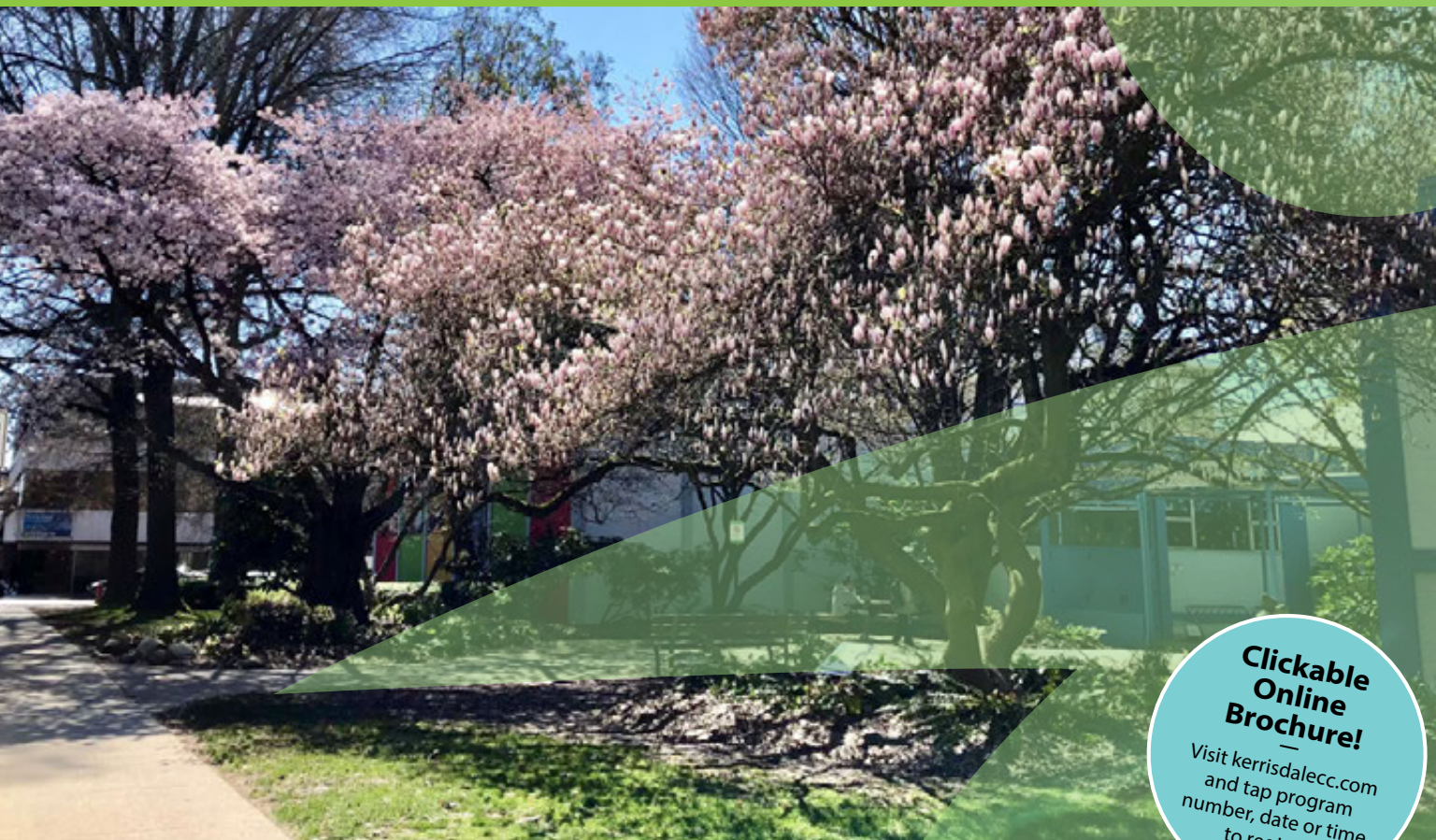




KERRISDALE

Community Centre Society

Spring 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, March 9, at 9 a.m.

Telephone: Monday, March 11, at 9 a.m.

- In-person and online registration starts **Saturday, March 9**, at 9 a.m. (60% available online, 40% in person). Please visit vanrec.ca or kerrisdalecc.com.
- Time savers will be given out at **6 a.m.**
- Telephone registration at 604.257.8100 (Main Centre) starts **Monday, March 11**, at 9 a.m.

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

March 29, 9:00am–10:00pm

April 1, 9:00am–10:00pm

May 20, 9:00am–10:00pm

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Kerrisdale Pool

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



Kerrisdale Cyclone Taylor Arena

**Skating Season
Sept-Mar**

Skating will return to the Kerrisdale
Arena in fall 2024. Spring and summer
ice is available at Hillcrest, Sunset and
Britannia rinks. Visit vanrec.ca
for drop-in schedules
and lessons.

Play Palace
See Pages 39-40
for information



President's Message

So Much to Enjoy This Spring at KCC

Hello and welcome to our spring 2024 season.

We are proud to offer the Kerrisdale community a wide variety of programs for all ages and abilities. This season you can include a session of hatha yoga or start learning German. The younger set can take in Little Soccer Special Stars (co-ed) or Qigong 5 Animal Frolics. We also have ongoing programs for youth as well as seniors. As always, the Exercise Room is popular with many patrons.

It is good to see our numbers back to pre-COVID levels. The Seniors Centre is often full of people playing cards or just chatting, especially after a delicious lunch! The gym is filled with many activities, from basketball to dance classes and Zumba. Music of all kinds often fills the halls of the centre. Stay tuned as we will also be announcing the new Kerrisdale Community Centre Board of Directors and a new Seniors' Council in early March.

Kathy McKay, President

Kerrisdale Community Centre Society



Program spotlights for spring and summer

Specialty Camps

Encanto Mini Movers
Little Ballerinas
Active Tumble, Flex & Dance
CSI Lab
Brick Critters
Journey into Creative Writing
WeDo1 Robotics
Lego Arcade Adventure
Young Rembrandts Cartoon Stories
Inventors & Inventions
Tennis
Game Ready Basketball

Preschool

Little Ballerinas
Ready for Kindergarten Letters & Numbers
Fun with ABC's
Sportball Junior

Children/Youth

Awesome KPOP
Active Hip Hop, Dance, Stretch & Strength
Basketball Games Skills & Drills
Chess
Colour Your Ideas
Pottery Hand Building
Teen Pottery
Yoga for Pre-Teens
Junior Boxing
JBST Soccer
Guitar Lessons

Adults

How to Draw Like an Architect
Drawing and Painting
Polynesian Dance
Sunday Flow Yoga with Biti
Chair Pilates

Prenatal Yoga
German Level 1 & 2
Mandarin with Ms. Gong
Mindfulness for Flourishing
Spanish

Seniors

Art with Teresa
Aging Well
ActivAge
Belly Dance
Choose to Move
Health Qigong
Tai Chi 32 Sword Set
Parkinson's Prevention Program
Scottish Country Dance

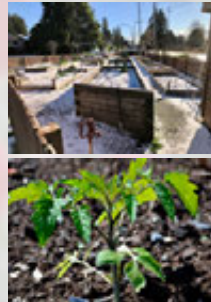
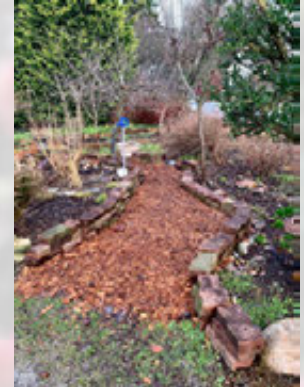


KERRISDALE COMMUNITY GARDEN

Kerrisdale community garden (KCG), where gardens grow and communities thrive, is run by a diverse and dedicated group of community members since 2011. Our shared vision is to create a sustainable, inclusive, and thriving space that enriches the Kerrisdale's accessible public green space. Community members are welcome to enjoy our vibrant garden in every season.

This season we are widening the garden pathways to encourage exploration and learning about the variety of plants.

We look forward to seeing you in the garden this spring!



LOCATED AT
60TH AND ANGUS DR.

YOUR LIBRARY IN KERRISDALE

Kerrisdale Branch
Phone 604.665.3974

Discover more at [VPL.ca](https://vpl.ca)



Upcoming Events

Family Storytime

Thursdays & Saturdays
Apr 11 – May 18 | 10:30 am

Learn together through songs, rhymes and stories. (30 min)

For young children and their parents/caregivers | Drop-in

Babytime

Fridays, Apr 12 – May 17 | 11 am

Enjoy rhymes, songs, bounces, fingerplays and stories. (30 min)

For newborn–18 months | Drop-in

Studio Saturday

Apr 13, Apr 27, May 18 | 2 pm

We provide materials for some simple art activities. Please dress to get messy. (60 min)

For Grades K–7 | Drop-in



Canada Day Celebration • All Ages

Monday, July 1. FREE! Come and join the community in celebrating Canada Day. Registration required to help determine approximate number of barbecue orders. Full details to come.

M 11:45 AM-2:00 PM Jul 01
D494898 Free, registration req'd



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

Apr 7
May 5
Jun 2
 Instructor: Gerard Satamian



Artists of Kerrisdale Presents "SPRING SHOW 2024"

Mar 29-May 29, 2024
 Kerrisdale Senior Centre Lobby
www.artistsofkerrisdale.com



Simply Band Concert

SIMPLY BAND will perform on variety of music from Latin dance to Folk music to Classical. Come and enjoy an hour of concert band music. All are welcome.

Sa 2:30 pm-3:30 pm **Apr 6**
D503415 Free, registration req'd





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
Anson Siu • 604.257.8114
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 11:00am-1:00pm; 2:00pm-4:00pm
\$190 (up to 12 kids) • *\$235 (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 at 604.257.8100.

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 admin charge for refunds and transfers.

Inquiries

- For all other inquiries, please contact the centre at 604.257.8100 or email arthur.leehung@vancouver.ca.
- Birthday Party brochure available at the centre for more information.

Summer Safaris Day Camps



Summer Safaris Day Camps

Come and join the fun and spend your summer break with us!! Activities will include sports, cooperative games, arts and crafts, dance parties, entertainers and special guests! We will also go on fun out-trips to various attractions and explore nature and the great outdoors. Parents/guardians will receive an email of the Parent Communication/Policy manual and forms prior to camp, outlining camp expectations and guidelines. Day camp participants must bring a packed lunch and dress appropriately for the weather and scheduled out-trip. A waiver form must be completed prior to the day's activities. Waiver and consent forms and activity schedule will be made available in June, please visit www.kerrisdalecc.com or pick up a hard copy at the main office. Activities are subject to change..



Summer Safaris Day Camp • Jrs, 6-8 yrs

Week 1

Tu W Th F 9:00 AM-4:00 PM
D496619

Jul 02-Jul 05
\$136/4 sess

Week 2

M Tu W Th F 9:00 AM-4:00 PM
D496621

Jul 08-Jul 12
\$170/5 sess

Week 3

M Tu W Th F 9:00 AM-4:00 PM
D496623

Jul 15-Jul 19
\$170/5 sess

Week 4

M Tu W Th F 9:00 AM-4:00 PM
D496625

Jul 22-Jul 26
\$170/5 sess

Week 5

M Tu W Th F 9:00 AM-4:00 PM
D496627

Jul 29-Aug 02
\$170/5 sess

Week 6

Tu W Th F 9:00 AM-4:00 PM
D496629

Aug 06-Aug 09
\$136/4 sess

Week 7

M Tu W Th F 9:00 AM-4:00 PM
D496631

Aug 12-Aug 16
\$170/5 sess

Week 8

M Tu W Th F 9:00 AM-4:00 PM
D496633

Aug 19-Aug 23
\$170/5 sess

Week 9

M Tu W Th F 9:00 AM-4:00 PM
D496635

Aug 26-Aug 30
\$170/5 sess

Summer Safaris Daycamp • Srs, 9-12 yrs

Week 1

Tu W Th F 9:00 AM-4:00 PM
D496620

Jul 02-Jul 05
\$136/4 sess

Week 2

M Tu W Th F 9:00 AM-4:00 PM
D496622

Jul 08-Jul 12
\$170/5 sess

Week 3

M Tu W Th F 9:00 AM-4:00 PM
D496624

Jul 15-Jul 19
\$170/5 sess

Week 4

M Tu W Th F 9:00 AM-4:00 PM
D496626

Jul 22-Jul 26
\$170/5 sess

Week 5

M Tu W Th F 9:00 AM-4:00 PM
D496628

Jul 29-Aug 02
\$170/5 sess

Week 6

Tu W Th F 9:00 AM-4:00 PM
D496630

Aug 06-Aug 09
\$136/4 sess

Week 7

M Tu W Th F 9:00 AM-4:00 PM
D496632

Aug 12-Aug 16
\$170/5 sess

Week 8

M Tu W Th F 9:00 AM-4:00 PM
D496634

Aug 19-Aug 23
\$170/5 sess

Week 9

M Tu W Th F 9:00 AM-4:00 PM
D496636

Aug 26-Aug 30
\$170/5 sess

Summer Specialty Camps



DANCE

Encanto Mini Movers Camp

3-5 yrs

Encanto Mini Movers Camps: Kids will salsa their way through this Encanto-themed camp: playing dance games, learning choreography, cultural references, and a few words in Spanish along the way! Kids will perform an upbeat dance for family and friends on the last day of camp! No experience required, all dancers welcome. More info: www.kirbysnelldance.com

M Tu W Th F 11:55 AM-1:10 PM Jul 08-Jul 12
D496599 \$109/5 sess
M Tu W Th F 11:55 AM-1:10 PM Jul 22-Jul 26
D496610 \$109/5 sess

Instructor: Endorphin Rush Dance And Fitness

Frozen Ballet Extravaganza Camp

3-5 yrs

100% Frozen Soundtrack Music is played in this creative ballet class designed to ignite your dancers imagination. No experience require as dancers learn the basics of ballet and expression through movement. No experience required. Beginnerfriendly. www.KirbySnellDance.com.

M Tu W Th F 9:15 AM-10:30 AM Jul 08-Jul 12
D496600 \$109/5 sess
M Tu W Th F 10:35 AM-11:50 AM Jul 08-Jul 12
D496601 \$109/5 sess
M Tu W Th F 9:15 AM-10:30 AM Jul 22-Jul 26
D496608 \$109/5 sess
M Tu W Th F 10:35 AM-11:50 AM Jul 22-Jul 26
D496609 \$109/5 sess

Instructor: Endorphin Rush Dance And Fitness

Jazz/Ballet Fusion 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. www.kirbysnelldance.com

M Tu W Th F 10:35 AM-11:50 AM Jul 15-Jul 19
D496605 \$109/5 sess
M Tu W Th F 10:35 AM-11:50 AM Jul 29-Aug 02
D496614 \$109/5 sess

Instructor: Endorphin Rush Dance And Fitness

Little Ballerinas Camp 3-5 yrs

Young Ballerinas and Dancers explore the fun and beauty of ballet while learning the basic techniques. Explore creative expression in this fun and welcoming camp. Children must be able to participate without parents in the room. There will be a presentation on the last day. More info: www.kirbysnelldance.com

M Tu W Th F 11:55 AM-1:10 PM Jul 15-Jul 19
D496606 \$109/5 sess
M Tu W Th F 11:55 AM-1:10 PM Jul 29-Aug 02
D496615 \$109/5 sess

Instructor: Endorphin Rush Dance And Fitness

Mini Hip Hop Breakers Camp

3-5 yrs

This non-stop action-packed camp includes hip-hop, basic breakdancing, and dance games that will have your dancer moving to the beats. Dancers will improve coordination, musicality, expression, and learn a dynamic choreography. www.KirbySnellDance.com.

M Tu W Th F 1:15 PM-2:30 PM Jul 08-Jul 12
D496603 \$109/5 sess
M Tu W Th F 9:15 AM-10:30 AM Jul 15-Jul 19
D496607 \$109/5 sess
M Tu W Th F 1:15 PM-2:30 PM Jul 22-Jul 26
D496611 \$109/5 sess
M Tu W Th F 9:15 AM-10:30 AM Jul 29-Aug 02
D496613 \$109/5 sess

Instructor: Endorphin Rush Dance And Fitness

Act, Dance, Sing FUN! Camp

5-14 yrs

Learn the technical and artistic aspects of a musical theatre performance, including singing, acting and dancing. Learn choreographed routines to musical songs. Learn teamwork while supporting classmates, have fun, and rise to a new challenge! No previous experience required. Learned skills showcasing will be announced during the camp. We recommend taking our other morning/afternoon camp to create a full-day experience. Showcase for full-day campers will occur at the end of their afternoon session. Bring your water bottle and sufficient nut-free snacks/lunch to fuel your child. Curriculum will be different between same-subject sessions; we welcome repeat students. Find us IG/FB @PraiseTEAMstudio.

M Tu W Th F 12:30 PM-3:30 PM Jul 08-Jul 12
D496700 \$225/5 sess
M Tu W Th F 9:15 AM-12:30 PM Jul 22-Jul 26
D496704 \$245/5 sess
M Tu W Th F 9:15 AM-12:30 PM Jul 29-Aug 02
D496705 \$245/5 sess
M Tu W Th F 12:30 PM-3:30 PM Aug 19-Aug 23
D496702 \$225/5 sess

Instructor: Praise TEAM

Active Dance Sampler Camp

5-14 yrs

Come groove to Hip Hop Street Dance while being exposed to other styles like Korean Pop (KPOP). Students will refine their technique through cardio dance skills, strengthening, footwork, isolations, stretches and more! No previous experience required. Learned skills showcasing will be announced during the camp. We recommend taking our other morning/afternoon camp to create a full-day experience. Showcase for full-day campers will occur at the end of their afternoon session. Bring your water bottle and sufficient nut free snacks / lunch to fuel your child! Curriculum will be different between same-subject sessions; we welcome repeat students! Find us IG/FB @PraiseTEAMstudio.

M Tu W Th F 9:15 AM-12:30 PM Jul 08-Jul 12
D496688 \$245/5 sess
M Tu W Th F 9:15 AM-12:30 PM Jul 15-Jul 19
D496693 \$245/5 sess
M Tu W Th F 12:30 PM-3:30 PM Jul 22-Jul 26
D496698 \$225/5 sess
M Tu W Th F 12:30 PM-3:30 PM Aug 12-Aug 16
D496699 \$225/5 sess

Instructor: Praise TEAM

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



DANCE

Active Tumble, Flex & Dance Camp

5-14 yrs

Through proper breathing, strengthening, tumbling and stretching, our goal is for students to have better physical awareness and stand tall with confidence. Meet friends, have fun, and rise to a new challenge! No previous experience required. Learned skills showcasing will be announced during the camp. We recommend taking our other morning/afternoon camp to create a full-day experience. Showcase for full-day campers will occur at the end of their afternoon session. Bring your water bottle and sufficient nut free snacks / lunch to fuel your child! Curriculum will be different between same-subject sessions; we welcome repeat students! Find us IG/FB @PraiseTEAMstudio.

M Tu W Th F 12:30 PM-3:30 PM	Jul 15-Jul 19
▶496716	\$225/5 sess
M Tu W Th F 12:30 PM-3:30 PM	Jul 29-Aug 02
▶496718	\$225/5 sess
M Tu W Th F 9:15 AM-12:30 PM	Aug 12-Aug 16
▶496709	\$245/5 sess
M Tu W Th F 9:15 AM-12:30 PM	Aug 19-Aug 23
▶496712	\$245/5 sess

Instructor: Praise TEAM

Dance Extreme (Dance Sampler) Camp 6-12 yrs

Come and explore a number of different styles of dance in this upbeat dance camp. Enjoy an energetic exploration of movement in a warm, safe and inspiring environment. Styles may include Latin Dance, Contemporary, Waacking, Popping, Hip Hop, Acrobatic Dance, Creative Movement and Bollywood! For more information, go to www.kirbysnelldance.com

M Tu W Th F 1:15 PM-3:45 PM	Jul 15-Jul 19
▶496604	\$198/5 sess
M Tu W Th F 1:15 PM-3:45 PM	Jul 29-Aug 02
▶496616	\$198/5 sess

Instructor: Endorphin Rush Dance And Fitness

Zumbini®

Sing, dance and play as you bond with your child! Created by Zumba® and BabyFirst for kids ages 0-4, 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

Tu W Th F 1:00 PM-1:45 PM	Jul 3-Jul 5
▶497370	\$80/4 sess
Tu W Th F 10:30 AM-11:15 AM	Aug 6-Aug 9
▶497371	\$80/4 sess
Tu W Th F 10:30 AM-11:15 AM	Aug 27-Aug 30
▶497372	\$80/4 sess

Hip Hop Breakers Camp

6-9 yrs

This non-stop action-packed camp includes hip-hop, basic breakdancing, and dance games that will have your dancer moving to the beats. Dancers will improve coordination, musicality, expression, and learn a dynamic choreography. www.KirbySnellDance.com.

M Tu W Th F 2:35 PM-3:50 PM	Jul 08-Jul 12
▶496602	\$109/5 sess
M Tu W Th F 9:15 AM-10:30 AM	Jul 15-Jul 19
▶496607	\$109/5 sess
M Tu W Th F 2:35 PM-3:50 PM	Jul 22-Jul 26
▶496612	\$109/5 sess
M Tu W Th F 9:15 AM-10:30 AM	Jul 29-Aug 02
▶496613	\$109/5 sess

Instructor: Endorphin Rush Dance And Fitness

EDUCATION

Brick Animation Camp 6-12 yrs

Bring your movie-making ideas to life by creating a stop-motion Brick Animation mini movie, using LEGO® Movie Maker Software and LEGO® elements! Teams of students will create a mini-movie using a large and exciting variety of LEGO® sets and themes! In a fun and supportive environment, students will learn the basic techniques of Brick Animation including movement, timing, effects, editing, voice overs, and more! All equipment is provided. Returning students will be given further assignments.

M Tu W Th F 10:00 AM-12:00 PM	Jul 29-Aug 02
▶496657	\$175/5 sess

Instructor: Tomorrow's Playground

Brick Critters Camp 5-10 yrs

It's a zoo in here! Build various critters including buzzing bees, fluttering butterflies and more. Using Bricks 4 Kidz® building instructions, campers use classic LEGO bricks, LEGO Technic, and electric motors to construct 1 - 3 projects per session. Campers will be given a break for an optional snack from home.

M Tu W Th F 1:00 PM-4:00 PM	Jul 08-Jul 12
▶496670	\$220/5 sess

Instructor: Bricks 4 Kidz Vancouver

Building is Awesome Camp 5-10 yrs

Everything is awesome when you're on a journey with the best team to stop the forces of evil. Using Bricks 4 Kidz® building instructions, campers use classic LEGO bricks, LEGO Technic, and electric motors to construct 1 - 3 projects per session. Campers will be given a break for an optional snack from home.

M Tu W Th F 9:30 AM-12:30 PM	Jul 29-Aug 02
▶496674	\$220/5 sess

Instructor: Bricks 4 Kidz Vancouver

CSI Lab Camp 6-11 yrs

Enter the mysterious and multifaceted world of CSI Lab. Come discover detection - use decoding skills to analyze evidence and become a mystery solver. Have fun with case-breaking science!

M Tu W Th F 9:00 AM-3:00 PM	Jul 15-Jul 19
▶496594	\$375/5 sess

Instructor: STEAM 4 KIDS

Summer Specialty Camps



EDUCATION

Chess for Kids Camp

There is a strong correlation between chess and academic achievement including math, spatial analysis and non-verbal reasoning ability. Joining in this Sherlock-Holmes-world of tactics and strategies, kids get trained in life-skills goal-setting: checkmate! What's more, chess provides a mental armor -commander- (TEAM 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.

Novice • 6-12 yrs

M Tu W Th F 4:30 PM-5:40 PM Jul 15-Jul 19
D497138 \$75/5 sess
Tu W Th F 4:30 PM-5:40 PM Aug 06-Aug 09
D497141 \$60/4 sess

Intermediate • 8-12 yrs

M Tu W Th F 5:50 PM-7:00 PM Jul 15-Jul 19
D497139 \$75/5 sess
Tu W Th F 5:50 PM-7:00 PM Aug 06-Aug 09
D497142 \$60/4 sess

Instructor: Josefino (Joe) Soliven

Inventors & Inventions Camp 7-12 yrs

Inventing means curiosity, practicality, necessity, cooperation, and dreaming! Children will overcome a series of challenges using basic materials, simple machines, tips from famous inventors and the most important of all their mind. With a little bit of ingenuity children will create catapults and forts, construct working light sticks to take home and assemble a set of circuits with batteries and light bulbs. While Thomas Edison said "invention is 10% inspiration and 90% perspiration", this camp is 100% FUN!

M Tu W Th F 9:00 AM-3:00 PM Aug 12-Aug 16
D496595 \$375/5 sess

Instructor: STEAM 4 KIDS

Jurassic Brick Land Camp 5-9 yrs

Put on your hiking boots and camouflage as we learn about animals that roamed the earth and swam the seas during the Jurassic period. Using Bricks 4 Kidz® building instructions, campers use classic LEGO bricks, LEGO Technic, and electric motors to construct 1-3 projects per session. Campers will be given a break for an optional snack from home.

M Tu W Th F 1:00 PM-4:00 PM Jul 29-Aug 02
D496676 \$220/5 sess

Instructor: Bricks 4 Kidz Vancouver

Journey into Creative Writing

This one week writing camp will introduce students to the elements of the plot line and the art of storytelling. Taught by a BC certified teacher, students will learn about setting, character, and plot to create descriptive and engaging fiction through fun and interactive activities. In addition to improving their writing skills, the goal for this course is to encourage and motivate students to love writing.

8-10 yrs

M Tu W Th F 9:30 AM-11:30 AM Aug 19-Aug 23
D499503 \$220/5 sess

11-13 yrs

M Tu W Th F 11:45 AM-1:45 PM Aug 19-Aug 23
D499504 \$220/5 sess

Ready to Write 10-13 yrs

Students will learn about the structure and styles of various forms of writing. Each day, we will explore a type of writing (persuasive, narrative, expository, descriptive, etc.) and students will practice writing paragraphs and essays through interactive activities and fun lessons. This will be the perfect refresher reading and writing course before the start of the new school year.

M Tu W Th F 2:30 PM-4:00 PM Aug 19-Aug 23
D499505 \$180/5 sess

LEGO Arcade Adventures Camp 5-10 yrs

Revisit the time of 8-bit technology and interact with your favorite arcade and video game characters using LEGO. Using Bricks 4 Kidz® building instructions, campers use classic LEGO bricks, LEGO Technic, and electric motors to construct 1-3 projects per session. Campers will be given a break for an optional snack from home.

M Tu W Th F 9:30 AM-12:30 PM Jul 08-Jul 12
D496668 \$220/5 sess

Instructor: Bricks 4 Kidz Vancouver

Science Explorer Camp 5-10 yrs

Explore the inside of your body and learn about the organ systems and the cells that compose them. Discover cool chemical reactions, and how to solve a crime in this hands-on, science adventure!

M Tu W Th F 9:00 AM-3:00 PM Jul 29-Aug 02
D496596 \$375/5 sess

Instructor: STEAM 4 KIDS

Space Explorer Camp 6-11 yrs

This is your chance to discover what lies outside our planet! Children will learn what it takes to be a true globetrotter! Discover the science needed for rockets and learn what it takes to study space from the ground and from the air, as well as experiencing the life of an astronaut. Explore the farthest reaches of our solar system and the various space phenomena. This stellar program is your ticket to the stars!

M Tu W Th F 9:00 AM-3:00 PM Jul 02-Jul 05
D496597 \$300/4 sess

Instructor: STEAM 4 KIDS

WeDo 1 Robotics Camp 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.

M Tu W Th F 12:30 PM-2:30 PM Jul 29-Aug 02
D496658 \$175/5 sess

Instructor: Tomorrow's Playground

Wild Science Camp 6-11 yrs

Kids put on their engineer's hats for this exciting week of science activities. They will also learn about chemical reactions that they might encounter in their daily lives and the nature of birds and beasts, as they take a walk on the wild side of science.

M Tu W Th F 9:00 AM-3:00 PM Aug 26-Aug 30
D496598 \$375/5 sess

Instructor: STEAM 4 KIDS

Young Rembrandts Cartoon Stories Workshop 6-12 yrs

In this fun drawing workshop, each day artists will create multiple drawings telling a story. We will draw human and animal cartoon characters in many different situations to practice depicting all types of facial and body expressions. Register now to find out what happened to the cat who chased a very confident mouse and to the girl who jumped in too many rain puddles!

M Tu W Th F 9:00 AM-12:00 PM Jul 22-Jul 26
D497196 \$210/5 sess



EDUCATION

Young Rembrandts Baby Animals Drawing Workshop NEW 6-12 yrs

Embark on an enchanting journey through the diverse world of baby animals. Begin with the heartwarming realism of nature's young, from the gentle gaze of a fawn to playful otters. Transition into the whimsical Kawaii style, capturing those irresistibly cute, wide-eyed creatures. Imagine baby animals donning fashionable attire, blending humor with creativity. Dive into legends with mythical baby creatures, merging mystery with artistry. Perfect for young artists eager to explore varied artistic styles.

M Tu W Th F 12:30 PM-3:30 PM **Jul 22-Jul 26**
497199 \$210/5 sess

POTTERY

Pottery Camp 6-12 yrs

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, this camp also includes outdoor breaks.

Tu W Th F 10:00 AM-2:00 PM **Jul 02-Jul 05**
494933 \$160/4 sess
M Tu W Th F 10:00 AM-2:00 PM **Jul 08-Jul 12**
494934 \$160/5 sess
M Tu W Th F 10:00 AM-2:00 PM **Aug 19-Aug 23**
494935 \$160/5 sess

Instructor: Janine Schroedter

Tween 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, this camp also includes outdoor breaks.

M Tu W Th F 2:30 PM-5:00 PM **Jul 08-Jul 12**
494936 \$160/5 sess

Instructor: Janine Schroedter

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



SPORTS

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 **Apr 09-Jun 18**
496429 \$53/11 sess

Game Ready Basketball All Stars Coed 8-11 yrs

This high energy camp stresses basic offensive and defensive skills, as well as offensive play patterns. This program will also offer treats and incentives in addition to contests, tournaments, and fun competitions.

M Tu W Th F 1:15 PM-4:45 PM **Jul 15-Jul 19**
496058 \$225/5 sess
M Tu W Th F 1:15 PM-4:45 PM **Aug 19-Aug 23**
496059 \$225/5 sess

Instructor: Dino Geremia

Game Ready Basketball Elite Coed 11-14 yrs

In this fast-paced camp, offensive and defensive skills will be emphasized. A variety of drills will sharpen mental and physical skills. This advanced elementary camp is for boys & girls wanting the recipe for becoming a successful player. Drills, contests, and tournaments will teach the competitive focus necessary for high level performance.

M Tu W Th F 1:15 PM-4:45 PM **Jul 15-Jul 19**
496060 \$225/5 sess
M Tu W Th F 1:15 PM-4:45 PM **Aug 19-Aug 23**
496061 \$225/5 sess

Instructor: Dino Geremia

Game Ready Crazy Sports 7-12 yrs

Sports, Sports and more sports! Soccer, basketball, football, volleyball and more. Each day will feature a multi-sport approach with coaching to improve skills and develop movements that will improve game play. The improved skills will be incorporated into games & activities. Prizes and snacks will be provided.

Tu W Th F 1:15 PM-4:45 PM **Aug 06-Aug 09**
496065 \$180/4 sess
M Tu W Th F 1:15 PM-4:45 PM **Aug 26-Aug 30**
496066 \$225/5 sess

Instructor: Dino Geremia

Game Ready Volleyball All Stars Coed 8-11 yrs

All the basic skills for the volleyball beginner will be covered in this camp including setting, bumping and serving. Good team organization will also be developed. Fun and motivation, along with games and tournaments, will be a big part of the program

M Tu W Th F 1:15 PM-4:45 PM **Jul 08-Jul 12**
496052 \$225/5 sess
M Tu W Th F 1:15 PM-4:45 PM **Aug 12-Aug 16**
496051 \$225/5 sess

Instructor: Dino Geremia

Game Ready Volleyball Elite Coed 11-14 yrs

High intensity drills will challenge youth to improve their play. Treats, incentives, and fun will motivate the participants. Competitions and tournaments will be part of this advanced program. Introductory play systems will be covered along with spike hit progressions.

M Tu W Th F 1:15 PM-4:45 PM **Jul 08-Jul 12**
496054 \$225/5 sess
M Tu W Th F 1:15 PM-4:45 PM **Aug 12-Aug 16**
496053 \$225/5 sess

Instructor: Dino Geremia

Sportball Multisport Camp 4-6 yrs

Sportball's action-packed summer camps introduce children to a variety of ball sports, games and activities PLUS arts and crafts, waterplay (weather and location pending), more! Please pack a sun hat, name labeled water bottle and a nut free snack or lunch!

M Tu W Th F 10:45 AM-12:00 PM **Jul 08-Jul 12**
496591 \$135/5 sess
M Tu W Th F 10:45 AM-12:00 PM **Aug 12-Aug 16**
496593 \$135/5 sess

Instructor: Sportball Vancouver

Sportball Multisport Camp 5-8 yrs

Sportball's action-packed summer camps introduce children to a variety of ball sports, games and activities PLUS arts and crafts, snack time, stories, co-operative games and more! Camps may run indoors and outdoors, depending on the location and weather. Please bring a labeled water bottle and nut free snack each day.

M Tu W Th F 1:00 PM-4:00 PM **Aug 12-Aug 16**
496592 \$233/5 sess

Instructor: Sportball Vancouver

Preschool

ART

Preschool Drawing 3.5-5 yrs

April showers bring May flowers and springtime is the right time for signing up your pre-schooler for a Young Rembrandts class! The spring months will blast off with excitement as we draw a wonderful astronaut. Your student's feet will be firmly planted back on planet Earth with a drawing of a tree house. And May will bloom with our flower basket drawing. No class on May 20.

M 3:15 PM-4:05 PM Apr 29-Jun 17
D496115 \$150.5/7 sess

Instructor: Young Rembrandts

FUNDamental Drawing 6-12 yrs

It's spring time and that can only mean one thing: spring time drawing fun with Young Rembrandts! If your child enjoys the outdoors they will love the upcoming Hummingbird lesson filled with colour and whimsy. We'll be drawing all season creating motorcycles, boats and even the butterfly life cycle! Artists will be challenged as they draw and shade a realistic portrait of famous composer Beethoven using colour pencils. Sign up today! No class on May 20.

M 4:15 PM-5:15 PM Apr 29-Jun 17
D496116 \$150.5/7 sess

Instructor: Young Rembrandts

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. Get Ready to Cheer: There will be a presentation on the last day of class for dancers to showcase what they learned. www.KirbySnellDance.com.

3-5 yrs
Su 9:30 AM-10:15 AM Apr 07-Jun 23
D495996 \$156/12 sess
Su 1:55 PM-2:40 PM Apr 07-Jun 23
D496001 \$156/12 sess
Tu 10:00 AM-10:45 AM Apr 09-Jun 25
D496003 \$156/12 sess

4-6 yrs
Su 10:20 AM-11:05 AM Apr 07-Jun 23
D495997 \$156/12 sess

Instructor: Endorphin Rush Dance And Fitness

DANCE

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. Get Ready to Cheer: There will be a presentation on the last day of class for dancers to showcase what they learned. www.KirbySnellDance.com

Su 11:10 AM-11:55 AM Apr 07-Jun 23
D495998 \$156/12 sess
W 4:15 PM-5:00 PM Apr 10-Jun 26
D496006 \$156/12 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. Get Ready to Cheer: There will be a presentation on the last day of class for dancers to showcase what they learned. www.KirbySnellDance.com.

3-5 yrs
Tu 10:45 AM-11:30 AM Apr 09-Jun 25
D496004 \$156/12 sess
4-6 yrs
Su 12:15 PM-1:00 PM Apr 07-Jun 23
D495999 \$156/12 sess
W 3:30 PM-4:15 PM Apr 10-Jun 26
D496005 \$156/12 sess

Instructor: Endorphin Rush Dance And Fitness

Zumbini® 0-5 yrs

'No Way! Jose' Sing, dance and play as you bond with your child! Created by Zumba® and BabyFirst, the Zumbini® program combines music, dance and playing instruments for 45 minutes of fun! Zumbini® is the 1st early childhood education program to create a true "360°" experience, with the "Zumbini® Time" interactive TV show on BabyFirst TV. Parent participation is required. Children 6 months and under can attend free with a registered sibling. www.zumbini.com. Note: Optional Zumbini® bundle for additional fee. Non-refundable after the second class. No class May 6, May 20.

M 9:30 AM-10:15 AM Apr 15-Jun 17
D496187 \$144/8 sess
M 10:30 AM-11:15 AM Apr 15-Jun 17
D496114 \$144/8 sess

Instructor: Maayan Amitov

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 Apr 09-Jun 25
D496002 \$156/12 sess

Instructor: Endorphin Rush Dance And Fitness

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 to foster the growth mindset and the love for learning. Students will bring home materials to play and practice. All supplies and materials included.

Th 9:45 AM-10:45 AM Apr 11-Jun 06
D496097 \$225/9 sess

Instructor: Ready To Set Goals

Fun with ABC's • Phonics & Reading (Returning Students)

For students who have taken Fun with ABC's. Your child will continue to practice their listening and speaking skills to sound out letters, discriminate between sounds, and boost letter recognition and printing skills. Students will reinforce sounds they have learned and continue with additional letters.

Th 11:00 AM-12:00 PM Apr 11-Jun 06
D496098 \$225/9 sess

Instructor: Ready To Set Goals



EDUCATION

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). Your child will build independence and strengthen their fine motor skills as we 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.

Tu 9:45 AM-10:45 AM **Apr 09-Jun 04**
▶496096 \$225/9 sess

Instructor: Ready To Set Goals

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 May 18

Sa 9:30 AM-10:15 AM **Apr 06-Jun 15**
▶496532 \$200/10 sess
Tu 10:00 AM-10:45 AM **Apr 09-Jun 11**
▶496531 \$200/10 sess

Instructor: STEAM 4 KIDS

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 on May 18 & May 19

Sa 11:05 AM-11:50 AM **Apr 06-Jun 22**
▶496023 \$250/11 sess
Sa 11:55 AM-12:40 PM **Apr 06-Jun 22**
▶496025 \$250/11 sess
Su 11:05 AM-11:50 AM **Apr 07-Jun 23**
▶496020 \$250/11 sess
Su 11:55 AM-12:40 PM **Apr 07-Jun 23**
▶496021 \$250/11 sess

Instructor: Gloria Yu

MUSIC

Group Ukulele Circle for Preschoolers 3-5 yrs

Learn ukulele basics in this fun and stress-free program. Sanitized instruments are provided. No class on May 18 & May 19

Sa 10:15 AM-11:00 AM **Apr 06-Jun 22**
▶496022 \$250/11 sess
Su 10:15 AM-11:00 AM **Apr 07-Jun 23**
▶496019 \$250/11 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 **Apr 10-Jun 12**
▶496046 \$208/10 sess
W 10:30 AM-11:15 AM **Apr 10-Jun 12**
▶496048 \$208/10 sess
W 11:30 AM-12:15 PM **Apr 10-Jun 12**
▶496049 \$208/10 sess

Instructor: Lissy

SOCIAL

Parent & Tot Gym 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 session May 20.

M W 10:30 AM-12:00 PM **Apr 03-Jun 26**
▶496117 \$3.50/drop-in or 10 visit card \$30

Instructor: Olive Carroll

SPORTS

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 **Apr 09-May 14**
▶496086 \$114/6 sess
Tu 10:15 AM-11:00 AM **May 21-Jun 25**
▶496090 \$114/6 sess

Instructor: Sportball Vancouver

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. No class on April 21 and 28.

Su 9:45 AM-10:45 AM **Apr 07-Jun 23**
▶496440 \$55/10 sess

Instructor: Sanjana Bhasin

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 **Apr 09-May 14**
▶496087 \$114/6 sess
Tu 11:00 AM-11:45 AM **May 21-Jun 25**
▶496091 \$114/6 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 **Apr 09-May 14**
▶496088 \$114/6 sess
Tu 3:45 PM-4:45 PM **May 21-Jun 25**
▶496092 \$114/6 sess

Instructor: Sportball Vancouver

Children

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 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 \$27, if space available.

Sa 10:30 AM-12:00 PM Apr 20-Jun 22
 D496285 \$225/10 sess
 Su 2:00 PM-3:30 PM Apr 21-Jun 23
 D496287 \$225/10 sess

Instructor: Mohammad Reza Atashzad

Watercolour for Kids & Youth 7-17 yrs

Explore the world of watercolour painting 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 \$27, space permitting.

W 3:30 PM-5:00 PM Apr 17-Jun 19
 D496283 \$225/10 sess

Instructor: Mohammad Reza Atashzad

Colour Your Ideas 7-11 yrs

Colour Your Ideas is a series of creative art lessons that focus 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

Th 3:30 PM-4:30 PM May 09-Jun 27
 D501753 \$200/8 sess
 Th 4:45 PM-5:45 PM May 09-Jun 27
 D501754 \$200/8 sess

Instructor: Selinna Hsiao

DANCE

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

High cardio Korean and Asian Pop Music Dance and Hip Hop fundamentals! We recommend taking our (#496403) Amazing Musical Theatre class right before this class to enhance your learning. No experience required. Learned skills showcasing will be announced. Dress: dry indoor shoes with non-marking soles preferred (especially during rain/snow season), comfortable sports / loose clothing & face covering (as needed). Bring your water bottle and sufficient nut free snacks! Class curriculum will be different between same-subject sessions throughout the year; we welcome repeat students! Drop-in \$19, space permitting. FB/IG: @PraiseTEAMstudio.

F 3:30 PM-4:30 PM Apr 12-Jun 21
 D496401 \$187/11 sess

Instructor: Praise TEAM

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. Please bring a filled water bottle each day. Get Ready to Cheer: There will be a presentation on the last day of class for dancers to showcase what they learned. www.KirbySnellDance.com

Su 1:05 PM-1:50 PM Apr 07-Jun 23
 D496000 \$156/12 sess

Instructor: Endorphin Rush Dance And Fitness

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 Apr 12-Jun 14
 D495993 \$250/10 sess

6-11 yrs
 F 4:45 PM-5:45 PM Apr 12-Jun 14
 D495994 \$250/10 sess

Instructor: Bing Zhao

Amazing Musical Theatre 9-15 yrs

Learn the technical and artistic aspects of a musical theatre performance, including some singing, acting and choreography to musical songs. Learn teamwork, have fun & rise to a new challenge! We recommend taking our Awesome KPOP/Hip Hop class (#496401) or Active Hip Hop Dance (#496404) before/after this class to enhance your learning and create a longer afternoon program. No previous experience required. Dress: dry indoor shoes with non-marking soles preferred & comfortable clothing. Bring your water bottle. Class curriculum will be different between same-subject sessions throughout the year; we welcome repeat students at our classes! Find us on FB/IG @PraiseTEAMstudio. Drop-in \$29, space permitting.

F 4:30 PM-6:00 PM Apr 12-Jun 21
 D496403 \$281/11 sess

Instructor: Praise TEAM

Active Hip Hop, Dance, Stretch & Strength 9-17 yrs

Through proper breathing, strengthening, stretching & dancing to hip hop music, our goal is for students to have better physical awareness and stand tall with confidence. Maybe you'll even achieve your splits & back bends in this class! We recommend taking our (#496403) Amazing Musical Theatre class right before this class to enhance your learning and create a longer afternoon program. No previous experience required. Dress: dry indoor shoes with non-marking soles preferred & comfortable clothing. Bring your water bottle. Class curriculum will be different between same-subject sessions throughout the year; we welcome repeat students at our classes! Find us on FB/IG @PraiseTEAMstudio. Drop-in \$24, space permitting.

F 6:00 PM-7:15 PM Apr 12-Jun 21
 D496404 \$234/11 sess

Instructor: Praise TEAM

Canada Day Celebration July 1

See page 5 for more details.



EDUCATION

Chess for Kids

There's a strong correlation between chess and academic achievement including math, spatial analysis and non-verbal reasoning ability. 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 on May 19

Novice • 6-12 yrs

Su 2:30 PM-3:40 PM **Apr 14-Jun 16**
▶496476 \$135/9 sess

Intermediate • 8-16 yrs

Su 3:50 PM-5:00 PM **Apr 14-Jun 16**
▶496477 \$135/9 sess

Instructor: Josefino (Joe) Soliven

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 **Apr 09-Jun 25**
▶495020 \$189/12 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 May 18

Sa 10:30 AM-11:30 AM **Apr 06-Jun 15**
▶496537 \$200/10 sess

Instructor: STEAM 4 KIDS

Brick Animation

6-12 yrs

Bring your movie-making ideas to life by creating a stop-motion Brick Animation mini movie, using LEGO® Movie Maker Software and LEGO® elements! Teams will create a mini-movie using a large and exciting variety of LEGO® sets and themes including movement, timing, effects, editing, voice overs, and more! All equipment is provided. Returning students will be given further assignments.

Tu 3:45 PM-5:15 PM **May 21-Jun 11**
▶496548 \$100/4 sess

Instructor: Tomorrow's Playground

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.

Tu 3:30 PM-4:00 PM **Apr 09-Jun 18**
▶496100 \$259/11 sess

Tu 4:05 PM-4:35 PM **Apr 09-Jun 18**
▶496101 \$259/11 sess

Tu 4:40 PM-5:10 PM **Apr 09-Jun 18**
▶496102 \$259/11 sess

W 3:30 PM-4:00 PM **Apr 10-Jun 19**
▶496103 \$259/11 sess

W 4:05 PM-4:35 PM **Apr 10-Jun 19**
▶496104 \$259/11 sess

W 4:40 PM-5:10 PM **Apr 10-Jun 19**
▶496106 \$259/11 sess

Th 3:30 PM-4:00 PM **Apr 11-Jun 20**
▶496107 \$259/11 sess

Th 4:05 PM-4:35 PM **Apr 11-Jun 20**
▶496108 \$259/11 sess

Th 4:40 PM-5:10 PM **Apr 11-Jun 20**
▶496109 \$259/11 sess

Sa 9:30 AM-10:00 AM **Apr 13-Jun 22**
▶496110 \$259/11 sess

Sa 10:10 AM-10:40 AM **Apr 13-Jun 22**
▶496111 \$259/11 sess

Sa 10:50 AM-11:20 AM **Apr 13-Jun 22**
▶496112 \$259/11 sess

Instructor: Martha Guss

WeDo 2 Robotics

7-12 yrs

The LEGO® Education WEDO 2.0 system provides an exciting experience into the world of Robotics! WEDO 2.0 supports a hands-on, "minds on" learning experience. Using LEGO® elements, WEDO 2.0 combines coding and robotics projects built on key science standards. This program encourages science Exploration and Experimentation, teamwork and incorporates activities across science, engineering, and technology with STEM Education. All equipment is provided. Previous Robotics experience is not required. Returning students will be given new projects.

Tu 3:45 PM-5:15 PM **Apr 23-May 14**
▶496547 \$100/4 sess

Instructor: Tomorrow's Playground

HEALTH & WELLNESS

Yoga for Pre Teens

9-12 yrs

An introduction to Yoga. Learn breathing techniques, meditation, mindfulness and yoga poses, relaxation techniques as well as 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-ins \$19, space permitting. No Class on May 20.

M 4:00 PM-5:00 PM **Apr 8-Jun 10**
▶494949 \$130/9 sess

Instructor: Into Yoga

POTTERY

Pottery • Parent & Child

2-6 yrs

Spend some bonding time with your little one making pottery 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 May 19 & Jun 16

Su 9:30 AM-10:30 AM **Apr 07-Jun 23**
▶494899 \$131/10 sess

Su 10:45 AM-11:45 AM **Apr 07-Jun 23**
▶494900 \$131/10 sess

Instructor: Renee Chan

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 May 19 & Jun 16

Su 12:00 PM-1:00 PM **Apr 07-Jun 23**
▶494901 \$131/10 sess

Instructor: Renee Chan

Pottery • Hand & Wheel

6-10 yrs

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

W 3:30 PM-5:00 PM **Apr 10-May 29**
▶494912 \$130/8 sess

Instructor: Janine Schroedter

Pottery • Tween Pottery

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.

Th 3:30 PM-5:00 PM **Apr 11-May 30**
▶494914 \$130/8 sess

Instructor: Janine Schroedter

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 Apr 17-Jun 19
▶496095 \$135/10 sess

Instructor: Dino Geremia

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 soccer & volleyball skills. This program will combine a disciplined focus balanced with fun and games. No class May 20

M 3:30 PM-4:30 PM Apr 15-Jun 17
▶496094 \$121.5/9 sess

Instructor: Dino Geremia

JBST • Advanced Little Soccer Special Stars 3-4 yrs

This introductory class develops kicking, controlling, passing, and body coordination through drills. A one-time JBST/KCCS soccer is provided. www.facebook.com/jbstsocceracademy

Sa 1:45 PM-2:45 PM Apr 13-Jun 15
▶496039 \$290/10 sess

Instructor: JBST Soccer Academy

JBST Pro • Little Soccer Special Stars (Co-ed) 5 yrs

This Pro-Intro JBST Soccer Academy class develops kicking, controlling, passing, and body coordination through drills. A one-time JBST/KCCS soccer kit is provided. www.facebook.com/jbstsocceracademy

Sa 2:50 PM-3:50 PM Apr 13-Jun 15
▶496040 \$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 one-time JBST/KCCS soccer kit is provided. www.facebook.com/jbstsocceracademy

Sa 3:55 PM-4:55 PM Apr 13-Jun 15
▶496041 \$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 one-time JBST/KCCS soccer kit is provided. <https://www.facebook.com/jbstsocceracademy>

Sa 5:00 PM-6:00 PM Apr 13-Jun 15
▶496042 \$350/10 sess

Instructor: JBST Soccer Academy

Sportball Multisport 5-7 yrs

An introduction of skills for various 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 drop-ins.

Tu 4:45 PM-5:45 PM Apr 09-May 14
▶496089 \$114/6 sess

Tu 4:45 PM-5:45 PM May 21-Jun 25
▶496093 \$114/6 sess

Instructor: Sportball Vancouver

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 Apr 11-Jun 27
▶495012 \$66/12 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 Apr 11-Jun 27
▶495013 \$99/12 sess

Instructor: Aman Jhutti

Basketball • Games, Skills & Drills 7-10 yrs

This fun and active program emphasizes skill development, games and drills in a safe and welcoming environment. Drop-in players allowed, space permitting: \$6. No class on April 21 and 28.

Su 8:45 AM-9:45 AM Apr 07-Jun 23
▶496439 \$55/10 sess

Instructor: Sanjana Bhasin

Basketball • Games, Skills & Drills 10-13 yrs

This fun and active program emphasizes skill development, games and drills in a safe and welcoming environment. Drop-in players allowed, space permitting: \$6. No class on April 21 and 28.

Su 10:45 AM-11:45 AM Apr 07-Jun 23
▶496441 \$55/10 sess

Instructor: Sanjana Bhasin

MUSIC

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 Apr 06-Jun 22
▶496484 \$341/12 sess

Sa 1:40 PM-2:10 PM Apr 06-Jun 22
▶496485 \$341/12 sess

Sa 3:00 PM-3:30 PM Apr 06-Jun 22
▶496486 \$341/12 sess

Sa 2:20 PM-2:50 PM Apr 06-Jun 22
▶496487 \$341/12 sess

Sa 3:40 PM-4:10 PM Apr 06-Jun 22
▶496488 \$341/12 sess

Sa 4:20 PM-4:50 PM Apr 06-Jun 22
▶496490 \$341/12 sess

Instructor: Andrea Minden

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.



MUSIC

Guitar • Private Lessons

Learn to play your favourite songs on acoustic or electric guitar. We'll cover music theory; technique; chords and melodies; beat and rhythm; reading music, tuning, & maintenance. Guitars are not provided, but the instructor can advise in purchasing.

Tu	5:00 PM-5:30 PM	Apr 9-Jun11
▶499462		\$240/10 sess
Tu	5:30 PM-6:00 PM	Apr 9-Jun11
▶499463		\$240/10 sess
Tu	6:00 PM-6:30 PM	Apr 9-Jun11
▶499464		\$240/10 sess
Tu	6:30 PM-7:00 PM	Apr 9-Jun11
▶499465		\$240/10 sess
Tu	7:00 PM-7:30 PM	Apr 9-Jun11
▶499466		\$240/10 sess
Tu	7:30 PM-8:00 PM	Apr 9-Jun11
▶499467		\$240/10 sess
F	5:00 PM-5:30 PM	Apr 12-Jun14
▶497345		\$240/10 sess
F	5:30 PM-6:00 PM	Apr 12-Jun14
▶497346		\$240/10 sess
F	6:00 PM-6:30 PM	Apr 12-Jun14
▶497347		\$240/10 sess
F	6:30 PM-7:00 PM	Apr 12-Jun14
▶497348		\$240/10 sess
F	7:00 PM-7:30 PM	Apr 12-Jun14
▶497349		\$240/10 sess
F	7:30 PM-8:00 PM	Apr 12-Jun14
▶497350		\$240/10 sess

Instructor: Artemis Cheung

Piano Lessons Private 5-12 yrs

Develop your musical ability. Lessons are customized to your developmental level. We will explore reading and writing music, rhythm and basic theory. No experience required but a piano to practice on is recommended. Additional cost for books. No session May 21.

Tu	3:30 PM-4:00 PM	Apr 02-Jun 25
▶495938		\$335/12 sess
Tu	4:00 PM-4:30 PM	Apr 02-Jun 25
▶495939		\$335/12 sess
Tu	4:30 PM-5:00 PM	Apr 02-Jun 25
▶495940		\$335/12 sess
Tu	5:00 PM-5:30 PM	Apr 02-Jun 25
▶495941		\$335/12 sess
Tu	5:30 PM-6:00 PM	Apr 02-Jun 25
▶495942		\$335/12 sess
Tu	6:00 PM-6:30 PM	Apr 02-Jun 25
▶495943		\$335/12 sess
Tu	6:30 PM-7:00 PM	Apr 02-Jun 25
▶495944		\$335/12 sess
Tu	7:00 PM-7:30 PM	Apr 02-Jun 25
▶495945		\$335/12 sess

Instructor: Beth Carroll

Piano Lessons • Private 8-17 yrs

Develop your musical ability. Lessons are customized to your developmental level. We will explore reading and writing music, rhythm and basic theory. No experience required but a piano to practice on is recommended. Additional cost for books.. No class May 20.

M	3:30 PM-4:00 PM	Apr 08-Jun 17
▶495984		\$280/10 sess
M	4:05 PM-4:35 PM	Apr 08-Jun 17
▶495985		\$280/10 sess
M	4:40 PM-5:10 PM	Apr 08-Jun 17
▶495986		\$280/10 sess
M	5:15 PM-5:45 PM	Apr 08-Jun 17
▶495987		\$280/10 sess
M	5:50 PM-6:20 PM	Apr 08-Jun 17
▶495988		\$280/10 sess
M	6:25 PM-6:55 PM	Apr 08-Jun 17
▶495989		\$280/10 sess
M	7:00 PM-7:30 PM	Apr 08-Jun 17
▶495990		\$280/10 sess

Instructor: Nancy Chang

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	Apr 11-Jun 13
▶496497		\$285/10 sess
Th	2:55 PM-3:25 PM	Apr 11-Jun 13
▶496498		\$285/10 sess
Th	3:30 PM-4:00 PM	Apr 11-Jun 13
▶496499		\$285/10 sess
Th	4:05 PM-4:35 PM	Apr 11-Jun 13
▶496500		\$285/10 sess
Th	4:40 PM-5:10 PM	Apr 11-Jun 13
▶496501		\$285/10 sess
Th	5:15 PM-5:45 PM	Apr 11-Jun 13
▶496502		\$285/10 sess
Th	5:50 PM-6:20 PM	Apr 11-Jun 13
▶496503		\$285/10 sess
Th	6:25 PM-6:55 PM	Apr 11-Jun 13
▶496504		\$285/10 sess
Th	7:00 PM-7:30 PM	Apr 11-Jun 13
▶496506		\$285/10 sess
Th	7:35 PM-8:05 PM	Apr 11-Jun 13
▶496507		\$285/10 sess
Th	8:10 PM-8:40 PM	Apr 11-Jun 13
▶496508		\$285/10 sess

Instructor: Pavel Chiriac

Sax, Flute & Clarinet Lessons

Study the art of woodwind playing. All ages and levels are welcome. If interested in a one lesson trial class for \$60.00, 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.

M	3:30 PM-4:15 PM	Apr 8-Jun 24
▶497366		\$725/12 sess
M	4:30 PM-5:15 PM	Apr 8-Jun 24
▶497367		\$725/12 sess
M	5:30 PM-6:15 PM	Apr 8-Jun 24
▶497368		\$725/12 sess
M	6:30 PM-7:15 PM	Apr 8-Jun 24
▶497369		\$725/12 sess
W	2:30 PM-3:15 PM	Apr 10-Jun 26
▶497351		\$725/12 sess
W	3:30 PM-4:15 PM	Apr 10-Jun 26
▶497352		\$725/12 sess
W	4:30 PM-5:15 PM	Apr 10-Jun 26
▶497353		\$725/12 sess
W	5:30 PM-6:15 PM	Apr 10-Jun 26
▶497354		\$725/12 sess
W	6:30 PM-7:15 PM	Apr 10-Jun 26
▶497355		\$725/12 sess
W	7:30 PM-8:15 PM	Apr 10-Jun 26
▶497356		\$725/12 sess
Th	2:30 PM-3:15 PM	Apr 11-Jun 27
▶497357		\$725/12 sess
Th	3:30 PM-4:15 PM	Apr 11-Jun 27
▶497357		\$725/12 sess
Th	4:30 PM-5:15 PM	Apr 11-Jun 27
▶497357		\$725/12 sess
Th	5:30 PM-6:15 PM	Apr 11-Jun 27
▶497357		\$725/12 sess
Th	6:30 PM-7:15 PM	Apr 11-Jun 27
▶497357		\$725/12 sess
Th	7:30 PM-8:15 PM	Apr 11-Jun 27
▶497357		\$725/12 sess
Sa	3:00 PM-3:45 PM	Apr 13-Jun 29
▶497357		\$725/12 sess
Sa	4:00 PM-4:45 PM	Apr 13-Jun 29
▶497357		\$725/12 sess
Sa	5:00 PM-5:45 PM	Apr 13-Jun 29
▶497357		\$725/12 sess



SPORTS

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 **Apr 02-Jun 18**
D496522 \$144/12 sess

Instructor: Vancouver Gavel Club

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.

T 3:30 PM-5:00 PM **Apr 9-Jun 11**
D496521 Free, registration req'd/10 sess

Instructor: Youth Leader

SPORTS

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. No class on April 21 and 28.

F 6:00 PM-7:30 PM **Apr 05-Jun 28**
D496119 \$49.50/13 sess

Instructor: Olive Carroll

Su 11:45 AM-12:45 PM **Apr 07-Jun 23**
D496443 \$55/10 sess

Instructor: Sanjana Bhasin

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 **Apr 09-Jun 18**
D496430 \$53/11 sess

Instructor: Susan Kita

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. No class May 18.

Sa 10:00 AM-1:00 PM **Apr 13-Jun 15**
D494931 \$327/10 sess

Instructor: Rebecca Wong

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.

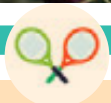
Mon to Fri • 3pm-9pm • FREE, Youth Only
Sat & Sun • 1pm-4pm • FREE, Youth Only



Canada Day Celebration July 1

See page 5 for more details.





TENNIS • SPRING (INDOOR)

Since 2012, **Summer Smash Tennis** tennis programs to community centres and schools across Vancouver. Our coaches are certified instructors who have worked with thousands of students to inspire a passion for tennis and sport. Please see www.summersmashtennis.ca for more info.

Spring & Summer

Learn tennis 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 tennis lessons are taught by a Tennis Canada Certified Instructor
- Max student-to-teacher ratio of 6:1
- 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
- In the case of rainy or questionable weather, classes may be canceled. The instructor will contact you. Refunds will be issued at the end of the season
- No classes Mon, May 20, 2024 (Victoria Day)
- No classes Mon, July 1, 2024 (Canada Day)
- No classes Mon, August 5, 2024 (B.C. Day)

Waiver

Students must complete our activity waiver prior to the first class. Waivers are available online at www.summersmashtennis.ca. Participants will not be allowed to play until a completed waiver has been submitted.

Mini Fundamentals 4-5.6 yrs

Learn tennis indoors! Prepare your child to excel with lessons that focus on developing fundamental movement and proprioception. We have fun developing students' movement, tracking, and racquet skills. Emphasis is placed on learning how to develop coordination and cooperation skills

Th 2:10 PM-2:55 PM Apr 04-Apr 25

▶496925 \$99/4 sess

F 2:30 PM-3:15 PM Apr 05-Apr 26

▶496927 \$99/4 sess

Instructor: Summer Smash Tennis

Mini Aces 5.6-7.6yrs

Start or continue learning tennis indoors! Prepare your child to excel with lessons that focus on fundamental movement and proprioception. We have fun developing students' movement, tracking, and racquet skills. Emphasis is placed on learning how to develop coordination and cooperation skills.

W 3:30 PM-4:15 PM Apr 03-Apr 24

▶496923 \$99/4 sess

No session March 15.

F 3:30 PM-4:15 PM Apr 05-Apr 26

▶496928 \$99/4 sess

Instructor: Summer Smash Tennis

Junior Aces 7.6-10 yrs

Young players with some experience 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.

W 4:15 PM-5:15 PM Apr 03-Apr 24

▶496924 \$132/4 sess

No session March 16.

Sa 11:00 AM-12:00 PM Apr 06-Apr 27

▶496930 \$132/4 sess

Instructor: Summer Smash Tennis

Youth Aces

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.

Th 3:30 PM-5:00 PM Apr 04-Apr 25

▶496926 \$198/4 sess

F 4:15 PM-5:45 PM Apr 05-Apr 26

▶496929 \$198/4 sess

Sa 12:00 PM-1:00 PM Apr 06-Apr

27

▶496931 \$132/4 sess

Instructor: Summer Smash Tennis

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



TENNIS • SPRING (OUTDOOR)

Tennis: Mini Aces 5.6-7.6yrs

Start or continue learning tennis in a small group setting. Lessons focus on developing fundamental movement, tracking, and racquet skills. An emphasis is placed on developing motor skills and physical literacy specific totennis.

Th	3:30 PM-4:15 PM	May 02-Jun 20
▶499715		\$201.56/8 sess
Su	10:00 AM-10:45 AM	May 05-Jun 23
▶499717		\$201.56/8 sess

Instructor: Summer Smash Tennis

Tennis: Junior Fundamentals 7.6-10yrs

Start learning tennis in a fun and supportive environment. Lessons provide young beginners with little or no experience an introduction 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.

M	4:00 PM-5:00 PM	Apr 29-Jun 17
▶499719		\$234.11/7 sess
W	3:45 PM-4:45 PM	May 01-Jun 19
▶499724		\$267.11/8 sess
Su	10:45 AM-11:45 AM	May 05-Jun 23
▶499728		\$267.11/8 sess

Instructor: Summer Smash Tennis

Tennis: Junior Aces 7.6-10yrs

Continue developing a tennis foundation and build confidence. Lessons provide young players with some experience the ability to continue developing their skills through high energy, game-based lessons that use the ¾ stage of the progressive tennis model. An emphasis is placed on inspiring a love for the game while building a solid technical foundation.

Tu	4:00 PM-5:15 PM	Apr 30-Jun 18
▶499749		\$334.44/8 sess
Sa	9:30 AM-10:30 AM	May 04-Jun 22
▶499750		\$267.56/8 sess

Instructor: Summer Smash Tennis

Tennis: Youth Fundamentals 11.0-15.11yrs

Start learning tennis in a fun and supportive environment. Lessons provide young beginners with little or no experience an introduction 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.

M	5:00 PM-6:00 PM	Apr 29-Jun 17
▶499752		\$234.11/7 sess
Su	11:45 AM-12:45 PM	May 05-Jun 23
▶499755		\$267.11/8 sess

Instructor: Summer Smash Tennis

Tennis: Youth Aces 11.0-15.11yrs

Continue developing a tennis foundation and build confidence. Lessons provide young players with some experience the ability to continue developing their skills through high energy, game-based lessons that use the ¾ stage of the progressive tennis model. An emphasis is placed on inspiring a love for the game while building a solid technical foundation.

W	4:45 PM-6:00 PM	May 01-Jun 19
▶499756		\$334.44/8 sess
Th	4:15 PM-5:30 PM	May 02-Jun 20
▶499835		\$334.44/8 sess
F	4:15 PM-5:30 PM	May 03-Jun 21
▶499836		\$334.44/8 sess
Sa	10:30 AM-11:45 AM	May 04-Jun 22
▶499837		\$334.44/8 sess

Instructor: Summer Smash Tennis

Tennis: Youth Performance 11.0-15.11yrs

Continue developing a tennis foundation and build confidence. Lessons provide young players with some experience the ability to continue developing their skills through high energy, game-based lessons that use the ¾ stage of the progressive tennis model. An emphasis is placed on inspiring a love for the game while building a solid technical foundation.

Sa	11:45 AM-1:00 PM	May 04-Jun 22
▶499838		\$334.44/8 sess
Th	5:30 PM-6:45 PM	May 02-Jun 20
▶499839		\$334.44/8 sess

Instructor: Summer Smash Tennis

Tennis: Adult Beginner (1.0) 18+ yrs

Learn how to play tennis in a small group setting. This course provides an introduction to the game with an eventual progression to rally and play within the full court setting.

MW	5:30 PM-7:05 PM	May 1-May 22
▶501781		\$318.81/7 sess
F	8:00 AM-9:00 AM	May 03-Jun 21
▶501782		\$270.42/8 sess

Instructor: Summer Smash Tennis

Tennis: Adult Intermediate (2.5-3.0) 18+ yrs

Improve consistency of groundstrokes, volleys, and serve. An opportunity for players with experience (2.5-3.0 NTRP rating) to refine technique while improving reception of wide, high, low, deep, and short balls. Through game-based learning, students will improve their ability to play within cooperative and competitive settings.

Tu	5:30 PM-7:15 PM	Apr 30-Jun 18
▶499842		\$501.22/8 sess
F	3:00 PM-4:15 PM	May 03-Jun 21
▶499843		\$338.01/8 sess

Instructor: Summer Smash Tennis

Tennis: Adult Intermediate (3.0-3.5) 18+ yrs

Improve your shot quality, shot selection, and tactics through drills and point play. An opportunity for seasoned players (3.0-3.5 NTRP) to increase the effectiveness of their shots including groundstroke, volley, and serve. Class is taught by a Senior Coach.

M W	6:15 PM-7:45 PM	Jun 3-Jun 26
▶499844		\$471.05/8 sess

Instructor: Summer Smash Tennis

Tennis: Varsity Practice 19-24 yrs

Practice for active university players currently playing on Men's or Women's varsity teams in Canada or the United States. Registrants should submit a letter of recommendation from their varsity coach to Summer Smash Tennis in advance of practice

F	5:30 PM-8:30 PM	May 03-Jun 21
▶499845		\$795.42/8 sess

Instructor: Summer Smash Tennis

TENNIS • SUMMER (OUTDOOR)

Tennis: Mini Aces Camp**6-7.6yrs**

Start or continue learning the fundamentals of tennis in a positive environment. This fun half day camp focuses on developing a tennis foundation, including fundamental movement, tracking, and racquet skills. Students enjoy various activities that encourage the development of motor skills and physical literacy.

Tu W Th F 9:00 AM-12:00 PM	Jul 02-Jul 05
▶499859	\$288.67/4 sess
M Tu W Th F 9:00 AM-12:00 PM	Jul 08-Jul 12
▶499860	\$359.17/5 sess
M Tu W Th F 9:00 AM-12:00 PM	Jul 15-Jul 19
▶499862	\$359.17/5 sess
M Tu W Th F 9:00 AM-12:00 PM	Jul 22-Jul 26
▶499863	\$359.17/5 sess
M Tu W Th F 9:00 AM-12:00 PM	Jul 29-Aug 02
▶499865	\$359.17/5 sess
Tu W Th F 9:00 AM-12:00 PM	Aug 06-Aug 09
▶499866	\$288.67/4 sess
M Tu W Th F 9:00 AM-12:00 PM	Aug 12-Aug 16
▶499867	\$359.17/5 sess
M Tu W Th F 9:00 AM-12:00 PM	Aug 19-Aug 23
▶499876	\$359.17/5 sess
M Tu W Th F 9:00 AM-12:00 PM	Aug 26-Aug 30
▶499877	\$359.17/5 sess

Instructor: Summer Smash Tennis

Tennis: Junior Fundamentals + Aces Camp**7.6-10.11yrs**

Develop a strong tennis foundation in a fun and supportive environment. This half day camp is designed for beginners AND players with experience. Develop skills through high energy, game-based lessons. Students will be grouped according to age and skill to ensure appropriate level of challenge.

Tu W Th F 9:00 AM-12:00 PM	Jul 02-Jul 05
▶499880	\$288.67/4 sess
M Tu W Th F 9:00 AM-12:00 PM	Jul 08-Jul 12
▶499881	\$359.17/5 sess
M Tu W Th F 9:00 AM-12:00 PM	Jul 15-Jul 19
▶499882	\$359.17/5 sess
M Tu W Th F 9:00 AM-12:00 PM	Jul 22-Jul 26
▶499892	\$359.17/5 sess
M Tu W Th F 9:00 AM-12:00 PM	Jul 29-Aug 02
▶499893	\$359.17/5 sess
Tu W Th F 9:00 AM-12:00 PM	Aug 06-Aug 09
▶499894	\$288.67/4 sess
M Tu W Th F 9:00 AM-12:00 PM	Aug 12-Aug 16
▶499895	\$359.17/5 sess
M Tu W Th F 9:00 AM-12:00 PM	Aug 19-Aug 23
▶499896	\$359.17/5 sess
M Tu W Th F 9:00 AM-12:00 PM	Aug 26-Aug 30
▶499897	\$359.17/5 sess

Instructor: Summer Smash Tennis

Tennis: Youth Aces + Performance Camp**11-16yrs**

Improve consistency and control in a fun and encouraging environment. This half day camp is designed for players with experience who can rally consistently. Students will further develop ball control (direction, height, distance) and technique following the Summer Smash Progression. Students will be grouped according to age and skill to ensure appropriate level of challenge.

Tu W Th F 1:00 PM-4:00 PM	Jul 02-Jul 05
▶499898	\$288.67/4 sess
M Tu W Th F 1:00 PM-4:00 PM	Jul 08-Jul 12
▶499899	\$359.17/5 sess
M Tu W Th F 1:00 PM-4:00 PM	Jul 15-Jul 19
▶499900	\$359.17/5 sess
M Tu W Th F 1:00 PM-4:00 PM	Jul 22-Jul 26
▶499901	\$359.17/5 sess
M Tu W Th F 1:00 PM-4:00 PM	Jul 29-Aug 02
▶499902	\$359.17/5 sess
Tu W Th F 1:00 PM-4:00 PM	Aug 06-Aug 09
▶499903	\$291.38/4 sess
M Tu W Th F 1:00 PM-4:00 PM	Aug 12-Aug 16
▶499904	\$359.17/5 sess
M Tu W Th F 1:00 PM-4:00 PM	Aug 19-Aug 23
▶499905	\$359.17/5 sess
M Tu W Th F 1:00 PM-4:00 PM	Aug 26-Aug 30
▶499906	\$359.17/5 sess

Instructor: Summer Smash Tennis

Tennis: Teen Fundamentals**13-18.11yrs**

Start learning tennis in a fun and supportive environment. Lessons provide beginners with little or no experience an introduction to the game through high energy, game-based lessons that use the ¾ stage of the progressive tennis model. An emphasis is placed on inspiring a love for the game while building a strong technical foundation.

Th 4:45 PM-6:00 PM	Jul 04-Jul 25
▶499919	\$169.01/4 sess
Th 4:45 PM-6:00 PM	Aug 01-Aug 22
▶499920	\$169.01/4 sess

Instructor: Summer Smash Tennis

Tennis: Adult Beginner (1.0)**18+ yrs**

Start learning tennis in a fun and supportive environment. Lessons provide beginners with little or no experience an introduction to the game through high energy, game-based lessons that use the ¾ stage of the progressive tennis model. An emphasis is placed on inspiring a love for the game while building a strong technical foundation.

M W 5:30 PM-7:00 PM	Jul 03-Jul 24
▶499921	\$354.92/7 sess
Th 6:00 PM-7:15 PM	Jul 04-Jul 25
▶499922	\$169.01/4 sess
Th 6:00 PM-7:15 PM	Aug 01-Aug 22
▶499923	\$169.01/4 sess

Instructor: Summer Smash Tennis

Tennis: Adult Intermediate (2.5-3.0)**18+ yrs**

Improve consistency of groundstrokes, volleys, and serve. An opportunity for players with experience (2.5-3.0 NTRP rating) to refine technique while improving reception of wide, high, low, deep, and short balls. Through game-based learning, students will improve their ability to play within cooperative and competitive settings.

Tu 5:00 PM-7:00 PM	Jul 02-Jul 23
▶499924	\$302.42/4 sess
Tu 5:00 PM-7:00 PM	Jul 30-Aug 20
▶499925	\$302.42/4 sess

Instructor: Summer Smash Tennis

Tennis: Adult Intermediate (3.0-3.5)**18+ yrs**

Improve your shot quality, shot selection, and tactics through drills and point play. An opportunity for seasoned players (3.0-3.5 NTRP) to improve groundstroke, volley, and serve. Class is taught by a Senior Coach.

M W 5:30 PM-7:00 PM	Jul 29-Aug 21
▶499926	\$396.92/7 sess

Instructor: Summer Smash Tennis

Tennis: Varsity Practice 19-24 yrs

Practice for active university players currently playing on Men's or Women's varsity teams in Canada or the United States. Registrants should submit a letter of recommendation from their varsity coach to Summer Smash Tennis in advance of practice.

F 6:00 PM-9:00 PM	Jul 05-Jul 26
▶499927	\$537.71/4 sess
F 6:00 PM-9:00 PM	Aug 02-Aug 23
▶499928	\$537.71/4 sess

Instructor: Summer Smash Tennis

Ken Shin Dojo • Iaido 18+ yrs

Iaido is the art of drawing and cutting with the samurai katana (sword) to develop awareness, calmness, and mental & physical harmony through the practice of traditional katana techniques. Students begin practicing with a bokken (wooden sword), then a Japanese training sword. Certified by Whole Japan Iaido Kokusai Federation. Info at kenshindojo.ca or contact Sensei Bahman at sensei.bahman@kenshindojo.ca.

W 7:15 PM-8:45 PM
Sa 10:00 AM-11:30 AM **Apr 13-Jun 26**
D494965 \$374/22 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. Learn takedowns, chokeholds, joint-locks and immobilization. Suitable for men & women of all fitness levels. No drop-ins. Info at kenshindojo.ca or sensei.bahman@kenshindojo.ca.

Sa 2:00 PM-3:00 PM **Apr 13-Jun 22**
D494966 \$188/11 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. Learn standing techniques through a combination of target practice, kicking and punch bag drills. Student are welcome to wear kickboxing shoes or soft indoor running shoes. Belt testing optional. Free kickboxing pants to new students. Drop-ins \$27, upon instructor's approval.

Sa 1:00 PM-2:00 PM **Apr 13-Jun 22**
D494967 \$254/11 sess
W 6:00 PM-7:00 PM **Apr 17-Jun 26**
D494968 \$254/11 sess

Instructor: Bahman Ebrahimi

Wushu • Beginners 5-14 yrs

No Wushu experience necessary. 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 **Apr 08-Jun 24**
D494996 \$138/12 sess

Instructor: Candice Wong

Wushu Beginner/Novice 15+ 15-60 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. No Class on April 1 and May 20. Drop-in available for \$19, space permitting.

M 7:00 PM-8:00 PM **Apr 08-Jun 24**
D494999 \$150/11 sess

Instructor: Candice Wong

Wushu Level 2+ Novice-Intermediate 7-60 yrs

Wushu, 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, and respect. Wushu helps develop coordination, 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. No Class on April 1 and May 20. Drop-in available for \$19, space permitting.

M 5:00 PM-6:30 PM **Apr 08-Jun 24**
D494997 \$156/11 sess

Instructor: Candice Wong

Wushu Level 4+ Competitive 7-60 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 **Apr 04-Jun 27**
D495000 \$180/13 sess

Instructor: Candice Wong

Wushu Level 4+ Intermediate-Advanced 7-60 yrs

A focus on higher level training, advanced routines, weapon training, sparring techniques and competition level training. Prerequisite for this class is Wushu Level 2+, testing required. No Class on April 1 and May 20. Drop-in \$20, space permitting.

M 5:00 PM-7:00 PM **Apr 08-Jun 24**
D494998 \$165/11 sess

Instructor: Candice Wong

Axe Capoeira Adults 14+ yrs

The fundamentals covering basic kicks, movements, and acrobatics, as well as music skills, the history of Capoeira and the correct techniques to prepare you for the next level of classes. Drop-ins \$28, space permitting.

M 7:15 PM-8:15 PM **Apr 08-Apr 29**
D495056 \$93/4 sess

No class on May 20

M 7:15 PM-8:15 PM **May 06-May 27**
D495060 \$70/3 sess

M 7:15 PM-8:15 PM **Jun 03-Jun 24**
D495068 \$93/4 sess

Instructor: Julie Ali

Axe Capoeira Mini 2-6 yrs

An introduction to the basic fundamentals of the art form. We will cover basic kicks, movements, and acrobatics, as well as basic music skills and about the history of Capoeira. Drop-ins \$22, space permitting.

M 4:30 PM-5:15 PM **Apr 08-Apr 29**
D495057 \$72/4 sess

No class on May 20

M 4:30 PM-5:15 PM **May 06-May 27**
D495061 \$54/3 sess

M 4:30 PM-5:15 PM **Jun 03-Jun 24**
D495064 \$72/4 sess

Instructor: Julie Ali

Axe Capoeira Youth 7-14 yrs

An introduction to the basic fundamentals of the art form. We will cover basic kicks, movements, and acrobatics, as well as basic music skills and about the history of Capoeira. Drop-ins \$22, space permitting.

M 5:15 PM-6:15 PM **Apr 08-Apr 29**
D495058 \$72/4 sess

No class on May 20

M 5:15 PM-6:15 PM **May 06-May 27**
D495062 \$54/3 sess

M 5:15 PM-6:15 PM **Jun 03-Jun 24**
D495066 \$72/4 sess

Instructor: Julie Ali

More Martial Arts

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- Qigong 5 Animal Frolics
- Yin Yang Shen: 12 Step Preservation
- Health Qigong Ba Duan Jin
- Tai Chi 32 Sword
- Tai Chi/Kung Fu Fan



MARTIAL ARTS

Axe Samba and 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 **Apr 08-Apr 29**
▶495059 \$80/4 sess

No class on May 20

M 6:30 PM-7:00 PM **May 06-May 27**
▶495063 \$60/3 sess

M 6:30 PM-7:00 PM **Jun 03-Jun 24**
▶495067 \$80/4 sess

Instructor: Julie Ali

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. No class May 20

M 5:30 PM-6:30 PM **Apr 08-Jun 17**
▶494970 \$200/10 sess

F 5:30 PM-6:30 PM **Apr 12-Jun 28**
▶494972 \$240/12 sess

Instructor: Kenny Lim

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. No class May 20

M 5:00 PM-5:30 PM **Apr 08-Jun 17**
▶494969 \$130/10 sess

F 5:00 PM-5:30 PM **Apr 12-Jun 28**
▶494971 \$156/12 sess

Instructor: Kenny Lim

Boxing with Richard Level 1 19+ yrs

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. 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 \$16, space permitting.

Th 5:30 PM-6:30 PM **Apr 11-Jun 20**
▶495077 \$158/11 sess

Instructor: Richard Pelcz

Boxing with Richard Level 2 19+ yrs

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 a new ones! Some core work as well as other drills are added to complete your workout! Drop-in \$16, space permitting.

F 6:00 PM-7:00 PM **Apr 12-Jun 21**
▶495079 \$145/11 sess

Instructor: Richard Pelcz

Junior Boxing with Richard • Level 1 10-18 yrs

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 at \$16, space permitting.

Th 4:45 PM-5:30 PM **Apr 11-Jun 20**
▶495076 \$166/11 sess

Instructor: Richard Pelcz

Junior Boxing with Richard • Level 2 10-18 yrs

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 \$16, space permitting.

F 5:00 PM-5:45 PM **Apr 12-Jun 21**
▶495078 \$152/11 sess

Instructor: Richard Pelcz

Judo • Youth 8-13 yrs

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

Tu 6:30 PM-7:30 PM **Apr 02-Jun 25**
▶494964 \$130/13 sess

Instructor: Takao Izumi

Judo 14-64 yrs

Judo is an Olympic sport and a martial art. It is the art of throwing, as well as the art of gripping and ground submission. Judo is among the safest of the strenuous combative sports. Tuesday: 7:30 pm-8:45pm; Saturday: 4:00 pm 5:30 pm

Tu 7:30 PM-8:45 PM
Sa 4:00 PM-5:30 PM **Apr 02-Jun 29**
▶494963 \$273/26 sess

Instructor: Takao Izumi

Taekwondo: All Levels 11+ yrs

Improve flexibility, power, agility, mental discipline, and self-confidence. Members will also learn practical self-defense techniques. 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. www.temartialarts.com. Uniforms available.

F 6:30 PM-7:30 PM **Apr 05-Jun 21**
▶494973 \$276/12 sess

Taekwondo: Beginner
 5-10 yrs

F 5:30 PM-6:20 PM **Apr 05-Jun 21**
▶494974 \$276/12 sess

Taekwondo: Intermediate
 5-10 yrs

F 4:30 PM-5:20 PM **Apr 05-Jun 21**
▶494975 \$276/12 sess

Instructor: Third Eye Martial Arts

ART

Acrylic Painting

18+ yrs

Enjoying and relaxing with acrylic painting as an expressive and vibrant medium. Learn how to use the brushes to achieve 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 landscapes, flowers and figures. www.atashzad.com Supplies are not included, supply list available upon registration. Drop-ins \$38, space permitting.

W 9:30 AM-12:00 PM Apr 17-Jun 19
D496281 \$330/10 sess
Su 11:00 AM-1:30 PM Apr 21-Jun 23
D496286 \$330/10 sess

Instructor: Mohammad Reza Atashzad

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 \$38, if space available.

W 1:00 PM-3:30 PM Apr 17-Jun 19
D496282 \$330/10 sess

Instructor: Mohammad Reza Atashzad

How to Draw

Like an Architect

18+ yrs

For enthusiastic students who want to learn correct drawing techniques for architectural subjects and explore tone, texture, line, perspective, proportion, shading, lighting, and colour in their artwork. Bring HB, 2B, 6B pencils and white paper to the first class. More info at www.atashzad.com (Supplies are not included, supply list available upon registration). Drop-in \$26, space permitting.

Su 3:30 PM-5:00 PM Apr 21-Jun 23
D496288 \$225/10 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 not included, supply list upon registration). Drop-ins \$38, space permitting.

F 6:30 PM-9:00 PM Apr 19-Jun 21
D496284 \$330/10 sess

Instructor: Mohammad Reza Atashzad

DANCE

Classical Chinese Dance

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 drop-in if space available.

Th 3:30 PM-5:00 PM May 02-Jun 27
D495053 \$81/9 sess

Instructor: Jenny Chen

Hawaiian/Polynesian: Public Workshop

19+ yrs

Celebrating 53 years! We welcome you to Canada's only all-authentic Hawaiian and Tahitian dance public workshop. Hawaiian hula and Tahitian basics and routine presented by Kumu master instructor Paul Tavai-Latta. A full, non-stop dance workout including technique, language, live drums and demonstrations. Everyone welcome!

Su 12:30 PM-3:00 PM Mar 24-Mar 24
D494985 \$15/1 sess
Su 12:30 PM-3:00 PM Apr 28-Apr 28
D494986 \$15/1 sess
Su 12:30 PM-3:00 PM May 26-May 26
D494987 \$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. 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 Apr 10-May 29
D494982 \$101/8 sess

Instructor: Paul Latta Dance

DANCE

Paul Latta Dance Hawaiian/Polynesian: Beginner 2

19+ yrs

For dancers who have completed Level 1 or have experience in dance. Dancers can work towards participating in full costume in annual festivals, performances, competitions with the Paul Tavai-Latta Polynesian Dance Company. Taught by Paul Tavai and senior members of the dance academy.

W 6:30 PM-7:30 PM Apr 10-May 29
D494983 \$101/8 sess

Instructor: Paul Latta Dance

Paul Latta Dance Hawaiian/Polynesian: Intermediate

19+ yrs

A mixed class of advanced technique, language, 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). Previous Polynesian dance experience is mandatory.

W 7:30 PM-9:00 PM Apr 10-May 29
D494984 \$160/8 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! So easy, you'll be tapping after each lesson! A perfect blend of light exercise, flexibility and education. Youth welcome!

W 5:30 PM-6:30 PM Apr 10-May 29
D494981 \$101/8 sess

Instructor: Paul Latta Dance

Special Year-end HO'IKE Polynesian Finale Show All Ages

Special year-end HO'IKE Polynesian finale show and free audience hula lesson. A causal on-the-beach island-style all-Polynesian show with a fun interactive hula lesson for enthusiasts! Performed by the KCC Polynesian Dancers with special guests: the award-winning Paul Tavai-Latta Polynesian Dancers & Co., featuring the songs, dances, costumes and music of Polynesia.

Su 2:00 PM-4:00 PM Jun 02
D494988 \$20/1 sess

Instructor: Paul Latta Dance

More Art Programs

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• Art with Teresa



EDUCATION

Mindfulness for Flourishing

19+ yrs

Join us in cultivating inner greatness through mindfulness meditation to create a bright present and future for all. Taught by an experienced teacher. Info: lifen.me

Sa 9:30 AM-10:30 AM

Apr 27

▶494977

\$15/1 sess

Instructor: Sung Yang

HEALTH & WELLNESS

Exercise Room Combo 19+ yrs

This class combines core training and strength training and takes place in the exercise room. You will learn to use free weights, machines, body balls, medicine balls and more to get maximum benefits from your workout. Bring your own filled water bottle. Drop-ins for \$14, if space available.

W 10:00 AM-11:00 AM

Apr 03-Jun 26

▶494284

\$147/13 sess

F 10:00 AM-11:00 AM

Apr 05-Jun 28

▶494285

\$147/13 sess

M 10:00 AM-11:00 AM

Apr 08-Jun 24

▶494283

\$136/12 sess

Instructor: Barry Petkau

Sunday Flow Yoga with Bitá

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 May 19. Drop-ins available for \$20, space permitting

Su 9:30 AM-10:30 AM

Apr 14-Jun 16

▶495055

\$156/9 sess

Instructor: Bitá Haghighifarid

More Dance Programs

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- Belly Dance
- Line Dance
- Scottish Country
- Yuan Ji
- Tap



HEALTH & WELLNESS

Chair Pilates 18+

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

Apr 10-May 15

▶494953

\$97/6 sess

W 10:30 AM-11:30 AM

May 22-Jun 26

▶494954

\$97/6 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. No class on May 20

M 6:00 PM-7:00 PM

Apr 08-Jun 10

▶494950

\$137/9 sess

F 10:00 AM-11:00 AM

Apr 12-May 17

▶494959

\$92/6 sess

F 10:00 AM-11:00 AM

May 24-Jun 28

▶494960

\$92/6 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

Apr 09-May 14

▶494951

\$92/6 sess

Tu 7:00 AM-8:00 AM

May 21-Jun 25

▶494952

\$92/6 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. 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

Apr 11-May 16

▶494957

\$92/6 sess

Th 6:15 PM-7:15 PM

May 23-Jun 27

▶494958

\$92/6 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

Apr 12-May 17

▶494961

\$92/6 sess

F 6:00 PM-7:00 PM

May 24-Jun 28

▶494962

\$92/6 sess

Instructor: Into Yoga

Yoga for Fitness

18+ yrs

A fitness-based approach incorporating dynamic and resistance based movement including lots of vinyasas (series of poses done in sequence). For all levels of fitness and Yoga knowledge allowing you to step up or draw back based on your goals and capabilities. Please bring your own Yoga/ Pilates mat. More info at www.intoyoga.ca Drop-in \$19, space permitting.

W 6:00 PM-7:00 PM

Apr 10-May 15

▶494955

\$92/6 sess

W 6:00 PM-7:00 PM

May 22-Jun 26

▶494956

\$92/6 sess

Instructor: Into Yoga

Adults

FITNESS & HEALTH

Yoga for Older Adults 55+ 55+ yrs

For relatively active individuals over 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 May 20

M 10:30 AM-11:45 AM **Apr 08-Jun 24**
D494948 \$210/11 sess

Instructor: Into Yoga

Callanetics 18+ yrs

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

W 7:00 PM-8:00 PM **Apr 10-Jun 19**
D494978 \$187/11 sess

Instructor: Linda Shedden

LANGUAGE

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 **Apr 09-Jun 25**
D495020 \$189/12 sess

Instructor: Eliana Rolando

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 **Apr 09-Jun 25**
D495018 \$200/12 sess

Instructor: Eliana Rolando

Spanish: Beginners II 16+ yrs

AMIGOS! 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 **Apr 09-Jun 25**
D495021 \$200/12 sess

Instructor: Eliana Rolando

Spanish: Intermediate 16+ yrs

HOLA AMIGOS! Increase your vocabulary and grammar skills in this intermediate level Spanish course. This course is for those that can converse at an upper-basic level. Participants must have completed Beginners I and II level Spanish. This course will focus on Direct and Indirect objects 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 **Apr 09-Jun 25**
D495019 \$200/12 sess

Instructor: Eliana Rolando

German Level 1 NEW 19+ yrs

Learn the fundamental aspects of the German language, with a foundation in vocabulary, grammar, pronunciation, and basic conversational skills. Introduction to German culture included. No previous knowledge required. No class on May 23.

Th 6:00 PM-8:00 PM **Apr 11-May 30**
D495010 \$250/7 sess

Instructor: Uta Hartmann

German Level 2 NEW 19+ yrs

Loved the first class? We are extending your German language skills by adding vocabulary, grammar and conversational tools. Continue to learn in a fun and engaging way and feel confident speaking and asking questions in German. Conversation is key. We will use the same book as level 1, available at additional cost. No class on May 22.

W 6:00 PM-8:00 PM **Apr 10-May 29**
D495011 \$210/7 sess

Instructor: Uta Hartmann

Mandarin with Ms. Gong Beginner

Curiosity in Chinese culture and Mandarin are all you need to join this beginner class, for students of any background! Please bring a binder and a pen. Learn to count, greet others, introduce yourself and handle basic daily conversation in authentic Mandarin! Identify Chinese currency, know famous Chinese cities / places and order food in restaurants. 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 **Apr 8-Jun 10**
D499456 \$221/10 sess

Instructor: Victoria Gong

Mandarin with Ms. Gong Intermediate

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. Bring your questions to Ms. Gong, who will be happy to provide you with answers. Drop-in available with the instructor's approval.

M 5:30 PM-7:00 PM **Apr 8-Jun 10**
D499457 \$221/10 sess

Instructor: Victoria Gong

Introductory Japanese 19-64 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. japaneselearningvancouver.ca/

Tu 6:15 PM-8:30 PM **Apr 30-Jun 18**
D494976 \$245/8 sess

Instructor: Yoko Maruyama

More Health & Wellness Programs

page 36-37

- Bridge
- Chair Yoga
- Great Book Discussion
- Pilates Barre Fusion
- Tai Chi
- Hearing Screenings
- Wills



POTTERY

Pottery: Beginner Pottery Class**18+ yrs**

An introduction to hand-building and wheel-throwing techniques. Expert guidance is provided by your instructor, covering clay preparation, shaping, and glazing techniques.

Tu 9:00 AM-1:00 PM **Apr 09-Jun 25**
►494908 \$394/12 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. No class on May 18, 2024

M 5:00 PM-9:00 PM **Apr 08-Jun 24**
►494909 \$399/12 sess

Tu 5:00 PM-9:00 PM **Apr 09-Jun 25**
►494910 \$394/12 sess

Instructor: Abderrahmane Atbi

W 9:00 AM-12:00 PM **Apr 11-Jun 20**
►503718 \$261/11 sess

Instructor: Olive Carroll

Th 6:00 PM-9:00 PM **Apr 11-Jun 20**
►494915 \$261/11 sess

Instructor: Janine Schroedter

Sa 2:30 PM-5:30 PM **Apr 13-Jun 15**
►494932 \$248/9 sess

Instructor: Rebecca Wong

Pottery • Studio time with Danielle**16+ yrs**

Work on your own projects, firing and glazing included. Please have knowledge of the basics. Bring your own ideas and inspiration and guidance will be provided if needed.

M 9:30 AM-1:00 PM **Apr 08-Jun 24**
►494907 \$316/12 sess

Instructor: Danielle Gagnier

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.

W 6:00 PM-9:00 PM **Apr 10-Jun 19**
►494913 \$261/11 sess

Instructor: Janine Schroedter

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 is not permitted.

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. Please sign up, only if you're available to attend all classes and able to arrive on time. No class on May 17

F 6:00 PM-9:00 PM **Apr 12-Jun 21**
►494930 \$269/10 sess

Instructor: Rebecca Wong

Pottery: Intro To Hand Building and Wheel Throwing

Do you want to sculpt with clay and throw on a wheel? In this course we will go over the basic steps on how to work with clay. We will learn how to use a spinning wheel as well as mold and build items from hand. Get ready to make bowls, coils, plates, boxes and more.

W 9:00 AM-12:00 PM **Apr 10-Jun 19**
►503802 \$289/11 sess

Instructor: Olive Carroll

SPORTS

Recreational Sport Basketball **18+ yrs**

For all skill levels. Please be ready to play by the start of the program. Drop-in players may sign up in person or phoning 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. Please call if you cannot attend. Drop-ins \$7.50 depending on availability.

Th 7:45 PM-9:45 PM **Apr 04-Jun 27**
►494490 \$89/13 sess

Instructor: Aman Jhutti

SPORTS

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. Please call if you cannot attend. Drop-ins \$7.50 depending on availability.

Sa 1:30 PM-3:30 PM **Apr 06-Jun 22**
►494492 \$82/12 sess

Instructor: Aman Jhutti

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. 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 Pickleball Instructor. Paddles, balls & all equipment will be provided. Note: After you complete this class, please enroll in the STAGE 2. Drop-ins \$33 with instructor's approval. No class on April 20.

Sa 4:00 PM-6:00 PM **Apr 06-May 18**
►495069 \$164/6 sess

Sa 4:00 PM-6:00 PM **May 25-Jun 29**
►495073 \$164/6 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 Certified Pickleball Instructor. Paddles, balls & all equipment will be provided. Drop-ins \$33, space permitting with instructor's approval. No Class on Mar 11

M 3:00 PM-5:00 PM **Apr 08-May 13**
►495070 \$164/6 sess

M 3:00 PM-5:00 PM **May 20-Jun 24**
►495074 \$164/6 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. Unforced errors are faults made on easy and playable shots that give points to your opponents without earning them, eg. hitting the ball out of bounds, hitting the net, or hitting the ball too softly. We will evaluate each unforced error and learn 'what happened' and how to eliminate that error. All equipment provided. Taught by an NCCP Certified Pickleball Instructor. Drop-ins \$33 with instructor's approval.

Th	10:15 AM-12:15 PM	Apr 04-May 09
D495071		\$164/6 sess
Th	10:15 AM-12:15 PM	May 16-Jun 27
D495075		\$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. Courts are booked on a first come, first served basis and may be reserved by phone, online or in-person. 48hr cancellation notice is required. Players must bring racquets and birds.

M	6:45 PM-7:45 PM	Apr 01-Apr 01
D495035		\$20/1 sess
M	6:45 PM-7:45 PM	Apr 08-Apr 08
D495037		\$20/1 sess
M	6:45 PM-7:45 PM	Apr 15-Apr 15
D495039		\$20/1 sess
M	6:45 PM-7:45 PM	Apr 22-Apr 22
D495040		\$20/1 sess
M	6:45 PM-7:45 PM	Apr 29-Apr 29
D495042		\$20/1 sess
M	6:45 PM-7:45 PM	May 06-May 06
D495044		\$20/1 sess
M	6:45 PM-7:45 PM	May 13-May 13
D495045		\$20/1 sess
M	6:45 PM-7:45 PM	May 20-May 20
D495046		\$20/1 sess
M	6:45 PM-7:45 PM	May 27-May 27
D495047		\$20/1 sess
M	6:45 PM-7:45 PM	Jun 03-Jun 03
D495048		\$20/1 sess
M	6:45 PM-7:45 PM	Jun 10-Jun 10
D495049		\$20/1 sess
M	6:45 PM-7:45 PM	Jun 17-Jun 17
D495050		\$20/1 sess
M	6:45 PM-7:45 PM	Jun 24-Jun 24
D495051		\$20/1 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 Badminton **18+ yrs**

Four courts 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 in person or by phone at 604.257.8100 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. Please call if you cannot attend. Drop-in \$6.50 depending on availability.

M	7:45 PM-9:45 PM	Apr 08-Jun 24
D494489		\$67/12 sess

Instructor: No Instructor

Recreational Sport Floor Hockey **18+ yrs**

Please bring your own stick (plastic or composite). Shin guards and 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. 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. Please call if you cannot attend. No session on March 13. Drop-in \$6.50 depending on availability.

W	7:45 PM-9:45 PM	Apr 03-Jun 26
D494494		\$72/13 sess

Instructor: No Instructor

Recreational Sport Indoor Volleyball **18+ yrs**

Recreational volleyball for all levels. No instruction provided. 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. No session on March 15. Drop-in \$6.50 depending on availability.

F	7:45 PM-9:45 PM	Apr 05-Jun 28
D494495		\$72/13 sess

Instructor: No Instructor

Recreational Sport Pickleball **16+ yrs**

Come try out this popular, easy-to-learn, and exciting sport that combines elements of badminton, tennis, and table tennis. No experience needed. All equipment provided. 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. No session on Mar 12. Drop-in \$6.50 depending on availability.

Tu	12:30 PM-2:30 PM	Apr 02-Jun 25
D494497		\$72/13 sess
Tu	7:45 PM-9:45 PM	Apr 02-Jun 25
D494498		\$72/13 sess
W	12:30 PM-2:30 PM	Apr 03-Jun 26
D494500		\$72/13 sess
F	12:30 PM-2:30 PM	Apr 05-Jun 28
D494501		\$72/13 sess
M	12:30 PM-2:30 PM	Apr 08-Jun 24
D494496		\$67/12 sess

Instructor: No Instructor



Group Fitness Schedule



Schedule in Effect April 2-June 23, 2024

LEGEND

□ Morning

□ Afternoon/Evening

(G) Gym

(A) Auditorium

(S) Seniors Multi

RATES

Adult

Youth/Seniors

Drop-in

\$6.75

\$5.75

Fit Card • 10 Visits

\$50.50

\$40.00

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cardio Combo (G) Apr 1-Jun 24 (Ferial) 9am-10am	Cardio & Strength (G) Apr 2-Jun 25 (Bita) 9am-10am	TBC & Stretch (G) Apr 3-Jun 26 (Sarah) 9am-10am	Gentle Fit Low Impact (A) Apr 4-Jun 27 (Isobel) 9am-10am	Gentle TBC (G) Apr 5-Jun 28 (Sarah) 9am-10am	Zumba (G) Apr 6-Jun 29 (Tanya) 9:30-10:30am
am				Step Class (A) Apr 5-Jun 28 (Richard) 9am-10am	TBC (A) Apr 6-Jun 22 *No classes on May 18 & Jun 29 (Charlene) 9:15-10:30am
	Mild/Mod Low Impact (A) Apr 2-Jun 25 (Audrey) 10:30-11:30am		Mild/Mod Low Impact (A) Apr 4-Jun 27 (Audrey) 10:30-11:30am	Total Body Conditioning (A) Apr 5-Jun 28 (Indira) 10:30am-11:30am	Gentle Fit Low Impact (S) Apr 6-Jun 29 (Audrey) 10am-11am
pm	Step Class (A) Apr 2-Jun 25 (Indira) 12:00pm-1:00pm		Zumba Toning (A) Apr 4-Jun 27 (Tanya) 12pm-1pm	Zumba + Circl Mobility (A) Apr 5-Jun 28 (Tanya) 12:00pm-1:00pm	
	Step Class (A) Apr 1-Jun 24 (Richard) 1:00pm-2:00pm	Step Class (A) Apr 3-Jun 26 (Richard) 1:00pm-2:00pm		Step Class (A) Apr 5-Jun 28 (Richard) 1:00pm-2:00pm	
Zumba (G) Apr 1-Jun 24 (Tanya) 5:30-6:30pm	Zumba Toning (G) Apr 2-Jun 25 (Tanya) 6:30-7:30pm	Zumba (G) Apr 3-Jun 26 (Tanya) 5:30-6:30pm	Cardio & Strength (G) Apr 4-Jun 27 (Bita) 7:15pm-8:15pm	Boxerfit (A) Apr 5-Jun 28 (Richard) 7:15pm-8:15pm	

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?

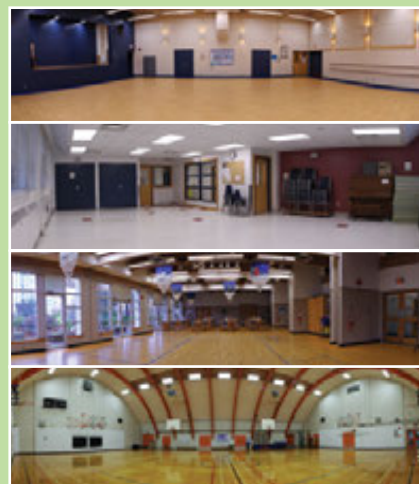
Yes! Please see: www.kerrisdalecc.com/facilities-rentals/

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

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



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

Spring program registration starts **Saturday, March 9, at 9 a.m.** Time savers will be given out at **6 a.m.** All in-person 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, March 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 38 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 will be closed March 11–16, March 29, March 30, April 1 and May 20.**

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

Dine In

Earth Day
►503401 Apr 18

Mother's Day
►496950 May 09

Father's Day
►496952 Jun 13

Takeout

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

Earth Day
►503402 Apr 18

Mother's Day
►496951 May 09

Father's Day
►496953 Jun 13



OUT TRIPS

Seniors Day Trips

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

Vancouver Polic Museum

19+ 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. The museum is located in the heritage building that once housed the City of Vancouver's Coroner's Court, Morgue and Autopsy Facility, and the original City Analyst's Laboratory. Home to over 30,000 rare artefacts, photos and archival documents, including unique crime related evidence and innovative forensics. The museum's exhibits tell stories of the City's history, from its beginnings in the lawless "Wild West" to its current-day initiatives for the community.

W 10:00 AM-3:30 PM Apr 17
►502795 \$90/1 sess

Chilliwack Tulip Festival

19+ yrs

The original tulip festival that takes place over 3-5-weeks, usually in April, sometimes into May, depending on the weather. Actual length depends on temperatures, high temperatures pushes the tulips through faster. The festival features 10 varieties of Hyacinths and 16 different varieties of Specialty Daffodils, and, of course, 20+ acres of Tulips. After the festival we will have lunch at the Mandarin Buffet Restaurant. Before we head home, we will visit the Chilliwack River Honey store.

M 9:00 AM-4:00 PM May 9
►502798 \$90/1 sess

Squamish Sea to Sky Gondola

19+ yrs

One of British Columbia's iconic tourist attractions and is located in Squamish, within the unceded traditional territory of the Squamish, Tsleil-Waututh and Musqueam First Nations. The summit of the Sea to Sky Gondola provides a base camp for hiking, walking, tubing and snowshoeing (winter only), back country adventures and more. The Summit Lodge includes local fare and a coffee bar. Lunch is not included on this trip.

W 8:45 AM-3:45 PM Jun 12
►502800 \$90/1 sess



Seniors Council 2024

Rosemary Cryer
Richard Dopson
Maralynn Elder

Helena Ho
Frederick Jay
Lee-Anne Macpherson

Peni Martel
Robert Taylor
Wendy Trant

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.



Seniors

ARTS & CRAFTS

Art with Teresa 55+yrs

Participants will learn the elements of composition and colour theory using their medium of choice. As we explore 20th Century art movements and styles, you will be encouraged to create unique and expressive artwork that will include a variety of learning experiences. Everyone will be able to advance at their own pace and broaden their ability to paint with watercolor and acrylic, create collages and use mixed media.

Sa 2:00 PM-4:30 PM May 11-Jun 15
►496948 \$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 Apr 02-Jun 25
►496544

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. 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 Apr 01-Jun 24
►496545

DANCE

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 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.

Free Trial

Tu 1:30 PM-2:45 PM Apr 09
►496304 Free, registration req'd/1 sess
Tu 1:30 PM-2:45 PM Apr 16-Jun 18
►496306 \$80/10 sess • Adult Rate: \$106.75

Instructor: Gail (Rahma) Haddad

DANCE

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.

Th 7:00 PM-8:00 PM Apr 11-Jun 20
►496528 \$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.

Th 8:00 PM-9:00 PM Apr 11-Jun 20
►496530 \$85.25/11 sess • Adult Rate: \$113.75

Instructor: Al Serfas

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.

W 9:00 AM-11:00 AM Apr 03-Jun 26
►496496 \$26/13 sess

Th 12:45 PM-2:45 PM Apr 04-Jun 27
►496510 \$26/13 sess

F 10:15 AM-12:00 PM Apr 05-Jun 28
►496512 \$26/13 sess

Saturday Social Dance 19+ yrs

Bring out those dancing shoes! Come and join this fun and relaxed group! \$2 drop in or \$15/10 visit card.

Sa 4:00 PM-6:00 PM Apr 06-Jun 29
►496949 \$2 drop-in or \$15/10 visit card

Scottish Country Dance 55+ yrs

Full mobility and some dancing experience required. 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! Drop-in \$5.50 Seniors/\$7 Adults, if space permits.

Tu 1:30 PM-3:30 PM Apr 02-Jun 11
►496197 \$44/11 sess • Adult Rate: \$58.75

Instructor: Cathrine Conings

Scottish Country Dance for Beginners 19+ yrs

All are welcome, general mobility, flexibility and balance are necessary. This class will exercise your brain and your body, and provide good fun and social interaction. Drop-in \$5.50 seniors & \$7 adults, if space permits.

T 3:45 PM-4:45 PM Apr 02-Jun 11
►502777 \$44/11 sess Adult • Rate: \$58.75

Instructor: Cathrine Conings

Tap Happy Beginner Plus 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 \$18 adults/\$15 seniors, if space permits. Semi Private (\$30/1hr) and Private lessons (\$60/1hr) available. Please call for more details.

W 4:00 PM-5:00 PM Apr 17-Jun 26
►496412 \$137.50/11 sess • Adult Rate: \$183.50

Instructor: Beryl Israel

EDUCATION

Medication Awareness 55+ yrs

The potential misuse of medications is a growing concern. Information about how seniors can interact with doctors and pharmacists to ensure safe and effective use of medications is presented.

M 1:00 PM-2:00 PM May 27
►496987 Free, registration req'd/1 sess

Instructor: COSCO Seniors Health And Wellness Institute Society

More Dance Programs!

See page 24.



K3 55+ yrs

K3 consists of retired members with backgrounds in geology, chemistry, aeronautical engineering, biology, and 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 Apr 02-Jun 25
496882 Free, registration req'd/13 sess

Instructor: K3

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 or 778.223.4255.

M 10:30 AM-12:30 PM Apr 15-Jun 24
496884 \$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 Apr 03-Jun 26
496885 \$5/drop-in

Instructor: Barry Wade

Sleep 55+ yrs

Many older adults find it difficult to get enough sleep and this workshop explores the reasons and remedies. Information about lifestyle changes that may help is also provided.

M 1:00 PM-2:00 PM Apr 22
496986 Free, registration req'd/1 sess

Instructor: COSCO Seniors Health And Wellness Institute Society

Hearing Screening 55+ yrs

Do you 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 and helps avoid other health problems. If you are not sure about your hearing health or others have noticed that you are not hearing well come and be tested. Provided by Dr. Katarina Vavrovicova, registered doctor of audiology. Appointments every 15min. Call the centre for available appointments.

F 9:00 AM-12:00 PM Apr 19 & Jun 7
Free, registration req'd/1 sess

Instructor: Katarina Vavrovicova

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. This spring 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. Please contact Moira Steven (moirasteven@yahoo.com).

Tu 2:00 PM-3:30 PM Apr 02-Jun 25
496524 \$26/13 sess

Instructor: Colin Mallet & Moira Steven

Wills 55+ yrs

We review the legal rules for preparing wills in B.C., the duties of an executor, legal terminology, and pitfalls to avoid.

M 10:00 AM-11:00 AM Jun 17
496989 Free, registration req'd/1 sess

Instructor: COSCO Seniors Health And Wellness Institute Society

Technology Workshop for Seniors 55+ yrs

Are you having trouble with your electronic devices, or simply want to learn more about your phone and tablet? In this free session you will learn how to make connecting with family and friend easier than ever! When registering, if you have your own device, please specify which one you'll be using.

Sat 11:30 am-12:30 pm Free, registration req'd
494895 Apr 13
494893 Apr 27
494894 May 4
494897 May 11
494896 Jun 15

ActivAge 50+ yrs

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 Apr 12, 2024. If you are not registered for Choose to Move, you may waitlist for ActivAge and we will call you after Apr 12, 2024 if space is available. 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.

Tu 3:15 PM-4:15 PM Apr 23-Jun 25
491775 Free, registration req'd/10 sess

Instructor: Keiko Murakami

Aging Well NEW 19+ yrs

Come join me in a 10 week exercise program improving your overall functional mobility for a healthier independent life style. Increase your total body strength, balance and flexibility. Suitable for anyone who has taken exercise classes and comfortable rising from the floor. Drop-in \$10.25, if space permits.

W 9:00 AM-10:00 AM Apr 10-Jun 19
4902785 \$93.50/11 sess

Instructor: Candace Imada

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 \$11.50 adults/\$9 seniors, if space permits.

F 4:15 PM-5:15 PM Apr 19-May 17
496516 \$52.50/5 sess - Adult Rate: \$70
F 4:15 PM-5:15 PM May 24-Jun 21
496519 \$52.50/5 sess - Adult Rate: \$70

Instructor: Keiko Murakami

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



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
Th 9:00 am-10:00 am
Th 10:30 am-11:30 am
F 9:30am-10:30am
Sa 10:00am-11:00am

Ongoing
Ongoing
Ongoing
Ongoing
Ongoing

Instructor: Audrey Darling
Instructor: Isobel Willard
Instructor: Audrey Darling
Instructor: Sarah Groberman
Instructor: Audrey Darling



Orientations

FREE

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.

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



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.

Tu 10:30 AM-11:30 AM Apr 09-May 14
D496525 \$66/6 sess • Adult Rate: \$88

Tu 10:30 AM-11:30 AM May 21-Jun 25
D496527 \$66/6 sess • Adult Rate: \$88

Instructor: Sylvia Smallman

Choose to Move Info Session

65+ yrs

Are you an older adult looking for motivation to become physically active? Choose to Move is free and flexible, and provides you with motivation and support to become more active. 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! More info at www.choosetomove.info. You must attend the Choose to Move Information Session to be eligible for the program. No class May 3 Program Dates: Apr 26, May 10, May 17, May 24, May 31, Jun 7, Jun 14 & Jun 21

F 5:30 PM-6:30 PM Jan 12
D486452 Free, registration required/1 sess

Instructor: Keiko Murakami

Chronic Conditions Self Management

55+ yrs

Chronic Conditions Self-Management Program (CCSMP) Learn practical strategies to help cope with day-to-day physical and emotional challenges experienced as a result of chronic conditions. Open to adults of all ages with any ongoing or recurrent health issues, significant others are welcome. Proven to increase participants' motivation and confidence to manage symptoms and take action toward the best life possible. There is no cost to attend or for the excellent reference book. The CCSMP is offered by the University of Victoria with resources from the BC Ministry of Health. No session May 20.

M 9:30 AM-12:00 PM Apr 10-Jun 19
D502793 Free, registration req'd/6 sess

Instructor: UVIC

Footcare

55+ yrs

Simple footcare. Make an appointment to see a registered foot care nurse who will spend time assessing your feet and dealing with common conditions like foot fungus, in-grown nails, calluses, corns etc. Please no open wounds. Call the centre for available 30-minute appointments.

F 9:00 AM-1:30 PM

D497049

\$58.50/1 sess

Instructor: YVR Foot Care

Joint Works

55+ yrs

An exercise program approved by the Arthritis Society suitable for those with mild to advanced Arthritis. The class helps to relieve stiffness, improve posture and increase endurance, flexibility and strength. Learn to relax muscles and loosen up joints.

W 2:30 PM-3:30 PM Apr 10-Jun 26

D496887

\$60/12 sess • Adult Rate: \$80

F 2:30 PM-3:30 PM Apr 12-Jun 28

D496888

\$60/12 sess • Adult Rate: \$80

Instructor: Keno Kinoshita

Move to Music

55+ yrs

Moving to the sounds of classical music and old favourites while stretching and strengthening your whole body. Exercises focus on posture, balance, agility and coordination. Drop-in \$6.25 adults/\$5.25 seniors, if space permits.

Tu 9:30 AM-10:30 AM Apr 09-Jun 18

D496479

\$46.75/11 sess • Adult Rate: \$62.50

F 9:30 AM-10:30 AM Apr 12-Jun 21

D496482

\$46.75/11 sess • Adult Rate: \$62.50

Instructor: Carola Von Hahn

Minds in Motion

55+ yrs

A fitness and social program for people living with 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 includes the cost of the person living with dementia and one care partner. Start at any time and pay a pro-rated fee.

Th 10:00 AM-11:30 AM Apr 04-May 09

D496492

\$42/6 sess

Th 10:00 AM-11:30 AM May 23-Jun 27

D496494

\$42/6 sess

Instructor: Alzheimer Society Of BC

Parkinson's Prevention Program

19+ yrs

Charjacks Agility and Strength Program for those 55+. It focuses on exercises combining strength, aerobic conditioning, balance, agility and coordination. It can be modified to specific levels and needs to train at a moderate level and enjoy all the benefits of healthy active aging to achieve maximum mobility, energy and independence. Drop-in \$13.50 adults/\$10 seniors, if space permits.

M 9:30 AM-10:30 AM Apr 08-Jun 17

D502782

\$88/11 sess • Adult Rate: \$117.50

Instructor: Richard Pelcz

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.

W F 1:20 PM-2:20 PM Apr 10-Jun 26

D496886

\$115/23 sess • Adult Rate: \$153.50

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.

M 9:00 AM-10:00 AM Apr 08-Jun 24

D496895

\$48/12 sess • Adult Rate: \$64

Instructor: Bill Galloway

Th 9:00 AM-10:00 AM Apr 04-Jun 27

D496896

\$52/13 sess • Adult Rate: \$69.5

Instructor: Berdjis Bahrami

Pilates Barre Fusion

19+ yrs

A low impact strengthening and lengthening class suitable for a variety of fitness levels using techniques from Pilates, Yoga, Dance, and isometric movements that align posture, improve balance, develop muscle tone, and connect the mind and body. Please note that participants must be able to safely transition up and down from their mat unassisted by the instructor. Drop-in \$22 adults/\$17 seniors, if space permits. No class Apr 26, 29 & May 20.

M 1:00 PM-2:00 PM Apr 08-Jun 17

D496897

\$135/9 sess • Adult Rate: \$180

F 1:00 PM-2:00 PM Apr 12-Jun 21

D496898

\$150/10 sess • Adult Rate: \$200

Instructor: Nevada Banks

HEALTH & WELLNESS

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 to monitor your progress. An initial assessment is required to join the program, and assessments must be completed once per year to continue to participate. Complete the BodyWorks participation questionnaire at <https://kin.educ.ubc.ca/bodyworks-gaq/> or contact the Bodyworks office at 604.822.0207 or body.works@ubc.ca for more information.

Tu F	8:00 AM-9:00 AM	Apr 30-Jun 21
▶496340		\$240/16 sess
Tu F	9:00 AM-10:00 AM	Apr 30-Jun 21
▶496342		\$240/16 sess
Tu F	10:00 AM-11:00 AM	Apr 30-Jun 21
▶496343		\$240/16 sess
Tu F	11:00 AM-12:00 PM	Apr 30-Jun 21
▶496344		\$240/16 sess

MARTIAL ARTS

Qigong 5 Animal Frolics

9+ yrs

Qi is energy. Gong is training or work, or skills acquired through training, and Qigong is energy cultivation training. The 8 Pieces of Brocade is a popular form of Qigong developed in the 12th century which improves circulation of blood and Qi and helps mobility. Qigong is compatible with Tai Chi, yet does not require as much space. Suitable for all fitness levels. No class May 20.

M	10:30 AM-11:30 AM	Apr 08-Jun 24
▶496363		\$176/11 sess - Adult Rate: \$234.75

Instructor: Kelly Maclean

Tai Chi: 24 Form (suitable for beginners)

19+ yrs

A gentle form of exercise and moving meditation, based on the interplay of Yin and Yang. Slow and graceful movements improve balance, coordination, and well-being. Proper alignment promotes Qi flow through the body, and sustained concentration makes this an excellent exercise for the mind! No class May 20.

M	11:30 AM-12:30 PM	Apr 08-Jun 24
▶496365		\$176/11 sess - Adult Rate: \$234.75

Instructor: Kelly Maclean

MARTIAL ARTS

Tai Chi: 48 Form Part Two

19+ yrs

The 48 Form is a beautiful, well-balanced routine, with many movements 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. Please note: the form will take multiple seasons to finish. No class May 20.

M	9:30 AM-10:30 AM	Apr 08-Jun 24
▶496360		\$176/11 sess - Adult Rate: \$234.75

Instructor: Kelly Maclean

Lai Chun Cheung (Lisa Low), certified 6th degree master and world gold medalist in health qigong, and a qualified instructor in tai chi.

Health Qigong Dao Yin Yang Shen: 12 Step Health Preservation

19+ yrs

Trial Class

Tu	9:00 AM-10:00 AM	Apr 02
▶496860		\$5/1 sess
Tu	9:00 AM-10:00 AM	Apr 09-Jun 18
▶496861		\$159.50/11 sess - Adult Rate: \$212.75

Tai Chi Set 24 for Beginners

19+ yrs

An ancient martial art that originated over a thousand years ago, it is an internal style that emphasizes focus, balance, gracefulness, and inner strength. The oldest (some say it is the original) style of Chen, and Yang, Ng, Sun, Wu, etc., have their own characteristics. Recently standardized sets of tai chi such as '24 movements' and '42 movements' have emerged as popular sets for practice and international competitions. No class Jun 11.

Trial Class

Tu	10:05 AM-11:05 AM	Apr 02
▶496865		\$5/1 sess
Tu	10:05 AM-11:05 AM	Apr 09-Jun 18
▶496867		\$145/10 sess - Adult Rate: \$193.50

Tai Chi Set 42 for Intermediates

19+ yrs

An ancient martial art that originated over a thousand years ago, it is an internal style that emphasizes focus, balance, gracefulness, and inner strength. The oldest (some say it is the original) style of Chen, and Yang, Ng, Sun, Wu, etc., have their own characteristics. Recently standardized sets of tai chi such as '24 movements' and '42 movements' have emerged as popular sets for practice and international competitions. No class Jun 11.

Trial Class

Tu	11:10 AM-12:10 PM	Apr 02
▶496870		\$5/1 sess
Tu	11:10 AM-12:10 PM	Apr 09-Jun 18
▶496871		\$145/10 sess - Adult Rate: \$193.50

Health Qigong Ba Duan Jin (Eight Brocades)

19+ yrs

Generally acknowledged as the basic and fundamental set of Health Qigong. The set is to enhance breathing, focus, strength, and balance via soft movements that are coordinated with the fundamental principles of Chinese Medicine. No class Jun 13.

Trial Class

Th	9:00 AM-10:00 AM	Apr 04
▶496875		\$5/1 sess
Th	9:00 AM-10:00 AM	Apr 11-Jun 20
▶496877		\$145/10 sess - Adult Rate: \$193.50

Tai Chi 32 Sword Set

19+ yrs

Tai chi Sword is an internationally known art. Today this art is practiced to enhance mental focus and eye-hand coordination, strengthening wrists, arms, legs, shoulders and waist. Suitable for beginners. All tai chi swords are harmless replicas and are safe to handle. No class Jun 13.

Trial Class

Th	10:05 AM-11:05 AM	Apr 04
▶496878		\$5/1 sess
Th	10:05 AM-11:05 AM	Apr 11-Jun 20
▶496879		\$145/10 sess - Adult Rate: \$193.50

Tai Chi/Kung Fu Fan Set

19+ yrs

Tai chi fan (also know as iron fan) is one of the most beautiful self-defense forms, and is one of the standard tai chi weapons. Improve eye-hand coordination, grip-wrist flexibility, strength, balance and focus. The fan is made of durable bamboo and silk. No class Jun 13.

Trial Class

Th	11:10 AM-12:10 PM	Apr 04
▶496880		\$5/1 sess
Th	11:10 AM-12:10 PM	Apr 11-Jun 20
▶496881		\$145/10 sess - Adult Rate: \$193.50

More Martial Arts

page 22



Seniors

MUSIC

Ukulele Jam

19+ yrs

Join us in enjoying a fun and relaxed sing-along. 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

▶496541 Apr 27

▶496542 May 25

▶496543 Jun 29

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 Apr 01-Apr 15

▶496943 \$6/3 sess

W 1:30 PM-4:30 PM Apr 03-Jun 26

▶496945 \$26/13 sess

Instructor: Brock House Bell Ringers

Chorisma Vocal Jazz Choir

19+ yrs

For singers with previous choral experience, focusing 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. Please email pgelmon@shaw.ca for info.

W 11:00 AM-1:00 PM Apr 03-Jun 05

▶496369 \$215/10 sess

Instructor: Frances Roberts & Dean Thiessen

Kerrisdale Ukulele Ensemble

18+ yrs

Join us in making and sharing music with the Kerrisdale Ukulele Ensemble! Enjoy a range of music, from ukulele standards to newer pop favourites in a welcoming environment accessible to all levels of experience.

M 6:30 PM-8:00 PM Apr 15-Jun 24

▶496540 \$123.75/11 sess • Adult Rate: \$165

Instructor: Joseph Young

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. New rhythms will be introduced gently and slowly. We will also let loose and 'jam' allowing the rhythms to take us where they will. All levels welcome, bring your drum and join us.

F 1:45 PM-3:15 PM Apr 05-Jun 28

▶496491 Free, registration req'd/13 sess

You Can Ukulele: Level 1

55+ yrs

Start on the road to an exciting lifetime of fun with the ukulele. We'll learn the basics: chord formation, strumming, and singing.

Sa 10:00 AM-11:00 AM Apr 13-Jun 15

▶496533 \$100.25/10 sess • Adult Rate: \$126.75

Instructor: Joseph Young

You Can Ukulele: Level 2

55+ yrs

Building on level 1 and adding some fun new techniques and materials. New songs and a brief introduction to useful elements of music theory and note reading.

Sa 11:15 AM-12:15 PM Apr 13-Jun 15

▶496534 \$100.25/10 sess • Adult Rate: \$126.75

Instructor: Joseph Young

You Can Ukulele: Level 3

55+ yrs

Building on the skills learned in level 1 & 2, more complex chords and rhythms. Please be quite comfortable with the materials taught in level 2 for faster changes, multiple rhythms and jazz chords.

Sa 12:45 PM-1:45 PM Apr 13-Jun 15

▶496535 \$100.25/10 sess • Adult Rate: \$126.75

Instructor: Joseph Young

Brock House/Kerrisdale Choir

55+ yrs

A 4 part choir entertaining throughout the Lower Mainland. Currently the choir is full, please call Diana Bragg at 604.224.3897 or Sharon Copeman 604.263.9917 for info.

Tu 1:00 PM-3:00 PM Apr 02-Jun 25

▶496946 \$24/13 sess

Instructor: Brock House Society

Billiards/Snooker

Mon/Wed • 9:00am-12:15pm

& 3:30pm-9:00pm

Tues/Thurs/Fri • 9:00am-9:00pm

Sat & Sun • 9:00am-6:00pm

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

SOCIAL

Table Tennis

55+ yrs

Have fun and exercise with friends in the seniors' centre and in the youth games room. Youth room tables 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 Apr 04-Jun 27

▶496938

Angel's Mind Matters

55+ yrs

A stimulating and interesting discussion group conducted with respect for others' ideas, handled diplomatically. Topics cover current news items, health, and social issues. Educational excursions are organized monthly for a nominal fee. See Monarch for more info. \$10 Social Recreation card required. On-going, no registration required.

M 2:00 PM-3:30 PM Apr 08-Jun 24

▶496932

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 Apr 05-Jun 28

▶496933

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 Apr 01-Jun 26

▶496883

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 Apr 03-Jun 26

▶496934

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. For players of all levels and ages looking for fun and excitement.

Tu 5:30 PM-9:30 PM Apr 02-Jun 25

▶496936

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 Apr 06-Jun 30

▶496937

Kerrisdale Play Palace

Located at
Kerrisdale Arena
5670 E. Boulevard

OPEN
7 days a
week



April 15- Aug 29, 2024

Registration: March 11, 7:00 p.m.

We
have

Birthday
Parties!

Book online at
kerrisdalecc.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Toddlers 0-23 mos only 8:30-9:30am	We welcome school, daycare and daycamp groups to join us from 12:00-2:00pm Monday-Friday. <small>Please call in advance at 604-257-8122 to reserve your group rate of \$3.49/child!</small>				All Ages 10:00am-4:00pm	All Ages 10:00am-4:00pm
0-5 yrs 9:30-11:30am	0-5 yrs 9:30-11:30am	0-5 yrs 9:30-11:30am	0-5 yrs 9:30-11:30am	0-5 yrs 9:30-11:30am		
CLEANING BREAK: 11:30-12:00pm					12:45-1:15pm	
All Ages 12:00pm-4:30pm	All Ages 12:00pm-4:30pm	All Ages 12:00pm-4:30pm	All Ages 12:00pm-4:30pm	All Ages 12:00-4:00pm	All Ages 10:00am-4:00pm	All Ages 10:00am-4:00pm
12 and under welcome 9:30am to close on Stat Holidays.						

Admission Fees

Includes Tax

	Single	10-pass
6-23 months	\$4.62	\$41.58
2-5 Years	\$5.93	\$53.39
6-12 years	\$6.59	\$59.35

Group Rate \$4.28 • Socks \$2.50



Please respect the following rules regarding drop-in at the Play Palace

- All children MUST wear socks in the Play Palace Area.
- All adults MUST remove their shoes and wear socks to enter the Toddler & Preschool Area.
- Children MUST be supervised by an adult at all times.
- We recommend participants wear long sleeve shirts to prevent friction burns.
- There are minimum and maximum height requirements for all inflatables. Please see signage on site.
- Please do not run in the Play Palace Area.
- Food and drinks are not allowed in the play area.
- Toddler & Preschool area is for children 5 yrs and under.
- On the slide, go feet first & on your bottom only.

PlayPalace BIRTHDAY PARTIES



Birthday Party Bookings are available April 25–August 29, 2024

There are two options for Birthday Parties at the Play Palace:

OPTION 1

You can have a **PUBLIC PARTY** while we are open to the public and book a party area. These bookings are designed for smaller groups as our party areas can only accommodate a maximum of 20 children. The play area will be shared by other party users and drop-in users.

Public party fees include Play Palace admission and tax.

Weekend Bookings:

Sat & Sun 10:30am-12:30pm OR 1:30-3:30pm

Private Room **\$149.30**

Upper Concourse (1 of 3 areas) **\$128.72**

Skate Shop **\$121.94**

Weekday Bookings:

Mon-Thurs 2:00-4:00pm

Upper Concourse (1 area) **\$109.23**

Fri 2:00-3:30pm

Upper Concourse (1 area) **\$79.99**

OPTION 2

You can have a **PRIVATE PARTY** where you have the whole facility to your group. These parties are ideal if you are planning to invite a lot of kids and parents (up to 100 guests). Fee includes exclusive use of the facility, admission for all of your guests and two staff to assist with set up/clean up and monitoring of the play equipment.

Bookings are based on a two-hour party. Additional time can be purchased only for Sun-Thu parties at a rate of **\$56/30 min.**

Non-Prime Time Private Party:

Monday-Thursday 5:00pm

Fridays & Saturdays from 7:00-9:00pm **\$403.50**

Prime Time Private Party:

Bookings are available from 4:30-6:30pm

on Friday, Saturday and Sunday **\$448.35**

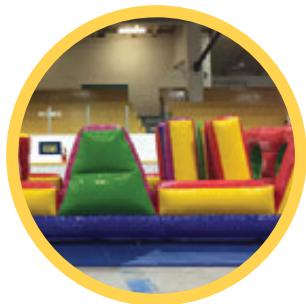
THINGS TO KNOW BEFORE YOU BOOK

- All children **MUST** wear socks in the Play Palace Area.
- All adults **MUST** remove their shoes and wear socks to enter the Toddler & Preschool Area.
- Parent participation is mandatory. Staff are only responsible for ensuring that equipment is available and safe to operate.
- We provide tables and chairs and a leader to supervise the equipment.
- You will be provided 15 minutes before and after your booking time to set up and clean up your party area. You **MUST** vacate the party area within 15 minutes after your booking.
- Long sleeve shirts are recommended.
- Adults are not allowed on any of the inflatable equipment.
- We are not responsible for lost or stolen items.

BOOKING PROCEDURES

- All bookings are on a first-come-first-served basis.
- All public party time slots and private party bookings can be completed online at kerrisdalecc.com if you have an existing on-line account with the Vancouver Park Board.
- If you want to register at the arena, please call 604-257-8121 to ensure a cashier is on duty to assist.
- Bookings are only confirmed upon receipt of **FULL** payment.
- Cancellation notice **MUST** be received 21 days before your booking date. All approved refunds are subject to a \$10 administration fee.

There are minimum and maximum height requirements for all inflatables. Please see signage on site.





Schedule in Effect April 2-June 23

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 (self-directed fitness)	Range of Motion 8:30am-9:15am	Public Swim 8:30 am-9:30am (self-directed fitness)	Aquafit 9:15am-10:15am	Public Swim 9:00am-10:15am (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 & under	5-12yrs	13-18yrs	19-64yrs	65yrs+
DROP-IN*	FREE	3.90	5.45	7.78	5.45
10 VISIT	N/A	35.06	49.05	70.02	49.05
1 MONTH	N/A	31.48	44.06	62.95	44.06
3 MONTHS	N/A	84.99	118.98	169.96	118.98
12 MONTHS	N/A	271.94	380.71	543.87	380.71

*FAMILY DROP-IN: \$3.90 each for parent, child (5-18 yrs), and additional member of the same household. 2 adults maximum.

Long Weekend Schedule

Mar. 29 to Apr. 1; May 18 to 20

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 and phone starting at 7 p.m.

Spring 2024:
Tuesday, March 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

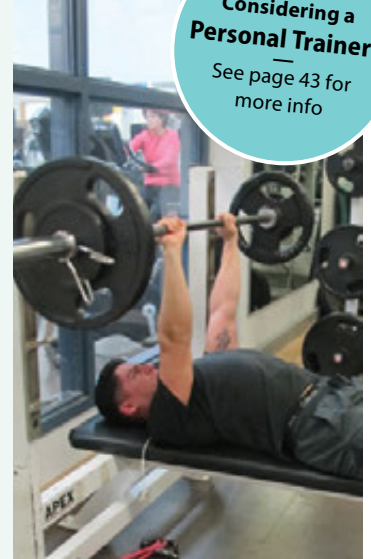
Youth 13 and older are welcome to use our exercise room. Orientation is highly recommended. Please speak with one of the front desk staff to book a free appointment.



Kerrisdale Exercise Room



Considering a
Personal Trainer?
—
See page 43 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

