# Community Recreation Centre



Winter 2026 Program Guide

creeksidecentre.ca

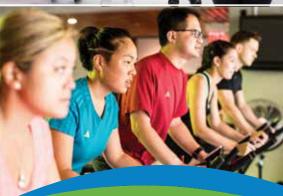


### **Register Online Today**









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.







### 

Fitness Centre.....30





### welcome

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.

Experience Recreation at Creekside



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

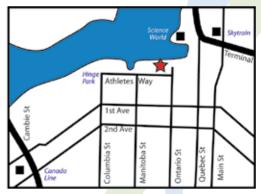


### Hours of Operation

Monday-Thursday 6:30am-10pm Friday 6:30am-8:30pm Saturday/Sunday 9am-5pm **Closed** 

Jan I, Feb 16, Apr 3, Apr 6

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

### Online Registration

cancellation without notice.

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. I

### **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 2

at 7 PM

Phone-in and in-person: Wednesday December 3 at 9 AM

NOTE: Program prices do not include taxes.



## preschool/family



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

### MUSIC **Wee Expressions**

(0-4 yrs)

Engage through a mixture of free and structured play. Participate in singing, instrument playing, brain gym, accompanying song actions, baby sign language and dance. Curriculum based Music Therapy techniques. Siblings 25% discount. FREE if under 8 mo -old. musicalexpressions.ca Materials fee \$7.50 M Jan 26-Apr 27 10:00 AM-10:45 AM \$169.50/10 sess No class Feb 16, Mar 16. Mar 23, Apr 6

### **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. Bring your own blanket. No drop-ins. More info intoyoga.ca Instructor: Sheri Kauhausen M Jan 19-Feb 23 10:00 AM-10:45 AM

\$77/5 sess No class Feb 16

M Ian 19-Feb 23 10:00 AM-10:45 AM \$77/5 sess

### **MARTIAL ARTS Taekwondo Tigers**

(3-4 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. Instructors:Creekside Community Taekwondo Master S. Strachan 6th Dan Master M. Park 5th Dan Email: creeksidetkd@gmail.com Cell: 604 815 9195 (text) Taekwondo uniform is required. Discuss with Instructor for details. Instructor: Creekside Community Taekwondo And Fitness

M lan 12-Apr 27 3:30 PM-4:00 PM \$280/14 sess

Sa Jan 10-Apr 25 II:00 AM-II:30 AM \$300/15 sess No session Feb 16, Apr 4, 6

### Creekside **Soccer Academy**

(2-3 yrs)

Creekside Soccer Academy 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 11-Apr 26

9:15 AM-10:00 AM \$243.10/13 sess lan 25, Mar 21, Apr 19

### Creekside **Soccer Academy**

(4-5 yrs)Description see above Instructor: Glyn Roberts Su Jan II-Apr 26 10:00 AM-10:45 AM \$243.10/13 sess No class Jan 25, Mar 22, Apr 19

### **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 Ian 10-Feb 21

9:30 AM-10:15 AM \$102/6 sess No sess Feb 14

Sa Mar 07-Apr 25 9:30 AM-10:15 AM \$119/7 sess No sess Apr 4

W Ian 14-Feb 25 9:30 AM-10:15 AM \$119/7 sess

W Mar 04-Apr 29 9:30 AM-10:15 AM \$119/7 sess No sess Mar 18. Mar 25

### Baby/Toddler **Time Sing and** Grow

Nursery rhymes and songs, information about infant development and connection to community resources. For more info contact Bilguis at BHirani@mpnh.org Register https://forms.office. com/r/g6BDHVhHbW **EVERY Friday** Jan 9 - Apr 24

Baby Time

10:00 - 11:00 AM

11:00 AM - 12 PM

Donations welcome!

**Toddler Time** 

(I to 2.5 yrs)

FREE



### **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 7, 14, 21 Mar 7, 14, 21, 28 Apr II, 18, 25 May 2, 9, 16, 23, 30 Su 12:00 PM-2:00 PM Feb 1, 8, 15, 22 Mar I, 8, 15, 22, 29 Apr 5, 12, 26 May 3, 10, 17, 24, 31



(2-3 yrs)You've made the team! Sportball 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-parentper-child ratio policy to ensure that focus is kept on helping little one's practice and progress. Parent/adult participation is required. Instructor: Sportball Vancouver Sa Jan 10-Feb 21 10:15 AM-11:00 AM \$102/6 sess Feb 14 Sa Mar 07-Apr 25 10:15 AM-11:00 AM \$119/7 sess No sess Apr 4. W Jan 14-Feb 25 10:15 AM-11:00 AM \$119/7 sess W Mar 04-Apr 29

10:15 AM-11:00 AM \$119/7 sess

No sess Mar 18, Mar 25

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, noncompetitive 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 lan 10-Feb 21

Sa Mar 07-Apr 25 II:00 AM-II:45 AM \$119/7 sess No sess Apr 4.

No sess Feb 14.

II:00 AM-II:45 AM

\$102/6 sess

W Ian 14-Feb 25 II:00 AM-II:45 AM \$119/7 sess

W Mar 04-Apr 29 II:00 AM-II:45 AM \$119/7 sess No sess Mar 18, Mar 25



Bring the family to the Creekside gym to run, jump, climb and play. Meet with families in the 'hood. Parent/ guardian participation required. Drop-in only. \$1.50/ child or 10 visit pass for \$10 M Jan 05-Apr 20

10:45 AM-12:30 PM \$1.50/sess

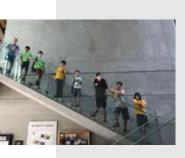
W Jan 07-Apr 22 9:30 AM-12:30 PM \$1.50/sess

F Jan 09-Apr 24 9:30 AM-12:30 PM \$1.50/sess No sess Feb 16, Apr 3, Apr 6









Encourage creativity and imagination to foster growth and development.

### **SPORTS Creekside Soccer** Academy

(6-9 yrs)

Creekside Soccer Academy is based on a unique coaching model that help children develop skills and reach their potential. Gain confidence, build selfesteem, learn to work in teams and improve decision making. Dropins with instructor approval. Instructor: Glyn Roberts Su Jan II-Apr 26 10:45 AM-11:30 AM \$243.<sup>10</sup>/13 sess No class Jan 25, Mar 22, Apr 19

### **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 lan 6-Feb 24 3:30 PM-4:30 PM \$130/13 sess No class Sep 30, Nov II

### MUSIC **Private Piano** Lessons

(5+ yrs)

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 your 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: musicalexpressions.ca Instructor: Musical Expressions W Jan 07-Apr 29 3:30 PM-7:00 PM \$487.50/1/2 hr sess

No class Mar 18, Mar 25

### **EDUCATION**

Learning **Through Minecraft: Spring Break Camps** 

(Ages 8-14 yrs) Creative builders, redstone scientists and survival players unite! Optimizing your child's social-emotional skills while we mine both the basics and advanced aspects of Minecraft in-game creative content creation and the social side of multiplayer survival gaming. Getting to know our MCKids Academy community and how we learn while we play. Be respectful, collaborative and inclusive! Dig deeper into the tools that Master Minecraft builders use to create awesome mini-games and maps. Learn how to use commands and apply our redstone know-how to build contraptions and automated machines. (Each week we will create lessons specific to your childs interests). Dress for the weather! Pack healthy snacks and lunches. Kya, our therapy dog will also be in attendance. Lots of outdoor play and exploration in and around Creekside! Please note: parents must notify instructors ahead of time if your child has extra

support needs and/or will be attending with a support person. Bring your PC/MAC laptop computer with Java Edition Minecraft installed. (No iPads). Rentals w/ guest accounts available for \$15 per day payable to instructor. Free rentals for siblings. Reserve your laptops info@ minecampkids.com. Includes one week of online play after camp is over. Subscribe for ongoing, monitored access to our private servers. Instructors: Anna

M Tu W Th F Mar 23-Mar 27 9:00 AM-4:00 PM \$525/5 sess

(Momibelle) & Emiliana

(Emibelle) Belluz,

Vernon (2vb) Ip

Mar 16-Mar 20

9:00 AM-4:00 PM

M Tu W Th F

\$525/5 sess









Check out our Adult Sports Programs. If you are

19+ yrs old you are welcome to register!

See pg 18

### MARTIAL ARTS **Beginners Taekwondo** (White Belt)

(5-8 yrs)

Increase concentration. motor and 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. No session Feb 16 and Apr 6. Instructor: Creekside Community Taekwondo And Fitness. Master S. Strachan 6th

Dan Master M. Park 5th Email: creeksidetkd@ gmail.com Cell: 604 815 9195 (text) Taekwondo uniform is required. Please discuss with the instructor.

M Jan 12-Apr 27 4:00 PM-4:45 PM \$280/14 sess

M Jan 12-Apr 27 4:45 PM-5:30 PM \$280/14 sess

### **Beginners** Taekwondo (White **Belts to Yellow** Strips)

(5-11 yrs)

Increase concentration, motor and 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. Taekwondo uniform is required. No class Apr 4. Sa Jan 10-Apr 25 11:30 AM-12:15 PM \$300/15 sess

### Intermediate Taekwondo (Yellow to Green Belts)

(6-II yrs) Sa Jan 10-Apr 25 12:15 PM-1:00 PM \$300/15 sess

### Intermediate Taekwondo (Blue to Black)

(10-16 yrs)Sa Jan 10-Apr 25 1:00 PM-1:45 PM \$300/15 sess

### **Teens Taekwondo** (13-18 yrs)

Instructor: Creekside Community Taekwondo And Fitness M Jan 12-Apr 27 5:30 PM-6:20 PM

\$280/14 sess

### Capoeira for Kids & Parents

(6-12 yrs)

A movement art for kids. Learn dance, martial arts, simple acrobatics, music, instruments and history. Improve strength, flexibility, co-ordination, balance, agility and rhythm. Bolster self-confidence and teamwork in a fun environment! Parents invited to join alongside kids. Instructor: Molly Lee (Professora Esquilo) Tu lan 13

Tu Jan 20-Feb 24 5:00 PM-6:00 PM \$120/6 sess

5:00 PM-6:00 PM

Free Trial

Tu Mar 03 5:00 PM-6:00 PM Free Trial

Tu Mar 10-Apr 28 5:00 PM-6:00 PM \$160/8 sess

Th Jan 15 5:00 PM-6:00 PM Free Trial

Th Jan 22-Feb 26 5:00 PM-6:00 PM \$120/6 sess

Th Mar 05 5:00 PM-6:00 PM Free Trial

Th Mar 12-Apr 30 5:00 PM-6:00 PM \$160/8 sess

Tu Th Ian 20-Feb 26 6:00 PM-7:45 PM \$204/12 sess

### **Events** at CREEKSIDE

### Lunar New Year Festival February 28

FREE

Welcome the Lunar New Year at Creekside Community Centre's gym for free! 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 dragon boat team recruitment.

Festival presented by Birds Nest Properties More info coming early 2026 See dragonboatbc.ca/cny

### Hippity Hoppity **Easter Event**

Saturday April 4 2:00 PM - 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



## paddling



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 or visit dragonzone.ca

FREE Olympic Village Lunar New Year Festival presented by Birds Nest Properties February 28

Welcome the Lunar New Year at Creekside Community Centre's gym for free! 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 dragon boat team recruitment. More info coming early 2026.

dragonboatbc.ca/cny

2026 Race Calendar FREE
Burnwater Youth
Regatta/Burnwater
Spring Sprint: May 2
Vessi 500 Championship:
May 30
Harrison Dragon Boat
Festival: July 25
Oddball Fall Classic:
September 26
More info
dragonboatbc.ca/cny

Creekside Kayaks at Dragon Boat BC Year-Round Pass Programs Visit

dragonzone.ca/kayak for information on our year-round pass programs that get you out on the water throughout the entire year. Registration is open online at register. dragonboatbc.ca

Rentals and Intro to Kayak restarts Spring 2026: Explore Vancouver from the water out of our Olympic Village docks in a kayak! Single and tandem kayaks, and Intro to Kayak lessons available in the spring.

Private and School
Group Sessions
Learn to paddle dragon
boat with our guides
on False Creek yearround! Private group
sessions start with as
few as 12 people.
Visit dragonzone.ca/
paddle for more info on
our adult or youth group

dragon boat events.

### 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.creekside communitygarden.com or email info@creekside communitygarden.com We can't wait to garden with you!



### 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	2 %	8:15pm-10:00pm	6:15pm-8:00pm			
Pickleball	-671-6	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
Volleyball	8:15pm-10:00pm	6:15pm-8:00pm		8:15pm-10:00pm	6:45pm-8:30pm	the day of and if a room is available, we can provide a table!

### Yoga & Fitness Schedule See pgs 21-27 for info, dates and registration fees. Schedule subject to change without notice.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Callanetics 9:15am-10:15am	<b>20/20/20</b> 9:30am-10:45am	A-K	Yoga Made for Runners 6:45am-7:45am	
1	<b>Zumba® Gold</b> 9:15am-10:15am		Tristar Tai Chi 10:00am-11:15am	7-13-	Tristar Tai Chi 10:00am-11:15am	<b>Pilates Yoga</b> 9:10-am-10:00am
	<b>20/20/20</b> 9:30am-10:45am	Yoga for Older Adults - Lv 1 10:30am-11:45am		Yoga for Older Adults - Lv 2 10:30am-12:00pm	20/20/20 9:30am-10:30am	Fitness Kickboxing 10:00am-11:00am
						Capoeira Brasil 2:30pm-4:00pm
tha Yoga 10am-10:45am			Hatha + Yin Yoga 5:30pm-6:45pm		Long	6
t <b>ha + Yin Yoga</b> 00am-12:15pm						4
	Pilates Yoga 6:20pm-7:10pm	Capoeira Brasil 6:00pm-7:15pm	Dance Bootcamp 7:00pm-8:00pm	Capoeira Brasil 6:30pm-7:45pm	4	
	Yoga Made for Runners 7:30pm-8:45pm	<b>Yin Yoga</b> 6:30pm-7:45pm	Dancehall 8:15pm-9:15pm		256.0	

### adult



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. (\$2.63/daytime sess & \$4.79/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. (\$2.63/sess daytime & \$5.74/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. (\$3.58/sess daytime & \$6.69/sess evening)

### **Badminton**

(19+ yrs)
Non-instructional,
recreational badminton.
Doubles play and rotation
required if session full.

Drop-In only (2 courts)
Jan 5-Apr 25
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 16, Feb 28,

Apr 3, Apr 6 \$3.<sup>58</sup>/drop-in or \$26.<sup>31</sup>/10 visit pass

Register or \$6.69/ Drop-In (4 Courts)

W Jan 7-Apr 22 8:15 pm-10:00 pm \$76.64/16sess

F Jan 9-Apr 24 4:45 pm-6:30 pm \$71.85/15sess

### **Basketball**

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
\$6.69/Drop-In
Tu Jan 6-Apr 21
8:15 pm-10:00 pm

W Jan 7-Apr 22 6:15 pm-8:00 pm \$76.64/16 sess

\$76.64/16 sess

### Soccer

(19+ yrs)
Non-instructional, recreational, full-gymnasium soccer for all levels.
Register or
\$6.69/Drop-In

\$6.69/Drop-In M Jan 5-Apr 20 6:15 pm-8:00 pm \$67.06/14 sess No sess Feb 16, Apr 6

Th Jan 8-Apr 23 6:15 pm-8:00 pm \$76.64/16 sess

Sa jan 10-Apr 25 12:00 pm-1:45 pm \$67.06/14 sess No sess Feb 28, Apr 4

### **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 paddel

M-Th Jan 5-Apr 23 1:15 pm-2:45 pm No sess Feb 16, Apr 6

F Jan 9-Apr 24 1:00 pm-2:30 pm \$3.<sup>58</sup>/Drop-In \$26.<sup>31</sup>/10 visit pass No sess Apr 3

### Volleyball

(19+ yrs)
Non-instructional,
volleyball for all levels.
Players sort themselves
into levels and play 6 on 6.
Register or \$6.69/Drop-In
M Jan 5-Apr 20
8:15 pm-10:00 pm
\$67.06/14 sess
No sess Feb 16, Apr 6

Tu Jan 6-Apr 21 6:15 pm-8:00 pm \$76.64/16 sess

Th Jan 8-Apr 23 8:15 pm-10:00 pm \$76.64/16 sess

F Jan 9-Apr 24 6:45 pm-8:30 pm \$71.85/15 sess

### **Pickleball Lessons**

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

### **Pickleball**

(19+ yrs)
Non-instructional
All Levels
Register or \$3.58/Drop-In
Tu Jan 6-Apr 21

Tu Jan 6-Apr 21 8:30am-10:00am 10:15am-11:45am \$42.08/16 sess

Th Jan 8-Apr 23 8:30 am-10:00 am 10:15 am-11:45 am \$42.08/16 sess

### Intermediate/Advanced

F Jan 9-Apr 24 2:45 pm-4:30 pm \$39.45/15 sess

### Pickleball Court Rentals

Reserve your own pickleball court for your family and friends. There are four courts available to play for 55 minute timeslots. Each registration is a booking for one court, max 4 players. Please note: Court A and Court B there could be glare on sunny days. 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 4, 11, 18, 25 Feb 1, 8, 15, 22 Mar I. 8, 15, 22, 29 Apr 5, 12, 19, 26



### **SPORTS** All Levels Volleyball Skills Clinic

(19+ yrs)

Learn, develop and perfect basic volleyball skills. Emphasis on technical components of the forearm pass, overhead pass, serving, hitting and blocking. Instructor: **TIN & TINA LTD** 

8:30 PM-10:00 PM \$210/6 sess

W Feb 18-Mar 25

### Intermediate **Advanced Volleyball** Skills Clinic

(19+ yrs)

Learn, develop and perfect basic volleyball skills whether for intermediate players. No drop-ins. Instructor:

**TIN & TINA LTD** W Jan 07-Feb II 8:30 PM-10:00 PM \$210/6 sess

### Intermediate **Advanced Volleyball Skills Clinic**

(19+ yrs)

Learn, develop and perfect for intermediate/ advanced player. No drop-ins. Instructor: TIN & TINA LTD W Apr 01-Apr 29

8:30 PM-10:00 PM

\$210/5 sess

### **EDUCATION Athletic Taping** Course

(16+ yrs)

Covers taping techniques used in a sport setting through lecture and practical applicationS. 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 further damage when injury occurs and for aiding the healing process are also discussed. A great asset for coaches. parents and athletes, 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). Certificate of completion issued. Course approved for 7.0 BCRPA and 7.0 PE/ A2 CMTBC Continuing Education Credits. Instructor: SportMed BC Sa Ian 24 9:30 AM-4:30 PM

### **Sports First Aid**

(16+ yrs)

This eight-hour course serves as Sports First aid course in one day. A certificate of completion will be issued for Sports First Aid. Instructor: SportMed BC Su Ian 25 9:30 AM-4:30 PM \$160/1 sess

Su Apr 12-Apr 12 9:30 AM-4:30 PM \$160/1 sess

### **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.intovoga.ca Instructor: Sheri Kauhausen M Jan 19-Feb 23 10:00 AM-10:45 AM \$77/5 sess

M Apr 13-May II 10:00 AM-10:45 AM \$77/5 sess

No class Feb 16

### **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 Jan 06-Feb 24 9:15 AM-10:15 AM

\$135.60/8 sess Tu Mar 03-Apr 28 9:15 AM-10:15 AM

\$152.55/9 sess

Th Ian 08-Feb 26 9:15 AM-10:15 AM \$135.60/8 sess

Th Mar 05-Apr 30 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 \$5 TRIAL W lan 14 7:00 PM-8:00 PM \$4.78/I sess

W Jan 21-Feb 25 7:00 PM-8:00 PM \$90/6 sess \$5 TRIAL

W Mar 04-Mar 04 7:00 PM-8:00 PM \$4.<sup>78</sup>/I sess

W Mar II-Apr 29 7:00 PM-8:00 PM \$120/8 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 \$5 TRIAL W lan 14 8:15 PM-9:15 PM \$4.<sup>78</sup>/I sess W lan 21-Feb 25

8:15 PM-9:15 PM \$90/6 sess \$5 TRIAL

W Mar 04 8:15 PM-9:15 PM \$4.78/I sess

W Mar II-Apr 29 8:15 PM-9:15 PM \$120/8 sess

Sa Apr II-Apr II

9:30 AM-4:30 PM \$210/1 sess

\$210/1 sess



### ART Painting Art Studio & Mixed Media

(19 + yrs)

A fun art course in which you will create a painting and try a variety of acrylic techniques, tools and mediums while learning color and composition. Materials included. Instructor: Zohar Fiszbaum, founder of "Pacific Artist Guild". M May 04-Jun 01 5:30 PM-8:30 PM \$199/4 sess No class May 18

### 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 Jan 04-Feb 22 II:00 AM-I2:15 PM \$120/8 sess

W Ian 07-Feb 25 5:30 PM-6:45 PM \$120/8 sess

Su Mar 01-Apr 26 11:00 AM-12:15 PM \$105/7 sess No class Apr 5, Apr 19

W Mar 04-Apr 29 5:30 PM-6:45 PM \$105/7 sess Apr I, Apr 8

### 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 Jan 06-Feb 24 6:30 PM-7:45 PM \$120/8 sess

Tu Mar 03-Apr 28 6:30 PM-7:45 PM \$105/7 sess No class Mar 31, Apr 7

W Jan 07-Feb 25 5:30 PM-6:45 PM \$120/8 sess

W Mar 04-Apr 29 5:30 PM-6:45 PM \$105/7 sess Apr I, Apr 8

### 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

### Ferman

Su lan 04-Feb 22 9:30 AM-10:45 AM \$120/8 sess

Instructor: Pamela

Su Mar 01-Apr 26 9:30 AM-10:45 AM \$105/7 sess No class Apr 5, Apr 19

### **Pilates Yoga** (15+)

Mat pilates and yoga flow focusing on joint mobility with stretches and core work work. All levels are welcome as modification are presented as needed for bodies with different ranges and strengths.welcomed as modifications of each moves are presented as needed. Instructor: Michelle Park Certified Pilates and Personal Trainer under BCRPA and Certified Yoga Teacher under Prana Yoga College.

M Jan 05-Feb 02 M Feb 09-Mar 16 M Mar 23-Apr 27 6:20 PM-7:10 PM \$110/5 sess

Sa | an 10-Feb 07 Sa Feb 14-Mar 14 Sa Mar 21-Apr 25 9:10 AM-10:00 AM \$110/5 sess No class Feb 16, Apr 6

### Yoga Made for Runners

(16+ yrs)

Yoga Made For Runners is 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 breath deeply. For more info, visit mikedennisonfitness.com Instructor: Mike Dennison M Jan 05-Feb 23 7:30 PM-8:45 PM \$110/7 sess

M Mar 02-Apr 27 7:30 PM-8:45 PM \$125/8 sess No class April 6 Drop-in \$20

No class Feb 16

F |an 09-Apr 24 6:45 AM-7:45 AM \$125/9 sess No class April 3 Drop-in \$18

### PARK BOARD PRIDE

Check out our weekly programs and activities for 2STGD and 2SLGBTQIA+ folks of all ages.

vancouver.ca/park-board-pride



### MARTIAL ARTS 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 Jan 13-Feb 24
6:00 PM-7:15 PM
\$140/7 sess

Tu Mar 03-Apr 28 6:00 PM-7:15 PM \$180/9 sess

Th Jan 15 6:30 PM-7:45 PM Free Trial

Th Jan 22-Feb 26 6:30 PM-7:45 PM \$120/6 sess

Th Mar 05-Apr 30 6:30 PM-7:45 PM \$180/9 sess

Tu Th Jan 13-Feb 26 6:00 PM-7:45 PM \$221/13 sess

Tu Th Mar 03-Apr 30 6:00 PM-7:45 PM \$306/18 sess

Sa Jan 24-Feb 28 2:30 PM-4:00 PM \$120/6 sess

Sa Mar 07-Apr 25 2:30 PM-4:00 PM \$160/8 sess

### **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. Dropins with approval \$5.76 vancouvershotokan. ca Instructor: Canada Shotokan Karate M W Jan 05-Apr 29 6:00 PM-7:30 PM \$192/32 sess No sess Feb 16, Apr 6

### Fitness Kickboxing

(15+ yrs) Come and eniov 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 \$25, space permitting. Academy and BCPRA Personal Trainers. Instructor: Martial Arts & Fitness Centre Squamish

### Jodo - The Way Of The Stick

(19+ yrs)

lodo is a lapanese art that means 'way of the stick'. In this art, students are taught to rely on the precision and flexibility of the lo, a short staff, to overcome the inherent advantages of a bladewielding 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 08-Jan 29 8:15 PM-9:45 PM 12:45 PM-2:15 PM Su Th Feb 01-Feb 26 Su Th Mar 01-Mar 29 Su Th Apr 09-Apr 30 \$50/Month

No Class Feb 15

### 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. Shorinii 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 \$47.62/month Instructor: Vancouver Pacific Shorinii Kempo Tu Sa lan 06-lan 31 Tu Sa Feb 03-Feb 28 Tu Sa Mar 03-Mar 31 Tu Sa Apr 07-Apr 28

7:30 PM-9:00 PM

\$50/month

10:30 PM-12:00 PM

### 20/20/20 Dance Fit, Strength and Yoga Fitness (13+ yrs)

Twenty minutes of fun, high intensity dance work out with kpop, hip hop and zumba moves. 20 min weight training work out with dumbells for muscle building and toning. 20 min yoga/pilates work out to improve joint mobility and muscle flexibility with inner peace. Drop-Ins \$25. Instructor: Michelle Park BCRPA certified pilates, weight/personal trainer. Certified Yoga teacher, College of Prana and Zen Centre. Creekside Community Taekwondo And Fitness M Jan 05-Feb 02 M Feb 09-Mar 16 M Mar 23-Apr 27

W Jan 07-Feb 04 W Feb II-Mar II \$110/7 Sess

\$110/5 sess

9:30 AM-10:30 AM

W Mar 18-Apr 29 9:30 AM-10:30 AM \$154/7 sess

F Jan 09-Feb 06 F Feb 13-Mar 13 F Mar 20-Apr 24 9:30 AM-10:30 AM \$110/5 ses No Class Feb 16, Apr 6



Sa Ian 10-Feb 07

Sa Feb 14-Mar14

Sa Mar 21-Apr 25 10:00 AM-11:00 AM \$110/5 sess

### Capoeira

(13+ yrs)

Capoeira is an Afro-Brazilian art, which combines martial art techniques with simple acrobatics, and movements, making it a compete 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 No Class Feb 16, Apr 6 M W Jan 05-Jan 28 7:30 PM-9:00 PM \$76.16/8 sess

M W Feb 02-Feb 25 7:30 PM-9:00 PM \$66.64/7 sess M W Mar 02-Mar 30 7:30 PM-9:00 PM \$85.68/9 sess

M W Apr 01-Apr 29 7:30 PM-9:00 PM \$76.16/8 sess

### Tenshin Ryu Hyoho

(19 + yrs)

Tenshinryu Hyoho is a comprehensive martial art that includes kenjutsu (swordsmanship), battojutsu (sword drawing techniques), sojutsu (spear techniques), naginatajutsu, kusarigamajutsu (chain and sickle techniques), jujutsu, and also incorporates jumonjisojyutsu (cross-shaped spear techniques) as an ancillary tradition. The art encompasses extensive techniques and strategies for all aspects of a samurai's life, including lying down, rising, sitting, standing, walking, and running. . Our Dojo is recognized by the main Dojo and masters in Japan and we are part of a global network.

Instructor: Adrian Fuentes F Jan 09-Jan 30 F Feb 06-Feb 27 F Mar 06-Mar 27 F Apr 10-Apr 24 6:00 PM-8:00 PM \$30/Month

### **Function & Flow**

(19 + yrs)

Combines functional strength training with mobility and dynamic movement drills Wed |an 07- |an 28 Wed Feb 04-Feb 25 Wed Mar 04-Mar 25 6:00 PM-7:00 PM \$53/4 sess

### **TRX Yoga FUSION** for Women - Novice

(19 + yrs)

Build functional strength using the TRX. Last 15 mins transition to gentle slow paced yoga flow and stretch.

Th Jan 08-Jan 29 Th Feb 05-Feb 26 Th Mar 05-Mar 26 6:30 PM-7:30 PM \$108/4 sess

### TRX HITT Int/Adv Level

(19+ yrs)

Fast paced class combining cardio and TRX exercises. M |an 05-|an 26 M Feb 02-Mar 02

M Mar 09-30 6:00 PM-7:00 PM \$108/4 sess

No class Feb 16

### TRX HIIT + Kettlebells Int/Adv Level

(19+ yrs)

TRX combined with Kettlebells for a challengiing workout. Wed Ian 07- Ian 28 Wed Feb 04-Feb 25 Wed Mar 04 - Mar 25 7pm - 8pm \$108/4 sess



**ABC Specialty Program** with Physiotherapist Stefan Cvoric on pain medication, and improved physical function and activity levels.

### What to Expect:

Two 90-minute education sessions, 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.

### Who Can Benefit:

Individuals with stiff or painful knees and/or hips, including those diagnosed with osteoarthritis. Individuals seeking to reduce pain, improve daily activity participation, and delay or prevent surgery.

Mon/Thu 3:30-4:30 January 26 - March 19 14 sess \$560 Activity number 58649

Supported group setting for those who have completed the GLA:D Canada program and would like ongoing support and guidance from a physiotherapist.

Mon/Thu 2:15-3:15 January 29 - March 19 14 sess \$350 Activity number 586492

**Ouestions?** Email kate.lee@yancouver.ca



## older adult



Stay engaged and active while making connections with new friends.

### FITNESS Pole Walking for Arthritis

(40+ yrs)
Learn how to use walking poles to stay active while managing Osteoarthritis.
ALL sessions are FREE.
Please pre-register for one time slot only.
Contact Vancouver
Coastal Health at 604
875 4544 for details.
Instructor: OASIS
Vancouver
Tu Jan 13
Tu Feb 10
Tu Mar 17

### **ZUMBA®** Gold

10:00 AM-11:30 AM

Tu Apr 14

FREE

(55 + yrs)Low-impact dance-fitness class for beginners and seniors uses easy-tofollow moves to create a dynamic and fun fitness class. Classes improves balance, strength, flexibility. Instructor: Vancouver Zumba M Ian 05-Feb 23 9:15 AM-10:15 AM \$96.25/7 sess No class Feb 16 M Mar 02-Apr 27 9:15 AM-10:15 AM

### Tristar Tai Chi All Levels

(19+ yrs) Learn this peaceful, ancient form of tai chi for health and wellness. Strengthening stances, meditative breath work, flowing movement and Asian healing meridian pressings. Benefits include stress release, improved digestion, circulation and enhanced energy, moods and immune system. Join us in a relaxed, welcoming environment. Nourish your body, mind and spirit. Drop in \$20 http://tristartaiji.com/ Instructor: Molly Lee

Instructor: Molly Lee W Jan 07-Feb 25 10:00 AM-II:15 AM \$144/8 sess

F Jan 09-Feb 27 10:00 AM-11:15 AM \$144/8 sess

W F Jan 07-Feb 27 10:00 AM-11:15 AM \$240/16 sess

W Mar 04-Apr 29 10:00 AM-11:15 AM \$162/9 sess

F Mar 06-Apr 24 10:00 AM-II:15 AM \$126/7 sess No class Apr 3

W F Mar 04-Apr 29 10:00 AM-11:15 AM \$240/16 sess No class Apr 3

### Pickleball Stage 1: Learn-To-Play

(55+ yrs)
Semi-private. Four spots only. Learn proper grip, how to hit the ball and move efficiently. Instructor: Mona Lee F Feb 06-Mar 13 9:15 AM-10:45 AM \$240/6 sess

F Apr 10-Apr 24 9:15 AM-10:45 AM \$120/3 sess

### Pickleball Stage 2: Skills & Drills

(55+ yrs)
Semi-private. Four spots only. 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 Feb 06-Mar 13

10:45 AM-12:15 PM \$240/6 sess

F Apr 10-Apr 24 10:45 AM-12:15 PM \$120/3 sess

### Yoga for Older Adults: Level 1

(55+ yrs)
For beginners. Slow approach to focus on pain-free movement. Instructor:Terri Damiani Tu Jan 06-Feb 24 10:30 AM-II:45 AM \$130/8 sess

Tu Mar 03-Apr 21 10:30 AM-11:45 AM \$130/8 sess

### Yoga for Older Adults: Level 2

(55+ yrs) Increase mobility, stamina and vitality. Instructor: Terri Damiani Th Jan 08-Feb 26 10:30 AM-12:00 PM \$145. 12/8 sess

Th Mar 05-Apr 23 10:30 AM-12:00 PM \$145. 12/8 sess

### SOCIAL Bridge

(19+ yrs)
Join our group on
Tuesdays and enjoy
duplicate bridge. Please
note: no instruction is
provided. New players
are always welcome.
\$2/drop-in or
10 visit pass \$10.

Tu Jan 06-Apr 28

12:00 PM-3:00 PM

### Mahjong

\$1.90/ sess

(19+ yrs)
Join our group on
Thursdays and enjoy
Mahjong. Instruction
may be provided.
New players are
always welcome.
\$2/drop-in or
\$10 for 10 visit pass.
Th Jan 08-Apr 30
1:00 PM-4:00 PM
\$1.90/ sess



\$110/8 sess

No class Apr 6

## reekside S

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.



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	\$7.93	\$5.55			
10 Visit Pass	\$71.37	\$49.95			
FLEXIPASS RATES Access to all Vancouver Park Board fitness centres, pools and rinks.					
1 month	\$64.15	\$44.91			
3 months	\$173.21	\$121.25			
12 months	\$554.26	\$387.98			

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 one hour session.

### **Personal Training Fees**

	PRIVATE	SEMI- PRIVATE	
SESSIONS	(1 PERSON)	(2 PEOPLE)	GROUP
1	\$65.98	\$98.93	\$138.78
3	\$182.83	\$274.29	\$371.70
5	\$294.07	\$452.85	\$545.18
10	\$527.90	\$841	\$997.22

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

### Strong Happens Level 1 Women's Beginner Introduction to Weight Training in the gym For women who are new to strength trainin

For women who are new to strength training or returning after a long break. A safe and structured way to use a variety of equipment in the gym and at home. You will learn about cardiovascular equipment set-up, proper form, lifting lingo, and utilize a variety of equipment during your training sessions each week.

Mo 12:00 PM Jan 05-Jan 26 Mar 09-Mar 30 \$152.82/4 sess Min 3 max 4

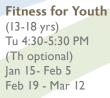


### Strong Happens Level 2 Women - Specific Intermediate level

For women that have experience in the gym You will learn to incorporate more complex exercises using dumbbells, barbells, kettle bells etc. exercises. You will be provided with two workout plans to help you reach your fitness goals.

Fri II:30 AM Jan 09-Jan 30 Mar Jan 6-Jan 27 \$152.82/4 sess Min 3 max 4





### Fitness for Older Adults

(55+ yrs) Mo II:00 AM-I2:00 PM (Th optional) Jan I2- Feb 2 Feb 23- Mar I6

Staff guide participants through a four week program covering all components of a complete fitness regime. Feel confident in any fitness centre. Connect with other like-minded members. Completed Par-Q and Consent & Release are required. Drop-in admission w/valid Flexi-pass or Usage pass required. Priority for new registrants. Email steven.tautscher@ vancouver.ca if you want to register and you have taken the class before. Or attend the drop-in Thurs session. Call 604-257-3050 and book a free fitness centre consultation.



### 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)		600	25	
Multipurpose 2 (MP2)	tacing view of seawall mountains ( reek (small		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	Sport: \$85	7500	300	
Gymnasium	large events (tradeshows, receptions)	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. <sup>42</sup> /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.



### 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.