



KERRISDALE

Community Centre Society

Spring 2026
Program Guide

Clickable Online Guide!

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



Registration Info:



Spring Programs

Online and In-person:

Sat., Mar. 7, at 9 a.m.

Phone: Mon., Mar. 9, at 9 a.m.



Summer Camps

Online and In-person:

Wed., Apr. 8, at 7 p.m.

Phone: Thurs., Apr. 9, at 10 a.m.



Swimming Lessons

Online, In-person and Phone:

Tues., Mar. 17, at 7 p.m.



Play Palace

Mon., Mar. 9, at 7 p.m.

Play Palace open:

Apr. 10-Aug. 21, 2026

5851 West Boulevard | Tel: 604-257-8100 | kerrisdalecc@vancouver.ca | www.kerrisdalecc.com

Jointly operated by the Kerrisdale Community Centre Society and the Vancouver Park Board

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.



Spring Registration

In-person and online: Saturday, March 7, at 9 a.m.

Phone: Monday, March 9, at 9 a.m.

Summer Camp Registration

In-person and online: Wednesday, April 8, at 7 p.m.

Phone: Thursday, April 9, at 10 a.m.

- 60% of spaces available online; 40% in person.
- Time savers for spring in-person registration will be given out at **8 a.m.**, and at **6 p.m.** for summer camp registration.
- Phone registration at 604-257-8100 (main centre).
- Please visit vanrec.ca or kerrisdalecc.com for more info.

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

Hours of Operation

5851 West Boulevard

604-257-8100

MAIN CENTRE HOURS

Monday-Friday • 6:30 a.m.-10 p.m.

Saturday and Sunday • 9 a.m.-6 p.m.

SENIORS CENTRE HOURS

Monday-Friday • 9 a.m.-6 p.m.

Saturday • 9 a.m.-4 p.m.

Sunday • Closed

POOL HOURS

Monday-Friday • 6:30 a.m.-8:30 p.m.

Saturday and Sunday • 9 a.m.-5 p.m.

EXERCISE ROOM HOURS

Monday-Friday • 6:30 a.m.-10 p.m.

Saturday and Sunday • 9 a.m.-6 p.m.

HOLIDAY HOURS

9 a.m.-10 p.m.

April 3 • Good Friday

April 6 • Easter Monday

May 18 • Victoria Day

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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

Spring season: March 30-June 21

Schedule and swim lesson info available at kerrisdalecc.com or vancouver.ca.

Spring swim lesson registration begins on Tuesday, March 17, at 7 p.m.

Kerrisdale Arena

Skating season: Sept.-March

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

Play Palace

See pages 39-40 for 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 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 information at the time of registration: name, address, phone number and 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. Visit 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. Forty-eight 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 a 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

Kathryn Lum • 604-257-8102

Centre Programmer • Children

Anson Siu • 604-257-8114

Centre Programmer • Adults

Arthur Lee Hung • 604-257-8116

Pool Programmer

Abhinav Menon • 604-257-8107

Centre Programmer • Seniors

Meeka Marsolais • 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-



Inquiries

For all other inquiries, please contact the centre at 604-257-8100 or email trisha.pajayon@vancouver.ca.

Birthday Parties • 1-10 years

Saturdays, 11 a.m.-1 p.m., or Sundays, 2-4 p.m.

\$200 (up to 12 kids) *\$255 (up to 24 kids)

*Due to online registration restrictions, only one price can be shown. If booking for 13-24 children, please contact the centre two weeks or more in advance to upgrade at 604-257-8100. The maximum capacity is 50 people total.

Registration and 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.
- Upgrade requests (to 24 children) or downgrade requests (to 12 children) must be made at least 7 days in advance. After that deadline, we are unable to accommodate any changes.

Party Package Includes:

- Party leader for two hours to assist with supervision, setup and cleanup. They will email booked families two weeks before the event to confirm details.
- Auditorium and Room 109:
 - Auditorium (choose one):
 - 1) Play Gym (bouncy castle, plasma cars, hula hoops, soccer balls and net, mini basketball hoop, preschool toys);
 - 2) Sports Gym (soccer balls and nets, and floor hockey sticks, net and pucks); or
 - 3) Both.
 - Room 109 with tables and chairs:
- Access to kitchen equipped with stove and oven (for heating purposes only), microwave and refrigerator/freezer;
- 30 minutes before and 30 minutes after each party for setup and cleanup;
- Parents are responsible for any food, reheating or decorating accessories required for the party.



Betty's back! (If you know, you know.) Drop in for lunch and say hello.
See p. 31 for more information.

President's Message

What's Happening This Spring

I'd like to begin with three announcements:

First, summer day camp registration is changing in 2026. All Vancouver community centres will share one city-wide registration date (see p. 6).

We're also very pleased to welcome back longtime kitchen cook Betty Anderson. The seniors lunch program, featuring meals prepared by Betty and the kitchen team, will run Monday to Friday.

Sensory kits are now available to borrow from the front desk.

We're proud to continue offering activities for all ages. Preschoolers can enjoy Parent & Tot Gym, a fun drop-in program that encourages multi-age play, social development and caregiver connection.

Children can join our Pre-Teen Group for weekly crafts, games, outings and youth-led leadership activities.

Youth can build confidence through programs like Rising Men, focused on leadership and personal growth, or participate in our non-contact boxing program.

Adults can explore modern acrylic painting or sign up for a fitness session with one of our personal trainers.

Seniors can take part in a wide variety of programs including salsa, ballroom and Yuan Ji dance; chair yoga, pilates, Move to Music, tai chi and qigong. Social activities include bridge, walking groups, bingo and carpet bowling, along with educational workshops on hearing health, English language learning and spoon carving.

Kathy McKay

President, Kerrisdale Community Centre Society

KCCS Board of Directors

The Kerrisdale Community Centre Society Board of Directors is made up of volunteers who work hard to help make the Kerrisdale Community Centre run smoothly. For more than 80 years, the Kerrisdale Community Centre Society (KCCS) has delivered recreational, social, artistic and wellness programs and services to the Kerrisdale community. Members of the board of directors use their ideas and energy to help identify and meet the needs of local residents, and contribute towards building a stronger community.

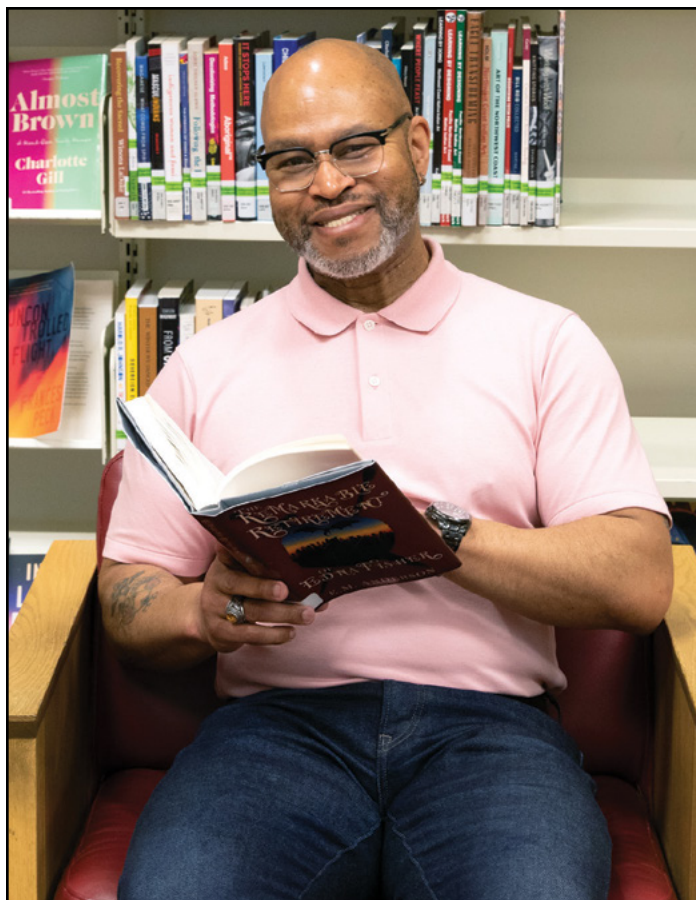
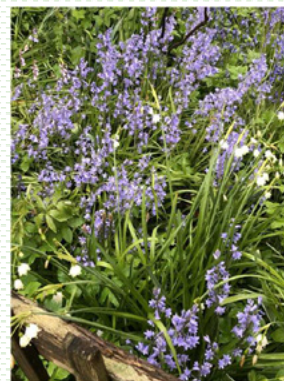


If you'd like to give back to your community and be a part of this dedicated team, stay tuned for future calls for nominations and learn more by visiting our website at <https://kerrisdalecc.com/get-involved/become-a-director-of-kccs/>.

KERRISDALE COMMUNITY GARDEN

Kerrisdale Community Garden (KCG), where gardens grow and communities thrive, is run by a diverse and dedicated group of community members since 2011. Our shared vision is to create a sustainable, inclusive, and thriving garden that enriches Kerrisdale's accessible public green space. Community members are welcome to enjoy our vibrant garden at 60th Avenue & Angus Drive.

Spring sees busy KCG members as we prepare our plots and the North Garden for the season. After a winter reading seed catalogues, we'll be planting! It's a very busy time of year. Come by and say hello if you see us working!



YOUR LIBRARY AT KERRISDALE

Kerrisdale Branch
Phone 604.665.3974

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



**Family Movie Time:
Rise of the Guardians • All Ages**

Join us for a free family movie in the auditorium – a chance for families to relax, connect and enjoy time together.

Su 2:00 PM-4:00 PM Apr 12
 606557 Free; must register



Canada Day Celebration! • All Ages

Come and join the community in celebrating Canada Day! Various activities and entertainment for mixed ages. This event is free; registration required. BBQ (hot dog or hamburger with drink and chips) available for purchase while supplies last.

W 11:00 AM-1:00 PM Jul 01
 604885



Artists of Kerrisdale presents

AS WE SEE IT 2026

Come see this mixed media exhibit in the Kerrisdale Community Centre Seniors Centre Art Space.

March 26-May 28, 2026
 www.artistsofkerrisdale.com



Easter Extravaganza • All Ages

Join us for an afternoon of Easter fun! Play games, jump in the bouncy castle and create Easter-themed crafts in the gymnasium! If you would like to participate in the Easter egg hunt or Easter egg painting, please register in the according activity and time slot.

M Apr 06 11:00 AM-1:00 PM
 591936 Free, no registration required

Easter Extravaganza Activities • 2-10 yrs

Easter Egg Hunt \$5

Join us for an exciting 15-minute Easter Egg Hunt at Centennial Park (may move indoors to the auditorium if needed due to weather).

Easter Egg Painting \$5

Get creative with painting an Easter egg! Sessions are 15-minutes long.

Visit kerrisdalecc.com or stop by the front desk to view available time slots. Advance registration is required.



Family Cultural Storytime • 4-10 yrs

A relaxed, family-friendly storytime introducing children to traditional Chinese festivals through picture books, storytelling and simple hands-on crafts, highlighting seasonal themes, cultural traditions and shared family experiences.

**Spring Stories
(Qingming Festival)**
 Su Apr 05 3:00 PM-4:00 PM
 610577 Free; must register

**Dragon Boat
Festival Storytime**
 Su Jun 14 4:30 PM-5:30 PM
 610579 Free; must register

Summer Day Camp Registration Update

Starting in 2026, all Vancouver community centres will share one city-wide registration date. There will no longer be separate dates for each centre.

Registration opens:

- Online and in-person: Wednesday, April 8, at 7 p.m.
- By phone: Thursday, April 9, at 10 a.m.

Each community centre will feature its summer day camp programs in their upcoming recreation guide. Check release dates for guides here: <https://vancouver.ca/parks-recreation-culture/daycamps-and-childcare-community-centres.aspx>.

Tip: Make sure your ActiveNet account is up to date before registration day.





SUMMER SAFARIS DAY CAMPS

Summer Safaris Day Camps

A full-day, play-based recreation program focused on friendship, games and group activities in a loosely structured setting. This is not licensed childcare. Staff are typically ages 18–22.

There will be one-to-two weekly field trips around Vancouver (charter bus, transit or walking, depending on destination).

The environment can include loud noise, bright lights and crowds. If your child has sensitivities or support needs, contact the front desk to speak with the programmer.

Age requirement: Children age five may attend only if they have completed kindergarten and will turn six by year-end (Gr. 1 eligible).

Summer Safaris Before Care • 6-12 yrs

8:00 AM-9:00 AM \$20/4 sess; \$25/5 sess

- ▶607517 Jun 29–Jul 03 (M, Tu, Th, F)
- ▶607521 Jul 06–Jul 10 (M–F)
- ▶607525 Jul 13–Jul 17 (M–F)
- ▶607529 Jul 20–Jul 24 (M–F)
- ▶607532 Jul 27–Jul 31 (M–F)
- ▶607537 Aug 04–Aug 07 (Tu–F)
- ▶607541 Aug 10–Aug 14 (M–F)
- ▶607545 Aug 17–Aug 21 (M–F)
- ▶607549 Aug 24–Aug 28 (M–F)

Summer Safaris After Care • 6-12 yrs

4:00 PM-5:00 PM \$20/4 sess; \$25/5 sess

- ▶607516 Jun 29–Jul 03 (M, Tu, Th, F)
- ▶607520 Jul 06–Jul 10 (M–F)
- ▶607523 Jul 13–Jul 17 (M–F)
- ▶607528 Jul 20–Jul 24 (M–F)
- ▶607531 Jul 27–Jul 31 (M–F)
- ▶607536 Aug 04–Aug 07 (Tu–F)
- ▶607540 Aug 10–Aug 14 (M–F)
- ▶607544 Aug 17–Aug 21 (M–F)
- ▶607548 Aug 24–Aug 28 (M–F)

Summer Safaris Day Camp Jrs • 6-9 yrs

9:00 AM-4:00 PM \$140/4 sess; \$175/5 sess

- ▶607518 Jun 29–Jul 03 (M, Tu, Th, F)
- ▶607522 Jul 06–Jul 10 (M–F)
- ▶607526 Jul 13–Jul 17 (M–F)
- ▶607534 Jul 20–Jul 24 (M–F)
- ▶607533 Jul 27–Jul 31 (M–F)
- ▶607538 Aug 04–Aug 07 (Tu–F)
- ▶607542 Aug 10–Aug 14 (M–F)
- ▶607546 Aug 17–Aug 21 (Tu–F)
- ▶607550 Aug 24–Aug 28 (M–F)

Summer Safaris Day Camp Srs • 9-12 yrs

9:00 AM-4:00 PM \$140/4 sess; \$175/5 sess

- ▶607519 Jun 29–Jul 03 (M, Tu, Th, F)
- ▶607524 Jul 06–Jul 10 (M–F)
- ▶607527 Jul 13–Jul 17 (M–F)
- ▶607530 Jul 20–Jul 24 (M–F)
- ▶607535 Jul 27–Jul 31 (M–F)
- ▶607539 Aug 04–Aug 07 (Tu–F)
- ▶607543 Aug 10–Aug 14 (M–F)
- ▶607547 Aug 17–Aug 21 (M–F)
- ▶607551 Aug 24–Aug 28 (M–F)



Summer Specialty Camps

ART

Anime/Manga Fashion Drawing Camp

6-12 yrs

Explore the world of manga and fashion with Young Rembrandts. In this anime drawing workshop, students learn to draw and colour anime-style fashion characters, from simple to elaborate, while creating multiple artworks such as hairstyles, uniforms and fantasy costumes!

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

Jul 13-Jul 17

▶607288

\$220/5 sess

Instructor: Young Rembrandts

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 06-Jul 10

▶606893

\$100/5 sess

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

Aug 10-Aug 14

▶606894

\$100/5 sess

Instructor: Happy Kids Studios

Cartoons Character Creation Camp

6-12 yrs

Learn the basics of cartooning while creating original characters. Students explore techniques such as features, exaggeration, action and personification, applying new skills each day to advance their artistic abilities.

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

Jul 13-Jul 17

▶607289

\$220/5 sess

Instructor: Young Rembrandts

Summer Specialty Camps

Summer Specialty Camps

ART

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 06-Jul 10
D606891 \$100/5 sess
M Tu W Th F 10:40 AM-11:40 AM Aug 10-Aug 14
D606895 \$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.

M Tu W Th F 11:50 AM-12:50 PM Jul 06-Jul 10
D606892 \$100/5 sess
M Tu W Th F 11:50 AM-12:50 PM Aug 10-Aug 14
D606896 \$100/5 sess

Instructor: Happy Kids Studios

Fantasy Forest Drawing Camp

6-12 yrs

Students use imagination to draw fairies, trolls, and forest queens, creating daily imaginative artwork.

Tu W Th F 9:15 AM-12:15 PM Aug 04-Aug 07
D607291 \$176/4 sess

Instructor: Young Rembrandts

Furry Friends Drawing Camp

6-12 yrs

A fun drawing camp for kids who love to create. Students learn step-by-step how to draw their favourite animals in a playful cartoon style, from pets to dinosaurs, while exploring their creativity and imagination!

Tu W Th F 12:45 PM-3:45 PM Aug 04-Aug 07
D607292 \$176/4 sess

Instructor: Young Rembrandts

Pastel & Drawing Camp: Colourful Animals

7-12 yrs

Young artists explore the animal world through cartoon, graphic, and realistic drawing styles while learning basic to intermediate skills, shading, and colour blending. Campers create vibrant animal artworks in a relaxed, supportive environment.

M Tu W Th F 9:15 AM-3:45 PM Jul 20-Jul 24
D607290 \$395/5 sess

Instructor: Young Rembrandts

DANCE

Act, Dance, Sing FUN! Camp

7-14 yrs

Musical theatre camp teaching singing, acting, and dancing. Students learn routines from famous shows and develop presentation skills through games. No experience required; grouped by age/skill.

M Tu W Th F 12:30 PM-3:30 PM Jul 06-Jul 10
D605503 \$255/5 sess
M Tu W Th F 9:15 AM-12:30 PM Jul 20-Jul 24
D605506 \$277/5 sess
M Tu W Th F 12:30 PM-3:30 PM Aug 17-Aug 21
D605513 \$255/5 sess
M Tu W Th F 12:30 PM-3:30 PM Aug 24-Aug 28
D607285 \$255/5 sess
Tu W Th F 12:30 PM-3:30 PM Aug 04-Aug 07
D605521 \$204/4 sess

Instructor: Praise TEAM

Active Dance Camp: Jazz Funk, Hip Hop & KPOP

7-14 yrs

A beginner/intermediate camp featuring jazz funk, hip hop fundamentals, authentic K-pop and Asian pop dance styles. Students will refine technique through cardio, footwork, isolations, stretches and more! No experience required; campers are grouped by age/skill. No class July 1.

M Tu Th F 12:30 PM-3:30 PM Jun 29-Jul 03
D605517 \$204/4 sess
M Tu W Th F 9:15 AM-12:30 PM Jul 06-Jul 10
D605502 \$277/5 sess
M Tu W Th F 12:30 PM-3:30 PM Jul 20-Jul 24
D605507 \$255/5 sess
M Tu W Th F 12:30 PM-3:30 PM Aug 10-Aug 14
D605511 \$255/5 sess
Tu W Th F 9:15 AM-12:30 PM Aug 04-Aug 07
D605520 \$221/4 sess

Instructor: Praise TEAM

Active Dance Camp: Street, Locking, Popping & KPOP

7-14 yrs

Learn Hip Hop, Locking, Popping, Street Dance, and other ethnic styles including authentic KPOP covers. Students will refine technique through cardio, footwork, isolations, and more! No experience required; campers are grouped by age/skill. No class Jul 1.

M Tu Th F 9:15 AM-12:30 PM Jun 29-Jul 03
D605516 \$221/4 sess
M Tu W Th F 9:15 AM-12:30 PM Aug 10-Aug 14
D605510 \$277/5 sess
M Tu W Th F 9:15 AM-12:30 PM Aug 17-Aug 21
D605512 \$277/5 sess
M Tu W Th F 9:15 AM-12:30 PM Aug 24-Aug 28
D607284 \$277/5 sess

Instructor: Praise TEAM

Bluey's Big Summer Dance Camp

3-5 yrs

Each day, campers explore creative movement, basic dance technique, musicality, and storytelling through Bluey-inspired games and activities. Jumping, twirling, and imaginative play build confidence, coordination, and social skills in a fun, supportive environment. www.KirbySnellDance.com

M Tu W Th F 9:15 AM-10:30 AM Aug 17-Aug 21
D607273 \$127/5 sess

Instructor: Endorphin Rush Dance

Fairytale Remix Dance Camp

4-6 yrs

Fairytale Remix brings classic fairytales to life through ballet- and jazz-inspired dance. Young dancers explore creativity, build confidence, and develop listening skills while learning basic technique in a fun, imaginative setting. www.KirbySnellDance.com

M Tu W Th F 10:45 AM-12:00 PM Aug 17-Aug 21
D607274 \$127/5 sess

Instructor: Endorphin Rush Dance

Frozen Ballet Dance Camp

Creative ballet class set to the *Frozen* soundtrack. Beginners learn ballet basics and expressive movement. Costumes welcome; parent presentation on the last day.

M Tu W Th F 9:15 AM-10:30 AM Aug 24-Aug 28
D607278 \$127/5 sess

M Tu W Th F 10:45 AM-12:00 PM Aug 24-Aug 28
D607279 \$127/5 sess

Instructor: Endorphin Rush Dance

Learn more about KCC instructors

Visit the always-growing
 Our Instructor webpage at:
<https://kerrisdalecc.com/about-us/our-instructors/>



Summer Specialty Camps

DANCE

K-Pop Demon Hunters Theme Dance Camp

6-12 yrs

Get ready to move like your favourite K-Pop idols with a fierce twist! In this high energy dance camp, kids learn K-Pop inspired choreography while stepping into a world of fantasy and adventure as brave Demon Hunters. More info: www.KirbySnellDance.com

M Tu W Th F 9:15 AM-3:15 PM Jul 27-Jul 31
▶607263 \$450/5 sess

Instructor: Endorphin Rush Dance

Mini Hip Hop Playground Dance Camp

Hip Hop Playground is a high-energy intro to hip hop dance. Dancers build grooves, rhythm, confidence, and musicality while learning short choreography. A fun balance of structure and creativity set to modern music. www.KirbySnellDance.com

4-6 yrs
M Tu W Th F 12:30 PM-1:45 PM Aug 17-Aug 21
▶607276 \$127/5 sess

6-9 yrs
M Tu W Th F 2:00 PM-3:15 PM Aug 17-Aug 21
▶607275 \$127/5 sess

Instructor: Endorphin Rush Dance

Superhero Training Academy Dance Camp

5-8 yrs

Superhero dance camp where kids train their powers through jumps, spins, and creative challenges. Jazz and hip hop-inspired movement builds strength, coordination, confidence, and teamwork. www.KirbySnellDance.com

M Tu W Th F 12:30 PM-3:45 PM Aug 24-Aug 28
▶607282 \$240/5 sess

Instructor: Endorphin Rush Dance

EDUCATION

Chess Camp Beginner

7-10 yrs

Learn chess in a fun, interactive setting. Beginners build confidence, learn fundamentals, play guided games, and solve puzzles. No class Jul 1.

M Tu Th F 9:00 AM-11:55 AM Jun 29-Jul 03
▶609964 \$144/4 sess

M Tu W Th F 9:00 AM-11:55 AM Jul 27-Jul 31
▶609977 \$180/5 sess

Instructor: Ashton Taylor

Board Games Camp

NEW

Learn and try a variety of fun, easy-to-learn board and tabletop games. Games explored during camp may include Candy Land, Tic-Tac-Toe, Connect 4, Chutes and Ladders, Dots and Boxes, Uno, Checkers, crossword puzzles, Go Fish, Sudoku, Rubik's Cube, Catan, and Boggle.

4-6 yrs
M Tu Th F 12:00 PM-12:55 PM \$52/4 sess
▶610909 Jun 29-Jul 03

M Tu W Th F 12:00 PM-12:55 PM \$65/5 sess
▶610910 Jul 13-Jul 17
▶610911 Jul 27-Jul 31
▶610913 Aug 24-Aug 28

7-10 yrs
M Tu Th F 1:00 PM-4:00 PM Jun 29-Jul 03
▶610043 \$144/4 sess

M Tu W Th F 1:00 PM-4:00 PM Jul 27-Jul 31
▶610056 \$180/5 sess

9-12 yrs
M Tu W Th F 1:00 PM-4:00 PM \$180/5 sess
▶610054 Jul 13-Jul 17
▶610057 Aug 24-Aug 28

Instructor: Ashton Taylor

Chess Camp Intermediate/Advanced

NEW

This camp offers students the opportunity to play chess with peers, solve puzzles, and explore different chess variations such as Bughouse and Antichess. The final day will culminate in a friendly in-class chess tournament.

M Tu W Th F 9:00 AM-11:55 AM \$180/5 sess
▶609974 Jul 13-Jul 17

▶610006 Aug 24-Aug 28

Instructor: Ashton Taylor

Little Doctors Academy

7-12 yrs

A practical program that brings real medical science into an engaging classroom setting. We help students build confidence in science, critical thinking and health literacy.

M Tu W Th F 1:30-3:30 PM Jul 6-Jul 10
▶615899 \$250/5 sess

M Tu W Th F 10:00 AM-12:00 PM Jul 20-Jul 24
▶615901 \$250/5 sess

Instructor: Little Doctors Academy

Intro to Coding & Chess Camp

8-12 yrs

Students learn basic chess and Python programming, developing problem-solving, pattern recognition, and visualization skills. No prior experience needed. Laptop or iPad with keyboard required.

Tu W Th F 9:00 AM-12:00 PM Aug 04-Aug 07
▶610573 \$165/4 sess

Instructor: Tai Belke

Journey into Creative Writing Camp

9-12 yrs

This one week camp will introduce students to the elements of the plot line and the art of storytelling. We will learn about setting, character, and plot to create descriptive and engaging fiction through fun and interactive activities. In addition to improving writing, students enjoy and have fun with writing.

M Tu W Th F 12:15 PM-2:15 PM Aug 17-Aug 21
▶610374 \$230/5 sess

Instructor: Ready To Set Goals

Ready for Kindergarten Camp

4-5 yrs

Help your child prepare for September! Through interactive literacy and numeracy activities, your child will learn to share and communicate respectfully to build confidence, focus, and social skills which are skillsets to success in kindergarten.

M Tu W Th F 9:00 AM-9:45 AM Aug 17-Aug 21
▶610382 \$115/5 sess

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 one form (persuasive, narrative, descriptive, etc.) and practice writing through interactive activities and fun lessons. This will be the perfect refresher writing course before the start of the new school year.

M Tu W Th F 2:30 PM-4:00 PM Aug 17-Aug 21
▶610381 \$190/5 sess

Instructor: Ready To Set Goals

Summer Specialty Camps

Summer Specialty Camps

EDUCATION

Storytelling & Writing Camp

6-9 yrs

This one-week camp will inspire children to become storytellers and writers! Through fun reading and art activities, children will gather ideas to form creative stories and be encouraged to expand and write with details. To build confidence in reading and speaking, they will also have opportunities to present their work.

M Tu W Th F 10:00 AM-12:00 PM **Aug 17-Aug 21**
▶610376 **\$230/5 sess**

Instructor: Ready To Set Goals

2D Animation on Tablet

9-12 yrs

Transform your drawings into animated stories on our tablets. Learn storyboarding and animation techniques to bring characters to life and create your own animations in just one week!

M Tu W Th F 9:00 AM-4:00 PM **Jul 06-Jul 10**
▶607253 **\$410/5 sess**

Instructor: Byte Camp

Animation, Games & Storytelling in Scratch Jr. Camp

6-8 yrs

Learn to Code—Adventures with Star Wars and Super Heroes. Build your favourite games and animations. Learn to code using Scratch! Requirements: a tablet or an iPad with Bluetooth. Email info-nn@wizeacademy.com for any requirement issues.

M Tu W Th F 1:00 PM-4:00 PM **Jul 20-Jul 24**
▶606900 **\$320/5 sess**

Instructor: Wize Computing Academy

Brick Animation Camp

6-12 yrs

Create a stop-motion LEGO® mini-movie using LEGO® Movie Maker. Students learn animation basics—movement, timing, effects, editing, and voiceovers—in teams. All equipment provided; returning students get advanced assignments.

M Tu W Th F 10:00 AM-12:00 PM **Jul 27-Jul 31**
▶607293 **\$175/5 sess**

Instructor: Tomorrow's Playground

Coding & Modding in Minecraft Camp

8-12 yrs

Minecraft coding and modding camp—create Mods to enhance your survival or creative world. Requires Windows PC, Mac, Chromebook, or iPad; 3-button mouse recommended. Email info-nn@wizeacademy.com for issues.

M Tu W Th F 9:00 AM-12:00 PM **Jul 20-Jul 24**
▶606902 **\$320/5 sess**

Instructor: Wize Computing Academy

Critter Constructions

5-10 yrs

Build your own animal kingdom with LEGO®! Create up to three projects per session using classic bricks, Technic pieces, and motors. Hands-on activities spark creativity and curiosity. Supplies included.

M Tu W Th F 9:30 AM-12:30 PM **Jul 06-Jul 10**
▶606920 **\$220/5 sess**

M Tu W Th F 1:00 PM-4:00 PM **Jul 06-Jul 10**
▶606924 **\$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! No class Jul 1.

M Tu Th F 9:00 AM-3:00 PM **Jun 29-Jul 03**
▶606508 **\$315/4 sess**

Instructor: STEAM 4 Kids

Foundations in AI

11-14 yrs

Intro to AI camp where students learn how computers “think,” explore core AI concepts, and build and train their own bots to compete in simulated challenges.

Tu W Th F 9:00 AM-4:00 PM **Aug 04-Aug 07**
▶607254 **\$355/4 sess**

Instructor: Byte Camp

LEGO Out of This World

5-10 yrs

Design the future of space with LEGO®! Build up to three projects per session using classic bricks, Technic, and motors in hands-on activities that spark creativity and curiosity. Supplies included.

M Tu W Th F 9:30 AM-12:30 PM **Jul 13-Jul 17**
▶606927 **\$220/5 sess**

M Tu W Th F 1:00 PM-4:00 PM **Jul 13-Jul 17**
▶606928 **\$220/5 sess**

Instructor: Reach Education Inc.

Micro:bit Coding Camp

10-13 yrs

3-day, highschool student-led intro to coding using MakeCode and Micro:bit. Beginner-friendly block coding and hands-on projects make STEM fun and accessible. Laptop required.

M Tu W 9:00 AM-12:00 PM **Aug 17-Aug 19**
▶607093 **\$92/3 sess**

Instructor: Dorothy Lee

Minecraft, AR/VR & Robotics Camp

7-11 yrs

Hands-on STEM course exploring Minecraft Education, AR/VR, and Robotics. Students build creativity, coding, and problem-solving skills through interactive projects. Tablet or iPad with Bluetooth required; email info-nn@wizeacademy.com for issues.

M Tu W Th F 9:00 AM-3:00 PM **Aug 10-Aug 14**
▶606901 **\$500/5 sess**

Instructor: Wize Computing Academy

Science Explorer Camp

5-10 yrs

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

M Tu W Th F 9:00 AM-3:00 PM **Jul 13-Jul 17**
▶606559 **\$390/5 sess**

Instructor: STEAM 4 Kids

Science Adventures Camp

6-11 yrs

Decode secret messages, explore how science helps protect our planet, discover the Science of Sport, and embark on a space mission to learn how astronauts live and work in space!

M Tu W Th F 9:00 AM-3:00 PM **Aug 10-Aug 14**
▶606563 **\$390/5 sess**

Instructor: STEAM 4 Kids

Space Explorer Camp

6-11 yrs

Explore life beyond Earth by learning how rockets work, how we study space, and what it's like to be an astronaut, while discovering our solar system and exciting space phenomena!

M Tu W Th F 9:00 AM-3:00 PM **Aug 24-Aug 28**
▶606566 **\$390/5 sess**

Instructor: STEAM 4 Kids

Summer Specialty Camps

EDUCATION

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 Jul 27-Jul 31
 ▶606561 \$390/5 sess

Instructor: STEAM 4 Kids

WeDo Robotics Camp 6-12 yrs

Hands-on robotics camp using LEGO® Education WeDo. Students build and program robots with motors and sensors while developing STEM skills. All equipment provided; returning students get new projects.

M Tu W Th F 12:30 PM-2:30 PM Jul 27-Jul 31
 ▶607294 \$175/5 sess

Instructor: Tomorrow's Playground

POTTERY

Pottery Camp with Janine

Fun-filled pottery camp covering handbuilding and wheel throwing, plus related arts. Suitable for beginners and returning students. Bring a lunch and water bottle; includes outdoor breaks. No class Jul 1.

6-12 yrs

M Tu Th F 10:00 AM-2:00 PM Jun 29-Jul 03
 ▶607309 \$152/4 sess

M Tu W Th F 10:00 AM-2:00 PM Jul 13-Jul 17
 ▶607310 \$175/5 sess

M Tu W Th F 10:00 AM-2:00 PM Aug 10-Aug 14
 ▶607311 \$175/5 sess

M Tu W Th F 10:00 AM-2:00 PM Aug 24-Aug 28
 ▶607312 \$175/5 sess

9-14 yrs

M Tu Th F 2:30 PM-5:00 PM Jun 29-Jul 03
 ▶607405 \$152/4 sess

M Tu W Th F 2:30 PM-5:00 PM Jul 13-Jul 17
 ▶607406 \$175/5 sess

M Tu W Th F 2:30 PM-5:00 PM Aug 10-Aug 14
 ▶607407 \$175/5 sess

M Tu W Th F 2:30 PM-5:00 PM Aug 24-Aug 28
 ▶607408 \$175/5 sess

Instructor: Janine Schroedter

MUSIC

Zumbini® Camp 0-5 yrs

A music-and-movement program where caregivers and children bond through songs, dance, and instruments. Parent participation required. Babies 6 months and under attend free with a registered sibling. Drop-in \$25 if space allows. No class July 1.

M Tu Th F 10:30 AM-11:15 AM Jun 29-Jul 03
 ▶611675 \$80/4 sess

Instructor: Maayan Amitov

SPORTS

Basketball All Stars Coed Camp 8-11 yrs

High-energy camp developing basic offensive and defensive skills plus simple play patterns. Includes contests, tournaments, incentives, and fun competitions.

M Tu W Th F 1:15 PM-4:45 PM Jul 13-Jul 17
 ▶607297 \$229/5 sess

M Tu W Th F 1:15 PM-4:45 PM Jul 27-Jul 31
 ▶607301 \$229/5 sess

Instructor: Game Ready

Basketball Elite Coed Camp 11-14 yrs

Fast-paced advanced camp focused on offensive and defensive skills. Drills, contests, and tournaments build the mental focus and physical ability needed for high-level play.

M Tu W Th F 1:15 PM-4:45 PM Jul 13-Jul 17
 ▶607298 \$229/5 sess

M Tu W Th F 1:15 PM-4:45 PM Jul 27-Jul 31
 ▶607302 \$229/5 sess

Instructor: Game Ready

Crazy Sports Camp 7-12 yrs

Multi-sport camp featuring soccer, basketball, football, volleyball, and more. Daily coaching builds skills and movement, applied through games and activities. Prizes and snacks included.

Tu W Th F 1:15 PM-4:45 PM Aug 04-Aug 07
 ▶607303 \$185/4 sess

M Tu W Th F 1:15 PM-4:45 PM Aug 24-Aug 28
 ▶607306 \$229/5 sess

Instructor: Game Ready

SPORTS

Multisport Camp 5-8 yrs

Our action-packed summer camps introduce children to a variety of ball sports, games and activities plus arts and crafts, snack time, waterplay (weather dependent), co-operative games and more!

M Tu W Th F 1:15 PM-4:15 PM Jul 06-Jul 10
 ▶607040 \$240/5 sess

M Tu W Th F 1:15 PM-4:15 PM Aug 10-Aug 14
 ▶607042 \$240/5 sess

Instructor: Sportball Vancouver

Volleyball All Stars Coed Camp 8-11 yrs

Beginner volleyball camp covering setting, bumping, and serving, with a focus on teamwork. Includes fun, games, and tournaments to keep players motivated.

M Tu W Th F 1:15 PM-4:45 PM Jul 20-Jul 24
 ▶607299 \$229/5 sess

M Tu W Th F 1:15 PM-4:45 PM Aug 17-Aug 21
 ▶607304 \$229/5 sess

Instructor: Game Ready

Volleyball Elite Coed Camp 11-14 yrs

High-intensity volleyball camp developing core skills through drills, competitions, and tournaments. Covers basic play systems and spike progressions in a fun, motivating environment.

M Tu W Th F 1:15 PM-4:45 PM Jul 20-Jul 24
 ▶607307 \$229/5 sess

M Tu W Th F 1:15 PM-4:45 PM Aug 17-Aug 21
 ▶607305 \$229/5 sess

Instructor: Game Ready

Sensory Kits

Now available for all ages. Visit the front desk to borrow one or learn more.

Birthday Parties at Kerrisdale CC

See page 3 for more info.



Canada Day Celebration July 1

See page 6 for more details.



Preschool

ART

Art Jam

4-5 yrs

Create concept drawings, learn about colour palettes and develop freehand drawing skills in this specialized class. Instructed by a former Disney animator. Drop-ins \$25 (space permitting).

Sa 9:30 AM-10:30 AM Apr 11-May 09
D605132 \$100/5 sess
Sa 9:30 AM-10:30 AM May 23-Jun 27
D605135 \$120/6 sess

Instructor: Happy Kids Studios

Preschool Drawing

3.5-5 yrs

New lessons every session! This spring, early learners explore drawing through fun, themed projects—from an imaginative hardware store and mighty dinosaurs to colourful butterflies and soaring kites. A creative way to build drawing skills while celebrating the season. No class May 18.

M 3:15 PM-4:05 PM Apr 27-Jun 22
D605156 \$176/8 sess

Instructor: Young Rembrandts

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.

W 4:15 PM-5:00 PM Apr 08-Jun 17
D604973 \$165/11 sess
Su 11:10 AM-11:55 AM Apr 12-Jun 21
D604978 \$165/11 sess

Instructor: Endorphin Rush Dance

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.

3-5 yrs

Su 9:30 AM-10:15 AM Apr 12-Jun 21
D604976 \$165/11 sess
Su 1:55 PM-2:40 PM Apr 12-Jun 21
D604984 \$165/11 sess
Tu 10:00 AM-10:45 AM Apr 21-Jun 23
D604970 \$150/10 sess
4-6 yrs
Su 10:20 AM-11:05 AM Apr 12-Jun 21
D604977 \$165/11 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. No class Sept. 30.

3-5 yrs

Tu 10:45 AM-11:30 AM Apr 21-Jun 23
D604969 \$150/10 sess
4-6 yrs
W 3:30 PM-4:15 PM Apr 08-Jun 17
D604972 \$165/11 sess
Su 12:15 PM-1:00 PM Apr 12-Jun 21
D604979 \$165/11 sess

Instructor: Endorphin Rush 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.

Tu 9:15 AM-10:00 AM Apr 21-Jun 23
D604968 \$150/10 sess

Instructor: Endorphin Rush Dance

EDUCATION

ABC's and 123's

3-5 yrs

Your child will have fun learning the alphabet and identifying numbers and colours. 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 be also placed on fostering the growth mindset as well as following instructions, taking turns, and sharing ideas in a cooperative and respectful way. No class May 17.

Su 9:15 AM-10:00 AM Apr 12-Jun 14
D605175 \$190/9 sess

Instructor: Ready To Set Goals

Fun with ABC's (Phonics) 4-5 yrs

Your child will practice their listening and speaking skills to sound out letters, discriminate between sounds, and boost their letter recognition and printing skills. Taught by a certified teacher, your child will learn phonics through fun and interactive activities which will lay the foundation for strong reading and writing, and most importantly, to foster the growth mindset and the love for learning. No class May 17.

Su 10:15 AM-11:00 AM Apr 12-Jun 14
D605174 \$190/9 sess

Instructor: Ready To Set Goals

Science for Preschoolers 3-5 yrs

Enjoy hands-on demonstrations and simple experiments that help children explore and understand the world around them. Our programs offer interactive, age-appropriate sessions focused on fun topics like Where's the Air, Black & Blue Oceans, Science of Sport, and Slippery Science. No class May 16.

Tu 10:00 AM-10:45 AM Apr 07-Jun 09
D606494 \$207/10 sess
Sa 9:30 AM-10:15 AM Apr 11-Jun 20
D606500 \$207/10 sess

Instructor: STEAM 4 Kids

Learn more about KCC instructors

Visit the always-growing Our Instructor webpage at: <https://kerrisdalecc.com/about-us/our-instructors/>



Birthday Parties at Kerrisdale CC

See page 3 for more info.



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. Parents participation is optional. No class May 16.

Sa Apr 04-Jun 27 \$317/12 sess
 ▶607553 9:30 AM-10:15 AM
 ▶607558 10:20 AM-11:05 AM
 Su Apr 05-Jun 28 \$317/12 sess
 ▶607556 9:30 AM-10:15 AM
 ▶607557 10:20 AM-11:05 AM

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 May 16.

Sa 11:10 AM-11:55 AM Apr 04-Jun 27
 ▶607555 \$317/12 sess

Instructor: Gloria Yu

Music Together with Abigail 0-5 yrs

Join us for a family music class where children of Mixed Ages explore singing, movement, and instruments while caregivers actively participate! The research-based curriculum supports music-making at home all week. Families are welcome; parent participation is required. Sibling discounts apply, children under 6 months attend free with a registered sibling, and a \$65 non-refundable licensing fee applies.

W Apr 08-Jun 10 \$235/10 sess
 ▶606869 9:30 AM-10:15 AM
 ▶606868 10:30 AM-11:15 AM

Instructor: Music Together

Zumbini® 0-5 yrs

Sing, dance, and play while bonding with your child! Zumbini®, created by Zumba® and BabyFirst combines music, movement, and instrument play in a session of fun and learning. This session features No Way! Jose. Parent participation is required. Children 6 months and under attend free with a registered sibling. No class May 18.

M Apr 13-Jun 15 \$180/9 sess
 ▶607064 9:30 AM-10:15 AM
 ▶607065 10:30 AM-11:15 AM

Instructor: Maayan Amitov

POTTERY

Parent & Child Pottery 2-6 yrs

Make different projects in each class such as a print of your little one's hand. Children must be accompanied by one Adults and only siblings who are registered may attend. No registration after the 3rd class. No class May 17.

Su Apr 12-Jun 14 \$138/9 sess
 ▶607160 9:30 AM-10:30 AM
 ▶607161 10:45 AM-11:45 AM

Instructor: Renee Chan

SOCIAL

Parent & Tot Gym 0-5 yrs

This drop-in gym program encourages multi-age interaction and helps develop social skills through play. Make new friends and connections in the community while you and your child play together! Parent participation is mandatory for this class. Socks required.

M W 10:30 AM-12:00 PM Apr 08-Jun 24
 ▶607508 Drop-in: \$3.50; 10-visit card: \$30

SPORTS

Kinetic Kids 3-5 yrs

A high-energy program where kids jump, run, and play through games, obstacle courses, and creative free play. Blending guided activities with child-led exploration, children build strength, coordination, confidence, and everyday movement skills. No session May 18.

M 4:00 PM-4:45 PM \$160/8 sess
 ▶612653 Mar 30-May 25

Instructor: Kinetic Kids

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 May 10 & 17.

Su 9:45 AM-10:45 AM Apr 12-Jun 28
 ▶605129 \$66/10 sess

Instructor: Sanjana Bhasin

SPORTS

Sportball Junior 15-24 mos

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 \$114/6 sess
 ▶605110 Apr 07-May 12
 ▶605115 May 19-Jun 23

Instructor: Sportball Vancouver

Sportball Multisport

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.

3-5 yrs
 Tu 3:45 PM-4:45 PM \$114/6 sess
 ▶605112 Apr 07-May 12
 ▶605117 May 19-Jun 23

5-7 yrs
 Tu 4:45 PM-5:45 PM \$114/6 sess
 ▶605113 Apr 07-May 12
 ▶605118 May 19-Jun 23

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 \$114/6 sess
 ▶605114 Apr 07-May 12
 ▶605116 May 19-Jun 23

Instructor: Sportball Vancouver

Canada Day Celebration July 1

See page 6 for more details.



Family Open Gym

Children five-12 yrs. with guardians

Tue: 11:50 AM-12:20 PM

Sat: 12:40 PM-1:30 PM

See page 23 for full details.



Children

ART

Cartooning

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. Drop-ins \$25 (space permitting).

Sa 10:40 AM-11:40 AM Apr 11-May 09
D605133 \$100/5 sess
Sa 10:40 AM-11:40 AM May 23-Jun 27
D605136 \$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. Drop-ins \$25 (space permitting).

Sa 11:50 AM-12:50 PM Apr 11-May 09
D605134 \$100/5 sess
Sa 11:50 AM-12:50 PM May 23-Jun 27
D605137 \$120/6 sess

Instructor: Happy Kids Studios

FUNDamental Drawing

6-12 yrs

Spring drawing with Young Rembrandts! New lessons each session, including a baseball still life focusing on warm and cool colors. No class May 18.

M 4:15 PM-5:15 PM Apr 27-Jun 22
D605155 \$176/8 sess

Instructor: Young Rembrandts

Wire Jewelry Ring-Making

Pro-D Day Workshop

9-16 yrs

Pro-D Day jewelry camp where students create wire rings using metal wire, pliers, and beads. Learn techniques like wire roses, single-bead, and braided styles. Each session has a theme, and students take home 1-2 rings.

M 1:00 PM-2:30 PM Apr 20
D607403 \$5.50/1 sess

Instructor: Youth Leader

DANCE

Awesome KPOP/Asian Pop/ Hip Hop Open

6-12 yrs

High-energy dance class combining authentic K-pop/Asian pop music and hip hop fundamentals. Focus on cardio, footwork, isolations and stretches. No experience needed; drop-in \$25.50 (space permitting).

F 3:30 PM-4:30 PM Apr 10-Jun 26
D605382 \$245/12 sess

Instructor: Praise TEAM

DANCE

Hip Hop Breakers

6-9 yrs

An action-packed class for b-boys and b-girls featuring hip hop, basic breakdancing, and dance games. Participants will learn a choreographed routine and showcase their skills in a presentation on the final day. More info at KirbySnellDance.com.

Su 1:05 PM-1:50 PM Apr 12-Jun 21
D604980 \$165/11 sess

Instructor: Endorphin Rush Dance

KPOP/Urban, Street Dance Hip Hop Sampler

10-17 yrs

See program details in Youth section on p. 22.

Kids Intro to Hawaiian Dance

5-12 yrs

Aloha fun! Polynesia is popular with the keikis (kids) and Tiffany of Tava'i's Polynesia is happy to introduce the songs, dances and music of Hawaii!

W 5:30 PM-6:15 PM Apr 01-Jun 17
D606322 \$120/12 sess

Instructor: Paul Latta Dance

EDUCATION

Chess • Beginner

NEW

Learn the rules of chess, key tactical concepts (checkmates, forks, pins), basic strategy, and simple endgames (king and queen; two rooks). Homework will reinforce class concepts, and difficulty will be adjusted to student skill levels. No class May 17.

4-7 yrs

Su 11:00 AM-11:55 AM Apr 12-Jun 28
D606885 \$159/11 sess

8-12 yrs

Su 12:00 PM-12:55 PM Apr 12-Jun 28
D606886 \$159/11 sess

Instructor: Ashton Taylor

Chess Intermediate

NEW

Chess camp teaching notation, basic endgames, and strategy through classic miniatures and student games. Includes puzzles and game presentations. Skill-adjusted. Drop-in \$17.50; no class May 17.

6-12 yrs

Su 1:00 PM-1:55 PM Apr 12-Jun 28
D606887 \$159/11 sess

7-13 yrs

Su 2:00 PM-2:55 PM Apr 12-Jun 28
D606889 \$159/11 sess

Instructor: Ashton Taylor

EDUCATION

Explore Scratch!

NEW

8-11 yrs

Explore Scratch! is a hands-on coding program for Grades 3-5, led by high school volunteers. Students create games, animations, and stories while building logic, creativity, and problem-solving. Laptop required; no experience needed.

F 3:45 PM-5:00 PM Apr 24-Jun 12
D605428 Free; must register

Instructor: Dorothy Lee

Fun with Storytelling & Writing

6-10 yrs

Your child will strengthen their skills in vocabulary, sentence formation, and story structure through storytelling, games, and interactive activities. Using fun reading and art activities, your child will gather ideas for their own creative stories. Ideal for students who want to boost their early writing skills. No class May 17.

Su 11:15 AM-12:15 PM Apr 12-Jun 14
D605176 \$234/9 sess

Instructor: Ready To Set Goals

Brick Animation

6-12 yrs

Stop-motion LEGO animation camp where students create mini-movies in teams. Learn movement, timing, effects, editing, and voice-overs using LEGO Movie Maker. All equipment provided; returning students get advanced projects.

Tu 3:45 PM-5:15 PM May 19-Jun 09
D605159 \$100/4 sess

Instructor: Tomorrow's Playground

GirlsCANCompute: Math Club (New)

NEW

10-13 yrs

Math contest prep program for Girls+! Youth-led sessions prepare students for Math Kangaroo, Mathematica (Pythagoras/Euler), and Gauss 7 contests. Bring your own notebook and writing tools.

Sa 2:00 PM-3:00 PM Apr 11-Jun 06
D605177 Free; must register

Instructor: GirlsCan Compute

Engineering & Robotics-VEX Robotics

8-12 yrs

STEM camp using VEX kits to build and program robots for fun challenges. Encourages creativity, teamwork, and STEM skills. No experience needed. Bring a tablet or iPad with Bluetooth. No class May 16; email info-nn@wizeacademy.com for details.

Sa 3:00 PM-4:30 PM Apr 18-Jun 13
D605429 \$320/8 sess

Instructor: Wize Computing Academy

EDUCATION

Legos in Motion

5-10 yrs

Using illustrated building instructions, participants use LEGO Technic and electric motors to construct 1 project per session. Participants will be building a variety of gadgets & gizmos that may range from animals, to space, to transportation. All LEGO models are designed for movement.

Th 4:00 PM-5:00 PM Apr 16-Jun 04
▶606906 \$160/8 sess

Instructor: Reach Education Inc.

Math 4 Kids

This program aims to enhance critical thinking skills by fostering problem solving, logical reasoning, analytical abilities, and abstract thinking. To do this, our classes are based on problem-solving and puzzles, rather than solely looking at straight numbers and symbols.

Th Apr 09-Jun 11 \$180/10 sess

Grades 1 & 2 • 6-7 yrs

▶606498 5:00 PM-5:50 PM

Grades 3 & 4 • 8-9 yrs

▶606496 6:00 PM-6:50 PM

Grades 5 & 6 • 10-11 yrs

▶606497 7:00 PM-7:50 PM

Instructor: STEAM 4 Kids

Let's Boost Reading 6.4-8.3 yrs

A 30-minute one-to-one reading class for Grade 1-2 students (not for Kindergarten) with an experienced literacy tutor. The focus is on building confidence, literacy skills, and a love of reading through student- or teacher-selected books at the appropriate level. Registration is limited to one class per term. No class May 18.

M Apr 06-Jun 22 \$286/11 sess

▶607237 3:30 PM-4:00 PM

▶607238 4:05 PM-4:35 PM

Tu Apr 07-Jun 23 \$312/12 sess

▶607239 3:30 PM-4:00 PM

▶607240 4:05 PM-4:35 PM

W Apr 08-Jun 24 \$312/12 sess

▶607241 3:30 PM-4:00 PM

▶607242 4:05 PM-4:35 PM

▶607243 4:40 PM-5:10 PM

Th Apr 09-Jun 18 \$286/11 sess

▶607244 3:30 PM-4:00 PM

▶607246 4:05 PM-4:35 PM

▶607247 4:40 PM-5:10 PM

Sa Apr 11-Jun 20 \$286/11 sess

▶607248 9:45 AM-10:15 AM

▶607249 10:25 AM-10:55 AM

▶607250 11:15 AM-11:45 AM

Instructor: Martha Guss

Mobile App Development

8-12 yrs

Mobile app-building camp using drag-and-drop blocks to create and test apps in real time. Bring your idea; see online description for requirements. No class May 16.

Sa 1:15 PM-2:45 PM Apr 18-Jun 13
▶605436 \$320/9 sess

Instructor: Wize Computing Academy

Spanish: Children Beginners I

6-9 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; no drop-ins. Please speak with instructor if registering past the 3rd class.

Tu 3:30 PM-5:00 PM Apr 14-Jun 23
▶605168 \$185/11 sess

Instructor: Eliana Rolando

Science for Kids

6-11 yrs

STEAM4Kids inspires imaginative learning through hands-on, themed science programs. Topics include Where's the Air, Black & Blue Oceans, Mad Mixtures, Science of Sport, Slippery Science, and more. No class May 16.

Sa 10:30 AM-11:30 AM Apr 11-Jun 20
▶606501 \$207/10 sess

Instructor: STEAM 4 Kids

WeDo 1 Robotics

6-11 yrs

STEM camp using LEGO Education WeDo 1 to build and program robots with motors and sensors. Students develop science, tech, engineering, and math skills through theme-based activities. All equipment provided; returning students get new projects.

Tu 3:45 PM-5:15 PM Apr 21-May 12
▶605157 \$100/4 sess

Instructor: Tomorrow's Playground

LABRATS Science Fundamentals

9-12 yrs

Hands-on STEM program exploring biology, physics, and chemistry through experiments and a collaborative real-world problem-solving project. Led by high-achieving youth mentors and featuring a guest talk from a Harvard engineering student, the program aims to inspire a lasting passion for STEM in young learners.

Su 10:30 AM-12:00 PM Apr 05-Jun 07
▶611636 \$75/10 sess

Instructor: LABRATS

MUSIC

Your Voice, Your Song, Your Story for Kids

6-12 yrs

Vocal workshop for children to build confidence and stage skills, and sing with ease. Choose a song, learn baby-breathing technique and have fun. Toy not included.

F 4:30 PM-6:00 PM Apr 10-May 29
▶610556 \$250/8 sess

Instructor: Jan Cooper

FOOD

Cook and Bake with Lily

8-12 yrs

Culinary camp teaching knife skills, measuring, and food hygiene. Each week features a different treat like mac & cheese, pizza, or desserts. Email info@soapifystudio.com for allergies/dietary needs. No class May 18.

M 4:00 PM-6:00 PM Apr 13-Jun 22
▶605363 \$382/10 sess

Instructor: Lily Sum

POTTERY

Hand-building

12-18 yrs

Experience an overview of hand-building. Have fun being creative, then take your masterpieces home. Glazes and materials are non-toxic. No registration after the third class. No class May 17.

Su 12:00 PM-1:00 PM Apr 12-Jun 14
▶607163 \$138/9 sess

Instructor: Renee Chan

Hand and 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 non-toxic and food safe.

Th 3:30 PM-5:00 PM Apr 09-Jun 11
▶607417 \$189/10 sess

Instructor: Janine Schroedter

More Pottery for Teens/Youth

See page 24.

Children

SOCIAL

Pre-teen Group 9-12 yrs

Weekly pre-teen program at Kerrisdale Community Centre with crafts, games, and leadership activities. Registration and completed waivers required.

Tu 3:30 PM-5:00 PM Apr 07-Jun 02
D607512 Free; must register

Instructor: Youth Leader

SPORTS

Badminton 7-12 yrs

No formal instruction is provided; the instructor will offer guidance on play and rules. Please bring your own badminton racquet. Registration required; no drop-ins.

Tu 3:30 PM-5:00 PM Apr 14-Jun 23
D607513 \$38/10 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-ins welcome (space permitting): \$7.50. No May 10 & 17.

7-10 yrs
Su 8:45 AM-9:45 AM Apr 12-Jun 28
D605131 \$66/10 sess

10-13 yrs
Su 10:45 AM-11:45 AM Apr 12-Jun 28
D605128 \$66/10 sess

Instructor: Sanjana Bhasin

Basketball for Boys Skills & Drills 9-13 yrs

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

Th 5:15 PM-6:30 PM Apr 09-Jun 25
D607510 \$75/12 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 09-Jun 25
D607511 \$75/12 sess

Instructor: Pearl Choy

SPORTS

Fast & Fit 7-12 yrs

Program improves running form, agility, and change of direction through drills, workouts, and competitive games, relays, and fun activities.

W 3:30 PM-4:30 PM Apr 01-Jun 24
D605120 \$189/13 sess

Instructor: Game Ready

Family Pickleball: Learn to Play 7+ yrs

Pickleball class teaching basic skills, rallying, and point play for all levels. Promotes teamwork and confidence. Youth (7-17) must register with an adult partner. Paddles provided. No class Apr 11.

Sa 3:00 PM-4:30 PM \$145/4 sess
D605180 Apr 04-May 02
D605179 May 09-May 30
D605185 Jun 06-Jun 27

Instructor: Precision Tennis Inc.

Junior Pickleball: Learn to Play 7-10 yrs

An introductory pickleball class that builds basic skills, coordination, confidence, and rally play through fun, point-based games. Easy to learn, social, and active. All skill levels welcome; paddles provided. No class Apr 11.

Sa 2:00 PM-3:00 PM \$101/4 sess
D605178 Apr 04-May 02
D605183 May 09-May 30
D605184 Jun 06-Jun 27

Instructor: Precision Tennis Inc.

Youth Pickleball: Learn to Play 11-14 yrs

An introductory pickleball class that builds basic skills, coordination, confidence, and rally play through fun, point-based games. Easy to learn, social, and active. All skill levels welcome; paddles provided. No class Apr 11.

Sa 4:30 PM-5:30 PM \$101/4 sess
D605181 Apr 04-May 02
D605182 May 09-May 30
D605186 Jun 06-Jun 27

Instructor: Precision Tennis Inc.

Volleyball All Stars Coed 8-12 yrs

Beginner volleyball camp covering setting, bumping, and serving, plus teamwork. Includes games, tournaments, and fun. No class May 11.

M 3:30 PM-5:00 PM Apr 13-Jun 22
D605119 \$210/10 sess

Instructor: Game Ready

Junior Soccer Beginner 6-8 yrs

A fun, beginner friendly soccer program designed to build confidence, coordination, and a love for the game. Players learn skills through engaging drills and games in a supportive environment. No class May 8 & 15. Drop-in \$14 (space permitting).

F 4:00 PM-4:55 PM May 01-Jun 26
D611040 \$77/7 sess

Instructor: Kaman (KJ) Johal

Junior Soccer Intermediate/Advanced 6-8 yrs

A fun mix of motor skill development and game awareness through engaging drills and games. Players will build confidence with the ball, improve decision-making, and sharpen technique in a fun, yet competitive environment. No class May 8 & 15. Drop-in \$14 (space permitting).

F 5:00 PM-5:55 PM May 01-Jun 26
D611041 \$77/7 sess

Instructor: Kaman (KJ) Johal

Youth Soccer 9-12 yrs

Faster-paced for players ready to grow. Focuses on technical skills, game awareness, and decision-making through challenging drills and games while still keeping it fun and positive. No class May 8 & 15. Drop-in \$14 (space permitting).

F 6:00 PM-6:55 PM May 01-Jun 26
D611042 \$77/7 sess

Instructor: Kaman (KJ) Johal

Open Gym

Tue & Wed: 6:45-7:45 p.m.

See page 23 for full details.



Sensory Kits

Now available for all ages. Visit the front desk to borrow one or learn more.



PRIVATE MUSIC LESSONS

Guitar 5-16 yrs

Express your creativity through music and learn to play acoustic, or electric guitar, with your favourite songs! Lessons cover: basic music theory; chords & techniques; reading tablature; ear training; tuning, & maintenance. Guitars are not provided, but the instructor can help with advice & purchasing.

Tu	Apr 14-Jun 16	\$280/10 sess
▶605187	5:00 PM-5:30 PM	
▶605189	5:30 PM-6:00 PM	
▶605191	6:00 PM-6:30 PM	
▶605193	6:30 PM-7:00 PM	
▶605196	7:00 PM-7:30 PM	
▶605198	7:30 PM-8:00 PM	
F	Apr 17-Jun 19	\$280/10 sess
▶605188	5:00 PM-5:30 PM	
▶605190	5:30 PM-6:00 PM	
▶605192	6:00 PM-6:30 PM	
▶605194	6:30 PM-7:00 PM	
▶605195	7:00 PM-7:30 PM	
▶605197	7:30 PM-8:00 PM	

Instructor: Artemis Cheung

Flute 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.

F	Apr 03-Jun 19	\$449/12 sess
▶612961	4:00 PM-4:30 PM	
▶612963	4:30 PM-5:00 PM	
▶612965	5:00 PM-5:30 PM	
▶612966	5:30 PM-6:00 PM	

Instructor: Andrea Minden

Piano 4+ yrs

Daywuy Mejias is a piano teacher with over 20 years of experience, trained at the Royal Conservatory of Music in Venezuela and certified by RCM Canada. With a background in Arts, Child Psychology, and Neurodiversity, she uses a personalized approach to support students' musical, cognitive, and emotional development.

W	Apr 01-Jun 24	\$377/13 sess
▶607476	3:30 PM-4:00 PM	
▶607477	4:00 PM-4:30 PM	
▶607478	4:30 PM-5:00 PM	
▶607479	5:00 PM-5:30 PM	
▶607480	5:40 PM-6:10 PM	
▶607481	6:10 PM-6:40 PM	
▶607482	6:40 PM-7:10 PM	
▶607483	7:10 PM-7:40 PM	
F	Apr 10-Jun 26	\$348/12 sess
▶606878	3:30 PM-4:00 PM	
▶607469	4:00 PM-4:30 PM	
▶607470	4:30 PM-5:00 PM	
▶607471	5:00 PM-5:30 PM	
▶607472	5:40 PM-6:10 PM	
▶607473	6:10 PM-6:40 PM	
▶607474	6:40 PM-7:10 PM	
▶607475	7:10 PM-7:40 PM	

Instructor: Daywuy Mejias

Showtime Singing! NEW 7-17 yrs

Through music and performance, kids build confidence, improve posture, breath, and projection, manage stage fright, and learn to connect with an audience expressing themselves through song. No class May 18.

M	Apr 13-Jun 22	\$360/10 sess
▶605607	3:30 PM-4:15 PM	
▶605610	4:15 PM-5:00 PM	
▶605611	5:00 PM-5:45 PM	
▶605612	6:00 PM-6:45 PM	
▶605613	6:45 PM-7:30 PM	

Instructor: Natalye Vivian

Piano 5-12 yrs

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

Tu	Mar 31-Jun 16	\$353/12 sess
▶605365	3:30 PM-4:00 PM	
▶605367	4:00 PM-4:30 PM	
▶605368	4:30 PM-5:00 PM	
▶605370	5:00 PM-5:30 PM	
▶605371	5:35 PM-6:05 PM	
▶605372	6:05 PM-6:35 PM	
▶605374	6:35 PM-7:05 PM	
▶605376	7:05 PM-7:35 PM	

Instructor: Beth Carroll

Piano 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. 6 & May 18.

M	Mar 30-Jun 15	\$295/10 sess
▶605416	3:30 PM-4:00 PM	
▶605417	4:05 PM-4:35 PM	
▶605420	4:40 PM-5:10 PM	
▶605421	5:15 PM-5:45 PM	
▶605422	5:50 PM-6:20 PM	
▶605424	6:25 PM-6:55 PM	
▶605425	7:00 PM-7:30 PM	

Instructor: Nancy Chang

Mixed Ages

MUSIC

Sax, Flute & Clarinet All Ages

Study the art of woodwind playing. Mixed 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 60.257.8100. No class May 16 & 18.

M	Mar 30-Jun 22	\$665/11 sess
▶605080	3:30 PM-4:15 PM	
▶605082	4:15 PM-5:00 PM	
▶605083	5:00 PM-5:45 PM	
▶605084	5:45 PM-6:30 PM	
Tu	Mar 31-Jun 23	\$785/13 sess
▶605085	3:30 PM-4:15 PM	
▶605086	4:15 PM-5:00 PM	
▶605087	5:00 PM-5:45 PM	
▶605320	5:45 PM-6:30 PM	
W	Apr 01-Jun 24	\$785/13 sess
▶605088	3:30 PM-4:15 PM	
▶605089	4:15 PM-5:00 PM	
▶605090	5:00 PM-5:45 PM	
▶605091	5:45 PM-6:30 PM	
▶605092	6:30 PM-7:15 PM	
Th	Apr 02-Jun 25	\$785/13 sess
▶605094	3:30 PM-4:15 PM	
▶605095	4:15 PM-5:00 PM	
▶605106	5:00 PM-5:45 PM	
▶605107	5:45 PM-6:30 PM	
▶605108	6:30 PM-7:15 PM	
Sa	Apr 04-Jun 27	\$785/13 sess
▶605322	9:30 AM-10:15 AM	
▶605072	12:45 PM-1:30 PM	
▶605074	1:30 PM-2:15 PM	
▶605075	2:15 PM-3:00 PM	
▶605077	3:00 PM-3:45 PM	
▶605321	3:45 PM-4:30 PM	

Instructor: Dylan Cramer

Trumpet, Trombone, & Euphonium NEW 9+ yrs

Personalized lessons for mixed ages and skill levels. Students build fundamentals, tone, air control, and music reading, whether playing for fun or preparing for auditions. Bring your own instrument. Drop-ins may be available upon request by contacting andrea.norman.trombone@gmail.com.

Th	Apr 02-Jun 11	\$605/11 sess
▶605121	2:00 PM-2:45 PM	
▶605122	2:50 PM-3:35 PM	
▶605123	3:40 PM-4:25 PM	
▶605124	4:30 PM-5:15 PM	
▶605125	5:20 PM-6:05 PM	

Instructor: Andrea Norman

Violin & Viola 6+ yrs

Lessons for mixed ages and skill levels. Instruction builds note accuracy, ear training, rhythm, reading, and confidence, with options including Classical, Suzuki, folk, fiddle, and pop styles. Preparation for festivals, RCM exams, recitals, and competitions is available. Students must bring their own violin; books are an additional cost.

Th	Apr 02-Jun 25	\$473/13 sess
▶607145	2:20 PM-2:50 PM	
▶607146	2:55 PM-3:25 PM	
▶607147	3:30 PM-4:00 PM	
▶607148	4:05 PM-4:35 PM	
▶607149	4:40 PM-5:10 PM	
▶607150	5:15 PM-5:45 PM	
▶607151	5:50 PM-6:20 PM	
▶607152	6:25 PM-6:55 PM	
▶607153	7:00 PM-7:30 PM	
▶607154	7:35 PM-8:05 PM	
▶607155	8:10 PM-8:40 PM	
▶607156	8:45 PM-9:15 PM	

Instructor: Pavel Chiriac

ART

Draw Like an Architect for Kids & Youth 7-18 yrs

This program is for enthusiastic students who want to learn correct drawing techniques for architectural subjects and explore tone, texture, line, perspective, proportion, shading and lighting in their artwork. (Supplies are not included; supply list will be on receipt notes). No class May 30. Drop-in \$39 (space permitting).

Sa	1:00 PM-3:00 PM	Apr 11-Jun 27
▶606387		\$335/11 sess

Instructor: Mohammad Reza Atashzad

Drawing and Painting for Kids & Youth 7-18 yrs

In this class students will learn how to draw, shape and form images in perspective while creating compositional structures. We will explore topics including landscape, still life, flowers, figures and more. (Supplies are not included, supply list will be on receipt notes). No class May 30. Drop-in \$39 (space permitting).

Sa	10:30 AM-12:30 PM	Apr 11-Jun 27
▶606383		\$335/11 sess
Su	1:00 PM-3:00 PM	Apr 12-Jun 28
▶606402		\$335/11 sess

Instructor: Mohammad Reza Atashzad

FIRST AID

CPR-C with AED 10+ yrs

CPR-C w/ AED 2-3 hours online, 2-3 hours in class. Basic CPR with Choking, CPR, AED. Canadian Red Cross Certification.

Tu	5:30 PM-7:30 PM	May 05-May 05
▶612494		\$90/1 sess
Tu	5:00 PM-7:00 PM	Mar 31-Mar 31
▶611066		\$90/1 sess
Sa	9:15 AM-1:15 PM	Jun 06-Jun 06
▶611055		\$90/1 sess

Emergency First Aid (Basic) with CPR-C + AED 10+ yrs

Basic first aid. Four hours online, four hours in class. Canadian Red Cross Certification-approved by WorkSafeBC.

Tu	5:00 PM-9:00 PM	Mar 31-Mar 31
▶611065		\$100/1 sess
Tu	5:30 PM-9:30 PM	May 05-May 05
▶612495		\$100/1 sess
Sa	9:15 AM-2:15 PM	Jun 06-Jun 06
▶611054		\$100/1 sess

Red Cross Babysitting 11-15 yrs

Learn how to take care of others and develop basic first aid skills.

Su	9:15 AM-4:15 PM	Apr 05-Apr 05
▶611059		\$80/1 sess
Su	9:15 AM-4:15 PM	May 24-May 24
▶611060		\$80/1 sess
Sa	9:15 AM-4:15 PM	Jun 20-Jun 20
▶611062		\$80/1 sess

Red Cross Stay Safe 9-14 yrs

Basic first aid and safety skills for youth. Learn responsibility, safety rules, and how to handle emergencies. Includes a Stay Safe! workbook and completion certificate.

Sa	1:00 PM-5:00 PM	Apr 18-Apr 18
▶611056		\$85/1 sess
M	9:15 AM-1:15 PM	May 18-May 18
▶611058		\$85/1 sess
Sa	1:00 PM-5:00 PM	Jun 27-Jun 27
▶611057		\$85/1 sess

Standard First Aid (Intermediate) with CPR-C + AED 10+ yrs

Two day course. Standard First Aid (Intermediate) 8 hours online/ 8 hours in class. Canadian Red Cross Certification approved by WorkSafeBC.

Tu Th	5:00 PM-9:00 PM	Mar 31-Apr 02
▶611064		\$145/2 sess
Tu Th	5:30 PM-9:30 PM	May 05-May 07
▶612496		\$145/2 sess
Sa	9:15 AM-5:15 PM	Jun 06-Jun 06
▶611052		\$145/1 sess



TENNIS SPRING INDOORS

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

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 Mobility & Movement

18+ yrs

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 levels welcome.

Tu	12:30 PM-1:30 PM	Mar 31-Apr 21
▶610141		\$147/4 sess
Tu	12:30 PM-1:30 PM	Apr 28-May 19
▶609691		\$147/4 sess
Tu	12:30 PM-1:30 PM	May 26-Jun 16
▶609692		\$147/4 sess
W	11:00 AM-12:00 PM	Apr 01-Apr 22
▶610145		\$147/4 sess
Th	5:30 PM-6:30 PM	Apr 02-Apr 23
▶610143		\$147/4 sess
Th	6:30 PM-7:30 PM	Apr 02-Apr 23
▶610144		\$147/4 sess
Th	5:30 PM-6:30 PM	Apr 30-May 21
▶609693		\$147/4 sess
Th	5:30 PM-6:30 PM	May 28-Jun 18
▶609694		\$147/4 sess

Tennis Strength & Conditioning

18+ yrs

Build strength, power and stability to support your tennis in this fitness course led by a certified trainer. A focus on safe, tennis-specific strength training, plyometric movement through drills, with personalized feedback in a small group. All levels welcome.

W	11:00 AM-12:00 PM	Apr 29-May 20
▶609699		\$147/4 sess
W	11:00 AM-12:00 PM	May 27-Jun 17
▶609700		\$147/4 sess
Th	6:30 PM-7:30 PM	Apr 30-May 21
▶609704		\$147/4 sess
Th	6:30 PM-7:30 PM	May 28-Jun 18
▶609703		\$147/4 sess

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	Mar 31-Apr 21
▶605579		\$139/4 sess
W	11:00 AM-12:00 PM	Apr 01-Apr 22
▶605580		\$139/4 sess
Th	6:30 PM-7:30 PM	Apr 02-Apr 23
▶605582		\$139/4 sess

Instructor: Summer Smash 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.

F	2:30 PM-3:15 PM	Apr 03-Apr 24
▶605578		\$105/4 sess
Su	9:30 AM-10:30 AM	Apr 05-Apr 26
▶605588		\$140/4 sess
Th	2:30 PM-3:15 PM	Apr 02-Apr 23
▶605577		\$105/4 sess
Su	9:45 AM-10:30 AM	May 03-Jun 21
▶609524		\$216/8 sess
M	3:15 PM-3:45 PM	May 25-Jun 15
▶609519		\$72/4 sess

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 specific to tennis.

W	3:30 PM-4:15 PM	Apr 08-Apr 22
▶605574		\$79/3 sess
F	3:30 PM-4:15 PM	Apr 10-Apr 24
▶605575		\$79/3 sess
Su	10:30 AM-11:30 AM	Apr 05-Apr 26
▶605576		\$140/4 sess
Tu	3:45 PM-4:30 PM	
▶609540	Apr 28-May 19	\$108/4 sess
▶609542	May 26-Jun 16	\$108/4 sess
F	3:30 PM-4:15 PM	
▶609544	May 01-May 22	\$108/4 sess
▶609547	May 29-Jun 19	\$108/4 sess
Sa	9:30 AM-10:15 AM	
▶609551	May 02-May 23	\$105/4 sess
▶609553	May 30-Jun 20	\$105/4 sess

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 1/2 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 18.

M	3:45 PM-4:45 PM	Apr 27-Jun 15
▶609560		\$252/7 sess
W	3:45 PM-4:45 PM	Apr 29-May 20
▶609567		\$144/4 sess
W	3:45 PM-4:45 PM	May 27-Jun 17
▶609571		\$144/4 sess
Su	10:30 AM-11:30 AM	May 03-Jun 21
▶609573		\$288/8 sess

Tennis Athletic Development

8-14 yrs

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

Th	4:15 PM-5:15 PM	Apr 30-May 21
▶609687		\$140/4 sess

Open Gym

Tue & Wed: 6:45-7:45 p.m.

See page 23 for full details.

TENNIS SPRING OUTDOORS

Junior Aces 7-10 yrs

Continue developing a tennis foundation and build confidence. For 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 08-Apr 22
▶605586		\$105/3 sess
Sa	10:30 AM-11:30 AM	Apr 11-Apr 25
▶605589		\$105/3 sess
Tu	4:30 PM-5:30 PM	\$144/4 sess
▶609575	Apr 28-May 19	
▶609576	May 26-Jun 16	
W	4:45 PM-5:45 PM	\$144/4 sess
▶609578	Apr 29-May 20	
▶609580	May 27-Jun 17	
Sa	10:15 AM-11:15 AM	\$144/4 sess
▶609581	May 02-May 23	
▶609583	May 30-Jun 20	

Youth Fundamentals 11-16 yrs

Start learning tennis in a fun and supportive environment. An introduction to the game for beginners with little or no experience through high energy, game-based lessons. An emphasis is placed on inspiring a love for the game while building a strong technical foundation. No class May 18.

M	4:45 PM-5:45 PM	Apr 27-Jun 15
▶609584		\$252/7 sess
Sa	11:15 AM-12:15 PM	May 02-Jun 20
▶609587		\$288/8 sess
Su	11:30 AM-12:30 PM	May 03-Jun 21
▶609588		\$288/8 sess

Youth Aces 11-16 yrs

Continue developing a tennis foundation and build confidence. For young players with some experience. Develop 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.

F	4:15 PM-5:45 PM	Apr 10-Apr 24
▶605584		\$158/3 sess
Sa	11:30 AM-12:30 PM	Apr 11-Apr 25
▶605587		\$105/3 sess
Th	3:30 PM-5:00 PM	Apr 09-Apr 23
▶605583		\$158/3 sess
Th	3:30 PM-4:45 PM	
▶609589	Apr 30-May 21	\$180/4 sess
▶609590	May 28-Jun 18	\$180/4 sess
F	4:15 PM-5:30 PM	May 01-Jun 19
▶609591		\$359/8 sess

Youth Performance 10-17 yrs

Improve consistency and control beyond fundamentals. This program is designed for players with experience who can rally consistently. Students will further develop ball control (direction, height, distance) and technique following the Summer Smash Progression. Students will be grouped according to age and skill to ensure appropriate level of challenge and progress.

Th	4:45 PM-6:00 PM	\$190/4 sess
▶609595		Apr 30-May 21
▶609598		May 28-Jun 18

Feeding Frenzy (2.0-3.0) 18+ yrs

Improve consistency and cardio through feeding drills. In this high-energy class, coaches feed balls and provide feedback to help students develop their forehand, backhand, volleys and serve through high-repetition training. Students are encouraged to register for an Adult Beginner++ (2.0) or Intermediate class in addition to Feeding Frenzy.

Th	6:00 PM-7:15 PM	Apr 30-May 21
▶609634		\$213/4 sess
Th	6:00 PM-7:15 PM	May 28-Jun 18
▶609636		\$213/4 sess

Serving Clinic (2.0-3.0) 18+ yrs

Improve serve consistency, placement, and confidence through focused repetition and technical guidance. This clinic-style class breaks the serve into clear, manageable steps with live feedback, helping beginner and early-intermediate players (2.0-3.0 NTRP) develop a reliable, efficient service motion. Emphasis is placed on rhythm, balance, and coordination to support consistent, controlled starts to each point and complement Adult group lessons.

F	2:30 PM-3:20 PM	May 01-May 22
▶609657		\$142/4 sess

Varsity Tennis Practice 18+ 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	\$528/4 sess
▶609667	May 01-May 22	
▶609670	May 29-Jun 19	

Adult Beginner (1.0) 18+ yrs

Start learning tennis in a fun and supportive environment. For beginners with little or no experience. High-energy, game-based lessons that use the three-quarter 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 18.

M	6:00 PM-7:15 PM	Apr 27-Jun 15
▶609601		\$355/7 sess
Sa	1:00 PM-2:15 PM	May 02-Jun 20
▶609617		\$405/8 sess

Adult Beginner+ (1.5) 18+ yrs

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

Tu	5:30 PM-7:00 PM	Apr 28-May 19
▶609622		\$243/4 sess
Tu	5:30 PM-7:00 PM	May 26-Jun 16
▶609623		\$243/4 sess
F	8:00 AM-9:00 AM	May 01-Jun 19
▶609625		\$324/8 sess

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.

F	9:15 AM-10:15 AM	May 01-Jun 19
▶609627		\$341/8 sess

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. Improve ability to play within cooperative and competitive settings.

Tu	9:30 AM-10:45 AM	May 05-Jun 16
▶609642		\$380/7 sess

Adult Intermediate (3.0-3.5) 18+ yrs

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

Tu	10:45 AM-12:00 PM	May 05-Jun 16
▶609645		\$380/7 sess

TENNIS SUMMER OUTDOORS

Mini Aces Camp

6-7 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.

M Tu Th F	9:00 AM-12:00 PM	Jun 29-Jul 03	
▶609156		\$288/4 sess	
M Tu W Th F	9:00 AM-12:00 PM	Jul 06-Jul 10	
▶609714		\$360/5 sess	
M Tu W Th F	9:00 AM-12:00 PM	Jul 13-Jul 17	
▶609716		\$360/5 sess	
M Tu W Th F	9:00 AM-12:00 PM	Jul 20-Jul 24	
▶609717		\$360/5 sess	
M Tu W Th F	9:00 AM-12:00 PM	Jul 27-Jul 31	
▶609718		\$360/5 sess	
Tu W Th F	9:00 AM-12:00 PM	Aug 04-Aug 07	
▶609719		\$288/4 sess	
M Tu W Th F	9:00 AM-12:00 PM	Aug 10-Aug 14	
▶609720		\$360/5 sess	
M Tu W Th F	9:00 AM-12:00 PM	Aug 17-Aug 21	
▶609721		\$360/5 sess	
M Tu W Th F	9:00 AM-12:00 PM	Aug 24-Aug 28	
▶609722		\$360/5 sess	

Junior Fundamentals + Aces Camp

7-10 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.

M Tu Th F	9:00 AM-12:00 PM	Jun 29-Jul 03	\$287/4 sess
▶609725			
M Tu W Th F	9:00 AM-12:00 PM	Jul 06-Jul 10	\$359/5 sess
▶609728			
M Tu W Th F	9:00 AM-12:00 PM	Jul 13-Jul 17	\$359/5 sess
▶609730			
M Tu W Th F	9:00 AM-12:00 PM	Jul 20-Jul 24	\$359/5 sess
▶609731			
M Tu W Th F	9:00 AM-12:00 PM	Jul 27-Jul 31	\$359/5 sess
▶609732			
Tu W Th F	9:00 AM-12:00 PM	Aug 04-Aug 07	\$287/4 sess
▶609733			
M Tu W Th F	9:00 AM-12:00 PM	Aug 10-Aug 14	\$359/5 sess
▶609734			
M Tu W Th F	9:00 AM-12:00 PM	Aug 17-Aug 21	\$359/5 sess
▶609735			
M Tu W Th F	9:00 AM-12:00 PM	Aug 24-Aug 28	\$359/5 sess
▶609736			

Youth Aces & Performance Camp

10-16 yrs

Fun, encouraging half-day camp for high school players aiming to compete. Focus on advanced technique, tactics, and ball control, with age- and skill-based groupings. Consistent full-court rally ability required. No class Jul 1.

M Tu Th F	1:00 PM-4:00 PM	Jun 29-Jul 03	\$286/4 sess
▶609747			
M Tu W Th F	1:00 PM-4:00 PM	Jul 06-Jul 10	\$357/5 sess
▶609737			
M Tu W Th F	1:00 PM-4:00 PM	Jul 13-Jul 17	\$357/5 sess
▶609740			
M Tu W Th F	1:00 PM-4:00 PM	Jul 20-Jul 24	\$357/5 sess
▶609741			
M Tu W Th F	1:00 PM-4:00 PM	Jul 27-Jul 31	\$357/5 sess
▶609742			
Tu W Th F	1:00 PM-4:00 PM	Aug 04-Aug 07	\$286/4 sess
▶609749			
M Tu W Th F	1:00 PM-4:00 PM	Aug 10-Aug 14	\$357/5 sess
▶609744			
M Tu W Th F	1:00 PM-4:00 PM	Aug 17-Aug 21	\$357/5 sess
▶609745			
M Tu W Th F	1:00 PM-4:00 PM	Aug 24-Aug 28	

Serving Clinic (2.0-3.0)

18+ yrs

Clinic-style class for beginner to early-intermediate players (2.0-3.0 NTRP) focused on building a consistent, confident serve. Breaks the motion into simple steps with repetition and live feedback, emphasizing rhythm, balance, coordination, and reliable placement to support Adult group lessons.

Th	6:15 PM-7:15 PM	Jul 02-Aug 20	\$174/8 sess
▶609808			
M W	2:45 PM-3:45 PM	Jul 13-Jul 22	\$169/4 sess
▶609809			
M W	2:45 PM-3:45 PM	Aug 10-Aug 19	\$169/4 sess
▶609811			

Varsity Tennis Practice

19-24 yrs

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

F	5:15 PM-8:15 PM	Jul 03-Jul 17	\$393/3 sess
▶609827			
F	5:15 PM-8:15 PM	Jul 24-Aug 07	\$393/3 sess
▶611008			
F	5:15 PM-8:15 PM	Aug 14-Aug 28	\$393/3 sess
▶611009			
▶609746			\$357/5 sess

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.

Tu Th	1:30 PM-2:45 PM	Jun 30-Jul 09	\$201/4 sess
▶609766			
Th	5:00 PM-6:15 PM	Jul 02-Jul 23	\$203/4 sess
▶609753			
M W	5:30 PM-7:00 PM	Jul 13-Jul 22	\$243/4 sess
▶609760			
Tu Th	1:30 PM-2:45 PM	Jul 28-Aug 06	\$201/4 sess
▶609769			
M W	5:30 PM-7:00 PM	Aug 10-Aug 19	\$243/4 sess
▶609765			

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. No class Jul 1.

Tu	5:30 PM-7:00 PM	Jun 30-Jul 21	\$243/4 sess
▶609783			
Th	5:00 PM-6:15 PM	Jul 30-Aug 20	\$203/4 sess
▶609774			
M W	5:30 PM-7:00 PM	Jun 29-Jul 08	\$183/3 sess
▶609776			
M W	5:30 PM-7:00 PM	Jul 27-Aug 05	\$183/3 sess
▶609779			
Tu Th	2:45 PM-4:00 PM	Jun 30-Jul 09	\$201/4 sess
▶609787			
Tu Th	1:30 PM-2:45 PM	Jul 14-Jul 23	\$201/4 sess
▶609794			
Tu Th	2:45 PM-4:00 PM	Jul 28-Aug 06	\$201/4 sess
▶609789			
Tu Th	1:30 PM-2:45 PM	Aug 11-Aug 20	\$201/4 sess
▶609795			
M Tu W Th	1:30 PM-3:30 PM	Aug 24-Aug 27	\$321/4 sess
▶609796			
M Tu W Th	5:30 PM-7:00 PM	Aug 24-Aug 27	\$243/4 sess
▶609781			

Seniors Gentle Fit & Mild/Mod Low Impact

See page 35.



Mixed Ages

TENNIS SUMMER OUTDOORS

Adult Beginner++ (2.0) 18+ yrs

Solidify your foundation for all strokes. Players who can rally consistently continue to develop ball control (direction, height, distance) and technique within cooperative and competitive contexts. An emphasis is placed on developing technique and ability for groundstrokes, volley, and serve. Students should repeat this course until they can confidently control the direction and height of forehand and backhand within a full court rally. No class Jul 1.

Tu	5:30 PM-7:00 PM	Jul 28-Aug 18
D609798		\$256/4 sess
M W	1:30 PM-2:45 PM	Jun 29-Jul 08
D609805		\$256/4 sess
M W	1:30 PM-2:45 PM	Jul 27-Aug 05
D609800		\$252/3 sess
M W	5:30 PM-7:00 PM	Jun 29-Jul 08
D609804		\$192/3 sess
M W	5:30 PM-7:00 PM	Jul 13-Jul 22
D609802		\$252/3 sess
M Tu W	5:30 PM-7:00 PM	Aug 24-Aug 26
D609806		\$192/3 sess

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. No class Jul 1.

Tu	5:30 PM-7:00 PM	Jun 30-Jul 21
D609821		\$251/4 sess
Tu	5:30 PM-7:00 PM	Jul 28-Aug 18
D609824		\$251/4 sess
M W	2:45 PM-4:00 PM	Jun 29-Jul 08
D609817		\$160/3 sess
M W	1:30 PM-2:45 PM	Jul 13-Jul 22
D609820		\$213/4 sess
M W	2:45 PM-4:00 PM	Jul 27-Aug 05
D609818		\$160/3 sess

Adult Intermediate (3.0-3.5) 18+ yrs

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

M W	5:30 PM-7:00 PM	Jul 27-Aug 19
D609826		\$445/8 sess

MARTIAL ARTS

Axe Capoeira Mini 2-6 yrs

We are now excited to offer a capoeira course to introduce your child to the basic fundamentals of the art form. This starter course will cover basic kicks, movements and acrobatics, as well as teach you basic music skills and about the history of Capoeira. We will also cover the correct techniques to prepare you physically to transition into the next level of classes. Drop-in \$20 (space permitting).

M	5:15 PM-6:00 PM	Apr 13-Apr 27
D606351		\$54/3 sess
M	5:15 PM-6:00 PM	May 04-May 25
D606352		\$54/3 sess
M	5:15 PM-6:00 PM	Jun 01-Jun 22
D606353		\$72/4 sess

Instructor: Julie Ali

Axe 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-in \$22.5 (7-13 yrs) and \$25 (14+) (space permitting).

M	6:15 PM-7:15 PM	Apr 13-Apr 27
D606354		\$54/7-13yrs • \$70/14+ yrs/3 sess
M	6:15 PM-7:15 PM	May 04-May 25
D606355		\$54/7-13yrs • \$70/14+ yrs/3 sess
M	6:15 PM-7:15 PM	Jun 01-Jun 22
D606357		\$72/7-13yrs • \$93/14+ yrs/4 sess

Instructor: Julie Ali

Axe Samba and Afro-Brazilian Dance 14+ yrs

Samba is the sizzle of Brazil. Spice it up with this introductory course in Samba and Afro-Brazilian dance. The focus is on basic footwork, combinations and easy to learn choreography. Get fit, have fun and make your soul happy with this class. Drop-in \$18 (space permitting).

M	7:30 PM-8:30 PM	Apr 13-Apr 27
D606359		\$48/3 sess
M	7:30 PM-8:30 PM	May 04-May 25
D606363		\$48/3 sess
M	7:30 PM-8:30 PM	Jun 01-Jun 22
D606364		\$63/4 sess

Instructor: Julie Ali

Taekwondo

At TEMA, enhance flexibility, power, discipline, and self-defense through Taekwondo. Progress to Olympic sparring and earn black belts from Kukkiwon. All belt testing by Grand Master E. Saadati. Visit www.temartialarts.com. Uniforms available at additional cost, ordered on the first class day.

Taekwondo: Intermediate

5-10 yrs		
F	4:30 PM-5:30 PM	Apr 10-Jun 26
D605750		\$288/12 sess

Taekwondo: Beginner

5-10 yrs		
F	5:30 PM-6:30 PM	Apr 10-Jun 26
D605751		\$288/12 sess

Taekwondo: All Levels

11-60 yrs		
F	6:30 PM-7:30 PM	Apr 10-Jun 26
D605752		\$288/11-18yrs • \$303/19+ yrs/12 sess

Instructor: Third Eye Martial Arts

West River Karate Beginner/Novice 6-12 yrs

Our program will introduce the basics and fundamentals of traditional karate. The main emphasis is this program is the growth and personal development of our students through the practice of this traditional martial art. Additional benefits of training include discipline, etiquette and respect. Participants may purchase a uniform from the instructor. No Class May 18.

M	5:00 PM-6:00 PM	Apr 13-Jun 22
D605499		\$220/10 sess

Instructor: Kenny Lim

West River Karate Li'l Ninjas 3-5 yrs

Our Little Ninjas karate program focuses on teaching and improving listening skills and basic motor skills for preschool age children. Each child will learn the basic fundamentals of karate; punches, kicks and forms in a safe and friendly space. Our program will enhance your child's growth and personal development in a positive, fun and motivating way. Participants may purchase a uniform from the instructor. No Class May 18.

M	4:30 PM-5:00 PM	Apr 13-Jun 22
D605498		\$150/10 sess

Instructor: Kenny Lim

MARTIAL ARTS

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 09-Jun 25
 ▶606304 \$138/12 sess

Instructor: Candice Wong

Wushu Beginner/ Novice 15+ 5+ 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. Please speak to instructor before registering for higher levels. No class May 18. Drop-in \$19 (space permitting).

M 7:00 PM-8:00 PM Apr 13-Jun 22
 ▶606300 \$130/10 sess

Instructor: Candice Wong

Wushu Level 2+ Novice-Intermediate 5+ yrs

Wushu, a form of Chinese Martial Arts, is an exciting and modern way of performing the art of fighting. Our classes will focus on developing a positive attitude, discipline, and respect. Wushu helps develop coordination, balance, strength, stamina, and flexibility while learning the fundamentals of basic fighting concepts such as punching, kicking, blocking, and weapons training. Prerequisite for this class is Wushu Beginners, testing required. Please speak to instructor before registering for higher levels. No class May 18. Drop-in \$19 (space permitting).

M 5:00 PM-6:30 PM Apr 13-Jun 22
 ▶606285 \$135/10 sess

Instructor: Candice Wong

Wushu Level 4+ Competitive 5+ yrs

A focus on higher level training, advanced routines, weapon training, sparring techniques, and competition level training. Prerequisite: Wushu Level 2+, testing required. Drop-in \$20 (space permitting).

Th 5:00 PM-7:00 PM Apr 09-Jun 25
 ▶606306 \$180/12 sess

Instructor: Candice Wong

Wushu Level 4+ Intermediate-Advanced 5+ yrs

A focus on higher level training, advanced routines, weapon training, sparring techniques, and competition level training. Prerequisite: Wushu Level 2+, testing required. Please check with instructor before registering. No class May 18. Drop-in \$20 (space permitting).

M 5:00 PM-7:00 PM Apr 13-Jun 22
 ▶606287 \$150/10 sess

Instructor: Candice Wong

Ken Shin Dojo • laido 18+ yrs

laido is the art of drawing and cutting with the samurai katana (sword). The purpose of laido is to develop awareness, calmness, and mental & physical harmony. Ken Shin Dojo is certified by Whole Japan laido Kokusai Federation. For more info, please visit kenshindojo.ca or contact Sensei Bahman at sensei.bahman@kenshindojo.ca.

Sa 10:00 AM-11:30 AM Apr 18-Jun 20
 ▶605682 \$284/10 sess

Instructor: Bahman Ebrahimi

Ken Shin Dojo Jiu Jitsu 13+ yrs

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

Sa 2:00 PM-3:00 PM Apr 18-Jun 20
 ▶605686 \$231/10 sess

Instructor: Bahman Ebrahimi

Ken Shin Dojo Kickboxing 13+ yrs

This non-contact sparring martial art will enhance your cardio-fitness, flexibility, speed, strength and endurance. This course offers free kickboxing pants to new students. This course offers free kickboxing pants to new students. Drop-in \$27 (space permitting and instructor approval) For more info, please visit kenshindojo.ca or contact Sensei Bahman at sensei.bahman@kenshindojo.ca.

W 6:00 PM-7:00 PM Apr 15-Jun 17
 ▶605681 \$231/10 sess

Sa 1:00 PM-2:00 PM Apr 18-Jun 20
 ▶605684 \$231/10 sess

Instructor: Bahman Ebrahimi

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 24

Open Gym is for anyone 13 years of age and older.

Tue & Wed: 6:45-7:45 p.m.

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

Tue: 11:50 a.m.-12:20 p.m.
 Sat: 12:40-1:30 p.m.



Youth

DANCE

K-pop/Urban, Street Dance Hip Hop Sampler 10-17 yrs

Come sample authentic K-pop and urban street styles including breaking, locking, popping, waacking, hip hop and more! Refine dance technique through cardio dance, strengthening, footwork, isolations, stretches and more! No experience needed. Drop-in \$38 (space permitting).

F 4:30 PM-6:00 PM Apr 10-Jun 26
D605383 \$367/12 sess

Instructor: Praise TEAM

MUSIC

Your Voice, Your Song, Your Story for Teens 13-17 yrs

Unleash Your Inner Star invites teens to choose a song that fits their voice, inspired by artists like Tate McCrae or Bruno Mars. Through expert guidance, participants learn natural breathing techniques, build confidence, develop stage presence, and sing with ease in a fun, supportive environment.

M 6:30 PM-8:30 PM Apr 13-June 8
D610558 \$250/8 sess

Instructor: Jan Cooper

EDUCATION

Chess Intermediate 8-16 yrs

Students will learn chess notation, foundational endgames (king and rook; king and pawn), and strategy through classic miniatures and their own games. Homework will include simple puzzles, and students may present a game they played. Difficulty will be adjusted to student skill levels. Drop-ins: \$17.50 (space permitting). No class May 17.

Su 3:00 PM-3:55 PM Apr 12-Jun 28
D606888 \$159/11 sess

Instructor: Ashton Taylor

Chess Advanced 7-16 yrs

Students will explore model games, personalized opening theory, endgame theory, puzzles and get personalized feedback on their own games. Students will be expected to play outside of class and submit games to me. This course is intended to prepare students for competitions. Drop-ins: \$27; space-permitting. No class May 17.

Su 4:00 PM-5:30 PM Apr 12-Jun 28
D606890 \$236/11 sess

Instructor: Ashton Taylor

EDUCATION

Rising Men ^{NEW} 13-17 yrs

Rising Men empowers teenage boys to become confident, respectful leaders, building communication, empathy, and accountability skills to strengthen relationships, succeed in school, and reach their full potential.

Th 4:00 PM-5:30 PM Apr 02-Jun 25
D606930 \$156/13 sess

Instructor: Jeff Sim

Toastmasters Youth Program • Vancouver Gavel Club 12-17 yrs

An affiliate of Toastmasters International, Gavel helps youth build confidence in public speaking and leadership in a fun, supportive environment. Guided by an experienced Toastmasters member, participants practice prepared and impromptu speaking, note-taking, and giving feedback, while taking on meeting roles and club executive responsibilities.

Tu 6:30 PM-8:30 PM Mar 31-Jun 16
D605171 \$144/12 sess

Instructor: Vancouver Gavel Club

MARTIAL ARTS

Boxing • Level 1 11-18 yrs

A dynamic non-contact boxing program for youth. Join us in developing essential motor skills, enhancing physical fitness and fostering teamwork! Led by Coach Henry, a Boxing Canada Certified coach, participants will learn the foundational elements of boxing in a safe and supportive environment. Waiver required. Drop-in \$25 (space permitting). No class May 7.

Th 4:00 PM-5:00 PM Apr 02
D607493 Free; must register

Th 4:00 PM-5:00 PM Apr 16-Jun 25
D604844 \$200/10 sess

Instructor: Strikewell Boxing

Boxing • Level 2 11-18 yrs

For students who have completed Level 1 and are ready to refine technique and learn advanced combinations, while building focus, perseverance, and discipline. No class May 7.

Th 5:15 PM-6:15 PM Apr 02
D607515 Free trial; must register

Th 5:15 PM-6:15 PM Apr 16-Jun 25
D604846 \$200/10 sess

POTTERY

Teen Pottery 13-19 yrs

A class for mature teens to work independently on their own pottery projects. All materials included. A supervisor will be present.

Sa 12:00 PM-2:00 PM Apr 04-Jun 13
D607429 \$334/11 sess

Instructor: Rebecca Wong

SPORTS

Badminton (Youth) 13-18 yrs

No formal instruction is provided; the instructor will offer guidance on play and rules. Please bring your own badminton racquet. Registration required; no drop-ins.

Tu 3:30 PM-5:00 PM Apr 14-Jun 23
D607514 \$38/10 sess

Instructor: Susan Kita

Basketball Recreational (Youth) 13-18 yrs

This fun and active drop-in program emphasizes free play and games in a safe and welcoming environment. Drop-ins \$7.50 space permitting. No May 10 & 17.

Su 11:45 AM-12:45 PM Apr 12-Jun 28
D605130 \$66/10 sess

Instructor: Sanjana Bhasin

Youth Pickleball: Learn to Play ^{NEW} 11-14 yrs

This class builds fundamental rally techniques, coordination, and confidence through point-based games, with appropriate challenges for all skill levels. Paddles are provided. No class April 11.

Sa 4:30 PM-5:30 PM Apr 04-May 02

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:

3-8 p.m., Monday to Friday
9 a.m.-6 p.m., Saturday/Sunday

12-8 p.m.

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



ART

Acrylic Painting 18+ yrs

Explore acrylic painting and learn a variety of techniques including blending, glazing, lifting, wet on wet and over dry to create different textures. We will focus on beautiful landscapes, flowers and figures. Supply list will be on receipt notes. No class May 27. Drop-in \$39 (space permitting).

W 10:00 AM-12:00 PM Apr 08-Jun 24
 ▶606367 \$335/11 sess

Instructor: Mohammad Reza Atashzad

Chinese Painting 18+ yrs

For beginners exploring essential techniques of Chinese painting. Students will gain hands-on experience with traditional tools and materials, including the Chinese brush, rice paper, Chinese ink, and Chinese paints. Supply list will be on receipt notes.

Tu 5:15 PM-6:45 PM Apr 07-May 26
 ▶605500 \$305/8 sess

Instructor: Rachel Yung

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. Supply list will be on receipt notes. No class May 27. Drop-in \$39 (space permitting).

W 1:00 PM-3:00 PM Apr 08-Jun 24
 ▶606369 \$335/11 sess

Instructor: Mohammad Reza Atashzad

Drawing Landscapes, Flowers, and Figures 18+ yrs

Learn how to draw, shape and form images in perspective while creating compositional structures. We will explore topics including landscapes, flowers, figures and more. You will experiment with various textures, lines, tones, lights and shadows, as well as linear and atmospheric perspectives. Supply list available upon registration. No class May 31. Drop-in \$39 (space permitting).

Su 3:00 PM-5:00 PM Apr 12-Jun 28
 ▶606407 \$335/11 sess

Instructor: Mohammad Reza Atashzad

Modern Acrylic Painting 18+ yrs

This acrylic painting class is open to youth and adults of all skill levels. Participants will learn acrylic techniques, color mixing, brush control, and basic composition in a creative and supportive environment.

F 12:00 PM-2:00 PM Apr 10-Jun 26
 ▶607117 \$441/12 sess

Instructor: Golriz Ansari

Watercolour Painting 18+ yrs

Explore the medium's full potential. Learn to use water, paper, colour, and brushes to create an endless variety of tones and atmosphere in your painting. We will focus on landscape painting techniques and studies of nature (flowers). Supply list available upon registration. No class May 31. Drop-in \$39 (space permitting).

Su 10:30 AM-12:30 PM Apr 12-Jun 28
 ▶606401 \$335/11 sess

Instructor: Mohammad Reza Atashzad

DANCE

Classical Chinese Dance 19+ yrs

Come and join us in a fun and healthy approach to classic Chinese dance. This class include Mongolian, Tibetan, Dai Xin Jiang and other classical Chinese dance. Drop-in \$11.50 (space permitting).

W 2:30 PM-4:00 PM Apr 15-Jun 24
 ▶605492 \$99/11 sess

Instructor: Jing (Jenny) Chen

Hawaiian/Polynesian: Public Workshop 13+ yrs

Celebrating 55 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, nonstop dance workout including technique, language, live drums and demonstrations.

Su 12:30 PM-3:00 PM Apr 26
 ▶606345 \$20/1 sess

Su 12:30 PM-3:00 PM May 31
 ▶606346 \$20/1 sess

Instructor: Paul Latta Dance

Hawaiian/Polynesian Dance: 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 and 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 01-May 20
 ▶606348 \$101/8 sess

Instructor: Paul Latta Dance

DANCE

Hawaiian/Polynesian Dance: Intermediate 13+ yrs

An on-going mixed class of intermediate technique, language, performance, stage/show/tour and competition-caliber instruction and routines of traditional and authentic dances, language, costumes and culture of Hawaii, Tahiti and Polynesia. Previous Polynesian dance experience is mandatory for this class.

W 7:30 PM-8:30 PM Apr 01-May 20
 ▶606340 \$101/8 sess

Instructor: Paul Latta Dance

Intro to Hawaiian/Polynesian Dance 13+ yrs

Aloha! Start at the very beginning with master/kumu hula Paul Tavai-Latta of Tavai's! Learn the history of Hawaii through the hula, from the language of Hawaiian traditional chants to modern hulas, to the challenging drum dances of Tahiti—it's all in this easy step-by-step class. A perfect blend of exercise, fitness, co-ordination, form, grace, education, language, culture, customs and fun!

W 6:30 PM-7:30 PM Apr 01-May 20
 ▶606335 \$101/8 sess

Instructor: Paul Latta Dance

Hawaiian/Polynesian Dance: Advanced 13+ yrs

An on-going class for the advanced Polynesian dancer/performer, with international kumu/master Instructor Paul Tavai of Tavai's Polynesia (est. 1968). Dancers participate in full costumes in annual festivals, performances, competitions and tours with the Paul Tavai-Latta Polynesian Dance Company. *Previous Polynesian dance experience is mandatory for this class.

W 8:30 PM-9:30 PM Apr 01-May 20
 ▶606343 \$101/8 sess

Intro to Belly Dance Beginner 1 13+ yrs

Dance Oriental (known as Middle Eastern Belly Dance). This class is a perfect introduction with a blend of Middle Eastern music, drum rhythms and basic dance moves. An excellent easy exercise, with easy beginner choreography.

W 5:30 PM-6:30 PM Apr 01-May 20
 ▶606315 \$101/8 sess

Instructor: Paul Latta Dance

Adults

EDUCATION

Camera Workshops 19+ yrs

A series of photo workshops by Kerrisdale Cameras. Rotating photography workshops covering a different topic every month.

Travel and story telling with

Erica Robinson from Tamron

Tu 6:30 PM-8:30 PM Apr 28
D607140 \$21/1 sess

Creating better Landscape, Nature and Travel Photography

Tu 6:30 PM-8:30 PM May 26
D607143 \$21/1 sess

Illuminate your creativity, understanding flash and lighting

Tu 6:30 PM-8:30 PM Jun 23
D607144 \$21/1 sess

Instructor: Kerrisdale Cameras Ltd

Financial Education Workshops 19+ yrs

A community of financial professionals on a mission to deliver the best financial education and revolutionize the financial service industry through a reliable, build-able system. This workshop highlights: Learn how to build wealth and grow your money.

Sa 2:45 PM-4:15 PM Free, must register.

Building Savings and Wealth
D607221 Apr 11

Increasing Cashflow and Debt Management
D607222 Apr 25

Preparing for Proper Protection
D607223 May 09

Understanding Asset Accumulation Strategies
D607234 May 23

Fulfilling Long Term Goals
D607235 Jun 06

Preserving Your Wealth and Estate
D607236 Jun 20

Instructor: World System Builder

Don't Fall in Love with Your AI 19+ yrs

AI is rapidly changing virtually every aspect of our reality in a wild-west landscape of competing apps and nefarious schemes. This workshop is a primer that will cover the basics of protecting yourself from sextortion, fraud, stalking and other privacy and security related concerns arising from AI.

W 6:00 PM-8:30 PM May 13
D606580 \$21/1 sess

Instructor: Donna MacKinnon

Interior Design for Beginners 19+ yrs

Join this fun and dynamic class with multi-award-winning Barbara Smyth. You will learn the foundations of interior design. A creative journey that allows you to express your design style with a focus on health and well-being. You'll discover how to create a floor plan, arrange furniture, control lighting, color, and so much more. www.interiordesignprogram.com

M 5:00 PM-6:15 PM Apr 13-May 11
D606308 \$121/5 sess

Instructor: Barbara Smyth

FITNESS & HEALTH

Boxing Fundamentals 18+ yrs

Non-contact boxing for all fitness levels. Learn basic techniques, and boost cardio and strength. No experience needed. No class May 7. Drop-in \$25 (space permitting).

Th 6:45 PM-7:45 PM Apr 16-Jun 25
D616109 \$200/10 sess

Instructor: Strikewell Boxing

Callanetics 18+ yrs

A combination of mat work & ballet inspired leg work, precise positioning & tiny movements that are gentle on the joints and super effective at strengthening and toning your muscles. www.callaneticsvancouver.com. Drop-in \$21.5 (space permitting).

W 7:00 PM-8:00 PM Apr 01-May 13
D605493 \$125/7 sess

W 7:00 PM-8:00 PM May 20-Jun 24
D605495 \$109/6 sess

Instructor: Linda Shedden

Gentle Yoga 18+ yrs

Designed for those new to yoga or looking to revisit the basics. Focus is on foundational poses, proper alignment, and mindful breathing techniques, with modifications provided to ensure all participants feel comfortable and supported in a welcoming space. For more info visit www.intoyoga.ca. Drop-in \$20 (space permitting).

Th 10:00 AM-11:00 AM Apr 09-May 14
D606220 \$97/6 sess

Th 10:00 AM-11:00 AM May 21-Jun 25
D606221 \$97/6 sess

Instructor: Into Yoga

FITNESS & HEALTH

Hatha Yoga 18+ yrs

Work on balance, strength, flexibility and relaxation to build self-awareness. A more profound connection with the body is developed, releasing tension and anxiety. For more info visit www.intoyoga.ca. Drop-in \$20 (space permitting).

M 6:00 PM-7:00 PM Apr 13-May 11
D606160 \$81/5 sess

M 6:00 PM-7:00 PM May 25-Jun 22
D606161 \$81/5 sess

Instructor: Into Yoga

Hatha Yoga Foundations 18+ yrs

A perfect way to start or renew a Yoga practice, or to learn how to integrate yoga into a holistic practice for daily life. Learn the fundamentals of a complete yoga system: proper breathing, sun salutations, foundational yoga postures, and deep relaxation techniques. For more info visit www.intoyoga.ca. Drop-in \$20 (space permitting).

F 10:00 AM-11:00 AM Apr 10-May 15
D606259 \$97/6 sess

F 10:00 AM-11:00 AM May 22-Jun 26
D606260 \$97/6 sess

Instructor: Into Yoga

Hatha Yoga: Level 2 18+ yrs

Take your practice to the next level and explore and expand your physical potential in this alignment based practice. We will break down some more challenging poses while building strength and flexibility utilizing blocks and moving your body in a flowing rhythm. For more info visit www.intoyoga.ca. Drop-in \$20 (space permitting).

M 7:30 PM-8:30 PM Apr 13-May 11
D606162 \$81/5 sess

M 7:30 PM-8:30 PM May 25-Jun 22
D606163 \$81/5 sess

Instructor: Into Yoga

Mindfulness for Beginners 19-80 yrs

A gentle introduction to the fundamentals of mindfulness meditation. Suitable for beginners and those looking to refresh their practice. It covers core principles and techniques. Mindfulness meditation can have transformative effects on the body, mind, and life. Taught by an experienced teacher. Info: lifn.me

Sa 9:30 AM-10:30 AM Apr 18
D605739 \$15/1 sess

Instructor: Sung Yang

FITNESS & HEALTH

Mindfulness for Enriching Life

19-80 yrs

A meditation session designed to build inner peace, improve wellbeing and enrich life. Including meditation, Q&A, gentle support. Helpful prerequisite: mindfulness meditation skills or 'Mindfulness for Beginners'. Info: lifen.me

Sa 9:30 AM-10:30 AM May 02
 ▶605743 \$15/1 sess

Instructor: Sung Yang

Pilates/Yoga Fusion

18+ yrs

We will incorporate Pilates and Yoga to improve flexibility, strength, and endurance. Emphasis is on alignment, breathing, and developing core awareness. All levels, no experience necessary. More info at www.intoyoga.ca. Drop-in \$20 (space permitting).

W 9:30 AM-10:30 AM Apr 08-May 13
 ▶606164 \$97/6 sess

W 9:30 AM-10:30 AM May 20-Jun 24
 ▶606165 \$97/6 sess

Instructor: Into Yoga

Yoga for Fitness

18+ yrs

A fitness-based approach to yoga using dynamic and resistance based movement and vinyasas (poses done in sequence). All levels welcome. More info at www.intoyoga.ca. Drop-in \$20 (space permitting).

W 6:00 PM-7:00 PM Apr 08-May 13
 ▶606167 \$97/6 sess

W 6:00 PM-7:00 PM May 20-Jun 24
 ▶606218 \$97/6 sess

Instructor: Into Yoga

Yoga for Older Adults

55+ yrs

Emphasis is on balance, strength and flexibility. Classes are slow and gentle allowing everyone to work at their own pace. More info: www.intoyoga.ca. No class May 18. Drop-in \$25 (space permitting).

M 10:30 AM-11:45 AM Apr 13-Jun 22
 ▶606157 \$205/10 sess

Instructor: Into Yoga

Yoga to Unwind & Reset

18+ yrs

A combination of gentle movement, breathwork, meditation, and relaxation (savasana) to calm the mind and nervous system. All levels welcome. No experience needed. Info at www.intoyoga.ca. Drop-in \$20 (space permitting).

F 6:00 PM-7:00 PM Apr 10-May 15
 ▶606261 \$97/6 sess

F 6:00 PM-7:00 PM May 22-Jun 26
 ▶606266 \$97/6 sess

Instructor: Into Yoga

Yoga flow with Bita

19+ yrs

Increase flexibility, weight reduction, better digestion, decrease stress, and better rest. Please bring your own Yoga/Pilates mat. Drop-in \$23 based on instructor approval.

Tu 1:00 PM-2:00 PM Apr 14-Jun 23
 ▶606579 \$197/11 sess

Instructor: Bita Haghighifarid

LANGUAGE

Introductory Japanese

19-64 yrs

Introductory conversational Japanese for developing a base language level for work, travel, or chatting with friends. <https://japaneselearningvancouver.ca/>

Tu 6:15 PM-8:15 PM May 05-Jun 23
 ▶605501 \$310/8 sess

Instructor: Yoko Maruyama

Spanish: Beginners I

16+ yrs

HOLA! This beginner Spanish course covers basic grammar, vocabulary, writing, and conversation. Focus on pronunciation, the verb "to be," simple present tense, and travel phrases. Registration only; no drop-ins. No registration after the 3rd class.

Tu 5:30 PM-7:00 PM Apr 14-Jun 23
 ▶605167 \$186/11 sess

Instructor: Eliana Rolando

Spanish: Beginners II

16+ yrs

AMIGOS! This course will build on the foundation established in the Beginner I Spanish class. The focus will be on the introduction of the past tense with some conversation. Registration only. Please speak with instructor if registering past the 3rd class.

Tu 7:00 PM-8:30 PM Apr 14-Jun 23
 ▶605165 \$186/11 sess

Instructor: Eliana Rolando

POTTERY

Beginner Pottery

18+ yrs

Learn the basics of pinching, coiling, slabbing and basic throwing, then move on to small projects. No registration after third class. No class May 17.

Su 2:00 PM-4:00 PM Apr 12-Jun 14
 ▶607162 \$202/8 sess

Instructor: Renee Chan

POTTERY

Beginner Wheel

19+ yrs

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

W 6:00 PM-9:00 PM Apr 01-Jun 10
 ▶607434 \$292/11 sess

Instructor: Rebecca Wong

Mixed Ages, All Levels Pottery

2+ yrs

An all-levels class where beginners learn basics and experienced participants work independently. All materials included. Families can learn together. Adults supervising children 6 and under register once (materials provided). Ages 7-9 must register with someone 16+.

Tu 6:00 PM-9:00 PM Mar 31-Jun 09
 ▶607430 \$292/11 sess

Instructor: Rebecca Wong

Studio Time

19+ yrs

In this informal class, participants may throw on the wheel or work on their own hand-building projects. Previous pottery experience is required. An instructor will be available for guidance. One bag of clay is included. Drop-in \$50 with half-bag of clay, or \$36 without. Space permitting.

Tu 9:30 AM-12:30 PM Mar 31-Jun 09
 ▶607449 \$358/11 sess

Instructor: Olive Carroll

Studio Time

19+ yrs

Come work on your own projects with minimal guidance, in a friendly, calm environment. Please have confidence in your knowledge of clay work and be willing to clean up! Production limits apply. Classes will run on stat holidays.

M 9:30 AM-1:00 PM Mar 30-Jun 08
 ▶607435 \$395/11 sess

Instructor: Danielle Gagnier

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. Two drop-in spots available (space permitting).

Th 10:00 AM-1:30 PM Apr 02-Jun 11
 ▶607415 \$361/11 sess

Th 6:00 PM-9:00 PM Apr 02-Jun 11
 ▶607416 \$318/11 sess

Instructor: Janine Schroedter

POTTERY

Studio Time 19+ yrs

Throw on the wheel or work on your own hand building projects. Previous pottery experience mandatory. A supervisor is present. One bag of clay included. No class April 6 and May 18.

M	6:00 PM-9:00 PM	Mar 30-Jun 08
▶607432		\$266/9 sess
Sa	2:30 PM-5:30 PM	Apr 04-Jun 13
▶607433		\$292/11 sess

Instructor: Rebecca Wong

SPORTS

Badminton Court Booking 12+ yrs

Please note that each booking is a single time and each registration is for one court (maximum of 4 courts). Specific courts are no longer booked. Players must supply their own racquets and birds.

M	6:45 PM-7:45 PM	\$20/1 sess
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Court rental dates start APR 6 to JUNE 22. Search "Badminton Court Booking" when registering online or call the centre for available bookings.

No Instructor

Pickleball Court Booking 12+ yrs

Please note that each booking is a single time and each registration is for one court (maximum of 4 courts). Specific courts are no longer booked. Players must supply their own paddle and pickleballs.

M, W, F	6:45 AM-8:30 AM	\$20/1 sess
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Court rental dates start APR 8 3 to JUNE 26. Search "Pickleball Court Booking" when registering online or call the centre for available bookings.

Pickleball Stage 1: Learn to play 19+ yrs

Come try this fun, popular, easy-to-learn, & exciting sport that combines elements of badminton, tennis & table tennis. For beginner players or intermediate beginners who have never played or have only played a few times. Drop-in \$40 (space permitting and instructor approval).

F	6:00 PM-7:45 PM	Apr 10-May 01
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▶606139 \$135/4 sess

F	6:00 PM-7:45 PM	Jun 05-Jun 26
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▶606141 \$135/4 sess

Sa	4:00 PM-6:00 PM	Apr 11-May 02
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▶606132 \$135/4 sess

Sa	4:00 PM-6:00 PM	May 09-May 30
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▶606133 \$135/4 sess

Sa	4:00 PM-6:00 PM	Jun 06-Jun 27
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▶606134 \$135/4 sess

SPORTS

Pickleball Stage 2/3: How to Level Up 19+ yrs

For players who have ideally completed "Stage 1". You've got the basics down, now it's time to level up your decision-making, shot variety, and movement. Please email Coach Mona if you are unable to attend a class or if you have any questions: monalee@shaw.ca Drop-in \$37 (space permitting).

Th	10:15 AM-12:15 PM	Apr 09-Apr 30
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▶606130 \$118/4 sess

Instructor: Mona Lee

Pickleball Stage 2: Skills & Drills 19+ yrs

For beginner & mid-level players. In addition to fine tuning your strokes and shot selection choices, you will learn how to do the third shot, drive, block, smash, lob as well as move safely around the court. Paddles, balls & all equipment will be provided. Drop-in \$37 (space permitting and instructor approval).

F	6:00 PM-7:45 PM	May 08-May 29
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▶606143 \$135/4 sess

Instructor: Mona Lee

Pickleball Stage 3: Doubles Strategy 19+ yrs

For players who have ideally completed Stages 1 & 2. Learn the value of strategic play with the emphasis of placement over power. Please email Coach Mona if you are unable to attend a class or if you have any questions: monalee@shaw.ca Drop-in \$37 (space permitting and instructor approval)

Th	10:15 AM-12:15 PM	May 07-May 28
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▶606131 \$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. Drop-in \$6.50 (space permitting).

M	8:00 PM-10:00 PM	Apr 06-Jun 22
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▶603292 \$67/12 sess

Instructor: No Instructor

Recreational Sport: Ball Hockey* 18+ yrs

Please bring your own stick (plastic or composite), white/black jersey. Shin guards and eye protection recommended. Drop-in \$6.50 (space permitting).

W	8:00 PM-10:00 PM	Apr 08-Jun 24
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▶603293 \$67/12 sess

Instructor: No Instructor

Recreational Sport: Basketball* 18+ yrs

Please bring a reversible jersey, one side white. Drop-in \$8 (space permitting).

Th	8:00 PM-10:00 PM	Apr 09-Jun 25
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▶603294 \$82/12 sess

Competitive

Sa	1:45 PM-3:45 PM	Apr 11-Jun 27
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▶603295 \$82/12 sess

Instructor: Kenny Yau

Recreational Sport: Indoor Volleyball* 18+ yrs

Drop in \$6.50 (space permitting).

F	8:00 PM-10:00 PM	Apr 10-Jun 26
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▶603296 \$67/12 sess

Instructor: No Instructor

Recreational Sport: Pickleball* 18+ yrs

Drop in \$6.50 (space permitting).

M	1:00 PM-3:00 PM	Apr 13-Jun 22
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▶603297 \$61/11 sess

Tu	1:00 PM-3:00 PM	Apr 07-Jun 23
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▶603298 \$67/12 sess

Tu	8:00 PM-10:00 PM	Apr 07-Jun 23
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▶603299 \$67/12 sess

W	1:00 PM-3:00 PM	Apr 08-Jun 24
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▶603300 \$67/12 sess

F	1:00 PM-3:00 PM	Apr 10-Jun 26
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▶603301 \$67/12 sess

Instructor: No Instructor

* Recreational Sports

All skills/level welcomed and games are self-organized/ no instructions provided.

Drop-in players may sign up for drop-in spots in person or by phone at 604.257.8100 beginning two hours before scheduled start time.

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 to ensure a smoother transition for your fellow players.

Group Fitness Schedule



Schedule in Effect April 1-June 27, 2026

LEGEND

- Morning
- Afternoon/Evening
- (G) Gym**
- (A) Auditorium**
- (S) Seniors Multi**

RATES

	Adult	Youth/Seniors
Drop-in	\$7	\$6
Fit Card • 10 Visits	\$51.50	\$41

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Cardio Combo (G) April 13 to June 22 (Ferial) 9-10 a.m.	Cardio & Strength (G) April 7 to June 23 (Venus) 9-10 a.m.	TBC & Stretch (G) April 8 to June 24 (Sarah) 9-10 a.m.		Gentle TBC (G) April 10 to June 26 (Sarah) 9-10 a.m.	Zumba (G) April 11 to June 27 (Tanya) 9:15-10:15 a.m.
am						Muscle Mania (A) April 4 to June 27 (Charlene) 9:15-10:30 a.m.
		Mild/Mod Low Impact (A) April 7 to June 23 (Audrey) 10:30-11:30 a.m.	Gentle Fit Plus (A) April 1 to June 24 (Venus) 10:30-11:30 a.m.	Mild/Mod Low Impact (A) April 2 to June 25 (Audrey) 10:30-11:30 a.m.	Step Class (A) April 3 to June 26 (Indira) 10:30-11:30 a.m.	Gentle Fit Low Impact (SR Multi) April 11 to June 27 (Audrey) 10-11 a.m.
	Step Class (A) April 13 to June 22 (Richard) 1-2 p.m.	Step Class (A) April 7 to June 23 (Indira) 12-1 p.m.	Step Class (A) April 1 to June 24 (Richard) 1-2 p.m.	Zumba Toning (A) April 2 to June 25 (Tanya) 12-1 p.m.	Zumba + Circl Mobility (A) April 3 to June 26 (Tanya) 11:45 a.m.-12:45 p.m.	
pm			Zumba (G) April 8 to June 24 (Tanya) 5:30-6:30 p.m.		Step Class (A) April 3 to June 26 (Richard) 1-2 p.m.	
	Zumba (G) April 6 to June 22 (Tanya) 5:30-6:30 p.m.	Zumba Toning (G) April 7 to June 23 (Tanya) 5:30-6:30 p.m.	Cardio & Strength (A) April 1 to June 24 (Bitia) 6-7 p.m.			

**Classes and times are subject to change without notice.
Please call the front desk for questions/confirmation.**

Room Rentals

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

Who can rent rooms?

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

What equipment is available?

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

Can food and alcohol be served?

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

Is there parking?

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

Are there pictures of rooms?

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

Room #	Size (approx)	# of People	Price per hour	Features
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

New pricing effective Jan. 1, 2026.



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



Seniors Centre Office Hours

Monday-Friday • 9 a.m.-6 p.m.
 Saturday • 9 a.m.-4 p.m.
 Sunday • Closed
 For centre hours, please see page 2.

How to Register

- **In-person and online: Saturday, Mar. 7, at 9 a.m.**
- **Phone: Monday, Mar. 9, 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. Some 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 38 for more program details.)

Seniors Centre Coffee Bar

Monday-Saturday • 9 a.m.-5 p.m.
 Sunday • Closed



Check out our daily fresh-baked goods, available Monday-Saturday

Lunch Program • 55+yrs

Monday-Friday • 11:30 a.m.-12:45 p.m.

- \$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 Lunches.
- Special Lunch registration opens the same time as season registration, 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 (25 cents or visit www.kerrisdalecc.com).

Discount Multi-Meal Dine-in card: 10 tickets • \$108

Dine-in one ticket • \$12

Dine-in Special Meal: one ticket • \$18

Half Sandwich • \$3.50

Full Sandwich • \$5.50

Soup • \$4.50

Dessert • \$3

Multi One-Half Sandwich & Soup Card: 10 tickets • \$80

Takeout lunch is not available.



Seniors

Special Lunches for Spring 2026

Join us for our special sit-down lunch, followed by musical entertainment. Please buy your tickets in advance.

Easter

▶603175 Apr 09

Mother's Day

▶603176 May 07

Father's Day

▶603179 Jun 18



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.

Bus Trip • Abbotsford Tulip Festival and Lunch • 55+ yrs

We'll first have lunch at the Mandarin Garden Buffet Restaurant in Abbotsford (included). Then, we'll visit Lakeland Flowers – host of the Abbotsford Tulip Festival. The tulip field spans 28 acres and showcases 100 varieties, including double, fringed and parrot varieties! The legacy tulip is named after Peter Warmerdam, Lakeland's first-generation farmer.

Tu 9:30 AM-4:00 PM Apr 24
▶606640 \$95/1 sess

Instructor: Jason Martincic

Bus Trip • High Tea at Dickens Sweets & British Museum • 55+ yrs

On this trip we will be visiting the British Sweet Shop and Museum. This venue provides the opportunity for one to relive the golden years of how the British way of life used to be. They have the largest selection of British foods, sweets and teas in Western Canada. Also, Fred and Anne Hails have spent many years collecting items and memorabilia to fill this museum, it is quite the sight to see. We will also be enjoying High Tea in Oliver's Tearoom (included). Please note, a waiver form must be completed. Guided by Jason Martincic.

M 9:30am-4:00pm May 15
▶606641 \$95/1 sess

Instructor: Jason Martincic

Bus Trip • Grouse Mountain • 55+ yrs

We'll board the Skyride gondola for panoramic views of Vancouver, the ocean and surrounding forests. At the top of the mountain we can explore nature with an easy walk or a more challenging hike. There is also seasonal entertainment, such as the Lumberjack and Birds in Motion demonstrations, and we can visit the grizzly bear refuge and wildlife exhibits with a ranger talk. Spring and summer offers a great opportunity to appreciate the beautiful vistas. Please note, lunch is NOT included on this trip; however, there are food for purchase options.

Th 9:30 AM-4:00 PM Jun 19
▶606643 \$95/1 sess

Instructor: Jason Martincic



Thursday Socials

Live music starting at 1 p.m. in the Seniors Multipurpose Room. Free; registration not required.

Apr 02 May 21

Apr 23 Jun 04

May 07 Jun 18

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/>.



Seniors Week • June 1-7, 2026

Join us for Seniors Week, June 1-7, 2026, when we recognize our seniors and their contributions to our community! Please check vancouver.ca for special events and programs happening this week.

SOCIAL

Seniors Games Day 55+ yrs

Join us for Jeopardy and Bingo, led by youth leaders who are excited to bring the community together for an afternoon of laughter, friendly competition and connection. Free; must register.

Su 2:00 PM-4:00 PM

▶606028 Apr 12

▶606029 May 10

▶606031 Jun 14

Instructor: Youth Leaders

DANCE

International Ballroom Dancing • International Samba 55+ yrs

Bronze and Silver International Samba. Minimum two years of dancing experience preferred. Partners preferred but not required. Drop-ins allowed, \$19 seniors, \$25 adults. No class April 16.

Th 3:00 PM-3:55 PM Apr 09-May 14

▶603758 \$81/5 sess

Instructor: Faye Hung

International Ballroom Dancing • Jive 55+ yrs

Bronze and Silver International Jive. Minimum two years of dancing experience preferred. Partners preferred but not required. Drop-ins allowed, \$19 seniors, \$25 adults.

Th 3:00 PM-3:55 PM May 21-Jun 25

▶603766 \$97/6 sess

Instructor: Faye Hung

International Ballroom Dancing • Slow Foxtrot 55+ yrs

Bronze and Silver International Slow Foxtrot. Minimum 2 years of dancing experience preferred. Partners preferred but not required. Drop-ins allowed, \$19 Seniors, \$25 Adults. No class April 16.

Th 4:00 PM-4:55 PM Apr 09-May 14

▶603760 \$81/5 sess

Instructor: Faye Hung

International Ballroom Dancing • Tango 55+ yrs

Bronze and Silver International Tango. Minimum two years of dancing experience preferred. Partners preferred but not required. Drop-ins allowed, \$19 seniors, \$25 adults.

Th 4:00 PM-4:55 PM May 21-Jun 25

▶603767 \$97/6 sess

Instructor: Faye Hung

DANCE

Salsa Dance • Try-it !! 19+ yrs

Sign up for this one-day event! No experience necessary.

W 1:30 PM-2:15 PM Apr 01

▶606646 \$5/1 sess

Instructor: Takako Toriumi

Salsa Dance (Beginners) 19+ yrs

This gentle, non-partner class is for individuals who are new to Salsa dancing, and for those seeking to improve basic skills before moving to a higher level. It is also ideal for individuals who enjoy low impact dance exercise. Whatever your goal is, Salsa dancing helps you gain better balance, coordination, flexibility, and rhythm. Non grip exercise shoes are recommended. No sandals or regular high heels please.

W 1:30 PM-2:15 PM Apr 08-May 06

▶606647 Adult \$60 • Senior \$42/5 sess

W 1:30 PM-2:15 PM May 13-Jun 24

▶606648 Adult \$84 • Senior \$59/7 sess

Instructor: Takako Toriumi

Salsa Dance (Intermediate) 19+ yrs

This faster paced non-partner class is for individuals who have mastered the basic skills (forward, side, back basics), and have a good understanding of arm movements and weight transfer. If you are not confident in your basics, please take the beginner level first. Your choice of dance shoes or non grip exercise shoes.

W 2:30 PM-3:15 PM Apr 01-May 06

▶606650 Adult \$72 • Senior \$50.50/6 sess

W 2:30 PM-3:15 PM May 13-Jun 24

▶606651 Adult \$84 • Senior \$59/7 sess

Instructor: Takako Toriumi

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 15-Jun 24

▶603232 \$23.10/11 sess

Th 12:30 PM-2:30 PM Apr 16-Jun 25

▶603233 \$23.10/11 sess

F 10:15 AM-12:15 PM Apr 17-Jun 26

▶603234 \$25.20/11 sess

Instructor: TBA Instructor

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. Rahma is acutely aware of some of the physical challenges faced by many seniors who love to dance! Classes start with a 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.

Trial class

Tu 1:30 PM-2:45 PM Apr 07

▶603246 \$6 adults • \$4.50 seniors

Tu 1:30 PM-2:45 PM Apr 14-Jun 16

▶603245 Adult \$102 • Senior \$84/10 sess

Instructor: Gail (Rahma) Haddad

Line Dancing: Beginners 19+ yrs

Good fun, great exercise and it's not just country music any more! No experience necessary. If you join this class after the third 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 07-Jun 16

▶603206 Adult \$109 • Senior \$90/11 sess

Th 7:00 PM-8:00 PM Apr 09-Jun 18

▶603213 Adult \$108.50 • Senior \$90/11 sess

Th 8:00 PM-9:00 PM Apr 09-Jun 18

▶603216 Adult \$108.50 • Senior \$85.50/11 sess

Instructor: Al Serfas

Scottish Country Dance 55+ yrs

This is social dancing for fun, with a good physical workout and lots of memory training. At least two years' experience of Scottish country dancing is required. That means you can dance all the basic formations without relying on your partner for prompts! Let's dance well as a team and enjoy the music and the friendships! Led by Cathrine Conings. Drop-in \$5.50 seniors and \$7 adults, if space permits.

Tu 1:30 PM-3:30 PM Apr 07-Jun 23

▶603343 Adult \$70 • Senior \$59/12 sess

Instructor: Cathrine Conings

Canada Day Celebration July 1

See page 6 for more details.



Seniors

DANCE

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 11:30 AM-12:30 PM Apr 07-May 12

▷603341 Adult \$18 • Senior \$15/6 sess

Tu 11:30 AM-12:30 PM May 19-Jun 23

▷603342 Adult \$18 • Senior \$15/6 sess

Instructor: Cathrine Conings

SHOWFUN

19+ yrs

Join us for fun dance classes, learning jazz-type routines, building up a performance-type concert program to entertain senior audiences in Vancouver. (At least two years' dance experience is required). Drop-in \$22.

Th 11:30 AM-12:30 PM Apr 16-Jun 25

▷603811 Adult \$181.50 • Senior \$167.48/11 sess

Instructor: Beryl Israel

Tap Happy

19+ yrs

Join us for a FUN TAP experience learning some basic steps and sequences... developing coordination, balance, rhythm, and strength. (Leather sole shoes are fine!) Drop-ins if space permits. Adults \$21 Seniors \$17

W 4:00 PM-5:00 PM Apr 15-Jun 24

▷603806 Adult \$203.50 • Senior \$167.48/11 sess

Instructor: Beryl Israel

K3

19+ yrs

The group originated when several retired Geologists met for coffee and general chit-chat. As the group expanded with additional professionals and others with an interest enlarging their knowledge-base, the weekly meetings became more structured and varied. The topics vary from semi-technical, intellectual, political and day-to-day subjects. On regular intervals there will also be one-hour long Powerpoint presentations by one member. Those will be announced in advance via e-mail and posters in the senior centre. We are open to all. Bring your coffee and cookie and meet some interesting characters

Tu 11:00 AM-12:00 PM Apr 07-Jun 30

▷603224 Free, registration required/13 sess

Instructor: No Instructor

EDUCATION

Free Hearing Screening Clinic

19+ Yrs

Many people don't realize they have hearing loss. Your ears collect sound but it's your brain that actually understands it. That's why good hearing helps your brain stay fit throughout your life and helps avoid many other health problems. If you are not sure about your hearing health, please sign up at the reception desk to reserve your spot. Provided by Dr. Katarina Vavrovicova, registered doctor of audiology from Echo Hearing Care. Call SR front desk (604.257.8109) for available time slots.

F 9:00 AM-12:00 PM May 08

Free, registration required.

Instructor: Katarina Vavrovicova

Hear Well, Live Well: Understanding & Managing Hearing Loss

55+ yrs

Hearing health plays an important role in our well-being and quality of life. In this session, we'll look at how hearing loss affects both physical and cognitive health, the latest treatment options and hearing technologies, and practical tips to help preserve and improve hearing. Presented by Dr. Katarina Vavrovicova, Au.D., RAUD, Registered Doctor of Audiology, Echo Hearing Care. Reserve your spot today!

W 1:00 PM-2:00 PM May 13

▷606630 Free, registration required.

Instructor: Katarina Vavrovicova

ABC English for Kerrisdale Seniors

55+ yrs

Beginner-friendly English course for seniors with little or no experience, focusing on practical vocabulary and everyday communication in a supportive, slow-paced environment. Please bring a pen and paper.

Su 2:00 PM-3:30 PM Apr 12-Jun 28

▷603248 \$57.75/11 sess

Instructor: TBA Instructor

Smart Device Workshop for Seniors

55+ yrs

Tech help for Apple and Android phones or tablets from local high school students. Bring your device and written questions to learn helpful features and tips. Limited support for laptops. Workshop is held every two weeks. Visit the front desk or vanrec.ca for dates and details.

Sa 9:45 AM-10:30 AM

Sa 10:45 AM-11:30 AM

Free, registration required

Instructor: Youth Volunteers

Spoon Carving 101

19+ yrs

Beginner spoon-carving workshop (@vancouverspoonclub on Instagram), covering safe use of hand tools, basic carving techniques and working with greenwood as you shape your own wooden spoon from start to finish.

Th 6:30 PM-9:00 PM Apr 09

▷603629 Adult \$40 • Senior \$37/1 sess

Instructor: Jasper Moedt

Chronic Conditions Self-Management

19+ yrs

This UVic workshop helps people living with chronic conditions to better manage symptoms and activities of daily life. Open to caregivers and family members. Workshops are highly participatory. Mutual support and success build participants' confidence in their ability to manage their health and maintain active and fulfilling lives. Content is tailored to each participant's needs. Participants receive a book and should attend all six sessions for the maximum benefit.

M 10:00 AM-12:30 PM May 25-Jun 29

▷603769 Free, registration required/6 sess

Instructor: UVIC Self Management Of BC

FITNESS & HEALTH

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 07-Jun 30

▷603732 Adult \$144 • Senior \$92/13 sess

Instructor: Zohreh Omrani Taleghani

Barre Fusion

19+ yrs

A low impact strengthening and lengthening class suitable for any fitness level. A focus on isometric movements that align posture, improve balance, develop muscle tone, and connect the mind and body. Participants must be able to safely transition from their mat unassisted. Drop-in \$22.50 adults/\$17.50 seniors, if space permits.

F 9:00 AM-10:00 AM Apr 10-May 15

▷603825 Adult \$126 • Senior \$96/6 sess

F 9:00 AM-10:00 AM May 22-Jun 26

▷603826 Adult \$126 • Senior \$96/6 sess

M 1:00 PM-2:00 PM May 25-Jun 29

▷603828 Adult \$126 • Senior \$96/6 sess

M 1:00 PM-2:00 PM Apr 13-May 11

▷603831 Adult \$126 • Senior \$96/6 sess

Instructor: Nevada Banks

FITNESS & HEALTH

Cardiac Health

55+ yrs

The enhancement of cardiovascular health through individualized programs for physical, psychological, and mental health. Involves light cardio, light strength training and gentle stretch. Prerequisites: 1. PARQ form to determine risk factors. Once reviewed, a doctors note may be requested 2. If patron is away for 6 months, they will require a new PARQ and/or a doctors note for resubmission into the class. The cardiac health leader must receive all PARQ's to review before the patron can participate 3. Patrons MUST bring asthma inhaler and / or nitroglycerin spray to be self administered as needed.***

F 10:05 AM-10:55 AM **Apr 03-Jun 26**
▶606661 Adult \$32.50 • Senior \$25/13 sess
 Instructor: Sarah Groberman

Chair Yoga

19+ yrs

This gentle yet deep practice works all parts and systems of the body. Breath awareness calms and balances the body and the mind. Some optional standing poses using the chair for balance help to improve strength and balance. Everyone moves within their own level of comfort. No Class May 26.

Tu 10:30 AM-11:30 AM **Apr 14-Jun 30**
▶603704 Adult \$132 • Senior \$127.50/11 sess
 Instructor: Sylvia Smallman

Chair Yoga

19+ yrs

Good for yoga beginners. Gentle yoga moves while in a seated position will benefit your joints and muscle areas and help reduce the pain from arthritis, osteoporosis, previous injury, stiff joints and so much more. Some poses can also be done standing using a chair for support. Regular yogis welcome to attend. Drop-in \$14.50 adults/\$11 seniors, if space permits.

F 4:15 PM-5:15 PM **Apr 10-May 15**
▶605052 Adult \$75 • Senior \$69.50/6 sess
F 4:15 PM-5:15 PM **May 22-Jun 26**
▶605053 Adult \$75 • Senior \$69.50/6 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.

F **Apr 03-Jun 19**
Call SR front desk (604 257 8109) for available time slots
▶58.50/1 sess
 Instructor: Charles Huang

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.

W 2:30 PM-3:30 PM **Apr 08-Jun 24**
▶606655 Adult \$80 • Senior \$63/12 sess
F 2:30 PM-3:30 PM **Apr 10-Jun 26**
▶606657 Adult \$80 • Senior \$63/12 sess
 Instructor: Keno Kinoshita

Gentle Mat, Pilates & 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. 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. Drop-in \$18 adults/\$15 seniors, if space permits.

M 2:15 PM-3:00 PM **Apr 13-May 11**
▶603835 Adult \$80 • Seniors \$65/5 sess
M 2:15 PM-3:00 PM **May 25-Jun 29**
▶603834 Adult \$96 • Seniors \$78/5 sess
F 10:15 AM-11:00 AM **Apr 10-May 15**
▶603832 Adult \$96 • Seniors \$78/5 sess
F 10:15 AM-11:00 AM **May 22-Jun 26**
▶603833 Adult \$96 • Seniors \$78/5 sess

Instructor: Nevada Banks

Mind-Body (Formerly Neurofit)

55+ yrs

Charjacks Agility and Strength Program 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. Drop-in \$15.50 adults/\$13.25 seniors, if space permits.

Th 1:15 PM-2:00 PM **Apr 02-Jun 25**
▶603188 Adult \$170.50 • Senior \$150.50/13 sess
 Instructor: Richard Pelcz

Minds in Motion

55+ yrs

A fitness and social program for people living with any form of early stage dementia along with a family member, friend or other care partner. 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 includes the cost of the person living with dementia and one care partner. Start at any time and pay a pro-rated registration fee.

Tu 10:30 AM-12:00 PM **May 19-Jun 23**
▶603238 \$44.50/6 sess
Tu 10:30 AM-12:00 PM **Mar 31-May 05**
▶603237 \$44.50/6 sess

Instructor: Alzheimer Society Of BC

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.

Tu 9:30 AM-10:30 AM **Apr 07-Jun 09**
▶605047 Adult \$60 • Senior \$52.50/10 sess
F 9:30 AM-10:30 AM **Apr 10-Jun 05**
▶605048 Adult \$54.50 • Senior \$47.50/9 sess

Instructor: Carola Von Hahn

Gentle Fit & Mild/Mod Low Impact

A complete workout featuring options for performing all exercises on chairs promoting unaided mobility through gentle cardiovascular exercise. Classes are ongoing. Please see p. 29 for rates and schedule.

Gentle Fit

F 9-10 a.m. Sarah Groberman
Sa 10-11 a.m. Audrey Darling

Gentle Fit Plus

W 10:30-11:30 a.m. Venus Davari

Mild/Mod Low Impact

Tu 10:30-11:30 a.m. Audrey Darling
Th 10:30-11:30 a.m. Audrey Darling

Seniors

FITNESS & HEALTH

Osteofit For Life 55+ yrs

For those who have taken the Osteofit classes and are comfortable with Osteofit techniques. This exercise program is for those with osteoporosis with an emphasis on building strength and improving balance.

W F 1:20 PM-2:20 PM Apr 08-Jun 26
D606659 Adult \$152.50 • Senior \$126/24 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 02-Jun 25
D603230 \$55/13 sess

Instructor: Berdjis Bahrami

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 included. Please note that an initial assessment is required to join the program, and assessments must be completed once per year to continue to participate. Complete the BodyWorks exercise participation questionnaire at <https://kin.educ.ubc.ca/bodyworks-gaq/> or contact the Bodyworks office at 604.827.5059 or body.works@ubc.ca for more information.

Tu F 8:00 AM-9:00 AM May 12-Jun 19

D605020 \$214.50/12 sess

Tu F 9:00 AM-10:00 AM May 12-Jun 19

D605023 \$214.50/12 sess

Tu F 10:00 AM-11:00 AM May 12-Jun 19

D605025 \$214.50/12 sess

Tu F 11:00 AM-12:00 PM May 12-Jun 19

D605026 \$214.50/12 sess

Instructor: UBC School Of Kinesiology

Sensory Kits

Now available for all ages. Visit the front desk to borrow one or learn more.

MARTIAL ARTS

Health Qigong and Tai Chi 19+ yrs

Health Qigong is a form of breathing and gentle physical exercises that will enhance the practitioner's physical health and mental focus. The movements are simple and easy to perform. Through these movements, coordinated with proper breathing methods, Health Qigong ultimately helps to achieve relaxation, focus, and peace in our minds, and to enhance the health of our bodies. Drop-in \$21 Adults, \$17 Seniors.

Tu 9:00 AM-10:00 AM Apr 07-Jun 30
D604368 Adult \$198 • Senior \$156/13 sess

Instructor: Lai Chun Cheung

Tai Chi Beginners 24 Movements 19+ yrs

Tai Chi is an ancient Martial Art that was originated in more than a thousand years ago. It is an internal style that emphasizes in focus, balance, gracefulness, and inner strength. Recently standardized sets of Tai Chi such as 24 movements and 42 movements have emerged as popular sets for practice and international competitions. Drop-in \$21 Adults, \$17 Seniors.

F 1:30 PM-2:30 PM Apr 03-Jun 26
D604369 Adult \$248 • Senior \$208/13 sess

Instructor: Lai Chun Cheung

Tai Chi Fan 52 19+ yrs

Tai Chi Fan (also known as Iron Fan) is It is one of the most beautiful self-defense forms, and is one of the standard Tai Chi weapons. The form is both elegant and beautiful. 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. Drop-in \$21 Adults, \$17 Seniors.

F 2:35 PM-3:35 PM Apr 03-Jun 26

D604372 Adult \$248 • Senior \$208/13 sess

Instructor: Lai Chun Cheung

Tai Chi Straightword 19+ yrs

Tai Chi Straightword combines the soft and continuous movements of Tai Chi, and the precise and elegant movements of the straightword. Through practice, the practitioner will enhance mental focus, balance, strength, harmony and eye to hand coordination. This Art is suitable for people of all ages. Drop-in \$21 Adults, \$17 Seniors.

F 3:40 PM-4:40 PM Apr 03-Jun 26

D604389 Adult \$248 • Senior \$208/13 sess

Instructor: Lai Chun Cheung

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

Tai Chi (Taiji or Taijiquan) is a Chinese martial art based on the principle of the interplay of Yin and Yang. The slow and graceful movements of Tai Chi promote the circulation of Qi, or vital essence, through the body, and have been shown to improve balance, coordination, and concentration. The 24 Form, or "simplified Yang style," is a short routine perfect for beginners. Drop in \$21 Adults, \$17 Seniors. No class May 18.

M 10:30 AM-11:30 AM Apr 13-Jun 29
D604413 Adult \$220 • Senior \$185/11 sess

Instructor: Kelly Maclean

Tai Chi: 48 Form Part Three 19+ yrs

The 48 Form combines the 4 most important styles of Tai Chi: Yang, Chen, Wu, and Sun. This exceptionally beautiful form provides a great variety of movements, and is well-balanced in terms of left and right. In this course, we will continue our work on the last third of the form, from the end of the fourth section ("Needle to the Bottom of the Sea" and "Fan Through the Back"). Drop in \$21 Adult, \$17 Senior. No class May 18.

M 9:30 AM-10:30 AM Apr 13-Jun 29

D605008 Adult \$220 • Senior \$185/11 sess

Instructor: Kelly Maclean

MUSIC

Ukulele Jam 19+ yrs

Join us for a fun and relaxed sing-along as we continue to build a ukulele community at Kerrisdale. The playlist 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, the number is limited. We welcome players of all skill levels, from beginners to experts. Registration not required, drop-in \$5.

Sa 2:15 PM-3:30 PM Apr 25, May 30, Jun 27

D603776

Instructor: Joseph Young

Brock House/ Kerrisdale Bell Ringers 55+ yrs

If you are a new participant, please contact Amy Poon at 604-306-2923 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 01-Jun 24

D604128 \$29.50/13 sess

Instructor: Brock House Society

MUSIC

Chorisma Vocal Jazz Choir

19+ yrs

For singers with previous choral experience. Our focus is jazz and "American Songbook" repertoire. Good sight reading is an asset. Our conductor is Matthew Smith and our full-time accompanist is Dean Thiessen. Please email pgelmon@shaw.ca for more info.

W 11:00 AM-1:00 PM Apr 01-May 20
 ▶603229 \$172.50/8 sess

Instructor: Matthew Smith

The Kerrisdale Choristers

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 info.

Tu 1:00 PM-3:00 PM Apr 07-Jun 09
 ▶603247 \$21/10 sess

Instructor: Elsie Stephen

Kerrisdale Ukulele Ensemble

18+ yrs

Join us in making and sharing music with the Kerrisdale Ukulele Ensemble! We will learn, practice, and perform using the ukulele and our voices. All levels welcome. Note: while expertise with the uke is not a prerequisite, a knowledge of basic chords and strumming would be helpful.

M 6:30 PM-8:00 PM Apr 13-Jun 22
 ▶603783 Adult \$171.50 • Senior \$135/11 sess

Instructor: Joseph Young

Kerrisdale Ukulele Ensemble (Concert)

18+ yrs

Join the Kerrisdale Ukulele Ensemble for an upbeat afternoon of familiar tunes, fresh surprises and plenty of sing-along moments! Featuring a mix of pop, jazz, folk, and classic favourites, this lively community group brings warmth, rhythm, and a sense of fun to every performance.

Sa 12:00 PM-1:30 PM Jun 27
 ▶603784 Free, registration required.

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 11-Jun 13
 ▶603777 Adult \$129 • Senior \$125.25/10 sess

Instructor: Joseph Young

Your Voice, Your Song, Your Workshop

19+ yrs

Designed for both experienced singers and complete beginners, this program invites individuals to explore their vocal potential through a song that suits their voice. Using a natural, baby-inspired breathing technique, participants build confidence, develop stage performance skills, and learn to sing with ease while having fun and owning the stage.

F 1:00 PM-3:00 PM Apr 10-June 5
 ▶610569 Adult \$263 • Senior \$197.25/8 sess

Instructor: Jan Cooper

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 to work with. Topics will include continued work on chords and strumming with new songs and a brief introduction to useful elements of music theory and note reading. Join us and continue your ukulele journey in a fun and non-judgmental atmosphere!

Sa 11:15 AM-12:15 PM Apr 11-Jun 13
 ▶603781 Adult \$129 • Senior \$125.25/10 sess

Instructor: Joseph Young

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 11-Jun 13
 ▶603782 Adult \$129 • Senior \$125.25/10 sess

Instructor: Joseph Young

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. Currently the choir is full. Please contact the choir coordinator, Catherine, at 604.228.1488

Th 9:30 AM-12:00 PM Apr 02-May 07
 ▶605000 \$6.50/6 sess

Instructor: Sophia Chan

ART

Adventures in Watercolour

55+ yrs

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 15-Jun 17
 ▶603226 Adult \$208.58 • Senior \$189/10 sess

Instructor: Julieanne McGuinness

SOCIAL

Tuesday Morning Walkers

55+ yrs

This group meets at the Kerrisdale Seniors Centre and proceeds to a pre-arranged destination for their weekly walk. Walks are leisurely and combined with city transit, allowing 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. No walk the second Tuesday of every month.

Tu 9:00 AM-12:00 PM Mar 31-Jun 30
 ▶603227 Free, registration required/14 sess

Instructor: Lee-Anne MacPherson

Angel's Mind Matters

55+ yrs

This discussion group meets to discuss relevant topics which are chosen by the membership. We currently have a waitlist for new members, but you are welcome to join us to listen only. For further information, please call: Dale Fidler: 604.228.9435, Maureen Kinney: 604.263.4579. \$10 Social Recreation card required. On-going, registration required.

M 2:00 PM-3:30 PM Apr 06-Jun 29
 ▶604830 Free, registration required/13 sess

Instructor: KCC Sr Social

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 02-Jun 25
 ▶604834 Free, registration required/13 sess

Instructor: KCC Sr Social

Bingo

55+ yrs

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

F 1:00 PM-3:30 PM Apr 03-Jun 26

▶604829 Free, registration required/13 sess

Instructor: KCC Sr Social

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 06-Jun 29

▶604828

Instructor: KCC Sr Social

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. Please contact Barry at 604.223.4255 or bwade020@gmail.com for information.

M 11:00 AM-1:00 PM Apr 13-Jun 29

▶604836 Adult \$86 • Senior \$65/12 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. \$5 drop-in.

W 12:30 PM-2:45 PM Apr 01-Jun 24

▶604840

Instructor: Barry Wade

Carpet Bowling Drop-in, No Instruction

55+ yrs

Learn a new sport with others, or practice your carpet bowling skills! Drop-ins, no instruction.

M 1:30 PM-3:30 PM Apr 06-Jun 29

▶604827 Free, registration required/13 sess

Instructor: KCC Sr Social

Cribbage

55+ yrs

On-going drop-in program. Social Recreation Program Card required.

W 9:00 AM-12:00 PM Apr 01-Jun 24

▶604809 Free, registration required/13 sess

Instructor: KCC Sr Social

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



Funcrafts

55+ yrs

This group works on special craft projects for cultural and special events. Drop-ins welcome.

Tu 1:00 PM-3:00 PM Apr 07-Jun 30

▶604806 Free, registration required/13 sess

Instructor: No Instructor

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 01-Jun 24

▶604801 Free, registration required/13 sess

Instructor: KCC Sr Social

Great Books Discussion Group

19+ yrs

Interested in lively and far-ranging discussions with thoughtful readers? Our group looks at writings covering poetry, fiction and non-fiction from great writers and thinkers. Each week we bring our own perspectives and thoughts and insights to each work making for stimulating conversations. Participants are older adults and new participants are welcome at any time. Please contact Moira Steven (moirasteven@yahoo.com) for more info.

Tu 2:00 PM-3:30 PM Apr 07-Jun 30

▶603228 \$25/13 sess

Instructor: N/A Instructor

Knit A Bit & More

55+ yrs

This social group is for everybody who likes to knit, sew, crochet, embroider, etc. Join us on Mondays, 1-3 p.m., for two hours of friendship and productivity in a relaxed atmosphere. If you need help with patterns, we will assist. Attendees may also bring their own projects to work on and share knowledge. For more information, please join us on Monday. Ongoing; no registration necessary.

M 1:00 PM-3:00 PM Apr 06-Jun 29

▶604804 Free, registration required/13 sess

Instructor: No Instructor

Open Drumming Circle

55+ yrs

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.

F 1:45 PM-3:15 PM Apr 10-Jun 26

▶604800 Free, registration required/12 sess

Instructor: No Instructor

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 04-Jun 27

▶604835

Instructor: No Instructor

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 01-Jun 24

▶604796 Free, registration required/13 sess

Instructor: KCC Sr Social

Texas Hold 'em Poker

55+ yrs

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

Tu 5:30 PM-9:30 PM Apr 07-Jun 30

▶604795 Free, registration required/13 sess

Instructor: KCC Sr Social

Billiards/Snooker

Mon./Wed. • 9 a.m.-12:15 p.m.

and 3:30-9 p.m.

Tues./Thurs./Fri. • 9 a.m.-9 p.m.

Sat. • 9 a.m.-6 p.m.

Sun. • 9 a.m.-6 p.m.

—



Kerrisdale Play Palace

Located at
Kerrisdale Arena
5670 E. Boulevard

OPEN
7 days a
week



April 10-August 21, 2026

Party Registration: March 9, 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	10:00am-4:00pm	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.



Kerrisdale

PlayPalace BIRTHDAY PARTIES

Birthday Party Bookings are available starting April 10th! Check kerrisdalecc.com for more dates.

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**

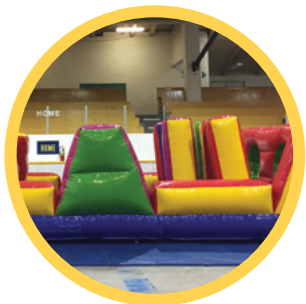
Weekday Bookings:

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 30-June 21

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Length Swim: 6:30-8:15 a.m.				
		Public Swim • 8:30-9:30 a.m. (self directed fitness)			Moderate Aquafit 9:15-10:15 a.m.	Public Swim 9-10:15 a.m.
					Lessons 10:30 a.m.-2 p.m.	Lessons 10:30 a.m.-2 p.m.
		Public Swim & Lessons • 9:30-11:00 a.m.			Public Swim • 2:15-5 p.m.	
		Length Swim • 11:15 a.m.-1:15 p.m.				
		Public Swim • 1:30-3:15 p.m.			Public Swim: Open area for leisure swim, one to two length lanes, slide and diving board available upon request. Length Swim: Three length lanes for continuous swimming. Lessons: One length lane, limited leisure space, no diving board and slide.	
		Lessons • 3:30-6:45 p.m.				
		Length Swim • 7-8:30 p.m.				

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 eight years must be accompanied in the water by an adult 16 years 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

Easter and May Long Weekend April 3-6 and May 16-18

Public Swim • 9-11:55 a.m.
Length Swim • 12-2 p.m.
Public Swim • 2-5 p.m.

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-minute 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-minute 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 17.

Kerrisdale Community Centre
www.kerrisdalecc.com | Spring 2026

SWIMMING LESSONS



Swim for Life

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

Parent and Tot (4 months – 3 years)

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



Preschool Program (Ages 3 – 5 years)

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



Private / Semi-Private Lessons

Ages 3 years +

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

Swimmer Program

Swimmer 1 – 6 (Ages 5 - 16 years)

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

Swimmer 7 – 9 (Canadian Swim Patrol)

Ages 8 – 16 years

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



Bronze Program

Bronze Medallion (Prerequisite: Bronze Star or 13 yrs)

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

Bronze Cross (Prerequisite: Bronze Medallion)

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



National Lifeguard Pool (NL Pool)

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

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

Spring Lesson Season

March 30–June 21

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.

Exceptions or notes:

No refunds on single session programs. Transfers possible prior to second class

Adult and Teen Program (Ages 13 years +)

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

Vancouver Aquatics Academy is

a lifeguard and swim instructor training program where



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

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

Unsure of What Level to Register In?

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



If you are still unsure of what level to register in, or it has been more than 6 months, please contact your local pool about having a swim assessment with an instructor.

Need more motivation?

Get a Personal Trainer

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



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

Get started today!

Complete our Personal Training Request Form, 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	\$105
10 Sessions	\$491	\$345

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. If you have any questions about your current fitness program or need some help getting started, please speak with front desk staff to see when a fitness attendant is available.



Youth Use

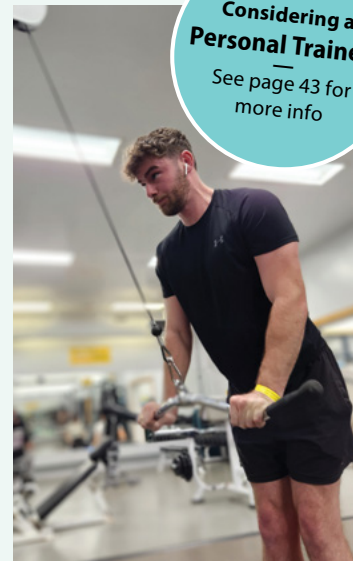
Youth 13 and older are welcome to use the Exercise Room. Orientation is highly recommended. Please speak with front desk staff to see when a fitness attendant is available.



Kerrisdale Exercise Room



Considering a
Personal Trainer?
—
See page 43 for
more info



Hours of Operation

Monday-Friday • 6:30 a.m.-10 p.m.
Saturday and Sunday • 9 a.m.-6 p.m

Fees	Adult	Sr/Youth
Drop-in	\$5	\$5
10-Visit Pass	\$40	\$40
1 month	\$50	\$37.50
3 months	\$100	\$75
6 months	\$200	\$150
12 months	\$300	\$225

Please note new fees effective July 1, 2025

FITNESS EQUIPMENT

- Walk/run treadmills
- Elliptical walk/run
- Step machine
- Elliptical, recumbent
- Arc trainer
- Indoor spin bicycle
- Indoor bicycle, recumbent position
- Indoor bicycles, upright position
- Adaptive motion trainer (Precor)
- Free weights and adjustable benches
- Strength-training machines for upper and lower body (LifeFitness)
- Functional training props
- Chin-dip assist machine

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

