



FALL 2019 Recreation Guide

New
registration time!
7pm online/in-person
on Tues Aug 13



Laugh + Learn + Play

West End Community Centre | Barclay Manor | Coal Harbour Community Centre

www.westendcc.ca 604-257-8333 | www.barclaymanor.ca 604-257-8333 | www.coalharbourcc.ca 604-718-8222

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



Haunted House at Barclay Manor



(Recommended 8 yrs and up, parent discretion)

For bigger, braver souls. Barclay Manor has been converted into a spooky scary house. Being a Heritage home, it has its own natural creepiness. It takes approximately 5 min to make your way through the house. Prepurchase your tickets or pay at the door.

Fri Oct 25 7:00-9:00pm

Sat Oct 26 4:30-6:00pm

\$3/person or Family of 4/\$10

Location: Barclay Manor: 1447 Barclay Street

Holiday Craft Fair



This is an annual sell-out event you won't want to miss! We welcome ONLY handcrafted items to be sold at this event. Line up early for the best table selection. Pick up a vendor info guideline package and vendor contract at the front office. Although this is a non-juried event, we have a limit of 50 tables each day to sell original crafted items only by Artisan crafts. **Tables go on sale September 21 at 10:00am.** Admission to the Fair is FREE. Please note: The West End Community Centre reserves the right to ask a vendor to leave or remove articles that do not comply with the Craft Fair protocols and contract. We can revoke an individual's privilege to participate in future events if the Holiday Craft Fair outlined policies are not respected.

Sat Nov 23 10:00am-4:00pm 237975

Sun Nov 24 10:00am-4:00 pm 237976

\$35/one day rental \$52.50/ two days rental
Auditorium/Lobby

Seniors Christmas Dinner



Enjoy Christmas dinner with all the trimmings, great prizes and fabulous live. Join friends, old and new, to share in the holiday cheer. Get a holiday picture taken and we will print it for you to take home. This event is open to everyone 50+. No refunds after Dec 3

Fri Dec 6 5:30-8:00pm

232986 \$22/1 sess

Auditorium

Christmas Carnival



2-7 yrs

Breaking news! Santa has been spotted at the Harbour! Journey with your children to meet Santa through a magical winter wonderland where holiday games and holiday crafts await each stop along the way. Parent participation is required. Pre-registration is recommended. (\$5.50/child, \$7.50/child on the day-of event).

Sat Dec 14 10:00am-12:00pm

239998 \$5.50/child

Gymnasium - Coal Harbour

Fall 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., August 13

7:00pm (on-line/in-person)

Details on page 5.

Wed., August 14

9:00am (phone-in)

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: Nataly Kaufman
Recreation Facility Clerk: Shelby Quon
Seniors & Group Fitness Coordinator: Kelley Hindley
Maintenance Technician: Jason Wu

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!

Welcome Back!

September will soon be upon us. For many September seems like it should be the start of the new year as after the lazy days of summer it's back to school, back to work and back to your programs at the West End/Coal Harbour/Barclay Manor Community Centre. It's time again for Yoga, Pickleball, Indoor Cycling, French or Piano lessons, Watercolour Painting, Pottery, The Little Sprout Pre-School and all of the other programs, activities and special events you'll find in this Fall Recreation Guide. It's not too early to note our special Christmas events in your calendar.

If you're new to the Community Centre, many of our programs have a drop in option so you can try out several and find the best one for you. For those of you returning, our wonderful staff and instructors look forward to continuing their relationship with you. Many of our program participants have told us how our programs are important to them – not just for the content, but for the friends and social relationships they've made through them. As well, some of our staff members actually took programs here when they were children. You never know when a course or an activity can turn into a passion or a career.

All of us look forward to seeing you over the coming months.

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.

Registration Info

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

Fall Registration:

On-line/In-Person: Tuesday, August 13 at 7:00pm

Phone: Wednesday, August 14 at 9:00am

New
registration time!
7:00pm

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.



Refund Policy

NEW!

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. Business days are deemed Monday to Friday. **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.

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.

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.

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



Room Rentals

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



Gymnasium
Coal Harbour Community Centre



Barclay Room
West End Community Centre



Bidwell Room
West End Community Centre



Piano Room
Barclay Manor

Activity Room
Coal Harbour Community Centre



Multipurpose Room
Coal Harbour Community Centre

West End 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 Rentals

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

Room Recommendations

Event	Large Event Rooms	Small Event Rooms
AGMs	West End: Auditorium, Barclay, Bidwell, or Denman Room Barclay Manor: Entire Manor or Basement Multipurpose Room Coal Harbour: Multi-Purpose or Activity Room	West End: Meeting Room I or II Barclay Manor: Fireplace or Board Room Coal Harbour: Meeting or Arts & Crafts Room
Weddings & Birthdays	West End: Auditorium, Barclay, Bidwell, Denman, or English Bay Room Barclay Manor: Entire Manor or Basement Multipurpose Room Coal Harbour: Multi-Purpose or Activity Room	West End: Stanley Court or Meeting Room II Barclay Manor: Fireplace and/or Piano Room Coal Harbour: Meeting or Arts & Crafts Room
Rehearsals	West End: Auditorium Barclay Manor: Entire Manor or Basement Multipurpose Room Coal Harbour: Multi-Purpose or Activity Room	West End: Denman or English Bay Room Barclay Manor: Board Room Coal Harbour: Meeting or Arts & Crafts Room
Potlucks & Private Gatherings	West End: Barclay, Bidwell, or Denman Room Barclay Manor: Entire Manor or Basement Multipurpose Room Coal Harbour: Multi-Purpose or Activity Room	West End: Stanley Court Room Barclay Manor: Fireplace and/or Piano Room Coal Harbour: Meeting or Arts & Crafts Room
Sporting Events	Coal Harbour: Gymnasium	

ROOM	CAPACITY	ROOM RATE (/hr + tax)		HIGHLIGHTS
		Weekdays	Weeknights & Weekends	
WEST END COMMUNITY CENTRE Weekday rentals: 9:30am-5pm*. Weeknight rentals: 5pm-9:30pm*. Weekend rentals: 9:30am-4:30pm*.				
Auditorium	150	\$65	\$65	High ceilings. Access to stage. Ideal for large meetings. 2900 ft²
Barclay	60	\$33	\$35	Mid-sized room with natural light and floor-to-ceiling windows. 1094 ft²
Bidwell	60	\$35	\$37	Natural light. Overlooks rink. Perfect for large meetings & birthdays. 1312 ft²
Denman	60	\$45	\$45	Spacious room with countertop & sink. Mirrored wall. 2200 ft²
English Bay	50	\$33	\$35	Private room with mirror wall. Ideal for rehearsals & birthdays. 1083 ft²
Meeting Room	15	\$33	\$35	Naturally lit room with access to patio. 305 ft²
Stanley Court	20	\$33	\$35	Carpeted floors. Lounge style seats. Beautiful stained glass windows. 512ft²
BARCLAY MANOR Weekday rentals: N/A. Weeknight rentals: 6pm-10pm*. Weekend rentals: 9am-1am*.				
Board Room	15	\$22	\$25	Second-story room overlooks tree-lined Barclay St. Large table. 257 ft²
Multipurpose M	20	\$22	\$30	Large bay window. Sink & countertop. Tables & chairs. 238 ft²
Fireplace	15	\$22	\$30	Large bay window. Cozy fireplace. Couch and chairs. 252 ft²
Piano	15	\$22	\$30	Natural light and views of heritage park. 217 ft²
Multipurpose B	40	\$32	\$40	Ideal for meetings or small corporate functions. 576 ft²
Kitchen	8	\$22	\$25	Non-commercial kitchen. Access to sink and microwave. 235 ft²
Entire Manor	80	N/A	\$600	Outdoor garden patio. Ideal for picnics & weddings. 1775 ft²
COAL HARBOUR COMMUNITY CENTRE Weekday rentals: 9am-5pm*. Weeknight rentals: 5pm-1am*. Weekend rentals: 9am-1am.*				
Multipurpose	100	\$70	\$90	Stunning Stanley Park & mountain views. Access to Kitchen. Patio. 2028 ft²
Activity	40	\$33	\$45	Stunning views. High ceilings. Carpeted floors. Countertop & sink. 627 ft²
Arts & Crafts	25	\$33	\$40	Stunning views. High ceilings Patio. Countertop & sink. 580 ft²
Meeting	20	\$25	\$35	Large windows. High ceilings. Carpeted floors. Countertop & sink. 320 ft²
Gymnasium		\$65	\$75	Ideal for basketball, volleyball, badminton, & birthdays. 6565 ft²
*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.				

Special Events

WEST END COMMUNITY CENTRE

Welcome to the West End Community Centre!

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

Registration Info:

Tues., August 13

7:00pm (on-line/in-person)

Details on page 5.

Wed., August 14

9:00am (phone-in)



Haunted House at Barclay Manor



(Recommended 8 yrs and up, parent discretion)

For bigger, braver souls. Barclay Manor has been converted into a spooky scary house. Being a Heritage home, it has its own natural creepiness. It takes approximately 5 min to make your way through the house. Prepurchase your tickets or pay at the door.

Fri Oct 25 7:00-9:00pm

Sat Oct 26 4:30-6:00pm

\$3/person or Family of 4/\$10

Location: Barclay Manor: 1447 Barclay Street

Holiday Craft Fair

This is an annual sell-out event you won't want to miss! We welcome ONLY handcrafted items to be sold at this event. Line up early for the best table selection. Pick up a vendor info guideline package and vendor contract at the front office. Although this is a non-juried event, we have a limit of 50 tables each day to sell original crafted items only by Artisan crafts. **Tables go on sale September 21 at 10:00am.** Admission to the Fair is FREE. Please note: The West End Community Centre reserves the right to ask a vendor to leave or remove articles that do not comply with the Craft Fair protocols and contract. We can revoke an individual's privilege to participate in future events if the Holiday Craft Fair outlined policies are not respected.

Sat Nov 23 10:00am-4:00pm 237975

Sun Nov 24 10:00am-4:00pm 237976

\$35/one day rental \$52.50/ two days rental

Auditorium/Lobby

Special Events

WEST END COMMUNITY CENTRE

Thanksgiving Craft Time

Join us in the Auditorium to celebrate Thanksgiving! Your child will go home with a beautiful & unique craft that they've made. Parent participation required.

Wed Oct 2

3:30-5:00pm

237966

FREE

Auditorium



Halloween Craft Time

Join us in the Auditorium to celebrate Halloween! Your child will go home with a beautiful & unique craft that they've made. Parent participation required.

Wed Oct 30

3:30-5:00pm

237969

FREE

Auditorium



Community Tree Decorating

Join us in the lobby to decorate our holiday tree! Make an ornament to put on the tree and take one home with you. We will also have hot chocolate, goodies and play a holiday movie. Please bring a donation to the Vancouver food bank.

Wed Dec 4

3:30-5:00pm

237971

FREE

Lobby



Breakfast w/ Santa

Join us for a special breakfast, crafts, entertainment and best of all a visit from Santa himself. This event is an annual sell out so PLEASE purchase your tickets for adults and children in advance to ensure a seat. Pre-registration is required. Children under the age of 2yrs are free unless eating food. If child under 2 is not eating they are allowed to be at event with parent (sitting in lap). Please do not register child under 2 if not eating or taking a paid seat. \$5.50/per person. Please show up on time as food will be served by 10:20am.

Sat Dec 7

10:00am-12:00pm

237974

\$5.50/Person

Auditorium

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 Sept 7-Dec 28	11:00am-2:00pm	\$95/Package
Sun Sept 8-Dec 29	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 Sept 7-Dec 28	11:00am-2:00pm	\$165/Package
Sun Sept 8-Dec 29	11:00am-2:00pm	\$165/Package

No parties Nov 23, 24, Dec 7

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 Sep 5-Dec 19	2:30-4:30pm
Auditorium	Drop In Fee: \$2.75



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 Sept 20, Oct 14, Oct 21, Nov 11, Nov 23, Dec 7
Sep 3-Dec 21

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 Sept 6-Dec 20 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 Sep 3-Dec 17 12:00-2:00pm (Stanley Court Room)

Thu Sep 5-Dec 19 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 Sep 3-Dec 17 9:15-11:15am

Stanley Court Room Drop In Fee: \$2.75

Thu Sep 5-Dec 19 **NEW!** 9:15-11:15am

Bidwell Room 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. No Class Oct 12

Instructor: Jordan Moorhead

Sat Sep 28-Oct 26 11:00am-12:00pm
237558 \$36/4 sess

Sat Nov 2-Nov 30 11:00am-12:00pm
237564 \$45/5 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. No class Oct 13, Nov 10

Instructor: Endorphin Rush Dance

Sun Sep 15-Dec 15 10:15-10:45am
237569 \$76/12 sess

Denman Room

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 \$8.50, space permitting.

Instructor: Endorphin Rush Dance

Tue Sep 17-Dec 10 11:45am-12:30pm
237327 \$106/13 sess

English Bay 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. No Class Oct 13, Nov 10

Instructor: Kirby Rae Snell

Tue Sep 17-Dec 10 11:00-11:45am
237326 \$106/13 sess

English Bay Room

Sun Sep 15-Dec 15 10:45-11:30am
237570 \$98/12 sess

Sun Sep 15-Dec 15 11:30am-12:15pm
237571 \$98/12 sess

Denman 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 Sep 19-Nov 21 10:00-10:45am
237498 \$166/10 sess

Stanley Court Room

Education

Hola! Spanish for Preschoolers ages 3-5

Hola! Spanish for preschoolers: Join our Spanish Immersion class for a morning surrounded by Spanish Language and warm Latin culture. The place where your preschooler will taste the language and play, sing, dance and explore how useful and fun it could be. 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 Sep 19-Dec 5 1:30-2:30pm
237357 \$149/12 sess

Stanley Court Room

Creative Play (3-5yrs) **NEW!**

Step into the world of story! In this series your child will learn about the magic of storytelling through dramatic play, puppetry and art. This small group setting offers lots of opportunities for self-expression, conversation and collaboration. All art supplies provide.

Instructor: Cathy Belgrave

Wed Sep 18-Oct 16 1:00-2:15pm
237347 \$60/5 sess

Wed Oct 23-Nov 20 1:00-2:15pm
237348 \$60/5 sess

Denman Room

Let's go to the Library!

JOE FORTES LIBRARY

Baby time

Rhymes, songs, bounces and stories for babies (newborns - 18 months) and their parents and caregivers. Each child must be accompanied by an adult. No registration fee. Drop in only. For more information call Joe Fortes Library at 604-665-3972.

Instructor: Joe Fortes Library

Thu Sep 12-Dec 12 **2:00-2:30pm**
237707 **FREE**
English Bay Room

Family Storytime

Stories, songs, fingerplays, and rhymes for children (18 months - 5 years) and their parents and caregivers. Each child must be accompanied by an adult. No registration fee. Drop in only. For more information call Joe Fortes Library at 604-665-3972. This class is held at Joe Fortes Library.

Instructor: Joe Fortes Library

Tue Sep 10-Dec 10 **11:15-11:45am**
237704 **FREE**
Joe Fortes Library

Family Storytime

Stories, songs, fingerplays, and rhymes for children (18 months - 5 years) and their parents and caregivers. Each child must be accompanied by an adult. No registration fee. Drop in only. For more information call Joe Fortes Library at 604-665-3972. This class is held at Joe Fortes Library.

Instructor: Joe Fortes Library

Sat Sep 14-Dec 14 **11:15-11:45am**
237709 **FREE**
Joe Fortes Library

Joe Fortes: LEGO Block Party

Bring the whole family to the library and build a fort! Share stories together by flashlight, we've got great reads and supplies. All ages welcome. Free and drop-in.

Instructor: Joe Fortes Library

Wed Sep 4-Dec 4 **3:30-4:30pm**
237706 **FREE**
Joe Fortes Library

Baby Sign Language

Babies understand and can communicate long before they are able to speak. Research shows that babies who learn Sign Language learn quicker and talk earlier. Using songs and games learn how to teach your baby basic American Sign Language (ASL) so they can better convey their wants and needs and relieve unnecessary frustration. The instructor will teach you the signs and songs so you can practice at home. Babies can sleep during class or you can bring some toys. Newborn-24 months. No Class Nov 11

Instructor: Sheri Kauhausen

Mon Oct 28-Dec 2 **10:45-11:30am**
236290 **\$66/5 sess**
Meeting Room 2

Physical Recreation

Parent and Tot Gymnastics (16-42months)

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. \$12 Drop-in available only if class is not fully registered and with permission of instructor. No Class Oct 15

Instructor: Squamish Gymnastics

Tue Sep 24-Nov 19 **5:30-6:15pm**
237159 **\$84/8 sess**
Auditorium

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!



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 Sep 20-Nov 22 9:30-10:00am
237507 \$119/10 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 Sep 20-Nov 22 10:10-10:40am
237509 \$134/10 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 Sep 20-Nov 22 10:50-11:20am
237510
\$119/10 sess
Denman Room

Orff Music for Toddlers (2-3 years)

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 Sep 20-Nov 22 11:30am-12:00pm
237511 \$119/10 sess
Denman Room

Orff Music for Preschoolers (3-5 yrs)

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 Sep 20-Nov 22 1:30-2:15pm
237508 \$149/10 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 2019/2020 (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, Terry, has had the great pleasure of working with children and families at the preschool for the past 6 years. Our preschool assistant supervisor, Romdoul (welcome to the team!) is enjoying her first 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.

A special recognition to Donna Williams who was our Preschool Senior Supervisor for the past 29 years. Donna has retired this past year and we would like to thank her for all her hard work and great contributions to our community. Best of luck Donna you will be missed.

**learning through play
makes learning fun!**



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
\$40 non-refundable reg. fee

Mondays	\$88/month
Tuesdays	\$92/month
Wednesdays	\$92/month
Thursdays	\$92/month
Fridays	\$88/month

**Have your birthday
party at West End CC!**

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

See page 10 for more information.

Preschool Transition Gymnastics (36-48months)

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. Parent participation is required. \$12 Drop in available only if class is not fully registered and with permission of instructor. No Class Oct 15

Instructor: Squamish Gymnastics

Tue Sep 24-Nov 19 1:45pm-2:25pm
237155 \$84/8 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. \$15 Drop in available only if class is not fully registered and with permission of instructor. No Class Oct 15

Instructor: Amanda Morris

Tue Sep 24-Nov 19 2:30-3:25pm
237156 \$112/8 sess
Auditorium

Sportball Parent and Child Outdoor 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.

Instructor: Sportball Vancouver

Sun Sep 8-Oct 6 10:30-11:15am
237582 \$77/5 sess
Off Site - King George Field



Sportball Outdoor 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.

Instructor: Sportball Vancouver

Sun Sep 8-Oct 6 11:15am-12:15pm
237583 \$77/5 sess
Off Site - King George Field

Sportball (4-6yrs)

Sportball Multi-Sport skills development programs introduce preschool and primary school children to the concepts and skills involved in the eight core sports of the Sportball methodology. Classes are conducted once a week in one-hour sessions, using developmentally appropriate methods to introduce, practice and refine gross motor skills. The programs reinforce the benefits of teamwork and skills development rather than the importance of winning, enabling children to gain the confidence and develop the social skills necessary to succeed in sport and life. Sorry, no drop-ins.

No Class Oct 14,21

Instructor: Sportball Vancouver

Mon Sep 16-Oct 28 3:30-4:30pm
237137 \$83/5 sess

Instructor: Sportball Vancouver

Mon Nov 4-Dec 16 3:30-4:30pm
237150 \$99/6 sess
Auditorium

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: \$15.00 (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 Oct 5, 12, Nov 9, Feb 15

Sept 14-Dec 14 (11)

Jan 11-Mar 7 (8)

Instructor: Glyn Roberts

1.5-2yrs

Sat Sep 14-Mar 7 9:15-10:00am
237538 \$226/19 sess

3-4yrs

Sat Sep 14-Mar 7 10:00-10:45am
237539 \$226/19 sess

Sat Sep 14-Mar 7 12:45-1:30pm
237542 \$226/19 sess

King George Field/GYM



Creative Arts

Cartoon and Comics **NEW!**

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. Can't refund after 3rd week of class.

Instructor: Edouard Beaudry

Tue Sep 17-Oct 22 3:30-5:00pm
237333 \$64/6 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 \$10.

No Class Oct 12

Instructor: Jordan Moorhead

Sat Sep 28-Oct 26 12:00-1:00pm
237559 \$36/4 sess
Sat Nov 2-Nov 30 12:00-1:00pm
237565 \$45/5 sess
Bidwell Room

Kids Clay (5-8 yrs)

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: \$15, space permitting.

Instructor: Estelle Liebenberg

Thu Sep 19-Nov 7 3:30-4:45pm
237350 \$111/8 sess
Pottery Studio

Kids Clay (9-15 yrs)

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: \$15, space permitting.

Instructor: Estelle Liebenberg

Thu Sep 19-Nov 7 5:00-6:15pm
237351 \$111/8 sess
Pottery Studio

Theatre for Kids

Introduce your child to the magic of live theatre. Your child will learn the basics of acting, character development, object manipulation and cooperation on stage. Children will produce a live play with elements of puppetry and mask work by the end of the program. These classes will unleash your child's creativity to a new height. The course includes homework exercises. Materials and instructions are provided by Vancouver Puppet Theatre.

Instructor: Viktor Barkar

Wed Oct 2-Oct 23 4:30-5:30pm
237343 \$57/4 sess
Wed Nov 6-Nov 27 4:30-5:30pm
237344 \$57/4 sess
Bidwell Room

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: \$15, space permitting.

No Class Oct 14, Nov 11

Instructor: Mohammad Atashzad

Mon Sep 30-Dec 16 3:45-4:45pm
237943 \$99/10 sess
Bidwell Room

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 Sep 22-Nov 24 10:15-11:00am
237592 \$69/10 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 Sep 22-Nov 24 12:00-1:00pm
237590 \$89/10 sess
English Bay Room

Hip Hop (6-8 yrs)

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 Sep 22-Nov 24 11:00am-12:00pm
237591 \$89/10 sess
English Bay Room

Education

Kids Act!! (5-10 yrs)

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 Sep 24-Sep 24 4:15-5:15pm
236305 FREE
Tue Oct 1-Nov 19 4:15-5:15pm
236304 \$61/8 sess
English Bay Room

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 Oct 1-Nov 5 4:00-5:00pm
237338 \$92/6 sess
Meeting Room 2

The Parenting-Child Relationship: a parenting workshop **NEW!**

A different approach to understanding and managing behaviour. Explore how family dynamics can affect your parenting practices and your child's behaviour. Learn evidence-based strategies to develop resilience and self-regulation in your child.

Instructor: Tree Roots Counselling

Sat Sep 28, Oct 12, Oct 26 10:00-11:30pm
240328 \$60/3 sess
Meeting Room 1 \$100/ couple

Kids Care

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**

2019-2020 prices are subject to change.

Registration fee: \$40 (non-refundable).

BEFORE SCHOOL CARE

7:30am-9:00am

K \$209/month Gr 1 & up \$159/month

AFTER SCHOOL CARE

3:00pm-6:00pm

K \$409/month Gr 1 & up \$339/month

COMBINATION BEFORE AND AFTER CARE

K \$489/month Gr 1 & up \$389/month

Day Camps

Pro D Day Camp

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

Mon Sept 23 238005

Fri Oct 25 238009

Fri Nov 8 238010

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

Winter 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. No Class Dec 25, 26, Jan 1

WEEK #1: Mon Dec 23-Dec 27

Camp:

Mon-Fri 9:00am-3:00pm
237607 \$75/3 days

Before Care:

7:30-9:00am \$18/3 days
237606

After Care:

3:00-5:00pm \$21/3 days/2hrs
3:00-6:00pm \$30/3 days/3hrs

237608

WEEK #2: Dec 30-Jan 3

Camp:

Mon-Fri 9:00am-3:00pm
237610 \$100/4 days

Before Care:

7:30-9:00am \$24/4 days
237609

After Care:

3:00-5:00pm \$28/4 days/2hrs
3:00-6:00pm \$40/4 days/3hrs

237611

Barclay Room



Hola! Spanish for kids (5-7yrs)

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 Sep 19-Dec 5 3:45-4:45pm
237355 \$149/12 sess
Stanley Court Room

Hola! Spanish for kids (7-10yrs)

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 Sep 19-Dec 5 4:45-5:45pm
237356 \$149/12 sess
Stanley Court Room

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 Sep 13-Sep 13 3:45-4:30pm
237499 FREE
Fri Sep 20-Dec 13 3:45-4:30pm
237501 \$106/13 sess

8-13yrs Zumba Kids

Fri Sep 13-Sep 13 4:30-5:30pm
237500 FREE
Fri Sep 20-Dec 13 4:30-5:30pm
237502 \$125/13 sess
Dance Studio

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 Sept 6, Oct 13, Nov 10

Instructor: Michael Holmes

Sept 4-Dec 13

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



Music



Private Piano - Emily

Private Piano with 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 note that piano books are not included in enrollment fee and will be assigned after assessment. No Class Oct 14, Nov 11

Instructor: Emily Leung

Mon Sep 16-Dec 2 2:30-6:00pm
6:30-9:00pm
Meeting Room 3 \$222/10 sess

Private Piano - Fiona (3+yrs)

Private Piano with Fiona: 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.

Instructor: Fiona Lai

Tue Sep 17-Nov 19 3:30 -9:00pm
Meeting Room 3 \$222/10 sess

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 Oct 16-Nov 13	5:00-9:00pm
	\$111/5 sess
Wed Nov 20-Dec 18	5:00-9:00pm
	\$111/5 sess
Sun Sep 22-Nov 24	10:30am-3:00pm
Stanley Court Room	\$222/10 sess sess

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 Sep 19-Nov 21	3:30-9:00pm
Meeting Room 3	\$222/10 sess

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!

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 these 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 Sep 11-Nov 27	4:30-6:40 PM
Preschool	\$244/12 sess

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 Oct 14, Nov 10, Nov 11

Instructor: Boris Ulanowicz

Mon Sep 16-Dec 2	3:45-7:45pm
Meeting Room 3	\$318/10 sess
Sun Sep 22-Dec 1	11:00am-2:00pm
Preschool Room	\$318/10 sess

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

Tue Sep 17-Oct 29	2:30-5:00pm
	\$147/7 sess
Tue Nov 5-Dec 17	2:30-5:00pm
Stanley Court Room	\$147/7 sess

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. \$15 Drop in available only if class is not fully registered and with permission of instructor. No Class Oct 15

Instructor: Squamish Gymnastics

Tue Sep 24-Nov 19	3:30-4:25pm
237157	\$112/8 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. \$15 Drop-in available only if class is not fully registered and with permission of instructor. No Class Oct 15

Instructor: Squamish Gymnastics

Tue Sep 24-Nov 19	4:30-5:25pm
237158	\$112/9 sess
Auditorium	

Yoga Kids (5-12 yrs)

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 Oct 14, Nov 11

Instructor: Endorphin Rush Dance

Mon Sep 16-Dec 9	3:45-4:45pm
236267	\$117/11 sess
English Bay Room	

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: \$20.00 (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 Oct 5, 12, Nov 9, Feb 15

Sept 14-Dec 14 (11)

Jan 11-Mar 7 (8)

Instructor: Glyn Roberts

5-6 yrs

Sat Sep 14-Mar 7 10:45-11:45am
237540 \$256/19 sess

7-12yrs

Sat Sep 14-Mar 7 11:45am-12:45pm
237541 \$256/19 sess

King George Field/GYM

Sportball (5-8yrs)

Sportball Multi-Sport skills development programs introduce preschool and primary school children to the concepts and skills involved in the eight core sports of the Sportball methodology. Classes are conducted once a week in one-hour sessions, using developmentally appropriate methods to introduce, practice and refine gross motor skills. The programs reinforce the benefits of teamwork and skills development rather than the importance of winning, enabling children to gain the confidence and develop the social skills necessary to succeed in sport and life. Sorry, no drop-ins. No Class Oct 14,21

Instructor: Sportball Vancouver

Mon Sep 16-Oct 28 4:30pm-5:30pm
237138 \$83/5 sess

Mon Nov 4-Dec 16 4:30pm-5:30pm
237153 \$99/6 sess
Auditorium



Ice Hockey

This program is for youth looking to practice their ice hockey skills with fun drills and non-competitive games. Full equipment is required, including cage helmet. All hockey levels are welcome, but being able to skate backwards is recommended. First priority is for those who are registered and the spots available will be sold as drop-in tickets on a first-come, first served basis. Tickets will be sold 30 minutes before the start of each session at the West End Community Centre's front office. (Tickets are not sold at the Ice Rink.) Skates are included in fees. Some equipment is available. \$3.00/drop-in, space permitting. Drop-in tickets can only be purchased for immediate family members.

Facilitator: TBA

Fri Oct 4-Dec 20

Children (6-8 yrs)

3:30 PM-4:15 PM \$3.00/drop-in
240023 \$30/12 sess

Preteen (8-12 yrs)

5:15 PM-6:00 PM \$3.00/drop-in
240024 \$30/12 sess

West End Ice Rink

(Tickets sold at WECC Front Office only)



Flu Clinic

Drop-in any time to the free flu clinic provided by Vancouver Coastal Health.

Instructor: Vancouver Coastal Health

Wed Nov 13 1:00-4:00pm FREE Bidwell Room

Pre-Teen Programs (9-12 yrs)

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. Preregistration 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: TBA

Tues Sep 24-Dec 3 3:30 PM-5:30 PM
234641 Free
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 Sep 25-Dec 4 3:30 PM-5:30 PM
234642 Free
Haro Room (Youth Lounge)

Ice Hockey

This program is for youth looking to practice their ice hockey skills with fun drills and non-competitive games. Full equipment is required, including cage helmet. All hockey levels are welcome, but being able to skate backwards is recommended. First priority is for those who are registered and the spots available will be sold as drop-in tickets on a first-come, first served basis. Tickets will be sold 30 minutes before the start of each session at the West End Community Centre's front office. (Tickets are not sold at the Ice Rink.) Skates are included in fees. Some equipment is available. \$3.00/drop-in, space permitting. Drop-in tickets can only be purchased for immediate family members.

Facilitator: TBA

Fri Oct 4-Dec 20

Children (6-8 yrs)

3:30 PM-4:15 PM \$3.00/drop-in
240023 \$30/12 sess

Preteen (8-12 yrs)

5:15 PM-6:00 PM \$3.00/drop-in
240024 \$30/12 sess

West End Ice Rink

(Tickets sold at WECC Front Office only)

Christmas Hampers

Every year, WECCA supports families living in the West End with a little bit of kindness during the time of giving. Last year, we were able to support 2 families due to the generosity of the staff and community. If you would like to support families during Christmas time, donations are accepted at the Front Office at the West End and Coal Harbour Community Centres from Sep 4 to Dec 10. WECCA will provide a tax receipt for any donation over \$20, upon request.

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.



Pre-Teen Adventure Camp

Pre-teens only! Join our Youth Leaders for some fun, games and adventure on pro-d days! Pre-registration required and a waiver is necessary for participation. Waiver can be picked up at the front desk. Please pack a lunch, snack, and appropriate footwear and leave your electronics at home! Subsidies are available upon request.

Instructor: Youth Leaders

Richmond County Pumpkin Patch

Fri Oct 25 9:00 AM-3:00 PM
240021 \$35.00

Haro Room (Youth Lounge)

Glow in the Dark Bowling

Fri Nov 8 9:00 AM-3:00 PM
240022 \$35.00

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.

Sep 27	Oct 4	Oct 11	Oct 18
Sports Day	Trivia	Team Bonding	Iron Chef
Oct 25	Nov 1	Nov 8	Nov 15
Ghost Train (\$5) <i>Please register at the Front Office - 240026; spaces limited- program extended from 6pm-9pm</i>	Flower Power Party	Fear Factor	Ice Skating
Nov 22	Nov 29	Dec 6	Dec 13
Movie Night	DIY Surprise	Bright Nights (\$5) <i>Please register at the Front Office - 240029; spaces limited - program extended from 6pm-9pm</i>	Cookie Decoration & Holiday Cards!
<i>Activities are subject to change.</i>			

Youth Lounge Schedule

September-December

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch 11:30am-12:25pm			Buddy Program (Ages 13-18) <i>See page 23 for details.</i>		
After School 3:00-5:30pm		YIP (Ages 13-18) <i>In Meeting Room 2 See page 24 for details.</i> Boogie Boys (Ages 9-12) <i>Registration required, see page 21.</i>	Glow Girls (Ages 9-12) <i>Registration required, see page 21.</i>	Jr. YIP (Grade 8) <i>See page 24 for details.</i>	Pre-Teen Night (Ages 9-12) *6:15-8:45pm <i>See above for details.</i>
<i>Schedule is subject to change.</i>					

Teen Programs (13-18 yrs)

Community Youth Development at West End & Coal Harbour CCs

Youth services at West End & Coal Harbour CCs are a partnership between the Vancouver Board of Parks and Recreation and the West End Community Centre Association. Youth programs reflect the principles of CYD in the City of Vancouver: accessible, collaborative, and inclusive. Youth are respected, supported and involved in program planning, implementation and decision-making. For more information, call the Youth Office at **604.718.6210**, or e-mail Nataly Kaufman, Community Youth Worker at nataly.kaufman@vancouver.ca

Teen Advisory Group

(Joe Fortes Library) **NEW!**

Come join our brand-new Teen Advisory Group! If you're between the ages of 13-18 and would like to share your opinion on our teen programs, services and/or collections, then TAG is for you! 1st Tuesday of the Month [2nd Tuesday in September]: Sept 10, Oct 1, Nov 5, Dec 3, 3:30-4:30, Joe Fortes Library Teen Area. Registration required. Space is limited.

Instructor: Joe Fortes WECC VPL

Tue Sep 10-Dec 3 3:30-4:30pm
237715 FREE

Joe Fortes Library

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 Sep 30-Dec 16 4:45-6:15pm
237944 \$149/10 sess

Thu Oct 3-Dec 5 3:30-5:00pm
237961 \$149/10 sess

Denman Room

The Parenting-Child

Relationship: a parenting workshop

A different approach to understanding and managing behaviour. Explore how family dynamics can affect your parenting practices and your child's behaviour. Learn evidence-based strategies to develop resilience and self-regulation in your child.

Instructor: Tree Roots Counselling

Sat Sep 28, Oct 12, Oct 26 10:00-11:30pm
240328 \$60/3 sess

Meeting Room 1 \$100/ couple

West End Dodgeball Team

(13-18yrs)

Do you like to dodge, duck, dip, dive and dodge? Join the West End Dodgeball Team and play against other youth in the city! Please sign up with Nat at the Youth Office!

Sa Nov 2/16/23/30 5:00pm-9:00pm

Whistler Blackcomb

Learn to ski/snowboard or practice your skills at one North America's best mountain resorts. We'll be heading up the mountain with other youth from different Community Centres and you'll be with others according to your skill level. Please bring a lunch or money to buy food in the lodge. Please contact Nataly for more details and waiver forms.

Jan 25 6:00am-6:00pm
240549

Feb 23 6:00am-6:00pm
240546

\$70/person - lift, lesson, transportation

\$30/person - rentals

Teen Stick and Puck

This program is for teens looking to practice their ice hockey skills with fun drills and non-competitive games. Full equipment is required, including cage helmet. All hockey levels are welcome, but being able to skate backwards is recommended. First priority is for those who are registered and the spots available will be sold as drop-in tickets on a first-come, first served basis. Tickets will be sold 30 minutes before the start of each session at the West End Community Centre's front office. (Tickets are not sold at the Ice Rink.) Skates are included in fees. Some equipment is available. \$3.00/drop-in, space permitting. Drop-in tickets can only be purchased for immediate family members.

Facilitator: TBA

Fri Oct 4-Dec 20 4:15-5:00 PM
240046 \$3.00/drop-in

West End Rink \$30/12 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 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.

Junior Youth Incentive Program

In grade 8? Junior YIP is a great way to build skills, plan fundraisers and events and get some volunteer hours! Our weekly meetings on Thursdays afterschool are a great way to get involved in your community. 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:

Family Pumpkin Carving – CHCC Sat, Oct 19 9am-12:30pm
 Haunted House Set Up – Barclay Manor. Thu, Oct 24 4pm-8pm
 Haunted House – Barclay Manor Fri, Oct 25 & Sat, Oct 26
 Haunted House Take Down – Barclay Manor. Sun, Oct 27
 Halloween Carnival Set Up – CHCC. Fri, Oct 25 8pm-9:30pm
 Halloween Carnival Stations & Take Down – CHCC Sat, Oct 26 9am-2pm
 Gingerbread House Magic – CHCC. Sat, Nov 30
 Seniors Xmas Dinner – WECC Fri, Dec 6 3:30-9:00pm
 Breakfast with Santa – WECC. Sat, Dec 7 9am-2pm
 Christmas Carnival Set Up – CHCC Fri, Dec 13 8pm-9:30pm
 Christmas Carnival – CHCC Sat, Dec 14 9am-2pm

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 Nataly about turning that skill or talent into a program at the West End or Coal Harbour Community Centres!

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. Cooking will be between 6:30-8:00 – please sign up with the teen staff beforehand to participate in cooking dinner!

Open Gym

Come down and play basketball, volleyball, soccer, badminton, dodgeball, handball, floor hockey or any sports you can think of! 6:15pm-9:30pm

Fri Sep 13-Dec 20

Closes early on Oct 25, Nov 1 and Dec 13

Youth Drop-in

Fri Sep 27-Dec 13 6:30 PM-9:30 PM

Sep 27. Welcome Back!

Oct 4. Fruit Kebabs

Oct 11. Wraps

Oct 18. Pizza

Oct 25. Yogurt Parfaits

Nov 1. Tacos

Nov 8. Caramel Apples

Nov 15. Sandwiches

Nov 22. Grilled Cheese

Nov 29. Cheesecakes

Dec 6. Mac and Cheese

Dec 13. Crepes

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 Monday Sept 2, Oct 14, Nov 11

Instructor: Dianne Maguire

Mon Sep 16-Nov 25 7:00-9:00pm
238431 \$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

Sat Oct 5 10:00am-4:00pm
238432 \$69/Person
Meeting Room 1

Writing Children's Books

The world of childrens books offers a wide spectrum of genres and subjects; from alphabet and picture books for young kids to non-fiction, adventure and mystery books for juvenile readers and issue-oriented novels for young adults. This one day workshop will introduce you to this wide spectrum of possibilities for your writing projects. The class will include idea generating activities as well as writing techniques, tips for working with an illustrator, and developing an ear for dialogue. Bring pen, paper and lunch and have fun exploring your own story ideas

Instructor: Dianne Maguire

Sat Nov 2 10:00am-4:00pm
238435 \$69/Person
Meeting Room 1

Exposed Stitch Hand Bound Book **NEW!**

Learn traditional bookbinding techniques to stitch together a beautiful hand bound book. Using mat board, decorative papers, and acid-free paper, participants will measure, score, size paper, miter corners and bind the book's pages and cover using a decorative stitch that will be visible at the spine. When the book is open, this unique method of binding allows the pages to lie flat. This binding technique is particularly suitable for those who write and sketch. Instructions are given on how to make traditional bookbinding paste that is archival and non-toxic, and on techniques to make bookbinding cloth. Please bring a metal ruler, utility knife, foam brush, pencil, and eraser to class. Also a bone folder and self-healing mat if you have them.

Instructor: Jo Ann Kronquist

Sat Oct 5 10:00am-4:00pm
238440 \$69/Person
Barclay Room

Exploring Traditional Japanese Bookbinding **NEW!**

Learn traditional Japanese bookbinding techniques to create a beautiful hand bound book to display your photos, stories, poems, pressed flowers, or memorabilia. Using mat board, decorative papers, and acid-free paper, participants will measure, score, size paper, and miter corners to create a one-of-a-kind book bound with ribbon. Instructions are given on how to make traditional bookbinding paste that is both archival and non-toxic and on techniques to make bookbinding cloth. Please bring a metal ruler, utility knife, foam brush, pencil, and eraser to class. Also a bone folder and self-healing mat if you have them.

Instructor: Jo Ann Kronquist

Sat Oct 19 10:00am-4:00pm
238442 \$69/Person
Barclay Room

Woven Codex Hand Bound Book **NEW!**

Participants will measure, size, cut, and fold acid-free paper, to create this one-of-a-kind book. The Woven Codex book is unique in that the pages are woven together with ribbon or heavy weight paper creating a decorative band of colour at the spine. No thread or adhesives are required. Once completed, this book takes on a sculptural quality. Please bring a metal ruler, utility knife, pencil, and eraser to class. Also a bone folder and self-healing mat if you have them.

Instructor: Jo Ann Kronquist

Sat Nov 16 10:00am-4:00pm
238443 \$69/Person
Barclay 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!

Looking for Pottery?

See pages 37-38 for classes and Pottery Club info.

Darkroom: Introduction to the basics

This six week course is designed to take students through the process of developing film and making traditional wet prints from negatives using black and white photographic materials. It is an introductory course, enabling the student to grasp the fundamentals of processing, chemicals, darkroom safety and enlarging. Over the six weeks you will develop two rolls of film, make a contact sheet and create quality silver gelatin prints. The course requires additional materials, which will cost between \$50-\$100. A list will be provided at the beginning of your first class. You will also need to have a working film camera and an exposed roll of black and white film (excluding Ilford XP2) in either 35mm or 120 format for the first day of class. Please make sure to test the camera you are planning to use.

Instructor: Benjamin Poulton

Sat Sep 21-Oct 26 10:00am-1:00pm
237532 \$255/6 sess

Sat Nov 2-Dec 7 10:00am-1:00pm
237534 \$255/6 sess
Dark Room

West End Darkroom

Everyone 19+ years of age welcome. The darkroom is available during regular WECC hours for West End Darkroom members use. Please visit www.westenddarkroom.ca for more information about club membership.

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. Drop in \$25.

Instructor: Reza Atashzad

Sat Oct 5-Dec 7 2:00-4:00pm
237964 \$199/10 sess
Denman Room

How to Draw Like an Architect

This program is for enthusiastic students who want to learn correct drawing techniques for architectural subjects and explore tone, texture, line, perspective, proportion, shading, lighting, and colour in their artwork. Bring HB, 2B, 6B pencils and white paper to the first class. (Supplies are not included, supply list available upon registration). Supplies are not included. Supply list available upon registration. Instructor: M. Reza Atashzad Visit: www.atashzad.com

Instructor: Reza Atashzad

Thu Oct 3-Dec 5 1:15-3:15pm
238809 \$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). 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, such as greeting cards, posters, albums and books. Instructor: Mohammad Atashzad Visit: www.atashzad.com

Instructor: Reza Atashzad

Thu Oct 3-Dec 5 6:00-8:00pm
237962 \$199/10 sess
Bidwell Room



M. Reza Atashzad has over 30 years experience in teaching drawing and painting at his own Atashzad Academy of Art. He has also been teaching different art programs at several community centers in Vancouver since 2011. He has published more than 700 watercolour paintings, such as greeting cards, posters, albums, and books. Visit: www.atashzad.com

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.

How to Make Christmas Cards in Watercolour **NEW!**

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

Instructor: Reza Atashzad

Thu Dec 12 1:00-5:00pm
238852 \$57/Person
Thu Dec 19 1:00-5:00pm
238855 \$57/Person
Denman Room

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 Sep 17-Nov 19 6:00-8:30pm
237332 \$174/10 sess
Meeting Room 1

Oil Brush Painting Intermediate

This course is for participants who have some previous experience with oil painting. During the five 2½-hour sessions some special techniques such as Chiaroscuro, Grisaille method and painting on black gesso will be experienced. The students will also learn how to paint on special materials and subjects such as copper, china, clear glass, grapes, onions cut lemons etc.

Instructor: Ali Sepahi

Sun Sep 29-Oct 27 10:15am-12:45pm
237580 \$79/5 sess
Bidwell Room

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 Nov 3-Dec 1 10:15am-12:45pm
237581 \$91/5 sess
Bidwell 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 Dec 1 12:00-3:30pm
237105 \$60/Person
Haro 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 Oct 26-Oct 27 10:30am-4:00pm
237106 \$150/2 sess
Barclay Room

Acrylic Painting Experimental Workshops

Explore painting in a fun and relaxed way in these experimental painting workshops. Create inspiring work even if you're a beginner with the caring guidance of Art Coach, Chloe Ullis. Chloe has her degree from Emily Carr, 9 years of teaching experience and 20 years painting experience. Learn palette knife painting, drip & splatter painting, impasto, mixed-media, collage, or create your own unique project! Enjoy demonstrations & one-on-one coaching & pay a smaller fee if you bring your own supplies. Visit <http://chloeulis.com/art-school/art-workshops> & call Chloe at 604-805-5622 if you have questions. Please bring art supplies listed at front desk. Please inform Chloe if you'd like to pay the extra fee to add paint & brushes and bring a sketchbook and an 8"x 10" canvas to each workshop. No Class Oct 14, No Class Nov 11

Instructor: Chloe Ullis

Mon Sep 16-Sep 30 2:00-5:00pm
238437 \$169/3 sess
Mon Oct 7-Oct 28 2:00-5:00pm
238438 \$169/3 sess
Mon Nov 4-Nov 25 2:00-5:00pm
238439 \$169/3 sess
Denman Room

Dance

Ballroom Dance I and II

Join us for a free trial on September 11, preregistration 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 Sep 11 7:30-8:45pm
238434 Free Trial
Wed Sep 18-Dec 4 7:30-8:45pm
238433 \$144/12 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 Sep 24-Dec 10 8:00-9:30pm
239102 \$156/12 sess
Denman Room

Bellydance - Beginner

Join us for our free trial September 16. 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 Oct 14 & Nov 11.

Instructor: Gail (Rahma) Haddad

Mon Sep 16 6:30-8:00pm
239104 Free Trial
Mon Sep 23-Dec 16 6:30-8:00pm
239103 \$143/11 sess
Dance Studio

Burlesque Movement

Join us for a free trial on September 9, 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 Oct 14, Nov 11. Info www.kirbysnellldance.com Drop-in \$13.50, space permitting.

Instructor: Endorphan Rush Dance

Mon Sep 9 8:15-9:15pm
236635 Free Trial
Mon Sep 16-Dec 2 8:15-9:15pm
236634 \$125/10 sess
Dance Studio

Hip Hop Cardio

Join us for a free trial on September 12, 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: Endorphan Rush Dance

Thu Sep 12 6:45-7:45pm
236637 Free Trial
Thu Sep 19-Nov 21 6:45-7:45pm
236636 \$125/10 sess
Denman Room

Scottish Country Dance

Enjoy a free trial class on September 17, 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 Sep 17 7:30-9:30pm
238409 Free Trial
Tue Sep 24-Dec 3 7:30-9:30pm
238408 \$55/11 sess
Auditorium

Brazilian Swing Class **NEW!**

Brazilian Swag class is a program that explores the Brazilian culture through dance. This class is an hour long, which begins with a stretch, followed by a warm-up, a breakdown of the basic steps and a short choreography that is presented at the end of the class by all students. Classes are all levels where you can expect to push your limits and gain physical strength. You will learn new rhythms and diving into the Brazilian culture. No class Oct 14 & Nov 11. Drop-in \$13.50, space permitting.

Instructor: Maira Daiha

Mon Sep 23-Dec 9 6:30-7:15pm
240330 \$120/10 sess
Denman Room

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 Oct 19-Oct 19 10:00am-2:30pm
237566 \$77/1 sess
Sat Nov 16-Nov 16 10:00am-2:30pm
237567 \$77/1 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 Oct 5 9:30am-2:30pm
237572 \$65/1 sess
Sat Nov 2 9:30am-2:30pm
237573 \$65/1 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 Oct 12 9:30am-2:30pm
237574 \$65/1 sess
Sat Nov 9- 9:30am-2:30pm
237575 \$65/1 sess
Meeting Room 2

Dog Obedience

FUN Rally-O Connection Game **NEW!**

Rally-O is a sport based on the obedience practice of active warm-up and freestyle exercises. It requires teamwork between dog and handler along with performance skills similar to obedience. The handler proceeds around a course of 10-20 designated stations with the dog in heel position. At each station, a sign provides instructions regarding the specific exercise required of the dog.

Wed Oct 23-Nov 27 7:40-8:40pm
238866 \$179/ 6 sess
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. No new registration after the 2nd class.

Instructor: DOGSmart Training

Wed Sep 11-Oct 16 6:30-7:30pm
238863 \$179/6 sess
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. No new registration after the 2nd class.

Instructor: DOGSmart Training

Wed Oct 23-Nov 27 6:30-7:30pm
238865 \$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. No new registration after the 2nd class.

Instructor: DOGSmart Training

Wed Sep 11-Oct 16 7:40-8:40pm
238864 \$179/6 sess
Barclay Room



Education

Beginners Bridge

This course is for those that want to learn the game from scratch (no experience required) although card playing experience will help. If you know Bridge but would like to improve your knowledge of North America's most common system, Standard American, then this course will benefit you too. Fundamentals of the game, scoring, and basic plays will be taught; the bulk of the course focuses on bidding. It will start you off enjoying this most popular card game. A form of mini-bridge will be taught in two weeks and, after five lessons, you'll know enough to play the game. However, you can spend a lifetime learning to play Bridge well!

Instructor: Tony Burt

Mon Sep 16-Dec 2 7:15pm-9:15pm
238388 \$94/10 sess
Stanley Court Room

The Parenting-Child Relationship: a parenting workshop

A different approach to understanding and managing behaviour. Explore how family dynamics can affect your parenting practices and your child's behaviour. Learn evidence-based strategies to develop resilience and self-regulation in your child.

Instructor: Tree Roots Counselling

Sat Sep 28, Oct 12, Oct 26 10:00-11:30pm
240328 \$60/3 sess
Meeting Room 1 \$100/ couple

Organic Hemp Body Care **NEW!**

Discover the amazing properties of Hemp Seed Oil! This exceptionally rich oil high in essential omega fatty acids and proteins absorbs well into the skin, and is very healing and rejuvenating. Make high-quality skincare products for all skin types from scratch! Participants will make and take home a Hemp Body Lotion, Hemp Seed Body Exfoliant, Heavenly Hemp Bath n' Body Oil and a Hemp Seed Soap. Recipes for healing salves and body washes. ALL SUPPLIES INCLUDED IN COURSE FEE.

Instructor: Cheryl Theilade

Tue Oct 15 6:30-9:00pm
240571 \$45/1 sess
Meeting Room 2

Bath Bliss – Stocking Stuffers! **NEW!**

Great Stocking Stuffer Gifts! Create luxurious and high quality bath products using nourishing organic oils and botanical extracts without the high cost! Shower fanatics will convert! In this hands-on class, make six different bath bombs in a variety of scents and shapes and candy cane bath salts, a vanilla cream bath treat, and a bath n' body oil. Recipes on tub tea and body polish. Please bring a shoebox to class. ALL SUPPLIES INCLUDED IN COURSE FEE.

Instructor: Cheryl Theilade

Tue Nov 26 6:30-9:00pm
240572 \$45/1 sess
Bidwell Room

Mindfulness For Life

Learn to use mindfulness to overcome life's challenges and improve your life. Also learn to free yourself from stress and anxiety. Cultivate inner peace and happiness. Class also includes mindfulness practice and mindful qigong. Info: LearnMindfulness.org

Instructor: Sung Yang

Mon Sep 16 7:30-8:45pm
240068 \$20/1 sess
Denman Room

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

Tue Sep 10 7:00-8:30pm
236638 Free
Tue Oct 15 7:00-8:30pm
236639 Free
Bidwell Room



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, these 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:

Sun Sep 15
Stanley Park Bus Loop 240345

Sat Sep 28
Second Beach Concession Stand 240347
Instructor: Ken Ouendag \$20/1 sess

English Conversation Club

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.

Tue Sep 10-Dec 10 10:00-11:30am
240575 Free
Meeting Room 2

Community Care First Aid

TRAINING PARTNER OF THE
CANADIAN RED CROSS

For further course details, visit
www.communitycarefirstaid.com

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 Oct 19 9:10am-5:00pm
237041 \$90/Person
Stanley Court Room

Red Cross Babysitting (11-16 yrs)

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 Nov 23 9:30am-4:30pm
237036 \$65/Person
Barclay Room

Health & Wellness

Advanced 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 Sep 6 11:00am-12:00pm
239082 Free Trial
Fri Sep 13-Oct 18 11:00am-12:00pm
239081 \$63/6 sess
Fri Oct 25-Nov 29 11:00am-12:00pm
239096 \$63/6 sess
Bidwell 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 Sep 17-Dec 10 6:15-7:15pm
238365 \$189/13 sess
Barclay Room

Tai Chi - 48 Form Part 3

New Course Description Drop in \$15, space permitting.

Instructor: Kelly Maclean
Tue Sep 17-Dec 10 7:15-8:15pm
238366 \$189/13 sess
Barclay Room

Declutter Your-Self Talk

Are you critical in your self-talk? Learn to declutter your inner speech and get rid of old inner messages that no longer serve you. We will explore tools to start speaking to ourselves as a true best friend would: with compassion and kindness. This highly interactive time will use lots of exercises, and a guided meditation so we can learn to develop a loving inner voice.

Instructor: Maryse Cardin
Sat Sep 21-Sep 21 1:00-4:00pm
238990 \$61/1 sess
Meeting Room 1

Self Hypnosis for a Better Life

Self-Hypnosis is a powerful tool that can help us achieve our goals effortlessly. In this series of workshops, We will learn different self-hypnosis techniques that can be applied to different areas of life, including peak performance (sports, job interviews etc.); enhancing creativity; motivation versus procrastination; dealing with insomnia and anxiety; memory recovery; pain management; weight control, relationships and how to relate with others. We will explore the power of the subconscious mind, and you will gain first hand experience achieving your best potentiality through relaxation. Handouts of some techniques and mp3 downloads are included. Drop in \$15.00, space permitting.

Instructor: Kemila Zsange
Thu Oct 10-Nov 14 7:00pm-8:30pm
\$85/6 sess

Stanley Court Room

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 pages 6-7 for more information...

Gardening Workshop Series

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

Community Potluck, Seed Library & Workshop

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. September - Brainstorming Winter Workshops and Activities, October - Seed Packet Party, November - Updating the West End Urban Garden Calendar. 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 Sep 15	1:00-2:30pm
239108	Free
Sun Oct 20	1:00-2:30pm
239109	Free
Sun Nov 17	1:00-2:30pm
239110	Free
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 Sep 15	2:30pm-3:30pm
239116	Free
Sun Oct 20	2:30pm-3:30pm
239117	Free
Sun Nov 17	2:30pm-3:30pm
239118	Free
Barclay Room	



Menu Planning, Meal Prep and Mason Jar Salads

In this joint West End Neighbourhood Food Network-Village Vancouver workshop with Rashmi GC, you'll learn how to plan healthier options for meals throughout the week and prepare a personalized Menu Plan for yourself, get tips about meal prep, and take home a Mason Jar Salad! We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds.

Instructor: WEFN & Village Vancouver

Sun Sep 22	1:00-3:00pm
239106	\$13/1 sess
Barclay Room	

Intro to Fermenting

In this joint Village Vancouver-WENFN West End Urban Garden Club workshop, you'll learn about several fermenting options, including vegetable fermenting (sauerkraut and local seasonal ferments), water kefir, milk kefir, and kombucha. Other topics covered include where to find supplies and ingredients, how much time and space is needed, and what equipment is required. We'll have a community seed library - pick up some free seeds for your garden, swap or donate seeds.

Instructor: WEFN & Village Vancouver

Fri Sep 27	4:30-6:00pm
239107	\$13/1 sess
Meeting Room 1	





Growing Japanese Fall Vegetables

In this joint Village Vancouver-WENFN West End Urban Garden Club workshop presented by the Tonari Gumi (Japanese Community Volunteer) Gardeners, you'll learn about wonderful Japanese vegetables and how to grow them. Workshop participants can take home plant starts or seeds, and enjoy sampling some of these vegetables in simple Japanese recipes. We'll have a community seed library present - pick up additional free seeds for your garden, swap or donate seeds.

Instructor: WEFN & Village Vancouver

Sun Oct 6 1:00-3:00pm
239111 \$13/1 sess
Barclay Room

Making Beeswax Salves

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

Instructor: WEFN & Village Vancouver

Tue Oct 22 6:30-8:30pm
239112 \$13/1 sess
Bidwell Room

Planning Your Spring Garden

Enjoy the taste of freshly grown veggies from your garden this coming spring! Village Vancouver and WENFN West End Urban Garden Club present a workshop with Rhiannon Johnson covering the basics of planning, and then preparing and starting a food garden come Spring. You'll learn how plan and prepare your garden space, as well as some simple techniques for starting plants indoors and in the garden, tailored to your space. We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds.

Instructor: WEFN & Village Vancouver

Sun Nov 3 1:00-3:00pm
239113 \$13/1 sess
Barclay Room

Seed Savers Club

Join Village Vancouver and WENFN's West End Urban Garden Club at our Seed Savers Club. All ages welcome! Find out from convenor Ross Moster how the library works and learn about the Garden Club and Village Vancouver's seed libraries and seed saving efforts around the city. Meet fellow gardeners and seed savers and share tips, pick up some free seeds for your garden or swap or donate seeds, and help put together seed packets for the library. We're able to make seed donations to West End community gardens

Instructor: WEFN & Village Vancouver

Wed Nov 13 1:00-3:00pm
239114 \$13/1 sess
Meeting Room 1

Grow Your Own Microgreens

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.

Instructor: WEFN & Village Vancouver

Tue Nov 26 6:30-8:30pm
239115 \$13/1 sess
Meeting Room 1

West End Urban Garden Club Holiday Celebration

Join us in celebrating the holiday season at our family friendly get together. We'll provide lots of food and good cheer, as well as a few surprises. Bring something yummy to share. Food stories also welcome!

Instructor: West End Food Network

Sun Dec 1 1:00pm-3:00pm
241520 Free
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 Oct 5 12:00pm-4:00pm
\$49/1 sess

Stanley Court Room

Languages

French - Beginner I

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

Wed Sep 18-Nov 20 6:00-7:30pm
237684 \$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

Wed Sep 18-Nov 20 7:30-9:00pm
237683 \$125/10 sess
Meeting Room 1

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.

Instructor: Kate Zhu

Thu Sep 19-Nov 21 6:00-7:30pm
238030 \$118/10 sess
Meeting Room 1

Mandarin (Chinese) - Ping Yin: Intermediate

New Course Description

Instructor: Kate Zhu

Thu Sep 19-Nov 21 7:30-9:00pm
238031 \$118/10 sess
Meeting Room 1

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 Oct 19-Dec 14 9:30am-10:45am
237690 \$111/9 sess
Meeting Room 3

Russian - Beginner II

Refresh and improve your knowledge of Russian. Enrich your vocabulary, learn new grammatical concepts and their usage, get more confident leading the conversation as you practice speaking, listening, reading and writing. The course is designed for those who took Russian Beginner I or has similar level acquired. Drop in \$15 (no drop in after second class), space permitting.

Instructor: Inna Makarova

Sat Oct 19-Dec 14 10:45am-12:00pm
237691 \$111/9 sess
Meeting Room 3

Spanish - Beginner I

Hola! This class is for everyone who wants to learn a bit of Spanish for travel, adventure, or to gain language skills. Be introduced to this beautiful language through phonetics, interactive classes and cultural outings. Learn to ask essential questions for travel and other must-know phrases. Class 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 Oct 14, Nov 11.

Instructor: Karen Mitchell

Mon Sep 9-Nov 25 6:30-8:00pm
237702 \$123/10 sess
Meeting Room 1

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 Oct 14, Nov 11.

Instructor: Karen Mitchell

Mon Sep 9-Nov 25 8:00-9:30pm
237703 \$123/12 sess
Meeting Room 1

Martial Arts

Aikido

Based on traditional Japanese hombu style, aikido is a powerful, dynamic martial art that uses an attacker's momentum and energy and redirects it through fluid techniques that may involve joint locks, throws and pins. This class will include both basic and higher level techniques suitable for both male and females, beginners and advanced students. Beginners welcome anytime. Drop-in \$7.75, space permitting. No class Oct 12, Oct 14, Oct 17, Oct 21, Nov 9, Nov 11, Nov 14, Nov 23, Nov 24.

Instructor: Tony Hind

Mon Sep 9-Dec 14 6:30pm-3:35pm
236628 \$220/46 sess
Auditorium

Kung Fu

For a FREE TRIAL LESSON call today: 220-4779. or visit our web site at www.mantis-kungfu.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

Tue Dec 3-Dec 31 7:00pm-9:30pm
236644 \$65/13 sess
Sat Nov 2-Nov 30 2:30pm-4:30pm
236643 \$65/13 sess
Tue Oct 1-Oct 31 7:00pm-9:30pm
236641 \$65/14 sess
Tue Sep 3-Sep 28 7:00pm-4:30pm
236640 \$65/12 sess
Dance Studio

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 Sep 11-Nov 27 6:40-9:10pm
Various Course Codes \$240/12 sess
Preschool

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 Oct 14 & Nov 11.

Instructor: Mary Friesen

Monday's

Mon Sep 9-Oct 21 3:30pm-7:00pm
237604 \$129/6 sess
Mon Oct 28-Dec 9 3:30pm-7:00pm
237619 \$129/6 sess

Stanley Court Room

Wednesday's

Wed Sep 11-Oct 23 1:30pm-7:00pm
237605 \$150.50/7 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

Tuesday's

Tue Sep 17-Oct 29 2:00pm-6:30pm
238898 \$161/7 sess
Tue Nov 5-Dec 17 2:00-6:30pm
238935 \$161/7 sess

Stanley Court Room

Friday's

Fri Sep 20-Nov 1 4:30-6:30pm
238954 \$161/7 sess
Fri Nov 8-Dec 13 4:30-6:30pm
238961 \$138/6 sess
Meeting Room 3



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

Tuesday's

Tue Sep 10-Oct 22 8:00-9:30pm
238970 \$165/7 sess

Tue Oct 29-Dec 10 8:00-9:30pm
238974 \$165/7 sess

Stanley Court Room

Wednesday's

Wed Sep 11-Oct 23 7:00-9:30pm
238977 \$165/7 sess

Meeting Room 3

West End Chamber Choir

A mixed choir with high standards in performance. We enjoy learning a cappella pieces and great works for choir and orchestra, written by classical and contemporary composers. If you love singing and your voice can carry a melody, you are welcome to join and enjoy four-part harmonies in a friendly, pleasant atmosphere. www.westendchamberchoir.com. No class Oct 14 & Nov 11.

Mon Sep 9-Dec 9 7:00-9:30pm
238967 \$135/12 sess

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!

Outings & Bus Excursions

Queen of Peace Monastery and Squamish with Joy

Visit the beautiful Queen of Peace Monastery located in the mountains north of Squamish. The Monastery is home to an order of Dominican nuns. Tour the Monastery and join the nuns for their midday prayers. Explore the older town of Squamish with its interesting shops and fun atmosphere. Enjoy a walk with great views at Porteau Cove and a visit to the Squamish Adventure Centre. Lunch and dessert is served at a lovely restaurant in downtown Squamish.

Instructor: Galiano Tours

Wed Sep 11 8:45am-5:00pm
238871 \$90/1 sess

Buddhist Temple Tour

The International Buddhist Temple in Richmond is one of the largest and most authentic temples in North America. Take a guided tour of this visual and sensory stunner and enjoy free time to explore the colorful, gold laden temple. Later afternoon tea lunch is served at London Heritage Farms' circa 1890's Tea Room. PACKAGE INCLUDES: International Buddhist Temple Guided Tour, London Heritage Farm, Afternoon Tea Lunch, South Dyke River Walk, All fees and taxes. 10:00am - Buddhist Temple-Guided Tour- Temple and Grounds Free Time 11:45am - Depart 12:00pm - London Heritage Farm- Afternoon Tea Lunch - Six Historical Site Display Rooms 2:00pm - Depart 2:15pm - South Dyke River Walk 3:00pm - Depart

Instructor: Enjoy The Journey

Tue Sep 17 9:00am-4:45pm
230213 \$109/1 sess



Westham Island

Discover a hidden gem! Travel across the Fraser River over one-lane wooden bridge to a tiny island with its own world-class bird sanctuary. Also visit Garry Point Park's Sturgeon Estuary and lunch in the heart of Steveston Village. PACKAGE INCLUDES: Reifel Migratory Bird Sanctuary, Educational Lesser Snow Geese guided tour, Lunch Blue Canoe Restaurant, Garry Point Park Sturgeon Banks Estuary, Angel Estate Winery Tasting, All fees and taxes. 11:00am - Garry Point Park, Sturgeon Banks Estuary; Migrating Lesser Snow Geese 12:00pm - Blue Canoe Restaurant- Lunch (included) 2:00pm - Reifel Migratory Bird Sanctuary- Lesser Snow Geese educational tour 3:30pm - Angel Estate Winery tasting

Instructor: Enjoy The Journey

Mon Oct 21 10:00am-5:15pm
230214 \$99/1 sess

River Eagle Cruise

Travel to Harrison Mills for a 3 hour river eagle expedition on the Fraser and Harrison Rivers with Shoreline Cruises. The area's 600 local nesting pairs are regularly joined by about 15,000 migratory bald eagles. The tiny Fraser Valley community of Harrison Mills hosts thousands of visiting bald eagles and is the world's largest gathering of nature's foremost dead-salmon connoisseurs. PACKAGE INCLUDES: 3 hour Harrison River Cruise, On board lunch, Eagle sightseeing, Campbell's Gold Honey Farm, All fees and taxes. 9:30am - Tim Hortons Chilliwack 10:45am - Harrison Lake 11:00am - Sail; Eagle sightseeing 2:00pm - Return 3:30pm - Campbell's Gold Honey Farm

Instructor: Enjoy The Journey

Tue Nov 12 7:45am-5:15pm
230215 \$149/1 sess



Lights at Lafarge Lake & Heritage Christmas

Step back in time at this year's Heritage Christmas, stroll through the village and take a ride on the carousel! After dinner take a stroll around Lake Lafarge, where illuminated tunnels and spectacular light displays comprise the biggest Xmas display in the Lower Mainland. PACKAGE INCLUDES: Escorted entry, Heritage Museum tour, Carousel ride, Dinner in Port Moody, Lights at Lafarge Lake, All fees and taxes 3:30pm - Heritage Christmas at Burnaby Village Museum 5:00pm - Depart 5:30pm - Saint St Grill Dinner 6:30pm - Depart 7:00pm - Lights at Lafarge Lake 8:15pm - Depart

Instructor: Enjoy The Journey

Tue Dec 17 2:15-9:15pm
230218 \$109/1 sess



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.
- Arrive 15 minutes prior to departure.
- Trips begin and end at the WECC Haro St. entrance. Unless indicated in the Out Trip description
- Please note what is included in the fees.
- Inform the trip leader if you plan to leave the group.
- You are responsible for your own fares on public transit trips. Please bring a transit pass or exact change.
- All participants must pay their own ferry cost unless otherwise indicated.
- **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.**

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 Oct 14, Nov 11

Instructor: Stephen McGroty (Mon), Estelle Liebenberg (Tue AM) Charmian Nimmo (Tue:PM) Jesselin T'Kenye (Wed/Thu)

Mon Sep 16-Dec 2	6:45-9:45pm
236263	\$210/10 sess
Tue Sep 17-Nov 19	11:00am-2:00pm
236293	\$210/10 sess
Tue Sep 17-Nov 19	6:45-9:45pm
237337	\$210/10 sess
Wed Sep 18-Nov 20	6:45-9:45pm
237346	\$210/10 sess
Thu Sep 19-Nov 21	6:45-9:45pm
237349	\$210/10 sess

Pottery Studio

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. CHILDMINDING AVAILABLE.

Instructor: Jesselin T'Kenye

Fri Sep 20-Nov 22	9:30-11:30am
237504	\$140/10 sess

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.

Sat Sep 7-Dec 21 9:00am-1:00pm
\$8/drop-in

Pottery Club

Join the Pottery Club!

For details pick up an information sheet from the main office.

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 based 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 Sep 11-Oct 16 1:15-2:15pm
238872 \$57/6 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 Oct 2-Dec 11 3:00-4:30pm
238420 \$71.5/11 sess
Dance Studio

Atypical Yoga Flow

All ages and physical capabilities are welcome to this Yoga inspired functional movement class, featuring sequences that will promote flexibility and strength mindfully. We will include breath awareness and relaxation techniques so you can leave feeling calm and limber. Drop-in \$14.00, space permitting.

Instructor: Alexa McEwen

Thu Sep 12-Oct 24 7:15-8:30pm
238410 \$87.5/7 sess
Thu Oct 31-Dec 12 7:15-8:30pm
238413 \$87.5/7 sess
English Bay Room

Beginners 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.

Instructor: Jacob Larmour

Fri Sep 6 9:45am-10:45am
239084 Free Trial
Fri Sep 13-Oct 18 9:45am-10:45am
239083 \$63/6 sess
Fri Oct 25-Nov 29 9:45am-10:45am
239094 \$63/6 sess
Bidwell Room

Core - Integrity:

Yoga for Back Care **NEW!**

This program is designed to heal back pain and promote wellness, with a focus on core muscle strengthening, postural integrity, and deep breathing for enhanced circulation and muscle relaxation. MORE INFO at www.MECA.Life/YogaDrop-in's \$17.00, space permitting.

Instructor: Erika Nabuurs (MECA.Life)

Wed Oct 2-Dec 11 7:30pm-8:30pm
238427 \$165/11 sess
English Bay Room

Empower Birth:

Prenatal Yoga **NEW!**

This program is designed to offer preparatory guidance for your birthing journey, and for the arrival of a new being on all levels including physiological, emotional, psychological, spiritual & energetic! MORE INFO at www.MECA.Life/YogaDrop-in's \$17.00, space permitting.

Instructor: Erika Nabuurs (MECA.Life)

Wed Oct 2-Dec 11 6:00pm-7:00pm
238429 \$165/11 sess
English Bay Room



Gentle Flow Yoga

Gentle Flow is a mindful sequence of postures that emphasizes a balance of postural alignment and breathing techniques to stretch and strengthen your body, calm your mind and connect within. I guide a healing and nourishing practice that allows you to explore and discover the essence of the poses as they unfold. Drop-in \$14.00, space permitting.

Instructor: Kim McLeod

Wed Sep 4	9:30am-10:30am
238417	Free Trial
Wed Sep 11-Oct 23	9:30am-10:30am
238416	\$87.5/7 sess
Wed Oct 30-Dec 11	9:30am-10:30am
238418	\$87.5/7 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.

Instructor: Dawn Swanson

Tue Sep 10-Oct 8	6:00-7:30pm
238436	\$62.50/5 sess
Tue Oct 22-Nov 26	6:00-7:30pm
238441	\$75/6 sess
English Bay Room	

Monday Evening Qi Gong

In this class, we practice qi gong exercise 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. The evening class generally includes a guided meditation. Suitable for beginners and advanced students of all fitness levels. Drop-in: Adult \$12.00; Seniors \$10.00, space permitting. No class Oct 14 & Nov 11.

Instructor: Jacob Larmour

Mon Sep 9-Oct 21	8:00pm-9:00pm
239085	\$63/6 sess
Mon Oct 28-Dec 9	8:00pm-9:00pm
239100	\$63/6 sess
Barclay Room	

Reiki Relaxation

Enjoy a free trial class on October 3, 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. Learn about 5 Reiki principles, 7 energy chakras, 5 fundamental needs and 4 hurdles in wellbeing. It is for everyone and no prior experience is needed. This class does not include healing touch, and would not certify you as a Reiki practitioner. Take all 8 classes and come out rejuvenated, calm, refreshed, focused and energized. If you feel stressed and want deep relaxation, this program is the perfect way to invite fresh energy and relaxation into your life. Register now, have fun and bring a friend! Drop in \$12, space permitting.

Instructor: Shehbaz Ahmad

Thu Oct 3	7:00-8:30pm
237554	Free Trial
Thu Oct 10-Nov 21	7:00-8:30pm
237553	\$70/7 sess
Barclay 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 Oct 14 & Nov 11.

Instructor: Alexa McEwen

Mon Sep 9-Oct 21	5:45pm-6:45pm
238411	\$72/7 sess
Mon Oct 28-Dec 9	5:45pm-6:45pm
238414	\$72/6 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 Sep 5-Oct 24	10:00-11:15am
237584	\$104/8 sess
Thu Oct 31-Dec 19	10:00-11:15am
237587	\$104/8 sess
Sat Sep 7-Oct 26	10:00-11:15am
237585	\$104/8 sess
Sat Nov 2-Dec 21	10:00-11:15am
237586	\$104/8 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. No class Oct 31.

Instructor: Mike Dennison

Thu Sep 12-Dec 12	6:00-7:15pm
237578	\$190/13 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 Oct 14 & Nov 11.

Instructor: Alexa McEwen

Mon Sep 9-Oct 21	10:00-11:30am
238412	\$75/6 sess
Mon Oct 28-Dec 9	10:00-11:30am
238415	\$75/6 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 Oct 14 & Nov 11.

Instructor: Sandra Leigh

Mon Sep 9-Oct 21	7:00-8:30pm
238402	\$75/6 sess
Mon Nov 4-Dec 16	7:00-8:30pm
238403	\$75/6 sess
English Bay 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!

Sports

Basketball - Competitive

Enjoy some friendly, exciting recreational basketball. Non-instructional. Drop in \$6.00 space permitting.

Instructor: INSTRUCTOR TBA

Thu Sep 5-Dec 19	7:10pm-9:00pm
238876	\$84/16 sess
Tue Sep 3-Dec 17	7:10pm-9:00pm
238877	\$84/16 sess
Off Site - 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 \$6.00 space permitting, space permitting. No program Oct 14 & Nov 11.

Instructor: David Madura

Mon Sep 9-Dec 16	8:00pm-10:00pm
238878	\$68.25/13 sess
Off Site - King George Gymnasium	

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, \$5.00, space permitting. Equipment is available on a first come first served basis, bring your own equipment is recommended.

Instructor: Vancouver Pickleball Association

Sun Sep 8-Dec 15	1:00pm-3:30pm
238879	\$63.75/15 sess
Off Site - King George Gymnasium	

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, \$5.00, space permitting. Equipment is available on a first come first served basis, bring your own equipment is recommended.

Instructor: Vancouver Pickleball Association

Sun Sep 8-Dec 15	10:30am-1:00pm
238880	\$63.75/15 sess
Off Site - 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.

Adult Sports (19+) Drop in Procedure

Participants may phone the Community Centre front office (604-257-8333, press 1) beginning at 12:00pm to either secure a drop in spot (space permitting), or to be added to the waitlist. All participants must check in at the front office, waitlisted participants must wait in the lobby before proceeding to the gymnasium. Registered program participants have up to 5 minutes after the program start time to show up. 5 minutes after the program start time no show participant spots will be sold to waitlisted participants. Drop-in: \$6.00/person, space permitting.

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 37.

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 38.

Indoor Cycling Classes

Indoor cycling classes are available throughout the week. Join our dynamic instructors for a GREAT workout. See page 38.

Squash & Racquetball Court

Call 604-257-8333 ext. 1 to book a 45-minute session in our convertible racquet court. See page 37 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

Admission Fees		
	Adult (19-64 yrs)	Youth (13-18 yrs) Senior (65+ yrs)
Drop-In	\$6.10	\$4.27
10 Visits	\$49.60	\$34.72
Flexipasses		
1 Month	\$47.11	\$32.98
3 Months	\$127.00	\$88.90
1 Year	\$406.98	\$284.89
<i>Prices subject to change. Prices do not include 5% GST.</i>		

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.

Fall 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.

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.



Personal Training

	Private (1 person)	Semi-Private (2 people)	Small Group (3-4 people)
1 sess	\$51.73	\$77.57	\$108.80
3 sess	\$143.34	\$215.05	\$291.42
5 sess	\$230.55	\$355.04	\$427.43
10 sess	\$429.54	\$659.36	\$777.14
<i>Prices subject to change. Prices do not include 5% GST.</i>			

Racquetball/Squash

	Adult	Youth/Senior
Single Booking (45 mins)		
Prime-time	\$14.50	\$10.15
Prime-time (w/ Flexi)	\$11.60	\$8.12
Non-prime	\$10.35	\$7.25
Non-prime (w/ Flexi)	\$8.28	\$5.80
*Single player	\$7.25	\$5.08
10-Court Strip		
	With Flexi-Pass	Without Flexi-Pass
Prime-time	\$104.40	\$130.50
Non-prime	\$74.52	\$93.15
<i>Prices subject to change. Prices do not include 5% GST.</i>		
<ul style="list-style-type: none"> • 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. 		

Group Fitness & Indoor Cycling

	Adult (19-59 yrs)	Youth (13-18 yrs) Senior (60+ yrs)
Drop-In	\$6.25	\$4.34
10 Visits	\$50.53	\$35.08
Fit Pass (Sep 3-Dec 31) <i>Price pro-rated daily</i>	\$192.56	\$133.40
<i>Prices subject to change. Prices do not include 5% GST.</i>		

Group Fitness & Indoor Cycling Classes

West End CC Fall 2019 Group Fitness & Indoor Cycling Class Schedule

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Cruise and Core 9:15-10:15am	Athletic Interval Training 6:30-7:30am		Athletic Interval Training 6:30-7:30am		Cycle Core 8:45-10:15am	Fusion Yoga/ Pilates 9:00-10:00am	
Older Adult 9:15-10:45am	Light Fit 10:45-11:45am	Older Adult 9:00-10:30am	Light Fit 10:45-11:45am	Older Adult 9:15-10:45am	Athletic Step 9:15-10:15am	Cycle Fit* 9:30-10:30am	
Pilates Plus 9:30-10:30am		Rooftop Riders 9:15-10:15am		Rooftop Riders 9:15-10:15am	Interval Training - HIIT 10:30-11:45am		
Adapted Fitness 11:00am-12:00pm		Adapted Fitness 11:00am-12:00pm		Adapted Fitness 11:00am-12:00pm	<p>Our experienced, qualified and caring fitness professionals are committed to getting you started and keeping you going in a fun and welcoming community environment. Whether you are exercising for health improvement, athletic performance or for the pure enjoyment of moving your body, we welcome all shapes, sizes and abilities.</p> <p>Though all are welcome, skill, experience and fitness level as well as personal preference make some classes a better fit than others. The following descriptions and colour classifications offer a brief outline of what you can expect in each class.</p> <p><i>no classes on Stat holidays</i> <i>* 90 min option 3rd Sunday of each month.</i></p>		
	Stretch and Strength 12:45-2:00pm		Stretch and Strength 12:30-1:30pm				
Basic Fit 5:15-6:15pm		Athletic Interval Training 5:00-6:00pm	Total Chisel 5:30-6:30pm	See page 58 for Coal Harbour Group Fitness Class Schedule			
Cycle Express 5:30-6:15pm	Zumba 5:30-6:30pm	Cycle Express 5:30-6:15pm	Esprit de Barre 5:45-6:45pm				
TBC: Tone - Balance & Core 5:30-6:15pm	Yoga Fusion 5:30-6:20pm	Step and Stretch 6:15-7:15pm	Zumba 6:00-7:00pm				
Essentrics 6:30-7:30pm	Pilates Plus 6:30-7:30pm		Cycle Core 6:00-7:15pm	YogaShape 6:00-7:15pm			
<i>Please be sure to attend your favourite classes, as those with low attendance are subject to cancellation.</i>							
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

Group Fitness & Indoor Cycling Fees

	Adult (19-59 yrs)	Youth (13-18 yrs) Senior (60+ yrs)
Drop-In	\$6.25	\$4.34
10 Visits	\$50.53	\$35.08
Fit Pass (Sep 3-Dec 31) <i>Price pro-rated daily</i>	\$192.56	\$133.40
<i>Prices subject to change.</i> <i>Prices do not include 5% GST.</i>		

Group Fitness Class Descriptions

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.

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.

Essentrics is a full body workout that rapidly changes the shape of your body through a dynamic and fluid combination of stretching and strengthening. This equipment free workout helps improve your posture and leaves you feeling energized, youthful and healthy.

Low-Moderate Intensity

Adapted Fitness: Exercises 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 Dec 31 for Fall 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.

Arthritis Fit

This exercise class will provide people with arthritis the benefits of improved joint mobility, flexibility and muscle endurance. No class on statutory holidays Oct 14, Nov 11

Instructor: Keno Kinoshita

Mon Sep 9-Dec 16 1:30-2:30pm
233996 \$89.18/13 sess
Dance Studio

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

Wed Sep 11-Dec 4 10:05-11:05am
236822 \$99.84/13 sess
Denman Room

Osteofit Level I

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 Sep 11-Dec 4 9:05-10:05am
236823 \$99.84/13 sess
Denman Room

Christmasana

Join us Christmas morning for a festive flow. This class will leave you with a smile-asana :) All levels welcome. Enter through the grey side door marked Fitness Centre. Please register.

Instructor: Jill Stoness

Wed Dec 25 9:15-10:15am
236870 FREE
Dance Studio

Special Event

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 Sep 4-Dec 18 6:15-7:15pm
234941 \$240/16 sess
Sat Sep 7-Dec 21 8:45-9:45am
234942 \$240/16 sess
Sat Sep 7-Dec 21 10:30-11:30am
234943 \$240/16 sess
Denman Room

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 on statutory holidays Oct 14, Nov 11

Instructor: Keno Kinoshita

Mon Sep 9-Dec 16 11:30am-12:30pm
233997 \$137.80/13 sess
Fitness Centre

Zumba Gold

ZUMBA® Gold is a low-impact dance-fitness class for beginners and seniors that uses the zesty Latin music with easy to follow moves to create a dynamic and fun fitness class. ZUMBA® Gold classes strives to improve our balance, strength, flexibility and most importantly, the heart. Drop in \$9.50. www.zumbavancouver.ca.

Instructor: Zumba Vancouver

Set 1
Wed Sep 11-Oct 23 11:00am-12:00pm
234937 \$59.99/7 sess

Free Trial Class
Wed Oct 30 11:00am-12:00pm
234940 Free

Set 2
Wed Nov 6-Dec 18 11:00am-12:00pm
234939 \$59.99/7 sess
Auditorium

Coal Harbour CC – Fall 2019 Group Fitness Class Schedule

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Strength 12:10-1:10pm <i>*Childminding available. See pg. 56 for details.</i>		Cardio Strength 12:00-1:00pm			Classic Step/Stretch 9:15-10:15am	Cardio Kickbox 10:15-11:15am
	Cardio Kickbox 5:30-6:30pm		Cardio Fusion 5:30-6:30pm	See page 74 for class descriptions and fees.		

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

Older Adult (50+)

WEST END COMMUNITY CENTRE

Dance

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 Sep 11-Nov 13 9:30-10:30am
232987 \$52/10 sess
Auditorium

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 Oct 14, Oct 21, Nov 11

Mon Sep 9-Dec 23 12:45-2:45pm
234978 \$1.25/drop-in
Auditorium

Health and Wellness

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: Edouard Beaudry

Tue Sep 10-Oct 22 10:00-11:30am
234984 \$43.75/7 sess
Tue Oct 29-Dec 17 10:00-11:30am
234985 \$50/8 sess
Denman Room



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 be more responsive to the world around you. Drop-in for seniors (60+) = \$12.00. Drop in for adults = \$15.00

Instructor: May Nasser

Tue Sep 17-Nov 26 9:30-10:30am
234355 \$120/10 sess
English Bay Room

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 Oct 14 and Nov 11

Instructor: Sandra Leigh

Mon Sep 9-Oct 28 12:15-1:15pm
236945 \$25.76/7 sess
Mon Nov 4-Dec 16 12:15-1:15pm
236946 \$22.08/6 sess
Dance Studio

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 class Oct 14 and Nov 11

Instructor: Irene Lugsdin

Mon Sep 9-Dec 16 2:00-3:00pm
236952 \$81.90/13 sess

English Bay Room

Instructor: Victoria Goldner

Fri Sep 13-Dec 20 12:30-1:30pm
236953 \$94.50/15 sess
Dance Studio

Tai Chi Yang Style - Beginner Level I

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. Drop-in fee is \$6.40.

Instructor: Kevin Hamilton M.E.S. Ph.D.

Thu Oct 3-Dec 5 9:40-10:40am
236962 \$46/10 sess
Thu Oct 3-Dec 5 11:00am-12:00pm
236961 \$46/10 sess
Denman Room

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

Tue Sep 3-Oct 22	9:10-10:25am
237449	\$22/8 sess
Tue Oct 29-Dec 17	9:10-10:25am
237450	\$22/8 sess
Thu Sep 5-Oct 24	9:10-10:25am
237451	\$22/8 sess
Thu Oct 31-Dec 19	9:10-10:25am
237452	\$22/8 sess
Dance Studio	

Art, Culture & Environment

Travel Spanish

Are you dreaming about a trip to Latin America? Maybe you have one planned already. If so, this class is for you! Join Dominique in learning how to take Spanish basics and use it in conversation and travel information. The classes are small and comfortable, providing a positive learning experience.

Instructor: Dominique Francoeur

Wed Sep 18-Nov 6	2:00-4:00pm
237362	\$59.60/8 sess
Meeting Room 1	

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.musicaexpressions.ca Drop-in \$12 if space permits.

Instructor: Musical Expressions

Thu Sep 19-Dec 5	1:00-1:30pm
232331	\$108/12 sess
Meeting Room 1	

Education

The World of Digital Devices

The subject is all inclusive "the world of personal computers and all portable digital devices, including cell/smart phones". Those who wish to attend may bring in their devices and explore the Internet and the digital world.

Instructor: Muharrem Sev

Thu Nov 14	1:00-3:00pm
237948	Free
Meeting Room 1	

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 Sep 24	6:30-8:00pm
237454	Free
Bidwell Room	
Tue Oct 29	6:30-8:00pm
237455	Free
Bidwell Room	

NEPP Earthquake Preparedness - Seniors

Many sessions offered for emergency preparedness focus on families - not this session. This session is specific for Seniors focusing on challenges they may face when preparing for emergencies or disasters. We have all witnessed the recent earthquakes in Japan & New Zealand and have seen the devastation caused. Living in Vancouver, we too could be faced with an earthquake - yet few of us take the steps to ensure we are prepared. This session will ensure you and your pets are prepared. It covers what is required to develop your emergency plan, how to conduct a Hazard Hunt and what to do when an earthquake strikes when you live in an apartment or strata.

Instructor: City Of Vancouver NEPP

Wed Nov 20	1:00-2:00pm
238002	Free
Bidwell Room	

Flu Clinic

Drop-in any time to the free flu clinic provided by Vancouver Coastal Health.

Instructor: Vancouver Coastal Health

Wed Nov 13	1:00-4:00pm
FREE	
Bidwell Room	



Older Adult (50+)

WEST END COMMUNITY CENTRE

Social



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 Sep 11-Dec 18 1:00-3:30pm
234981 Free
Bidwell Room

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.

Tue Sep 3-Dec 16 1:00-4:00pm
Wed Sep 4-Dec 17 6:30-9:00pm
Thu Sep 5-Dec 18 1:00-4:00pm
Fri Sep 6-Dec 19 6:15-8:45pm
234976
Bidwell Room

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.

Fri Sep 6-Nov 29 1:00pm-3:00pm
234983 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.

Sun Sep 8 1:30-4:00pm
Sun Oct 13 1:30-4:00pm
Sun Nov 10 1:30-4:00pm
Denman Room

West End Darkroom - Group Program

Everyone 19+ years of age welcome. The darkroom is available during regular WECC hours for West End Darkroom members use. Please visit www.west-enddarkroom.ca for more information about club membership.

Thu Sep 26 7:00-8:30pm
Sat Oct 26 2:00-3:30pm
Thu Nov 28 7:00-8:30pm
Darkroom

Seniors Christmas Dinner



Enjoy Christmas dinner with all the trimmings, great prizes and fabulous live. Join friends, old and new, to share in the holiday cheer. Get a holiday picture taken and we will print it for you to take home. This event is open to everyone 50+. No refunds after Dec 3

Fri Dec 6 5:30-8:00pm
232986 \$22/1 sess
Auditorium

Vancouver Park Board Skating Lessons

Learn to Skate Program

Vancouver Park Board Learn to Skate program focuses on skill acquisition through activities and games. We offer classes for preschoolers, children, teens and adults. If you are unsure of which level to register in, please come to any public skate and ask for an on-ice assessment. CSA approved hockey or snowboard helmets are required for skate lessons (no bike helmets). A limited number of hockey helmets are available to use for free.

Registration Information

Fall Set 1 – September 13 at 7:00pm (Sep 28 - Nov 8)

Fall Set 2 – November 8 at 7:00pm (Nov 9 - Dec 20)

Winter Set 1 – December 20 at 7:00pm (Jan 3 - Feb 14)

How to Register On-line

Go to recreation.vancouver.ca to update or create your account.

Do you currently have an online account?

- Go to: recreation.vancouver.ca
- Click "Sign In", or "Forgot your password?" and follow the steps to get your new password.
- Login with your email address and confirm your account information is correct.
- Call 311 if you have any troubles with your online account.

Never registered online before?

- Go to: recreation.vancouver.ca
- Click "Sign In" or "Create an Account" to set up your profile and password before registration opens for fall programs.

Adult Hockey Skills

This is a co-ed, fun, no pressure program designed to boost your love of our national pastime. A standard session will see you doing a stretch and warm-up, a variety of exciting drills, personal development time (slapshot, face-offs, crossovers) and of course, a game. Work on your skating, passing, shooting and your positioning to help boost your confidence. This is a very popular program with many players returning year after year. Full equipment is required, including face protection.

Beginner

Sun Sep 29-Nov 3	5:15-6:00pm	\$69/6 sess
Sun Nov 10-Dec 15	5:15-6:00pm	\$69/6 sess

Intermediate/Advance

Sun Sep 29-Nov 3	6:00-6:45pm	\$69/6 sess
Sun Nov 10-Dec 15	6:00-6:45pm	\$69/6 sess

Ice Skating Lessons Registration Guide

Pick up your lesson schedule at the West End Front Office or view it online 2 weeks prior to registration.

Preschool Lessons

Preschool 1 - Limited or no experience on the ice, cannot stand up on ice unassisted.

Preschool 2 - Stand up on ice unassisted, walk on ice with skates.

Preschool 3 - Skate across the ice, glide on 2 feet for 1/2 meter, scrape ice and backwards step.

Preschool 4 - Can Stop, glide for two meters and do five skulls forward.

Preschool 5/6 - Can glide on one foot for 1/2 meter, can skate backwards, can stop with either left or right foot.

Children Lessons

Child 1 - Limited or no experience on the ice, cannot stand up on ice unassisted.

Child 2 - Can stand up on ice unassisted, skate across the ice and step/skate backward.

Child 3 - Glide on two feet for 1 meter, snowplow stop and sculling.

Child 4 - Half snowplow stop with left and right foot, backwards scull and forward single scull.

Child 5 - Forward circle thrusts both directions, backward C push, backward snowplow stop.

Child 6/7 - Forward crossovers, backward circle thrusts, backward stops and can use outside edges.

Adult Lessons

Beginner 1 - No experience

Beginner 2 - Can stop going forward, can glide 2 meters, can balance on one foot for 1/2 meter

Intermediate/Advanced - can skate backwards, can stop forwards, can glide for two meters forward and backwards, can balance on one foot for 2 meters.

West End Ice Rink Schedule Sept 28 - Dec 20, 2019

Winter Wonderland December 22 - January 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Parent & Preschool Lessons 12:00-1:30pm		Parent & Preschool Skate 12:00-1:30pm	Discount Skate 12:00-1:30pm	Adult Drop-in Hockey (19+ yrs) 12:00-1:30pm		Skating Lessons 10:30am-1:30pm
Winter Wonderland West End Rink will be dressed up with lights, trees and other festive decorations to celebrate the season! Daily public skates from December 22nd to January 1st. Private party packages also available.						Parent & Preschool Skate 1:45-3:00pm
				Children's Drop-in Hockey \$3 (6-8 yrs) 3:30-4:15pm	Adult Stick 'n Puck 2:30-4:00pm	Public Skate 3:15-5:00pm
50 & Better 2:15-3:15pm	Prime Time space available for hockey, office parties, birthday parties and more! Visit vancouver.ca/parks/recreations/rentals.htm for more info.	Skating Lessons 3:45-6:45pm	Public Skate 3:15-4:45pm	Teen Drop-in Hockey \$3 (13-17 yrs) 4:15-5:00pm	Public Skate 4:15-6:15pm	Beginner Hockey Skills 5:15-6:00pm
Adult Stick 'n Puck 3:30-4:45pm				Youth Drop-in Hockey \$3 (9-12 yrs) 5:15-6:00pm		Intermediate & Advanced Hockey Skills 6:00-6:45pm
Adult Skating Lessons 6:15-8:30pm		Family Public Skate 7:00-8:15pm		Public Skate 6:15-8:15pm		
Adult Skate 8:45-10:15pm					Adult Skate 8:00-10:00pm	
Adult Drop-in Hockey (19+ yrs) 10:30pm-12:00am		Adult Drop-in Hockey (19+ yrs) 10:00-11:30pm	Please refer to "Adult Drop-In Hockey" below for phone-in procedures.		Adult Drop-in Hockey (19+ yrs) 10:15-11:45pm	
Children 7 years & younger must be accompanied on the ice by a parent or guardian over the age of 16 years. Call 604-257-8333 for more information. Rink size: 147' x 74' (3/4 size)						

Public Admission	Single Admission	10-usage pass
Adults (19-64)	\$6.10	\$49.60
Youth (13-18)	\$4.27	\$34.72
Children (3-12)	\$3.05	\$24.80
Seniors (65+)	\$4.27	\$34.72
Family Admission (minimum 2 child rates)	@ Child Rate	N/A
*Rates subject to change		

Drop-In Hockey	Single Admission	10-usage pass
Adult	\$6.10	\$49.60
Adult Stick and Puck	\$6.10	\$49.60
Parent & Preschool	\$3.05	
Skate Rentals	\$3.08	\$24.64
Skate Sharpening	\$5.93	

Drop-in Adult Hockey Phone-in system procedures

On the day of the drop in hockey session, call 604-257-8333 starting at 9:30am (on stat holidays, call 604-257- 8342), to put your name down for that day/night's hockey. ONE CALL, ONE NAME. For Monday sessions, please make sure you specify either Stick and Puck or evening hockey. Paying and signing the waiver for hockey will start 1/2 hour before the session starts. Players must sign in 15 min prior to the session start time or risk losing their spot.

Welcome to Barclay Manor!

1447 Barclay Street, Vancouver, BC V6G 1J6

604-257-8333 | www.barclaymanor.ca

Registration Info:

Tues., August 13

7:00pm (on-line/in-person)

Details on page 5.

Wed., August 14

9:00am (phone-in)



Mystery of the Severed Pumpkin



Join long time mystery producer Trevor Jenkins and dare to enter the Barclay Manor this Hallowed Eve. Two suspicious characters join the audience but one is the Grim Reaper on a most deadly mission. No one is safe! One of our characters may not leave. You can try to save them. Catch the Reaper before it's too late. Participate or sit back and enjoy a theatrical show complete with bags of goodies to eat and a cauldron full of prizes to be won. See you there.

Instructor: Trevor Jenkins

Tue Oct 8

237446

Piano Room at Barclay Manor

6:30-8:30pm

\$10/1 sess

Murder Mystery on the Christmas Express



Mystery producer Trevor Jenkins presents an intriguing murder mystery set in the Barclay Manor, a train stop for the Christmas Express. While the audience gathers so do two characters, each waiting for the train to arrive. One is here to kill and the other is their victim. Against the joyous holiday backdrop complete with gifts, stocking stuffers and Christmas carols lurks one with evil intent. Come, catch the predator before they strike. A table of delicious Christmas treats and colourfully wrapped prizes awaits your pleasure.

Instructor: Trevor Jenkins

Tue Dec 17

237448

Piano Room at Barclay Manor

6:30-8:30pm

\$10/1 sess

Older Adult (50+)

BARCLAY MANOR

Health and Wellness

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 49 years experience. 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.

Instructor: Laura Krown

Wed Sep 11-Oct 30	9:45-10:45am
236935	\$67.84/8 sess
Wed Nov 6-Dec 18	9:45-10:45am
236936	\$59.36/7 sess
Mon Sep 9-Oct 28	11:00am-12:00pm
236938	\$59.36/7 sess
Mon Nov 4-Dec 16	11:00am-12:00pm
236939	\$50.88/6 sess
Fri Sep 13-Nov 1	11:00am-12:00pm
236941	\$67.84/8 sess
Fri Nov 8-Dec 20	11:00am-12:00pm
236942	\$59.36/7 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 Sep 4-Dec 18	6:30-9:00pm
234977	Free
Basement at Barclay Manor	

Education

Legal Advice

Access Justice provides accessible pro bono legal advice clinics and referral services. Contact 604-878-7400 for information and appointments. You must have an appointment

Tue Sep 10-Dec 17	3:00-5:00pm
234974	Free
Board Room at Barclay Manor	

Social

"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 are - well - ageless! Lots of laughs, fun and even some inspiring moments. Come to listen or share. FREE!

Instructor: Barbara Shaw

Thu Sep 19	7:00-9:00pm
Thu Oct 17	7:00-9:00pm
Thu Nov 21	7:00-9:00pm
Thu Dec 19	7:00-9:00pm
234982	Free
Piano Room 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 session Sept 2, Oct 14, Nov 11
Mon Sep 9-Dec 23 1:00-4:00pm
234975 \$5/14 sess

Basement 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 Chrisel at 604-655-9664.

Tue Sep 3-Dec 17	7:00-9:00pm
Basement at Barclay Manor	

Art, Culture & Environment



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). M. Reza Atashzad has over 30 years experience in teaching drawing and painting at his own Atashzad Academy of Art. He has also been teaching different art programs at several community centres in Vancouver since 2011. He has published more than 700 watercolour paintings, such as greeting cards, posters, albums, and books. Visit: www.atashzad.com. No class Oct 24.

Instructor: Reza Atashzad

Thu Oct 3-Dec 5	10:00am-12:00pm
237360	\$134.55/9 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 Sep 4-Dec 18	7:00-9:30pm
Piano Room 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., August 13

7:00pm (on-line/in-person)

Details on page 5.

Wed., August 14

9:00am (phone-in)



Pint-sized Pumpkin Carving

We are hosting our 10th annual Pint-Sized Pumpkin Carving event! Get into the spooky spirit as you carve your own jack-o-lantern. We will supply some carving tools and ghoulish music and don't forget to wear your costume if you dare. Parent participation is required. Please pre-register so we can ensure we have enough pumpkins. (\$6/pumpkin, \$8/pumpkin on the day-of event).

Sat Oct 19

10:00am-12:00pm

239994

\$6/pumpkin

Multipurpose Room



Halloween Carnival & Ghostly Graveyard

2-7 yrs

Join us for this fun, hair-raising event and get into the spooky spirit! Enjoy creepy crafts, terrifying treats, eerie entertainment and much more! Don't forget to wear your costume & visit our ghostly graveyard. Parent participation is required. Pre-registration is recommended. (\$5.50/child, \$7.50/child on the day-of event).

Sat Oct 26

10:00am-12:00pm

239995

\$5.50/child

Activity Room

Special Events

COAL HARBOUR COMMUNITY CENTRE

Family Gingerbread House Magic



Holiday music and a festive atmosphere will get you in the winter spirit! Fee includes all supplies and decoration for one gingerbread house. Parent participation is required.

Sat Nov 30

10:00am-12:00pm

239997

\$17/kit

Multipurpose Room

Christmas Carnival



2-7 yrs

Breaking news! Santa has been spotted at the Harbour! Journey with your children to meet Santa through a magical winter wonderland where holiday games and holiday crafts await each stop along the way. Parent participation is required. Pre-registration is recommended. (\$5.50/child, \$7.50/child on the day-of event).

Sat Dec 14

10:00am-12:00pm

239998

\$5.50/child

Gymnasium - Coal Harbour

Kids' Stuff Only Market



If you have children's toys, clothes, or books you no longer use, then this is your chance to sell these items. Tables are sold by first come, first served. No merchants or businesses, full details and regulations available at the front desk. Free Market admission. Registration begins early December. No refunds after February 14, 2020.

Sun Mar 1

10:00am-1:00pm

Gymnasium

\$21/table

Licensed Care

Coal Harbour Kids Care (5-12yrs)

Coming to the community this Fall!

We are looking forward to offering child care for children after school at Coal Harbour Community Centre. Keep your eyes open for more information! Our application is underway in hopes we can start September 2019. Registration will be ongoing depending on availability. Pick up from Lord Roberts Elementary School. 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). Fees to be announced.

AFTER SCHOOL CARE

3:00-6:00pm



Kinder Kids Occasional Care (3.5-5 yrs)

This licensed education-based program is designed to prepare 3.5-5 year olds socially, emotionally and cognitively for Kindergarten. In this fun, exciting and valuable program, children will explore various developmentally appropriate topics and concepts such as letter and number recognition. Each session is structured with free play, circle, gym and snack time, and concludes with a themed activity.

Kids must have some functional understanding of English, be fully potty trained, and have attended a previous program such as Pre-Kinders or Terrific Two's and Three's. Please provide 1 easy to open nutritious snack, a full water bottle, appropriate outdoor wear for the weather, and a change of clothes each day.

Registration and emergency consent forms must be completed and returned before a child can attend the program. Vaccination records and a recent photo of the child are also required. Please see the front desk for form packages.

Drop-in of \$20.00, if space permits, after 9:40am, on a first-come first-in basis. Registered children not present or whose guardians have not called the front desk between 9:15 and 9:30am will give up their child's spot in class that day to any drop-ins.

*Please speak with Benjamin about the suitability of the program for your child.

No session Oct 14, Nov 11, Dec 25, 26, 2019.

Instructor: Benjamin Chau & Mistin Wilkinson

September Sessions

M/W/F Sep 4-Sep 30	9:30-11:30am
239665	\$182/12 sess
T/Th Sep 3-Sep 26	9:30-11:30am
239750	\$121/8 sess

October Sessions

M/W/F Oct 2-Oct 30	9:30-11:30am
239738	\$182/12 sess
T/Th Oct 1-Oct 31	9:30-11:30am
239752	\$152/10 sess

November Sessions

M/W/F Nov 1-Nov 29	9:30-11:30am
239744	\$182/12 sess
T/Th Nov 5-Nov 28	9:30-11:30am
239755	\$121/8 sess

December Sessions

M/W/F Dec 2-Dec 30	9:30-11:30am
239746	\$182/12 sess
T/Th Dec 3-Dec 31	9:30-11:30am
239757	\$121/8 sess

Arts and Crafts Room

Forerunner to Kinder Kids (not licensed)...

Pre-Kinders (3-5 yrs)

This program focuses on English comprehension and is designed to prepare for the Kinder Kids Occasional Care program. Classes are structured like Kinder Kids. Lessons are planned and organized each week. Must be potty trained. No English is required. Drop-in \$20.00, if space permits.

Instructor: Mistin Wilkinson

T/Th Sep 10-Dec 12	9:45-11:00am
239939	\$255/30 sess
Meeting Room	



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. No session Oct 14, Nov 11, 2019.

M-Th Sep 3-Dec 19 12:00-2:00pm
239835 \$2.75/drop-in
Activity, Arts and Crafts Rooms

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 Oct 14, Nov 11, 2019.

M-F Sep 3-Dec 20 9:30-11:30am
239836 \$2.75/drop-in
M/W/F Sep 4-Dec 20 1:30-3:30pm
239837 \$2.75/drop-in
Sun Sep 8-Dec 22 10:00am-12:00pm
239840 \$2.75/drop-in
Gymnasium - Coal Harbour

Mini Jellyfish Playtime

A smaller version of our Jellyfish Playtime. Parents are required to help set up and clean up the equipment. No session Oct 19, Nov 30, 2019.

Sat Sep 7-Dec 21 9:30-11:30am
239841 \$2.75/drop-in
Multipurpose Room

Munchie-time (0-5 yrs)

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 Oct 14, 21, Nov 11, 2019.

M/W/F Sep 4-Dec 20 11:45am-1:15pm
239936 \$1.75/drop-in
Multipurpose Room

Parent participation is required in these programs.

Childminding (5 mos-5 yrs)

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 Oct 14, 21, Nov 11, 2019.

Mon Sep 9-Dec 16 11:45am-1:15pm
239937 \$4.50/drop-in
Multipurpose Room

Winter Break Day Camps

Winter Break Before & After Care (6-12 yrs)

Before and After Care is only available to children registered in Winter Break Day Camp (6-12 yrs). Extra fee may be charged for late pick ups.

Before Care

Mon Dec 23-Dec 27 8:00-9:30am
240001 \$18/3 sess
Mon Dec 30-Jan 3 8:00-9:30am
240002 \$24/4 sess

After Care

Mon Dec 23-Dec 27 3:30-5:30pm
239999 \$21/3 sess
Mon Dec 30-Jan 3 3:30-5:30pm
240000 \$28/4 sess
Multipurpose Room

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.

Winter Break Day Camp Starfish

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.

Mon Dec 23-Dec 27 9:30am-3:30pm
240003 \$77/3 sess
Mon Dec 30-Jan 3 9:30am-3:30pm
240004 \$103/4 sess
Multipurpose Room

Winter Break Day Camp Stingray

Our energetic and responsible leaders will ensure your daycamp 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.

Mon Dec 23-Dec 27 9:30am-3:30pm
240005 \$77/3 sess
Mon Dec 30-Jan 3 9:30am-3:30pm
240006 \$103/4 sess
Multipurpose Room

Soccer Winter 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 \$17.00, if space permits.

Instructor: Manto Nakamura

M/T/Th/F Dec 30-Jan 3 3:30-5:30pm
182767 \$64/4 sess
Gym

Creative Arts

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: TBA Instructor

Tue Sep 17-Nov 19 12:00-1:00pm
239940 \$82/10 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 Oct 14, Nov 11, 2019.

Instructor: Samira Adab

Mon Sep 9-Dec 9 12:15-1:00pm
239969 \$123/12 sess
Meeting Room

Collage Workshop for Kids (5-11 yrs) **NEW!**

Collage is a great way for kids to develop artistic vision and fine motor skills. Students will learn basic collage techniques and apply these techniques to complete each project! Drop-in \$12.00, if space permits.

Instructor: Ati Gheisary

Tue Sep 17-Nov 5 5:00-6:00pm
241543 \$84/8 sess
Activity Room

Meet Rosa Chimenti

Rosa, professional dancer and international instructor, with her French State Degree from the EPSE DANSE program, France, teaches all ages. Driven by her passion to create art, Rosa approaches choreography with an open mind and authenticity. Her tireless energy, upbeat encouraging attitude keeps her students returning with dance confidence.

Dance

Zumbini®

(New born to 4 yrs) **NEW!**

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

Wed Sep 11-Oct 16 1:00-1:45pm
240017 \$100/6 sess
Wed Oct 23-Nov 27 1:00-1:45pm
240018 \$100/6 sess
Activity Room

Jazz Handz Parent and Tot (2-4 yrs) **NEW!**

Parents who want to experience relationship-based dancing with their children. By working with the body, movement and physical contact, parents and children develop a new, physical form of communication, which is enjoyable for both; creative process that introduces playful and creative exploration of developmental movement

Drop-in \$12, if space permits.

Instructor: Rosa Chimenti

Thu Sep 19-Nov 21 2:00-2:35pm
240013 \$110/10 sess
Dance Studio

Toddler Jazz Dance (3-5 yrs) **NEW!**

In a playful and creative atmosphere, the children discover and learn the fundamental elements of dance. Rhythm and movement games will teach new ways to express themselves. The children will learn basic dance elements and vocabulary, space, time and body awareness. Drop-in \$12, if space permits.

Instructor: Rosa Chimenti

Thu Sep 19-Nov 21 2:40-3:15pm
240012 \$110/10 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 Oct 14, Nov 11, 2019.

Instructor: Meghann McKinnon

Mon Sep 16-Dec 9 10:00-10:30am
239966 \$84/11 sess
Dance Studio

Ballet

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 Oct 14, Nov 11, 2019.

Instructor: Meghann McKinnon

(3-4 yrs)

Mon Sep 16-Dec 9 11:15am-12:00pm
239960 \$84/11 sess
Fri Sep 20-Dec 6 2:15-3:00pm
239959 \$92/12 sess

(4-5 yrs)

Mon Sep 16-Dec 9 10:30-11:15am
239962 \$84/11 sess
Fri Sep 20-Dec 6 3:00-3:45pm
239961 \$92/12 sess

(5-6 yrs)

Fri Sep 20-Dec 6 4:00-5:00pm
239963 \$111/12 sess
Dance Studio

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

Wed Sep 18-Nov 20 3:45-4:30pm
239973 \$91/10 sess
Dance Studio

Play / Drama

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 Sep 12-Nov 14 11:30am-12:30pm
239950 \$93/10 sess
Meeting Room

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 Oct 14, Nov 11, 2019.

Instructor: Shinobu Preston

M/W Sep 9-Dec 18 9:15-10:30am
239856 \$160/27 sess
M/W Sep 9-Dec 18 10:45am-12:00pm
239857 \$160/27 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. No session Oct 4, 11, Dec 6, 2019. 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〜!!! 唄 プレストン

Instructor: Shinobu Preston

Fri Sep 6-Dec 20 9:45-11:00am
239851 \$87/13 sess
Meeting Room

Wanpaku (3-5 yrs)

Do you want to learn Japanese? Spend the afternoon with Shinobu learning Japanese with other children in a fun atmosphere. Children will learn basic Japanese vocabulary. Must be potty trained. Drop-in \$12.00, if space permits. No session Oct 4, 11, Dec 6, 2019.

遊びを通じて楽しく日本語を覚えよう! ゲームに、お歌、本に、物語。まだまだあるよ〜。さあ、わんぱくちゃん達集まれ〜!

Instructor: Shinobu Preston

Fri Sep 6-Dec 20 11:15am-12:30pm
239853 \$87/13 sess
Meeting Room

Education

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 Sep 21-Dec 7 10:30-11:15am
239976 \$113/12 sess
Arts and Crafts 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 Sep 17-Nov 19 11:30am-12:30pm
239968 \$99/10 sess
Meeting Room

Languages



ESL for Kids (3-5 yrs)

Children will learn and practice English in a comfortable classroom atmosphere where the main focus is preparing for kindergarten. Practice phonetics, alphabet recognition, strengthen simple sentence structure and build vocabulary through learning activities, songs, books and homework. Christina graduated from SFU with a B.A. and received High Distinctions in her TESOL course in 2011. Since then she has enjoyed helping students of every level achieve their goals. Drop-in \$15.00, if space permits.

Instructor: Christina Glover

Sat Sep 21-Nov 30 10:30-11:30am
239977 \$106/11 sess
Sat Sep 21-Nov 30 1:15-2:15pm
239978 \$106/11 sess
Meeting Room

ESL for Farsi Speakers (3-5 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

Fri Sep 6-Oct 25 12:15-1:00pm
239970 \$89/8 sess
Fri Nov 1-Dec 13 12:15-1:00pm
239971 \$78/7 sess
Arts and Crafts Room

ESL for Kids (5-7 yrs)

Learn English in a comfortable classroom atmosphere where the main focus is acquiring new language skills while having fun. Strengthen listening, reading, speaking and writing skills through learning activities, songs, books and homework that help build sentence structure and vocabulary. Also, learn Canadian expressions like 'a piece of cake': so easy! Expressions can be difficult for any ESL student to use properly, but when learned they help to naturalize ones English. Christina graduated from SFU with a B.A. and received High Distinctions in her TESOL course in 2011. Since then she has enjoyed helping students of every level achieve their goals. Drop-in \$15.00, if space permits.

Instructor: Christina Glover

Sat Sep 21-Nov 30 11:45am-1:00pm
239979 \$130/11 sess
Meeting Room

Parent and Tot Japanese Music & Crafts (1-2 yrs)

This program is designed to introduce Japanese music, Art and Craft with Mom! Let's have a fun in a full environment of Japanese. Please bring lunch and water bottle. No class Oct 15, Nov 12, 2019.

このプログラムは、お母さんと一緒に音楽や親子クラフトを通して 楽しい時間を過ごすことを目的としたカリキュラムとなっています。他にもお友達と一緒にランチ! 皆で楽しくリラックスした時間を過ごしましょう。

Instructor: Mari Shiota

Tue Sep 17-Dec 17 11:00-11:45am
239990 \$192/12 sess
Activity Room

Little Tot Japanese! (2 yrs)

This program focuses on Japanese comprehension and is designed to prepare for "Fun with Japanese!". As a first step, it's a good opportunity to spend time with new friends and enjoy playing with favourite toys. Just have fun! No class Oct 15, Nov 12, 2019. Fun with Japanese!

このクラスはFun with Japanese!を検討されているお子さんの為の 2歳児を対象としたクラスです。お母さんと離れて過ごす最初のステップとして お気に入りのオモチャで充分に遊び、その中から、お友達との関わりを深めていきます。

Please bring a water bottle and snack. No class Oct 15, Nov 12, 2019.

Instructor: Mari Shiota

Tue Sep 17-Dec 17 10:00-11:00am
239989 \$212/12 sess
Activity Room

Fun with Japanese! (3-5 yrs)

This program is designed to introduce Japanese and Japanese culture with "Learning through play" in class! We provide 4 Japanese classes and each class focuses on music, vocabulary, sports, Arts and crafts for children in a full environment of Japanese. No class Oct 14, 28, Nov 11, 2019.

日本とカナダで、幼児教育の現場に長年携わってきた経験をいかし「日本語の維持」と「日本の文化」に触れることを目的としたクラスを行っています。お友達との遊びの中からの学びを大切に、日本とカナダの行事を取り入れながらお友達と楽しい時間を過ごしましょう。4つのクラスは、それぞれ 音楽、言葉/すうじ、体育遊び、絵画制作といった活動を通して日本語に触れる経験をしていきます。

Please bring a water bottle and lunch if your child attends the afternoon class. Instructor: Mari Shiota

Arts and Crafts

Wed Sep 18-Dec 18 11:30am-12:45pm
239985 \$246/14 sess

Music

Mon Sep 16-Dec 16 10:00-11:15am
239986 \$195/11 sess

Sport

Wed Sep 18-Dec 18 10:00-11:15am
239987 \$246/14 sess

Vocabulary

Mon Sep 16-Dec 16 11:30am-12:45pm
239988 \$195/11 sess
Activity Room

Music

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! Drop-in \$10, if space permits.

Instructor: Alexa Berard

Sat Sep 21-Nov 23 1:00-1:45pm
239931 \$96/10 sess
Meeting Room

Violin Lessons (5 yrs +) **NEW!**

Join as a complete beginner or tune up your violin skills. Students of all ages and levels are welcome! Learn the violin in a supportive environment with a dedicated instructor, who will also provide you with information on how to get the appropriate size and type of violin. These 30 minute private lessons will be taught in English.

Instructor: Ali Nourbakhsh

Sun Sep 8-Dec 8 10:00am-2:30pm
240014-41 \$322/14 sess

Thu Sep 12-Dec 12 9:00am-11:00am
241043-47 \$322/14 sess

Various Rooms

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.

Instructor: Vincent Cheng

Tue Sep 3-Dec 3 3:00-8:00pm
239758 \$314/14 sess

Instructor: Fiona Lai

Fri Sep 6-Dec 6 3:30-8:30pm
239904 \$314/14 sess

Instructor: Alexa Berard

Sat Sep 7-Dec 7 12:30-1:00pm
3:30-4:30pm

239932 \$314/14 sess

Sun Sep 8-Dec 8 1:30-4:30pm
239759 \$314/14 sess

Meeting Room

**Come to our
Special Events!**

See pages 53-54 for more information.

Early Years

COAL HARBOUR COMMUNITY CENTRE

Jump into Music - FREE TRIAL

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.

Instructor: Monica Lee

Thu Sep 12 10:30-11:20am
239867 FREE
Activity Room



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.

Instructor: Monica Lee

Thu Sep 19-Oct 31	9:30-10:20am
239866	\$97/7 sess
Thu Sep 19-Oct 31	10:30-11:20am
240043	\$97/7 sess
Fri Sep 20-Nov 1	9:30-10:20am
239862	\$97/7 sess
Fri Sep 20-Nov 1	10:30-11:20am
239863	\$97/7 sess
Thu Nov 7-Dec 19	9:30-10:20am
239873	\$97/7 sess
Thu Nov 7-Dec 19	10:30-11:20am
239874	\$97/7 sess
Fri Nov 8-Dec 20	9:30-10:20am
239865	\$97/7 sess
Fri Nov 8-Dec 20	10:30-11:20am
239864	\$97/7 sess

Activity Room

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. No session Oct 4, 11, Dec 6, 2019.

Instructor: Shinobu Preston

Fri Sep 6-Dec 20 4:00-5:00pm
239845 \$109/13 sess
Multipurpose Room

Olympic Style TaeKwonDo (4-7 yrs)

"Tae", to strike with fist; "Kwon", to strike with foot; "Do", is the display of discipline, respect and the way of life. This course is designed for young participants at all levels to improve physical stamina, flexibility, coordination, and confidence through practice of the Korean martial art of Taekwondo. Master Kevin Kwan is a 4th dan black belt member of Korean Kukkiwon. Uniform and promotion test are optional and not included in the registration fee. Drop-in \$13.00, if space permits. No session Oct 13, Nov 10, 2019.

Instructor: TsunKit (Kevin) Kwan

Lev 1

Sun Sep 15-Dec 8 12:00-1:00pm
239954 \$118/11 sess

Lev 2

Sun Sep 15-Dec 8 11:00am-12:00pm
239955 \$118/11 sess

Lev 3

Sun Sep 15-Dec 8 10:00-11:00am
239957 \$118/11 sess

S/Th Sep 15-Dec 8 Sun 10:00-11:00am
Thu 4:20-5:20pm
239958 \$210/23 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: TBA Instructor

Tue Sep 17-Nov 19 9:30-10:15am
239972 \$59/10 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 Oct 14, Nov 11, 2019.

Instructor: Manto (Makoto) Nakamura

Mon Sep 9-Nov 18 3:30-4:30pm
239896 \$79/9 sess

Thu Sep 5-Nov 21 3:30-4:30pm
239897 \$106/12 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 Sep 14-Dec 7 1:45-3:45pm
239911 \$174/4 sess

Sun Sep 15-Dec 8 11:45am-1:45pm
239916 \$174/4 sess
Gymnasium & Arts & Crafts Room

Early Years / Children

Coal Harbour CC Fall Programs for 0-13 years

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30-11:30am Jellyfish Playtime (0-5 yrs)	9:30-11:30am Jellyfish Playtime (0-5 yrs)	9:30-11:30am Jellyfish Playtime (0-5 yrs)	9:30-11:30am Jellyfish Playtime (0-5 yrs)	9:30-11:30am Jellyfish Playtime (0-5 yrs)	9:30-11:30am Mini Jellyfish Playtime (0-5 yrs)
9:15am-10:30am & 10:45am-12:00pm Terrific 2s & 3s! (2-3 yrs)	9:30-10:15am Multi-Sports (2-3yrs)	9:15-10:30am & 10:45am-12:00pm Terrific 2s & 3s! (2-3 yrs)	9:30-10:20am Jump into Music (0-5 yrs)	9:30-10:20am Jump into Music (0-5 yrs)	10:30-11:30am ESL for Kids (3-5 yrs)
10:00am-12:45pm Fun with Japanese (3-5 yrs)	9:45am-11:00am Pre-Kinders (3-5 yrs)	10:00am-12:15pm Fun with Japanese (3-5 yrs)	9:45-11:00am Pre-Kinders (3-5 yrs)	9:45am-11:00am GENKI!! 元気!! (3-5 yrs)	10:30-11:15am Nature Creator Crafts (4-6 yrs)
10:00am-10:30am Ballet - Parent & Tot	10:00-11:00am Little Tot Japanese (2 yrs)		10:30am-11:20pm Jump Into Music (0-5 yrs)	10:30am-11:20pm Jump Into Music (0-5 yrs)	11:45am-1:00pm ESL for Kids (5-7 yrs)
10:30am-11:15am Ballet (4-5 yrs)	11:00-11:45am Parent & Little Tot Japanese Music (2 yrs)			11:15am-12:30pm Wanpaku (3-5 yrs)	12:00-1:00pm Guitar Lessons Ensemble Group (7-12 yrs)
11:15am-12:00pm Ballet (3-4 yrs)	11:30am-12:30pm Silly Science (3-5 yrs)		11:30am-12:30pm Animal ABC's and You (3-5 yrs)		1:00-1:45pm Toddler Sing-Along
11:45am-1:15pm Munchie-Time/Childminding	12:00-1:00pm Little Artists (3-5 yrs)	11:45am-1:15pm Munchie-Time		11:45am-1:15pm Munchie-Time	1:15-2:15pm ESL for Kids (3-5 yrs)
12:15-1:00pm Little Doodlers (2-4 yrs)		1:00-1:45pm Zumbini (New born-4 yrs)		12:15-1:00pm ESL for Farsi Speakers (3-5 yrs)	2:00-3:00pm Pop Choir (7-12 yrs)
12:00-2:00pm **Baby Jellyfish (0 mth-1.5 yrs)	12:00-2:00pm **Baby Jellyfish (0 mth-1.5 yrs)	12:00-2:00pm **Baby Jellyfish (0 mth-1.5 yrs)	12:00-2:00pm **Baby Jellyfish (0 mth-1.5 yrs)		3:30-4:30pm Piano lessons Vocal lessons (5+ yrs)
1:30-3:30pm Jellyfish Playtime (0-5 yrs)		1:30-3:30pm Jellyfish Playtime (0-5 yrs)	2:00-2:35pm Parent & Tot Jazz (2-4 yrs)	1:30-3:30pm Jellyfish Playtime (0-5 yrs)	Sunday 10:00am-12:00pm Jellyfish Playtime (0-5 yrs)
	3:45-5:45pm Open Gym (6-8 & 9-12 yrs)	Hawaiian Hula 3:45-4:30pm (3-5 yrs) 4:30-5:25pm (6-9 yrs)	2:40-3:15pm Jazz Kidz Dance (3-5 yrs)	2:15-7:15pm Ballet (Various Ages)	1:30-4:30pm Piano Lessons (5+ yrs)
3:30-5:50pm Soccer (4-6, 7-11 yrs)	3:00-8:30pm Piano (5+ yrs)	Basketball 3:45-4:45pm (6-8 yrs) 3:45-5:45pm (9-13 yrs)	3:30-5:25pm Contemporary Jazz Dance (6-12 yrs)	3:30-8:30pm Piano Lessons (5+ yrs)	Special Events! Pumpkin Carving Haloween Carnival Gingerbread House Magic Christmas Carnival See pages 53-54. Birthday Parties See pages 60 or 65.
	4:00-5:00pm Printmaking Workshop (6-8 yrs)	4:00-5:00pm Aikido (8-14 yrs)	3:30-5:50pm Soccer (4-6, 7-11 yrs)	Aikido 4:00-5:00pm (5-7 yrs) 5:00-6:00pm (8-12 yrs)	
4:15-5:15pm Rhythmic Gymnastics (8-12 yrs)	5:00-6:00pm Collage Workshop (5-11 yrs)	6:00-7:00pm Hip Hop Dance (8-10 yrs)	4:20-5:20pm Tae Kwon Do (8-12 yrs) (See Sunday also)	3:45-4:45pm Badminton Lessons (7-16 yrs)	

Times, dates and prices are subject to change. Please refer to pages 53-65 for exact dates & prices for each program. **Hours may change during seasonal daycamps: 11:30am-1:30pm

Dance

Ballet (5-6 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 Oct 14, Nov 11, 2019.

Instructor: Meghann McKinnon

Fri Sep 20-Dec 6 4:00-5:00pm
239963 \$111/12 sess
Dance Studio

Ballet (7-9 yrs)

Your child will advance their ballet abilities with more exposure to ballet technique accompanied by barre work, jumps and centre work. Children will continue to have fun while working on their coordination and musicality of movement. Drop-in \$12.00, if space permits.

Instructor: Meghann McKinnon

Fri Sep 20-Dec 6 5:00-6:00pm
239964 \$113/12 sess
Dance Studio

Ballet (9-12 yrs)

Experience the life of a Ballerina! Work towards a full intermediate ballet class where a choreographed dance will be presented at end of season. Your child will advance their ballet abilities with more exposure to ballet technique accompanied by barre work, jumps and centre work. Children will continue to have fun while working on their coordination and musicality of movement. Drop-in \$12.00, if space permits.

Instructor: Meghann McKinnon

Fri Sep 20-Dec 6 6:00-7:15pm
239965 \$141/12 sess
Dance Studio

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

Wed Sep 18-Nov 20 4:30-5:25pm
239974 \$91/10 sess
Dance Studio

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 Sep 11-Nov 27 6:00-7:00pm
239948 \$110/12 sess
Multipurpose Room

Contemporary Jazz Dance (6-12 yrs) **NEW!**

This class will begin with the groovy moves of Jazz Dance and teaches self-expression through dance technique fundamentals. This class takes place through several playful and funny musical exercises. The kids will have fun and enjoy movement, musicality, rhythmical awareness, and movement vocabulary. Enhance self-confidence, strong social skills and fun! All levels of experience are welcome. Drop-in \$12, if space permits.

Instructor: Rosa Chimenti

(6-8 yrs)

Thu Sep 19-Nov 21 3:30-4:25pm
240010 \$110/10 sess

(9-12 yrs)

Thu Sep 19-Nov 21 4:25-5:25pm
240011 \$110/10 sess
Dance Studio

Creative Arts

Printmaking Workshops for Kids (6-8 yrs) **NEW!**

Learn about the basics of relief printmaking techniques included 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 Sep 17-Nov 5 4:00-5:00pm
241542 \$84/8 sess
Activity Room

Collage Workshop for Kids (5-11 yrs) **NEW!**

Collage is a great way for kids to develop artistic vision and fine motor skills. Students will learn basic collage techniques and apply these techniques to complete each project! Drop-in \$12.00, if space permits.

Instructor: Ati Gheisary

Tue Sep 17-Nov 5 5:00-6:00pm
241543 84/8 sess
Activity Room



Saturday Art Class (7-11 yrs) **NEW!**

Participants will experiment with materials, learn new techniques, and have fun with art making. We're working with a wide variety of mediums: pastel, pencils/crayons, oil pastels, watercolours, gouache, and mixed media. With their creativity and love of children, we help your kids to find themselves in arts and develop art skills.

Drop-in \$36.00, if space permits.

Instructor: Ati Gheisary

Sat Sep 21-Nov 9 1:30-4:30pm
241545 \$246/8 sess
Activity 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. No session Oct 19, Nov 2, 30, 2019.

Instructor: Alexa Berard

Sat Sep 14-Dec 7 12:00-1:00pm
239949 \$140/10 sess
Multipurpose 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.

Instructor: Alexa Berard

Sat Sep 14-Dec 7 3:30-4:30pm
239923 \$286/13 sess
Meeting Room

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 Sep 14-Nov 16 2:00-3:00pm
239930 \$96/10 sess
Meeting Room

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.

Instructor: Vincent Cheng

Tue Sep 3-Dec 3 3:00-8:00pm
239758 \$314/14 sess

Instructor: Fiona Lai

Fri Sep 6-Dec 6 3:30-8:30pm
239904 \$314/14 sess

Instructor: Alexa Berard

Sat Sep 7-Dec 7 12:30-1:00pm
3:30pm-4:30pm
239932 \$314/14 sess
Sun Sep 8-Dec 8 1:30pm-4:30pm
239759 \$314/14 sess
Meeting Room

Violin Lessons (5 yrs +) **NEW!**

Join as a complete beginner or tune up your violin skills. Students of all ages and levels are welcome! Learn the violin in a supportive environment with a dedicated instructor, who will also provide you with information on how to get the appropriate size and type of violin. These 30 minute private lessons will be taught in English.

Instructor: Ali Nourbakhsh

Sun Sep 8-Dec 8 10:00am-2:30pm
240014-41 \$322/14 sess
Thu Sep 12-Dec 12 9:00am-11:00am
241043-47 \$322/14 sess
Various Rooms

Education

RED Cross - Babysitting Training (10-15 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 Nov 3 10:00am-5:00pm
239991 \$70/1 sess
Sun Dec 29 10:00am-5:00pm
239992 \$70/1 sess
Activity Room

RED Cross - Stay Safe Training (10-15 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 Oct 6 10:00am-4:00pm
239993 \$70/1 sess
Activity Room

Languages

ESL for Kids (5-7 yrs)

Learn English in a comfortable classroom atmosphere where the main focus is acquiring new language skills while having fun. Strengthen listening, reading, speaking and writing skills through learning activities, songs, books and homework that help build sentence structure and vocabulary. Also, learn Canadian expressions like 'a piece of cake': so easy! Expressions can be difficult for any ESL student to use properly, but when learned they help to naturalize ones English. Christina graduated from SFU with a B.A. and received High Distinctions in her TESOL course in 2011. Since then she has enjoyed helping students of every level achieve their goals. Drop-in \$15.00, if space permits.

Instructor: Christina Glover

Sat Sep 21-Nov 30 11:45am-1:00pm
239979 \$130/11 sess
Meeting Room

Martial Arts

Aikido (8-12 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. No session Oct 4, 11, Dec 6, 2019.

Instructor: Shinobu Preston

Fri Sep 6-Dec 20 5:00-6:00pm
239847 \$109/13 sess
Multipurpose Room

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. No session Oct 2, 9, 16, Dec 4, 2019.

Instructor: Shinobu Preston

Wed Sep 4-Dec 18 4:00-5:00pm
239849 \$120/12 sess
Multipurpose Room

Olympic Style TaekwonDo (8-12 yrs)

"Tae", to strike with fist; "Kwon", to strike with foot; "Do", is the display of discipline, respect and the way of life. This course is designed for young participants at all levels to improve physical stamina, flexibility, coordination, and confidence through practice of the Korean martial art of Taekwondo. Master Kevin Kwan is a 4th dan black belt member of Korean Kukkiwon. Uniform and promotion test are optional and not included in the registration fee. Drop-in \$13.00, if space permits. No session Oct 13, Nov 10, 2019.

Instructor: TsunKit (Kevin) Kwan

Lev 1
Sun Sep 15-Dec 8 11:00am-12:00pm
239956 \$118/11 sess

Lev 2
Sun Sep 15-Dec 8 10:00-11:00am
239953 \$118/11 sess
S/Th Sep 15-Dec 8 Sun 11:00am-12:00pm
Thu 4:20-5:20pm
239951 \$220/23 sess

Multipurpose Room

Sports

Open Gym

Our program will focus on introduction to play, rules and skills of sport. Warm up and practice drills will lead to a chance to work up a sweat in a fun game for the remainder of each session. Equipment will be provided. Drop-in \$12.00, if space permits.

Instructor: to be announced

6-8 yrs
Tue Sep 17-Nov 19 3:45-4:45pm
239941 \$60/10 sess

9-12 yrs
Tue Sep 17-Nov 19 4:45-5:45pm
239942 \$60/10 sess

Gymnasium - Coal Harbour

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 Sep 13-Nov 29 3:45-4:45pm
239975 \$75/12 sess
Gymnasium - Coal Harbour

Basketball (6-13 yrs)

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 Sep 11-Dec 11 3:45-4:45pm
239943 \$140/14 sess

9-13 yrs (New Longer Time!)
Wed Sep 11-Dec 11 3:45-5:50pm
239944 \$210/14 sess
Gymnasium - Coal Harbour





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 Oct 14, Nov 11, 2019.

Instructor: Manto (Makoto) Nakamura

Mon Sep 9-Nov 18 4:35-5:50pm
239892 \$79/9 sess

Thu Sep 5-Nov 21 4:35-5:50pm
239895 \$105/12 sess

Gymnasium

Rhythmic Gymnastics (8-12yrs)

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 Oct 14, Nov 11, 2019. Aura Rhythmic'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 Rhythmic's 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 Sep 23-Nov 18 4:15-5:15pm
239938 \$66/7 sess

Dance Studio

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. Cooking will be between 6:30-8:00 – please sign up with the teen staff beforehand to participate in cooking dinner!

Open Gym

Fri Sep 6-Dec 20

Basketball (1/2 Court) Volleyball
6:15 PM-8:15 PM

Basketball (Full Court)
8:30 PM-9:30 PM

Closes early on Oct 25, Nov 1 and Dec 13

Youth Drop-in

Fri Sep 20-Dec 13 6:30 PM-9:30 PM

Sep 27. . . . Welcome Back!

Oct 4. Fruit Kebabs

Oct 11. Wraps

Oct 18. Pizza

Oct 25. Yogurt Parfaits

Nov 1. Tacos

Nov 8. Caramel Apples

Nov 15. Sandwiches

Nov 22. Grilled Cheese

Nov 29. Cheesecakes

Dec 6. Mac and Cheese

Dec 13. Crepes

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.

Instructor: TBA Instructor

Sat Sep 14-Dec 7 1:45-3:45pm
239911 \$174/party

Sun Sep 15- Dec 8 11:45am-1:45pm
239916 \$174/party
Gymnasium & Arts & Crafts Room

Come to our Special Events!

See pages 53-54 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 Oct 3-Oct 17 7:00-9:00pm
239057 \$88/3 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 Nov 7-Nov 21 7:00-9:00pm
239058 \$88/3 sess
Activity Room

Art of the Journal

"I don't have time to write..." "I don't know what to write..." "I start journals and then abandon them..." If you can relate to some of these comments, join this fun and supportive 4 week class where you will: discover the different types of journaling, learn tools and techniques to prompt imagination, deepen creativity, keep track of your life, generate and collect ideas plan and envision your future, and even transform life into art. Let your journal become a therapist in a book, a trusted best friend, an idea generator, a memory keeper and more. Drop-in \$25, space permitting.

Instructor: Lynna Goldhar Smith

Sun Nov 17-Dec 8 2:30-4:30pm
239713 \$88/4 sess
Activity 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

Sat Nov 23 2:30-4:30pm
239095 \$16.50/1 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. Check out the page @corinnainfrance for more details. Sorry, no drop-ins permitted.

Instructor: Corinna Hanson

Wed Oct 2-Oct 16 6:30-8:30pm
239039 \$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: Italics, 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 Oct 20-Oct 27 1:00-5:00pm
239709 \$85/2 sess
Activity 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!



Arm Knitting Workshop

Join our workshop to learn the new and trending concept of Arm Knitting to make a '30 minute infinity scarf' using only yarn and your two arms! You will have a complete project done by the end of the class. Materials and instruction are included in the fee. Please pre-register.

Instructor: Karen Lam

Wed Dec 4 6:00-9:00pm
239036 \$48/1 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/crochet lesson. Materials not included. Time to be agreed upon with each student, contact the Community Centre for details.

Instructor: Astor Tsang

By appointment \$49/1 sess/private
\$39/1 sess/semi-private

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. No class Oct 14.

Instructor: Lena Savic

Mon Sep 30-Oct 28 6:15-9:00pm
238331 \$150/4 sess
Arts and Crafts 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 \$45, space permitting.

Instructor: Lena Savic

Mon Nov 18-Dec 9 6:15-9:00pm
238332 \$150/4 sess
Arts and Crafts Room

Colour Mixing Bootcamp

Frustrated trying to capture that colour? This 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 will be supplied, but please note the other materials you need to bring. Material list is included on the receipt notes.

Instructor: Lori Sokoluk

Sun Sep 29 1:00-4:30pm
239707 \$60/1 sess
Activity 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. Drop-in \$27, space permitting. See www.homaeftekhar.ca. No class Oct 11 and Nov 8.

Instructor: Homa Eftekhari (Ghafari)

Fri Sep 27-Dec 13 9:30am-12:30pm
239063 \$227/10 sess
Activity Room

Watercolour Painting with Homa

All levels welcome. In a friendly and relaxing atmosphere, Homa will show you fundamental methods of watercolour to build on. A variety of creative techniques will be shown. Colour theory and composition will be discussed. Individual attention will be given to develop your creativity and personal expressions. Art supplies list is available at the front desk. Drop-in \$27, space permitting. See www.homaeftekhar.ca. No class Oct 11 and Nov 8.

Instructor: Homa Eftekhari (Ghafari)

Fri Sep 27-Dec 13 2:00-5:00pm
239064 \$227/10 sess
Activity Room



Building Blocks and Stepping Stones **NEW!**

Building Blocks and Stepping Stones is an art game that Jeanne Krabbendam developed. It is a fun, experimental, crazy, hands-on, learning game for everyone, based on the Elements of Art and the Principles of Design. While creating a painting, participants are getting assignments that will change their way of working and looking at their own and others work. Students will have fun and in the meantime they will be introduced to implementing the ideas of elements and principles in art pieces. Join us, get your hands dirty, experience this and go home with new ideas and the beautiful box with the game, so you can keep playing with your family and friends! No painting experience necessary. All use of tools and materials are included in the workshop fee.

Instructor: Jeanne Krabbendam

Sat Nov 2 1:00-4:00pm
239703 \$130/1 sess
Multipurpose Room

Elements of Composition

This two day composition course touches on the way an artwork gets put together. The choices that the artist has in placing shapes, lines and colour in their art work. We will speak about the difference in horizontal, vertical and oblique art pieces, explain the 'Golden Edge' and how to lead the viewer's eye into your art work. Working on an abstract landscape piece, the participants will come home with a piece of art of their own compositional choices. A great base for anybody who paints or draws! All materials and use of tools are included in the course fee.

Instructor: Jeanne Krabbendam

Sat Nov 23 & Sun Nov 24 1:30-5:00pm
239702 \$100/2 sess
Multipurpose Room

Let it Glow, Let it Glow, Let it GLOW!

During the dark days of the year we want to light up our artwork! Ever wondered how the old masters were able to get their pieces glowing? How some artists are able to catch the light in their artwork? Come and join Jeanne for a hands-on afternoon of glazing, washing, dry brushing, burnishing, scumbling and other old techniques to make a new and glowing piece of art. You will love to master these classic techniques and learn to use them in your artwork and see how to apply iridescents and interference paints. From now on you will think: how did I ever paint without? All use of tools and materials are included in the course fee.

Instructor: Jeanne Krabbendam

Sat Dec 7 12:00-5:00pm
239704 \$90/1 sess
Multipurpose Room

Mixed Media: Experiment with Transfers and Texture **NEW!**

You are looking for new impulse to your art practice? This workshop, spread over two afternoons, will focus on different image transfer techniques and how you can work them into your art projects, together with texture ideas that will help you build the surface of your art pieces. We will work with papers, cheese cloth, spackle, modelling paste and gel mediums, making use of regular palette knives and brushes and more unusual application tools and materials. Come have fun and explore new ideas for your mixed media art work! All use of tools and materials included in the course fee. Sorry, no drop-ins permitted.

Instructor: Sandra Bowen

Wed Sep 11-Sep 18 6:15-9:15pm
239037 \$105/2 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 instructor will guide the participants through hands-on and technical advice in making an exciting piece of art in two afternoons! We will work with: acrylics/liquid acrylics, gels and mediums, collage material such as magazines, photographs, artefacts, stamping, stencilling, glazing, lifting and more. All use of tools and materials are included in the course fee. Sorry, no drop-ins permitted.

Instructor: Sandra Bowen

Thu Oct 17-Oct 24 6:15-9:45pm
239056 \$120/2 sess
Arts and Crafts Room

Fantastic Acrylics and Abstract Painting **NEW!**

Three 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. Come and join me for a three-week course in the most beautiful art room in Vancouver, right at Coal Harbour, with views of the water, Stanley Park and the North Shore mountains! A worry free course: all use of tools and materials included in the course fee. Sorry, no drop-ins permitted.

Instructor: Sandra Bowen

Wed Nov 6-Nov 20 6:15-9:45pm
239038 \$165/3 sess
Arts and Crafts Room

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 pages 6-7 for more information...



sustenance festival



Marking its 10th anniversary, Sustenance Festival 2019 features food, art, and culture events, including family-friendly meals, an exhibit, workshops, and dialogues. Sustenance Festival celebrates food traditions and community alongside artists, activists, community groups, and social service organizations across the City of Vancouver. The festival runs September 18 - October 18, 2019. For a list of full programs and events, visit sustenancefestival.ca

Education

Face Value - A Skincare Regime

From acne to rosacea, create a natural facial skincare regime - food for the skin! Customize face products to meet individual needs. Using organic carrier oils and wholesome botanicals, make and 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 included in the course fee.

Instructor: Cheryl Theilade

Wed Oct 23 6:30-9:30pm
239040 \$47/1 sess
Arts and Crafts Room

Seasonal Skincare - Gift Giving! **NEW!**

Make pampering body care gifts for those you love just in time for Christmas! Create luxurious and high quality products using nourishing butters, organic oils and botanical extracts without the high cost! In this class, make and take home a mineral based body powder, papaya sugar scrub; giving gentle exfoliation and leaving your skin feeling silky smooth, an exotic body oil taking care of dry skin, a variety of tub fizzers in various scents and shapes, and almond oatmeal soap for the sensitive skin type. Also receive recipes on body sprays and tub treats! All supplies included in the course fee.

Instructor: Cheryl Theilade

Thu Nov 28 6:30-9:30pm
239055 \$53/1 sess
Arts and Crafts Room

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

Wed Sep 11 7:00-8:30pm
238389 Free
Wed Nov 27 7:00-8:30pm
238390 Free
Activity Room

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

Thu Oct 24 7:00-8:00pm
239051 Free
Activity Room

Stocks: The Nuts and Bolts **NEW!**

This seminar teaches basic information to help investors evaluate if stocks fit into their overall strategy. Discuss common versus preferred stock, dividends, investment strategy and different ways to own stock. Presenter is a financial advisor with 20 years of industry experience. Please pre-register.

Instructor: Andrew Thiessen from Edward Jones

Thu Dec 5 7:00-8:00pm
239052 Free
Activity 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!

Music

Violin Lessons **NEW!**

Join as a complete beginner or tune up your violin skills. Students of all ages and levels are welcome! Learn the violin in a supportive environment with a dedicated instructor, who will also provide you with information on how to get the appropriate size and type of violin. These 30 minute private lessons will be taught in English.

Instructor: Ali Nourbakhsh

Sun Sep 8-Dec 8 10:00am-2:30pm
240014-41 \$322/14 sess
Thu Sep 12-Dec 12 9:00am-11:00am
241043-47 \$322/14 sess
Various Rooms

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.

Instructor: Alexa Berard

Sat Sep 14-Dec 7 3:30-4:30pm
239923 \$286/13 sess
Meeting Room

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.

Instructor: Vincent Cheng

Tue Sep 3-Dec 3 3:00-8:00pm
239758 \$314/14 sess

Instructor: Fiona Lai

Fri Sep 6-Dec 6 3:30-8:30pm
239904 \$314/14 sess

Instructor: Alexa Berard

Sat Sep 7-Dec 7 12:30-1:00pm
3:30-4:30pm
239932 \$314/14 sess
Sun Sep 8-Dec 8 1:30-4:30pm
239759 \$314/14 sess
Meeting Room

Language

ESL: Laugh and Learn in English for Beginners

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 \$21, space permitting. No class Oct 31.

Instructor: Christina Glover

Thu Sep 12-Nov 21 6:30-8:00pm
239054 \$177/10 sess
Meeting Room

ESL: Fun and Fluency in English for Intermediates

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 \$21, space permitting. No class Oct 31.

Instructor: Christina Glover

Thu Sep 12-Nov 21 8:00-9:30pm
239053 \$177/10 sess
Meeting Room

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 Sep 18-Nov 13 6:30-8:30pm
238383 \$148/9 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 Oct 14 and Nov 11.

Instructor: Excel Language School

Mon Sep 23-Dec 9 6:00-7:30pm
239022 \$147.50/10 sess
Activity Room



Spanish - Beginner I

Hola! Welcome to the Spanish language. This beginner's course will emphasize conversation with some instruction in basic grammar, vocabulary and writing. Classes cover proper phonetics and will focus on the verb 'to be' and the simple present tense. This course will teach you to converse with simple travel phrases. Sorry, no drop-ins permitted.

Instructor: Eliana Rolando

Wed Sep 11-Nov 27 6:30-8:00pm
238376 \$164/12 sess
Meeting Room

Spanish - Beginner II

Amigos! This course will build on the foundation established in the Beginner I Spanish class. The focus will be on conversation plus the introduction of the past tense. We will utilize audio material as we learn new grammar. Sorry, no drop-ins permitted.

Instructor: Eliana Rolando

Wed Sep 11-Nov 27 8:00-9:30pm
238377 \$164/12 sess
Meeting Room

Spanish - Intermediate

Hola Amigos! Increase your vocabulary and grammar skills in this intermediate level Spanish course. This course is for those who can converse at an upper-basic level. Participants must have completed Beginners I and II level Spanish. This course will focus on direct and indirect pronouns, the imperative tense and future tense as we learn more advanced grammar skills. You will acquire good pronunciation and conversation skills to enable you to communicate well in Spain and Latin America. Sorry, no drop-ins permitted.

Instructor: Eliana Rolando

Wed Sep 11-Nov 27 5:00-6:30pm
238378 \$164/12 sess
Meeting 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 Sep 4 7:35-8:35pm
238386 Free
Wed Sep 11-Oct 30 7:35-8:35pm
238385 \$76/8 sess
Wed Nov 6-Dec 18 7:35-8:35pm
238387 \$66.50/7 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 Sep 17 7:30-8:30pm
239027 Free
Tue Sep 24-Oct 29 7:30-8:30pm
239026 \$70.50/6 sess
Tue Nov 5-Dec 17 7:30-8:30pm
239028 \$82.25/7 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
239079 Free
Off Site

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 \$15.75, space permitting.

Instructor: Method Of Modern Movement

Free Trial Class

Sat Sep 14 10:40-11:40am
239089 Free
Sat Sep 21-Oct 26 10:40-11:40am
239088 \$76.50/6 sess
Sat Nov 2-Dec 7 10:40-11:40am
239092 \$76.50/6 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 \$15.75, space permitting.

Instructor: Method Of Modern Movement

Free Trial Class

Sat Sep 14 12:35-1:35pm
239091 Free
Sat Sep 21-Oct 26 12:35-1:35pm
239090 \$76.50/6 sess
Sat Nov 2-Dec 7 12:35-1:35pm
239093 \$76.50/6 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 \$12.75, space permitting.

Instructor: Method Of Modern Movement

Free Trial Class

Sat Sep 14	11:45am-12:30pm
239098	Free
Sat Sep 21-Oct 26	11:45am-12:30pm
239097	\$60/6 sess
Sat Nov 2-Dec 7	11:45am-12:30pm
239099	\$60/6 sess
Dance Studio	

Polynesian Dance

Bringing the Spirit of Aloha right at your doorstep! Come and join in the fun while learning a variety of dances from the faces of the South Pacific: Hawaii, Elice Island, Gilbert, Cook Island, Rarotonga, Tahiti, Tuvalu, Kingdom of Tonga, Fiji and the cradle of the South Pacific - Samoa! Drop-in \$15, space permitting.

Instructor: Toese Tusitala

Free Trial Class

Sat Oct 5	3:00-4:00pm
239706	Free
Sat Oct 12-Nov 30	3:00-4:00pm
239705	\$96/8 sess
Dance Studio	

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!

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 Sep 10	12:00-1:00pm
239025	Free
Tue Sep 17-Oct 15	12:00-1:00pm
239023	\$63.75/5 sess
Tue Oct 22-Nov 19	12:00-1:00pm
239024	\$63.75/5 sess
Dance Studio	

Yoga

Flow Yoga

A relaxed flow class where students can learn proper alignment in basic postures of Hatha, Vinyasa and Ashtanga Yoga. It is a progressive series which introduces sequences to help maintain and increase strength, stamina and flexibility. Ideal for those interested in exploring movement and breath in new ways. Beginner and mixed level students welcome. Drop-in \$14.50, space permitting. No class Nov 11.

Instructor: Nicola Pascal

Free Trial Class

Mon Sep 9	7:15-8:15pm
239020	Free
Mon Sep 16-Oct 7	7:15-8:15pm
239019	\$47/4 sess
Mon Oct 28-Dec 16	7:15-8:15pm
239021	\$82.25/7 sess
Multipurpose Room	

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 Sep 3-Oct 22	2:00-3:15pm
238337	\$92/8 sess
Tue Oct 29-Dec 17	2:00-3:15pm
238338	\$92/8 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 Sep 5	6:00-7:15pm
239047	Free
Thu Sep 12-Oct 31	6:00-7:15pm
239045	\$98/8 sess
Thu Nov 7-Dec 19	6:00-7:15pm
239046	\$85.75/7 sess
Multipurpose Room	

Kundalini Yoga Workshop

This workshop will leave you feeling like you've gone to therapy, had an awesome workout in the gym, made it to your yoga mat and enjoyed a fun singing session with friends. The purpose of Kundalini Yoga is to provide a modality by which people can achieve their maximum creative potential. Kundalini yoga incorporates movement, dynamic breathing techniques, mediation, and chanting of mantras. Wear comfy clothing and have an open mind. Everyone is welcome.

Instructor: Angelica Mirza

Sat Sep 28	3:00-4:30pm
239101	\$20/1 sess
Dance Studio	

Fitness

Tone It Up

An intensive, yet unique workout program that focuses primarily on abs and legs. The instructor has travelled and competed all over the world and has combined some of the best rhythmic gymnastics conditioning exercises into the ultimate workout routine that will leave you feeling satisfied every time. Drop-in \$15, space permitting.

Instructor: Annabelle Kovacs

Free Trial Class

Wed Sep 11	6:35-7:30pm
239032	Free
Wed Sep 18-Oct 16	6:35-7:30pm
239031	\$58.75/5 sess
Wed Oct 23-Nov 20	6:35-7:30pm
239033	\$58.75/5 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 \$11.50, space permitting.

Instructor: Ashala Yardley

Free Trial Class

Thu Sep 26	7:30-8:30pm
239049	Free
Thu Oct 3-Oct 31	7:30-8:30pm
239048	\$42.50/5 sess
Thu Nov 7-Dec 12	7:30-8:30pm
239050	\$51/6 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. Drop-in \$16.50, space permitting. www.vancouverpt.com. No class Oct 14 and Nov 11.

Instructor: Viviane Lopes

Mon Sep 9-Dec 16	7:00-8:15pm
238328	\$173/13 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 Sep 11-Dec 11	10:35-11:35am
238369	\$157.50/14 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 Sep 11-Oct 23	5:30-6:30pm
238380	\$78.75/7 sess
Wed Oct 30-Dec 11	5:30-6:30pm
238381	\$78.75/7 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.

Instructor: Viviane Lopes

Fri Sep 13-Oct 25	1:30-2:30pm
239060	\$78.75/7 sess
Fri Nov 1-Dec 13	1:30-2:30pm
239061	\$78.75/7 sess
Multipurpose Room	



Coal Harbour CC – Fall 2019 Group Fitness Class Schedule

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Strength 12:10-1:10pm <i>*Childminding available. See pg. 56 for details.</i>		Cardio Strength 12:00-1:00pm			Classic Step/Stretch 9:15-10:15am	Cardio Kickbox 10:15-11:15am
	Cardio Kickbox 5:30-6:30pm		Cardio Fusion 5:30-6:30pm	Check out pages 43 & 44 for West End CC Indoor Cycling & Group Fitness classes and schedules.		

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

Group Fitness Free Trial Week: September 3 - September 9, 2019

Applicable to the Group Fitness Schedule above. Schedule subject to change.

Class Descriptions:

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 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 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!

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 Dec 31 for Fall 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

	Adult (19-59 yrs)	Youth (13-18 yrs) Senior (60+ yrs)
Drop-In	\$6.25	\$4.34
10 Visits	\$50.53	\$35.08
Fit Pass (Sep 3-Dec 31) <i>Price pro-rated daily</i>	\$192.56	\$133.40
<i>Prices subject to change. Prices do not include 5% GST.</i>		



CALLANETICS

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 Oct 14 and Nov 11.

Instructor: Linda Shedden

Mon Sep 9-Oct 28	5:30-6:30pm
238315	\$105/7 sess
Mon Nov 4-Dec 9	5:30-6:30pm
238317	\$75/5 sess
Fri Sep 13-Oct 25	12:00-1:00pm
238316	\$105/7 sess
Fri Nov 1-Dec 13	12:00-1:00pm
238318	\$105/7 sess
Dance Studio	

Stretch Therapy

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

Instructor: Rob Cole

Free Trial Classes

Tue Sep 3	6:00-7:00pm
238364	Free
Tue Oct 29	6:00-7:00pm
238368	Free
Tue Sep 10-Oct 22	6:00-7:00pm
238359	\$140/7 sess
Tue Nov 5-Dec 10	6:00-7:00pm
238360	\$120/6 sess

Free Trial Classes

Thu Sep 5	10:15-11:15am
238363	Free
Thu Oct 31	10:15-11:15am
238367	Free
Thu Sep 12-Oct 24	10:15-11:15am
238361	\$140/7 sess
Thu Nov 7-Dec 12	10:15-11:15am
238362	\$120/6 sess
Multipurpose Room	

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 \$12.75, space permitting.

Instructor: Method Of Modern Movement

Free Trial Class

Sat Sep 14	11:45am-12:30pm
239098	Free
Sat Sep 21-Oct 26	11:45am-12:30pm
239097	\$60/6 sess
Sat Nov 2-Dec 7	11:45am-12:30pm
239099	\$60/6 sess
Dance Studio	

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. Mon drop-in \$12.50; Thu drop-in \$11.50, space permitting. www.ZumbaVancouver.ca. No class Nov 11.

Instructor: Zumba Vancouver

Free Trial Class

Mon Sep 9	5:45-7:00pm
238323	Free
Mon Sep 16-Oct 7	5:45-7:00pm
238319	\$39/4 sess
Mon Oct 28-Dec 16	5:45-7:00pm
238320	\$68.25/7 sess
Multipurpose Room	

Free Trial Classes

Thu Sep 5	12:00-1:00pm
238324	Free
Thu Oct 31	12:00-1:00pm
238325	Free
Thu Sep 12-Oct 24	12:00-1:00pm
238321	\$59.50/7 sess
Thu Nov 7-Dec 19	12:00-1:00pm
238322	\$59.50/7 sess
Dance Studio	

Coal Harbour Community Centre is a host site for the 2020 'SportMedBC 10K InTraining Program'

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

Program starts the week of January 18, 2020 with registration opening in December 2019. Check in soon for specific dates, times, and details.

Martial Arts

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 \$12.75, space permitting.

Instructor: Julio 'Rasta' Monteiro

Free Trial Classes

Tue Sep 3	7:15-8:15pm
238348	Free
Tue Nov 5	7:15-8:15pm
238350	Free
Tue Sep 10-Oct 29	7:15-8:15pm
238347	\$86/8 sess
Tue Nov 12-Dec 17	7:15-8:15pm
238349	\$64.50/6 sess
Multipurpose Room	

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 Sep 4	7:35-8:35pm
238386	Free
Wed Sep 11-Oct 30	7:35-8:35pm
238385	\$76/8 sess
Wed Nov 6-Dec 18	7:35-8:35pm
238387	\$66.50/7 sess
Dance Studio	

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.iskfb.ca for more information. Beginner drop-in \$10.50; advanced drop-in \$12.50, space permitting.

Instructor: Marc Williams 5th Dan

BEGINNER

Tue Sep 3 - Dec 17	6:35-7:35pm
Dance Studio	\$36/month

ADVANCED

Tu/Th Sep 3 - Dec 19	6:35-7:55pm
Dance Studio	\$83/month

Sports

Adult Badminton Lessons

Have fun learning badminton whether you are a beginner or looking to improve your skills. Game rules and play are taught. Refinements of techniques are shown based on an individual's skillset whether it's serves, drops, smashes, or footwork. Individuals will feel confident enough in their play to join recreational drop-in sessions. Sorry, no drop-ins permitted for these lessons.

Instructor: Derek Wong

Fri Sep 13-Nov 29	4:45-6:15pm
239062	\$107/12 sess
Gymnasium	

Badminton

Smash and drive or just play badminton for fun! Scrimmage with different partners of varying skill levels in a fun and friendly atmosphere. Shuttles and rackets available. Non-instructional. No session Oct 14 and Nov 11.

Mon Sep 9-Dec 16	12:10-1:30pm
238314	\$55.25/13 sess
Wed Sep 4-Dec 18	12:10-1:30pm
238371	\$68/16 sess
Wed Sep 4-Dec 18	8:00-9:45pm
238384	\$84/16 sess
Thu Sep 5-Dec 19	12:10-1:30pm
239041	\$68/16 sess
Thu Sep 5-Dec 19	6:00-7:45pm
239042	\$84/16 sess
Sat Sep 7-Dec 21	3:05-4:50pm
239043	\$84/16 sess
Gymnasium	

Basketball

Enjoy some friendly, exciting recreational basketball. Non-instructional. No session Oct 14, Oct 26, Nov 11, and Dec 14.

Mon Sep 9-Dec 16	8:00-9:45pm
238329	\$68.25/13 sess
Tue Sep 3-Dec 17	12:10-1:30pm
238333	\$68/16 sess
Wed Sep 4-Dec 18	6:00-7:45pm
238382	\$84/16 sess
Fri Sep 6-Dec 20	12:10-1:30pm
239059	\$68/16 sess
Sat Sep 7-Dec 21	10:05-11:50am
239086	\$73.50/14 sess
Sun Sep 8-Dec 15	3:15-5:00pm
239087	\$78.75/15 sess
Gymnasium	

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 \$7, space permitting. No session Oct 14 and Nov 11.

Mon Sep 9-Dec 16	6:00-7:45pm
238326	\$81.25/13 sess
Thu Sep 5-Dec 19	8:00-9:45pm
238327	\$100/16 sess
Gymnasium	



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 \$5, space permitting.

Tue Sep 3-Dec 17	1:45-3:30pm
238334	\$68/16 sess
Thu Sep 5-Dec 19	1:40-3:20pm
238335	\$68/16 sess
Sun Sep 8-Dec 15	1:20-3:05pm
238336	\$63.75/15 sess
Gymnasium	

Adult Drop-In Sports

Required Pass:

All drop-in users are 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:

\$5.00/person for weekday noon hour sessions and \$6.00/person for evening/weekend sessions, space permitting. **Exception:** \$7.00/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.

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!

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

Thu Sep 5-Oct 24	12:00-1:30pm
239698	\$100/8 sess
Thu Oct 31-Dec 19	12:00-1:30pm
239699	\$100/8 sess

Multipurpose Room

Sat Sep 7-Oct 19	10:45am-12:15pm
239700	\$87.50/7 sess
Sat Nov 2-Dec 14	10:45am-12:15pm
239701	\$87.50/7 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)

Table Tennis - Recreational Drop-In **NEW!**

All skill levels are welcome. We will have two or three tables set-up for recreational play. Participants are encouraged to register for the session. Please note, these sessions are non-instructional. Great chance to meet new people; no partner is necessary. Drop-in \$5, space permitting.

Wed Sep 11-Oct 30	7:15-9:15pm
240055	\$32/8 sess
Wed Nov 6-Dec 18	7:15-9:15pm
240057	\$28/7 sess
Multipurpose Room	



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 Oct 26 and Dec 14.

Sat Sep 7-Dec 21 12:00-1:45pm
238342 \$73.50/14 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 Sep 3-Dec 17 6:00-7:45pm
238343 \$84/16 sess
Gymnasium

Adult Drop-In Sports

Required Pass:

All drop-in users are 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.

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 Sep 3-Dec 17 8:00-9:45pm
238341 \$84/16 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 \$22, space permitting.

BEGINNER CLINICS

Tue Sep 24-Oct 15 6:15-7:45pm
238344 \$77/4 sess
Tue Oct 22-Nov 12 6:15-7:45pm
238346 \$77/4 sess

INTERMEDIATE CLINIC

Tue Nov 19-Dec 10 6:15-7:45pm
238345 \$77/4 sess
Gymnasium

Coal Harbour CC – Fall 2019 Gymnasium Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30-11:30am Jellyfish Playtime	9:30-11:30am Jellyfish Playtime	9:30-11:30am Jellyfish Playtime	9:30-11:30am Jellyfish Playtime	9:30-11:30am Jellyfish Playtime	10:05-11:50am Basketball	10:00am-12:00pm Jellyfish Playtime
12:10-1:30pm Badminton	12:10-1:30pm Basketball	12:10-1:30pm Badminton	12:10-1:30pm Badminton	12:10-1:30pm Basketball	12:00-1:45pm Recreational Volleyball	12:05-1:00pm Birthday Parties
1:30-3:30pm Jellyfish Playtime	1:45-3:30pm Pickleball	1:30-3:30pm Jellyfish Playtime	1:40-3:20pm Pickleball	1:30-3:30pm Jellyfish Playtime	2:00-2:55pm Birthday Parties	1:20-3:05pm Pickleball
3:30-4:30pm Tot Soccer (4-6yrs)	3:45-4:45pm Open Gym (6-8yrs)	3:45-4:45pm Basketball (6-8yrs)	3:30-4:30pm Tot Soccer (4-6yrs)	3:45-4:45pm Badminton Lessons (7-16yrs)	3:05-4:50pm Badminton	3:15-5:00pm Basketball
4:35-5:50pm Soccer (7-11yrs)	4:45-5:45pm Open Gym (9-12yrs)	3:45-5:50pm Basketball (9-13yrs)	4:35-5:50pm Soccer (7-11yrs)	4:45-6:15pm Adult Badminton Lessons	Principles for Sport, Code of Conduct: <i>Go For It, Play Fair, Respect Others, Keep It Fun, Stay Healthy, Include Everyone, Give Back.</i>	
6:00-7:45pm Indoor Soccer	6:00-7:45pm Recreational Plus Volleyball	6:00-7:45pm Basketball	6:00-7:45pm Badminton	6:15-9:30pm Youth Programs		
8:00-9:45pm Basketball	8:00-9:45pm Advanced Volleyball	8:00-9:45pm Badminton	8:00-9:45pm Indoor Soccer	☐ Children Programs ☐ Adult Programs (19yrs+)		

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:

Required Pass: All drop-in users are 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:** \$5.00/person for weekday noon drop-in sports. \$6.00/person for evening/weekend drop-in sports. **Exception:** \$7.00/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 Community Centre

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

Telephone Numbers

Main Office	
General Info	604-257-8333
Fax	604-257-8338
Rental Info.	604-257-8462
Fitness Centre	604-257-8342
Arena	604-257-8333
Little Sprout Preschool .	604-257-8346
West End Kids Care	604-257-8464
Parking Permits.	311
Joe Fortes Library	604-665-3972

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

For fitness centre access outside of the centre hours of operation, please use single door located in the laneway between high school and community centre.

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

Main Office	
General Info	604-257-8333
Fax	604-257-8338
Rental Info.	604-718-8229

Hours *(closed on statutory holidays)*

Barclay Manor Operating Hours

Mon-Fri.	9:00am-5:00pm
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

Main Office	
General Info	604-718-8222
Rental Info.	604-718-8229

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

ActiveNet & Group Programs

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



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

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.



recreation.vancouver.ca



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: Chrisel @ chrisel.brako@gmail.com

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.bow@gmail.com](mailto: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

Vancouver Prime Timers

2nd Sunday 1:30-4:00pm
Location: WECC Denman Room
Contact: primetimersvancouvercanada@gmail.com

West End Darkroom

Location: WECC Darkroom
Contact: www.westenddarkroom.ca & darkroom.weeps@gmail.com

West End Writer's Club

Wednesdays 7:00-9:30pm
Location: Barclay Manor Piano Room
Contact: www.westendwriters.com



Special Events

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

Pint-sized Pumpkin Carving

We are hosting our 10th annual Pint-Sized Pumpkin Carving event! Get into the spooky spirit as you carve your own jack-o-lantern. We will supply some carving tools and ghoulish music and don't forget to wear your costume if you dare. Parent participation is required. Please pre-register so we can ensure we have enough pumpkins. (\$6/pumpkin, \$8/pumpkin on the day-of event).

Sat Oct 19 10:00am-12:00pm
239994 \$6/pumpkin
Multipurpose Room



Halloween Carnival & Ghostly Graveyard

2-7 yrs

Join us for this fun, hair-raising event and get into the spooky spirit! Enjoy creepy crafts, terrifying treats, eerie entertainment and much more! Don't forget to wear your costume & visit our ghostly graveyard. Parent participation is required. Pre-registration is recommended. (\$5.50/child, \$7.50/child on the day-of event).

Sat Oct 26 10:00am-12:00pm
239995 \$5.50/child
Activity Room

Family Gingerbread House Magic



Holiday music and a festive atmosphere will get you in the winter spirit! Fee includes all supplies and decoration for one gingerbread house. Parent participation is required.

Sat Nov 30 10:00am-12:00pm
239997 \$17/kit
Multipurpose Room



Breakfast w/ Santa

Join us for a special breakfast, crafts, entertainment and best of all a visit from Santa himself. This event is an annual sell out so PLEASE purchase your tickets for adults and children in advance to ensure a seat. Pre-registration is required. Children under the age of 2yrs are free unless eating food. If child under 2 is not eating they are allowed to be at event with parent (sitting in lap). Please do not register child under 2 if not eating or taking a paid seat. \$5.50/per person. Please show up on time as food will be served by 10:20am.

Sat Dec 7 10:00am-12:00pm
237974 \$5.50/Person
Auditorium

Try a **NEW** program this fall!

Teen Advisory Group (Joe Fortes Library) **NEW!**

Instructor: Joe Fortes WECC VPL
At WECC (pg. 23 for details)

Exploring Traditional Japanese Bookbinding **NEW!**

Instructor: Jo Ann Kronquist
At WECC (pg. 25 for details)

Woven Codex Hand Bound Book **NEW!**

Instructor: Jo Ann Kronquist
At WECC (pg. 25 for details)

How to Make Christmas Cards in Watercolour **NEW!**

Instructor: Reza Atashzad
At WECC (pg. 27 for details)

Feldenkrais: Awareness Through Movement **NEW!**

Instructor: May Nasser
At WECC (pg. 46 for details)

Zumbini® **NEW!**

Instructor: Maira Daiha
At CHCC (pg. 57 for details)

Jazz Handz Parent and Tot **NEW!**

Instructor: Rosa Chimenti
At CHCC (pg. 57 for details)

Collage Workshop for Kids **NEW!**

Instructor: Ati Gheisary
At CHCC (pg. 57 for details)

Building Blocks and Stepping Stones **NEW!**

Instructor: Jeanne Krabbendam
At CHCC (pg. 68 for details)

Mixed Media: Experiment with Transfers & Texture **NEW!**

Instructor: Sandra Bowen
At CHCC (pg. 68 for details)

Fantastic Acrylics and Abstract Painting **NEW!**

Instructor: Sandra Bowen
At CHCC (pg. 68 for details)

Seasonal Skincare - Gift Giving! **NEW!**

Instructor: Cheryl Theilade
At CHCC (pg. 69 for details)

Polynesian Dance **NEW!**

Instructor: Toese Tusitala
At CHCC (pg. 72 for details)

Flow Yoga **NEW!**

Instructor: Nicola Pascal
At CHCC (pg. 72 for details)

GROUP FITNESS & INDOOR CYCLING **FREE TRIAL WEEK** **SEPT 3 - 9, 2019**

*For schedule see pages 43 and 74. *Only applicable to group fitness & indoor cycling schedule. Schedule is subject to change.*



West End Community Centre | Barclay Manor | Coal Harbour Community Centre

www.westendcc.ca 604-257-8333 | www.barclaymanor.ca 604-257-8333 | www.coalharbourcc.ca 604-718-8222

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

