



Jointly operated by the Vancouver Board of Parks and Recreation and the Marpole-Oakridge Community Association

PROGRAM REGISTRATION

vancouver.ca/marpoleoakridgerec

FITNESS CENTRE

vancouver.ca/marpoleoakridgefitness

COMMUNITY CENTRE

marpoleoakridge.org



Marpole-Oakridge Community Centre

Winter 2020 Recreation Guide

PROGRAMS RUNNING:
January 2 to March 31

Winter Registration starts Tuesday, December 3, 2019 at 7:00pm

Get in touch with us

990 West 59th Avenue
At the corner of Oak Street
Vancouver, BC V6P 1X9

COMMUNITY CENTRE

604-257-8180 (Press 1)

FITNESS CENTRE 604-257-8174

EMAIL marpolecc@vancouver.ca

ONLINE www.marpoleoakridge.org

Winter Operating Hours

January 2 to March 31

COMMUNITY CENTRE

Monday-Thursday 9:00am to 9:30pm

Friday 9:00am to 8:00pm

Saturday 9:00am to 4:00pm

Sunday & Statutory Holidays Closed

Centre Office closes 30 minutes earlier than the centre

FITNESS CENTRE & RACQUETBALL COURT

Monday-Thursday 8:00am to 9:30pm

Friday 8:00am to 8:00pm

Saturday 9:00am to 4:00pm

Sunday & Statutory Holidays

9:00am to 1:00pm

Whirlpool/Sauna closed Mon-Fri
11:45am-3pm

Whirlpool/Sauna closes 15 minutes earlier than the fitness centre

BROCHURE DESIGN CONCEPT:

Corinne Kempen | www.corinnkempen.com

PRODUCTION DESIGN:

Lena Ko | designstudio604@gmail.com

Interactive Brochure • available at

www.vancouver.ca/marpoleoakridgerec and www.marpoleoakridge.org

Register Online • recreation.vancouver.ca and browse our activities

By phone • 604.257.8180 (press 1) please have your credit card number and course numbers ready

In person • You can register yourself and up to two other people in each course

Refund Policy

- Full refunds issued for programs cancelled by the community centre (MOCC)
- Refund requests received more than 7 days prior to the start of the program (see Exceptions) will be paid in full, minus the \$5 administration fee. This includes 1 day programs/workshops.
- Refunds requested less than 7 days prior to the program start, but more than 3 days before the second class, will be charged for the first class plus an administration fee of \$5. No refunds for 1 day programs/workshops if given less than 7 days notice.
- No refund request will be granted if it is received less than 3 days before the second class, unless a doctor's note is provided.
- This policy applies to all music lessons.
- This policy does not apply to MOCC Preschool or Rentals.

Exceptions

- Daycamps, birthday parties and special event refund requests must be received 12 or more days prior to the event or program start for refunds to be issued. All refunds are subject to \$5 administration fee per refunded program.
- See page 25 for Aerobics Pass refund guidelines.

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MOCA MISSION STATEMENT:

Offer diverse opportunities to enhance the well-being of individuals and families and strengthen a sense of community in a safe, welcoming and accessible environment.



Winter 2020 President's Message

The Master Plan for Oak Park has been completed and the results will be a huge benefit for Marpole. We are hoping that the new building gets underway late in 2020. Again, I want to thank the many people who got involved and gave their input. We could not have done this without you.

It looks like the proposed outdoor pool will go in right next to the new building. We will see but it looks positive.

Sadly our Community Centre Supervisor, Tony Syskakis has received a promotion and is moving on. His replacement has not been named yet but we will keep you posted. "Annty" (our Community Youth Worker) has returned from Mat Leave. Welcome back Annty!

Unfortunately our Music in the Park series last summer was canceled due to inclement weather. The Community Centre is committed to continuing this well received program. This is great family time!

The financial performance of the Community Centre continues to be strong and we will have excess revenue to reinvest in the Centre.

We are always looking for new members, so please consider volunteering! As usual we have a great Park Board Staff at Marpole and the Board works very well with them. We look forward to interacting with our Park Board commissioners.

Please feel free to contact me with any questions or inquire about volunteering.

Thank you.

Mike Burdick [President]

Association Memberships

The Marpole-Oakridge Community Association (MOCA) is a registered non-profit society. Membership is free, and occurs automatically when an individual registers for a program. A MOCA membership is required to be eligible to vote at the 2019 Annual General Meeting (AGM) Thursday, November 21 at 6pm. You must be at least 19 years of age to vote, and have registered in a program at least 30 days prior to the AGM. Should you wish not to be a member of MOCA, please contact MarpoleOakridgeCC@gmail.com.

How you can participate in the growth of your community centre!

MOCA meets every third Tuesday of each month at 7:00pm. All members are welcome to attend these meetings to learn more, provide feedback and suggestions, and participate in how your community centre is operated!

If you believe an engaged community is a healthy community and that a community centre is the heart of the community, consider joining one of our committees or becoming a member of the MOCA Board of Directors.

Email us your expression of interest. All community members are welcome to apply. The Board is currently in need of individuals with financial, legal and organizational skill sets. For more information, please visit: www.marpoleoakridge.org

To receive news about the community centre, subscribe to our mailing list: www.marpoleoakridge.org/newsletter

MOCA Board of Directors 2019-2020

Lorna Brown
Mike Burdick
Aimee Clare
Megan Hooft
Corinne Kempen
Daniel Lee
Albert Leung
Henry Liao
Ann Murai
Andy Yuen
Norman Zottenberg



Family Day Festival

FREE

**Family Fun
for All Ages!**



Saturday, February 15, 2020 • 11:00am–2:00pm

**Inflatables • Balloon Artists • Face Painting • Games
Play Area • Food Concession...and more!**

Marpole-Oakridge Community Centre • 990 West 59th Avenue

Spring Break Daycamps

Spring Break Camp

Join us for action filled days. Children will participate in physical, social and educational activities including: games, sports, theatre, crafts and out-trips. Children must be enrolled in grade 1 to participate.

6-12 yrs	
253153	\$145/5 sess
Mar 16-Mar 20	M - F 9:00 am-4:00pm
253154	\$145/5 sess
Mar 23-Mar 27	M - F 9:00 am-4:00pm

Ninjas Extreme Camp

Ninjas...GO! Get ready to use your Spinjitzu skills to fight for honor and establish peace. We will build ninja vehicles, ninja spinning machines, and more! All campers go home with a customized Minifigure. Children will be given a break for an optional snack from home. Drop-in \$40 space permitting.

5-8 yrs	Bricks 4 Kidz Vancouver
252357	\$175/5 sess
Mar 16-Mar 20	M - F 9:15am-12:15pm

Anime Cartoon Drawing Camp

Come explore the world of Anime with Young Rembrandts! We will spend multiple days learning about and drawing cartoons in the Anime style. We will learn to create our own original Anime characters. We will use a variety of facial expressions and action and movement to illustrate our scenes. On the final day, we will pull from what we already learned to draw a large comic book type scene in the Anime style.

6-12 yrs	Young Rembrandts
252148	\$190/5 sess
Mar 23-Mar 27	M - F 9:15am-12:15pm

Fantasy Forest Drawing Camp

Magical, mythical, marvelous art is coming your way in this Young Rembrandts Drawing camp. Our days will be filled with fun and creative thought as we explore deep in the Fantasy Forest. Students will tap into their imagination while learning to draw otherworldly creatures like fairies, trolls and a forest queen. Your child's talent will truly enchant you as they create beautiful scenery and new masterpieces every day. Register now to save your child's spot in this fanciful workshop focused on creativity and whimsy!

6-12 yrs	Young Rembrandts
252152	\$190/5 sess
Mar 23-Mar 27	M - F 12:45pm-3:45pm

Spring Break Youth LEADership Camp

Got what it takes to become a youth leader? Learn how to become a role model while going out and exploring all the fun recreational activities Vancouver has to offer! Examples of activities include out trips, crafts, sports, cooking, workshops and volunteer work. Bring your friends and a sense of adventure! Don't wait, register now!

11-14 yrs	Youth Leader
252827	\$125/5 sess
Mar 16-Mar 20	M-F 10:00am-4:00pm
252828	\$125/5 sess
Mar 23-Mar 27	M-F 10:00am-4:00pm

More Youth programs, see p. 15-17

Marpole-Oakridge Community Centre's

70th Birthday



Thank you to everyone who came out and celebrated Marpole-Oakridge Community Centre's 70th birthday with us on Nov 9. We've had an amazing 70 years in this building and look forward to what the future has in store for us with the new building.

Physical Recreation

Drop-in Programs

Sportball Jr

This program is a perfect introduction to Sportball. Children and parents participate in sports, creative games, songs, rhymes, stories, bubble time and much more. Although these programs focus more on exploration, children will be introduced to a different sport each week. Parent participation is required.

18-24 mos Sportball Vancouver
253128 \$128/8 sess
Jan 23-Mar 12 Th 4:30pm-5:15pm

Sportball Parent & Tot Multisport

Sportball Parent & Child programs help preschoolers to refine their motor skills, such as balance and coordination, as well as develop their social skills such as confidence, following instructions, turn-taking and sharing. Coaches introduce a different sport each class using developmentally appropriate games and activities. Sportball maintains a one-parent-per-child ratio policy in all Parent Child programs to ensure that focus is kept on helping little ones practice and progress. For more, visit www.sportball.ca. No class Feb 15

2-3 yrs Sportball Vancouver
253134 \$128/8 sess
Jan 18-Mar 14 Sa 10:30am-11:15am

Attention Parent(s):

For all parent-tot, infant, toddler, preschooler and children's programs, siblings may only attend if they are registered and meet the age requirement, unless otherwise specified. Thank you for your cooperation.



Sportball Multisport

Refine, rehearse, repeat. Coaches focus on the basic skills common to all sports like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork. Each class focuses on one of eight different popular sports: hockey, soccer, football, baseball, basketball, volleyball, golf and tennis. For more, visit www.sportball.ca. No class Feb 15

3-5 yrs Sportball Vancouver
253132 \$128/8 sess
Jan 18-Mar 14 Sa 11:15am-12:00pm

Gymnastics

These classes will focus on a structured introduction to fundamental movement skills in a super fun, challenging, non-competitive environment. By developing these skills kids will have a foundation to explore and enjoy different sports and physical activities. Each class will include a warm up, games, circuit activities and a goodbye circle. Parent participation required.

2-3 yrs Bear Feet Gymnastics
253046 \$108/9 sess
Jan 14-Mar 10 Tu 11:15am-12:00pm

3-5 yrs Bear Feet Gymnastics
253047 \$120/9 sess
Jan 14-Mar 10 Tu 12:00pm-12:45pm



Parent & Tot Drop-In Gym!

Tots, toddlers and children - along with their parent or caregiver - are welcome to enjoy the bouncy castle, ride the scooters and cars, play soccer, mini basketball or hockey or tumble and play in our mat area. An infant area is also available for those not yet walking, with toys best suited for little hands.

0-6 yrs Parent supervision required
253072 \$2.50/Drop-in
Jan 4-Mar 28 Sa 10:40am-12:15pm





Infant/Toddler/Preschool Programs

Language

Fun Time In Mandarin 1 - Beginner

Singing, musical games, stories and more. Learning a new language can be exciting, and is important to your child's development. In this class, children and parents/grandparents/caregivers can learn simple words and phrases in Mandarin, while engaging in fun filled activities. Explore and enjoy the sounds and beauty of Mandarin together! For children with no previous experience in Mandarin. No session Jan 18 and Feb 15.

2-5 yrs **Doris Shi**
253041 **\$84/7 sess**
Jan 11-Mar 7 **Sa** **9:30am-10:15am**

Fun Time In Mandarin 2 - Intermediate

Singing, musical games, stories and more. Learning a new language can be exciting, and is important to your child's development. In this intermediate level class, children who have a basic vocabulary or are already speaking some mandarin at home, will get the chance to practice more advanced concepts while engaging in fun filled activities. Explore and enjoy the sounds and beauty of Mandarin together! For children with some previous experience in Mandarin. No session Jan 18 and Feb 15.

2-5 yrs **Doris Shi**
253042 **\$84/7 sess**
Jan 11-Mar 7 **Sa** **10:30am-11:15am**

WE WANT TO HEAR FROM YOU!

Do you have program idea?
Do you have feedback?
Would you like to offer a course?
Get in touch!
marpolecc@vancouver.ca

Visual Art



Preschool Drawing

Keep your preschoolers engaged during the winter months. Ignite your preschoolers imagination as they draw. Our attention-grabbing lessons focused on mastering basic skills like circles and patterning. A drawing of a mouth-watering pizza and an endearing duck will bring out the artistic skills and advanced creativity. Bring out the adventurer in Young Rembrandts students as we complete an adorable Puppy, Silly Parrot and a very cool Pirate Ship! Expand your preschoolers creative horizons with a Young Rembrandts class. No class Feb 17.

3.5-5 yrs **Young Rembrandts**
252142 **\$129.50/7 sess**
Jan 20-Mar 9 **M** **3:30pm-4:20pm**

Mixed Media Art NEW

Using a variety of art materials, kids will have fun discovering the artist in every single one of them. Your child will come home with a unique masterpiece every class. Instructor and skilled artist, Sarah McMillan is a student at Emily Carr University and has her Early Childhood Education certificate.

3-5 yrs **Sarah McMillan**
260234 **\$95/6 sess**
Jan 24-Feb 28 **F** **10:30 am-11:15 am**

Performing Arts

Wee Expressions

Come and join us on an adventure of imagination in songs while we engage a child through a mixture of free play & structure. In our classes, parents and children (1-4 yrs) alike take pleasure in the interactive nature of the classes and jointly participate in singing, instrument playing, learning manners, brain gym, accompanying song actions, baby sign language and dances with a refreshing sense of exploration and fun. Wee Expressions is more than the traditional children's music program. Our curriculum is based on researched methods surrounding the benefits of music infused with Music Therapy techniques. There is a materials fee of \$16 for CD and lyrics booklet included in the fee. Additional siblings may register for the discounted price of 25% off, by phone or in-person. Drop-in is \$16.00

0-4 yrs **Musical Expressions**
253144 **\$128.50/9 sess**
Jan 17-Mar 13 **F** **9:45am-10:30am**

Parent & Tot Chat and Play

All caregivers of children ages 0-5 are invited to drop in and enjoy a hot drink and friendly conversation while their little ones make new friends with children their age. Activities include playdough, crafting and colouring, and a story time. A variety of toys will be available for the children to play with. Come and enjoy a chance to talk with other adults and watch your children learn to interact with the world around them! No session Feb 17.

0-5 yrs **St. John's Vancouver**
253071 **FREE**
Jan 6-Mar 9 **M** **10:45am-12:15pm**

Performing Arts/Music

Zumbini®

Kalino Finds the Music: 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 for 45 minutes of can't-stop, won't-stop bonding, learning and fun! Each course includes a Zumbini bundle including a plush toy, original songbook and music to continue the fun at home. In this session we will be doing "TJ and His PJ's". Come and join the Zumbini family! Can't wait to sing and dance with you and your little ones soon! Trial class \$17 if space permits. Parent participation is required. Siblings attend at a reduced rate (1 Zumbini bundle per family) and children 6 months and under can attend free with a registered sibling. www.zumbini.com Note: Material fee is Non-refundable after the first class or if the bundle is open. Zumbini bundle handed out on the second day.

0-4 yrs **Maayan Amitov**
253151 **\$130/9 sess**
Jan 14-Mar 10 **Tu** **10:30am-11:15am**

Parent & Tot Ballet

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. No classes Feb 15.

1-2 yrs **Vancouver Performing Stars**
253069 **\$95/10 sess**
Jan 9-Mar 12 **Th** **6:00pm-6:30pm**
253070 **\$99/9 sess**
Jan 11-Mar 14 **Sa** **9:30am-10:15am**

Mini Ballet

Introduce your child to the world of ballet. These classes develop coordination, musicality and fluidity of movement while having fun. Increased ballet technique is expected at each progressive level. Appropriate dance shoes and attire please. Child must be able to attend class alone. Children will dance for parents on the last day of class.

3-4 yrs **Vancouver Performing Stars**
253064 **\$110/10 sess**
Jan 9-Mar 12 **Th** **4:30pm-5:15pm**

Mini Hip Hop

Want to learn how to move to and groove to your favourite tunes? Learn the basic style of hip hop dance in this high energy program. Discover new and exciting moves while learning fun and challenging choreography. Beginners welcome! Leave feeling energized, confident and excited about dance. Child must be able to attend class alone. No classes Feb 15.

3-4 yrs **Vancouver Performing Stars**
253065 **\$99/9 sess**
Jan 11-Mar 14 **Sa** **10:15am-11:00am**



Chinese Dance Intro

Your child will be introduced to Chinese Dance fundamentals through curriculum inspired by the Beijing Dance Academy and the Chinese Dancers Association, taught by the well established Phoenix Dance School. Grace, beauty, inner strength, and flexibility, your child will be exposed to Chinese culture and some mandarin language through active participation. Meet friends, have fun, self discovery and body conditioning; allow your child to rise to a new challenge. No previous experience required. Increased technique is expected at each progressive level. Dress: tight stretchy clothing - athletic top, bike shorts, body suit; leggings; ballet flats; long hair tied in a ponytail or bun. www.vpdance.ca No classes Feb 17.

3-5 yrs **Phoenix Dance School**
253036 **\$96/8 sess**
Jan 13-Mar 09 **M** **6:00pm-6:45pm**
6-10 yrs **Phoenix Dance School**
259455 **\$160/8 sess**
Jan 13-Mar 09 **M** **4:45 pm-6:00pm**

Little Performers

Participants will have fun acting out fairy tale stories and playing theatre games with professional actors. Kids will also have an opportunity to express themselves through puppet characters, rhythmical exercises using musical instruments and draw from their own imaginations.

3-5 yrs **World Of Fairy Tales**
253063 **\$72/9 sess**
Jan 15-Mar 11 **W** **3:45pm-4:30pm**

Register Early!

To avoid disappointment, register early and bring a friend!

Contact the front office if you'd like to get involved or for more information.



Infant/Toddler/Preschool Programs

Licensed Preschool

Daycare

Events



Marpole-Oakridge Preschool 604.257.8180

Marpole-Oakridge Preschool is recognized in the Early Childcare Education field as a leader and now has limited spots available for parents who want their child to experience play-based learning in a safe and caring environment.

Marpole-Oakridge Preschool provides a play-based program that implements emergent curriculum inspired by Reggio Emilia preschools in Italy. We develop our curriculum by observing what and how children play and by listening closely to their voices. Based on observations, we provide an experience or materials that guide children to explore their interests in what they want to discover. We then make further observations and provide more experiences and this cycle goes on to support children's learning.

- We believe that children are competent, resourceful, creative and curious!
- We support children's individual learning as well as encourage collaborative learning through sharing ideas and working together.
- We look forward to working with your child and you, the guardians, as a team.

Preschool staff



Natsuko Motegi



Gabriella Kirton

Hours

Monday-Thursday from September to June
3-year-olds: 9:30am to 11:30am
4-year-olds: 1:00pm to 3:30pm

To register your child for the current year or for more information, call 604.257.8180.

Fees :

\$250 per month plus \$65 non-refundable registration fee.

MARPOLE OAKRIDGE DAYCARE SOCIETY



“A Child Care Learning Centre”

This non-profit licensed group daycare for children 2.5 to 5 years of age has served the Marpole Community since 1974. The program follows a “play based” curriculum. Play nourishes every aspect of childrens’ development and forms the foundation of intellectual, social, physical and emotional skills necessary for success in school and in life.

Teachers are qualified and experienced in Early Childhood Education.

**Monday through Friday
7:30am to 5:30pm**

**For more information
call 604-325-5516,**

**email mods@telus.net
/marpoleoakridgedaycare.com**

You provide the food, we'll provide the space!

Suitable for a class, club, family celebration or birthday party, you provide the food, we'll provide the space! Cost includes the Upper Lounge (with attached kitchen) for 3 hours (12:00pm-3:00pm, with a max capacity of 70) to host your party, plus 1 hour of supported gym time (12:30pm-1:30pm) with a variety of age appropriate activity options available. Please complete your party information and planning sheet at least one week prior to your party. Book early to avoid disappointment! No session Feb 15.

1-15 yrs	No Instructor
	\$155/1 sess
Jan 11-Mar 28	Sa 12:00pm-3:00pm



Bring the whole family and join us for a fun filled evening with a different movie every Friday night on a large screen! One bag of FREE popcorn for each family included!

**All Ages
Youth Volunteers
FREE
Jan 17-Mar 13
F
6:00pm-8:00pm**



Private Music Lessons

Experience the art and love of music. Excellent private one-on-one and group lessons for children, youth and adults are available. No experience necessary; all levels are welcome. Students must provide their own instrument. All private lessons are scheduled in 30 minute slots.



Violin

Join as a complete beginner or tune up your violin skills. Students of all levels are welcome! Learn the violin in a supportive environment with a dedicated teacher, who will also provide you with information on how to get the appropriate size and type of violin. Lessons are scheduled in 30 minute time slots. For more information, visit www.viol.ir.

5+ yrs	Ali Nourbakhsh
251826	\$286/11 sess
Jan 8-Mar 18	W 3:30pm-8:30pm
251836	\$286/11 sess
Jan 7-Mar 17	Tu 3:30pm-5:00pm

Flute Lessons

Enjoy private flute lessons and learn at your own pace. All levels are welcome, from beginners to students needing coaching in school band and orchestra programs. Lessons are scheduled in 30 minute time slots. All levels are welcome. Please bring your own flute. Music books are extra. For more information, see andreaminden.wordpress.com.

6+ yrs	Andrea Minden
252284	\$235/10 sess
Jan 9-Mar 12	Th 4:30pm-7:30pm

Private Piano Lessons

Love the world of music and the piano through most enjoyable songs and pieces. Develop proper technique with fun exercises. Piano lessons cover dexterity, listening, rhythm and theory. For all ages and levels. Lessons are scheduled in 30 minute time slots. No session Feb 17.

5+ yrs	Roy Sun
252322	\$211.50/9 sess
Jan 6-Mar 9	M 3:00pm-7:00pm
6+ yrs	Jinsol Kim
252183	\$211.50/9 sess
Jan 6-Mar 9	M 4:00pm-8:30pm
252172	\$235/10 sess
Jan 8-Mar 11	W 3:30pm-8:30pm
6+ yrs	Andrea Chang
252359	\$235/10 sess
Jan 7-Mar 10	Tu 3:30pm-7:00pm
252367	\$235/10 sess
Jan 10-Mar 13	F 3:30pm-7:00pm
252374	\$235/10 sess
Jan 11-Mar 14	Sa 9:30am-12:00pm
5+ yrs	Musical Expressions
252410	\$240/10 sess
Jan 9-Mar 12	Th 3:30pm-7:30pm



Ukulele or Guitar Lessons

Have you always wanted to learn a string instrument? We offer private guitar or even ukulele lessons to get you started. This program is based on special interests and fundamental goals that serve the humble of beginners all the way to tomorrow's prodigies. All classes are set in a fun, stress free environment. All students are required to bring their own guitar or ukulele to the lessons. <http://www.musicaexpressions.ca>.

5+ yrs	Musical Expressions
252392	\$240/10 sess
Jan 7-Mar 10	Tu 3:30pm-8:00pm
252401	\$240/10 sess
Jan 9-Mar 12	Th 3:30pm-8:00pm

Private Singing Lessons

Private singing lessons are for people of all ages who love to sing, no experience necessary. Students will learn to express themselves through singing and having fun! Lessons are scheduled in 30 minute time slots. No classes Feb 17 and Feb 20.

9+ yrs	Gina Morel
253100	\$252/9 sess
Jan 16-Mar 12	Th 5:00pm-8:00pm
253107	\$252/9 sess
Jan 18-Mar 14	Sa 10:00am-2:00pm



Visual Arts

Cartooning

All new lessons every session. Your child is sure to be giggling all season long as they explore the fun, artistic world of Young Rembrandts cartooning. Funny expressions and hilarious animals are just a few pieces students will create this session. Our lessons are sure to delight kids and parents when students complete Goofy Chefs and our hilarious Cartoon Dads. Enroll your child today for fun artistic challenges they can use to create amazing pieces of artwork. No class Feb 17.

6-12 yrs **Young Rembrandts**
252144 **\$129.50/7 sess**
Jan 20-Mar 09 **M** **4:30pm-5:30pm**

Creative Art Start NEW

This program introduces various art techniques and materials to young artists while encourage creativity, imagination and self-expression. We will learn about elements of art through drawing, painting, collage, mosaics, printmaking and more. Above all, we'll have fun while exercising dexterity, attention to detail and problem solving skills. Art materials provided. Drop-in space permitting, \$25

6-9 yrs **Ella Culajevic**
253497 **\$144/8 sess**
Jan 13-Mar 09 **M** **3:45pm-5:00pm**

Speech Arts and Drama

This program includes, but not limited to basic Speech Arts and Drama skills. Children will learn how to make their voice stay in a position, how to appear in public and enjoy themselves. Also how to feel confident in their movements and many other secrets, that makes life much easier. Our major goal is to develop social skills and to maximise the ability to use our voices.

9-12 yrs **World of Fairy Tales**
258383 **\$72/9 sess**
Jan 15-Mar 11 **W** **5:30pm-6:15pm**

Performing Arts

Speech Arts and Drama

This program will open the secrets of public speaking to the class. Participants will learn the basic skills of making an appearance in public, including motivation, voice, body language and eye contact. A short scene will be created where children will work co-operatively with partners while following direction.

6-8 yrs **World Of Fairy Tales**
253125 **\$110/10 sess**
Jan 9-Mar 11 **W** **4:30pm-5:15pm**

Junior Ballet

Introduce your child to the world of ballet. These classes develop coordination, musicality and fluidity of movement while having fun. Increased ballet technique is expected at each progressive level. Appropriate dance shoes and attire please.

5-7 yrs **Vancouver Performing Stars**
253054 **\$110/10 sess**
Jan 9-Mar 12 **Th** **5:15pm-6:00pm**

Junior Hip Hop

Want to learn how to move and groove to your favourite tunes? Learn the basic style of hip hopdance in this high energy program. Discover new and exciting moves while learning fun and challenging choreography. Beginners welcome! Leave feeling energized, confident and excited about dance. Dancers enrolled in this program will be invited to perform with VPS in December. No class Feb 15.

5-7 yrs **Vancouver Performing Stars**
253055 **\$99/9 sess**
Jan 11-Mar 14 **Sa** **11:00am-11:45am**

Korean Pop Music (KPOP) 1

Students will be introduced to the world of Korean Pop Music Dance, which involves high dynamics cardio, learning Korean pop culture and having lots of fun! Taught by the well established Phoenix Dance School, come experience Korean music video style dance through active vocal/lip synch and physical participation. Learn teamwork while supporting classmates and meeting friends. Includes end of program performance. No previous experience required. Dress: comfortable sports clothing. Bring your water bottle! www.vpdance.ca. No class Feb 17.

6-13 yrs **Phoenix Dance School**
253057 **\$144/9 sess**
Jan 15-Mar 11 **W** **6:00pm-7:00pm**

Musical Theatre 1

Students will be introduced to the world of musical theatre, which includes singing, dancing and acting. Taught by the well established Phoenix Dance School, come experience Broadway musical through active vocal and physical participation. Learn teamwork while supporting classmates, having fun and meeting friends. Includes end of program performance. No previous experience required. Dress: comfortable sports clothing. Bring your water bottle! www.vpdance.ca. No classes Feb 17.

8-13 yrs **Phoenix Dance School**
253066 **\$216/9 sess**
Jan 15-Mar 11 **W** **7:00pm-8:30pm**

Register Early!

To avoid disappointment, register early and bring a friend!

Physical Education

Sportball Floor Hockey

The ball drops here! Sportball Floor Hockey introduces fundamental concepts of gameplay and teaches the basic skills required to face-off with confidence in a supportive, non-competitive environment. Coaches zero skills like passing, shooting, basic positioning, stick handling and goal tending in fun, exciting skill-focused play.

5-7 yrs Sportball Vancouver
253126 \$128/8 sess
Jan 23-Mar 12 Th 3:30pm-4:30pm

Sportball Multisport

Refine, rehearse, repeat. Coaches focus on the basic skills common to all sports like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork. Each class focuses on one of eight different popular sports: hockey, soccer, football, baseball, basketball, volleyball, golf and tennis. For more, visit www.sportball.ca. No class Feb 15.

5-7 yrs Sportball Vancouver
253130 \$128/8 sess
Jan 18-Mar 14 Sa 12:00pm-1:00pm

Basketball

Focus for this program is on developing individual playing skills; understanding and playing as a team on both offense and defense; improving shooting skills and providing conditioning exercises.

6-8 yrs Claude Mulrain
253016 \$60/10 sess
Jan 07-Mar 10 Tu 3:30pm-4:30pm
9-12 yrs Claude Mulrain
253017 \$75/10 sess
Jan 07-Mar 10 Tu 4:30pm-5:45pm

Badminton Lessons NEW

Badminton is an excellent sport for development of hand-eye coordination, footwork, sportsmanship, teamwork and leadership. This fun program will introduce the basics and further develop skills for all levels. Please bring a racket. No class Feb 17th.

6-9 yrs Harry Chow
260215 \$64/8 sess
Jan 13-Mar 09 M 3:30pm-4:30pm
10-14 yrs Harry Chow
260223 \$80/8 sess
Jan 13-Mar 09 M 4:30pm-5:45pm

Grass Roots Soccer NEW

An introduction to soccer. Cooperative games and basic soccer skills will be taught. Grass Roots Soccer provides a safe environment for children to play soccer, to learn about fair play, tolerance, inclusion, and respect, and to build confidence.

5-6 yrs Glyn Roberts
258718 \$120/10 sess
Jan 09-Mar 12 Th 4:00pm-4:45pm
7-10 yrs Glyn Roberts
258720 \$150/10 sess
Jan 09-Mar 12 Th 4:50pm-5:50pm

Glyn Roberts

Glyn has taken the passion for football he developed as a youth growing up in Manchester, England, and found several avenues to inspire soccer enthusiasts locally. Roberts says, "Soccer Programs like mentioned above foster involvement, inspire teamwork, playing together, and help develop a child's personality, confidence and ultimately their enjoyment of an active lifestyle."



Martial Arts

Karate

For all ages! have fun while learning traditional Go-Ju-Ryu Karate. This program improves focus and self-discipline. Students learn at their own pace and gain confidence with mini-tests to determine progress levels. Parents are encouraged to register and participate in the program with their children.

6+ yrs Debbie Hoy
253056 \$100/10 sess
Jan 08-Mar 11 W 6:30pm-7:55pm

Sunny Kim Tae Kwon Do

This fast-paced martial art combines athletic kicks, strong hand work, balance and speed. Emphasis is placed on forms and optional light contact sparring. Students are encouraged to participate in BC Taekwondo Federation events. A great workout for all ages!

5-8 yrs Sunny Kim Taekwondo
253136 \$190/20 sess
Jan 7-Mar 13 Tu F 3:45pm-4:30pm
9-15 yrs Sunny Kim Taekwondo
253137 \$190/20 sess
Jan 7-Mar 13 Tu F 4:30pm-5:15pm

TaeKwondo

Everyone can benefit from martial arts according to their needs and lifestyle. Learning these new techniques will improve mental and physical development. Purchase of a uniform will be available from instructor for approximately \$60.

5-8 yrs Bahareh Khodaverdian Dehkordi
253138 \$200/20 sess
Jan 14-Mar 19 Tu Th 5:30pm-6:30pm
9-15 yrs Bahareh Khodaverdian Dehkordi
253139 \$200/20 sess
Jan 14-Mar 19 Tu Th 6:35pm-7:20pm

Education

Fun with Phonics

Help your child take the first steps into reading and writing with this beginner phonics program. We will work on short /long vowels, consonants and syllables through fun activities, songs and games!

4-7 yrs **Dominic Ponce**
253043 **\$63/9 sess**
Jan 16-Mar 12 **Th** **4:00pm-4:45pm**

Writer's Workshop

Sharpen your pencils and get ready to write! This class' focus is how to write in a formal and academic style for various genres and audiences, as well as exploring creative, persuasive, and narrative writing through exciting activities, games, and lessons. No class Oct 31

8-12 yrs **Dominic Ponce**
253146 **\$63/9 sess**
Jan 16-Mar 12 **Th** **5:15pm-6:00pm**

Healthy Cooking for Kids

In our healthy cooking classes, kids learn fundamental cooking skills they will use their entire lives. Each week, we follow a healthy recipe that we share at the end of class. Our vegetarian recipes are carefully selected by holistic nutritionists, so that we can focus on fruits, vegetables, nuts, seeds and other wholesome yumminess. Our focus is on seasonal, local and organic whole foods rather than processed foods. Recipes can further be adapted to meet specific needs such as food allergies and sensitivities. No special skills are required; just bring your appetite and curiosity for new food!

6-12 yrs **Graines De Chefs**
253048 **\$92/4 sess**
Jan 22-Feb 12 **W** **3:45pm-5:00pm**
259894 **\$92/4 sess**
Feb 19-Mar 11 **W** **3:45pm-5:00pm**

Gizmos & Gadgets

See what LEGO bricks can do. From a spinning top to a spinning optical illusion model, kids will love playing with their creations. All go home with a customized Minifigure. Drop-in, space permitting \$20

4-8 yrs **Bricks 4 Kidz Vancouver**
252161 **\$120/8 sess**
Jan 14-Mar 3 **Tu** **4:00pm-5:00pm**



Intro To Chess

Come jump into the intricate world of chess. Each 90 minute session will be full of chess puzzles, supervised games and game analysis. This comprehensive and progressive program allows students to learn how to play chess in the optimal manner by gradually increasing complexity. Classes will follow the six-level academic chess program of the Vancouver Chess School. (www.vanchess.ca). No session Feb 17

6-12 yrs **Vancouver Chess School**
253052 **\$144/9 sess**
Jan 6-Mar 9 **M** **4:00pm-5:30pm**

Red Cross Babysitting Course

Do you or your parents want to feel confident knowing you are responsible on your own and have the skills to deal safely with an emergency situation? First Aid. Active role-play! Interactive and fun! Please bring a bag lunch (no nuts please), pen or pencil, small blanket or medium sized towel, medium sized doll or stuffed animal, plenty of water and snacks. 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, Auto-Injector, Life-Threatening External Bleeding)

11-16 yrs **First Aid Hero**
253119 **\$60/1 sess**
Mar 7 **Sa** **9:00am-4:00pm**

Red Cross StaySafe! Course

Do you or your parents want to feel confident knowing you are responsible on your own and have the skills to deal safely with an emergency situation? First Aid. Active role-play! Interactive and fun! Please bring a bag lunch (no nuts please), pen or pencil, small blanket or medium sized towel, medium sized doll or stuffed animal, plenty of water and snacks. 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, Auto-Injector, Life-Threatening External Bleeding)

9-10 yrs **First Aid Hero**
253121 **\$60/1 sess**
Feb 8 **Sa** **9:30pm-3:30pm**

Moresports



ABOUT MORESPORTS

The mission of Moresports is to create, facilitate and promote recreation, sport and leadership development experiences for children and youth. Marpole-Oakridge CC, Moresports and the Westside Community Schools Team, engage youth from the community to develop leadership skills by leading and coaching Moresports programs in the local elementary schools. Participants must be students of school where program is being held.

Moresports is a pay what you can policy : Families who need subsidies need to contact the Moresports Hub Developer at 604-718-5879 or via email at dilpreet.parmar@vancouver.ca

Dodgeball Gr. 4-7

Join us after school with your friends and improve your throwing skills, agility, and learn the official rules of BC Dodgeball and having fun! Please wear appropriate footwear, and bring a water bottle. No session Feb 14. **Program Location: Sexsmith school gym.**

9-12yrs \$40/8 sess
260213 Leeanne Trieu
 Jan 17-Mar 13 F 4:00pm-5:00pm



Pop-Up Holiday Crafts

Jan 21 Chinese New Year
 Feb 11 Valentine's Day
 Mar 3 International Women's Day
All Ages Jr. Youth Council
Tues 3:30pm-4:30pm
 FREE

Active Imagination Gr. K-1

Polar bear freeze tag, Fireball Dodgeball, Pirates and Ninjas, 4-corner countries soccer & more! Moresports Active Imagination Games focuses on developing your fundamental movement skills, team-building, and having fun. Please come prepared with appropriate active wear, and bring a water bottle and a snack. No session Feb 14.

5-6yrs \$40/8 sess
Jan 17-Mar 13 F 3:00pm-4:00pm
David Lloyd George Elementary
252728 Youth Leader
Sir Wilfred Laurier Elementary
252729 Timothy Ly
J.W. Sexsmith Elementary
252730 Leeanne Trieu

Dodgeball Gr. 4-7

Moresports is introducing a new dodgeball program due to popular demand! This is a great opportunity to meet new friends and have a ton of fun. Our coaches will teach you how to properly throw, catch, and most importantly DODGE! Game styles include: classic, doctor, bench and many more! No session Feb 14. **Program Location: Laurier Gym.**

9-12yrs \$40/8 sess
259821 Timothy Ly
Jan 17-Mar 13 F 4:00pm-5:00pm

Intermediate Basketball Gr. 4-7

Moresports is offering an intermediate basketball program to teach you the fundamentals of the game. From dribbling to free-throws to scrimmages, we are bound to have some fun. Come prepared with appropriate active wear, and bring a water bottle. No session Feb 14. **Program location: DLG Gym.**

9-12yrs \$40/8 sess
252731 Youth Leader
Jan 17-Mar 13 F 4:00pm-5:00pm



Social



PRE-TEEN CLUB

Calling all grade 4, 5, 6 and 7's! Meet other pre-teens in the neighborhood and join us every Friday evening for arts & crafts, movies, baking and games.

- | | |
|--------|--|
| Jan 10 | Slime Making |
| Jan 17 | Pizza Party |
| Jan 24 | Art Contest |
| Jan 31 | Kindness Door |
| Feb 7 | Mini Heart Pillows |
| Feb 14 | Camp Out (PJ's, Teddy's & Blankets Welcome!) |
| Feb 21 | Fruit Smoothies |
| Feb 28 | Board Games & Treats |
| Mar 6 | Baking Soda Ocean Art |
| Mar 13 | Minute to Win it |
| Mar 20 | Yarn Wrapped Letters |
| Mar 27 | Mini Bubble Gum Machines |

9-12 yrs	Youth Leader
252736	\$2/drop in
Jan 10-Mar 27	F 4:15pm-5:30pm

Baking

Do you love eating pastries and desserts, but don't know how they're made? Join us and explore your inner bakers! Learn how to bake delicious desserts and share your creations at home with your family!

9-12 yrs	Youth Leader
252721	\$40/8 sess
Jan 16-Mar 12	Th 4:00pm-5:30pm

Pro-D Exit Room

Have a great time in this live escape room. Display your intelligence and bring out your inner detective by solving challenging puzzles! Price includes transportation and admission fee.

9-12 yrs	Youth Leader
252832	\$40/1 sess
Feb 14	F 11:00am-3:00pm

Coding Concepts 101

Coding Concepts 101 is a free program geared towards enriching coding concepts and fundamentals for young students interested in coding! Supported by the Scientists in Schools Program (SIS) at Science World, build your coding experience with Ansel, a senior UBC Computer Science student/instructor, with fundamentals such as boolean, strings, algorithms, functions, and more using JavaScript as the base programming language! Laptops recommended but not mandatory. Program difficulty is aimed for those ages 14-18 but not a requirement. No previous coding knowledge necessary!

14-18 yrs	Ansel Hartanto
259331	Free/7 sess
Jan 23-Mar 5	Th 3:30pm-5:00pm

Pre-Teen Drop-in

Come hang out after school in this cool new space at **Marpole Neighbourhood House** 8585 Hudson Street. Meet other pre-teens from the community and take part in activities like games, crafts, baking, art...snacks will be provide!

9-12 yrs	Youth Leader
	Free
Jan 9-Mar 26	Th 3:15pm-5:00pm

Spring Break Youth LEADership Camp

Got what it takes to become a youth leader? Learn how to become a role model while going out and exploring all the fun recreational activities Vancouver has to offer! Examples of activities include out trips, crafts, sports, cooking, workshops and volunteer work. Bring your friends and a sense of adventure! Don't wait, register now!

11-14 yrs	Youth Leader
252827	\$125/5 sess
Mar 16-Mar 20	M-F 10:00am-4:00pm
252828	\$125/5 sess
Mar 23-Mar 27	M-F 10:00am-4:00pm

MO Jr. Youth Council

The Jr. Youth Council is looking for preteens in gr. 6 & 7 that are interested in building their leadership skills and making a positive contribution to the community. We will be learning how to organize various events & activities for other pre-teens. Meetings will be in the MO club room.

11-13 yrs	Youth Leader
252726	Free
Jan 21-Mar 10	Tu 3:30pm-4:30pm



Social

Leadership



Marpole Youth Council is hosting its 1st Youth Clothing Swap! Need to clean out your closet or looking for some new pieces to add to your wardrobe? Drop off your clean, gently used clothing items to the youth room office by Feb 28. On Sat. Mar 14th we'll SWAP!!

13-18yrs **Youth Council**
Mar 14 **Sa 2:00pm-4:00pm**
 \$2/drop in



Bubble Tea Sale!

Every Wednesday after school in the Snack Bar. Flavours vary. While supplies last. This is a Youth Council fundraiser, Thank You for your support!

Bubble Tea **\$5/each**
Jan 8-Mar 11 **W 3:30pm**

MO Youth Council

The MOYC is responsible for planning, organizing, and implementing special events, fundraisers and activities for other youth and families in our community. Look at what we have planned for the next few months: Family Day / Pink Shirt Day / Youth Clothing Swap. Members must commit for the school year and are expected to volunteer at the Youth Councils special events.

13-18 yrs **Youth Council**
252727 **Free**
Jan 8-Mar 25 **W 4:00pm-5:30pm**

Winter Youth Volunteer Orientation

This one time orientation is mandatory for all youth wanting to volunteer for Marpole-Oakridge Community Centre programs, special events and youth council. This training provides information on volunteer rights & guidelines, benefits of volunteering, description of volunteer roles, and what do to incase of an emergency.

13-18 yrs **Youth Leader**
252831 **Free**
Jan 25 **Sa 1:00pm-3:00pm**

Volunteer Opportunities

Need volunteer hours for school? MO has many volunteer opportunities for youth 13-18 yrs! All volunteers are required to complete a youth volunteer application form, have a volunteer interview with the youth staff, and attend a mandatory volunteer orientation before volunteering. For more information please contact the youth worker at 604-718-5879.

Snack Bar Crew Training

The Snack Bar Crew is looking for responsible, friendly and task oriented youth to help manage the Snack Bar afterschool. This training will teach you the skills that you need to successfully work in a customer service setting. Training will cover: customer service, cash handling, inventory, and proper food handling. This training is mandatory for all youth who are interested in volunteering in the Snack Bar. Snack Bar Shift Hours: Monday to Thursday 3:30pm-5:30pm, Friday 3:30pm-6:00pm.

14-18 yrs **Youth Leader**
252737 **Free**
Jan 16 **Th 4:00pm-6:00pm**



Character Illustration NEW

Are you interested in creating your own characters for storybooks, comics, animation, or video games? Come and learn the basics of character design. We'll practice everything from the human figure to costumes and expressions! Introductory drawing skills will also be covered.

12-16yrs **Stephanie Broder**
259676 **\$160/8 sess**
Jan 21-Mar 10 **Tu 5:15pm-6:15pm**

For Moresports programs, see p. 14

Physical Recreation



Night Hoops

Night Hoops is a FREE late night basketball program for youth 13-18yrs. Night Hoops offers youth the opportunity to experience the thrill of playing on an organized basketball team. Players do not have to be highly skilled. Practices will start Nov 15 and will held in the MO gym on Friday nights. Games will take place on Saturdays at different sites (schedule TBA) and will start early January 2020. Participants must commit to both practice and team games. Check out the webpage <http://www.nighthoops.ca> for more information. To register, contact the youth worker at 604-718-5879.

Junior Boys Team

13-15 yrs TBA Instructor
252734 Free
Jan 10-Apr 24 F 7:00pm-8:00pm

Senior Boys Team

15-18 yrs TBA Instructor
252735 Free
Jan 10-Apr 24 F 8:00pm-9:00pm

Youth Fitness

Join Mike our fitness centre staff the first Friday of each month for a free fitness centre tour. Stay motivated and drop-in on Fridays and get setup with a fitness plan. Learn how to use weight training to get in shape, improve your sports performance and reach your fitness goals. Par q waiver will be emailed to participants after registration.

13-18 yrs Mike Chiu
258776 \$4.27/drop-in
Jan 10-Mar 27 F 3:00pm-7:00pm

Youth FREE Facility Tours

258794 January 4:00pm-5:00pm
258796 February 4:00pm-5:00pm
258797 March 4:00pm-5:00pm

Adaptive Program

Volleyball Skill Development

This volleyball program aims to teach the fundamentals of volleyball. Techniques include: bumping, passing, setting, serving, and spiking. Make sure you come geared up and ready to go! No class February 14.

11-14 yrs Lovelle Castro
252830 \$90/9 sess
Jan 10-Mar 13 F 5:45pm-7:00pm



Discovery Life Skills

This social-recreational program is for youth with mild developmental disabilities who are looking to have fun, learn skills, and socialize. The activities will focus on social and life skills, allowing participants to have an opportunity to develop their independence. Participants are required to fill out an intake form and attend a meeting with staff prior to the start of program. No session Feb 15.

11-14yrs Youth Leader
259712 \$150/8 sess
Jan 18-Mar 14 Sa 11:00am-1:00pm

Youth Drop-in Sports (13-18 yrs) Jan 6-Mar 31, 2020

Youth Open Gym	Youth Drop-in Basketball	Youth Drop-in Badminton
	FREE	
Wednesdays 3:30pm-5:45pm	Fridays 3:15pm-4:30pm No session Feb 14	Fridays 4:30pm-5:30pm No session Feb 14

* Bring your own equipment or borrow some from the front desk with a One Card or a Go Card.

Dance



Line Dance with Ember

Enjoy learning a variety of dances taught at an enthusiastic pace. Prior knowledge of basic steps recommended. Line dance for fun, to meet new friends, socialize and stay healthy! No session Feb 13 and Feb 17. Drop-in \$6.19 + tax

19+ yrs	Ember Schira
252340	\$54.76/10 sess
Jan 06-Mar 16	M 6:30pm-8:00pm
252343	\$54.76/10 sess
Jan 09-Mar 19	Th 7:00pm-8:30pm

Social Dance

Come join in on some fun and dance and practice your dancing! It's a great way to stay active. This is a non-instructional program. Beginners and all dance types and levels are welcome. No partner necessary. Drop-in \$2.14. No session Feb 17.

19+ yrs	Aki Kakiuchi
253124	\$20.95/11 sess
Jan 06-Mar 23	M 1:00pm-3:00pm
19+ yrs	Tina Chen
253123	\$20.95/11 sess
Jan 09-Mar 19	Th 12:30pm-3:00pm

See Aerobics / Group Fitness Schedule on p.25 and Adult Gym Sports Schedule on p.26/27.



Line Dance with Karen

普通話及粵語

Line dance is a great way to have some fun and to get fit. Join us and learn to line dance. Meet new people and make new friends. Music and classes are conducted in Cantonese and Mandarin. Drop-ins welcome. Drop-in \$5.71 + tax

19+ yrs	Karen Tsai
253059	\$57.14/12 sess
Jan 07-Mar 24	Tu 1:00pm-2:30pm
253061	\$57.14/12 sess
Jan 08-Mar 25	W 1:00pm-2:30pm
253060	\$57.14/12 sess
Jan 09-Mar 26	Th 1:00pm-2:30pm
253062	\$57.14/12 sess
Jan 10-Mar 27	F 1:00pm-2:30pm

Line Dance Ultra Beginner

Time to try line dancing. This class is for participants that would like to learn basic terminology and learn a few easy dances. No partner required but bring a friend. We dance to all genres of music.

19 yrs+	Ember Schira
258433	\$14.29/2 sess
Mar 21-Mar 28	Sa 2:30pm-3:30pm



Chinese Classical Dance

This class starts from the beginner and focuses on the foundation, including basic position, basic movement, stretch and strength, based on ballet basics. No experience is required. This class is open to adults who wants to stay fit and have fun in the enjoyment of music. Come with comfortable dance/exercise wear (i.e. Lycra tops and dance/yoga pants or shorts), and dance practice shoes (the soft one). Drop-in \$7.14 + tax No classes Jan 21, 28 and Feb 4.

19+ yrs	Chun Margaret Pan
253034	\$53.33/9 sess
Jan 7-Mar 24	Tu 6:00pm-7:30pm

Line Dance

Classes will be conducted mainly in English, Chinese translation available if needed. It is a beginner/high beginners level. Dances will be include; Cha Cha, Mambo, Waltz, Rumba, Samba! First 30 minutes will be easy slow dances then little faster music for the second half of the lesson. No session Feb 17. Drop-in available \$5.00 + GST

19+ yrs	Vivian Lau
253058	\$40/10 sess
Jan 13-Mar 23	M 2:30pm-4:00pm

Instructor Vivian

I've been teaching Line Dancing at Langara YMCA for almost 10 years. My students were mostly beginners and they really start from scratch. Seeing them improve, enjoy the class, socialize with friends is my satisfaction! I'm honoured to be teaching at Marpole Community Centre now and feel privileged to pass this enjoyment to more people!



Health, Fitness & Yoga

Cardio Pilates

Cardio Pilates is a fusion of classic Pilates movements, fat burning cardio exercises and full body strengthening exercises with use of hand weights, flex bands and small stability balls. This energizing workout improves cardiovascular endurance, core balance, and lengthens and tones entire body. Drop-in \$14 + tax.

19+ yrs	Emily O. Chan
252242	\$72/6 sess
Jan 15-Feb 19	W 5:00pm-6:00pm
252243	\$60/5 sess
Feb 26-Mar 25	W 5:00pm-6:00pm

Gentle Yoga & Meditation

Together we will enjoy the gentle stretches of Hatha Yoga, breath work to cleanse and balance and then, before long deep relaxation, we'll explore a new form of meditation each week. By sessions end, you'll know so much more about yourself, body, mind and spirit. Drop-in \$15.24

19+ yrs	Janet Ward
253045	FREE
Jan 8	W 9:15am-10:15am
253044	\$102.86/9 sess
Jan 15-Mar 11	W 9:15am-10:15am



Iyengar Yoga

Saturday morning yoga - to energize and renew for the weekend and throughout life! The Iyengar method is adaptable to suit individual needs. Increased flexibility, reduced risk of injury, enhanced fitness for sports, relaxation for the mind and an increase of self-confidence are a few of the benefits one can experience. Grant is a Certified Iyengar Yoga teacher and he has offered this course at Marpole-Oakridge Community Centre since 2009. Drop-ins welcome. Drop-in \$16.19 + tax. No class Feb 15.

19+ yrs	Grant Richards
253053	\$119/10 sess
Jan 4-Mar 14	Sa 9:30am-11:00am

Yin Yoga

Yin Yoga is a more passive, slow-paced style of yoga with postures being held for longer periods of time allowing the body to relax into them. It stretches the deep connective tissues between the muscles as well as the fascia throughout the body to help increase circulation in the joints and improve flexibility.

19+ yrs	Into Yoga
253147	\$73.33/6 sess
Jan 15-Feb 19	W 7:30pm-8:30pm
253148	\$60.95/5 sess
Feb 26-Mar 25	W 7:30pm-8:30pm

Bellyfit NEW

Holistic fusion fitness for women! 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, a relaxing yoga stretch and meditation. Inspire the body, mind, heart, and spirit. Drop-in \$13 + tax.

19yrs+	Alannah Lori
259693	\$88/8 sess
Jan 23-Mar 12	Th 9:15am-10:15am



Yoga for Older Adults

Yoga for the Older Adult classes are designed for relatively active men and women over the age of 55. Emphasis in these classes is on balance, strength and flexibility. Classes are slow and gentle allowing everyone to work at their own pace. Drop-in \$14.00 + tax.

55+ yrs	Into Yoga
253149	\$73.33/6 sess
Jan 14-Feb 18	Tu 9:30am-10:30am
253150	\$73.33/6 sess
Feb 25-Mar 31	Tu 9:30am-10:30am

Spine & Core Fit NEW

Complete care for your Core and Spine, this class will get you moving, with a warm up on the floor, activating the core, and effectively moving forward through sequences of exercises specifically designed to improve your core strength, posture and spine flexibility. We'll finish with a stretch sequence to open chest, shoulders and hips - you will leave feeling strong and standing tall. No class Feb 25. Drop-in \$13 + tax.

19+ yrs	Alannah Lori
259692	\$88/8 sess
Jan 21-Mar 17	Tu 9:15am-10:15am

Martial Arts

Iaido

Iaido is the traditional Japanese martial art of drawing and cutting with the samurai sword. The purpose of Iaido is to develop awareness, centeredness, sincerity, a calm mind, and mental and physical harmony through the practice of traditional sword techniques. Beginners are welcome to join. Drop in \$11.43+ tax.

19+ yrs	Hiro Inoue
260230	FREE Trial
Jan 4	Sa 1:30pm-3:30pm
260229	FREE Trial
Jan 4	Sa 10:00am-12:00pm
253050	\$104.76/11 sess
Jan 10-Mar 20	F 5:45pm-7:15pm

Tai Chi Learn and Practice

Join this dedicated group to learn and practice Tai Chi 24, 32, & 48 form (Tue), Tai Chi Chi Kung (Fri). All levels are welcome. Drop-in \$1.43 + tax.

19+ yrs	Jack Fong
253141	\$10/8 sess
Feb 11-Mar 31	Tu 10:00am-11:30am
19+ yrs	King Li
253142	\$13/13 sess
Jan 03-Mar 27	F 10:30am-11:30am



Visual Art

Acrylic Painting for Beginners

Philip will teach you step by step how to paint an abstract, landscape, still-life or portrait. Philip loves teaching art and has taught interior design and art classes at, Vancouver Training Institute, Vancouver School Board continuing education and Langara College continuing education. Philip speaks English, Mandarin, Cantonese and Taiwanese.

19+ yrs	Philip Tsang
252235	\$72/6 sess
Jan 22-Feb 26	W 9:30am-11:30am

Drawing for Beginners

Philip will teach you a variety of drawing techniques will be covered including composition, tonal value, perspective, shape, form and more to help your develop an artistic foundation. The step by step of drawing will be demonstrated on the class.

19+ yrs	Philip Tsang
252236	\$72/6 sess
Jan 23-Feb 27	Th 9:30am-11:30am

Bookbinding **NEW**

Learn the basics of bookbinding, starting with simple stitches and perfect binds to more complex forms such as layflat, hardcover, and accordion fold. We will also discuss paper choices, cover materials, printing options, and finishing.

19yrs+	Stephanie Broder
259677	\$240/4 sess
Jan 18-Feb 8	Sa 1:00pm-2:30pm



Opera Opulenza

Opera Opulenza is a Vancouver-based opera company founded in 2014 by artistic director Trudy Chalmers.

Opera Opulenza aims to bring a wide range of musical events and activities for the communities of Marpole and Oakridge, including free concerts, workshops, opera screenings, masterclasses, a community opera chorus, and more.

They hope to bring people together, help them build confidence through singing and movement, break social isolation, and challenge the perceived social and financial barriers of this art form.

chART: Public Art Marpole is a long-term research partnership between the community of Marpole and Dr. Cameron Cartiere of Emily Carr University of Art + Design.

chART aims to support public art and community engagement through creativity and innovation.

Their project focuses on the sustainable cultural, environmental, social, and economic impact of public art within a community.

To avoid disappointment, register early and bring a friend!



Adult Workshops

NEPP Earthquake Preparedness - Apartment Living

Many sessions offered for emergency preparedness focus on people who live in houses - not this session. This session is for the apartment / condo dwellers - who have unique challenges when preparing for emergencies or disasters. We have all witnessed many earthquakes around the world 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 family are prepared. It covers the basics of 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.

19+ yrs	NEPP Volunteer
253067	Free
Feb 20	Th 7:00 pm-8:30 pm

NEPP Earthquake Preparedness - Personal & Family

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

19+ yrs	NEPP Volunteer
253247	Free
Mar 04	W 7:00 pm-8:30 pm

Future-Proof Homes **NEW**

Protecting your home's value by adopting high-performance home technology before its made mandatory. When you design a custom home, you become part of Vancouver's character and history. In this 2 hour seminar, award-winning, local, premium-home designer - Passive House specialist and Patrick Ha from Audio Space- home automation expert will explain how to lead the community in complying with energy efficiency requirements prior to the City of Vancouver mandate to make these requirements mandatory in 2030.

19+ yrs	Free
255216	Free
Feb 22	Sa 1:00pm-3:00pm

Repair Workshop **NEW**

Don't despair, REPAIR! Every year, thousands of ripped or worn-out textiles, broken computers, small electronics, and appliances could get a new lease on life after a simple repair, but instead are recycled or disposed of as garbage. Resist throwaway culture by participating and learning repair skills to make your stuff last longer. You're invited to bring clothing, computers, small electronics, appliances, jewelry and bicycles that need fixing. Our volunteer repair specialists will help you learn how to repair one item for free. First come first served.

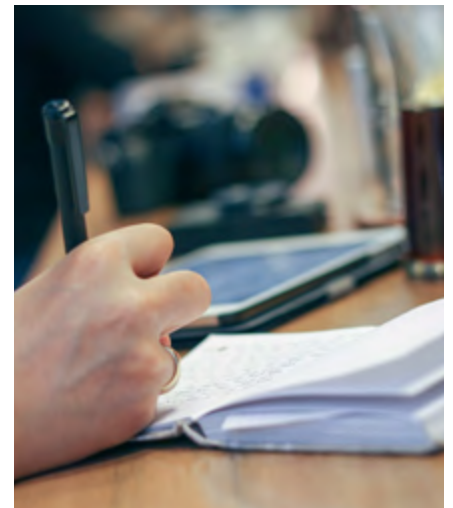
All Ages	COV Staff
259879	Free
Jan 11	Sa 10:00am-2:00pm

Education

English Corner

English Corner is an informal way to improve conversational English. Participants learn English, share ideas and discover ways to build community. All English language levels are welcome! No session Feb 17.

19+ yrs	Howard Hendin
253037	\$1.90/10 sess
Jan 13-Mar 23	M 6:30 pm-8:30 pm
19+ yrs	Howard Hendin
253038	\$1.90/10 sess
Jan 10-Mar 13	F 2:30 pm-4:30 pm



ESL Intermediate

Come learn English in this interactive program that will continue to build upon your English conversation skills and grammar. This class is for beginner to intermediate ESL individuals.

19+ yrs	Dominic Ponce
253039	\$47.62/9 sess
Jan 16-Mar 12	Th 6:30 pm-8:00 pm

WE WANT TO HEAR FROM YOU!

Do you have program idea? Do you have feedback? Would you like to offer a course? Get in touch! marpolecc@vancouver.ca

Social Recreation



Crafty Tuesday

Come join us every 2nd Tuesday of the month to make unique and creative crafts! All materials included.

Red Envelopes

Get ready to celebrate the Lunar New Year by creating festive crafts.

50+ yrs	MO Volunteer
251852	\$4.76/1 sess
Jan 14	Tu 1:00pm-3:00pm

Beading

Come join in on the fun and create your own unique beaded crafts.

50+yrs	MO Volunteer
251853	\$4.76/1 sess
Feb 11	Tu 1:00pm-3:00pm

Quilling

Come join in on the fun and create your very own paper quilling masterpiece.

50+ yrs	MO Volunteer
251856	\$4.76/1 sess
Mar 10	Tu 1:00pm-3:00pm



Foods of the World Surprise Luncheon

You are invited to our Lunch Party. Have a social lunch where you can meet new people and chat over a lovely meal. Please register early as space is limited. The registration deadline is Fri, Feb 21

50+ yrs	MO Volunteer
251858	\$4.76/1 sess
Feb 25	Tu 12:00pm-3:00pm



Tea Time

Have some coffee/tea and enjoy a casual conversation with others. There is also a variety of games you can enjoy, such as Dominoes, Mahjong, Chess, Cards, etc.

50+ yrs	Loritz Lo
252240	\$1.90/11 sess
Jan 10-Mar 20	F 10:00am-12:00pm

Scrabble & Games Social

Join us for a cup of tea or coffee. Play cards, board games, do puzzles or just chat about current events. We are located close to public transportation, and we are wheelchair accessible. Everyone welcome! Drop-in sessions also on Thursday morning 10am-12pm.

50+ yrs	MO Volunteer
251859	\$1.90/13 sess
Jan 7-Mar 31	Tu 1:00pm-3:00pm
50+ yrs	MO Volunteer
251860	\$1.90/13 sess
Jan 2-Mar 26	Th 10:00am-12:00pm

Seniors Musical Theatre NEW

Pop Up Musical Theatre is a new form of theatre where the participants learn to sing and act the music they grew up with. The dialogue is based on the stories and music of when they were young. The story can take place anywhere. Most of the production is decided by the Participants. Each person gets a song to sing. Participants can be trained to be singers.

50yrs+	Jan Cooper
259209	Free
Jan 15	W 11:00am-12:00pm
259210	\$125/5 sess
Jan 22-Feb 19	W 11:00am-12:00pm



Adventures on Transit

Taking a break for the winter season and will return for the Spring and Summer.

Karaoke/Social Recreation

Karaoke

Register for some fun while singing along with your friends. Bring your own music or select from the music provided. English and all languages are welcome. Space is limited. Drop-ins allowed if registration does not fill. Drop-in \$1.90 + tax. No Session Feb 17.

50+ yrs	Wai Sin	
252229		\$10.02/6 sess
Jan 6-Feb 10	M	9:45am-12:45pm
252230		\$10.02/6 sess
Feb 24-Mar 30	M	9:45am-12:45pm
252223		\$10.02/6 sess
Jan 8-Feb 12	W	12:30pm-3:30pm
252224		\$10.02/6 sess
Feb 19-Mar 25	W	12:30pm-3:30pm
252225		\$10.02/6 sess
Jan 9-Feb 13	Th	12:30pm-3:30pm
252226		\$10.02/6 sess
Feb 20-Mar 26	Th	12:30pm-3:30pm

Evergreen Chinese Karaoke Group

Come join in on Chinese Karaoke, facilitated by Ms. Vivien Wong, with the S.U.C.C.E.S.S. Evergreen News Club. Please call 604-408-7274 ext. 1054 or email publications@success.bc.ca for more information. Drop-in only. No sessions in February.

19+yrs	SUCCESS Volunteer	
252233		\$6.67/Drop-In
Jan 9-Mar 26	Th	10:15am-12:15pm

Chinese Seniors Group

This is an afternoon social for Chinese speaking immigrants who are 50 years or older. Make new friends and promote mutual help amongst each other. Bring your devices and questions. We start with the topic of the day and then one on-one assistance. Assistance is in both Mandarin and Cantonese.

50+ yrs	Victor Lau	
252231		\$1.90/13 sess
Jan 7-Mar 31	Tu	1:30pm-3:30pm



Chinese Seniors Group - Cantonese

This is a morning social for Cantonese speaking immigrants who are 50 years or older. Make new friends and promote mutual help amongst each other. There will be workshops on various topics concerning seniors such as seniors benefits and safety, community resources and physical/mental wellness. There will be various group activities such as bingo, card games, singing and more. This is a joint program with S.U.C.C.E.S.S. Please call 604-408-7274 Ext. 1083 for more information.

50+ yrs	Victor Lau	
252232		\$1.90/12 sess
Jan 9-Mar 26	Th	9:30am-11:30am



Seniors Committee Meetings

Contact the front office if you'd like to get involved or for more information. Stay tuned for Thursday morning workshops to come Jan-Mar 2020.

Workshops

Navigating the Emergency Department

In this workshop we review some of the reasons for going to the Emergency Department and some reasons not to go. How to prepare for a visit and what to expect when you arrive.

50+ yrs	Cosco	
251864		Free
Jan 23		Th 10:00am-12:00pm

Recycling and Waste Reduction

The City of Vancouver has a goal of being the greenest city in the world and Zero Waste by 2040. This presentation will provide: Overview of the City of Vancouver's Greenest City Action Plan, Impacts of waste on the environment including global warming, The City's Zero Waste 2040 goal and the programs/initiatives the City has implemented to achieve this goal: Love Food Hate Waste, Single Use Reduction Strategy, Reuse & Recycling Drop off events, Proper sorting of recyclables, Flexible Plastic Packaging recycling, Food scrap recycling, Neighbourhood Cleanup Program, Interactive Quiz and waste sorting challenge with prizes

50+ yrs	COV Staff	
251865		Free
Feb 27		Th 10:00am-12:00pm

Senior Drivers Re-Exam Information Session

ICBC holds sessions to share this information and answer any questions that you may have. You can learn more about the ERA program which will cover topics including: driving today, road safety, self-assessment, road rules refresher and how to stay mobile.

50+ yrs	ICBC	
251866		Free
Mar 26		Th 10:00am-12:00pm

Fitness/Yoga/Sports

Refit

A gentle class geared for the older participant or those new or returning to fitness. Refit Tickets: \$30.48 + tax/10 tickets. Refit drop-in \$3.81 + tax.

50+ yrs **Bonnie/Brenda**
Jan 6-Mar 30 **M/W/F 10:30am-11:25am**

Pickleball

Get active on the court with Pickleball. This sport combines elements of badminton, tennis and table tennis. It is a fun and easy to learn sport will have you coming back for more! Please note that this program is non-instructional and geared toward newer players. Eight paddles available on a first come, first serve basis. No session Feb 17. Drop-in \$3.10 + tax if space permits.

50+ yrs
253073 **\$29.76/12 sess**
Jan 6-Mar 30 **M** **1:40pm-3:20pm**

Seniors Badminton

Volunteer badminton supervisors have the right to direct players to an appropriate level of play. Most games are played in doubles on a court rotational basis. No single court games, unless time and/or skill level permits. Please bring own equipment and shuttlecocks. Drop in fee for those over 50 is \$2.43 + tax. If space permits, drop in fee for those under 50 is \$4.29 + tax.

50+ yrs **MO Volunteer**
253122 **\$2.43/drop-in**
Jan 10-Mar 27 **F** **11:40am-1:40pm**

WE WANT TO HEAR FROM YOU!

Do you have program idea?
 Do you have feedback?
 Would you like to offer a course?
 Get in touch!
marpolecc@vancouver.ca

Gentle Yoga & Meditation

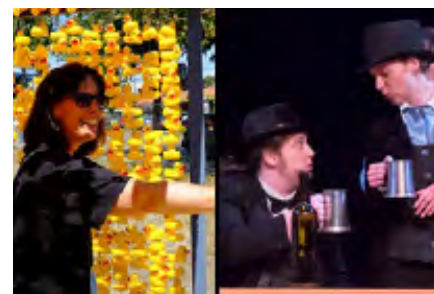
Together we will enjoy the gentle stretches of Hatha Yoga, breath work to cleanse and balance and then, before long deep relaxation, we'll explore a new form of meditation each week. By sessions end, you'll know so much more about yourself, body, mind and spirit. Drop-in \$15.24

19+ yrs **Janet Ward**
253045 **FREE**
Jan 8 **W** **9:15am-10:15am**
253044 **\$102.86/9 sess**
Jan 15-Mar 11 **W** **9:15am-10:15am**

Yoga for Older Adults

Yoga for the Older Adult classes are designed for relatively active men and women over the age of 55. Emphasis in these classes is on balance, strength and flexibility. Classes are slow and gentle allowing everyone to work at their own pace. Drop-in \$14.00 + tax.

55+ yrs **Into Yoga**
253149 **\$73.33/6 sess**
Jan 14-Feb 18 **Tu** **9:30am-10:30am**
253150 **\$73.33/6 sess**
Feb 25-Mar 31 **Tu** **9:30am-10:30am**



Opera Opulenza

Opera Opulenza is a Vancouver-based opera company founded in 2014 by artistic director Trudy Chalmers.

Opera Opulenza aims to bring a wide range of musical events and activities for the communities of Marpole and Oakridge, including free concerts, workshops, opera screenings, masterclasses, a community opera chorus, and more.

They hope to bring people together, help them build confidence through singing and movement, break social isolation, and challenge the perceived social and financial barriers of this art form.

chART: Public Art Marpole is a long-term research partnership between the community of Marpole and Dr. Cameron Cartiere of Emily Carr University of Art + Design.

chART aims to support public art and community engagement through creativity and innovation.

Their project focuses on the sustainable cultural, environmental, social, and economic impact of public art within a community.



Aerobics/Group Fitness Schedule: Jan 6-Mar 31, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jan 6-Mar 30 No sess Feb 17	Jan 7-Mar 31	Jan 8-Mar 25	Jan 9-Mar 26	Jan 10-Mar 27	Jan 11-Mar 28 No sess Feb 15
Step Combo Rocio 9:30am-10:25am	Zumba Marina 9:30am-10:25am	Athletic Conditioning Bonnie 9:30am-10:25am	Zumba Silva 9:30am-10:25am	Body Blast Natalia 9:30am-10:25am	Zumba Marina 9:15am-10:10am
Refit Brenda 10:30am-11:25am		Refit Bonnie 10:30am-11:25am		Refit Brenda 10:30am-11:25am	
Total Body Conditioning Bonnie 6:00pm-6:55pm	Total Body Conditioning Don 6:00pm-6:55pm	Zumba Marina 6:00pm-6:55pm	Cardio Core Angela 6:00pm-6:55pm	Other Fitness/Pilates/Yoga classes - see p. 19	

Athletic Conditioning: Join Bonnie for a mixed bag of great cardio, strength, muscle endurance, core, and flexibility while pushing the inner athlete in you! Prepare to sweat and get a great workout using different equipment every week

Body Blast: A full body workout that includes muscle strengthening and core conditioning. The program is designed to improve your endurance, coordination, balance and body tone.

Cardio Core: 25 minutes of high intensity cardio followed by 20 minutes of Core and 10 minute stretch. We will be using handweights, bands and other equipment for the cardio and/or core portion of this class.

Refit: A gentle class geared for the older participant or those new or returning to fitness.

Step Combo: A mix of Step and Hi/Lo cardio followed by strength and core training.

Total Body Conditioning: This class incorporates strength and cardio segments using equipment such as dumbbells, resistance bands, and body bars for a total body workout. It will give you a fun, challenging workout and a functionally fit core.

Zumba: Zumba is a mix of dance and fitness: a fusion of Latin and international music and movement.

Fees	Adult	Youth	Refit
Drop-In	\$5.00	\$3.10	\$3.81
10 Tickets	\$45	N/A	\$30.48
1 Month Aerobics Pass	\$49.52	N/A	N/A
Fit Pass	Winter Jan 6-Mar 31 \$131.64 + tax/12 weeks		

Prices do not include 5% GST

- Strip tickets are not eligible for LAC discounts.
- Flexipass does not include aerobics classes.
- A Fit Pass allows you to enjoy any of the classes on our aerobic schedule for an entire session or portion thereof. The Fit Pass is prorated so you can purchase at any time. No refunds after 10 days from start of season.
- Refit tickets are accepted for Refit only.
- No refunds for 10 visit tickets
- 1 Month Aerobics Pass is valid 30 days from date of purchase. No suspensions allowed. A 50% refund will be given, minus \$5 admin fee if requested within 10 days of purchase. No refunds after 10 days.



Gym Sports Schedule: Jan 6-Mar 31, 2020 Adult/Youth prices do not include tax.

*Prices do not include tax. See specific program box for specific dates/cancellations.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jan 6-Mar 30 No session Feb 17	Jan 7-Mar 31	Jan 8-Mar 25	Jan 9-Mar 26	Jan 10-Mar 27	Jan 11-Mar 28 No session Feb 15
Recreational Badminton(19+) 11:40am-1:40pm Drop-in \$4.29		Recreational Badminton(19+) 11:40am-1:40pm Drop-in \$4.29	Recreational Badminton(19+) 10:35am-12:35pm Drop-in \$4.29	Seniors Badminton(50+) 11:40am-1:40pm Drop-in Snr. \$2.43 Drop-in under 50 \$4.29	<div style="border: 1px solid orange; border-radius: 15px; padding: 10px;"> <p style="color: green; font-weight: bold; margin: 0;">NEW</p> <p style="text-align: center; font-weight: bold; margin: 0;">10x Usage Pass for Adult Daytime Badminton Programs for \$40.95 + tax.</p> <p style="font-size: small; margin: 5px 0;">Valid for M/W/F 11:40am-1:40pm Th 10:35am-12:35pm and 1:50-3:50pm sessions.</p> </div>
PickleBall(50+) 253073 1:40pm-3:20pm Drop-in \$3.10 \$29.76/12 sess		Indoor Soccer (Adaptive) (19+) 253051 2:00pm-3:15pm (by referral only) Drop-in \$2.91 \$25.72/12 sess	Beginner Badminton(19+) 12:35pm-1:50pm Drop-in \$3.16	Adult Open Gym Basketball(19+) 1:45pm-3:15pm Drop-in \$1.90 No session Feb 14	
	Basketball (Adaptive) (14-25 yrs) 252722 7:00pm-8:15pm \$26.65/13 sess	Youth Open Gym (13-18 yrs) 3:30pm-5:45pm FREE	Women's Intermediate Badminton(19+) 253145 1:50pm-3:50pm \$42.85/12 sess Drop-in \$4.29	Youth Drop-In Basketball (13-18 yrs) 3:15pm-4:30pm FREE	Family Badminton(7+) 253040 2:00pm-3:50pm Ad \$31.43/11 sess Yth \$19.90/11 sess Ch \$19.80/11 sess Drop in Ad \$3.39 Yth/Ch \$2.55
Recreational Basketball(19+) 253117 7:05pm-9:20pm \$58.32/12 sess Drop-in \$5.38	Older Adult Open Gym Basketball(50+) 8:20pm-9:20pm Drop-in \$1.43	Recreational Intermediate Volleyball(19+) 253118 7:05pm-9:20pm \$58.32/12 sess Drop-in \$5.38	Advanced Doubles Badminton(19+) 253013 7:05pm-9:20pm \$58.32/12 sess Drop-in \$5.38	Youth Drop-In Badminton (13-18 yrs) 4:30pm-5:45pm	

Sports Descriptions

Adult Open Gym Basketball (19+)

Drop-in and shoot some hoops. Six hoops available. Please bring your own basketball. No session on school Pro-D days: Feb 14

Advanced Doubles Badminton (19+)

Volunteer badminton supervisors have the right to direct players to an appropriate level of play. Most games are played in doubles on a court rotational basis. Registered participants have 15 minutes to arrive (by 7:20pm) or the spot will be sold to a drop-in participant. No single court games, unless time and/or skill level permits. Please bring own equipment and birdies.

Basketball (Adaptive) (14-25 yrs)

The developmentally Challenged Youth Basketball Association (DCYBA) promotes and supports the development of youth with developmental challenges through basketball. Males 14-25 yrs old are welcome to join. Learn to play in a non-competitive and fun environment. Contact Ann Carr if interested in joining at 604-228-9527.

Beginner Badminton (19+)

Volunteer badminton supervisors have the right to direct players to an appropriate level of play. Most games are played in doubles on a court rotational basis. No single court games, unless time and/or skill level permits. Please bring own equipment and birdies.

Indoor Soccer - Adaptive (19+)

An opportunity to engage in recreational soccer in a supportive, social environment. Facilitated by Vancouver Coast Health for their clients, friends and family members. Contact Jessie Koop at 604-269-2731 for more details. Participation is by referral only. Drop-in available.

Older Adult Open Gym Basketball (50+)

Drop-in and shoot some hoops. Six hoops available. Please bring your own basketball.

Recreational Badminton (19+)

Volunteer badminton supervisors have the right to direct players to an appropriate level of play. Most games are played in doubles on a court rotational basis. No single court games, unless time and/or skill level permits. Please bring your own racquet & birdies.

Recreational Basketball (19+)

Full-court recreational basketball for men and women. A very popular program, early registration is recommended. Registered participants have 15 minutes to arrive (by 7:20pm) or the spot will be sold to a drop-in participant.

Recreational Intermediate Volleyball (19+)

Fast paced volleyball for recreational intermediate players. Participants must have a good understanding of the rules, game strategies and demonstrate good ball control. Registered participants have 15 minutes to arrive (by 7:20pm) or the spot will be sold to a drop-in participant.

Women's Intermediate Badminton (19+)

Volunteer badminton supervisors have the right to direct players to an appropriate level of play. Most games are played in doubles on a court rotational basis. No single court games, unless time and/or skill level permits. Please bring own equipment and birdies.

Pickleball (50+)

Get active on the court with Pickleball. This sport combines elements of badminton, tennis and table tennis. It is a fun and easy to learn sport will have you coming back for more! Please note that this program is non-instructional and geared toward newer players. Eight paddles available on a first come, first serve basis.

Seniors Badminton (50+)

Volunteer badminton supervisors have the right to direct players to an appropriate level of play. Most games are played in doubles on a court rotational basis. No single court games, unless time and/or skill level permits. Please bring own equipment and shuttlecocks.

Family Badminton (7+)

Families consisting of an adult and child (7-18 yrs) will be given priority. Children aged 7-12 must be accompanied by an adult. Unaccompanied adults may drop-in if space permits. Volunteer badminton supervisors have the right to direct players to an appropriate level of play. Most games are played in doubles on a court rotational basis. No single court games, unless time and/or skill level permits. Please bring own birdies.

Sports Drop-In and Program Procedures

1. First priority for play is for registered participants. Registered participants have 15 minutes after activity start time to arrive, or the spot will be made available for a drop-in participant.
2. Drop-in wait list sheet will be available 30 minutes prior to activity start time. Drop-ins must be present and in-person. Please sign up at the front office. First come, first served basis, no phone-ins and no name proxies.
3. Drop-in spots are not guaranteed. Drop-ins will be allowed for any unregistered spaces, up to the program maximum capacity.
4. After 15 minutes, the front office will announce names from the drop-in wait list. Drop-in participants can now purchase a drop-in admission to join into activity.

See specific program for applicable drop-in fee. Prices do not include tax.

For safety and attendance, only registered participants and paid drop-in participants are allowed into gymnasium. Adult sports programs are for ages 19 yrs and up. No warm ups. No spectators. All adult sports programs are non-instructional. Please register in the program suitable for your level of participation.

Fitness Centre, Whirlpool & Sauna

Fitness Centre Fees | See the table of contents page for Fitness Centre Hours of Operation

Fees include: use of the Fitness Centre, sauna, whirlpool, locker use and change rooms. 10 Visit Passes are not eligible for Leisure Access discounts.

Fitness Centre Admission		
	Adult	Senior/Youth
Drop-In	\$6.10	\$4.27
10 Visit Pass	\$49.60	\$34.72
Prices subject to change. Tax not included.		

Whirlpool & Sauna are closed
Monday-Friday 11:45am-3:00pm

Whirlpool & Sauna close 15
minutes before the fitness centre.
Please see page 2 for the fitness
centre operating hours for Winter
2020.

Monthly Flexipass		
Pass	Adult	Senior/Youth
1 month	\$47.11	\$32.98
3 month	\$127	\$88.90
12 month	\$406.98	\$284.89
Prices subject to change. Tax not included.		

Monthly Flexipass:

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

In our cardio room:

LifeCycles, Recumbent Cycles, Cross Trainers, Treadmills, Stairmasters, Concept 2 Rower, Stretching area, Stability balls, BOSU balls, Indoor Cycling Bikes

In our weight room:

Free weights, Benches, Olympic bars, Weight machines including LifeFitness Cable Motion with adjustable pulleys

Personal Training

Small Group Personal Training: Friends and family can be very powerful in helping you stay on track when trying to attain your fitness goals. A small group training setting provides a comfortable support system where you can encourage one another and foster some healthy competition. Group sessions offer the same intimate coaching experience as a personal trainer but at a reduced cost. You may register as a group of three up to a maximum group of four.



Package	Private	Semi-Private	Small Group
1 session	\$51.73	\$77.57	\$108.80
3 sessions	\$143.34	\$215.05	\$291.42
5 sessions	\$230.55	\$355.04	\$427.43
10 sessions	\$413.88	\$659.36	\$777.14
Prices subject to change. Tax not included.			

Group Sessions

Gutts & Butts

Tummies and rears are specifically targeted with exercises designed to get results. You will use equipment such as bars, balancefits and gliders.

13+ yrs	Bonnie	
Ongoing	Tu	9:45am-10:15am
Ongoing	Th	9:45am-10:15am

Exercise for Prostate Cancer Survivors

This program is open to all prostate cancer survivors and their caregiver/spouse. It is designed to help men with prostate cancer learn how to exercise correctly and to reach and maintain wellness goals. A combination of resistance training, flexibility, balance and aerobic exercise in 2 x 60 minute circuit classes per week. Comprehensive physical assessments completed during week 1 and week 12. Purchase of a Flexipass is required to register in the program.

19+ yrs	TrueNTH Life Style Management	
Jan 2-Mar 26	M Th	10:30am-11:30am

Racquet / Sports Court

Badminton Private Court Bookings

Reserve a private court time and play badminton on our racquetball court in the Fitness Centre! The court size is 4 feet shorter and the same width. Each 45-minute time slot can be booked one month in advance.

Wallyball

A challenge combination of volleyball and racquetball.

International Court Soccer (ICS)

This sport is an exciting mix of soccer skills and racquetball rules.

Refund Policy

- Full refunds issued for programs cancelled by the community centre (MOCC)
- Refund requests received more than 7 days prior to the start of the program (see Exceptions) will be paid in full, minus the \$5 administration fee. This includes 1 day programs/workshops.
- Refunds requested less than 7 days prior to the program start, but more than 3 days before the second class, will be charged for the first class plus an administration fee of \$5. No refunds for 1 day programs/workshops if given less than 7 days notice.
- No refund request will be granted if it is received less than 3 days before the second class, unless a doctor's note is provided.
- This policy applies to all music lessons.
- This policy does not apply to MOCC Preschool or Rentals.

Exceptions

- Daycamps, birthday parties and special event refund requests must be received 12 or more days prior to the event or program start for refunds to be issued. All refunds are subject to \$5 administration fee per refunded program.
- See page 25 for Aerobics Pass refund guidelines.

	Racquetball Wallyball Court Soccer Badminton			
	Prime Time		Non-Prime Time	
	Adult	Senior/Youth	Adult	Senior/Youth
Drop-In	\$14.50	\$10.15	\$10.35	\$7.25
Single Rate	\$7.25	\$5.08	\$7.25	\$5.08
10-Visit Passes	\$130.50	–	\$93.15	–
Mon-Thurs	3:30pm - 9:00pm		8:00am - 3:30pm	
Friday	3:30pm - 8:00pm		8:00am - 3:30pm	
Saturday	9:00am - 4:00pm		Prices subject to change. Tax not included.	
Sunday & Holidays	9:00am - 1:00pm			

* Court unavailable T, Th, 9:45am-10:15am, M, Th 10:30am-11:30am



Administrative Information

Payment: We accept cash, Visa, MasterCard, debit card and cheques (payable to: City of Vancouver). GST is included in fees where applicable. A \$35 processing fee will be applied to NSF cheques.

Protection of Personal Information: In the course of providing programs and services, MOCA collects personal information from our members and other individuals participating in classes, workshops, programs, events or rentals. This information may be used for communication purposes regarding current or upcoming events, processing payments, statistical or human resource purposes, or for the provision of programs or services. We respect the importance of protecting the personal information that we collect. For information on our privacy policies and practices, or to contact our Privacy Officer, please call **604.257.8180** or email MarpoleOakridgeCC@gmail.com.

Leisure Access Program: The Vancouver Park Board Leisure Access Program is for Vancouver residents who face financial barriers. MOCA allows 50% off most centre programs for those who qualify for the LA program. A 50% discount is applied to fitness centre drop-in, racquet court admission and Flexipass for those who qualify. For more information about the LA program, visit vancouver.ca/parks-recreation-culture/leisure-access-card.aspx. An LA application package is available from any Vancouver Park Board Community Centre. For more information, call MOCC at **604.257.8180**.

Facility Rentals

Please visit recreation.vancouver.ca for room availabilities!

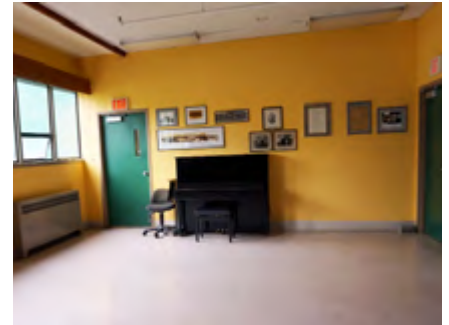
Our rooms are ideal for sports, meetings, workshops, social functions, birthday parties and special occasions. User groups are responsible for room setup and room take down, which will be included in your rental time.

Rental requests will be finalized upon payment of rental fees - refer to the chart below for additional fees and damage deposit rates.

Auditorium



Social Room (Facing East)



Lower Lounge



Social Room (Facing West)



Room	Dimensions	Square Footage	Maximum Capacity	Rental Rate (+ TAX)	After Hours Rate (+ TAX)
Auditorium	72' x 24'	1,728	100 people	\$37/hour	\$62.50/hour*
Upper Lounge	48' x 30'	960	70 people	\$37/hour	\$62.50/hour*
Social Room	29' x 22'	638	30 people	\$22/hour	\$47.50/hour*
Lower Lounge	26' x 20'	520	30 people	\$22/hour	\$47.50/hour*
Club Room	49' x 20'	980	50 people	\$32/hour	\$57.50/hour*
Gymnasium (sports only)	90' x 64'	5,760	100 people	\$37/hour	\$62.50/hour*

* After hour rentals must be booked for a minimum of 2 hours in length.

Additional Fees & Damage Deposit		
SOCAN and ReSound Fees	With dancing	\$44.13 + \$18.51 = \$62.64 plus tax
	Without dancing	\$22.06 + \$9.25 = \$31.31 plus tax
Staffing (2 hr min required)	Additional staff costs are applicable for after hours rentals	\$25.50/hour plus tax
Damage Deposit	Damage deposit fee will be collected for all rentals at time of rental confirmation.	\$25 to \$350 depending on type of rental
Insurance	Liability insurance is required for sports, high performance dance or any "high risk" activities. Insurance is to be purchased from an external source. Visit www.vancouver.ca for more information.	

Facility Rentals

Upper Lounge



Club Room



Gymnasium (Sports Only)



Opportunity of a Life Time

On Nov 4th the Vancouver Park Board Commissioners approved the transition from the planning phase to the development phase for the new Marpole Community Centre. The next steps will be to select and hire an architect firm, as well as the procurement of other resources, etc. During this process the Marpole-Oakridge Community Association (MOCA) which is your community representative to the Vancouver Parks Board will have a lot of input and suggestions on the whole project.

In saying that, we need your suggestions and input to make sure nothing is missed so we can have a community centre that will serve us for another 70 years.

We will be setting up committees and working groups and will need volunteers from different disciplines. You do not have to be MOCA member to join the groups. Some of the working groups will be long term meeting more regularly throughout the whole project and some will be short term and task orientated. Most of the meetings will be in the evening or over the week end.

If you are interested and will be able to volunteer some time starting early next year we want to hear from you. Please send your brief CV including your professional experience, and your area of interest to: MarpoleOakridgeCC@gmail.com. On the subject field please state "New Community Centre Project". In early January 2020, we will contact those interested in working on the project.



**Marpole-Oakridge
Community Centre**

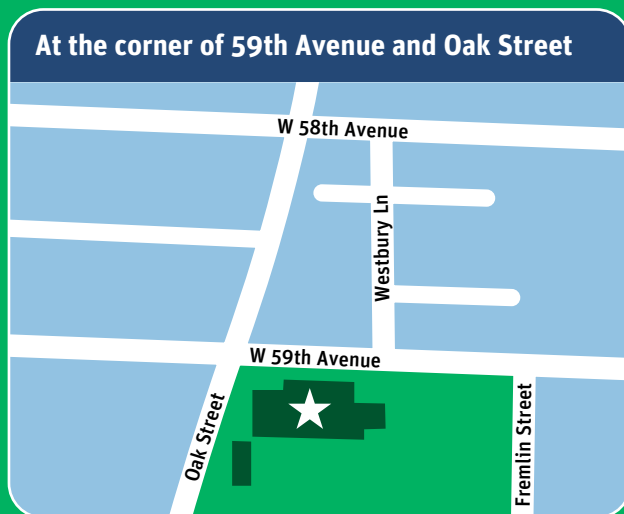
Winter 2020 Recreation Guide

**990 West 59th Avenue,
Vancouver, BC V6P 1X9**

**COMMUNITY CENTRE:
604.257.8180 (press 1)**

**FITNESS CENTRE:
604.257.8174**

**EMAIL:
marpolecc@vancouver.ca**



Preschool, daycare and daycamps for kids

Seniors' programs and social events

Fitness centre and racquetball courts

Adult group fitness classes

Special events and day trips

Youth activities and volunteering

Music, arts and crafts

Learning workshops

Facility rentals