



**ADULTS**

## SPORTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Badminton Court Rentals</b> 11:45am-12:45pm	<b>Pickle Ball</b> 12:30-2:30pm	<b>Badminton Court Rentals</b> 11:45am-12:45pm	<b>Badminton Court Rentals</b> 7:00-8:00pm	<b>Badminton Court Rentals</b> 11:45am-12:45pm	<b>Pickle Ball</b> 12:30-2:30pm	
		<b>Pickle Ball</b> 1:00-3:00pm				
	<b>Badminton: Recreational</b> 7:45-9:45pm	<b>Floor Hockey</b> 7:45-9:45pm	<b>Pickle Ball</b> 8:15-9:45pm	<b>Basketball: Recreational</b> 8:00-10:00pm		<b>Basketball: Competitive</b> 12:00-2:00pm

**Registered Players:** You always have priority over drop-ins; however, your spot may be sold to others if you don't show up within 15 mins of the program. **Drop ins:** You can sign up in person or over the phone 604-257-8101 two hours prior to the start of the program.

### Badminton - Court Rentals

Badminton courts are booked on a first come, first served basis and may be reserved over the phone, online or in-person. 48 hour cancellation notice is required. Players must supply their own racquets and birds.

Su	11:45 am-12:45 pm	\$13/1 hour court
Tu	11:45 am-12:45 pm	\$13/1 hour court
W	7:00 pm-8:00 pm	\$13/1 hour court
Th	11:45 am-12:45 pm	\$13/1 hour court

[View Online](#)

### Badminton - Recreational

**18+yrs**

Four courts are provided for recreational doubles play with a rotating round robin play format, with one group sitting out each game. No instruction provided. Nylon birds are supplied. Drop in \$5, space permitting. Drop-in players may sign up in person beginning two hours before scheduled class time.

M	8:00 pm-9:45 pm	Sep 10-Dec 17 \$67.50/15 sess
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▶177576

Instructor: No Instructor

### Basketball - Competitive

**18+yrs**

Experienced and competitive players are encouraged to join. Players are asked to bring a reversible top or both a white shirt and a dark shirt. Drop-in \$5, space permitting. Program accepts phone in reservation (604-257-8101) for drop-ins spots starting at 10am. No program Oct 27.

Sa	12:00 pm-2:00 pm	Sep 08-Dec 15 \$63/14 sess
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▶177571

Instructor: Aman Jhutti

### Basketball - Recreational

**18+yrs**

Please be ready to play by 8:15pm. Drop-in \$5, space permitting. Program accepts phone in reservation (604-257-8101) for drop-ins spots starting at 6pm.

Th	8:00 pm-10:00 pm	Sep 06-Dec 20 \$72/16 sess
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▶177573

Instructor: Aman Jhutti

### Floor Hockey - Recreational

**18+yrs**

Please bring your own stick (plastic or composite). Shin guards and eye protection recommended. Drop-in \$5, space permitting.

Tu	7:45 pm-9:45 pm	Sep 04-Dec 18 \$72/16 sess
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▶177575

Instructor: Kenneth Trieu

### Basketball:

#### Co-Ed League (KBL) 19+yrs

This is an organized league with games on Sunday nights. Games are an hour between 1-8pm. A schedule is set before the season starts. Players must register as a team. Minimum number of players required for registration is 9 (5 guys/4 gals). The games are self-refereed with a detailed set of rules. For inquiries on how to join a team or submit a team for this league, contact Biraj at 604-738-2333.

Su	1:00 pm-8:00 pm	Sep 16-Feb 17 \$730/season
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▶174188

Instructor: Biraj Bora

### Pickleball

**16+yrs**

Come try out this popular, easy-to-learn, and exciting sport that combines elements of badminton, tennis, and table tennis. All equipment provided. Volunteers will be onsite to teach you the basics of the game. Drop-in \$3, space permitting.

M	12:30 pm-2:30 pm	Sep 03-Dec 31 \$45/18 sess
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▶177578

Tu	1:00 pm-3:00 pm	Sep 04-Dec 18 \$40/16 sess
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▶177581

W	8:15 pm-9:45 pm	Sep 05-Dec 19 \$40/16 sess
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▶177582

F	12:30 pm-2:30 pm	Sep 07-Dec 28 \$42.50/17 sess
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▶177583

Instructor: No Instructor



Please pick up a Group Fitness Brochure at Kerrisdale for complete class descriptions.

# GROUP FITNESS SCHEDULE

**SCHEDULE IN EFFECT September 1-December 31, 2018** Schedule subject to change.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:20-7:15am	<b>Early Risers Keep Fit (G)</b> Bonnie 6:20-7:15am		<b>Early Risers Keep Fit (G)</b> Rachel <i>*NEW TIME</i> 6:10-7:05am		<b>Early Risers Keep Fit (G)</b> Rachel <i>*NEW TIME</i> 6:10-7:05am		
9:00-10:00am	<b>Total Body Conditioning (G)</b> Meg	<b>Cardio &amp; Stretch (G)</b> Meg	<b>Total Body Conditioning (G)</b> Meg	<b>Zumba Gold (G)</b> Shelley	<b>Cardio &amp; Stretch (G)</b> Meg	<b>Zumba (G)</b> Tanya 9:30-10:30am	
9:15-10:15am	<b>Step (A)</b> Camille	<b>Gentle Fit (S)</b> Audrey <b>Step &amp; Core (A)</b> Kristiina	<b>Step Cardio Core (A)</b> Diane <i>*Ends 10:30am</i>		<b>Step n'Sculpt (A)</b> Camille		<b>Step PLUS (A)</b> Mike <i>*Ends 10:25am</i>
10:30-11:30am	<b>Advanced Gentle Fit (A)</b> Dee	<b>Mild/Moderate (A)</b> Audrey		<b>Low Impact (A)</b> Dee		<b>Gentle Fit (S)</b> Audrey	
12:00-1:00pm				<b>Zumba (A)</b> Tanya		<b>Legend:</b> A = Auditorium (max 40) G = Gymnasium (max 100) S = Seniors Centre (max 30)	
5:30-6:30pm	<b>Zumba (A)</b> Tanya		<b>Zumba (A)</b> Tanya			<b>Rates</b>	<b>Adult</b>
6:00-7:00pm		<b>Zumba Toning (A)</b> Tanya		<b>Zumba Toning (A)</b> Tanya	Drop-In	\$5.00	\$4.00
					Fit Card 10 Classes	\$45.25	\$36.25
					Fit Chip 17 Weeks	\$214.20	\$171.25
					FitChips will be for sale, two weeks prior to their effective date.		



## HEALTH & FITNESS

### Posture Perfect 19+ yrs

You may be strong in your arms and legs, working out with weights, walking, running or cycling but what about the muscles that initiate your core and stabilize your spine to prevent injury during activity. This MAT WORK class is designed to stretch and strengthen underused stabilizing muscles. No class Oct 9.

Tu 5:30 pm-6:30 pm Sep 11-Dec 18  
**180570** \$166/14 sess Adult Rate \$208  
 Instructor: Barbara McDonald

### Yoga-Moving it Up a Notch 19+ yrs

This class is designed for participants with a strong yoga background, familiar with the standard Surya Namaskara A&B, as well as traditional yoga poses. Every week we will breakdown a new pose to increase our yoga knowledge, in varying traditions. Drop-in Seniors \$13, Adults \$16 space permitting. No class Oct 8 or Nov 12.

M 6:30 pm-7:30 pm Sep 10-Dec 17  
**180568** \$154/13 sess Adult Rate \$193  
 Instructor: Barbara McDonald

### A Gentle Class with Karen 16+ yrs

Join Karen for a yoga practice that revitalizes the body, calms the mind and deepens self-awareness. With strengthening and stretching poses, breath, and guided relaxation, her classes are designed as a gentle exploration of our physical potential and the influence our energy may have on our thoughts and how we lead our lives.. She emphasizes body awareness, self acceptance, alignment and safety. Drop in \$18, space permitting.

W 4:30 pm-5:45 pm Sep 12-Dec 12  
**173219** \$198/14 sess  
 Instructor: Karen Heaps

### Airway Fit - Stop Snoring and Sleep Apnea 18+ yrs

Airway Fit is a non-medical airway training program to help you achieve a better and quieter sleep by alleviating snoring and sleep apnea. This program will first provide the theory and background on snoring and sleep apnea. Then the training involves various behavioral breathing pattern retraining techniques, orofacial and tongue muscle exercises, to help you keep your upper airway open and healthy, and develop a softer and calmer breathing habit. Allowing you to breathe easily, consistently, and quietly during your sleep. As long as you put in the effort, you will see significant improvement to your sleep, day time awareness, and holistic health. Training is very mild and suitable for anyone.

Su 9:30 am-12:00 pm Sep 09-Sep 16  
**177717** \$170/2 sess  
 Su 9:30 am-12:00 pm Dec 09-Dec 16  
**177718** \$170/2 sess  
 Instructor: Howard Tseng

### Bollywood Burn 16+ yrs

Incorporate the dazzling and fun choreography of Bollywood with a sweat-worthy, muscle burning program designed to leave you glowing and feeling fantastic. All sass and hips, this class is going to make you leave feeling like a beautiful Bollywood Diva. [www.KirbySnellDance.com](http://www.KirbySnellDance.com). Drop-in \$13. No class October 8 & 15.

**FREE TRIAL**  
 M 8:15 pm-9:15 pm Sep 10  
**175664** Free pre-registration required  
 M 8:15 pm-9:15 pm Sep 17-Nov 26  
**175663** \$116.55/10 sess  
 Instructor: Endorphin Rush Dance And Fitness

### Callanetics 18+ yrs

The unique CALLANETICS exercise method promotes deep muscle tone throughout the entire body increasing flexibility, strength and improving posture. Using a combination of mat work and ballet bar work, precise positioning and tiny movements, CALLANETICS exercises tighten, tone and lift muscles fast. You lose inches and you feel great! Drop in \$18 (space permitting). [www.callaneticsvancouver.com](http://www.callaneticsvancouver.com).

Tu 6:45 pm-7:45 pm Sep 04-Oct 23  
**174197** \$120/8 sess  
 Tu 6:45 pm-7:45 pm Nov 06-Dec 18  
**174198** \$105/7 sess  
 W 7:20 pm-8:20 pm Sep 05-Oct 24  
**174199** \$120/8 sess  
 W 7:20 pm-8:20 pm Nov 07-Dec 19  
**174200** \$105/7 sess  
 Instructor: Linda Shedden

### Core Conditioning for a Strong, Healthy Back 16+ yrs

This class will focus on core strength and stability exercises, essential for maintaining a healthy back, using weights, bands and balls. Improve your flexibility with controlled stretching and deep breathing. Learn how to relax! Your back, neck and shoulders will thank you for it. Please wear comfortable clothing and athletic footwear. No class Oct 8 and 15.

M 6:40 pm-7:55 pm Sep 10-Nov 26  
**177621** \$80/10 sess  
 Instructor: Dee Cresdee



**ADULTS**

**HEALTH & FITNESS**

**Core Connection 16+yrs**

An intermediate/advanced class that will improve your strength, posture and alignment in a full-body workout where every exercise is based in the core - the natural girdle that wraps around the waist flattening the belly and supporting the back. The class incorporates the use of weights, the body ball and elements from Pilates all taught in a supportive non-competitive atmosphere. Drop-in \$14.75. [www.fitnessali.com](http://www.fitnessali.com)  
 W 7:00 pm-8:00 pm Sep 12-Dec 19  
 ▶175650 \$191.25/15 sess  
 Instructor: Alejandra Aguirre

**ESSETRICS® Classes with Jana: Ongoing 16+yrs**

Essentrics® (as seen on PBS and also known as Classical Stretch) is a full body workout that rapidly changes the shape of your body through a dynamic combination of strengthening and stretching. The technique develops lean, strong and flexible muscles with immediate changes to your posture. Perfect for men and women of all fitness levels, this program rebalances the body, prevents injuries and unlocks tight joints. With a diverse music playlist accompanying each routine, this workout leaves you feeling energized, youthful and healthy. Please bring a water bottle and small towel.  
 W 4:30 pm-5:30 pm Sep 19-Dec 19  
 ▶173218 \$175/14 sess

**ESSETRICS® Classes with Jana: Trial Classes**

Regular drop-in rate is \$16/class but register for these 2 session trial and pay only \$16/2 classes.  
 W 4:30 pm-5:30 pm Sep 05-Sep 12  
 ▶173217 \$16/2 sess  
 Instructor: Jana Birkett

**Exercise Room Combo 16+yrs**

This class combines core training and strength training and takes place in the exercise room. You will learn to use free weights, machines, body balls, medicine balls and more to get maximum benefits from your workout. This small class balances social interaction and personalized attention. Drop-in \$14, space permitting.  
 Tu 10:30 am-11:30 am Sep 04-Dec 18  
 ▶173206 \$152/16 sess  
 Th 10:00 am-11:00 am Sep 06-Dec 20  
 ▶173210 \$152/16 sess  
 Instructor: Barry Petkau

**Exercise Technique Workshop 16+yrs**

Are you sure you're doing your exercises correctly? Have you ever wondered whether your form is helping or hindering your performance? Whether you're getting as much as you can out of your routine? This two-hour workshop will help you answer those questions. Handouts, discussion, mirrors, practice, and physical corrections will ensure that you know how to perform strength exercises safely and effectively. The workshop is particularly helpful for group exercise participants where feedback and individualized attention are not always possible.  
 M 1:00 pm-3:00 pm Sep 24  
 ▶179214 \$25/1 sess  
 M 1:00 pm-3:00 pm Oct 22  
 ▶179215 \$25/1 sess  
 Instructor: Meg Todd

**Fifty Up! 16+yrs**

Safe and strategic exercise for active boomers. Over an hour of exercise that incorporates all the elements we need to stay healthy as we age. Each class will incorporate dynamic stretching, tai chi, yoga and pilates movements, low impact cardio with light weights, relaxation and breathing exercises. In addition, every class will feature evidence-based health information to promote healthy aging. We'll examine topics such as weight (how to lose it and control it as you age); your brain, the latest research on keeping mentally fit; your feet, how to treat them well; sleep, how to get enough; your bones, building their strength. By the end, you will leave feeling stronger, leaner and energized, armed with knowledge and a personal prescription to follow at home. Exercises can be modified to fit all fitness levels. Drop in \$16 (space permitting).  
 Tu 9:00 am-10:00 am Sep 11-Dec 11  
 ▶173215 \$196/14 sess  
 Instructor: Joyce Resin

**Flexercise 16+yrs**

Flexercise is a unique and fluid combination of dynamic stretching, building core strength and muscle mass. Developed by BCRPA fitness instructor Joyce Resin, former host of CBC's national television program, "Alive! The Picture of Health" and Executive Director of the Healthy Heart Society, this course is designed to be safe, sustainable, fun and appropriate for all ages. Drop in \$16, space permitting.  
 W 6:00 pm-7:00 pm Sep 12-Dec 12  
 ▶173216 \$196/14 sess  
 Instructor: Joyce Resin



## HEALTH & FITNESS

### Foundations of Mindfulness in One Day 18+yrs

A class for beginners and those who wish to deepen their practice. Also welcome those who have difficulty calming the mind or simply curious about it. Mindfulness practice improves health, quality of life, inner peace and mental clarity while relieving stress, anxiety and depression. Also it slows aging.

[LearnMindfulness.org](http://LearnMindfulness.org)

Sa 9:30 am-3:30 pm Nov 03  
**175652** \$39/1 sess  
 Instructor: Sung Yang

### Gentle Yoga 16+yrs

A gentle beginners yoga practice designed with a focus on releasing tension in the body, developing proper alignment, improving balance & flexibility. Learn proper breathing techniques to calm the mind and fulfill each stretch and posture. Rejuvenate, relax and nurture the mind, body and spirit connection. Drop in \$15, space permitting. No class Oct 8 & Nov 12.

M 7:30 pm-8:30 pm Sep 10-Dec 10  
**177336** \$165.90/12 sess  
 Instructor: Butterfly Yoga

### Gentle Yoga - Sundays 16+yrs

This yoga classes focusses on the fundamentals of yoga- breathing, gentle stretching, and range of motion movements for the joints to keep the joints flexible, the muscles relaxed and the body fluid. Drop-in is \$18 (space permitting).

Su 9:00 am-10:15 am Sep 09-Dec 23  
**174160** \$262.50/16 sess  
 Instructor: Farah Nazarali

### High Altitude Training Anywhere NEW 18+yrs

Do you find yourself running out of breath easily when you exercise? Do you want to push your cardio performance up to the next level? Whether you are a beginner who just started training, or an advanced athlete, this program can help you improve your breathing efficiency, and give you a boost in your performance. High altitude training has been a common practice for professional athletes in recent years to rapidly improve performance, and this single session will show you how you can reap the benefit of high altitude training anywhere by incorporating specific breathing techniques into your exercise and training.

Su 10:00 am-12:00 pm Sep 23  
**177719** \$65/1 sess  
 Su 10:00 am-12:00 pm Oct 14  
**177720** \$65/1 sess  
 Su 10:00 am-12:00 pm Dec 02  
**177721** \$65/1 sess  
 Instructor: Howard Tseng

### Mindful Eating: Power over Food 18+yrs

Mindful eating helps to reduce overeating, lose weight, overcome emotional eating and struggling with food while improving health and quality of life. It is among the easiest and most enjoyable mindfulness practices. Try it, your eating will never be the same! Bring your meal. [LearnMindfulness.org](http://LearnMindfulness.org)

Sa 12:15 pm-1:15 pm Nov 24  
**175654** \$15/1 sess  
 Instructor: Sung Yang

### Perspectives on Meditation 18+yrs

The purpose of this course is to give a hands-on overview of meditation principles, techniques and philosophies. A typical hour will include body awareness, warm-up, discussion of one or more topics, specific technique practice, savasana and a homework assignment. Topics covered will include modality approaches of visual, auditory, formal and informal movement, and combinations. The notion is that one size does not fit all, so participants will sample different techniques to find one or more that work for them. Drop in \$16, space permitting.

F 9:15 am-10:15 am Sep 21-Oct 26  
**174146** \$82/6 sess  
 Instructor: Into Yoga

### Pilates for Posture 18+yrs

If you suffer from back, neck or shoulder pain, or sit too much (can you say computer?), lack physical activity or want to stand taller, this class is for you. Posture is paramount to realigning the body and relieving pain. This class will focus on Pilate's based techniques, to improve core posture, strengthen back muscles and give you the exercises you can use at home to take responsibility for your health and well being. Please bring two towels to class. Drop in \$16, space permitting.

Tu 6:30 pm-7:30 pm Sep 18-Oct 23  
**173238** \$82/6 sess  
 Tu 6:30 pm-7:30 pm Oct 30-Dec 04  
**173239** \$82/6 sess  
 Instructor: Into Yoga



# ADULTS

## HEALTH & FITNESS

### Pilates with Christina: All Levels 16+yrs

This Pilates class focuses on helping you develop core strength which includes your abs, glutes and back. Learn core strength exercises to help improve spine and joint mobility, help with good posture and increase muscle tone. Practicing Pilates regularly can improve your core and stability which can prevent and treat back pain. Drop in \$15 (space permitting). No class Sept 12, 26, Oct 8, 31 & Nov 12.

M 6:20 pm-7:20 pm Sep 10-Dec 10  
**177333** \$165.90/12 sess  
 W 11:00 am-12:00 pm Sep 05-Dec 12  
**177334** \$165.90/12 sess  
 Instructor: Butterfly Yoga

### Posture Perfect 19+yrs

Complete care for your Core and Spine, this class will get you moving from the floor up, with a warm up on the floor, activating the core, warming up the body safely and effectively to move forward through sequences of exercises specifically designed to improve your core strength and posture. We'll finish with a stretch sequence to open chest, shoulders and hips, you will leave feeling refreshed and standing tall! Drop-in \$15 if space permits.

F 11:00 am-11:45 am Sep 07-Oct 26  
**173246** \$100.80/8 sess  
 F 11:00 am-11:45 am Nov 02-Dec 21  
**173247** \$100.80/8 sess  
 Instructor: Alannah Lori

### Reawakening the Abdominal Core Muscles 16+yrs

Looking for a flat belly? Crunches may not be the solution. In this four-week program participants will be introduced to the Spanish Hypopressive method, which uses breathing and posture to retrain the core muscles to better support the belly, back, and pelvic floor. Hypopressives can help prevent or reduce some of the negative effects caused by pressure on the abdominals.

W 10:30 am-11:30 am Oct 03-Oct 24  
**179269** \$100/4 sess  
 Instructor: Meg Todd

### Small Group Training 16+yrs

Looking for individual attention, but motivated by group dynamics? Small group training will stimulate you to work hard while at the same time ensuring that your individual needs, questions, and goals are considered. With instruction to ensure that you perform exercises correctly, you will be guided through varied workouts that train strength, endurance, the cardiovascular system, balance, and flexibility, using both equipment and body weight. This class will include weight room activities. No class Oct 8 and Nov 12.

M 11:30 am-12:30 pm Sep 17-Dec 03  
**179292** \$125/10 sess  
 Instructor: Meg Todd

### Tai Chi with Nathan 16+yrs

An ancient and unique system of health enhancement, emphasizing relaxation, balance, coordination and agility. Tai Chi is a total system of exercise incorporating mental as well as physical discipline. This class is conducted in a fun and relaxed manner, and is suitable for people of all ages and fitness levels.

Drop in: \$14.  
 W 7:15 pm-8:15 pm Sep 12-Dec 12  
**174151** \$168/12 sess  
 Instructor: Nathan Szredni

### The Power of Mindfulness: Retreat 18+yrs

Enjoy a peaceful and restorative day in mindfulness. We will practice various mindfulness meditations (e.g., sitting, lying down, walking, qigong) to help us discover and experience the liberating power of mindfulness. Bring lunch for eating meditation. [LearnMindfulness.org](#)

Sa 9:30 am-12:00 pm Nov 24-Nov 24  
**175653** \$22/1 sess  
 Instructor: Sung Yang

### Yoga with Karen 16+yrs

Join Karen for a yoga practice that revitalizes the body, calms the mind and deepens self-awareness. As we breathe and move, we become fully present in our body. With strengthening and stretching poses, breath, and guided relaxation, her classes are designed as a gentle exploration of our physical potential and the influence our energy may have on our thoughts and how we lead our lives. Karen brings a lightness and a sense of joy and ease to her classes. She emphasizes body awareness, self acceptance, alignment and safety. Drop in \$18, space permitting.

Th 9:00 am-10:15 am Sep 13-Dec 13  
**173220** \$198/14 sess  
 Instructor: Karen Heaps

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**ADULTS**

**HEALTH & FITNESS**

**Yoga4Stiff Guys:**

**All Levels** **18+yrs**

An all levels yoga series designed for guys who want to improve flexibility, increase strength, and relax the mind and body. Although everyone is welcome, this class pays special attention to parts of men's bodies that are often least flexible with an emphasis on poses to open the hips, quadriceps, hamstrings and lower back.

[www.misurkayoga.com](http://www.misurkayoga.com). Drop in \$16, space permitting.

Tu	7:00 pm-8:00 pm	Sep 04-Oct 30
▶173242		\$113.40/9 sess
Tu	7:00 pm-8:00 pm	Nov 06-Dec 18
▶173243		\$88.20/7 sess
Th	7:00 pm-8:00 pm	Sep 06-Oct 25
▶173244		\$100.80/8 sess
Th	7:00 pm-8:00 pm	Nov 01-Dec 20
▶173245		\$100.80/8 sess

Instructor: Misurka Yoga Ltd.

**Yogalates with Barb** **16+yrs**

A blend of Yoga and Pilates. Combining the core strength exercises of Pilates and Yoga breathing, stretch and flexibility poses. Drop in \$15 (space permitting). No class Oct 5 & Nov 9.

F	12:30 pm-1:30 pm	Sep 07-Dec 14
▶177335		\$177.45/13 sess

Instructor: Butterfly Yoga

**Yoga for the Older Adult**

**50+yrs**

Combine postures, breath and relaxation as you cultivate a feeling of relaxation with a renewed sense of energy. Increase strength and flexibility, improve balance, relieve stress and tension, and ease aches and pains using the 2500 year old practice of Hatha Yoga. Encouraged to work at your own pace, all levels of fitness and flexibility are welcome. Drop in \$16, space permitting. No class Nov 12.

M	10:30 am-11:45 am	Sep 17-Dec 17
▶173241		\$179/13 sess

Instructor: Into Yoga

**DANCE**

**Tap Happy**

**19+ yrs**

Come learn some basic tap steps and easy routines in a fun relaxed environment and at the same time build up your fitness levels, balance, and rhythm and timing skills. We tap, dance, laugh, enjoy the music, get a little workout, and have a lot of fun. No dance experience necessary. Tap shoes not required, just a hard soled comfortable shoe is fine. If space permitting drop-ins \$10/Srs, \$12/adults. No class Oct 8.

M	4:15 pm-5:15 pm	Sep 17-Dec 03
▶179589		\$99/11 sess Adult Rate \$121

Instructor: Beryl Israel

**Line Dancing: Beginners**

**19+ yrs**

Good fun, great exercise and its not just country music any more! No experience necessary for the beginner level. If you join this class after the 3rd week, you must know some basic steps and terminology. No class Oct 8 and 15. \$10 adults/\$8 seniors space permitting.

M	11:45 am-1:00 pm	Sep 10-Nov 26
▶177622		\$72/10 sess Adult rate \$96

Instructor:Dee Cresdee

**Line Dancing: Beginners**

**19+ yrs**

Good fun, great exercise and its not just country music any more! No experience necessary for the beginner level. If you join this class after the 3rd week, you must know some basic steps and terminology. Drop-in Adults \$9/\$7 seniors space permitting.

Th	6:30 pm-7:30 pm	Sep 13-Nov 29
▶177624		\$72/12 sess Adult Rate \$96

Instructor:Dee Cresdee

**Line Dancing:**

**Intermediate**

**19+ yrs**

Experienced Line Dancers only please! Come and join the fun, dancing to country and non-country music. Lots of review. Participants must be experienced and know steps and terminology to drop-in after the 3rd class. Drop-in \$11/adult and \$9/srs(space permitting).

Th	7:30 pm-9:00 pm	Sep 13-Nov 29
▶177625		\$90/12 sess Adult Rate \$120

Instructor:Dee Cresdee

**Line Dancing:**

**Beyond Beginners**

**19+ yrs**

Must have completed one or two beginner sessions. New dances and some old favourites will be taught to many types of music. Lots of review. After 3rd class must know basic terminology. Drop-in \$9 / adult and \$7/ srs (space permitting) No class Oct 16.

Tu	12:00 pm-1:00 pm	Sep 11-Nov 27
▶177623		\$75/11 sess Adult Rate \$88

Instructor:Dee Cresdee

**Adult Ballet - Beginner**

**16+yrs**

A basic introduction to ballet technique in a fun and encouraging environment. This class will improve your flexibility, and strength, musicality, and grace through ballet barre exercises and centre work. All body types are welcome and no dance experience is necessary. \$15 drop-in. No class Oct 8 & Nov 12.

M	7:00 pm-8:15 pm	Sep 17-Dec 17
▶177331		\$162/12 sess

Instructor: Laura Ross



# ADULTS



## DANCE

### Adult Ballet - Level 1 16+yrs

Practice Ballet technique in a fun and encouraging environment. This class will improve your flexibility, strength, musicality and grace through ballet barre exercises and centre work. All body types are welcome. Must have taken ballet for at least year prior to signing up. A fun class, in a non-competitive environment.

[www.laura-ross.com](http://www.laura-ross.com). \$15 drop-in.  
 M 8:15 pm-9:45 pm Sep 17-Dec 17  
 ▶177332 \$162/12 sess  
 Instructor: Laura Ross

### Ballroom Bronze/Silver: Samba/Quick Step 16+yrs

Level: Bronze. Learn the art of ballroom dance, which is enjoyed socially and seen around the world in international competitions and showcases. Learn how to dance beautifully in a correct way. Drop-in \$8.50. No class Sept 27, Oct 4 & 11.

Th 4:00 pm-5:15 pm Sep 06-Dec 20  
 ▶175662 \$71.50/13 sess  
 Instructor: Tommy Ng

### Chinese Folk Dance 16+yrs

**NEW**

This class introduces the fundamentals of Chinese dances, stretch and strength. No experience is required. This class is open to stay fit and have fun with the enjoyment of music. Drop-in \$9.50. No class Oct 8 & Nov 12.

Mon 6:00 pm-7:30 pm Sept 17-Dec 17  
 ▶183483 \$94.50/11 sess  
 Instructor: Margaret Pan

### Ballroom Silver/Gold: Mambo/Slow Waltz 16+yrs

Level: Silver/Gold. Learn to improve your ballroom dancing technique such as: timing, posture, footwork, body movement, hip action, shoulder leading, swing, sway, C.B.M., rise and fall. Tommy can teach in English and Cantonese. Drop-in \$8.50. No class Sept 24, Oct 1, 8 & 15.

M 7:30 pm-8:45 pm Sep 10-Dec 17  
 ▶175661 \$60.50/11 sess  
 Instructor: Tommy Ng

### Spanish Flamenco Dance - Beginner I 30+yrs

An introduction to flamenco, a fusion of Ballet, Spanish classical dance, and gypsy style. It is also a unique art form of self expression from soul with passion. Everyone is welcome. You will learn the flamenco culture, history, basic dance terminology in Spanish, and authentic flamenco movements: Zapateado (foot work), Floreo (hand and finger work), and palmas (clapping). The class helps to strengthen your body and develop creative self-expression with style. It is also a self-healing process to relieve pain, depression, and anger; to discover inner love, peace, and joy. Come to enjoy this "One of a Kind" experience! Drop-in \$15.

**FREE TRIAL**  
 W 1:00 pm-2:00 pm Sep 05  
 ▶176231 Free pre-registration required  
 W 1:30 pm-2:30 pm Sep 12-Dec 12  
 ▶176232 \$156/12 sess  
 Instructor: Emily Hsu

### Hawaiian/Polynesian: Beginner 1 16+yrs

Aloha! Start at the very beginning with Master Kumu Hula Paul Tavai-Latta and Alaka'i Tasha Uponi, of TAVAI'S! Polynesia Canada (est. 1968 ) in this exclusive Hawaiian / Polynesian mixed dance class. Learn the history of Hawai'i through the Hula - the Language of Hawai'i - Traditional Chants to Modern Hulas, to the challenging drum dances of Tahiti It's all in this easy step by step class. A perfect blend of education, language, customs, exercise, fitness, co-ordination, form, grace, and fun! Drop In's are welcomed for 1st class only, unless prior notice is arranged.

W 6:30 pm-7:30 pm Sep 12-Nov 28  
 ▶174157 \$144/12 sess  
 Instructor: Paul Latta Dance

### Hawaiian/Polynesian: Beginner 2 16+yrs

For those who have successfully completed Beginner 1 Adult Hawaiian / Polynesian Dance and/or have had previous Hula dance training, this is the next level! This class works with more in depth training in technique, & choreography, dancers prepare for Shows, Events, Competitions, Festivals & Activities (in full costumes) for those who wish an additional challenge! Moving up & on is the primary objective of this Level 2 class!

W 6:30 pm-7:30 pm Sep 12-Nov 28  
 ▶174158 \$144/12 sess  
 Instructor: Paul Latta Dance



## DANCE

### Hawaiian/Polynesian: Intermediate 16+yrs

An on-going mixed intermediate / advanced class of the highest caliber of instruction of Polynesian Dance. Learn the traditional and authentic dances, language, music, costumes and culture of Hawai'i, Tahiti and Polynesia with international Kumu / Master Instructor Paul Tavai of TAVAI'S Polynesia! ( Est. 1968 ). Dancers are trained and invited to participate in full costume, for live stage shows, performances, annual festivals, competitions locally and live on tour in Hawaii, cruise ships with the Paul Tavai Latta Polynesian Dance Company. Beginner Level or previous Polynesian dance experience is mandatory for this class. Drop ins are welcomed for 1st class only, unless prior notice is arranged.

W 7:30 pm-9:00 pm Sep 12-Nov 28  
 ▶174159 \$228/12 sess  
 Instructor: Paul Latta Dance

### Polynesian Dance Workshop 16+yrs

A full non stop, dance workout, including technique, language, live drums, and demonstrations!

Su 12:30 pm-2:30 pm Sep 30  
 ▶174154 \$12/1 sess  
 Su 12:30 pm-2:30 pm Oct 28  
 ▶174155 \$12/1 sess  
 Su 12:30 pm-2:30 pm Nov 25  
 ▶174156 \$12/1 sess  
 Instructor: Paul Latta Dance

## Polynesian Holiday Spectacular Show 6+ yrs

Join us for the Finale 2018 Encore Performance featuring songs, dances, costumes, and music of the South Pacific. There will be door prizes, refreshments, and photos with cast. Free for children under 5 years old. Doors open at 1:15pm.

Instructor: Paul Latta Dance

Su Dec 16, 2:00 pm-4:00 pm  
 ▶174153 \$18/1 sess

## FIRST AID 16+ yrs

All the First-Aid courses are taught by LIT First Aid & Lifeguard Training and certified by the Canadian Red Cross. Price includes manual and certification. For more info, please visit [www.firstaidtrainingcourses.ca](http://www.firstaidtrainingcourses.ca)

### CPR Level C/AED 14+yrs

This course allows you to properly recognize and respond to choking, cardiovascular, and breathing emergencies that occur with infants, children and adults. Course also includes AED.

Sa 9:30 am-3:00 pm Sep 08  
 ▶177217 \$84/1 sess  
 Sa 9:30 am-3:00 pm Oct 13  
 ▶177218 \$84/1 sess  
 Sa 9:30 am-3:00 pm Nov 10  
 ▶177219 \$84/1 sess  
 Sa 9:30 am-3:00 pm Dec 08  
 ▶177220 \$84/1 sess

### CPR Level C/AED Recert 14+yrs

Pre-Req: Must have and bring your current CPR C certificate.

Sa 9:00 am-12:30 pm Sep 22  
 ▶177221 \$57.75/1 sess  
 Su 9:00 am-12:30 pm Oct 21  
 ▶177222 \$57.75/1 sess  
 Su 9:00 am-12:30 pm Nov 18  
 ▶177223 \$57.75/1 sess  
 Sa 9:00 am-12:30 pm Dec 15  
 ▶177224 \$57.75/1 sess

### EFA & CPR Level C/AED Recert 14+yrs

Pre-Req: Must have and bring your current Emergency First Aid & CPR C certificate. Includes AED certification.

Sa 9:00 am-2:30 pm Sep 22  
 ▶177225 \$73.50/1 sess  
 Su 9:00 am-2:30 pm Oct 21  
 ▶177226 \$73.50/1 sess  
 Su 9:00 am-2:30 pm Nov 18  
 ▶177227 \$73.50/1 sess  
 Sa 9:00 am-2:30 pm Dec 15  
 ▶177228 \$73.50/1 sess

View instructor profiles at  
[www.kerrisdalecc.com](http://www.kerrisdalecc.com)

### Emergency First Aid/CPRC/ AED 14+yrs

EFA is a practical course that will give you the basic skills and knowledge needed to prevent and effectively treat life threatening emergencies. EFA includes CPR Level C Basic Rescuer and AED Certification.

Sa 9:30 am-5:30 pm Sep 08  
 ▶177213 \$110.25/1 sess  
 Sa 9:30 am-5:30 pm Oct 13  
 ▶177214 \$110.25/1 sess  
 Sa 9:30 am-5:30 pm Nov 10  
 ▶177215 \$110.25/1 sess  
 Sa 9:30 am-5:30 pm Dec 08  
 ▶177216 \$110.25/1 sess

### Standard First Aid & CPR C/ AED Recert 14+yrs

Pre-Req: Must have and bring your current Standard First Aid certification.

Sa 9:00 am-5:00 pm Sep 22  
 ▶177229 \$84/1 sess  
 Su 9:00 am-5:00 pm Oct 21  
 ▶177230 \$84/1 sess  
 Su 9:00 am-5:00 pm Nov 18  
 ▶177231 \$84/1 sess  
 Sa 9:00 am-5:00 pm Dec 15  
 ▶177232 \$84/1 sess

### Standard First Aid/CPRC/ AED 14+yrs

SFA includes all EFA course content plus victim management, heat and cold injuries, bone and joint injuries, sprains, wounds, head trauma, diabetes, burns and poisons. SFA also includes CPR Level C Basic Rescuer Certification and AED.

Su Sa 9:30 am-4:30 pm Sep 08-Sep 09  
 ▶177209 \$168/2 sess  
 Su Sa 9:30 am-4:30 pm Oct 13-Oct 14  
 ▶177210 \$168/2 sess  
 Su Sa 9:30 am-4:30 pm Nov 10-Nov 11  
 ▶177211 \$168/2 sess  
 Su Sa 9:30 am-4:30 pm Dec 08-Dec 09  
 ▶177212 \$168/2 sess

Instructor: LIT Aquatics Ltd



# ADULTS

## ART

### Creative Painting Using Acrylics

18+yrs

This program was designed to motivate the student using acrylics for the first time, as well as for those returning students to continue on their journey. First time students will complete one painting per week to build self confidence while learning how to use this amazing medium. You will learn the basic skills, techniques and more i.e. painting wet on wet and glazing. Each student receives as much individual attention as they need. The first class is important to attend as you will complete a basic drawing course on how to design your paintings on canvas, learn basic colour theory and how to use it effectively as well as we discuss in detail the art supplies needed. No supplies needed for the first class for first time students at which time a list will be discussed. No registration will be accepted after the second week of classes.

Th	9:30 am-12:00 pm	Sep 20-Dec 06
▶177610		\$176.40/12 sess
Th	12:30 pm-3:00 pm	Sep 20-Dec 06
▶177611		\$176.40/12 sess
F	9:30 am-12:00 pm	Sep 21-Dec 07
▶177613		\$176.40/12 sess
F	12:30 pm-3:00 pm	Sep 21-Dec 07
▶177614		\$176.40/12 sess

Instructor: Janine Schroedter

### Drawing & Painting 18+yrs

Before being able to paint with individual style, you will learn how to draw, shape and form images in perspective while creating compositional structures. You will experiment with a variety of painting materials such as colour pencils, pastels, watercolour, acrylic, etc. We will explore topics including landscape, still life, flowers, figures and more. Supplies are not included. Please bring any drawing and colour materials that you may want for the first class. [www.atashzad.com](http://www.atashzad.com).

Supplies are not included. Supply list available upon registration. Drop in \$25.  
 Tu 11:00 am-1:00 pm Oct 16-Dec 18  
 ▶177328 \$195/10 sess

Instructor: Mohammad Atashzad

### Perspective Drawing 18+yrs

This course is for students who are interested in progressing their 2D design ideas into 3D designs using freehand perspective. They will learn how to draw landscapes, buildings, streets, interior designs, figures, etc. In every session they will finish an amazing artwork. [www.atashzad.com](http://www.atashzad.com). Supplies are not included. Supply list available upon registration. Drop in \$25.

Tu 2:00 pm-4:00 pm Oct 16-Dec 18  
 ▶177329 \$195/10 sess

Instructor: Mohammad Atashzad

### Watercolour Painting 18+yrs

Learn to use water, paper, colour, and brushes to create an endless variety of tones and atmosphere in your painting. We will focus on landscape painting techniques and studies of nature (flowers). [www.atashzad.com](http://www.atashzad.com) Supply list available upon registration. Drop-in \$25.

Tu 9:00 am-11:00 am Oct 16-Dec 18  
 ▶177327 \$195/10 sess  
 Tu 7:00 pm-9:00 pm Oct 16-Dec 18  
 ▶177330 \$195/10 sess

Instructor: Mohammad Atashzad

## POTTERY

### Pottery

16+yrs

Platters, mugs, bowls and vases are just a few of the handbuilding projects that you will create. We will investigate techniques such as slabbing, coiling pinching, slump moulds and draping. We will also explore surface decoration like scraffito, carving stamping and slips. Course suitable for all levels. One bag of clay included in course fee. No class Oct 8, Nov 5 & 12

M	11:30 am-2:30 pm	Sep 17-Dec 10
▶175659		\$220/10 sess
M	6:30 pm-9:30 pm	Sep 17-Dec 10
▶175660		\$220/10 sess

Instructor: Laura Van Der Linde

### Pottery

18+yrs

A non formal session to work on your own projects. Janine will provide some demonstrations and assistance if needed. Explore your creativity with clay. One bag of clay is included in the course fee. Drop in (\$22) available for those currently registered in KCC pottery classes. (please see Instructor to confirm availability before purchasing drop in).

Th	6:00 pm-9:00 pm	Sep 20-Dec 13
▶177608		\$271/13 sess
Sa	10:00 am-1:00 pm	Sep 22-Dec 08
▶177607		\$254/12 sess

Instructor: Janine Schroedter

### Pottery: Beginners 16+yrs

An overview of hand building techniques with an introduction to wheel throwing. Learn to express your creative talent in a relaxed, informal atmosphere. One bag of clay is included in the course fee.

Th	9:30 am-12:30 pm	Sep 20-Dec 13
▶177619		\$271/13 sess

Instructor: Danielle Gagnier

W	6:00 pm-9:00 pm	Sep 19-Dec 12
▶177609		\$271/13 sess

Instructor: Janine Schroedter

### Pottery: Int/Adv 18+yrs

Must have taken beginners pottery class previously.

Tu	9:30 am-12:30 pm	Sep 18-Dec 11
▶177620		\$271/13 sess

Instructor: Danielle Gagnier

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## EDUCATION

### All About Apps for Smartphones and Tablets

19+ yrs

There are thousands of FREE apps for your mobile devices. Apps make your smartphone and tablets truly useful. Learn to take/edit/share photos & videos, enjoy free videos & radio from around the world, chat with loved ones, health & nutrition, navigation, Facebook, games, learn new skills, relax-the possibilities are endless in the world of apps! Please note that there is no pro-ration for this class. If you start the class after the first session, regular rates apply. We will discuss apps for all devices. Bring your own devices and specific questions.

Tu 3:00 pm-4:00 pm Sep 11-Oct 09  
 ▶180612 \$182/5 sess Adult Rate \$213  
 Instructor: Luke Zukowski

### Android Smartphones and Tablets

19+ yrs

Need help with your smartphones and tablets? (This course does not cover Apple products iPhone & iPad) Learn functionalities such as taking photos/videos, general phone usage, chatting with friends and family, using Facebook, working with calendars, shopping lists and reminders, using Google Maps & GPS navigation, accessing music and entertainment well as your specific questions. Bring your device and charger to class. Please note that there is no pro-ration for this class. If you start the class after the first session, regular rates apply.

Tu 1:45 pm-2:45 pm Sep 11-Oct 09  
 ▶180601 \$182/5 sess Adult Rate \$213  
 Instructor: Luke Zukowski

### Computers Made Easy! Beginner

19+ yrs

Have you always put off learning about computers? Do you have many questions but need a patient and fun environment to learn? Discover all the possibilities that computers can bring to your life! In this class, you will get hands-on experience. Find out about programs, files and folders, and also understand important computer concepts and terminology. No previous computer experience necessary! Please note that there is no pro-ration for this class. If you start the class after the first session, regular rates apply.

Tu 10:15 am-11:15 am Sep 11-Oct 09  
 ▶180597 \$182/5 sess Adult Rate \$213  
 Instructor: Luke Zukowski

### Computers Made Easy! Intermediate

19+ yrs

Do you know the basics about computers but now want to expand your knowledge? Learn about creating documents, editing photos, backing up your information as well as keeping your computer fast. This course also teaches you how to make smart decisions about buying or using technology which will save you time, trouble and money. Your particular needs can be addressed during this class. \*\*\*Must be comfortable using keyboard and mouse\*\*\* Please note that there is no pro-ration for this class. If you start the class after the first session, regular rates apply.

Tu 9:00 am-10:00 am Sep 11-Oct 09  
 ▶180595 \$182/5 sess Adult Rate \$213  
 Instructor: Luke Zukowski

### Dog Training:

#### Adv. Cross Training 18+ yrs

The focus of cross-training is on increasing the dog-owner bond and improving practical obedience while having fun and learning new things. Cross-training involves working on obedience in distracting situations as well as learning tricks, obstacles, freestyle moves, rally obedience exercises etc. An excellent and fun way to provide mental stimulation and develop an attentive, happily obedient dog while enjoying some quality time together. This advanced level class combines cross-training with increased development of freestyle skills, and is appropriate for students with previous cross-training experience who are able to work independently. For more information or for late registration (after the first class) please contact Brenda at 604-224-2269 or email [brenda@callingalldogs.org](mailto:brenda@callingalldogs.org). Drop in \$30 (with instructor permission). This class is appropriate for students with previous cross training experience who are able to work independently; instructor's permission is required to register for this class. No class Oct 11.

Th 7:30 pm-8:45 pm Sep 27-Oct 25  
 ▶176268 \$142/5 sess  
 Instructor: Brenda Jagroop

## EDUCATION

### Digital Photography and Videos **19+ yrs**

Want to learn to take beautiful digital photographs and videos? Discover Google Photos where you can save and manage all your photos and videos, for free and forever. Get tips on dramatically improving your photo-taking, both on cameras and smartphones. Learn how to make your photos look fantastic before printing or sharing them with your friends and family. We will also discuss options for converting your paper photographs into digital format. Please note that there is no pro-rata for this class. If you start the class after the first session, regular rates apply.

Tu 11:30 am-12:30 pm Sep 11-Oct 09  
**180599** \$182/5 sess Adult Rate \$213  
 Instructor: Luke Zukowski

### Protect Yourself from Scams **19+ yrs**

Protect yourself from identity theft, scams, telephone/mail fraud, viruses and hackers! Technology is great for shopping, banking and keeping in touch, but you often hear stories about the dangers of being **connected.in** this class, you will learn all about how to keep yourself, your loved ones, and your money safe while using computers, websites, and phones.

Tu 4:15 pm-5:15 pm Sep 11-Oct 09  
**180614** \$182/5 sess Adult Rate \$213  
 Instructor: Luke Zukowski

### Athletic Taping Course **16+yrs**

Certified Athletic Therapists will cover taping techniques used in a sport setting through a combination of lecture and practical sessions. Safety considerations, preventative and supportive techniques will be discussed. Participants will be introduced to procedures for the ankle, knee, hip, elbow, wrist, fingers and thumb. \*A certificate of completion will be issued. This course is approved for 7.0 BCRPA, and 7.0 PE/A2 CMTBC Continuing Education Credits.

Sa 10:00 am-6:00 pm Oct 27  
**175930** \$168/1 sess  
 Instructor: Sport Medicine Council Of BC

### Beginner Bridge **18+yrs**

This course is for those that want to learn the game from scratch (no experience required) although card playing experience will help. If you know Bridge but would like to improve your knowledge of North America's most common system, Standard American, then this course will benefit you too. Fundamentals of the game, scoring, and basic plays will be taught; the bulk of the course focuses on bidding. It will start you off enjoying this most popular card game. A form of mini-bridge will be learned in two weeks and, after five lessons, you'll know enough to play the game. However, you can spend a lifetime learning to play Bridge well!

Tu 2:00 pm-4:00 pm Sep 25-Nov 27  
**174147** \$90/10 sess  
 Instructor: Anthony Burt

### Concussion Management Workshop **16+yrs**

Certified Athletic Therapists will lead participants through best practices in understanding brain injury, sport risk factors, prevention techniques and concussion management guidelines. Participants will review on-field assessment techniques, the use of the SCAT 3 tool and return to play protocols. Participants will be given time for sport specific questions. This course is approved for 2.0 BCRPA Continuing Education Credits.

Tu 7:00 pm-9:00 pm Sep 18  
**175931** \$27.30/1 sess  
 Instructor: Sport Medicine Council Of BC

### Hand Play - Bridge **18+yrs**

You know the rules of Bridge and the fundamentals of bidding. However, if you would like to improve the way you play the cards and some tips on bids that adhere to the standard system. Then, this course is for you. Each week we will feature an aspect of card play. Students will bid and play pre dealt hands; we will then analyze the bidding and play of each hand. You will learn: finesses (when and when not to take them), suit establishment, throw-ins, and a whole lot more.

Th 7:00 pm-9:00 pm Sep 27-Nov 29  
**174148** \$90/10 sess  
 Instructor: Anthony Burt

### Kombucha & Cordial Crafting **NEW 19+ yrs**

In this class we will start with tasty samples and conversations about Kombucha/Cordials and everyone's experiences with it. We will learn about the benefits, process, what supplies we will need, and techniques for flavoring and carbonating. This will be a hands on workshop and participants will get to bring their Kombucha starter kit home with them. We will also brew a fresh batch of Kombucha together. By the end of the class, you will have the information, materials, and confidence you need to start making your own Kombucha and Cordial!

Sa 1:00 pm-3:00 pm Sep 22  
**177569** \$25/1 sess  
 Th 7:00 pm-9:00 pm Oct 04  
**177570** \$25/1 sess  
 Instructor: Sharon Lee

### Get the latest updates!

Subscribe to our online newsletter.



Find out about features promotions, special events, programs, services, coupons, community initiatives and more!

[www.kerrisdalecc.com/e-newsletter.htm](http://www.kerrisdalecc.com/e-newsletter.htm)

The Kerrisdale Community Centre has again been voted the "Best Community Centre on the West side of Vancouver".



We thank the local readers of the Vancouver Courier for their support, and the Courier newspaper itself, for sponsoring this friendly competition.

To complement this achievement, Kerrisdale was also voted the "Best Neighbourhood" in the City.

## EDUCATION

### NEPP Earthquake Preparedness - Apartment Living 16+yrs

Many sessions offered for emergency preparedness focus on people who live in houses - not this session. This session is for the apartment / condo dwellers - who have unique challenges when preparing for emergencies or disasters. We have all witnessed the recent earthquakes in Japan & New Zealand and have seen the devastation caused. Living in Vancouver, we too could be faced with an earthquake - yet few of us take the steps to ensure we are prepared. This session will ensure you and your family are prepared. It covers what is required to develop your emergency plan, how to conduct a Hazard Hunt and what to do when an earthquake strikes when you live in an apartment or strata.

M 2:00 pm-3:00 pm Sep 17  
**176068** Free pre-registration required  
 Instructor: City Of Vancouver NEPP

### NEPP Earthquake Preparedness - Personal & Family 16+yrs

We all witnessed the earthquakes in New Zealand, Haiti and Italy and saw the devastation caused. Vancouver was rocked with a magnitude 4.8 earthquake serving as a wakeup call - we too could be faced with a massive earthquake - yet few of us take the steps to ensure we are prepared. This session covers what is required to develop your family emergency plan, how to conduct a "Home Hazard" Hunt and what to do when an earthquake strikes.

W 7:00 pm-8:30 pm Oct 17  
**176069** Free pre-registration required  
 Instructor: City Of Vancouver NEPP

### Sports First Aid Course 16+yrs

Participants are introduced to sport injury prevention and on-site management of sports related injuries. Topics covered include roles and responsibilities, emergency planning and prevention of injuries, recognition and control of life-threatening situations and common sports injuries. \*A certificate of completion will be issued. This course is approved for 7.0 PE/A2 CMTBC Continuing Education Credits.

Sa 10:00 am-6:00 pm Sep 15  
**175929** \$126/1 sess  
 Instructor: Sport Medicine Council Of BC

### RENTAL SPACE AVAILABLE

Do you need a facility suitable for wedding receptions, birthday parties, meetings or sports?



Auditorium

Srs. Multipurpose

Kerrisdale Community Centre has rooms available to meet your needs!  
 For more info, please phone 604-257-8100 or visit

[www.kerrisdalecc.com/room-rentals](http://www.kerrisdalecc.com/room-rentals)

SFU CONTINUING STUDIES

## PHILOSOPHERS' CAFÉ

SFU's Philosophers' Café is your chance to discuss philosophical issues with members of your community. Join the conversations throughout Metro Vancouver.



All cafés are FREE.  
 Everyone is welcome!  
 Registration not required.

[www.sfu.ca/philosopherscafe](http://www.sfu.ca/philosopherscafe)

### SEPT 14

How do you live in the moment? To what end? With what result?  
 F 10:30 am-12:30 pm Sep 14 **179511**

### OCT 12

We do not create our own reality; our external reality is fixed, but our response is fluid. What is your experience with accepting the fixed and working with the fluid?  
 F 10:30 am-12:30 pm Oct 12 **179515**

### NOV 9

What is your legacy? To whom? How did you come to create and pass on this legacy?  
 F 10:30 am-12:30 pm Nov 09 **179516**

### DEC 14

To know people by name, to eat and drink with them, to listen to their stories and to let them know with words, handshakes, and hugs that you do not simply like them, but truly love them? (Henri Nouwen). Is it possible to be with people this way? How?  
 F 10:30 am-12:30 pm Dec 14  
**179518**

### **French Conversation - Intermediate 16+yrs**

These informal meetings in a friendly atmosphere provide a good opportunity to practice and improve your French conversation skills. You will develop and enhance your ability to community on various subjects and topics of daily life.

Tu 7:00 pm-8:30 pm Nov 06-Dec 18  
**▶174145** \$136.50/7 sess  
 Instructor: Rokia Tamache

### **Mandarin by Ms Gong - Beginner 18+yrs**

Curiosity in Chinese culture and Mandarin are all you need to join this beginner class. This course is for students of any background! Come to Ms. Gong's class with a binder and a pen. She will provide useful class handouts. By the end of this course, you will be able to greet others, introduce yourself and handle basic daily conversation in authentic Mandarin! You will be able to count numbers in Mandarin, identify Chinese currency, know famous Chinese cities / places and order food in Chinese restaurants, etc. As a bonus, you'll learn Mandarin Pinyin, the Chinese Phonetic System. No class Oct 8.

M 10:00 am-11:30 am Sep 17-Dec 10  
**▶174613** \$214.20/12 sess  
 Instructor: Victoria Gong

### **Mandarin by Ms Gong- Intermediate 18+yrs**

If you've already mastered Pinyin (the Chinese Phonetic system), you can now brush up your Mandarin conversational skills. In this class, you will build up your vocabulary and learn common expressions for daily living. You will learn the 12 animal signs in the Chinese calendar. Ms. Gong will teach you numerous synonyms and antonyms. Also, cross-culture training will help you to understand Chinese traditions, taboos, preferences and festivals. You will be taught how to deal with various special situations, for example market bargaining and asking for directions. Learn more practical travel phrases, and some Chinese characters to help make your visit to China more pleasurable. No class Oct 8.

M 11:30 am-1:00 pm Sep 17-Dec 10  
**▶174614** \$214.20/12 sess  
 Instructor: Victoria Gong

### **Mandarin by Ms Gong - Advanced 18+yrs**

"Ni hao!" By adding on more popular "spices" to your Mandarin skills such as idioms, slangs and wise expressions, you'll gain much more confidence in handling Mandarin conversations deeply and widely. You will also become a lot more familiar with Mandarin grammar and phrases. This class will polish you so that you sound like an expert Mandarin speaker. If you have an interest in learning Chinese characters you will have the opportunity to do so in this class! No class Oct 8.

M 1:00 pm-2:30 pm Sep 17-Dec 10  
**▶174615** \$214.20/12 sess  
 Instructor: Victoria Gong

### **Spanish: Beginners I 15+yrs**

Hola Welcome to the Spanish language! This beginner's course will emphasize conversation with some instruction in basic grammar, vocabulary and writing. Classes cover proper phonetics and will focus on the verb to be and the simple present tense. This course will teach you to converse simple travel phrases.

Tu 6:00 pm-7:30 pm Sep 11-Nov 27  
**▶174161** \$161/12 sess  
 Instructor: Eliana Rolando

### **Spanish: Beginners II 15+yrs**

Amigos! This course will build on the foundation established in the Beginner 1 Spanish class. The focus will be on conversation plus the introduction of the past tense. We will utilize audio material as we learn new grammar.

Tu 7:30 pm-9:00 pm Sep 11-Nov 27  
**▶174162** \$161/12 sess  
 Instructor: Eliana Rolando

### **Spanish: Conversation 16+yrs**

Participate in discussions in Spanish to practice and improve your conversation skills. We will use audio and written materials to help students become more comfortable understanding and speaking Spanish. Drop in space permitting \$14.

F 1:15 pm-3:00 pm Sep 07-Oct 26  
**▶174149** \$104/8 sess  
 F 1:15 pm-3:00 pm Nov 02-Dec 14  
**▶174150** \$91/7 sess  
 Instructor: Yolanda Korompai

### **Spanish: Intermediate 15+yrs**

Hola Amigos! Increase your vocabulary and grammar skills in this intermediate level Spanish course. This course is for those that can converse at an upper-basic level. Participants must have completed Beginners 1 and 2 level Spanish. This course will focus on Direct and Indirect Pronouns, the Imperative Tense and the Future Tense as we learn more advanced grammar skills. You will acquire good pronunciation and conversation skills to enable you to communicate well in Spain and Latin America.

Th 6:00 pm-7:30 pm Sep 13-Nov 29  
**▶174163** \$161/12 sess  
 Instructor: Eliana Rolando

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