



KILLARNEY COMMUNITY CENTRE

Come check out our new equipment!



Spring 2020
RECREATION GUIDE

Registration begins March 1. See page 54 for more information...

6260 Killarney Street, Vancouver, BC V5S 2X7 Centre: 604-718-8200 Pool: 604-718-8280

www.killarneycentre.ca

Jointly operated by the Vancouver Park Board and the Killarney Community Centre Society.





KILLARNEY COMMUNITY CENTRE

Located at 6260 Killarney Street in South East Vancouver

Centre Tel: 604-718-8201

Fax: 604-718-8219

www.killarneycentre.ca

Pool Tel: 604-718-8280

Fax: 604-718-8285

www.vancouver.ca/killarneypool

Spring 2020 Operating Hours

APRIL 1 - JUNE 30, 2020

Schedule is subject to change without notice.

Monday-Thursday: Centre: 6:30am-10:00pm Office: 9:00am-9:30pm
 Friday: Centre: 6:30am-8:30pm Office: 9:00am-8:00pm
 Saturday: Centre: 8:00am-7:30pm Office: 9:00am-5:00pm
 Sunday: Centre: 8:00am-7:30pm Office: 9:00am-5:00pm

Statutory Holidays: April 10, 13, May 18

Centre and Fitness Centre: 1:00-5:00pm
 Centre Office: Closed
 Leisure Pool: 1:00-9:00pm

SCHEDULES & INFORMATION

Online Registration Information: See page 54
 Killarney Leisure Pool Schedule: See page 31
 Killarney Fitness Centre Schedules: See pages 56 & 57

Wireless Internet Access:

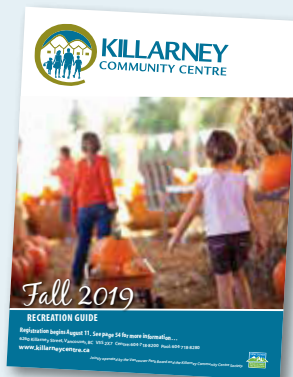
Killarney Community Centre now has wireless internet access available through #VanWiFi.

Killarney Community Centre Seasonal Brochure Changes – Fall 2020

As one of the larger community centres in Vancouver, Killarney offers hundreds of activities each season, including popular returning classes as well as ongoing assortment of new classes. Programming is for all ages from preschoolers to children, youth, adults, older adults and families.

Activities range from beginner to expert, and are offered for a variety of price points, from free classes to those reflecting market pricing. Each year, Killarney produces 4 seasonal brochures.

Starting Fall 2020, Killarney will produce 3 seasonal brochures, annually. See proposed schedule. **Your feedback is welcome!**



FALL	
Seasons	September - December
Brochure Available	Early August
Registration	Mid August
WINTER	
Seasons	January - April
Brochure Available	Late November
Registration	Early December
SPRING/SUMMER	
Seasons	May – August
Brochure Available	Late March
Registration	Early April

What's Inside...

KILLARNEY COMMUNITY CENTRE

Spring 2020 Recreation Guide

This notice contains important information that may affect you. Please ask someone to translate it for you.

此通告刊載有可能影響閣下的重要資料。請找人為你翻譯。

ਇਸ ਨੋਟਿਸ ਵਿਚ ਮਹੱਤਵਪੂਰਨ ਜਾਣਕਾਰੀ ਹੈ ਜੋ ਕਿ ਤੁਹਾਡੇ ਲਈ ਜ਼ਰੂਰੀ ਹੋ ਸਕਦੀ ਹੈ। ਕਿਰਪਾ ਕਰਕੇ ਕਿਸੇ ਨੂੰ ਇਸ ਦਾ ਉਲੱਥਾ ਕਰਨ ਲਈ ਆਖੋ।

Thông báo này có tin tức quan trọng có thể ảnh hưởng đến quý vị. Xin nhờ người phiên dịch hộ.

Este aviso contiene información importante que puede afectarle personalmente. Pídale a alguien que se lo traduzca.

Ce document contient des renseignements importants qui pourraient vous concerner. Veuillez demander à quelqu'un de vous le traduire.



KILLARNEY
COMMUNITY CENTRE



*Killarney Community Centre
is jointly operated by the
Vancouver Park Board
& Killarney Community
Centre Society*

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SPECIAL EVENTS



EASTER EGG HUNT AND CARNIVAL

This popular annual event brings families and the Easter Bunny together to have a FUN-tastic time!

This popular annual event brings families and the Easter Bunny together to have a FUN-tastic time! The event will feature a bouncy castle, face painting, dance party, crafts and prizes. The Easter Egg Hunt portion of the event will take place indoors. All participants are guaranteed to take home a goodie bag prize! **ADULT PARTICIPATION IS REQUIRED.** Please note that ticket times are non-refundable and are not transferrable.

Full CC Gym

Apr 10 F	9:30AM-10:30AM	242244	\$5/participating child
Apr 10 F	10:45AM-11:45AM	242245	\$5/participating child
Apr 10 F	12:00PM-1:00PM	242246	\$5/participating child



SENIORS WEEK: PROM a day to RELIVE

Let's recapture a bit of your youth with our Senior Citizen Prom Event! Pull out your party attire and join us as we relive one of our most magical evenings from our past. Live entertainment, photo booth, lite refreshments, a sparkling toast of fine Champagne are some of the fabulous fun to be had. *See page 36 for Free dance lessons.*

Full CC Gym

Jun 5 Fri 11:00AM-1:30PM 268533



Mad Hatter Easter Tea Party

To celebrate Easter and the full bloom of spring, we invite you all to put on your maddest hat and come to the Mad Hatters Easter Tea Party. A perfect event for keeping the young at heart entertained with an Easter egg hunt and the Easter Bunny himself will be there to greet the 'guests' too. *Fabulous food and Tea's will be served.*

Seniors Grand Hall

Apr 1 W 11:30AM-1:30PM 268531
\$11.43/person

COOL 'HOOD CHAMPS

Fun, action-driven training for neighbourhood climate champions

Want to help tackle the **Climate Emergency**? Register for the Cool 'Hood Champs - a climate action training program for residents where we **empower** you to take **climate action in your neighbourhood.**



You can choose from:

- Feb 9, Mar 7, Mar 14, 10am-12:30pm | AN # 275518
 - April 18, 10am-4:30pm | AN # 275524
- @ Killarney Community Centre, Senior MPR 151
+ Earth Day recognition / tree-planting

Registration:

- 1) In person at any Vancouver Community Centre OR
- 2) Online at <https://ca.ubc.ca/activecommunities.com/vancouver>

All recipients will receive a copy of the Citizen's Toolkit - a fun DIY guide to local action on climate change and urban forestry.



Questions: Email cheryl.ng@ubc.ca

Indoor Flea Market

This popular event is back! The Community Indoor Flea Market will be held inside our gymnasium and is a great place to start your house cleaning! There are 70 tables available for sale. Admission to the event is **FREE!** Items on sale can be new or used, but must be in good condition. The sale of any food items or commercial goods are strictly prohibited. **Note:** Registration is **only** available in-person or over the phone. See page 32 for more information.

Full CC Gym

May 2 Sa 9:30AM-1:30PM 244842
\$18.50/table

Killarney Community Centre Society

Killarney Community Centre Society Board of Directors 2019-2020

KCC Society President . . . Karen Jacobson
1st Vice President Terry Kirstiuk
2nd Vice President Prissillya Mienata
Secretary Cecile Jun
Treasurer June Yee

Directors at Large:

Lorraine Kirstiuk, Bud Lilam, Harika Kasagoni, Jeane Andrews, Gurdial Kang, Frank Cosco, Sukhwinder Pal Singh, Cathy Wong, Cheryl Davis, Jim Pope, Stacey Hung.

Affiliated Community Groups & Clubs

The clubs & groups listed below have formal affiliation with the Killarney Community Centre Society. Please get in contact with the appropriate person for further details on any club or group.

Killarney Program Committee

..... 604-718-8210

Killarney Seniors Council

TBA 604-718-8210

Vancouver Minor Hockey

Email:..... registrar@vmhd.com

Vancouver Minor Lacrosse

Email: register@vancouverlacrosse.com or president@vancouverlacrosse.com

Killarney Youth Soccer Association (KYSA)

Email:..... info@kysa.ca
www.kysa.ca

Killarney Figure Skating Club (KCFSC)

Voicemail: 604-430-2330
Email: .killarneyskatingclub@gmail.com
www.killarneyskatingclub.com

Gators Swim Club

Coach 604-789-2819
Email:.....info@gatorswimclub.ca

Vancouver Female Ice Hockey Association (VFIHA)

Email:.. info@vancouvergirlshockey.com
www.vancouvergirlshockey.com



KILLARNEY
COMMUNITY CENTRE

Message from the Killarney Community Centre Society

We must admit we had an awesome winter however, we know that the tulips and daffodils are not far away!!!

The Preschool and Out Of School Care Programs are booked and running well under the guidance of Coordinator Carolyn Silva. The open house held in January was a huge success. The staff are always available to answer questions and are very busy looking after all the children's activities.

New Spring programs for the little ones like Parent and Tot (ages 2-3) dancing, Art and Music with Sun Rey, VCH Toddler Health Session and additional Guitar Lessons.

The Fitness Centre has a new look with a lot of new equipment and general maintenance to the facility. Please come by and check out what equipment was replaced, and see that the whole room is arranged for better utilization of space. The new signage is a wonderful addition. Staff are willing to guide anyone who may need assistance with the new equipment.

Check out the brochure on line,(www.killarneycentre.ca) there is always a new program that you may not know is being offered. If you have an idea or do teach a program that we don't offer, feel free to contact the centre and inform us. There are some new Adult/ Senior Programs being considered (ballet, yoga and sculpt and private guitar lessons)

There are many Special Events offered this season, register early, the centre is busy and you don't want to miss out on the fun. You will notice the Mad Hatter Easter Tea Party on April 1st for 55yrs+ and the Easter Egg Hunt & Carnival on April 10th for the kids and families. This season we are offering yet another Flea Market on May 2nd and during Seniors Week, we'll be RELIVING our PROM with the Seniors Week: PROM a day to RELIVE event. The staff are working very hard to have these events be a fun time for the community. Thank you to all of the staff for this extra effort to make this happen.

Spring Break is March 16th – 27th the camps for the students are fully booked.

At this time I would like to welcome the Societies part time bookkeeper, Neda Sedighi, who will be in the office on Mondays and Tuesdays, working along with Susan Shan the full time bookkeeper.

Lastly, I want to mention the wonderful volunteers of KCCS, what a great group that have stepped up this year to participate in some of the Special Events and also the extra assistance to me, as I need to delegate some of the "work" that needs to be accomplished. Thank you to all of you.

Respectfully submitted,
Karen A. Jacobson
President of KCCS

Spring Special Events

APRIL

April 1	Mad Hatter Easter Tea Party	32
April 4	Saturday Music Live – <i>Pernell</i>	33
April 10	Easter Egg Hunt & Carnival	32
April 18	Saturday Music Live – <i>Jennifer Hershman</i>	33

MAY

May 2	Indoor Flea Market	32
May 9	Saturday Music Live – <i>Wayne Dodds & Swing Time Band</i>	33
May 23	Saturday Music Live – <i>The Soda Crackers</i>	33

JUNE

June 5	Seniors Week: <i>PROM a day to RELIVE</i>	51
June 6	Saturday Music Live – <i>Trisha Ignacio</i>	33
June 20	Saturday Music Live – <i>Leonard & The Lab Rats</i>	33



Here at Killarney Community Centre, respect and diversity are valued. All people are welcomed here regardless of age, culture, abilities, ethnicity, sex, gender identity, sexual orientation, nationality, race, religion, or socioeconomic status.

The Killarney Community Centre Society acknowledges the financial assistance from the Province of British Columbia.



**Have fun
and help your
community!**

Main Street at 11th Avenue

Support the Killarney Community Centre Society and its programs by playing at Planet Bingo, BC's largest bingo facility. Open for drop-in bingo 364 days a year from 11:00am to half-past midnight.

Planet Bingo is a warm, inviting, friendly place to spend time and the game itself is a blast! Choose from two full-service floors offering both paper and electronic bingo!

For more information, please call the **Planet Bingo Hotline at 604-879-8930** or visit their website at **www.planetbingo.ca**



Know your limit, play within it.



Don't be disappointed...

Great courses with excellent instructors sometimes "pass away" to cancellation because people wait until the last minute to register. Courses are based on a minimum number of registrants so the course can recover costs. If you wait and we don't make the minimum you may never see that course again. **Please Register Early!! We give full refunds for all cancelled classes.**

Licensed Preschool & Childcare

Licensed Preschool

Licensed Preschool is run at Killarney Community Centre. We offer a play-based program that provides a variety of developmentally appropriate activities in a safe, positive and nurturing environment. Activities include free play, arts and crafts, music, story time, baking, science, math, snack time, gym, outdoor play, and field trips throughout the year. There are 20 children in each class and 2 licensed preschool teachers. An orientation for parents to meet the teachers and learn about the preschool is held at the beginning of each school year.



Age	Time	Killarney Room 1	Killarney Room 2	Fee
3yrs	9:00-11:00am	Tu/Th	Tu/Th	\$105/Month
3yrs	12:15-2:15pm	Tu/Th	Tu/Th	\$105/Month
4yrs	9:00-11:30am	M/W/F	M/W/F	\$158/Month
4yrs	12:15-2:45pm	M/W/F	M/W/F	\$158/Month

Licensed Out of School Care, Kindergarten to Grade 7

Out of School Care is run at Killarney Community Centre. Supervision is provided to and from school. The program offers a variety of enjoyable activities including arts and crafts, board games, gym time and outdoor play in a safe, positive and nurturing environment. Children provide their own snack each day. Children registered in the current year will be given 1st priority to register for the subsequent year.

		Killarney
Before Care 7:30-9:00am	\$112/Month	Weir & Waverley Elementary Schools
After Care 3:00-6:00pm	\$270/Month	
Before & After Care	\$300/Month	
Professional Days 9:00-3:00pm (Not included in monthly fees)	\$30/Day Current Participants \$40/Day Non-Current Participants	
Spring & winter breaks are not included in the monthly fees.		

Please Note: To withdraw from the program you must give one month's written notice, or pay the next month's fee in lieu of notice. **The deposit for the June fee is non-refundable. No withdrawals will be given after Dec 1 of the school year.**

Place your child's name on the waiting list as early as January 1st of the year that your child turns 4 years old. Please call 604-718-8201 to put your child on the waiting list. The staff will call from the list when a space becomes available. The Child Care Office, at 604-718-8204, will confirm registration details on a first come first serve basis.

Registration Procedures for Killarney Preschool:

We welcome you to add your child to this call list for Killarney Preschool for the September 2021-2022 school year. The call list will be available January 1st online. Please note that joining the call list does not guarantee enrollment into the school year.

Children who have completed the 3 year old preschool program will be given priority for the 4 year old class of the subsequent year.

Staff will contact parents as classes are being formed, usually in April for the upcoming September session. When contacted the parents will receive their registration package to be completed on site and pay a non-refundable deposit for the first (September) and last (June) months of the program. At the same time, a completed credit card authorization form will be required for the balance of the year. Please Note: **NO WITHDRAWALS** will be given after December 1st of the school year.

November 1st is the deadline to withdraw your child from the 2020/2021 Preschool program. One month (30 days) notice of withdrawal is required.

Infant, Toddler & Family Programs

Social

Baby and Me Parenting Drop-in (0-8mo)

Baby and Me Parenting Drop-ins provide new parents with the chance to connect with and get support from other parents and health care professionals to discuss infant growth and development, nutrition, safety and adjustment to parenthood. The Baby and Me Parenting Drop-ins are free and open to all parents and caregivers with children from birth until eight months of age. No registration is required. We run all year round with the exception of closures during Easter, Labour Day week and over Christmas and New Year's. The groups will be facilitated by Vancouver Coastal Health, Public Health Nurses.

1.41 Pool Multipurpose Public Health Nurses
Apr 7-Jun 30 Tu 1:00PM-2:30PM 267046
Free/13 classes

Baby Sign Language (0yrs + Parent)

Babies understand and can communicate long before they are able to speak. Research shows that babies who learn sign language learn quicker and talk earlier. Using songs and games learn how to teach your baby basic American Sign Language (ASL) so they can better convey their wants and needs and relieve unnecessary frustration. The instructor will teach you the signs and songs so you can practice at home. Babies can sleep during class or you can bring some toys. Newborn-24 months. Sorry, no drop-ins.

201 CC Multipurpose Into Yoga
Apr 14-May 12 Tu 12:45PM-1:30PM 267052
\$64/5 classes

Mother Goose (1-3yrs)

A program of rhymes, songs and stories for you and your toddler. This program is provided free through funding by the KCC Society and Vancouver Sun Raise-A-Reader. For more information or to register, call Cheryl Song at 604-618-9129 or email cheryl@learnwithsong.com

203 CC Multipurpose Cheryl Song
Apr 24-Jun 12 F 3:15PM-4:45PM 267054
Free/8 classes

Art & Culture

Art and Music with Sun Rey (1-4yrs) **NEW!**

A wonderful way to start your child with art and music. Sun Rey will introduce children to finger-painting, abstract art, colouring collage, peeling stickers, gluing, stamping, clay modeling and origami. There will be time set aside for sing-along with movement, storytelling, as well as play time.

Space Permitting - Drop-in Fees \$10.50
211 CC Multipurpose Sun Rey Han
Apr 15-Jun 17 W 1:00PM-2:00PM 268737
Apr 15-Jun 17 W 2:15PM-3:15PM 268738
\$90/10 classes

Dance

Kismet Bhangra (1yr 4mo-4yrs)

Bhangra is an excellent way for toddlers and parent to learn movement, rhythm, dance and culture. Children can embody the true art form of Bhangra through a fusion of music and self-expression that will lead to high spirits and continual involvement in a growing community.

203 CC Multipurpose Raman Sandhu
Apr 9-Jun 11 Th 4:30PM-5:10PM 268490
\$100/10 classes

Jump Into Music (0-4yrs)

This one-of-a-kind music and movement program engages, educates, and entertains parent and child while on a musical journey through different styles and cultures. Curriculum is designed to stimulate the whole brain and body via singing, dancing, drumming, parachuting, improvising, exploring instruments, jumping and playing. A family fun environment exploring world culture and music. Check out our website at www.jumpintomusic.ca.

Space Permitting - Drop-in Fees: \$15

No class Apr 11 & May 16

105 CC Preschool Lisa Dery
Apr 18-Jun 20 Sa 10:00AM-10:50AM 267058
Apr 18-Jun 20 Sa 11:00AM-11:50AM 267059
\$117/9 classes
Apr 15-Jun 17 W 10:00AM-10:50AM 267060
\$130/10 classes



Parent & Tot Dance (2-3yrs) **NEW!**

Come explore rhythm, songs and structured play in this Parent & Tot interactive movement class. More info: www.KirbySnellDance.com.

Space Permitting - Drop-in Fees: \$8

211 CC Multipurpose Endorphin Rush Dance
Apr 8-Jun 24 W 11:00AM-11:30AM 268482
\$84/12 classes

INFANT, TODDLER & FAMILY PROGRAMS

Sports & Fitness

Fit 4 Two - Mom and Baby Fitness (0yrs+ Adult)

Registration required. This baby friendly class allows mom to get a great workout AND attend to baby's needs at any time. Each class provides a full body workout: cardio, muscular endurance, postnatal specific core work and flexibility. Benefit from increased energy, improved posture, less aches and pains and a stronger core. This is a fantastic opportunity to connect with other new moms in your community. All fitness levels are welcome. Pre-mobile babies only unless your child is happy staying in a stroller or similar. Please complete a postnatal intake form online before your first class.

More info: www.fit4two.ca.

Space Permitting - Drop-in Fees: \$16

No class Apr 13, May 18

205 CC Multipurpose	Fit4Two Van East
Apr 6-May 25 M	11:00AM-12:00PM 268914
\$83.04/6 classes	
Jun 1-Jun 29 M	11:00AM-12:00PM 268917
\$60.50/5 classes	



Toddler Gym (0-6yrs)

This program allows your tot to run, jump, throw and climb! There will be cars, balls, mats and climbing apparatus to keep your child busy. Enjoy a bouncy castle and play area with toys too! A short parachute time ends each session. Parent participation required.

Drop-in Fees: \$3/child; \$5/family; 10 visit card \$25.00

109 CC 2/3 Gym	Killarney Staff
Jan 7-Jun 23 Tu	9:15AM-12:00PM 267048
Fr	9:15AM-10:45AM

Sportball: Parent & Child Outdoor Soccer (2-3yrs)

Sportball coaches develop competence and confidence on the field in Sportball soccer classes. Children are taught the fundamental skills necessary to excel in soccer. These include throw-ins, dribbling, trapping, passing, goalie skills and more. For safety reasons, parents are required to remain at the field during classes. Class meets on the Southeast field by the oval at Kerr and 49th Ave. Parent participation required.

No class May 16

Off Site - Killarney Oval	Sportball Vancouver
May 2-Jun 20 Sa	3:15PM-4:00PM 268933
	\$126/7 classes

Sportball: Parent and Child Multisport (2-3yrs)

Programs help pre-schoolers to refine their motor skills, such as balance and coordination, as well as develop their social skills such as confidence, following instructions, turn-taking and sharing. Coaches introduce a different sport each class using developmentally appropriate games and activities. Parent participation required.

No class May 17

109 CC 1/3 Gym	Sportball Vancouver
Apr 19-Jun 21 Su	11:15AM-12:00PM 268940
	\$162/9 classes

Sportball: Parent and Child Outdoor T-Ball (2-3yrs)

Sportball Parent & Child Outdoor T-Ball! Participants are introduced to fundamental concepts of T-Ball and are provided the basic skills required to play with confidence in fun, exciting, skills-focused games. Class meets on the Southeast field by the oval by Kerr and 49th Ave. Parent participation required.

No class May 17

Off Site - Killarney Oval	Sportball Vancouver
May 3-Jun 21 Su	9:15AM-10:00AM 268929
	\$126/7 classes

Education Workshops

Sensory Activities for Children Expand your children's creativity with ingredients you have in your own pantry to create sensory experiences, like playdough, goop, moon sand and sensory balloons; for children that will keep them busy for hours and at the same time develop their cognitive and fine motor skills. Bring your own containers to pack what you made in the workshop and enjoy at home with your kids. *All supplies are included with the course fee.*

CC Room 203	Nelly Lopez & Lidia Leon
Apr 28 Tu	7:00PM-8:30PM 272178
Jun 14 Su	3:30PM-5:00PM 272176
	\$25.00/person

Snacks & Meal Prep for Children

Learn easy and practical snacks that you can make at home without cooking that are tasty and nourishing for your children to take to school and parties. Bring your own containers and enjoy with your kids. *All supplies are included with the course fee.*

CC Room 203	Nelly Lopez & Lidia Leon
May 24 Su	3:30PM-5:00PM 272174
	\$25.00/person

Preschool Programs

Social

Family Movie Nights (5-12yrs)

Family Movie Night at Killarney is the last Friday of the month and it's FREE! Join our experienced staff to watch a family-friendly movie and snack on popcorn. Parents are required to be in attendance with children under the age of 8 yrs.

Seniors MPR 151/152		Killarney Staff
Apr 24 F	6:30PM-9:00PM	Charlie and the Chocolate Factory
May 29 F	6:30PM-9:00PM	Shrek 1
June 26 F	6:30PM-9:00PM	The Cat in the Hat



Art & Culture

Art is Fun (3-5yrs) **NEW!**

Have fun with Origami, clay modeling, stamping, collage to abstract, mixed media art, finger painting, crafting and more. There will be time set aside for Circle Time and storytelling.

Space Permitting - Drop-in Fees: \$10.50

211 CC Multipurpose		Sun Rey Han
Apr 15-Jun 17 W	3:30PM-4:30PM	268740
\$105/10 classes		



Adventures In Art (4-5yrs)

Improve your child's cognitive and social skills through early exposure to arts. Inspired by a different story each week, students will create their own masterpieces while exploring different art mediums. Bring an art apron. All supplies included.

No class May 16

211 CC Multipurpose		Ella Culajevic
Apr 4-Jun 20 Sa	11:30AM-12:15PM	267134
\$120/10 classes		

Preschool Drawing (3.5-5yrs)

April showers bring May flowers and springtime is the right time to sign up your pre-schooler for a Young Rembrandts class! We will begin our adventure with an imaginary trip to the hardware store as we illustrate and learn about different tools. We'll continue to stomp away springtime boredom as we draw and colour a mighty dinosaur. The sky is the limit as we draw a colourful, patterned butterfly. And, we'll soar to new heights with our fantastic kite drawing. There's no better time than now to enroll your student! Sign up now! www.youngrembrandts.com/metrovancouver.

101 CC Multipurpose		Young Rembrandts
Apr 19-Jun 7 Su	9:30AM-10:20AM	267149
Apr 19-Jun 7 Su	10:30AM-11:20AM	267152
\$148/8 classes		

In order to keep Killarney's pricing low we separate some of our seasonal programs into 2 sets. Leisure Access Discount patrons are eligible to receive the 50% discount on both sets. (Excluding pool & rink programs)

Public Health Nurse Visit

Attend the Toddler Round Up if you have questions about your child's nutrition, speech, behavior, vision or development. This service is being offered by the South Community Health Centre, during the Parent & Tot program.

Parent consent form is required. Please ask for a form from reception or from the Toddler Gym Attendants.

May 5 F	9:15AM-10:45AM
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Dance

Ballet (5-8yrs)

This class is for children who have taken pre-ballet or an introduction to ballet. Children will learn basic ballet exercises and positions and will develop coordination, musicality, creativity and movement while having fun! A showing will be held last day of class. Please wear a ballet suit and ballet slippers.

Space Permitting - Drop-in Fees: \$8

No class Apr 13, May 18

205 CC Multipurpose		Espirito Santo Mauricio
Apr 6-Jun 22 M	3:30PM-4:15PM	267119
\$62/10 classes		

Pre Ballet Level 1 (4-7yrs)

This class is an introduction to ballet. Children will learn basic ballet exercises and positions and will also develop their coordination, musicality and movement while having fun! Please wear a body suit and ballet slippers.

Space Permitting - Drop-in Fees: \$8

No class Apr 13, May 18

205 CC Multipurpose		Espirito Santo Mauricio
Apr 6-Jun 22 M	4:15PM-5:00PM	267122
\$62/10 classes		

My First Dance Class (2-4yrs)

An introduction to creative dance. Aspiring little dancers will use songs, movement exploration and games to explore coordination, rhythm, spatial awareness and cooperation. This class is for the youngest of dancers to experience a playful class with the support of their parents being present. Parent participation is required.

Space permitting - Drop-in Fees: \$8

No class Apr 12, May 17

205 CC Multipurpose	Endorphin Rush Dance	
Apr 5-Jun 21 Su	10:15AM-11:00AM	267091
Apr 5-Jun 21 Su	2:45PM-3:30PM	267092
\$75/10 classes		

Ballet Through Creative Movement (3-5yrs)

An introduction to the foundations of ballet through creative dance. Aspiring dancers will explore coordination, rhythm, spatial awareness, and cooperation. Classes will include songs, movement exploration, basic ballet steps, games, and a variety of fun music. More info: www.KirbySnellDance.com.

Space Permitting - Drop-in Fees: \$8

205 CC Multipurpose	Endorphin Rush Dance	
Apr 8-Jun 24 W	1:00PM-1:45PM	267096
\$90/12 classes		

No class Apr 11/12, May 16/17

Apr 4-Jun 20 Sa	10:30AM-11:15AM	267101
Apr 5-Jun 21 Su	11:00AM-11:45AM	267103
Apr 5-Jun 21 Su	1:15PM-2:00PM	267104
\$75/10 classes		

Hip Hop Breakers (3-5yrs)

This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats. More info: www.KirbySnellDance.com.

Space Permitting - Drop-in Fees: \$8

205 CC Multipurpose	Endorphin Rush Dance	
Apr 8-Jun 24 W	1:45PM-2:30PM	267097
\$90/12 classes		

No class Apr 11/12, May 16/17

Apr 4-Jun 20 Sa	11:15AM-12:00PM	267106
Apr 5-Jun 21 Su	12:00PM-12:45PM	267108
Apr 5-Jun 21 Su	2:00PM-2:45PM	267111
\$75/10 classes		

Rhythmic Dance (3-4yrs)

Combine the grace of ballet and the strength of artistic gymnastics with the challenging manipulation of colourful hand apparatus while moving to various musical accompaniments. The hand apparatus includes ropes, hoops, balls and of course, ribbons. This is a wonderful sport to develop hand-eye coordination, balance, agility, flexibility and rhythm. Note: All children develop at their own pace, and since this class is without parent participation, you or the instructor may find your child is not yet ready. However, when they are ready, the class will give your child the opportunity to work independently and build self esteem.

No class May 2, May 16

109 CC 1/3 Gym	Elite Gymnastics	
Apr 18-Jun 20 Sa	11:00AM-12:00PM	267090
\$48/8 classes		
Apr 14-Jun 23 Tu	4:00PM-5:00PM	268592
\$66/11 classes		

Education

Bricks 4 Kidz® - Space Adventures (4-7yrs)

Inspired by NASA and Star Ware, B4K's Space Adventures is packed full of models to make your imagination blast off! Children learn about real-life space exploration related to the NASA space program. All go home with a customized Minifigure.

Space Permitting - Drop-in Fees: \$20

211 CC Multipurpose	Bricks 4 Kidz Vancouver	
Apr 16-Jun 11 Th	4:00PM-5:00PM	267141
\$135/9 classes		



Little Cooks (3-4.5yrs)

A great introduction for aspiring chefs. We will making a variety of healthy delicious and fund dishes Not suitable for children with food sensitivities.

No class May 16

102 CC Preschool	Mimi Lanot	
Apr 18-Jun 20 Sa	11:30AM-1:00PM	267164
\$126/9 classes		

Sports & Fitness

Axe Capoeira Mini Kids *Beginner* (3-6yrs)

These are ongoing classes where anyone can join, no previous experience necessary. It covers all aspects of Capoeira; martial-arts, dance, music, acrobatics, culture, language and more. *It focuses on developing the students rhythm, reflexes, balance, co-ordination and increasing strength and flexibility as they learn.*

No class Apr 10, Apr 13

004 CC Dojo	Marcus Aurelio	
<i>FREE Demo Class</i>		
Apr 1 W	4:10PM-4:55PM	268138
<i>Monthly Program</i>		
Apr 3-Apr 29 M W F	4:10PM-4:55PM	268152
\$50/monthly promo		
May 1-May 29 M W F	4:10PM-4:55PM	268154
Jun 1-Jun 29 M W F	4:10PM-4:55PM	268155
\$90/month		

PRESCHOOL PROGRAMS

Sportball: Multisport (3-5yrs)

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.

No class May 17

109 CC 1/3 Gym Sportball Vancouver
Apr 19-Jun 21 Su 12:00PM-1:00PM 268941
\$162/9 classes



Sportball: Outdoor Soccer (3-7yrs)

Sportball Outdoor Soccer programs introduce fundamental concepts of gameplay and teach the basic skills required to bend it like Beckham in a supportive, non-competitive environment. Coaches zero in on skills like throw-ins, dribbling, trapping and passing in fun, exciting, skill-focused games. Parents are required to remain on the field for children's safety. Class meets on the Southeast field by the oval at Kerr and 49th Ave.

Off Site - Killarney Oval Sportball Vancouver
(3-5 yrs)
May 7-Jun 25 Th 5:30PM-6:30PM 268927
(5-7yrs)
May 7-Jun 25 Th 6:30PM-7:30PM 268928
\$144/8 classes

Sportball: Outdoor Soccer (3-4yrs)

No class May 16.

(3-4yrs)
May 2-Jun 20 Sa 1:00PM-2:00PM 268931
(4-6yrs)
May 2-Jun 20 Sa 2:00PM-3:00PM 268932
\$126/7 sessions

Sportball: Outdoor T-Ball (3-5yrs)

Big League Fun! Sportball T-Ball introduces fundamental concepts of gameplay and teaches the basic skills required to play ball with confidence in a supportive, non-competitive environment. Coaches zero in on skills like throwing, catching, batting form, running bases and fielding in fun, exciting, skill-focused play. Parents are required to remain on the field for children's safety. Class meets on the Southeast field by the oval at Jerr and 49th Ave.

No class May 17

Off Site - Killarney Oval Sportball Vancouver
May 3-Jun 21 Su 10:00AM-11:00AM 268930
\$126/7 classes

Soccer - Mini Stars (3-6yrs)

Experience the beautiful game of soccer, challenging team competition and cheerleading by amazed parents and fans! Players will get energized with dribbling, passing, shooting, running, falling, jumping, scoring goals and making dive saves. Ole, ole! We are inviting parents, friends of the game to cheer-lead these mini stars in exchange for buckets of fun and calorie burning. Players will be provided with a Star Soccer T-shirt. Classes will be held on the field outside, weather permitting. More info. www.starsoccercentre.com.

Space Permitting - Drop-in Fees: \$15

No class Apr 12, May 17

109 CC 2/3 Gym Valentinos Dinglis
Apr 5-Jun 21 Su 9:00AM-10:10AM 267175
\$150/10 classes

Indoor Tennis (4-6yrs)

This class is held indoors, in the gymnasium. Your child will be introduced to the fundamentals of basic Forehand and Backhand while developing eye & hand coordination through a variety of fun games and activities. The program is coordinated by Kris Santoso.

No class Apr 12, May 17

109 CC 1/3 Gym Point Break Tennis
Apr 5-Jun 21 Su 9:15AM-10:00AM 267172
\$110/10 classes

Public Health Nurse Visit

Attend the Toddler Round Up if you have questions about your child's nutrition, speech, behavior, vision or development. This service is being offered by the South Community Health Centre, during the Parent & Tot program. *Parent consent form is required. Please ask for a form from reception or from the Toddler Gym Attendants.*

May 5 F 9:15AM-10:45AM

Birthday Parties

Gym/Play-Gym Party!

- For children 2-10 yrs
- Younger kids = play gym with toys + bouncy castle
- Older kids = sports equipment (subject to availability)
- Includes access to a kitchen equipped with a stove, oven, microwave, refrigerator and freezer.



WHERE AND WHEN:

Room 203 & 2/3 Gym

Saturdays 1:15pm-3:15pm; gym time 1:15pm-2:15pm

Sundays 12:15pm-2:15pm; gym-time 12:15pm-1:15pm

FEES:

\$125/14 children (1 party attendant)

\$220/15-20 children (2 party attendants)

**Please have your final numbers of children attending the party confirmed one week prior to the party, and pay the \$95.00 upgrade for over 15 children to secure an additional leader.*

**Due to space restrictions, our parties are not suitable for more than 20 children.*



BIRTHDAY PARTY HIGHLIGHTS!

Interactive Fun for KIDS

ages 3-12 yrs.

Our 2 hour CLASSIC Party

Package Includes:



DANCE PARTY DETAILS:

Location: Room 211

Time: Sunday's 2:30pm-4:30pm

\$250 for up to 14 children maximum

kindly register at Killarney front desk or

by phone: 604.718.8201

"That was the most amazing party! Kiera had an incredible time and cannot stop talking about it. Thank you for making her birthday party so special!"
-SARAH,
BIRTHDAY MOM
Vancouver, B.C

- ☆ PARTY HOST'N DJ: RACHEL BEAU
- ☆ CUSTOMIZED PARTY PLAYLIST
- ☆ GIANT BUBBLE WRAP DANCE FLOOR
- ☆ PRIZE GIVEAWAYS
- ☆ ROCK'OFF LIPSYNC CONTESTS
- ☆ PARTY DANCES & FREESTYLE DANCE CHALLENGES
- ☆ PARTY ROCK LIMBO



Party Information:

- The Birthday Party Attendant will contact you approximately one week before your party to discuss the details. Please make sure to update your information at registration to include an email address.
- Patrons are required to pay in full at the time of registration.
- Parent/Guardian participation is required for the duration of the party.
- Inclusions: party attendant, room, tables, chairs.
- Exclusions: decorations, table settings (plates, cutlery, cups, etc), snacks, food or beverages.
- Refund Policy: All refunds are subject to an administration charge. Refund rates: 2 weeks notice: full refund; 1 week notice: 50% refund; less than one week: no refund.
- We do not accept LAP discounts for parties

Please call 604-718-8201 or visit our website at www.killarneycentre.ca for more information.

Stay tuned
for new and exciting
Birthday Party packages
and offerings in Fall 2020!

If you are interested in having Sportball at your Birthday Party, please contact our Rental Coordinator at 604-654-0785. We thank you for your continued patronage.

Music Programs

Piano: Kelly Kirby (4-9yrs)

Make your child's first piano lessons FUN! This semi-structured introduction to piano features the Kelly Kirby learning method. Level 1 pre-requisite: students can count to ten, know their ABCs, and can cut with scissors.

No class Apr 11/12 & May 16/17

201 CC Multipurpose Louise Papais
Level 1

Apr 4-Jun 20 Sa 11:00AM-12:00PM 267061
Apr 5-Jun 21 Su 11:00AM-12:00PM 267065

Level 2
Apr 4-Jun 20 Sa 12:00PM-1:00PM 267067
Apr 5-Jun 21 Su 10:00AM-11:00AM 267068

Level ¾ Split
Apr 4-Jun 20 Sa 1:00PM-2:00PM 267071
Apr 5-Jun 21 Su 2:00PM-3:00PM 267079
\$161.05/10 classes

Piano: Grad Class (5-13yrs)

Take the next step in your child's musical development. New books, new challenges and new experiences await! This class is for those who have successfully completed the Grad Class 1 and/or have the ability to play pieces within a two octave range. Books not included and need to be purchased from instructor at first class for approximately \$40.00.

No class Apr 11/12 & May 16/17.

201 CC Multipurpose Louise Papais
Level 1/2 Split

Apr 4-Jun 20 Sa 2:30PM-4:00PM 268387
Apr 5-Jun 21 Su 3:00PM-4:30PM 268388

Level 2
Apr 4-Jun 20 Sa 9:30AM-11:00AM 268389
Apr 4-Jun 20 Sa 4:00PM-5:30PM 268392
Apr 5-Jun 21 Su 12:00PM-1:30PM 268394
Apr 5-Jun 21 Su 4:30PM-6:00PM 268395



Private Piano/Clarinet (6-19yrs)

Private Piano for 6 yrs+Private Clarinet for 9 yrs+Get a strong background in music and gain the benefits of learning an instrument. Janine provides 30 minute lessons from beginners to advanced levels. Conservatory exam preparation is also available. Clarinet players, please bring an instrument and reeds.

No class Apr 13 & May 18.

201 CC Multipurpose Janine Oye
Mar 30-Jun 15 M 3:30PM-4:00PM 268398
Mar 30-Jun 15 M 4:00PM-4:30PM 268399
Mar 30-Jun 15 M 4:30PM-5:00PM 268400
Mar 30-Jun 15 M 5:00PM-5:30PM 268401
Mar 30-Jun 15 M 5:30PM-6:00PM 268469
Mar 30-Jun 15 M 6:00PM-6:30PM 268470
Mar 30-Jun 15 M 6:30PM-7:00PM 268471
\$270/10 classes

Piano Private Lessons (6yrs-Adult)

Musical expressions takes on a creative and intuitive approach to music learning. With goals and learning styles varying from student to student, we help you first determine what you want to achieve, so we can make it our goal to get you there! From the basic beginners to preparing exams, all students will be encouraged to tap into their creative sides and be taught to express themselves through improvisation. Each class (session) is 30 minutes. If you're learning at a grade 5 level or above, please book two, half hour sessions to ensure enough time for the lesson. All music books and materials are purchased separately. Order through our teachers. Instructor website: musicaexpressions.ca Leisure Access subsidy does not apply to this program.

201 CC Multipurpose Musical Expressions
Apr 2-Jun 18 Th 3:30PM-4:00PM 268710
Apr 2-Jun 18 Th 4:00PM-4:30PM 268711
Apr 2-Jun 18 Th 4:30PM-5:00PM 268712
Apr 2-Jun 18 Th 5:00PM-5:30PM 268713

\$288/12 classes

Guitar/Ukulele: Private Lessons (6yrs-Adult)

Guitar players of any skill level and beginner ukulele players are welcome! Each private lesson will be tailored to your skill, age, ability and interests. Come and enjoy the guitar/ukulele! Please bring your own instrument. For a child's first guitar, the instructor recommends a 1/2 size or 3/4 size classical guitar. Leisure Access subsidy does not apply for this program.

No class Apr 13 & May 18.

211 CC Multipurpose Leonard Pallerstein
Mar 30-Jun 15 M 3:30PM-4:00PM 268472
Mar 30-Jun 15 M 4:00PM-4:30PM 268473
Mar 30-Jun 15 M 4:30PM-5:00PM 268474
Mar 30-Jun 15 M 5:00PM-5:30PM 268475
Mar 30-Jun 15 M 5:30PM-6:00PM 268476
Mar 30-Jun 15 M 6:00PM-6:30PM 268477
Mar 30-Jun 15 M 6:30PM-7:00PM 268478
Mar 30-Jun 15 M 7:00PM-7:30PM 268479
Mar 30-Jun 15 M 7:30PM-8:00PM 268480
\$270/10 classes

See page 38 for more time slots

Guitar Private Lessons (6yrs-Adult)

Have you always wanted to learn a string instrument? We offer private guitar or ukulele lessons to get you started. This program is based on special interests and fundamental goals that serve the humble beginners all the way to tomorrow's prodigies. All classes are set in a fun, stress free environment. All students are required to bring their own guitar or ukulele to the lessons. Classes are 1/2 hr long. *Leisure Access subsidy does not apply to this program.*

No class Apr 10

201 CC Multipurpose Musical Expressions
Apr 3-Jun 19 F 3:30PM-4:00PM 268714
Apr 3-Jun 19 F 4:00PM-4:30PM 268715
Apr 3-Jun 19 F 4:30PM-5:00PM 268717
Apr 3-Jun 19 F 5:00PM-5:30PM 268718
Apr 3-Jun 19 F 5:30PM-6:00PM 268719
Apr 3-Jun 19 F 6:00PM-6:30PM 268720
Apr 3-Jun 19 F 6:30PM-7:00PM 268721
Apr 3-Jun 19 F 7:00PM-7:30PM 268722
Apr 3-Jun 19 F 7:30PM-8:00PM 268723

\$264/11 classes

Children's Programs

Social

Family Movie Nights (5-12yrs)

Family Movie Night at Killarney is the last Friday of the month and it's FREE. Join our experienced staff to watch a family-friendly movie and snack on popcorn. Parents are required to be in attendance with children under the age of 8 yrs.

Seniors MPR 151/152

Apr 24 F	6:30PM-9:00PM	Charlie and the Chocolate Factory
May 29 F	6:30PM-9:00PM	Shrek 1
June 26 F	6:30PM-9:00PM	The Cat in the Hat

Art & Culture

BAZOO! Build a Comic (8-15yrs)

Create your own comic through step-by-step guidance. Explore ways to design it, starting with roughs and working towards your final copy. Participate with other class members in bringing your characters to life through live-action drama and activities! Drawing skills of all levels welcome. The class will conclude with a presentation!

No class May 18

Seniors MPR 152	TeLeni Koochin
Apr 20-Jun 15 M	3:45PM-4:45PM 267201
\$80/8 classes	

Character Design (5-12yrs)

Learn from a former Disney animator in this specialized class that focuses on creating appealing characters in animation, comics, games and more. This program is instructed by Happy Kids Studios.

202 CC Multipurpose	Jay Tolibao
Apr 17-Jun 19 F	3:30PM-4:45PM 268554
\$140/10 classes	

Creative Art Start (6-9yrs)

This after school program introduces various art techniques and materials to young artists while encouraging creativity, imagination and self-expression. We will learn about elements of art through drawing, painting, collage, mosaics, printmaking and more. Above all, we'll have fun while exercising dexterity, attention to detail and problem solving skills. Students could enroll in this course again if they wish to advance further. Basic art supplies will be provided. Bring an apron or dress for a mess!

211 CC Multipurpose	Ella Culajevic
Apr 7-Jun 9 Tu	3:45PM-4:45PM 268551
\$160/10 classes	

Cartoon with Disney Animator (5-12yrs)

Learn how to tell stories through drawings with a former Disney animator. Work on character development, thumbnails, layout, pages, paneling and more. The cost includes a take-home drawing kit \$18.00. This program is instructed by Happy Kids Studios.

202 CC Multipurpose	Jay Tolibao
Apr 17-Jun 19 F	5:00PM-6:15PM 268567
\$140/10 classes	

Art And You (6-10yrs)

This is a fun and liberating class! Children will participate in, individual and group art activities for free flow of imagination, originality and unique expression through drawing, painting, clay, movement and drama. Activities are designed to foster confidence and self-esteem. All supplies included.

Dress for a mess.

No class Apr 12

211 CC Multipurpose	Kelly Jimenez
Apr 5-Jun 28 Su	11:00AM-12:15PM 268499
\$186/12 classes	

Drawing and Painting for Animation (9-13yrs) **NEW!**

Do you like to draw and paint? Do you like comics and cartoons? This class is a snapshot of what it takes to create real characters and backgrounds for animation or gaming. Students will learn about storyboards, layout and design, while creating characters and backgrounds of their own. In today's world, these skills could be applied to anything from graphic design to animation, gaming and film industries. Students could enroll in this course again if they wish to advance further. Basic art supplies will be provided.

No class Apr 11 & May 16

Apr 4-Jun 20 Sa	12:45PM-2:00PM 267167
\$160/10 classes	

FUNDamental Drawing (6-12yrs)

It's spring time and that can mean only one thing: SPRINGTIME DRAWING WITH YOUNG REMBRANDTS! Learning about warm colours and cool colours will be the focus as our artists draw a detailed exterior of a house. Students will explore the intricate details of the breathtaking Taj Mahal. Finally, we'll take an imaginary trip to some beautiful places to draw a cute flamingo as well as learn about the history and artistry of a kimono. Sign up for classes today! www.youngrembrandts.com/metrovancouver.

101 CC Multipurpose	Young Rembrandts
Apr 19-Jun 7 Su	11:30AM-12:30PM 267162
\$148/8 classes	



Young Rembrandts

CHILDREN'S PROGRAMS

Dance

Hip Hop (6-10yrs)

The latest music and moves to hip hop sounds, fun and energetic! Children will learn choreography and will incorporate their own moves as well. A show will be held last day of class.

Space Permitting - Drop-in Fees: \$8

No class Apr 13, May 18

205 CC Multipurpose Espirito Santo Mauricio
Apr 6-Jun 22 M 5:00PM-5:45PM 267132
\$62/10 classes

Kismat Bhangra (7-12yrs)

Bhangra is an excellent way for kids and teens to learn movement, rhythm, dance and culture. This class gives students an opportunity to participate in a fun and exciting learning environment that not only helps with their exercise and physical activity, but also contributes to an enriching cultural experience, regardless of their background. Children can embody the true art form of Bhangra through a fusion of music and self-expression that will lead to high spirits and continual involvement in a growing community. No experience necessary. There will be a recital on the last day of class.

203 CC Multipurpose Raman Sandhu
Apr 9-Jun 11 Th 5:15PM-6:00PM 267118
\$100/10 classes

Kismat
Dance Academy



Dance Extreme (8-12yrs)

This class will explore a number of different styles of dance with a variety of guest artist giving them a fun, energetic exploration in a welcoming, safe and inspiring environment. Styles may include: hip hop, latin dance, acrobatic dance, musical theater, creative movement and bollywood. No experience necessary. More info: www.KirbySnellDance.com.

Space Permitting - Drop-in Fees: \$8

No class Apr 11, May 16

205 CC Multipurpose Endorphin Rush Dance
Apr 4-Jun 20 Sa 12:15PM-1:15PM 268484
\$90/10 classes

Rhythmic Dance (5-17yrs)

Combine the grace of ballet and the strength of artistic gymnastics with the challenging manipulation of colourful hand apparatus while moving to various musical accompaniments. The hand apparatus includes ropes, hoops, balls and of course, ribbons. This is a wonderful sport to develop hand-eye coordination, balance, agility, flexibility and rhythm. Note: All children develop at their own pace, and since this class is without parent participation, you or the instructor may find your child is not yet ready. However, when they are ready, the class will give your child the opportunity to work independently and build self esteem.

No class May 2, 16

109 CC 1/3 Gym Elite Gymnastics
(5-6yrs)
Apr 14-Jun 23 Tu 5:00PM-6:00PM 268924
\$66/11 classes
Apr 16-Jun 25 Th 4:00PM-5:00PM 268925
Apr 18-Jun 20 Sa 12:00PM-1:00PM 268920
\$48/8 classes
(7-8yrs)
Apr 18-Jun 20 Sa 1:15PM-2:15PM 268922
\$48/8 classes
Apr 18-Jun 20 Sa 2:15PM-3:15PM 268923
\$48/8 classes
Apr 16-Jun 25 Th 5:00PM-6:00PM 268926
\$66/11 classes

Education

Mandokids (6-12yrs) **NEW!**

An interactive Chinese Learning program. This class offers a broad range of excellent Chinese learning programs that will not only develop their talents and academic prowess, but also maintain their traditional strengths. *On the last day of class, program is moved to room 211.* More info. www.mandokidslearning.com

No class May 18

1.41 Pool Multipurpose Mando Kids
(6-8yrs)
Apr 20-Jun 29 M 4:00PM-4:30PM 268882
(9-12yrs)
Apr 20-Jun 29 M 5:15PM-5:45PM 268889



Chess (6-13yrs)

Come jump into the intricate world of Chess. Each session will be full of chess puzzles, supervised games and game analysis. This comprehensive and progressive program allows students to learn how to play chess in the optimal manner by gradually increasing complexity. Classes will follow the six-level academic chess program of the Vancouver Chess School www.vanchess.ca.

201 CC Multipurpose Vancouver Chess School
Absolute Beginner
Apr 7-Jun 9 Tu 4:00PM-5:00PM 268500
Previous Knowledge
Apr 7-Jun 9 Tu 5:00PM-6:00PM 268501
\$120/10 classes



Silly Circuits (8-12yrs)

Empower your STEM education with fun electronics projects. Learn to read and write your own circuit diagrams and build simple and complex circuits. Every term, we explore a different final project! Class uses safe solderless breadboards and may use Arduino controllers. For safety reasons, there will be no soldering in class. Students to pay a separate price for the electronics kit which is taken home at the end of the program season.

101 CC Multipurpose Caroline Dyck
Apr 8-May 27 W 3:30PM-5:00PM 268539
\$154/8 classes

Homework Club - Grade 4 & 5 (7-12yrs)

Homework Club offers a safe and quiet space for students to complete homework, assignments or receive support this is meaningful and worthwhile. *No Leisure Subsidy offered on this program.*

211 CC Multipurpose Miranda Wong
Apr 3-Jun 19 F 3:30PM-5:45PM 268496
\$5/12 classes

Video Game Design (7-13yrs)

Create your own video game with UME Academy! Students will learn creative problem-solving and computational thinking through the game design process while employing the tools and technology that power top games. Each class is rooted in a STEM (Science, Technology, Engineering, and Math) topic and includes time to create, play and analyze games.

No class Apr 11, May 16
101 CC Multipurpose UME Academy
(7-9yrs)
Apr 18-Jun 13 Sa 9:00AM-10:00AM 268497
(9-13yrs)
Apr 18-Jun 13 Sa 10:00AM-11:00AM 268498
\$132/8 classes



Cooking Fun (6-11yrs)

A great introduction for aspiring chefs! We will be baking and cooking a variety of healthy, delicious and fun dishes. Your child will gain experience in measuring, kitchen safety, nutrition, and kitchen cleanliness. Please bring a container every week to take food home. This is a nut-free environment, however we will be using common foods such as wheat, eggs, and dairy. Not suitable for children with food sensitivities.

No class May 16
102 CC Preschool Mimi Lanot
Apr 18-Jun 20 Sa 2:00PM-3:30PM 268593
\$135/9 classes

Ask an Expert Workshops

Red Cross Babysitting (11-16yrs)

Gain the basic skills and confidence for responsible babysitting. Learn the responsibilities of a babysitter, how to get along with and care for babies, toddlers, preschoolers and school-aged children. Students will also learn how to handle emergencies and provide first aid. Canadian Red Cross Babysitter's Manual and Babysitter's participation card are included.

105 CC Preschool Community Care First Aid
May 24 Su 9:30AM-3:30PM 268589
\$62/1 class



Sports & Fitness

Axe Capoeira Kids *Beginner* (7-13yrs)

These are ongoing classes where anyone can join, no previous experience necessary. It covers all aspects of Capoeira; martial-arts, dance, music, acrobatics, culture, language and more. *It focuses on developing the students rhythm, reflexes, balance, co-ordination and increasing strength and flexibility as they learn.*

No class Apr 10, 13
004 CC Dojo Marcus Aurelio
FREE Demo Class
Apr 1 W 5:00PM-5:45PM 268137
Monthly Program
Apr 3-Apr 29 M W F 5:00PM-5:45PM 268149
\$50/monthly promo
May 1-May 29 M W F 5:00PM-5:45PM 268150
Jun 1-Jun 29 M W F 5:00PM-5:45PM 268151
\$90/month

Soccer - Mini Stars Outdoors (6-12yrs)

Experience the beautiful game of soccer, challenging team competition and cheerleading by amazed parents and fans! Players will get energized with dribbling, passing, shooting, running, falling, jumping, scoring goals and making dive saves. Ole, ole! We are inviting parents, friends of the game to cheer-lead these mini stars in exchange for buckets of fun and calorie burning. Players will be provided with a Star Soccer T-shirt. More info www.starsoccercentre.com. Classes will be held on the field outside, rain or shine. *Space Permitting - Drop-in Fees: \$15*

No class May 18
Off Site - Killarney Oval Valentinus Dinglis
Apr 6-Jun 22 M 6:00PM-7:30PM 267190
\$135.35/9 classes

CHILDREN'S PROGRAMS

Badminton (6-12yrs)

Learn about grip, serving, clear, forehand, backhand, and other fundamental skills and strategies. Have fun playing games as well. Participants must provide their own racquet. Our instructor Derek Wong is a NCCP certified coach.

109 CC 2/3 Gym Derek Wong

Badminton 1 (Beg. 6-8yrs)

Apr 1-Jun 17 W 3:30PM-4:30PM 268493

Badminton 2 (Int. 6-8yrs + Beg. 9-12yrs)

Apr 1-Jun 17 W 4:30PM-5:30PM 268494

Badminton 3 (Int./Adv. 9-12yrs)

Apr 1-Jun 17 W 5:30PM-6:30PM 268495

\$69/12 classes

Indoor Tennis (7-10yrs)

This class is held indoors, in the gymnasium. Your child will be introduced to the fundamentals of basic Forehand and Backhand while developing eye & hand coordination through a variety of fun games and activities. The program is coordinated by Kris Santoso.

No class Apr 12, May 17

109 CC 1/3 Gym Point Break Tennis

Apr 5-Jun 21 Su 10:00AM-11:00AM 267174

\$110/10 classes

Soccer - Mini Stars (7-10yrs)

Experience the beautiful game of soccer, challenging team competition and cheerleading by amazed parents and fans! Players will get energized with dribbling, passing, shooting, running, falling, jumping, scoring goals and making dive saves. Ole, ole! We are inviting parents, friends of the game to cheer-lead these mini stars in exchange for buckets of fun and calorie burning. Players will be provided with a Star Soccer T-shirt. Classes will be held on the field outside, weather permitting. For more information www.starsoccercentre.com.

Space Permitting - Drop-in Fees: \$15

No class Apr 12, May 17

109 CC 2/3 Gym Valentinos Dinglis

Apr 5-Jun 21 Su 10:15AM-11:30AM 267176

\$150/10 classes

Sportball: Multisport (5-7yrs)

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.

No class May 17

109 CC 1/3 Gym Sportball Vancouver

Apr 19-Jun 21 Su 1:00PM-2:00PM 268942

\$162/9 classes

Sportball: Floor Hockey (5-12yrs)

Sportball Floor Hockey introduces fundamental concepts of gameplay and teaches the basic skills required to faceoff with confidence in a supportive, non-competitive environment.

Coaches zero in on skills like passing, shooting, basic positioning, stick handling, and goal tending in fun, exciting skill-focused play.

No class May 17

109 CC 1/3 Gym Sportball Vancouver

Apr 19-Jun 21 Su 3:15PM-4:15PM 268934

Apr 19-Jun 21 Su 4:15PM-5:15PM 268935

\$162/9 classes



Hoops Instructional Basketball (7-9yrs)

Want to shoot hoops for fun while receiving guidance from experienced players and coaches? Sign up NOW! Learn how to dribble, shoot, pass, and other basic basketball skills. All genders are welcome.

No class Apr 10.

2/3 CC Gym Alliah Baraquio & Poonamdeep Bains

Apr 3-Jun 19 F 3:45PM-4:45PM 268760

\$49.50/12 classes

Fencing - Beginners (9-15yrs)

Offered by the Tri-City Fencing Academy, for ages 9-15 years. Our youth program begins with a four session introductory class, quickly teaching the basic actions of the sport, allowing students to progress to fencing bouts in a short time. Fencing is a great cardiovascular workout, improving hand-eye coordination, concentration, mental focus and physical stamina. It provides a fun and competitive atmosphere that builds self-confidence and respect. All equipment is provided.

No class Apr 13

109 CC 1/3 Gym Brad Kelly

Apr 6-Apr 27 M 5:00PM-6:00PM 268725

No class May 18

May 4-May 25 M 5:00PM-6:00PM 268726

\$41.25/3 classes

Jun 1-Jun 29 M 5:00PM-6:00PM 268727

\$68.75/5 classes

Fencing - L1 Training Program (9-15yrs)

Pre-requisite: Fencing - Youth Beginners. Offered by the Tri-City Fencing Academy. After completion of a beginners program, students enter our L1 (9-15yrs) training program. Younger students will be learning in this L1 program until they reach the age of 11, older student for typically 3-9 months, as they develop strong technical sport fencing basics. All equipment is provided.

No class Apr 13

109 CC 1/3 Gym Brad Kelly

Apr 6-Apr 27 M 5:00PM-6:00PM 268728

\$41.25/3 classes

No class May 18

May 4-May 25 M 5:00PM-6:00PM 268729

\$41.25/3 classes

Jun 1-Jun 29 M 5:00PM-6:00PM 268730

\$68.75/5 classes

Fencing - L2 Training Program (11-19yrs)

Pre-requisite: L1 Training Program. Offered by the Tri-City Fencing Academy. After graduation from an L1 program, fencers move into our L2 and then L3 programs. Students will be learning in the L2 program for 1-2 years as they move from basic skills to more advanced technical and tactical knowledge. These programs are skills assessment based, using an advancement system from the Canadian Fencing Federation similar to other martial arts programs. All equipment is provided.

No class Apr 13

109 CC 1/3 Gym Brad Kelly
Apr 6-Apr 27 M 6:00PM-8:00PM 268731
\$71.25/3 classes

No class May 18

May 4-May 25 M 6:00PM-8:00PM 268732
\$71.25/3 classes

Jun 1-Jun 29 M 6:00PM-8:00PM 268733
\$118.50/5 classes

Traditional Kung Fu (6-19yrs)

Sifu Marquis Lung and Instructor Timothy Peng will teach you Northern Shaolin traditional forms, weapon forms, sparring and self-defence. It will help you gain physical and mental strength, develop self-confidence and discipline. Membership fee \$2 per month for the Northern Shaolin Lung Chi Cheung Association is included in the fee. Please note that Participant Waiver forms must be filled out before the program starts. Forms are available from the instructor. Note: Class meets twice each week, Wed and Sat.

No class Apr 11 & May 9

109 CC 1/3 Gym Northern Shaolin Kung Fu
Beginner

Apr 8-Jun 17 W 4:15PM-5:30PM 268543
Sa 3:45PM-5:00PM
\$190/19 classes

Intermediate

Apr 8-Jun 17 W 4:15PM-5:50PM 268547
Sa 3:45PM-5:15PM
\$209/19 classes

Advanced

Apr 8-Jun 17 W 4:15PM-6:15PM 268549
Sa 3:45PM-5:30PM
\$228/19 classes

Karate (6-19yrs)

Self-defence and physical conditioning are emphasized in this contact oriented style of Karate. For existing students, please visit www.fightingart.ca to find out which class you should sign up for if you are not sure. For 13-18 yrs who attended at least one term of the children's class with us, you can join the Karate for Teens Level 1 in the Youth section. Please note that Participant Waiver forms must be filled out before the program starts. Forms are available from the instructor. Uniform is not required for Beginner class, only.

No class May 17

205 CC Multipurpose Vancouver Seiyu Karate
Beginner

Apr 5-Jun 28 Su 4:00PM-4:45PM 268515

Apr 5-Jun 28 Su 4:25PM-5:25PM 268532
\$96/12 classes

004 CC Dojo Vancouver Seiyu Karate

Blue Belt & Blue Stripe

Apr 5-Jun 28 Su 3:20PM-4:20PM 268534

Apr 5-Jun 28 Su 2:15PM-3:15PM 268537

White Belt Level 1

Apr 5-Jun 28 Su 4:50PM-5:50PM 268535

White Belt Level 2 & Stripe

Apr 5-Jun 28 Su 1:10PM-2:10PM 268536

\$96/12 classes

Yellow Belt to Green Belt

Apr 2-Jun 25 Th 5:10PM-6:10PM 268538

\$104/13 classes

Taekwondo (6-25yrs)

A dynamic Korean Martial Art that is known for its emphasis on kicking techniques, strikes and self defense in addition to the development of physical and mental discipline. This WT style of Taekwondo is a martial arts that's recognized in both Poomsae (forms) & Kyrougi (sparring). For students 13-18 years, look for the Young Adult Taekwondo class in the Youth section. Please note that Participant Waiver forms must be filled out before the program starts. Forms are available from the instructor. Uniform must be purchased at a cost of \$60-70 plus GST.

No class Apr 11/12, May 16/17

004 CC Dojo Wu's Taekwondo

Green-Belt to Blue-Red

Apr 4-Jun 20 Sa 3:00PM-4:00PM 268507

Green-Belt to Blue-Red

Apr 5-Jun 21 Su 11:00AM-12:00PM 268511

Red to Black Belt

Apr 4-Jun 20 Sa 4:00PM-5:00PM 268508

Red to Black Belt

Apr 5-Jun 21 Su 12:00PM-1:00PM 268512

White to Yellow Belt

Apr 4-Jun 20 Sa 12:00PM-1:00PM 268509

White to Yellow Belt

Apr 5-Jun 21 Su 9:00AM-10:00AM 268513

Yellow to Green Belt

Apr 4-Jun 20 Sa 1:00PM-2:00PM 268510

Yellow to Green Belt

Apr 5-Jun 21 Su 10:00AM-11:00AM 268514

\$77/10 classes

Have a

Birthday Party

by the Pool!

See page 30 for details...



Killarney Day Camps

Summer Daycamp Registration

Available online & in-person March 1 beginning at 9:00am

Time-Saver passes will be issued starting at 8:00am.

No Camp Jul 1 & Aug 3.

Registration Information:

Please be aware registration is done on a first come first serve basis as spaces are limited.

- Registration is ongoing until camps are full, available online and in-person.
- A Daycamp Consent and Waiver Forms Package (available online or in-person) must be completed and returned before the start of registered day camp week.
- Child must be at least 6 years old by Dec 31, 2020 to register (born 2014 or earlier).
- Please bring the child/youth's doctor's and emergency contact phone numbers and other relevant health information with you to register.
- Social Assistance & Financial Aid: Bring an "Authorization for Day Care Services" letter from your Financial Aid Worker before registering for Summer Fun Daycamp.
- Staff are not responsible for Summer Fun participants before 9:30am and after 3:30pm unless they are registered in "Before/After Camp Care".
- Staff are not responsible for Youth Summer Leadership participants before 10:00am and after 3:30pm.

Camp Information:

We operate Monday to Friday from 9:30am-3:30pm for Junior (6-9 yrs) / Senior (10-12 yrs) Summer Fun Daycamp. The KCC Summer Fun Daycamp is led by qualified, experienced and enthusiastic staff.

Our program combines exciting out-trips to many of the Lower Mainland's best parks, beaches and attractions, with traditional day camp activities such as sports, games, crafts and special events. We have lined up ten spectacular themed weeks to make your child/youth's summer the best ever!

A Daycamp Consent and Waiver Forms Package (available online & in-person) must be filled out and submitted PRIOR to the start of the registered day camp week. Daycamp waivers for all camps will be available for pick-up from Killarney Community Centre June 8. It is recommended that participants have appropriate medical coverage in order to participate in the program.

Staff are not responsible for Summer Fun participants before 9:30am and after 3:30pm unless they are registered in "Before/After Camp Care".

All events are subject to change without notice.

Summer Daycamp Refund Policy:

- 21 days or more: \$5.00 admin fee
- 8-20 days: 75% will be refunded + \$5.00 admin fee
- 7 days or less: 50% will be refunded + \$5.00 admin fee
- ****No refunds after first day of camp registered****

SUMMER FUN Before & After CAMP CARE!

For parents who need EXTENDED CARE to fit their busy schedules. This program is only available to participants registered in the Summer Fun Day Camp. Supervision is provided by the Summer Fun Daycamp Leaders. Registration can be completed at the Killarney Front Desk.

Before Camp Care is available from 8:00-9:30am

After Camp Care is available from 3:30-6:00pm

Before Camp Only	\$7/day, \$26/4 days, \$32/5 days
After Camp Only	\$9/day, \$32/4 days, \$40/5 days
Before & After Camp	\$12/day, \$40/4 days, \$50/5 days

Summer Daycamp Refund Policy:

- 21 days or more: \$5.00 admin fee
- 8-20 days: 75% will be refunded + \$5.00 admin fee
- 7 days or less: 50% will be refunded + \$5.00 admin fee
- ****No refunds after first day of camp registered****
- Parents will be charged a \$10 late fee if their child is picked up late after daycamp, or after camp care.

SLIP ON A SHIRT, SLAP ON A HAT, SLIP ON THE SUNSCREEN, AND STEP INTO SOME...

SUMMER FUN!

9:30am-3:30pm Themed Weeks for 6-9yrs "Junior" & "10-12yrs "Senior"

Schedule and prices subject to change without notice.

No Camp Jul 1 & Aug 5.

WEEK 1: SUMMER SEEKERS

PLAYLAND

Jr Summer Fun Day Camp (6-9yrs)

Jun 29-Jul 3 M Tu Th F 9:30AM-3:30PM 268791
\$100/4 classes

Sr Summer Fun Day Camp (10-12yrs)

Jun 29-Jul 3 M Tu Th F 9:30AM-3:30PM 268800
\$100/4 classes

WEEK 2: SPORTS ACADEMY

ROCK CLIMBING & BOATING

Jr Summer Fun Day Camp (6-9yrs)

Jul 6-Jul 10 M Tu W Th F 9:30AM-3:30PM 268792
\$125/5 classes

Sr Summer Fun Day Camp (10-12yrs)

Jul 6-Jul 10 M Tu W Th F 9:30AM-3:30PM 268801
\$125/5 classes

WEEK 3: SUPER SCIENTISTS

SCIENCE WORLD

Jr Summer Fun Day Camp (6-9yrs)

Jul 13-Jul 17 M Tu W Th F 9:30AM-3:30PM 268793
\$125/5 classes

Sr Summer Fun Day Camp (10-12yrs)

Jul 13-Jul 17 M Tu W Th F 9:30AM-3:30PM 268802
\$125/5 classes

WEEK 4: FUN IN THE SUN!

CASTLE FUN PARK

Jr Summer Fun Day Camp (6-9yrs)

Jul 20-Jul 24 M Tu W Th F 9:30AM-3:30PM 268794
\$125/5 classes

Sr Summer Fun Day Camp (10-12yrs)

Jul 20-Jul 24 M Tu W Th F 9:30AM-3:30PM 268803
\$125/5 classes

WEEK 5: CAPTAIN'S SHIP

VANCOUVER AQUARIUM

Jr Summer Fun Day Camp (6-9yrs)

Jul 27-Jul 31 M Tu W Th F 9:30AM-3:30PM 268795
\$125/5 classes

Sr Summer Fun Day Camp (10-12yrs)

Jul 27-Jul 31 M Tu W Th F 9:30AM-3:30PM 268804
\$125/5 classes

WEEK 6: SPLASH N' PALS

BIG SPLASH WATERPARK

Jr Summer Fun Day Camp (6-9yrs)

Aug 4-Aug 7 Tu W Th F 9:30AM-3:30PM 268796
\$100/4 classes

Sr Summer Fun Day Camp (9-12yrs)

Aug 4-Aug 7 Tu W Th F 9:30AM-3:30PM 268805
\$100/4 classes

WEEK 7: LET THE GAMES BEGIN!

CITYWIDE SPORTS

Jr Summer Fun Day Camp (6-9yrs)

Aug 10-Aug 14 M Tu W Th F 9:30AM-3:30PM 268797
\$125/5 classes

Sr Summer Fun Day Camp (10-12yrs)

Aug 10-Aug 14 M Tu W Th F 9:30AM-3:30PM 268806
\$125/5 classes

WEEK 8: OUTDOOR ADVENTURES

WILDPLAY ROPES COURSE/BOWLING

Jr Summer Fun Day Camp (6-9yrs)

Aug 17-Aug 21 M Tu W Th F 9:30AM-3:30PM 268798
\$125/5 classes

Sr Summer Fun Day Camp (10-12yrs)

Aug 17-Aug 21 M Tu W Th F 9:30AM-3:30PM 268807
\$125/5 classes

WEEK 9: GLOBETROTTERS

THE FAIR @ THE PNE

Jr Summer Fun Day Camp (6-9yrs)

Aug 24-Aug 28 M Tu W Th F 9:30AM-3:30PM 268799
\$125/5 classes

Sr Summer Fun Day Camp (10-12yrs)

Aug 24-Aug 28 M Tu W Th F 9:30AM-3:30PM 268808
\$125/5 classes

WEEK 10: SUMMER SENDOFF

CINEPLEX MOVIE

Jr Summer Fun Day Camp (6-9yrs)

Aug 31-Sept 4 M Tu W Th F 9:30AM-3:30PM 273281
\$125/5 classes

Sr Summer Fun Day Camp (10-12yrs)

Aug 31-Sept 4 M Tu W Th F 9:30AM-3:30PM 273282

Preteen Programs

Social

Saturday Night Live (9-12yrs)

Come meet other preteens in the neighbourhood and hang out with one of our awesome youth leaders! We meet in Room 101 or the 1/3 gymnasium. Youth will have the opportunity to decide on some of the activities as the program progresses. Activities will range from sports, cooking, outdoor games, baking, and other events geared towards the interests of participants. This is a registered program with a fee calculated at \$1.50 per week to help pay for program supplies. Drop-ins are permitted if you want to join us for a week or two! *Consent forms must be completed before participation.*

101 CC MPR Alvin Chan
Apr 4-Jun 20 Sa 7:00PM-8:30PM 268768
\$18/12 Sessions

Education

Video Game Design (7-13yrs)

Create your own video game with UME Academy! Students will learn creative problem-solving and computational thinking through the game design process while employing the tools and technology that power top games. Each class is rooted in a STEM (Science, Technology, Engineering, and Math) topic and includes time to create, play and analyze games.

No class Apr 11, May 16

101 CC Multipurpose UME Academy
(7-9yrs)
Apr 18-Jun 13 Sa 9:00AM-10:00AM 268497
(9-13yrs)
Apr 18-Jun 13 Sa 10:00AM-11:00AM 268498
\$132/8 classes



Red Cross Babysitting (11-16yrs)

Gain the basic skills and confidence for responsible babysitting. Learn the responsibilities of a babysitter, how to get along with and care for babies, toddlers, preschoolers and school-aged children. Students will also learn how to handle emergencies and provide first aid. Canadian Red Cross Babysitter's Manual and Babysitter's participation card are included.

105 CC Preschool Community Care First Aid
May 24 Su 9:30AM-3:30PM 268589
\$62/1 class

Sports

Early Teen Instructional Basketball (12-14yrs)

Want to shoot hoops for fun while receiving coaching from an experienced coach? Sign up NOW! Learn how to dribble, pass, and other basic basketball skills. All genders are welcome.

1/3 CC Gym Angelica Guantero
Apr 1-Jun 17 W 7:45PM-9:15PM 268862
\$57/12 classes

Preteen Dodgeball Drop-In (9-12yrs)

Come join our free dynamic dodgeball program and get dodging. Every Friday we meet to rock the gym with both team and arena style dodgeball. Learn the 5 Ds of dodgeball: Dodge, Duck, Dip, Dive and Dodge. Bring your friends, bring your skills, bring your style! This is a drop-in activity.

No class Apr 10.

1/3 CC Gym Ryan Cheung
Apr 3-Jun 26 F 4:45PM-5:45PM 268766
FREE

Preteen Instructional Basketball (9-12yrs)

Want to shoot hoops for fun while receiving coaching from an experienced coach? Sign up NOW! Learn how to dribble, pass, and other basic basketball skills. All genders are welcome.

1/3 CC Gym Angelica Guantero
Apr 1-Jun 17 W 6:15PM-7:45PM 268767
\$57/12 classes

Fencing - Beginners (9-15yrs)

Offered by the Tri-City Fencing Academy, for ages 9-15 years. Our youth program begins with a four session introductory class, quickly teaching the basic actions of the sport, allowing students to progress to fencing bouts in a short time. Fencing is a great cardiovascular workout, improving hand-eye coordination, concentration, mental focus and physical stamina. It provides a fun and competitive atmosphere that builds self-confidence and respect. All equipment is provided.

No class Apr 13

109 CC 1/3 Gym Brad Kelly
Apr 6-Apr 27 M 5:00PM-6:00PM 268725
No class May 18
May 4-May 25 M 5:00PM-6:00PM 268726
\$41.25/3 classes
Jun 1-Jun 29 M 5:00PM-6:00PM 268727
\$68.75/5 classes



PRETEEN PROGRAMS

Fencing - L1 Training Program (9-15yrs)

Pre-requisite: Fencing - Youth Beginners. Offered by the Tri-City Fencing Academy. After completion of a beginners program, students enter our L1 (9-15yrs) training program. Younger students will be learning in this L1 program until they reach the age of 11, older student for typically 3-9 months, as they develop strong technical sport fencing basics. All equipment is provided.

No class Apr 13

109 CC 1/3 Gym Brad Kelly
Apr 6-Apr 27 M 5:00PM-6:00PM 268728
\$41.25/3 classes

No class May 18

May 4-May 25 M 5:00PM-6:00PM 268729
\$41.25/3 classes
Jun 1-Jun 29 M 5:00PM-6:00PM 268730
\$68.75/5 classes

Fencing - L2 Training Program (11-19yrs)

Pre-requisite: L1 Training Program. Offered by the Tri-City Fencing Academy. After graduation from an L1 program, fencers move into our L2 and then L3 programs. Students will be learning in the L2 program for 1-2 years as they move from basic skills to more advanced technical and tactical knowledge. These programs are skills assessment based, using an advancement system from the Canadian Fencing Federation similar to other martial arts programs. All equipment is provided.

No class Apr 13

109 CC 1/3 Gym Brad Kelly
Apr 6-Apr 27 M 6:00PM-8:00PM 268731
\$71.25/3 classes

No class May 18

May 4-May 25 M 6:00PM-8:00PM 268732
\$71.25/3 classes
Jun 1-Jun 29 M 6:00PM-8:00PM 268733
\$118.50/5 classes

Traditional Kung Fu (6-19yrs)

Sifu Marquis Lung and Instructor Timothy Peng will teach you Northern Shaolin traditional forms, weapon forms, sparring and self-defence. It will help you gain physical and mental strength, develop self-confidence and discipline. Membership fee \$2 per month for the Northern Shaolin Lung Chi Cheung Association is included in the fee. Please note that Participant Waiver forms must be filled out before the program starts. Forms are available from the instructor. Note: Class meets twice each week, Wed and Sat.

No class Apr 11 & May 9

109 CC 1/3 Gym Northern Shaolin Kung Fu

Beginner

Apr 8-Jun 17 W 4:15PM-5:30PM 268543
Sa 3:45PM-5:00PM

\$190/19 classes

Intermediate

Apr 8-Jun 17 W 4:15PM-5:50PM 268547
Sa 3:45PM-5:15PM

\$209/19 classes

Advanced

Apr 8-Jun 17 W 4:15PM-6:15PM 268549
Sa 3:45PM-5:30PM

\$228/19 classes

Karate (6-19yrs)

Self-defence and physical conditioning are emphasized in this contact oriented style of Karate. For existing students, please visit www.fightingart.ca to find out which class you should sign up for if you are not sure. For 13-18 yrs who attended at least one term of the children's class with us, you can join the Karate for Teens Level 1 in the Youth section. Please note that Participant Waiver forms must be filled out before the program starts. Forms are available from the instructor. Uniform is not required for Beginner class, only.

No class May 17

205 CC Multipurpose Vancouver Seiyu Karate
Beginner

Apr 5-Jun 28 Su 4:00PM-4:45PM 268515

Apr 5-Jun 28 Su 4:25PM-5:25PM 268532

\$96/12 classes

004 CC Dojo Vancouver Seiyu Karate

Blue Belt & Blue Stripe

Apr 5-Jun 28 Su 3:20PM-4:20PM 268534

Apr 5-Jun 28 Su 2:15PM-3:15PM 268537

White Belt Level 1

Apr 5-Jun 28 Su 4:50PM-5:50PM 268535

White Belt Level 2 & Stripe

Apr 5-Jun 28 Su 1:10PM-2:10PM 268536

\$96/12 classes

Yellow Belt to Green Belt

Apr 2-Jun 25 Th 5:10PM-6:10PM 268538

\$104/13 classes

Taekwondo (6-25yrs)

A dynamic Korean Martial Art that is known for its emphasis on kicking techniques, strikes and self defense in addition to the development of physical and mental discipline. This WT style of Taekwondo is a martial arts that's recognized in both Poomsae (forms) & Kyrougi (sparring). For students 13-18 years, look for the Young Adult Taekwondo class in the Youth section. Please note that Participant Waiver forms must be filled out before the program starts. Forms are available from the instructor. Uniform must be purchased at a cost of \$60-70 plus GST.

No class Apr 11/12, May 16/17

004 CC Dojo Wu's Taekwondo

Green-Belt to Blue-Red

Apr 4-Jun 20 Sa 3:00PM-4:00PM 268507

Green-Belt to Blue-Red

Apr 5-Jun 21 Su 11:00AM-12:00PM 268511

Red to Black Belt

Apr 4-Jun 20 Sa 4:00PM-5:00PM 268508

Red to Black Belt

Apr 5-Jun 21 Su 12:00PM-1:00PM 268512

White to Yellow Belt

Apr 4-Jun 20 Sa 12:00PM-1:00PM 268509

White to Yellow Belt

Apr 5-Jun 21 Su 9:00AM-10:00AM 268513

Yellow to Green Belt

Apr 4-Jun 20 Sa 1:00PM-2:00PM 268510

Yellow to Green Belt

Apr 5-Jun 21 Su 10:00AM-11:00AM 268514

\$77/10 classes

Youth Programs

Youth Lounge and Office

Come hang out in the lounge after school and play pool, foosball, cards, or just chill with your friends. Get to know the Youth Staff, obtain resources, information, and learn about volunteer/leadership opportunities. Drop by or call the Youth Office at 604-718-8212 to make an appointment to see the Community Youth Worker.

Spring 2020 Youth Office Hours

Hours subject to change without notice

Mondays	3:15-5:00pm
Tuesdays	3:15-5:00pm
Wednesdays	3:15-5:00pm
Thursdays	3:15-5:00pm
Fridays	3:00-9:30pm
Saturdays	3:00-9:30pm
Sundays & Stat Holidays	CLOSED

Youth Drop-in Lounge

(13-18yrs)

Come hang out in a space reserved for youth after school. For youth aged 13-18 years old.

101 CC MPR

Apr 2-Jun 25 M 3:00PM-5:00PM

Apr 2-Jun 25 Tu 3:00PM-5:00PM

Apr 2-Jun 25 Th 3:00PM-5:00PM

FREE

Killarney Billiards/Pool Schedule

TIME	MON	TUES	WED	THURS	FRI	SAT/SUN
9:00AM-12:00PM	Seniors Billiards	Open	Open	Open	Seniors Billiards	Open
12:00PM-3:00PM	Open				Open	
3:00PM-5:00PM	Youth Pool	Youth Pool	Youth Pool	Youth Pool	Youth Pool	
5:00PM-Close	Open	Open	Open	Open		Youth Pool

Youth Gym Times

April 1 - June 30, 2020

Pre-Teens 9-12yrs & Teens 13-18yrs. Schedule subject to change without notice.

No gym programs on statutory holidays.

MONDAY	WEDNESDAY	FRIDAY	SATURDAY
Pre-Teen & Teen Open 2/3 Gym 3:15-5:00pm	Pre-Teen & Teen Open 1/3 Gym 3:15-4:15pm	Pre-Teen & Teen Open Gym 3:15-4:30pm	Teen Instructional Badminton 3:15-5:15pm*
	Pre-Teen Instructional Basketball 6:15-7:45pm*	Pre-Teen Dodgeball 4:30-5:30pm 1/3 Gym	Let's Play Volleyball Drop-In 5:30-7:30pm 2/3 Gym
	Early Teen Instructional Basketball 7:45-9:15pm*	\$1 Teen Full Gym Badminton Drop-In 5:45-7:45pm	Saturday Night Live 7:00-7:45pm 1/3 Gym
	THURSDAY	\$1 Teen Full Gym Volleyball Drop-In 7:45-9:45pm	\$1 Teen Full Gym Basketball Drop-In 7:45-9:45pm
Pre-Teen & Teen Open 2/3 Gym 3:15-4:15pm			

**Registration is required for this program.*

Education

Toastmasters Youth Program (12-17yrs)

Conducted by Toastmasters members, Vancouver Gavel Club help youth build their communication and leadership skills to become tomorrow's leaders. The club is a place for youth to push themselves, make new friends and have fun! Unlike in a class where people learn from teachers' instructions, club members learn and build up confidence by making short impromptu and prepared speeches, taking meeting roles, and sharing & supporting each other.

101 CC MPR Vancouver Gavel Club
Apr 9-Jun 11 Th 7:00PM-9:00PM 268773
\$100/10 classes

High School Homework Club (Grade 8-12)

Homework Club is an after-school program for Grades 8 - 12 students who need help with English, Math, Science, Social Studies, and other academics. Students can also receive support for learning how to create presentations, write essays, and how to apply for university. Students can get support from our Homework Club Youth Mentors who have knowledge in these subject areas and can guide students in their path to accomplish their future university and career goals. This program is free for youth and offered in partnership with MOSAIC.

101 CC MPR MOSAIC – Youth Services
Apr 6-Jun 22 M 5:00PM-7:00PM 247578
FREE

Martial Arts

Karate for Teens-Youth Level 1 & 2 (13-18yrs)

Self-defence and physical conditioning are emphasized in this contact oriented style of Karate. Please visit www.fightingart.ca to find out more about our club. Uniform, punching gloves and shin/instep guards are required. If you are new to our karate class, look for the Beginner class in the Children's section. Please note that Participant Waiver forms must be filled out before the program starts. Forms are available from the instructor. *Must have attended at least one term of children's class.

004 CC Dojo Vancouver Seiu Karate
Apr 2-Jun 25 Th 6:20 PM-7:20 PM 268762
\$104/13 classes

Taekwondo Beginners Youth & Adult (13-99yrs)

A dynamic Korean Martial Art that is known for its emphasis on kicking techniques, strikes and self defense in addition to the development of physical and mental discipline. This WT style of Taekwondo is a martial arts that's recognized in both Poomsae (forms) & Kyrougi (sparring). For students 13-18 years, look for the Young Adult Taekwondo class in the Youth section. Please note that Participant Waiver forms must be filled out before the program starts. Forms are available from the instructor. Uniform must be purchased at a cost of \$60-70 plus GST.

No class Apr 11 & May 16.
004 CC Dojo Wu's Taekwondo
Apr 4-Jun 20 Sa 2:00PM-3:00PM 268769
\$70/10 classes

Sports

Instructional Badminton for (13-17yrs)

Grab your racquets and come out to learn techniques from a well trained badminton instructor. Derek Wong is a NCCP Level 2 coach. Youth must have some knowledge of badminton and be willing to improve their skills.

2/3 CC Gym Derek Wong
Apr 4-Jun 20 Sa 3:15PM-5:15PM 268761
\$99.52/12 classes

Let's Play Volleyball Drop-in Program (13-18yrs)

This volleyball program is a free instructional program for newcomer youth to Canada. It is, however, open to all youth. So come on down and get your game on!

2/3 CC Gym
Apr 4-Jun 27 Sa 5:30PM-7:30PM 268764
FREE

Teen Basketball Drop-In (13-18yrs)

Join us every Saturday night to shoot some hoops! Bring your friends or play pick-up with other players. Youth must bring their own basketballs.

Drop-in fee \$1.00.
Full CC Gym
Apr 4-Jun 27 Sa 7:45PM-9:45PM 268771

Teen Badminton Drop-In (13-18yrs)

An exclusive drop-in time for teens to come play badminton with friends and other youth. All players must bring their own racquet and birdie. Spots are limited so don't wait! Drop-in spots are on a first come first serve basis.

Drop-in fee \$1.00.
Full CC Gym
Apr 3-Jun 26 F 5:45PM-7:45PM 268770

YOUTH PROGRAMS

Teen Volleyball Drop-In (13-18yrs)

Whether you are polishing your volleyball skills for your school or club team or just playing for fun with friends, come out every Friday night to bump, set, and spike! 3 full courts are available to play on. Youth are encouraged to bring their own volleyballs.

Drop-in fee \$1.00.

Full CC Gym

Pre-Teen and Teen Open Gym

This is a free youth drop-in activity for sports. This drop-in time is reserved for youth-only. Youth ages 8-18 years old are welcome to participate.

No Session Apr 10, Apr 13 and May 18.

2/3 CC Gym

Apr 6-Jul 3 M

3:00PM-5:30PM

Apr 6-Jul 3 W

3:00PM-5:30PM

Apr 6-Jul 3 Th

3:00PM-5:30PM

Apr 6-Jul 3 F

3:00PM-5:30PM

FREE

Youth Leadership

Killarney Youth Council (13-18yrs)

Want to be a leader? Join this youth leadership group to voice your opinion, plan activities for youth, and implement your own community projects. As a member you will also represent Killarney Community Centre youth at city-wide events. Weekly meetings are on Saturdays at 3:30pm. For more information, please contact the Youth Office.

101 CC MPR

Ryan Cheung

Apr 4-Jun 20 Sa

3:30PM-5:30PM

268763

Volunteer Opportunities

Vancouver Park Board Youth Awards 2020

This is an invite-only celebration to appreciate our youth volunteers across the city during youth week 2020! Youth from community centres across Vancouver will be recognized for their dedication to the community. Nominations will be submitted by community youth workers.

Seniors Grand Hall

May 8 F

3:45PM-9:45PM

Youth Seasonal Volunteer Opportunities

For current and up-to-date volunteer opportunities, please swing by the Killarney Youth Office during youth office hours to sign up for a volunteering shift. We have a variety of childrens programs, youth sports drop-in times, special events, and birthday parties to sign up for! Your hours will be logged and tracked by the youth staff at Killarney Community Centre. If you have not attended a youth volunteer orientation, you will need to arrange an appointment Riya, the community youth worker, or see any Killarney youth staff to review expectations and guidelines for volunteering. Copies of Killarney Youth Volunteer manuals are available for review in the youth office. Get involved now!

Please note, if you are 16 years or older volunteering with young children, you will need to complete a police information check prior to volunteering

Youth Volunteer Orientation (13-18yrs)

For youth 13-18 years who want to volunteer at Killarney Community Centre. Please contact the Community Youth Worker for more information or to get an application form. 604-718-8212. Must also complete a volunteer application and interview.

101 CC MPR

Riya Talwar

Apr 25 Sa

1:00PM-3:00PM

268775

FREE




Youth Week is an internationally celebrated event to promote awareness of youth, increase positive public profile of youth and build stronger connections between youth and the community.

During Youth Week, young people around the world organize and participate in events, performances, forums and community projects.




Community Small Grants are available for youth to get creative with celebrating Youth Week. Have a fun idea to celebrate Youth Week in Vancouver? E-mail youthweek@vancouver.ca to get connected with your local Youth Worker, learn how to apply for a grant and bring your idea to life!




Vancouver Youth Awards Dinner will be held on Friday, May 8th from 5:30-8:30pm at Killarney Community Centre.


Vancouver is recognizing outstanding youth and community centre youth groups who make a difference in communities across the city! Talk to your Youth Worker or contact youthweek@vancouver.ca to find out more.



Basketball Events at Roundhouse CC Saturday, May 2
JR Boys (Gr 8/9) 3 v 3
 10:00am - 1:00pm
SR Boys (Gr 10-12) 3 v 3
 1:00pm - 4:00pm
 Girls' game details to be announced.
 Food, ball and prizes!
 Contact Sally.Chan@vancouver.ca to register your team for FREE!



Skateboard Event and Demos will be held on Saturday, May 9 from 1 to 4pm at the Downtown Skate Plaza. All skill levels welcome. Helmets mandatory. Contact youthweek@vancouver.ca for a waiver form. This event is in partnership with the Vancouver Skateboard Coalition.



Events are sponsored by the Vancouver Board of Parks and Recreation and individual Community Centre Associations

Killarney Youth Leadership Scholarship applications available now in the Youth Office.

Applications due April 1, 2020. Grade 12 students eligible.

Youth Empowerment Workshops

These workshops are facilitated by the BC certified teacher and experienced Jiu-Jitsu practitioner, founder of Arise Empowerment Programs, Jess Gordon.

Cultivating Confidence - Female Empowerment Workshop (8-15yrs)

Cultivating Confidence is about building personal confidence and positive self-esteem. We will learn about what makes us unique, our strengths and strategies for when we aren't feeling so super. Through self-defense, yoga/mindfulness, role-play games and artful discussion activities, our sessions focus on the exploration of movement, safety and critical thinking... while being active and having fun! We provide a safe space for young girls to get in touch with their superhero-selves! No previous experience of martial arts or yoga is required.

004 CC Dojo Jess Gordon
Apr 14 4:00PM-5:30PM 247568
\$20.00

Be Your Own Hero - Female Empowerment Workshop (8-15yrs)

Be Your Own Hero is about practical strategies one can use to avoid or de-escalate uncomfortable situations using one's voice and physical presence. We will learn about our rights and how to speak up and show up for ourselves. Through self-defense, yoga/mindfulness, role-play games and artful discussion activities, our sessions focus on the exploration of movement, safety and critical thinking... while being active and having fun! We provide a safe space for young girls to get in touch with their superhero-selves! No previous experience of martial arts or yoga is required. Workshop is facilitated by the BC certified teacher and experienced Jiu-Jitsu practitioner, founder of Arise Empowerment Programs, Jess Gordon.

004 CC Dojo Jess Gordon
May 5 4:00PM-5:30PM 247569
\$20.00

Harnessing Your Superpowers - Female Empowerment Workshop (8-15yrs)

Harnessing Your Superpowers is about tapping into one of your greatest superpowers; your intuition. Your intuition deepens awareness, keeps you safe and helps you when responding to all kinds of situations. We will learn how to tap into our own inner guide and situational awareness. Through self-defense, yoga/mindfulness, role-play games and artful discussion activities, our sessions focus on the exploration of movement, safety and critical thinking... while being active and having fun! We provide a safe space for young girls to get in touch with their superhero-selves! No previous experience of martial arts or yoga is required. Workshop is facilitated by the BC certified teacher and experienced Jiu-Jitsu practitioner, founder of Arise Empowerment Programs, Jess Gordon.

004 CC Dojo Jess Gordon
Jun 2 4:00PM-5:30PM 247570
\$20.00

Cybersmarts - Female Empowerment Workshop (8-15yrs)

Cyber Smarts is about being safe online. Hidden behind a screen, the internet gives the illusion of privacy but with no guarantees or promises. We will learn how to use the internet and social media in a way that keeps us safe while letting us experience the benefits that it brings. Through self-defense, yoga/mindfulness, role-play games and artful discussion activities, our sessions focus on the exploration of movement, safety and critical thinking... while being active and having fun! We provide a safe space for young girls to get in touch with their superhero-selves! No previous experience of martial arts or yoga is required. Workshop is facilitated by the BC certified teacher and experienced Jiu-Jitsu practitioner, founder of Arise Empowerment Programs, Jess Gordon.

004 CC Dojo Jess Gordon
Jun 16 4:00PM-5:30PM 247572
\$20.00

Youth Leadership Camps



Youth Summer Leadership Camps for 11-14yrs

10:00am-3:30pm

No Camp Jul 1 & Aug 3.

Got what it takes to become a youth leader? Learn how to become a role model while going out and exploring all the fun recreational activities Vancouver has to offer! Examples of activities and out trips include (but not limited to) swimming, rock climbing, crafts, cooking, community cleanups, special presentations and inspiring guest speakers tailored to youth leadership. Bring your friends and a sense of adventure! Don't wait, register now!

A Daycamp Consent and Waiver Forms Package must be completed and returned before the start of the registered day camp week. This program is run in partnership with Champlain Heights Community Centre and will operate out of both Killarney and Champlain Heights CC. *All events are subject to change without notice.*

Summer Daycamp Refund Policy:

- 21 days or more: \$5.00 admin fee
- 8-20 days: 75% will be refunded + \$5.00 admin fee
- 7 days or less: 50% will be refunded + \$5.00 admin fee
- ****No refunds after first day of camp registered****

WEEK 1 - TEAMWORK

Jun 29-Jul 3 M Tu Th F 10:00AM-3:30PM 268819
\$96/4 classes

WEEK 2 - EFFECTIVE COMMUNICATION

Jul 6-Jul 10 M Tu W Th F 10:00AM-3:30PM 268820
\$120/5 classes

WEEK 3 - GOAL SETTING

Jul 13-Jul 17 M Tu W Th F 10:00AM-3:30PM 268821
\$120/5 classes

WEEK 4 - TIME MANAGEMENT

Jul 20-Jul 24 M Tu W Th F 10:00AM-3:30PM 268822
\$120/5 classes

WEEK 5 - OPEN MINDEDNESS

Jul 27-Jul 31 M Tu W Th F 10:00AM-3:30PM 268823
\$120/5 classes

WEEK 6 - HEALTHY LIFESTYLE

Aug 4-Aug 7 Tu W Th F 10:00AM-3:30PM 268824
\$96/4 classes

WEEK 7 - ENVIRONMENTAL STEWARDSHIP

Aug 10-Aug 14 M Tu W Th F 10:00AM-3:30PM 268825
\$120/5 classes

WEEK 8 - COMMUNITY INVOLVEMENT

Aug 17-Aug 21 M Tu W Th F 10:00AM-3:30PM 268826
\$120/5 classes

WEEK 9 - CONFIDENCE

Aug 24-Aug 28 M Tu W Th F 10:00AM-3:30PM 268827
\$120/5 classes

WEEK 10 - HIGH SCHOOL PREP

Aug 28-Sept 4 M Tu W Th F 10:00AM-3:30PM 273284
\$120/5 classes

Facility Rentals

Host your private function here!



KILLARNEY
COMMUNITY CENTRE

Whether you are planning a birthday party, corporate function, meeting or private sports play, we have a variety of spaces to suit your needs.

Staff Charges

Rentals outside of regular operating hours or special circumstances require rental staff. Staffing charges are \$20 per hour with a minimum of 2 hours regardless of the duration of the rental.

Music Royalty Fees

All rentals that play pre-recorded music are subject to SOCAN and ReSOUND fees dependent on group size and activity.

Zero Waste Facility

Killarney Community Centre aims to be a Zero Waste Facility. We encourage you to utilize reusable, recyclable or compostable items at your event. Any items that do not fit within our Zero Waste guidelines will need to be removed from the property by the renters.

Set-up and Take Down

All reservation times depicted on the Rental Agreement are inclusive to set up and clean up. All groups are responsible for their own set up, take down and basic cleanup of the rented space. Cleaning supplies will be provided.

Please note that Rentals Staff are not responsible for your set up, take down and clean-up of your rental. Rental Supervisors are employed to oversee the event to ensure compliance of the rental policies, ensure the building is secure and provide emergency assistance.



Room 203



Room 205

Search, view, and reserve online
by visiting recreation.vancouver.ca or
contact our Rental Coordinator at
killarneyccrentals@vancouver.ca
or **604-654-0785**.

Please note that all rental inquiries will be responded to within 3-5 business days.

Cancellation & Refund Policy

1. When cancellation of a rental booking is done 14 or more days in advance of the booking, the rental group will receive a full refund (minus \$5 handling fee).
2. When cancellation of a rental booking is done between 8 and 13 days in advance of the booking, the rental group will receive a 50% refund excluding the damage deposit.
3. When 7 days or less notice is given for cancellation, no refund will be given, excluding the damage deposit.

KILLARNEY COMMUNITY CENTRE RENTAL INFORMATION AND RATES

Room	Tables & Chairs Capacity (70%)	Approx. Size (Ft.)	Suitable Activities	General Public
Full Gymnasium	N/A	108'x68' 7344 SqFt.	Sports ONLY NO Wooden Sticks	\$61.50/hr
2/3 Gymnasium	N/A	70'x68' 4760 SqFt.		\$44/hr
1/3 Gymnasium	N/A	38'x68' 2584 SqFt.		\$22.10/hr
CC Room 201	14	20'x19' 380 SqFt.	Meetings & Socials	\$22.10/hr
CC Room 202	21	34'x16' 544 SqFt.	Meetings (adults only)	\$44/hr
CC Room 203	49	36'x29' 1044 SqFt.	Meetings & Socials	\$44/hr
CC Room 205	77	56'x34' 1904 SqFt.	Meetings, Socials & Dance	\$51.30/hr
CC Room 211	21	25'x21' 525 SqFt.	Meetings & Socials	\$44/hr
CC Kitchen 204	N/A	N/A	Fridge, Stove, Oven & Microwave	\$8/hr
Pool Multipurpose Room	21	33'x15' 495 SqFt.	Meetings & Socials	\$44/hr

Killarney Rink

Arena Sports Groups



Killarney Skating Club

Registration Available and Ongoing for all Programs - Online Registration ONLY!

Skate Canada Program Offerings:

- CanSkate Learn to Skate (Kids & Adults)
- Test Stream & Competitive Skating
- Junior & Intermediate Development
- Pre-Power & CanPower Skating
- Skate Canada Certified Professional Coaching Staff
- Sep-Mar (Killarney)
- Apr-Aug (Sunset & Hillcrest)

Website: www.killarneyskatingclub.com

Email: killarneyskatingclub@gmail.com

Phone: 604-430-2330

Like Us on Facebook!

Killarney Minor Hockey Association

We offer contact and non-contact hockey for girls and boys ages 5-20yrs. Teams practice or play home games at lower mainland arenas. To register for Vancouver Minor Hockey, please go to their website or email registrar A@vmha.com.

For information please go to www.vmha.com.

Vancouver Female Ice Hockey Association

GIRLS PLAY HOCKEY TOO!

We offer non-contact ice hockey for girls ages 5yrs & up. Teams practice or play home games at lower mainland arenas. Beginners thru advanced welcome.

For more information go to www.vancouvergirlshockey.com or info@vancouvergirlshockey.com



Vancouver-Killarney Minor Lacrosse Association

"Lacrosse! The fastest game on two feet". We offer lacrosse for boys and girls ages 4-16yrs.

For registration information email: president@Vancouverlacrosse.com or vkmlapres@yahoo.ca

Public Skating & Skating Lessons

Public skating & skating lessons are still happening until mid August at Sunset, Hillcrest & Britannia Ice Rinks! Killarney will reopen for public skating & skating lessons late in September.

Killarney Arena is open for dry floor rentals. Please visit <https://vancouver.ca/parks-recreation-culture/rink-rentals.aspx> for details.

Killarney Leisure Pool

Things to know before you swim

- A responsible guardian 16yrs+, in a bathing suit, must accompany children under 4 feet tall and/or under 8 years of age. The guardian must keep children within arms' reach at all times while in the facility. Groups of children under 8 years: 1 guardian required for every 3 children. Groups of children 8-12 years: 1 guardian recommended for every 10 children.
- Absolutely no cameras, cell phones or recording devices in the change rooms.
- Sections of the pool may be closed for aquafit, swimming lessons, school or rental groups.
- Diving Platform and Diving Board are only available when space permits.
- Streetwear and underwear are prohibited to be used as swimwear.
- Outdoor footwear is prohibited on the pool deck.
- Infants must wear snug fitting plastic pants or swim diapers.
- It is prohibited to enter the pool with an illness, including open sores, bandages, head colds, discharging ears or noses or infected eyes.
- Please first take a cleansing shower before entering the swimming pool.
- Please be considerate of others and limit your time in the shower and the changing stalls.
- Please bring your own quality padlock to secure your possession in a locker or purchase one at the front desk for \$13.

Have a Birthday Party by the Pool!

- Rent the room adjoining the Pool for \$44/hour. Pay the admissions for the Pool.
- Times can be flexible depending upon the number of children and pool usage.
- For children of all ages.
- **Maximum 30 people per party** limited by room capacity.
- Food, drinks & cake at your discretion.

For more information call **604-718-8280** or email killarney.pool@vancouver.ca

Our Amenities include:

- UV Treated Water
- Inflatable Obstacle Course
- 1-metre Diving Board
- Giant Water Slide
- Spray Features
- Steam Room
- Accessible Ramp Entry
- 3-metre Diving Platform
- Lazy River
- Mountain View
- Whirlpool
- Accessible Changing Room
- 25-metre lap pool
- Climbing Wall

Prevent "Code Brown"!

Pool fouling is disruptive and may cut your swim short.

Please help us avoid preventable closures by:

- ✓ Put your child in a fitted swim diaper until fully trained
- ✓ Take regular bathroom breaks and check diapers frequently
- ✓ Swim only when healthy; please stay home when sick or suffering from diarrhea

We're all in it together!

Please shower before entering the pool.

- ✓ Showering removes lotions, make-up, deodorants, antiperspirants, sweat, dirt, hair products and more
- ✓ Clean water saves money: we use less replacement water, save energy and reduce chlorine needs.



Swimming Lesson Registration Dates

Online, by-phone and in-person registration at 7:00pm on

- Tuesday, March 17**
- Tuesday, June 30**
- Tuesday, September 1**
- Tuesday, December 22**

KILLARNEY LEISURE POOL

Spring 2020 Pool Schedule

March 30 - June 28, 2020

Schedule is subject to change without notice

Call 604-718-8280 for information Email: killarney.pool@vancouver.ca



MAIN POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY & SUNDAY	
		Public Swim & 3 Lanes 6:15-8:00am				Public Swim & 3 Lanes 8:00-10:00am
		AquaFit, Public Swim & 2 Lanes 8:00-9:00am				AquaFit, Public Swim & 2 Lanes 9:00-10:00am
Public Swim & 2 Lanes 9:00am-4:00pm	Public Swim & 2 Lanes 9:00am-3:30pm	Public Swim & 2 Lanes 9:00am-3:30pm	Public Swim & 2 Lanes 9:00am-3:30pm	Public Swim & 2 Lanes 9:00am-3:30pm	Lessons & 1 Lane 10:00am-2:00pm	
	Discount Dip & 2 Lanes 11:30am-12:30pm				Public Swim & 2 Lanes 2:00-9:00pm	
Lessons & 2 Lanes 4:00-8:00pm	Lessons & 2 Lanes 3:30-7:30pm	Lessons & 2 Lanes 3:30-7:30pm	Lessons & 2 Lanes 3:30-7:30pm	Lessons & 2 Lanes 3:30-7:30pm	WATER SLIDE SCHEDULE Weekdays 7:45-9:00pm Weekends 2:30-5:00pm & 7:00-8:30pm Holiday Hours 2:30-5:00pm & 6:30-8:00pm One must be 42 inches tall to use the slide	
Lap Pool is available for length swim only from 3:30pm to 7:30pm, no public swim. Wristbands are issued as a proof of payment on weekdays from 2:30 to 8:00pm and weekends from 9:30am to 2:30pm. Please wear them when using the pool.						
Public Swim & 2 Lanes 8:00-9:00pm	Discount Dip & 2 Lanes 7:30-9:00pm	Public Swim & 2 Lanes 7:30-9:00pm	Public Swim & 2 Lanes 7:30-9:00pm	Discount Dip & 2 Lanes 7:30-10:00pm		
Public Swim & 3 Lanes 9:00-10:00pm						

Spring Interim June 29 - July 5: pool schedule available onsite and online

LEISURE POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY & SUNDAY
6:15 am-10:00 pm					8:00-10:00am
Limited pool space and no water features available between 3:30-7:30pm due to swimming lessons.					2:00-9:00pm

ADMISSIONS

(Fees subject to change. Tax included.)

	Adult 19-64 yrs	Youth 13-18 yrs	Senior 65 yrs +	Child 5-12 yrs
Drop-in	\$6.53	\$4.58	\$4.58	\$3.27
10 visits	\$53.89	\$37.72	\$37.72	\$26.94
1 month	\$50.45	\$35.32	\$35.32	\$25.23
3 month	\$136.23	\$95.36	\$95.36	\$68.11
1 year	\$435.91	\$305.14	\$305.14	\$217.95

Discount Dip: 50% off regular admissions, during applicable times only. Please see pool schedule.
Family: 1-2 Adults of the same household & their children under 18 yr/\$3.27. **Minimum** charge is \$6.53. Tot 4 & Under FREE. **Children Under 8** must be accompanied in the water by a guardian 16 years or over. 1 guardian for every 3 children.
Suspensions of Flexipasses: You are able to suspend your FlexiPass **once** in a calendar year, for a **minimum** of two weeks.

Statutory Holiday Schedule

Public Swim

1:00-9:00pm

Easter Long Weekend

April 10-13

Victoria Day Long Weekend

May 16-18

Killarney Leisure Pool – Spring - Swimming Lessons Information

* No class on April 10 – 13 and May 16 – 18 *

1-day/week	#	Start	End	PT/PS/SK5-10	SK1-4	Holidays	Meet the instructor
Monday	11	30-Mar	22-Jun	\$80.54	\$71.41	Apr 13 / May 18	11-May
Tuesday	13	31-Mar	23-Jun	\$94.46	\$83.67		12-May
Wednesday	13	01-Apr	24-Jun	\$94.46	\$83.67		13-May
Thursday	13	02-Apr	25-Jun	\$94.46	\$83.67		14-May
Friday	12	03-Apr	26-Jun	\$87.50	\$77.54	10-Apr	15-May
Saturday	11	04-Apr	27-Jun	\$80.54	\$71.41	Apr 11 / May 16	23-May
Sunday	11	05-Apr	28-Jun	\$80.54	\$71.41	Apr 12 / May 17	24-May
Twice/week	#	Start	End	PT/PS/SK5-10	SK1-4	Holiday	Meet the instructor
Set 1 M/W	9	30-Mar	29-Apr	\$66.62	\$59.15	13-Apr	15-Apr
Set 2 M/W	7	04-May	27-May	\$52.70	\$46.89	18-May	13-May
Set 3 M/W	8	01-Jun	24-Jun	\$59.66	\$53.02		10-Jun
Set 1 T/T	10	31-Mar	30-Apr	\$73.58	\$65.28		16-Apr
Set 2 T/T	8	05-May	28-May	\$59.66	\$53.02		14-May
Set 3 T/T	8	02-Jun	25-Jun	\$59.66	\$53.02		11-Jun
Set 1 W/F	9	01-Apr	01-May	\$66.62	\$59.15	10-Apr	17-Apr
Set 2 W/F	8	06-May	29-May	\$59.66	\$53.02		15-May
Set 3 W/F	8	03-Jun	26-Jun	\$59.66	\$53.02		12-Jun

Private Lesson: \$31.11 per class for single student; \$ per student per class for semi-private lessons

Day	Set 1 #	Start	End	Set 2 #	Start	End	Set 3 #	Start	End
Monday	4	30-Mar	27-Apr	3	04-May	25-May	4	01-Jun	22-Jun
Tuesday	5	31-Mar	28-Apr	4	05-May	26-May	4	02-Jun	23-Jun
Wednesday	5	01-Apr	29-Apr	4	06-May	27-May	4	03-Jun	24-Jun
Thursday	5	02-Apr	30-Apr	4	07-May	28-May	4	04-Jun	25-Jun
Friday	4	03-Apr	01-May	4	08-May	29-May	4	05-Jun	26-Jun
Saturday	4	04-Apr	02-May	3	09-May	30-May	4	06-Jun	27-Jun
Sunday	4	05-Apr	03-May	3	10-May	31-May	4	07-Jun	28-Jun

- Please note that **Shallow Water** private lessons are held in the **Leisure Pool** (15m long and 1.2m deep. It is best suited for **Preschool** levels to **Swim Kids 3** or **Adult/Teen Beginner**.
- Private and Semi-Private Registration is available online.
- We offer private lessons with specialized swim instruction to meet the needs of children and youth with various abilities. Please contact pool supervisor at killarney.pool@vancouver.ca for more information.
- If you plan to use the facility before or after your swimming lessons, please pay for admission prior to entering the pool.

☼ Canadian Swim Patrol

Geared for 8-12 year olds with the ability to swim 25 metres and tread water for 1 minute. The Canadian Swim Patrol (Rookie, Ranger and Star) program provides training for those who are ready to learn basic lifesaving skills. Each level has three modules: Water Proficiency, First Aid, and Recognition and Rescue. Candidates earn recognition for success in content modules (stickers) and for overall achievement (badges).

☼ Bronze Star

Recommended age: 12 years old; Must be able to swim in deep water; ability to swim 400 metres in 12 minutes or less.

Bronze Star helps develop problem-solving and decision-making skills as individuals and in partners as they relate to water rescues, basic lifesaving and Water Smart confidence. Level includes a 400-metre timed swim.

☼ Bronze Medallion

Prerequisite: 13 years of age and up or have completed Bronze Star; ability to swim 100 metres in deep water and to swim 500m in 15 minutes or less.

☼ Bronze Cross

Prerequisite: Completion of Bronze Medallion. Proof of completion of Bronze Medallion is required on the first day of class.

Bronze Cross is designed for lifesavers who want the challenge of more advanced training, including an introduction to safety supervision. Bronze Cross is a pre-requisite for all advanced training programs including National Lifeguard (NL) and Instructor certifications. Swimmers develop proficiency at performing patient assessments, managing aquatic spinal injuries and preventing loss of life in a variety of aquatic emergencies while developing stroke endurance and fitness training skills; including a 600-metre swim in 18 minutes or less and CPR C. It is also worth two Grade 11 high school credits.

Special Events



Mad Hatters Easter Tea Party

To celebrate Easter and the full bloom of spring, we invite you all to put on your maddest hat and come to the Mad Hatters Easter Tea Party. A perfect event for keeping the young at heart entertained with an Easter egg hunt and the Easter Bunny himself will be there to greet the 'guests' too. *Fabulous food and Tea's will be served.*

Seniors Grand Hall

Apr 1 W 11:30AM-1:30PM 268531
\$11.43/person



EASTER EGG HUNT and CARNIVAL

This popular annual event brings families and the Easter Bunny together to have a FUN-tastic time!

This popular annual event brings families and the Easter Bunny together to have a FUN-tastic time! The event will feature a bouncy castle, face painting, dance party, crafts and prizes. The Easter Egg Hunt portion of the event will take place indoors. All participants are guaranteed to take home a goodie bag prize! **ADULT PARTICIPATION IS REQUIRED.** Please note that ticket times are non-refundable and are not transferrable.

Full CC Gym

Apr 10 F	9:30AM-10:30AM	242244	\$5/participating child
Apr 10 F	10:45AM-11:45AM	242245	\$5/participating child
Apr 10 F	12:00PM-1:00PM	242246	\$5/participating child

COOL 'HOOD CHAMPS

Fun, action-driven training for neighbourhood climate champions

Want to help tackle the **Climate Emergency?** Register for the **Cool 'Hood Champs** - a climate action training program for residents where we **empower** you to take **climate action in your neighbourhood.**



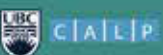
You can choose from:

- Feb 9, Mar 7, Mar 14, 10am-12:30pm | AN # 275518
 - April 18, 10am-4:30pm | AN # 275524
- @ Killarney Community Centre, Senior MPR 151
+ Earth Day recognition / tree-planting

Registration:

- 1) In person at any Vancouver Community Centre OR
- 2) Online at <https://ca.apm.activecommunities.com/vancouver>

All recipients will receive a copy of the Citizen's Toolkit - a fun DIY guide to local action on climate change and urban forestry.



Questions: Email cheryl.ng@ubc.ca

Flea Market

This popular event is back! The Community Indoor Flea Market will be held inside our gymnasium and is a great place to start your house cleaning! There are 70 tables available for sale. Admission to the event is **FREE!** Vendors, please register early to guarantee a table. Items on sale can be new or used, but must be in good condition. The sale of any food items or commercial goods are strictly prohibited. **Note:** Registration is only available in-person or over the phone to streamline our registration process and to ensure that vendors get the best chance of purchasing their desired table(s). For special inquires or mobility issues please email paula.parman@vancouver.ca. Load in from 8:00am-9:30am. Event runs from 9:30am-1:30pm. Clean-up from 1:30-3:00pm. *Early registration is highly recommended for this event. Please note that the table fee is non-refundable and non-exchangeable.*

Full CC Gym

May 2 Sa	9:30AM-1:30PM	244842	\$18.50/table
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Saturday Music Live!

Join us each month in the Killarney Lobby from 12:00PM-2:00PM for a musical treat!

The program is provided free through funding by the KCC Society. Everyone Welcome!

Pernell

Pernell Reichert is a Vancouver based solo artist who fine-tuned his entertaining skills playing in tree-planting camps, pubs, cafes and



festivals across Canada for the last 20 years. His genre of razor-sharp folk, alt-country and self-penned soulful ballads, along with his high energy, fast finger picking numbers on the guitar, banjo or electric slide and complimented by his skill on the harmonica will captivate you.

Apr 4 Sa 12:00PM-2:00PM 247531

Jennifer Hershman

Instrumentally inspired by the 70s, Jennifer pulls musical influence from her childhood favourites, Linda Ronstadt and Paul Simon.



Her voice can hit you with a haunting edge, and simultaneously leave you with a feeling of joy. Traditional songs, with a modern twist, Jennifer's unique sound may just leave you awestruck. Jeff Gray, On-Air host at Hunnypot Radio, describes Jen's voice as, "sweet melodic perfume gusting from the great white north."

<https://www.jenniferhershman.com/>
Apr 18 Sa 12:00PM-2:00PM 247526



Wayne Dodds Swing Time Band

Swing-Along Band performs Swing Music, years 1920s - 1970s, from Big Bands dance-era, Broadway Musicals, Movies and Hits. Wayne plays Tenor Sax, Trombone, Soprano Sax, and sings the Vocals. His computer plays the String Bass, Keyboard, Guitar, and Drums from his carefully written arrangements. It is very danceable!

May 9 Sa 12:00PM-2:00PM 247529



The Soda Crackers

Long-time musical cohorts, The Soda Crackers (Sue Malcolm - guitar, Don Fraser - guitar and dobro, Stu MacDonald - upright bass) serve up a spicy gumbo of bluegrass, country and swing!

May 23 Sa 12:00PM-2:00PM 247530

Trisha Ignacio

Trisha Ignacio is a university student and a former Killarney Secondary graduate who spends her time singing and composing songs, if she isn't studying. She's happy to perform for Saturday Music Live again, and hopes you enjoy her music!

Jun 6 Sa 12:00PM-2:00PM 247527



Leonard & the Lab Rats

Leonard and the Lab Rats Perform rhythm and blues with soul quenching harmonica, sizzling guitar, solid bass and dynamic drums! Touching on the facets of swing, soul, jazz, rock-a-billy and rock n' roll. The band features Leonard on harmonica, ukulele, lead

vocals. Leonard started singing on the street, after backing many groups on harp. Leonard's uke harp combo is distinctive and his vocals soulful on delivery.

Jun 20 Sa 12:00PM-2:00PM 247528



Workshops

Cool Hood Champs

Anxious about the Climate Emergency? Register for the Cool Hood Champs - a climate action training program for residents where we empower you to take climate action in your neighbourhood. We offer FREE a 3 session series or all-in one day workshop, with food and fun activities with your neighbours! *All recipients will receive a copy of the Citizen's Toolkit - a fun DIY guide to local action on climate change and urban forestry. For more info email Cheryl Ng at cheryl.ng@ubc.ca.*

Seniors MPR 151

Feb 29-Mar 14 Sa	10:00AM-12:30PM	275518
Apr 18 Sa	10:00AM-4:30PM	275524

Ask An Expert

Geared toward laptop, iPhone and iPad owners. Bring your questions along with your laptops, iPad, or iPhones to class. Learn how to use Skype, Facebook, Word, Excel, Powerpoint, and more! Other topics also include burning CDs/DVDs, downloading photos from your camera or iPhone/iPad, installing Apps on your iPhone/iPad, cleaning viruses, computer tune ups or general questions you may have.

205 CC MPR

Tim Li

Apr 2 Th	6:00PM-8:00PM	266709
May 7 Th	6:00PM-8:00PM	266710
May 28 Th	6:00PM-8:00PM	266711

Adult \$19.05/1 class

Senior \$16.19/1 class

Wills & Personal Planning

We review and simplify some of the legal jargon used when making a Will. The workshop focusses on the legal rules for preparing Wills in B.C. As well, we review the steps needed to help you create your Will and review the duties of an executor, and pitfalls to avoid. Finally, the impact of what happens if you die without a Will is discussed. *Pre-registration is required for this FREE Program.*

Seniors MPR 151/152

COSCO Seniors Health & Wellness Institute Society

Apr 29 W	1:00PM-2:00PM	257759
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Unwind

Join us for an interactive session, where you can learn easy techniques that you can practice, to take care of yourself, relax and unwind so you can keep up and move while feeling you are in control of the situation. Unleash your inner artist using different materials to colour your favourite mandala, feeling centre and lighten. *All materials included in fees.*

Seniors MPR 151

Nelly Lopez & Lidia Leon

Apr 27 M	7:00PM-8:30PM	271398
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\$35/person

Hearing Health Screenings

Join Matthew Lam, a Hearing Instrument Practitioner from Expert Hearing Solutions, for a FREE hearing screening clinic. Clinics available in Cantonese. Each screening is 15 minutes. *Pre-registration is required for this FREE Program.*

Seniors MR 260 Expert Hearing Solutions

Apr 29 W	9:30AM-9:45AM	269183
	9:45AM-10:00AM	269184
	10:00AM-10:15AM	269185
	10:15AM-10:30AM	269186
	10:30AM-10:45AM	269187
	11:00AM-11:15AM	269189
	11:15AM-11:30AM	269190

Let's Enjoy Ikebana, Floral Art for Beginners

Get a taste of flower arrangement in Japanese style. Ikebana were not only elegant but could reflect the beauty of nature and the feelings in our heart. Ikebana starts from depiction of nature but not simply an imitation of nature. When we sense plant's unspoken words and their silent movements we express our impressions through an art called Ikebana. *Come, have fun and make an arrangement to take home.*

Seniors MPR 153

Margaret Ng

May 2 Sa	1:00PM-3:00PM	256218
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\$58.10/workshop

Hand Knitted Cat Beds

Learn how to "knit" a cat bed using only your hands. *No prior experience is necessary! All materials included.*

Seniors 260 MPR

Jade Rohleder

May 9 Sa	10:30AM-11:30AM	274194
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\$25/session

Health & Wellness

with Bonnie McCoy
Saturday, Jun 20th

Seniors MPR 251/252

\$5/1 workshop or \$8.50/2 workshops

More for the Core

Find yourself wondering what exactly the core is and how to strengthen it? This workshop will explain what the core consists of, its functions and movements and the basics of core training so that you can incorporate core strengthening exercises into your workout.

1:00PM-2:00PM

267351

Revitalizer Stretch

This floor-based workshop integrates flexibility exercises borrowed from yoga, physiotherapy and fitness domains. It incorporates mobilizations and stretches in standing, lying and sitting positions on memory foam mats (or chairs). Small towels or yoga blocks are recommended for neck support. *Transcendental music will shift participants into a relaxed & revitalized state, strengthening exercises into your workout.*

2:15PM-3:15PM

267352

Self-Care Products

Learn how to make your basic self-care products, toothpaste, deodorant and a face mask with ingredients that are safe for your body and the environment. Bring your own small containers. *All materials included in fees.*

Seniors MPR 151 Nelly Lopez & Lidia Leon
 May 26 Tu 7:00PM-8:30PM 271394
 \$35/person

The Path to Communication Accessibility

Hearing loss affects 1 in 10 Canadians and over 50% of seniors. Persons with hearing loss face daily challenges in all aspects of their lives and deal with issues of discrimination because of communication barriers. Wavefront Centre for Communication Accessibility is here to help! The Path to Communication Accessibility will focus on the latest communication devices that are leading-edge, easy to use and effective for day-to-day communication. *Pre-registration is required for this FREE Program.*

Seniors MPR 151 Wavefront Centre Yat Li
 Jun 24 M 10:00AM-11:00AM 271828

PROM a day to RELIVE Dance Lessons

Join Irina Prodan as she takes you through the many dances of the Big Band era, getting you ready for our *SENIORS WEEK: PROM and day to RELIVE*. Irina Prodan is a certified Ballroom Dance instructor with more than 20 years of teaching experience, she will make you move to the beats with grace and musicality. Register NOW for these Free workshops, as spaces are guaranteed to fill up!

Garnd Hall Irina Prodan
 May 6 W 11:00AM-12:00PM 275506
 May 13 W 1:00PM-2:00PM 275507
 May 20 W 11:00AM-12:00PM 275508
 May 27 W 1:00PM-2:00PM 275509

Senior's Safety

Free Workshops
Pre-registration is required

Earthquake Preparedness

Many sessions offered for emergency preparedness focus on families - not this session. This session is specific for Seniors focusing on challenges they may face when preparing for emergencies or disasters. Join us to learn the basics of what is required to develop your emergency plan, how to connect with extended family, how to conduct a Hazard Hunt and what to do when an earthquake strikes.
 Seniors MPR 151 City Of Vancouver NEPP
 Jun 10 W 10:00AM-11:30AM 268413

Senior Crime Prevention Education *Outdoor Field Trip*

It's All About M.E.: Taking crime prevention education out of the classroom and onto the streets by taking seniors on field trips. The field trip addresses various crime and safety concerns including the following: Purse safety; tactical walking (safest place to walk); aggressive people; traffic safety.

Seniors MPR 151/152 Collingwood Community Police
 Jun 17 W 10:30AM-2:00PM 269178
 10:30am Workshop presentation at Killarney's Senior Centre
 11:30am Refreshment break, bring your lunch and we will provide some light snacks after the presentation
 12:00pm Outdoor field trip on Public Transit with the Collingwood Community Police, learning how to safely board and travel on transit.
 2:00pm Take Public Transit back to Killarney Senior Centre.

Watercolour Workshops

with Frank Townsley
 1.14 Pool MPR
 \$45/workshop

Watercolour Techniques

This unique workshop focuses on basic and advanced techniques, aimed at beginners and experienced watercolourists. It will focus on colour mixing and techniques to achieve texture, such as dry brush, splattering, scratching and use of salt. It will also delve into methods for correcting mistakes, and welcome those who wish to bring in previous paintings with errors they would like to know how to remedy. *Paper & other supplies will be provided for those not wishing to use their own.*

Apr 4 Sa 8:45AM-3:45PM 267063



Forest's Edge

This workshop depicts the edge of an Aspen forest in a striking setting behind a grassy field and some shrubbery. *Photos and an enlarged line drawing will be provided, including supplies for those not wishing to use their own.*
 May 9 Sa 8:45AM-3:45PM 267064

Adult Programs

Martial Arts

Traditional Tai Chi/Kung Fu

顧式太極拳/北少林功夫班 - 龍志光師傳授

This class teaches you Kuo Style Tai Chi, Baduanjin Chi Gong, Northern Shaolin Kung Fu, Shao Lin Fan, Dragon Style Sword and self-defense. Improve physical and mental strength, develop self-confidence and discipline. *Class fee includes \$2/month Northern Shaolin Association membership. Please note that Participant Waiver forms must be filled out before the program starts.*

Forms are available from the instructor.

No class Apr 11 & May 2

1/3 CC Gym	Northern Shaolin Kung Fu	
Apr 4-Jun 27 Sa	9:00AM-10:45AM	267056
\$116/11 classes		

Axe Capoeira *Beginner*

These are ongoing classes where anyone can join, no previous experience necessary. It covers all aspects of Capoeira; martial-arts, dance, music, acrobatics, culture, language and more. *It focuses on developing the students rhythm, reflexes, balance, co-ordination and increasing strength and flexibility as they learn.*

No classes Apr 10 & 13

004 Dojo	Marcus Aurelio	
<i>FREE Demo Class</i>		
Apr 1 W	6:00PM-7:00PM	268135
<i>Seasonal Program</i>		
Apr 3-Apr 29 M W F	6:00PM-7:00PM	268140
\$50/monthly promo		
May 1-May 29 M W F	6:00PM-7:00PM	268142
Jun 1-Jun 29 M W F	6:00PM-7:00PM	268146
<i>Adult \$110/month</i>		
<i>Senior \$90/month</i>		

See pages 39-43 for more Adult & Senior Leisure Programs

Hunyuan Tai Chi *Level 2*

Hunyuan Tai Chi was created by Grandmaster Feng Zhiqiang of Beiiing China. This system combines the Xinyi Qigong and Chen Style Tai Chi. Instructor Margaret Lum studied under Master Feng Xiufang, the eldest daughter of Grandmaster Feng Zhiqiang. *For more information please contact Art Lum @ 604-250-0982 or artlum25@gmail.com. Refunds & prorating are NOT available for this program.*

No class Apr 10 & May 15

203 CC MPR	Art G Lum	
Apr 3-Jun 26 F	9:00AM-11:30AM	267051
\$44/11 classes		

Japanese Jiu Jitsu

Get fit, skilled and confident. Learn practical self-defense safely against attackers & weapons. Learn the traditional art of strikes, locks, throws, groundwork and break-falling. Everyone welcome. First class is FREE! Join anytime as price is pro-rated. *Please note that Participant Waiver forms must be filled out before the program starts. Forms are available from the instructor.*

No class Apr 13 & May 18

Space Permitting - Drop-in fee: \$9.52

004 Dojo	Alex Fairweather	
Apr 6-Jun 24 M W	7:15PM-9:15PM	267053
<i>Adult 18yrs+</i>		
	\$99.26/22 classes	
<i>16-17yrs</i>		
	\$77.32/22 classes	
<i>12-15yrs</i>		
	\$52.38/22 classes	
<i>Family/Couple</i>		
	\$178.10/22 classes	

Ki Aikido

A non-competitive practice that develops calmness, stability and confidence to reduce the stresses of everyday life and promotes health & positive well-being. We develop mind-body coordination and connect & flow lightly with partners in dynamic movements. Suitable for all levels of fitness. *Try one free session anytime. LGBTQ-friendly. Please note that Participant Waiver forms must be filled out before the program starts. Forms are available from the instructor.*

No class May 16

Space Permitting - Drop-in fees: \$7.14

Apr 18-Jun 20 Sa	10:00AM-11:45AM	267055
\$51.75/9 classes		

Killarney Tai Chi

We are a non-profit registered organization that practices traditional Chinese internal martial arts to improve the health and well-being for people of all ages. *For a schedule and registration, please contact Art Lum @ 604-250-0982 or artlum25@gmail.com.*

No classes Apr 13 & May 18

203 CC MPR	Art G Lum	
Apr 1-Jun 29 M W	9:00AM-12:30PM	267044
\$48/season		
Apr 4-Jun 28 Su Sa	8:00AM-11:30AM	267047
\$48/season		

Killarney Tai Chi *Qigong*

We are teaching the Five Animal Play Qigong. This Qigong is based on the movement of five animals, the Tiger, Deer, Bear, Monkey and Bird. This Qigong can improve body strength, move blood and Qi, and relax tendons and meridians. *For a schedule and registration, please contact Art Lum @ 604-250-0982 or artlum25@gmail.com. Refunds & prorating are NOT available for this program.*

203 CC MPR	Art G Lum	
Apr 2-Jun 25 Th	9:00AM-10:30AM	267049
\$26/season		

Seiyu Karate

Self-defense and physical conditioning are emphasized in this contact oriented style of Karate. For more information visit their website at www.fightingart.ca. *Please note that Participant Waiver forms must be filled out before the program starts. Forms are available from the instructor.*

004 Dojo Vancouver Seiyu Karate
Apr 7-Jun 30 Tu 7:30PM-9:00PM 267042
\$133.25/13 classes

Sports & Fitness

Zumba

This Latin inspired dance-fitness class combines high energy and motivating music with unique moves and combinations. *Zumba is a 'feel-happy' workout that is great for both the body and the mind.*

Space Permitting - Drop-in fees: \$7.14
205 CC MPR Roslyn Bauyon
Apr 7-May 12 Tu 7:15PM-8:15PM 266683
\$33/6 classes
Apr 9-May 14 Th 7:15PM-8:15PM 266685
\$33/6 classes
May 19-Jun 30 Tu 7:15PM-8:15PM 266684
\$38.50/7 classes
May 21-Jun 25 Th 7:15PM-8:15PM 266686
\$33/6 classes

Cross Crazee Bootcamp

Do you want to stay fit for life? Then our Cross Crazee High Intensity Interval Training (HIIT) program is the class for you. Come make some new friends while improving your game, energy, stamina, agility with weights, plyometrics, and so much more...*it's the best way to feel fit and strong!*

No class Apr 13
Space Permitting - Drop-in fees: \$7.14
205 CC MPR Zlata Lopresti Jr.
Apr 6-May 11 M 7:30PM-8:30PM 266671
\$32.25/5 classes
May 25-Jun 29 M 7:30PM-8:30PM 266673
\$38.70/6 classes

Stretch & Release

Experience a full body static stretching exercise that will improve your range of motion and flexibility. Helps release stress and muscle tension from a long day at work or high intensity workout. *As it becomes part of your exercise routine, it will improve your posture, helps heal and prevent back pain and it will calm your mind, preparing your body for a better sleep.*

Space Permitting - Drop-in fees: \$7.38
205 CC MPR Maria Pontejos
FREE Demo Class
Apr 2 Th 8:30PM-9:30PM 266674
Weekly Program
Apr 9-May 14 Th 8:30PM-9:30PM 266676
\$38.70/6 classes
May 21-Jun 25 Th 8:30PM-9:30PM 266677
\$38.70/6 classes

Tennis Level 1 Beginner

An Introductory program will focus on teaching the beginner player the basics of Tennis strokes, stretches, rules and how to's of the game of Tennis. *Meet at the S/E Oval tennis courts.*

S/E Oval Tennis Courts Break Point Sports
Jun 8-Jun 24 M/W 6:30PM-7:25PM 268375
\$42/6 classes

Tennis Level 2 Intermediate

Previous tennis experience is required as the focus of this class is working on refining the skills learned in Tennis, Level 1 Introduction. Players will learn the basics of all Tennis strokes, stretches, rules and how to's of Tennis. *Meet at the S/E Oval tennis courts.*

S/E Oval Tennis Courts Break Point Sports
Jun 8-Jun 24 M/W 7:30PM-8:25PM 268376
\$42/6 classes

Adult Recreational Badminton, Basketball, Volleyball Drop-In Sports for 19yrs+

Just a reminder that registered players must arrive within 15 minutes of the start time and sign in at the Front Desk, or your spot will be forfeited to a drop-in player. Drop-ins must sign in at the front desk and must not play until they have paid.

Space Permitting-Drop-in fees: \$4.75

Badminton PM

Badminton racquets and birdies are not provided. 2 courts available: ALL courts must play in doubles. Maximum 20 players per session. Full CC Gym
Apr 2-Jun 25 Th 8:00PM-10:00PM 266680
\$48.75/13 sessions

Basketball

Come on out and shoot some hoops! We play five-on-five in a FULL court gym. *Maximum 15 players per sessions.* Full CC Gym
Apr 7-Jun 30 Tu 8:30PM-10:00PM 266679
\$45.50/13 sessions

Volleyball

2 courts available. Maximum 14 players per Court. 2/3 CC Gym
Apr 6-Jun 29 M 8:00PM-10:00PM 266681
\$41.25/11 sessions

In order to keep Killarney's pricing low we separate some of our seasonal programs into 2 sets. Leisure Access Discount patrons are eligible to receive the 50% discount on both sets. (Excluding pool & rink programs)

Adult & Seniors Leisure Programs

Social

Cribbage

Come out and enjoy a fun and social evening of cribbage. No registration is required. For more information contact Des Burke at 604-434-8033.

No session Apr 13 & May 18

Seniors Lounge 253
Apr 6-Jun 29 M 6:45PM-8:45PM 257794

Mahjong

Mahjong is a popular Chinese game played with sets of tiles and is commonly played with four players. *Similar to the Western card game rummy, Mahjong is a game of skill, strategy and calculation and involves a degree of chance. Instruction available.*

Seniors MPR 152
Apr 2-Jun 25 Th 1:30PM-4:30PM 257804

Art & Culture

Italian for Beginners

Level 1 **NEW!**

You will learn everyday vocabulary, sentence structure and present tense of verbs. You will also learn to share information about yourself in Italian and to ask basic questions.

Seniors MR 260 Sara Fera
Apr 17-May 29 F 10:30AM-12:00PM 267297
\$35/7 classes



Chinese Calligraphy **Beginner**

Learn the ancient art of Chinese Calligraphy through step-by-step instructions on writing Chinese characters. Students are encouraged to experience the rhythm and sense of design in Chinese writing, thereby bringing an aesthetic dimension to their understanding of the Chinese language. *Program is taught in Cantonese and Mandarin. English translation will be available.*

201 CC MPR Guoxin Lin
Apr 7-Jun 9 Tu 1:00PM-3:00PM 266258
\$83.50/10 classes
Apr 8-Jun 10 W 1:00PM-3:00PM 266257
\$83.50/10 classes

Piano Private Lessons

Musical expressions takes on a creative and intuitive approach to music learning. With goals and learning styles varying from student to student, we help you first determine what you want to achieve, so we can make it our goal to get you there! From the basic beginners to preparing exams, all students will be encouraged to tap into their creative sides and be taught to express themselves through improvisation. Each class (session) is 30 minutes. If you're learning at a grade 5 level or above, please book two, half hour sessions to ensure enough time for the lesson. *All music books and materials are purchased separately. Order through our teachers. Instructor website: musicalexpressions.ca Leisure Access subsidy does not apply to this program.*

201 CC MPR Musical Expressions
Apr 2-Jun 18 Th \$288/12 classes
5:30-6:00PM 268141
6:00-6:30PM 271348
6:30-7:00PM 271349
7:00-7:30PM 271350
7:30-8:00PM 271351

Guitar/Ukulele Private Lessons **NEW!**

Guitar players of any skill level and beginner ukulele players are welcome! Each private lesson will be tailored to your skill, age, ability and interests. Come and enjoy the guitar/ukulele! Please bring your own instrument.

Leisure Access subsidy does not apply for this program.

No class Apr 13 & May 18
211 CC MPR Leonard Pallerstein
Mar 30-Jun 15 M \$300/10 classes
1:30-2:00PM 272790
2:00-2:30PM 272791
2:30-3:00PM 272792
3:00-3:30PM 272794
8:00-8:30PM 273534
8:30-9:00PM 273531
9:00-9:30PM 273533

Zen Drumming & CHANT **NEW!**

Rhythm is Yoga for the Mind! Discover the Power of the Pulse! Ignite your inner rhythm and creative juices with this powerful form of guided active meditation. We will be interacting, grooving with drums and percussion and adding an element of voice to bring connection to the whole body. Fun and engaging for all levels and styles of drumming. *Please bring a drum, and/or percussion instruments if you have one. We also have extras to share. No experience necessary. If you have a heartbeat, you can drum!*

CC Room 211 Abby Greene Bull
FREE Demo Class
Apr 2 Th 6:30PM-8:00PM 268144
Bi-weekly sessions
Apr 16 274205
Apr 30 274206
May 14 274207
May 28 274208
Jun 11 274209
Jun 25 274210
\$10/session

ADULT & SENIORS LEISURE PROGRAMS

Ukulele Sing Along

Join this new program as we try to build a ukulele community at Killarney. There will be a song leader who will select the play list for each session and lead the songs. *Song books will be available for purchase the day of the sing along for \$15. We welcome beginners to experts! Please bring a stand and your ukulele!*

Seniors MPR 151/152 Candy Wong
 Apr 26 Su 2:00PM-4:30PM 267341
 May 31 Su 2:00PM-4:30PM 267342
 Jun 28 Su 2:00PM-4:30PM 267343
 \$4.76/person/per sing along

You Can Ukulele *for Beginners*

Start on the road to an exciting lifetime of fun with this old/new instrument - the Ukulele. Learn the basics, from a simple understanding of the instrument to chord formation, strumming, and singing. *Instructor will bring a few extra Ukuleles on the first class but each student must have their own ukulele thereafter.*

Seniors MPR 152 Carrie Nelson
 Apr 18-Jun 20 Sa 11:00AM-12:00PM 267295
 \$88.57/10 classes

You Can Ukulele *Level II*

For those who have taken the beginner class. Work on improving your skills. *Instructor will bring a few extra Ukuleles on the first class but each student must have their own ukulele thereafter.*

Seniors MPR 152 Carrie Nelson
 Apr 18-Jun 20 Sa 12:30PM-1:30PM 267296
 \$88.57/10 classes



Social Dance

Put on your dancing shoes and come Fox Trot, Waltz and Rumba to old time music! No partner required! Beginners are welcome. *Refreshments will occasionally be available.*

No session Apr 10
 Drop-in fees: \$3.33
 205 CC MPR May Leung
 Apr 2-Jun 30 Th F Tu 2:00PM-4:00PM 266241
 Apr 4-Jun 27 Sa 3:00PM-5:00PM
 \$19.05/10 visit card

Expressive Art Therapy

This class is specifically designed for individuals with developmental disabilities to use for self-expression, emotional growth and healing. Patti will guide the participants through the use of expressive arts modalities; such as drawing, painting, sculpture, writing, movement or music as a therapeutic tool to help initiate change, creativity and social engagement. *All materials are supplied including paint, markers, clay and collage material. Space is limited. Please contact Patti Smithson at 778-235-9942 to see if this class is suitable for you.*

No session May 18
 Drop-in fee: \$19.05
 211 CC MPR
 Apr 3-Jun 26 F 12:30PM-2:00PM 268468

International Ballroom Dancing

Learn how to ballroom dance International Style and feel like a pro on the dance floor! Waltz and Cha Cha, Tango and Rumba, Foxtrot and Swing, and much more! *Spend the afternoon having fun and learning new dance moves, developing rhythm and confidence with meeting new friends.*

Space Permitting - Drop-in fees:
 Adult \$6.43 Senior \$5.48
 205 CC MPR Irina Prodan
 Set 1
 Apr 2-May 7 Th 11:00AM-12:15PM 266232
 Adult \$32.88/6 classes
 Senior \$27.12/6 classes
 Set 2
 May 14-Jun 18 Th 11:00AM-12:15PM 266239
 Adult \$32.88/6 classes
 Senior \$27.12/6 classes

Line Dancing *Beginners*

Come out and join our friendly group of dancers. It's good fun and great exercise with a wide variety of music; rumba, cha cha, waltz and 2-step. Learn and practice the dances in a friendly, social atmosphere. *Beginners: If joining the class after the 3rd week of lessons you must know some basic steps and terminology.*

No class May 18
Space Permitting - Drop-in fees:
 Adult \$6.19 Senior \$5.24
 Seniors MPR 251/252 Al Serfas
 Apr 20-Jun 29 M 9:15AM-10:15AM 266220
 Adult \$60/10 classes
 Senior \$40/10 classes

ADULT & SENIORS LEISURE PROGRAMS

Bellydance

Geared for the bellydancer that wants to keep learning! This class will help you take your dancing to the next level. Learn to layer your moves, practice drills, fun combinations and have a great time. *For further information please contact Karime at karimekuri1@gmail.com*

Space Permitting - Drop-in fees:

Adult \$11.43 Senior \$9.53

Seniors MPR 251/252

Karime Kuri

Set 1

Apr 7-May 12 Tu 7:30PM-8:45PM 266221

Adult \$57.18/6 classes

Senior \$45.72/6 classes

Set 2

May 19-Jun 23 Tu 7:30PM-8:45PM 266224

Adult \$57.18/6 classes

Senior \$45.72/6 classes

Senior Ballet **NEW!**

Dancers will explore and grow knowledge of ballet in a warm and welcoming environment. This gentle ballet program is designed for beginners to learn the foundations, and those with experience to further condition their skills through ballet.

Please wear comfortable clothing for movement, and ballet slippers. More info: www.KirbySnellDance.com.

Space permitting drop-in fees: \$8

211 CC MPR

Endorphin Rush

Apr 8-Jun 24 W 10:00AM-10:45AM 268483

\$90/12 classes

Bhangra Cardio **NEW!**

Bhangra Cardio has become a fun and popular way to get in shape, while learning Bhangra, a folk dance style from the northern Indian state of Punjab. *In Bhangra Cardio, students can expect increased muscle tone and flexibility, increased lung powers and weight loss.*

203 CC MPR

Raman Sandhu

Apr Jun 11 Th 6:15PM-7:15PM 271456

Adult \$120/ 10 classes

Senior \$111/ 10 classes

Brazilian Swag Dance

Brazilian Swag class is a program that explores the Brazilian culture through dance. This class is an hour long, which we breakdown the basic steps of samba, brasilian funk, Afro, frevo, samba reggae and many other brazilian dances. At the end of the class a short choreography is presented by all students. You will learn new rhythms and dive into the Brazilian culture. *Classes are all levels where you can expect to push your limits and gain physical strength and have some fun.*

Space Permitting - Drop-in fees: Adult \$10 Senior \$8

Seniors MPR 251/252

Juliana Oliveira

FREE Demo Class

Apr 8 W 6:00PM-7:00PM 266225

Set 1

Apr 15-May 13 W 6:00PM-7:00PM 266226

Adult \$40/5 classes

Senior \$30/5 classes

Set 2

May 20-Jun 24 W 6:00PM-7:00PM 266229

Adult \$48/6 classes

Senior \$36/6 classes

Yoga

Chair Yoga

Gentle yoga moves while in a seated position will benefit your joints and muscle areas and help reduce the pain from arthritis, osteoporosis, previous injury, stiff joints and so much more.

Stretching, deep breathing & meditation techniques are incorporated into this workout and will leave you with a feeling of connected BODY+MIND+SOUL.

Space Permitting - Drop-in fees: Adult \$10 Senior \$9

205 CC MPR

Keiko Murakami

Set 1

Apr 21-May 19 Tu 11:15AM-12:15PM 266637

Adult \$45/5 classes

Senior \$40/5 classes

Set 2

Jun 2-Jun 30 Tu 11:15AM-12:15PM 266638

Adult \$45/5 classes

Senior \$40/5 classes

Yoga & Sculpt **NEW!**

This dynamic class is split with body sculpting and yoga poses. It will build on your strength training moves like squats, lunges, biceps curls and improve balance, posture and flexibility. *Bring your water bottle, yoga towel, & socks.*

Space Permitting - Drop-in fees:

Adult \$10.48 Senior \$ 8.57

FREE Demo Class

Apr 2 Th 6:15PM-7:15PM 269771

Set 1

Apr 9-May 14 Th 6:15PM-7:15PM 268143

Adult \$60/6 classes

Senior \$48/6 classes

Set 2

May 21-Jun 18 Th 6:15PM-7:15PM 269768

Adult \$50/5 classes

Senior \$40/5 classes

Brazilian Swag Dance



ADULT & SENIORS LEISURE PROGRAMS

Morning Flow Yoga

This class is a great way to get yourself moving in the morning! Building on the classic sun salutation sequence, this practice will get the body warm and the mind focused enabling a more productive and fulfilling day. *Each class will end with a short guided meditation.*

No class Apr 11

Space Permitting - Drop-in fees:

Adult \$10.48 Senior \$ 8.57

Seniors MPR 251/252

Maria Wolanski

Set 1

Apr 4-May 9 Sa 9:00AM-10:15AM 266639

Adult \$50/5 classes

Senior \$40/5 classes

Set 2

May 23-Jun 27 Sa 9:00AM-10:15AM 266642

Adult \$60/6 classes

Senior \$48/6 classes

Hatha Yoga

This class is a slower paced practice designed to align the body and calm the mind. Standing and seated postures are held for some time to create heat within the body, build strength and stamina, improve balance, lengthen muscles for improved mobility, and practice mind-body awareness.

No class Apr 13 & May 1

Space Permitting - Drop-in fees:

Adult \$10.48 Senior \$ 8.57

Seniors MPR 251/252

Maria Wolanski

Set 1

Apr 6-May 11 M 6:00PM-7:00PM 266640

Adult \$40/5 classes

Senior \$30/5 classes

Set 2

May 25-Jun 29 M 6:00PM-7:00PM 266641

Adult \$48/6 classes

Senior \$36/6 classes



Sunday Morning Hatha Yoga

We will move through a series of invigorating postures, coupled with breathing exercises and insights about the energetic body. *The class will bring your physical body and mind in balance and leave you feel energized for the day.*

Space Permitting - Drop-in Fees:

Adult \$10.48 Senior \$8.57

Seniors MPR 251/252

Anastasiya Balabanova

FREE Demo Class

Apr 12 Su 9:15AM-10:30AM 266650

Weekly Program

Apr 19-May 24 Su 9:15AM-10:30AM 266651

Adult \$60/6 classes

Senior \$48/6 classes

Fitness

Pole Walking *Advanced*

Join us for 1 1/2hr of brisk, 5-7kms of pole walking once a week around the neighbourhood. Pole walking is a total work-out to gradually build arms, legs and core muscles. Walk is followed by a 15min stretch. *Bring your poles or rent a set. Walk for health, chat and have fun while walking. ParQ+, waivers and emergency contact information is mandatory for all polers. Meet you in the lobby of KCC.*

No session Apr 10

Space Permitting - Pole Rental fee: \$0.95

CC Lobby

Apr 3-Jun 26 F 9:30AM-11:15AM 258967

Walking Club

Come and enjoy scenic walks throughout Metro Vancouver. All participants walk from 5-8km per outing. This is a great activity to keep one moving. *The walks are designed for people of all ages and are guided by Simon Yan. All walks happen rain or shine, please be prepared for the weather. Please note Jun 23 trip will end at 1:30PM.*

Space Permitting - Drop-in fees:

Adult \$8.57, Senior \$7.14

CC Lobby Simon Yan

Set 1

Apr 7, 16, 23 & May 5, 12 Tu 9:00AM-12:30PM

270635

Apr 16 & 23 Th

Adult \$51/6 classes

Senior \$40.20/6 classes

Set 2

May 19, 26 & Jun 2 & 23 Tu 9:00AM-12:30PM

270637

Jun 11 & 18 Th

Adult \$51/6 classes

Senior \$40.20/6 classes

Refit Dance Workout

This class is geared for the older participant or those new or returning to fitness as it's a fun, easy to follow, low impact aerobics class. This class involves dance components that work your heart, lungs and challenges your coordination & brain fitness.

Space Permitting - Drop-in fees:

Adult \$4.57 Senior \$3.43

Seniors MPR 251/252

Leah Tom

Apr 1-Jun 24 W 10:30AM-11:30AM 266636

Adult \$52/13 classes

Senior \$39/13 classes

ADULT & SENIORS LEISURE PROGRAMS

Zumba Gold

ZUMBA® Gold is a low impact dance - fitness class for beginners and seniors that uses zesty latin music, Salsa, Cha Cha, Cumbia, Merengue, Rock n' Roll, (including Twist and Charleston), with easy to follow moves to create a dynamic and fun fitness class. *Zumba® Gold strives to improve your balance, strength, flexibility and most importantly the heart. It is a "feel happy" workout that is great for both the body and the mind.*

No class May 18

Space Permitting - Drop-in fees:

Adult \$4.57 Senior \$3.45

Seniors MPR 251/252 Mayu Nomura/Roslyn Bauyon
FREE Demo Class

Apr 6 M 10:30AM-11:30AM 266653
Set 1 Roslyn Bauyon

Apr 17-Jun 26 F 10:30AM-11:30AM 266656

Adult \$44/11 classes
Senior \$33/11 classes

Set 2 Mayu Nomura
Apr 20-Jun 29 M 10:30AM-11:30AM 266654

Adult \$40/10 classes
Senior \$30/10 classes

Zumba Gold Toning **NEW!**

Muscle toning for active older adults. This class blends the strength-training techniques of Zumba Toning with the modified moves of Zumba Gold to teach a workout for active older adults.

Space Permitting - Drop-in fees:

Adults \$4.57 Seniors \$3.43

Seniors MPR 251/252 Maria Pontejos
FREE Demo Class

Apr 4 Sa 10:45AM-11:45AM 266242
Weekly Program

Apr 11-Jun 27 Sa 10:45AM-11:45AM 266244

Adult \$48/12 classes
Senior \$36/12 classes

Specialty Health & Wellness Programs

Pathways 2 Health for Adults & Seniors (P2H)

A weekly social, wellness program for adults and seniors. Join us for chair & stability exercises, walking techniques, current events, armchair travel, word games, board and card games, trivia, health education and FUN! *Meet in Seniors Lounge at 9:30am.*

Space Permitting - Drop-in Fees: \$2.86

Seniors Lounge 253 Bonnie McCoy
Apr 7-Jun 30 Tu 9:30AM-12:00PM 266250

\$20/annually

P2H Workshop - Seated Tai Chi

Apr 21 Tu 11:00AM-12:00PM 266251

P2H Workshop - Spring Fling

May 19 Tu 11:00AM-12:00PM 266252

P2H Workshop - Floor Curling

Seniors MPR 251/252 Bonnie McCoy

Jun 16 Tu 11:00AM-12:00PM 266254

P2H Member \$1.90/per person/per workshop

P2H Non-Member \$4.76/per person/per workshop

SIRvivor Prostate Cancer Survivors Exercise

A group-based exercise program for men who have been diagnosed with prostate cancer. This 12 week program is led twice/week for 60 minutes by a BCRPA-registered Fitness Leader with additional cancer exercise training. *Classes will address the needs of men with prostate cancer & will include resistance training, flexibility, balance and aerobic exercise.*

Seniors MPR 251/252 Bonnie McCoy
Apr 7-Jun 25 Tu Th 3:00PM-4:00PM 266634

Adult \$50/24 classes

Senior \$50/24 classes

FAME for Stroke

Designed specifically and proven to improve fitness, mobility and strength for people after stroke living in the community. This small group class (1:4 instructor to student ratio) includes functional strengthening exercises, agility, fitness and balance exercises. Suitable for people at any time after stroke who can stand for 5 minutes, walk for 10 meters (even with a walking aid) and communicate with the instructor.

No classes Apr 10, 13 & May 18

Seniors MPR 251/252 Sara Bina
Intake Session

Apr 3 F 12:15PM-1:15PM 266256
Set 1

Apr 8-May 15 W F 12:15PM-1:15PM 266267
\$110/11 classes

Set 2

May 22-Jun 26 W F 12:15PM-1:15PM 266268

\$110/11 classes

Seniors MPR 251/252 Hiroko Shinozaki

Set 1 266269

Apr 6-May 11 M 1:15PM-2:15PM

Apr 8-May 13 W 12:15PM-1:15PM

\$110/11 classes

Set 2 266272

May 25-Jun 29 M 1:15PM-2:15PM

May 20-Jun 24 W 12:15PM-1:15PM

\$120/12 classes

Footcare

Do you or a loved one have flexibility or strength limitations making it challenging to trim your toenails? Do you suffer from foot pain or mobility issues caused by: in-grown or thickened toe nails; calluses or corns; cracked heels or foot fungus. For your optimal simple foot health and management come in and see Killarney's certified Foot Care Nurse. *Please register on-line or by calling 604-718-8201 to book your 30 minute appointment. Please bring a large towel. Book your 30 minute sessions starting at 9:30am, 10:00am, 10:35am, 11:10am, 11:45am, 12:20pm & 12:55pm.*

Seniors MR 260 Jennifer Schulte
Clinic dates: Apr 4, May 4, Jun 6 Sa

\$41/30 min session

In order to keep Killarney's pricing low we separate some of our seasonal programs into 2 sets. Leisure Access Discount patrons are eligible to receive the 50% discount on both sets. (Excluding pool & rink programs)

ADULT & SENIORS LEISURE PROGRAMS

Chronic Pain Self-Management Program

Do you live with pain every day? The Chronic Pain Self-Management Program is a free, six-session workshop that provides information and teaches practical skills to give people the confidence and motivation they need to manage the challenges of living with chronic pain. The workshop participants receive the "Living a Healthy Life with Chronic Pain" companion book. Participants should plan to attend all six sessions to get the maximum benefit. Caregivers and family members who register are also welcome to attend. *The CPSMP is offered by the University of Victoria with resources from the BC Ministry of Health. Pre-registration is required for this FREE program.*

Seniors 151 MPR University of Victoria
May 16-Jun 16 Sa 9:30AM-12:00PM 273753

Chronic Conditions Self-Management Program

The Chronic Conditions Self-Management Program is a free, six-session workshop that provides information and practical strategies to help cope with day to-day physical and emotional challenges experienced as a result of chronic conditions. The workshop participants receive the "Living a Healthy Life with Chronic Conditions" companion book. Participants should plan to attend all six sessions to get the maximum benefit. Caregivers and family members who register are also welcome to attend. *The CPSMP is offered by the University of Victoria with resources from the BC Ministry of Health. Pre-registration is required for this FREE program.*

201 CC MPR University of Victoria
Apr 7-May 12 Tu 9:30AM-12:00PM 273752

CAAWS

FREE Newcomer, Immigrant & Refugee Program for Women



Are you a newcomer woman interested in; making new friends, participating in sport & physical activity, sharing your experiences with others, gathering information on recreational services and resources? *If you answered YES to any of these questions, please come join us. FREE on-site childminding & Bus tickets are available.*

Registration if required for this FREE program.

203 CC MPR CAAWS
Apr 9-Jun 25 11:00AM-12:30PM 266687



Canadian Association for the Advancement of Women and Sport and Physical Activity

Association canadienne pour l'avancement des femmes du sport et de l'activité physique

Sports

Badminton *Intermediate Play*

This program is geared towards players 55yrs+ to practice and enhance their badminton skills. Adults under 55yrs are welcome to register. *Racquets and birdies are not provided.*

No session Apr 8

Space Permitting - Seniors Drop-in fee:

Adults \$4.05 Seniors \$3.10

Full CC Gym

TBA Instructor

Apr 1-Jun 24 W 9:00AM-12:00PM 266215

Adult \$42.96/12 sessions

Senior \$31.44/12 sessions

Badminton Lessons *All Levels*

This program is designed to develop and enhance the skills of badminton players. *Maximum 12 registered players.*

2/3 CC Gym

Derek Wong

Apr 7-Jun 23 Tu 11:00AM-12:30PM 266086

Adult \$91.68/12 classes

Senior \$83.16/12 classes

Apr 9-Jun 25 Th 9:00AM-10:30AM 266089

Adult \$91.68/12 classes

Senior \$83.16/12 classes

Table Tennis

Table Tennis is enjoyed all over the world and has earned a place as an Olympic sport. Time includes set up and take down. *Private lessons available for \$7.14/15 minutes. See Instructor for lesson Information. Participants can only purchase one 10 visit card at a time. All ages and abilities welcome.*

Drop-in fees: \$3.10

2/3 CC Gym

Danny Ho

266208

Apr 5-Jun 28 Su

1:45PM-4:45PM

Apr 1-Jun 24 W

7:00PM-10:00PM

Apr 2-Jun 25 Th

12:00PM-3:00PM

\$26.43/10 visit card

Senior's Programs

Killarney Seniors Council

Seniors Council Elections

Are you a senior 55yrs+ who is interested in collaborating with other volunteers to benefit your community! Then we are looking for you! Join us for our inaugural Seniors Council elections. Please contact Jennifer Takai @ 604-718-6259 or Jennifer.takai@vancouver.ca for more information.

Seniors 151 MPR

Tue April 14

9:30AM

Mobility Aids

The Killarney Seniors Council cares for its community members and understands the limitations we sometimes have. With this in mind the Council has purchased 2 Hurrycanes and a walker that are available for day use at the centre. To inquire about using the Hurrycanes or walker, please visit any reception desk for more details.

Gardening Activists NEEDED!

We are looking for individuals interested in creating a Community Garden within the Killarney Park.

For more information please contact Michelle Stebnicki at 604-718-8208 or michelle.stebnicki@vancouver.ca.

Art, Culture & Environment

Ballroom Dance

Our group aims to improve dance skills for seniors while emphasizing health and social well-being.

No sessions Apr 10, 13 & May 18

Space Permitting – Drop-in Fee: \$.95

205 CC MPR

Monthly Program

Apr 1-Apr 30 M-F 7:00AM-8:45AM 266578

May 1-May 29 M-F 7:00AM-8:45AM 274216

Jun 1-Jun 30 M-F 7:00AM-8:45AM 274217

\$15/month

Friday Art Group

For those who like to draw or paint, come and join our group and bring your lunch. No oils please. *This is a self-led program.*

No session Apr 10

202 CC MPR

Apr 3-Jun 26 F 9:00AM-1:00PM 258746

Indo Canadian Women's Gathering

This social group explores health and wellness activities while gaining new methods for Community Living.

Contact Resham Sandhu @ 604-430-3115 for more info.

202 CC MPR

Resham K Sandhu

Apr 2-Jun 25 Th 1:00PM-3:15PM 257795

Karaoke

On Wednesday afternoons we sing and have fun! *Karaoke songs are available in English, Cantonese and Mandarin.*

Drop-in fees: \$3.10

203 CC MPR

Apr 1-Jun 24 W 12:45PM-4:00PM 257797

\$14.29/10 visit card

Writing Class

Come and join fellow seniors who share a common interest in creative writing. This class will be set in a comfortable venue with an informal & supportive environment where participants are encouraged to write and share your stories, moments and memoirs. With time and practice these sessions may help you to discover your own voice and style. You will be guided by a volunteer facilitator who will lead each weekly session with a writing prompt. *Upon completion of your voluntary writing exercise (to be completed at your leisure), we encourage an optional non-critical reading of your assignment the following week where you can receive feedback and pointers from other writers. No prerequisites required.*

Seniors MR 260

Apr 2-Jun 25 Th 1:00PM-3:00PM 257866

\$4.76/season

Sewing Group

This is a self-led program for those who have experience in sewing and would like to gather and sew. Participants are required to bring their own sewing machine in good working order.

Instructors' guidance will be available when necessary.

205 CC MPR

Apr 2-Jun 25 Th 9:00AM-12:00PM 257802

\$4.76/season

*See pages 39-43 for more
Adult & Senior Leisure Programs*

Aging Artfully **NEW!**

Did you ever want to paint but didn't know where to start? This class is suitable for absolute beginners. Just a creative spirit and a willingness to try is all you need to cultivate your inner artist. Loosen up and have fun through a series of simple drawing and painting exercises, while learning about perspective, good composition and basic colour theory. Bring a photo reference and your favourite art supplies to the first class. *A list of art supplies will be handed out.*

211 CC MPR Ella Culajevic
Apr 7-Jun 9 Tu 12:30PM-2:00PM 271362
\$49/person

Smartphone and iPhone **in Chinese NEW!**

Bring your own Smartphone and learn how to set your devices to suit your needs, such as Wi-Fi set up, learning how to download apps, learning how to use them and how to delete them if you don't want it. You will also learn how to use E-mail functions such as send, received, forward, reply, attachment, and delete mails. Classes are taught in Cantonese/Mandarin.

No session May 16
Seniors MPR 151 Mary Leung
Apr 18-Jun 13 Sa 2:00PM-3:30PM 269172
\$40/8 classes

Musical Moments

This is a mental stimulation activity for all seniors and family caregivers in the neighbourhood, who are experiencing stress, depression, isolation and loneliness. We believe in the power of music in reducing these barriers to active engagement in the community. This two hour weekly program will provide group singing thru the use of You Tube and Karaoke, complemented by printed lyrics of English traditional and contemporary songs. Dancing and other musical movements that would put music in motion will also be learned, including some healthy breathing and stretching exercises. Occasionally, workshops and information sessions on mental health and diseases that affect the brain will be conducted, supported by brain-fit and other mental stimulation activities. *For more information, please call the Seniors Brigade Society of BC at 604-453-5885 or email seniorsbrigade@yahoo.ca.*

No session Apr 13 & May 18
Seniors MPR 151
Apr 6-Jun 22 M 1:30PM-3:30PM 266580
\$4.76/season

Seniors Choir

Love to sing? Please join our choir for a variety of music such as folk, pop and classical songs. *The course will cover the basic vocal technique and breath control as well.*

No classes Apr 10, 24, May 1 & Jun 19
Seniors MPR 151 Sze Lok Wong
Apr 3-Jun 26 F 10:00AM-11:30AM 266570
\$45/9 classes

Voice Training

An introductory course of voice production in singing. It will cover how to vocalize and the proper way of breath control. There will be time for one to one training due to the small size of the class.

No class Apr 28
CC Room 203 Sze Lok Wong
Apr 7-Jun 2 Tu 9:30AM-10:25AM 273788
Apr 7-Jun 2 Tu 10:30AM-11:25AM 273790
\$72/8 classes

Social

Seniors Social Gathering

Are you looking for some fun activities to do and to meet new people? Then join us, as we line dance, ballroom dance, do tai chi and other social activities. *Participants are encouraged to suggest new activity ideas.*

No sessions Apr 13 & May 18
Drop-in fee: \$2.86
205 CC MPR
Apr 6-Jun 29 M 12:30PM-2:30PM 257796
\$11.43/10 visit card

Cantonese Speaking Seniors

奇蘭尼華人耆英會

(Previously known as the Chinese Seniors Group) The goal of our group is to enrich Chinese Seniors' lifestyles through social activities, community integration and understanding. Meetings are conducted in Cantonese.
Seniors MPR 151/152
Apr 2-Jun 25 Th 9:00AM-11:00AM 257807



SENIOR'S PROGRAMS



Happy Gang Bingo

Meet new friends and have some fun! Players pay for cards by donation. Bring your own snack for the break. *BC Gaming License #1154499. Know your limit & play within it! REGISTRATION is required for this FREE program.*
Seniors MPR 151/152
Apr 7-Jun 30 Tu 1:00PM-3:30PM 257790

Killarney Mandarin Speaking Seniors

SUCCESS and Killarney Community Centre Society collaborate together to provide outreach social support to Mandarin speaking seniors in the Killarney Community Area. *The goal of this group is to enrich Mandarin speaking retirees' lifestyles through social activities and community integration. New members are welcome.*
Seniors MPR 152 SUCCESS
May 1-Jun 26 F 9:00AM-11:00AM 257805

Seniors Only Billiards

If you and a partner are interested in shooting some pool, come down and ask for the equipment at the Front Desk.
No sessions Apr 10, 13 & May 18
Seniors Lounge 253
Apr 3-Jun 29 M F 9:00AM-12:00PM 257803

Seniors Social Bridge

Come out and enjoy a fun afternoon of Bridge. *Tea and treats are sometimes provided. Prior knowledge of Bridge is required.*
203 CC MPR
Apr 2-Jun 25 Th 1:00PM-4:00PM 257799

Seniors Progressive Society

This Non-profitable Men's Society meets twice a week to listen to worldwide news including news from India, poems, songs, jokes and stories. 4-6 times a year Bus Tours are arranged in order to overcome isolation and loneliness. Refreshments are served in every meeting.
No sessions Apr 13 & May 18
205 CC MPR
Apr 1-Jun 24 M W 12:00PM-3:30PM 257800

Health & Wellness

Luk Tung Kuen Association

Luk Tung Kuen is a set of health exercises which consist of 36 forms. *Our group is dedicated to healthy lifestyles through physical fitness & social activities.*
No sessions Apr 8, 10, 13 & May 18
Space Permitting – Drop-in Fee: \$.95
Full CC Gym
Monthly Program
Apr 1-Apr 30 M-F 6:30AM-8:45AM 266253
May 1-May 29 M-F 6:30AM-8:45AM 274218
Jun 1-Jun 30 M-F 6:30AM-8:45AM 274219
\$15/month

Yuan Ji Dance

Chinese Yuan Ji dance is a mixture of martial arts, physical therapy, meditation, dance and Tai Chi exercise. *This dance promotes health and wellness for all.*
Full CC Gym
Apr 1-Jun 24 Tu W 1:00PM-3:00PM 258747
\$30.25/season

FAB Fitness for ALL

FAB Fitness for All 55yrs+ provides a variety of fitness class styles specifically geared towards getting older men and women to become active and participate in sport programming. *Join this sampler program that indulges participants into finding their very own favourite fitness activities while engaging in a healthy lifestyle.*
No class Apr 23
Space Permitting - Drop-in Fee: \$3.81
Seniors MPR 251/252 Bonnie McCoy
Apr 2-May 14 Th 1:30PM-2:30PM 266718
\$21/6 classes

In order to keep Killarney's pricing low we separate some of our seasonal programs into 2 sets. Leisure Access Discount patrons are eligible to receive the 50% discount on both sets. (Excluding pool & rink programs)



Balance & Stability Fitness **Level 1**

For those who have balance, stability or mobility challenges, this progressive exercise class includes balance assessments, gait-precision skills & activities, static & dynamic balance training, strengthening and postural re-structuring exercises. *It is designed to improve balance, stability, strength, and mobility. "Stay on Your Feet" (Vancouver Coastal Health) will be provided to all participants during the first class. No drop-ins permitted.*

Seniors MPR 251/252 Bonnie McCoy
 May 21-Jun 25 Th 1:30PM-2:30PM 267345
 \$21/6 classes

Minds in Motion **Chinese**

Minds in Motion® is a fitness and social program for people living with any form of early stage dementia along with a family member, friend or other care partner. The program is offered in partnership with the Alzheimer Society of B.C. Gentle exercises are followed by social activities designed to be enjoyed in pairs. *Coffee, tea and light refreshments are provided. Care partners must attend. Registration fees include the cost of the person living with dementia and one care partner. Start at any time and pay a pro-rated registration fee.*

No class Apr 10, 24 & May 8
 Seniors MPR 151/152 Cynthia Ng
 Apr 3-Jun 26 F 1:30PM-3:30PM 266247
 \$62/per couple

Staying Young 1

Mobility & Stability **NEW!**

Proper mobility and stability to keep you safe will come with proper posture. Proper posture is also the key to have you stay away from unnecessary pain. *This class will educate you the basics to keep your daily activity in safe. We will practice exercises based on the scenario of daily activities so you can apply the technique and knowledge to keep your activity safe.*

203 CC MPR Keiko Murakami
 Set 1
 Apr 21-May 19 Tu 12:30PM-1:30PM 268158
 \$31.25/5 classes
 Set 2
 Jun 2-Jun 30 Tu 12:30PM-1:30PM 268161
 \$31.25/5 classes

Staying Young 2

Agility & Flexibility **NEW!**

Sometimes we need to react quickly as possible to avoid further hazardous such as fall caused by little trip. Are you ready physically and mentally? Recognition, decision, reaction... *This class will train you for those 3 key factors and you will be able to protect yourself safely from an unforeseen event might happen daily life. Several stretching techniques will be offered.*

203 CC MPR Keiko Murakami
 Set 1
 Apr 21-May 19 Tu 1:45PM-2:45PM 268163
 \$31.25/5 classes
 Set 2
 Jun 2-Jun 30 Tu 1:45PM-2:45PM 268164
 \$31.25/5 classes

Seniors' Strength & Stretch

Developing and maintaining muscle strength and joint health is key for older adults. *For those who want to improve their functional strength and stability, this chair-based strength program is designed to improve muscular strength, bone density, posture, range of motion, and flexibility.*

Space Permitting: Drop-in Fees: \$8.57
 Seniors MPR 251/252 Bonnie McCoy
 Set 1
 Apr 7-May 12 Tu 12:45PM-1:45PM 267347
 Apr 7-May 12 Tu 1:55PM-2:55PM 267349
 \$38.70/6 classes
 Set 2
 May 26-Jun 30 Tu 12:45PM-1:45PM 267348
 May 26-Jun 30 Tu 1:55PM-2:55PM 267350
 \$38.70/6 classes

Martial Arts

Seiyu Karate **Light**

This class is designed for people who prefer low impact and slow paced Karate classes. Uniform is not required. *Please note that Participant Waiver forms must be filled out before the program starts. Forms are available from the instructor.*

004 Dojo Vancouver Seiyu Karate
 Apr 2-Jun 25 Th 7:30PM-8:30PM 267043
 \$104/13 classes

SENIOR'S PROGRAMS

Practice Tai Chi

Learn & practice Tai Chi forms 24, 48, and 88.

No class Apr 10

Drop-in fees: \$3.14

205 CC MPR

Master Wei Jian Chen

Beginner

Apr 3-Jun 26 F 12:00PM-1:10PM 266222

Intermediate

Apr 3-Jun 26 F 10:45AM-12:00PM 266223

\$12.62/10 visit card

Evergreen Tai Chi

This is a self-led Tai Chi Club practicing Tai Chi exercise to improve health for the Seniors. No instructor will be provided. Previous experience is preferred. *Space is limited to 18 participants each day.*

203 CC MPR

Master Wei Jian Chen

Mar 31-Jun 23 Tu 7:30AM-8:45AM 266230

Apr 2-Jun 25 Th 7:30AM-8:45AM 266227

\$19.05/1 class week/per season

Walking Soccer

The concept of walking Soccer maybe new in Canada; however, is already quite popular in the UK where it is aimed at keeping people aged 50 and over active who are not able to play the traditional game due to mobility issues or past injuries. There are a few adaptations made to the game, such as no running and participants are allowed to use activator poles or a cane for balance. *Walking soccer is played in the gym on a smaller court. Benefits of walking soccer include: increased cardiovascular endurance, increased balance and coordination, psycho-social well-being, increased confidence, motivation to exercise, opportunities to make new social connections, and opportunities to reclaim athletic identities. Pre-registration is required for this FREE program.*

No session Jun 5

1/3 CC Gym

Apr 17-Jun 26 F 11:30AM-12:30PM 266670

Killarney Senior Tai Chi

Our group practices traditional Chinese Internal Martial Art to improve the health and well-being for the senior citizens. Our goal is to help the senior citizens to maintain strength, flexibility, balance and stability. *We also create social interaction between the members. Space is limited to 18 participants each day.*

No sessions Apr 10, 13 & May 18

203 CC MPR

Margaret Miu Duen Lum

Mar 30-Jun 22 M 7:30AM-8:45AM 266235

Apr 1-Jun 24 W 7:30AM-8:45AM 266240

Apr 3-Jun 26 F 7:30AM-8:45AM 266243

\$15/1 class per week/per season

Sports

Floor Curling w' Afternoon Tea

Join us as we explore the sport of Floor Curling in the 1/3 Gym while socializing with new & old friends. *Some flooring curling experience needed. Tea & snacks will be served.*

No session Apr 13

Space Permitting - Drop-in fees: \$3

1/3 CC Gym

Set 1

Apr 6-May 11 M 10:45AM-12:15PM 258445

\$12.50/5 classes

Set 2

May 25-Jun 29 M 10:45AM-12:15PM 258446

\$15/6 classes



Between June 15th & June 30th
Purchase a 1 YEAR Killarney Fitness Pass & SAVE!

Adult \$285.78, a savings of \$75!

Youth/Senior \$182.35, a savings of \$65!

Passes are Non-refundable before September 30th, 2020. All refunds are pro-rated to the 1st or 15th of each month based on the non-sale price for months used and will include an additional administration fee.

Seniors Weekly Program Schedule

Monday

Luk Tung Kuen Association	6:30AM-8:45AM
Ballroom Dance	7:00AM-8:45AM
Killarney Seniors Tai Chi	7:30AM-8:45AM
Seniors Only Billiards	9:00AM-12:00PM
Line Dancing <i>Beginners</i>	9:15AM-10:15AM
Zumba Gold	10:30AM-11:30AM
Floor Curling	10:45AM-12:15PM
Seniors Progressive Society	12:00PM-3:30PM
Seniors Social Gathering	12:30PM-2:30PM
Musical Moments	1:30PM-3:30PM
Hatha Yoga	6:00PM-7:00PM
Cribbage	6:45PM-8:45PM

Tuesday

Luk Tung Kuen Association	6:30AM-8:45AM
Ballroom Dance	7:00AM-8:45AM
Evergreen Tai Chi	7:30AM-8:45AM
Voice Training	9:30AM-10:25AM
Pathways 2 Health	9:30AM-12:00PM
Chronic Conditions Self-Management Program	9:30AM-12:00PM
Voice Training	10:30AM-11:25AM
Badminton Lessons <i>All Levels</i>	11:00AM-12:30PM
Chair Yoga	11:15AM-12:15PM
Staying Young1	12:30PM-1:30PM
Aging Artfully	12:30PM-2:00PM
Strength & Stretch	12:45PM-1:45PM
Chinese Calligraphy <i>Beginner</i>	2:00PM-4:00PM
"Happy Gang" Bingo	1:00PM-3:30PM
Staying Young 2	1:45PM-2:45PM
Yuan Ji Dance	1:00PM-3:00PM
Strength & Stretch	1:55PM-2:55PM
Balance Challenge	2:00PM-3:00PM
Social Dance	2:00PM-4:00PM
SIRvivor	3:00PM-4:00PM
Bellydance	7:30PM-8:45PM

Wednesday

Luk Tung Kuen Association	6:30AM-8:45AM
Ballroom Dance	7:00AM-8:45AM
Killarney Seniors Tai Chi	7:30AM-8:45AM
Badminton <i>Intermediate Play</i>	9:00AM-12:00PM
Senior Ballet	10:00AM-10:45AM
Refit Dance Workout	10:30AM-11:30AM
Seniors Progressive Society	12:00PM-3:30PM
Fame	12:15PM-1:15PM
Karaoke	12:45PM-4:00PM
Yuan Ji Dance	1:00PM-3:00PM
Chinese Calligraphy <i>Beginner</i>	2:00PM-4:00PM
Brazilian Swag Dance	5:45PM-6:45PM
Pilates	6:15PM-7:15PM
Learn Spanish Through Art	7:00PM-8:00PM
Table Tennis	7:00PM-10:00PM

Thursday

Luk Tung Kuen Association	6:30AM-8:45AM
Ballroom Dance	7:00AM-8:45AM
Evergreen Tai Chi	7:30AM-8:45AM
Badminton Lessons <i>All Levels</i>	9:00AM-10:30AM
Cantonese Speaking Seniors	9:00AM-11:00AM
Sewing Group	9:00AM-12:00PM
International Ballroom Dance	11:00AM-12:15PM
Table Tennis	12:00PM-3:00PM
Acrylic Painting	12:30PM-2:30PM
Writing Class	1:00PM-3:00PM
Senior Social Bridge	1:00PM-4:00PM
Balance & Stability Fitness	1:30PM-2:30PM
Indo Canadian Women's Group	1:00PM-3:15PM
Social Dance	2:00PM-4:00PM
Mahjong	1:30PM-4:30PM
SIRvivor	3:00PM-4:00PM
Ask an Expert Workshops	6:00PM-8:00PM
Bhangra	6:15PM-7:15PM
Yoga & Sculpt	6:15PM-7:15PM
Seiyu Karate Light	7:30PM-8:30PM



SENIOR'S PROGRAMS

Friday

Luk Tung Kuen Association	6:30AM-8:45AM
Ballroom Dance	7:00AM-8:45AM
Killarney Seniors Tai Chi	7:30AM-8:45AM
Killarney Mandarin Speaking Group	9:00AM-11:00AM
Billiards/Pool	9:00AM-12:00PM
Friday Art Group	9:00AM-1:00PM
Pole Walking <i>Advanced</i>	9:30AM-11:15AM
Senior Choir	10:00AM-11:30AM
Zumba Gold	10:30AM-11:30AM
Art Therapy	10:30AM-2:00PM
Practice Drop-in Tai Chi <i>Intermediate</i>	10:45AM-12:00PM
Walking Soccer	11:30AM-12:30PM
Practice Drop-in Tai Chi <i>Beginner</i>	12:00PM-1:10PM
Expressive Art Therapy	12:30PM-2:00PM
Fame	12:15PM-1:15PM
Minds in Motion <i>Chinese</i>	1:30PM-3:30PM
Social Dance	2:00PM-4:00PM

Saturday

Luk Tung Kuen Association	8:00AM-8:45AM
Killarney Ballroom Dance Group	8:00AM-8:45AM
Morning Flow Yoga	9:00AM-10:15AM
Chronic Pain Self-Management	9:30AM-12:00PM
Body Conditioning	10:45AM-11:45AM
Zumba Gold Toning	10:45AM-11:45AM
You Can Ukulele	11:00AM-12:00PM
You Can Ukulele <i>Level 2</i>	12:30PM-1:30PM
Smartphone & iPhone <i>in Chinese</i>	2:00PM-3:30PM
Social Dance	3:00PM-5:00PM

Sunday

Luk Tung Kuen Association	8:00AM-8:45AM
Ballroom Dance	8:00AM-8:45AM
Sunday Morning Hatha Yoga	9:15AM-10:30AM
Table Tennis	1:45PM-4:45PM



April is Volunteer Month...

Volunteers plant seeds of love that help countless hearts to glow...

Thank you to all the fabulous volunteers that contribute to the Killarney Community Centre programs.

Senior's Special Events



Seniors Lunch Program

Now on Mon, Tue & Thu (except stat holidays)

Meet new friends while socializing with old ones and exploring foods made by community members. Our hot lunches include a main entrée, veggies, beverage and dessert. Also available are soup & sandwich combo's. *We are not responsible for food allergies. Look for the monthly menu flyer for more details.*

No lunches Apr 13 & May 18

Seniors Grand Hall
 Apr 2-Jun 30 M Tu Th 11:30AM-12:45PM 258441
 \$6.19/lunch

Julie So



Mad Hatter Easter Tea Party

To celebrate Easter and the full bloom of spring, we invite you all to put on your maddest hat and come to the Mad Hatters Easter Tea Party. A perfect event for keeping the young at heart entertained with an Easter egg hunt and the Easter Bunny himself will be there to greet the 'guests' too. *Fabulous food and Tea's will be served.*

Seniors Grand Hall
 Apr 1 W 11:30AM-1:30PM 268531
 \$11.43/person

Seniors Grand Hall

Apr 1 W

11:30AM-1:30PM

268531

\$11.43/person



Peace Arch BBQ

Join us for a Celebration of Summer with a BBQ Picnic straddling the international boundaries of Canada and Washington. Spend the day strolling through the Peace Arch International Park's magnificent gardens, eating fabulous food, enjoying games and FUN at the Peace Arch House.

Jul 13 M 11:30AM-5:00PM
 Pick up at Killarney CC 270012
 Pick up at Mount Pleasant CC 272729
 \$18.25/person



SENIORS WEEK: PROM a day to RELIVE

Let's recapture a bit of your youth with our Senior Citizen Prom Event! Pull out your party attire and join us as we relive one of our most magical evenings from our past. Live entertainment, photo booth, lite refreshments, a sparkling toast of fine Champagne are some of the fabulous fun to be had. *See page 36 for Free dance lessons.*

Full CC Gym
 Jun 5 Fri 11:00AM-1:30PM 268533

Full CC Gym

Jun 5 Fri

11:00AM-1:30PM

268533

SENIOR'S SPECIAL EVENTS

Seniors Bus Trips Registration Information

Registration will be *in-person* and *online* on
March 1 at 9:00am, *phone-in* at 10:00am

NEW!

Take advantage of shorter line ups...

Register at any Community Centre in Vancouver!

12 spots will be available online.

2 spots will be reserved for members with mobility issues.

If you have extra challenges or have any questions about our bus trips, please call Paula at 604-718-8205 at least one month before the scheduled out trip in order to secure your spot. Any remaining spots will be given to people on the waitlist.

A Couple of Things to Know About Bus Trips!

- Participants are required to complete and sign a waiver of liability form for all bus trips.
- If unable to attend a bus trip, please request your refund at least 5 days prior to the trip so that we can fill your spot. With less than 5 days' notice, participants will not get a refund unless a medical note is presented to KCC front office.
- The benefit of community bus trips is that you don't have to drive, you don't have to pay for parking. We receive group discounts on admission costs, and you have friends to enjoy the day with! All bus trips, unless otherwise specified, are taken on the Killarney Centre's 24-seat bus. For all bus trips, please arrive 15 minutes early. The times shown in the program descriptions are the times that the bus will leave Killarney Centre. Please meet in the Centre Lobby prior to the time of departure. Lunch is not provided on any bus trips unless specified in the program description. All bus trips load in the order of registration.
- **All bus trips are subject to change or cancellation.**
Some trips are weather dependent.
- **Register early to avoid disappointment!**

Seniors Bus Trips



Take a tour with Simon!

Abbotsford Tulip Festival

The Abbotsford Tulip Festival celebrates the beauty of tulips and the Dutch heritage in the Fraser Valley. Stroll through the tulip field and enjoy the brilliant display of color along with other activities offered at the festival. After the tulips we will be having lunch at the Old Spaghetti Factory before finishing off our day with a tour of the Reach Museum and gallery. The Reach preserves and shares the stories of Abbotsford's rich and diverse cultural heritage and showcases the best in arts from both inside and outside the community.

CC Lobby

Simon Yan

Apr 17 F

8:30AM-4:30PM

268378

Adult \$61.22/person

Senior \$59.31/person

Tulips of the Valley & Mandarin Garden Buffet

Tulips of the Valley is the original tulip festival that takes place over a 3-5-week period, usually in April, sometimes into May, depending on the weather. The festival has grown from a couple of hundred visitors per season, to nearly 30,000. After the festival we will be having lunch at the Mandarin Buffet Restaurant. Before we head home, we will visit the Fraser Valley Hazelnuts. The Hazelnut industry was deeply affected around 3 years ago as most crops had to be removed due to a bacterial blight. The industry has slowly recovered with new bacterial resistant crops and the planting of new orchards have begun. We will visit the new orchard and gain some insight on how important this industry is to the Fraser Valley. Please dress appropriately as fields are sometimes very muddy following periods of rain.

CC Lobby Simon Yan
 Apr 27 M 8:30AM-4:30PM 268379
Adult \$53.93/person
Senior \$52.02/person

Milner Gardens

Welcome to Milner Gardens & Woodland, a seaside garden in Qualicum Beach on the east coast of Vancouver Island, BC and one of best attractions in Parksville-Qualicum Beach. Experience the magic of 28 hectares (70 acres) of unspoiled natural beauty perched on the edge of an oceanside bluff overlooking the Strait of Georgia. We will have a tour of the gardens followed by a full afternoon High Tea which includes assorted sandwiches, sweets, scones with Devon Cream, beverage, served on 3-tiered platters with bone china cups.

CC Lobby Simon Yan
 May 13 W 7:00AM-6:30PM 268380
Adult \$114.60/person
Senior \$91.98/person



Krause Berry Farm & Kensington Prairie Farm

Krause Berry Farm started small when Alf Krause planted 1 acre of strawberries in 1974. Today, Krause Berry Farms & Estate Winery has expanded to over 200 acres, growing and producing some of the Fraser Valley's best berries and vegetables. Owned and operated by Alf & Sandee Krause, their commitment to ethical and sustainable farming has resulted in loyal guests spreading the word and returning year after year. It has been in operation since 1974. We will have a tour of the facility as well as having lunch (soup and a bun followed with a piece of pie). Following Krause Berry Farm we will be visiting the Kensington Prairie Farm. In addition to breeding, raising and showing Huacaya alpacas, the farm markets and sells a variety of high-quality Canadian made and imported alpaca products at their on-farm Boutique and online store.

CC Lobby Simon Yan
 May 28 Th 10:00AM-4:00PM 268381
Adult \$55.03/person
Senior \$51.22/person

Mayne Island

Rolling orchards and warm rock strewn beaches abound on Mayne Island, a rustic 21-Square km island in the Southern Gulf Islands. Our first stop will be to the newly renovated Mayne Island Resort and have lunch at the Bennett Bay Bistro (lunch includes a soup, entrée, dessert and coffee or tea). We will then be visiting Miner's Bay, Active Pass, Georgina Point Lighthouse and the Japanese Garden. This friendly island midway between the lower mainland of BC and Vancouver Island is small enough for a day trip, but pretty enough for a lifetime.

CC Lobby Simon Yan
 Jun 15 M 8:30AM-8:00PM 268383
 Jun 22 M 8:30AM-8:00PM 268384
Adult \$94.78/person
Senior \$76.01/person

3 Easy Ways to Register!

Killarney Community Centre has online, phone-in, and in person registration system to reduce line ups and provide equal opportunity for registration. Contact us for more information: 604-718-8201

1. In Person

Centre Registration Begins Sunday, March 1 at 9:00am

Community Centre program registration includes: Preschool, Children, Youth / Adult / Senior's Programs, Fitness, Children and Adult Special Events, Workshops, Birthday Parties and Daycamps. *Please Note: Swim Lessons (see page 30) are not available to register on Centre Registration Day.*

Pre-Registration Forms:

Pre-registration forms are recommended for ALL registrations. This form helps organize your personal and program information and speeds up the registration process. Pre-registration forms are distributed during registrations and are available at our Centre Office or on-line at our website at www.killarneycentre.ca.

Please note that Time-Saver Passes have been discontinued.

2. Online

Centre Registration Begins Sunday, March 1 at 9:00am

Our new system provides you with improved online registration. You can visit recreation.vancouver.ca and update or create your profile before registering. It's called *My Account* and is where you will go for all future registrations and to manage or track your registration requests online.

Never registered online before? Go to:

- recreation.vancouver.ca
- Click "Sign In" or "Create an Account" to set up your profile and password BEFORE registration opens for fall programs.

Forgot your online password? Go to:

- recreation.vancouver.ca
- Click "Sign In", select "Forgot your password" and follow the steps to get your new password.
- Login with your email address and confirm your account information is correct.

Please Note: These programs are not available to register online: Licensed Childcare and Drop-in Programs.

3. Phone-In

Centre Registration Begins Sunday, March 1 at 10:00am

Call 604-718-8211 Monday-Sunday 10:00am-2:00pm only. Phone in registration not available on statutory holidays. *Please Note: Some programs are not available for Phone-in Registration: Licensed Childcare and Drop-in Programs.* Only Visa, Mastercard and Amex payments will be accepted. Please have registration information and credit card ready when you call. Your registration receipt can be picked up at our Centre Office during operating hours.

Registration Information

Community Centre & Pool Registration:

On the *first* day of registration *ONLY*, patrons may register their immediate family and one extra person. For example if a patron is registering their three children into dance, they can also register one other individual into any program.

After the first day of registration, multiple registration can be done for all programs, as long as the registering patron has the full contact information for all enrollees (name, address, email, phone number & birthdate).

Waiting Lists

If the program that you wish to register for is full, please ask the office representative to put you on the appropriate waiting list. If there are withdrawals, you will be contacted for an opportunity to register.

Program Changes and Cancellations

All programs are subject to change or cancellation at any time. Full refunds will be issued for all programs cancelled by the Community Centre.

Community Centre and Rink Refunds & Transfers:

- If your refund request is received five or more days prior to the start of the program, a full refund will be issued.
- If your refund request is received within four days of the start of the program, your refund will be equal to the program fee minus the price of one class.
- If your refund request is received after the first class, your refund will be equal to the program fee minus the price of two classes.

**Each Community Centre program refund notice (excluding rink and pool activities), is subject to an additional \$5.00 administration fee.*

- No refunds or transfers are allowed after the second class of the program.
- If your transfer request is received after the first class of the program, you will be charged the price of one class.

**Each Community Centre program transfer request (excluding rink and pool activities), is subject to an additional \$2.00 administration fee.*

- Fees for one or two-day programs are non-refundable.

Please note: The above Refund Policy does not apply to Special Events, Bus Trips, Licensed Childcare, Out of School Care, Summer Daycamps, or Birthday Parties. Please check the Refund Policy on the individual program pages.

Swimming Pool Refund & Transfer Policy: see page 30.

In order to keep Killarney's pricing low we separate some of our seasonal programs into 2 sets. Leisure Access Discount patrons are eligible to receive the 50% discount on both sets. (Excluding pool & rink programs)

Financial Assistance

Financial assistance is available to low-income residents. If you or a family member are in need of financial assistance for a community centre program, please contact:

Preschool & Children	cindy.gulbransen@vancouver.ca
Youth	riya.talwar@vancouver.ca
Adult & Seniors	michelle.stebnicki@vancouver.ca
	jennifer.takai@vancouver.ca
Licensed Childcare	kccschildcare@vancouver.ca

Privacy Policy

In the course of providing programs and activities, the Killarney Community Centre Society collects personal information from our members and other individuals participating in classes, workshops, special events or facility use. This information may be used for the provision of services, communication, processing payments and/or statistical purposes. We respect the importance of protecting the personal information that we collect. For more of an understanding on this subject, please call (604) 718-8209 and your inquiry will be subsequently directed to our Society's Privacy Officer.

Making All Recreation Safe M.A.R.S.

All patrons, volunteers and staff have the right to be safe and feel safe when in Park Board facilities. With this right comes the responsibility to be law abiding citizens and to be accountable for one's actions. Employees and volunteers of Vancouver Park Board and affiliated partners as well as the public participating in programs and services are expected to adhere to a Code of Conduct which sets standards of behaviour.

Code of Conduct

- Treat patrons and staff/volunteers with respect and dignity.
- Do not tolerate abusive or disrespectful language.
- Appreciate that programs and facilities are provided for the enjoyment of everyone.
- Respect public property and the property of others. Enjoy recreation in your City!
- The Board of Parks and Recreation reserves the right to take appropriate steps to resolve issues or concerns.

Recreation Staff

Recreation Supervisor	Jayne Loutit	604-718-8209
Childcare Coordinator	Carolyn Silva	604-718-8204
Preschool & Children	Cindy Gulbransen	604-718-8206
Fitness Centre	Michelle Stebnicki	604-718-8208
Youth Worker	Riya Talwar	604-718-8212
Aquatics	Denise Yeh	604-718-8286
Adult & Senior's	Michelle Stebnicki/ Jennifer Takai	604-718-8208 604-718-6259
Rentals Coordinator	Paula Parman	604-654-0785
Birthday Parties	Paula Parman	604-718-8205
Killarney Rink	Brittany Burant	604-718-5865
Offices Administrator	Maryla Smaruj	604-718-8223
Maint. Technician III	Jamie Cole	604-718-8207
Maint. Technician II	Matt Hawthorne	604-654-0784

Killarney Fitness Centre

June
Fitness Special
See page 48 for details

What we have to offer...

- ✓ Helpful & Qualified Staff
- ✓ Weight Training Equipment
- ✓ Lifefitness Elliptical Trainer
- ✓ Lifefitness Treadmills
- ✓ Precor Adaptive Motion Trainer
- ✓ Precor Elliptical Trainer
- ✓ Keiser M3 Spin Bike
- ✓ Lifefitness Exercise Bikes
- ✓ Matrix Recumbent Bikes
- ✓ Matrix Elliptical Trainer
- ✓ Matrix Rowing Machine
- ✓ Olympic Free Weights & Full Rack
- ✓ Dumbbells/Mats & Benches
- ✓ Bosu & Body Balls
- ✓ Body Composition Testing
- ✓ Lifefitness Dual Pulley Station

Assessments, Orientations & Personalized Fitness Programs

Your admission fee entitles you to a complimentary orientation to our Fitness Centre. Our certified staff will assist you with the following: proper etiquette, equipment operation and the importance of cardiovascular, strength and flexibility training.

With any Drop-in, Strip ticket or any Killarney fitness pass purchased we also offer in-depth personalized programs based on your current physical condition. To book appointments call the Fitness Centre at 604-718-8215.

Spring 2020 Schedule

April 1 - June 30, 2020

Schedule is subject to change without notice
Fitness Centre users before 9:00am Monday to Sunday can purchase drop-in admissions at the Leisure Pool Office.

Reminder: Bands are to be worn on the wrist when in the Fitness Centre.

MONDAY TO THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am-10:00pm	6:30am-8:30pm	8:00am-7:30pm	8:00am-7:30pm
Early Bird Discount: \$1.00 off drop-ins Monday to Friday 6:30 to 8:30am			

Fitness Fees

- Rates are subject to change without notice.
- Drop-in fees include Fitness Class use
- Killarney Fitness Centre Passes and 11 visit cards include Fitness Class use
- Pass Card Refunds are pro-rated from the time of request, based on 15 days from purchase
- 11 Visit Card Refunds are pro-rated based on the number of visits left less 1 visit
- Applicable administration fee will be applied to all refunds
- The drop-in fee covers a single visit. No re-entry.

GST will be added to prices	ADULT	YOUTH*	SENIOR
Drop-in	\$4.57	\$3.45	\$3.45
11 Visit Card	\$45.46	\$31.81	\$31.81
1 Month Pass	\$41.04	\$28.66	\$28.66
3 Month Pass	\$104.34	\$73.10	\$73.10
6 Month Pass	\$196.72	\$137.46	\$137.46
12 Month Pass	\$343.60	\$235.57	\$235.57

There will be a \$2.00 charge for the replacement of lost or stolen fitness passes!!

Note: You must be 13yrs+ to use the Fitness Centre.

Fitness Centre Fees Include Fitness Class Participation



Killarney Aerobic Schedule

Spring 2020 Schedule

April 1 - June 30, 2020 *No classes on Apr 10, 13 & May 18*

Schedule subject to change or cancellation without notice. Follow us on Twitter @KillarneyCC for current up-to-date information on class cancellations. Step Classes: limited steps available, come early to ensure a spot.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Dance Workout 9:15-10:30am <i>Leah</i>	Zumba & Core 9:15-10:15am <i>Cecilia</i>	Step 9:15-10:30am <i>Betty-Lynn</i>	Body BLAST 9:15-10:30am <i>Keiko</i>	Zumba+ 9:15-10:40am <i>Lesley</i>	Step "n" Strength 9:15-10:15am <i>Angela</i>	Zumba & Core 9:00-10:00am <i>Flora</i>
		Zumba 10:40-11:40am <i>Betty-Lynn</i>		To reduce class interruption: Please arrive on time to ensure proper warm-up. Please keep cell phones on vibrate or low ring. Please refrain from answering calls while in class is in progress; if necessary please go out to the hallway.		
Bolly X 6:15-7:15pm <i>Gail</i>	PiYo 6:00-7:00pm <i>Mayu</i>	Step/Core 6:15-7:15pm <i>Kristiina</i>	STRONG by Zumba 6:00-7:00pm <i>Roslyn</i>			

AEROBIC FEES* <small>GST will be added to price</small>	Drop-in	11 Visit Pass	1 Month Pass	3 Month Pass	6 Month Pass	12 Month Pass
Adult	\$4.57	\$45.46	\$41.04	\$104.34	\$196.72	\$343.60
Youth/Senior	\$3.45	\$31.81	\$28.66	\$73.10	\$137.46	\$235.57

*All fees include Fitness Centre use.

Dance Workout

Moderate to advance. Infused with the spirit of dance fitness alive at Killarney, dance workout is a total body workout experience that is fun for everyone! The beats include a variety of new music as well as classic tunes from a range of musical genres and the grooves are inspired by the jazz, contemporary, hip-hop, latin, and theatrical dance worlds. Choreography is varied and easy to follow. Class finishes with some awesome strength training and a relaxing stretch.

STRONG by Zumba

Moderate to advance. This new powered by Zumba program revolutionizes Zumba workouts, combining strong, upbeat rhythms with powerful, high-intensity cardio and strength conditioning moves to ratchet your fitness potential up a notch. Join the party, discover the athlete within you, feel the force and get fit!

Step/Core

Moderate to advanced step class. Class will incorporate strength training such as weights and bands with a focus on core.

Step n' Strength

Moderate to advanced class. This class consists of cardio work on the step, followed by strength training and a cool down.

Step

Mild to moderate class. This class offers basic, easy to follow step choreography. Beginners welcome!

PIYO = Pilates + Yoga + nonstop movement!

PiYo® LIVE combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll use your body weight to perform a series of continuous, targeted moves to define every single muscle.

Bolly X

Experience a Bollywood-inspired dance fitness program that combines exhilarating choreography and a calorie-burning workout with upbeat music from around the world. All levels welcome.

Body BLAST

All levels welcome. Get a full body workout including cardio, strength training, core conditioning and stretching in this fun and dynamic class. The class also includes 10 minutes of abs and a 5 to 10 minutes stretch.

Zumba & Core

Moderate to advanced class. This class offers a combination of Zumba and strength training with weights.

Zumba

Mild to moderate class. A Latin inspired dance-fitness class. It combines high energy and motivating music with unique moves and combinations. Zumba is a "feel-happy" workout that is great for both the body and the mind.

Zumba+

All levels welcome. Burn calories by mixing low-intensity and high-intensity moves, a real Latin and world dance fitness party. Zumba+ also incorporates the last 30 minutes with interval training giving more intensity, strength, and challenging progression to your workout, using only your body weight.



EASTER EGG HUNT and CARNIVAL

This popular annual event brings families and the Easter Bunny together to have a FUN-tastic time!

The event will feature a bouncy castle, face painting, dance party and so much more. The Easter Egg Hunt portion of the event will take place indoors. All participants are guaranteed to take home a prize! ADULT PARTICIPATION IS REQUIRED. Please note that ticket times are non-refundable and are not transferrable.

Full CC Gym

Apr 10 F	9:30AM-10:30AM	242244	\$5/participating child
Apr 10 F	10:45AM-11:45AM	242245	\$5/participating child
Apr 10 F	12:00PM-1:00PM	242246	\$5/participating child



PROM a day to RELIVE

Let's recapture a bit of your youth with our Senior Citizen Prom Event! Pull out your party attire and join us as we relive one of our most magical evenings from our past. Live entertainment, photo booth, lite refreshments, a sparkling toast of fine Champagne are some of the fabulous fun to be had. *See page 36 for Free dance lessons.*

Full CC Gym

Jun 5 Fri

268533

11:00AM-1:30PM



Jointly operated by the Vancouver Park Board and the Killarney Community Centre Society.

