



# KILLARNEY COMMUNITY CENTRE



# Winter 2020

## RECREATION GUIDE

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

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

[www.killarneycentre.ca](http://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](http://www.killarneycentre.ca)

Pool Tel: 604-718-8280 Fax: 604-718-8285 [www.vancouver.ca/killarneypool](http://www.vancouver.ca/killarneypool)

## Winter 2020 Operating Hours

### JANUARY 2 – MARCH 31, 2020

*Schedule is subject to change without notice.*

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

### Statutory Holidays: January 1 & February 17

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

### SCHEDULES & INFORMATION

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

### Wireless Internet Access:

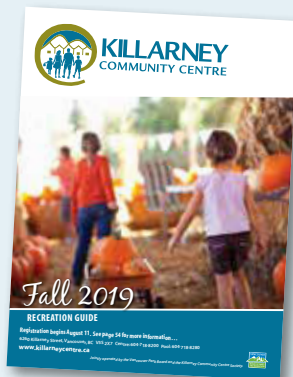
Killarney Community Centre now has wireless internet access available through #VanWiFi.

## Killarney Community Centre Seasonal Brochure Changes – Fall 2020

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

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

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



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

# What's Inside...

## KILLARNEY COMMUNITY CENTRE

# Winter 2020 Recreation Guide

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

此通告刊載有可能影響閣下的重要資料。請找人為你翻譯。

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

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

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

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



**KILLARNEY**  
COMMUNITY CENTRE



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

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# SPECIAL EVENTS



## Lunar New Year Event

Come join and celebrate the Year of the Rat with us! It will be an afternoon of cultural displays, crafts, lion dance, and light snacks. Please register early as there are a limited number of seats.

Gymnasium

Jan 18 Sa      12:00PM-2:00PM      \$5/person      222562



## Family Day @ KCC

Are you Looking for a way to spend Family Day together as a Family? Join us at Killarney Community Center for a FUN filled day! Whether it's a skate, swim, or enjoying our play-gym. Family Gym will include face painters, bouncy castle, games, crafts, photo booth and more! We acknowledge the financial support of the Province of British Columbia.

Full Gym

Feb 17 M      2:00PM-4:00PM      Free      222577



## Sweetheart Tea

Bring your Valentine to the Sweethearts Tea...and remember that Valentine's Day isn't just for couples – everyone can celebrate it! It's the perfect occasion for showing love and affection to family and friends. Share a glass of sparkling juice while munching on yummy Valentine snacks. Entertainment is provided.

Seniors Grand Hall

Feb 14 F      11:30AM-1:30PM  
255178      \$9.76/person



## Kids Stuff Swap Meet!

Get started on your Spring Cleaning! Don't miss this opportunity to buy and sell baby and kids clothing, toys and sports equipment. 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. See page 33 for more information.

Full Gym

Mar 7 Sa      9:30AM-1:30PM  
\$18.50/ table      222576



## An Evening of Jazz

Please join us for an evening of live jazz. We have a star studded line up featuring Jennifer Hershman with her Trio Jazz Band. Enjoy some wine, cheese and a fabulous social atmosphere while indulging in live Jazz music.

Seniors Grand Hall

Mar 13 F      7:30PM-9:30PM  
255189      \$14.29/person

# Killarney Community Centre Society

## Killarney Community Centre Society Board of Directors 2019-2020

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

### Directors at Large:

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

### Affiliated Community Groups & Clubs

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

#### Killarney Program Committee

..... 604-718-8210

#### Killarney Seniors Council

Michiko Soga ..... 604-718-8210

#### Vancouver Minor Hockey

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

#### Vancouver Minor Lacrosse

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

#### Killarney Youth Soccer Association (KYSA)

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

#### Killarney Figure Skating Club (KCFSC)

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

#### Gators Swim Club

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

#### Vancouver Female Ice Hockey Association (VFIHA)

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



## KILLARNEY COMMUNITY CENTRE

## Message from the Killarney Community Centre Society

Winter is on the way. Come into the centre and participate in the activities to help the dull, grey rainy days fly by.

I'd like to welcome the new Recreation Supervisor, Jayne Loutit, who comes to us from the West End, Coal Harbour and Barclay Manor Community Centres.

I have to say, once again, that the Senior Lunch Program in the Grand Hall Dining Room is just so popular. The program runs three days per week (Mondays, Tuesdays, and Thursdays) 11:30 AM – 1 PM. Chef Julie has a monthly menu listed with lots of choices online at [www.killarneycentre.ca](http://www.killarneycentre.ca) under the Senior section. Look ahead and to help with your decisions or pick up a menu at the front reception desk.

The lunch program is going so well but I am sad to say that cost of food has increased drastically, as you can see at the local grocery stores. While KCCS is highly subsidizing this program, we have no alternative but to raise the lunch to \$6.50 in the New Year (10 ticket plan will be \$60.00). We will be assessing these prices once they are implemented to see if they are sustainable.

The Preschool and Out of School Care Programs are also fully booked and running well under the guidance of Coordinator Carolyn Silva.

The Fitness Centre is getting a face lift with a lot of new equipment and general maintenance to the facility. Please come by and check out what equipment is being replaced, and see that the whole room is being arranged for better utilization of space.

Check out the brochure on line, there is always a new program that you may not know is being offered. If you have an idea or do teach a program that we don't offer, feel free to contact the centre to let us know.

There are many Special Events coming up, the centre is busy and you don't want to miss out on the fun so please make sure to register early!

Before you know, we will be wishing all our friends, family and acquaintances Merry Christmas.

Respectfully submitted,  
Karen A. Jacobson  
President of KCCS

# Winter Special Events

## JANUARY

Jan 11	Saturday Music Live - <i>Jennifer Hershman</i> .....	34
Jan 18	Lunar New Year Event .....	33
Jan 25	Saturday Music Live - <i>Wayne Dodds</i> .....	34

## FEBRUARY

Feb 1	Saturday Music Live - <i>Lyndsay Wills &amp; No Frills</i> .....	34
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Feb 15	Saturday Music Live - <i>The Crooked Road Band</i> .....	34
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Feb 17	Family Day @ <i>KCC</i> .....	33
Feb 29	Saturday Music Live - <i>Norine Braun</i> .....	34

## MARCH

March 7	Kids Stuff Swap Meet! .....	33
March 13	An Evening of Jazz .....	33
March 14	Saturday Music Live - <i>The Soda Crackers</i> .....	34
March 28	Saturday Music Live - <i>SandyBone &amp; The BreakDown</i> .....	34



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

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



***Have fun  
and help your  
community!***

Main Street at 11th Avenue

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

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

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



Know your limit, play within it.



*Don't be  
disappointed...*

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

# Licensed Preschool & Childcare

## Licensed Preschool

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

Age	Time	Killarney Room 1	Killarney Room 2	Fee
3yrs	9:00-11:00am		Tu/Th	\$105/Month
3yrs	12:15-2:15pm		Tu/Th	\$105/Month
4yrs	9:00-11:30am	M/W/F	M/W/F	\$158/Month
4yrs	12:15-2:45pm	M/W/F	M/W/F	\$158/Month
4yrs	9:00am-1:00pm	T/Th		\$168/Month

## Licensed Out of School Care, Kindergarten to Grade 7

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

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

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

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



## Registration Procedures for Killarney Preschool:

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

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

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

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

# Preschool Programs

## Social

### Baby and Me Parenting Drop-in **NEW!**

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

Pool MPR  
Jan 7-Mar 31 Tu  
Free/13 classes

Public Health Nurses  
1:00PM-2:30PM



### Toddler Gym (0-6yrs)

An opportunity for your child to socialize with other children and to play with a variety of equipment and toys. Parent/Caregiver participation and supervision is required. Great for rainy days! This program is drop-in, registration is not necessary.

2/3 Gym  
Jan 7-Mar 27

Staff  
Tu 9:15AM-12:00PM  
F 9:15AM-10:45PM

Drop in fees: Free for child under 6 months;  
\$3/child; \$5/family; 10 visit card \$25.00



### Baby Sign Language (16+yrs)

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

Room 211  
Jan 14-Feb 11 Tu  
\$64/5 classes

Into Yoga  
12:45PM-1:30PM  
248098

### Mother Goose (1-3yrs)

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

Room 203  
Jan 24-Mar 13 F  
Free/8 classes

Cheryl Song  
3:15PM-4:45PM  
248099

## Music

### Jump Into Music (6mo-4yrs)

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

Space permitting drop-in fee: \$15.

No class Jan 18, Feb 15.

Room 103  
Jan 11-Mar 14 Sa  
\$117/9 classes  
255027

Room 103  
Jan 11-Mar 14 Sa  
\$117/9 classes  
255028

Room 103  
Jan 8-Mar 11 W  
\$130/10 classes  
255026

Lisa Dery  
10:00AM-10:50AM  
11:00AM-11:50AM  
10:00AM-10:50AM



## Family Movie Nights (5-12yrs)

Family Night at Killarney, every last Friday. Join our trained and experienced staff to watch a family-friendly movie. Parents are required to be in attendance with children under the age of 8 yrs.

Senior MPR 151 & 152  
Jan 31-Mar 27 F  
6:30PM-9:00PM

Staff

#### Movie selections

Jan 31 Turbo  
Feb 29 Hoodwinked  
Mar 27 Robots





# PRESCHOOL PROGRAMS

## Piano: Kelly Kirby Level 1 (4-9yrs)

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

*No class Feb 15/16.*

Room 201 Louise Papais  
\$161.05/10 classes

### Level 1

Jan 11-Mar 21 Sa 11:00AM-12:00PM 248100

Jan 12-Mar 22 Su 11:00AM-12:00PM 248101

### Level 2

Jan 11-Mar 21 Sa 12:00PM-1:00PM 248102

Jan 12-Mar 22 Su 10:00AM-11:00AM 248103

### Level ¾ Split

Jan 11-Mar 21 Sa 1:00PM-2:00PM 248104

Jan 12-Mar 22 Su 2:00PM-3:00PM 248105

## Dance & Movement

### Rhythmic Dance (3-4yrs)

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

*No class Jan 18, Feb 15, March 7*

1/3 Gym Elite Gymnastics  
Jan 11-Mar 14 Sa 11:00AM-12:00PM  
\$42/7 classes 252193  
Jan 7-Mar 10 Tu 4:00PM-5:00PM  
\$60/10 classes 252194

### Dance with Kirby

Endorphin Rush Dance is a high energy dance company facilitated by Kirby Rae Snell and her team of professional dance instructors with a high arsenal of experience and expertise to bring to every studio session. Their classes are high energy, nurturing and innovative; bringing out the best in each dancer while also having a lot of fun. More info at [www.kirbysnelldance.com](http://www.kirbysnelldance.com)



### My First Dance Class (2-4yrs)

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

*Space permitting drop-in fee: \$8.*

Room 205 Endorphin Rush Dance  
\$77/10 classes  
Jan 12-Mar 15 Su 10:15AM-11:00AM 255478  
Jan 12-Mar 15 Su 2:45PM-3:30PM 255491

### Ballet Through Creative Movement (3-5yrs)

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

*Space permitting drop-in fee: \$8.*

Room 205 Endorphin Rush Dance  
\$77/10 classes  
Jan 8-Mar 11 W 1:00PM-1:45PM 255469  
Jan 11-Mar 14 Sa 10:30AM-11:15AM 255473  
Jan 12-Mar 15 Su 11:00AM-11:45AM 255484  
Jan 12-Mar 15 Su 1:15PM-2:00PM 255489

### 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. Space permitting drop-in fee: \$8. More info: [www.KirbySnellDance.com](http://www.KirbySnellDance.com).

Room 205 Endorphin Rush Dance  
\$77/10 classes  
Jan 8-Mar 11 W 1:45PM-2:30PM 255470  
Jan 11-Mar 14 Sa 11:15AM-12:00PM 255475  
Jan 12-Mar 15 Su 12:00PM-12:45PM 255488  
Jan 12-Mar 15 Su 2:00PM-2:45PM 255490

### Kismat Bhangra (4-6yrs) **NEW!**

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

Senior MPR 251 & 252 Raman Sandhu  
Jan 16-Mar 12 Th 4:15PM-5:00PM  
\$90/9 classes 255004

# PRESCHOOL PROGRAMS

## Ballet (5-8yrs)

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

*Space Permitting drop-in fee: \$8.*

*No class Feb 17.*

Room 205                      Espirito Santo Mauricio  
Jan 6-Mar 23 M                      3:30PM-4:15PM  
\$68.20/11 classes                      248107

## Pre Ballet Level 1 (4-7yrs)

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

*Space permitting drop-in fee \$8.*

*No class Feb 17.*

Room 205                      Espirito Santo Mauricio  
Jan 6-Mar 23 M                      4:15PM-5:00PM  
\$68.20/11 classes                      248106

## Axe Capoeira (3-6yrs)

### Mini Kids Beginners **NEW!**

These are ongoing classes where anyone can join, no previous experience necessary. It covers all aspects of Capoeira; martial-arts, dance, music, acrobatics, culture, language and more. It focuses on developing the students rhythm, reflexes, balance, coordination and increasing strength and flexibility as they learn. *Please note that Participant Waiver forms must be filled out before the program starts. Forms are available from the instructor.*

*No class Feb 17*

Dojo                      Axe Capoeira  
*FREE Demo Class*  
Jan 3 F                      4:10PM-4:55PM                      259877  
*Monthly Program*  
Jan 6-Mar 30 MWF                      4:10PM-4:55PM  
\$90/month  
\$270/season                      258426, 258427, 258429

**Note to Parents:** Preschoolers are encouraged to attend classes unaccompanied by an adult, however, for safety reasons, parents/guardians must stay within the immediate area to address any instances where parents/guardians assistance are warranted. This includes going to the bathroom, dealing with any behaviour issues, etc.

## Creative Arts

### Adventures In Art (4-5yrs) **NEW!**

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

*No class Feb 15.*

Room 211                      Ella Culajevic  
Jan 18-Feb 29 Sa                      12:30PM-1:15PM  
\$96/8 classes                      252196

### Preschool Drawing (3-5yrs)

Keep your preschoolers engaged during the Winter months. Ignite your preschooler's imagination as they draw our attention-grabbing lessons focused on mastering basic skills like circles and patterning. A drawing of a mouth-watering pizza and an endearing duck will bring out the artistic skills and advanced creativity. Bring out the adventurer in Young Rembrandts students as we complete an adorable Puppy, Silly Parrot and a very cool Pirate Ship! Expand your preschooler's creative horizons with a Young Rembrandts class. Sign up now! [www.youngrembrandts.com/metrovancouver](http://www.youngrembrandts.com/metrovancouver)

Room 101                      Young Rembrandts  
Jan 19-Mar 8 Su                      9:30AM-10:20AM  
\$148/8 classes                      252135  
Jan 19-Mar 8 Su                      10:30AM-11:20AM  
\$148/8 classes                      252136

## Educational

### Little Cooks (3-5yrs) **NEW!**

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

*No class Feb 15.*

Preschool 102                      Mimi Lanot & Christine Vuong  
4 ½ -5yrs  
Jan 25-Mar 14 Sa                      9:45AM-11:00AM  
\$98/7 classes                      254942  
3- 4 ½yrs  
Jan 25-Mar 14 Sa                      11:30AM-1:00PM  
\$98/7 classes                      254943

### ABC's And 123's (3-5yrs)

New ideas and activities have been planned for this preschool program. Your child will learn the alphabet through Language Arts, Math, Games, Arts & Crafts, Rhymes using visuals (felts), Singing songs, Music and Movement and more. Each session, we will focus on a letter (upper/lower) to correspond with all of the curriculum activities.

*No class Feb 15.*

Room 211                      Larissa Gerber  
(3yrs)  
Jan 18-Mar 14 Sa                      10:00AM-10:45AM  
\$60/8 classes                      254944  
(4/5yrs)  
Jan 18-Mar 14 Sa                      11:00AM-11:45AM  
\$60/8 classes                      254945

# PRESCHOOL PROGRAMS

## MandoKids Chinese Learning (1-3yrs) **NEW!**

This course is designed for children (and parents) who want to build a strong foundation in Chinese Mandarin at an early age (1-3years). We introduce speaking and listening skills through a play-based learning curriculum, including singing, storytelling, arts and crafts, and other fun exercises in Mandarin! Our unique parent-child activities offer a wonderful bonding opportunity. Come join us for a fun and engaging learning experience! More information: [www.mandokidslearning.com](http://www.mandokidslearning.com)

运用歌曲，舞蹈，手工还有小朋友最喜欢的故事书带动小宝宝和家长一起学习中文。每节课会介绍两个词汇和一本有趣的故事。家长必须陪同，一起开心学中文。

*No class Feb 16 or during Spring Break (Mar 15, 22).*

Preschool 105	Mando Kids
<i>Level 1 (1/2yrs)</i>	
Jan 12-Apr 5 Su	2:30PM-3:00PM
\$120/10 classes	254967
<i>Level 1 (2/3yrs)</i>	
Jan 12-Apr 5 Su	1:00PM-1:30PM
\$120/10 classes	254959
<i>Level 2 (1/2yrs)</i>	
Jan 12-Apr 05 Su	3:15PM-3:45PM
\$120/10 classes	254968
<i>Level 2 (2/3yrs)</i>	
Jan 12-Apr 5 Su	1:45PM-2:15PM
\$120/10 classes	254964



## Bricks 4 Kidz® - Forces of Nature (4-8yrs)

Students will explore all kinds of natural phenomenon through LEGO. Each model simulates a natural event such as cyclones, hatchings, and photosynthesis.

*Space permitting drop-in fee: \$20.*

Room 211	Bricks 4 Kidz Vancouver
Jan 16-Mar 5 Th	4:00PM-5:00PM
\$120/8 classes	252132



## Fitness

### Fit 4 Two - Mom and Baby Fitness (16+yrs)

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

[www.fit4two.ca](http://www.fit4two.ca)

*Space permitting drop-in fee: \$16.*

Room 205	Fit4Two Van East
Jan 6-Feb 10 M	11:00AM-12:00PM
\$69.20/6 classes	255907
Feb 24-Mar 30 M	11:00AM-12:00PM
\$69.20/6 classes	256173

## Sports

### 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 Feb 16.*

1/3 Gym	Sportball Vancouver
Jan 12-Mar 15 Su	11:15AM-12:00PM
\$162/9 classes	252143

### Sportball Multi-Sport (3-5yrs)

Refine, rehearse, repeat. Multi-Sport classes are the heart of Sportball programming. Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork.

*No class Feb 16.*

1/3 Gym	Sportball Vancouver
<i>(3-5yrs)</i>	
Jan 12-Mar 15 Su	12:00PM-1:00PM
\$162/9 classes	252154
<i>(5-7yrs)</i>	
Jan 12-Mar 15 Su	1:00PM-2:00PM
\$162/9 classes	252156

### Soccer - Mini Stars (3-6yrs)

Experience the beautiful game of soccer, challenging team competition and cheerleading by amazed parents and fans! Players will get energized with dribbling, passing, shooting, running, falling, jumping, scoring goals and making dive saves. Ole, ole! Players will be provided with a Star Soccer T-shirt. Classes will be held on the field outside, weather permitting. Space permitting drop-ins fee: \$15. For more info [www.starsoccercentre.com](http://www.starsoccercentre.com).

2/3 Gym	Valentinos Dinglis
Jan 12-Mar 15 Su	9:00AM-10:10AM
\$149.5/10 classes	252168

### Indoor Tennis (4-6yrs)

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

*No class Feb 16.*

1/3 Gym	Point Break Tennis
Jan 12-Mar 22 Su	9:15AM-10:00AM
\$100/10 classes	252131

# 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.*

## 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](http://www.killarneycentre.ca) for more information.

## ROCK 'N' BEAU

### BIRTHDAY PARTY HIGHLIGHTS!

Interactive Fun for KIDS  
ages 3-12 yrs.  
Our 2 hour CLASSIC Party Package Includes:



#### DANCE PARTY DETAILS:

Location: Room 211

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

\$250 for up to 14 children maximum  
kindly register at Killarney front desk or  
by phone: 604.718.8201

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

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



## 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:

\$270/14 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.*

# Children's Programs

## Social

### Family Movie Nights (5-12yrs)

Family Night at Killarney, every last Friday. Join our trained and experienced staff to watch a family-friendly movie. Parents are required to be in attendance with children under the age of 8 yrs.

Senior MPR 151 & 152

Jan 31-Mar 27 F

Staff  
6:30PM-9:00PM

#### Movie selections

Jan 31 Turbo  
Feb 29 Hoodwinked  
Mar 27 Robots



### PRO D Days (5-12yrs) **NEW!**

Do you have nothing to do on a School Professional Days? Come join us for an exciting out trip and/or activity.

*February 14 - A day at the Movies!*

Room 211 Staff  
Feb 14 F 9:00AM-3:00PM  
\$40/1 class 245420

### PRO D Day Skate

Feb 14 F 1:15PM-2:45PM  
*More info on page 29*

## Music

### Piano: Grad Class I/II Split (5-13yrs)

Take the next step in your child's musical development. New books, new challenges and new experiences await! This class is for those who have successfully completed the Grad Class 1 and/or have the ability to play pieces within a two octave range. Books not included and need to be purchased from instructor at first class for approximately \$40.

*No class Feb 15/16.*

Room 201 Louise Papais

#### Level I/II Split

Jan 11-Mar 21 Sa 2:30PM-4:00PM

\$205/10 classes 256239

Jan 12-Mar 22 Su 3:00PM-4:30PM

\$205/10 classes 256242

#### Level II

Jan 11-Mar 21 Sa 9:30AM-11:00AM

\$205/10 classes 256244

Jan 11-Mar 21 Sa 4:00PM-5:30PM

\$205/10 classes 256246

Jan 12-Mar 22 Su 12:00PM-1:30PM

\$205/10 classes 256248

Jan 12-Mar 22 Su 4:30PM-6:00PM

\$205/10 classes 256251



### Private Piano (6yrs+) Clarinet (10yrs+)

Get a strong background in music and gain the benefits of learning an instrument. Janine provides 30 minute lessons from beginners to advanced levels (45 min./1 hr. lessons for advanced students available with instructor's permission). Conservatory exam preparation is also available. Clarinet players, please bring an instrument and reeds.

*No class Feb 17.*

Room 201 Janine Oye

\$243/9 classes

Jan 6-Mar 9 M 3:30PM-4:00PM 255580

Jan 6-Mar 9 M 4:00PM-4:30PM 255581

Jan 6-Mar 9 M 4:30PM-5:00PM 255583

Jan 6-Mar 9 M 5:00PM-5:30PM 255584

Jan 6-Mar 9 M 5:30PM-6:00PM 255585

Jan 6-Mar 9 M 6:00PM-6:30PM 255587

Jan 6-Mar 9 M 6:30PM-7:00PM 255588

### Guitar/Ukulele: Private Lessons (6+yrs)

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

*No class Feb 17.*

Room 211 Leonard Pallerstein

\$243/9 classes

Jan 6-Mar 9 M 3:30PM-4:00PM 255914

Jan 6-Mar 9 M 4:00PM-4:30PM 255916

Jan 6-Mar 9 M 4:30PM-5:00PM 255917

Jan 6-Mar 9 M 5:00PM-5:30PM 255919

Jan 6-Mar 9 M 5:30PM-6:00PM 255920

Jan 6-Mar 9 M 6:00PM-6:30PM 255921

Jan 6-Mar 9 M 6:30PM-7:00PM 255922

Jan 6-Mar 9 M 7:00PM-7:30PM 255923

Jan 6-Mar 9 M 7:30PM-8:00PM 255924

# CHILDREN'S PROGRAMS



## Private Guitar/Ukulele Lessons (6+yrs)

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

Room 201	Musical Expressions	
\$240/10 classes /Children		
\$250/10 classes /Adult		
Jan 10-Mar 13 F	3:30PM-4:00PM	256281
Jan 10-Mar 13 F	4:00PM-4:30PM	256283
Jan 10-Mar 13 F	4:30PM-5:00PM	256291
Jan 10-Mar 13 F	5:00PM-5:30PM	256292
Jan 10-Mar 13 F	5:30PM-6:00PM	256293
Jan 10-Mar 13 F	6:00PM-6:30PM	256294
Jan 10-Mar 13 F	6:30PM-7:00PM	256296
Jan 10-Mar 13 F	7:00PM-7:30PM	256297
Jan 10-Mar 13 F	7:30PM-8:00PM	256298

## Private Piano Lessons (6+yrs)

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](http://musicalexpressions.ca). Leisure Access subsidy does not apply to this program.

Room 201	Musical Expressions	
\$240/10 classes /Children		
\$250/10 classes /Adult		
Jan 9-Mar 12 Th	3:30PM-4:00PM	256277
Jan 9-Mar 12 Th	4:00PM-4:30PM	256278
Jan 9-Mar 12 Th	4:30PM-5:00PM	256279
Jan 9-Mar 12 Th	5:00PM-5:30PM	256762

## Statutory Holiday

There will be no classes on Monday, February 17

## Dance & Movement

### Rhythmic Dance (5-17yrs)

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

1/3 Gym	Elite Gymnastics	
(5-6yrs)		
Jan 11-Mar 14 Sa	12:00PM-1:00PM	
<i>No class Jan 18, Feb 15, March 7</i>		
\$42/7 classes		256217
Jan 7-Mar 10 Tu	5:00PM-6:00PM	
\$60/10 classes		256231
Jan 9-Mar 12 Th	4:00PM-5:00PM	
\$60/10 classes		256234
<i>(7-8yrs)</i>		
Jan 11-Mar 14 Sa	1:15PM-2:15PM	
<i>No class Jan 18, Feb 15, March 7</i>		
\$42/7 classes		256222
<i>(8-17yrs)</i>		
Jan 11-Mar 14 Sa	2:15PM-3:15PM	
<i>No class Jan 18, Feb 15, March 7</i>		
\$42/7 classes		256224
Jan 9-Mar 12 Th	5:00PM-6:00PM	
\$60/10 classes		256228

## Kismat Bhangra (7-12yrs) **NEW!**

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

Senior MPR 251 252 Raman Sandhu  
Jan 16-Mar 12 Th 5:15PM-6:00PM  
\$90/9 classes 255006

**Kismat**  
Dance Academy

### Meet Raman Sandhu

Raman Sandhu has many years of working with kids. She started learning Bhangra at a very young age. After gaining the necessary skills, developed enough of a foundation to begin choreographing and teaching Bhangra to those around her. Raman, has choreographed countless routines, ones performed at a competition level and has taught children and adults of all ages. Raman is super excited to teach Bhangra as that has always been a part of her growing up.

## 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 beat. Space permitting drop-in fee: \$8. www. KirbySnellDance.com

Room 205 Endorphin Rush Dance  
Jan 11-Mar 14 Sa 1:45PM-2:30PM  
\$77/10 classes 255477

## 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. Space permitting drop-in fee: \$8. www. KirbySnellDance.com

Room 205 Endorphin Rush Dance  
Jan 11-Mar 14 Sa 12:15PM-1:15PM  
\$99/10 classes 255476

## Educational

### Cooking Fun (7-11yrs)

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

No class Feb 15.  
Preschool 102 Mimi Lanot  
Jan 25-Mar 14 Sa 2:00PM-3:30PM  
\$105/7 classes 256759

## Silly Circuits (9-12yrs)

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

Room 101 Caroline Dyck  
Jan 15-Feb 19 W 3:30PM-5:00PM  
\$102/6 classes 256253  
\$26/electronic kit

## Mad Science For Kids - System 2 (9-12yrs)

The System 2 program offers eight weeks of exciting hands-on science based activities. Watch fascinating demonstrations, join in enquiry-based discussions, participate in individual & group experiments, and make amazing take-homes. Mad Science will spark the curiosity and imagination of children with fun science activities that will help them understand the science all around them. A weekly schedule includes: Under Pressure, Che-Mystery, Current Events, Fundamental Forces, Wacky Waves, Science of Magic, Stunt Planes & Gliders, Super Structures.

No class Feb 17.  
Room 101 Mad Science  
Jan 13-Mar 9 M 3:30PM-4:30PM  
\$140/8 classes 261046  
Jan 13-Mar 9 M 4:45PM-5:45PM  
\$140/8 classes 255025

# CHILDREN'S PROGRAMS

## Video Game Design (6-13yrs)

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

*No program Feb 15.*

Room 101 UME Academy

(6-8yrs)

Jan 11-Mar 7 Sa 9:00AM-10:00AM  
\$132/8 classes 255899

(9-13yrs)

Jan 11-Mar 7 Sa 10:00AM-11:00AM  
\$132/8 classes 255903



## 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 102 Community Care First Aid

\$62/1 class

Feb 9 Su 9:30AM-3:30PM 255950

Mar 29 Su 9:30AM-3:30PM 255953



## Chess (6-13yrs)

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

Room 201 Vancouver Chess School

*1K Absolute Beginners*

Jan 7-Mar 10 Tu 4:00PM-5:00PM  
\$120/10 classes 255496

*2K Previous Knowledge*

Jan 7-Mar 10 Tu 5:00PM-6:00PM  
\$120/10 classes 255497

## Homework Club (Grades 4-7) **NEW!**

Homework Club offers a safe and quiet space for students to complete homework, assignments or receive support that is meaningful and worthwhile! Parents should expect that the "Club" will provide an opportunity for students to review, practice and develop skills they already know, to do something they enjoy, and to experience success and some degree of independence. For the 3:30pm class only, we will start with free play followed by studies. Tables will be set up by grade and subject matter. Killarney Youth Volunteers will be on hand to lend assistance. This is a registered program.

Room 211 Miranda Wong

*Grade 4 & 5*

Jan 10 - Mar 14 F 3:30PM-4:45PM  
\$25 /10 classes

*Grade 6 & 7*

Jan 10 - Mar 14 F 4:45PM-5:45PM  
\$25 /10 classes

## Creative Arts

### 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

Jan 12-Mar 15 Su 11:00AM-12:15PM  
\$155/10 classes 252141

Spring Break Programs

See pages 18 - 19 for details



## Foundations in Drawing (6-8yrs) **NEW!**

Foundations in drawing, offers an exciting introduction to drawing objects, characters, and structures. Children will develop their creative thinking and enhance art skills as they explore different ways of using materials and tools. This program is instructed by Happy Kids Studios.

Room 202 Happy Kids Studio  
Jan 10-Mar 13 F 3:30PM-4:45PM  
\$140/10 classes 254954

## Comics & Cartoons (9-12yrs) **NEW!**

Learn from a former Disney animator on how to make comics and cartoons. Tackle the subjects on character development, thumbnails, layout pages, paneling, penciling comics and telling stories through drawings. This program is instructed by Happy Kids Studios.

Room 202 Happy Kids Studio  
Jan 10-Mar 13 F 5:00PM-6:15PM  
\$140/10 classes 254955



## Cartooning (6-12yrs)

All new lessons every session! Your child is sure to be giggling all season long as they explore the fun, artistic world of Young Rembrandts cartooning! Funny expressions and hilarious animals are just a few pieces students will create this session. Our lessons are sure to delight kids and parents when students complete Goofy Chefs and our hilarious Cartoon Dads. Enroll your child today for fun artistic challenges they can use to create amazing pieces of artwork. Sign up now! [www.youngrembrandts.com/metrovancouver](http://www.youngrembrandts.com/metrovancouver)

Room 101 Young Rembrandts  
Jan 19-Mar 8 Su 11:30AM-12:30PM  
\$148/8 classes 252138

## BAZOOFF! Build a Comic (8-15yrs) **NEW!**

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

No class Feb 17.  
Senior MPR 152 TeLeni Koochin  
Jan 13-Mar 9 M 3:30PM-4:45PM  
\$80/8 classes 254948

## Creative Art Start (6-9yrs) **NEW!**

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

Room 211 Ella Culejevic  
Jan 14-Mar 3 Tu 3:45PM-5:00PM  
\$144/8 classes 252198

## Sports

### Badminton 1 (6-8yrs)

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 Gym Derek Wong  
*Badminton 1 (Beg. 6-8yrs)*  
Jan 8-Mar 11 W 3:30PM-4:30PM  
\$57.50/10 classes 247818  
*Badminton 2 (Int. 6-8yrs + Beg. 9-12yrs)*  
Jan 8-Mar 11 W 4:30PM-5:30PM  
\$57.50/10 classes 247819  
*Badminton 3 (Int./Adv. 9-12yrs)*  
Jan 8-Mar 11 W 5:30PM-6:30PM  
\$57.50/10 classes 247820



# Have a Birthday Party by the Pool!

See page 30 for details...



# CHILDREN'S PROGRAMS

## Sports

### Sportball - Floor Hockey (5-12yrs)

An introduction to what hockey is all about! Learn basic movement patterns and skills of floor hockey. Emphasis on fun, safe play and teamwork. Come out, shoot and score! Equipment provided if needed.

*No class Feb 16.*

1/3 Gym Sportball Vancouver  
 \$162/9 classes  
 (5-7yrs)  
 Jan 12-Mar 15 Su 3:15PM-4:15PM 252159  
 (8-12yrs)  
 Jan 12-Mar 15 Su 4:15PM-5:15PM 252165

### 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.

2/3 Gym  
 Jan 10-Mar 13 F 4:30PM-5:30PM  
 256197 \$47.50/10 classes

### Indoor Tennis (7-10yrs)

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

1/3 Gym Instructor  
 Jan 12-Mar 22 Su 10:00AM-11:00AM  
 \$100/10 classes 252130

### Soccer - Mini Stars (7-10yrs)

Experience the beautiful game of soccer, challenging team competition and cheerleading by amazed parents and fans! Players will get energized with dribbling, passing, shooting, running, falling, jumping, scoring goals and making dive saves. Ole, ole! We are inviting parents, friends of the game to cheer-lead these mini stars in exchange for buckets of fun and calorie burning. Players will be provided with a Star Soccer T-shirt. Classes will be held on the field outside, weather permitting. Space permitting drop-in fee: \$15. For more information [www.starsoccercentre.com](http://www.starsoccercentre.com)

2/3 Gym Valentinus Dinglis  
 Jan 12-Mar 15 Su 10:15AM-11:30AM  
 \$149.50/10 classes 252191

### Fencing - Beginners (9-15yrs)

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

*No class Feb 17*  
 1/3 Gym Brad Kelly  
 \$55/4 classes Tri-City Fencing Academy  
 Jan 6-Jan 27 M 5:00PM-6:00PM 255927  
 Feb 3-Mar 2 M 5:00PM-6:00PM 255929  
 Mar 9-Mar 30 M 5:00PM-6:00PM 255931

### Fencing - L1 Training Program (9-15yrs)

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

*No class Feb 17*  
 1/3 Gym Brad Kelly  
 \$55/4 classes Tri-City Fencing Academy  
 Jan 6-Jan 27 M 5:00PM-6:00PM 255932  
 Feb 3-Mar 2 M 5:00PM-6:00PM 255934  
 Mar 9-Mar 30 M 5:00PM-6:00PM 255937

### Fencing - L2 Training Program (11-19yrs)

Pre-requisite: L1 Training Program. 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. All equipment is provided.

*No class Feb 17*  
 1/3 Gym Brad Kelly  
 \$95/4 classes Tri-City Fencing Academy  
 Jan 6-Jan 27 M 6:00PM-8:00PM 255938  
 Feb 3-Mar 2 M 6:00PM-8:00PM 255940  
 Mar 9-Mar 30 M 6:00PM-8:00PM 255941



## 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](http://www.fightingart.ca) to find out which class you should sign up for if you are not sure. For 13-18 yrs who attended at least one term of the children's class with us, you can join the Karate for Teens Level 1 in the Youth section. Please note that Participant Waiver forms must be filled out before the program starts. Forms are available from the instructor. Uniform is not required for Beginner, but for all other classes.

Room 205	Vancouver Seiyu Karate	
\$96/12 classes		
<i>Beginner</i>		
Jan 5-Mar 22 Su	4:00PM-4:45PM	255508
<i>White Belt Level 1</i>		
Jan 5-Mar 22 Su	4:50PM-5:50PM	255513
CC Dojo		
\$96/12 classes		
<i>Blue Belt &amp; Blue Stripe</i>		
Jan 5-Mar 22 Su	3:20PM-4:20PM	255512
<i>Blue Belt/Stripe</i>		
Jan 5-Mar 22 Su	4:25PM-5:25PM	255509
<i>Orange Belt &amp; Orange Stripe</i>		
Jan 5-Mar 22 Su	2:15PM-3:15PM	255506
<i>White Belt Level 2 &amp; Stripe</i>		
Jan 5-Mar 22 Su	1:10PM-2:10PM	255515
CC Dojo		
<i>Yellow Belt to Green Belt</i>		
\$96/12 classes		
Jan 9-Mar 26 Th	5:10PM-6:10PM	255501



### 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. *No class Feb 15/16.*

Dojo	Wu's Taekwondo	
\$77/11 classes		
<i>Green-Belt to Blue-Red</i>		
Jan 11-Mar 28 Sa	3:00PM-4:00PM	255857
<i>Green-Belt to Blue-Red</i>		
Jan 12-Mar 29 Su	11:00AM-12:00PM	255868
<i>Red to Black Belt</i>		
Jan 11-Mar 28 Sa	4:00PM-5:00PM	255861
<i>Red to Black Belt</i>		
Jan 12-Mar 29 Su	12:00PM-1:00PM	255871
<i>White to Yellow Belt</i>		
Jan 11-Mar 28 Sa	12:00PM-1:00PM	255864
<i>White to Yellow Belt</i>		
Jan 12-Mar 29 Su	9:00AM-10:00AM	255874
<i>Yellow to Green Belt</i>		
Jan 11-Mar 28 Sa	1:00PM-2:00PM	255865
<i>Yellow to Green Belt</i>		
Jan 12-Mar 29 Su	10:00AM-11:00AM	255882

## Please note

Programs with low registration might get cancelled. Please register early to avoid disappointment. Thank you

### Traditional Kung Fu (6-19yrs)

北少林功夫班 - 龍志光師傅授教  
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 \$1.50 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. Fees include a \$4.50 Association Fee.*

<i>No class Jan 18.</i>		
1/3 Gym	Northern Shaolin Kung Fu	
<i>Beginner</i>		
Jan 8-Mar 11		We 4:15PM-5:30PM Sa 3:45PM-5:00PM
\$184.50/18 classes		255959
<i>Intermediate</i>		
Jan 8-Mar 11		We 4:15PM-5:50PM Sa 3:45PM-5:20PM
\$202.50/18 classes		255959
<i>Advanced</i>		
Jan 8-Mar 11		We 4:15PM-6:15PM Sa 3:45PM-5:30PM
\$220.50/18 classes		255959

### Axe Capoeira (7-12yrs) **NEW!** Kids Beginners

These are ongoing classes where anyone can join, no previous experience necessary. It covers all aspects of Capoeira; martial-arts, dance, music, acrobatics, culture, language and more. It focuses on developing the students rhythm, reflexes, balance, co-ordination and increasing strength and flexibility as they learn. *Please note that Participant Waiver forms must be filled out before the program starts. Forms are available from the instructor.*

<i>No class Feb 17</i>		
Dojo	Axe Capoeira	
<i>FREE Demo Class</i>		
Jan 3 F	5:00PM-5:45PM	259876
<i>Monthly Program</i>		
Jan 6-Mar 30 MWF		5:00PM-5:45PM
\$90/month		
\$270/season		258420, 258422, 258424

# Spring Break Camps

## Spring Break Day Camp

### Parent Information

An action-packed week of sports, games, educational workshops, crafts and more! Program is led by Out of School Leaders. Parent Consent & Waiver forms must be handed in before or on the first day of camp. Staff is not responsible for camp participants before 9:00am and after 3:00pm unless the children are registered in our Extended Care.

**Reminder!** Please send your child with a nutritious lunch, appropriate clothing, bathing suit & towel. This is a nut free environment. Please do not send any money or valuables with your child. Staff is not responsible for lost items.

Room 101 & 105 \$120 /5 days  
Mar 18-Mar 22 M-F 9:00AM-3:00PM 260368  
Mar 25-Mar 28 M-F 9:00AM-3:00PM 260369

For those parents who need care to fit their busy schedules. Extended Care registrations must be done in person or by phone.

Before Camp 7:30AM-9:00PM \$6 /day  
After Camp 3:00PM-6:00PM \$11 /day  
Before & After Camp \$15 /day

### Registration Information

- Registration for Spring Break Daycamp can be done online.
- That Parent Consent & Waiver form can be downloaded off the Killarney website; forms must be handed in before the first day of camp.
- Extended Care registrations must be done in person or by phone.
- Please let us know if there is any other relevant medical/health information.
- Please bring your child's Emergency contact numbers.
- Staff is not responsible for camp participants before 9:00am and after 3:00pm unless the children are registered in our Extended Care.

### Refund/Cancellation Policy

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

## Spring Break Specialty Camps

### Camp: Soccer - Mini Stars (3-10yrs)

Experience the beautiful game of soccer, challenging team competition and cheerleading by amazed parents and fans! Players will get energized with dribbling, passing, shooting, running, falling, jumping, scoring goals and making dive saves. Ole, ole! We are inviting parents, friends of the game to cheer-lead these mini stars in exchange for buckets of fun and calorie burning. Players will be provided with a Star Soccer T-shirt. [www.starsoccercentre.com](http://www.starsoccercentre.com). Classes will be held on the grass field outside at 49th and Kerr rain or shine.

Off Site Location Valentinos Dinglis (3-5yrs)

\$95 /5 classes

Mar 16-Mar 20 M-F 10:30AM-12:00PM 260493  
Mar 16-Mar 20 M-F 2:30PM-4:00PM 260495  
Mar 23-Mar 27 M-F 10:30AM-12:00PM 260494  
Mar 23-Mar 27 M-F 2:30PM-4:00PM 260496

6-10yrs

\$135 /5 classes

Mar 16-Mar 20 M-F 9:00AM-12:00PM 260485  
Mar 16-Mar 20 M-F 1:00PM-4:00PM 260489  
Mar 23-Mar 27 M-F 9:00AM-12:00PM 260486  
Mar 16-Mar 20 M-F 1:00PM-4:00PM 260490

### Art Camp (6-8yrs)

Join us for a week of fun learning to develop skills of freehand drawing as a way to how to express ideas and learn how to visualize your creations. Using coloured pencils, water colours and other techniques. By the end of the week, your child will build confidence through exercises that reinforces his/her creativity. Each day, please bring a healthy snack and water.

Room 211 Happy Kids Studio

\$375/5 classes

Mar 16-Mar 20 M-F 9:15AM-10:30AM 255050  
Mar 16-Mar 20 M-F 10:30AM-11:45AM 255075

# SPRING BREAK SPECIALTY DAYCAMPS

## Bricks 4 Kidz® Camp - 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 will go home with a customized Minifigure. Children will be given a break for an optional snack from home.

*Space permitting - Drop-in fee \$40.*

Room 101 Bricks 4 Kidz Vancouver  
Mar 16-Mar 20 M-F 9:30AM-12:30PM  
\$175/5 classes 252133

## Bricks 4 Kidz® Camp - Mining & Crafting (5-10yrs)

Experience the world of Minecraft with LEGO® bricks! Kids will start by crafting shelter, critters, and tools among other key elements from the popular Minecraft game. All campers will go home with a customized Minifigure. Children will be given a break for an optional snack from home.

*Space permitting drop-in fee: \$40.*

Room 101 Bricks 4 Kidz Vancouver  
Mar 23-Mar 27 M-F 9:30AM-12:30PM  
\$175/5 classes 252134

## Draw Cartoons Camp - Character Creation (6-12yrs)

Learn the basics of cartooning and create your own characters! Each day students will learn techniques used in cartooning. Subjects like characteristics, features, exaggeration, action and personification will contribute to your child's artistic advancement!

[www.youngrembrandts.com/metrovancouver](http://www.youngrembrandts.com/metrovancouver)

Room 211 Young Rembrandts  
Mar 23-Mar 27 M-F 9:00AM-12:00PM  
\$190/5 classes 252139

## Pastel Camp - Ocean Life (6-12yrs)

Five, fun-filled days await our students as we explore ocean life as they learn to draw and colour with pastels. We will create detailed, pastel compositions on each day, focusing on a different ocean-themed subject. We will draw eye-catching sea stars along the shoreline and a pair of vibrant clown fish. We will illustrate a sea turtle with bold patterns, a blue crab and a wondrous scene of jellyfish. Our instruction will bring remarkable results, and you will want to head to the frame shop with your child's finished pastel pieces.

Room 211 Young Rembrandts  
Mar 23-Mar 27 M-F 12:30PM-3:30PM  
\$190/5 classes 252140

## 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.) Each day, please bring a lunch and healthy snacks, pillow, blanket and yoga mat.

Room 101 Musical Expressions  
Mar 23-Mar 27 M-F 9:30AM-3:30PM  
\$375/5 classes 255031

## ART And You (6-10yrs)

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. Supplies included.

Room 211 Kelly Jimenez  
Mar 16-20 M-F 1:00PM-2:15PM  
\$70 /5 classes 260524

## Dance Camps with Endorphin Rush Dance & Fitness

Calling all b-boys and girls! Let's move and groove! This non-stop action-packed class includes movement exploration using songs and games; learn the basics of ballet and dance technique, moving to the beat learning hip hop, basic Break dancing, and dance games, and learning different styles of dance. Through the week, we will work on choreographed dance which will be showcased on the final day of the camp for friends and family. Get ready to cheer with gusto! Please bring a water bottle and small snack to each day. More info: [www.kirbysnelldance.com](http://www.kirbysnelldance.com)

Room 201 Endorphin Rush Dance  
\$45/5 classes /week for 45 minute classes  
\$55/5 classes /week for 1 hour classes

## My First Dance (2-4yrs)

Parents are welcome to stay.

Mar 16-Mar 20 M-F 10:15AM-11:00AM 255121  
Mar 23-Mar 27 M-F 10:15AM-11:00AM 255122

## Ballet Through Creative Movement (3-5yrs)

Mar 16-Mar 20 M-F 11:00AM-11:45AM 255124  
Mar 23-Mar 27 M-F 11:00AM-11:45AM 255136  
Mar 16-Mar 20 M-F 1:15PM-2:00PM 255461  
Mar 23-Mar 27 M-F 1:15PM-2:00PM 255464

## Hip Hop Breakers (3-5yrs)

3-5yrs

Mar 16-Mar 20 M-F 12:00PM-12:45PM 255139  
Mar 23-Mar 27 M-F 12:00PM-12:45PM 255157

4-7yrs

Mar 16-Mar 20 M-F 2:00PM-2:45PM 255435  
Mar 23-Mar 27 M-F 2:00PM-2:45PM 255436

## Dance Extreme (7-12yrs)

Mar 18-Mar 22 M-F 2:45PM-3:45PM 255445  
Mar 25-Mar 29 M-F 2:45PM-3:45PM 255452

# UPCOMING...

## CAAWS All Female Newcomers Welcome



Come to our planning session on January 9th to meet the Centre Programmers and help us create a program for female newcomers of all ages. This program can be a tool to support the settlement and integration process. There are many benefits to participating in sport and physical activity. Involvement in healthy living programs promotes physical and mental health, as well as fun and friendships. Participation provides an opportunity to improve language skills, increase community familiarity, and help participants develop a greater sense of belonging. *For more info contact one of our Centre Programmers @ 604-718-8201.*

CC Room 203

Planning Session

Jan 9 Th 11:00AM-12:30PM 259230

Weekly Program

Jan 16-Mar 26 Th 11:00AM-12:30PM 259231



## Celebrate the Ten Year Anniversary of the Games

Ten years ago, the Vancouver 2010 Olympic and Paralympic Winter Games united Canada, forever changing the landscape of sport and event hosting. The Games were a once-in-a-lifetime experience for athletes, officials and residents of Vancouver. Throughout Winter, Killarney Community Centre, along with other Vancouver venues will be holding events and activities that celebrate this anniversary.

Watch for more news about celebrations and activities as we try to re-capture some of the Olympic magic!

### Fast Fact

Killarney Ice Rink was 1 of 4 Olympic Legacy Facility built for the Olympics.



## Killarney Community Centre Seasonal Brochure Changes – Fall 2020

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

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

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

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

# Preteen Programs

## Social

### PRO D Days (5-12yrs)

Room 211 Staff  
Feb 14 F 9:00AM-3:00PM  
\$40/1 classes 245428

## Dance & Movement

### Rhythmic Dance (8-17yrs)

Combine the grace of ballet and the strength of artistic gymnastics with the challenging manipulation of colourful hand apparatus while moving to various musical accompaniments. The hand apparatus includes ropes, hoops, balls and of course, ribbons. This is a wonderful sport to develop hand-eye coordination, balance, agility, flexibility and rhythm.

1/3 Gym Elite Gymnastics  
(8-17yrs)  
Jan 11-Mar 14 Sa 2:15PM-3:15PM  
*No class Jan 18, Feb 15, March 7*  
\$42/7 classes 256224  
Jan 9-Mar 12 Th 5:00PM-6:00PM  
\$60/10 classes 256228

## Martial Arts programs:

Please refer to page 16 & 17 for more information on our Martial Arts programs.

- Axe Capoeira (7-13yrs)
- Karate (6-19yrs)
- Taekwondo (6-25yrs)
- Traditional Kung Fu (6-19yrs)

## Educational

### Chess (6-13yrs)

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

Room 201 Vancouver Chess School  
*1K Absolute Beginners*  
Jan 7-Mar 10 Tu 4:00PM-5:00PM  
\$120/10 classes 255496  
*2K Previous Knowledge*  
Jan 7-Mar 10 Tu 5:00PM-6:00PM  
\$120/10 classes 255497

### 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.

*No program Feb 15.*  
Room 101 UME Academy  
Jan 11-Mar 7 Sa 10:00AM-11:00AM  
\$132/8 classes 255903



### 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 102 Community Care First Aid  
\$62/1 class  
Feb 9 Su 9:30AM-3:30PM 255950  
Mar 29 Su 9:30AM-3:30PM 255953

## Sports

### 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 Gym Brad Kelly  
\$55/4 classes  
Jan 6-Jan 27 M 5:00PM-6:00PM 255927  
Feb 3-Mar 2 M 5:00PM-6:00PM 255929  
*\* No class Feb 17*  
Mar 9-Mar 30 M 5:00PM-6:00PM 255931

# PRETEEN PROGRAMS

## Fencing L1 Training Program (9-15yrs)

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

1/3 Gym		Brad Kelly
\$55/4 classes		
Jan 6-Jan 27 M	5:00PM-6:00PM	255932
Feb 3-Mar 2 M	5:00PM-6:00PM	255934
<i>* No class Feb 17</i>		
Mar 9-Mar 30 M	5:00PM-6:00PM	255937

## Fencing L2 Training Program (11-19yrs)

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

1/3 Gym		Brad Kelly
\$95/4 classes		
Jan 6-Jan 27 M	6:00PM-8:00PM	255938
Feb 3-Mar 2 M	6:00PM-8:00PM	255940
<i>* No class Feb 17</i>		
Mar 9-Mar 30 M	6:00PM-8:00PM	255941

## 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.

2/3 Gym		
Jan 10-Mar 13 F	4:30PM-5:30PM	
256197	\$47.50/10 classes	

## 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		
Jan 8-Mar 11	6:15PM-7:45PM	
256204	\$47.50/10 classes	

## Preteen Dodgeball Drop-In (9-12yrs)

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

Free		
1/3 Gym		
Jan 10-Mar 27 F	4:30PM-5:30PM	256219



## Saturday Night Live

Come meet other preteens in the neighbourhood and hang out with one of our awesome youth leaders! We meet in 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, swimming, cooking, outdoor games, baking, and other events geared towards the interests of participants. Consent forms must be completed before participation.

*\*\*Please note, a completed waiver form is required after the first session of each season\*\**

Room 101		
Jan 10-Mar 14 Sa	7:00PM-8:30PM	Free

## Education

### Toastmasters Youth Program - Vancouver Gavel Club

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

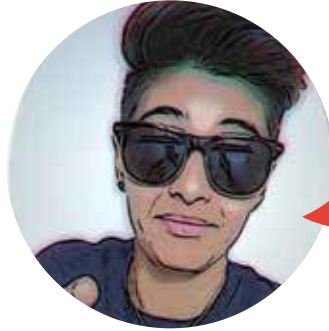
CC Room 101		Vancouver Gavel Club
Jan 9-Mar 12 Th	7:00PM-9:00PM	
256216	\$100/10 classes	



# Youth Programs



Hey friends it was nice getting to know everyone in the short time I was at KCC. I wish you all the best, keep volunteering, keep being awesome and I hope to see you around!



Hi there! My name is Riya and I am the new Community Youth Worker at Killarney! Let me know how you would like to get involved! Come through and keep it real - See you soon!

## Killarney Billiards/Pool Schedule

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

## Youth 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.

### Winter 2020 Youth Office Hours

*Hours subject to change without notice*

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

## Youth Gym Times

January 2 – March 31, 2020

Pre-Teens 9-12yrs & Teens 13-18yrs. Schedule subject to change without notice.  
*No gym programs on statutory holidays.*

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

\*Registration is required for this program.

# YOUTH PROGRAMS

## 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.

*No class January 18, March 7*

2/3 Gym Derek Wong  
Jan 11-Mar 21 Sa 3:15PM-5:15PM  
256210 \$TDB/9 classes

### 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*

Full Gym  
Jan 10-Mar 27 F 5:45PM-7:45PM 256225

### 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.

2/3 Gym  
Jan 10-Mar 13 4:30PM-5:30PM  
256197 \$47.50/10 classes

### 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  
Jan 8-Mar 11 6:15PM-7:45PM  
256204 \$47.50/10 classes



### Early Teen Instructional Basketball (12-14yrs)

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

1/3 Gym  
Jan 8- Mar 11 7:45PM-8:45pm  
256207 \$47.50/10 classes

### Teen Basketball Drop-In (13-18yrs)

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

*Drop-in fees: \$1*  
Full Gym  
Jan 11-Mar 28 Sa 7:45PM-9:45PM 256229

### Preteen Dodgeball Drop-In (9-12yrs)

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

*Free*  
1/3 Gym  
Jan 10-Mar 27 F 4:30PM-5:30PM 256219

### 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*  
Full Gym  
Jan 10-Mar 27 F 7:45PM-9:45PM 256233

## 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](http://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  
Jan 9-Mar 26 Th 6:20PM-7:20PM  
257304 \$96/12 classes

## 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 Feb 15*

Dojo

Jan 11-Mar 28 Sa  
257072

2:00PM-3:00PM  
\$91/13 classes

## Volunteer Opportunities

### Youth Volunteer Orientation

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

CC Room 101

Jan 18 Sa

2:30PM-4:30PM

256236

## Killarney Youth Council

Be a leader! Join this youth leadership group to voice your opinion, plan activities for youth, and implement your own community projects. As a member you will also represent Killarney Community Centre youth at city-wide events. Bi-weekly meetings are on Saturdays at 3:30pm in Room 105. For more information, please contact the Youth Office.

CC Room 101

Jan11-Mar 28 Sa

3:30PM-5:30PM

257248

## Youth Art Initiative

*This is a collaborative art project created by the KCC youth. Each feather was individually painted and together, represents community, team work and rising above! Thank you to all the youth who contributed to this project.*



# 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		
5:00PM-Close	Open	Open	Open	Open		

# Facility Rentals

Host your private function here!



**KILLARNEY**  
COMMUNITY CENTRE

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

## Staff Charges

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

## Music Royalty Fees

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

## Zero Waste Facility

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

## Set-up and Take Down

Set-up, take down and clean up are the responsibility of the renter. This includes tables, chairs, decorations, food, etc. are to be cleared out of the room at the end of the rental.

Search, view and reserve online by visiting [recreation.vancouver.ca](http://recreation.vancouver.ca)  
or email inquiries to [killarneyccrentals@vancouver.ca](mailto:killarneyccrentals@vancouver.ca)

### KILLARNEY COMMUNITY CENTRE RENTAL INFORMATION AND RATES

Room	Standing/Chair Capacity (100%)	Tables & Chairs Capacity (70%)	Approx. Size (Ft.)	Suitable Activities	General Public
Full Gymnasium	300	210	108'x68' 7344 SqFt.	Sports ONLY NO Wooden Sticks	\$61.50/hr
2/3 Gymnasium	200	140	70'x68' 4760 SqFt.		\$44/hr
1/3 Gymnasium	100	70	38'x68' 2584 SqFt.		\$22.10/hr
CC Room 101	20	14	20'x19' 380 SqFt.	Meetings & Socials	\$22.10/hr
CC Room 201	20	14	20'x19' 380 SqFt.	Meetings & Socials	\$22.10/hr
CC Room 202	30	21	34'x16' 544 SqFt.	Meetings (adults Only)	\$44/hr
CC Room 203	70	49	36'x29' 1044 SqFt.	Meetings & Socials	\$44/hr
CC Room 205	110	77	56'x34' 1904 SqFt.	Meetings, Socials & Dance	\$51.30/hr
CC Room 211	30	21	25'x21' 525 SqFt.	Meetings & Socials	\$44/hr
CC Kitchen 204	4	N/A	N/A	Fridge, Stove, Oven & Microwave	\$8/hr
Pool Multipurpose Room	30	21	33'x15' 495 SqFt.	Meetings & Socials	\$44/hr

# Killarney Rink

## Arena Sports Groups



### Killarney Skating Club

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

Skate Canada Program Offerings:

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

Website: [www.killarneyskatingclub.com](http://www.killarneyskatingclub.com)

Email: [killarneyskatingclub@gmail.com](mailto: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](http://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](http://www.vancouvergirlshockey.com) or [info@vancouvergirlshockey.com](mailto: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](mailto:president@Vancouverlacrosse.com) or [vkmlapres@yahoo.ca](mailto: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 RINK

## Ice Skating Lesson Information

### Learn to Skate Program

The Learn to Skate program for children 3 to 18yrs is fun, safe, creative and progressive, and builds new skating skills while strengthening existing skating skills. All classes are taught by friendly, certified, knowledgeable staff in a supportive and age appropriate environment. Parents and guardians are not allowed on the ice during skating lessons.

**Please arrive AT LEAST 15 minutes before** your lesson time to allow time to put on skates and helmets. Ensure you or your child wear warm clothes, gloves and long socks for comfort and safety. Extra socks may be helpful (rental skates are in full sizes only). We strongly recommend that first time pre-school skaters wear waterproof pants. *Note: Skate rental fees are not included.*

**CSA approved hockey or snowboarding helmets are required.**

A limited number of helmets are available on site.

### Registration Information

#### Winter Set 1: December 20 at 7:00pm

- Thursdays: Jan 2-Feb 13
- Saturdays: Jan 4-Feb 8
- Sundays: Jan 5-Feb 9

#### Winter Set 2: February 14 at 7:00pm

- Thursdays: Feb 20-Mar 19
- Saturdays: Feb 15-Mar 21
- Sundays: Feb 16-Mar 22

*We strongly recommend your child attend a **free** skate evaluation during any public skate session prior to registration to determine the most appropriate level. You may register for only one lesson set at a time; there is no guarantee that your child can be transferred to another class should you register in the incorrect level. When registering in person or by phone, if the class you want is full, please ask to be placed on the waiting list. Spaces cannot be reserved without payment and are given out on a first come, first serve basis.*

### Child Stick & Puck Lessons (8-13yrs) **NEW!**

Play, pass, fun! This a recreational hockey program for beginners or those new to hockey. **This program is not for children currently register in minor hockey.** We will work on basic skating skills as well as drills that will help with passing & stick handling skills. Each class will end with a scrimmage. We will use **plastic pucks & sticks** for this program (provided). Skates, gloves & a helmet are mandatory for this program, full gear is recommended. **Participants must have completed Child Level 3 to register.** Skate and helmet rentals available at an additional cost.

Jan 5-Feb 9                      4:10-4:55pm  
Feb 16-Mar 22                 4:10-4:55pm  
\$61.50/6 sess

You can register  
in person at any  
Vancouver Park Board  
Community Centre!

## Adult Ice Skating

Enjoy a night out with friends and participate in one of our adult skate lesson sessions. Register for Saturday lessons, and come early or stay after for the Adult Only Skate. Your admission is included with the Saturday lessons. CSA approved hockey or snowboarding helmets are mandatory for all lesson participants. Limited numbers of helmets are available on site.



### Park Board Refund Policy

- Full refund five days or more prior to program start date
- Partial refund within four days of program start or before second class; program fee minus the price of the number of lessons that have taken place
- No refunds or transfers after second class
- No refunds on single session or drop-in programs

## Killarney Rink Winter 2020 Public Skate Schedule

**January 2 - March 24, 2020**

Schedule subject to change without notice.

Children 7 years and younger must be accompanied on the ice by a parent or guardian over the age of 16yrs.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Adult Co-ed Stick & Puck 11:45am-1:15pm	Discount Skate 11:30am-1:15pm	Adult Co-ed Stick & Puck 11:45am-1:15pm	Parent & Preschool (w/ Discount Skate) Skate/Lessons 11:30am-1:15pm			Public Skate 2:15pm-3:45pm
				Discount Skate 3:15pm-4:45pm	Public Skate 5:45pm-7:15pm	Family Fun Hockey 4:00pm-5:00pm
	Public Skate 6:00pm-7:30pm		Public Skate 6:15pm-7:45pm	Public Skate 7:30pm-9:00pm	Adult Skate & Lessons 7:30pm-9:00pm	

## Ice Skating Rates & Fees

Prices subject to change.

	SINGLE	10 USAGE	1 MONTH	3 MONTHS	12 MONTHS
Child (5-12yrs)	\$3.20	\$26.04	\$24.74	\$66.68	\$213.66
Youth (13-18yrs)	\$4.48	\$36.46	\$34.63	\$93.35	\$299.13
Adult (19-64yrs)	\$6.41	\$52.08	\$49.47	\$133.35	\$427.33
Senior (65+)	\$4.48	\$36.46	\$34.63	\$93.35	\$299.13
Family Rate	\$3.20 Minimum charge of \$6.41, 1-2 adults of same household and their children under 19yrs				
Discount Skate	50% regular admission				
Drop-in Hockey	\$6.41	\$52.08			
Skate Rental	\$3.45	\$27.59			
Skate Sharpening	\$6.65				

All usage passes are valid at all Vancouver Park Board operated Fitness Centres, Pools & Ice Rinks.

## Pro D Day Skates

Looking to burn off some excess energy? Come for a skate!  
1/2 price admission rates.

Feb 14 Fri 1:15-2:45pm

## Family Day Skate

Come spend family day at Killarney Community Centre!  
Come burn off some energy at the Rink, or take a discount dip in the Pool or participant in games & crafts at the Community Centre.

Feb 17 Su 10:15AM-1:45PM  
50% off regular admission

## Adult Stick & Puck (19yrs+)

Helmets, and gloves required. Practice only, no scrimmage. All Adult Hockey Programs are co-ed and participants must sign a waiver at the beginning of each session. All players can register by calling 604-718-8201 ext 1 beginning at 9:30am on the day of the program. Players must sign in and pay 15 minutes prior to the start of the session and then the waitlist will be accommodated if there are any open spots.

# Killarney Leisure Pool

## Things to know before you swim

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

## Have a Birthday Party by the Pool!

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

For more information call **604-718-8280** or email [killarney.pool@vancouver.ca](mailto: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.



## Killarney Leisure Pool Spring Break Swim n' Skate Camp

Learn FUNDamental movement and sport skills, while enjoying a week filled with Red Cross Swim lessons and pool fun in the morning, followed by Learn to Skate lessons and introductory hockey skills in the afternoon. Exciting sports, games and play throughout the day to encourage your child to be active for life.

Bring your lunch, snacks, water bottle, swim suit, towel, shorts, spare t-shirt and socks, warm jacket, pants and gloves. A day camp experience you can't miss!

Who: children aged 7 - 12  
Time: 9:00am - 4:30pm daily

When: March 16 - 20  
\$204 per child  
Registration code: 259270

Get an Active Start and explore SPORT this Spring!



Register online, by phone or in-person at Killarney now!  
Visit [vancouver.ca](http://vancouver.ca) or call 3-1-1 for more information.





# KILLARNEY LEISURE POOL

## Winter 2020 Pool Schedule

February 1 - March 15, 2020

Schedule is subject to change without notice

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



### MAIN POOL SCHEDULE

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

*Spring Break Schedule available online and on site*

### LEISURE POOL SCHEDULE

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

### 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 3 children.

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

# KILLARNEY LEISURE POOL

## Swimming Lesson Registration Opens December 17 at 7:00pm.

1-day/week	#	Start	End	PT/PS/SK5-10	SK1-4	Meet the instructor
Monday	6	03-Feb	09-Mar	\$44.46	\$39.60	24-Feb
Tuesday	6	04-Feb	10-Mar	\$44.46	\$39.60	25-Feb
Wednesday	6	05-Feb	11-Mar	\$44.46	\$39.60	26-Feb
Thursday	6	06-Feb	12-Mar	\$44.46	\$39.60	27-Feb
Friday	6	07-Feb	13-Mar	\$44.46	\$39.60	28-Feb
Saturday	7	01-Feb	14-Mar	\$51.22	\$45.55	22-Feb
Sunday	7	02-Feb	15-Mar	\$51.22	\$45.55	23-Feb
Twice/week	#	Start	End	PT/PS/SK5-10	SK1-4	Meet the instructor
Mon/Wed	12	03-Feb	11-Mar	\$85.02	\$75.30	26-Feb
Tue/Thu	12	04-Feb	12-Mar	\$85.02	\$75.30	27-Feb
Wed/Fri	12	05-Feb	13-Mar	\$85.02	\$75.30	28-Feb

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

- 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.
- Private and Semi-Private Registration is available online
- 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](mailto: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.

### ☛ Spring Break Weekday Daily Swimming Lessons March 16 - 29, 2020

Level	Time	Level	Time	Level	Time	
Preschool 1: Sea Otter	9:00am	Swim Kids 2	11:30am	Swim Kids 5	10:45am	
	10:45am		12:00pm		11:15am	
	11:45am		9:30am		Swim Kids 6	9:45am
Preschool 2: Salamander	9:30am	Swim Kids 3	11:00am	Swim Kids 7	10:30am	
	11:15am		12:00pm		10:30am	
Preschool 3: Sunfish	10:00am	Swim Kids 4	9:00am	Swim Kids 8	12:15pm	
	9:30am		10:00am		Swim Kids 9	9:00am
	10:30am		10:45am		Swim Kids 10	12:15pm
Swim Kids 1	12:30pm		11:15am		12:15pm	
	10:00am	** 2-pack private lessons available on weekday afternoon and weekends				
	10:15am					

- ☛ Bronze Medallion and Bronze Cross Camp available over Spring Break from Monday to Thursday from 4:30 to 10:00pm

# Special Events



## Family Day @ KCC

Are you Looking for a way to spend Family Day together as a Family? Join us at Killarney Community Center for a FUN filled day! Whether it's a skate, swim, or enjoying our play-gym. Family Gym will include face painters, bouncy castle, games, crafts, photo booth and more! We acknowledge the financial support of the Province of British Columbia.

Full Gym

Feb 17 M

2:00PM-4:00PM

Free

222577



## Kids Stuff Swap Meet!

Get started on your Spring Cleaning! Don't miss this opportunity to buy and sell baby and kids clothing, toys and sports equipment. 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. For special inquires or mobility issues please email [paula.parmar@vancouver.ca](mailto:paula.parmar@vancouver.ca). Early registration is highly recommended for this event. Please note that the table fee is non-refundable.

Full Gym

Mar 7 Sa

9:30AM-1:30PM

\$18.50/ table

222576



## Lunar New Year Event

Come join and celebrate the Year of the Rat with us! It will be an afternoon of cultural displays, crafts, lion dance, and light snacks. Please register early as there are a limited number of seats.

Gymnasium

Jan 18 Sa

12:00PM-2:00PM

\$5/person

222562



## An Evening of Jazz

Please join us for an evening of live jazz. We have a star studded line up featuring Jennifer Hershman with her Trio Jazz Band. Enjoy some wine, cheese and a fabulous social atmosphere while indulging in live Jazz music.

Seniors Grand Hall

Mar 13 F

255189

7:30PM-9:30PM

\$14.29/person

## SPECIAL EVENTS

# Saturday Music Live!

Join us each month in the Killarney Lobby from 12:00PM-2:00PM for a musical treat!  
The program is provided free through funding by the KCC Society. Everyone Welcome!

### Jennifer Hershman

Instrumentally inspired by the 70s, Jennifer pulls musical influence from her childhood favourites, Linda Ronstadt and Paul Simon. Her voice can hit you with a haunting edge, and simultaneously leave you with a feeling of joy. Traditional songs, with a modern twist, Jennifer's unique sound may just leave you awestruck. Jeff Gray, On-Air host at Hunnypot Radio, describes Jen's voice as, "sweet melodic perfume gusting from the great white north."  
<https://www.jenniferhershman.com/>  
Jan 11 Sa 12:00PM-2:00PM 247524



### Lyndsay Wills & No Frills

Lyndsay Wills and the No Frills are Lyndsay (guitar, banjo), Stewart (banjo) and Mike (fiddle). We play some old-time tunes as well as some of Lyndsay's original songs that are bound to get you clapping, and your toes tapping.  
Feb 1 Sa 12:00PM-2:00PM 247522



### Norine Braun

Emotional, heartfelt and eclectic: Norine Braun an award winning singer-songwriter, a 2018 Western Canadian Music Award Nominee, Canada Council Award. "Through Train Windows" is her latest album inspired by her cross Canada tour with partner Alice Fraser, who will be accompanying Norine on keys and background vocals.  
Feb 29 Sa 12:00PM-2:00PM 247523



### The Soda Crackers

Long-time musical cohorts, The Soda Crackers (Sue Malcolm - guitar, Don Fraser -guitar and dobro, Stu MacDonald - upright bass) serve up a spicy gumbo of bluegrass, country and swing!  
Mar 14 Sa 12:00PM-2:00PM 247520



### Wayne Dodds Swing Time Band

Wayne plays Tenor Sax, Trombone, Soprano Sax, and sings the Vocals. His computer plays the String Bass, Keyboard, Guitar, and Drums from his carefully written arrangements. It is very danceable!  
Jan 25 Sa 12:00PM-2:00PM 247519

### The Crooked Road Band

The Crooked Road Band are a ceilidh band in Vancouver playing traditional dance tunes and folk songs from England, Ireland, Scotland and elsewhere. Crooked Road Band consists of four members: Ken Hamer, Hugh Brock, Miriam, and Pam Jeffery. Together they play a variety of harps, flutes, whistles, banjo, vocals, accordion, and piano to create an eclectic Celtic sound. Visit their website at: <http://www.crookedroadband.ca/>  
Feb 15 Sa 12:00PM-2:00PM 247525

### SandyBone & the BreakDown

Sandy Bone from Sandy Bone and the BreakDown is a long-time stalwart of the Canadian music scene recognized as a gifted singer/songwriter and a charismatic performer who plays guitar, drums and harmonica. This will be a solo performance featuring Sandy on guitar and slide guitar singing soulful blues, country and original compositions.  
Mar 28 Sa 12:00PM-2:00PM 247521



# Workshops

## Senior Safe Tea Program

This workshop educates seniors on ways to protect themselves against different types of fraud and other forms of elder abuse. There is a presentation and open discussion where there is time for questions and concerns that the attendees have. Participants are served tea and cookies in a safe and inclusive environment. This workshop is run by the Collingwood Community Police.

Senior MPR 151

Jan 29 W 10:30AM-12:00PM  
Free 259868

## Income Tax Clinic

This free service is offered by CVITP (Community Volunteer Income Tax Program) for those who qualify. A trained volunteer will be available to complete and file your 2019 tax return. Each session is 30 minutes long and requires a separate booking for each person. Participants are required to bring all necessary forms (for example: all T4s, last year's Notice of Assessment and any other forms required for their tax return). Certain conditions must be met in order for them to sign up for a session, NO EXCEPTIONS, they are the following:

- Family income must not exceed \$35,000
- Single income must not exceed \$25,000 (\$500)
- Interest income must not exceed \$1000
- no business, rental, or capital gain income
- not in partnership with anyone for business

CC Room 101

Mar 17-Mar 31 Tu 6:00PM-8:30PM  
Mar 21-Apr 4 Sa 1:00PM-4:00PM  
Mar 23-Mar 30 M 6:00PM-8:30PM

## Earthquake Preparedness

We have all witnessed the devastation that can be caused by earthquakes. We have seen how they can impact our family, our homes and our businesses. Living in Vancouver we do live in area that can be impacted by earthquakes, yet few of us take the time to prepare to ensure we are prepared. Join us to learn the basics of what is required to develop your emergency plan, how to connect with extended family, how to conduct a Hazard Hunt and what to do when an earthquake strikes.

### For Seniors

This session is specific for Seniors focusing on challenges they may face when preparing for emergencies or disasters.

Senior MPR 151

Jan 22 W 10:00AM-11:30AM  
Free 257733

### For Pets

In this session, learn what you can do to ensure both you and your pets are prepared for any type of emergency or disaster you may be faced with.

Senior MPR 151

Feb 6 Th 6:30PM-8:00PM  
Free 257741

### Apartment Living

This session is focused for apartment/condo dwellers - who have unique challenges when preparing for emergencies or disasters.

Senior MPR 151

Mar 5 Th 6:30PM-8:00PM  
Free 257745

### Personal & Family

This session is an introductory session that covers what is required to develop your family emergency plan and how to conduct a "Home Hazard" Hunt.

Senior MPR 151

Mar 12 Th 6:30PM-8:00PM  
Free 257747

## Ukulele Sing Along

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

Seniors MPR 151/152

Jan 26 Su 2:00PM-4:30PM  
\$4.76/session 253487  
Feb 23 Su 2:00PM-4:30PM  
\$4.76/session 253488  
Mar 29 Su 2:00PM-4:30PM  
\$4.76/session 253489

Candy Wong

## Art with Heart *Hand Printed Valentines* (14+ yrs) **NEW!**

Make your own Valentines this year! This fun workshop is suitable for absolute beginners. You'll create an edition of 4 Valentine cards to give to your loved ones. We will learn how to use cutting tools, carve a design into a linoleum block and print it. Feel free to bring along your own ideas, as you will be guided through planning of your design, but there will also be lots of inspiration provided. *All supplies are included.*

CC Room 211

Feb 5 W 6:00PM-8:30PM  
\$49/1 class 260314

Ella Culajevic

## Power of Attorney

There are four types of Power of Attorney in BC, most people are familiar with only one. In this workshop, we discuss all four types. We also consider when you need a Power of Attorney, the steps you should take to consider who to appoint as your Attorney, the duties of your Attorney, problems with having a Power of Attorney and how to change your Attorney if needed

Seniors MPR 151/152

Feb 26 W 10:00AM-11:00AM 245320

COSCO Seniors Health And Wellness Institute Society

# WORKSHOPS

## Seniors Lunch Program Volunteer *Orientation*

Orientation for volunteers interested in helping out the seniors lunch program and other food initiatives.

*Free but please pre-register.*

Seniors MPR 151 Julie So  
Jan 22 W 11:30AM-12:30PM 257740

## Fireside Chat *Cancer Prevention 101*

Fifty percent of cancers can be prevented with lifestyle modifications. Are drinking alcohol, eating processed meats, and leading an inactive lifestyle associated with developing cancer? Learn about recent scientific evidence supporting physical activity and nutritional guidelines in the prevention of several types of cancer.

Seniors Lounge Bonnie McCoy  
Feb 18 Tu 1:00PM-3:00PM  
254827 \$5/1 session

## Seniors Benefits *Service Canada*

A representative from Service Canada will be giving an overview of Programs and Benefits for Seniors. We will be talking about Benefits under the Canada Pension Plan and Old Age Security -- making sure Seniors are aware of Benefits they could be entitled to: Death Benefits, Survivors Benefits, Guaranteed Income Supplement, the Allowance and Allowance for the Survivor. Lots of tips, resources and answers to your questions! *Free but please pre-register.*

Seniors MPR 151 Service Canada  
Feb 26 W 1:30PM-3:30PM 256877

## Financial Fraud & Scams

You work hard for your money and want to keep it safe from fraud. In this interactive workshop, you'll learn how to identify common financial scams and become empowered to protect yourself and your family from the devastating impact of fraud. We'll cover some quick tips on how to identify financial scams and what steps to take in the event you ever find yourself financially victimized.

Seniors MPR 151 Susan Fugman & Eric Lai  
Mar 23 M 7:00PM-8:30PM 258607

## Cooking Classes

### Korean Cooking

Learn to cook the flavourful dishes from Korea- Cucumber Salad, Braised Potatoes and Silken Tofu Soup. The instructors will also touch on the cultural significance's of these dishes.

Seniors MPR 153 & Kitchen Michelle & Ariel  
Feb 22 Sa 10:00AM-12:00PM  
\$19/person 256855

### The Secret Life of Kimchi

We will take you on a journey of kimchi from its birth to its later stages. The fermentation process changes kimchi's flavour. We will show you how to make different dishes at it's different stages. No more wasted kimchi!

Seniors MPR 153/Kitchen Michelle Nagai & Ariel Chang  
Mar 14 Sa 10:00AM-12:00PM  
\$24/person 259514

## Watercolour Workshops with Frank Townsley



### Marmot

This workshop depicts a close-up view of a yellow-bellied marmot perched in front of his rocky burrow. Photos and enlargements for tracing purposes will be provided, including supplies for those not wishing to use their own.

Pool MPR Frank Townsley  
Jan 18 Sa 8:45AM-3:45PM  
255248 \$45/person



### Joffrey Winter

This workshop depicts a Winter view of upper Joffrey lake, east of the Pemberton Valley north of Whistler, with the Matier Glacier in the background. Photos and enlargements for tracing purposes will be provided, including supplies for those not wishing to use their own.

Pool MPR Frank Townsley  
Feb 29 Sa 8:45AM-3:45PM  
255249 \$45/person

# Adult Programs

## Education

### Computer Workshops

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 202		Tim Li
Jan 2 Th	6:00PM-8:00PM	251058
Adult	\$19.05/1 class	
Senior	\$16.19/1 class	
Feb 6 Th	6:00PM-8:00PM	251059
Adult	\$19.05/1 class	
Senior	\$16.19/1 class	
Mar 5 Th	6:00PM-8:00PM	251060
Adult	\$19.05/1 class	
Senior	\$16.19/1 class	

## Art & Culture

### Learn Spanish Through Music & Art **NEW!**

Learn Spanish and some aspects of Latin America culture, in a fun and relaxed environment through singing with live music, dancing, and other art-related activities.

Seniors MPR 151		Enrique Estrada
Jan 22-Mar 4 W	7:00PM- 8:00PM	256888
Adults	\$87.50/10 classes	
Seniors	\$60/10 classes	

### Chinese Calligraphy *Beginner*

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

CC Room 202		Guoxin Lin
Jan 7-Mar 10 Tu	1:00PM-3:00PM	254950
\$85.50/10 classes		
CC Room 211		Guoxin Lin
Jan 8-Mar 11 W	1:00PM-3:00PM	254949
\$85.50/10 classes		

### You Can Ukulele *Beginners*

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

Seniors MPR 152		Carrie Nelson
Jan 18-Mar 21 Sa	11:00AM-12:00PM	254951
\$88.57/10 classes		

### You Can Ukulele *Level II*

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

Seniors MPR 152		Carrie Nelson
Jan 18-Mar 21 Sa	12:30PM-1:30PM	254953
\$88.57/10 classes		

### Ukulele Sing Along

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

Seniors MPR 151/152		Candy Wong
Jan 26 Su		2:00PM-4:30PM
\$4.76/session		253487
Feb 23 Su		2:00PM-4:30PM
\$4.76/session		253488
Mar 29 Su		2:00PM-4:30PM
\$4.76/session		253489

### Acrylic Painting **NEW!**

Students learn basic color theory, use of mediums, techniques, including mixed media, photo imagery, and tools, and will explore the visual world through Acrylic Paint. This series facilitates the individual student's art practice through demonstration, individual instruction, and support while students are painting at the easel, or tables. Within each class there will be a demonstration and/or exploration of techniques. Students then use the studio class time to incorporate learned techniques, and develop their own art path. The student will be introduced to: Impressionism, cubism, realism, abstract and current approaches. Class sizes are small, with individual attention. *Painting Materials are needed for this program. You have the option of buying your materials at Kroma in Grandville Island. The special kit is 'ArtDreams Kit' or purchase the materials on your own. The materials list will be given at time of registration. Please feel free to bring your own paint supplies also.*

CC Room 211		Naomi Topuzoglu
Jan 16-Mar 5 Th		12:30PM-2:30PM
\$160/8 classes		255252

# ADULT PROGRAMS

## 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](http://musicalexpressions.ca) Leisure Access subsidy does not apply to this program.

CC Room 201	Musical Expressions
Jan 9-Mar 12 Th	\$250/10 classes
5:30PM-6:00PM	2552143
6:00PM-6:30PM	238134
6:30PM-7:00PM	238136
7:00PM-7:30PM	238137
7:30PM-8:00PM	238138

## Improv 101 **NEW!**

An energetic class that empowers youth to explore their imaginations through creative dramatics, theatre sports, role-playing and prepared work. Each class involves a different mix that helps stretch their abilities and confidence. Build skills in acting, teamwork, problem-solving, cooperation, speech, concentration, and more!

*No class Feb 17.*

Senior MPR 152	TeLeni Koochin
Jan 13-Mar 9 M	2:00PM-3:15PM
\$96/8 classes	254952

See Health & Wellness pages 41-43 for more programs

## 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 Feb 17*

Seniors Lounge	6:45PM-8:45PM	244599
Jan 6-Mar 30 M		

## Zen Drumming

Discover the Power of the Pulse! Ignite your inner rhythm and creative juices with this powerful form of guided active meditation. We will be interacting, grooving and sharing as we connect with positive vibes of rhythm. Fun and engaging for all levels and styles of drumming. Please bring a drum, and/or percussion instruments if you have one. We also have extras to share. No experience necessary. If you have a heartbeat, you can drum!

CC Room 211	Abby Greene Bull
<i>FREE Demo Class</i>	
Jan 9 Th	6:30PM-8:00PM 257829
<i>Bi-weekly classes</i>	
Jan 23 Th	6:30PM-8:00PM 257830
\$10/1 class	
Feb 6 Th	6:30PM-8:00PM 257831
\$10/1 class	
Mar 5 Th	6:30PM-8:00PM 257833
\$10/1 class	
Mar 19 Th	6:30PM-8:00PM 257834
\$10/1 class	

## Martial Arts

### 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](http://www.fightingart.ca). Please note that Participant Waiver forms must be filled out before the program starts. Forms are available from the instructor.

Dojo	Vancouver Seiyu Karate
Jan 7-Mar 31 Tu	7:30PM-9:00PM
\$126/13 classes	251061

### Seiyu Karate Light

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

Dojo	Vancouver Seiyu Karate
Jan 9-Mar 26 Th	7:30PM-8:30PM
\$96/12 classes	251068

### 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](mailto:artlum25@gmail.com). Refunds & prorating are NOT available for this program.

*No classes from Feb 10 to Feb 27*

CC Room 203	Art G Lum
Jan 6-Mar 23 M W	9:00AM-12:30PM
\$48/season	253481
Jan 11-Mar 22 Su Sa	8:00AM-11:30AM
\$48/season	253496

### 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](mailto:artlum25@gmail.com). Refunds & prorating are NOT available for this program.

*No classes from Feb 10 to Feb 27*

CC Room 203	Art G Lum
Jan 9-Mar 26 Th	9:00AM-10:30AM
\$18/season	253480



## Hunyuanyuan Tai Chi *Level 2*

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

*No classes from Feb 10 to Feb 27*

CC Room 203	Art G Lum
Jan 10-Mar 27 F	9:00AM-11:30AM
\$40/10 classes	253479

## Japanese Jiu Jitsu

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

*No class Feb 17*

*Space Permitting - Drop-in fee: \$9.52*

Dojo	Alex Fairweather
Jan 8-Mar 25 M W	7:15PM-9:15PM 254956
<i>Adult 18yrs+</i>	\$99.26/22 classes
<i>16-17yrs</i>	\$77.32/22 classes
<i>12-15yrs</i>	\$52.38/22 classes
<i>Family/Couple</i>	\$178.10/22 classes

## Ki Aikido

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

Forms are available from the instructor.

*No class Feb 15*

*Space Permitting - Drop-in fees: \$7.14*

Dojo	Emily Aspinwall
Jan 4-Mar 28 Sa	10:00AM-11:45AM
\$69/12 classes	254966

## Axe Capoeira *Advanced* **NEW!**

These are ongoing classes where anyone can join, no previous experience necessary. It covers all aspects of Capoeira; martial-arts, dance, music, acrobatics, culture, language and more. It focuses on developing the students rhythm, reflexes, balance, coordination and increasing strength and flexibility as they learn. Please note that *Participant Waiver forms must be filled out before the program starts. Forms are available from the instructor.*

*No class Feb 17*

Dojo	Axe Capoeira
<i>FREE Demo Class</i>	
Jan 3 F	6:00PM-7:00PM 259875
<i>Monthly Program</i>	
Jan 6-Jan 31 MWF	6:00PM-7:00PM 258414
<i>Adult \$55/month</i>	<b>SPECIAL OFFER</b>
<i>Senior \$45/month</i>	
Feb 3-Mar 30 MWF	6:00PM-7:00PM
<i>Adult \$100/month, \$255/season</i>	
<i>Senior \$90/month, \$225/season</i>	258416, 258417

## Traditional Tai Chi/Kung Fu

顧式太極拳/北少林功夫班-龍志光師傅授

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 \$1.50/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.

1/3 Gym	Northern Shaolin Kung Fu
Jan 11-Mar 14 Sa	9:00AM-10:45AM
\$83/8 classes	254958

## Sports & Fitness

### Fit 4 Two *Mom and Baby Fitness* (16+yrs)

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

www.fit4two.ca

*Space permitting drop-in fee: \$16.*

Room 205	Fit4Two Van East
Jan 6-Feb 10 M	11:00AM-12:00PM
\$69.20/6 classes	255907
Feb 24-Mar 30 M	11:00AM-12:00PM
\$69.20/6 classes	256173

### Baby & Me Parenting Drop-in

See page 6 for information.

# ADULT PROGRAMS

## 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 Feb 17

Space Permitting - Drop-in fees: \$7.14

CC Room 205 Zlata Lopresti Jr.

FREE Demo Class

Jan 6 M 7:30PM-8:30PM 254974

Weekly Program

Jan 13 -Mar 30 M 7:30PM-8:30PM

\$70.73/11 classes 254971

## Stretch & Release

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

Space Permitting - Drop-in fees: \$7.38

CC Room 205 Maria Pantejos

FREE Demo Class

Jan 9 Th 8:30PM-9:30pm 254977

Weekly Program

Jan 16-Mar 26 Th 8:30PM-9:30PM

\$70.95/11 classes 254979

## 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

Jan 7 Tu 7:15PM-8:15PM 254980

Jan 9 Th 7:15PM-8:15PM 254981

Weekly Programs

Jan 14-Mar 31 7:15PM-8:15PM

\$66/12 classes 255278

Jan 16-Mar 26 Th 7:15PM-8:15PM

\$60.50/11 classes 254982

## 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 - Drop-in fee:

Seniors \$3.10 Adults \$4.05

Full Gym

Jan 8-Mar 11 W 9:00AM-12:00PM 245471

Adult \$35.80/10 classes

Senior \$26.20/10 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

Jan 7-Mar 10 Tu 11:00AM-12:30PM 255279

Adult \$71.40/10 classes

Senior \$64.30/10 classes

Jan 9-Mar 12 Th 9:00AM-10:30AM 255281

Adult \$71.40/10 classes

Senior \$64.30/10 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.*

No session Mar 26

Drop-in fees: \$3.10

2/3 Gym

Jan 5-Mar 29 Su 1:45PM-4:45PM Danny Ho

Jan 8-Mar 25 W 7:00PM-10:00PM

Jan 9-Mar 19 Th 12:00PM-3:00PM 254983

\$26.43/10 visit card

## Adult Recreational Badminton, Basketball, Volleyball **NEW!** 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

## Basketball

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

Space Permitting - Drop-in fees: \$4.75

Full Gym

Jan 7-Mar 24 Tu 8:30PM-10:00PM

\$42/12 classes 245470

## Badminton PM

Badminton racquets and birdies are not provided. 2 courts available: ALL courts must play in doubles. Maximum 20 players per session. Times includes set up and take down of nets.

Full Gym

Jan 2-Mar 26 Th 8:00PM-10:00PM

\$45/12 sessions 245469

## Volleyball **NEW!**

2 courts available. Maximum 14 players per Court. Times includes set up and take down of nets.

2/3 Gym

Jan 6-Mar 30 M 8:00PM-10:00PM

\$45/12 classes 255200

# Adults & Seniors Health & Wellness Programs

## CAAWS

### All Female

### Newcomers Welcome

Come to our planning session on January 9th to meet the Centre Programmers and help us create a program for female newcomers of all ages. This program can be a tool to support the settlement and integration process. There are many benefits to participating in sport and physical activity. Involvement in healthy living programs promotes physical and mental health, as well as fun and friendships. Participation provides an opportunity to improve language skills, increase community familiarity, and help participants develop a greater sense of belonging. *For more info contact one of our Centre Programmers @ 604-718-8201.*

CC Room 203

#### Planning Session

Jan 9Th 11:00AM-12:30PM 259230

#### Weekly Program

Jan 16-Mar 26Th 11:00AM-12:30PM 259231

## Line Dancing **Beginners**

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

No Classes Jan 20, Jan 27 & Feb 17

Space Permitting - Drop-in fees:

Seniors \$5.24 Adults \$6.19

Seniors MPR 251/252 AI Serfas

Jan 6-Mar 30 M 9:15AM-10:15AM 245243

Adult \$60/10 classes

Senior \$40/10 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 251/252

Karime Kuri

#### FREE Demo Class

Jan 14 Tu 7:30PM-8:30PM

#### Weekly Programs

Jan 21-Feb 18 Tu 7:30PM-8:45PM 255003

Adult \$47.65/5 classes

Senior \$38.10/5 classes

Feb 25-Mar 24 Tu 7:30PM-8:45PM 255005

Adult \$47.65/5 classes

Senior \$38.10/5 classes

## Brazilian Swag Dance

Brazilian Swag class is a program that explores the Brazilian culture through dance. This class is an hour long, which we breakdown the basic steps of samba, brasilian funk, Afro, frevo, samba reggae and many other brasilian dances. and at the end of the class a short choreography is presented 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. And have some fun.

Space Permitting - Drop-in fees:

Adults \$10 Seniors \$8

Seniors MPR 151/152

Juliana Oliveira

#### FREE Demo Class

Jan 8 W 5:45PM-6:45PM 255022

#### Weekly Program

Jan 15-Mar 18 W 5:45PM-6:45PM 255023

Adult \$80/10 classes

Senior \$60/10 classes

## 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

Jan 9-Feb 13 Th 11:00AM-12:15PM 254209

Adult \$32.88/6 classes

Senior \$27.12/6 classes

Feb 20-Mar 26 Th 11:00AM-12:15PM 254220

Adult \$32.88/6 classes

Senior \$27.12/6 classes

## Senior and 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. Please note the early end date.

Drop-in fees: \$3.33

CC Room 205

May Leung

Jan 7-Mar 31 Tu Th F 2:00PM-4:00PM

Jan 4-Mar 28 Sa 3:00PM-5:00PM

\$19.05/10 visit card 255030

## Zumba **GOLD** Toning **NEW!**

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

*Chair exercises are an option.*

Space Permitting - Drop-in fees:

Adults \$7.38 Seniors \$5.24

Seniors MPR 251/252

Maria Pontejos

#### FREE Demo Class

Jan 4 Sa 10:45AM-11:45AM 255263

#### Weekly Program

Jan 11-Mar 28 Sa 10:45AM-11:45AM 255264

Adult \$84/12 classes

Senior \$60/12 classes

# HEALTH & WELLNESS PROGRAMS

## 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 MPR 251/252 Bonnie McCoy  
Jan 7-Mar 31 Tu 9:30AM-12:00PM  
255207 \$20/annual fee

## P2H Workshops

Seniors Pathways to Health (SPWH) monthly Workshops are offered on the 3rd Tuesday of each month for an additional cost of \$1.90/per P2H member \$4.76/P2H non-member.

Seniors MPR 251/252 Bonnie McCoy

*Floor Curling*  
Jan 21 Tu 11:00AM-12:00PM 255210

*Managing Arthritis*  
Feb 18 Tu 11:00AM-12:00PM 255211

*What Older Stroke Survivors Need to Know About Managing Their Health*  
Mar 17 Tu 11:00AM-12:00PM 255212

## FAME *for Stroke*

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

Seniors MPR 251/252 Sara Bina  
*Intake Session*

Jan 8 W 11:45AM-12:45PM  
255257 ?? different time

*Weekly Program*  
Jan 10-Feb 19 W F 12:45PM-1:45PM  
255261 \$120/12 classes  
Feb 21-Mar 27 W F 12:45PM-1:45PM  
255262 \$110/11 classes

## Diabetes Self-Management Program

The Diabetes Self-Management Program is a free six-session/2.5 hours a week workshop. The workshop helps adults 19+ with type 2 diabetes and their caregivers to better manage symptoms and activities of daily life. Participants receive the "Living a Healthy Life with Chronic Conditions" companion book. Participants should attend all six sessions to get the maximum benefit. Spouses, partners, adult family members and caregivers are also welcome to attend. This Diabetes Self-Management workshop is made available through University of Victoria Self-Management BC, who are supported by The Province of BC.

CC Room 202 University of Victoria  
Feb 5-Mar 11 W 6:00PM-8:30PM  
Free 251952

## SIRvivor *Prostate Cancer Survivors Exercise*

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

Seniors MPR 251/252 Bonnie McCoy  
Jan 7-Mar 26 Tu Th 3:00PM-4:00PM  
252933 \$120/24 classes

## Pelvic Floor Series *Bladder Health*

Join Naomi Wolfman, Continance RN for an exciting and informative course focused on empowering women and men to fulfill their deepest potential related to the function of their pelvic floor. It is required to participate in the first class..

CC Room 202 Naomi Wolfman  
Jan 11-Jan 25 Sa 11:30AM-12:30PM  
259909 \$57.14/3 classes

## The Pelvic Floor *Exercise Routine*

Join Naomi Wolfman, Continance RN for this workshop where you will learn how to tone your pelvic floor with a mat and upright exercises! Bring a yoga mat and wear comfortable clothing.

Seniors MPR 151 Naomi Wolfman  
Feb 1-Feb 15 Sa 11:30AM-12:30PM  
259910 \$57.14/3 classes

## Footcare

Do you or a loved one have flexibility or strength limitations making it challenging to trim your toenails? Do you suffer from foot pain or mobility issues caused by: in-grown or thickened toe nails; calluses or corns; cracked heels or foot fungus? For your optimal simple foot health and management come in and see Killarney's certified Foot Care Nurse.

*Please register on-line or by calling 604-718-8201 to book your 30 minute appointment. Please bring a large towel.*  
Seniors MR 260 Jennifer Schulte  
30 minute sessions starting at: 9:30am, 10:00am, 10:35am, 11:10am, 11:45am, 12:20pm 1:30pm, 2:05pm, 2:40pm, 3:15pm  
Clinic dates: Tuesdays, Jan 14, Feb 11 & Mar 11  
\$41/30 min session

## 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 251/252 Candida Almeida  
*FREE Demo Class*  
Jan 8 W 6:15PM-7:15PM 255043  
*Weekly Program*  
Jan 15-Mar 18 W 6:15PM-7:15PM 255051  
*Adult \$75/10 classes*  
*Senior \$62.50/10 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

Jan 8-Mar 25 W 10:30AM-11:30AM 255254

Adult \$48/12 classes

Senior \$36/12 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

Jan 7-Feb 11 Tu 11:15AM-12:15PM 255177

Adult \$54/6 classes

Senior \$48/6 classes

Feb 18-Mar 24 Tu 11:15AM-12:15PM 255182

Adult \$54/6 classes

Senior \$48/6 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.

Space Permitting - Drop-in fees:

Adult \$10.48 Senior \$ 8.57

Seniors MPR 251/252 Maria Wolanski

Jan 4-Mar 21 Sa 9:00AM-10:15AM 255258

Adult \$120/12 classes

Senior \$96/12 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.

Space Permitting - Drop-in fees:

Adult \$10.48 Senior \$ 8.57

Seniors MPR 251/252 Maria Wolanski

Jan 6-Feb 10 M 6:00PM-7:00PM 255220

Adult \$48/6 classes

Senior \$36/6 classes

Feb 24-Mar 23 M 6:00PM-7:00PM 255245

Adult \$40/5 classes

Senior \$30/5 classes

## Sunday Morning Hatha Yoga

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

No class Feb 16

Space Permitting - Drop-in Fees:

Adult \$10.48 Seniors \$8.57

Seniors MPR 251/252 Anastasiya Balabanova

FREE Demo Class

Jan 12 Su 9:15AM-10:30AM 255192

Weekly Program

Jan 19-Mar 22 Su 9:15AM-10:30AM 255201

Adult \$90/9 classes

Senior \$72/9 classes

## Bhangra Cardio **NEW!**

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

Seniors MPR 251/252 Raman Sandhu

Jan 16-Mar 12 Th 6:15PM-7:15PM 256171

Adult \$108/9 classes

Senior \$99/9 classes

## 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, Reggaeton, 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.*

Space Permitting - Drop-in fees:

Adults \$4.57 Seniors \$3.45

Seniors MPR 251/252 Mayu Nomura

Jan 6-Mar 30 M 10:30AM-11:30AM 255255

Adult \$48/12 classes

Senior \$36/12 classes

Seniors MPR 251/252 Roslyn Bauyon

Jan 10-Mar 27 F 10:30AM-11:30AM 255256

Adult \$48/12 classes

Senior \$36/12 classes

## Walking Soccer

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

1/3 Gym Sara Bina

FREE Demo Class

Jan 10 F 11:30AM-12:30PM 255250

Weekly Program

Jan 17-Mar 13 F 11:30AM-12:30PM 255253

Adult \$45/9 sessions

Senior \$27/9 sessions

# Senior's Programs

## A Call for Seniors Council Members

We are looking for seniors 55yrs+ to become council members on our newly created Seniors Council. The Seniors council is comprised of seniors who represent the needs and wants of the community using the Killarney Community Centre Senior's Centre. This council works in conjunction with the Killarney Community Centre Society (KCCS) and Park Board staff and reports to the KCCS Board. Please join us on January 8th @1:00pm for tea and snacks as we discuss this new venture. *Please register in advance.* Seniors MPR 151/152  
Jan 8 W 1:00pm 259906

## Community Centre Registration:

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

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

## Education

### Computer Workshops

*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 202 Tim Li  
Jan 2 Th 6:00PM-8:00PM 251058  
*Adult* \$19.05/1 class  
*Senior* \$16.19/1 class  
Feb 6 Th 6:00PM-8:00PM 251059  
*Adult* \$19.05/1 class  
*Senior* \$16.19/1 class  
Mar 5 Th 6:00PM-8:00PM 251060  
*Adult* \$19.05/1 class  
*Senior* \$16.19/1 class

### Learn Spanish Through Music & Art **NEW!**

Learn Spanish and some aspects of Latin America culture, in a fun and relaxed environment through singing with live music, dancing, and other art-related activities.

Seniors MPR 151 Enrique Estrada  
Jan 22-Mar 4 W 7:00PM- 8:00PM 256888  
*Adults* \$87.50/10 classes  
*Seniors* \$60.00/10 classes

### Power of Attorney

There are four types of Power of Attorney in BC, most people are familiar with only one. In this workshop, we discuss all four types. We also consider when you need a Power of Attorney, the steps you should take to consider who to appoint as your Attorney, the duties of your Attorney, problems with having a Power of Attorney and how to change your Attorney if needed

Seniors MPR 151/152 COSCO Seniors Health  
And Wellness Institute Society  
Feb 26 W 10:00AM-11:00AM 245320

### Smartphone and iPhone in Chinese **NEW!**

This new course taught in Cantonese/Mandarin will teach you how to use your Smartphone! Bring your Smartphone and learn how to set your devices to suit your needs, such as Wi-Fi set up, learning how to download apps, learning how to use them and how to delete them if you don't want it, and sending and deleting e-mails. Students will also learn how to set up your devices to suit your needs, such as keyboard input setting; language display; photo taking; manage your photo; how to add contacts' photo and manage your contacts. Please make sure to bring your own device.

Board Room Mary Leung  
Jan 25-Mar 14 Sa 2:00PM-3:30PM  
\$40/8 sessions 257244



## Seniors Benefits *Service Canada*

A representative from Service Canada will be giving an overview of Programs and Benefits for Seniors. We will be talking about Benefits under the Canada Pension Plan and Old Age Security -- making sure Seniors are aware of Benefits they could be entitled to: Death Benefits, Survivors Benefits, Guaranteed Income Supplement, the Allowance and Allowance for the Survivor. Lots of tips, resources and answers to your questions. *Free but please pre-register.*

Seniors MPR 151 Service Canada  
Feb 26 W 1:30PM-3:30PM 256877

## Social

### Cribbage

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

*No session Feb 17*

Seniors Lounge 253  
Jan 6-Mar 30 M 6:45PM-8:45PM 244599



## Cantonese Speaking Seniors 粵語耆英會

*(Formally known at Chinese Seniors Group)*

The goal of our group is to enrich Chinese Seniors' lifestyles through social activities, community integration and understanding. *Meetings are conducted in Cantonese.*

Seniors MPR 151/152  
Jan 2-Mar 26 Th 9:00AM-11:00AM 244597

## Killarney Mandarin Speaking Seniors

SUCCESS and Killarney Community Centre Society collaborate together to provide outreach social support to Mandarin speaking seniors in the Killarney Community Area. *The goal of this group is to enrich Mandarin speaking retirees' lifestyles through social activities and community integration. New members are welcome.*

*No session Feb 14*  
Seniors MPR 152 SUCCESS  
Jan 3-Mar 27 F 9:00AM-11:00AM 244593

## 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  
Jan 7-Mar 31 Tu 1:00PM-3:30PM 244594

## 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 Feb 17*

*Drop-in fee: \$2.86*

CC Room 205  
Jan 6-Mar 30 M 12:30PM-2:30PM  
244595 \$11.43/10 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 152  
Jan 2-Mar 26 Th 1:30PM-4:30PM 244596

## Seniors 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  
Jan 2-Mar 26 Th 1:00PM-4:00PM 244598

## Seniors Only Billiards

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

*No Sessions Feb 17*

CC Lobby  
Jan 3-Mar 28 M & F 9:00AM-12:00PM 244600

*Give Fitness for the Holidays!*

**Between December 15th & December 31st  
purchase a 1 YEAR Killarney Fitness Pass and SAVE!**

**Adult \$285.78, a savings of \$75!  
Youth/Senior \$182.35, a savings of \$65!**

*Passes are Non-refundable before March 31, 2020. All refunds are pro-rated to the 1st or 15th of the month based on the non-sale price for months used and will include an additional administration fee.*

# SENIOR'S PROGRAMS

## Art & Culture

### Expressive Arts Therapy **NEW!**

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

Drop-in fee: \$19.05

CC Room 211 Patti Smithson  
Certified Expressive Arts Therapist  
Jan 10-Mar 13 F 12:30PM-2:00PM 255247

### 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  
Jan 3-Mar 27 F 9:00AM-1:00PM 255276

### 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  
Jan 2-Mar 26 Th 9:00AM-12:00PM  
\$4.76/season 244603

### 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 K Sandhu  
Jan 2-Mar 26 Th 1:00PM-3:30PM 222617

## 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 Feb 17*

CC Room 202  
Jan 6-Mar 25 M W 12:00PM-3:30PM 244605

## Seniors Choir

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

Seniors MPR 151 Sze Lok Wong  
Jan 3-Feb 7 F 10:00AM-11:30AM  
\$30/6 classes 255219  
Feb 21-Mar 27 F 10:00AM-11:30AM  
\$30/6 classes 255244

## 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  
Jan 7-Feb 11 Tu 9:30AM-10:25AM  
\$63/6 classes 259882  
Jan 7-Feb 11 Tu 10:30AM-11:25AM  
\$63/6 classes 259883  
Feb 18-Mar 24 Tu 9:30AM-10:25AM  
\$63/6 classes 259886  
Feb 18-Mar 24 Tu 10:30AM-11:25AM  
\$63/6 classes 259884

## 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  
Jan 8-Mar 25 W 12:45PM-4:00PM  
\$14.29/10 visit card 244606

## Ballroom Dance

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

*No Session Feb 17*

CC Room 205  
Jan 6-Mar 27 M-F 7:00AM-8:45AM  
Jan 4-Mar 29 Sa Su 8:00AM-8:45AM  
\$14.29/season 245224

## 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 Feb 17*

Seniors MPR 151  
Jan 6-Mar 30 M 1:30PM-3:30PM  
\$4.76/season 245428



# SENIOR'S PROGRAMS

## You Can Ukulele *Beginners*

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

Seniors MPR 152 Carrie Nelson  
Jan 18-Mar 21 Sa 11:00AM-12:00PM 254951 \$88.57/10 classes

## You Can Ukulele *Level II*

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

Seniors MPR 152 Carrie Nelson  
Jan 18-Mar 21 Sa 12:30PM-1:30PM 254953 \$88.57/10 classes



## Acrylic Painting **NEW!**

Students learn basic color theory, use of mediums, techniques, including mixed media, photo imagery, and tools, and will explore the visual world through Acrylic Paint. This series facilitates the individual student's art practice through demonstration, individual instruction, and support while students are painting at the easel, or tables. Within each class there will be a demonstration and/or exploration of techniques. Students then use the studio class time to incorporate learned techniques, and develop their own art path. The student will be introduced to: Impressionism, cubism, realism, abstract and current approaches. Class sizes are small, with individual attention. *Painting Materials are needed for this program. You have the option of buying your materials at Kroma in Grandville Island. The special kit is 'ArtDreams Kit' or purchase the materials on your own. The materials list will be given at time of registration. Please feel free to bring your own paint supplies also.*

CC Room 211 Naomi Topuzoglu  
Jan 16-Mar 5 Th 12:30PM-2:30PM  
\$160/8 classes 255252

## Italian for Beginners *Level 1*

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

Seniors MPR 260 Sara Fera  
Jan 24- Mar 12 Th 10:30AM-12:00PM  
\$35/6 classes 259911

## 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 202 Guoxin Lin  
Jan 7-Mar 10 Tu 1:00PM-3:00PM  
\$85.50/10 classes 254950  
CC Room 211 Guoxin Lin  
Jan 8-Mar 11 W 1:00PM-3:00PM  
\$85.50/10 classes 254949

## Writing Class

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

Seniors MR 260  
Jan 9-Mar 26 Th 1:00PM-3:00PM  
\$4.76/season 230540

# SENIOR'S PROGRAMS

## Health & Wellness

### Luk Tung Kuen Association

Luk Tung Kuen is a set of health exercises which consist of 36 forms. Our group is dedicated to healthy lifestyles through physical fitness & social activities.

*No session Jan 18 & Feb 17*

Full Gym  
Jan 6-Mar 27 M-F 7:00AM-8:45AM  
Jan 4-Mar 28 Sa Su 8:00AM-8:45AM  
247517

### 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.*

*No session Jan 21, Jan 22, Mar 24 & Mar 25*

Full Gym  
Jan 7-Mar 31 Tu 1:00PM-3:00PM  
Jan 8-Mar 25 W 1:45PM-3:00PM  
\$30.25/season 247515

### Seniors' Strength & Stretch

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

*Space Permitting: Drop-in Fees: \$8.57*

Seniors MPR 251/252 Bonnie McCoy  
Jan 7-Feb 11 Tu 1:55PM-2:55PM 255215  
\$38.57/6 classes  
Jan 7-Feb 11 Tu 12:45PM-1:45PM 255831  
\$38.57/6 classes  
Feb 25-Mar 31 Tu 1:55PM-2:55PM 255217  
\$38.57/6 classes  
Feb 25-Mar 31 Tu 12:45PM-1:45PM 255833  
\$38.57/6 classes

### 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  
Jan 9-Feb 13 Th 1:30PM-2:30PM 255213  
\$21/6 classes

### Balance & Stability Fitness Level 1

For those who have balance, stability or mobility challenges, this progressive exercise class includes balance assessments, gait-precision skills & activities, static & dynamic balance training, strengthening and postural 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  
Feb 20-Mar 26 Th 1:30PM-2:30PM 255209  
\$21/6 classes

### 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 Cynthia Ng  
Jan 3-Mar 27 F 1:30PM-3:30PM 255204  
\$74.40/per couple

### 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*

CC Lobby  
Jan 10-Mar 27 F 9:30AM-11:15AM 255205  
\$12/pole rental fee

### ActivAge 1 *Functional Fitness/Adaptable Skills*

All registrants MUST be approved by Michelle Stebnicki Seniors Programmer at Killarney CC. ActivAge is a 3-month group led physical activity program for adults aged 65 and older, who are not regularly active, to introduce participants to the benefits of physical activity and reinforce their commitment to incorporate it into their daily lives. ActivAge is led by BCRPA registered Fitness Leaders with the Older Adult specialty. There are two ActivAge? options that run concurrently. Option 1: The focus is on functional fitness and adaptable skills. Option 2: Incorporates fitness, sport and a wider variety of activities. Each option runs once a week for one hour over 12 sessions. The unique aspect of this program is that alongside physical activity specifically tailored for older adults, ActivAge also encourages social interactions and overall health. *The maximum number of participants per ActivAge program option is 12. All registrants MUST be approved by the Seniors Programmer at Killarney CC.*

CC Room 203 Keiko Murakami  
Jan 7-Mar 24 Tu 12:30PM-1:30PM 254207

## ActivAge 2 *Incorporates Fitness, Sport, Activities*

All registrants **MUST** be approved by Michelle Stebnicki Seniors Programmer at Killarney CC. ActivAge is a 3-month group led physical activity program for adults aged 65 and older, who are not regularly active, to introduce participants to the benefits of physical activity and reinforce their commitment to incorporate it into their daily lives. ActivAge is led by BCRPA registered Fitness Leaders with the Older Adult specialty. There are two ActivAge? options that run concurrently. Option 1: The focus is on functional fitness and adaptable skills. Option 2: Incorporates fitness, sport and a wider variety of activities. Each option runs once a week for one hour over 12 sessions. The unique aspect of this program is that alongside physical activity specifically tailored for older adults, ActivAge also encourages social interactions and overall health.

*The maximum number of participants per ActivAge program option is 12. All registrants MUST be approved by the Seniors Programmer at Killarney CC.*

CC Room 203 Keiko Murakami  
Jan 7-Mar 24 Tu 1:45PM-2:45PM 254208

## Martial Arts

### Killarney Senior Tai Chi

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

*No sessions Feb 17*

CC Room 203 Margaret Miu Duen Lum  
Jan 6-Mar 23 M 7:30AM-8:45AM 247821  
\$15/1 class per week/season  
Jan 8-Mar 25 W 7:30AM-8:45AM 247822  
\$15/1 class per week/season  
Jan 3-Mar 27 F 7:30AM-8:45AM 244601  
\$15/1 class per week/season

### 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 Master Wei Jian Chen  
Jan 7-Mar 24 Tu 7:30AM-8:45AM  
\$19.05/1 class week/season 247823  
Jan 2-Mar 26 Th 7:30AM-8:45AM  
\$19.05/1 class week/season 247824

### Practice Tai Chi

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

*Drop-in fees: \$3.14*

CC Room 205 Master Wei Jian Chen  
*Intermediate*  
Jan 10-Mar 27 F 10:45AM-12:00PM 255202  
*Beginner*  
Jan 10-Mar 27 F 12:00PM-1:10PM 255203  
\$12.62/10 visit card

## Sport

### Floor Curling w' Afternoon Tea

Join us as we explore the sport of Floor Curling in the 1/3 Gym while socializing with new & old friends. Some Floor curling experience needed.

*Tea & snacks will be served.*

*No session Feb 17 & Mar 30*

*Space Permitting - Drop-in fees: \$3*

1/3 Gym  
Jan 6-Mar 30 M 10:45AM-12:15PM  
\$27.50/11 classes 247532

### 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 - Drop-in fee:*

*Seniors \$3.10 Adults \$4.05*

Full Gym TBA Instructor  
Jan 8-Mar 11 W 9:00AM-12:00PM 245471  
*Adult \$35.80/10 classes*  
*Senior \$26.20/10 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  
Jan 7-Mar 10 Tu 11:00AM-12:30PM 255279  
*Adult \$71.40/10 classes*  
*Senior \$64.30/10 classes*  
Jan 9-Mar 12 Th 9:00AM-10:30AM 255281  
*Adult \$71.40/10 classes*  
*Senior \$64.30/10 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.*

*No session Mar 26th*

*Drop-in fees: \$3.10*

2/3 Gym Danny Ho  
Jan 5-Mar 29 Su 1:45PM-4:45PM  
Jan 8-Mar 25 W 7:00PM-10:00PM  
Jan 9-Mar 19 Th 12:00PM-3:00PM  
\$26.43/10 visit card 254983



# 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>	7:30AM-8:45AM
Billiards/Pool	9:00AM-12:00PM
Line Dancing <i>Beginners</i>	9:15AM-10:15AM
Zumba Gold	10:30AM-11:30AM
Floor Curling	10:45AM-12:15PM
Seniors Progressive Society	12:00PM-3:30PM
Seniors Social Gathering	12:30PM-2:30PM
Musical Moments	1:30PM-3:30PM
Hatha Yoga	6:00PM-7:00PM
Cribbage	6:45PM-8:45PM

## Tuesday

Luk Tung Kuen Association	6:30AM-8:45AM
Ballroom Dance	6:30AM-8:45AM
Evergreen Tai Chi <i>Master Chen</i>	7:30AM-8:45AM
Pathways 2 Health	9:30AM-12:00PM
Badminton Lessons <i>All Levels</i>	11:00AM-12:30PM
Chair Yoga	11:15AM-12:15PM
ActivAge 1	12:30PM-1:30PM
Strength & Stretch	12:45PM-1:45PM
Chinese Calligraphy <i>Beginner</i>	2:00PM-4:00PM
"Happy Gang" Bingo	1:00PM-3:30PM
ActivAge 2	1:45PM-2:45PM
Yuan Ji Dance	1:45PM-3:45PM
Strength & Stretch	1:55PM-2:55PM
Balance Challenge	2:00PM-3:00PM
Social Dance	2:00PM-4:00PM
SIRvivor	3:00PM-4:00PM
Bellydance	7:30PM-8:45PM

## Wednesday

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

## Thursday

Luk Tung Kuen Association	6:30AM-8:45AM
Ballroom Dance	6:30AM-8:45AM
Evergreen Tai Chi <i>Master Chen</i>	7:30AM-8:45AM
Badminton Lessons <i>All Levels</i>	9:00AM-10:30AM
Cantonese Speaking Seniors	9:00AM-11:00AM
Sewing Group	9:00AM-12:00PM
International Ballroom Dance	11:00AM-12:15PM
Table Tennis	12:00PM-3:00PM
Acrylic Painting	12:30PM-2:30PM
Writing Class	1:00PM-3:00PM
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-4:30PM
SIRvivor	3:00PM-4:00PM
Ask an Expert Workshops	6:00PM-8:00PM
Bhangra	6:15PM-7:15PM

## Friday

Luk Tung Kuen Association	6:30AM-8:45AM
Ballroom Dance	6:30AM-8:45AM
Killarney Seniors Tai Chi <i>Margaret Lum</i>	7:30AM-8:45AM
Killarney Mandarin Speaking Group	9:00AM-11:00AM
Billiards/Pool	9:00AM-12:00PM
Friday Art Group	9:00AM-1:00PM
Pole Walking <i>Advanced</i>	9:30AM-11:15AM
Choir	10:00AM-11:30AM
Zumba Gold	10:30AM-11:30AM
Art Therapy	10:30AM-2:00PM
Practice Drop-in Tai Chi <i>Intermediate</i>	10:45AM-12:00PM
Walking Soccer	11:30AM-12:30PM
Practice Drop-in Tai Chi <i>Beginner</i>	12:00PM-1:10PM
Fame	12:45PM-1:45PM
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
Body Conditioning	10:45AM-11:45AM
You Can Ukulele	11:00AM-12:00PM
You Can Ukulele <i>Level 2</i>	12:30PM-1:30PM
Social Dance	3:00PM-5:00PM

## Sunday

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

# Senior's Special Events



## Seniors Lunch Program

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

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

*No Lunch Feb 17*

Seniors Grand Hall

Chef Julie So

M Tu Th

11:30AM-1:00PM

\$6.19/lunch

196485

*This is a drop-in program. Purchase your tickets on the day of the Lunch between 11:00AM-12:45PM. Pick up a Senior Lunch Program flyer for monthly menus.*



## Lunar New Year Event

Come join and celebrate the Year of the Rat with us! It will be an afternoon of cultural displays, crafts, lion dance, and light snacks. Please register early as there are a limited number of seats.

Gymnasium

Jan 18 Sa

12:00PM-2:00PM

\$5/person

222562



## Sweetheart Tea

Bring your Valentine to the Sweethearts Tea...and remember that Valentine's Day isn't just for couples – everyone can celebrate it! It's the perfect occasion for showing love and affection to family and friends. Share a glass of sparkling juice while munching on yummy Valentine snacks. Entertainment is provided.

Seniors Grand Hall

Feb 14 F

11:30AM-1:30PM

255178

\$9.76/person



## An Evening of Jazz

Please join us for an evening of live jazz. We have a star studded line up featuring Jennifer Hershman with her Trio Jazz Band. Enjoy some wine, cheese and a fabulous social atmosphere while indulging in live Jazz music.

Seniors Grand Hall

Mar 13 F

7:30PM-9:30PM

255189

\$14.29/person

# SENIOR'S SPECIAL EVENTS

## Seniors Bus Trips Registration Information

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

**NEW!**

*Take advantage of shorter line ups...*

*Register at any Community Centre in Vancouver!*

12 spots will be available online.

2 spots will be reserved for members with mobility issues.

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

## A Couple of Things to Know About Bus Trips!

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

## Seniors Bus Trips



*Take a tour with Simon!*

### Vancouver Police Museum & River Rock Casino

The Vancouver Police Museum is ranked as one of Vancouver's best museums! Join us on a thrilling journey through the city's history of policing, crime and justice, all the way to its modern-day enforcement and community initiatives. Enter our authentic heritage building and explore the many galleries on the top floor, which include our popular "True Crimes" exhibit and "Behind the Lines" traffic exhibit. All around you'll find captivating artefacts and displays to see, including our weapons showcase, interactive crime scene investigation exhibits, the former city morgue and autopsy suite, and historic artefacts unavailable anywhere else in the world. Following the museum we will be having lunch at the Buffet restaurant in the River Rock Casino (included). Guided by Simon Yan.

Lobby  
Jan 15 W  
\$56.43/person

Simon Yan  
9:15AM-3:15PM  
247813

# SENIOR'S SPECIAL EVENTS

## Pacific Space Centre & Old Spaghetti Factory

The H.R. MacMillan Space Centre, known by many and lovingly referred to as the "Planetarium", is one of Vancouver's iconic institutions. Located in Kitsilano's Vanier Park, a 15-minute walk from downtown Vancouver, it opened its doors on October 28, 1968 as a gift from lumber magnate and philanthropist H.R. MacMillan to the citizens of Vancouver. With the advent of space exploration during the 1960s, H.R. MacMillan wanted to provide a resource for his day and future generations. When the facility opened, it consisted of the Planetarium Theatre. With the addition of an exhibit gallery and new demonstration theatre in 1997, the Space Centre evolved into a community resource centre providing learning opportunities for everyone. Following the Space Centre we will have lunch at the iconic Old Spaghetti Factory in Gastown (included). Guided by Simon Yan.

Lobby  
Feb 14 F  
\$64.71/person

Simon Yan  
9:15AM-3:15PM  
247814

## Powerhouse Museum at Stave Falls

Take a walk through a 100 year old powerhouse and enjoy the historical displays, electricity demonstrations and many interactive exhibits. The Powerhouse at Stave Falls has something for everyone, from individuals to families and school groups. This former generating facility is also a National Historic Site of Canada filled with archival photos, artifacts and the original mechanical and electrical components which helped power the province. Following the museum we will be having lunch at Hotties Food Emporio where the food they cook is with fresh ingredients; their sauces, doughs and desserts are all made in-house from scratch.

Lobby  
Mar 3 Tu  
\$62.87/person

Simon Yan  
9:00AM-3:00PM  
247815

## Boom at Britannia Mines Museum

BOOM! will introduce audiences to the story, sights, and sounds behind the architectural marvel with an immersive live-action experience inside Mill no.3. The experience involves multiple screens, over thirty speakers, physical and special effects-bringing all 20-storeys of the historic Mill rumbling back to life. Reawakened with the magic of special effects, BOOM! reveals the captivating story behind this National Historic Site--a beacon of economic and community prosperity. Visitors discover first-hand the historic Mill's purpose, the giant machines that made it work, and the thunderous roar of a working Mill. Following the museum we will be having lunch at the Howe Sound Brew Pub in Squamish.

Lobby  
Apr 1 W  
\$92.06/person

Simon Yan  
8:45AM-4:00PM  
247816

## FITNESS CENTRE

### Killarney Fitness Centre Programs

#### Introduction to Weight Training for Seniors

Book up to 3 individual training sessions with our certified 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](mailto:bonnie.mccoy@vancouver.ca) or 604-718-8215. Free with drop-in admission or included with your pass.

#### Balance Assessment & 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](mailto: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

# 3 Easy Ways to Register!

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

## 1. In Person

### **Centre Registration Begins Sunday, December 1 at 9:00am**

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

#### **Pre-Registration Forms:**

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

***Please note that Time-Saver Passes have been discontinued.***

## 2. Online

### **Centre Registration Begins Sunday, December 1 at 9:00am**

Our new system provides you with improved online registration. You can visit [recreation.vancouver.ca](http://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](http://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](http://recreation.vancouver.ca)
- Click "Sign In", select "Forgot your password" and follow the steps to get your new password.
- Login with your email address and confirm your account information is correct.

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

## 3. Phone-In

### **Centre Registration Begins Sunday, December 1 at 10:00am**

**Call 604-718-8211** Monday-Sunday 10:00am-2:00pm only. Phone in registration not available on statutory holidays.

*Please Note: Some programs are not available for Phone-in Registration: Licensed Childcare and Drop-in Programs.* Only Visa, Mastercard and Amex payments will be accepted. Please have registration information and credit card ready when you call. Your registration receipt can be picked up at our Centre Office during operating hours.



# Registration Information

## Community Centre & Pool Registration:

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

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

## Waiting Lists

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

## Program Changes and Cancellations

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

### Community Centre and Rink Refunds & Transfers:

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

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

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

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

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

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

**Swimming Pool Refund & Transfer Policy: see page 30.**

## 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:

<b>Preschool &amp; Children</b>	cindy.gulbransen@vancouver.ca
<b>Youth</b>	riya.talwar@vancouver.ca
<b>Adult &amp; Seniors</b>	michelle.stebnicki@vancouver.ca
	jennifer.takai@vancouver.ca
<b>Licensed Childcare</b>	kccschildcare@vancouver.ca

## Privacy Policy

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

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

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

## Code of Conduct

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

## Recreation Staff

Recreation Supervisor	Jayne Loutit	604-718-8209
Childcare Coordinator	Carolyn Silva	604-718-8204
Preschool & Children	Cindy Gulbransen	604-718-8206
Fitness Centre	Michelle Stebnicki	604-718-8208
Youth Worker	Riya Talwar	604-718-8212
Aquatics	Denise Yeh	604-718-8286
Adult & Senior's	Michelle Stebnicki/ Jennifer Takai	604-718-8208 604-718-8259
Offices Administrator	Maryla Smaruj	604-718-8223
Maint. Technician	Jamie Cole	604-718-8207

# Killarney Fitness Centre

Give Fitness  
for the Holidays  
See page 45 for details

## What we have to offer...

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

## Assessments, Orientations & Personalized Fitness Programs

Your admission fee entitles you to a complimentary orientation to our Fitness Centre. Our certified staff will assist you with the following: proper etiquette, equipment operation and the importance of cardiovascular, strength and flexibility training.

With any Drop-in, Strip ticket or any Killarney fitness pass purchased we also offer in-depth personalized programs based on your current physical condition. To book appointments call the Fitness Centre at 604-718-8215.

## Winter 2020 Schedule

January 2 - March 31, 2020

Schedule is subject to change without notice  
Fitness Centre users before 9:00am Monday to Sunday can purchase drop-in admissions at the Leisure Pool Office.

**Reminder: Bands are to be worn on the wrist when in the Fitness Centre.**

MONDAY TO THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am-10:00pm	6:30am-8:30pm	8:00am-7:30pm	8:00am-7:30pm
<b>Early Bird Discount:</b> \$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

## Winter 2020 Schedule

January 4 - March 31, 2020 *No classes on Jan 2, Jan 3 & Feb 17*

**Schedule subject to change or cancellation without notice. Follow us on Twitter @KillarneyCC for current up-to-date information on class cancellations.** Step Classes: limited steps available, come early to ensure a spot.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Dance Workout 9:15-10:30am <i>Leah</i>	Zumba & Core 9:15-10:15am <i>Cecilia</i>	Step 9:15-10:30am <i>Betty-Lynn</i>	Body BLAST 9:15-10:30am <i>Keiko</i>	Zumba+ 9:15-10:40am <i>Lesley</i>	Step "n" Strength 9:15-10:15am <i>Angela</i>	Zumba & Core 9:00-10:00am <i>Flora</i>
		Zumba 10:40-11:40am <i>Betty-Lynn</i>		<b>To reduce class interruption:</b> 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.		
<b>New class coming!</b> 6:15-7:15pm	PiYo 6:00-7:00pm <i>Mayu</i>	Step/Core 6:15-7:15pm <i>Kristiina</i>	STRONG by Zumba 6:00-7:00pm <i>Roslyn</i>			

AEROBIC FEES*	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.

### 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.

### Body BLAST

**All levels welcome.** Get a full body workout including cardio, strength training, core conditioning and stretching in this fun and dynamic class. The class also includes 10 minutes of abs and a 5 to 10 minutes stretch.

### Zumba & Core

**Moderate to advanced class.** This class offers a combination of Zumba and strength training with weights.

### Zumba

**Mild to moderate class.** A Latin inspired dance-fitness class. It combines high energy and motivating music with unique moves and combinations. Zumba is a "feel-happy" workout that is great for both the body and the mind.

### Zumba+

**All levels welcome.** Burn calories by mixing low-intensity and high-intensity moves, a real Latin and world dance fitness party. Zumba+ also incorporates the last 30 minutes with interval training giving more intensity, strength, and challenging progression to your workout, using only your body weight.



# Lunar New Year Event

Come join and celebrate the Year of the Rat with us! It will be an afternoon of cultural displays, crafts, lion dance, and light snacks. Please register early as there are a limited number of seats.

Gymnasium

Jan 18 Sa

12:00PM-2:00PM

\$5/person

222562



# Family Day @ KCC

Are you Looking for a way to spend Family Day together as a Family? Join us at Killarney Community Center for a FUN filled day! Whether it's a skate, swim, or enjoying our play-gym. Family Gym will include face painters, bouncy castle, games, crafts, photo booth and more! We acknowledge the financial support of the Province of British Columbia.

Full Gym

Feb 17 M

2:00PM-4:00PM

Free

222577

# An Evening of Jazz

Please join us for an evening of live jazz. We have a star studded line up featuring Jennifer Hershman with her Trio Jazz Band. Enjoy some wine, cheese and a fabulous social atmosphere while indulging in live Jazz music.

Seniors Grand Hall

Mar 13 F

255189

7:30PM-9:30PM

\$14.29/person



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

