



KILLARNEY

COMMUNITY CENTRE



Summer 2019

RECREATION GUIDE

Registration begins June 2. See page 46 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

Summer 2019 Operating Hours

JULY 1 - SEPTEMBER 2, 2019

Schedule is subject to change without notice.

Monday-Thursday: Centre: 6:30am-9:30pm Office: 9:00am-9:00pm

Friday: Centre: 6:30am-8:00pm Office: 9:00am-7:30pm

Saturday & Sunday: Centre: 8:00am-5:00pm Office: 9:00am-4:30pm

Statutory Holidays: July 1, Aug 5, Sept 2

Centre and Fitness Centre: 1:00-5:00pm

Centre Office: Closed

Leisure Pool: 1:00-9:00pm

SCHEDULES & INFORMATION

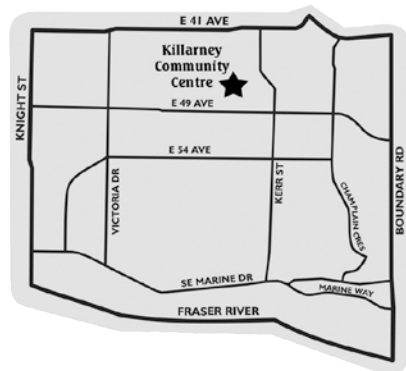
Online Registration Information: See page 46

Killarney Leisure Pool Schedule: See page 27

Killarney Fitness Centre Schedules: See pages 48 & 49

Wireless Internet Access:

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



Wheelchair Access

Indoor Leisure Pool

Steam Room

Whirlpool

Ice Rink/Dry Floor

Fitness Centre



Dance Studio

Gymnasium

Martial Arts Dojo

Licensed Child Care

Courtyard Playground

Elevator

What's Inside...

KILLARNEY COMMUNITY CENTRE

Summer 2019 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*

■ Killarney Community Centre Society	3
■ Special Event Calendar	4
■ Licensed Preschool	5
■ Licensed Out of School Care	5
■ Preschool Programs	6
■ Birthday Parties	11
■ Children's Programs	12
■ Preteen Programs	21
■ Youth Programs	22
■ Killarney Billiards/Pool Schedule	24
■ Arena Sports Groups	25
■ Killarney Leisure Pool Information	26
■ Spring Pool Schedule	27
■ Spring Lesson Information	28
■ Special Events	30
■ Workshops	31
■ Adult Programs	32
■ Adult & Seniors Health & Wellness	35
■ Senior's Programs	38
■ Seniors Weekly Program Schedule	43
■ Seniors Special Events	37, 44
■ Refund Information	47
■ Fitness Centre	48
■ Aerobics Schedule	49

**JUNE 28th
@ DUSK**

Drive-in Outdoor Movie

How to Train Your Dragon – the Hidden World!

The FUN begins @ 6PM: 6-9PM Karney Games & Family Fun | 6-8PM \$2 Karney Dog Dinner

- Bring a lawn chair as an Outdoor seating area will be available
- Drive in Movie entrance off of Killarney Street between 45th & 46th Avenues
- Event runs rain or shine

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! Why toss out your belongings when you can turn it into cash? Not only will you be recycling your old treasures, you can keep your home clutter free! 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 is strictly prohibited. We are now allowing for online registration, and therefore your table numbers will be assigned to you once you are registered or you can call the frontdesk at 604.718.8201 to book a table number. If you booked more than one table we will do our best to accommodate having your tables together. For special inquires or mobility issues please email paula.parman@vancouver.ca. See page 30 for more information.

Full Gym

Jul 13 Sa 9:30AM-1:30PM

\$18.50/table

222563

Scooter Rodeo



Join in on the fun at our exciting Scooter Rodeo geared towards Transportation, Mobility & Safety. Reserve your spot NOW and be guaranteed to receive your passport to travel through the event activities...Ride the obstacle course, complete with traffic police, radar and a few surprises along the way. [See back cover for more info.](#)

Arena/Grand Hall

Jul 24 W 11:00AM-2:00PM 227261

Steam Pot BBQ



Leave the sand at the beach and join us for a brimming pan of food and social fun. Diners can pick out hunks of corn, potatoes, sausages, a clam here and a shrimp there.

Entertainment provided.

Grand Hall

Aug 21 W 12:00PM-2:00PM 1st Seating 229315

Aug 21 W 12:30PM-2:30PM 2nd Seating 229318

\$19.05/person per seating



Killarney Community Centre Society

Killarney Community Centre Society Board of Directors 2018-2019

KCC Society President . . . Karen Jacobson
1st Vice President Terry Kirstiuk
2nd Vice President Bud Lilam
Secretary Cheryl Davis
Treasurer Prissillya Mienata
Past President. Wendy Tupling Guest

Directors at Large:

Frank Cosco, Lorna Gibbs, Gurdial Kang, Lorraine Kirstiuk, Cathy Wong, Sukhwinder Pal Singh, Cecile Jun, Jim Pope, Dan Chapelski, Ainslie Kwan, June Yee, Nicholas Ali.

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

Standing Committee for Killarney Seniors (SCKS)

Michiko Soga kcsa1@outlook.com

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

JUNE 28th is MOVIE NIGHT AT KILLARNEY! The movie begins at dusk however the FUN begins at 6pm with carnival games, arts & crafts, food, refreshments and roaming entertainment. Come celebrate the last day of school and the beginning of summer vacation with US!

NEW PROGRAMS: Look for Senior and Adult Voice Training, Afro Brazilian Dance and Capoeira. There is a new Art Sample Workshop, Chair Zumba, Walking Soccer plus there is a Free Writing Class on Thursdays at 1 PM. The Chinese Calligraphy is in high demand and because of that, there are two programs scheduled.

SPECIAL EVENTS: Steam Pot BBQ in the Senior Kitchen, August 21st. Fraserview Flashbacks lead by a historian with photography, regarding the history of our neighborhood. Each season, the programmers are trying to add new and interesting programs to the Senior Centre.

CHILDREN'S PROGRAMS: New: Learning with Magic, Mad Science and Tennis. Check the brochure for the opening date for Nanaimo Water Park and Bobolink Play Ground.

KCCS AGM: As we near the end of June, the news of the upcoming **AGM on June 25th at 7 PM** is important for the community to be aware of. Please make an effort to come, hear what has been happening all year at the Centre, and if you or someone you know, has an interest in becoming a KCCS board member we would welcome them.

The Seniors Lunch Program monthly menus will be posted on-line...check them out at the Killarney Seniors Centre webpage. Hard copies are also available at the front desk and there are posters around the centre. The senior lunch program runs Mondays, Tuesdays and Thursdays 11:30AM-1:00PM. Tickets can be purchased the day of the lunch or why not take advantage of the 10 visit card with a discounted rate of \$55.00. The lunch program is a sweeping success along with the cooking workshops.

I would like again to extend a huge Thank you to all the staff at Killarney. We are so proud of all the efforts that go into making our centre one of the busiest and fun places to be active in

Happy Summer,
Karen A. Jacobson
KCCS President

Summer Special Events

JUNE

Jun 28 Drive-in Outdoor Movie: *How to Train Your Dragon – The Hidden World* .. 2

JULY

July 6 Saturday Music Live: *Leonard & The Lab Rats* 30

July 8 Peace Arch BBQ..... 37

July 13 Flea Market..... 30

July 24 Scooter Rodeo..... back cover

July 27 Saturday Music Live: *Wayne Dodds*..... 30

AUGUST

Aug 10 Saturday Music Live: *Jennifer Hershman* 30

Aug 21 Steam Pot BBQ..... 37

Aug 24 Saturday Music Live: *Ear Buds Band* 30



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.



Cultural Cooking Workshop Series

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 and Champlain Heights Community Centers. 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.



		Killarney Room 1	Killarney Room 2	Champlain	Register at Champlain
3yrs	9:00-11:00am	Tu/Th	Tu/Th	Tu/Th	\$103/Month
3yrs	12:15-2:15pm	Tu/Th	Tu/Th		\$103/Month
4yrs	9:00-11:30am	M/W/F	M/W/F	M/W/F	\$155/Month
4yrs	12:15-2:45pm	M/W/F	M/W/F		\$155/Month

Licensed Out of School Care, Kindergarten to Grade 7

Out of School Care is run at Killarney and Champlain community centres. 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	Champlain
Before Care 7:30-9:00am	\$112/Month	Weir & Waverley Elementary Schools	James Cook Elementary School & Champlain Annex Register at Champlain
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. Champlain wait list please phone 604-718-6575.

Registration Procedures for Killarney Preschool:

We welcome you to add your child to this call list for Killarney Preschool for the September 2020-2021 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 2019/2020 Preschool program. One month (30 days) notice of withdrawal is required.

Preschool Programs

Preschool Weekly Camps At-A-Glance

For more program details, review p. 6-10

	AM	PM
July 2 - 5	Soccer Camp (3-5yrs) @ 10:45am-12:00pm Dolphin Kids: "I CAN DO IT!" (6-9 yrs) @ 9:00am-12:00pm	Future-Ready Leaders by Dolphin KIDS (3½-5 yrs) @ 1:00pm-4:00pm
July 8 – 12	Bricks 4 Kidz Camp (5-10yrs) @ 9:00am –12:00pm My First Dance Camp (2-4yrs) @ 9:30-10:15am Little Ballerinas Camp (3-4yrs) @ 10:15-11:00am Ballet, Creative Mvmt Camp (3-5yrs) @ 10:30-11:15am Soccer Camp (3-5yrs) @ 10:45am-12:00pm Little Ballerinas Camp (4-6yrs) @ 11:00-12:00pm	Bricks 4 Kidz Camp (5-10yrs) @ 1:00-4:00pm Hip Hop Breakers Camp (4-6yrs) @ 1:00-2:00pm
July 15 – 19	Rhythmic Dance Camp (3-6yrs) @ 9:00-10:15am Rhythmic Dance Camp (5-8yrs) @ 10:15-11:30am Soccer Camp (3-5yrs) @ 10:45am-12:00pm	
July 22 – 26	Rhythmic Dance Camp (3-6yrs) @ 9:00-10:15am My First Dance Camp (2-4yrs) @ 9:30-10:15am Rhythmic Dance Camp (5-8yrs) @ 10:15-11:30am Little Ballerinas Camp (3-4yrs) @ 10:15-11:00am Ballet, Creative Mvmt Camp (3-5yrs) @ 10:30-11:15am Soccer Camp (3-5yrs) @ 10:45am-12:00pm Little Ballerinas Camp (4-6yrs) @ 11:00-12:00pm	Hip Hop Camp (4-6yrs) @ 1:00-2:00pm
July 29 – Aug 2	Ballet Camp (5-7yrs) @ 9:30-10:30am Soccer Camp (3-5yrs) @ 10:45am-12:00pm	
Aug 6 – 9	My First Dance Camp (2-4yrs) @ 9:30-10:15am Little Ballerinas Camp (3-4yrs) @ 10:15-11:00am Ballet, Creative Mvmt Camp (3-5yrs) @ 10:30-11:15am Soccer Camp (3-5yrs) @ 10:45am-12:00pm Little Ballerinas Camp (4-6yrs) @ 11:00-12:00pm	Hip Hop Breakers Camp (4-6yrs) @ 1:00-2:00pm
Aug 12 – 16	Hip Hop Camp (4-6yrs) @ 9:30-10:30am Soccer Camp (3-5yrs) @ 10:45am-12:00pm	
Aug 19 – 23	Bricks 4 Kidz Camp (5-10yrs) @ 9:00am – 12:00pm Soccer Camp (3-5yrs) @ 10:45am-12:00pm	Bricks 4 Kidz Camp (5-10yrs) @ 1:00-4:00pm
Aug 26 - 30	My First Dance Camp (2-4yrs) @ 9:30-10:15am Little Ballerinas Camp (3-4yrs) @ 10:15-11:00am Ballet, Creative Mvmt Camp (3-5yrs) @ 10:30-11:15am Soccer Camp (3-5yrs) @ 10:45am-12:00pm Little Ballerinas Camp (4-6yrs) @ 11:00-12:00pm	Hip Hop Breakers Camp (4-6yrs) @ 1:00-2:00pm

Fitness & Movement

Fit 4 Two - Stroller Fitness (0-55yrs)

Registration required. No drop-in. This is not just a walk in the park. Stroller Fitness is a baby-friendly full body workout. Each class includes intervals of cardio drills, functional strength training and short power walks followed by postnatal-specific core work and flexibility. Our mobile intervals are ideal for babies who like to be on the move. Come and meet other moms in your community! Women should be 4+ weeks postpartum (6 weeks for caesareans). All fitness levels are welcome. You do not need a jogging stroller. Double strollers welcome. For safety reasons, mobile babies & tots should remain in their strollers/carriers/arms until core work. This class is safe and beneficial for women with abdominal separation.

Space permitting drop-in fee: \$16.00

Lobby Fit4Two Van East

FREE Demo Class

Jul 8 M 10:00AM-11:00AM 222479

Jul 15-Aug 26 M 10:00AM-11:00AM

\$84/6 classes 220557



Preschool Weekly Camps

Refund Policy

- 21 days or more: full refund less \$5 admin fee.
- 8-20 days: 75% will be refunded less \$5 admin fee.
- 7 days or less: 50% will be refunded less \$5 admin fee.
- **No refunds after first day of camp.**

Dance

Ballet (5-7yrs)

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 show will be held last day of class. Please wear a ballet suit and ballet slippers.

Space permitting drop-in fee: \$8.00.

No class Aug 5.

Room 205	Espirito Santo Mauricio
Jul 8-Aug 19 M	3:45PM-4:30PM
\$37.20/6 classes	227328

Pre Ballet, Level 1 (4-6yrs)

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

Space permitting drop-in fee: \$8.00.

No class Aug 5.

Room 205	Espirito Santo Mauricio
Jul 8-Aug 19 M	4:30PM-5:15PM
\$37.20/6 classes	227329

Ballet Camp (5-7yrs)

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 show will be held last day of class. Please wear a ballet suit and ballet slippers.

Space permitting drop-in fee: \$8.00.

Room 201	Espirito Santo Mauricio
Jul 29-Aug 2 M-F	9:30AM-10:30AM
\$35/5 classes	227331

Hip Hop Camp (4-6yrs)

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 fee: \$8.00.

Room 201	Espirito Santo Mauricio
Aug 12-Aug 16 M-F	9:30AM-10:30AM
\$37.20/5 classes	227333

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. More info: www.KirbySnellDance.com.

Space permitting drop-in fee: \$8.00.

Room 205	Endorphin Rush Dance And Fitness
Jul 7-Aug 25 Su	10:15AM-11:00AM
\$60/8 classes	224518
Jul 7-Aug 25 Su	2:45PM-3:30PM
\$60/8 classes	224530

My First Dance Class Camp (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. More info: www.kirbysnelldance.com.

Room 201	Endorphin Rush Dance And Fitness
Jul 8-Jul 12 M-F	9:30AM-10:15AM
\$40/5 classes	224497
Jul 22-Jul 26 M-F	9:30AM-10:15AM
\$40/5 classes	224501

No class Aug 5.

Aug 6-Aug 9 Tu-F	9:30AM-10:15AM
\$32/4 classes	224502
Aug 26-Aug 30 M-F	9:30AM-10:15AM
\$40/5 classes	224503

Ballet Through Creative Movement (3-5yrs)

Children learn the basics of ballet in a safe and fun learning environment. Set to Classical Music the children will work on dance technique as well as exploring their own creative expression. Children are requested to participate without a parent in the room. There will be a presentation for parents/family on the last day of classes. More info: www.KirbySnellDance.com.

Space permitting drop-in fee: \$8.00.

Room 205	Endorphin Rush Dance And Fitness
Jul 6-Aug 24 Sa	10:30AM-11:15AM
\$60/8 classes	224516
Jul 7-Aug 25 Su	11:00AM-11:45AM
\$60/8 classes	224523
Jul 7-Aug 25 Su	1:15PM-2:00PM
\$60/8 classes	224526

Little Ballerinas Camp (3-4yrs)

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

Room 201	Endorphin Rush Dance And Fitness
Jul 8-Jul 12 M-F	10:15AM-11:00AM
\$40/5 classes	224498
Jul 22-Jul 26 M-F	10:15AM-11:00AM
\$40/5 classes	224504

No class Aug 5.

Aug 6-Aug 9 Tu-F	10:15AM-11:00AM
\$32/4 classes	224505
Aug 26-Aug 30 M-F	10:15AM-11:00AM
\$40/5 classes	224506

PRESCHOOL PROGRAMS



Little Ballerinas Camp (4-6yrs)

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

Room 201 Endorphin Rush Dance And Fitness
 Jul 8-Jul 12 M-F 11:00AM-12:00PM
 \$50/5 classes [224499](#)
 Jul 22-Jul 26 M-F 11:00AM-12:00PM
 \$50/5 classes [224507](#)

No class Aug 5.

Aug 6-Aug 9 Tu-F 11:00AM-12:00PM
 \$40/4 classes [224508](#)
 Aug 26-Aug 30 M-F 11:00AM-12:00PM
 \$50/5 classes [224509](#)

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 fee: \$8.00.

Room 205 Endorphin Rush Dance And Fitness
 Jul 6-Aug 24 Sa 11:15AM-12:00PM
 \$60/8 classes [224517](#)
 Jul 7-Aug 25 Su 12:00PM-12:45PM
 \$60/8 classes [224525](#)
 Jul 7-Aug 25 Su 2:00PM-2:45PM
 \$60/8 classes [224527](#)

Hip Hop Breakers Camp (4-6yrs)

This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats. Family and Friends be ready to cheer during the final day performance. More info: www.kirbysnelldance.com.

Room 201 Endorphin Rush Dance And Fitness
 Jul 8-Jul 12 M-F 1:00PM-2:00PM
 \$50/5 classes [224491](#)
 Jul 22-Jul 26 M-F 1:00PM-2:00PM
 \$50/5 classes [224510](#)

No class Aug 5.

Aug 6-Aug 9 Tu-F 1:00PM-2:00PM
 \$40/4 classes [224511](#)
 Aug 26-Aug 30 M-F 1:00PM-2:00PM
 \$50/5 classes [224512](#)

Rhythmic Dance Camp (3-8yrs)

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.

1/3 Gymnasium Elite Gymnastics
 (3-6yrs)
 Jul 15-Jul 19 M-F 9:00AM-10:15AM
 \$30/5 classes [224474](#)
 Jul 22-Jul 26 M-F 9:00AM-10:15AM
 \$30/5 classes [224475](#)
 (5-8yrs)
 Jul 15-Jul 19 M-F 10:15AM-11:30AM
 \$30/5 classes [224476](#)
 Jul 22-Jul 26 M-F 10:15AM-11:30AM
 \$30/5 classes [224477](#)

Sports

Soccer - Mini Stars Camp (3-5yrs)

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. For more info www.starsoccercentre.com. Classes will be held on the practice field outside rain or shine.

No class July 1, Aug 5.

Off Site Location Valentinis Dinglis
 Jul 2-Jul 5 Tu-F 10:45AM-12:00PM
 \$66/4 classes [226824](#)
 Jul 8-Jul 12 M Tu-F 10:45AM-12:00PM
 \$80/5 classes [226832](#)
 Jul 15-Jul 19 M-F 10:45AM-12:00PM
 \$80/5 classes [226833](#)
 Jul 22-Jul 26 M-F 10:45AM-12:00PM
 \$80/5 classes [226834](#)
 Jul 29-Aug 2 M-F 10:45AM-12:00PM
 \$80/5 classes [226835](#)
 Aug 6-Aug 9 Tu-F 10:45AM-12:00PM
 \$66/4 classes [226836](#)
 Aug 12-Aug 16 M-F 10:45AM-12:00PM
 \$80/5 classes [226837](#)
 Aug 19-Aug 23 M-F 10:45AM-12:00PM
 \$80/5 classes [226838](#)
 Aug 26-Aug 30 M-F 10:45AM-12:00PM
 \$80/5 classes [226839](#)

Sportball Jr (1-2yrs)

This program is a perfect introduction to Sportball. Children and parents participate in sports, creative games, songs, rhymes, stories, bubble time and much more. Although these programs focus more on exploration, children will be introduced to a different sport each week. Parent participation is required.

No Class July 13, Aug 3.

2/3 Gymnasium Sportball Vancouver
 Jul 6-Aug 24 Sa 9:00AM-9:45AM
 \$108/6 classes [227303](#)

PRESCHOOL PROGRAMS

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 July 13, Aug 3.

2/3 Gymnasium	Sportball Vancouver
Jul 6-Aug 24 Sa	9:45AM-10:30AM
\$108/6 classes	227304

No class Aug 4.

1/3 Gymnasium	Sportball Vancouver
Jul 7-Aug 25 Su	11:15AM-12:00PM
\$126/7 classes	227300

Sportball Multi-Sport (3-5yrs)

Sportball Multi-Sport introduces children to the concepts and skills involved in eight different sports: floor hockey, baseball, basketball, soccer, tennis, volleyball, golf and football using developmentally appropriate methods to introduce, practice and refine gross motor skills. The programs reinforce the benefits of teamwork and skills development rather than the importance of winning; enabling children to gain the confidence and develop the social skills necessary to succeed in sport and life. For more info www.sportball.ca.

No class July 13, Aug 3.

2/3 Gymnasium	Sportball Vancouver
Jul 6-Aug 24 Sa	10:30AM-11:30AM
\$108/6 classes	227305

No class Aug 4.

1/3 Gymnasium	Sportball Vancouver
Jul 7-Aug 25 Su	12:00PM-1:00PM
\$126/7 classes	227301

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

Get a kick out of Sportball Parent & Child Outdoor Soccer programs! Participants are introduced to fundamental concepts of soccer and are provided the basic skills required to score with confidence in fun, exciting, skills-focused games. With the guidance and support of their Sportball Coach, parents and children zero in on soccer skills including: throw-ins, dribbling, trapping, passing, goalie skills and more. Children are challenged according to their individual skill level and Coaches help grownups understand proven teaching techniques that can be applied outside of Sportball classes. Class meets on the Southeast field by the oval by Kerr and 49th ave. Parent participation required.

Off Site Location	Sportball Vancouver
Jul 4-Aug 22 Th	4:45PM-5:30PM
\$144/8 classes	227297

Sportball Outdoor Soccer (3-7yrs)

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. Classes are dedicated to skills development and putting those skills to work in an exciting, non-competitive game. 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.

Off Site Location	Sportball Vancouver
(3-5yrs)	
Jul 4-Aug 22 Th	5:30PM-6:30PM
\$144/8 classes	227298
(5-7yrs)	
Jul 4-Aug 22 Th	6:30PM-7:30PM
\$144/8 classes	227299



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

Get a kick out of 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. With the guidance and support from Sportball Coaches and parents, children will be challenged according to their individual skill level. Class meets on the Southeast field by the oval by Kerr and 49th Ave. Parent participation required.

No class Aug 4.

Off Site Location	Sportball Vancouver
Jul 7-Aug 25 Su	9:15AM-10:00AM
\$126/7 classes	230012

Sportball: Outdoor T-Ball (3-5yrs) **NEW!**

Get a kick out of 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. With the guidance and support from Sportball Coaches and parents, children will be challenged according to their individual skill level. Class meets on the Southeast field by the oval by Kerr and 49th Ave. Parent participation required.

No class Aug 4.

Off Site Location	Sportball Vancouver
Jul 7-Aug 25 Su	10:00AM-11:00AM
\$126/7 classes	230013

PRESCHOOL PROGRAMS

Educational

Brick Critters (5-10yrs)

It's a zoo in here! Build various critters including buzzing bees, fluttering butterflies and more. Students will love these moving models that celebrate the wonders of the animal kingdom. All campers go home with a customized Minifigure.

Room 101 Bricks 4 Kidz Vancouver
Jul 8-Jul 12 M-F 9:00AM-12:00PM
\$175/5 classes 227283

Water Water Everywhere (5-10yrs)

Set Sail with LEGO and discover the Maritime World! Our master builders will be exploring the sea, cruising on sailboat models and stopping around the globe to learn about sea critters. All campers go home with a customized Minifigure.

Room 101 Bricks 4 Kidz Vancouver
Jul 8-Jul 12 M-F 1:00PM-4:00PM
\$175/5 classes 227284

Jurassic Brick Land (5-10yrs)

Put on your hiking boots and camouflage...you're about to enter Jurassic Brick Land! We'll learn about animals that roamed the earth and swam the seas during the Jurassic period. All campers go home with a customized Minifigure.

Room 201 Bricks 4 Kidz Vancouver
Aug 19-Aug 23 M-F 9:00AM-12:00PM
\$175/5 classes 227286

Superhero Academy (5-10yrs)

It's a bird! It's a plane! It's...Learn the art of the Superhero at Superhero Academy! Join the Avengers as they conquer evil. All go home with a custom made Minifigure.

Room 201 Bricks 4 Kidz Vancouver
Aug 19-Aug 23 M-F 1:00PM-4:00PM
\$175/5 classes 227285



Future-Ready Leaders by Dolphin KIDS (3½-5 yrs) **NEW!**

The future is here and it's all about being smart, strong and happy! In this program, your child will learn:

- The future-ready skills of innovation, social connection and resilience
- How to create, explore and build through various creative play activities
- Attention training and mindfulness practices, including deep breathing, to build resilience and a positive mindset
- School readiness skills, e.g. active listening, communication and collaboration through storytelling, music and art activities

No class July 1.

Room 101 Dolphin Kids
Jul 2-5 Tu-F 1:00PM-4:00PM
\$140/4 sess 230084



Music

Piano: Kelly Kirby (4-8yrs)

Make your child's first piano lessons FUN! This semi-structured piano 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. Leisure Access subsidy does not apply to this program. Workbook included. Parent participation not required.

No class Aug 3, Aug 4.

Room 201 Louise Papais

Level 1

Jul 6-Aug 24 Sa 11:00AM-12:00PM

\$119.65/7 classes 227318

Jul 7-Aug 25 Su 11:00AM-12:00PM

\$119.65/7 classes 227322

Level 2

Jul 6-Aug 24 Sa 12:00PM-1:00PM

\$119.65/7 classes 227319

Jul 7-Aug 25 Su 10:00AM-11:00AM

\$119.65/7 classes 227323

Level 3

Jul 6-Aug 24 Sa 1:30PM-2:30PM

\$119.65/7 classes 227320

Jul 7-Aug 25 Su 2:00PM-3:00PM

\$119.65/7 classes 227324

Level 4

Jul 6-Aug 24 Sa 2:30PM-3:30PM

\$119.65/7 classes 227321

Licensed Preschool Summer Daycamp for 3-5yrs

Summer fun for Preschoolers! Includes arts and crafts, songs, games, circle time, outdoor play and more! *Please bring a healthy NUT FREE snack and drink every day. Registration forms, including Immunization information, must be completed and returned before the first day of camp. Be sure to attach a small photo of your child to the emergency card as well.*

Room 105	\$86.25/5 classes	\$69.00/ 4 classes		
Jul 2-Jul 5 T-F	9:00AM-12:00PM	212090	Jul 22-Jul 26 M-F	12:30PM-3:30PM 212099
Jul 2-Jul 5 M-F	12:30PM-3:30PM	212097	Jul 29 -Aug 2 M-F	9:00AM-12:00PM 212094
Jul 8-Jul 12 M-F	9:00AM-12:00PM	212091	July 29-Aug 2 M-F	12:30PM-3:30PM 212100
Jul 8-Jul 12 M-F	12:30PM-3:30PM	212103	Aug 6-Aug 9 T-F	9:00AM-12:00PM 212095
Jul 15-Jul 19 M-F	9:00AM-12:00PM	212092	Aug 6-Aug 9 T-F	12:30PM-3:30PM 212101
Jul 15-Jul 19 M-F	12:30PM-3:30PM	212098	Aug 12-Aug 16 M-F	9:00AM-12:00PM 212096
Jul 22-Jul 26 M-F	9:00AM-12:00PM	212093	Aug 12-Aug 16 M-F	12:30PM-3:30PM 212102

Summer Daycamp Refund Policy:

21 days or more: \$5.00 admin fee. 8-20 days: 75% will be refunded + \$5 admin fee. 7 days or less: 50% will be refunded + \$5 admin fee. ****No refunds after first day of camp registered****

Birthday Parties

Gym/Play-Gym Party!

- For kids 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, an oven, a microwave, a refrigerator and a 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.*

Sportball



- For kids 2-12 yrs
- Variety of sports and supervised games
- Fun, structured and safe environment
- 1 hour of activities and 45 min in the party room

Please have your final number of children attending confirmed one week prior to the party so the Coach can plan equipment / activities accordingly.

WHERE AND WHEN:

Room 101

Sundays 2:00pm-3:45pm; gym time 2:00pm-3:00pm

FEES:

\$250/14 children (1 party attendant & Sportball Coach)

Due to space restrictions the Sportball Parties are not suitable for more than 14 children. Sportball recommends a drop-off party for children ages 3 and up.

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.

Children's Programs

Children's Weekly Camps At-A-Glance

For more program details, review p. 12-16

	AM	PM
July 2 - 5	Soccer, Mini Stars (6-12yrs) @ 9:00am-12:00pm Tennis, Juniors (6-8yrs) @ 10:30am-12:30pm Dolphin Kids: I Can Do It (6-9yrs) @ 9:00am-12:00pm	Tennis, Tweens (9-12yrs) @ 1:15-3:15pm Future-Ready Leaders by Dolphin KIDS (3½-5 yrs) @ 1:00pm-4:00pm
July 8 - 12	Soccer, Mini Stars (6-12yrs) @ 9:00am-12:00pm Fun w/ Frisbees Camp (8-12yrs) @ 9:00am-12:00pm Bricks 4 Kidz Camp (5-10yrs) @ 9:00am -12:00pm Art and You Camp (6-10yrs) @ 9:45-11:00am Little Ballerinas Camp (4-6yrs) @ 11:00-12:00pm	Hip Hop Breakers Camp (4-6yrs) @ 1:00-2:00pm Bricks 4 Kidz Camp (5-10yrs) @ 1:00-4:00pm Dance Extreme Camp (7-12yrs) @ 2:00-3:00pm Sportball Outdoor Camp (5-8yrs) @ 1:00pm-4:00pm
July 15 - 19	Soccer, Mini Stars (6-12yrs) @ 9:00am-12:00pm Chess For Kids Camp (6-13yrs) 9:00am-3:00pm Rhythmic Dance Camp (3-6yrs) @ 9:00-10:15am Learning w/ Magic (6-12yrs) @ 9:00am-12:00pm Video Game Design (6-8yrs) @ 9:00am-12:00pm Art and You Camp (6-10yrs) @ 9:45-11:00am Rhythmic Dance Camp (5-8yrs) @ 10:15-11:30am Tennis, Juniors (6-8yrs) @ 10:30am-12:30pm	Video Game Design (9-13yrs) @ 1:00-4:00pm Tennis, Tweens (9-12yrs) @ 1:15-3:15pm
July 22 - 26	Learning with Magic (6-12yrs) @ 9:00am-12:00pm Soccer, Mini Stars (6-12yrs) @ 9:00am-12:00pm Rhythmic Dance Camp (3-6yrs) @ 9:00-10:15am Fun w/ Frisbees Camp (8-12yrs) @ 9:00am-12:00pm Tennis, Juniors (6-8yrs) @ 10:30am-12:30pm Rhythmic Dance Camp (5-8yrs) @ 10:15-11:30am Little Ballerinas Camp (4-6yrs) @ 11:00-12:00pm	Hip Hop Breakers Camp (4-6yrs) @ 1:00-2:00pm Tennis, Tweens (9-12yrs) @ 1:15-3:15pm Dance Extreme Camp (7-12yrs) @ 2:00-3:00pm Sportball Outdoor Camp (5-8yrs) @ 1:00pm-4:00pm
July 29 - Aug 2	Soccer, Mini Stars (6-12yrs) @ 9:00am-12:00pm Fun w/ Frisbees Camp (8-12yrs) @ 9:00am-12:00pm Secret Agent Lab Camp (6-12yrs) @ 9:00am-12:00pm Drawing Camp (6-12yrs) @ 9:00am-12:00pm Ballet Camp (5-7yrs) @ 9:30-10:30am Art and You Camp (6-10yrs) @ 9:45-11:00am Ballet Camp (8-11yrs) @ 10:30-11:30am Yoga for Kids Camp (6-12yrs) @ 11:30am-12:30pm	Anime Cartoon Camp (6-12yrs) 12:30-3:30pm
Aug 6 - 9	Soccer, Mini Stars (6-12yrs) @ 9:00am-12:00pm Arts in Motion Camp (6-11yrs) @ 9:30am-3:30pm Lights, Camera, Action (7-13yrs) @ 9:30am-3:30pm Tennis, Juniors (6-8yrs) @ 10:30am-12:30pm Little Ballerinas Camp (4-6yrs) @ 11:00-12:00pm	Hip Hop Breakers Camp (4-6yrs) @ 1:00-2:00pm Dance Extreme Camp (7-12yrs) @ 2:00-3:00pm Tennis, Tweens (9-12yrs) @ 1:15-3:15pm
Aug 12 - 16	Soccer, Mini Stars (6-12yrs) @ 9:00am-12:00pm Chess For Kids Camp (6-13yrs) 9:00am-3:00pm Video Game Design (6-8yrs) @ 9:00am-12:00pm Hip Hop Camp (4-6yrs) @ 9:30-10:30am Yoga for Kids Camp (6-12yrs) @ 11:30am-12:30pm	Sportball Outdoor Camp (5-8yrs) @ 1:00pm-4:00pm
Aug 19 - 23	Soccer, Mini Stars (6-12yrs) @ 9:00am-12:00pm Chemical, Cells & Crime (6-12yrs) @ 9:00am-12:00pm Bricks 4 Kidz Camp (5-10yrs) @ 9:00am - 12:00pm Byte Camp (11-15yrs) @ 9:00am-3:00pm Fun w/ Frisbees Camp- Boys (8-12yrs) @ 9:00am-3:00pm Fun w/ Frisbees Camp- Girls (8-12yrs) @ 9:00am-3:00pm	Bricks 4 Kidz Camp (5-10yrs) @ 1:00-4:00pm
Aug 26 - 30	Soccer, Mini Stars (6-12yrs) @ 9:00am-12:00pm Byte Camp (11-15yrs) @ 9:00am-3:00pm Cartooning & Animation (7-13yrs) @ 9:15am-12:15pm Little Ballerinas (4-6yrs) @ 11:00-12:00pm	Claymation Animation (7-13yrs) @ 12:45-3:45pm Hip Hop Breakers (4-6yrs) @ 1:00-2:00pm Dance Extreme (7-12yrs) @ 2:00-3:00pm

Children's Weekly Camps Refund Policy

- 21 days or more: full refund less \$5 admin fee.
- 8-20 days: 75% will be refunded less \$5 admin fee.
- 7 days or less: 50% will be refunded less \$5 admin fee.
- **No refunds after first day of camp.**

Art

Drawing Camp - Fantasy Forest (6-12yrs)

Magical, mythical, marvelous art is coming your way in this new Young Rembrandts Drawing Camp. Join us for 5 days filled with fun and creative thought as we explore deep in the Fantasy Forest. Students will tap into their imagination while learning to draw otherworldly creatures like fairies, trolls and a forest queen. Your child's talent will truly enchant you as they create beautiful scenery and new masterpieces every day. Register now to save your child's spot in this fanciful camp focused on creativity and whimsy! www.youngrembrandts.com/metrovancouver

Room 101	Young Rembrandts
Jul 29-Aug 2 M-F	9:00AM-12:00PM
\$185/5 classes	224540



Anime Cartoon Drawing Camp (6-12yrs)

Come explore the world of Anime with Young Rembrandts! We will spend the first four days learning about and drawing cartoons in the Anime style. We will learn to create our own original Anime characters. We will use a variety of facial expressions and action and movement to illustrate our scenes. On the final day, we will pull from what we already learned to draw a large comic book type scene in the Anime style! www.youngrembrandts.com/metrovancouver

Room 101	Young Rembrandts
Jul 29-Aug 2 M-F	12:30PM-3:30PM
\$185/5 classes	224541



Arts In Motion Camp (6-11yrs)

Join us for a one week, full day program, rich with creativity and fun. Children will be exploring their musical, artistic and active sides. Through the week, participants will be engaged in singing, playing, movement, creating & self expression via different activities: Group Ukulele, Basket Beat (creating rhythms with balls), Art Time (hands-on activities making art through various mediums - will be able to take home things they make) & Drum Time (a fusion of movement, singing, African drumming & Taiko drumming.) On the last day of camp, there will be a performance showcasing all the things they have learnt and done during the week. Each day, please bring a lunch and healthy snacks, pillow, blanket and yoga mat. The yoga mat can be borrowed from the centre if you do not have one, but for hygiene reasons, please bring the other items.

No class Aug 5

Room 101	Musical Expressions
Aug 6-Aug 9 Tu-F	9:30AM-3:30PM
\$305/4 classes	220568

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.

Room 211	Kelly Jimenez
Jul 7-Aug 4 Su	11:00AM-12:15PM
\$70/5 classes	224542

Art And You Camp (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.

Room 211	Kelly Jimenez
Jul 8-Jul 12 M-F	9:45AM-11:00AM
\$70/5 classes	224543
Jul 15-Jul 19 M-F	9:45AM-11:00AM
\$70/5 classes	224544
Jul 29-Aug 2 M-F	9:45AM-11:00AM
\$70/5 classes	224546

CHILDREN'S PROGRAMS

Dance

Ballet (5-7yrs)

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 fee: \$8.00.

No class Aug 5.

Room 205	Espirito Santo Mauricio
Jul 8-Aug 19 M	3:45PM-4:30PM
\$37.20/6 classes	227328

Pre Ballet, Level 1 (4-6yrs)

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

Space Permitting Drop-In fees: \$8.00.

No class Aug 5.

Room 205	Espirito Santo Mauricio
Jul 8-Aug 19 M	4:30PM-5:15PM
\$37.20/6 classes	227329

Hip Hop (6-9yrs)

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 on the last day.

No class Aug 5.

Room 205	Espirito Santo Mauricio
Jul 8-Aug 19 M	5:15PM-6:00PM
\$37.2/6 classes	227330

Yoga for Kids Camp (6-12yrs)

Attention to breath, alignment and the calm and meditative state of yoga. Class will begin with meditation followed by a sequence of postures and ending with relaxation. Children will come away relaxed, peaceful, strong and flexible. A showing of 10 minute yoga sequence on the last day of class.

Space permitting drop-in fee: \$8.00.

Room 201	Espirito Santo Mauricio
Jul 29-Aug 2 M-F	11:30AM-12:30PM
\$37.20/5 classes	227335
Aug 12-Aug 16 M-F	11:00AM-12:00PM
\$37.20/5 classes	227334

Ballet Camp (5-7yrs)

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 fee: \$8.00.

Room 201	Espirito Santo Mauricio
(5-7yrs)	
Jul 29-Aug 2 M-F	9:30AM-10:30AM
\$35/5 classes	227331
(8-11yrs)	
Jul 29-Aug 2 M-F	10:30AM-11:30AM
\$35/5 classes	227332

Hip Hop Breakers (6-10yrs)

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

Space permitting drop-in fee: \$8.00.

Room 205	Endorphin Rush Dance And Fitness
Jul 6-Aug 24 Sa	1:45PM-2:30PM
\$60/8 classes	224520

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. www.

KirbySnellDance.com

Space permitting drop-in fee: \$8.00

Room 205	Endorphin Rush Dance And Fitness
Jul 6-Aug 24 Sa	12:15PM-1:15PM
\$72/8 classes	224519

Dance Extreme Camp (7-12yrs)

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.

Room 201	Endorphin Rush Dance And Fitness
Jul 8-Jul 12 M-F	2:00PM-3:00PM
\$50/5 classes	224500
Jul 22-Jul 26 M-F	2:00PM-3:00PM
\$50/5 classes	224513

No class Aug 5.

Aug 6-Aug 9 Tu-F	2:00PM-3:00PM
\$40/4 classes	224514
Aug 26-Aug 30 M-F	2:00PM-3:00PM
\$50/5 classes	224515



Have a Birthday Party by the Pool!

See page 26 for details...

Cooking

Cooking Fun Camp (6-11yrs)

A great introduction for aspiring chefs! During this camp, we will prepare two dishes each day: a meal and a desert. During cooking time, we will go outside in the playground to build up our appetite and play! 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.

Preschool 1	Mimi Lanot & Cindy Cheang
Jul 13-Jul 20 Sa	12:00PM-3:00PM
\$66/2 classes	226012
Aug 10-Aug 17 Sa	12:00PM-3:00PM
\$66/2 classes	226013

Educational

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.

Preschool 1	Community Care First Aid
Jul 21 Su	9:00AM-5:00PM
\$62/1 class	227987
Aug 25 Su	9:00AM-5:00PM
\$62/1 class	227988



Secret Agent Lab Camp (6-12yrs)

Enter the mysterious and multifaceted world of Secret Agent Lab. Come discover detection - use decoding skills to analyze evidence and become a mystery solver. Have fun with case-breaking science!

Room 211	Mad Science
Jul 22-Jul 26 M-F	9:00 AM-12:00 PM
\$175/5 classes	224545

Chemical, Cells and Crime Camp (6-12yrs)

Become a Mad Science Investigator! Campers will use forensic science to track down an elusive ice cream thief. Step into a chemist's shoes, mix and dissolve a variety of everyday ingredients to create amazing exothermic and endothermic reactions. Learn the basics of the code of life, and make a model of a cell including the organelles studied. Explore fundamental "nuts and bolts" of chemistry, starting with the principle of "chemically counting".

Room 211	Mad Science
Aug 19-Aug 23 M-F	9:00 AM-12:00 PM
\$165/5 classes	227253

Learning with Magic (6-12yrs)

Want to be a magician? Learn to perform magic tricks, illusions, and basic sleight of hand. Make your own illusions and amaze your family and friends with your new performance and storytelling skills. Props are provided and included in the class fee.

Room 101	Caroline Dyck
Jul 15-Jul 19 M-F	9:00AM-12:00PM
\$210/5 classes	227263
Room 211	
Jul 22-Jul 25 M-Th	1:00PM-4:00PM
\$168/4 classes	227264

Chess for Kids Camp (6-13yrs)

Vancouver Chess School provides professional chess educational program to students from beginners to advanced tournament players. We believe that in the process of learning, playing and competing in chess, children learn the valuable skills of concentration, abstract reasoning, and rational problem-solving, while tapping into their creativity and originality. Chess lessons using electronic presentations and videos, chess tournaments in a variety of fun formats, chess puzzle exercises, game analysis, and chess simultaneous exhibitions. The best part is that the children have fun while learning these lessons www.vanchess.ca. Bring a lunch and snacks each day.

Multipurpose Room 201	Vancouver Chess School
Jul 15-Jul 19 M-F	9:00AM-3:00PM
\$250/5 classes	224547
Multipurpose Room 211	
Aug 12-Aug 16 M-F	9:00AM-3:00PM
\$250/5 classes	224548

Dolphin Kids: "I CAN DO IT!" (6-9 yrs) **NEW!**

Dolphin Kids Our brains are hardwired to be resilient, connected, and adapt to achieve our very best! In this program, students will learn:

- Deep breathing, mindfulness, and attention tools that build a positive "I CAN DO IT!" mindset
- Leadership, bonding, and relationship skills through team-building games and collaboration activities
- How to overcome failure, be comfortable with mistakes, and innovate despite setbacks
- The importance of contribution as a powerful motivator and how to create and participate in a community contribution project!

Leave this program with the tools for self-motivation and adaptability in our ever-changing world!

No class July 1.

Room 101	Dolphin Kids
Jul 2-5 Tu-F	9:00AM-12:00PM
\$140/4 sess	230082

CHILDREN'S PROGRAMS

Brick Critters (5-10yrs)

It's a zoo in here! Build various critters including buzzing bees, fluttering butterflies and more. Students will love these moving models that celebrate the wonders of the animal kingdom. All campers go home with a customized Minifigure.

Room 101 Bricks 4 Kidz Vancouver
Jul 8-Jul 12 M-F 9:00AM-12:00PM
\$175/5 classes 227283

Water Water Everywhere (5-10yrs)

Set Sail with LEGO and discover the Maritime World! Our master builders will be exploring the sea, cruising on sailboat models and stopping around the globe to learn about sea critters. All campers go home with a customized Minifigure.

Room 101 Bricks 4 Kidz Vancouver
Jul 8-Jul 12 M-F 1:00PM-4:00PM
\$175/5 classes 227284

Superhero Academy (5-10yrs)

It's a bird! It's a plane! It's...Learn the art of the Superhero at Superhero Academy! Join the Avengers as they conquer evil. All go home with a custom made Minifigure.

Room 201 Bricks 4 Kidz Vancouver
Aug 19-Aug 23 M-F 9:00AM-12:00PM
\$175/5 classes 227286

Jurassic Brick Land (5-10yrs)

Put on your hiking boots and camouflage...you're about to enter Jurassic Brick Land! We'll learn about animals that roamed the earth and swam the seas during the Jurassic period. All campers go home with a customized Minifigure.

Room 201 Bricks 4 Kidz Vancouver
Aug 19-Aug 23 M-F 1:00PM-4:00PM
\$175/5 classes 227285



Video Game Design Jr. (6-8yrs)

Create your own video game! 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 also includes time to create, play and analyze games.

Location TBA UME Academy
Jul 15-Jul 19 M-F 9:00AM-12:00PM
\$150/5 classes 227325
Room 101 UME Academy
Aug 12-Aug 16 M-F 9:00AM-12:00PM
\$150/5 classes 227326

Video Game Design (9-13yrs)

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.

Room 101 UME Academy
Jul 15-Jul 19 M-F 1:00PM-4:00PM
\$150/5 classes 227327



Byte Camp - 2D Video Game Design (11-15yrs)

Learn how to build an HTML5 game from the ground up using awesome free tools. This is a coding camp, so be prepared to challenge yourself and learn some new skills. Time will be spent learning how to create advanced 2D vector artwork and animated character sprites to make your game look great. The final project is a game you can take home on USB or proudly share with friends online. No previous experience is required however Byte Camp's Introduction to Coding is recommended. Please bring a lunch, water and snacks each day. Dress for the weather as breaks may be taken outdoors.

Room 101 Byte Camp
Aug 19-Aug 23 M-F 9:00AM-3:00PM
\$260/5 classes 222498

Byte Camp - Claymation Movie Production (9-13yrs)

Make your own clay characters come to life, just like Shaun the Sheep! Participants will work with a partner to build their own clay characters, sets and props; develop their own script; shoot their movie scenes; and then learn to edit and add sounds and special effects to complete the whole project. Don't worry parents, there will be plenty of time devoted to outdoor games and activities! Please bring a lunch, water and snacks each day. Dress for the weather as breaks may be taken outdoors.

Room 101 Byte Camp
Aug 26-Aug 30 M-F 9:00AM-3:00PM
\$260/5 classes 222492

Visit our Preteen section for more!

See page 21

Lights, Camera, Action! Movie Making Camp (7-13yrs)

Dreaming of being a broadcaster or movie star? Join the Lights, Camera, Action program!!! We will explore aspects of broadcasting as well as go from "silent to action movies". Kids will learn all the skills in becoming a reporter, actor, producer, director, and cameraperson while filming with Mac Book computers, iPads and HD/ digital cameras. We use green screen, microphones, props, makeup etc. Students are hands on during the whole production. Professional touch for completing the production will be offset done by Bluetooth for the final showcase. The program is not only creative but includes lots of fun during the indoor and outdoor breaks. Everyone will take home a USB from the production. Be a part of the best acting program! Children should bring snacks (nut free please), water and a lunch.

No class Aug 5.

Room 211
Aug 6-Aug 9 Tu-F
\$210/4 classes

Nadia Dimitrow, AVC
9:30AM-3:30PM
222485

Cartooning and Animation Camp (7-13yrs)

Cartooning & Animation is a well-established program of AVC. We are offering a NEWLY designed high-tech format involving iPads, stands, and iMacs - ground breaking technology which bridges real and digital realms. This program is designed for young animators who are keen to learn Disney's way of hand drawing in sequence following their favorite animated movies. Students are hands on in every aspect to bring their cartoons to life. They will create their own short animation and edit their clips with sounds, music, voice over, special effects. Once the project is complete, it will be posted online as well as handed out on USB. This program also will involve lots of fun and games outside during filming breaks. Please bring a nut-free snack.

Room 211
Aug 26-Aug 30 M-F
\$170/5 classes

Nadia Dimitrow, AVC
9:15AM-12:15PM
222482

Claymation Animation Camp (7-13yrs)

AVC is the premiere animation company with awards in film festivals with children's production. We are offering a NEWLY designed high-tech format involving - iPads, stands, and iMacs - ground breaking technology which bridges real and digital realms. A professional team will instruct and guide the students in their own creations. They will explore the amazing world of animation in sculpting background, stage and characters using plasticine! Students are hands on in every aspect to bring their cartoons to life. They will create their own short films and edit their clips with sounds, music, voice over, special effects etc. Once the project is complete, it will be posted online as well as handed out on USB. This program also will involve lots of fun and games outside during filming breaks. Please bring a nut-free snack.

Room 211
Aug 26-Aug 30 M-F
\$170/5 classes

Nadia Dimitrow, AVC
12:45PM-3:45PM
222483



Bobolink & Norquay Park Playground

Bobolink Park Playground Hours * wading pool

Monday-Friday 10:00am-5:00pm July 2-Aug 26

Norquay Park Playground Hours

Sunday-Saturday 11:00am-6:00pm July 2-Aug 17

Playground staff is on site to organize games and crafts with the wading pool open. The monthly daily activity calendar will be available in late June. *Closed July 1 & Aug 5.*

CHILDREN'S PROGRAMS

Music

Piano Private Lessons (6-99yrs)

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.

Room 201	Musical Expressions
<i>Set 1</i>	
Jul 4-Jul 25 Th	4:00PM-4:30PM \$92/4 classes 224532
Jul 4-Jul 25 Th	4:30PM-5:00PM \$92/4 classes 224533
Jul 4-Jul 25 Th	5:00PM-5:30PM \$92/4 classes 224534
<i>Set 2</i>	
Aug 1-Aug 22 Th	4:00PM-4:30PM \$92/4 classes 230030
Aug 1-Aug 22 Th	4:30PM-5:00PM \$92/4 classes 230034
Aug 1-Aug 22 Th	5:00PM-5:30PM \$92/4 classes 230035

Piano: Grad Class I (5-12yrs)

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 Kelly Kirby 4 or equivalent. Books not included and need to be purchased from instructor at first class for approximately \$40.

No class Aug 3, Aug 4.

Room 201 Louise Papais

Level I

Jul 7-Aug 25 Su 3:00PM-4:30PM
\$143.5/7 classes [227315](#)

Level II

Jul 06-Aug 24 Sa 9:30AM-11:00AM
\$143.5/7 classes [227316](#)

Jul 07-Aug 25 Su 12:00PM-1:30PM
\$143.5/7 classes [227317](#)



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. More classes may be added on Tuesday if spaces are filled. Please place your name on the waiting list and email the instructor at Janine.oye@gmail.com Clarinet players, please bring an instrument and reeds. Leisure Access subsidy does not apply to this program.

Room 201	Janine Oye
<i>Twice Weekly</i>	
Jul 5-Aug 6 Tu/F	3:30PM-4:00PM \$270/10 classes 226007
Jul 5-Aug 6 Tu/F	4:00PM-4:30PM \$270/10 classes 226008
Jul 5-Aug 6 Tu/F	4:30PM-5:00PM \$270/10 classes 226009
Jul 5-Aug 6 Tu/F	5:00PM-5:30PM \$270/10 classes 226010

Weekly

Jul 2-Aug 6 Tu 5:30PM-6:00PM
\$135/6 classes [226005](#)

Jul 2-Aug 6 Tu 6:00PM-6:30PM
\$135/6 classes [226006](#)

Intro to Music Theory Camp (7-10yrs)

Begin music theory studies in an enjoyable group setting with a qualified instructor. New materials introduced through games, classroom interaction and written exercises. Students should already be taking lessons on their chosen instrument, although no previous theory experience is required.

Room 101	Emyr Honeybun
\$150/5 sess	
Jul 15-Jul 19 M-F	1:00PM-3:00PM 227288
Jul 22-Jul 26 M-F	9:30AM-11:30AM 227289

Sports

Badminton (6-12yrs)

Beginners 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.

2/3 Gymnasium	Derek Wong
<i>Beginner (6-8yrs)</i>	
Jul 2-Aug 20 Tu	4:15PM-5:15PM \$44/8 classes 227306
Jul 4-Aug 22 Th	4:15PM-5:15PM \$44/8 classes 227307
<i>6-8 yrs Intermediate & 9-12yrs Beginner</i>	
Jul 2-Aug 20 Tu	5:15PM-6:15PM \$44/8 classes 227308
Jul 4-Aug 22 Th	5:15PM-6:15PM \$44/8 classes 227309
<i>9-12 yrs Intermediate & Advanced</i>	
Jul 2-Aug 20 Tu	6:15PM-7:15PM \$44/8 classes 227310
Jul 4-Aug 22 Th	6:15PM-7:15PM \$44/8 classes 227311



Fun with Frisbees Camp! (8-12yrs)

Elevate Ultimate focuses on teaching values such as sportsmanship, personal accountability, and open-mindedness, through the Sport and Spirit of ultimate Frisbee. Our summer camps will focus on teaching athletes the FUNdamentals of Ultimate including throwing, catching, cutting, all through SUPER FUN GAMES! All skill levels welcome.

Off Site Location	Elevate Ultimate Academy
Jul 8-Jul 12 M-F	9:00AM-12:00PM
\$195/5 classes	227292
Jul 22-Jul 26 M-F	9:00AM-12:00PM
\$195/5 classes	227293
Jul 29-Aug 2 M-F	9:00AM-3:00PM
\$280/5 classes	227294

(Boys)

Aug 19-Aug 23 M-F	9:00AM-3:00PM
\$280/5 classes	227295

(Girls)

Aug 19-Aug 23 M-F	9:00AM-3:00PM
\$280/5 classes	227296

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.

1/3 Gym	
Jul 5-Aug 23 Fr	3:45PM-4:45:00PM
\$36/8 classes	223820

Sportball Multi-Sport (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 Aug 4.

1/3 Gymnasium	Sportball Vancouver
Jul 7-Aug 25 Su	1:00PM-2:00PM
\$126/7 classes	227302

Sportball Outdoor Soccer (5-7yrs)

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. Classes are dedicated to skills development and putting those skills to work in an exciting, non-competitive game. 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.

Off Site Location	Sportball Vancouver
Jul 4-Aug 22 Th	6:30PM-7:30PM
\$144/8 classes	227299

Sportball Multi-Sport Summer Camp (5-8yrs)

Sportball's action-packed camps introduce children to a variety of ball sports and cooperative games and activities PLUS arts and crafts, snack time, theme days and more! Class meets on the Southeast field by the oval at Kerr and 49th Ave.

Off-site	Sportball Vancouver
\$194/5 sess	
Jul 8 – Jul 12	1:00PM-4:00PM 230719
Jul 22 – Jul 26	1:00PM-4:00PM 230720
Aug 12 - Aug 16	1:00PM-4:00PM 230721

Soccer - Mini Stars Camp (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. www.starsoccercentre.com. Classes will be held on the practice grass field outside rain or shine.

Off Site Location Valentinos Dinglis

No class July 1.

Jul 2-Jul 5 Tu-F	9:00AM-12:00PM
\$94/4 classes	226841
Jul 8-Jul 12 M-F	9:00AM-12:00PM
\$115/5 classes	226844
Jul 15-Jul 19 M-F	9:00AM-12:00PM
\$115/5 classes	226846
Jul 22-Jul 26 M-F	9:00AM-12:00PM
\$115/5 classes	226848
Jul 29-Aug 2 M-F	9:00AM-12:00PM
\$115/5 classes	226849

No class Aug 5.

Aug 6-Aug 9 Tu-F	9:00AM-12:00PM
\$94/4 classes	226850
Aug 12-Aug 16 M-F	9:00AM-12:00PM
\$115/5 classes	226851
Aug 19-Aug 23 M-F	9:00AM-12:00PM
\$115/5 classes	226853
Aug 26-Aug 30 M-F	9:00AM-12:00PM
\$115/5 classes	226855

Specialty Camps

Refund Policy

- 21 days or more: full refund less \$5 admin fee.
- 8-20 days: 75% will be refunded less \$5 admin fee.
- 7 days or less: 50% will be refunded less \$5 admin fee.
- **No refunds after first day of camp.**

CHILDREN'S PROGRAMS

Martial Arts

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.*

No class Sun, Aug 4 and Sun, Aug 18.

Room 205 Vancouver Seiyu Karate
Beginner - Uniform is not required.

Jul 7-Aug 25 Su 4:00PM-4:45PM
\$48/6 classes 225994

Dojo
Blue Belt & Blue Stripe

Jul 7-Aug 25 Su 3:45PM-4:45PM
\$48/6 classes 224478

Orange Belt & Orange Stripe

Jul 7-Aug 25 Su 2:40PM-3:40PM
\$48/6 classes 224479

White Belt Level 2 and Stripe

Jul 7-Aug 25 Su 1:30PM-2:30PM
\$48/6 classes 224480

Yellow Belt to Green Belt

Jul 4-Aug 29 Th 5:10PM-6:10PM
\$72/9 classes 224481

Taekwondo (6-25yrs)

A dynamic Korean Martial Art that teaches techniques for defense and attack in addition to the development of physical and mental discipline. For students 13-18 yrs, look for the Youth 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 cost of \$60-\$70 plus GST.

Dojo Wu's Taekwondo

Green-Belt to Blue-Red

Jul 6-Aug 24 Sa 3:00PM-4:00PM
\$56/8 classes 225996

Green-Belt to Blue-Red

Jul 7-Aug 25 Su 11:00AM-12:00PM
\$56/8 classes 225997

Red to Black Belt

Jul 6-Aug 24 Sa 4:00PM-5:00PM
\$56/8 classes 225998

Red to Black Belt

Jul 7-Aug 25 Su 12:00PM-1:00PM
\$56/8 classes 225999

White to Yellow Belt

Jul 6-Aug 24 Sa 12:00PM-1:00PM
\$56/8 classes 226000

White to Yellow Belt

Jul 7-Aug 25 Su 9:00AM-10:00AM
\$56/8 classes 226001

Yellow to Green Belt

Jul 6-Aug 24 Sa 1:00PM-2:00PM
\$56/8 classes 226003

Yellow to Green Belt

Jul 7-Aug 25 Su 10:00AM-11:00AM
\$56/8 classes 226004

Traditional Kung Fu - Beginner (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 \$1 per month for the Northern Shaolin Lung Chi Cheung Association is included in the fee. Note: Class meets twice weekly, Wed and Sat. Please note that participant waiver forms must be filled out before the program starts. Forms are available from the instructor.

No Saturday classes July 6, 13.

1/3 Gymnasium Northern Shaolin Kung Fu
Beginner

Jul 3-Aug 3 W 4:15-5:30pm & Sa 10:45am-12:00pm
\$74/8 classes 224775

Intermediate

Jul 3-Aug 3 W 4:15-5:50pm & Sa 10:45am-12:15pm
\$82/8 classes 224776

Advanced

Jul 3-Aug 3 W 4:15-6:15pm & Sa 10:45am-12:30pm
\$90/8 classes 224777



Tennis

Junior Aces (6-8yrs)

Semi-weekly classes designed to provide a fun and light introduction to the game of tennis. Each session involves skills-building and mini tennis games!

Tennis Courts

Fast Break Tennis

No class July 1.

Jul 2-Jul 5 Tu-F 10:30AM-12:30PM \$80/4 classes 219962

Jul 15-Jul 19 M-F 10:30AM-12:30PM \$100/5 classes 219963

Jul 22-Jul 26 M-F 10:30AM-12:30PM \$100/5 classes 219965

No class Aug 5.

Aug 6-Aug 9 Tu-F 10:30AM-12:30PM \$80/4 classes 219966

Tween Aces (9-12yrs)

Build your tennis game! Start or continue to develop skills with an eventual progression to rally and play within the full court setting. Students will be introduced to all phases of play and basic strategy. Beginner and Intermediate levels welcome.

Tennis Courts

Fast Break

No class July 1.

Jul 2-Jul 5 Tu-F 1:15PM-3:15PM \$80/4 classes 219967

Jul 15-Jul 19 M-F 1:15PM-3:15PM \$100/5 classes 219970

Jul 22-Jul 26 M-F 1:15PM-3:15PM \$100/5 classes 219971

No class Aug 5.

Aug 6-Aug 9 Tu-F 1:15PM-3:15PM \$80/4 classes 219972

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. Consent forms must be completed before participation.

1/3 Gym
Jul 6-Aug 24 Sa 7:00PM-8:30PM *Free*

Youth Lounge - Pool Tables (9-18yrs)

Come and hang out in the Killarney Lounge! Play pool and foosball with your friends, or challenge someone else and make some new friends.

Lounge
Jul 2-Aug 30 Mo Tu We Th Fr 3:00PM-5:00PM
Free

Sports

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. Boys and girls are welcome.

1/3 Gym
Jul 3-Aug 21 We 6:15PM-7:45PM
\$38/8 classes *223828*

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.

1/3 Gymnasium Brad Kelly
Jul 8-Jul 29 M 5:00PM-6:00PM
\$55/4 classes *226883*
Aug 12-Aug 26 M 5:00PM-6:00PM
\$41.25/3 classes *226886*

Fencing - L1 Training Program (9-10yrs)

Pre-requisite: Fencing - Youth Beginners. Offered by the Tri-City Fencing Academy. After completion of a beginners program, younger students enter our L1 (9-10 yrs) training program. Students will be learning in this L1 program until they reach the age of 11, as they develop strong technical sport fencing basics. All equipment is provided.

1/3 Gymnasium Brad Kelly
Jul 8-Jul 29 M 5:00PM-6:00PM
\$55/4 classes *227238*
Aug 12-Aug 26 M 5:00PM-6:00PM
\$41.25/3 classes *227241*

Fencing - L1 Training Program (11-15yrs)

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

1/3 Gymnasium Brad Kelly
Jul 8-Jul 29 M 6:00PM-7:00PM
\$55/4 classes *227242*
Aug 12-Aug 26 M 6:00PM-7:00PM
\$41.25/3 classes *227243*

Fencing - L2 Training Program (13-19yrs)

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.

1/3 Gymnasium Brad Kelly
Jul 8-Jul 29 M 6:00PM-8:00PM
\$85/4 classes *227246*
Aug 12-Aug 26 M 6:00PM-8:00PM
\$63.75/3 classes *227249*

Bobolink & Norquay Park Playground

Bobolink Park Playground

Hours * wading pool

Monday-Friday 10:00am-5:00pm
July 2-Aug 26

Norquay Park Playground

Hours

Sunday-Saturday 11:00am-6:00pm
July 2-Aug 17

Playground staff is on site to organize games and crafts with the wading pool open. The monthly daily activity calendar will be available in late June.
Closed July 1 & Aug 5.

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.

Summer 2019 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

Free Computer Lab Times

Tu 3:00-5:00pm

Programs and activities may change during the season to gear towards the interests of youth. Please contact the Community Youth Worker for updated and detailed information as well as to give us your feedback and ideas.

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	Open	

Youth Gym Times

July 1 - September 2, 2019

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 <i>No Session Jul 1 & Aug 5</i>	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*		Let's Play Volleyball Drop-In 5:30-7:30pm 2/3 Gym
		\$1 Teen Full Gym Badminton Drop-In 4:45-6:45pm	Saturday Night Live 7:00-7:45pm 1/3 Gym
	THURSDAY		
	Pre-Teen & Teen Open 2/3 Gym 3:15-4:15pm	\$1 Teen Full Gym Volleyball Drop-In 6:45-8:45pm	\$1 Teen Full Gym Basketball Drop-In 7:45-9:45pm

**Registration is required for this program.*

Social

Youth Lounge - Pool Tables (9-18yrs)

Come and hang out in the Killarney Lounge! Play pool and foosball with your friends, or challenge someone else and make some new friends.

Lounge
Jul 2-Aug 30 Mo Tu We Th Fr 3:00PM-5:00PM
Free

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 Gym
Jul 6-Aug 24 Sa 3:15PM-5:15PM
\$72.38/8 classes 223822

Let's Play Volleyball Drop-in Program

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!

Jul 6-Aug 31 Sa 5:30PM-7:30PM
Free

Teen Badminton Drop-In (13-18 years)

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 served basis.

Drop-in fee \$1.
Gym
Jul 5-Aug 30 Fr 4:45PM-6:45PM

Teen Basketball Drop-In (13-18 years)

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 served basis.

Drop-in fee \$1.
Gym
Jul 6-Aug 31 Fr 7:45PM-9:45PM

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 fees: \$1.00.
Gym
Jul 5-Aug 30 Fr 6:45PM-8:45PM

Martial Arts

Karate for Teens-Youth Level 1 & 2

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.

Dojo
Jul 4-Aug 29 Th 6:20PM-7:20PM
\$72/9 classes 227986

Taekwondo Beginners Youth & Adult

A dynamic Korean martial art that teaches techniques for defense and attack in addition to the development of physical and mental discipline. *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 cost of \$55-\$65 plus GST.*

No class August 3.
Dojo
Jul 6-Aug 24 Sa 2:00PM-3:00PM
\$49/7 classes 227985

Ki Aikido

Our goal is to develop mind-body coordination, calmness and confidence to enhance the quality of our lives. In Ki Aikido there is no aggression, tension or competition. We work with partners to connect & flow lightly in dynamic movements. Suitable for all levels of fitness and abilities. *Try one free session anytime. LGBTQ-friendly.*

www.canadiankifederation.org. Please note that Participant Waiver forms must be filled out before the program starts. Forms are available from the instructor.

Space Permitting - Drop-in fees: \$7.14
No class Aug 3 & 17
Dojo Emily Aspinwall
Jul 6-Aug 24 Sa 10:00AM-11:45AM
\$34.50/6 classes 227244

Capoeira **Beginner** **NEW!**

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

Space Permitting - Drop-in fees: \$15
Dojo Axe Capoeira
FREE Demo Class
Jul 3 W 4:45PM-5:45PM 229847
Weekly Classes
Jul 10-Jul 31 W 4:45PM-5:45PM
\$40/4 classes 229845
Aug 7-Aug 28 W 4:45PM-5:45PM
\$40/4 classes 229846

Killarney Lounge

Killarney Billiards/Pool Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	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	Open	

Killarney Facility Rentals

Our gymnasium, multipurpose and meeting rooms are available for rent on a seasonal basis. For general inquiries email killarneyccrentals@vancouver.ca

For more information and to book on-line visit https://recreation.vancouver.ca/reserve_options



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

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

Employment Opportunities

Are you an accomplished skater with First Aid experience? Have you completed a NCCP level one coaching certification or the RFABC skate instructor certification? Do you have experience working with pre-schools, school age children, teens, adults or seniors? The Vancouver Park Board is looking for experienced, qualified candidates with proven reliability. See the Rink Programmer for further 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 5 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 groups or swim clubs.
- Diving Platform and Diving Board are only available when space permits.
- Streetwear and underwear are prohibited to be used as swimwear.
- 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 universal changing room.
- 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.**
- 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.



Summer Interim: August 26-30



SWIMFUN helps children (age 5-8) who are new or nervous about swimming to become more comfortable and confident in the water through nonstop **games with aims!**

The main objective is to work on breath control and build confidence in a **FUN** and **MOTIVATING** setting.



SWIMFIT focuses on improving your speed and endurance through technical drills and sprint sets. **Bring your water bottle because you will need it!**

Prerequisite SwimFit 1: Swim Kids 5-7
SwimFit 2: Swim Kids 8-10

KILLARNEY LEISURE POOL

Summer 2019 Pool Schedule

July 2 - August 30, 2019

Schedule is subject to change without notice

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



LAP POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY & SUNDAY	
<i>See page 26 to ensure a smooth visit to the pool!</i>		Public Swim & 3 Lanes 6:15-8:00am			<i>Please bring your own lock!</i>	Public Swim & 2 Lanes 8:00-10:00am
		AquaFit, Public Swim & 2 Lanes 8:00-9:00am				AquaFit 9:00-10:00am
Lessons & 2 Lanes 9:00am-1:00pm						Lessons & 1 Lane 10:00am-2:00pm
Wristbands are issued as a proof of admission on weekdays from 8:30am to 1:30pm and weekends from 9:30am to 2:30pm. Please wear them when using the pool.						
Public Swim & 2 Lanes 1:00-3:30pm				Public Swim & 2 Lanes 1:00- 7:30pm	Public Swim & 2 Lanes 2:00- 9:00pm	
Lessons & 2 Lanes 3:30 – 7:00pm						
Length Swim only 3:30-7:00pm (diving board or climbing wall unavailable)						
Public Swim & 2 Lanes 7:00-10:00pm	Discount Dip & 2 Lanes 7:00-10:00pm	Public Swim & 2 Lanes 7:00-10:00pm		Discount Dip & 2 Lanes 7:30-10:00pm	SLIDE TIMES Weekday 1:30-5:00pm & 7:00-9:00pm Weekend 2:30-5:00pm & 7:00-8:30pm Holiday Hours 2:30-5:30pm & 6:30-8:00pm One must be 42 inches to use the slide	
Summer Interim Schedule: August 26 - 30 Public Swim all day from 6:15am to 10:00pm						

LEISURE POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY & SUNDAY
6:15-9:00am & 1:00-10:00 pm					8:00am-10:00am
Leisure pool is closed from 9:00am-1:00pm due to swimming lessons					2:00-9:00pm

ADMISSIONS

(Fees subject to change.)

	Adult 19-64 yrs	Youth 13-18 yrs	Senior 65 yrs +	Child 5-12 yrs
Drop-in	\$6.41	\$4.48	\$4.48	\$3.20
10 visits	\$52.08	\$36.46	\$36.46	\$26.04
1 month	\$49.47	\$34.63	\$34.63	\$24.74
3 month	\$133.35	\$93.35	\$93.35	\$66.68
1 year	\$427.33	\$299.13	\$299.13	\$213.66

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./\$3.22. Minimum charge is \$6.44. Tot 4 & Under FREE. **Children Under 8** must be accompanied in the water by a guardian 16 years or over. 1 guardian for every 5 children.

Suspensions of Flexipasses: You are able to suspend your FlexiPass once in a calendar year, for a minimum of two weeks.

Holiday Schedule

**All Day
Public Swim
1:00-9:00PM**

**Canada Day
Long Weekend**

June 29-July 1

**Labour Day
Long Weekend**

August 31-September 2

JULY 21 - 27, 2019

National Drowning
Prevention Week

LIFESAVING SOCIETY

Join us for daily
lifesaving activities
and learn about
Drowning
Prevention!

KILLARNEY LEISURE POOL

Swim Lesson Information

Citywide Pool Registration:

Summer 2019: 7:00pm on Tuesday, June 25

Fall 2019: 7:00pm on Tuesday, August 27

- ✓ Online registration is the quickest way to get a spot on registration opening day.
- ✓ You can register for swimming lessons in-person or by-phone at **ANY** City of Vancouver recreation facility. For example, you can go to Champlain Heights Community Centre to register for swimming lessons offered at Killarney Leisure Pool.
- ✓ **Private and Semi-Private Registration is now available online.**

Unable to enroll in a class? Place your name on a waitlist as classes may be created based on demand and pool space.

Waitlists are called daily and enrolled on a first-come-first-serve basis.

If you are unsure of your child's level or if your child has not taken swimming lessons for more than six months, please come in for a free swim assessment during any Public Swim time before registration.



Payment:

- Payment must be made at the time of registration. Cash, Debit Card, Visa, Amex or MasterCard are accepted. Cheques will not be accepted.

Refunds:

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

Online registration:

Never registered online before?

1. Go to: recreation.vancouver.ca.
 2. Click "Sign In" or "Create an Account" to set up your profile and password before registration opens for programs.
- If you used your online account to register since Fall 2015 or to renew/purchase passes, please continue to use your account as before.

In-person registration:

On the first day of in person registration the following policy applies: Patrons are only permitted to register immediate family members residing at the same address or they may register another family if they are not registering their own family. Patrons who are a parent / guardian of children living at separate addresses are also permitted to register their children. We no longer permit the registration of additional families. **These guidelines are to provide equal opportunities for participation in our swimming programs.** Please come prepared with your preferred class dates and times, and any applicable report cards. To ensure that you get a spot in your preferred class, we strongly recommend the online system for its efficiency.

Phone registration:

We accept phone registration. Longer wait times are to be expected. An alternative is to call and register at a City of Vancouver recreation facility without a swimming pool.

For any private lesson requests, please email killarney.pool@vancouver.ca.

Killarney Leisure Pool – Summer - Swimming Lessons Information

Weekday daily	#	Start Date	End Date	PT/PS/SK5-10	SK1-4	Meet the instructor Day
Summer set 1	9	2-Jul	12-Jul	\$64.74	\$57.45	5-Jul
Summer set 2	10	15-Jul	26-Jul	\$71.50	\$63.40	19-Jul
Summer set 3	10	29-Jul	9-Aug	\$71.50	\$63.40	2-Aug
Summer set 4	10	12-Aug	23-Aug	\$71.50	\$63.40	16-Aug
Twice a week	#	Start Date	End Date	PT/PS/SK5-10	SK1-4	Meet the instructor Day
July M/W	7	3-Jul	24-Jul	\$51.22	\$45.55	17-Jul
July T/T	8	2-Jul	25-Jul	\$57.98	\$51.50	18-Jul
August M/W	8	29-Jul	21-Aug	\$57.98	\$51.50	14-Aug
August T/T	8	30-Jul	22-Aug	\$57.98	\$51.50	15-Aug
Once a week	#	Start Date	End Date	PT/PS/SK5-10	SK1-4	Meet the instructor Day
Saturday	8	6-Jul	24-Aug	\$57.98	\$51.50	3-Aug
Sunday	8	7-Jul	25-Aug	\$57.98	\$51.50	4-Aug

Private Lesson: \$30.50 per class for single student; \$20.50 per student per class for semi-private lessons

	July #	Start	End	Aug #	Start	End	Daily	#	Start	End
Monday	3	8-Jul	22-Jul	4	29-Jul	19-Aug	Set 1 week 1	4	2-Jul	5-Jul
Tuesday	4	2-Jul	23-Jul	4	30-Jul	20-Aug	Set 1 week 2	5	8-Jul	12-Jul
Wednesday	4	3-Jul	24-Jul	4	31-Jul	21-Aug	Set 2 week 1	5	15-Jul	19-Jul
Thursday	4	4-Jul	25-Jul	4	1-Aug	22-Aug	Set 2 week 2	5	22-Jul	26-Jul
Friday	4	5-Jul	26-Jul	4	2-Aug	23-Aug	Set 3 week 1	5	29-Jul	2-Aug
Saturday	4	6-Jul	27-Jul	4	3-Aug	24-Aug	Set 3 week 2	5	5-Aug	9-Aug
Sunday	4	7-Jul	28-Jul	4	4-Aug	25-Aug	Set 4 week 1	5	12-Aug	16-Aug
							Set 4 week 2	5	19-Aug	23-Aug
							Set 4 week 3	5	26-Aug	30-Aug

- **Private and Semi-Private Registration is available online**

- Please note that **Shallow Water** classes are held in the **Leisure Pool** (15m long and 1.2m deep) due to limited pool space. It is best suited for all **Preschool levels to Swim Kids 3 or Adult/ Teen Beginner**.
- We also offer adapted private lessons with specialized swim instruction to meet the needs of children and youth with various abilities. For additional information, please contact pool supervisor at killarney.pool@vancouver.ca.

🌟 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.

🌟 CPR- C Recertification Clinic

In this 4 hour recertification clinic, candidates will review:

- Principles of first aid • Use of barrier devices and how to call EMS • Adult, child and infant CPR skills and AED use • 2 rescuer CPR and AED procedures • Adult, child and infant conscious and unconscious choking procedures • Circulatory emergencies to include recognition and treatment of a heart attack, angina, stroke and TIA

Special Events

Sat, July 13



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! Why toss out your belongings when you can turn it into cash? Not only will you be recycling your old treasures, you can keep your home clutter free! 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 is strictly prohibited. We are now allowing for online registration, and therefore your table numbers will be assigned to you once you are registered or you can call the frontdesk at 604.718.8201 to book a table number. If you booked more than one table we will do our best to accommodate having your tables together.

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. \$18.50/Table

Early registration is highly recommended for this event. Please note that the table fee is non-refundable.

Saturday Music Live!

Join us each month in the Killarney Lobby for a musical treat!

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

Leonard & the Lab Rats

Rhythm and blues with soul quenching harmonica, sizzling guitar, solid bass and dynamic drums! The band features Leonard on harmonica, ukulele, lead vocals. Leonard's uke harp combo is distinctive and his vocals are soulful on delivery.

Lobby

Jul 6 Sa 12:00PM-2:00PM [222505](tel:222505)

Wayne Dodds

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

Lobby

Jul 27 Sa 12:00PM-2:00PM [222506](tel:222506)

Jennifer Hershman

Instrumentally inspired by the 70s, Jennifer pulls musical influence from her childhood favourites, Linda Ronstadt and Paul Simon. Traditional songs, with a modern twist, Jennifer's unique sound may just leave you awestruck. www.jenniferhershman.com

Lobby

Aug 10 Sa 12:00PM-2:00PM [222507](tel:222507)

Ear Buds Band

The Ear Buds Band is here to serve your ears with some fun Blues and Country tunes! Join us in the Lobby for this musical treat and be taken to a different place.

Lobby

Aug 24 Sa 12:00PM-2:00PM [222508](tel:222508)

Workshops

Hearing Health Workshop & Screening

Covering topics on: What is Audiology? Causes of Hearing Loss; the anatomy and biology of hearing loss; social and physical effects of hearing loss; tinnitus; which hearing aids are right for me? Following the workshop, free hearing screening will take place.

Seniors MPR 151

Jul 3 W 1:00PM-3:00PM 227788

Fraserview Flashback

Phil Hietanen's artful childhood photos provide a candid look inside Canada's largest government housing project. The 1,100 homes spread across 450 acres were built for WW II veterans and their families. How did things turn out? Hietanen's arresting images tell the story. The photographer will be on hand to answer questions after South Van historian Rob Howatson provides the commentary.

Seniors MPR 151

Aug 11 Su 11:00AM-1:00PM 227878

Strawberry Flowers Watercolours

This workshop depicts a small grouping of wild strawberry flowers set below a rock outcropping. Photos, enlargements for tracing purposes will be provided, including supplies for those not wishing to use their own.

Pool MPR

Jul 6 Sa 8:45AM-3:45PM
\$45/1 class 228240



Art Sampler with Naomi Topuzoglu

CC Room 211

Acrylic Painting

Finding Passion and Excitement In Acrylic Painting. A workshop for artists who have worked with acrylics for years or beginners that have always wanted to paint with feeling and enjoyment. I'm excited to be teaching this course about finding your passion. *Each student gets to take home a painted canvas.*

Jul 2 Tu 12:30PM-2:30PM

\$35/Workshop includes all materials 228516

Fundamentals in Drawing

Drawing Fundamentals and Techniques. This workshop is about refining abilities and building understanding of different drawing materials and equipment. *All levels welcome.*

Jul 9 Tu 12:30PM-2:30PM

\$32/Workshop includes all materials 228518

Creating Your Art Journal with Multi-Media

Combining Writing and Artwork into a Personal Art Journal. Create your own inspirational story, or add notes from families and friends. Doodle, draw, paint, stamp and collage pages in your art journal. *All levels welcome.*

Jul 30 Tu 12:30PM-2:30PM

\$38/Workshop includes all materials 228519

Art Journal & Card Making

Making Inspirational Unique Cards. Taking Art Journaling to the next level with unique personalized greeting cards. Using the same techniques as art journaling, watercolor, pastel, acrylics and much more to create your own unique holiday cards. *All levels welcome.*

Aug 20 Tu 12:30PM-2:30PM

\$38/Workshop includes all materials 228520

Strength Training Sampler

with Bonnie McCoy

Seniors MPR 251/252

\$12/workshop

Body Sculpting with Bands

Resistance bands are a portable and affordable way to fit in a head-to-toe strength training session anytime, anywhere! In this workshop, you will learn how to safely and effectively strengthen all major muscles groups using resistance bands. *You will also leave with sample exercises to try at home!*

Aug 12 M 9:15AM-10:15AM 227730

Circuit Training

To improve and maintain muscular, bone, joint and functional health, regular resistance training is recommended for older adults. This circuit training class is designed for older adults who want to improve their muscular and functional strength, cardio, flexibility and balance/coordination.

Aug 19 M 9:15AM-10:15AM 227733

LIFT: Low Intensity Functional Training

A circuit training program blending advanced functional exercises with walking techniques & dynamic balance activities that aim to increase the strength of anti-gravity muscles, improve balance and functional stability.

Aug 26 M 9:15AM-10:15AM 227751

HARVESTERS NEEDED!

We are currently looking for volunteers to harvest our vegetable garden on a monthly basis. All harvested produce will be integrated into the Killarney Seniors Centre Lunch Program. Daily watering volunteers are also needed. For more information or to volunteer, please contact Cindy at 604-718-8206 or cindy.gulbransen@vancouver.ca.

Adult Programs

Computer Information

All participants under 55yrs cannot register until two weeks prior to the start date. All courses taught in English

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.

CC Room 203		
Jul 25 Th	6:00PM-8:00PM	226959
CC Room 211		
Aug 29 Th	6:00PM-8:00PM	226960
Adults	\$19.05/1 workshop	
Seniors	\$16.19/1 workshop	

Art & Culture

Writing Class **NEW!**

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		
Jul 4-Aug 29 Th	1:00PM-3:00PM	226958
		\$4.76/season

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.

CC Room 211		Guoxin Lin
Jul 3-Jul 31 W	1:00PM-3:00PM	227025
		\$41.65/5 classes
CC Room 202		Guoxin Lin
Jul 2-Aug 27 Tu	1:00PM-3:00PM	227026
		\$75/9 classes

Art Therapy

This class is specifically designed for individuals with developmental disabilities to use for self-expression, emotional healing, and to enhance creativity and flexibility during free art making time. Mary will guide the participants towards these goals as well as help them to socialize and try new materials. All materials are supplied including paint, markers, clay and collage material. Space is limited. Please contact Mary Stanwood at 604-781-5489 to see if this class is suitable for you.

No class Aug 9		
Drop-in fee:	\$19.05	
CC Room 211		Mary Stanwood
Jul 12-Aug 23 F	12:30PM-2:00PM	224027

See Health & Wellness pages 35-37 for more programs

Voice Training **NEW!**

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.

CC Room 203		Sze Lok Wong
Jul 2-Aug 13 Tu		9:30AM-10:25AM
		\$63/7 classes
Jul 2-Aug 13 Tu		10:30AM-11:25AM
		\$63/7 classes
Jul 2-Aug 13 Tu		11:30AM-12:25PM
		\$63/7 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

CC Room 201		Musical Expressions
Jul 4-Jul 25 Th	5:30PM-6:00PM	224535
	6:00PM-6:30PM	224536
	6:30PM-7:00PM	224537
	7:00PM-7:30PM	224538
	7:30PM-8:00PM	224539
Aug 1-Aug 22 Th	5:30PM-6:00PM	230036
	6:00PM-6:30PM	230037
	6:30PM-7:00PM	230038
	7:00PM-7:30PM	230039
	7:30PM-8:00PM	230040

\$100/4 classes

Martial Arts

Capoeira *Beginner* **NEW!**

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

Space Permitting - Drop-in fees: \$19.05

Dojo	Axe Capoeira	
<i>FREE Demo Class</i>		
Jul 3 W	6:00PM-7:00PM	227650
<i>Weekly Classes</i>		
Jul 10-Jul 31 W	6:00PM-7:00PM	
\$52/4 classes		227651
Aug 7-Aug 28 W	6:00PM-7:00PM	
\$52/4 classes		227653

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, Northern Shaolin Style Kung Fu, Shao Lin Fan, Dragon Style Sword and self-defense. Improve physical and mental strength, develop self-confidence and discipline. *Class fee includes \$1/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 classes Jul 13

1/3 Gym	Marquis Lung	
Jul 6-Aug 3 Sa	9:00AM-10:45AM	
\$42/4 classes		226193

Practice Tai Chi

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

Drop-in fees: Members \$3.14

CC Room 205	Master Chen	
<i>Beginners</i>		
Jul 5-Aug 30 F	12:00PM-1:15PM	225939
<i>Intermediate</i>		
Jul 5-Aug 30 F	10:45AM-12:00PM	225940
\$12.62/10 visit card		

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.*

CC Room 20	KSTCHS	
Jul 3-Aug 28 M W	9:00AM-12:30PM	
\$32/season		227219

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.*

CC Room 203	KSTCHS	
Jul 4-Aug 29 Th	9:00AM-10:30AM	
\$18/season		227222

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.*

CC Room 203	KSTCHS	
Jul 5-Aug 30 F	9:00AM-11:30AM	
\$36/season		227224

Ki Aikido

Our goal is to develop mind-body coordination, calmness and confidence to enhance the quality of our lives. In Ki Aikido there is no aggression, tension or competition. We work with partners to connect & flow lightly in dynamic movements. Suitable for all levels of fitness and abilities. *Try one free session anytime. LGBTQ-friendly. www.canadiankifederation.org. Please note that Participant Waiver forms must be filled out before the program starts. Forms are available from the instructor.*

Space Permitting - Drop-in fees: \$7.14

No class Aug 3 & 17

Dojo	Emily Aspinwall	
Jul 6-Aug 24 Sa	10:00AM-11:45AM	
\$34.50/6 classes		227244

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.*

No class Aug 6

Dojo	Vancouver Seiyu Karate	
Jul 2-Aug 27 Tu	7:30PM-9:00PM	
\$78.10/8 classes		227237

Sports & Fitness

Relax & Stretch Mat Class

Loosen up your mind and body for a better sleep and restore energy for the next day. This class includes a full body relaxation and stretch using yoga techniques and muscle conditioning with props. *You will be amazed how much your mind and body needed it!*

Space Permitting - Drop-in fees: \$7.38

CC Room 205	Keiko Murakami	
<i>Set 1</i>		
Jul 11-Aug 1 Th	8:30PM-9:30PM	
\$25.80/4 classes		227215
<i>Set 2</i>		
Aug 8-Aug 29 Th	8:30PM-9:30PM	
\$25.80/4 classes		227217

ADULT PROGRAMS

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

CC Room 205 Roslyn Bauyon

FREE Demo Classes

Jul 2 Tu 7:15PM-8:15PM 227225

Jul 4 Th 7:15PM-8:15PM 227226

Set 1

Jul 9-Jul 30 Tu 7:15PM-8:15PM

\$22/4 classes 227227

Jul 11-Aug 1 Th 7:15PM-8:15PM

\$22/4 classes 227430

Set 2

Aug 6-Aug 27 Tu 7:15PM-8:15PM

\$22/4 classes 227229

Aug 9-Aug 29 Th 7:15PM-8:15PM

\$22/4 classes 227431

Cross Crazee Bootcamp

Do you want to get fit, stay fit, improve your game and make friends along the way? This program contains compound exercises, plyometrics, explosive moves and much more...*it's the best way to feel fit and strong!*

No class Aug 5

Space Permitting - Drop-in fees: \$7.14

CC Room 205 Zlata Lopresti

FREE Demo Class

Jul 8 M 7:30PM-8:30PM 227206

Weekly Classes

Jul 15-Aug 26 M 7:30PM-8:30PM

\$38.58/6 classes 227207

Badminton Court Rental

We have two courts available on Mondays, with an eight player maximum per court. Birdies and racquets are not available. *Players are responsible for set up and take down of equipment. All rentals are on a per court basis. On-line Registration is now available or call 604-718-8201 to book your court.*

No court rental July 22, 29 & Aug 5

2/3 Gym

Jul 8-Aug 26 M 7:15PM-9:15PM

\$9.76/1hour court

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.*

Space Permitting - Seniors Drop-in fee: \$3.10

Adult Drop-in fee: \$4.05

Full Gym

Jul 3-Aug 28 W 9:00AM-12:00PM 227191

Adults \$32.15/9 classes

Seniors \$23.58/9 classes

Badminton Lessons *All Levels*

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

2/3 Gym Derek Wong

Jul 2-Aug 27 Tu 11:00AM-12:30PM 227193

Adults \$64.29/9 classes

Seniors \$57.86/9 classes

Jul 4-Aug 29 Th 9:00AM-10:30AM 227195

Adults \$64.29/9 classes

Seniors \$57.86/9 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 Gym

Danny Ho

Jul 3-Aug 28 W 6:00PM-9:00PM

Jul 4-Aug 29 Th 11:15AM-2:15PM

Jul 7-Sep 1 Su 1:45PM-4:45PM

\$26.43/10 visit card 227203

Adult Recreational Badminton & Basketball 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

Full Gym

Jul 4-Aug 29 Th 7:30PM-9:30PM

\$32.15/9 sessions 227233

Basketball

Come on out and shoot some hoops! We play five-on-five in a FULL court gym. Maximum 15 players per sessions.

Full Gym

Jul 2-Aug 27 Tu 7:45PM-9:15PM

\$31.50/9 sessions 227234



Adults & Seniors Health & Wellness Programs

Dance

Afro-Brazilian Dance **NEW!**

We offer a wide range of popular Brazilian and Afro-Brazilian dance classes, from samba to folkloric northeastern Brazilian dance. These classes encompass the full flavour of Brazil and will keep anyone engaged and challenged, regardless of level or expertise.

Space Permitting - Drop-in fees:

Adults \$19.05 Seniors \$17.15

Seniors MPR 251/252

Axe Capoeira

FREE Demo Class

Jul 3 W 7:15PM-8:15PM 227660

Weekly Classes

Jul 10-Jul 31 W 7:15PM-8:15PM 227661

Adults \$52/4 classes

Seniors \$44/4 classes

Aug 7-Aug 28 W 7:15PM-8:15PM 227663

Adults \$52/4 classes

Seniors \$44/4 classes

Senior & Adult 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.

Drop-in fees: \$3.33

CC Room 205

May Leung

Jul 2-Aug 30 Tu Th F 2:00PM-4:00PM

Jul 6-Aug 31 Sa 3:00PM-5:00PM

\$19.05/10 visit card

224013

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:

Adults \$6.43 Seniors \$5.48

CC Room 205

Irina Prodan

Jul 11-Aug 15 Th 11:00AM-12:15PM 226951

Adults \$32.86/6 classes

Seniors \$27.14/6 classes

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:

Adults \$11.43 Seniors \$9.53

Seniors MPR 215/252

Eastside Hips

Set 1

Jul 9-Jul 30 Tu 7:30PM-8:45PM 227212

Adult \$38.10/4 classes

Senior \$30.48/4 classes

Set 2

Aug 6-Aug 27 Tu 7:30PM-8:45PM 227214

Adult \$38.10/4 classes

Senior \$30.48/4 classes

Brazilian Swag Dance **NEW!**

Brazilian Swag class is a program that explores the Brazilian culture through dance. This class is an hour long, which begins with a stretch, followed by a warm-up, a breakdown of the basic steps and a short choreography that is presented at the end of the class by all students. You will learn new rhythms and diving into the Brazilian culture. Classes are all levels where you can expect to push your limits and gain physical strength.

Space Permitting - Drop-in fees:

Adults \$10 Seniors \$8

Seniors MPR 151/152

Lelsey Maranhao

FREE Demo Class

Jul 3 W 5:45PM-6:45PM 228043

Weekly Class

Jul 17-Aug 21 W 5:45PM-6:45PM 227462

Adults \$69/8 classes

Seniors \$48/8 classes

Brain Training Cognicise **NEW!**

Did you know that Mild Cognitive Impairment could start as early as age 40? It is best to start training your brain at an early age. This class focuses on dual task training, physical exercise and cognitive function. You're body and brain will be vividly led towards an active FUN-ctional workout! Instructor Keiko has been working with Alzheimer Society of B.C. and she is a Coordinator of Vancouver Brain Injury Association Northshore location.

Seniors Meeting Room 260

Keiko Murakami

Jul 2-Jul 23 Tu 12:30PM-1:45PM 230048

Aug 3-Aug 27 Tu 12:30PM-1:45PM 230050

Adults \$36/4 classes

Seniors \$32/4 classes



HEALTH & WELLNESS PROGRAMS

Yoga & Pilates

Yoga & Meditation

This is a hybrid class of meditation and yoga, suitable for all levels of experience and beginner friendly. The class will begin with a series of hatha yoga postures that will stretch and open the body, focusing on breathe and mindful movement. The class will conclude with simple breathing exercises and a seated meditation. A gentle but powerful practice to relax the body, and calm the mind.

Space Permitting - Drop-in Fees:

Adult \$10.48 Seniors \$8.57

Seniors MPR 215/252	Ravi Seth
Jul 7-Aug 25 Su	9:15AM-10:30AM 227235
Adults	\$80/8 classes
Seniors	\$64/8 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 Aug 5

Space Permitting - Drop-in fees: Adults \$10, Seniors \$8

Seniors MPR 251/252	Maria Wolanski
Jul 8-Aug 26 M	6:00PM-7:00PM 229849
Adults	\$56/7 classes
Seniors	\$42/7 classes

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 Jul 20 & Aug 10

Space Permitting - Drop-in fees:

Adults \$10.48 Seniors \$8.57

Seniors MPR 215/252	Maria Wolanski
Jul 13-Aug 17 Sa	9:00AM-10:15AM 227211
Adults	\$40/4 classes
Seniors	\$32/4 classes

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:

Adults \$10 Seniors \$9

CC Room 205	Keiko Murakami
Jul 2-Jul 23 Tu	11:15AM-12:15PM 227209
Aug 6-Aug 27 Tu	11:15AM-12:15PM 229820
Adults	\$36/4 classes
Seniors	\$32/4 classes

Pilates

Enhance postural alignment, coordination and flexibility with mat exercises suitable for all levels. *Develop your core strength, tone your entire body and finish the class feeling refreshed and energized.*

Space Permitting - Drop-in fees:

Adults \$8.57 Seniors \$7.38

Seniors MPR 215/252	Candida Almeida
Jul 17-Aug 28 W	6:15PM-7:15PM 227230
Adults	\$52.50/7 classes
Seniors	\$43.75/7 classes

Fitness

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 Apr 19

Space Permitting - Drop-in fees:

Adults \$4.57 Seniors \$3.45

Seniors MPR 215/252	Roslyn Bauyon
Jul 5-Aug 30 F	10:30AM-11:30AM 227239
Adults	\$36/9 classes
Seniors	\$27/9 classes
Jul 8-Aug 26 M NEW!	10:30AM-11:30AM 227240
Adults	\$28/7 classes
Seniors	\$21/7 classes

Zumba Gold Chair **NEW!**

Designed to suit the needs of the active older participant in a comfortable sitting workout who are those starting their journey to a fit and healthy lifestyle. The Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere.

Space Permitting - Drop-in fees:

Adults \$4.57 Seniors \$3.45

Seniors MPR 215/252	Roslyn Bauyon
FREE Demo Class	
Jul 5 F	11:45AM-12:45PM 227581
Weekly Class	
Jul 12-Aug 30 F	11:45AM-12:45PM 227582
Adults	\$32/8 classes
Seniors	\$24/8 classes



HEALTH & WELLNESS PROGRAMS

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.*

Drop-in fees: *Adults* \$4.57 *Seniors* \$3.43

Seniors MPR 251/252 Leah Tom
 Jul 3-Aug 28 W 10:30AM-11:30AM 227250
Adults \$36/9 classes
Seniors \$27/9 classes

Pathways 2 Health for Adults & Seniors (P2H)

(Formally known as the Killarney Stroke Recovery Group)

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 Bonnie McCoy
 Jul 2-Aug 27 Tu 9:30AM-12:00PM
 \$20/annual Sept-Aug 227245
P2H Workshop
 \$1.90/P2H Members, \$4.76/P2H Non-Members
 Jul 16 Tu Floor Curling 227247
 11:00AM-12:00PM
 Aug 20 Tu Brain Games Bonaza
 11:00AM-12:00PM 227248

Walking Soccer **NEW!**

The concept of walking Soccer may be 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.

2/3 GYM BCRPA
FREE Demo Classes
 Aug 16-Aug 30 F 11:15AM-12:15PM 227620

SENIOR'S SPECIAL EVENTS

Seniors Lunch Program

*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.*

No Lunch Jul 1 & Aug 5

Seniors Grand Hall Chef Julie So
 \$5.71/lunch

This is a drop-in program. Purchase your tickets on the day of the Lunch between 11:15AM-12:45PM. Pick up a Senior Lunch Program flyer for monthly menus.

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 8 M 11:30AM-5:00PM \$19.05/person
 Pick Up @ Killarney 217570
 Pick Up @ Hillcrest 217572



Steam Pot BBQ



Leave the sand at the beach and join us for a brimming pan of food and social fun. Diners can pick out hunks of corn, potatoes, sausages, a clam here and a shrimp there. Entertainment provided.

Grand Hall
 Aug 21 W 1st Seating
 12:00PM-2:00PM 229315
 Aug 21 W 2nd Seating
 12:30PM-2:30PM 229318
 \$19.05/person per seating

See back cover for Scooter Rodeo Info

SENIOR'S PROGRAMS

Computer Workshops

Computer Information

All participants under 55yrs cannot register until two weeks prior to the start date. All courses taught in English.

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. CC Room 203

Jul 25 Th	6:00PM-8:00PM	226959
Aug 29 Th	6:00PM-8:00PM	226960
Adults	\$19.05/1 workshop	
Seniors	\$16.19/1 workshop	

Social

Seniors Only Billiards (Pool)

If you and a partner are interested in shooting some pool, come down and ask for the equipment at the Front Desk.

No sessions Aug 5

Lounge		
Jul 5-Aug 30 M F	9:00AM-12:00PM	224017

Killarney Mandarin Speaking Group

SUCCESS and Killarney Community Centre Seniors Association 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	
Jul 5-Aug 30 F	9:00AM-11:00AM	224021

Seniors Social Gathering

(Formally known as Convivial 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 session Aug 5

Drop-in fee: \$2.86		
CC Room 205		
Jul 8-Aug 26 M	12:30PM-2:30PM	224023
\$11.43/10 visit card		

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 # 113953. *Know your limit & play within it! REGISTRATION is required for this FREE program.*

Seniors MPR 151/152		
Jul 2-Aug 27 T	1:00PM-3:30PM	227495

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 Aug 5

Seniors Lounge 253	Des Burke	
Jul 8-Aug 26 M	6:45PM-8:45PM	229848

Musical Moments

This is a mental stimulation activity for 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 free two hour weekly program will provide group singing led by experienced senior musicians. Printed traditional and contemporary songs will be provided. Dancing and other musical movements that would put music in motion will also be learned. Occasionally, seniors who play musical instruments will be invited to perform and share their talent in class. We welcome all seniors and family caregivers from various cultural backgrounds, who might be interested in singing, dancing and playing musical instruments. It will be a good opportunity for you to share songs and dances from your countries of origin, and to develop new friendship and camaraderie. *For more information, please call the Seniors Brigade Society of BC at 604-453-5885 or email seniorsbrigade@yahoo.ca.*

No session Aug 5

Seniors MPR 151/152		
Jul 8-Aug 26 M	1:30PM-3:30PM	229844

Social Bridge

Come out and enjoy a fun afternoon of Bridge. Tea and treats are sometimes provided. *Prior knowledge of Bridge is required.*

CC Room 203		
Jul 4-Aug 29 Th	1:00PM-4:00PM	222622



Art & Culture

Writing Class **NEW!**

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
Jul 4-Aug 29 Th 1:00PM-3:00PM
\$4.76/season 226958

Ballroom Dance

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

No session Aug 5
CC Room 205
Jul 2-Aug 30 M-F 6:30AM-8:45AM 222619
Jul 6-Sep 1 Sa Su 8:00AM-8:45AM

Seniors Choir

Love to sing and participate in a choir? This course will teach the basic technique in voice production and diction, and song repertoire includes classic, folk and pop. *The choir will perform at various functions at the community centre and senior homes in the future.*

Seniors MPR 151 Sze Lok Wong
Jul 5-Aug 16 F 10:00AM-11:30AM
\$35/7 classes 226599

Voice Training **NEW!**

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.

CC Room 203 Sze Lok Wong
Jul 2-Aug 13 Tu 9:30AM-10:25AM 227624
\$63/7 classes
Jul 2-Aug 13 Tu 10:30AM-11:25AM 227625
\$63/7 classes
Jul 2-Aug 13 Tu 11:30AM-12:25PM 227626
\$63/7 classes

Karaoke

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

Drop-in fees: \$3.10
CC Room 203
Jul 3-Aug 28 W 12:45PM-4:00PM 224025
\$14.29/10 visit card

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.

Seniors MPR 151/152
Jul 4-Aug 29 Th 1:30PM-4:00PM 224020

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.*

CC Room 202
Jul 5-Aug 30 F 9:00AM-1:00PM 218036

Seniors Progressive Society

This Non-profitable Mens 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 session Aug 5
CC Room 202
Jul 3-Aug 28 M W 12:00PM-3:30PM 224029

Indo Canadian Women's Group

This social group explores health and wellness activities while gaining new methods for Community Living. *Contact Resham Sandhu @ 604-430-3115 for more info.*

CC Room 202 Resham Sandhu
Jul 4-Aug 29 Th 1:00PM-3:30PM 218034

Chinese Seniors

奇蘭尼華人耆英會

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
Jul 4-Aug 29 Th 9:00AM-11:00AM 222624

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.*

CC Room 202
Jul 4-Aug 29 Th 9:00AM-12:00PM
\$4.76/season 218031

SENIOR'S PROGRAMS

Health & Wellness

Art Therapy

This class is specifically designed for individuals with developmental disabilities to use for self-expression, emotional healing, and to enhance creativity and flexibility during free art making time. Mary will guide the participants towards these goals as well as help them to socialize and try new materials. *All materials are supplied including paint, markers, clay and collage material. Space is limited. Please contact Mary Stanwood at 604-781-5489 to see if this class is suitable for you.*

No class Aug 9

Drop-in fee: \$19.05

CC Room 211 Mary Stanwood
Jul 12-Aug 23 F 12:30PM-2:00PM 224027

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 Gym

Jul 2-Aug 27 Tu 1:45PM-3:45PM
Jul 3-Aug 28 W 1:00PM-3:00PM
\$20.25/season 225934

Senior & Adult 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.*

Drop-in fees: \$3.33

CC Room 205 May Leung
Jul 2-Aug 30 Tu Th F 2:00PM-4:00PM
Jul 6-Aug 23 Sa 3:00PM-5:00PM
\$19.05/10 visit card 224013

See Health & Wellness
pages 35-37 for more programs

Luk Tung Kuen Association

世界六通拳加蘭尼分會

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 session July 1 & Aug 5

FULL Gym

Jul 2-Aug 30 M-F 6:30AM-8:45AM
Jul 6-Sep 1 Sa Su 8:00AM-8:45AM
222618

Martial Arts

Practice Tai Chi

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

Drop-in fees: Members \$3.14

CC Room 205

Master Chen

Beginners

Jul 5-Aug 30 F 12:00PM-1:15PM 225939

Intermediate

Jul 5-Aug 30 F 10:45AM-12:00PM 225940

\$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.*

CC Room 203

Jul 4-Aug 29 Th 7:30AM-8:45AM 222627

\$9.52/1 class per week/per season

Jul 2-Aug 27 Tu 7:30AM-8:45AM 222626

\$9.52/1 class per week/per season

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.*

CC Room 203

Art Lum

Jul 3-Aug 28 W 6:30AM-8:45AM 222631

\$9.52/1 class per week/per season

Jul 5-Aug 30 F 6:30AM-8:45AM 222636

\$9.52/1 class per week/per season

Jul 8-Aug 26 M 6:30AM-8:45AM 222637

\$9.52/1 class per week/per season

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.*

Space Permitting - Pole Rental fees: \$0.95

Lobby

Jul 5-Aug 30 F 9:30AM-11:15AM

\$12/pole rental/season 227204

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.

Seniors Walking Techniques Sampler

\$12/workshop

Bonnie McCoy

Health Benefits of Walking, Plus Walking Techniques & Stretching

Walking is a beneficial and healthy activity that most people find easy to do. Learn about the health benefits of walking, how to get started on a walking program, how to modify intensity levels with different walking techniques & stretches for walkers.

Seniors Lounge

Aug 12 M 10:30AM-11:30AM 230056

Polarize Your Walking Workout

Adding poles to your walking routine can increase your workload by approximately 20%. Learn how to coordinate movement with poles and experience the benefits. *Meet in the lobby, but workshop will take place outside.*

Lobby

Aug 19 M 10:30AM-11:30AM 230057

Minds in Motion *Chinese*

In partnership with the Alzheimer Society of BC, this program offers a fitness class and social program for people experiencing early stages of memory loss who may attend with a friend, family member or caregiver. *A certified fitness instructor conducts the fitness portion of the program; for the second part, a facilitator ensures participants are welcomed and assists with social interaction and involvement in activities, guided by the needs and interests of the participants.*

Seniors MPR 151/152

Jul 5-Aug 30 F 1:30PM-3:30PM

\$55.71/9 classes 225924

Seniors' Strength and 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

CC Room 205

Bonnie McCoy

Set 1

Jul 2-Jul 30 Tu 12:45PM-1:45PM

\$32.25/5 classes 227251

Set 2

Aug 6-Aug 27 Tu 12:45PM-1:45PM

\$25.8/4 classes 227254

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.

Space Permitting - Drop-in Fee: \$3.81

Seniors MPR 251/252

Bonnie McCoy

Aug 1-Aug 29 Th

1:30PM-2:30PM

\$15.50/5 classes 227252

Balance & Stability Fitness

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 restructuring 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

Jul 4-Jul 25 Th

1:30PM-2:30PM

\$14.00/4 classes 227446

Balance Challenge

This advanced level balance and stability workshop includes use of balance & gliding discs, obstacle courses with memory challenges, sequenced balance patterns, core strength, gait precision and postural awareness. Barefeet or athletic footwear may be worn during class.

Participants must have completed a previous Balance and Stability fitness class or have the instructor's permission prior to attending.

Seniors MPR 251/252

Bonnie McCoy

Aug 6-Aug 27 Tu

2:00PM-3:00PM

\$22.67/4 classes

227465

Sport

Walking Soccer **NEW!**

The concept of walking Soccer may be 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.

2/3 GYM

BCRPA

FREE Demo Classes

Aug 16-Aug 30 F 11:15AM-12:15PM 227620

SENIOR'S PROGRAMS

Strength Training Sampler

Seniors MPR 251/252 \$12/workshop

BodySculpting with Bands

Circuit Training

LIFT: Low Intensity Functional Training

Refer to page 31 for more details.

Badminton Court Rental

We have two courts available on Mondays, with an eight player maximum per court. Birdies and racquets are not available. *Players are responsible for set up and take down of equipment. All rentals are on a per court basis. On-line Registration is now available or call 604-718-8201 to book your court.*

No court rental July 22, 29 & Aug 5

2/3 Gym

Jul 8-Aug 26 M

7:15PM-9:15PM

\$9.76/1hour court

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.

Space Permitting -

Seniors Drop-in fee: \$3.10 Adult Drop-in fee: \$4.05

Full Gym

Jul 3-Aug 28 W

9:00AM-12:00PM

227191

Adults

\$32.15/9 classes

Seniors

\$23.58/9 classes

Killarney Fitness Centre Programs with Bonnie McCoy



Introduction to Weight Training for Seniors

Book up to 3 individual training sessions with our highly trained Fitness Centre staff in the Killarney Fitness Centre. In your first session, learn how to use the equipment, get a personalized fitness program, and receive a card to track your progress. At your second session, review your exercise technique and get answers to questions you may have about your program. Book a third session for additional exercises, support or motivation. Contact Bonnie McCoy at bonnie.mccoy@vancouver.ca or 604-718-8215. Free with drop-in admission or included with your pass.

Balance Tune-Up

For those concerned about balance, stability or mobility challenges, this one to one session will provide a balance assessment, home exercises and follow-up. It is designed to improve balance, stability, strength, & mobility. Please contact Bonnie in the Fitness Centre on Wednesday- Friday from 6:30am-1:30pm or by email bonnie.mccoy@vancouver.ca. Fitness Center Admission applies. Purchase an 11 Visit Card to save \$\$\$.

Drop-in fees: \$3.45/65yrs+ \$4.57/64yrs & under
Fitness Centre Bonnie McCoy

Badminton Lessons All Levels

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

2/3 Gym

Derek Wong

Jul 2-Aug 27 Tu

11:00AM-12:30PM 227193

Adults

\$64.29/9 classes

Seniors

\$57.86/9 classes

Jul 4-Aug 29 Th

9:00AM-10:30AM 227195

Adults

\$64.29/9 classes

Seniors

\$57.86/9 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 Gym

Danny Ho

Jul 3-Aug 28 W

6:00-PM-9:00PM

Jul 4-Aug 29 Th

11:15AM-2:15PM

Jul 7-Sep 1 Su

1:45PM-4:45PM

\$26.43/10 visit card

227203

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. Tea & snacks will be served.

No session Aug 5

Space Permitting - Drop-in fees: \$3

Seniors MPR 151/152

Jul 8-Aug 26 M

10:45AM-12:15PM

227153



Seniors Weekly Program Schedule

Monday

Luk Tung Kuen Association	6:30AM-8:45AM
Ballroom Dance	6:30AM-8:45AM
Killarney Seniors Tai Chi <i>Margaret Lum</i>	6:30AM-8:45AM
Billiards/Pool	9:00AM-12:00PM
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
Badminton Court Rentals	7:15PM-9:15PM

Tuesday

Luk Tung Kuen Association	6:30AM-8:45AM
Ballroom Dance	6:30AM-8:45AM
Evergreen Tai Chi <i>Master Chen</i>	7:30AM-8:45AM
Pathways 2 Health	9:30AM-12:00PM
Voice Training	9:30AM-12:25PM
Badminton Lessons <i>All Levels</i>	11:00AM-12:30PM
Chair Yoga	11:15AM-12:15PM
Strength & Stretch	12:45PM-1:45PM
Chinese Calligraphy <i>Beginner</i>	1:00PM-3:00PM
"Happy Gang" Bingo Group	1:00PM-3:30PM
Yuan Ji Dance	1:45PM-3:45PM
Balance Challenge	2:00PM-3:00PM
Social Dance	2:00PM-4:00PM
Bellydance	7:30PM-8:45PM

Wednesday

Luk Tung Kuen Association	6:30AM-8:45AM
Ballroom Dance	6:30AM-8:45AM
Killarney Seniors Tai Chi <i>Margaret Lum</i>	6:30AM-8:45AM
Badminton <i>Intermediate Play</i>	9:00AM-12:00PM
Refit Dance Workout	10:30AM-11:30AM
Seniors Progressive Society	12:30PM-3:30PM
Karaoke	12:45PM-4:00PM
Yuan Ji Dance	1:00PM-3:00PM
Chinese Calligraphy <i>Beginner</i>	1:00PM-3:00PM
Pilates	6:15PM-7:15PM
Table Tennis	6:00PM-9:00PM
Afro Brazilian Dance	7:15PM-8:15PM

Thursday

Luk Tung Kuen Association	6:30AM-8:45AM
Ballroom Dance	6:30AM-8:45AM
Evergreen Tai Chi <i>Master Chen</i>	7:30AM-8:45AM
Sewing Group	9:00AM-12:00PM
Badminton Lessons <i>All Levels</i>	9:00AM-10:30AM
Chinese Seniors	9:15AM-11:15AM
International Ballroom Dance	11:00AM-12:15PM
Table Tennis	11:15AM-2:15PM
Social Bridge	1:00PM-4:00PM
FAB Fitness/Balance & Stability	1:30PM-2:30PM
Indo Canadian Women's Group	1:00PM-3:30PM
Social Dance	2:00PM-4:00PM
Mahjong	1:30PM-4:00PM
Ask an Expert Workshops	6:00PM-8:00PM

Friday

Luk Tung Kuen Association	6:30AM-8:45AM
Ballroom Dance	6:30AM-8:45AM
Killarney Seniors Tai Chi <i>Margaret Lum</i>	6:30AM-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
Choir	10:00AM-11:30AM
Zumba Gold	10:30AM-11:30AM
Practice Drop-in Tai Chi <i>Intermediate</i>	10:45AM-12:00PM
Walking Soccer	11:15AM-12:15PM
Zumba Chair	11:45AM-12:45PM
Practice Drop-in Tai Chi <i>Beginner</i>	12:00PM-1:10PM
Art Therapy	12:30PM-2:00PM
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
Social Dance	3:00PM-5:00PM

Sunday

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

Senior's Special Events

Seniors Bus Trips Registration Information

Registration will be *in-person* and *online*
June 2 at 9:00am

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!

Kilby Historic Site & Farm House

Our journey today takes us back in time to the 1920's where the Kilby General Store operated from 1906 to 1977. General stores of this era were the centre of their communities, being a place to shop and gather news of the area. This was true of Kilby General Store, which served the people of Harrison Mills and surrounding areas and as far away as Chilliwack. The Kilby Historic Site was also a stop on the Canadian Pacific Railway's main cross-Canada system. The train would stop at Kilby right up until 1958. We will have a tour of this site which includes the store, post office, an old Hotel and the farm. Lunch will be included at the Kilby Café on site. Following the historic site we will visit Farm House Cheeses which produces handmade artisan cheeses and specialties from the rich, fresh whole milk of the farm's own dairy cows and goats. Everything is made right in their farm in British Columbia's beautiful Fraser Valley. On our way home we will visit the The Back Porch Vintage Farm, a gorgeous, turn of the century Victorian home, stately situated on the land. Nearby is the studio where the action happens. Pottery is being thrown and also the beautifully finished product is displayed. Amid all of this, the aroma of fresh flame roasted coffee wafts through the air. A circa 1919 authentic Flame Roaster is doing the honors, producing delicious, flavor-filled coffee.

Lobby

Jul 5 F

\$45.82/1 class

9:15AM-6:00PM

225952

SENIOR'S SPECIAL EVENTS

Pender Island

Pender Island is one of the Southern Gulf Islands located along the Pacific Coast of British Columbia, Canada. Pender Island consists of two islands, North Pender and South Pender. Pender Island enjoys a sub-Mediterranean climate and features open farmland, rolling forested hills, several lakes and small mountains, as well as many coves and beaches. Our first stop will be Poets Cove Resort located on South Pender Island. Lunch will be at the Syrens Bistro and lounge where we will enjoy the beautiful views of Bedwell Harbour. After lunch we will visit Gowland Point, a beautiful pebble beach at the end of Gowland Point Rd. on South Pender Island, where you can enjoy views of Saturna Island, Mt. Baker and the San Juan Islands. As we begin to head back onto North Pender Island, we will visit the Sea Star Vineyards, this 26 acre property is one of the most beautiful winery properties in British Columbia featuring two beautiful vineyards, the upper vineyard beside the Winery terraces up to Mount Menzies, while the lower vineyard cascades down to the beach. Both vineyards were planted in 2002 and include; Gewürztraminer, Pinot Noir, Pinot Gris, Riesling, Ortega, Marechal Foch, Leon Millet, Schonburger and more recently Siegerrebe. Finally we will end our day visiting Roesland, a lovely seaside park with an arbutus- and Douglas-fir-covered islet.

Lobby

Jul 15 M	7:45AM-8:15PM
\$81.07/1 class	225956
Jul 29 M	7:45AM-8:15PM
\$81.07/1 class	225957

Salt Spring Island Ganges Harbour

Salt Spring Island is truly a nature lovers' paradise! With spectacular coastal and pastoral scenery and the moderate climate, a variety of activities can be comfortably pursued all months of the year. This year we will be visiting the Sacred Mountain Lavender Farm. Sacred Mountain Lavender is a boutique lavender farm nestled on the foothills of sacred Mount Tuam on Salt Spring Island B.C. Established in 2001, Sacred Mountain is currently the only lavender farm on the Island. All lavender is organically grown and their Essential Oil is steam distilled at the farm. They offer you hand crafted lavender products of the highest quality to enhance your wellbeing and relaxation. Indulge in the rich purple of 2 acres of organically-grown lavender, which blooms from June to September. Before we visit the farm we will be having lunch at the Rock Salt Restaurant in Fulford Harbour (included). Our final destination will be Ganges Harbour where one can experience the charm that Salt Spring Island has to offer.

Lobby

Jul 31 W	7:45AM-6:45PM
\$74.72/1 class	225953
Aug 7 W	7:45AM-6:45PM
\$74.72/1 class	225954
Aug 14 W	7:45AM-6:45PM
\$74.72/1 class	225955

June Fitness Special



**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, 2019. 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.

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.

3 Easy Ways to Register!

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

1. In Person

Centre Registration Begins Sunday, June 2 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 28) 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, June 2 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 Monday, June 3 at 10:00am

Call 604-718-8211 Monday-Sunday 10:00am-2:00pm only. Phone in registration not available on registration days and 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 and Rink Registration:

- **Centre Adult/Senior Programs:** On the **first** day of registration, members may register a maximum of two people per program. For example if a participant is registering themselves for badminton, they can register one other individual. Patrons may register a maximum of two people if they are not registering themselves.
- **Children/Daycamp/Rink/Pool:** On the **first** day of registration, patrons are only permitted to register immediate family members residing at the same address or, they may register another family if they are not registering their own family. Patrons who are Parents/Guardians of children living at separate addresses are also permitted to register their children. *We no longer permit the registration of additional families.*

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 28.

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	josh.hensman@vancouver.ca
Adult & Seniors	michelle.stebnicki@vancouver.ca
	jennifer.takai@vancouver.ca
Licensed Childcare	ccschildcare@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	Debbie Barber	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	Josh Hensman	604-718-8212
Aquatics	Denise Yeh	604-718-8286
Adult & Senior's	Michelle Stebnicki/ Jennifer Takai	604-718-8208 604-718-8259
Offices Administrator	Maryla Smaruj	604-718-8223
Maint. Technician	Jamie Cole	604-718-8207

Killarney Fitness Centre



What we have to offer...

- ✓ Helpful & Qualified Staff
- ✓ Cybex 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.

Summer 2019 Schedule

July 1 - September 2, 2019

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-9:30pm	6:30am-8:00pm	8:00am-5:00pm	8:00am-5:00pm
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

Summer 2019 Schedule

July 1 - September 2, 2019 *No class on Jul 1, Aug 5 & Sept 2*

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>
Cardio Core 6:15-7:15pm <i>Edouard</i>	PiYo 6:00-7:00pm <i>Mayu</i>	Step/Core 6:15-7:15pm <i>Kristiina</i>	STRONG <i>by Zumba</i> 6:00-7:00pm <i>Roslyn</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.		

AEROBIC FEES*	Drop-in	11 Visit Pass	1 Month Pass	3 Month Pass	6 Month Pass	12 Month Pass
<i>GST will be added to price</i>						
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 n' Strength

Moderate to advanced class. This class consists of cardio work on the step, followed by strength training and a cool down.

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.

Step/Core

Moderate to advanced step class. Class will incorporate strength training such as weights and bands with a focus on core.

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.

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.

Cardio Core

Moderate to advanced class. This class offers a mix of step aerobics and dry land aerobics. Class will end with strength training. Class format will alternate with instructor.

Drive-in Outdoor Movie

JUNE 28th
@ DUSK

*How to Train Your Dragon –
the Hidden World!*

The FUN begins @ 6PM: 6-9PM Karney Games & Family Fun | 6-8PM \$2 Karney Dog Dinner

- Bring a lawn chair as an Outdoor seating area will be available
- Drive in Movie entrance off of Killarney Street between 45th & 46th Avenues
- Event runs rain or shine

Scooter Rodeo

Wed., July 24 11:00AM-2:00PM



Join in on the fun at our exciting Scooter Rodeo geared towards Transportation, Mobility & Safety. Reserve your spot NOW and be guaranteed to receive your passport to travel through the event activities...Ride the obstacle course, complete with traffic police, radar and a few surprises along the way. Then travel to the Personal or Pedestrian Safety Workshops and static and interactive displays. Upon receiving 4 stamps on your passport you can then slide on over to the Transportation Study and view the first ever community digital stories on transportation issues, while munching on lite snacks and refreshments. Coast Mountain Bus Company, Collingwood Community Policing Centre, Seniors Hub Partners, and Scooter Company resources will be available for consultation. Registration is required to ride the Scooter Obstacle course, scooters will be provided.

Arena/Grand Hall 227261



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

