



KERRISDALE

Community Centre Society

Winter 2024
Program Guide



**Clickable
Online
Brochure!**

—
Visit kerrisdalecc.com
and tap program
number, date or time
to register



Welcome to the Kerrisdale Community Centre!

The Kerrisdale Community Centre offers hundreds of new and returning programs each season. All programs are taught by highly qualified and vetted instructors.

We're always adding to our program and instructor rosters — please visit our website for the latest information: www.kerrisdalecc.com



Registration Info

In-person & online: Saturday, December 9, at 9am

Telephone: Monday, December 11, at 9am

- In-person and online registration starts **Saturday, December 9**, at 9am (60% available online, 40% in person). Please visit recreation.vancouver.ca.
- Telephone registration at 604.257.8100 (Main Centre) starts **Monday, December 11**, at 9am.

Refund Policy: A \$5 processing fee will be charged for all program refunds and transfers. 48- hours notice is required and there will be no refunds granted after the scheduled second class.

For info about the Kerrisdale Community Centre Society Exercise Room, see back cover.

Hours of Operation

5851 West Boulevard

MAIN CENTRE HOURS

Monday–Friday • 6:30am–10:00pm

Saturday & Sunday • 9:00am–6:00pm

SENIORS CENTRE HOURS

Monday–Friday • 9:00am–6:00pm

Saturday • 9:00am–4:00pm

Sunday • Closed

POOL HOURS

Monday–Friday • 6:30am–8:30pm

Saturday & Sunday • 9:00am–5:00pm

EXERCISE ROOM HOURS

Monday–Friday • 6:30am–10:00pm

Saturday & Sunday • 9:00am–6:00pm

HOLIDAY HOURS

January 1, 9:00am–4:00pm

February 19, 9:00am–10:00pm

March 29, 9:00am–10:00pm

April 1, 9:00am–10:00pm

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Kerrisdale Pool

Schedule and swim lesson
information at kerrisdalecc.com
or vancouver.ca. Winter swim
lesson registration begins on
Tuesday, December 19, at 7:00pm.



Kerrisdale Cyclone Taylor Arena

Skating Season

Jan 8- Mar 29, 2024

Visit vanrec.ca for drop-in
schedules.

See pages 43-44
for skating lesson
information.



President's Message

A new year and a new season at KCC

Welcome to our winter 2024 season.

The society is continuing to provide popular programs and to develop new ones. We offer a variety of programs for children including the seasonal day camps as well as programs that focus on physical activity like boxing and dancing, and educational programs like phonics and numbers. We are expanding our youth and adult offerings as well. Our fitness centre is open and ready for individualized and group programs. Please stop by and have a look at our facilities.

We are wrapping up our 80th year celebrations. Please watch our newsletter and social media for our last events. The society is proud to have served the Kerrisdale community since 1943!

Both the Society and the Seniors Council will be holding elections for board members this February. Serving on the Board is both an honour and a privilege. Board members serve the community, but also have input in the decisions made by the Society. If you are interested in running for the Society Board, please contact us at kerrisdaleccsociety@gmail.com. If you are interested in the Seniors' Council, please contact the Seniors' desk.

I hope to see you at the Centre this winter.

Kathy McKay, President

Kerrisdale Community Centre Society



2023-24 Kerrisdale Community Centre Society Board of Directors

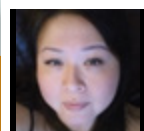
Humaira Akhtar
Miran Aziz
Mani Bala
Kathleen Bigsby
Oscar Bisnar
Dorothy Chang
Claire Cheung
Richard Dopson
Alistair Eagle
Rafid Haq
Keiko Honda
Wendy Ma
Kathy McKay
Morag Pansegrau
Edward Quan
Jin Sang
Yee Wong
Joshua Yoon
—



Alistair



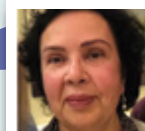
Claire



Dorothy



Edward



Humaira



Jin



Joshua



Kathleen



Kathy



Keiko



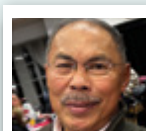
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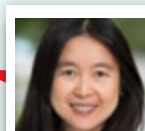
Oscar



Rafid



Richard



Wendy



Yee



Vancouver Public Library • Kerrisdale Branch

2112 West 42 Avenue • 604.665.3974



Upcoming programs at the Kerrisdale Branch:

Babytime

Rhymes, songs, bounces, fingerplays and stories for parents and caregivers with their babies. Recommended for newborns to approximately 18 months. Fridays, from January 12 to March 15, 11:00am to 11:30am. Drop-in, no registration.

Family Storytime

A program for parents and caregivers with young children. Songs, rhymes and stories are shared. Suitable for children of all ages and abilities to enjoy and learn together. Thursdays, from January 11 to March 14, 10:30am to 11:00am. Drop-in, no registration.

Lego Block Party

Drop in for some LEGO building fun at this block party! Connect with other kids and break out the bricks for a building bonanza at the library. For Grades K-7. Drop-in, no registration. Saturdays, 2:00pm to 3:00pm: January 13 and 27; February 10 and 24; March 9 and 23.

*All the programs are **free**. Full program details, including dates, times and registration information, can be found at www.vpl.ca/events.*

Library hours are changing this winter. Please call or visit our website for the most up-to-date opening hours: www.vpl.ca/location/kerrisdale-branch



SPECIAL EVENTS

BC Family Day • All ages

Enjoy activities, mini goodie bags for families, a bouncy castle, snacks, cake and raffle on BC Family Day! Pre-registration required as goodie bags are limited.

M 11:00am-1:00pm **Feb 19**
D476739 Free, registration req'd



Chinese New Year Celebration • All Ages

Join us in celebrating the Year of the Dragon! Watch a dazzling traditional Chinese dance, Yuan Ji dance performances, sing along to traditional songs and taste celebration treats.

Th 1:30 PM-2:45 PM **Feb 8**
D489359 Free, registration req'd

Easter Extravaganza • 2-10 yrs

Join us for an afternoon of Easter fun! Play games, jump in the bouncy castle, create Easter themed crafts! Children must purchase tickets and must be accompanied by an adult. Please register in advance. \$6/child.

Sa 11:30 AM-1:30 PM **Mar 24**
D488872 \$6/child

THE OPERA ZONE All Ages

Enjoy an afternoon of listening to arias and songs by Gerard Satamian and other accomplished opera singers! A \$20 annual registration card is required to attend The Opera Zone performances for the year OR a \$6 fee for drop-ins. Please pay at the main desk. You will be asked to show your registration card at the door.

Su 2:00 pm-4:00 pm
\$20/ Annual Opera Zone Program Card or
\$6 drop-in

Jan 7
Feb 4
Mar 3
Instructor: Gerard Satamian



Calling for Board Member Nominations

It's that time of year when the Kerrisdale Community Centre Society's Nominating Committee begins recruiting potential board members for the next term.

In fact, the committee has recommended a slate of candidates to fill vacant board seats every year since the society's early days in the 1940s. And the board of directors has long overseen the programming, events and activities at the Kerrisdale Community Centre. Today, the board works alongside the Vancouver Board of Parks and Recreation in managing the centre's programming.

With ten board positions opening up in 2024, the Nominating Committee plans to recruit a diverse set of applicants. As such, committee members will soon be approaching a variety of community groups, including the Musqueam First Nation, to make sure the KCCS's board of directors accurately represents all interests of the surrounding Kerrisdale neighbourhood.

But this year's nomination process will look a bit different. Rather than a one-on-one interview, prospective board members, including incumbents, will instead be invited to group information sessions hosted in January. The new members will then be voted in at the KCCS annual general meeting in February.

Are you interested in supporting your community centre? The Nominating Committee is looking for people with a wide variety of skills, experience and background. Successful applicants will be elected to one- or two-year terms, spending a few to several hours per week on centre activities. In exchange, they'll meet other community members, help make a difference in their neighbourhood and gain experience in non-profit.

"If you're interested in giving back to your community at Kerrisdale, we'd love to hear from you. Serving on a nonprofit board of directors will not just allow you to help Kerrisdale in delivering arts and recreations activities, but you'll also likely expand your skill set while meeting new people."

How to apply: Complete an application form and accompanying material at least 10 days prior to the Annual General Meeting on February 21, 2024. For more information visit www.kerrisdalecc.com





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 by phone, 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 another family, please have their name, address, phone number, birth dates and programs desired. You may register for yourself and one other family only.
- 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.

PROGRAM FEES REFUNDS/TRANSFERS

A \$5 processing fee will be charged for all program refunds and transfers. 48-hours notice is required and there will be no refunds granted after the scheduled second class.

- Refunds will be prorated accordingly.
- Fees are payable at the time of registration.
- Please make cheques payable to: City of Vancouver. A handling fee of \$35 will be charged for NSF cheques.
- Cash, cheque, debit card, Mastercard, American Express and Visa accepted.
- Adult and Senior program fees include GST.

Contact Us

General Information • 604.257.8100
Centre Fax • 604.257.8313
Seniors Centre • 604.257.8109
Pool • 604.257.8105
Kerrisdale Cyclone Taylor Arena • 604.257.8121
Arena Fax • 604.257.8316

5851 West Boulevard, Vancouver, BC V6M 3W9
kerrisdalecc@vancouver.ca
www.kerrisdalecc.com

This community centre is jointly operated by the Kerrisdale Community Centre Society and the Vancouver Board of Parks & Recreation.

CENTRE STAFF

Recreation Supervisor
Ian Broadbent • 604.257.8118
Arena Programmer
Maegan Montemayor • 604.257.8102
Centre Programmer • Children
TBA
Centre Programmer • Adults
Bernard Lee • 604.257.8116
Pool Programmer
Anson Siu • 604.257.8107
Seniors Programmer
Austin Su • 604.257.8111

Kerrisdale Little Owls Preschool

778.549.2520
www.kerrisdalelittleowls.com
kerrisdalelittleowls@gmail.com

Kerrisdale Library

604.665.3974

Kerrisdale Community Centre Society Board

www.kerrisdalecc.com
Please email enquiries to:
kerrisdaleccsociety@gmail.com

HAPPY



BIRTHDAY



Birthday Parties • 1-10 yrs

Saturdays 11:00am-1:00pm OR Sundays 2:00pm-4:00pm

\$190.00 (up to 12 kids) • *\$235.00 (up to 24 kids)

*Due to online registration restrictions, only one price can be shown. If booking for the larger party, please contact the centre.

Parties Include:

- A party leader for two hours who will lead the activities and assist you in the party preparation.
- Auditorium for the bouncy castle or Sports Gym.
- Room 109 with tables, chairs and coloured decorations of your choice.
- Access to the kitchen.
- 30 mins before and 30 mins after each party for setup and cleanup.
- Parents are responsible for any food and accessories required for the party.

Registration & Refunds:

- Register by phone, in-person or online.
- Cancellations and date transfers require 14 days notice.
- \$5.00 admin charge for refunds and transfers.

Inquiries

- For all other inquiries, please contact the centre at 604.257.8117 or email arthur.leehung@vancouver.ca.
- Birthday Party brochure at the centre for more information.



Spring Break Daycamps

**Spring Break 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, mini out trips and special guests! We will also go on walking out-trips to explore nature and the great outdoors. Bring a packed lunch and dress 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 in early March 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.

M Tu W Th F 9:00 AM-4:00 PM Mar 18-Mar 22

►481248 \$175/5 sess

M Tu W Th F 9:00 AM-4:00 PM Mar 25-Mar 29

►481249 \$175/5 sess

Chess for Kids Camp

"ALL THE WORLD'S A STAGE" – Shakespeare. There's a strong correlation between chess and academic achievement including math, spatial analysis and non-verbal reasoning ability. Chess teaches higher level thinking skills such as visualization, analysis and critical thinking. What's more, chess provides a mental armor —"commander" (leader) self-image—whereby kids can draw upon and develop a well-rounded discipline, amidst a friendly social setting where art meets science and math with fun. Chess folder kit included.

5-12 yrs Novice

M Tu W Th 4:00 PM-5:00 PM Mar 25-Mar 28

►485478 \$44/4 sess

8-12 yrs Intermediate

M Tu W Th 5:10 PM-6:30 PM Mar 25-Mar 28

►485477 \$44/4 sess

Instructor: Josefino (Joe) Soliven

Character Creation: Anime/Manga

6-12 yrs

If you have Manga Mania, sign up for this class. Join Young Rembrandts for a 5-day drawing workshop; we'll be drawing and colouring all things ANIME! Artists will learn to draw their own anime style characters ranging from easy to challenging? this is a great way to perfect those skills and learn new manga tricks. Each day students will complete multiple pieces of artwork like customized faces, animals, sugoi action and more ARTastic drawings. Sign up today!

M Tu W Th F 12:30 PM-3:30 PM

►479911

Mar 18-Mar 22

\$210/5 sess

Instructor: Young Rembrandts

Favourite Apps & Video Games Drawing Workshop

6-12 yrs

Art is all around us, including on phones and online! Every day students will learn new illustration and colouring techniques inspired by popular video games. Artwork is inspired by pixel block characters, plants, zombies and many more classic apps and games. If your child loves to game or draw, they'll have a blast putting their own personal touches on some of these favourites! Register your special gaming artist today!

M Tu W Th F 9:00 AM-12:00 PM

►479908

Mar 18-Mar 22

\$210/5 sess

Instructor: Young Rembrandts

Science Adventures Camp

5-10 yrs

Come prepared to do some decoding and 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. Learn about the Science of Sport and what football players, ballet dancers, and scientists have in common. Explore space and embark on a space mission, while learning how astronauts live in Space. Recommended for children ages 5 to 10.

M Tu W Th F 9:00 AM-3:00 PM

►480249

Mar 18-Mar 22

\$375/5 sess

Instructor: STEAM 4 KIDS

Radical Robots Camp 7-12 yrs

Join us for a week of fun with robots! Learn about the uses of robots in our world and experiment with super cool red-hot robots. Discover the science of circuits and how robots use sensors to explore things around them. Build your very own working robot to take home! Recommended for ages 7 to 12.

M Tu W Th 9:00 AM-3:00 PM

►480251

Mar 25-Mar 28

\$332/4 sess

Instructor: STEAM 4 KIDS

Game Ready Volleyball All Stars 8-12 yrs

Volleyball camp will focus on developing the skills, setting, spiking, hitting as well as defensive principles. Coaches will also teach rules and strategy to enhance understanding and game play. Each camper will receive a prize & treats.

M W 12:15pm-2:30pm

►489471

Mar 25 & 27

\$90/2 sess





Spring Break Daycamps



Zumbini® Camp

0-4 yrs

Sing, dance and play as you bond with your child! Created by Zumba® and BabyFirst for kids ages 0-5, the Zumbini® program combines music, dance and playing instruments for 45 minutes of can't-stop, won't-stop bonding, learning and fun! Zumbini® is the 1st early childhood education program to create a true "360°" experience, with live classes and the "Zumbini Time" interactive TV show on BabyFirst TV. In each session we will be doing a different theme. Come and join the Zumbini family! Parent participation is required. Children 6 months and under can attend free with a registered sibling. www.zumbini.com

M Tu W 10:30 AM-11:15 AM **Mar 18-Mar 20**
D480260 \$54/3 sess
M Tu W 10:30 AM-11:15 AM **Mar 25-Mar 27**
D480262 \$54/3 sess

Instructor: Maayan Amitov

Frosted Ballet Camp

100% Frozen Soundtrack Music is played in this creative ballet class designed to ignite your dancers imagination. No experience required as dancers learn the basics of ballet and expression through movement. Costumes are welcome, but not required. Beginner friendly. Presentation for parents on the last day! More info: www.kirbysnelldance.com

3-5 yrs
M Tu W Th F 9:15 AM-10:30 AM **Mar 18-Mar 22**
D481232 \$109/5 sess

4-6 yrs
M Tu W Th F 10:45 AM-12:00 PM **Mar 18-Mar 22**
D481235 \$109/5 sess

Instructor: Endorphin Rush Dance And Fitness

Creative Dance:

Fairies, Frogs &

Fire Breathing Dragons 4-6 yrs

Dancers are encouraged to let their imaginations run wild in this playful and expressive dance camp. In a warm and welcoming environment; children will make new friends while improving their dance technique, and exploring creative expression. Beginner friendly. Presentation for parents on the last day! More info: www.kirbysnelldance.com

M Tu W Th 9:15 AM-10:30 AM **Mar 25-Mar 28**
D481238 \$87.20/4 sess

Instructor: Endorphin Rush Dance And Fitness

Hip Hop Breakers Camp

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 week we will work on a choreographed dance. Get ready to cheer with gusto as there is a presentation for family on the last day! Please bring a filled water bottle each day. More info: www.kirbysnelldance.com

3-5 yrs
M Tu W Th F 12:30 PM-1:45 PM **Mar 18-Mar 22**
D481236 \$109/5 sess

6-9 yrs
M Tu W Th F 2:00 PM-3:15 PM **Mar 18-Mar 22**
D481237 \$109/5 sess

Instructor: Endorphin Rush Dance And Fitness

Mini Hip Hop Camp

3-5 yrs

This non-stop action-packed class includes hip hop, and dance games that will have your dancer moving to the beats. Through the week we will work on a choreographed dance. Get ready to cheer with gusto as there is a presentation for family on the last day! Please bring a filled water bottle each day. More info: www.kirbysnelldance.com [kirbysnelldance.com]

M Tu W Th 12:30 PM-1:45 PM **Mar 25-Mar 28**
D481241 \$87.20/4 sess
M Tu W Th 2:00 PM-3:15 PM **Mar 25-Mar 28**
D481242 \$87.20/4 sess

Instructor: Endorphin Rush Dance And Fitness

Jazz/Ballet Camp

4-6 yrs

Jump, skip and twirl! 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. On the last day, we invite parents to stay for a presentation of what we have been learning. No experience required, all dancers welcome. www.kirbysnelldance.com [kirbysnelldance.com]

M Tu W Th 10:45 AM-12:00 PM **Mar 25-Mar 28**
D481240 \$87.20/4 sess

Instructor: Endorphin Rush Dance And Fitness

Pottery Camp

6-12 yrs

Enjoy a fun-filled week of pottery and other related arts. An overview of hand-building (table) and throwing (pottery wheel) techniques will be taught. Suitable for returning students and beginners. Please pack a lunch and water bottle.

W Th F 10:00 AM-2:00 PM **Mar 20-Mar 22**
D486559 \$127/3 sess

Instructor: Janine Schroedter



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. No class Feb 17 or Feb 18.

Sa	11:05 AM-11:50 AM	Jan 06-Mar 16
▶480022		\$225/10 sess
Su	11:05 AM-11:50 AM	Jan 07-Mar 17
▶480026		\$225/10 sess
Su	11:55 AM-12:40 PM	Jan 07-Mar 17
▶480027		\$225/10 sess

Instructor: Gloria Yu

Group Ukulele Circle for Preschoolers

3-5 yrs

Learn ukulele basics in this fun and stress-free program. Sanitized instruments are provided. No class Feb 17 of Feb 18.

Sa	10:15 AM-11:00 AM	Jan 06-Mar 16
▶480021		\$225/10 sess
Su	10:15 AM-11:00 AM	Jan 07-Mar 17
▶480025		\$225/10 sess

Instructor: Gloria Yu

Music Together with Lissy

0-5 yrs

At Music Together® experience the joys of music-making and the powerful benefits of having music in your child's life. Find out how important - and how much fun - your role can be! Our 9 award-winning music collections and research-based curriculum supports parents at home and keeps the music making alive all week. In our mixed age class, each child participates at their own level and their natural musicality is nurtured through singing, dancing, listening and watching the adults, and exploring musical instruments. The whole family is welcome - parents, grandparents, caregivers - for this important family music experience. 45 minutes of pure fun each week! Parent participation required. Siblings attend at a reduced tuition rate and children 6 months and under attend free with a registered sibling. \$58 Music Together Licensing fee is non-refundable after first class.

W	9:30 AM-10:15 AM	Jan 17-Mar 13
▶479912		\$193/9 sess
W	10:30 AM-11:15 AM	Jan 17-Mar 13
▶479913		\$193/9 sess
W	11:30 AM-12:15 PM	Jan 17-Mar 13
▶479914		\$193/9 sess

Instructor: Lissy

Zumbini®

0-5 yrs

'TJ And His PJ'Sing, dance and play as you bond with your child! Created by Zumba® and BabyFirst for kids ages 0-5, the Zumbini® program combines music, dance and playing instruments for 45 minutes of can't-stop, won't-stop bonding, learning and fun! Zumbini® is the 1st early childhood education program to create a true "360°" experience, with live classes and the "Zumbini® Time" interactive TV show on BabyFirst TV. In this session we will be doing 'TJ And His PJ'. Come and join the Zumbini family! Parent participation is required. Children 6 months and under can attend free with a registered sibling. www.zumbini.com [zumbini.com] Note: Optional Zumbini® bundle for additional fee. Non-refundable after the second class. No class Feb 19.

M	9:30 AM-10:15 AM	Jan 08-Mar 04
▶480657		\$144/8 sess
M	10:30 AM-11:15 AM	Jan 08-Mar 04
▶480258		\$144/8 sess

Instructor: Maayan Amitov

Birthday Parties at Kerrisdale CC

See page 6 for more info.



Kerrisdale Play Palace

Early April to End of August 2024

Schedules and information will be posted in the new year. Visit <https://kerrisdalecc.com/facilities-rentals/play-palace-2> for schedules. See page 43 for information.



Preschool

DANCE

Beginner Kids Ballet 4-6 yrs

Want to learn how to dance ballet and have fun? In this class we will learn the very basics of ballet dancing. We will turn, jump, plie and much more. The class will include games and exercises that will help everyone learn the basics of ballet.

Sa 9:30 AM-10:30 AM Feb 10-Mar 16
D481834 \$72/6 sess

Instructor: Olive Carroll

Jazz/Ballet Fusion 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.

W 4:15 PM-5:00 PM Jan 10-Mar 13
D480557 \$130/10 sess

Su 11:10 AM-11:55 AM Jan 14-Mar 17
D480549 \$130/10 sess

Instructor: Endorphin Rush Dance And Fitness

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.

3-5 yrs
Tu 10:00 AM-10:45 AM Jan 09-Mar 12
D480554 \$130/10 sess

4-6 yrs
Su 10:20 AM-11:05 AM Jan 14-Mar 17
D480548 \$130/10 sess

3-5 yrs
Su 9:30 AM-10:15 AM Jan 14-Mar 17
D480547 \$130/10 sess
Su 1:55 PM-2:40 PM Jan 14-Mar 17
D480552 \$130/10 sess

Instructor: Endorphin Rush Dance And Fitness

Mini Hip Hop Breakers

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.

3-5 yrs
Tu 10:45 AM-11:30 AM Jan 09-Mar 12
D480555 \$130/10 sess

Su 12:15 PM-1:00 PM Jan 14-Mar 17
D480550 \$130/10 sess

4-6 yrs
W 3:30 PM-4:15 PM Jan 10-Mar 13
D480556 \$130/10 sess

Instructor: Endorphin Rush Dance And Fitness

My First Dance Class 2-4 yrs

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

Tu 9:15 AM-10:00 AM Jan 09-Mar 12
D480553 \$130/10 sess

Instructor: Endorphin Rush Dance And Fitness

ART

Preschool Drawing 3.5-5 yrs

Drawing is the perfect activity for your little ones during these winter months! Young Rembrandts drawing classes will awaken their creativity. Our first lesson explores shape recognition as they create colorful patterns using basic geometric shapes. Winter-themed drawings like snow globes and ice skates will spark their imaginations. Additionally, they'll have a blast drawing adorable cowboys and a fearsome tyrannosaurus rex, making it a great introduction to the world of animal drawing. Don't miss out on all this artistic fun. Enroll your budding artist today! No class Feb 19.

M 3:15 PM-4:05 PM Jan 22-Mar 11
D479907 \$150.50/7 sess

Instructor: Young Rembrandts

EDUCATION

Fun with ABC's Phonics & Reading 3-6 yrs

Your child will practice their listening and speaking skills to sound out letters, discriminate between sounds, and boost their letter recognition and printing skills. Taught by a certified teacher, your child will learn phonics through fun, engaging, and interactive activities which will lay the foundation for strong reading and writing skills, and foster the growth mindset and the love for learning. Students will bring home materials to play and practice at home. All supplies and materials included.

Th 9:45 AM-10:45 AM Jan 18-Mar 14
D480017 \$225/9 sess

Th 11:00 AM-12:00 PM Jan 18-Mar 14
D487923 \$225/9 sess

Instructor: Ready To Set Goals • Ginny Chiu

Ready for Kindergarten Letters & Numbers 4-6 yrs

Is your child going into kindergarten this upcoming school year? If so, this course will prepare your child as they learn key skills that will ensure success in kindergarten. Taught by a certified teacher, your child will practice letter and sound recognition (phonics) as well as count and identify numbers (math). We will practice cutting, glueing, and pencil grip while building phonics and numeracy skills through fun and interactive activities. Focus will also be on sharing ideas and communicating respectfully to build confidence, socialization, and mindset. All supplies and materials included. No Class Jan 16.

Tu 9:45 AM-10:45 AM Jan 09-Mar 12
D480018 \$225/9 sess

Instructor: Ready To Set Goals • Ginny Chiu

Science for Preschoolers 3-5 yrs

Enjoy engaging demonstrations, perform simple experiments and discover how science can you better understand the world around you! Our science preschool programs are engaging hands-on learning experiences for children. Each session provides an interactive, age-appropriate exploration of a specific science topic. No session Feb 17.

Tu 10:00 AM-10:45 AM Jan 09-Feb 27
D480246 \$180/8 sess

Sa 9:30 AM-10:15 AM Jan 13-Mar 09
D480247 \$180/8 sess

Instructor: STEAM 4 KIDS

Learn more about our instructors
online: www.kerrisdalecc.com





EDUCATION

Parent & Child Pottery

2-6 yrs

Spend some bonding time with your little one making pottery. You will make different projects in each class such as a print of your little one's hand. Children must be accompanied by one adult and only siblings who are registered may attend. No registration after the 3rd class. No class Feb 18.

Su	9:30 AM-10:30 AM	Jan 07-Mar 17
▶479303		\$160/10 sess
Su	10:45 AM-11:45 AM	Jan 07-Mar 17
▶479304		\$160/10 sess

Instructor: Renee Chan

SOCIAL

Parent & Tot Gym 10 visit pass

0-5 yrs

This drop-in gym program encourages multi-age interaction and helps develop social skills through play. Make new friends and connections in the community while you and your child play together! Parent participation is mandatory for this class. Families can purchase a 10 visit punch card for \$30. No class Feb 19.

M W	10:30 AM-12:00 PM	Jan 10-Mar 13
▶479452		10 visit card or \$3.50/drop-in

Instructor: Olive Carroll

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SPORTS

JBST • Advanced Little Soccer Special Stars

3-4 yrs

This is JBST Soccer Academy's introductory soccer class develops soccer kicking, controlling, passing, and body coordination through drills. A JBST/KCCS soccer kit is included in the course fee. The Kits will be handed out at the beginning of the season. <https://www.facebook.com/jbstsocceracademy>

Sa	1:45 PM-2:45 PM	Jan 13-Mar 16
▶480039		\$290/10 sess

Instructor: JBST Soccer Academy

Soccer & Multi-sport 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: \$6.

Su	9:45 AM-10:45 AM	Jan 07-Mar 10
▶481796		\$55/10 sess

Instructor: Sanjana Bhasin

Sportball Junior

1-2 yrs

Toddlers and parents/caregivers focus on physical movements and social exploration, learn fundamental sport skills and participate in creative motor games, songs, stories and more. Children are challenged according to their individual skill level and Coaches help grownups understand proven teaching techniques that can be applied outside of Sportball classes.

Tu	10:15 AM-11:00 AM	Jan 16-Mar 05
▶479314		\$152/8 sess

Instructor: Sportball Vancouver

Sportball Parent & Child

2-3 yrs

Sportball Parent & Child programs help pre-schoolers to refine their motor skills, such as balance and coordination, as well as develop their social skills such as confidence, following instructions, turn-taking and sharing. Coaches introduce a different sport each class using developmentally appropriate games and activities.

Tu	11:00 AM-11:45 AM	Jan 16-Mar 05
▶479317		\$152/8 sess

Instructor: Sportball Vancouver

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. Please note: Pre-registration is required, no on-site drop-in available.

Tu	3:45 PM-4:45 PM	Jan 16-Mar 05
▶479315		\$152/8 sess

Instructor: Sportball Vancouver

Easter Eggstravaganza

See page 5 for more information



DANCE

FUNdamental Drawing 6-12 yrs

This winter, Young Rembrandts artists are in for a treat with an amazing lineup of drawing lessons. From a vibrant pop art dog to fascinating art history and a powerful unicorn, there's so much to learn and love. We prioritize proper technique and excellent colour selection in every lesson. Your child will not only enhance their skills but will also have a blast personalizing cool drawings like soccer players, and robots. Waste no time and enroll your child today to unleash their artistic potential! No class Feb 19.

M 4:15 PM-5:15 PM Jan 22-Mar 11
►479906 \$150.50/7 sess

Instructor: Young Rembrandts

Colour Your Ideas NEW 7-11 yrs

Colour Your Ideas is a series of creative art lessons that focuses on developing students' understanding and application of fundamental colour theory, drawing and collage techniques, and the elements and principles of art that will spark artistic ideas, spontaneous curiosity, lively imaginations, and unique personal styles. *Bring your coloured pencils set of 12 colours! Additional materials will be prepared by the instructor for each class. Drop-in fee: \$30. Instructor's website: selinnahsiao.com

FREE session

Sa 11:00 AM-12:00 PM Jan 13
►480273
Th 3:30 PM-4:30 PM Jan 25-Mar 14
►480270 \$200/8 sess
Th 4:45 PM-5:45 PM Jan 25-Mar 14
►480272 \$200/8 sess

Instructor: Selinna Hsiao

DANCE

Gymnastics Preparation Program

This program will focus on flexibility, stretching, coordination, balance, posture, strength, self-confidence and all of the foundational training required for a gymnastics program.

4-6 yrs

F 3:45 PM-4:45 PM Jan 12-Mar 15
►479447 \$250/10 sess

6-11 yrs

F 4:45 PM-5:45 PM Jan 12-Mar 15
►479448 \$250/10 sess

Instructor: Bing Zhao

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.com

Su 1:05 PM-1:50 PM Jan 14-Mar 17
►480551 \$130/10 sess

Instructor: Endorphin Rush Dance And Fitness

Awesome KPOP/ Asian Pop/ Hip Hop Open 6-12 yrs

Students will experience high dynamics cardio Korean and Asian Pop Music Dance and learn Hip Hop fundamentals in one class! Students will refine their technique through cardio dance skills, strengthening, footwork, isolations, stretches and more! Meet friends, have fun, and rise to a new challenge. We recommend taking our different styles of dance and stretch classes immediately before / after this class to extend your learning. Learned skills may be showcased on the last day of class. No previous experience required. Dress: shoes with nonmarking soles, comfortable sports clothing. Bring your water bottle! Find us on FB/IG @PraiseTEAMstudio. Drop-in \$29.

F 3:30 PM-4:30 PM Jan 12-Mar 15
►481219 \$160/10 sess

Instructor: Praise TEAM

Amazing Musical Theatre

9-15 yrs

Learn the technical and artistic aspects of a musical theatre performance, including singing, acting and dancing. Students will learn choreographed routines set to the music of famous musicals. Learn teamwork while supporting classmates, have fun, and rise to a new challenge. We recommend taking our different styles of dance and stretch classes before/after this class to extend your learning. No previous experience required. Dress: shoes with non-marking soles, comfortable sports clothing. Bring your water bottle! Find us on FB/IG @PraiseTEAMstudio. Drop-in \$29.

F 4:30 PM-6:00 PM Jan 12-Mar 15
►481218 \$240/10 sess

Instructor: Praise TEAM

EDUCATION

Chess for Kids

"ALL THE WORLD'S A STAGE." - Shakespeare. As school academics in a game, playing chess and being smart are interconnected. There's a strong correlation between chess and academic achievement including math, spatial analysis and non-verbal reasoning ability. Chess teaches higher level thinking skills such as visualization, analysis and critical thinking. Joining in this Sherlock-Holmes-world of tactics and strategies, where the chessmen become personified, kids get trained in life-skills goal-setting: checkmate! What's more, chess provides a mental armor—"commander" (leader) self-image—whereby kids can draw upon and develop a well-rounded discipline, amidst a friendly social setting where art meets science and math with fun. Chess folder kit included. No class Feb 18.

6-12 yrs Novice

Su 2:30 PM-3:50 PM Jan 07-Mar 17
►479918 \$130/10 sess

8-16 yrs Intermediate

Su 4:00 PM-5:20 PM Jan 07-Mar 17
►479917 \$130/10 sess

Instructor: Josefino (Joe) Soliven

ESL with Emily 6-18 yrs

English does not come easy to everyone, especially if it is not their first language. This course is for those who need extra help with their English skills. This course is designed for ESL students of age 6-18yrs and is a one on one course. Learn new vocabulary words, proper grammar, improve on writing skills, pronunciation, and conversational skills. No session Feb 19.

M 3:30 PM-4:30 PM Jan 08-Mar 11
►482599 \$342.50/9 sess

M 4:40 PM-5:40 PM Jan 08-Mar 11
►486018 \$342.50/9 sess

M 5:50 PM-6:50 PM Jan 08-Mar 11
►482601 \$342.50/9 sess

W 5:50 PM-6:50 PM Jan 10-Mar 13
►482602 \$380/10 sess

W 4:40 PM-5:40 PM Jan 10-Mar 13
►482603 \$380/10 sess

W 3:30 PM-4:30 PM Jan 10-Mar 13
►482604 \$380/10 sess

Th 3:30 PM-4:30 PM Jan 11-Mar 14
►482605 \$380/10 sess

Th 4:40 PM-5:40 PM Jan 11-Mar 14
►482606 \$380/10 sess

Th 5:50 PM-6:50 PM Jan 11-Mar 14
►482607 \$380/10 sess

Instructor: Emily Kim

EDUCATION

Let's Boost Reading**6-7 yrs**

A 30 minute one to one weekly reading class, for students in grades 1 and 2. Reading out loud with a Literacy tutor/mentor boosts self confidence and a love of reading. Books are selected by the student (school/home reading and library choices) at student's own level. Emphasis will be on enjoyment of stories, sounding out words and comprehension. Not for kindergarten. PLEASE NOTE: Due to limited class availability, one weekly class only is requested.

Sa	9:30 AM-10:00 AM	Jan 06-Mar 23
▶481184		\$282/12 sess
Sa	10:10 AM-10:40 AM	Jan 06-Mar 23
▶481185		\$282/12 sess
Sa	10:50 AM-11:20 AM	Jan 06-Mar 23
▶481186		\$282/12 sess
Tu	3:30 PM-4:00 PM	Jan 09-Mar 26
▶481175		\$282/12 sess
Tu	4:05 PM-4:35 PM	Jan 09-Mar 26
▶481176		\$282/12 sess
Tu	4:40 PM-5:10 PM	Jan 09-Mar 26
▶481177		\$282/12 sess
W	3:30 PM-4:00 PM	Jan 10-Mar 27
▶481178		\$282/12 sess
W	4:05 PM-4:35 PM	Jan 10-Mar 27
▶481179		\$282/12 sess
W	4:40 PM-5:10 PM	Jan 10-Mar 27
▶481180		\$282/12 sess
Th	3:30 PM-4:00 PM	Jan 11-Mar 28
▶481181		\$282/12 sess
Th	4:05 PM-4:35 PM	Jan 11-Mar 28
▶481182		\$282/12 sess
Th	4:40 PM-5:10 PM	Jan 11-Mar 28
▶481183		\$282/12 sess

Instructor: Martha Guss

Spanish for Children Beginners 1**6-10 yrs**

Hola amigos! Welcome to the Spanish language! This program offers a fun class in which children learn Spanish through stories, games and songs. Registration only. Sorry no drop-ins. Please speak with instructor if registering past the 3rd class.

Tu	3:30 pm-5:00 pm	Jan 09-Mar 12
▶482552		\$183/10 sess

Instructor: Eliana Rolando

Science for Kids**6-11 yrs**

Enjoy engaging demonstrations, perform simple experiments and discover how science can you better understand the world around you! Our science programs are engaging hands-on learning experiences for children. Each session provides an interactive, age-appropriate exploration of a specific science topic. No session Feb 17.

Sa	10:30 AM-11:30 AM	Jan 13-Mar 09
▶480245		\$180/8 sess

Instructor: STEAM 4 KIDS

WeDo 1 Robotics**6-11 yrs**

Exciting and Fun introduction to Robotics with Lego® Education WeDo 1 software. In this exciting stem-based program, students will develop their skills in science, technology, engineering, and mathematics. Students will build various robots featuring working motors and sensors, and then program their models and engage in fun theme-based activities! All equipment is provided. Returning students will be given new projects.

Tu	3:45 PM-5:15 PM	Feb 13-Mar 05
▶481195		\$100/4 sess

Instructor: Tomorrow's Playground

MUSIC

Group Ukulele for Kids**6-10 yrs**

Learn to strum chords, pick melodies, read notation that includes working together on a musical ensemble to perform Sanitized instruments are provided. No class Feb 17.

Sa	12:45 PM-1:30 PM	Jan 06-Mar 16
▶480024		\$225/10 sess

Instructor: Gloria Yu

Group Piano for Kids**6-10 yrs**

This program covers listening, reading musical notes and playing rhythm activities in these unique entry-level piano group sessions. Sanitized instruments are provided. No class Feb 18.

Su	12:45 PM-1:30 PM	Jan 07-Mar 17
▶480028		\$225/10 sess

Instructor: Gloria Yu

Guitar • Private Lessons**5-13 yrs**

NEW

Express your creativity through music and learn to play your favourite songs on guitar! Learn to play acoustic, or electric guitar. Along with learning the songs you're most interested in, lessons cover: music theory; technique; chords and melodies; understanding and employing beat and rhythm; reading music, tuning, & maintenance. Guitars are not provided, but the instructor can help with advice & purchasing.

F	5:00 PM-5:30 PM	Jan 12-Mar 15
▶484445		\$240/10 sess
F	5:30 PM-6:00 PM	Jan 12-Mar 15
▶484446		\$240/10 sess
F	6:00 PM-6:30 PM	Jan 12-Mar 15
▶484447		\$240/10 sess
F	6:30 PM-7:00 PM	Jan 12-Mar 15
▶484448		\$240/10 sess
F	7:00 PM-7:30 PM	Jan 12-Mar 15
▶484449		\$240/10 sess
F	7:30 PM-8:00 PM	Jan 12-Mar 15
▶484450		\$240/10 sess

Instructor: Artemis Cheung

Piano Lessons Private**5-12 yrs**

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.

Tu	3:30 PM-4:00 PM	Jan 09-Mar 12
▶479306		\$255/10 sess
Tu	4:00 PM-4:30 PM	Jan 09-Mar 12
▶479307		\$255/10 sess
Tu	4:30 PM-5:00 PM	Jan 09-Mar 12
▶479308		\$255/10 sess
Tu	5:00 PM-5:30 PM	Jan 09-Mar 12
▶479309		\$255/10 sess
Tu	5:30 PM-6:00 PM	Jan 09-Mar 12
▶479310		\$255/10 sess
Tu	6:00 PM-6:30 PM	Jan 09-Mar 12
▶479311		\$255/10 sess
Tu	6:30 PM-7:00 PM	Jan 09-Mar 12
▶479312		\$255/10 sess
Tu	7:00 PM-7:30 PM	Jan 09-Mar 12
▶479313		\$255/10 sess

Instructor: Beth Carroll



#KCCS80th

Piano Lessons Private 8-17 yrs

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. No class Feb 19.

M	3:30 PM-4:00 PM	Jan 08-Mar 11
▶480218		\$230/9 sess
M	4:05 PM-4:35 PM	Jan 08-Mar 11
▶480219		\$230/9 sess
M	4:40 PM-5:10 PM	Jan 08-Mar 11
▶480220		\$230/9 sess
M	5:15 PM-5:45 PM	Jan 08-Mar 11
▶480221		\$230/9 sess
M	5:50 PM-6:20 PM	Jan 08-Mar 11
▶480222		\$230/9 sess
M	6:25 PM-6:55 PM	Jan 08-Mar 11
▶480223		\$230/9 sess
M	7:00 PM-7:30 PM	Jan 08-Mar 11
▶480224		\$230/9 sess

Instructor: Nancy Chang

Flute Lessons Private 8+ yrs

Enjoy a 30 minute private lesson and learn at your own pace. All levels welcome. Participants must supply their own flute. Additional cost for music books. www.andreaminden.ca

Sa	1:00 PM-1:30 PM	Jan 06-Mar 16
▶482078		\$313/11 sess
Sa	1:40 PM-2:10 PM	Jan 06-Mar 16
▶482079		\$313/11 sess
Sa	2:20 PM-2:50 PM	Jan 06-Mar 16
▶482081		\$313/11 sess
Sa	3:00 PM-3:30 PM	Jan 06-Mar 16
▶482080		\$313/11 sess
Sa	3:40 PM-4:10 PM	Jan 06-Mar 16
▶482082		\$313/11 sess

Instructor: Andrea Minden

Sax, Flute & Clarinet Lessons

Sax, Flute & Clarinet Private Lessons with Dylan Cramer. Study the art of woodwind playing. All ages and levels are welcome. If interested in a 1 lesson trial class for \$60, please contact Dylan to arrange lesson time at 604.318.1157 or dcaltosax@gmail.com. Once a lesson time is confirmed, registration will take place at the main office or by calling 604.257.8100.

W	2:30 PM-3:15 PM	Jan 10-Mar 27
▶479288		\$725/12 sess
W	3:30 PM-4:15 PM	Jan 10-Mar 27
▶479289		\$725/12 sess
W	4:30 PM-5:15 PM	Jan 10-Mar 27
▶479290		\$725/12 sess
W	5:30 PM-6:15 PM	Jan 10-Mar 27
▶479291		\$725/12 sess
W	6:30 PM-7:15 PM	Jan 10-Mar 27
▶479292		\$725/12 sess
W	7:30 PM-8:15 PM	Jan 10-Mar 27
▶479293		\$725/12 sess
Th	2:30 PM-3:15 PM	Jan 11-Mar 28
▶479294		\$725/12 sess
Th	3:30 PM-4:15 PM	Jan 11-Mar 28
▶479295		\$725/12 sess
Th	4:30 PM-5:15 PM	Jan 11-Mar 28
▶479296		\$725/12 sess
Th	5:30 PM-6:15 PM	Jan 11-Mar 28
▶479297		\$725/12 sess
Th	6:30 PM-7:15 PM	Jan 11-Mar 28
▶479298		\$725/12 sess
Th	7:30 PM-8:15 PM	Jan 11-Mar 28
▶479299		\$725/12 sess
Sa	3:00 PM-3:45 PM	Jan 13-Mar 30
▶479300		\$725/12 sess
Sa	4:00 PM-4:45 PM	Jan 13-Mar 30
▶479301		\$725/12 sess
Sa	5:00 PM-5:45 PM	Jan 13-Mar 30
▶479302		\$725/12 sess

Instructor: Dylan Cramer

Violin Lessons Private 6+ yrs

Private 30 minutes violin lesson. 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.

Th	2:20 PM-2:50 PM	Jan 11-Mar 14
▶480059		\$285/10 sess
Th	2:55 PM-3:25 PM	Jan 11-Mar 14
▶480060		\$285/10 sess
Th	3:30 PM-4:00 PM	Jan 11-Mar 14
▶480061		\$285/10 sess
Th	4:05 PM-4:35 PM	Jan 11-Mar 14
▶480062		\$285/10 sess
Th	4:40 PM-5:10 PM	Jan 11-Mar 14
▶480063		\$285/10 sess
Th	5:15 PM-5:45 PM	Jan 11-Mar 14
▶480064		\$285/10 sess
Th	5:50 PM-6:20 PM	Jan 11-Mar 14
▶480065		\$285/10 sess
Th	6:25 PM-6:55 PM	Jan 11-Mar 14
▶480066		\$285/10 sess
Th	7:00 PM-7:30 PM	Jan 11-Mar 14
▶480067		\$285/10 sess
Th	7:35 PM-8:05 PM	Jan 11-Mar 14
▶480068		\$285/10 sess
Th	8:10 PM-8:40 PM	Jan 11-Mar 14
▶480069		\$285/10 sess

Instructor: Pavel Chiriac

POTTERY

Pottery: Hand-building 6-9 yrs

Experience an overview of hand-building. Have fun being creative, then take your masterpieces home. Lots of cool new projects. Glazes and materials are non-toxic. No registration after the 3rd class. No class Feb 18.

Su	12:00 PM-1:00 PM	Jan 07-Mar 17
▶479305		\$160/10 sess

Instructor: Renee Chan

Pottery: Hand & Wheel 6-12 yrs

Experience an overview of hand-building and wheel techniques. Have fun being creative, then take your masterpieces home. Lots of cool new projects. Glazes and materials are non-toxic.

W	3:30 PM-5:00 PM	Jan 10-Mar 13
▶486558		\$146/10 sess

Instructor: Janine Schroedter

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Easter Eggstravaganza

See page 5 for more information



MUSIC

Badminton

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. Note: program is merged with the youth program. Please note: Pre-registration is required, no on-site drop-in available.

Tu 3:45 PM-5:45 PM Jan 16-Mar 05
D479449 \$38/8 sess

Instructor: Susan Kita

Basketball Games, Skills & Drills

This fun and active program emphasizes skill development, games and drills in a safe and welcoming environment. Drop-in players allowed, space permitting: \$6.

7-10 yrs

Su 8:45 AM-9:45 AM Jan 07-Mar 10
D481794 \$55/10 sess

10-13 yrs

Su 10:45 AM-11:45 AM Jan 07-Mar 10
D481795 \$55/10 sess

Instructor: Sanjana Bhasin

Basketball for Boys Skills & Drills

9-13 yrs

This fun and active program emphasizes skill development and drills in a safe and welcoming environment. Drop-in players allowed, space permitting: \$6.

Th 5:15 PM-6:15 PM Jan 11-Mar 07
D483609 \$49.50/9 sess

Instructor: Aman Jhutti

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: \$9.

Th 6:15 PM-7:45 PM Jan 11-Mar 07
D483610 \$74.25/9 sess

Instructor: Aman Jhutti

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. No class Feb 19.

M 3:30 PM-4:30 PM Jan 08-Mar 11
D483601 \$121.50/9 sess

Instructor: Dino Geremia

Game Ready Fast & Fit

7-12 yrs

All will improve running form, change of direction and agility. In addition to drills; a variety of workouts will be incorporated indoors. This program will combine a disciplined focus on fitness and improving athletic skills speed & change of direction with competitive fun games, drills and relays.

W 3:30 PM-4:30 PM Jan 10-Mar 13
D483600 \$135/10 sess

Instructor: Dino Geremia

JBST Pro • Little Soccer Special Stars (Co-ed)

5 yrs

This is JBST Soccer Academy's introductory soccer class develops soccer kicking, controlling, passing, and body coordination through drills. A JBST/KCCS soccer kit is included in the course fee. The Kits will be handed out at the beginning of the season.

<https://www.facebook.com/jbstsocceracademy>

Sa 2:50 PM-3:50 PM Jan 13-Mar 16
D480038 \$300/10 sess

Instructor: JBST Soccer Academy

JBST Soccer Skills Development (Co-ed)

6-8 yrs

This fun JBST Soccer Academy program teaches soccer dribbling, passing, shooting, juggling, and tricks through only drills. A JBST/KCCS soccer kit is included in the course fee. The Kits will be handed out at the beginning of the season. <https://www.facebook.com/jbstsocceracademy>

Sa 3:55 PM-4:55 PM Jan 13-Mar 16
D480036 \$335/10 sess

Instructor: JBST Soccer Academy

JBST High Performance (Co-ed)

9-12 yrs

This advanced JBST Soccer Academy program teaches soccer dribbling, passing, shooting, juggling, and tricks through only drills. A JBST/KCCS soccer kit is included in the course fee. The Kits will be handed out at the beginning of the season. <https://www.facebook.com/jbstsocceracademy>

Sa 5:00 PM-6:00 PM Jan 13-Mar 16
D480037 \$350/10 sess

Instructor: JBST Soccer Academy

Rhythmic Dance

NEW 6-10 yrs

Rhythmic dance combines the grace of ballet and the strength of artistic gymnastics. Participants will learn basic body movements of apparatus technique while moving to various musical rhythms through play and games. This is a wonderful sport to test hand-eye coordination, balance, agility, flexibility, and rhythm. No drop-ins.

Sa 11:00 AM-11:45 AM Jan 20-Mar 16
D483593 \$67.50/9 sess

Instructor: Elite Gymnastics

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. Please note: Pre-registration is required, no on-site drop-in available.

Tu 4:45 PM-5:45 PM Jan 16-Mar 05
D479316 \$152/8 sess

Instructor: Sportball Vancouver

Easter Eggstravaganza

See page 5 for more information



Youth Games Room

The Youth Games Room is now home to a new foosball table, reupholstered pool table, table tennis and new couch in the lounge area.

Mon to Fri • 3pm-9pm • FREE, Youth Only
Sat & Sun • 1pm-4pm • FREE, Youth Only





ART

Drawing and Painting for Kids & Youth

7-17 yrs

In this class students will learn how to draw, shape and form images in perspective while creating compositional structures. We will explore topics including landscape, still life, flowers, figures and more. Supplies are not included. Please bring any drawing and colouring material (coloured pencils, art markers, watercolours, pastels, acrylics, etc) to the first class. I would be happy to help you with any of these mediums. Visit: www.atashzad.com [atashzad.com] Master M. Reza Atashzad has over 35 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. Drop-ins for \$23, if space available.

Sa	10:30 AM-12:00 PM	Jan 13-Mar 16
▶485782		\$195/10 sess
Su	2:00 PM-3:30 PM	Jan 14-Mar 17
▶486818		\$195/10 sess

Instructor: Mohammad Reza Atashzad

Watercolour for Kids & Youth

7-17 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. Drop-ins available at \$23, space permitting.

W	3:30 PM-5:00 PM	Jan 10-Mar 13
▶485814		\$195/10 sess

Instructor: Mohammad Reza Atashzad

DANCE

Active Hip Hop, Dance, Stretch & Strength

9-17 yrs

Come dance to hip hop music for cardio training! Then through proper breathing, strengthening, and stretching, students will have a better understanding of their bodies and develop proper muscle memory. Having learned the proper techniques, our goal is for the student to have better physical awareness, stronger core muscles, increase flexibility and stand tall with confidence. Maybe you'll even achieve your splits and back bends in this class! We recommend taking our Amazing Musical Theatre right before this class to enhance your learning. No previous experience required. Dress: dry indoor shoes with non-marking soles preferred, comfortable sports clothing & face covering (as needed). Bring your water bottle! Drop-ins welcomed! Drop-in \$24.

F	6:00 PM-7:15 PM	Jan 12-Mar 15
▶481217		\$200/10 sess

Instructor: Praise TEAM

Youth Games Room

The Youth Games Room is now home to a new foosball table, reupholstered pool table, table tennis and new couch in the lounge area.

Mon to Fri • 3pm-9pm • FREE,
Youth Only
Sat & Sun • 1pm-4pm • FREE,
Youth Only



EDUCATION

ESL with Emily

6-18 yrs

English does not come easy to everyone, especially if it is not their first language. This course is for those who need extra help with their English skills. This course is designed for ESL students of age 6-18yrs and is a one on one course. Learn new vocabulary words, proper grammar, improve on writing skills, pronunciation, and conversational skills. No session Feb 19.

Jan 08-Mar 11

M	3:30 PM-4:30 PM	
▶482599		\$342.50/9 sess
M	4:40 PM-5:40 PM	
▶486018		\$342.50/9 sess
M	5:50 PM-6:50 PM	
▶482601		\$342.50/9 sess

Jan 10-Mar 13

W	3:30 PM-4:30 PM	
▶482604		\$380/10 sess
W	4:40 PM-5:40 PM	
▶482603		\$380/10 sess
W	5:50 PM-6:50 PM	
▶482602		\$380/10 sess

Jan 11-Mar 14

Th	3:30 PM-4:30 PM	
▶482605		\$380/10 sess
Th	4:40 PM-5:40 PM	
▶482606		\$380/10 sess
Th	5:50 PM-6:50 PM	
▶482607		\$380/10 sess

Instructor: Emily Kim



EDUCATION

Red Cross Babysitting 10-14 yrs

The Canadian Red Cross Babysitting course, refreshed and revised, now has a greater emphasis on First Aid skills. The course covers everything from managing difficult behaviours to essential content on leadership and professional conduct as a babysitter. Babysitting promises to deepen and enhance the responsibility that older youth feel when caring for younger children. This updated curriculum, complete with new science, also provides improved learning when it comes to giving the appropriate care in the event of an emergency.

Su 9:30 AM-4:30 PM \$75/1 sess
▶484782 Jan 21
▶484784 Feb 18
▶484785 Mar 17

Instructor: Foundations Safety & Training

Toastmasters Youth Program Vancouver Gavel Club 12-17 yrs

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

Tu 6:30 PM-8:30 PM Jan 16-Mar 12
▶480776 \$108/9 sess

Instructor: Vancouver Gavel Club

TELUS Wise: Happiness 14-17 yrs

TELUS Wise happiness engages teen students in a conversation about building and maintaining a healthy relationship with technology and offers tips on ensuring resiliency and well-being in our connected world.

M 3:45 PM-4:45 PM Jan 15
▶486936 Free, registration req'd /1 sess
 Instructor: Telus

POTTERY

Teen Pottery: Independent Study 13-18 yrs

For teens who have experience with clay and want to work independently. Our spacious studio is well lit, with sturdy surfaces and 8 wheels. Work will be glazed then fired in a kiln. A supervisor will be present, but there's no formal lesson plan. Students must come with their own ideas, inspiration, knowledge and passion to create. All materials are included.

Sa 10:00 AM-1:00 PM Jan 06-Mar 30
▶481192 \$327/13 sess

Instructor: Rebecca Wong



SOCIAL

Kerrisdale Pre-teen Group 9-12 yrs

Looking for a fun pre-teen group to join? Want to meet new friends? Come join us at Kerrisdale Community Centre for fun activities every week! Activities will include crafts, games, mini walking out trips and even some leadership activities planned by the youth leader. Pre registration required. A waiver form must be completed prior to the first day of program. No registration after the 2nd class.

F 3:30 PM-5:00 PM Jan 26-Mar 15
▶479451 FREE
 Instructor: Youth Leader

SPORTS

Badminton 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. Note: program is merged with the children's program. Please note: Pre-registration is required, no on-site drop-in available.

Tu 3:45 PM-5:45 PM Jan 16-Mar 05
▶479450 \$38/8 sess

Instructor: Susan Kita

Basketball Youth Drop in Gym 13-18 yrs

This fun and active drop in gym basketball program emphasizes free play and games in a safe and welcoming environment. Drop-in players allowed, space permitting: \$6.

Su 11:45 AM-12:45 PM Jan 07-Mar 10
▶481793 \$55/10 sess
F 6:00 PM-7:30 PM Jan 12-Mar 08
▶481833 \$49.50/9 sess

Instructor: Olive Carroll & Sanjana Bhasin



TENNIS

Since 2012, **Summer Smash Tennis** has provided tennis programs and classes to community centres and schools across Vancouver. Our coaches are certified instructors who have worked with hundreds of students to inspire a passion for tennis and sport. We share a common goal of creating safe, fun and challenging learning environments for all students. Through the use of the Progressive Tennis teaching method, students are given the foundation to excel as players for life.

www.summersmashtennis.ca



Winter Programs

Learn tennis indoors with our team of expert coaches. Our programs are designed to provide students with a technical foundation that will allow them to maximize their potential as recreational or competitive players. We strive to create a welcoming and challenging environment for students of all ages and backgrounds.

Key Info

- All students **MUST** print our activity waiver off from our website and bring a signed copy to the **FIRST** class
- All tennis lessons are taught by a Tennis Canada Certified Instructor
- Students are expected to bring their own racquets to the lesson, and to come dressed in athletic clothing with athletic shoes
- Students are expected to bring water

Waiver

Parents or guardians must bring a signed copy of our activity waiver to the first day of class or camp. 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.

Tennis: Mini Fundamentals

4.5-5 yrs

Learn tennis indoors! Prepare your child to excel at tennis and sport with lessons that focus on developing fundamental movement and proprioception. 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. No class March 14 or March 15.

Th	2:10 PM-2:55 PM	Jan 11-Feb 08
▶482308		\$123.75/5 sess
Th	2:10 PM-2:55 PM	Feb 15-Mar 28
▶482309		\$148.50/6 sess
F	2:30 PM-3:15 PM	Jan 12-Feb 09
▶482311		\$123.75/5 sess
F	2:30 PM-3:15 PM	Feb 16-Mar 22
▶482312		\$123.75/5 sess
Su	9:30 AM-10:30 AM	Jan 14-Feb 11
▶483522		\$165/5 sess
Su	9:30 AM-10:30 AM	Feb 18-Mar 31
▶483523		\$165/6 sess

Instructor: Summer Smash Tennis

Tennis: Mini Aces

5-7.5 yrs

Start or continue learning tennis indoors! Prepare your child to excel at tennis and sport with lessons that focus on developing fundamental movement and proprioception. 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. No session March 13 or March 15.

W	3:30 PM-4:15 PM	Jan 10-Feb 07
▶482295		\$123.75/5 sess
W	3:30 PM-4:15 PM	Feb 14-Mar 27
▶482297		\$148.50/6 sess
F	3:30 PM-4:15 PM	Jan 12-Feb 09
▶482307		\$123.75/5 sess
F	3:30 PM-4:15 PM	Feb 16-Mar 22
▶482306		\$123.75/5 sess
Su	10:30 AM-11:30 AM	Jan 14-Feb 11
▶483524		\$165/5 sess
Su	10:30 AM-11:30 AM	Feb 18-Mar 31
▶483525		\$198/6 sess

Instructor: Summer Smash Tennis

Tennis: Junior Fundamentals

7.5-10 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. An emphasis is placed on inspiring a love for the game while building a strong technical foundation.

Sa	11:00 AM-12:00 PM	Jan 13-Feb 10
▶482317		\$165/5 sess

Instructor: Summer Smash Tennis

TENNIS

Tennis: Junior Aces 7.5-10 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. No session March 13 or March 16.

W	4:15 PM-5:15 PM	Jan 10-Feb 07
▶482313		\$123.75/5 sess
W	4:15 PM-5:15 PM	Feb 14-Mar 27
▶482314		\$198/6 sess
Sa	11:00 AM-12:00 PM	Feb 17-Mar 30
▶482315		\$198/6 sess

Instructor: Summer Smash Tennis

Tennis: Youth Fundamentals 11-15 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. An emphasis is placed on inspiring a love for the game while building a strong technical foundation. No session March 16.

Sa	12:00 PM-1:00 PM	Jan 13-Feb 10
▶482321		\$165/5 sess
Sa	12:00 PM-1:00 PM	Feb 17-Mar 30
▶482322		\$198/6 sess

Instructor: Summer Smash Tennis

Tennis: Youth Aces 11-15 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. No session March 14 or March 15.

F	4:15 PM-5:45 PM	Jan 12-Feb 09
▶482319		\$247.50/5 sess
F	4:15 PM-5:45 PM	Feb 16-Mar 22
▶482320		\$297/5 sess
Th	3:30 PM-5:00 PM	Jan 11-Feb 08
▶483520		\$247.50/5 sess
Th	3:30 PM-5:00 PM	Feb 15-Mar 28
▶483521		\$297/6 sess

Instructor: Summer Smash Tennis

Tennis+Pickleball FIT 18+ yrs

Want to move better, prevent injury, and be ready for the physical demands of racquet sports? This Fitness Course led by a Certified Trainer introduces students to low impact exercises that work to improve mobility, balance, strength, and agility. Learn in a small group setting and receive personalized feedback. All playing levels welcome.

Tu	12:00 PM-1:00 PM	Jan 09-Feb 06
▶482284		\$165/5 sess
Tu	1:00 PM-2:00 PM	Jan 09-Feb 06
▶482288		\$165/5 sess
W	11:30 AM-12:30 PM	Jan 10-Feb 07
▶482289		\$165/5 sess
W	12:30 PM-1:30 PM	Jan 10-Feb 07
▶482292		\$165/5 sess
Tu	12:00 PM-1:00 PM	Feb 13-Mar 12
▶482285		\$165/5 sess
Tu	1:00 PM-2:00 PM	Feb 13-Mar 12
▶482287		\$165/5 sess
W	11:30 AM-12:30 PM	Feb 14-Mar 13
▶482290		\$165/5 sess
W	12:30 PM-1:30 PM	Feb 14-Mar 13
▶482291		\$165/5 sess

Instructor: Summer Smash Tennis

Tennis: Junior Aces Camp 7.5-10 yrs

Join us for a fun half week of tennis! Start or continue learning 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.

M Tu W	10:30 AM-12:00 PM	Mar 18-Mar 20
▶482323		\$149/3 sess

Instructor: Summer Smash Tennis

Tennis: Youth Aces Camp 11-15 yrs

Accelerate your development with a half week of tennis! Start or continue to develop skills through high energy, game-based lessons with an eventual progression to rally and play within the full court setting. Students will be introduced to all phases of play and basic strategy. Beginner and intermediate levels welcome.

M Tu W	10:30 AM-12:00 PM	Mar 25-Mar 27
▶482324		\$149/3 sess

Instructor: Summer Smash Tennis

MARTIAL ARTS

Boxing with Richard • Level 1

Come learn how to box and get fit at this beginners boxing class. Learn skills including proper punching techniques, combinations, footwork and defense in a safe and structured yet fun environment. Contact is only in the form of practicing defensive skills, glove to glove contact, tube pads as well as well as non contact sparring drills. Of course fitness is a naturally big component as punching is a very effective anaerobic workout. Some hand weights, core drills, agility drills added for a complete workout. Come and train with a former Golden Gloves Champion, Richard Pelcz. Drop in available, space permitting.

Th	5:30 pm-6:30 pm	Jan 11 to Mar 28
▶487928		\$158/12 sess

Instructor: Richard Pelcz

Boxing with Richard • Level 2

Come learn how to use the skills you learned in Level 1. A quicker pace, higher level utilizing the skills you learned while learning new ones. Improve your technique, with more advanced drills, punching combinations and footwork. Train in a safe and structured yet fun environment. Contact is only in the form of practicing blocking skills, using hand pads (focus mitts) as well as the glove to glove punching. Tube pads as well as well as more advanced but still—no contact—sparring drills. Of course—getting fitter than ever using the boxing skills you know and adding new ones! Some core work as well as other drills are added to complete your workout!

F	6:00 pm-7:00 pm	Jan 12 to Mar 22
▶487930		\$145/11 sess

Instructor: Richard Pelcz

Junior Boxing with Richard • Level 1

This boxing program is design for those 10 to 18 years of age. Learn how to box without contact. Develop and improve on skills such as reflexes, agility, and all around fitness. They will learn all aspects of the sport and practice their skills with partner work and hitting gloves and hand held targets. Come and learn from a former golden gloves champion and 3rd degree black belt in taekwondo, Richard Pelcz. Drop in available, space permitting.

Th	4:45 pm-5:30 pm	Jan 11-Mar 28
▶487927		\$158/12 sess

Instructor: Richard Pelcz

Celebrating 80 Years
Kerrisdale Community Centre Society

#KCCS80th

Junior Boxing with Richard • Level 2

This boxing program is design for those 10 to 18 years of age. Learn how to box without contact. Develop and improve on skills such as reflexes, agility, and all around fitness. They will learn all aspects of the sport and practice their skills with partner work and hitting gloves and hand held targets. Come and learn from a former golden gloves champion and 3rd degree black belt in taekwondo, Richard Pelcz. Drop in available, space permitting.

F 5:00 pm-6:00 pm Jan 12-Mar 22
D487929 \$145/11 sess

Instructor: Richard Pelcz

Ken Shin Dojo • Iaido 18+ yrs

Iaido is the art of drawing and cutting with the samurai katana (sword). The purpose of Iaido is 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), then bokken is replaced by a Japanese training sword. Ken Shin Dojo is certified by Whole Japan Iaido Kokusai Federation. For more info, please visit kenshindojo.ca or contact Sensei Bahman at sensei.bahman@kenshindojo.ca.

W 7:15 pm-8:45 pm Jan 10-Mar 20
Sa 10:00 am-11:30 am Jan 10-Mar 20
D482427 \$340/21 sess

Instructor: Bahman Ebrahimi

Ken Shin Dojo • Jiu Jitsu 13+ yrs

This class is offered exclusively to Ken Shin Dojo Kickboxing or Iaido students and includes a 50% discount from original cost. Learn the essential techniques such as takedowns, chokeholds, joint-locks and immobilization. Suitable for men & women of all fitness levels. No drop-ins. For more info, please visit kenshindojo.ca or contact Sensei Bahman at sensei.bahman@kenshindojo.ca.

Sa 2:00 pm-3:00 pm Jan 13-Mar 23
D482428 \$179/11 sess

Instructor: Bahman Ebrahimi

Ken Shin Dojo Kickboxing

13+ yrs

This high energy non-contact sparring martial art will enhance your cardio-fitness, flexibility, speed, strength and endurance. You will learn standing techniques through a combination of target practice, kicking and punch bag drills. Suitable for all fitness levels. Student are welcome to wear kickboxing shoes or soft indoor running shoes. Belt testing optional. Certificates in Kickboxing offered to students that have successfully attained their blackbelt. Free kickboxing pants to new students. Drop-ins available upon instructor's approval and availability. For more info, please visit kenshindojo.ca or contact Sensei Bahman at sensei.bahman@kenshindojo.ca. Drop-ins available at \$27, upon instructor's approval and availability.

W 6:00 pm-7:00 pm Jan 10-Mar 20
D482430 \$242/11 sess
Sa 1:00 pm-2:00 pm Jan 13-Mar 23
D482429 \$242/11 sess

Instructor: Bahman Ebrahimi

Wushu • Beginners 5-14 yrs

No Wushu experience necessary. This class is intended for children and youth to learn the fundamentals of Wushu. Basic punches, kicks, and stretches will be a large part of this class. Along with some routine cardio exercises. Please bring closed toed shoes with socks, water bottle, and comfortable pants. No drop in available for beginner's class

M 4:00 pm-4:45 pm Jan 08-Mar 18
D482449 \$115/9 sess

Instructor: Candice Wong

Wushu Beginner/ Novice • 15+

15-55 yrs

A form of Chinese Martial Arts, is an exciting and modern way of performing the art of fighting. Our classes will focus on developing a positive attitude, discipline, respect, and self-confidence. Wushu helps develop coordination, balance, strength, stamina, and flexibility while learning the fundamentals of basic fighting concepts. Drop-in available for \$19, space permitting.

M 7:00 pm-8:00 pm Jan 08-Mar 18
D482450 \$149/10 sess

Instructor: Candice Wong

Wushu Level 2+ Novice-Intermediate 7-55 yrs

Wushu, a form of Chinese Martial Arts, is an exciting and modern way of performing the art of fighting. Although many people are unfamiliar with Wushu, this style has gained recognition through Hollywood action films. Our classes will focus on developing a positive attitude, discipline, and respect. Wushu helps develop co-ordination, balance, strength, stamina, and flexibility while learning the fundamentals of basic fighting concepts such as punching, kicking, blocking, and weapons training. Prerequisite for this class is Wushu Beginners, testing required. Drop-in available for \$19, space permitting.

M 5:00 pm-6:30 pm Jan 08-Mar 18
D482451 \$149/10 sess

Instructor: Candice Wong

Wushu Level 4+ Competitive 7-55 yrs

This level focuses more on higher level training, advanced routines, weapon training, sparring techniques, and competition level training. Prerequisite for this class is Wushu Level 2+, testing required. Drop-in available for \$20, space permitting.

Th 5:00 pm-7:00 pm Jan 11-Mar 21
D485608 \$180/11 sess

Instructor: Candice Wong

Wushu Level 4+ Intermediate-Advanced 7-55 yrs

This level focuses more on higher level training, advanced routines, weapon training, sparring techniques, and competition level training. Prerequisite for this class is Wushu Level 2+, testing required. Drop-in available for \$20, space permitting.

M 5:00 pm-7:00 pm Jan 08-Mar 18
D482452 \$165/10 sess

Instructor: Candice Wong

More martial arts programs
 on pages 39-40.





MARTIAL ARTS

Axe Capoeira Mini**2-6 yrs**

We are now excited to offer a Capoeira course to introduce your child to the basic fundamentals of the art form. This starter course will cover basic kicks, movements, and acrobatics, as well as teach you basic music skills and about the history of Capoeira. We will also cover the correct techniques to prepare you physically to transition into the next level of classes. Drop-ins available at \$22, space permitting.

M	4:30 pm-5:15 pm	Jan 08-Jan 29
▶482377		\$72/4 sess
M	4:30 pm-5:15 pm	Feb 05-Feb 26
▶482378		\$54/3 sess
M	4:30 pm-5:15 pm	Mar 04-Mar 25
▶482379		\$72/4 sess

Instructor: Julie Ali

Axe Capoeira Youth**7-14 yrs**

We are now excited to offer a Capoeira course to introduce your child to the basic fundamentals of the art form. This starter course will cover basic kicks, movements, and acrobatics, as well as teach you basic music skills and about the history of Capoeira. We will also cover the correct techniques to prepare you physically to transition into the next level of classes. Drop-ins available at \$22, space permitting.

M	5:15 pm-6:15 pm	Jan 08-Jan 29
▶482380		\$72/4 sess
M	5:15 pm-6:15 pm	Feb 05-Feb 26
▶482381		\$54/3 sess
M	5:15 pm-6:15 pm	Mar 04-Mar 25
▶482382		\$72/4 sess

Instructor: Julie Ali

Axe Samba & Afro-Brazilian Dance**14+ yrs**

Samba is the sizzle of Brazil. Spice it up with this introductory course in Samba and Afro-Brazilian dance. The focus is on basic footwork, combinations and easy to learn choreography. Get fit, have fun and make your soul happy with this class. Drop-ins available at \$24, space permitting.

M	6:30 pm-7:00 pm	Jan 08-Jan 29
▶482383		\$80/4 sess
M	6:30 pm-7:00 pm	Feb 05-Feb 26
▶482384		\$60/3 sess
M	6:30 pm-7:00 pm	Mar 04-Mar 25
▶482385		\$80/4 sess

Instructor: Julie Ali

Axe Capoeira Adults**14+ yrs**

Have you always wanted to try Capoeira but have been to waiting to get in shape first? or weary of jumping into a class full of pros? Now is the time and this is the class designed just for you! We are now excited to offer a Capoeira course to introduce you to the basic fundamentals of the art form. This starter course will cover basic kicks, movements, and acrobatics, as well as teach you basic music skills and about the history of Capoeira. We will also cover the correct techniques to prepare you physically to transition into the next level of classes. Drop-ins available at \$28, space permitting.

M	7:15 pm-8:15 pm	Jan 08-Jan 29
▶482374		\$93/4 sess
M	7:15 pm-8:15 pm	Feb 05-Feb 26
▶482375		\$69/3 sess
M	7:15 pm-8:15 pm	Mar 04-Mar 25
▶482376		\$93/4 sess

Instructor: Julie Ali

West River Karate Li'l Ninjas**3-5 yrs**

Our Little Ninjas karate program focuses on teaching and improving listening skills and basic motor skills for preschool age children. Each child will learn the basic fundamentals of karate; punches, kicks and forms in a safe and friendly space. Our program will enhance your child's growth and personal development in a positive, fun and motivating way. Participants may purchase a uniform from the instructor.

M	5:00 pm-5:30 pm	Jan 08-Mar 11
▶482447		\$130/10 sess
F	5:00 pm-5:30 pm	Jan 12-Mar 15
▶482448		\$130/10 sess

Instructor: Kenny Lim

West River Karate Beginner/Novice**6-12 yrs**

Our program will introduce the basics and fundamentals of traditional karate. The main emphasis is this program is the growth and personal development of our students through the practice of this traditional martial art. Additional benefits of training include discipline, etiquette and respect. Participants may purchase a uniform from the instructor.

M	5:30 pm-6:30 pm	Jan 08-Mar 11
▶482445		\$200/10 sess
F	5:30 pm-6:30 pm	Jan 12-Mar 15
▶482446		\$200/10 sess

Instructor: Kenny Lim

Adults



MARTIAL ARTS

Judo • Youth 8-13 yrs

Judo is an Olympic sport and a martial art. It is the art of throwing, gripping and ground submission. Judo is among the safest of the strenuous combative sports.

Tu 6:30 pm-7:30 pm Jan 09-Mar 26
▶485797 \$120/12 sess

Instructor: Takao Izumi

Judo • 14+yrs 14-64 yrs

Tu 7:30 pm-8:45 pm Jan 06-Mar 30
Sa 4:00 pm-5:30 pm ▶485796 \$263/25 sess

Instructor: Takao Izumi

Taekwondo 11+ yrs

At Third Eye Martial Arts (TEMA), our Taekwondo classes focus on improving flexibility, power, agility, mental discipline, and self-confidence. Members will also learn practical self-defense techniques. Students will be introduced to Olympic sport sparring training. Black belts at TEMA receive their certification from the prestigious world Taekwondo headquarters, Kukkiwon. All belt tests are conducted by Grand Master E. Saadati, an 8th Dan and World CISM Champion. More info at www.temamartialarts.com. Please note that TEMA uniforms are available for an additional cost, and the instructor will take uniform orders on the first day of Taekwondo class.)

Taekwondo: All Levels • 11+ yrs

F 6:30 pm-7:30 pm Jan 05-Mar 22
▶482442 \$276/12 sess

Taekwondo: Beginner • 5-10 yrs

F 5:30 pm-6:20 pm Jan 05-Mar 22
▶482443 \$276/12 sess

Taekwondo: Intermediate • 5-10 yrs

F 4:30 pm-5:20 pm Jan 05-Mar 22
▶482444 \$276/12 sess

Instructor: Third Eye Martial Arts

MUSIC

Simply Band NEW 19+ yrs

A community concert band for adults who play a band instrument. The music will not be difficult (you can be rusty!) but will be chosen for its beauty or for how much fun it is to play! All you need are your instrument and music stand. If you wish to know more, please contact Deberah @ simplybandvan@gmail.com Drop-in musicians, please contact Deberah two days prior to let her know of your instrument.

M 7:00 pm-9:00 pm Jan 15-Mar 25
▶485827 \$55/11 sess

Instructor: Deberah Shears

ART

Acrylic Painting 18+ yrs

Enjoying and relaxing with acrylic painting as an expressive and vibrant medium. You will learn how to use the brushes to achieve a variety of techniques including blending, glazing, lifting, wet on wet and over dry to create different textures and brush strokes on your artwork. We will focus on beautiful landscapes, flowers and figures. Visit: www.atashzad.com (Supplies are not included, supply list available upon registration) Drop-ins available at \$35, space permitting.

W 9:30 am-12:00 pm Jan 10-Mar 13
▶485812 \$290/10 sess
Su 11:00 am-1:30 pm Jan 14-Mar 17
▶485816 \$290/10 sess

Instructor: Mohammad Reza Atashzad

ART

Drawing and Painting 18+ yrs

You will learn how to draw, shape and form images in perspective while creating compositional structures. We will explore topics including landscape, still life, flowers, figures and more. Supplies are not included. Please bring any drawing and colouring material (coloured pencils, watercolours, pastels, acrylics, etc) to the first class. I would be happy to help you with any of these mediums. www.atashzad.com (Supplies are not included, supply list available upon registration). Drop-ins for \$35, if space available.

W 1:00 pm-3:30 pm Jan 10-Mar 13
▶485813 \$290/10 sess

Instructor: Mohammad 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). www.atashzad.com (Supplies are not included, supply list available upon registration). Drop-ins available at \$35, space permitting.

Tu 7:00 pm-9:30 pm Jan 09-Mar 12
▶485811 \$290/10 sess

Instructor: Mohammad Reza Atashzad





DANCE

**Hawaiian/Polynesian:
Public Workshop**

19+ yrs

CELEBRATING 53 YEARS! We welcome you to a special class event. Canada's Only All Authentic/Hawaiian & Tahitian Dance, all in one/all in a Day/Public Workshop! Hawaiian Hula & Tahitian Basics & Routine, presented by Kumu / Master Instructor, Paul Tavai-Latta. A full, Non-stop, Dance Workout! incl. Technique, Language, Live Drums & Demonstrations! ALL AGES / ALL LEVELS—ANYONE & EVERYONE IS INVITED!

Su	12:30 pm-3:00 pm	Jan 28-Jan 28
▶485808		\$15/1 sess
Su	12:30 pm-3:00 pm	Feb 25-Feb 25
▶485809		\$15/1 sess
Su	12:30 pm-3:00 pm	Mar 24-Mar 24
▶485810		\$15/1 sess

Instructor: Paul Latta Dance

**Paul Latta Dance
Hawaiian/Polynesian:
Beginner 1**

19+ yrs

Aloha! Start at the very beginning with Master Kumu Hula Paul Tavai-Latta of TAVAI'S Polynesia Canada (est. 1968) in this exclusive Hawaiian & Polynesian mixed dance class. Learn the history of Hawai'i through the Hula the Language of Hawai'i. Traditional Chants to Modern Hulas, to the challenging drum dances of Tahiti, it's all in this easy step by step class. A perfect blend of exercise, fitness, co-ordination, form, grace, and education, language, culture, customs, and fun! Dancers can work towards participating in full costume in annual festivals, performances, competitions with the Paul Tavai-Latta Polynesian Dance Company.

W	6:30 pm-7:30 pm	Jan 10-Mar 27
▶485805		\$164/12 sess

Instructor: Paul Latta Dance

**Paul Latta Dance
Hawaiian/Polynesian:
Beginner 2**

19+ yrs

Level 2 is for dancers who have completed Level 1 or have had some past experience in dance. Dancers can work towards participating in full costume in annual festivals, performances, competitions with the Paul Tavai-Latta Polynesian Dance Company. This special class is taught by Paul Tavai and senior members of the dance academy

W	6:30 pm-7:30 pm	Jan 10-Mar 27
▶485806		\$164/12 sess

Instructor: Paul Latta Dance

**Paul Latta Dance
Hawaiian/Polynesian:
Intermediate**

19+ yrs

An on-going mixed class of advanced technique, language, performance, stage / show / tour & competition caliber instruction and routines of traditional & authentic dances, language, costumes and culture of Hawai'i and Tahiti and Polynesia. With international Kumu / Master Instructor Paul Tavai of TAVAI'S Polynesian (Est. 1968). Dancers participate in full costume in annual festivals, performances, competitions, tours, with the Paul Tavai-Latta Polynesian Dance Company. Previous Polynesian dance experience is mandatory for this class

W	7:30 pm-9:00 pm	Jan 10-Mar 27
▶485807		\$260/12 sess

Instructor: Paul Latta Dance

**Paul Latta Dance
Tap Dance: Beginner 1**

19+ yrs

A perfect opportunity to start at the very beginning with Canadian Tap Champion and 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.

W	5:30 pm-6:30 pm	Jan 10-Mar 27
▶485804		\$164/12 sess

Instructor: Paul Latta Dance

Classical Chinese Dance

19+

Come and join us in a fun and healthy approach to classic Chinese dance. This class include Mongolian, Tibetan, Dai Xin Jiang and other classical Chinese dance. \$10.00 drop in if space available.

Th	3:30pm-5:00pm	Jan 11-Mar14
▶488759		\$85/10 sess

HEALTH & WELLNESS

Exercise Room Combo

19+ yrs

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-ins for \$14, if space available.

W	10:00 am-11:00 am	Jan 03-Mar 27
▶482398		\$147/13 sess
F	10:00 am-11:00 am	Jan 05-Mar 29
▶482399		\$147/13 sess
M	10:00 am-11:00 am	Jan 08-Mar 25
▶482397		\$136/12 sess

Instructor: Barry Petkau

Adults



FITNESS & HEALTH

Sunday Flow Yoga with Bitu

19+ yrs

Come join the flow using props and postures held for longer periods of time to initiate deep relaxation of your body, mind and spirit. These classes will give you a direct experience of its many benefits: reduced stress and anxiety, better sleep, more vitality, and a deeper sense of well-being. We encourage you to bring your own mat. No class on March 17. Drop-ins available for \$20, space permitting

Su 9:30 am-10:30 am Jan 21-Apr 07
D482441 \$182/11 sess

Instructor: Bitu Haghighifarid

Chair Pilates

NEW 18+ yrs

Chair Pilates focuses on the core stabilizers of the body using a chair for support. This class helps to improve mobility while strengthening the muscles using the basic principles of mat Pilates. This class is not designed for those with special needs that require a support person. For more info visit www.intoyoga.ca. Drop in available is \$19 if space permits.

W 10:30 am-11:30 am Jan 17-Mar 13
D485629 \$143/9 sess

Instructor: Into Yoga

Hatha Yoga

NEW 18+ yrs

Hatha Yoga is suitable for all levels of experience. Work on balance, strength, flexibility and relaxation as you build your self-awareness. A more profound connection with the body is developed, releasing tension and anxiety. Bring a mat to class. For more info visit www.intoyoga.ca. Drop in available is \$19 if space permits.

M 6:00 pm-7:00 pm Jan 15-Feb 12
D485624 \$76/5 sess
F 10:00 am-11:00 am Jan 19-Feb 16
D485652 \$76/5 sess
M 6:00 pm-7:00 pm Feb 26-Mar 25
D485625 \$76/5 sess
F 10:00 am-11:00 am Feb 23-Mar 22
D485653 \$76/5 sess

Instructor: Into Yoga

Morning Flow Yoga

NEW 18+ yrs

Flow Yoga incorporates Hatha postures in a vinyasa (flow) style, designed to bring about an inner connection and calm. Focus on the breath allows the student to let go of tension and anxiety, and helps with re-connecting to the body on a more profound level. The body is stretched, toned, and massaged, releasing trapped toxins in the tissues, energizing and preparing your mind and body for your day ahead. Bring a mat to class. For more info visit www.intoyoga.ca. Drop in available is \$19 if space permits.

Tu 7:00 am-8:00 am Jan 16-Feb 20
D485627 \$92/6 sess
Tu 7:00 am-8:00 am Feb 27-Mar 26
D485628 \$76/5 sess

Instructor: Into Yoga

Prenatal Yoga

NEW 18+ yrs

Prenatal Yoga invites expecting moms to combine exercise and thoughts with each other. With an emphasis on breath, relaxation and postures that will increase strength and endurance, this class focuses on relieving common discomforts of pregnancy and techniques to reduce pain contributing to an easier delivery. Bring a mat to class. Doctor's approval is recommended. For more info visit www.intoyoga.ca. Drop in available is \$19 if space permits.

Th 6:15 pm-7:15 pm Jan 18-Feb 22
D485687 \$92/6 sess
Th 6:15 pm-7:15 pm Feb 29-Mar 28
D485688 \$76/5 sess

Instructor: Into Yoga

Yoga to Unwind and Reset

NEW 18+ yrs

Unwind and Reset with Yoga is a combination of gentle asana (movement), pranayama (breathwork), and meditation, designed specifically to calm the mind, soothe the nervous system and reconnect you with a sense of ease. This is an invitation to slow down, relax and cultivate presence. All levels are welcome. No experience needed. Class will be gentle and accessible with an extended savasana. Bring a mat to class. For more info visit www.intoyoga.ca. Drop-ins available at \$19 if space permits

F 6:00 pm-7:00 pm Jan 19-Feb 16
D485654 \$76/5 sess
F 6:00 pm-7:00 pm Feb 23-Mar 22
D485655 \$76/5 sess

Instructor: Into Yoga

Seniors group fitness

See pages 29 and 36.



FITNESS & HEALTH

Yoga for Fitness**18+ yrs**

Yoga for Fitness is a fitness-based approach to Yoga incorporating both dynamic and resistance based movement including lots of vinyasas (series of poses done in sequence). This class is for all levels of fitness and Yoga knowledge allowing you to step up or draw back based on your goals and capabilities. Come work out, tune in, and have fun! Please bring your own Yoga/Pilates mat. For more info visit, www.intoyoga.ca. Drop-in available for \$19, space permitting.

W 6:00 pm-7:00 pm Jan 17-Feb 21
▶485650 \$92/6 sess
W 6:00 pm-7:00 pm Feb 28-Mar 27
▶485651 \$76/5 sess

Instructor: Into Yoga

Yoga for Older Adults 55+**55+ yrs**

These classes are designed for relatively active individuals over the age of 55. 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. For more info visit, www.intoyoga.ca. Drop-in available for \$23, space permitting. No class on Feb 19

M 10:30 am-11:45 am Jan 15-Mar 25
▶485622 \$191/10 sess

Instructor: Into Yoga

Yoga for Pre Teens**9-12 yrs**

An introduction to Yoga. Your Pre-Teen will learn breathing techniques, meditation, mindfulness and yoga pose sequencing, known as asanas. They will explore visual imagery and relaxation techniques while conveying lessons in self expression, body image, social skills, positive thinking, and environmental awareness. Please bring a mat to class. For more info visit, www.intoyoga.ca. Drop-in available for \$18, space permitting. No Class on Feb 19

M 4:00 pm-5:00 pm Jan 15-Mar 11
▶485656 \$115/8 sess

Instructor: Into Yoga

Callanetics**18+ yrs**

The CALLANETICS exercise method is a total body conditioning workout. One of the original 'barre' workouts, CALLANETICS uses a combination of mat work and ballet inspired leg work, precise positioning and tiny movements that are gentle on the joints and super effective at strengthening and toning your muscles. You will leave the class feeling like you've had a great workout! www.callaneticsvancouver.com. Drop-ins available at \$20, space permitting.

W 7:00 pm-8:00 pm Jan 10-Mar 13
▶482580 \$170/10 sess

Instructor: Linda Shedden

LANGUAGE

German Level 1

NEW

19+ yrs

A class designed for those with no previous knowledge of the German language. We will explore essential grammar and useful vocabulary with the goal to be able to have basic conversation. Everything you need for your trip to Germany or for starting a new language journey.

Th 6:00 pm-8:00 pm Jan 18-Mar 14
▶487933 \$240/9 sess

Instructor: Uta Hartmann

Spanish: Beginners I**16+ yrs**

HOLA! Welcome to the Spanish language! This beginner's course will emphasize instruction in basic grammar, vocabulary and writing with some conversation. Classes cover proper phonetics and will focus on the verb to be and the simple present tense. This course will also teach you simple travel phrases, how to order food in a restaurant, etc. Registration only. Sorry no drop-ins. Please NO REGISTRATION past the 3rd class.

Tu 5:30 pm-7:00 pm Jan 09-Mar 26
▶482553 \$199/12 sess

Instructor: Eliana Rolando

Spanish: Beginners II**16+ yrs**

amlGOS! This course will build on the foundation established in the Beginner I Spanish class. The focus will be on conversation plus the introduction of the past tense. Registration only. Sorry no drop-ins. Please speak with instructor if registering past the 3rd class.

Tu 8:30 pm-10:00 pm Jan 09-Mar 26
▶482555 \$199/12 sess

Instructor: Eliana Rolando

LANGUAGE

Spanish: Intermediate **16+ yrs**

HOLA amlGOS! Increase your vocabulary and grammar skills in this intermediate level Spanish course. Participants must have completed Beginners I and II level Spanish. This course will focus on Direct and Indirect Pronouns, the Imperative Tense and Future Tense as we learn more advance grammar skills. You will acquire good pronunciation and conversation skills to enable you to communicate well in Spain and Latin America. Registration only. Sorry no drop-ins. Please speak with instructor if registering past the 3rd class.

Tu 7:00 pm-8:30 pm Jan 09-Mar 26
▶482556 \$199/12 sess

Instructor: Eliana Rolando

Introductory Japanese **19+ yrs**

Introductory conversational Japanese. This course is designed for people who are interested in traveling to Japan for pleasure, or work, and to converse with their Japanese friends. <https://japaneselearningvancouver.ca/>

Tu 6:15 pm-8:30 pm Jan 16-Mar 19
▶485607 \$245/10 sess

Instructor: Yoko Maruyama

Mandarin with Ms. Gong • Beginner**18+ yrs**

Curiosity in Chinese culture and Mandarin are all you need to join this beginner class. This course is for students of any background! Come to Ms. Gong's class with a binder and a pen. She will provide useful class handouts. By the end of this course, you will be able to greet others, introduce yourself and handle basic daily conversation in authentic Mandarin! You will be able to count numbers in Mandarin, identify Chinese currency, know famous Chinese cities / places and order food in Chinese restaurants, etc. As a bonus, you'll learn Mandarin Pinyin, the Chinese Phonetic System. Drop-in available with instructor's approval.

M 4:00 pm-5:30 pm Jan 15-Mar 18
▶487761 \$210/10 sess

Instructor: Victoria Gong

Adults

LANGUAGE

Mandarin with Ms. Gong • Intermediate 18+ yrs

Do you feel confident in your mastery of the Pinyin, the Chinese phonetics system? If so, you have a powerful tool at your disposal to delve into Mandarin grammar, daily expressions, idioms, slang, jokes, and even tongue-twisters. This level of learning will also provide you with valuable insights into Chinese culture and customs. If you have any questions, feel free to bring them to Ms. Gong, who will be more than happy to provide you with answers. Drop-in is available with the instructor's approval.

M 5:30 pm-7:00 pm Jan 15-Mar 18
D487762 \$210/10 sess

Instructor: Victoria Gong

POTTERY

Pottery: Beginner Pottery Class 18+ yrs

In this introductory pottery class, beginners explore the art of ceramics through both hand-building and wheel-throwing techniques. Starting with hand-building, students learn to shape clay into various forms, from bowls to decorative items. As the course progresses, participants transition to the pottery wheel, honing their skills in creating functional and artistic pottery pieces. Expert guidance is provided by your instructor, covering clay preparation, shaping, and glazing techniques. By the end of the class, students will proudly showcase their unique pottery creations, making this a fulfilling foray into the world of pottery.

Tu 9:00 am-1:00 pm Jan 09-Mar 26
D485824 \$389/12 sess

Instructor: Abderrahmane Atbi

Pottery: Studio Time 18+ yrs

In this informal class, you'll have the opportunity to throw on the wheel or work on your own hand building projects. Students must have previous pottery experience. An instructor will be available for help. One bag of clay is included in the course fee.

M 5:00 pm-9:00 pm Jan 08-Mar 25
D485801 \$389/12 sess

Instructor: Abderrahmane Atbi

POTTERY

Please Note

Pottery made outside the studio will not be fired in our studio.

Our pottery classes are for personal and recreational use. Commercial use or intend for resale will not be allowed.

Pottery: Studio Time 18+ yrs

In this informal class, you'll have the opportunity to throw on the wheel or work on your own hand building projects. Students must have previous pottery experience. An instructor will be available for help. One bag of clay is included in the course fee.

Tu 5:00 pm-9:00 pm Jan 09-Mar 26
D485802 \$389/12 sess

Instructor: Abderrahmane Atbi

Pottery • Studio Time with Danielle 16+ yrs

This class is an opportunity to have time to work on your own projects, firing and glazing included. You will have attended at least one previous pottery class and have knowledge of basics. Bring your own ideas and inspiration and guidance will be provided if needed.

M 9:30 am-1:00 pm Jan 29-Mar 11
D485798 \$249/9 sess

Instructor: Danielle Gagnier

Pottery: Studio Time 16+ yrs

In this informal class, you'll have the opportunity to throw on the wheel or work on your own hand building projects. Students must have previous pottery experience. An instructor will be available for help. One bag of clay is included in the course fee.

Th 6:00 pm-9:00 pm Jan 11-Mar 14
D485800 \$240/10 sess

Instructor: Janine Schroedter

Sa 2:30 pm-5:30 pm Jan 06-Mar 30
D485711 \$327/13 sess

Instructor: Rebecca Wong

Pottery: Beginners 16+ yrs

An overview of hand building techniques with an introduction to wheel throwing. Learn to make functional pieces with your own decorative expression. One bag of clay is included in the course fee.

W 6:00 pm-9:00 pm Jan 10-Mar 13
D485799 \$240/10 sess

Instructor: Janine Schroedter

Pottery: Beginner Wheel with Rebecca 19+ yrs

Learn the fundamentals of making pottery on a potter's wheel. With practice, patience, and dedication, we will lay the foundation for a good wheel throwing practice, and make a selection of items to take home. All materials are included in the course fee. **Please sign up, only if you're available to attend all classes and able to arrive on time.**

F 6:00 pm-9:00 pm Jan 12-Mar 29
D485708 \$307/12 sess

Instructor: Rebecca Wong

SOCIAL

By Hand 19+ yrs

For 'makers'—people who enjoy handwork: beading, crochet, embroidery, knitting, macramé, quilting, etc. Come and enjoy working alongside others with similar interests. Bring your current project, or the one you keep meaning to finish, along with coffee/tea. Also offered at Kitsilano Community Centre Thursdays, 2-4 pm beginning Jan 11. No pre-registration required.

Tu 7:00 pm-9:00 pm Jan 09-Mar 26
D485774 FREE

Instructor: No Instructor



KCC Exercise Room

Open seven days a week. See page 48.





SPORTS

Recreational Sport Basketball**18+ yrs**

Basketball for all skill levels. Please be ready to play by the start of the program. Drop-in players may sign up for drop in spots in person or by phone at (604) 257 8100 beginning two hours before scheduled start time. If registered player(s) do not show up, drop in players will take the available spot(s). Registered players have up to 15 minutes to arrive after the start. Registered players are encouraged to call in to let us know they will not play to ensure a smoother transition for your fellow players. Drop-in are available for \$7.5 per person depending on availability.

Th 7:45 pm-9:45 pm Jan 11-Mar 07
►482432 \$57/9 sess

Instructor: Aman Jhutti

Recreational Sport Basketball • Competitive**18+ yrs**

Please bring a reversible jersey, one side white. Please be ready to play by the start of the program. Drop-in players may sign up for drop in spots in person or by phone at (604) 257 8100 beginning two hours before scheduled start time. If registered player(s) do not show up, drop in players will take the available spot(s). Registered players have up to 15 minutes to arrive after the start. Registered players are encouraged to call in to let us know they will not play to ensure a smoother transition for your fellow players. Drop-in are available for \$7.5 per person depending on availability.

Sa 1:30 pm-3:30 pm Jan 13-Mar 09
►482433 \$57/9 sess

Instructor: Aman Jhutti

KBL Co-Ed Basketball League**19+ yrs**

This recreational basketball league plays out of Kerrisdale, Kitsilano and Sunset Community Centres on Sundays between 1pm to 9:30pm. A schedule is set by Biraj before the season starts. No game on Feb 18, Mar 31, May 12 & May 19. If you are looking for a team, please register in Activity #432176 and the league coordinator, Biraj, will contact you. For more information, please visit KBL @ www.kerrisdalebasketballleague.ca

Su 1:00 pm-5:45 pm Jan 07-Jun 02
►482426 \$84/17 sess

Instructor: Biraj Bora

Pickleball • Play with the Coach**18+ yrs**

A supervised playing session, where you get to play with the Coach! Please note this is not a beginner's course. Participants should have ideally completed the 'Learn to Play' lesson and already know the rules and how to keep score. When you play with the Coach, you'll receive a point breakdown with a match analysis. All equipment provided. This course is taught by an NCCP & IPTPA Certified Pickleball Instructor. Drop-ins available at \$13, upon instructor's approval.

Sa 4:00 pm-6:00 pm Jan 06-Jan 06
►485724 \$15/1 sess
M 3:00 pm-5:00 pm Jan 08-Jan 08
►485719 \$15/1 sess
Th 10:15 am-12:15 pm Jan 11-Jan 11
►485721 \$15/1 sess
Sa 4:00 pm-6:00 pm Jan 13-Jan 13
►485725 \$15/1 sess
M 3:00 pm-5:00 pm Jan 15-Jan 15
►485720 \$15/1 sess
Th 10:15 am-12:15 pm Jan 18-Jan 18
►485723 \$15/1 sess

Instructor: Mona Lee

Pickleball Stage 1: Learn to Play**18+ yrs**

Come try this fun, popular, easy-to-learn, and exciting sport that combines elements of badminton, tennis and table tennis. This class is designed for beginner players or intermediate beginners who have never played or have only played a few times. You will learn the correct form & technique to execute shots as well as to move safely and efficiently around the court. This class is taught by a Certified NCCP & IPTPA Pickleball Instructor. Paddles, balls & all equipment will be provided. Note: After you complete this class, please enroll in the STAGE 2. Drop-ins available at \$33, space permitting with instructor's approval. No class March 16.

Sa 4:00 pm-6:00 pm Feb 10-Mar 30
►485726 \$192/7 sess

Instructor: Mona Lee

Pickleball Stage 2: Skills & Drills**19+ yrs**

This class is the next progression from those who completed STAGE 1. This course is designed for beginner & mid-level players. In addition to fine tuning your strokes and shot selection choices, you will learn how to do the third shot, drive, block, smash, lob as well as move safely around the court. This course is taught by as NCCP & IPTPA Certified Pickleball Instructor. Paddles, balls & all equipment will be provided. Drop-ins available at \$33, space permitting with instructor's approval. No class on March 11

M 3:00 pm-5:00 pm Feb 05-Mar 25
►485727 \$192/7 sess

Instructor: Mona Lee

Pickleball Stage 3:
Eliminating Unforced
Errors 18+ yrs

For players who have ideally completed STAGE 1 & 2 and would like to work on the mental side of the game. What are unforced errors in Pickleball? Unforced errors are faults made on easy and playable shots that give points to your opponents without earning them. Some examples are hitting the ball out of bounds, hitting the net, or hitting the ball too softly. In this class we will evaluate each unforced error and learn 'what happened' and how to eliminate that error when you missed a serve, return, groundstroke, volley, or dink shot. All equipment provided. This course is taught by an NCCP & ITPA Certified Pickleball Instructor. Drop-ins available at \$33, space permitting with instructor's approval. No class March 14.

Th 10:15 am-12:15 pm Feb 08-Mar 28
D485729 \$192/7 sess

Instructor: Mona Lee

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.

M 6:45 pm-7:45 pm Jan 08-Jan 08
D482386 \$20/1 sess
M 6:45 pm-7:45 pm Jan 15-Jan 15
D482387 \$20/1 sess
M 6:45 pm-7:45 pm Jan 22-Jan 22
D482388 \$20/1 sess
M 6:45 pm-7:45 pm Jan 29-Jan 29
D482389 \$20/1 sess
M 6:45 pm-7:45 pm Feb 05-Feb 05
D482390 \$20/1 sess
M 6:45 pm-7:45 pm Feb 12-Feb 12
D482391 \$20/1 sess
M 6:45 pm-7:45 pm Feb 19-Feb 19
D482392 \$20/1 sess
M 6:45 pm-7:45 pm Feb 26-Feb 26
D482393 \$20/1 sess
M 6:45 pm-7:45 pm Mar 04-Mar 04
D482394 \$20/1 sess
M 6:45 pm-7:45 pm Mar 18-Mar 18
D482395 \$20/1 sess
M 6:45 pm-7:45 pm Mar 25-Mar 25
D482396 \$20/1 sess

Instructor: No Instructor

Pickleball Court Rental 12+ yrs

Please note that each booking is a single time, 2 hours session. Each registration is for one court (maximum of 4 courts). Specific courts are no longer booked. Bookings are on first come first serve basis. 48 hours cancellation notice is required. Players must supply their own racquets and pickleballs.

Sa 4:00 pm-6:00 pm Jan 20-Jan 20
D485789 \$16/1 sess
M 3:00 pm-5:00 pm Jan 22-Jan 22
D485792 \$16/1 sess
Th 10:15 am-12:15 pm Jan 25-Jan 25
D485794 \$16/1 sess
Sa 4:00 pm-6:00 pm Jan 27-Jan 27
D485790 \$16/1 sess
M 3:00 pm-5:00 pm Jan 29-Jan 29
D485793 \$16/1 sess
Th 10:15 am-12:15 pm Feb 01-Feb 01
D485795 \$16/1 sess
Sa 4:00 pm-6:00 pm Feb 03-Feb 03
D485791 \$16/1 sess

Instructor: No Instructor

Recreational Sport
Badminton 18+ yrs

Four courts are provided for recreational doubles play with a rotating round robin play format, with one group sitting out each game. No instruction provided. Nylon birds are supplied. Drop-in players may sign up for drop in spots in person or by phone at 604.257.8100 beginning two hours before scheduled start time. If registered player(s) do not show up, drop in players will take the available spot(s). Registered players have up to 15 minutes to arrive after the start. Registered players are encouraged to call in to let us know they will not play to ensure a smoother transition for your fellow players. Drop-ins \$6.50 based on availability.

M 7:45 pm-9:45 pm Jan 08-Mar 25
D482431 \$58/11 sess

Instructor: No Instructor

Adult Sports

Drop-in players may sign up in person or by phone 604.257.8101 beginning two hours before scheduled class time. Registered participants: Your spot may be sold to others if you do not show up within 15 minutes of the start of the program.

Recreational Sport
Floor Hockey 18+ yrs

Bring your own stick (plastic or composite), shin guards & eye protection recommended. Drop-in players may sign up in person or by phone at 604.257.8100 beginning two hours before scheduled start time. Registered players have up to 15 mins to arrive after the start. Registered players are asked to let us know they will not play to ensure a smoother transition for your fellow players. No session on March 13. Drop-ins \$6.50 based on availability.

W 7:45 pm-9:45 pm Jan 03-Mar 27
D482434 \$63/12 sess

Instructor: No Instructor

Recreational Sport
Indoor Volleyball 18+ yrs

Recreational volleyball for all levels. No instruction provided. Drop-in players may sign up in person or by phone at 604.257.8100 beginning two hours before scheduled start time. Registered players have up to 15 mins to arrive after the start. Registered players are asked to let us know they will not play to ensure a smoother transition for your fellow players. No session on March 15. Drop-ins \$6.50 based on availability.

F 7:45 pm-9:45 pm Jan 05-Mar 29
D482435 \$63/12 sess

Instructor: No Instructor

Recreational Sport
Pickleball 16+ yrs

Come try this exciting sport that combines elements of badminton, tennis, and table tennis. No experience needed. All equipment provided. Drop-in players may sign up in person or by phone at 604.257.8100 beginning two hours before scheduled start time. Registered players have up to 15 mins to arrive after the start. Registered players are encouraged to call in to let us know they will not play to ensure a smoother transition for your fellow players. No sessions Mar 11-17. Drop-ins \$6.50 based on availability.

Tu 12:30 pm-2:30 pm Jan 02-Mar 26
D482437 \$63/12 sess
Tu 7:45 pm-9:45 pm Jan 02-Mar 26
D482438 \$63/12 sess
W 12:30 pm-2:30 pm Jan 03-Mar 6
D482439 \$53/10 sess
F 12:30 pm-2:30 pm Jan 05-Mar 29
D482440 \$63/12 sess
M 12:30 pm-2:30 pm Jan 08-Mar 4
D482436 \$48/9 sess

Instructor: No Instructor

Group Fitness Schedule



Schedule in Effect January 2-March 31, 2024

**Gym and Sr Multi closed March 11-17 due to floor refinishing*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>LEGEND</div> <div><div><div></div><div>Morning</div></div><div><div></div><div>Afternoon/Evening</div></div></div> <div><div>(G) Gym</div><div>(A) Auditorium</div><div>(S) Seniors Multi</div></div>			<div>RATES</div> <div><div>Drop-in</div><div>\$6.75</div><div>\$5.75</div></div> <div><div>Fit Card • 10 Visits</div><div>\$50.50</div><div>\$40.00</div></div>		
<div>Cardio Combo (G)</div> <div>Jan 8-Mar 25</div> <div>*No class Feb 19 & Mar 11 (Ferial)</div> <div>9am-10am</div>	<div>Cardio & Strength (G)</div> <div>Jan 2-Mar 26</div> <div>*No class Mar 12 (Bita)</div> <div>9am-10am</div>	<div>TBC & Stretch (G)</div> <div>Jan 3-Mar 27</div> <div>*No class on Mar 13 (Sarah)</div> <div>9am-10am</div>	<div>Gentle Fit</div> <div>Low Impact (A)</div> <div>Jan 4-Mar 28 (Isobel)</div> <div>9am-10am</div>	<div>Gentle TBC (G)</div> <div>Jan 5-Mar 29</div> <div>*No class Mar 15 (Sarah)</div> <div>9am-10am</div>	<div>Zumba (G)</div> <div>Jan 6-Mar 30</div> <div>*No class Mar 1 (Tanya)</div> <div>9:30-10:30am</div>
am				<div>Step Class (A)</div> <div>Jan 5-Mar 29 (Richard)</div> <div>9am-10am</div>	<div>TBC(A)</div> <div>Jan 6-Mar 30</div> <div>*No class Feb 17 & Mar 30 (Charlene)</div> <div>9:15-10:30am</div>
	<div>Mild/Mod Low Impact (A)</div> <div>Jan 2-Mar 26 (Audrey)</div> <div>10:30-11:30am</div>	<div>Gentle Fit Advance (A)</div> <div>Jan 10-Mar 13 (Dee)</div> <div>10:30-11:30am</div>	<div>Mild/Mod Low Impact (A)</div> <div>Jan 4-Mar 28 (Audrey)</div> <div>10:30-11:30am</div>	<div>Total Body Conditioning (A)</div> <div>Jan 5-Mar 29 (Indira)</div> <div>10:30am-11:30am</div>	<div>Gentle Fit Low Impact (S)</div> <div>Jan 6-Mar 30</div> <div>*No class on Mar 17 (Audrey)</div> <div>10am-11am</div>
pm	<div>Step Class (A)</div> <div>Jan 2-Mar 26 (Indira)</div> <div>11:45-12:45pm</div>		<div>Zumba Toning (A)</div> <div>Jan 4-Mar 28 (Tanya)</div> <div>12pm-1pm</div>	<div>Zumba + Circl Mobility (A)</div> <div>Jan 5-Mar 29 (Tanya)</div> <div>12:00pm-1:00pm</div>	
	<div>Step Class (A)</div> <div>Jan 1-Mar 25 (Richard)</div> <div>1:00pm – 2:00pm</div>		<div>Step Class (A)</div> <div>Jan 3-Mar 27 (Richard)</div> <div>1:00pm – 2:00pm</div>	<div>Step Class (A)</div> <div>Jan 5-Mar 29 (Richard)</div> <div>1:00pm – 2:00pm</div>	
<div>Zumba (G)</div> <div>Jan 1-Mar 25</div> <div>*No class Mar 11 (Tanya)</div> <div>5:30-6:30pm</div>	<div>Zumba Toning (G)</div> <div>Jan 2-Mar 26</div> <div>*No class Mar 12 (Tanya)</div> <div>6:30-7:30pm</div>	<div>Zumba (G)</div> <div>Jan 3-Mar 27</div> <div>*No class Mar 13 (Tanya)</div> <div>5:30-6:30pm</div>	<div>Cardio & Strength (G)</div> <div>Jan 4-Mar 28</div> <div>*No class Mar 14 (Bita)</div> <div>7:15pm-8:15pm</div>	<div>Boxerfit (A)</div> <div>Jan 5-Mar 29 (Richard)</div> <div>7:15pm-8:15pm</div>	



WORKSHOPS

Navigating the Emergency Department 19+yrs

We review reasons for going and not going to the Emergency Department, how to prepare for a visit, and what to expect once there.

M 10:00 AM-11:00 AM Feb 26

486946 Free, registration req'd /1 sess

Instructor: COSCO Seniors Health And Wellness Institute Society

Pedestrian Safety 19+yrs

Although walking has many benefits for older adults, it is necessary to understand its potential hazards and take precautions. This workshop also covers the use of public transit and increased safety in the community.

M 10:00 AM-11:00 AM Jan 15

486943 Free, registration req'd /1 sess

Instructor: COSCO Seniors Health And Wellness Institute Society

Mindful Insight for Flourishing 19+ yrs

Introducing insight for our inner growth and creating a brighter future for both ourselves and others. Info: lifen.me

Sa 9:30 am-10:30 am Mar 23

485620 \$15/1 sess

Instructor: Sung Yang

Sa 9:15 am-10:15 am Mar 9

487939 \$15/1 sess

Instructor: Sung Yang

Mindfulness for a Flourishing Life

Unlock your inner greatness and empower yourself through meditation to create a brighter present and future for all. Taught by an experienced teacher. Info: lifen.me

Sa 9:15 am-10:15 am Mar 9

487939 \$15/1 sess

Instructor: Sung Yang

Stroke & TIA 19+yrs

As we age the possibility of experiencing a stroke increases. We describe the types of strokes, emphasizing mini strokes, as well as early warning signs. Information about prevention is also included.

M 10:00 AM-11:00 AM Mar 25

486948 Free, registration req'd /1 sess

Instructor: COSCO Seniors Health And Wellness Institute Society

TELUS Wise: Happiness 14-17 yrs

TELUS Wise: Happiness engages teen students in a conversation about building and maintaining a healthy relationship with technology and offers tips on ensuring resiliency and well-being in our connected world.

M 3:45 PM-4:45 PM Jan 15

486936 Free, registration req'd /1 sess

Instructor: Telus

Indispensable Binder 55+yrs

Imagine your house is on fire and you need to take with you your most important information and documents. This important course walks you through the steps to create your own Indispensable Binder, a handy reference for you, your property, travel medications, finances, will, power of attorney representation agreement, contact information for your friends and relatives, and lots more. It is a systematic format for you to create and organize your own binder, or for \$30 in class, you can purchase a binder ready to go. Binder not included in the cost of the workshop. Purchase of binder can be done at the time of registration.

F 9:00 AM-12:00 PM Mar 8

489574 \$30/1 sess + Optional \$30/binder

Beverages: What are you Drinking? 55+yrs

Learn about the healthiness of your beverage choices, how much you should be drinking, and what beverages are good or bad for arthritis.

W 11:00 AM-12:00 PM Jan 24

486938 Free, registration req'd /1 sess

Instructor: Vancouver OASIS

Introduction to Meditation 55+yrs

Interested in learning meditation skills to help manage pain and stress? This information and practice session will get you started on your wellness path!

Th 1:00 PM-2:00 PM Feb 8

486937 Free, registration req'd /1 sess

Instructor: Vancouver OASIS

Nutrition & Supplements 55+yrs

Learn about the impact of diet on arthritis, nutrients and supplements that can help and strategies for healthy eating.

Th 1:00 PM-3:30 PM Apr 11

486939 Free, registration req'd /1 sess

Instructor: Vancouver OASIS

Did You Know?

Our online brochure is completely clickable! Visit kerrisdalecc.com, click "View Current Brochure" and click any program name, date or time to register.



Room Rentals

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

Who can rent rooms?

In general, external use of centre facilities will be limited to non-profit or charitable organizations within our community, citywide organizations with activities that directly impact Kerrisdale or private parties. NO COMMERCIAL use of space by external groups is allowed.

What equipment is available?

Depending on availability, we provide tables, chairs, coffee urns and flip charts (no paper). There is a whiteboard available in most of the rooms as well. Some rooms also have access to kitchen space for an additional fee. Additional equipment needs can be discussed with staff.

Can food and alcohol be served?

Yes. When serving alcohol, a permit must be purchased and displayed. A Serving It Right certificate must also be obtained. For more information, contact your local BC Liquor store. Due to City of Vancouver by laws, food cannot be prepared on site. However, licensed caterers can be used. Prepared food can be kept warm or cold in the Seniors Centre kitchen.

Is there parking?

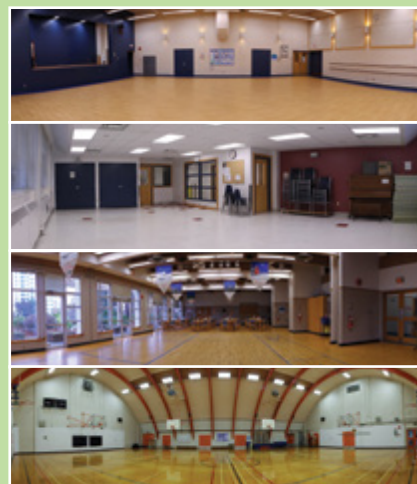
There is a parking lot on 42nd Ave., which provides direct access to the Seniors Centre and the Main Centre.

Are there pictures of rooms?

Yes! Please see: www.kerrisdalecc.com/facilities-rentals/



New pricing effective Jan 1, 2024



Room Rentals for:

- Meetings
- Lectures
- Wedding Receptions
- Banquets
- Sporting Events
- Birthday*/ Anniversary Parties
- Special Events
- Strat Meetings
- Recitals
- Celebrations of Life

Other charges?

A damage deposit of \$300 for large parties is required when booking. This is held as a security deposit and will be refunded within 15 days of the rental, less any claims for damage or extra time. Insurance certificates will need to be provided at time of payment.

Staff supervision fees of \$37/hour (min. two hours) are charged on rentals taking place after closing time (9pm Mon-Fri, 6pm Sat & Sun) and must include set-up and takedown time.

The KCC Society is required by law to collect SOCAN (Society of Composers, Authors and Music Publishers of Canada) fees for all rental groups that play or perform copyrighted music (\$63.31 with dancing; \$31.63 without dancing).

* See page 6 for information about our Children's Birthday Party Program

Room #	Size (approx)	# of People	Price per hour	Features
005	24'x18'	25	\$45.00	piano
013	19'x20'	15	\$40.00	sink
014	19'x18'	15	\$40.00	piano
015	20'x40'	50	\$60.00	mirrors
Auditorium	60'x40'	150	\$80.00	stage
Servery	beside room 109		\$30.00	stove, fridge
109	29'x46'	70	\$70.00	child's washroom
217	13'x9'	10	\$30.00	piano room
221	38'x24'	50	\$60.00	piano
222	37'x26'	50	\$60.00	mirrors
226	40'x30'	70	\$70.00	child's washroom
Gym	50'x90'	150	\$50.00	sports only

Seniors Centre

Multipurpose	68'x30'	100	\$80/hr	kitchen adjacent
Kitchen	Kitchen is adjacent to multipurpose room		\$750/8hrs	Kitchen—warming oven and buffet tables
Crafts	27'x30'	50	\$60.00	sink
South	20'x40'	50	\$60.00	piano



Seniors Centre Office Hours

Monday–Friday • 9:00am–6:00pm

Saturday • 9:00am–4:00pm

Sunday • Closed

For centre hours, please see page 2.

How to Register

In Person

Winter program registration starts

Saturday, December 9, at 9:00am.

Time savers will be given out at 8:00am at the Seniors Centre Desk.

All registration will take place at the Seniors Centre Desk. (limited to 40% of available spots). You may register yourself and one other person. Ensure you have all necessary information, such as name, address, phone number and birthdate for that person.

Cash, cheques, VISA/MC, AMEX and debit cards accepted. Please see page 2 for phone, fax, and online registration information. Telephone

Monday, December 11, at 9:00am at 604.257.8109.

Seniors (65+ yrs)

Seniors (65+ yrs) may enroll in most of the adult programs and receive 25% off the adult fees. This does not include the programs in the seniors section as they are already reduced.

Adults (64 yrs & under)

May enroll in the programs in the seniors section but will pay an adult rate.

Participation

Adults age 55 and older may participate in a wide variety of activities at the Kerrisdale Seniors Centre. Many programs are offered on a drop-in basis. Many of these activities are self-organized and do not have an instructor or guide; however, residents who wish to participate are required to register for the programs and to pay an annual fee of \$10. Programs requiring a \$10 registration fee include the Lunch Program and Social Recreation. Opera Zone requires a \$20 registration fee.

The Social Recreation program includes a broad range of free activities including, but not limited to, mah jong, chess, Texas hold'em poker, bridge, cribbage, bingo, table tennis, Scrabble, weekend movies, billiards and snooker. (See page 42 for more program details.)

Seniors Centre Coffee Bar

Monday–Friday • 9:00am–5:00pm

Saturday • 9:00am–3:00pm

Sunday • Closed

Check out our daily fresh baked goods available Mon–Fri. **The kitchen and coffee bar is closed Dec 24–Jan 1, Feb 19, Mar 11–16, Mar 29, Mar 30.**

Dining Room

Monday–Saturday • 11:30am–12:45pm • \$8/meal

We offer a nutritious hot lunch six days a week to adults/seniors over the age of 55 who are registered in the Lunch Program.

A full meal includes a main entrée with a dessert and beverage. Lunch Program registration costs \$10 for the year. Takeout available (beverage not included). Monthly menu in the Monarch.

The Lunch Program is open to residents over age 55. Lunch Program participants may purchase a single lunch or 10-meal punch card. Lunch Program participants may be asked to show their Lunch Program registration card. A guest of a program participant may purchase a single lunch provided the guest is over age 55.

For patrons dining frequently, a 10-meal punch card is also available. At \$75 it provides a savings of \$5. Available for purchase at the Seniors front desk.

The Monarch • This monthly newsletter is available on the last Wednesday of each month for 25 cents and is also available online: www.kerrisdalecc.com



SPECIAL LUNCHES

Special Lunches

Th 12:00 pm-2:30 pm
Live Entertainment 1:30pm-2:30pm
Pre-registration required \$10/1 sess

Robbie Burns
D486905 Jan 25

Valentine's Day
D486908 Feb 15

Easter
D486909 Mar 28

Takeout
Pick up at 12:45pm
Pre-registration Required \$10/1 sess

Robbie Burns
D486906 Jan 25

Valentine's Day
D486907 Feb 15

Easter
D486910 Mar 28



OUT TRIPS

Seniors Day Trips

Fully guided tours by Simon Yan. Prices include transportation, entrance fees and lunch (unless stated otherwise). Please note a waiver form must be signed. Dress weather appropriate.

High Tea at Dickens Sweets and British Museum 55+ yrs

Relive the golden years of the British way of life at the Dickens Sweets and British Museum. Browse Western Canada's largest selection of British foods, sweets and teas. Fred and Anne Hails have spent many years collecting items and memorabilia to fill the museum. We'll also enjoy High Tea, included in the price of this trip.

W 9:00 AM-3:30 PM Feb 07
D486912 \$90/1 sess

Stave Falls at Powerhouse 55+ yrs

Our first stop will be at the Well Public House in Maple Ridge, where you can enjoy brunch (included) before our visit to the Powerhouse. Then, take a walk through the 100-year-old powerhouse and enjoy the historical displays, electricity demonstrations and many interactive exhibits. The Powerhouse at Stave Falls has something for everyone, from individuals to families. This former generating facility is also a National Historic Site of Canada filled with archival photos, artifacts and the original mechanical and electrical components that helped power the province.

F 10:00 AM-5:00 PM Mar 8
D486913 \$90/1 sess

Vancouver Police Museum & Archives 55+ yrs

Set in the heart of old Vancouver, between the historic neighbourhoods of Chinatown and Gastown, the VPMA offers a one-of-a-kind experience. Located in a heritage building that once housed the City of Vancouver's Coroner's Court, Morgue and Autopsy Facility, and original City Analyst's Laboratory, the museum is home to over 30,000 rare artefacts, photos and archival documents, including unique crime-related evidence and innovative forensics. The museum chronicles Vancouver's crime, justice and policing history, from its lawless Wild West beginning to current-day initiatives.

F 10:00 AM-3:30 PM Jan 12
D486911 \$90/1 sess



Seniors Council

Seniors Council nomination applications open now!

The Seniors Council works to make the Seniors Centre a place where members can enjoy physical, mental and social activities in an atmosphere that encourages involvement and companionship.

If you are interested in this opportunity to give back and participate, please send your name, contact information and a couple of sentences about your background and interests to Austin.su@vancouver.ca by 9:00 pm Friday, January 19, OR submit to the Senior's Desk. Applications available at the front desk.



Seniors

ARTS & CRAFTS

Art with Teresa

NEW 55+yrs

This course will introduce abstract art, a liberating form of painting that does not require drawing or illustrating a visual reality. Participants will learn the elements of composition and colour theory using their medium of choice and will be encouraged to create unique and expressive artwork.

Sa 2:00 PM-4:00 PM Feb 17-Mar 23

486950 \$189/6 sess

Instructor: Teresa Trainer

Funcrafts

55+yrs

This group works on special craft projects for cultural and special events.

Tu 1:00 PM-3:00 PM Jan 02-Mar 26

486411

Knit A Bit & More

55+yrs

This social group is for everybody who likes to knit, sew, crochet, embroider etc. Join us on Mondays at 1:00pm-3:00pm for two hours of friendship and productivity in a relaxed atmosphere. If you would like to learn to knit etc or need help with patterns, we will teach. Ladies may also bring their own projects to work on and share knowledge. For more information please join us on Monday. On-going no registration necessary.

M 1:00 PM-3:00 PM Jan 01-Mar 25

486412

DANCE

Yuan Ji Dance

55+yrs

Chinese Yuan Ji dance is a fusion of physical exercise, qi gong, martial arts, Tai Chi etc. which acts in concert with the Yuan Ji music. Following the experienced volunteers, participants will dance along to the melodious music. This dance is a low to moderate impact exercise which promotes health and wellness and is a good therapy for physical and mental well-being. Drop-in \$2 if space permits. No class Mar 13, 14 & 15.

W 9:00 AM-11:00 AM Jan 03-Mar 27

486416 \$24/12 sess

Th 12:45 PM-2:45 PM Jan 04-Mar 28

486415 \$24/12 sess

F 10:15 AM-12:00 PM Jan 05-Mar 29

486418 \$24/12 sess

DANCE

Tap Happy

19+yrs

Join us for a FUN TAP EXPERIENCE to learn some basic tap steps and sequences. We'll choreograph routines to music, strengthen our bodies while working on coordination, balance and developing rhythm. Drop-in \$17 adults/\$15 seniors, if space permits. Semi Private (\$30/1hr) and Private lessons (\$60/1hr) available.

Beginner • No previous experience necessary

M 2:30 PM-3:30 PM Jan 08-Mar 04

486301 \$112.50/9 sess • Adult Rate: \$150

Beginner Plus • Some tap experience required

W 4:00 PM-5:00 PM Jan 10-Mar 06

486302 \$112.50/9 sess • Adult Rate: \$150

Instructor: Beryl Israel

Saturday Social Dance

19+yrs

Bring out those dancing shoes! Come and join this fun and relaxed group! No class Mar 16.

Sa 4:00 PM-6:00 PM Jan 06-Mar 23

486413 \$2 drop in or \$15/10 visit card

Scottish Country Dance

55+yrs

Beginners are advised to start on the first session but late newcomers are welcome to come and try it. This friendly group spends a pleasant afternoon dancing and socializing. This is social dancing in sets of four couples with lively Scottish music and patterns that repeat. It's good aerobic exercise and good memory training! Regular attendance is important to learn the patterns and footwork and build confidence. You don't need to bring a partner. It's for fun, fitness and friendship! Led by Cathrine Conings. Drop-in \$5.50 Seniors/\$7 Adults, if space permits. No class Mar 11.

Tu 1:30 PM-3:30 PM Jan 09-Mar 26

486420 \$44/11 sess • Adult Rate: \$58.75

Instructor: Cathrine Conings

Belly Dance for Seniors

55+yrs

Enjoy learning and having fun with Rahma Haddad, an internationally acclaimed instructor, who will lead you step by step through dancing to sensual melodies and dynamic rhythms of the Middle East in this 1¼ hour class. This course is similar to her regular classes but, as a senior herself with over 40 years experience, Rahma is acutely aware of some of the physical challenges faced by many seniors who love to dance! Classes start with a 15 min. stretch warm-up. Wear exercise clothes, bare feet or dance slippers, and scarf or shawl for hips. Drop-in \$12 adults/\$9 seniors, if space permits. No class Mar 19.

Free Trial

Tu 1:30 PM-2:45 PM Jan 16

486927 Free, registration req'd

Tu 1:30 PM-2:45 PM Jan 30-Mar 26

486928 \$64/9 sess • Adult Rate: \$85.50

Instructor: Gail (Rahma) Haddad

Line Dancing: Beginners

19+yrs

Good fun, great exercise and it's 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. No class Mar 14.

Th 7:00 PM-8:00 PM Jan 11-Mar 28

486321 \$85.25/11 sess • Adult Rate: \$113.75

Instructor: Al Serfas

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. No class Mar 14.

Th 7:00 PM-8:00 PM Jan 11-Mar 28

488772 \$85.25/11 sess • Adult Rate: \$113.75

More Dance Programs!

See page 23.



Celebrating 80 Years
Kerrisdale Community Centre Society

#KCCS80th

EDUCATION

Bridge: Beginners/ Beginners Plus**19+yrs**

All levels welcomed. Players will be organized in games to their skill levels. Card games improves mood, reduces stress, strengthens cognition and broadens social interactions. Join us for lessons that is taught in a natural to play methods. Drop-in \$8 if space permits. For more information, email or call Barry at bwade020@gmail.com/ 778.223.4255.

M 10:30 AM-12:30 PM Jan 15-Mar 25
►486433 \$55/11 sess • Adult Rate: \$73.50

Instructor: Barry Wade

Bridge: Practice Drop-in 19+yrs

An opportunity for duplicate-style bridge practice in a supervised environment. Please email Barry at bwade020@gmail.com for information.

W 12:30 PM-2:45 PM Jan 10-Mar 13
►486438 \$5/drop-in

Great Books Discussion Group**19+yrs**

Interested in lively and far-ranging discussions with thoughtful readers? Our group looks at writings covering poetry, fiction and non-fiction from great writers and thinkers. Each week we bring our own perspectives and thoughts and insights to each work making for stimulating conversations. This fall, we are discussing pieces in The Penguin Book of Canadian Short Stories, edited by Jane Urquhart (ISBN 978-0-670-06493-9), available through local bookstores or online book vendors such as bookfinder.com (prices vary). Participants are older adults and new participants are welcome at any time. Please contact the coordinator for information on how to join. Moira Steven (moirasteven@yahoo.com).

Tu 2:00 PM-3:30 PM Jan 02-Mar 26
►486442 \$26/13 sess • Adult Rate: \$0

Instructor: Colin Mallet

Hearing Screening**19+yrs**

Do you have hearing loss? Many people don't realize they have hearing loss. Now it's easy to check. Your ears collect sound but it's your brain that actually understands it. That's why good hearing helps your brain stay fit throughout your life and helps avoid many other health problems. If you are not sure about your hearing health or others have noticed that you are not hearing well come and have your hearing tested. Provided by Dr. Katarina Vavrovicova, registered doctor of audiology from Echo Hearing Care. Appointments available every 15min. Call the centre for available appointments

F 9:15 AM-12:15 PM Feb 02
►486680 Free, registration req'd/1 sess hearing

Instructor: Katarina Vavrovicova

K3**19+yrs**

K3 consists of a retired with backgrounds in geology, chemistry, aeronautical engineering, biology, architecture. K3 meets weekly to discuss slightly technical, and slightly intellectual topics as well as political comments of the day. Roughly once a month, our "Peter Talks", has been hosting a formal talk by guest speakers, on a variety of subjects. (Announcement of topics are forthcoming) We are open to all. Bring your coffee and cookie and meet some interesting characters!

Tu 11:00 AM-12:00 PM Jan 02-Mar 26
►486459 Free, registration req'd/13 sess

Instructor: K3

Navigating the Emergency Department 19+yrs**NEW**

We review some reasons for going to the Emergency Department and reasons not to go. How to prepare for a visit and what to expect when you arrive are also discussed.

M 10:00 AM-11:00 AM Feb 26
►486946 Free, registration req'd/1 sess

Instructor: COSCO Seniors Health And Wellness Institute Society

Pedestrian Safety 19+yrs

Although walking has many benefits for older adults, it is also necessary to understand its potential hazards and take necessary precautions. This workshop also covers the use of public transit and improving safety in the community.

M 10:00 AM-11:00 AM Jan 15
►486943 Free, registration req'd/1 sess

Instructor: COSCO Seniors Health And Wellness Institute Society

Stroke & TIA**NEW 19+yrs**

As we age the possibility of experiencing a stroke increases. We describe the types of strokes, emphasizing mini strokes, as well as early warning signs. Information about prevention is also included.

M 10:00 AM-11:00 AM Mar 25
►486948 Free, registration req'd/1 sess

Instructor: COSCO Seniors Health And Wellness Institute Society

All Candidates Meeting

A Seniors Council All-Candidates Meeting will be held on January 31, 2024. Nominees for the 2024-25 term will each give a three-minute presentation; a meet-and-greet/coffee/tea/treats time will follow. Register for this free social event. We look forward to your participation!

Support the Seniors Council Food Drive by bringing a non-perishable item to the meeting. All attendees will receive a prize draw ticket at the door. Those who bring an Food Bank item will receive a second ticket.

W 10:00 AM-11:30 AM Jan 31
►488355 Free, registration req'd/1 sess



FOLLOW US
@KerrisdaleCC



Seniors



EXERCISE ROOM

The community centre's exercise room has computerized bikes, treadmills, stair climbers, a variety of free weights, machines and more. It is open seven days a week.

Hours of Operation

Monday-Friday • 6:30am-10:00pm

Saturday & Sunday • 9:00am-6:00pm

Rates Seniors Adult

Drop-in	\$5.75	\$6.75
Fit Card 10 Classes	\$40.00	\$50.50

Please note new fees effective Jan 1

Please Note:

These prices are for all Kerrisdale fitness classes with the exception of pre-registered classes such as Joint Works, Osteofit, Yoga, Tai Chi, Adapted Fitness, Pilates and Exercise Room Workouts.

FITNESS CLASSES

The classes listed below are designed especially for the older adult and can be attended by purchasing any of the price options above.

For a complete schedule of Kerrisdale's fitness classes, please see page 29.

Fees Adult Sr/Youth

Drop-In	\$4.50	\$4.50
10 Visit Pass	\$34.75	\$34.75
1 Month Pass	\$42	\$32.75
3 Month Pass	\$90	\$66.50
6 Month Pass	\$165.25	\$124.50
12 Month Pass	\$260	\$198

Please note new fees effective Jan 1

Tuesday/Friday/Saturday • Gentle Fit & Mild Mod Low Impact

A complete workout featuring options for performing all exercises on chairs. Our goal is to promote unaided mobility through gentle cardiovascular exercise.

Tu	10:30am-11:30am	Ongoing	Instructor: Audrey Darling
Th	9:00 am-10:00 am	Ongoing	Instructor: Isobel Willard
Th	10:30 am-11:30 am	Ongoing	Instructor: Audrey Darling
F	9:30am-10:30am	Ongoing	Instructor: Sarah Groberman
Sa	10:00am-11:00am	Ongoing	Instructor: Audrey Darling

Wednesday Gentle Fit (Advanced)

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.

W	10:30am-11:30am	on-going	Instructor: Dee Cresdee
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Orientations

We are now offering Exercise Room orientations.

If you have any questions about your current fitness program or need some help getting started, please book a free 30 minute appointment with our fitness attendant.

Orientations are available Tuesday evenings and Thursday mornings. Appointments can be made at the front desk or by calling 604.257.8100.

FREE

The Monarch • This monthly newsletter is available on the last Wednesday of each month for 25 cents and online:
www.kerrisdalecc.com



HEALTH & WELLNESS

Beverages: **What are you Drinking?** NEW 55+yrs

Learn about the healthiness of your beverage choices, how much you should be drinking, and what beverages are good or bad for arthritis.

W 11:00 AM-12:00 PM Jan 24
▶486938 Free, registration req'd /1 sess
 Instructor: Vancouver OASIS

Introduction to Meditation 55+yrs

Interested in learning meditation skills to help manage pain and stress? This information and practice session will get you started on your wellness path!

Th 1:00 PM-2:00 PM Feb 8
▶486937 Free, registration req'd /1 sess
 Instructor: Vancouver OASIS

Nutrition & Supplements NEW 55+yrs

Learn about the impact of diet on arthritis, nutrients and supplements that can help and strategies for healthy eating.

Th 1:00 PM-2:30 PM Apr 11
▶486939 Free, registration req'd /1 sess
 Instructor: Vancouver OASIS

Technology Workshop for Seniors 55 + yrs

Are you having troubles with your electronic devices, or simply want to learn more of the functionality behind your phone and tablet? Sign up for a free session and have our very own local high school students show you tips and tricks on how to make connecting with family and friends online easier than ever! When registering, if you have your own device, please specify which one you'll be bringing in.

Sa 12:00 pm-1:00 pm
Free, registration req'd
▶476740 Jan 27
▶476744 Feb 10
▶476741 Feb 24
▶476742 Mar 09
▶476743 Mar 16

ActivAge 50+yrs

ActivAge is a 3-month group led physical activity program for older adults who are not regularly active to introduce participants to the benefits of physical activity and reinforce their commitment to incorporate it into their daily lives. ActivAge is led by BCRPA registered Fitness Leaders with the Older Adult specialty. The unique aspect of this program is that alongside physical activity specifically tailored for older adults, ActivAge also encourages social interactions and overall health. Participants of the Choose to Move program will be offered spaces in ActivAge first, as we encourage participants to take both programs concurrently when possible. If there are spaces remaining, they will be opened up to the public after Jan 24, 2024. If you are not registered for Choose to Move, you may waitlist for ActivAge and we will call you after Jan 24, 2024 if space is available.

Tu 3:15 PM-4:15 PM Jan 16-Mar 19
▶486455 Free, registration req'd /10 sess
 Instructor: Keiko Murakami

ActivAge 50+ yrs

A 3-month group-led physical activity program for adults 65 and older who are not regularly active, to introduce participants to the benefits of physical activity and reinforce their commitment to incorporate it into their daily lives. Led by BCRPA registered Fitness Leaders with the Older Adult specialty. Alongside physical activity tailored for older adults, ActivAge also encourages social interactions and overall health.

Tu 4:20 PM-5:20 PM Jan 16-Mar 19
▶486457 Free, registration req'd - Open to Adults
 Instructor: Keiko Murakami

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.

Tu 10:30 AM-11:30 AM Jan 09-Feb 13
▶486914 \$66/6 sess - Adult Rate: \$88
Tu 10:30 AM-11:30 AM Feb 20-Mar 26
▶486915 \$66/6 sess - Adult Rate: \$88
 Instructor: Sylvia Smallman

Chair Yoga 19+yrs

Good for Yoga beginners. Gentle yoga moves while in a seated position will benefit your joints and muscle areas and help reduce the pain from arthritis, osteoporosis, previous injury, stiff joints and so much more. Some posted can also be done standing using a chair for support. Stretching, deep breathing & meditation techniques are incorporated into this workout and will leave you with a feeling of connected BODY+MIND+SOUL. Regular yogi's welcome to attend. Drop-in \$13.25 adults/\$12 seniors, if space permits.

F 4:15 PM-5:15 PM Jan 12-Feb 16
▶486916 \$60/6 sess - Adult Rate: \$80
F 4:15 PM-5:15 PM Feb 23-Mar 22
▶486917 \$50/5 sess - Adult Rate: \$66.75
 Instructor: Keiko Murakami

Choose to Move Info Session 65+ yrs

Are you an older adult looking for motivation to become physically active? Join Choose to Move to help introduce the habit of physical activity into your daily life in ways that make sense for you. Choose to Move is free and flexible, and provides you with motivation and support to become more active. In Choose to Move, you receive both individual and group support. Choose to Move is not a fitness class or movement class. It is a discussion-based coaching program where you will work with a trained activity coach to develop and stick to a physical activity plan made just for you. You choose activities that you know you will enjoy and are able to do! You will also join a group of other Choose to Movers to share successes and challenges. With the help of your activity coach and support group, you will find the motivation and accountability you need to achieve your goals. More info at www.choosetomove.info You must attend the Choose to Move Information Session to be eligible for the program. Program Dates: Jan 26, Feb 09, Feb 16, Feb 23, Mar 01, Mar 08, Mar 15, Mar 22 (No class Jan 19 & Feb 2)

F 5:30 PM-6:30 PM Jan 12
▶486452 Free, registration required/1 sess
 Instructor: Keiko Murakami

More education & language courses

See pages 25-26.



Footcare

55+yrs

Simple footcare. Make an appointment to see a registered foot care nurse who will assess your feet and deal with common conditions like foot fungus, in-grown nails, calluses, corns etc. Each appointment is 30 mins. Please no open wounds. Call centre for available appointments

F 9:00 AM-1:30 PM \$58.50/1 sess

Instructor: YVR Foot Care

Joint Works

55+yrs

An exercise program approved by the Arthritis Society 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. No class Mar 13 & Mar 15.

W 2:30 PM-3:30 PM Jan 10-Mar 27

486896 \$55/11 sess • Adult Rate: \$73.50

F 2:30 PM-3:30 PM Jan 12-Mar 29

486897 \$55/11 sess • Adult Rate: \$73.50

Instructor: Keno Kinoshita

Minds in Motion

55+yrs

A fitness and social program for people living with any form of early stage dementia along with a family member, friend or other care partner. Offered in partnership with the Alzheimer Society of B.C. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Coffee, tea and light refreshments are provided. Care partners must attend. Registration fees include the cost of the person living with dementia and one care partner. Start at any time and pay a pro-rated registration fee.

Th 10:00 AM-11:30 AM Jan 11-Feb 08

486874 \$35/5 sess

Th 10:00 AM-11:30 AM Feb 22-Mar 21

486875 \$42/5 sess

Instructor: Alzheimer Society Of BC

Move to Music

55+yrs

Discover the joy of moving to classical music and old favourites while stretching and strengthening your whole body. Exercises will focus on posture, balance, agility and coordination to increase body awareness and train functional movements. Drop-in \$6.25 adults/\$5.25 seniors, if space permits.

Level 1

Tu 9:30 AM-10:30 AM Jan 16-Mar 05

486678 \$34/8 sess • Adult Rate: \$45.50

F 9:30 AM-10:30 AM Jan 12-Mar 08

486679 \$34/8 sess • Adult Rate: \$45.50

Instructor: Carola Von Hahn

Osteofit For Life

55+yrs

For those who have taken the Osteofit classes and are comfortable with Osteofit techniques. This exercise program is for those with osteoporosis with an emphasis on building strength and improving balance. No class Mar 13 & 15.

W F 1:20 PM-2:20 PM Jan 10-Mar 27

486898 \$140/21 sess • Adult Rate: \$187

Instructor: Keno Kinoshita

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/\$5 seniors, if space permits. No class Feb 19, Mar 11 & Mar 14.

M 9:00 AM-10:00 AM Jan 08-Mar 25

486681 \$40/10 sess • Adult Rate: \$53.50

Instructor: Bill Galloway

Th 9:00 AM-10:00 AM Jan 11-Mar 28

486299 \$44/11 sess • Adult Rate: \$58.75

Instructor: Berdjis Bahrami

Seniors Council nomination applications open now!

The Seniors Council works to make the Seniors Centre a place where members can enjoy physical, mental and social activities in an atmosphere that encourages involvement and companionship.

If you are interested in this opportunity to give back and participate, please send your name, contact information, and a couple of sentences about your background and interests to Austin.su@vancouver.ca by 9:00 pm Friday, January 19, OR submit to the Senior's Desk. Applications available at the front desk.

All Candidates Meeting

A Seniors Council All-Candidates Meeting will be held on January 31, 2024. Nominees for the 2024-25 term will each give a three-minute presentation; a meet-and-greet/coffee/tea/treats time will follow. Register for this free social event. We look forward to your participation! Support the Seniors Council Food Drive by bringing a non-perishable item to the meeting. All attendees will receive a prize draw ticket at the door. Those who bring an Food Bank item will receive a second ticket.

W 10:00 AM-11:30 AM Jan 31

488355 Free, registration req'd /1 sess



HEALTH & WELLNESS

Pilates Barre Fusion 19+yrs

Pilates Barre Fusion is a low impact strengthening and lengthening class suitable for all fitness levels. Using a hybrid of techniques from Pilates, Yoga, Dance, and Fitness: this class will focus on small movements that align posture, improve balance, develop muscle tone, and connect the mind and body. Nevada is a long-time Pilates and Barre instructor who loves to create classes that feel challenging and relaxing so that you walk out feeling your best! Drop-in \$22 adults/\$17 seniors, if space permits.

M 1:00 PM-2:00 PM Jan 08-Feb 12
▶486373 \$90/6 sess • Adult Rate: \$120
M 1:00 PM-2:00 PM Feb 19-Mar 25
▶486374 \$90/6 sess • Adult Rate: \$120
W 1:00 PM-2:00 PM Jan 24-Mar 27
▶486376 \$150/10 sess • Adult Rate: \$200

Instructor: Nevada Banks

Tuesday Morning Walkers 55+yrs

This group meets at the Kerrisdale Senior Centre and proceeds to a pre-arranged destination for their weekly walk. Walks are leisurely and takes the combination of the city transits and allow time to enjoy and appreciate the sights of Vancouver and the lower mainland. Outings will be posted in the Monarch. Registration required and a waiver must be filled out each season.

Tu 9:00 AM-12:00 PM Jan 02-Mar 26
▶486647 Free, registration req'd/13 sess

Instructor: Lee-Anne MacPherson



KCC Exercise Room

Open 7 days a week.
 See page 48.



MARTIAL ARTS

UBC Changing Aging Program 55+yrs

This renowned, evidence-based exercise program is delivered by specially trained Kinesiology UBC BodyWorks certified trainers. It focuses on strength, mobility, and cardiovascular health through muscle and bone-strengthening exercises followed by intervals of aerobic exercise. Fitness assessments are offered at the start and end of the program in order to monitor your progress. Please note that an initial assessment is required to join the program, and assessments must be completed once per year to continue to participate. Complete the BodyWorks exercise participation questionnaire at <https://kin.educ.ubc.ca/bodyworks-gaq/> or contact the Bodyworks office at 604.827.2328 for more information.

Tu F 8:00 AM-9:00 AM Jan 16-Mar 15
▶486304 \$270/18 sess
Tu F 9:00 AM-10:00 AM Jan 16-Mar 15
▶486305 \$270/24 sess
Tu F 10:00 AM-11:00 AM Jan 16-Mar 15
▶486306 \$270/24 sess
Tu F 11:00 AM-12:00 PM Jan 16-Mar 15
▶486307 \$270/19 sess

Instructor: UBC School Of Kinesiology

Chronic Pain Self-Management 19+yrs

The Chronic Pain Self-Management Program is a lay-led patient education program. This program is led by pairs of trained lay leaders to groups of ten to sixteen people once each week for 2 and ½ hours for six consecutive weeks. Workshops are facilitated by two trained leaders, one or both of whom are non-health professionals living with chronic pain or other chronic health conditions. No class Feb 19.

M 10:00 AM-12:30 PM Feb 05-Mar 18
▶486469 Free, registration req'd /6 sess

Instructor: UVIC Self Management Of BC

Seniors Group Fitness

See page 36.



Tai Chi 24 & Health Qigong 19+yrs

Tai Chi is generally recognized as an internal Martial Art that enhances physical and mental health. Tai Chi 24 is a standardized "must learn" routine ideal for beginners using the fundamentals. it Health Qigong has a history of more than 2,000 years. Throughout the centuries practitioners have been utilizing soft body movements to lead to proper breathing, thereby enhancing the health of internal organs, strength of joints and limbs, and focus of the mind. Chinese medicine has recently made mandatory for the interns to study the art of Health Qigong. This class will spend 50-50 time-wise on these arts. No class Mar 14.

Trial Class

Th 9:00 AM-10:00 AM Jan 11
▶487001 6/1 sess
Th 9:00 AM-10:00 AM Jan 18-Mar 28
▶486997 \$120/10 sess • Adult Rate: \$160

Instructor: Lai Chun Cheung

Tai Chi 32 Movement Straight Sword 19+yrs

Tai Chi Sword is an internationally known art. In modern times this art is practiced only to enhance mental focus and physical health. Not only will it enhance the eye-hand coordination, it will also strengthen the wrist, arms, legs, shoulders and waist. Tai Chi Sword 32 is a standardized routine that is suitable for beginners. All Tai Chi Swords used in this class are harmless replicas. The blades are not sharp and are safe to handle. No class Mar 14.

Trial Class

Th 10:15 AM-11:15 AM Jan 11
▶487002 \$7.25/1 sess
Th 10:15 AM-11:15 AM Jan 18-Mar 14
▶486992 \$130.5/9 sess • Adult Rate: \$174

Instructor: Lai Chun Cheung

Tai Chi: 24 Form (suitable for beginners) 19+yrs

Tai Chi is a gentle form of exercise, a martial art, and moving meditation, based on the principle of the interplay of Yin and Yang. Slow and graceful movements improve balance, coordination, and well-being. Emphasis on proper alignment promotes Qi flow through the body, and sustained concentration makes this an excellent exercise for the mind as well! No class Feb 19.

M 11:30 AM-12:30 PM Jan 08-Mar 25
▶486675 \$176/11 sess • Adult Rate: \$234.75

Instructor: Kelly Maclean



MARTIAL ARTS

Tai Chi: 48 Form Part One

19+yrs

The 48 Form is a beautiful, well-balanced routine, with many movements done on both the left and right sides. It is best if participants have some prior experience with the 24 Form. While the 24 Form is known as the "simplified Yang style," the 48 Form combines the 4 main styles of Tai Chi: Yang, Chen, Sun, and Wu, which makes for a colourful, slightly more challenging routine. All of the movements of the 24 Form can be found in the 48, but the order is different, and the style of the movements varies. Please note: the form will take multiple seasons to finish. No class Feb 19.

M 9:30 AM-10:30 AM Jan 08-Mar 25
D486673 \$176/11 sess • Adult Rate: \$234.75

Instructor: Kelly Maclean

Qigong • 8 Pieces of Brocade

19+yrs

Qi is energy. Gong is training or work, or skills acquired through training. Qigong, therefore, is energy cultivation training. There are many ways to cultivate the internal energy of the body, including movement and posture, breath work, visualization, massage, etc. The 8 Pieces of Brocade is a very popular form of Qigong developed in the 12th century. The practice will improve circulation of blood and Qi, and will help to maintain mobility of muscles and joints. The practice of Qigong is compatible with the practice of Tai Chi, yet does not require as much space to do it. Suitable for all fitness levels. No class Feb 19.

M 10:30 AM-11:30 AM Jan 08-Mar 25
D486674 \$176/11 sess • Adult Rate: \$234.75

Instructor: Kelly Maclean

MUSIC

Beginners's Handbell Program

55+yrs

Join this fun and rewarding activity. No handbell experience required but you must be able to read music and be a member of Brock House Society. We will show you how to ring handbells and handchimes and join our Monday and/or Wednesday choir after this course

W 3:00 PM-4:30 PM Jan 10-Mar 27
D486660 \$24/12 sess

Instructor: BrockHouse Bell Ringers

Brock House/ Kerrisdale Bell Ringers

55+yrs

If you are a new participant, please contact Grace Lau at 604.323.8131 before you register. No handbell experience is required but you must be able to read music and sign up for membership in Brock House Society.

M 9:15 AM-12:00 PM Jan 08-Mar 25
D486662 \$24/12 sess

W 1:30 PM-3:00 PM Jan 10-Mar 27
D486663 \$24/12 sess

Instructor: BrockHouse Bell Ringers

Open Drumming Circle

55+yrs

Drumming is like having a unique dialogue through sound and rhythm with each other. Drumming can be wonderful meditative practice. The contagious joy and playfulness of making music with others in the community circle may activate each hemisphere of our brain. New rhythms will be introduced and we practice together integrating it gently and slowly. There's also the time to just let loose and 'jam' allowing the rhythms to take us where they will without any set agenda. Beginners and experienced toe tappers, bring your drum and join us. It's free. Please register. Experienced drummers are welcome to lead a session

F 1:45 PM-2:15 PM Jan 12-Mar 29
D488356 free, registration req'd/12 sess

Brock House/ Kerrisdale Choir

55+yrs

A 4 part choir who sing a variety of music, we entertain in a volunteer capacity throughout the Lower Mainland. Currently the choir is full, please call Diana Bragg at 604.224.3897 or Sharon Copeman 604.263.9917 for more information.

Tu 1:00 PM-3:00 PM Jan 09-Mar 26
D486664 \$24/12 sess

Instructor: Brock House Society

More martial arts programs

See pages 17.





MUSIC

Chorisma Vocal Jazz Choir

19+yrs

This group is for singers with previous choral experience, and is focused on jazz and "American Songbook" repertoire. Good sight reading is an asset. Our conductor is Frances Roberts and our full-time accompanist is Dean Thiessen. If you are interested in joining please email pgelmon@shaw.ca

W 11:00 AM-1:00 PM Jan 10-Mar 27
 ▶486665 \$258/12 sess

Instructor: Frances Roberts/Dean Thiessen

Kerrisdale Senior Singers Choir

55+yrs

Join the original Kerrisdale Senior Singers Choir established at the Kerrisdale Community Centre in the 1970's. We enjoy singing and entertaining others in the Vancouver area. Tenors, sopranos, altos most welcome. Please contact the conductor, Marilyn Muckle, at 604.876.8666 before registering.

Th 9:30 AM-12:00 PM Jan 04-Mar 28
 ▶486667 \$13/13 sess

Instructor: Marilyn Muckle

Ukulele Jam

19+yrs

Join us in enjoying a fun and relaxed sing-along as we continue to build a ukulele community at Kerrisdale. The playlist for each day will be selected and lead by our song leader from our song book. Stands will be provided but feel free to bring one if you have it as the number of stands is limited. The afternoon will consist of group singing, with a short break near the middle of the hour. We welcome players of all skill levels from beginners to experts.

Sa 2:15 PM-3:30 PM \$5/1 sess
 ▶486878 Jan 27
 ▶486879 Feb 24
 ▶486885 Mar 30

Instructor: Joseph Young

You Can Ukulele: Level 1

55+yrs

Start on the road to an exciting lifetime of fun with the ukulele. Learn the basics, from a simple understanding of the instrument to chord formation, strumming, and singing

Sa 10:00 AM-11:00 AM Jan 06-Mar 16
 ▶486880 \$95/11 sess • Adult Rate: \$126.75

Instructor: Joseph Young

You Can Ukulele: Level 2

55+yrs

This class builds on the fundamentals established in level 1 and also adds some fun new techniques and materials to work with. Topics will include continued work on chords and strumming with new songs and a brief introduction to useful elements of music theory and note reading. Join us and continue your ukulele journey in a fun and non-judgmental atmosphere!

Sa 11:15 AM-12:15 PM Jan 13-Mar 16
 ▶486881 \$95/10 sess • Adult Rate: \$126.75

Instructor: Joseph Young

You Can Ukulele: Level 3

55+yrs

Continuing to build on the skills learned in level 1 and 2, this class will feature more complex chords and rhythms for those ready to expand their repertoire even further. It is recommended that students entering this class be quite comfortable with the materials taught in level 2 as we will be playing more challenging pieces featuring faster changes, multiple rhythms and jazz chords.

Sa 12:45 PM-1:45 PM Jan 13-Mar 16
 ▶486882 \$95/10 sess • Adult Rate: \$126.75

Instructor: Joseph Young

THE OPERA ZONE • All Ages

Enjoy an afternoon of listening to arias sung by Gerard Satamian and other opera singers, accompanied by a piano. A \$20 annual registration fee is required to attend Opera Zone performances for the year or a \$6 drop-in. You will be asked at the door to show your registration card.

Su 2:00 pm-4:00 pm
 \$20/Annual Opera Zone Program Card or \$6 drop-in

Jan 7

Feb 4

Mar 3

Instructor: Gerard Satamian



More education & language courses

See pages 25-26.





SOCIAL

Angel's Mind Matters 55+yrs

A stimulating and interesting discussion group meets MONDAYS from 2 to 3:30pm to share opinions on various topics. Conversation is informative and is conducted with acceptance for others ideas. Discussions are shared by all in the group and differences of opinions are respected. Questionable points and passionate topics are handled diplomatically. Topics cover every realm from current new items, health, social and life issues. Activate your brain and enjoy various exercises to keep your mind active and alert. Educational mini-bus excursions are organized once a month for a nominal fee. See monthly Monarch for more information of topics. \$10 Social Recreation card required. On-going, no registration required.

M 2:00 PM-3:30 PM Jan 08-Mar 25
486887

Bingo 55+yrs

Spend a pleasant afternoon with friendly seniors. Try your luck, maybe you will be a winner!

F 1:00 PM-3:30 PM Jan 05-Mar 29
486888

Did You Know?

Our online brochure is completely clickable! Visit kerrisdalecc.com, click "View Current Brochure" and click any program name, date or time to register.



A Social Recreation Card is required to participate in the following activities (below). This annual card can be purchased at the front desk for \$10. (Valid from Sept. 1-Aug. 31.)



Bridge

55+yrs

No partners required. Please drop-in and play with a fun and friendly group. Always looking for new players. For people who have played bridge before. \$0.25/session

M W 12:30 PM-3:00 PM Jan 01-Mar 27
486431

Mah Jong

55+yrs

Come and learn this Chinese game about numbered and pictured tiles. Great for the mind, all levels welcome. No registration required. Held in seniors lounge.

W 9:00 AM-12:00 PM Jan 03-Mar 27
486890

Scrabble

55+yrs

Join us for a friendly game of Scrabble! No registration, \$10 Social Recreation Program card required. On-going drop-in program.

W 1:00 PM-3:00 PM Jan 03-Mar 27
486891

Texas Holdem Poker

55+yrs

You have seen it on TV and on the computer, now is the chance to play it at the Kerrisdale Seniors centre. This program is for players of all levels and ages looking for fun and excitement.

Tu 5:30 PM-9:30 PM Jan 02-Mar 26
486893

Video Movies

55+yrs

Come and enjoy a movie shown on a large screen TV. Movie titles will be posted monthly in the Monarch newsletter.

Su Sa 2:00 PM-4:30 PM Jan 06-Mar 31
486895

Table Tennis

55+yrs

Have fun and exercise with friends. Table are located in the seniors' centre and in the youth games room. Youth room table tennis is reserved for youth after 3 pm daily and all day on weekends. Rotation of players after each game.

Th 2:30 PM-5:30 PM Jan 04-Mar 28
486892


Billiards/Snooker

Mon/Wed • 9:00am-12:15pm
 & 3:30pm-9:00pm
 Tues/Thurs/Fri • 9:00am-9:00pm
 Sat • 9:00am-6:00pm
 Sun • 9:00am-6:00pm



PUBLIC SKATE SCHEDULE

January 8-March 29, 2024 Visit vanrec.ca for up-to-date drop-in and holiday schedules. *Schedule Subject to change.*

Monday	Tuesday	Thursday	Saturday	Sunday	<p>Scan for live schedule</p> 
50+ Skate 10:15am-11:30am	Discount Skate 10:15am -11:45am				
Adult Stick, Puck & Ring* 11:45am-1:15pm	Discount Skate 12:00 -1:45pm				
Family Fun Hockey 3:00-3:45pm		Public Skate 6:30pm-8:00pm	Public Skate 6:45pm-8:30pm	Public Skate 5:30pm-7:15pm	
Public Skate 3:45pm-5:15pm			Adult Skate 8:45pm-10:15pm		

**Pre registration required for Stick, puck & ring. Registration opens 3 days prior at 9am.*

Visit recreation.vancouver.ca

An online account offers you 24/7 access to registering for a variety of programs. In addition, you can view your schedules, rental agreements, payment receipts, pass usage and pass expiry dates.

Get active, get healthy!

With 24 community centres, nine indoor pools and eight ice rinks with a variety of events and lessons, there's something for everyone! Search by activity number, keyword or use the many filter options available.

Flexible options

Many activities offer drop-ins so you can get involved without registering. Check out what's available today on our drop-in calendar at vanrec.ca.

Save with a pass

If you regularly visit a pool, rink or Park Board-operated fitness centre, a pass is a great option to help you save money. Many citywide and location-specific passes are available for purchase or renewal online.

Play Palace Birthday Parties

Bookings begin March 11th @7pm

The Kerrisdale Play Palace is looking forward to another great year! We will begin accepting private and public hours Birthday Party bookings for our 2024 season starting March 11th. Private and Public party bookings are available beginning early-April.

Information about Play Palace Birthday Parties will be posted on our website at www.kerrisdalecc.com for the 2024 season starting early March. Please call 604.257.8121 for more information or to make a booking. All bookings are made on a first-come-first served basis and requests received before March will not be considered.



SPECIAL EVENTS

Hosted by the Kerrisdale Business Association. Free admissions and skate Rentals.

Holiday Skate

Sunday, Dec. 17 • Free • 5:30pm-7:00pm

Family Day Skate

Sunday, Feb. 18 • Free • 5:30-7:00pm



Christmas Day Skates

Regular admission applies

Public Skate • 12:15-1:45pm

Public Skate • 2:00pm-3:45pm

Monday, December 25



SKATING LESSONS

Registration for skating lessons follows the same policies and procedures as those at all community centre programs.

For fees see www.vancouver.ca/kerrisdalerink. Please see page 2 for details. In addition, please note:

- Group lessons are six weeks in duration unless noted.
- Because skating lessons are very popular, participants may only register in one class per season.
- If you are registering in a level other than level 1, you **MUST** have accomplished all the skills for the previous level. Please bring your previous report card with you to the first class. You may be asked to withdraw or transfer if you do not register in the correct level.
- Please read the notes on your registration receipt carefully for further information regarding your skating lesson.



LEARN TO SKATE • PROGRAM SCHEDULE

Set 3 • Jan 6-Feb 16, 2024

Registration Dec 21 at 7:00pm, online & in-person

Set 4 • Feb 17-Mar 29, 2024

Registration Feb 15 at 7:00pm, online & in-person

Preschool \$76.70 • Child \$71.60 • Teen \$76.60 • Adult \$92.16

Preschool • 3-5yrs Child • 6-12yrs Adult/ Youth • 13yrs+

Winter Set 3 Lesson Registration:

Online & In-person Thursday December 21 at 7:00pm

Visit www.vancouver.ca/kerrisdalerink for more info.

Winter Set 4 Lesson Registration:

Online & In-person Thursday February 15 at 7:00pm

Visit www.vancouver.ca/kerrisdalerink for more info.

Lesson Days	Lesson Type	Lesson Times
Mondays	Group Preschool/ Adult Lessons	1:30-2:00pm, 2:00-2:30pm 2:30-3:00pm
Tuesdays	Group Preschool/ Adult Lessons/ Private Lessons (3yrs+)	10:15-10:45am, 10:45-11:15am, 11:15-11:45am 12:00-12:30pm, 12:30-1:00pm 1:00-1:30pm
Thursdays	Private Lessons (3yrs+)	6:30-7:00pm 7:00-7:30pm, 7:30-8:00pm
Saturdays	Private Lessons (3yrs+) Private Lessons (18yrs+)	7:00-7:30pm, 8:00-8:30pm 8:45-9:15pm, 9:45-10:15pm
Sundays	Group Lessons All Ages	1:30-2:00pm, 2:00-2:30pm, 2:30-3:00pm, 3:15-3:45pm, 3:45-4:15pm, 4:15-4:45pm, 4:45-5:15pm

Skating Level Equivalents

Preschool • 3-5yrs		Child • 6-12yrs	Adult/ Youth • 13yrs+
Preschool 1		Child 1	Beginner
Preschool 2			
Preschool 3		Child 2	
Preschool 4			
Preschool 5/6		Child 3	Intermediate
		Child 4	
		Child 5	Advanced
		Child 6/7	

Private Skating Lessons

One-to-one instruction will be provided for beginners and for those who want to refresh their skating skills. It is recommended that you only register to a maximum of five consecutive private lessons, and both skaters be of similar skill level for semi-private lessons. All private lessons 30 minutes. Semi-private lessons are available for an additional fee.

Private Lesson \$34.32/sess • Semi Private Lesson Additional Fee \$23.07



Schedule in Effect January 8-March 17

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Length Swim: 6:30 am-8:15 am						
Aquafit 8:30am-9:30am	Range of Motion 8:30am-9:15am	Public Swim 8:30am-9:30am Music on for self-directed fitness	Range of Motion 8:30am-9:15am	Public Swim 8:30 am-9:30am Music on for self-directed fitness	Aquafit 9:15am-10:15am	Public Swim 9:00am-10:15am Music on for self-directed fitness
					Length Swim 10:30-11:45am	
Public Swim & Lessons • 9:30am-11:30am					Lessons 12:00-3:00pm	
Length Swim • 11:45am-1:30pm						
Public Swim • 1:45pm-3:15pm						
Lessons • 3:30pm-7:00pm				Public Swim & Lessons 3:30-6:15pm	Public Swim • 3:15-5:00pm	
Length Swim • 7:15pm-8:30pm				Length Swim 6:30 - 8:30pm	Public Swim: open area for leisure swim, 1 to 2 length lanes, slide & diving board available upon request Length Swim: 3 length lanes for continuous swimming Lessons: 1 length lane, limited leisure space, no diving board and slide	

Schedule is subject to change without notice. Please visit our online schedule at kerrisdalecc.com or vancouver.ca for the most up-to-date schedule.
Children under 8 yrs must be accompanied in the water by an adult 16 yrs or over.

Fees (fees include GST and are subject to change without notice)

TYPE	4 and under	5-12yrs	13-18yrs	19-64yrs	65yrs+
DROP-IN	FREE	\$3.68	\$5.13	\$7.34	\$5.13
10 VISIT	N/A	\$32.30	\$45.21	\$64.59	\$45.21
1 MONTH	N/A	\$28.27	\$39.56	\$56.52	\$39.56
3 MONTHS	N/A	\$76.30	\$106.83	\$152.61	\$106.83
12 MONTHS	N/A	\$244.18	\$341.84	\$488.34	\$341.84

FAMILY DROP-IN: \$3.68 each for parent, child (5-18 yr), and additional member of the same household. 2 adults maximum.

Long Weekend Schedule

February 17, 18, 19

Public Swim • 9:00-11:55am
Length Swim • 12:00pm-2:00pm
Public Swim • 2:00-5:00pm

Water Fitness

Registration required. Pre-registration online, in-person, or by phone opens 3 days in advance at 12pm. Limited drop-in spots available. Visit vancouver.ca for more details

Range of Motion (ROM)

This slower-paced 45-min class held in the shallow end focuses on improving joint mobility and balance. Suitable for those with arthritis, injuries, chronic conditions or who are pregnant.

Aquafit

This is a moderate to intense 60-min shallow-water workout to increase cardiovascular fitness and muscular strength/ endurance. Moderate to intense cardio drills are included with a strength portion and a short stretch.



See vancouver.ca or kerrisdalecc.com for online schedule

SWIMMING LESSONS



Swim for Life

The Lifesaving Society Swim for Life® program is a comprehensive swim lesson program that focuses on the development of fundamental swim strokes and skills for learners of all ages and abilities. Swim for Life includes fun, hands on activities that focus on teaching Water Smart education for the whole family!

Parent and Tot (4 months – 3 years)

Parent and Tot structures in-water interaction between parent/caregiver and child to stress the importance of play in developing water-positive attitudes and skills. Activities and progressions are based on child development allowing parents to register in the level appropriate for their age: PT1 (4– 12 mo), PT2 (12 – 24 mo), PT3 (12 – 24mo).



Preschool Program (Ages 3 – 5 years)

The Swim for Life Preschool Program gives children a head start on learning to swim. They'll have fun developing the basics to be safe and confident little swimmers. Water Smart® education is part of every Preschool level. There are 5 progressive levels.



Private / Semi-Private Lessons Ages 3 years +

Work at your own pace with a qualified instructor, one-on-one or one-on-two for a set of lessons to improve specific skills. Each lesson is 30 minutes in duration. Semi private lessons must be within a skill level apart at a maximum.

Swimmer Program

Swimmer 1 – 6 (Ages 5 – 16 years)

The Swimmer levels make sure your child learns how to swim before they get in too deep. Each level challenges children to develop safe entries, deep water support, underwater skills, and swimming strokes. Kids learn everlasting healthy habits by getting and staying fit. Swimmer levels include fun, hands on teaching activities that focus on teaching water safety — lessons that will last a lifetime!

Swimmer 7 – 9 (Canadian Swim Patrol)

Ages 8 – 16 years

Canadian Swim Patrol provides enriched training for young swimmers who are ready to go beyond learn-to-swim with introduction to water proficiency, first aid and recognition and rescue skills. They are the springboard to lifesaving, lifesaving sport and lifeguarding!



Bronze Program

Bronze Medallion (Prerequisite: Bronze Star or 13 yrs)

Teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill and fitness. Rescuers learn advanced lifesaving techniques for challenging rescues of increased risk involving conscious and unconscious victims in varying water depths

Bronze Cross (Prerequisite: Bronze Medallion)

Designed for lifesavers who want the challenge of more advanced training, including an introduction to safety supervision. As the Lifesaving Society's Assistance Lifeguard program, Bronze Cross hones judgment, knowledge, skill and fitness to prepare candidates for success in National Lifeguard (NL) and instructor certifications. It is also worth two Grade 11 credits.



National Lifeguard Pool (NL Pool)

Prerequisites: Bronze Cross, Standard First Aid, and 15 yrs

The Lifesaving Society's NL Pool is a demanding program designed to develop the fundamental values, judgement, knowledge, skills, and fitness required by professional lifeguards. NL Pool is worth two Grade 12 credits.

Swim Lesson Registration

Online, in person & phone-in
starting at 7pm

Winter 2024:
Tuesday, December 19

Adult and Teen Program (Ages 13 years +)

Whether you're just starting out or just want help with your strokes, the Adult and Teen swim program is for you no matter your age! Work with certified instructors to learn to swim or improve your current swimming ability and fitness. You'll develop confidence in the water and smooth, recognizable strokes. You'll be able to set your own goals in consultation with your instructor. There are 3 progressive levels.

Vancouver Aquatics Academy is

a lifeguard and swim instructor training program where Aquatics staff foster positive, long-term relationships with swim lesson participants in Vancouver facilities and their families, swim club members, and community members showing interest in these roles.

This program aims to educate on the advantages of being a lifeguard and the positive impact this role has within a community and for the development of life skills. For more information about lifeguarding, certification, and course dates or to apply visit vancouver.ca/lifeguard



Unsure of What Level to Register In?

Please check our website for details on the specific levels vancouver.ca/swimminglessons (or scan the QR code).

If you are still unsure of what level to register in, or it has been more than six months, please contact your local pool about having a swim assessment with an instructor.



Need more
motivation?

Get a Personal Trainer

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



Work out 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 two weeks to process. Personal trainer profiles can be found online at kerrisdalecc.com

Price is Per Person	Private	Semi-Private
3 Sessions	\$160.00	\$102.00
10 Sessions	\$481.00	\$338.00

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

Orientations

FREE

Our exercise room orientations are free of charge. Speak with our front desk staff for an appointment.

If you have any questions about your current fitness program or need some help getting started, please book a free 30-minute appointment with our Fitness Attendant.

Orientations are available Tuesday evenings and Thursday mornings. Appointments can be made at the front desk or by calling 604.257.8100.



Youth Use

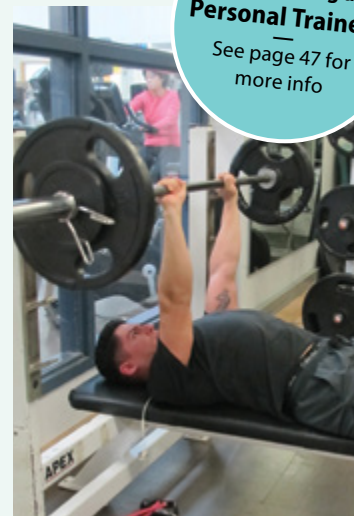
Youth 13 and older are welcome to use our exercise room. Orientation is highly recommended. Please speak with one of the front desk staff to book a free appointment.



The Kerrisdale Community Centre Exercise Room is OPEN!



Considering a
Personal Trainer?
—
See page 47 for
more info



Hours of Operation

Monday-Friday • 6:30am-10:00pm
Saturday & Sunday • 9:00am-6:00pm

Fees	Adult	Sr/Youth
Drop-in	\$4.50	\$4.50
10-Visit Pass	\$34.75	\$34.75
1 month	\$42	\$32.75
3 months	\$90	\$66.50
6 months	\$165.25	\$124.50
12 months	\$260	\$198

Please note new fees effective Jan 1

Please scan passes at the front desk and grab a wristband before going downstairs. Passes are non-transferrable or refundable. We do not suspend passes. There is a \$2 charge for replacement passes. Wristband must be worn while using the facilities.

Please visit the Kerrisdale Community Centre website for details: www.kerrisdalecc.com

FITNESS EQUIPMENT

- Walk/run treadmills (2 new Matrix treadmills)
- Elliptical walk/run
- Step machine
- Elliptical, recumbent (3 new Matrix ellipticals)
- Arc trainer
- Indoor spin bicycle (Keiser, 2 new spin bikes)
- Indoor bicycle, recumbent position
- Indoor bicycles, upright position (one new Matrix bike)
- Adaptive motion trainer (Precor)
- Free weights and adjustable benches
- Strength-training machines for upper and lower body (LifeFitness)
- Functional training props

