

# Creekside

Community Recreation Centre



Spring/  
Summer  
2026  
Program  
Guide

[creeksidecentre.ca](http://creeksidecentre.ca)



# Register Online Today

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Create an online account and register for unique and exciting programs across 24 community centres. Your online account allows you to keep track of your schedules, rental agreements, payment receipts and look up your current pass status.

**Skip the line and buy your pass online** All our passes are now available online. Get your 10-usage pass to indoor cycling classes or visit a fitness centre, pool or rink with the click of a button. Monthly Flexipasses are great for getting active and staying active, giving you access to 21 fitness centres, 9 indoor pools, 5 outdoor pools, and 8 ice rinks! [vancouver.ca/passes](http://vancouver.ca/passes)











**Drop-in activities** If you're looking for something to do last minute or make a long term commitment, we offer a wide range of drop-in activities to fit anyone's schedule. Check out what's available today on our drop-in calendar.



**Event space** Planning a sporting event, social gathering or wedding? Submit your request for use of community centre rooms, outdoor parks or fields, ice rinks and more!

Follow us on Facebook and Twitter for up to date information on programs and registration.



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welcome

Experience Recreation at Creekside

Make recreation at Creekside a regular part of your schedule. Participate in your choice of activities while enjoying our magnificent view. Convenient registration and drop-in options for all ages, interests and budgets.

CONTACT US

Creekside Community Recreation Centre
1 Athletes Way
(North foot of Ontario Street)
Vancouver, BC V5Y 0B1
Phone: 604.257.3050 ext. 1
E-mail: creekside@vancouver.ca
creeksidecentre.ca
facebook.com/creeksiderec
twitter.com/creeksiderec

Hours of Operation

Monday-Thursday 6:30am-10pm
Friday 6:30am-8:30pm
Saturday/Sunday 9am-5pm
Closed May 18, Jul 1, Aug 3,

NOTE: Office closes 15 min prior to centre closing.



Convenient Registration Options

Register online, by phone or in-person at Creekside! We accept Visa, MasterCard and American Express for online and phone registration. We also accept cash and debit for in-person registration. Registration is first-come, first-served. NOTE: Programs may be cancelled due to low enrollment and are subject to change or cancellation without notice.

Online Registration

Set-up an account (for yourself or your entire family) at recreation.vancouver.ca If you require assistance to access your online account contact us at 604.257.3050 ext. 1

Refund Practices

PROGRAMS: Pro-rated refunds are provided to customers who wish to withdraw from a program. Contact us 48 hours prior to the start of next class to receive refund. BIRTHDAY PARTIES: Refunds require 30 days notice before day of party for full refund. RENTALS: Refer to last page for cancellation policy. CAMPS: Refunds require a minimum of 7 days notice before the first day of camps.

Privacy Policy

Vancouver Board of Parks & Recreation collects personal information from members and individuals who participate in classes, workshops and events. This information may be used for the provision of services, communication, processing payments and/or statistical purposes. However, we do not release personal information to outside agencies.

Financial Assistance

Leisure Access Program
Individuals and families requiring financial assistance may be eligible for a subsidy through the Vancouver Park Board's Leisure Access Program. You can receive a 50% discount towards program and fitness centre fees (single admissions, monthly passes, program drop-ins and program registrations\*). For more info call 604.257.8497 or visit vancouverparks.ca \*some exclusions apply.

Registration Dates

Online: Wednesday April 8 at 7 PM

Phone-in and in-person: Thursday April 9 at 9 AM

how to register

NOTE: Program prices do not include taxes.





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

**MUSIC**

**Uke & Me**

(0-4 yrs)

Explore this fun instrument through colours, numbers, jamming and singing along to your favourite tunes. No experience is required. Ukuleles are provided for use in class (though you may bring your own if you prefer). Parent participation required. Drop-ins welcome if space permits. This program is facilitated by a Musical Expressions instructor. website: [musicalexpressions.ca](http://musicalexpressions.ca)  
 Instructor: Musical Expressions  
 Tu May 05-Jun 23  
 11:00 AM-11:30 AM  
 \$129.<sup>60</sup>/8 sess

**Wee Expressions**

(0-4 yrs)

Come and join us on an adventure of imagination in songs while we engage a child through a mixture of free play & structure. In our classes, parents and children (0-4 yrs) alike take pleasure in the interactive nature of the classes and jointly participate in singing, instrument playing, learning manners, brain gym, accompanying song actions, baby sign language and dances with a refreshing sense of exploration and fun. Wee Expressions is more than the traditional children's music program. Our curriculum is based on researched methods surrounding the benefits of music infused with Music Therapy techniques. Siblings receive a 25 percent discount and or siblings that are under 8 months attend for free. Instructor website: [musicalexpressions.ca](http://musicalexpressions.ca). There is a materials fee of \$7.<sup>50</sup> for digital music & licensing.  
 Instructor: Musical Expressions  
 Tu May 05-Jun 23  
 10:00 AM-10:45 AM  
 \$137.<sup>10</sup>/8 sess

**SPORTS**

**Baby Sign Language Creekside Soccer Academy**

(2-3 yrs)

Creekside Soccer Academy is based on a unique coaching model that uses the four corner model encompassing four key attributes that are vital for development: physical, technical, psychological and social elements. Children will gain confidence and build self-esteem. Drop-ins with instructor approval. Parent Participation required.  
 Instructor: Glyn Roberts  
 Su May 03-Aug 16  
 9:15 AM-10:00 AM  
 \$245.05/13 sess  
 No class May 17, Aug 2.

**Creekside Soccer Academy**

(4-5 yrs)

Description see above  
 Instructor: Glyn Roberts  
 Su May 03-Aug 16  
 10:00 AM-10:45 AM  
 \$245.<sup>05</sup>/13 sess  
 No class May 17, Aug 2.

**Sportball Junior**

(1-2 yrs)

Toddlers and parents/ caregivers focus on physical movements and social exploration, learn fundamental sport skills and participate in creative motor games, songs, stories, bubble time and more. Children are challenged according to their individual skill level and Coaches help grownups understand proven teaching techniques that can be applied outside of Sportball classes. Parent/ adult participation is REQUIRED for this course.  
 Instructor: Sportball Vancouver  
 Sa May 02-Jun 27  
 9:30 AM-10:15 AM  
 \$136/8 sess  
 No sess May 16.  
 Sa Jul 04-Aug 29  
 9:30 AM-10:15 AM  
 \$136/8 sess  
 No sess Aug 1.  
 W May 06-Jun 24  
 9:30 AM-10:15 AM  
 \$119/7 sess  
 No sess May 13.  
 W Jul 08-Aug 26  
 9:30 AM-10:15 AM  
 \$136/8 sess

**Baby/Toddler Time Sing and Grow**

Nursery rhymes and songs, information about infant development and connection to community resources.

**For more info**

contact Bilquis at [BHirani@mpnh.org](mailto:BHirani@mpnh.org)  
**Register**  
<https://forms.office.com/r/g6BDHVhHbW>  
 EVERY Friday  
 May 1 - Aug 21  
 Baby Time  
 10:00 - 11:00 AM  
 Toddler Time  
 (1 to 2.5 yrs)  
 11:00 AM - 12 PM  
 FREE  
 Donations welcome!



## BIRTHDAYS

### Have your Birthday Party at Creekside!

Play Gym equipment, toys and/or sports equipment (basketball, badminton, soccer) are available for you to incorporate into your party activities! You also get up to 7 tables and 50 chairs. No food, decorations, or activity leader provided. Bouncy castles, outside vendors, balloons, and glitter are not permitted. 15 minutes of set-up and clean up time is provided before and after the party. Refund Policy: 30 days notice prior to the party date is required. \$150 per party. Dates subject to change, email [creekside@vancouver.ca](mailto:creekside@vancouver.ca) with any questions.

Sa 2:30 PM-4:30 PM  
Su 12:00 PM-2:00 PM

Dates will run from June 6- September 27

## Sportball Multi-Sport

(3-5 yrs)

Refine, rehearse, repeat. Multi-Sport classes are the heart of Sportball programming. Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork. Each class focuses on one of eight different popular sports: hockey, soccer, football, baseball, basketball, volleyball, golf and tennis.

Instructor: Sportball Vancouver

Sa May 02-Jun 27

11:00 AM-11:45 AM

\$136/8 sess

No sess May 16.

Sa Jul 04-Aug 29

11:00 AM-11:45 AM

\$136/8 sess

No sess Aug 1.

W May 06-Jun 24

11:00 AM-11:45 AM

\$119/7 sess

No sess May 13.

W Jul 08-Aug 26

11:00 AM-11:45 AM

\$136/8 sess

## Sportball Parent and Tot

(2-3 yrs)

You've made the team! This program focuses on physical literacy and social exploration as toddlers learn fundamental sport skills and participate in creative motor games, rhymes, stories and more. Children are challenged according to their individual skill level and grownups are taught techniques to help toddlers refine motor skills while developing social skills. Sportball maintains a one-parent-per-child ratio in all programs to ensure that focus is kept on helping little one's practice and progress. Parent/adult participation is **REQUIRED**.

Instructor: Sportball Vancouver

Sa May 02-Jun 27

10:15 AM-11:00 AM

\$136/8 sess

No sess May 16.

Sa Jul 04-Aug 29

10:15 AM-11:00 AM

\$136/8 sess

No sess Aug 1.

W May 06-Jun 24

10:15 AM-11:00 AM

\$119/7 sess

No sess May 13.

W Jul 08-Aug 26

10:15 AM-11:00 AM

\$136/8 sess

## MARTIAL ARTS Taekwondo Tigers

(3-4 yrs)

Increase concentration, motor & social skills. Learn in a fun and safe environment. Kids will be rewarded with stripes on their belt for their attendance, attitude, respect, knowledge subjects and effort in class. Instructors Creekside Community Taekwondo Master S. Strachan 6th Dan Master M. Park 5th Dan Email: [creeksidetkd@gmail.com](mailto:creeksidetkd@gmail.com) Cell: 604 815 9195 (text) Taekwondo uniform is required. Please discuss with the instructor.

Instructor: Creekside Community Taekwondo And Fitness

Sa May 02-Jun 27

11:00 AM-11:30 AM

\$160/8 sess

No session May 16, 18.

M May 04-Jun 29

4:00 PM-4:30 PM

\$160/8 sess

No session May 16, 18



## Family Play Gym

(0-5 yrs)

Bring the family to the Creekside gym to run, jump, climb and play. Meet with families in the 'hood. Parent/guardian participation required.

Drop-in only. \$1.<sup>50</sup>/child or 10 visit pass for \$10

M May 04-Aug 24

10:45 AM-12:30 PM

\$1.<sup>50</sup>/15 sess

No sess May 18, Aug 3.

W May 06-Aug 26

9:30 AM-12:30 PM

\$1.<sup>50</sup>/15 sess

No sess May 13, Jul 1.

F May 08-Aug 28

9:30 AM-12:30 PM

\$1.<sup>50</sup>/17 sess





Encourage creativity and imagination to foster growth and development.

**SPORTS**

**Creekside Soccer Academy**

(6-11 yrs)

Creekside Soccer Academy is based on a unique coaching model that help children develop skills and reach their potential. Gain confidence, build self-esteem, learn to work in teams and improve decision making. Drop-ins with instructor approval. Instructor: Glyn Roberts  
 Su May 03-Aug 16  
 10:45 AM-11:30 AM  
 \$245.<sup>05</sup>/13 sess  
 No class May 17, Aug 2

**Badminton Beg/Int**

(8-15 yrs)  
 A qualified instructor teaches all badminton skills from rules, strokes and serves to advanced footwork and strategy. For beginners and intermediates. Pace adjusted according needs. Instructor: Stanley Kita  
 Tu May 05-Jun 30  
 3:30 PM-4:30 PM  
 \$90/9 sess  
 Tu Jul 07-Aug 25  
 3:30 PM-4:30 PM  
 \$80/8 sess

**MARTIAL ARTS**

**Kids Self-Defense and Anti Bullying Classes**

(5-8 yrs)

Program Focus: In a fun, positive, and safe environment, children will learn to use their voice effectively, ask for help when needed, and understand the importance of personal space and boundaries. Through basic self-defense training, we build strong bodies and confident minds. Instructor: Creekside Community Taekwondo & Fitness  
 Sa Jul 04-Aug 22  
 11:00 AM-11:45 AM  
 \$140/7 sess  
 No session Aug 1

**Kids Self-Defense and Anti Bullying Classes**

(9-11 yrs)  
 Sa Jul 04-Aug 22  
 11:45 AM-12:30 PM  
 \$140/7 sess  
 No session Aug 1

**Youth Self - Defense and Anti Bullying Classes**

(12-17 yrs)  
 Sa Jul 04-Aug 22  
 12:30 PM-1:15 PM  
 \$140/7 sess  
 No session Aug 1

**Beginners Taekwondo (White Belt)**

(6-10 yrs)

Increase concentration, motor and social skills. Learn in a fun and safe environment. Kids will be rewarded with stripes on their belt for their attendance, attitude, respect, knowledge subjects and effort in class. Taekwondo uniform is required. Please discuss with the instructor. Instructor: Creekside Community Taekwondo And Fitness.  
 M May 04-Jun 29  
 4:30 PM-5:15 PM  
 \$160/8 sess  
 No session May 18

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

(5+ yrs)

Increase concentration, motor and social skills. Learn in a fun and safe environment. Kids will be rewarded with stripes on their belt for their attendance, attitude, respect, knowledge subjects and effort in class. Taekwondo uniform is required. Sa May 02-Jun 27  
 11:30 AM-12:15 PM  
 \$160/8 sess  
 No session May 16

**Intermediate Taekwondo (Yellow to Green Belts)**

(6-10 yrs)

Sa May 02-Jun 27  
 12:15 PM-1:00 PM  
 \$160/8 sess  
 No session May 16

**Intermediate Taekwondo (Blue to Black)**

(9-16 yrs)

Sa May 02-Jun 27  
 1:00 PM-1:45 PM  
 \$160/8 sess  
 No session May 16

**Children Taekwondo Beginners**

M May 04-Jun 29  
 5:15 PM-6:00 PM  
 \$160/8 sess  
 No session May 18

**Capoeira for Kids & Parents**

(6-12 yrs)

A movement art for kids. Learn dance, martial arts, simple acrobatics, music, instruments and history. Improve strength, flexibility, co-ordination, balance, agility and rhythm. Bolster self-confidence and teamwork in a fun environment! Parents invited to join alongside kids. Instructor: Molly Lee (Professora Esquilo)  
 Tu May 05  
 5:00 PM-6:00 PM  
 Free Trial  
 Th May 07-Jun 25  
 5:00 PM-6:00 PM  
 \$160/7 sess  
 No class May 28.  
 Tu May 12-Jun 30  
 5:00 PM-6:00 PM  
 \$160/8 sess  
 Th Jul 02-Aug 20  
 5:00 PM-6:00 PM  
 \$140/8 sess  
 Tu Jul 07-Aug 18  
 5:00 PM-6:00 PM  
 \$140/7 sess  
 Tu Thu May 12-Jun 30  
 5:00 PM-6:00 PM  
 \$255/15 sess  
 No class May 28.  
 Tu Thu Jul 02-Aug 20  
 5:00 PM-6:00 PM  
 \$255/15 sess

Check out our Adult Sports Programs. If you are 19+ yrs old you are welcome to register! See pg 18

## Summer Camps at Creekside with MCKids Academy

Designed as curricular enrichment programs, supporting digital literacy and pre-programming learning we emphasize purposeful, structured play for children and youth ages 8 to 14 yrs old.

### Learning through Minecraft: Mini Camps

These two-day mini camps are a fun, welcoming introduction to the MCKids community and our inclusive day camps at Creekside. We focus on time management, positive multiplayer social skills, and how to participate in a safe, respectful Minecraft community together.

M Tu Jun 29-Jun 30  
9:30 AM-3:30 PM  
\$170/2 sess

Th F Jul 02-Jul 03  
9:30 AM-3:30 PM  
\$170/2 sess

### A 'Lets Play' Summer Start: Learning through Minecraft

Wk 1 - An expanded discovery of our MCKids community. Children will help design a new game together in the latest version of Minecraft. We'll learn about how games are built with datapacks, plugins and more!

M Tu W Th F  
Jul 06-Jul 10  
9:30 AM-3:30 PM  
\$425/5 sess

### A Minecraft Master Class: Mini Game Design

Wk 2 - Design and prototype mini-games?parkour challenges, PvE arenas, puzzle rooms, adventure maps, and multiplayer experiences inspired by popular YouTube gameplay. Player flow, rules and balance, level layout, redstone mechanics, testing, iteration, and feedback will be key!

M Tu W Th F  
Jul 13-Jul 17  
9:30 AM-3:30 PM  
\$425/5 sess

### A Minecraft History Quest: Ancient Civilizations

Wk 3 - Travel back in time in this immersive Minecraft camp exploring ancient cultures of Asia, the Americas and Europe on our new Ancient Civ server. Discover iconic armor, tools, exotic foods, and learn about architectural styles from temples, castles and pyramids to fortresses and walled cities. Learn how culture, geography, and technology shaped civilizations through the ages. Not to miss!

M Tu W Th F  
Jul 20-Jul 24  
9:30 AM-3:30 PM  
\$425/5 sess

### A Minecraft Master Class: Builder/Engineer/Architect

Wk 4 - Explore advanced building tips and techniques, better understand how structural and visual design, scale and aesthetics impacts our design, learn redstone basics and game mechanics like command blocks C a new guided multiplayer game to help expand content in our worlds.

M Tu W Th F  
Jul 27-Jul 31  
9:30 AM-3:30 PM  
\$425/5 sess

### A Mid-Summer Minecraft Adventure: Four Days to The End!

Wk 5 - A mid-summer camp dives into the original lore of Minecraft?from the Overworld?s hidden history to the mysteries of the Nether, the Deep Dark, and The End. We will plan, prepare and ultimately ?win? the game in just four days, celebrating teamwork, persistence, and mastery of the worlds we love.

Tu W Th F  
Aug 04-Aug 07  
9:30 AM-3:30 PM  
\$340/4 sess

### Mythopoeia: Storytelling in Minecraft

Wk 6 - A week of folklore, fantasy, and legends in this magical Minecraft adventure! Each day, Momibelle will read a new tale filled with mysterious encounters, brave heroes, and thrilling quests. What new friends will she meet? What dangers lie ahead? We bring these stories to life in our Minecraft world. Scribe your own adventures alongside.

M Tu W Th F  
Aug 10-Aug 14  
9:30 AM-3:30 PM  
\$425/5 sess

### Pokemon in Minecraft with Cobblemon

Wk 7 - Embark on an electrifying adventure where the worlds of Minecraft and Pokémon collide! Immerse ourselves in the virtual world of Cobblemon, capturing and training Pokémon within the vast overworld of our game Minecraft. (Bring your cards, we'll play with those, too!)

M Tu W Th F  
Aug 17-Aug 21  
9:30 AM-3:30 PM  
\$425/5 sess

### Minecrafts Next Features: Snapshot Lab

Wk 8 - Learn how Minecraft is made. (A snapshot is a preview version of Minecraft that lets players try new features before release). Test unfinished mechanics, and learn how updates evolve from idea to final game release. Identify bugs and ?glitches?, learn how to write bug reports, and discuss balance, usability, and player experience

M Tu W Th F Aug 24-Aug 28  
9:30 AM-3:30 PM  
\$425/5 sess



### Back to School in Minecraft: Stay Safe

Wk 9 - We explore our latest virtual worlds and learn about essential online safety skills and staying safe in virtual environments. Develop strategies for navigating online spaces responsibly, protecting our personal information and fostering positive online and in-game interactions. We'll empower ourselves with new knowledge about how to stay safe online while we practice and model our MCKids Academy Code of Conduct in Minecraft,

M Tu W Th F  
Aug 31-Sep 04  
9:30 AM-3:30 PM  
\$425/5 sess

NOTE: Bring your laptop. We play on the full (PC/MAC) Java edition of Minecraft (\$29.99) not on Bedrock for iPads or notebooks. Laptop rentals \$15/day (siblings no charge) with guest Minecraft account.

# Paddling



Paddling down the Creek with Creekside Kayaks and Dragon Zone

## Paddling with Dragon Zone and Creekside Kayaks

Explore Vancouver from the water out of our Olympic Village docks!

### Birds Nest Properties Community Dragon Boat Paddling Day

Bring your friends and family out to try dragon boat during 60 minute sessions, with the support of Birds Nest Properties! We're excited to bring this popular community program back with even more dates this coming year. Sign-up for sessions starting on the hour. Minimum donation of \$2 per person, with proceeds going to charity.

May 24, Jul 12, Aug 2  
1:00/2:00/3:00 PM

1hr sess

Register at Creekside front desk. More info at [dragonzone.ca/community](http://dragonzone.ca/community)

### Private and School Group Sessions

Learn to paddle dragon boat with our guides on False Creek year-round! Private group sessions start with as few as 12 people. Visit [dragonzone.ca/paddle](http://dragonzone.ca/paddle) for more info on our adult or youth group dragon boat events.

### Intro to Dragon Boat and Race

Learn to paddle with new friends, then put your skills to the test at one of our races! Four and eight week programs run throughout Spring and Summer. Sign-up and register at [dragonboat.ca](http://dragonboat.ca)

Tues Aug 4-Sep 22

\$300/8 sess

Tu May 5 - 26

Thu May 7 - May 28

Tu Jul 28-Aug 18

Thu Jul 30-Aug 18

\$180/4 sess

### 2026 Race Calendar

May 2

Burnwater Youth Regatta/Burnwater Spring Sprint

May 30

Vessi 500 Championship

July 25

Harrison Dragon Boat Festival

Aug 22

Summer Regatta supported by Concord Pacific

Sept 26

Oddball Fall Classic [dragonboatbc.ca/race](http://dragonboatbc.ca/race)

## Creekside Garden News!

Join us at **Creekside Community Garden** for our Garden Work Parties! Come out and meet other members of your community while working on an outdoor gardening project.

**Work parties take place** on the second last Saturday of each month (excluding long weekends, which are moved to the following Saturday). Bring your own garden gloves, water bottle, and an extra shovel if you have one.

**Interested in your own garden plot** at Creekside? Join our waitlist.

**Stay up to date** on upcoming events by checking our website at [www.creeksidecommunitygarden.com](http://www.creeksidecommunitygarden.com) or email [info@creeksidecommunitygarden.com](mailto:info@creeksidecommunitygarden.com)

**We can't wait to garden with you!**



# Sport Schedule See pg 18-19 for info, dates plus registration and drop-in fees. Schedule subject to change without notice.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Badminton</b>	1:15pm-2:45pm		1:15pm-2:45pm or 8:15pm-10:00pm		1:00pm-2:30pm or 4:45pm-6:30pm	9:15am-11:45am
<b>Basketball</b>		8:15pm-10:00pm	6:15pm-8:00pm			
<b>Pickleball</b>		8:30am-10:00am or 10:15am-11:45am		8:30am-10:00am or 10:15am-11:45am	2:45pm-4:30pm	
<b>Soccer</b>	6:15pm-8:00pm			6:15-8:00pm		12:00pm-1:45pm
<b>Table Tennis</b>	1:15pm-2:45pm	1:15pm-2:45pm	1:15pm-2:45pm	1:15pm-2:45pm	1:00pm-2:30pm	<b>Table Tennis</b> You can also call us on the day of and if a room is available, we can provide a table!
<b>Volleyball</b>	8:15pm-10:00pm	6:15pm-8:00pm		8:15pm-10:00pm	6:45pm-8:30pm	

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

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

adult program schedules

## Sports Registration & Drop-In

Three ways to participate

**1. Register for Full Season** This guarantees you a spot in the program every week. Sign-in at the front desk BEFORE start time or your spot may be sold. (\$2.<sup>65</sup>/daytime sess & \$4.<sup>79</sup>/evening sess)

**2. Buy a 10 Visit Sports pkg on OneCard**

Purchase card in-person. Phone-in starting at 6:30am. Can reserve up to 2 people if program has unregistered spots with a valid/current 10 visit pass. (\$2.<sup>65</sup>/sess daytime & \$5.<sup>74</sup>/sess evening)

**3. Waitlisting** Call as early as 6:30 am. Reserve 2 spots. No-show spots sold to waitlist. Be at the front desk when name is called. (\$3.<sup>58</sup>/sess daytime & \$6.<sup>69</sup>/sess evening)

### Badminton

(19+ yrs)

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

**Drop-In only (2 courts)**

May 4-Aug 29

M W 1:15 pm-2:45 pm

F 1:00 pm-2:30 pm

Sa 9:15 am-11:45 am

No sess May 18, Jul 1,

Aug 3

\$3.<sup>58</sup>/drop-in or

\$26.<sup>31</sup>/10 visit pass

**Register or \$6.<sup>69</sup>/**

**Drop-In (4 Courts)**

W May 6-Aug 28

8:15 pm-10:00 pm

\$81.<sup>43</sup>/17sess

No sess Jul 1

F May 8-Aug 29

4:45 pm-6:30 pm

\$81.<sup>43</sup>/17sess

### Basketball

(19+ yrs)

Non-instructional, recreational full gymnasium basketball court with maximum 15 spots for 5 on 5 play with a rotating group. Basketballs may be borrowed from reception.

**Register or \$6.<sup>69</sup>/Drop-In**

Tu May 5-Aug 25

8:15 pm-10:00 pm

\$81.<sup>43</sup>/17 sess

W May 6-Aug 26

6:15 pm-8:00 pm

\$76.<sup>64</sup>/16 sess

No sess Jul 1



From painting to martial arts to yoga and more, we have programs that will stimulate your mind, body and soul.

### Soccer

(19+ yrs)

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

**Register or**

**\$6.<sup>69</sup>/Drop-In**

M May 4-Aug 24

6:15 pm-8:00 pm

\$71.<sup>85</sup>/15 sess

No sess May 18, Aug 3

Th May 7-Aug 27

6:15 pm-8:00 pm

\$81.<sup>43</sup>/17 sess

Sa May 9-Aug 29

12:00 pm-1:45 pm

\$81.<sup>43</sup>/17 sess

### Table Tennis

(19+ yrs)

Non-instructional, recreational table tennis. Up to 4 tables available in 1/3 gymnasium. Doubles play and rotation will be required if busy. May borrow paddle

M-Th May 4-Aug 27

1:15 pm-2:45 pm

No sess May 13, 18, Jul 1,

Aug 1

F May 8-Aug 28

1:00 pm-2:30 pm

\$3.<sup>58</sup>/Drop-In

\$26.<sup>31</sup>/10 visit pass



### Pickleball Court Rental

Reserve your own pickleball court for your family and friends. There are four courts available to play for 55 minutue time slots. Each Registrar is a booking for one court, max 4 players. Please Note Court A and Court B there could be glare on sunny days. Players must supply their own paddles and pickleballs. Courts cannot be used for classes - no teaching permitted. No Refunds. \$19 per booking.

Su 3:00pm-3:55pm  
Su 4:00pm-3:55pm  
May 3, 10, 17, 24  
Jun 7, 14, 21, 28  
Jul 5, 12, 19, 26  
Aug 2, 9, 16, 23, 30

### Volleyball

(19+ yrs)

Non-instructional, volleyball for all levels.

Players sort themselves into levels and play 6 on 6.

**Register or \$6.<sup>69</sup>/Drop-In**

M May 4-Aug 24

8:15 pm-10:00 pm

\$71.<sup>85</sup>/15 sess

No sess May 18, Aug 3

Tu May 5-Aug 25

6:15 pm-8:00 pm

\$81.<sup>43</sup>/17 sess

Th May 7-Aug 27

8:15 pm-10:00 pm

\$81.<sup>43</sup>/17 sess

F May 8-Aug 28

6:45 pm-8:30 pm

\$81.<sup>43</sup>/17 sess

### Pickleball Lessons

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

### Pickleball

(19+ yrs)

Non-instructional

**All Levels**

**Register or \$3.<sup>58</sup>/Drop-In**

Tu May 5-Aug 28

8:30am-10:00am

10:15am-11:45am

\$44.<sup>71</sup>/17 sess

Th May 7-Aug 27

8:30 am-10:00 am

10:15 am-11:45 am

\$44.<sup>71</sup>/17 sess

### Intermediate/Advanced

F May 8-Aug 28

2:45 pm-4:30 pm

\$44.<sup>71</sup>/17 sess



### EDUCATION Athletic Taping Course

(16+ yrs)

Covers taping techniques used in a sport setting through lecture and practical application. Designed as an introduction to taping. Safety considerations relating to taping as well as theory will be covered. Taping includes regional techniques for the ankle, foot, knee, elbow, wrist, thumb and finger. Procedures for injury prevention, minimizing further damage when injury occurs and for aiding the healing process are also discussed. A great asset for coaches, parents and athletes, designed for any skill level from beginners to those looking to perfect their craft. Participants are encouraged to wear athletic attire during this course (Shorts and T-shirt). Certificate of completion issued. Course approved for 7.0 BCRPA and 7.0 PE/A2 CMTBC Continuing Education Credits. Instructor: SportMed BC  
Sa Jun 13  
9:30 AM-4:30 PM  
\$210/1 sess  
Sa Aug 01  
9:30 AM-4:30 PM  
\$210/1 sess

### Sports First Aid

(16+ yrs)

This eight-hour course serves as Sports First aid course in one day. A certificate of completion will be issued for Sports First Aid. Instructor: SportMed BC  
SU AUG 02  
9:30 AM-4:30 PM  
\$160/1 SESS  
SU JUN 14  
9:30 AM-4:30 PM  
\$160/1 SESS

### Baby Sign Language

(0-2 yrs)

Using songs and games, learn basic American Sign Language (ASL) hand gestures, to facilitate communication with your hearing child. Research shows that babies who learn Sign Language learn quicker and talk earlier. Bring your baby 0-24 months old to class. Participants should bring their own blanket. No drop-ins. For more info visit [www.intoyoga.ca](http://www.intoyoga.ca)  
Instructor: Sheri Kauhausen  
M Apr 13-May 11  
10:00 AM-10:45 AM  
\$77/5 sess

### Callanetics

(19+ yrs)

Callanetics exercise method is a total body conditioning workout. One of the original 'barre' workouts, Callanetics uses a combination of mat work and ballet inspired leg work, precise positioning and tiny movements. Movements that are gentle on the joints and super effective at strengthening and toning your muscles. You'll leave the class feeling like you've had a great workout! Drop-in \$20.<sup>48</sup>  
Instructor:  
Linda Shedden  
Tu May 05-Jun 30  
9:15 AM-10:15 AM  
\$152.55/9 sess  
Tu Jul 07-Jul 28  
9:15 AM-10:15 AM  
\$67.80/4 sess

### Dance Bootcamp

(19+ yrs)

Vancouver's Sweatiest Dance-Fitness Class! Dance Bootcamp takes the best of dance fitness with a mix of dance styles and bootcamp elements. We incorporate dance into a workout movement/circuit, choreography, and straight bootcamp movements. Among the dance style covered are salsa, afrobeat, dancehall, basic breakdance, hip hop and swing. You'll leave sweaty and happy from this high energy dance program. More info [KirbySnellDance.com](http://KirbySnellDance.com)  
Instructor: Endorphin Rush Dance  
W May 06  
7:00 PM-8:00 PM  
\$4.78/1 sess  
W May 13-Jun 24  
7:00 PM-8:00 PM  
\$105/7 sess  
W Jul 08-Jul 29  
7:00 PM-8:00 PM  
\$60/4 sess

### Dancehall

(19+ yrs)

Dancehall is a highly energetic, rhythmic style which originated in Jamaica and has Reggae roots. Learn the foundations of dancehall in this open-level program which is uptempo and empowering. Fall in love with the dancehall movements and infectious beats. No experience required. Drop-in \$18. More info: [kirbysnelldance.com](http://kirbysnelldance.com)  
Instructor: Rush Dance Endorphin  
W May 06  
8:15 PM-9:15 PM  
\$4.78/1 sess  
W May 13-Jun 24  
8:15 PM-9:15 PM  
\$105/7 sess  
W Jul 08-Jul 29  
8:15 PM-9:15 PM  
\$60/4 sess





### YOGA/PILATES Hatha + Yin Yoga with Pam

(19+ yrs)  
Slow down. Release tension and stress in your body, mind and nervous system with Pamela Ferman's grounding 75 minute Hatha + Yin Yoga. A unique mix of Hatha, Yin and Restorative yoga. Designed to reset your nervous system and relax your mind while increasing flexibility deeper in your body in a safe and supported way. You will leave class feeling a lot more balanced and at ease between body and mind. All levels welcome.

Beginner friendly.  
[pamelafermanyoga.com](http://pamelafermanyoga.com)

Instructor:  
Pamela Ferman  
Su May 03-Jun 21  
11:00 AM-12:15 PM  
\$120/8 sess  
W May 06-Jun 24  
5:30 PM-6:45 PM  
\$120/8 sess  
W Jul 08-Aug 26  
5:30 PM-6:45 PM  
\$120/8 sess



### Yin Yoga with Pam

(19+ yrs)  
Slow completely down. Release tension and stress in your body, mind and nervous system with Pamela Ferman's grounding 75 minute restorative Yin Yoga class. Target deep connective tissues like fascia, ligaments, joints and bones. Designed to help reset your nervous system and relax your mind while increasing flexibility in your body. Yin yoga helps stretch & lengthen those rarely-used tissues while also teaching you how to breathe through discomfort and sit with your thoughts. All levels welcome.

Beginner friendly.  
[pamelafermanyoga.com](http://pamelafermanyoga.com)

Instructor:  
Pamela Ferman  
Tu May 05-Jun 23  
6:30 PM-7:45 PM  
\$120/8 sess  
Tu Jul 07-Aug 25  
6:30 PM-7:45 PM  
\$120/8 sess

### Hatha Yoga with Pam

(19+ yrs)  
Slow down. Release tension and stress in your body, mind and nervous system with Pamela Ferman's grounding 75 minute Hatha Yoga. Classes consist of meditation and physical yoga postures that flow slowly and smoothly from one to another with some long holds in between for deeper fascia stretching. A perfect combination of flexibility, strength, balance, movement and stillness. You will leave class feeling a lot more balanced between body and mind. All levels welcome.

Beginner friendly.  
[pamelafermanyoga.com](http://pamelafermanyoga.com)

Instructor: Pamela Ferman  
Su May 03-Jun 21  
9:30 AM-10:45 AM  
\$120/8 sess  
Su Jul 05-Aug 23  
9:30 AM-10:45 AM  
\$120/8 sess

### Pilates Yoga

(15+)  
Mat pilates and yoga flow focusing on joint mobility with stretches and core work work. All levels are welcome as modification are presented as needed for bodies with different ranges and strengths. welcomed as modifications of each moves are presented as needed. Instructor: Michelle Park Certified Pilates and Personal Trainer under BCRPA and Certified Yoga Teacher under Prana Yoga College.

6:10 PM-7:00 PM  
M May 04-Jun 08  
M Jun 15-Jul 13  
M Jul 20-Aug 24  
\$100/5 sess  
No class May 16, 18, Aug 3  
9:10 AM-10:00 AM  
Sa May 02-Jun 06  
Sa Jun 13-Jul 11  
Sa Jul 18-Aug 22  
\$100/5 sess  
No class May 16, 18, Aug 3

### Yoga Made for Runners

(16+ yrs)  
Yoga Made For Runners is a dynamic and challenging yoga program created specifically for runners. The class will build strength, increase the range of motion in tight joints, and return flexibility to stiff, sore muscles. Expect to work hard and breath deeply. For more info, visit [mikedennisonfitness.com](http://mikedennisonfitness.com)  
Instructor: Mike Dennison  
M May 04-Aug 17  
7:30 PM-8:45 PM  
\$125/12 sess  
No class May 18, Jun 29, Jul 6, Aug 3

F May 01-Aug 14  
6:45 AM-7:45 AM  
\$150/14 sess  
No class Jul 3, Jul 10

adult

## PARK BOARD PRIDE

Check out our weekly programs and activities for 2STGD and 2SLGBTQIA+ folks of all ages.  
[vancouver.ca/park-board-pride](http://vancouver.ca/park-board-pride)



**MARTIAL ARTS**  
**Capoeira Brasil**  
**Strength, Balance**  
**and Flexibility**

(19+ yrs)  
 Afro-Brazilian martial art and dance. Movements are strengthening, playful and include a graceful combo of kicks, acrobatics and ground movements. 2x/wk recommended.

Instructor: Molly Lee  
 Sa May 02  
 2:30 PM-4:00 PM  
 Free Trial  
 Tu May 05-Jun 23  
 6:00 PM-7:15 PM  
 \$160/8 sess  
 Th May 07-Jun 25  
 6:30 PM-7:45 PM  
 \$140/7 sess  
 No class May 28.  
 Tu Th May 05-Jun 25  
 6:00 PM-7:45 PM  
 \$255/15 sess  
 No class May 28.  
 Sa May 09-Jun 27  
 2:30 PM-4:00 PM  
 \$120/6 sess  
 No class May 16, May 30.  
 Tu Jul 07-Aug 18  
 6:00 PM-7:15 PM  
 \$140/7 sess  
 Th Jul 02-Aug 20  
 6:30 PM-7:45 PM  
 \$160/8 sess  
 Tu Th Jul 02-Aug 20  
 6:30 PM-7:45 PM  
 \$255/15 sess  
 Sa Jul 04-Aug 22  
 2:30 PM-4:00 PM  
 \$140/7 sess  
 No class Aug 15



**Shotokan Karate**

(19+ yrs)  
 Shotokan Karate will teach Kihon (basic blocks, punches and kicks), Kata (forms) and Kumite (sparring) to ages 13 years and older (or younger with instructor's permission). Annual membership. Purchase from instructor. Drop-ins with approval \$5.<sup>76</sup>  
*vancouvershotokan.ca*  
 Instructor: Canada  
 Shotokan Karate  
 M W May 04-Aug 31  
 6:00 PM-7:30 PM  
 \$192/32 sess  
 No session May 18, July 1, and Aug 3

**Fitness Kickboxing**

(15+ yrs)  
 Come and enjoy the exciting Fitness Kickboxing class. Regardless of age, size, shape, fitness level and man or woman, this class is designed to suit. Work hard or go at your own pace. It's non contact and taught in a fun safe non intimidating environment. Drop-Ins \$25, space permitting. Academy and BCPRA Personal Trainers.  
 Instructor: Michelle Park  
 10:00 AM-11:00 AM  
 Sa May 02-Jun 06  
 Sa Jun 13-Jul 11  
 Sa Jul 18-Aug 22  
 \$100/5 sess  
 No Class May 16, Aug 1



**Jodo - The Way Of The Stick**

(19+ yrs)  
 Jodo is a Japanese art that means 'way of the stick'. In this art, students are taught to rely on the precision and flexibility of the Jo, a short staff, to overcome the inherent advantages of a blade-wielding opponent using non-lethal force. This traditional Japanese martial art is a wonderful way to cultivate character and train the body. Our dojo is a member of the Canadian Kendo Federation, and our growing, supportive community spans various locations across North America and Japan.  
 Instructor: Hoshu  
 Vancouver Dojo  
 12:45 PM-2:15 PM  
 8:15 PM-9:45 PM  
 Su Th May 03-May 31  
 Su Th Jun 04-Jun 28  
 Su Th Jul 02-Jul 30  
 Su Th Aug 06-Aug 30  
 \$50/Month  
 No session May 17, Jul 26

**Shorinji Kempo**

(13+ yrs)  
 Shorinji Kempo is a sophisticated Japanese martial art that uses physics and pressure points to increase one strength. We strive for a non-competitive, safe, and comfortable atmosphere. We have clubs in 33 countries, so you can train and meet other members worldwide. Shorinji Kempo teaches that the essence of budo martial arts is not to fight and defeat enemies but, to stop fighting between people. A fun class to try, beginners welcome!  
[shorinjikempobc.ca](http://shorinjikempobc.ca)  
 Drop-in \$9.<sup>52</sup>  
 \$47.<sup>62</sup>/month  
 Instructor:  
 Vancouver Pacific  
 Shorinji Kempo  
 10:30 AM-12:00 PM  
 7:30 PM-9:00 PM  
 Tu Sa May 02-May 30  
 Tu Sa Jun 02-Jun 30  
 Tu Sa Jul 04-Jul 28  
 Tu Sa Aug 04-Aug 29  
 \$47.62/Month  
 No Class May 16

**20/20/20**  
**Dance Fit, Strength**  
**and Yoga Fitness**

(13+ yrs)  
 Twenty minutes of fun, high intensity dance work out with kpop, hip hop and zumba moves. 20 min weight training with dumbbells for muscle building and toning. 20 min yoga/pilates work out to improve joint mobility and muscle flexibility with inner peace. Drop-Ins \$25.  
 Instructor: Michelle Park  
 BCRPA certified pilates, weight/personal trainer. Certified Yoga teacher, College of Prana and Zen Centre. Creekside Community Taekwondo And Fitness  
 9:30 AM-10:30 AM  
 M May 04-Jun 08  
 M Jun 15-Jul 13  
 M Jul 20-Aug 24  
 \$100/5 sess  
 No Class May 13, 15, 18, Jul 1, Aug 3.  
 9:30 AM-10:30 AM  
 W May 06-Jun 03  
 \$80/4 sess  
 W Jun 10-Jul 15  
 W Jul 22-Aug 19  
 \$100/5 sess  
 No Class May 13, 15, 18, Jul 1, Aug 3.  
 9:30 AM-10:30 AM  
 F May 01-Jun 05  
 F Jun 12-Jul 10  
 F Jul 17-Aug 21  
 \$100/5 sess  
 No Class May 13, 15, 18, Jul 1, Aug 3.

adult

## Capoeira

(13+ yrs)

Capoeira is an Afro-Brazilian art, which combines martial art techniques with simple acrobatics, and movements, making it a complete body workout that is challenging, safe and fun! The program runs twice a week. No experience is necessary. Course is suitable for complete beginners as well as advanced students. Drop-ins are \$14.<sup>29</sup> + GST. Registrations run monthly for an effective rate of \$10 per 1.5 hr session. Instructor: Aleksey Sher  
7:30 PM-9:00 PM  
M W May 04-May 27  
\$66.64/7 sess  
M W Jun 01-Jun 29  
\$85.68/9 sess  
M W Jul 06-Jul 29  
M W Aug 05-Aug 31  
\$76.16/8 sess  
No Class May 18, Jul 1, Aug 3



## Tenshin Ryu Hyoho

(19+ yrs)

Tenshinryu Hyoho is a comprehensive martial art that includes kenjutsu (swordsmanship), battojutsu (sword drawing techniques), sojutsu (spear techniques), naginatajutsu, kusarigamajutsu (chain and sickle techniques), jujutsu, and also incorporates jumonji-sojyutsu (cross-shaped spear techniques) as an ancillary tradition. Our Dojo is recognized by the main Dojo and masters in Japan and we are part of a global network. Instructor: Adrian Fuentes  
6:00 PM-8:00 PM  
F May 01-May 29  
F Jun 05-Jun 26  
F Jul 03-Jul 31  
F Aug 07-Aug 28  
\$30/Month



## TRX Yoga FUSION for Women - Novice

(19+ yrs)

Build functional strength using the TRX. Last 15 mins transition to gentle slow paced yoga flow and stretch.  
Th May 7- May 28  
6:30 PM-7:30 PM  
\$108/4 sess

## TRX HITT Int/Adv Level

(19+ yrs)

Fast paced class combining cardio and TRX exercises.  
M May 4 - Ju 1  
No class May 18

## TRX HIIT + Kettlebells Int/Adv Level

(19+ yrs)

TRX combined with Kettlebells for a challenging workout.  
Wed May 6 - May 27  
7pm - 8pm  
\$108/4 sess

## GLA:D™ Canada Program for Hip and Knee Osteoarthritis (19+ yrs)

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

### What to Expect:

Two 90-minute education sessions, twelve 60-minute group exercise sessions designed to improve strength, mobility, and function. Data collection from GLA:D Canada at the first visit, and at 3 and 12 months.

### Who Can Benefit:

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

Mon/Thu 3:30-4:30

April 20 – June 8 (dates subject to change)

15 sess \$560

Activity number 586491

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

Mon/Thu 2:15-3:15

April 23 – June 8 (dates subject to change)

14 sess \$350

Activity number 586492

Questions?

Email [kate.lee@vancover.ca](mailto:kate.lee@vancover.ca)



Stay engaged and active while making connections with new friends.

## FITNESS Pole Walking for Arthritis

(40+ yrs)  
Learn how to use walking poles to stay active while managing Osteoarthritis. ALL sessions are FREE. Please pre-register for one time slot only. Contact Vancouver Coastal Health at 604 875 4544 for details. Instructor: OASIS Vancouver  
Tu May 12 10:00 AM-11:30 AM Free  
Tu Jul 14 10:00 AM-11:30 AM Free  
Tu Aug 11 10:00 AM-11:30 AM Free

## ZUMBA® Gold

(55+ yrs)  
Low-impact dance-fitness class for beginners and seniors uses easy-to-follow moves to create a dynamic and fun fitness class. Classes improves balance, strength, flexibility. Instructor: Vancouver Zumba  
M May 04-Jun 29 9:15 AM-10:15 AM \$110/8 sess  
No class May 18  
M Jul 06-Aug 10 9:15 AM-10:15 AM \$68.<sup>75</sup>/5 sess  
No class Aug 3

## Tristar Tai Chi All Levels

(19+ yrs)  
Learn this peaceful, ancient form of tai chi for health and wellness. Strengthening stances, meditative breath work, flowing movement and Asian healing meridian pressings. Benefits include stress release, improved digestion, circulation and enhanced energy, moods and immune system. Join us in a relaxed, welcoming environment. Nourish your body, mind and spirit. Drop in \$20 <http://tristartaiji.com/>  
Instructor: Molly Lee  
W May 06-Jun 24 10:00 AM-11:15 AM \$144/8 sess  
F May 01-Jun 26 10:00 AM-11:15 AM \$144/8 sess  
No class May 15.  
W F May 01-Jun 26 10:00 AM-11:15 AM \$240/16 sess  
No class May 15.  
W Jul 08-Aug 19 10:00 AM-11:15 AM \$126/7 sess  
F Jul 03-Aug 21 10:00 AM-11:15 AM \$126/7 sess  
No class Aug 14.  
W F Jul 03-Aug 21 10:00 AM-11:15 AM \$210/14 sess  
No class Aug 14

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

(55+ yrs)  
Semi-private. Four spots only. Learn proper grip, how to hit the ball and move efficiently. Instructor: Mona Lee  
F May 01-May 29 9:15 AM-10:45 AM \$200/5 sess  
F Jun 05-Jun 26 9:15 AM-10:45 AM \$160/4 sess  
F Jul 03-Jul 31 9:15 AM-10:45 AM \$200/5 sess

## Pickleball Stage 2: Skills & Drills

(55+ yrs)  
Semi-private. Four spots only. Should have completed Learn to Play. Suited for intermediate players. Participants will be put through a wide range of cooperative and competitive drills. NOTE: Paddles, balls & all equipment will be provided. If you are unable to make the first day, please txt Coach Mona at 778-908-2878. Instructor: Mona Lee  
F May 01-May 29 10:45 AM-12:15 PM \$200/5 sess  
F Jun 05-Jun 26 10:45 AM-12:15 PM \$160/4 sess  
F Jul 03-Jul 31 10:45 AM-12:15 PM \$200/5 sess



## Yoga for Older Adults: Level 1

(55+ yrs)  
For beginners. Slow approach to focus on pain-free movement. Instructor: Terri Damiani  
Tu May 05-Jun 23 10:30 AM-11:45 AM \$130/8 sess  
Tu Jul 14-Aug 25 10:30 AM-11:45 AM \$113.<sup>75</sup>/7 sess

## Yoga for Older Adults: Level 2

(55+ yrs)  
Increase mobility, stamina and vitality. Instructor: Terri Damiani  
Th May 07-Jun 25 10:30 AM-12:00 PM \$145.<sup>12</sup>/8 sess  
Th Jul 09-Aug 20 10:30 AM-12:00 PM \$126.<sup>98</sup>/7 sess

## SOCIAL Bridge

(19+ yrs)  
Join our group on Tuesdays and enjoy duplicate bridge. Please note: no instruction is provided. New players are always welcome. \$2/drop-in or \$10 visit pass \$10.  
Tu May 05-Aug 25 12:00 PM-3:00 PM \$1.<sup>90</sup>/17 sess

## Mahjong

(19+ yrs)  
Join our group on Thursdays and enjoy Mahjong. Instruction may be provided. New players are always welcome. \$2/drop-in or \$10 for 10 visit pass.  
Th May 07-Aug 27 1:00 PM-4:00 PM \$1.<sup>90</sup>/17 sess



Affordable recreation and personal training for health and wellness.

## Fitness Centre Consultations

Call 604-257-3050 to book up to three sessions with our fitness centre staff. Review how to use equipment, create a personalized program, and receive a card to track your progress. At your next session, monitor your technique and answer questions about your fitness program. Book a third session if you need additional support.



## ACCESSIBLE FITNESS CENTRE

Call the front desk for times when fitness staff are available for assistance.

## Fitness Centre Admission Fees

Age	Adult (19-64)	Youth (13-18) Senior (65+)
Drop-in	\$7.93	\$5.55
10 Visit Pass	\$71.37	\$49.95
FLEXIPASS RATES		
Access to all Vancouver Park Board fitness centres, pools and rinks.		
1 month	\$64.15	\$44.91
3 months	\$173.21	\$121.25
12 months	\$554.26	\$387.98

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

## Personal Training

Improve your health and wellness with support from our certified personal trainers. Our trainers will work with you to develop a customized fitness plan designed to meet your fitness goals and fit your busy schedule. Whether you are a beginner, overcoming a plateau, rehabilitating from an injury or looking for sport-specific workouts, our trainers will motivate you in each one hour session.

## Personal Training Fees

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

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

## Strong Happens Level 1 Women's Beginner Introduction to Weight Training in the gym

For women who are new to strength training or returning after a long break. A safe and structured way to use a variety of equipment in the gym and at home. You will learn about cardiovascular equipment set-up, proper form, lifting lingo, and utilize a variety of equipment during your training sessions each week.  
Mo 12:00 PM  
May 11 - Jun 5  
\$152.<sup>82</sup>/4 sess  
Min 3 max 4



## Strong Happens Level 2 Women - Specific Intermediate level

For women that have experience in the gym. You will learn to incorporate more complex exercises using dumbbells, barbells, kettle bells etc. exercises. You will be provided with two workout plans to help you reach your fitness goals.  
Fri 11:30 AM  
May 8 - May 29  
\$152.<sup>82</sup>/4 sess  
Min 3 max 4

**Fitness for Youth**  
(13-18 yrs)  
Tu 4:30-5:30 PM  
(Th optional)  
Jun 9 - Jun 30

**Fitness for Older Adults**  
(55+ yrs)  
Mon 11:00 AM-12:00 PM  
(Th optional)  
Jun 8 - Jun 29  
Staff guide participants through a four week program covering all components of a complete fitness regime. Feel confident in any fitness centre. Connect with other like-minded members. *Completed Par-Q and Consent & Release are required. Drop-in admission w/valid Flexi-pass or Usage pass required. Priority for new registrants. Email [steven.tautscher@vancouver.ca](mailto:steven.tautscher@vancouver.ca) if you want to register and you have taken the class before. Or attend the drop-in Thurs session. Call 604-257-3050 and book a free fitness centre consultation.*

Youth ages 13 and over are welcome in the Fitness Centre.

# Room Rental Guide

Rent a room for your workshop, meeting, birthday party, wedding reception, or conference!

Room	Highlights	Hourly Rate (excluding tax)	Size (sq. ft.)	Capacity
Multipurpose 1 (MP1)	Perfect for smaller events and meetings. North facing view of seawall, mountains, Creek (small sink)	\$46	600	25
Multipurpose 2 (MP2)	Perfect for smaller events and meetings. North facing view of seawall, mountains, Creek (small sink and counter space)	\$43	600	30
Dance Studio	Performance rehearsal/dance space.	\$55	900	50
Multipurpose 4 (MP 4)	Fantastic for events and functions. Spectacular views and access to small kitchen facilities	\$140	1950	100
Gymnasium	Full court gym ideal for sport bookings and large events (tradeshows, receptions)	Sport: \$85	7500	300
		Event: \$160		

## Additional Charges

Staffing	For rentals outside of regular operating hours; number of staff required dependant on activity, scope and size of rental	\$40. <sup>42</sup> /hr per staff
Damage Deposit	Deposit fee may apply depending on scope of rental event	\$200-\$1000
SOCAN & ReSound	Mandatory music royalty tariffs for rentals with music and/or dancing	Starting at \$32. <sup>90</sup>
Janitorial	Janitorial fees may apply depending on scope of event	\$200

To check room availability call 604.257.3050 ext 1

All reservation requests must be submitted online at [creeksidecentre.ca](http://creeksidecentre.ca).

Note: Discounted room rental rates are available for not-for-profit organizations.

[facebook.com/creeksiderec](https://www.facebook.com/creeksiderec)
[twitter.com/creeksiderec](https://twitter.com/creeksiderec)

## Room Rental Cancellation Policy

Cancellation requests must be received in writing and require a minimum of sixty (60) days' notice to receive a refund of fees paid, less a \$25 administration fee. Cancellation requests received prior to thirty (30) days before the respective event will receive a refund which amounts to 50% of the rental fee paid, less a \$25 administration fee. **Please note:** refunds of rental fees will not be issued for event cancellations received less than thirty (30) days prior to the event.