

ADULTS



SPORTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Badminton Court Rentals 11:45am-12:45pm	Badminton: Recreational 7:45-9:45pm	Floor Hockey 7:45-9:45pm		Basketball: Recreational 8:00-10:00pm		Basketball: Competitive 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. Membership required.

Badminton - Recreational 18+ yrs
Four courts are provided for recreational doubles play. 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 Jul 9-Aug 27
▶168849 \$31.50/7 sess
Instructor: No Instructor

Badminton Court Rental 12+yrs
Please note each court rental hour now has one program with a maximum of four spots. Each spot booked is for one court. Specific courts are no longer booked. 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. Membership is required.
Su 11:45 am-12:45 pm
\$13/1 hour court rental

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.
Sa 12:00 pm-2:00 pm Jul 7-Aug 25
▶168475 \$36/8 sess
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 Jul 5-Aug 30
▶168476 \$40.50/9 sess
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 Jul 3-Aug 28
▶168859 \$40.50/9 sess
Instructor: Kenneth Trieu

Pickleball 16+yrs
Come try out this popular, easy-to-learn, and exciting sport that combines elements of badminton, tennis, and table tennis. No experience needed. All equipment provided. Volunteers will be onsite to teach you the basic skills of the game. Drop-in \$3, space permitting.
M - F 12:30 pm-2:30 pm Jul 2-Jul 6
▶168845 \$12.50/5 sess
M - F 12:30 pm-2:30 pm Jul 16-Jul 20
▶169359 \$12.50/5 sess
M - F 12:30 pm-2:30 pm Jul 30-Aug 3
▶168846 \$12.50/5 sess
M - F 12:30 pm-2:30 pm Aug 20-Aug 24
▶168847 \$12.50/5 sess
M - F 12:30 pm-2:30 pm Aug 27-Aug 31
▶168848 \$12.50/5 sess
Instructor: No Instructor

RENTAL SPACE AVAILABLE

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

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

View instructor profiles at www.kerrisdalecc.com

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Zumba Class **NEW**
Thursdays
12 noon

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

GROUP FITNESS SCHEDULE

SCHEDULE IN EFFECT July 1-August 31, 2018

Schedule subject to change.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday												
6:20-7:15am	Early Risers Keep Fit (G) Bonnie 6:20-7:15am		Early Risers Keep Fit (G) Monika *NEW TIME 6:10-7:05am		Early Risers Keep Fit (G) Monika *NEW TIME 6:10-7:05am														
9:00-10:00am	Total Body Conditioning (G) Meg	Cardio & Stretch (G) Meg	Total Body Conditioning (G) Meg Gentle Fit (S) Berdjis	Zumba Gold (G) Shelley Core Training (A) Meg *Ends 10:15am	Cardio & Stretch (G) Meg Gentle Fit (S) Audrey	Zumba (G) Tanya 9:30-10:30am													
9:15-10:15am	Step (A) Camille	Gentle Fit (S) Audrey Step & Core (A) Kristiina	Step Cardio Core (A) Diane *Ends 10:30am		Step n'Sculpt (A) Camille		Step PLUS (A) Mike *Ends 10:25am												
10:30-11:30am	Advanced Gentle Fit (A) Dee	Mild/Moderate (A) Audrey		Low Impact (A) Dee		Gentle Fit (S) Audrey													
12:00-1:00pm				Zumba (A) NEW Tanya		Legend: A = Auditorium (max 40) G = Gymnasium (max 100) S = Seniors Centre (max 30)													
5:30-6:30pm	Zumba (A) Tanya		Zumba (A) Tanya			Rates <table border="1"> <thead> <tr> <th></th> <th>Adult</th> <th>Youth/Seniors</th> </tr> </thead> <tbody> <tr> <td>Drop-In</td> <td>\$4.75</td> <td>\$3.75</td> </tr> <tr> <td>Fit Card 10 Classes</td> <td>\$43.00</td> <td>\$34.50</td> </tr> <tr> <td>Fit Chip 9 Weeks</td> <td>\$108.00</td> <td>\$86.50</td> </tr> </tbody> </table>			Adult	Youth/Seniors	Drop-In	\$4.75	\$3.75	Fit Card 10 Classes	\$43.00	\$34.50	Fit Chip 9 Weeks	\$108.00	\$86.50
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6:00-7:00pm		Zumba Toning (A) Tanya		Zumba Toning (A) Tanya		FitChips will be for sale, two weeks prior to their effective date.													



ADULTS



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. A challenging class for those interested.

Tu 5:30 pm-6:30 pm Jul 03-Jul 31
▶168919 \$62/5 sess Adult Rate \$78
 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. 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.

W 4:30 pm-5:45 pm Jul 11-Aug 29
▶166701 \$94.50/8 sess
 Instructor: Karen Heaps

Mindfulness Meditation 18+ yrs

Mindfulness meditation improves inner peace, health and quality of life while relieving stress, anxiety and depression. Also empowers and slows aging. Group meditation with an experienced teacher is a powerful aid for your practice. Class includes learning and meditation practice.

LearnMindfulness.org
 Tu 7:30 pm-8:45 pm Jul 17
▶168124 \$18/1 sess
 Instructor: Sung Yang

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 10:00 am-12:00 pm Jul 15-Jul 29
▶168109 \$170/3 sess
 Instructor: Howard Tseng

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
 Tu 6:45 pm-7:45 pm Jul 3-Aug 21
▶168116 \$120/8 sess
 W 7:20 pm-8:20 pm Jul 4-Aug 22
▶168117 \$120/8 sess
 Instructor: Linda Shedden

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 Aug 7-Aug 28
▶168039 \$38/4 sess
 Instructor: Barry Petkau

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 Jul 10-Aug 28
▶166584 \$110/8 sess
 Instructor: Into Yoga

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).

W 11:00 am-12:00 pm Jul 4-Jul 25
▶168799 \$54.60/4 sess
 F 12:30 pm-1:30 pm Jul 6-Jul 27
▶168798 \$54.60/4 sess
 Instructor: Butterfly Yoga

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 \$13 seniors, \$16 Adults, space permitting.

M 6:30 pm- 7:30 pm Jul 2 Jul 30
▶169133 \$62/5 sess Adult Rate \$78
 Instructor: Barbara McDonald

HEALTH & FITNESS

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 Jul 12-Aug 30
166702 \$94.50/8 sess

Instructor: Karen Heaps

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. Drop in \$15, space permitting.

Tu 7:00 pm-8:00 pm Jul 3-Jul 24

168251 \$50.40/4 sess

Th 7:00 pm-8:00 pm Jul 05-Jul 26

168252 \$50.40/4 sess

Th 7:00 pm-8:00 pm Aug 02-Aug 30

168253 \$63/5 sess

Instructor: Misurka Yoga Ltd.

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.

M 10:30 am-11:45 am Jul 9-Aug 27

166583 \$110/8 sess

Instructor: Into Yoga

ART

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. Supplies are not included. Supply list available upon registration. Drop in \$25.

Tu 11:00 am-1:00 pm Jul 3-Aug 14

168120 \$136.50/8 sess

Instructor: M. Reza 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. Supplies are not included. Supply list available upon registration. Drop in \$25.

Tu 2:00 pm-4:00 pm Jul 3-Aug 14

168121 \$136.50/8 sess

Instructor: M. Reza 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). M. Reza Atashzad has over 30 years experience in teaching drawing and painting at his own Atashzad Academy of Art. He has also been teaching different art programs at several community centers in Vancouver since 2011. He has published more than 700 watercolour paintings such as greeting cards, posters, albums and books. Moreover, he has held more than 150 solo and group exhibitions in major cities around the world. Visit:

www.atashzad.com Supply list available upon registration. Drop-in \$25.

Tu 9:00 am-11:00 am Jul 3-Aug 14

168119 \$136.50/7 sess

Tu 7:00 pm-9:00 pm Jul 3-Aug 14

168122 \$136.50/8 sess

Instructor: M. Reza Atashzad

RENTAL SPACE AVAILABLE

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

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

Group Fitness Classes

Over 25 classes a week!

Come inside from the summer heat and workout while having fun with our amazing certified instructors.

All levels welcome.



ADULTS

POTTERY

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.

Sa 10:00 am-1:00 pm Jul 7-Aug 25
▶168801 \$186/8 sess
 Instructor: Janine Schroedter

Pottery 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.

W 6:00 pm-8:00 pm Jul 4-Aug 22
▶168804 \$170/8 sess
 Instructor: Janine Schroedter

Pottery 18+ yrs

A non formal session to work on your own projects. The instructor 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. 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 Jul 5-Aug 23
▶168806 \$186/8 sess
 Instructor: Janine Schroedter

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DANCE

Adult Beginner **NEW**

Ballet 16+ yrs

Have you ever wanted to try ballet, or maybe did when you were small but then left it behind? Then come and enjoy this fun, non pressured ballet class. We will focus on the basics of ballet technique while building strength and flexibility. Please come to class wearing stretchy, tight clothing and no jewelry. Ballet shoes are recommended but not necessary.

M-F 4:45 pm-5:45 pm Aug 27-Aug 31
▶167938 \$50/5 sess
 Instructor: Miranda Kyle

Ballroom Bronze/Silver:

Merengue/Slow

Foxtrot 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.

Th 4:00 pm-5:15 pm Jul 5-Aug 30
▶168131 \$49.50/9 sess
 Instructor: Tommy Ng

Ballroom Silver/Gold:

Quick Step/Rumba 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.

M 7:30 pm-8:45 pm Jul 2-Aug 27
▶168130 \$49.50/9 sess
 Instructor: Tommy Ng

Intro to Hawaiian/

Polynesian Dance 13+ yrs

This new evening class is a perfect opportunity to try our popular mixed class of Hawaiian Hula and Tahitian dance. Learn the traditional dances, language, costumes and culture of Hawaii and Tahiti. Serious dancers can later audition to the Intermediate class to perform and compete with the Paul Latta Dance Company. Drop In's are welcomed for 1st class only, unless prior notice is arranged.

W 7:00 pm-8:00 pm Jul 11-Jul 25
▶168256 \$36/3 sess

Instructor: Paul Latta Dance

Intro to **NEW**

Tap Dance 13+ yrs

This new evening class is a perfect opportunity to start at the very beginning with Canadian Tap Champion and 30 year instructor, Paul. The class is divided into three parts: warm-up/toning and stretch, rudiments and rhythms of Tap and a routine! A fast paced class, yet so easy, you'll be tapping after each lesson! A perfect blend of light exercise, flexibility and education. Youth also welcome!

W 8:00 pm-9:00 pm Jul 11-Jul 25
▶168257 \$36/3 sess

Instructor: Paul Latta Dance

Line and Group Dance -

Beginner Plus 19+ yrs

New dances will be introduced each week as well as the old favorites. Irene, the instructor, started her training in ballroom dance, and for years has taught a variety of line dance programs throughout the city. First two classes will cover basic steps and terminology. No new beginner drop-ins after second class. Drop-in \$4/senior \$5/adult space permitting. No class Aug 6.

M 10:15 am-11:25 am Jul 09-Aug 27
▶168964 \$24/7 sess; Adult rate \$30

Instructor: Irene Groundwater

Line Dancing

Ultra Beginner 19+ yrs

Lots of repeat and practice as you learn many of the old favourites. Have fun and exercise in this social dance program. No experience needed, all levels welcome. Drop-in \$4/senior \$5/adult space permitting.

F 10:15 am-11:25 am Jul 06-Aug 24
▶168963 \$28/8 sess; Adult rate \$36

Instructor: Irene Groundwater

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 Jul 2.

M 4:15 pm-5:15 pm Jun 18-Aug 27
▶168840 \$90/10 sess Adult Rate \$113

Instructor: Beryl Israel

LANGUAGES & ESL

English Corner 18+ yrs

English Corner is an informal Conversational class for those who wish to improve their spoken English. It is conducted in small groups and has two main focuses: One to give participants an opportunity to share their thoughts and feelings in English, and secondly to provide a warm informal environment that encourages fellowship. English Corner belongs to the participants, and the organizers attempt to follow their interests. Our facilitators are volunteers from the local neighborhood. Membership is required to attend class. Registration is required.

F 7:00 pm-9:00 pm Jul 6-Aug 31
▶168888 Free with Kerrisdale Membership

Instructor: KR Volunteer

View instructor profiles at
www.kerrisdalecc.com

ESL: Explore Smile & Learn INT/ADV 16+yrs

ESL - Explore, Smile and Learn! For intermediate/advanced students who would like to talk more comfortably and have fun with the language. Learn idioms used in everyday communication. Express yourself, share your story and engage in conversation with confidence. The short reading materials cover a topics based on current events. No class Aug 6.

M 6:15 pm-7:45 pm Jul 9-Aug 27
▶166654 \$91/7 sess

Instructor: Daniela Modoran

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 Jul 3-Aug 14
▶168040 \$136.50/7 sess

Instructor: Rokia Tamache

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 6:15 pm-7:45 pm Jul 10-Aug 28
▶168129 \$104/8 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 1:30 pm-3:00 pm Aug 3-Aug 31
▶168123 \$60/5 sess

Instructor: Yolanda Korompai

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

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 Jul 7
▶166591 \$84/1 sess
 Sa 9:30 am-3:00 pm Aug 11
▶166592 \$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 Jul 14
▶166593 \$57.75/1 sess
 Su 9:00 am-2:30 pm Jul 29
▶166594 \$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 Jul 14
▶166595 \$73.50/1 sess
 Su 9:00 am-2:30 pm Jul 29
▶166596 \$73.50/1 sess
 Sa 9:00 am-2:30 pm Aug 18
▶166597 \$73.50/1 sess

Emergency First Aid/ CPR/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 Jul 7
▶166589 \$110.25/1 sess
 Sa 9:30 am-5:30 pm Aug 11
▶166590 \$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 Jul 14
▶166598 \$84/1 sess
 Su 9:00 am-5:00 pm Jul 29
▶166599 \$84/1 sess
 Sa 9:00 am-5:00 pm Aug 18
▶166600 \$84/1 sess

Standard First Aid/ CPR/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 Jul 7-Jul 8
▶166587 \$160/2 sess
 Su Sa 9:30 am-4:30 pm Aug 11-Aug 12
▶166588 \$160/2 sess

Instructor: LIT Aquatics Ltd

HEALTH & WELLNESS | EDUCATIONAL

JULY

The Pelvic Floor Series:

Bladder Health 19+ yrs

Join Naomi, Contenance RN for an informative course focused on empowering to fulfill the deepest potential related to the function of the pelvic floor. It is required to participate in the first class.

Sa 10:00 am-11:00 am Jul 07-Jul 21
 ▶168917 \$59/3 sess

Instructor:Naomi Wolfman

Short Story 19+ yrs

Learn what you will be discussed at the full course. For example: Learn to develop an ear for description, characterization, and dialogue. Be inspired to use your feelings, truths, and experiences to write a piece that's equally worthy of attention. Contact the instructor at sparrowpr1@gmail.com.

M 1:00 pm-3:00 pm Jul 09
 ▶169139 Free

Instructor: Joseph Sparovec

Let's Enjoy Ikebana, Floral Art for Beginners 19+ yrs

Get a taste of flower arrangement in Japanese style. Ikebana were not only elegant but could reflect the beauty of nature and the feelings in our heart. Learn about the history, theory and technique of Ikebana. Ikebana starts from depiction of nature but not simply an imitation of nature. When we sense plant's unspoken words and their silent movements we express our impressions through an art called Ikebana. Fee includes tools and materials.

Th 10:00 am-1:00 pm Jul 12
 ▶168967 \$60/1 sess

Instructor:Margaret Ng

Japanese Manuscript Bookbinding 19+ yrs

Learn how to make a beautiful box in using a historical Japanese method. Beautiful decorative paper and book cloth are used to finish a roughly 6" x 4" x 2" box with a bone clasp closure. No experience is required. Each student will finish a Japanese Box. No handouts will be provided. Students are encouraged to take notes and photos.

Sa 12:00 pm-3:00 pm Jul 14
 ▶168969 \$53/1 sess

Instructor:Suzan Lee

Short Story Workshop - Full Course 19+ yrs

Each week, we'll read and discuss a recently published short story. We'll also consider it from a writer's point of view, i.e., Why was this written and selected for publication? Learn to develop an ear for description, characterization, and dialogue. Be inspired to use your feelings, truths, and experiences to write a piece that's equally worthy of attention. Contact the instructor at sparrowpr1@gmail.com.

M 1:00 pm-3:00 pm Jul 16-Aug 27
 ▶169138 \$78/6 sess Adult Rate

\$98

Instructor: Joseph Sparovec

Unlocking the Mysteries of Hearing Aids 19+ yrs

Dr. Katarina Vavrovicova (audiologist) answers all your questions about hearing aids. What to look for when buying your first or next pair of hearing aids. Hearing aid styles and features (including samples!). Hearing aid benefits & limitations. Getting the most out of your hearing aids.

W 11:00 am-12:00 pm Jul 18
 ▶166401

World Music Workshop 16+ yrs

World Music has become one of the main influences of popular music and culture today. I would provide an exciting, unique educational musical experience, designed for all levels. In this interactive workshop you will see a wide variety of instruments, whole group participation, choreography and cooperative and active learning. We will play traditional instruments from Africa, Brazil and Cuba along with ensemble dynamics & melodic rhythm patterns. The participants will join David (facilitator) playing the instruments used in African Ceremonies & Brazilian Carnival. Then we will also learn basic dance movements and choreography. We will experience enjoyment, exploration, diversity: self-expression, culture, musical styles, music dynamics and a fun filled time.

Sa 1:30 pm-2:30 pm Jul 21
 ▶170641 \$10/1 sess

Instructor:David DiTomaso

The Pelvic Floor Exercise Routine 19+ yrs

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

Sa 10:00 am-11:00 am Jul 28-Aug 11
 ▶168918 \$59/3 sess

Instructor:Naomi Wolfman

Coptic Sketchbook Bookbinding Workshop 19+ yrs

Learn to construct a sketchbook using ancient Egyptian bookbinding technique. The spine is exceptionally flexible yet strong; ideal for sketchbooks of all sizes and papers.

Sa 12:00 pm-3:00 pm Jul 28
 ▶168970 \$53/1 sess

Instructor:Suzan Lee

AUGUST

Let's Enjoy Ikebana, Floral Art for Beginners 19+ yrs

See column 1 for detailed course description. Fee includes all necessary tools and materials

Su 12:30 pm-3:30 pm Aug 12
 ▶168968 \$60/1 sess

Instructor:Margaret Ng

Licensing Issues for Senior Drivers 19+ yrs

Presented by COSCO. For various reasons, people may be ordered to have their driving skills assessed. One of those reasons is reaching the age of 80. The workshop describes how aging may affect driving skills, and suggests how to compensate. The BC assessment process is described in detail, and participants are advised how to do their best in the various testing situations they may face. Everyone is welcome! Free but please pre-register.

Tu 10:30 am-12:00 pm Aug 14
 ▶168834

View instructor profiles at www.kerrisdalecc.com