



KERRISDALE

Community Centre Society

Spring 2025
Program Guide



**Clickable
Online Guide!**
—
Visit kerrisdalecc.com
and tap program
number, date or time
to register

Registration Info:



Community Centre

Online & In-person: Sat., March 8 at 9 a.m.
Telephone: Mon., March 10 at 9 a.m.



Pool

Online, In-person & Telephone:
Tues., March 18 at 7 p.m.



Play Palace Party Registration

Mon., March 3 at 7 p.m.
Play Palace open Apr 8-Aug 28, 2025

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 8, at 9 a.m.

Telephone: Monday, March 10, at 9 a.m.

- In-person and online registration starts **Saturday, March 8**, at 9 a.m. (60% available online, 40% in person). Please visit vanrec.ca or kerrisdalecc.com.
- Time savers will be given out at **8 a.m.**
- Telephone registration at 604.257.8100 (main centre) starts **Monday, March 10**, 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

April 18, 2025 9:00am-10:00pm
April 21, 2025 9:00am-10:00pm
May 19, 2025 9:00am-10:00pm
July 1, 2025 9:00am-10:00pm

Table of Contents

Registration Information • page 2
General Information • page 3
Birthday Parties • page 3
President's Message • page 4
Special Events • page 4
Kerrisdale Community Garden • page 5
Vancouver Public Library • page 5
Summer Day Camps • pages 6-10
Preschool • pages 11-13
Children • pages 14-16
Youth • page 17
Mixed Ages • page 18-20
Martial Arts • pages 19-20
Tennis • page 21-23
Adults • pages 24-27
Group Fitness • page 28
Room Rentals • page 29
Seniors • pages 30-38
Arena Play Palace • pages 39-40
Kerrisdale Pool • pages 41-42
Personal Training • page 43
Exercise Room • page 44

KCCS Program Subsidy



Our recreation programs are available to all members of the community. We welcome people on limited income to participate in the centre's programs and services. For more info, call 604.257.8100 or enquire at the front desk. To facilitate better service we encourage you to let us know what your support needs are in advance. This information might be health or disability related. Please complete an information form at the front desk when you register.

Kerrisdale Pool

Find schedule and swim lesson information at kerrisdalecc.com or vanrec.ca. Spring swim lesson registration opens Tuesday, March 18, at 7 p.m.

Kerrisdale Arena

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



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.
- Program details, including class cancellations, pricing, and schedules, may change. For the latest updates, visit vanrec.ca or kerrisdalecc.com, or contact the front desk.
- 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.
- You may register for yourself and one other family member. Please have the following info at the time of registration: name, address, phone number & birth dates.
- Program subsidy is available for people on limited income. See page 2.

- 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.

- For cancelled classes, a make-up class will be scheduled, or refund will be issued at the end of the set.
- 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 Arena • 604.257.8121

Arena Fax • 604.257.8316

5851 W. Blvd., Vancouver, B.C., 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

Arthur Lee Hung • 604.257.8116

Pool Programmer

Jocelyn Dayal • 604.257.8107

Centre Programmer • Seniors

Bernard Lee • 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



BIRTH DAY



Birthday Parties • 1-10 yrs

Saturdays 11:00am-1:00pm OR Sundays 1:30pm-3:30pm

\$190 for up to 12 children • \$235 for 13-24 children

If booking for 13-24 children, please contact the centre two weeks or more in advance to upgrade. The maximum capacity is 50 people total.

Registration & Refunds:

- Register by phone, in-person or online.
- Cancellations and date changes require 14 days' notice.
- A \$5 service fee applies to all refunds and transfers.
- For larger party bookings, please provide at least one week's notice.

Party Package Includes:

- Party Leader for two hours to assist with supervision, setup and cleanup. Auditorium and Room 109:
 - Auditorium: Choice of open gym (bouncy castle, plasma cars, building bricks) or sports equipment (soccer, floor hockey, dodgeball).
 - Room 109: Includes tables with tablecloths, chairs and kitchen access (stove, oven, microwave for reheating only and fridge/freezer).
- Extra Time for Setup and Cleanup: 30 minutes before and after the two-hour party for setup and cleanup (3 hours total).

For further inquiries, please contact the Program Assistant III at 604.257.8117 or email trisha.pajayon@vancouver.ca

President's Message

What's Happening This Spring

Hello and welcome to our spring 2025 season.

We are proud to offer the Kerrisdale community a wide variety of programs for all ages and abilities. Check out our new equipment in the Exercise Room. Explore the variety of day camps for kids. Learn a new language. Get moving in a dance program. Participate in casual play in the open gym.

Seniors can enjoy many activities or relax with a coffee and pastry while playing card games or doing puzzles in the Seniors Centre. We offer something for everyone!

Stay tuned as we will also be announcing the new Kerrisdale Community Centre Society Board of Directors in early March.

Kathy McKay

President, Kerrisdale Community Centre Society

SPECIAL EVENTS

Easter Extravaganza • 2-10 yrs

Join us for an afternoon of Easter fun! Play games, jump in the bouncy castle, and create Easter themed crafts! No registration required. If you would like to participate in the Easter Egg Hunt or Egg Painting activity, please register in the according activity and time slot.

M 11:00 AM-1:00 PM Apr 21
▶549227 Free. No registration required.

Easter Egg Hunt • 2-10 yrs

Join us for an Easter Egg Hunt! Register for a specific time slot and arrive 10 minutes before the start time. \$5/ sess.

▶549240 11:00 AM - 11:15 AM
▶549242 11:20 AM - 11:35 AM
▶549243 11:40 AM - 11:55 AM
▶549244 12:00 PM - 12:15 PM
▶549247 12:20 PM - 12:35 PM
▶549248 12:40 PM - 12:55 PM

Easter Egg Painting • 2-10 yrs

Come join us for an egg-citing Easter egg painting activity! Please register for a timeslot and arrive 10 minutes in advance. \$5/ sess.

▶556642 11:00 AM - 11:20 AM
▶556645 11:30 AM - 11:50 AM
▶556646 12:00 PM - 12:20 PM
▶556647 12:30 PM - 12:50 PM



Canada Day Celebration • All Ages

Come and join the community in celebrating Canada Day! Various activities and entertainment for all ages. This event is free; registration required.

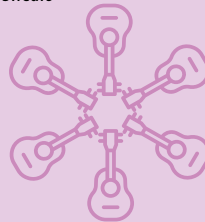
Tu 11:00 AM-1:00 PM Jul 01
▶549683



Simply Band Concert

SIMPLY BAND will perform a variety of music from Latin dance to folk music to classical. Come and enjoy an hour of concert band music. All are welcome. Pre-registration required.

Su 2:30PM-3:30PM Apr 6
Instructor: Deberah Shears



Artists of Kerrisdale Juried Art Show 2025

Kerrisdale Community Centre
Seniors Art Space
March 27–May 29, 2025
Open House May 3 & 4, 2025
10 a.m.–4 p.m.
www.artistsofkerrisdale.com

**AS WE SEE IT
2025**



Welcome to Our New and Improved Program Webpage!

Please note that the **Find a Program & Register** webpage will look a bit different starting with spring 2025 registration. Programs will be grouped under general category links, which will take you directly to the City of Vancouver program registration page. There, you will be able to filter Kerrisdale Community Centre programs according to your preferences (specific age, day, time) before registering for your program(s) of choice.



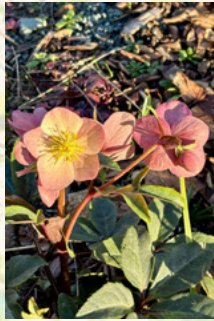
KERRISDALE COMMUNITY GARDEN

Kerrisdale Community Garden (KCG), where gardens grow and communities thrive, has been run by a diverse and dedicated group of community members since 2011.

Our shared vision is to create a sustainable, inclusive, accessible, and thriving green space in the heart of Kerrisdale.

Hardy winter greens and spring bulbs are springing up as members prepare for the new season.

Come by to say “hello” and join us in welcoming Spring 2025!



DISCOVER ~

- ❖ Bees
- ❖ Birds
- ❖ Garden Art
- ❖ Herbs
- ❖ Native Plants

LOCATED AT 60TH AND ANGUS DR.



YOUR LIBRARY AT KERRISDALE

Kerrisdale Branch
Phone 604.665.3974

Discover more at VPL.ca



Summer Safaris Day Camps



Summer Safaris Day Camps

Day camp is a full-day, play-based recreation program designed to foster friendships and encourage play through loosely structured group activities and games. Please note that this is not a licensed childcare program.

Our staff members are typically between the ages of 18 and 22. Activities primarily take place in Room 109 and the Auditorium. Depending on the season, the program may also include one or two field trips each week to various attractions around Vancouver, with transportation provided by charter bus, public transit or walking.

Please note that the environment may involve loud noises, bright lights or crowded spaces. If your child is sensitive to these conditions, or if you have any questions about how we may support your child's participation, please discuss with the programmer by contacting the front desk.

A child aged five may attend only if they have COMPLETED Kindergarten and turning six by the end of the year (eligible for Grade 1).



Summer Safaris Before Care

Before care offered only to those enrolled in the current week's Summer Safaris Day Camp. No Jul 1, Aug 4.

M W Th F	8:00 AM-9:00 AM	Week 1	Jun 30-Jul 04	\$20/4 sess
»549410	Week 1	Jul 07-Jul 11	\$25/5 sess	
»553009	Week 2	Jul 14-Jul 18	\$25/5 sess	
»553010	Week 3	Jul 21-Jul 25	\$25/5 sess	
»553011	Week 4	Jul 28-Aug 01	\$25/5 sess	
»553012	Week 5	Aug 05-Aug 08	\$20/4 sess	
»553013	Week 6	Aug 11-Aug 15	\$25/5 sess	
»553014	Week 7	Aug 18-Aug 22	\$25/5 sess	
»553015	Week 8	Aug 25-Aug 29	\$25/5 sess	
»553016	Week 9			

Summer Safaris After Care

After care offered only to those enrolled in the current week's Summer Safaris Day Camp. No Jul 1, Aug 4.

M W Th F	4:00 PM-5:00 PM	Week 1	Jun 30-Jul 04	\$20/4 sess
»549409	Week 1	Jul 07-Jul 11	\$25/5 sess	
»553018	Week 2	Jul 14-Jul 18	\$25/5 sess	
»553019	Week 3	Jul 21-Jul 25	\$25/5 sess	
»553020	Week 4	Jul 28-Aug 01	\$25/5 sess	
»553022	Week 5	Aug 05-Aug 08	\$20/4 sess	
»553023	Week 6	Aug 11-Aug 15	\$25/5 sess	
»553024	Week 7	Aug 18-Aug 22	\$25/5 sess	
»553025	Week 8	Aug 25-Aug 29	\$25/5 sess	
»553026	Week 9			

Summer Safaris Day Camp Jrs • 6-8yrs

Week 1	»549331	\$140/4 sess
M W Th F	9:00 AM-4:00 PM	Jun 30-Jul 04
Week 2	»549333	\$175/5 sess
M Tu W Th F	9:00 AM-4:00 PM	Jul 07-Jul 11
Week 3	»549335	\$175/5 sess
M Tu W Th F	9:00 AM-4:00 PM	Jul 14-Jul 18
Week 4	»549337	\$175/5 sess
M Tu W Th F	9:00 AM-4:00 PM	Jul 21-Jul 25
Week 5	»549339	\$175/5 sess
M Tu W Th F	9:00 AM-4:00 PM	Jul 28-Aug 01
Week 6	»549341	\$140/4 sess
Tu W Th F	9:00 AM-4:00 PM	Aug 05-Aug 08
Week 7	»549343	\$175/5 sess
M Tu W Th F	9:00 AM-4:00 PM	Aug 11-Aug 15
Week 8	»549345	\$175/5 sess
M Tu W Th F	9:00 AM-4:00 PM	Aug 18-Aug 22
Week 9	»549347	\$175/5 sess
M Tu W Th F	9:00 AM-4:00 PM	Aug 25-Aug 29

Summer Safaris Day Camp Srs • 9-12yrs

Week 1	»549332	\$140/4 sess
M W Th F	9:00 AM-4:00 PM	Jun 30-Jul 04
Week 2	»549334	\$175/5 sess
M Tu W Th F	9:00 AM-4:00 PM	Jul 07-Jul 11
Week 3	»549336	\$175/5 sess
M Tu W Th F	9:00 AM-4:00 PM	Jul 14-Jul 18
Week 4	»549338	\$175/5 sess
M Tu W Th F	9:00 AM-4:00 PM	Jul 21-Jul 25
Week 5	»549340	\$175/5 sess
M Tu W Th F	9:00 AM-4:00 PM	Jul 28-Aug 01
Week 6	»549342	\$140/4 sess
Tu W Th F	9:00 AM-4:00 PM	Aug 05-Aug 08
Week 7	»549344	\$175/5 sess
M Tu W Th F	9:00 AM-4:00 PM	Aug 11-Aug 15
Week 8	»549346	\$175/5 sess
M Tu W Th F	9:00 AM-4:00 PM	Aug 18-Aug 22
Week 9	»549348	\$175/5 sess
M Tu W Th F	9:00 AM-4:00 PM	Aug 25-Aug 29



Cartoon Camp

6-8 yrs

Learn to tell stories through drawings and by working on character development, thumbnails, layout pages, panelling and more. Instructed by a former Disney animator from Happy Kids Studios. Drop ins \$25; space permitting.

M Tu W Th F 10:40 AM-11:40 AM

Jul 07-Jul 11

▶549133

\$100/5 sess

M Tu W Th F 10:40 AM-11:40 AM

Aug 11-Aug 15

▶549132

\$100/5 sess

Instructor: Happy Kids Studios

Character Design Camp

9-12 yrs

Focus on creating appealing characters in animation, comics, games and more. Instructed by a former Disney animator from Happy Kids Studios. Drop ins \$25; space permitting.

M Tu W Th F 11:50 AM-12:50 PM

Jul 07-Jul 11

▶549134

\$100/5 sess

M Tu W Th F 11:50 AM-12:50 PM

Aug 11-Aug 15

▶549135

\$100/5 sess

Instructor: Happy Kids Studios

Art Jam Camp

4-5 yrs

Create concept drawings, learn about colour palettes and develop freehand drawing skills in this specialized class. This program is instructed by a former Disney animator from Happy Kids Studios. Drop ins \$25; space permitting.

M Tu W Th F 9:30 AM-10:30 AM

Jul 07-Jul 11

▶549130

\$100/5 sess

M Tu W Th F 9:30 AM-10:30 AM

Aug 11-Aug 15

▶549131

\$100/5 sess

Instructor: Happy Kids Studios

Anime Cartoon Workshop

6-12 yrs

Come explore the world of Anime with Young Rembrandts! We will spend multiple days learning about and drawing cartoons in the Anime style. We will learn to create our own original Anime characters. We will use a variety of facial expressions and action and movement to illustrate our scenes. On the final day, we will pull from what we already learned to draw a large comic book type scene in the Anime style.

Tu W Th F 9:15 AM-12:15 PM

Aug 05-Aug 08

▶549122

\$172/4 sess

Instructor: Young Rembrandts

Anime Manga Drawing Workshop

6-12 yrs

Calling all otaku kids! Join the Anime Manga workshop and learn to draw your favourite Japanese style art. This five-day workshop will tap into everyone's imagination while learning to draw cute manga inspired characters, accessories and costumes. Your child's talent is about to take off - register now to save your child's spot in this kawaii workshop focused on technique and creativity!

M Tu W Th F 12:45 PM-3:45 PM

Jul 21-Jul 25

▶549121

\$215/5 sess

Instructor: 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! Save your seat today!

Tu W Th F 12:45 PM-3:45 PM

Aug 05-Aug 08

▶549124

\$172/4 sess

Instructor: Young Rembrandts

Character Creation: Anime/Manga Workshop

6-12 yrs

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

M Tu W Th F 12:45 PM-3:45 PM

Jul 14-Jul 18

▶549119

\$215/5 sess

Instructor: Young Rembrandts

Furry Friends Drawing Workshop

6-12 yrs

Join us for a wild and furry adventure! This fun-filled drawing camp is perfect for kids who love to draw and explore their creativity. Each day, artists will learn how to sketch and bring to life their favourite animals in a playful, cartoon style! Whether it's a fluffy dog, a silly fox, or a mighty dinosaur, our young artists will discover the joy of drawing all kinds of creatures. With step-by-step guidance and plenty of inspiration, this camp is sure to unleash your child's imagination! Sign up today!

M Tu W Th F 9:15 AM-12:15 PM

Jul 21-Jul 25

▶549120

\$215/5 sess

Instructor: Young Rembrandts

Tropical Island Drawing Workshop

6-12 yrs

Discover the beauty of Polynesia through drawing! In this 5-day workshop, children will create original characters like cheeky coconut creatures, spirited islanders, as well as traditional Polynesian flower crowns. Artists will also illustrate breathtaking ocean scenes with Wa'a Kaulua boats and the serene landscapes of island huts and native plants. This workshop blends realism with cartoons, using vibrant no-mess materials like coloured pencils and markers. Let the islands inspire your young artist!

M Tu W Th F 9:15 AM-12:15 PM

Jul 14-Jul 18

▶549116

\$215/5 sess

Instructor: Young Rembrandts

DANCE

Creative Dance: Fairies, Frogs & Fire Breathing Dragons Camp

4-6 yrs

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

M Tu W Th F 11:55 AM-1:10 PM

Jul 07-Jul 11

▶549253

\$127/5 sess

Instructor: Endorphin Rush Dance

Learn more about our instructors on the new and growing Instructor Bio page: <https://kerrisdalecc.com/about-us/our-instructors/>

Summer Specialty Camps

Summer Specialty Camps

DANCE

Encanto Mini Movers Camp

4-6 yrs

Kids will salsa their way through this Encanto-themed camp: playing dance games, learning choreography, cultural references, and some Spanish along the way! No experience required. www.kirbysnelldance.com

M Tu W Th F 11:55 AM-1:10 PM Jul 21-Jul 25
D549254 \$127/5 sess

Instructor: Endorphin Rush Dance

Frozen Ballet Extravaganza Camp

100% Frozen Soundtrack Music is played in this creative ballet class designed to ignite your dancers imagination. No experience required. www.KirbySnellDance.com.

3-5 yrs

M Tu W Th F 9:15 AM-10:30 AM Jul 07-Jul 11
D549245 \$127/5 sess

M Tu W Th F 9:15 AM-10:30 AM Jul 21-Jul 25
D549251 \$127/5 sess

M Tu W Th F 10:35 AM-11:50 AM Jul 07-Jul 11
D549246 \$127/5 sess

4-6 yrs

M Tu W Th F 10:35 AM-11:50 AM Jul 21-Jul 25
D549250 \$127/5 sess

Instructor: Endorphin Rush Dance

Swiftie Dance Party Camp

6-9 yrs

Taylor Swift Fans Unite! This upbeat, empowering, and vibrant dance class is set to 100% Taylor Swift tunes including Anti-Hero and Shake it Off. Dancers will improve jazz technique, play interactive dance games, and learn dynamic choreographies all while making new friends. More info: www.KirbySnellDance.com

M Tu W Th F 9:30 AM-12:00 PM Jul 28-Aug 01
D549256 \$199/5 sess

Instructor: Endorphin Rush Dance

Wickedly Good Time: Pink Passion & Emerald Vibes Dance

6-10 yrs

Skip into a magical world in this Wicked-Inspired Dance Camp. Dancers will improve their dance technique fusing jazz, hip hop and contemporary. www.KirbySnellDance.com

M Tu W Th F 9:30 AM-12:30 PM Jul 14-Jul 18
D549255 \$239/5 sess

Instructor: Endorphin Rush Dance

Zumbini® Camp

0-5 yrs

Created by Zumba® and BabyFirst, this program combines music, dance, and instruments for bonding, learning and fun! Children 6 months and under attend free with a registered sibling. www.zumbini.com. Drop in \$25; space permitting.

W Th F 11:00 AM-11:45 AM Jul 02-Jul 04
D550534 \$60/3 sess

Tu W Th F 12:30 PM-1:15 PM Aug 05-Aug 08
D550535 \$80/4 sess

M Tu W Th 10:30 AM-11:15 AM Aug 25-Aug 28
D550536 \$80/4 sess

Act, Dance, Sing FUN! Camp

5-14 yrs

Learn the technical and artistic aspects of musical theatre, including singing, acting, and dancing. Learn choreographed routines from famous musicals. No experience required.

M Tu W Th F 9:15 AM-12:30 PM \$276.25/5 sess
D558447 Jul 21-Jul 25

D558448 Jul 28-Aug 01

M Tu W Th F 12:30 PM-3:30 PM \$255/5 sess
D558440 Jul 07-Jul 11

D558445 Aug 18-Aug 22

Instructor: PraiseTEAM

Active Dance: Jazz Funk, Hip Hop and Asian Pop

5-14 yrs

A beginner/intermediate camp featuring Jazz Funk, Hip Hop fundamentals, KPOP, and Asian Pop dance styles. Refine technique through cardio, footwork, isolations, stretches, and more. No experience required.

M Tu W Th F 9:15 AM-12:30 PM \$276.25/5 sess
D558449 Jul 07-Jul 11

D558450 Jul 14-Jul 18

M Tu W Th F 12:30 PM-3:30 PM \$255/5 sess
D558451 Jul 21-Jul 25

D558452 Aug 11-Aug 15

Instructor: PraiseTEAM

Active Dance: Street, Locking Popping

5-14 yrs

Learn Hip Hop, Locking, Popping, Street Dance, and more. Refine technique through cardio, footwork, isolations, and more! No experience required.

M Tu W Th F 9:15 AM-12:30 PM \$276.25/5 sess
D558453 Aug 11-Aug 15

D558454 Aug 18-Aug 22

M Tu W Th F 12:30 PM-3:30 PM \$255/5 sess
D558455 Jul 14-Jul 18

D558456 Jul 28-Aug 01

Instructor: PraiseTEAM

EDUCATION

Byte Camp Foundations in AI

11-14 yrs

Learn how computers think, how to think like computers, and how to make the computers think like us. We will explore the basics of AI while building and training bots to compete with other bots in competitions.

M W Th F 9:00 AM-4:00 PM Aug 04-Aug 08
D549026 \$340/4 sess

Instructor: Byte Camp

Chess Camp

Chess connects kids to real-world concepts, sparking their desire to learn. By engaging in this world of tactics and strategies, kids develop life skills like goal-setting. Chess folder kit included for new students. Drop in \$19; space permitting.

Novice • 5-13 yrs

M Tu W Th F 4:30 PM-5:40 PM Jul 07-Jul 11
D552989 \$75/5 sess

Intermediate 8-13 yrs

For those proficient with tactics and advanced strategies.

M Tu W Th F 5:50 PM-7:00 PM Jul 07-Jul 11
D552993 \$75/5 sess

Instructor: Josefino (Joe) Soliven

Storytelling and Writing Camp

6-9 yrs

In this one week camp, children will be inspired to become storytellers and writers! Through a variety of fun reading and visual art activities, children will gather ideas for their own creative stories. To build confidence in reading and speaking, children will also have opportunities to share and present their stories.

M Tu W Th F 9:30 AM-11:30 AM \$230/5 sess
D552612 Aug 18-Aug 22

Instructor: Ready To Set Goals

Journey into Creative Writing Camp

9-12 yrs

This one week writing camp will introduce students to the elements of the plot line and the art of storytelling. 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.

M Tu W Th F 11:45 AM-1:45 PM \$230/5 sess
D552614 Aug 18-Aug 22

Instructor: Ready To Set Goals

Ready to Write Camp 11-14 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 2:00 PM-3:30 PM \$190/5 sess
►552615 Aug 18-Aug 22

Instructor: Ready To Set Goals

LEGO Bricks, Birds & Barbarians Camp 5-10 yrs

Embark on an epic adventure with Bricks, Birds & Barbarians through LEGO® bricks! Using Reach Education building instructions, campers will craft mighty fortresses, build fierce birds, and create heroic barbarians with classic LEGO bricks and electric motors. Each session, campers will complete 1 to 3 exciting projects. On the final day, every camper will take home their very own mini-figure.

M Tu W Th F 9:30 AM-12:30 PM Jul 07-Jul 11
►549081 \$220/5 sess
M Tu W Th F 1:00 PM-4:00 PM Jul 07-Jul 11
►549086 \$220/5 sess

Instructor: Reach Education Inc.

LEGO Mining & Crafting Camp 5-10 yrs

Dive into the world of Minecraft through LEGO® bricks! Using Reach Education building instructions, campers will craft structures and mobs using LEGO Technic, batteries, and electric motors. Each session, campers will complete 1 to 3 exciting projects. On the final day, every camper will take home their very own mini-figure.

M Tu W Th F 9:30 AM-12:30 PM Jul 14-Jul 18
►549093 \$220/5 sess
M Tu W Th F 1:00 PM-4:00 PM Jul 14-Jul 18
►549090 \$220/5 sess

Instructor: Reach Education Inc.

CSI Lab Camp 7-12 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 Aug 11-Aug 15
►548555 \$375/5 sess

Instructor: STEAM 4 Kids

Red Hot Robots Camp 7-12 yrs

Join us for a week of fun with amazing robots! Learn about the uses of robots in our world and spend time experimenting with super cool red-hot robots. Discover the science of circuits and how robots use sensors to explore things around them. Use your skills to build your very own working robot to take home with you! No class Jul 1.

M W Th F 9:00 AM-3:00 PM Jun 30-Jul 04
►548552 \$324/4 sess

Instructor: STEAM 4 Kids

Science Adventures Camp 6-11 yrs

Come prepared to do some decoding and learn how to communicate using special codes. Children will gain an increased appreciation for the earth and discover what role science can play in preserving our planet. Learn about the Science of Sport and what football players, ballet dancers, and scientists have in common. Explore space and embark on a space mission, while learning how astronauts live in Space.

M Tu W Th F 9:00 AM-3:00 PM Jul 14-Jul 18
►548553 \$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 28-Aug 01
►548554 \$375/5 sess

Instructor: STEAM 4 Kids

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 25-Aug 29
►548556 \$375/5 sess

Instructor: STEAM 4 Kids

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. All equipment is provided. Returning students will be given further assignments.

M Tu W Th F 10:00 AM-12:00 PM Jul 28-Aug 01
►548499 \$175/5 sess

Instructor: Tomorrow's Playground

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 28-Aug 01
►548500 \$175/5 sess

Instructor: Tomorrow's Playground

Animation & Game Development in Scratch Camp 8-12 yrs

Project-Based program for young learners, provides an exposure to the Scratch programming language, creating different levels and themes with interactive media. Students will learn and create projects, games and animation using block-based visual programming language. As children create with Scratch, they learn to think creatively, work collaboratively and reason systematically.

M Tu W Th F 9:00 AM-12:00 PM Aug 11-Aug 15
►548493 \$320/5 sess

Instructor: Wize Computing Academy

Birthday Parties at Kerrisdale CC

See page 3 for more info.



Summer Specialty Camps

Summer Specialty Camps

EDUCATION

Coding & Modding in Minecraft Camp

8-12 yrs

Students get to go beyond just playing Minecraft, they get to program it! They imagine, create and share amazing mods in Minecraft by learning programming concepts and applying them to realize their ideas. We are excited see what amazing ideas and "mods" students come up with! Students are challenged to think logically and apply their critical reasoning skills to create mods by learning to write and deploy code in the Minecraft environment. No prior coding experience needed.

M Tu W Th F 1:00 PM-4:00 PM
\$548494

Aug 11-Aug 15
\$320/5 sess

Instructor: Wize Computing Academy

Coding and Robotics Camp: 3D, Minecraft & Drones

8-12 yrs

Explore the excitement of coding and crafting in the world of 3D printing! Design, code, and bring your creations to life in the Minecraft Education Edition. Take flight with drone piloting sessions and see the world from a whole new perspective! Students must bring a Tablet or an iPad with Bluetooth

M Tu W Th F 9:00 AM-3:00 PM
\$548495

Aug 18-Aug 22
\$550/5 sess

Instructor: Wize Computing Academy

POTTERY

Pottery Camp

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.

6-12 yrs

M Tu W Th F 10:00 AM-2:00 PM
\$549874

Jul 07-Jul 11
\$175/5 sess

M Tu W Th F 10:00 AM-2:00 PM
\$549890

Aug 11-Aug 15
\$175/5 sess

9-14 yrs

M Tu W Th F 2:30 PM-5:00 PM
\$549891

Jul 07-Jul 11
\$165/5 sess

Instructor: Janine Schroedter

SPORTS

Basketball All Stars Coed Camp

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
\$549147

Jul 14-Jul 18
\$225/5 sess

M Tu W Th F 1:15 PM-4:45 PM
\$549152

Jul 28-Aug 01
\$225/5 sess

Instructor: Dino Geremia

Basketball Elite Coed Camp

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
\$549148

Jul 14-Jul 18
\$225/5 sess

M Tu W Th F 1:15 PM-4:45 PM
\$549153

Jul 28-Aug 01
\$225/5 sess

Instructor: Dino Geremia

Crazy Sports Camp

7-12 yrs

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
\$549151

Aug 05-Aug 08
\$180/4 sess

M Tu W Th F 1:15 PM-4:45 PM
\$549154

Aug 25-Aug 29
\$225/5 sess

Instructor: Dino Geremia

Volleyball All Stars Coed Camp

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
\$549149

Jul 21-Jul 25
\$225/5 sess

M Tu W Th F 1:15 PM-4:45 PM
\$549145

Aug 18-Aug 22
\$225/5 sess

Instructor: Dino Geremia

Volleyball Elite Coed Camp

11-14 yrs

In this camp, all of the skills necessary for success on the volleyball court will be developed. High intensity drills will challenge youth to improve their play. Treats, incentives, and fun will motivate the participants to work hard. 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
\$549150

Jul 21-Jul 25
\$225/5 sess

M Tu W Th F 1:15 PM-4:45 PM
\$549146

Aug 18-Aug 22
\$225/5 sess

Instructor: Dino Geremia

Multisport Camp

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

3.5-5 yrs

M Tu W Th F 10:45 AM-12:00 PM
\$549057

Jul 07-Jul 11
\$100/5 sess

M Tu W Th F 10:45 AM-12:00 PM
\$549629

Aug 11-Aug 15
\$100/5 sess

5-8 yrs

M Tu W Th F 1:00 PM-4:00 PM
\$549641

Jul 07-Jul 11
\$240/5 sess

M Tu W Th F 1:00 PM-4:00 PM
\$549630

Aug 11-Aug 15
\$240/5 sess

Instructor: Sportball Vancouver

Did You Know?

Our online guide is completely clickable! Visit kerrisdalecc.com, click "View Current Guide" on the top right, and click any program name, date or time to register.





ART

Art Jam

4-5 yrs

Create concept drawings, learn about colour palettes and develop freehand drawing skills in this specialized class. This program is instructed by a former Disney animator from Happy Kids Studios. Drop ins \$25; space permitting.

Sa 9:30 AM-10:30 AM Apr 05-May 10
 ▶549137 \$120/6 sess
 Sa 9:30 AM-10:30 AM May 24-Jun 28
 ▶549138 \$120/6 sess

Instructor: Happy Kids Studios

Preschool Drawing

3.5-5 yrs

Spring into creativity with Young Rembrandts! This season, we're bringing a burst of fun and colour to your child's weekly schedule! Watch their imaginations bloom as they draw an adorable flowerpot that screams 'spring vibes!' Our cuddly Teddy Bear is the perfect intro to figure drawing; get ready for some serious cuteness overload! If you have a nature lover at home, they'll be buzzing with excitement over our super cool insect drawing. Finally, our charming bird bath scene will have them mastering composition like a pro. No class May 19.

M 3:15 PM-4:05 PM Apr 28-Jun 16
 ▶549175 \$154/7 sess

Instructor: Young Rembrandts

Learn more about our instructors on the new and growing Instructor Bio page: <https://kerrisdalecc.com/about-us/our-instructors/>



DANCE

Jazz / Ballet

4-6 yrs

In this class children will learn a variety of ballet exercises as well as the basic fundamentals of jazz dance while developing their own creative expression. They will jump and turn with delight in this fun and high energy class. Children must be able to participate without a parent in the room. 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. No class Apr 20.

Su 11:10 AM-11:55 AM Apr 13-Jun 22
 ▶549231 \$150/10 sess
 W 4:15 PM-5:00 PM Apr 16-Jun 18
 ▶549236 \$150/10 sess

Instructor: Endorphin Rush Dance

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. Drop-in \$19; space permitting.

3-5 yrs
 Tu 10:00 AM-10:45 AM Apr 15-Jun 17
 ▶549238 \$150/10 sess
 No Sunday Apr 20

Su 9:30 AM-10:15 AM Apr 13-Jun 22
 ▶549229 \$150/10 sess
 Su 1:55 PM-2:40 PM Apr 13-Jun 22
 ▶549234 \$150/10 sess

4-6 yrs
 Su 10:20 AM-11:05 AM Apr 13-Jun 22
 ▶549230 \$150/10 sess

Instructor: Endorphin Rush Dance

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. Drop-in \$19; space permitting.

3-5 yrs
 Tu 10:45 AM-11:30 AM Apr 15-Jun 17
 ▶549239 \$150/10 sess

4-6 yrs
 No Sunday Apr 20.

Su 12:15 PM-1:00 PM Apr 13-Jun 22
 ▶549232 \$150/10 sess
 W 3:30 PM-4:15 PM Apr 16-Jun 18
 ▶549235 \$150/10 sess

Instructor: Endorphin Rush Dance

**Family Open Gym
 April 7–June 29**

For families with children 5 to 12 years of age. Children 8 years and younger must be accompanied by a guardian age 13 years and older.

**Tue: 11:50 AM-12:20 PM
 Sat: 12:40 PM-1:30 PM**

See page 13 for full details.



Preschool

DANCE

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. Parent / guardian participation required. www.KirbySnellDance.com. Drop-in \$19; space permitting.

Tu 9:15 AM-10:00 AM Apr 15-Jun 17
\$549237 \$150/10 sess

Instructor: Endorphan Rush Dance

Zumbini® 0-5 yrs

Sing, dance and play as you bond with your child! Created by Zumba® and BabyFirst for kids ages 0-5, the Zumbini® program combines music, dance and playing instruments for 45 minutes of can't-stop, won't-stop bonding, learning and fun! Zumbini® is the 1st early childhood education program to create a true "360°" experience, with live classes and the "Zumbini Time" interactive TV show on BabyFirst TV. In this session we will be doing 'No Way! Jose'. 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 No class Apr 21 & May 19.

M 9:30 AM-10:15 AM Apr 14-Jun 16
\$549328 \$160/8 sess

M 10:30 AM-11:15 AM Apr 14-Jun 16
\$549329 \$160/8 sess

Instructor: Maayan Amitov

EDUCATION

ABCs and 123s 3-5 yrs

In this class, your child will have fun learning the alphabet and identifying numbers. Using play-based and storytelling activities, we will practice letter recognition and counting while building on your child's speaking and listening skills. Focus will also be placed on fostering the growth mindset as well as following instructions, taking turns, and sharing ideas in a cooperative and respectful way. No class Apr 20, May 18.

Su 9:30 AM-10:15 AM Apr 06-Jun 08
\$549282 \$168/8 sess

Instructor: Ready To Set Goals

EDUCATION

Fun with ABCs (Phonics) Level 1 3-5 yrs

In this class, 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, and most important, to foster the growth mindset and the love for learning.

Th 9:45 AM-10:45 AM Apr 10-Jun 05
\$549284 \$234/9 sess

Instructor: Ready To Set Goals

Fun with ABC's (Phonics) Level 2 3-5 yrs

Your child will continue to practice their listening and speaking skills to recognize and sound additional letters, discriminate sounds, and practice their printing. Emphasis will be placed on building a strong phonics foundation which will strengthen their reading skills down the road.

Th 11:00 AM-12:00 PM Apr 10-Jun 05
\$549285 \$234/9 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, such as Dinosaurs, Human Body, Seeking Our Senses, Ecosystem Explorations, Water Works, etc.

Sa 9:30 AM-10:15 AM Apr 05-Jun 21
No class Apr 19, May 17.

\$548550 \$200/10 sess

Tu 10:00 AM-10:45 AM Apr 08-Jun 10
\$548549 \$200/10 sess

Instructor: STEAM 4 Kids

Summer Safaris Day Camp

Please see page 6 for full details.



MUSIC

Group Piano for Preschoolers 3-5 yrs

A fun musical adventure through our Group Piano for Preschoolers. Our lessons include piano playing, music games, listening, singing, reading music notations and playing rhythmic activities. All equipment will be sanitized before and after use. Parents participation is optional.

Sa 10:20 AM-11:05 AM Apr 05-Jun 21
No class April 19, May 17.

\$548481 \$245/10 sess

Sa 11:10 AM-11:55 AM Apr 05-Jun 21
No class April 19, May 17.

\$548482 \$245/10 sess

Su 10:20 AM-11:05 AM Apr 06-Jun 22
April 20, May 18.

\$548483 \$245/10 sess

Instructor: Gloria Yu

Group Ukulele Circle for Preschoolers 3-5 yrs

Learn ukulele basics in this fun and stress-free program. Singing songs, playing music games and learning to read the music notes and chords. Ukulele are provided for the students who did not have their own ukuleles. Parents participation is optional. No class April 20, May 18.

Su 9:30 AM-10:15 AM Apr 06-Jun 22
\$548484 \$245/10 sess

Instructor: Gloria Yu

Music Together with Jessica 0-5 yrs

Experience the joys of music-making and the powerful benefits of having music in your child's life. Our 9 award-winning music collections and research-based curriculum supports parents at home and keeps the music making alive all week. 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 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. \$60 Music Together Licensing fee is non-refundable after first class. www.WestSideMusicTogether.ca

W 9:30 AM-10:15 AM Apr 09-Jun 11
\$548486 \$220/10 sess

W 10:30 AM-11:15 AM Apr 09-Jun 11
\$548487 \$220/10 sess

Instructor: Katherine Deane

MUSIC

Smart Start

0-3 yrs

Smart Start is a program that uses music, along with other art forms, to teach cognitive skills to young children. It builds on the RCM's decades of music pedagogy in early childhood. We recognize that children learn in various ways, so it is crucial to tailor our instruction to suit each child's learning needs. By integrating drama, dance and visual art, we create a comprehensive learning experience that engages children physically, visually and socially. Parent participation is required. No class April 19, May 17.

Sa 9:30 AM-10:15 AM Apr 05-Jun 21
 ▶548485 \$245/10 sess

Instructor: Gloria Yu

POTTERY

Pottery • Parent & Child 2-6 yrs

Spend some bonding time with your little one making pottery. You will make different projects in each class such as a print of your little one's hand. Children must be accompanied by one adult and only siblings who are registered may attend. No registration after the 3rd class. No class Apr 20, May 18.

Su 9:30 AM-10:30 AM Apr 06-Jun 29
 ▶549739 \$138.65/11 sess
 Su 10:45 AM-11:45 AM Apr 06-Jun 29
 ▶549740 \$138.65/11 sess

Instructor: Renee Chan

SOCIAL

Parent & Tot Gym Drop-in

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 Apr 21.

MW 10:30 AM-12:00 PM Apr 07-Jun 25
 ▶548470 \$3.50 sess

Instructor: Marcia Yu / Sami Ko

Birthday Parties at Kerrisdale CC

See page 3 for more info.



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 08-May 13
 ▶548524 \$114/6 sess
 Tu 10:15 AM-11:00 AM May 20-Jun 24
 ▶548525 \$114/6 sess

Instructor: Sportball Vancouver

Sportball Parent & Child 2-3 yrs

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

Tu 11:00 AM-11:45 AM Apr 08-May 13
 ▶548526 \$114/6 sess
 Tu 11:00 AM-11:45 AM May 20-Jun 24
 ▶548527 \$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 08-May 13
 ▶548528 \$114/6 sess
 Tu 3:45 PM-4:45 PM May 20-Jun 24
 ▶548529 \$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: \$7.50. No class Apr 20, May 11, May 18.

Su 9:45 AM-10:45 AM Apr 13-Jun 29
 ▶548548 \$54/9 sess

Instructor: Sanjana Bhasin

Open Gym & Family Open Gym

We offer unstructured time in our gymnasium for people to drop-in to join in a casual pick-up game or practice a sport or activity. Open Gym is a shared space, participants are expected to self-organize and welcome others to play or join their sport of choice where possible. Participants must have a current Kerrisdale Community Centre Society membership.

What is allowed during Open Gym?

- Ball sports—volleyball, football, basketball, soccer.
- Net sports without the use of a net
- Casual play, pick-up games, practicing skills

What is not allowed during Open Gym?

- Baseball, lacrosse balls, hockey sticks, use of nets
- Sports that require use of a helmet
- Equipment set-up
- Pre-organized group activity or coaching (team of individual coaching, birthday parties, etc.)

April 7-June 29

Open Gym is for anyone 13 years of age and older

Mon-Fri: 2:40 PM-3:15 PM
 Tue & Wed: 6:45 PM-7:45 PM

Family Open Gym is for families with children 5 to 12 years of age. Children 8 years and younger must be accompanied by a guardian age 13 years and older.

Tue: 11:50 AM-12:20 PM
 Sat: 12:40 PM-1:30 PM





ART

Cook & Bake with Lily 8-12 yrs

Join us for a fun cooking adventure! Learn essential skills like knife safety, measuring, and food hygiene while making delicious treats like egg roll wraps, mac and cheese, and mini cheesecakes. Visit soapifystudio.com for details. Bring a container for extras and email info@soapifystudio.com at least 2 weeks in advance for allergies or dietary restrictions.

W 4:00 PM-6:00 PM **Apr 16-Jun 4**
D557280 \$280/8 sess

Instructor: Lily Sum

Colour Your Ideas 7-11 yrs

A series of creative art lessons that focus on developing students' understanding of fundamental colour theory, drawing and collage techniques, and the elements and principles of art that will spark artistic ideas, curiosity, 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 **Apr 03-May 22**
D549217 \$200/8 sess
Th 4:45 PM-5:45 PM **Apr 03-May 22**
D549218 \$200/8 sess

Instructor: Selinna Hsiao

Cartoon Drawing 6-8 yrs

Learn to tell stories through drawings and by working on character development, thumbnails, layout pages, panelling and more. Instructed by a former Disney animator from Happy Kids Studios. Drop ins \$25; space permitting.

Sa 10:40 AM-11:40 AM **Apr 05-May 10**
D549141 \$120/6 sess
Sa 10:40 AM-11:40 AM **May 24-Jun 28**
D549142 \$120/6 sess

Instructor: Happy Kids Studios

Character Design 9-12 yrs

Focus on creating appealing characters in animation, comics, games and more. Instructed by a former Disney animator from Happy Kids Studios. Drop ins \$25; space permitting.

Sa 11:50 AM-12:50 PM **Apr 05-May 10**
D549144 \$120/6 sess
Sa 11:50 AM-12:50 PM **May 24-Jun 28**
D549143 \$120/6 sess

Instructor: Happy Kids Studios

Origami Arts & Crafts 5-14 yrs

Join our weekly Origami & Arts and Crafts program! Whether you're a beginner or a pro, enjoy fun projects like lilies and kusudamas. Spark creativity, celebrate art, and create something beautiful!

Su 11:00 AM-11:30 AM **Apr 6-Jun 8**
D554101 \$50/10 sess

Instructor: Youth Leader (GG)

FUNDamental Drawing 6-12 yrs

If your little artist is captivated by the magic of the movies, they'll love drawing our movie theater scene. Drawing Aladdin's Lamp will be a wish come true! We're also riding the waves with our Surfer & Wave illustration! Our baby dragons lesson will fire up their imagination and teach them colour and composition. And to top it all off, we'll draw a stunning portrait of Frida Kahlo to spark their creativity! No class May 19.

M 4:15 PM-5:15 PM **Apr 28-Jun 16**
D549176 \$154/7 sess

Instructor: Young Rembrandts

DANCE

Active Dance Sing Musical Theatre 5-14 yrs

Learn musical theatre performance, including singing, acting, and dancing, with choreographed routines set to famous musicals. Build confidence in public speaking, learn teamwork, have fun, and take on new challenges. No experience needed. Showcase announced throughout the course. Dress in comfortable sports clothing and non-marking shoes. Bring water and nut-free snacks. Curriculums vary each session; repeat students welcomed! No class May 19.

M 4:30 PM-6:00 PM **Mar 31-Jun 16**
D549318 \$280.50/11 sess

Instructor: Praise TEAM

Awesome Jazz Funk Pop Star Dance Family 4-18 yrs

As a family, bring your Milkshake to our yard for some guaranteed Thriller fun! Join our Rhythm Nation while learning Jazz and Hip Hop fundamentals in one class! No previous experience required. Find us on FB/IG @ PraiseTEAMstudio. Parent/guardian/family member 19yrs+ is required to be a participant in this program along with a child. Only the child needs to register; adult participant fee is included. Additional siblings can obtain half price refund. Drop-in \$32/pair; space permitting. \$16 for additional siblings.

M 7:00 PM-8:00 PM **Mar 31-Jun 23**
No class May 19.
D549323 \$187/11 sess

F 7:15 PM-8:15 PM **Apr 04-Jun 27**
No class Apr 18.
D549315 \$187/11 sess

Instructor: Praise TEAM

DANCE

Awesome KPOP / Asian Pop / Hip Hop Open

6-12 yrs

Experience high-energy cardio Korean and Asian Pop Music Dance and Hip Hop fundamentals! No experience required. Dress in comfortable sports clothing and non-marking shoes. Bring water and nut-free snacks. Showcases announced throughout the course. Different curriculums each session; repeat students welcome! Classes typically have more than one teacher for groups over 10-12. FB/IG @PraiseTEAMstudio. Drop-in: \$20, space permitting. No class Apr 18.

F 3:30 PM-4:30 PM Apr 04-Jun 20
\$549305 \$187/11 sess

Instructor: Praise TEAM

Hip Hop Breakers

6-9 yrs

This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats. Please bring a filled water bottle. There will be a presentation on the last day for dancers to showcase what they learned. www.KirbySnellDance.com. No class Apr 20.

Su 1:05 PM-1:50 PM Apr 13-Jun 22
\$549233 \$150/10 sess

Instructor: Endorphin Rush Dance

EDUCATION

Chess

"Through play, knowledge." –J.A. Komensky There's a strong correlation between chess and academic achievement including math, spatial analysis and non-verbal reasoning ability. Chess teaches higher level thinking skills such as visualization, analysis and critical thinking. **Novice/Starter • 6-13 yrs**

For those with limited knowledge of basics. Chess folder kit included. Drop-in \$19; space permitting. No class: May 18, Jun 22.

Su 3:00 PM-4:15 PM Apr 20-Jun 29
\$549634 \$135/9 sess

Intermediate/Advanced • 8-13 yrs

For those proficient with pins, forks, zugzwang, and other tactics and strategies. Chess folder kit included. No class May 18, Jun 22.

Su 4:20 PM-5:35 PM Apr 20-Jun 29
\$549635 \$135/9 sess

Instructor: Josefino (Joe) Soliven

EDUCATION

Let's Boost Reading

6-8 yrs

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. Registration limit is one class per week. For those in Gr. 1 or 2; not for those in Kindergarten. Class is one-on-one.

M Mar 31-Jun 16 \$260/10 sess
No class Apr 21 & May 19

▶548506 3:30 PM-4:00 PM

▶548518 4:05 PM-4:35 PM

Tu Apr 01-Jun 17 \$312/12 sess

▶548507 3:30 PM-4:00 PM

▶548508 4:05 PM-4:35 PM

W Apr 02-Jun 18 \$312/12 sess

▶548509 3:30 PM-4:00 PM

▶548512 4:05 PM-4:35 PM

▶548510 4:40 PM-5:10 PM

Th Apr 03-Jun 19 \$312/12 sess

▶548513 3:30 PM-4:00 PM

▶548519 4:05 PM-4:35 PM

▶548516 4:40 PM-5:10 PM

Sa Apr 05-Jun 21 \$312/12 sess

▶548515 9:30 AM-10:00 AM

▶548514 10:10 AM-10:40 AM

▶548517 10:50 AM-11:20 AM

Instructor: Martha Guss

Spanish: Children Beginners

6-12 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 08-Jun 24
▶548400 \$189/12 sess

Instructor: Eliana Rolando

Science for Kids

6-11 yrs

STEAM4Kids inspires imaginative learning! These hands-on science programs are themed around a particular area of science. Children engage in exciting hands-on activities, watch spectacular demonstrations, and take home things that relate to what they learnt that day. Topics Include Dinosaurs, Human Body, Seeking Our Senses, Ecosystem Explorations, Water Works, etc. No class Apr 19, May 17.

Sa 10:30 AM-11:30 AM Apr 05-Jun 21
▶548551 \$200/10 sess

Instructor: STEAM 4 Kids

Tomorrow's Playground: 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 15-May 06
▶548498 \$100/4 sess

Instructor: Tomorrow's Playground

Coding & Modding in Minecraft

8-12 yrs

Adventures Coding and Modding in Minecraft - Play your favorite game Minecraft and build Mods and bring more action to your creative or survival world of Minecraft. No class May 17.

Sa 2:00 PM-3:30 PM Apr 26-Jun 21
▶548489 \$320/8 sess

Instructor: Wize Computing Academy

Game Design & Development in Roblox

8-12 yrs

Roblox is a game-creation website where users design and upload their own games and play games that other people have created in a multiplayer environment. It provides the perfect way to learn programming, 3D modeling and game design with Roblox Studio. No class May 17. Bring a Windows PC, Macbook or Chromebook, and a 3-button mouse with a scroll wheel is recommended.

Sa 12:15 PM-1:45 PM Apr 26-Jun 21
▶548488 \$320/8 sess

Instructor: Wize Computing Academy

Canada Day Celebration July 1

See page 4 for more details.



Children

MUSIC

Guitar • Private Lessons 5-16 yrs

Express your creativity through music and learn to play acoustic, or electric guitar, with your favourite songs! Basic music theory; chords & techniques; reading tablature; ear training; tuning, & maintenance. Guitars are not provided, but the instructor can help with advice & purchasing. No session Apr 18.

F	\$336/12 sess	Apr 04-Jun 27
D549186	5:00 PM-5:30 PM	
D549194	5:30 PM-6:00 PM	
D549195	6:00 PM-6:30 PM	
D549196	6:30 PM-7:00 PM	
D549197	7:00 PM-7:30 PM	
D549198	7:30 PM-8:00 PM	
Tu	\$336/12 sess	Apr 08-Jun 24
D549178	5:00 PM-5:30 PM	
D549179	5:30 PM-6:00 PM	
D549180	6:00 PM-6:30 PM	
D549181	6:30 PM-7:00 PM	
D549182	7:00 PM-7:30 PM	
D549183	7:30 PM-8:00 PM	

Instructor: Artemis Cheung

Piano Lessons • Private 5-12 yrs

Develop your musical ability in a fun yet challenging atmosphere. Lessons are customized to your level. We'll cover reading and writing music, exploring rhythm and understanding basic theory are fundamental components. No previous experience is required but a piano to practice on is recommended. Additional cost for books.

Tu	\$382/13 sess	Apr 01-Jun 24
D549166	3:30 PM-4:00 PM	
D549168	4:00 PM-4:30 PM	
D549169	4:30 PM-5:00 PM	
D549170	5:00 PM-5:30 PM	
D549171	5:35 PM-6:05 PM	
D549172	6:05 PM-6:35 PM	
D549173	6:35 PM-7:05 PM	
D549174	7:05 PM-7:35 PM	

Instructor: Beth Carroll

Open Gym April 7–June 29

Anyone 13 years of age and older
Mon-Fri: 2:40 PM-3:20 PM
Tue & Wed: 6:45 PM-7:45 PM

See page 13 for full details.



POTTERY

Pottery • Hand-building 6-9 yrs

Experience an overview of hand-building. Have fun being creative, then take your masterpieces home. Lots of cool new projects. Glazes and materials are non-toxic. No registration after the 3rd class. No class Apr 20, May 18.

Su	12:00 PM-1:00 PM	Apr 06-Jun 29
D549736		\$138.65/11 sess

Instructor: Renee Chan

Pottery: Hand & Wheel 7-12 yrs

Learn how to pinch and form clay with both hand and wheel projects. Students will create work within a theme but with their own imaginative twist. Glazes and materials are nontoxic and food safe.

Th	3:30 PM-5:00 PM	Apr 03-Jun 05
D549856		167.25/10 sess

Instructor: Janine Schroedter

Tea for Two Workshop 7-12 yrs

Learn to hand build a cup and decorate it with your choice of patterns and ideas. Both parent and child will make a cup. All materials included.

Th	3:30 PM-5:00 PM	Jun 12
D549862		\$26/1 sess
Th	3:30 PM-5:00 PM	Jun 19
D549872		\$26/1 sess

Instructor: Janine Schroedter

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 leaders.

Tu	3:30 PM-5:00 PM	Apr 08-Jun 03
D548467		Free. Registration required.

Instructor: Youth Leader

SPORTS

Badminton 7-12 yrs

There is no formal instruction, but the instructor will advise on playing and rules. Please bring your own badminton racquet. Note: program is merged with the youth program. Please note: Pre-registration is required, no drop-in available.

Tu	3:30 PM-5:00 PM	Apr 08-Jun 24
D548530		\$43.2/12 sess

Instructor: Susan Kita

Basketball Games, Skills & Drills

This fun and active program emphasizes skill development, games and drills in a safe and welcoming environment. Drop-in space permitting: \$7.50. No Apr 20, May 11, May 18.

7-10 yrs		
Su	8:45 AM-9:45 AM	Apr 13-Jun 29
D548472		\$54/9 sess

10-13 yrs

Su	10:45 AM-11:45 AM	Apr 13-Jun 29
D548473		\$54/9 sess

Instructor: Sanjana Bhasin

Basketball for Boys Skills & Drills 9-13 yrs

This fun and active program emphasizes skill development and drills in a safe and welcoming environment.

Th	5:15 PM-6:30 PM	Apr 10-Jun 26
D548474		\$90/12 sess

Instructor: Pearl Choy

Basketball for Girls Skills & Drills 8-14 yrs

This fun and active program emphasizes skill development and drills in a safe and welcoming environment.

Th	6:30 PM-7:45 PM	Apr 10-Jun 26
D548475		\$90/12 sess

Instructor: Pearl Choy

Kerrisdale CC Website Update

We've improved our website's Find a Program & Register webpage! See page 4 for more info.



DANCE

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

Dance to hip hop music for cardio training! Through breathing, strengthening, and stretching, students will understand their bodies better and develop muscle memory. Gain physical awareness, a stronger core, increased flexibility, and confidence. No experience required. @PraiseTEAMstudio. Drop-in: \$28, space permitting.

M 6:00 PM-7:00 PM **Mar 31-Jun 16**
No class May 19.

▶549320 \$187/11 sess

F 6:00 PM-7:15 PM **Apr 04-Jun 20**

No class Apr 18.

▶549310 \$233.75/11 sess

Instructor: Praise TEAM

Urban and Street Dance Hip Hop Sampler 9-17 yrs

Come sample urban and street styles including breaking, locking, popping, waacking, hip hop and more! No experience needed. Students will showcase dance routine at the end of camp. @ PraiseTEAMstudio. Drop-in \$32; space permitting. No class Apr 18.

F 4:30 PM-6:00 PM **Apr 04-Jun 20**

▶549308 \$280.50/11 sess

Instructor: Praise TEAM

EDUCATION

GirlsCANCompute: Math Club 10-13 yrs

Do you have an interest for math? Want to join the competitive world of math contests? Join us to compete and have fun! Please bring your own writing tools and notebook.

Sa 2:00 PM-3:00 PM **Apr 05-Jun 07**

▶549199 Free. Registration required.

Instructor: Youth Leader

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! Club members learn and build confidence by making short impromptu and prepared speeches, taking meeting roles, and supporting each other.

Tu 6:30 PM-8:30 PM **Apr 01-Jun 17**

▶548532 \$144/12 sess

Instructor: Vancouver Gavel Club

HEALTH & WELLNESS

Yoga for Pre Teens 9-12 yrs

An introduction to Yoga. Your Pre-Teen will learn breathing techniques, meditation, mindfulness and yoga pose sequencing, known as asanas. They will explore visual imagery and relaxation techniques while conveying lessons in self expression, body image, social skills, positive thinking, and environmental awareness. Please bring a mat to class. For more info visit, www.intoyoga.ca Drop-in available for \$19.5, space permitting.

Th 4:00 PM-5:00 PM **Apr 10-May 15**

▶546695 \$92/6 sess

Th 4:00 PM-5:00 PM **May 22-Jun 26**

▶546698 \$92/6 sess

Instructor: Into Yoga

Youth Mental Health & Resilience Workshop 19+ yrs

This interactive workshop equips parents with tools to help their youth navigate anxiety, school stress, self-esteem, and social pressures. Through guided discussions, participants will learn practical coping strategies, stress management techniques, and ways to foster confidence and resilience. The session creates a safe space for open conversations, empowering parents to support their children's mental well-being and help them thrive in everyday life. Steve Sorrenti, owner of Youth Connect Vancouver, has 15+ years of experience mentoring youth and supporting students in Vancouver schools. He helps young people build confidence, set goals, and navigate challenges, believing that strong community connections foster growth and well-being.

Tu 7:00 PM-9:00 PM

▶558411 May 06 Free. Registration required.

Parenting with Ease Free Workshop 19+ yrs

Feeling exhausted as a parent? Want to improve communication and family life? Join Hila Russ-Woodland, B.Ed., for a free presentation and sharing circle on parenting strategies to boost confidence and ease.

Sa 1:30 PM-3:30 PM

▶558086 Apr 05 Free. Registration required.

POTTERY

Independent Study with Rebecca 13-19 yrs

For teens who have experience with clay and are able to work independently. A supervisor is present, but there's no lesson. Students must be prepared with their own ideas, inspiration, knowledge and passion to create. All materials included.

Sa 10:00 AM-1:00 PM **Apr 05-Jun 21**

▶548464 \$314.54/12 sess

Instructor: Rebecca Wong

SPORTS

Badminton 13-18 yrs

There is no formal instruction, but the instructor will advise on playing and rules. Please note participants are expected to bring their own badminton racquet. Note: program is merged with the children's program. Please note: Pre-registration is required, no drop-in available.

Tu 3:30 PM-5:00 PM **Apr 08-Jun 24**

▶548531 \$43.2/12 sess

Instructor: Susan Kita

Basketball Recreational 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: \$7.50. No class Apr 20, May 11, May 18.

Su 11:45 AM-12:45 PM **Apr 13-Jun 29**

▶548471 \$54/9 sess

Instructor: Sanjana Bhasin

Youth Games Room

The Youth Games Room is home to a foosball table, pool table, table tennis, board games, and lounge area.

Children & Youth Priority Times:

3:00–8:00pm, Mon to Fri

9:00–6:00pm, Sat/Sun

12:00–8:00pm

- Pro-D Days
- Stat Holidays
- Spring, Summer, Winter Break



Mixed Ages

ART

Acrylic Painting for Kids & Youth

7-17 yrs

Learn how to use the brushes to achieve a variety of techniques including blending, glazing, lifting, wet on wet and over dry to create different textures and brush strokes on your artwork. We will focus on beautiful landscapes, flowers and figures. Visit: www.atashzad.com (Supplies are not included, supply list available upon registration) Drop in \$31.5, space permitting.

Sa 3:00 PM-5:00 PM Apr 05-Jun 28
\$546785 \$299/12 sess

Instructor: Mohammad Reza Atashzad

Acrylic Painting

18+ yrs

Learn how to use the brushes to achieve a variety of techniques including blending, glazing, lifting, wet on wet and over dry to create different textures and brush strokes on your artwork. We will focus on beautiful landscapes, flowers and figures. Visit: www.atashzad.com (Supplies are not included, supply list available upon registration) Drop-ins available at \$42.50, space permitting.

W 9:30 AM-12:00 PM Apr 02-Jun 25
\$546777 \$399/12 sess

Instructor: Mohammad Reza Atashzad

Draw Like an Architect for Kids and Youth

7-17 yrs

For enthusiastic students who want to learn correct drawing techniques for architectural subjects and explore tone, texture, line, perspective, proportion, shading and lighting. www.atashzad.com (Supplies are not included, supply list available upon registration). Drop in \$31.5, space permitting.

Sa 1:00 PM-3:00 PM Apr 05-Jun 28
\$546782 \$299/12 sess

Instructor: Mohammad Reza Atashzad

Drawing and Painting for Kids & Youth

7-17 yrs

Learn how to draw, shape and form images in perspective while creating compositional structures. We will explore 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. www.atashzad.com. Drop-in \$31.50, if space available.

Sa 10:00 AM-12:00 PM Apr 05-Jun 28
\$546780 \$299/12 sess

Su 1:00 PM-3:00 PM Apr 06-Jun 29
\$546787 \$299/12 sess

Instructor: Mohammad Reza Atashzad

Drawing Still Life in Perspective for Kids & Youth

7-17 yrs

Learn how to draw basic still life shapes, such as cubes, cylinders, cones, spheres, and other objects in perspective. Explore using cone of vision to avoid distortion and learn how to determine vanishing and measure points. In this class, you will expand your knowledge of proportion, composition, tone, value, texture, form, light and shadow. (Supplies are not included, supply list available upon registration). Drop-in \$31.50, space permitting.

Su 3:00 PM-5:30 PM Apr 06-Jun 29
\$546788 \$299/12 sess

Instructor: Mohammad Reza Atashzad

Drawing and Painting

18+ yrs

Learn how to draw, shape and form images in perspective while creating compositional structures. We will explore topics including landscapes, still lives, flowers, figures and more. Supplies are not included. Please bring drawing and colouring material (coloured pencils, watercolours, pastels, acrylics, etc) to the first class. www.atashzad.com Drop-ins \$42.50, space permitting.

W 1:00 PM-3:30 PM Apr 02-Jun 25
\$546778 \$399/12 sess

Instructor: Mohammad Reza Atashzad

Watercolour Painting for Kids & Youth

7-17 yrs

Learn how to draw the correct proportions of portraits with different forms and angles. We will explore tone, texture, line, shading, blending and lighting in the artwork. (Supplies are not included, supply list available upon registration). www.atashzad.com Drop-ins \$31.50, space permitting

Su 10:30 AM-1:00 PM Apr 06-Jun 29
\$546786 \$299/12 sess

Instructor: Mohammad Reza Atashzad

Watercolour for Kids & Youth

7-17 yrs

Explore the world of watercolour painting. This program is for children who want to learn how to use water, paper, colour and brushes to create an endless variety of tones in their paintings. (Supplies are not included, supply list available upon registration) www.atashzad.com. Drop-ins available at \$31.5, space permitting.

W 3:30 PM-5:30 PM Apr 02-Jun 25
\$546779 \$299/12 sess

Instructor: Mohammad Reza Atashzad

DANCE

Hawaiian/Polynesian: Public Workshop

13+ yrs

Celebrating 54 years! We welcome you to Canada's only all-authentic Hawaiian and Tahitian dance one-day public workshop! Hawaiian hula and Tahitian basics and routine will be presented by kumu/master instructor Paul Tavai-Latta. A full, non-stop dance workout including technique, language, live drums and demonstrations. All ages, all levels invited.

Su 12:30 PM-3:00 PM \$15/1 sess
\$546476 Apr 27

\$546477 May 25

Instructor: Paul Latta Dance

Paul Latta Dance Kids Intro to Hawaiian Dance

5-12 yrs

Aloha Fun!, Polynesia is popular with the Keiki's (kids) and Tiffany of Tavai's Polynesia is happy to introduce the songs, and dances, and music of Hawaii! The kids can work towards participating, in full costume in the Holiday in Hawaii Show

W 5:30 PM-6:15 PM Apr 09-May 28
\$546450 \$80/8 sess

Instructor: Paul Latta Dance

Paul Latta Dance Hawaiian/Polynesian: Beginner 2

13+ yrs

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

W 6:30 PM-7:30 PM Apr 09-May 28
\$546457 \$101/8 sess

Instructor: Paul Latta Dance

Paul Latta Dance Hawaiian/Polynesian: Intermediate

13+ yrs

An on-going mixed class of advanced technique, language, performance, stage / show / tour & competition caliber instruction and routines of traditional & authentic dances, language, costumes and culture of Hawai'i and Tahiti and Polynesia. Previous Polynesian dance experience is mandatory.

W 7:30 PM-9:00 PM Apr 09-May 28
\$546462 \$160/8 sess

Instructor: Paul Latta Dance

DANCE

Paul Latta Dance Intro to Hawaiian/Polynesian Dance 13+ yrs

Aloha! Start your dance journey with master kumu hula Paul Tavai-Latta of Tavai's Polynesia Canada (est. 1968). Learn the history of Hawaii through hula, the language of Hawaiian traditional chants through to modern hulas, all to the challenging drum dances of Tahiti. A perfect blend of exercise, fitness, coordination, form and grace, as well as education, language, culture, customs and fun.

W 6:30 PM-7:30 PM Apr 09-May 28
 ▶546460 \$101/8 sess

Instructor: Paul Latta Dance

MARTIAL ARTS

Axé Capoeira Mini 2-6 yrs

We are now excited to offer a Capoeira course to introduce your child to the basic fundamentals of the art form. This starter course will cover basic kicks, movements, and acrobatics, as well as teach you basic music skills and about the history of Capoeira. We will also cover the correct techniques to prepare you physically to transition into the next level of classes. Drop-ins \$22.5, space permitting.

M 5:15 PM-6:00 PM Apr 07-Apr 28
 ▶546339 \$54/3 sess

M 5:15 PM-6:00 PM May 05-May 26
 ▶546391 \$54/3 sess

M 5:15 PM-6:00 PM Jun 02-Jun 23
 ▶546396 \$72/4 sess

Instructor: Julie Ali

Axé Capoeira Family 7+ yrs

These are ongoing classes where anyone can join, no previous experience necessary. This course will introduce you to the basic fundamentals of the art form. This starter course will cover basic kicks, movements, and acrobatics, as well as teach you basic music skills and about the history of Capoeira. We will also cover the correct techniques to prepare you physically to transition into the next level of classes. Drop-ins available, space permitting.

M 6:15 PM-7:15 PM Apr 07-Apr 28
 ▶546340 7-13 yr old \$54 • 14+ yr old \$70 /3 sess

M 6:15 PM-7:15 PM May 05-May 26
 ▶546392 7-13 yr old \$54 • 14+ yr old \$70 /3 sess

M 6:15 PM-7:15 PM Jun 02-Jun 23
 ▶546399 7-13 yr old \$72 • 14+ yr old \$93 /4 sess

Instructor: Julie Ali

MARTIAL ARTS

Axé 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 \$25, space permitting.

M 7:30 PM-8:30 PM Apr 07-Apr 28
 ▶546357 \$60/3 sess

M 7:30 PM-8:30 PM May 05-May 26
 ▶546394 \$60/3 sess

M 7:30 PM-8:30 PM Jun 02-Jun 23
 ▶546403 \$80/4 sess

Instructor: Julie Ali

West River Karate Beginner/Novice 6-12 yrs

The basics and fundamentals of traditional karate emphasizing growth and personal development 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 on Apr 21 & May 5, 12, 19

M 5:30 PM-6:30 PM Apr 07-Jun 30
 ▶547994 \$198/9 sess

F 5:30 PM-6:30 PM Apr 11-Jun 20
 ▶547992 \$198/9 sess

Instructor: Kenny Lim

West River Karate Li'I Ninjas 3-5 yrs

A focus 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 development in a positive, fun and motivating way. Uniforms available for purchase. No Class on Feb 14 & 17.

M 5:00 PM-5:30 PM Apr 07-Jun 30
 ▶547993 \$135/9 sess

Instructor: Kenny Lim

Wushu • Beginners 5-14 yrs

No Wushu experience necessary. Learn the fundamentals of Wushu: basic punches, kicks, and stretches, along with some routine cardio exercises. Please bring closed toed shoes with socks, water bottle, and comfortable pants. No drop-ins.

Th 4:00 PM-4:45 PM Apr 03-Jun 26
 ▶546746 \$149.5/13 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 Apr 21, May 19 Drop-in available for \$19, space permitting.

M 7:00 PM-8:00 PM Apr 07-Jun 30
 ▶546747 \$143/11 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. This style has gained recognition through Hollywood action films. Our classes will focus on developing a positive attitude, discipline, and respect. Wushu helps develop co-ordination, balance, strength, stamina, and flexibility while learning the fundamentals of basic fighting concepts such as punching, kicking, blocking, and weapons training. Prerequisite for this class is Wushu Beginners, testing required. No class on Apr 21, May 19. Drop-ins \$19, space permitting.

M 5:00 PM-6:30 PM Apr 07-Jun 30
 ▶546748 \$148.5/11 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.

Th 5:00 PM-7:00 PM Apr 03-Jun 26
 ▶546749 \$195/13 sess

Instructor: Candice Wong

Wushu Level 4+ Intermediate-Advanced 7-60 yrs

This level focuses more on higher level training, advanced routines, weapon training, sparring techniques, and competition level training. Prerequisite for is Wushu Level 2+, testing required. no class Apr 21, May 19 Drop-ins \$20, space permitting.

M 5:00 PM-7:00 PM Apr 07-Jun 30
 ▶546752 \$165/11 sess

Instructor: Candice Wong

Mixed Ages

MARTIAL ARTS

Boxing with Richard 19+ yrs

Learn 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. Non-contact sparring drills, some hand weights, core & agility drills for a complete workout. Train with a former Golden Gloves Champion, Richard Pelcz. Drop-in \$20.50, space permitting.

F 6:00 PM-7:00 PM **Apr 04-Jun 20**
D546733 \$215/12 sess

Instructor: Richard Pelcz

Ken Shin Dojo • Iaido 18+ yrs

Iaido is the art of drawing and cutting with the samurai katana (sword). Iaidoka develops the mind to a peaceful and active state, ready to react and deal with any life situation. Students begin with a bokken (wooden sword), then a Japanese training sword. Certified by Whole Japan Iaido Kokusai Federation. More info at kenshindojo.ca or email sensei.bahman@kenshindojo.ca.

Sa 10:00 AM-11:30 AM **Apr 05-Jun 21**
D546768 \$341/12 sess

Instructor: Bahman Ebrahimi

Ken Shin Dojo • Jiu Jitsu 13+ yrs

Exclusively for Ken Shin Dojo Kickboxing or Iaido students. Learn essential techniques such as takedowns, chokeholds, joint-locks and immobilization. Suitable for all fitness levels. No drop-ins. More info at kenshindojo.ca or sensei.bahman@kenshindojo.ca.

Sa 2:00 PM-3:00 PM **Apr 05-Jun 21**
D546771 \$252/12 sess

Instructor: Bahman Ebrahimi

Ken Shin Dojo Kickboxing 13+ yrs

Enhance your cardio-fitness, flexibility, speed, strength and endurance, suitable for all fitness levels. Please wear kickboxing shoes or soft indoor running shoes are optional. Belt testing optional. Certificates in Kickboxing for students that have successfully attained their blackbelt. Free kickboxing pants to new students. Drop-ins \$27, upon instructor's approval and availability. kenshindojo.ca or sensei.bahman@kenshindojo.ca.

W 6:00 PM-7:00 PM **Apr 02-Jun 18**
D546767 \$278/12 sess

Sa 1:00 PM-2:00 PM **Apr 05-Jun 21**
D546770 \$278/12 sess

Instructor: Bahman Ebrahimi

MUSIC

Vocal Training: Beginner 19+ yrs

NEW

Try this vocal and talent development workshop for singers and non-singers. Unlock your singing potential, expand your range, and learn stage presence. Improve performance and communication, with a chance for a music video!

Th 6:30 PM-8:30 PM **May 08**
D557609 \$18/1 sess

Instructor: Jan Cooper

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 \$486/13 sess **Mar 29-Jun 21**

D549221 1:00 PM-1:30 PM

D549222 1:40 PM-2:10 PM

D549223 2:20 PM-2:50 PM

D549224 3:00 PM-3:30 PM

D549225 3:40 PM-4:10 PM

Instructor: Andrea Minden

Piano Lessons Private 8-17 yrs

Develop your own musical ability and appreciation in a fun, yet challenging atmosphere. Lessons are customized to your developmental level. Reading and writing music, exploring rhythm and understanding basic theory are fundamental components of this program. No previous experience is required but a piano to practice on is recommended. Additional cost for books. No class Apr 21, May 19.

M **Apr 07-Jun 16** \$266/9 sess

D548356 3:30 PM-4:00 PM

D548382 4:05 PM-4:35 PM

D548383 4:40 PM-5:10 PM

D548384 5:15 PM-5:45 PM

D548385 5:50 PM-6:20 PM

D548387 6:25 PM-6:55 PM

D548388 7:00 PM-7:30 PM

Instructor: Nancy Chang

Sax, Flute, Clarinet & Recorder Lessons 10+ yrs

Sax, Flute & Clarinet Private Lessons with Dylan Cramer. Study the art of woodwind playing. All ages and levels are welcome. If interested in a 1 lesson trial class for \$60.00, 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. No class Apr 21, May 19.

M **Mar 31-Jun 23** \$665/11 sess

D548533 3:30 PM-4:15 PM

D548534 4:30 PM-5:15 PM

D548535 5:30 PM-6:15 PM

W **Apr 02-Jun 25** \$785/13 sess

D548536 3:30 PM-4:15 PM

D548537 4:30 PM-5:15 PM

D548538 5:30 PM-6:15 PM

D548539 6:30 PM-7:15 PM

Th **Apr 03-Jun 26** \$785/13 sess

D548540 3:30 PM-4:15 PM

D548541 4:30 PM-5:15 PM

D548542 5:30 PM-6:15 PM

D548543 6:30 PM-7:15 PM

Sa **Apr 05-Jun 28** \$785/13 sess

D548545 3:00 PM-3:45 PM

D548546 4:00 PM-4:45 PM

D548547 5:00 PM-5:45 PM

Instructor: Dylan Cramer

Violin & Viola Lessons Private 6+ yrs

All ages and levels welcome. 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. Students can be prepared for Festivals, RCM examinations, recitals and competitions. Participants must bring their own violin to class. Additional cost for books.

Th \$473/13 sess **Apr 03-Jun 26**

D548422 2:20 PM-2:50 PM

D548425 2:55 PM-3:25 PM

D548427 3:30 PM-4:00 PM

D548428 4:05 PM-4:35 PM

D548429 4:40 PM-5:10 PM

D548430 5:15 PM-5:45 PM

D548431 5:50 PM-6:20 PM

D548432 6:25 PM-6:55 PM

D548433 7:00 PM-7:30 PM

D548434 7:35 PM-8:05 PM

D548435 8:10 PM-8:40 PM

D548436 8:45 PM-9:15 PM

Instructor: Pavel Chiriac

Canada Day Celebration July 1

See page 4 for more details.





TENNIS • SPRING INDOOR

Since 2012, **Summer Smash Tennis** has held programs at 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. Visit www.summersmashtennis.ca for more info.

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
- All outdoor lessons take place at Elm Park tennis courts (43rd Ave & Larch St)

Waiver

Students must complete our activity waiver prior to the first class. Participants will not be allowed to play until a completed waiver has been submitted.

Tennis: Mini Fundamentals 4-5 yrs

Prepare your child to excel at tennis and sport. Lessons focus on developing fundamental movement, tracking, and racquet skills. An emphasis is placed on developing an athletic foundation in a group setting.

Th	2:30 PM-3:15 PM	Apr 10-Apr 24
▶557509		\$78.75/3 sess
F	2:30 PM-3:15 PM	Apr 11-Apr 25
▶557510		\$78.75/3 sess

Tennis: Mini Aces 6-7.5 yrs

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.

W	3:30 PM-4:15 PM	Apr 09-Apr 23
▶557763		\$78.75/3 sess
F	3:30 PM-4:15 PM	Apr 11-Apr 25
▶557764		\$78.75/3 sess

Tennis: Junior Aces 7.5-10 yrs

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	4:15 PM-5:15 PM	Apr 09-Apr 23
▶557761		\$105/3 sess
Sa	10:30 AM-11:30 AM	Apr 12-Apr 26
▶557762		\$105/3 sess

Tennis: Youth Aces 11-16 yrs

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.

Th	3:30 PM-5:00 PM	Apr 10-Apr 24
▶557766		\$157.50/3 sess
F	4:15 PM-5:45 PM	Apr 11-Apr 25
▶557767		\$157.50/3 sess
Sa	11:30 AM-12:30 PM	Apr 12-Apr 26
▶557768		\$105/3 sess

Summer Smash Tennis: Tennis + Pickleball Fitness 18+ yrs

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

Tu	12:30 PM-1:30 PM	\$138.60/4 sess
▶557489		Apr 01-Apr 22
▶557490		Apr 29-May 20
▶557491		May 27-Jun 17
Tu	1:30 PM-2:30 PM	\$138.60/4 sess
▶557489		Apr 01-Apr 22
▶558109		Apr 29-May 20
▶558110		May 27-Jun 17
W	11:00 AM-12:00 PM	\$138.60/4 sess
▶557492		Apr 02-Apr 23
▶557493		Apr 30-May 21
▶557494		May 28-Jun 18
Th	5:30 PM-6:30 PM	\$138.60/4 sess
▶557486		Apr 03-Apr 24
▶557487		May 01-May 22
▶557488		May 29-Jun 19

Tennis: Junior Fundamentals 7.5-10 yrs

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. No class May 19.

M	3:45 PM-4:45 PM	Apr 28-Jun 16
▶557441		\$237.28/7 sess
W	3:30 PM-4:30 PM	Apr 30-May 21
▶557442		\$135.59/4 sess
W	3:30 PM-4:30 PM	May 28-Jun 18
▶557444		\$135.59/4 sess
Su	10:30 AM-11:30 AM	May 04-Jun 22
▶549561		\$271.17/8 sess

Tennis: Junior Athletic Performance Training 8-14 yrs

Enhance athletic performance for tennis, badminton, and squash. Classes focus on building athleticism and improving physical performance in junior athletes. An emphasis is placed on developing speed, strength, and stability in an engaged, supportive, and high-intensity group setting.

Th	4:15 PM-5:25 PM	\$154/4 sess
557653		Apr 03-Apr 24
557654		May 01-May 22
557655		May 29-Jun 19

TENNIS • SPRING OUTDOOR

Tennis: Junior Aces 7.5-10 yrs

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	4:15 PM-5:15 PM	\$135.59/4 sess
▶557430		Apr 29-May 20
▶557432		May 27-Jun 17
W	4:30 PM-5:45 PM	\$169.48/4 sess
▶557433		Apr 30-May 21
▶557436		May 28-Jun 18
Sa	10:15 AM-11:30 AM	\$169.48/4 sess
▶549558		May 03-May 24
▶557428		May 31-Jun 21

Mixed Ages

TENNIS • SPRING OUTDOOR

Tennis: Mini Fundamentals 4-5 yrs

Prepare your child to excel at tennis and sport with lessons that focus on developing fundamental movement and proprioception. We have fun developing students' movement, tracking, and racquet skills. An emphasis is placed on learning how to develop coordination and cooperation skills in a group setting.

Su	9:45 AM-10:30 AM	May 04-Jun 22
▶557461		\$203.38/8 sess
M	3:00 PM-3:45 PM	May 26-Jun 16
▶557458		\$101.02/4 sess
W	2:30 PM-3:15 PM	May 28-Jun 18
▶557459		\$101.02/4 sess

Tennis: Mini Aces 6-7.5 yrs

Start or continue learning tennis in a small group setting. Lessons focus on developing fundamental movement, tracking, and racquet skills.

Tu	3:30 PM-4:15 PM	\$101.69/4 sess
▶557451		Apr 29-May 20
▶557452		May 27-Jun 17
F	3:30 PM-4:15 PM	\$101.69/4 sess
▶549565		May 02-May 23
▶557448		May 30-Jun 20
Sa	9:30 AM-10:15 AM	\$101.69/4 sess
▶557449		May 03-May 24
▶557450		May 31-Jun 21

Tennis: Youth Fundamentals 11-16 yrs

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. No class May 19.

M	4:45 PM-5:45 PM	Apr 28-Jun 16
▶549577		\$237.28/7 sess
Th	4:45 PM-6:00 PM	May 01-May 22
▶557351		\$179.48/4 sess
Su	11:30 AM-12:30 PM	May 04-Jun 22
▶557362		\$271.17/8 sess

Tennis: Youth Aces 11-16 yrs

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.

Th	3:30 PM-4:45 PM	\$169.48/4 sess
▶557368		May 01-May 22
▶557369		May 29-Jun 19
F	4:15 PM-5:30 PM	\$169.48/4 sess
▶549575		May 02-May 23
▶557366		May 30-Jun 20

Tennis: Varsity Practice 18-24 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	\$486.57/4 sess
▶549568		May 02-May 23
▶557321		May 30-Jun 20

Tennis: Youth Performance 10-17 yrs

Improve consistency and control beyond fundamentals. Students will further develop ball control (direction, height, distance) and technique following the Summer Smash Progression.

Sa	11:30 AM-1:00 PM	\$215.38/4 sess
▶549579		May 03-May 24
▶557350		May 31-Jun 21
Th	4:45 PM-6:00 PM	\$179.48/4 sess
▶557351		May 01-May 22
▶557353		May 29-Jun 19

Adult Beginner (1.0) 18+ yrs

An introduction to the game in a small group setting with an eventual progression to rally and play within the full court setting.

W	6:00 PM-7:30 PM	Apr 30-May 21
▶549547		\$230.69/4 sess
F	8:00 AM-9:15 AM	\$192.23/4 sess
▶557656		May 02-May 23
▶557307		May 30-Jun 20

Adult Beginner+ (1.5) 18+ yrs

An introduction to the game in a small group setting with an eventual progression to rally and play within the full court setting.

M	6:00 PM-7:30 PM	Apr 28-May 12
▶549551		\$173.02/3 sess
F	9:15 AM-10:30 AM	\$192.23/4 sess
▶557658		May 02-May 23
▶557659		May 30-Jun 20

Adult Beginner ++ (2.0) 18+ yrs

Continue developing fundamentals skills in a small group setting. This course builds on technique and positioning introduced in Adult Beginner. Students should have taken Adult Beginner with Summer Smash or have equivalent experience.

Th	6:00 PM-7:15 PM	\$202.73/4 sess
▶557323		May 01-May 22
557324		May 29-Jun 19

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. Class is taught by a Senior Coach.

Tu	10:45 AM-12:00 PM	\$202.73/4 sess
▶549554		Apr 29-May 20
▶557319		May 27-Jun 17
M W	6:00 PM-7:30 PM	May 26-Jun 18
▶557318		\$486.57/8 sess

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	9:30 AM-10:45 AM	\$202.73/4 sess
▶549553		Apr 29-May 20
▶557313		May 27-Jun 17
Tu	5:30 PM-7:15 PM	\$283.84/4 sess
▶557311		Apr 29-May 20
▶557314		May 27-Jun 17
Sa	1:00 PM-2:15 PM	\$202.73/4 sess
▶557312		May 03-May 24
▶557316		May 31-Jun 21

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. Class is taught by a Senior Coach.

Tu	10:45 AM-12:00 PM	\$202.73/4 sess
▶549554		Apr 29-May 20
▶557319		May 27-Jun 17
M W	6:00 PM-7:30 PM	May 26-Jun 18
▶557318		\$486.57/8 sess

TENNIS • SUMMER OUTDOOR

Tennis: Teen Fundamentals 13-18 yrs

An introduction to the game in a small group setting with an eventual progression to rally and play within the full court setting.

Th	4:45 PM-6:00 PM	\$192.94/4 sess
▶549457		Jul 03-Jul 24
▶549458		Jul 31-Aug 21
M Tu W Th	4:00 PM-5:30 PM	Aug 25-Aug 28
▶557197		\$231.53/4 sess

TENNIS • SUMMER OUTDOOR

Tennis: Varsity Tennis Practice

19-24 yrs

Practice for university players currently playing on Men's or Women's varsity teams in Canada or the US. Registrants should submit a letter of recommendation from their varsity coach in advance of practice.

F 5:15 PM-8:15 PM \$529.20/4 sess
 ▶549459 Jul 04-Jul 25
 ▶549460 Aug 01-Aug 22

Tennis: Mini Aces Camp

6-7.5 yrs

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. No class Jul 1.

Week 1 Jun 30-Jul 04 M W Th F
 ▶549448 9:00 AM-12:00 PM \$296.10/4 sess
 Week 2 Jul 07-Jul 11 M Tu W Th F
 ▶549449 9:00 AM-12:00 PM \$370.13/5 sess
 Week 3 Jul 14-Jul 18 M Tu W Th F
 ▶549450 9:00 AM-12:00 PM \$370.13/5 sess
 Week 4 Jul 21-Jul 25 M Tu W Th F
 ▶549451 9:00 AM-12:00 PM \$370.13/5 sess
 Week 5 Jul 28-Aug 01 M Tu W Th F
 ▶549452 9:00 AM-12:00 PM \$370.13/5 sess
 Week 6 Aug 05-Aug 08 Tu W Th F
 ▶549453 9:00 AM-12:00 PM \$296.10/4 sess
 Week 7 Aug 11-Aug 15 M Tu W Th F
 ▶549454 9:00 AM-12:00 PM \$370.13/5 sess
 Week 8 Aug 18-Aug 22 M Tu W Th F
 ▶549455 9:00 AM-12:00 PM \$370.13/5 sess
 Week 9 Aug 25-Aug 28 M Tu W Th
 ▶549456 9:00 AM-12:00 PM \$296.10/4 sess

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 \$231.53/4 sess
 ▶549433 Jun 30-Jul 09
 ▶557167 Jul 14-Jul 23
 Th 6:00 PM-7:15 PM \$192.94/4 sess
 ▶549434 Jul 03-Jul 24
 ▶549435 Jul 31-Aug 21

Tennis: Junior Fundamentals + Aces Camp

7.5-10 yrs

Develop a strong tennis foundation in a fun and supportive environment. This half day camp is designed for beginners AND players with experience. Students will develop their skills each week through high energy, game-based lessons that follow the Summer Smash Progression. Students will be grouped according to age and skill to ensure appropriate level of challenge. No class Jul 1.

Week 1 Jun 30-Jul 04 M W Th F
 ▶549439 9:00 AM-12:00 PM \$296.10/4 sess
 Week 2 Jul 07-Jul 11 M Tu W Th F
 ▶549440 9:00 AM-12:00 PM \$370.13/5 sess
 Week 3 Jul 14-Jul 18 M Tu W Th F
 ▶549441 9:00 AM-12:00 PM \$370.13/5 sess
 Week 4 Jul 21-Jul 25 M Tu W Th F
 ▶549442 9:00 AM-12:00 PM \$370.13/5 sess
 Week 5 Jul 28-Aug 01 M Tu W Th F
 ▶549443 9:00 AM-12:00 PM \$370.13/5 sess
 Week 6 Aug 05-Aug 08 Tu W Th F
 ▶549444 9:00 AM-12:00 PM \$296.10/4 sess
 Week 7 Aug 11-Aug 15 M Tu W Th F
 ▶549445 9:00 AM-12:00 PM \$370.13/5 sess
 Week 8 Aug 18-Aug 22 M Tu W Th F
 ▶549446 9:00 AM-12:00 PM \$370.13/5 sess
 Week 9 Aug 25-Aug 28 M Tu W Th
 ▶549447 9:00 AM-12:00 PM \$296.10/4 sess

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 08-Jul 22
 ▶549436 \$244.76/3 sess
 Tu 5:00 PM-7:00 PM Jul 29-Aug 19
 ▶549437 \$326.34/4 sess

Tennis: Youth Aces & Performance Camp

10-17 yrs

This half day camp is designed for players who plan to compete or are currently competing for their high school tennis teams. Players must be able to rally consistently in the full court setting. Students will further develop ball control (direction, height, spin, depth) and technique following the Summer Smash Progression. No class Jul 1.

Week 1 Jun 30-Jul 04 M W Th F
 ▶549461 1:00 PM-4:00 PM \$310.91/4 sess
 Week 2 Jul 07-Jul 11 M Tu W Th F
 ▶549462 1:00 PM-4:00 PM \$388.63/5 sess
 Week 3 Jul 14-Jul 18 M Tu W Th F
 ▶549463 1:00 PM-4:00 PM \$388.63/5 sess
 Week 4 Jul 21-Jul 25 M Tu W Th F
 ▶549464 1:00 PM-4:00 PM \$388.63/5 sess
 Week 5 Jul 28-Aug 01 M Tu W Th F
 ▶549465 1:00 PM-4:00 PM \$388.63/5 sess
 Week 6 Aug 05-Aug 08 Tu W Th F
 ▶549466 1:00 PM-4:00 PM \$310.91/4 sess
 Week 7 Aug 11-Aug 15 M Tu W Th F
 ▶549467 1:00 PM-4:00 PM \$388.63/5 sess
 Week 8 Aug 18-Aug 22 M Tu W Th F
 ▶549468 1:00 PM-4:00 PM \$388.63/5 sess
 Week 9 Aug 25-Aug 28 M Tu W Th
 ▶549469 1:00 PM-4:00 PM \$310.91/4 sess

Tennis: Adult Beginner+ (1.5)

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.

M Tu W Th 5:30 PM-7:00 PM Aug 25-Aug 28
 ▶557196 \$231.53/4 sess

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. No class Aug 4.

M W 5:30 PM-7:00 PM Jul 28-Aug 20
 ▶549438 \$451.47/8 sess

Open Gym April 7–June 29

Anyone 13 years of age and older
 Mon-Fri: 2:40 PM-3:20 PM • Tue & Wed: 6:45 PM-7:45 PM

See page 13 for full details.



Adults

DANCE

VanCougar Cabaret Dance

40+ yrs

NEW

Welcome to VanCougar Cabaret Dance Theatre for women 40+ who want to dance, shake, shimmy, feel sexy and beautiful, have a laugh and meet new brave and courageous women! We will start with 30 min. warm-ups then work on choreography for new group dances. We will do a performance night for friends and family to see your progress and sensual Cabaret moves!

Th 6:30 PM-8:00 PM Apr 17-Jun 26
D544051 \$174/11 sess

Instructor: Maggie O'Hara

Classical Chinese Dance 19+ yrs

Join us for a fun and healthy approach to classic Chinese dance. Mongolian, Tibetan, Dai Xin Jiang and other classical Chinese dance. \$11.50 drop-ins if space available.

W 2:30 PM-4:00 PM Apr 30-Jun 25
D544766 \$77/9 sess

Instructor: Jing (Jenny) Chen

Latin Dance All Levels

19-85 yrs

Latin dancing is fun for all ages and experience levels! Starting with easier Merengue and Bachata, we finish each class with elegant Salsa, which may seem harder at first, but made achievable with step by step instructions. Dancing three kinds of Latin Dance makes such a good workout, too! Grab your non-gripping exercise shoes, and join this fun-filled dance class with lively Latin music!! Note; this is not a partner class.

W 1:30 PM-2:30 PM Apr 09-May 14
D549306 \$63.00/6 sess

W 1:30 PM-2:30 PM May 21-Jun 25
D549307 \$63.00/6 sess

Instructor: Takako Toriumi

FITNESS & HEALTH

Callanetics

18+ yrs

One of the original barre workouts, CALLANETICS uses a combination of mat work and ballet inspired leg work, precise positioning and tiny movements that are gentle on the joints and super effective at strengthening and toning. You will leave the class feeling like you've had a great workout! www.callaneticsvancouver.com. Drop-ins \$21.50, space permitting.

W 7:00 PM-8:00 PM Apr 02-Jun 11
D546913 \$196/11 sess

Instructor: Linda Shedden

FITNESS & HEALTH

Exercise Room Combo 19+ yrs

Combined core training and strength training taking place in the exercise room. 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 \$14, if space available.

W 10:00 AM-11:00 AM Apr 02-Jun 25
D546773 \$147/13 sess

F 10:00 AM-11:00 AM Apr 04-Jun 27
D546774 \$147/13 sess

M 10:00 AM-11:00 AM Apr 07-Jun 30
D546775 \$147/13 sess

Instructor: Barry Petkau

Gentle Yoga 18+ yrs

Gentle Yoga for Beginners is designed for those new to yoga or looking to revisit the basics. We will focus on foundational poses, proper alignment, and mindful breathing techniques. Each session will be accessible to everyone, with modifications provided to ensure all participants feel comfortable and supported. Whether you're looking to improve flexibility, reduce stress, or simply try something new, this class is a welcoming space for all. Bring a mat. For more info visit www.intoyoga.ca. Drop-in \$20 if space permits.

Th 10:00 AM-11:00 AM Apr 10-May 15
D546691 \$97/6 sess

Th 10:00 AM-11:00 AM May 22-Jun 26
D546765 \$97/6 sess

Instructor: Into Yoga

Hatha Yoga 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 \$20 if space permits.

M 6:00 PM-7:00 PM Apr 07-May 12
D546683 \$81/5 sess

M 6:00 PM-7:00 PM May 26-Jun 30
D546684 \$97/6 sess

F 10:00 AM-11:00 AM Apr 11-May 16
D546700 \$81/5 sess

F 10:00 AM-11:00 AM May 23-Jun 27
D546701 \$97/6 sess

Instructor: Into Yoga

Restorative Yoga 18+ yrs

A restful practice for slowing down and opening the body through holding yoga poses for a longer duration using yoga props such as blocks, blankets, and bolsters. It is a practice of deep relaxation that emphasizes the meditative aspect of yoga the union of body and mind. All levels welcome. Bring a mat. www.intoyoga.ca Drop-ins \$20 if space permits.

W 11:45 AM-12:45 PM Apr 09-May 14
D546687 \$97/6 sess

W 11:45 AM-12:45 PM May 21-Jun 25
D546759 \$97/6 sess

Instructor: Into Yoga

Morning Yoga for Inner Peace with Bita 19+ yrs

Join our yoga class to encourage mental and physical relaxation, reduce stress and anxiety through asanas that promote flexibility, relieve tension, and alleviate pain. I will guide you through mindful movements to nourish your bodies and inner calm. We encourage you to bring your own mat. Drop-ins \$22, space permitting

Su 10:00 AM-11:00 AM Apr 13-May 18
D547283 \$104/6 sess

Instructor: Bita Haghighifard

Mindfulness Meditation 19-80 yrs

Learn how to use your one breath to meditate. Meditation is a natural capacity you have. It has the power to transform your body, mind and life. Taught by an experienced teacher. Info: lifem.me

Sa 9:30 AM-10:30 AM Apr 26
D546911 \$15/1 sess

Instructor: Sung Yang

Yoga for Fitness 18+ yrs

A fitness-based approach to Yoga incorporating both 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. Come work out, tune in, and have fun! Please bring your own yoga/pilates mat. For more info visit, www.intoyoga.ca Drop-in \$20, space permitting.

W 6:00 PM-7:00 PM Apr 09-May 14
D546688 \$97/6 sess

W 6:00 PM-7:00 PM May 21-Jun 25
D546689 \$97/6 sess

Instructor: Into Yoga

FITNESS & HEALTH

Yoga for Older Adults 55+ yrs

These classes are designed for relatively active individuals over the age of 55. Emphasis in these classes is on balance, strength and flexibility. Classes are slow and gentle allowing everyone to work at their own pace. Please bring your own Yoga/Pilates mat. For more info visit, www.intoyoga.ca Drop-in available for \$25, space permitting.

M 10:30 AM-11:45 AM Apr07-Jun30
\$546682 \$223/11 sess

Instructor: Into Yoga

Yoga to Unwind & Reset 18+ yrs

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. All levels 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 \$20 if space permits

F 6:00 PM-7:00 PM Apr 11-May 16
\$546706 \$81/5 sess

F 6:00 PM-7:00 PM May 23-Jun 27
\$546712 \$97/6 sess

Instructor: Into Yoga

Yoga: Intermediate/Advanced 18+ yrs

We will break down some challenging poses while building strength and flexibility through drills, the use of blocks and moving your body in a flowing rhythm. Please bring a mat. For more info visit www.intoyoga.ca. Drop in available is \$20 if space permits.

M 7:30 PM-8:30 PM Apr 07-May 12
\$546685 \$81/5 sess

M 7:30 PM-8:30 PM May 26-Jun 30
\$546686 \$97/6 sess

Instructor: Into Yoga

LANGUAGE

German Beginner 1 19+ yrs

This fun and engaging program uses practical vocabulary and interactive activities to get you comfortable with everyday German. Learn greetings, essential phrases, and build the confidence to have simple conversations. No previous knowledge of the German language. Textbook included in fee. www.learngermanvancouver.com

Tu 6:00 PM-8:00 PM Apr 01-May 20
\$546719 \$268/8 sess

Instructor: Uta Hartmann

German Beginner 2 19+ yrs

Ready to take your German to the next level This course builds on the foundation you established in our Beginner 1 program. Dive deeper into engaging activities and conversations, expanding your vocabulary and mastering more complex grammar structures. This fun and interactive course will equip you to discuss your hobbies, navigate more nuanced situations, and truly connect with German speakers. Textbook purchase is optional Pre-requisite: German Beginner 1 or equivalent. www.learngermanvancouver.com

W 6:00 PM-8:00 PM Apr 02-May 21
\$546726 \$226/8 sess

Instructor: Uta Hartmann

Introductory Japanese 19-64 yrs

Introductory conversational Japanese. This course is designed for people who are interested in traveling to Japan for pleasure, to develop a base language level for work, or to converse with their Japanese friends. https://japaneselearningvancouver.ca/

Tu 6:15 PM-8:30 PM May06-Jun24
\$546744 \$299/8 sess

Instructor: Yoko Maruyama

Spanish: Adult 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 after the 3rd class.

Tu 5:30 PM-7:00 PM Apr 08-Jun 24
\$548396 \$199.5/12 sess

Instructor: Eliana Rolando

Spanish: Adult Beginners II 16+ yrs

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

Tu 7:00 PM-8:30 PM Apr 08-Jun 24
\$548404 \$199.5/12 sess

Instructor: Eliana Rolando

LANGUAGE

Spanish: Adult Beginners II Part 2 16+ yrs

Join this fun conversation class where you will use your skills from Beginners 2 (prerequisite). Practice the present and mainly the 'Preterite and Imperfect' past tenses. No drop-ins. Please contact instructor if registering past the 3rd class.

Tu 8:30 PM-9:30 PM Apr 08-Jun 24
\$548397 \$199.5/12 sess

Instructor: Eliana Rolando

EDUCATION

Alkimiya Wellness Talks 18+ yrs

Feeling stressed, anxious, or depressed? Struggling with sleep, low mood, or panic attacks? Join Dr. Terri Bugg, ND, for a talk as part of the Natural Healing for Mental Health Series on holistic, natural treatments for mental health. Learn how nutrition, homeopathy, acupuncture, and more can help restore balance and healing.

Wed 6:30 PM-8:00 PM Free, registration req'd
Natural Healing for Depression

\$552256 May 14

Natural Healing for Anxiety
\$552257 Jun 18

Instructor: Dr. Terri Bugg

DOGSmart • Therapy Dog 1: Canine Good Neighbour Preparation 18+ yrs

The Canine Good Neighbour is a CKC test that encourages owners and dogs to have a richer relationship. Some BC hospitals use the test as the criteria for volunteering. This advanced class is designed to prepare handlers and dogs to pass the test.

Wed 7:30 PM-8:30 PM Apr 2 - May 7
\$553428 \$231/5 sess

Instructor: Elizabeth Simpson CPDT-KA

DOGSmart • Therapy Dog Workshop: How to Start Volunteering 18+ yrs

Ever thought that you and your dog might become a Therapy Dog Team? Perhaps brightening the life of seniors or patients? This Workshop is a single 1-hour class for you and your dog, answering questions about the Therapy Dog process.

Wed 7:30 PM-8:30 PM Jun 25
\$553435 \$47/1 sess

Instructor: Elizabeth Simpson CPDT-KA

Adults

POTTERY

Pottery • Beginner Handbuilding

19+ yrs

A great introductory class for beginners. Learn how to create beautiful, functional objects out of clay, following step-by-step instruction.

Tu 6:30 PM-8:45 PM

Apr 01-Jun 17

548454

\$250.20/11 sess

Instructor: Rebecca Wong

Beginner Pottery

18+ yrs

It will be a structured class for small pottery projects learning pinching, coiling, slabbing and basic throwing. After learning all the basic hand building skills, students are allowed to make own small projects. No registration after the 3rd class. No class Apr 20, May 18.

Su 1:15 PM-3:15 PM

Apr 06-Jun 29

549733

\$217.30/11 sess

Instructor: Renee Chan

Beginner Wheel

19+ yrs

Lay the foundation for a good wheel throwing practice. One hundred percent attendance is recommended, as this course is dense and each class builds on the last. Come prepared to learn.

W 6:00 PM-9:00 PM

Apr 02-Jun 18

548458

\$314.54/12 sess

Instructor: Rebecca Wong

Intermediate Wheel Dinner Set Making

19+ yrs

In this 3-hour intermediate class we will work on perfecting your skills to make bowls, plates, mugs, and cups. This class is designed to work on the small details in throwing and take your skills to the next level. By the end of the session you will have a full dinner set!

Th 9:30 AM-12:30 PM

Apr 03-Jun 26

549727

\$336/13 sess

Instructor: Olive Carroll

Studio Time

19+ yrs

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

W 9:30 AM-12:30 PM

Apr 02-Jun 25

549700

\$336/13 sess

Instructor: Olive Carroll

Studio Time

18+ yrs

For students with pottery experience, this class offers a dedicated space to create and learn new techniques. Students are encouraged to create a theme of projects they want to explore on either the wheel or table with guidance from the instructor.

Th 6:00 PM-9:00 PM

Apr 03-Jun 26

549860

\$336/13 sess

Instructor: Janine Schroedter

Studio Time

19+ yrs

An informal class to throw on the wheel or work on your hand building projects. Previous pottery experience required. Supervisor is present. One bag of clay included.

Sa 2:30 PM-5:30 PM

Apr 05-Jun 21

548463

\$314.54/12 sess

Instructor: Rebecca Wong

Studio time

19+ yrs

Come work on your own projects with minimal guidance, in a friendly, calm environment. Please be willing to clean up! Production limits apply. Drop-in with instructor permission. Classes will run on stat holidays.

M 9:30 AM-1:00 PM

Mar 31-Jun 23

549983

\$382.47/13 sess

Instructor: Danielle Gagnier

Ceramic Bird Feeder Workshop

19+ yrs

Learn how to create a bird feeder using a variety of hand-building techniques. All levels.

F 4:30 PM-6:30 PM

Apr 25

549731

\$32/1 sess

Instructor: Olive Carroll

Wall Planter Workshop

19+ yrs

Make a planter that can be hung on a wall. We will use various hand-building techniques to build these. This class is perfect for all levels.

F 4:30 PM-6:30 PM

Apr 11

549730

\$32/1 sess

Instructor: Olive Carroll

SPORTS

Badminton Court Booking

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. Bookings are on first-come, first-served basis over the phone, online or in-person. 48 hour cancellation notice is required. Players must supply their own racquets and birds.

M 6:45 PM-7:45 PM

\$20/1 sess

Court rental dates start Apr 14 to June 23. Search "Badminton Court Booking" when registering online or call the centre for available bookings.

Pickleball Court Booking

12+ yrs

Please note that each booking is a single two-hour session. Each registration is for one court (maximum of four courts). Specific courts are no longer booked. Bookings are on first-come, first-served basis. Forty-eight hours' cancellation notice is required. Players must supply their own racquets and pickleballs.

M,W,F 6:45 AM-8:45 AM

\$20/1 sess

Court rental dates start Apr 9 to June 27. Search "Pickleball Court Booking" when registering online or call the centre for available bookings.

Pickleball Stage 1: Learn to Play

18+ yrs

Come try this fun, easy-to-learn sport that combines elements of badminton, tennis & table tennis. For beginner-intermediate beginners who have never played or barely played. All equipment provided. Drop-ins \$42 with instructor's approval.

F 6:00 PM-7:45 PM

Apr 25-May 23

547013

\$168/5 sess

Sa 4:00 PM-6:00 PM

Apr 12-May 03

546989

\$135/4 sess

Sa 4:00 PM-6:00 PM

May 10-May 31

546996

\$135/4 sess

Sa 4:00 PM-6:00 PM

Jun 07-Jun 28

546999

\$135/4 sess

Instructor: Mona Lee

Recreational Sports

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.

Registered players have up to **10 mins** to arrive after the start. Registered players are encouraged to call in to let us know they will not play to ensure a smoother transition for your fellow players.

UPDATE

SPORTS

Pickleball Stage 2/3: "Not to Lose" Round Robin

18+ yrs

For players ideally who have completed Stage 1 and Stage 2. Join us for a FUN round robin! If you would like to win your games, let's first change our mindset from playing to win to playing NOT TO LOSE. Pickleball is a game of errors. Let your opponents make them! Paddles provided. NOTE: If you suddenly cannot attend the first class, please email monalee@shaw.ca

F 6:00 PM-7:45 PM Apr 11
 ▶547006 \$30/1 sess
 F 6:00 PM-7:45 PM Jun 27
 ▶547031 \$30/1 sess

Instructor: Mona Lee

Pickleball Stage 2: Skills and Drill

19+ yrs

For players ideally who have completed Stage 1. If you would like to win your games, let's first change our mindset from playing to win to playing NOT TO LOSE. Pickleball is a game errors. Let your opponent's make them! We'll explore double strategies tips & plays to cause your opponents to make the errors, not you. Drop-ins available at \$37, space permitting with instructor's approval.

F 6:00 PM-7:45 PM May 30-Jun 20
 ▶547023 \$118/4 sess

Instructor: Mona Lee

Pickleball Stage 3: Be Pickleball Patient

18+ yrs

For players who have ideally completed STAGE 1 & 2. Waiting until the winning shot presents itself is the ultimate game changer! We'll highlight the significance of being patient within a rally; focusing on how to build the point & create openings. Drop-ins available at \$37, space permitting with instructor's approval.

Th 10:15 AM-12:15 PM Apr 10-May 01
 ▶546925 \$118/4 sess

Instructor: Mona Lee

Pickleball Stage 3: Doubles Strategy

18+ yrs

For players who have ideally completed STAGE 1 & STAGE 2. Learn the value of strategic play with the emphasis of placement over power. Drop-ins \$37 with instructor's approval.

Th 10:15 AM-12:15 PM May 08-May 29
 ▶546948 \$118/4 sess

Instructor: Mona Lee

Pickleball Stage 3: Under Pressure

18+ yrs

For players who have ideally completed STAGE 1 & 2. No matter what level of Pickleball you play; to win consistently, you must apply pressure to your opponents. We'll cover how to apply this pressure, forcing them to make an error. Drop-ins available at \$37, space permitting with instructor's approval

Th 10:15 AM-12:15 PM Jun 05-Jun 26
 ▶546958 \$118/4 sess

Instructor: Mona Lee

Recreational Sport Badminton

18+ yrs

Four courts are provided for recreational doubles play with a rotating round robin play format, with one group sitting out each game. No instruction provided. Nylon birds are supplied. If registered player(s) do not show up, drop in players will take the available spot(s). *NEW UPDATE* Registered players have up to 10 minutes to arrive after the start. Registered players are encouraged to call in to let us know they will not play. Drop-in are available for \$6.5 per person depending on availability.

M 8:00 PM-10:00 PM Apr 07-Jun 23
 ▶544712 \$67/12 sess

Recreational Floor Hockey

18+ yrs

Please bring your own stick (plastic or composite). Shin guards and eye protection recommended. If registered player(s) do not show up, drop in players will take the available spot(s). *NEW UPDATE* Registered players have up to 10 minutes to arrive after the start. Registered players are encouraged to call in to let us know they will not play. Drop-in are available for \$6.50 per person depending on availability.

W 8:00 PM-10:00 PM Apr 09-Jun 25
 ▶544714 \$67/12 sess

Recreational Indoor Volleyball

18+ yrs

Recreational volleyball for all levels. No instruction provided. If registered player(s) do not show up, drop in players will take the available spot(s). *NEW UPDATE* Registered players have up to 10 minutes to arrive after the start. Registered players are encouraged to call in to let us know they will not play. Drop-ins \$6.50 depending on availability.

F 8:00 PM-10:00 PM Apr 11-Jun 27
 ▶544716 \$67/12 sess

Recreational 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. UPDATE: Registered players have up to 10 minutes to arrive after the start. Please notify us if you will not attend. Drop-ins \$6.50 depending on availability.

M 12:30 PM-2:30 PM Apr 07-Jun 23
 ▶544691 \$61/11 sess
 Tu 12:30 PM-2:30 PM Apr 08-Jun 24
 ▶544697 \$67/12 sess
 Tu 8:00 PM-10:00 PM Apr 08-Jun 24
 ▶544698 \$67/12 sess
 W 12:30 PM-2:30 PM Apr 09-Jun 25
 ▶544701 \$67/12 sess
 F 12:30 PM-2:30 PM Apr 11-Jun 27
 ▶544703 \$67/12 sess

Recreational Basketball 18+ yrs

All skill levels welcome. Arrive ready to play. Drop-in players may sign up for 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 within 10 mins of start, drop-in players will take the available spot(s). Registered players are encouraged to call in to let us know they will not play to ensure a smoother transition for your fellow players. Drop-ins \$7.50 depending on availability.

Th 8:00 PM-10:00 PM Apr 10-Jun 26
 ▶548476 \$78/12 sess

Recreational Basketball Competitive

18+ yrs

Please bring a reversible jersey, one side white. Please be ready to play by the start of the program. If registered player(s) do not show up, drop in players will take the available spot(s). Registered players have up to 10 minutes to arrive after the start. Please notify us if you will not attend. Drop-ins \$7.50 depending on availability.

Sa 1:45 PM-3:45 PM Apr 12-Jun 28
 ▶548477 \$78/12 sess

Registering for Pickleball

Due to the popularity of Recreational Pickleball and to ensure greater access for all, registration is limited to two sessions per season.



Group Fitness Schedule



Schedule in Effect April 1–June 29, 2025

LEGEND

■ Morning

■ Afternoon/Evening

(G) Gym

(A) Auditorium

(S) Seniors Multi

RATES

Drop-in

Fit Card • 10 Visits

Adult

\$7.00

\$51.50

Youth/Seniors

\$6.00

\$41.00

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cardio Combo (G) Apr 7 to June 23 *No class Apr 21 (Ferial) 9am-10am	Cardio & Strength (G) Apr 8 to June 27 (Bitita) 9am-10am	TBC & Stretch (G) Apr 9 to June 25 (Sarah) 9am-10am	Gentle Fit Low Impact (A) Apr 3 to June 26 (Isobel) 9am-10am	Gentle TBC (G) Apr 11 to June 27 (Sarah) 9am-10am	Zumba (G) Apr 12 to June 28 (Tanya) 9:15am-10:15am
am					Muscle Mania (A) Apr 12 to June 28 (Charlene) 9:15am-10:30am
	Mild/Mod Low Impact(A) Apr 1 to June 24 (Audrey) 10:30-11:30am	Gentle Fit Plus (A) Apr 2 to June 25 (Isobel) 10:30-11:30am	Mild/Mod Low Impact (A) Apr 3 to June 26 (Audrey) 10:30-11:30am	Step Class (A) Apr 4 to June 27 (Indira) 10:30am-11:30am	Gentle Fit Low Impact (Sr Multi) Apr 12 to June 28 (Audrey) 10am-11am
pm					
Step Class (A) Apr 7 to June 23 *No class Apr 21 (Richard) 1:00pm-2:00pm	Step Class (A) Apr 1 to June 24 (Indira) 12:00pm-1:00pm		Zumba Toning (A) Apr 10 to June 26 (Tanya) 12:00pm-1:00pm	Zumba + Circ Mobility (A) Apr 11 to June 27 (Tanya) 12:00pm-1:00pm	
Step Class (A) Apr 7 to June 23 *No class Apr 21 (Richard) 1:00pm-2:00pm		Step Class (A) Apr 2 to June 25 (Richard) 1:00pm-2:00pm		Step Class (A) Apr 4 to June 27 (Richard) 1:00pm-2:00pm	
Zumba (G) Apr 14 to June 23 (Tanya) 5:30-6:30pm	Zumba Toning (G) Apr 8 to June 24 (Tanya) 5:30-6:30pm	Zumba (G) Apr 9 to June 25 (Tanya) 5:30-6:30pm	Cardio & Strength (G) Apr 10 to June 27 (Bitita) 7:15pm-8:15pm	Boxerfit (A) Apr 4 to June 27 (Richard) 7:00pm-8:00pm	

Room Rentals

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

Who can rent rooms?

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

What equipment is available?

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

Can food and alcohol be served?

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

Is there parking?

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

Are there pictures of rooms?

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

New pricing effective Jan. 1, 2025.



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 (10pm 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 3 for information about our Children's Birthday Party Program

Room #	Size (approx)	# of People	Price per hour	Features
013	19'x20'	15	\$40.80	sink
014	19'x18'	15	\$40.80	piano
015	20'x40'	50	\$61.20	mirrors
Auditorium	60'x40'	150	\$81.60	stage
Servery	beside room 109		\$30.60	stove, fridge
109	29'x46'	70	\$71.40	
217	13'x9'	10	\$30.60	piano room
221	38'x24'	50	\$61.20	
222	37'x26'	50	\$61.20	mirrors
226	40'x30'	70	\$71.40	child's washroom
Gym	50'x90'	150	\$51.00	sports only

Seniors Centre

Multipurpose	68'x30'	100	\$81.60/hr	kitchen adjacent
Kitchen	Kitchen is adjacent to multipurpose room		\$765/8hrs	Kitchen with warming oven and adjacent buffet tables
Crafts	27'x30'	50	\$61.20	sink
South	20'x40'	50	\$61.20	piano



Seniors Centre Office Hours

Monday–Friday • 9:00am-6:00pm
 Saturday • 9:00am-4:00pm
 Sunday • Closed
 For centre hours, please see page 2.

How to Register

- **In-person & online: Saturday, March 8, at 9 a.m.**
- **Telephone: Monday, March 10, at 9 a.m.**
- Time savers will be given out at 8 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 their necessary information, such as name, address, phone number and birthdate
- Cash, cheques, VISA/MC, AMEX and debit cards accepted. Please see page 2 for phone, fax and online registration information.

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, patrons 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 37 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-Sat.

Lunch Program • 55+yrs

Monday-Saturday • 11:30am-12:45pm

- \$10 Annual Lunch Program Participant card required.
- Participants may be asked for the program card at time of purchase.
- Meal includes Entrée, dessert and beverage.
- Daily soup, sandwiches and desserts available.
- Payment taken at seniors desk. Registration not required — only required for Special Lunch
- Special Lunch registration opens the same time as season registration, and can be registered for online, in-person, or by phone.
- Table reservation for special lunches can be done at the front desk
- Daily menu located at the seniors reception
- Monthly menu in the monthly Monarch for \$0.25 or www.kerrisdalecc.com

Discount Multi-Meal Dine in card: 10 tickets • \$105.00

Dine in 1 ticket • \$11.50

Dine in Special Meal: 1 ticket • \$15.00

Half Sandwich • \$3.25

Full Sandwich • \$5.25

Soup • \$4.25

Dessert • \$2.75

Multi One-Half Sandwich & Soup Card: 10 tickets • \$73.50

Takeout lunch is not available.



SPECIAL LUNCHES

Special Lunches

Each month we celebrate an event with a sit down lunch. Lunch is a full hot entrée and dessert with tea and coffee. Price of lunch includes afternoon entertainment. Participants are seated at 11:45am. Entertainment begins at 1:30pm. Pre-registration required. Check the Monarch for the menu.

Takeout not available.

Th 11:45am-2:30pm \$15/1sess

Live Entertainment 1:30pm-2:30pm

Pre-registration required \$15/1 sess

Easter

▶549708 Apr 17

Mother's Day

▶549710 May 8

Father's Day

▶549709 Jun 12



Kerrisdale CC Website Update

We've improved our website's Find a Program & Register webpage! See page 4 for more info.



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 Aquarium • 55+ yrs

On this trip we will discover Canada's largest aquarium in the heart of Vancouver's Stanley Park! We will learn about the wonders of wildlife around the world, from the enchanting tides of local Canadian waters to the vibrant coral reefs of the tropics and the exotic beauty of the Amazon rainforest. Connect with over 65,000 incredible animals across 120 exhibits. Lunch will be provided.

Tu 9:30AM-3:00PM Apr 29

▶553956 \$95/1 sess

Abbotsford Tulip Festival and Lunch • 55+ yrs

On this trip we will visit Lakeland Flowers, host of the Abbotsford Tulip Festival. The tulip fields span 28 acres and showcase 100 varieties of tulips, including double fringed and parrot varieties! The legacy tulip is named after Peter Warmerdam, Lakeland's first generation farmer. After exploring the tulips, we will have lunch (included) at the Mandarin Garden Buffet Restaurant.

W 9:00AM-4:00PM May 14

▶553961 \$95/1 sess

Sea to Sky Gondola • 55+ yrs

One of B.C.'s iconic tourist attractions, the Sea to Sky Gondola 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 further exploration including hiking, walking, tubing and snowshoeing (winter only), backcountry adventures and much more. The Summit Lodge includes offerings of local fare and a coffee bar with housemade treats. Lunch is NOT included on this trip.

Tu 9:00AM-4:00PM Jun 17

▶553962 \$95/1 sess



Suggest a Program



Do you have an idea for a program you think Kerrisdale patrons would enjoy? Tell us about it, preferably with a detailed course description. Submit your program idea to the Kerrisdale Community Centre recreation programmers online at <https://kerrisdalecc.com/get-involved/program-ideas/>

DANCE

International Ballroom Dancing 55+ yrs

International Bronze and Silver level. The dance routine will include bronze and Silver level figures. We will review the Bronze figures and then progress into the technical details of all the figures covered in the dance routine. Minimum 1 year of dancing experience required. Partner preferred.

Silver Paso Doble

Th 3:00 PM-3:55 PM Apr 10-May 01
 ▶547583 Adults \$80 • Seniors \$60/4 sess

Silver Viennese Waltz

Th 4:00 PM-4:55 PM Apr 10-May 01
 ▶547586 Adults \$80 • Seniors \$60/4 sess

Silver Cha Cha Cha

Th 3:00 PM-3:55 PM May 08-May 29
 ▶547587 Adults \$80 • Seniors \$60/4 sess

Silver Waltz

Th 4:00 PM-4:55 PM May 08-May 29
 ▶547588 Adults \$80 • Seniors \$60/4 sess

Silver Samba

Th 3:00 PM-3:55 PM Jun 05-Jun 26
 ▶547589 Adults \$80 • Seniors \$60/4 sess

Silver Waltz

Th 4:00 PM-4:55 PM Jun 05-Jun 26
 ▶547590 Adults \$80 • Seniors \$60/4 sess

Instructor: Faye Hung

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.

Tu 11:00 AM-12:00 PM Apr 08-Jun 17
 ▶547510 Adult \$113.66 • Seniors \$85.25/11 sess

Th 7:00 PM-8:00 PM Apr 10-Jun 19
 ▶547511 Adult \$113.66 • Seniors \$85.25/11 sess

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 10-Jun 19
 ▶547512 \$85.25/11 sess

Instructor: Al Serfas

Scottish Country Dance 55+ yrs

Full mobility and some dancing experience is required. This friendly group spends a pleasant afternoon dancing and socializing. This is social dancing in sets of four couples with lively Scottish music and patterns that repeat. It's good aerobic exercise and good memory training! Regular attendance is important to learn the patterns and footwork and build confidence. You don't need to bring a partner. It's for fun, fitness and friendship! Led by Cathrine Conings. Drop-in \$5.50 seniors & \$7 adults, if space permits.

Tu 1:30 PM-3:30 PM Apr 1-Jun 17
 ▶547527 Adult \$64 • Senior \$48/12 sess

Instructor: Cathrine Conings

Scottish Country Dance • 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.

Tu 11:15 AM-12:15 PM Apr 01-May 06
 ▶547528 Adults \$16 • Seniors \$12/6 sess

Tu 11:15 AM-12:15 PM May 13-Jun 17
 ▶547529 Adults \$16 • Seniors \$12/6 sess

Instructor: Cathrine Conings

Tap Happy 19+ yrs

A FUN TAP EXPERIENCE mastering basic steps and sequences while improving balance, strength, co-ordination and rhythm. Drop-in \$21.75 adults /\$16.25 seniors, if space permits. Please contact instructor for Private/Semi Private class fee.

W 4:00PM-5:00PM Apr 16-Jun 25
 ▶549322 \$143/11 sess

Instructor: Beryl Israel

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 \$2.50 if space permits.

W 9:00 AM-11:00 AM Apr 09-Jun 25
 ▶547717 \$24.00/12 sess

Th 12:30 PM-2:30 PM Apr 10-Jun 26
 ▶547718 \$24.00/12 sess

F 10:15 AM-12:00 PM Apr 11-Jun 27
 ▶547719 \$24.00/12 sess

Instructor: TBA Instructor

EDUCATION

Adventures in Watercolour

The class is for all levels. You'll learn different techniques—from how to retain whites, understanding positive versus negative shapes—how to render different forms, creating textures and more. We have a different subject each week beginning with a demo and then time for personal attention. Supply list available at seniors desk. Drop-in \$22 adults/\$19 seniors, if space permits.

W 12:00 PM-3:00 PM Apr 16-Jun 18
 ▶547609 Adult \$240 • Seniors \$180/10 sess

Instructor: Julieann McGuinness

Chronic Pain Self-Management 19+ yrs

This UVic Chronic Pain Program is a free six-session workshop that helps people living with chronic pain and their caregivers to better manage symptoms and activities of daily life. Participants receive a Chronic Pain companion book. Participants should attend all six sessions to get the maximum benefit. No class May 19.

M 10:00 AM-12:30PM Apr 28-Jun 9
 ▶547532 Free. Registration Required/6 sess

Hearing Screening 55+ yrs

Think you might have hearing loss? Your ears collect sound, but your brain understands it—keeping it fit. Book a 15-minute hearing test with Dr. Katarina Vavrovicova, registered audiologist. Registration required.

F 9:00 AM-12:00PM (15 mins) Apr 25
 F 9:00 AM-12:00PM (15 mins) May 02

Instructor: Katarina Vavrovicova

More Dance Programs

See pages 18, 19 & 24.



EDUCATION

Learning About Hearing Health & Hearing Loss **55+ yrs**

Hearing health is closely connected to our overall well-being. Learn why understanding how hearing works can help you to preserve it. Hearing loss is not an isolated disease and often is connected to other chronic conditions. This workshop will include: Types and causes of hearing loss, early signs of hearing loss, hearing loss linked to other diseases and conditions (diabetes, vascular disease, depression, balance, dementia, tinnitus etc.), the impact of hearing loss and treatment.

F 10:30 AM-11:30 AM **Apr 04**
547565 1 sess

Instructor: Katarina Vavrovicova

Management of Hearing Loss & Treatments **55+ yrs**

Ear-related problems are more common than many realize but fortunately, there are also more options for treating hearing loss today than ever before. This topic will include: Living with hearing impairment and quality of life, improving social interaction, the latest research in hearing loss treatment, how hearing technology works, and hearing styles.

F 10:30 AM-11:30 AM **Apr 11**
547569 1 sess

Instructor: Katarina Vavrovicova

Smart Device Workshop for Seniors **55+ yrs**

Are you having troubles with your smart devices (Apple or Android), or simply want to learn more of the functionality behind it? Bring in your questions and be partnered with our very own local high school students to guide and explain your smart device. They can also show you simple tips and tricks on your device if you don't have any questions.

Sa 10:45 AM-11:30 AM	Sa 11:45 AM-12:30 PM
Apr 12 547811	Apr 12 547810
Apr 26 547812	Apr 26 547813
May 10 547814	May 10 547815
May 17 547816	May 17 547817
May 24 547818	May 24 547819
Jun 07 547820	Jun 07 547821
Jun 21 549063	Jun 2 549065

Instructor: Youth Volunteers

Scam Prevention Workshop in Mandarin **55+ yrs**

Protect yourself and your loved ones from financial fraud! Join the Vancouver Police Department and KOM Community Policing Centre for an informative Scam Prevention Workshop conducted in Mandarin. Learn to identify and avoid common scams targeting seniors and the general public. Topics include financial crimes, grandchild bail scams, distraction thefts, and cybercrime. This free, interactive session offers practical tips, real-life examples, and a Q&A period. Light refreshments provided. Open to all community members. Don't miss this opportunity to stay safe and informed!

M 2:00 PM-4:00 PM **Apr 28**
556477 **Free. Registration Required**
 (min. 50 participants to run)

Heat and Smoke Information Workshop

Heat Wave and Wildfire Smoke Preparedness Presentation: Learn practical tips to protect your health from heat and wildfire smoke. By the end of the session, you will leave with a preparedness plan, plus tools to help keep family, friends, neighbours, and yourself safer over the summer. Presented by Vancouver Coastal Health.

Th 10:30AM-11:30 AM **May 8**
553954 1 sess

K3 **19+ yrs**

K3 began as retired mining geologists chatting over coffee. It grew into weekly meetings with diverse professionals hosting PETERtalks—semi-technical, intellectual, or everyday topics with open discussions. Join us for coffee, cookies, and engaging conversations!

Tu 11:00 AM-12:00 PM **Apr 01-Jun 24**
547735 13 sess

FITNESS & HEALTH

Cardiac Health **55+ yrs**

Enhance cardiovascular health with tailored programs focusing on light cardio, strength training, and stretching. A PARQ form is required, and a doctor's note may be requested. Bring necessary medications; juice boxes provided for low blood sugar. Led by qualified cardiac health leaders.

F 10:05 AM-10:55 AM **Apr 18-Jun 20**
547742 **\$29.00/10 sess**

Instructor: Sarah Groberman

ActivAge **55+ yrs**

ActivAge is a 3-month group led physical activity program for older adults who are not regularly active, to introduce participants to the benefits of physical activity and reinforce their commitment to incorporate it into their daily lives. ActivAge is led by BCRPA registered Fitness Leaders with the Older Adult specialty.

F 5:30PM-6:30PM **Apr 11-Jun 27**
549286 12 sess

Instructor: Keiko Murakami

ActivAge (Choose to Move Add-on) **55+ yrs**

ActivAge is a 3-month group led physical activity program for older adults who are not regularly active, to introduce participants to the benefits of physical activity and reinforce their commitment to incorporate it into their daily lives. ActivAge is led by BCRPA registered Fitness Leaders with the Older Adult specialty.

Tu 4:30 PM-5:30 PM **Apr 22-Jun 24**
549291 10 sess

Instructor: Keiko Murakami

Kerrisdale CC Website Update

We've improved our website's Find a Program & Register webpage! See page 4 for more info.



Adapted Fitness

55+ yrs

A gentle exercise class for older adults with mobility or strength limitations, including those using walking aids. Focus on strength, posture, flexibility, and balance with chair-based or standing exercises. Drop-in: Adults \$12.50/Seniors \$9.50, space permitting.

Tu 1:30 PM-2:30 PM Apr 08-May 13
 \$549352 \$64.00/6 sess
 Tu 1:30 PM-2:30 PM May 20-Jun 24
 \$549353 \$64.00/6 sess

Instructor: Isobel Willard

Belly Dance for Seniors

55+ yrs

Enjoy learning and having fun with Rahma Haddad, an internationally acclaimed instructor, who will lead you step by step through dancing to sensual melodies and dynamic rhythms of the Middle East in this 1¼ hour class. This course is similar to her regular classes but, as a senior herself with over 40 years experience, Rahma is acutely aware of some of the physical challenges faced by many seniors who love to dance! Classes start with a 15 min. stretch warm-up. Wear exercise clothes, bare feet or dance slippers, and scarf or shawl for hips. Drop-in \$12 adults/\$9 seniors, if space permits.

Tu 1:30 PM-2:45 PM Apr 08-Jun 10
 \$547740 \$80.00/10 sess

Instructor: Gail (Rahma) Haddad

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 yogis welcome to attend. Drop-in \$18 adults/\$13 seniors, if space permits.

F 4:15 PM-5:15 PM Apr 11-May 16
 \$549287 Adult \$88 - Senior \$66/6 sess
 F 4:15 PM-5:15 PM May 23-Jun 27
 \$549288 Adult \$88 - Senior \$66/6 sess

Instructor: Keiko Murakami

Chair Yoga

19+ yrs

Yoga adapted to the chair makes more yoga more accessible 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 mind. Some optional standing poses using the chair for balance help to improve strength and balance. Everyone moves within their own level of comfort.

Tu 10:00 AM-11:00 AM Apr 01-May 06
 \$549303 \$66.00/6 sess
 Tu 10:00 AM-11:00 AM May 20-Jun 24
 \$549304 \$66.00/6 sess

Instructor: Sylvia Smallman

Choose to Move Info Session

55+ yrs

This is a mandatory info session for all participants if you wish to join the Choose to Move program. For more information on Full Program, please review the description in Choose to Move.

Tu 3:30 PM-4:30 PM Apr 15
 \$549290 Free. Registration Required/1 sess

Instructor: Keiko Murakami

Choose to Move

55+ yrs

Choose to Move is a FREE 3-month program for seniors who are inactive and wishing to become more active. Choose to Move is not a fitness class or movement class. It is a motivational coaching program. where you will meet with coach and other participants to discuss ways to incorporate more physical activity into your life. Participants MUST attend the Info Session to be eligible for the full program.

Tu 3:30 PM-4:30 PM Apr 22-Jun 24
 \$549289 Must attend info session /10 sess

Instructor: Keiko Murakami

Footcare

55+ yrs

Book a 30-minute session with a registered foot care nurse for assessment and treatment of common issues like calluses, corns, and ingrown nails. Fridays only. No open wounds, please.

\$58.50/1 sess

Instructor: Charles Huang

Gentle Mat, Pilates and Stretch

19+ yrs

This class will focus on foundational pilates mat exercises to increase focus, strength, and muscle tone, as well as gentle stretching and relaxation. This class is best suited to beginner and intermediate level participants with focus on proper alignment and technique. This class will be done on mats using small props. Please note that participants must be able to safely transition down to their mat unassisted by the instructor at the beginning of the class. Drop-in \$16 adults/\$12 seniors, if space permits. no class on april 21

M 2:15 PM-3:00 PM Apr 07-May 12
 \$547729 Adult \$80 - Senior \$60/ 5 sess
 M 2:15 PM-3:00 PM May 26-Jun 30
 \$547731 Adult \$96 - Senior \$72/ 6 sess

Instructor: Nevada Banks

Joint Works

55+ yrs

An exercise program approved by the Arthritis Society. Suitable for those with mild to advanced Arthritis. The class helps to relieve stiffness, improve posture and increase endurance, flexibility and strength. Learn to relax your muscles and loosen up joints. No class on Apr 18.

W 2:30 PM-3:30 PM Apr 09-Jun 25
 \$549354 \$60.00/12 sess
 F 2:30 PM-3:30 PM Apr 11-Jun 27
 \$549355 \$55.00/11 sess

Instructor: Keno Kinoshita

Minds in Motion

55+ yrs

Minds in Motion® is a fitness and social program for people living with any form of early stage dementia along with a family member, friend or other care partner. The program is offered in partnership with the Alzheimer Society of B.C. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Coffee, tea and light refreshments are provided. Care partners must attend. Registration fees include the cost of the person living with dementia and one care partner. Start at any time and pay a pro-rated registration fee. No class on Feb 18

Tu 10:30 AM-12:00 PM Apr 1-May 6
 \$549281 \$42.00/6 sess
 Tu 10:30 AM-12:00 PM May 20-Jun 24
 \$553941 \$42.00/6 sess

Instructor: Alzheimer Society Of BC

Canada Day Celebration July 1

See page 4 for more details.



FITNESS & HEALTH

Move to Music

55+ yrs

Discover the joy of moving to the sounds of classical music and old favourites while stretching and strengthening your whole body. Exercises will focus on posture, balance, agility and coordination. Drop-in \$6.25 adults/\$5.25 seniors, if space permits. No session on April 18.

F 9:15 AM-10:15 AM Apr 11-Jun 20
▶547515 Adults \$56.67 • Seniors \$42.50/10 sess
Tu 9:30 AM-10:30 AM Apr 15-Jun 17
▶547514 Adults \$56.67 • Seniors \$42.50/10 sess

Instructor: Carola Von Hahn

Neurofit

19+ yrs

Charjacks Agility and Strength Program for Seniors is designed for those 55+. It focuses on exercises combining strength, aerobic conditioning, balance, agility and coordination. It can be modified to each person's specific level and needs. Designed for those who want to train at a moderate level to enjoy all the benefits of healthy active aging. This program is meant to achieve maximum mobility, energy and independence as the people grow older. Drop-in \$15.50 adults/\$13.25 seniors, if space permits.

M 10:30 AM-11:10 AM Apr 07-Jun 23
▶549753 \$132.00/12 sess
Th 1:15 PM-2:00 PM Apr 10-Jun 26
▶549754 \$132.00/12 sess

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. No class on Apr 18.

W F 1:20 PM-2:20 PM Apr 09-Jun 27
▶549356 \$115.00/23 sess

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.

Th 9:00 AM-10:00 AM Apr 10-Jun 26
▶547513 \$48.00/12 sess

Instructor: Berdjis Bahrami

Barre Fusion

19+ yrs

Barre Fusion is a low impact strengthening and lengthening class suitable for a variety of fitness levels. Using a hybrid of techniques from Pilates, Yoga, Dance, and Sports Conditioning; this class will focus on isometric movements that align posture, improve balance, develop muscle tone, and connect the mind and body. Please note that although this class is appropriate for most fitness levels, 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 on April 21

M 1:00 PM-2:00 PM Apr 07-May 12
▶547728 Adult \$100 • Seniors \$75/5 sess
M 1:00 PM-2:00 PM May 26-Jun 30
▶547730 Adult \$120 • Seniors \$90/6 sess

Instructor: Nevada Banks

Table Tennis

55+ yrs

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

Th 2:30 PM-5:30 PM Apr 03-Jun 26
▶549711 13 sess

Tuesday Morning Walkers

55+ yrs

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

Tu 9:00 AM-12:00 PM Apr 08-Jun 24
▶549682 Free. Registration Required/12 sess

Instructor: Lee-Anne MacPherson

UBC Changing Aging Program

55+ yrs

This renowned, evidence-based exercise program is delivered by specially trained Kinesiology UBC BodyWorks certified trainers. It focuses on strength, mobility, and cardiovascular health through muscle and bone-strengthening exercises followed by intervals of aerobic exercise. Fitness assessments are offered at the start and end of the program in order to monitor your progress. Please note that an initial assessment is required to join the program, and assessments must be completed once per year to continue to participate. Complete the BodyWorks exercise participation questionnaire at <https://kin.educ.ubc.ca/bodyworks-gaq/> or contact the Bodyworks office at 604.822.0207 or body.works@ubc.ca for more information.

Tu F 8:00 AM-9:00 AM Apr 29-Jun 27
▶549685 \$288.00/18 sess

Tu F 9:00 AM-10:00 AM Apr 29-Jun 27
▶549686 \$288.00/18 sess

Tu F 10:00 AM-11:00 AM Apr 29-Jun 27
▶549687 \$288.00/18 sess

Tu F 11:00 AM-12:00 PM Apr 29-Jun 27
▶549688 \$288.00/18 sess

Instructor: UBC School Of Kinesiology

Qigong

19+ yrs

Qigong is "energy work" that combines movement, breathing, visualization, and other techniques to enhance health. In this course, we'll focus on Taiji Qigong—18 movements to mobilize joints, muscles, and encourage Qi flow for internal organ health. No class on April 21 and May 19.

M 11:30 AM-12:30 PM Apr 07-Jun 23
▶547709 \$160.00/10 sess

Instructor: Kelly Maclean

Tai Chi & Health Qigong

19+ yrs

This is a combined class: 24 Movements Tai Chi and Health Qigong 'Ma Wang Dui' will be taught. You will learn health enhancing movements and breathing methods to strengthen the internal vital organs, and the external muscles and joints on your neck, shoulders, arms, legs, elbows and knees. This class is suitable for people of all ages. No class on Apr 22.

Trial Class
Tu 9:00 AM-10:00 AM Apr 08-Apr 08
▶549676 \$5.00/1 sess

Tu 9:00 AM-10:00 AM Apr 15-Jun 24
▶549679 Adult \$193.33 • Senior \$145/10 sess

Instructor: Lai Chun Cheung

More Martial Arts

See pages 19 & 20.



Seniors

FITNESS & HEALTH

Tai Chi Kung Fu Fan 19+ yrs

Tai Chi Fan (also known as Kung Fu Fan) is one of the most beautiful self-defense forms, and is one of the standard Tai Chi weapons. Practicing the Tai Chi Fan would improve the eye-hand coordination, grip-wrist flexibility, strength, balance and focus. The fan is made of durable bamboo and silk. It is very easy to carry and transport.

Trial Class

F 2:30 PM-3:30 PM Apr 11-Apr 11
D549677 \$5.00/1 sess

F 2:30 PM-3:30 PM May 2-Jun 27
D549680 Adult \$174 • Senior \$130.50/9 sess

Instructor: Lai Chun Cheung

Tai Chi Sword 19+ yrs

A renowned, standardized routine suitable for beginners. Enhance eye-hand coordination while strengthening wrist, arms, legs, shoulders and waist. All Tai Chi Swords used in this class are harmless replicas and are safe to handle.

Trial Class

F 1:25 PM-2:25 PM Apr 11-Apr 11
D549678 \$5.00/1 sess

F 1:25 PM-2:25 PM May 2-Jun 27
D549681 Adult \$174 • Senior \$130.50/9 sess

Instructor: Lai Chun Cheung

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

Tai Chi is a Chinese internal martial art and a gentle form of exercise based on the principle of the interplay of Yin and Yang. The slow and graceful movements of Tai Chi promote coordination, proper bio-mechanics, physical and mental balance. The 24 Form, or "simplified Yang style," is a short routine, ideal for beginners. No class on April 21 and May 19

M 10:30 AM-11:30 AM Apr 07-Jun 23
D547710 \$160.00/10 sess

Instructor: Kelly Maclean

Tai Chi: 48 Form Review 19+ yrs

The 48 Form is a beautiful routine that combines the 4 main styles of Tai Chi: Yang, Chen, Wu, and Sun. This course is for those who have studied the whole 48 Form, but may be missing a few pieces. We will fill in the gaps, and dig into the more challenging passages, with a focus on the second half of the form, especially the last couple of sections. No class on April 21 and May 19

M 9:30 AM-10:30 AM Apr 07-Jun 23
D547708 \$160.00/10 sess

Instructor: Kelly Maclean

MUSIC

Brock House/Kerrisdale Bell Ringers 55+ yrs

If you are a new participant, please contact Grace Lau 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.

W 1:30 PM-4:30 PM Apr 02-Jun 25

D549326 \$24.00/13 sess

M 9:15 AM-12:00 PM Apr 07-Jun 23

D549325 \$26.00/10 sess

Brock House/Kerrisdale Choir 55+ yrs

A 4 part choir who sing a variety of music, we entertain in a volunteer capacity throughout the Lower Mainland. Currently the choir is full, please call Diana Bragg at 604-224-3897 or David Aune 604-760-6785 for more information.

Tu 1:00 PM-3:00 PM Apr 01-Jun 24

D549327 \$24.00/13 sess

Instructor: Brock House Society

Chorisma Vocal Jazz Choir 19+ yrs

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

W 11:00 AM-1:00 PM Apr 02-Jun 25

D549349 \$292.50/13 sess

Instructor: Frances Roberts

Kerrisdale Senior Singers Choir 55+ yrs

Join the original Kerrisdale Senior Singers Choir established at the Kerrisdale Community Centre in the 1970's. We enjoy singing and entertaining others in our communities. Welcome anyone who loves to sing with us. Please contact the choir coordinator, Catherine, before registering.

Th 9:30 AM-12:00 PM Apr 03-May 08

D547524 \$6.00/6 sess

Instructor: Sophia Chan

Kerrisdale Ukulele Ensemble 18+ yrs

Join us in making and sharing music! We will learn, practice, and perform a variety of songs using the ukulele and our voices. Enjoy a range of music, from ukulele standards to newer pop favourites in a welcoming environment accessible to all levels of experience. Senior's Lunch Performance on March 22

M 6:30 PM-8:00 PM Apr 07-Jun 16

D547596 \$123.75/11 sess

Instructor: Joseph Young

Ukulele Jam 19+ yrs

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

Sa 2:15 PM-3:30 PM Apr 26-Apr 26

D547597 \$5.00/1 sess

Sa 2:15 PM-3:30 PM May 31-May 31

D547598 \$5.00/1 sess

Sa 2:15 PM-3:30 PM Jun 28-Jun 28

D547599 \$5.00/1 sess

Instructor: Joseph Young

You Can Ukulele: Level 1 19+ yrs

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

Sa 10:00 AM-11:00 AM Apr 12-Jun 14

D547593 Adults \$131.91 • Seniors \$100.25/10 sess

Instructor: Joseph Young

You Can Ukulele: Level 2 19+ yrs

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

Sa 11:15 AM-12:15 PM Apr 12-Jun 14

D547594 Adults \$131.91 • Seniors \$100.25/10 sess

Instructor: Joseph Young

SOCIAL

You Can Ukulele: Level 3

19+ yrs

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

Sa 12:45 PM-1:45 PM Apr 12-Jun 14
 ▶547595 Adults \$131.91 - Seniors \$100.25/10 sess

Instructor: Joseph Young

Bingo

55+ yrs

Spend a pleasant afternoon with friendly seniors. Try your luck, maybe you will be a winner! No Bingo on April 18

F 1:00 PM-3:30 PM Apr 04-Jun 27
 ▶549732 13 sess

Bridge • No Instructor

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 02-Jun 25
 ▶549316 25 sess

Bridge: Beginners/ Beginners Plus

19+ yrs

All levels welcome. You'll begin playing straight away, hands on. Players sorted according to their skill and experience. Bridge and other card games have been shown to improve mood and cognition. Come and meet new friends.

M 10:30 AM-12:30 PM Mar 31-Jun 23
 ▶549317 \$65.00/13 sess

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 02-Jun 25
 ▶549319 \$5.00/13 sess

Instructor: Barry Wade

Funcrafts

55+ yrs

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

Tu 1:00 PM-3:00 PM Apr 01-Jun 24
 ▶549737 13 sess

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

55+ yrs



Great Books Discussion Group

19+ yrs

Join engaging weekly discussions on poetry, fiction, and non-fiction by great writers. Starting January, we'll explore Great Conversations 4. New participants welcome! Tue, 2:00-3:30 PM, Apr 1-Jun 24. \$24/13 sessions. Contact Colin (colin.mallet@gmail.com) or Moira (moirasteven@yahoo.com) for details.

Tu 2:00 PM-3:30 PM Apr 01-Jun 24
 ▶547714 \$24.00/13 sess

Instructor: Colin Mallet

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

M 1:00 PM-3:00 PM Apr 07-Jun 30
 ▶549742 12 sess

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-11:30 AM Apr 02-Jun 25
 ▶549741 13 sess

Billiards/Snooker

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



Open Drumming Circle

55+ yrs

Join our drumming circle for a unique, meditative experience where rhythm and sound connect us. New rhythms introduced and practiced together, with time to jam freely. Open to all skill levels. Bring your drum—it's free! Please register. No class on April 18.

F 1:45 PM-3:15 PM Apr 04-Jun 27
 ▶547525 12 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 12-Jun 28
 ▶549703 12 sess

Scrabble

55+ yrs

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

W 1:00 PM-3:00 PM Apr 02-Jun 25
 ▶549712 13 sess

Texas Holdem Poker

55+ yrs

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

Tu 5:30 PM-9:30 PM Apr 01-Jun 24
 ▶549713 13 sess

Weekend Movies

55+ yrs

Come and enjoy a movie shown on a large screen TV. Movie titles will be posted monthly in the Monarch newsletter. No sess Dec 8.

Su Sa 2:00 PM-4:30 PM Apr 05-Jun 29
 ▶549729 26 sess

More Dance Programs

See pages 18, 19, 24 & 32.



Seniors



EXERCISE ROOM

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

Hours of Operation

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

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

FREE

Orientations

We are now offering Exercise Room orientations.

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

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

Rates	Seniors	Adult
Drop-in	\$6.00	\$7.00
Fit Card 10 Classes	\$41.00	\$51.50

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 28.

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. Classes are ongoing.

Gentle Fit

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

Gentle Fit Plus

W 10:30am-11:30am Instructor: Isobel Willard

Mild/Mod Low Impact

Tu 10:30am-11:30am Instructor: Audrey Darling
Th 10:30am-11:30am Instructor: Audrey Darling



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



Kerrisdale Play Palace

Located at
Kerrisdale Arena
5670 E. Boulevard

OPEN
7 days a
week



April 8–Aug 28, 2025

Party Registration: March 3, 7:00pm

No registration required for
drop-in sessions.

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 604-257-8121 to reserve your group rate of \$4.59/ 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	\$4.94	\$44.42	
2-5 years	\$6.35	\$57.17	
6-12 years	\$7.06	\$63.50	
Group Rate* \$4.59 • Socks \$2.50			
*(Schools, Daycare & Day Camps Only)			



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 8–August 28, 2025

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	\$159.76
Upper Concourse (1 of 3 areas)	\$137.74
Skate Shop	\$130.47

Weekday Bookings:

Mon-Thurs 2:00-4:00pm	
Upper Concourse (1 area)	\$116.88
Fri 2:00-3:30pm	
Upper Concourse (1 area)	\$85.59

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	\$431.76

Prime Time Private Party:

Bookings are available from 4:30-6:30pm on Friday, Saturday and Sunday	\$479.75
--	-----------------

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 March 31–June 22

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Length Swim: 6:30 am-8:15 am						
Moderate Aquafit 8:30am-9:30am	Range of Motion 8:30am-9:15am	Public Swim 8:30-9:30am <i>(self directed fitness)</i>	Range of Motion 8:30am-9:15am	Public Swim 8:30-9:30am <i>(self directed fitness)</i>	Moderate Aquafit 9:15am-10:15am	Public Swim 9:00am-10:15am
Public Swim & Lessons • 9:30am-11:00am					Length Swim 10:30am-11:45am	Length Swim 10:30am-11:30am
Length Swim • 11:15am-1:15pm					Lessons 11:45am-3:00pm	Lessons 11:45am-3:00pm
Public Swim • 1:30pm-3:15pm						
Lessons • 3:30pm-6:45pm				Lessons 3:30pm-6:15pm	Public Swim • 3:15-5:00pm	
Length Swim • 7:00pm-8:30pm					Length Swim 6:30pm-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	3.97	5.55	7.93	5.55
10 VISIT	N/A	35.73	49.95	71.37	49.95
1 MONTH	N/A	32.08	44.91	64.15	44.91
3 MONTHS	N/A	86.61	121.25	173.21	121.25
12 MONTHS	N/A	277.13	387.98	544.26	387.98

*FAMILY DROP-IN: \$3.97 each for parent, child (5-18 yrs), and additional member of the same household. 2 adults maximum.

Long Weekend Schedule

- **Apr 18-21; May 17-19**
 Public Swim • 9:00-11:55am
 Length Swim • 12:00pm-2:00pm
 Public Swim • 2:00-5:00pm

Water Fitness

Registration required. Pre-registration online, in-person or by phone opens three days in advance at 12 p.m. Limited drop-in spots available. Visit vanrec.ca for more details.

Range of Motion (ROM) Aquafit

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.

Moderate 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 vanrec.ca or kerrisdalecc.com for online schedule

Spring swim lesson registration (online, in-person and by phone) starts 7 p.m., Tuesday, March 18.

Kerrisdale Community Centre
www.kerrisdalecc.com | Spring 2025

41



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!

<p>Parent and Tot (4 months – 3 years)</p> <p>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).</p> 	<p>Preschool Program (Ages 3 – 5 years)</p> <p>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.</p> 	<p>Private / Semi-Private Lessons Ages 3 years +</p> <p>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.</p>
<p>Swimmer Program</p> <p><u>Swimmer 1 – 6 (Ages 5 –14 years)</u> 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!</p> <p><u>Swimmer 7 – 9 (Canadian Swim Patrol)</u> 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!</p> 	<p>Bronze Program</p> <p><u>Bronze Medallion (Prerequisite: Bronze Star or 13 yrs)</u> 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</p> <p><u>Bronze Cross (Prerequisite: Bronze Medallion)</u> 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.</p> 	<p>National Lifeguard Pool (NL Pool) Prerequisites: Bronze Cross, Standard First Aid, and 15 yrs</p> <p>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.</p> <p>Spring Lesson Season March 31–June 23</p> <p>Refund or Cancellation Policy Full refund five days or more prior to program start; partial refund within four days of program start or before second class. No refund after second class.</p> <p>Exceptions or notes: No refunds on single session programs. Transfers possible prior to second class.</p>
<p>Adult and Teen Program (Ages 13 years +)</p> <p>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.</p>	<p>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</p> 	<p>Unsure of What Level to Register In?</p> <p>Please check our website for details on the specific levels vancouver.ca/swimminglessons (or scan the QR code).</p> <p>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.</p> 

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, available at the front desk or online at kerrisdalecc.com. 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	\$164.00	\$105.00
10 Sessions	\$491.00	\$345.00

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.

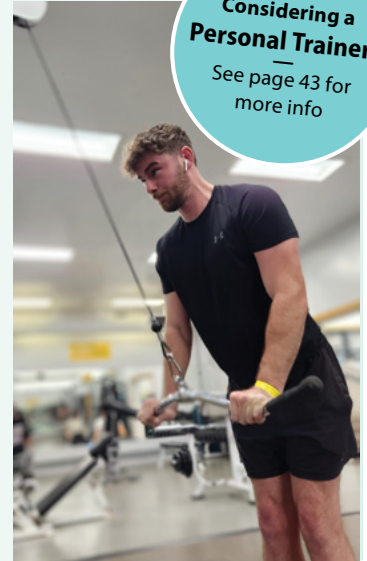


Youth Use

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

FITNESS EQUIPMENT

- Walk/run treadmills
- Elliptical walk/run
- Step machine
- Elliptical, recumbent
- 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

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

