KERRISDALE
Community Centre Society

Winter 2027
Program Guide



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

Registration Info

Centre Programs
Online and In-person:
Sat., Dec. 5, at 9 a.m.
Phone: Mon., Dec. 7, at 9 a.m.

Swim Lessons (Citywide)
Online, In-person and Phone:
Tues., Dec. 15, at 7 p.m.

Arena
Online, In-person & Phone:
Set 1: Thurs., Dec. 17 at 7 p.m.
Set 2: Thurs., Feb. 18 at 7 p.m.

5851 West Boulevard | Tel: 604-257-8100 | kerrisdalecc@vancouver.ca | www.kerrisdalecc.com
Jointly operated by the Kerrisdale Community Centre Society and the Vancouver Park Board

Welcome to the Kerrisdale Community Centre!

The Kerrisdale Community Centre offers hundreds of new and returning programs each season. All programs are taught by highly qualified and vetted instructors.

We're always adding new programs and welcoming new instructors — please visit our website for the latest information: **www.kerrisdalecc.com.**

Winter Registration

In-person and online: Saturday, December 5, at 9 a.m.
Phone: Monday, December 7, 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.

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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:
Jan. 4–Mar. 26, 2027
Visit vanrec.ca for up to date drop-in & holiday schedules.

Hours of Operation

5851 West Boulevard
604-257-8100

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

SENIORS CENTRE HOURS
Monday-Friday • 9 a.m.-6 p.m.
Saturday • 9 a.m.-4 p.m.
Sunday • Closed

POOL HOURS
Monday-Friday • 6:30 a.m.-8:30 p.m.
Saturday and Sunday • 9 a.m.-5 p.m.

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

HOLIDAY HOURS

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

9 a.m.-10 p.m.
Feb. 15 • Family Day
Mar. 26 • Good Friday
Mar. 29 • Easter Monday

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

Kerrisdale Pool

Schedule and swim lesson information at kerrisdalecc.com or vanrec.ca.
Winter swim lesson registration starts **Tuesday, December 15, at 7 p.m.**

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

Regular / Weekly Programs

- Full refund (less $5 fee) with 48 hours' notice before the first scheduled class.
- Refund (less $5 fee and first class) with 48 hours' notice before the second scheduled class. No refunds thereafter.

Camps, Private Lessons, & One- or Two-Day Sessions

- Full refund (less $5 fee) with 7 days' notice before the first scheduled session. No refunds thereafter.

Birthday Parties

- Full refund (less $5 fee) with 14 days' notice. No refunds thereafter. Booking size increases require 7 days' notice.

Administration Fee

- A $5 fee applies to all refunds and transfers, except for programs cancelled by the Community Centre.

- 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
Michael Patrick • 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

Birthday Parties • 1-10 years

Saturdays, 11 am-1 pm, or Sundays, 2-4 pm
$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.

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.



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

President's Message

What's Happening This Winter

Dear Kerrisdale Community,

Happy New Year! A new year means new opportunities to learn, get moving, try something different, and connect with our community. There's so much happening at Kerrisdale Community Centre this winter, and we can't wait to welcome you!

Discover something new! Kids can dive into coding, explore Mandarin, challenge themselves at chess, or build confidence through boxing and pickleball. Families can celebrate together at our Lunar New Year festivities and BC Family Day events. Adults can discover the beauty of traditional Chinese music through our Beginner Guzheng program, while seniors can get creative with art therapy, spoon carving, and rug hooking, or enjoy recorder lessons, digital literacy, and Seniors Games Day. Plus, our exciting Spring Break camps bring science, technology, and hands-on discovery to life!

Make 2027 your year to MOVE! Ready for a fresh start? Come check out our gym and fitness facilities! Whether you're building strength, boosting your energy, or getting back into a routine, now is the perfect time to get moving and make your health a priority. Drop by, explore your options, and let's get active together!

Kerrisdale Community Centre is more than a place to take a class. It's where friendships grow, families connect, and neighbours become part of a community.

A heartfelt thank-you to our amazing staff, instructors, volunteers, and participants who make Kerrisdale such a special place. Wishing you and your loved ones a happy, healthy, and energetic 2027!

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.

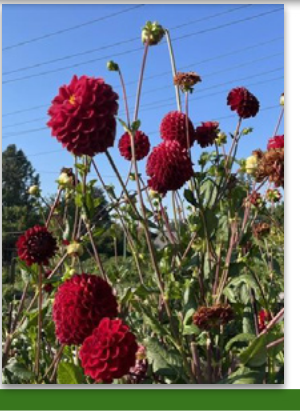
If you'd like to give back to your community and be a part of this dedicated team, stay tuned for future calls for nominations and learn more by visiting our website at https://kerrisdalecc.com/get-involved/become-a-director-of-kccs/.



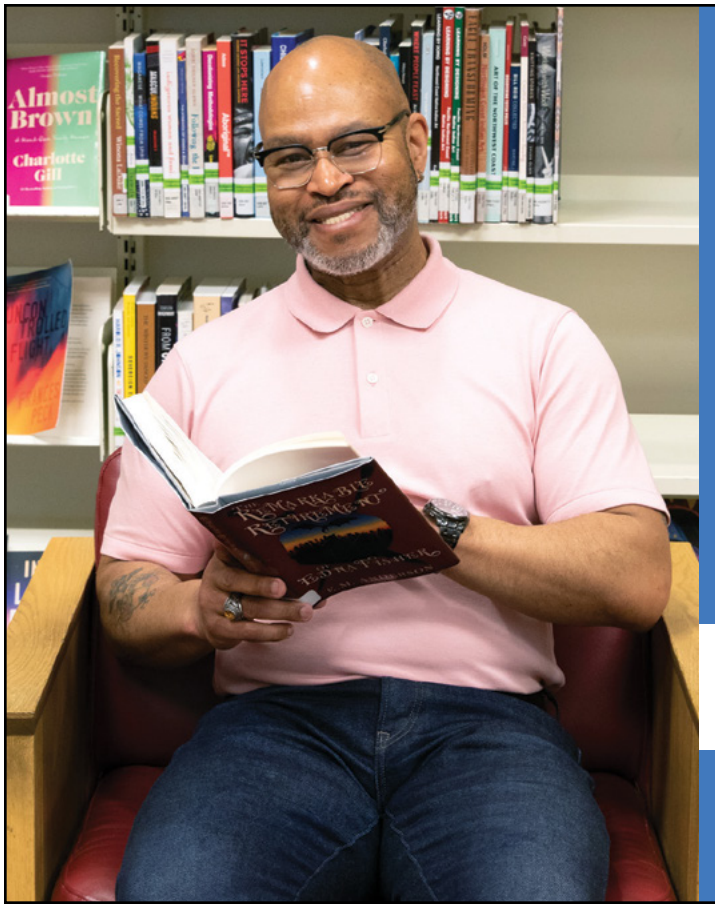
KERRISDALE COMMUNITY GARDEN

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

Winter finds KCG members admiring gorgeous foliage, cleaning plots, and planning next year's garden. The year has been bountiful. 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

VPL VANCOUVER PUBLIC LIBRARY

Lunar New Year Family Storytime and Crafts • 5-12 yrs

Celebrate Lunar New Year with Mandarin picture-book stories, English support, simple games and a festive craft. Children attend with a parent or caregiver. Only the child needs to register. Presented by Canadian Harmony Foundation and New Concept Chinese School.

Su	4:00 PM-5:00 PM	Feb 07
◗651521		$5/1 sess



Lunar New Year Event • 55+ yrs

Celebrate Lunar New Year at Kerrisdale Community Centre! Featuring performances, sing alongs, dance alongs and games with prizes. Please register!

M	1:15 PM-3:00 PM	Feb 08
◗654819		Free; registration required



B.C. Family Day • 12+ yrs

Celebrate Family Fun Day with a day full of laughter, play, and unforgettable family moments! Enjoy an exciting bouncy castle, fun-filled games, creative crafts, and engaging kids' activities. Bring your loved ones, join in the fun, and make lasting memories together in a welcoming, family-friendly atmosphere. No registration required—just drop in and join the fun!

M	11:00 AM-1:00 PM	Feb 15
◗650870	Free	

Pottery Painting • Feb 15 • $10/sess

◗655669	11:00 AM
◗655670	11:45 AM
◗655671	12:30 PM



Julia Robinson Mathematics Festival All Ages

Join us for a free family math festival! Explore our hands-on puzzles, designed to be both fun and mathematically rich. The activities encourage curiosity and problem-solving, with multiple ways to get started and opportunities to explore increasingly challenging ideas. No special math knowledge is needed, and everyone can participate at their own level.

Sa	3:00 PM-4:30 PM	$0/1 sess
◗655368	Feb 6	
◗655397	Mar 6	

Instructor: Julia Robinson Mathematics Festival



Easter Extravaganza • 2-10 yrs

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

M	11:00 AM-1:00 PM	Mar 29
◗650872	Free	

Egg Hunt • Mar 29 • $5/sess

◗655659	11:00 AM
◗655660	11:20 AM
◗655661	11:40 AM
◗655662	12:00 PM
◗655663	12:20 PM
◗655664	12:40 PM

Egg Painting • Mar 29 • $5/sess

◗655665	11:00 AM
◗655666	11:30 AM
◗655667	12:00 PM
◗655668	12:30PM

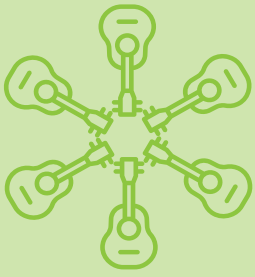


Spring Concert Simply Band • All Ages

Simply Band will present a Spring concert on Saturday, April 10, 2027 from 2–3pm in the auditorium. Seats are limited (70 seats), first come, first served. No registration required.

Sa	2:00 PM-3:00 PM	Apr 10
◗644353	FREE • Registration required	

Instructor: Deberah Shears



Spring Break Day Camps

KERRISDALE DAYCAMP

Spring Break Daycamp 5-12 yrs
Enjoy a mix of sports, entertainers, out trips, games, art, dance, and theatre, inside and outside (if weather permits). Please see online description for additional important info.
M Tu W Th F 9:00 AM-4:00 PM Mar 15-Mar 19
650810 $185/5 sess
M Tu W Th 9:00 AM-4:00 PM Mar 22-Mar 25
650809 $148/4 sess

ART

Anime Manga Drawing Workshop 6-12 yrs
Calling all otaku kids! Learn to draw cute, manga-inspired characters, accessories, and costumes while developing artistic techniques and creativity in this fun Japanese-style art workshop.
M Tu W Th F 9:15 AM-12:15 PM Mar 15-Mar 19
650347 $220/5 sess
Instructor: Young Rembrandts

Cartoon Stories Workshop 6-10 yrs
Create fun, story-based drawings featuring human and animal cartoon characters! Children will explore facial expressions, body language, and storytelling through multiple drawings each day.
M Tu W Th F 12:45 PM-3:45 PM Mar 15-Mar 19
650349 $220/5 sess
Instructor: Young Rembrandts

EDUCATION

Brick-Bit Arcade Camp 5-10 yrs
Explore the world of 8-bit video games with LEGO! We will build up to three projects per session using LEGO bricks, Technic pieces, and electric motors while developing creativity and problem-solving skills.
M Tu W Th 9:30 AM-12:30 PM Mar 22-Mar 25
650804 $176/4 sess
Instructor: Reach Education Inc.

LEGO Out of This World Camp 5-10 yrs
Explore the future of space with LEGO! Children will build up to three projects per session using LEGO bricks, Technic pieces, and electric motors while developing creativity and problem-solving skills. Supplies included.
M Tu W Th 1:00 PM-4:00 PM Mar 22-Mar 25
650803 $176/4 sess
Instructor: Reach Education Inc.

EDUCATION

Little Doctors Academy Camp
Explore real medical science through fun, age-appropriate activities! Children will build confidence in science, critical thinking, and health literacy through hands-on learning.
6-9 yrs
M Tu W Th F 10:00 AM-12:00 PM Mar 15-Mar 19
650364 $250/5 sess
9-12 yrs (Healthy Senses)
M Tu W Th 10:00 AM-12:00 PM Mar 22-Mar 25
650363 $250/4 sess
Instructor: Little Doctors Academy

Tech Quest: Robotics, AI & Minecraft Camp 7-11 yrs
Explore robotics, artificial intelligence, and Minecraft! Campers will design and program robots, discover AI concepts, and tackle creative challenges while developing coding, engineering, and problem-solving skills.
M Tu W Th F 9:00 AM-3:00 PM Mar 15-Mar 19
651585 $500/5 sess
Instructor: Wize Computing Academy

Digital Makers: App Development, 3D Printing & STEM 7-11 yrs
Explore digital creativity and innovation through mobile app development, 3D modelling and printing, AI in Minecraft, and hands-on STEM challenges.
M Tu W Th F 9:00 AM-3:00 PM Mar 22-Mar 26
651588 $500/5 sess
Instructor: Wize Computing Academy

Inventors & Inventions Camp 6-11 yrs
Children will tackle fun challenges using basic materials, simple machines, and creative thinking. They'll build catapults, forts, light sticks, and working circuits while exploring famous inventions and developing problem-solving skills.
M Tu W Th F 9:00 AM-3:00 PM Mar 15-Mar 19
650358 $390/5 sess
Instructor: STEAM 4 Kids

Space Explorer Camp 6-11 yrs
Explore the wonders of space! Children will discover rocket science, the solar system, and space phenomena while learning about astronomy and experiencing life as an astronaut. A stellar adventure awaits!
M Tu W Th F 9:00 AM-3:00 PM Mar 22-Mar 26
650359 $390/5 sess
Instructor: STEAM 4 Kids

The Kerrisdale Community Centre reserves the right to re-evaluate a participant's registration if:
- The participant's needs cannot be safely met
- The participant poses a danger to themselves or others
- Staff are unable to support the care level necessary for a participant's safe and successful program experience
- The participant's medical, physical or behavioural condition is significantly different to what was disclosed

DANCE

Frozen Ballet Dance Camp 4-6 yrs
Little dancers will twirl through ballet basics to music from Frozen, building confidence, coordination, and imagination. No experience needed; costumes welcome! Enjoy a special showcase on the final day. More info: www.kirbysnelldance.com
M Tu W Th 12:30 PM-1:45 PM Mar 22-Mar 25
650910 $99/4 sess
Instructor: Endorphin Rush Dance

K-Pop Demon Hunters 6-10 yrs
Learn K-Pop inspired choreography, play fun games, and create your own Demon Hunter persona with special powers and flair! A high-energy camp that builds confidence, creativity, and friendships. More info: www\.KirbySnellDance.com
Full Day Camp
M Tu W Th F 9:15 AM-3:15 PM Mar 15-Mar 19
650906 $465/5 sess
Half Day Camp
M Tu W Th 9:30 AM-12:00 PM Mar 22-Mar 25
650908 $180/4 sess
Instructor: Endorphin Rush Dance

POTTERY

Pottery Camp
Enjoy a creative week of pottery and arts! Learn hand-building and pottery wheel techniques, with activities suitable for beginners and returning students. Includes outdoor breaks; please bring a lunch and water bottle.
6-8 yrs
M Tu W Th F 10:00 AM-2:00 PM Mar 15-Mar 19
651457 $206/5 sess
9-12 yrs
M Tu W Th F 2:30 PM-5:00 PM Mar 15-Mar 19
651458 $171/5 sess
Instructor: Janine Schroedter



ART

Art Jam 4-5 yrs

Create concept drawings, learn about colour palettes and develop freehand drawing skills in this specialized class. Instructed by a former Disney animator. Drop-ins $27 (space permitting); not available on the last day.

Sa	9:30 AM-10:30 AM	Jan 09-Feb 06
◗650942		$108/5 sess
Sa	9:30 AM-10:30 AM	Feb 20-Mar 20
◗650951		$108/5 sess

Instructor: Happy Kids Studios

Preschool Drawing 3.5-5 yrs

New Year, New Art! Join Young Rembrandts as we develop fine motor skills, language development, and creativity through drawing. Young artists will use pencils, crayons, and markers to create exciting projects like Snow Globe, Cowboy (or Cowgirl) Hats, and Cityscape. Each lesson is designed to build artistic confidence while developing foundational drawing skills in a fun and engaging environment. Come draw with us!

M	3:15 PM-4:05 PM	Jan 18-Mar 08
◗650831		$158/7 sess

Instructor: Young Rembrandts

B.C. Family Day • 12+ yrs

Celebrate Family Fun Day with a day full of laughter, play, and unforgettable family moments! More info on page 6.



DANCE

Little Ballerinas 3-5 yrs

Young ballerinas explore the fun and beauty of ballet while learning the basic techniques. They will love playing with their creative expression in this fun class. Children must be able to participate without a parent in the room. There will be a presentation on the last day of class. www.KirbySnellDance.com. Drop-ins $16, space permitting.

Tu	10:00 AM-10:45 AM	Jan 19-Mar 09
◗650921		$120/8 sess
Su	9:30 AM-10:15 AM	Jan 17-Mar 14
◗650914		$135/9 sess
Su	1:55 PM-2:40 PM	Jan 17-Mar 14
◗650920		$135/9 sess

Instructor: Endorphin Rush Dance

Mini Hip Hop Breakers 3-5 yrs

This non-stop action-packed class includes hip hop, basic breakdancing, and dance games! Children must be able to participate without a parent in the room. There will be a presentation on the last day of class. www.KirbySnellDance.com. Drop-ins $16, space permitting.

Tu	10:45 AM-11:30 AM	Jan 19-Mar 09
◗650927		$120/8 sess

Instructor: Endorphin Rush Dance

My First Dance Class 2-4 yrs

An introduction to creative dance. Aspiring little dancers will use songs, movement and games to explore coordination, rhythm, spatial awareness and cooperation. This class for the youngest of dancers to experience a playful class with the support of their parents being present. Parent / guardian participation required. www.KirbySnellDance.com. Drop-ins $16, space permitting.

Tu	9:15 AM-10:00 AM	Jan 19-Mar 09
◗650924		$120/8 sess

Instructor: Endorphin Rush Dance

EDUCATION

ABC's and 123's 3-5 yrs

In this class, your child will have fun learning the alphabet and identifying numbers and colours. Using play-based and storytelling activities, we will practice letter recognition and counting while building on your child's speaking and listening skills. Focus will be also placed on fostering the growth mindset as well as following instructions, taking turns, and sharing ideas in a cooperative and respectful way. No class Feb 14.

Su	9:15 AM-10:00 AM	Jan 10-Mar 14
◗651181		$189/9 sess

Instructor: Ready To Set Goals

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 Feb 14.

Su	10:05 AM-10:50 AM	Jan 10-Mar 14
◗651182		$189/9 sess

Instructor: Ready To Set Goals

EDUCATION

Science for Preschoolers 3-5 yrs

Enjoy engaging demonstrations, perform simple experiments and discover how science us undderstand our world! Our science preschool programs are engaging hands-on age-appropriate learning experiences exploring a specific topic each class. No class Feb 13.

Tu	9:30 AM-10:15 AM	Jan 05-Mar 02
◗650350		$180/9 sess
Sa	9:30 AM-10:15 AM	Jan 09-Mar 06
◗650357		$160/8 sess

Instructor: STEAM 4 Kids

MUSIC

Group Piano for Preschoolers 3-5 yrs

A fun musical adventure through our Group Piano for Preschoolers. Our lessons include piano playing, music games, listening, singing, reading music notations and playing rhythmic activities. Parent participation is optional. No class Feb 14.

Su	10:05 AM-10:50 AM	Jan 03-Mar 14
◗651276		$270/10 sess
Su	10:55 AM-11:40 AM	Jan 03-Mar 14
◗651275		$270/10 sess

Instructor: Gloria Yu

Group Ukulele Circle for Preschoolers 3-5 yrs

Learn ukulele basics in this fun and stress-free program. Singing songs, playing music games and learning to read the music notes and chords. Ukulele are provided for the students who did not have their own ukuleles. Parent participation is optional. No class Feb 14.

Su	9:15 AM-10:00 AM	Jan 03-Mar 14
◗651273		$270/10 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. Our research-based curriculum is included and supports your music-making at home all week. Parent participation is required. Sibling discounts apply, newborns under 6 months are free with a registered sibling. $65 licensing fee non-refundable after first class.

W	Jan 13-Mar 10	$227/9 sess
◗650934	9:30 AM-10:15 AM	
◗650935	10:30 AM-11:15 AM	
◗650936	11:30 AM-12:15 PM	

Instructor: Music Together

MUSIC

Zumbini 0-5 yrs

Sing, dance and bond with your little one in Zumbini®, a fun 45-minute music and movement program for ages 0–5, created by Zumba® and BabyFirst. This session features TJ and His PJ. Parent participation is required. Siblings receive 25% off, and children 6 months and under attend free with a registered sibling. Optional Zumbini® bundle available for an additional fee. Non-refundable after the second class. No class Feb 15.

M	Jan 04-Mar 08	$180/9 sess
◗650819	9:30 AM-10:15 AM	
◗650820	10:30 AM-11:15 AM	

Instructor: Maayan Amitov

POTTERY

Pottery • Parent & Child 2-6 yrs

Spend some bonding time with your little one making pottery. You will make different projects in each class such as a print of your little one's hand. Children must be accompanied by one adult and only siblings who are registered may attend. No registration after the 3rd class. No class Feb 14.

Su	Jan 10-Mar 07	$128/8 sess
◗651465	9:30 AM-10:30 AM	
◗651467	10:45 AM-11:45 AM	
◗651468	12:00 PM-1:00 PM	

Instructor: Renee Chan

SOCIAL

Parent & Tot Gym 0-5 yrs

This drop-in gym program encourages multi-age interaction and helps develop social skills through play. Make new friends and connections in the community while you and your child play together! Parent participation is mandatory for this class. Drop-in: $3.50; 10-visit card: $30. Socks required. No session Feb 15.

M W	10:30 AM-12:00 PM	Jan 04-Mar 10
◗651552		$3.50/sess

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 Feb 14.

Su	9:45 AM-10:45 AM	Jan 17-Mar 21
◗651299		$54/9 sess

Instructor: Sanjana Bhasin

Sportball Junior 1.3 to <2 yrs

Toddlers and parents/caregivers focus on physical movements and social exploration, learn fundamental sport skills and participate in creative motor games, songs, stories and more. Children are challenged according to their individual skill level and coaches help grownups understand proven teaching techniques that can be applied outside of Sportball classes.

Tu	10:15 AM-11:00 AM	Jan 12-Mar 09
◗651077		$176/9 sess

Instructor: Sportball Vancouver

Sportball Multisport 3.5-5 yrs

This program is designed to guide children through the introductory skills in a number of different ball sports. Games and skills are taught in a fun and creative manner by using story lines to encourage participation. All programs are non-competitive and focus on success while building confidence.

Tu	3:45 PM-4:45 PM	Jan 12-Mar 09
◗651075		$176/9 sess

Instructor: Sportball Vancouver

Sportball Parent & Child 2-3 yrs

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

Tu	11:00 AM-11:45 AM	Jan 12-Mar 09
◗651076		$176/9 sess

Instructor: Sportball Vancouver

Children



ART

Cartooning 6-8 yrs

Learn to tell stories through drawings and by working on character development, thumbnails, layout pages, panelling and more. Instructed by a former Disney animator. Drop-ins $27 (space permitting); not available on the last day.

Sa	10:40 AM-11:40 AM	Jan 09-Feb 06
◗650943		$108/5 sess
Sa	10:40 AM-11:40 AM	Feb 20-Mar 20
◗650949		$108/5 sess

Instructor: Happy Kids Studios

Character Design 9-12 yrs

Focus on creating appealing characters in animation, comics, games and more. Instructed by a former Disney animator. Drop-ins $27 (space permitting); not available on the last day.

Sa	11:50 AM-12:50 PM	Jan 09-Feb 06
◗650944		$108/5 sess
Sa	11:50 AM-12:50 PM	Feb 20-Mar 20
◗650950		$108/5 sess

Instructor: Happy Kids Studios

Cartooning with Young Rembrandts 6-12 yrs

Bring out your child's inner artist while keeping them smiling from ear to ear. This season, artists will draw Stylish Dogs, Wild Monkeys, Funny Bunnies, and plenty of other silly scenes designed to sharpen drawing skills while encouraging imagination and humor. Come draw with us! No class Feb 15.

M	4:15 PM-5:15 PM	Jan 18-Mar 08
◗650832		$158/7 sess

Instructor: Young Rembrandts

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

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

Sa	1:00 PM-3:00 PM	Jan 09-Mar 13
◗647295		$335/10 sess

Instructor: Mohammad Reza Atashzad

Drawing and Painting for Kids & Youth 7-18 yrs

In this class students will learn how to draw, shape and form images in perspective while creating compositional structures. We will explore topics including landscape, still life, flowers, figures and more. Please bring any drawing and colouring material (coloured pencils, art markers, watercolours, pastels, acrylics, etc) to the first class. Visit: www.atashzad.com (Supplies are not included, supply list will be on receipt notes. Drop-in $39 (space permitting and instructor approval)

Sa	10:30 AM-12:30 PM	Jan 09-Mar 13
◗647290		$335/10 sess

Instructor: Mohammad Reza Atashzad

DANCE

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

Bring your family for a fun-filled Jazz and Hip Hop class! Learn dance fundamentals together, no experience required! A parent/guardian/family member aged 19+ must participate with a child. Only the child registers; adult participation is included. Additional siblings receive a 50% discount. Drop-in: $21 per pair and $10.50 per additional sibling, space permitting. Follow us on FB/IG @PraiseTEAMstudio.

F	6:00 PM-7:00 PM	Jan 08 (trial)
◗651590		$5/1 sess
F	6:00 PM-7:00 PM	Jan 15-Mar 12
◗651591		$150/9 sess

Instructor: Praise TEAM

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

Experience high-energy cardio Korean and Asian Pop Music Dance and Hip Hop fundamentals! Refine your technique with cardio dance skills, footwork, isolations, and stretches. Meet friends, have fun, and embrace new challenges. No experience required. Age 10+ students can also register for our 2nd class 4:30 PM-6:00 PM #650806. Drop-in: $23, space permitting.

F	3:30 PM-4:30 PM	Jan 08-Mar 12
◗650805		$190/10 sess

Instructor: Praise TEAM

Spring Break Day Camps

Art, pottery, dance, and educational programs.

See page 7 for more info.

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Easter Extravaganza

Ages 2-10 yrs
Monday March 29

More info on page 6.

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DANCE

Kids Intro to Hawaiian Dance — 5-12 yrs

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

W	5:30 PM-6:15 PM	Jan 06-Mar 24
◗647243		$120/12 sess

Instructor: Paul Latta Dance

Hip Hop Breakers — 6-9 yrs

Calling all b-boys and girls! This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats. Through the season we will work on a choreographed dance. Please bring a filled water bottle each day. Get Ready to Cheer: There will be a presentation on the last day of class for dancers to showcase what they learned. www.KirbySnellDance.com.

Su	1:05 PM-1:50 PM	Jan 17-Mar 14
◗650919		$135/9 sess

Instructor: Endorphin Rush Dance

Jazz / Ballet — 4-6 yrs

Children will learn a variety of ballet exercises as well as the basic fundamentals of jazz dance while developing their own creative expression. They will jump and turn with delight in this fun and high energy class. Children must be able to participate without a parent in the room. There will be a presentation on the last day of class for dancers to showcase what they learned. www.KirbySnellDance.com.

Su	11:10 AM-11:55 AM	Jan 17-Mar 14
◗650917		$135/9 sess
W	4:15 PM-5:00 PM	Jan 20-Mar 10
◗650922		$120/8 sess

Instructor: Endorphin Rush Dance

Little Ballerinas — 4-6 yrs

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

Su	10:20 AM-11:05 AM	Jan 17-Mar 14
◗650916		$135/9 sess

Instructor: Endorphin Rush Dance

Mini Hip Hop Breakers — 4-6 yrs

Hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats! Children must be able to participate without a parent in the room. There will be a presentation on the last day of class for dancers to showcase what they learned. www.KirbySnellDance.com.

Su	12:15 PM-1:00 PM	Jan 17-Mar 14
◗650923		$135/9 sess
W	3:30 PM-4:15 PM	Jan 20-Mar 10
◗650926		$120/8 sess

Instructor: Endorphin Rush Dance

EDUCATION

Chess Tournament — 5-16 yrs

Time control: 10 minutes + 5 seconds increment per move. Touch Move rule in effect. Scoresheets will be provided, but they are optional. 6 rounds total with a short break between rounds.

F	5:00 PM-8:00 PM	$20/1 sess
◗651122	Jan 22	
◗651128	Feb 19	
◗651129	Mar 12	

Instructor: Ashton Taylor

Chess • Beginner

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 Feb 14.

4-7 yrs

Su	9:30 AM-10:25 AM	Jan 10-Mar 14
◗651112		$149/9 sess

7-12 yrs

Su	10:30 AM-11:25 AM	Jan 10-Mar 14
◗651113		$149/9 sess

Instructor: Ashton Taylor

Chess • Intermediate

Learn chess notation, basic endgames, and strategy by studying classic short games and your own games. Includes simple puzzles and optional game presentations. Difficulty is adjusted to students' levels. Drop-ins $20, space permitting. No class Feb 14.

5-9 yrs

Su	11:30 AM-12:25 PM	Jan 10-Mar 14
◗651114		$149/9 sess

7-11 yrs

Su	12:30 PM-1:25 PM	Jan 10-Mar 14
◗651115		$149/9 sess

Instructor: Ashton Taylor

EDUCATION

Chess • Advanced

Improve your competitive chess skills through model games, opening principles, endgame theory, tactical puzzles, and personalized game feedback. Students are expected to play regularly outside of class and submit games for review. Ideal for those preparing for tournaments. Drop-ins $30, space permitting. No class Feb 14.

7-11 yrs

Su	2:30 PM-3:55 PM	Jan 10-Mar 14
◗651117		$221/9 sess

10-16 yrs

Su	4:00 PM-5:25 PM	Jan 10-Mar 14
◗651118		$221/9 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. No class Feb 12.

F	3:35 PM-4:35 PM	Feb 05-Mar 05
◗651021		$0/4 sess

Instructor: Dorothy Lee

Fun with Storytelling & Writing

In this class, 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. This class is ideal for students who want to boost their early writing skills. No class Feb 14.

6-9 yrs

Su	10:55 AM-11:40 AM	Jan 10-Mar 14
◗651185		$189/9 sess

9-12 yrs

Su	11:45 AM-12:45 PM	Jan 10-Mar 14
◗651184		$234/9 sess

Instructor: Ready To Set Goals

Birthday Parties at Kerrisdale CC

See page 3 for more info.



EDUCATION

Science Fundamentals 9-12 yrs

A STEM program featuring hands-on experiments and activities in biology, physics, and chemistry. Led by high-achieving youth students with advanced subject knowledge, the course 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. New topics every season!

Su	11:00 AM-12:30 PM	Jan 10-Mar 07
◗651287		$85/9 sess

Instructor: LABRATS

Let's Boost Reading 6.1-7 yrs

A one to one weekly reading session for students in grade one or two. Books are selected by students, (home reading or library books at current reading level). Emphasis on story enjoyment, comprehension and sounding out words. Not for Kindergarten. This class will build a lifelong love of reading! Please register for one weekly class only.

Tu	Jan 05-Mar 23	$312/12 sess
◗651480	3:30 PM-4:00 PM	
◗651486	4:05 PM-4:35 PM	
◗651487	4:40 PM-5:10 PM	
W	Jan 06-Mar 24	$312/12 sess
◗651481	3:30 PM-4:00 PM	
◗651488	4:05 PM-4:35 PM	
◗651489	4:40 PM-5:10 PM	
Th	Jan 07-Mar 25	$312/12 sess
◗651482	3:30 PM-4:00 PM	
◗651490	4:05 PM-4:35 PM	
Sa	Jan 09-Mar 27	$312/12 sess
◗651484	9:40 AM-10:10 AM	
◗651491	10:20 AM-10:50 AM	
◗651493	11:00 AM-11:30 AM	
Su	Jan 10-Mar 28	$312/12 sess
◗651479	10:00 AM-10:30 AM	
◗651485	10:40 AM-11:10 AM	
◗651494	11:20 AM-11:50 AM	

Instructor: Martha Guss

Roots4Care 6-11 yrs

Roots4Care, led by ambitious youth leaders, aims to help children reconnect with nature through hands-on workshops and outdoor activities. Children will explore the importance of plants, learn how nature supports well-being, and discover how caring for the environment today can help build a healthier future.

Tu	4:00 PM-5:00 PM	Jan 05-Mar 09
◗654655		$10/10 sess

Instructor: Roots4Care

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	Jan 07-Mar 04
◗650354		$169/9 sess
Gr. 3 & 4		8-9 yrs
Th	6:00 PM-6:50 PM	Jan 07-Mar 04
◗650355		$169/9 sess

Gr. 5 & 6 • 10-11 yrs

Th	7:00 PM-7:50 PM	Jan 07-Mar 04
◗650353		$169/9 sess

Instructor: STEAM 4 Kids

Science for Kids 6-10 yrs

Spark imaginative learning! These hands-on science programs are themed around a particular area of science. Children engage in exciting hands-on activities, watch spectacular demonstrations, and take home things that relate to what they learnt that day. No class Feb 13.

Sa	10:30 AM-11:30 AM	Jan 09-Mar 06
◗650356		$160/8 sess

Instructor: STEAM 4 Kids

WeDo Robotics 6-10 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	Feb 09-Mar 02
◗651195		$120/4 sess

Instructor: Tomorrow's Playground

AR World Builders 8-12 yrs

Using CoSpaces Edu, students will learn to code and build interactive 3D worlds with characters, objects, and environments. They'll explore augmented and virtual reality while bringing their creations to life through coding, creative projects, and digital design challenges. No class Feb 13.

Sa	11:45 AM-1:15 PM	Jan 23-Mar 06
◗651509		$240/6 sess

Instructor: Wize Computing Academy

Creative Coders & 3D Makers 6-8 yrs

Students will explore coding through ScratchJr while creating interactive stories, games, and animations. They'll also use 3D pens to design and build creative projects, developing coding, problem-solving, creativity, and design skills through hands-on activities. No class Feb 13.

Sa	10:00 AM-11:30 AM	Jan 23-Mar 06
◗651508		$240/6 sess

Instructor: Wize Computing Academy

Code & Create with Python: Level 1 NEW 9-14 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	Jan 09-Feb 13
◗651389		$150/6 sess

Instructor: Zoie Hou

Code & Create with Python: Level 2 NEW 9-14 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. Laptop required.

Sa	1:30 PM-3:00 PM	Feb 20-Mar 06
◗651388		$150/3 sess

Instructor: Zoie Hou

Math Club 10-13 yrs

Do you have an interest for math? Want to join the competitive world of math contests? Join our new youth-led program for Girls+! We will prepare for the following contests: Canadian Math Kangaroo, Mathematica Contests (Pythagoras for Grade 6 and Euler for Grade 7) and Gauss 7. Please bring your own writing tools and notebook. No class Feb 13.

Sa	2:00 PM-3:00 PM	Jan 16-Mar 13
◗651088		$0/8 sess

Instructor: GirlsCan Compute

FOOD

Cook and Bake with Lily — 8-12 yrs

Cook and Bake is back for the Winter with fun recipes like banana bread, mac and cheese, puff pastry danishes, roasted potatoes with chicken drumsticks and more. Parents must notify info@soapifystudio.com of any allergies/dietary restrictions as last-minute recipe changes may not be possible.

M	4:00 PM-6:00 PM	Jan 04-Feb 01
◗650939		$191/5 sess

Cook and Bake with Lily — 8-12 yrs

Join us and make fun recipes like Valentine's jam cookies, pizza, coconut chia pudding, baked egg cups and more. Parents must notify info@soapifystudio.com of any allergies/dietary restrictions as last-minute recipe changes may not be possible. No class Feb 15.

M	4:00 PM-6:00 PM	Feb 08-Mar 08
◗650940		$153/4 sess

Instructor: Lily Sum

Baking for Beginners — 6-12 yrs

Children will create delicious treats from scratch with pastry chef Camille Bourdon in a fun, friendly environment. From cakes and cookies to muffins and more, children will take home their tasty creations and recipes to enjoy baking together at home.

Th	3:45 PM-5:15 PM	Jan 14-Feb 11
◗651385		$165/5 sess

Instructor: Camille Bourdon

LANGUAGE

Mandarin Fun for Beginners — 4-6 yrs

Children learn alongside their parents through picture books, games, songs and simple crafts. Stories and activities are in Mandarin with English support. One or two accompanying adults per child are included. Only the child needs to register. No session Feb 14.

F	11:30 AM-12:30 PM	Jan 08-Mar 12
◗651520		$150/10 sess
Su	10:00 AM-11:00 AM	Jan 10-Mar 21
◗651519		$150/10 sess

Instructor: Diya Peng

LANGUAGE

Spanish: Children Beginners I — 6-9 yrs

Hola amigos! This program offers a fun class in which children learn Spanish through stories, games and songs. Registration only; no drop-ins. Please speak with instructor if registering past the 3rd class.

Tu	3:30 PM-5:00 PM	Jan 12-Mar 09
◗651084		$161/9 sess

Instructor: Eliana Rolando

POTTERY

Family Pottery Animal Sculpture — 7-12 yrs

Does your family have a favourite pet you would love to create out of clay? Or maybe a capybara or axolotl? For this workshop families will work as a team to sculpt and decorate their creature. Pottery pick up will be on/after April 9. Please only register the child; accompanying adult participation required.

W	6:00 PM-7:30 PM	Mar 17
◗651461		$27/1 sess

Instructor: Janine Schroedter

Family Pottery • Mugs — 7-12 yrs

Have a fun time making cups you and your family can use at home. You and your child will both create and decorate a small mug. Be creative with your design! Pottery pick up will be on/after April 9. Please only register the child; accompanying adult participation required.

Tu	6:00 PM-7:30 PM	Mar 16
◗651459		$27/1 sess

Instructor: Janine Schroedter

Hand and Wheel with Janine — 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	Jan 07-Mar 11
◗651397		$171/10 sess

Instructor: Janine Schroedter

SOCIAL

Kerrisdale Pre-teen Group — 9-12 yrs

Looking for a fun group for pre-teens? Want to meet new friends? Join us at Kerrisdale Community Centre for weekly activities that include crafts, games, short walking outings, and programs that incorporate leadership development! Waivers must be completed prior to participation. Registration is required.

Th	3:30 PM-5:00 PM	Jan 14-Mar 11
◗651553		$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.

Tu	3:30 PM-5:00 PM	Jan 05-Mar 23
◗651554		$46/12 sess

Instructor: Susan Kita

Basketball Games, Skills & Drills

This fun and active program emphasizes skill development, games and drills in a safe and welcoming environment. Drop-in players allowed, space permitting: $7.50. No class Feb 14.

7-10 yrs

Su	8:45 AM-9:45 AM	Jan 17-Mar 21
◗651297		$54/9 sess

10-13 yrs

Su	10:45 AM-11:45 AM	Jan 17-Mar 21
◗651298		$54/9 sess

Instructor: Sanjana Bhasin

Basketball for Boys Skills & Drills — 9-13 yrs

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

Th	5:15 PM-6:30 PM	Jan 07-Mar 25
◗651556		$90/12 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	Jan 07-Mar 25
◗651557		$90/12 sess

Instructor: Kenny Yau

Children

SPORTS

Recreational Gymnastics 6-10 yrs

This kids program focuses on building the foundations of gymnastics in a fun and supportive environment. Children will develop balance, coordination and flexibility through age-appropriate exercises and activities. With our experienced coaches, we guide them step by step to gain confidence in various gymnastic skills such as rolls, handstands, cartwheels, and basic routines on the bars and beams. No class Feb 15.

M 3:30 PM-4:30 PM Jan 11-Mar 08
653052 $224/8 sess

Instructor: Flygym Vancouver

Fast & Fit 7-12 yrs

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, improving athletic skills and speed with competitive fun games, drills and relays.

W 3:30 PM-4:30 PM Jan 06-Mar 10
651558 $145/10 sess

Instructor: Game Ready

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 Feb 15.

M 3:30 PM-5:00 PM Jan 04-Mar 08
651559 $189/9 sess

Instructor: Game Ready

Parent & Child Pickleball 7+ yrs

Youth ages 7–17 must register with an adult partner (18+); participants not registered as a family may be withdrawn or transferred. Paddles are provided.

Sa 3:00 PM-4:30 PM Jan 09-Feb 06
651217 $195/5 sess
Sa 3:00 PM-4:30 PM Feb 13-Mar 20
651263 $234/6 sess

Instructor: Precision Tennis Inc.

Junior Beginner Pickleball 7-10 yrs

Pickleball is easy to learn, promotes teamwork, encourages social interaction, and helps kids stay healthy and engaged. This class develops basic techniques with a focus on building coordination, confidence and rally skills through point-based games. Classes are structured to ensure appropriate challenge for all skill levels. Paddles are provided.

Sa 2:00 PM-3:00 PM Jan 09-Feb 06
651215 $130/5 sess
Sa 2:00 PM-3:00 PM Feb 13-Mar 20
651265 $156/6 sess

Instructor: Precision Tennis Inc.

Youth Beginner Pickleball 11-14 yrs

Pickleball is more than just fun, it's easy to learn, promotes teamwork, and helps kids stay healthy and engaged. This class develops fundamental rally techniques with a focus on building coordination, confidence and rally skills through point-based games. Classes are structured to ensure appropriate challenge for all skill levels. Paddles are provided.

Sa 4:30 PM-5:30 PM Jan 09-Feb 06
651216 $130/5 sess
Sa 4:30 PM-5:30 PM Feb 13-Mar 20
651261 $156/6 sess

Instructor: Precision Tennis Inc.

Junior Soccer (Beginner) 6-8 yrs

A fun, beginner friendly indoor 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 $15, space permitting.

F 5:00 PM-5:55 PM Jan 08-Jan 29
651188 $48/4 sess
F 5:00 PM-5:55 PM Mar 05-Mar 26
651191 $48/4 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 indoor environment. Drop-in $15, space permitting.

F 4:00 PM-4:55 PM Jan 08-Jan 29
651189 $48/4 sess
F 4:00 PM-4:55 PM Mar 05-Mar 26
651193 $48/4 sess

Instructor: Kaman (KJ) Johal

Youth Soccer 9-12 yrs

Designed for players ready to take their skills to the next level. This faster-paced program focuses on technical development, game awareness, and decision-making through challenging drills and game-based activities — all while maintaining a fun, positive, and supportive indoor environment. Drop-in: $15; space permitting.

F 6:00 PM-6:55 PM Jan 08-Jan 29
651190 $48/4 sess
F 6:00 PM-6:55 PM Mar 05-Mar 26
651192 $48/4 sess

Instructor: Kaman (KJ) Johal

Sportball Multisport 5-7 yrs

This program is designed to guide children through the introductory skills in a number of different ball sports. Games and skills are taught in a fun and creative manner by using story lines to encourage participation. All programs are non-competitive and focus on success while building confidence.

Tu 4:45 PM-5:45 PM Jan 12-Mar 09
651074 $176/9 sess

Instructor: Sportball Vancouver

Open Gym January 2–March 27

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.

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MARTIAL ARTS

Axe Capoeira Mini 2-6 yrs

JANUARY PROMOTION — 50% off. We are now excited to offer a Capoeira course to introduce your child to the basic fundamentals of the art form. This starter course will cover basic kicks, movements, and acrobatics, as well as teach you basic music skills and about the history of Capoeira. We will also cover the correct techniques to prepare you physically to transition into the next level of classes. Drop-in $20 (space permitting).

M	5:15 PM-6:00 PM	Jan 04-Jan 25
644361		$36/4 sess
M	5:15 PM-6:00 PM	Feb 01-Feb 22
644362		$54/3 sess
M	5:15 PM-6:00 PM	Mar 01-Mar 22
644363		$72/4 sess

Instructor: Julie Ali

Axe Capoeira Family 7+ yrs

JANUARY PROMOTION — 50% off. These are ongoing classes where anyone can join, no previous experience necessary. This course will introduce you to the basic fundamentals of the art form. This starter course will cover basic kicks, movements, and acrobatics, as well as teach you basic music skills and about the history of Capoeira. We will also cover the correct techniques to prepare you physically to transition into the next level of classes. Drop-in $22.5 (7-13 yrs) and $25 (14+) (space permitting).

M	6:15 PM-7:15 PM	Jan 04-Jan 25
644358		$36/4 sess
M	6:15 PM-7:15 PM	Feb 01-Feb 22
644359		$54/3 sess
M	6:15 PM-7:15 PM	Mar 01-Mar 22
644360		$72/4 sess

Instructor: Julie Ali

Axe Samba and Afro-Brazilian Dance 14+ yrs

JANUARY PROMOTION — 50% off. 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	Jan 04-Jan 25
644364		$34/4 sess
M	7:30 PM-8:30 PM	Feb 01-Feb 22
644365		$48/3 sess
M	7:30 PM-8:30 PM	Mar 01-Mar 22
644366		$63/4 sess

Instructor: Julie Ali

Gentle Method Jiu Jitsu NEW

All kids (under 16): Gentle Method JJ offers beginner-friendly Brazilian Jiu-Jitsu classes for children with age-specific programming that builds confidence, discipline, and self-defence skills with positional techniques and light sparring games. Classes focus on mobility and physical awareness, catering to all learning needs and levels. A full Gi (kimono & belt) uniform can be purchased upon request; instruction will be a blend of gi and no-gi. Please wear athletic clothing and check our website for more class details: gentlemethodjj.com.

Toddler • 3-6 yrs

Tu	3:30 PM-4:15 PM	Jan 05
647043	FREE TRIAL • Registration required	
Tu	3:30 PM-4:15 PM	Jan 12-Mar 23
647038		$231/11 sess

Kids • 7-9 yrs

Tu	4:30 PM-5:15 PM	Jan 05
647044	FREE TRIAL • Registration required	
Tu	4:30 PM-5:15 PM	Jan 12-Mar 23
647040		$231/11 sess

Teen• NEW • 10-15 yrs

Tu	5:30 PM-6:30 PM	Jan 05
647045	FREE TRIAL • Registration required	
Tu	5:30 PM-6:30 PM	Jan 12-Mar 23
647041		$231/11 sess

Instructor: Gentle Method Jiu Jitsu

Gentle Method Beginner Adult Jiu Jitsu NEW 16+ yrs

Adult description (16+): Gentle Method JJ offers beginner-friendly Brazilian Jiu-Jitsu classes for adults interested in self-defence, physical fitness, functional mobility, and a puzzle-like stress reliever. A full Gi (kimono & belt) uniform can be purchased upon request; instruction will be a blend of gi and no-gi. Please wear athletic clothing and check our website for more class details: gentlemethodjj.com.

Tu	6:30 PM-7:30 PM	Jan 05
647047	FREE TRIAL • Registration required	
Tu	6:30 PM-7:30 PM	Jan 12-Mar 23
647042		$243/11 sess

Instructor: Gentle Method Jiu Jitsu

Intro to Wushu Beginner 15+ 15+ 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 Feb 15. Drop-in $18 (space permitting).

M	7:00 PM-8:00 PM	Jan 04-Mar 29
647137		$192/12 sess

Instructor: Candice Wong

Wushu • Beginners 5-14 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 class.

Th	4:00 PM-4:45 PM	Jan 07-Mar 25
647170		$180/12 sess

Instructor: Candice Wong

Wushu Level 2+ Novice-Intermediate 5+ yrs

Wushu Level 2: Novice & Intermediate. 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 Feb 15. Drop-in $20 (space permitting).

M	5:00 PM-6:30 PM	Jan 04-Mar 29
647134		$216/12 sess

Instructor: Candice Wong

More Youth & Adult Martial Arts

See pages 20 & 24.

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Mixed Ages

MARTIAL ARTS

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 Feb 15 Drop-in $22 (space permitting)

M 5:00 PM-7:00 PM Jan 04-Mar 29
647135 $240/12 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 $22 (space permitting)

Th 5:00 PM-7:00 PM Jan 07-Mar 25
647171 $240/12 sess

Instructor: Candice Wong

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 Feb 15. No Drop-ins.

M 7:00 PM-8:00 PM Jan 04-Mar 29
647138 $202/12 sess

Instructor: Candice Wong

Martial Arts for Youth

See page 20.

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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. Please note that TEMA uniforms are required and available for an additional cost, and the instructor will take uniform orders on the first day of Taekwondo class.

Taekwondo: Intermediate • 5-12 yrs

F 4:30 PM-5:20 PM Jan 08-Mar 19
647122 $297/11 sess

Taekwondo: Beginner • 5-12 yrs

F 5:30 PM-6:20 PM Jan 08-Mar 19
647123 $297/11 sess

Taekwondo: 13+ All Levels • 13-60 yrs

F 6:30 PM-7:30 PM Jan 08-Mar 19
647124 $297/11 sess

Instructor: Third Eye Martial Arts

West River Karate Beginner/Novice 6-12 yrs

Our program will introduce the basics and fundamentals of traditional karate. The main emphasis of 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 Feb 15

M 5:00 PM-6:00 PM Jan 11-Mar 08
647267 $176/8 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 Feb 15.

M 4:30 PM-5:00 PM Jan 11-Mar 08
647266 $120/8 sess

Instructor: Kenny Lim

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

Sa 10:00 AM-11:30 AM Jan 09-Mar 27
647077 $341/12 sess

Instructor: Bahman Ebrahimi

Ken Shin Dojo • Jiu Jitsu 13+ yrs

This class is offered exclusively to current 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 Jan 09-Mar 27
647082 $278/12 sess

Instructor: Bahman Ebrahimi

Ken Shin Dojo Kickboxing 13+ yrs

This high energy non-contact sparring martial art will enhance your cardio-fitness, flexibility, speed, strength and endurance. You will learn standing techniques through a combination of target practice, kicking and punch bag drills. This is the ultimate combination in practical self defense. This class is suitable for all fitness levels. 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). For more info, please visit kenshindojo.ca or contact Sensei Bahman at sensei.bahman@kenshindojo.ca.

Sa 1:00 PM-2:00 PM Jan 09-Mar 27
647083 $278/12 sess
W 6:00 PM-7:00 PM Jan 06-Mar 24
647084 $278/12 sess

Instructor: Bahman Ebrahimi

FIRST AID

First Aid Offered by First Aid Pro

IMPORTANT: Please use the participant's email address when registering. Do not enter the parent/guardian's email address, as a Red Cross profile/account will be created specifically for the participant.

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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.

Su	9:15 AM-11:15 AM	$65/1 sess
651562	Jan 10	
652053	Feb 14	
651570	Mar 28	

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.

Su	9:15 AM-1:15 PM	$100/1 sess
651563	Jan 10	
652054	Feb 14	
651568	Mar 28	

Standard / Intermediate First Aid with CPR/AED C (Blended) — 13+ 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.

Su	9:15 AM-4:45 PM	$145/1 sess
651564	Jan 10	
652055	Feb 14	
651567	Mar 28	

Red Cross Babysitting — 11-16 yrs

This course covers everything from managing difficult behaviors to essential content on leadership and professional conduct as a babysitter. Babysitting promises to deepen and enhance the responsibility that older youth feel when caring for younger children. This updated curriculum, complete with new science, also provides improved learning when it comes to giving the appropriate care in the event of an emergency.

9:15 AM-4:15 PM		$85/1 sess
651574	Su	Jan 17
652058	Sa	Feb 20
651575	Su	Mar 14

Red Cross Stay Safe — 9-13 yrs

Real-world scenarios often call on children to respond to challenges. The Stay Safe program teaches applicable and age-appropriate skills, while increasing and reinforcing a youth's capacity to improve his or her own safety.

Sa	12:00 PM-4:00 PM	$75/1 sess
651577	Jan 09	
651578	Jan 30	
651579	Feb 27	
651581	Mar 13	

PRIVATE MUSIC LESSONS

Piano — 4-13 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. Please only register for one spot per season; those registered in more than one slot may be withdrawn.

Tu	Jan 05-Mar 09	$295/10 sess
650811	3:30 PM-4:00 PM	
650812	4:00 PM-4:30 PM	
650813	4:30 PM-5:00 PM	
650814	5:00 PM-5:30 PM	
650815	5:35 PM-6:05 PM	
650816	6:05 PM-6:35 PM	
650817	6:35 PM-7:05 PM	
650818	7:05 PM-7:35 PM	

Instructor: Beth Carroll

PRIVATE MUSIC LESSONS

Piano — 4+ yrs

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

W	Jan 06-Mar 10	$304/10 sess
651156	3:30 PM-4:00 PM	
651159	4:00 PM-4:30 PM	
651160	4:30 PM-5:00 PM	
651161	5:00 PM-5:30 PM	
651162	5:40 PM-6:10 PM	
651163	6:10 PM-6:40 PM	
651164	6:40 PM-7:10 PM	
651166	7:10 PM-7:40 PM	
F	Jan 08-Mar 12	$304/10 sess
651167	3:30 PM-4:00 PM	
651168	4:00 PM-4:30 PM	
651169	4:30 PM-5:00 PM	
651171	5:00 PM-5:30 PM	
651172	5:40 PM-6:10 PM	
651173	6:10 PM-6:40 PM	
651175	6:40 PM-7:10 PM	
651177	7:10 PM-7:40 PM	

Instructor: Daywuy Mejias

Piano — 8-17 yrs

Develop your own musical ability and appreciation in a fun, yet challenging atmosphere. Lessons are customized to your developmental level. Reading and writing music, exploring rhythm and understanding basic theory are fundamental components of this program. No previous experience is required but a piano to practice on is recommended. Additional cost for books. No class Feb 15.

M	Jan 11-Mar 08	$237/8 sess
650821	3:30 PM-4:00 PM	
650822	4:05 PM-4:35 PM	
650823	4:40 PM-5:10 PM	
650824	5:15 PM-5:45 PM	
650825	5:50 PM-6:20 PM	
650826	6:25 PM-6:55 PM	
650827	7:00 PM-7:30 PM	

Instructor: Nancy Chang

Mixed Ages

PRIVATE MUSIC LESSONS

Violin & Viola — 6+ yrs

Private 30-minute lessons for all ages and skill levels. Improve note accuracy, ear training, rhythm, reading, and confidence, with options including Classical, Suzuki, folk, fiddle, and pop styles. Preparation for RCM exams, recitals, and competitions is available. Students must bring their own instrument; books are an additional cost.

Th	Jan 07-Mar 25	$437/12 sess
650893	2:20 PM-2:50 PM	
650894	2:55 PM-3:25 PM	
650895	3:30 PM-4:00 PM	
650896	4:05 PM-4:35 PM	
650897	4:40 PM-5:10 PM	
650898	5:15 PM-5:45 PM	
650899	5:50 PM-6:20 PM	
650900	6:25 PM-6:55 PM	
650901	7:00 PM-7:30 PM	
650902	7:35 PM-8:05 PM	
650903	8:10 PM-8:40 PM	
650904	8:45 PM-9:15 PM	

Instructor: Pavel Chiriac

Guitar — 5-16 yrs

Express your creativity through 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 Feb 12.

F	Jan 08-Mar 12	$270/9 sess
651470	5:30 PM-6:00 PM	
651472	6:00 PM-6:30 PM	
651476	6:30 PM-7:00 PM	
651477	7:00 PM-7:30 PM	
651478	7:30 PM-8:00 PM	
Tu	Jan 12-Mar 09	$270/9 sess
651469	5:30 PM-6:00 PM	
651471	6:00 PM-6:30 PM	
651473	6:30 PM-7:00 PM	
651474	7:00 PM-7:30 PM	
651475	7:30 PM-8:00 PM	

Instructor: Artemis Cheung

Flute and Recorder Lessons • Private — 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	Jan 08-Mar 12	$375/10 sess
651391	4:00 PM-4:30 PM	
651392	4:30 PM-5:00 PM	
651393	5:00 PM-5:30 PM	
651394	5:30 PM-6:00 PM	

Instructor: Andrea Minden

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 $60.00, please contact Dylan to arrange lesson time at (604) 318-1157 or dcaltosax@gmail.com. Once a lesson time is confirmed, registration will take place at the main office or by calling (604) 257-8100. No class Feb 13.

Sa	Jan 02-Mar 27	$725/12 sess
651440	9:30 AM-10:15 AM	
651450	12:45 PM-1:30 PM	
651451	1:30 PM-2:15 PM	
651452	2:15 PM-3:00 PM	
651453	3:00 PM-3:45 PM	
M	Jan 04-Mar 22	$665/11 sess
651435	3:30 PM-4:15 PM	
651454	4:15 PM-5:00 PM	
651455	5:00 PM-5:45 PM	
651456	5:45 PM-6:30 PM	
Tu	Jan 05-Mar 23	$725/12 sess
651437	3:30 PM-4:15 PM	
651441	4:15 PM-5:00 PM	
651442	5:00 PM-5:45 PM	
651443	5:45 PM-6:30 PM	
W	Jan 06-Mar 24	$725/12 sess
651438	3:30 PM-4:15 PM	
651444	4:15 PM-5:00 PM	
651445	5:00 PM-5:45 PM	
651446	5:45 PM-6:30 PM	
Th	Jan 07-Mar 25	$725/12 sess
651439	3:30 PM-4:15 PM	
651447	4:15 PM-5:00 PM	
651448	5:00 PM-5:45 PM	
651449	5:45 PM-6:30 PM	

Instructor: Dylan Cramer

Trumpet, Trombone, & Euphonium Lessons — NEW — 9+ yrs

Learn trumpet, trombone, or euphonium with personalized 45 minute lessons tailored to your skill level and goals. Open to all ages and abilities. Whether playing for fun or preparing for auditions and competitions, students will build strong fundamentals, tone production, air control, and music reading skills. Please bring in your own instrument. Drop-ins may be available upon request by contacting andrea.norman.trombone@gmail.com.

Th	Jan 07-Mar 11	$550/10 sess
651305	2:00 PM-2:45 PM	
651306	2:50 PM-3:35 PM	
651307	3:40 PM-4:25 PM	
651309	4:30 PM-5:15 PM	
651310	5:20 PM-6:05 PM	

Instructor: Andrea Norman

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.

W	5:30 PM-8:30 PM	Jan 06-Mar 10
651504		$321/10 sess

Instructor: Rebecca Wong

TENNIS



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. Completed waiver required prior to participation.

Tot Fundamentals — 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. Tots 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	$157/6 sess
653923	Jan 07-Feb 11	
653924	Feb 18-Mar 25	

More Adult Art Programs

See page 21.

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TENNIS

Mini Fundamentals 4-5 yrs

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

W	3:30 PM-4:15 PM	$158/6 sess
◗653895	Jan 06-Feb 10	
◗653897	Feb 17-Mar 24	
F	3:30 PM-4:15 PM	$158/6 sess
◗653900	Jan 08-Feb 12	
◗653901	Feb 19-Mar 26	
Su	10:30 AM-11:30 AM	$210/6 sess
◗653913	Jan 10-Feb 14	
◗653914	Feb 21-Mar 28	

Mini Aces 6-7 yrs

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

W	3:30 PM-4:15 PM	$158/6 sess
◗653895	Jan 06-Feb 10	
◗653897	Feb 17-Mar 24	
F	3:30 PM-4:15 PM	$158/6 sess
◗653900	Jan 08-Feb 12	
◗653901	Feb 19-Mar 26	
Su	10:30 AM-11:30 AM	$210/6 sess
◗653913	Jan 10-Feb 14	
◗653914	Feb 21-Mar 28	

Junior Fundamentals 7.5-10 yrs

Start learning tennis in a fun and supportive environment. Lessons provideyoung 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	10:30 AM-11:30 AM	$210/6 sess
◗653909	Jan 09-Feb 13	
◗653910	Feb 20-Mar 27	

Junior Aces 7.5-10 yrs

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

W	4:15 PM-5:15 PM	$210/6 sess
◗653927	Jan 06-Feb 10	
◗653928	Feb 17-Mar 24	
Sa	10:30 AM-11:30 AM	$210/6 sess
◗653907	Jan 09-Feb 13	
◗653908	Feb 20-Mar 27	

Youth Fundamentals 11-16 yrs

Start learning tennis in a fun and supportive environment. Lessons provideyoung 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	$210/6 sess
◗653911	Jan 09-Feb 13	
◗653912	Feb 20-Mar 27	

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	$315/6 sess
◗653925	Jan 07-Feb 11	
◗653926	Feb 18-Mar 25	
F	4:15 PM-5:45 PM	$315/6 sess
◗653905	Jan 08-Feb 12	
◗653906	Feb 19-Mar 26	

Tennis Mobility & Movement 18+ yrs

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

Th	4:30 PM-5:30 PM	$195/5 sess
◗653918	Jan 21-Feb 18	
◗653919	Feb 25-Mar 25	

Tennis Strength & Conditioning 18+ yrs

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

Th	5:30 PM-6:30 PM	$195/5 sess
◗653921	Jan 21-Feb 18	
◗653922	Feb 25-Mar 25	

Open Gym & Family Open Gym

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

What is allowed during Open Gym?

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

What is <u>not</u> 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.)

January 2–March 27

Open Gym is for anyone 13+ yrs.
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.



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 $35; space permitting. No class Feb 12.

F 4:30 PM-6:00 PM Jan 08-Mar 12
650806 $285/9 sess
Instructor: Praise TEAM

EDUCATION

Chess • Intermediate — 9-15 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). Homework will feature simple puzzles and students may be asked to present a game they played. Level of difficulty will be adapated to the students. Drop-ins $20, space permitting. No class Feb 14.

Su 1:30 PM-2:25 PM Jan 10-Mar 14
651116 $149/9 sess
Instructor: Ashton Taylor

Chess • Advanced — 10-16 yrs

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. For those looking to improve their competitive play and prepare for chess tournaments. Drop-ins: $30, space permitting. No class Feb 14.

Su 4:00 PM-5:25 PM Jan 10-Mar 14
651118 $221/9 sess
Instructor: Ashton Taylor

EDUCATION

Chess Tournament — 5-16 yrs

Join us for an exciting day of chess! Players will enjoy 6 rounds of friendly competition, with a short break between rounds. Each game uses a 10-minute time control with a 5-second increment per move. The Touch-Move rule will be in effect. Scoresheets will be provided for players who wish to record their games, but using them is optional. Whether you're a seasoned player or looking to challenge yourself, it's a great opportunity to play, learn and have fun!

F 5:00 PM-8:00 PM $20/1 sess
651122 Jan 22
651128 Feb 19
651129 Mar 12
Instructor: Ashton Taylor

Toastmasters Youth Program — 12-17 yrs

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

Tu 6:30 PM-8:30 PM Jan 05-Mar 09
651143 $120/10 sess
Instructor: Greater Vancouver Gavel Club

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 Jan 07-Mar 25
651495 $220/12 sess
Instructor: Strikewell Boxing

MARTIAL ARTS

Youth Boxing Level 2 — 11-18 yrs

A dynamic non-contact boxing program for students who have completed Level 1's foundational boxing elements and are ready for refining technique and learning advanced combinations. Students also 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 Jan 07-Mar 25
651496 $220/12 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 Feb 13.

Sa 12:00 PM-2:00 PM Jan 09-Mar 13
651505 $218/9 sess
Instructor: Rebecca Wong

SPORTS

Badminton (Youth) — 13-18 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.

Tu 3:30 PM-5:00 PM Jan 05-Mar 23
651555 $46/12 sess
Instructor: Susan Kita

Basketball • Recreational (Youth) — 13-18 yrs

This fun and active drop in gym basketball program emphasizes free play and games in a safe and welcoming environment. Drop-in players allowed, space permitting: $7.50. No class Feb 14.

Su 11:45 AM-12:45 PM Jan 17-Mar 21
651300 $54/9 sess
Instructor: Sanjana Bhasin

Youth Games Room

The Youth Games Room is home to a foosball table, pool table, table tennis, board games and lounge area. Children and youth have priority access.

Children & Youth Only Times:
3-8 p.m., Monday to Friday
1-6 p.m., Saturday and Sunday
12-8 p.m., Pro-D, Stat, School Break
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Visit the **Children** and **Mixed Ages** sections for additional options that may fall within youth age range.
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ART

Acrylic Painting: Beginner & Intermediate — 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	Jan 06-Feb 03
◗647276		$174/5 sess
W	10:00 AM-12:00 PM	Feb 10-Mar 10
◗647279		$174/5 sess

Instructor: Mohammad Reza Atashzad

Drawing & 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 preferred mediums.Visit: www.atashzad.com Supplies are not included; a supply list is available upon registration. Drop-in $39 (space permitting and instructor approval)

Sa	3:00 PM-5:00 PM	Jan 09-Feb 06
◗647297		$174/5 sess
Sa	3:00 PM-5:00 PM	Feb 13-Mar 13
◗647298		$174/5 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. Visit: www.atashzad.com (Supplies are not included; a supply list is available upon registration) Drop-in $39 (space permitting and instructor approval)

W	1:00 PM-3:00 PM	Jan 06-Feb 03
◗647280		$174/5 sess
W	1:00 PM-3:00 PM	Feb 10-Mar 10
◗647283		$174/5 sess
Su	3:00 PM-5:00 PM	Jan 10-Feb 07
◗647302		$174/5 sess
Su	3:00 PM-5:00 PM	Feb 14-Mar 14
◗647303		$174/5 sess

Instructor: Mohammad Reza Atashzad

Watercolour Painting: Beginner & Intermediate — 18+ yrs

Learn the fundamentals of watercolour painting through demonstrations, step-by-step instruction, and individual guidance. Explore colour mixing, washes, brushwork, tonal values, and techniques for creating depth and atmosphere. Subjects include landscapes, flowers, and nature. No previous experience is required. Visit: www.atashzad.com (Supplies not included; supply list available upon registration. Drop-in $39 (space permitting and instructor approval)

Su	1:00 PM-3:00 PM	Jan 10-Feb 07
◗647304		$174/5 sess
Su	1:00 PM-3:00 PM	Feb 14-Mar 14
◗647305		$174/5 sess

Instructor: Mohammad Reza Atashzad

Watercolour Painting: Intermediate & Advanced — 18+ yrs

Develop and refine your watercolour skills through more challenging projects and individualized instruction. Explore composition, colour harmony, light and atmosphere, expressive brushwork, and advanced techniques while developing your own artistic style. Previous watercolour experience is required. Visit: www.atashzad.com (Supplies not included; supply list available upon registration). Drop-in $39 (space permitting and instructor approval)

Su	10:30 AM-12:30 PM	Jan 10-Feb 07
◗647300		$174/5 sess
Su	10:30 AM-12:30 PM	Feb 14-Mar 14
◗647301		$174/5 sess

Instructor: Mohammad Reza Atashzad

Modern Acrylic & Oil Painting • Beginner — 16+ yrs

Discover the joy of painting in a welcoming and supportive environment. This course introduces students to the fundamentals of oil and acrylic painting, while encouraging creativity, personal expression, and individual artistic style. Learn essential colour mixing, composition, brushwork, layering, shading, texture, and creating light and depth. Suitable for beginners as well as students with previous painting experience. (Supplies not included; supply list will be on receipt notes).

F	11:30 AM-1:15 PM	Jan 08-Mar 19
◗647012		$328/11 sess

Instructor: Golriz Ansari

Beginner Watercolours for the Aspiring Artist — 19+ yrs

NEW

Love the look of watercolour and want to learn how artists do it? Join us as we build confidence in exploring the flow of this fluid media while completing different paintings each week. Learn about the basic tools and techniques in a relaxed environment where magic happens. (Supplies are not included, Supply list will be on receipt notes).

Th	7:00 PM-9:00 PM	Jan 14-Mar 18
◗647229		$375/10 sess

Instructor: Divinity Chan

Chinese Painting — 18+ yrs

We'll learn the essential techniques of Chinese painting using 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. We will complete 6 paintings and gain confidence in our creative expression. (Supply list will be on receipt notes).

Tu	5:15 PM-6:45 PM	Jan 05-Feb 09
◗647120		$190/6 sess

Instructor: Rachel Yung

Candle Making Workshop — 16+ yrs

In this hands-on class, participants will learn the fundamentals of creating beautiful handmade candles from start to finish. Students will explore wax types, fragrance selection, colour blending, wick selection, candle pouring techniques, and creative decoration. Participants will have the opportunity to experiment with different scents, colours, shapes, and styles while creating their own unique candles to enjoy or give as thoughtful handmade gifts

F	4:00 PM-7:00 PM	Feb 12-Feb 12
◗647013		$179/1 sess

Instructor: Golriz Ansari

Introduction to Rug Hooking — 19+ yrs

Discover the relaxing, rhythmic craft of traditional rug hooking in this hands on workshop for beginners. Using a simple technique of pulling loops of yarn through a backing, you'll learn the basics while creating a small, handcrafted mat, such as a coaster or trivet. All materials and supplies are provided.

Th	1:00 PM-4:00 PM	Mar 04
◗651460		$114/1 sess

Instructor: Corinne Sanderson

Adults

DANCE

Classical Chinese Dance 19+ yrs
Come and join us in a fun and healthy approach to classic Chinese dance. This class include Mongolian, Tibetan, Dai Xin Jiang and other classical Chinese dance. Drop-in $11.5 (space permitting)

W 2:30 PM-4:00 PM Jan 06-Mar 10
647029 $90/10 sess
Instructor: Jing (Jenny) Chen

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 Jan 06-Mar 24
647252 $152/12 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 Jan 06-Mar 24
647244 $152/12 sess
Instructor: Paul Latta Dance

Hawaiian/Polynesian Dance: Intermediate 13+ yrs
An on-going mixed class of intermediate technique, language, performance, stage / show / tours & 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.Dancers participate in full costume in annual festivals, performances, competitions, with the Paul Tavai-Latta Polynesian Dance Company. *Polynesian dance experience is mandatory.

W 7:30 PM-8:30 PM Jan 06-Mar 24
647247 $152/12 sess
Instructor: Paul Latta Dance

Intro to Belly Dance 19+ yrs
Dance Oriental known as 'Middle Eastern Belly Dance'. A perfect introduction with a blend of Middle Eastern music, drum rhythms, and basic dance moves. Excellent exercise, with easy beginner choreography.

W 5:30 PM-6:30 PM Jan 06-Mar 24
647237 $152/12 sess
Instructor: Paul Latta Dance

Intro to Hawaiian/ Polynesian Dance 13+ yrs
Aloha! Start at the very beginning with Master Kumu Hula Paul Tavai-Latta of Tavai's 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, a 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 Jan 06-Mar 24
647246 $152/12 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 Jan 31
647256 $20/1 sess
Su 12:30 PM-3:00 PM Feb 28
647260 $20/1 sess
Su 12:30 PM-3:00 PM Mar 28
647262 $20/1 sess
Instructor: Paul Latta Dance

Tap Happy 19+ yrs
Fun classes learning basic steps and sequences to great music, while developing coordination, balance, rhythm, strength! (Leather sole shoes are fine—taps not required.) Drop-ins if space permits! Adults $25, Seniors $21.

W 4:00 PM-5:00 PM Feb 17-Mar 17
646660 Adult $110.50 • Senior $94.50/5 sessions
Instructor: Beryl Israel

Salsa & Bachata Friday (All Levels) 19+ yrs
Practice, practice and practice! Highly recommended for those taking Wednesday class to add this practice session to improve more. Other individuals of any levels are welcomed too. Just follow along and you will be dancing in no time. Wear non-grip exercise shoes. Drop-in $19 adults, $16 seniors.

F 2:00-3:20 pm Jan 22, Feb 19, Mar 19
648379 Adult $57 • Senior $47/3 sess

Salsa Dance (Beginners) 19+ yrs
Welcome to the world of Salsa dancing! This is where you learn all the basic steps and weight transfer techniques which contribute to better balance and coordination. Get your exercise done while having fun! NOT a partner class. Wear non-grip exercise shoes. Drop-in $12 Adults, $10 Seniors.

W 1:15 PM-2:00 PM Jan 06-Mar 24
648365 Adult $87.50 • Senior $77/12 sess
Instructor: Takako Toriumi

Salsa Dance (Advanced Beginners) 19+ yrs
This is a SOLO class intended for those aiming higher than just the basics. While refining your basic steps you will learn some new techniques in preparation for your upgrade to intermediate level. Wear nongrip exercise shoes. Drop-in $14 Adults, $12 Seniors.

W 12:30 PM-1:00 PM Jan 06-Mar 24
648348 Adult $131.50 • Senior $116/12 sess
Instructor: Takako Toriumi

Salsa Dance (Intermediate) 19+ yrs
This is a fast-paced SOLO class which focuses on skill building. Enjoy learning fancy, intricate styles and techniques, and have a full body exercise! Wear non-grip exercise/ dance shoes. Strongly recommended to register for the full term to get the most benefit. Drop-in $14 Adults, $12 Seniors.

W 2:15 PM-3:00 PM Jan 06-Mar 24
648366 Adult $131.50 • Senior $116/12 sess
Instructor: Takako Toriumi

SHOWFUN 19+ yrs
Join us for super fun advanced beginner jazz type dance classes! You're welcome to call the centre for further information. Drop-in $25 for Adults and $21 for Seniors. No class January 21, March 4, and March 25.

Th 9:45AM-11:00 AM Jan 07-Mar 18
646649 Adult $92.50 • Senior $76/4 sessions
Instructor: Beryl Israel

EDUCATION

World System Builder Financial Education Workshops 19+ yrs

World System Builder's campaign is to build and protect wealth for families through financial education. 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 3:00 PM-4:30 PM Jan 16
647055 FREE. Registration required

Increasing Cashflow & Manage Debt
Sa 3:00 PM-4:30 PM Jan 23
647057 FREE. Registration required

Preparing for Proper Protection
Sa 3:00 PM-4:30 PM Jan 30
647059 FREE. Registration required

Understanding Asset Accumulation Strategies
Sa 3:00 PM-4:30 PM Feb 20
647062 FREE. Registration required

Fulfilling Long Term Goals
Sa 3:00 PM-4:30 PM Feb 27
647070 FREE. Registration required

Preserving Your Wealth & Estate
Sa 3:00 PM-4:30 PM Mar 06
647072 FREE. Registration required

Instructor: World System Builder

Kerrisdale Cameras Workshops 19+ yrs

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

FOCUS workshop • Kerrisdale Cameras
Tu 6:30 PM-8:30 PM Feb 23
647224 $20/1 sess

FOCUS workshop • Kerrisdale Cameras
Tu 6:30 PM-8:30 PM Mar 30
647225 $20/1 sess

Instructor: Kerrisdale Cameras Ltd

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. Learn the essentials—floor planning, moodboard, furniture layout, lighting, colour, and materials—while creating a space that reflects your unique vision. Bring a measurement tape and clipboard.

M 5:30 PM-6:45 PM Jan 11-Feb 08
647271 $121/5 sess

Instructor: Barbara Smyth

Edward Jones Financial Education Workshops 19+ yrs

Edward Jones Investments is a major North American financial services firm that provides investment advice, wealth management, and retirement planning to individual investors and small-business owners. 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.

Invest with Purpose: holistic financial plan
M 2:00 PM-4:00 PM Jan 25
647306 FREE. Registration required

Five steps to navigating your financial journey
M 2:00 PM-4:00 PM Feb 22
647307 FREE. Registration required

Instructor: Jake Wang

Time Capsule: Writing Your Memories NEW 19+ yrs

Capture your memories in short, memoir-style writing pieces. This is an introductory class for those who'd like to start learning more about life writing. Through writing prompts, examples, discussions, and sharing, we'll write short personal narratives, whether in the creative forms of letters, essays, or something new. By the end, you'll have created at least one short piece that you can include in your own time capsule, preserved for yourself or for future generations. Please bring lined paper, printer paper, pens and pencils.

W 4:00 PM-5:00 PM Jan 13 - Mar 3
654757 $221/8 sess

Instructor: Tanya Banerjee

FITNESS & HEALTH

Callanetics 18+ yrs

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

W 7:00 PM-8:00 PM Jan 06-Mar 10
647264 $178.50/10 sess

Instructor: Linda Shedden

FITNESS & HEALTH

Mindful Breathing Space 18+ yrs

Mindfulness meditation sessions for inner peace, wellbeing, and a brighter community. Featuring various meditations, gentle support and Q&A. Welcome new and returning participants. Join us in nurturing positive inner qualities that benefit both ourselves and those around us. Taught by an experienced teacher. Info:lifen.me

Sa 9:30 AM-10:30 AM Jan 30 and Feb 13
647226 $30/2 sess

Instructor: Sung Yang

Gentle Yoga 18+ yrs

For those new to yoga or looking to revisit the basics. We will focus on foundational poses, proper alignment, and mindful breathing techniques. Each session will be accessible to everyone, with modifications provided to ensure all participants feel comfortable and supported. Bring a mat. For more info visit www.intoyoga.ca. Drop-in $20 (space permitting)

Th 10:00 AM-11:00 AM Jan 14-Feb 11
647024 $81/5 sess
Th 10:00 AM-11:00 AM Feb 18-Mar 25
647025 $81/5 sess

Instructor: Into Yoga

Hatha Yoga 18+ yrs

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. For more info visit www.intoyoga.ca. No class Feb 15. Drop-in $20 (space permitting).

M 6:00 PM-7:00 PM Jan 11-Mar 22
647018 $162/10 sess

Instructor: Into Yoga

Pause Pilates NEW 40+ yrs

A restorative, end-of-week beginner mat Pilates series for women in perimenopause and menopause. Slow down and unwind at the end of your week. Pause Pilates is a gentle contemporary Pilates class made up mostly of slow, mindful stretching, with restoration and relaxation as the goal.

F 7:30 PM-8:30 PM Date: TBA
655047 Price and session: TBA

Instructor: Diane Read

Adults

FITNESS & HEALTH

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	Jan 13-Feb 17
◗647019		$97/6 sess
W	9:30 AM-10:30 AM	Feb 24-Mar 31
◗647020		$97/6 sess

Instructor: Into Yoga

Yoga for Fitness 18+ yrs

A fitness-based approach to Yoga incorporating both dynamic and resistance based movement including lots of vinyasas (series of poses done in sequence). For all levels of fitness and Yoga knowledge allowing you to step up or draw back based on your goals and capabilities. 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	Jan 13-Feb 17
◗647021		$97/6 sess
W	6:00 PM-7:00 PM	Feb 24-Mar 31
◗647022		$97/6 sess

Instructor: Into Yoga

Yoga for Older Adults 55+ 55+ yrs

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 Feb 15. Drop-in $25 (space permitting).

M	10:30 AM-11:45 AM	Jan 11-Mar 22
◗647015		$203/10 sess

Instructor: Into Yoga

Martial Arts for Youth

See page 20.

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LANGUAGE

German Beginner 1 19+ yrs

This fun and engaging program uses practical vocabulary and interactive activities to get you comfortable with everyday German. Learn greetings, essential phrases, and build the confidence to have simple conversations 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	Jan 12-Mar 02
◗647011		$285/8 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	Jan 12-Mar 09
◗647177		$326/9 sess

Instructor: Yoko Maruyama

Mandarin with Ms. Gong • Beginner 16+ yrs

No prior experience is needed—just a passion for discovering Chinese. This beginner level course will help you build a solid foundation in recognizing and using Pinyin. This course requires only a binder and pen, with comprehensive handouts provided by Ms. Gong.

W	4:00 PM-5:00 PM	Jan 20-Feb 24
◗647113		$204/6 sess

Instructor: Victoria Gong

Mandarin with Ms. Gong • Mixed Level 16+ yrs

Whether you want to improve your listening, speaking, reading, and writing, or explore the rich world of Chinese history, culture, traditions, customs, and ways of thinking, Mandarin with Ms. Gong offers you much more than just a language class.It is a door to the Chinese language and a window into Chinese culture—a place where language comes alive through stories, traditions, everyday life, and cultural insights.

Th	10:30 AM-11:30 AM	Jan 21-Feb 25
◗647111		$204/6 sess

Instructor: Victoria Gong

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 3rd class.

Tu	5:30 PM-7:00 PM	Jan 12-Mar 30
◗651082		$225/12 sess

Instructor: Eliana Rolando

Spanish: Adult Beginners II 16+ yrs

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

Tu	7:00 PM-8:30 PM	Jan 12-Mar 30
◗651085		$225/12 sess

Instructor: Eliana Rolando

MARTIAL ARTS

Strikewell 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	Jan 07-Mar 25
◗651497		$220/12 sess

Instructor: Strikewell Boxing

MUSIC

Beginner Guzheng: Discover the Sound of Chinese Music NEW 19+ yrs

A beginner-friendly small-group program designed to introduce residents to the guzheng through simple melodies, practical playing techniques and cultural context. The emphasis is on enjoyment, confidence and community connection rather than prior musical training. Guzheng instruments are provided for in-class use.

F	5:30 PM-7:00 PM	Jan 15-Mar 05
◗648462		$252/8 sess

Instructor: Jenny Zhang | Fangfei Music Academy Society

MUSIC

Simply Band — 14+ yrs

This 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. Simply Band is a community band that serves the community, playing at 3 or 4 concerts and services a year. You need to be able to play a band instrument, know how to read music, and have both an instrument and a music stand. Questions can be directed to Deberah Shears at simplybandvan@gmail.com. No session Feb 15.

M 7:00 PM-9:00 PM Jan 11-Apr 05
644352 $55/12 sess
Instructor: Deberah Shears

POTTERY

Animal Sculpture in Clay Workshop — 18+ yrs

Explore the world of hand build sculptures in this one-day intensive workshop. Learn a number of ways to start your build and with expressive manipulation, form your animal and add texture and colour for finishing touches. Hand build experience is recommended. Bring a reference of your animal. Pottery pickup April 9.

Th 6:00 PM-9:00 PM Mar 18
651462 $32/1 sess
Instructor: Janine Schroedter

Beginner Pottery — 18+ yrs

It will be a structured class for small pottery projects learning pinching, coiling, slabbing and basic throwing. After learning all the basic hand building skills, students are allowed to make own small projects. No registration after the 3rd class. No class Feb 14.

Su 2:30 PM-5:00 PM Jan 10-Mar 07
651464 $235/8 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. Production limits apply. Classes will run on stat holidays.

M 9:30 AM-1:30 PM Jan 11-Mar 08
650976 $321/9 sess
Instructor: Danielle Gagnier

POTTERY

Studio Time — 19+ yrs

In this informal class, participants may throw on the wheel or work on their own hand-building projects. Previous pottery experience is required. An instructor will be available for guidance. One bag of clay is included. Drop-in: $37; space permitting. Clay available for purchase; one 10 kg bag: $29.50.

Tu 9:30 AM-12:30 PM Jan 05-Feb 23
651092 $269/8 sess
Instructor: Olive Carroll

Studio Time — 18+ yrs

For students with pottery experience, this class offers a dedicated space to create and learn new techniques. Students are encouraged to create a theme of projects they want to explore on either the wheel or table with guidance from the instructor. Clay available for purchase; one 10 kg bag: $29.50.

Th 10:00 AM-1:30 PM Jan 07-Mar 11
651395 $314/10 sess
Drop-in: $31; space-permitting
Th 6:00 PM-9:00 PM Jan 07-Mar 11
651396 $278/10 sess
Drop-in: $31; space-permitting
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 Feb 13 & 15.

M 5:30 PM-8:30 PM Jan 04-Mar 08
651502 $295/9 sess
Sa 2:30 PM-5:30 PM Jan 09-Mar 13
651503 $295/9 sess
Instructor: Rebecca Wong

Recreational Sports

See page 26 for rules and policies about Recreational Sports at Kerrisdale Community Centre.

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SPORTS

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 Jan 10-Jun 06
647014 $94.5/19 sess
Instructor: Biraj Bora

Fun Pickleball Round Robin — 19+ yrs

Want to sharpen your skills & have fun? This class gives you on-court coaching while you play, strategy tips in real time, & a fun round robin to put it all into practice!It is NOT necessary to purchase a paddle for this class. Paddles, balls & all equipment will be provided.

Th 10:15 AM-12:15 PM Jan 07
647110 $27/1 sess
F 6:00 PM-7:45 PM Jan 08
647109 $27/1 sess
Sa 4:00 PM-6:00 PM Jan 09
647108 $27/1 sess
Instructor: Mona Lee

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

Come try out this popular, easy-to-learn, and exciting sport that combines elements of badminton, tennis & table tennis. This class is designed for beginner players or intermediate beginners who have never played or have only played a few times. Learn the foundation of the game. Proper grip, basic rules, scoring and court positioning from a Certified Pickleball Instructor. Paddles, balls & all equipment will be provided. Drop-in $39 (space permitting and instructor approval).

F 6:00 PM-7:45 PM Feb 05-Feb 26
647099 $126/4 sess
Sa 4:00 PM-6:00 PM Feb 13-Mar 13
647103 $158/5 sess
Instructor: Mona Lee

Adults

SPORTS

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, & strategies that reward consistency, teamwork, & smart decision-making. We'll cover better serves, returns, transition play & kitchen control. Paddles, balls & equipment will be provided. Drop-in $39 (space permitting and instructor approval).

Th **10:15 AM-12:15 PM** **Mar 04-Mar 11**
647094 **$63/2 sess**
Instructor: Mona Lee

Pickleball Stage 2/3: Transition Zone (Novice/Intermediate) 19+ yrs

Stop getting stuck in no-man's-land! Learn how to confidently move from the baseline to the kitchen, make better decisions in the transition zone, and handle those awkward balls that can make or break a rally It is NOT necessary to purchase a paddle for this class. Paddles, balls & equipment will be provided. Drop-in $39 (space permitting and instructor approval).

Th **10:15 AM-12:15 PM** **Feb 04-Feb 25**
647091 **$126/4 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 $39 (space permitting and instructor approval).

F **6:00 PM-7:45 PM** **Mar 05-Mar 12**
647102 **$63/2 sess**
Instructor: Mona Lee

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**
Tu, Thu **7:00 AM-8:00 AM** **$20/1 sess**
Court rental dates start Jan 4 to Mar 30. 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** **$21/1 sess**
Court rental dates start Jan 4 to Mar 31. Search "Pickleball Court Rental" when registering online or call the centre for available bookings.
No Instructor

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 $6.75 (space permitting)

M **8:00 PM-10:00 PM** **Jan 04-Mar 29**
644259 **$70/12 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 $6.75 (space permitting).

W **8:00 PM-10:00 PM** **Jan 06-Mar 31**
644260 **$76/13 sess**
No Instructor

Recreational Sport Basketball * 18+ yrs

All skills/level welcomed and games are self organized/ no instructions provided. Please bring a reversible jersey, one side white. Drop-in $8.50 (space permitting).

Th **8:00 PM-10:00 PM** **Jan 07-Mar 25**
644261 **$86/12 sess**
Recreational Sport Basketball • Competitive *
Sa **1:45 PM-3:45 PM** **Jan 02-Mar 27**
644262 **$93/13 sess**
Instructor: Ezekiel Garrovillas & Vaibhav Bhasin

Recreational Sport Indoor Volleyball * 18+ yrs

All skills/levels. Games are self organized/ no instructions provided. One net set up for volleyball. Drop-in $6.75 (space permitting).

F **8:00 PM-10:00 PM** **Jan 08-Mar 26**
644263 **$70/12 sess**
No Instructor

Recreational Sport Pickleball * 18+ yrs

All skills/level welcomed and games are self organized/ no instructions provided. Drop-in $6.75 (space permitting). A maximum of 2 sessions of recreation pickleball per season.

M **1:00 PM-3:00 PM** **Jan 04-Mar 22**
644264 **$64/11 sess**
Tu **1:00 PM-3:00 PM** **Jan 05-Mar 30**
644265 **$76/13 sess**
Tu **8:00 PM-10:00 PM** **Jan 05-Mar 30**
644266 **$76/13 sess**
W **1:00 PM-3:00 PM** **Jan 06-Mar 31**
644268 **$76/13 sess**
F **1:00 PM-3:00 PM** **Jan 01-Mar 26**
644269 **$76/13 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.

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Winter 2027 • Schedule in Effect January 1–March 31, 2027

LEGEND

- Morning
- Afternoon/Evening

(G) Gym
(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) Jan 4 to Mar 22 No class Feb 15 (Ferial) 9:00am–10:00am		TBC (G) Jan 6 to Mar 31 (Isobel) 9:00am–10:00am			Zumba (G) Jan 2 to Mar 27 No Class Mar 6 (Tanya) 9:15am–10:15am
	Gentle Fit (SR Multi) Jan 4 to Mar 29 No class Feb 15 (Isobel) 9:30am–10:30am					Muscle Mania (A) Jan 2 to Mar 27 No Class Mar 6 (Charlene) 9:15am–10:30am
am		Mild/Mod Low Impact (A) Jan 5 to Mar 30 (Audrey) 10:30am–11:30am	Gentle Fit Plus (A) Jan 6 to Mar 31 (Venus) 10:30am–11:30am	Mild/Mod Low Impact (A) Jan 7 to Mar 25 (Audrey) 10:30am–11:30am	Step Class (A) Jan 8 to Mar 26 (Indira) 10:30am–11:30am	Gentle Fit Low Impact (SR Multi) Jan 2 to Mar 27 No Class Mar 6 (Audrey) 10:00am–11:00am
	Step Class (A) Jan 4 to Mar 22 No class Feb 15, Mar 29 (Richard) 1:00pm–2:00pm	Step Class (A) Jan 5 to Mar 30 (Indira) 12:00pm–1:00pm	Step Class (A) Jan 6 to Mar 31 (Richard) 1:00pm–2:00pm	Zumba Toning (A) Jan 7 to Mar 25 (Tanya) 12:00pm–1:00pm	Zumba + Circl Mobility (A) Jan 8 to Mar 26 (Tanya) 11:45am–12:45pm	
pm			Zumba (G) Jan 6 to Mar 31 (Tanya) 5:30pm–6:30pm		Step Class (A) Jan 1 to Mar 26 (Richard) 1:00pm–2:00pm	
	Zumba (G) Jan 4 to Mar 29 (Tanya) 5:30pm–6:30pm	Zumba Toning (G) Jan 5 to Mar 30 (Tanya) 5:30pm–6:30pm	Perfect Posture (A) Jan 6 to Mar 31 (Bita) 6:00pm–7:00pm			

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.

Gentle 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.

Perfect Posture ■
Strong core. Better posture. Strength training, core work, and muscular endurance to help you improve posture, move better, build strength.

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, December 5, at 9 a.m.**
- **Phone: Monday, December 7, 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 (visit www.kerrisdalecc.com).

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Discount Multi-Meal Dine-in card: 10 tickets • $108
Dine-in one ticket • $12
Dine-in Special Meal: one ticket • $18
Half Sandwich • $3.50
Full Sandwich • $5.50
Soup • $4.50
Dessert • $3
Multi One-Half Sandwich & Soup Card: 10 tickets • $80
Takeout lunch is not available.

Seniors

Special Lunches

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

Robbie Burns Day
649890 Jan 21
Valentine's Day
649893 Feb 11
St. Patrick's Day
649895 Mar 11

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Open Gym January 2–March 27

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.

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Lunar New Year Event 55+ yrs

Celebrate Lunar New Year at Kerrisdale Community Centre! Featuring performances, sing alongs, dance alongs and games with prizes. Please register!

M 1:15 PM-3:00 PM Feb 08
654819 Free; registration required

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.

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Bus Trip Gulf of Georgia Tour & Lunch • 55+ yrs

On this trip we will head out to beautiful Steveston to learn about Canada's West Coast commercial fishing history through a guided tour of the salmon canning line and a short film. After the historic site, we will head to the Flying Beaver Bar & Grill for lunch (included). Please dress very warm as the canning tour component is cold in the winter months.

F 9:30am-3:30pm Jan 15
649866 $95/1 sess
Instructor: Jason Martincic

Britannia Mine Museum & Lunch • 55+ yrs

On this trip we will take a guided underground tour of the mine tunnel, museum, and watch the latest attraction BOOM, a special video on the history of the mine. After the tour, we will head over to The Sound Public House for lunch (included). Please note, confidence in walking is needed on the tour as participants must ascend 47 steps to get to the start of the tour. Dress warm, and weather appropriate.

F 9:30am-4:30pm Feb 12
649869 $95/1 sess
Instructor: Jason Martincic

International Buddhist Temple & Lunch • 55+ yrs

On this trip we will head to the International Buddhist temple in Richmond and learn about imperial architecture, art and buddhist philosophy. We will take a guided tour through classical Chinese gardens with lotus ponds, past twin gazebos, and into the grand halls modeled after Beijing's Forbidden City. Afterwards, we will remain on site and lunch at the vegetarian restaurant; Taste of Zen (included).

F 9:30am-3:30pm Mar 12
649879 $95/1 sess
Instructor: Jason Martincic

B.C. Family Day • 12+ yrs

Celebrate Family Fun Day with a day full of laughter, play, and unforgettable family moments! Enjoy an exciting bouncy castle, fun-filled games, creative crafts, and engaging kids' activities. Bring your loved ones, join in the fun, and make lasting memories together in a welcoming, family-friendly atmosphere. No registration required—just drop in and join the fun!

M 11:00 AM-1:00 PM Feb 15
650870 Free



ART

Art Therapy Group for Seniors 55+ yrs

Get creative, have fun, and connect with others at our art therapy group for seniors. Enjoy playful, inspiring art activities in a friendly setting, led by a registered art therapist. No art skill or experience needed - just bring your curiosity! Discover new ways to express yourself, meet new people, and spark your creativity.

M	9:30 AM-11:00 AM	Jan 04-Feb 08
◗651387		$84/6 sess

Instructor: Stephanie Shu

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: nsyffayerman@gmail.com. Drop-in Adult $35.70, Seniors $29.40.

Th	10:00 AM-12:00 PM	Jan 07-Feb 11
◗649845		$164/6 sess
Th	10:00 AM-12:00 PM	Feb 18-Mar 25
◗649848		$164/6 sess

Instructor: Faye Fayerman

Spoon Carving 101 55+ yrs

Join us for the meditative craft of spoon carving! This beginner friendly class is hosted by the Vancouver Spoon Club (@vancouverspoonclub on Instagram) and is focused on the basics of getting comfortable with hand tools, carving techniques, and working with greenwood. The class will involve the use of straight knives and hook knives, as well include discussion of the process of carving your very own spoons, from living tree to wooden eating utensils.

W	6:00 PM-9:00 PM	Feb 24
◗651434		$79/1 sess

Instructor: Jasper Moedt

DANCE

International Ballroom Dancing: Jive 55+ yrs

Silver International Jive. Minimum 2 years of dancing experience preferred. Partners preferred but not required. Drop-ins allowed, $19 Seniors, $22 Adults.

Th	3:00 PM-3:55 PM	Feb 11-Mar 11
◗649635		$91/5 sess

Instructor: Faye Hung

International Ballroom Dancing: Silver International Samba 55+ yrs

Silver International Samba. Minimum 2 years of dancing experience preferred. Partners preferred but not required. Drop-ins allowed, $19 Seniors, $22 Adults.

Th	3:00 PM-3:55 PM	Jan 07-Feb 04
◗649621		$91/5 sess

Instructor: Faye Hung

DANCE

International Ballroom Dancing: Slow Foxtrot 55+ yrs

Silver International Slow Foxtrot. Minimum 2 years of dancing experience preferred. Partners preferred but not required. Drop-ins $19 Seniors, $22 Adults.

Th	4:00 PM-4:55 PM	Jan 07-Feb 04
◗649634		$91/5 sess

Instructor: Faye Hung

International Ballroom Dancing: Tango 55+ yrs

Minimum 2 years of dancing experience preferred. Partners preferred but not required. Drop-ins $19 Seniors, $22 Adults.

Th	4:00 PM-4:55 PM	Feb 11-Mar 11
◗649637		$91/5 sess

Instructor: Faye Hung

Line Dancing: Beginners 19+ yrs

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

Tu	11:00 AM-12:00 PM	Jan 05-Mar 16
◗646699		$90/11 sess
Th	7:00 PM-8:00 PM	Jan 07-Mar 18
◗646700		$90/11 sess

Instructor: Al Serfas

More Dance Programs

See page 22.

Seniors

DANCE

Line Dancing: Improver 19+ yrs

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

Th	8:00 PM-9:00 PM	Jan 07-Mar 18
◗646701		$90/11 sess

Instructor: Al Serfas

Scottish Country Dance 55+ yrs

This is social dancing for fun, with a good physical workout and lots of memory training. At least 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! Drop-in $5.50 seniors & $7 adults, if space permits.

Tu	1:30 PM-3:30 PM	Jan 12-Mar 23
◗644252		$50/11 sess

Instructor: Cathrine Conings

Scottish Country Dance • Beginners 19+ yrs

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

Tu	11:30 AM-12:30 PM	Jan 12-Feb 16
◗644267		$15/6 sess
Tu	11:30 AM-12:30 PM	Feb 23-Mar 23
◗644270		$12/5 sess

Instructor: Cathrine Conings

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.

W	9:00 AM-11:00 AM	Jan 06-Mar 24
◗649600		$26/12 sess
Th	12:30 PM-2:30 PM	Jan 07-Mar 25
◗649611		$26/12 sess
F	10:00 AM-12:00 PM	Jan 08-Mar 26
◗649613		$26/12 sess

Instructor: TBA Instructor

Belly Dance for Seniors 55+ yrs

Enjoy learning and having fun with Rahma Haddad, an internationally acclaimed instructor, who will lead you step by step through dancing to sensual melodies and dynamic rhythms. 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 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	Jan 12-Mar 09
◗649641		$75/9 sess

Instructor: Gail (Rahma) Haddad

EDUCATION

K3 19+ yrs

The group originated when several retired Geologists met for coffee and general chit-chat. As the group expanded with additional professionals and others with an interest enlarging their knowledge-base, the weekly meetings became more structured and varied. Topics vary from semi-technical, intellectual, political and day-to-day subjects. Usually, one member introduces the subject and after that it becomes an open discussion for anyone to participate Occasionally there will also be a powerpoint presentation. Those will be announced in advance via e-mail and posters in the senior centre. We are open to all. Bring your coffee and cookie and meet some Interesting characters.

Tu	11:00 AM-12:00 PM	Jan 05-Mar 23
◗647670		FREE. Registration required

Instructor: No Instructor

ABC English for Kerrisdale Seniors 55+ yrs

For seniors with little or no prior experience in English focusing on basic vocabulary and practical sentence structures to support real-life communication. With a welcoming and thoughtfully paced environment, the class encourages confidence and participation responsive to individual learning pace. Please bring a pen and paper for note-taking. No class February 14.

Su	2:00 PM-3:30 PM	Jan 10-Mar 21
◗650016		FREE. Registration required

Instructor: Sabrina Huang

EDUCATION

COSCO Workshop: Age Well, Live Well with Safe Medication Use 55+ yrs

Join us for a presentation led by the Seniors' Health & Wellness Institute Cosco. As you age, your body changes, and the dosages of some medications may be too strong now or may be less effective than in the past. This workshop will help you understand why that might be, and what actions you and your health care provider might consider so that your current medications meet the needs of your body.

Tu	9:00 AM-10:30 AM	Jan 26
◗650892		FREE. Registration required

Instructor: COSCO Seniors Health And Wellness Institute Society

Care for the Caregiver 55+ yrs

Join us for a presentation led by the Seniors' Health & Wellness Institute Cosco. Causes of caregiver burnout are examined and suggestions made as to how to prevent this all-too-common result. Sources of assistance and support are also reviewed.

Tu	9:00 AM-10:30 AM	Feb 16
◗650905		FREE. Registration required

Instructor: COSCO Seniors Health And Wellness Institute Society

COSCO Workshop: Memory and Aging 55+ yrs

Join us for a presentation led by the Seniors' Health & Wellness Institute Cosco. How memory functions and how it changes as you age is explained. Tips for managing and improving memory, as well as information about seeking help, as needed, are also presented.

Tu	9:00 AM-10:30 AM	Mar 02
◗650907		FREE. Registration required

Instructor: COSCO Seniors Health And Wellness Institute Society

COSCO Workshop: Fraud and Scams 55+ yrs

Join us for a presentation led by the Seniors' Health & Wellness Institute Cosco. How fraudsters manage to rob people of their money and possessions is the workshop's focus. Seniors are frequent victims and being aware of the tricks used and how to protect themselves is critical.

Tu	9:00 AM-10:30 AM	Mar 23
◗651431		FREE. Registration required

Instructor: COSCO Seniors Health And Wellness Institute Society

EDUCATION

Hearing Health and Hearing Loss 55+ yrs

Learn how hearing works, recognize early signs and causes of hearing loss, and understand its connection to overall health. Topics include tinnitus, diabetes, vascular disease, balance, depression, dementia, the impact of hearing loss, and treatment options. Provided by Dr. Katarina Vavrovicova, Audiologist, Echo Hearing Care. Free Hearing Screening Clinic (Adults 55+)

F 11:00 AM-12:00 PM Jan 15
650114 FREE. Registration required
Instructor: Katarina Vavrovicova

Preserving Bone Health: A Nutritional Approach 55+ yrs

Our bones, composed of living tissue, are remodelled throughout life, and maintaining strong bones is important. Bone density can deteriorate over time, often without any symptoms until a fracture occurs. Can this be avoided? Join this presentation to find out about the three important nutrients that can lower the risk of osteoporosis and preserve good bone health.

Th 1:00 PM-2:30 PM Jan 21
650153 FREE. Registration required
Instructor: Helga Saudny Fitness & Health

Oral Health Presentation 55+ yrs

Welcome ByDesign Implant Dentistry for an educational workshop. Learn about oral health and how to take care of your smile, explore options to restore comfort, function and confidence at this free workshop. We will also speak on denture care and maintenance along with oral hygiene and overall health!

Th 1:00 PM-3:00 PM Feb 11
651463 FREE. Registration required
Instructor: TBA Instructor

Digital Literacy 1 55+ yrs

Building confidence with everyday technology. Digital literacy 1 introduces the basics of devices and apps, navigating the internet, staying safe, and Artificial Intelligence. Through practical, hands-on learning, participants develop the foundational skills needed to use technology more confidently, safely, and independently. Please bring your own personal device such as iPhone, Android, iPad, laptop, etc.

Su 9:15 AM-10:00 AM Jan 10-Mar 07
651098 $107/9 sess
Instructor: Sean Jit

Langara Community Lecture Series: Unprecedented 55+ yrs

In the modern media we often hear remarks about the unprecedented nature of many things: political disputes, government actions, violence, social changes, and more. Yet how far are these really new? Join Langara faculty as we explore some fascinating events, personalities, and writings from the past, which also allow us to reflect on how far what we see in the world today is truly without precedent. Different topics related to the series will be discussed each week.

F 3:30 PM-5:00 PM FREE. Registration required
651203 Feb 12
651259 Feb 19
651268 Feb 26
651285 Mar 05
651286 Mar 12
651292 Mar 19
Instructor: KCC Sr Social

ActiveNet Registration Workshop 55+ yrs

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

Sa 9:30 AM-11:30 AM Feb 27
654063 FREE. Registration required
Instructor: Youth Volunteers

Smart Technology Workshops 55+ yrs

Need help using your smartphone or tablet, browsing the internet, or navigating everyday apps? Bring your questions and get guidance from local high school students who can help with basic technology skills, tips, and tricks. Phones and tablets (Apple or Android) are preferred. Please bring a pen and paper to take notes. Questions involving banking, taxes, politics, or personal and sensitive information cannot be addressed. Please inquire about dates at the front desk.

Sa 9:45 AM-10:40 AM FREE. Registration required
Sa 10:45 AM-11:40 AM FREE. Registration required
Instructor: Youth Volunteers

FITNESS & HEALTH

Adapted Fitness 55+ yrs

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

Th 1:15 PM-2:15 PM Jan 07-Feb 11
649616 $76/6 sess
Th 1:15 PM-2:15 PM Feb 18-Mar 25
649617 $76/6 sess
Instructor: Zohreh Omrani Taleghani

Barre Fusion 19+ yrs

A low impact strengthening and lengthening class suitable for all 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/$20 seniors, if space permits.

F 9:00 AM-10:00 AM Jan 08-Feb 12
649586 $119/6 sess
F 9:00 AM-10:00 AM Feb 19-Mar 26
649587 $119/6 sess
Instructor: Nevada Banks

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 Jan 12-Jan 12
647800 FREE. Registration required
Instructor: Keiko Murakami

FITNESS & HEALTH

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 Jan 15-Mar 19
647837 $0/10 sess
Instructor: Keiko Murakami

BCRPA: ActivAge (Choose to Move Add-on) Info Sess Req'ed — 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 Jan 19-Mar 09
647822 $0/8 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 during week 2 and 3.

Tu 1:00 PM-2:00 PM Jan 19-Mar 09
647807 $0/8 sess
Instructor: Keiko Murakami

Chair Yoga — 19+ yrs

Good for Yoga beginners. Gentle yoga moves while in a seated position will benefit your joints and muscle areas and help reduce the pain from arthritis, osteoporosis, previous injury, stiff joints and so much more. Some posted can also be done standing using a chair for support. Stretching, deep breathing & meditation techniques are incorporated into this workout and will leave you with a feeling of connected BODY+MIND+SOUL. Regular yogis welcome to attend. Drop-in $15.50 adults/$13.50 seniors, if space permits.

F 4:15-5:15pm Jan 15 - Feb 12
647847 $66/5 sess
F 4:15-5:15pm Feb 19-Mar 19
647880 $66/5 sess
Instructor: Keiko Murakami

Chair Yoga — 55+ yrs

Yoga adapted to the chair makes 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.

Tu 10:30am-11:30am Jan 19-Mar 23
648328 $139/10 sess
Instructor: Sylvia Smallman

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 PAR-Q form to determine risk factors. Once the PAR-Q is reviewed by the "cardiac health leader" (Zohreh 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 PAR-Q 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 Jan 08-Mar 26
649618 $20/12 sess
Instructor: Zohreh Omrani Taleghani

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. Please call Seniors Front Desk to register.

F 9:20 AM-2:00 PM Jan 01-March 12
$58/1 sess
Instructor: Charles Huang

Free Hearing Screening Clinic — 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. Fridays only. Sessions are 15 minutes each. Please call the front desk for available time slots and to register.

F 9:00 AM-12:00 PM Jan 22
F 9:00 AM-12:00 PM Feb 5
650048 FREE. Registration required
Instructor: Katarina Vavrovicova

Gentle Mat, Pilates & Stretch — 19+ yrs

Foundational pilates mat exercises to increase focus, strength, and muscle tone using small props. Best suited for beginners and intermediates. Participants must be able to safely transition down to their mat unassisted at the beginning of class. Drop-in $20 adults/$17 seniors, if space permits.

F 10:15 AM-11:00 AM Jan 08-Feb 12
649589 $95/6 sess
F 10:15 AM-11:00 AM Feb 19-Mar 26
649591 $95/6 sess
Instructor: Nevada Banks

Joint Works — 55+ yrs

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

W 2:30 PM-3:30 PM Jan 06-Mar 24
648072 $68/12 sess
Instructor: Keno Kinoshita

FITNESS & HEALTH

Mind-Body 19+ yrs

This fun and varied chair-based fitness class combines light hand weights, gentle aerobic exercise, coordination, mobility, and cognitive challenges. Exercises can be modified to suit individual abilities while improving strength, flexibility, and mental sharpness. Drop-in if space permits; $15.50 for adults, $14 for seniors.

Th	1:15 PM-1:55 PM	Jan 07-Feb 11
◗648309		$85/6 sess
Th	1:15 PM-1:55 PM	Feb 18-Mar 25
◗648312		$85/6 sess

Instructor: Richard Pelcz

Minds in Motion 55+ yrs

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

Tu	10:30 AM-12:00 PM	Jan 05-Feb 09
◗646702		$44/6 sess
Tu	10:30 AM-12:00 PM	Feb 23-Mar 23
◗646703		$37/5 sess

Instructor: Alzheimer Society Of BC

Move to Music 55+ yrs

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

Tu	9:30 AM-10:30 AM	Jan 05-Mar 09
◗646661		$50/10 sess
F	9:30 AM-10:30 AM	Jan 08-Mar 12
◗646662		$50/10 sess

Instructor: Carola Von Hahn

Osteofit For Life 55+ yrs

For those who have taken the Osteofit classes and are comfortable with Osteofit techniques. For those with osteoporosis with an emphasis on building strength and improving balance. No class March 26th.

W F	1:20 PM-2:20 PM	Jan 06-Mar 24
◗648075		$131/23 sess

Instructor: Keno Kinoshita

Osteofit Level 1 55+ yrs

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

Th	9:00 AM-10:00 AM	Jan 07-Mar 25
◗646648		$48/12 sess

Instructor: Berdjis Bahrami

Tuesday Morning Walkers 55+ yrs

We meet at the Kerrisdale Senior Centre and proceed to a pre-arranged destination. Walks are leisurely, combining public transit. Outings will be posted in the Monarch. Registration required and a waiver must be filled out each season. No walk the second Tuesday of every month.

Tu	9:00 AM-12:00 PM	Jan 05-Mar 23
◗648089		FREE. Registration required

Instructor: Lee-Anne MacPherson

Open Gym January 2–March 27

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.

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UBC Changing Aging Program 55+ yrs

This renowned, evidence-based exercise program focuses on strength, mobility, and cardiovascular fitness through muscle- and bone-strengthening exercises followed by aerobic interval training. Changing Aging is delivered by upper-year students and recent graduates from UBC's School of Kinesiology. Seniors interested in participating are required to complete pre-exercise screening and an in-person fitness assessment at UBC before registering. These steps must be completed annually to maintain eligibility.

Join the interest list by completing our screening questionnaire: https://kin.educ.ubc.ca/bodyworks-gaq/ For more information contact UBC BodyWorks at body.works@ubc.ca or 604-827-5059.

Tu F	8:00 AM-9:00 AM	Jan 12-Mar 12
◗649447		$321/18 sess
Tu F	9:00 AM-10:00 AM	Jan 12-Mar 12
◗649448		$321/18 sess
Tu F	10:00 AM-11:00 AM	Jan 12-Mar 12
◗649449		$321/18 sess
Tu F	11:00 AM-12:00 PM	Jan 12-Mar 12
◗649451		$321/18 sess

Instructor: UBC School Of Kinesiology

FOOD

Nin Go & Lo Bak Go 55+ yrs

Two completely different Lunar New Year cakes in one class. Nin Go is a sweet, chewy steamed rice cake; Lo Bak Go is a savoury turnip cake, steamed, cooled, then pan-fried until crisp.

F	4:00 PM-6:00 PM	Jan 29
◗651498		$79/1 sess

Instructor: Abraham Wong

Siu Mai, Three Ways 55+ yrs

Siu mai are the open-topped steamed dumplings served at dim sum restaurants. Make pork, shrimp, and shiitake mushroom; curry seafood; and chicken and water chestnut siu mai. Learn filling texture, shaping, steaming, and finishing.

F	4:00 PM-6:00 PM	Feb 12
◗651506		$79/1 sess

Instructor: Abraham Wong

Seniors

MARTIAL ARTS

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

Tai Chi (Taiji or Taijiquan) is a Chinese martial art based on the principle of the interplay of Yin and Yang. The slow and graceful movements of Tai Chi promote the circulation of Qi, or vital essence, through the body. The practice of Tai Chi has been shown to improve coordination, concentration, physical and mental balance. The 24 Form, or "simplified Yang style," is a short routine perfect for beginners. No class February 15.

M **10:30 AM-11:30 AM** **Jan 11-Mar 22**
649620 **$160/10 sess**
Instructor: Kelly Maclean

Tai Chi: 48 Form Part One 19+ yrs

The 48 Form is a beautiful and well-balanced routine, combining the 4 main styles of Tai Chi (Taijiquan): Yang, Chen, Wu, and Sun. The general flavour of the form is that of the Yang style, but is peppered with movements from the other styles. All of the movements of the 24 Form can be found in the 48, but the order is different. This form offers a little more complexity and technical challenge than the "simplified" form. Experience with the 24 Form is recommended, but not crucial. Drop in if room available. $21 Adults, $17 Seniors. No class February 15

M **9:30 AM-10:30 AM** **Jan 11-Mar 22**
649619 **$160/10 sess**
Instructor: Kelly Maclean

MUSIC

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 **10:00 AM-12:00 PM** **Jan 04-Mar 22**
646706 **$25/12 sess**
W **1:30 PM-4:00 PM** **Jan 06-Mar 24**
646712 **$27/12 sess**
Instructor: Brock House Society

MUSIC

Singing Program for Beginner Singers & Non-Singers 18+ yrs

Think you can't sing? You may simply have never learned how to use the natural voice you were born with. This fun and encouraging workshop welcomes singers and non-singers who want to build confidence, connect with memories, and share their stories through music.Choose a song that brings back a memory or tells part of your life story. Learn simple vocal techniques, explore expression and performance, and enjoy singing in a supportive group.No auditions. No experience required. Come as you are — and discover what your voice can do!

M **6:00 PM-8:00 PM** **Jan 04-Mar 22**
649855 **$315/12 sess**
Instructor: Jan Cooper

Ukulele Jam 19+ yrs

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

Sa **2:15 PM-3:30 PM** **Jan 30, Feb 27, Mar 27**
647666 **$5/1 sess**
Instructor: Joseph Young

Chorisma Vocal Jazz Choir 19+ yrs

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

W **11:00 AM-1:00 PM** **Jan 06-Mar 10**
649585 **$271/10 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. Please note a knowledge of basic chords and strumming would be helpful.

M **6:30 PM-8:00 PM** **Jan 04-Mar 15**
647660 **$142/11 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-11:30 AM** **Jan 14-Mar 18**
646715 **$11/10 sess**
Instructor: Sophia Chan

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** **Mar 20**
647662 **FREE. Registration required**
Instructor: Joseph Young

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 February 2.

Tu **1:00 PM-3:00 PM** **Jan 05-Mar 23**
647783 **$27/12 sess**
Instructor: Elsie Stephen

MUSIC

Seniors Recorder Lessons 55+ yrs

Discover the joy of music! This welcoming weekly class offers simple recorder lessons designed to support lung health, boost memory, and foster warm connections. Perfect for beginners—learn familiar songs step-by-step and enjoy making music with friends in a relaxed, comfortable atmosphere. No prior music experience is required. Please provide your own recorder to bring to class. On-going, registration required.

Sa 1:00 PM-2:00 PM Jan 09-Feb 27
651316 $0/8 sess
Instructor: KCC Sr Social

You Can Ukulele: Level 1 19+ yrs

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

Sa 10:00 AM-11:00 AM Jan 09-Mar 13
647637 $125/10 sess
Instructor: Joseph Young

You Can Ukulele: Level 2 19+ yrs

This class builds on the fundamentals established in level 1 and also adds some fun new techniques and materials 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 Jan 09-Mar 13
647638 $125/10 sess
Instructor: Joseph Young

You Can Ukulele: Level 3 19+ yrs

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

Sa 12:45 PM-1:45 PM Jan 09-Mar 13
647657 $125/10 sess
Instructor: Joseph Young

SOCIAL

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).
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55+ yrs



Angel's Mind Matters 55+ yrs

This discussion group meets to discuss relevant topics chosen by the membership. We currently have a waitlist for new members, but you are welcome to join us to listen only. For more info: Maureen Kinney, 604-263-4579. $10 Social Recreation card required. On-going, registration required.

M 2:00 PM-3:30 PM Jan 04-Mar 22
647478 $0/12 sess
Instructor: KCC Sr Social

Bingo 55+ yrs

Spend a pleasant afternoon with friendly seniors. Try your luck, maybe you'll win!

F 1:00 PM-3:30 PM Jan 08-Mar 26
650853 $0/12 sess
Instructor: KCC Sr Social

Bridge • No Instructor 55+ yrs

No partners required. Please drop-in and play with a fun and friendly group. Always looking for experienced players to join in.

M W 12:30 PM-3:00 PM Jan 04-Mar 24
650843 $0/24 sess
Instructor: KCC Sr Social

Bridge: Beginners/ Beginners Plus 19+ yrs

All levels welcome. You'll begin playing straight away, hands on. Players sorted according to their skill and experience. Bridge and other card games have been shown to improve mood and cognition. Come and meet new friends. Please contact Barry at 778-223-4255 or bwade020@gmail.com for information. No class February 15. Drop-in fee: $5

M 11:00 AM-1:00 PM Jan 11-Mar 22
646646 $50/10 sess
Instructor: Barry Wade

Bridge: Practice Drop-in 19+ yrs

An opportunity for duplicate-style bridge practice in a supervised environment. Contact Barry at 778-223-4255 or bwade020@gmail.com for information.

W 12:20 PM-2:35 PM Jan 06-Mar 10
646647 $5/10 sess
Instructor: Barry Wade

Cribbage 55+ yrs

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

W 9:00 AM-12:00 PM Jan 06-Mar 24
650862 $0/12 sess
Instructor: KCC Sr Social

Seniors Games Day 55+ yrs

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

Su 2:00 PM-4:00 PM FREE. Registration required
654354 Jan 24
654354 Feb 28
Instructor: Youth Leader

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.
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SOCIAL

English Conversation Circle — 55+ yrs

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

M 12:30 PM-2:00 PM Jan 04-Mar 22
650547 $0/12 sess
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 Jan 05-Mar 23
650847 $0/12 sess
Instructor: No Instructor

Great Books Discussion Group — 19+ yrs

Interested in lively and far ranging discussions with thoughtful readers? Our group looks at writings covering poetry, fiction and non-fiction from great writers and thinkers. This 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. New participants are welcome at any time. For more info contact Moira Steven (moirasteven@yahoo.com)

Tu 2:00 PM-3:30 PM Jan 05-Mar 23
650013 $27/12 sess
Instructor: No Instructor

Mah Jong — 55+ yrs

Come and play this Chinese game combining skill, strategy, and luck. Great for the mind, all levels welcome. On-going, registration recommended. Held in seniors lounge.

W 9:00 AM-11:30 AM Jan 06-Mar 24
650864 $0/12 sess
Instructor: KCC Sr Social

Table Tennis — 55+ yrs

Have fun and exercise with friends. Tables are located in the seniors' centre and in the youth games room. Youth room tables are reserved for youth after 3pm daily and all day on weekends.

Th 2:30 PM-5:30 PM Jan 07-Mar 25
650861 $0/12 sess
Instructor: KCC Sr Social

Men's Shed — 55+ yrs

A safe, welcoming environment where men create shared experiences and build community through friendship development, camaraderie, purpose, dignity, and teamwork. $10 Social Recreation card required. On-going, registration required. More info: https://bcmensshed.ca/about/

W 10:00 AM-12:00 PM Jan 06-Mar 10
651432 $0/10 sess
Instructor: KCC Sr Social

Open Drumming Circle — 55+ yrs

Join us 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 Jan 08-Mar 19
646663 $0/11 sess
Instructor: No Instructor

Saturday Social Dance — 19+ yrs

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

Sa 4:00 PM-6:00 PM Jan 02-Mar 27
649864 $0/13 sess
Instructor: No Instructor

Scrabble — 55+ yrs

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

W 1:00 PM-3:00 PM Jan 06-Mar 24
650865 $0/12 sess
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 Jan 05-Mar 23
650868 $0/12 sess
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.

Sa Su 2:00 PM-4:30 PM Jan 02-Mar 28
650869 $0/26 sess
Instructor: KCC Sr Social

Knit A Bit & More • 55+ yrs

This knitting group is for everybody who likes to knit, sew, crochet, embroider etc. Join us 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.

Visit the **Stitch & Bejewelled Boutique** in the Seniors' Lounge every Thursday at 9:30 AM–1:00 PM. All handcrafted articles for sale are made by volunteers and friends of the Monday knitting group.

M 1:00 PM-3:00 PM Jan 04-Mar 22
650839 $0/12 sess
Instructor: No Instructor



PUBLIC SKATE SCHEDULE

January 4–March 26, 2027

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!

- **Holiday Skate**
  December 13 • 5:30-7:00pm
- **Valentine's Skate**
  February 14 • 5:30-7:00pm



Kerrisdale Arena

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: January 4–February 20, 2027 • Set 2: February 21–March 26, 2027

Registration
7:00pm, online & in-person:
• Set 1: December 17, 2026
• Set 2: February 18, 2027

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.

*Fees subject to change

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



January 2–March 14, 2027

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Length Swim: 6:30am–8:15am • *2 lanes reserved for Swim Clubs*						
Moderate Aquafit 8:30am-9:30am	Range of Motion Aquafit 8:30am-9:15am	Moderate Aquafit 8:30am-9:30am	Moderate Aquafit 8:30am-9:30am	Moderate Aquafit 8:30am-9:30am	Public Swim 9am-10:15am (Self directed fitness) *2 lanes dedicated to lengths swimming*	Aquafit 9:15am-10:15am
					Length Swim 10:30am-11:30am	
					Lessons 11:45am-3:15pm *1 lane dedicated to lengths swimming*	
Public Swim & Lessons • 9am–11:00am					Public Swim • 3:30pm-5pm	
Length Swim • 11:15am-1:15pm						
Public Swim • 1:30-3:15pm		Aquafit 1:30-2:30pm	Public Swim • 1:30-3:15pm		**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 • 3:30-6:45pm *4–6 lessons occurring at any time • 1 lengths lane, no leisure space, diving board and slide unavailable*						
Length Swim • 7pm–8:30pm *2 lanes reserved for Swim Clubs • 3 lanes dedicated to length swimming*						

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	5-12 yrs	13-18 yrs	19-64 yrs	65 yrs+
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

Feb. 13-15 • Family Day
Mar. 26-29 • Easter
Public Swim • 9–11:55am
Length Swim • 12–2pm
Public Swim • 2–5pm

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 winter swim lesson registration (online, in-person and by phone) starts 7:00 pm, Tuesday, December 15**

Pool

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.

VancouverAquatics 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 winter swim lesson registration (online, in-person and by phone) starts 7:00 pm, Tuesday, December 15

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.

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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
1 Session	$58	$37
3 Sessions	$172	$110
5 Sessions	$285	$182.50
10 Sessions	$516	$362

New pricing effective January 1, 2027. 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.

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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.

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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	$5.25	$5
10-Visit Pass	$42	$40
1 month	$52.50	$37.50
3 months	$105	$75
6 months	$210	$150
12 months	$315	$225

New pricing for Adults effective January 1, 2027

Please scan passes at the front desk and grab a wristband before going downstairs. Passes are non-transferrable or refundable. We do not suspend passes. There is a $2 charge for replacement passes. Wristband must be worn while using the facilities.

Please visit the Kerrisdale Community Centre website for details: www.kerrisdalecc.com

FITNESS EQUIPMENT

- Walk/run treadmills
- 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
- Functional training props
- Chin-dip assist machine
- Hip thrust machine

