

Creekside

Community Recreation Centre



Winter
2025
Program
Guide

creeksidecentre.ca



Register Online Today

table of contents

How to register.....	5
Preschool/Family	6
Children/Youth.....	10
Paddling	14
Adult Programs Schedules ..	16
Adult Programs.....	18
Older Adult Programs.....	28
Fitness Centre.....	30

Create an online account and register for unique and exciting programs across 24 community centres. Your online account allows you to keep track of your schedules, rental agreements, payment receipts and look up your current pass status.

Skip the line and buy your pass online All our passes are now available online. Get your 10-usage pass to indoor cycling classes or visit a fitness centre, pool or rink with the click of a button. Monthly Flexipasses are great for getting active and staying active, giving you access to 21 fitness centres, 9 indoor pools, 5 outdoor pools, and 8 ice rinks! vancouver.ca/passes

Drop-in activities If you're looking for something to do last minute or make a long term commitment, we offer a wide range of drop-in activities to fit anyone's schedule. Check out what's available today on our drop-in calendar.

Event space Planning a sporting event, social gathering or wedding? Submit your request for use of community centre rooms, outdoor parks or fields, ice rinks and more!

Follow us on Facebook and Twitter for up to date information on programs and registration.





welcome

Experience Recreation at Creekside

Make recreation at Creekside a regular part of your schedule. Participate in your choice of activities while enjoying our magnificent view. Convenient registration and drop-in options for all ages, interests and budgets.

CONTACT US

Creekside Community Recreation Centre
1 Athletes Way
(North foot of Ontario Street)
Vancouver, BC V5Y 0B1
Phone: 604.257.3050 ext. 1
E-mail: creekside@vancouver.ca
creeksidecentre.ca
facebook.com/creeksiderec
twitter.com/creeksiderec

Hours of Operation

Monday-Thursday
6:30am-10pm

Friday
6:30am-8:30pm

Saturday/Sunday
9am-5pm

Closed

Jan 1, Feb 17, Apr 18, 21

NOTE: Office closes 15 min prior to centre closing.



Convenient Registration Options

Register online, by phone or in-person at Creekside! We accept Visa, MasterCard and American Express for online and phone registration. We also accept cash and debit for in-person registration. Registration is first-come, first-served. NOTE: Programs may be cancelled due to low enrollment and are subject to change or cancellation without notice.

Online Registration

Set-up an account (for yourself or your entire family) at recreation.vancouver.ca
If you require assistance to access your online account contact us at 604.257.3050 ext 1

Refund Practices

PROGRAMS: Pro-rated refunds are provided to customers who wish to withdraw from a program. Contact us 48 hours prior to the start of next class to receive refund.
BIRTHDAY PARTIES: Refunds require 30 days notice before day of party for full refund.
RENTALS: Refer to last page for cancellation policy.
CAMPS: Refunds require a minimum of 7 days notice before the first day of camps.

Privacy Policy

Vancouver Board of Parks & Recreation collects personal information from members and individuals who participate in classes, workshops and events. This information may be used for the provision of services, communication, processing payments and/or statistical purposes. However, we do not release personal information to outside agencies.

Financial Assistance

Leisure Access Program
Individuals and families requiring financial assistance may be eligible for a subsidy through the Vancouver Park Board's Leisure Access Program. You can receive a 50% discount towards program and fitness centre fees (single admissions, monthly passes, program drop-ins and program registrations*). For more info call 604.257.8497 or visit vancouverparks.ca *some exclusions apply.

Registration Dates

Online:
Tuesday
December 3
at 7 PM

Phone-in and in-person:
Wednesday
December 4
at 9 AM

NOTE:
Program prices do not include taxes.



how to register



Enjoy time with your young ones or start them on adventures of their own.

EDUCATION

Baby Sign Language

(0-2 yrs)

Using songs and games, learn basic American Sign Language (ASL) hand gestures, to facilitate communication with your hearing child. Research shows that babies who learn Sign Language learn quicker and talk earlier. Bring your baby 0-24 months old to class. Participants should bring their own blanket. No drop-ins. For more info visit www.intoyoga.ca
 Instructor: Sheri Kauhausen
 M Jan13-Feb10
 10:00 AM-10:45 AM
 \$77/5 sess

MARTIAL ARTS

Taekwondo Tigers

(3-5 yrs)

Increase concentration, motor & social skills. Learn in a fun and safe environment. Kids will be rewarded with stripes on their belt for their attendance, attitude, respect, knowledge subjects and effort in class.www.squamishmartialarts.com. Taekwondo uniform is required. Purchase directly from instructor \$60. (other school logos not allowed)
 Instructor: Squamish Martial Arts & Fitness Centre
 Sa Jan 11-Feb 22
 Sa Mar 01-Apr 12
 11:00 AM-11:30 AM
 \$140/7 sess

SPORTS

Creekside Soccer Academy

(2-3 yrs)

GrassRoots Soccer is based on a unique coaching model that uses the four corner model encompassing four key attributes that are vital for development: physical, technical, psychological and social elements. Children will gain confidence and build self-esteem. Drop-ins with instructor approval. Parent participation required.
 Instructor: Glyn Roberts
 Su Jan 05-Apr 13
 9:15 AM-10:00 AM
 \$224.⁴⁰/12 sess
 No sess Jan 26, Feb 9, Mar 23
 (4-5 yrs)
 Su Jan05-Apr13
 10:00 AM-10:45 AM
 \$224.⁴⁰/12 sess
 No sess Jan 26, Feb 9, Mar 23

Sportball Junior

(1-2 yrs)

Toddlers and parents/ caregivers focus on physical movements and social exploration, learn fundamental sport skills and participate in creative motor games, songs, stories, bubble time and more. Children are challenged according to their individual skill level and Coaches help grownups understand proven teaching techniques that can be applied outside of Sportball classes. Parent/adult participation is required for this course.
 Instructor: Sportball Vancouver
 Sa Jan 11-Mar 08
 9:30 AM-10:15 AM
 \$136/8 sess
 No sess Feb 15.
 Sa Mar15-Apr26
 9:30 AM-10:15 AM
 \$102/6 sess
 No sess Apr 19.
 W Jan15-Mar12
 9:30 AM-10:15 AM
 \$153/9 sess
 W Apr02-Apr30
 9:30 AM-10:15 AM
 \$85/5 sess

Baby/Toddler Time Sing and Grow

Nursery rhymes and songs, information about infant development and connection to community resources.

For more info contact Carmen at ccontreras@mpnh.org
Register
<https://forms.office.com/r/g6BDHVhHbW>
 EVERY Friday
 Jan 17 - Mar 28
 Baby Time
 10:00 - 11:00 AM
 Toddler Time
 (1 to 2.5 yrs)
 11:00 AM - 12 PM
FREE
 Donations welcome!



BIRTHDAYS

Have your Birthday Party at Creekside!

Play Gym equipment, toys and/or sports equipment (basketball, badminton, soccer) are available for you to incorporate into your party activities! You also get up to 7 tables and 50 chairs. No food, decorations, or activity leader provided. Bouncy castles, outside vendors, balloons, and glitter are not permitted. 15 minutes of set-up and clean up time is provided before and after the party. Refund Policy: 30 days notice prior to the party date is required. \$150 per party. Dates subject to change, email creekside@vancouver.ca with any questions.

Sa 2:30 PM-4:30 PM
Feb 1, 8, 15, 22
Mar 1, 8, 15, 22, 29
Apr 5, 12, 26
May 3, 10, 17, 24, 31

Su 12:00 PM-2:00 PM
Feb 2, 23
Mar 2, 9, 16, 23, 30
Apr 6, 13, 20, 27
May 4, 11, 18

Sportball Parent and Tot

(2-3 yrs)

You've made the team! Sportball Parent & Child programs focus on physical literacy and social exploration as toddlers learn fundamental sport skills and participate in creative motor games, rhymes, stories and more. Children are challenged according to their individual skill level and grownups are taught techniques to help toddlers refine motor skills while developing social skills. Sportball maintains a one-parent-per-child ratio policy in all Parent & Child programs to ensure that focus is kept on helping little one's practice and progress. Parent/adult participation is required. Instructor: Sportball Vancouver
Sa Jan11-Mar08
10:15 AM-11:00 AM
\$136/8 sess
No sess Feb 15.
Sa Mar15-Apr26
10:15 AM-11:00 AM
\$102/6 sess
No sess Apr 19.
W Jan15-Mar12
10:15 AM-11:00 AM
\$153/9 sess
W Apr02-Apr30
10:15 AM-11:00 AM
\$85/5 sess

Sportball Multi-Sport

(3-5 yrs)

Refine, rehearse, repeat. Multi-Sport classes are the heart of Sportball programming. Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork. Each class focuses on one of eight different popular sports: hockey, soccer, football, baseball, basketball, volleyball, golf and tennis. Instructor: Sportball Vancouver
Sa Jan11-Mar08
11:00 AM-11:45 AM
\$136/8 sess
No sess Feb 15.
Sa Mar15-Apr26
11:00 AM-11:45 AM
\$102/6 sess
No sess Apr 19.
W Jan15-Mar12
11:00 AM-11:45 AM
\$153/9 sess
W Apr02-Apr30
11:00 AM-11:45 AM
\$85/5 sess

MUSIC

Wee Expressions

(0-4 yrs)

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 (0-4 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. Siblings receive a 25% discount and or siblings that are under 8 months attend for free. Instructor website: musicalexpressions.ca There is a materials fee of \$7.50 for digital music and licensing
Instructor: Musical Expressions
Tu Jan14-Feb25
10:00 AM-10:45 AM
\$120.90/7 sess
Tu Mar11-Apr22
10:00 AM-10:45 AM
\$120.90/7 sess

Uke & Me

(0-4 yrs)

Explore this fun instrument through colours, numbers, jamming and singing along to your favourite tunes. No experience is required. Ukuleles are provided for use in class (though you may bring your own if you prefer). Parent participation required.
Drop-ins welcome if space permits.
Instructor: Musical Expressions
Tu Jan14-Feb25
11:00 AM-11:30 AM
\$113.40/7 sess
Tu Mar11-Apr22
11:00 AM-11:30 AM
\$113.40/7 sess

Family Play Gym

(0-5 yrs)

Bring the family to the Creekside Gymnasium to run, jump, climb and play. This is a great opportunity to meet and play with other families in the neighbourhood. Parent/guardian participation is required. Drop-in only. Registration not required. \$1.50/child or purchase a 10 visit pass for \$10
M Jan06-Apr28
10:45 AM-12:30 PM
\$1.50/15 sess
No sess Feb 17 & Apr 21.
W Jan08-Apr30
9:30 AM-12:30 PM
\$1.50/17 sess
F Jan10-Apr25
9:30 AM-12:30 PM
\$1.50/15 sess
No sess Apr 18





Encourage creativity and imagination to foster growth and development.

MUSIC

Private Piano Lessons

(5 yrs+)

Musical expressions takes on a creative and intuitive approach to music learning. Here you can develop your skills in piano, voice (singing) or the mixture of the two! With goals and learning styles varying from student to student, we help you first determine what you want to achieve, so we can make it our goal to get you there! From the basic beginners to preparing exams, all students will be encouraged to tap into their creative sides and be taught to express themselves through improvisation. Each class session is 30 minutes long. If you're wanting longer session times, please book two classes back-to-back. All music books and materials purchased separately. Instructor website: musicaexpressions.ca
 Instructor: Musical Expressions
 W Jan08-Apr30 3:30 PM-7:00 PM \$487.50/15 sess
 No sess Mar 19 & 26

SPORTS

Creekside Soccer Academy

(6-9 yrs)

GrassRoots Soccer is based on a unique coaching model that help children develop skills and reach their potential. The four corner model encompasses four key developmental attributes: physical, technical, psychological and social. Gain confidence, build self-esteem, learn to work in teams and improve decision making. Drop-ins with instructor approval. Instructor: Glyn Roberts
 Su Jan05-Apr13 10:45 AM-11:30 AM \$224.40/12 sess
 No sess Jan 26, Feb 9, Mar 23

Badminton Beg/Int

(8-15 yrs)

A qualified instructor teaches all badminton skills from rules, strokes and serves to advanced footwork and strategy. For beginners and intermediates. Pace adjusted according needs. Instructor: Stanley Kita
 Tu Jan07-Feb25 3:30 PM-4:30 PM \$80/8 sess
 Tu Mar04-Apr29 3:30 PM-4:30 PM \$70/7 sess
 No class Mar 18, Mar 25

MARTIAL ARTS

Capoeira for Kids

(6-12 yrs)

Capoeira is an amazing movement art for kids - it includes dance, martial arts, simple acrobatics, music, instruments and history. Kids will improve their strength, flexibility, co-ordination, balance, agility and rhythm, bolstering self-confidence & teamwork in a fun environment! Instructor: Molly Lee (Professora Esquilo)
 Instructor: Molly Lee
 Tu Jan14-Feb25 5:00 PM-6:00 PM \$140/7 sess
 Tu Mar04-Apr29 5:00 PM-6:00 PM \$180/9 sess

Children Beginners Taekwondo (White to Yellow Belt)

(6-13 yrs)

Increase concentration, motor & social skills. Learn in a fun and safe environment. Kids will be rewarded with stripes on their belt for their attendance, attitude, respect, knowledge subjects and effort in class. www.squamishmartialarts.com. Taekwondo uniform is required. Purchase directly from instructor \$60. (Other school logos not permitted). Instructor: Squamish Martial Arts & Fitness Centre
 Sa Jan 11-Feb 22 11:30 AM-12:15 PM \$140/7 sess

Children Intermediate Taekwondo (Green to Black Belts)

(6-13 yrs)

Instructor: Squamish Martial Arts & Fitness Centre
 Sa Jan 11-Feb 22 12:15 PM-1:00 PM \$140/7 sess

For other Martial Art programs please refer to p. 26 & 27



SPRING BREAK with MCKids!

Let's explore Minecraft together as a canvas for learning. We support and build on a combination of curricular subjects including Sciences, Programming, Literacy and the Arts. We also focus on self-management/regulation, digital literacies, collaboration and social-emotional learning through play. An inclusive community: parents must inform us of extra needs your child may have one week in advance of our week together. Children (and caregivers) are asked to abide by our Code of Conduct and Expectations. Access to our games by subscription after camp is over. Instructor: MCKids Academy Bring your laptop. We play on Minecraft Java edition. Half our day is outdoor, offline play. Limited laptop rentals \$15 per day. 7 day cancellation notice. More info: mckidsacademy.com

A Learning through Minecraft Experience: Master Builders

(8-14 yrs)
Week 1 - Dive into a world of creativity and adventure in our week-long Minecraft camp! Designed for aspiring builders, students will master Creative mode and learn essential and time-efficient building techniques while we construct games from the ground up. Wayfinding, space-planning, detailed interiors and entire landscapes. Each day will also feature fun mini design challenges, collaborative projects and expert tips. Whether building solo or in teams, participants will have the opportunity to unleash their imagination and create amazing structures, mini-games and mob-proof bases all in a friendly and supportive environment. Join us for continued learning Week 2 when we put our build skills to the test, and build a new server. Instructor: MCKids Academy
M Tu W Th F
Mar17-Mar21
9:00 AM-4:00 PM
\$475/5 sess



A Learning through Minecraft Experience: Building Community

(8-14 yrs)
Week 2 - Explore collaborative game design as we build a new, themed Minecraft Java game server in this immersive Spring Break camp. We touch on last weeks 'Master Builders' learning and then dive into server setup, adding and configuring plugins, establishing our theme, game testing and troubleshooting. All in the effort to help create a unique gameplay experience for all. By midweek we launch a brand-new survival themed server for everyone to play on, helping grow our shared community space after camp ends. Instructor: MCKids Academy
M Tu W Th F
Mar24-Mar28
9:00 AM-4:00 PM
\$475/5 sess

Minecraft Pro-D Days with Momibelle and MCKids Academy

(8-14 yrs)
Hone your Minecraft build skills at our monthly ProD day meet-ups! Learn how to work with command blocks, redstone engineering, World Edit, GoPaint and GoBrush, or just play alongside other MCKids who are joining us from home. Access to the MCKids HUB and all of our awesome games for the day. Rental laptops are included at no extra charge. Children must abide by our Code of Conduct for multiplayer play, provided at the beginning of our day together. Instructor: MCKids Academy
F Feb14
M Apr28
9:00 AM-4:00 PM



Creekside Garden News!

Join us at Creekside Community Garden for our Garden Work Parties! Come out and meet other members of your community while working on an outdoor gardening project.

Work parties take place on the second last Saturday of each month (excluding long weekends, which are moved to the following Saturday). Bring your own garden gloves, water bottle, and an extra shovel if you have one.

Interested in your own garden plot at Creekside? Join our waitlist.

Stay up to date on upcoming events by checking our website at www.creeksidecommunitygarden.com or email info@creeksidecommunitygarden.com
We can't wait to garden with you!





Paddling down the Creek with Creekside Kayaks and Dragon Zone

Paddling at Dragon Zone

Explore Vancouver from the water out of our Olympic Village docks!
Email info@dragonboatbc.ca for more info

Creekside Kayaks at Dragon Boat BC Year-Round Pass Programs Visit dragonzone.ca/kayak [dragonzone.ca] for information on our year-round pass programs. Registration is open online at register.dragonboatbc.ca [register.dragonboatbc.ca]

Rentals and Intro to Kayak starts Spring 2025

Summer Paddling camp (Ages 8-12)

Learn to paddle a range of boats-including Kayak, dragon boat, and flatwater-and explore the culture behind the sport, our community stories, and our local marine habitat. Full day camp starting June 30, drop off 8:30am, pick up 3 off 8:30am, pick up 3:30pm 5 day weeks \$400, Dates/Registration TBA

Birds Nest Properties Community Dragon Boat Paddling Day

Try dragon boat during 60 minute sessions! New for this year, each session has a theme- come early and learn more about our community. Sessions start on the hour. Minimum donation of \$2 per person, with proceeds going to charity. Instructor: Dragon Zone Dates/Registration TBA

Intro to Dragon boat and Race

Learn to paddle with new friends, then put your skill to the test. 4 +8 week sessions. register.dragonboatbc.ca

Race Calendar

May 3 Burnwater Youth Regatta/
Spring Sprint
May 31 Vessi 500 Championship
June 20-22 Concord Pacific Dragon Boat Festival
August 23 Harrison Dragon Boat Festival
Sept 27 Oddball Fall Classic

Olympic Village Lunar New Year Festival

Sunday February 9
Time TBA

Welcome the Lunar New Year at Creekside Community Centre's gym! Enjoy performances, local marketplace vendors, artisan demonstrations, storytelling, food and drinks, children's art and craft activities, and learn which dragon boat teams are recruiting for the upcoming season. See dragonboatbc.ca/cny FREE


Hippity Hoppity Easter Event

Saturday April 19
2:00 - 4:00 PM

Hippity Hop, Hippity Hop, bounce your way through the egg hunt, games and all the other fun and exciting stations to celebrate the Easter Holiday. Pre-registration is required for the event. \$3 per child



Sport Schedule See pg 18-19 for info, dates plus registration and drop-in fees. Schedule subject to change without notice.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Badminton	1:15pm-2:45pm		1:15pm-2:45pm or 8:15pm-10:00pm		1:00pm-2:30pm or 4:45pm-6:30pm	9:15am-11:45am
Basketball		8:15pm-10:00pm	6:15pm-8:00pm			
Pickleball		8:30am-10:00am or 10:15am-11:45am		8:30am-10:00am or 10:15am-11:45am	2:45pm-4:30pm	
Soccer	6:15pm-8:00pm			6:15-8:00pm		12:00pm-1:45pm
Table Tennis	1:15pm-2:45pm	1:15pm-2:45pm	1:15pm-2:45pm	1:15pm-2:45pm	1:00pm-2:30pm	Table Tennis You can also call us on the day of and if a room is available, we can provide a table!
Volleyball	8:15pm-10:00pm	6:15pm-8:00pm		8:15pm-10:00pm	6:45pm-8:30pm	

Yoga & Fitness Schedule See pgs 21-26 for info, dates and registration fees. Schedule subject to change without notice.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Cycle Xpress 7:00am-7:45am	Callanetics 9:15am-10:15am	25/25/25 9:30am-10:30am		Yoga Made for Runners 6:45am-7:45am	
	Zumba® Gold 9:15am-10:15am		Tristar Tai Chi 10:00am-11:15pm		Tristar Tai Chi 10:00am-11:15pm	Pilates Yoga 9:10am-10:00am
	25/25/25 9:30-11:00am	Yoga for Older Adults - Lv 1 10:30am-11:45am		Yoga for Older Adults - Lv 2 10:30am-12:00pm	25/25/25 9:30-11:00am	Fitness Kickboxing 10:00am-11:00am
						Capoeira Brasil 2:30pm-4:00pm
Hatha Yoga 9:30am-10:45am	Cycle HIIT + Abs 5:00pm-5:45pm		Hatha + Yin Yoga 5:30pm-6:45pm			
Hatha + Yin Yoga 11:00am-12:15pm			Cycle Core 5:30pm-6:30pm	Cycle Xpress 6:00pm-6:45pm		
		Capoeira Brasil 6:00pm-7:15pm	Dance Bootcamp 7:00pm-8:00pm	Capoeira Brasil 6:30pm-7:45pm		
	Yoga Made for Runners 7:30pm-8:45pm	Yin Yoga 6:30pm-7:45pm	Dancehall 8:15pm-9:15pm	Boxing 7:00pm-8:00pm		

adult program schedules



From painting to martial arts to yoga and more, we have programs that will stimulate your mind, body and soul.

Sports Registration & Drop-In

Three ways to participate

- 1. Register for Full Season** This guarantees you a spot in the program every week. Sign-in at the front desk BEFORE start time or your spot may be sold. (\$2.³⁸/daytime sess & \$4.²⁹/evening sess)
- 2. Buy a 10 Visit Sports pkg on OneCard** Purchase card in-person. Phone-in starting at 6:30am. Can reserve up to 2 people if program has unregistered spots with a valid/current 10 visit pass. (\$2.³⁸/sess daytime & \$5.²⁴/sess evening)
- 3. Waitlisting** Call as early as 6:30 am. Reserve 2 spots. No-show spots sold to waitlist. Be at the front desk when name is called. (\$3.³³/sess daytime & \$6.¹⁹/sess evening)

Badminton

(19+ yrs)

Non-instructional, recreational badminton. Doubles play and rotation required if session full.

Drop-In only (2 courts)

Jan 6-Apr 26

M W 1:15 pm-2:45 pm

F 1:00 pm-2:30 pm

Sa 9:15 am-11:45 am

No sess Feb 17, Apr 18, Apr 21

\$3.³³/drop-in or

\$23.⁸¹/10 visit pass

Register or \$6.¹⁹/

Drop-In (4 Courts)

W Jan 8-Apr 23

8:15 pm-10:00 pm

\$68.⁶⁴/16sess

F Jan 10-Apr 25

4:45 pm-6:30 pm

\$64.³⁵/15sess

No sess Apr 18

Basketball

(19+ yrs)

Non-instructional, recreational full gymnasium basketball court with maximum 15 spots for 5 on 5 play with a rotating group. Basketballs may be borrowed from reception.

Register or \$6.¹⁹/Drop-In

Tu Jan 7-Apr 22

8:15 pm-10:00 pm

\$68.⁶⁴/16 sess

W Jan 8-Apr 23

6:15 pm-8:00 pm

\$68.⁶⁴/16 sess

Soccer

(19+ yrs)

Non-instructional, recreational, full-gymnasium soccer for all levels.

Register or \$6.¹⁹/Drop-In

M Jan 6-Apr 14

6:15 pm-8:00 pm

\$60.⁰⁶/14 sess

No sess Feb 17, Apr 21

Th Jan 9-Apr 24

6:15 pm-8:00 pm

\$68.⁶⁴/16 sess

Sa Jan 11-Apr 26

12:00 pm-1:45 pm

\$64.³⁵/15 sess

No sess Apr 19

Table Tennis

(19+ yrs)

Non-instructional, recreational table tennis. Up to 4 tables available in 1/3 gymnasium. Doubles play and rotation will be required if busy. May borrow paddles.

M-Th Jan 6-Apr 24

1:15 pm-2:45 pm

No sess Feb 17, Apr 21

F Jan 10-Apr 25

1:00 pm-2:30 pm

No sess Apr 18

\$3.³³/Drop-In

\$23.⁸¹/10 visit pass

Volleyball

(19+ yrs)

Non-instructional, volleyball for all levels. Players sort themselves into levels and play 6 on 6.

Register or \$6.¹⁹/Drop-In

M Jan 6-Apr 14

8:15 pm-10:00 pm

\$60.⁰⁶/14 sess

No sess Feb 17, Apr 21

Tu Jan 7-Apr 22

6:15 pm-8:00 pm

\$68.⁶⁴/16 sess

Th Jan 9-Apr 24

8:15 pm-10:00 pm

\$68.⁶⁴/16 sess

F Jan 10-Apr 25

6:45 pm-8:30 pm

\$64.³⁵/15 sess

No sess Apr 18

Pickleball Lessons

Try out this easy-to-learn, sport. Equipment provided. Instructor: Mona Lee (See pg 29)

Pickleball

(19+ yrs)

Non-instructional.

All Levels

Register or \$3.³³/Drop-In

Tu Jan 7-Apr 22

8:30am-10:00am

10:15am-11:45am

\$38.⁰⁸/16 sess

Th Jan 9-Apr 24

8:30 am-10:00 am

10:15 am-11:45 am

\$38.⁰⁸/16 sess

Intermediate/Advanced

F Jan 10-Apr 25

2:45 pm-4:30 pm

\$35.⁷⁰/15 sess

No sess Apr 18

Pickleball Court Rentals

Reserve your own pickleball court for your family and friends. There are two courts available to play for 55 minute timeslots. Each registration is a booking for one court, max 4 players. Courts are on a first-come, first-serve basis. Players must supply their own paddles and pickleballs. Courts cannot be used for classes - no teaching permitted. No refunds. **\$19 per booking**

Su 3:00 PM-3:55 PM
Su 4:00 PM-4:55 PM
Jan 12, 19, 26
Feb 2, 16, 23
Mar 2, 9, 16, 23, 30
Apr 6, 13, 20, 27

SPORTS

All Levels Volleyball Skills Clinic

(19+ yrs)

All Levels Volleyball Skills Clinic: learn, develop and perfect basic volleyball skills whether you're a beginner or advanced player. Emphasis will be on the technical components of the forearm pass, overhead pass, serving, hitting and blocking. Instructor: TIN & TINA LTD
W Jan08-Feb05
8:30 PM-10:00 PM
\$225/5 sess

Volleyball Clinic INT/ADV

(19+ yrs)

In this clinic we work on refining all of your volleyball skills; We will help you get to the next level with your serving, passing, setting, attacking, digging and blocking! We know there are many of you that really have the potential to push yourself to the next level in your volleyball development! Allow us to assist you in reaching that goal! Instructor: TIN & TINA LTD
W Feb12-Mar19
8:30 PM-10:00 PM
\$225/6 sess
W Mar26-Apr30
8:30 PM-10:00 PM
\$225/6 sess

Sports First Aid & Concussion Management Course

(16+ yrs)

This eight-hour course serves as a combination of a Sports First Aid course and concussion management workshop together in one day. *A certificate of completion will be issued for both Sports First Aid and Concussion management courses.* Concussion Management completion is approved for BCRPA, CMTBC and NCCP Continuing Education Credits. Instructor: SportMed BC
Sa Mar01
9:30 AM-4:30 PM
\$160/1 sess



Athletic Taping Course

(16+ yrs)

This eight-hour course covers many of the taping techniques used in a sport setting through a combination of lecture and practical application. The course is designed as an introduction to taping. Safety considerations relating to taping as well as theory will be covered. Taping include regional techniques for the ankle, foot, knee, elbow, wrist, thumb and finger. Procedures for injury prevention, minimizing the chance of further damage when injury occurs and for aiding the healing process are also discussed. A great asset for coaches, parents and athletes, the course is designed for any skill level from beginners to those looking to perfect their craft. Participants are encouraged to wear athletic attire during this course (Shorts and T-shirt). A certificate of completion will be issued. This course is approved for 7.0 BCRPA and 7.0 PE/A2 CMTBC Continuing Education Credits. Instructor: SportMed BC
Su Mar02
9:30 AM-4:30 PM
\$195/1 sess

25/25/25 Dance fit, Strength and Yoga Fitness

(13+ yrs)

This is a three part workout! 25 minutes high intensity dance fitness workout with K-pop and Latin moves to help burn calories; 25 min strength training with dumbbells to complete total body conditioning; 25 min core yoga moves and stretches to improve muscular balance and inner peace. Drop-ins \$28 space permitting. Instructor: Michelle Park, Certified Weight and Personal Trainer with BCRPA.

M Jan 13-Mar-3
9:30 AM-11:00 AM
\$157.5/7 sess
M Mar 10-Apr 14
9:30 AM-11:00 AM
\$135/6 sess
F Jan 10-Feb 21
F Feb 28-Apr 11
9:30 AM-11:00 AM
\$157.5/7 sess
W Jan15-Feb 26
W Mar5-Apr 16
\$157.5/7 sess
No Class Feb 17, Apr 18, 21,



Callanetics

(19 yrs+)

Callanetics exercise method is a total body conditioning workout. One of the original 'barre' workouts, Callanetics uses a combination of mat work and ballet inspired leg work, precise positioning and tiny movements. Movements that are gentle on the joints and super effective at strengthening and toning your muscles. You'll leave the class feeling like you've had a great workout! Drop-in \$20.⁴⁸ space permitting. Instructor: Linda Shedden
Tu Jan07-Feb25
9:15 AM-10:15 AM
\$135.⁶⁰/8 sess
Tu Mar04-Apr29
9:15 AM-10:15 AM
\$152.⁵⁵/9 sess

Dance Bootcamp

(19 yrs+)

Vancouver's Sweatiest Dance-Fitness Class! Dance Bootcamp takes the best of dance fitness with a mix of dance styles and bootcamp elements. We incorporate dance into a workout movement/circuit, choreography, and straight bootcamp movements. Among the dance style covered are salsa, afrobeat, dancehall, basic breakdance, hip hop and swing. You'll leave sweaty and happy from this high energy dance program. More info: KirbySnellDance.com Instructor: Endorphin Rush Dance
W Jan08
7:00 PM-8:00 PM
FREE
W Jan15-Feb26
7:00 PM-8:00 PM
\$105/7 sess
W Mar05
7:00 PM-8:00 PM
FREE
W Mar12-Apr30
7:00 PM-8:00 PM
\$120/8 sess



Charjacks Beginners Boxing

(19+ yrs)
Charjacks Beginner Boxing offers instruction in a fun and non competitive environment by former Golden Champ. Learn all the skills and also get a great fat burning muscle building workout! Shadowboxing hitting a wall and practicing boxing skills with a partner. Own boxing gloves required. Recommend 12 - 14 oz for females and 14 - 16 oz gloves for males. Drop-in \$20 dollars, if space is available. Instructor: Richard Pelcz
Th Jan09-Feb20 7:00 PM-8:00 PM \$90/6 sess
No class Feb 13
Th Feb27-Mar27 7:00 PM-8:00 PM \$75/5 sess

Dancehall

(19 yrs+)
Dancehall is a highly energetic, rhythmic style which originated in Jamaica and has Reggae roots. Learn the foundations of dancehall in this open-level program which is uptempo and empowering. Fall in love with the dancehall movements and infectious beats. No experience required. Drop-in \$18 More info: kirbysnelldance.com
Instructor: Rush Dance Endorphin
W Jan08 8:15 PM-9:15 PM FREE
W Jan15-Feb26 8:15 PM-9:15 PM \$105/7 sess
W Mar05 8:15 PM-9:15 PM FREE
W Mar12-Apr30 8:15 PM-9:15 PM \$120/8 sess

Fitness Kickboxing

(15+ yrs)
Come and enjoy the exciting Fitness Kickboxing class. Regardless of age, size, shape, fitness level and man or woman, this class is designed to suit. Work hard or go at your own pace. It's non contact and taught in a fun safe non intimidating environment. Drop-Ins \$20.⁵⁰ space permitting. Certified Weight and Personal Trainer with BCRPA. Instructor: Squamish Martial Arts & Fitness Centre
Sa Jan 11-Feb 22 10:00 AM-11:00 AM \$140/7 sess
Sa Mar 1-Apr 12 10:00 AM-11:00 AM \$140/7 sess

GLA:D™ Canada Program for Hip and Knee Osteoarthritis ABC Specialty Program

(19+ yrs)

The GLA:D™ Canada Program will be run by Physiotherapist Stefan Cvoric. Good Life with Osteoarthritis in Denmark program (GLA:D™) is an evidence-based program that focuses on education and exercise to help reduce pain, improve function, and enhance your quality of life for people with knee and hip osteoarthritis. Developed with input from people living with osteoarthritis and healthcare professionals, this program teaches you how to strengthen muscles through functional movements and correct daily movement patterns. On average, participants experience a 32% reduction in symptoms, along with decreased pain intensity, reduced reliance on pain medication, and improved physical function and activity levels.

What to Expect:

Two 90-minute education sessions covering osteoarthritis and practical management strategies
Twelve 60-minute group exercise sessions designed to improve strength, mobility, and function
Data collection from GLA:D Canada at the first visit, and at 3 and 12 months, to monitor effectiveness and support ongoing program improvement.
Instructor: Stefan Cvoric, physiotherapist
Mon/Thu
Feb 3- Mar 24
3:00-4:00pm
#538942 14 sessions
\$560

Renew your
OneCard
online today!

creeksidecentre.ca
and click on 'Buy a
Recreation Pass'



adult



YOGA/PILATES Hatha + Yin Yoga with Pam

(19 yrs+)
Slow down. Release tension and stress in your body, mind and nervous system with Pamela Ferman's grounding 75 minute Hatha + Yin Yoga. A unique mix of Hatha, Yin and Restorative yoga. Designed to reset your nervous system and relax your mind while increasing flexibility deeper in your body in a safe and supported way. You will leave class feeling a lot more balanced and at ease between body and mind. All levels welcome. Beginner friendly. pamelafermanyoga.com
Instructor:
Pamela Ferman
Su Jan05-Feb23
11:00 AM-12:15 PM
\$120/8 sess
Su Mar02-Apr20
11:00 AM-12:15 PM
\$120/8 sess
W Jan08-Feb26
5:30 PM-6:45 PM
\$120/8 sess
W Mar05-Apr23
5:30 PM-6:45 PM
\$120/8 sess

Hatha Yoga with Pam

(19 yrs+)
Slow down. Release tension and stress in your body, mind and nervous system with Pamela Ferman's grounding 75 minute Hatha Yoga. Classes consist of meditation and physical yoga postures that flow slowly and smoothly from one to another with some long holds in between for deeper fascia stretching. A perfect combination of flexibility, strength, balance, movement and stillness. You will leave class feeling a lot more balanced between body and mind. All levels welcome. Beginner friendly. pamelafermanyoga.com
Instructor:
Pamela Ferman
Su Jan05-Feb23
9:30 AM-10:45 AM
\$120/8 sess
Su Mar02-Apr20
9:30 AM-10:45 AM
\$120/8 sess

Yin Yoga with Pam

(19 yrs+)
Slow completely down. Release tension and stress in your body, mind and nervous system with Pamela Ferman's grounding 75 minute restorative Yin Yoga class. Target deep connective tissues like fascia, ligaments, joints and bones. Designed to help reset your nervous system and relax your mind while increasing flexibility in your body. Yin yoga helps stretch & lengthen those rarely-used tissues while also teaching you how to breathe through discomfort and sit with your thoughts. All levels welcome. Beginner friendly. pamelafermanyoga.com
Instructor:
Pamela Ferman
Tu Jan07-Feb25
6:30 PM-7:45 PM
\$120/8 sess
Tu Mar04-Apr22
6:30 PM-7:45 PM
\$120/8 sess

Pilates Yoga

(15+ yrs)
Pilates (mat) workout with yoga flow movements. Focused on core exercises and stretches to improve muscular balance and inner peace. Beginners to advanced levels welcomed as modifications of each move are presented as needed. Instructor: Michelle Park, Certified Pilates and Personal Trainer under BCRPA and Certified Yoga Teacher under Prana Yoga College
Instructor: Squamish Martial Arts & Fitness Centre
Sa Jan 11-Feb 22
Sa Mar 1-Apr 12
9:10 AM-10:00 AM
\$140/7 sess

Yoga Made for Runners

(16 yrs+)
A dynamic and challenging yoga program created specifically for runners. The class will build strength, increase the range of motion in tight joints, and return flexibility to stiff, sore muscles. Expect to work hard and breathe deeply. Drop-in \$18 mikedennisonfitness.com
Instructor:
Mike Dennison
F Jan10-Apr25
6:45 AM-7:45 AM
\$195/15 sess
No class Apr 18
M Jan06-Feb24
7:30 PM-8:45 PM
\$115/7 sess
No class Feb 17
M Mar03-Apr28
7:30 PM-8:45 PM
\$130/8 sess
No class April 21

adult

PARK BOARD PRIDE

Check out our weekly programs and activities for 2STGD and 2SLGBTQIA+ folks of all ages. vancouver.ca/park-board-pride



Capoeira Brasil Strength, Balance and Flexibility

(19 yrs+)

Afro-Brazilian martial art and dance. Movements are strengthening, playful and include a graceful combo of kicks, acrobatics and ground movements. 2x/wk recommended.

Instructor: Molly Lee

Tu Jan07

6:00 PM-7:15 PM

FREE

Th Jan09

6:30 PM-7:45 PM

FREE

Sa Jan11

2:30 PM-4:00 PM

FREE

Tu Jan14-Feb25

6:00 PM-7:15 PM

\$126/7 sess

Th Jan16-Feb27

6:30 PM-7:45 PM

\$126/7 sess

Tu Th Jan14-Feb27

6:00 PM-7:45 PM

\$210/14 sess

Sa Jan18-Feb22

2:30 PM-4:00 PM

\$108/6 sess

Sa Mar08-Apr26

2:30 PM-4:00 PM

\$144/8 sess

Tu Th Mar04-Apr29

6:00 PM-7:15 PM

\$255/17 sess

Th Mar06-Apr24

6:30 PM-7:45 PM

\$144/8 sess

Tu Mar04-Apr29

6:00 PM-7:15 PM

\$162/9 sess

Jodo - The Way Of The Stick

(19+ yrs)

Jodo is a Japanese art that means way of the stick. In this art, students are taught to rely on the precision and flexibility of the Jo, a short staff, to overcome the inherent advantages of a blade-wielding opponent using non-lethal force. This traditional Japanese martial art is a wonderful way to cultivate character and train the body. It nurtures a spirit of respect, loyalty, sincerity and confidence. It trains and strengthens the body, quickens your actions, and builds endurance. Our dojo is a member of the Canadian Kendo Federation, and our growing, supportive community spans various locations across North America and Japan.

Instructor: Hoshu

Vancouver Dojo

Su Th Jan 05-Jan 30

Su Th Feb 02-Feb 27

Su Th Mar 02-Mar 30

Su Th Apr 03-Apr 27

12:45 PM-2:15 PM

8:15 PM-9:45 PM

\$50/Month

No sess Feb 16,

Apr 17, 20

Shorinji Kempo

(13+ yrs)

Shorinji Kempo is a sophisticated Japanese martial art that uses physics and pressure points to increase one strength. We strive for a non-competitive, safe, and comfortable atmosphere. We have clubs in 33 countries, so you can train and meet other members worldwide. Shorinji Kempo teaches that the essence of budo martial arts is not to fight and defeat enemies but, to stop fighting between people. A fun class to try, beginners welcome!

shorinjikempobc.ca

Drop-in \$9.52

\$50/month

Instructor:

Shorinji Kempo

Vancouver South Side

Tu Sa Jan 07-Jan 28

Tu Sa Feb 01-Feb 25

Tu Sa Mar 01-Mar 29

Tu Sa Apr 01-Apr 29

10:30 AM -12:30 PM

7:30 PM-9:00 PM

\$47.62/Month

No sess Feb 15, Apr 19



Shotokan Karate

(19+ yrs)

Shotokan Karate will teach Kihon (basic blocks, punches and kicks), Kata (forms) and Kumite (sparring) to ages 13 years and older (or younger with instructor's permission). Annual membership. Purchase from instructor. Drop-ins with approval \$5.⁷⁶ vancouvershotokan.ca Instructor: Shotokan Karate Canada

M W Jan 06-Apr 30

6:00 PM-7:30 PM

\$160/32 sess

No sess Feb 21, Apr 21

Check out our Adult Sports Programs.

If you are
19+ yrs old
you are welcome
to register!

See pg 18

Capoeira

(13+ yrs)

Capoeira is an Afro-Brazilian art, which combines martial art techniques with simple acrobatics, and movements, making it a complete body workout that is challenging, safe and fun! The program runs twice a week. No experience is necessary. Course is suitable for complete beginners as well as advanced students. Drop-ins are \$14.²⁹ + GST. Registrations run monthly for an effective rate of \$10 per 1.5 hr session.

Instructor: Aleksey Sher

M W Jan 06-Jan 29

7:30 PM-9:00 PM

\$76.¹⁶/8 sess

M W Feb05-Feb28

7:30 PM-9:00 PM

\$66.⁶⁴/7 sess

M W Mar04-Mar27

\$85.⁶⁸/9 sess

M W Apr03-Apr29

7:30 PM-9:00 PM

\$76.¹⁶/8 sess

No sess Feb 19, Apr 21

Conditioning Capoeira

(13+ yrs)

Join our dynamic Capoeira Conditioning Class where fitness meets the artful moves of Capoeira. Embrace a workout like no other, blending martial arts, dance, and music into one exhilarating session. Learn and master the fluid, powerful movements of Capoeira, enhancing agility, strength, and flexibility. Experience a total-body workout that challenges every muscle group while improving balance and coordination. All levels are welcome, beginner friendly. Drop-ins are \$14.²⁹ (\$15 incl. tax) and registrations run monthly, providing an effective rate of \$10 per 1 hr session.

Instructor: Aleksey Sher

Su Jan 5-Jan 26

Su Feb 2-Feb 23

\$38.⁰⁸/4 sess

Su Mar 2-Mar 30

\$47.⁶⁰/5 sess

Su Apr6-Apr 27 \$38.⁰⁸/4 sess

2:30 PM-3:30 PM

adult



Stay engaged and active while making connections with new friends.

FITNESS Nordic Pole Walking

(40 yrs+)
Learn how to use Nordic Walking poles to stay active while managing Osteoarthritis. FREE, pre-register for one time slot only. Please contact Vancouver Coastal Health at 604 875 4544 for program details.
Instructor:
OASIS Vancouver
Tu Jan14
Tu Feb11
Tu Mar11
Tu Apr08
10:00 AM-11:30 AM
FREE

ZUMBA® Gold

(55 yrs+)
Low-impact dance-fitness class for beginners and seniors that uses easy-to-follow moves to create a dynamic and fun fitness class. ZUMBA® Gold classes strive to improve balance, strength, flexibility.
Instructor:
Vancouver Zumba
M Jan13-Feb24
9:15 AM-10:15 AM
\$82.⁵⁰/6 sess
No class Feb 17
M Mar03-Apr28
9:15 AM-10:15 AM
\$110/8 sess
No class Apr 21

Tristar Tai Chi All Levels

(19+ yrs)
Learn this ancient and peaceful form of tai chi for health and wellness. Classes include strengthening stances, meditative breath work, flowing movement and Asian healing meridian pressings. Experience the benefits including stress release, improved digestion, circulation and enhanced energy, moods and immune system.
Join us in a relaxed, welcoming environment and nourish your body, mind and spirit.
Drop in \$20.
More info tristartaiji.com
Instructor: Molly Lee
W Jan08-Feb26
10:00 AM-11:15 AM
\$144/8 sess
F Jan10-Feb28
10:00 AM-11:15 AM
\$144/8 sess
W F Jan08-Feb28
10:00 AM-11:15 AM
\$240/16 sess
W Mar05-Apr30
10:00 AM-11:15 AM
\$162/9 sess
F Mar07-Apr25
10:00 AM-11:15 AM
\$126/7 sess
No sess Apr 18.
W F Mar05-Apr30
10:00 AM-11:15 AM
\$240/16 sess
No sess Apr 18.

Yoga for Older Adults: Level 1

(55 yrs+)
For beginners or those with existing conditions. A slow approach to focus on pain-free movement.
Instructor: Terri Damiani
Tu Jan14-Feb25
10:30 AM-11:45 AM
\$106.⁶⁸/7 sess
Tu Mar04-Apr22
10:30 AM-11:45 AM
\$121.⁹²/8 sess

Yoga for Older Adults: Level 2

(55 yrs+)
Increase mobility, stamina and vitality. Class tailored to participants, health concerns.
Instructor: Terri Damiani
Th Jan16-Feb27
10:30 AM-12:00 PM
\$119.⁹⁸/7 sess
Th Mar06-Apr17
10:30 AM-12:00 PM
\$119.⁹⁸/7 sess

SPORTS Pickleball Stage 1: Learn-To-Play

(55 yrs+)
Semi-private. Four students. Learn proper grip, how to hit the ball and move efficiently.
Instructor: Mona Lee
F Feb07-Feb28
9:15 AM-10:45 AM
\$160/4 sess
F Apr04-May02
9:15 AM-10:45 AM
\$160/4 sess
No sess Apr 18.

Pickleball Stage 2: Doubles Strategy

(55 yrs+)
Semi-private. Four students. Next progression from Stage 1. Doubles strategy: learn the foundation of building a strong team.
Instructor: Mona Lee
F Jan03-Jan10
10:45 AM-12:15 PM
\$80/2 sess

Pickleball Stage 2: Move Better, Play Better

(55+ yrs)
Semi-private. Four students. Should have completed Learn to Play. Discover the secrets of mastering footwork, how to move as a team, strategy and shot selection.
Instructor:
Mona Lee
F Jan03-Jan10
9:15 AM-10:45 AM
\$80/2 sess

Pickleball Stage 2: Point Breakdown

(55+ yrs)
Semi-private. Four students. Improve your game by having a certified Coach observe your play.
Instructor: Mona Lee
F Mar07-Mar14
9:15 AM-10:45 AM
\$80/2 sess
F Mar07-Mar14
10:45 AM-12:15 PM
\$80/2 sess

Pickleball Stage 2: Skills & Drills

(55+ yrs)
Semi-private. Four students. Should have completed Learn to Play. Suited for intermediate players. Participants will be put through a wide range of cooperative and competitive drills, learn new skills and apply those to our games!
Instructor: Mona Lee
F Feb07-Feb28
10:45 AM-12:15 PM
\$160/4 sess
F Apr04-May02
10:45 AM-12:15 PM
\$160/4 sess
No sess Apr 18.

SOCIAL Bridge

(19 yrs+)
Join our group for duplicate Bridge. New players welcome.
\$2/drop-in or 10 visit pass \$10.
Non Instructional.
Tu Jan07-Apr29
12:00 PM-3:00 PM
\$1.⁹⁰/ sess

Mahjong

(19 yrs+)
Join Mahjong! Note: instruction provided.
New players welcome.
\$2/drop-in or \$10 for 10 visit pass.
Th Jan02-Apr24
1:00 PM-4:00 PM
\$1.⁹⁰/ sess

Affordable recreation and personal training for health and wellness.

Fitness Centre Consultations

Call 604-257-3050 to book up to three sessions with our fitness centre staff. Review how to use equipment, create a personalized program, and receive a card to track your progress. At your next session, monitor your technique and answer questions about your fitness program. Book a third session if you need additional support.



ACCESSIBLE
FITNESS CENTRE

Call the front desk for times when fitness staff are available for assistance.

Fitness Centre Admission Fees

Age	Adult (19-64)	Youth (13-18) Senior (65+)
Drop-in	\$7. ⁴¹	\$5. ¹⁹
10 Visit Pass	\$66. ⁶⁹	\$46. ⁷¹
FLEXIPASS RATES		
Access to all Vancouver Park Board fitness centres, pools and rinks.		
1 month	\$59. ⁹⁵	\$46. ⁷¹
3 months	\$161. ⁸⁷	\$113. ³¹
12 months	\$517. ⁹⁷	\$362. ⁵⁸

ALL FEES ARE SUBJECT TO CHANGE. PRICES DO NOT INCLUDE TAX.

Personal Training

Improve your health and wellness with support from our certified 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 you in each 1 hour session.

Personal Training Fees

SESSIONS	PRIVATE (1 PERSON)	SEMI-PRIVATE (2 PEOPLE)	GROUP
1	\$61. ⁶⁶	\$92. ⁴⁶	\$129. ⁷⁰
3	\$170. ⁸⁷	\$256. ³⁵	\$347. ³⁸
5	\$274. ⁸³	\$423. ²²	\$509. ⁵¹
10	\$493. ³⁶	\$785. ⁹⁸	\$926. ³⁷

ALL FEES ARE SUBJECT TO CHANGE. PRICES DO NOT INCLUDE TAX.

Indoor Cycle Training

Indoor cycling is a motivating exercise class that uses high-performance spin bicycles to burn calories, build muscle, and relieve stress.

Cycle Xpress 45 minutes of riding, including a quick warm-up and cool down. Designed to get your workout in and to get you on your way!

Cycle HIIT + Abs 45 minutes high intensity plus core intervals

Cycle Core (60 min class) 45 minutes of cycling including the warm-up, followed by 15 minutes of core training (abs and back) and stretching

Cycle Core (45 min class) 30 minutes of cycling including the warm-up, followed by 15 minutes of core training (abs and back) and stretching



Indoor Cycling Fees

Single visit	\$7. ⁴¹
10 visit	\$66. ⁶⁹

FEES SUBJECT TO CHANGE

We no longer accept paper tickets for indoor cycling.

Indoor Cycling Schedule

MON AM	MON PM	TUES	WED	THURS
Cycle Xpress 8:00 AM - 8:45 AM	Cycle HIIT+ Abs 5:00 PM - 5:45 PM	Cycle Core 5:30 PM - 6:30 PM	Cycle Core 5:30 PM - 6:15PM	Cycle Xpress 6:00 PM - 6:45 PM

REDUCED CLASSES FROM MAY-SEP. SCHEDULE IS SUBJECT TO CHANGE.

Please visit us online at vanrec.ca to register for your session

Exercise for Prostate Cancer SIRvivor

Open to all prostate cancer survivors and their carer/spouse. Designed to help men with prostate cancer learn how to exercise correctly to reach and maintain wellness goals. Resistance training, flexibility, balance and aerobic exercise. Purchase a monthly flexi-pass. No other fees charged.

Wed Jan 8 - Mar 26

Fri Jan 3 - Mar 28

12:00 - 1:00 PM

Fitness for Youth

(13-18yrs)

Tu 4:30-5:30pm

(Th optional)

Jan 7 - 28

Feb 11 - Mar 4

Fitness for

Older Adults

(55+)

Mo 11:00am-12:00pm

(Th optional)

Jan 6 - Jan 27

Feb 24 - Mar 17

Staff guide participants through a four week program covering all components of a complete fitness regime. Feel more confident in any fitness centre. Connect with other like-minded members in your community. Completed Par-Q and Consent & Release are required. Drop-in adm w/ valid Flexi-pass or Usage pass required. Priority registration for new registrants.

Youth ages 13-16 are welcome in the Fitness Centre.

Room Rental Guide

Rent a room for your workshop, meeting, birthday party, wedding reception, or conference!

Room	Highlights	Hourly Rate (excluding tax)	Size (sq. ft.)	Capacity
Multipurpose 1 (MP1)	Perfect for smaller events and meetings. North facing view of seawall, mountains, Creek (small sink)	\$46	600	25
Multipurpose 2 (MP2)	Perfect for smaller events and meetings. North facing view of seawall, mountains, Creek (small sink and counter space)	\$43	600	30
Dance Studio	Performance rehearsal/dance space.	\$55	900	50
Multipurpose 4 (MP 4)	Fantastic for events and functions. Spectacular views and access to small kitchen facilities	\$140	1950	100
Gymnasium	Full court gym ideal for sport bookings and large events (tradeshows, receptions)	Sport: \$85	7500	300
		Event: \$160		


Additional Charges

Staffing	For rentals outside of regular operating hours; number of staff required dependant on activity, scope and size of rental	\$40. ⁴² /hr per staff
Damage Deposit	Deposit fee may apply depending on scope of rental event	\$200-\$1000
SOCAN & ReSound	Mandatory music royalty tariffs for rentals with music and/or dancing	Starting at \$32. ⁹⁰
Janitorial	Janitorial fees may apply depending on scope of event	\$200

To check room availability call 604.257.3050 ext 1

All reservation requests must be submitted online at creeksidecentre.ca.

Note: Discounted room rental rates are available for not-for-profit organizations.

 facebook.com/creeksiderec  twitter.com/creeksiderec

Room Rental Cancellation Policy

Cancellation requests must be received in writing and require a minimum of sixty (60) days' notice to receive a refund of fees paid, less a \$25 administration fee. Cancellation requests received prior to thirty (30) days before the respective event will receive a refund which amounts to 50% of the rental fee paid, less a \$25 administration fee. **Please note:** refunds of rental fees will not be issued for event cancellations received less than thirty (30) days prior to the event.