



# KILLARNEY COMMUNITY CENTRE



# Fall 2019

## RECREATION GUIDE

Registration begins August 11. See page 54 for more information...

6260 Killarney Street, Vancouver, BC V5S 2X7 Centre: 604-718-8200 Pool: 604-718-8280

[www.killarneycentre.ca](http://www.killarneycentre.ca)

*Jointly operated by the Vancouver Park Board and the Killarney Community Centre Society.*





# KILLARNEY COMMUNITY CENTRE

Located at 6260 Killarney Street in South East Vancouver

Centre Tel: 604-718-8201 Fax: 604-718-8219 [www.killarneycentre.ca](http://www.killarneycentre.ca)

Pool Tel: 604-718-8280 Fax: 604-718-8285 [www.vancouver.ca/killarneypool](http://www.vancouver.ca/killarneypool)

## Fall 2019 Operating Hours

### SEPTEMBER 3, 2019 – JANUARY 1, 2020

*Schedule is subject to change without notice.*

Monday-Thursday:	Centre: 6:30am-10:00pm	Office: 9:00am-9:30pm
Friday:	Centre: 6:30am-8:30pm	Office: 9:00am-8:30pm
Saturday:	Centre: 8:00am-7:30pm	Office: 9:00am-8:30pm
Sunday:	Centre: 8:00am-7:30pm	Office: 9:00am-5:00pm

### Statutory Holidays: October 14, November 11 & January 1

Centre and Fitness Centre: 1:00-5:00pm

Centre Office: Closed

Leisure Pool: 1:00-9:00pm

**Please note:** the operating hours during the holiday season from Dec 23, 2019-Jan 1, 2020 are to be announced.

Call 604-718-8201 or check [recreation.vancouver.ca](http://recreation.vancouver.ca) for more details.

### SCHEDULES & INFORMATION

Online Registration Information: See page 54

Killarney Leisure Pool Schedule: See page 29

Killarney Fitness Centre Schedules: See pages 56 & 57

### Wireless Internet Access:

Killarney Community Centre now has wireless internet access available through #VanWiFi.

## Notice to patrons:

*Some programs may be cancelled due to Federal Elections held in October 2019*

## Floor Refinishing

**Dec 23-Jan 3 No access to Gymnasium & Room 205**



# What's Inside...

## KILLARNEY COMMUNITY CENTRE

# Fall 2019 Recreation Guide

This notice contains important information that may affect you. Please ask someone to translate it for you.

此通告刊載有可能影響閣下的重要資料。請找人為你翻譯。

ਇਸ ਨੋਟਿਸ ਵਿਚ ਮਹੱਤਵਪੂਰਨ ਜਾਣਕਾਰੀ ਹੈ ਜੋ ਕਿ ਤੁਹਾਡੇ ਲਈ ਜ਼ਰੂਰੀ ਹੋ ਸਕਦੀ ਹੈ। ਕਿਰਪਾ ਕਰਕੇ ਕਿਸੇ ਨੂੰ ਇਸ ਦਾ ਉਲੱਥਾ ਕਰਨ ਲਈ ਆਖੋ।

Thông báo này có tin tức quan trọng có thể ảnh hưởng đến quý vị. Xin nhờ người phiên dịch hộ.

Este aviso contiene información importante que puede afectarle personalmente. Pídale a alguien que se lo traduzca.

Ce document contient des renseignements importants qui pourraient vous concerner. Veuillez demander à quelqu'un de vous le traduire.



**KILLARNEY**  
COMMUNITY CENTRE




*Killarney Community Centre  
is jointly operated by the  
Vancouver Park Board  
& Killarney Community  
Centre Society*

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# SPECIAL EVENTS


  
**REUSE AND RECYCLING  
DROP-OFF EVENT**





**Saturday, Sept. 14**  
**10 am - 1 pm**  
 Killarney Community Centre  
 Parking Lot,  
 6260 Killarney Street



**Donate or Recycle**



For accepted items and events details, visit [vancouver.ca/drop-off](http://vancouver.ca/drop-off)




## Oktoberfest!

Oktoberfest is one of the most famous events in Germany and is the world's largest fair, with more than 5 million people attending every year and is an important part of Bavarian culture, having been held since 1810. Join us as we celebrate Oktoberfest in our community with entertainment by the Schindler Edelweiss Band with a traditional German dinner/ lunch, German beer tasting, dancing & lots of FUN!

Seniors MPR 153  
*Adults 19-54yrs*  
 Sep 20 F 6:00PM-8:00PM  
 \$14.29/person 235957  
*Seniors 55yrs+*  
 Sep 25 W 11:30AM-1:30PM  
 \$14.29/person 233890

## Family Pumpkin Carving

Join us for some Jack-o-lantern fun! Each Family will receive two pumpkins to create their own scary creatures - just in time to display for Halloween! Pumpkins, carving utensils, and stencils will be provided. All you need is to bring an apron to keep yourself clean and an idea for your design. *Parent participation is required.*

Oct 26 Sa 4:30PM-6:00PM  
 \$8.50/Family of 5 222509  
 Oct 26 Sa 6:30PM-8:00PM  
 \$8.50/Family of 5 222510



## Halloween Carnival & Spooky House

Come to Killarney's annual Halloween Carnival & Spooky House for some spectacular hair-raising fun! This event will feature activities suitable for children 3-12 years old including Halloween games & crafts and tons of treats! Don't forget to wear your costume & visit our spooky house. Parent participation is required. *See page 31 for more info.*

Full Gym  
 Oct 31 W 4:30PM-6:30PM  
 \$4.50/child 222511  
 \$5.00/per child on the day, if space permits



## BREAKFAST WITH SANTA!



Celebrate the holiday season by having a delicious pancake breakfast with Santa! Each year, our gymnasium is transformed into a Santa's wonderland with beautiful decorations, a bouncy castle, holiday craft-making, face painting, and special entertainment. *See page 31 for more information.*

Full Gym  
 Dec 14 Sa 9:30AM-11:30AM  
 \$5.00/Child; \$6.50+GST/Adult 210776

# Killarney Community Centre Society

## Killarney Community Centre Society Board of Directors 2019-2020

KCC Society President . . . Karen Jacobson  
1st Vice President . . . . . Terry Kirstiuk  
2nd Vice President . . . Prissilya Mienata  
Secretary . . . . . Cecile Jun  
Treasurer . . . . . June Yee

### Directors at Large:

Lorraine Kirstiuk, Bud Lilam, Eric Commons, Harika Kasagoni, Jeane Andrews, Gurdial Kang, Frank Cosco, Sukhwinder Pal Singh, Cathy Wong, Nicolas Ali, Cheryl Davis, Jim Pope, Stacey Hung.

### Affiliated Community Groups & Clubs

*The clubs & groups listed below have formal affiliation with the Killarney Community Centre Society. Please get in contact with the appropriate person for further details on any club or group.*

#### Killarney Program Committee

..... 604-718-8210

#### Killarney Seniors Council

Michiko Soga ..... 604-718-8210

#### Vancouver Minor Hockey

Email:..... registrar@vmhd.com

#### Vancouver Minor Lacrosse

Email: register@vancouverlacrosse.com or president@vancouverlacrosse.com

#### Killarney Youth Soccer Association (KYSA)

Email:..... info@kysa.ca  
www.kysa.ca

#### Killarney Figure Skating Club (KCFSC)

Voicemail: ..... 604-430-2330  
Email: .killarneyskatingclub@gmail.com  
www.killarneyskatingclub.com

#### Gators Swim Club

Coach ..... 604-789-2819  
Email:..... info@gatorswimclub.ca

#### Vancouver Female Ice Hockey Association (VFIHA)

Email:.. info@vancouvergirlshockey.com  
www.vancouvergirlshockey.com



## KILLARNEY COMMUNITY CENTRE

## Message from the Killarney Community Centre Society

Hard to believe summer is over and now it's time to begin raking leaves and getting active in your local Community Centre.

Please browse through this Fall brochure as there are many new and exciting programs marked with a "NEW" sign. Also note that programs for age groups, special events, workshops are coordinated by different colours.

Registration: (**3 Easy Ways to Register**) are explained in detail on page 46.

Special thanks go out to: Debbie Barber, Recreation Supervisor. After eight years at Killarney and Champlain Community Centre, Debbie is transferring to the West End/ Coal Harbour Community Centre in September of this year. I am taking this opportunity to wish her all the best, she will be missed by patrons, staff and the board of Directors of KCCS.

I would like to take this opportunity to also thank all previous KCCS Volunteer Board Members for their dedicated years of service to this community. I wish to welcome the new members coming on to serve on the Killarney Association Board of Directors.

In the spirit of the power of volunteerism in a community, please see this recipe I stumbled upon.

### CREAM OF VOLUNTEER SOUP

INGREDIENTS: Time                      Generosity                      Discipline                      Flavour  
Persistence                      Humour                      Joy                      Love  
Good Will                      Perservation                      Talent                      Energy

DIRECTIONS: In a pleasant atmosphere, mix volunteer skills with the task at hand. Sprinkle liberally with time. Add responsibility to taste. For extra richness, pour in plenty of appreciation. Stir until smooth. Recipe may be doubled or tripled as needed.

*Author Unknown*

In closing and on the subject of giving thanks, on behalf of the KCCS, wishing you and your families a warm Happy Thanksgiving.

Respectfully Submitted  
Karen A. Jacobson  
KCCS President

# Fall Special Events

## SEPTEMBER

Sep 7	Saturday Music Live: <i>Pernell</i> .....	32
Sep 14	Reuse & Recycling Drop-off Event .....	2
Sep 20	Oktoberfest <i>Adults</i> .....	50
Sep 21	Saturday Music Live: <i>Wayne Dodds</i> .....	32
Sept 25	Oktoberfest <i>Seniors</i> .....	50

## OCTOBER

Oct 5	Saturday Music Live: <i>Lyndsay Wills &amp; No Frills</i> .....	32
Oct 19	Saturday Music Live: <i>Sandy Bone &amp; the BreakDown</i> .....	32
Oct 26	Family Pumpkin Carving .....	31
Oct 31	Halloween Carnival & Spooky House.....	31

## NOVEMBER

Nov 2	Saturday Music Live: <i>Norine Braun</i> .....	32
Nov 14	Flu Shot Clinic .....	50
Nov 16	Indoor Flea Market.....	30
Nov 23	Saturday Music Live: <i>Lyndsay Wills &amp; No Frills</i> .....	32
Nov 30	Saturday Music Live: <i>Ear Buds</i> .....	32

## DECEMBER

Dec 7	Saturday Music Live: <i>Birds of a Feather</i> .....	32
Dec 12	Holiday Luncheon – <i>1st Seating</i> .....	50
Dec 13	Holiday Luncheon – <i>2nd Seating</i> .....	50
Dec 14	Breakfast with Santa .....	30



Here at Killarney Community Centre, respect and diversity are valued. All people are welcomed here regardless of age, culture, abilities, ethnicity, sex, gender identity, sexual orientation, nationality, race, religion, or socioeconomic status.

*The Killarney Community Centre Society acknowledges the financial assistance from the Province of British Columbia.*



### Notice to patrons:

*Some programs may be cancelled due to Federal Elections held in October 2019*



### Floor Refinishing

**Dec 23-Jan 3**

**No access to Gymnasium & Room 205**

*Don't be disappointed...*

Great courses with excellent instructors sometimes “pass away” to cancellation because people wait until the last minute to register. Courses are based on a minimum number of registrants so the course can recover costs. If you wait and we don't make the minimum you may never see that course again. **Please Register Early!! We give full refunds for all cancelled classes.**

# Licensed Preschool & Childcare

## Licensed Preschool

Licensed Preschool is run at Killarney and Champlain Heights Community Centers. We offer a play-based program that provides a variety of developmentally appropriate activities in a safe, positive and nurturing environment. Activities include free play, arts and crafts, music, story time, baking, science, math, snack time, gym, outdoor play, and field trips throughout the year. There are 20 children in each class and 2 licensed preschool teachers. An orientation for parents to meet the teachers and learn about the preschool is held at the beginning of each school year.



		Killarney Room 1	Killarney Room 2	Champlain	<b>Register at Champlain</b>
3yrs	9:00-11:00am	Tu/Th	Tu/Th	Tu/Th	\$103/Month
3yrs	12:15-2:15pm	Tu/Th	Tu/Th		\$103/Month
4yrs	9:00-11:30am	M/W/F	M/W/F	M/W/F	\$155/Month
4yrs	12:15-2:45pm	M/W/F	M/W/F		\$155/Month

## Licensed Out of School Care, Kindergarten to Grade 7

Out of School Care is run at Killarney and Champlain community centres. Supervision is provided to and from school. The program offers a variety of enjoyable activities including arts and crafts, board games, gym time and outdoor play in a safe, positive and nurturing environment. Children provide their own snack each day. Children registered in the current year will be given 1st priority to register for the subsequent year.

		Killarney	Champlain
Before Care 7:30-9:00am	\$112/Month	Weir & Waverley Elementary Schools	James Cook Elementary School & Champlain Annex <b>Register at Champlain</b>
After Care 3:00-6:00pm	\$270/Month		
Before & After Care	\$300/Month		
Professional Days 9:00-3:00pm (Not included in monthly fees)	\$30/Day Current Participants \$40/Day Non-Current Participants		
<b>Spring &amp; winter breaks are not included in the monthly fees.</b>			

Please Note: To withdraw from the program you must give one month's written notice, or pay the next month's fee in lieu of notice. **The deposit for the June fee is non-refundable. No withdrawals will be given after Dec 1 of the school year.**

Place your child's name on the waiting list as early as January 1st of the year that your child turns 4 years old. Please call 604-718-8201 to put your child on the waiting list. The staff will call from the list when a space becomes available. The Child Care Office, at 604-718-8204, will confirm registration details on a first come first serve basis. Champlain wait list please phone 604-718-6575.

### Registration Procedures for Killarney Preschool:

We welcome you to add your child to this call list for Killarney Preschool for the September 2020-2021 school year. The call list will be available January 1st online. Please note that joining the call list does not guarantee enrollment into the school year.

Children who have completed the 3 year old preschool program will be given priority for the 4 year old class of the subsequent year.

Staff will contact parents as classes are being formed, usually in April for the upcoming September session. When contacted the parents will receive their registration package to be completed on site and pay a non-refundable deposit for the first (September) and last (June) months of the program. At the same time, a completed credit card authorization form will be required for the balance of the year. Please Note: **NO WITHDRAWALS** will be given after December 1st of the school year.

November 1st is the deadline to withdraw your child from the 2019/2020 Preschool program. One month (30 days) notice of withdrawal is required.

# Preschool Programs

## Social

### Baby Sign Language (0-2yrs)

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

Room 201 Into Yoga  
 Sep 17-Oct 15 Tu 12:45PM-1:30PM  
 \$64/5 classes 210941

### Mother Goose (0-5yrs)

A program of rhymes, songs and stories for you and your toddler. This program is provided free through funding by the KCC Society and Vancouver Sun Raise-A-Reader. For more information or to register, call Cheryl Song at 604-618-9129 or email [cheryl@learnwithsong.com](mailto:cheryl@learnwithsong.com)

Room 203 Cheryl Song  
 Sep 27-Nov 15 F 3:15PM-4:45PM  
 \$Free/8 classes 238860

### Toddler Gym (0-6yrs)

This program allows your tot to run, jump, throw and climb! There will be cars, balls, mats and climbing apparatus to keep your child busy. Enjoy a bouncy castle and play area with toys too! A short parachute time ends each session. Parent participation required. Free for under 6 months.

*Drop in fees: Members: \$3/child; \$5/family  
 Non Member: \$3.50/child; \$5.50/family  
 10 visit card \$25.00*  
 2/3 Gym Staff  
 Sep 10-Dec 20 Tu F 9:15AM-10:45AM  
 \$33.75/30 classes

### Family Movie Nights (5-12yrs)

Family Night at Killarney, every last Friday. Join our trained and experienced staff to watch a family-friendly movie. Parents are required to be in attendance with children under the age of 8 yrs.

Room 151 & 152 Staff  
 Sep 27 F 6:30PM-9:00PM  
 Oct 25 F 6:30PM-9:00PM  
 Nov 29 6:30PM-9:00PM  
 Dec 20 6:30PM-9:00PM



## Music

### Jump Into Music (0-4yrs)

This one-of-a-kind music and movement program engages, educates, and entertains parent and child while on a musical journey through different styles and cultures. Curriculum is designed to stimulate the whole brain and body via singing, dancing, drumming, parachuting, improvising, exploring instruments, jumping and playing. A family fun environment exploring world culture and music. \$15 drop-ins welcome, if space permits. Check out our website at [jumpintomusic.ca](http://jumpintomusic.ca).

*No class October 12.*  
 Preschool 2 Lisa Dery  
**Set 1**  
 Sep 14 Sa 11:00AM-11:50AM  
 DEMO (free) 238092  
 Sep 21-Nov 2 Sa 10:00AM-10:50AM  
 \$78/6 classes 238093  
 Sep 21-Nov 2 Sa 11:00AM-11:50AM  
 \$78/6 classes 238096  
**Set 2**  
 Nov 16-Dec 21 Sa 10:00AM-10:50AM  
 \$78/6 classes 238094  
 Nov 16-Dec 21 Sa 11:00AM-11:50AM  
 \$78/6 classes 238097  
**Set 1**  
 Sep 11 W 10:00AM-10:50AM  
 DEMO (free) 238098  
 Room 211 Lisa Dery  
 Sep 18-Oct 30 W 10:00AM-10:50AM  
 \$91/7 classes 238099  
**Set 2**  
 Nov 6-Dec 18 W 10:00AM-10:50AM  
 \$91/7 classes 238100

## Public Health Flu Clinic

This is a FREE service for seniors over 65yrs, and adults and children (over 6 months) with chronic illnesses or those who live with people with a chronic illness. Please bring your carecard.

Pool MPR Vancouver Coastal Health  
 Nov 14 Th 10:30AM-4:30PM 238655





# PRESCHOOL PROGRAMS

## Piano: Kelly Kirby (4-9yrs)

Make your child's first piano lessons FUN! This semi-structured introduction to piano features the Kelly Kirby learning method. Level 1 pre-requisite: students can count to ten, know their ABCs, and can cut with scissors.

*No class Oct 12/13 & Nov 9/10.*

Room 201	Louise Papais
<i>Level 1</i>	
Sep 7-Dec 14 Sa	11:00AM-12:00PM
\$202.45/13 classes	238736
Sep 8-Dec 15 Su	11:00AM-12:00PM
\$202.45/13 classes	238739
<i>Level 2</i>	
Sep 7-Dec 14 Sa	12:00PM-1:00PM
\$202.45/13 classes	238737
Sep 8-Dec 15 Su	10:00AM-11:00AM
\$202.45/13 classes	238740
<i>Level ¾ Split</i>	
Sep 7-Dec 14 Sa	1:00PM-2:00PM
\$202.45/13 classes	238738
Sep 8-Dec 15 Su	2:00PM-3:00PM
\$202.45/13 classes	238741

## Dance & Movement

### My First Dance Class (2-4yrs)

An introduction to creative dance. Aspiring little dancers will use songs, movement exploration and games to explore coordination, rhythm, spatial awareness and cooperation. This class is for the youngest of dancers to experience a playful class with the support of their parents being present. Parent participation is required. More info: [www.KirbySnellDance.com](http://www.KirbySnellDance.com)

*Space permitting drop-in fee: \$8.*

CC Room 205	Endorphin Rush Dance & Fitness
Sep 11-Dec 4 W	10:45AM-11:30AM
\$97.50/13 classes	240514
Sep 15-Dec 8 Su	10:15AM-11:00AM
\$97.50/13 classes	240515
Sep 15-Dec 8 Su	2:45PM-3:30PM
\$97.50/13 classes	240516

### Rhythmic Dance (3-4yrs)

Combine the grace of ballet and the strength of artistic gymnastics with the challenging manipulation of colourful hand apparatus while moving to various musical accompaniments. The hand apparatus includes ropes, hoops, balls and of course, ribbons. This is a wonderful sport to develop hand-eye coordination, balance, agility, flexibility and rhythm. Note: All children develop at their own pace, and since this class is without parent participation, you or the instructor may find your child is not yet ready. However, when they are ready, the class will give your child the opportunity to work independently and build self esteem.

*No class Oct 12, Nov 9 & 16.*

1/3 Gymnasium	Elite Gymnastics
Sep 7-Dec 7 Sa	11:00AM-12:00PM
\$52.25/11 classes	238969
Sep 10-Dec 10 Tu	4:00PM-5:00PM
\$66.5/14 classes	238973

### Ballet Through Creative Movement (3-5yrs)

An introduction to the foundations of ballet through creative dance. Aspiring dancers will explore coordination, rhythm, spatial awareness, and cooperation. Classes will include songs, movement exploration, basic ballet steps, games, and a variety of fun music. More info: [www.KirbySnellDance.com](http://www.KirbySnellDance.com)

*Space permitting drop-in fee: \$8.*

CC Room 211	Endorphin Rush Dance & Fitness
Sep 11-Dec 4 W	11:30AM-12:15PM
\$97.50/13 classes	240502
CC Room 205	Endorphin Rush Dance & Fitness
Sep 11-Dec 4 W	1:00PM-1:45PM
\$97.50/13 classes	240503
Sep 14-Dec 7 Sa	10:30AM-11:15AM
\$97.50/13 classes	240504

### Ballet Through Creative Movement (3-5yrs)

Children learn the basics of ballet in a safe and fun learning environment. Set to Classical Music the children will work on dance technique as well as exploring their own creative expression. Children are requested to participate without a parent in the room. There will be a presentation for parents/family on the last day of classes. More info: [www.KirbySnellDance.com](http://www.KirbySnellDance.com)

*Space permitting drop-in fee: \$8.*

CC Room 205	Endorphin Rush Dance & Fitness
Sep 15-Dec 8 Su	11:00AM-11:45AM
\$97.50/13 classes	240505
Sep 15-Dec 8 Su	1:15PM-2:00PM
\$97.50/13 classes	240506

### Pre Ballet Level 1 (4-7yrs)

This class is an introduction to ballet. Children will learn basic ballet exercises and positions and will also develop their coordination, musicality and movement while having fun! Please wear a body suit and ballet slippers.

*Space Permitting - Drop-in fees: \$8.*

*No class Oct 14, Nov 11*

CC Room 205	Espirito Santo Maurico
Sep 15-Dec 9	4:45PM-5:00PM
\$68.20/11 classes	241936

### Ballet (5-8yrs)

This class is for children who have taken pre-ballet or an introduction to ballet. Children will learn basic ballet exercises and positions and will develop coordination, musicality, creativity and movement while having fun! A showing will be held last day of class. Please wear a ballet suit and ballet slippers.

*Space Permitting - Drop-in fees: \$8.*

*No class Oct 14, Nov 11*

CC Room 205	Espirito Santo Maurico
Sep 15-Dec 9	3:30PM-4:15PM
\$68.20/11 classes	241934

# PRESCHOOL PROGRAMS

## Hip Hop Breakers (3-5yrs)

This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats. More info: [www.KirbySnellDance.com](http://www.KirbySnellDance.com)

*Space permitting drop-in fees: \$8.*

CC Room 205	Endorphin Rush Dance & Fitness
Sep 11-Dec 4 W	1:45PM-2:30PM
\$97.50/13 classes	240508
Sep 14-Dec 7 Sa	11:15AM-12:00PM
\$97.50/13 classes	240509
Sep 15-Dec 8 Su	12:00PM-12:45PM
\$97.50/13 classes	240511
Sep 15-Dec 8 Su	2:00PM-2:45PM
\$97.5/13 classes	240513

## Creative Arts

### Preschool Drawing (3.5-5yrs)

Encourage your preschooler's enthusiasm for art. This fall, Young Rembrandts introduces drawing lessons that will excite your budding artist. A vibrant drawing of a rainbow will introduce our students to the wonderful world of colour. An illustration of an airplane will take them to new heights. A delicious looking drawing of an ice cream sundae will delight those with a sweet tooth, and learning to draw a friendly lion has never been more fun. These are just a few of the many great lessons our students will learn. [www.youngrembrandts.com/metrovancouver](http://www.youngrembrandts.com/metrovancouver).

*No class Oct 13.*

Room 101	Young Rembrandts
Sep 22-Nov 3 Su	10:00AM-10:50AM
\$117/6 classes	238842

### Adventures In Art (3-5yrs)

The instructor will engage your child in the artistic process through exploration with different art media to create their masterpieces. Bring an art apron. All supplies included.

*No class Oct 12, Nov 9.*

CC Room 211	Liz Au-Young
21-Sep-7-Dec Sa	11:00AM-11:45AM
\$70/10 classes	240407

## Preschool Drawing (3.5-5yrs)

Has your child shown an interest in drawing? If so, your child will LOVE a young Rembrandts drawing class. We'll learn about basic shapes and design as we take a look at gift-wrapped presents. And we'll sweeten the winter season with rendering of candy canes. [www.youngrembrandts.com/metrovancouver](http://www.youngrembrandts.com/metrovancouver)

Room 101	Young Rembrandts
Nov 10-Dec 15 Su	10:00AM-10:50AM
\$117/6 classes	238843

## Education

### Future-Ready Leaders!

**(3½-5 yrs) NEW!**

The future is here and it's all about being smart, strong and happy! In this program, your child will learn future-ready skills of innovation, social connection and resilience. How to create, explore and build through various creative play activities. Attention training and mindfulness practices, and school readiness skills, e.g. active listening, communication and collaboration through storytelling, music and art activities.

CC Room 211	Dolphin Kids
Sep 17-Nov 5 Tu	2:15PM-3:15PM
\$176/8 classes	241937

### Little Cooks (3-5yrs)

A great introduction for aspiring chefs! We will be making a variety of healthy, delicious and fun dishes. Your child will gain experience in measuring, kitchen safety, nutrition, and kitchen cleanliness. Please bring a container every week to take food home in. This is a nut-free environment, however we will be using common foods such as wheat, eggs, and dairy. Not suitable for children with food sensitivities.

*No class Oct 12, Nov 9.*

Preschool 1	Mimi Lanot & Christine Vuong
\$154/11 classes	
Sep 14-Dec 7 Sa	9:30AM-10:45AM 240411
Sep 14-Dec 7 Sa	11:00AM-12:15PM 238968

## ABC's And 123's (3-5yrs)

New ideas and activities have been planned for this preschool program. Your child will learn the alphabet through Language Arts, Math, Games, Arts & Crafts, Rhymes using visuals (felts), Singing songs, Music and Movement and more. Each session, we will focus on a letter (upper/lower) to correspond with all of the curriculum activities.

*No class Oct 12, Nov 9.*

CC Room 211	Liz Au-Young
Sep 21-Dec 7 Sa	10:00AM-10:45AM
\$60/10 classes	240402
Sep 21-Dec 7 Sa	12:30PM-1:15PM
\$60/10 classes	240408

## Fitness

### Fit 4 Two - Mom and Baby Fitness (16-55yrs)

Registration required. No drop-in. This baby friendly class allows mom to get a great workout AND attend to baby's needs at any time. Each class provides a full body workout: cardio, muscular endurance, postnatal specific core work and flexibility. Benefit from increased energy, improved posture, less aches and pains and a stronger core. This is a fantastic opportunity to connect with other new moms in your community. All fitness levels are welcome. Pre-mobile babies only unless your child is happy staying in a stroller or similar. Please complete a postnatal intake form online before your first class. [www.fit4two.ca](http://www.fit4two.ca)

*No class Oct 12, Nov 11.*

Room 205	Fit4Two Van East
Sep 9-Oct 28 M	11:00AM-12:00PM
\$96.88/7 classes	238945
Nov 4-Dec 16 M	11:00AM-12:00PM
\$79.08/6 classes	238953



## Sports

### Sportball Parent and Child Multisport (2-3yrs)

Programs help pre-schoolers to refine their motor skills, such as balance and coordination, as well as develop their social skills such as confidence, following instructions, turn-taking and sharing. Coaches introduce a different sport each class using developmentally appropriate games and activities. Parent participation required.

*No class Oct 13.*

1/3 Gym Sportball Vancouver  
 Sep 8-Oct 27 Su 11:15AM-12:00PM  
 \$126/7 classes 240534

*No class Nov 10.*

1/3 Gym Sportball Vancouver  
 Nov 3-Dec 22 Su 11:15AM-12:00PM  
 \$126/7 classes 240535

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

Refine, rehearse, repeat. Multi-Sport classes are the heart of Sportball programming. Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork. Each class focuses on one of eight different popular sports: hockey, soccer, football, baseball, basketball, volleyball, golf and tennis.

*No class Oct 13.*

1/3 Gym Sportball Vancouver  
 Sep 8-Oct 27 Su 12:00PM-1:00PM  
 \$126/7 classes 240536

*No class Nov 10.*

1/3 Gym Sportball Vancouver  
 Nov 3-Dec 22 Su 12:00PM-1:00PM  
 \$126/7 classes 240537



### Sportball Outdoor Soccer (3-5yrs)

Sportball coaches develop competence and confidence on the field in Sportball soccer classes. Children are taught the fundamental skills necessary to excel in soccer. These include throw-ins, dribbling, trapping, passing, goalie skills and more. Classes are dedicated to skills development and putting those skills to work in an exciting, non-competitive game. For safety reasons, parents are required to remain at the field during classes. Class meets on the Southeast field by the oval at Kerr and 49th ave.

Off Site Location Sportball Vancouver  
 Sep 12-Oct 10 Th 5:15PM-6:15PM  
 \$90/5 classes 240540

### Soccer - Mini Stars (3-6yrs)

Experience the beautiful game of soccer, challenging team competition and cheerleading by amazed parents and fans! Players will get energized with dribbling, passing, shooting, running, falling, jumping, scoring goals and making dive saves. Ole, ole! We are inviting parents, friends of the game to cheer-lead these mini stars in exchange for buckets of fun and calorie burning. Players will be provided with a Star Soccer T-shirt. Classes will be held on the field outside, weather permitting. Space permitting drop-ins fees: \$15. More information [www.starsoccercentre.com](http://www.starsoccercentre.com)

*No class Oct 13, Nov 10.*

2/3 Gym Valentinus Dinglas  
 Sep 15-Dec 8 Su 9:30AM-10:45AM  
 \$158.15/11 classes 240694

### Indoor Tennis (4-6yrs)

This is a fun relaxed environment for all participants. It gives opportunity to establish a base for growth of motor and athletic skill development. The fundamentals of general agility is more important for kids at this age then tennis specific skills. We will use fun games to teach kids how to throw, catch and increase hand and eye co-ordination. You will learn how to move with good balance and posture.

*No class Oct 13, Nov 10.*

1/3 Gym  
 Sep 22-Dec 8  
 \$100/10 classes

**NEW Instructor** Kris Santoso  
 9:15AM-10:00AM  
 241523

## Martial Arts

### Axe Capoeira *Beginner* **NEW!** (3-6yrs)

These are ongoing classes where anyone can join, no previous experience necessary. It covers all aspects of Capoeira; martial-arts, dance, music, acrobatics, culture, language and more. It focuses on developing the student's rhythm, reflexes, balance, co-ordination and increasing strength and flexibility as they learn. *Please note that Participant Waiver forms must be filled out before the program starts. Forms are available from the instructor.*

*No classes Oct 14, Nov 11 & Dec 25*

Space Permitting – Drop-in Fee: \$15

Dojo Axe Capoeira

*FREE Demo Class*

Sep 4 W 4:00PM-4:45PM 238252

*Monthly Program*

Sep 6-Dec 18 M W F 4:00PM-4:45PM

\$90/month 238262, 241281, 241282, 241283

# Birthday Parties

## Gym/Play-Gym Party!

- For kids 2-10 yrs
- Younger kids = play gym, with toys + bouncy castle
- Older kids = sports equipment (*subject to availability*)
- Includes access to a kitchen equipped with a stove, an oven, a microwave, a refrigerator and a freezer.



### WHERE AND WHEN:

Room 203 & 2/3 Gym

Saturdays 1:15pm-3:15pm; gym time 1:15pm-2:15pm

Sundays 12:15pm-2:15pm; gym-time 12:15pm-1:15pm

### FEES:

\$125/14 children (1 party attendant)

\$220/15-20 children (2 party attendants)

*\*Please have your final numbers of children attending the party confirmed one week prior to the party, and pay the \$95.00 upgrade for over 15 children to secure an additional leader.*

*\*Due to space restrictions, our parties are not suitable for more than 20 children.*

## Party Information:

- The Birthday Party Attendant will contact you approximately one week before your party to discuss the details. Please make sure to update your information at registration to include an email address.
- Patrons are required to pay in full at the time of registration.
- Parent/Guardian participation is required for the duration of the party.
- *Inclusions:* party attendant, room, tables, chairs.
- *Exclusions:* decorations, table settings (plates, cutlery, cups, etc), snacks, food or beverages.
- *Refund Policy:* All refunds are subject to an administration charge. Refund rates: 2 weeks notice: full refund; 1 week notice: 50% refund; less than one week: no refund.
- We do not accept LAP discounts for parties

Please call 604-718-8201 or visit our website at [www.killarneycentre.ca](http://www.killarneycentre.ca) for more information.

## ROCK 'N' BEAU

### BIRTHDAY PARTY HIGHLIGHTS!

Interactive Fun for KIDS  
ages 3-12 yrs.  
Our 2 hour CLASSIC Party Package Includes:



#### DANCE PARTY DETAILS:

Location: Room 211

Time: Sunday's 2:30pm-4:30pm

\$250 for up to 14 children maximum  
kindly register at Killarney front desk or  
by phone: 604.718.8201

"That was the most amazing party! Kiera had an incredible time and cannot stop talking about it. Thank you for making her birthday party so special!"  
-SARAH,  
BIRTHDAY MOM  
Vancouver, B.C

- ☆ PARTY HOST'N DJ: RACHEL BEAU
- ☆ CUSTOMIZED PARTY PLAYLIST
- ☆ GIANT BUBBLE WRAP DANCE FLOOR
- ☆ PRIZE GIVEAWAYS
- ☆ ROCK'OFF LIPSYNC CONTESTS
- ☆ PARTY DANCES & FREESTYLE DANCE CHALLENGES
- ☆ PARTY ROCK LIMBO



## Sportball



- For kids 2-12 yrs
- Variety of sports and supervised games
- Fun, structured and safe environment
- 1 hour of activities and 45 min in the party room

*Please have your final number of children attending confirmed one week prior to the party so the Coach can plan equipment / activities accordingly.*

### WHERE AND WHEN:

Room 101

Sundays 2:00pm-3:45pm; gym time 2:00pm-3:00pm

### FEES:

\$260/14 children (1 party attendant & Sportball Coach)

*Due to space restrictions the Sportball Parties are not suitable for more than 14 children. Sportball recommends a drop-off party for children ages 3 and up.*

# Children's Programs

## Social

### Family Movie Nights (5-12yrs)

Family Night at Killarney, every last Friday. Join our trained and experienced staff to watch a family-friendly movie. Parents are required to be in attendance with children under the age of 8 yrs.

Room 151 & 152

Sep 27 F

Oct 25 F

Nov 29

Dec 20

Staff

6:30PM-9:00PM

6:30PM-9:00PM

6:30PM-9:00PM

6:30PM-9:00PM



## Music

### Guitar Private Lessons (6-99yrs)

Have you always wanted to learn a string instrument? We offer private guitar or ukulele lessons to get you started. This program is based on special interests and fundamental goals that serve the humble beginners all the way to tomorrow's prodigies. All classes are set in a fun, stress free environment. All students are required to bring their own guitar or ukulele to the lessons. Classes are 1/2 hr long. Leisure Access subsidy does not apply to this program. [www.musicaexpressions.ca](http://www.musicaexpressions.ca)

Room 201

Musical Expressions

\$360/15 classes

Sep 6-Dec 13 F	3:30PM-4:00PM	239635
Sep 6-Dec 13 F	4:00PM-4:30PM	240526
Sep 6-Dec 13 F	4:30PM-5:00PM	240527
Sep 6-Dec 13 F	5:00PM-5:30PM	240528
Sep 6-Dec 13 F	5:30PM-6:00PM	240529
Sep 6-Dec 13 F	6:00PM-6:30PM	240530
Sep 6-Dec 13 F	6:30PM-7:00PM	240531
Sep 6-Dec 13 F	7:00PM-7:30PM	240532
Sep 6-Dec 13 F	7:30PM-8:00PM	240533

### Guitar/Ukulele: Private Lessons (6-100yrs)

Guitar players of any skill level and beginner ukulele players are welcome! Each private lesson will be tailored to your skill, age, ability and interests. Come and enjoy the guitar/ukulele! Please bring your own instrument. For a child's first guitar, the instructor recommends a 1/2 size or 3/4 size classical guitar..Leisure Access subsidy does not apply for this program.

Room 211

Leonard Pallerstein

\$162/6 classes

Set 1

Sep 9-Oct 21 M	3:30PM-4:00PM	238690
Sep 9-Oct 21 M	4:00PM-4:30PM	238691
Sep 9-Oct 21 M	4:30PM-5:00PM	238692
Sep 9-Oct 21 M	5:00PM-5:30PM	238693
Sep 9-Oct 21 M	5:30PM-6:00PM	238694
Sep 9-Oct 21 M	6:00PM-6:30PM	238695
Sep 9-Oct 21 M	6:30PM-7:00PM	238696
Sep 9-Oct 21 M	7:00PM-7:30PM	238697
Sep 9-Oct 21 M	7:30PM-8:00PM	238698

No class Oct 14

Set 2

Oct 28-Dec 9 M	3:30PM-4:00PM	238726
Oct 28-Dec 9 M	4:00PM-4:30PM	238727
Oct 28-Dec 9 M	4:30PM-5:00PM	238728
Oct 28-Dec 9 M	5:00PM-5:30PM	238729
Oct 28-Dec 9 M	5:30PM-6:00PM	238730
Oct 28-Dec 9 M	6:00PM-6:30PM	238731
Oct 28-Dec 9 M	6:30PM-7:00PM	238732
Oct 28-Dec 9 M	7:00PM-7:30PM	238733
Oct 28-Dec 9 M	7:30PM-8:00PM	238734

No class Nov 11



### Piano Private Lessons (6-99yrs)

Musical expressions takes on a creative and intuitive approach to music learning. With goals and learning styles varying from student to student, we help you first determine what you want to achieve, so we can make it our goal to get you there! From the basic beginners to preparing exams, all students will be encouraged to tap into their creative sides and be taught to express themselves through improvisation. Each class (session) is 30 minutes. If you're learning at a grade 5 level or above, please book two, half hour sessions to ensure enough time for the lesson. All music books and materials are purchased separately. Order through our teachers. Instructor website: [musicaexpressions.ca](http://musicaexpressions.ca). Leisure Access subsidy does not apply to this program.

No class Oct 31

Room 201

Musical Expressions

\$336/14 classes

Sep 12-Dec 19 Th	3:30PM-4:00PM	238121
Sep 12-Dec 19 Th	4:00PM-4:30PM	238128
Sep 12-Dec 19 Th	4:30PM-5:00PM	238129
Sep 12-Dec 19 Th	5:00PM-5:30PM	238132

### Piano: Grad Class (5-13yrs)

Take the next step in your child's musical development. New books, new challenges and new experiences await! This class is for those who have successfully completed the Grad Class 1 and/or have the ability to play pieces within a two octave range. Books not included and need to be purchased from instructor at first class for \$40.

No class Oct 12/13 & Nov 9/10.

Room 201

Louise Papais

\$266.5/13 classes

Level I/II Split

Sep 7-Dec 14 Sa	2:30PM-4:00PM	238743
Sep 8-Dec 15 Su	3:00PM-4:30PM	238745

Level II

Sep 7-Dec 14 Sa	9:30AM-11:00AM	238744
Sep 7-Dec 14 Sa	4:00PM-5:30PM	238746
Sep 7-Dec 14 Su	12:00PM-1:30PM	241986
Sep 7-Dec 14 Su	4:30PM-6:00PM	241987

# CHILDREN'S PROGRAMS



## Private Piano/Clarinet (6-19yrs)

Private Piano for 6 yrs+Private Clarinet for 9 yrs+Get a strong background in music and gain the benefits of learning an instrument. Janine provides 30 minute lessons from beginners to advanced levels. Conservatory exam preparation is also available. Clarinet players, please bring an instrument and reeds.

Room 201 Janine Oye  
\$189/7 classes

<i>Set 1</i>	<i>No class Oct 14</i>	
Sep 9-Oct 28 M	3:30PM-4:00PM	238776
Sep 9-Oct 28 M	4:00PM-4:30PM	238777
Sep 9-Oct 28 M	4:30PM-5:00PM	238778
Sep 9-Oct 28 M	5:00PM-5:30PM	238779
Sep 9-Oct 28 M	5:30PM-6:00PM	238780
Sep 9-Oct 28 M	6:00PM-6:30PM	238781
Sep 9-Oct 28 M	6:30PM-7:00PM	238782

<i>Set 2</i>	<i>No class Nov 11</i>	
\$148/6 classes		
Nov 4-Dec 16 M	3:30PM-4:00PM	238783
Nov 4-Dec 16 M	4:00PM-4:30PM	238784
Nov 4-Dec 16 M	4:30PM-5:00PM	238785
Nov 4-Dec 16 M	5:00PM-5:30PM	238786
Nov 4-Dec 16 M	5:30PM-6:00PM	238787
Nov 4-Dec 16 M	6:00PM-6:30PM	238788
Nov 4-Dec 16 M	6:30PM-7:00PM	238789

Please Register Early!

Great courses with excellent instructors sometimes "pass away" to cancellation because people wait until the last minute to register. **We give full refunds for all cancelled classes.**

## Dance & Movement

### Rhythmic Dance (8-17yrs)

Combine the grace of ballet and the strength of artistic gymnastics with the challenging manipulation of colourful hand apparatus while moving to various musical accompaniments. The hand apparatus includes ropes, hoops, balls and of course, ribbons. This is a wonderful sport to develop hand-eye coordination, balance, agility, flexibility and rhythm. Note: All children develop at their own pace, and since this class is without parent participation, you or the instructor may find your child is not yet ready. However, when they are ready, the class will give your child the opportunity to work independently and build self esteem.

*Saturday classes - No class Oct 12, Nov 9, 16.*

*Thursday classes - No class Oct 31.*

1/3 Gym	Elite Gymnastics
<i>(5-6yrs)</i>	
Sep 7-Dec 7 Sa	12:00PM-1:00PM
\$52.25/11 classes	238999
Sep 10-Dec 10 Tu	5:00PM-6:00PM
\$66.5/14 classes	238993
Sep 12-Dec 12 Th	4:00PM-5:00PM
\$61.75/13 classes	238994
<i>(7-8yrs)</i>	
Sep 7-Dec 7 Sa	1:15PM-2:15PM
\$52.25/11 classes	239002
<i>(8-17yrs)</i>	
Sep 7-Dec 7 Sa	2:15PM-3:15PM
\$52.25/11 classes	239004
Sep 12-Dec 12 Th	5:00PM-6:00PM
\$61.75/13 classes	238997

### Hip Hop (6-10yrs)

The latest music and moves to hip hop, sounds, fun and energetic! Children will learn choreography and will incorporate their own moves as well. A show will be held last day of class.

*Space Permitting - Drop-in fees: \$8.*

*No class Oct 14, Nov 11*

CC Room 205	Espirito Santo Maurico
Sep 15-Dec 9	3:30PM-4:15PM
\$68.20/11 classes	241935

### Dance Extreme (8-12yrs)

This class will explore a number of different styles of dance with a variety of guest artist giving them a fun, energetic exploration in a welcoming, safe and inspiring environment. Styles may include: hip hop, latin dance, acrobatic dance, musical theater, creative movement and bollywood.

No experience necessary. www.

KirbySnellDance.com

*Space permitting drop-in fee: \$8.*

CC Room 205	Endorphin Rush Dance & Fitness
Sep 14-Dec 7 Sa	12:15PM-1:15PM
\$117/13 classes	240507

### Hip Hop Breakers (6-10yrs)

This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats. www.

KirbySnellDance.com

*Space permitting drop-in fee: \$8.*

CC Room 205	Endorphin Rush Dance & Fitness
Sep 14-Dec 7 Sa	1:45PM-2:30PM
\$97.50/13 classes	240510



See page 28 for details...

## Creative Arts

### Popstar Academy (6-10yrs)

POPSTAR ACADEMY is an Interactive program that focuses on building self-confidence through Fashion, Dance, Singing and Personality building. Through teamwork we create a work of art together in 8 weeks time. Exploring dance choreography, balance, story building, positive cheers, fashion accessory making, acting and theatrical production. Each week we learn something new that becomes a part of our end of season performance. On the 8th week we put on a special workshop production and the POPSTARS are able to showcase their talent!

*No class October 20, 27 & November 10.*

Room 211	Rachel Beau
Sep 22-Dec 1 Su	1:00PM-2:00PM
\$96/11 classes	238091

### Art And You (6-10yrs)

This is a fun and liberating class! Children will participate in, individual and group art activities for free flow of imagination, originality and unique expression through drawing, painting, clay, movement and drama. Activities are designed to foster confidence and self-esteem. All supplies included. Dress for a mess.

*No class October 13.*

Room 211	Kelly Jimenez
Sep 15-Dec 08 Su	11:00AM-12:15PM
\$186/12 classes	238811



### FUNDamental Drawing (6-12yrs)

Back-to-school is in full swing at Young Rembrandts, as we present drawing lessons that encompass a fascinating world of colour, pattern, and design. Students will strengthen their marker rendering skills as they draw a detailed gumball machine. A drawing of a sandwich will make them hunger for more art. We'll travel back in time to the age of the pharaohs as we illustrate a decorative, Egyptian headdress. An illustration celebrating the fall season will introduce our colourists to warm and cool colours. All this and more await your child in a Young Rembrandts classroom! Sign up today! [www.youngrembrandts.com/metrovancouver](http://www.youngrembrandts.com/metrovancouver)

*No class Oct 13*

Room 101	Young Rembrandts
Sep 22-Nov 3 Su	11:00AM-12:00PM
\$117/6 classes	238844

### FUNDamental Drawing (6-12yrs)

Boost your elementary student's interest in drawing with a Young Rembrandts class. All new lessons are being served up this season like a cute koala dressed as a tourist and a video game still life showing off accessories. We'll be drawing lots of inspiration from the holiday season through our detailed nutcracker and a silly squid posing as a seasonal tree. All this and more await your child in a Young Rembrandts classroom! Sign up today! [www.youngrembrandts.com/metrovancouver](http://www.youngrembrandts.com/metrovancouver)

Room 101	Young Rembrandts
Nov 10-Dec 15 Su	11:00AM-12:00PM
\$117/6 classes	238845

## Educational

### Science, Music & Nature (6-8yrs) **NEW!**

This class is hands-on with your child being introduced to key concepts such as Science, Music and Nature. A typical Science class would be exploring how materials could be used in combination to create beautiful pieces of art - Slime & Blubber. A typical Music class will include making instruments highlighting your child's individuality. A typical Nature activity will allow your child to seek art outside of a classroom setting - raindrop painting. We will be using resources around our environment to showcase creativity! In this class, your child may go outdoors so please dress accordingly.

CC Room 101	Larissa Gerber
Sep 20-Nov 8 F	3:30PM-4:30PM
\$64/8 classes	240397
Sep 20-Nov 8 F	4:45PM-5:45PM
\$64/8 classes	240398

### Mad Science for Kids – System 2 (6-12yrs) **NEW!**

The System 2 program offers eight weeks of exciting hands-on science based activities. Watch fascinating demonstrations, join in enquiry-based discussions, participate in individual & group experiments, and make amazing take-homes. Mad Science will spark the curiosity and imagination of children with fun science activities that will help them understand the science all around them.

*No class Oct 14, Nov 11.*

Room 211	Mad Science
(6-8yrs)	
Sep 23-Nov 25 M	3:30PM-4:30PM
\$140 /8 classes	204522
(9-12yrs)	
Sep 23-Nov 25 M	4:45PM-5:45PM
\$140 /8 classes	204524

# CHILDREN'S PROGRAMS

## Spanish (Beginner) (6-12yrs)

This level is for real beginners to Spanish. In Beginners 1, you will start to speak Spanish and, at the end of the course, you will be able to: greet people and say good-bye, introduce oneself and other people, request personal information, languages spoken, say addresses and phone numbers, talk about family members, describe people, interact in shops, answer the phone plus more.

CC Room 202 MadVan Spanish  
(6-8yrs)

Sep 19-Nov 21 Th 3:30PM-4:15PM  
\$65/10 classes 240271

(9-12yrs)  
Sep 19-Nov 21 Th 4:30PM-5:15PM  
\$65/10 classes 240272



## Bricks 4 Kidz® - Water World (4-8yrs)

Anchor Aweigh and discover the aquatic world with LEGO Technic! Watch out for crocodiles as you build pirate ships, airboats, and more. All students go home with a custom-made Minifigure. Space permitting drop-in fees: \$20.00.

*No class October 31.*

Room 211 Bricks 4 Kidz Vancouver  
Sep 19-Dec 12 Th 4:00PM-5:00PM  
\$180/12 classes 237768



## Dolphin Kids: "I Can Do It!" (6-9yrs) **NEW!**

Our brains are hardwired to be resilient, connected, and adapt to achieve our very best! In this program, students will learn:  
-Deep breathing, mindfulness, and attention tools that build a positive "I CAN DO IT!" mindset.

- Leadership, bonding, and relationship skills through team-building games and collaboration activities.
- How to overcome failure, be comfortable with mistakes, and innovate despite setbacks.
- The importance of contribution as a powerful motivator and how to create and participate in a community contribution project.
- Leave this program with the tools for self-motivation and adaptability in our ever-changing world!

CC Room 211 Dolphin Kids  
Sep 17-Nov 5 Tu 3:30PM-4:30PM  
\$176/8 classes 240525

## Axe Capoeira *Beginner* **NEW!** (7-13yrs)

These are ongoing classes where anyone can join, no previous experience necessary. It covers all aspects of Capoeira; martial-arts, dance, music, acrobatics, culture, language and more. It focuses on developing the student's rhythm, reflexes, balance, co-ordination and increasing strength and flexibility as they learn. *Please note that Participant Waiver forms must be filled out before the program starts. Forms are available from the instructor.*

*No classes Oct 14, Nov 11 & Dec 25  
Space Permitting – Drop-in Fee: \$15*

Dojo Axe Capoeira

*FREE Demo Class*

Sep 4 W 5:00PM-6:00PM 238247

*Monthly Program*

Sep 6-Dec 18 M W F 5:00PM-6:00PM  
\$90/month 241284, 241285, 241287, 241289

## Silly Circuits (6-12yrs) **NEW!**

Empower your STEM education with fun electronics projects. Learn to read and write your own circuit diagrams and build simple and complex circuits. Every term, we explore a different final project! Class uses safe solderless breadboards and may use Arduino controllers. For safety reasons, there will be no soldering in class. Students to pay a separate price for the electronics kit which is taken home at the end of the program season.

Room 101 Caroline Dyck  
Sep 18-Oct 23 W 3:30PM-5:00PM  
\$128/6 classes 238831  
Nov 6-Dec 11 W 3:30PM-5:00PM  
\$128/6 classes 238834

## Cooking Fun (6-11yrs)

A great introduction for aspiring chefs! We will be baking and cooking a variety of healthy, delicious and fun dishes. Your child will gain experience in measuring, kitchen safety, nutrition, and kitchen cleanliness. Please bring a container every week to take food home. This is a nut-free environment, however we will be using common foods such as wheat, eggs, and dairy. Not suitable for children with food sensitivities.

*No class Oct 12, Nov 9.*

Preschool 1 Mimi Lanot  
Sep 14-Dec 7 Sa 1:30PM-3:00PM  
\$165/11 classes 238966





# CHILDREN'S PROGRAMS

## Chess (6-13yrs)

Come jump into the intricate world of Chess. Each session will be full of chess puzzles, supervised games and game analysis. This comprehensive and progressive program allows students to learn how to play chess in the optimal manner by gradually increasing complexity. Classes will follow the six-level academic chess program of the Vancouver Chess School. ([www.vanchess.ca](http://www.vanchess.ca))

CC Room 201 Vancouver Chess School

### 1K Absolute Beginners

Sep 10-Dec 10 Tu 4:00PM-5:00PM  
\$168/14 classes 238901

### 2K Beginners with some knowledge

Sep 10-Dec 10 Tu 5:00PM-6:00PM  
\$168/14 classes 238906

## Video Game Design Jr. (6-8yrs)

Create your own video game! Students will learn creative problem-solving and computational thinking through the game design process while employing the tools and technology that power top games. Each class is rooted in a STEM (Science, Technology, Engineering and Math) topic and also includes time to create, play and analyze games.

*No program Oct 12, Nov 9.*

Room 101 UME Academy  
Sep 21-Nov 23 Sa 9:00AM-10:00AM  
\$132/8 classes 239632



## Video Game Design (9-13yrs)

Create your own video game with UME Academy! Students will learn creative problem-solving and computational thinking through the game design process while employing the tools and technology that power top games. Each class is rooted in a STEM (Science, Technology, Engineering, and Math) topic and includes time to create, play and analyze games.

*No program Oct 12, Nov 9.*

CC Room 101 UME Academy  
Sep 21-Nov 23 Sa 10:00AM-11:00AM  
\$132/10 classes 240268

## Educational Workshops

### Stranger Smarts (9-10yrs)

Stranger Smarts is a dynamic, non-threatening two hour child safety workshop that captures the attention of students and allows them to learn how to make safe choices when approached by strangers. Lessons help to reduce a fear and anxiety by providing children with skills and knowledge they need teaching them to make safe choices, and giving them the confidence and skills to react safely to these frightening experiences.

Preschool 2 Kidproof Safety  
Sep 29 Su 10:00AM-12:00PM  
\$38/1 class 238853

### CyberSafe (7-10yrs)

The CyberSafe Internet Safety workshop focuses on teaching kids how to recognize warning signs, safe and unsafe situations, and the skills they need to make safe choices. This is not a technical or software computer course but a CyberSafe Internet Safety workshop and help kids learn to make safe choices while enjoying all that technology has to offer.

Preschool 2 Kidproof Safety  
Sep 29 Su 1:00PM-3:00PM  
\$38/1 class 238854

## At Home Alone and First Aid for Kids (10-14yrs)

This fun and active workshop helps prepare children to be at home alone and to respond to medical emergencies. Important skills are learned through interactive lessons and role play that help make both you and your child more confident when they are at home alone.

Preschool 2 Kidproof Safety  
Oct 27 Su 10:00AM-2:00PM  
\$56/1 class 238856

## Red Cross Babysitting (11-16yrs)

Gain the basic skills and confidence for responsible babysitting. Learn the responsibilities of a babysitter, how to get along with and care for babies, toddlers, preschoolers and school-aged children. Students will also learn how to handle emergencies and provide first aid. Canadian Red Cross Babysitter's Manual and Babysitter's participation card are included.

Preschool 1 Community Care First Aid  
Sep 29 Su 9:30AM-5:30PM  
\$62/1 class 234709  
Oct 27 Su 9:30AM-5:30PM  
\$62/1 class 234711



# CHILDREN'S PROGRAMS

## Sports

### Badminton (6-12yrs)

Learn about grip, serving, clear, forehand, backhand, and other fundamental skills and strategies. Have fun playing games as well. Participants must provide their own racquet. Our instructor Derek Wong is a NCCP certified coach.

Gymnasium - 2/3 Derek Wong

*Badminton 1 – (Beg. 6-8yrs)*

Sep 11-Dec 11 W 3:30PM-4:30PM  
\$77/14 classes 238813

*Badminton 2 – (Int. 6-8yrs + Beg. 9-12yrs)*

Sep 11-Dec 11 W 4:30PM-5:30PM  
\$77/14 classes 238814

*Badminton 3 – (Int./Adv. 9-12yrs)*

Sep 11-Dec 11 W 5:30PM-6:30PM  
\$77/14 classes 238815

### Hoops Instructional Basketball (7-9yrs)

Want to shoot hoops for fun while receiving guidance from experienced players and coaches? Sign up NOW! Learn how to dribble, shoot, pass, and other basic basketball skills. All genders are welcome.

2/3 Gym

Sep 13-Dec 6 Fr 4:30PM-5:30PM  
\$58.50/13 classes 223821

### Sportball Outdoor Soccer (5-8yrs)

Sportball coaches develop competence and confidence on the field in Sportball soccer classes. Children are taught the fundamental skills necessary to excel in soccer. These include throw-ins, dribbling, trapping, passing, goalie skills and more. Classes are dedicated to skills development and putting those skills to work in an exciting, non-competitive game. For safety reasons, parents are required to remain at the field during classes. Fee includes a soccer jersey. Class meets on the Southeast field by the oval at Kerr and 49th ave.

Off Site Location Sportball Vancouver  
Sep 12-Oct 10 Th 6:15PM-7:15PM  
\$90/5 classes 240541

### Sportball Multi-Sport (5-8yrs)

Refine, rehearse, repeat. Multi-Sport classes are the heart of Sportball programming. Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork. Each class focuses on one of eight different popular sports: hockey, soccer, football, baseball, basketball, volleyball, golf and tennis.

*No class Oct 13.*

1/3 Gym Sportball Vancouver  
Sep 8-Oct 27 Su 1:00PM-2:00PM  
\$126/7 classes 240538

*No class Nov 10.*

1/3 Gym Sportball Vancouver  
Nov 3-Dec 22 Su 1:00PM-2:00PM  
\$126/7 classes 240539

### Soccer - Mini Stars (7-10yrs)

Experience the beautiful game of soccer, challenging team competition and cheerleading by amazed parents and fans! Players will get energized with dribbling, passing, shooting, running, falling, jumping, scoring goals and making dive saves. Ole, ole! We are inviting parents, friends of the game to cheer-lead these mini stars in exchange for buckets of fun and calorie burning. Players will be provided with a Star Soccer T-shirt. Classes will be held on the field outside, weather permitting. More information [www.starsoccercentre.com](http://www.starsoccercentre.com)  
*Space permitting drop-ins fees: \$15.*

*No class Oct 13, Nov 10.*

2/3 Gym Valentinos Dinglas  
Sep 15-Dec 8 Su 9:30AM-11:00AM  
\$143/13 classes 240695

### Indoor MINI Tennis (7-10yrs)

This class is an introduction to tennis for children. Students are introduced to basic Forehand and Backhand while developing hand - eye coordination through a variety of fun games and activities.

*No class Oct 13, Nov 10.*

1/3 Gym  Kris Santoso  
Sep 22-Dec 8 10:00AM-11:00AM  
\$100/10 classes 241526

### #FUNdamentals of Ultimate Frisbee - Beginner (7-12yrs)

Elevate Ultimate Academy focuses on teaching values such as sportsmanship, personal accountability, and open-mindedness, through the Sport and Spirit of Ultimate Frisbee. Your child will learn the FUNdamentals of Ultimate including throwing, catching, and cutting through fun and inclusive games. This program is meant for kids that are looking for a fun introduction to the sport. Class meets, rain or shine, on the Southeast field by the oval at Kerr and 49th ave.

Off Site Location Elevate Ultimate Academy  
*(7-9yrs)*

Sep 19-Oct 24 Th 4:00PM-5:00PM  
\$108/6 classes 238933

*(10-12yrs)*

Sep 19-Oct 24 Th 5:00PM-6:00PM  
\$108/6 classes 238934

### Fencing - Beginners (9-15yrs)

Offered by the Tri-City Fencing Academy, for ages 9-15 years. Our youth program begins with a four session introductory class, quickly teaching the basic actions of the sport, allowing students to progress to fencing bouts in a short time. Fencing is a great cardiovascular workout, improving hand-eye coordination, concentration, mental focus and physical stamina. It provides a fun and competitive atmosphere that builds self-confidence and respect. All equipment is provided.

*No class Oct 14, Nov 11.*

1/3 Gym Brad Kelly  
Sep 9-Sep 30 M 5:00PM-6:00PM  
\$55/4 classes 239005

Oct 7-Oct 28 M 5:00PM-6:00PM  
\$41.25/3 classes 239006

Nov 4-Nov 25 M 5:00PM-6:00PM  
\$41.25/3 classes 239009

Dec 2-Dec 16 M 5:00PM-6:00PM  
\$41.25/3 classes 239010

## Fencing - L1 Training Program (9-15yrs)

Pre-requisite: Fencing - Youth Beginners. Offered by the Tri-City Fencing Academy. After completion of a beginners program, students enter our L1 (9-15yrs) training program. Younger students will be learning in this L1 program until they reach the age of 11, older student for typically 3-9 months, as they develop strong technical sport fencing basics. All equipment is provided.

*No class Oct 14, Nov 11.*

1/3 Gym	Brad Kelly
Sep 9-Sep 30 M	5:00PM-6:00PM
\$55/4 classes	239578
Oct 7-Oct 28 M	5:00PM-6:00PM
\$41.25/3 classes	239583
Nov 4-Nov 25 M	5:00PM-6:00PM
\$41.25/3 classes	239586
Dec 2-Dec 16 M	5:00PM-6:00PM
\$41.25/3 classes	239587

## Fencing - L2 Training Program (11-19yrs)

Pre-requisite: L1 Training Program. Offered by the Tri-City Fencing Academy. After graduation from an L1 program, fencers move into our L2 and then L3 programs. Students will be learning in the L2 program for 1-2 years as they move from basic skills to more advanced technical and tactical knowledge. These programs are skills assessment based, using an advancement system from the Canadian Fencing Federation similar to other martial arts programs. All equipment is provided.

*No class Oct 14, Nov 11.*

1/3 Gym	Brad Kelly
Sep 9-Sep 30 M	6:00PM-8:00PM
\$95/4 classes	239588
Oct 7-Oct 28 M	6:00PM-8:00PM
\$71.25/3 classes	239616
Nov 4-Nov 25 M	6:00PM-8:00PM
\$71.25/3 classes	239617
Dec 2-Dec 16 M	6:00PM-8:00PM
\$71.25/3 classes	239618

## Martial Arts

### Karate (6-19yrs)

Self-defence and physical conditioning are emphasized in this contact oriented style of Karate. For existing students, please visit [www.fightingart.ca](http://www.fightingart.ca) to find out which class you should sign up for if you are not sure. For 13-18 yrs who attended at least one term of the children's class with us, you can join the Karate for Teens Level 1 in the Youth section. Please note that Participant Waiver forms must be filled out before the program starts. Forms are available from the instructor. Uniform is not required for Beginner.

*No class Nov 10, Dec 1.*

Tournament November 10 at the Gym (all day)  
Room 205 Vancouver Seiyu Karate

<i>Beginner</i>	
Sep 8-Dec 15 Su	4:00PM-4:45PM
\$104/13 classes	238749
<i>White Belt 1</i>	
Sep 8-Dec 15 Su	4:50PM-5:50PM
\$104/13 classes	238758

Dojo	
<i>Blue Belt &amp; Blue/Stripe</i>	
Sep 8-Dec 15 Su	4:25PM-5:25PM
\$104/13 classes	238750

<i>Orange Belt/Stripe</i>	
Sep 8-Dec 15 Su	3:20PM-4:20PM
\$104/13 classes	238751

<i>White Belt Level 2</i>	
Sep 8-Dec 15 Su	1:10PM-2:10PM
\$104/13 classes	238823

<i>White Stripe &amp; Orange Belt</i>	
Sep 8-Dec 15 Su	2:15PM-3:15PM
\$104/13 classes	238826

<i>Yellow &amp; Green Belt</i>	
Sep 5-Dec 12 Th	5:10PM-6:10PM
\$120/15 classes	238827

### Taekwondo (6-25yrs)

A dynamic Korean Martial Art that teaches techniques for defense and attack in addition to the development of physical and mental discipline. For students 13-18 yrs, look for the Youth Taekwondo class in the Youth section. Please note that Participant Waiver forms must be filled out before the program starts. Forms are available from the instructor. Uniform must be purchased at cost of \$60-\$70 plus GST.

*No class Oct 12/13 & Nov 9/10.*

Dojo	Wu's Taekwondo
\$91/13 classes	
<i>Green-Belt to Blue-Red</i>	
Sep 7-Dec 14 Sa	3:00PM-4:00PM 238101
<i>Green-Belt to Blue-Red</i>	
Sep 8-Dec 15 Su	11:00AM-12:00PM 238102
<i>Red to Black Belt</i>	
Sep 7-Dec 14 Sa	4:00PM-5:00PM 238103
<i>Red to Black Belt</i>	
Sep 8-Dec 15 Su	12:00PM-1:00PM 238104
<i>White to Yellow Belt</i>	
Sep 8-Dec 15 Su	9:00AM-10:00AM 238105
<i>White to Yellow Belt</i>	
Sep 7-Dec 14 Sa	12:00PM-1:00PM 238106
<i>Yellow to Green Belt</i>	
Sep 8-Dec 15 Su	10:00AM-11:00AM 238107
<i>Yellow to Green Belt</i>	
Sep 7-Dec 14 Sa	1:00PM-2:00PM 238108



# CHILDREN'S PROGRAMS

## Traditional Kung Fu - Beginner (6-19yrs)

北少林功夫班 - 龍志光師傅授教  
Sifu Marquis Lung and Instructor Timothy Peng will teach you Northern Shaolin traditional forms, weapon forms, sparring and self-defence. It will help you gain physical and mental strength, develop self-confidence and discipline. Membership fee \$1 per month for the Northern Shaolin Lung Chi Cheung Association is included in the fee. Note: Class meets twice weekly, Wed and Sat. Please note that participant waiver forms must be filled out before the program starts. Forms are available from the instructor.

*No class Nov 16.*

1/3 Gym Northern Shaolin Kung Fu

*Beginner*

Sep 4-Dec 14 W 4:15PM-5:00PM

Sa 3:45PM-5:00PM

\$265/29 classes 238881

*Intermediate*

Sep 04-Dec 14 W 4:15PM-6:15PM

Sa 3:45PM-5:30PM

\$294/29 classes 238885

*Advanced*

Gymnasium - 1/3 at \*Killarney Community Centre

Northern Shaolin Kung Fu

Sep 4-Dec 14 W 4:15PM-6:15PM

Sa 3:45PM-5:30PM

\$323/29 classes 238891

## Public Health Flu Clinic

This is a FREE service for seniors over 65yrs, and adults and children (over 6 months) with chronic illnesses or those who live with people with a chronic illness. Please bring your carecard.

Pool MPR

Vancouver Coastal Health

Nov 14 Th 10:30AM-4:30PM 238655

## Holiday Activities



### Tree Ornament Galore! (6-8yrs)

In this workshop, children will go outdoors collecting and then creating different forms of ornaments using gifts from mother nature. Some activities may include pine cones, tree branches, and leaves to make something for the tree. Your child should be prepared to go outdoors. Bring a container to take home your ornament.

CC Preschool 1 Larissa Gerber  
Dec 8 Su 1:00PM-2:30PM  
\$12/1 classes 240395

### Elf Training 101 (6-8yrs)

Do you have what it takes to be one of Santa's elves? Using recycled materials, your child will learn how to decorate and wrap presents for Christmas. Bring a small item to wrap and take home. If not, we will provide a small box to wrap and take home.

CC Preschool 1 Larissa Gerber  
Dec 15 Su 1:00PM-2:30PM  
\$12/1 classes 240396

### Camp - Chess for Kids (6-13yrs)

Vancouver Chess School provides professional chess educational program to students from beginners to advanced tournament players. We believe that in the process of learning, playing and competing in chess, children learn the valuable skills of concentration, abstract reasoning, and rational problem-solving, while tapping into their creativity and originality. Bring a lunch and snacks each day.

*No class Jan 1.*

Room 211 Vancouver Chess School  
Dec 30-Jan 3 M-F 9:00AM-3:00PM  
\$200/4 classes 240968

### Bricks 4 Kidz® Holiday Camp - Arcade Adventures (5-10yrs)

Jump into the world of classic arcade and video games! Revisit the time of 8-bit technology and interact with your favorite characters using LEGO. All campers go home with a customized Minifigure. Children will be given a break for an optional snack from home.

*Space permitting drop-in fee: \$40.*

*No program Dec 24, 25, 26.*

CC Room 201 Bricks 4 Kids  
Dec 23 & 27 M/F 9:00AM-12:00PM  
\$70/2 classes 240517

### Bricks 4 Kidz® Holiday Camp - Time Travels Tours (5-10yrs)

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 for an optional snack from home.

*Space permitting drop-in fee: \$40.*

*No program Dec 24, 25, 26.*

CC Room 201 Bricks 4 Kids  
Dec 23 & 27 M/F 1:00PM-4:00PM  
\$70/2 classes 240518

### Bricks 4 Kidz® Holiday Camp - LEGO Round the World (6-10yrs)

Discover the world with Bricks4Kidz! Our master builders will be learning about important cultural landmarks as they explore the world from America to Australia. All go home with a custom designed Minifigure. Students will be going outside, weather permitting. Bring a packed lunch and a snack.

*Space permitting drop-in fee: \$65.*

*No class Dec 31 & Jan 1.*

CC Room 201 Bricks 4 Kids  
Dec 30-Jan 4 M/Th/F 9:00AM-3:00PM  
\$180/3 classes 240519

# Killarney Daycamps

## Holiday Daycamp For School-Aged Kids (5-13yrs)

### An action packed week of sports, games, crafts & more!

A child may now attend unlicensed day camps once they have started their kindergarten school year. Children must be enrolled/attend a school (including home schooling). The age of children was changed to 5 years or older on or before December 31.

Preschool 1	Staff	\$22.5/daily	<i>All 8 days</i>	
Dec 23 M	9:00AM-3:00PM	237737	<i>No class December 25, 26 &amp; January 1.</i>	
Dec 24 Tu	9:00AM-3:00PM	237741	Preschool 2	Staff
Dec 26 Th	9:00AM-3:00PM	237742	Dec 23-Jan 3 M-F	9:00AM-3:00PM
Dec 27 F	9:00AM-3:00PM	237744	\$168/8 classes	237732
Dec 30 M	9:00AM-3:00PM	237746		
Dec 31 Tu	9:00AM-3:00PM	237748		
Jan 2 Th	9:00AM-3:00PM	237749		
Jan 3 F	9:00AM-3:00PM	237750		

## Extended Care

Before and After Care for Holiday Daycamp.

*Aftercare is NOT OFFERED on December 24 & 31.*

Before Camp:	7:30AM-9:00AM	\$6/day	<i>All 8 days</i>	
After Camp:	3:00PM-6:00PM	\$11/day	<i>No class December 25, 26 &amp; January 1.</i>	
Before & After Camp:		\$15/day	Preschool 2	Staff
Dec 23 M	7:30AM-6:00PM	237755	Dec 23-Jan 3 M-F	7:30AM-6:00PM
Dec 24 Tu	7:30AM-6:00PM	237756	\$105/28 classes	237751
Dec 26 Th	7:30AM-6:00PM	237757		
Dec 27 F	7:30AM-6:00PM	237758		
Dec 30 M	7:30AM-6:00PM	237759		
Dec 31 Tu	7:30AM-9:00AM	237760		
Jan 2 Th	7:30AM-6:00PM	237761		
Jan 03 F	7:30AM-6:00PM	237762		

## Registration Information:

- Registration for the Holiday Daycamp can be done online.  
(To be able to register online you must have an approved online account).
- The Parent Agreement & Waiver form can be downloaded off the Killarney website; forms must be handed in before the first day of the program.
- Extended Care registrations must be done in person or by phone.
- Please let us know if there is any other relevant medical/health information.
- Please bring your child's Care Card, Doctor's Phone Number, and Emergency contact numbers.
- Staff are not responsible for Holiday Daycamp participants before 9:00am and after 3:00pm unless they are registered in Extended Care.

## Reminder!

- Please send your child with a nutritious, nut-free lunch, appropriate clothing, bathing suit and towel.
- Please do not send any money or valuables with your child.
- Staff will not be responsible for lost items.

## Licensing Regulation:

A child may attend unlicensed day camps once they have started their kindergarten school year. Children must be enrolled/attend a school (including home schooling). The age of children was changed to 5 years or older on or before December 31. Day camps operate only during the months of September to June only on days of school closure.

## Refund/Cancellation Policy

- 21 days or more: full refund less \$5.00 admin fee
- 8-20 days: 75% will be refunded + \$5.00 admin fee
- 7 days or less: 50% will be refunded + \$5.00 admin fee
- No refunds after first day of camp.



# Preteen Programs

## Educational Workshops

### Stranger Smarts (9-10yrs)

Stranger Smarts is a dynamic, non-threatening two hour child safety workshop that captures the attention of students and allows them to learn how to make safe choices when approached by strangers. Lessons help to reduce a fear and anxiety by providing children with skills and knowledge they need teaching them to make safe choices, and giving them the confidence and skills to react safely to these frightening experiences.

Preschool 2 Kidproof Safety  
Sep 29 Su 10:00AM-12:00PM  
\$38/1 class 238853

### CyberSafe (7-10yrs)

The CyberSafe Internet Safety workshop focuses on teaching kids how to recognize warning signs, safe and unsafe situations, and the skills they need to make safe choices. This is not a technical or software computer course but a CyberSafe Internet Safety workshop and help kids learn to make safe choices while enjoying all that technology has to offer.

Preschool 2 Kidproof Safety  
Sep 29 Su 1:00PM-3:00PM  
\$38/1 class 238854

### At Home Alone and First Aid for Kids (10-14yrs)

This fun and active workshop helps prepare children to be at home alone and to respond to medical emergencies. Important skills are learned through interactive lessons and role play that help make both you and your child more confident when they are at home alone.

Preschool 2 Kidproof Safety  
Oct 27 Su 10:00AM-2:00PM  
\$56/1 class 238856

### Red Cross Babysitting (11-16yrs)

Gain the basic skills and confidence for responsible babysitting. Learn the responsibilities of a babysitter, how to get along with and care for babies, toddlers, preschoolers and school-aged children. Students will also learn how to handle emergencies and provide first aid. Canadian Red Cross Babysitter's Manual and Babysitter's participation card are included.

Preschool 1 Community Care First Aid  
Sep 29 Su 9:30AM-5:30PM 234709  
\$62/1 class  
Oct 27 Su 9:30AM-5:30PM  
\$62/1 class 234711

## Dance & Movement

### Rhythmic Dance (8-17yrs)

Combine the grace of ballet and the strength of artistic gymnastics with the challenging manipulation of colourful hand apparatus while moving to various musical accompaniments. The hand apparatus includes ropes, hoops, balls and of course, ribbons. This is a wonderful sport to develop hand-eye coordination, balance, agility, flexibility and rhythm. Note: All children develop at their own pace, and since this class is without parent participation, you or the instructor may find your child is not yet ready. However, when they are ready, the class will give your child the opportunity to work independently and build self esteem.

Saturday classes - No class Oct 12, Nov 9, 16.

Thursday classes - No class Oct 31.

1/3 Gym Elite Gymnastics  
Sep 7-Dec 7 Sa 2:15PM-3:15PM 239004  
\$52.25/11 classes  
Sep 12-Dec 12 Th 5:00PM-6:00PM  
\$61.75/13 classes 238997

## Social

### Saturday Night Live (9-12yrs)

Come meet other preteens in the neighbourhood and hang out with one of our awesome youth leaders! We meet in Room 101 or the 1/3 gymnasium. Youth will have the opportunity to decide on some of the activities as the program progresses. Activities will range from sports, cooking, outdoor games, baking, and other events geared towards the interests of participants. Consent forms must be completed before participation.

Multipurpose Room 101  
Sep 14-Dec 7 Sa 7:00PM-8:30PM Free

### Preteen Dodgeball Drop-In (9-12yrs)

Come join our free dynamic dodgeball program and get dodging. Every Friday we meet to rock the gym with both team and arena style dodgeball. Learn the 5 Ds of dodgeball: Dodge, Duck, Dip, Dive and Dodge. Bring your friends, bring your skills, bring your style! This is a drop-in activity.

1/3 Gym  
Sep 13-Dec 6 Fr 4:30PM-5:30PM Free



## Sports

### Preteen Instructional Basketball (9-12yrs)

Want to shoot hoops for fun while receiving coaching from an experienced coach? Sign up NOW! Learn how to dribble, pass, and other basic basketball skills. Boys and girls are welcome.

1/3 Gym  
Sep 11-Dec 4 We 6:15PM-7:45PM  
\$61.75/13 classes 223829

### Early Teen Instructional Basketball (12-14yrs)

Want to shoot hoops for fun while receiving coaching from an experienced coach? Sign up NOW! Learn how to dribble, pass, and other basic basketball skills. Boys and girls are welcome.

1/3 Gym  
Sep 11-Dec 4 We 7:45PM-9:15PM  
\$61.75/13 classes 223830

### Axe Capoeira *Beginner* **NEW!** (7-15yrs)

These are ongoing classes where anyone can join, no previous experience necessary. It covers all aspects of Capoeira; martial-arts, dance, music, acrobatics, culture, language and more. It focuses on developing the student's rhythm, reflexes, balance, co-ordination and increasing strength and flexibility as they learn. *Please note that Participant Waiver forms must be filled out before the program starts. Forms are available from the instructor.*

No classes Oct 14, Nov 11 & Dec 25

Space Permitting – Drop-in Fee: \$15

Dojo Axe Capoeira

FREE Demo Class

Sep 4 W 5:00PM-6:00PM 238247

Monthly Program

Sep 6-Dec 18 M W F 5:00PM-6:00PM

\$90/month 241284, 241285, 241287, 241289

### Fencing - Beginners (9-15yrs)

Offered by the Tri-City Fencing Academy, for ages 9-15 years. Our youth program begins with a four session introductory class, quickly teaching the basic actions of the sport, allowing students to progress to fencing bouts in a short time. Fencing is a great cardiovascular workout, improving hand-eye coordination, concentration, mental focus and physical stamina. It provides a fun and competitive atmosphere that builds self-confidence and respect. All equipment is provided.

No class Oct 14, Nov 11.

1/3 Gym	Brad Kelly
Sep 9-Sep 30 M	5:00PM-6:00PM
\$55/4 classes	239005
Oct 7-Oct 28 M	5:00PM-6:00PM
\$41.25/3 classes	239006
Nov 4-Nov 25 M	5:00PM-6:00PM
\$41.25/3 classes	239009
Dec 2-Dec 16 M	5:00PM-6:00PM
\$41.25/3 classes	239010

### Fencing - L1 Training Program (9-15yrs)

Pre-requisite: Fencing - Youth Beginners. Offered by the Tri-City Fencing Academy. After completion of a beginners program, students enter our L1 (9-15yrs) training program. Younger students will be learning in this L1 program until they reach the age of 11, older student for typically 3-9 months, as they develop strong technical sport fencing basics. All equipment is provided.

No class Oct 14, Nov 11.

1/3 Gym	Brad Kelly
Sep 9-Sep 30 M	5:00PM-6:00PM
\$55/4 classes	239578
Oct 7-Oct 28 M	5:00PM-6:00PM
\$41.25/3 classes	239583
Nov 4-Nov 25 M	5:00PM-6:00PM
\$41.25/3 classes	239586
Dec 2-Dec 16 M	5:00PM-6:00PM
\$41.25/3 classes	239587

### Fencing - L2 Training Program (11-19yrs)

Pre-requisite: L1 Training Program. Offered by the Tri-City Fencing Academy. After graduation from an L1 program, fencers move into our L2 and then L3 programs. Students will be learning in the L2 program for 1-2 years as they move from basic skills to more advanced technical and tactical knowledge. These programs are skills assessment based, using an advancement system from the Canadian Fencing Federation similar to other martial arts programs. All equipment is provided.

No class Oct 14, Nov 11.

1/3 Gym	Brad Kelly
Sep 9-Sep 30 M	6:00PM-8:00PM
\$95/4 classes	239588
Oct 7-Oct 28 M	6:00PM-8:00PM
\$71.25/3 classes	239616
Nov 4-Nov 25 M	6:00PM-8:00PM
\$71.25/3 classes	239617
Dec 2-Dec 16 M	6:00PM-8:00PM
\$71.25/3 classes	239618

### #FUNdamentals of Ultimate Frisbee - Beginner

Elevate Ultimate Academy focuses on teaching values such as sportsmanship, personal accountability, and open-mindedness, through the Sport and Spirit of Ultimate Frisbee. Your child will learn the FUNdamentals of Ultimate including throwing, catching, and cutting through fun and inclusive games. This program is meant for kids that are looking for a fun introduction to the sport. Class meets, rain or shine, on the Southeast field by the oval at Kerr and 49th ave.

Off Site Location Elevate Ultimate Academy  
(10-12yrs)  
Sep 19-Oct 24 Th 5:00PM-6:00PM  
\$108/6 classes 238934

## Martial Arts

More details on pages 17 & 18.

# Youth Programs

## Youth Lounge and Office

Come hang out in the lounge after school and play pool, foosball, cards, or just chill with your friends. Get to know the Youth Staff, obtain resources, information, and learn about volunteer/leadership opportunities. Drop by or call the Youth Office at 604-718-8212 to make an appointment to see the Community Youth Worker.

### Fall 2019

#### Youth Office Hours

*Hours subject to change without notice*

Mondays	3:15-5:00pm
Tuesdays	3:15-5:00pm
Wednesdays	3:15-5:00pm
Thursdays	3:15-5:00pm
Fridays	3:00-9:30pm
Saturdays	3:00-9:30pm
Sundays & Stat Holidays	CLOSED

#### Free Computer Lab Times

Tu	3:00-5:00pm
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Programs and activities may change during the season to gear towards the interests of youth. Please contact the Community Youth Worker for updated and detailed information as well as to give us your feedback and ideas.

## Killarney Billiards/Pool Schedule

TIME	MON	TUES	WED	THURS	FRI	SAT/SUN
9:00AM-12:00PM	Seniors Billiards	Open	Open	Open	Seniors Billiards	Open
12:00PM-3:00PM	Open				Open	
3:00PM-5:00PM	Youth Pool	Youth Pool	Youth Pool	Youth Pool	Youth Pool	
5:00PM-Close	Open	Open	Open	Open	Open	

## Youth Gym Times

### September 3 - December 21, 2019

Pre-Teens 9-12yrs & Teens 13-18yrs. Schedule subject to change without notice.  
*No gym programs on statutory holidays.*

MONDAY	WEDNESDAY	FRIDAY	SATURDAY
Pre-Teen & Teen Open 2/3 Gym 3:15-5:00pm	Pre-Teen & Teen Open 1/3 Gym 3:15-4:15pm	Pre-Teen & Teen Open Gym 3:15-4:30pm	Teen Instructional Badminton 3:15-5:15pm*
	Pre-Teen Instructional Basketball 6:15-7:45pm*	Pre-Teen Dodgeball 4:30-5:30pm 1/3 Gym	Let's Play Volleyball Drop-In 5:30-7:30pm 2/3 Gym
	Early Teen Instructional Basketball 7:45-9:15pm*	\$1 Teen Full Gym Badminton Drop-In 5:45-7:45pm	Saturday Night Live 7:00-7:45pm 1/3 Gym
	Pre-Teen & Teen Open 2/3 Gym 3:15-4:15pm	\$1 Teen Full Gym Volleyball Drop-In 7:45-9:45pm	\$1 Teen Full Gym Basketball Drop-In 7:45-9:45pm

*\*Registration is required for this program.*

## Youth Volunteer Orientation (13-18yrs)

For youth 13-18 years who want to volunteer at Killarney Community Centre. Please contact the Community Youth Worker for more information or to get an application form. 604-718-8212. Must also complete a volunteer application and interview.

Multipurpose Room 101

Sep 21 Sa

2:30PM-4:30PM



## Education

### Toastmasters Youth Program - Vancouver Gavel Club

Conducted by Toastmasters members, Vancouver Gavel Club help youth build their communication and leadership skills to become tomorrow's leaders. The club is a place for youth to push themselves, make new friends and have fun! Unlike in a class where people learn from teachers' instructions, club members learn and build up confidence by making short impromptu and prepared speeches, taking meeting roles, and sharing & supporting each other.

Multipurpose Room 101

Sep 12-Nov 28 Th 7:00PM-9:00PM  
\$110/11 sessions 239751

## Martial Arts

### Karate for Teens-Youth Level 1 & 2

Self-defence and physical conditioning are emphasized in this contact oriented style of Karate. Please visit [www.fightingart.ca](http://www.fightingart.ca) to find out more about our club. Uniform, punching gloves and shin/instep guards are required. If you are new to our karate class, look for the Beginner class in the Children's section. Please note that Participant Waiver forms must be filled out before the program starts. Forms are available from the instructor. \*Must have attended at least one term of children's class.

*No class December 5.*

Dojo  
Sep 5-Dec 12 Th 6:20PM-7:20PM  
\$112/13 classes 239753

### Taekwondo Beginners Youth & Adult

A dynamic Korean martial art that teaches techniques for defense and attack in addition to the development of physical and mental discipline. Please note that Participant Waiver forms must be filled out before the program starts. Forms are available from the instructor. Uniform must be purchased at cost of \$55-\$65 plus GST.

*No class Oct 12 & Nov 9*

Dojo  
Sep 7-Dec 14 Sa 2:00PM-3:00PM  
\$91/13 classes 239754

## Sports

### Instructional Badminton for 13-17yrs

Grab your racquets and come out to learn techniques from a well trained badminton instructor. Derek Wong is a NCCP Level 2 coach. Youth must have some knowledge of badminton and be willing to improve their skills.

2/3 Gym  
Sep 14-Dec 7 Sa 3:15PM-5:15PM  
\$117.62/13 classes 223823

### Early Teen Instructional Basketball (12-14yrs)

Want to shoot hoops for fun while receiving coaching from an experienced coach? Sign up NOW! Learn how to dribble, pass, and other basic basketball skills. Boys and girls are welcome.

1/3 Gym  
Sep 11-Dec 4 We 7:45PM-9:15PM  
\$61.75/13 classes 223830

### Let's Play Volleyball Drop-in

This volleyball program is a free instructional program for newcomer youth to Canada. It is, however, open to all youth. So come on down and get your game on!

2/3 Gym  
Sep 7-Dec 14 Sa 5:30PM-7:30PM Free

### Teen Badminton Drop-In (13-18 years)

An exclusive drop-in time for teens to come play badminton with friends and other youth. All players must bring their own racquet and birdie. Spots are limited so don't wait! Drop-in spots are on a first come first served basis.

*Drop-in fee \$1.00.*

Gym  
Sep 6-Dec 20 F 5:45PM-7:45PM

### Teen Basketball Drop-In (13-18yrs)

Join us every Saturday night to shoot some hoops! Bring your friends or play pick-up with other players. Youth must bring their own basketballs.

*Drop-in fees: \$1.00.*

Gym  
Sep 7-Dec 21 Sa 7:45PM-9:45PM

### Teen Volleyball Drop-In (13-18yrs)

Whether you are polishing your volleyball skills for your school or club team or just playing for fun with friends, come out every Friday night to bump, set, and spike! 3 full courts are available to play on. Youth are encouraged to bring their own volleyballs.

*Drop-in fees: \$1.00.*

Gym  
Sep 6-Dec 20 F 7:45PM-9:45PM

## Volunteer Opportunities

### Killarney Youth Council (13-18)

Be a leader! Join this youth leadership group to voice your opinion, plan activities for youth, and implement your own community projects. As a member you will also represent Killarney Community Centre youth at city-wide events. Bi-weekly meetings are on Saturdays at 3:30pm in Room 105. For more information, please contact the Youth Office.

Room 105  
Sep 28-Dec 14 Sa 3:30PM-5:30PM

# Killarney Lounge

## Killarney Billiards/Pool Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
9:00AM-12:00PM	Seniors Billiards	Open	Open	Open	Seniors Billiards	Open
12:00PM-3:00PM	Open				Open	
3:00PM-5:00PM	Youth Pool	Youth Pool	Youth Pool	Youth Pool	Youth Pool	
5:00PM-Close	Open	Open	Open	Open	Open	Closed

## Killarney Facility Rentals

Our gymnasium, multipurpose and meeting rooms are available for rent on a seasonal basis. For general inquires email [killarneyccrentals@vancouver.ca](mailto:killarneyccrentals@vancouver.ca)

**For more information and to book on-line visit**  
[https://recreation.vancouver.ca/reserve\\_options](https://recreation.vancouver.ca/reserve_options)



***Have fun and help your community!***

Main Street at 11th Avenue

Support the Killarney Community Centre Society and it's programs by playing at Planet Bingo, BC's largest bingo facility. Open for drop-in bingo 364 days a year from 11:00am to half-past midnight.

Planet Bingo is a warm, inviting, friendly place to spend time and the game itself is a blast! Choose from two full-service floors offering both paper and electronic bingo!

For more information, please call the **Planet Bingo Hotline at 604-879-8930** or visit their website at [www.planetbingo.ca](http://www.planetbingo.ca)

# Killarney Rink

## Arena Sports Groups



### Killarney Skating Club

Registration Available and Ongoing for all Programs - Online Registration ONLY!

Skate Canada Program Offerings:

- CanSkate Learn to Skate (Kids & Adults)
- Test Stream & Competitive Skating
- Junior & Intermediate Development
- Pre-Power & CanPower Skating
- Skate Canada Certified Professional Coaching Staff
- Sep-Mar (Killarney)
- Apr-Aug (Sunset & Hillcrest)

Website: [www.killarneyskatingclub.com](http://www.killarneyskatingclub.com)

Email: [killarneyskatingclub@gmail.com](mailto:killarneyskatingclub@gmail.com)

Phone: 604-430-2330

Like Us on Facebook!

### Killarney Minor Hockey Association

We offer contact and non-contact hockey for girls and boys ages 5-20yrs. Teams practice or play home games at lower mainland arenas. To register for Vancouver Minor Hockey, please go to their website or email registrar A@vmha.com.

For information please go to [www.vmha.com](http://www.vmha.com).

### Vancouver Female Ice Hockey Association

GIRLS PLAY HOCKEY TOO!

We offer non-contact ice hockey for girls ages 5yrs & up. Teams practice or play home games at lower mainland arenas. Beginners thru advanced welcome.

For more information go to [www.vancouvergirlshockey.com](http://www.vancouvergirlshockey.com) or [info@vancouvergirlshockey.com](mailto:info@vancouvergirlshockey.com)



### Vancouver-Killarney Minor Lacrosse Association

"Lacrosse! The fastest game on two feet". We offer lacrosse for boys and girls ages 4-16yrs.

For registration information email: [president@Vancouverlacrosse.com](mailto:president@Vancouverlacrosse.com) or [vkmlapres@yahoo.ca](mailto:vkmlapres@yahoo.ca)

## Employment Opportunities

Are you an accomplished skater with First Aid experience? Have you completed a NCCP level one coaching certification or the RFABC skate instructor certification? Do you have experience working with pre-schools, school age children, teens, adults or seniors? The Vancouver Park Board is looking for experienced, qualified candidates with proven reliability. See the Rink Programmer for further details.

# KILLARNEY RINK

## Ice Skating Lesson Information

### Learn to Skate Program

The Learn to Skate program for children 3 to 18yrs is fun, safe, creative and progressive, and builds new skating skills while strengthening existing skating skills. All classes are taught by friendly, certified, knowledgeable staff in a supportive and age appropriate environment. Parents and guardians are not allowed on the ice during skating lessons.

**Please arrive AT LEAST 15 minutes before** your lesson time to allow time to put on skates and helmets. Ensure you or your child wear warm clothes, gloves and long socks for comfort and safety. Extra socks may be helpful (rental skates are in full sizes only). We strongly recommend that first time pre-school skaters wear waterproof pants. *Note: Skate rental fees are not included.*

**CSA approved hockey or snowboarding helmets are required.**

A limited number of helmets are available on site.

### Registration Information

#### Fall Set 1: September 13 at 7:00pm

- Saturdays: Sep 28-Nov 2
- Sundays: Sep 29-Nov 3
- Thursdays: Oct 3-Nov 7

#### Fall Set 2: November 8 at 7:00pmm

- Saturdays: Nov 9-Dec 14
- Sundays: Nov 10-Dec 15
- Thursdays: Nov 14-Dec 19

*We strongly recommend your child attend a **free** skate evaluation during any public skate session prior to registration to determine the most appropriate level. You may register for only one lesson set at a time; there is no guarantee that your child can be transferred to another class should you register in the incorrect level. When registering in person or by phone, if the class you want is full, please ask to be placed on the waiting list. Spaces cannot be reserved without payment and are given out on a first come, first serve basis.*

### Child Stick & Puck Lessons (8-13yrs) **NEW!**

Play, pass, fun! This a recreational hockey program for beginners or those new to hockey. **This program is not for children currently register in minor hockey.** We will work on basic skating skills as well as drills that will help with passing & stick handling skills. Each class will end with a scrimmage. We will use **plastic pucks & sticks** for this program (provided). Skates, gloves & a helmet are mandatory for this program, full gear is recommended. **Participants must have completed Child Level 3 to register.** Skate and helmet rentals available at an additional cost.

Sep 29-Nov 3 Su 4:10-4:45pm

Nov 10-Dec 15 Su 4:10-4:45pm

\$61.50/6 sess

You can register  
in person at any  
Vancouver Park Board  
Community Centre!

## Adult Ice Skating

Enjoy a night out with friends and participate in one of our adult skate lesson sessions. Register for Saturday lessons, and come early or stay after for the Adult Only Skate. Your admission is included with the Saturday lessons. CSA approved hockey or snowboarding helmets are mandatory for all lesson participants. Limited numbers of helmets are available on site.



### Park Board Refund Policy

- Full refund five days or more prior to program start date
- Partial refund within four days of program start or before second class; program fee minus the price of the number of lessons that have taken place
- No refunds or transfers after second class
- No refunds on single session or drop-in programs

## Killarney Rink Fall 2019 Public Skate Schedule

**September 28 - December 31, 2019**

Schedule subject to change without notice. *Please check online or call 311 for schedules on December 24, 25, 26, 31 & Jan 1*  
 Children 7 years and younger must be accompanied on the ice by a parent or guardian over the age of 16yrs.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Adult Co-ed Stick & Puck 11:45am-1:15pm	Discount Skate 11:30am-1:15pm	Adult Co-ed Stick & Puck 11:45am-1:15pm	Parent & Preschool (w/ Discount Skate) Skate/Lessons 11:30am-1:15pm			Public Skate 2:15pm-3:45pm
				Discount Skate 3:15pm-4:45pm	Public Skate 5:45pm-7:15pm	Family Fun Hockey 4:00pm-5:00pm
	Public Skate 6:00pm-7:30pm		Public Skate 6:15pm-7:45pm	Public Skate 7:30pm-9:00pm	Adult Skate & Lessons 7:30pm-9:00pm	

## Ice Skating Rates & Fees

Prices subject to change.

	SINGLE	10 USAGE	1 MONTH	3 MONTHS	12 MONTHS
Child (5-12yrs)	\$3.20	\$26.04	\$24.74	\$66.68	\$213.66
Youth (13-18yrs)	\$4.48	\$36.46	\$34.63	\$93.35	\$299.13
Adult (19-64yrs)	\$6.41	\$52.08	\$49.47	\$133.35	\$427.33
Senior (65+)	\$4.48	\$36.46	\$34.63	\$93.35	\$299.13
Family Rate	\$3.20 Minimum charge of \$6.41, 1-2 adults of same household and their children under 19yrs				
Discount Skate	50% regular admission				
Drop-in Hockey	\$6.41	\$52.08			
Skate Rental	\$3.45	\$27.59			
Skate Sharpening	\$6.65				

All usage passes are valid at all Vancouver Park Board operated Fitness Centres, Pools & Ice Rinks.

## Pro D Day Skates

Looking to burn off some excess energy? Come for a skate!  
 1/2 price admission rates.

Oct 25 Fri 1:15-2:45pm  
 Nov 8 Fri 1:15-2:45pm



## Adult Stick & Puck (19yrs+)

Helmets, and gloves required. Practice only, no scrimmage. All Adult Hockey Programs are co-ed and participants must sign a waiver at the beginning of each session. All players can register by calling 604-718-8201 ext 1 beginning at 9:30am on the day of the program. Players must sign in and pay 15 minutes prior to the start of the session and then the waitlist will be accommodated if there are any open spots.

# Killarney Leisure Pool

## Things to know before you swim

- A responsible guardian 16yrs+, in a bathing suit, must accompany children under 4 feet tall and/or under 8 years of age. The guardian must keep children within arms' reach at all times while in the facility. Groups of children under 8 years: 1 guardian required for every 5 children. Groups of children 8-12 years: 1 guardian recommended for every 10 children.
- Absolutely no cameras, cell phones or recording devices in the change rooms.
- Sections of the pool may be closed for aquafit, swimming lessons, school groups or swim clubs.
- Diving Platform and Diving Board are only available when space permits.
- Streetwear and underwear are prohibited to be used as swimwear.
- Infants must wear snug fitting plastic pants or swim diapers.
- It is prohibited to enter the pool with an illness, including open sores, bandages, head colds, discharging ears or noses or infected eyes.
- Please first take a cleansing shower before entering the swimming pool.
- Please be considerate of others and limit your time in the universal changing room.
- Please bring your own quality padlock to secure your possession in a locker or purchase one at the front desk for \$13.

## Have a Birthday Party by the Pool!

- Rent the room adjoining the Pool for \$44/hour. Pay the admissions for the Pool.
- Times can be flexible depending upon the number of children and pool usage.
- For children of all ages.
- **Maximum 30 people per party.**
- Food, drinks & cake at your discretion.

For more information call **604-718-8280** or email [killarney.pool@vancouver.ca](mailto:killarney.pool@vancouver.ca)

## Our Amenities include:

- UV Treated Water
- Inflatable Obstacle Course
- 1-metre Diving Board
- Giant Water Slide
- Spray Features
- Steam Room
- Accessible Ramp Entry
- 3-metre Diving Platform
- Lazy River
- Mountain View
- Whirlpool
- Accessible Changing Room
- 25-metre lap pool
- Climbing Wall

## Prevent "Code Brown"!

Pool fouling is disruptive and may cut your swim short.

Please help us avoid preventable closures by:

- ✓ Put your child in a fitted swim diaper until fully trained
- ✓ Take regular bathroom breaks and check diapers frequently
- ✓ Swim only when healthy; please stay home when sick or suffering from diarrhea

## We're all in it together!

Please shower before entering the pool.

- ✓ Showering removes lotions, make-up, deodorants, antiperspirants, sweat, dirt, hair products and more
- ✓ Clean water saves money: we use less replacement water, save energy and reduce chlorine needs.



## Killarney Leisure Pool Winter Holiday Swim n' Skate Camp

Learn FUNDamental movement and sport skills while enjoying a week filled with Red Cross Swim Lessons and pool fun in the morning, followed by Learn to Skate lessons and introductory hockey skills in the afternoon. Exciting sports, games and play throughout the day to encourage your child to be active for life.

Bring your lunch, snacks, water bottle, swim suit, towel, shorts, spare t-shirt and socks, warm jacket, pants and gloves. A day camp experience you can't miss!

When: Dec. 30, 31, Jan. 2 & 3  
Time: 9:00am - 4:30pm

Who: Age at least 7 but less than 13  
How much: \$163.20  
Activity code: 240480

Get an Active Start and explore SPORT this Spring!



Register online, by phone or in-person at Killarney now!  
Visit [vancouver.ca](http://vancouver.ca) or call 3-1-1 for more information.



# KILLARNEY LEISURE POOL

## Fall 2019 Pool Schedule

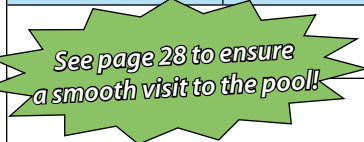

September 3 - December 15, 2019

Schedule is subject to change without notice

Call 604-718-8280 for information Email: killarney.pool@vancouver.ca



### MAIN POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY & SUNDAY	
	Public Swim & 3 Lanes 6:15-8:00am					Public Swim & 3 Lanes 8:00-10:00am
	AquaFit, Public Swim & 2 Lanes 8:00-9:00am					AquaFit, Public Swim & 2 Lanes 9:00-10:00am
Public Swim & 2 Lanes 9:00am-4:00pm	Public Swim & 2 Lanes 9:00am-3:30pm	Public Swim & 2 Lanes 9:00am-3:30pm	Public Swim & 2 Lanes 9:00am-3:30pm	Public Swim & 2 Lanes 9:00am-3:30pm	Lessons & 1 Lane 10:00am-2:00pm	
	Discount Dip & 2 Lanes 11:30am-12:30pm				Public Swim & 2 Lanes 2:00-9:00pm	
Lessons & 2 Lanes 4:00-8:00pm	Lessons & 2 Lanes 3:30-7:30pm	Lessons & 2 Lanes 3:30-7:30pm	Lessons & 2 Lanes 3:30-7:30pm	Lessons & 2 Lanes 3:30-7:30pm	<b>WATER SLIDE SCHEDULE</b>  Weekdays 7:45-9:00pm  Weekends 2:30-5:00pm & 7:00-8:30pm  Holiday Hours 2:30-5:00pm & 6:30-8:00pm  <b>One must be 42 inches tall to use the slide</b>	
Lap Pool is available for length swim only from 3:30pm to 7:30pm, no public swim. <b>Wristbands are issued as a proof of payment on weekdays from 2:30 to 8:00pm and weekends from 9:30am to 2:30pm. Please wear them when using the pool.</b>						
Public Swim & 2 Lanes 8:00-9:00pm	Discount Dip & 2 Lanes 7:30-9:00pm	Public Swim & 2 Lanes 7:30-9:00pm	Public Swim & 2 Lanes 7:30-9:00pm	Discount Dip & 2 Lanes 7:30-10:00pm		
Public Swim & 3 Lanes 9:00-10:00pm						

Fall Interim – Regular Hours - Public Swim all day: December 16 – 23

### LEISURE POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY & SUNDAY
6:15 am-10:00 pm					8:00-10:00am
Limited pool space and no water features available between 3:30-7:30pm due to swimming lessons.					2:00-9:00pm

ADMISSIONS (Fees subject to change.)				
	Adult 19-64 yrs	Youth 13-18 yrs	Senior 65 yrs +	Child 5-12 yrs
Drop-in	\$6.41	\$4.48	\$4.48	\$3.20
10 visits	\$52.08	\$36.46	\$36.46	\$26.04
1 month	\$49.47	\$34.63	\$34.63	\$24.74
3 month	\$133.35	\$93.35	\$93.35	\$66.68
1 year	\$427.33	\$299.13	\$299.13	\$213.66

**Discount Dip:** 50% off regular admissions, during applicable times only. Please see pool schedule.  
**Family:** 1-2 Adults of the same household & their children under 18 yr./\$3.22. Minimum charge is \$6.44. Tot 4 & Under FREE. **Children Under 8** must be accompanied in the water by a guardian 16 years or over. 1 guardian for every 5 children.  
**Suspensions of Flexipasses:** You are able to suspend your FlexiPass once in a calendar year, for a minimum of two weeks.

## Holiday Schedule

**Public Swim**  
1:00-9:00PM

**Thanksgiving**  
October 12 - 14

**Remembrance Day**  
November 9 - 11

**Boxing Day**  
December 26

**New Year's Day**  
January 1, 2020

## Winter Holiday

### Dec 24 - Jan 5

**PUBLIC SWIM ALL DAY**

**Weekday:**  
6:15am-10pm

**Weekend:**  
8am-9pm

**Except on Dec 24 & 31:**  
8am-4pm

**AquaFit 9-10am**

**Dec 25: Closed**

**Dec 26 & Jan 1: 1-9pm**

# KILLARNEY LEISURE POOL

## Swimming Lesson Registration Opens August 27<sup>th</sup> at 7:00pm.

1-day/week	#	Start	End	PT/PS/SK5-10	SK1-4	No Lesson	Meet the instructor
Monday	11	9-Sep	9-Dec	\$78.26	\$69.35	Oct 14/28, Nov11	21-Oct
Tuesday	15	3-Sep	10-Dec	\$105.30	\$93.15		22-Oct
Wednesday	15	4-Sep	11-Dec	\$105.30	\$93.15		23-Oct
Thursday	15	5-Sep	12-Dec	\$105.30	\$93.15		24-Oct
Friday	15	6-Sep	13-Dec	\$105.30	\$93.15		25-Oct
Saturday	13	7-Sep	14-Dec	\$91.78	\$81.25	Oct 12, Nov 9	26-Oct
Sunday	13	8-Sep	15-Dec	\$91.78	\$81.25	Oct 13, Nov 10	27-Oct
Twice/week	#	Start	End	PT/PS/SK5-10	SK1-4	No Lesson	Meet the instructor
Set 1 M/W	9	4-Sep	2-Oct	\$64.74	\$57.45		18-Sep
Set 2 M/W	9	7-Oct	6-Nov	\$64.74	\$57.45	14-Oct	23-Oct
Set 3 M/W	9	13-Nov	11-Dec	\$64.74	\$57.45		27-Nov
Set 1 T/T	10	3-Sep	3-Oct	\$71.50	\$63.40		19-Sep
Set 2 T/T	10	8-Oct	7-Nov	\$71.50	\$63.40		24-Oct
Set 3 T/T	10	12-Nov	12-Dec	\$71.50	\$63.40		28-Nov
Set 1 W/F	10	4-Sep	4-Oct	\$71.50	\$63.40		20-Sep
Set 2 W/F	10	9-Oct	8-Nov	\$71.50	\$63.40		25-Oct
Set 3 W/F	10	13-Nov	13-Dec	\$71.50	\$63.40		29-Nov

Private Lesson: \$30.50 per class for single student; \$20.50 per student per class for semi-private lessons

	Set 1 #	Start	End	Set 2 #	Start	End	Set 3 #	Start	End
Monday	4	9-Sep	30-Sep	3	7-Oct	4-Nov	4	18-Nov	9-Dec
Tuesday	5	3-Sep	1-Oct	5	8-Oct	5-Nov	5	12-Nov	10-Dec
Wednesday	5	4-Sep	2-Oct	5	9-Oct	6-Nov	5	13-Nov	11-Dec
Thursday	5	5-Sep	3-Oct	5	10-Oct	7-Nov	5	14-Nov	12-Dec
Friday	5	6-Sep	4-Oct	5	11-Oct	8-Nov	5	15-Nov	13-Dec
Saturday	5	7-Sep	5-Oct	3	19-Oct	9-Nov	5	16-Nov	14-Dec
Sunday	5	8-Sep	6-Oct	3	20-Oct	10-Nov	5	17-Nov	15-Dec

- Please note that Shallow Water classes are held in the Leisure Pool (15m long and 1.2m deep) due to limited pool space. It is best suited for all Preschool levels to Swim Kids 3 or Adult/ Teen Beginner.
- Private and Semi-Private Registration is available online
- We also offer adapted private lessons with specialized swim instruction to meet the needs of children and youth with various abilities. For additional information, please contact pool supervisor at [killarney.pool@vancouver.ca](mailto:killarney.pool@vancouver.ca).
- ✳ **Canadian Swim Patrol** Sat, 1:00 - 2:00 pm **\$91.28**  
Geared for 8-12 year olds with the ability to swim 25 metres and tread water for 1 minute. The Canadian Swim Patrol (Rookie, Ranger and Star) program provides training for those who are ready to learn basic lifesaving skills. Each level has three modules: Water Proficiency, First Aid, and Recognition and Rescue. Candidates earn recognition for success in content modules (stickers) and for overall achievement (badges).
- ✳ **Bronze Star** Sat, 4:30-7:00pm **\$97.28**  
*Recommended age:* 12 years old; Must be able to swim in deep water; ability to swim 400 metres in 12 minutes or less.  
Bronze Star helps develop problem-solving and decision-making skills as individuals and in partners as they relate to water rescues, basic lifesaving and Water Smart confidence. Level includes a 400-metre timed swim.
- ✳ **Bronze Medallion** Sun, 4:30-8:30pm **\$194.56**  
*Prerequisite:* 13 years of age and up or have completed Bronze Star; ability to swim 100 metres in deep water and to swim 500m in 15 minutes or less.
- ✳ **Bronze Cross** Sun, 4:30 - 8:30pm **\$194.56**  
*Prerequisite:* Completion of Bronze Medallion. Proof of completion of Bronze Medallion is required on the first day of class.  
Bronze Cross is designed for lifesavers who want the challenge of more advanced training, including an introduction to safety supervision. Bronze Cross is a pre-requisite for all advanced training programs including National Lifeguard (NL) and Instructor certifications. Swimmers develop proficiency at performing patient assessments, managing aquatic spinal injuries and preventing loss of life in a variety of aquatic emergencies while developing stroke endurance and fitness training skills; including a 600-metre swim in 18 minutes or less and CPR C. It is also worth two Grade 11 high school credits.



# Special Events

## Family Pumpkin Carving

Join us for some Jack-o-lantern fun! Each Family will receive 2 pumpkins to create their own scary creatures - just in time to display for Halloween! Pumpkins, carving utensils, and stencils will be provided. All you need is to bring an apron to keep yourself clean and an idea for your design. PLEASE REGISTER ONE PARENT ONLY. Parent participation required.

Oct 26 Sa 4:30PM-6:00PM 222509  
 Adult \$8.50/class 6:30PM-8:00PM 222510



## Halloween Carnival & Spooky House

Come to Killarney's annual Halloween Carnival & Spooky House for some spook-tacular hair-raising fun!

This event will feature activities suitable for children 3-12 years old with Halloween games & crafts, and tons of treats! Be prepared to be spooked by eerie bats and skeletons in the haunted house with a few creepy special guests.

Get into the spooky spirit!

Early registration is a must for this popular event! This fun-filled evening is guaranteed to get you into the Halloween spirit! Don't forget to wear your costume & visit our spooky house.

Parent participation is required. Pre-registration required. \$4.50 in advance per child and \$5.00 on the day if space permits.

Full Gym  
 Oct 31 Th 4:30PM-6:30PM \$4.50/Child advance registration  
 2222511 \$5.00/child on the day, if space permits



## Indoor Flea Market

This popular event is back! The Community Indoor Flea Market will be held inside our gymnasium and is a great place to start your house cleaning! There are 70 tables available for sale. Admission to the event is FREE! Vendors, please register early to guarantee a table. Please note that the table fee is non-refundable. We are now allowing for online registration, and therefore your table numbers will be assigned to you once you are registered or you can call the frontdesk at 604.718.8201 to book a table number. For special inquires or mobility issues please email paula.parman@vancouver.ca.

Gymnasium  
 Nov 16 Sa 9:30AM-1:30PM \$18.50/table 222564



Celebrate the holiday season by having a delicious pancake breakfast with sides like sausages, yogurt and fruit! Each year, our gymnasium is transformed into a Santa's wonderland with beautiful decorations, a bouncy castle, holiday craft-making, face painting, and special entertainment. Don't forget your camera because Santa will be making a visit to see who has been naughty or nice! This annual event is not to be missed! Tickets sell out quickly so please contact the front desk to register early! Children under 1 year are free. Online registration is not available.

Gymnasium  
 Dec 14 Sa 9:30AM-11:30AM \$5.00/Child; \$6.50+GST/Adult 210776

## SPECIAL EVENTS

# Saturday Music Live!

Join us each month in the Killarney Lobby from 12:00PM-2:00PM for a musical treat!  
The program is provided free through funding by the KCC Society. Everyone Welcome!

### Pernell

Pernell Reichert is a Vancouver based solo artist who fine-tuned his entertaining skills playing in tree-planting camps, pubs, cafes and festivals across



Canada for the last 20 years. His genre of razor-sharp folk, alt-country and self-penned soulful ballads, along with his high energy, fast finger picking numbers on the guitar, banjo or electric slide and complimented by his skill on the harmonica will captivate you.

Sep 7 Sa [222608](#)

### Wayne Dodds Swing Time Band



Swing-Along Band performs Swing Music, years 1920s - 1970s, from Big Bands dance-era, Broadway Musicals, Movies and Hits. Wayne plays Tenor Sax, Trombone, Soprano Sax, and sings the Vocals. His computer plays the String Bass, Keyboard, Guitar, and Drums from my carefully written arrangements. It is very danceable!

Sep 21 Sa [222609](#)

### Lyndsay Wills & No Frills



Lyndsay Wills and the No Frills are Lyndsay (guitar, banjo), Stewart (banjo) and Mike (fiddle). They play some old-time tunes as well as some of Lyndsay's original songs that are bound to get you clapping, and your toes tapping.

Oct 5 Sa [222610](#)  
Nov 23 Sa [222503](#)

### SandyBone & the BreakDown

Sandy Bone from Sandy Bone and the BreakDown is a long-time stalwart of the Canadian music scene recognized as a gifted singer/songwriter and a charismatic performer who plays guitar, drums and harmonica. This will be a solo performance featuring Sandy on guitar and slide guitar singing soulful blues, country and original compositions.

Oct 19 Sa [222607](#)



### Norine Braun

Emotional, heartfelt and eclectic: Norine Braun an award winning singer-songwriter, a 2018 Western Canadian Music Award Nominee, Canada Council Award. "Through Train Windows" is her latest album inspired by her cross Canada tour with partner Alice Fraser, who will be accompanying Norine on keys and background vocals.

Nov 2 Sa [222611](#)



### Ear Buds



The Ear Buds is a local music band from Vancouver, B.C. that plays some original, some country, bluegrass, folk, blues, and alternate music. They mostly play acoustic, some electric, mandolin, fiddle, guitar, bass, harmonica and vocals.

Nov 30 Sa [222614](#)

### Birds of a Feather



Birds of a Feather are a 'brothers and sisters' flock of young musicians who enjoy playing the piano, the ukulele, and the accordion. Guest appearances: Joseph Lamour, Accordion Man, and Folksinger, Ginalina.

Dec 7 Sa [222612](#)

# Workshops

## Sustenance Festival

September 18 - October 18

Marking its 10th anniversary, Sustenance Festival 2019 features food, art, and culture events, including family-friendly meals, an exhibit, workshops, and dialogues. Sustenance Festival celebrates food traditions and community alongside artists, activists, community groups, and social service organizations across the City of Vancouver.



### Korean Cooking

Learn to cook the flavourful dishes from Korea- Kimchi Fried Rice; Bulgogi (thinly sliced ribeye bbq beef) & Kimchi pancakes (Kimchi Jeon). The instructors will also touch on the cultural significance of these dishes.

Seniors MPR 153 & Kitchen Michelle & Ariel  
Oct 5 Sa 10:00AM-12:00PM  
\$14.29/person 240742

### Spice Up Your Garden with Garlic!

Garlic's easy to grow, can thrive in small spaces, and tastes great homegrown! In this Village Vancouver workshop with Rhiannon Johnson, we'll cover different types of garlic, soil, planting, care, and what to expect. You'll learn how to grow garlic in your garden or containers and take home some garlic cloves to plant. We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds.

Senior MPR 151/152 Village Vancouver  
Oct 8 Tu 6:30PM-8:30PM  
\$7/1 session 240806

### Downsizing & De-cluttering **NEW!**

Here's a chance to learn from the experts on how to de-clutter and downsize in a way that doesn't cause stress or anxiety. The team at "Good Riddance" focuses on helping seniors preserve memories while at the same time learning how to let go of the things that cause clutter. Whether it's downsizing into a smaller home or getting rid of too much stuff, Good Riddance will provide helpful, easy tips that will help anyone right-size their life.

Seniors MPR 151 Good Riddance  
Sep 10 Tu 10:00AM-11:00AM 240932

### Classic Clay **NEW!**

A classic approach to a modern Air Dry Clay! Both beginners and intermediate will learn basic hand building and wedging techniques for pottery bowls or sculptures. This workshop covers instructions from prepping your clay to finishing glazes. No kiln or baking required. Come join us for clay-tastic fun! Includes materials.

CC Room 211 Naomi Topuzoglu  
Sep 12 Th 12:30PM-2:30PM  
\$40/session 240953

### Seniors Tea with NEPP

Many sessions offered for emergency preparedness focus on families - not this session. This session is specific for Seniors focusing on challenges they may face when preparing for emergencies or disasters. Join us for some tea and light refreshments and learn the basics of what is required to develop your emergency plan, how to connect with extended family, how to conduct a Hazard Hunt and what to do when an earthquake strikes. This session will ensure that you, your family members and pets are prepared.

Seniors MPR 151 City Of Vancouver NEPP  
Sep 17 Tu 9:15AM-10:45AM 236806

### Mid-Autumn Moon Festival

Learn the history, customs, and tradition behind the celebration of the Mid-Autumn Moon Festival. Instructor Jessica Yue will first perform Chinese Fan, Ribbon, Lantern Classic dance, doing some basic dances with Moon music on the chair. She will show you hand movements and how to make ice mooncakes or baked moon cakes. You'll also get a chance to sample each of the mooncakes.

Seniors MPR 151 Jessica Yue  
Sep 19 Th 6:00PM-7:00PM  
\$5/1 class 240965

### Fall Prevention *Awareness & Risk Reduction*

Is falling a normal part of the aging process? Do you know what risks you may face that cause falls? Learn what risk factors are associated with falling, learn how to prevent falls and leave with exercises that can be done at home to aid in preventing falls. "Stay on Your Feet" (Vancouver Coastal Health) will be provided to all participants.

Seniors Lounge Bonnie McCoy  
Oct 17 Th 1:30PM-2:45PM  
\$5/session 233061

### Let's Enjoy Ikebana, Floral Art for Beginners

Get a taste of flower arrangement in Japanese style. Ikebana were not only elegant but could reflect the beauty of nature and the feelings in our heart. Ikebana starts from depiction of nature but not simply an imitation of nature. When we sense plant's unspoken words and their silent movements we express our impressions through an art called Ikebana. Come, have fun and make an arrangement to take home.

*Includes all materials.*  
Seniors MPR 153 Margaret Ng  
Oct 19 Sa 1:00PM-3:00PM  
\$38.10 + \$20.00 Materials /1 class 233911

# WORKSHOPS

## Oasis Health Workshops

### Managing Hand Osteoarthritis

Learn about hand osteoarthritis and how to reduce pain and maintain movement by protecting your hand joints, exercising and using pain management strategies.

Seniors MPR 151                      Oasis  
Oct 23 W            10:00AM-12:00PM    237209

### Managing Hip & Knee Osteoarthritis

Learn how to manage your osteoarthritis of the hips and knees and when you might consider joint replacement surgery.

Seniors MPR 151                      Oasis  
Oct 30 W            10:00AM-12:00PM    237211

### Sleep & Stress Management for Osteoarthritis

Learn how sleep and stress can affect your osteoarthritis and strategies for improving your sleep and managing your stress.

Seniors MPR 151                      Oasis  
Nov 6 W            10:00AM-12:00PM    237202

## Investing in Canada

If you have ever been interested to learn about the different investment options and how they can help you meet your financial goals this workshop is for you! We will discuss some common investments strategies as well will include suggestions on how to find the right advisor. We will also include information on RRSPs, TFSA's and RESP's accounts. All questions welcome!

Seniors MPR 151/152  
Oct 23 Wed            7:00PM-8:00PM    233116

## The Indispensable Binder

Imagine your house is on fire and you need to take with you your most important information and documents. Grab your Indispensable Binder!

Imagine you are have a stroke or heart attack, or are hurt in a serious accident. Your family needs to have all the important information to manage everything while you are in hospital recovering. Grab your binder! What if you, or your spouse dies suddenly? Where are all the important documents and information? This important course walks you through the steps to create your own Indispensable Binder. It will become a handy reference for you, your property, travel medications, finances, will, power of attorney representation agreement, contact information for your friends and relatives, and lots more. Here is a systematic format for you to create and organize your own binder, or for \$30 in class, you can purchase a binder ready to go. *Binder not included in the cost of the workshop.*

Seniors MPR 152                      Diane Cruchley  
Oct 30 Wed                              930AM-12:00PM  
\$28.57/1 session  
\$30.00/Binder Optional                      235002

## Medieval Bookbinding

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.

CC Room 202                              Suzan Lee  
Nov 2 Sa                                      1:00PM-4:00PM  
\$50/1 session                              241178

## Watercolour Workshops with Frank Townsley

### Big Sur Coastline

This workshop depicts a dramatic view of the California Big Sur coastline. Photos and enlargements for tracing purposes will be provided, including supplies for those not wishing to use their own.

Pool MPR                                      Frank Townsley  
Sep 14 Sa                                      8:45AM-3:45PM  
\$45/person                                      238242

### Arbutus

This workshop depicts a view of a coastal arbutus tree set in the Gulf Islands with breaking waves in the foreground and distant islands in the background. Photos and enlargements for tracing purposes will be provided, including supplies for those not wishing to use their own.

Pool MPR                                      Frank Townsley  
Oct 12 Sa                                      8:45AM-3:45PM  
\$45/person                                      238243

## Arm Knitting

Would you like to make a DIY project for a handmade gift or for yourself? Join our class to learn the new and trending concept of "arm knitting" to make a "30 minute infinity scarf" using only yarn and your two arms! You will have a complete project done by the end of the class. *Materials and instruction included in the fee.*

Seniors Meeting Room 260                      Karen Lam  
Nov 16 Sa                                      10:00AM-1:00PM  
\$33.33/1 classes                              238125

## Brain Building Bootcamp

Come out and join in this fun and interactive afternoon of trivia, spelling bee, word & number games and brain teasers.

Seniors Lounge                              Bonnie McCoy  
Dec 12 Th                                      1:30PM-2:45PM  
\$5/session                                      233062

# Adult Programs

## Computer Information Education

All participants under 55yrs cannot register until two weeks prior to the start date. All courses taught in English

### Ask An Expert

Geared toward laptop, iPhone and iPad owners. Bring your questions along with your laptops, iPad, or iPhones to class. Learn how to use Skype, Facebook, Word, Excel, Powerpoint, and more! Other topics also include burning CDs/DVDs, downloading photos from your camera or iPhone/iPad, installing Apps on your iPhone/iPad, cleaning viruses, computer tune ups or general questions you may have.

CC Room 202		Tim Li
Sep 12 Th	6:00PM-8:00PM	233338
Adult	\$19.05/1 class	
Senior	\$16.19/1 class	
Oct 3 Th	6:00PM-8:00PM	233339
Adult	\$19.05/1 class	
Senior	\$16.19/1 class	
Nov 7 Th	6:00PM-8:00PM	233340
Adult	\$19.05/1 class	
Senior	\$16.19/1 class	
Dec 12 Th	6:00PM-8:00PM	234936
Adult	\$19.05/1 class	
Senior	\$16.19/1 class	

See page 44 for Cribbage

### Seniors Tea with NEPP

Many sessions offered for emergency preparedness focus on families - not this session. This session is specific for Seniors focusing on challenges they may face when preparing for emergencies or disasters. Join us for some tea and light refreshments and learn the basics of what is required to develop your emergency plan, how to connect with extended family, how to conduct a Hazard Hunt and what to do when an earthquake strikes. This session will ensure that you, your family members and pets are prepared.

Seniors Hall 151	City Of Vancouver NEPP
Sep 17 Tu	9:15AM-10:45AM
Free	236806

## Art & Culture

### Spanish Beginner

If you love Spanish culture and want to gain tools for travelling and making new friends then this is the class for you. This level is for real beginners to Spanish. In Beginners 1, you will start to speak Spanish and, at the end of the course, you will be able to: greet people and say good-bye, introduce oneself and other people, request personal information, languages spoken, say addresses and phone numbers, talk about family members, describe people, interact in shops, answer the phone plus more.

Seniors MPR 153	MadVan Spanish School
Sep 19-Nov 21 Th	6:00PM-7:30PM
\$133.93/10 classes	236288

### Chinese Calligraphy Beginner

Learn the ancient art of Chinese Calligraphy through step-by-step instructions on writing Chinese characters. Students are encouraged to experience the rhythm and sense of design in Chinese writing, thereby bringing an aesthetic dimension to their understanding of the Chinese language. *Program is taught in Cantonese and Mandarin. English translation will be available.*

CC Room 211	Guoxin Lin
Sep 3-Oct 1 Tu	1:00PM-3:00PM
\$41.75/5 classes	238205
Nov 19-Dec 17 Tu	1:00PM-3:00PM
\$41.75/5 classes	241532
Sep 4-Oct 16 W	1:00PM-3:00PM
\$58.45/7 classes	238199
Nov 20-Dec 18 W	1:00PM-3:00PM
\$41.75/5 classes	241532

### Acrylic Painting

Students learn basic color theory, use of mediums, techniques, including mixed media, photo imagery, and tools, and will explore the visual world through Acrylic Paint. Within each class: a demonstration and/or exploration of techniques. Students then use the studio class time to incorporate learned techniques, and develop their own art path. Student will be introduced to: Impressionism, cubism, realism, abstract and current approaches. *Painting Materials are needed for this program. You have a choice of purchasing the "Optional Painting Kit" through KCCS or receiving a list to purchase on your own. Acrylic Materials List will be provided at time of registration. Feel free to bring any acrylic paints that you already have.*

CC Room 211	Naomi Topuzoglu
Sep 19-Nov 7 Th	12:30PM-2:30PM
	\$160/8 classes
\$53/Optional Painting Kit	240947

# ADULT PROGRAMS

## Piano Private Lessons

Musical expressions takes on a creative and intuitive approach to music learning. With goals and learning styles varying from student to student, we help you first determine what you want to achieve, so we can make it our goal to get you there! From the basic beginners to preparing exams, all students will be encouraged to tap into their creative sides and be taught to express themselves through improvisation. Each class (session) is 30 minutes. If you're learning at a grade 5 level or above, please book two, half hour sessions to ensure enough time for the lesson. All music books and materials are purchased separately. Order through our teachers. Instructor website: [musicalexpressions.ca](http://musicalexpressions.ca) *Leisure Access subsidy does not apply to this program.*

201 Activity Room	Musical Expressions
Sep 12-Dec 19 Th	\$350/14 classes
5:30PM-6:00PM	238133
6:00PM-6:30PM	238134
6:30PM-7:00PM	238136
7:00PM-7:30PM	238137
7:30PM-8:00PM	238138



*It's never too late to start!*

## Ukulele Sing Along!

Join this new program as we try to build a ukulele community at Killarney. There will be a song leader who will select the play list for each session and lead the songs. Song books will be available for purchase the day of the sing along for \$15. We welcome beginners to experts! Please bring a stand and your ukulele!

Seniors MPR 151/152	Candy Wong
Sep 29 Su	2:00PM-4:00PM
\$4.76/session	238211
Oct 27 Su	2:00PM-4:00PM
\$4.76/session	238212
Nov 24 Su	2:00PM-4:00PM
\$4.76/session	238213

## You Can Ukulele for Beginners

Start on the road to an exciting lifetime of fun with this old/new instrument - the Ukulele. Learn the basics, from a simple understanding of the instrument to chord formation, strumming, and singing. Instructor will bring a few extra Ukuleles on the first class but each student must have their own ukulele thereafter.

<i>No classes Oct 12 &amp; Nov 16</i>	
Seniors MPR 152	Carrie Nelson
Sep 21-Dec 7 Sa	11:00AM-12:00PM
Adults \$88.57/10 classes	233341
Seniors \$68.57/10 classes	

## You Can Ukulele Level II

For those who have taken the beginner class. Work on improving your skills. Instructor will bring a few extra Ukuleles on the first class but each student must have their own ukulele thereafter.

<i>No classes Oct 12 &amp; Nov 16</i>	
Seniors MPR 152	Carrie Nelson
Sep 21-Dec 7 Sa	12:30PM-1:30PM
Adults \$88.57/10 classes	238237
Seniors \$68.57/10 classes	

## Martial Arts

### Axe Capoeira *Beginner* **NEW!**

These are ongoing classes where anyone can join, no previous experience necessary. It covers all aspects of Capoeira; martial-arts, dance, music, acrobatics, culture, language and more. It focuses on developing the students rhythm, reflexes, balance, coordination and increasing strength and flexibility as they learn. *Please note that Participant Waiver forms must be filled out before the program starts. Forms are available from the instructor.*

*No classes Oct 14, Nov 11 & Dec 25*  
Space Permitting – Drop-in Fee: Adults \$20 Seniors \$18  
Seniors MPR 251/252 Axe Capoeira  
*FREE Demo Class*

Sep 4 W 7:30PM-9:00PM 238249

#### Monthly Program

Sep 6-Dec 13 F 6:00PM-7:30PM

Sep 9-Dec 18 M W 7:30PM-9:00PM

Adult \$120/month

Senior \$100/month

238267, 241030, 241031, 241032

## Killarney Tai Chi

We are a non-profit registered organization that practices traditional Chinese internal martial arts to improve the health and well-being for people of all ages. *For a schedule and registration, please contact Art Lum@604-250-0982 or [artlum25@gmail.com](mailto:artlum25@gmail.com). Prorating and refunds are not available for this program.*

*No class Sept 23, Oct 14, Oct 23 & Nov 11*

CC Room 203 Art G Lum

Sep 9-Dec 16 M W 9:00AM-12:30PM

\$64/season 235569

Sep 14-Dec 15 Su Sa 8:00AM-11:30AM

\$64/season 235571

## Killarney Tai Chi Qigong

We are teaching the Five Animal Play Qigong. This Qigong is based on the movement of five animals, the Tiger, Deer, Bear, Monkey and Bird. This Qigong can improve body strength, move blood and Qi, and relax tendons and meridians. *For a schedule and registration, please contact Art Lum @ 604-250-0982 or artlum25@gmail.com. Refunds & prorating are NOT available for this program.*

CC Room 203  
 Sep 12-Dec 19 Th  
 \$30/season  
 235572

Art G Lum  
 9:00AM-10:30AM

## Hunyuan Tai Chi *Level 2*

Hunyuan Tai Chi was created by Grandmaster Feng Zhiqiang of Beiiing China. This system combines the Xinyi Qigong and Chen Style Tai Chi. Instructor Margaret Lum studied under Master Feng Xiufang, the eldest daughter of Grandmaster Feng Zhiqiang. *For more information please contact Art Lum @ 604-250-0982 or artlum25@gmail.com. Refunds & prorating are NOT available for this program.*

*No session Nov 8*  
 CC Room 203  
 Sep 13-Dec 20 F  
 \$56/14 classes

Art G Lum  
 9:00AM-11:30AM  
 235573

## Seiyu Karate

Self-defense and physical conditioning are emphasized in this contact oriented style of Karate. For more information visit their website at [www.fightingart.ca](http://www.fightingart.ca). *Please note that Participant Waiver forms must be filled out before the program starts. Forms are available from the instructor.*

*No class Dec 10*  
 Dojo  
 Sep 3-Dec 17 Tu  
 \$146.43/15 classes

Vancouver Seiyu Karate  
 7:30PM-9:00PM  
 235062

## Seiyu Karate Light

This class is designed for people who prefer low impact and slow paced Karate classes. Uniform is not required. *Please note that Participant Waiver forms must be filled out before the program starts. Forms are available from the instructor.*

Dojo  
 Sep 5-Nov 28 Th  
 \$104/13 classes

Vancouver Seiyu Karate  
 7:30PM-8:30PM  
 235060

## Japanese Jiu Jitsu

Get fit, skilled and confident. Learn practical self-defence safely against attackers & weapons. Learn the traditional art of strikes, locks, throws, groundwork and break-falling. Everyone welcome. First class is FREE! Join anytime as price is pro-rated. *Please note that Participant Waiver forms must be filled out before the program starts. Forms are available from the instructor.*

*No Class Oct 14 & Nov 11*  
 Space Permitting - Drop-in fee: \$9.52  
 Dojo  
 Sep 16-Dec 4 M W  
 Adult 18yrs+ \$99.26/22 classes  
 16-17yrs \$77.32/22 classes  
 12-15yrs \$52.38/22 classes  
 Family/Couple \$178.10/22 classes

Alex Fairweather  
 7:15PM-9:15PM  
 238244

## Traditional Tai Chi/Kung Fu

顧式太極拳 / 北少林功夫班 - 龍志光師傳授

This class teaches you Kuo Style Tai Chi, Northern Shaolin Style Kung Fu, Shao Lin Fan, Dragon Style Sword and self-defense. Improve physical and mental strength, develop self-confidence and discipline. Class fee includes \$1/month Northern Shaolin Association membership. *Please note that Participant Waiver forms must be filled out before the program starts. Forms are available from the instructor.*

*No class Nov 16 & Dec 14*  
 1/3 Gym  
 Sep 14-Dec 21 Sa  
 \$133/13 classes

Northern Shaolin Kung Fu  
 9:00AM-10:45AM  
 238240

## Ki Aikido

Our goal is to develop mind-body coordination, calmness and confidence to enhance the quality of our lives and promote health & well-being. In Ki Aikido there is no aggression, tension or competition. Ki is universal energy and we work with partners to connect & flow lightly in dynamic movements and to understand ki. Suitable for all levels of fitness and abilities. *Try one free session anytime. LGBTQ-friendly. www.canadiankifederation.org. Please note that Participant Waiver forms must be filled out before the program starts. Forms are available from the instructor.*

*No classes Oct 12 & Nov 9*  
 Space Permitting - Drop-in fees: \$7.14  
 Dojo  
 Sep 7-Dec 14 Sa  
 \$74.75/13 classes

Emily Aspinwall  
 10:00AM-11:45AM  
 233222

## Sports & Fitness

### Cross Crazee Bootcamp

Do you want to get fit, stay fit, improve your game and make friends along the way? This program contains compound exercises, plyometrics, explosive moves and much more...*it's the best way to feel fit and strong!*

*No class Oct 14*  
 Space Permitting - Drop-in fees: \$7.14  
 CC Room 205  
 FREE Demo Class  
 Sep 9 M  
 7:30PM-8:30PM  
 235647

Zlata Lopresti Jr.

*Weekly Programs*  
 Sep 16-Oct 28 M  
 \$38.58/6 classes  
 235648

Nov 4-Dec 16 M  
 \$38.58/6 classes  
 235652

See Health & Wellness pages 39-41 for more programs

# ADULT PROGRAMS

## Stretch & Release

Experience a full body static stretching exercise that will improve your range of motion and flexibility. Helps release stress and muscle tension from a long day at work or high intensity workout. As it becomes part of your exercise routine, it will improve your posture, helps heal and prevent back pain and it will calm your mind, preparing your body for a better sleep.

*Space Permitting - Drop-in fees: \$7.38*

CC Room 205		Maria Pantejos
<i>Free Demo Class</i>		
Sep 5 Th	8:30PM-9:30PM	240580
Weekly Program		
Sep 12-Oct 24 Th	8:30PM-9:30PM	
\$45.15/7 classes		235667
Oct 31-Dec 12 Th	8:30PM-9:30PM	
\$45.15/7 classes		235669

## Zumba

This Latin inspired dance-fitness class combines high energy and motivating music with unique moves and combinations. Zumba is a 'feel-happy' workout that is great for both the body and the mind.

*Space Permitting - Drop-in fees: \$7.14*

CC Room 205		Roslyn Bauyon
<i>FREE Demo Classes</i>		
Sep 3 Tu	7:15PM-8:15PM	235674
Sep 5 Th	7:15PM-8:15PM	235676
<i>Weekly Programs</i>		
Sep 10-Oct 22 Tu	7:15PM-8:15PM	
\$38.50/7 classes		235736
Oct 29-Dec 10 Tu	7:15PM-8:15PM	
\$38.50/7 classes		235941
Sep 12-Oct 24 Th	7:15PM-8:15PM	
\$38.50/7 classes		235729
Oct 31-Dec 12 Th	7:15PM-8:15PM	
\$38.50/7 classes		235732

## Table Tennis

Table Tennis is enjoyed all over the world and has earned a place as an Olympic sport. Time includes set up and take down. Private lessons available for \$7.14/15 minutes. *See Instructor for lesson information. Participants can only purchase one 10 visit card at a time. All ages and abilities welcome.*

*No Session Oct 31*

*Drop-in fees: \$3.10*

2/3 Gym		Danny Ho
Sep 1-Dec 15 Su	1:45PM-4:45PM	
Sep 4-Dec 18 W	7:00PM-10:00PM	
Sep 5-Dec 19 Th	12:00PM-3:00PM	
\$26.43/10 visit card		233918

## Badminton Court Rental

We have two courts available on Mondays, with an eight player maximum per court. Birdies and racquets are not available. Players are responsible for set up and take down of equipment. All rentals are on a per court basis.

*No court rental Oct 14 & Nov 11*

2/3 Gym		
Sep 9-Dec 16 M	8:15PM-9:15PM	
\$9.76/1 court booking		
<i>On-line Registration is now available or call 604-718-8201 to book your court.</i>		

## Badminton *Intermediate Play*

This program is geared towards players 55yrs+ to practice and enhance their badminton skills. Adults under 55yrs are welcome to register. Racquets and birdies are not provided.

*Space Permitting - Drop-in fee:*

*Seniors \$3.10 Adults \$4.05*

Full Gym		TBA Instructor
Sep 11-Dec 11 W	9:00AM-12:00PM	233920
<i>Adult \$50.12/14 classes</i>		
<i>Senior \$36.68/14 classes</i>		

## Adult Recreational Badminton & Basketball Drop-In Sports for 19yrs+

*Just a reminder that registered players must arrive within 15 minutes of the start time and sign in at the Front Desk, or your spot will be forfeited to a drop-in player. Drop-ins must sign in at the front desk and must not play until they have paid.*

*Space Permitting-Drop-in fees: \$4.75*

## Basketball

Come on out and shoot some hoops! We play five-on-five in a FULL court gym. Maximum 15 players per sessions.

*Space Permitting - Drop-in fees: \$4.75*

Full Gym		
Sep 3-Dec 17 Tu	8:30PM-10:00PM	
\$56/16 classes		235575

## Badminton PM

Badminton racquets and birdies are not provided. 2 courts available: ALL courts must play in doubles. Maximum 20 players per session. Times includes set up and take down of nets.

*No session Oct 31*

Full Gym		
Sep 5-Dec 19 Th	8:00PM-10:00PM	
\$56.25/15 sessions		235576

## Badminton Lessons *All Levels*

This program is designed to develop and enhance the skills of badminton players. Maximum 12 registered players.

2/3 Gym		Derek Wong
Sep 17-Dec 03 Tu	11:00AM-12:30PM	233947
<i>Adult \$85.71/12 classes</i>		
<i>Senior \$77.14/12 classes</i>		
Sep 19-Dec 05 Th	9:00AM-10:30AM	233949
<i>Adult \$78.54/11 classes</i>		
<i>Senior \$70.73/11 classes</i>		



# Adults & Seniors Health & Wellness Programs

## Health & Wellness

### Bellydance

Geared for the bellydancer that wants to keep learning! This class will help you take your dancing to the next level. Learn to layer your moves, practice drills, fun combinations and have a great time. For further information please contact Karime at karimekuri1@gmail.com

*No class Sep 24*

*Space Permitting - Drop-in fees:*

*Adults \$11.43 Seniors \$9.53*

Seniors MPR 251/252 Karime Kuri

*FREE Demo Class*

Sep 10 Tu 7:30PM-8:45PM 234141

*Weekly Programs*

Sep 17-Oct 22 Tu 7:30PM-8:45PM 234046

*Adult \$47.65/6 classes*

*Senior \$38.10/6 classes*

Oct 29-Dec 3 Tu 7:30PM-8:45PM 234140

*Adult \$57.18/6 classes*

*Senior \$45.72/6 classes*

### Brazilian Swag Dance **NEW!**

Brazilian Swag class is a program that explores the Brazilian culture through dance. This class is an hour long, which begins with a stretch, followed by a warm-up, a breakdown of the basic steps and a short choreography that is presented at the end of the class by all students. You will learn new rhythms and diving into the Brazilian culture. Classes are all levels where you can expect to push your limits and gain physical strength.

*Space Permitting - Drop-in fees:*

*Adults \$10 Seniors \$8*

*No class Oct 23*

Seniors MPR 151/152 Lesley Maranhao

*FREE Demo Class*

Sep 11 W 5:45PM-6:45PM 238246

*Weekly Programs*

Sep 18-Oct 30 W 5:45PM-6:45PM 238248

*Adult \$48/6 classes*

*Senior \$36/6 classes*

Nov 6-Dec 11 W 5:45PM-6:45PM 238251

*Adult \$36/6 classes*

*Senior \$48/6 classes*

### Line Dancing **Beginners**

Come out and join our friendly group of dancers in the new seniors centre. It's good fun and great exercise with a wide variety of music; rumba, cha cha, waltz and 2-step. Learn and practice the dances in a friendly, social atmosphere. *Beginners: If joining the class after the 3rd week of lessons you must know some basic steps and terminology.*

*No Class Oct 14 & Nov 11*

*Space Permitting - Drop-in fees:*

*Seniors \$5.24 Adults \$6.19*

Seniors MPR 251/252 Al Serfas

Sep 9-Nov 25 M 9:15AM-10:15AM 234212

*Adult \$60/10 classes*

*Senior \$40/10 classes*

### International Ballroom Dancing

Learn how to ballroom dance International Style and feel like a pro on the dance floor! Waltz and Cha Cha, Tango and Rumba, Foxtrot and Swing, and much more! *Spend the afternoon having fun and learning new dance moves, developing rhythm and confidence with meeting new friends.*

*Space Permitting - Drop-in fees:*

*Seniors \$5.48 Adults \$6.43*

CC Room 205 Irina Prodan

Sep 12-Oct 24 Th 11:00AM-12:15PM 234213

*Adult \$38.36/7 classes*

*Senior \$31.64/7 classes*

Oct 31-Dec 12 Th 11:00AM-12:15PM 234248

*Adult \$38.36/7 classes*

*Senior \$31.64/7 classes*

### Senior & Adult Social Dance

Put on your dancing shoes and come Fox Trot, Waltz and Rumba to old time music! No partner required! Beginners are welcome. Refreshments will occasionally be available. *Please note the early end date.*

*Drop-in fees: \$3.33*

CC Room 205 May Leung

Sep 3-Dec 20 Tu Th F 2:00PM-4:00PM

Sep 7-Dec 21 Sa 3:00PM-5:00PM

\$19.05/10 visit card 224016

### SIRvivor **Prostate Cancer Survivors Exercise** **NEW!**

A group-based exercise program for men with prostate cancer. This 12 week program is led twice/week for 60 minutes by a BCRPA-registered Fitness Leader with additional cancer exercise training. Classes will address the needs of men with prostate cancer & will include resistance training, flexibility, balance and aerobic exercise.

*No classes Oct 10 & 15*

Seniors MPR 251/252

Sep 10-Dec 5 Tu Th

\$120/24 classes

Bonnie McCoy

3:00PM-4:00PM

238271

### Pathways 2 Health for Adults & Seniors (P2H)

(Formally known as the Killarney Stroke Recovery Group) A weekly social, wellness program for adults and seniors. Join us for chair & stability exercises, walking techniques, current events, armchair travel, word games, board and card games, trivia, health education and FUN! *Meet in Seniors Lounge at 9:30am.*

*No session Oct 15*

*Space Permitting - Drop-in Fees: \$2.86*

Seniors MPR 251/252

Sep 3-Dec 17 Tu

\$20/annual fee

Bonnie McCoy

9:30AM-12:00PM

233325

### P2H Workshops

Seniors Pathways to Health (SPWH) monthly Workshops are offered on the 3rd Tuesday of each month for an additional cost of \$1.90/per P2H member \$4.76/P2H non-member.

Seniors MPR 251/252

Bonnie McCoy

*Floor Curling*

Sep 17 Tu 11:00AM-12:00PM 233321

*Brain Builders*

Oct 22 Tu 11:00AM-12:00PM 233322

*Walking Soccer*

Nov 19 Tu 11:00AM-12:00PM 233323

*Holiday Potluck Party*

Dec 17 Tu 11:00AM-12:00PM 233324

# HEALTH & WELLNESS PROGRAMS

## Walking Club

Come and enjoy scenic walks throughout Metro Vancouver. All participants walk from 5-8km per outing. This is a great activity to keep one moving. *The walks are designed for people of all ages and are guided by Simon Yan. All walks happen rain or shine, please be prepared for the weather.*

*No session Sep 24*

*Space Permitting - Drop-in fees:*

*Adults \$8.57, Seniors \$7.14*

CC Lobby Simon Yan

Set 1

Sep 5, 12 & Oct 3 Th 9:00AM-12:30PM 240831

Sep 17 Tu

*Adult \$39.29/4 classes*

*Seniors \$26.68/4 classes*

Set 2

Oct 8, 15 & 22 Tu 9:00AM-12:30PM 240832

Oct 31 Th

*Adult \$39.29/4 classes*

*Seniors \$26.68/4 classes*

## Body Conditioning **NEW!**

For mature individual who want to strengthen muscle and build their flexibility. This is a good complement class for cardio fitness class. *Chair exercises are an option.*

*No class Nov 9*

Seniors MPR 251/252 Maria Pontejos

*FREE Demo Class*

Sep 7 Sa 10:45AM-11:45AM 240746

Weekly Programs

Sep 14-Oct 26 Sa 10:45AM-11:45AM 240740

*Adult \$52.50/7 classes*

*Senior \$43.75/7 classes*

Nov 2-Dec 21 Sa 10:45AM-11:45AM 240745

*Adult \$52.50/7 classes*

*Senior \$43.75/7 classes*



## FAME for Stroke **NEW!**

Designed specifically and proven to improve fitness, mobility and strength for people after stroke living in the community. This small group class (1:4 instructor to student ratio) includes functional strengthening exercises, agility, fitness and balance exercises. *Suitable for people - at any time after stroke - who can stand for 5 minutes, walk for 10 meters (even with a walking aid) and communicate with the instructor.*

Seniors MPR 251/252 Sara Bina

*Intake Session*

Sep 6 F 11:45AM-12:45PM 238219

*Weekly Program*

Sep 13-Oct 25 F 11:45AM-12:45PM

238238 \$91/7 classes

Nov 1-Dec 13 F 11:45AM-12:45PM

238239 \$91/7 classes

## Dai Yin Yang Sheng Dong **NEW!**

This art is widely recognized as an excellent health improvement exercise for both the internal organs and the external muscles and joints. It is suitable for all ages, including seniors.

*Space Permitting - Drop-in Fees: \$8.00*

Seniors MPR 251/252 Lisa Low

Sep 20-Dec 6 F 9:00AM-10:00AM

\$72/12 classes 233223

## Brain Training Cognicise

Did you know that Mild Cognitive Impairment could start as early as age 40? It is best to start training your brain at an early age. This class focuses on dual task training, physical exercise and cognitive function. You're body and brain will be vividly led towards an active FUN-ctional workout! *Instructor Keiko has been working with Alzheimer Society of B.C. and she is a Coordinator of Vancouver Brain Injury Association Northshore location.*

Seniors MR 260 Keiko Murakami

Sep 17-Oct 29 Tu 3:00PM-4:00PM 241002

*Adult \$63/7 classes*

*Senior \$56/7 classes*

Nov 5-Dec 10 Tu 3:00PM-4:00PM 241003

*Adult \$54/6 classes*

*Senior \$48/6 classes*

## Found Sound

### *Rhythm Beyond the Drum* **NEW!**

Discover the Power of the Pulse in this fun and engaging activity! Your creative genius will be ignited with glee as we experiment grooving and jamming using body percussion, voice and whatever is in the room. This is your chance to let your imagination go wild finding percussive sounds and making music out of anything - be it a paper cup and a spoon, or an old washboard and a chop stick, or the dog's squeaky toy. Feel free to bring your own percussion instruments. *No experience necessary. All ages welcome. If you have a heartbeat, you will discover your Inner Rhythm in this class!*

Senior MPR 251/252 Abby Greene Bull

*FREE DEMO Class*

Sep 12 Th 7:00PM-8:00PM 240578

*Weekly classes*

Sep 19-Oct 24 Th 7:00PM-8:00PM

\$60/6 classes 240574

*FREE DEMO Class*

Nov 7 Th 7:00PM-8:00PM 240579

*Weekly classes*

Nov 14-Dec 5 Th 7:00PM-8:00PM

\$40/4 classes 240576

## Mindfulness **NEW!**

Explore your mind, body, and emotions through movement and music, experiencing relaxation and the possibility to be fully present without the normal habits of being overly reactive or overwhelmed by the external circumstances around us. No experience required.

*Space Permitting - Drop-in fees: Adults \$17 Seniors \$14*

Senior MPR 151 Enrique Estrada

*FREE DEMO Class*

Sep 18 W 7:00PM-8:00PM 240703

*Weekly classes*

Sep 25-Oct 30 W 7:00PM-8:00PM 240704

*Adult \$87.50/6 classes*

*Senior \$70/6 classes*

# HEALTH & WELLNESS PROGRAMS

## Laughter & Rhythm Yoga for the Mind & Soul NEW!

Laughter is the best medicine. Rhythm is Yoga for the mind. This combo creates a hilarious hour of connection to your inner child that leaves you feeling happy, filled with joy and connected to new friends. This course involves guided laughing exercises and rhythm games to engage mind and body, with a focus on creativity and fun.

*No experience necessary. All ages welcome.*

Senior MPR 251/252	Abby Greene Bull	
<i>FREE DEMO Class</i>		
Sep 12 Th	6:00PM-7:00PM	240709
<i>Weekly classes</i>		
Sep 19-Oct 24 Th	6:00PM-7:00PM	240712
\$60/6 classes		
<i>FREE DEMO Class</i>		
Nov 7 Th	6:00PM-7:00PM	240710
<i>Weekly classes</i>		
Nov 14-Dec 5 Th	6:00PM-7:00PM	240713
\$40/4 classes		

## Chair Yoga

Gentle yoga moves while in a seated position will benefit your joints and muscle areas and help reduce the pain from arthritis, osteoporosis, previous injury, stiff joints and so much more. Stretching, deep breathing & meditation techniques are incorporated into this workout and will leave you with a feeling of connected BODY+MIND+SOUL.

*Space Permitting - Drop-in fees:*

<i>Seniors \$9 Adults \$10</i>		
CC Room 205	Keiko Murakami	
Sep 17-Oct 29 Tu	11:15AM-12:15PM	236299
<i>Adult \$63/7 classes</i>		
<i>Senior \$56/7 classes</i>		
Nov 5-Dec 10 Tu	11:15AM-12:15PM	236302
<i>Adult \$54/6 classes</i>		
<i>Senior \$48/6 classes</i>		

## Hatha Yoga

This class is a slower paced practice designed to align the body and calm the mind. Standing and seated postures are held for some time to create heat within the body, build strength and stamina, improve balance, lengthen muscles for improved mobility, and practice mind-body awareness.

*No class Oct 14*

*Space Permitting - Drop-in fees:*

<i>Adult \$10.48 Senior \$ 8.57</i>		
Seniors MPR 251/252	Maria Wolanski	
Sep 9-Oct 28 M	6:00PM-7:00PM	237229
<i>Adult \$56/7 classes</i>		
<i>Senior \$42/7 classes</i>		
Nov 4-Dec 16 M	6:00PM-7:00PM	237230
<i>Adult \$48/6 classes</i>		
<i>Senior \$36/6 classes</i>		

## Morning Flow Yoga

This class is a great way to get yourself moving in the morning! Building on the classic sun salutation sequence, this practice will get the body warm and the mind focused enabling a more productive and fulfilling day. Each class will end with a short guided meditation.

*Space Permitting - Drop-in fees:*

<i>Adults \$10.48 Seniors \$ 8.57</i>		
Seniors MPR 251/252	Maria Wolanski	
Sep 7-Oct 19 Sa	9:00AM-10:15AM	238253
<i>Adult \$70/7 classes</i>		
<i>Senior \$56/7 classes</i>		
Oct 26-Dec 07 Sa	9:00AM-10:15AM	238254
<i>Adult \$70/7 classes</i>		
<i>Senior \$56/7 classes</i>		

## Sunday Morning Hatha Yoga NEW!

We will move through a series of invigorating postures, coupled with breathing exercises and insights about the energetic body. The class will bring your physical body and mind in balance and leave you feel energized for the day.

*No class Oct 13*

*Space Permitting - Drop-in Fees:*

<i>Adult \$10.48 Seniors \$8.57</i>		
Seniors MPR 251/252	Anastasiya Balabanova	
Sep 15-Dec 8 Su	9:15AM-10:30AM	237232
<i>Adult \$120/12 classes</i>		
<i>Senior \$96/12 classes</i>		

## Pilates

Enhance postural alignment, coordination and flexibility with mat exercises suitable for all levels. Develop your core strength, tone your entire body and finish the class feeling refreshed and energized.

*Space Permitting - Drop-in fees:*

<i>Adults \$8.57 Seniors \$7.38</i>		
Seniors MPR 251/252	Candida Almeida	
<i>FREE Demo Class</i>		
Sep 4 W	6:15PM-7:15PM	236414
<i>Weekly Program</i>		
Sep 11-Oct 23 W	6:15PM-7:15PM	236415
<i>Adult \$52.50/7 classes</i>		
<i>Senior \$43.75/7 classes</i>		
Oct 30-Dec 11 W	6:15PM-7:15PM	236416
<i>Adult \$52.50/7 classes</i>		
<i>Senior \$43.75/7 classes</i>		



# HEALTH & WELLNESS PROGRAMS

## Zumba Gold

ZUMBA® Gold is a low impact dance - fitness class for beginners and seniors that uses zesty latin music, Salsa, Cha Cha, Cumbia, Merengue, Rock n' Roll, (including Twist and Charleston), with easy to follow moves to create a dynamic and fun fitness class. Zumba® Gold strives to improve your balance, strength, flexibility and most importantly the heart. *It is a "feel happy" workout that is great for both the body and the mind.*

Space Permitting - Drop-in fees:

Adults \$4.57 Seniors \$3.45

Seniors MPR 251/252

Roslyn Bauyon

FREE Demo Class

Sep 6 F 10:30AM-11:30AM 236888

Sep 9 M 10:30AM-11:30AM 240718

Weekly Programs

Sep 13-Oct 25 F 10:30AM-11:30AM 237227

Adult \$28/7 classes

Senior \$21/7 classes

Nov 1-Dec 20 F 10:30AM-11:30AM 237228

Adult \$32/8 classes

Senior \$24/8 classes

Sep 16-Nov 4 M 10:30AM-11:30AM 240719

Adult \$28/7 classes

Senior \$21/7 classes

Nov 18-Dec 23 M 10:30AM-11:30AM 240720

Adult \$21/6 classes

Senior \$18/6 classes

## Refit Dance Workout

This class is geared for the older participant or those new or returning to fitness as it's a fun, easy to follow, low impact aerobics class. *This class involves dance components that work your heart, lungs and challenges your coordination & brain fitness.*

Drop-in fees: Adults \$4.57 Seniors \$3.43

Seniors MPR 251/252

Leah Tom

FREE Demo Class

Sep 4 W 10:30AM-11:30AM 233326

Weekly Program

Sep 11-Dec 11 W 10:30AM-11:30AM 233327

Adult \$56/14 classes

Senior \$42/14 classes

## Walking Soccer

The concept of walking Soccer maybe new in Canada; however, is already quite popular in the UK where it is aimed at keeping people aged 50 and over active who are not able to play the traditional game due to mobility issues or past injuries. There are a few adaptations made to the game, such as no running and participants are allowed to use activator poles or a cane for balance. Walking soccer is played in the gym on a smaller court. Benefits of walking soccer include: increased cardiovascular endurance, increased balance and coordination, psycho-social well-being, increased confidence, motivation to exercise, opportunities to make new social connections, and opportunities to reclaim athletic identities.

1/3 Gym

Sara Bina

FREE Demo Class

Sep 6 F 10:30AM-11:30AM 238214

Weekly Programs

Sep 13-Oct 25 F 10:30AM-11:30AM 238215

Adult \$42/6 classes

Senior \$30/6 classes

Nov 1-Dec 13 F 10:30AM-11:30AM 238216

Adult \$49/7 classes

Senior \$35/7 classes



Give Fitness  
for the  
Holidays!

Between December 15th  
& December 31st  
purchase a 1 YEAR  
Killarney Fitness Pass  
and SAVE!

Adult \$285.78,  
a savings of \$75!  
Youth/Senior \$182.35,  
a savings of \$65!

Passes are Non-refundable before  
March 31, 2020. All refunds are  
pro-rated to the 1st or 15th of the  
month based on the non-sale price  
for months used and will include an  
additional administration fee.

# Senior's Programs

## Killarney Community Centre Seniors Association has dissolved

Sharing the news that Killarney Community Centre Seniors Association has officially dissolved with the endorsement from our community seniors at the General Meeting held on April 30, 2019. Our purpose was to develop, promote and provide affordable programs, activities, services and special community events for older adults at Killarney Community Centre.

It was a pleasure serving you for the past 22 years. We are moving forward with the renewed operating relationship between the Vancouver Park Board and Killarney Community Centre Society as outlined in the Joint Operating Agreement (which was signed in May 2018.)

Killarney Community Centre Society has recently formed Killarney Seniors Council to oversee seniors programs. This new Council will be run by elected members aged 55+ from the community, with the exclusive mandate to manage all seniors programs. This will help to centralize decision making, eliminate redundancy, improve efficiency, and maximize seniors program opportunities in areas such as arts and culture, social, health and wellness, sport; and martial arts.

The Killarney Community Centre Society will be recruiting members from the community to serve on this newly formed Seniors Council. If you are interested, you are welcome to leave your contact information at the front reception or send an email to [jennifer.takai@vancouver.ca](mailto:jennifer.takai@vancouver.ca) or [michelle.stebnicki@vancouver.ca](mailto:michelle.stebnicki@vancouver.ca)

## Computer Workshops

*All participants under 55yrs cannot register until two weeks prior to the start date. All courses taught in English*

### Ask An Expert

Geared toward laptop, iPhone and iPad owners. Bring your questions along with your laptops, iPad, or iPhones to class. Learn how to use Skype, Facebook, Word, Excel, Powerpoint, and more! Other topics also include burning CDs/DVDs, downloading photos from your camera or iPhone/iPad, installing Apps on your iPhone/iPad, cleaning viruses, computer tune ups or general questions you may have.

CC Room 202		Tim Li
Sep 12 Th	6:00PM-8:00PM	233338
<i>Adult</i> \$19.05/1 class		
<i>Senior</i> \$16.19/1 class		
Oct 3 Th	6:00PM-8:00PM	233339
<i>Adult</i> \$19.05/1 class		
<i>Senior</i> \$16.19/1 class		
Nov 7 Th	6:00PM-8:00PM	233340
<i>Adult</i> \$19.05/1 class		
<i>Senior</i> \$16.19/1 class		
Dec 12 Th	6:00PM-8:00PM	234936
<i>Adult</i> \$19.05/1 class		
<i>Senior</i> \$16.19/1 class		

## Social

### Cantonese Speaking Seniors

#### 粵語耆英會

*(Formally known at Chinese Seniors Group)*

The goal of our group is to enrich Chinese Seniors' lifestyles through social activities, community integration and understanding.

*No Session Dec 12*

Seniors MPR 151/152		
Sep 5-Dec 19 Th	9:00AM-11:00AM	222625

### Killarney Mandarin Speaking Seniors

SUCCESS and Killarney Community Centre Society collaborate together to provide outreach social support to Mandarin speaking seniors in the Killarney Community Area. *The goal of this group is to enrich Mandarin speaking retirees' lifestyles through social activities and community integration. New members are welcome.*

*No session Oct 11 & Dec 13*

Seniors MPR 152		SUCCESS
Sep 6-Dec 27 F	9:00AM-11:00AM	224022

### Happy Gang Bingo

Meet new friends and have some fun! Players pay for cards by donation. Bring your own snack for the break. *BC Gaming License #113953. Know your limit & play within it! REGISTRATION is required for this FREE program.*

Seniors MPR 151/152		
Sep 3-Dec 17 Tu	1:00PM-3:30PM	229937

### Seniors Social Gathering

*(Formally known as Convivial Gathering)*

Are you looking for some fun activities to do and to meet new people? Then join us, as we line dance, ballroom dance, do tai chi and other social activities. *Participants are encouraged to suggest new activity ideas.*

*No session Oct 14 & Nov 11*

*Drop-in fee: \$2.86*

CC Room 205		
Sep 9-Dec 16 M		12:30PM-2:30PM
\$11.43/10 visit card		224024

### Mahjong

Mahjong is a popular Chinese game played with sets of tiles and is commonly played with four players. Similar to the Western card game rummy, Mahjong is a game of skill, strategy and calculation and involves a degree of chance.

*No session Dec 12*

Seniors MPR 152		
Sep 5-Dec 19 Th	1:30PM-4:00PM	224019

# SENIOR'S PROGRAMS

## Social Bridge

Come out and enjoy a fun afternoon of Bridge. *Tea and treats are sometimes provided. Prior knowledge of Bridge is required.*

CC Room 203

Sep 5-Dec 19Th 1:00PM-4:00PM 222623

## Cribbage

Come out and enjoy a fun and social evening of cribbage. *No registration is required. For more information contact Des Burke at 604-434-8033.*

*No session Oct 14 & Nov 11*

Seniors Lounge 253

Des Burke

Sep 9-Dec 23 M 6:45PM-8:45PM 233335

## Seniors Only Billiards

If you and a partner are interested in shooting some pool, come down and ask for the equipment at the Front Desk.

*No Sessions Oct 4 & Nov 11*

CC Lobby

Sep 6-Dec 27 M & F 9:00AM-12:00PM 224018

## Art & Culture

### Art Therapy

This class is specifically designed for individuals with developmental disabilities to use for self-expression, emotional healing, and to enhance creativity and flexibility during free art making time. Mary will guide the participants towards these goals as well as help them to socialize and try new materials. All materials are supplied including paint, markers, clay and collage material. *Space is limited. Please contact Mary Stanwood at 604-781-5489 to see if this class is suitable for you.*

*Drop-in fee: \$19.05*

CC Room 211

Mary Stanwood

Sep 6-Dec 20 F 10:30AM-12:00PM 238245

Sep 6-Dec 20 F 12:30PM-2:00PM

224028

## Friday Art Group

For those who like to draw or paint, come and join our group and bring your lunch. No oils please. This is a self led program.

CC Room 202

Sep 6-Dec 27 F 9:00AM-1:00PM 222616

## Sewing Group

This is a self-led program for those who have experience in sewing and would like to gather and sew. Participants are required to bring their own sewing machine in good working order.

*Instructors' guidance will be available when necessary.*

CC Room 202

Sep 5-Dec 19Th 9:00AM-12:00PM

\$4.76/season 218032

## Indo Canadian Women's Group

This social group explores health and wellness activities while gaining new methods for Community Living. *Contact Resham Sandhu @ 604-430-3115 for more info.*

CC Room 202

Resham K Sandhu

Sep 5-Dec 19Th 1:00PM-3:30PM 222617

## Seniors Progressive Society

This Non-profitable Mens Society meets twice a week to listen to worldwide news including news from India, poems, songs, jokes and stories. 4-6 times a year Bus Tours are arranged in order to overcome isolation and loneliness. Refreshments are served in every meeting.

*No Session Oct 14 & Nov 11*

CC Room 202

Sep 4-Dec 18 M W 12:00PM-3:30PM 224030

## Karaoke

On Wednesday afternoons we sing and have fun! Karaoke songs are available in English, Cantonese and Mandarin.

*Drop-in fees: \$3.10*

CC Room 203

Sep 4-Dec 18 W 12:45PM-4:00PM

\$14.29/10 visit card 224026

## Choir

Love to sing? Please join our choir for a variety of music such as folk, pop and classical songs. The course will cover the basic vocal technique and breath control as well.

*No class Oct 11*

Seniors MPR 151

Sze Lok Wong

Sep 6-Oct 18 F

10:00AM-11:30AM

\$30/6 classes

233336

Oct 25-Dec 06 F

10:00AM-11:30AM

\$35/7 classes

233337

## Ballroom Dance

Our group aims to improve dance skills for seniors while emphasizing health and social well-being.

*No Sessions Sep 2, Oct 14 & Nov 11*

CC Room 205

Sep 5-Dec 20 M-F 6:30AM-8:45AM

233332

Sep 7-Dec 22 Sa Su 6:30AM-8:45AM

## Musical Moments

This is a mental stimulation activity for all seniors and family caregivers in the neighbourhood, who are experiencing stress, depression, isolation and loneliness. We believe in the power of music in reducing these barriers to active engagement in the community. This free two hour weekly program will provide group singing thru the use of You Tube and Karaoke, complemented by printed lyrics of English traditional and contemporary songs. Dancing and other musical movements that would put music in motion will also be learned, including some healthy breathing and stretching exercises. Occasionally, workshops and information sessions on mental health and diseases that affect the brain will be conducted, supported by brain-fit and other mental stimulation activities.

*For more information, please call the Seniors Brigade Society of BC at 604-453-5885 or email seniorsbrigade@yahoo.ca. No session Oct 14 & Nov 11*

Seniors MPR 151

Sep 9-Dec 23 M 1:30PM-3:30PM

233334

## Acrylic Painting **NEW!**

Students learn basic color theory, use of mediums, techniques, including mixed media, photo imagery, and tools, and will explore the visual world through Acrylic Paint. Within each class: a demonstration and/or exploration of techniques. Students then use the studio class time to incorporate learned techniques, and develop their own art path. Student will be introduced to: Impressionism, cubism, realism, abstract and current approaches. *Painting Materials are needed for this program. You have a choice of purchasing the "Optional Painting Kit" through KCCS or receiving a list to purchase on your own. Acrylic Materials List will be provided at time of registration. Feel free to bring any acrylic paints that you already have.*

CC Room 211 Naomi Topuzoglu  
 Sep 19-Nov 7 Th 12:30PM-2:30PM  
 \$160/8 classes  
 \$53/Optional Painting Kit 240947



See Health & Wellness  
 pages 35-37 for more programs

## Piano Private Lessons

Musical expressions takes on a creative and intuitive approach to music learning. With goals and learning styles varying from student to student, we help you first determine what you want to achieve, so we can make it our goal to get you there! From the basic beginners to preparing exams, all students will be encouraged to tap into their creative sides and be taught to express themselves through improvisation. Each class (session) is 30 minutes. If you're learning at a grade 5 level or above, please book two, half hour sessions to ensure enough time for the lesson. All music books and materials are purchased separately. Order through our teachers. Instructor website: [musicalexpressions.ca](http://musicalexpressions.ca) Leisure Access subsidy does not apply to this program.

201 Activity Room Musical Expressions  
 Sep 12-Dec 19 Th \$350/14 classes  
 5:30PM-6:00PM 238133  
 6:00PM-6:30PM 238134  
 6:30PM-7:00PM 238136  
 7:00PM-7:30PM 238137  
 7:30PM-8:00PM 238138

## Education

### Spanish *Beginner*

If you love Spanish culture and want to gain tools for travelling and making new friends then this is the class for you. This level is for real beginners to Spanish. In Beginners 1, you will start to speak Spanish and, at the end of the course, you will be able to: greet people and say good-bye, introduce oneself and other people, request personal information, languages spoken, say addresses and phone numbers, talk about family members, describe people, interact in shops, answer the phone plus more.

Seniors MPR 153 MadVan Spanish School  
 Sep 19-Nov 21 Th 2:00PM-3:00PM  
 \$89.52/10 classes 236285

## Chinese Calligraphy *Beginner*

Learn the ancient art of Chinese Calligraphy through step-by-step instructions on writing Chinese characters. Students are encouraged to experience the rhythm and sense of design in Chinese writing, thereby bringing an aesthetic dimension to their understanding of the Chinese language. *Program is taught in Cantonese and Mandarin. English translation will be available.*

CC Room 211 Guoxin Lin  
 Sep 3-Oct 15 Tu 2:00PM-4:00PM  
 \$58.45/7 classes 238205  
 Nov 19-Dec 17 Tu 2:00PM-4:00PM  
 \$41.75/5 classes 241532  
 Sep 4-Oct 16 W 2:00PM-4:00PM  
 \$58.45/7 classes 238199  
 Nov 20-Dec 18 W 2:00PM-4:00PM  
 \$41.75/5 classes 241532

## Writing Class

Come and join fellow seniors who share a common interest in creative writing. This class will be set in a comfortable venue with an informal & supportive environment where participants are encouraged to write and share your stories, moments and memoirs. With time and practice these sessions may help you to discover your own voice and style. You will be guided by a volunteer facilitator who will lead each weekly session with a writing prompt. Upon completion of your voluntary writing exercise (to be completed at your leisure), we encourage an optional non-critical reading of your assignment the following week where you can receive feedback and pointers from other writers. *No prerequisites required.*

Seniors MR 260  
 Sep 5-Dec 19 Th 1:00PM-3:00PM  
 \$4.76/season 227922

# SENIOR'S PROGRAMS

## Seniors Tea with NEPP

Many sessions offered for emergency preparedness focus on families - not this session. This session is specific for Seniors focusing on challenges they may face when preparing for emergencies or disasters. Join us for some tea and light refreshments and learn the basics of what is required to develop your emergency plan, how to connect with extended family, how to conduct a Hazard Hunt and what to do when an earthquake strikes. This session will ensure that you, your family members and pets are prepared.

Seniors MPR 151 City Of Vancouver NEPP  
Sep 17 Tu 9:15AM-10:45AM 236806

## Health & Wellness

### Luk Tung Kuen Association

Luk Tung Kuen is a set of health exercises which consist of 36 forms. Our group is dedicated to healthy lifestyles through physical fitness & social activities.

*No session Oct 14, Nov 11, Dec 25 & 26*

Full Gym  
Sep 3-Dec 22 M-F 6:30AM-8:45AM 233331  
Sep 7-Dec 21 Sa Su 8:00AM-8:45AM

### Yuan Ji Dance

Chinese Yuan Ji dance is a mixture of martial arts, physical therapy, meditation, dance and Tai Chi exercise.

*This dance promotes health and wellness for all.*

Full Gym  
Sep 3-Dec 17 Tu 1:45PM-3:45PM  
Sep 4-Dec 18 W 1:00PM-3:00PM  
\$40.25/season 225935

## Seniors' Strength & Stretch

Developing and maintaining muscle strength and joint health is key for older adults. For those who want to improve their functional strength and stability, this chair-based strength program is designed to improve muscular strength, bone density, posture, range of motion, and flexibility.

*Space Permitting: Drop-in Fees: \$8.57*

CC Room 205 Bonnie McCoy  
Sep 3-Oct 8 Tu 12:45PM-1:45PM 233265  
\$38.57/6 classes  
Oct 22-Nov 26 Tu 12:45PM-1:45PM  
\$38.57/6 classes 233269

## FAB Fitness for ALL

FAB Fitness for All 55yrs+ provides a variety of fitness class styles specifically geared towards getting older men and women to become active and participate in sport programming.

*Join this sampler program that indulges participants into finding their very own favourite fitness activities while engaging in a healthy lifestyle.*

*Space Permitting - Drop-in Fee: \$3.81*

Seniors MPR 251/252 Bonnie McCoy  
Sep 5-Oct 3 Th 1:30PM-2:30PM  
\$17.50/5 classes 233259

## Balance & Stability Fitness Level 1

For those who have balance, stability or mobility challenges, this progressive exercise class includes balance assessments, gait-precision skills & activities, static & dynamic balance training, strengthening and postural restructuring exercises. It is designed to improve balance, stability, strength, and mobility. *"Stay on Your Feet" (Vancouver Coastal Health) will be provided to all participants during the first class. No drop-ins permitted.*

Seniors MPR 251/252 Bonnie McCoy  
Oct 24-Nov 28 Th 1:30PM-2:30PM  
\$21/6 classes 233262

## Tranquility **NEW!**

Designed for those who require stress relief, are recovering from surgery, injury, cancer treatments, musculoskeletal challenges or have low fitness levels, Tranquility is a full body meditative & mindful exercise class that will release muscular tension, improve range of motion and flexibility, balance and stimulate peripheral sensation. Tranquility is a 60-minute class that includes elements of tai chi, yoga, core stability and balance exercises, myofascial stretch release techniques, self-massage, posture & alignment awareness and breathing exercises.

CC Room 205 Bonnie McCoy  
Dec 3-Dec 17 Tu 12:45PM-1:45PM  
\$19.29/3 classes 238274

## Minds in Motion *Chinese*

Minds in Motion® is a fitness and social program for people living with any form of early stage dementia along with a family member, friend or other care partner. The program is offered in partnership with the Alzheimer Society of B.C. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Coffee, tea and light refreshments are provided. Care partners must attend. Registration fees include the cost of the person living with dementia and one care partner. Start at any time and pay a pro-rated registration fee. Minds in Motion™ 為早期腦退化症患者與其家屬、朋友、或照顧者而設。是項活動是與阿滋海默症協會共同合辦。項目包括：先進行簡易的運動，繼而有輕鬆的互動遊戲；有茶點供應，陪伴者必須在場。接受中途報名，可按時調整收費。

*No session Oct 11*

Seniors Grand Hall Cynthia Ng,  
Alzheimer Society of BC  
Sep 6-Dec 6 F 1:30PM-3:30PM  
\$86.67/per couple 225925



# SENIOR'S PROGRAMS

## Pole Walking *Advanced*

Join us for 1 1/2hr of brisk, 5-7kms of pole walking once a week around the neighbourhood. Pole walking is a total work-out to gradually build arms, legs and core muscles. Walk is followed by a 15min stretch. Bring your poles or rent a set. Walk for health, chat and have fun while walking. ParQ+, waivers and emergency contact information is mandatory for all polers. Meet you in the lobby of KCC.

*Space Permitting - Pole Rental fees: \$0.95*

CC Lobby

Sep 6-Dec 13 F

9:30AM-11:15AM

\$12/pole rental fee

233330

## ActivAge 1 *Functional Fitness/ Adaptable Skills*

All registrants MUST be approved by Michelle Stebnicki Seniors Programmer at Killarney CC. ActivAge is a 3-month group led physical activity program for adults aged 65 and older, who are not regularly active, to introduce participants to the benefits of physical activity and reinforce their commitment to incorporate it into their daily lives. ActivAge is led by BCRPA registered Fitness Leaders with the Older Adult specialty. There are two ActivAge options that run concurrently. Option 1: The focus in on functional fitness and adaptable skills. Option 2: Incorporates fitness, sport and a wider variety of activities. Each option runs once a week for one hour over 12 sessions. The unique aspect of this program is that alongside physical activity specifically tailored for older adults, ActivAge also encourages social interactions and overall health.

*The maximum number of participants per ActivAge program option is 12. All registrants MUST be approved by the Seniors Programmer at Killarney CC.*

Seniors MPR 251/252

Keiko Murakami

Sep 17-Dec 3 Tu

12:30PM-1:30PM

233914

## ActivAge 2 *Incorporates Fitness, Sport, Activities*

All registrants MUST be approved by Michelle Stebnicki Seniors Programmer at Killarney CC. ActivAge is a 3-month group led physical activity program for adults aged 65 and older, who are not regularly active, to introduce participants to the benefits of physical activity and reinforce their commitment to incorporate it into their daily lives. ActivAge is led by BCRPA registered Fitness Leaders with the Older Adult specialty. There are two ActivAge options that run concurrently. Option 1: The focus in on functional fitness and adaptable skills. Option 2: Incorporates fitness, sport and a wider variety of activities. Each option runs once a week for one hour over 12 sessions. The unique aspect of this program is that alongside physical activity specifically tailored for older adults, ActivAge also encourages social interactions and overall health.

*The maximum number of participants per ActivAge program option is 12. All registrants MUST be approved by the Seniors Programmer at Killarney CC.*

Seniors MPR 251/252

Keiko Murakami

Sep 17-Dec 3 Tu

1:45PM-2:45PM

233915

## Fall Prevention - Awareness and Risk Reduction

Is falling a normal part of the aging process? Do you know what risks you may face that cause falls? Learn what risk factors are associated with falling, learn how to prevent falls and leave with exercises that can be done at home to aid in preventing falls. "Stay on Your Feet" (Vancouver Coastal Health) will be provided to all participants.

Seniors Lounge

Bonnie McCoy

Oct 17 Th

1:30 PM-2:45 PM

\$5/class

233061

## Chronic Pain Self-Management Program

The Chronic Pain Self-Management Program is a free six-session workshop. The workshop helps people living with chronic pain and their caregivers to better manage symptoms and activities of daily life. Participants receive the Living a Healthy Life with Chronic Pain companion book and the Moving Easy CD. Participants should attend all six sessions to get the maximum benefit. The CPSMP is offered by the University of Victoria with resources from the BC Ministry of Health.

Seniors MPR 251/252

University of Victoria

Sept 18-Oct 2 W

10:00AM-12:30PM

Free

230025

CC Room 202

Oct 8-Nov 12 Tu

10:00AM-12:30PM

Free

226566

## Chronic Condition Self-Management *Cantonese*

Participants of this six-session program will gain systematic knowledge and practical skills on how to effectively manage your health and optimize your life style. With the support of your group, you will learn and constantly practice setting goals, taking actions and solving problems to benefit your quality of life. *Caregivers are welcome. Registrants are required to take 5-6 sessions.*

*No sessions Oct 12 & Nov 9*

Seniors MPR 151

UVIC

Sep 28-Nov 16 Sa

9:30AM-12:00PM

226192

## Brain Building Bootcamp

Come out and join in this fun and interactive afternoon of trivia, spelling bee, word & number games and brain teasers.

Seniors Lounge

Bonnie McCoy

Dec 12 Th

1:30 PM-2:45 PM

\$5/class

233062

# SENIOR'S PROGRAMS

## Martial Arts

### Killarney Senior Tai Chi

Our group practices traditional Chinese Internal Martial Art to improve the health and well-being for the senior citizens. Our goal is to help the senior citizens to maintain strength, flexibility, balance and stability. *No prorating or refunds available for this program. We also create social interaction between the members. Space is limited to 18 participants each day.*

*No sessions Oct 14 & Nov 11*

CC Room 203	Margaret Miu Duen Lum
Sep 9-Dec 16 M	6:30AM-8:45AM
\$19.05/1 class per week/season	222640
Sep 11-Dec 18 W	6:30AM-8:45AM
\$19.05/1 class per week/season	222633
Sep 13-Dec 20 F	6:30AM-8:45AM
\$19.05/1 class per week/season	222639

### Evergreen Tai Chi

This is a self-led Tai Chi Club practicing Tai Chi exercise to improve health for the Seniors. No instructor will be provided. Previous experience is preferred. *Space is limited to 18 participants each day.*

CC Room 203	Master Wei Jian Chen
Sep 3-Dec 31 Tu	7:30AM-8:45AM
\$19.05/1 class week/season	222629
Sep 5-Dec 19 Th	7:30AM-8:45AM
\$19.05/1 class week/season	222628

### Practice Tai Chi

Learn & practice Tai Chi forms 24, 48, and 88.

*Drop-in fees: \$3.14*

CC Room 205	Master Wei Jian Chen
<i>Intermediate</i>	
Sep 6-Dec 13 F	10:45AM-12:00PM 225941
<i>Beginner</i>	
Sep 6-Dec 13 F	12:00PM-1:10PM 225942
\$12.62/10 visit card	

## Sport

### Floor Curling w' Afternoon Tea

Join us as we explore the sport of Floor Curling in the 1/3 Gym while socializing with new & old friends. Some Floor curling experience needed.

*Tea & snacks will be served.*

*No session Oct 14 & Nov 11*

*Space Permitting - Drop-in fees: \$3*

1/3 Gym	
Sep 9-Oct 7 M	10:45AM-12:15PM
\$12.50/5 sessions	233916
Oct 28-Dec 9 M	10:45AM-12:15PM
\$15/6 sessions	233917

### Badminton Court Rental

We have two courts available on Mondays, with an eight player maximum per court. Birdies and racquets are not available. Players are responsible for set up and take down of equipment. All rentals are on a per court basis.

*No court rental Oct 14 & Nov 11*

2/3 Gym	
Sep 9-Dec 16 M	8:15PM-9:15PM
\$9.76/1 court booking	
<i>On-line Registration is now available or call 604-718-8201 to book your court.</i>	

### Badminton Intermediate Play

This program is geared towards players 55yrs+ to practice and enhance their badminton skills. Adults under 55yrs are welcome to register. Racquets and birdies are not provided.

*Space Permitting - Drop-in fee:*

*Seniors \$3.10 Adults \$4.05*

Full Gym	TBA Instructor
Sep 11-Dec 11 W	9:00AM-12:00PM 233920
<i>Adult</i> \$50.12/14 classes	
<i>Senior</i> \$36.68/14 classes	



### Badminton Lessons All Levels

This program is designed to develop and enhance the skills of badminton players. Maximum 12 registered players.

2/3 Gym	Derek Wong
Sep 17-Dec 3 Tu	11:00AM-12:30PM 233947
<i>Adult</i> \$85.71/12 classes	
<i>Senior</i> \$77.14/12 classes	
Sep 19-Dec 5 Th	9:00AM-10:30AM 233949
<i>Adult</i> \$78.54/11 classes	
<i>Senior</i> \$70.73/11 classes	

### Table Tennis

Table Tennis is enjoyed all over the world and has earned a place as an Olympic sport. Time includes set up and take down. Private lessons available for \$7.14/15 minutes. *See Instructor for lesson Information. Participants can only purchase one 10 visit card at a time. All ages and abilities welcome.*

*No Session Oct 31*

*Drop-in fees: \$3.10*

2/3 Gym	Danny Ho
Sep 1-Dec 15 Su	1:45PM-4:45PM
Sep 4-Dec 18 W	7:00PM-10:00PM
Sep 5-Dec 19 Th	12:00PM-3:00PM
\$26.43/10 visit card	233918

# Seniors Weekly Program Schedule

## Monday

Luk Tung Kuen Association	6:30AM-8:45AM
Ballroom Dance	6:30AM-8:45AM
Killarney Seniors Tai Chi <i>Margaret Lum</i>	6:30AM-8:45AM
Billiards/Pool	9:00AM-12:00PM
Line Dancing <i>Beginners</i>	9:15AM-10:15AM
Zumba Gold	10:30AM-11:30AM
Floor Curling	10:45AM-12:15PM
Seniors Progressive Society	12:00PM-3:30PM
Seniors Social Gathering	12:30PM-2:30PM
Musical Moments	1:30PM-3:30PM
Hatha Yoga	6:00PM-7:00PM
Cribbage	6:45PM-8:45PM
Badminton Court Rentals	8:15PM-9:15PM

## Tuesday

Luk Tung Kuen Association	6:30AM-8:45AM
Ballroom Dance	6:30AM-8:45AM
Evergreen Tai Chi <i>Master Chen</i>	7:30AM-8:45AM
Walking Club	9:00AM-12:30PM
Pathways 2 Health	9:30AM-12:00PM
Badminton Lessons <i>All Levels</i>	11:00AM-12:30PM
Chair Yoga	11:15AM-12:15PM
ActivAge 1	12:30PM-1:30PM
Strength & Stretch	12:45PM-1:45PM
Chinese Calligraphy <i>Beginner</i>	2:00PM-4:00PM
"Happy Gang" Bingo	1:00PM-3:30PM
ActivAge 2	1:45PM-2:45PM
Yuan Ji Dance	1:45PM-3:45PM
Balance Challenge	2:00PM-3:00PM
Brain Training	3:00PM-4:00PM
Social Dance	2:00PM-4:00PM
SIRvivor	3:00PM-4:00PM
Bellydance	7:30PM-8:45PM

## Wednesday

Luk Tung Kuen Association	6:30AM-8:45AM
Ballroom Dance	6:30AM-8:45AM
Killarney Seniors Tai Chi <i>Margaret Lum</i>	6:30AM-8:45AM
Badminton <i>Intermediate Play</i>	9:00AM-12:00PM
Refit Dance Workout	10:30AM-11:30AM
Seniors Progressive Society	12:00PM-3:30PM
Karaoke	12:45PM-4:00PM
Yuan Ji Dance	1:00PM-3:00PM
Chinese Calligraphy <i>Beginner</i>	2:00PM-4:00PM
Brazilian Swag	5:45PM-6:45PM
Pilates	6:15PM-7:15PM
Mindfulness	7:00PM-8:00PM
Table Tennis	7:00PM-10:00PM
Afro Brazilian Dance	7:15PM-8:15PM

## Thursday

Luk Tung Kuen Association	6:30AM-8:45AM
Ballroom Dance	6:30AM-8:45AM
Evergreen Tai Chi <i>Master Chen</i>	7:30AM-8:45AM
Badminton Lessons <i>All Levels</i>	9:00AM-10:30AM
Cantonese Speaking Seniors	9:00AM-11:00AM
Sewing Group	9:00AM-12:00PM
Walking Club	9:00AM-12:30PM
International Ballroom Dance	11:00AM-12:15PM
Table Tennis	12:00PM-3:00PM
Acrylic Painting	12:30PM-2:30PM
Writing Class	1:00PM-3:00PM
Social Bridge	1:00PM-4:00PM
FAB Fitness/Balance & Stability	1:30PM-2:30PM
Indo Canadian Women's Group	1:00PM-3:30PM
Social Dance	2:00PM-4:00PM
Spanish <i>Beginner</i>	2:00PM-3:00PM
Mahjong	1:30PM-4:00PM
SIRvivor	3:00PM-4:00PM
Ask an Expert Workshops	6:00PM-8:00PM

## Friday

Luk Tung Kuen Association	6:30AM-8:45AM
Ballroom Dance	6:30AM-8:45AM
Killarney Seniors Tai Chi <i>Margaret Lum</i>	6:30AM-8:45AM
Killarney Mandarin Speaking Group	9:00AM-11:00AM
Billiards/Pool	9:00AM-12:00PM
Friday Art Group	9:00AM-1:00PM
Pole Walking <i>Advanced</i>	9:30AM-11:15AM
Choir	10:00AM-11:30AM
Zumba Gold	10:30AM-11:30AM
Art Therapy	10:30AM-2:00PM
Practice Drop-in Tai Chi <i>Intermediate</i>	10:45AM-12:00PM
Walking Soccer	10:30AM-11:30AM
Practice Drop-in Tai Chi <i>Beginner</i>	12:00PM-1:10PM
Minds in Motion <i>Chinese</i>	1:30PM-3:30PM
Social Dance	2:00PM-4:00PM

## Saturday

Luk Tung Kuen Association	8:00AM-8:45AM
Killarney Ballroom Dance Group	8:00AM-8:45AM
Morning Flow Yoga	9:00AM-10:15AM
Body Conditioning	10:45AM-11:45AM
Social Dance	3:00PM-5:00PM

## Sunday

Luk Tung Kuen Association	8:00AM-8:45AM
Ballroom Dance	8:00AM-8:45AM
Sunday Morning Hatha Yoga	9:15AM-10:30AM
Table Tennis	1:45PM-4:45PM

# Senior's Special Events



## Seniors Lunch Program

**Now on Mon, Tue & Thu (except stat holidays)**

Meet new friends while socializing with old ones and exploring foods made by community members. Our hot lunches include a main entrée, veggies, beverage and dessert. Also available are soup & sandwich combo's. *We are not responsible for food allergies.*

*No Lunch Oct 14, Nov 11 & Dec 26*

Seniors Grand Hall

Chef Julie So

MTuTh

11:30AM-1:00PM

\$5.71/lunch

196485

*This is a drop-in program. Purchase your tickets on the day of the Lunch between 11:15AM-12:45PM. Pick up a Senior Lunch Program flyer for monthly menus.*



## Oktoberfest!

Oktoberfest is one of the most famous events in Germany and is the world's largest fair, with more than 5 million people attending every year and is an important part of Bavarian culture, having been held since 1810. Join us as we celebrate Oktoberfest in our community with entertainment by the Schindler Edelweiss Band with a traditional German dinner/lunch, German beer tasting, dancing & lots of FUN!

Seniors MPR 153

*Adults 19-54yrs*

Sep 20 F

6:00PM-8:00PM

\$14.29/person

235957

*Seniors 55yrs+*

Sep 25 W

11:30AM-1:30PM

\$14.29/person

233890

## Flu Shot Clinic

This is a FREE service for seniors over 65yrs, and adults and children (over 6 months) with chronic illnesses or those who live with people with a chronic illness. Please bring your carecard.

Pool MPR  
Nov 14 Th

Vancouver Coastal Health  
10:30AM-4:30PM 238655



## Holiday Luncheon

Join us for this holiday tradition where you will enjoy a festive meal of turkey & beef with all the trimmings. The lunch will take place in the Grand Hall of new Seniors Centre. Festive entertainment will be available.

*We will fill the 1st Seating before opening up the 2nd Seating.*

Seniors Grand Hall

Julie So

*1st Seating*

Dec 12 Th

11:30AM-1:30PM

\$14.29/person

235958

*2nd Seating*

Dec 13 F

11:30AM-1:30PM

\$14.29/person

235971

## Seniors Bus Trips Registration Information

Registration will be *in-person, online* and *phone-in* on August 11 at 9:00am

**NEW!**

*Take advantage of shorter line ups...*

*Register at any Community Centre in Vancouver!*

12 spots will be available online.

2 spots will be reserved for members with mobility issues.

If you have extra challenges or have any questions about our bus trips, please call Paula at 604-718-8205 at least one month before the scheduled out trip in order to secure your spot. Any remaining spots will be given to people on the waitlist.

### A Couple of Things to Know About Bus Trips!

- Participants are required to complete and sign a waiver of liability form for all bus trips.
- If unable to attend a bus trip, please request your refund at least 5 days prior to the trip so that we can fill your spot. With less than 5 days' notice, participants will not get a refund unless a medical note is presented to KCC front office.
- The benefit of community bus trips is that you don't have to drive, you don't have to pay for parking. We receive group discounts on admission costs, and you have friends to enjoy the day with! All bus trips, unless otherwise specified, are taken on the Killarney Centre's 24-seat bus. For all bus trips, please arrive 15 minutes early. The times shown in the program descriptions are the times that the bus will leave Killarney Centre. Please meet in the Centre Lobby prior to the time of departure. Lunch is not provided on any bus trips unless specified in the program description. All bus trips load in the order of registration.
- **All bus trips are subject to change or cancellation. Some trips are weather dependent.**
- **Register early to avoid disappointment!**

## Seniors Bus Trips



*Take a tour with Simon!*

### Royal BC Museum: The Jaguar Rises

Maya: The Great Jaguar Rises, an extraordinary exhibition highlighting Maya civilization past and present. Discover a powerful culture that rose in the tropical rainforests of Guatemala thousands of years ago, and learn how science and belief shaped the Maya identity from ancient times to present day. The exhibition boasts the world's largest and most impressive display of Maya objects from Guatemala, and features more than 300 precious jade, ceramic, gold, stone and textile artifacts reflecting classic and contemporary Maya culture. This exhibition coincides with UNESCO's Year of Indigenous Languages and highlights the 30 Maya languages that are still spoken today by almost half the population of Guatemala.

Lobby  
Sep 9 M  
\$65.85/person

Simon Yan  
6:45AM-8:30PM  
237471

# SENIOR'S SPECIAL EVENTS

## Cranberry Festival

Enjoy the Thanksgiving Long weekend with the 24th annual Cranberry Festival held in Langley. There will be unique vendors, free entertainment and family activities as Langley celebrates the harvest and history of the cranberry in Fort Langley. The Fort Langley National Historic Site will be first in our visit, and then you will have time to meander through all of the festivities. There will be an abundance of food vendors that will be serving many different types of food (lunch not included). Following the festival we will visit the Fort Wine Company and tour the cranberry fields before heading home.

Lobby  
Oct 12 Sa  
\$25.40/person

Simon Yan  
9:00AM-4:00PM  
[237472](#)

## Stamp River Falls

Stamp Falls Provincial Park has a number of lookout points along the river for excellent views of the salmon fighting their way up the falls and fish ladders. This natural phenomenon occurs every year, starting in late August with sockeye and continuing with Coho and Chinook right into December. Before the falls we will stop in Port Alberni for lunch at the Little Bavaria House (included). On our way home we will visit Little Qualicum Falls where impressive waterfalls cascade down a rocky gorge in a beautiful forested setting bordered by steep mountain peaks at this park, one of the most beautiful parks on central Vancouver Island.

Lobby  
Oct 17 Th  
\$61.43/person

Simon Yan  
7:00AM-8:15PM  
[237473](#)

## Weaver Creek Spawning

The Chehalis River Hatchery was originally constructed in 1982 to enhance salmon stocks in the Chehalis and Harrison rivers. Today the hatchery receives thousands of visitors that come to learn more about salmon. The hatchery produces coho, chinook, chum and pink salmon, as well as steelhead and sea-going cutthroat trout which produces coho, sockeye, chum and steelhead for a number of local tributaries that lead to the Fraser River. After the hatchery our next stop will be the Weaver Creek Spawning Channel. Since its construction in 1965, Weaver Creek spawning channel has proven a great success. The run of sockeye today is more than 200 times the size of the run produced from Weaver Creek alone prior to 1965. From the Spawning Channel we will head on over to Harrison Hot Springs and have lunch at the infamous Black Forest Café (included). Guided by Simon Yan.

Lobby  
Oct 25 F  
\$29.07/person

Simon Yan  
8:30AM-4:30PM  
[237477](#)

## Chilliwack Christmas Craft Fair

On the trip we will be visiting two of the Fraser Valley's most popular Christmas Fairs. The Chilliwack Christmas Craft Market, a Fraser Valley holiday tradition and the Chilliwack Community Arts Council's most festive fundraiser, returns for its 44th year of inspired gift giving. Showcasing over 175 artisans from all over BC under one roof, the market is the perfect destination for every gift seeker! The West Coast Christmas Show Marketplace is Western Canada's leading holiday season show that brings together holiday gifts, fancy foods, personal services, decor ideas, festive live florals and culinary presentations under one roof. You will discover new ideas and items for holiday gift shopping, entertaining and home decorating among the multitude of vendors offering unique and hard to find gift items both from artisans as well as unique manufacturers. You will find shabby chic items along with country garden Christmas accents. Before we visit the two craft fairs, we will have lunch at the Mandarin Garden Chinese Buffet in Chilliwack (included).

Lobby  
Nov 15 F  
\$31.47/person

Simon Yan  
10:00AM-6:15PM  
[237478](#)

# SENIOR'S SPECIAL EVENTS



## Glow Vancouver

Christmas Glow first launched in 2017 near Vancouver, Canada, and guests were captivated by the event. Two years later, Glow's become one of the world's largest indoor Christmas festivals, brightening up 11 cities in 3 countries. Join the joyous 1.6 million guests ready to Glow and celebrate the warmth of the season! It's all the magic and wonder of an outdoor festival, hosted inside a cozy and spacious venue. Laugh, stroll and play under the twinkle of a million lights as you explore the light gardens and illuminated structures. Following Glow we will visit the Dundarave in West Vancouver. Take a stroll in a real "Forest of Miracles," amidst over 100 lit and decorated trees on display as part of the annual Dundarave Festival of Lights in West Vancouver.

Lobby  
Dec 5 Th  
\$23.97/person

Simon Yan  
4:00PM-9:30PM  
237479

## Holiday Lights Tour

Join us on this annual trip where we visit some of Metro Vancouver's greatest light displays. Be prepared to be put into the Holiday Spirit with joyous music and wonderful company. The trip will also have a stop halfway so one can stretch their legs and enjoy a light snack (cost of snacks not included).

Lobby  
Dec 11 W  
\$12.70/person  
Dec 12 Th  
\$12.70/person

Simon Yan  
6:00PM-10:00PM  
237482  
6:00PM-10:00PM  
237483

## FITNESS CENTRE

# Killarney Fitness Centre Programs

## Introduction to Weight Training for Seniors

Book up to 3 individual training sessions with our highly trained Fitness Centre staff in the Killarney Fitness Centre. In your first session, learn how to use the equipment, get a personalized fitness program, and receive a card to track your progress. At your second session, review your exercise technique and get answers to questions you may have about your program. Book a third session for additional exercises, support or motivation. Contact Bonnie McCoy at [bonnie.mccoy@vancouver.ca](mailto:bonnie.mccoy@vancouver.ca) or 604-718-8215. Free with drop-in admission or included with your pass.

## Balance Tune-Up

For those concerned about balance, stability or mobility challenges, this one to one session will provide a balance assessment, home exercises and follow-up. It is designed to improve balance, stability, strength, & mobility. Please contact Bonnie in the Fitness Centre on Wednesday- Friday from 6:30am-1:30pm or by email [bonnie.mccoy@vancouver.ca](mailto:bonnie.mccoy@vancouver.ca). *Fitness Center Admission applies. Purchase an 11 Visit Card to save \$\$\$.*

Drop-in fees: \$3.45/65yrs+ \$4.57/64yrs & under

Fitness Centre Bonnie McCoy

# 3 Easy Ways to Register!

**Killarney Community Centre has online, phone-in, and in person registration system to reduce line ups and provide equal opportunity for registration. Contact us for more information: 604-718-8201**

## 1. In Person

### **Centre Registration Begins Sunday, August 11 at 9:00am**

Community Centre program registration includes: Preschool, Children, Youth / Adult / Senior's Programs, Fitness, Children and Adult Special Events, Workshops, Birthday Parties and Daycamps. *Please Note: Swim Lessons (see page 28) are not available to register on Centre Registration Day.*

#### **Pre-Registration Forms:**

Pre-registration forms are recommended for ALL registrations. This form helps organize your personal and program information and speeds up the registration process. Pre-registration forms are distributed during registrations and are available at our Centre Office or on-line at our website at [www.killarneycentre.ca](http://www.killarneycentre.ca).

***Please note that Time-Saver Passes have been discontinued.***

## 2. Online

### **Centre Registration Begins Sunday, August 11 at 9:00am**

Our new system provides you with improved online registration. You can visit [recreation.vancouver.ca](http://recreation.vancouver.ca) and update or create your profile before registering. It's called *My Account* and is where you will go for all future registrations and to manage or track your registration requests online.

Never registered online before? Go to:

- [recreation.vancouver.ca](http://recreation.vancouver.ca)
- Click "Sign In" or "Create an Account" to set up your profile and password BEFORE registration opens for fall programs.

Forgot your online password? Go to:

- [recreation.vancouver.ca](http://recreation.vancouver.ca)
- Click "Sign In", select "Forgot your password" and follow the steps to get your new password.
- Login with your email address and confirm your account information is correct.

*Please Note: These programs are not available to register online: Licensed Childcare and Drop-in Programs.*

## 3. Phone-In

### **Centre Registration Begins Sunday, August 11 at 10:00am**

**Call 604-718-8211** Monday-Sunday 10:00am-2:00pm only. Phone in registration not available on statutory holidays.

*Please Note: Some programs are not available for Phone-in Registration: Licensed Childcare and Drop-in Programs.* Only Visa, Mastercard and Amex payments will be accepted. Please have registration information and credit card ready when you call. Your registration receipt can be picked up at our Centre Office during operating hours.



# Registration Information

## Community Centre, Pool and Rink Registration:

- **Centre Adult/Senior Programs:** On the *first* day of registration, members may register a maximum of two people per program. For example if a participant is registering themselves for badminton, they can register one other individual. Patrons may register a maximum of two people if they are not registering themselves.
- **Children/Daycamp/Rink/Pool:** On the *first* day of registration, patrons are only permitted to register immediate family members residing at the same address or, they may register another family if they are not registering their own family. Patrons who are Parents/Guardians of children living at separate addresses are also permitted to register their children. *We no longer permit the registration of additional families.*

## Waiting Lists

If the program that you wish to register for is full, please ask the office representative to put you on the appropriate waiting list. If there are withdrawals, you will be contacted for an opportunity to register.

## Program Changes and Cancellations

All programs are subject to change or cancellation at any time. Full refunds will be issued for all programs cancelled by the Community Centre.

### Community Centre and Rink Refunds & Transfers:

- If your refund request is received five or more days prior to the start of the program, a full refund will be issued.
- If your refund request is received within four days of the start of the program, your refund will be equal to the program fee minus the price of one class.
- If your refund request is received after the first class, your refund will be equal to the program fee minus the price of two classes.

\*Each Community Centre program refund notice (excluding rink and pool activities), is subject to an additional \$5.00 administration fee.

- No refunds or transfers are allowed after the second class of the program.
- If your transfer request is received after the first class of the program, you will be charged the price of one class.

\*Each Community Centre program transfer request (excluding rink and pool activities), is subject to an additional \$2.00 administration fee.

- Fees for one or two-day programs are non-refundable.

Please note: The above Refund Policy does not apply to Special Events, Bus Trips, Licensed Childcare, Out of School Care, Summer Daycamps, or Birthday Parties. Please check the Refund Policy on the individual program pages.

**Swimming Pool Refund & Transfer Policy: see page 28.**

## Financial Assistance

Financial assistance is available to low-income residents. If you or a family member are in need of financial assistance for a community centre program, please contact:

<b>Preschool &amp; Children</b>	cindy.gulbransen@vancouver.ca
<b>Youth</b>	josh.hensman@vancouver.ca
<b>Adult &amp; Seniors</b>	michelle.stebnicki@vancouver.ca
	jennifer.takai@vancouver.ca
<b>Licensed Childcare</b>	ccschildcare@vancouver.ca

## Privacy Policy

In the course of providing programs and activities, the Killarney Community Centre Society collects personal information from our members and other individuals participating in classes, workshops, special events or facility use. This information may be used for the provision of services, communication, processing payments and/or statistical purposes. We respect the importance of protecting the personal information that we collect. For more of an understanding on this subject, please call (604) 718-8209 and your inquiry will be subsequently directed to our Society's Privacy Officer.

## Making All Recreation Safe M.A.R.S.

All patrons, volunteers and staff have the right to be safe and feel safe when in Park Board facilities. With this right comes the responsibility to be law abiding citizens and to be accountable for one's actions. Employees and volunteers of Vancouver Park Board and affiliated partners as well as the public participating in programs and services are expected to adhere to a Code of Conduct which sets standards of behaviour.

## Code of Conduct

- Treat patrons and staff/volunteers with respect and dignity.
- Do not tolerate abusive or disrespectful language.
- Appreciate that programs and facilities are provided for the enjoyment of everyone.
- Respect public property and the property of others. Enjoy recreation in your City!
- The Board of Parks and Recreation reserves the right to take appropriate steps to resolve issues or concerns.

## Recreation Staff

Recreation Supervisor	Debbie Barber	604-718-8209
Childcare Coordinator	Carolyn Silva	604-718-8204
Preschool & Children	Cindy Gulbransen	604-718-8206
Fitness Centre	Michelle Stebnicki	604-718-8208
Youth Worker	Josh Hensman	604-718-8212
Aquatics	Denise Yeh	604-718-8286
Adult & Senior's	Michelle Stebnicki/ Jennifer Takai	604-718-8208 604-718-6259
Offices Administrator	Maryla Smaruj	604-718-8223
Maint. Technician	Jamie Cole	604-718-8207

# Killarney Fitness Centre

Give Fitness  
for the Holidays  
See page 42 for details

## What we have to offer...

- ✓ Helpful & Qualified Staff
- ✓ Cybex Weight Training Equipment
- ✓ Lifefitness Elliptical Trainer
- ✓ Lifefitness Treadmills
- ✓ Precor Adaptive Motion Trainer
- ✓ Precor Elliptical Trainer
- ✓ Keiser M3 Spin Bike
- ✓ Lifefitness Exercise Bikes
- ✓ Matrix Recumbent Bikes
- ✓ Matrix Elliptical Trainer
- ✓ Matrix Rowing Machine
- ✓ Olympic Free Weights & Full Rack
- ✓ Dumbbells/Mats & Benches
- ✓ Bosu & Body Balls
- ✓ Body Composition Testing
- ✓ Lifefitness Dual Pulley Station

## Assessments, Orientations & Personalized Fitness Programs

Your admission fee entitles you to a complimentary orientation to our Fitness Centre. Our certified staff will assist you with the following: proper etiquette, equipment operation and the importance of cardiovascular, strength and flexibility training.

With any Drop-in, Strip ticket or any Killarney fitness pass purchased we also offer in-depth personalized programs based on your current physical condition. To book appointments call the Fitness Centre at 604-718-8215.

## Fall 2019 Schedule

September 3-December 31, 2019

Schedule is subject to change without notice  
Fitness Centre users before 9:00am Monday to Sunday can purchase drop-in admissions at the Leisure Pool Office.

**Reminder: Bands are to be worn on the wrist when in the Fitness Centre.**

MONDAY TO THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am-10:00pm	6:30am-8:30pm	8:00am-7:30pm	8:00am-7:30pm
<b>Early Bird Discount:</b> \$1.00 off drop-ins Monday to Friday 6:30 to 8:30am			

## Fitness Fees

- Rates are subject to change without notice.
- Drop-in fees include Fitness Class use
- Killarney Fitness Centre Passes and 11 visit cards include Fitness Class use
- Pass Card Refunds are pro-rated from the time of request, based on 15 days from purchase
- 11 Visit Card Refunds are pro-rated based on the number of visits left less 1 visit
- Applicable administration fee will be applied to all refunds
- The drop-in fee covers a single visit. No re-entry.

GST will be added to prices	ADULT	YOUTH*	SENIOR
Drop-in	\$4.57	\$3.45	\$3.45
11 Visit Card	\$45.46	\$31.81	\$31.81
1 Month Pass	\$41.04	\$28.66	\$28.66
3 Month Pass	\$104.34	\$73.10	\$73.10
6 Month Pass	\$196.72	\$137.46	\$137.46
12 Month Pass	\$343.60	\$235.57	\$235.57

*There will be a \$2.00 charge for the replacement of lost or stolen fitness passes!!*

*Note: You must be 13yrs+ to use the Fitness Centre.*

**Fitness Centre Fees Include Fitness Class Participation**



# Killarney Aerobic Schedule

## Fall 2019 Schedule

September 3-December 31, 2019 *No classes on Oct 14, Nov 11 & Dec 23-Jan 3, 2020 (floor refinishing)*

**Schedule subject to change or cancellation without notice. Follow us on Twitter @KillarneyCC for current up-to-date information on class cancellations.** Step Classes: limited steps available, come early to ensure a spot.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Dance Workout 9:15-10:30am <i>Leah</i>	Zumba & Core 9:15-10:15am <i>Cecilia</i>	Step 9:15-10:30am <i>Betty-Lynn</i>	Body BLAST 9:15-10:30am <i>Keiko</i>	Zumba+ 9:15-10:40am <i>Lesley</i>	Step "n" Strength 9:15-10:15am <i>Angela</i>	Zumba & Core 9:00-10:00am <i>Flora</i>
		Zumba 10:40-11:40am <i>Betty-Lynn</i>		<b>To reduce class interruption:</b> Please arrive on time to ensure proper warm-up. Please keep cell phones on vibrate or low ring. Please refrain from answering calls while in class is in progress; if necessary please go out to the hallway.		
Cardio Core 6:15-7:15pm <i>Edouard</i>	PiYo 6:00-7:00pm <i>Mayu</i>	Step/Core 6:15-7:15pm <i>Kristiina</i>	STRONG <i>by Zumba</i> 6:00-7:00pm <i>Roslyn</i>			

AEROBIC FEES* <small>GST will be added to price</small>	Drop-in	11 Visit Pass	1 Month Pass	3 Month Pass	6 Month Pass	12 Month Pass
Adult	\$4.57	\$45.46	\$41.04	\$104.34	\$196.72	\$343.60
Youth/Senior	\$3.45	\$31.81	\$28.66	\$73.10	\$137.46	\$235.57

\*All fees include Fitness Centre use.

### Dance Workout

**Moderate to advance.** Infused with the spirit of dance fitness alive at Killarney, dance workout is a total body workout experience that is fun for everyone! The beats include a variety of new music as well as classic tunes from a range of musical genres and the grooves are inspired by the jazz, contemporary, hip-hop, latin, and theatrical dance worlds. Choreography is varied and easy to follow. Class finishes with some awesome strength training and a relaxing stretch.

### STRONG by Zumba

**Moderate to advance.** This new powered by Zumba program revolutionizes Zumba workouts, combining strong, upbeat rhythms with powerful, high-intensity cardio and strength conditioning moves to ratchet your fitness potential up a notch. Join the party, discover the athlete within you, feel the force and get fit!

### Step n' Strength

**Moderate to advanced class.** This class consists of cardio work on the step, followed by strength training and a cool down.

### Body BLAST

**All levels welcome.** Get a full body workout including cardio, strength training, core conditioning and stretching in this fun and dynamic class. The class also includes 10 minutes of abs and a 5 to 10 minutes stretch.

### Step/Core

**Moderate to advanced step class.** Class will incorporate strength training such as weights and bands with a focus on core.

### Step

**Mild to moderate class.** This class offers basic, easy to follow step choreography. Beginners welcome!

### PIYO = Pilates + Yoga + nonstop movement!

PiYo® LIVE combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll use your body weight to perform a series of continuous, targeted moves to define every single muscle.

### Zumba & Core

**Moderate to advanced class.** This class offers a combination of Zumba and strength training with weights.

### Zumba

**Mild to moderate class.** A Latin inspired dance-fitness class. It combines high energy and motivating music with unique moves and combinations. Zumba is a "feel-happy" workout that is great for both the body and the mind.

### Zumba+

**All levels welcome.** Burn calories by mixing low-intensity and high-intensity moves, a real Latin and world dance fitness party. Zumba+ also incorporates the last 30 minutes with interval training giving more intensity, strength, and challenging progression to your workout, using only your body weight.

### Cardio Core

**Moderate to advanced class.** This class offers a mix of step aerobics and dry land aerobics. Class will end with strength training. Class format will alternate with instructor.



Oktoberfest is one of the most famous events in Germany and is the world's largest fair, with more than 5 million people attending every year and is an important part of Bavarian culture, having been held since 1810. Join us as we celebrate Oktoberfest in our community with entertainment by the Schindler Edelweiss Band with a traditional German dinner/lunch, German beer tasting, dancing & lots of FUN!

Seniors MPR 153

*Adults 19-54yrs*

Sep 20 F

6:00PM-8:00PM

\$14.29/person

235957

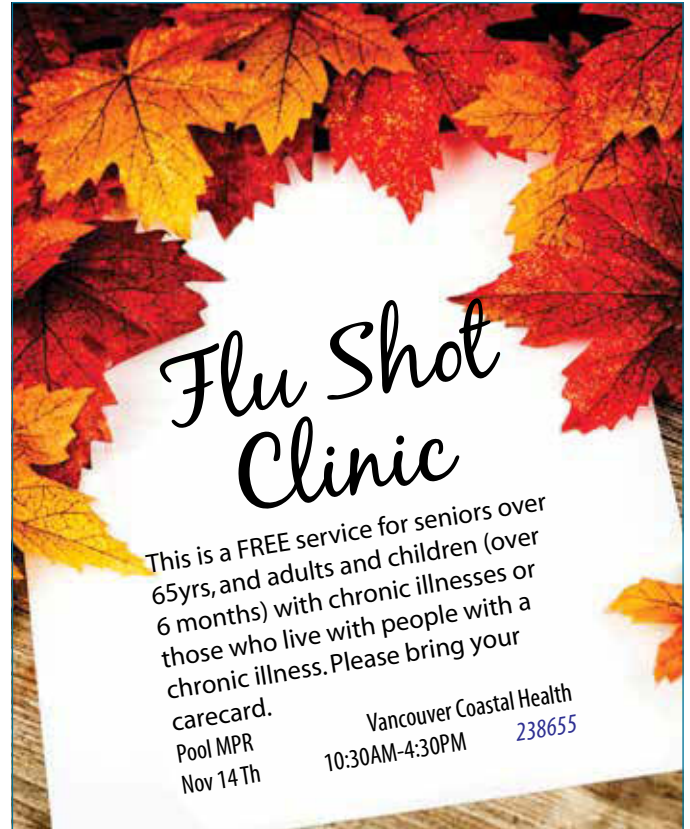
*Seniors 55yrs+*

Sep 25 W

11:30AM-1:30PM

\$14.29/person

233890



## Flu Shot Clinic

This is a FREE service for seniors over 65yrs, and adults and children (over 6 months) with chronic illnesses or those who live with people with a chronic illness. Please bring your carecard.

Pool MPR  
Nov 14 Th

Vancouver Coastal Health  
238655  
10:30AM-4:30PM

## Halloween Carnival & Spooky House

Come to Killarney's annual Halloween Carnival & Spooky House for some spook-tacular hair-raising fun! This event will feature activities suitable for children 3-12 years old including Halloween games & crafts and tons of treats! Don't forget to wear your costume & visit our spooky house. Parent participation is required. See page 31 for more info.

Full Gym

Oct 31 W

4:30PM-6:30PM

\$4.50/child

222571

\$5.00/per child on the day, if space permits

## Flea Market

This popular event is back! The Community Indoor Flea Market will be held inside our gymnasium and is a great place to start your house cleaning! There are 70 tables available for sale. Admission to the event is FREE! Vendors, please register early to guarantee a table. Please note that the table fee is non-refundable. We are now allowing for online registration, and therefore your table numbers will be assigned to you once you are registered or you can call the frontdesk at 604.718.8201 to book a table number. For special inquires or mobility issues please email paula.parman@vancouver.ca.

Gymnasium

Nov 16 Sa

9:30AM-1:30PM

\$18.50/table

222564

## BREAKFAST WITH SANTA!



Celebrate the holiday season by having a delicious pancake breakfast with Santa! Each year, our gymnasium is transformed into a Santa's wonderland with beautiful decorations, a bouncy castle, holiday craft-making, face painting, and special entertainment. See page 31 for more information.

Full Gym

Dec 14 Sa

9:30AM-11:30AM

\$5.00/Child; \$6.50+GST/Adult

210776

