



KERRISDALE

Community Centre Society

Summer 2026
Program Guide

**Clickable
Online Guide!**

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



Registration Info:



Summer Programs

Online and In-person:

Sat., June 6, at 9 a.m.

Phone: Mon., June 8, at 9 a.m.



Summer Camps

Online and In-person:

Ongoing since April 8



Swim Lessons (Citywide)

Online, In-person and Phone:

Tues., June 23, at 7 p.m.



Play Palace

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 new programs and welcoming new instructors — please visit our website for the latest information: www.kerrisdalecc.com.



Summer Registration

In-person and online: Saturday, June 6, at 9 a.m.

Phone: Monday, June 8, at 9 a.m.

Summer Camp Registration

Ongoing since April 8.

- 60% of spaces available online; 40% in person.
- Time savers will be given out at **8 a.m.**
- 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.

July 1 • Canada Day

August 3 • B.C. Day

September 7 • Labour Day

Table of Contents

Registration Information • page 2

General Information • page 3

Birthday Parties • page 3

President's Message • page 4

Kerrisdale Community Garden • page 5

Vancouver Public Library • page 5

Special Events • page 6

Summer Day Camps • pages 7-10

Preschool • page 11

Children • pages 12-13

Mixed Ages • pages 14-17

Music (Private) • pages 14-15

Martial Arts • pages 15-16

Tennis • pages 16-17

Open Gym • page 18

Youth • page 18

Adults • pages 19-21

Group Fitness • page 22

Room Rentals • page 23

Seniors • pages 24-30

Kerrisdale Arena • pages 31-32

Kerrisdale Pool • pages 33-34

Personal Training • page 35

Exercise Room • page 36

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

Because of an unforeseen maintenance issue, the pool is closed until further notice.

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 31-32 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

Trisha Pajayon • 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 seven 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.

What's Happening This Summer

As the new president of the Kerrisdale Community Centre Society, it is deeply meaningful to serve the community that raised me.

Kerrisdale has always been home – the place that shaped my values and showed me the importance of connection. This summer, I am proud to support expanded programs for all ages, from seniors programs like English Conversation Circle, art workshops and wellness seminars to children's camps including chess, Game Ready sports, Little Doctors Academy, pottery and first aid training.

Adults can also enjoy our gym facilities and exceptional private trainers, which support health and wellness for our entire community.

Through summer events like Canada Day, Music in the Park and Maple Grove Day, we continue to bring neighbours together and celebrate what makes Kerrisdale so special.

I'm honoured to give back to Kerrisdale and look forward to building an even stronger future together!

Warm regards,

Dorothy Chang

President, Kerrisdale Community Centre Society

2026-2027 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/>.

2026-2027 Board of Directors



Humaira Akhtar



Miran Aziz



Dorothy Chang



Claire Cheung



Cheuck Chow



Tumko Davaakhuu



Richard Dopson



Trisha Epp



Diltaj Kaur



Dapo Ogunsola



Morag Pansegrau



Danesse Stykalo



Robert Tudhope



Chad Wong-Chong

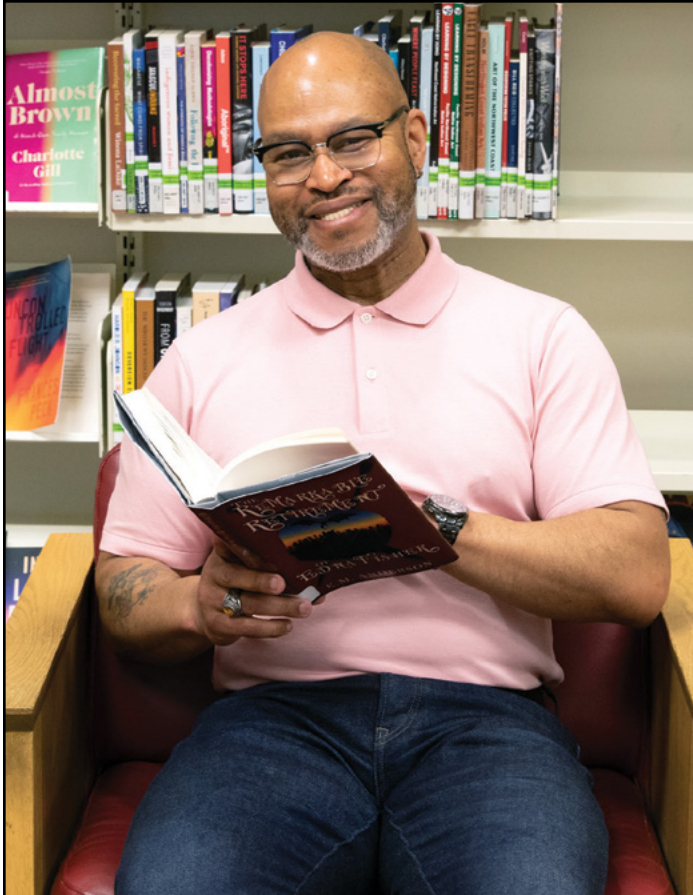
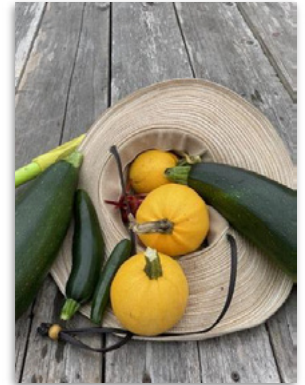


Joshua Yoon

KERRISDALE COMMUNITY GARDEN

The Kerrisdale Community Garden (KCG) has been run by a diverse and dedicated group of community members since 2011. What started out as an open plot of land is now home to not only 21 flora-filled plots but also a shed, fence, beehives and the small North Garden lined with herbs, fruit trees and flowers. Our shared vision is to create a sustainable, inclusive, accessible and thriving public green space. Community members are welcome to enjoy our vibrant garden at 60th Ave. and Angus Drive.

Summer finds KCG members tending to their plots and the North Garden. We're enjoying all the summer vegetables and vibrant blooms. Come by and say hello if you see us gardening!



YOUR LIBRARY AT KERRISDALE

Kerrisdale Branch
Phone 604.665.3974

Discover more at VPL.ca



SPECIAL EVENTS

Canada Day Celebration • All Ages

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

W 11:00 AM-1:00 PM Jul 01
▶604885



Pottery Painting on Canada Day • 2-10 yrs

Celebrate Canada Day with creativity and colour at our Pottery Painting Session! Unleash your inner artist as you decorate pre-made ceramic plates with your own designs. Whether you paint maple leaves, fireworks or your favourite Canadian symbols, this is the perfect way to mark the holiday with a personal touch. Please arrive 10 minutes before your time slot.

W Jul 01 \$10/sess
▶624185 11:00 AM-11:30 AM
▶624187 11:45 AM-12:15 PM
▶624188 12:30 PM-1:00 PM



Opera Zone and More! • All Ages

Enjoy an afternoon of arias and songs by Gerard Satamian and other accomplished singers. The program now features opera, ballads, classical crossover and art songs. Please show your registration card at the door. Registration runs annually from September 1 to August 31.

Sun 2:00 PM-4:00 PM July 5 & 12

▶577566

\$20 annual registration or \$6 drop-in.



Music in the Park • All Ages

Come relax while enjoying musical performances at Maple Grove Park!

Sundays, July 5, 12, 19

6875 Yew St.

5-6 p.m.

Free admission. Weather permitting.



Maple Grove Day • All Ages

Join us for family activities, such as balloon art, face painting, games and musical entertainment!

Sunday, July 26 • 1:30-4 p.m.

Within Maple Grove Pool • 6875 Yew St.

Regular Maple Grove Pool admission applies.

Summer Specialty Camps

ART

Anime/Manga Fashion Drawing Camp

6-12 yrs

Explore the world of manga and fashion! 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. Instructed by a former Disney animator. 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 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

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

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

Jul 06-Jul 10

▶606891

\$100/5 sess

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

Aug 10-Aug 14

▶606895

\$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

▶606892

\$100/5 sess

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

Aug 10-Aug 14

▶606896

\$100/5 sess

Instructor: Happy Kids Studios

Fantasy Forest Drawing Camp

6-12 yrs

Draw fairies, trolls, and forest queens, creating daily imaginative artwork.

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

Aug 04-Aug 07

▶607291

\$176/4 sess

Instructor: Young Rembrandts

Furry Friends Drawing Camp

6-12 yrs

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

▶607292

\$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-intermediate shading and colour blending in a relaxed, supportive environment.

M Tu W Th F 9:15 AM-3:45 PM

Jul 20-Jul 24

▶607290

\$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

▶605503

\$255/5 sess

M Tu W Th F 9:15 AM-12:30 PM

Jul 20-Jul 24

▶605506

\$277/5 sess

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

Aug 17-Aug 21

▶605513

\$255/5 sess

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

Aug 24-Aug 28

▶607285

\$255/5 sess

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

Aug 04-Aug 07

▶605521

\$204/4 sess

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

Aug 31-Sep 04

▶620732

\$255/5 sess

Instructor: Praise TEAM

Active Dance Camp: Jazz Funk, Hip Hop & K-Pop

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

▶605517

\$204/4 sess

M Tu W Th F 9:15 AM-12:30 PM

Jul 06-Jul 10

▶605502

\$277/5 sess

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

Jul 20-Jul 24

▶605507

\$255/5 sess

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

Aug 10-Aug 14

▶605511

\$255/5 sess

Tu W Th F 9:15 AM-12:30 PM

Aug 04-Aug 07

▶605520

\$221/4 sess

M Tu W Th F 12:15 PM-3:15 PM

Aug 31-Sep 04

▶620733

\$220/5 sess

Instructor: Praise TEAM

Active Dance Camp: Street, Locking, Popping & K-Pop

7-14 yrs

Learn hip hop, locking, popping, street dance and other ethnic styles including authentic K-pop covers. Students will refine technique through cardio, footwork, isolations and more! No experience required; campers are grouped by age/skill. No class July 1.

M Tu Th F 9:15 AM-12:30 PM

Jun 29-Jul 03

▶605516

\$221/4 sess

M Tu W Th F 9:15 AM-12:30 PM

Aug 10-Aug 14

▶605510

\$277/5 sess

M Tu W Th F 9:15 AM-12:30 PM

Aug 17-Aug 21

▶605512

\$277/5 sess

M Tu W Th F 9:15 AM-12:30 PM

Aug 24-Aug 28

▶607284

\$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

▶607273

\$127/5 sess

Instructor: Endorphin Rush Dance

Summer Specialty Camps

Summer Specialty Camps

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.

3-5 yrs

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

M Tu W Th F 9:15 AM-10:30 AM Aug 31-Sep 04
 D620729 \$127/5 sess

4-6 yrs

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

M Tu W Th F 10:45 AM-12:00 PM Aug 31-Sep 04
 D620730 \$127/5 sess

Instructor: Endorphin Rush 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. More info: www.KirbySnellDance.com

M Tu W Th F 9:15 AM-3:15 PM Jul 27-Jul 31
 D607263 \$450/5 sess

M Tu W Th F 12:30 PM-3:00 PM Aug 31-Sep 04
 D620731 \$220/5 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
 D607276 \$127/5 sess

6-9 yrs

M Tu W Th F 2:00 PM-3:15 PM Aug 17-Aug 21
 D607275 \$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
 D607282 \$240/5 sess

Instructor: Endorphin Rush Dance

EDUCATION

Board Games Camp

NEW

Learn a variety of fun, easy-to-learn board and tabletop games. Games explored during camp may include CandyLand, Connect 4, Chutes and Ladders, Dots and Boxes, Uno, Checkers, Sudoku, Catan, Boggle, and more.

4-6 yrs

M Tu Th F 12:00 PM-12:55 PM \$52/4 sess
 D610909 Jun 29-Jul 03

M Tu W Th F 12:00 PM-12:55 PM \$65/5 sess
 D610910 Jul 13-Jul 17

D610911 Jul 27-Jul 31
 D610913 Aug 24-Aug 28

7-10 yrs

M Tu Th F 1:00 PM-4:00 PM Jun 29-Jul 03
 D610043 \$144/4 sess

M Tu W Th F 1:00 PM-4:00 PM Jul 27-Jul 31
 D610056 \$180/5 sess

9-12 yrs

M Tu W Th F 1:00 PM-4:00 PM \$180/5 sess
 D610054 Jul 13-Jul 17

D610057 Aug 24-Aug 28

Instructor: Ashton Taylor

EDUCATION

Chess Camp Beginner

7-10 yrs

NEW

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

M Tu Th F 9:00 AM-11:55 AM Jun 29-Jul 03
 D609964 \$144/4 sess

M Tu W Th F 9:00 AM-11:55 AM Jul 27-Jul 31
 D609977 \$180/5 sess

Instructor: Ashton Taylor

Chess Camp Intermediate/Advanced

7-13 yrs

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
 D609974 Jul 13-Jul 17

D610006 Aug 24-Aug 28

Instructor: Ashton Taylor

Little Doctors Academy

NEW

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.

9-12 yrs

M Tu W Th F 1:30-3:30 PM Jul 6-Jul 10
 D615899 \$250/5 sess

6-9 yrs

M Tu W Th F 10:00 AM-12:00 PM Jul 20-Jul 24
 D615901 \$250/5 sess

Instructor: Little Doctors Academy

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
 D610374 \$230/5 sess

Instructor: Ready To Set Goals

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



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

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

Ready to Write Camp

11-14 yrs

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.

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

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 using Scratch! Adventures with Star Wars and Super Heroes. Build games and animations. Please bring a tablet or iPad with Bluetooth. Email info-nn@wizeacademy.com with any questions.

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 July 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, 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

M Tu W Th F 9:00 AM-3:00 PM Aug 31-Sep 04
 ▶620728 \$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

Summer Specialty Camps

Summer Specialty Camps

EDUCATION

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 space phenomena!

M Tu W Th F 9:00 AM-3:00 PM Aug 24-Aug 28
D606566 \$390/5 sess

Instructor: STEAM 4 Kids

Wild Science Camp 6-11 yrs

Kids 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
D606561 \$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
D607294 \$175/5 sess

Instructor: Tomorrow's Playground

Zumbini Camp 0-5 yrs

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

M Tu Th F 10:30 AM-11:15 AM Jun 29-Jul 03
D611675 \$80/4 sess

Instructor: Maayan Amitov

POTTERY

Pottery Camp with Olive NEW 6-12 yrs

Enjoy a week of pottery and related arts, exploring both hand-building (table work) and wheel-throwing techniques. Suitable for beginners and returning students. Please bring a lunch and water bottle; outdoor breaks are included. No class Aug. 3.

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

| | | |
|----------------|----------------------|---------------------|
| D623550 | Jul 06-Jul 10 | \$170/5 sess |
| D623716 | Jul 20-Jul 24 | \$170/5 sess |
| D623717 | Jul 27-Jul 31 | \$170/5 sess |
| D623718 | Aug 04-Aug 07 | \$148/4 sess |
| D623719 | Aug 17-Aug 21 | \$170/5 sess |

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 July 1.

6-12 yrs

| | |
|-------------------------------------|----------------------|
| M Tu Th F 10:00 AM-2:00 PM | Jun 29-Jul 03 |
| D607309 | \$152/4 sess |
| M Tu W Th F 10:00 AM-2:00 PM | Jul 13-Jul 17 |
| D607310 | \$175/5 sess |
| M Tu W Th F 10:00 AM-2:00 PM | Aug 10-Aug 14 |
| D607311 | \$175/5 sess |
| M Tu W Th F 10:00 AM-2:00 PM | Aug 24-Aug 28 |
| D607312 | \$175/5 sess |

9-14 yrs

| | |
|------------------------------------|----------------------|
| M Tu Th F 2:30 PM-5:00 PM | Jun 29-Jul 03 |
| D607405 | \$152/4 sess |
| M Tu W Th F 2:30 PM-5:00 PM | Jul 13-Jul 17 |
| D607406 | \$175/5 sess |
| M Tu W Th F 2:30 PM-5:00 PM | Aug 10-Aug 14 |
| D607407 | \$175/5 sess |
| M Tu W Th F 2:30 PM-5:00 PM | Aug 24-Aug 28 |
| D607408 | \$175/5 sess |

Instructor: Janine Schroedter

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 |
| D607297 | \$229/5 sess |
| M Tu W Th F 1:15 PM-4:45 PM | Jul 27-Jul 31 |
| D607301 | \$229/5 sess |
| M Tu W Th F 1:15 PM-4:45 PM | Aug 31-Sep 04 |
| D620726 | \$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 |
| D607298 | \$229/5 sess |
| M Tu W Th F 1:15 PM-4:45 PM | Jul 27-Jul 31 |
| D607302 | \$229/5 sess |
| M Tu W Th F 1:15 PM-4:45 PM | Aug 31-Sep 04 |
| D620727 | \$229/5 sess |

Instructor: Game Ready

SPORTS

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 |
| D607303 | \$185/4 sess |
| M Tu W Th F 1:15 PM-4:45 PM | Aug 24-Aug 28 |
| D607306 | \$229/5 sess |

Instructor: Game Ready

Multisport Camp

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!

3-5 yrs

| | |
|--------------------------------------|----------------------|
| M Tu W Th F 10:45 AM-12:00 PM | Aug 31-Sep 04 |
| D623065 | \$103/5 sess |

5-8 yrs

| | |
|------------------------------------|----------------------|
| M Tu W Th F 1:15 PM-4:15 PM | Jul 06-Jul 10 |
| D607040 | \$240/5 sess |
| M Tu W Th F 1:15 PM-4:15 PM | Aug 10-Aug 14 |
| D607042 | \$240/5 sess |
| M Tu W Th F 1:00 PM-4:00 PM | Aug 31-Sep 04 |
| D623068 | \$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 |
| D607299 | \$229/5 sess |
| M Tu W Th F 1:15 PM-4:45 PM | Aug 17-Aug 21 |
| D607304 | \$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 |
| D607307 | \$229/5 sess |
| M Tu W Th F 1:15 PM-4:45 PM | Aug 17-Aug 21 |
| D607305 | \$229/5 sess |

Instructor: Game Ready

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.

Su 11:10 AM-11:55 AM Jul 05-Aug 23
 ▶622336 \$120/8 sess

Instructor: Endorphin Rush Dance

Little Ballerinas

Young ballerinas explore the fun and beauty of ballet while learning the basic techniques. They will love playing with their creative expression in this fun class. Children must be able to participate without a parent in the room. Get Ready to Cheer: There will be a presentation on the last day of class for dancers to showcase what they learned. www.KirbySnellDance.com.

3-5 yrs

Su 9:30 AM-10:15 AM Jul 05-Aug 23
 ▶622334 \$120/8 sess

Su 1:55 PM-2:40 PM Jul 05-Aug 23
 ▶622339 \$120/8 sess

4-6 yrs

Su 10:20 AM-11:05 AM Jul 05-Aug 23
 ▶622335 \$120/8 sess

Instructor: Endorphin Rush Dance

Mini Hip Hop Breakers 4-6 yrs

This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats! Children must be able to participate without a parent in the room. Get Ready to Cheer: There will be a presentation on the last day of class for dancers to showcase what they learned. www.KirbySnellDance.com.

Su 12:15 PM-1:00 PM Jul 05-Aug 23
 ▶622337 \$120/8 sess

Instructor: Endorphin Rush Dance

EDUCATION

Science for Preschoolers 3-5 yrs

Enjoy hands-on demonstrations and simple experiments that help children explore and understand the world around them. Our science preschool programs offer interactive, age-appropriate sessions focused on fun topics like Where's the Air, Black & Blue Oceans, Science of Sport, Slippery Science, and Mad Mixtures. No class Aug 1.

Sa 9:30 AM-10:15 AM Jul 11-Aug 29
 ▶623321 \$146/7 sess

Instructor: STEAM 4 Kids

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 Aug 2 & 16.

Su 10:05 AM-10:50 AM \$161/6 sess
 ▶623031 Jul 12-Aug 30

▶623028 Jul 12-Aug 30

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 Aug 2 & 16.

Su 9:15 AM-10:00 AM Jul 12-Aug 30
 ▶623030 \$161/6 sess

Instructor: Gloria Yu

Music Together with Abigail 0-5 yrs

Join us for a family music class where children explore singing, movement, and instruments with the adults they love. Our research-based curriculum is included and supports your music-making at home all week. Parent participation is required. Sibling discounts apply, newborns under 6 months attend free with a registered sibling. \$65 licensing fee non refundable after first class.

W 9:30 AM-10:15 AM Jul 08-Aug 05
 ▶622319 \$155/5 sess

W 10:30 AM-11:15 AM Jul 08-Aug 05
 ▶622320 \$155/5 sess

W 11:30 AM-12:15 PM Jul 08-Aug 05
 ▶622465 \$155/5 sess

Instructor: Music Together

POTTERY

Pottery • Parent & Child 2-6 yrs

Spend some bonding time with your little one making pottery. You will make different projects in each class such as a print of your little one's hand. Children must be accompanied by one adult and only siblings who are registered may attend. No registration after the 3rd class. No class Aug. 2.

Su 9:30 AM-10:30 AM Jul 05-Aug 30
 ▶622470 \$144/8 sess

Su 10:45 AM-11:45 AM Jul 05-Aug 30
 ▶622471 \$144/8 sess

Instructor: Renee Chan

SPORTS

Soccer & Multi-sport Skills & Drills 3-5 yrs

This fun and active sports program emphasizes skill development and drills in a safe and welcoming environment. Drop-in players allowed (space permitting): \$7.50. No class Aug. 2.

Su 9:45 AM-10:45 AM Jul 05-Aug 30
 ▶622372 \$48/8 sess

Instructor: Sanjana Bhasin

Sportball Parent & Child 2-3 yrs

This program help preschoolers 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. No class Aug 3.

M 6:15 PM-7:00 PM Jul 06-Aug 31
 ▶624343 \$117/8 sess

Instructor: Sportball Vancouver

Kinetic Kids NEW 3-5 yrs

Get ready to jump, run and play your way through movement-packed fun! Kinetic Kids Fundamentals is a high-energy, hands-on program designed to help little ones build strength, coordination, and confidence through a blend of exciting games, obstacle courses, and creative free play. With a perfect mix of guided activities and child-led exploration, children will grow their physical skills for everyday movement! No class Aug. 3.

M 4:00 PM-4:45 PM Jul 06-Aug 31
 ▶622395 \$160/8 sess

Instructor: Kinetic Kids

Canada Day Celebration July 1

See page 6 for more details.



Children

ART

Draw Like an Architect 7-18 yrs

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. Drop-in \$39 (instructor approval).

Sa 1:00 PM-3:00 PM Jul 04-Sep 05
D621294 \$299/10 sess

Instructor: Mohammad Reza Atashzad

Drawing and Painting 7-18 yrs

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. Drop-in \$39 (instructor approval).

Sa 10:30 AM-12:30 PM Jul 04-Sep 05
D621293 \$299/10 sess

Su 1:00 PM-3:00 PM Jul 05-Sep 06
D621297 \$299/10 sess

Instructor: Mohammad Reza Atashzad

DANCE

Hip Hop Breakers 6-9 yrs

Let's move and groove! This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats. Through the season we will work on a choreographed dance for presentation on the last day for parents. Please bring a filled water bottle each day. www.KirbySnellDance.com.

Su 1:05 PM-1:50 PM Jul 05-Aug 23
D622338 \$120/8 sess

Instructor: Endorphin Rush Dance

Intro to Hula & Polynesian Dance • Beginner 1 5-12 yrs

This mini trial class is a perfect opportunity for keiki (kids) to try our popular mixed class of Hawaiian hula and Tahitian dance by Alaka'i/teacher Puali'i of Tavai's Polynesia. Songs from Lilo & Stich, Moana and more! All while learning the traditional movements, language and culture of modern and traditional Hawai'i and Tahiti. One dance style per week.

W 5:30 PM-6:15 PM Jul 08-Jul 22
D621189 \$30/3 sess

Instructor: Paul Latta Dance

DANCE

K-Pop/Asian Pop/ Hip Hop Open 6-12 yrs

Experience high-energy cardio Korean and Asian pop music dance and hip hop fundamentals in one class! Refine your technique with cardio dance skills, footwork, isolations and stretches. Meet friends, have fun and embrace new challenges. No experience required. Drop-in: \$25.50 (space permitting).

F 3:30 PM-4:30 PM Jul 03-Aug 21
D622326 \$164/8 sess

Instructor: Praise TEAM

EDUCATION

Chess • Beginner 4-7 yrs

Students will 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 Aug. 2.

Su 1:00 PM-1:55 PM Jul 05-Aug 23
D622404 \$103/7 sess

Instructor: Ashton Taylor

Chess for Kids 6-10 yrs

Children will learn basic chess strategy while developing skills like visualization and spatial awareness that support math and science. Suitable for beginners to intermediate players, each class includes interactive lessons, group puzzles, and gameplay. Extra materials are provided for missed classes. No class Aug. 1.

Sa 11:00 AM-12:15 PM Jun 27-Aug 22
D622524 \$120/8 sess

Instructor: Tai Belke

Chess Intermediate 7-13 yrs

Students will learn chess notation, basic theoretical endgames (king and rook; king and pawn), and strategy through classic miniatures and their own games. Homework will include simple puzzles, with opportunities to present played games. Difficulty will be adjusted to student skill levels. Drop-in \$17.50 (space permitting). No class Aug. 2.

Su Jul 05-Aug 23 \$103/7 sess
D622405 2:00 PM-2:55 PM

D622484 4:30 PM-5:25 PM

Instructor: Ashton Taylor

EDUCATION

Intro to Computer Programming with Game Design 9-13 yrs

Learn the basics of Python and game design while creating customizable interactive games. No experience required. Please bring a laptop (preferred) or iPad with keyboard. No class Aug. 1.

Sa 12:30 PM-2:00 PM Jun 27-Aug 22
D622525 \$200/8 sess

Instructor: Tai Belke

Let's Boost Reading 5.11-8.6 yrs

A one to one weekly reading class to instill a love of reading with a skilled literacy tutor. Students will bring books at their current reading level, from home or from the library. One or two sessions maximum per week.

M Jul 06-Jul 27 \$104/4

sess

D622488 3:30 PM-4:00 PM

D622489 4:05 PM-4:35 PM

D622491 4:40 PM-5:10 PM

M Aug 10-Aug 31 \$104/4 sess

D622505 3:30 PM-4:00 PM

D622506 4:05 PM-4:35 PM

D622507 4:40 PM-5:10 PM

Tu Jul 07-Jul 28 \$104/4 sess

D622493 9:45 AM-10:15 AM

D622494 10:20 AM-10:50 AM

D622495 11:00 AM-11:30 AM

Tu Aug 04-Aug 25 \$104/4 sess

D622508 9:45 AM-10:15 AM

D622509 10:20 AM-10:50 AM

D622510 11:00 AM-11:30 AM

W Jul 08-Jul 29 \$104/4 sess

D622497 3:30 PM-4:00 PM

D622499 4:05 PM-4:35 PM

D622500 4:40 PM-5:10 PM

W Aug 05-Aug 26 \$104/4 sess

D622511 3:30 PM-4:00 PM

D622512 4:05 PM-4:35 PM

D622514 4:40 PM-5:10 PM

Th Jul 09-Jul 30 \$104/4 sess

D622502 3:30 PM-4:00 PM

D622504 4:10 PM-4:40 PM

Th Aug 06-Aug 27 \$104/4 sess

D622513 3:30 PM-4:00 PM

D622515 4:10 PM-4:40 PM

Instructor: Martha Guss

Spanish: Children Beginners I 6-9 yrs

Hola amigos! Come and have fun playing typical games in Spanish while learning traditional songs! No experience necessary.

Tu 4:30 PM-6:00 PM Jul 07-Aug 18
D622332 \$121/7 sess

Instructor: Eliana Rolando

EDUCATION

Science Fundamentals 9-12 yrs

A STEM program featuring hands-on experiments and activities in biology, physics, and chemistry led by high-achieving youth students with advanced subject knowledge. The course will also feature a talk given by a university engineering or science student. Our goal is to spark a lasting passion for STEM in bright young learners.

Sa 10:30 AM-12:30 PM Jul 18-Aug 29
 ▶622580 \$80/7 sess

Instructor: LABRATS

Science for Kids 6-11 yrs

Children take part in hands-on, themed science activities, enjoy engaging demonstrations, and take home projects. Topics include Where's the Air, Black & Blue Oceans, Mad Mixtures, Science of Sport, Slippery Science, and more. No class Aug 1.

Sa 10:30 AM-11:30 AM Jul 11-Aug 29
 ▶623320 \$146/7 sess

Instructor: STEAM 4 Kids

MUSIC

Piano Private Lessons 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. No experience required but a piano to practice on is recommended. Additional cost for books.

Tu Jul 14-Aug 18 \$179/6 sess
 ▶622396 3:30 PM-4:00 PM
 ▶622397 4:00 PM-4:30 PM
 ▶622398 4:30 PM-5:00 PM
 ▶622399 5:00 PM-5:30 PM
 ▶622400 5:35 PM-6:05 PM
 ▶622401 6:05 PM-6:35 PM
 ▶622402 6:35 PM-7:05 PM
 ▶622403 7:05 PM-7:35 PM

Instructor: Beth Carroll

K-Pop Vocal & Dance Program 7-13 yrs

Learn to sing an original K-pop song as well as learn the moves. At the end of the program perform the original song along with making a music video. If you like the music dance of Demon Hunters then this is for you. Drop-in \$26.

M 3:30 PM-5:30 PM Jul 06-Aug 24
 ▶622421 \$210/8 sess

Instructor: Jan Cooper

SPORTS

Basketball • Games, Skills & Drills 7-10 yrs

This fun and active program emphasizes skill development, games and drills in a safe and welcoming environment. Drop-ins \$7.50 if space permitting. No class Aug. 2.

Su 8:45 AM-9:45 AM Jul 05-Aug 30
 ▶622370 \$48/8 sess
 Su 10:45 AM-11:45 AM Jul 05-Aug 30
 ▶622369 \$48/8 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 Jul 02-Sep 03
 ▶622394 \$75/10 sess

Instructor: Kenny Yau

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 Jul 02-Sep 03
 ▶622393 \$75/10 sess

Instructor: Kenny Yau

Parent & Child Pickleball: Learn to Play 7+ yrs

Pickleball is fun, easy to learn, and promotes teamwork and an active lifestyle. Learn basic skills, rallying, and point play tactics with instruction tailored to all skill levels. **Youth ages 7-17 must register with an adult partner (18+);** participants not registered as a family may be withdrawn or transferred. Paddles provided. No class Aug. 1.

Sa 3:00 PM-4:30 PM Jul 11-Aug 22
 ▶622485 \$254/6 sess

Instructor: Precision Tennis Inc.

Junior Pickleball: Learn to Play 7-10 yrs

Pickleball is the perfect introduction to physical activity. It's easy to learn, promotes teamwork, encourages social interaction, and helps kids stay healthy and engaged. This class develops basic techniques with a focus on building coordination, confidence and rally skills. Classes are structured to ensure appropriate challenge for all skill levels. Paddles are provided. No class Aug. 1.

Sa 2:00 PM-3:00 PM Jul 11-Aug 22
 ▶622487 \$177/6 sess

Instructor: Precision Tennis Inc.

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. Drop-in \$14 (space permitting). No class Aug. 11.

Tu 4:45 PM-5:40 PM Jun 30-Aug 25
 ▶622518 \$88/8 sess

Instructor: Kaman (KJ) Johal

Junior Soccer Intermediate/Advanced 7-10 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. Drop-in \$14 (space permitting). No class Aug. 11.

Tu 5:45 PM-6:40 PM Jun 30-Aug 25
 ▶622519 \$88/8 sess

Instructor: Kaman (KJ) Johal

Sportball Multisport 5-7 yrs

This program is designed to guide children through the introductory skills in a number of different ball sports. Games and skills are taught in a fun and creative manner by using story lines to encourage participation. All programs are non-competitive and focus on success while building confidence. No class Aug 3.

M 7:00 PM-8:00 PM Jul 06-Aug 31
 ▶624342 \$156/8 sess

Instructor: Sportball Vancouver

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. Drop-in \$14 (space permitting). No class Aug. 11.

Tu 6:45 PM-7:40 PM Jun 30-Aug 25
 ▶622520 \$88/8 sess

Instructor: Kaman (KJ) Johal

More Sports, Dance and Chess Programs for Youth

See page 18.

Mixed Ages

DANCE

Intro to Belly Dance Beginner

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 7:30 PM-8:30 PM

Jul 08-Jul 22

▶621188

\$35/3 sess

Instructor: Paul Latta Dance

Intro to Hula & Tahitian Dance • Beginner

13+ yrs

This mini trial class is a perfect opportunity for anyone and everyone to try our popular mixed class of Hawaiian Hula and Tahitian dance by master Kumu Hula Paul Tavai. Try the traditional dances, music, language, and culture of Modern and Traditional Hawai'i and Tahiti. One dance style per week!

W 6:30 PM-7:30 PM

Jul 08-Jul 22

▶621187

\$35/3 sess

Instructor: Paul Latta Dance

Intro to Tap Dance Beginner

13+ yrs

This class is a perfect opportunity to try Tap Class includes warm-up, rudiments, and easy steps and rhythms of modern Tap. A fast paced class, yet so easy, you'll be tapping after each lesson! A perfect blend of light exercise, flexibility and education. Tap shoes are not necessary (any dress shoe is fine).

W 5:30 PM-6:30 PM

Jul 08-Jul 22

▶621186

\$35/3 sess

Instructor: Paul Latta Dance

Axe Samba & Afro-Brazilian Dance

14+ yrs

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

M 7:30 PM-8:30 PM

Jul 06-Jul 27

▶621945

\$60/4 sess

M 7:30 PM-8:30 PM

Aug 10-Aug 31

▶621946

\$63/4 sess

Instructor: Julie Ali

FIRST AID

When registering a participant, please enter the participant's email address (not the payee's) so their Red Cross profile can be created correctly.

CPR-C with AED

10+ yrs

2-3 hours online, 2-3 hours in class. Basic CPR with choking, CPR, AED. Canadian Red Cross Certification.

W 9:15 AM-12:15 PM

Jul 01

▶624579

\$90/1 sess

Tu 5:00 PM-7:30 PM

Aug 11

▶624580

\$90/1 sess

Instructor: Foundations Safety + First Aid Training

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

10+ yrs

4 hours online, 4 hours in class. Canadian Red Cross Certification approved by WorkSafeBC.

W 9:15 AM-1:15 PM

Jul 01

▶624581

\$100/1 sess

Tu 5:00 PM-9:00 PM

Aug 11

▶624582

\$100/1 sess

Instructor: Foundations Safety + First Aid Training

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

10+ yrs

8 hours online/ 8 hours in class. Canadian Red Cross Certification approved by WorkSafeBC.

W 9:15 AM-5:00 PM

Jul 01

▶624583

\$145/1 sess

Tu Th 5:00 PM-9:00 PM

Aug 11-Aug 13

▶624584

\$145/2 sess

Instructor: Foundations Safety + First Aid Training

Red Cross Babysitting 11-15 yrs

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

Sa 9:15 AM-4:15 PM

Aug 08

▶624577

\$80/1 sess

Instructor: Foundations Safety + First Aid Training

Red Cross Stay Safe 9-14 yrs

Learn basic first aid, safety, responsibility, and emergency response skills for times without adult supervision.

F 9:00 AM-1:30 PM

Aug 28

▶624585

\$85/1 sess

Instructor: Foundations Safety + First Aid Training

PRIVATE MUSIC LESSONS

Flute and Recorder

8+ yrs

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

F Jul 03-Aug 14

\$264/7 sess

▶622340 4:00 PM-4:30 PM

▶622341 4:30 PM-5:00 PM

▶622342 5:00 PM-5:30 PM

▶622343 5:30 PM-6:00 PM

Instructor: Andrea Minden

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 Aug. 3.

M Jul 06-Aug 17

\$179/6 sess

▶622386 3:30 PM-4:00 PM

▶622387 4:05 PM-4:35 PM

▶622388 4:40 PM-5:10 PM

▶622389 5:15 PM-5:45 PM

▶622390 5:50 PM-6:20 PM

▶622391 6:25 PM-6:55 PM

▶622392 7:00 PM-7:30 PM

Instructor: Nancy Chang

Violin & Viola

6+ yrs

Private 30-minute violin lessons for all 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 Jul 09-Aug 13

\$221/6 sess

▶622374 2:20 PM-2:50 PM

▶622375 2:55 PM-3:25 PM

▶622376 3:30 PM-4:00 PM

▶622377 4:05 PM-4:35 PM

▶622385 4:40 PM-5:10 PM

▶622378 5:15 PM-5:45 PM

▶622379 5:50 PM-6:20 PM

▶622380 6:25 PM-6:55 PM

▶622381 7:00 PM-7:30 PM

▶622382 7:35 PM-8:05 PM

▶622383 8:10 PM-8:40 PM

▶622384 8:45 PM-9:15 PM

Instructor: Pavel Chiriac

PRIVATE MUSIC LESSONS

Sax, Flute & Clarinet 10+ yrs

Study the art of woodwind playing. All ages and levels welcome. Trial Lesson (\$60): Contact Dylan at 604-318-1157 or dcaltosax@gmail.com. Once confirmed, call the main office at 604-257-8100 or visit in person.

| | | |
|-----------|----------------------|---------------------|
| M | Jun 29-Aug 24 | \$545/9 sess |
| ▶622344 | 3:30 PM-4:15 PM | |
| ▶622345 | 4:15 PM-5:00 PM | |
| ▶622346 | 5:00 PM-5:45 PM | |
| ▶622347 | 5:45 PM-6:30 PM | |
| Tu | Jun 30-Aug 25 | \$545/9 sess |
| ▶622348 | 3:30 PM-4:15 PM | |
| ▶622349 | 4:15 PM-5:00 PM | |
| ▶622350 | 5:00 PM-5:45 PM | |
| ▶622351 | 5:45 PM-6:30 PM | |
| W | Jul 08-Aug 26 | \$485/8 sess |
| ▶622352 | 3:30 PM-4:15 PM | |
| ▶622353 | 4:15 PM-5:00 PM | |
| ▶622354 | 5:00 PM-5:45 PM | |
| ▶622355 | 5:45 PM-6:30 PM | |
| ▶622356 | 6:30 PM-7:15 PM | |
| Th | Jul 02-Aug 27 | \$545/9 sess |
| ▶622357 | 3:30 PM-4:15 PM | |
| ▶622358 | 4:15 PM-5:00 PM | |
| ▶622359 | 5:00 PM-5:45 PM | |
| ▶622360 | 5:45 PM-6:30 PM | |
| ▶622361 | 6:30 PM-7:15 PM | |
| Sa | Jul 04-Aug 29 | \$545/9 sess |
| ▶622362 | 9:30 AM-10:15 AM | |
| ▶622363 | 12:45 PM-1:30 PM | |
| ▶622364 | 1:30 PM-2:15 PM | |
| ▶622365 | 2:15 PM-3:00 PM | |
| ▶622366 | 3:00 PM-3:45 PM | |
| ▶622367 | 3:45 PM-4:30 PM | |

Instructor: Dylan Cramer

MARTIAL ARTS

Axe Capoeira Mini 2-6 yrs

Learn the basic kicks, movements, acrobatics and music skills along with the history of Capoeira. Drop-in \$20 (space permitting).

| | | |
|----------|------------------------|----------------------|
| M | 5:15 PM-6:00 PM | Jul 06-Jul 27 |
| ▶621941 | | \$72/4 sess |
| M | 5:15 PM-6:00 PM | Aug 10-Aug 31 |
| ▶621942 | | \$72/4 sess |

Instructor: Julie Ali

Axe Capoeira Family 7+ yrs

Ongoing classes, no experience necessary. Learn the artform's basic kicks, movements, acrobatics and music skills. Drop-in \$22.5 (7-13 yrs) and \$25 (14+) space permitting.

| | | |
|----------|------------------------|----------------------|
| M | 6:15 PM-7:15 PM | Jul 06-Jul 27 |
| ▶621943 | | \$72/4 sess |
| M | 6:15 PM-7:15 PM | Aug 10-Aug 31 |
| ▶621944 | | \$72/4 sess |

Instructor: Julie Ali

MARTIAL ARTS

Taekwondo

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.

All Levels • 11-60 yrs

| | | |
|----------|------------------------|----------------------|
| F | 6:30 PM-7:30 PM | Jul 03-Aug 28 |
| ▶621982 | | \$225/9 sess |

Beginner • 5-10 yrs

| | | |
|----------|------------------------|----------------------|
| F | 5:30 PM-6:30 PM | Jul 03-Aug 28 |
| ▶621981 | | \$225/9 sess |

Intermediate • 5-10 yrs

| | | |
|----------|------------------------|----------------------|
| F | 4:30 PM-5:30 PM | Jul 03-Aug 28 |
| ▶621980 | | \$225/9 sess |

Instructor: Third Eye Martial Arts

West River Karate Beginner/Novice 6-12 yrs

An introduction to traditional karate with a focus on growth and personal development. Additional benefits of training include discipline, etiquette, and respect. Participants may purchase a uniform from the instructor. No class Aug. 3.

| | | |
|----------|------------------------|----------------------|
| M | 5:00 PM-6:00 PM | Jul 06-Aug 24 |
| ▶621821 | | \$154/7 sess |

Instructor: Kenny Lim

West River Karate Li'l Ninjas 3-5 yrs

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 Aug. 3.

| | | |
|----------|------------------------|----------------------|
| M | 4:30 PM-5:00 PM | Jul 06-Aug 24 |
| ▶621820 | | \$105/7 sess |

Instructor: Kenny Lim

Wushu • Beginners 5-14 yrs

No experience necessary. Basic punches, kicks, and stretches will be a large part of this class, along with routine cardio exercises. Wear closed toe shoes with socks, water bottle, and comfortable pants. No drop-ins.

| | | |
|-----------|------------------------|----------------------|
| Th | 4:45 PM-5:30 PM | Jul 09-Aug 13 |
| ▶621132 | | \$78/6 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 Aug. 3. Drop-in \$19 (space permitting).

| | | |
|----------|------------------------|----------------------|
| M | 7:00 PM-8:00 PM | Jul 06-Aug 17 |
| ▶621130 | | \$84/6 sess |

Instructor: Candice Wong

Wushu Level 2+ Novice-Intermediate 5+ yrs

Wushu is an exciting Chinese martial art made popular through Hollywood action films. Wushu helps develop co-ordination, balance, strength, stamina, and flexibility while learning the fundamentals of basic fighting concepts such as punching, kicking, blocking, and weapons training. Prerequisite is Wushu Beginners, testing required. Please speak to instructor before registering for higher levels. No class Aug. 3. Drop-in \$19 (space permitting).

| | | |
|----------|------------------------|----------------------|
| M | 5:00 PM-6:30 PM | Jul 06-Aug 17 |
| ▶621128 | | \$90/6 sess |

Instructor: Candice Wong

Wushu Level 3+ Intermediate-Advanced 5+ yrs

A focus on higher level training, advanced routines, weapon training, sparring techniques, and competition level training. Prerequisite for this class is Wushu Level 2+, testing required. Please check with instructor before registering for high levels. No class Aug. 3. Drop-in \$20 (space permitting).

| | | |
|----------|------------------------|----------------------|
| M | 5:00 PM-7:00 PM | Jul 06-Aug 17 |
| ▶621129 | | \$96/6 sess |

Instructor: Candice Wong

Wushu Level 4+ Competitive 5+ yrs

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

| | | |
|-----------|------------------------|----------------------|
| Th | 5:30 PM-7:30 PM | Jul 09-Aug 13 |
| ▶621133 | | \$96/6 sess |

Instructor: Candice Wong

Mixed Ages

MARTIAL ARTS

Wushu Foundation 40+

NEW

40+ yrs

Discover the art of Wushu. This introductory class focuses on fundamental punches, kicks, and stances with an emphasis on mobility, balance, and joint health. Whether you're looking to stay active or challenge yourself with a new discipline, you'll build strength and coordination in a supportive environment alongside your peers. No experience required. No class Aug. 3. Drop-in \$19 (space permitting).

M 7:00 PM-8:00 PM Jul 06-Aug 17
D621131 \$89/6 sess

Instructor: Candice Wong

Ken Shin Dojo • Iaido 18+ yrs

Iaido is the art of drawing and cutting with the samurai katana (sword). Develop awareness, calmness, and mental and physical harmony through the practice of traditional katana techniques. Students begin practicing with a bokken (wooden sword), then bokken is replaced by a Japanese training sword. Certified by Whole Japan Iaido Kokusai Federation.

Sa 10:00 AM-11:30 AM Jul 04-Aug 22
D621826 \$227/8 sess

Instructor: Bahman Ebrahimi

Ken Shin Dojo • Jiu Jitsu 13+ yrs

This class is offered exclusively to Ken Shin Dojo Kickboxing or Iaido students. Learn the essential techniques such as takedowns, chokeholds, joint-locks and immobilization. Suitable for men & women of all fitness levels. No drop-ins.

Sa 2:00 PM-3:00 PM Jul 04-Aug 22
D621828 \$185/8 sess

Instructor: Bahman Ebrahimi

Ken Shin Dojo Kickboxing 13+ yrs

This high energy non-contact sparring martial art will enhance your cardio-fitness, flexibility, speed, strength and endurance. You will learn standing techniques through a combination of target practice, kicking and punch bag drills. This is the ultimate combination in practical self defense. This class is suitable for all fitness levels. Drop-in \$27 (space permitting and instructor approval).

W 6:00 PM-7:00 PM Jul 01-Aug 19
D621822 \$185/8 sess

Sa 1:00 PM-2:00 PM Jul 04-Aug 22
D621827 \$185/8 sess

Instructor: Bahman Ebrahimi

TENNIS • SUMMER KIDS



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.

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 July 1.

M Tu Th F 9:00 AM-12:00 PM Jun 29-Jul 03

D609156 \$288/4 sess

M Tu W Th F 9:00 AM-12:00 PM Jul 06-Jul 10

D609714 \$360/5 sess

M Tu W Th F 9:00 AM-12:00 PM Jul 13-Jul 17

D609716 \$360/5 sess

M Tu W Th F 9:00 AM-12:00 PM Jul 20-Jul 24

D609717 \$360/5 sess

M Tu W Th F 9:00 AM-12:00 PM Jul 27-Jul 31

D609718 \$360/5 sess

Tu W Th F 9:00 AM-12:00 PM Aug 04-Aug 07

D609719 \$288/4 sess

M Tu W Th F 9:00 AM-12:00 PM Aug 10-Aug 14

D609720 \$360/5 sess

M Tu W Th F 9:00 AM-12:00 PM Aug 17-Aug 21

D609721 \$360/5 sess

M Tu W Th F 9:00 AM-12:00 PM Aug 24-Aug 28

D609722 \$360/5 sess

Junior Fundamentals + Aces Camp 7.5-10 yrs

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

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

D609725 Jun 29-Jul 03 \$287/4 sess

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

D609728 Jul 06-Jul 10 \$359/5 sess

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

D609730 Jul 13-Jul 17 \$359/5 sess

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

D609731 Jul 20-Jul 24 \$359/5 sess

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

D609732 Jul 27-Jul 31 \$359/5 sess

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

D609733 Aug 04-Aug 07 \$287/4 sess

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

D609734 Aug 10-Aug 14 \$359/5 sess

D609735 Aug 17-Aug 21 \$359/5 sess

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

D609736 Aug 24-Aug 28 \$359/5 sess

TENNIS • SUMMER KIDS

Youth Aces + Performance Camp 10-17 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 July 1.

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

TENNIS • SUMMER ADULTS

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

Open Gym

Anyone 13 years of age and older. See page 18 for full details.
Tues. & Wed.: 6:30-7:30 p.m.

TENNIS • SUMMER ADULTS

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

Adult Beginner++ (2.0) 18+ yrs

Solidify your foundation for all strokes. Players who can rally consistently continue to develop ball control 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 forehand and backhand within a full court rally. No class Jul 1.

| | |
|------------------------|---------------|
| Tu 5:30 PM-7:00 PM | Jul 28-Aug 18 |
| ▶609798 | \$256/4 sess |
| M W 1:30 PM-2:45 PM | Jun 29-Jul 08 |
| ▶609805 | \$256/4 sess |
| M W 1:30 PM-2:45 PM | Jul 27-Aug 05 |
| ▶609800 | \$252/3 sess |
| M W 5:30 PM-7:00 PM | Jun 29-Jul 08 |
| ▶609804 | \$192/3 sess |
| M W 5:30 PM-7:00 PM | Jul 13-Jul 22 |
| ▶609802 | \$252/3 sess |
| M Tu W 5:30 PM-7:00 PM | Aug 24-Aug 26 |
| ▶609806 | \$192/3 sess |

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.

| | |
|---------------------|---------------|
| Th 6:15 PM-7:15 PM | Jul 02-Aug 20 |
| ▶609808 | \$174/8 sess |
| M W 2:45 PM-3:45 PM | Jul 13-Jul 22 |
| ▶609809 | \$169/4 sess |
| M W 2:45 PM-3:45 PM | Aug 10-Aug 19 |
| ▶609811 | \$169/4 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. No class Jul 1.

| | |
|---------------------|---------------|
| Tu 9:30 AM-10:45 AM | May 05-Jun 16 |
| ▶609642 | \$380/7 sess |
| Tu 5:30 PM-7:00 PM | Jun 30-Jul 21 |
| ▶609821 | \$251/4 sess |
| Tu 5:30 PM-7:00 PM | Jul 28-Aug 18 |
| ▶609824 | \$251/4 sess |
| M W 2:45 PM-4:00 PM | Jun 29-Jul 08 |
| ▶609817 | \$160/3 sess |
| M W 1:30 PM-2:45 PM | Jul 13-Jul 22 |
| ▶609820 | \$213/4 sess |
| M W 2:45 PM-4:00 PM | Jul 27-Aug 05 |
| ▶609818 | \$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. Class is taught by a Senior Coach.

| | |
|----------------------|---------------|
| Tu 10:45 AM-12:00 PM | May 05-Jun 16 |
| ▶609645 | \$380/7 sess |
| M W 5:30 PM-7:00 PM | Jul 27-Aug 19 |
| ▶609826 | \$445/8 sess |

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



Youth

DANCE

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

Come sample 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 **Jul 03-Aug 21**
D622325 \$245/8 sess

Instructor: Praise TEAM

EDUCATION

Chess • Advanced 7-16 yrs

For students interested in competitions. Explore model games, personalized opening theory, endgame theory, puzzles and get personalized feedback. Students are expected to play outside of class. Drop-ins \$27; space-permitting. No class Aug. 2.

Su 3:00 PM-4:25 PM **Jul 05-Aug 23**
D622406 \$152/7 sess

Instructor: Ashton Taylor

Toastmasters Youth Program 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 **Jul 07-Aug 18**
D622321 \$84/7 sess

Instructor: Greater Vancouver Gavel Club

Youth Games Room

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

Children and youth have priority access.

Children & Youth Only Times:
3-8 p.m., Monday to Friday



MARTIAL ARTS

Youth Boxing Level 1 11-18 yrs

A dynamic non-contact boxing program focusing on motor skills, fitness, and teamwork. Led by Boxing Canada-certified Coach Henry, participants learn boxing fundamentals in a safe, supportive environment. Drop-in \$25 (space permitting).

Th 4:30 PM-5:30 PM **Jul 02-Aug 20**
D622329 \$160/8 sess

Instructor: Strikewell Boxing

Youth Boxing Level 2 11-18 yrs

For students who have completed Level 1 and are ready to learn advanced combinations and refine their technique. Led by Coach Henry, a Boxing Canada Certified coach. Drop-in: \$25 (space permitting).

Th 5:45 PM-6:45 PM **Jul 02-Aug 20**
D622330 \$160/8 sess

Instructor: Strikewell Boxing

POTTERY

Hand-building 12-18 yrs

Have fun being creative, then take your masterpieces home. Lots of cool new projects. Glazes and materials are non-toxic. No registration after the 3rd class. No class Aug. 2.

Su 12:00 PM-1:00 PM **Jul 05-Aug 30**
D622468 \$144/8 sess

Instructor: Renee Chan

SPORTS

Basketball Recreational (Youth) 13-18 yrs

This fun and active drop in gym basketball program emphasizes free play and games in a safe and welcoming environment. Drop-in players allowed (space permitting): \$7.50. No class Aug. 2.

Su 11:45 AM-12:45 PM **Jul 05-Aug 30**
D622373 \$48/8 sess

Instructor: Sanjana Bhasin

Youth Pickleball: Learn to Play 11-14 yrs NEW

Pickleball is more than just fun, it's easy to learn, promotes teamwork, encourages social interaction, and helps kids stay healthy and engaged. This class develops fundamental rally techniques with a focus on building coordination, confidence and rally skills through point-based games. Classes are structured to ensure appropriate challenge for all skill levels. Paddles are provided. No class Aug. 1.

Sa 4:30 PM-5:30 PM **Jul 11-Aug 22**
D622486 \$177/6 sess

Instructor: Precision Tennis Inc.

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.)

June 30–September 5

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

Tuesday and Wednesday: 6:30-7:30 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.

Saturday: 12-1:30 p.m.



ART

Acrylic Painting 18+ yrs

Relax and enjoy while learning how to use brushes to achieve a variety of techniques including blending, glazing, lifting, wet on wet and over dry to create different textures and brush strokes on your artwork. We will focus on beautiful landscapes, flowers and figures. (Supplies are not included, supply list will be on receipt notes) Drop-in \$39 (space permitting and instructor approval).

W 10:00 AM-12:00 PM Jul 08-Sep 02
▶621290 \$275/9 sess

Instructor: Mohammad Reza Atashzad

Drawing & Painting 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. Throughout the course, you will experiment with various textures, lines, tones, lights and shadows, as well as linear and atmospheric perspectives. (Supplies are not included, supply list available upon registration). Drop-in \$39 (instructor approval required).

W 1:00 PM-3:00 PM Jul 08-Sep 02
▶621292 \$275/9 sess

Instructor: Mohammad Reza Atashzad

Drawing Landscapes, Flowers & 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. Throughout the course, you will experiment with various textures, lines, tones, lights and shadows, as well as linear and atmospheric perspectives. (Supplies are not included, supply list available upon registration). Drop-in \$39 (instructor approval required).

Su 3:00 PM-5:00 PM Jul 05-Sep 06
▶621298 \$299/10 sess

Instructor: Mohammad Reza Atashzad

How to Draw Like an Architect 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, lighting, and colour in their artwork. (Supplies are not included, supply list will be on receipt notes) Drop-in \$39 (instructor approval required).

Sa 3:00 PM-5:00 PM Jul 04-Sep 05
▶621295 \$299/10 sess

Instructor: Mohammad Reza Atashzad

Watercolour Painting 18+ yrs

This program will give you the chance to learn to apply watercolour painting by exploring 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). (Supplies are not included, supply list available upon registration). Drop-in \$39 (space permitting and instructor approval).

Su 10:30 AM-12:30 PM Jul 05-Sep 06
▶621296 \$299/10 sess

Instructor: Mohammad Reza Atashzad

Chinese Painting 18+ yrs

This course covers the 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. Students will learn to paint flowers, birds, animals, food and landscape. Students will complete 6 paintings and gain confidence in their creative expression. (Bring your own paper towel, paint palette and paint jar for water. Instructor will provide paint brushes to borrow. Paper and paint will be provided, supply list will be on receipt notes).

Tu 5:15 PM-6:45 PM Jul 28-Sep 01
▶621988 \$180/6 sess

Instructor: Rachel Yung

DANCE

Balboa Dance NEW 19+ yrs

Balboa is a partner dance known for its close connection and intricate footwork, danced to lively jazz music. This beginner class will cover basic Balboa steps and skills for social dancing. No experience or partner is required; partners rotate during class. Non-grip shoes are recommended (leather or suede soles).

Su 12:00 PM-1:00 PM Jul 05-Aug 09
▶622928 \$95/6 sess

Instructor: Anton Olfert

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 Jul 08-Aug 26
▶621987 \$72/8 sess

Instructor: Jing (Jenny) Chen

DANCE

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. No class Aug. 12. Adults \$23; seniors \$19

W 4:00 PM-5:00 PM Jul 08-Sep 02
▶622118 Adult \$168 • Senior \$134/8 sess

Instructor: Beryl Israel

EDUCATION

Financial Education Workshops 19+ yrs

World System Builder's campaign is to build and protect wealth for families through financial education.

Sa 3:00 PM-4:30 PM Free, registration required

Building Savings and Wealth

▶621989 Jul 11

Increasing Cashflow & Debt Management

▶621990 Jul 25

Preparing for Proper Protection

▶621991 Aug 08

Understanding Asset Accumulation Strategies

▶621992 Aug 15

Fulfilling Long Term Goals

▶621993 Aug 22

Preserving Your Wealth and Estate

▶621994 Aug 29

Instructor: World System Builder

Interior Design 19+ yrs

Have fun learning the essentials of floor planning, furniture layout, lighting, colour, and materials with award-winning expert Barbara Smyth (IDC, LEED AP). Please bring a tape measure and clip board. www.interiordesignprogram.com. No class Aug 3.

M 5:00 PM-6:15 PM Jul 06-Aug 10
▶621970 \$121/5 sess

Instructor: Barbara Smyth

Camera Workshops 19+ yrs

A series of photo workshops by Kerrisdale Cameras. Rotating photography workshops covering a different topic every month. See online ActiveNet program for full description.

Tu 6:30 PM-8:30 PM \$20/1 sess

Think Bold: Mastering Content Creation Powered by Insta360

▶621983 Jul 28

To Be Determined

▶621984 Aug 25

Adults

LANGUAGE

Introductory Japanese

19-64 yrs

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

Tu 6:15 PM-8:15 PM Jul 07-Aug 25
\$310/8 sess

Instructor: Yoko Maruyama

Spanish: Adult Beginners I

16+ yrs

Hola! Welcome to the Spanish language! This beginner's course will cover proper phonetics with some instruction in basic grammar, vocabulary and writing and will focus on the simple present tense. This course will also teach you converse simple travel phrases, how to order food in a restaurant, etc. No drop-ins; no registration after the second class.

Tu 6:30 PM-8:00 PM Jul 07-Aug 18
\$126/7 sess

Instructor: Eliana Rolando

FITNESS & HEALTH

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. Mindfulness meditation can have transformative effects on the body, mind, and life. Taught by an experienced teacher. Info: lifen.me

Sa 12:15 PM-1:15 PM Jul 11
\$15/1 sess

Instructor: Sung Yang

Mindfulness Meditation

19-80 yrs

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

Sa 12:15 PM-1:15 PM Jul 18
\$15/1 sess

Instructor: Sung Yang

FITNESS & HEALTH

Callanetics

18+ yrs

The CALLANETICS exercise method is a total body conditioning workout. One of the original barre workouts, CALLANETICS uses a combination of mat work and ballet inspired leg work, precise positioning and tiny movements. Movements that are gentle on the joints and super effective at strengthening and toning your muscles. You will leave the class feeling like you've had a great workout! www.callaneticsvancouver.com. Drop-in \$21.50 (space permitting).

W 7:00 PM-8:00 PM Jul 08-Jul 29
\$72/4 sess

Instructor: Linda Shedden

Gentle Yoga

18+ yrs

For those new to yoga or looking to revisit the basics. We will focus on foundational poses, proper alignment, and mindful breathing techniques. Whether you're looking to improve flexibility, reduce stress, or simply try something new, this class is a welcoming space for all. Bring a mat. For more info visit www.intoyoga.ca. Drop-in \$20 (space permitting).

Th 10:00 AM-11:00 AM Jul 16-Aug 27
\$114/7 sess

Instructor: Into Yoga

Hatha Yoga

18+ yrs

For all levels of experience. Work on balance, strength, flexibility and relaxation as you build your self-awareness. A more profound connection with the body is developed, releasing tension and anxiety. Bring a mat to class. More info: www.intoyoga.ca. No class Aug. 3. Drop-in \$20 (space permitting).

M 6:00 PM-7:00 PM Jul 06-Aug 31
\$130/8 sess

Instructor: Into Yoga

Yoga for Fitness

18+ yrs

Yoga for Fitness is a fitness-based approach to Yoga incorporating both dynamic and resistance based movement including lots of vinyasas (series of poses done in sequence). This class is for all levels of fitness and Yoga knowledge allowing you to step up or draw back based on your goals and capabilities. Come work out, tune in, and have fun! Please bring your own Yoga/Pilates mat. For more info visit, www.intoyoga.ca. Drop-in \$20 (space permitting).

W 6:00 PM-7:00 PM Jul 08-Aug 26
\$130/8 sess

Instructor: Into Yoga

MARTIAL ARTS

Boxing Fundamentals

19-64 yrs

A non-contact boxing program for all fitness levels. Learn basic boxing techniques, improve cardio and strength, and build confidence in a supportive community setting. No experience required. Drop-in: \$25 (space permitting).

Th 7:00 PM-8:00 PM Jul 02
\$622333 Free trial; registration required

Th 7:00 PM-8:00 PM Jul 09-Aug 20
\$622327 \$147/7 sess

Instructor: Strikewell Boxing

Self-Defence Clinic

NEW

19-55 yrs

This program teaches practical, real-world skills to help you stay safe and respond confidently in threatening situations. Build awareness, boundary setting, escape techniques, and effective defensive strategies in a supportive environment designed for all experience levels.

Tu 4:45 PM-6:00 PM Jul 07-Jul 28
\$625049 \$72/4 sess

Instructor: Strikewell Boxing

POTTERY

Beginner Pottery

18+ yrs

Learn pinching, coiling, slabbing and basic throwing. Students make their own small projects after learning the basics. No registration after the 3rd class. No class Aug. 2.

Su 2:00 PM-4:00 PM Jul 05-Aug 23
\$622469 \$198/7 sess

Instructor: Renee Chan

Studio Time

18+ yrs

A dedicated space to create and learn new techniques. Experience required. Students are encouraged to create a theme to explore on either the wheel or table with guidance from the instructor. Drop-in: \$36; space permitting. 1/2 bag clay for sale: \$15. No class Aug. 1.

Th 6:00 PM-9:00 PM Jul 02-Aug 27
\$622472 \$307/9 sess

Sa 10:00 AM-1:00 PM Jul 04-Aug 22
\$622474 \$256/7 sess

Instructor: Janine Schroedter

Seniors Gentle Fit & Mild/Mod Low Impact

See page 27.

SPORTS

Badminton Court Booking

12+ yrs

Please note each court rental hour now has one program with a maximum of four spots. Each spot booked is for one court. Specific courts are no longer booked. Badminton courts are booked on a first come, first served basis and may be reserved over the phone, online or in-person. 48 hour cancellation notice is required. Players must supply their own racquets and birds.

M 6:45 PM-7:45 PM \$20/1 sess

Court rental dates start Jul 6 to Aug 31. 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. Each registration is for one court (maximum of 4 courts). Specific courts are no longer booked. Bookings are on first come first serve basis. 48 hours cancellation notice is required. Players must supply their own racquets and pickleballs.

M, W, F 6:45 AM-8:30 AM \$20/1 sess

Court rental dates start Jul 3 to Aug 26. Search "Pickleball Court Rental" when registering online or call the centre for available bookings.

No Instructor

Pickleball Stage 1: Learn to Play

19+ yrs

For novice players or intermediate beginners who have only played a few times. Learn the correct form & technique to execute shots as well as to move safely and efficiently around the court. Paddles will be provided. Drop-in \$42 (instructor approval required).

F 5:15 PM-7:15 PM Jul 10-Jul 31 \$135/4 sess

Sa 4:00 PM-6:00 PM Jul 11-Aug 01 \$135/4 sess

Instructor: Mona Lee

Pickleball Stage 2/3: I Love Drop Shot

19+ yrs

Learn how to control the ball at the kitchen line with soft, accurate dinks and master the third shot drop to set up winning points. Perfect for players who know the basics and want to sharpen their skills. Paddles, balls and equipment provided. Drop-in \$42 (space permitting and instructor approval).

Th 9:15 AM-11:15 AM Jul 09-Jul 23 \$101/3 sess

Instructor: Mona Lee

Pickleball Stage 2: Skills & Drills

19+ yrs

Finished Learn to Play? Learn the shots that make the game fun drops, drives, smashes & lobs plus simple footwork to help you move with confidence & keep the rally going. Paddles, balls & all equipment will be provided. Drop-in \$42 (space permitting and instructor approval).

F 5:15 PM-7:15 PM Aug 07-Aug 28 \$135/4 sess

Sa 4:00 PM-6:00 PM Aug 08-Aug 29 \$135/4 sess

Instructor: Mona Lee

Pickleball Stage 3: Drops Drives Drips

19+ yrs

Take the guesswork out of your 3rd shot. Learn how to mix power & touch using drops, drives, & drips to safely transition to the kitchen with confidence. Paddles, balls & equipment will be provided. Drop-in \$42 (space permitting and instructor approval).

Th 9:15 AM-11:15 AM Jul 30-Aug 27 \$168/5 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. All skills/level welcomed and games are self organized/ no instructions provided. Drop-in \$6.50 (space permitting).

M 8:00 PM-10:00 PM Jul 06-Aug 31 \$51/9 sess

No Instructor



Recreational Sports

All skills/levels welcome and games are self-organized; no instructions provided.

Drop-in players may sign up for drop-in spots in person or call 604-257-8100 beginning two hours before scheduled start time.

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

Recreational Sport Ball Hockey *

18+ yrs

All skills/level welcomed and games are self organized/ no instructions provided. 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 Jul 01-Aug 26 \$51/9 sess

No Instructor

Recreational Sport Basketball *

18+ yrs

All skills/level welcomed and games are self organized/ no instructions provided. Please bring a reversible jersey, one side white. Drop-in \$8 (space permitting).

Th 8:00 PM-10:00 PM Jul 02-Aug 27 \$62/9 sess

Competitive

Sa 1:45 PM-3:45 PM Jul 04-Aug 29 \$62/9 sess

Instructor: Kenny Yau

Recreational Sport Indoor Volleyball *

18+ yrs

All skills/level welcomed and games are self organized/ no instructions provided. 1 net set up for volleyball. Drop-in \$6.5 (space permitting).

F 8:00 PM-10:00 PM Jul 03-Aug 28 \$51/9 sess

No Instructor

Recreational Sport Pickleball *

18+ yrs

All skills/level welcomed and games are self organized/ no instructions provided. Drop-in \$6.5 (space permitting). A maximum of two sessions of recreation pickleball per season.

M 10:30 AM-12:30 PM Jul 06-Aug 31 \$51/9 sess

Tu 8:00 PM-10:00 PM Jul 07-Aug 25 \$45/8 sess

F 10:30 AM-12:30 PM Jul 03-Aug 28 \$51/9 sess

No Instructor

Open Gym

Tuesday/Wednesday: 6:30-7:30 p.m.

See page 18 for full details.

Group Fitness Schedule

Schedule in Effect July 3–August 31, 2026

LEGEND

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

RATES

| | Adult | Youth/Seniors |
|----------------------|---------|---------------|
| Drop-in | \$7.00 | \$6.00 |
| Fit Card • 10 Visits | \$51.50 | \$41.00 |

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|--|---|
| Cardio Combo (G) July 6 to Aug. 31 (Ferial) 9-10 a.m. | Gentle Fit (G) July 7 to Aug. 25 (Venus) 9-10 a.m. | TBC & Stretch (G) July 8 to Aug. 26 (Isobel) 9-10 a.m. | | Zumba + Circl Mobility (G) July 3 to Aug. 28 (Tanya) 9-10 a.m. | Zumba (G) July 4 to Aug. 29 No class Aug. 8 (Tanya) 9:15-10:15 a.m. |
| Gentle Fit (SR Multi) July 6 to Aug. 26 (Isobel) 9:30-10:30 a.m. | | | | | Muscle Mania (A) July 4 to Aug. 29 No class Aug. 8 (Charlene) 9:15-10:30 a.m. |
| am | Mild/Mod Low Impact (G) July 7 to Aug. 25 (Audrey) 10:30-11:30 a.m. | Gentle Fit Plus (G) July 8 to Aug. 26 (Venus) 10:30-11:30 a.m. | Mild/Mod Low Impact (SR) July 2 to Aug. 27 (Audrey) 10-11 a.m. | | Gentle Fit Low Impact (SR) July 4 to Aug. 29 No class Aug. 8 (Audrey) 10-11 a.m. |
| pm | Step Class (G) July 7 to Aug. 4 (Indira) 12-1 p.m. | Step Class (G) July 8 to Aug. 26 (Richard) 12-1 p.m. | Zumba Toning (G) July 2 to Aug. 27 (Tanya) 12-1 p.m. | | Step Class (G) July 4 to July 25 (Indira) 10:45-11:45 a.m. |
| Step Class (A) July 6 to Aug. 31 (Richard) 4:45-5:45 p.m. | | Zumba (G) July 8 to Aug. 26 (Tanya) 5:15-6:15 p.m. | | Step Class (A) July 3 to Aug. 28 (Richard) 6-7 p.m. | |
| Zumba (G) July 6 to Aug. 31 (Tanya) 5:15-6:15 p.m. | Zumba Toning (G) July 7 to Aug. 25 (Tanya) 5:15-6:15 p.m. | Cardio & Strength (A) July 8 to Aug. 26 (Bitia) 6-7 p.m. | | | |

Gentle Fit Low Impact / Plus ●

Gentle movements to start your day. Class may use mats, chairs, light weights and bands. Talk to the instructors about any concerns.

Mild/Mod Low Impact ●

A well-rounded, low impact workout that is easy to follow. Work the major muscle groups safely using weights and/ or resistance bands.

Total Body Conditioning ■

Build your power, speed, coordination and improve your overall fitness. A varied class that will hit those areas other workouts miss.

Cardio Combo ●

A mix of cardio training and weight training work in intervals.

Cardio & Strength ■

Aerobics with some choreography and strength and core training using hand weights, resistance bands and body weight.

Zumba ■

Classes feature exotic rhythms set to high-energy Latin and international beats. It's easy to do, effective and totally exhilarating!

Zumba Toning ■

Similar to Zumba and includes resistance training (using weights) which focuses the workout on specific muscle groups.

Muscle Mania ■

A full body workout to increase strength, mobility and stability using weights, resistance bands and your own body weight. Suitable for all fitness levels.

Step Class ■

These classes offer high intensity options for you to maintain a high cardio.

Intensity: ● Mild ■ Moderate to Challenging

Room Rentals

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

Who can rent rooms?

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

What equipment is available?

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

Can food and alcohol be served?

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

Is there parking?

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

Are there pictures of rooms?

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

New pricing effective Jan. 1, 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.

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

Seniors Centre

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



Seniors Centre Office Hours

Monday-Friday • 9 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, June 6, at 9 a.m.**
- **Phone: Monday, June 8, 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 years and 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 30 for more program details.)

Seniors Centre Coffee Bar

Monday-Friday • 9 a.m.- 5 p.m.
Saturday • 9 a.m.- 4 p.m.
Sunday • Closed



Fresh-baked goods available during coffee bar hours

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.
- Monthly menu in the Monarch newsletter (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.



OUT TRIPS

Thursday Socials

Live music starting at 1 p.m. in the Seniors Multipurpose Room.

Free; registration not required.

Jul 16

Aug 13

—

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/>.

—



Canada Day Celebration July 1

See page 6 for more details.

—



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 • Kilby Historic Site and Lunch • 55+ yrs

Step back in time and enjoy a leisurely tour of the Kilby Historic Site with its magnificent 1906 General Store Museum in beautiful Harrison Mills. Visitors will view a fascinating gallery of product packaging dating back to the 1920s and 1930s, as well as heritage buildings, friendly animals and an immersive glimpse into rural B.C. life. Lunch will also be provided on site at the Kilby Café with soup and sandwich (included). Please note, a waiver form must be completed.

W 9:30 AM-5:30 PM Jul 15
 ▶622104 \$95/1 sess

Instructor: Jason Martincic

Bus Trip • Sunflower Festival and Buffet Lunch • 55+ yrs

We will begin this trip by heading over to the Cascade Casino Delta for their buffet lunch (included). After lunch, we will visit the beautiful Richmond Sunflower Festival. Walk off that lunch by strolling through part of the 20-acre farm, with 90 varieties of sunflowers, dahlias and other flowers. Please note, a waiver form must be completed.

F 10:00 AM-3:30 PM Aug 21
 ▶622105 \$95/1 sess

Instructor: Jason Martincic



Music in the Park • All Ages

Come relax while enjoying musical performances at Maple Grove Park!

Sundays, July 5, 12, 19

6875 Yew St.

5-6 p.m.

Free admission. Weather permitting.



Seniors

ART

Luxurious Oil Pastels 55+ yrs

Curious about oil pastels or ready to take your skills further-These comfy, hands-on classes are open to everyone-whether you are brand new or have some experience. You will get to try different surfaces and techniques making luxurious marks and colors, discovering how fun and expressive this vibrant medium can be. This is a friendly, welcoming, fun space where experimentation is encouraged, and individual guidance is always available to support your own unique style. Come ready to explore, connect, and enjoy the process. Supply list please email: nsyffayerman@gmail.com. Drop-in adult \$29; seniors \$23.

Th 10:00 AM-12:00 PM Jul 02
D622408 Free, registration required
Th 10:00 AM-12:00 PM Jul 09-Jul 30
D622407 Adult \$117 • Senior \$88/4 sess
Th 10:00 AM-12:00 PM Aug 06-Sep 03
D622409 Adult \$147 • Senior \$110/5 sess

Instructor: Faye Fayerman

Persian Marbling Art • Introduction 18+ yrs

Discover the meditative magic of painting on water. Learn to float and manipulate pigments into intricate, one-of-a-kind designs. This ancient Persian craft offers a perfect creative escape for all skill levels. No prior art experience required. Master the foundational tools and take home your own hand-marbled paper masterpieces. Drop-in adult \$29; senior \$22.

M 11:30 AM-12:30 PM Jul 06-Jul 27
D622410 Adult \$147 • Senior \$110/4 sess

Instructor: Dr. Amir Khatami

DANCE

Salsa Dance Beginners 19+ yrs

Learn summer perfect Salsa dancing!! This is a solo (non-partner) session, and you will learn all the basics you need to know. Non-grip exercise shoes recommended. Drop-in \$12 adults; \$10 seniors.

W 1:30 PM-2:15 PM Jul 08-Aug 19
D621098 Adult \$82 • Senior \$60/7 sess

Instructor: Takako Toriumi

More Art Programs

See page 19.

—

DANCE

Salsa Dance Intermediate 19+ yrs

Boost your confidence in Salsa dancing this summer. This class focuses on enhancing your flow and musicality to elevate your movement and overall artistry. Drop-ins available for repeaters only. New participants must have strong basics.

W 2:30 PM-3:15 PM Jul 08-Aug 19
D621099 \$Adult \$82 • Senior \$60/7 sess

Instructor: Takako Toriumi

Salsa & Bachata Summer Special (All Levels) 19+ yrs

90 minutes of fun filled with workshops, great music, and lots of opportunities to practice! All the basics are taught earlier on. Those who intend to improve faster are recommended to combine with Wednesday Salsa Dance course. This is not partner dancing. Drop-in \$12.

F 2:45PM-4:15PM Jul 10-Aug 14
D623544 \$53/6 sess

Instructor: Takako Toriumi

International Ballroom Dancing • Cha Cha Cha 55+ yrs

Silver International Cha Cha Cha. Minimum 2 years of dancing experience preferred. Partners preferred but not required. Drop-in \$19 seniors; \$25 adults.

Th 3:00 PM-3:55 PM Jul 02-Jul 30
D620964 Adult \$90 • Senior \$79/5 sess

Instructor: Faye Hung

International Ballroom Dancing • Quickstep 55+ yrs

Silver International Quickstep. Minimum two years of dancing experience preferred. Partners preferred but not required. Drop-ins \$19 seniors; \$25 adults.

Th 4:00 PM-4:55 PM Jul 02-Jul 30
D620963 Adult \$90 • Senior \$79/5 sess

Instructor: Faye Hung

Yuan Ji Dance 55+ yrs

Yuan Ji dance is a fusion of physical exercise, qi gong, martial arts and tai chi which acts in concert with the Yuan Ji music. The form is simple, lively and graceful. The movements harmonize the body and mind. Yuan Ji dance promotes good health, joy and happiness in people. Drop-in \$2.50 if space permits.

W 9:00 AM-11:00 AM Jul 08-Sep 02
D622106 \$19/9 sess
F 9:00 AM-11:00 AM Jul 03-Sep 04
D622108 \$21/10 sess
Su 10:00 AM-12:00 PM Jul 05-Sep 06
D622107 \$21/10 sess

Instructor: Nelly Fung

EDUCATION

ActiveNet Registration Workshop for Seniors 55+ yrs

This workshop is led by youth volunteers and will cover how to register for programs using the ActiveNet registration system right from your smartphone or laptop. Email address must be provided during registration.

Sa 9:30 AM-11:30 AM Jul 25
D621851 Free; registration required/1 sess

Instructor: Youth Volunteers

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. Topics vary from semi-technical, intellectual and political to day-to-day. Usually, one member introduces the subject and after that it becomes an open discussion for everyone to participate and/or learn. 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 Seniors Centre. We are open to all. Bring your coffee and cookie and meet some interesting characters.

Tu 11:00 AM-12:00 PM Jul 07-Sep 01
D622120 Free, registration required/9 sess

Instructor: No Instructor

More 19+ Years Dance Programs

See page 19.

—



EDUCATION

Free Hearing Screening Clinic**55+ yrs**

Do you have hearing loss? Many people don't realize they have hearing loss. Now it's easy to check. Your ears collect sound but it's your brain that actually understands it. That's why good hearing helps your brain stay fit throughout your life and helps avoid many other health problems. If you are not sure about your hearing health or others have noticed that you are not hearing well come and have your hearing tested. 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 Senior front desk (604.257.8109) for available time slots.

F 9:00 AM-12:00 PM Jul 10

Free, registration required

Instructor: Katarina Vavrovicova

Developing Anti-Racist Communities**55+ yrs**

Anti-racism and its vital role in creating inclusive and safer spaces. Come join a respectful and supportive dialogue on how racism and discrimination persist, and how we can individually and collectively overcome their shadow and create welcoming, safer, equitable spaces.

M 9:30 AM-11:00 AM Jul 13

622197 Free, registration required

Instructor: Flourishing Foundation

Eating with Confidence: Nutrition Labelling in Canada**55+ yrs**

Our food environment has changed, resulting in the consumption of highly processed foods. This trend has contributed to poor diet quality and adverse health outcomes. This presentation will unravel the complexities of nutrition labelling in Canada.

Th 10:00 AM-11:00 AM Jul 16

622286 Free, registration required

Instructor: Helga Saudny

Enhanced Road Assessment for Seniors**55+ yrs**

ICBC presentation for drivers. Topics include: Driving Today; Self-Assessments; Assessing Driver Fitness; Enhanced Road Assessment (ERA); Tips for Seniors; Staying Mobile.

Th 10:00 AM-11:30 AM Jul 02

622190 Free, registration required

Instructor: ICBC

Intro to Wills for British Columbians**55+ yrs**

A workshop to help newcomers to B.C. understand the basics of wills and why they matter. Learn how to protect your loved ones, your property, and your wishes with the right legal documents in place.

Tu 10:00 AM-11:30 AM Jul 14

622456 Free, registration required

Instructor: Justice Education Society

Preventing Fraud & Avoiding Scams**55+ yrs**

Join us for a presentation on senior susceptibility to financial fraud. We will discuss the current fraud crisis, how to protect yourself, and what steps to take if you've been a victim.

Sa 12:00 PM-1:00 PM Jul 04

622189 Free, registration required

Instructor: Gal Senior Care Foundation

Seniors Nutrition Bingo**55+ yrs**

A fun, educational event hosted monthly by the Choices Market Nutrition Team. Each session features a new nutrition topic tailored for seniors, combining learning with lively bingo rounds. We'll enjoy light snacks while engaging in health-focused discussions and games. It's a great way to stay informed, socialize and shop smart, all in one afternoon!

W 10:00 AM-11:00 AM Jul 08, Aug 05, Sep 02

622455 Free, registration required/3 sess

Instructor: Choices Market

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.

Saturdays

Jul 04

621841 9:45 AM-10:30 AM

621842 10:45 AM-11:30 AM

Jul 18

621843 9:45 AM-10:30 AM

621844 10:45 AM-11:30 AM

Aug 1

621845 9:45 AM-10:30 AM

621846 10:45 AM-11:30 AM

Aug 15

621847 9:45 AM-10:30 AM

621848 10:45 AM-11:30 AM

Aug 29

621849 9:45 AM-10:30 AM

621850 10:45 AM-11:30 AM

Free; registration required

Instructor: Youth Volunteers

SMILE • Grand Game Parlour Edition**55+ yrs**

Join us for a fun, interactive Grand Game Parlour experience filled with light games, friendly competition and laughter. A lively theme-based social program where participants enjoy curated experiences designed to support cognitive stimulation, social connection and light physical engagement. Participants will enjoy interactive games, conversation prompts and music-based activities in a supportive and engaging environment. All materials will be provided.

W 10:00 AM-11:00 AM Jul 15

622427 Free, registration required

Instructor: Amrita Sharma (Kindwell Care)

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 page 22 for rates and schedule.

Gentle Fit

M 9:30-10:30 a.m. Isobel Willard

T 9-10 a.m. Venus Davari

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

UBC Changing Aging Program **55+ yrs**

This renowned, evidence-based exercise program is delivered by specially trained Kinesiology UBC BodyWorks certified trainers. It focuses on strength, mobility, and cardiovascular health through muscle and bone-strengthening exercises followed by intervals of aerobic exercise. Fitness assessments are offered at the start and end of the program in order to monitor your progress. Please note that an initial assessment is required to join the program, and assessments must be completed once per year to continue to participate. Complete the BodyWorks exercise participation questionnaire at <https://kin.educ.ubc.ca/bodyworks-gaq/> or contact the Bodyworks office at 604.827.5059 or body.works@ubc.ca for more information.

| | | |
|----------------|--------------------------|----------------------|
| Tu F | 8:00 AM-9:00 AM | Jul 07-Aug 21 |
| ▶621916 | | \$238/14 sess |
| Tu F | 9:00 AM-10:00 AM | Jul 07-Aug 21 |
| ▶621917 | | \$238/14 sess |
| Tu F | 10:00 AM-11:00 AM | Jul 07-Aug 21 |
| ▶621918 | | \$238/14 sess |
| Tu F | 11:00 AM-12:00 PM | Jul 07-Aug 21 |
| ▶621919 | | \$238/14 sess |

Instructor: UBC School Of Kinesiology

Barre Fusion **19+ yrs**

A low impact class incorporating a hybrid of Pilates, Yoga, Dance, and Sports Conditioning. Focus on posture alignment, improved balance, muscle tone, and mind/body connection. Participants must be able to move safely up and down from their mat unassisted. Drop-in \$23 adults/\$18 seniors.

| | | |
|----------------|-------------------------|---|
| M | 1:30 PM-2:30 PM | Jun 29-Jul 27 |
| ▶622412 | | \$Adult \$110 • Senior \$84/5 sess |
| F | 9:00 AM-10:00 AM | Jul 03-Jul 31 |
| ▶622413 | | \$Adult \$110 • Senior \$84/5 sess |
| F | 9:00 AM-10:00 AM | Aug 14-Sep 04 |
| ▶622414 | | Adult \$88 • Senior \$67/4 sess |

Instructor: Nevada Banks

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 | Jul 07-Sep 01 |
| ▶620965 | | Adult \$113 • Senior \$75/9 sess |
| Th | 1:30 PM-2:30 PM | Jul 09-Sep 03 |
| ▶620967 | | Adult \$113 • Senior \$75/9 sess |

Instructor: Zohreh Omrani Taleghani

Gentle Mat, Pilates & Stretch **19+ yrs**

Focus on foundational pilates mat exercises to increase focus, strengths, and muscle tone, incorporating gentle stretching and relaxation practice. Best suited to beginner and intermediate levels. Please note that participants must be able to safely transition down to their mat unassisted by the instructor. Drop in \$19 adult/\$17 seniors.

| | | |
|----------------|--------------------------|--|
| M | 2:45 PM-3:30 PM | Jun 29-Jul 27 |
| ▶622415 | | Adult \$84 • Senior \$63/5 sess |
| F | 10:15 AM-11:00 AM | Jul 03-Jul 31 |
| ▶622416 | | Adult \$84 • Senior \$63/5 sess |
| F | 10:15 AM-11:00 AM | Aug 14-Sep 04 |
| ▶622417 | | Adult \$67 • Senior \$59/4 sess |

Instructor: Nevada Banks

Mind-Body (Formerly Neurofit) **19+ yrs**

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

| | | |
|----------------|------------------------|---|
| Th | 1:15 PM-2:00 PM | Jul 02-Sep 03 |
| ▶622426 | | Adult \$95 • Senior \$81/10 sess |

Instructor: Richard Pelcz

Cardiac Health **55+ yrs**

The enhancement and maintenance of cardiovascular health through individualized programs, designed for physical, social, and emotional wellbeing. Involves light cardio, light strength training and gentle stretch. Prerequisites: 1. This class requires a PARQ form to determine risk factors. Once the PARQ is reviewed by the "cardiac health leader" (Sarah or other qualified CHL) a doctor's note may be requested. If patron is away for 6 months, they will require a new PARQ and/or a doctor's note for resubmission into the class. The cardiac health leader must receive all PARQs 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 | Jul 10-Sep 04 |
| ▶622241 | | \$Adult \$34 • Senior \$25/9 sess |

Instructor: TBA Instructor

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 **Jul 03-Aug 28**
Call SR Front Desk (604-257-8109) for available time slots **\$58/1 sess**

Instructor: Charles Huang

Minds in Motion **55+ yrs**

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

Tu **10:30 AM-12:00PM** **Jul 07-Aug 18**
▶622297 **\$49/7 sess**

Instructor: Alzheimer Society Of BC

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 **8:30 AM-9:30 AM** **Jul 02-Aug 20**
▶622188 **\$34/8 sess**

Instructor: Berdjis Bahrami

Yoga for Older Adults **55+ yrs**

These classes are designed for relatively active individuals over the age of 55. Emphasis in these classes is on balance, strength and flexibility. Classes are slow and gentle allowing everyone to work at their own pace. Please bring your own Yoga/Pilates mat. For more info visit, www.intoyoga.ca No class Aug. 3. Drop-in \$25 (space permitting).

M **10:30 AM-11:45 AM** **Jul 06-Aug 31**
▶621819 **\$164/8 sess**

Instructor: Into Yoga

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 8 Brocades Form is considered as the most important fundamental form for all Health Qigong Practitioners. It has undergone years of refinement by the Sports Ministry of China, and has become a standardized form for Health Qigong Practitioners of 56 countries. Drop-in \$21 Adults, \$17 Seniors.

Tu 9:00 AM-10:00 AM **Jun 30-Sep 01**
622260 Adult \$157 • Senior \$116/10 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 **Jul 03-Sep 04**
622268 Adult \$200 • Senior \$158/10 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 **Jul 03-Sep 04**
622272 Adult \$200 • Senior \$158/10 sess

Instructor: Lai Chun Cheung

Tai Chi Straight sword

19+ yrs

Tai Chi Straight sword combines the soft and continuous movements of Tai Chi, and the precise and elegant movements of the straight sword. 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 **Jul 03-Sep 04**
622279 Adult \$200 • Senior \$158/10 sess

Instructor: Lai Chun Cheung

Tai Chi: 24 Form REVIEW

19+ yrs

In this course, we will review the 24 Form in its entirety, with more attention to the second half, and any difficult movements. We can fill in the gaps, refine the details, and cultivate more relaxation within the movements. Drop-in \$21 Adults, \$17 Seniors. No class Aug. 3.

M 10:30 AM-11:30 AM **Jul 06-Aug 17**
620961 Adult \$126 • Senior \$101/6 sess

Instructor: Kelly Maclean

Tai Chi: 48 Form REVIEW

19+ yrs

In this course, we will review the 48 Form in its entirety to make the whole thing more familiar. We will focus more on the second half of the form, or any specific parts that need clarification. Drop in \$21 Adults, \$17 Seniors. No class Aug. 3.

M 9:30 AM-10:30 AM **Jul 06-Aug 17**
620962 Adult \$126 • Senior \$101/6 sess

Instructor: Kelly Maclean

MUSIC

Singing Program for Beginner Singers & Non-Singers

18+ yrs

Learn how to sing your favourite artist. Learn proper vocal technique along with stage performance skills. If you can speak you can sing. Why not find out your potential? You can also sing in your own language. Drop-in \$26.

M 6:00 PM-8:00 PM **Jul 06-Aug 24**
622422 Adult \$210 • Senior \$157/8 sess

Instructor: Jan Cooper

MUSIC

Ukulele Jam

19+ yrs

Join us in enjoying a fun and relaxed sing-along as we continue to build a ukulele community at Kerrisdale. The playlist for each day will be selected and lead by our song leader from our song book. Stands will be provided but feel free to bring one if you have it as the number of stands is limited. The afternoon will consist of group singing, with a short break near the middle of the hour. We welcome players of all skill levels from beginners to experts. Registration not required, drop-in \$5.

Sa 2:15 PM-3:30 PM **Jul 25-Jul 25**
622294 \$5/1 sess

Instructor: Joseph Young

SOCIAL

Table Tennis

55+ yrs

Tables are located in the seniors' centre and in the youth games room. Youth have priority access in the youth room, and table tennis is reserved for youth after 3 pm on the weekdays. To borrow paddles and ball, visit the front desk.

Th 2:30 PM-5:30 PM **Jul 02-Sep 03**
620979

Instructor: KCC Sr Social

Chess to Life Beginner Program

55+ yrs

Learn chess while developing critical thinking, focus and decision-making skills. This beginner-friendly program blends chess fundamentals with life skills through interactive lessons and guided play. Perfect for those new to chess or looking to build confidence in a fun, supportive environment.

M 10:00 AM-11:00 AM **Jul 06-Aug 17**
622191 \$150/7 sess

Instructor: Chess Institute

Tuesday Morning Walkers

55+ yrs

We meet at the Kerrisdale Senior Centre and proceed to a pre-arranged destination. Walks are leisurely to allow time to enjoy the sights of Vancouver and the lower mainland, often involving public transit. 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 **Jul 07-Sep 01**
622200 Free, registration required

Instructor: Lee-Anne MacPherson

More Adult Martial Arts

See pages 15, 16, 18 & 20.



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).



Bridge: Practice Drop-in 19+ yrs

An opportunity for duplicate-style bridge practice in a supervised environment. Email Barry at bwade020@gmail.com for info.

W 12:20 PM-2:45 PM Jul 08-Sep 02
620968 \$5

Instructor: Barry Wade

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 Jul 04-Sep 05
620976 Free, registration recommended

Instructor: KCC Sr Social

Angel's Mind Matters 55+ yrs

We meet to discuss relevant topics chosen by the membership. We currently have a waitlist for new members, but you are welcome to join to listen only. For more info call Dale (604.228.9435) or Maureen (604.263.4579). \$10 Social Recreation card required.

M 2:00 PM-3:30 PM Jul 06-Aug 31
620980 Free, registration required

Instructor: KCC Sr Social

Bingo 55+ yrs

Spend a pleasant afternoon with friendly seniors. Join us, maybe you'll be a winner!

F 1:00 PM-3:30 PM Jul 03-Sep 04
620969

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.

M W 12:30 PM-3:00 PM Jul 01-Sep 02
620970

Instructor: KCC Sr Social

Cribbage 55+ yrs

Social Recreation Program Card required.

W 9:00 AM-12:00 PM Jul 01-Sep 02
620971

Instructor: KCC Sr Social

English Conversation Circle

NEW

55+ yrs

Practice speaking English in a non judgmental environment. Social Recreation card required.

W 10:00 AM-11:00 AM Jul 15-Aug 26
622429 Free, registration recommended

Instructor: KCC Sr Social

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 Jul 07-Sep 01
620972 Free, registration recommended

Instructor: KCC Sr Social

Knit a Bit & More 55+ yrs

This social group is for everybody who likes to knit, sew, crochet and embroider. Join us for two hours of friendship and productivity in a relaxed atmosphere. If you need help with patterns, we will assist. Participants may also bring their own projects to work on and share knowledge. For more information please join us on Monday.

M 1:00 PM-3:00 PM Jul 06-Aug 31
620974

Instructor: KCC Sr Social

Mah Jong 55+ yrs

Come and learn this Chinese game about numbered and pictured tiles. Mahjong is a four-player, rummy-style tile game originating from China, combining skill, strategy, and luck. Using a set of 144 (or more) tiles, players draw and discard to form specific sets (melds) and a pair to make a winning "Mahjong" hand. Great for the mind, all levels welcome. Held in seniors lounge.

W 9:00 AM-11:30 AM Jul 01-Sep 02
620973

Instructor: KCC Sr Social

Open Drumming Circle 55+ yrs

Join our drumming circle for a unique, meditative experience where rhythm and sound connect us. New rhythms introduced and practiced together, with time to jam freely. Open to all skill levels. Bring your drum!

F 1:45 PM-3:15 PM Jul 03-Sep 04
620975 Free, registration recommended

Instructor: KCC Sr Social

Scrabble 55+ yrs

Join us for a friendly game of Scrabble! \$10 Social Recreation Program card required.

W 1:00 PM-3:00 PM Jul 01-Sep 02
620977

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. This program is for players of all levels and ages looking for fun and excitement.

Tu 5:00 PM-9:30 PM Jul 07-Sep 01
620978

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.



Seniors Gentle Fit & Mild/Mod Low Impact

See page 27.



Kerrisdale Play Palace

Located at
Kerrisdale Arena
5670 E. Boulevard

OPEN
7 days a
week



April 10-August 21, 2026

Party registration now open!

No registration required for
drop-in sessions.

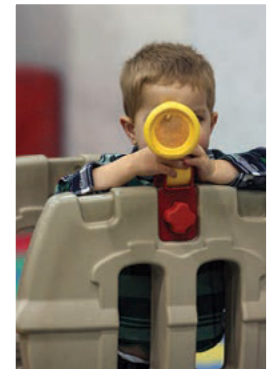
We
have

Birthday
Parties!

Book online at
kerrisdalecc.com

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|-----------------------------------|-----------------------------------|---------------------------------|-----------------------------------|-----------------------------------|
| Toddlers 0-23 mos only 8:30-9:30am | We welcome school, daycare and daycamp groups to join us from 12:00-2:00pm Monday-Friday. <small>Please call in advance at 604-257-8121 to reserve your group rate of \$4.59/ child.</small> | | | | All Ages 10:00am-4:00pm | All Ages 10:00am-4:00pm |
| 0-5 yrs 9:30-11:30am | 0-5 yrs 9:30-11:30am | 0-5 yrs 9:30-11:30am | 0-5 yrs 9:30-11:30am | 0-5 yrs 9:30-11:30am | | |
| CLEANING BREAK: 11:30-12:00pm | | | | | 12:45-1:15pm | |
| All Ages 12:00pm-4:30pm | All Ages 12:00pm-4:30pm | All Ages 12:00pm-4:30pm | All Ages 12:00pm-4:30pm | All Ages 12:00-4:00pm | All Ages 10:00am-4:00pm | All Ages 10:00am-4:00pm |
| 12 and under welcome 9:30am to close on Stat Holidays. | | | | | | |

| | Admission Fees | | Includes Tax |
|--------------------------------------|----------------|---------|--------------|
| | Single | 10-pass | |
| 6-23 Months | \$4.94 | \$44.42 | |
| 2-5 years | \$6.35 | \$57.17 | |
| 6-12 years | \$7.06 | \$63.50 | |
| Group Rate* \$4.59 • Socks \$2.50 | | | |
| *(Schools, Daycare & Day Camps Only) | | | |



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

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



Kerrisdale

PlayPalace BIRTHDAY PARTIES

Birthday party registration now open! 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.





KERRISDALE POOL

Re-opening Date to be Determined

| 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. Two adults maximum.

Holiday Schedule

July 1 • Canada Day
Aug. 1-3 • B.C. Day
Sept. 5-7 • Labour Day
 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

SWIMMING LESSONS



Swim for Life

Swim for Life is a comprehensive Lifesaving Society 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 water smart education for the whole family.

| | | |
|--|---|--|
| <p>Parent and Tot (4 months-3 years)</p> <p>Parent and Tot structures in-water interaction between parent/caregiver and child to stress the importance of play in developing water-positive attitudes and skills. Activities and progressions are based on child development, allowing parents to register in the level appropriate for their age: PT1 (4-12 months), PT2 (12-24 month), PT3 (12-24 months).</p>  | <p>Preschool Program (Ages 3-5 years)</p> <p>The Swim for Life Preschool Program gives children a head start on learning to swim. They'll have fun developing the basics to be safe and confident little swimmers. Water Smart education is part of every preschool level. There are five progressive levels.</p>  | <p>Private/Semi-Private Lessons Ages 3 years-plus</p> <p>Work at your own pace with a qualified instructor, one-on-one or one-on-two for a set of lessons to improve specific skills. Each lesson is 30 minutes in duration. Semi-private lesson participants must be within a skill level apart at a maximum.</p> |
| <p>Swimmer Program</p> <p>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 activities that focus on teaching water safety — lessons that will last a lifetime!</p> <p>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.</p>  | <p>Bronze Program</p> <p>Bronze Medallion (Prerequisite: Bronze Star or 13 years) Teaches an understanding of the lifesaving principles embodied in the four components of water rescue: judgment, knowledge, skill and fitness. Rescuers learn advanced lifesaving techniques for challenging rescues of increased risk involving conscious and unconscious victims in varying water depths.</p> <p>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's also worth two Gr. 11 credits.</p>  | <p>National Lifeguard Pool (NL Pool) Prerequisites: Bronze Cross, Standard First Aid and 15 years</p> <p>The Lifesaving Society's NL Pool is a demanding program designed to develop the fundamental values, judgement, knowledge, skills and fitness required by professional lifeguards. NL Pool is worth two Gr. 12 credits.</p> <p style="text-align: center;">Refund Policy</p> <p>Full refund five days or more prior to program start; partial refund within four days of program start or before second class. No refund after second class.</p> <p>Exceptions/notes No refunds on single session programs. Transfers possible prior to second class.</p> |
| <p>Adult and Teen Program (Ages 13 years-plus)</p> <p>Whether you're just starting out or 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 three progressive levels.</p> | <p>Vancouver Aquatics Academy is a lifeguard and swim instructor training program where aquatics staff foster positive, longterm relationships with swim lesson participants in Vancouver facilities, as well as with their families, swim club members and community members showing interest in these roles. This program aims to educate on the advantages of being a lifeguard and the positive impact this role has within a community and for the development of life skills. For more information about lifeguarding, certification and course dates or to apply, visit vancouver.ca/lifeguard.</p>  | <p>Unsure of What Level to Register In?</p> <p>Please check our website for details on the specific levels vancouver.ca/swimminglessons (or scan the QR code).</p> <p>If you are still unsure of what level to register in, or it has been more than six months since you took a course, please contact your local pool about having a swim assessment with an instructor.</p>  |

Need more motivation?

Get a Personal Trainer

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



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

Get started today!

Complete our Personal Training Request Form, available at the front desk or online at kerrisdalecc.com. A programmer will review your request and have a suitable trainer contact you to set up your sessions.

Requests may take up to two weeks to process. Personal trainer profiles can be found online at kerrisdalecc.com/programs-registration/personal-training.

| 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

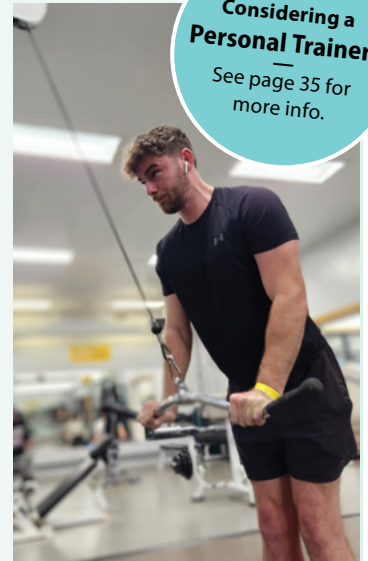
Youth 13 and older are welcome to use the Exercise Room. Orientation is highly recommended. Please speak with front desk staff to see when a fitness attendant is available.



Kerrisdale Exercise Room



Considering a
Personal Trainer?
—
See page 35 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 |

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

