

education development dog obedience creative arts martial arts community kitchens cooking gardening

performing arts yoga pilates ice skating fitness centre whirlpool sauna

computer training workshops social recreation youth programs out-trips music lessons learn a language

# Kitsilano Community Centre



**KITSILANO  
COMMUNITY  
CENTRE**

## Spring/Summer 2015 Recreation Guide

[kitscc.com](http://kitscc.com)



Volunteers hard at work! See page 11  
Gardening - See page 13



Hot Hula! See page 18

**2690 Larch Street, Vancouver, B.C. V6K 4K9**  
**Phone: 604.257.6976 • [kitscc.com](http://kitscc.com)**

Jointly Operated by Vancouver Board of Parks and Recreation and Kitsilano Community Centre Association

gymnastics preschool programs seniors' programs dancing theatre singing



# KITSILANO WAR MEMORIAL COMMUNITY CENTRE

2690 Larch Street, Vancouver, B.C., V6K 4K9 Phone 604-257-6976 Fax 604-257-6996 Web www.kitscc.com

Jointly Operated by Vancouver Board of Parks and Recreation and Kitsilano War Memorial Community Centre Association

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## Our Staff

Community Recreation Supervisor:  
Kitsilano and False Creek Community Centres.....Doug Taylor  
Recreation Programmers

- Adult & Seniors ..... Cathy Almaas
  - Fitness Centre (dual site).....Larry Turko
  - Preschool, Children & Youth ..... Celia DeLuca
  - Rink (multi site).....Grant Matsuda
- Recreation Facility Clerk Acting ..... Sam Placzek  
RPT Fitness Attendant..... Elaine Leong  
Program Assistant III..... Oren Burnspark, Janice Kwan  
Cashiers/ Program Assistants..... Jay Black, Nicole Bird, Oren Burnspark, Shervin Cacchioni, Joanne Carman, Kim Cook, Ian McLellan, Nicollet Koeppel, Janice Kwan, Megan Quan, Jeremy Quan, Andy Park, Joe Walters, Luke Vasak  
Facility Engineer..... Alfredo Labrador  
Building Service Workers ..... Dante Andres, Gauvain Gonzales, Maintenance Lead Hands ..... Peter Evans, Achilles Porras, Pete Thiel, Cres Manglapus

## Board Members

President ..... Robert Haines  
Vice Presidents..... Don Shaw & Jerry Fast  
Treasurer ..... Arlene Brown  
Secretary ..... Alfred Lam  
Members at Large: Lawson Branch, Liz Cochran, Stephen Cooke, Heidi Henderson, Young Kim, James MacDonald, Pamela MacDonald, Sarah Parsons, Gabriel Pliska, Austin Spencer, Nona Thompson, Rosalba Tuttle, Annette Whitehead.  
Lifetime members: Dorothea Rogers, Peggy Hillman

## Program Policies

### Refund Policy

Cancelled programs are 100% refunded.

Requests for refunds must be received at least:

- 2 days prior to the 1st, 2nd or 3rd scheduled sessional class for pro-rated refund.
- 2 days prior to workshops & outdoor programs.
- 7 days prior to any activity start date for camps, luncheons, private lessons, Family Toy & Clothing sale and bus trips.
- Refunds are subject to a \$5 administrative fee.

### Subsidized Programs

Discounts are available on some programs at time of registration provided you meet the criteria and have proper identification. Youth and students may receive 25% discount on adult programs. Seniors over 60 may receive a 30% discount on adult programs. Leisure Access Card holders may receive a 50% discount on some programs. Application forms for the Leisure Access Card program are available at: [www.vancouver.ca/parks/rec/lac/index.htm](http://www.vancouver.ca/parks/rec/lac/index.htm)

All programs subject to change.

## Hours Of Operation

### Spring Hours April to June

Monday-Friday . . . . . 7:45 am-11:00 pm  
Saturday (until June 30) . . . . . 8:45 am-5:00 pm  
Sunday (until June 30) . . . . . 8:45 am-10:00 pm

### Summer Hours July & August

Monday-Friday . . . . . 7:45 am-11:00 pm  
Saturday (July 1-Sept 5) . . . . . 8:45 am-12:00 pm  
Sunday (July 1-Sept 5) . . . . . 8:45 am-12:00 pm

NOTE: the office closes 1/2 hour before the Centre.  
\*Statutory Holidays - see posted schedule.

Fitness Centre Hours see page 23.

### Personal Information Protection

In the course of providing programs and services, the Kitsilano War Memorial Community Centre Association collects personal information of members and others participating in classes, workshops, projects, events, or facility rentals. This information may be used for communication purposes regarding current or upcoming events, processing payments, statistical or human resource purposes, or for the provision of programs or services. For information on our privacy policies and practices or to contact our Privacy Officer or the Front Desk, please call: 604-257-6976.

## Program Registration

### ONLINE REGISTRATION

Monday, March 2 at 9:00am

To register online go to [www.kitscc.com](http://www.kitscc.com)

To set up your online account or to reset your password, please call 604-257-6976.

### IN PERSON / PHONE REGISTRATION

Thursday, March 5 at 9:00am

### REGISTRATION FOR

Tiggy Winkle Preschool see page 3



## Special Events

### Easter Eggstravaganza (1-8yrs)

Eggciting things will be happening here for Easter at Kits CC! The gym will be full of fun activities for all ages; crafts, games, face painting, cookie decorating and much, much more! No Easter Special Event would be complete without our special guest stopping by! Parent participation required- but only children are required to pay! Infants under 12 months are free. This event sells out each year.

Sat 11:00am-1:00pm Apr 4 \$6/child



### Family Toy and Clothes Sale

A perfect chance for families to buy and sell used children's clothing and toys. Great bargains for parents with growing children. One table purchase per vendor. To secure a spot, all vendors must register in person. Registration starts at 9am on Thur Mar 5th. Tables \$20.

Sun May 17 10:00am-1:00pm Free Admission



### Vancouver Draw Down

The Vancouver Draw Down is back! This annual summer event reconnects EVERYONE with the creative pleasure of making your mark at FREE drawing workshops and events held in museums, art galleries, community centres, public parks and on city streets. Join us for a fun, easy, inspiring workshop led by an artist in your neighbourhood for a FREE, all ages drawing activities. For more information and workshop times visit: [www.vancouverdrawdown.com](http://www.vancouverdrawdown.com)

Sat Jun 20 1:00pm-3:00pm Free



### Kitsilano War Memorial Community Centre Annual General Meeting

Thursday, April 16, 2015 at 7pm

Be informed and participate in the future of your Community Centre!

Voting members include:

- all individuals 19 years and older with a Kitsilano One Card. (Kitsilano One Card available free of charge at front desk)
- all individuals who have participated in a Kitsilano Community Centre program or event between May 1, 2014 and April 30, 2015.
- all Kitsilano Community Centre committee members.

## Picnic in the Park

Our community festival at Connaught Park that includes: Carnival Games & Rides (\$5 wrist band gives access to all), BBQ, Arts and Crafts, Entertainers and Performers, Community Booths and much more. Come run, jump and play! Fun activities and events for all ages.

Rain or shine!

Saturday August 8 10:00am-3:00pm





# preschool & children



## Tiggy Winkle Licensed Preschool

Registration for the Sept 2015-June 2016 year has already begun and spaces are filled on a first come, first served basis. Please drop by or call us at 604 257 6980 to check for availability. Children must be toilet-trained to attend preschool.



**3 yrs: 2 days per week**  
**Morning:** Tue & Thu 9:00-11:00 am  
**Afternoon:** Tue & Thu 1:00-3:00 pm  
 Fee: \$113/month

**4 yrs: 3 days per week**  
**Morning:** Mon/Wed/Fri 9:00-11:30am  
**Afternoon:** Mon/Wed/Fri 12:30-3:00pm  
 Fee: \$161/month

Want to start now, instead? Occasionally spaces come available during the current school year. Check with us or ask to be added to our wait list.

Want to learn more about our Preschool first? Call us or check us out at Kitscc.com.

Teachers: Angela Karellas, Shireen Charania, Jessica Fosbrook

Phone: 604-257-6976 Email: tiggywi@gmail.com

## Pro D Day

### Kits Kids Day Camp (6-9 yrs)

Come join us for a day of crafts, sports, games and fun at the Kitsilano Community Centre! Sign up and know that your child will have a great day off from school, making friends and participating in a variety of fun activities. Includes leadership AND supplies expenses.

Mon 9:00am-3:00pm  
Apr 27 \$29/1 sess 26001.201KT

## Drama with Billie

Billie Murphy is a graduate of the integrated Dance and Musical Theatre program and the American Musical and Dramatic Academy in New York City. No class Apr 6, May 18.

### Little Performers (3-5 yrs)

Get ready to stretch your imaginations to create your own stories to perform! With music, costumes, and movement we will explore "on stage" performing using Broadway and musical theatre techniques. Performances held on the last day of class.

Instructor: Billie Murphy  
Mon 1:00pm-2:00pm  
Mar 23-Jun 8 \$75/10 sess 11631.201KT



## Drama with Jennifer

Jennifer Pielak is an actor, improviser and singer who has been teaching improv to people of all ages for 8 years. To learn more about her extensive background and education, go to kitscc.com.



### Drama for Tots (3-5 yrs)

Your little ones will participate in drama games and a story drama each week. During the story drama, they will use different kinds of drama to act out parts of the story and create alternate endings! Each week, the story drama will be based on a children's story, such as Robert Munsch's Mud Puddle or Maurice Sendak's Where the Wild Things Are.

Instructor: Jennifer Pielak  
Thu 1:45pm-2:45pm  
Apr 9-Jun 11 \$99/10 sess 11309.201KT



Participate in a program marked with this symbol and help Vancouver become the greenest city in the world by 2020.

Learn more about Vancouver's Greenest City 2020 Action Plan at [vancouver.ca/greenestcity](http://vancouver.ca/greenestcity)



## Creative Arts

### Time Together (1.5-3 yrs)

Parents, with their children, will enjoy participating in a variety of recreational activities that are fun and age appropriate. Activities include: painting, playdough, craft projects and free play. Each session will end with circle time which includes a story and sing along. Drop ins available if there is space, \$12

Instructor: Jessica Fosbrook  
Fri 9:30am-10:15am  
Apr 10-Jun 12 \$90/10 sess 12807.201KT  
Fri 10:30am-11:15am  
Apr 10-Jun 12 \$90/10 sess 12807.202KT

### Creative Expressions (3-5 yrs) **NEW**

A fun-filled class where we will try different art projects each week, as well as some related music and movement, giving every child some great new ways to feel comfortable and creative expressing themselves. See Shauna's bio in camp section.

Instructor: Shauna Farrell  
Thu 1:00pm-2:00pm  
Apr 9-Jun 11 \$69/10 sess 12055.202KT

### On My Own (2-3 yrs)

This is an excellent program for your child to develop their sense of independence and confidence! Participate in various exciting and engaging art, play and circle-time related activities. In order to maximize the positive experiences with the "On My Own" program, parents will be encouraged to stay or stay close by for a "gradual entry" period at the beginning of each program session in order to support their child's transition into full independent participation. Please bring small, nut-free snack, and water bottle.

Instructor: Jessica Fosbrook  
Fri 11:30am-12:15pm  
Apr 10-Jun 12 \$90/10 sess 12809.201KT



### Cartooning & Animation (7-12 yrs)

Take your production home with a free DVD or USB!! For young animators who are keen to learn Disney's way of hand drawing in sequences from animated movies such as Despicable Me, How to Train Your Dragon, Frozen, etc. Creating your own characters for your movie and see them brought to life through MacBook Computers and HD/digital cameras. "Live-Animation" is the newest part in the program. Professional touch for the production is made off set in the studio for the final showcase. Award-winning animators, Nadia and Theo, will direct you in the beginning steps of your animation dream.

Instructor: AVC Communications  
Wed 4:30pm-6:30pm  
Apr 1-May 27 \$125/8 sess 22825.201KT

# preschool & children

## Dance

### Dance with Lorraine

Lorraine White-Wilkinson holds a BA in Dance as well as an MA in Arts Education, and with over 30 years teaching experience has been recognized for her dedication and passion as a Dance Educator. Her classes enhance the social and emotional learning of the little dancers in addition to addressing fundamental age appropriate dance concepts. As one parent puts it... "The joy she has for teaching is evident and contagious!" Other than the Parent and Tot classes below, children must be ready to participate unaccompanied by an adult.

#### Parent & Tot Pre-dance (2-3yrs)

A gentle introduction to dance with a focus on fun and the joy of movement. Stories, poems and props are used to get the little ones dancing. Body parts, levels, and directions are explored providing opportunities for physical development, verbal and nonverbal expression as well development of social and emotional skills.

Tue 11:15am-11:45am  
Apr 7-Jun 16 \$74/11 sess 11605.201KT

#### Pre-Ballet (4-6 yrs)

This introductory class focuses on posture, body awareness and musical sensitivity. Dancers will have the opportunity to improvise, explore movement concepts while experiencing the beauty of dance. Basic ballet technique will be introduced and a choreographed dance will be presented to parents on the last day of class.

Sat 11:30am-12:15pm  
Apr 11-Jun 13 \$78/10 sess 11603.201KT



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

A great combination class, offering the structure of ballet with the explorations of creative dance. Parents are invited to watch the last day of class.

**3-4 yrs**  
Tue 9:30am-10:15am  
Apr 7-Jun 16 \$88/11 sess 11604.201KT

**3-5 yrs**  
Sat 12:30pm-1:15pm  
Apr 11-Jun 13 \$78/10 sess 11604.202KT

#### Pre Ballet / Creative Dance (4-5 yrs)

Dancers will have the opportunity to focus on posture, body awareness, musicality, and creativity, while exploring movement concepts and developing dance skills. In addition to being a foundational dance class, focus also includes social and emotional learning as well as Kindergarten readiness concepts explored through dance. Dancing with Lorraine goes well beyond a typical pre-school dance class. Watch your children explore the fun and the joy of movement in a supportive and positive learning environment. Parents are invited to watch the last day of class!

Tue 10:20am-11:05am  
Apr 7-Jun 16 \$88/11 sess 11607.201KT

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

Children will explore the elements of movement through the use of stories, poems, props and pictures. Dancers will have the opportunity to improvise, engage in creative problem solving and grow in cognitive, social and emotional ways as they interact in class. The focus is on fun and the joy of movement in a supportive and positive learning environment. Parents are invited to watch the last day of class.

Sat 9:30am-10:15am  
Apr 11-Jun 13 \$78/10 sess 11601.201KT

#### Creative Modern Dance (6-9 yrs)

The focus of this class is on the basics of modern dance technique, improvisation and composition. Each week the dancers will learn technical skills and participate in creative dance explorations leading towards a group dance composition. Dancers will be challenged to grow in physical and artistic ways while engaging in creative problem solving. Parents are invited to watch the last day of class.

Sat 10:30am-11:15am  
Apr 11-Jun 13 \$78/10 sess 21602.201KT

### Dance with Billie

Billie Murphy is a graduate of the integrated Dance and Musical Theatre program and the American Musical and Dramatic Academy in New York City. No class Apr 6, May 18.

#### Parent & Tot

##### Creative Movement (2-3yrs)

Move and groove with your little one! Through music, song, props, and stories, we will explore using our bodies and imaginations in a fun, supportive environment. We will develop co-ordination, spatial awareness, rhythm, musicality, and self-expression all while moving our feet to some great music. Get ready to move, stretch, and explore with your little one!

Mon 10:30am-11:15am  
Mar 23-Jun 8 \$70/10 sess 11610.201KT

##### Creative Dance (3-5 yrs)

Using music, songs, props, and stories, we will explore using our bodies and imaginations in a fun, supportive environment with some great music. Little ones will develop co-ordination, spatial awareness, rhythm, musicality, and self-expression in a supportive and fun environment. Demonstration on the last day of class.

Mon 11:15am-12:00pm  
Mar 23-Jun 8 \$70/10 sess 11614.201KT

### Dance with Debbie

These classical ballet programs introduce the true training and preliminary basics of classical dance. It will enrich the eager student for appreciation of performing arts, music and physical education. These fun, progressive programs are designed to enhance self esteem and expression in a caring and creative learning environment, focusing on safe dance techniques and body alignment. Classes are taught with enthusiasm and encouragement to develop progressive technical skills with their own personal physical strength and creative artistic qualities. No class April 3 & May 15.

Debbie Lee and her faculty are all qualified professional instructors and have taught recreational and professional students for over 25+ years locally, nationally and internationally using her signature teaching methods and pedagogy at Debbie Lee Dance Company. For info: [www.debbieleedance.com](http://www.debbieleedance.com), 604- 312-4408.



#### Ballet Level 1 (5-7 yrs) Girls & Boys

An energetic class that introduces the pre-ballet movements and music concepts while encouraging imagination and self-expression.

Fri 3:30pm-4:30pm  
Mar 27-May 29 \$87/8 sess 21600.201KT

#### Ballet Level 2 (8-10 yrs) Girls & Boys

A progression from Ballet Level 1. This encouraging and challenging progressive ballet class will introduce the true training of the preliminary basics of ballet technique. It will not only develop the eager student's athleticism but also their appreciation for the art of classical ballet.

Fri 4:30pm-5:30pm  
Mar 27-May 29 \$87/8 sess 21600.202KT

#### Ballet (3-4 yrs) Girls & Boys

Bringing little dancers from the living room of your home to the dance studio. Children have an opportunity to develop their co-ordination and motion skills in a creative, interactive and self-expressive group atmosphere. Rhythm, movement, music & fun emphasized!

Fri 2:45pm-3:30pm  
Mar 27-May 29 \$69/8 sess 11600.201KT





# preschool & children

## Dance

### Dance with Anne-Michelle

Over the past 22 years Anne-Michelle Saugstad has been developing a dance program which is simultaneously playful and skill building. To engage the kids in play she uses imaginary themes, games, exercises, maps, props, and dress up costumes. To build strong dance skills, she has designed specific exercises and games which are integrated into the themes. She aims to teach in a connected and caring way. She is currently teaching her program in four Vancouver Elementary schools as well as in a preschool.

#### Ballet Level I (5-7 yrs)

In this class we will practise both basic classical ballet technique, including some barre work, and general dance skills through a variety of playful, yet focussed, dance exercises and games. We will use a variety of music, props and costumes. Individual attention will be given so that everyone can improve their posture, placement, co-ordination and confidence.

Tue 3:30pm-4:15pm  
Apr 7-Jun 9 \$78/10 sess 21612.201KT



#### Ballet Level 2 (6-8 yrs)

In this class we will practise both basic classical ballet technique, including some barre work, and general dance skills through a variety of playful, yet focussed, dance exercises and games. We will use a variety of music, props and costumes. Individual attention will be given so that everyone can improve their posture, placement, co-ordination and confidence. This class is for students who have completed a year of Level 1 or has other previous dance experience.

Tue 4:30pm-5:30pm  
Apr 7-Jun 9 \$90/10 sess 21601.201KT

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

In this gentle yet active class, children will playfully dance their way through a variety of themes with diverse music, props and costumes. Integrated into the themes will be exercises to articulate the feet, lengthen the legs, increase posture awareness, and develop co-ordination for basic ballet steps. The door to the studio will be open so that parents can be outside the room, yet in close proximity for those children who prefer this.

Tue 2:45pm-3:30pm  
Apr 7-Jun 9 \$78/10 sess 11612.201KT

### Tax Credits?

Some of our programs may be eligible for the following tax credits. For info, visit the links below.

- Children's Fitness Tax Credit: <http://www.cra-arc.gc.ca/fitness>
- Children's Arts Tax Credit: [www.cra.gc.ca/artscredit](http://www.cra.gc.ca/artscredit)



### Dance with Kirby

Kirby Snell, of **Endorphin Rush Dance & Fitness**, has performed internationally as a professional dancer and is excited to share her love of dance with children. She promotes dance technique as well as creative exploration in her dance classes. More info at to [www.kirbysnelldance.com](http://www.kirbysnelldance.com). No class May 18.

#### My First Dance Class (2.5-4yrs)

An introduction to creative dance. Aspiring little dancers will use songs, movement explorations, and games to explore coordination, rhythm, spatial awareness, and cooperation. Parents are required to participate with their little ones. Drop in \$9.

Wed 10:30am-11:00am  
Apr 8-Jun 10 \$79/10 sess 11611.201KT



#### Acrobatic Dance (3-5 yrs)

Twirl, leap and twist using props such as a hula hoop, ribbon or ball! Dancers will learn to stretch both their bodies and imagination. Drop in if space \$9.

Wed 11:45am-12:30pm  
Apr 8-Jun 10 \$83/10 sess 11608.202KT

#### Hip Hop / Zumba Kids (4-12 yrs)

Half Hip Hop and half Zumba Kids! Get your groove on!! Calling all b-boys and girls! Here is the place to shine...join us as we move and groove, exploring the locking stops, and the suspended drops that make the hip hop style so popular and fly. Working as a group and in small groups, we will create and shape a dance that is performed in a "cypher" in classic b-boy/b-girl supportive circle of peers, where each person gets to dance their unique style and be cheered on with gusto! And in the second half of class - Zumba Kids! A fusion of world and Latin styles with a hip hop edge - salsa, cumbia, reggaeton, hip-hop and more. It is designed to let kids max out on fun while dancing their hearts out. Watch their energy and coordination levels soar as they get the groove.

3.5-5 yrs  
Wed 11:00am-11:45am  
Apr 8-Jun 10 \$83/10 sess 11609.201KT

4-7 yrs  
Mon 3:30pm-4:15pm  
Apr 13-Jun 15 \$75/9 sess 21609.201KT

7-12 yrs  
Mon 4:15pm-5:00pm  
Apr 13-Jun 15 \$75/9 sess 21609.202KT

## Music



### Music Together

Music Together teachers believe that all children can learn to sing in tune, keep a beat and participate with confidence in the music of our culture, provided that their early environment supports such learning. For more info go to [www.musictogether.com](http://www.musictogether.com) or [www.westsidemusictogether.ca](http://www.westsidemusictogether.ca)

#### Music Together (0-5 yrs)

A Music Together class has rainbow coloured falling leaves, tyrannosaurus rex's, rockets to the moon and trains to the beach. Come sing, dance, and play with bells of all sorts, triangles, shakers, rhythm sticks, scarves, giant sheets and instruments galore! All this with a developmentally appropriate, research based curriculum taught by a registered Music Together teacher. Parent participation is required. Sibling rate: \$100 (sibling 7+ months old) upon request. Siblings under 6 months attend free. Note: Full payment refundable PRIOR to first class. After first class the \$55 Music Together licensing fee is non-refundable. Registration closes after the 3rd class. Tuition includes 1 CD plus download, a Songbook, a Parent Guide DVD and a Parent Education evening.

#### Spring-Donalyn

Tues 9:30am-10:15am

Apr 14-Jun 16 \$155/10 sess 11010.201KT

Tue 10:30am-11:15am

Apr 14-Jun 16 \$155/10 sess 11010.202KT

Tue 11:30am-12:15pm

Apr 14-Jun 16 \$155/10 sess 11010.203KT

Wed 9:30am-10:15am

Apr 15-Jun 17 \$155/10 sess 11012.201KT

Wed 10:30am-11:15am

Apr 15-Jun 17 \$155/10 sess 11012.202KT

Thu 9:30am-10:15pm

Apr 16-Jun 18 \$155/10 sess 11013.201KT

Thu 10:30am-11:15am

Apr 16-Jun 18 \$155/10 sess 11013.202KT

Fri 9:30am-10:15am

Apr 17-Jun 19 \$155/10 sess 11014.201KT

Fri 10:30am-11:15am

Apr 17-Jun 19 \$155/10 sess 11014.202KT

Summer-Donalyn

Tue Thu 9:30am-10:15am

Aug 4-Aug 27 \$135/8 sess 11010.301KT

Tue Thu 10:30am-11:15am

Aug 4-Aug 27 \$135/8 sess 11010.302KT

Tue Thu 11:30am-12:15pm

Aug 4-Aug 27 \$135/8 sess 11010.303KT

# preschool & children

## Music

### Music with Marnie

West Coast Families Magazine's 2012, 2013 and 2014 Readers Choice GOLD Winner in 3 Categories for Best Classes, Best Children's Performer & Best Performing Artist. Early Childhood Educator & Children's Entertainer Marnie Grey's philosophy is that children learn through movement & PLAY - while pretending to be birds, elephants or simply clapping, children will move and groove and learn along the way. Marnie's classes and music teach simple rhythms, develop confidence and allow children to express themselves musically and creatively all while having FUN! As well as teaching, Marnie tours across the Country, singing tunes from her 4 Award Winning CD's. Visit [www.MusicwithMarnie.com](http://www.MusicwithMarnie.com) for more info. No classes May 18,19,21.



### Spring



#### Music with Marnie: Babies (3-8 mos)

Come explore music through songs, chants, fingerplays, movement, instruments, ASL, bubbles and puppets galore, with your baby and Children's Entertainer and Early Childhood Educator, Marnie Grey. Marnie's animated and easygoing personality will keep your babies captivated and giggling for the whole class.

Mon		11:30am-12:05pm	
Apr 13-Jun 22	\$142/10 sess	11030.203KT	
Tue		11:30am-12:05pm	
Apr 14-Jun 23	\$142/10 sess	11031.203KT	
Thu		11:30am-12:05pm	
Apr 16-Jun 25	\$142/10 sess	11032.203KT	

#### Music with Marnie: Tots (2-4 yrs)

Do you have a little one that has been a Music with Marnie regular or a preschooler that wants to take a Music with Marnie class? Then this is the perfect fit for your child! Music with Marnie Tots class is similar to the Toddler class yet more advanced for the ever-growing, ever changing toddler. Lots of Music with Marnie faves will be shared, and the class will be spiced up with some new tunes and fun rhythm and movement activities - perfect for a Preschooler or seasoned Music with Marnie fan.

Thu		10:30am-11:15am	
Apr 16-Jun 25	\$157/10 sess	11032.202KT	

#### Music with Marnie: Toddler (18 mos-3 yrs)

This class is all about children learning through PLAY and actively having FUN! Marnie's years of childhood expertise will have your toddler, jumping, clapping, marching, singing and even signing along! Sing traditional as well as original Music with Marnie Songs, from Marnie's 4 recordings. Through the use of puppets, bubbles and jumping galore, your child will be guaranteed to move and groove and have fun.

Mon		9:30am-10:15am	
Apr 13-Jun 22	\$157/10 sess	11030.201KT	
Tue		9:30am-10:15am	
Apr 14-Jun 23	\$157/10 sess	11031.201KT	
Thu		9:30am-10:15am	
Apr 16-Jun 25	\$157/10 sess	11032.201KT	

#### Music with Marnie: All Ages (14 mos-5 yrs)

A perfect program for kids of all ages to sing and dance and enjoy a mixture of age appropriate, action based and empowering songs, both traditional and from Marnie's 4 CDs. Marnie & the older children will lead the way. Younger children will bounce, march and learn from the older ones.

Tue		10:30am-11:15am	
Apr 14-Jun 23	\$157/10 sess	11031.202KT	

#### Music with Marnie:

##### Sibling (3mos-5yrs)

A family class for 2 or more siblings. A world of music and movement and creative fun for brothers and sisters to share together. Jump in puddles, swing like monkeys, catch bubbles and march to a musical beat. NOTE: This is a sibling class for brothers and sisters.

Mon		10:30am-11:15am	
Apr 13-Jun 22	\$134/10 sess	11030.202KT	



## Summer Camps

Please refer to above descriptons for more info.

#### Babies Camp (3-18 mos)

Tue Wed Thu		11:30am-12:05pm	
Jul 7-Jul 9	\$45/3 sess	11033.301KT	
Tue Wed Thu		11:30am-12:05pm	
Jul 14-Jul 16	\$45/3 sess	11033.302KT	
Tue Wed Thu		11:30am-12:05pm	
Jul 21-Jul 23	\$45/3 sess	11033.303KT	
Tue Wed Thu		11:30am-12:05pm	
Jul 28-Jul 30	\$45/3 sess	11033.304KT	

#### Tots Camp (2-4yrs)

Tue Wed Thu		10:30am-11:15am	
Jul 14-Jul 16	\$49/3 sess	11032.312KT	

#### Toddler Camp (18 mos-3 yrs)

Tue Wed Thu		9:30am-10:15am	
Jul 7-Jul 9	\$49/3 sess	11033.305KT	
Tue Wed Thu		9:30am-10:15am	
Jul 14-Jul 16	\$49/3 sess	11033.306KT	
Tue Wed Thu		9:30am-10:15am	
Jul 21-Jul 23	\$49/3 sess	11033.307KT	
Tue Wed Thu		9:30am-10:15am	
Jul 28-Jul 30	\$49/3 sess	11033.308KT	

#### Sibling Camp (3 mos-6 yrs)

Tue Wed Thu		10:30am-11:15am	
Jul 7-Jul 9	\$41/3 sess	11033.309KT	
Tue Wed Thu		10:30am-11:15am	
Jul 21-Jul 23	\$41/3 sess	11033.310KT	
Tue Wed Thu		10:30am-11:15am	
Jul 28-Jul 30	\$41/3 sess	11033.311KT	

## Lessons

#### Flute Private Lessons (6+ yrs)

Enjoy a 30 minute lesson - at your own pace! All levels welcome, from beginners to students wanting to prepare for Royal Conservatory levels or needing coaching in school band and orchestra programs. Please bring your own flute. Music books are extra. To learn about Andrea Minden's extensive background, go to [kitscc.com](http://kitscc.com)!

Instructor: Andrea Minden

Tue			3:30pm-6:30pm
Mar 24-Jun 23	\$341/14 sess	21045.201-206KT	
Tue			3:30pm-6:30pm
Jul 7-Aug 25	\$195/8 sess	21045.301-306KT	

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

These one to one 30 minute lessons are designed to match your child's progress and development. For more information please call Mary Friesen at 604-263-9507. Additional cost of books approximately \$30 session which is not included in course price.

Instructor: Mary Friesen

Tue			4:30pm-8:00pm
Apr 7-Jun 16	\$220/11 sess	21000.201-207KT	
Jul 14-Jul 28	\$60/3 sess	21000.301-307KT	
Aug 4-Aug 18	\$60/3 sess	21000.308-314KT	
Fri			4:30pm-8:00pm
Apr 10-Jun 19	\$220/11 sess	21001.201-207KT	

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

##### Semi Private

Give your preschooler a head start to the enjoyment of playing piano. The Kelly Kirby Method is a fun introduction to the basics of sight-reading, ear training, and technique. Lessons are 1/2 hr long, with 2 students per class. Music books are additional at approximately \$30.

Instructor: Kanako Takeda

##### Level 1

Thu			2:00pm-2:30pm
Apr 2-Jun 4	\$142/10 sess	11001.203KT	
Thu			2:30pm-3:00pm
Apr 2-Jun 4	\$142/10 sess	11001.204KT	

##### Level 2

Thu			1:00pm-1:30pm
Apr 2-Jun 4	\$142/10 sess	11001.201KT	
Thu			1:30pm-2:00pm
Apr 2-Jun 4	\$142/10 sess	11001.202KT	

#### Violin - Private (5+ yrs)

Tune up your violin skills or join as a complete beginner! Students of all ages and levels welcome. Book and materials cost approx \$30. Students are required to provide their own violin. Please contact Sophia for more information regarding violin rentals at [sd.dassios@gmail.com](mailto:sd.dassios@gmail.com). No class May 18th.

Instructor: Sophie Dassios

Mon			5:00pm-8:30pm
Apr 13-Jun 15	\$180/9 sess	21270.201-206KT	

#### Vocal Performance,

##### Speech and Drama - Private (6+ yrs)

Have fun learning to use your voice clearly & expressively for presentations and performances with speech and drama classes. Develop skills for acting, public speaking, debating, social interaction and etiquette. Gain confidence and learn techniques to strengthen your singing voice with Vocal Performance classes, where we will focus on singing technique and song exploration. No class Apr 6 or May 18.

Instructor: Billie Murphy

Mon			3:30pm-6:00pm
Mar 23-Jun 8	\$135/10 sess	21040.201-205KT	





# preschool & children

## Tennis

Please check Program Level Description @ [www.gordhaukastennis.com](http://www.gordhaukastennis.com) BEFORE REGISTERING. It is important that players read the level description and choose the level best suited to their skills. The innovative PROGRESSIVE TENNIS PROGRAM is the fun teaching route to successful tennis for kids. Through instruction, cooperative activities and fun competitive games all players will develop and improve their level of play. No class May 15-18.  
Direct any questions to [Gord Hauka@gordhaukastennis@gmail.com](mailto:Gord.Hauka@gordhaukastennis@gmail.com)  
Instructor: Gord Hauka, [www.gordhaukastennis.com](http://www.gordhaukastennis.com)



### Level 1 Fundamentals (Tatlow Park)

#### Red Ball (5-7yrs)

Mon Wed		4:00pm-5:00pm
Apr 13-May 6	\$76/8 sess	23501.201KT
May 20-June 15	\$76/8 sess	23501.202KT
Sat	10:00am-11:001m	
Apr 18-June 13	\$76/8 sess	23501.203KT

#### Orange Ball (7-9yrs)

Mon Wed		4:00pm-5:00pm
Apr 13-May 6	\$76/8 sess	23501.204KT
May 20-June 15	\$76/8 sess	23501.205KT
Sat	10:00am-11:001m	
Apr 18-June 13	\$76/8 sess	23501.206KT

#### Green Ball (9-12yrs)

Mon Wed		5:00pm-6:00pm
Apr 13-May 6	\$76/8 sess	23501.207KT
May 20-June 15	\$76/8 sess	23501.208KT
Sat	11:00am-12:00pm	
Apr 18-June 13	\$76/8 sess	23501.209KT

#### Teen Fundamentals (13-18yrs)

Mon Wed		5:00pm-6:00pm
Apr 13-May 6	\$76/8 sess	33501.210KT
May 20-June 15	\$76/8 sess	33501.211KT
Sat	11:00am-12:00pm	
Apr 18-June 13	\$76/8 sess	33501.212KT

### Level 2 Competitive (McBride Park)

#### Red Ball (5-7yrs)

Tu Th		4:00pm-5:00pm
Apr 14-May 7	\$76/8 sess	23501.221KT
May 19-June 11	\$76/8 sess	23501.222KT
Sat	10:00am-11:00pm	
Apr 18-June 13	\$76/8 sess	23501.223KT

#### Orange Ball (7-9 yrs)

Tu Th		4:00pm-5:00pm
Apr 14-May 7	\$76/8 sess	23501.224KT
May 19-June 11	\$76/8 sess	23501.225KT
Sat	10:00am-11:00am	
Apr 18-June 13	\$76/8 sess	23501.226KT

#### Green Ball (9-12 yrs)

Tu Th		5:00pm-6:00pm
Apr 14-May 7	\$76/8 sess	23501.227KT
May 19-June 11	\$76/8 sess	23501.228KT
Sat	11:00am-12:00pm	
Apr 18-June 13	\$76/8 sess	23501.229KT

#### Teen Fundamentals (13-18 yrs)

Tu Th		5:00pm-6:00pm
Apr 14-May 7	\$76/8 sess	33501.230KT
May 19-June 11	\$76/8 sess	33501.231KT
Sat	11:00am-12:00pm	
Apr 18-June 13	\$76/8 sess	33501.232KT

## Martial Arts

### Taekwondo

This fast-paced martial art combines athletic kicks, strong hand work, balance and speed. Emphasis is placed both on forms and sparring, and students are encouraged to participate in BC Taekwondo Federation events. A great workout for all ages! There is a specific uniform needed for this class and costs approx \$65. Please check for best suited class at 604 990 1331 or [sunnykimtkd@hotmail.com](mailto:sunnykimtkd@hotmail.com). No class Apr 6, May 18. Grand Master Instructor -Sunny Kim is an 8th dan black belt W.T.F. International Referee (World Taekwondo Federation) and Competitive Taekwondo Coach, Level 1. No class Mon Apr 6 & May 18.

Instructor: Sunny Kim Taekwondo

#### 5 -7 yrs

Mon Wed		3:20pm-4:00pm
Mar 23-Jun 17	\$216/24 sess	23409.201KT
Wed Thu		3:20pm-4:00pm
Mar 25-Jun 18	\$234/26 sess	23409.202KT
Mon Thu		3:20pm-4:00pm
Mar 23-Jun 18	\$216/24 sess	23409.203KT

#### 8-10 yrs

Mon Wed		4:00pm-4:40pm
Mar 23-Jun 17	\$216/24 sess	23410.201KT
Wed Thu		4:00pm-4:40pm
Mar 25-Jun 18	\$234/26 sess	23410.202KT
Mon Thu		4:00pm-4:40pm
Mar 23-Jun 18	\$216/24 sess	23410.203KT
Mon Wed Thu		4:00pm-4:40pm
Mar 23-Jun 18	\$333/37 sess	23410.204KT

#### 11-16 yrs

Mon Wed		4:40pm-5:20pm
Mar 23-Jun 17	\$216/24 sess	23411.201KT
Wed Thu		4:40pm-5:20pm
Mar 25-Jun 18	\$234/26 sess	23411.202KT
Mon Thu		4:40pm-5:20pm
Mar 23-Jun 18	\$216/24 sess	23411.203KT
Mon Wed Thu		4:40pm-5:20pm
Mar 23-Jun 18	\$337/37 sess	23411.204KT

## Languages

### French With Nadia (6-10yrs)

Nadia is back with more energy for your child! Please register for the trial class below to try out this program! All programs fill on a first come, first served basis. Research has shown that young children respond well to second language exposure and learning. During these classes you will be speaking mostly french and will be educationally focus. Free trial class Apr 11. Please pre-register.

Instructor: Nadia Lafortune

Sat		2:15pm-4:15pm
Apr 18-Jun 20	\$139/10 sess	22803.201KT

### Les Petits Amis:

#### French Language (3-5yrs)

Nadia is back with more energy for your little one! Please register for the trial class to try out this program. Research has shown that young children respond well to second language exposure and learning. In Les Petits Amis your child will learn to speak French and have fun!

Instructor: Nadia Lafortune

Mon		9:00am-11:00am
Apr 13-Jun 15	\$125/9 sess	15000.201KT
Sat		10:00am-12:00pm
Apr 11	FREE	15000.205KT
Apr 18-Jun 20	\$139/10 sess	15000.202KT
Sat		12:00pm-2:00pm
Apr 11	FREE	15000.206KT
Apr 18-Jun 20	\$139/10 sess	15000.203KT

### Signing Babies Intro 0-18 months

The fun is contagious in this structured but playful class that teaches you and your baby beginner American Sign Language (ASL). We'll cover all the signing basics as we learn new songs and rhymes each week to create better communication and bonding between you and your baby. Please bring a blanket to each class for non-crawling babies.No drop-ins.

Instructor: Lee Ann Steyns, [www.signingbabies.ca](http://www.signingbabies.ca)

Fri		12:30pm-1:15pm
Apr 10-Jun 19	\$80/8 sess	11615.201KT



## Educational



### ABC Fun For Everyone (3-5 yrs)

Join us, as we learn about the alphabet! Each week we will concentrate on different letters from A to Z, through a variety of fun and stimulating activities. We make learning fun! All material provided.

Sun		10:00am-11:00am
Apr 12-Jun 7	\$81/9 sess	15103.201KT

### Math Fun Everyone (3-5 yrs)

This introductory math class will expose children to numbers 1-20. We will sing lots of songs, play fun games, count, add and subtract. We will use props and tools to help children with their visual skills, and their fine motor skills. All material provided.

Sun		11:15am-12:15pm
Apr 12-Jun 7	\$81/9 sess	15102.201KT

# preschool & children

## Sports

### Parent & Tot Gym (0-5 yrs)

Join in this playtime created especially for families. Toddlers have the opportunity to explore various climbing apparatus, sports equipment and other toys; a great way to stimulate the mental and physical growth. Clean up starts 10 minutes



prior to the end and requires parent participation. Drop in \$3 or purchase a 10 visit pass for \$27. Pass may be used at any of the parent and tot gym sessions. No session Apr 4 & 6.

Tue Thu Mar 24-Jun 11 10:30am-12:00pm  
Sat Mar 28-Jun 13 10:30am-11:30am

### Sportball Junior (16-24 mos) **NEW**

A perfect introduction! Children and parents participate in eight core sports including: hockey, soccer, tennis, baseball, basketball, volleyball, golf and football along with creative games, songs, rhymes, stories, bubble time and much more. Although these programs focus more on exploration, children are introduced to a different sport each week. Parents encouraged to participate with their child and challenge them according to their skill level.

*Instructor: Sportball*  
Wed 10:30am-11:15am  
Apr 8-Jun 10 \$159/10 sess 13907.201KT

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

Have a direct hand in your preschooler's development through the Multi-sport program. Children are taught important introductory physical skills associated with eight core sports (hockey, soccer, tennis, baseball, basketball, volleyball, golf and football) and helps them develop confidence in their abilities. The program also helps adults understand proven teaching techniques to be apply outside of Sportball classes. Classes focus on refining, rehearsing and repeating skills and playing games in a fun, creative non-competitive environment.

*Instructor: Sportball*  
Wed 11:15am-12:00pm  
Apr 8-Jun 10 \$159/10 sess 13901.203KT  
Wed 4:30pm-5:15pm  
Apr 8-Jun 10 \$159/10 sess 13901.202KT

### Multi Sport (4-6 yrs) **NEW**

Multi-Sport skills development program will introduce concepts and skills involved in the eight core sports of the Sportball methodology including: hockey, soccer, tennis, baseball, basketball, volleyball, golf and football. Focus is on using developmentally appropriate methods to introduce, practice and refine gross motor skills. The programs reinforce the benefits of teamwork and skills development rather than the importance of winning, enabling children to gain confidence and develop the social skills necessary to succeed in sport and life.

*Instructor: Sportball*  
Wed 3:30pm-4:30pm  
Apr 8-Jun 10 \$159/10 sess 13901.201KT

### Gymnastics (3-5 yrs)

This program is designed to introduce equipment and basic skills of gymnastics in a fun, positive and safe environment. Your child will develop his/her motor skills, body awareness, co-ordination and personal confidence while exploring balances, rolls, jumps and inverted skills. No class Apr 4.

*Instructor: Melissa Maisani*  
Sat 12:30pm-1:15pm  
Mar 28-Jun 13 \$99/11 sess 13000.202KT  
Tue 9:30am-10:15am  
Mar 24-Jun 9 \$108/12 sess 13000.201KT

### Gymnastics (5-7 yrs)

Learn and refine some fundamental skills in floor, beam, vault and bars activities under the leadership and supervision of an experienced gymnastics coach. Each week the focus will be on two areas, to maximize focus and safety. There will be a small performance on the last class, if you are able to attend and watch your child. No class Apr 6 & May 18.

*Instructor: Melissa Maisani*  
Mon 3:30pm-4:45pm  
Mar 23-May 25 \$98/9 sess 23301.201KT



### Soccer Ole (3-5yrs)

Soccer fun is here so put on your running shoes. We will learn to drive a soccer ball through a maze of traffic and knock down obstacles and score goals and more goals. Players will receive a team t-shirt at the end of the session. If space, drop in \$12. No class Apr 2 & May 15.

*Instructor: Valentinis Dinglis*  
Fri 11:15am-12:00pm  
Mar 27-Jun 26 \$112/12 sess 13300.201KT  
Fri 12:00pm-12:45pm  
Mar 27-Jun 26 \$112/12 sess 13300.202KT



### Mini Star Soccer (4-12 yrs)

Experience the beautiful game of outdoor soccer, challenging team competition and cheerleading by amazed parents and fans! to Get energized with dribbling, passing, shooting, running, falling, jumping, scoring goals and making dive saves. Ole, ole! Parents, friends of the game are encouraged to cheer-lead these mini stars in exchange for buckets of fun and calorie burning. If space, drop in \$16. No class Apr 2 & May 15. Please dress accordingly.

*Instructor: Valentinis Dinglis*  
Sat 2:00pm-3:30pm  
Mar 28-Jun 27 \$163/12 sess 23305.201KT

### Parent & Child Outdoor Soccer Evening (2-8 yrs) **NEW**

Sportball coaches develop competence and confidence on the field in 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. **A team jersey is included in ALL programs listed below and as well, a soccer ball is included in summer classes.**

*Instructor: Sportball*  
**2-3 yrs**  
Wed 5:30pm-6:15pm  
May 6-Jun 24 \$149/8 sess 13260.201KT  
Jul 8-Aug 26 \$159/8 sess 13260.301KT  
**3.5-5 yrs**  
Wed 6:30pm-7:15pm  
May 6-Jun 24 \$149/8 sess 13260.202KT  
Jul 8-Aug 26 \$159/8 sess 13260.302KT  
**5-8 yrs**  
Wed 7:15pm-8:15pm  
May 6-Jun 24 \$149/8 sess 23260.202KT  
Jul 8-Aug 26 \$159/8 sess 23260.301KT

## PICNIC IN THE PARK *Rain or shine!*

*Our community festival at Connaught Park that includes:*

Carnival Games & Rides (\$5 wrist band gives access to all), BBQ, Arts and Crafts, Entertainers and Performers, Community Booths and much more. Come run, jump and play! Fun activities and events for all ages.



**Saturday Aug 8  
10:00am-3:00pm**

### Tax Credits?

Some of our programs may be eligible for the following tax credits. For info, visit the links below.

- Children's Fitness Tax Credit: <http://www.cra-arc.gc.ca/fitness>
- Children's Arts Tax Credit: [www.cra.gc.ca/artscredit](http://www.cra.gc.ca/artscredit)





# summer day camps

## Technology & Multi-Media Camps

### Byte Camp-2D Video Game Design (11-14yrs)

Create your own wacky characters, cool game play and fun levels in your very own on-line game! Students start making short animated films, and each day new programming skills are taught to make the animations interactive. The final project is a video game built from scratch that is on-line and handed out on take-home USB sticks! Have a look at [www.bytecamp.ca](http://www.bytecamp.ca) for hundreds of games from previous years! Lots of time during the week is devoted to outdoor activities so that your child is fresh for new challenges.

*Instructor: Education Soc. Byte Camp*  
Mon-Fri 9:00am-3:00pm  
Jul 27-Jul 31 \$252/5 sess 23330.302KT



### Byte Camp-3D Animation (11-14yrs)

Dreaming of a career with PIXAR? Ever wonder how those awesome 3D animated movies like Shrek, Toy Story and The Incredibles are made? Spend the week learning how by modeling, animating and telling your own stories in 3D. You'll use wonderful (& free!) 3D software to design characters that jump off the screen and then make them come alive by adding voices, soundtracks and completing your own animated short film. Final projects posted on-line and handed out USB sticks to show to friends and family.

*Instructor: Education Soc. Byte Camp*  
Mon-Fri 9:00am-3:00pm  
Aug 24-Aug 28 \$252/5 sess 23330.304KT

### Byte Camp-Build An App (11-14yrs)

You've asked for it, now here it is.. Learn how to design, program, test and deploy your very own app! Make custom responses to gestures, use the GPS guidance or anything else you can think of in your app.

*Instructor: Education Soc. Byte Camp*  
Mon-Fri 9:00am-3:00pm  
Aug 17-Aug 21 \$252/5 sess 23330.303KT

### Byte Camp-Claymation Movie Production (9-12yrs)

Make your own clay characters come to life, just like Wallace and Gromit! Participants will get to build their own clay characters, sets and props; develop their own script; shoot their movie scenes; and then learn to edit and add sounds and special effects to complete the whole project. Completed projects are posted on-line at [www.bytecamp.ca](http://www.bytecamp.ca) and handed out on take-home USB sticks. Don't worry parents, there will be plenty of time devoted to outdoor games and activities!

*Instructor: Education Soc. Byte Camp*  
Mon-Fri 9:00am-3:00pm  
Jul 13-Jul 17 \$252/5 sess 23330.301KT

### Cartooning and Claymation (8-12 yrs)

NEW format high tech equipment and FREE DVD or USB from the production. Join in the fun of Disney's way of hand drawing in sequences which after will be transformed with plasticine into 3D computer animation. Popular animated movies will be explored such as Despicable Me, Frozen, etc. Creating your own characters for your movie and watch them come to life before your eyes. Build sets, lights, and props, that are filmed by Macbook computers, iPads and HD/digital cameras. Professional touch for completing the production will be off set done by bluetooth for the final showcase. Award-winning animators, Nadia and Theo, will direct you in the beginning steps. The program is not only creative but includes lots of fun during the indoor and outdoor breaks.

*Instructor: AVC Communications*  
Mon-Fri 9:30am-3:30pm  
July 6-10 \$250/5 days 22825.302KT

### Broadcasting Movie Making (8-12 yrs)

Lights, Camera, Action! NEW format high tech equipment and FREE DVD or USB from the production. Dreaming of being a broadcaster or movie star? Join the production from "silent to action movies". We will also explore all the aspects of broadcasting. Kids will learn all the skills in becoming a reporter, actor, producer, director, and cameraman while filming with MacBook computers, iPads and HD/digital cameras. We use green screen, microphones, props, makeup, etc. Students are hands on during the whole production. Professional touch for completing the production will be off set done by bluetooth for the final showcase. The program is not only creative but includes lots of fun during the indoor and outdoor breaks.

*Instructor: AVC Communications*  
Tue-Fri 9:30am-3:30pm  
Aug 4-Aug 7 \$190/4 sess 22825.301KT

## Language Camps

### French for Kids Camp (3-8 yrs)

Research has shown that the early childhood years are a great time to expose a child to a second language. Your child will learn to speak French and have fun! Children will learn the marvels of the French language and culture through action, dance, music, drama, art and educational tools.

*Instructor: Little Sorbonne Language School*  
**3-4 yrs**  
Mon-Fri 9:30am-11:30am  
Jul 20-Jul 24 \$89/5 sess 15010.301KT  
Aug 10-Aug 14 \$89/5 sess 15010.302KT

**5-8 yrs**  
Mon-Fri 12:30pm-2:30pm  
Jul 20-Jul 24 \$89/5 sess 25010.301KT  
Aug 10-Aug 14 \$89/5 sess 25010.302KT

## Drama Camp

### Little Performers (3-5 yrs)

Get ready to stretch your imaginations to create your own stories to perform! With music, costumes, and movement we will explore "on stage" performing using Broadway and musical theatre techniques. Performances held on the last day of class.

*Instructor: Billie Murphy*  
Mon-Thu 1:00pm-2:00pm  
Aug 17-Aug 20 \$32/4 sess 11631.301KT



### Bricks 4 Kidz®

#### Mining and Crafting Camp (6-10 yrs)

Experience the world of Minecraft® with Lego® bricks at this fun and engaging summer camp! Build shelters, create your favourite characters and race minicarts as well as create motorized Lego® models. T-shirt and mini-figure included.

*Instructor: Bricks 4 Kidz*  
Mon-Fri 9:00am-12:00pm  
Jul 6-Jul 10 \$177/5 sess 25549.301KT

#### Bricks 4 Kidz® Space Adventures Camp (6-10 yrs)

Inspired by NASA and Star Wars™ our Space Adventures Camp is packed full of models that will make your imagination blast off! Each day, campers will learn about real-life space exploration and build models related to the NASA space program. In addition, the day includes LEGO® Star Wars™ themed models and group games, challenges and more. One of our most popular camps, it provides the spark for imagination and creativity to take off on an adventure that's out of this world! T-shirt and mini-figure included.

*Instructor: Bricks 4 Kidz*  
Mon-Fri 1:00pm-4:00pm  
Jul 6-Jul 10 \$177/5 sess 25549.302KT

### Bricks 4 Kidz®

#### Robotics Camp (8-12 yrs)

Take LEGO® building to the next level with Bricks 4 Kidz Robotics Classes using Mindstorms NXT 2.0. Combining the versatility of the LEGO® building system with a microcomputer brick and intuitive programming software, students will build robots and learn to program them to complete exciting projects and challenges. T-shirt included.

*Instructor: Bricks 4 Kidz*  
Mon-Fri 9:00am-12:00pm  
Jul 20-Jul 24 \$197/5 sess 25549.303KT

### Bricks 4 Kidz®

#### Mission 2 Space (6-10 yrs)

Inspired by real space adventures, structures and vehicles, this camp covers everything from Lunar Rovers and the Shuttle launch pad to the International Space Station. All models are built with LEGO® components and motors so you can see your models in action! The day also includes LEGO® Star Wars™ themed models and group games. T-shirt and custom mini figure included.

*Instructor: Bricks 4 Kidz*  
Mon-Fri 9:00am-12:00pm  
Aug 10-Aug 14 \$175/5 sess 25549.304KT

### Bricks 4 Kidz®

#### Jr Robotics Camp (6-10 yrs)

Bricks 4 Kidz Junior Robotics introduces kids (ages 6-10) to robotics and provides a hands-on learning experience that engages children's creative thinking, teamwork, and problem-solving skills. Campers build Lego® models featuring working motors and sensors and program their models with drag-and-drop software. Lego® mini figure and t-shirt included.

*Instructor: Bricks 4 Kidz*  
Mon-Fri 9:00am-12:00pm  
Aug 17-Aug 21 \$197/5 sess 25549.305KT

To register: [KITSCC.COM](http://KITSCC.COM) or call 604-257-6976

# summer day camps

## Sports Camps

### Basketball Camp (7-9 yrs) **NEW**

For those looking to apply some focus to their child's fundamental skills. We offer this basketball camp with the help of experienced coaches who zero in on skills such as: passing, positional play, throwing, shooting, and offensive and defensive strategies. Skills are developed in a confidence-building, non-competitive atmosphere.

*Instructor: Sportball*  
 Mon-Fri 1:00pm-4:00pm  
 Jul 13-Jul 17 \$199/5 sess 23051.301KT

### Fit Kids Camp (6-10 yrs) **NEW**

Sportball Fitkids is a fun, functional, fitness program for kids ages 6-10. Building on our strength in non-competitive sports instruction for children, we have developed a program that will help children improve their overall fitness and health. By incorporating key body movements, this integrated functional training program will help to build flexibility, stability and strength. Studies have proven that Fitkids perform better in school.

*Instructor: Sportball*  
 Mon-Fri 1:00pm-4:00pm  
 Aug 10-Aug 14 \$199/5 sess 24151.301KT

### Floor Hockey Camp (6-9 yrs) **NEW**

The Sportball floor hockey program is non-competitive and provides children with the basic elements of the game of hockey with the help of experienced coaches. Programs focus on the fundamental skills including: passing, shooting, positional play, stick handling, goal tending and more! Children are taught to apply these skills in a fun game setting.

*Instructor: Sportball*  
 Mon-Fri 1:00pm-4:00pm  
 Jul 27-Jul 31 \$199/5 sess 23851.301KT

### Girls Only Camp (6-10 yrs) **NEW**

This Girls Only program is a great opportunity to develop and further build on some fundamental skills. We offer this program with the help of experienced coaches who zero in on skills such as: passing, positional play, throwing, shooting, and offensive and defensive strategies. Skills are developed in a confidence-building, non-competitive atmosphere.

*Instructor: Sportball*  
 Mon-Fri 1:00pm-4:00pm  
 Aug 10-Aug 14 \$199/5 sess 23951.301KT

### Gymnastics Camp (3-8 yrs) **NEW**

Join us in this 4 day camp experience! Learn and refine some fundamental skills in floor, beam, vault and bars activities under the leadership and supervision of an experienced gymnastics coach. No class July 1.

*Instructor: Melissa Maisani*  
**3-5 yrs**  
 Mon, Tue, Thu, Fri 1:00pm-2:00pm  
 Jun 29-Jul 3 \$42/4 sess 13000.301KT  
**6-8 yrs**  
 Mon, Tue, Thu, Fri 2:15pm-4:15pm  
 Jun 29-Jul 3 \$79/4 sess 23001.301KT



### Mini Star Summer Soccer Camp (3-12 yrs)

Star Soccer and Kitsilano Community Centre are inviting all young talents to our weekly soccer camps. Have a "ball" learning and playing the beautiful game using our professional equipment. With our experienced coaches you will learn to trick opponents and fill the nets with goals! Participants receive a t-shirt. Session are outdoors rain or shine, so please dress accordingly.

*Instructor: Valentinos Dinglis*  
**3-5 yrs**  
 Mon-Fri 10:00am-11:30am  
 Jul 6-Sep 4 \$70/5 sess 13301.301-310KT  
**3-5 yrs**  
 Mon-Fri 3:00pm-4:30pm  
 Jul 6-Sep 4 \$70/5 sess 13302.301-305KT  
 Except July 13-Aug 14.  
**6-12 yrs**  
 Mon-Fri 2:00pm-5:00pm  
 Jul 6-Sep 4 \$130/5 sess 23302.302KT  
 Except July 27-31.  
**6-12 yrs**  
 Mon-Fri 9:00am-12:00pm  
 Jul 6-Sep 4 \$130/5 sess 23301.302KT  
 Except July 13-24 & Aug 4-7

### Multi Sport Camp (3.5-6 yrs) **NEW**

Sportball Multi-Sport skills development programs introduce preschool and primary school children to the concepts and skills involved in the eight core sports of the Sportball methodology including: hockey, soccer, tennis, baseball, basketball, volleyball, golf and football. Each camp day we will be incorporating developmentally appropriate methods to introduce, practice and refine gross motor skills. This program reinforces the benefits of teamwork and skills development rather than the importance of winning, enabling children to gain the confidence and develop the social skills necessary to succeed in sport and life.

*Instructor: Sportball*  
**3.5-6 yrs**  
 Mon-Fri 1:00pm-3:00pm  
 Jul 6-Jul 10 \$159/5 sess 13901.301KT  
 Jul 20-Jul 24 \$159/5 sess 13901.302KT  
 Tue-Fri 1:00pm-3:00pm  
 Aug 4-Aug 7 \$127/4 sess 13901.303KT

## Tennis Camps

### Tennis Plus Camps (6-18 yrs)

This program uses a scaled 1/2 size court, play is with a low compression red or foam ball. Check receipt for location.  
*Instructor: Gord Hauka, www.gordhaukastennis.com*

### Red Ball Camp (5-7 yrs)

Mo Tu Th Fr		9:30am-11:30am
June 29-July 3	\$72/4 sess	23601.301KT
Tu		9:30am-11:30am
July 7-28	\$72/4 sess	23601.302KT
Mo-Fr		9:30am-11:30am
July 13-17	\$90/5 sess	23601.303KT
Mo Tu Th Fr		9:30am-11:30am
Aug 4-7	\$72/4 sess	23601.304KT
Mo-Fr		9:30am-11:30am
Aug 17-21	\$90/5 sess	23601.305KT
Mo-Fr		9:30am-11:30am
Aug 31-Sept 4	\$90/5 sess	23601.306KT

### Orange Ball Camp (7-9 yrs)

This program uses a modified 3/4 court play is with an Orange low compression ball.

Mo Tu Th Fr		9:30am-11:30am
June 29-July 3	\$72/4 sess	23601.307KT
Tu		9:30am-11:30am
July 7-28	\$72/4 sess	23601.308KT
Mo-Fr		9:30am-11:30am
July 13-17	\$90/5 sess	23601.309KT
Mo Tu Th Fr		9:30am-11:30am
Aug 4-7	\$72/4 sess	23601.310KT
Mo-Fr		9:30am-11:30am
Aug 17-21	\$90/5 sess	23601.311KT
Mo-Fr		9:30am-11:30am
Aug 31-Sept 4	\$90/5 sess	23601.312KT



### Green Ball Camp (9-12 yrs)

This camp program uses 3/4 and Full court, play is with a Green Dot low compression ball.

Mo Tu Th Fr		1:00pm-3:00pm
June 29-July 3	\$72/4 sess	23601.313KT
Tu		1:00pm-3:00pm
July 7-28	\$72/4 sess	23601.314KT
Mo-Fr		1:00pm-3:00pm
July 13-17	\$90/5 sess	23601.315KT
Mo Tu Th Fr		1:00pm-3:00pm
Aug 4-7	\$72/4 sess	23601.316KT
Mo-Fr		1:00pm-3:00pm
Aug 17-21	\$90/5 sess	23601.317KT
Mo-Fr		1:00pm-3:00pm
Aug 31-Sept 4	\$90/5 sess	23601.318KT

### Teen Fundamentals Camp (13-18 yrs)

This camp program uses 3/4 and Full court, play is with a Green Dot low compression ball.

Mo Tu Th Fr	1:00pm-3:00pm	
June 29-July 3	\$72/4 sess	33601.319KT
Tu		1:00pm-3:00pm
July 7-28	\$72/4 sess	33601.320KT
Mo-Fr		1:00pm-3:00pm
July 13-17	\$90/5 sess	33601.321KT
Mo Tu Th Fr		1:00pm-3:00pm
Aug 4-7	\$72/4 sess	33601.322KT
Mo-Fr		1:00pm-3:00pm
Aug 17-21	\$90/5 sess	33601.323KT
Mo-Fr		1:00pm-3:00pm
Aug 31-Sept 4	\$90/5 sess	33601.324KT

## Art Camps

### Creative Expressions Art Camps (3-8 yrs)

See back cover for details.





# summer day camps | youth

## Dance Camps

### Hip Hop / Zumba Kids (4-12 yrs)

Half Hip Hop and half Zumba Kids! Here is the place to shine... as we move and groove, exploring the locking stops, and the suspended drops that make the hip hop style so popular and fly. Working as a group and in small groups, we will create and shape a dance that is performed in a "cypher" in classic b-boy/b-girl supportive circle of peers, where each person gets to dance their unique style and be cheered on with gusto! And in the second half of class - Zumba Kids! A fusion of world and Latin styles with a hip hop edge - salsa, cumbia, reggaeton, hip-hop and more. It is designed to let kids max out on fun while dancing their hearts out!

Instructor: Endorphin Rush Dance & Fitness

<b>4-7 yrs</b>		
Mon-Fri		1:00pm-1:45pm
Jul 6-Jul 10	\$43/5 sess	11609.301KT
Mon-Fri		1:00pm-1:45pm
Jul 13-Jul 17	\$43/5 sess	11609.302KT
<b>7-12 yrs</b>		
Mon-Fri		2:45pm-3:30pm
Jul 6-Jul 10	\$43/5 sess	21609.301KT
Mon-Fri		2:45pm-3:30pm
Jul 13-Jul 17	\$43/5 sess	21609.302KT

### Acrobatic Dance/Creative Movement (3-5 yrs)

Twirl, leap and twist using props such as a hula hoop, ribbon or ball! Dancers will learn to stretch both their bodies and imagination.

Instructor: Endorphin Rush Dance & Fitness

Mon-Fri		2:00pm-2:45pm
Jul 6-Jul 10	\$43/5 sess	11608.301KT
Mon-Fri		2:00pm-2:45pm
Jul 13-Jul 17	\$43/5 sess	11608.302KT

### Little Ballerinas (3-5 yrs)

Children learn basic ballet techniques such as: development of balance and coordination and learning to work together. They will become familiar with classical music, and learn basic ballet positions and movements. Creativity and self-expression are both supported and encouraged as no one can dance quite like you! Children must be able to participate on their own. An informal presentation will take place on the final day. Drop in \$9.

Instructor: Endorphin Rush Dance & Fitness

Mon-Fri		12:15pm-1:00pm
Jul 6-Jul 10	\$43/5 sess	11611.301KT
Mon-Fri		12:15pm-1:00pm
Jul 13-Jul 17	\$43/5 sess	11611.303KT

### Parent & Tot Creative Movement (2-3yrs)

Move and groove with your little one in this 4 day camp! Through music, song, props, and stories, we will explore using our bodies and imaginations in a fun, supportive environment. We will develop co-ordination, spatial awareness, rhythm, musicality, and self-expression all while moving our feet to some great music. Get ready to move, stretch, and explore with your little one!

Instructor: Billie Murphy

Mon-Thu		10:30am-11:15am
Aug 17-Aug 20	\$29/4 sess	11610.301KT

### Creative Dance (3-5 yrs)

Using music, songs, props, and stories, we will explore using our bodies and imaginations in a fun, supportive environment with some great music. Little ones will develop co-ordination, spatial awareness, rhythm, musicality, and self-expression in a supportive and fun environment. Demonstration on the last day of class.

Instructor: Billie Murphy

Mon-Thu		11:15am-12:00pm
Aug 17-Aug 20	\$29/4 sess	11614.301KT

## Youth Programs

### What Every Babysitter Should Know (10-13 yrs)

This St. John Ambulance course will emphasize safety, coping with emergencies and babysitting responsibilities. Each student will receive a certificate upon successful completion. Please bring a pen, notebook and lunch. No late arrivals permitted. No discounts apply.

Instructor: St John Ambulance

Sat		9:30am-4:00pm
Apr 25	\$59/1 sess	25400.201KT
Jun 6	\$59/1 sess	25400.202KT

### Youth Council

Your opinion and ideas are important!!! Get involved by sharing your opinion and taking part in developing Youth Services at Kits! The Youth Council provides direction, ideas for community Youth Programs. You would also be actively involved with Youth Special Events, socials and more. As a bonus, Youth Council qualifies for CAP hours too!

Instructor: Oren Burnspark

Wed		4:00pm-6:30pm
Apr 1		35400.201KT



### Girls on the Move (10-14yrs)

Each week we get together to get active, meet up with friends and new people, and learn fun new games and skills. Let's have fun girls!!! A signed waiver is required to participate in this program.

Instructor: Oren Burnspark

Fri		3:30pm-5:00pm
Apr 10-May 1	\$39/4 sess	33244.201KT

### Guys on the Move (10-14yrs)

Each week we will get together to get active, meet up with friends and new people, and learn fun new games and skills. A signed waiver is required to participate in this program.

Instructor: Oren Burnspark

Fri		3:30pm-5:00pm
May 8-May 29	\$39/4 sess	33245.201KT

### Badminton (10-14 yrs)

Badminton is a great sport for improving hand eye coordination, agility, and speed. Enjoy an afternoon of fun playing badminton while making new friends and learning new skills! Drop-in \$8 if space permits.

Thu		3:30pm-5:00pm
Apr 2-May 28	\$45/9 sess	23002.201KT

### Youth Open Gym

Hang out with us and get in a little b-ball or other physical activity! A group vote will happen each evening to determine what the activity be - like every good democracy! Register to ensure a spot and to ensure gym reservation remains.

Instructor: Oren Burnspark

Fri		6:45pm-9:00pm
Apr 10-Jun 26	\$0/12 sess	33902.201KT



### Volunteering at Kits CC!

Do you enjoy making a difference and helping others? Would you like to gain experience and skills, while working as a team to create great experiences for people in this community? Talk to us! For more info, please call Oren Burnspark at 604 257 6991 or email [oren.burnspark@vancouver.ca](mailto:oren.burnspark@vancouver.ca) Who knows? Recreation services may become your career!

### Tennis Programs

Please see page 10.

### Youth Lounge Hours

Mon-Fri	3:00pm-9:30pm
Sat	12:00pm-4:00pm
Sun	10:00am-12:00pm-FAMILY HOURS!

Subject to change, please watch for updates at the Centre.

Parents please note - this area is not always staffed with supervision and youth are free to come and go freely. Note: Parental supervision is required at all times during Sunday Family Hours.

### Oren Burnspark, Volunteer Coordinator, Youth PA, and more!

I am a passionate fan of community work! I've worked many jobs in both BC and Alberta, including the Calgary Zoo, the Vancouver Aquarium and The Stanley Park Ecology Society. These positions allowed me to do what I loved most - teaching youth about the environment and sustainability.

I've been working at Kitsilano Community centre for over 4 years and I get to do some of what I love here, too. You'll catch me either in one of the two gardens, teaching in one of the art/science camps, hanging out with TLC, behind the front desk...or the youth lounge where I'm planning my next great project or coordinating volunteers for one of many fun events. We're always looking for a few dynamic volunteers! So if you need CAPP hours, want to gain some great experience and want to meet new people come on in and ask for a volunteer application form at the front desk. See you around!



## General Interest

### Basic Digital Photography

We'll take the mystery out of the f stops, the shutter speeds and the multiple camera functions. With demonstrations, slide shows, and mainly practice, you will understand your camera better. You'll feel more confident with your camera but more importantly, more excited about making pictures.

*Instructor: Doug Williams, www.dwphotography.com*

Wed 7:00pm-9:30pm  
May 6-May 27 \$120/4 sess 45811.201KT

### Computers Demystified - for complete Beginners

People get frustrated using computers because, over and over, they can't perform basic tasks, such as using email and browsers, sending and receiving documents and photos, playing music videos, or chatting with family and friends using video-conferencing software, such as Skype. This course will teach the required basic skills to be able to do so and much more.

*Instructor: Moises Davidescu*

Sat 10:00am-12:00pm  
Apr 11-May 2 \$99/4 sess 47150.201KT

### Android Smartphones & Tablets - for Beginners

Today's world is mobile and interconnected. Smartphones and Tablets are cheap, portable, and can provide all services that traditionally have been offered by computers, everywhere and anytime. In this workshop, we will explore the basics of both smartphones and tablets, and their differences with traditional desktops and laptops. We will analyze mobile devices based on Google's Android Operating System. This course will focus on basic device operation, "gestures", apps, and device settings.

*Instructor: Moises Davidescu*

Sat 10:00am-12:00pm  
May 23-Jun 13 \$99/4 sess 47150.210KT



### Apple Smartphones & Tablets - for Beginners

Today's world is mobile and interconnected. Smartphones and Tablets are cheap, portable, and can provide all services that traditionally have been offered by computers, everywhere and anytime. In this workshop, we will explore the basics of both smartphones and tablets, and their differences with traditional desktops and laptops. We will analyze mobile devices based on Apple's iPhones and iPads, running the IOS operating system. This course will focus on basic device operation, "gestures", apps, and device settings.

*Instructor: Moises Davidescu*

Sat 12:30pm-2:30pm  
May 23-Jun 13 \$99/4 sess 47150.211KT

### Managing & Maintaining Your PC

This course is designed for anyone who wants to understand what is happening inside their computer in order to install new hardware and software, diagnose and solve both hardware and software problems, and make purchasing decisions.

*Instructor: Fernando Silva*

Mon 7:00pm-9:00pm  
Apr 13-May 11 \$99/5 sess 47100.200KT

### Network+

This course is intended to serve the needs of students and professionals who are interested in mastering fundamental, networking concepts. No previous networking experience is necessary to begin learning from this course, although knowledge of basic computer principles is helpful.

*Instructor: Fernando Silva*

Mon 7:00pm-9:00pm  
May 25-Jun 22 \$130/5 sess 47100.201KT

### Dog Obedience - Basic (18+)

Teach your dog manners and obedience: learn the basics of dog behaviour, management of common problems such as jumping up on people, and basic commands such as sit, down, stay, come, walking on leash etc. Bring dog to first session; for more information contact Brenda at 604-224-2269 or email [brenda@callingalldogs.org](mailto:brenda@callingalldogs.org).

*Instructor: Brenda Jagroop J Enterprises*

Tue 7:15pm-8:15pm  
May 26-Jun 23 \$135/5 sess 45301.201KT

### Dog Obedience for Puppies (18+)

Includes basic behaviour and commands as well as discussion of puppy issues such as housetraining and mouthing. Because vets may have different recommendations for the age which they prefer the puppy to be before participating in classes, please check with your own vet to ensure your puppy may be registered. Bring dog to first session; for more information contact Brenda at 604-224-2269 or email [brenda@callingalldogs.org](mailto:brenda@callingalldogs.org).

*Instructor: Brenda Jagroop J Enterprises*

Tue 8:15pm-9:15pm  
May 26-Jun 23 \$135/5 sess 45301.202KT



### Sushi Making (16+ yrs)

Learn to make inside-out (ura-maki) sushi rolls in this introductory class. California and Yam tempura rolls will be featured. Afterwards, take your masterpiece home!

*Instructor: Cliff Saito*

Sat 3:00pm-4:30pm  
Apr 25 \$19/1 sess 42650.200KT

### The Teenage Brain

Have a better time with your teen. Learn simple tools and techniques to shift your perspective of "teen trouble" to empower yourself and your teen in these challenging times. Carol Tatham is a Life Coach, former Brainwave Optimization practitioner and mom of two thriving young adults.

*Instructor: Carol Tatham*

Mon 7:00pm-9:00pm  
May 4-May 11 \$19/2 sess 45555.200KT

### Peace Education Program (PEP)

A specific tool is taught and reflected in each session; Peace, Appreciation, Inner Strength, Self Awareness, Clarity, Understanding, Dignity, Choice, Hope, & Contentment. The Peace Education Program has helped people around the world from all populations. It is non religious, it teaches about cultivating inner peace. These qualities we'll cultivate are innately human and it teaches to be responsible for our own happiness within. It gives self-empowerment in everyday life.

*Instructor: Nathalie Sanz*

Tue 7:00pm-8:00pm  
Apr 7-Jun 9 \$99/10 sess 45750.200KT

### Living Free from...

In this series of workshops, start to uncover the mystery of how disease is created in the body and learn how it's possible for you to turn around any health condition at the root cause level versus just treating or managing symptoms for the rest of your life - effectively putting you back in control of your own health. Regardless of if you're trying to turn around some chronic or degenerative health condition, lose weight, or just feel better overall, you'll discover some simple health habits that you can start applying today which will result in you having much higher levels of vitality, energy, and joy in life and you'll learn how to make the healing process fun.

*Instructor: Jonathan Ley, www.painfreehappyife.com*

#### Living Free from Pain

Thu 7:00pm-9:00pm  
Apr 16 \$10/1 sess 44850.201KT

#### Living Free from Arthritic Pain

Wed 7:00pm-9:00pm  
May 13 \$10/1 sess 44850.202KT

#### Living Free from Diabetes

Thu 7:00pm-9:00pm  
May 28 \$10/1 sess 44850.203KT

#### Living Free from Cancer

Wed 7:00pm-9:00pm  
Jun 10 \$10/1 sess 44850.204KT

### Duplicate Bridge

Come out and join our friendly group of Duplicate bridge players. Drop in \$2 per session.

*Facilitator: John Gilbert*

Tue Fri 7:00pm-10:00pm  
Apr 7-Aug 28 Drop-in \$2 45991.201KT

### The Pelvic Floor Series - Bladder Health

Please join me for a new and exciting ground-breaking course focused on empowering women and men to fulfill their deepest potential related to the function of their pelvic floor. No registration after first class.

*Instructor: Naomi Wolfman, RN*

Fri 6:00pm-7:00pm  
Apr 10-Apr 24 \$50/3 sess 44890.200KT  
Jul 3-Jul 17 \$50/3 sess 44890.300KT

### English Corner

Effective communication of both your thoughts and feelings are essential for leading a successful life in a new place. English Corner is organized to give participants the opportunity to share their thoughts and feelings by offering engaging discussion topics and opportunities for fellowship. Join this fun program and gain confidence communicating your thoughts and feelings in English! No program May 17.

*Facilitator: Fay Mottahed*

Sun 7:00pm-9:00pm  
Apr 12-Jun 28 \$3/11 sess 45005.201KT





## General Interest

## Gardening

### FREE Workshops (Please pre-register at 604-257-6980)

#### Technology Addiction

Hooked on the internet, social media, video games? Are you concerned about the addiction of a loved one or yourself? Are you looking for information on what can be done? We will be presenting the impact of technology on the mind. How does this addiction happen? How does it work? How bad is it? How you can get involved to find a solution? Bio: <http://jerichohealth.ca/practitioners.html>

*Instructor: Cameron Leong BSc ND*  
Tue 7:00pm-8:00pm  
Apr 21 Free 44900.201KT

#### Executor & Retirement Planning

Are you an Executor? Have you appointed one? Save time & money on Estate settlement; create your own Retirement Income Blueprint so you can enjoy more retirement income and leave more to your beneficiaries and favourite charities. Learn about probate (and how to avoid it), the pros and cons of joint ownership, capital gains tax and your Estate, cremation & burial pre-planning, and many more retirement and Estate planning tips.

*Instructor: Kevin Holte (sponsor Chartwell Financial Group)*  
Wed 7:00pm-8:30pm  
May 13 Free 45898.200KT

#### Real Estate A to Z: Buying & Selling a Home

Buying or selling a condo or house is complex, so it's important to understand the process. We'll discuss finding a property, avoiding problem buildings, the offer process, and ensuring you have all the information required to find a good home. For sellers, we'll discuss preparing your house or condo for market, including when to list, when or if to renovate, staging, pricing strategies, and the listing process. Please pre-register.

*Instructor: Maureen Stout, Sutton Realty & Paul Richard MBA*  
Wed 7:00pm-9:00pm  
Apr 15 Free 45415.201KT

#### UBC Law Students' Legal Advice Program

Appointments are required and can be made by calling the UBC Law Students' Legal Advice Program at 604-822-5791 ext. 0. The students are supervised by a practicing lawyer and are able to assist low income individuals with legal matters such as minor criminal offences, small claims, landlord/tenant disputes and basic wills/estates. [www.lslap.ca](http://www.lslap.ca)

Mon 9:00am-5:00pm  
May 4-Aug 24 Free 45480.201KT

#### More FREE Workshops

Please see page 22.

Participate in a program marked with this symbol and help Vancouver become the greenest city in the world by 2020.



Learn more about Vancouver's Greenest City 2020 Action Plan at [vancouver.ca/greenestcity](http://vancouver.ca/greenestcity)



#### Vancouver Volunteer Corps (VVC)

Are you interested in helping your community? If so the VVC is a new volunteer program for people who live or work in Vancouver and are interested in helping at a variety of events throughout our city. Similar to the Blue Jacket volunteers, we all remember from the Olympics, you will be trained to help at a variety of special events in Vancouver. You will also be given the opportunity to take training to become one of our Emergency Program volunteers: Emergency Social Services (ESS), Neighbourhood Emergency Assistance Team (NEAT) or as an instructor for our Public Education Program (NEPP). To find out more information on how you can volunteer to help within your city, come to an Orientation session.

*Instructor: City of Vancouver, ESS team*  
Tue 7:00pm-8:30pm  
Apr 7 Free 45401.202KT

#### Emergency Social Services Orientation

When disaster strikes, ESS volunteers will be relied upon to assist those who have been impacted by disaster. Volunteers are trained to operate reception and group lodging centers during emergencies. When activated, these centers provide basic needs to evacuees including food, clothing, lodging, pet services, and other required services. In addition, volunteers can participate in a variety of other committees such as the Volunteer, Pet, Public Education and Exercise planning committees.

*Instructor: City of Vancouver, ESS team*  
Wed 7:00pm-8:30pm  
Apr 8 Free 45401.210KT

#### Earthquake Preparedness - Be Prepared, Not Scared

FREE! We all witnessed the earthquakes in New Zealand, Haiti and Chile and saw the devastation caused. Living in Vancouver, we too could be faced with an earthquake - yet few of us take the steps to ensure we are prepared. This session covers what is required to develop your family emergency plan, how to conduct a "Home Hazard" Hunt and what to do when an earthquake strikes.

*Instructor: City of Vancouver, ESS team*  
Thu 7:00pm-8:30pm  
May 7 Free 45401.201KT  
Jun 18 Free 45401.205KT

#### Earthquake Preparedness for Seniors

Many sessions offered for emergency preparedness focus on people who live in houses - not this session. This session is for Seniors who live in apartments or condos, and may face unique challenges when preparing for emergencies or disasters. We have all witnessed the recent earthquakes in Japan & New Zealand and have seen the devastation caused. Living in Vancouver, we too could be faced with an earthquake - yet few of us take the steps to ensure we are prepared. This session will ensure you and your pets are prepared. It covers what is required to develop your emergency plan, how to conduct a Hazard Hunt and what to do when an earthquake strikes when you live in an apartment or strata.

*Instructor: City of Vancouver, ESS team*  
Fri 1:00pm-2:30pm  
May 8 Free 45401.211KT

### Collaborative Garden at Kitsilano Community Centre

"A Beautiful Green Space to Educate and Inspire Community Through Collaborative Learning, Growing and Sharing". Going into the second year of growth, the Kits CC Collaborative Garden invites you to join the group of inspired community members as we continue to plant seeds, develop programming for the community centre and learn more about organic gardening and collective organizing (and if you haven't heard, the potlucks are scrumptious!) Everyone is welcome! For more info or to get involved please contact [kitscollabgarden@googlegroups.com](mailto:kitscollabgarden@googlegroups.com) and find us on Facebook: 'Kitsilano CC Collaborative Garden' for further updates and events.



### Kits CC Collaborative Garden and Uproot presents

#### Carpentry for Gardeners Workshop Series

Have you ever wanted to learn valuable skills that will help build food security in the city, increase connections in neighbourhoods around Vancouver, and reduce waste? Our vision is to provide the knowledge, tools and resources for people to build various small carpentry projects from wood that is diverted from the landfill. Our workshops will take you through the basics of acquiring and breaking down wooden pallets for "up-cycling" to create wood-working projects for your home and community gardens.

*Instructors: Kevin Kimoto & Joe Bickson*

#### Build Your Own Trellis

This workshop will review the wood waste diversion techniques of breaking down and "up-cycling" wooden pallets. We will then review basic carpentry skills that will translate to a trellis for your home/balcony garden

Sat 2:00pm-3:30pm  
May 9 \$19/1 sess 45250.201KT

#### Build a Lending Library

Build a community shared lending library. Come gain valuable woodworking skills! This workshop will review the wood waste diversion techniques of breaking down and "up-cycling" wooden pallets. We will then review basic carpentry skills that will translate to a community designed Shared Lending Library!

Sat 2:00pm-3:30pm  
May 23 \$19/1 sess 45250.202KT

#### Install Lending Library

Come join Kevin Kimoto, Joe Bickson and the Kits CC Collab Gardeners to install and celebrate the newly built Shared Lending Library on site at the Collaborative Garden. There will be potluck style refreshments, a story-telling circle, maybe some musicians... come out and see for yourself, what community-driven action can look like in your neighbourhood!

Sun 1:00pm-4:00pm  
May 24 Free 45250.203KT

#### Build an Espalier for Fruit Trees

This workshop will review the reasons for incorporating espaliers into your garden design, the wood waste diversion techniques of breaking down and "up-cycling" wooden pallets. We will then review basic carpentry skills that will translate to an espalier for the Kits CC Collaborative Garden!

Sat 2:00pm-3:30pm  
May 30 \$19/1 sess 45250.204KT

To register: [KITSCC.COM](http://KITSCC.COM) or call 604-257-6976

## Art & Music

### Finding Stories

Would you like to write but are afraid you can't come up with a good story? Through fun exercises and evocative visual prompts you will re-connect with your imagination and discover stories that live within you or that are hiding in images around you. Learn how to grab the end of a tale and pull it out.

*Instructor: Carine De Kock*

Sat		1:00pm-3:00pm
Apr 11	\$19/1 sess	41530.200KT

### Writing with Cold Feet:

#### Overcoming Writing Blocks

Is it possible to both love to write, and approach it with reluctance? All the time! That's what author, Kathrin Lake, calls Writing with Cold Feet, the name of her highly successful, recently published, sixth book. This workshop will give you the answers of how to know when you should rekindle a project that you left sitting in a drawer, and how to rethink your writing life in a way that makes writing an easier art.

*Instructor: Kathrin Lake*

Thu		7:00pm-9:00pm
Apr 30	\$19/1 sess	41525.201KT

### Private Guitar, Ukulele, Mandolin & Charango

One to one 30 minute lessons designed to work at your own level and pace. The classes are focused on technique, repertoire, basic theory and practicing skills. Participants must provide their own instrument, a note book and a digital tuner for string instruments (nylon string guitar recommended for beginners). Books will be available at the first class for \$15 and up depending on the instrument, style and level. To register a child and receive 10% discount, please phone 604-257-6976.

*Instructor: Rene Hugo-Sanchez*

Thu		4:00pm-7:30pm
Apr 2-Jun 18	\$279/12 sess	41005.200-206KT
Jul 2-Aug 27	\$210/9 sess	41005.300-306KT

### Private Knitting/Crochet Lessons

Want to learn to knit or crochet and no lessons fit with your schedule? Want to take your skills to the next level? Bring your questions and all the materials you will need to a private or semi-private lesson.

*Instructor: Design Ventures KnittingAstor. www.knittingAstor.com*

Tue Wed		7:00pm-8:30pm
\$48/private, \$38/semi-private		42800.200KT



### Tibetan Singing Bowl Concert

Megha Shakya will share the ancient Tibetan wisdom and play seven Tibetan singing bowls in a meditative environment that has a profound healing ability or simply de-stress the body and the mind by tuning up our physical body and mind at the cellular level.

*Instructor: Megha Shakya, www.singingbowl.ca*

Thu		6:30pm-8:30pm
Apr 14	\$19/1 sess	41299.200KT

## Dance

### Belly Dance - Beginner

Move to the sensuous melodies and dynamic rhythms of the Middle East. With an innate sense of music and dance as part of her Lebanese heritage, Rahma's renowned ability to break down dance into easily learnable form stems from both her training as a teacher and her genuine desire for students to learn. No experience necessary. Finger cymbals can be purchased or borrowed from instructor. Drop-in \$14. No class May 17.

*Instructor: Gail (Rahma) Haddad*

Sun		4:30pm-6:00pm
Apr 19-Jun 21	\$111/9 sess	41630.201KT

### Belly Dance - Intermediate

Learn combinations, choreography and beyond-basic techniques using both folkloric and cabaret styles. Focus is on fun, exercise and personal development through dance. Drop In \$14. No class May 17.

*Instructor: Gail (Rahma) Haddad*

Sun		6:00pm-7:30pm
Apr 19-Jun 21	\$111/9 sess	41631.201KT

### Dance Bootcamp

Dance Bootcamp is two classes combined into one. It takes the best of bootcamp fitness and makes it fun with a mix of dance steps and drills. Among the dance styles covered are salsa, breakdance, hip hop and swing. Fitness is taught in 3 ways; incorporating dance moves into a workout movement/circuit, choreography, straight bootcamp movements. This class is for someone that enjoys dance and is looking for a challenging fitness routine. Drop-in \$11.

**Free trial class Apr 7.**

*Instructor: Endorphan Rush Dance & Fitness, www.KirbySnellDance.com*

Tue		6:00pm-7:00pm
Apr 14-May 26	\$66/7 sess	44150.201KT
Jun 2-Jun 30	\$48/5 sess	44150.202KT
Jul 7-Jul 28	\$39/4 sess	44150.301KT
Aug 4-Aug 25	\$39/4 sess	44150.302KT

### Latin Funk Dance

Gustavo's unique mix of eight Latin dance styles (Salsa, Merengue, Mambo, Cumbia, Cha-Cha, Reggaeton, Bachata and Rumba) with a splash of Hip-hop, Afro'Funk and Jazz have everyone dancing and grooving to the hottest Latin Pop music around. This high energy dance class focuses on proper Latin dance technique, dance frame and dance Choreography. His classes are uplifting, fun and entertaining! Feel yourself being transported to a warm tropical beach while lively Latin rhythms capture your spirit and move your body to the beat! Dance partner not required. Drop in \$15. No class May 18.

*Instructor: Gustavo Ferman, www.gustavoferman.com*

Mon		8:00pm-9:00pm
Apr 13-Jun 22	\$133/10 sess	41620.201KT

**Level 2**  
This class has more advanced dance moves. Prerequisite: Level 1. Drop in \$15.

Wed		7:00pm-8:00pm
Apr 15-Jun 17	\$133/10 sess	41620.203KT

### Line Dancing (Recreational)

Did you know that line dancing is a fun & easy way to exercise the body & mind? It's also a wonderful way to lose weight and meet new friends. In this course, you'll dance to great music and learn some of the most popular styles of dance, including the Cha Cha, Mambo, Rumba, Tango, Salsa, Waltz, Jive & Merengue. No partner required. All ages and levels welcome. Drop-in \$7. Seniors' rate available. No class May 16.

*Instructor: Lisa Dorg*

Sat		11:00am-12:30pm
Apr 11-Jun 20	\$63/10 sess	41660.200KT
Sat		10:30am-12:00pm
Jul 4-Aug 22	\$45/7 sess	41660.300KT



### Ballet Fit

This ballet inspired workout uses the principles of classical dance to tone and sculpt your entire body! Includes elements of barre work, cardio, core and flexibility all while doing it to non-traditional electronic music that is inspirational and beautiful. No previous dance experience necessary. Drop-in \$14. No class Apr 28 & May 1.

*Instructor: Suzy Kaitman, www.balletfitclasse.com*

<b>Level 1</b>		7:15pm-8:15pm
Tue		
Apr 7-Jun 23	\$124/11 sess	41648.201KT
Jul 14-Aug 25	\$80/7 sess	41648.301KT
Fri		8:00am-9:00am
Apr 10-Jun 26	\$124/11 sess	41648.221KT
Jul 17-Aug 28	\$80/7 sess	41648.321KT

**Level 2**  
This intermediate class is not for beginners. It is recommended that you have previously taken Ballet Fit (level 1) before considering this class otherwise, you must be familiar with the basics of Ballet in order to safely do the technique and successfully follow the choreography. Drop-in \$14. No class Apr 28

Tue		8:30pm-9:30pm
Apr 7-Jun 23	\$124/11 sess	41648.241KT
Jul 14-Aug 25	\$80/7 sess	41648.341KT

**Advanced**  
This advanced class is not for beginners. It is recommended that you have a very strong background in ballet training before considering this class order to safely do the technique and successfully follow the choreography. Drop-in \$14. No class Apr 29.

Wed		8:15pm-9:15pm
Apr 8-Jun 24	\$124/11 sess	41648.211KT
Jul 15-Aug 26	\$80/7 sess	41648.311KT

### Ballet - First Position

An introduction to basic ballet. Learn the positions of ballet from 1st position along with the terminology of steps at the ballet barre to centre. Drop in \$15.

*Instructor: Sally Laing-Hulme*

Sat		2:45pm-4:15pm
Apr 11-June 13	\$123/10 sess	41646.201KT

### Ballet in the 5th

Progressing from the Saturday 1st Position ballet class. More steps at the barre and centre will be taught & combined into short dances. Basic knowledge of terminology please. Drop in \$15.

*Instructor: Sally Laing-Hulme*

Fri		7:00pm-8:30pm
Apr 10-Jun 12	\$123/10 sess	41645.201KT
Jul 3-Jul 31	\$63/5 sess	41645.301KT

### Swing, Latin & Ballroom Dancing

West Coast Swing, Rumba and Foxtrot. This course has it all! Learn how to dance the night away. Singles & couples welcome! Register now as space is limited. Drop-in \$18. No class May 17.

*Instructor: FunDance Co*

Sun		7:30pm-9:00pm
Apr 12-Jun 21	\$123/10 sess	41618.201KT





## Sports

### Pickle Ball (all ages!) **NEW**

Come try out this popular easy-to-learn and exciting sport that combines elements of badminton, tennis and table tennis. It is played on a badminton-sized court using large paddles and whiffle balls. No experience needed. Beginners welcome. Drop-in \$5 (Seniors \$3.50). Seniors Rate: 30% off registered price.



#### Free Trial Mar 31 & Apr 2. Please pre-register.

Facilitators: Rochelle de la Giroday & Mark Bullen

Tu		3:30pm-5:15pm	
Apr 7-Jun 23	\$55/12 sess		43099.210KT
Thu		6:45pm-8:30pm	
Apr 9-Jun 25	\$55/12 sess		43099.200KT

### Badminton: Int/Adv

This competitive program is for the intermediate to advanced player. Players must have good skills and knowledge of the game. Drop in \$6. Please bring your own racquet.

Wed		8:00pm-10:45pm	
Apr 1-Jun 24	\$72/13 sess		43101.201KT
Jul 8-Aug 26	\$42/8 sess		43101.301KT

### Badminton: Recreational

Come out with a friend and enjoy an evening of recreational badminton. All levels. Drop-in \$6. Please bring your own racquet.

Facilitator: Barry Trofimen off

Thu		7:30pm-9:30pm	
Apr 2-May 28	\$48/9 sess		43100.201KT

### Soccer: Indoor Recreational (18+)

This program is for all levels of play with the emphasis on sportsmanship, fun and fitness. Drop-in \$6 space permitting. No program May 18.

Mon		9:15pm-10:45pm	
Apr 13-Jun 29	\$60/11 sess		43300.202KT
Jul 6-Aug 31	\$42/8 sess		43300.302KT

### Soccer: Master's Co-Ed (30 and up)

The Masters Co-Ed Soccer is a Recreational League for men 35+ and women 30+. The emphasis is on sportsmanship, fitness and fun! No program May 18.

Facilitator: Lisa DeVita

Mon		7:45pm-9:15pm	
Apr 13-Jun 29	\$60/11 sess		43300.201KT
Jul 6-Aug 31	\$42/8 sess		43300.301KT

### Women's Indoor Soccer Rec Play (Beg/Int)

Come out, have fun and get fit. Women of all ages and levels are welcome; soccer moms who have always wanted to try playing or women looking to have some competitive fun as an alternative to the gym. Drop-in \$6. No class May 16.

Facilitator: Lisa DeVita

Sat		3:15pm-4:45pm	
Apr 11-Jun 27	\$60/11 sess		43301.215KT

### Women's Indoor Soccer Skills (Beginner)

This program is designed for the beginner soccer player. Women aged 18-55 with little or no soccer playing experience and soccer moms who have always wanted to give it a try, now is your chance. Covers the basics of the game through sport-specific exercises, drills and practice. Increase your fitness and improve your game! Drop-in \$9. No class May 16.

Instructor: Lisa DeVita

Sat		2:00pm-3:00pm	
Apr 11-Jun 27	\$80/11 sess		43301.210KT

### Women's Recreational Ball Hockey

This program is for all levels of play. The focus is on fair play, sportsmanship, fitness and fun. Personal hockey sticks must be wrapped with white hockey tape or plastic blades accepted. Shin pads are highly recommended. Drop-in \$6.

Facilitator: Lisa DeVita

Thu		9:00pm-10:30pm	
Apr 9-Jun 25	\$66/12 sess		43400.201KT

### Kits Beach Volleyball: Recreational Play

Co-ed outdoor beach volleyball for the beginner/intermediate level player. Participants must have an understanding of the rules and have basic skills (bump, set, spike and serve). Meet at the north courts at Kits Beach. Don't forget your sun screen. Drop-in \$6 (please bring correct change). Note: your space will be held for 15 minutes and then sold to drop-ins.

Facilitator: Jacob Pippus

Tue		6:30pm-8:30pm	
May 5-Jun 30	\$48/9 sess		43210.201KT
Jul 7-Sep 1	\$48/9 sess		43210.301KT

### Volleyball: Advanced

Players must have excellent and safe ball control at the net, be able to make clean and legal plays, have a good knowledge of the rules of volleyball and be comfortable playing against other advanced players. Drop in \$6.

Facilitator: Jacob Pippus

Fri		7:00pm-9:00pm	
Apr 10-Jun 5	\$48/9 sess		43202.201KT

## Tennis

Please check Program Level Description at [www.gordhaukastennis.com](http://www.gordhaukastennis.com) BEFORE REGISTERING.

It is important that players read the level description and choose the level best suited to their skills. Our innovative TENNIS EXPRESS PROGRAM offers an intense program to learn or improve your game. Lessons are provided by Gord Hauka's Tennis, who has been providing tennis lessons for 30+ years in Vancouver. All instructors are committed to the fun of the game & your success. No class May 17 & 18, Aug 2. Check receipt for location: Kits Beach or McBride Park.

Instructor: [www.gordhaukastennis.com](http://www.gordhaukastennis.com)

#### Beginner

Mon Wed		9:30am-11:30am	
Apr 20-Apr 29	\$96/4 sess		43601.202KT
June 8-17	\$96/4 sess		43601.203KT
Mon Wed		5:30pm-7:30pm	
Apr 20-Apr 29	\$96/4 sess		43601.204KT
June 8-17	\$96/4 sess		43601.206KT
July 13-22	\$96/4 sess		43601.302KT
Aug 10-19	\$96/4 sess		43601.305KT
Sun		10:00am-12:00pm	
May 10-June 7	\$96/4 sess		43601.204KT
July 12-Aug 9	\$96/4 sess		43601.303KT

#### Novice

Mon Wed		9:30am-11:30am	
Apr 20-29	\$96/4 sess		43602.202KT
Tu Th		9:30am-11:30am	
June 9-18	\$96/4 sess		43602.206KT
Tu Th		6:00pm-8:00pm	
Apr 21-30	\$96/4 sess		43602.203KT
June 9-18	\$96/4 sess		43602.207KT
July 14-23	\$96/4 sess		43602.302KT
Aug 11-20	\$96/4 sess		43602.305KT
Sun		10:00am-12:00pm	
May 10-June 7	\$96/4 sess		43602.204KT
July 12-Aug 9	\$96/4 sess		43602.303KT

## Tennis cont'd

#### Novice Plus

Tu Thu		9:30am-11:30am	
Apr 21-30	\$96/4 sess		43603.202KT
June 9-18	\$96/4 sess		43603.206KT
Tu Th		6:00pm-8:00pm	
Apr 21-30	\$96/4 sess		43603.203KT
June 9-18	\$96/4 sess		43603.207KT
July 14-23	\$96/4 sess		43603.302KT
Aug 11-20	\$96/4 sess		43603.304KT
Sun		4:00pm-6:00pm	
May 10-June 7	\$96/4 sess		43603.204KT
July 12-Aug 9	\$96/4 sess		43603.303KT

#### Lower Intermediate

Tu Thu		9:30am-11:30am	
Apr 21-30	\$96/4 sess		43604.202KT
June 8-17	\$96/4 sess		43604.207KT
Mon Wed		5:30pm-7:30pm	
Apr 20-29	\$96/4 sess		43604.203KT
June 8-17	\$96/4 sess		43604.207KT
July 13-22	\$96/4 sess		43604.302KT
Aug 10-19	\$96/4 sess		43604.304KT
Sun		6:00pm-8:00pm	
May 10-June 7	\$96/4 sess		43604.204KT
July 12-Aug 9	\$96/4 sess		43604.303KT

#### Tennis Express

##### Beginner

Tu-Fri		5:30pm-7:30pm	
Apr 7-10	\$96/4 sess		43601.201KT
May 19-22	\$96/4 sess		43601.205KT
Aug 4-7	\$96/4 sess		43601.304KT
Mon, Wed, Thur		5:30pm-8:10pm	
July 6-9	\$96/3 sess		43601.301KT

##### Novice

Mon-Thur		6:00pm-8:00pm	
Apr 13-16	\$96/4 sess		43602.201KT
May 25-28	\$96/4 sess		43602.205KT
July 6-9	\$96/4 sess		43602.301KT

##### Novice Plus

Mon-Thur		6:00pm-8:00pm	
Apr 13-16	\$96/4 sess		43603.201KT
May 25-28	\$96/4 sess		43603.205KT
July 6-9	\$96/4 sess		43603.301KT

##### Lower Intermediate

Tu-Fri		5:30pm-7:30pm	
Apr 7-10	\$96/4 sess		43604.201KT
May 19-22	\$96/4 sess		43604.205KT
Aug 10-19	\$96/4 sess		43604.305KT
Mon, Wed, Thur		5:30pm-8:10pm	
July 6-9	\$96/3 sess		43604.301KT

### Children's Outdoor Tennis

Please see pages 7 & 10.



## Kitsilano Beach Tennis Club

Registration: Sat. March 22nd from 9am-noon in the lobby at Kitsilano Community Centre, 2690 Larch St.

For more information, go to [www.kitsbeachtennis.ca](http://www.kitsbeachtennis.ca) or email [Kitsbeachtennisclub@gmail.com](mailto:Kitsbeachtennisclub@gmail.com)

\*Please note: registration is through the club only, not the community centre office.

## Pilates & Yoga

### Instructor: Alejandra Aquirre

[www.fitnessali.com](http://www.fitnessali.com)



Alejandra began teaching fitness in 1985; over the subsequent years she has been a Personal Trainer, an Instructor Trainer, a NIKE sponsored athlete and currently an Alumni Lululemon Ambassador. She finds teaching people to live a healthy and active life very rewarding. She is a BCRPA certified Fitness and Pilates Leader. [www.fitnessali.com](http://www.fitnessali.com)

### Pilates with Ali

Based on the exercise philosophy developed by Joseph Pilates in the early twentieth century; Pilates will improve strength, alignment, balance, coordination, circulation, flexibility and posture. Working the mind and body together, pilates uses subtle, slow and controlled movements to achieve rapid and long-lasting results. Emphasis is placed on using your CORE the girde like cylinder that surrounds your waist that flattens the tummy and supports the back. You will experience a full body workout with no impact on the joints as you strengthen and stretch through each exercise. A powerfully different workout that will change the way you use your body. Beginners welcome. Drop-in \$14

Instructor: Alejandra Aquirre, [www.fitnessali.com](http://www.fitnessali.com)

### Gentle

Wed		9:15am-10:15am
Apr 8-Jun 24	\$147/12 sess	44206.201KT
Jul 8-Aug 26	\$99/8 sess	44206.301KT
Fri		9:15am-10:15am
Apr 10-Jun 26	\$147/12 sess	44206.204KT
Jul 10-Aug 28	\$99/8 sess	44206.304KT

### All Levels

Thu		9:15am-10:15am
Apr 9-Jun 25	\$147/12 sess	44206.203KT
Jul 9-Aug 27	\$99/8 sess	44206.303KT



### A Pain in the Neck

A class for those who suffer from chronic neck, shoulder and back pain and tightness. Choreographed to beautiful music, we will gently, but deeply, stretch the muscles of the neck, shoulders & back using several different techniques. The instructor comes with over 29 years of experience teaching. Drop in \$14. No class May 16 & Aug 1.

Instructor: Alejandra Aquirre, [www.fitnessali.com](http://www.fitnessali.com)

Thu		6:30pm-7:30pm
Apr 9-Jun 25	\$147/12 sess	44210.200KT
Sat		9:15am-10:15am
Apr 11-Jun 27	\$135/11 sess	44210.200KT
Jul 11-Aug 29	\$87/7 sess	44206.310KT



### Instructor: Patricia Samuhel

Patricia is a practicing kinesiologist with BCAA. Since completing her degree she has been working with clients in physical rehabilitation, and recreational or sports specific personal training. She has an extensive professional dance and Pilates background and has been teaching STOTT Pilates for several years.

### Pilates - Intro

Provide yourself with the tools you need to improve body alignment, tone muscles and increase flexibility. Pilates mat exercises are designed to safely and effectively condition the core muscles that act to stabilize the torso. These exercises target the muscles of the abdomen and pelvic floor as well as the muscles of the lower back, upper back and buttocks. Drop-in \$14. No class May 18.

Instructor: Patricia Samuhel

Mon		5:30pm-6:30pm
Apr 13-Jun 22	\$123/10 sess	44208.201KT

### Pilates - Intermediate

For those who have a recent experience in essential pilates mat exercises, preferably STOTT based. Drop-in \$14 available, but please check with the instructor for safe progression.

Instructor: Patricia Samuhel

Wed		6:00pm-7:00pm
Apr 8-Jun 17	\$135/11 sess	44208.203KT

### Pilates - Standing & Matwork

For those with previous experience in Pilates! This class combines core with leg strengthening exercises that get you stronger for functional activities of daily living as well as sports such as skiing, skating, horse-back riding etc. Abs, legs, gluts, hips all in one class! Drop in \$14. No class May 18.

Instructor: Patricia Samuhel

Mon		6:45pm-7:45pm
Apr 13-Jun 22	\$123/10 sess	44208.202KT

### Pilates with Ferial (All Levels)

These are mindful and focused mat exercises for all levels with attention to strengthening the core muscles. The pace is slightly faster than other pilates classes in order to create more blood flow and excitement but the class is definitely all about the core muscles, obliques, butts and back. It improves the posture, flexibility, balance and strength. Beginners are welcome. Give it a try once and you will be hooked! Drop-in \$13. No class Aug 2.

Instructor: Ferial Ahmadzadeh

Tue		10:30am-11:30am
Jul 7-Aug 25	\$91/8 sess	44225.301KT
Sun		9:45am-10:45am
Jul 5-Aug 30	\$91/8 sess	44225.302KT

### Restorative Yoga with Ferial

A form of yoga that seeks to achieve physical, mental and emotional relaxation with the aid of props and through gentle and prolonged poses. The use of props makes it easier to maintain balance while stimulating and relaxing the body. It is especially useful in eliminating fatigue and stress that result from daily activities. Restorative yoga is especially ideal for those with chronic musculoskeletal maladies such as arthritis. Drop in \$13. No class Aug 2.

Instructor: Ferial Ahmadzadeh

Sun		11:00am-12:00pm
Jul 5-Aug 30	\$91/8 sess	44220.300KT

### Chair Yoga

Adaptive yoga is a gentle individualized therapeutic yoga practice for people who are not comfortable with getting down on floor. It combines simple breathing techniques with gentle movements and basic modified yoga postures, leading to relaxation and other benefits of yoga: increased strength, balance and flexibility both mental and physical. Yoga can be a great tool to connect body, mind, heart and spirit!! Drop-in \$14. Seniors 30% off.

Instructor: Roberta Seale-Cobiskey

Tue		1:30pm-2:30pm
Apr 7-May 12	\$69/6 sess	44380.201KT
May 26-Jun 30	\$69/6 sess	44380.202KT
Jul 7-Aug 11	\$69/6 sess	44380.301KT



### Creative Hatha Yoga (Ongoing)

Focus is on breath and visualization as you naturally develop improved body awareness, flexibility and core strength. Learn to work within your own limits at a deeper level to help in your own practice. Enjoy the music. Yoga is that essence of body/mind/spirit with a feeling of calmness and sense of self. Time for relaxation & meditation. Drop-in \$14. No class May 18.

Instructor: Natalia Nimetz

Mon		6:30pm-8:00pm
Apr 13-Jun 15	\$102/9 sess	44301.201KT
Jul 6-Aug 24	\$80/7 sess	44301.301KT

### Gentle Hatha Yoga

This is a Gentle Hatha Yoga class with a balanced creative approach. Enjoy learning yoga postures as you stretch for improved body awareness and alignment, flexibility and strength. Focus is on breath and visualizations. With the use of music, you are encouraged to explore and experience the freedom of movement in the poses (asana). Yoga helps you feel more energized, less tension and pain with improved concentration and circulation. Time for relaxation & meditation. Drop in \$14.

Instructor: Natalia Nimetz

Fri		10:30am-12:00pm
Apr 10-Jun 19	\$135/11 sess	44302.201KT
Jul 10-Aug 28	\$99/8 sess	44302.301KT

### Iyengar Yoga (All levels)

Improves flexibility, strength and endurance. As the body moves into alignment, less muscular work is required and relaxation increases naturally. The method is adaptable to suit individual needs, regardless of age or state of health. Drop-in \$18. No class May 18.

Instructor: Sharmeen Jacobs

Mon		8:30am-10:00am
Apr 13-Jun 29	\$168/11 sess	44300.201KT
Jul 6-Jul 27	\$63/4 sess	44300.301KT
Thu		10:30am-12:00pm
Apr 16-Jul 9	\$198/13 sess	44300.202KT

### Laughter Yoga

Laughter Sessions combine breathing exercises, gentle movement, and simulated laughter. Based on laughter yoga which was developed by Indian physician, Dr. Madan Kataria, laughter sessions are designed to help people connect with their inner child and re-discover joy, spontaneity, and creativity. Scientific research has proven that laughter benefits the circulatory, respiratory, cardiovascular and immune systems of the body. Drop-in \$9.

**Free trial class Apr 22. Please pre-register.**

Instructor: Jeannie Magenta

Wed		7:00pm-8:00pm
Apr 29-Jun 10	\$45/7 sess	44330.202KT







## Pilates & Yoga cont'd

### Power Yoga with Mira

Power yoga is a dynamic flow through a series of asanas or poses; combining breathing with movement or vinyasa. Students will be guided through yoga poses with breath work, focusing on awareness, strengthening, and body alignment. The emphasis will be on the mind-body connection and respecting our limitations and possibilities. From athletes to less active people, everyone can participate and have fun with this class. Drop-in \$14.

Instructor: Mira Yoga Inc

Thu	7:30pm-8:45pm	
Apr 2-May 7	\$69/6 sess	44309.210KT
May 14-Jun 18	\$69/6 sess	44309.211KT

### Yoga Made for Runners (All Levels)

Runners' Yoga is a dynamic stretching and strengthening program designed to help runners get fit for running and prevent or overcome injuries. The Yoga Made for Runners system will also restore balance to our body's musculature, return flexibility and suppleness to muscles, open tight, compressed joints and strengthen our core muscles. Drop-in \$15.

Instructor: Michael Dennis, www.yogamadeforrunners.com

Wed	6:30pm-7:45pm	
Apr 1-Jun 24	\$159/13 sess	44310.201KT

### Yoga4Stiff Guys (All Levels)

An all levels yoga series designed for guys who want to improve flexibility, increase strength, and relax the mind and body. Although everyone is welcome, this class pays special attention to parts of men's bodies that are often least flexible with an emphasis on poses to open the hips, quadriceps, hamstrings and lower back. Drop in \$15. No class May 18

Instructor: Misurka Yoga, www.misurkayoga.com

Mon	5:30pm-6:30pm	
Apr 13-Jun 8	\$107/8 sess	44370.201KT
Jun 15-Jul 27	\$94/7 sess	44370.301KT

### YogaTwists

Do you want to improve your core strength and core flexibility? Come & learn a safe, effective 15 minute home-based core yoga routine. Ideal for busy people, learn to regularly 'unwind' at home or complement other exercise or yoga.

Instructor: Brian Arthur, www.yogatwists.com

Thu	7:00pm-9:00pm	
Apr 9	Free	44240.200KT

## Support Groups

### Alzheimer's Support Group

We offer support and information to people experiencing memory problems and/or diagnosed dementia. Phone 604-675-5153 for more info and to register. 1st and 3rd Tuesday of each month.

Instructor: Alzheimer Society of BC

Tue	1:00pm-2:30pm	
Apr 7-Aug 18	Free	46000.210KT

### Kits MS Self Help Group

For individuals diagnosed with MS. Join this informal group in sharing & caring. For further information, please contact Wendy St Marie at 736-1240.

Facilitator: Wendy St. Marie

Fri	1:00pm-3:00pm	
Apr 10-Aug 28	Free	46001.200KT

## Martial Arts, Self Defense & Meditation

### Flow Kickboxing for Women

This class will focus on building basic non-traditional kickboxing skills, incorporating everyday props that can be used for self defense. Using body weight exercises, the class will help build core strength, endurance and flexibility in a fun and friendly atmosphere. Drop in \$12. No class May 18

Instructor: Dean Larsen

Mon	8:00pm-9:00pm	
Apr 13-Jun 22	\$103/10 sess	43425.201KT
Jul 6-Aug 24	\$73/7 sess	43425.301KT

### Qigong (All levels)

In this Qigong class, we will spend part of the time doing exercises from the Wai Dan, or "external elixir," which involves standing, moving about, mobilizing breath and Qi. We will spend the other part of the time doing practices from the Nei Dan, or "internal elixir," which involves sitting, visualizing, and working with the breath to move the Qi. Suitable for beginners. Drop in \$15. No class May 17

Instructor: Kelly Maclean

Sun	9:30am-10:30am	
Apr 12-Jun 28	\$146/11 sess	43454.203KT
Sun	9:00am-10:00am	
Jul 5-Aug 16	\$81/6 sess	43454.303KT



### Tai Chi - 24 Form (Beginner)

Tai Chi Chuan (Taijiquan) is a Chinese martial art and moving meditation, which explores the mind-body connection. Generally practiced slowly, the gentle, graceful movements of Tai Chi cultivate awareness, control, and the flow of Qi in the body. Regular practice of Tai Chi has been proven to improve sense of balance, powers of concentration, health and well-being. Suitable for adults of all ages and fitness levels. Drop-in \$15.

Instructor: Kelly Maclean

Thu	6:00pm-7:00pm	
Apr 9-Jun 25	\$159/12 sess	43454.202KT

### Tai Chi - 24 Form Review

This course is for those who have already studied the 24 Form, but may be missing a few pieces to the puzzle. This is an opportunity to ask questions, fill in the gaps, work on the difficult movements, and spend more time on the second half of the form. Drop-in \$15. No class May 17.

Instructor: Kelly Maclean

Thu	6:00pm-7:00pm	
Jul 9-Aug 13	\$81/6 sess	43454.313KT
Sun	12:30pm-1:30pm	
Apr 12-Jun 28	\$146/11 sess	43454.212KT
Sun	11:00am-12:00pm	
Jul 5-Aug 16	\$81/6 sess	43454.312KT

### Tai Chi - 48 Form Review

In this course, we will study the tail end of the 48 Form, from about Fair Maiden Works the Shuttles. Participants must have basic knowledge of the form up to this point. Drop-in \$15.

Instructor: Kelly Maclean

Thu	7:00pm-8:00pm	
Jul 9-Aug 13	\$81/6 sess	43457.312KT

### Tai Chi - 48 Form Part Two

In this course, we will study the second part of the 48 Form. Part One is a prerequisite. Drop-in \$15.

Instructor: Kelly Maclean

Thu	7:00pm-8:00pm	
Apr 9-Jun 25	\$159/12 sess	43454.201KT

### Tai Chi Fan Review

This course is for those who have already learned the 42 Fan form and would like to polish it up. Drop in \$15. No class May 17.

Instructor: Kelly Maclean

Sun	10:30am-11:30am	
Apr 12-Jun 28	\$146/11 sess	43454.204KT

### Tai Chi Sword - 32 Form Part One

The 32 Simplified Yang Style Sword form is an excellent form for those with no prior experience with the sword. This short form covers all the important basic techniques of sword. Experience with 24 Form (or some other empty hand form) is recommended. Part Two will be covered in the next session. Drop-in \$15. No class May 17.

Instructor: Kelly Maclean

Sun	10:00am-11:00am	
Apr 12-Jun 28	\$146/11 sess	43455.201KT

### Tai Chi Sword - 32 Form Part Two

This course is a continuation from the previous session. Part One is prerequisite. Drop-in \$14. No class Aug 2.

Instructor: Kelly Maclean

Sun	11:30am-12:30pm	
Jul 5-Aug 16	\$81/6 sess	43455.301KT

### Energy Healing Bodhi Meditation

Are you stressed, or suffering from insomnia, migraines, high-blood pressure, arthritis, menopause, or depression? This program has benefited over 10,000 people in Greater Vancouver. It teaches Postures & Movements to Absorb & Apply energy for self-healing and self-transformation; Meridian exercises; Drop-in \$6. No class May 18. **Free trial class Apr 13.**

Instructor: Peggy Somorai

Mon	10:00am-11:30am	
Apr 20-Jun 22	\$39/9 sess	44910.201KT

### Learn to Meditate

This class is about how to be more focused, loving and happy every day, about how to better manage our emotions and reactions to the world around us. Through simple step-by-step methods and concepts learn seated, moving, walking, standing and lying-down meditation. Drop in \$6. **Free trial class Apr. 1.**

**Please pre-register.**

Instructor: Jen-ni Kuo

Wed	7:30pm-9:00pm	
Apr 8-Jun 10	\$43/10 sess	45700.200KT
Jul 8-Aug 26	\$35/8 sess	45700.300KT

### Mindfulness Meditation for Beginners

Learn the basic mindfulness meditation skills. Mindfulness meditation in general reduces stress, depression, anxiety and other negative qualities while improving concentration, inner peace, health and quality of life. In addition, it changes brain and slows aging. This class will also benefit those who experience difficulty calming mind or never attended any mindfulness class. It is free from rituals and beliefs, such as dogma, mysticism and ideology.

Instructor: Sung Yang, www.LearnMindfulness.org

Fri	6:30pm-8:30pm	
Apr 10	\$19/1 sess	44906.200KT

### Meditation cont'd

Please see page 18.

# adults

## Meditation cont'd

### Mindfulness Meditation

#### Retreat: Healing & Transform

Join mindfulness meditation retreat to rest, heal and revitalize. Leaving behind the stresses and distractions of everyday life, develop inner peace and spacious mind. Also discover a deep happiness that arises naturally from within. Retreat provides an uninterrupted opportunity to meditate, and helps deepen your mindfulness meditation. Practice various meditation such as silent sitting, walking, eating, moving and discussion.

Instructor: *Sung Yang*, [www.LearnMindfulness.org](http://www.LearnMindfulness.org)

Sat 12:00pm-5:00pm  
May 23 \$25/1 sess 44906.201KT

### Mindfulness Meditation in Motion

If you can move, you can meditate! Learn to meditate with easy and gentle body movements. Particularly helpful for those who find it difficult to remain still or those who would like to learn skills of converting body movements into mindfulness meditation. Mindfulness meditation in general reduces stress, depression, anxiety and other negative qualities while improving concentration, inner peace, health and quality of life.

Instructor: *Sung Yang*, [www.LearnMindfulness.org](http://www.LearnMindfulness.org)

Sat 9:30am-12:00pm  
Jul 18 \$25/1 sess 44906.301KT

## Exercise Classes

### Bermuda Triangle (All Levels)

Do you buy your shirts two sizes too big? Tie your sweater around your waist? Avoid tucking in your shirt? Come and regain your confidence about your waistline! I developed the Bermuda Triangle based on the regular question from my participants; What can I do about my waist? The question was so frequent that I thought it's like a mystery for people; they want to change the shape of their body but don't know how. The Bermuda Triangle was born. I imagined a triangle, the top point at your chin and the bottom ending at your knees. We work everything within the triangle: the mid-section, chest & back, thighs, and buttocks. Work hard and watch your own natural "girdle" pull your waistline in! You will also be given easy exercises to take home with you that you can fit into your everyday life. Drop-in \$14. No class May 16.

Instructor: *Alejandra Aguirre*, [www.fitnessali.co](http://www.fitnessali.co)

Sat 10:30am-11:30am  
Apr 11-Jun 27 \$135/11 sess 44042.201KT  
Jul 11-Aug 29 \$87/7 sess 44042.301KT

### Callanetics

Lift and tighten your behind, flatten your stomach, slim your thighs and tighten your underarms and much more with this class! The unique CALLANETICS Exercise Method promotes deep muscle tone throughout the entire body increasing flexibility, strength and improving posture. Using a combination of mat work and ballet bar work, CALLANETICS exercises tighten, tone and lift muscles fast and you leave the class feeling great! Drop-in \$18. No class May 18 & Aug 3.

**FREE trial class Thur Apr 9, 8:15-9:15pm.**

**Please pre-register.**

Instructor: *Linda Shedden*, [www.callaneticsvancouver.com](http://www.callaneticsvancouver.com)

Mon 8:00pm-9:00pm  
Apr 13-Jun 22 \$153/10 sess 44095.201KT  
Jul 6-Aug 24 \$108/7 sess 44095.301KT  
Thu 8:15pm-9:15pm  
Apr 16-Jun 25 \$168/11 sess 44095.202KT  
Jul 9-Aug 27 \$123/8 sess 44095.302KT

## Exercise Classes cont'd

### Flexercise

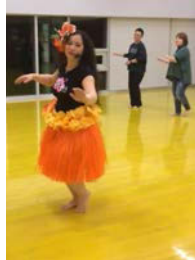
Flexibility and a strong core...the keys to staying active and healthy, to looking and feeling younger. Flexercise will help you achieve all that, using a combination of stretch, toning exercises and movements derived from both yoga and pilates. It's fun, challenging and appropriate for all ages. Drop-in \$15.

Instructor: *Joyce Resin*

Tue 6:00pm-7:00pm 44043.201KT  
Apr 21-Jun 23 \$133/10 sess  
Thu 6:00pm-7:00pm  
Apr 23-Jun 25 \$133/10 sess 44043.202KT

### Hot Hula Fitness

Hot Hula fitness is a Polynesian inspired, fun and exciting dance workout. Choreography is drawn from the islands within the Polynesian triangle set to Tahitian drum beats and infused with some old school grooves, reggae and funk. In 60 minutes, this "total body workout" isolates larger muscle groups, increasing strength and definition of the core, glutes, quads and arms. HOT HULA is easy to follow, low-impact and appropriate for all ages and fitness levels. Drop in \$10.



**Free trial class Apr 1. Please pre-register.**

Instructor: *Lehualani*

Wed 8:00am-9:00am 41785.211KT  
Apr 8-Jun 10 \$90/10 sess  
Wed 5:45pm-6:45pm  
Apr 8-Jun 10 \$90/10 sess 41785.201KT

### Osteofit Level 1

Provided in partnership with BC Women's Health Centre, this exercise program is for people with Osteoporosis. Emphasis is on building strength and improving balance to prevent falls. An education component on nutrition, treatment options, heart disease and osteoporosis is also included. Drop-in \$11. Seniors' rate available.

Instructor: *Monica Rafuse*

Tue 9:00am-10:00am 44099.201KT  
Apr 7-May 12 \$51/6 sess  
May 19-Jun 23 \$51/6 sess 44099.202KT  
Jul 7-Jul 28 \$35/4 sess 44099.301KT  
Aug 4-Aug 25 \$35/4 sess 44099.302KT  
Thu 9:00am-10:00am  
Apr 9-May 14 \$51/6 sess 44099.203KT  
May 21-Jun 25 \$51/6 sess 44099.204KT  
Jul 9-Jul 30 \$35/4 sess 44099.303KT  
Aug 6-Aug 27 \$35/4 sess 44099.304KT

### Zumba

This class fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It uses a variety of styles in its routines, including Cumbia, Soca, Merengue, Salsa, African, Reggaeton, Flamenco, and Bellydance. Zumba is a "feel-happy" workout that is great for both the body and the mind. Drop-in \$12. No class May 18.

**Free trial class Tue Apr 7, 6:35-7:35pm.**

**Please pre-register.**

Instructor: *www.zumbavancouver.ca*

Mon 6:45pm-7:45pm  
Apr 13-Jun 22 \$93/10 sess 41622.203KT  
Jun 29-Jul 27 \$48/5 sess 41622.303KT  
Tue 6:35pm-7:35pm  
Apr 14-Jun 2 \$75/8 sess 41622.201KT  
Jun 9-Jul 21 \$67/8 sess 41622.202KT

### Fifty Up! Flexercise for Boomers 50+

All the fitness elements we need for healthy aging: low-impact cardio, flexibility & core exercises, light weights for toning & maintaining strength. The exercises are safe, strategic & fun and can be modified for all fitness levels... plus the latest information on staying healthy over 50. Drop in \$17.

Instructor: *Joyce Resin*

Wed 8:30am-9:45am  
Apr 22-June 24 \$153/10 sess 44044.201KT

### Fit 4 Two® Tummies for Mummies & Infant Massage

First 30 minutes: Retrain your mind-CORE connection after childbirth. Improve CORE strength and flatten your tummy. Class is suitable (and effective) for women with abdominal separation. Second 30 minutes: Connect with baby through nurturing touch. Infant massage helps baby sleep better, relaxes and soothes, aids digestion, contributes to development, encourages bonding & improves communication. This class is designed for pre-mobile babies. Cost includes oil and handouts.

Instructor: *Fit 4 Two Van Westside*

Thu 1:00pm-2:00pm  
Apr 9-Apr 30 \$60/4 sess 44055.250KT  
May 7-May 28 \$60/4 sess 44055.251KT  
Jun 4-Jun 25 \$60/4 sess 44055.252KT

### Fit 4 Two® Stroller

#### Boot Camp at Kits Beach

Let's get outside! Includes a variety of drills that focus on strength, power, agility, balance, cardio and core. Benefit from the camaraderie of other moms in your community while getting in a full body workout. Designed for postnatal women who have already eased back into fitness. Drop in \$17

Instructor: *Fit 4 Two Van Westside*

Tue Thu 10:00am-11:00am  
Apr 7-Apr 30 \$119/8 sess 43593.201KT  
May 5-May 28 \$119/8 sess 43593.202KT  
Jun 2-Jun 25 \$119/8 sess 43593.203KT  
Jul 7-Jul 30 \$119/8 sess 43593.301KT

### Fit 4 Two® Stroller

#### Fitness at Kits Beach

A mobile way for you to get a full body work out and still be able to attend to your baby's needs. Includes intervals of power walking, functional strength training and cardio drills followed by postnatal-specific core work and flexibility. Women should be 4 plus weeks postpartum (6 weeks for caesareans). All fitness levels are welcome. Drop in \$15

Instructor: *Fit 4 Two Van Westside*

Mon Wed 10:00am-11:00am  
Apr 8-Apr 29 \$90/7 sess 43596.201KT  
May 4-May 27 \$103/8 sess 43596.202KT  
Jun 1-Jun 24 \$103/8 sess 43596.203KT  
Jul 6-Jul 29 \$103/8 sess 43596.301KT

### Fit 4 Two® Mom and

#### Baby Spin and Strength

This Baby Friendly class allows mom to get a great indoor Cycle fit workout AND attend to baby's needs at any time. Your instructor will take you on a journey through intervals of hill climbs, speed work and endurance riding combined with intervals of muscular endurance work, postnatal specific core work and flexibility. Benefit from increased energy, improved posture, and a stronger core. This is a fantastic opportunity to connect with other new moms in your community. Pre-mobile babies only please. Drop-in \$15.

Instructor: *Fit 4 Two Van Westside*

Tue 12:00pm-1:00pm  
Apr 7-May 26 \$103/8 sess 43594.201KT





## Aerobic Class Schedule April 1-August 31, 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Low Impact</b> 9:00-10:00 am	<b>Classic Stretch</b> 8:00-9:00 am	<b>Cardio Combo</b> 9:00-10:00 am	<b>Classic Stretch</b> 8:00-9:00 am	<b>Low Impact</b> 9:00-10:00 am	<b>Classic Stretch</b> 8:00-9:00 am	<b>Cardio Combo</b> 9:30-10:30 am (May 17 Snowy's)
<b>Gentle Fit</b> 10:10-11:10am		<b>Gentle Fit</b> 10:10-11:10am (Snowy's)		<b>Gentle Fit</b> 10:10-11:10am	<b>Muscle Fit</b> 9:00-10:00 am	
<b>Core Strength Plus</b> 5:30-6:30 pm (no class on stat)	<b>Cardio Core</b> 5:30-6:30 pm	<b>Total Body Conditioning</b> 5:30-6:30 pm (no class July 1)	<b>Cardio Combo</b> 5:30-6:30 pm	<b>Total Body Conditioning</b> 5:30-6:30 pm		
<b>Total Body Conditioning</b> 6:30-7:30pm (no class on stat)		<b>Cardio Interval</b> 6:30-7:30pm (no class July 1)	<b>Stat Holiday Class Schedule</b> Apr 3, 6, May 18, Jul 1, Aug 3 9:00-10:00 am Low Impact 10:10-11:10 am Gentle Fit			

## Class Descriptions

**Cardio Combo (moderate to challenging)** The ultimate cardio combination class. A mix of high/low power moves on the floor combined with muscle conditioning and core stability focus. A complete full body conditioning class designed for all fitness levels.

**Cardio Core (moderate to challenging)** Intervals of bootcamp style cardio and core strengthening exercises. All levels, exercises can be modified.

**Cardio Interval (mild to challenging)** A cardio combo class focusing on interval training for all fitness levels from beginner to advanced. Uses various styles of cardio and resistance training to burn fat more effectively.

**Classic Stretch (moderate)** This no cardio class will focus on increasing flexibility and calming the mind.

**Core Strength Plus (moderate)** Get those untrained muscles back into shape. Primary focus is on core exercises for lower back and abdominals. Class has some short cardio intervals.



**Gentle Fit (mild)** Perfect for beginners, returning to fitness, or recovering from an injury - talk to your instructor about any concerns.

**Low Impact (mild to moderate)** Great morning class to get you going - no jumping, easy on the joints.

**Muscle Fit (moderate to challenging)** Experience a complete strength training workout that focuses on all major groups. No cardio component.

**Total Body Conditioning (moderate to challenging)** An excellent class to tone, strengthen, and sculpt entire body!

## Aerobic Class Fees

Fees (GST included)	Adult	Student/ Youth	Senior
<b>Drop in</b>	\$5.35	\$4.00	\$3.75
<b>Strip of 10 Tickets</b>	\$48.00	\$36.00	\$26.75
<b>Fit Card</b> (1, 2, 3, 6 or 12 month)	\$43.00 and up	\$32.75 and up	\$30.70 and up
The Fit Card allows you to attend unlimited number of classes on the Aerobic Class Schedule.			
*Note: Schedule & Fees are subject to change without notice. Classes with insufficient attendance will be subject to cancellation			



# older adults

## Fitness, Health & Wellness

### Pickle Ball (all ages!) **NEW**

Come try out this popular easy-to-learn and exciting sport that combines elements of badminton, tennis and table tennis. It is played on a badminton-sized court using large paddles and whiffle balls. No experience needed. Beginners welcome. Seniors' drop-in \$3.50.

**Free Trial Mar 31 & Apr 2, 6:45-8:30pm. Please pre-register.**

Facilitators: Rochelle de la Girondy & Mark Bullen

Tu	3:30pm-5:15pm	
Apr 7-Jun 23	Senior \$39/12 sess	43099.210KT
Th	6:45pm-8:30pm	
Apr 9-Jun 25	Senior \$39/12 sess	43099.200KT

### Belly Dance - Seniors

This is a classic bellydance class using beautiful Middle Eastern melodies and rhythms, with movements emphasizing posture, grace and fluidity, keeping all the parts of the body moving. Each class begins with a 15 minute slow stretch warm-up, followed by slow hands, arms and posture exercises, then basic bellydance moves. A veil will be needed for class #4 onwards and can be borrowed or purchased from instructor. Drop-in \$9. No class May 19.

Instructor: Gail (Rahma) Haddad

Tue	1:00pm-2:00pm	
Apr 21-Jun 16	\$58/8 sess	51630.201KT

### Chair Yoga

Adaptive yoga is a gentle individualized therapeutic yoga practice for people who are not comfortable with getting down on floor. It combines simple breathing techniques with gentle movements and basic modified yoga postures, leading to relaxation and other benefits of yoga: increased strength, balance and flexibility both mental and physical. Yoga can be a great tool to connect body, mind, heart and spirit! Seniors' drop-in \$10.

Instructor: Roberta Seale-Cobiskey

Tue	1:30pm-2:30pm	
Apr 7-May 12	Seniors \$49/6 sess	44380.201KT
May 26-Jun 30	Seniors \$49/6 sess	44380.202KT
Jul 7-Aug 11	Seniors \$49/6 sess	44380.301KT

### Fifty Up!

#### Flexercise for Boomers 50+

All the fitness elements we need for healthy aging: low-impact cardio, flexibility & core exercises, light weights for toning & maintaining strength. The exercises are safe, strategic & fun and can be modified for all fitness levels... plus the latest information on staying healthy over 50. Senior drop in \$12.

Instructor: Joyce Resin

Wed	8:30am-9:45am	
Apr 22-June 24	Senior \$107/10 sess	44044.201KT

### Gentle Hatha Yoga

Enjoy learning yoga postures as you stretch for improved body awareness and alignment, flexibility and strength. Focus is on breath and visualizations. Yoga helps you feel more energized, less tension and pain with improved concentration and circulation. Please see page 16 for more info. Seniors' drop in \$10.

Instructor: Natalia Nimetz

Fri	10:30am-12:00pm	
Apr 10-Jun 19	Seniors \$95/11 sess	44302.201KT
Jul 10-Aug 28	Seniors 70/8 sess	44302.301KT

### Line Dancing (Recreational)

Did you know that line dancing is a fun & easy way to exercise the body & mind? It's also a wonderful way to lose weight and meet new friends. Please see page 14 for more info. No partner required.

Seniors' drop-in \$5. No class May 16.

Instructor: Lisa Dong

Sat	11:00am-12:30pm	
Apr 11-Jun 20	Seniors \$44/10 sess	41660.200KT
Jul 4-Aug 22	Seniors \$32/7 sess	41660.300KT

### Minds in Motion™

Minds in Motion™ is a fitness and social program for people experiencing early stage memory loss. They may attend on their own or with a friend, family member or caregiver. After the exercise portion, we'll play some games or just enjoy social time with light refreshments in a relaxed atmosphere. Note: spouse/caregiver attends for free. No class May 18 & Aug 3.

Instructor: Alzheimer Society of BC

Mon	1:00pm-2:00pm	
Apr 13-Jun 22	\$62/10 sess	56000.201KT
Jun 29-Aug 31	\$56/9 sess	56000.301KT

### Osteofit Level 1

Provided in partnership with BC Women's Health Centre, this exercise program is for people with Osteoporosis. Emphasis is on building strength and improving balance to prevent falls. An education component on nutrition, treatment options, heart disease and osteoporosis is also included. Seniors' drop-in \$8.

Instructor: Monica Rafuse

Tue	9:00am-10:00am	
Apr 7-May 12	Senior \$36/6 sess	44099.201KT
May 19-Jun 23	Senior \$36/6 sess	44099.202KT
Jul 7-Jul 28	Senior \$25/4 sess	44099.301KT
Aug 4-Aug 25	Senior \$25/4 sess	44099.302KT
Thu	9:00am-10:00am	
Apr 9-May 14	Senior \$36/6 sess	44099.203KT
May 21-Jun 25	Senior \$36/6 sess	44099.204KT
Jul 9-Jul 30	Senior \$25/4 sess	44099.303KT
Aug 6-Aug 27	Senior \$25/4 sess	44099.304KT

### Senior's Stretch and Strength

Achieve maximum efficiency and maintain flexibility, by joining this gentle stretch and strength chair fitness class. Format for workout includes a warm up to raise the body's temperature and prepare the muscles for the workout, 20 minutes of strength training with light weights and a cool down and stretch to bring the body back to a resting state. You will finish your workout with relaxation. Drop in \$3.50.

Instructor: Evelyn S. Legault

Wed	11:45am-12:45pm	
Apr 1-Jun 24	\$41/13 sess	54001.201KT
Jul 8-Aug 26	\$26/8 sess	54001.301KT

### Footcare Clinic

Have your toe nails cleaned and cut safely by a registered and certified foot care nurse. Manage also your callus, corns, diabetic feet, and fungal and ingrown nails. Foot assessment and teaching also provided to ensure healthy feet! Appointments are 30 minutes. Please call 604-257-6980 to reserve a time. Please bring your own towel.

Instructor: Tuhien Trieu, RN, BScN, Certified Footcare Nurse

Fri	10:30am-12:30pm	
Apr 10, May 22, June 12	\$39/1 sess	54802.201KT

### Zumba Gold

This low-impact dance-fitness class is for beginners and seniors. Dance easy-to-follow moves to zesty Latin music like salsa, cha cha and merengue and Rock & Roll (including the Twist and Charleston). Improve your balance, strength, flexibility and most importantly, heart in this "feel-happy" workout that is great for both the body and the mind. Drop-ins \$9. **Free trial class Apr. 2.**

**Please pre-register.**

Instructor: www.zumbavancouver.ca

Thu	1:00pm-2:00pm	
Apr 9-May 14	\$44/6 sess	51622.201KT
May 21-Jun 25	\$44/6 sess	51622.202KT

## Technology

### Computers Demystified - for complete Beginners

People get frustrated using computers because, over and over, they can't perform basic tasks, such as using email and browsers, sending and receiving documents and photos, playing music videos, or chatting with family and friends using video-conferencing software, such as Skype. This course will teach the required basic skills to be able to do so and much more.

Instructor: Moises Davidescu

Sat	10:00am-12:00pm	
Apr 11-May 2	\$99/4 sess	47150.201KT

### Android Smartphones & Tablets - for Beginners

Today's world is mobile and interconnected. Smartphones and Tablets are cheap, portable, and can provide all services that traditionally have been offered by computers, everywhere and anytime. In this workshop, we will explore the basics of both smartphones and tablets, and their differences with traditional desktops and laptops. We will analyze mobile devices based on Google's Android Operating System. This course will focus on basic device operation, "gestures", apps, and device settings.

Instructor: Moises Davidescu

Sat	10:00am-12:00pm	
May 23-Jun 13	\$99/4 sess	47150.210KT



### Apple Smartphones & Tablets - for Beginners

Today's world is mobile and interconnected. Smartphones and Tablets are cheap, portable, and can provide all services that traditionally have been offered by computers, everywhere and anytime. In this workshop, we will explore the basics of both smartphones and tablets, and their differences with traditional desktops and laptops. We will analyze mobile devices based on Apple's iPhones and iPads, running the IOS operating system. This course will focus on basic device operation, "gestures", apps, and device settings.

Instructor: Moises Davidescu

Sat	12:30pm-2:30pm	
May 23-Jun 13	\$99/4 sess	47150.211KT





## Social Recreation

### Duplicate Bridge

Come out and join our friendly group of Duplicate bridge players. Drop in \$2 per session.

Facilitator: John Gilbert  
Tue Fri 7:00pm-10:00pm  
Apr 7-Aug 28 Drop-in \$2 45991.201KT

### Fun Scrabblers

Come and join the Fun Scrabblers. Learn about different and new words. A great education!! Gentle and relaxing way to spend your afternoon. Enjoy a fun time. Nibble on a snack, sip a hot drink, meet new friends. Space is limited, so please pre-register.

Facilitator: David Smart  
Thu 1:00pm-4:00pm  
Apr 2-Aug 27 Free 55816.201KT

### Great Books Discussion Group

Enjoyable, rewarding discussions on a wide range of topics using recent and historical short stories, essays and other literary materials. Focus on one short selection weekly, chosen from volumes produced by experts at the Great Books Foundation. These books (\$35-\$45 each) generally provide material for 4-5 months.

Facilitators: Colin Mallet & Sheila Winder  
Tue 2:00pm-3:30pm  
Apr 7-Jun 30 \$9/13 sess 55817.201KT

### Honoring Anton's Coffee Break

Join us every Wednesday in Maddie's Lounge to share a chat over a cup of tea or coffee. Enjoy meeting new friends.

Wed 12:45pm-2:00pm  
Apr 1-Aug 26 Free 55818.201KT

### Kitsilano Book Club

Participate in lively discussions in a friendly and informal atmosphere. Please pre-register as space is limited. We meet on the second Wednesday of each month in Maddie's Lounge at 3pm (Apr 8, May 13 & June 10). Limited to 16. Books selected are from the Vancouver Public Library Book club sets when they become available.

Facilitator: Nona Thompson  
Wed 3:00pm-4:30pm  
Apr 8-Jun 10 Free 55801.201KT

### Kitsilano Walkers



This Volunteer organized walking group meets every Tuesday at 9:30am. Copies of the walk schedule are available at the front desk. This group operates independently from Kitsilano Community Centre.

Facilitator: Alice Bartek  
Tue 9:30am-2:00pm  
Apr 7-Aug 25 Free 54003.201KT

### Mah Jong

Come and play this popular Chinese game. The group welcomes somewhat experienced players. No instruction given. Please pre-register. No session May 18 & Aug 3.

Mon 12:00pm-3:00pm  
Apr 13-Aug 31 Free 55822.201KT

## Free Workshops

(Please pre-register)

### Powers of Attorney, Bank Accounts & Representation Agreements

Provides older adults with the information they need to protect their finances, recognize and respond to financial abuse, access community resources for further information or assistance, and make informed financial decisions that meet their needs. This workshop focuses on the importance of advance planning, forms of financial abuse through joint bank accounts and powers of attorney, and strategies to deal with financial abuse.

Instructor: BC Centre for Elder Advocacy & Support  
Fri 1:00pm-2:30pm  
Apr 10 Free 55899.201KT

### Federal & Provincial Gov't Benefits for Seniors

This workshop, facilitated by Nighat Afsar, BC-CEAS' Legal Advocate, covers information about seniors' benefits provided by the federal and provincial governments. These include Canada Pension Plan, Old Age Security, Guaranteed Income supplement, Fair PharmaCare, Shelter Aid for Elderly Renters (SAFER), and BC Senior Supplement.

Instructor: BC Centre for Elder Advocacy & Support  
Fri 1:00pm-2:30pm  
Jun 12 Free 55899.202KT

### I Just Ate What?

Learn why our bodies require more nutrients as we age and how various cooking methods affect those nutrients. Also, find out how making some simple changes in the groceries you buy and the way you prepare them can greatly benefit your health. You may be surprised at what you really are consuming!

Instructor: Debby Harsant (PARC)  
Fri 10:30am-11:30am  
Apr 17 Free 55890.200KT

More FREE Workshops

Please see page 13.

## Out Trips



Bus Company: Enjoy the Life Experience

### Britannia Mine Museum Tour

Visit the newly renovated Britannia Mine Museum featuring the Underground Adventure Tour! This tour includes the underground train, new exhibits, galleries, a visit into the Historic Mill Building, gold panning pavilion and a 2 course lunch on the Squamish River at the popular Watershed Grill. Finish the day at the Squamish Adventure Centre for the screening of the film "In the Shadow of the Chief". Please note: 48 steps lead to the underground train. Activity Level: Moderate.

Tue 8:15am-5:30pm  
Apr 28 \$89/1 sess 55704.201KT

### Hell's Gate, Bridal Falls & Othello Tunnels

The Fraser Canyon is filled with natural scenic beauty highlighted by Hells Gate, Bridal Falls and Othello Tunnels. Begin at Bridal Veil Falls Provincial Park with a short 25 minute walk to a waterfall that cascades down the rocks from 60 meters above. Next visit Hell's Gate, an abrupt narrowing of BC's Fraser River, located immediately downstream of Boston Bar in the southern Fraser Canyon. Take your breath away on the Hell's Gate Tram Ride, walk the short suspension bridge and visit the village for lunch and museum. Finish at Coquihalla Canyon Provincial Park for a leisure walk through Othello Tunnels displaying great history, scenery and offering some of BC's most beautiful landscapes. Activity Level: Moderate.

Mon 7:15am-7:30pm  
May 18 \$109/1 sess 55704.202KT

### Cultus Lake Country Tour

Spring into Summer at Cultus Lake for an afternoon of sightseeing and good fun at the lake's Main Beach Gazebo and Chilliwack Circle Farm tour stops. Walk along the boardwalk, take part in the bocce game or kite flying (optional) and relax in our reserved day use lake front picnic area. This tour includes lunch at Hofstede's Country Barn, afternoon desserts and refreshments served under Cultus Lake's Main Beach Gazebo and stops at Chilliwack River Valley Natural Honey and Smits & Co.w Farm Cheese. Activity Level: Easy.

Thu 7:45am-4:45pm  
Jun 25 \$89/1 sess 55704.203KT

### Night Market Tour

Night Market shopping is so much more than unique items and frugal finds. The open air on a summer night is filled with aroma of top shelf food vendors, exciting global merchandise and main stage entertainment! The Surrey Night Market is located within the Cloverdale Exhibition Grounds with 70 vendors and 3,000 people each event night. The Richmond Night Market has nearly 350 food and retail vendors. Find everything from electronics, accessories, clothing and jewelry, to knick-knacks, nightly entertainment and be sure to have room for the many food vendors. Check out the colourful and lively Summer Night Markets - a shopping experience like never before! Activity Level: Easy.

Fri 4:15pm-11:15pm  
Jul 3 \$59/1 sess 55704.301KT

### Sunshine Coast

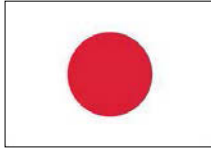
See why BC is called "Best Place on Earth". Visit Smuggler Cove located between Secret Cove and Half Moon Bay for an escorted walk to soak up this picturesque marine park's board walks and storied past. Enjoy lunch at Fellwater Farm and Gardens in a breathtaking outdoor setting overlooking beautiful Sechelt Inlet & the Coastal Mountain Range. Afternoon free time to shop & stroll in Gibsons Landing where CBC filmed the series The Beachcombers or relax at the picturesque Winegarden Waterfront Park. Please Note: Additional \$8 ferry fee applies to those under the age of 65 and to non BC residents. Activity Level: Moderate.

Thu 7:45am-6:30pm  
Aug 27 \$109/1 sess 55704.302KT

To register: [KITSCC.COM](http://KITSCC.COM) or call 604-257-6976

# older adults

## Multicultural Program



### Japan Presentation

April is cherry blossom month in Vancouver. It is an annual celebration that marks the reawakening in our community of all that makes us alive and human. We will be featuring Japan in the Spring. Come join us as we learn about this fascinating country's famous sights, culture, food and what makes it so unique. Special sweet and savoury snacks will be served.

Wed 1:00pm-2:30pm  
Apr 8 \$2/1 sess 55640.201KT

### Japan Crafts

Come and spend a pleasant afternoon creating special crafts like Origami (paper folding), number writing and fan making. Take home something to remember the Japanese culture.

Wed 1:00pm-2:30pm  
Apr 15 \$3/1 sess 55640.202KT

### Japan Cooking Class

Learn to make temaki, a simple hand rolled style sushi. We will be making vegetable temaki and other variations. This is a tasty afternoon snack. Tea and sweets will be served along with our creations.

Wed 1:00pm-2:30pm  
Apr 22 \$3/1 sess 55640.203KT

### Japan Luncheon

Dina, our caterer, and our Japanese friends will be preparing and serving a meal from the Honshu region of Japan. Entrees, salads and desserts common in the Spring will be featured. Games and prizes will be enjoyed as well.

Fri 12:30pm-2:30pm  
Apr 24 \$9/1 sess 55640.204KT

### Greece Presentation

The Greek community is one of the most well-known cultures in Metro Vancouver. Our local friends will be sharing their stories and giving us an update of life today in their homeland. We will be celebrating Vicky Mitropoulos's 90th Birthday with her family and friends this month. Snacks common to her region will be served.

Wed 1:00pm-2:30pm  
May 6 \$2/1 sess 55641.201KT

### Greece Dance Class

One of the traditional folk dances of Greece will be the feature of our dance event. A local dance group will not only entertain us with traditional dances, but will also teach a few simple dance steps. Come and join us along with the preschoolers for a very entertaining afternoon of dance and Greek snacks.

Wed 1:00pm-2:30pm  
May 13 \$3/1 sess 55641.202KT

### Greece Cooking Class

Greek food is very popular in the Lower Mainland. We will be teaching various versions of the classic Greek salad. As part of the experience, we will be sampling the finished product along with sweets and a drink.

Wed 1:00pm-2:30pm  
May 20 \$3/1 sess 55641.203KT

### Greece Luncheon

Dina will be catering a delicious Greek luncheon complete with meat entrees, roasted vegetables, Greek salad and a dessert. Our word bingo and prizes will complete our very popular event.

Fri 12:30pm-2:30pm  
May 29 \$9/1 sess 55641.204KT

### New York Presentation

New York remains one of the most popular cities in North America. It is unlike any other city in the world. We will hear from guests who have enjoyed either living or visiting the Big Apple. Tips on museums, galleries and shopping will be explored. New York's Original Nathan's Famous hotdogs will be our snack along with NYC chocolate chip cookies.

Wed 1:00pm-2:30pm  
June 3 \$2/1 sess 55642.201KT

### New York Music

Come and listen to our local popular singer, Angela Verbrugge. She sings the familiar songs from famous Broadway musicals that we all know and love. Learn a few dance steps along with our preschoolers. New York style pizzas will be served along with a favourite NYC sweet.

Wed 1:00pm-2:30pm  
June 10 \$3/1 sess 55642.202KT

### New York Cooking Class

Our cooking class will feature making a Waldorf salad. Come and enjoy this along with their famous black and white cookies.

Wed 1:00pm-2:30pm  
June 24 \$3/1 sess 55642.203KT

### New York Luncheon

Our special luncheon will feature New York style deli sandwiches and all the trimmings: potato salad, coleslaw and New York style cheesecake. Games and prizes help to make this a special celebration.

Fri 12:30pm-2:30pm  
June 26 \$9/1 sess 55642.204KT





# fitness centre

## Fitness Centre Hours

Monday-Friday ..... 6:00 am-11:00 pm  
 Saturday ..... 7:00 am-10:00 pm  
 Sunday ..... 7:00 am-10:00 pm  
 Stat Holidays ..... 7:00 am-10:00 pm

## Fitness Centre Admission

(Includes GST)	ADULT	YOUTH/SENIORS
Drop In	\$6.05	\$4.30
10 Visit Pass	\$48.40	\$34.40

## The Flexipass Membership

Enjoy flexible and affordable recreation with our no contract all access pass. Purchase a monthly Flexipass at any Park Board fitness centre and receive unlimited access to our 15 fitness centres, 9 indoor pools, 4 outdoor pools and 8 ice rinks. For more information and locations visit [vancouverparks.ca](http://vancouverparks.ca).

	ADULT	YOUTH/SENIORS
1 Month	\$47.54	\$33.28
3 Months	\$123.60	\$86.55
12 Months	\$393.90	\$275.75
GST is included in the above fees.		

## Take Advantage Of Our Free Fitness Consultations

Reach your fitness goals with our new consultation package. Call ahead to book up to 3 sessions with our highly trained Fitness Centre staff. Free with drop-in admission or included with your pass. 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 next session, our staff will monitor your exercise technique and answer any questions about your fitness program. Book a third session if you need additional support or motivation.

## Personal Training

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

(Includes GST)	Personal Training	Personal Training for 2
1 session	\$48.75	\$73.10
3 sessions	\$131.25	\$196.85
5 sessions	\$219.40	\$341.25
10 sessions	\$390.00	\$633.75

## Equipment & Facilities



Kitsilano Fitness Centre is a fully equipped 5,000 square foot facility. We offer a wide range of cardio equipment including stair climbers, elliptical cross trainers, AMTS concept II rowers, treadmills, upright, recumbent, Keiser indoor cycling bicycles

Kitsilano Fitness Centre also has a broad selection of Life Fitness, Apex machines, squat racks, bench press stations and free weights. If you are more interested in functional training we have 2 kinesiology machines, stability balls, exercise tubing and balance boards.

Complete your workout by relaxing in the sauna or whirlpool.

## Indoor Cycling

**Burn calories, build muscle, relieve stress! Indoor cycling is a group exercise performed on a specialized stationary bicycle. It is fun, accessible and effective!**

**Cycle Express:** 45 mins of riding, including a quick warm up and cool down; designed to get your workout in and to get you on your way.

**Cycle Fit:** 60 mins of indoor riding, with a longer warm up and cool down.

Cost: Drop in \$6.05; 10 visit pass \$50.40

see [www.vancouver.ca/kitsfitness](http://www.vancouver.ca/kitsfitness) for registration information

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Express 6:15am-7:00 am		Cycle Express 6:15am-7:00 am				Cycle Fit 8:00am-9:00am
					Cycle Fit 9:00am-10:00am	
			Cycle Fit 6:30pm-7:30pm			

Schedule is subject to change without notice.

### Reservation Procedure for Drop In Spots:

Call the Community Centre Front Desk at 604-257-6980 the day before your class to reserve a bike.

- Check in at the Front Desk to pay and collect your tag.
- For early morning classes enter and pay through the Fitness Centre.
- No voicemail or e-mail reservations are accepted.
- Participants can only register themselves and 1 other person.
- Waitlist spots will be released 5 mins before class start time.

## Ice Rink

Dry floor rental requests are submitted through the online process at [vancouver.ca](http://vancouver.ca) - similar to renting an ice rink.

Spring Learn to Skate lessons are available at Hillcrest and Sunset Rinks. Spring lesson schedules and registration dates are posted in pdf documents online starting mid March.



For more information about dry floor rentals, public skate schedules and skate lessons can be found at [vancouver.ca](http://vancouver.ca) or call 3-1-1.



# summer

## Daycamps

Check out pages 6, 9-11 for more daycamps

### Tiggy Summer Preschool (3-5 yrs)

This is a fun and exciting program where your child can maintain a social outlet during the summer holidays. Sign up for a few weeks or the whole summer! Please send your child with a snack and a water bottle. Hat is included in your 1st week of signing up.

*Instructors: Licensed Preschool Teachers*

<b>Mon-Fri</b>	<b>9:30am-11:30am</b>	<b>Jun 29-Aug 28</b>
\$67/week		15615.631-639KT
<b>Mon-Fri</b>	<b>12:30pm-2:30pm</b>	<b>Jun 29-Aug 28</b>
\$67/week		15616.631-639KT

### Kicks for Kids (6-12 yrs)

Each week has its own fun, imaginative theme, incorporating performing and visual arts, sports, mini day-trips, cooking and other activities. Each week features 2-3 out-trips. A fully completed and signed participant information/waiver/medical form must be submitted on the first day of camp.

<b>Mon-Fri</b>	<b>8:30am-3:30pm</b>	<b>Jun 29-Aug 28</b>
\$128/week		25605.531-539KT

#### Kicks for Kids After Care

After Camp care is an option designed for parents whose children are in Kicks for Kids & requiring extended care. Drop in is ONLY an option if space is still available, at \$15.

<b>Mon-Fri</b>	<b>3:30pm-6:00pm</b>	<b>Jun 29-Aug 28</b>
\$55/week		25607.531-539KT

## Art Camp

### Creative Expressions Art Camps (3-8 yrs)

A theme-based arts program combining visual art, drama, movement, creative writing/story telling and music. Within each theme we will look at different sources of inspiration, including books, art, the world around us and found/repurposed materials.

*Instructor, Shauna Farrell has been sharing her love of music and art with people of all ages for over 25 years. From preschool music lessons to teacher training in art, her passion is to provide opportunities for students to be creative, collaborative and pursue their interests while building strong skills that will allow them to develop their abilities and successfully express themselves.*

Check out pages 6,9,10 and 11 for more camps!  
**Sports - Music - Technology - Dance - French**

### Around the World (3-8 yrs)

Explore the arts of different countries and cultures and perhaps create a world of our own!

<b>3-5 yrs</b>		10:00am-12:00pm
Mon-Fri	\$69/5 sess	12055.301KT
Jul 13-Jul 17		
<b>6-8 yrs</b>		1:00pm-3:00pm
Mon-Fri	\$69/5 sess	22055.301KT
Jul 13-Jul 17		

### A Fantasy World (3-8 yrs)

Discover a "whole new you" by exploring puppets and masks as different ways of expressing ourselves and other characters.

<b>3-5 yrs</b>		10:00am-12:00pm
Mon-Fri	\$69/5 sess	12055.303KT
Aug 17-Aug 21		
<b>6-8 yrs</b>		1:00pm-3:00pm
Mon-Fri	\$69/5 sess	22055.303KT
Aug 17-Aug 21		

### The Natural World (3-8 yrs)

Beauty is all around us! Plants, animals, water, insects, weather and the seasons all provide inspiration, and often materials, for creating an unlimited variety of art.

<b>3-5 yrs</b>		10:00am-12:00pm
Tue-Fri	\$56/4 sess	12055.302KT
Aug 4-Aug 7		
<b>6-8 yrs</b>		1:00pm-3:00pm
Tue-Fri	\$56/4 sess	22055.302KT
Aug 4-Aug 7		



**KITSILANO WAR MEMORIAL COMMUNITY CENTRE**

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