



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

PROGRAM REGISTRATION

vancouver.ca/marpoleoakridgerec

FITNESS CENTRE

vancouver.ca/marpoleoakridgefitness

COMMUNITY CENTRE

marpoleoakridge.org



Marpole-Oakridge Community Centre

Fall 2019 Recreation Guide

PROGRAMS RUNNING:

September 3 to December 24

Fall Registration starts Tuesday, August 13, 2019 at 7:00pm

Get in touch with us

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

COMMUNITY CENTRE

604-257-8180 (Press 1)

FITNESS CENTRE

604-257-8174

EMAIL

marpolecc@vancouver.ca

ONLINE

www.marpoleoakridge.org

Fall Operating Hours

September 3 - December 24

COMMUNITY CENTRE

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

Friday 9:00am to 8:00pm

Saturday 9:00am to 4:00pm

Sunday & Statutory Holidays Closed

Centre Office closes 30 minutes earlier than the centre

Holiday Hours:

Community Centre HOURS Dec 24: 9am-5pm

Community Centre CLOSED Dec 25-Jan 1

See below for modified Fitness Centre Hours

FITNESS CENTRE & RACQUETBALL COURT

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

Friday 8:00am to 8:00pm

Saturday 9:00am to 4:00pm

Sunday & Statutory Holidays

9:00am to 1:00pm

Whirlpool/Sauna closed Mon to Fri
11:45am-3:00pm

Whirlpool/Sauna closes 15 minutes earlier than the fitness centre

Holiday Hours:

Fitness Centre CLOSED Dec 25

Fitness Centre open 9:00am-1:00pm Dec 26-Jan 1

BROCHURE DESIGN CONCEPT:

Corinne Kempen | www.corinnekempen.com

PRODUCTION DESIGN:

Lena Ko | www.lenako.com

Interactive Brochure • available at

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

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

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

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

Refund Policy

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

Exceptions

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

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Fall 2019 President's Message



The consultation for the new Community Centre siting and design has begun. Some of you may already be involved in this. The first step is for the Park Board to design a "Master Plan for Oak Park" This will result in the decision as to where the new building will be physically located on Oak Park. We are perhaps 6 months behind schedule at this writing and we hoping to open the new building in 2023. Please get involved with any consultation that comes your way.

As you may know there was a line item in the Capital Plan for a new outdoor pool for Marpole and this passed as well. Consultation will be starting soon on this question. Make sure you watch for this too.

The new fiscal year is going very well with good fiscal results. A strong excess revenue is being projected for this fiscal year. We will return to the Community via programs and passes for those in need as we get the final results. Once again the operations of the Community Centre are a testament to the professionalism of the Staff. Our hats are off to them!

The Music in the Park series hasn't quite started as of this writing but we are anticipating a good turn out as usual. Watch for the announcements. This is great family time!

The Marpole Festival planning was a big hit! Approximately 4,000 people came out along with local, provincial and federal politicians. By all appearances everyone had a great time. Smiles are were very evident. Thanks again to our small group of dedicated volunteers who made this happen. Please consider joining them next year.

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

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

Mike Burdick [President]

Association Memberships

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

● See page 31 for more AGM information.

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

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

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

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

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

MOCA Board of Directors 2018-2019

Lorna Brown
Mike Burdick
Aimee Clare
Megan Hooft
Corinne Kempen
Albert Leung
Henry Liao
Ann Mucai
Andy Yuen
Norman Zottenberg
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MARPOLE COMMUNITY DAY

Thank you to our sponsors!



Hosted by Marpole-Oakridge Community Association and Vancouver Board of Parks & Recreation
www.marpoleoakridge.org



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Special Events



PUMPKIN CARVING

Get into the spooky spirit as you carve your own jack-o-lantern. We will supply some carving tools and ghoulish music and don't forget to wear your costume if you dare. Parent participation is required. Please pre-register by Oct 24 so we can ensure we have enough pumpkins

All Ages	Register by Oct 24
235524	\$4/1 Pumpkin
Oct 30	W 4:00pm-5:00pm



HALLOWEEN HOWLERS & HAUNTED HOUSE

Come dressed in your Halloween finest for a fun filled morning of creepy crafts, boo-tiful face painting, spooktacular games, entertainment, haunted house and more! Parent or guardian participation is required.

1-6 yrs	Register by Oct 20
235521	\$4/1 sess
Oct 25	F 5:30pm-7:00pm



Breakfast with Santa

Who says Santa only comes on Christmas Eve? Join Santa's helpers for pancakes, goodies, coffee, juice and family entertainment, including play time in the gym, before a visit from Santa. Bring your camera and your appetite! Seating is on a first come, first serve basis. Doors open at 9:45am. Breakfast will be served at 10:15 am sharp. Register early to guarantee breakfast! Children under 1yr are free. Parent participation and payment is required.

All Ages	Register by Dec 1
235531	\$6/1 sess
Dec 14	Sa 10:00am-11:30am

70th HAPPY BIRTHDAY

Marpole-Oakridge Community Centre's Birthday

Come out and help us celebrate MOCC's 70th birthday. There will be games, crafts, live entertainment, and birthday cake.

All Ages	FREE
Nov 9	Sa 11:00am-2:00pm

Family Movie Nights

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

All Ages
Youth Volunteers FREE
Sep 20-Dec 13 F 6:00pm-8:00pm



Marpole-Oakridge Community Centre Association looks forward to working with the newly opened Marpole Neighbourhood House to service the people of this community.

Parent & Tot Social

Parent & Tot Chat & Play

All caregivers of children ages 0-5 are invited to drop in and enjoy a hot drink and friendly conversation while their little ones make new friends with children their age. Activities include playdough, crafting and colouring, and a story time. A variety of toys will be available for the children to play with. Come and enjoy a chance to talk with other adults and watch your children learn to interact with the world around them! No session Oct 14 and Nov 11.

0-5 yrs **MO Volunteer**
235759 **Free**
Sep 9-Dec 16 **M 10:45am-12:15pm**



Parent & Tot Drop-In Gym!

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

0-6 yrs **Parent supervision required**
235766 **\$2.50/Drop-In**
Sep 14-Dec 7 **Sa 10:40am-12:15pm**

Wee Expressions

Come and join us on an adventure of imagination in songs while we engage a child through a mixture of free play & structure. In our classes, parents and children (1-4 yrs) alike take pleasure in the interactive nature of the classes and jointly participate in singing, instrument playing, learning manners, brain gym, accompanying song actions, baby sign language and dances with a refreshing sense of exploration and fun. Wee Expressions is more than the traditional children's music program. Our curriculum is based on researched methods surrounding the benefits of music infused with Music Therapy techniques. There is a materials fee of \$15 for CD and lyrics booklet included in the fee. Additional siblings may register for the discounted price of 25% off, by phone or in-person. Drop-in is \$15.00

0-4 yrs **Musical Expressions**
235151 **\$166/12 sess**
Sep 27-Dec 13 **F 9:45am-10:30am**

Drum with Me - NEW

Come join us on a drumming adventure. Parents with their child will drum together creating rhythms. There will be art, movement and musical story telling time with the drums as well. Drums will be provided during class and you are welcome to bring your own instead. \$12 drop-in, space permitting.

0-4 yrs **Musical Expressions**
235154 **\$108/12 sess**
Sep 27-Dec 13 **F 10:45am-11:15am**

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

Register
 Early!

Performing Arts

Zumbini®

Sing, dance and play as you bond with your child! Created by Zumba® and BabyFirst for kids ages 0-4, the Zumbini® program combines music, dance and playing instruments for 45 minutes of can't-stop, won't-stop bonding, learning and fun! Each course includes a Zumbini bundle including a plush toy, original songbook and music to continue the fun at home. In this session we will be doing 'Kalino Finds The Music'. Come and join the Zumbini family! Can't wait to sing and dance with you and your little ones soon! Parent participation is required. No class Oct 8 and Nov 12.

0-4 yrs **Maayan Amitov**
241549 **\$100/6 sess**
Sep 17-Oct 29 **Tu 10:30 am-11:15 am**
241550 **\$100/6 sess**
Nov 5-Dec 17 **Tu 10:30 am-11:15 am**

Parent & Tot Ballet

Introduce your little ones to the world of dance. Classes are designed to encourage little dancers to join in and have fun while dancing with mom or dad. No classes Oct 12 and Nov 9.

1-2 yrs **Vancouver Performing Stars**
234153 **\$105/11 sess**
Sep 26-Dec 5 **Th 6:00pm-6:30pm**
234154 **\$110/10 sess**
Sep 21-Dec 7 **Sa 9:30am-10:15am**

Mini Ballet

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

3-4 yrs **Vancouver Performing Stars**
234151 **\$121/11 sess**
Sep 26-Dec 5 **Th 4:30pm-5:15pm**

Language

Chinese Dance Intro

Your child will be introduced to Chinese Dance fundamentals through curriculum inspired by the Beijing Dance Academy, taught by the well established Phoenix Dance School. Grace, beauty, inner strength, and flexibility, your child will be exposed to Chinese culture and some mandarin language through active participation. Meet friends, have fun, self discovery and body conditioning; allow your child to rise to a new challenge. No previous experience required. Increased technique is expected at each progressive level. Dress: tight stretchy clothing - athletic top, bike shorts, body suit; leggings; ballet flats; long hair tied in a ponytail or bun. www.vpdance.ca. No classes Oct 14 and Nov 11.

3-5 yrs	Phoenix Dance School
238404	\$132/11 sess
Sep 16-Dec 9	M 5:45pm-6:30pm

Mini Hip Hop - NEW

Want to learn how to move to and groove to your favourite tunes? Learn the basic style of hip hop dance in this high energy program. Discover new and exciting moves while learning fun and challenging choreography. Beginners welcome! Leave feeling energized, confident and excited about dance. Child must be able to attend class alone. No classes Oct 12 and Nov 9.

3-4 yrs	Vancouver Performing Stars
234152	\$110/10 sess
Sep 21-Dec 7	Sa 10:15am-11:00am

WE WANT TO HEAR FROM YOU!

Get in touch!
marpolecc@vancouver.ca



Little Performers

Participants will have fun acting out fairy tale stories and playing theatre games with Natalia Vasiluk, a professional actress, director and a talent agent. They will do simple rhythmical exercises using musical instruments. Kids will also have an opportunity to express themselves through puppet characters.

3-5 yrs	World Of Fairy Tales
236412	\$87/11 sess
Sep 25-Dec 4	W 3:45pm-4:30pm



Fun Time In Mandarin 1 - Beginner

Singing, musical games, stories and more. Learning a new language can be exciting, and is important to your child's development. In this class, children and parents/grandparents/caregivers can learn simple words and phrases in Mandarin, while engaging in fun filled activities. Explore and enjoy the sounds and beauty of Mandarin together! For children with no previous experience in Mandarin. No session Oct 12, Nov 9.

2-5 yrs	Doris Shi
235069	\$72/6 sess
Sep 14-Oct 26	Sa 9:30am-10:15am
235081	\$72/6 sess
Nov 2-Dec 14	Sa 9:30am-10:15am

Fun Time In Mandarin 2 - Intermediate

Singing, musical games, stories and more. Learning a new language can be exciting, and is important to your child's development. In this intermediate level class, children who have a basic vocabulary or are already speaking some mandarin at home, will get the chance to practice more advanced concepts while engaging in fun filled activities. Explore and enjoy the sounds and beauty of Mandarin together! For children with some previous experience in Mandarin. No session Oct 12, Nov 9.

2-5 yrs	Doris Shi
235070	\$72/6 sess
Sep 14-Oct 26	Sa 10:30am-11:15am
235082	\$72/6 sess
Nov 2-Dec 14	Sa 10:30am-11:15am

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

Register Early!

Physical Recreation

Gymnastics

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

2-3 yrs	Bear Feet Gymnastics
236330	\$144/12 sess
Sep 17-Dec 3	Tu 11:15am-12:00pm
3-5 yrs	
236331	\$144/12 sess
Sep 17-Dec 3	Tu 12:00pm-12:45pm



Kids Soccer

This indoor soccer program will emphasize the development of basic soccer skills i.e. dribbling, shooting, and passing. Boys and girls are welcome to come out and improve their soccer skills. No session Oct 14, 21 and Nov 11.

4-5 yrs	Jesse Woolverton
235743	\$75/10 sess
Sep 16-Dec 9	M 3:30pm-4:15pm

WE WANT TO HEAR FROM YOU!

Do you have program idea?
Do you have feedback?
Get in touch!
marpolecc@vancouver.ca



Sportball Parent & Tot Multisport

Sportball Parent & Child programs help preschoolers to refine their motor skills, such as balance and coordination, as well as develop their social skills such as confidence, following instructions, turn-taking and sharing. Coaches introduce a different sport each class using developmentally appropriate games and activities. Sportball maintains a one-parent-per-child ratio policy in all Parent Child programs to ensure that focus is kept on helping little ones practice and progress. No class Oct 12 and Nov 9. For more, visit www.sportball.ca.

2-3 yrs	Sportball Vancouver
235403	\$80/ 5 sess
Sep 14-Oct 19	Sa 11:15am-12:00pm
235433	\$80/ 5 sess
Oct 26-Nov 30	Sa 11:15am-12:00pm

Sportball Jr

This program is a perfect introduction to Sportball. Children and parents participate in sports, creative games, songs, rhymes, stories, bubble time and much more. Although these programs focus more on exploration, children will be introduced to a different sport each week. Parent participation is required. No class Oct 12 and Nov 9.

18-24 mos	Sportball Vancouver
243007	\$80/5 sess
Sep 14-Oct 19	Sa 10:30 am-11:15 am
243008	\$80/5 sess
Oct 26-Nov 30	Sa 10:30 am-11:15 am

Visual Art

Preschool Drawing

Encourage your preschooler's enthusiasm for art. This fall, Young Rembrandts introduces drawing lessons that will excite your budding artist. A vibrant drawing of a rainbow will introduce our students to the wonderful world of color. An illustration of an airplane will take them to new heights. A delicious-looking drawing of an ice cream sundae will delight those with a sweet tooth, and learning to draw a friendly lion has never been more fun. These are just a few of the many great lessons our students will learn. There's no better time than NOW to enroll your child into a Young Rembrandts class! www.youngrembrandts.com. No session Oct 14 and Nov 11.

3-5 yrs	Young Rembrandts
234182	\$117/6 sess
Sep 16-Oct 28	M 3:30pm-4:20pm
234322	\$117/6 sess
Nov 4-Dec 16	M 3:30pm-4:20pm



Licensed Preschool



Marpole-Oakridge Preschool 604.257.8180

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

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

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

Preschool staff



Natsuko Motegi



Gabriella Kirton

Hours

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

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

Fees :

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



Marpole Neighbourhood House (MNH)

Marpole Neighbourhood House (MNH), located in the old Fire Hall No. 22 at 8585 Hudson Street, is finally open! MNH provides a safe space and opportunities for Marpole community members to strengthen their leadership capacities and build a better neighbourhood. Spaces include a computer lab, family resource room, youth lounge, studio, and multipurpose room that will offer activities for seniors, employment seekers and newcomers, as well as community meals. This is just the beginning. We would like to hear from you to learn what you would like to see at your neighbourhood house. Please visit www.marpolenh.org, email us at community@marpolenh.org or call 604.628.5663 to learn about our hours of operation and about upcoming events.

MARPOLE OAKRIDGE DAYCARE SOCIETY

"A Child Care Learning Centre"

This non-profit licensed group daycare for children 2.5 to 5 years of age has served the Marpole Community since 1974.

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

For more information
 call 604-325-5516,

email mods@telus.net
[/marpoleoakridgedaycare.com](http://marpoleoakridgedaycare.com)

Birthday Parties

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

Suitable for a class, club, family celebration or birthday party, you provide the food, we'll provide the space! Cost includes the Upper Lounge (with attached kitchen) for 3 hours (12:00pm-3:00pm, with a max capacity of 70) to host your party, plus 1 hour of supported gym time (12:30pm-1:30pm) with a variety of age appropriate activity options available. Please complete your party information and planning sheet at least one week prior to your party. Book early to avoid disappointment! No session Nov 9 and Dec 14.

1-15 yrs **No Instructor**
\$155/1 sess
Sep 7-Dec 21 Sa 12:00pm-3:00pm

Family Movie Nights

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

All Ages
Youth Volunteers FREE
Sep 20-Dec 13 F
6:00pm-8:00pm



Private Music Lessons

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

Flute Lessons

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

6+ yrs	Andrea Minden
236200	\$329/14 sess
Sep 11-Dec 11	W 4:30pm-7:30pm

Violin

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

5+ yrs	Ali Nourbakhsh
235118	\$364/14 sess
Sep 10-Dec 10	Tu 3:30pm-5:00pm
235108	\$364/14 sess
Sep 11-Dec 11	W 3:30pm-8:30pm



Private Piano Lessons

Love the world of music and the piano through most enjoyable songs and pieces. Develop proper technique with fun exercises. Piano lessons cover dexterity, listening, rhythm and theory. For all ages and levels. Lessons are scheduled in 30 minute time slots. No session Oct 14, Nov 11.

5+ yrs	Roy Sun
228144	\$282/12 sess
Sep 16-Dec 16	M 3:00pm-7:30pm
5+ yrs	Meshe Dumond
235632	\$282/12 sess
Sep 19-Dec 12	Th 3:30pm-7:30pm
6+ yrs	Andrea Chang
228123	\$305.50/13 sess
Sep 17-Dec 10	Tu 3:30pm-7:00pm
228130	\$258.50/11 sess
Sep 20-Dec 13	F 3:30pm-7:00pm
228137	\$258.50/11 sess
Sep 21-Dec 14	Sa 9:30am-12:30am
6+ yrs	Jinsol Kim
230608	\$282/12 sess
Sep 9-Dec 9	M 4:00pm-8:30pm
230598	\$305.50/13 sess
Sep 18-Dec 11	W 3:30pm-8:30pm



Meshe has been teaching piano and voice since 2005, and takes great delight in providing a solid foundation for musical exploration in classical, pop, jazz and songwriting. Meshe is also available to teach lessons in French!



Ukulele or Guitar Lessons

Have you always wanted to learn a string instrument? We offer private guitar or even ukulele lessons to get you started. This program is based on special interests and fundamental goals that serve the humble of beginners all the way to tomorrow's prodigies. All classes are set in a fun, stress free environment. All students are required to bring their own guitar or ukulele to the lessons. <http://www.musicaexpressions.ca>. No classes Oct 31.

5+ yrs	Musical Expressions
	\$336/14 sess
Sep 10-Dec 10	Tu 3:30pm-8:00pm
	\$312/13 sess
Sep 12-Dec 12	Th 3:30pm-8:00pm

Private Singing Lessons

Private singing lessons are for people of all ages who love to sing, no experience necessary. Students will learn to express themselves through singing and having fun! Lessons are scheduled in 30 minute time slots. Current students have scheduling priority. No classes Oct 12 and Nov 9.

9+ yrs	Gina Morel
	\$336/12 sess
Sep 12-Dec 12	Th 5:00pm-8:00pm
	\$336/12 sess
Sep 14-Dec 14	Sa 10:00am-2:00pm



Education

Healthy Cooking for Kids - NEW

In our healthy cooking classes, kids learn fundamental cooking skills they will use their entire lives. Each week, we follow a healthy recipe that we share at the end of class. Our vegetarian recipes are carefully selected by holistic nutritionists, so that we can focus on fruits, vegetables, nuts, seeds and other wholesome yumminess. Our focus is on seasonal, local and organic whole foods rather than processed foods. Recipes can further be adapted to meet specific needs such as food allergies and sensitivities.

6-12 yrs **Graines De Chefs**
238419 **\$138/12 sess**
Sep 18-Oct 23 **W** **3:45pm-4:45pm**
6-12 yrs **Graines De Chefs**
238421 **\$138/12 sess**
Nov 6-Dec 11 **W** **3:45pm-4:45pm**

Intro To Chess

Come jump into the intricate world of chess. Each 90 minute session will be full of chess puzzles, supervised games and game analysis. This comprehensive and progressive program allows students to learn how to play chess in the optimal manner by gradually increasing complexity. No session Oct 14 and Nov 11.

6-12 yrs **Vancouver Chess School**
234823 **\$176/11 sess**
Sep 16-Dec 9 **M** **4:00pm-5:30pm**

LEGO Inventions

Everything we use was once someone's invention! Find out the origins of things and learn how inventions solve (or create) problems. Students will be constructing a model of various inventions using LEGO Technic. All go home with a customized Minifigure.

4-8 yrs **Bricks 4 Kidz Vancouver**
242941 **\$180/12 sess**
Sep 24-Dec 10 **T** **4:00 pm-5:00 pm**

Red Cross Babysitting Course

Do you or your parents want to feel confident knowing you are responsible on your own and have the skills to deal safely with an emergency situation? First Aid. Active role-play! Interactive and fun! Please bring a bag lunch (no nuts please), pen or pencil, small blanket or medium sized towel, medium sized doll or stuffed animal, plenty of water and snacks. Course Content- Canadian Red Cross Principals- My family and me- My time: scheduled and leisure activities- Expecting The Unexpected- Healthy Choices- First Aid (Handwashing, Check, Call, Care, Complete Choking, Alone, Auto-Injector, Life-Threatening External Bleeding)

11-16 yrs **First Aid Hero**
235376 **\$60/1 sess**
Oct 12 **Sa** **9:00am-4:00pm**
235377 **\$60/1 sess**
Jan 4 **Sa** **9:00am-4:00pm**

Red Cross StaySafe! Course

Do you or your parents want to feel confident knowing you are responsible on your own and have the skills to deal safely with an emergency situation? First Aid. Active role-play! Interactive and fun! Please bring a bag lunch (no nuts please), pen or pencil, small blanket or medium sized towel, medium sized doll or stuffed animal, plenty of water and snacks. Course Content- Canadian Red Cross Principals- My family and me- My time: scheduled and leisure activities- Expecting The Unexpected- Healthy Choices- First Aid (Handwashing, Check, Call, Care, Complete Choking, Alone, Auto-Injector, Life-Threatening External Bleeding)

9-10 yrs **First Aid Hero**
235383 **\$60/1 sess**
Nov 9 **Sa** **9:00am-3:00pm**

Learning with Magic

Want to be a magician? Learn to perform magic tricks, illusions, and basic sleight of hand. Make your own illusions and amaze your family and friends with your new performance and storytelling skills. All props are provided and included in the class fee. No session Oct 14 and Nov 11.

6-12 yrs **Caroline Dyck**
235801 **\$168/8 sess**
Sep 23-Nov 25 **M** **3:30pm-5:00pm**

Fun with Phonics

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

4-7 yrs **Dominic Ponce**
241509 **\$65/10 sess**
Sep 26-Nov 28 **Th** **4:00 pm-4:45 pm**

Writer's Workshop

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

8-12 yrs **Dominic Ponce**
241513 **\$68/10 sess**
Sep 26-Dec 5 **Th** **5:15 pm-6:00 pm**

The Parent-Child Relationship Parenting

A different approach to understanding and managing behavior. Explore how family dynamics can affect your parenting practices and your child's behaviour. Learn evidence-based strategies to develop resilience and self-regulation in your child. Milo Wu is a Registered Clinical Counsellor.

19 yrs+ **Milo Wu**
242918 **\$30/1 sess**
Nov 9 **Sa** **9:30 am-11:30 am**

Performing Arts

Speech Arts and Drama

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

6-9 yrs **World Of Fairy Tales**
236413 **\$87/11 sess**
Sep 25-Dec 4 **W** **4:30pm-5:15pm**

Junior Ballet

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

5-7 yrs **Vancouver Performing Stars**
234149 **\$121/11 sess**
Sep 26-Dec 5 **Th** **5:15pm-6:00pm**

Junior Hip Hop - NEW

Want to learn how to move and groove to your favourite tunes? Learn the basic style of hip hopdance in this high energy program. Discover new and exciting moves while learning fun and challenging choreography. Beginners welcome! Leave feeling energized, confident and excited about dance. Dancers enrolled in this program will be invited to perform with VPS in December. No classes Oct 12 and Nov 9.

5-7 yrs **Vancouver Performing Stars**
234150 **\$110/10 sess**
Sep 21-Dec 7 **Sa** **11:00am-11:45am**

Chinese Dance Intro

Your child will be introduced to Chinese Dance fundamentals through curriculum inspired by the Beijing Dance Academy, taught by the well established Phoenix Dance School. Grace, beauty, inner strength, and flexibility, your child will be exposed to Chinese culture and some mandarin language through active participation. Meet friends, have fun, self discovery and body conditioning; allow your child to rise to a new challenge. No previous experience required. Increased technique is expected at each progressive level. Dress: tight stretchy clothing - athletic top, bike shorts, body suit; leggings; ballet flats; long hair tied in a ponytail or bun. www.vpdance.ca. No classes Oct 14 and Nov 11.

6-10 yrs **Phoenix Dance School**
238405 **\$264/11 sess**
Sep 16-Dec 9 **M** **6:30pm-8:00pm**



Korean Pop Music (KPOP) 1

Students will be introduced to the world of Korean Pop Music Dance, which involves high dynamics cardio, learning Korean pop culture and having lots of fun! Taught by the well established Phoenix Dance School, come experience Korean music video style dance through active vocal / lip synch and physical participation. Learn teamwork while supporting classmates and meeting friends. Includes end of program performance. No previous experience required. Dress: comfortable sports clothing. Bring your water bottle! www.vpdance.ca No classes Oct 14 and Nov 11.

6-12 yrs **Phoenix Dance School**
238406 **\$176/11 sess**
Sep 16-Dec 9 **M** **4:45pm-5:45pm**

Musical Theatre 1

Students will be introduced to the world of musical theatre, which includes singing, dancing and acting. Taught by the well established Phoenix Dance School, come experience Broadway musical through active vocal and physical participation. Learn teamwork while supporting classmates, having fun and meeting friends. Includes end of program performance. No previous experience required. Dress: comfortable sports clothing. Bring your water bottle! www.vpdance.ca. No classes Oct 14 and Nov 11.

6-12 yrs **Phoenix Dance School**
238407 **\$220/11 sess**
Sep 16-Dec 9 **M** **3:30pm-4:45pm**

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



Physical Recreation

Kids Soccer

This indoor soccer program will emphasize the development of basic soccer skills i.e. dribbling, shooting, and passing. Boys and girls are welcome to come out and improve their soccer skills. No session Oct 14, 21 and Nov 11.

6-8 yrs	Jesse Woolverton
235744	\$75/10 sess
Sep 16-Dec 9	M 4:15pm-5:00pm
8-12 yrs	
235745	\$75/10 sess
Sep 16-Dec 9	M 5:00pm-5:45pm



Basketball

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

6-8 yrs	Claude Mulrain
238391	\$78/13 sess
Sep 17-Dec 10	Tu 3:30pm-4:30pm
9-12 yrs	Claude Mulrain
238394	\$97.50/13 sess
Sep 17-Dec 10	Tu 4:30pm-5:45pm



Badminton Lessons

Badminton is an excellent sport for development of hand-eye coordination, footwork, sportsmanship, teamwork and leadership. Level 1: Learn the basics, including the serve. Level 2: Students progress to more difficult skills e.g., drop shot, smash. Level 3: Develop intermediate to advanced skills. Level 3 students must have previously taken level 2 or will be screened during first class at no charge. No class Oct 31.

7-12 yrs	Level 1	Susan Kita
236410		\$90/12 sess
Sep 19-Dec 12	Th	4:00pm-4:50pm
10-16 yrs	Level 2/3	Susan Kita
236411		\$90/12 sess
Sep 19-Dec 12	Th	5:00pm-5:50pm



Sportball Floor Hockey

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

5-7 yrs	Sportball Vancouver
236195	\$96/6 sess
Sep 19-Oct 24	Th 4:30pm-5:30pm
236327	\$96/6 sess
Nov 7-Dec 12	Th 4:30pm-5:30pm

Sportball Multisport

Refine, rehearse, repeat. Coaches focus on the basic skills common to all sports like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork. Each class focuses on one of eight different popular sports: hockey, soccer, football, baseball, basketball, volleyball, golf and tennis. For more, visit www.sportball.ca. No class Oct 12 & Nov 9.

4-6 yrs	Sportball Vancouver
235406	\$80/5 sess
Sep 14-Oct 19	Sa 12:00pm-1:00pm
235434	\$80/5 sess
Oct 26-Nov 30	Sa 12:00pm-1:00pm
5-7 yrs	
235437	\$96/6 sess
Sep 19-Oct 24	Th 3:30pm-4:30pm
235439	\$96/6 sess
Nov 7-Dec 12	Th 3:30pm-4:30pm

WE WANT TO HEAR FROM YOU!

Do you have program idea?
Do you have feedback?
Get in touch!
marpolecc@vancouver.ca

Visual Arts

FUNdamental Drawing

Back-to-school is in full swing at Young Rembrandts, as we present drawing lessons that encompass a fascinating world of color, pattern, and design. Students will strengthen their marker rendering skills as they draw a detailed gumball machine. A drawing of a sandwich will make them hunger for more art. We'll travel back in time to the age of the pharaohs as we illustrate a decorative, Egyptian headdress. An illustration celebrating the fall season will introduce our colorists to warm and cool colors. All this and more await your child in a Young Rembrandts classroom! Sign up today! www.youngrembrandts.com No class Oct 14.

6-12 yrs Young Rembrandts
234181 \$117/6 sess
Sep 16-Oct 28 M 4:30pm-5:30pm



WE WANT TO HEAR FROM YOU!

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

Martial Arts



Karate

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

6yrs+ Debbie Hoy
235159 \$130/13 sess
Sep 18-Dec 11 W 6:30pm-7:55pm

Sunny Kim Tae Kwon Do

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

5-8 yrs
236418 \$247/26 sess
Sep 17-Dec 13 Tu F 3:45pm-4:30pm

9-15 yrs
236419 \$247/26 sess
Sep 17-Dec 13 Tu F 4:30pm-5:15pm



Tae Kwon Do

Taekwondo works with belt system. We will divide students by age and colour of their belt. Anybody with any level can join the classes. Everyone can benefit from the martial arts according to their needs and their lifestyle. This physical activity helps with the physical and mental transformations that each person goes through while challenging themselves to improve their physical abilities. Improved body strength and balance, in addition to increased muscle mass are all benefits of enjoying this practice. Learning these new techniques will improve mental and physical development. Uniforms available for purchase from instructor, cost \$60. No class Oct 31.

5-8 yrs Bahareh Khodaverdian Dehkordi
241541 \$230/23 sess
Sep 17-Dec 5 Tu Th 5:45 pm-6:30 pm
9-15 yrs Bahareh Khodaverdian Dehkordi
241544 \$230/23 sess
Sep 17-Dec 5 Tu Th 6:35 pm-7:20 pm



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



Leadership

MO Jr. Youth Council

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

11-13 yrs Youth Leader
235987 Free
Oct 1-Dec 17 Tu **3:30pm-4:30pm**

MO Youth Council

Marpole-Oakridge, is looking for youth who are interested in sharing ideas, opinions, and thoughts about things that happen in their community. The MOYC takes initiative to plan, organize, and implement special events, fundraisers and activities for other youth and families in our community. Look at what we have planned for the next few months: Halloween Howlers/Pumpkin Patch/ Haunted House Volunteering out in the Community Youth must commit for the school year and are expected to volunteer at the Youth Councils special events.

13-18 yrs Youth Leader
235986 Free
Sep 18-Dec 18 W **4:00pm-5:30pm**

Volunteer Opportunities

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

Snack Bar Crew Training

The Snack Bar Crew is looking for responsible, friendly and task oriented youth to help manage the Snack Bar afterschool. This training will teach you the skills that you need to successfully work in a customer service setting. Training will cover: customer service, cash handling, inventory, and proper food handling. This training is mandatory for all youth who are interested in volunteering in the Snack Bar. Snack Bar Shift Hours: Monday to Thursday 3:15pm - 6:00pm, Friday 3:15pm-7:00pm.

14-18 yrs Youth Leader
236278 Free
Sep 18 W **4:00pm-6:00pm**

Youth Volunteer Orientation

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

13-18 yrs Youth Leader
236280 Free
Sep 25 W **4:00pm-6:00pm**

Night Hoops

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

13-15 yrs Jr Boys Coach
235988 Free
Nov 15-Dec 20 F **5:45pm-6:45pm**
15-18 yrs Sr Boys Coach
235989 Free
Nov 15-Dec 20 F **7:00pm-6:45pm**



Youth Drop-in Sports (13-18 yrs) Sep 3-Dec 21, 2019

Sport Programs	Day of Week	Cost	Winter Schedule
Open Gym	Wednesdays	FREE	3:30pm-5:30pm
Drop-in Basketball	Fridays	FREE	3:15pm-4:30pm No session Oct 25
Drop-in Badminton	Fridays	FREE	4:30pm-5:45pm No session Oct 25

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

Social

Physical Recreation



PRE-TEEN CLUB

9-12 years

Calling all grade 4, 5, 6 and 7's! Meet other pre-teens in the neighborhood and join us every Friday evening for arts & crafts, movies, baking and games. Drop-in \$2.

- Oct 4 Caramel Popcorn & Movie
- Oct 11 Squirt Canvas Painting
- Oct 18 Halloween Decorations
- Oct 25 Pumpkin Carving
- Nov 1 Minute to Win It
- Nov 8 Chocolate Chip Cookies
- Nov 15 Monopoly Night
- Nov 22 Handball Games
- Nov 29 Christmas Crafts
- Dec 6 Christmas Movie

9-12 yrs Youth Leader
235993 \$2/drop-in
Oct 4-Dec 6 F 4:15pm-5:30pm

Pre-Teen Social drop-in at the Marpole Neighbourhood House

Thursdays starting Oct 17th 3:15pm-5:00pm. Come and meet others from your community in the newly renovated Fire House located 8585 Hudson Street

Pre-Teen Club

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

9-12 yrs
235993 \$2/Drop-In
Oct 4-Dec 6 F 4:15pm-5:30pm

Club Room Youth Drop-in

Booking for Club Room for Youth Drop-in after school for Monday to Friday.

12-18 yrs Youth Leader
236283 Free
Sep 6-Dec 20 M-F Various Times

Coding Concepts 101

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

14-18 yrs Ansel Hartanto
240199 Free/7 sess
Sep 18-Oct 30 W 3:30pm-5:00pm

Bakers Kitchen

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

9-12 yrs Youth Leader
235984 \$40/6 sess
Sep 19-Oct 24 Th 4:00pm-5:30pm

Red Cross Babysitting Course

Do you or your parents want to feel confident knowing you are responsible on your own and have the skills to deal safely with an emergency situation? First Aid. Active role-play! Interactive and fun! Please bring a bag lunch (no nuts please), pen or pencil, small blanket or medium sized towel, medium sized doll or stuffed animal, plenty of water and snacks. Course Content- Canadian Red Cross Principals- My family and me- My time: scheduled and leisure activities- Expecting The Unexpected- Healthy Choices- First Aid (Handwashing, Check, Call, Care, Complete Choking, Alone, Auto-Injector, Life-Threatening External Bleeding)

11-16 yrs First Aid Hero
235376 \$60/1 sess
Oct 12 Sa 9:00am-4:00pm
235377 \$60/1 sess
Jan 4 Sa 9:00am-4:00pm

Red Cross StaySafe! Course

Do you or your parents want to feel confident knowing you are responsible on your own and have the skills to deal safely with an emergency situation? First Aid. Active role-play! Interactive and fun! Please bring a bag lunch (no nuts please), pen or pencil, small blanket or medium sized towel, medium sized doll or stuffed animal, plenty of water and snacks. Course Content- Canadian Red Cross Principals- My family and me- My time: scheduled and leisure activities- Expecting The Unexpected- Healthy Choices- First Aid (Handwashing, Check, Call, Care, Complete Choking, Alone, Auto-Injector, Life-Threatening External Bleeding)

9-10 yrs First Aid Hero
235383 \$60/1 sess
Nov 9 Sa 9:00am-3:00pm

Dance



Line Dance with Ember

Exercise your body and mind dancing to lively upbeat music. Line dance for fun, meet friends and socialize. Line dancing is a great exercise to stay healthy while having lots of fun. Monday evenings class are taught at an enthusiastic pace, therefore prior knowledge of basic steps is recommended. No session Oct 14 and Nov 11. Drop-in \$6.19 + tax

19+ yrs	Ember Schira
235408	\$54.76/10 sess
Sep 16-Dec 2	M 6:30pm-8:00pm
235410	\$62.62/12 sess
Sep 19-Dec 5	Th 7:00pm-8:30pm

Line Dance Social

Enjoy a variety of dances, classic and new, beginner to intermediate. There will be a quick walk through on all dances and split floors for most dances. Drop-in \$6.67 + tax.

19+ yrs	Ember Schira
235213	\$6.67/1 sess
Dec 7	Sa 12:00pm-3:30pm

Line Dancing

Classes will be conducted mainly in English, Chinese translation available if needed. It is a Beginner/High Beginners level. Dances will include: Cha Cha, Mambo, Waltz, Rumba, Samba! First 30 minutes will be easy slow dances then little faster music for the second half of the lesson. No session Oct 14 and Nov 11.

55+ yrs	Vivian Lau
238812	\$44/11 sess
Sep 16-Dec 9	M 2:30pm-4:00pm

Line Dance with Karen

Line dance is a great way to have some fun and to get fit. Join us and learn to line dance. Meet new people and make new friends. Music and classes are conducted in Cantonese and Mandarin. Drop-ins welcome. Drop-in \$5.71. No classes between Nov 1-21, participants welcome to attend practice sessions.

19+ yrs	Karen Tsai
240743	\$61.88/13 sess
Sep 4-Dec 18	W 1:00 pm-2:30 pm
240744	\$61.88/13 sess
Sep 6-Dec 20	F 1:00 pm-2:30 pm

Line Dance Plus with Karen

Line dance is a great way to have some fun and to get fit. Join us and learn to line dance. Meet new people and make new friends. Music and classes are conducted in Cantonese and Mandarin. Drop-ins welcome. Drop-in \$5.71 + tax. No classes between Nov 1-21, participants welcome to attend practice sessions.

19+ yrs	Karen Tsai
240748	\$57.12/12 sess
Sep 3-Dec 17	Tu 1:00 pm-2:30 pm
19+ yrs	Karen Tsai
240750	\$61.88/13 sess
Sep 5-Dec 19	Th 1:00 pm-2:30 pm

Line Dance Practice

Participants must have taken dancing classes previously with Karen Tsai.

19+ yrs	MO Volunteer
240741	\$2.38/drop-in
Nov 1-Nov 21	Tu W Th F 1:00 pm-2:30 pm



Chinese Classical Dance

This class starts from the beginner and focuses on the foundation, including basic position, basic movement, stretch and strength, based on ballet basics. No experience is required. This class is open to adults who wants to stay fit and have fun in the enjoyment of music. Come with comfortable dance/exercise wear (i.e. Lycra tops and dance/yoga pants or shorts), and dance practice shoes (the soft one). No classes Oct 29 and Nov 5. Drop-in \$7.00 + tax.

19+ yrs	Margaret Pan
234821	\$64.76/11 sess
Sep 17-Dec 10	Tu 6:00pm-7:30pm

Social Dance

Come join in on some fun and dance and practice your dancing! It's a great way to stay active. This is a non-instructional program. Beginners and all dance types and levels are welcome. No partner necessary. No session Oct 14 and Nov 11. Drop-in \$1.90 + tax.

19+ yrs	Tina Chen
240738	\$21.71/13 sess
Sep 19-Dec 12	Th 12:30 pm-3:00 pm
19+ yrs	Aki Kakiuchi
240739	\$20.04/12 sess
Sep 16-Dec 16	M 1:00 pm-3:00 pm

Education

English Corner

English Corner is an informal way to improve conversational English. Participants learn English, share ideas and discover ways to build community. All English language levels are welcome! No session Oct 14, Nov 11.

19yrs+		MO Volunteer
235792		\$1.90/10 sess
Sep 23-Dec 9	M	6:30pm-8:30pm
235793		\$1.90/13 sess
Sep 20-Dec 13	F	3:30pm-5:30pm



ESL Intermediate

Come learn English in this interactive program that will continue to build upon your English conversation skills and grammar. This class is for beginner to intermediate ESL individuals. No class Oct 31.

19+ yrs		Dominic Ponce
241514		\$52.38/10 sess
Sep 26-Dec 5	Th	6:30 pm-8:00 pm

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Health, Fitness & Yoga

Yin Yoga

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

19yrs+		Into Yoga
235371		\$73.33/6 sess
Sep 18-Oct 23	W	7:30pm-8:30pm
235374		\$73.33/6 sess
Oct 30-Dec 4	W	7:30pm-8:30pm

Yoga for Older Adults

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

55yrs+		Into Yoga
234835		\$73.33/6 sess
Sep 17-Oct 22	Tu	9:30am-10:30am
234837		\$73.33/6 sess
Oct 29-Dec 3	Tu	9:30am-10:30am

Yogafit for Older Adults

Yogafit is a fitness-based yoga based on the principles of hatha yoga. It blends balance, strength, flexibility and power in a fitness format. Yogafit is designed to improve the health, performance and mental activity of athletes or individuals interested in improving their level of fitness. The poses will allow the older adults to increase muscular strength, endurance, flexibility, lung capacity and overall wellness. Drop-in \$8.57 + tax.

50yrs+		Emily O. Chan
236088		\$150/15 sess
Sep 13-Dec 20	F	4:00pm-5:00pm



Cardio Pilates

Cardio Pilates is a fusion of classic Pilates movements, fat burning cardio exercises and full body strengthening exercises with use of hand weights, flex bands and small stability balls. This energizing workout improves cardiovascular endurance, core balance, and lengthens and tones entire body. Drop-in \$11.43 + tax.

19yrs+		Emily O. Chan
235305		\$168/14 sess
Sep 11-Dec 11	W	5:00pm-6:00pm

Gentle Yoga and Meditation

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

19+ yrs		Janet Ward
238447		\$68.58/6 sess
Sep 18-Oct 23	W	11:35am-12:35pm
238828		\$68.58/6 sess
Oct 30-Dec 4	W	11:35am-12:35pm



Physical Recreation

Tai Chi Learn and Practice

Join this dedicated group to learn and practice Tai Chi 24, 32, & 48 form (Tue), Tai Chi Chi Kung (Fri). All levels are welcome. Tue: Drop-in \$1.43 + tax. Fri: Drop-in \$1.19 + tax.

19yrs+	MO Volunteer
235440	\$11.25/16 sess
Sep 3-Dec 17	Tu 10:00am-11:30am
235445	\$9/16 sess
Sep 6-Dec 20	F 10:30am-11:30am

Karate

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

6 yrs+	Debbie Hoy
235159	\$130/13 sess
Sep 18-Dec 11	W 6:30pm-7:55pm

Iaido

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

19 yrs	Hiro Inoue
241548	\$123.81/13 sess
Sep 20-Dec 13	F 5:45 pm-7:15 pm

TaeKwondo

Everyone can benefit from martial arts according to their needs and lifestyle. Learning these new techniques will improve mental and physical development. Purchase of a uniform will be available from instructor for approximately \$60. No class Oct 31.

16 +yrs	Bahareh Khodaverdian Dehkordi
241546	\$276/23 sess
Sep 17-Dec 5	Tu Th 7:30 pm-8:30 pm

Recreational Basketball

Full-court recreational basketball for men and women. A very popular program, early registration is recommended. Registered participants have 15 minutes to arrive (by 7:20pm) or the spot will be sold to a drop-in participant. No session Oct 14, 21, Nov 11. Drop-in \$5.38 + tax if space permits.

19yrs+	
235420	\$58.32/12 sess
Sep 9-Dec 16	M 7:05pm-9:20pm

Recreational Intermediate Volleyball

Fast paced volleyball for recreational intermediate players. Participants must have a good understanding of the rules, game strategies and demonstrate good ball control. Registered participants have 15 minutes to arrive (by 7:20pm) or the spot will be sold to a drop-in participant. Drop-in \$5.38 + tax.

19yrs+	
235432	\$77.76/16 sess
Sep 4-Dec 18	W 7:05pm-9:20pm



Advanced Doubles Badminton

Volunteer badminton supervisors have the right to direct players to an appropriate level of play. Most games are played in doubles on a court rotational basis. Registered participants have 15 minutes to arrive (by 7:20pm) or the spot will be sold to a drop-in participant. No single court games, unless time and/or skill level permits. Please bring own equipment and birdies. Drop-in \$5.38 + tax if space permits.

19yrs+	
235373	\$77.76/16 sess
Sep 5-Dec 19	Th 7:05pm-9:20pm

Table Tennis

Drop-in table tennis for everyone. Three full size tables available. Please play in pairs or doubles. First come first serve basis. Players of all skill levels are welcome. Please bring own equipment. Children 7-12 yrs must be supervised by an adult. Schedule available online at <http://www.marpooleakridge.org> or at the front desk. Schedule subject to change.

19yrs+	
235027	\$1.43/Drop-In
Sep 3-Dec 23	M-Sa Various Times

Women's Intermediate Badminton

Volunteer badminton supervisors have the right to direct players to an appropriate level of play. Most games are played in doubles on a court rotational basis. No single court games, unless time and/or skill level permits. Please bring own equipment and birdies. Drop-in \$4.10 + tax.

19yrs+	
235370	\$57.12/16 sess
Sep 5-Dec 19	Th 1:50pm-3:50pm



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

Visual Arts

Acrylic Painting for Beginners

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

19yrs+ **Philip Tsang**
235628 **\$72/6 sess**
Sep 18-Oct 23 **W** **9:30am-11:30am**



Drawing for Beginners NEW

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

19yrs+ **Philip Tsang**
235845 **\$72/6 sess**
Sep 19-Oct 24 **Th** **9:30am-11:30am**



Marpole-Oakridge Community Centre's Birthday

Come out and help us celebrate MOCC's 70th birthday. There will be games, crafts, live entertainment, and birthday cake.

All Ages
Free/1 sess
Nov 9 **Sa** **11:00am-2:00pm**

Marpole also offers private music lessons for all ages. See page 9 for more details.



Opera Opulenza

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

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

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

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

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

Workshops

NEPP Earthquake Preparedness - Apartment Living

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

19 + yrs	NEPP Volunteer
241547	Free/1 sess
Sep 10	Tu 7:00 pm-8:30 pm



Intro to Stain Glass

In this course you will learn how to make a simple sun catcher using the copper foil method. At the end of the course you will have a completed sun catcher that is 6" tall. Materials are included in the course cost. You will be working with glass and lead so expect a few cuts. This class should not be taken by anyone that is pregnant as lead may cause birth defects.

	Corinne Leroux
242911	\$89/1 sess
Oct 19	Sa 10:00 am-3:30 pm

The Parent-Child Relationship Parenting Workshop

A different approach to understanding and managing behavior. Explore how family dynamics can affect your parenting practices and your child's behaviour. Learn evidence-based strategies to develop resilience and self-regulation in your child. Milo Wu is a Registered Clinical Counsellor.

	Milo Wu
242918	\$30/1 sess
Nov 9	Sa 9:30 am-11:30 am

Snowman Suncatcher

In this course you will learn how to make a simple sun catcher using the copper foil method. At the end of the course you will have a completed snowman sun catcher that is 6" tall. Snowman will be made out of glass, wire and solder. After soldering, facial features and other details will be painted on with glass paint. No previous experience is required and all materials are included.

	Corinne Leroux
242913	\$75/1 sess
Nov 30	Sa 10:00 am-2:00 pm



Marpole Neighbourhood House (MNH)

Marpole Neighbourhood House (MNH), located in the old Fire Hall No. 22 at 8585 Hudson Street, is finally open! MNH provides a safe space and opportunities for Marpole community members to strengthen their leadership capacities and build a better neighbourhood. Spaces include a computer lab, family resource room, youth lounge, studio, and multipurpose room that will offer activities for seniors, employment seekers and newcomers, as well as community meals. This is just the beginning. We would like to hear from you to learn what you would like to see at your neighbourhood house. Please visit www.marpolenh.org, email us at community@marpolenh.org or call **604.628.5663** to learn about our hours of operation and about upcoming events.

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

Register Early!

Social Recreation

Scrabble & Games Social

Join us for a cup of tea or coffee. Play cards, board games, do puzzles or just chat about current events. We are located close to public transportation, and we are wheelchair accessible. Everyone welcome!

50+ yrs	MO Volunteer
234902	\$1.90/16 sess
Sep 3-Dec 17	Tu 1:00pm-3:00pm
234903	\$1.90/16 sess
Sep 5-Dec 19	Th 10:00am-12:00pm

Bridge

Come play bridge on Friday afternoons and enjoy some coffee/tea with others. Previous bridge knowledge is required.

50+ yrs	MO Volunteer
234944	\$1.90/16 sess
Sep 6-Dec 20	F 1:00pm-3:30pm

Seniors Committee Meetings:
2nd Tuesday of the month from
9:00am-10:00am



Crafty Tuesday

Come join us every 2nd Tuesday of the month to make unique and creative crafts! All materials included. Registration cut off is the Monday before the craft at 10am.



50+ yrs	MO Volunteer
Quilling	Reg by Sep 9
234946	\$4.76/1 sess
Sep 10	Tu 1:00pm-3:00pm
Femo w/ Beads	Reg by Oct 7
234947	\$4.76/1 sess
Oct 8	Tu 1:00pm-3:00pm
Holiday Cards & Crafts	Reg by Nov 11
234948	\$4.76/1 sess
Nov 12	Tu 1:00pm-3:00pm
Needle Felting	Reg by Dec 9
208619	\$4.76/1 sess
Dec 10	Tu 1:00pm-3:00pm

Monthly Luncheons

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

Octoberfest : Oct 22

50+ yrs	Register by Oct 18
235010	\$4.76/1 sess
Oct 22	Tu 12:00pm-3:00pm

Kick off to Christmas : Nov 26

50+ yrs	Register by Nov 22
235012	\$4.76/1 sess
Nov 26	Tu 12:00pm-3:00pm



Tea Time

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

50+ yrs	Loritz Lo
234938	\$1.90/16 sess
Sep 6-Dec 20	F 10:00am-12:00pm

Adventures on Transit

Explore the Greater Vancouver Area using the Public Transit system. Bring your loaded compass pass/bus fare. Activity Level: Moderate-Hard. Not suitable for wheelchairs.

BC Ferries Day Cruise

Come and join us for a round trip adventure from Tsawwassen to Swartz Bay and back. You will stay on the ferry for the whole trip, no transfers needed. There is a buffet available for \$23.36 or feel free to bring your own lunch. 65 and older ride on the Ferry for free.

50+ yrs	Reg by Sep 13
234950	Cost of Bus Fare
Sep 18	W 9:00am-5:00pm

Ladner Village

Join us on this day trip out to Ladner Village to explore what the town has to offer.

50+ yrs	Reg by Oct 11
234951	Cost of Bus Fare
Oct 16	W 9:30am-3:00pm

Social Recreation

Chinese Seniors Group with SUCCESS

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

Chinese Seniors Group

50+ yrs	Connie Fan
234912	\$1.90/15 sess
Sep 3-Dec 10	Tu 1:30pm-3:30pm

Chinese Seniors Group - Cantonese

50+ yrs	Victor Lau
234914	\$1.90/15 sess
Sep 5-Dec 12	Th 9:30am-11:30am



Evergreen Chinese Karaoke Group

Come join Chinese Karaoke, facilitated by Ms. Vivien Wong, with the S.U.C.C.E.S.S. Evergreen News Club. Please call 604-408-7274 ext. 1054 or email publications@success.bc.ca for more information. Drop-in only.

19+ yrs	SUCCESS Volunteer
236085	\$6.67/Drop-in
Sep 5-Dec 19	Th 10:15am-12:15pm



Karaoke

Register for some fun while singing along with your friends. Bring your own music or select from the music provided. English and all languages are welcome. Space is limited. Drop-ins allowed if registration does not fill. No session Oct 14, Nov 11. Drop-in \$1.90 + tax.

50+ yrs	Wai Sin
236052	\$11.69/7 sess
Sep 9-Oct 28	M 9:45am-12:45pm
236053	\$10.02/6 sess
Nov 4-Dec 16	M 9:45am-12:45pm
236054	\$13.36/8 sess
Sep 4-Oct 23	W 12:30pm-3:30pm
236056	\$13.36/8 sess
Oct 30-Dec 18	W 12:30pm-3:30pm
236057	\$13.36/8 sess
Sep 5-Oct 24	Th 12:30pm-3:30pm
236058	\$13.36/8 sess
Oct 31-Dec 19	Th 12:30pm-3:30pm

Stay on Your Feet Workshop

Learn some tips and tricks to stay on your feet as you age. Presented by Vancouver Coastal Health.

50yrs+	VCH
235004	Free
Sep 26	Th 10:00am-12:00pm

Bone Density Workshop

Have questions about your bone density and what it should be at? Come to this workshop and find out with our bone density machine. Presented by Save-On Foods Pharmacist.

50yrs+	Save-On Pharmacist
235006	Free
Nov 28	Th 10:00am-12:00pm



How to Buy a Smartphone

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

50yrs+	Alan Francis
235005	Free
Oct 24	Th 10:00am-12:00pm

Older Adult Open Gym Basketball

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

50yrs+	\$1.43/Drop-In
235417	8:20pm-9:20pm
Sep 3-Dec 17	Tu

Refit

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

50yrs+	Bonnie/Brenda
Sep 3-Dec 21	M/W/F 10:30am-11:25am

WE WANT TO HEAR FROM YOU!

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

Social Recreation

Seniors Badminton

Volunteer badminton supervisors have the right to direct players to an appropriate level of play. Most games are played in doubles on a court rotational basis. No single court games, unless time and/or skill level permits. Please bring own equipment and shuttlecocks. Drop in fee for those over 50 is \$2.43 + tax. If space permits, drop in fee for those under 50 is \$4.10 + tax.

50yrs+	MO Volunteer
235369	\$2.43/Drop-In
Sep 6-Dec 20	F 11:40am-1:40pm

Yoga for Older Adults

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

50yrs+	Into Yoga
234835	\$73.33/6 sess
Sep 17-Oct 22	Tu 9:30am-10:30am
234837	\$73.33/6 sess
Oct 29-Dec 3	Tu 9:30am-10:30am

Yogafit for Older Adults

Yogafit is a fitness-based yoga based on the principles of hatha yoga. It blends balance, strength, flexibility and power in a fitness format. Yogafit is designed to improve the health, performance and mental activity of athletes or individuals interested in improving their level of fitness. The poses will allow the older adults to increase muscular strength, endurance, flexibility, lung capacity and overall wellness. Drop-in \$8.57 + tax.

50yrs+	Emily O. Chan
236088	\$150/15 sess
Sep 13-Dec 20	F 4:00pm-5:00pm

Gentle Yoga and Meditation

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

19+ yrs	Janet Ward
238447	\$68.58/6 sess
Sep 18-Oct 23	W 11:35am-12:35pm
238828	\$68.58/6 sess
Oct 30-Dec 4	W 11:35am-12:35pm

Pickleball

Get active on the court with Pickleball. This sport combines elements of badminton, tennis and table tennis. It is a fun and easy to learn sport will have you coming back for more! Please note that this program is non-instructional and geared toward newer players. Eight paddles available on a first come, first serve basis. No session Oct 14, 21, Nov 11. Drop-in \$3.10 + tax if space permits.

50yrs+	MO Volunteer
235409	\$29.76/ 12 sess
Sep 9-Dec 16	M 1:40pm-3:20pm



Opera Opulenza

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

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

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



Group Fitness Schedule: Sep 3-Dec 21, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sep 9-Dec 16 <small>No sess Oct 14, 21, Nov 11</small>	Sep 3-Dec 17	Sep 4-Dec 18	Sep 5-Dec 19	Sep 6-Dec 20	Sep 7-Dec 21
Step Combo Rilla/Rocio 9:30am-10:25am	Zumba Marina 9:30am-10:25am	Athletic Conditioning Bonnie 9:30am-10:25am	Zumba Silva 9:30am-10:25am	Body Blast TBA 9:30am-10:25am	Zumba Marina 9:15am-10:10am
Refit Brenda 10:30am-11:25am		Refit Bonnie 10:30am-11:25am		Refit Brenda 10:30am-11:25am	
Total Body Conditioning Bonnie 6:00pm-6:55pm	Total Body Conditioning Don 6:00pm-6:55pm	Zumba Marina 6:00pm-6:55pm	Cardio Core Angela 6:00pm-6:55pm	Other Fitness/Pilates/Yoga classes - see p. 18	

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

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

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

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

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

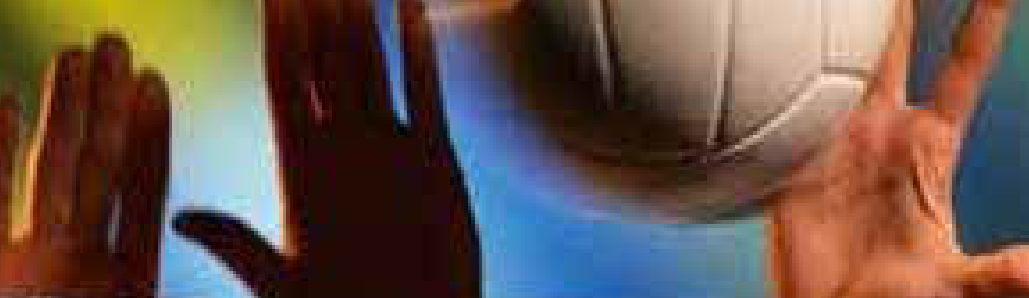
Total Body Conditioning: This class incorporates strength and cardio segments using equipment such as dumbbells, resistance bands, and body bars for a total body workout. It will give you a fun, challenging workout and a functionally fit core.

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

Fees	Adult	Youth	Refit
Drop-In	\$5.00	\$3.10	\$3.81
10 Tickets	\$45	N/A	\$30.48
1 Month Aerobics Pass	\$49.52	N/A	N/A
Fit Pass	Fall Sep 3- Dec 21 \$175.52 + tax/16 weeks		

Prices do not include 5% GST

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



Gym Sports Schedule: Sep 3-Dec 21, 2019 Adult/Youth prices do not include tax.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sep 9-Dec 16 No sess Oct 14, 21, Nov 11	Sep 3-Dec 17	Sep 4-Dec 18	Sep 5-Dec 19	Sep 6-Dec 20	Sep 7-Dec 21 No sess Nov 9
Recreational Badminton(19+) 11:40am-1:40pm Drop-in \$4.10		Recreational Badminton(19+) 11:40am-1:40pm Drop-in \$4.10	Recreational Badminton(19+) 10:35am-12:35pm Drop-in \$4.10	Seniors Badminton(50+) 11:40am-1:40pm Drop-in Sr \$2.43 Drop-in under 50 \$4.10	
PickleBall(50+) 235409 1:40pm-3:20pm Drop-in \$3.10 \$29.76/12 sess		Indoor Soccer (Adaptive) (19+) 235411 2:00pm-3:15pm (by referral only) \$34.29/16 sess Drop-in \$2.91	Beginner Badminton(19+) 12:35pm-1:50pm Drop-in \$3.16	Adult Open Gym Basketball(19+) 1:45pm-3:15pm Drop-in \$1.90 No session Oct 25, Nov 8	
	Basketball (Adaptive) (14-25 yrs) 7:00pm-8:15pm \$32.80/16 sess	Youth Open Gym (13-18 yrs) 3:30pm-5:45pm FREE	Women's Intermediate Badminton(19+) 235370 1:50pm-3:50pm \$57.14/16 sess Drop-in \$4.10	Youth Drop-In Basketball (13-18 yrs) 3:15pm-4:30pm FREE No session Oct 25	Family Badminton(7+) 235360 2:00pm-3:50pm Ad \$45.72/16 sess Yth \$28.95/16 sess Ch \$28.80/16 sess Drop in Ad \$3.39 Yth/Ch \$2.55
Recreational Basketball(19+) 235420 7:05pm-9:20pm \$63.18/13 sess Drop-in \$5.38	Older Adult Open Gym Basketball(50+) 235417 8:20pm-9:20pm Drop-in \$1.43	Recreational Intermediate Volleyball(19+) 235432 7:05pm-9:20pm \$77.76/16 sess Drop-in \$5.38	Advanced Doubles Badminton(19+) 235373 7:05pm-9:20pm \$77.76/16 sess Drop-in \$5.38	Youth Drop-In Badminton (13-18 yrs) 4:30pm-5:45pm Drop-in \$2 No session Oct 25	

Sports Descriptions

Youth Drop-In Badminton (13-18)

Enjoy recreational badminton with your friends. Participants must have a basic understanding of the rules and game strategies. Bring your own racquet or borrow one from the front desk with a One Card or School Student Card.

Youth Drop-In Basketball (13-18)

All youth are welcome to drop-in and shoot some hoops. Games are half court and self organized. Bring your own ball or borrow one from the front desk with a One Card or a Go Card.

Adult Open Gym Basketball (19+)

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

Advanced Doubles Badminton (19+)

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

Beginner Badminton (19+)

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

Indoor Soccer - Adaptive (19+)

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

Older Adult Open Gym Basketball (50+)

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

Recreational Badminton (19+)

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

Recreational Basketball (19+)

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

Recreational Intermediate Volleyball (19+)

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

Women's Intermediate Badminton (19+)

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

Pickleball (50+)

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

Seniors Badminton (50+)

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

Family Badminton (7+)

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

Sports Drop-In and Program Procedures

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

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

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

Fitness Centre, Whirlpool & Sauna

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

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

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

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

Whirlpool & Sauna close 15 minutes before the fitness centre. Please see page 2 for the fitness centre operating hours for Fall 2019.

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

Monthly Flexipass:

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

In our cardio room:

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

In our weight room:

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

Personal Training

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



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

Group Sessions

Gutts & Butts

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

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

Exercise for Prostate Cancer Survivors

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

19+ yrs	TrueNTH Life Style Management	
Sep 5-Dec 19	M Th	10:30am-11:30am

Racquet / Sports Court

Badminton Private Court Bookings

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

Wallyball

A challenge combination of volleyball and racquetball.

International Court Soccer (ICS)

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

Refund Policy

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

Exceptions

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

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

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



Administrative Information

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

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

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

Facility Rentals

Please visit recreation.vancouver.ca for room availabilities!

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

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

Auditorium



Social Room (Facing East)



Lower Lounge



Social Room (Facing West)



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

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

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

Facility Rentals

Upper Lounge



Club Room



Gymnasium (Sports Only)



Notice of 2019 Annual general Meeting (AGM)
Marpole-Oakridge Community Association

Date: November 19, 2019

Time 6:00pm

Place: Marpole-Oakridge Community Centre Auditorium

All registered Marpole-Oakridge Community Association (MOCA) members are invited to take part in our AGM on November 19, 2019 to help select a dynamic team to guide the future of your community centre. If you have registered for one or more programs at Marpole-Oakridge Community Centre in 2019, you already have a free MOCA membership and are welcome to attend.

At the meeting, members will have the opportunity to:

- find out about MOCA's operations and finances
- ask questions about the operations and finances of MOCA
- speak about any items on the agenda
- vote on all resolutions proposed
- seek nomination to the board, provided your name is on the

At the meeting, members will be asked to vote to:

- accept the minutes of the last annual general meeting
- accept the annual report
- accept the auditor's report
- accept the annual financial statements
- appoint and pay an auditor
- elect directors

To be eligible to vote you must:

- be at least 19 years old,
- be a current (2019-2020) member of Marpole-Oakridge Community Association 7 days before Nov 19, 2019
- have supplied your full name and full address when starting or renewing your membership

(Election of directors will be conducted by secret ballots, all other votes will be conducted by show of hands)

Meeting agenda and 2018 Annual General Meeting Minutes will be published on October 2019
(link at top of web page)



**Marpole-Oakridge
Community Centre**

Fall 2019 Recreation Guide

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

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

**FITNESS CENTRE:
604.257.8174**

**EMAIL:
marpolecc@vancouver.ca**



Preschool, daycare and daycamps for kids

Seniors' programs and social events

Fitness centre and racquetball courts

Adult group fitness classes

Special events and day trips

Youth activities and volunteering

Music, arts and crafts

Learning workshops

Facility rentals