



CHILDREN & YOUTH

SPORTS

JBST Soccer Skills Development

6-12 yrs

This fun JBST Soccer Academy program teaches soccer dribbling, passing, shooting, juggling, and tricks through small-sided games. Goals: Advancing skills, passion, and fun. New players are welcome. A one-time soccer kit is provided (shorts, jersey & socks) and a soccer report card upon request.

www.jbstsoccer.com

Th 5:00 pm-6:15 pm Sep 26-Nov 28
234813 \$250/10 sess

Instructor: JBST Academy

Sportsarama for Kids 5-7 yrs

Learn the basics of playing sports like soccer, basketball and floor hockey and more. Children will have fun while learning some fundamental movement skills and burning off some energy! Please bring a water bottle to every class. No class Oct 14 & Nov 11.

M 3:30 pm-4:45 pm Sep 30-Dec 16
233256 \$67.50/10 sess

Instructor: Sharon Lee

Volleyball

10-14 yrs

This fun & active program emphasizes skill development (passing, serving and hitting) and personal fitness. Basic team concepts will be taught through a variety of drills and games. Drop-in players allowed, space permitting: \$5.50.

W 3:30 pm-4:45 pm Sep 18-Dec 18
232975 \$70/14 sess

Instructor: Joci Mortensen

A VOLUNTEER PROGRAM FOR OUR LEADERS OF TOMORROW

Kerrisdale Community Centre is looking for creative and energetic leaders to join our Youth Leaders Team, a volunteer program aimed to help youths develop leadership qualities and skills that will aid them through university and professional careers.

The volunteer position runs from October 2019-June 2020. You will be working with the Youth Leader/Supervisor, along with fellow volunteers to develop and host events in the Kerrisdale community.

To apply:

- Applicants must be ages 14-19 years old or be grade 8-12;
- Be willing to commit, get trained and help develop programs
- Be available to meet weekly on Tuesdays from 5:00PM to 6:30PM for youth meetings
- Be willing to attend seasonal events on the weekends or outside of meeting times;
- Be able to work with other youths as a team and under the supervision KCC Staff;
- Interested in gaining leadership development, interpersonal skills, and stepping outside your comfort zone.

Benefits

1. Opportunity to make new friends and connections
2. Experience new and fun activities
3. Gain excellent interpersonal skills and ability to work cooperatively in a team environment (great assets to put on University applications or job resumes)
4. Receive volunteer hours and reference letter upon completion
5. Give back to the community

Applications will be available on-line at www.kerrisdalecc.com or you can pick up a hard copy at the main office in early September. Deadline to submit applications is September 20, 2019.

Games Room



YOUTH ONLY TIMES:
 Monday to Friday
 3:00pm-9:00pm,
 Saturday & Sunday
 1:00pm-4:00pm.

For use of the Games Room (outside of Youth only times), adults must purchase a \$10 social recreation annual card.



YOUTH

POTTERY

Pottery: Hand & Wheel 12-17 yrs

We'll start with hand building projects creating a variety of 'fun-ctional' pieces like mugs, bowls and boxes. We'll move onto the potters wheel and work towards 'throwing' a selection of creative projects. There is stamping, rolling, scraffito and other great techniques to be discovered. We will look into exciting surface decoration too. Program fee includes clay and glazes. Bring your ideas too. No class Oct 14 & Nov 11.

M 4:00 pm-6:00 pm Sep 23-Dec 09
233952 \$190/10 sess
 Instructor: Laura Van Der Linde

Youth Wheel **NEW** Pottery 13-17 yrs

Learn how to make pottery on the wheel! We will learn basic techniques on how to throw, troubleshoot and improve. Projects are cups and bowls but with confidence we can do more. Basic trimming and final touches with the goal of creating fun functional ware you can use at home.

Sa 1:30 pm-3:30 pm Sep 28-Oct 26
237120 \$120/5 sess
 Instructor: Janine Schroedter

SPORTS

Badminton 13-18 yrs

There is no formal instruction, but the instructor will advise on playing and rules. Racquets are provided or bring your own. Drop-in players allowed, space permitting: \$4.50.

W 5:00 pm-7:00 pm Sep 11-Dec 18
232963 \$60/15 sess
 Instructor: Richard Tai

Basketball 12-18 yrs

Improve your dribbling, shooting, passing and have fun scrimmaging. Drop-ins allowed, space permitting: \$4.50. No class Oct 14 & Nov 11.

M 6:30 pm-7:30 pm Sep 09-Dec 09
234785 \$48/12 sess
 Instructor: Aman Jhutti

Basketball Drop in 13-18 yrs

Drop-in for friendly games of pick up basketball. Participants are required to sign in at the front desk before playing and supply their own basketballs. Drop-in \$1.75/session.

Tu 6:00 pm-7:30 pm Sep 10-Dec 17
235125 \$22.50/15 sess
 F 7:00 pm-9:30 pm Sep 13-Dec 20
235145 \$22.50/15 sess
 Instructor: Raymond Siu

ART

How to Make **NEW** Christmas Cards in Watercolour 12-18 yrs

Join us for a fun, engaging workshop and learn how to make your own beautiful Christmas cards with various watercolour techniques. You leave at the end of the workshop with up to four original Christmas cards. All materials such as paints, brushes, matching blank cards and envelopes are provided.

www.atashzad.com
 Sa 2:30 pm-6:30 pm Dec 21
235227 \$57/1 sess
 Instructor: Mohammad Atashzad

Watercolour for Youth 12-18 yrs

Explore the world of watercolour painting. This program is for youth who want to learn how to use water, paper, colour and brushes to create an endless variety of tones in their paintings. (Supplies are not included, supply list available upon registration)

www.atashzad.com
 Tu 5:30 pm-7:00 pm Oct 01-Dec 17
234769 \$180/12 sess
 Instructor: Mohammad Atashzad



Vancouver Public Library
 www.vpl.ca

Vancouver Public Library Teen Programs

Get involved at the Kerrisdale Branch this fall! Interested in meeting other teens and volunteering to earn community service hours? Programs to watch out for:

- **Teen Advisory Group (TAG):** For ages 13-18.

TAG – you're it! Join VPL's TAG and earn community service hours by helping the library design, organize and promote teen programs and collections. Free! Sign up at teens@vpl.ca or 604-331-3690.

- **Reading Buddies:** For ages 13-18.

Be a big reading buddy and help young kids practise their reading skills at the library! Community service hours available. Contact the branch to sign-up.



EDUCATION

Red Cross Babysitting

11-16 yrs

This course is a nationally recognized program designed to prepare your growing teen to develop self-assurance, knowledge, and skills required for babysitting duties and when caring for themselves alone.

Sa	9:30 am-4:30 pm	Sep 28
▶235156		\$65/1 sess
Su	9:30 am-4:30 pm	Oct 27
▶235157		\$65/1 sess
Su	9:30 am-4:30 pm	Nov 24
▶235158		\$65/1 sess

Instructor: Community Care First Aid

Junior Achievement Company Program

15-18 yrs

Are you ready to venture into business? Have you dreamed of launching your own company or selling a new product? JA British Columbia can help you get started on the path to entrepreneurship. Learn about business by joining a JA Company with others like you, and try it out for yourself. It's fun and challenging! With help from JA's business advisors and your own ideas, you will work with other program participants to plan your business, build a company, and market a product. Along the way you will learn about teamwork, business ethics, and managing money. It's a great way to explore career opportunities and meet new people. Participants must be in grade 10,11 or 12, and in addition to attending 2 hour weekly meetings should be prepared to spend another 2 hours per week working on their JA business. www.jabc.ca No class Dec 24, Jan 1, Mar 19 & 26.

W	5:30 pm-7:30 pm	Nov 06-May 20
▶233057		Free

Instructor: Junior Achievement BC

Toastmasters Youth Program - Vancouver Gavel Club

12+ yrs

Conducted by Toastmasters members, Vancouver Gavel Club help youth build their communication and leadership skills to become tomorrow's leaders. The club is a place for youth to push themselves, make new friends and have fun! Unlike in a class where people learn from teachers' instructions, club members learn and build up confidence by making short impromptu and prepared speeches, taking meeting roles, and sharing & supporting each other. No class Oct 14 & Nov 11.

Tu	7:00 pm-9:00 pm	Sep 10-Nov 26
▶235834		\$100/10 sess

Instructor: Vancouver Gavel Club

Sep 11

Youth Volunteer Orientation

13-18 yrs

Learn about all of our volunteering opportunities and work with staff and other volunteers making a safe and fun community. We will play some games and discuss volunteering opportunities at the centre and around the city. Note: due to the large interest, not all attendees will be guaranteed volunteer shifts.

Please sign up in advance and bring a resume if you have one

W 4:00 PM-5:30 PM Sep 11 ▶236742
Free

Youth's Optimal Wellness - Coaching Workshop

13-17 yrs

This Youths Optimal Health & Wellness Coaching program is specially designed for YOUR body, mind, heart, and soul. Do you feel fatigue, tired, stressed out, not enough energy, upset, depressed, moody, foggy brain. Worrying about rough skin, body image, peer pressure and competition. Suffering from being bullied? Confused about lots of growing-up things? Encountering ADD/ADHD? Lack of clarity, purpose, and motivation? Come to experience trust, respect, acceptance, support, and LOVE in this safe community. No criticism, no judgment, no bully. You will learn positive attitude, healthy lifestyle + diet, and Functional Medicine strategies (1) to enhance your personal image, (2) to boost up you energy and confidence for better involvements in sports, activities and studying, (3) to build up better social relationships, and (4) to stay calmer, more focused, more productive, and more creative to live out the Best Version of YOURSELF. Drop-in for parent and student \$29.40. Drop-in student only \$18.90

Free Trial

W	4:00 pm-5:00 pm	Sep 11
▶236889		FREE
W	4:00 pm-5:00 pm	Sep 18-Oct 09
▶236890		\$105/4 sess

Instructor: Emily Hsu

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