

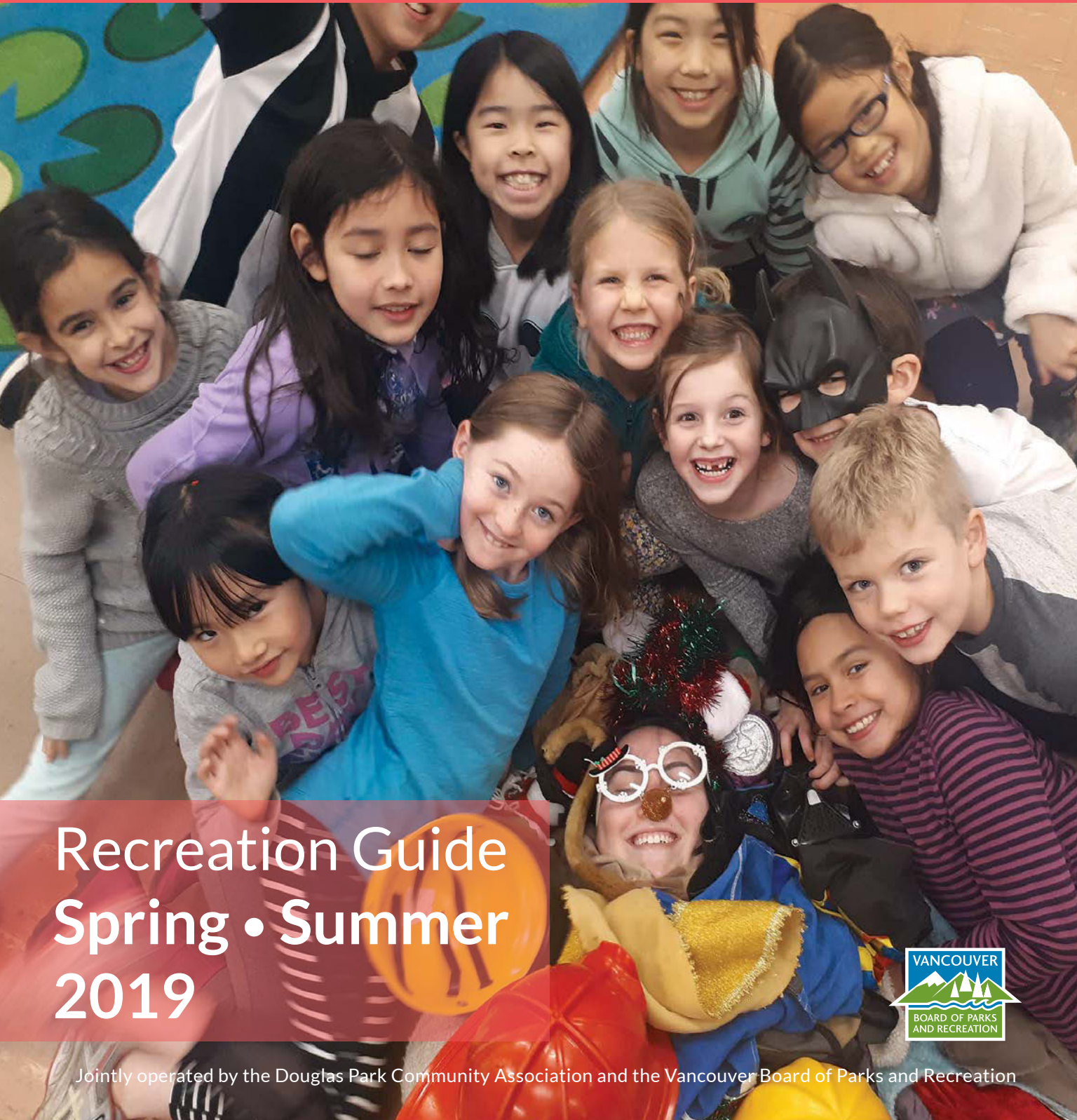


DOUGLAS PARK COMMUNITY CENTRE

801 West 22nd Avenue, Vancouver, BC V5Z 1Z8

Tel: 604-257-8130 (press #1)

www.douglasparkcc.org



Recreation Guide Spring • Summer 2019



Jointly operated by the Douglas Park Community Association and the Vancouver Board of Parks and Recreation

SPECIAL EVENTS



APR

24

EASTER

Eggstravanza

Sunday April 24 10:00am – 12:00pm

Join us for Eggciting activities, indoor egg hunt and the Easter Bunny!
Event held in Gymnasium.

Suitable for children ages 0 to 8 years.

Please pre-register in advance.
\$5/child
202491

Mother's Day POTTERY SALE

Saturday May 4 11:00am – 2:00pm

Stay tuned and don't miss out on this opportunity to buy beautiful and unique gifts for your Mom!

MAY

4

Coming in early May 2019!



Douglas Park Community Day

JUN

22

Saturday
June 22nd
2019
11am-3pm



PRESIDENT'S MESSAGE



Welcome to our first summer with the new playground. With the playground now complete, road hockey will be back this summer and the pool will be re-opened with supervised playground leaders starting July 2nd. Performance in the park begins Thursday, July 4th.

Mark your calendars for: Easter Eggstravaganza, Sunday, April 14th 10am-12pm; Mother's Day Pottery Sale, Saturday, May 4th 11am-2pm; and Community Day, Saturday, June 22nd 11am-3pm.

New programs in spring and summer include: Beyond Storytime (3-5), The Reading Tree for 3's and 4's, Knitting Circle for Kids, Bookbinding, Pottery Camps 6-12yrs, Sportball Parties, Rock "N" Beau Birthday Parties, Yoga for Moms with Toddlers, Acrylic Painting for Beginners, Music History & Appreciation, and Introduction to Songwriting for Teens.

We are broken-hearted at the passing of Lucy Ichikawa on February 16th, 2019. Lucy began at Douglas Park 20 years ago as a volunteer and was an integral part of the team at the centre as a Program Assistant II dedicated to, and passionate about, seniors' programming (Young at Heart and Wednesday Social Club). She is dearly and deeply missed by the staff, seniors, volunteers and community.



Sincerely,
Christine Coleman
DPCA President

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tel: 604-257-8130 (press #1)

fax: 604-257-8532

email: douglasparkcc@vancouver.ca website: www.douglasparkcc.org



provided by TELUS

COMMUNITY CENTRE - SPRING HOURS

Effective April 1-June 30, 2019

| | |
|-------------------|------------------|
| Monday - Thursday | 7:30am - 10:00pm |
| Friday | 7:30am - 9:00pm |
| Saturday | 9:00am - 3:30pm |
| Sunday | 9:00am - 4:00pm |

Office Hours: Centre office closes 1/2 hour before scheduled closing time.

Community Centre Closed: April 19, 20, 21, 22, May 19, May 20 & Jun 30.

Exercise room closes 1/2 hour before scheduled closing time.

COMMUNITY CENTRE - SUMMER HOURS

Effective July 1-August 31, 2019

| | |
|-------------------|-----------------|
| Monday - Thursday | 7:30am - 9:30pm |
| Friday | 7:30am - 8:00pm |
| Saturday | 9:00am - 3:30pm |
| Sunday | Closed |

Office Hours: Centre office closes 1/2 hour before scheduled closing time.

Community Centre Closed: June 30, July 1, August 4 & 5, Sept 1, 2

Exercise room closes 1/2 hour before scheduled closing time.

REGISTRATION INFORMATION See page 42 for details.

Tuesday March 12

ONLINE/PHONE

Registration starts 7:00pm

NEW TIME

(INPERSON starts Wednesday March 13 at 7:30am)

All prices subject to GST where applicable.

WELCOME

Douglas Park Licensed Preschool 2019-2020

Douglas Park Preschool strives to provide high quality, affordable and accessible child care to all children and families. The Douglas Park Preschool classes provide children with an environment that fosters a well-rounded social, learning, experience in a fun and safe space. Our enthusiastic, caring, ECE Licensed Professionals provide a warm, nurturing environment for children to play, learn and grow in. The preschool program follows an Emergent Curriculum philosophy, it is play-based with programming initiated by the children's interests. The program encourages exploration and creativity in a fun, stimulating environment through, art, music, dramatic/creative play and outdoor play. Other skills children will learn through social play within the classroom are math, science, creativity, literacy and language and problem solving. These skills are learned in the block area, at circle time, at free art and free play time.

Contact Rosie, Licensed Child Care Coordinator at 604-257-8134 or rosie.laforges@vancouver.ca for information on Licensed Preschool and School Age Care

2019-2020 Fees and Times



3 Year Olds Morning \$210/mth
Tues/Thurs 9:15am - 11:30am 214907

3/4 Split Afternoon \$255/mth
Mon/Wed/Fri 12:15-2:45pm 214908

4 Year Olds Morning \$305/mth
Mon/Wed/Fri 8:30am - 11:30am 214889



3 Year Olds Morning \$365/mth
Mon - Fri 9:15am - 11:30am 214909

4 Year Olds Afternoon \$420/mth
Mon - Fri 12:15pm - 2:45pm 214910



MAR 14

2019-2020 Preschool Registration

If your child was born 2016 they are eligible for enrollment in the 3 year old program for 2019-20 school year. ONLINE registration for the 3 year old 2019-20 preschool program is on **March 14, 2019 at 9:00am**. The remaining 4 year old* spaces will also be open for enrollment.
*Registrants must have been born in 2015.

MAR 7

Sibling Priority Registration

If you have a child born in 2016 and want to register for the 2019-20 preschool year, we have sibling priority available. Children with a sibling who attended Douglas Park Preschool in previous years are eligible. **Applies only to new 3 year old spaces, not 4 year old spaces!**
Priority Registration: IN PERSON
One Day Only: 8:30am - 12:00 noon Thursday March 7, 2019
Anyone missing this date will register on the general public registration day



Licensed Preschool *Summer Adventures* Daycamp

Each themed week children will engage in art activities, science, and experiments, creative play, water activities and storytelling. Bring a healthy snack (no nuts please) and water bottle. You can choose from either a morning or an afternoon session and each class is 2.5 hrs in duration.

* **Withdraw or Refunds:** notice must be given at least two weeks prior to your child's first day of camp to receive a refund. ** Child must be born 2014, 2015 and 2016.

AM Session: 9:00am - 11:30am
PM Session: 12:15pm-2:45pm
Mon to Fri *except Week 1 & 6

Registration is online at 9am on April 4.

Starting in June 2019, please pick up a registration package from the Front Office.

***Week 1 Underwater** Jul 3 - Jul 5
AM \$100/4 day 220566 PM \$100/4 days 220569

Week5 Imagination Station Jul 29 - Aug 2
AM \$120/5days 220576 PM \$120/5days 220577

Week 2 STEM Jul 8 - Jul 12
(Science, Technology, Engineering, Math)
AM \$120/5days 220570 PM \$120/5days 220571

***Week 6 Animal Adventure** Aug 6 - Aug 9
AM \$100/4 days 220585 PM \$100/4 days 220586

Week 3 Little Chefs Jul 15 - Jul 19
AM \$120/5days 220572 PM \$120/5days 220573

Week 7 Explore Science! Aug 12 - Aug 16
AM \$120/5days 220587 PM \$120/5days 220588

Week 4 Mystery Camp Jul 22 - Jul 26
AM \$120/5days 220574 PM \$120/5days 220575

Week 8 Water Fun! Aug 19 - Aug 23
AM \$120/5days 220589 PM \$120/5days 220590

All prices subject to GST where applicable.

School Age Care 2018-2019

All of our programs are currently full. Please contact the front office or **Rosie at 604-257-8134** to put your child on the ongoing waitlist. Douglas Park strives to offer quality care in an environment that offers children a safe, nurturing place for them to socialize and participate in programmed activities. We only offer care to children attending Emily Carr and Edith Cavell schools. Children are picked up at their school and walked back to the community centre. We only offer fulltime spaces (Mon-Fri)

Current Fees and Times

| | |
|------------------------------------|------------------------------|
| Aftercare Only (Mon-Fri) | \$400/month |
| Aftercare + Morning Care (Mon-Fri) | \$475/month |
| Aftercare 3:00pm - 6:00pm | Morning Care 7:30am - 9:00am |

Kindercare Program (Carr/Cavell) at Douglas Park CC
 Carr After School Care at Emily Carr School
 Cavell After School Care at Edith Cavell School
 Carr-Cavell After School Care at Douglas Park CC
 9-12's Program (Carr/Cavell) at Douglas Park CC

Our fees include scheduled school Professional Day coverage and Early Dismissals. Winter Break Camp, Spring Break Camp, District Closure Camp and Summer Camp are all a separate internal priority registration with an additional cost to the monthly fee



Summer Spectacular Daycamp



Our Douglas Park Summer Spectacular program for children to participate in developmentally appropriate, stimulating activities and out trips. These fun-filled, challenging programs give children a chance to socialize with friends while experiencing many crafts, games, sports, science and adventure activities. All children must have completed Kindergarten in order to be eligible to register in the 5-7 year old program. No exceptions will be made, due to School Age Care Licensing regulations. Proof of age may be required if questionable.

Registration is online at 9am on May 2.

- Born 2012 to 2013: 5-7's Camp (must have completed Kindergarten)
- Born 2011 to 2012: 7-8's Camp
- Born 2007 to 2010 : 9-12's Camp

These spaces are limited and on a first come, first registered basis. If only full day spaces are available when you register, you must pay the full day rates. Please Note: Week 1 and Week 6 are a four-day camp (due to Statutory Holidays).

Short Day \$170 & Extended Day \$195

Please bring a swim suit, towel, hat, sunscreen, lunch, water-bottle and 2 snacks to camp everyday (no nuts please)

For all ages the times and fees are as follows:

| | | |
|--------------|------------------|-------|
| Short Day | 10:00am - 4:00pm | \$195 |
| Extended Day | 8:00am - 5:30pm | \$235 |

| | 5-7's Ext | 5-7's Short | 7-8 Ext | 7-8's Short | 9-12's Ext | 9-12's Short |
|------|-----------|-------------|---------|-------------|------------|--------------|
| Wk 1 | 218822 | 218823 | 220730 | 220731 | 220746 | 220747 |
| Wk 2 | 218825 | 218826 | 220732 | 220733 | 220748 | 220749 |
| Wk 3 | 218828 | 218836 | 220734 | 220735 | 220750 | 220751 |
| Wk 4 | 220701 | 220704 | 220736 | 220737 | 220752 | 220753 |
| Wk 5 | 220712 | 220718 | 220738 | 220739 | 220754 | 220755 |
| Wk 6 | 220721 | 220725 | 220740 | 220741 | 220756 | 220757 |
| Wk 7 | 220726 | 220727 | 220742 | 220743 | 220758 | 220759 |
| Wk 8 | 220728 | 220729 | 220744 | 220745 | 220760 | 220761 |

Camp Activity Schedules will be available at douglasparkcc.org at the beginning of April.

ACTIVITIES SUBJECT TO CHANGES DUE TO SCHEDULING AND WEATHER REFUND POLICY: Minimum 2 weeks written notice from the start day of the week of the camp you are withdrawing from in order to get a refund minus a \$5 admin fee per week, per child. Anything less than 2 weeks notice is non-refundable. Written notice can be emailed to rosie.laforges@vancouver.ca

All prices subject to GST where applicable.

MUSIC

Music Together

0-5 yrs

Katherine Deane

Experience Music Together® learn how to share the joys of music-making and the powerful benefits of having music in your young child's life! Find out how important - and how much fun - your role can be! Our 9 award-winning music collections and research-based curriculum supports parents at home and keeps the music making alive all week! In our mixed age class, each child participates at his or her own level and their natural musicality is nurtured through singing, dancing, listening, watching, and exploring the musical instruments. The whole family is welcome - parents, grandparents, caregivers - for this important family music experience. 45 minutes of pure fun each week! (Parent participation is required. Siblings attend at a reduced tuition rate and children 6 months and under attend free with a registered sibling. \$60 Music Together Licensing fee is non-refundable after the first class.)

| | |
|--------------------|---------------|
| Tu 9:30am-10:15am | Apr 16-Jun 18 |
| \$170/10 sessions | 211770 |
| Tu 10:30am-11:15am | Apr 16-Jun 18 |
| \$170/10 sessions | 211771 |
| Tu 11:30am-12:15pm | Apr 16-Jun 18 |
| \$170/10 sessions | 211772 |

Violin Lessons - Private

5+ yrs

Ali Nourbakhsh

Join as a complete beginner or tune up your violin skills. Students of all levels are welcome! Learn the violin in 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 30 minutes duration.

Call front desk at 604-257-8130 (press 1) to find out lesson availability. No class April 22nd and May 20th.

| | |
|-------------------|--|
| M 3:30pm-7:30pm | Apr 1-Jun 24 |
| \$297/11 sessions | 211894-211896 and 211888-211890 211897-211899 and 211891-211893 |

Spring Piano Recital

**Saturday June 29,
11:00am-1:00pm**

Family and friends are invited to a performing recital featuring our music students.

Student participation in recital is optional and not mandatory for registered students in the Spring session.



Piano Lessons – Private

6+ yrs

Learn piano from a qualified, experienced instructor. The 30 minute private lessons focus on basic understanding of playing the piano in a safe, fun and friendly environment. Lessons are catered according



to the student age and ability. All ages and adult students welcome. Priority preregistration for ongoing students. Due to the popularity of weekday after school time slots, new students please contact Front Office for registration and wait list details. **No class April 22nd and May 20th.**

Kelly Kim

| | |
|---------------------------------------|---------------|
| Th 3:00pm-7:00pm | Apr 5-Jun 28 |
| \$286/13 sessions | 211787-211794 |
| F 3:00pm-6:30pm | Apr 5-Jun 28 |
| \$264/12 sessions (No class April 19) | 211780-211786 |
| F 10:00am-2:00pm | July 12-Aug 2 |
| \$88/4 sessions | 213957-213964 |

Michelle Yeung

| | |
|---|---------------|
| M 3:30pm-6:30pm | Apr 15-Jun 24 |
| \$198/9 sessions (No class April 22, May 20) | 211804-211809 |
| Tu 3:00pm-7:00pm | Apr 16-Jun 25 |
| \$242/11 sessions | 211796-211803 |
| W 3:30pm-7:30pm | Apr 17-Jun 26 |
| \$242/11 sessions | 211810-211817 |
| Sa 9:00am-3:00pm | Apr 13-Jun 22 |
| \$220/10 sessions (No class April 20) | 211818-211829 |
| Su 9:00am-3:30pm | Apr 7-Jun 30 |
| \$242/11 sessions (No class April 21, May 19) | 211830-211842 |

Taylor Hett

| | |
|---|---------------|
| Su 9:00am-3:30pm | Apr 06-Jun 15 |
| \$242/11 sessions (no class April 21, May 19) | 211843-211855 |
| W 3:00pm-9:00pm | Jul 03-Aug 07 |
| \$132/6 sessions | 214799-214810 |

Guitar or Violin Lessons

8+ yrs (Guitar) 6+ yrs (Violin)

Katherine Headrick

Guitar: Learn to read music, accompany songs with strumming and picking, and play folk and classical solos. Violin: Have fun learning to play violin with a dedicated, experienced teacher. A mix of Suzuki conservatory, fiddle, & world music will be used. Both beginner and more experience students are welcome. The instructor can help choose the right size and type of guitar or violin. Contact Katherine Headrick at (604)224-7638 or email: fiddleheadbog@hotmail.com to book a 30 minute or 45 minute lesson. \$324/12 sessions for 30 minute lesson, \$486.00/12 session for 45 minute lesson

| | |
|----------------------|--------------|
| Tu/Wed 5:00pm-8:00pm | Apr 2-Jun 19 |
|----------------------|--------------|

Trumpet Tune-Up

10-14 yrs

Sarah Jay Cawston

Get into playing shape for your year-end concert with focus on emboucher, mouth piece buzzing, good warm up habits, scales, range exercises, and playing together as a group.

| | |
|------------------|-------------------|
| Sa 2:00pm-3:00pm | May 18, 25, Jun 8 |
| \$72/3 sessions | 218391 |

SOCIAL

Douglas Dinos Playroom

0-5 yrs

Emma Anderson

This is a free play based program for 0-5 years that requires parent/caregiver participation and provides opportunities for social interaction for both the caregiver and the child. the program focuses on the development of social skills and the exploration of engaging materials and activities that help with emotional, social, cognitive and physical development while having fun in a safe and inviting space. Drop-in anytime between 10:00am and 12:00pm.



Tu Th 10:00am-12:00pm

Apr 2-Jun 27

\$5/drop-in

Creative Fun and Games

8 mo-4yrs

Samantha Craig

A gym-play-based program with parents/caregivers/daycare provider participation. Make new friends in family fun social program with toddler toys, interactive areas and sing-a-longs. Parents are required to supervise their own children. Drop-ins Mon and Fri, space permitting. Wed registration only. **No class April 19, 22nd and May 20th.**

M 9:00am-11:00am

Apr 1-Jun 17

\$50/10 sessions, \$5/drop-in

211699

W 9:00am-11:00am

Apr 3-Jun 19

\$60/12 sessions, \$5/drop-in

211700

F 9:00am-11:00am

Apr 5-Jun 14

\$50/10 sessions, \$5/drop-in

211701

Beyond Story Time

3-5 yrs

Nadia Moutal

Beyond Story Time is a Multilingual program that provides 3-5-year old children and their parents with an opportunity to hear stories in English, Spanish, and French. The service focuses primarily on exposing children and parents to new languages and cultures in a fun, educational and animated way. The Story Time session include the use of props, puppets, arts and craft making, as well as singing.

Tu 1:00 pm-2:00 pm

Apr 09-Jun 11

\$110/10 sessions, \$12/drop-in

218406

The Reading Tree

Debbie Leboe

Early Literacy Program assisting with kindergarten readiness. Develop alphabet letter and sound recognition, vocabulary and critical thinking skills. No drop ins. **No class April 22nd and May 20th.**

The Reading Tree for 3's

M 11:00 am-12:00 pm

Apr 08-Jun 10

\$76.5/9 sessions

212573

The Reading Tree for 4's

M 1:00 pm-2:00 pm

Apr 08-Jun 10

\$76.5/9 sessions

211886

LEGO Storytime

3-5 yrs

Bricks4KidzVancouver

Read! Build! Play! Come join us for storytime followed by a guided LEGO DUPLO build. Children will hear stories from all around the world and practice their matching and counting skills with LEGO DUPLO.

Th 10:30 am-11:30 am

Apr 11-May 02

\$60/4 sessions, \$19.50/drop-in

211758

Th 10:30 am-11:30 am

May 16-Jun 06

\$60/4 sessions, \$19.50/drop-in

211759

Bricks4Kidz - Intro2Robotics TAP 5-10 yrs

Bricks4KidzVancouver

LEGO WeDo's drag-and-drop icon-based software provides an introduction into the world of computer programming and robotics. Through guided lessons, children will explore programming as well as mechanics through the use of LEGO bricks. This fun, action-packed program combines real-life skills with real-kid fun! **Classes held at Tapestry Community Rooms, 2821 Heather (12th).**

Tu 3:45 pm-5:15 pm

Apr 23-Jun 11

\$159/8 sessions, \$24.50/drop-in

211687

SPORTS

Kick it Up Soccer Saturdays

1.5-7yrs

Ron Way

An intro to soccer through games and drills. An intro to soccer through games and drills. Parent participation encouraged. Classes held outdoors at Douglas Park field. Please dress accordingly. **No class May 18th.**

Sat 8:30am-9:00am

1.5-3yrs

Apr 13-Jun 8

\$66.00/8 sessions

218295

Sat 9:00am-9:30am

1.5-3yrs

Apr 13-Jun 8

\$66.00/8 sessions

218280

Sat 9:30am-10:15am

3-4yrs

Apr 13-Jun 8

\$92.50/8 sessions

218281

Sat 10:15am-11:00am

4-5 yrs

Apr 13-Jun 8

\$92.50/8 sessions

218282

Sat 11:00am-11:45am

5-8.5 yrs Girls

Apr 13-Jun 8

\$92.50/8 sessions

218285

Sat 11:45am-12:30pm

5-8yrs

Apr 13-Jun 8

\$92.50/8 sessions

218283

Sat 12:30pm-1:15pm

7.5-12yrs

Apr 13-Jun 8

\$92.50/8 sessions

218284

Sun 9:00am-9:30am

1.5-3.5yrs

Apr 14-Jun 9

\$66.00/8 sessions

218286

Sun 9:30am-10:15am

3-4yrs

Apr 14-Jun 9

\$92.50/8 sessions

218287

Sun 10:15am-11:00am

4-5 yrs

Apr 14-Jun 9

\$92.50/8 sessions

218288

Sun 11:00am-11:45am

6-9yrs

Apr 14-Jun 9

\$92.50/8 sessions

218289

SPORTS CONT'D

Floor Hockey **5.5-16 yrs**

Ron Way
 Fun recreational indoor hockey. Safety goggles provided and mandatory. No wood hockey sticks. Composite or plastic blades only. **No class May 18th.**
 Sa 1:35 pm-3:05 pm Apr 13-Jun 08
 \$40/8 sessions, \$5/drop-in 218279

Street Hockey Camp **5.5-16 yrs**

Ron Way
 Boys and girls, come and play street hockey with coach Ronnie! Bring your lunch, water and sunscreen. Classes are held outdoors rain or shine on the basketball courts, please dress accordingly. Safety goggles will be provided and mandatory. ABS composite hockey sticks will be provided. Drop-in \$25.00 space permitting. Program Waivers must be signed prior to program start.
 WF 9:00 am-1:00 pm Jul 03-Jul 05 218323
 \$50/2 sessions
 M W F 9:00 am-1:00 pm Jul 08-Jul 12 218333
 \$75/3 sessions
 M W F 9:00 am-1:00 pm Jul 15-Jul 19 218334
 \$75/3 sessions
 M W F 9:00 am-1:00 pm Jul 22-Jul 26 218335
 \$75/3 sessions
 M W F 9:00 am-1:00 pm Jul 29-Aug 02 218336
 \$75/3 sessions
 WF 9:00 am-1:00 pm Aug 07-Aug 09 218337
 \$50/2 sessions
 M W F 9:00 am-1:00 pm Aug 12-Aug 16 218338
 \$75/3 sessions
 M W F 9:00 am-1:00 pm Aug 19-Aug 23 218339
 \$75/3 sessions
 M W F 9:00 am-1:00 pm Aug 26-Aug 30 218340
 \$75/3 sessions



Sport Bonanza **9-12 yrs**

Christie Wilkes
 This fun and active program is for children that want to try and learn new sports and learn new skills in a fun an non-competitive atmosphere. Join Christie and learn to play basketball, handball, spikeball, ultimate Frisbee, pickleball and so much more!
 Tu 3:20 pm-4:20 pm Apr 09-Jun 11 211878
 \$80/10 sessions, \$9/drop-in

ARTS & CULTURE

Yoga Buddies **4-6 yrs**

Shivonne Prasad
 Yoga Buddies classes offer an age-appropriate Kidding Around Yoga style practice that includes relaxation techniques, breathing instruction, and stretching. Yoga Buddies uses fun music, creativity, and imagination all while following an educational approach to Yoga. Yoga Buddies focuses on encouraging movement, energy and playfulness. At a Yoga buddies class, children will sing, dance, jump, and roll, all while learning and having a blast! **No April 22nd & May 20th.**
 M 4:30 pm-5:30 pm Apr 08-Jun 24 211906
 \$100/10 sessions, \$11/drop-in

Creative Dance **7-10 yrs**

Lisa Sars
 Students learn about choreography and contemporary dance techniques in a fun and supportive atmosphere. They'll build their physical literacy skills through weekly collaborations in musicality, rhythm, improvisation, dance concepts and choreography. Please come in bare feet, dance pants (sweat pants, leggings, and/or shorts) and dance tops (boys: t-shirts girls: leotards or tank tops). There is a performance at the end of the session. **Classes held at Tapestry Community Rooms, 2821 Heather St.**
 Tu 4:15 pm-5:25 pm Apr 23-Jun 11 211698
 \$88/8 sessions, \$12/drop-in

Dance With Me Toddler **1-3yrs**

Lisa Sars
 Parents and toddlers will move and groove to music. A great way to introduce your little one to dance and get a great workout. Simple movements, songs and colorful props will be used. Parent participation required.
 W 9:20 am-10:20 am Apr 24-Jun 12 211702
 \$64/8 sessions, \$9/drop-in

Zumbini **0-4 yrs**

Maayan Amitov/Maira Daiha
 Sing, dance and play as you bond with your child! Created by Zumba and BabyFirst for kids ages 0-4, the Zumbini program combines music, dance and playing instruments of can't-stop, won't-stop bonding, learning and fun! Each course includes a Zumbini bundle of a plush toy, original songbook and music to continue the fun at home. This session will be: TJ and His PJ's. Come and join the Zumbini family! Can't wait to sing and dance with you and your little ones soon! **No class April 22nd, May 20th.**
FREE TRIAL Apr 8 211917
 M 2:00 pm-2:45 pm Apr 15-Jun 17 211916
 \$115/8 sessions
 F 11:30 am-12:15 pm Apr 5-Jun 21 220790
 \$135/10 sessions

TAP Classes held at the TAPESTRY COMMUNITY ROOMS 2821 Heather St.

Mini Stars Musical Theatre TAP **3-4 yrs**

Vancouver Performing Stars

Dance and sing their favourite show tunes! Your little performers will develop rhythm, characterization, coordination and musicality through movement and song. Students must be able to participate without an adult. Visit performingstars.ca for more information. **Classes held at Tapestry Community Rooms, 2821 Heather St**

Th 3:30 pm-4:15 pm Apr 11-Jun 13
 \$110/10 sessions 211768



Junior Performing Stars TAP **5-8 yrs**

Vancouver Performing Stars

Learn all the essential skills to be a dynamite musical theatre performer! We'll explore all the best numbers from oldies, modern hits, Disney and Broadway. Sing with confidence, while learning fun choreography and the acting skills of a star! **Classes held at Tapestry Community Rooms, 2821 Heather St**

Th 4:15 pm-5:00 pm Apr 11-Jun 13
 \$110/10 sessions 211745

Glee Pop Stars TAP **8-12yrs**

Vancouver Performing Stars

Step into the shoes of a star! This is a fun and energetic class designed to train young performers singing and dance techniques while creating their own Glee Club! An informal presentation will take place on the last day of the program. **Classes held at Tapestry Community Rooms, 2821 Heather St**

Th 5:00 pm-6:00 pm Apr 11-Jun 13
 \$120/10 sessions 211720

Parent and Tot Ballet **1-2 yrs**

Vancouver Performing Stars

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. There will be an informal presentation for family on the last day. **No class April 19th.**

F 3:15 pm-3:45 pm Apr 12-Jun 14
 \$99/9 sessions 211777

Mini Ballet

3-4 yrs

Vancouver Performing Stars

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. There will be an informal presentation for family on the last day. **No class April 19th.**

F 3:45 pm-4:30 pm Apr 12-Jun 14
 \$99/9 sessions 211764

Junior Ballet

5-7 yrs

Vancouver Performing Stars

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. There will be an informal presentation for family on the last day. **No Class April 19th.**

F 4:30 pm-5:15 pm Apr 12-Jun 14
 \$99/9 sessions 211741

Music and Movement

2-3 yrs

Vancouver Performing Stars

Join your child in this high energy class full of singing and dancing. We will learn simple songs and beginner dance movement to help build your child's self-confidence and coordination. Parent or guardian participation is mandatory. There will be an informal presentation for family on the last day. **No class April 20 and May 18th.**

Sa 9:30 am-10:15 am Apr 13-Jun 15
 \$88/8 sessions 211769



Follow us! **DOUGLAS PARKCC** Visit our website! www.douglasparkcc.org

All prices subject to GST where applicable.

ARTS & CULTURE CONT'D

Mini Performing Stars

3-4 yrs

Vancouver Performing Stars

Dance and sing their favourite show tunes! Performers will develop rhythm, characterization, coordination and musicality through movement and song. Students must be able to participate without an adult. There will be an informal presentation for family on the last day. **No class April 20th & May 18th.**

Sa 10:15 am-11:00 am
\$88/8 sessions

Apr 13-Jun 15
211766

Mini Star Tappers

3-4 yrs

Vancouver Performing Stars

This beginners introduction to tap will include a fun warm-up and children will begin to learn the fundamental steps of this exciting form of dance! There will be an informal presentation for family on the last day. **No class April 21th & May 19th.**

Su 10:00 am-10:45 am
\$99/9 sessions

Apr 14-Jun 23
211767



Junior Level One Tap

4-6 yrs

Vancouver Performing Stars

This beginners introduction to tap will include a fun warm-up and children will begin to learn the fundamental steps of this exciting form of dance! There will be an informal presentation for family on the last day. **No class April 21th & May 19th.**

Su 10:45 am-11:30 am
\$99/9 sessions

Apr 14-Jun 23
211743

Junior Level Two Tap

6-8 yrs

Vancouver Performing Stars

This tap class will include a fun arm-up and children will begin to build upon the fundamental steps learned in Junior Level One Tap and increase their vocabulary of this exciting form of dance! Students enrolled in this program will be invited to perform in our production of The Nutcracker in December. Please Note: Children who are 6 years old must complete one term in Junior Level One Tap before enrolling in this class. **No class April 21th & May 19th.**

Su 11:30 am-12:15 pm
\$99/9 sessions

Apr 14-Jun 23
211744



Senior Level Three Tap

8-14 yrs

Vancouver Performing Stars

This advanced tap class will include a fun warmup, steps across the floor, rhythms, and challenging dances. Students enrolled in this program will be invited to perform in our production of The Nutcracker in December. Please note: Dancers who are 8 years old must complete one term in Junior Level Two Tap before enrolling in this class. **No class April 21th & May 19th.**

Su 12:15pm-1:15pm
\$108/9 sessions

Apr 14-Jun 23
211873

Hip Hop

3-7yrs

Vancouver Performing Stars

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! **No class April 21th & May 19th.**

Mini: 3-5yrs

Su 1:30 pm-2:15 pm
\$99/9 sessions

Apr 14-Jun 23
211765

Junior 5-7yrs

Su 2:15 pm-3:00 pm
\$99/9 sessions

Apr 14-Jun 23
211742



Cartoon and Comics TAP

7-13 yrs

Edouard Beaudry

Do you love cartoons? Can't get enough of them? Here is your chance to explore the fun and challenging world of cartoon and comics. Cartoonist Edouard B. will guide you in this adventure where the only limit is your imagination. You will learn to draw your favourite characters and create your own! **Classes held at Tapestry Community Rooms, 2821 Heather St.**

Th 4:30 pm-6:00 pm

Apr 04

Free Trial

211689

Th 4:30 pm-6:00 pm

Apr 11-Jun 13

\$100/10 sessions

211688

Knitting Circle for Kids

7-13 yrs

Sharon Hoy

Come knit with us!!! Beginners or experienced knitters are welcome. The benefits to knitting are amazing: Improve fine motor, math, focusing, relaxation and self-regulation skills. And, knitting is so much fun! We will begin each session with a brief mindful activity. Children will have the opportunity to teach and learn from one another and make new friends.

Th 3:30 pm-4:45 pm

Apr 11-Jun 6

\$90/9 sessions

218426

All prices subject to GST where applicable.

SPRING BREAK CAMPS



Make-A-Musical Daycamp **TAP** 7-14 yrs

Vancouver Performing Stars

Work with your castmates to create a mini-musical from brainstorming plot and characters to writing music and designing costumes. In just one week, we will build a show from scratch out of our cast members ideas! **Daycamp held at Tapestry Community Rooms, 2821 Heather St.**

M Tu W Th F 1:30pm-4:30pm Mar 25-Mar 29
\$225/5 sessions 198825

LEGO Remote Control Mania **TAP** 5-10 yrs

Bricks4Kidz

Watch your creations come alive with LEGO(r) wireless remote controls! In this Jr. Engineering camp, our master builders will be cruising in car models, zipping down gondolas and taking on various challenges! All campers will go home with a custom-made minifigure! **Classes are held at Tapestry Community Rooms, 2821 Heather St. (12th).**

M Tu W Th F 1:30pm-4:30pm Mar 18-Mar 22
\$175/5 sessions 196784

Water World - Bricks4Kidz **TAP** 5-10 yrs

Bricks4Kidz

Discover the aquatic world using LEGO(r)! Our master builders will be exploring the sea, cruising on sailboat models and stopping around the globe to learn about the sea critters! All kids will take home a custom-made minifigure! **Classes held at Tapestry Community Rooms, 2821 Heather St. (12th).**

M Tu W Th F 1:30pm-4:30pm Mar 25-Mar 29
\$175/5 sessions 196785



SUMMER SPORT CAMPS



VAFC Soccer Skill Development - Junior Development 8-11 yrs

Vancouver Athletic FC (VAFC) formerly DP Soccer Club are partnering with Douglas Park CC this summer to provide an opportunity for current club members to come out to play with their friends and neighbours from the community to develop their skills in preparation for the 2019/2020 soccer season; for which registration is also now open at vafc.ca and play starts in September. All coaching under the direction of VAFC Head Coach Steve Weston. Emphasis is on development of fundamental individual technical and ball control skills such as dribbling; passing & receiving; moving and shooting. Regardless of age, all players will be assessed and placed in the appropriate skill development group to match their ability.

| | |
|------------------------------|---------------|
| M Tu W Th F 9:30 am-12:00 pm | Jul 01-Jul 05 |
| \$130/5 sessions | 214882 |
| M Tu W Th F 9:30 am-12:00 pm | Jul 01-Jul 05 |
| \$130/5 sessions | 214883 |
| M Tu W Th F 9:30 am-12:00 pm | Jul 01-Jul 05 |
| \$130/5 sessions | 214884 |



Sportball with Friends Daycamp 5-9 yrs

Children participate in the skills and games of eight different ball sports. Camps also incorporate arts and crafts, music, co-operative games, snack time and theme days. **Classes held outdoors at Douglas Park Field. Please dress accordingly.**

| | | |
|------------------------|----------------|---------------|
| M - F 9:30 am-10:45 am | 3-5 yrs | Jul 15-Jul 19 |
| \$97.5/5 sessions | | 214942 |
| M - F 1:00 pm-4:00 pm | 6-8 yrs | Jul 15-Jul 19 |
| \$195/5 sessions | | 214943 |
| M - F 9:30 am-10:45 am | 3-5 yrs | Jul 29-Aug 02 |
| \$97.5/5 sessions | | 214944 |
| M - F 1:00 pm-4:00 pm | 6-8 yrs | Jul 29-Aug 02 |
| \$195/5 sessions | | 214945 |
| M - F 9:30 am-10:45 am | 3-5 yrs | Aug 12-Aug 16 |
| \$97.5/5 sessions | | 214946 |
| M - F 1:00 pm-4:00 pm | 6-8 yrs | Aug 12-Aug 16 |
| \$195/5 sessions | | 214947 |

Coerver Coaching Soccer Camp 5-17 yrs

Coerver SoccerBC

Coerver Coaching is the #1 Soccer Skills teaching method in the World! Coerver Coaching Soccer is suited for players of all skill levels from ages 5-15. It focuses on individual skills development and small group play. **Classes held outdoors at Douglas Park Field.**

M - F 9:00 am-12:00 pm Aug 19-Aug 23
\$130/5 sessions 214888



Summer Camps @ TAPESTRY COMMUNITY ROOMS

Tapestry Community Rooms at 2821 Heather St. (at West 12th Avenue).

Yoga Dance & Stories Camp

5.5-8 yrs

Lisa Sars

M Tu W 10:00 am-12:30 pm
\$80/3 sessions

Aug 26-Aug 28
218451

Contemporary Dance Day Camp

6-13 yrs

Lisa Sars

Students learn about choreography and contemporary dance techniques in a fun and supportive atmosphere. Please come in bare feet, dance pants (sweat pants, leggings, and/or shorts) and dance tops (boys: t-shirts, girls: leotards or tank tops). **Daycamp held at Tapestry Community Rooms, 2821 Heather St.**

M Tu W 1:00 pm-3:00 pm
\$80/3 sessions

Aug 26-Aug 28
218450

Magic Day Camp

7-15 yrs

John Kaplan

Youngsters will be taught how to do mind-boggling magic tricks and be able to astound their family and friends. They'll see live presentations of magic, learn principals of sleight-of-hand, misdirection techniques, how to practice and perform magic. **Daycamp held at Tapestry Community Rooms, 2821 Heather St.**

M Tu W Th F 9:30 am-12:30 pm
\$150/5 sessions

Jul 15-Jul 19
218454

M Tu W Th F 1:00 pm-4:00 pm
\$150/5 sessions

Jul 15-Jul 19
218453

Make-A-Musical! Daycamp

7-15 yrs

Vancouver Performing Stars

Work with your castmates to create a mini-musical from brainstorming plot and characters to writing music and designing costumes. In just oneweek, we will build a show from scratch out of our cast members ideas! **Daycamp held at Tapestry Community Rooms, 2821 Heather St.**

M Tu W Th F 9:00 am-3:00 pm
\$225/5 sessions

Jul 08-Jul 12
218447

M Tu W Th F 9:00 am-3:00 pm
\$225/5 sessions

Aug 19-Aug 23
218448

Bricks 4 Kidz - Time Travel Tours

5.5-10 yrs

Medieval Space Dinosaurs! On our journey through time, we'll visit dinosaurs, meet knights, and peek into our future in outer space. All campers go home with a customized Minifigure. Children will be given a break time for an optional snack from home. **Daycamp held at Tapestry Community Rooms, 2821 Heather St.**

M - F 9:30 am-12:30 pm
\$175/5 sessions

Jul 08-Jul 12
217607

LEGO - WeDo Robotics

6-10 yrs

LEGO WeDo's drag-and-drop icon-based software gives students unfamiliar with robotics and programming an accessible platform to explore mechanics through the use of LEGO bricks! All go home with a custom-made Minifigure. Students will be given a break time for an optional snack from home. **Daycamp held at Tapestry Community Rooms, 2821 Heather St.**

M - F 1:00 pm-4:00 pm
\$199/5 sessions

Jul 08-Jul 12
217613

Bricks 4 Kidz - Water Water Everywhere

5-10 yrs

Set Sail with LEGO and discover the Maritime World! Our master builders will be exploring the sea, crusing on sailboat models and stopping around the globe to learn about sea critters. All campers go home with a customized Minifigure. Children will be given a break time for an optional snack from home. **Daycamp held at Tapestry Community Rooms, 2821 Heather St.**

M Tu W Th F 9:30 am-12:30 pm
\$175/5 sessions

Aug 19-Aug 23
217606

LEGO - EV3 Mindstorms

7-10 yrs

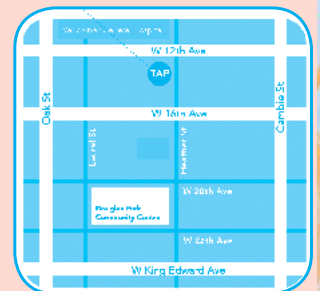
Take LEGO to the next level using LEGO EV3 Mindstorms Software! We will be using a EV3 microcomputer brick to build and program gadgets and gizmos of all sorts! All go home with a custom-made Minifigure. Students will be given a break time for an optional snack from home. Space is limited. **Daycamp held at Tapestry Community Rooms, 2821 Heather St.**

M - F 1:00 pm-4:00 pm
\$225/5 sessions

Aug 19-Aug 23
217619

Tapestry Day Camp Information for Parents

- Register directly with Douglas Park Community Centre at 604-275-8130 (press #1) or online via vancouver.ca
- The facility will be open 30 minutes prior to the scheduled daycamp start time.
- There is no parking lot or drop-off access. Please adhere to residential parking rules.
- In case of emergency please contact Douglas Park CC Tapestry staff direct line: 604-875-5401 or the centre Community Centre Main Office: 604-257-8130 (press #1)
- ALL Tapestry Daycamp programs are specialized programs. No refunds and no prorated refunds. Please see "Refund and Withdrawals" on page 42 for more information.



All prices subject to GST where applicable.

Summer Leadership Program

11-14 Years

Monday to Friday
10:00am - 4:00pm

Douglas Park's Summer Leadership Camp will be a mixture of educational opportunities, out-trips, friends, and laughs! Out-trips and leadership curriculum is TBA and will be posted soon. Please note that out-trips may be changed for various reasons - all participants will be notified if changes should happen. Contact riya.talwar@vancouver.ca for program details and calendar. No Class Jul 1 and Aug 5.



WEEKLY THEMES

| | | | | |
|---------------|---------------------|--------------------------------|----------|--------|
| WEEK 1 | Jul 2-Jul 5 (T-F) | Teamwork | \$128.00 | 214651 |
| WEEK 2 | Jul 8-Jul 12 (M-F) | Healthy Living | \$160.00 | 214652 |
| WEEK 3 | Jul 15-July19 (M-F) | Science Week | \$160.00 | 214653 |
| WEEK 4 | Jul 22-Jul 26 (M-F) | Arts & Drama | \$160.00 | 214654 |
| WEEK 5 | Jul 29-Aug 2 (M-F) | Time Management | \$160.00 | 214655 |
| WEEK 6 | Aug 6-Aug 9 (T-F) | Open-Mindedness | \$128.00 | 214656 |
| WEEK 7 | Aug 12-Aug 16 (M-F) | Outdoor Adventures | \$160.00 | 214657 |
| WEEK 8 | Aug 19-Aug 23 (M-F) | Effective Communication | \$160.00 | 214658 |
| WEEK 9 | Aug 26-Aug 30 (M-F) | High School Prep | \$160.00 | 214659 |

All prices subject to GST where applicable.

Friday Fun Friday Fun Friday

PRE-TEENS (11-13 YRS)

Youth Staff

Spend your Friday nights with our awesome youth staff! We will be going on out-trips and completing some activities on site. Please refer to our recreation guide to see what our schedule is. Fee is calculated on \$2.00 per/week and includes all out-trips - HUGE DEAL! Consent forms will need to be completed by all participants. **No program April 19th - Good Friday No program June 7th - PRE-TEEN DANCE!**

F 6:00 PM-9:00 PM

Apr 05-Jun 28

\$24 Season Fee

214664

F 6:00 PM-9:00 PM

Jul 05-Aug 30

\$18/Season Fee

214666



| | |
|------------|------------------------------|
| April 5th | Dodgeball + Dinner |
| April 12th | Karaoke |
| April 26th | Ice-skating @ Kitsilano |
| May 3rd | Movie + Popcorn On-site |
| May 10th | Swimming @ Hillcrest |
| May 17th | Cineplex Movie |
| May 24th | Video Games |
| May 31st | Cooking |
| June 7th | Pre-teen dance: Summer Smash |
| June 14th | Ice-cream + Granville Island |
| June 21st | BBQ + Capture the Flag |
| June 28th | Hang-time in the gym |



| | |
|-----------|------------------------------|
| July 5th | Video Games |
| July 12th | Ice-Cream + Playground Games |
| July 19th | Amazing Race @ Douglas Park! |
| July 26th | Swimming @ Hillcrest |
| Aug 2nd | Karaoke |
| Aug 9th | Bubble Tea |
| Aug 16th | Cineplex Movie |
| Aug 23rd | Dodgeball + Dinner |
| Aug 30th | Summer End BBQ + Park Games |

TEENS (13-18 YRS)

Youth Staff

Spend your Friday nights with our awesome youth staff! We will be going on out-trips once a month (for a small fee) and completing activities on site (FREE)! Please refer to our recreation guide to see what our IN-HOUSE schedule is. On out-trip days there will be no on-site programs. Consent forms will need to be completed by all participants. **No Program April 19th - Good Friday**

F 7:00 PM-10:00 PM

Apr 05-Jun 28

FREE

214665

F 6:00 PM-9:00 PM

Jul 05-Aug 30

FREE

214667



| | |
|------------|----------------------------------|
| April 5th | Movie + Popcorn |
| April 12th | Hang-Time in Gym |
| April 26th | Cooking |
| May 3rd | Ice-skating @ Hillcrest (\$5.00) |
| May 10th | LGBTQIA2S+ Dance |
| May 17th | Dodgeball + Dinner |
| May 24th | Swimming @ Hillcrest (\$5.00) |
| May 31st | Kitsilano Community Centre |
| June 7th | Cineplex Movie (\$5.00) |
| June 14th | Video Games |
| June 21st | BBQ + Capture the Flag |
| June 28th | Ice-cream + playground games |



| | |
|-----------|-------------------------------|
| July 5th | Hang-Time in the Gym |
| July 12th | Karaoke |
| July 19th | Bubble Tea (\$5.00) |
| July 26th | Movie + Popcorn |
| Aug 2nd | Playground Games |
| Aug 9th | Swimming @ Hillcrest (\$5.00) |
| Aug 16th | Cookies + Gym Time |
| Aug 23rd | Cineplex Movie (\$5.00) |
| Aug 30th | Summer End BBQ + Park Games |

TEEN OUT-TRIPS 13-18 YRS

Come out to a Cineplex theatre and watch a movie.

Travel to Cliffhangers to do some

indoor rock-climbing with your friends!

Go Ice-Skating with your friends.

| BUBBLE TEA | SWIMMING | CINEPLEX | ICE SKATING |
|-------------------------|--------------------------|--------------------------|-------------------------|
| | MAY 24 \$5 # 214674 | JUNE 7 \$5 #214675 | MAY 3 \$5.00 #214676 |
| JULY 19 \$5 # 214677 | AUGUST 9 \$5 # 214678 | AUGUST 23 \$5 #214679 | |

All prices subject to GST where applicable.

YOUTH COUNCIL

Junior Youth Council

10-13 yrs

Riya Talwar

The Junior Youth Council meets weekly on Wednesday's after school. The group works on helping to organize the pre-teen dances as well as supporting community events through volunteering. In addition - the council completes some fund raising to support a local charity. Light snacks will be provided.
W 4:00 PM-5:00 PM Apr 03-Jun 26
FREE 214645

Senior Youth Council

13-18 yrs

Riya Talwar

The Douglas Park Senior Youth Council promotes youth program planning. They help with community projects, special events, fundraising, and address current trends and issues found amongst youth. Each year the council finds a social or environmental issue that they spend some of the meeting addressing and finding ways they can help. Meetings are recorded for volunteer hours. Come to meetings and meet other fellow youth in the community and have fun! The youth council consists of an annually elected Executive and is supervised by the Community Youth Worker and other Douglas Park Youth Staff. We meet every Wednesday and provide a light snack.
W 6:00 PM-7:30 PM Apr 03-Jun 26
FREE 214646



CWYC (City Wide Youth Council) 13-17 yrs

Just as the name implies, this council is constructed of youth from all across the city and meets at City Hall. Each community centre has two representatives from their Sr. Council, the second Wednesday of each month. That works with other youth from across the city on one of the designated committees. Youth Advocacy, Social Justice and Greenest City. This council meets the second Wednesday of each month from 6:00-8:00pm.

Youth Cafe

It's back - Douglas Park is bring back the Youth Café - snacks, drinks and goodies are just a few of the great things about this program. All proceeds raise go to support pre-teen and teen programs at Douglas Park Community Centre.

Sa 10:00 AM-2:00 PM

Apr 13-Jun 22

VYW VANCOUVER YOUTH WEEK 2019

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

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



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

May the Fourth Be With YOUth Dance will be held on Saturday, May 4 from 8:00pm to 11:00pm at Trout Lake CC.

Tickets are \$5 each from your Centre's Youth Worker, or \$7 at the door.



Please bring a valid school go-card when you come. A free photo booth, games, and prizes will be available. Contact Nat at Nataly.Kaufman@vancouver.ca or visit the Youth Office to get your tickets starting April 1.



Basketball Events at Roundhouse CC
Thursday, May 2

3:30-5:30pm Pre-teens (Gr 6/7) 3 v 3

5:30-7:45 Junior Boys (Gr 8-10) 3 v 3

Friday, May 3

4:30-7:30pm Night Hoops Jamboree

7:30-11pm Senior Boys (Gr 11/12) 3 v 3

Food fun and prizes available! Sign up your team by contacting Nat before April 25 at Nataly.Kaufman@vancouver.ca

Skateboard Event and Demos will be held on Saturday, May 5 from 1 to 4pm at the Downtown Skate Plaza. All skill levels welcome. Contact Sally at Sally.Chan@vancouver.ca for a waiver form before you participate! This event is a partnership with the Vancouver Skateboard Coalition.



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

LEADERSHIP

Red Cross Babysitting Training 11+ yrs

First Aid Hero

Exploring the business of babysitting, creating safe environments, safely caring for ages 0-12 yrs, first aid skills. Please bring lunch, yoga mat and medium sized stuffed animal.

| | |
|--------------------|--------|
| Sa 8:30 am-3:30 pm | Apr 20 |
| \$63/1 sessions | 211871 |
| Sa 8:30 am-3:30 pm | Jul 20 |
| \$63/1 sessions | 216107 |
| Sa 8:30 am-3:30 pm | Aug 24 |
| \$63/1 sessions | 216108 |

Red Cross StaySafe! Course Grade 4 & 5

First Aid Hero

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!

| | |
|--------------------|--------|
| Sa 9:00 am-3:00 pm | May 18 |
| \$63/1 sessions | 211872 |

MUSIC

Introduction to Song Writing for Teens

Sarah Jay Cawston

Calling all budding song-writers! This course is for you! It will provide you with extra tools and methods to assist your song-writing endeavours. Topics covered include chord progressions, musical structure, lyric style/content, discussion on what makes a good song, and each class there will be time for sharing their original music. Bring your instrument of choice; ukulele, guitar, voice (a piano will be available).



| | |
|--------------------|--------------|
| Th 5:00-6:15pm | May 9-May 30 |
| \$96.00/4 sessions | 220509 |

LGBTQ DROP-IN PROGRAM

Out and About!  NEW 12-18 yrs

Riya Talwar

Come hang OUT with us at a safe and friendly queer, questioning, and ally drop-in at Douglas Park. This program is for members of the LGBTQIA2S+ community to hang out, find resources, share experiences, develop leadership skills and get support.

| | |
|--------------------|----------------------------|
| Tu 3:30 PM-5:30 PM | Apr 09-Jun 25 |
| FREE | 214693 |
| Tu 3:30 PM-5:30 PM | Jul 09-Sep 24 SUMMER DATES |
| FREE | 214694 |

COOKING

Baker's Dozen 9-13 yrs

Divya Talwar

Come join Divya for a lovely afternoon of baking! Bring a tupperware container to pack up your extra goodies to take home and share with your family and friends! Cupcakes, cookies, brownies, and puddings are only a few of the delectable items you will create! **No Class - April 22nd and May 20th**

| | |
|--------------------|---------------|
| M 3:30 PM-5:30 PM | Apr 08-May 13 |
| \$50.00/5 sessions | 214660 |
| M 3:30 PM-5:30 PM | May 27-Jun 24 |
| \$50.00/5 sessions | 214661 |



Chef's 9-13 yrs

Paul Page

Cooking delicious and healthy meals is a skill that we develop over time. Come hang out with our youth staff and learn various cooking skills and recipes. Be part of the preparation, eating and clean up!

| | |
|---------------------|---------------|
| Th 6:00 PM-8:30 PM | Apr 11-May 16 |
| \$66.00/12 sessions | 214662 |
| Th 6:00 PM-8:30 PM | May 23-Jun 27 |
| \$66.00/12 sessions | 214663 |

EVENTS

Spring Fling Pre-Teen Dance 5th-7th Grade

Youth Staff

This is a Youth Special Event! Come join us for our seasonal Pre-Teen Dance! This dance is being organized by our staff & leadership students. Youth staff will be on site to supervise and support all participants so everyone has a fun and exciting experience. Tickets are \$5 at the door. Event is for GRADE 5 to GRADE 7 students

| | |
|-------------------|--------|
| F 7:00 PM-8:45 PM | Jun 07 |
| \$5.00 | 214684 |

QUEER PROM!  7th-12th Grade

Youth Staff

This dance is catered for LGBTQIA2S+ youth. The event is being organized by our senior youth council, youth staff, and community youth worker. Youth staff will be on site to supervise and support all participants so everyone has a fun and exciting experience. Admission is free. Event is for GRADE 7 to 12 students.

| | |
|-------------------|--------|
| F 7:00 PM-8:45 PM | May 10 |
| \$5.00 | 214685 |

Queer Prom!



FRIDAY MAY 10, 2019

7:00PM-9:00PM

**DOUGLAS PARK COMMUNITY CENTRE
801 W 22ND AVE, VANCOUVER, BC**

EVENT IS FOR GRADE 7 TO GRADE 12 STUDENTS!

\$5.00 at the DOOR!

YOUTH WHO IDENTIFY AS QUEER, QUESTIONING, OR ARE AN ALLY TO THE COMMUNITY ARE WELCOME TO JOIN US FOR THIS MAGICAL EVENING.

THIS DANCE IS BEING ORGANIZED BY OUR COMMUNITY YOUTH WORKER & LEADERSHIP STUDENTS. GENDER NEUTRAL WASHROOMS WILL BE AVAILABLE.

YOUTH STAFF WILL BE ON SITE TO SUPERVISE AND SUPPORT ALL PARTICIPANTS SO EVERYONE HAS A FUN AND EXCITING EXPERIENCE!



Organizers acknowledge that this event takes place on the unceded, ancestral territories of the Musqueam, Squamish and Tsleil Waututh Nations.



You're Invited!



FRIDAY JUNE 7, 2019

PRE-TEEN DANCE

**SPRING
FLING 2019!**



**EVENT IS FOR GRADE 5 TO
GRADE 7 STUDENTS!**

\$5.00 at the DOOR!

7:00PM-8:45PM

**DOUGLAS PARK COMMUNITY CENTRE
801 W 22ND AVE, VANCOUVER, BC**

THIS IS A YOUTH SPECIAL EVENT! COME JOIN US FOR OUR SEASONAL PRE-TEEN DANCE! THIS DANCE IS BEING ORGANIZED BY OUR STAFF & LEADERSHIP STUDENTS. YOUTH STAFF WILL BE ON SITE TO SUPERVISE AND SUPPORT ALL PARTICIPANTS SO EVERYONE HAS A FUN AND EXCITING EXPERIENCE.

MARTIAL ARTS

Traditional Kung Fu

6-18 yrs

Marquis Lung (Tue) Monica Tran Tran (Fri)

Learn traditional forms of Kung Fu, weapons, non-contact sparring and self-defence. Gain physical and mental strength, self confidence and discipline. Class are taught in partnership with Marquis Lung Traditional Kung Fu Academy. A member fee for the Northern Shaolin Lung Chi Cheung Association is included in program course fee. This class meets twice a week on Tuesdays and Fridays. Please visit a session or contact Sifu Marquis Lung (Master Instructor) or Monica Xam for appropriate skill level prior to registration. www.northernshaolin.com. No class on April 19, May 10, June 7 & June 28.

Beginner

| | |
|----------------------|--------------|
| Tu F 4:30 PM-5:45 PM | Apr 2-Jun 28 |
| \$201.00 | 214668 |
| Tu F 4:30 PM-5:45 PM | Jul 2-Aug 9 |
| \$110.00 | 214671 |

Intermediate

| | |
|----------------------|--------------|
| Tu F 4:30 PM-6:15 PM | Apr 2-Jun 28 |
| \$223.00 | 214669 |
| Tu F 4:30 PM-6:15 PM | Jul 2-Aug 9 |
| \$122.00 | 214672 |

Advanced

| | |
|----------------------|--------------|
| Tu F 4:30 PM-6:30 PM | Apr 2-Jun 28 |
| \$245.00 | 214670 |
| Tu F 4:30 PM-6:30 PM | Jul 2-Aug 9 |
| \$134.00 | 214673 |

SPORTS

Open Gym

10-13 yrs

No Instructor

The gym is available to organize a half court basketball game, dodge ball, or line tag. This is free play and free time. Staff is available for emergencies however there is no one around to organize your play.

F 3:00 PM-4:30 PM
FREE

Apr 05-Jun 28
214649



SPRING BREAK CAMP (9-12YRS)
DOUGLAS PARK COMMUNITY CENTRE
801 W. 22ND AVE
604.257.8130 (PRESS 1)

Join our amazing youth staff for an awesome week of spring break adventures! Space is limited! Register NOW!

WEEK 1

Time: 9:00am-4:00pm
\$200.00
Activity #194813

Monday March 18: Swimming @ Watermania
Tuesday March 19: Movie at Cineplex (TBD)
Wednesday March 20: Canoeing @ Deer Lake
Thursday March 21: Hiking @ Deep Cove
Friday March 22: Ice-skating @ Trout Lake

WEEK 2

Time: 9:00am-4:00pm
\$200.00
Activity #194814

Monday March 25: Indoor Rock Climbing
Tuesday March 26: Movie at Cineplex (TBD)
Wednesday March 27: Swimming @ Watermania
Thursday March 28: Ice-skating @ Trout Lake
Friday March 29: Hiking @ Lynn Valley



Jointly operated by the Douglas Park Community Association and the Vancouver Board of Parks and Recreation



EST 1996

GIRLS BASKETBALL DIVISION 2019



AGES: 11-18

COED SKILLS NIGHT: SATURDAY MARCH 16, 2019 5-10PM @ SUNSET COMMUNITY CENTRE

REGULAR SEASON: APRIL 13TH 2019 - JUNE 15TH 2019

CHAMPIONSHIP EVENT: SATURDAY JUNE 22ND 6PM-10PM @ COLLINGWOOD NEIGHBOURHOOD HOUSE

BASKETBALL! TEAMWORK! PRIZES! FUN!

CONTACT A COMMUNITY YOUTH WORKER OR GIRLS NIGHT HOOPS COORDINATOR TO FIND A TEAM AND GET INVOLVED!
EMAIL: RIYATALWAR@NIGHTHOOPS.CA



@nighthoops



Night-Hoops Basketball



@NightHoops



www.nighthoops.ca

ALL FEMALE-IDENTIFYING YOUTH ARE ALLOWED TO PLAY IN THIS LEAGUE - THIS LEAGUE IS A SAFE SPACE FOR LGBTQIA2S+ YOUTH

YOUTH



R.A.L.L.Y. Grades 4-7 (8-12 yrs old)

Afterschool Program

RECREATION, ADVENTURE, LEARNING, LEADERSHIP, & YOUTH

Join our R.A.L.L.Y. leader for an afterschool pre-teen program. R.A.L.L.Y. is suitable for intermediate Grade 4 to Grade 7 school students. Weekly themes include: leadership, teamwork, goal-setting, group discussion, critical thinking, multimedia, outdoor adventure and recreation. Light snacks are provided. Full-time fees include Pro-D day and Non-Instructional day activities. Please contact riya.talwar@vancouver.ca for program details. Full-time and Part-time spaces are limited. Part-time spaces are for 3 or 4 days a week.

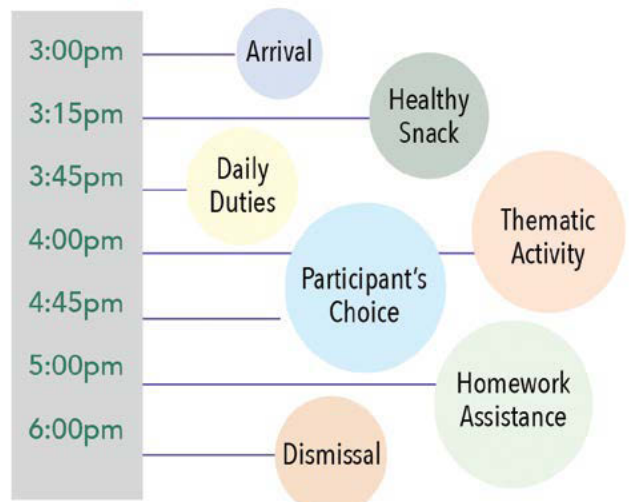
SIGN UP FOR REGISTRATION SEPTEMBER 2018 - JUNE 2019
MON TO FRI 3:00PM - 6:00PM



My name is Paul Page and I am the RALLY leader. My experience working with children and youth spans over 20 years and includes outdoor skills, classroom instruction and adventure trips. I have a Diploma in Outdoor Recreation Management, and a Masters in Environmental Education and Communication.

While very passionate about playing outside, I also feel a strong commitment to helping youth learn to respect themselves, others and the world around them. I feel it is important that youth learn to take responsibility for themselves and their actions so that they can contribute positively to the groups they are a part of. I am looking forward to getting to work with the young people and their families in this community.

Sample RALLY Afternoon



PROFESSIONAL DAYS

| | | | |
|-----------------|----------------------|--------|----------------|
| May 17 9-5pm | Kayaking | | 8-12yrs |
| | RALLY Guest | 214682 | \$60.00 |
| | RALLY Part-time | 214683 | \$30.00 |
| APR 29 9-5pm | Science World | | 8-12yrs |
| | RALLY Guest | 214680 | \$45.00 |
| | RALLY Part-time | 214681 | \$25.00 |



Birthday Parties



HAPPY BIRTHDAY

The Douglas Park Community Centre is excited to help you plan an unforgettable birthday party!
All you have to do is book the date, choose the type of party and bring the food!

Birthday Parties (0-10yrs)

Every Sunday Starting April 6 - June 16 No Birthday Party April 21 & May 19.

Gymnasium Playtime Party Includes

Gymnasium for indoor activity, playtime or sports, Gym Stage to host up to 30 seated guests, a birthday party leader to assist with set up, clean up, activities and safety monitoring. Soccer balls, basketballs, soft activity balls, 2 goal nets, hula hoops, parachute and plasma scooters included.

12:00pm - 3:00pm (includes setup and take down) Fee: \$150

Gymnasium Hockey Party Includes

Gymnasium for indoor activity, playtime or sports, Gym Stage to host up to 30 seated guests, a birthday party leader to assist with set up, clean up, activities and safety monitoring. Plastic hockey sticks, safety goggles and goalie equipment (2 sets) and 2 goal nets included.

12:00pm - 3:00pm (includes setup and take down) Fee: \$150

Birthday Party Add-Ons: Games Packages-\$30. To book the add-on package or for more information please contact the front desk.

Refund Policy: 2 weeks notice: full refund. 1 week notice: 50% refund. Less than one week: no refund.

Inclusion: A birthday party leader (will contact one week before the birthday party), plastic table cloth (select colours available), and either playtime or hockey package.

Exclusion: Decorations, table settings, (plates, cutlery, cups, etc.), snacks, food, or beverages.

Sportball Parties (2-10yrs)

Every Saturday June 15, June 29 - August 24

Enjoy a variety of sports and supervised games in a fun, structured and safe environment; festivities finish off with a traditional birthday celebration. Parties include 1 hour of activities followed by 30 minutes of birthday celebrations with the coach in the gym. Regular birthday party refund policy applies.

Parent/Guardian participation is required for the duration of the party for ages 2-3 yrs.

1:30 pm- 3:00pm

Inclusions: Sportball leader, gymnasium, tables, and chairs.

Exclusions: decorations, table settings (plates, cutlery, cups, etc), snacks, food or beverages.

Instructor: Sportball Vancouver

Fees: Up to 15 kids \$220, 16-25 kids \$290



Rock 'N' BEAU Birthday Party

Every Friday & Saturday Starting April 5 - June 29

Select dates available.

Interactive fun for KIDS ages 3-12yrs. 2 hour CLASSIC Party Package includes:

- Party Host: Rachel Beau
- Customized Party Playlist
- Giant Bubble Wrap Dance Floor
- Prize Giveaways
- Rock'Off Lipsync Contests
- Party Dances & Freestyle Dance Challenges
- Party Rock Limbo

Exclusion: Decorations, table settings, (plates, cutlery, cups, etc.), snacks, food, beverages.

Fridays 5:45 - 8:15pm (Douglas Lounge) Fee: \$300 (Max 15 kids)

Saturdays 10:00am - 12:00pm (Offsite at Tapestry- 2821 Heather St.) Fee \$250 (Max of 15 children)

All prices subject to GST where applicable.





July 4 to August 15
Performance in the Park
Thursday Evenings

**FREE
FAMILY
FUN!**

DOUGLAS PARK COMMUNITY CENTRE

801 West 22nd Avenue, Vancouver BC, V5Z 1Z8

T: 604-257-8130

Follow us at   / douglasparkcc www.douglasparkcc.org



Jointly operated by the Douglas Park Community Association and the Vancouver Board of Parks and Recreation



**Playground
& Wading Pool**

**Opens
Tuesday
July 2
Monday to Saturday**

Come enjoy a variety of activities, games, crafts and theme days run by our playground leaders. Wading pool hours of operation may be affected by inclement weather.

Schedule subject to change.

DOUGLAS PARK COMMUNITY CENTRE

801 West 22nd Avenue, Vancouver BC, V5Z 1Z8

T: 604-257-8130

Follow us at   / douglasparkcc www.douglasparkcc.org



Jointly operated by the Douglas Park Community Association and the Vancouver Board of Parks and Recreation

Douglas Park Community Garden

The Douglas Park Community Garden project will begin this Spring. This project will consist of several workshops that will engage and educate the community. The community garden will be beneficial not only as a food source, but will provide an inclusive space where members of the community of all ages and cultural backgrounds can come together to share stories and experiences. Stay tuned for a detailed time line and a list of workshops.

DOUGLAS PARK COMMUNITY CENTRE ASSOCIATION



The purpose of the Douglas Park Community Centre Association is to improve the quality of life of Douglas Park Community residents through recreation pursuits.

The Douglas Park Community Centre is operated jointly by the Board of Parks and Recreation and the Douglas Park Community Association. The Association is a registered non-profit organization whose Board of Directors play a significant role in determining the type of programs and services offered. Over the years, we have renovated the centre, expanded the preschool and out-of-school care programs, as well as invested in facility improvements.

We continue to seek new Board Members and community members that would like to become involved. Participate in expanding program services, organizing events, fundraising, facility and park improvement and addressing community needs. If you would like to become more involved please contact 604-257-8130 (press #1) or douglasparkccc@vancouver.ca



Make a difference in your community

We are looking for new Board Members or committee members to help expand our programs and further develop our services. This is a great way to explore board opportunities, give back to your community and meet new friends. For more information, please contact the Main Office or douglasparkccc@vancouver.ca



Summer Tennis

Gord Hauka's Tennis

All Tennis lessons take place at Heather Tennis Courts (located at 19th and Heather) on the two South courts.

For more information visit www.gordhaukatennis.com



TENNIS WITH GORD HAUKA

Tennis - Kid's Club **9-12 yrs**

Kid's Club Program gives players between the ages of 9-15 the opportunity to develop skills and play from Beginner to Intermediate Levels. The program follows the Progressive Tennis Model allowing kids to move up the skill levels and compete in a fun low key competition program. Coached at a ratio of 6 players to 1 coach everyone gets the opportunity to improve and enjoy the play. Inter Community Centre play and Wind up Tournament are all part of the fun!

| | |
|----------------------|---------------|
| Sa 11:15 am-12:45 pm | Apr 06-May 25 |
| \$125/6 sessions | 217691 |
| Th 4:00 pm-5:30 pm | Apr 25-May 30 |
| \$125/6 sessions | 217692 |

Tennis - Kid's Club **13-16 yrs**

Kid's Club Program gives players 13-16 the same program as followed by Adult Beginner, Novice and Lower Intermediate. Play begins with the Low Compression Green Dot ball and through the sessions the goal is to progress to the regular tennis ball.

| | |
|----------------------|---------------|
| Sa 11:15 am-12:45 pm | Apr 06-May 25 |
| \$125/6 sessions | 218205 |
| Th 4:00 pm-5:30 pm | Apr 25-May 30 |
| \$125/6 sessions | 218204 |

Tennis - Kids Red Ball **5-6 yrs**

The first introduction to Tennis is a foundational program that helps kid's develop the skills to rally and play with their coach, parents and friends. Following the "Progressive Tennis Model", players will use the soft teaching Red Ball, a smaller court, lower net and right sized racquets.

| | |
|---------------------|---------------|
| Sa 9:30 am-10:15 am | Apr 06-May 25 |
| \$64/6 sessions | 217693 |

Tennis - Kids Red/Orange Ball **7-8 yrs**

The 7-8 year old program is divided into two levels. Red Ball for the Beginner; Orange Ball for the player who has taken the Red Ball Beginner previously or the 5-6 years program. Following the "Progressive Tennis Model", players will use the soft teaching Red Ball, a smaller court, lower net and right sized racquets.

| | |
|----------------------|---------------|
| Sa 10:15 am-11:15 am | Apr 06-May 25 |
| \$86/6 sessions | 217695 |
| Tu 4:00 pm-5:00 pm | Apr 23-May 28 |
| \$86/6 sessions | 217696 |



Queen Elizabeth Tennis Club

Join us for doubles tennis and lots of fun. Our playing days are Tuesday and Friday evenings at the tennis courts at Queen Elizabeth Park. Basic knowledge of play is required. For more information and to register, visit www.qetennisclub.ca

5:00pm - 8:00pm May 2019 to Sep 2019 \$75/season

Tennis Summer Red Ball Camp **5-6 yrs**

Slap on the sunscreen, grab a hat and come out and play with us. Gord Hauka's Summer Tennis Camps are made for fun and run, learning to play tennis and meeting new friends. We provide all you need racquets and water and of course our 36 year tradition fruit snack gummy bears!

| | |
|------------------------|---------------|
| Tu /Th 4:00 pm-5:00 pm | Jul 02-Jul 18 |
| \$60/6 sessions | 218211 |
| Tu/ Th 4:00 pm-5:00 pm | Jul 30-Aug 15 |
| \$60/6 sessions | 218212 |

Tennis Summer Red/Orange Ball Camp **7-9 yrs**

Slap on the sunscreen, grab a hat and come out and play with us. Gord Hauka's Summer Tennis Camps are made for fun and run, learning to play tennis and meeting new friends. We provide all you need racquets and water and of course our 36 year tradition fruit snack gummy bears!

| | |
|------------------------|---------------|
| Tu/ Th 4:00 pm-5:00 pm | Jul 02-Jul 18 |
| \$60/6 sessions | 218215 |
| Tu/Th 4:00 pm-5:00 pm | Jul 30-Aug 15 |
| \$60/6 sessions | 218220 |



Tennis - Beginner

Our Beginner 10 hour course is designed to show you and develop all the fundamentals of the game. Player to Coach is Ratio 6-1. We coach techniques and tactics whilst developing your playing skills with a great bunch of people. Our goal is for the Beginner courses to give you the basic skills that will allow you to get out and chase the yellow ball for the rest of your life and want more. We can provide you with a racquet for the class if you need one.

| | |
|-----------------------|---------------|
| Tu Th 5:30 pm-7:00 pm | Apr 09-Apr 25 |
| \$121.9/6 sessions | 217688 |
| Tu Th 5:30 pm-7:00 pm | May 07-May 23 |
| \$121.9/6 sessions | 217690 |
| Tu Th 7:00 pm-8:30 pm | Jun 04-Jun 20 |
| \$121.9/6 sessions | 217706 |
| Tu Th 5:30 pm-7:00 pm | Jul 02-Jul 18 |
| \$121.9/6 sessions | 217707 |
| Tu Th 5:30 pm-7:00 pm | Aug 06-Aug 22 |
| \$121.9/6 sessions | 217709 |

Tennis - Intermediate

Top spin for your forehand, slice for the backhand and a consistent serve. Players will be introduced to tactics and strategies for singles and doubles developing your skills in low key competitive play with your classmates. Player to Coach ratio is 6-1. We coach hard and push your fitness. Our goal is for the Novice Plus player to be able to play a game in almost any social setting and practice and play until they need more... lower intermediate and beyond.

| | |
|-----------------------|---------------|
| Tu Th 7:00 pm-8:30 pm | May 07-May 23 |
| \$121.9/6 sessions | 217703 |
| Tu Th 5:30 pm-7:00 pm | Jun 04-Jun 20 |
| \$121.9/6 sessions | 217704 |
| Tu Th 7:00 pm-8:30 pm | Jul 02-Jul 18 |
| \$121.9/6 sessions | 217714 |
| Tu Th 7:00 pm-8:30 pm | Aug 06-Aug 22 |
| \$121.9/6 sessions | 217715 |

Tennis - Novice

Player to Coach is ratio 6-1. We coach weekly themes on consistency and placement to develop match skills and compete for fun with a great bunch of people. Our goal is for the novice player to know how to practice and improve these skills in fun and play before you take the Novice Plus classes.

| | |
|-----------------------|---------------|
| Tu Th 5:30 pm-7:00 pm | Apr 09-Apr 25 |
| \$121.9/6 sessions | 217700 |
| Tu Th 5:30 pm-7:00 pm | May 07-May 23 |
| \$121.9/6 sessions | 217702 |
| Tu Th 7:00 pm-8:30 pm | Jun 04-Jun 20 |
| \$121.9/6 sessions | 217711 |
| Tu Th 5:30 pm-7:00 pm | Jul 02-Jul 18 |
| \$121.9/6 sessions | 217712 |
| Tu Th 5:30 pm-7:00 pm | Aug 06-Aug 22 |
| \$121.9/6 sessions | 217713 |



Tennis Summer Kids Camp **7-11 yrs**

Slap on the sunscreen, grab a hat and come out and play with us. Gord Hauka's Summer Tennis Camps are made for fun and run, learning to play tennis and meeting new friends. We provide all you need racquets and water and of course our 36 year tradition fruit snack gummy bears!

| | |
|------------------------------|---------------|
| Tu - F 9:00 am-12:00 pm | Jul 02-Jul 05 |
| \$150/4 sessions | 218206 |
| M Tu W Th F 9:00 am-12:00 pm | Jul 22-Jul 26 |
| \$150/5 sessions | 218221 |
| M - F 9:00 am-12:00 pm | Aug 12-Aug 16 |
| \$150/5 sessions | 218225 |

Tennis Summer Youth Camp **12-16 yrs**

We provide all you need racquets and water and of course our 36 year tradition fruit snack gummy bears!

| | |
|-----------------------|---------------|
| M - F 1:00 pm-4:00 pm | Jul 08-Jul 12 |
| \$150/5 sessions | 218207 |
| M - F 1:00 pm-4:00 pm | Jul 29-Aug 02 |
| \$150/5 sessions | 218223 |
| M - F 1:00 pm-4:00 pm | Aug 19-Aug 23 |
| \$150/5 sessions | 218224 |

All prices subject to GST where applicable.



WORKSHOPS

Medieval Hardcover Bookbinding **NEW**

Suzan Lee
 Historically used for practical purposes, rather than scholarly, this structure was used by merchants to record profits. Made to stand wear and tear of travel by land or sea, the contemporary hardcover version is doubly practical as the book can be refreshed by replacing old pages with new. No prior experience necessary. All tools and supplies provided.
 Su 12:30 pm-3:30 pm May 26
 \$48.05/1 sessions 211679

Orihon Bookbinding **NEW**

SuzanLee
 Historically, this Japanese accordion structure held marvelous brush calligraphy, woodblock prints and ink drawings tastefully created for travel and display. Participants will complete one hardcover book; ready to contain and protect equally beautiful images, writings and objects. No prior experience necessary. All tools and supplies provided.
 Su 12:30 pm-3:30 pm Jun 23
 \$48.05/1 sessions 211756

Bookbinding **NEW**

Suzan Lee
 Learn different bookbinding styles from the very start to finish. This series provides ample time to practice and review learned techniques as well as sharing discoveries and ideas. Varied skill levels are welcome, including beginners. All tools and supplies are provided. **No class April 22nd and May 20th.**

Series A
 M 6:00 pm-8:00 pm Apr 08-Jun 10
 \$144/4 sessions 218350

Series B
 M 6:00pm-8:00pm May 13-Jun10
 \$144/4 sessions 219273



“Opabin Plateau” Watercolours

Frank Townsley
 This workshop depicts an Autumn scene in the Opabin Plateau above the Lake O’Hara basin in Yoho National Park. Photos, enlargements for tracing purposes will be provided, including supplies for those not wishing to use their own.
 Sa 9:00 am-4:00 pm May 11
 \$45/1 sessions 211677



“Schooner Cove” Watercolours Workshop

Frank Townsley
 This workshop depicts a beautiful beach scene in Pacific Rim National Park on Vancouver Island. Photos, enlargements for tracing purposes will be provided, including supplies for those not wishing to use their own.
 Sa 9:00 am-4:00 pm Jun 15
 \$45/1 sessions 211678

Anxiety and Stress Release Workshop

Ron Jordens
 Learn an amazing and powerful practice called Emotional Freedom Technique to reduce or eliminate anxiety, fears, cravings, physical and emotional illnesses and stress. This technique is easy to learn, self-applied, used anytime, anywhere and can be applied on any emotional or physical issue. EFT is a technique that applies light finger tapping to acupuncture points with no needles. Workshop fee includes a private 30 minute sessions with Ron for participants to learn how to work on specific personal issues.
 Th 7:00 pm-9:00 pm Apr 18-Apr 25
 \$50/2 sessions 211734
 Th 7:00 pm-9:00 pm Jun 20-Jun 27
 \$50/2 sessions 218231

Essential Oils - Mother’s Day Gift

Antoinette Perone
 What better to get your mom but handmade essential oils from her loved one!. We will discuss the top oils to support women’s wellness and hormone balance as well as how to incorporate them into your lives and homes for cleaner and more effective solutions. You are sure to leave feeling informed and empowered. Topics covered will be: healthy hormones, balanced emotions, strong immune systems, more energy, managed stress, overall wellness.
 Th 6:30 pm-8:30 pm May 09
 \$20/1 sessions 211905

To avoid the disappointment of a cancelled program, register early and invite your friends to join too!



All prices subject to GST where applicable.

Family Health & Wellness with Essential Oils

Antoinette Perone

As we get older it is important to think about taking care of our minds, bodies and overall health. Incorporating natural solutions into our daily routines as preventative healthcare can be of great support to issues and ailments that may become present. Find out how essential oils can help you live a healthier, fuller and more pain-free lifestyle. We will cover the following: energy and focus, digestive issues, sleep issues, skin issues, immune support, stress, pain and mood, empowered wellness.

Th 6:30 pm-8:30 pm

Jun 06

\$20/1 sessions

211711



Earthquake Preparedness - Personal & Family

City of Vancouver NEPP

We all witnessed the earthquakes in New Zealand, Haiti and Italy and saw the devastation caused. Vancouver was rocked with a magnitude 4.8 earthquake serving as a wakeup call - we too could be faced with a massive earthquake - yet few of us take the steps to ensure we are 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. FREE, pre-registration necessary.

Th 7:00 pm-8:30 pm

Jun 27

Free/1 sessions

211705

Baby Sign Language

0-24mos

Sheri Kauhausen

Babies understand and can communicate long before they are able to speak. Research shows that babies who learn Sign Language learn quicker and talk earlier. Using songs and games learn how to teach your baby basic American Sign Language (ASL) so they can better convey their wants and needs and relieve unnecessary frustration. The instructor will teach you the signs and songs so you can practice at home. Babies can sleep during class or you can bring some toys. Newborn to 24 months.

M 12:30 pm-1:15 pm

May 27-Jun 24

\$64/5 sessions

211680

Music History & Appreciation

NEW

Sarah Jay Cawston

Curious about why music sounds the way it does? Where did it all begin? Learn to appreciate the fascinating evolution of Western music through this 5-part series. Class subjects will include; Medieval & Early Renaissance, Late Renaissance & Baroque (Bach), Classical (opera, Mozart), Romantic, and 20th Century (Jazz, Musical Theatre).

Sa 12:30pm-1:30pm

May 11-Jun 15

\$120/5 sessions

220348

Knitting Circle for Adults

NEW

Sharon Hoy

Come knit with us!!! Beginners or experienced knitters are welcome. The benefits to knitting are amazing: Explore your creative side and see how knitting is a good way to relax and de-stress.

Th 5:15pm-6:30pm

Apr 11-Jun 6

\$102.86/9 sessions

218882

Song Sharing

All Ages

Ana elia, Julia Ulehla

In our time and place, song has become an art form mostly employed for professional entertainment, yet in the past (and in some places in the world today) song was part of daily activities and a source and vehicle for wisdom, keening, praying, and telling human and more-than-human stories. At our weekly gatherings, we will share songs, stories and commensality. We will sing and wonder how it is to bring back singing into our everyday lives. Song, a place where life lives, learns, breathes. If you are curious, join us! This program is open to all ages and also seeks to engage seniors as part of the Arts and Health initiative. Program participants will be invited to attend the Arts and Health Project Exhibition and Showcase 2019 in June at the Roundhouse Community Centre. Event details TBA www.artsandhealthproject.com/

Th 5:15 pm-6:45 pm

Apr 04-May 30

FREE

214390

Acrylic Painting for Beginners

NEW

TAP

18+ yrs

Philip Tsang

Philip will teach you step by step on how to paint landscape, still life or animals. Demonstrations will be provided during the class. Philip loves teaching art and has taught interior design and art classes at many local Institutes, schools and colleges with Continuing Education. Material list will be provided.

Classes held at Tapestry Community Rooms, 2821 Heather St.

Tu 6:30pm-8:30pm

Apr 02

FREE TRIAL

220606

Tu 6:30 pm-8:30 pm

Apr 09-May 07

\$96/5 sessions

218356

Tu 6:30 pm-8:30 pm

May 14-Jun 11

\$96/5 sessions

218357



All prices subject to GST where applicable.

POTTERY



Kids pottery

Preschool Pottery Play for 3's & 4's

Through creative clay play, children learn fine motor skills, to create and socialize with others and express their individual creativity. Emphasis on playing, not on a final product. Please bring a smock, clay is provided. Drop-in if space permits. **No class April 22nd & May 20th.**

Tu 12:00 pm-1:00 pm Apr 09-Jun 11
\$100/10 sessions, \$11/drop-in 218232

Parent and Tot Pottery

5+yrs

Have fun making collaborative clay projects with your child in this creative pottery class and learn a variety of simple hand building and decoration techniques. A selection of neat and functional pieces will be made to take home when glazed. Program fee includes clay, glazes and firing. Fee is for one child and one adult. Please register under child's name and bring an apron. Parent participation required. **No class April 20th.**

M 1:30pm-3:00pm Apr 08 - Jun 24
\$150/10 sessions 211778

Clay Creations

6-8 yrs

Beverly Ho

Come afterschool and have fun learning to play with clay and creating fabulous objects. Simple hand building techniques such as pinching, coiling and soft slabbing will be taught. Clay, firing and glazes are included in fee. Bring a smile and a smock/apron. **No class April 22nd & May 20th.**

M 3:30 pm-5:00 pm Apr 08-Jun 24
\$120/10 sessions 211696

Pottery Explorers

8-10 yrs

Come and explore all the fun possibilities of clay and making clay creations! Use your imagination and let your hands transform this material into something fantastic! Discover your creative talents in a fun and relaxing environment. Clay, firing, glazes are included in fee. Bring a smock.

W 3:30 pm-5:00 pm Apr 10-Jun 12
\$120/10 sessions 211868

TG2BT Pottery for Teens

11-15 yrs

Too Good To Be True Pottery for Teens is a super cool programs for young teens. Clay work is very therapeutic, fun and relaxing and is a good way to allow teens to explore and discover their inner talents. Hand building strategies and surface techniques will be taught. All supplies included in fee, final projects will be painted and glazed. Bring an apron and a sketchbook and pencil to class.

Tu 3:30 pm-5:00 pm Apr 09-Jun 18
\$132/11 sessions 211885





PotteryCamp

6-12 yrs

Enjoy a fun-filled week of pottery and outdoor fun and activities. An overview of hand-building (table) and throwing (pottery wheel) techniques will be taught. Suitable for returning students and beginners. Please note this camp includes outdoor breaks, please dress appropriately and bring a nut free snack and sunscreen and water. All supplies included.

| | |
|-----------------------------|---------------|
| Tu W Th F 1:00 pm-4:00 pm | Jul 02-Jul 05 |
| \$100/4 sessions | 218359 |
| M Tu W Th F 1:00 pm-4:00 pm | Jul 08-Jul 12 |
| \$120/5 sessions | 218362 |
| M Tu W Th F 1:00 pm-4:00 pm | Jul 15-Jul 19 |
| \$120/5 sessions | 218365 |
| M Tu W Th F 1:00 pm-4:00 pm | Jul 22-Jul 26 |
| \$120/5 sessions | 218366 |
| M Tu W Th F 1:00 pm-4:00 pm | Jul 29-Aug 02 |
| \$120/5 sessions | 218367 |
| M Tu W Th F 1:00 pm-4:00 pm | Aug 06-Aug 09 |
| \$100/4 sessions | 218368 |
| M Tu W Th F 1:00 pm-4:00 pm | Aug 12-Aug 16 |
| \$120/5 sessions | 218369 |
| M Tu W Th F 1:00 pm-4:00 pm | Aug 19-Aug 23 |
| \$120/5 sessions | 218370 |
| M Tu W Th F 1:00 pm-4:00 pm | Aug 26-Aug 30 |
| \$120/5 sessions | 218371 |



| POTTERY | | | | | | |
|--|---|---|---|--|--|--|
| MON | TUES | WED | THUR | FRI | SAT | SUN |
| Pottery Club Drop-In 7:30am-1:00pm | Preschool Pottery Play 3's & 4's 12:00pm-1:00pm |  | Pottery Club Drop-In 7:30am-12:00pm | Intro to Raku Firing 10:00am-1:00pm | Pottery Club Drop-in 9:00am-11:00am | Pottery Club and Student Drop-In 9:00am - 3:15pm |
| Parent & Tot Pottery | | |  | Pottery Club & Student Drop-in 1:00pm - 5:00pm | Surface Design 11:30am - 2:30pm | Workshops: Teapot Time May 26 & Jun2 Illuminate: Lantern Making Jun 16 & 23 12:30-3:30pm |
| Clay Creations (6-8yrs) 3:30pm-5:00pm | TG2BT Pottery for Teens (11-15yrs) 3:30pm - 5:00pm | Pottery Explorers (8-10yrs) 3:30pm - 5:00pm | | | | |
| Vessels and The Contained Form 5:15pm-7:15pm | Pottery Club and Student Drop-In 5:30pm - 9:15pm | Pottery Hand & Wheel Beginners 6:30pm-9:30pm | Pottery - Intermediate/Advanced Wheel 6:30pm - 9:30pm | Dinnerware by Design 5:45pm-8:45pm | <i>Pottery Club and Student Drop-In schedule subject to change and holiday closures.</i> | |
| Ceramics and Garden 6:30pm - 9:30pm | | | | | | |

Vessels and the Contained Form

Beverly Ho

In this class, we will be exploring containers in the form of cups, bowls, plates, pots and more. We will look at vessels sculpturally and functionally, as well as different methods from wheel throwing to coils, to slab work. Students purchase clay from the instructor. **No class April 22nd & May 20th.**

M 5:15 pm-7:15 pm Apr 08-Jun 24
\$171.43/10 sessions 211887

Ceramics and Garden

Beverly Ho

In this project based course we will explore hand-building and wheel throwing techniques to make objects for the garden such as flower pots, planters and vases. We will explore a range of surface and glaze techniques. This course is suited for Beginner and Intermediate students. Students purchase clay from instructor. **No class April 22nd & May 20th.**

M 7:30 pm-9:30 pm Apr 08-Jun 24
\$171.43/10 sessions 211690

Pottery - Hand & Wheel for Beginners

Kate Metten

Come learn the basics of hand building and wheel throwing techniques in an environment that allows individuals to progress at their own pace. Included with the fees are slips, glazes and firing - students purchase clay from instructor.

W 6:30 pm-9:30 pm Apr 03-Jun 19
\$274.29/12 sessions 211865
W 6:30 pm-9:30 pm Jul 3-Aug 28
\$274.29/12 sessions 218438

Pottery - Intermediate Advanced Wheel

Robyn Williams

Increase throwing skill through guided practice. Explore and refine your forms and surfaces through demos and individual assignments. Pre-requisite: able to throw medium sized bowls and cylinders. Please bring a smock, towel and sketchbook. Students purchase clay from instructor.

Th 6:30pm-9:30pm Apr 11-Jun27
\$205.71/9 sessions 211866
Th 6:30pm-9:30pm Jul 4-Aug 29
\$205.71/9 sessions 218440



Dinnerware by Design

Robyn Williams

This is a specialized course for people wanting to create their own tableware using either throwing or hand building techniques. Each week we will build skills needed to make bowls, dinner and salad plates, mugs and serving dishes. This class is about both design and function. Experience an asset. Purchas clay from instructor. **No class April 19th.**

F 5:45 pm-8:45 pm Apr 12-Jun 28
\$251.43/11 sessions 211703

All prices subject to GST where applicable.

POTTERY CONT'D

Intro to Raku Firing Pottery

Estelle Liebenberg

Experience the excitement of making and Raku firing pottery. Learn various methods of construction, glazing and firing raku ware. Some pottery experience required. we cover everything from idea to finished piece. Building at Douglas Park Centre week 1-5 and firing at Gleneagles Community Centre on week 6. Purchase Clay from instructor.

F 10:00 am-1:00 pm Apr 26-May 31
 \$200/6 sessions 218443
 Su Gleneagles for Firing 9am-2pm Jun 1

Surface Design

Robyn Williams

Take your pots to the next level in this course that will cover a variety of surface decorating techniques. In this class you will learn about creating texture and carving as well as more challenging techniques such as sgraffito, transfers and photo lithography. Experience recommended. Purchase clay from instructor. No class April 20th.

Sa 11:30 am-2:30 pm Apr 13-Jun 29
 \$274.29/12 sessions 211883

Club Mud

Estelle Liebenberg

Staying in town this summer? Come join Estelle for some summer pottery staycation fun in our studio! In this project based class, students learn how to make unique handmade dishes, such as small serving platters and sauce dishes. Clay not included. Purchase clay from instructor.

F 5:30pm-7:30pm Jul 5-Aug 30
 \$171.43/9 sessions 218444

WORKSHOPS

Illuminate: Lantern Making

Robyn Williams

This is a workshop to lift your spirits and create a beautiful hand built, hand carved lantern for your patio or living room. Students will be guided in the first session to design and carve their lantern and to glaze in the second session. Experience an asset but not necessary.

Su 12:30pm-3:30pm Jun 16-Jun 23
 \$66.66/2 sessions 220017

Teapot Time!

Robyn Williams

Looking for a different kind of fun night? Bring yourself down to the studio for this guided workshop to build a teapot and cups for your own home. You will love to spend time creating and meeting new people, one building session, one glazing session. No experience necessary!

Su 12:30pm-3:30pm Jul 13-Jul 20
 \$66.66/2 sessions 220018



The Pottery Club program is designed to continue the learning process started in Douglas Park pottery classes and to develop pottery skills through practice and experimentation. It is a place where hobby potters can exchange ideas and cultivate a sense of place in the Douglas Park community. This noninstructional program is for current and former Douglas Park Pottery students who are ready to work on their own and understand and follow Studio Practices and Procedures.

Minimum Pre-requisite: Completion of 2 approved Pottery courses.

Pottery Club – Spring 2019

Studio Orientation Fee \$30 + tax 211869
 Pottery Club \$165 + Tax (April-June 2019) 211867

Pottery Club – Summer 2019

Studio Orientation Fee \$30 + tax 218442
 Pottery Club \$110 + Tax (July/August 2019) 218441
 (Option: Pottery Club Drop-In for Summer Only \$15/drop-in)

- The above fees include:
- A drop-in scan card
 - Firings, as detailed in the Drop-in Pottery program agreement
 - Use of studio glazes and slips

Clay must be purchased from front desk and distributed by Staff. Commercial or production pottery is not permitted. Centre closed on statutory holidays and subject to change.

Contact logan.kenler@vancouver.ca to inquire about space in pottery club and to set up a pottery orientation.



Students and pottery club members purchase clay from instructor or Community Centre. No outside clay permitted.

Clay & Tool Kit Fees
 Stoneware: \$22 + GST
 Porcelain: \$28/\$30 + GST
 Tool Kits: \$31 + GST
 14" BatMates: \$16 + GST

All prices subject to GST where applicable.

DANCE

Introduction to Indian Classical Dance

Anusha Fernando

This intro class will give students an opportunity to taste Bharata Natyam's rich palette through the exploration of expressive vocabulary & rhythmic complexity. This class will also highlight the dance form as a meditative practice, an effective means for cultivating concentration and equanimity. **No class April 20th.**



Sa 2:15 pm-3:15 pm

Apr 06-May 11

\$57.14/4 sessions

211737

Sa 2:15 pm-3:15 pm

Jun 01-Jun 29

\$57.14/4 sessions

211738

Intermediate Technique Class

Anusha Fernando

Please join us for an Intermediate Technique class focusing on Adavus. Students must have knowledge of the foundational physical vocabulary of Bharata Natyam. Students from all Bharata Natyam schools are welcome! **No class April 20th.**

Sa 1:00 pm-2:10 pm

Apr 06-May 11

\$45.71/4 sessions

211732

Sa 1:00 pm-2:10 pm

Jun 01-Jun 29

\$45.71/4 sessions

211733

Spanish Flamenco Dancing

Jill Tunbridge

Discover your passion! Flamenco is a dynamic art form originating from Southern Spain that now reaches a worldwide audience. This is a fun cardio/dance class that challenges both the body and the mind. Classes will focus on the fundamentals of flamenco dancing. Techniques explored include basic marking steps, grooving, arm work, floreos (hand work), zapateado (footwork), palmas (clapping), and musicality.

Beginner Only

Tu 7:45pm-9:00pm

Apr 09-Jun 25

\$114.29/12 sessions, \$12/drop-in

211876

Intermediate Only

Tu 6:30pm-7:45pm

Apr 09-Jun 25

\$114.29/12 sessions, \$12/drop-in

211877

Tap Dance - Beginner

Allsion Berry

Learn some basic tap steps and simple routines in a fun, relaxed atmosphere with a friendly and patient instructor. Returning students will learn new steps.

W 7:30 pm-9:30 pm

Apr 24-Jun 26

\$123.8/10 sessions, \$15/drop-in

211884

W 7:30 pm-9:00 pm

Jul 10-Aug 14

\$74.29/6 sessions, \$15/drop-in

215032

Waikiki Hula Dancing

19+ yrs

Judy Mulder

Come experience Aloha while learning The Hula. Take a mini tropical vacation while dancing to classics by Elvis, Don Ho and other island favourites. This is a fun, gentle low-impact exercise to help strengthen your core and lower back. No coconut bras or hula hoops required.

FREE TRIAL Apr 12

211901

F 11:00 am-11:45 am

Apr 26-May 17

\$22.86/4 sessions, \$6.67/drop-in

211900



Little Mountain Step'n Clog - Intermediate

A recreational and performance group doing traditional English step and clog dancing. Must have attended an introductory class or have experience with clog or tap dancing. Drop-in only. **This group meets on following dates: Apr 6, 27, May 11, 18, Jun 1, 8**

Sa 1:00 pm-3:00 pm

Apr 06-Jun 29

\$2.25/drop-in

211761



FITNESS & HEALTH:

Essentrics

Jana Birkett

A dynamic, full body workout suitable for all fitness levels (done in bare feet) that simultaneously combines stretching and strengthening while engaging all 650 muscles. This class will increase flexibility and mobility for a healthy, toned and pain-free body. **No class April 22nd & May 20th.**

TWO FOR ONE TRIAL:

| | |
|-----------------------------------|---------------|
| M 10:45 am-11:55 am | Apr 08-Apr 15 |
| \$15.24/2 sessions (no drop-in) | 211708 |
| M 10:45 am-11:55 am | Apr 29-Jun 24 |
| \$102.86/8 sessions, \$16/drop-in | 211706 |

TWO FOR ONE TRIAL:

| | |
|-----------------------------------|---------------|
| M 5:00 pm-6:20 pm | Apr 08-Apr 15 |
| \$15.24/2 sessions (no drop-in) | 211709 |
| M 5:00 pm-6:20 pm | Apr 29-Jun 24 |
| \$102.86/9 sessions, \$16/drop-in | 211707 |

Yoga for Moms with Toddlers **NEW**

Lisa Sars

This class offers a way for moms to learn some useful yoga warm-ups and poses to take care of their bodies and relax while their children play, watch, or join the practice. Yoga reduces stress and helps us to refocus. Toys, songs and activities are included for the children. Crawlers and toddlers are welcome. Please wear comfortable clothes, feel free to bring water and any toys, blankets, games, etc. your child might benefit from.

| | |
|----------------------------------|---------------|
| W 10:30 am-11:30 am | Apr 24-Jun 12 |
| \$91.43/8 sessions. \$13/drop-in | 212169 |

Pilates Matwork -All Levels

Pilates Unlimited

Increase core strength and flexibility in this full body workout. Get long, lean, and strong and feel great doing it! Come have fun working out to great music with Master Pilates instructor Monique Haziza from Pilates Unlimited. Some use of therabands and other props or small Pilates equipment. Monday class held at Douglas Park Community Centre. **No Class Apr 22nd, May 20th & Aug 5th.**

| | |
|---------------------------------|---------------|
| M 6:30 pm-7:30 pm | Apr 01-Jun 24 |
| \$143/11 sessions, \$16/drop-in | 211860 |
| Th 7:30 pm-8:30 pm (TAP) | Apr 04-Jun 27 |
| \$169/13 sessions \$16/drop-in | 211861 |
| Th 6:30 pm-7:30 pm | Apr 04-Jun 27 |
| \$169/13 sessions \$16/drop-in | 220764 |
| M 6:30 pm-7:30 pm | Jul 08-Aug 26 |
| \$91/7 sessions, \$16/drop-in | 218455 |
| M 7:30 pm-8:30 pm | Jul 08-Aug 26 |
| \$91/7 sessions, \$16/drop-in | 220767 |

TAP Classes held at the TAPESTRY COMMUNITY ROOMS 2821 Heather St.

Chi Kung - Qigong Chinese Yoga **TAP**

Ron Jordens

Experience a unique combination of meditation, deep breathing and stretch movements. It helps maintain physical and mental health, improve balance and slow down aging. **Class held at Tapestry Community Rooms, 2821 Heather St.**

| | |
|---------------------|---------------|
| Tu 5:30 pm-7:00 pm | Apr 09-Jun 25 |
| \$68.57/12 sessions | 211691 |

Hatha Yoga and Body Rolling **TAP**

Jennifer Rowbotham

This yoga combines breath and yoga postures (asanas) so the practitioner becomes aware of his/her body, breath and mind. It's both relaxing and challenging. Learn where you hold tension and emotion and how to breathe to calm the body and mind. Postures are held for an extended period of time and some partner work is involved. Body rolling helps release tension in the muscles and increases flexibility. Please Note: Body rolling balls may be purchased through the instructor for \$50.40-\$56.00. Contact jarowbotham@shaw.ca. If trying a class for the first time, students may borrow a ball from the instructor. Drop-ins pay in advance by calling the Community Centre. **Classes held at the Tapestry Community Room: 2821 Heather St. No class May 14, Jun 11.**

| | |
|--------------------------------|---------------|
| Tu 7:45 pm-9:15 pm | Apr 16-Jun 25 |
| \$126/9 sessions, \$17/drop-in | 211729 |

Iyengar Yoga - Level I and II

Grant Richards

Iyengar yoga classes have an emphasis on body/breath awareness, alignment, strength, stability, mobility, balance and relaxation. Wednesday class location: **Tapestry Community Rooms, 2821 Heather St. No class April 19th.**

| | |
|--|---------------|
| W 7:00 pm-8:20 pm | Apr 10-Jun 12 |
| \$123.81/10 sessions, \$14.29/drop-in TAP | 211739 |
| F 9:30 am-10:50 am | Apr 12-Jun 14 |
| \$123.81/10 sessions, \$14.29/drop-in | 211740 |

Yoga4Stiff People

Misurka Yoga Ltd.

Yoga4Stiff People is a fun interactive class that gets to the heart of poses and makes yoga accessible for everyone! An all levels yoga series designed for people who would like to improve flexibility, increase strength, and relax the mind and body. Clear concise instruction, adjustments, workshop style teachings and demonstrations will make this a unique yoga experience designed to deepen your practice and understand at any level. Beginners welcome.

| | |
|----------------------------------|---------------|
| W 6:15 pm-7:15 pm | Apr 03-May 15 |
| \$84/7 sessions, \$15.24/drop-in | 211908 |
| W 6:15 pm-7:15 pm | May 22-Jun 26 |
| \$72/6 sessions, \$15.24/drop-in | 211909 |
| W 6:15 pm-7:15 pm | Jul 03-Jul 31 |
| \$60/5 sessions, \$15.24/drop-in | 220655 |

Yoga4StiffGuys - All levels TAP

Misurka Yoga Ltd.

An all levels yoga series designed for guys who want to improve flexibility, increase strength and relax the mind and body. Although everyone is welcome, this class pays special attention to parts of men's bodies that are often least flexible with an emphasis on poses to open the hips, quadriceps, hamstrings and lower back.

Class held at Tapestry Community Rooms, 2821 Heather St.

| | |
|----------------------------------|---------------|
| W 8:30 pm-9:30 pm | Apr 03-May 15 |
| \$84/7 sessions, \$15.24/drop-in | 211910 |
| W 8:30 pm-9:30 pm | May 22-Jun 26 |
| \$72/6 sessions, \$15.24/drop-in | 211911 |

SPORTS

Pickleball: Lessons Beginner

Come try out this popular, easy-to-learn, and exciting sport that combines elements of badminton, tennis & table tennis. Participants will learn the proper grip, how to correctly hit the ball and move efficiently and safely around the court. All equipment provided.

Catalin Costea

| | |
|--------------------|--------------|
| Th 7:15 pm-8:45 pm | Apr 04-May 9 |
| \$60/6 sessions | 211857 |
| Th 7:15 pm-8:45 pm | Jul 4-Aug 8 |
| \$60/6 sessions | 218569 |

Richard Lee

| | |
|----------------------|---------------|
| Th 11:00 am-12:30 pm | Apr 11-Jun 20 |
| \$110/11 sessions | 211859 |

Pickleball: Intermediate-Drills & Strategies

Richard Lee

Players with some experience have played games and would like to fine tune their strokes and learn strategic plays from a certified IPTPA instructor. **No class April 22nd & May 20th.**

| | |
|--------------------|---------------|
| M 11:30 am-1:00 pm | Apr 08-Jun 17 |
| \$90/9 sessions | 211858 |

Pickleball: Intermediate-Drills & Strategies

Catalin Costea

Players with some experience have played games and would like to fine tune their strokes and learn strategic plays from a certified IPTPA instructor.

| | |
|------------------|---------------|
| Th 7:15pm-8:45pm | May 16-Jun 20 |
| \$60/6 sessions | 220664 |

Pickleball - Recreational

Pickleball is a combination of Ping-Pong, tennis, and badminton and has been enjoyed for over 20 years by people of all ages. This is for the beginner or recreational player and not for those that are competitive or advanced. Drop-in only if space permits, once registration is full no drop-ins will be allowed. **No program Apr 22nd & May 20th.**

| | |
|--|---------------|
| M 1:00 pm-2:30 pm | Apr 01-Jun 24 |
| \$31.43/11 sessions, \$3.81/drop-in | 211856 |
| M 1:00 pm-2:30 pm | Jul 8-Aug 26 |
| \$20/8 sessions, \$3.81/drop-in No program Aug 5 | 220339 |

Novice to Intermediate Pickleball

Pickleball is a combination of Ping-Pong, tennis, and badminton and has been enjoyed for over 20 years by people of all ages. This mini-tennis game is played by 2 or 4 people on a badminton-sized court using wood paddle racquets and a plastic, poly baseball with holes. No experience necessary, players of various levels play each week. Participants try to match abilities when possible. For novice to intermediate players. Drop-in only if space permits, once registration is full no drop-ins will be allowed.

| | |
|-------------------------------------|---------------|
| W 12:30 pm-2:00 pm | Apr 03-Jun 26 |
| \$37.14/13 sessions, \$3.81/drop-in | 211775 |
| W 12:30 pm-2:00 pm | Jul 03-Aug 28 |
| \$25.71/9 sessions, \$3.81/drop-in | 218460 |
| Th 12:45 pm-2:15 pm | Apr 11-Jun 13 |
| \$28.57/10 sessions, \$3.81/drop-in | 211776 |
| Th 12:45pm-2:15pm | Jul 4-Aug 29 |
| \$25.71/9 sessions | 220341 |

Family Pickleball

All ages Family Pickleball is a combination of Ping-Pong, tennis, and badminton and has been enjoyed for over 20 years by people of all ages. This mini-tennis game is played by 2 or 4 people on a badminton-sized court using wood paddle racquets and a plastic, poly baseball with holes. No experience necessary, players of various levels play each week. Participants try to match abilities when possible. Drop-in only if space permits.

No class April 20th & June 22nd.

| | |
|-------------------------------------|---------------|
| Sa 11:30 am-1:00 pm | Apr 06-Jun 29 |
| \$34.29/12 sessions, \$3.81/drop-in | 211712 |
| Sa 11:30 am-1:00 pm | Jul 06-Aug 31 |
| \$34.29/9 sessions, \$3.81/drop-in | 218458 |

Indoor Hockey

Recreational indoor ball hockey for adults. Limited drop-in spaces available. Eye guards are strongly recommended.

| | |
|----------------------------------|---------------|
| Tu 7:45 pm-9:30 pm | Apr 02-Jun 25 |
| \$74.29/13 sessions, \$7/drop-in | 211731 |
| Tu 7:45 pm-9:30 pm | Jul 02-Aug 27 |
| \$51.43/9 sessions | 218457 |



Boccia

Jasmine Webster

Boccia is the Paralympic version of Bocce and is a sport of control and accuracy that can be played by anyone. Originally designed for people with severe cerebral palsy, it is now enjoyed by players with a wide variety of disabilities. Played individually, in pairs or teams, each side is given six balls, either red or blue, with the objective to throw balls as close as possible to the white target ball to earn points. All ages are welcome.

| | |
|-------------------------------------|---------------|
| W 2:15 pm-3:45 pm | Apr 03-Jun 26 |
| \$22.86/13 sessions, \$1.90/drop-in | 211682 |

All prices subject to GST where applicable.

ART & CULTURE

Meditation and Art Creation TAP

Kelly Jimenez

Create art from a meditative state of mind, without expectations or judgments, free to discover, to explore and experience the power of this liberating, enriching and insightful process. This class offers the relaxing and replenishing benefits of meditation with the therapeutic benefits of art making. No experience in meditation or art required. All supplies included.

Classes held at Tapestry Community Room: 2821 Heather St.
 Th 6:30 pm-8:00 pm Apr 18-May 16
 \$117.50/5 sessions 211103
 Th 6:30 pm-8:00 pm May 23-Jun 20
 \$117.50/5 sessions 211104
 Th 6:30 pm-8:00 pm Jul 04-Jul 25
 \$94/4 sessions 211105

Knitting for Beginners Workshop NEW

Sharon Hoy

Come learn to knit in the company of others! Your first project will be a cowl. You will learn the basics: cast on, knit, purl and cast off. Knitting has many benefits; it can be calming and give you a great sense of accomplishment! It is creative mathematical and simple or complex. You can make lovely handmade gifts and once you learn the basics, the sky is the limit!

Th 5:00pm-6:15pm Apr 11-Apr 25
 \$60.00/3 sessions 218882

Music History & Appreciation NEW

Sarah Jay Cawston

Curious about why music sounds the way it does? Where did it all begin? Learn to appreciate the fascinating evolution of Western music through this 5-part series. Class subjects will include; Medieval & Early Renaissance, Late Renaissance & Baroque (Bach), Classical (opera, Mozart), Romantic, and 20th Century (Jazz, Musical Theatre).

Sa 12:30pm-1:30pm May 11-Jun 15
 \$120/5 sessions 220348

Acrylic Painting for Beginners NEW TAP

18+ yrs

Philip Tsang

Philip will teach you step by step on how to paint landscape, still life or animals. Demonstrations will be provided during the class. Philip loves teaching art and has taught interior design and art classes at many local Institutes, schools and colleges with Continuing Education. Material list will be provided. **Classes held at Tapestry Community Rooms, 2821 Heather St.**

Tu 6:30pm-8:30pm Apr 02
 FREE TRIAL 220606
 Tu 6:30 pm-8:30 pm Apr 09-May 07
 \$96/5 sessions 218356
 Tu 6:30 pm-8:30 pm May 14-Jun 11
 \$96/5 sessions 218357

**Bookbinding** NEW

Suzan Lee

Learn different bookbinding styles from the very start to finish. Varied skill levels are welcome, including beginners. All tools and supplies are provided. **No class April 22nd & May 20th.**

Series A

M 6:00 pm-8:00 pm Apr 08-Jun 10
 \$144/4 sessions 218350

Series B

M 6:00pm-8:00pm May 13-Jun 10
 \$144/4 sessions 219273

Sketching and Drawing TAP

Edouard Beaudry

Learn and improve your drawing skills with subjects such as life drawing, landscapes and many more. Unleash your creative self while deepening your understanding of proportions and how to convey light and dark. Materials not included, bring rudimentary drawing supplies to the first class. For materials list contact Ed at edouardbeaudry@gmail.com. **Classes held at the Tapestry Community Room: 2821 Heather St.**

W 3:30 pm-5:00 pm Apr 10
 FREE TRIAL 211875
 W 3:30 pm-5:00 pm Apr 17-Jun 19
 \$114.29/10 sessions 211874

Chinese Calligraphy

Pansy Poon

Introduction to the ancient art of Chinese handwriting. Acquire and improve your writing skill through the use of Chinese ink, brush and paper. This stress releasing exercise is a relaxing experience. A quota of 3 will be reserved for beginners. **No class April 20th.**

Sa 10:00am-12:00pm Apr 06-May 25
 \$94.50/7 sessions 211694

Chinese Calligraphy - Advanced

Pansy Poon

Advanced course on the ancient art of Chinese handwriting. Participants will use right hand writing for brush strokes. Previous calligraphy class experience required. **No class April 20th.**

Sa 10:00 am-12:00 pm Jun 01-Jun 29
 \$54/4 sessions 211693
 Sa 10:00 am-12:00 pm Jul 06-Aug 24
 \$94.50/7 sessions 214000

Art of the Journal NEW TAP

Lynna Goldhar Smith

The Art of the Journal offers 22 transformative techniques that will help you deepen your creativity, expand your imagination, experiment with new ideas, process difficult emotions, plan and envision your future, and transform life into art, stories, screenplays, novels etc. It is a wonderful tool for planning and for activating change in your life. Let your journal become a therapist in a book, a trusted best friend, an idea generator, a memory keeper and more. **Class held at Tapestry Community Room: 2821 Heather St.**

W 6:30pm-8:30pm Apr 3-May 8
 \$88/6 sessions 220922

All prices subject to GST where applicable.



NORTH ROOM



EAST ROOM

| TUES | WED | THUR |
|--|--|--|
| Intro to Robotics (5-10 yrs) 211687 page 8 | Sketching & Drawing (Adult) 211874 3:30pm - 5:00pm Page 35 | Cartoon and Comic (7-13 yrs) 211688 4:30pm - 6:00pm Page 1 |
| Contemporary Dance (7-10 yrs) 211698 4:15pm-5:25pm Page 9 | Art of the Journal 220922 6:30pm-8:30pm Page 34s | Meditation and Art Creation (Adult) 211103 211104 6:30pm - 8:00pm Page 35 |
| Chi Kung Qigong - Chinese Yoga (Adult) 211691 5:30pm - 7:00pm Page 33 | Iyengar Yoga Level I / II (Adult) 211739 211740 7:00pm - 8:20pm Page 33 | Mini Stars Musical Theatre (3-4yrs) 211745 3:30-4:15pm Page 10 |
| Acrylic Painting (Adult) 218356 218357 page 35 | Yoga4Stiff Guys (Adult) 211910 211911 8:30pm - 9:30pm Page 33 | Jr. Performing Stars (5-8yrs) 211745 4:15-5:00pm Page 10 |
| Hatha Yoga & Body Rolling (Adult) 2117.729 7:45pm - 9:15pm Page 33 | | Pop Stars (8-13yrs) 211720 5:00-6:00pm Page 10 |
| | | Pilates Level II (Adult) 220764 6:30pm - 7:30pm Page 20 |
| | | Pilates Level I (Adult) 211861 7:30pm - 8:20pm Page 33 |

The Douglas Park Community Centre offers programs off-site at the Tapestry Community Rooms, 2821 Heather Street. The facility features 2 multi-purpose rooms, suitable for yoga, pilates, health and wellness, dance, meetings and seminars.

Look for the **TAP** icon to indicate programs offered at this facility.

Tapestry Community Rooms
 2821 Heather Street at W 12th Ave.
 Tapestry Office (Tue-Thur) Open during
 Program times: 604-874-5401



WE WANT TO HEAR FROM YOU!

Do you have a fun afterschool program idea?
 What evening activities would you like to see offered at Tapestry Community Rooms?
 Would you like to offer a course?
 Get in touch! douglasparkcc@vancouver.ca

FITNESS

Active Aging

Gail Dibernardo

This workout offers a medium intensity workout which includes low impact aerobics, balance practice, agility drills, targeted strength/core work and stretching to give participants full-body training. Attention will be given to providing safe moves for the mature body that will increase functional strength using free weights, tubing, mats and balls and will leave you feeling energized and strong!

Th 9:15 am-10:15 am Apr 11-Jun 20
 \$62.86/11 sessions, \$6.67/drop-in 211100

OsteoFit

Keno Kinoshita

Maintain your physical independence when you strengthen muscles for stability, improve balance and agility with Keno. Suitable for older adults and seniors. **No class April 19th.**

| | |
|--------------------------------------|---------------|
| WF 11:15 am-12:15 pm | Apr 10-Jun 28 |
| \$131.43/23 sessions, \$6.67/drop-in | 215067 |
| W 11:15 am-12:15 pm | Apr 10-Jun 26 |
| \$68.57/12 sessions, \$6.67/drop-in | 215069 |
| F 11:15 am-12:15 pm | Apr 12-Jun 28 |
| \$62.86/11 sessions, \$6.67/drop-in | 215071 |
| WF 11:15 am-12:15 pm | Jul 03-Jul 26 |
| \$45.71/8 sessions, \$6.67/drop-in | 217834 |
| W 11:15 am-12:15 pm | Jul 04-Jul 25 |
| \$22.86/4 sessions, \$6.67/drop-in | 217836 |
| F 11:15 am-12:15 pm | Jul 05-Jul 26 |
| \$22.86/4 sessions, \$6.67/drop-in | 217854 |

Steady Feet Assessment

A 30 minute one on one assessment with the Steady Feet instructor is a pre-requisite for taking the Steady Feet program. Once registered the instructor will contact you to set up a time. \$15.00/1 session

Steady Feet - Level I

Rachel King

SteadyFeetisabalanceandmobilityprogramrecommended by doctors and physiotherapists. This program has a strong focus on fall prevention. Pre-requisite for this program is a completed one time Steady Feet Assessment.

Level I

| | |
|------------------------|---------------|
| Tu Th 12:35 pm-1:45 pm | Apr 9-May 16 |
| \$58.57/12 sessions | 215073 |
| Tu Th 12:35-1:45pm | May 21-Jun 27 |
| \$58.57/12 sessions | 220505 |

Level II

| | |
|-------------------------|---------------|
| Tu Th 11:45 am-12:30 pm | Apr 09-May 16 |
| \$58.57/12 sessions | 217708 |
| Tu Th 11:45am-12:30pm | May 21-Jun27 |
| \$58.57/12 sessions | 220506 |

Total Body Strengthening for Seniors

Rachel King

This class is geared towards seniors 55+ who would like to develop or to maintain muscular bone and joint health. This one hour class is designed to improve cardio health, functional strength, balance and coordination, posture, range of motion and flexibility.

Tu 10:35 am-11:35 am Apr 09-Jun 25
 \$68.57/12 sessions 215733

Chair Yoga

Annette Wertman

Come join this gentle Chair Yoga class and experience the benefits of increased balance, strength and flexibility! It is for people of ALL ages that find traditional yoga uncomfortable and/or inaccessible for whatever reason. Rejuvenate your mind and body.

Tu 1:30 pm-2:30 pm Apr 16-Jun 25
 \$52.37/ 11 sessions, \$5.71/drop-in 215072

SOCIAL



Stitch in Time

Linda Miller

Knit, crochet, tatting and needlework. Come join this self-directed group.

M 7:00-9:00pm No class April 22, May 20, July 1, Aug 5 .
 Ongoing

Ping-Pong Drop-in

Enjoy a friendly game of table-tennis with your friends. Call 604-257-8130 press 1 to as what times and space is available.
 \$2/drop-in Ongoing

Book Club

Informal monthly gathering. New Members welcome. Meet first Tuesday of the month.

7:30pm-9:00pm Ongoing

Larger Text

for seniors

Young At Heart

Young at Heart meets **every Tuesday**.

It is an inclusive, drop-in seniors program. It provides recreational, social, cultural, and educational activities to support and connect the seniors to the community.

Young At Heart Newsletter

The Young At Heart Newsletter is published monthly with the current activities and it is available at the centre.

For more information please contact Alysha at 604-257-8110; email: alysha.manhas@vancouver.ca



TUESDAY SENIORS PROGRAMS

Bridge Club

55+ yrs

Join this casual group in our main lobby for a fun game of bridge in the afternoon. A peer volunteer is available most Tuesdays to teach and explain the game. Newcomers are encouraged to come and watch, learn and ask questions about this very popular card game.

FREE

Scrabble Club

The Douglas Park Scrabble Club consists of a very friendly group of seniors who get together on a weekly basis to enjoy a few games of Scrabble with others who love to play the game. Players of all abilities are welcome. The only requirement is that you love to play the game, and will enjoy getting together with like-minded friends. It's all about having fun, meeting new friends and challenging your mind.

Tue 1:00pm - 3:00pm

FREE

AFTERNOON SOCIAL

You are welcome to drop by and spend a delightful afternoon enjoying games, workshops, movies, special events, socializing and meeting new seniors. Light refreshments are served. Please check the monthly Young At Heart Newsletter for the list of activities and guest speakers. **Refreshments are served from 3:00pm to 3:30pm. Tuesdays 3:30pm-5:00pm**

There will be no Afternoon Social during the Summer months. July - August

Dinner for the Young at Heart

Join us for a delicious full-course dinner. It includes homemade soup, salad, entree, dessert and tea or coffee. Call at 604-257-8130 (ext. 1) by noon on Monday of each week to order your dinner in advance.

Tu 5:00 pm-6:00 pm
\$7.14/dinner

Apr 09-Aug 27
No dinner May 7.



High Tea Mother's Day

High Tea Mother's Day Celebrations with live music! Join us for an enjoyable afternoon High Tea, entertainment and prizes. Bring your moms, daughters, sons or your special friend to celebrate.

Tu 3:30 pm-5:30 pm
\$7.14/1 sessions

May 07
214326

EVENTS



Summer Outdoor Tea with Live Music

Come and enjoy the outdoors with a cup of tea and refreshments. Don't forget to wear your favorite hat. Hope to see you there! Tea Service at 3pm, followed by live music at 3:30pm to 4:30pm. Please register FREE event.

Tu 3:00 pm-4:30 pm
FREE

Aug 13
217914

Tu 3:30 pm-5:30 pm
\$7.14/1 sessions

May 07
214326

Larger Text

for seniors

DOUGLAS PARK OUT TRIPS

**River Rock Casino
(Douglas Park Pick Up)**

Join us on a trip out to explore the endless possibilities at the Casino at River Rock. Fee covers transportation only. Please bring a lunch or money to enjoy a lunch at the buffet. Pick up and drop off at Douglas Park Community Centre.

Th 9:45 am-2:45 pm Apr 25
\$11.43/1 sessions 216009

**Krause Berry Farms & Winery
(Douglas Park Pick Up)**

Join us on a trip out to Krause Berry Farms & Winery. Fee covers transportation only. Please bring a lunch or money for their restaurant, famous for their pies and waffles. This out trip involves walking (depending on what parts you want to visit).

Th 9:45 am-2:45 pm May 23
\$12.86/1 sessions 217677

Thrift Store Hopping - Langley

Do you love to go thrift store shopping and finding fabulous deals and ultimate treasures! Come with us to Langley, the thrift mecca and enjoy perusing Talize Thrift, Bible Mission Thrift and Value Village Thrift store! Fee covers transportation only, please bring a snack or money to purchase a coffee and snack at the Tim Horton's on the way home.

Tu 9:45am-2:45pm Jul 9
\$11.43/1 session 220502

**Gulf of Georgia Cannery
(Douglas Park Pick Up)**

Join us on a trip out to one of Greater Vancouver's destinations. Fee covers transportation only. Please bring a lunch or money for one of the many food courts/restaurants. This out trip involves walking (depending on what parts you want to visit).

Tu 9:45 am-2:45 pm Jun 18
\$11.43/1 sessions 217101

Quayside Park- New West

Wonder or walk the Quay in New Westminster which offers beautiful scenic views surrounded by nature. Located along the waterfront, close by the River Market and restaurants, there are endless options for fun here! Fee covers transportation only, please bring a snack or money to purchase a coffee and snack at the Tim Horton's on the way home.

Th 9:45 am-2:45 pm Aug 15
\$11.43/1 sessions 220997

ENJOY TOURS AND TRAVEL TRIPS

Mystery Tour

Enjoy Tour And Travel

This fun and entertaining magical mystery tour takes you to unknown destinations filled with clues, prizes and props! A must see attraction, a great lunch and afternoon mystery stops included. Use the clues correctly and win a variety of prizes including a free Enjoy Tours Day Trip! Mystery attraction? Lunch? Mystery stops? Prizes? All fees and taxes

Tu 8:00 am-4:45 pm Jul 23
\$94.29/1 sessions 211942

Sunflower Festival And British Sweets

Enjoy Tour and Travel

Tulips of the Valley presents The Chilliwack Sunflower Festival with 5 acres of giant sunflowers 12+ feet tall and show gardens featuring 15 varieties of sunflowers. Take a trip down memory lane for lunch at Dickens Sweet Shop and British Museum. PACKAGE INCLUDES: Chilliwack Sunflower Festival Admission: Dickens Sweet Shop and British Museum. Taste of Britain? Traditional High Tea Lunch. Ice Cream Cone Birchwood Dairy Farm. All fees and taxes 9:30am-Tim Hortons/ Starbucks Abbotsford 10:15am-Chilliwack Sunflower Festival 12:00pm-Dickens Sweet Shop and British Museum- Taste of Britain. High Tea Lunch 2:00pm - Depart 2:45pm - Birchwood Dairy Farm- Ice Cream Cone (included) 3:15pm - Depart Tu 8:30 am-4:15 pm Aug 06
\$94.29/1 sessions 211943

EVENTS AT OTHER
COMMUNITY CENTRES**Seniors Week: Filipino Fiesta**

Gear up for a fun filled, energetic and rocking party. This year's theme calls for nothing less than that. Music, dancing & food from the Philippines are all going to be part of the festivities, thus making a special celebration of diversity. Look for Dance workshops promotion posters closer to the event date. Full Gym

F 11:00AM-1:30PM Jun 7
207152

Peace Arch BBQ

Join us for a Celebration of Summer with a BBQ Picnic straddling the international boundaries of Canada and Washington. Spend the day strolling through the Peace Arch International Park's magnificent gardens, eating fabulous food, enjoying games and FUN at the Peace Arch House.

M 11:30AM-5:00PM Jul 8
\$19.05/person Pick Up @ Killarney 217570
Pick Up @ Hillcrest 217572

Larger
Text

for seniors

| MON | TUES | WED | THUR | FRI | SAT | SUN |
|---|--|---|---|---|--|---|
|  | Zumba with Maira 9:30am - 10:30am | OsteoGo with Keno 11:15am - 12:15pm | Zumba with Asal 9:30am - 10:30am | OsteoGo with Keno 11:15am - 12:15pm | Fat Burner with Melanie 9:05am - 10:05am | Strength and Core Workout 9:15am - 10:15am |
| | Total Body Strengthening with Rachel 10:35am - 11:35am |  | Zumba Gold 10:35am - 11:35am |  | Zumba with Lesley 10:15am - 11:15am | Strong By Zumba with Monika 10:30am - 11:30am |
| | Circuit-Style Workout with Melanie 6:35pm - 7:35pm | | Foam Rolling and Relaxation with Kate 7:30pm-8:30pm | | | Body Sculpt with Melanie 5:55pm - 6:55pm |
| <p><i>No classes during special events, statutory holidays and holiday closures. Schedule subject to change.</i></p> <p><i>Please Note: All Fitness classes are now REGISTERED programs with drop-ins space permitting and minimum participants met.)</i></p> | | | | | | |

FITNESS CLASSES

Circuit-Style Workout

Melanie Ma

Come join the fun to train and build! Stay exhilarated by mixing it up as you travel from one station to another in a timed format. Training includes cardiovascular drills, strength and stretching work. Equipment and props used. NEW: This class is now a registered class.

| | |
|-------------------------------------|---------------|
| Tu 6:35 pm-7:35 pm | Apr 02-Jun 18 |
| \$57.14/12 sessions, \$5.71/drop-in | 211695 |
| Tu 6:35 pm-7:35 pm | Apr 02-Jun 18 |
| \$57.14/12 sessions, \$5.71/drop-in | 211695 |
| Tu 6:35 pm-7:35 pm | Jul 02-Aug 20 |
| \$38.10/8 sessions, \$5.71/drop-in | 218567 |



Body Sculpt - Aerobics

Melanie Ma

A mid-tempo cardio workout incorporating power moves. A longer sculpt session focusing on building functional strength and inner core stability including the use of free weights and dynabands. Accommodates all fitness levels.

| | |
|-------------------------------------|---------------|
| Th 5:55 pm-6:55 pm | Apr 04-Jun 20 |
| \$57.14/12 sessions, \$5.71/drop-in | 211685 |
| Th 5:55 pm-6:55 pm | Apr 04-Jun 20 |
| \$57.14/12 sessions, \$5.71/drop-in | 211685 |
| Th 5:55 pm-6:55 pm | Jul 04-Aug 22 |
| \$38.10/8 sessions, \$5.71/drop-in | 218566 |

Fat Burner - Aerobics

Melanie Ma

A fun, high energy workout for all levels that burns fat! Learn dance exercises and choreographed combinations. Finishes with strength training using free weights and/or dynabands and a cool-down stretch. Please note: This is now a registered program, discounted fee for those that registered for season.

No class April 20th.

| | |
|-------------------------------------|---------------|
| Sa 9:05 am-10:05 am | Apr 06-Jun 15 |
| \$47.62/10 sessions, \$5.71/drop-in | 211713 |
| Sa 9:05 am-10:05 am | Apr 06-Jun 15 |
| \$47.62/10 sessions, \$5.71/drop-in | 211713 |
| Sa 9:05 am-10:05 am | Apr 06-Jun 15 |
| \$47.62/10 sessions, \$5.71/drop-in | 211713 |
| Sa 9:05 am-10:05 am | Jul 06-Aug 24 |
| \$33.33/7 sessions, \$5.71/drop-in | 218568 |

Strength and Core Workout

Rachel King

Strength Works strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and enthusiastic instructor. It uses simple, athletic movements such as squats, lunges, presses and curls, to train your body in order to perform everyday exercises with ease and confidence. This is a low to moderate challenge level class that utilizes hand weights, tubing, and body weight to improve your strength, flexibility, balance, and muscle tone. You will experience intervals and Tabatha training and will finish off with a stretch in this energizing workout. **No class April 21, May 19th.**

| | |
|------------------------------------|---------------|
| Su 9:15 am-10:15 am | Apr 07 |
| FREE TRIAL | 218243 |
| Su 9:15 am-10:15 am | Apr 28-Jun 23 |
| \$45.71/8 sessions, \$6.66/drop-in | 211879 |

All prices subject to GST where applicable.

FITNESS CLASSES CONT'D

Foam Rolling and Relaxation

Kate Lee

Foam Rolling and Relaxation Flexibility is an often overlooked fitness fundamental, though not noted for it's comfort, the purpose of rolling is to help an area of the muscles to relax. When used together; rolling and stretching are powerful strategies to improve and maintain mobility, prevent injury and even improve performance. Drop-in \$11.43/class + tax; if space permits.

W 7:30 pm-8:30 pm Apr 10-Jun 19
 \$104.76/11 sessions, \$11.43/drop-in 211719

Fit 4 Two Stroller Fitness


Melanie Osmack

This baby-friendly, body workout includes intervals of cardio drills, functional strength training and short power walks followed by postnatal-specific core work and flexibility. Our mobile intervals are ideal for babies who like to be on the move. Come out and meet other moms in your community!

Women should be 4+ weeks postpartum (6 weeks for caesareans). All fitness levels are welcome. You do not need a jogging stroller. Double strollers welcome. For safety reasons, mobile babies & tots should remain in their strollers/carriers/arms until core work. Please bring a yoga mat for core work - rain or shine!

W 11:30am-12:30pm Apr 10-May 29
 \$105.43/8 sessions, \$16/drop-in 220272



Strong by Zumba 

Monika Schoenenberger

This new powered by Zumba program revolutionizes Zumba workouts as you know them, combining strong, upbeat rhythms with powerful, high-intensity cardio and strength conditioning moves to ratchet your fitness potential up a notch. **No class April 21 and May 19th.**

Su 10:30 am-11:30 am Apr 07-Apr 07
 Free Trial sessions 211881
 Su 10:30 am-11:30 am Apr 21-Jun 23
 \$85.71/10 sessions, \$10.47/drop-in 211880

Zumba Gold 

Asal Nikoopour

Perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. **No class April 22, May 20th.**

Th 9:30 am-10:30 am Apr 04-Jun 20
 \$91.43/12 sessions, \$8.57/drop-in 211915

Zumba 

Perfect for everybody and every body! Each Zumba® class is designed to bring people together to sweat it on. A total workout, combining all elements of fitness - cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. **No class April 20th, June 22nd.**

Maira Daiha

Tu 9:30 am-10:30 am Apr 02-Jun 25
 \$111.43/13 sessions, \$10.47/drop-in 211912

Tu 9:30am-10:30am Jul 2-Aug 27
 \$77.14/9 sessions 220507

Asal Nikoopour

Th 9:30 am-10:30 am Apr 04-Jun 20
 \$102.86/12 sessions, \$10.47/drop-in 211914

Lesley Maranhao

Sa 10:15 am-11:15 am Apr 06-Jun 29
 \$94.29/11 sessions, \$10.47/drop-in 211913

Tu 9:30 am-10:30 am Apr 02-Jun 25
 \$111.43/13 sessions, \$10.47/drop-in 211912

Sa 10:15am-11:15 Jul 6-Aug 31
 \$77.14/9 sessions 220508



EXERCISE ROOM

Our exercise room offers stair climbers, stationary bikes, a recumbent bike, an elliptical trainer, weights and a treadmill! With each workout, you are required to pay a drop-in or scan your pass at the front office.

• Lockers are provided for your use while you work out. Please bring your own lock.

EXERCISE ROOM FEES

| | |
|---|---------|
| Drop-in | \$3.80 |
| 1 month pass | \$31.90 |
| 3 month pass | \$60 |
| 1 year pass | \$180 |
| 10 visits | \$35 |
| Drop-in Leisure Access Program eligible fee | \$1.90 |

EXERCISE ROOM - SPRING HOURS

Effective April 1-June 30, 2019

| | |
|-------------------|-----------------|
| Monday - Thursday | 7:30am - 9:30pm |
| Friday | 7:30am - 8:30pm |
| Saturday | 9:00am - 3:00pm |
| Sunday | 9:00am - 3:30pm |

Office Hours: Centre office closes 1/2 hour before scheduled closing time.

Community Centre Closed: April 19, 20, 21, 22, May 19, May 20 & Jun 30.

EXERCISE ROOM - SUMMER HOURS

Effective July 1-August 31, 2019

| | |
|-------------------|-----------------|
| Monday - Thursday | 7:30am - 9:00pm |
| Friday | 7:30am - 7:30pm |
| Saturday | 9:00am - 3:00pm |
| Sunday | Closed |

Office Hours: Centre office closes 1/2 hour before scheduled closing time.

Community Centre Closed: June 30, July 1, Aug 4 & 5, Sept 1, 2



EXERCISE ROOM CONSULTS & ORIENTATIONS

Not sure how to use all the equipment properly? Information is provided on the operation of the machines and the rules of the weight room. Book a personal consultation with our qualified staff. Visit or call the office at 604-257-8130 (press #1) for an appointment. Cost \$18.25

Personal Training

ACHIEVE YOUR FITNESS GOALS

- Weight Loss • Strength and Cardiovascular Training •
- Agility and Flexibility Training •


Do you want energy, endurance, strength, flexibility? Certified Personal Trainer Toni Durbin offers private weight training and cardio instruction. Pick up an info sheet from the office. Call 604-257-8130 (press #1) for more info.

Personal Training Cost \$60/session
Exercise Room Orientation \$18.25/session
5 session Personal Training Package \$270

Work with our personal trainer Toni Durbin to help you achieve your fitness goals. Toni will set you on a personalized program and monitor your progress making changes where necessary during your sessions.



Toni Durbin is a BCRPA Certified Personal Trainer, BCRPA Group Fitness Instructor and Pre & Post Natal Fitness Specialist. A mom of two and a sport enthusiast, Toni is committed to enabling and empowering women and men to reach their fitness goals. Toni has been in the fitness industry for over 9 years and has been teaching mom & baby group fitness classes for more than 7 years.



We accept OneCard!

OneCard is your universal access to recreation in Vancouver.

With OneCard, you can access the entire network of Park Board pools, rinks and fitness centres, and participating community centres across the city - no matter where you live, no matter what your income level.

OneCard is your passport to staying active and having fun!

All prices subject to GST where applicable.



GENERAL REGISTRATION INFORMATION

Don't delay, register early to avoid disappointment!

There are several easy ways to register for Douglas Park Community Centre programs and services including online, by telephone or in-person.

If you wait until the last day to register, courses might get full or great courses could get cancelled. Course availability can be found online or by telephone.

Late registrations will be accepted online or in-person beyond start date for most programs, subject to space availability. In the event that the course you selected is full, you may be placed on a waitlist.

Appropriate program selections and registration are the responsibility of the person registering for the program. Please review confirmation details on your registration receipt. Some programs are held offsite at Tapestry Community Rooms, Emily Carr Elementary School, Edith Cavell Elementary School, Heather Park Tennis Courts and Queen Elizabeth Park Tennis Courts.

Participants may transfer from one program to another if space is available.

Some social programs and exercise/aerobic classes are drop-in only.

Please arrive early to allow time for payment. Some drop-in programs and sports programs have maximum capacity participation limits, subject to first-come, first-served. All prices subject to GST where applicable.

REFUND POLICY

Refund Policy

Full refunds will be issued for all classes cancelled or changed by the centre. Pro-rated refunds are given up to 48 hours* prior to the second class in a series of classes.

*Additional notice required for Daycamp, birthday party programs and bus trip refunds; please inquire for details


LEISURE ACCESS PROGRAM

The Leisure Access Program provides low-income Vancouver residents with access to basic recreation programs and services at Park Board facilities at a reduced cost. Upon qualifying, the subsidy is loaded on a OneCard for discounted access to all Park Board pools, rinks and participating fitness and community centres.

For more information visit:

<http://vancouver.ca/parks-recreation-culture/leisure-access-card.aspx>
 Eligible Leisure Access Program patrons are eligible to access Douglas Park Community Centre association programs, up to 50% discount. Some programs, workshops, private lessons and services are exempt. Please enquire with staff regarding discount eligibility or financial aid.

To avoid the disappointment of a cancelled program, register early and invite your friends to join too!




MISSED CLASSES AND CANCELLATIONS

Missed classes

Participants are to attend all classes as scheduled for the program in which they are registered. In the event that a participant is unable to attend a scheduled class(es) during the program session, make-up classes or refunds for the missed class(es) will not be provided.

Cancellations

Douglas Park Community Centre reserves the right to cancel or alter any classes, times, costs or locations without notice as required due to insufficient registration, inclement weather, change of policy or availability of facilities or instructors. Full refunds will be issued for course cancellations only.

STAFF DIRECTORY

| | | | |
|-------------------------------|---------------------------------|-----------------------------------|-------------------------|
| Jody Gunderson..... | Community Recreation Supervisor | jody.gunderson@vancouver.ca | 604-257-8433 |
| Ingrid Richter | Recreation Facility Clerk | ingrid.richter@vancouver.ca..... | 604-257-8130 |
| Lorelei Lauten..... | Recreation Programmer II | lorelei.lauten@vancouver.ca..... | 604-257-8136 |
| Alysha Manhas | Recreation Programmer I | alysha.manhas@vancouver.ca..... | 604-257-8110 |
| Riya Talwar | Community Youth Worker | riya.talwar@vancouver.ca..... | 604-257-6951 |
| Rosie LaForges | Licensed Care Coordinator | rosie.laforges@vancouver.ca..... | 604-257-8134 |
| Douglas Park Community Centre | | douglasparkcc@vancouver.ca..... | 604-257-8130 (press #1) |

Room Rentals

How To:

Please submit all rental requests using the online reservation form by using the following link.
<https://ca.apm.activecommunities.com/vancouver/Home>

Rental Guidelines:

- Rental times include set-up and clean up time but not after-hours supervision.
- Additional after-hours supervision fee - \$30/hour (2 hour minimum) for rentals outside of operational hours.
- Full payment for all rentals is required 7 days in advance in order to secure booking.
- The rental group is responsible for their event setup and the removal of all their decorations.
- Full refunds will be provided if bookings are cancelled more than 3 days in advance. Cancellations within 3 days are subject to a 50% cancellation fee.
- Rental groups may require adequate public liability and property damage insurance for their event.
- Collection of SOCAN (Society of Composers, Authors and Music Publishers of Canada) fees for all rental groups that play or perform copyrighted music. Groups will be charged the current SOCAN rate.
- BCLD special occasion permit and serving it right is needed for any alcohol beverage function.
- Fridge/kitchen area may be available upon request (food can only be warmed on site).

Inclusions:

- Tables(2.5 ft x 6ft) and chairs.

Exclusions:

- Set-up & clean-up, table cloths, dishes/cutlery, play gym & audio/visual equipment (toys, music player, tv, projector).

Facility Rental Rates

| Room | Capacity | Dimensions | Hourly Rate |
|----------------|----------|-------------|-------------|
| Gymnasium | 100 | 45ft x 65ft | \$35/hr |
| Douglas Lounge | 50 | 33ft x 27ft | \$35/hr |
| Laurel Room | 30 | 22ft x 45ft | \$25/hr |
| Heather Room | 20 | 14ft x 21ft | \$15/hr |
| Willow Room | 5 | 9ft x 14ft | \$10/hr |



Gymnasium



Douglas Lounge



Laurel Room



Heather Room

Douglas Park Community Day

Fun for the whole family!

- Inflatables/Rides & Games
- Class Performances
- Program Demonstrations
- Interactive Stations
- Community Groups
 - Concession
- Main Stage Music & Entertainment

**Saturday
June 22nd
11am - 3pm**

If you are are interested in sponsoring, participating and or volunteering at this year's Douglas Park Community Day, please contact alysa.manhas@vancouver.ca for more information.

*We look forward to hosting this event and
bringing our community together*

801 West 22nd Avenue, Vancouver BC, V5Z 1Z8

T: 604-257-8130 www.douglasparkcc.org



/douglasparkcc



/douglasparkcc



Jointly operated by the Douglas Park Community Association and the Vancouver Board of Parks and Recreation