

Creekside

Community Recreation Centre



Fall
2024
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.



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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



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

Sep 2, Sep 30,
Oct 14, Nov 11, Dec 25

Holiday Hours

Dec 27-Jan 5

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 PARTY: 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
August 6
at 7 PM

Phone-in and in-person:
Wednesday
August 7
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.

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 Sep 16-Oct 28

10:00 AM-10:45 AM

\$77/5 sess

No class: Sep 30, Oct 14

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 Sep 14-Oct 26

Sa Nov 02-Dec 14

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 Sep 08-Dec 08

9:15 AM-10:00 AM

\$261.8/14 sess

(4-5 yrs)

Su Sep 08-Dec 08

10:00 AM-10:45 AM

\$261.8/14 sess

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 Sep 07-Oct 26

9:30 AM-10:15 AM

\$85/5 sess

No sess Sep 28, Oct 12, Oct 19

Sa Nov 02-Dec 14

9:30 AM-10:15 AM

\$102/6 sess

No sess Nov 9

W Sep 18-Oct 30

9:30 AM-10:15 AM

\$119/7 sess

W Nov 06-Dec 18

9:30 AM-10:15 AM

\$119/7 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

Sept 13 - Nov 15

Baby Time

10:00 - 11:00 AM

Toddler Time

(1 to 2.5 yrs)

11:00 AM - 12 PM

FREE

Donations welcome!

preschool/family



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! No food, decorations, or activity leader provided. Bouncy castles and outside vendors 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@vancover.ca with any questions.

Sa 2:30 PM-4:30 PM
Oct 5, 12, 26
Nov 2, 9, 16, 23, 30
Dec 7, 14
Jan 11, 18, 25

Su 12:00 PM-2:00 PM
Oct 6, 13, 20
Nov 3, 10, 17, 24
Dec 1, 8
Jan 12, 19, 26

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 Sep 07-Oct 26
10:15 AM-11:00 AM
\$85/5 sess
No sess Sep 28, Oct 12,
Oct 19
Sa Nov 02-Dec 14
10:15 AM-11:00 AM
\$102/6 sess
No sess Nov 9
W Sep 18-Oct 30
10:15 AM-11:00 AM
\$119/7 sess
W Nov 06-Dec 18
10:15 AM-11:00 AM
\$119/7 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 Sep 07-Oct 26
11:00 AM-11:45 AM
\$85/5 sess
No sess Sep 28, Oct 12,
Oct 19
Sa Nov 02-Dec 14
11:00 AM-11:45 AM
\$102/6 sess
No sess Nov 9
W Sep 18-Oct 30
11:00 AM-11:45 AM
\$119/7 sess
W Nov 06-Dec 18
11:00 AM-11:45 AM
\$119/7 sess

MUSIC

Wee Expressions

(0-4 yrs)

Join us as we engage your child through free and structured play. Parents and children 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. 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. Siblings that are under 8 months attend free. Instructor website: musicalexpressions.ca. Materials fee \$7 for digital music and licensing. Instructor: Musical Expressions
 Tu Sep 17-Oct 29
 9:30 AM-10:15 AM
 \$120.9/7 sess
 Tu Nov 12-Dec 17
 9:30 AM-10:15 AM
 \$104.7/6 sess
 Th Sep 19-Oct 31
 9:30 AM-10:15 AM
 \$120.9/7 sess
 Th Nov 14-Dec 19
 9:30 AM-10:15 AM
 \$104.7/6 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. This program is facilitated by a Musical Expressions instructor. website: musicalexpressions.ca
 Instructor: Musical Expressions
 Tu Sep 17-Oct 29
 10:30 AM-11:00 AM
 \$113.4/7 sess
 Tu Nov 12-Dec 17
 10:30 AM-11:00 AM
 \$97.2/6 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
 No sess Sep 30, Oct 14, Oct 18 & Nov 11.
 Instructor: Non Instructional
 M Sep 09-Dec 09
 10:45 AM-12:30 PM
 \$1.5/ sess
 W Sep 11-Dec 11
 9:30 AM-12:30 PM
 \$1.5/ sess
 F Sep 13-Dec 13
 9:30 AM-12:30 PM
 \$1.5/ sess





Encourage
creativity and
imagination
to foster
growth and
development.

MUSIC

Private Piano Lessons

(5 yrs+)

Does your child have a passion for music and expressive arts? We offer unconventional private lessons. This program is based on special interests and fundamental goals that serve the humbleness of beginners all the way to tomorrow's next song writer or music creative. All classes are set in a fun, stress free environment with the focus on learning how to compose and create your own music, song writing, understanding melodies and creating harmonies that go with it. All participants must bring their own binder, notebook and writing tools (pencils, eraser and pencil crayons). If you don't have any music books, the instructor will assess and let you know which ones to purchase after your first lesson.

Instructor: Musical Expressions

W Sep 11-Dec 18

3:30 PM-7:00 PM

\$487.5/15 half hour sess

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 Sep 08-Dec 08

10:45 AM-11:30 AM

\$261.8/14 sess

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 Sep 10-Dec 10

3:30 PM-4:30 PM

\$110/11 sess

No class: Oct 1, 15,
Nov 12

MARTIAL ARTS **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 allowed)
Instructor: Squamish Martial Arts & Fitness Centre
Sa Sep 14-Oct 26
11:30 AM-12:15 PM
\$140/7 sess
Sa Nov 02-Dec 14
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 Sep 14-Oct 26
12:15 PM-1:00 PM
\$140/7 sess
Sa Nov 02-Dec 14
12:15 PM-1:00 PM
\$140/7 sess

Shotokan Karate for Kids

(9-15 yrs)

Shotokan Karate will teach Kihon (basic blocks, punches and kicks), Kata (forms) and Kumite (sparring) to men and women. Annual membership is required and can be purchased from the instructor. Drop-ins welcome with instructor approval \$4.76. vancouvershotokan.ca
Instructor: Canada Shotokan Karate
M W Sep 09-Dec 11
5:00 PM-5:45 PM
\$124/25 sess
No Class Sept 30, Oct 14, Nov 11

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

children/youth



Learning through Minecraft with MCKids Academy

Let's explore Minecraft together as a canvas for study and learning. We support and build on a combination of aligned 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. 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 go to mckidsacademy.com



Minecraft Pro-D Days with Momibelle and MCKids Academy (8-14 yrs)

Hone your Minecraft build skills at our monthly ProD day Master Builders meet-ups at Creekside Rec! Learn more about how to work with command blocks, redstone engineering, and how to 'play' with professional game design tools or just play alongside other MCKids who are joining you from home! Access to the MCKids HUB and all of our awesome games for the day. NOTE: We play on the full (PC/MAC) Java edition of Minecraft (\$29.⁹⁹ ca). Half of our day is offline play. Limited laptop rentals \$15 per day. Please reserve. 7 day cancellation notice.
Instructor: Anna Momibelle Belluz
F Sep 20-Sep 20
9:00 AM-4:00 PM
\$90/1 sess
F Oct 25-Oct 25
9:00 AM-4:00 PM
\$90/1 sess
F Nov 22-Nov 22
9:00 AM-4:00 PM
\$90/1 sess

A 'Let's Play' Winter Break: Learning Through Minecraft (8-14 yrs)

Check out all that's new in the latest version of Minecraft while we explore how we learn through play at MCKids Academy with Emibelle and 2vb. We'll cover how to 'Plan Our Play' and manage our time, practice our typing skills and socialize with others in our multiplayer worlds (and in the room). Let's build a community we can all be proud of! A great intro for newcomers to MCKids and returning players alike. For continued online play after camp, a fee applies. Drop-ins welcome! Bring your laptop. NOTE: We play on the full (PC/MAC) Java edition of Minecraft (\$29.⁹⁹ ca). Half of our day is offline play. Limited laptop rentals \$15 per day. Please reserve. 7 day cancellation notice.
Instructor: Anna Momibelle Belluz
M Tu Dec 23-Dec 24
9:00 AM-4:00 PM
\$180/2 sess
Th F Jan 02-Jan 03
9:00 AM-4:00 PM
\$180/2 sess

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!



children/youth

padding



Padding down the Creek with Creekside Kayaks and Dragon Zone

Padding at Dragon Zone

Community, culture, and competition, all in one boat. Get out and explore Vancouver from the water with us! Sessions run rain or shine year-round. dragonzone.ca email info@dragonboatbc.ca

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 2024

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.

- Single Kayak: \$25/hour
- Tandem Kayak: \$50/hour

Until October 13

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

Sunday

Sept 8

1:00 PM, 2:00 PM,
3:00 PM

\$2/person.

Race Calendar September 28

Oddball Fall
Classic

EVENTS

at CREEKSIDE

Bibbity Bobbity Boo

Halloween

Sun, Oct 27

1:00pm-3:00pm

Get ready to have a ghoulish good time, with halloween style games and crafts. Wear your costume for a howling good time. \$3 per child.



Gingerbread House

Making

Thu, Dec 5

5:30pm-7pm

A chance for little ones to participate in decorating a gingerbread house to take home. Holiday songs, movies, cookies and hot chocolate will also be enjoyed during this gathering. \$15 per child (w/ gingerbread house) & \$3.00 per child (w/o house).



Holly Jolly Holiday

Celebration

Sun, Dec 15

10:00am-12:00pm

Come celebrate the holiday season with other families and community members in the Creekside Gym. There will be crafts and cookie decorating. \$3 per child.




Sport Schedule See pg 18-19 for info, dates plus registration and

	MONDAY	TUESDAY	WEDNESDAY
Badminton	1:15pm-2:45pm		1:15pm-2:45pm 8:15pm-10:00pm
Basketball		8:15pm-10:00pm	6:15pm-8:00pm
Pickleball		8:30am-10:00am or 10:15am-11:45am	
Soccer	6:15pm-8:00pm		
Table Tennis	1:15pm-2:45pm	1:15pm-2:45pm	1:15pm-2:45pm
Volleyball	8:15pm-10:00pm	6:15pm-8:00pm	

Yoga & Fitness Schedule See pgs 20-26 for info, dates

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	Cycle Xpress 7:00am-7:45am	Callanetics 9:15am-10:15am	20/20/20 9: 10:30am
	Zumba® Gold 9:15am-10:15am		Tristar Tai Chi 10:00am-11:00am
	30/30/30 9:30-11:00am	Yoga for Older Adults - Lv 1 10:30am-11:45am	Pilates Yoga 10:30am-11:30am
	Neurofit 11:15am-12:15pm		
Hatha Yoga 9:30am-10:45am	Cycle HIIT + Abs 5:00pm-5:45pm		Hatha + Yin 5:30pm-6:45pm
Hatha + Yin Yoga 11:00am-12:15pm			Cycle Core 5:30pm-6:30pm
		Capoeira Brasil 6:00pm-7:15pm	Dance Bootcamp 7:00pm-8:00pm
	Yoga Made for Runners 7:30pm-8:45pm	Yin Yoga 6:30pm-7:45pm	Dancehall 8:15pm-9:15pm

drop-in fees. Schedule subject to change without notice.

DAY	THURSDAY	FRIDAY	SATURDAY
m or pm		1:00pm-2:30pm or 4:45pm-6:30pm	9:15am-11:45am
m			
	8:30am-10:00am or 10:15am-11:45am	2:45pm-4:30pm	
	6:15-8:00pm		12:00pm-1:45pm
m	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!
	8:15pm-10:00pm	6:45pm-8:30pm	

es and registration fees. Schedule subject to change without notice.

ESDAY	THURSDAY	FRIDAY	SATURDAY
30am-		Yoga Made for Runners 6:45am-7:45am	
ni 15pm		Tristar Tai Chi 10:00am-11:15pm	Pilates Yoga 9:10-am-10:00am
20am	Yoga for Older Adults - Lv 2 10:30am-12:00pm	30/30/30 9:30 -11:00am	Fitness Kickboxing 10:00am-11:00am
			Capoeira Brasil 2:30pm-4:00pm
Yoga pm			
0pm	Cycle Xpress 6:00pm-6:45pm		
camp 0pm	Capoeira Brasil 6:30pm-7:45pm		
pm	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)

Cycle Strength

A combination of cycle and training

Register \$7.⁴¹/Drop-in or 10 Visit \$66.⁶⁹

Mondays (no sessions on holidays)
8:00 am-8:45 am

Cycle Core

A dynamic, fast-paced class designed to work your whole body, gear up for high intensity bike intervals and core and strength work on the floor.

Register \$7.⁴¹/Drop-In or 10 Visit \$66.⁶⁹

Wednesdays
5:00 pm-5:45 pm

Cycle Strength

A combination of cycle and strength training

Register \$7.⁴¹/Drop-In or 10 Visit \$66.⁶⁹

Tuesdays
11:00 am-12:00 pm

Badminton

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

Drop-In only (2 courts)

Sep 9-Dec 14
M W 1:15 pm-2:45 pm
F 1:00 pm-2:30 pm
Sa 9:15 am-11:45 am

No sess

Sep 30, Oct 14, Oct 18, Oct 19, Nov 11

\$3.³³/drop-in or \$23.⁸¹/10 visit pass

Register or \$6.¹⁹/Drop-In (4 Courts)

W Sep 11-Dec 11
8:15 pm-10:00 pm
\$60.⁰⁶/14sess

F Sep 13-Dec 13
4:45 pm-6:30 pm
\$55.⁷⁷/13sess

No sess Oct 18

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

\$6.¹⁹/Drop-In

Tu Sep 10-Dec 10
8:15 pm-10:00 pm
\$60.⁰⁶/14 sess
W Sep 11-Dec 11
6:15 pm-8:00 pm
\$60.⁰⁶/14 sess

Soccer

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

Register or

\$6.¹⁹/Drop-In

M Sep 9-Dec 9
6:15 pm-8:00 pm
\$47.¹⁹/11 sess
No sess Sep 30, Oct 14, Nov 11
Th Sep 12-Dec 12
6:15 pm-8:00 pm
\$60.⁰⁶/14 sess
Sa Sep 14-Dec 14
12:00 pm-1:45 pm
\$55.⁷⁷/13 sess
No sess Oct 19

Table Tennis

(All Ages)

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 Sep 9-Dec 12
1:15 pm-2:45 pm
No sess Sep 30, Oct 14, Nov 11
F Sep 13-Dec 13
1:00 pm-2:30 pm
No sess Oct 18
\$3.³³/Drop-In
\$23.⁸¹/10 visit pass

Volleyball

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

Register or \$6.¹⁹/Drop-In

M Sep 9-Dec 9
8:15 pm-10:00 pm
\$47.¹⁹/11 sess
No sess Sep 30, Oct 14, Nov 11
Tu Sep 10-Dec 10
6:15 pm-8:00 pm
\$60.⁰⁶/14 sess
Th Sep 12-Dec 12
8:15 pm-10:00 pm
\$60.⁰⁶/14 sess
F Sep 13-Dec 13
6:45 pm-8:30 pm
\$55.⁷⁷/13 sess
No sess Oct 18

Pickleball Lessons

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

Pickleball

Non-instructional. Borrow raquets/balls from Centre.

All Levels

Register or \$3.³³/Drop-In

Tu Sep 10-Dec 10
8:30am-10:00am
10:15am-11:45am
\$33.³²/14 sess

Th Sep 12-Dec 12
8:30 am-10:00 am
10:15 am-11:45 am
\$33.³²/14 sess

Intermediate/Advanced

F Sep 13-Dec 13
2:45 pm-4:30 pm
\$30.⁹⁴/13 sess
No sess Oct 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
Sep 15, 22, 29
Oct 6, 13, 20
Nov 3, 10, 17, 24,
Dec 1, 8

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 Sep 16-Oct 28

5:30 PM-8:15 PM

\$199/5 sess

No class Sep 30, Oct 14

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 Sep 11-Oct 16

8:30 PM-10:00 PM

\$195/6 sess

Volleyball Clinic INT/ADV

(19+ yrs)

In this clinic we will 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!

We truly hope you will allow us to assist you in reaching that goal!

Instructor:

TIN & TINA LTD

W Oct 23-Nov 27

8:30 PM-10:00 PM

\$195/6 sess

Athletic Taping Course

(16+ yrs)

Certified Athletic Therapists cover taping techniques used in a sport setting.

Safety considerations, preventative and supportive techniques discussed. Ankle, knee, hip, elbow, wrist, fingers and thumb procedures.

You are encouraged to wear athletic attire during the course.

Instructor: SportMed BC

Su Oct 20

9:30 AM-4:30 PM

\$195/1 sess

Sports First Aid & Concussion Management Course

(16+ yrs)

This workshop serves as an introduction to injury prevention and on-site management of sports related injuries. Topics covered include recognition and control of potentially hazardous situations, injury assessment and the handling of life-threatening situations, management of common injuries, referral patterns and the development of a sports first-aid kit. A certificate of completion is issued. Certified Athletic Therapists will also lead participants through best practices in understanding brain injury, sport risk factors, prevention techniques and concussion management guidelines.

Participants will review on-field assessment techniques, the use of the Concussion Recognition Tool 5, SCAT5 tool and return to learn and return to sport protocols. Participants will be given time for sport specific questions

Instructor: SportMed BC

Sa Oct 19

9:30 AM-4:30 PM

\$160/1 sess



FITNESS & HEALTH

20/20/20 Dance fit/Kpop/Zumba, Weight/Strength Training

(13+ yrs)

20/20/20 Dance fit/ Kpop/Zumba, Weight/ Strength Training and Yoga Fitness 20 min High intensity cardio dance fitness with Kpop and hip hop moves for maximum calorie burn work out. 20 min Strength training with dumbbells to complete total body conditioning. 20 min Core Yoga moves and stretches to improve muscular balance and inner peace. Drop-Ins \$22.59 space permitting. squashmartialarts.com Instructor: Michelle Park BCRPA Certified - Pilates, Weight, Fitness Theory and Personal Trainer.

Instructor: Squamish Martial Arts & Fitness Centre
 W Sep 11-Oct 23
 W Oct 30-Dec 11
 9:30 AM-10:30 AM
 \$140/7 sess

30/30/30 Dance fit, Strength and Yoga Fitness

(13+ yrs)

30 min High intensity dance fitness with K-pop and Latin moves to burn calories. 30 min Strength training with dumbbells to complete total body conditioning. 30 min Core Yoga moves and stretches to improve muscular balance and inner peace. Drop-Ins \$28.00 space permitting. Instructor: Michelle Park, Certified Weight and Personal Trainer with BCRPA.

Instructor: Squamish Martial Arts & Fitness Centre

M Sep 09-Oct 28
 9:30 AM-11:00 AM
 \$150/6 sess

M Nov 04-Dec 09
 9:30 AM-11:00 AM
 \$125/5 sess

F Sep 13-Oct 25
 9:30 AM-11:00 AM
 \$150/6 sess

F Nov 01-Dec 13
 9:30 AM-11:00 AM
 \$175/7 sess

No Class Sept 30, Oct 14, 18, Nov 11

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 \$19.⁰⁵ space permitting.

Instructor:

Linda Shedden

Tu Sep 10-Oct 29

9:15 AM-10:15 AM

\$135.6/8 sess

Tu Nov 05-Dec 10

9:15 AM-10:15 AM

\$101.7/6 sess



adult

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: www.KirbySnellDance.com
Instructor: Endorphin Rush Dance
FREE TRIAL
W Sep 04
7:00 PM-8:00 PM
FREE
W Sep 11-Oct 30
7:00 PM-8:00 PM
\$120/8 sess
FREE TRIAL
W Nov 06
7:00 PM-8:00 PM
FREE
W Nov 13-Dec 11
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
FREE TRIAL
W Sep 04
8:15 PM-9:15 PM
FREE
W Sep 11-Oct 30
8:15 PM-9:15 PM
\$120/8 sess
FREE TRIAL
W Nov 06
8:15 PM-9:15 PM
FREE
W Nov 13-Dec 11
8:15 PM-9:15 PM
\$75/5 sess

Boxing

(19 yrs+)

Come and learn boxing fundamentals with a former Golden Gloves champ with a lifetime of fitness and training background. Get/Stay fit in this fun and unique training environment; learn the sport, and shake up your current routine. Using innovative punching combinations, creative footwork as well as dynamic defensive skills to get an amazing aerobic and anaerobic workout. Get in great shape while relieving stress through punching. Boxing gloves are required to punch hand-held targets and partners gloves. The program offers a unique perspective on your fitness. Non contact style sparring and other partnered drills will be done in a safe and structured setting. Drop-in \$20 if space is available.
Instructor: Richard Pelcz
Th Sep 12-Oct 31
7:00 PM-8:00 PM
\$120/8 sess
Th Nov 7-Dec 12
7:00 PM-8:00 PM
\$90/6 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 Sept 14-Oct 26

Sa Nov 2-Dec 14

10:00 AM-11:00 AM

\$140/7 sess

Vancouver Cycling Without Age Society

We aim to reach and improve the lives of the elderly and break them free from social isolation. We take seniors for rides to enjoy fresh air and conversation, and together, we create memories and smiles.

Community Ride Schedule

We offer unique rides for seniors and their families to enjoy a seawall ride, forest ride or ocean pathway ride where the only access is by foot or by bicycle. These one hour rides are first come first serve by sign up and donation. Register online to learn about location pickup and drop off and to secure your seats.

<https://www.signupgenius.com/go/805094DABAD2DA7FE3-49813182-2024>

False Creek Location

Pick up and drop off at Creekside Community Centre, #1 Athletes Way

Sunday September 8
(Grandparents Day)

2:00 – 3:00 pm

3:00 – 4:00 pm

Thursday September 19

2:00 – 3:00 pm

3:00 – 4:00 pm

Monday October 7

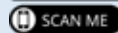
2:00 – 3:00 pm

3:00 – 4:00 pm

Thursday October 17

10:00 – 11:00 am

11:00 – 12:00 pm



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

W Sep 11-Oct 16

5:30 PM-6:45 PM

\$90/6 sess

W Oct 23-Nov 27

5:30 PM-6:45 PM

\$90/6 sess

Su Sep 15-Oct 13

11:00 AM-12:15 PM

\$75/5 sess

Su Oct 20-Nov 24

11:00 AM-12:15 PM

\$90/6 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 Sep 15-Oct 13

9:30 AM-10:45 AM

\$75/5 sess

Su Oct 20-Nov 24

9:30 AM-10:45 AM

\$90/6 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 Sep 10-Oct 15
6:30 PM-7:45 PM
\$90/6 sess
Tu Oct 22-Nov 26
6:30 PM-7:45 PM
\$90/6 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: Michelle Park, Certified Personal Trainer by BCRPA and Yoga/Pilates Teacher. Instructor: Squamish Martial Arts & Fitness Centre

Sa Sep 14-Oct 26
Sa Nov 02-Dec 14
9:10 AM-10:00 AM
\$140/7 sess
W Sep 11-Oct 23
W Oct 30-Dec 11
10:30 AM-11:20 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
M Sep 09-Dec 16
7:30 PM-8:45 PM
\$190/12 sess
No class Sep 30, Oct 14, Nov 11
F Sep 13-Dec 20
6:45 AM-7:45 AM
\$195/15 sess

adult

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

(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 focuses on physical mastery of the basic and advanced moves and runs twice a week to ensure optimal progression of the students. 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 Sep 09-Sep 30

M W Oct 02-Oct 30

M W Nov 04-Nov 27

M W Dec 02-Dec 11

7:30 PM-9:00 PM

\$50/Month

No Class Sept 30 Oct 14
Nov 11



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

Th Sep 05

6:30 PM-7:45 PM

FREE

Th Sep 12-Oct 31

6:30 PM-7:45 PM

\$144/8 sess

Th Nov 07-Dec 19

6:30 PM-7:45 PM

\$126/7 sess

Tu Sep 10-Oct 29

6:00 PM-7:15 PM

\$144/8 sess

Tu Nov 05-Dec 17

6:00 PM-7:15 PM

\$126/7 sess

Tu Th Sep 10-Oct 31

6:00 PM-7:45 PM

\$240/16 sess

Tu Th Nov 05-Dec 19

6:00 PM-7:45 PM

\$210/14 sess

Sa Sep 07

2:30 PM-4:00 PM

FREE

Sa Sep 14-Oct 26

2:30 PM-4:00 PM

\$126/7 sess

Sa Nov 02

2:30 PM-4:00 PM

FREE

Sa Nov 09-Dec 21

2:30 PM-4:00 PM

\$126/7 sess

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. Fuel your workouts with the infectious rhythms of traditional Capoeira music, keeping you motivated and energized throughout. Experience a total-body workout that challenges every muscle group while improving balance and coordination. Challenge your mind, and inspire your body. 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 Sep 08-Sep 29 s

Su Oct 06-Oct 27

Su Nov 03-Nov 24

Su Dec 01-Dec 15

2:30 PM-3:30 PM

\$50/Month

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 Sep 05-Sep 26
Su Th Oct 03-Oct 31
Su Th Nov 03-Nov 28
Su Th Dec 01-Dec 08
12:45 PM-2:15 PM
8:15 PM-9:45 PM
\$50/Month
No sess Sept 30, Oct 13, Nov 11

Shorinji Kempo

(13+ yrs)

A Japanese martial art that uses physics and pressure points to increase ones strength. shorinjikempobc.ca
Drop-in \$9.⁵²
\$50/month
Instructor:
Shorinji Kempo
Vancouver South Side
Tu Sa Sep 07-Sep 28
Tu Sa Oct 01-Oct 29
Tu Sa Nov 02-Nov 30
Tu Sa Dec 03-Dec 14
10:30 AM-12:00 PM
7:30 PM-9:00 PM
\$50/Month
No class Oct 12, Nov 9

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 Sep 09-Dec 11
6:00 PM-7:30 PM
\$155/25 sess
No sess Sept 30, Oct 14, Nov 11

Tristar Tai Chi

(19 yrs+)

Suitable for Seniors
Strengthening stances, meditative breath work, flowing movement and Asian healing meridian pressings. Experience stress release, improved digestion, circulation.
Drop in \$20.
tristartaiji.com
Instructor: Molly Lee
W Sep 04-Oct 30
\$162/9 sess
F Sep 06-Oct 25
\$126/7 sess
W F Sep 04-Oct 30
\$240/16 sess
W Nov 06-Dec 18
\$126/7 sess
F Nov 08-Dec 20
W F Nov 06-Dec 20
\$210/14 sess
All sessions held 10:00 AM-11:15 AM
No sess Oct 18

There are no age restrictions for Adult Programs. If you are 19+ yrs old you are welcome to register!
See pg 18

adult

older adult



Stay engaged and active while making connections with new friends.

EDUCATION

Intro to Meditation

(40 yrs+)

Learn the purpose of meditation and the basic techniques to get you started. FREE, please contact Vancouver Coastal Health at 604 875 4544 for program details.

Instructor: Vancouver OASIS

Tu Dec 03

11:00 AM-12:00 PM

FREE

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 Sep 10

10:00 AM-11:30 AM

FREE

Tu Oct 08

10:00 AM-11:30 AM

FREE

Tu Nov 12-Nov 12

10:00 AM-11:30 AM

Neurofit

(50+ yrs)

This program is designed to prevent and help symptoms of Parkinson's. Focus is on dexterity, balance, flow of movement as well as strength and cardio training. It combined the necessary practice for coordination, flexibility complete with a strength and training program to include a workout.

Instructor: Richard Pelcz

M Sep 09-Oct 28

11:15 AM-12:15 PM

\$90/6 sess

No class Sep 30, Oct 14

M Nov 04-Dec 16

11:15 AM-12:15 PM

\$90/6 sess

No class Nov 11

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 Sep 09-Oct 28

9:15 AM-10:15 AM

\$82.5/6 sess

No class Sep 30, Oct 14

M Nov 04-Dec 16

9:15 AM-10:15 AM

\$82.5/6 sess

No class Nov 11

Pedaling for Parkinson's

(19+ yrs)

This is a cycle based fitness class developed by neuroscientists for people living with Parkinsons. 3 classes a month

Instructor: Shana Alexander

Tu Sep 3- Sep 24

Tu Oct 1-Oct 29

Tu Nov 5-Nov 26

Tu Dec 3-Dec 17

10:30 AM-11:30 AM

\$60/3 sess

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 Sep 10-Oct 22

10:30 AM-11:45 AM

\$106.68/7 sess

Tu Oct 29-Dec 10

10:30 AM-11:45 AM

\$106.68/7 sess

Yoga for Older Adults: Level 2

(55 yrs+)

Increase mobility, stamina and vitality. Class tailored to participants, health concerns.

Instructor: Terri Damiani

Th Sep 12-Oct 24

10:30 AM-12:00 PM

\$119.98/7 sess

Th Oct 31-Dec 12

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 Sep 13-Oct 11

No sess Sep 20

F Nov 01-Nov 29

No sess Nov 22

9:15 AM-10:45 AM

\$152/4 sess

Pickleball Stage 2: Skills & Drills

(55 yrs+)

Semi-private. Four students. Should have completed Learn to Play. Improve your game, train your muscle memory. Learn how to drill.

Instructor: Mona Lee

F Sep 13-Oct 11

No sess Sep 20

F Nov 01-Nov 29

10:45 AM-12:15 PM

\$152/4 sess

No sess Nov 22

Pickleball Stage 2: Play with the Coach

(55+ yrs)

Semi-private. Three students. Should have completed Learn to Play. Fun, focused fastpaced.

Instructor: Mona Lee

F Dec 06

F Dec 13-

F Dec 20

\$40/1 sess

9:15 AM-10:45 AM

Pickleball Stage 3 - Play with the Coach

(55+ yrs)

Semi-private. Three students. Supervised round robin. Perfect for intermediate players who are looking to take their game to the next level.

Instructor: Mona Lee

F Dec 06

F Dec 13

F Dec 20

\$40/1 sess

10:45 AM-12:15 PM

SOCIAL Bridge

(19 yrs+)

Join our group for duplicate Bridge. New players welcome. \$2/drop-in or 10 visit pass \$10.

Non Instructional

Tu Sep 3-Dec 17

12:00 PM-3:00 PM

\$1.90/8 sess

Mahjong

(19 yrs+)

Join our Mahjong group Note instruction may be provided. New players welcome.

\$2/drop-in or \$10 for 10 visit pass.

Th Sep 5-Dec 19

1:00 PM-4:00 PM

\$1.90/18 sess

Affordable recreation and personal training for health and wellness.

Fitness Centre Consultations

Call ahead 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 <i>Access to all Vancouver Park Board fitness centres, pools and rinks.</i>		
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 Fit 60 minutes of indoor riding with a longer warm-up and cool down.

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

Cycle Strength 30 minutes of riding, with 15 minutes of strength training. Including a quick warm-up and cool down. Designed to get your workout in and to get you on your way!



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

No classes Oct 18,
Wed Sep 4- Dec 18
Fri Sep 6 - Dec 20
12:00 - 1:00 PM

Fitness for Youth

(13-18yrs)

Tu 4:30-5:30pm

(Th optional)

Sep 3 - Sep 24

Oct 1 - Oct 22

Nov 5 - Nov 26

Dec 3 - Dec 18

Fitness for Older Adults

(55+)

Mo 11:00am-12:00pm

(Th optional)

Sep 2- Sep 23

Oct 7 - Oct 28

Nov 4 - Nov 25

Dec 2 - Dec 23

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](https://www.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.