



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

PROGRAM REGISTRATION

[vancouver.ca/marpoleoakridgerec](http://vancouver.ca/marpoleoakridgerec)

FITNESS CENTRE

[vancouver.ca/marpoleoakridgefitness](http://vancouver.ca/marpoleoakridgefitness)

COMMUNITY CENTRE

[marpoleoakridge.org](http://marpoleoakridge.org)



# Marpole-Oakridge Community Centre

## Spring & Summer 2020 Recreation Guide

PROGRAMS RUNNING:

April 1 to September 4

**Mark your calendar for Marpole Festival: Saturday, June 6**

# Spring / Summer Registration starts Tuesday, March 3 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

## SPRING OPERATING HOURS APRIL 1 - JUNE 30

	Community Centre	Fitness Centre Racquetball
M-Thu	9am-9:30pm	8am-9:30pm
Fri	9am-8pm	8am-8pm
Sat	9am-4pm	9am-4pm
Sun & Stats	Closed	9am-1pm

Centre Office closes 30 minutes earlier than the community centre  
Whirlpool/Sauna closed:  
Mon-Fri 11:45am-3pm

## SUMMER OPERATING HOURS JULY 2 - SEPTEMBER 5

	Community Centre	Fitness Centre Racquetball
M-Thu	9am-9pm	8am-9pm
Fri	9am-5pm	8am-5pm
Sat, Sun & Stats	Closed	9am-1pm

Centre Office closes 30 minutes earlier than the community centre  
Whirlpool/Sauna closed:  
Mon-Thu 11:45am-3pm  
Fri 11:45am-1:30pm

### BROCHURE DESIGN CONCEPT:

Corinne Kempen | www.corinnekempen.com

### PRODUCTION DESIGN:

Lena Ko | designstudio604@gmail.com

**Interactive Brochure** • available at

[www.vancouver.ca/marpoleoakridgerec](http://www.vancouver.ca/marpoleoakridgerec) and [www.marpoleoakridge.org](http://www.marpoleoakridge.org)

**Register Online** • [recreation.vancouver.ca](http://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.

## Spring/Summer 2020 President's Message



At the time of the writing of this document the Park Board is in the process of interviewing and choosing a team to design the Oak Park revamp and the new Community Centre building. This process will take until sometime in the Spring. At the conclusion of that process than the team will begin consulting and designing the spaces in earnest. This will be exciting! As many of you already know, the building will be located on the southwest corner of Oak Park. The existing facility will remain open throughout the construction phase. Some new additions to the park include: a synthetic turf field to replace the gravel field, a new spray park, an

outdoor pool, underground parking and improved green spaces throughout. This is a real benefit to the Community.

The financial performance of you Centre has been on par with the past years. That is we have excess revenue to spread around. We are funding a new Youth Worker for the Marpole Neighborhood House and we are continuing to support the Community with classes and passes.

Planning begins this February for the Marpole Festival on June 6, 2020. This event has been a great success in the past years and we look forward to another great event!

Unfortunately last year both Music in the Park nights were canceled due to inclement weather. We are going to try again this year. Watch for the dates and times and come out and support the local musicians.

Our CRS, Tony Syskakis who has been managing the community centre for the past 5 years took a promotion and moved on to another position. We will miss him! Fortunately we were successful in landing a great replacement in Patrick McCarthy. Please welcome Patrick to our Community.

Your Board is putting many hours in to keep the Marpole Community Centre running efficiently. We could not do it without the hardworking staff. They are truly outstanding!

Volunteers are always welcome, so come on out and lend a hand.

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 Annual General Meeting (AGM) held in November each year. 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](mailto: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](http://www.marpoleoakridge.org)

To receive news about the community centre, subscribe to our mailing list: [www.marpoleoakridge.org/newsletter](http://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 Mucai  
Andy Yuen  
Norman Zottenberg



# MARPOLE COMMUNITY DAY

Free Rides & Games ★ Stage Performances  
Entertainment ★ Food Concession ★ Community Tables

**Saturday, June 6 11:00am-3:00pm**  
**Marpole-Oakridge Community Centre**  
990 West 59th Ave (at Oak St.)



Hosted by Marpole-Oakridge Community Association and Vancouver Board of Parks & Recreation  
[www.marpoleoakridge.org](http://www.marpoleoakridge.org)



## Community Sponsorship Opportunity

**Marpole Oakridge Community Centre is looking for community sponsors and support for our Marpole Day Festival on Saturday, June 6, 2020!**

Multiple sponsorship levels are available - choose to fund one or more of our popular festival activities, rides or games. Our highest-contributing sponsors receive logo placement on festival posters and banners, as well as recognition on our MOCC Facebook page.

### Interested? Want to know more?

Send an email to [marpolefestival@gmail.com](mailto:marpolefestival@gmail.com) or visit [marpoleoakridge.org/news-events](http://marpoleoakridge.org/news-events) to download our sponsorship package.



#### MARPOLE-OAKRIDGE COMMUNITY CENTRE

Hosted by Marpole-Oakridge Community Association and Vancouver Board of Parks & Recreation  
[www.marpoleoakridge.org](http://www.marpoleoakridge.org)

## OAK PARK SPRAY PARK

Opening in June,  
check back for specific date



**FREE!**

## Music in Oak Park

This event is weather dependent, therefore check for updates.

**July 22<sup>nd</sup> and August 19<sup>th</sup>  
6:00pm-8:00pm**

**At the corner of Oak St.  
and W 59th Avenue**

**Concession Stand  
Hot Dog BBQ  
Spray Park  
Kids' Activities  
Lawn Seating**



MARPOLE-OAKRIDGE COMMUNITY CENTRE

## Easter Egg Hunt

The Bunny has added Marpole-Oakridge Community Centre to the events list! Join in the hunt for Easter Eggs and enjoy some 'eggy' crafts designed to let your little one be creative. Parent participation is required.



<b>2-6 yrs</b>	<b>Youth Council</b>
<b>252825</b>	<b>\$6/1 sess</b>
<b>Apr 4</b>	<b>Sa 11:00 am-12:30 pm</b>

## Preschool



### Birthday Parties

**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 June 6.

**1-15 yrs**      **No Instructor**  
**\$155/1 sess**  
**Apr 11-Jun 27    Sa 12:00pm-3:00pm**

To avoid disappointment, register early and bring a friend along!

**Register Early!**

### Sportball Multisport Camp

Sportball camps focus on the eight core Sportball sports, arts and crafts, snack time, stories, music, cooperative games and theme days. Camps are run outdoors and indoors depending on the location and weather.

3-5 yrs	Sportball Vancouver
263442	\$136/5 sess
Jul 13-Jul 17	M - F 10:00 am-11:30 am
263443	\$136/5 sess
Jul 20-Jul 24	M - F 10:00 am-11:30 am
263444	\$136/5 sess
Aug 10-Aug 14	M - F 10:00 am-11:30 am

### Sportball Multisport Camp

Sportball camps focus on the eight core Sportball sports, arts and crafts, snack time, stories, music, cooperative games and theme days. Camps are run outdoors and indoors depending on the location and weather.

5-8 yrs	Sportball Vancouver
263445	\$195/5 sess
Jul 13-Jul 17	M - F 1:00 pm-4:00 pm
5-8 yrs	Sportball Vancouver
263446	\$195/5 sess
Jul 20-Jul 24	M - F 1:00 pm-4:00 pm
5-8 yrs	Sportball Vancouver
263447	\$195/5 sess
Aug 10-Aug 14	M - F 1:00 pm-4:00 pm



### Summer Fun for Preschoolers

Summer Fun for Preschoolers is a licensed summer camp for 3 to 5 year olds. Create memorable experiences for your child, as they continue to learn about the fascinating work around them. All children attending must be potty trained. Please send a healthy drink and snack with your child each day. Waiver form MUST be completed prior to program start date.

3-6 yrs	Doris Shi
263460	\$80/4 sess
Jul 6-Jul 9	M - Th 9:30 am-11:30 am
263461	\$80/4 sess
Jul 13-Jul 16	M - Th 9:30 am-11:30 am
263462	\$80/4 sess
Jul 20-Jul 23	M - Th 9:30 am-11:30 am
263463	\$80/4 sess
Jul 27-Jul 30	M - Th 9:30 am-11:30 am
263464	\$60/3 sess
Aug 4-Aug 6	Tu - Th 9:30 am-11:30 am
263465	\$80/4 sess
Aug 10-Aug 13	M - Th 9:30 am-11:30 am
263466	\$80/4 sess
Jul 6-Jul 9	M - Th 12:30 pm-2:30 pm
263467	\$80/4 sess
Jul 13-Jul 16	M - Th 12:30 pm-2:30 pm
263468	\$80/4 sess
Jul 20-Jul 23	M - Th 12:30 pm-2:30 pm
263469	\$80/4 sess
Jul 27-Jul 30	M - Th 12:30 pm-2:30 pm
263470	\$60/3 sess
Aug 4-Aug 6	Tu - Th 12:30 pm-2:30 pm
263471	\$80/4 sess
Aug 10-Aug 13	M - Th 12:30 pm-2:30 pm



## Children's

### Summer Adventures Day Camp

An all day, fun-filled camp, children will participate in weekly themed activities including games, sports, drama, music, crafts and out-trips. Please bring a backpack containing a snack, lunch, drink, towel, bathing suit, hat and sunscreen each day. Each week will feature out trips to various locations or activities in the community and in the Greater Vancouver area. Please note: 5 years old must be entering Grade 1 and turn 6 by the end of the year. Waiver form MUST be completed prior to program start date.

5-9 yrs	Day Camp Staff
263452	\$145/5 sess
Jul 6-Jul 10	M - F 9:00 am-4:00 pm
263453	\$145/5 sess
Jul 13-Jul 17	M - F 9:00 am-4:00 pm
263454	\$145/5 sess
Jul 20-Jul 24	M - F 9:00 am-4:00 pm
263455	\$145/5 sess
Jul 27-Jul 31	M - F 9:00 am-4:00 pm
263456	\$116/4 sess
Aug 04-Aug 07	Tu - F 9:00 am-4:00 pm
263457	\$145/5 sess
Aug 10-Aug 14	M - F 9:00 am-4:00 pm
263458	\$145/5 sess
Aug 17-Aug 21	M - F 9:00 am-4:00 pm
263459	\$145/5 sess
Aug 24-Aug 28	M - F 9:00 am-4:00 pm

#### Reminders:

- \* Waiver forms must be completed and onsite prior to drop-off.
- \* Please sign your child in and out daily, unless other arrangements have been made.
- \* Please send your child with a nutritious (nut-free) lunch, a snack, water bottle appropriate clothing; walking shoes, jacket, bathing suit and towel.
- \* Please do not send any money or valuables with your child.

### Funseekers Daycamp

An all-day, week long themed camp, Funseekers offers a variety of summer activities and experiences. Day campers will participate in physical, social, and educational activities, games, sports, theatre, music cooking, arts & crafts. Each week will feature out trips to various locations or activities in the community and in the Greater Vancouver area.

9-12 yrs	Day Camp Staff
263333	\$145/5 sess
Jul 6-Jul 10	M - F 9:00 am-4:00 pm
263334	\$145/5 sess
Jul 13-Jul 17	M - F 9:00 am-4:00 pm
263335	\$145/5 sess
Jul 20-Jul 24	M - F 9:00 am-4:00 pm
263336	\$145/5 sess
Jul 27-Jul 31	M - F 9:00 am-4:00 pm
263337	\$116/4 sess
Aug 4-Aug 7	Tu - F 9:00 am-4:00 pm
263338	\$145/5 sess
Aug 10-Aug 14	M - F 9:00 am-4:00 pm
263339	\$145/5 sess
Aug 17-Aug 21	M - F 9:00 am-4:00 pm
263340	\$145/5 sess
Aug 24-Aug 28	M - F 9:00 am-4:00 pm

### After Camp Care

Register for After Camp Care and have your child participate in fun activities and games. Child must be enrolled in the corresponding week of camp to be eligible to register.

5-13 yrs	Day Camp Staff
263293	\$20/5 sess
Jul 6-Jul 10	M - F 4:00 pm-5:00 pm
263294	\$20/5 sess
Jul 13-Jul 17	M - F 4:00 pm-5:00 pm
263295	\$20/5 sess
Jul 20-Jul 24	M - F 4:00 pm-5:00 pm
263296	\$20/5 sess
Jul 27-Jul 31	M - F 4:00 pm-5:00 pm
263297	\$16/4 sess
Aug 4-Aug 7	Tu - F 4:00 pm-5:00 pm
263298	\$20/5 sess
Aug 10-Aug 14	M - F 4:00 pm-5:00 pm
263299	\$20/5 sess
Aug 17-Aug 21	M - F 4:00 pm-5:00 pm
263300	\$20/5 sess
Aug 24-Aug 28	M - F 4:00 pm-5:00 pm

## Specialty Camps

### Anime Manga Drawing

ALL NEW ARTWORK! Calling all otaku kids! Join the Anime Manga workshop and learn to draw your favourite Japanese style art. This five-day workshop will tap into everyone's imagination while learning to draw cute manga inspired characters, accessories and costumes. Your child's talent is about to take off - register now to save your child's spot in this kawaii workshop focused on technique and creativity.

6-12 yrs	Young Rembrandts
263310	\$185/5 sess
Jul 13-Jul 17	M - F 9:30 am-12:00 pm

### Apps & Video Games Drawing

Art is all around us, including on phones and online! Every day students will learn new illustration and colouring techniques inspired by popular video games. Artwork is inspired by a pixel block characters, plants, zombies and many more classic apps and games. If your child loves to game or draw, they'll have a blast putting their own personal touches on some of these favourites! Register your special gaming artist today!

6-12 yrs	Young Rembrandts
271457	\$185/5 sess
Jul 13-Jul 17	M - F 12:30 pm-3:00 pm

### Kick off to Summer Camp

School is finished, but Daycamps haven't started. Register for a one day camp. Have fun around the neighbourhood with your friends. Activities will include games, crafts and sports. A detailed schedule will be available in June. Sorry no aftercare will be available.

6-12 yrs	Day Camp Staff
276667	\$40/1 sess
Jun 29	M 9:00 am-4:00 pm
276668	\$40/1 sess
Jun 30	Tu 9:00 am-4:00 pm
276669	\$40/1 sess
Jul 2	Th 9:00 am-4:00 pm
276679	\$40/1 sess
Jul 3	F 9:00 am-4:00 pm

## Speciality Camps

### EV3 Mindstorms Robotics Camp

Exciting Robotics Camp featuring the LEGO EV3 Mindstorms System. Students will learn to design, program, and control Robots and other mechanisms and engage in exciting Builds and Challenges! Using the icon-based software, students can build, program, and test their solutions based on real-life robotics technology. Students will gain a basic understanding of programming, engineering processes, sensor usage and much more!

**8-12 yrs** **Tomorrow's Playground**  
273278 \$175/5 sess  
Jul 27-Jul 31 M - F 12:30 pm-2:30 pm

### WEDO Robotics Camp

Exciting and Fun introduction to Robotics with Lego® Education WeDo software. Students will build various robots featuring working motors and sensors and then program their models and engage in theme-based activities. Teamwork is encouraged in this STEM-based class as students develop their skills in science, technology, engineering and mathematics. \*New builds and challenges for returning students.

**6-12 yrs** **Tomorrow's Playground**  
273276 \$175/5 sess  
Jul 27-Jul 31 M - F 10:00 am-12:00 pm

### Chess for Kids Camp

Chess lessons using electronic presentations and videos, chess tournaments in a variety of fun formats, chess puzzle exercises, game analysis, and chess simultaneous exhibitions. The best part is that the children have fun while learning these lessons. Go to <http://www.vanchess.ca> for more information.

**5-10 yrs** **Vancouver Chess School**  
263311 \$250/5 sess  
Aug 31-Sep 4 M - F 9:00 am-3:00 pm

### Bricks4Kidz - Mining and Crafting

Experience the world of Minecraft with LEGO® bricks! Kids will start by crafting shelter, critters, and tools among other key elements from the popular Minecraft game. All campers go home with a customized Minifigure. Children will be given a break for an optional snack from home.

**5-10 yrs** **Bricks 4 Kidz Vancouver**  
273222 \$175/5 sess  
Jul 6-Jul 10 M - F 9:30 am-11:30 am

### Bricks4Kidz - Superhero Academy

It's a bird! It's a plane! It's...Learn the art of the Superhero at Superhero Academy! Join the Avengers as they conquer evil. All go home with a custom made Minifigure. Children will be given time for an optional snack from home.

**5-10 yrs** **Bricks 4 Kidz Vancouver**  
273227 \$175/5 sess  
Aug 10-Aug 14 M - F 9:30 am-11:30 am

### Byte Camp - 2D Animation on Tablet

Turn your drawing skills into awesome animation skills on our tablets! We'll show you how to make beautiful animations as wild as your imagination. Participants will learn to storyboard and use some advanced animation skills to make their characters really come alive on the screen. Principles like Squash & Stretch, Anticipation and Exaggeration will be introduced in fun lessons and students will produce their own animated short films by the end of the week.

**9-12 yrs** **ByteCamp**  
273209 \$305/5 sess  
Jul 20-Jul 24 M - F 9:00 am-3:00 pm

### 3D Animation

Dreaming of a career with PIXAR? Ever wonder how those awesome 3D animated movies like Shrek, Toy Story and Frozen are made? Spend the week learning how by modeling, animating and telling your own stories in 3D. You'll use Blender, a wonderful (& free!) 3D software, to design characters that jump off the screen and then make them come alive by adding voices, soundtracks and completing your own animated short film.

**11-14 yrs** **Byte Camp**  
273212 \$305/5 sess  
Aug 24-Aug 28 M - F 9:00 am-3:00 pm

### Introduction to Coding

Discover how much fun it is to build your own game! Students will be introduced to basic coding skills with easy to use drag-and-drop software, and get to use those skills to make their very own games. Students will also learn how to create their own 2D vector artwork to make characters and levels that are entirely their own. The final project is a game that you can take home on USB or proudly share with friends online.

**9-12 yrs** **Byte Camp**  
273216 \$305/5 sess  
Aug 31-Sep 04 M - F 9:00 am-3:00 pm

### Claymation Movie Production

Make your own clay characters come to life, just like Shaun the Sheep! Participants will work with a partner to build their own clay characters, sets and props; develop their own script; shoot their movie scenes; and then learn to edit and add sounds and special effects to complete the whole project. Don't worry parents, there will be plenty of time devoted to outdoor games and activities! No class Jul 1

**9-12 yrs** **Byte Camp**  
276678 \$260/4 sess  
Jun 29-Jul 3 M Tu Th F 9:00 am-3:00 pm





## Performing Arts

### Zumbini®

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! Zumbini® is the 1st early childhood education program to create a true "360°" experience, with live classes and the "Zumbini Time" interactive TV show on BabyFirst TV. Each course includes a Zumbini bundle including a plush toy, original songbook and music to continue the fun at home. This session enjoy 'No Way! Jose'. Come and join the Zumbini family! 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. Note: Material fee is Non-refundable after the first class. **No class on April 21st.** This instructor offers \$17.00 CAD class trial. Contact the instructor to arrange your trial. [www.zumbini.com](http://www.zumbini.com)

<b>0-4 yrs</b>	<b>Maayan Amitov</b>
<b>269439</b>	<b>\$130/9 sess</b>
<b>Apr 14-Jun 9</b>	<b>Tu 10:30 am-11:15 am</b>
<b>0-4 yrs</b>	<b>Maayan Amitov</b>
<b>269664</b>	<b>\$110/6 sess</b>
<b>Jul 22 - Aug 27</b>	<b>W 10:30 am-11:15 am</b>

### 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.

<b>3-5 yrs</b>	<b>World Of Fairy Tales</b>
<b>269284</b>	<b>\$80/10 sess</b>
<b>Apr 15-Jun 17</b>	<b>W 3:45 pm-4:30 pm</b>

### 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

<b>0-4 yrs</b>	<b>Musical Expressions</b>
<b>269432</b>	<b>\$141/10 sess</b>
<b>Apr 17-Jun 19</b>	<b>F 9:45 am-10:30 am</b>

### 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.

<b>3-4 yrs</b>	<b>Vancouver Performing Stars</b>
<b>269285</b>	<b>\$110/10 sess</b>
<b>Apr 16-Jun 18</b>	<b>Th 4:30 pm-5:15 pm</b>

To avoid disappointment, register early and bring a friend along!

Register Early!

## Visual Art

### 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 class May 16 and Jun 6.

<b>3-4 yrs</b>	<b>Vancouver Performing Stars</b>
<b>269286</b>	<b>\$88/8 sess</b>
<b>Apr 18-Jun 20</b>	<b>Sa 10:15 am-11:00 am</b>

### Preschool Drawing

Springtime is the right time to sign up your pre-schooler for a Young Rembrandts class! We will begin our adventure with an imaginary trip to the hardware store as we illustrate and learn about different tools. Then the sky is the limit as we draw a colourful, patterned butterfly. And we'll soar to new heights with our fantastic kite drawing. There's no better time than now to enroll your students. No class May 18.

<b>3-5 yrs</b>	<b>Young Rembrandts</b>
<b>271455</b>	<b>\$148/8 sess</b>
<b>Apr 20-Jun 15</b>	<b>M 2:30 pm-3:20 pm</b>
<b>3-5 yrs</b>	<b>Young Rembrandts</b>
<b>269298</b>	<b>\$148/8 sess</b>
<b>Apr 20-Jun 15</b>	<b>M 3:30 pm-4:20 pm</b>

### 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.

<b>1-2 yrs</b>	<b>Vancouver Performing Stars</b>
<b>269293</b>	<b>\$95/10 sess</b>
<b>Apr 16-Jun 18</b>	<b>Th 6:00 pm-6:30 pm</b>
<b>No classes May 16 and Jun 6.</b>	
<b>1-2 yrs</b>	<b>Vancouver Performing Stars</b>
<b>269294</b>	<b>\$88/8 sess</b>
<b>Apr 18-Jun 20</b>	<b>Sa 9:30 am-10:15 am</b>

## Physical Recreation

### Parent & Tot Chat & 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 Apr 13 and May 18.

**269295** **FREE**  
**Mar 30-Jun 22** **M 10:45 am-12:15 pm**

### 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. No session Jun 6.

**269296** **\$2.50/drop-in**  
**Apr 11-Jun 27** **Sa 10:40 am-12:15 pm**

### 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**  
**269262** **\$120/10 sess**  
**Apr 14-Jun 16** **Tu 11:15 am-12:00 pm**  
**3-5 yrs** **Bear Feet Gymnastics**  
**269263** **\$120/10 sess**  
**Apr 14-Jun 16** **Tu 12:00 pm-12:45 pm**

### 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](http://www.sportball.ca). No class May 16 and Jun 6.

**2-3 yrs** **Sportball Vancouver**  
**269423** **\$128/8 sess**  
**Apr 18-Jun 20** **Sa 10:30 am-11:15 am**

### 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](http://www.sportball.ca). No class May 16 and June 6

**3-5 yrs** **Sportball Vancouver**  
**269422** **\$128/9 sess**  
**Apr 18-Jun 13** **Sa 11:15 am-12:00 pm**  
**5-7 yrs** **Sportball Vancouver**  
**269421** **\$128/8 sess**  
**Apr 18-Jun 20** **Sa 12:00 pm-1:00 pm**



### Sportball Outdoor Soccer

Kickstart your day! Sportball Outdoor Soccer programs introduce fundamental concepts of gameplay and teach the basic skills required to bend it like Beckham in a supportive, non-competitive environment. Coaches zero in on skills like throw-ins, dribbling, trapping and passing in fun, exciting, skill-focused games. Classes take place outdoors, parents are required to remain on the field for children's safety.

**4-6 yrs** **Sportball Vancouver**  
**263448** **\$111/6 sess**  
**Jul 7-Aug 11** **Tu 5:00 pm-6:00 pm**

### Sportball Parent & Child Outdoor Soccer

Get a kick out of Sportball Parent & Child Outdoor Soccer programs! Participants are introduced to fundamental concepts of soccer and are provided the basic skills required to score with confidence in fun, exciting, skills-focused games. With the guidance and support of their Sportball Coach, parents and children zero in on soccer skills including: throw-ins, dribbling, trapping, passing, goalie skills and more. Children are challenged according to their individual skill level and Coaches help grownups understand proven teaching techniques that can be applied outside of Sportball classes.

**2-3 yrs** **Sportball Vancouver**  
**263449** **\$111/6 sess**  
**Jul 7-Aug 11** **Tu 4:15 pm-5:00 pm**

**Register Early!**

To avoid disappointment, register early and bring a friend along!

## Licensed Preschool

## 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

#### Fees

\$253 per month  
plus \$65 non-refundable registration fee.

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



### Birthday Parties

**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 Jun 6.

<b>1-15 yrs</b>	<b>No Instructor</b>
	<b>\$155/1 sess</b>
<b>Apr 11-Jun 27</b>	<b>Sa 12:00pm-3:00pm</b>

## Education

### Abacus NEW

Abacus Math learning is well known for improving children attentiveness, spatial imagination and self-confidence, leading to better arithmetic skills, reasoning & responsiveness and higher visual & tactic ability. Students will learn to apply the Abacus concept to facilitate the integration of their left and right brains, instead of the traditional way of strict memorization, to solve mathematical arithmetics in their daily lives and school works. Teacher Paul is an experienced trainer in Abacus Math, Olympiad Math, Play Therapy and Brain Gym committed in training students of both mainstream and special needs. Personal Abacas and book will be including.

<b>5-8 yrs</b>	<b>Paul Yiu</b>
<b>269223</b>	<b>\$170/10 sess</b>
<b>Apr 15-Jun 17</b>	<b>W 3:30 pm-4:15 pm</b>
<b>9-12 yrs</b>	<b>Paul Yiu</b>
<b>269224</b>	<b>\$170/10 sess</b>
<b>Apr 15-Jun 17</b>	<b>W 4:20 pm-5:05 pm</b>

### Olympiad Math NEW

Olympiad Math is a way of comprehensive training to students applying mathematical logic together with analysis on graphics, shape, color, size, weight and distance on problem-solving. It is effective to improve children's communication and logical thinking. Through Olympiad Math, children can develop their ability and confidence in calculations. It also trains up children's observation, attentiveness, logical thinking and innovation.

<b>9-12 yrs</b>	<b>Paul Yiu</b>
<b>275532</b>	<b>\$150/10 sess</b>
<b>Apr 17-Jun 19</b>	<b>F 4:30 pm-5:30 pm</b>



### 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](http://www.vanchess.ca)). No session May 18

<b>6-12 yrs</b>	<b>Vancouver Chess School</b>
<b>269270</b>	<b>\$128/8 sess</b>
<b>Apr 20-Jun 15</b>	<b>M 4:00 pm-5:30 pm</b>

### WE WANT TO HEAR FROM YOU!

Do you have program idea?  
Do you have feedback?  
Get in touch!  
[marpolecc@vancouver.ca](mailto:marpolecc@vancouver.ca)

### 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!

<b>4-7 yrs</b>	<b>Dominic Ponce</b>
<b>269256</b>	<b>\$63/9 sess</b>
<b>Apr 16-Jun 11</b>	<b>Th 4:00 pm-4:45 pm</b>

### 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.

<b>8-12 yrs</b>	<b>Dominic Ponce</b>
<b>269434</b>	<b>\$63/9 sess</b>
<b>Apr 16-Jun 11</b>	<b>Th 5:15 pm-6:00 pm</b>



## Easter Egg Hunt

The Bunny has added Marpole-Oakridge Community Centre to the events list! Join in the hunt for Easter Eggs and enjoy some 'eggy' crafts designed to let your little one be creative. Parent participation is required.

<b>2-6 yrs</b>	<b>Youth Council</b>
<b>252825</b>	<b>\$6/1 sess</b>
<b>Apr 4</b>	<b>Sa 11:00 am-12:30 pm</b>

## Workshops



### Red Cross Babysitting

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 )

<b>11-16 yrs</b>	<b>First Aid Hero</b>
<b>263432</b>	<b>\$60/1 sess</b>
<b>Jul 2</b>	<b>Th 9:30 am-4:30 pm</b>
<b>11-16 yrs</b>	<b>First Aid Hero</b>
<b>274187</b>	<b>\$60/1 sess</b>
<b>Sep 4</b>	<b>F 9:30 am-4:30 pm</b>



### Pop-Up Crafts

Bring your little ones to the Marpole-Oakridge lobby and take part in our fun crafts put on by our Jr. Youth Council.



<b>Apr 7</b>	<b>Easter Fun</b>
<b>May 5</b>	<b>Mother's Day</b>
<b>June 16</b>	<b>Father's Day</b>
<b>Tues</b>	<b>3:30pm-4:30pm</b>
	<b>FREE</b>

### Red Cross StaySafe!

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 )

<b>9-10 yrs</b>	<b>First Aid Hero</b>
<b>263433</b>	<b>\$60/1 sess</b>
<b>Jun 26</b>	<b>W 9:30 am-3:30 pm</b>

### 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!

<b>6-12 yrs</b>	<b>Graines De Chefs</b>
<b>269264</b>	<b>\$92/4 sess</b>
<b>Apr 22-May 13</b>	<b>W 3:45 pm-5:00 pm</b>
<b>6-12 yrs</b>	<b>Graines De Chefs</b>
<b>26925</b>	<b>\$92/4 sess</b>
<b>May 20-Jun 10</b>	<b>W 3:45 pm-5:00 pm</b>



**Register Early!**

To avoid disappointment, register early and bring a friend along!

## Sports & Martial Arts



### 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.

<b>6-8 yrs</b>	<b>Claude Mulrain</b>
<b>269230</b>	<b>\$60/10 sess</b>
<b>Apr 7-Jun 9</b>	<b>Tu 3:30 pm-4:30 pm</b>
<b>9-12 yrs</b>	<b>Claude Mulrain</b>
<b>269231</b>	<b>\$75/10 sess</b>
<b>Apr 7-Jun 9</b>	<b>Tu 4:30 pm-5:45 pm</b>
<b>6-8 yrs</b>	<b>Claude Mulrain</b>
<b>276029</b>	<b>\$42/7 sess</b>
<b>Jul 07-Aug 18</b>	<b>Tu 3:30 pm-4:30 pm</b>
<b>9-12 yrs</b>	<b>Claude Mulrain</b>
<b>276030</b>	<b>\$52.50/7 sess</b>
<b>Jul 7-Aug 18</b>	<b>Tu 4:30 pm-5:45 pm</b>

### Grass Roots Soccer (5-6 yrs)

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.

<b>5-6 yrs</b>	<b>Glyn Roberts</b>
<b>269260</b>	<b>\$132/11 sess</b>
<b>Apr 9-Jun 18</b>	<b>Th 4:00 pm-4:45 pm</b>
<b>7-10 yrs</b>	<b>Glyn Roberts</b>
<b>269261</b>	<b>\$165/11 sess</b>
<b>Apr 9-Jun 18</b>	<b>Th 4:50 pm-5:50 pm</b>
<b>5-6 yrs</b>	<b>Glyn Roberts</b>
<b>275964</b>	<b>\$96/8 sess</b>
<b>Jul 9-Aug 27</b>	<b>Th 4:00 pm-4:45 pm</b>
<b>7-10 yrs</b>	<b>Glyn Roberts</b>
<b>275966</b>	<b>\$120/8 sess</b>
<b>Jul 9-Aug 27</b>	<b>Th 4:50 pm-5:50 pm</b>

### 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.

<b>6 yrs+</b>	<b>Debbie Hoy</b>
<b>269274</b>	<b>\$110/11 sess</b>
<b>Apr 8-Jun 17</b>	<b>W 6:30 pm-7:55 pm</b>
<b>6 yrs+</b>	<b>Debbie Hoy</b>
<b>263348</b>	<b>\$80/8 sess</b>
<b>Jul 8-Aug 26</b>	<b>W 6:30 pm-7:55 pm</b>

### 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.

<b>5-8 yrs</b>	
<b>269426</b>	<b>\$190/20 sess</b>
<b>Apr 14-Jun 19</b>	<b>Tu F 3:45 pm-4:30 pm</b>
<b>9-15 yrs</b>	
<b>269427</b>	<b>\$190/20 sess</b>
<b>Apr 14-Jun 19</b>	<b>Tu F 4:30 pm-5:15 pm</b>

### 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.

<b>5-8 yrs</b>	<b>Bahareh Dehkordi</b>
<b>269428</b>	<b>\$220/22 sess</b>
<b>Apr 14-Jun 25</b>	<b>Tu Th 5:30 pm-6:15 pm</b>
<b>9-15 yrs</b>	<b>Bahareh Dehkordi</b>
<b>269429</b>	<b>\$220/22 sess</b>
<b>Apr 14-Jun 25</b>	<b>Tu Th 6:35 pm-7:20 pm</b>

### Badminton Lessons

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 Apr 13 and May 18.

<b>6-9 yrs</b>	<b>Harry Chow</b>
<b>269228</b>	<b>\$80/10 sess</b>
<b>Mar 30-Jun 15</b>	<b>M 3:30 pm-4:30 pm</b>
<b>6-9 yrs</b>	<b>Harry Chow</b>
<b>269229</b>	<b>\$80/10 sess</b>
<b>Mar 30-Jun 15</b>	<b>M 4:30 pm-5:45 pm</b>
<b>6-9 yrs</b>	<b>Harry Chow</b>
<b>276680</b>	<b>\$56/7 sess</b>
<b>Jul 6-Aug 24</b>	<b>M 3:30 pm-4:30 pm</b>
<b>10-14 yrs</b>	<b>Harry Chow</b>
<b>276681</b>	<b>\$70/7 sess</b>
<b>Jul 6-Aug 24</b>	<b>M 4:30 pm-5:45 pm</b>

### Wushu NEW

This class introduces children to the basics and fundamentals of Wushu; a Chinese Martial Arts. Children will develop basic punching, kicking and forms techniques while teaching them discipline, respect, and self confidence. Please wear loose fitting clothing and clean (indoor only) flat rubber sole shoes. Uniform (\$40) and shoes (\$20) are available for purchase from instructor, but not required to start training.

<b>4-6 yrs</b>	<b>Ken Low</b>
<b>275556</b>	<b>\$117/9 sess</b>
<b>Apr 18-Jun 20</b>	<b>Sa 1:15 pm-2:00 pm</b>
<b>4-6 yrs</b>	<b>Ken Low</b>
<b>275558</b>	<b>\$117/9 sess</b>
<b>Apr 20-Jun 22</b>	<b>M 3:30 pm-4:15 pm</b>
<b>7-10 yrs</b>	<b>Ken Low</b>
<b>275663</b>	<b>\$135/9 sess</b>
<b>Apr 18-Jun 20</b>	<b>Sa 2:15 pm-3:15 pm</b>
<b>7-10 yrs</b>	<b>Ken Low</b>
<b>275664</b>	<b>\$117/9 sess</b>
<b>Apr 20-Jun 22</b>	<b>M 4:30 pm-5:30 pm</b>

## Creative Arts



### Creative Art Start

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. No class May 15.

**6-9 yrs** **Ella Culajevic**  
**269248** **\$144/8 sess**  
**Apr 17-Jun 12** **F** **3:45 pm-5:00 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](mailto:marpolecc@vancouver.ca)

### Drawing & Painting for Animation

Do you like to draw and paint? Do you like comics and cartoons? This class is a snapshot of what it takes to create real characters and backgrounds for animation or gaming. Students will learn about storyboards, layout and design, while creating characters and backgrounds of their own. In today's world, these skills could be applied to anything from graphic design to animation, gaming and film industries. Students could enroll in this course again if they wish to advance further. Basic art supplies will be provided. No class May 18.

**9-12yrs** **Ella Culajevic**  
**274202** **\$128/8 sess**  
**Apr 20-Jun 15** **M** **5:00 pm-6:00 pm**

### FUNDamental Drawing

All new lessons every session! Its spring time at Young Rembrandts! Learning about warm colours and cool colours will be the focus as our artists draw a detailed exterior of a house. Students will explore the intricate details of the breathtaking Taj Mahal. Finally, we'll take an imaginary trip to some beautiful places to draw a cute flamingo as well as learn about the history and artistry of a kimono. Sign up for classes today. No class May 18.

**6-12 yrs** **Young Rembrandts**  
**269244** **\$148/8 sess**  
**Apr 20-Jun 15** **M** **4:30 pm-5:30 pm**



### Kids Crafts - Earth Day Theme

NEW

Celebrate Earth day by helping birds. In this workshop participants will make a birdfeeder using a pinecone and seeds. Then to keep the birds safe the kids will make colourful window clings. Sign-up today!

**3-7 yrs** **Alyse Graham**  
**275954** **\$13/1 sess**  
**Apr 25** **Sa** **10:00 am-11:00 am**

### Kids Crafts - Mother's Day Present

NEW

Have your child celebrate their Mom the best way possible, with a handmade gift. Kids will have fun making beeswax food wraps, which are an alternative to non-recyclable plastic wrap.

**8-12 yrs** **Alyse Graham**  
**275957** **\$15/1 sess**  
**May 9** **Sa** **10:00 am-12:00 pm**

### Kids Crafts - Stuffie Making

NEW

Using fabric, buttons, thread, fill and imaginations to make a new stuffie friend. Kids will be able to get creative while having fun. All materials will be supplied. Please bring your ideas.

**8-12 yrs** **Alyse Graham**  
**275962** **\$15/1 sess**  
**Jun 20** **Sa** **10:00 am-12:00 pm**

## Performing Arts



### 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**  
**269272 \$110/10 sess**  
**Apr 16-Jun 18 Th 5:15 pm-6:00 pm**

### Junior Hip Hop

Want to learn how to move 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. Dancers enrolled in this program will be invited to perform with VPS in December. No class May 16 and Jun 6.

**5-7 yrs Vancouver Performing Stars**  
**269273 \$88/8 sess**  
**Apr 18-Jun 20 Sa 11:00 am-11:45 am**

### 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**  
**269417 \$80/10 sess**  
**Apr 15-Jun 17 W 4:30 pm-5:15 pm**  
**9-12 yrs World Of Fairy Tales**  
**269418 \$80/10 sess**  
**Apr 15-Jun 17 W 5:30 pm-6:15 pm**

### 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!

**6-12 yrs Leah Lee**  
**269275 \$160/10 sess**  
**Apr 15-Jun 17 W 6:00 pm-7:00 pm**

### Locking & Waacking Dance Intro

**NEW**

Students will be introduced to the dance genre of Locking and Waacking, a form of Street Dance. 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!

**10-17 yrs Leah Lee**  
**269288 \$160/10 sess**  
**Apr 15-Jun 17 W 5:00 pm-6:00 pm**

### 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. Current students have scheduling priority. No classes Thursday Apr 9 and May 14. No classes Saturdays Apr 11, May 16 and Jun 6.

**9+ yrs Gina Morel**  
**269379-269384 \$280/10 sess**  
**Apr 2-Jun 18 Th 5:00 pm-8:00 pm**  
**269385-269393 \$252/9 sess**  
**Apr 4-Jun 20 Sa 10:00 am-2:00 pm**

## OAK PARK SPRAY PARK

Opening in June,  
 check back for specific date





## 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.



### Private Violin Lessons

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](http://www.viol.ir).

<b>5+ yrs</b>	<b>Ali Nourbakhsh</b>
269394-272959	\$312/12 sess
Apr 1-Jun 17	W 3:30 pm-8:30 pm
<b>5+ yrs</b>	<b>Ali Nourbakhsh</b>
263413-263422	\$182/7 sess
Jul 8-Aug 19	W 3:30 pm-8:00 pm

### Private 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](http://andreaminden.wordpress.com).

<b>6+ yrs</b>	<b>Andrea Minden</b>
269299 -269304	\$240/10 sess
Apr 15-Jun 17	W 4:30 pm-7:00 pm

### 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>.

<b>5+ yrs</b>	<b>Musical Expressions</b>
269305-269313	\$264/11 sess
Apr 7-Jun 16	Tu 3:30 pm-8:00 pm
263363-263371	\$96/4 sess
Jul 7-Jul 28	Tu 3:30 pm-8:00 pm
272983 -272999	\$96/4 sess
Jul 9-Jul 30	Th 3:30 pm-8:00 pm
263372-263380	\$96/4 sess
Aug 4-Aug 25	Tu 3:30 pm-4:00 pm
272975 -273033	\$96/4 sess
Aug 6-Aug 27	Th 3:30 pm-8:00 pm



### 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.

<b>5 yrs+</b>	<b>Andrea Chang</b>
269331-269337	\$240/10 sess
Apr 14-Jun 16	Tu 3:30 pm-7:00 pm
269338-269344	\$240/10 sess
Apr 17-Jun 19	F 3:30 pm-7:00 pm
*no class May 16/June 6	
269345 -269350	\$192/8 sess
Apr 18-Jun 20	Sa 9:30 am-12:00 pm
<b>5 yrs+</b>	<b>Musical Expressions</b>
269323 -269330	\$264/11 sess
Apr 09-Jun 18	Th 3:30 pm-7:30 pm
<b>5 yrs+</b>	<b>Jinsol Kim</b>
269352-269361	\$264/11 sess
Apr 08-Jun 17	W 3:30 pm-8:30 pm
*no class Apr 13/May 18	
269362-269370	\$216/9 sess
Apr 06-Jun 15	M 4:00 pm-8:30 pm
<b>4+yrs</b>	<b>Jinsol Kim</b>
263388-273043	\$96/4 sess
Jul 08-Jul 29	W 3:30 pm-8:00 pm
273048-273056	\$120/5 sess
Jun 29-Jul 27	M 4:00 pm-8:00 pm
<b>5 yrs+</b>	<b>Roy Sun</b>
269371-269378	\$240/10 sess
Apr 06-Jun 22	M 3:00 pm-7:30 pm
*no class Apr 13 and May 18	
<b>5 yrs+</b>	<b>Roy Sun</b>
263398-263406	\$ 144/6 sess
Jul 6-Aug 17	M 3:00 pm-7:30 pm
*no class August 5	

Please inquire in June about Summer classes.

## Moresports



### ABOUT MORESPORTS

Moresports offers sports and physical activity programs in a fun, low pressure, supportive environment for children; programs are built on play, learning new skills and building confidence. 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

### Multisport Gr. K-1

Freeze tag, basketball, 4-corner soccer & more! Come along to your elementary school gymnasium after school for an hour of active fun with your friends. Multisport focuses on developing your fundamental movement skills, team-building, and having fun. No session May 15.

<b>5-6 yrs</b>	<b>\$40/8 sess</b>
<b>Apr 17-Jun 12</b>	<b>F 3:00pm-4:00pm</b>
<b>David Lloyd George Elementary</b>	
<b>269871</b>	<b>Maxx Caluttung</b>
<b>Sir Wilfred Laurier Elementary</b>	
<b>269872</b>	<b>Tim Ly</b>
<b>J.W. Sexsmith Elementary</b>	
<b>269873</b>	<b>Leeanne Trieu</b>
<b>Dr. Annie B Jamieson</b>	
<b>274277</b>	<b>Claude Mulrain</b>

### Basketball Gr. 2-3

This basketball program will teach you all the basics of the game. From dribbling to free-throws, your fun and friendly coach will teach you some basic basketball skills. No session May 15th.

At Dr. Annie B Jamieson

<b>6-7 yrs</b>	<b>\$40/8 sess</b>
<b>269874</b>	<b>Claude Mulrain</b>
<b>Apr 17-Jun 12</b>	<b>F 4:00pm-5:00pm</b>

### Basketball Gr. 4-7

This basketball program will teach you the fundamentals of the game. From dribbling to free-throws to scrimmages, we are bound to have some fun. No session May 15. At Sir Wilfred Laurier

<b>8-12 yrs</b>	<b>\$40/8 sess</b>
<b>274419</b>	<b>Tim Ly</b>
<b>Apr 17-Jun 12</b>	<b>F 4:00pm-5:00pm</b>

### Volleyball Gr. 4-7

This is an after school volleyball program for intermediates to practice their skills and learn how to work together as a team. From serving, passing to striking, your fun and friendly coach at Moresports Volleyball will teach you some basic volleyball skills. No session May 15. At J.W. Sexsmith

<b>8-12 yrs</b>	<b>\$40/8 sess</b>
<b>269875</b>	<b>Leeanne Trieu</b>
<b>Apr 17-Jun 12</b>	<b>F 4:00pm-5:00pm</b>

### Mini Soccer

A fun, low-pressure, skill-building experience for participants to play with friends and school mates in a supportive soccer environment. No experience necessary! Each session includes practice time and game play. \*Participants will receive a T-shirt for Soccer Jam closer to the end of the season. SOCCER JAM: Saturday, JUNE 13, 2020 (No session May 16th)

<b>Apr 18-Jun 13</b>	<b>Sa</b>	<b>\$40/8 sess</b>
	<b>Gr. K-1</b>	
<b>10:00am-11:00am</b>		<b>269890</b>
	<b>Gr. 2-3</b>	
<b>11:15am-12:15pm</b>		<b>269887</b>
	<b>Gr. 4-7 Boys</b>	
<b>12:30pm-1:30pm</b>		<b>269888</b>
	<b>Gr. 4-7 Girls</b>	
<b>12:30pm-1:30pm</b>		<b>269889</b>

### Dodgeball Gr. 4-7

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 May 15. At David Lloyd George

<b>8-12 yrs</b>	<b>\$40/8 sess</b>
<b>269876</b>	<b>Maxx Caluttung</b>
<b>Apr 17-Jun 12</b>	<b>F 4:00pm-5:00pm</b>



## MORESPORTS SOCCER JAM 2020

**Sat, June 13th, 9am - 3pm**  
**Venue: Trillium Park**

600 National Ave, Vancouver  
(Game times vary according to age groups)  
The event brings children and youth from across the City of Vancouver for a day of games and fun! We are expecting over 1,000 participants this year, from all of our mini soccer programs across the city.

To avoid disappointment, register early and bring a friend along!

Register Early!

## Physical Recreation

### 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 May 1, 15, Jun 5.

**13-18 yrs** Lovelle Castro  
**274262** \$70/7 sess  
**Apr 17-Jun 19** F **5:45pm-7:00pm**



### Youth Fitness

Join Mike our fitness centre staff stay motivated! Drop-in and get set-up 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  
**\$4.27/drop-in**  
**\$32.98/month pass**  
**Apr 7-Jun 30** Tu **5:00pm-9:00pm**

### Playground Fun

Join us at the field house and participate in fun childhood games, crafts and a variety of activities! Bring all your friends.

**275805** Youth Volunteers  
**All ages** Free  
**Jul 8-Aug26** W **11:00am-1:00pm**

### Youth Drop-in Sports (13-18 yrs)

<i>Youth Open Gym</i>	<i>Youth Drop-in Basketball</i>	<i>Youth Drop-in Badminton</i>
	<b>FREE</b>	
Wednesdays 3:30pm-5:45pm Summer 4:00pm-5:45pm	Fridays 3:15pm-4:30pm No sess Jun 5 Summer 3:15pm-5:00pm	Fridays 4:30pm-5:30pm No sess Jun 5 Spring Only

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

### Stand-Up Paddle Boarding

Don't miss out on this amazing opportunity to learn how to stand-up paddle board (SUP) down in Jericho Beach. Lesson will include paddling techniques and tips, water safety, and achieve good balance.

**276035** Instructor  
**13-18 yrs** \$55/1 sess  
**Jul 23** Th **9:30am-2:30pm**



## Moresports Spring Break

### Leadership Development Series

**March 14-28 FREE**

Workshops offered:

- \*HIGH FIVE: Principles of Healthy Child Development, Strengthening Children's Mental Healthy
  - \*NCCP: Teaching & Learning Mentorship
  - \*Canucks Autism Network: Making Positive Environments in Recreation
  - \*Group Management Skills
  - \*Emergency First Aid: CPR C/AED
  - \*Money Talks: Financial Literacy
  - \*Young Workers: Alive after 5
  - \*Food Safe Level 1
  - \*Daycamp Readiness
  - \*PB Access and Inclusion Training
- Youth interested can connect with dilpreet.parmar@vancouver.ca or the Moresports Coordinator cynthia.lee@moresports.org. For workshop details visit the Website: <https://moresports.org/programs/>

## Leadership

### Summer Daycamp Youth Volunteer Orientation

This training is mandatory for youth wanting to volunteer in our Marpole-Oakridge Day Camps. This training provides hands-on experience, enhances your skills in problem solving, conflict resolution, and learn activities & games.

**13-18 yrs** **Daycamp Leader**  
**269886** **FREE**  
**Jun 18** **Th 3:30 pm-5:00 pm**

### 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. After completing this orientation youth can begin to volunteer at MO.

**13-18 yrs** **Youth Council**  
**269882** **FREE**  
**Apr 4** **Sa 1:00 pm-3:00 pm**



### Marpole Day Volunteers

The Marpole Day Community Festival is slowly creeping up and we are looking for LOTS... of volunteers to help with set-up, rides, carnival games/activities, concession, take-down, and much much more! All volunteers must attend our Marpole Day Volunteer Orientation on Tuesday, June 2nd from 4:00-5:00pm in the club room.

**269884** **All Day shift**  
**Jun 6** **Sa 9:00 am-5:00 pm**  
**269885** **Morning Shift**  
**Jun 6** **Sa 9:00 am-1:00 pm**  
**269883** **After-noon Shift**  
**Jun 6** **Sa 1:00 pm-5:00 pm**



### Volunteer Opportunities

Interested in volunteering at Marpole-Oakridge? These are the steps you need to take:

- Complete a youth volunteer application form
- Sign up for a free mandatory orientation
- **Volunteer Opportunities**
- **Youth Room Supervisor**
- **Administrative Assistant**
- **Program Volunteer**
- **Gym Supervisor**
- **Special Events**
- **Moresports**
- **Snack Bar**
- **Day Camps**
- **Youth Council**

For more information contact Anntuaneth at 604-718-5879.

### VYW VANCOUVER YOUTH WEEK 2020

Youth Week is an internationally celebrated event to promote awareness of youth, increase positive public profile of youth and build stronger connections between youth and the community.

During Youth Week, young people around the world organize and participate in events, performances, forums and community projects.



Community Small Grants are available for youth to get creative with celebrating Youth Week. Have a fun idea to celebrate Youth Week in Vancouver? E-mail youthweek@vancouver.ca to get connected with your local Youth Worker, learn how to apply for a grant and bring your idea to life!

Vancouver Youth Awards Dinner will be held on Friday, May 8th from 5:30-8:30pm at Killarney Community Centre.



Vancouver is recognizing outstanding youth and community centre youth groups who make a difference in communities across the city! Talk to your Youth Worker or contact youthweek@vancouver.ca to find out more.

Basketball Events at Roundhouse CC Saturday, May 2

**JR Boys (Gr 8/9) 3 v 3**  
 10:00am - 1:00pm  
**SR Boys (Gr 10-12) 3 v 3**  
 1:00pm - 4:00pm

Girls' game details to be announced. Food, ball and prizes! Contact Sally.Chan@vancouver.ca to register your team for FREE!



Skateboard Event and Demos will be held on Saturday, May 9 from 1 to 4pm at the Downtown Skate Plaza. All skill levels welcome. Helmets mandatory. Contact youthweek@vancouver.ca for a waiver form. This event is in partnership with the Vancouver Skateboard Coalition.



Events are sponsored by the Vancouver Board of Parks and Recreation and Individual Community Centre Associations

### Club Room Youth Drop-in

**After School M to F 3:00-6:00pm**

Hang out with your friends and play pool, table tennis, video games, cards, board games & more! Bring your go card or one card to sign out equipment.



## Pre-Teen Social Recreation & Leadership

### Youth Summer Leadership Camp

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/guest speakers and volunteer work. Bring your friends and a sense of adventure!

<b>11-14 yrs</b>	<b>Youth Leader</b>
<b>\$100/4 sess</b>	<b>\$125/5 sess</b>
<b>All sessions</b>	<b>10:00am-4:00pm</b>
<b>Week 1</b>	<b>Leadership</b>
<b>263485</b>	<b>Jul 6-Jul 10 M-F</b>
<b>Week 2</b>	<b>Health &amp; Safety</b>
<b>263486</b>	<b>Jul 13-Jul 17 M-F</b>
<b>Week 3</b>	<b>Sustainability</b>
<b>263487</b>	<b>Jul 20-Jul 24 M-F</b>
<b>Week 4</b>	<b>Mental Health &amp; Wellness</b>
<b>263488</b>	<b>Jul 27-Jul 31 M-F</b>
<b>Week 5</b>	<b>Diversity</b>
<b>263489</b>	<b>Aug 4-Aug 7 Tu-F</b>
<b>Week 6</b>	<b>Healthy Relationships</b>
<b>263490</b>	<b>Aug 10-Aug 14 M-F</b>
<b>Week 7</b>	<b>Social Justice</b>
<b>263491</b>	<b>Aug 17-Aug 21 M-F</b>
<b>Week 8</b>	<b>Life Skills</b>
<b>263492</b>	<b>Aug 24-Aug 28 M-F</b>

### Safer Space NEW

Safer Space is a series of interactive workshops, designed specifically for youth to better understand how to stay safe when using apps and social media. We focus on using real life examples we walk through online exploitation in a familiar and accessible way for our participants.

<b>275778</b>	<b>Children of the Streets</b>
<b>10-14 yrs</b>	<b>Free</b>
<b>May 15</b>	<b>F 1:00pm - 2:00pm</b>

To avoid disappointment, register early and bring a friend along!

**Register Early!**

### 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 preteens. Meetings will be in the MO club room.

<b>11-13 yrs</b>	<b>Anntuaneth Figueroa</b>
<b>269868</b>	<b>FREE</b>
<b>Apr 7-May 26</b>	<b>Tu 3:30 pm-4:30 pm</b>

### MO Youth Council

Marpole-Oakridge, is looking for youth who are interested in sharing ideas, opinions, and thoughts about things that happen in their community. The MOYC takes initiative to plan, organize, and implement special events, fundraisers and activities for other youth and families in our community. Look at what we have planned for the next few months:

- Earth Day
- Easter Egg Hunt
- Youth Week
- Marpole Day

Youth must commit for the school year and are expected to volunteer at the Youth Councils special events.

<b>13-18 yrs</b>	<b>Youth Council</b>
<b>269869</b>	<b>FREE</b>
<b>Apr 1-Jun 10</b>	<b>W 4:00 pm-5:30 pm</b>

### Fun After School Snacks NEW

Let's get creative and make food crafts, you will love making some of these fun animal snacks. We want to provide you with some fun ideas to get you started in eating healthy foods that you may not typically pick out!

<b>9-12 yrs</b>	<b>Youth Leader</b>
<b>269866</b>	<b>\$40/8 sess</b>
<b>Apr 9-May 28</b>	<b>Th 4:00 pm-5:30 pm</b>

### Pre-Teen M-Power

Meet other pre-teens from the community and take part in activities that will teach you how to build confidence, friendships, independence, and life skills through activities and games. Snacks will be provide! Program is off-site at the Marpole Neighbourhood House 8585 Hudson Street.

<b>8-12 yrs</b>	<b>Maxx Caluttung</b>
<b>271152</b>	<b>FREE</b>
<b>Apr 2-May 28</b>	<b>Th 3:15 pm-5:00 pm</b>



## PRE-TEEN CLUB

9-12 years

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.

<b>Apr 3</b>	<b>Sock Bunny</b>
<b>Apr 17</b>	<b>Macaroni &amp; Cheese</b>
<b>Apr 24</b>	<b>Minute to Win it</b>
<b>May 1</b>	<b>Inspirational Stones</b>
<b>May 8</b>	<b>Mother's Day Craft</b>
<b>May 15</b>	<b>Pancakes</b>
<b>May 22</b>	<b>Ultimate</b>
<b>May 29</b>	<b>Side Walk Chalk</b>
<b>June 5</b>	<b>Ice Cream in a Bag</b>
<b>June 12</b>	<b>Photo Scavenger Hunt (bring a camera)</b>
<b>June 19</b>	<b>Sponge Bombs &amp; Water Fight (bring extra clothes)</b>

<b>9-12 yrs</b>	<b>Youth Leader</b>
<b>269877</b>	<b>\$2/drop-in</b>
<b>Apr 3-Jun 19</b>	<b>F 4:15 pm-5:30 pm</b>

## Dance



### Line Dance with Karen

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
269280	\$52.38/11 sess
Apr 14-Jun 23	Tu 1:00 pm-2:30 pm
269282	\$52.38/11 sess
Apr 15-Jun 24	W 1:00 pm-2:30 pm
269281	\$52.38/11 sess
Apr 16-Jun 25	Th 1:00 pm-2:30 pm
269283	\$52.38/11 sess
Apr 17-Jun 26	F 1:00 pm-2:30 pm
19+ yrs	Karen Tsai
263351	\$33.33/7 sess
Jul 07-Aug 18	Tu 1:00 pm-2:30 pm
263354	\$38.10/8 sess
Jul 8-Aug 26	W 1:00 pm-2:30 pm
263352	\$42.86/9 sess
Jul 02-Aug 27	Th 1:00 pm-2:30 pm
263355	\$42.86/9 sess
Jul 3-Aug 28	F 1:00 pm-2:30 pm

### 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 May 18. Drop-in available \$5.00 + GST

19+ yrs	Vivian Lau
269276	\$36/9 sess
Apr 20-Jun 22	M 2:30 pm-4:00 pm
19+ yrs	Vivian Lau
275672	\$28/7 sess
Jul 6-Aug 24	M 2:30 pm-4:00 pm

### Line Dance Plus 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 Apr 9, Apr 13 and May 18. Drop-in \$6.19 + tax

19+ yrs	Ember Schira
269277	\$49.29/9 sess
Apr 6-Jun 15	M 7:00 pm -8:30 pm
19+ yrs	Ember Schira
269279	\$60.23/11 sess
Apr 2-Jun 18	Th 7:00 pm-8:30 pm
19+ yrs	Ember Schira
263350	\$32.26/6 sess
Jul 13-Aug 24	M 7:00 pm -8:30 pm
19+ yrs	Ember Schira
263353	38.36/7 sess
Jul 16-Aug 27	Th 7:00 pm-8:30 pm



### 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. No classes Apr 13 and May 18. Drop-in \$1.90.

19+ yrs	Aki Kakiuch
269416	\$16.70/10 sess
Apr 6-Jun 22	M 1:00 pm-3:00 pm
19+ yrs	Tina Chen
269415	\$20.04/12 sess
Apr 9-Jun 25	Th 12:30 pm-3:00 pm
19+ yrs	Aki Kakiuch
263439	\$13.36/8 sess
Jul 8 -Aug 26	W 1:00 pm-3:00 pm
19+ yrs	Tina Chen
263440	\$13.36/8 sess
Jul 9- Aug 27	Th 12:30 pm-3:00 pm



### 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 \$7.50 + tax. No class Apr 14.

19+ yrs	Chun (Margaret) Pan
269245	\$65/10 sess
Apr 7-Jun 16	Tu 6:00 pm-7:30 pm
19+ yrs	Chun (Margaret) Pan
263312	\$52/8 sess
Jul 7-Aug 25	Tu 6:00 pm-7:30 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](mailto:marpolecc@vancouver.ca)

## Health & Fitness/Yoga

### Gentle Yoga and 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.

<b>19+ yrs</b>	<b>Janet Ward</b>
<b>269257</b>	<b>\$114.29/10 sess</b>
<b>Apr 15-Jun 17</b>	<b>W 9:15 am-10:15 am</b>

### 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 classes Apr 4, May 16 and Jun 6.

<b>19+ yrs</b>	<b>Grant Richards</b>
<b>269271</b>	<b>\$119/11 sess</b>
<b>Mar 21-Jun 20</b>	<b>Sa 9:30 am-11:00 am</b>



### 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.

<b>19+ yrs</b>	<b>Emily Chan</b>
<b>265700</b>	<b>\$132/11 sess</b>
<b>Apr 15-Jun 24</b>	<b>W 5:00pm-6:00pm</b>
<b>19+ yrs</b>	<b>Emily Chan</b>
<b>265701</b>	<b>\$48/4 sess</b>
<b>Jul 15-Aug 5</b>	<b>W 5:00pm-6:00pm</b>

### Spine and Core Fit

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 sess Apr 21. Drop-in \$13 + tax.

<b>19yrs +</b>	<b>Alannah Lori</b>
<b>275539</b>	<b>\$88/8 sess</b>
<b>Apr 14-Jun 9</b>	<b>Tu 9:15am-10:15am</b>

### Bellyfit

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.

<b>19yrs +</b>	<b>Alannah Lori</b>
<b>275541</b>	<b>\$88/8 sess</b>
<b>Apr 15-Jun 3</b>	<b>W 9:15am-10:15am</b>

## 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

<b>19+ yrs</b>	<b>Hiro Inoue</b>
<b>269266</b>	<b>\$95.20/10 sess</b>
<b>Apr 17-Jun 19</b>	<b>F 5:45 pm-7:15 pm</b>
<b>19+ yrs</b>	<b>Hiro Inoue</b>
<b>263343</b>	<b>\$66.64/7 sess</b>
<b>Jul 9-Aug 20</b>	<b>Th 5:45 pm-7:15 pm</b>

### Tai Chi Learn & Practice

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

<b>19+ yrs</b>	<b>Jack Fong</b>
<b>269430</b>	<b>\$15/12 sess</b>
<b>Apr 7-Jun 23</b>	<b>Tu 10:00 am-11:30 am</b>
<b>19+ yrs</b>	<b>King Li</b>
<b>269431</b>	<b>\$12/12 sess</b>
<b>Apr 3-Jun 26</b>	<b>F 10:30 am-11:30 am</b>
<b>19+ yrs</b>	<b>Jack Fong</b>
<b>263473</b>	<b>\$10/8 sess</b>
<b>Jul 7-Sep 01</b>	<b>Tu 10:00 am-11:30 am</b>
<b>19+ yrs</b>	<b>King Li</b>
<b>263474</b>	<b>\$9/9 sess</b>
<b>Jul 3-Aug 28</b>	<b>F 10:30 am-11:30 am</b>



## Workshop

### 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!

<b>19 yrs+</b>	<b>NEPP Volunteer</b>
<b>263359</b>	<b>FREE</b>
<b>Apr 25</b>	<b>Sa 1:00pm-2:30pm</b>

### NEPP Earthquake Preparedness - Pets

In Vancouver, we know we could be affected by an earthquake. The key to preparedness is ensuring you are prepared. But what about our pets? We saw in Hurricane Katrina that people refused to evacuate if they could not take their pets with them. Learn what you can do to ensure both you and your pets are prepared for any type of emergency or disaster you may be faced with.

<b>19+ yrs</b>	<b>NEPP Volunteer</b>
<b>269290</b>	<b>FREE</b>
<b>Jul 21</b>	<b>Tu 7:00pm-8:30pm</b>

### Hearing Screening

FREE ADULT HEARING SCREENING  
Many people don't realize they have hearing loss. If you're not sure or people close to you have said you might, come and have your hearing tested. Dr. Vavrovicova, an Audiologist from NexGen Hearing, is providing free hearing screenings for adults.

<b>19+ yrs</b>	<b>NexGen Hearing</b>
<b>275545-275552</b>	<b>FREE</b>
<b>Apr 28</b>	<b>Tu 3:00pm-5:00pm</b>



### Macrame Plant Hanger Workshop

**NEW**

In this workshop, Siri from Twists & Turns Studio will guide you through making your very own macrame plant hanger piece. You will work with cotton rope to learn a variety of basic knots and patterns to create something unique and special. Cotton rope, copper accent pieces, plant and pot included. No experience necessary!

<b>19+ yrs</b>	
<b>275651</b>	<b>\$71.43/1 sess</b>
<b>Apr 22</b>	<b>W 6:30 pm-9:00 pm</b>

### Learn about Microgreens

**NEW**

Microgreens are tasty and nutritious greens that can be eaten as a fresh snack or added to salads, smoothies, soups and more. Learn about the positive power of plants in this workshop.

<b>19+ yrs</b>	<b>Ivy Cheng</b>
<b>276031</b>	<b>\$15/1 sess</b>
<b>May 2</b>	<b>Sa 10:30 am-11:30 am</b>

### Foundations of Investing

**NEW**

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

<b>19 + yrs</b>	<b>Andrew Thiessen</b>
<b>275300</b>	<b>FREE</b>
<b>May 27</b>	<b>W 7:00 pm-8:00 pm</b>

## 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 May 18 and Aug 5.

<b>19+ yrs</b>	<b>Howard Hendin</b>
<b>269249</b>	<b>\$1.90/season</b>
<b>Apr 20-Jun 22</b>	<b>M 6:30 pm-8:30 pm</b>
<b>19+ yrs</b>	<b>Farah Aghgasi</b>
<b>269250</b>	<b>\$1.90/season</b>
<b>Apr 17-Jun 19</b>	<b>F 2:30 pm-4:30 pm</b>
<b>19+ yrs</b>	<b>Howard Hendin</b>
<b>263329</b>	<b>\$1.90/season</b>
<b>Jul 06-Aug 24</b>	<b>M 6:30 pm-8:30 pm</b>
<b>19+ yrs</b>	<b>Farah Aghgasi</b>
<b>263330</b>	<b>\$1.90/season</b>
<b>Jul 17-Aug 28</b>	<b>F 2:30 pm-4:30 pm</b>

### 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.

<b>19+ yrs</b>	<b>Dominic Ponce</b>
<b>269251</b>	<b>\$47.62/9 sess</b>
<b>Apr 16-Jun 11</b>	<b>Th 6:30 pm-8:00 pm</b>
<b>19+ yrs</b>	<b>Dominic Ponce</b>
<b>263331</b>	<b>\$33.32/7 sess</b>
<b>Jul 8-Aug 19</b>	<b>W 6:30 pm-8:00 pm</b>



To avoid disappointment, register early and bring a friend along!

Register Early!



## Creative Arts

### Making Comics

**NEW**

Interested in comics and graphic novels? Ever thought of making your own? Come and learn the art of storytelling through comics! All artistic skill levels are welcome. We'll cover character design, storytelling techniques, colours, backgrounds, planning, pitching, and more. Bring your ongoing project or start a brand new one.

**19 yrs+** **Stephanie Broder**  
**272916** **\$160/4 sess**  
**Apr 15-May 5** **Tu** **5:15pm-6:45pm**



### Linocut Printing

**NEW**

Interested in comics and graphic novels? Ever thought of making your own? Come and learn the art of storytelling through comics! All artistic skill levels are welcome. We'll cover character design, storytelling techniques, colours, backgrounds, planning, pitching, and more. Bring your ongoing project or start a brand new one.

**19 yrs+** **Stephanie Broder**  
**272902** **\$210/4 sess**  
**Apr 18-May 9** **Sa** **1:00pm-2:30pm**



### 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**  
**265696** **\$72/6 sess**  
**Apr 15-May 20** **W** **9:30 am-11:30 am**

**19 yrs+** **Philip Tsang**  
**265697** **\$72/6 sess**  
**Jul 15-Aug 19** **W** **9:30 am-11:30 am**

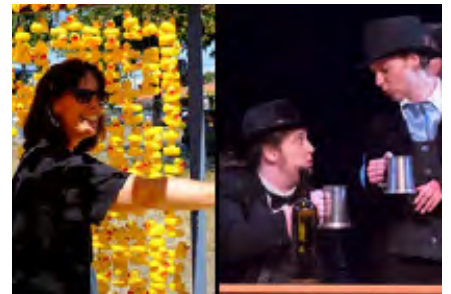


### Drawing for Beginners

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

**19 yrs+** **Philip Tsang**  
**265698** **\$72/6 sess**  
**Apr 16-May 21** **Th** **9:30 am-11:30 am**

**19 yrs+** **Philip Tsang**  
**265699** **\$72/6 sess**  
**Jul 14-Aug 18** **Tu** **9:30 am-11:30 am**



## 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.

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

## Social Recreation

### Crafty Tuesday

Come join us every 2nd Tuesday of the month to make unique and creative crafts! All materials included. Registration closes 48 hours prior to program start date, to ensure enough supplies.

50+ yrs	MO Volunteer
<b>Decorate Flower Pots</b>	
265599	\$4.76/1 sess
Apr 14	Tu 1:00pm-3:00pm
<b>Macrame Hanger</b>	
265600	\$4.76/1 sess
May 12	Tu 1:00pm-3:00pm
<b>Collage with Magazines</b>	
265601	\$4.76/1 sess
Jun 9	Tu 1:00pm-3:00pm
<b>Shell Art on Canvas</b>	
265602	\$4.76/1 sess
Jul 14	Tu 1:00pm-3:00pm
<b>Beads</b>	
265603	\$4.76/1 sess
Aug 11	Tu 1:00pm-3:00pm

### 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
265610	\$1.90/13 sess
Apr 7-Jun 30	Tu 1:00 pm-3:00 pm
265612	\$1.90/13 sess
Apr 2-Jun 25	Th 10:00 am-12:00 pm
50+ yrs	MO Volunteer
265611	\$1.90/8 sess
Jul 7-Aug 25	Tu 1:00 pm-3:00 pm
265613	\$1.90/9 sess
Jul 2-Aug 27	Th 10:00 am-12:00 pm



### Luncheons

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.

50+ yrs	Register by Apr 17
265604	\$4.76/1 sess
Apr 21	Tu 12:00pm-3:00pm
50+ yrs	Register by Jun 26
265605	\$4.76/1 sess
Jun 30	Tu 12:00pm-3:00pm
50+ yrs	Register by Aug 21
265606	\$4.76/1 sess
Aug 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. No session Apr 10.

50+ yrs	Loritz Lo
265704	\$1.90/13 sess
Apr 3-Jun 26	F 10:00am-12:00pm
50+ yrs	Loritz Lo
265705	\$1.90/9 sess
Jul 10-Aug 28	F 10:00am-12:00pm

### Adventures on Transit

Adventures on Transit Explore the Greater Vancouver Area using the Public Transit system. Bring or buy lunch and bring your compass pass/bus fare. Activity Level: Moderate unless otherwise noted. Not suitable for wheelchairs.

#### Ladner Village

50+ yrs	Reg by May 15
272950	Cost of Bus Fare
May 20	9:30am-3:00pm

#### CBC Tour

50+ yrs	Register by Jun 12
272951	Cost of Bus Fare
Jun 17	9:30am-3:00pm



## Social Recreation

### 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](mailto:publications@success.bc.ca) for more information. Drop-in only.

<b>19 yrs+</b>	<b>SUCCESS Volunteer</b>
<b>265702</b>	<b>\$6.67/Drop-in</b>
<b>Apr 9-Jun 25</b>	<b>Th 10:15 am-12:15 pm</b>
<b>19 yrs+</b>	<b>SUCCESS Volunteer</b>
<b>265703</b>	<b>\$6.67/Drop-in</b>
<b>Jul 2-Aug 27</b>	<b>Th 10:15 am-12:15 pm</b>

### 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.

<b>50 yrs+</b>	<b>Wai Sin</b>
<b>265639</b>	<b>\$8.35/5 sess</b>
<b>Apr 6-May 11</b>	<b>M 9:45 am-12:45 pm</b>
<b>265640</b>	<b>\$10.02/6 sess</b>
<b>May 25-Jun 29</b>	<b>M 9:45 am-12:45 pm</b>
<b>265641</b>	<b>\$11.69/7 sess</b>
<b>Apr 1-May 13</b>	<b>W 12:30 pm-3:30 pm</b>
<b>265642</b>	<b>\$10.02/6 sess</b>
<b>May 20-Jun 24</b>	<b>W 12:30 pm-3:30 pm</b>
<b>265643</b>	<b>\$11.69/7 sess</b>
<b>Apr 2-May 14</b>	<b>Th 12:30 pm-3:30 pm</b>
<b>265644</b>	<b>\$10.02/6 sess</b>
<b>May 21-Jun 25</b>	<b>Th 12:30 pm-3:30 pm</b>
<b>265645</b>	<b>\$13.36/8 sess</b>
<b>50 yrs+</b>	<b>Wai Sin</b>
<b>Jul 6-Aug 31</b>	<b>M 9:45 am-12:45 pm</b>
<b>265646</b>	<b>\$13.36/8 sess</b>
<b>Jul 8-Aug 26</b>	<b>W 12:30 pm-3:30 pm</b>
<b>265647</b>	<b>\$13.36/8 sess</b>
<b>Jul 9-Aug 27</b>	<b>Th 12:30 pm-3:30 pm</b>



### 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. Registration for this course begins May 1, 2020 at 9am.

<b>50 yrs+</b>	<b>Victor Lau</b>
<b>265690</b>	<b>\$1.90/8 sess</b>
<b>May 7-Jun 25</b>	<b>Th 9:30 am-11:30 am</b>
<b>50 yrs+</b>	<b>Victor Lau</b>
<b>265692</b>	<b>\$1.90/9 sess</b>
<b>Jul 2-Aug 27</b>	<b>Th 9:30 am-11:30 am</b>

### 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. Registration for this course begins May 1, 2020 at 9am.

<b>50 yrs+</b>	<b>Victor Lau</b>
<b>265689</b>	<b>\$1.90/9 sess</b>
<b>May 5-Jun 30</b>	<b>Tu 1:30pm-3:30 pm</b>
<b>50 yrs+</b>	<b>Victor Lau</b>
<b>265691</b>	<b>\$1.90/8 sess</b>
<b>Jul 7-Aug 25</b>	<b>Tu 1:30 pm-3:30 pm</b>

## Workshop



### Gardening In Containers NEW

Live in an apartment or condo and don't have your own personal backyard to garden in? Come to this workshop to learn about the different plants that you can grow in containers for your balcony or indoor space.

<b>50 yrs+</b>	<b>Victor Lau</b>
<b>265607</b>	<b>FREE</b>
<b>Apr 23</b>	<b>Th 10:00 am-12:00 pm</b>

### Frauds and Scams NEW

We investigate the ways in which fraudsters take in people in order to rob them of their money and possessions. Seniors are frequent victims, and need to be aware of how to protect themselves.

<b>50 yrs+</b>	<b>Victor Lau</b>
<b>265609</b>	<b>FREE</b>
<b>Jun 25</b>	<b>Th 10:00 am-12:00 pm</b>

### How to Buy a Computer, Tablet, Laptop NEW

Learn about the different types of laptops, computers, or projectors including their features, the different kinds of benefits they have, the different plans offered, and the subscription options.

<b>50 yrs+</b>	<b>Victor Lau</b>
<b>265608</b>	<b>FREE</b>
<b>May 28</b>	<b>Th 10:00 am-12:00 pm</b>

**Register Early!**

To avoid disappointment, register early and bring a friend along!

## Health and Wellness

### 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. No session Apr 13, May 18.

<b>50+ yrs</b>	<b>Bonnie/Brenda</b>
<b>Apr 3-Jun 30</b>	<b>M/W/F 10:30am-11:25am</b>
<b>50+ yrs</b>	<b>Bonnie/Brenda</b>
<b>Jul 3-Sep 4</b>	<b>M/W/F 10:30am-11:25am</b>

### 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. Drop-in \$3.10 + tax if space permits.

<b>50+ yrs</b>	<b>MO Volunteer</b>
<b>269297</b>	<b>\$27.28/11 sess</b>
<b>Apr 6-Jun 29</b>	<b>M 1:40pm-3:20pm</b>
<b>50+ yrs</b>	<b>MO Volunteer</b>
<b>263362</b>	<b>\$19.84/8 sess</b>
<b>Jul 7-Aug 25</b>	<b>Tu 1:40pm-3:20pm</b>

### Yogafit

Yogafit is a fitness-based yoga based on the principles of hatha yoga. It blends balance, strength, flexibility and power in a fitness format. Yogafit is designed to improve the health, performance and mental activity of athletes or individuals interested in improving their level of fitness. The poses will allow the older adults to increase muscular strength, endurance, flexibility, lung capacity and overall wellness. Drop-in \$11.50 + tax.

<b>50+ yrs</b>	<b>Emily O Chan</b>
<b>272923</b>	<b>\$100/10 sess</b>
<b>Apr 17-Jun 19</b>	<b>F 4:00pm-5:00pm</b>

### Gentle Yoga & Meditation

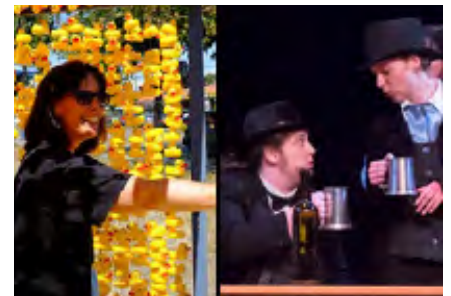
Together we will enjoy the gentle stretches of Hatha Yoga, breath work to cleanse and balance and then, before long deep relaxation, we'll explore a new form of meditation each week. By sessions end, you'll know so much more about yourself, body, mind and spirit. Drop-in \$15.24.

<b>19+ yrs</b>	<b>Janet Ward</b>
<b>269257</b>	<b>\$114.29/10 sess</b>
<b>Apr 15-Jun 17</b>	<b>W 9:15 am-10:15 am</b>

### 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.

<b>50+ yrs</b>	<b>MO Volunteer</b>
<b>269414</b>	<b>\$2.43/drop-in</b>
<b>Apr 3-Jun 26</b>	<b>F 11:40am-1:40pm</b>
<b>50+ yrs</b>	<b>MO Volunteer</b>
<b>263438</b>	<b>\$2.43/drop-in</b>
<b>Jul 3-Sep 4</b>	<b>F 11:40am-1:40pm</b>



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## Group Fitness Schedule: Apr 1-Sept 4, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Apr 6-Jun 29</b> No session Apr 13, May 18 <b>Jul 8-Aug 31</b> No session Aug 3	<b>Apr 7-Jun 30</b> <b>Jul 7-Sep 1</b>	<b>Apr 1-Jun 24</b> <b>Jul 8-Sep 2</b>	<b>Apr 2-Jun 25</b> <b>Jul 2-Sep 3</b>	<b>Apr 3-Jun 26</b> No session Apr 10 <b>Jul 3-Sep 4</b>	<b>Apr 11-Jun 27</b> No session Jun 6
<b>Step Combo</b> Rocío 9:30am-10:25am	<b>Zumba</b> Marina 9:30am-10:25am	<b>Step Combo</b> Bonnie 9:30am-10:25am	<b>Zumba</b> Silva 9:30am-10:25am	<b>Body Blast</b> Natalia 9:30am-10:25am	<b>Zumba</b> Marina 9:15am-10:10am No summer sessions
<b>Refit</b> Brenda 10:30am-11:25am		<b>Refit</b> Bonnie 10:30am-11:25am		<b>Refit</b> Brenda 10:30am-11:25am	
<b>Total Body Conditioning</b> Bonnie 6:00pm-6:55pm	<b>Total Body Conditioning</b> Don 6:00pm-6:55pm	<b>Zumba</b> Marina 6:00pm-6:55pm	<b>Cardio Core</b> Angela 6:00pm-6:55pm		

**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 cardio kickboxing, muscle strengthening and core conditioning. The program is designed to improve your endurance, coordination, balance and body tone. No session Apr 10.

**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. No session Apr 10, 13 & May 18.

**Step Combo :** A mix of Step and Hi/Lo cardio followed by strength and core training. No session Apr 13, May 18.

**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. No session Feb 18.

**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	\$20.48
1 Month Aerobics Pass	\$49.52	N/A	N/A
Fit Pass	Spring Apr 1-Jun 30 \$142.60 + tax/13 weeks Summer Jul 2-Sep 4 \$109.70/10 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.
- Refit tickets are accepted for Refit only.



# Gym Sports Schedule: Apr 1-Sep 4 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
<b>Apr 6-Jun 29</b> <b>Jul 6-Aug 31</b> No session Apr 13, May 18, Aug 3	<b>Apr 7-Jun 30</b> <b>Jul 7-Sep 1</b>	<b>Apr 1-Jun 24</b> <b>Jul 8-Sep 2</b>	<b>Apr 2-Jun 25</b> <b>Jul 2-Sep 3</b>	<b>Apr 3-Jun 26</b> <b>Jul 3-Sep 4</b> No session Apr 10	<b>Apr 11-Jun 26</b> No session Jun 16 No summer session
<b>Recreational Badminton(19+)</b> 11:40am-1:40pm <b>Drop-in \$4.29</b>		<b>Recreational Badminton(19+)</b> 11:40am-1:40pm <b>Drop-in \$4.29</b>	<b>Recreational Badminton(19+)</b> 10:35am-12:35pm <b>Drop-in \$4.29</b>	<b>Seniors Badminton(50+)</b> 11:40am-1:40pm <b>Drop-in 50+ \$2.43</b> <b>Drop-in 50- \$4.29</b>	<div style="border: 1px solid orange; border-radius: 15px; padding: 10px;"> <b>10x Usage Pass for Adult Daytime Badminton Programs for \$40.95 + tax.</b> </div>
<b>PickleBall(50+)</b> 269297 1:40pm-3:20pm <b>\$27.28/11 sess</b> <b>Drop-in \$3.10</b> Spring Only	<b>PickleBall(50+)</b> 263362 1:40pm-3:20pm <b>\$19.84/8 sess</b> <b>Drop-in \$3.10</b> Summer Only	<b>Indoor Soccer (Adaptive) (19+)</b> 269269 2:00pm-3:15pm (by referral only) <b>Drop-in \$2.91</b> <b>\$27.82/13 sess</b> Spring Only	<b>Beginner Badminton(19+)</b> 12:35pm-1:50pm <b>Drop-in \$3.16</b>	<b>Adult Open Gym Basketball(19+)</b> 1:45pm-3:15pm <b>Drop-in \$2.14</b> No session Jun 5	
	<b>Basketball (Adaptive) (14-25 yrs)</b> 252722 7:00pm-8:15pm <b>\$26.65/13 sess</b> Spring Only	<b>Youth Open Gym (13-18 yrs)</b> Spring 3:30pm-5:45pm Summer 4:00-5:45pm <b>FREE</b>	<b>Women's Intermediate Badminton(19+)</b> 269433 1:50pm-3:50pm <b>\$46.41/13 sess</b> <b>Drop-in \$4.29</b>	<b>Youth Drop-In Basketball (13-18 yrs)</b> 3:15pm-4:30pm <b>FREE</b> No session Jun 5 Summer 3:15pm-5:00pm	<b>Family Badminton(7+)</b> 269252 2:00pm-3:50pm <b>Ad \$31.43/11 sess</b> <b>Yth\$19.90/11 sess</b> <b>Ch \$19.80/11 sess</b> <b>Drop in Ad \$3.39</b> <b>Yth/Ch \$2.55</b>
<b>Recreational Basketball(19+)</b> 269410 7:05pm-9:20pm <b>\$53.46/11 sess</b> <b>Drop-in \$5.38</b> 263430 7:05 pm-8:50pm <b>\$38.88/8 sess</b> <b>Drop-in \$4.66</b>	<b>Adult Open Gym Basketball(50+)</b> 8:20pm-9:20pm <b>Drop-in \$1.43</b> Spring Only	<b>Recreational Intermediate Volleyball(19+)</b> 269411 7:05pm-9:20pm <b>\$63.18/13 sess</b> <b>Drop-in \$5.38</b>	<b>Advanced Doubles Badminton(19+)</b> 269226 7:05pm-9:20pm <b>\$63.18/13 sess</b> <b>Drop-in \$5.38</b> 263290 7:05 pm-8:50 pm <b>\$48.60/10 sess</b> <b>Drop-in \$4.66</b>	<b>Youth Drop-In Badminton (13-18 yrs)</b> 4:30pm-5:45pm <b>FREE</b> Spring Only	

# 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	\$6.22	\$4.35
10 Visit Pass	\$51.32	\$35.92

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.

### 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

Monthly Flexipass		
Pass	Adult	Senior/Youth
1 month	\$48.05	\$33.64
3 month	\$129.74	\$90.82
12 month	\$415.15	\$290.61

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](http://vancouverparks.ca).

## 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	\$429.88	\$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	\$14.79	\$10.35	\$10.56	\$7.39
Single Rate	\$7.40	\$5.18	\$7.40	\$5.18
10-Visit Passes	\$133.11	–	\$95.04	–
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](mailto: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](http://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](http://recreation.vancouver.ca) for room availabilities!

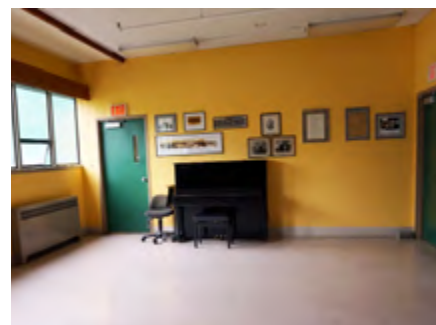
Our rooms are ideal for sports, meetings, workshops, social functions, birthday parties and special occasions. User groups are responsible for room setup and room take down, which will be included in your rental time.

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 <a href="http://www.vancouver.ca">www.vancouver.ca</a> for more information.	

# Facility Rentals

## Upper Lounge



## Club Room



## Gymnasium (Sports Only)



## Community Sponsorship Opportunity

**Marpole Oakridge Community Centre is looking for community sponsors and support for our Marpole Day Festival on Saturday, June 6, 2020!**

Multiple sponsorship levels are available - choose to fund one or more of our popular festival activities, rides or games. Our highest-contributing sponsors receive logo placement on festival posters and banners, as well as recognition on our MOCC Facebook page.

### Interested? Want to know more?

Send an email to [marpolefestival@gmail.com](mailto:marpolefestival@gmail.com) or visit [marpoleoakridge.org/news-events](http://marpoleoakridge.org/news-events) to download our sponsorship package.



**MARPOLE-OAKRIDGE COMMUNITY CENTRE**

Hosted by Marpole-Oakridge Community Association and Vancouver Board of Parks & Recreation  
[www.marpoleoakridge.org](http://www.marpoleoakridge.org)



**Marpole-Oakridge  
Community Centre**

# Spring/Summer 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