



KERRISDALE

Community Centre Society

Fall 2026
Program Guide

Clickable Online Guide!

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



Registration Info:



Fall Programs

Online and In-person:
Sat., Aug. 8, at 9 a.m.
Phone: Mon., Aug. 10, at 9 a.m.



Swim Lessons (Citywide)

Online, In-person and Phone:
Tues., Aug. 25, at 7 p.m.



Arena

Online, In-person & Phone:
Set 1: Sept. 17, at 7 p.m.
Set 2: Nov. 5, at 7 p.m.

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.



Fall Registration

In-person and online: Saturday, August 8, at 9 a.m.

Phone: Monday, August 10, at 9 a.m.

- 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.

Registration tips:

- Add activities to your wish list before registration opens.
- Join waitlists as they help us identify programs with high demand.
- Ensure all members of your household are added to your family account before registration.
- Verify that birthdates are up to date to ensure eligibility for age-specific programs.
- Close unnecessary browser tabs, downloads, and background applications to improve your computer's performance.
- Connect to reliable high-speed internet.

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.-5 p.m.

HOLIDAY HOURS

9 a.m.-10 p.m.
Sep. 07 • Labour Day
Sep. 30 • National Day for Truth and Reconciliation
Oct. 12 • Thanksgiving Day
Nov. 11 • Remembrance Day

Closed

Dec. 25 • Christmas Day

9 a.m.-4 p.m.

Dec. 24 • Christmas Eve
Dec. 28 • Boxing Day (observed)
Dec. 31 • New Year's Eve
Jan. 01 • New Year's Day

*Kerrisdale Community Centre Society
Exercise Room — see back cover*

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KCCS Program Subsidy



Our recreation programs are available to all members of the community.

We welcome people on limited income to participate in the centre's programs and services. For more info, please 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 Arena

Skating season:

Sept. 26-Dec. 18, 2026

Visit vanrec.ca for up to date drop-in & holiday schedules.

Kerrisdale Pool



Because of an unforeseen maintenance issue, the pool reopening date is to be determined.

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.
- Time-savers may register one individual, plus one more individual. Please have the following information at the time of registration: name, address, phone number, email 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. 48 hours' notice is required; no refunds after the second scheduled 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



BIRTHDAY



Inquiries

For all other inquiries, please contact the centre at 604-257-8100 or email jacky.ly@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 Fall

As we welcome the arrival of fall, I'm delighted to invite you to another exciting season at the Kerrisdale Community Centre. Our fall program guide is filled with opportunities to learn, connect, stay active and try something new.

This season, we're pleased to introduce a variety of new programs for every stage of life. Adults can unwind with Guided Sound Bath & Meditation, strengthen their well-being through Pause Pilates or explore creativity with Natural Dye & Shibori. Older adults can enjoy new learning opportunities through How to Maintain a Healthy Brain, English Conversation Circle, Salsa & Bachata Friday and our introductory Tai Chi classes. Children and youth can discover new passions through Cooking & Baking with Camille, Code & Create with Python, Flygym Recreational Gymnastics, Mindful Embroidery and our new Rising Men leadership program.

These programs reflect our commitment to offering experiences that support wellness, creativity, lifelong learning and meaningful community connections. None of this would be possible without the dedication of our staff, instructors, volunteers and community partners, whose passion helps make the Kerrisdale Community Centre a welcoming place for everyone.

On behalf of the Kerrisdale Community Centre Society Board of Directors, thank you for your continued support. We look forward to seeing you at the centre this fall and wish you a season filled with learning, friendship and fun.

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



Oscar Bisnar



Dorothy Chang



Claire Cheung



Cheuck Chow



Tumko Davaakhuu



Richard Dopson



Trisha Epp



Diltaj Kaur



Dapo Ogunsola



Robert Tudhope



Chad Wong-Chong

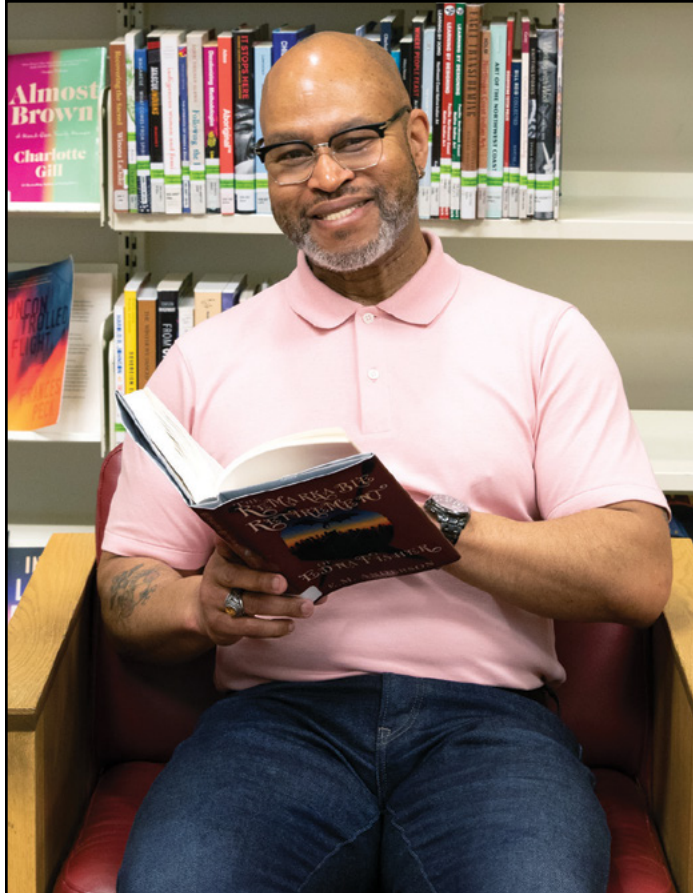
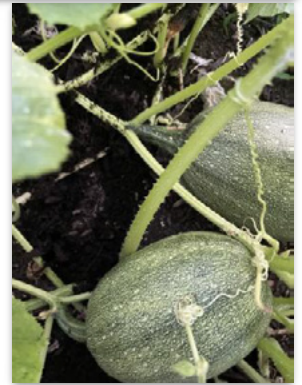


Joshua Yoon

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 21 flora-filled plots, 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.

Autumn finds KCG members weeding and harvesting their plots. The bees have been working in the North Garden to produce honey. 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](https://vpl.ca)



Opera Zone & More!

All Ages

Enjoy an afternoon of listening to arias and songs by Gerard Satamian and other accomplished opera singers! A \$20 annual registration card is required to attend performances for the year OR \$6 for drop-ins. Please pay at the main desk.

Su 2:00pm-4:00pm

Sep 6 • Oct 4 • Nov 1 • Dec 6

▶636117

\$20/Annual Opera Zone program card
or \$6 drop-in

Instructor: Gerard Satamian

Halloween Pumpkin Carving

5+ yrs

Join families from the neighbourhood for a wild and wacky pumpkin carving night! Pumpkins and carving tools will be provided. Only children need to register, and each registered child will receive one pumpkin to carve. \$6 (non-refundable) per pumpkin. Children must be accompanied by an adult.

F Oct 30 5:00PM-6:30 PM

▶625500 \$6/pumpkin



Halloween Carnival

2-10 yrs

Dress your kids up in their favourite costumes and bring them to this annual family event. Come and jump around on our bouncy equipment, play some exhowlarating games and do some Halloween crafts! Only children need to register; children must be accompanied by an adult.

Sa Oct 31 11:30 AM-1:30 PM

▶625498 \$6/child



Remembrance Day Simply Band Service

All Ages

Simply Band will present a Remembrance Day service on Wednesday November 11 from 10:30-11:15am in the gymnasium. All are welcomed. Seats are limited (70 seats), first come, first serve. No registration required.

W 10:30 AM-11:15 AM Nov 11

▶628739

Free

Instructor: Deberah Shears



Kerrisdale Ukulele Ensemble (Concert) 18+yrs

Join us for an upbeat afternoon of familiar tunes, fresh surprises and plenty of sing-along moments! Featuring a mix of pop, jazz, folk, and classic favourites, this lively community group brings warmth, rhythm, and a sense of fun to every performance. Whether you're a longtime uke fan or just curious, you'll be amazed at the big sound that comes from these small strings.

Sa 12:00 PM-1:30 PM

Dec 05

▶631828

Free

Instructor: Joseph Young

Holiday Concert Simply Band Service

All Ages

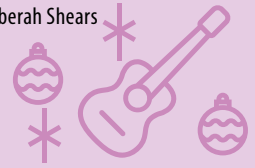
Simply Band will be presenting a Christmas concert and sing along on Saturday, Dec 5, 2026 from 2-3pm in the auditorium. Seats are limited (70 seats), first come, first serve. No registration required.

Sa 2:30pm-3:30pm Dec 05

▶628736

Free

Instructor: Deberah Shears



Paul Tavai-Latta's Annual KCC Holiday in Hawaii Show

All Ages

Our annual full non-stop, two-hour holiday Polynesian revue. Performed by the award-winning Paul Tavai-Latta Polynesian Dancers & Co. featuring the songs, dances, costumes and music of Polynesia.

Su 2:00pm-4:00pm Dec 06

▶628746

\$20/sess ☆



Gingerbread House Making 5+ yrs

Get into the holiday spirit and help your child build and decorate their own gingerbread house! All supplies, including the gingerbread house, candies, and hot chocolate, are included. One gingerbread house per family. Only children need to register; children must be accompanied by an adult.

F Dec 11 5:00 PM-6:30 PM

▶625501 \$15/child



Breakfast with Santa

All Ages

Bring the family for a festive breakfast with Santa Claus himself! Enjoy a pancake breakfast, crafts, and play equipment for the whole family. Don't forget your camera if you'd like to capture a photo with Santa. All participants must register. Children must be supervised at all times. Cost: \$6/person. Only register a child under 2 years if they will receive a seat or meal.

Su Dec 13 \$6/person

▶629689 9:00 AM-10:30 AM

▶629690 11:00 AM-12:30 PM



KERRISDALE DAYCAMP

Kerrisdale Winter Break Daycamp

5-12 yrs

Sports, cooperative games, arts & crafts, dance parties, and more! Children must be in kindergarten and age 5 by Dec 31.

9:00 AM-4:00 PM	\$140/4 sess
M Tu W Th Dec 21-Dec 24	▶632580
M Tu W Th Dec 28-Dec 31	▶632585
9:00 AM-4:00 PM	\$35/1 sess
M Dec 21	▶632573
Tu Dec 22	▶632581
W Dec 23	▶632582
Th Dec 24	▶632583
M Dec 28	▶632584
Tu Dec 29	▶632586
W Dec 30	▶632587
Th Dec 31	▶632588

DANCE

Act, Dance, Sing FUN! Camp

6-15 yrs

Learn the technical and artistic sides of musical theatre—singing, acting, and dancing. Students learn choreographed routines from famous musicals and build presentation skills through games. No experience required; campers grouped by age/skill.

M Tu W Th 12:30 PM-3:30 PM	Dec 21-Dec 24
▶635719	\$204/4 sess

Instructor: Praise TEAM

Jazz Funk, Hip Hop & Asian Pop Dance Camp

6-15 yrs

A beginner/intermediate camp where students will refine technique through cardio, footwork, isolations, stretches, and more! No experience required—campers are grouped by age/skill.

M Tu W Th 9:15 AM-12:30 PM	Dec 21-Dec 24
▶635720	\$204/4 sess
Tu W Th 9:15 AM-12:30 PM	Dec 29-Dec 31
▶635721	\$153/3 sess

Instructor: Praise TEAM

Street, Locking Popping Dance Camp

6-15 yrs

Students will refine technique through cardio, footwork, isolations, and more! No experience required—campers are grouped by age/skill.

Tu W Th 12:30 PM-3:30 PM	Dec 29-Dec 31
▶635722	\$153/3 sess

Instructor: Praise TEAM

DANCE

My First Dance Class Camp

2-4 yrs

An introduction to creative dance. Aspiring little dancers, along with their guardians, will use songs, movement, and games to explore coordination, rhythm, spatial awareness and cooperation. For the youngest of dancers with participation alongside their parent/guardian.

M Tu W Th 9:15 AM-10:00 AM	Dec 21-Dec 24
▶634915	\$60/4 sess

Instructor: Endorphin Rush Dance

Frozen Ballet Dance Camp

3-6 yrs

A creative ballet class featuring the Frozen soundtrack to inspire imagination and movement. No experience required. Costumes are welcome, and families are invited to a final-day presentation. Bring your cameras!

3-5 yrs	
M Tu W Th 11:25 AM-12:40 PM	Dec 21-Dec 24
▶634917	\$99/4 sess

4-6 yrs	
M Tu W Th 1:00 PM-2:15 PM	Dec 21-Dec 24
▶634918	\$99/4 sess

Instructor: Endorphin Rush Dance

Mini Hip Hop Movers Camp

4-6 yrs

A high-energy dance class featuring hip hop, basic breakdancing, and fun dance games. Participants will learn choreography and perform for family on the final day.

M Tu W Th 10:05 AM-11:20 AM	Dec 21-Dec 24
▶634916	\$99/4 sess

Instructor: Endorphin Rush Dance

K-Pop Demon Hunters Camp

6-12 yrs

A high-energy K-pop dance camp where kids become "Demon Hunters" through choreography, games, and creative activities while building confidence, teamwork, and stage presence. Perfect for young dancers who love music, movement, and fantasy adventures!

M Tu W Th 9:15 AM-3:15 PM	Dec 28-Dec 31
▶634920	\$360/4 sess

Instructor: Endorphin Rush Dance

EDUCATION

Bricktown Architects Camp

5-10 yrs

Build a city of your own with LEGO® bricks, Technic, and motors, from streets to skyscrapers! Create up to three projects while developing creativity, problem-solving, and engineering skills. Supplies included.

M Tu W Dec 28-Dec 30	\$144/3 sess
▶630323 9:30 AM-12:30 PM	
▶630324 1:00 PM-4:00 PM	

Instructor: Reach Education Inc.

Brick-Bit Arcade Camp

5-10 yrs

Revisit 8-bit gaming with LEGO bricks. Build up to three projects per session using classic LEGO, LEGO Technic, and electric motors.

M Tu W Dec 21-Dec 23	\$144/3 sess
▶630319 9:30 AM-12:30 PM	
▶630321 1:00 PM-4:00 PM	

Instructor: Reach Education Inc.

CSI Lab Camp

7-12 yrs

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

M Tu W Th 9:15 AM-3:15 PM	Dec 21-Dec 24
▶632419	\$330/4 sess

Instructor: STEAM 4 Kids

Brick Animation Camp

6-12 yrs

Create your own LEGO® stop-motion movie! Participants will work in teams to learn animation techniques including movement, timing, effects, editing, and voiceovers while bringing their creative stories to life.

M Tu W Th 10:00 AM-12:00 PM	Dec 21-Dec 24
▶630280	\$160/4 sess

Instructor: Tomorrow's Playground

WeDo Robotics Camp

6-11 yrs

A fun, hands-on intro to robotics using LEGO® Education WeDo. Team up to build and program robots with motors and sensors, building STEM skills through themed activities.

M Tu W Th 12:30 PM-2:30 PM	Dec 21-Dec 24
▶630281	\$160/4 sess

Instructor: Tomorrow's Playground

Wild Science Camp

6-11 yrs

Kids learn about chemical reactions that they might encounter in their daily lives and the wild nature of birds and beasts.

M Tu W Th 9:15 AM-3:15 PM	Dec 28-Dec 31
▶632423	\$330/4 sess

Instructor: STEAM 4 Kids

Preschool

ART

Art Jam

4-5 yrs

Create concept drawings, learn about colour palettes and develop freehand drawing skills in this specialized class. Drop-ins \$25 (space permitting); not available on the last day.

Sa 9:30 AM-10:30 AM \$120/6 sess

►632438 Sep 12-Oct 17

►632443 Oct 24-Nov 28

Instructor: Happy Kids Studios

Preschool Drawing

3.5-5 yrs

Our friendly Llama drawing class introduces kids to drawing basics—shapes, line control, and simple composition. Seasonal favourites like Apple Trees and Acorns reinforce pattern, colour recognition, and foundational art vocabulary while having fun! No class Oct 12..

M 3:15 PM-4:05 PM Sep 21-Nov 02

►629826 \$135/6 sess

Instructor: Young Rembrandts

Preschool Drawing

3.5-5 yrs

Our Birdfeeder and playful Robot lessons help students explore structure, repetition, and storytelling. We'll also get festive with an imaginative Gingerbread House. Each lesson blends creativity with foundational art skills.

M 3:15 PM-4:05 PM Nov 09-Dec 14

►629831 \$135/6 sess

Instructor: Young Rembrandts

DANCE

Jazz / Ballet

4-6 yrs

Kids learn ballet exercises and jazz dance fundamentals while developing creativity in this fun, high-energy class. Children participate independently without a parent in the room. Family & friends are invited to a presentation on the final day. www.kirbysnelldance.com. No class Sep. 30, Nov. 11.

Su 11:10 AM-11:55 AM Sep 13-Oct 25

►630115 \$105/7 sess

Su 11:10 AM-11:55 AM Nov 01-Dec 13

►630208 \$105/7 sess

W 4:15 PM-5:00 PM Sep 16-Oct 28

►630123 \$90/6 sess

W 4:15 PM-5:00 PM Nov 04-Dec 16

►630214 \$90/7 sess

Instructor: Endorphin Rush Dance

DANCE

Little Ballerinas

3-6 yrs

Young ballerinas learn basic ballet techniques while exploring movement and creative expression in a fun, engaging class. Children participate independently without a parent in the room. Family and friends are invited to a presentation on the final day. www.KirbySnellDance.com

3-5 yrs

Tu 10:00 AM-10:45 AM

►630120

Tu 10:00 AM-10:45 AM

►630215

Su 9:30 AM-10:15 AM

►630133

Su 1:55 PM-2:40 PM

►630118

Su 9:30 AM-10:15 AM

►630206

Su 1:55 PM-2:40 PM

►630205

4-6 yrs

Su 10:20 AM-11:05 AM

►630114

Su 10:20 AM-11:05 AM

►630207

Instructor: Endorphin Rush Dance

Sep 15-Oct 27

\$105/7 sess

Nov 03-Dec 15

\$105/7 sess

Sep 13-Oct 25

\$105/7 sess

Sep 13-Oct 25

\$105/7 sess

Nov 01-Dec 13

\$105/7 sess

Nov 01-Dec 13

\$105/7 sess

Sep 13-Oct 25

\$105/7 sess

Nov 01-Dec 13

\$105/7 sess

Mini Hip Hop Breakers

4-6 yrs

This action-packed class introduces hip hop, basic breakdancing, and dance games that keep kids moving to the beat. Children participate independently without a parent in the room. Family and friends are invited to a presentation on the final day. www.KirbySnellDance.com. No class Sep. 30 or Nov. 11.

Su 12:15 PM-1:00 PM

►630116

Su 12:15 PM-1:00 PM

►630210

Tu 10:45 AM-11:30 AM

►630121

Tu 10:45 AM-11:30 AM

►630212

W 3:30 PM-4:15 PM

►630110

W 3:30 PM-4:15 PM

►630213

Instructor: Endorphin Rush Dance

Sep 13-Oct 25

\$105/7 sess

Nov 01-Dec 13

\$105/7 sess

Sep 15-Oct 27

\$105/7 sess

Nov 03-Dec 15

\$105/7 sess

Sep 16-Oct 28

\$90/6 sess

Nov 04-Dec 16

\$90/7 sess

My First Dance Class

2-4 yrs

An introduction to creative dance where young dancers explore movement, rhythm, coordination, and cooperation through songs and games. Parent/guardian participation is required.

Tu 9:15 AM-10:00 AM

sess

►630119 Sep 15-Oct 27

►630211 Nov 03-Dec 15

Instructor: Endorphin Rush Dance

\$105/7

EDUCATION

ABC's and 123's

3-5 yrs

Children will learn letters, numbers, and colours through play-based and storytelling activities while developing communication skills, confidence, cooperation, and a growth mindset.

Su 9:15 AM-10:00 AM

►629974

Instructor: Ready To Set Goals

Sep 13-Nov 29

\$233/11 sess

Fun with ABC's (Phonics)

4-6 yrs

In this class, your child will practice their listening and speaking skills to sound out letters, discriminate between sounds, and boost their letter recognition and printing skills. Taught by a certified teacher, your child will learn phonics through fun, engaging, and interactive activities which will lay the foundation for strong reading and writing, and most importantly, to foster the growth mindset and the love for learning. No class Oct 11.

Su 10:05 AM-10:50 AM

►629975

Instructor: Ready To Set Goals

Sep 13-Nov 29

\$233/11 sess

Science for Preschoolers

3-5 yrs

Children explore science through fun, hands-on experiments and age-appropriate activities that encourage curiosity and discovery. Topics include heat, magnets, optical illusions, sound, and taste. No class Oct. 10.

Sa 9:30 AM-10:15 AM

►632387

Tu 10:00 AM-10:45 AM

►632378

Instructor: STEAM 4 Kids

Sep 12-Dec 05

\$245/12 sess

Sep 15-Dec 01

\$245/12 sess

Birthday Parties at Kerrisdale CC

See page 3 for more info.



MUSIC

Group Piano for Preschoolers 3-5 yrs

A fun musical adventure introducing preschoolers to piano through playing, music games, singing, listening, reading music notation, and rhythmic activities. Parent participation is optional. No class Oct. 11 & 25, Nov. 8.

Su	10:05 AM-10:50 AM	Sep 20-Dec 13
▶629970		\$265/10 sess
Su	10:55 AM-11:40 AM	Sep 20-Dec 13
▶629971		\$265/10 sess

Instructor: Gloria Yu

Group Ukulele Circle for Preschoolers 3-5 yrs

Learn ukulele basics through singing, music games, and reading notes and chords in this fun, stress-free program. Ukuleles are provided for students who do not have their own. Parent participation is optional. No class Oct. 11 & 25, Nov. 8.

Su	9:15 AM-10:00 AM	Sep 20-Dec 13
▶629968		\$265/10 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. 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. No class Sept. 30 & Nov. 11.

W	Sep 23-Dec 02	\$218/9 sess
▶629906	9:30 AM-10:15 AM	
▶629907	10:30 AM-11:15 AM	
▶629908	11:30 AM-12:15 PM	

Instructor: Music Together

Zumbini® 0-5 yrs

Sing, dance, and play while bonding with your child! Zumbini® combines music, movement, and instruments in a fun parent-child experience that supports learning and development. This session features Kalino Finds the Music. Parent participation is required. Children 6 months and under may attend free with a registered sibling. No class Sep. 21 & Oct. 12.

M	Sep 07-Nov 02	\$140/7 sess
▶632485	9:30 AM-10:15 AM	
▶632489	10:30 AM-11:15 AM	
M	Nov 09-Dec 14	\$120/6 sess
▶632487	9:30 AM-10:15 AM	
▶632491	10:30 AM-11:15 AM	

Instructor: Maayan Amitov

POTTERY

Pottery • Parent & Child 2-6 yrs

Spend quality bonding time with your little one while creating pottery projects, including keepsakes like handprints. Children must be accompanied by one registered adult. Only registered siblings may attend. No registration after the 3rd class. No class Oct. 11.

Su	Sep 20-Dec 13	\$166/12 sess
▶631933	9:30 AM-10:30 AM	
▶631944	10:45 AM-11:45 AM	
▶631946	12:00 PM-1:00 PM	

Instructor: Renee Chan

SOCIAL

Parent & Tot Gym 0-5 yrs

This drop-in gym program encourages multi-age play, social skills, and community connections through active play with your child. Parent participation is required. Socks required. No session Oct. 7 & Nov. 11.

M W	10:30 AM-12:00 PM	Sep 09-Dec 16
▶633091	Drop-in: \$3.50; 10-visit card: \$30	

No Instructor

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 Oct 11 & Nov 15.

Su	9:45 AM-10:45 AM	Sep 20-Dec 20
▶631967		\$72/12 sess

Instructor: Sanjana Bhasin

SPORTS

Sportball Junior 1.3 to < 2 yrs

Toddlers and caregivers explore movement, social skills, and fundamental sports through creative games, songs, stories, and activities. Coaches support children's development and teach caregivers techniques to encourage learning beyond class.

Tu	10:15 AM-11:00 AM	\$137/7 sess
▶629911	Sep 15-Oct 27	
▶629919	Nov 03-Dec 15	

Instructor: Sportball Vancouver

Sportball Parent & Child 2-3 yrs

This program helps preschoolers develop motor skills, confidence, and social skills through fun, age-appropriate games and activities featuring a different sport each class.

Tu	11:00 AM-11:45 AM	\$137/7 sess
▶629912	Sep 15-Oct 27	
▶629918	Nov 03-Dec 15	

Instructor: Sportball Vancouver

Sportball Multisport 3-5 yrs

This non-competitive program introduces children to a variety of ball sports through fun games and creative activities. Children build skills, confidence, and a love for active play.

Tu	3:45 PM-4:45 PM	\$137/7 sess
▶629913	Sep 15-Oct 27	
▶629917	Nov 03-Dec 15	

Instructor: Sportball Vancouver

Recreational Gymnastics Toddler 2-5 yrs

In this parent-and-toddler class, children explore balance, coordination, and body awareness through fun, guided activities that build confidence and encourage movement. No class Oct. 12.

M	2:30 PM-3:30 PM	Sep 14-Nov 23
▶632450		\$270/10 sess

Instructor: Flygym Vancouver

Open Gym

Sept. 8-Dec. 20 • Except Oct. 3, 7, 10, 13, 17, & 31

Open Gym (13+) for anyone 13 years and older. **Tuesday and Wednesday: 6:45-7:45 p.m.**

Family Open Gym is for families with children five to 12 years of age. Children eight years and younger must be accompanied by a guardian age 13 years and older. **Saturday: 12:40-1:30 p.m.**





ART

ARTKo. Creative Explorers

An engaging art workshop inspired by global and K-culture influences. Participants explore drawing, painting, and mixed media while developing creativity and confidence. Each session encourages playful experimentation and self-expression in a supportive, community-centered environment. @lena_artkokids.

6-9 yrs

Th 3:45 PM-5:00 PM Sep 10-Oct 29
 D632618 \$240/8 sess

9-12 yrs

Th 5:00 PM-6:15 PM Sep 10-Oct 29
 D632620 \$240/8 sess

Instructor: Lena Ko

Cartooning

6-8 yrs

Learn to tell stories through drawings and by working on character development, thumbnails, layout pages, panelling and more. Instructed by a former Disney animator. Drop-ins \$25 (space permitting); not available on the last day.

Sa 10:40 AM-11:40 AM \$120/6 sess
 D632439 Sep 12-Oct 17 \$120/6 sess
 D632444 Oct 24-Nov 28

Instructor: Happy Kids Studios

Character Design

9-12 yrs

Focus on creating appealing characters in animation, comics, games and more. Instructed by a former Disney animator. Drop-ins \$25 (space permitting); not available on the last day.

Sa 11:50 AM-12:50 PM \$120/6 sess
 D632440 Sep 12-Oct 17
 D632445 Oct 24-Nov 28

Instructor: Happy Kids Studios

Draw Like an Architect for Kids & Youth

7-18 yrs

For enthusiastic students who want to learn drawing techniques for architectural subjects and explore tone, texture, line, perspective, proportion, and lighting in their artwork. (Supplies are not included, Supply list will be on receipt notes). Visit: www.atashzad.com. Drop-in \$39 (space permitting and only with instructor approval).

Sa 1:00 PM-3:00 PM Sep 12-Dec 19
 D631096 \$455/15 sess

Instructor: Mohammad Reza Atashzad

Drawing and Painting for Kids & Youth

7-18 yrs

Students learn how to draw, shape and form images in perspective while creating compositional structures. We will explore landscape, still life, flowers, figures and more. (Supplies are not included, supply list will be on receipt notes) Visit: www.atashzad.com. Drop-in \$39 (space permitting and only with instructor approval).

Sa 10:30 AM-12:30 PM Sep 12-Dec 19
 D631087 \$455/15 sess
 Su 1:00 PM-3:00 PM Sep 13-Dec 20
 D631133 \$455/15 sess

Instructor: Mohammad Reza Atashzad

FUNDamental Drawing 6-12 yrs

New lessons every session! Explore a fascinating world of characters, patterns, texture and vibrant colour. Our Pizza and Pirate Ship drawings will focus on proportions, details, and shading, and our Baby Sloth lesson focus will on expressions. Each lesson blends imagination with strong art fundamentals. No class Oct 12.

M 4:15 PM-5:15 PM Sep 21-Nov 02
 D629828 \$176/6 sess

Instructor: Young Rembrandts

FUNDamental Drawing 6-12 yrs

New lessons every session! We're serving up artistic fun with a delightful set of Cake Pops, where students practice proportion, shading, and texture. A colourful Elephant will help reinforce form, balance, and colour theory. Explore character design and expressive detail with kawaii animals and a cartoon bunny.

M 4:15 PM-5:15 PM Nov 09-Dec 14
 D629833 \$176/6 sess

Instructor: Young Rembrandts

DANCE

Kids Intro to Hawaiian Dance

5-12 yrs

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

W 5:30 PM-6:15 PM Sep 09-Dec 02
 D630867 \$130/13 sess

Instructor: Paul Latta Dance

Awesome Jazz Funk Pop Star Dance • Family 4-18 yrs

Bring the family for a fun dance class featuring Jazz and Hip Hop fundamentals inspired by popular music hits. Learn exciting moves and dance together—no experience required. Parent/guardian participation is required. Child registration includes one adult; additional siblings receive 50% off. Drop-ins \$37.50/pair if space permits.

F 6:00 PM-7:00 PM Sep 11
 D629809 Free Trial
 F 6:00 PM-7:00 PM Sep 18-Dec 04
 D629805 \$360/12 sess

Instructor: Praise TEAM

DANCE

Awesome KPOP / Asian Pop / Hip Hop Open Praise TEAM

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. Age 10+ students can also register for our 2nd class 4:30 PM-6:00 PM #629795! No experience required. Drop-in: \$25.50, space permitting.

F 3:30 PM-4:30 PM Sep 11-Dec 04
 ▶629791 \$266/13 sess

Instructor: Praise TEAM

Hip Hop Breakers

6-9 yrs

Calling all b-boys and girls! This action-packed class introduces hip hop, basic breakdancing, and dance games while building a choreographed routine. Dancers will showcase their skills in a presentation on the final day. www.KirbySnellDance.com.

Su 1:05 PM-1:50 PM \$105/7 sess
 ▶630117 Sep 13-Oct 25

▶630209 Nov 01-Dec 13

Instructor: Endorphin Rush Dance

EDUCATION

Chess • Advanced

Students will study model games, opening principles, endgame theory, and tactical puzzles while receiving personalized feedback on their own games. Participants are expected to play regularly outside of class and submit games for review. This course is designed for students looking to improve their competitive play and prepare for chess tournaments. Drop-ins: \$30; space permitting. No class Oct 11, Nov 8.

10-16 yrs
 Su 4:00 PM-5:25 PM Sep 13-Dec 20
 ▶631455 \$317/13 sess

7-11 yrs
 Su 2:30 PM-3:55 PM Sep 13-Dec 20
 ▶631452 \$317/13 sess

Instructor: Ashton Taylor

EDUCATION

Chess • Beginner

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. Drop-ins: \$20; space permitting. No class Oct 11, Nov 8.

4-7 yrs
 Su 9:30 AM-10:25 AM Sep 13-Dec 20
 ▶631412 \$213/13 sess

7-12 yrs
 Su 10:30 AM-11:25 AM Sep 13-Dec 20
 ▶631428 \$213/13 sess

Instructor: Ashton Taylor

Chess • Intermediate

Students will learn chess notation and some simple theoretical endgames such as King and rook and King and pawn. They will also learn strategy through exploring some short games (miniatures) played by players of the past as well as their own games. Homework will feature simple puzzles and students may be asked to present a game they played. The difficulty may be adjusted to the level of the students. Drop-ins: \$20; space permitting. No class Oct 11, Nov 8.

6-10 yrs
 Su 11:30 AM-12:25 PM Sep 13-Dec 20
 ▶631432 \$213/13 sess

8-12 yrs
 Su 12:30 PM-1:25 PM Sep 13-Dec 20
 ▶631441 \$213/13 sess

Instructor: Ashton Taylor

Explore Scratch! 9-12 yrs

Dive into coding with Explore Scratch! Guided by high school volunteers, students learn the basics of computer science while creating games, animations, and interactive stories. This hands-on program builds creativity, logic, and problem-solving skills. No experience required. Designed for beginners; content is repeated each session. Participants must bring a laptop.

F 3:35 PM-4:35 PM Oct 23-Nov 20
 ▶631285 \$0/5 sess

Instructor: Dorothy Lee

Fun with Storytelling & Writing

Your child will strengthen their skills in vocabulary, sentence formation, and story structure through storytelling, games, and interactive activities. Using a variety of fun reading and art activities, your child will gather ideas for their own creative stories. Ideal for students who want to boost their early writing skills. No class Oct 11.

6-9 yrs
 Su 10:55 AM-11:40 AM Sep 13-Nov 29
 ▶629976 \$232/11 sess

9-12 yrs
 Su 11:45 AM-12:45 PM Sep 13-Nov 29
 ▶629977 \$286/11 sess

Instructor: Ready To Set Goals

GirlsCANCompute: Math Club

10-13 yrs

Join this youth-led Girls+ program to prepare for math contests including Canadian Math Kangaroo, Mathematica Contests, and Gauss 7. Build problem-solving skills and confidence through contest preparation. Bring your own writing tools and notebook. No class Oct. 10.

Sa 2:00 PM-3:00 PM Sep 19-Dec 12
 ▶629931 \$0/12 sess

Instructor: GirlsCanCompute

LABRATS 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 may 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. No class Oct 11.

Su 11:00 AM-12:30 PM Sep 20-Nov 29
 ▶629973 \$95/10 sess

Instructor: LABRATS

Legos in Motion 5-10 yrs

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

Th 4:00 PM-5:00 PM \$120/6 sess
 ▶630314 Sep 17-Oct 22

▶630315 Oct 29-Dec 03

Instructor: Reach Education Inc.

More Sports, Dance and Chess Programs for Youth

See page 20.

Let's Boost Reading

5.8-7.9 yrs

A one-on-one weekly reading program for students in Grades 1-2. Reading aloud with a literacy tutor helps build confidence, strengthen reading skills, and foster a lifelong love of books. Students select books from school or the library at their current reading level, with a focus on enjoyment, vocabulary, comprehension, and sounding out words. Note: This program is not suitable for kindergarten students. Please register for only one class per week. No class Oct 12 & Nov 11.

M	3:30 PM-4:00 PM	Sep 28-Dec 21
▶632501		\$312/12 sess
M	4:05 PM-4:35 PM	Sep 28-Dec 21
▶632502		\$312/12 sess
Tu	3:30 PM-4:00 PM	Sep 15-Dec 15
▶632503		\$364/14 sess
Tu	4:05 PM-4:35 PM	Sep 15-Dec 15
▶632505		\$364/14 sess
W	3:30 PM-4:00 PM	Sep 16-Dec 16
▶632506		\$338/13 sess
W	4:05 PM-4:35 PM	Sep 16-Dec 16
▶632504		\$338/13 sess
W	4:40 PM-5:10 PM	Sep 16-Dec 16
▶632507		\$338/13 sess
Th	3:30 PM-4:00 PM	Sep 17-Dec 17
▶632509		\$364/14 sess
Th	4:05 PM-4:35 PM	Sep 17-Dec 17
▶632508		\$364/14 sess
Th	4:40 PM-5:10 PM	Sep 17-Dec 17
▶632510		\$364/14 sess
Sa	9:40 AM-10:10 AM	Sep 19-Dec 19
▶632511		\$364/14 sess
Sa	10:20 AM-10:50 AM	Sep 19-Dec 19
▶632512		\$364/14 sess
Sa	11:00 AM-11:30 AM	Sep 19-Dec 19
▶632513		\$364/14 sess

Instructor: Martha Guss

Science for Kids

6-11 yrs

Spark imaginative learning! Children engage in exciting hands-on activities, watch spectacular demonstrations, and take home things that relate to what they learnt that day. Topics this term include: Heatwave, Magnetic Magic, Optical Illusions, Sonic Sound, Tantalizing Taste, etc. No class Oct 10.

Sa	10:30 AM-11:30 AM	Sep 12-Dec 05
▶632392		\$245/12 sess

Instructor: STEAM 4 Kids

Math 4 Kids

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

Gr. 1 & 2 • 6-7 yrs

Th	5:00 PM-5:50 PM	Sep 17-Dec 03
▶632380		\$215/12 sess

Gr. 3 & 4 • 8-9 yrs

Th	6:00 PM-6:50 PM	Sep 17-Dec 03
▶632381		\$215/12 sess

Gr. 5 & 6 • 10-11 yrs

Th	7:00 PM-7:50 PM	Sep 17-Dec 03
▶632382		\$215/12 sess

Instructor: STEAM 4 Kids

Spanish: Children Beginners I

6-9 yrs

Hola amigos! Children learn Spanish through fun stories, games, and songs in this engaging language program. Please speak with the instructor before registering after the 3rd class.

Tu	3:30 PM-5:00 PM	Sep 08-Nov 24
▶632364		\$213/12 sess

Instructor: Eliana Rolando

Future Engineers & Robotics

8-12 yrs

Explore the exciting world of engineering and robotics using VEX robotics kits. Students will build, program, and test robots while tackling fun challenges that develop creativity, teamwork, critical thinking, and problem-solving skills. No previous robotics experience is required—just curiosity and a willingness to create. No class Oct 10 & 31.

Sa	3:00 PM-4:30 PM	Sep 26-Nov 28
▶629957		\$320/8 sess

Instructor: Wize Computing Academy

Startup Kids: App Development

8-12 yrs

Turn your ideas into real mobile apps! Students will design, build, and test their own apps using a beginner-friendly visual programming platform. Through fun projects, they will learn coding, creativity, problem-solving, and user interface design while developing apps they can share with family and friends. No class Oct 10 & 31.

Sa	1:15 PM-2:45 PM	Sep 26-Nov 28
▶629956		\$320/8 sess

Instructor: Wize Computing Academy

AI For All

9-13 yrs

This program, led by a high-achieving high school student, brings hands-on artificial intelligence and coding education to younger learner. As AI reshapes industries and everyday life, this course will explore why AI matters, how it works, and how to use it responsibly and creatively. Lessons will be interactive and beginner-friendly. Bring your own laptop or tablet.

W	3:30 PM-4:30 PM	Sep 09-Sep 30
▶635918		\$0/4 sess

Instructor: Calvin Shu

Build Your First AI App (Pro D Day Workshop)

9-11 yrs

A hands-on workshop where participants build their own AI-powered app with no coding experience needed. Using a simple template, describe the app you want, generate the code with AI, and launch a working web app. All you need is a Google account. This program is led by a team of high school students. Please bring a laptop or iPad with a Google account ready.

M	11:00 AM-12:30 PM	Sep 21
▶635915		\$0/1 sess
F	11:00 AM-12:30 PM	Oct 23
▶635916		\$0/1 sess

Instructor: Selena Lee

WeDo Robotics

6-11 yrs

A fun, hands-on introduction to robotics using LEGO Education WeDo. Teamwork is encouraged as students build and program robots with motors and sensors, while developing STEM skills through themed activities. All equipment is provided.

Tu	3:45 PM-5:15 PM	Oct 13-Nov 03
▶630279		\$120/4 sess

Instructor: Tomorrow's Playground

Youth Games Room

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

Children & youth have priority access.

Children & Youth Only:

3-8 p.m., Monday to Friday

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FOOD

Cook and Bake with Lily

8-12 yrs

Cook and Bake returns with a fun mix of sweet and savoury recipes! Set 1 features Halloween favourites like mini pumpkin pies and witches' finger cookies, plus pizza, fettuccine alfredo, cheesecake, and more. Set 2 celebrates the winter holidays with stained glass cookies, mini gingerbread houses, mac and cheese, tiramisu, savoury pastries, and festive treats. Parents must notify info@soapifystudio.com of any allergies or dietary restrictions. No class Oct. 12.

M 4:00 PM-6:00 PM **Sep 14-Oct 26**
629924 \$230/6 sess
M 4:00 PM-6:00 PM **Nov 02-Dec 14**
629926 \$268/7 sess

Instructor: Lily Sum

Cooking & Baking Workshop for Families NEW

5-12 yrs

Parent or guardian participation is required. Please register the child only.

Su 10:00 AM-12:00 PM **\$33/1 sess**

My First Tart!

Together with your child, you will create a delicious dessert as a team, including a sweet pastry crust, almond cream, and a rich creamy filling.

635763 **Sep 13**

Halloween Party!

Join your child for a fun baking experience and create spooky desserts together to celebrate Halloween!

635766 **Oct 11**

Healthy Snacks!

Join your child in making a delicious homemade granola for breakfast and wholesome, tasty cereal bars to keep everyone energized throughout the day.

635767 **Nov 08**

Christmas Party!

Join your child to make spiced cookie dough and decorate festive cookies with colourful icing. A fun and delicious holiday activity to enjoy together!

35768 **Dec 20**

Instructor: Camille Bourdon

MUSIC

Piano Lessons with Beth (Private)

5-12 yrs

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

Tu **Sep 15-Dec 15** **\$411/14 sess**
631322 3:30 PM-4:00 PM
631330 4:00 PM-4:30 PM
631331 4:30 PM-5:00 PM
631332 5:00 PM-5:30 PM
631333 5:35 PM-6:05 PM
631334 6:05 PM-6:35 PM
631336 6:35 PM-7:05 PM
631337 7:05 PM-7:35 PM

Instructor: Beth Carroll

POTTERY

Parent & Child Holiday Pottery Workshop

7-15 yrs

Create holiday memories together in this choose-your-own-adventure pottery workshop. Choose from a variety of projects, with more complex creations completed in pairs and simpler projects made independently. Register the child only; one accompanying adult may attend. Pottery pickup available after Dec. 17.

Th **Nov 26** **\$25/1 sess**
632530 2:00 PM-3:00 PM
632532 3:30 PM-4:30 PM
632533 5:00 PM-6:00 PM
632534 6:30 PM-7:30 PM

Instructor: Janine Schroedter

Winter Wonderland Pottery

7-12 yrs

Join the winter fun with hand-built clay projects inspired by the season. Pottery will be available for pickup on and after Jan. 15.

Th 3:30 PM-5:00 PM **Dec 03-Dec 17**
632524 \$60/3 sess

Instructor: Janine Schroedter

POTTERY

Pottery: Hand & Wheel 7-12 yrs

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

Th 3:30 PM-5:00 PM **Sep 17-Nov 19**
632521 \$155/10 sess

Instructor: Janine Schroedter

SOCIAL

Kerrisdale Pre-teen Group

9-12 yrs

A fun weekly program for pre-teens featuring crafts, games, walking outings, and leadership activities. Meet new friends and build skills in a supportive environment. Waivers must be completed prior to participation. Registration is required. No class Sep 30 & Nov 11.

W 3:30 PM-5:00 PM **Sep 16-Nov 25**
633100 \$0/9 sess

Instructor: Youth Leader

SPORTS

Badminton (Children) 7-12 yrs

No formal instruction is provided; the attendant will offer guidance on play and rules. Participants must bring their own badminton racquet. Registration required; no drop-ins. No session Oct 13.

Tu 3:30 PM-5:00 PM **Sep 08-Dec 15**
633108 \$53/14 sess

Instructor: Susan Kita

Fast & Fit 7-12 yrs

All will improve running form, change of direction and agility. In addition to drills; a variety of workouts will be incorporated indoors. This program will combine a disciplined focus on fitness and improving athletic skills speed & change of direction with competitive fun games, drills and relays. No Sep. 30 & Nov. 11.

W 3:30 PM-4:30 PM **Sep 09-Dec 16**
636032 \$189/13 sess

Instructor: Game Ready

Meet Our Instructors!

Visit the new Instructor Bio webpage:
<https://kerrisdalecc.com/about-us/our-instructors/>



Volleyball All Stars Coed

8-12 yrs

All the basic skills for the volleyball beginner will be covered including setting, bumping and serving. Good team organization will also be developed. Fun and motivation, along with games and tournaments, will be a big part of the program. No class Oct. 12.

M 3:30 PM-5:00 PM Sep 14-Dec 14
D636033 \$273/13 sess

Instructor: Game Ready

Basketball Games, Skills & Drills

This fun and active program emphasizes skill development, games and drills in a safe and welcoming environment. Drop-in players allowed, space permitting: \$7.50. No class Oct 11 & Nov 15.

7-10 yrs

Su 8:45 AM-9:45 AM Sep 20-Dec 20
D631968 \$72/12 sess

10-13 yrs

Su 10:45 AM-11:45 AM Sep 20-Dec 20
D631969 \$72/12 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 Sep 10-Dec 17
D631962 \$113/15 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 Sep 10-Dec 17
D631963 \$113/15 sess

Instructor: Kenny Yau

Recreational Gymnastics • Kids

6-10 yrs

This fun and supportive gymnastics program helps children build balance, coordination, flexibility, and confidence through age-appropriate activities. Kids will learn foundational skills including rolls, handstands, cartwheels, and basic bar and beam routines. No class Oct. 12.

M 3:30 PM-4:30 PM Sep 14-Nov 23
D632457 \$270/10 sess

Instructor: Flygym Vancouver

Junior Pickleball: Learn to Play

7-10 yrs

Pickleball is a fun introduction to physical activity that builds coordination, confidence, teamwork, and social skills. Kids will develop basic techniques and rally skills through point-based games designed for all skill levels. Paddles are provided. No class Oct. 10 & Dec. 5.

Sa 2:00 PM-3:00 PM Sep 12-Oct 24
D631505 \$152/6 sess
Sa 2:00 PM-3:00 PM Nov 07-Dec 12
D631513 \$127/5 sess

Instructor: Precision Tennis Inc.

Parent & Child Pickleball: Learn to Play

7+ yrs

Pickleball is a fun, family-friendly sport that builds teamwork, confidence, and active lifestyles. Learn basic skills, rallying, and point-play tactics with instruction for all skill levels. Youth ages 7-17 must register with an adult partner (18+). Paddles are provided. No class Oct. 10 & Dec. 5.

Sa 3:00 PM-4:30 PM Sep 12-Oct 24
D631504 \$228/6 sess
Sa 3:00 PM-4:30 PM Nov 07-Dec 12
D631512 \$190/5 sess

Instructor: Precision Tennis Inc.

Youth Pickleball: Learn to Play

11-14 yrs

Pickleball is a fun, easy-to-learn sport that builds teamwork, coordination, confidence, and social skills. Kids will develop fundamental rally techniques through point-based games designed for all skill levels. Paddles are provided. No class Oct. 10 & Dec. 5.

Sa 4:30 PM-5:30 PM Sep 12-Oct 24
D631503 \$152/6 sess
Sa 4:30 PM-5:30 PM Nov 07-Dec 12
D631510 \$127/5 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.

F 5:00 PM-5:55 PM Sep 11-Dec 11
D632320 \$154/14 sess

Instructor: Kaman (KJ) Johal

Junior/Youth Soccer

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.

F 4:00 PM-4:55 PM Sep 11-Dec 11
D632323 \$154/14 sess

Instructor: Kaman (KJ) Johal

Youth Soccer

9-12 yrs

Faster-paced for players ready to grow. Focuses on technical skills, game awareness, and decision-making through challenging drills and games while still keeping it fun and positive. Drop-in: \$14; space permitting.

F 6:00 PM-6:55 PM Sep 11-Dec 11
D632322 \$154/14 sess

Instructor: Kaman (KJ) Johal

Sportball Multisport

5-7 yrs

This non-competitive program introduces children to a variety of ball sports through fun, creative games and activities. Kids build skills, confidence, and a love for active play.

Tu 4:45 PM-5:45 PM \$137/7 sess
D634911 Sep 15-Oct 27
D634912 Nov 03-Dec 15

Instructor: Sportball Vancouver

Open Gym Sept. 8–Dec. 20

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

13+: Tue & Wed: 6:45 pm–7:45 pm
Family: Sat: 12:40 pm–1:30 pm

See page 19 for full details.



DANCE

Intro to Hawaiian/Polynesian Dance

13+ yrs

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

W 6:30 PM-7:30 PM Sep 09-Dec 02
 ▶630872 \$164/13 sess

Instructor: Paul Latta Dance

Hawaiian/Polynesian Dance: Beginner 2

13+ yrs

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

W 6:30 PM-7:30 PM Sep 09-Dec 02
 ▶630871 \$164/13 sess

Instructor: Paul Latta Dance

Hawaiian/Polynesian Dance: Intermediate

13+ yrs

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

W 7:30 PM-8:30 PM Sep 09-Dec 02
 ▶630876 \$164/13 sess

Instructor: Paul Latta Dance

Hawaiian/Polynesian Dance: Advanced

13+ yrs

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

W 8:30 PM-9:30 PM Sep 09-Dec 02
 ▶630878 \$164/13 sess

Instructor: Paul Latta Dance

Hawaiian/Polynesian: Public Workshop

13+ yrs

We welcome you to Canada's only all-authentic Hawaiian and Tahitian dance one-day public workshop! Hawaiian Hula and Tahitian basics and routines will be presented by Kumu/Master Instructor Paul Tavai-Latta. A full, nonstop dance workout including technique, language, live drums, and demonstrations..

Su 12:30 PM-3:00 PM Sep 27
 ▶630887 \$20/1 sess

Su 12:30 PM-3:00 PM Oct 25
 ▶630888 \$20/1 sess

Su 12:30 PM-3:00 PM Nov 29
 ▶630889 \$20/1 sess

Instructor: Paul Latta Dance

ART

Mindful Embroidery

7+ yrs

How about discovering or returning to a hobby that relaxes, improves focus, and sparks creativity? Embroidery benefits people of all ages. Come with your entire family and strengthen connections with loved ones and neighbours. We will explore stitches that can be used in a variety of projects. Materials included. Drop-in: \$22.

Th 6:00 PM-7:30 PM Oct 15-Nov 05
 ▶635747 \$77/4 sess

Instructor: Rachel Torres

POTTERY

Pottery: All Ages, All Levels

5+ yrs

This is an all ages, all levels class. People with experience can work independently, while beginners are taught the basics and encouraged to practice a variety of techniques. All materials are included. This is a great opportunity for families to learn together. Only the supervising adult of a child aged 6 or under needs to register (only one set of materials provided). Ages 7-9 must register with and be accompanied by someone 16+. Participants may leave early if 8:30 p.m. is too late. No class Nov 11.

W 5:30 PM-8:30 PM Sep 16-Dec 02
 ▶632338 \$299/11 sess

Instructor: Rebecca Wong

FIRST AID

Red Cross Babysitting Course

11-16 yrs

Learn basic first aid and care-giving skills for children of all ages. Participants will learn how to prevent and respond to emergencies, build confidence as babysitters, and gain tips for promoting their babysitting services. Please bring a nut-free lunch, snack, and a doll or teddy bear for practice.

Su 9:15am-4:30pm \$75/1 sess
 ▶636437 Oct 11

▶636050 Oct 25

▶636438 Nov 22

▶636054 Dec 6

Red Cross Stay Safe

9-13 yrs

Learn essential first aid and safety skills for staying home alone with confidence. Participants will develop responsibility, learn home and community safety, prepare for and respond to unexpected situations, and practice basic first aid.

Sa 12:00pm-4:00pm \$85/1 sess
 ▶636058 Sep 26

▶636059 Oct 24

▶636439 Nov 21

▶636060 Dec 12

More Adult Art Programs

See page 21.



Mixed Ages

FIRST AID

CPR-C with AED

11+ yrs

Learn the skills needed to recognize and respond to cardiovascular emergencies and choking for adults, children, and infants. Includes CPR, AED use, and other lifesaving skills. Canadian Red Cross certification valid for 3 years.

9:15am-11:15am \$65/1 sess
 D637152 Su Sep 13
 D637341 Sa Oct 10
 D637153 Su Nov 15
 D637154 Su Dec 13

Emergency / Basic First Aid with CPR/AED C (Blended)

13+ yrs

A blended course combining online learning with in-person practical skills. Covers emergency scene management, medical emergencies, wound care, and CPR/AED skills. Canadian Red Cross certification valid for 3 years.

9:15am-1:15pm \$100/1 sess
 D637149 Su Sep 13
 D637340 Sa Oct 10
 D637150 Su Nov 15
 D637151 Su Dec 13

Standard / Intermediate First Aid with CPR/AED C (Blended)

10+ yrs

A comprehensive blended first aid course covering emergency scene management, medical emergencies, environmental injuries, trauma, and CPR/AED skills. Canadian Red Cross certification valid for 3 years.

9:15am-4:30pm \$145/1 sess
 D637160 Su Sep 13
 D637342 Sa Oct 10
 D637165 Su Nov 15
 D637170 Su Dec 13

MARTIAL ARTS

Axe Capoeira Mini

2-6 yrs

This starter course will cover basic kicks, movements, and acrobatics, as well as basic music skills and the history of Capoeira. Drop-in \$20 (space permitting).

M 5:15 PM-6:00 PM Sep 14-Sep 28
 D630260 \$54/3 sess
 M 5:15 PM-6:00 PM Oct 05-Oct 26
 D630261 \$54/3 sess
 M 5:15 PM-6:00 PM Nov 02-Nov 30
 D630262 \$90/5 sess
 M 5:15 PM-6:00 PM Dec 07-Dec 21
 D630264 \$54/3 sess

Instructor: Julie Ali

Axe Capoeira Family

7+ yrs

Ongoing classes where anyone can join, no previous experience necessary. This course will introduce you to the basic fundamentals of the art form. This starter course will cover basic kicks, movements, and acrobatics, as well as teach you basic music skills and about the history of Capoeira. We will also cover the correct techniques to prepare you physically to transition into the next level of classes. Drop-in \$22.5 (7-13 yrs) and \$25 (14+) (space permitting).

M 6:15 PM-7:15 PM Sep 14-Sep 28
 D630265 \$54/3 sess
 M 6:15 PM-7:15 PM Oct 05-Oct 26
 D630267 \$54/3 sess
 M 6:15 PM-7:15 PM Nov 02-Nov 30
 D630268 \$90/5 sess
 M 6:15 PM-7:15 PM Dec 07-Dec 21
 D630269 \$54/3 sess

Instructor: Julie Ali

Axe Samba and Afro-Brazilian Dance

14+ yrs

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

M 7:30 PM-8:30 PM Sep 14-Sep 28
 D630270 \$48/3 sess
 M 7:30 PM-8:30 PM Oct 05-Oct 26
 D630272 \$48/3 sess
 M 7:30 PM-8:30 PM Nov 02-Nov 30
 D630273 \$79/5 sess
 M 7:30 PM-8:30 PM Dec 07-Dec 21
 D630274 \$48/3 sess

Instructor: Julie Ali

Ken Shin Dojo • Iaido

18+ yrs

Iaido is the art of drawing and cutting with the samurai katana (sword). Develop awareness, calmness, and mental & physical harmony through the practice of traditional katana techniques. Iaido develops the mind to a peaceful and active state, ready to react and deal with any life situation. Students begin practicing with a bokken (wooden sword), then a Japanese training sword. Sensei Bahman holds a 7 Dan degree. More info: kenshindojo.ca or sensei.bahman@kenshindojo.ca.

Sa 10:00 AM-11:30 AM Sep 19-Dec 19
 D632498 \$397/14 sess

Instructor: Bahman Ebrahimi

MARTIAL ARTS

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. For more info, please visit kenshindojo.ca or contact Sensei Bahman at sensei.bahman@kenshindojo.ca.

Sa 2:00 PM-3:00 PM Sep 19-Dec 19
 D632515 \$324/14 sess

Instructor: Bahman Ebrahimi

Ken Shin Dojo Kickboxing

13+ yrs

This high energy non-contact sparring martial art will enhance your cardio-fitness, flexibility, speed, strength and endurance. Learn standing techniques through a combination of target practice, kicking and punch bag drills. This is the ultimate combination in practical self defense. This class is suitable for all fitness levels. Student are welcome to wear kickboxing shoes or soft indoor running shoes are optional. Belt testing optional. Certificates in Kickboxing offered to students that have successfully attained their blackbelt. This course offers free kickboxing pants to new students. Drop-in \$27 (space permitting and instructor approval). More info: kenshindojo.ca or sensei.bahman@kenshindojo.ca.

W 6:00 PM-7:00 PM Sep 16-Dec 16
 D632493 \$324/14 sess
 Sa 1:00 PM-2:00 PM Sep 19-Dec 19
 D632500 \$324/14 sess

Instructor: Bahman Ebrahimi

Taekwondo: Third Eye Martial Arts

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

Taekwondo: Intermediate • 5-10 yrs

F 4:30 PM-5:30 PM Sep 04-Dec 18
 D632628 \$420/16 sess

Taekwondo: Beginner • 5-10 yrs

F 5:30 PM-6:30 PM Sep 04-Dec 18
 D632630 \$420/16 sess

Taekwondo: All Levels • 11-60 yrs

F 6:30 PM-7:30 PM Sep 04-Dec 18
 D632635 \$420/16 sess

Instructor: Third Eye Martial Arts

MARTIAL ARTS

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

Our program will introduce the basics and fundamentals of traditional karate. The main emphasis is this program is the growth and personal development of our students through the practice of this traditional martial art. Additional benefits of training include discipline, etiquette and respect. Participants may purchase a uniform from the instructor. No Class Oct. 12.

M 5:00 PM-6:00 PM Sep 14-Dec 14
D630972 \$286/13 sess

Instructor: Kenny Lim

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

Our Little Ninjas karate program focuses on teaching and improving listening skills and basic motor skills for preschool age children. Each child will learn the basic fundamentals of karate; punches, kicks and forms in a safe and friendly space. Our program will enhance your child's growth and personal development in a positive, fun and motivating way. Participants may purchase a uniform from the instructor. No Class Oct. 12.

M 4:30 PM-5:00 PM Sep 14-Dec 14
D630969 \$195/13 sess

Instructor: Kenny Lim

**Wushu Level 2+
Novice-Intermediate****5+ yrs**

Build on your foundation and take your training further. This class moves beyond the basics to explore more difficult techniques, advanced routines, and introductory weapon work. Refine your forms, increase your agility and challenge your coordination in a focused, high-energy environment. Prerequisite: Wushu Beginners or equivalent experience. No class Oct 12. Drop-in \$19 (space permitting).

M 5:00 PM-6:30 PM Sep 14-Dec 07
D631245 \$180/12 sess

Instructor: Candice Wong

**Wushu Level 3+
Intermediate-Advanced****5+ yrs**

Take your training to the next stage. Designed for those who have a strong grasp of the fundamentals, this class focuses on performance-based forms, creative routines, and advanced weaponry. Refine your technical precision and power as we explore complex choreography and prepare for potential competitions and demonstrations. Prerequisite: Level 2 mastery, testing required. Please check with instructor before registering for high levels. No class Oct 12. Drop-in \$20 (space permitting).

M 5:00 PM-7:00 PM Sep 14-Dec 07
D631279 \$162/12 sess

Instructor: Candice Wong

**Wushu Level 4+
Competitive****5+ yrs**

Designed for dedicated athletes, this class focuses on the intensity and precision required for the competitive stage. We push beyond standard training with high-repetition drills to perfect every technique and master advanced forms and weaponry. This structured environment is built for those looking to maximize their power, speed, and technical accuracy. Prerequisite: Level 3 and instructor approval. Drop-in \$20 (space permitting).

Th 5:00 PM-7:00 PM Sep 10-Dec 10
D631820 \$224/14 sess

Instructor: Candice Wong

Wushu • Beginners**5-14 yrs**

Introduce your child to the fundamentals of Wushu in a structured and active environment. This class focuses on building a strong foundation through essential kicks, punches, and stances. Students will develop better coordination focus and physical discipline while learning the basics of this martial art. No Drop in available for beginner's class.

Th 4:00 PM-4:45 PM Sep 10-Dec 10
D631809 \$182/14 sess

Instructor: Candice Wong

Wushu Beginner 15+ 12+ yrs

Challenge yourself with a high-energy structured introduction to the art of Wushu. This class is designed for active youth and adults who want to develop explosive power, agility, and a solid foundation. Build your strength while mastering fundamental, kicks, punches, and stances. Perfect for those looking for a disciplined work out. No prior experience required. No class Oct 12. Drop-in \$19.

M 7:00 PM-8:00 PM Sep 14-Dec 07
D631303 \$168/12 sess

Instructor: Candice Wong

MUSIC

Simply Band**14+ yrs**

This fairly new community band is for wind instruments (oboe, flute, clarinet, bassoon, saxophone), brass instruments (trumpet, trombone, French Horn, baritone/euphonium, tuba) and percussion. The band charts are chosen for their musicality and enjoyment—both for band members and the audience. Simply Band is a community band that serves the community, playing at 3 or 4 concerts and services a year. All you need are your instrument and music stand. Questions can be directed to Deberah Shears at simplybandvan@gmail.com. No class Oct 12.

M 7:00 PM-9:00 PM Sep 14-Nov 30
D630023 \$55/12 sess

Instructor: Deberah Shears

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 Sep 11-Dec 11 \$523/14 sess
D631306 4:00 PM-4:30 PM
D631310 4:30 PM-5:00 PM
D631311 5:00 PM-5:30 PM
D631312 5:30 PM-6:00 PM

Instructor: Andrea Minden

**More Youth & Adult
Martial Arts**

See pages 20 & 24.



PRIVATE MUSIC LESSONS

Guitar

5-16 yrs

Express your creativity through music and learn to play acoustic, or electric guitar, with your favourite songs! Lessons cover: basic music theory; chords & techniques; reading tablature; ear training; tuning, & maintenance. Guitars are not provided, but the instructor can help with advice & purchasing. No class Dec 8 & 11.

Tu	Sep 15-Dec 15	\$364/13 sess
▶631918	5:30 PM-6:00 PM	
▶631919	6:00 PM-6:30 PM	
▶631920	6:30 PM-7:00 PM	
▶631921	7:00 PM-7:30 PM	
▶631922	7:30 PM-8:00 PM	
F	Sep 18-Dec 18	\$364/13 sess
▶631924	5:30 PM-6:00 PM	
▶631926	6:00 PM-6:30 PM	
▶631927	6:30 PM-7:00 PM	
▶631928	7:00 PM-7:30 PM	
▶631929	7:30 PM-8:00 PM	

Instructor: Artemis Cheung

Piano with Daywuy

4+ yrs

Daywuy Mejias is a piano teacher with over 20 years of experience, trained at the Royal Conservatory of Music in Venezuela and certified by RCM Canada. With a background in Arts, Child Psychology, and Neurodiversity, she uses a personalized approach to support students' musical, cognitive, and emotional development. No class Nov 11.

F	Sep 11-Dec 18	\$435/15 sess
▶631246	3:30 PM-4:00 PM	
▶631248	4:00 PM-4:30 PM	
▶631249	4:30 PM-5:00 PM	
▶631250	5:00 PM-5:30 PM	
▶631251	5:40 PM-6:10 PM	
▶631252	6:10 PM-6:40 PM	
▶631253	6:40 PM-7:10 PM	
▶631255	7:10 PM-7:40 PM	
W	Sep 09-Dec 23	\$435/15 sess
▶631256	3:30 PM-4:00 PM	
▶631262	4:00 PM-4:30 PM	
▶631264	4:30 PM-5:00 PM	
▶631268	5:00 PM-5:30 PM	
▶631269	5:40 PM-6:10 PM	
▶631273	6:10 PM-6:40 PM	
▶631274	6:40 PM-7:10 PM	
▶631276	7:10 PM-7:40 PM	

Instructor: Daywuy Mejias

Piano with Nancy

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 Oct 12.

M	Sep 14-Dec 07	\$353/12 sess
▶630297	3:30 PM-4:00 PM	
▶630298	4:05 PM-4:35 PM	
▶630299	4:40 PM-5:10 PM	
▶630300	5:15 PM-5:45 PM	
▶630301	5:50 PM-6:20 PM	
▶630302	6:25 PM-6:55 PM	
▶630303	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 instrument; books are an additional cost.

Th	Sep 10-Dec 17	\$545/15 sess
▶630282	2:20 PM-2:50 PM	
▶630283	2:55 PM-3:25 PM	
▶630284	3:30 PM-4:00 PM	
▶630285	4:05 PM-4:35 PM	
▶630286	4:40 PM-5:10 PM	
▶630287	5:15 PM-5:45 PM	
▶630288	5:50 PM-6:20 PM	
▶630289	6:25 PM-6:55 PM	
▶630290	7:00 PM-7:30 PM	
▶630291	7:35 PM-8:05 PM	
▶630292	8:10 PM-8:40 PM	
▶630293	8:45 PM-9:15 PM	

Instructor: Pavel Chiriac

Sax, Flute, and Clarinet Lessons

10+ yrs

Study the art of woodwind playing. All ages and levels are welcome. If interested in a 1 lesson trial class for \$60, please contact Dylan to arrange lesson time at 604.318.157 or dcaltosax@gmail.com. Once a lesson time is confirmed, registration will take place at the main office or by calling 604.257.8100.

M	Sep 14-Dec 14	\$785/13 sess
▶634887	3:30 PM-4:15 PM	
▶634888	4:15 PM-5:00 PM	
▶634889	5:00 PM-5:45 PM	
▶634890	5:45 PM-6:30 PM	
Tu	Sep 08-Dec 15	\$905/15 sess
▶634891	3:30 PM-4:15 PM	
▶634892	4:15 PM-5:00 PM	
▶634893	5:00 PM-5:45 PM	
▶634906	5:45 PM-6:30 PM	
W	Sep 09-Dec 16	\$785/13 sess
▶634894	3:30 PM-4:15 PM	
▶634895	4:15 PM-5:00 PM	
▶634897	5:00 PM-5:45 PM	
▶634899	5:45 PM-6:30 PM	
▶634900	6:30 PM-7:15 PM	
Th	Sep 10-Dec 17	\$905/15 sess
▶634901	3:30 PM-4:15 PM	
▶634902	4:15 PM-5:00 PM	
▶634903	5:00 PM-5:45 PM	
▶634904	5:45 PM-6:30 PM	
▶634905	6:30 PM-7:15 PM	
Sa	Sep 12-Dec 19	\$845/14 sess
▶634907	9:30 AM-10:15 AM	
▶634883	12:45 PM-1:30 PM	
▶634884	1:30 PM-2:15 PM	
▶634885	2:15 PM-3:00 PM	
▶634886	3:00 PM-3:45 PM	
▶634908	3:45 PM-4:30 PM	

Instructor: Dylan Cramer

Trumpet, Trombone, & Euphonium Lessons

9+ yrs

Personalized 45-minute lessons tailored to each student's skill level and goals. Open to all ages and abilities, students develop fundamentals, tone production, air control, and music reading skills while building confidence as musicians. Please bring your own instrument. Drop-ins may be available by contacting andrea.norman.trombone@gmail.com.

Th	Sep 10-Dec 17	\$605/15 sess
▶634876	2:00 PM-2:45 PM	
▶634878	2:50 PM-3:35 PM	
▶634879	3:40 PM-4:25 PM	
▶634880	4:30 PM-5:15 PM	
▶634881	5:20 PM-6:05 PM	

Instructor: Andrea Norman

More Adult Art Programs

See page 21.



TENNIS

Tot Fundamentals

NEW 3-4 yrs

Introduce your little one to the joy of tennis! Our experienced coaches guide your child through activities that focus on building hand-eye and foundational motor skills in a small group setting. Tot's will work together in a supportive and playful environment, using scaled-down equipment tailored to young learners. This class is a fantastic way to foster a love for physical activity and tennis early on.

Th	2:30 PM-3:15 PM	Sep 17-Oct 29
▶635717		\$184/7 sess
Th	2:30 PM-3:15 PM	Nov 05-Dec 17
▶635718		\$184/7 sess

Mini Fundamentals

Prepare your child to excel at tennis and sport. Lessons focus on developing fundamental movement, tracking, and racquet skills. An emphasis is placed on developing an athletic foundation in a group setting. No class Dec. 6.

4.5-5 yrs

F	2:30 PM-3:15 PM	Sep 18-Oct 30
▶635708		\$184/7 sess
F	2:30 PM-3:15 PM	Nov 06-Dec 18
▶635709		\$184/7 sess

4-5 yrs

Su	9:30 AM-10:30 AM	Sep 20-Nov 01
▶635710		\$245/7 sess
Su	9:30 AM-10:30 AM	Nov 08-Dec 20
▶635711		\$210/6 sess

Mini Aces

6-7.5 yrs

Start or continue learning tennis in a small group setting. Lessons focus on developing fundamental movement, tracking, and racquet skills. An emphasis is placed on developing motor skills and physical literacy specific to tennis. No class Sep. 30, Nov. 11, Oct. 7 & Dec. 6.

W	3:30 PM-4:15 PM	Sep 16-Oct 28
▶635703		\$132/5 sess
W	3:30 PM-4:15 PM	Nov 04-Dec 16
▶635704		\$158/6 sess
F	3:30 PM-4:15 PM	Sep 18-Oct 30
▶635705		\$184/7 sess
F	3:30 PM-4:15 PM	Nov 06-Dec 18
▶635707		\$184/7 sess
Su	10:30 AM-11:30 AM	Sep 20-Nov 01
▶635700		\$245/7 sess
Su	10:30 AM-11:30 AM	Nov 08-Dec 20
▶635702		\$210/6 sess

Junior Aces

7.5-10 yrs

Continue developing a tennis foundation and build confidence. Lessons provide young players with some experience the ability to continue developing their skills through high energy, game-based lessons that use the ¾ stage of the progressive tennis model. An emphasis is placed on inspiring a love for the game while building a solid technical foundation. No class Sep. 30, Oct. 7, & Nov. 11.

W	4:15 PM-5:15 PM	Sep 16-Oct 28
▶635693		\$175/5 sess
W	4:15 PM-5:15 PM	Nov 04-Dec 16
▶635694		\$210/6 sess
Sa	10:30 AM-11:30 AM	Nov 07-Dec 19
▶635696		\$245/7 sess

Youth Fundamentals 11-16 yrs

Start learning tennis in a fun and supportive environment. Lessons provide young beginners with little or no experience an introduction to the game through high energy, game-based lessons that use the ½ stage of the progressive tennis model. An emphasis is placed on inspiring a love for the game while building a strong technical foundation.

Sa	11:30 AM-12:30 PM	Nov 07-Dec 19
▶635716		\$245/7 sess

Open Gym (13+) & 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.)

Sept. 8-Dec. 20

Except Oct. 3, 7, 10, 13, 17, & 31.

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

Tuesday & Wednesday: 6:45-7:45 p.m.

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

Saturday: 12:40-1:30 p.m.

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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.

Youth Aces

11-16 yrs

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

Th	3:30 PM-5:00 PM	Sep 17-Oct 29
▶635712		\$368/7 sess
F	4:15 PM-5:45 PM	Sep 18-Oct 30
▶635714		\$368/7 sess
Th	3:30 PM-5:00 PM	Nov 05-Dec 17
▶635713		\$368/7 sess
F	4:15 PM-5:45 PM	Nov 06-Dec 18
▶635715		\$368/7 sess



Youth

DANCE

Awesome KPOP / Urban, Street Dance Hip Hop Sampler 10-17 yrs

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

F 4:30 PM-6:00 PM **Sep 11-Dec 04**
D629795 \$398/13 sess

Instructor: Praise TEAM

EDUCATION

Chess • Intermediate 10-16 yrs

Students will learn chess notation and some simple theoretical endgames such as King and rook and King and pawn. They will also learn strategy through exploring some short games (miniatures) played by players of the past as well as their own games. Homework will feature simple puzzles and students may be asked to present a game they played. The difficulty may be adjusted to the level of the students. Drop-ins: \$20; space permitting. No class Oct 11, Nov 8.

Su 1:30 PM-2:25 PM **Sep 13-Dec 20**
D631447 \$213/13 sess

Instructor: Ashton Taylor

Kerrisdale Youth Leaders 13-18 yrs

For youth in Grades 8–12, the Youth Leader Program helps participants develop leadership skills, gain career insights, and build essential life skills in a supportive environment. There is no registration available; to apply, please submit an online application at <https://kerrisdalecc.com/youth-leaders-program-application/>. A staff member will contact you if your application is accepted.

Tu 5:30 PM-7:00 PM **Sep 29-Jun 01**
D633105 \$0/32 sess

Instructor: Jerry Chan

Rising Men 13-17 yrs

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

Th 4:00 PM-5:30 PM **Sep 10-Dec 10**
D632909 \$168/14 sess

Instructor: Jeff Sim

EDUCATION

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 **Sep 08-Dec 15**
D629953 \$180/15 sess

Instructor: Greater Vancouver Gavel Club

Code & Create with Python: Level 1 13-18 yrs

Programming is more than writing code. It's learning how to solve problems. Students will learn Python fundamentals through guided projects while developing logical thinking, debugging skills, and strategies for breaking big challenges into smaller, manageable steps. No previous programming experience required. Laptop required.

Sa 1:30 PM-3:00 PM **Sep 12-Oct 31**
D634924 \$200/8 sess

Instructor: Zoie Hou

Code & Create with Python: Level 2 13-18 yrs

Continue your Python journey by building larger, more interactive programs. Students will learn how to organize code, work with data, save information to files, and design projects from idea to implementation while strengthening problem-solving and debugging skills. Prerequisite: Code & Create with Python: Level 1 or basic Python knowledge.

Sa 1:30 PM-3:00 PM **Nov 07-Dec 19**
D634925 \$175/7 sess

Instructor: Zoie Hou

FOOD

Cooking & Baking with Camille 13-18 yrs

Participants will prepare the featured recipes themselves throughout the program. Alternating between European cuisine and classic pastry-making, they will work independently or in pairs, under the guidance of the Chef, to create flavorful menus and delicious desserts.

F 4:00 PM-6:00 PM **Sep 11-Oct 16**
D634926 \$198/6 sess

Instructor: Camille Bourdon

MARTIAL ARTS

Youth Boxing Level 1 11-18 yrs

A dynamic non-contact boxing program for youth focused 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 **Sep 03**
D629951 Free Trial
Th 4:30 PM-5:30 PM **Sep 17-Nov 26**
D629933 \$220/11 sess

Instructor: Strikewell Boxing

Youth Boxing Level 2 11-18 yrs

For students who have completed the foundational boxing elements of Level 1. Students work on developing mental fortitude and life skills such as focus, perseverance, and discipline. Led by Coach Henry, a Boxing Canada Certified coach. Drop-in: \$25; space permitting.

Th 5:45 PM-6:45 PM **Sep 03**
D629952 Free Trial
Th 5:45 PM-6:45 PM **Sep 17-Nov 26**
D629937 \$220/11 sess

Instructor: Strikewell Boxing

POTTERY

Teen Pottery with Rebecca 13-19 yrs

A class, for mature teens, wanting to work independently on their own pottery projects. All materials included. A supervisor will be present. No class Oct 31.

Sa 12:00 PM-2:00 PM **Sep 19-Dec 05**
D632341 \$252/11 sess

Instructor: Rebecca Wong

SPORTS

Badminton (Youth) 13-18 yrs

No formal instruction is provided. Please bring your own badminton racquet. Registration required; no drop-ins. No session Oct 13.

Tu 3:30 PM-5:00 PM **Sep 08-Dec 15**
D633109 \$53/14 sess

Instructor: Susan Kita

Basketball Recreational (Youth) 13-18 yrs

Emphasizes free play in a safe and welcoming environment. Drop-in players allowed, space permitting: \$7.50. No session Oct 11 & Nov 15.

Su 11:45 AM-12:45 PM **Sep 20-Dec 20**
D631966 \$72/12 sess

Instructor: Sanjana Bhasin

ART

Drawing and Painting 18+ yrs

Explore drawing and painting techniques while developing creativity, composition, perspective, colour, shape, and form. Students may work with coloured pencils, watercolours, pastels, acrylics, or other mediums. Supplies are not included; a supply list is available upon registration. www.atashzad.com. Drop-in \$39 (space permitting and instructor approval).

W 1:00 PM-3:00 PM Sep 09-Oct 28
▶631050 \$257/8 sess
W 1:00 PM-3:00 PM Nov 04-Dec 23
▶631054 \$257/8 sess

Instructor: Mohammad Reza Atashzad

Drawing Landscapes, Flowers & Figures 18+ yrs

Learn to draw landscapes, flowers, figures, and more while exploring perspective, proportion, texture, light, and shadow. Develop strong drawing skills and create expressive compositions. (Supplies are not included; a supply list is available upon registration) Visit: www.atashzad.com. Drop-in \$39 (space permitting and instructor approval).

Su 3:00 PM-5:00 PM Sep 13-Nov 01
▶631139 \$257/8 sess
Su 3:00 PM-5:00 PM Nov 08-Dec 20
▶631144 \$226/7 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. Visit: www.atashzad.com (Supplies are not included, supply list will be on receipt notes) Drop-in \$39 (space permitting and instructor approval).

Sa 3:00 PM-5:00 PM Sep 12-Oct 31
▶631114 \$257/8 sess
Sa 3:00 PM-5:00 PM Nov 07-Dec 19
▶631115 \$226/7 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). Visit: www.atashzad.com Drop-in \$39 (space permitting and instructor approval).

Su 10:30 AM-12:30 PM Sep 13-Nov 01
▶631126 \$257/8 sess
Su 10:30 AM-12:30 PM Nov 08-Dec 20
▶631128 \$226/7 sess

Instructor: Mohammad Reza Atashzad

Acrylic Painting 18+ yrs

Enjoying and relaxing with acrylic painting as an expressive and vibrant medium. You will learn how to use the brushes to achieve a variety of techniques including blending, glazing, lifting, wet on wet and over dry to create different textures and brush strokes on your artwork. We will focus on beautiful landscapes, flowers and figures. Visit: www.atashzad.com (Supplies are not included, supply list will be on receipt notes) Drop-in \$39 (space permitting and instructor approval).

W 10:00 AM-12:00 PM Sep 09-Oct 28
▶631026 \$257/8 sess
W 10:00 AM-12:00 PM Nov 04-Dec 23
▶631049 \$257/8 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. 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 by instructor, supply list will be on receipt notes.

Tu 5:15 PM-6:45 PM Sep 22-Oct 27
▶630257 \$170/6 sess

Instructor: Rachel Yung

Modern Acrylic Painting 16+ yrs

A modern art program for adults exploring acrylic and oil color painting techniques through contemporary styles, texture, gold layer, abstract and creative self expression in a welcoming studio environment. (Supplies are not included, Supply list will be on receipt notes).

F 11:30 AM-1:30 PM Sep 11-Nov 27
▶632644 \$378/12 sess

Instructor: Golriz Ansari

Tatakizome on a Tote Bag 19+ yrs

Tatakizome is a technique to capture the colours of plants onto fabric. Leaves and flowers are placed between two layers of fabric and "hammered" until their colours appear. In this workshop, have fun imprinting a small cotton tote bag and a bandana using rubber hammers, a spoon, or pebbles to press the plants onto the fabric. All material provided.

M 10:00 AM-12:00 PM Sep 14
▶634043 \$73/1 sess
Sa 2:00 PM-4:00 PM Sep 19
▶634044 \$73/1 sess

Instructor: Fernanda Mascarenhas

Natural Dye & Shibori Bandana 19+ yrs

This workshop combines 2 techniques, shibori and natural dyeing, to create a one-of-a-kind small organic cotton bandana. Shibori is a Japanese manual resist dyeing technique which uses rubber bands, clamps, and string to tie, pinch and fold the fabric to create patterns. The workshop also teaches how to extract colours from plants or food waste such as turmeric, black tea, hibiscus, annatto seeds, marigolds, carrot tops, avocado pitches or onion skins. All material provided.

M 10:00 AM-12:00 PM Sep 21
▶634045 \$73/1 sess
Sa 2:00 PM-4:00 PM Sep 26
▶634046 \$73/1 sess

Instructor: Fernanda Mascarenhas

Candle Making Workshop 16+ yrs

A relaxing and creative candle making class for artists focused on designing handmade candles with unique colors, scents and modern decorative technique.

F 4:00 PM-7:00 PM Dec 04
▶632651 \$150/1 sess

Instructor: Golriz Ansari

Adults

DANCE

Intro to Belly Dance 19+ yrs

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

W 5:30 PM-6:30 PM Sep 09-Dec 02
D630870 \$164/13 sess

Instructor: Paul Latta Dance

Salsa Dance (Beginners) 19+ yrs

Don't miss this opportunity. It is the LAST SESSION OF 2026!! In this non-partner class, those new to Salsa will learn the basics, and those with experience will refine their skills before moving to a higher level. Combine with Salsa & Bachata Friday for effective results. Non-grip exercise shoes are recommended. Drop-in \$12 Adults, \$10 Seniors.

W 1:30 PM-2:15 PM Sep 09-Oct 14
D628920 Adult \$60 • Senior \$53/6 sess

Instructor: Takako Toriumi

Salsa Dance (Intermediate) 19+ yrs

This is the LAST SESSION OF 2026!! Learn the best before the holiday season! This class is fast-paced and focuses on skill building for those who have absolutely strong basics. Combine with Salsa & Bachata Friday to practice more and maximize your performance level. Drop-in \$12 Adults, \$10 Seniors.

W 2:30 PM-3:15 PM Sep 09-Oct 14
D628921 Adult \$60 • Senior \$53/6 sess

Instructor: Takako Toriumi

Salsa & Bachata Friday 19+ yrs

FRIDAY is for more dancing!! All levels, from absolute beginners to intermediate/advanced levels are invited to 90 minutes of Latin dancing. Beginners will learn the basics and higher levels have an opportunity to practice more. This is a follow-along Salsa and Bachata class. Combine with Wednesday class for more detailed instructions. Drop-in \$12 Adults, \$10 Seniors.

F 1:45 PM-3:15 PM Sep 11-Oct 16
D628923 Adult \$60 • Senior \$53/6 sess

Instructor: Takako Toriumi

Balboa Dance Beginner

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 10:00 AM-11:00 AM Sep 13-Oct 18
D631903 \$95/6 sess

Instructor: Anton Olfert

Lindy Hop Dance Beginner

19+ yrs

Lindy Hop dance is the most well known swing dance, primarily danced in open position. This beginner class will cover learn the smooth mid tempo Southern California style. Lindy Hop involves movement around the floor and students are expected to have a general balance and mobility. Non-grip shoes are recommended (leather or suede soles).

Su 12:00 PM-1:00 PM Sep 13-Oct 18
D631915 \$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 Sep 16-Dec 16
D630276 \$125/14 sess

Instructor: Jenny (Jenny) Chen

SHOWFUN

18+ yrs

Join us for super fun advanced beginner jazz type dance classes! You're welcome to call the centre for further information. Drop-in \$22. No class Sept 22, Oct 6 & 13.

Tu 12:00 PM-1:00 PM Sep 8-Dec 15
D631901 Adult \$252 • Senior \$202/12 sess

Instructor: Beryl Israel

Tap Happy

18+ 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 Sep 30 - Oct 21 and Nov 11. Adults \$23 Seniors \$19

W 4:00 PM-5:00 PM Sep 16-Dec 16
D628844 Adult \$189 • Senior \$152/9 sess

Instructor: Beryl Israel

EDUCATION

Natural Pathways to Wellness Series

19+ yrs

Join Dr. Terri Bugg, ND, a local naturopathic doctor, to discover ways to improve your mental health naturally. Find out how natural detoxes using nutrition and natural treatments can impact mental health and improve mood and mental clarity.

Holistic Integrative Approaches for Depression

Th 6:30 PM-8:00 PM Sep 17
D632653 \$15/1 sess

Holistic Integrative Approaches for Anxiety

Th 6:30 PM-8:00 PM Oct 08
D632654 \$15/1 sess

Understanding the Gut Health Connection

Th 6:30 PM-8:00 PM Oct 22
D632655 \$15/1 sess

Stress Management for Whole-Body Health

Th 6:30 PM-8:00 PM Nov 12
D632656 \$15/1 sess

Beginner Detoxing for Optimal Health

Th 6:30 PM-8:00 PM Nov 26
D632657 \$15/1 sess

Instructor: Terri Bugg

Interior Design

19+ yrs

Join a fun, hands-on interior design class with award-winning expert Barbara Smyth (IDC, LEED AP), bringing 30+ years of experience. Whether for personal passion or a future career, you'll learn the essentials floor planning, moodboard, furniture layout, lighting, color, and materials while creating a stylish, healthy space that reflects your unique vision. Requirement: measurement tape and clipboard.

M 5:00 PM-6:30 PM Sep 07-Oct 05
D630025 \$121/5 sess

M 5:00 PM-6:30 PM Oct 19-Nov 16
D630026 \$121/5 sess

Instructor: Barbara Smyth

More Dance Programs

See pages 15, 22, 31 & 32.

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EDUCATION

Kerrisdale Cameras Workshops**19+ yrs**

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

Introduction to Photography

Tu 6:30 PM-8:30 PM Sep 22
 ▶630923 \$20/1 sess

Immortalize the Action with Whitecaps Team Photographer

Tu 6:30 PM-8:30 PM Oct 20
 ▶630929 \$20/1 sess

Hidden World of Macro Photography with Sony Canada

Tu 6:30 PM-8:30 PM Nov 17
 ▶630931 \$20/1 sess

Instructor: Kerrisdale Cameras Ltd

Financial Education Workshops**19+ yrs**

Our campaign is to build and protect wealth for families through financial education. We help people move from financial insecurity to financial independence. These workshops are intended for educational and awareness purposes only. Any financial decisions should be discussed with your financial advisor, bank, or another qualified financial professional.

Building Savings and Wealth

Sa 2:30 PM-4:00 PM Oct 03
 ▶630935 FREE. Registration required

Increasing Cashflow & Manage Debt

Sa 2:30 PM-4:00 PM Oct 17
 ▶630936 FREE. Registration required

Preparing for Proper Protection

Sa 2:30 PM-4:00 PM Nov 14
 ▶630938 FREE. Registration required

Understanding Asset Accumulation Strategies

Sa 2:30 PM-4:00 PM Nov 28
 ▶630940 FREE. Registration required

Fulfilling Long Term Goals

Sa 2:30 PM-4:00 PM Dec 05
 ▶630941 FREE. Registration required

Preserving Your Wealth & Estate

Sa 2:30 PM-4:00 PM Dec 12
 ▶630942 FREE. Registration required

Instructor: World System Builder

LANGUAGE

German Beginner 1**19+ yrs**

Have a trip to Germany on the horizon, or simply curious about a new language? Our beginner course is the perfect place to start! This fun and engaging program uses practical vocabulary and interactive activities to get you comfortable with everyday German. Learn greetings, essential phrases, and build the confidence to have simple conversations and enjoy the wonders of German culture! This course is designed for those with no previous knowledge of the German language. Textbook will cover Level 1 and 2. www.learngermanvancouver.com

Tu 6:00 PM-8:00 PM Sep 08-Oct 27
 ▶630891 \$285/8 sess

Instructor: Uta Hartmann

German Beginner 2**19+ yrs**

Ready to take your German to the next level? This course builds on the foundation you established in our Beginner 1 program. Dive deeper into engaging activities and conversations, expanding your vocabulary and mastering more complex grammar structures. This fun and interactive course will equip you to discuss your hobbies, navigate more nuanced situations, and truly connect with German speakers. Get ready to express yourself confidently and unlock a whole new world of German language skills! Pre-requisite: German Beginner 1 or equivalent. Textbook NOT included and required for level 2 and can be purchased if needed. www.learngermanvancouver.com

Tu 6:00 PM-8:00 PM Nov 03-Dec 22
 ▶630895 \$235/8 sess

Instructor: Uta Hartmann

Introductory Japanese**19+ 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 Sep 22-Nov 17
 ▶630216 \$310/9 sess

Instructor: Yoko Maruyama

Spanish: Adult Beginners I**16+ yrs**

HOLA! This beginner's course will emphasize instruction in basic grammar, vocabulary and writing with some conversation. Classes cover proper phonetics and will focus on the verb to be and the simple present tense. This course will also teach you simple travel phrases, how to order food in a restaurant, etc. Registration only; no drop-ins. No registration after the third class.

Tu 5:30 PM-7:00 PM Sep 08-Nov 24
 ▶632367 \$225/12 sess

Instructor: Eliana Rolando

Spanish: Adult Beginners II**16+ yrs**

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

Tu 7:00 PM-8:30 PM Sep 08-Nov 24
 ▶632366 \$225/12 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. It covers core principles and techniques. Mindfulness meditation can have transformative effects on the body, mind, and life. Taught by an experienced teacher. Info: lifen.me

Sa 9:30 AM-10:30 AM Oct 03
 ▶630277 \$15/1 sess

Instructor: Sung Yang

Mindful Breathing Space**19-80 yrs**

Meditation for inner peace, wellbeing and fulfilling life, including Q&A and gentle support. New and returning participants welcome. Helpful prerequisite: mindfulness meditation skills or 'Mindfulness for Beginners'. Info: lifen.me

Sa 9:30 AM-10:30 AM Oct 10
 ▶630278 \$15/1 sess

Instructor: Sung Yang

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 feeling like you've had a great workout! www.callaneticsvancouver.com. Drop-in \$21.5 (space permitting). No class Sept 30 & Nov 11.

W 7:00 PM-8:00 PM Sep 09-Oct 28
 D630910 \$125/7 sess
 W 7:00 PM-8:00 PM Nov 04-Dec 16
 D630913 \$107/6 sess

Instructor: Linda Shedden

Guided Sound Bath & Meditation

19+ yrs

A calming weekly sound bath designed to help you slow down, reset, and reconnect. Experience crystal singing bowls, chimes, and gentle guidance for deep relaxation, clarity, and rest. No experience needed. Drop-in \$29 (space permitting).

M 7:00 PM-8:00 PM Sep 07-Oct 19
 D631932 \$162/7 sess
 M 7:00 PM-8:00 PM Oct 26-Nov 30
 D632478 \$139/6 sess

Instructor: Ana Rivas

Pause Pilates

35+ yrs

A mat Pilates series for women in perimenopause & menopause. Each class follows a classic Pilates sequence — moving through mobility, balance, and strength — to help ease brain fog, support better sleep, and take the edge off hot flashes. Designed specifically for women navigating perimenopause and menopause.

F 7:30 PM-8:30 PM Sep 18-Oct 23
 D630028 \$95/6 sess

Instructor: Diane Read

Hatha Yoga

18+ yrs

Suitable for all levels. 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. No class Oct 12. For more info visit www.intoyoga.ca. Drop-in \$20 (space permitting).

M 6:00 PM-7:00 PM Sep 14-Nov 09
 D630129 \$130/8 sess

Instructor: Into Yoga

Gentle Yoga

18+ yrs

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

Th 10:00 AM-11:00 AM Sep 17-Oct 29
 D630160 \$114/7 sess
 Th 10:00 AM-11:00 AM Nov 05-Dec 17
 D630162 \$114/7 sess

Instructor: Into Yoga

Pilates/Yoga Fusion

18+ yrs

This class uses controlled movements incorporating Pilates and Yoga to improve your flexibility, strength, and endurance. Emphasis is on alignment, breathing, and developing core awareness. It is an all levels practice that consists of a full body work out. You'll feel amazing after! No Pilates or Yoga experience necessary. For more info visit www.intoyoga.ca. Drop-in \$20 (space permitting).

W 9:30 AM-10:30 AM Sep 16-Nov 04
 D630144 \$114/7 sess
 W 9:30 AM-10:30 AM Nov 18-Dec 16
 D630146 \$81/5 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 Oct 07-Nov 04
 D630148 \$81/5 sess
 W 6:00 PM-7:00 PM Nov 18-Dec 16
 D630156 \$81/5 sess

Instructor: Into Yoga

Yoga for Older Adults 55+

55+ yrs

These classes are designed for relatively active individuals over the age of 55. Emphasis in these classes is on balance, strength and flexibility. Classes are slow and gentle allowing everyone to work at their own pace. Please bring your own Yoga/Pilates mat. For more info visit, www.intoyoga.ca. No class Oct 12 Drop-in \$25 (space permitting).

M 10:30 AM-11:45 AM Sep 28-Dec 14
 D630091 \$223/11 sess

Instructor: Into Yoga

MARTIAL ARTS

Adult 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. Great for stress relief, fitness, and trying something new. Drop-in: \$25; space permitting.

Th 7:00 PM-8:00 PM Sep 03
 D629936 Free Trial
 Th 7:00 PM-8:00 PM Sep 17-Nov 26
 D629935 \$220/11 sess

Instructor: Strikewell Boxing

Wushu Foundation 40+

40+ yrs

Discover the art of Wushu in a program designed specifically for adults 40 and up. 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 prior experience required. No class Oct 12. Drop-in \$19 (space permitting).

M 7:00 PM-8:00 PM Sep 14-Dec 07
 D631326 \$177/12 sess

Instructor: Candice Wong

More Martial Arts

See pages 16, 17, 20, 35 & 36.



POTTERY

Beginner Pottery

18+ yrs

A structured class for pottery projects in which to learn pinching, coiling, slabbing and basic throwing, and then moving on to make our own small projects. No registration after the third class. No class Oct 11.

Su 2:30 PM-5:00 PM Sep 20-Dec 06
D631950 \$273/11 sess

Instructor: Renee Chan

Studio Time

19+ yrs

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

M 9:30 AM-1:30 PM Sep 14-Dec 14
D630310 \$464/14 sess

Instructor: Danielle Gagnier

Studio Time

19+ yrs

In this informal class, participants may throw on the wheel or work on their own hand-building projects. Pottery experience is required, some guidance available. One bag of clay is included. Drop-in: \$50 with 1/2 bag of clay, or \$36 without. Space permitting.

Tu 9:30 AM-12:30 PM Sep 15-Dec 08
D630304 \$342/13 sess

Instructor: Olive Carroll

Animal Sculpture in Clay Workshop

18+ yrs

Explore the world of hand build sculptures in this one day intensive workshop. Learn to start your build and with expressive manipulation, form your animal and add texture and colour for finishing touches. Hand Building experience is recommended. Bring a reference of your animal.

W 5:00 PM-9:00 PM Dec 16
D632545 \$36/1 sess

Instructor: Janine Schroedter

Studio Time

18+ yrs

For students with pottery experience, this class offers a dedicated space to create and learn new techniques. Students are encouraged to create a theme of projects they want to explore on either the wheel or table with guidance from the instructor. Drop-in: \$55 with 1/2 bag of clay, or \$41 without. Space permitting.

Th 10:00 AM-1:30 PM Sep 17-Dec 10
D632517 \$342/13 sess

Instructor: Janine Schroedter

Studio Time

18+ yrs

For students with pottery experience, this class offers a dedicated space to create and learn new techniques. Students are encouraged to create a theme of projects they want to explore on either the wheel or table with guidance from the instructor. Drop-in: \$50 with 1/2 bag of clay, or \$36 without. Space permitting. No class Nov 26.

Th 6:00 PM-9:00 PM Sep 17-Dec 17
D632519 \$303/13 sess

Instructor: Janine Schroedter

Studio Time

16+ yrs

In this informal class, you'll have the opportunity to throw on the wheel or work on your own hand building projects. You must have previous pottery experience and be able to work independently. A supervisor is present. One bag of clay is included. No class Oct 12 & 31.

M 5:30 PM-8:30 PM Sep 14-Nov 30
D632337 \$299/11 sess
Sa 2:30 PM-5:30 PM Sep 19-Dec 05
D632342 \$299/11 sess

Instructor: Rebecca Wong

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 Sept 7 to Dec 21. 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 Sept 2 to Dec 30. Search "Pickleball Court Rental" when registering online or call the centre for available bookings.

No Instructor

KBL Co-Ed Basketball League

19+ yrs

This co-ed basketball league plays out of Kerrisdale Community Center on Sundays between 1pm and 6 pm. Teams form themselves. Each team consists of at least 9 players. If you are a new team and interested in registering a team, please contact arthur.leehung@vancouver.ca and the league coordinator will contact you. For general league information, please visit the KBL website www.kerrisdalebasketballleague.com. A schedule is set by the league coordinator ahead of the season start.

Su 1:00 PM-5:45 PM Sep 13-Dec 20
D630024 \$94.50/14 sess

Instructor: Biraj Bora

Open Gym

Sept. 8-Dec. 20 • Except Oct. 3, 7, 10, 13, 17, & 31

Open Gym (13+) is for anyone 13 years and older. Tuesday & Wednesday: 6:45-7:45 p.m.

Family Open Gym is for families with children five to 12 years of age. Children eight years and younger must be accompanied by a guardian age 13 years and older. Saturday: 12:40-1:30 p.m.



Pickleball Stage 1: Learn to Play (Beginner) 19+ yrs

Come try out this popular, easy-to-learn, and exciting sport. This class is designed for beginners or intermediate beginners who have never played or have only played a few times. Learn such basics as proper grip, rules, scoring and court positioning from a Certified Pickleball Instructor. It is NOT necessary to purchase a paddle for this class. Paddles, balls & all equipment will be provided. Drop-in \$46 (space permitting and instructor approval).

F 6:00 PM-7:45 PM Oct 02-Oct 30
D630050 \$184/5 sess \$184/5 sess

Instructor: Mona Lee

Pickleball Stage 2: Skills & Drills (Novice/Intermediate) 19+ yrs

This class is the next progression from those who completed Stage 1: Learn to Play lesson. This course is designed for beginner & mid-level players. In addition to fine tuning your strokes and shot selection choices, you will learn how to do the third shot, drive, block, smash, lob as well as move safely around the court. This course is taught by a Certified Pickleball Instructor. Paddles, balls & all equipment will be provided. Drop-in \$46 (space permitting and instructor approval).

F 6:00 PM-7:45 PM Sep 11-Sep 25
D630043 \$111/3 sess \$111/3 sess

F 6:00 PM-7:45 PM Dec 04-Dec 18
D630051 \$111/3 sess \$111/3 sess

Sa 4:00 PM-6:00 PM Sep 12-Sep 26
D630052 \$111/3 sess \$111/3 sess

Sa 4:00 PM-6:00 PM Dec 05-Dec 19
D630055 \$111/3 sess \$111/3 sess

Instructor: Mona Lee

Pickleball Stage 2/3: MLP Style (Novice/ Intermediate) 19+ yrs

Fast. Competitive. Addictive. Play pickleball using MLP rally scoring, where every rally counts. Expect quick games, lots of action, and strategies that reward consistency, teamwork, & smart decision-making. We'll cover better serves, returns, transition play and kitchen control. It is NOT necessary to purchase a paddle for this class. Paddles, balls & all equipment will be provided. Drop-in \$42 (space permitting and instructor approval).

Th 10:15 AM-12:15 PM Dec 03-Dec 24
D60039 \$135/4 sess \$135/4 sess

Instructor: Mona Lee

Pickleball Stage 2/3: The 3rd Shot (Novice/ Intermediate) 19+ yrs

Take the guesswork out of your 3rd shot. This class teaches you how to mix power & touch using drops, drives, & drips to safely transition to the kitchen. Learn how to control points with confidence. It is NOT necessary to purchase a paddle for this class. Paddles, balls & equipment will be provided. Drop-in \$42 (space permitting and instructor approval).

Th 10:15 AM-12:15 PM Sep 10-Sep 24
D630034 \$101/3 sess \$101/3 sess

Instructor: Mona Lee

Pickleball Stage 2/3: Unforced Errors (Novice/Intermediate) 19+ yrs

For players who have ideally completed Stage 1: Learn to Play. Unforced errors are the quickest way to lose points in Pickleball but they're also the easiest to prevent! In this class you'll learn how to stay consistent, choose the right shots & keep the ball in play. No more pop-ups, out balls & hitting the net! It is NOT necessary to purchase a paddle for this class. Paddles, balls & all equipment will be provided. Drop-in \$42 (space permitting and instructor approval).

Th 10:15 AM-12:15 PM Oct 01-Oct 29
D630035 \$168/5 sess \$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 Sep 07-Dec 21
D628052 \$89/16 sess \$89/16 sess

No Instructor

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 Sep 09-Dec 30
D628701 \$89/16 sess \$89/16 sess

No Instructor

Recreational Sport Basketball * 18+ yrs

All skills/levels welcome, 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 Sep 10-Dec 17
D628703 \$103/15 sess \$103/15 sess

Competitive *
Sa 1:45 PM-3:45 PM Sep 12-Dec 26
D628710 \$82/12 sess \$82/12 sess

Instructor: Kenny Yau

Recreational Sport Indoor Volleyball * 18+ yrs

All skills/levels welcome, games are self organized/ no instruction provided. One net set up. Drop-in \$6.50 (space permitting).

F 8:00 PM-10:00 PM Sep 11-Dec 18
D628709 \$83/15 sess \$83/15 sess

No Instructor

Recreational Sport Pickleball * 18+ yrs

All skills/levels welcome, games are self organized/ no instruction provided. Drop-in \$6.50 (space permitting). A maximum of 2 sessions of recreation pickleball per season.

M 1:00 PM-3:00 PM Sep 07-Dec 28
D628041 \$94/17 sess \$94/17 sess

Tu 1:00 PM-3:00 PM Sep 08-Dec 29
D628056 \$89/16 sess \$89/16 sess

Tu 8:00 PM-10:00 PM Sep 08-Dec 29
D628058 \$89/16 sess \$89/16 sess

W 1:00 PM-3:00 PM Sep 09-Dec 30
D628696 \$83/15 sess \$83/15 sess

F 1:00 PM-3:00 PM Sep 11-Dec 18
D628708 \$83/15 sess \$83/15 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.

Group Fitness Schedule

Fall 2026 • Schedule in Effect September 5–December 30, 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) Sept 7 to Dec 28 (Ferial) 9-10 a.m.	Gentle Fit (G) Sept 8 to Dec 29 No class Oct 13, Dec 22 (Venus) 9-10 a.m.	TBC (G) Sept 9 to Dec 30 No class Oct 7, Nov 11 (Isobel) 9-10 a.m.			Zumba (G) Sept 5 to Dec 19 No class Oct 3, 10, 17, Dec 5 (Tanya) 9:15-10:15 a.m.
Gentle Fit (SR Multi) Sept 7 to Dec 28 (Isobel) 9:30am-10:30am.					Muscle Mania (A) Sept 12 to Dec 26 No class Dec 5 (Charlene) 9:15-10:30 a.m.
am	Mild/Mod Low Impact (A) Sept 8 to Dec 29 (Audrey) 10:30-11:30 a.m.	Gentle Fit Plus (A) Sept 9 to Dec 30 (Venus) 10:30-11:30 a.m.	Mild/Mod Low Impact (A) Sept 10 to Dec 24 (Audrey) 10:30-11:30 a.m.	Step Class (A) Sept 11 to Dec 18 No class Nov 20 (Indira) 10:30-11:30 a.m.	Gentle Fit Low Impact (SR Multi) Sept 5 to Dec 26 No class Dec 5 (Audrey) 10:00-11:00 a.m.
Step Class (A) Sept 7 to Dec 28 (Richard) 1-2 p.m.	Step Class (A) Sept 8 to Dec 29 No class Nov 17 (Indira) 12-1 p.m.	Step Class (A) Sept 9 to Dec 30 No class Nov 11 (Richard) 1-2 p.m.	Zumba Toning (A) Sept 10 to Dec 17 (Tanya) 12-1 p.m.	Zumba + Circl Mobility (A) Sept 11 to Dec 18 (Tanya) 11:45 a.m.-12:45 p.m.	
pm		Zumba (G) Sept 2 to Dec 30 (Tanya) 5:30-6:30 p.m.		Step Class (A) Sept 11 to Dec 18 (Richard) 1-2 p.m.	
Zumba (G) Sept 7 to Dec 21 No class Dec 28 (Tanya) 5:30-6:30 p.m.	Zumba Toning (G) Sept 1 to Dec 29 No class Oct 13 (Tanya) 5:30-6:30 p.m.	Cardio & Strength (A) Sept 2 to Dec 30 (Bita) 6-7 p.m.			

Gentle Fit Low Impact / Plus ●

Perfect for beginners, those returning to fitness or recovering from an injury. Gentle movements to start your day. We 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 areas that 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.

Total Body Conditioning & Stretch ■

A strength and endurance class to change all muscle groups using hand weights, resistance bands, and other equipment. TBC includes a portion of low impact cardio.

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 above but 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

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

Room Rentals

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

Who can rent rooms?

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

What equipment is available?

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

Can food and alcohol be served?

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

Is there parking?

There is a parking lot on 42nd Ave., which provides direct access to the Seniors Centre and the Main Centre. Register your license plate into a kiosk located inside the centre for 3 hours of complimentary parking.

Are there pictures of rooms?

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

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

Seniors Centre

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



Room Rentals for:

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

Other charges?

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

Staff supervision fees of \$37/hour (min. two hours) are charged on rentals taking place after closing time (10pm Mon-Fri, 6pm Sat & Sun) and must include set-up and takedown time.

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

*See page 3 for information about our Children's Birthday Party Program.



Seniors Centre Office Hours

Monday-Friday • 9 a.m.-6 p.m.

Saturday • 9 a.m.-4 p.m.

Sunday • Closed

For centre hours, please see page 2.

How to Register

- **In-person and online: Saturday, August 8, at 9 a.m.**
- **Phone: Monday, August 10, at 9 a.m.**
- Time savers will be given out at 8 a.m.
- All in-person registration will take place at the Seniors Centre Desk (limited to 40% of available spots).
- You may register yourself and one other person. Ensure you have all their necessary information, such as name, address, phone number and birthdate
- Cash, cheques, VISA/MC, AMEX and debit cards accepted. Please see page 2 for phone, fax and online registration information.

Seniors (65+ yrs)

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

Adults (64 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 38 for more program details.)

Seniors Centre Coffee Bar

Monday-Friday • 9am- 5pm

Saturday • 9:30am - 1:30pm

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.



Special Lunches for Fall 2026

Lunch served at 12pm; doors open at 11:30am • \$18 per person

Welcome Back

►630242 Sep 17

Thanksgiving

►630243 Oct 8

Remembrance Day

►630244 Nov 5

Happy Holidays

►630246 Dec 10

►630247 Dec 11



Bell Ringers Concert All Ages

Saturday, December 12

2:00pm–3:00pm

Come hear the Brock House Kerrisdale Handbell ringers perform Christmas favourites and join in a festive sing along. Admission by donation. Refreshments provided.



Full Moon Festival All Ages

Saturday, December 12

1:15pm–2:45pm

Celebrate the Full Moon or Mid Autumn Festival at Kerrisdale Community Centre! Featuring Moon Cake tasting and Moon Cake preparation demo; riddles, sing along and group dancing. Free to attend, please register.



OUT TRIPS

Seniors Day Trips

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

Bus Trip • Railway Museum of BC & Lunch • 55+ yrs

On this trip we head up to Squamish and step back in time at the Railway Museum of BC. Discover vintage trains, railcars, and amazing exhibits. Afterwards, we will head to White Spot for a late lunch (included). Prices include transportation, entrance fees and lunch (unless stated otherwise). Participants may want to bring a snack because lunch may be pushed late as some morning activities extend through lunchtime. Please note a waiver form must be signed. Dress weather appropriate.

F 9:30 AM–5:00 PM Sep 25
►630220 \$95/1 sess

Instructor: Jason Martincic

Bus Trip • Museum of North Vancouver & Lunch • 55+ yrs

We will head to the Museum of North Vancouver (MONOVA) to celebrate the North Shore's rich history. This guided tour will showcase beloved streetcar 153, history, and the community it served through an interactive experience. We will continue the tour of the gallery highlighting indigenous heritage, early settlements, and maritime industries. Following the tour we will go to Brown's Social House for lunch (included). Prices include transportation, entrance fees and lunch (unless stated otherwise). Please bring a snack in case activities run late. Please note a waiver form must be signed. Dress weather appropriate.

Th 9:30 AM–4:00 PM Oct 15
►630221 \$95/1 sess

Instructor: Jason Martincic

Bus Trip • Nikkei National Museum & Lunch • 55+ yrs

The Nikkei National Museum and Cultural Centre mission is to honour, preserve, and share the history and heritage of Japanese Canadians and Japanese culture in Canada. We will learn about the culture of Japanese people in Canada through a guided tour. Following the museum we will have lunch at the Cactus Club Café (included). Prices include transportation, entrance fees and lunch (unless stated otherwise). Please bring a snack in case activities run late. Please note a waiver form must be signed. Dress weather appropriate.

F 9:30 AM–4:00 PM Nov 20
►630223 \$95/1 sess

Instructor: Jason Martincic

Bus Trip • Potters Christmas Store & Lunch • 55+ yrs

We will visit Potters Nursery in Langley, which transforms itself into Western Canada's largest Christmas store, boasting more than 28,000 square feet devoted to all things yuletide. You will have time to shop before heading over to Newland's Golf Course for their Buffet Lunch (included). Prices include transportation, entrance fees and lunch (unless stated otherwise). Please bring a snack in case activities run late. Please note a waiver form must be signed. Dress weather appropriate.

F 9:30 AM–4:00 PM Dec 18
►630224 \$95/1 sess

Instructor: Jason Martincic



ART

Adventures in Watercolour

55+ yrs

The class is for all levels. You'll learn different techniques—from how to retain whites, understanding positive versus negative shapes—how to render different forms, creating textures and more. We have a different subject each week beginning with a demo and then time for personal attention. Supply list available at seniors desk, materials not provided. Drop-in \$22 adults/\$19 seniors, if space permits.

W 12:00 PM-2:45 PM Sep 09-Nov 11
 ▶629494 Adult \$200 Senior \$189/10 sess

Instructor: Julieanne McGuinness

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. We will play with color, texture, and mark-making as we explore a variety of subjects like still life, landscapes, portraits, and abstract art. 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: nsyfayerman@gmail.com. Drop-in Adult \$31, Seniors \$26.

Th 10:00 AM-12:00 PM Oct 08-Nov 05
 ▶631659 Adult \$145 • Senior \$126/5 sess

Th 10:00 AM-12:00 PM Nov 12-Dec 10
 ▶631660 Adult \$145 • Senior \$126/5 sess

Instructor: Faye Fayerman

More Adult Art Programs

See page 21.



DANCE

International Ballroom Dancing • Paso Doble

55+ yrs

Silver International Paso Doble. Minimum 2 years of dancing experience preferred. Partners preferred but not required. Drop-ins allowed, \$19 Seniors, \$25 Adults.

Th 3:00 PM-3:55 PM Nov 19-Dec 17
 ▶629533 \$90/5 sess

Instructor: Faye Hung

International Ballroom Dancing • Rumba

55+ yrs

Silver International Rumba. Minimum 2 years of dancing experience preferred. Partners preferred but not required. Drop-ins \$19 Seniors, \$25 Adults. No class Oct 15.

Th 3:00 PM-3:55 PM Oct 08-Nov 12
 ▶629522 \$90/5 sess

Instructor: Faye Hung

International Ballroom Dancing • Viennese Waltz

55+ yrs

Silver International Viennese Waltz. Minimum 2 years of dancing experience preferred. Partners preferred but not required. Drop-ins \$19 Seniors, \$25 Adults. No class Oct 15.

Th 4:00 PM-4:55 PM Oct 08-Nov 12
 ▶629530 \$90/5 sess

Instructor: Faye Hung

International Ballroom Dancing • Waltz

55+ yrs

Silver International Waltz. Minimum 2 years of dancing experience preferred. Partners preferred but not required. Drop-ins \$19 Seniors, \$25 Adults.

Th 4:00 PM-4:55 PM Nov 19-Dec 17
 ▶629534 \$90/5 sess

Instructor: Faye Hung

Yuan Ji Dance

55+ yrs

A fusion of physical exercise, qi gong, martial arts, Tai Chi etc. which acts in concert with the Yuan Ji music. Following the experienced volunteers, participants will dance along to the melodious music. This dance is a low to moderate impact exercise which promotes health and wellness and is a good therapy for physical and mental well-being. Drop-in \$2.50 if space permits. No class Nov 11.

W 9:00 AM-11:00 AM Sep 09-Dec 16
 ▶630040 \$29/14 sess

Th 12:30 PM-2:30 PM Sep 10-Dec 17
 ▶630041 \$32/15 sess

F 10:15 AM-12:00 PM Sep 11-Dec 18
 ▶630042 \$32/15 sess

Instructor: Yuan Ji Volunteers

Belly Dance for Seniors

55+ yrs

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

Tu 1:30 PM-2:45 PM Sep 15
 ▶629995 FREE TRIAL

Tu 1:30 PM-2:45 PM Sep 29-Oct 27
 ▶629993 Adult \$50 • Senior \$42/5 sess

Tu 1:30 PM-2:45 PM Nov 10-Dec 15
 ▶629994 Adult \$60 • Senior \$50/6 sess

Instructor: Gail (Rahma) Haddad

Line Dancing: Beginners

18+ yrs

Good fun, great exercise and it's not just country music any more! No experience necessary for the beginner level. If you join this class after the 3rd week, you must know some basic steps and terminology. Drop-in \$11.25 adult/\$9.25 senior, if space permits. No Class October 13.

Tu 11:00 AM-12:00 PM Sep 08-Nov 24
 ▶630998 Adult \$109 • Senior \$90/11 sess

Th 7:00 PM-8:00 PM Sep 10-Nov 19
 ▶631013 Adult \$108 • Senior \$90/11 sess

Instructor: Al Serfas

Line Dancing: Improver

18+ yrs

Experienced Line Dancers only please! Come and join the fun, dancing to country and non-country music. Lots of review. Participants must be experienced and know steps and terminology to drop-in after the 3rd class. Drop-in \$11.25 adult/\$9.25 senior, if space permits.

Th 8:00 PM-9:00 PM Sep 10-Nov 19
 ▶631017 Adult \$108 Senior \$85/11 sess

Instructor: Al Serfas

More Dance Programs

See pages 15, 22 & 32.



Seniors

DANCE

Scottish Country Dance 55+ yrs

This is social dancing for fun, with a good physical workout and lots of memory training. At least 2 years experience of Scottish Country dancing is required. That means you can dance all the basic formations without relying on your partner for prompts! Let's dance well as a team and enjoy the music and the friendships! Led by Cathrine Conings. Drop-in \$5.50 seniors & \$7 adults, if space permits.

Tu 1:30 PM-3:30 PM Sep 15-Dec 08
D629786 Adult \$75 • Senior \$59/13 sess

Instructor: Cathrine Conings

Scottish Country Dance • Beginners 18+ yrs

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

Tu 11:30 AM-12:30 PM Sep 15-Oct 20
D629773 Adult \$18 • Senior \$15/6 sess

Tu 11:30 AM-12:30 PM Oct 27-Dec 08
D629775 Adult \$21 • Senior \$18/7 sess

Instructor: Cathrine Conings

EDUCATION

K3 18+ 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, political and day-to-day subjects. Open to all. Bring your coffee and cookie and meet some Interesting characters

Tu 11:00 AM-12:00 PM Sep 08-Dec 29
D627170 Free, registration recommended.

Instructor: No Instructor

A Understanding Aging: The Foundation 55+ yrs

Explore what happens to the brain and body as we age, and learn to distinguish natural aging from dementia. This session builds empathy and understanding before diving into more complex topics around memory loss.

Tu 1:00 PM - 2:30 PM Nov 3
D633380 Free, registration required.

Instructor: Home Instead

EDUCATION

ABC English for Kerrisdale Seniors 55+ yrs

For seniors with little or no prior experience in English. It emphasizes basic vocabulary and real-life communication needs. With a welcoming, the class encourages confidence and participation. Seniors are guided through foundational language skills in a manner that is both respectful and responsive to their learning pace. Please bring a pen and paper for note-taking. No class Oct 11.

Su 2:00 PM-3:30 PM Sep 13-Nov 29
D629845 Free, registration required.

Instructor: Sabrina Huang

Estate & Planning Seminar 55+ yrs

Learn about the key components of an estate plan, strategies to minimize estate taxes, ways to preserve your wealth and leave more for loved ones and charitable causes you support. Leave with the knowledge and confidence to make informed decisions and create peace of mind for yourself and your loved ones.

Th 10:00 AM-11:00 AM Sep 17
D630027 Free, registration required.

Instructor: VGH & UBC Hospital Foundation Legacy Giving

Free Hearing Screening Clinic (Adults 55+) 55+ yrs

Many people don't realize they have hearing loss. Your ears collect sound, but your brain understands it. Good hearing helps keep your brain active. If you are unsure about your hearing or others notice changes, come have your hearing tested. Provided by Dr. Katarina Vavrovicova, Audiologist, Echo Hearing Care.

F 9:00 AM-12:00 PM Oct 16
Free, call Srs Front Desk to register.

Instructor: Katarina Vavrovicova

How to Maintain a Healthy Brain 55+ yrs

Did you know your brain is the ultimate "use-it-or-lose-it" organ? Join us to discover practical ways to keep your brain active and reduce your risk of dementia. This informative and interactive session is led by Karen Tyrell, CPCA, CDCP, Canadian Dementia Consultant, Educator, and author of Cracking the Dementia Code: Creative Solutions to Cope with Changed Behaviours.

Th 10:00 AM-11:00 AM Oct 01
D630029 Free, registration required.

Instructor: Karen Tyrell

See Something, Say Something! 55+ yrs

Designed to help people identify high-risk, vulnerable adults, particularly those who are isolated, living alone, and who would benefit from assistance to maintain their independence. Discusses topics such as adult abuse, neglect, and self-neglect. Presented by BC Community Response Network.

Th 10:00 AM-11:30 AM Sep 24
D632711 Free, registration required.

Instructor: BC CRN

Making Informed Dietary Choices During Your Bonus Years 55+ yrs

Aging is an unavoidable reality, and many individuals invest significant time and resources in the pursuit of the mythical "fountain of youth" only to discover its non-existence. While we cannot alter our genes, we can make informed dietary choices that promote health. This presentation will help you choose your nutrients wisely as you age.

Th 10:00 AM-11:00 AM Sep 10
D631674 Free, registration required.

Instructor: Helga Saudny

Pelvic Power Reclaimed: Beat Urinary Incontinence After 50 55+ yrs

Join Registered Physiotherapist Ellen Atkinson from Physio2U for a free 1-hour educational wellness talk focused on beating urinary incontinence in women 50+. This informative session will provide practical strategies, build confidence, and empower participants with simple exercises to help improve bladder control and quality of life.

M 10:00 AM-11:00 AM Sep 28
D630032 Free, registration required.

Instructor: Physio2U

SMILE • Seniors' Mind, Interaction, Learning & Engagement 55+ yrs

SMILE is a structured seniors' engagement program featuring rotating weekly themes such as games, music, memory activities, gentle movement, trivia, wellness conversations, and social connection. Each session supports cognitive stimulation, emotional wellness, confidence, participation, and meaningful interaction in a fun, welcoming, low-pressure environment. Drop-in \$11. No class October 16.

F 10:00 AM-11:00 AM Sep 18-Dec 11
D631683 Adult \$120 • Senior \$126/12 sess

Instructor: Amrita Sharma Kindwell Care

EDUCATION

Chronic Pain Self-Management

18+ yrs

Don't let your pain stop you from enjoying your life! This FREE six-session, 2 1/2 hours a week, interactive workshop provides information and teaches practical skills to give people the confidence and motivation they need to manage their pain symptoms. Caregivers and family members who register are also welcome to attend. All workshop participants receive a Living a Healthy Life with Chronic Pain companion book and should plan to attend all six sessions to get the maximum benefit. The CPSMP is offered by the University of Victoria with resources from the BC Ministry of Health. Registration is required.

M 10:00 AM-12:30 PM Oct 19-Nov 23
▶629943 Free, registration required /6 sess
 Instructor: UVIC Self-Management BC

Indispensable Binder 19+ yrs

Imagine your house is on fire and you need to take with you your most important information and documents. Grab your Indispensable Binder! This important course walks you through the steps to create your own Indispensable Binder, or for \$45 in class, you can purchase a binder ready to go. Workshop is \$35 and binder is optional to add on. Purchase of binder can be done at the time of registration.

W 9:30 AM-12:00 PM Nov 4
▶635127 \$35/1 sess

Instructor: Diana Cruchley

FITNESS & HEALTH

Improv for Brain Health 18+ yrs

Join the BC Brain Wellness Program for an in-person "Improv for Brain Health" workshop, in which you will connect with others, exercise your brain, and share some laughs! During the workshop, teachers from Improv for Work and Wellness will lead you through a series of improvisation games and exercises to foster the skills of presence, listening, and spontaneity. Beyond learning some basic improv skills, participants will explore how these can be applied to fostering wellness in everyday life. No experience is needed, everyone is welcome! Registration is required; drop-in may be available depending on capacity.

F 1:00 PM-2:30 PM Nov 6
▶635919 Free, registration required.

Instructor: BC Brain Wellness Program & Improv for Work and Wellness

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 Sep 08-Oct 27
▶631727 Adult \$101 • Senior \$67/8 sess

Th 1:15pm-2:15pm Sep 10 - Oct 29
▶636407 Adult \$101 • Senior \$67/8 sess

Tu 1:30 PM-2:30 PM Nov 03-Dec 22
▶631735 Adult \$101 • Senior \$67/8 sess

Th 1:15 PM-2:15 PM Nov 5 - Dec 17
▶636408 Adult \$88 • Senior \$59/7 sess

Instructor: Zohreh Omrani Taleghani

INFO SESSION: BCRPA Choose to Move 55+ yrs

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

Tu 1:00 PM-2:00 PM Sep 22
▶632104 Free. Registration required /1 sess

Instructor: Keiko Murakami

BCRPA • Choose to Move Info Session Required 55+ yrs

Choose to Move is a FREE 3-month program for seniors who are inactive and wishing to become more active. Choose to Move is not a fitness class or movement class. It is a motivational coaching program. where you will meet with coach and other participants to discuss ways to incorporate more physical activity into your life. Participants MUST attend the Info Session to be eligible for the full program. One-on-One sessions: October 6 & 13.

Tu 1:00 PM-2:00 PM Sep 29-Dec 01
▶632107 Free, registration required/10 sess

Instructor: Keiko Murakami

BCRPA • ActivAge (Choose to Move Add-on) Info Sess Req'd 55+ yrs

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

Tu 2:00 PM-3:00 PM Sep 29-Dec 01
▶632109 Free, registration required/10 sess

Instructor: Keiko Murakami

BCRPA • ActivAge No referral required 55+ yrs

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

F 5:30 PM-6:30 PM Sep 11-Nov 27
▶632112 Free, registration required/12 sess

Instructor: Keiko Murakami

Full Moon Festival All Ages

Saturday, December 12

1:15pm-2:45pm

Celebrate the Full Moon or Mid Autumn Festival at Kerrisdale Community Centre! Featuring Moon Cake tasting and Moon Cake preparation demo; riddles, sing along and group dancing. Free to attend, please register.



Cardiac Health

55+ yrs

The enhancement and maintenance of cardiovascular health through individualized programs, designed to optimize physical, psychological, social, and emotional status. 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 doctors note may be requested before taking this class 2. If patron is away for 6 months, they will require a new PARQ and/or a doctors note for resubmission into the class. The cardiac health leader must receive all PARQ's to review before the patron can participate 3. Patrons MUST bring asthma inhaler and / or nitroglycerin spray to be self administered as needed***

F 10:05 AM-10:55 AM Sep 11-Dec 18
D631427 Adult \$32 • Senior \$25/15 sess

Instructor: Zohreh Omrani Taleghani

Chair Yoga

18+ yrs

Yoga adapted to the chair makes more yoga more accessible to more people. The many benefits of yoga can be enjoyed without getting up and down from the floor. This gentle yet deep practice works all parts and systems of the body. Breath awareness calms and balances the body and the mind. Some optional standing poses using the chair for balance help to improve strength and balance. Everyone moves within their own level of comfort. No Class November 3.

Tu 10:30 AM-11:30 AM Sep 15-Dec 15
D627640 Adult \$156 • Senior \$150/13 sess

Instructor: Sylvia Smallman

Chair Yoga

18+ yrs

Good for Yoga beginners. Gentle yoga moves while in a seated position will benefit your joints and muscle areas and help reduce the pain from arthritis, osteoporosis, previous injury, stiff joints and so much more. Some posted can also be done standing using a chair for support. Stretching, deep breathing & meditation techniques are incorporated into this workout and will leave you with a feeling of connected BODY+MIND+SOUL. Regular yogis welcome to attend. Drop-in \$14.50 adults/\$11 seniors, if space permits.

F 4:15 PM-5:15 PM Sep 11-Oct 16
D632118 Adult \$75 • Senior \$69/6 sess

F 4:15 PM-5:15 PM Oct 23-Nov 27
D632123 Adult \$75 • Senior \$69/6 sess

Instructor: Keiko Murakami

Barre Fusion

18+ yrs

Barre Fusion is a low impact strengthening and lengthening class suitable for a variety of fitness levels. Using a hybrid of techniques from Pilates, Yoga, Dance, and Sports Conditioning: this class will focus on isometric movements that align posture, improve balance, develop muscle tone, and connect the mind and body. Please note that although this class is appropriate for most fitness levels, participants must be able to safely transition up and down from their mat unassisted by the instructor. Drop-in \$24 adults/\$19 seniors, if space permits. No class Oct 12.

M 1:00 PM-2:00 PM Sep 07-Oct 26
D631696 Adult \$154 • Senior \$125/7 sess

F 10:00 AM-11:00 AM Sep 11-Oct 30
D631703 Adult \$176 • Senior \$143/8 sess

M 1:00 PM-2:00 PM Nov 02-Dec 14
D631701 Adult \$154 • Senior \$125/7 sess

F 10:00 AM-11:00 AM Nov 06-Dec 18
D631704 Adult \$154 • Senior \$125/7 sess

Instructor: Nevada Banks

Gentle Mat, Pilates & Stretch

18+ yrs

This class will focus on foundational pilates mat exercises to increase focus, strength, and muscle tone, as well as gentle stretching and relaxation. This class is best suited to beginner and intermediate level participants with focus on proper alignment and technique. This class will be done on mats using small props. Please note that participants must be able to safely transition down to their mat unassisted by the instructor at the beginning of the class. Drop-in \$20 adults/\$17 seniors, if space permits. No class Oct 12.

M 2:15 PM-3:00 PM Sep 07-Oct 26
D631705 Adult \$140 • Senior \$110/7 sess

F 11:15 AM-12:00 PM Sep 11-Oct 30
D631718 Adult \$159 • Senior \$126/7 sess

M 2:15 PM-3:00 PM Nov 02-Dec 14
D631706 Adult \$140 • Senior \$110/7 sess

F 11:15 AM-12:00 PM Nov 06-Dec 18
D631719 Adult \$140 • Senior \$110/7 sess

Instructor: Nevada Banks

Joint Works

55+ yrs

An exercise program approved by the Arthritis Society. Suitable for those with mild to advanced Arthritis. The class helps to relieve stiffness, improve posture and increase endurance, flexibility and strength. Learn to relax your muscles and loosen up joints. No class September 30, November 11.

W 2:30 PM-3:30 PM Sep 09-Dec 16
D631912 Adult \$87 • Senior \$68/13 sess

F 2:30 PM-3:30 PM Sep 11-Dec 18
D631913 Adult \$93 • Senior \$74/14 sess

Instructor: Keno Kinoshita

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. Call Seniors Front Desk to register.

F 9:45 AM-2:00 PM Sep 11-Dec 11
D631051 \$58/1 sess

Instructor: Charles Huang

Mind-Body

18+ 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-1:55 PM Sep 10-Oct 29
D631745 Adult \$104 • Senior \$93/8 sess

Th 1:15 PM-1:55 PM Nov 05-Dec 17
D631754 Adult \$91 • Senior \$81/7 sess

Instructor: Richard Pelcz

Move to Music

55+ yrs

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

Tu 9:30 AM-10:30 AM Sep 08-Nov 24
D631925 Adult \$72 Senior \$63/12 sess

F 9:30 AM-10:30 AM Sep 11-Dec 04
D631931 Adult \$72 • Senior \$63/12 sess

Instructor: Carola Von Hahn

FITNESS & HEALTH

Minds in Motion

55+ yrs

Minds in Motion® is a fitness and social program for people living with any form of early stage dementia along with a family member, friend or other care partner. The program is offered in partnership with the Alzheimer Society of B.C. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Coffee, tea and light refreshments are provided. Care partners must attend. Registration fees include the cost of the person living with dementia and one care partner. Start at any time and pay a pro-rated registration fee. No class September 22.

Tu 10:30 AM-12:00 PM Sep 08-Oct 20
 \$629999 \$44/6 sess
 Tu 10:30 AM-12:00 PM Nov 03-Dec 15
 \$630000 \$51/7 sess

Instructor: Alzheimer Society Of BC

Osteofit For Life

55+ yrs

For those who have taken the Osteofit classes and are comfortable with Osteofit techniques. This exercise program is for those with osteoporosis with an emphasis on building strength and improving balance. No class September 30, November 11, December 11.

W F 1:20 PM-2:20 PM Sep 09-Dec 18
 \$631916 Adult \$171 Senior \$142/27 sess

Instructor: Keno Kinoshita

Osteofit Level 1

55+ yrs

Provided in partnership with BC Women's Health Centre, this exercise program is for people with Osteoporosis. Emphasis is on building strength and improving balance to prevent falls. An education component on nutrition, treatment options, and osteoporosis is also included. Drop-in \$6.75 adults/\$5 seniors, if space permits.

Th 9:00 AM-10:00 AM Sep 10-Dec 17
 \$627206 Adult \$65 • Senior \$63/15 sess

Instructor: Berdjis Bahrami

Table Tennis

55+ yrs

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

Th 2:30 PM-5:30 PM Sep 10-Dec 31
 \$631358

Instructor: KCC Sr Social

Tuesday Morning Walkers

55+ yrs

This group meets at the Kerrisdale Senior Centre and proceeds to a pre-arranged destination for their weekly walk. Walks are leisurely and takes the combination of the city transits and allow time to enjoy and appreciate the sights of Vancouver and the lower mainland. Outings will be posted in the Monarch. No walk the second Tuesday of every month.

Tu 9:00 AM-12:00 PM Sep 15-Dec 15
 \$627152 Free, registration required /14 sess

Instructor: Lee-Anne MacPherson

UBC Changing Aging Program

55+ yrs

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

Tu F 8:00 AM-9:00 AM Sep 15-Dec 04
 \$629947 \$428/24 sess

Tu F 9:00 AM-10:00 AM Sep 15-Dec 04
 \$629948 \$428/24 sess

Tu F 10:00 AM-11:00 AM Sep 15-Dec 04
 \$629949 \$428/24 sess

Tu F 11:00 AM-12:00 PM Sep 15-Dec 04
 \$629950 \$428/24 sess

Instructor: UBC School Of Kinesiology

MARTIAL ARTS

Health Qigong & Tai Chi

18+ 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 Sep 08-Dec 15
 \$631791 Adult \$299 • Senior \$251/15 sess

Instructor: Lai Chun Cheung

Tai Chi Beginners 24 Movements

18+ 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 2:35 PM-3:35 PM Sep 11-Dec 18
 \$631792 Adult \$299 • Senior \$251/15 sess

Instructor: Lai Chun Cheung

Tai Chi Fan 52

18+ yrs

Tai Chi Fan (also known as Iron Fan) is one of the most beautiful self-defense forms, and is one of the standard Tai Chi weapons. Practicing the Tai Chi Fan would improve the eye-hand coordination, grip-wrist flexibility, strength, balance and focus. The fan is made of durable bamboo and silk. It is very easy to carry and transport. Drop-in \$21 Adults, \$17 Seniors.

F 1:20 PM-2:20 PM Sep 11
 \$633566 Free Class

F 1:30 PM-2:30 PM Sep 18-Dec 18
 \$631798 Adult \$279 • Senior \$235/14 sess

Instructor: Lai Chun Cheung

More Adult Martial Arts

See pages 16, 17, 20, 35 & 36.



Group Fitness

See page 27.



Seniors

MARTIAL ARTS

Tai Chi Straight sword 18+ 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 Sep 11
633568 Free Class
F 3:40 PM-4:40 PM Sep 18-Dec 18
631806 Adult \$279 • Senior \$235/14 sess
 Instructor: Lai Chun Cheung

Tai Chi: 24 Form (suitable for beginners) 18+ yrs

Tai Chi (Taiji or Taijiquan) is a Chinese martial art based on the principle of the interplay of Yin and Yang. The slow and graceful movements of Tai Chi promote the circulation of Qi, or vital essence, through the body, and have been shown to improve balance, coordination, and concentration. The 24 Form, or "simplified Yang style," is a short routine perfect for beginners. Drop in \$21 Adults, \$17 Seniors. No class October 12.

M 10:30 AM-11:30 AM Sep 14-Dec 14
629876 Adult \$260 • Senior \$218/13 sess
 Instructor: Kelly Maclean

Tai Chi: 48 Form REVIEW 18+ yrs

In this course, we will review the entire 48 Form from beginning to end. We will focus more on the second half, especially the last part, which has not had as much repetition as the first half of the form. We will clarify any confusion, fill in the blanks, and make refinements to the movements. Drop in \$21 Adults, \$17 Seniors. No class October 12.

M 9:30 AM-10:30 AM Sep 14-Dec 14
629889 Adult \$260 • Senior \$218/13 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-ins \$26.

M 6:00 PM-8:00 PM Sep 14-Nov 02
632091 \$210/8 sess
 Instructor: Jan Cooper

Ukulele Jam 18+ 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 Sep 26, Oct 31, Nov 28
629998 \$5/sess
 Instructor: Joseph Young

Brock House/ Kerrisdale Bell Ringers 55+ yrs

If you are a new participant, please contact Amy Poon at 604-306-2923 before you register. No handbell experience is required but you must be able to read music and sign up for membership in Brock House Society.

M 9:15 AM-12:00 PM Sep 07-Dec 07
631956 \$25/12 sess
W 1:30 PM-4:30 PM Sep 09-Dec 09
631959 \$27/13 sess
 Instructor: Brock House Society

Chorisma Vocal Jazz Choir 18+ yrs

This group is for singers with previous choral experience, and is focused on jazz and "American Songbook" repertoire. Good sight reading is an asset. Our conductor is Matthew Smith and our full-time accompanist is Dean Thiessen. If you are interested in joining please email pgelmon@shaw.ca. No class Sept 30 or Nov 11.

W 11:00 AM-1:00 PM Sep 09-Dec 09
629535 \$271/12 sess
 Instructor: Matthew Smith

Kerrisdale Ukulele Ensemble 18+ yrs

Join us in making and sharing music with the Kerrisdale Ukulele Ensemble! We will be learning, practicing and performing a variety of songs using the ukulele and our voices. Enjoy a range of music, from ukulele standards to newer pop favourites in a welcoming environment accessible to all levels of experience. We hope to see you there! Please note: while expertise with the uke is not a prerequisite, a knowledge of basic chords and strumming would be helpful.

M 6:30 PM-8:00 PM Sep 14-Nov 30
631814 \$180/12 sess
 Instructor: Joseph Young

Kerrisdale Ukulele Ensemble (Concert) 18+ yrs

Join the Kerrisdale Ukulele Ensemble for an upbeat afternoon of familiar tunes, fresh surprises and plenty of sing-along moments! Featuring a mix of pop, jazz, folk, and classic favourites, this lively community group brings warmth, rhythm, and a sense of fun to every performance. Whether you're a longtime uke fan or just curious about the instrument, you'll be amazed at the big sound that comes from these small strings.

Sa 12:00 PM-1:30 PM Dec 05
631828
 Instructor: Joseph Young

Bell Ringers Concert • All Ages

Saturday, December 12

2:00 p.m.–3:00 p.m.

Come hear the Brock House Kerrisdale Handbell ringers perform Christmas favourites and join in a festive sing along. Admission by donation. Refreshments provided.



MUSIC

You Can Ukulele: Level 1

18+ yrs

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

Sa 10:00 AM-11:00 AM Sep 12-Nov 14
D629988 Adult \$128 • Senior \$125/10 sess

Instructor: Joseph Young

You Can Ukulele: Level 2

18+ yrs

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

Sa 11:15 AM-12:15 PM Sep 12-Nov 14
D629989 Adult \$128 • Senior \$125/10 sess

Instructor: Joseph Young

You Can Ukulele: Level 3

18+ yrs

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

Sa 12:45 PM-1:45 PM Sep 12-Nov 14
D629990 Adult \$128 • Senior \$125/10 sess

Instructor: Joseph Young

Kerrisdale Senior Singers Choir

55+ yrs

Join the original Kerrisdale Senior Singers Choir established at the Kerrisdale Community Centre in the 1970's. We enjoy singing and entertaining others in our communities. Please contact the choir coordinator, Catherine, at 604.228.1488 for more information.

Th 9:30 AM-12:00 PM Sep 03-Dec 10
D627677 \$16/15 sess

Instructor: Sophia Chan

The Kerrisdale Choristers

55+ yrs

The Kerrisdale Choristers, a 4-part choir who sing a variety of music. We perform 2 concerts per year with occasional sing-outs at seniors residences. To register or inquire, please contact Barbara McLeish at 604-733-6771 or David Aune at 604-760-6785. No class September 22.

Tu 1:00 PM-3:00 PM Sep 15-Dec 15
D632710 \$27/13 sess

Instructor: Elsie Stephen

SOCIAL

Angel's Mind Matters 55+ yrs

This discussion group meets to discuss relevant topics which are chosen by the membership. We currently have a waitlist for new members, but you are welcome to join us to listen only. For further information, please call: Dale Fidler: 604-228-9435 Maureen Kinney: 604-263-4579. On-going, registration required.

M 2:00 PM-3:30 PM Sep 07-Dec 28
D631396 Free, registration required.

Instructor: KCC Sr Social

Bingo

55+ yrs

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

F 1:00 PM-3:30 PM Sep 11-Dec 18
D631397 Free, registration recommended.

Instructor: KCC Sr Social

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.

MW 12:30 PM-3:00 PM Sep 09-Dec 30
D631401 Free, registration recommended.

Instructor: KCC Sr Social

Bridge: Beginners/ Beginners Plus

18+ yrs

All levels welcome. You'll begin playing straight away, hands on. Players sorted according to their skill and experience. Bridge and other card games have been shown to improve mood and cognition. Come and meet new friends. Please contact Barry at 604.223.4255 or bwade020@gmail.com for information. No class Oct 12.

M 11:00 AM-1:00 PM Sep 14-Dec 14
D631973 Adult \$82 • Senior \$74/14 sess

Instructor: Barry Wade

Bridge: Practice Drop-in 18+ yrs

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

W 12:20 PM-2:35 PM Sep 09-Dec 16
D631837 \$5 drop-in.

Instructor: Barry Wade

Cribbage

55+ yrs

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

W 9:00 AM-12:00 PM Sep 09-Dec 30
D631402 Free, registration recommended.

Instructor: KCC Sr Social

English Conversation Circle

18+ yrs

New! Practice speaking English in a non judgmental environment. \$10 Social Recreation card required. On-going, registration required.

M 1:00 PM-2:00 PM Sep 07-Dec 28
D631407 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 Sep 08-Dec 29
D631409 Free, registration recommended.

Instructor: No Instructor

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



SOCIAL

Great Books Discussion Group

18+ yrs

Interested in lively and far-ranging discussions with thoughtful readers? Our group looks at writings covering poetry, fiction and non-fiction from great writers and thinkers. Each week we bring our own perspectives and thoughts and insights to the scheduled material. This session we will be reading from *The Art of the Story* (ISBN 978-0-14-029638-9), which members can purchase through local bookstores or online book vendors such as bookfinder.com (prices vary). Participants are older adults and new participants are welcome at any time. Please contact the coordinator for information on how to join: Moira Steven (moirasteven@yahoo.com)

Tu 2:00 PM-3:30 PM **Sep 01-Dec 15**
D627168 \$27/16 sess
 Instructor: N/A Instructor

Open Drumming Circle

55+ yrs

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

F 1:45 PM-3:15 PM **Sep 11-Dec 18**
D631417 Free, registration recommended.
 Instructor: KCC Sr Social

Mah Jong

55+ yrs

Come and play 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. On-going, registration recommended. Held in seniors lounge.

W 9:00 AM-11:30 AM **Sep 09-Dec 30**
D631415 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, embroider etc. Join us on Mondays at 1:00pm to 3:00pm for two hours of friendship and productivity in a relaxed atmosphere. If you need help with patterns, we will assist. Ladies may also bring their own projects to work on and share knowledge. For more information please join us on Monday. On-going, registration recommended.

M 1:00 PM-3:00 PM **Sep 07-Dec 28**
D631414 Free, registration recommended.
 Instructor: KCC Sr Social

Saturday Social Dance

18+ 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 **Sep 12-Dec 26**
D631383
 Instructor: KCC Sr Social

Scrabble

55+ yrs

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

W 1:00 PM-3:00 PM **Sep 09-Dec 30**
D631421 Free, registration recommended.
 Instructor: KCC Sr Social

Texas Holdem Poker

55+ yrs

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

Tu 5:00 PM-9:30 PM **Sep 08-Dec 29**
D631423 Free, registration recommended.
 Instructor: KCC Sr Social

Weekend Movies

55+ yrs

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

Su Sa 2:00 PM-4:30 PM **Sep 05-Dec 27**
D631972 Free, registration recommended.
 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.



MAKE YOUR VOICE HEARD THIS FALL!

Voting in the 2026 Vancouver Election is easier than ever.

VOTE BY MAIL

Request your ballot by October 5.

ADVANCE VOTING

Vote early on October 3, 7, 10 or 13.

ELECTION DAY

Cast your vote on October 17.

QUESTIONS?

Call 3-1-1 or visit vancouver.ca/vote to plan your vote.



VANCOUVER
VOTES

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PUBLIC SKATE SCHEDULE

September 26–December 18, 2026

Visit vanrec.ca for up-to-date drop-in and holiday schedules

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

**Pre registration required for Public Hockey and Adult Stick, Puck & Ring. Schedule subject to change.*

Visit recreation.vancouver.ca

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

Get active, get healthy!

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

Flexible options

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

Save with a pass

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



Public Skate Schedule at vanrec.ca

SPECIAL EVENTS

Please stay tuned for more information about the following events hosted by the Kerrisdale Business Association, featuring free admission and skate rentals!

• Halloween Skate

October 25 • 5:30-7:00pm

• Holiday Skate

December 13 • 5:30-7:00pm



SKATING LESSONS

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



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

- Because skating lessons are very popular, participants may only register in one class per season.
- If you are registering in a level other than level 1, you **MUST** have accomplished all the skills for the previous level. Please bring your previous report card with you to the first class. You may be asked to withdraw or transfer if you do not register in the correct level.
- Please read the notes on your registration receipt carefully for further information regarding your skating lesson.
- **Refund Policy:** Full refund five days or more prior to program start. Partial refund within four days of program start or before second class. No refunds after second class.

LEARN TO SKATE • PROGRAM SCHEDULE

Lessons • Set 1: September 26–November 6, 2026 • Set 2: November 7–December 18, 2026

Registration

7:00pm, online & in-person:

- Set 1: September 17, 2026
- Set 2: November 5, 2026

Group Lessons

Prices:

Preschool \$48.78 • Child \$39.72
Teen \$51.12 • Adult \$73.02

- Schedules will be set and viewable two weeks prior to registration.
- Schedules can be viewed online at www.kerrisdalecc.com or pick up a hard copy at the front desk or arena.
- For skating lesson questions contact kerrisdalearena@vancouver.ca.

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

**Schedule subject to change.*

Skating Level Equivalents

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

Private Skating Lessons

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

Private Lesson \$40.60/sess • Semi-Private Lesson Additional fee \$28.42



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 am	Range of Motion Aquafit 8:30-9:15 am	Public Swim 8:30-9:30 am	Moderate Aquafit 8:30-9:30 am	Public Swim 8:30-9:30 am	Moderate Aquafit 9:15-10:15 am	Public Swim 9-10:15 am
					Lessons 10:30 am-2:30 pm	Lessons 10:30 am-2:30 pm
Public Swim & Lessons • 9:30-11:00 am					Public Swim • 2:45-5 pm	
Length Swim • 11:15 am-1:15 pm						
Public Swim • 1:30-3:15 pm					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 pm						
Length Swim • 7-8:30 pm						

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

Sept. 7 • Labour Day
Sept. 30 • National Day for T&R
Oct. 10-12 • Thanksgiving
Nov. 11 • Remembrance 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



→ Citywide summer swim lesson registration (online, in-person and by phone) starts 7:00 pm, Tuesday, August 25

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.

Parent and Tot (4 months-3 years)

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



Preschool Program (Ages 3-5 years)

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



Private/Semi-Private Lessons

Ages 3 years-plus

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.

Swimmer Program

Swimmer 1-6 (Ages 5-16 years)

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

Swimmer 7-9 (Canadian Swim Patrol)

Ages 8-16 years

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



Bronze Program

Bronze Medallion (Prerequisite: Bronze Star or 13 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.

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.



National Lifeguard Pool (NL Pool)

Prerequisites: Bronze Cross, Standard First Aid and 15 years

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.

Refund Policy

Full refund five days or more prior to program start; partial refund within four days of program start or before second class. No refund after second class.

Exceptions/notes

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

Adult and Teen Program (Ages 13 years-plus)

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.

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.



Unsure of What Level to Register In?

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



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



Citywide summer swim lesson registration (online, in-person and by phone) starts 7:00 pm, Tuesday, August 25

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

Exercise Room orientations are available free of charge. Whether you have questions about your current fitness program or need support getting started, our fitness attendants are here to help. Attendants are available Monday to Friday afternoons and evenings. Please visit the front desk for information on specific attendant schedules.



Youth Use

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

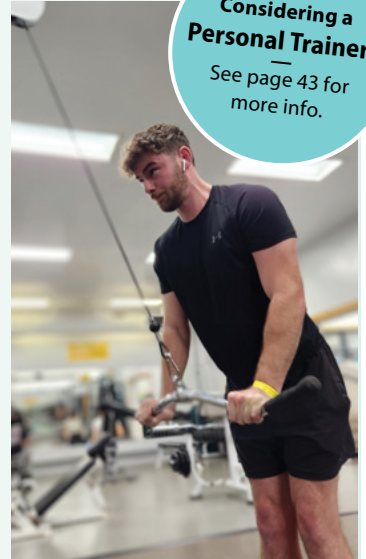




Kerrisdale Exercise Room



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



Hours of Operation

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

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

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

