



**FALL 2022**

## Hours of Operation

### Community Centre

Monday-Friday 7:00 AM-10:00 PM  
 Saturday 8:30 AM-5:00 PM  
 Sunday 8:30 AM-9:30 PM  
 Statutory Holiday Closed  
 \*Front office closes 30 mins. prior to building closure

### Fitness Centre

Monday-Friday 6:00 AM-10:00 PM  
 Saturday/Sunday 7:00 AM-8:00 PM  
 Statutory Holiday 7:00 AM-8:00 PM

*Please note - when the Community Centre is closed, enter the Fitness Centre through the lower back entrance, located at the back of the Community Centre, by the playground.*

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## Registration

### Online

Registration online begins **Tuesday, August 9 at 7 PM**. Logging into your account at [www.vanrec.ca](http://www.vanrec.ca) prior to registration day may minimize any unexpected errors.

### In-Person

Registration in-person begins **Tuesday, August 9 at 7 PM**. We accept Visa, Mastercard, American Express or debit cards, cash, and cheques.

### Phone

Registration by phone begins **Wednesday, August 10 at 9 AM**. On-going registration by phone is available during office hours.

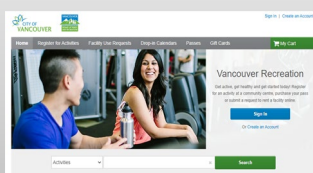
## Refund Policy

**All refunds are subject to a \$5 administrative fee, unless the program is cancelled by the Community Centre.**

Requests for refunds must be received by phone or in-person to the Front Office:

- 2 days prior to the 2<sup>nd</sup> scheduled class,
- 2 days prior for workshops,
- 7 days prior for camps, luncheons and private lessons,
- 30 days prior for birthday parties for full refund, 14 days prior for 50% refund, and no refund for less than one week.

**Click on the [Activity #](#) to register or learn more**



## Financial Subsidies

Discounts are available on some programs at time of registration. Patrons that qualify for the Vancouver Park Board's Leisure Access Program (LAP) may receive a 50% discount on registration of select programs. LAP is not applicable on workshops, private lessons, one-day events and CCA program drop-ins.

Seniors over 65 years may receive a 15% discount on qualifying adult programs (registration only, drop-ins not applicable).

If you are a senior and a program qualifies for the LAP discount, the applicable discounts will be calculated based on the adult rate and not with the senior's discount.

## COVID-19 INFORMATION

*(As of time of printing; may change with new Health Orders)*

The nature of the activity is such that you may interact with other people who are considered to be in good health, continuous physical distance between other people cannot be guaranteed, and, by participating in the activity, you are at risk of being infected by a pathogen, including but not limited to SARS-COV-2. SARS-COV-2, which causes the disease COVID-19, may exacerbate other health issues and is the cause of an ongoing global pandemic. SARS-COV-2 is highly communicable and dangerous. If you become infected with SARS-COV2, you may transmit it to other people even if you are not exhibiting symptoms of illness.

### Communicable Disease Health & Safety Practices:

- Participants should assess themselves daily for symptoms of common cold, influenza, COVID-19, or other infectious respiratory disease before attending a program.
- Participants who are ill, including participants of essential service providers, should not attend a program or access the Community Centre. If you are unsure, you should self-isolate and contact 8-1-1 or the local public health unit.
- All participants are encouraged to practice proper hand hygiene and respiratory etiquette by covering coughs or sneezes.



## PRESCHOOL

### Music with Marnie

#### Music With Marnie Babies (2 mo-17 mo)

Instructor: Marnie Grey

##### Tuesday

Tu Sep 13-Oct 25 11:30 AM-12:00 PM

\$104/6 sess [422109](#)

Tu Sep 13-Oct 25 12:15 PM-12:45 PM

\$104/6 sess [422111](#)

Tu Nov 1-Dec 13 11:30 AM-12:00 PM

\$121/7 sess [423922](#)

Tu Nov 1-Dec 13 12:15 PM-12:45 PM

\$121/7 sess [423923](#)

##### Thursday

Th Sep 15-Oct 27 11:30 AM-12:00 PM

\$104/6 sess [422112](#)

Th Sep 15-Oct 27 12:15 PM-12:45 PM

\$104/6 sess [422114](#)

Th Nov 3-Dec 15 11:30 AM-12:00 PM

\$121/7 sess [423924](#)

Th Nov 3-Dec 15 12:15 PM-12:45 PM

\$121/7 sess [423925](#)

#### Music with Marnie – BeTweenies (12 mo-20 mo)

Instructor: Marnie Grey

Tu Sep 13-Oct 25 10:30 AM-11:15 AM

\$116/6 sess [423928](#)

Tu Nov 1-Dec 13 10:30 AM-11:15 AM

\$135/7 sess [423931](#)

#### Music With Marnie Toddlers (18 mo-3 yrs)

Instructor: Marnie Grey

##### Tuesday

Tu Sep 13-Oct 25 9:30 AM-10:15 AM

\$116/6 sess [423933](#)

Tu Nov 1-Dec 13 9:30 AM-10:15 AM

\$135/7 sess [423935](#)

##### Thursday

Th Sep 15-Oct 27 10:30 AM-11:15 AM

\$116/6 sess [423934](#)

Th Nov 3-Dec 15 10:30 AM-11:15 AM

\$135/7 sess [423936](#)

#### Music with Marnie - Tots (2.5-5 yrs)

Instructor: Marnie Grey

Th Sep 15-Oct 27 9:30 AM-10:15 AM

\$116/6 sess [423953](#)

Th Nov 3-Dec 15 9:30 AM-10:15 AM

\$135/7 sess [423955](#)

## Music Together

#### Music Together (Birth-5 yrs)

Instructor: Donalyn

W Sep 21-Nov 30 9:30 AM-10:15 AM

\$198/11 sess [422029](#)

W Sep 21-Nov 30 10:30 AM-11:15 AM

\$198/11 sess [422030](#)

W Sep 21-Nov 30 11:30 AM-12:15 PM

\$198/11 sess [422031](#)

#### Music Together (Birth-5 yrs)

Instructor: Donalyn

F Sep 16-Dec 2 9:30 AM-10:15 AM

\$198/11 sess [422032](#)

F Sep 16-Dec 2 10:30 AM-11:15 AM

\$198/11 sess [422033](#)

F Sep 16-Dec 2 11:30 AM-12:15 PM

\$198/11 sess [422034](#)

## Education

#### Baby Sign Language (Birth-1.5 yrs)

Instructor: Signing Babies Vancouver

W Sep 7 11:00 AM-11:30 AM

Free Trial Class [424562](#)

W Sep 7 12:30 PM-1:00 PM

Free Trial Class [424565](#)

#### Beginner Baby Signing (Birth-1.5 yrs)

Instructor: Signing Babies Vancouver

W Sep 21-Nov 30 10:30 AM-11:00 AM

\$130/10 sess [424552](#)

W Sep 21-Nov 30 12:30 PM-1:00 PM

\$130/10 sess [424554](#)

#### Baby Sing & Sign (Birth-2 yrs)

Instructor: Signing Babies Vancouver

W Sep 21-Nov 30 11:30 AM-12:00 PM

\$130/10 sess [424558](#)

## Dance

#### Baby Dance (3 months-pre-walking)

Instructor: Lorraine White-Wilkinson

Tu Sep 20-Nov 8 11:25 AM-12:00 PM

\$100/8 sess [424290](#)

#### Parent and Tot Creative Dance (2-3 yrs)

Instructor: Lorraine White-Wilkinson

Tu Sep 13-Nov 29 10:30 AM-11:15 AM

\$150/12 sess [424317](#)

Sa Sep 17-Dec 3 10:30 AM-11:15 AM

\$138/12 sess [424325](#)

#### Creative Dance (3-4 yrs)

Instructor: Lorraine White-Wilkinson

Tu Sep 13-Nov 29 9:30 AM-10:15 AM

\$150/12 sess [424343](#)

Sa Sep 17-Dec 3 9:30 AM-10:15 AM

\$138/11 sess [424345](#)

#### Pre-Ballet Creative Dance (3-4 yrs)

Instructor: Lorraine White-Wilkinson

Sa Sep 17-Dec 3 12:30 PM-1:15 PM

\$138/11 sess [424346](#)

#### Pre-Ballet Creative Dance (4.5-6 yrs)

Instructor: Lorraine White-Wilkinson

Sa Sep 17-Dec 3 11:30 AM-12:15 PM

\$138/11 sess [424348](#)

#### Hip Hop Dancers (3-5 yrs)

Instructor: Endorphin Rush Dance

M Sep 12-Dec 5 10:00 AM-10:45 AM

\$156/12 sess [424539](#)

#### Little Ballerinas (3-5 yrs)

Instructor: Endorphin Rush Dance

M Sep 12-Dec 5 11:00 AM-11:45 AM

\$156/12 sess [424540](#)

#### Dancepl3y Preschool (3-5 yrs)

Instructor: Tohfa Services Inc.

F Sep 16-Dec 2 3:30 PM-4:15 PM

\$130/10 sess [424172](#)

### Parent and Tot Gym (1-5 yrs)

Tu Sep 20-Dec 13 9:30 AM-11:00 AM

Th Sep 22-Dec 15 10:30 AM-12:00 PM

Sa Sep 17-Dec 10 10:30 AM-12:00 PM

\$3/child and \$2/additional child

\$27/10 visit pass

\$45/sibling 10 visit pass





**Sports**

# Sportball

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

Instructor: Sportball Vancouver  
M Sep 12-Oct 24 4:30 PM-5:15 PM  
\$110/6 sess [424503](#)  
M Nov 7-Dec 12 4:30 PM-5:15 PM  
\$110/6 sess [424510](#)

### Sportball Parent and Child Indoor Soccer (2-3 yrs)

Instructor: Sportball Vancouver  
W Sep 14-Oct 26 4:30 PM-5:15 PM  
\$129/7 sess [424508](#)  
W Nov 2-Dec 14 4:30 PM-5:15 PM  
\$129/7 sess [424509](#)

### Sportball Indoor Multi Sport (3-5 yrs)

Instructor: Sportball Vancouver  
M Sep 12-Oct 24 2:30 PM-3:30 PM  
\$110/6 sess [424680](#)  
M Nov 7-Dec 12 2:30 PM-3:30 PM  
\$110/6 sess [424681](#)

### Sportball Parent and Tot Outdoor T-Ball (2-3 yrs)

Instructor: Sportball Vancouver  
Th Sep 15-Oct 13 5:15 PM-6:00 PM  
\$92/5 sess [424516](#)

### Sportball Outdoor T-Ball (4-6 yrs)

Instructor: Sportball Vancouver  
Th Sep 15-Oct 13 6:00 PM-7:00 PM  
\$92/5 sess [424518](#)

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

Instructor: Sportball Vancouver  
Sa Sep 10-Oct 15 9:30 AM-10:15 AM  
\$92/5 sess [424521](#)

### Sportball Outdoor Soccer (3.5-5 yrs)

Instructor: Sportball Vancouver  
Sa Sep 10-Oct 15 10:15 AM-11:15 AM  
\$92/5 sess [424523](#)

**SATURDAYS FROM SEPT 17 - DEC 10**

# BIRTHDAY PARTY PACKAGE

UP TO 8 YEARS OLD

**\$160<sup>00</sup>**

**Party Package Includes:**

- Staff to assist with set-up 30 min. prior
- Staff to assist with clean-up 30 min. after
- 60 min. of play time in the Gym

**Including toys and bouncy castle**

- Access to microwave and refrigerator

**Lobby Room**  
12:15 - 2:30 PM  
**Gym: 12:30-1:30 PM**

**Snowy's Lounge**  
1:30 - 3:45 PM  
**Gym: 1:45-2:45 PM**

Refund policy: One month notice - 100% // Two weeks notice - 50%  
Less than two weeks - No refund

## Voting is caring for your community

Vote in the 2022 Vancouver Election on Saturday, October 15.  
[vancouver.ca/vote](http://vancouver.ca/vote)

### We don't want to cancel good programs, but...

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.

**Registration for courses will begin Tuesday, August 9 at 7 PM.**



## CHILDREN

### Dance

#### Hip Hop Zumba Kids (5-7 yrs)

Instructor: Endorphin Rush Dance  
M Sep 12-Dec 5 3:30 PM-4:15 PM  
\$156/12 sess [424543](#)

#### Hip Hop Zumba Kids (8-12 yrs)

Instructor: Endorphin Rush Dance  
M Sep 12-Dec 5 4:30 PM-5:15 PM  
\$156/12 sess [424545](#)

#### Dance Extreme (7-12 yrs)

Instructor: Endorphin Rush Dance  
Th Sep 15-Dec 1 4:00 PM-5:00 PM  
\$156/12 sess [424546](#)

#### DancePl3y Kids (6-9 yrs)

Instructor: Tohfa Services Inc.  
F Sep 16-Dec 2 4:30 PM-5:30 PM  
\$130/10 sess [424184](#)

### Martial Arts

#### Taekwondo Beginner

Instructor: Port Moody Taekwondo  
**5-7 yrs**  
Tu/Th Sep 13-Dec 8 3:30 PM-4:10 PM  
\$325/26 sess [425390](#)

**8-12 yrs**  
Tu/Th Sep 13-Dec 8 4:15 PM-5:00 PM  
\$325/26 sess [425395](#)

#### Taekwondo Intermediate/Advanced (8-12 yrs)

Instructor: Port Moody Taekwondo  
Tu/Th Sep 13-Dec 8 5:00 PM-5:45 PM  
\$325/26 sess [425676](#)

### Creative Arts



#### Acrylic Paint Pouring – Kids' Halloween Crafts

Instructor: Valerie Ferrar  
Su Oct 16 11:00 AM-12:00 PM  
\$43/person [425148](#)

### Music

#### Violin Lessons Private (8+ yrs)

Instructor: Sophie Dassios  
~~Th Sep 8-Nov 24 3:15 PM-3:45 PM~~  
~~\$264/12 sess [422097](#)~~  
~~Th Sep 8-Nov 24 3:45 PM-4:15 PM~~  
~~\$264/12 sess [422100](#)~~  
~~Th Sep 8-Nov 24 5:00 PM-5:30 PM~~  
~~\$264/12 sess [422101](#)~~  
~~Th Sep 8-Nov 24 5:30 PM-6:00 PM~~  
~~\$264/12 sess [422104](#)~~  
~~Th Sep 8-Nov 24 6:30 PM-7:00 PM~~  
~~\$264/12 sess [422105](#)~~

#### Piano Lessons Private (5+ yrs)

Instructor: Mary Friesen  
**Tuesday**  
Tu Sep 13-Nov 29 3:10 PM-3:40 PM  
\$285/12 sess [422056](#)  
Tu Sep 13-Nov 29 3:45 PM-4:15 PM  
\$285/12 sess [422057](#)  
Tu Sep 13-Nov 29 4:20 PM-4:50 PM  
\$285/12 sess [422060](#)  
Tu Sep 13-Nov 29 4:55 PM-5:25 PM  
\$285/12 sess [422062](#)  
Tu Sep 13-Nov 29 5:30 PM-6:00 PM  
\$285/12 sess [422064](#)  
Tu Sep 13-Nov 29 6:05 PM-6:35 PM  
\$285/12 sess [422066](#)  
Tu Sep 13-Nov 29 6:40 PM-7:10 PM  
\$285/12 sess [422067](#)  
Tu Sep 13-Nov 29 7:15 PM-7:45 PM  
\$285/12 sess [422068](#)  
Tu Sep 13-Nov 29 7:50 PM-8:20 PM  
\$285/12 sess [422070](#)

#### Friday

F Sep 16-Dec 2 2:35 PM-3:05 PM  
\$261/11 sess [422074](#)  
F Sep 16-Dec 2 3:10 PM-3:40 PM  
\$261/11 sess [422076](#)  
F Sep 16-Dec 2 3:45 PM-4:15 PM  
\$261/11 sess [422077](#)  
F Sep 16-Dec 2 4:20 PM-4:50 PM  
\$261/11 sess [422078](#)  
F Sep 16-Dec 2 4:55 PM-5:25 PM  
\$261/11 sess [422080](#)  
F Sep 16-Dec 2 5:30 PM-6:00 PM  
\$261/11 sess [422081](#)  
F Sep 16-Dec 2 6:05 PM-6:35 PM  
\$261/11 sess [422082](#)  
F Sep 16-Dec 2 6:40 PM-7:10 PM  
\$261/11 sess [422083](#)

#### Group Guitar

Instructor: Tonia Allen  
**Beginners (8-12 yrs)**  
Th Sep 22-Nov 24 3:45 PM-4:30 PM  
\$130/10 sess [425684](#)  
**Intermediate (8-13 yrs)**  
Th Sep 22-Nov 24 4:30 PM-5:15 PM  
\$130/10 sess [425909](#)  
**Advanced (11-15 yrs)**  
Th Sep 22-Nov 24 5:15 PM-6:00 PM  
\$130/10 sess [425907](#)

### Sports

#### Indoor Tennis

Instructor: Summer Smash Tennis  
**Mini Aces (5-6 yrs)**  
Th Sep 15-Oct 27 3:30 PM-4:15 PM  
\$147/7 sess [424228](#)  
Th Nov 3-Dec 15 3:30 PM-4:15 PM  
\$147/7 sess [425971](#)  
**Junior Aces (7-9 yrs)**  
Tu Sep 13-Oct 25 3:30 PM-4:30 PM  
\$196/7 sess [424216](#)  
Tu Nov 1-Dec 13 3:30 PM-4:30 PM  
\$196/7 sess [425969](#)  
**Junior Fundamentals (7-9 yrs)**  
Th Sep 15-Oct 27 4:15 PM-5:15 PM  
\$196/7 sess [424231](#)  
Th Nov 3-Dec 15 4:15 PM-5:15 PM  
\$196/7 sess [425972](#)  
**Youth Aces (10-12 yrs)**  
Tu Sep 13-Oct 25 4:30 PM-5:30 PM  
\$196/7 sess [424222](#)  
Tu Nov 1-Dec 13 4:30 PM-5:30 PM  
\$196/7 sess [425970](#)

#### Sportball Multi Sport (5-7 yrs)

Instructor: Sportball Vancouver  
M Sep 12-Oct 24 3:30 PM-4:30 PM  
\$110/6 sess [424530](#)  
M Nov 7-Dec 12 3:30 PM-4:30 PM  
\$110/6 sess [424532](#)

#### Sportball Indoor Soccer (5-7 yrs)

Instructor: Sportball Vancouver  
W Sep 14-Oct 26 3:30 PM-4:30 PM  
\$129/7 sess [424526](#)  
W Nov 2-Dec 14 3:30 PM-4:30 PM  
\$129/7 sess [424528](#)

#### Sportball Outdoor T-Ball (4-6 yrs)

Instructor: Sportball Vancouver  
Th Sep 15-Oct 13 6:00 PM-7:00 PM  
\$92/5 sess [424518](#)

#### Sportball Outdoor Soccer (5-7 yrs)

Instructor: Sportball Vancouver  
Sa Sep 10-Oct 15 11:15 AM-12:15 PM  
\$92/5 sess [424525](#)



## PRE-TEEN 10-12 yrs

### Youth Pro-D Days (Grades 6-8)

F Sep 23	9:00am-3:00pm
\$40/person	<a href="#">424021</a>
F Oct 7	9:00am-3:00pm
\$40/person	<a href="#">424022</a>
F Oct 21	9:00am-3:00pm
\$40/person	<a href="#">424025</a>
M Nov 14	9:00am-3:00pm
\$40/person	<a href="#">424027</a>
F Nov 25	9:00am-3:00pm
\$40/person	<a href="#">424029</a>
M Dec 5	9:00am-3:00pm
\$40/person	<a href="#">424031</a>

### Pre-Teen Dungeons and Dragons

*Instructor: Will Lochhead*

Th Sep 8-Dec 15	4:00pm-7:00pm
\$80/15 sessions	<a href="#">424038</a>

### Pre-Teen Chill

#### September

Sa Sep 10-Sep 24	1:00pm-3:30pm
\$15/3 sessions	<a href="#">424997</a>

#### October

Sa Oct 1-Oct 29	1:00pm-3:30pm
\$25/5 sessions	<a href="#">424999</a>

#### November

Sa Nov 5-Nov 26	1:00pm-3:30pm
\$20/4 sessions	<a href="#">425002</a>

#### December

Sa Dec 3-Dec 17	1:00pm-3:30pm
\$15/3 sessions	<a href="#">425003</a>

### Indoor Tennis – Youth Aces (10-12 yrs)

*Instructor: Summer Smash Tennis*

Tu Sep 13-Oct 25	4:30 PM-5:30 PM
\$196/7 sess	<a href="#">424222</a>
Tu Nov 1-Dec 13	4:30 PM-5:30 PM
\$196/7 sess	<a href="#">425970</a>

### Group Guitar Lessons – Beginners (8-12 yrs)

*Instructor: Tonia Allen*

Th Sep 22-Nov 24	3:45 PM-4:30 PM
\$130/10 sess	<a href="#">425684</a>

### Intermediate (8-13 yrs)

Th Sep 22-Nov 24	4:30 PM-5:15 PM
\$130/10 sess	<a href="#">425909</a>



## YOUTH 13-18 yrs

### Registered Youth Programs

#### Kits Youth Council

M Sep 12-Dec 19	4:00pm-5:00pm
Free	<a href="#">423639</a>

#### Youth Dungeons and Dragons

*Instructor: Will Lochhead*

W Sep 7-Dec 14	4:00pm-7:00pm
\$80/15 sessions	<a href="#">424037</a>

#### Group Guitar Lessons

*Instructor: Tonia Allen*

#### Advanced (11-15 yrs)

Th Sep 22-Nov 24	5:15 PM-6:00 PM
\$130/10 sess	<a href="#">425907</a>

### Drop-In Youth Programs

#### Alphabet Soup

**(2SLGBTQ+ youth group)**

Tu Sep 13-Dec 6	5:00pm-6:30pm
Free	

#### Youth Lounge Teen Drop-In

Tu Sep 6-Dec 20	3:00pm-5:00pm
W Sep 7-Dec 21	3:00pm-8:00pm
Th Sep 8-Dec 22	3:00pm-8:00pm
F Sep 9-Dec 23	3:00pm-9:30pm
Sa Sep 10-Dec 17	3:30pm-5:00pm
Free	

#### Youth Lounge Lunch Drop-in

M-W school days	11:30am-12:10pm
Free	

#### Youth Lunch Time Open Gym

Tu/W Sep 6-Dec 13	11:30am-12:10pm
Free	

#### Youth Night Open Gym

F Sep 9-Dec 23	
Badminton & Basketball	3:30pm-5:30pm
Basketball	5:30pm-9:30pm



### TLC Summer Program

#### 13-18 yrs

TLC youth program is an exciting program for high functioning youth with special needs, funded by the Ministry of Children and Families Development. The main program goals are to foster a positive, social environment for youth and exposure to a range of recreation opportunities, while encouraging and reinforcing day to day life-skills.

Registration for a program like this, starts with discussing your child's needs with your Social Worker contact at MCFD - to determine best suitability from their range of funded programs. For maximum fairness, clients are referred (in request order and related to program suitability) from the Ministry.





## ADULT (19+)

Adults over 65 may receive a 15% discount by registering in qualifying programs. \*Drop-ins not applicable.

### Creative Arts

#### Acrylic Paint Pouring

Instructor: Valerie Ferrar

#### Canvas Workshop

Su Oct 16 1:30 PM-3:30 PM  
\$70/person [422748](#)

#### Glass Holiday Balls

Sa Dec 10 1:30 PM-3:30 PM  
\$55/person [422753](#)

#### **NEW** Upcycling and Mosaic Art Workshop - Vinyl Records

Instructor: Sheila Rodriguez

Th Oct 6-Oct 13 6:30 PM-8:30 PM  
\$89/person [425141](#)

#### Create a Beautiful Resin Pendant and Beaded Necklace

Instructor: Sheila Rodriguez

F Oct 28 11:15 AM-12:45 PM  
\$45/person [420605](#)

#### **NEW** Mini Macrame Wall Hanging

Instructor: Village Vancouver

Sa Nov 5 1:00 PM-3:00 PM  
\$21/person [424101](#)

#### **NEW** Mosaic Art Workshop - Tray Boxes for Jewelry or Keys

Instructor: Sheila Rodriguez

Th Nov 24-Dec 1 6:30 PM-8:30 PM  
\$89/person [425144](#)

### Education

#### Duplicate Bridge Lessons - Beginners Level 1

Instructor: Glenda Affleck

Th Sep 22-Nov 24 6:30 PM-8:30 PM  
\$99/18 sess [421279](#)

#### VPD Personal Safety Workshop for Women

Instructor: Vancouver Police Department

M Sep 12 6:00 PM-8:00 PM  
Free [411801](#)

#### Ukulele Group Lessons: Beginner

Instructor: Joseph Young

##### Level 1

Su Sep 18-Nov 20 10:30 AM-11:30 AM  
\$90/10 sess [418549](#)

##### Level 2

Su Sep 18-Nov 20 12:00 PM-1:00 PM  
\$90/10 sess [418550](#)

#### English Corner

Instructor: Fay Mottahed

Su Sep 11-Dec 18 7:00 PM-9:00 PM  
\$3/season [422592](#)

#### **NEW** German for Beginners

Instructor: Miriam Giordani

W Sep 14-Dec 7 6:30 PM-8:00 PM  
\$360/12 sess [424673](#)

#### Spanish for Beginners

Instructor: Gloria Alonso

##### Level 1

Tu Oct 4-Dec 13 6:15 PM-7:45 PM  
\$198/11 sess [417445](#)

##### Level 2

Tu Oct 4-Dec 13 7:45 PM-9:15 PM  
\$198/11 sess [417446](#)

### Food & Gardening

#### Kitsilano Community Garden

Facilitator: Village Vancouver

Sa Sep 3-Oct 29 1:30 PM-3:30 PM  
Free [423969](#)

#### **NEW** Spice up your Garden with Garlic!

Instructor: Village Vancouver

F Sep 9 6:30 PM-8:30 PM  
\$13/person [424099](#)

#### Worm Composting Workshop

Instructor: Thomas Saubique

Sa Sep 10 11:00 AM-12:00 PM  
Free [424658](#)

#### **NEW** Introduction to Seed Saving

Instructor: Village Vancouver

Tu Sep 13 6:30 PM-8:30 PM  
\$13/person [424100](#)

#### **NEW** The Art of Sushi Making

Instructor: Yvonne Vuu

Su Sep 18 10:00 AM-12:00 PM  
\$75/person [422253](#)

#### **NEW** Grow Your Own Microgreens

Instructor: Village Vancouver

M Oct 3 6:30 PM-8:30 PM  
\$18/person [424098](#)

#### **NEW** Street Tacos

Instructor: Ana Jimenez

Su Oct 16 10:30 AM-12:30 PM  
\$45/person [426214](#)

#### Growing Superfoods

Instructor: Village Vancouver

Su Oct 23 1:00 PM-3:00 PM  
\$13/person [424097](#)

#### **NEW** Vietnamese Cuisine - Beef Noodles (Pho Bo)

Instructor: Yvonne Vuu

Su Nov 20 10:00 AM-12:00 PM  
\$75/person [422254](#)

#### **NEW** Planning Your Spring Garden

Instructor: Village Vancouver

W Nov 23 6:30 PM-8:30 PM  
\$13/person [424095](#)

#### Making Beeswax Salves with Lori Snyder

Instructor: Village Vancouver

Th Dec 1 6:30 PM-8:30 PM  
\$18/person [424094](#)

#### **NEW** Making Incense 101 / Flower Essences

Instructor: Village Vancouver

M Dec 5 6:30 PM-8:30 PM  
\$18/person [424093](#)

### Pasta Making with Peter

#### Hands on Fresh Pasta Making - Puglia Style Short Shapes

Su Oct 23 2:45 PM-5:15 PM  
\$99/person [422493](#)

Su Nov 27 2:45 PM-5:15 PM  
\$99/person [422496](#)

#### Hands on Fresh Pasta Making - Rolled Pasta

Su Oct 2 10:30 AM-1:15 PM  
\$99/person [422485](#)

Su Nov 6 10:30 AM-1:15 PM  
\$99/person [422486](#)

Su Dec 4 10:30 AM-1:15 PM  
\$99/person [422487](#)

#### Hands on Gnocci Making

Instructor: Pasta Boy Peter Inc.

Su Nov 6 2:45 PM-5:15 PM  
\$99/person [422507](#)

#### Hands on Ravioli Making

Su Oct 2 2:45 PM-5:15 PM  
\$99/person [422508](#)

Su Dec 4 2:45 PM-5:15 PM  
\$99/person [422509](#)

#### **NEW** Hands on Roman Pizza

Su Oct 23 10:30 AM-1:15 PM  
\$99/person [422505](#)

Su Nov 27 10:30 AM-1:15 PM  
\$99/person [422506](#)



**DROP-IN TO ONE OF OUR CLASSES! We offer Dance, Fitness, Social and Sports!**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Group Power</b> 8:00 AM-9:00 AM Page 8		<b>Cardio Combo</b> 9:00 AM-10:00 AM Page 11	<b>Step Plus</b> 8:30 AM-9:30 AM Page 11	<b>Step Interval</b> 9:00 AM-10:00 AM Page 11	<b>Step Interval</b> 8:45 AM-10:00 AM Page 11	<b>Iyengar Yoga</b> 9:00 AM-10:30 AM Page 9
<b>Cardio Interval</b> 9:00 AM-10:00 AM Page 11	<b>Classic Stretch</b> 9:00 AM-10:00 AM Page 12	<b>Group Power</b> 9:15 AM-10:15 AM Page 8		<b>Classic Stretch</b> 9:15 AM-10:15 AM Page 11	<b>Classic Stretch</b> 9:15 AM-10:15 AM Page 11	<b>Core &amp; Balance</b> 9:00 AM-10:00 AM Page 11
<b>Mat Pilates</b> 10:00 AM-11:00 AM Page 9		<b>Gentle Fit</b> 10:15 AM-11:15 AM Page 11		<b>Gentle Fit</b> 10:15 AM-11:15 AM Page 11	<b>Prenatal Yoga</b> 10:00 AM-11:00 AM Page 9	<b>Qigong</b> 9:30 AM-10:30 AM Page 9
<b>Gentle Fit</b> 10:15 AM-11:15 AM Page 12		<b>Iyengar Yoga</b> 10:45 AM-12:15 Page 9	<b>Iyengar Yoga</b> 10:30 AM-12 PM Page 9	<b>Gentle Yoga</b> 10:30 AM-12 PM Page 9	<b>Line Dance</b> 10:30 AM-12:00 PM Page 8	<b>Tai Chi – 48</b> 10:35-11:35 AM Page 9
<b>Older Adults Yoga</b> 11:30 AM-12:30 PM Page 9						<b>Tai Chi – 24 Form</b> 11:40 AM-12:40 PM Page 9
<b>Pickleball*</b> 11:45 AM-1:45 PM Page 10	<b>ZUMBA Gold</b> 1:30 PM-2:30 PM Page 8	<b>BeMoved</b> 1:00 PM-2:00 PM Page 8	<b>ZUMBA Gold</b> 1:00 PM-2:00 PM Page 8	<b>MS Support Grp</b> 1:00 PM-3:00 PM Page 13		
<b>BeMoved</b> 1:00 PM-2:00 PM Page 8	<b>Sound Healing</b> 3:00 PM-4:15 PM Page 8	<b>Yoga4Stiff Guys</b> 3:45 PM-4:45 PM Page 9	<b>Group Power</b> 1:30 PM-2:30 PM Page 8	<b>Prenatal Yoga</b> 2:00 PM-3:00 PM Page 9		<b>Ballet – Beginner</b> 1:00 PM-2:30 PM Page 8
<b>Hatha+Yin Yoga</b> 6:00 PM-7:15 PM Page 9	<b>Creative Yoga</b> 4:45 PM-6:15 PM Page 9	<b>everyBODYyoga</b> 4:45 PM-5:45 PM Page 9				<b>Ballet – Int.</b> 2:45 PM-4:15 PM Page 8
<b>Yoga4Stiff Guys</b> 5:30 PM-6:30 PM Page 9	<b>Soccer - Masters*</b> 6:00 PM-7:45 PM Page 10	<b>Strength &amp; Core</b> 5:30 PM-6:30 PM Page 11	<b>Total Body Conditioning</b> 5:30 PM-6:30PM Page 11			<b>Belly Dance – Beg</b> 4:30 PM-6:00 PM Page 8
<b>ZUMBA</b> 6:45 PM-7:45 PM Page 8	<b>Duplicate Bridge</b> 6:15 PM-9:45 PM Page 13	<b>ZUMBA</b> 6:45 PM-7:45 PM Page 8	<b>Tai Chi</b> 6:00 PM-7:00 PM Page 9	<b>Duplicate Bridge</b> 6:15 PM-9:45 PM Page 13		<b>Belly Dance – Int.</b> 6:00 PM-7:30PM Page 8
<b>Callanetics</b> 7:45 PM-8:45 PM Page 8	<b>Mat Pilates</b> 6:30 PM-7:30 PM Page 9	<b>Sound Healing</b> 7:00 PM-8:15 PM Page 8	<b>Tai Chi</b> 7:05 PM-8:05 PM Page 9	<b>Move &amp; Meditate</b> 6:45 PM-7:45 PM Page 8		<b>English Corner</b> 7:00 PM-9:00 PM Page 8
<b>Latin Funk Dance</b> 8:00 PM-9:00 PM Page 8	<b>Hatha Flow Yoga</b> 6:30 PM-7:30 PM Page 9	<b>ABM Neuro</b> 7:30 PM-8:30 PM Page 8	<b>Stretch Therapy</b> 7:15 PM-8:25 PM Page 8		<b>LEGEND</b>	
					<b>Dance</b>	<b>Fitness</b>
					<b>Social</b>	<b>Sports</b> <small>*See Page 10 for drop-in procedures.</small>

**Check course description online for details.**

Schedule is subject to classes reaching minimum numbers to run and space permitting. Please call the front office to confirm 604-257-6976. LAP and Senior's discounts apply only for registration.



## Dance

### Ballet

Instructor: Sally Laing Hulme

#### Introduction & Beginner

Su Sep 11-Dec 4 1:00 PM-2:30 PM  
\$126.50/person [417664](#)

#### Intermediate

Su Sep 11-Dec 4 2:45 PM-4:15 PM  
\$126.50/person [417663](#)

### Belly Dance

Instructor: Gail (Rahma) Haddad

#### Beginner

Su Sep 25-Dec 11 4:30 PM-6:00 PM  
\$117.50/10 sess [422315](#)

#### Intermediate

Su Sep 25-Dec 11 6:00 PM-7:30 PM  
\$117.50/10 sess [422316](#)

### Latin Funk Dance

Instructor: Gustavo Ferman

M Oct 17-Dec 12 8:00 PM-9:00 PM  
\$117/9 sess [421155](#)

### Recreational Line Dancing

Instructor: Lisa Dong

Sa Sep 10-Dec 17 10:30 AM-12:00 PM  
\$80/12 sess [422182](#)

## Social

### Duplicate Bridge

Facilitator: Carrie Beavington

Tu/F Sep 6-Dec 23 6:15 PM-9:45 PM  
\$1.90/drop-in

### Kitsilano MS Support Group for Those Living with MS and their Caregivers

Facilitator: Daina Balodis

New members must e-mail Daina prior to registration: [brucedaina@shaw.ca](mailto:brucedaina@shaw.ca)

F Sep 9-Dec 16 1:00 PM-3:00 PM  
Free 421577

### **NEW** Memory Café - For those Experiencing Memory Loss or Supporting Someone with Memory Loss

Facilitator: Denise Boute

W Oct 19 1:00 PM-2:30 PM  
Free [417492](#)

Th Oct 20 6:30 PM-8:00 PM  
Free [417491](#)

## Fitness & Health

### **NEW** ABM NeuroMovement

Instructor: Claire Sandham

W Sep 14-Nov 16 7:30 PM-8:30 PM  
\$160/10 sess [425115](#)

Th Sep 15-Nov 17 10:00 AM-11:00 AM  
\$160/10 sess [425151](#)

### BeMoved

Instructor: Anita Siu

#### Monday – 1:00 PM-2:00 PM

Sep 12-Oct 31 \$98/7 sess [424890](#)  
Nov 7-Dec 19 \$84/6 sess [424891](#)

#### Wednesday – 1:00 PM-2:00 PM

Sep 7-Oct 12 \$84/6 sess [424887](#)  
Oct 19-Nov 23 \$84/6 sess [424888](#)  
Dec 7-Dec 21 \$42/3 sess [424889](#)

### Callanetics

Instructor: Linda Shedden

M Sep 12-Oct 31 7:45 PM-8:45 PM  
\$113.33/7 sess [418412](#)

M Nov 7-Dec 12 7:45 PM-8:45 PM  
\$97.14/6 sess [418413](#)

### Group Power®

Instructor: Ella Wong

#### Monday – 8:00 AM-9:00 AM

Sep 12-Dec 19 \$5.71/drop-in [424875](#)

#### Wednesday – 9:15 AM-10:15 AM

Instructor: Jennifer Wick  
Sep 7-Dec 21 \$5.71/drop-in [424876](#)

#### Thursday – 1:30 PM-2:30 PM

Instructor: Karen DiVenzano  
Sep 8-Dec 22 \$5.71/drop-in [425260](#)

\*Purchase a 10-visit Group Power pass for \$55 applicable to Mon/Wed/Thu classes.

### Stretch Therapy

Instructor: Rob Cole

Th Sep 15-Oct 20 7:15 PM-8:25 PM  
\$150/6 sess [421575](#)

Th Oct 27-Dec 1 7:15 PM-8:25 PM  
\$150/6 sess [421576](#)



### **NEW** Move & Meditate

Instructor: Thomas Sauptide

#### Monday – 7:15 PM-8:15 PM

Sep 12-Oct 31 \$70/7 sess [424933](#)  
Nov 7-Dec 12 \$60/6 sess [424945](#)

#### Friday – 7:15 PM-8:15 PM

Sep 9-Oct 28 \$80/8 sess [424946](#)  
Nov 4-Dec 16 \$60/6 sess [424948](#)

### **NEW** Sound Healing Meditation

Instructor: Klara Kalindi De Luz

#### Tuesday – 3:00 PM-4:15 PM

Sep 13 - Free Trial Class [425387](#)  
Sep 20-Nov 1 \$138/6 sess [425388](#)

Nov 8-Dec 13 \$138/6 sess [425389](#)

#### Wednesday – 7:00 PM-8:15 PM

Sep 14 - Free Trial Class [425116](#)  
Sep 21-Nov 2 \$138/6 sess [424894](#)

Nov 9-Dec 14 \$138/6 sess [424895](#)



### ZUMBA®

#### Monday – 6:45 PM-7:45 PM

Instructor: Zumba Vancouver (Kathy Ann)

Sep 19 - Free Trial Class [417180](#)  
Sep 26-Oct 31 \$68.75/5 sess [417175](#)

Nov 7-Dec 12 \$82.50/6 sess [417176](#)

#### Wednesday – 6:45 PM-7:45 PM

Instructor: Zumba Vancouver (Eric)

Sep 7 - Free Trial Class [417179](#)  
Sep 14-Oct 19 \$82.50/6 sess [417177](#)

Oct 26-Nov 30 \$82.50/6 sess [417178](#)

### ZUMBA® Gold - Beginners & Seniors

#### Tuesday – 1:30 PM-2:30 PM

Instructor: Zumba Vancouver (Eric)

Sep 6 - Free Trial Class [417186](#)  
Sep 13-Oct 25 \$96.25/7 sess [417183](#)

Nov 1-Dec 13 \$96.25/7 sess [417184](#)

#### Thursday – 1:00 PM-2:00 PM

Instructor: Zumba Vancouver (Denise)

Sep 8 - Free Trial Class [417185](#)  
Sep 15-Oct 27 \$96.25/7 sess [417181](#)

Nov 3-Dec 15 \$96.25/7 sess [417182](#)





## Pilates & Yoga

### Prenatal Yoga with Brenlie

Instructor: Brenlie Nagy

#### Wednesday – 6:00 PM-7:00 PM

Sep 7-Oct 12 \$96/6 sess [417674](#)

Oct 26-Dec 14 \$128/8 sess [417696](#)

#### Friday – 2:00 PM-3:00 PM

Sep 9-Oct 14 \$96/6 sess [425988](#)

Oct 28-Dec 16 \$112/7 sess [425989](#)

#### Saturday – 10:00 AM-11:00 AM

Sep 10-Oct 8 \$80/5 sess [417673](#)

Oct 22-Dec 17 \$128/9 sess [417692](#)

### Prenatal Birth Partner Workshop

Instructor: Brenlie Nagy

#### Sunday – 2:30 PM-5:30 PM

Sep 18 \$75/person [417672](#)

Oct 30 \$75/person [417682](#)

Dec 11 \$75/person [417683](#)

### Baby & Me Yoga with Brenlie

Instructor: Brenlie Nagy

#### Wednesday – 12:30 PM-1:30 PM

Sep 7-Oct 12 \$96/6 sess [417668](#)

Oct 26-Dec 14 \$128/8 sess [417686](#)

#### Friday – 12:30 PM-1:30 PM

Sep 9-Oct 14 \$96/6 sess [417669](#)

Oct 28-Dec 16 \$112/7 sess [417688](#)

### Baby Massage & Development Workshop

Instructor: Brenlie Nagy

#### Sunday – 2:30 PM-3:30 PM

Sep 11 \$40/person [417670](#)

Oct 23 \$40/person [417675](#)

Dec 4 \$40/person [417676](#)

### Creative Yoga

Instructor: Natalia Nimetz

Tu Sep 13-Oct 25 4:45 PM-6:15 PM

\$97.09/7 sess [421738](#)

Tu Nov 1-Dec 13 4:45 PM-6:15 PM

\$97.09/7 sess [421739](#)

### everyBODYyoga with Klara Kroupa

Instructor: Klara Kroupa

W Sep 14-Oct 26 4:45 PM-5:45 PM

\$98/7 sess [421182](#)

W Nov 2-Dec 14 4:45 PM-5:45 PM

\$98/7 sess [421184](#)

### Gentle Yoga

Instructor: Natalia Nimetz

F Sep 16-Oct 28 10:30 AM-12:00 PM

\$97.09/7 sess [421736](#)

F Nov 4-Dec 16 10:30 AM-12:00 PM

\$97.09/7 sess [421737](#)



### Hatha Flow Yoga

Instructor: Nadine Agosti

Tu Sep 6-Oct 25 6:30 PM-7:30 PM

\$128/8 sess [421199](#)

Tu Nov 1-Dec 20 6:30 PM-7:30 PM

\$128/8 sess [421200](#)

### Hatha+Yin Yoga with Pamela

Instructor: Pamela Ferman

M Sep 12-Oct 24 6:00 PM-7:15 PM

\$96/6 sess [424922](#)

M Oct 31-Nov 28 6:00 PM-7:15 PM

\$80/5 sess [424923](#)

### Iyengar Yoga with Linda

Instructor: Linda Shevloff

W Sep 7-Oct 26 10:45 AM-12:15 PM

\$200/8 sess [424863](#)

W Nov 2-Dec 21 10:45 AM-12:15 PM

\$200/8 sess [424877](#)

### Iyengar Yoga with Luci

Instructor: Luci Yamamoto

#### Thursday – 10:30 AM-12:00 PM

Sep 8-Oct 27 \$200/8 sess [421566](#)

Nov 24-Dec 15 \$100/4 sess [421567](#)

#### Sunday – 9:00 AM-10:30 AM

Sep 11-Oct 23 \$175/7 sess [421568](#)

Nov 20-Dec 18 \$125/5 sess [421569](#)

### Iyengar Yoga Monthly Tune-Up

Instructor: Luci Yamamoto

#### Saturday – 2:00 PM-4:00 PM

Sep 24 \$36/person [421570](#)

Oct 22 \$36/person [421571](#)

Dec 10 \$36/person [421572](#)

### Mat Pilates

Instructor: Vienna Luke

#### Monday – 10:00 AM-11:00 AM

Sep 12-Oct 31 \$96.25/7 sess [422245](#)

Nov 7-Dec 19 \$96.25/7 sess [422246](#)

#### Tuesday – 6:30 PM-7:30 PM

Sep 6-Oct 25 \$110/8 sess [424959](#)

Nov 1-Dec 20 \$110/8 sess [424960](#)

### Vinyasa Flow Yoga - All Levels

Instructor: Estefani Osorio

W Sep 21-Oct 26 7:30 PM-8:45 PM

\$84/6 sess [422178](#)

W Nov 2-Dec 7 7:30 PM-8:45 PM

\$84/6 sess [422179](#)

### Yoga for Older Adults

Instructor: Nadine Agosti

M Sep 12-Oct 31 11:30 AM-12:30 PM

\$105/7 sess [421194](#)

M Nov 7-Dec 19 11:30 AM-12:30 PM

\$105/7 sess [421195](#)

### Yoga4Stiff Guys - All Levels

Instructor: Yoga4Stiff People

M Sep 12-Oct 24 5:30 PM-6:30 PM

\$84/6 sess [423202](#)

M Oct 31-Dec 12 5:30 PM-6:30 PM

\$98/7 sess [423203](#)

## Martial Arts

### Qigong

Instructor: Kelly Maclean

Su Sep 25-Dec 11 9:30 AM-10:30 AM

\$160/10 sess [422288](#)

### Tai Chi - 48 Form Part One

Instructor: Kelly Maclean

Su Sep 25-Dec 11 10:35 AM-11:35 AM

\$160/10 sess [422290](#)

### Tai Chi - 24 Form

Instructor: Kelly Maclean

Su Sep 25-Dec 11 11:40 AM-12:40 PM

\$160/10 sess [422289](#)

### Tai Chi - Traditional Yang Style - 108 Form Part 3

Instructor: Kelly Maclean

Th Sep 22-Dec 15 6:00 PM-7:00 PM

\$208/13 sess [422291](#)

### Tai Chi Sword - 42 Form Part One

Instructor: Kelly Maclean

Th Sep 22-Dec 15 7:05 PM-8:05 PM

\$208/13 sess [422292](#)



## Sports – Drop-In

**Please note:** Participants can check-in up to 30 minutes before at the Front Office. Space will be held for registered participants for 5 minutes after the start of the program; after this time, spots will be sold to drop-in players. In the event that you are unable to attend any particular session, your registered spot is non-transferable.

These programs are non-instructional.

**Drop-ins:** To be put on the waitlist, please call the Front Office starting at 8:15AM on game day (8:30AM on Sat/Sun) – 604.257.6976

### Badminton - All Levels

W Sep 7-Sep 28 8:00 PM-10:00 PM  
\$20/4 sess [417115](#)  
W Oct 5-Oct 26 8:00 PM-10:00 PM  
\$20/4 sess [417116](#)  
W Nov 2-Nov 30 8:00 PM-10:00 PM  
\$25/5 sess [417117](#)  
W Dec 7-Dec 21 8:00 PM-10:00 PM  
\$15/3 sess [417132](#)

### Basketball - Recreational

M Sep 19-Oct 3 8:00 PM-10:00 PM  
\$15/3 sess [417118](#)  
M Oct 17-Nov 7 8:00 PM-10:00 PM  
\$20/4 sess [417119](#)  
M Nov 14-Dec 19 8:00 PM-10:00 PM  
\$30/6 sess [417129](#)

### Single Sessions

Su Oct 9 3:00 PM-5:00 PM  
\$5/person [425189](#)  
Su Nov 13 3:00 PM-5:00 PM  
\$5/person [425188](#)

### Soccer - Masters (40+ yrs)

Tu Sep 6-Sep 27 6:00 PM-7:45 PM  
\$17.50/4 sess [417123](#)  
Tu Oct 4-Oct 25 6:00 PM-7:45 PM  
\$17.50/4 sess [417124](#)  
Tu Nov 1-Nov 29 6:00 PM-7:45 PM  
\$21.90/5 sess [417125](#)  
Tu Dec 6-Dec 20 6:00 PM-7:45 PM  
\$13.14/3 sess [417131](#)

### Table Tennis (Ping Pong)

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

**\$2/adult; Free for children and youth**

### Pickleball - All Levels

#### Monday

M Sep 12-Oct 3 11:45 AM-1:45 PM  
\$20/4 sess [417137](#)  
M Oct 17-Oct 31 11:45 AM-1:45 PM  
\$15/3 sess [417136](#)  
M Nov 7-Nov 28 11:45 AM-1:45 PM  
\$20/4 sess [417139](#)  
M Dec 5-Dec 19 11:45 AM-1:45 PM  
\$20/4 sess [417141](#)

#### Thursday

Th Sep 8-Sep 29 8:00 PM-10:00 PM  
\$20/4 sess [417121](#)  
Th Oct 6-Oct 27 8:00 PM-10:00 PM  
\$20/4 sess [417120](#)  
Th Nov 3-Nov 24 8:00 PM-10:00 PM  
\$20/4 sess [417122](#)  
Th Dec 1-Dec 15 8:00 PM-10:00 PM  
\$15/3 sess [417133](#)

### Single Sessions

F Sep 9 11:30 AM-1:30 PM  
\$5/person [422561](#)  
Sa Sep 10 10:30 AM-12:30 PM  
\$5/person [422557](#)  
Su Sep 11 10:15 AM-12:15 PM  
\$5/person [422558](#)  
Su Oct 9 12:30 PM-2:30 PM  
\$5/person [425190](#)  
Su Nov 13 12:30 PM-2:30 PM  
\$5/person [425180](#)  
Sa Dec 17 1:00 PM-3:00 PM  
\$5/person [425179](#)  
Su Dec 18 12:30 PM-2:30 PM  
\$5/person [422559](#)

### Volleyball - Recreational

Tu Sep 6-Sep 27 8:00 PM-10:00 PM  
\$20/4 sess [417126](#)  
Tu Oct 4-Oct 25 8:00 PM-10:00 PM  
\$20/4 sess [417127](#)  
Tu Nov 1-Nov 29 8:00 PM-10:00 PM  
\$25/5 sess [417128](#)  
Tu Dec 6-Dec 20 8:00 PM-10:00 PM  
\$15/3 sess [417130](#)

### KBL Co-Ed Basketball League

Instructor: Biraj Bora

Su Sep 11-Dec 18 3:00 PM-9:00 PM

\$76.67/13 sess [417909](#)

Looking to join a team? Register under activity #417869 and Biraj will contact you for more information.



## Sports – Instructional

### Indoor Tennis Lessons: Beginner Clinic

Instructor: Summer Smash Tennis

F Sep 16-Dec 16 11:30 AM-1:00 PM

\$650/13 sess [421222](#)

Su Sep 18-Dec 18 10:30 AM-12:00 PM

\$700/14 sess [421219](#)

### Pickleball Lessons: Learn to Play (Beginners)

Instructor: Mona Lee

Su Sep 11-Oct 23 12:30 PM-2:30 PM

\$150/6 sess [421168](#)

Su Oct 30-Dec 11 12:30 PM-2:30 PM

\$150/6 sess [421171](#)

### Pickleball Lessons: Doubles Strategy - Intermediate+ Level

Instructor: Mona Lee

F Sep 16-Oct 28 1:15 PM-3:00 PM

\$154/7 sess [421179](#)

F Nov 4-Dec 16 1:15 PM-3:00 PM

\$132/6 sess [421181](#)



## Group Fitness Class Schedule September 6 – December 23, 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cardio Interval</b> 9:00-10:00 AM Bita	<b>Stretch &amp; Relax</b> 9:00-10:00 AM Rae	<b>Cardio Combo</b> 9:00-10:00 AM Ferial <b>No class Sep 28</b>	<b>Step Plus</b> 8:30-9:30 AM Richard	<b>Step Interval</b> 9:00-10:00 AM Rilla <b>No class Oct 28 &amp; Nov 4</b>	<b>Step Interval</b> 8:45-10:00 AM Suzanne <b>No class Oct 15 &amp; 29</b>	<b>Core &amp; Balance</b> 9:00-10:00 AM Ferial <b>No class Sep 25</b>
<b>Gentle Fit</b> 10:15-11:15 AM Audrey <b>Subs for Mon:</b> Ferial – Sep 12/26 Joyce – Sep 19 <b>No class Sep 26</b>		<b>Gentle Fit</b> 10:15-11:15 AM Audrey <b>Subs for Wed:</b> Ferial – Sep 7/14 Joyce – Sep 21/28		<b>Classic Stretch</b> 9:15-10:15 AM Sharon	<b>Classic Stretch</b> 9:15-10:15 AM Alannah	<p><b>Please note the following:</b></p> <ul style="list-style-type: none"> <li>Schedule and fees are subject to change (i.e. cancellation due to instructor illness, insufficient attendance)</li> <li><b>*Classes are not scheduled on Statutory Holidays, Dec 24-Jan 2.</b></li> </ul>
		<b>Strength &amp; Core</b> 5:30-6:30 PM Andrew <b>No class Oct 12, Nov 9 &amp; 30</b>	<b>Total Body Conditioning</b> 5:30-6:30 PM Bita	<b>Gentle Fit</b> 10:15-11:15 AM Berdjjs		

Class	Description
<b>Mild</b>	Gentle Fit Perfect for beginners, those returning to fitness or recovering for an injury. Gentle movements to start your day. Class may use mats, chairs, light weights and bands. Talk to the instructors about any concerns.
	Stretch Classes This no cardio class will focus on increasing flexibility and calming the mind.
<b>Moderate to Challenging</b>	Cardio Interval A mix of cardio training and weight training work every 10 minutes. This class is of moderate to challenging intensity.
	Total Body Conditioning (TBC) Come and join this class to build your power, speed, coordination and improve your overall fitness. A varied class that will hit those areas that other workouts miss. All levels are welcome.
	Step Interval Low-impact step cardio with strength training intervals followed by core work and a relaxing stretch.
	Step Plus Challenging step aerobics with some choreography and strength and core training using hand weights, resistance bands and body weight. Approximately 30 minutes of cardio.
Strength & Core Using own bodyweight, dumbbells and steps for a full body workout that includes a variety of weight training exercises to build muscles; support back and abdominal strength. A powerful class that will leave you feeling great and accomplished.	

**Fees - FitCard allows unlimited number of classes on schedule above**

Prices do not include tax. Fees are subject to change.	Drop-in	10-visit Pass	1-month Fit Card	2 months Fit Card	3 months Fit Card	6 months Fit Card	12 months Fit Card
<b>Adult</b> (19-64 yrs)	\$5.71	\$50.28	\$45.05	\$80.66	\$112.09	\$211.62	\$368.76
<b>Senior</b> (65+ yrs)	\$4.28	\$37.71	\$33.79	\$60.50	\$84.07	\$158.72	\$276.57



## SENIORS

### Movement Based Fitness

#### ABM NeuroMovement

Instructor: Claire Sandham  
See Page 8

#### Gentle Yoga

Instructor: Natalia Nimetz  
See Page 9

#### Move & Meditate

Instructor: Thomas Saubique  
See Page 8

#### **NEW** Sound Healing Meditation

Instructor: Klara Kalindi De Luz  
See Page 8

#### **NEW** Resistance Bands Workouts for Seniors

Instructor: Bill Galloway  
F Sep 30 1:00 PM-2:30 PM  
\$4.75/person [420506](#)

#### Yoga for Older Adults

Instructor: Nadine Agosti  
See Page 9

#### ZUMBA® Gold - Beginners & Seniors

See Page 8

### Social

#### Duplicate Bridge

Facilitator: Carrie Beavington  
Tu/F Sep 6-Dec 23 6:15 PM-9:45 PM  
\$1.90/drop-in

#### Kitsilano MS Support Group for Those Living with MS and their Caregivers

Instructor: Daina Balodis  
New members must e-mail Daina prior to registration: brucedaina@shaw.ca  
F Sep 9-Dec 16 1:00 PM-3:00 PM  
Free 421577

#### Memory Café - For Those Experiencing Memory Loss or Supporting

Facilitator: Denise Boute  
See Page 8

### One-Day Workshops

#### **NEW** Introduction to the Harp

Instructor: Tegan Peemoeller  
F Sep 16 11:15 AM-12:45 PM  
Free [420504](#)

#### **NEW** Nutrition and Immune System

Instructor: Rachele Duckworth  
F Sep 23 11:15 AM-12:45 PM  
Free [420508](#)

#### **NEW** Sugar and Diabetes

Instructor: Rachele Duckworth  
F Oct 14 11:15 AM-12:45 PM  
Free [420510](#)

#### Investment Coffee Club

Instructor: Aidan Ryan  
F Oct 21 11:15 AM-12:45 PM  
Free [424327](#)

#### **NEW** Create a Beautiful Resin Pendant and Beaded Necklace

Instructor: Sheila Rodriguez  
F Oct 28 11:15 AM-12:45 PM  
\$45/person [420605](#)

#### **NEW** Stretching Exercises For Seniors: The Truth

Instructor: Bill Galloway  
F Nov 18 1:00 PM-2:30 PM  
\$4.75/person [420505](#)

#### **NEW** Heart-Healthy Eating

Instructor: Rachele Duckworth  
F Nov 25 11:15 AM-12:45 PM  
Free [420509](#)

#### **NEW** Healthy Cooking Workshop - Dessert

Instructor: Rachele Duckworth  
F Dec 16 11:15 AM-12:45 PM  
Free [420511](#)

#### Senior's Monthly Social

12:00 PM-1:30 PM FREE  
F Sep 9 [420498](#)  
F Oct 7 [420500](#)  
F Nov 4 [420499](#)  
F Dec 2 [420501](#)

### Multicultural Events - September

#### Philippines: Presentation

W Sep 7 1:00 PM-2:30 PM  
\$4.05/person [420332](#)

#### Philippines: Craft Class

W Sep 14 1:00 PM-2:30 PM  
\$4.05/person [420328](#)

#### Philippines: Cooking Class

W Sep 28 1:00 PM-2:30 PM  
\$4.05/person [420336](#)

#### Philippines: Luncheon

W Sep 21 12:30 PM-3:00 PM  
\$11.43/person [420327](#)

### Multicultural Events - October

#### Germany: Presentation

W Oct 5 1:00 PM-2:30 PM  
\$4.05/person [420326](#)

#### Germany: Craft Class

W Oct 12 1:00 PM-2:30 PM  
\$4.05/person [420334](#)

#### Germany: Cooking Class

W Oct 19 1:00 PM-2:30 PM  
\$4.05/person [420333](#)

#### Germany: Luncheon

W Oct 26 12:30 PM-3:00 PM  
\$11.43/person [420335](#)

### Multicultural Cooking Class - November

#### Borscht & Fluffy Zucchini Patties

W Nov 2 11:15 AM-12:45 PM  
\$4.05/person [420331](#)

#### Waldorf Salad & Stuffed Chicken Breast

W Nov 9 11:15 AM-12:45 PM  
\$4.05/person [420492](#)

#### Chicken Stir-fry & Crunchy Ramen Noodle Salad

W Nov 16 11:15 AM-12:45 PM  
\$4.05/person [420330](#)

#### Baklava & Chicken Pie

W Nov 23 11:15 AM-12:45 PM  
\$4.05/person [420329](#)

### Multicultural Events - December

#### Senior Holiday High Tea

W Nov 30 12:30 PM-2:30 PM  
\$8.09/person [420274](#)

#### Holiday Movie Matinee

W Dec 7 11:15 AM-1:15 PM  
\$4.05/person [420275](#)

#### Festival of Lights: Luncheon

W Dec 14 12:30 AM-3:00 PM  
\$11.43/person [420276](#)



## Fitness Centre

### Hours of Operation

Monday-Friday 6:00 AM-10:00 PM  
Saturday/Sunday 7:00 AM-8:00 PM  
Statutory Holiday 7:00 AM-8:00 PM

Please note - when the Community Centre is closed, enter the Fitness Centre through the lower back entrance, located at the back of the Community Centre, by the playground.

### Minimum age

You need to be 13 years and older to use a fitness centre operated by the Park Board.

### Admission Fees

Type	Single drop-in	10-visit pass fee
<b>Adult</b> (19-64 years)	\$6.66	\$57.28
<b>Youth</b> (13-18 years)	\$4.66	\$40.10
<b>Senior</b> (65+ years)	\$4.66	\$40.10

Prices do not include tax. Fees are subject to change.

### Monthly Pass Fees

Type	1 mth	3 mth	12 mth
<b>Adult</b> (19-64 yrs)	\$51.28	\$138.46	\$443.06
<b>Youth</b> (13-18 yrs)	\$35.90	\$96.92	\$310.14
<b>Senior</b> (65+ yrs)	\$35.90	\$96.92	\$310.14

Prices do not include tax. Fees are subject to change.

Some passes are not accepted at Kerrisdale, Killarney and Sunset Fitness Centres as they are operated by the CCA.

### Leisure Access Program

Patrons enrolled in the Leisure Access Program may receive 50% discount on single drop-in and monthly pass fees.  
More information: <https://vancouver.ca/parks-recreation-culture/leisure-access-card.aspx>

### Fitness Centre Consultations

Take advantage of our fitness consultations!

Reach your fitness goals with our consultation package. Call ahead to book up to 3 sessions with our highly trained fitness centre staff.

With the price of admission or included in your membership pass, our Fitness Centre staff will show you in the initial session how to use equipment, create a personalized fitness program, and you will receive a card to track your progress. At the next session, our staff will monitor your exercise technique and answer any questions about your fitness program. Book a third session for additional support, motivation or a change in your program!

Please note a completed PAR-Q+ and consent & release forms are needed for a personalized fitness program.

### Personal Training

Improve your health and wellness with support from our certified personal trainers. Our trainers will work with you to develop a customized fitness plan designed to meet your fitness goals and fit your busy schedule. Whether you are a beginner, overcoming a plateau, rehabilitating from an injury or looking for sport-specific workouts, our trainers will motivate you in each 1-hour session!

### Personal Training Fees

Sessions	Private	Semi-private	Small Group
1	\$55.40	\$83.08	\$116.53
3	\$153.52	\$230.32	\$312.11
5	\$246.92	\$380.25	\$457.78
10	\$443.27	\$706.18	\$832.31

Prices do not include tax. Fees are subject to change.

### Fitness for Older Adults/Youth

#### Older Adults (55+ yrs)

M/W Sep 7-Dec 21  
10:30-11:30 AM

#### Youth (13-18 yrs)

Tu/Thu Sep 6-Dec 22  
4:00-5:00 PM

Bring your personalized fitness program to these self-lead sessions and workout in a supported environment. Our knowledgeable fitness staff are available to answer questions, suggest alternate exercises, teach you proper technique, and provide support. Please note that a completed Consultation, Par-Q and Consent & Release are required. Call us to book your Consultation! Free with drop-in admission, a valid Flexipass or a usage pass; no registration required.

Please note that the program format is subject to change.

### Equipment

- 5 treadmills
- 5 cross-trainer/ellipticals
- 1 adaptive motion machine (AMT)
- 2 Powermill steppers
- 1 stair climber machine
- 3 recumbent bikes
- 3 upright bikes
- 3 indoor spin bikes
- 1 air-dyne bike
- 1 ski-erg
- 2 rowers (Concept2)
- 1 adapted stepper (Scifit)
- Upper and lower body selectorized strength machines
- Free weights and benches
- 3 squat racks
- Functional training props

### WHEELCHAIR ASSESSIBLE STRENGTH EQUIPMENT

- Cybex Prestige Chest Press
- Cybex Prestige Lat Pull Down



## Kitsilano Rink



### Public Skating Sessions Sep 24-Dec 16, 2022

Please visit [vanrec.ca](http://vanrec.ca) for the most up-to-date weekly schedules & December holiday sessions.

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Public Figure Skating*</b> 10:00 AM-11:30 AM <i>*Pre-reg required 3 days prior</i>	<b>50 &amp; Better Skate</b> 10:00 AM - 11:30 AM	<b>Parent &amp; Preschooler Skate</b> 10:00 AM-11:30 AM	<b>50 &amp; Better Skate</b> 10:00 AM -11:30 AM		<b>Parent &amp; Preschooler Skate</b> 10:45 AM-11:45 AM
<b>Adult Stick, Puck &amp; Ring*</b> 11:45 AM-1:30 PM <i>*Pre-reg required 3 days prior</i>	<b>Public Adult Hockey*</b> 11:45 AM-1:30 PM <i>*Pre-reg required 3 days prior</i>	<b>Public Skate</b> 11:45 AM-1:15 PM	<b>Public Adult Hockey*</b> 11:45 AM-1:30 PM <i>*Pre-reg required 3 days prior</i>	<b>Public Skate</b> 12:15 PM-1:45 PM	<b>Family Fun Hockey</b> 11:45 AM-12:45 PM
	<b>Discount Skate</b> 3:15 PM-4:45 PM				<b>Public Skate</b> 1:00 PM-2:15 PM
	<b>Family Fun Hockey</b> 7:00 PM-7:30 PM		<b>Public Skate</b> 6:30 PM-8:30 PM		
	<b>Public Skate</b> 7:30 PM-9:00 PM		<b>Adult Skate</b> 8:45 PM-10:00 PM		
	<b>Public Skate</b> 9:15 PM-10:30 PM				

All sessions will be drop-ins, with the exception of Public Figure Skating, Public Adult Hockey and Adult Stick, Puck & Ring.  
*\*These sessions will be open for registration 3 days prior at 12 PM.*

Public Skate Fees	Single drop-in	10-visit pass fee
<b>Adult</b> (19-64 years)	\$6.34	\$53.26
<b>Youth</b> (13-18 years) & <b>Senior</b> (65+ years)	\$4.44	\$37.28
<b>Child</b> (5-12 years)	\$3.17	\$27.96
<b>Skate Rentals</b>	\$3.20	\$26.88

Prices do not include tax. Fees are subject to change.

### Learn To Skate Lessons

#### Registration

Set 1: Thu Sept 8 @ 7 PM

Set 2: Thu Nov 3 @ 7 PM

#### Lessons Times

- Thursday between 10 and 11:45 AM
  - Saturday between 2:00 PM and 5:30 PM
- Schedule will be viewable online 2 weeks prior to registration.

#### Lessons Run

Set 1: Sept 24- Oct 29

Set 4: Nov 5 – Dec 10

If you are unsure of your skating level or it has been a while since the last lesson we suggest coming in to any public skate session for a free skating assessment.

### Skating Level Equivalents

Preschool 3-5 yrs	Child 6-12 yrs	Adult/Youth 13+ yrs
Preschool 1	Child 1	Beginner
Preschool 2		
Preschool 3	Child 2	
Preschool 4		
Preschool 5/6	Child 3	Intermediate
	Child 4	
	Child 5	Advanced
	Child 6/7	

### Rink Rentals

Request your rink bookings online:

<https://vancouver.ca/parks-recreation-culture/ice-rinks>

Rental requests require a minimum of 2 weeks notice if staff or equipment is needed, otherwise a minimum of 7 days in advance.

### Leisure Access Program

Patrons enrolled in the Leisure Access Program may receive free admission to Public Skate sessions, complimentary skate rentals and 50% discount on lessons.  
More information: <https://vancouver.ca/parks-recreation-culture/leisure-access-card.aspx>



## Casual Room Use

Kitsilano Community Centre allows casual room use for those who have a current Kitsilano membership and have completed the Casual Room Use Agreement. While our priority is to registered programs, if a room is not being used, then a member is welcome to use it under the following provisions:

- Rooms are available on a first come/first serve basis only, the day of and cannot be reserved in advance.
- Room use is for a maximum of 2 hours per day, with a maximum capacity of 3 users
- Users must be 13+ years of age. Anyone under this age must be accompanied by an adult.
- Casual room use is provided for free only for category one low risk activities
- There is to be no monetary exchange or financial gain to the individual or group.

For our full Casual Room usage policy, speak with the front desk or call 604-257-6976.

## Room Rentals

We have several rooms available to rent for meetings, parties and personal special events.

Contact 604-257-8607 or [kcca.vancouver@gmail.com](mailto:kcca.vancouver@gmail.com) if you have any inquiries.

<b>Snowy's Lounge</b> 1824 sq. ft. (57 ft. x 32 ft.) 100 people \$50/hr	<b>Lobby Room</b> 896 sq. ft. (32 ft x 28 ft) 50 people \$50/hr	<b>Dance Studio</b> 792 sq. ft. (36ft x 22 ft) 50 people \$50/hr	<b>Gymnasium</b> 4950 sq. ft. (90 ft x 55 ft) 400 people \$50/hr
<b>Multi-Purpose</b> 1156 sq. ft. (34 ft x 34 ft) 40 people \$40/hr	<b>Board Room</b> 308 sq. ft. (22 ft x 14 ft) 18 people \$20/hr	<b>Meeting Room</b> 210 sq. ft. (15 ft x 14 ft) 10 people \$20/hr	<b>Maddie's Lounge</b> 308 sq. ft. (22 ft x 14 ft) 12 people \$20/hr

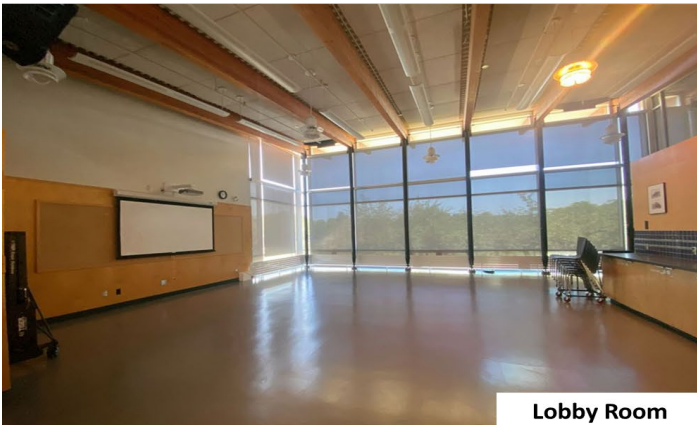
*Additional staffing, audiovisual usage or music licensing fees may apply. All sport rentals require insurance.  
Information is subject to change with any Health Orders.*



Gymnasium



Dance Studio



Lobby Room



Snowy's Lounge



## RECYCLE RIGHT

Got recycling questions? Let's recycle right together!

A workshop designed to show you how to recycle correctly in Vancouver

**WED, SEPTEMBER 28 - 7:00 PM**

REGISTER - 425295 - FREE



Need a place to drop off your clean pre-sorted plastics?

NO REGISTRATION - FREE - VISIT US

@ 12TH AND LARCH - THURSDAY 6:00 - 7:00 PM

SEPT 15 // OCT 13 // NOV 17 // DEC 15

**DROP OFF YOUR CLEAN SORTED PLASTICS HERE!**

**PLASTICS RECYCLING DEPOT**

\*PLEASE ARRIVE NO LATER THAN 6:45 PM



## Memory Cafe

An invite for those experiencing or supporting memory loss to share what supports you would like to see offered in the Kitsilano community.

By sharing this information, Kitsilano Community Centre can better tailor programs and services for your needs.

### Join us in the evening

Tuesday, October 20th at 6:30 PM

Activity 417491

### Chat in the afternoon

Wednesday, October 19th at 1:00 PM

Activity 417492

Refreshments provided

Results of this survey will be shared with community partners (Westside Seniors Hub & UBC) who may be able to offer other services that are beyond the scope of Kitsilano Community Centre programs and services.

## HALLOWEEN HOWL

KITSILANO COMMUNITY CENTRE



**SAT, OCTOBER 29 - 10:30 AM - 12:30 PM**

**AUTUMN ACTIVITIES // CREATIVE CRAFTS**

**CRYPTIC COOKIES // FREAKY FACE PAINT**

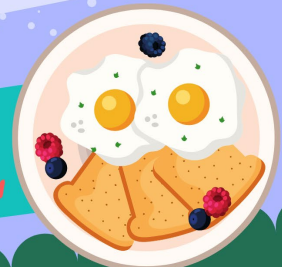
**\$5/CHILD - AGE 2-7 - ACTIVITY 417189**

KITSILANO COMMUNITY CENTRE

## BREAKFAST WITH SANTA



**\$6  
PER PERSON**



**SATURDAY, DECEMBER 17**

9:00 - 10:30 ACTIVITY 417187

11:00 - 12:30 ACTIVITY 417188

DELICIOUS BREAKFAST  
CRAFTS // PHOTOBOOTH // ACTIVITIES  
AND OF COURSE A VISIT WITH SANTA.