



KERRISDALE

Community Centre Society

Winter 2021
Program Guide
Vol.2





Programming is Open!

Yes!! The Kerrisdale Community Centre is still providing programs and services to our community. While it's not business as it used to be at the Community Centre, we are bringing you programs and instructors, both online and in-person, that you've enjoyed in the past.

We are proud to be the first Vancouver community centre to offer our patrons a choice of both online and in-person programs.

This brochure lists in-person programs in the Winter session; in-person programs will start the week of January 10, 2021. For Online programming, please see Vol. 1. Please note as a result of current Provincial Health Order requirements, the start of some Adult & Seniors Programs may be delayed until restrictions are removed.

In-Person Programs

Winter Session

- Pages 3-14

Registration for In-Person Winter Session Programs

- Online Registration starts **TUESDAY JANUARY 5 @7pm** (limited to 60% of available spots). Please visit recreation.vancouver.ca
- In-person Registration opens **TUESDAY JANUARY 5 @7pm** (timesavers will be given out @6pm at the Seniors Centre Entrance. All registration will take place at the Seniors Centre desk. (limited to 40% of available spots).
- Telephone Registration at **604.257.8100** (Main Centre) or **604.257.8109** (Senior Centre) opens **WEDNESDAY JANUARY 6 @9am**

Online Programs

- Arts, education, fitness, health & wellness, languages and martial arts for all ages available online. See Vol.1 for detailed listings
- Additional Online Programs page 11

Registration for Online Programs

- Registration for Winter Online Programs open from December 14.
- Please visit <https://kerrisdalecc.com/programs-registration/#events>.
- For answers to questions about Kerrisdale's online programming, please contact kerrisdaleonline@gmail.com. Please do not telephone the Community Centre

For information about

- **Kerrisdale Community Centre Society Fitness Centre**
- **Kerrisdale Arena**
- **Kerrisdale Pool** ...please see back cover

SAFETY MEASURES in place at Kerrisdale Community Centre



- Extensive signage to educate patrons on new processes, procedures & safety measures
- Staff trained on new safety protocols
- Staff screened daily for their health
- Rooms, shared spaced and high touch points sanitized during the day and overnight.
- Pre-registration and staggered program times to reduce the number of people in a space at a given time.
- Minimum 2 metres maintained between individuals at all times.
- Designated entrances and exits with one-way flow of traffic.
- Many water fountains and change rooms are closed.

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DANCE

Jazz/Ballet

4-6 yrs

In this class children will learn a variety of ballet exercises as well as the basic fundamentals of jazz dance while developing their own creative expression. They will jump and turn with delight in this fun and high energy class. Children must be able to participate without a parent in the room. www.KirbySnellDance.com This program takes place in the Auditorium. Please enter from West Boulevard. No class Feb 14.

Su 11:30 am-12:15 pm Jan 10-Mar 14
►296201 \$90/9 sess

Instructor: Endorphin Rush Dance and Fitness
 Auditorium at *Kerrisdale Community Centre

Little Ballerinas

Young ballerinas explore the fun and beauty of ballet while learning the basic techniques. They will love playing with their creative expression in this fun class. Children must be able to participate without a parent in the room. www.KirbySnellDance.com This program takes place in the Auditorium. Please enter from West Boulevard. No class Feb 14.

3-5 yrs
Su 9:30 am-10:15 am Jan 10-Mar 14
►296199 \$90/9 sess

4-6 yrs
Su 10:30 am-11:15 am Jan 10-Mar 14
►296200 \$90/9 sess

Instructor: Endorphin Rush Dance And Fitness
 Auditorium at *Kerrisdale Community Centre

Mini hip hop Breakers

3-5 yrs

This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats! Children must be able to participate without a parent in the room. www.KirbySnellDance.com This program takes place in the Auditorium. Please enter from West Boulevard. No class Feb 14.

Su 12:30 pm-1:15 pm Jan 10-Mar 14
►296202 \$90/9 sess

Instructor: Endorphin Rush Dance And Fitness
 Auditorium at *Kerrisdale Community Centre

EDUCATION

Mad Science for Preschoolers

3-5 yrs

Enjoy engaging demonstrations, perform simple experiments and discover how science can you better understand the world around you! Mad Science preschool programs are engaging hands-on learning experiences for children. Each session provides an interactive, age-appropriate exploration of a specific science topic. Topics Included: Chem in a Flash, Dry Ice Capades, Glow Show, Junior Reactors, Lab Works, pH Phactor, Slime Time, & Super Sticky Stuff. This program takes place in Room 222. Please enter from the parking lot entrance off of West 42nd Ave. No class Feb 13.

Sa 9:45 am-10:45 am Jan 16-Mar 06
►296161 \$135/7 sess

Instructor: Mad Science
 Room 222 at *Kerrisdale Community Centre

MUSIC

Group Piano for Preschoolers

3-5 yrs

A fun musical adventure through Wunderkeys. Our piano group lessons include listening, reading music notations and playing rhythm activities. All equipment will be sanitized before & after use and social distance will be maintained. This program takes place in Room 226. Please enter from the parking lot entrance off of West 42nd Ave. No class Feb 14.

Su 11:15 am-12:00 pm Jan 10-Mar 14
►296561 \$155/9 sess

Su 12:15 pm-1:00 pm Jan 10-Mar 14
►296562 \$155/9 sess

Su 1:15 pm-2:00 pm Jan 10-Mar 14
►296568 \$155/9 sess

Su 2:15 pm-3:00 pm Jan 10-Mar 14
►296571 \$155/9 sess

Instructor: Gloria Yu
 Room 226 at *Kerrisdale Community Centre

MUSIC

Group Ukulele Circle for Preschoolers

3-5 yrs

Learn ukulele basics in this fun and stress-free program. Sanitized instruments are provided and social distance will be maintained during the class. All equipment will be sanitized before & after use and social distance will be maintained. This program takes place in room 226. Please enter from the parking lot entrance off of West 42nd Ave. No class Feb 14.

Su 10:15 am-11:00 am Jan 10-Mar 14
►296576 \$155/9 sess

Instructor: Gloria Yu
 Room 226 at *Kerrisdale Community Centre

Please Note

Parents/caregivers are required to be onsite at the designated check-in area to drop-off the child and complete the verbal health assessment screening.



ENJOY YOUR VISIT
 BUT STAY APART



www.kerrisdalecc.com

Create an Account

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.

<https://ca.apm.activecommunities.com/vancouver>

SPORTS

WINTER BREAK DAYCAMPS

Parent & Child Sportball Multisport 2-3 yrs

This program is designed to guide children through the introductory skills in a number of different ball sports. Games and skills are taught in a fun and creative manner by using story lines to encourage participation. All programs are non-competitive and focus on success while building confidence. In order to limit equipment sharing in programs, each child will be provided with a Sportball equipment pack on the first day of programming. This pack must be brought to class each week. The equipment is included in the registration fee and is yours to keep once the program is done. Parent participation required. Please note: Pre-registration is required, no on-site drop-in available. This program takes place in the Gymnasium. Please enter from the parking lot entrance off of West 42nd Ave.

W 10:25 am-11:10 am Jan 13-Mar 03
296486 \$172/8 sess

Instructor: Sportball Vancouver
 Gymnasium at *Kerrisdale Community Centre

Sportball Multisport 3-5 yrs

This program is designed to guide children through the introductory skills in a number of different ball sports. Games and skills are taught in a fun and creative manner by using story lines to encourage participation. All programs are non-competitive and focus on success while building confidence. In order to limit equipment sharing in programs, each child will be provided with a Sportball equipment pack on the first day of programming. This pack must be brought to class each week. The equipment is included in the registration fee and is yours to keep once the program is done. Please note: Pre-registration is required, no on-site drop-in available. This program takes place in the Auditorium. Please enter off of West Boulevard.

Tu 3:30 pm-4:30 pm Jan 12-Mar 02
296159 \$172/8 sess

Instructor: Sportball Vancouver
 Auditorium at *Kerrisdale Community Centre

Soccer & Basketball Skills & Drills 3-5 yrs

This fun and active sports program emphasizes skill development and drills in a safe and welcoming environment. Drop-in players allowed, space permitting: \$4.75. Please note the following rules to be followed in the gymnasium: No scrimmaging, for now, skills and drills only. Wash your hands before and after play. Physical distancing at all times and no sharing of equipment. No food or drink in the gymnasium (water okay). This program takes place in the Gymnasium. Please enter from the parking lot entrance off of West 42nd Ave.

Th 2:45 pm-3:45 pm Jan 14-Mar 11
296018 \$38.25/9 sess

Instructor: Sanjana Bhasin
 Gymnasium at *Kerrisdale Community Centre

Game Ready Basketball Skills & Drills Camp 7-12 yrs

We will teach & practice all of the skills necessary for success on the basketball court. High intensity drills will challenge players to improve their play. We will also develop fundamental movements so each player becomes more confident with their ability to move around the court, including jumping and agility. Introductory play systems will be covered along with dribbling & shooting progressions. Prizes and snacks included! www.gamereadyfitness.ca. This program takes place in the Gymnasium. Please enter from the parking lot entrance off of West 42nd Ave.

M Tu W 12:00 pm-2:00 pm Dec 21-Dec 23
296868 \$80/3 sess
M Tu W 12:00 pm-2:00 pm Dec 28-Dec 30
296869 \$80/3 sess

Instructor: Dino Geremia
 Gymnasium at *Kerrisdale Community Centre

Game Ready Volleyball Skills & Drills Camp 7-12 yrs

We will review all of the skills necessary for success on the volleyball court. High intensity drills will challenge players to improve their play. We will also develop fundamental movements so each player becomes more confident with their ability to move around the court, including jumping and agility. Introductory play systems will be covered along with spike hit progressions. Prizes and snacks included! www.gamereadyfitness.ca. This program takes place in the Gymnasium. Please enter from the parking lot entrance off of West 42nd Ave.

M Tu W 2:15 pm-4:15 pm Dec 21-Dec 23
296871 \$80/3 sess
M Tu W 2:15 pm-4:15 pm Dec 28-Dec 30
296870 \$80/3 sess

Instructor: Dino Geremia
 Gymnasium at *Kerrisdale Community Centre



Please Note

Parents/caregivers are required to be onsite at the designated check-in area to drop-off the child and complete the verbal health assessment screening.



SPRING BREAK DAYCAMPS

Spring Break Safaris Daycamp

5-12 yrs

Come and join the fun and spend your Spring Break with us!! Activities will include sports, cooperative games, arts & crafts, dance parties, entertainers and special guests! We will also go on walking out-trips to explore nature and the great outdoors. Please note: Children will be divided into pods of 6. Majority of activities will be held indoors. The mini out trips will be within walking distance of the community centre, no public transit or charter buses will be used. Parents/Guardians will receive an email of the Parent Communication/Policy manual and forms prior to camp, outlining camp expectations and guidelines. Daycamp participants must bring a packed lunch and dress appropriately for the weather and scheduled mini out-trip. A waiver form must be completed prior to the day's activities. Waiver & Consent form is available online at www.kerrisdalecc.com or pick up a hard copy at the main office. Please note: there is no before and after care available. Activities are subject to change. A schedule of activities will be out in early March. This program will take place on Room 109. Pick up & Drop off, Enter off of W. 43rd Ave.

Week 1

M - F 9:00 am-4:00 pm Mar 15-Mar 19
▶296813 \$165/5 sess

Week 2

M - F 9:00 am-4:00 pm Mar 22-Mar 26
▶296817 \$165/5 sess

Instructor: Daycamp Leader

Room 109 at *Kerrisdale Community Centre

Bricks 4 Kidz

Galaxy Far Away Camp 6-10 yrs

Join us on an adventurous journey through space! Our models will remind you of your favourite popular space movies as you pilot your LEGO® spacecraft to the great beyond. All campers go home with a customized Minifigure. Children will be given a break time for an optional snack from home. This program takes place in room 226. Please enter from the parking lot entrance off of West 42nd Ave.

M - F 1:30 pm-4:30 pm Mar 22-Mar 26
▶299626 \$175/5 sess

Instructor: Bricks 4 Kidz

Room 226 at *Kerrisdale Community Centre

SPRING BREAK DAYCAMPS

Claws, Codes, & Constellations Camp 6-10 yrs

Come prepared to do some decoding, as there is an entire unit on secret messages, where you will learn how to communicate using special codes. Children will gain an increased appreciation for the earth and discover what role science can play in preserving our planet. Explore the world of nature and the next day embark on a space mission and learn how astronauts live in Space. This program takes place in the Seniors South Room (Mon). Please enter through the Seniors Centre entrance. This program takes place in room 222 (Tu-Fri). Please enter from the parking lot entrance off of West 42nd Ave.

M - F 9:00 am-3:00 pm Mar 22-Mar 26
▶299622 \$340/5 sess

Instructor: Mad Science

M, Seniors South Room, Tu/Th/F, Room 222, W, Room 226 at *Kerrisdale Community Centre

Eureka!

The Inventor's Camp 6-11 yrs

Inventing means curiosity, practicality, necessity, cooperation, and dreaming! Children will overcome a series of challenges using basic materials, simple machines, tips from famous inventors and the most important of all—their mind. With a little bit of ingenuity children will create catapults and forts, construct working light sticks to take home and assemble a set of circuits with batteries and light bulbs. While Thomas Edison said "invention is 10% inspiration and 90% perspiration", this camp is 100% FUN! This program takes place in room 222 on Tu, Th, Fri. Please enter from the parking lot entrance off of West 42nd Ave. On Mon, this program takes place in Seniors South Rm, please enter through Seniors Centre. On Wed, this program is in room 226, Please enter from the parking lot entrance off of West 42nd Ave.

M - F 9:00 am-3:00 pm Mar 15-Mar 19
▶299615 \$369/5 sess

Instructor: Mad Science

M, Seniors South Room, Tu-F, Room 222 at *Kerrisdale Community Centre

ART

Cartooning 6-12 yrs

Get ready to giggle! Young Rembrandts Winter Cartoon classes will bring out your child's inner artist while grinning from ear to ear. Calling all class clowns, Young Rembrandts is the place for you. Our awesome artists will be drawing Stylish Dogs, Wild Monkeys, Funny Bunnies and even more silly scenes that will boost their art skills and crack us everyone up! Come draw with us! This program takes place in Room 226. Please enter from the parking lot entrance off of West 42nd Ave.

Tu 4:30 pm-5:30 pm Jan 12-Mar 09
▶301239 \$171/9 sess

Instructor: Young Rembrandts

Room 226 at *Kerrisdale Community Centre

Watercolour for Kids 7-12 yrs

Explore the world of watercolour painting. This program is for children who want to learn how to use water, paper, colour and brushes to create an endless variety of tones in their paintings. (Supplies are not included, supply list available upon registration) www.atashzad.com. Please enter from the parking lot entrance off of West 42nd Ave.

W 4:00 pm-5:30 pm Jan 13-Mar 17
▶296523 \$150/10 sess

Instructor: Mohammad Atashzad

Room 222 at *Kerrisdale Community Centre

Beginner Painting for Kids

NEW
 7-12yrs

Learn the basics of colour mixing, mark making and create fun paintings from references and your imagination. (Supplies are not included, supply list available upon registration). This program takes place in room 226. Please enter from the parking lot entrance off of West 42nd Ave.

Th 11:00am-1:00pm Jan 14-Mar 11
▶307010 \$103.50/9 sess

Instructor: Janine Schroedter

Room 226 at *Kerrisdale Community Centre

Children

DANCE

Hip Hop Breakers 6-8 yrs

Calling all b-boys and girls! Let's move and groove! This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats. Through the season we will work on a choreographed dance. Get ready to cheer with gusto! Please bring a filled water bottle each day. www.KirbySnellDance. Sunday program takes place in the Auditorium. Please enter from West Boulevard. No class Feb 14. Thursday program takes place in Room 222. Please enter from the parking lot entrance off West 42nd Ave.

Th 4:30 pm-5:15 pm Jan 14-Mar 11
D296473 \$90/9 sess

Instructor: Endorphin Rush Dance And Fitness
 Room 222 at *Kerrisdale Community Centre

Su 1:30 pm-2:15 pm Jan 10-Mar 14
D296203 \$90/9 sess

Instructor: Endorphin Rush Dance And Fitness
 Auditorium at *Kerrisdale Community Centre

Hip Hop Breakers 8-12 yrs

Calling all b-boys and girls! Let's move and groove! This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats. Through the season we will work on a choreographed dance. Get ready to cheer with gusto! Please bring a filled water bottle each day. www.KirbySnellDance. This program takes place in Room 222. Please enter from the parking lot entrance off West 42nd Ave.

Th 5:30 pm-6:30 pm Jan 14-Mar 11
D296475 \$108/9 sess

Instructor: Endorphin Rush Dance And Fitness
 Room 222 at *Kerrisdale Community Centre

Do you want to know more about how your Community Centre works?

Join the Board of Directors!

For information, go to <https://kerrisdalecc.com/get-involved/> become-a-director-of-kccs or email Alison at kerrisdaleccsociety@gmail.com



EDUCATION

Mad Science for Kids 6-11 yrs

Mad Science sparks imaginative learning! These hands-on science programs are themed around a particular area of science. Children engage in exciting hands-on activities, watch spectacular demonstrations, and take home things that relate to what they learnt that day. Topics Included: Chem in a Flash, Dry Ice Capades, Glow Show, Junior Reactors, Lab Works, pH Phactor, Slime Time, & Super Sticky Stuff. This program takes place in room 222. Please enter from the parking lot entrance off of West 42nd Ave. No class Feb 13.

Sa 11:15am-12:15pm Jan 16-Mar 06
D296164 \$135/7 sess

Instructor: Mad Science
 Room 222 at *Kerrisdale Community Centre

ProjectKIDZ Arts Explorations 5-12 yrs

Creative, confident and critical thinker. We focus on teaching the how-to of opening the door for creativity and confidence using creative arts to learn about imagination, expression, creativity, focus, productivity and connection as the six key elements. We start with a theme for every session; each participant will be directed through their own path, voice and specific way of expression. As a result, the outcome is different for each participant; respecting the different perspectives, cultural backgrounds, and identities of each person. Supplies are included. This program takes place in room 226. Please enter from the parking lot entrance off of West 42nd Ave.

Sa 10:30am- 1:00pm Jan 16-Feb 20
D303267 \$260/6 sess

Sa 1:30pm- 4:00pm Jan 16-Feb 20
D303268 \$260/6 sess

Instructor: Dan Kalivoda
 Room 226 at *Kerrisdale Community Centre

Bricks 4 Kidz Amazing Animals 5-10 yrs

If you're fascinated by the wild and wacky this is for you! We'll explore fascinating facts about the animal kingdom and the zany biology of our animal friends. All go home with a customized Minifigure. Drop-in \$20 if space permits. This program takes place in room 222. Please enter from the parking lot entrance off West 42nd Ave. No class Feb 15.

M 4:00 pm-5:00 pm Jan 25-Mar 01
D296477 \$75/5 sess

Instructor: Bricks 4 Kidz
 Room 222 at *Kerrisdale Community Centre

SPORTS

Badminton Singles Play 6-12 yrs

There is no formal instruction, but the instructor will advise on playing and rules. Please note participants are expected to bring their own Badminton racquet. Shared supplies such as birdies designated for use between specific participants each session will be sanitized between classes. Please note the following rules to be followed. Please wash your hands before & after program. Once you enter the gym space, you may use the bathroom, but there is no loitering in the hallways or gymnasium (no ins and outs). Maintain social distancing, no food or drink (except water) in the gymnasium. Drop-in players allowed, space permitting: \$4.75. This program takes place in the Gymnasium. Please enter from the parking lot entrance off of West 42nd Ave. Note: program is merged with the youth program.

Tu 3:45 pm-5:45 pm Jan 12-Mar 09
D293662 \$38.25/9 sess

Instructor: Richard Tai
 Gymnasium at *Kerrisdale Community Centre

Basketball • Skills & Drills

This fun and active program emphasizes skill development and drills in a safe and welcoming environment. Drop-in players allowed, space permitting: \$4.75. Please note the following rules to be followed in the gymnasium: No scrimmaging with your friends (no one on one, no full court games at this time — for now, skills and drills only). Please wash your hands before and after play. Get your own rebound (no sharing of equipment). Once you enter the gym space, you may use the bathroom, but there is no loitering in the hallways or gymnasium (no ins and outs). Stick to your designated hoop and space to maintain physical distancing. No handshakes or hugs with your friends (even though it will be exciting to see them). No food or drink in the gymnasium (water okay). This program takes place in the Gymnasium. Please enter from the parking lot entrance off of West 42nd Ave.

7-10 yrs
Th 5:15 pm-6:15 pm Jan 14-Mar 11
D296015 \$38.25/9 sess

10-13 yrs
Th 6:30 pm-7:30 pm Jan 14-Mar 11
D296016 \$38.25/9 sess

Instructor: Sanjana Bhasin
 Gymnasium at *Kerrisdale Community Centre

SPORTS

Basketball for Girls Skills & Drills

8-14 yrs

This fun and active program emphasizes skill development and drills in a safe and welcoming environment. Drop-in players allowed, space permitting: \$4.75. Please note the following rules: No scrimmaging with your friends (no 1-on-1, no full court games at this time — for now, skills and drills only). Please wash your hands before and after play. Get your own rebound (no sharing of equipment). Once you enter the gym space, you may use the bathroom, but there is no loitering in the hallways or gymnasium (no ins and outs). Stick to your designated hoop and space to maintain physical distancing. No handshakes or hugs with your friends (even though it will be exciting to see them). No food or drink in the gymnasium (water okay). Please enter from the parking lot entrance off of West 42nd Ave.

Th 4:00 pm-5:00 pm Jan 14-Mar 11
▶296017 \$38.25/9 sess

Instructor: Sanjana Bhasin
 Gymnasium at *Kerrisdale Community Centre

Game Ready Speed & Sports

7-12 yrs

Improve running form, change of direction and agility. In addition to drills; a variety of workouts will be incorporated to improve sports skills; soccer, & volleyball. The importance of multi-sport skills in overall development is appreciated. This program will combine a disciplined focus balanced with fun and games. This program takes place in the Auditorium. Please enter off of West Boulevard. No class Feb 15.

M 3:30 pm-4:30 pm Jan 11-Mar 08
▶296867 \$108/8 sess

Instructor: Dino Geremia
 Auditorium at *Kerrisdale Community Centre

JBST Boys High Performance Soccer Skills & Drills

7-9 yrs

This is a High-Performance soccer program for students who have taken soccer programs with JBST in the past. More advanced soccer techniques and skills are taught through game play. Expect to work hard in this program. Goal: Becoming an elite soccer player. www.jbstsoccer.com. This program takes place in the Auditorium. Please enter off of West Boulevard.

Sa 3:15 pm-4:15 pm Jan 23-Mar 27
▶296874 \$245/10 sess

Instructor: JBST Academy
 Auditorium at *Kerrisdale Community Centre

JBST Soccer Skills Development

6-9 yrs

This fun JBST Soccer Academy program teaches soccer dribbling, passing, shooting, juggling, and tricks through small-sided games for new players. Goals: Developing skills, passion, and fun. www.jbstsoccer.com This program takes place in the Auditorium. Please enter off of West Boulevard.

Sa 2:00 pm-3:00 pm Jan 23-Mar 27
▶296872 \$215/10 sess

Instructor: JBST Academy
 Auditorium at *Kerrisdale Community Centre

Sportball Multisport

5-7 yrs

This program is designed to guide children through the introductory skills in a number of different ball sports. Games and skills are taught in a fun and creative manner by using story lines to encourage participation. All programs are non-competitive and focus on success while building confidence. In order to limit equipment sharing in programs, each child will be provided with a Sportball equipment pack on the first day of programming. This pack must be brought to class each week. The equipment is included in the registration fee and is yours to keep once the program is done. Please note: Pre-registration is required, no on-site drop-in available. This program takes place in the Auditorium. Please enter off of West Boulevard.

Tu 4:45 pm-5:45 pm Jan 12-Mar 02
▶296160 \$172/8 sess

Instructor: Sportball Vamcouver
 Auditorium at *Kerrisdale Community Centre

Tennis: Junior Aces

7-9 yrs

Young players with some experience continue to develop their skills through high energy, game-based lessons that use the ½ stage of the progressive tennis model. An emphasis is placed on inspiring a love for the game while building a strong technical foundation. Students are expected to bring their own racquet.

Su 10:45 am-12:15 pm Jan 10-Mar 28
▶296645 \$540/12 sess

Instructor: Summer Smash Tennis
 Gymnasium at *Kerrisdale Community Centre

All Tennis programs take place in the Gymnasium. Please enter from the parking lot entrance off West 42nd Ave.

Tennis: Junior Fundamentals

7-9 yrs

Young beginners with little or no experience are introduced to the game through high energy, game-based lessons that use the ½ stage of the progressive tennis model. We focus on inspiring a love for the game while building a strong technical foundation. Please bring your own racquet.

Sa 1:30 pm-2:30 pm Jan 16-Mar 27
▶296646 \$330/11 sess

Instructor: Summer Smash Tennis
 Gymnasium at *Kerrisdale Community Centre

Tennis: Mini Fundamentals

5-6 yrs

Learn tennis this fall! We have fun developing students' movement, tracking, and racquet skills. An emphasis is placed on learning how to develop coordination and cooperation skills in a group setting. Please bring your own racquet.

Su 9:45 am-10:30 am Jan 10-Mar 28
▶296641 \$270/12 sess

Instructor: Summer Smash Tennis
 Gymnasium at *Kerrisdale Community Centre

Tennis: Youth Aces

10-13 yrs

Young players with some experience continue to develop their skills through high energy, game-based lessons that use the ½ stage of the progressive tennis model. We focus on inspiring a love for the game while building a strong technical foundation. Please bring your own racquet.

F 5:30 pm-7:00 pm Jan 15-Mar 26
▶296639 \$495/11 sess

Su 1:00 pm-2:30 pm Jan 10-Mar 28
▶296640 \$540/12 sess

Instructor: Summer Smash Tennis
 Gymnasium at *Kerrisdale Community Centre

Tennis: Youth Fundamentals

10-13 yrs

Young beginners with little or no experience are introduced to the game through high energy, game-based lessons that use the ½ stage of the progressive tennis model. Please bring your own racquet.

W 4:30 pm-5:30 pm Jan 13-Mar 31
▶296638 \$360/12 sess

Instructor: Summer Smash Tennis
 Gymnasium at *Kerrisdale Community Centre

ART

Watercolour for Youth

12-17 yrs

Explore the world of watercolour painting. This program is for children who want to learn how to use water, paper, colour and brushes to create an endless variety of tones in their paintings. (Supplies are not included, supply list available upon registration) www.atashzad.com. This program takes place in room 222. Please enter from the parking lot entrance off of West 42nd Ave

Su 12:45 pm-2:15 pm Jan 17-Mar 21
296519 \$150/10 sess

Instructor: Mohammad Atashzad
 Room 222 at *Kerrisdale Community Centre

SPORTS

Badminton Singles Play

13-18 yrs

There is no formal instruction, but the instructor will advise on playing and rules. Please note participants are expected to bring their own Badminton racquet. Shared supplies such as birdies designated for use between specific participants each session will be sanitized between classes. Please note the following rules to be followed. Please wash your hands before & after program. Once you enter the gym space, you may use the bathroom, but there is no loitering in the hallways or gymnasium (no ins and outs). Maintain social distancing, no food or drink (except water) in the gymnasium. Drop-in players allowed, space permitting: \$4.75. This program takes place in the Gymnasium. Please enter from the parking lot entrance off of West 42nd Ave. Note: program is merged with the children's program.

Tu 3:45 pm-5:45 pm Jan 12-Mar 09
293663 \$38.25/9 sess

Instructor: Richard Tai
 Gymnasium at *Kerrisdale Community Centre

MUSIC

Piano Lessons Private

Develop your own musical ability and appreciation in a fun, yet challenging atmosphere. Lessons are customized to your developmental level. Reading and writing music, exploring rhythm and understanding basic theory are fundamental components of this program. No previous experience is required but a piano to practice on is recommended. Additional cost for books. Students & Teachers are required to wash hands before and after class. We will have two pianos in the room, one for the student to use and one for the teacher. Piano keys will also be sanitized regularly, no sharing of equipment and social distancing measures will be taken in lesson room. This program takes place in room 217. Please enter from the parking lot entrance off of West 42nd Ave. No class Feb 15.

5-12 yrs

Tu 3:30 pm-4:00 pm	Jan 12-Mar 09
295963	\$212/9 sess
Tu 4:15 pm-4:45 pm	Jan 12-Mar 09
295966	\$212/9 sess
Tu 5:00 pm-5:30 pm	Jan 12-Mar 09
295967	\$212/9 sess
Tu 5:45 pm-6:15 pm	Jan 12-Mar 09
295969	\$212/9 sess
Tu 6:30 pm-7:00 pm	Jan 12-Mar 09
295970	\$212/9 sess

Instructor: Beth Carroll
 Room 217 at *Kerrisdale Community Centre

8+ yrs

M 3:30 pm-4:00 pm	Jan 25-Mar 08
296019	\$143/6 sess
M 4:15 pm-4:45 pm	Jan 25-Mar 08
296020	\$143/6 sess
M 5:00 pm-5:30 pm	Jan 25-Mar 08
296021	\$143/6 sess
M 5:45 pm-6:15 pm	Jan 25-Mar 08
296022	\$143/6 sess

Instructor: Nancy Chang
 Room 217 at *Kerrisdale Community Centre

Violin Lessons Private 6+ yrs

Students of all age and levels welcome. During classes an entire set of skills will be developed: note accuracy, ear training, memory, rhythm, reading and pulsation, self confidence, and self control. Classical and Suzuki method are available as well as a large variety of styles from folk, fiddle to pop. Participants must bring their own violin to class. Additional cost for books. Students & Teachers are required to wash hands before and after class. No sharing of instruments and social distancing measures will be taken in music lesson room. This program takes place in room 217. Please enter from the parking lot entrance off of West 42nd Ave.

Th 3:30pm-5:30pm	Jan 14-Mar 11
304278	\$212/9 sess
Th 4:15pm-4:45pm	Jan 14-Mar 11
304290	\$212/9 sess
Th 5:00 pm-5:30 pm	Jan 14-Mar 11
299577	\$212/9 sess
Th 5:45 pm-6:15 pm	Jan 14-Mar 11
299579	\$212/9 sess
Th 6:30 pm-7:00 pm	Jan 14-Mar 11
299580	\$212/9 sess
Th 7:15 pm-7:45 pm	Jan 14-Mar 11
299581	\$212/9 sess

Instructor: Pavel Chiriac
 Room 217 at *Kerrisdale Community Centre

Please Note

Parents/caregivers are required to be onsite at the designated check-in area to drop-off the child and complete the verbal health assessment screening.



Kerrisdale Community Centre Society • Annual General Meeting

Wednesday February 17, 2021 • 7:30pm
 This will be a Zoom meeting

All current KCCS Members are urged to attend. Pre-registration is required:
kerrisdaleccsociety@gmail.com



MARTIAL ARTS

AAA Butokukan Karate

Butokukan means "Training Hall of the Virtues of the Martial Arts" and draws the best from traditional and modern martial arts. Enjoy the physical and mental exercise to develop your poise, balance, concentration and confidence in a safe environment. Covid-19 Protocols: All classes will be conducted in a non-contact environment. All participants are encouraged to wear a mask. Required: soft soled shoes [sneakers or cross-trainers recommended]. Participants are expected to maintain Social Distancing. All Instructors will wear masks and, when necessary face shields. A sanitation station will be available. Students are required to sanitize their hands before entering the Dojo and when leaving. The class structure, including the warm-up and training drills have been modified to enhance the safety of everyone involved. Class size is limited due to Covid-19 concerns. Questions or Concerns: Call 604.299.5061. No class Feb 15. Mon class takes place in the Gymnasium. Please enter from the parking lot off of West 42 Ave. Fri class takes place in the Auditorium. Please enter from West Boulevard.

5-12 yrs

New Member Special: This introductory, first-time, student program and includes a free \$60.00 karate uniform.

M F 5:00 pm-5:45 pm Jan 11-Jan 22
▶297777 \$39/4 sess

Beginner Ongoing

M F 5:00 pm-5:45 pm Jan 11-Mar 15
▶297776 \$162/18 sess

Intermediate and Advanced Ongoing

M F 6:00 pm-6:45 pm Jan 11-Mar 15
▶297778 \$162/18 sess

13+ yrs

New Member Special: This introductory, first-time, student program and includes a free \$60 karate uniform.

M F 7:00 pm-7:45 pm Jan 11-Jan 22
▶297779 \$41/4 sess

Ongoing

M F 7:00 pm-7:45 pm Jan 11-Mar 15
▶297780 \$170.25/18 sess

Instructor: Harry Charalambous

M Gymnasium, F, Auditorium at *Kerrisdale Community Centre

MARTIAL ARTS

Iaido

18+ yrs

Iaido is the art of drawing and cutting with the samurai katana (sword) to develop awareness, calmness, and mental & physical harmony through the practice of traditional katana techniques. Iaidoka develops the mind to a peaceful and active state, ready to react and deal with any life situation. Students begin practicing with a bokken (wooden sword), provided by the school. In future, the bokken is replaced by a Japanese training sword. Financial assistance will be provided for the purchase of this sword. Ken Shin Dojo is certified by Whole Japan Iaido Kokusai Federation. kenshindojo.ca. Please enter from West Boulevard.

Sa 11:45 am-1:15 pm Jan 09-Mar 27
▶294889 \$252/12 sess

Instructor: Bahman Ebrahimi

Auditorium at *Kerrisdale Community Centre

Shadow Kickboxing 13+ yrs

This high energy non-contact sparring martial art will enhance your cardio-fitness, flexibility, speed, strength and endurance. Learn standing techniques through a combination of target practice, kicking and punch bag drills. This is the ultimate combination in practical self defense, suitable for all fitness levels. Please wear kickboxing shoes or soft indoor running shoes. Kickboxing pants included for new members. Belt testing optional. Certificates in Kickboxing offered. Drop-ins \$25 approved by instructor. kenshindojo.ca

Su 3:00 pm-4:00 pm Jan 10-Mar 21
▶296774 \$187/11 sess

Instructor: Bahman Ebrahimi

Auditorium at *Kerrisdale Community Centre

Tai Chi: 24 Form Suitable for Beginners 16+ yrs

Tai Chi is a martial art and moving meditation based on the principle of the interplay of Yin and Yang. It is a gentle form of exercise for the body and the mind, cultivating mindfulness and concentration. Slow and graceful movements improve balance, coordination, and well being. Emphasis on proper alignment and structure promotes Qi flow through the body. This simplified Yang form is suitable for beginners. This program takes place in the gymnasium. Please enter from 42nd Ave entrance off the parking lot.

M 10:30 am-11:30 am Jan 11-Mar 22
▶298371 \$184.80/11 sess

Instructor: Kelly Maclean

Gymnasium at *Kerrisdale Community Centre

ART

Acrylic Painting

18+ yrs

Enjoying and relaxing with acrylic painting as an expressive and vibrant medium. Learn how to use the brushes to achieve techniques such as blending, glazing, lifting, wet on wet and over dry to create different textures. We will focus on beautiful landscapes, flowers and figures. www.atashzad.com Supplies are not included. (Supplies are not included, supply list available upon registration) Drop in \$25. This program takes place in room 222. Please enter from the parking lot entrance off of West 42nd Ave.

W 1:45 pm-3:45 pm Jan 13-Mar 17
▶296527 \$200.25/10 sess

Instructor: Mohammad Atashzad

Room 222 at *Kerrisdale Community Centre

Creative Painting Using Acrylics

18+ yrs

In this class we will explore acrylic painting by developing core skills and learning new techniques with a continual focus on building up your painting style. For the first two weeks we will do short studies to help you develop your painter's eye as well as work on colour mixing and basic skills. Some techniques covered are: wet on wet, dry brushing, thin over thick and glazing. Returning students are invited to participate in daily projects or work on their own with instructor guidance. We will focus on landscapes then portraits then abstracts, but bring your own ideas as well. Both beginner and intermediate painters are welcome, supply list available upon registration. (No supplies provided). This program takes place in room 222. Please enter from the parking lot entrance off of West 42nd Ave.

Th 11:00 am-1:00 pm Jan 14-Mar 11
▶296649 \$135/9 sess

Th 1:30 pm-3:30 pm Jan 14-Mar 11
▶296650 \$135/9 sess

Instructor: Janine Schroedter

Room 222 at *Kerrisdale Community Centre

As a result of current Provincial Health Order requirements, the start of some Adult & Seniors Programs may be delayed until restrictions are removed.



Adults

ART

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 (Supplies are not included, supply list available upon registration). Drop-in \$25. This program takes place in room 222. Please enter from the parking lot entrance off of West 42nd Ave.

Su 2:30 pm-4:30 pm Jan 17-Mar 21

▶296514 \$200.25/10 sess

W 5:45 pm-7:45 pm Jan 13-Mar 17

▶296521 \$200.25/10 sess

Instructor: Mohammad Atashzad

Room 222 at *Kerrisdale Community Centre

GROUP FITNESS

10-visit passes will resume in 2021

Adults: \$47.50
Sr/Youth: \$37.50

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. Bring your own filled water bottle. Drop-in \$15.50, space permitting. This program takes place in the Room 015 & the Exercise Room. Please enter from the parking lot entrance.

Tu 10:00 am-11:00 am Jan 12-Mar 30

▶293436 \$129/12 sess

F 10:00 am-11:00 am Jan 15-Mar 26

▶293437 \$118.25/11 sess

Instructor: Barry Petkau

Exercise Room at *Kerrisdale Community Centre

As a result of current Provincial Health Order requirements, the start of some Adult & Seniors Programs may be delayed until restrictions are removed.



GROUP FITNESS

Group Fitness Core & Stretch 16+ yrs

thirty minutes of low impact exercises with handheld weights and resistance bands, followed by thirty minutes of core and stretch. Enjoy your class with plenty of physical distancing. We recommend bringing your own equipment (mat, weights & resistant band). If participants bring their own equipment, it must be sanitized on the spot prior to being used in the program. All equipment will be cleaned and sanitized before and after use. Participants will be provided with equipment to use for the session if they are unable to bring their own. Equipment will not be shared. Please bring a filled water bottle. Drop-in \$6.25 adults/\$5.25 seniors, space permitting. This program takes place in the gymnasium. Please enter from 42nd Ave entrance off the parking lot.

Th 9:00 am-10:00 am Jan 14-Mar 25

▶296198 \$57.75/11 sess

Instructor: Meg Todd

Gymnasium at *Kerrisdale Community Centre

Group Fitness Gentle Fit 16+ yrs

A complete workout featuring options for performing all exercises on chairs. Our goal is to promote unaided mobility through gentle cardiovascular exercise. Enjoy your class with plenty of physical distancing. We recommend bringing your own equipment (weights & resistant band). If participants bring their own equipment, it must be sanitized on the spot prior to being used in the program. All equipment will be cleaned and sanitized before and after use. Participants will be provided with equipment (weights) to use for the session if they are unable to bring their own. Equipment will not be shared. Please bring a filled water bottle. Drop-in \$6.25 adults/\$5.25 seniors, space permitting.

Tu 9:45 am-10:45 am Jan 12-Mar 30

▶293031 \$63/12 sess

F 9:00 am-10:00 am Jan 15-Mar 26

▶293033 \$57.75/11 sess

Sa 10:15 am-11:15 am Jan 16-Mar 27

▶293036 \$57.75/11 sess

Instructor: Audrey Darling

Tu/F, Gymnasium, Sa Auditorium at *Kerrisdale Community Centre

Group Fitness Gentle Fit Advanced 16+ yrs

Join in for an hour of fun and exercise. This is a go at your own pace workout. Suitable for the more active and mobile senior. Enjoy your class with plenty of physical distancing. We recommend bringing your own equipment (weights & resistant band). If participants bring their own equipment, it must be sanitized on the spot prior to being used in the program. All equipment will be cleaned and sanitized before and after use. Participants will be provided with equipment to use for the session if they are unable to bring their own. Equipment will not be shared. Please bring a filled water bottle. Drop-in \$6.25 adults/\$5.25 seniors, space permitting. This program takes place in the auditorium. Please enter from West Boulevard.

W 10:30 am-11:30 am Jan 13-Mar 31

▶297129 \$63/12 sess

Instructor: Dee Cresdee

Auditorium at *Kerrisdale Community Centre

Group Fitness Mild/Moderate Low Impact 16+ yrs

A complete low impact workout. Our goal is to promote unaided mobility through gentle cardiovascular exercise. Enjoy your class with plenty of physical distancing. We recommend bringing your own equipment (weights & resistant band). If participants bring their own equipment, it must be sanitized on the spot prior to being used in the program. All equipment will be cleaned and sanitized before and after use. Participants will be provided with equipment (weights) to use for the session if they are unable to bring their own. Equipment will not be shared. Please bring a filled water bottle. Drop-in \$6.25 adults/\$5.25 seniors, space permitting. This program takes place in the gymnasium. Please enter from 42nd Ave entrance off the parking lot.

Tu 11:00 am-12:00 pm Jan 12-Mar 30

▶293038 \$63/12 sess

Instructor: Audrey Darling

Gymnasium at *Kerrisdale Community Centre

GROUP FITNESS

**Group Fitness
TBC & Stretch**

16+ yrs

Total Body Conditioning & Stretch. A strength, endurance and stretch class to challenge all muscle groups using hand held weights, resistance bands, and mats. Enjoy your class with plenty of physical distancing. We recommend bringing your own equipment (mat, weights & resistant band). If participants bring their own equipment, it must be sanitized on the spot prior to being used in the program. All equipment will be cleaned and sanitized before and after use. Participants will be provided with equipment to use for the session if they are unable to bring their own. Equipment will not be shared. Please bring a filled water bottle. Drop-in \$6.25 adults/\$5.25 seniors, space permitting. This program takes place in the gymnasium. Please enter from 42nd Ave entrance off the parking lot.

M	9:00 am-10:00 am	Jan 11-Mar 29
▶296196		\$63/12 sess
W	9:00 am-10:00 am	Jan 13-Mar 31
▶296197		\$63/12 sess

Instructor: Meg Todd
Gymnasium at *Kerrisdale Community Centre

Group Fitness • Zumba 16+ yrs

When participants see a Zumba class in action, they can't wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students. This program takes place in the Auditorium. Please enter off of West Boulevard. On Saturdays, this program takes place in the gymnasium. Please enter from 42nd Ave entrance off the parking lot. Drop-in \$6.25 adults/\$5.25 seniors, space permitting

M	5:30 pm-6:30 pm	Jan 11-Mar 29
▶296559		\$63/12 sess
W	5:30 pm-6:30 pm	Jan 13-Mar 31
▶296560		\$63/12 sess

Auditorium at *Kerrisdale Community Centre

Sa	9:00 am-10:00 am	Jan 16-Mar 27
▶299215		\$57.75/11 sess

Instructor: Tanya Hillson De Meza
Gymnasium at *Kerrisdale Community Centre

HEALTH & WELLNESS

**Beginner Pilates
for Older Adults**

55+ yrs

Pilates is essentially a balanced compilation of exercises to strengthen your torso (core). As we age, our body changes, often giving way to slower movement, less activity, and feelings of discomfort in the body. A stronger core can strengthen your entire body and thus improve your mobility and balance while alleviating the body's pain and discomfort. These classes are designed for relatively active men and women over the age of 55. Please bring your own Yoga/Pilates mat. Drop in \$18, space permitting. This program takes place in Room 226. Please enter from the parking lot entrance off of West 42nd Ave.

W	10:30 am-11:30 am	Jan 20-Mar 31
▶299704		\$160.65/11 sess

Instructor: Into Yoga
Room 226 at *Kerrisdale Community Centre

BeMoved 16+ yrs

BeMoved is an established dance experience designed by Sherry Zunker, for adults of all movement abilities. The Warm-up infuses breath and movement through choreographed, artistic sequences that activate core strength and balance while improving flexibility and coordination. The Genre section of class uses continuous engaging dance combinations to inspire anyone from first-time dancers to professionals. Finally, the Cool Down brings your workout full circle, leaving you balanced in mind, body and soul- feeling rejuvenated. Drop-in \$16, if space permits. For more info please see the following links: <http://www.anitasiu.com/> and BeMoved video clip: <https://vimeo.com/49348774>. This program takes place in the gymnasium. Please enter from 42nd Ave entrance off the parking lot.

Trial Class

F	11:00 am-12:00 pm	Jan 15
▶294890		\$7.50/1 sess
F	11:00 am-12:00 pm	Jan 11-Feb 19
▶294891		\$73.50/5 sess
F	11:00 am-12:00 pm	Feb 26-Mar 26
▶294892		\$73.50/5 sess

Instructor: Anita Siu
Gymnasium at *Kerrisdale Community Centre

HEALTH & WELLNESS

**Emergency Preparedness
for Home (Online)** 14+ 

This 1-hour session will provide participants with the basics on how to prepare for an emergency before, during, and after the emergency event occurs. The focus will be on preparing for an major earthquake. Experts have indicated that if one is prepared for an earthquake, one will be prepared for almost all other natural emergencies.

W	7:00pm-8:00pm	▶Jan 20 / Free
Tu	7:00pm-8:00pm	▶Feb 23 / Free

Instructor: Christopher Chan

**Mental Health & Wellness
in the Workplace
(Online)** 14+ 

Mental Health and Wellness for the Workplace. Participants learn about mental health and mental health issues including anxiety, depression, and suicide. The focus of this course is to help participants recognize a mental health issue with their co-workers, friends, and family members. The course will provide tools for participants to start a conversation with someone that may be in a challenging situation and provide useful resources that may be of use for someone who is dealing with a mental health issue.

Tu W Th	7:00pm-9:00pm	▶Jan 26-Jan 28 / Free
Tu W Th	7:00pm-9:00pm	▶Mar 2-Mar 4 / Free

Instructor: Christopher Chan

**Thriving in Difficult Times
with Mindfulness
(Online)** 18+ 

Inviting you to a new way to deal with life's challenges and a better way to live in difficult times. Including mindfulness meditation, a talk, and Q&A.

M	7:00pm-8:30pm	▶Feb 1 / Free
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Instructor: Sung Yang

**Kerrisdale Community Centre
Society • Annual General Meeting**
Wednesday February 17, 2021 • 7:30pm
This will be a Zoom meeting

All current KCCS Members are urged to attend. Pre-registration is required:
kerrisdaleccsociety@gmail.com



SPORTS

Adult Tennis Intermediate Clinic 18+ yrs

Take your singles game to the next level! An opportunity for players with some experience with the game (2.5-3.5 NTRP rating) to refine their technical and tactical skills for singles. Through game-based learning, students will improve their ability to play within cooperative and competitive settings. Students are expected to bring their own racquet. Waivers are available at the front desk and online at www.summersmashtennis.ca. Participants will not be allowed to play until a completed waiver has been submitted. This program takes place in the gymnasium. Please enter from 42nd Ave entrance off the parking lot.

W 1:30 pm-3:00 pm Jan 13-Mar 31
▶296637 \$567/12 sess

Instructor: Summer Smash Tennis
 Gymnasium at *Kerrisdale Community Centre

Pickleball Singles Play 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. Please note that this program is non-instructional. Participants are expected to bring their own balls, paddle & filled water bottle. Singles play only. Partners must stay the same for the duration of each daily session. M/F Drop-in \$3.75, W \$2.25 space permitting. This program takes place in the gymnasium. Please enter from 42nd Ave entrance off the parking lot.

M 1:00 pm-3:00 pm Jan 11-Mar 29
▶293858 \$39/12 sess

W 6:30 pm-7:30 pm Jan 13-Mar 31
▶293860 \$21/12 sess

F 1:30 pm-3:30 pm Jan 15-Mar 26
▶293859 \$35.75/11 sess

Instructor: No Instructor
 Gymnasium at *Kerrisdale Community Centre

Learn to Play Pickleball 18+ yrs

Pickleball is a racquet sport, which is a combination of tennis, badminton & ping-pong. You will learn the fundamentals of Pickleball including game rules, terminology, skills, scoring, and basic strategies as well as develop technique and strategy for social play. Suitable for individuals of all ages, fitness levels, and athletic abilities. All equipment provided. This program takes place in the gymnasium. Please enter from 42nd Ave entrance off the parking lot.

Su 3:00 pm-4:30 pm Jan 24-Mar 14
▶296558 \$168/8 sess

Instructor: Mona Lee
 Gymnasium at *Kerrisdale Community Centre

Pickleball Lessons Skills & Drills Intermediate 18+ yrs

Players with some experience, have played games and would like to fine tune their strokes and learn strategic plays from a certified Pickleball Instructor. All equipment provided. Suitable for individuals of all ages, fitness levels, and athletic abilities. All equipment provided. \$15 drop-in space permitting. This program takes place in the gymnasium. Please enter from 42nd Ave entrance off the parking lot.

Sa 10:45 am-12:45 pm Jan 23-Mar 13
▶296800 \$210/8 sess

Instructor: Mona Lee
 Gymnasium at *Kerrisdale Community Centre

Pickleball Lessons Skills & Drills Beginners 18+ yrs

Players who have already completed the beginner's lessons and would like to fine tune their strokes and learn strategic doubles play. All equipment provided. \$15 drop-in space permitting. This program takes place in the gymnasium. Please enter from 42nd Ave entrance off the parking lot. No class Feb 15.

M 3:15 pm-4:30 pm Jan 18-Mar 15
▶298316 \$126/8 sess

Instructor: Mona Lee
 Gymnasium at *Kerrisdale Community Centre

WORKSHOPS

Aromatherapy, During Covid-19 19+ yrs

Aromatic Essences derived from portions of the plants - discover the alternative form of healing! Learn the top ten essential oils, their therapeutic properties and how to safely and effectively use them everyday. Discuss creating your own essential oil medicine cabinet. In class, create blends for sleep, concentration, lymphatic drainage, scarring, acne and other ailments. Create a personal synergy (blend), a roll-on, massage oil, a solid scent perfume, and a perfume spray. Recipes and blends provided. All supplies included in course fee. This program takes place in the craft room. Please enter from the senior centre.

Th 6:00 pm-8:00 pm Feb 18
▶298441 \$50.25/1 sess

Instructor: Cheryl Theilade
 Seniors Centre Craft Room at *Kerrisdale Community Centre

Pure & Simple Soap Making! 19+ yrs

Soap from scratch! From pre-blended bases, learn the basics of cold process soap making from scratch! Make a long lasting herbal floral soap and a batch of citrus explosion. Explore different ingredients, methods and techniques that you can use to create exciting soaps. Learn about troubleshooting, history and packaging/decorating your soaps! Also receive a finished soap bar. Recipes for gourmet garden bar, pet soap, laundry soap and herbal shampoo. Please bring hand towel to class. Come to class scent free and bring an apron (or wear appropriate clothing). All supplies included in course fee. This program takes place in the craft room. Please enter from the senior centre.

W 5:00 pm-7:00 pm Mar 03
▶298403 \$50/1 sess

Instructor: Cheryl Theilade
 Seniors Centre Craft Room at *Kerrisdale Community Centre

As a result of current Provincial Health Order requirements, the start of some Adult & Seniors Programs may be delayed until restrictions are removed.



DANCE

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 \$11.25 adult/\$9.25 senior, if space permits. This program takes place in the Auditorium. Please enter off of West Boulevard.

W 7:00 pm-8:00 pm Jan 13-Mar 24
►292410 \$85.25/11 sess • Adult Rate: \$113.75

Instructor: Dee Cresdee

Auditorium at *Kerrisdale Community Centre

Line Dancing: Improver

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 \$11.25 adult/\$9.25 senior, if space permits. This program takes place in the Auditorium. Please enter from West Boulevard.

Th 6:30 pm-7:30 pm Jan 14-Mar 25
►292411 \$85.25/11 sess • Adult Rate: \$113.75

Instructor: Dee Cresdee

Auditorium at *Kerrisdale Community Centre

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. Drop-in \$14 adults/\$11 seniors, if space permits. This program takes place in the Auditorium. Please enter off of West Boulevard.

Th 3:30pm-4:30pm Jan 14-Mar 25
►292602 \$99/11 sess • Adult Rate: \$132

Instructor: Beryl Israel

Auditorium at *Kerrisdale Community Centre

Tap Happy 2

19+ yrs

This class is being run at an Advanced Fast Beginner level building up new routines each time. 3 years tap experience recommended. Join us for some tap dancing fun...safely distanced. Tap shoes not required, just a hard soled comfortable shoe is fine. Drop-in \$14 adults/\$11 seniors, if space permits. This program takes place in the south room. Please enter from the senior centre.

Sa 1:45 pm-2:45 pm Jan 09-Mar 27
►297255 \$108/12 sess • Adult Rate: \$144

Instructor: Beryl Israel

Seniors Centre South Room at *Kerrisdale Community Centre

HEALTH & FITNESS

Cardiofit

55+ yrs

While designed with seniors in mind, CARDIOFIT is aimed at fitness for persons who have experienced, or are at risk of heart problems. It is particularly suitable to graduates of previous Healthy Heart programs. While the program follows certain guidelines, the instructors, who are all certified and carry CPR certification, each have their own routines and music. Everyone participates at his or her own pace. Each class starts with 10 minutes of warm-up exercises followed by 15 minutes of more strenuous cardiac work and 5 minutes of cool down. Heart beat is monitored. The last half hour is devoted to general stretching and joint exercises, which includes work with weights as well as exercises using chairs and mats. Drop-in \$6.25 adults/\$5.25 seniors, if space permits. This program takes place in the Auditorium. Please enter from West Boulevard.

W 9:00 am-10:00 am Jan 13-Mar 31
►297885 \$45/12 sess • Adult Rate: \$60

Instructor: Berdjis Bahrami

Auditorium at *Kerrisdale Community Centre

HEALTH & FITNESS

Chair Yoga

19+ yrs

Yoga adapted to the chair makes more yoga more accessible to more people. The many benefits of yoga can be enjoyed without getting up and down from the floor. This gentle yet deep practice works all parts and systems of the body. Breath awareness calms and balances the body and the mind. Some optional standing poses using the chair for balance help to improve strength and balance. Everyone moves within their own level of comfort. This program takes place in the auditorium. Please enter from West Boulevard.

Th 11:00 am-12:00 pm Jan 14-Feb 11
►297834 \$55/5 sess • Adult Rate: \$73.50

Th 11:00 am-12:00 pm Feb 18-Mar 18
►298373 \$55/5 sess • Adult Rate: \$73.50

Instructor: Sylvia Smallman

Auditorium at *Kerrisdale Community Centre

Core Conditioning for a Strong, Healthy Back 55+ yrs

This class focuses on core strength and stability exercises, essential for maintaining a healthy back. Bands, weights large and small exercise balls will be used. Balances exercises will be included and flexibility will improve with controlled stretching. Learn how to relax using correct breathing techniques. Please wear comfortable clothing and athletic footwear. This program takes place in the Auditorium. Please enter from West Boulevard.

Tu 6:30 pm-7:45 pm Jan 12-Mar 23
►292159 \$99/11 sess

Instructor: Dee Cresdee

Auditorium at *Kerrisdale Community Centre

Health Qigong

19+ yrs

Chinese Health Qigong is a form of breathing and gentle physical exercises that will enhance your health. The movements are simple and easy to perform, yet each movement is designed to utilize both the ancient methods, and the modern, scientific medical theories to strengthen one's vital internal organs, the external body and limbs. Suitable for all ages. Drop-in \$11.75 adults/\$9 seniors, if space permits. This program takes place in room 222. Please enter from the parking lot entrance off of West 42nd Ave.

M 9:30 am-10:30 am Jan 11-Mar 29
►297766 \$88/11 sess • Adult Rate: \$118.25

Instructor: Lai Chun Cheung

Room 222 at *Kerrisdale Community Centre

To get the latest updates about activities at Kerrisdale Community Centre, subscribe to our electronic newsletter.

kerrisdalecc.com/kerrisdale-email-newsletter



Seniors

HEALTH & FITNESS

Joint Works 55+ yrs

An exercise program approved by the Arthritis Society. Suitable for those with mild to advanced Arthritis. The class helps to relieve stiffness, improve posture and increase endurance, flexibility and strength. Learn to relax your muscles and loosen up joints. This class takes place in the Auditorium. Please enter from West Boulevard.

W 2:00 pm-3:00 pm Jan 13-Mar 24
D292406 \$46.75/11 sess • Adult Rate: \$62.50
F 2:00 pm-3:00 pm Jan 15-Mar 26
D292408 \$46.75/11 sess • Adult Rate: \$62.50

Instructor: Keno Kinoshita
Auditorium at *Kerrisdale Community Centre

Move to Music 55+ yrs

Discover the joy in moving to classical music and old favourites while stretching and strengthening your whole body. Exercises will focus on posture, balance and agility. Drop-in \$6.25 adults / \$5.25 seniors, if space permits. This program takes place in the Auditorium. Please enter off of West Boulevard.

Tu 9:30 am-10:30 am Jan 12-Mar 23
D292558 \$46.75/11 sess • Adult Rate: \$62.50
F 9:30 am-10:30 am Jan 15-Mar 26
D292559 \$46.75/11 sess • Adult Rate: \$62.50

Instructor: Carola Von Hahn
Auditorium at *Kerrisdale Community Centre

Osteofit Level 1 55+ yrs

Provided in partnership with BC Women's Health Centre, this exercise program is for people with Osteoporosis. Emphasis is on building strength and improving balance to prevent falls. An education component on nutrition, treatment options, and osteoporosis is also included. Drop-in \$6.75 adults/\$4.75 seniors, if space permits. No class Feb 15.

M 9:00 am-10:00 am Jan 11-Mar 29
D292560 \$41.25/11 sess • Adult Rate: \$55
Instructor: Rachel King
Auditorium at *Kerrisdale Community Centre

Th 9:00 am-10:00 am Jan 14-Mar 25
D292561 \$41.25/11 sess • Adult Rate: \$55
Instructor: Berdjis Bahrami
Auditorium at *Kerrisdale Community Centre

As a result of current Provincial Health Order requirements, the start of some Adult & Seniors Programs may be delayed until restrictions are removed.

HEALTH & FITNESS

Steady Feet 19+ yrs

Are you nervous about falling? Recommended by Doctors and Physiotherapists, this Coastal Health sponsored balance and mobility program will help improve your functional mobility, increase lower body strength, improve balance and reduce fall risk. Classes are small in size to facilitate close attention. This program takes place in the Auditorium. Please enter off of West Boulevard.

W F 3:30 pm-4:30 pm Jan 13-Mar 26
D292564 \$143/22 sess Adult Rate: \$190.75

Instructor: Keno Kinoshita
Auditorium at *Kerrisdale Community Centre

Yoga for Older Adults 19+ yrs

These classes are designed for relatively active men and women over the age of 55 but registration is not necessarily limited to that age group. Emphasis in these classes is on balance, strength and flexibility. Classes are slow and gentle allowing everyone to work at their own pace. Please bring your own Yoga/Pilates mat. Drop in \$18, space permitting. This program takes place in room 226. Please enter from the parking lot entrance off of West 42nd Ave. No class Feb 15.

M 10:30 am-11:45 am Jan 18-Mar 29
D299680 \$168/10 sess

Instructor: Into Yoga
Room 226 at *Kerrisdale Community Centre

MUSIC

You Can Ukulele for Beginners & Intermediates 55+ yrs

A ukulele class great for these unique times —instrumental uke. In this class we will explore the possibilities of ukulele playing without singing! We will play using a variety of styles and techniques, including the popular "chord-melody" style and playing different parts together to create a musical whole. Some note-reading and the theory of arranging music for the solo uke will be covered as well. The class is suitable for beginners or those with some experience on the ukulele. This program takes place in the south room. Please enter from the senior centre.

M 6:15 pm-7:15 pm Jan 11-Mar 15
D298344 \$80/10 sess Adult Rate: \$106.75

Instructor: Joseph Young
Seniors Centre South Room at *Kerrisdale Community Centre

LEISURE

Brock House/Kerrisdale Bell Ringers 55+ yrs

No handbell experience is required but we do ask that you are 55 or older and can read music. We play 4 octaves of handbells and handchimes. Contact Grace Lau 604.323.8131 before registering. This program takes place in the seniors south room. Please enter from the senior centre entrance.

Tu 9:00 am-11:45 am Jan 12-Mar 30
D292157 \$24/12 sess

Instructor: Brock House Bell Ringers
Seniors Centre South Room at *Kerrisdale Community Centre

Brock House/Kerrisdale Bell Ringers 55+ yrs

Come learn this fascinating hobby. No handbell experience is required but we do ask that you are 55 or older and can read music. We play 3.5 octaves of handbells and handchimes. Call Mona Kriss 604.362.1251 before registering. This program takes place in the seniors south room. Please enter from the senior centre entrance.

W 1:00 pm-3:00 pm Jan 13-Mar 31
D292158 \$24/12 sess

Instructor: Brock House Bell Ringers
Seniors Centre South Room at *Kerrisdale Community Centre

Games Room Pool/Snooker 55+ yrs

Tables are available for booking starting at 9:30am M-F. Pair play only. \$4/person (2 players per table), 2 hrs. 30min of cleaning between bookings. Equipment available but we recommend you bring your own cues. This program takes place in the Seniors Games Room. Please enter from the Senior Centre entrance.

M-F 9:30 am-6:15 pm
\$8/1 sess, Pre-registration required
Seniors Centre South Room at *Kerrisdale Community Centre

Table Tennis 55+ yrs

Non-instructional, 2-hr table booking. Singles play only. Bring your own paddle and ball. This program takes place in the seniors craft room. Please enter from the senior centre entrance.

M 2:30 pm-4:30 pm
T 10:00 am-12:00 pm
W 2:30 pm - 4:30 pm
Th 10:00 am-12:00 pm
\$4/1 sess, Pre-registration required

Instructor: Non Instructional
Seniors Centre South Room at *Kerrisdale Community Centre

General Information

- Program registration is on a first come, first served basis. Popular programs fill up quickly! Registration will continue until courses are full.
- Please be sure to keep your receipts for tax purposes, where applicable. There is a \$10 charge for issuing Duplicate Activity Receipts.
- Programs are subject to change without notice.
- Unavoidable class cancellations will be made up at the end of the session.
- If you have registered for an in-person program, please pick up your receipt within 72 hours of registering for your in-person program to confirm that you have been registered for the correct program. If you are registering for a friend, please have their name, address, phone number, birth dates and programs desired. You may register for yourself and one other family only.
- If you have registered for an online program, your receipt will be emailed to you.
- Freedom of Information/Privacy Act. Your information will only be used for the purpose of administering recreation programs, informing you of our services and benefits and for statistical purposes. See our website at www.kerrisdalecc.com for more information.

Need more motivation?

Get a Personal Trainer

Sign up for a 1-hour workout session with one of our certified trainers



Workout one-on-one (private) or join with a friend (semi-private) for added support. Perfect for starting out in a fitness centre, adding variety to your program, rehabilitating from an injury or improving sport specific athletic performance.

Get started today!

Complete our Personal Training Request Form, which is located at the Front Desk or online. A Programmer will review your request and have a suitable trainer contact you to set up your sessions.

*Requests may take up to 2 weeks to process.
Personal trainer profiles can be found online at kerrisdalecc.com*

Price is Per Person	Private	Semi-Private
3 Sessions	\$151.25	\$96.80
10 Sessions	\$453.75	\$320.65

Personal training packages include your admission to the Exercise Room during your sessions. Packages expire 6 months after purchase.



Some of the great ON-LINE programs available at KCC this winter!



Please visit kerrisdalecc.com for more information



Yoga with Karen for 55+



Athleticism and Coordination and Stress Reduction by Tanya

Registration for Winter Online Programs opens **DECEMBER 14**
—
See page 2 for more info



Intro to Hawaiian Hula Beginner Level 1

For complete information about all available online programs, please see **Program Guide Vol. 1** and **page 11** of this volume or contact KerrisdaleOnline@gmail.com



About our Facilities...

Kerrisdale Community Centre Society Fitness Centre will be re-opening in the new year. Keep checking kerrisdalecc.com for regular updates or for more information email Kerrisdale.CommunityCentre@vancouver.ca

Kerrisdale Arena Please call 604.257.8121 for details about drop-in public programming (public skate, stick & puck, 50+ skate, and drop-in figure skating)

Kerrisdale Pool The pool is open Monday-Sunday 6:30am-2:45pm for public swim, lengths, and 55+ swim. Pre-registration online is recommended: <https://vancouver.ca/parks-recreation-culture/kerrisdale-pool.aspx>. Call 604.257.8105 for details. NOTE: Aquafit classes (Monday, Wednesday, Friday & Sunday) have been temporarily suspended.