FALL 2019 ARTS & RECREATION GUIDE

- Cyclone Taylor Arena
- Exercise Room
- Swimming Pool
- Seniors Centre
- Community Centre

www.kerrisdalecc.com

This brochure describes activities at your local community centre, swimming pool, ice rink and seniors centre. Please have someone translate this for you.

這冊子介紹本社區中心、游泳池、溜冰場及耆英中心的一切課程及活動。如有興趣了解詳細內容，請求助懂英語人士作翻譯。
Check out our NEW Fall Programs

Preschool
Space Explorers – (pg. 8)
Holiday Pottery Class – (pg. 11)

Children
Christmas Cards in Watercolour – (pg. 13)
Holiday Pottery Class – (pg. 13)
Healthy Cooking – (pg. 14)
Kerrisdale Boys Group – (pg. 14)
Bricks 4 Kidz Superhero Academy – (pg. 16)
ProjectKIDS – (pg. 16)

Youth
Youth Pottery Wheel – (pg. 20)
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Adults
Pickleball Skills & Drills – (pg. 25)
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Seniors
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Physical Activity Screening – (pg. 52)
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Seniors Pop Up Musical Theatre - (pg. 53)
You Can Ukulele for Level 2 – (pg. 53)

Workshops
See pages 39-41 for details.

Our Recreation Programs Are Available To All Patrons.
We welcome people on limited income to participate in the Centre’s programs and services. For more information on assistance available, 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, available at the front desk when you register.
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HOURS OF OPERATION
CENTRE OPENING HOURS
Monday-Friday ............6:00am-10:00pm
Saturday .........................7:00am-7:00pm
Sunday .....................8:45am-5:00pm

OFFICE HOURS
Monday-Friday ............8:45am-9:30pm
Saturday .........................7:00am-6:30pm
Sunday .....................9:00am-4:30pm

HOLIDAY HOURS
Monday...... Sep 2 ........9:00am-5:00pm
Monday...... Oct 14 .......9:00am-10:00pm
Monday .... Nov 11 ..........9:00am-10:00pm
Tuesday .... Dec 24 .......9:00am-5:00pm
WednesdayDec 25 ............. CLOSED
Thursday.... Dec 26 ........ 9:00am-5:00pm
Tuesday .... Dec 31 ..........9:00am-5:00pm
WednesdayJan 1 ..........9:00am-5:00pm

Please note: All programs run on Stat Holidays unless otherwise stated.

FALL 2019 REGISTRATION INFORMATION

CENTRE PROGRAMS ONLINE REGISTRATION –
will begin Saturday, August 10 @ 9:00am
• 60% of our available program spots will be available online.

CENTRE PROGRAMS IN-PERSON REGISTRATION –
will begin Saturday, August 10 @ 9:00am
• Timesavers and prefill registration forms given out at 8:00 am.
• Registration for Preschool through Adults Programs will take place @ the Main Desk in the Community Centre.
• Registration for Seniors programs will take place @ the Seniors’ Centre Desk.
• Please pick up your timesaver numbers accordingly!

CENTRE PROGRAMS BY TELEPHONE & FAX –
will begin Monday, August 12 @ 9:00am

SWIMMING LESSONS REGISTRATION –
will begin Tuesday, August 27 @ 7:00pm (Timesavers start at 6pm)
• Online, In-person and by Phone. See page 56 for details.

SKATING LESSONS REGISTRATION –
will begin Friday, September 13 @ 7:00pm
• Online and In-person. See page 57 for details.

Visit recreation.vancouver.ca
Create an online account and register for unique and exciting programs across 24 community centres. Your online account allows you to keep track of your schedules, rental agreements, payment receipts and look up your current pass status.

Skip the line and buy your pass online All our passes are now available online. Get your 10-usage pass to indoor cycling classes or visit a fitness centre, pool or rink with the click of a button. Monthly Flexipasses are great for getting active and staying active, giving you access to 21 fitness centres, 9 indoor pools, 5 outdoor pools, and 8 ice rinks! vancouver.ca/passes

FOR YOUR 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.
• Programs are subject to change without notice.
• Unavoidable class cancellations will be made up at the end of the session
• Please pick up your receipt within 72 hours of registering to confirm that you have been registered for the correct program. If you are registering for a friend, please have their name, address, phone number, birth dates and programs desired. You may register for yourself and one other family only.
• 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. See our website at www.kerrisdalecc.com for more information.

PROGRAM FEES REFUNDS/TRANSFERS
A $5 processing fee will be charged for all program refunds and transfers. 48 hours notice is required and there will be no refunds granted after the scheduled second class.
• Refunds will be prorated accordingly.
• 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 & Senior Program fees include GST.
The Kerrisdale Community Centre Society starts the Fall Season with great expectations. Besides having a full line up of our regular and new recreational and social activities for patrons of the Centre we are encouraged with the growth of the Kerrisdale Earthquake Emergency Preparedness (KEEP) initiative. You will find more information on KEEP on our new web site and on notices posted in the Centre.

The Society has been working hard during the past spring and summer to revise and renew our Society logo, brochure and web site. The Board expresses profound thanks to the members of the Communications Committee who guided this renewal process. We expect the new web site will be in place by October. Please visit www.kerrisdalecc.com to view the new interactive web site.

Many of you may recall that between 2016 and 2018 the Society conducted a community needs assessment/demographic analysis (from Canada census data) to identify recreational and social needs of Society members and other users of the Centre, and related demographic changes. More than 750 members and patrons helped by completing surveys. Much data was collected; however, it was set aside as we became deeply involved in finalizing negotiations with the Park Board to create a new Joint Operating Agreement (JOA) for the Centre. With the signing of the JOA in June 2018 the Needs Assessment report has now been completed and is available to all community centre patrons on our web site.

People can contribute to the work of the Society and the needs of the Community in many ways: you can volunteer to help in the seniors’ kitchen or other program area, you can join the Board of Directors, the Seniors’ Council, or a Board committee and use your expertise and experience to guide the direction of the Society and programming at the Centre, or you can make contributions in kind or in cash to help meet the needs of the Centre.

We are near completion of a new strategic plan for the Society. This project has been successful thanks to the knowledge contribution offered by a Society member, who contributed experience in strategic planning to the Society. Plan development included interviewing a number of Board members, staff representatives, and other stakeholders to identify key directions, followed by a workshop with this group to highlight actions for the Board to implement. Incorporating guidance from the Society’s 2015 Vision, Mission and Values, and the Community Needs Assessment Report the strategic plan will guide the actions of the Society over the next 3-5 years.

We expect that the strategic plan will be approved by the Board of Directors this fall; after which it will be posted on our web site, www.kerrisdalecc.com.

TIME TO GIVE BACK - JOIN THE BOARD OF DIRECTORS

The Kerrisdale Community Centre is the most active centre in Vancouver and provides a wide variety of programs for those of all ages. You probably know that. But are you aware that our success is the result of hard efforts by the Kerrisdale Community Centre Society Board of Directors working in cooperation with the Vancouver Board of Parks and Recreation?

Each year at the Society’s Annual General Meeting, members of the Kerrisdale Society elects nine new Directors to its 18 member board who bring fresh ideas, skills, and enthusiasm to help expand our programs and further develop our services. In 2020, the AGM will take place on February 19. Those elected will be joining an existing group of dedicated volunteers to help shape our centre’s growth and evolution.

Directors are expected to participate in 10 monthly board meetings each year, sit on at least 2 committees and volunteer for special projects as needs arise. For most Board members, the time commitment is about 8 hours per month. We particularly seek enthusiastic and energetic people who are familiar with the Kerrisdale community and the programs of the Centre. In addition to Directors, the Society seeks volunteers to bring skills and insights to a number of Board committees; the time commitment is less, but the rewards are great.

Additional information and an Application Form can be found on our KCCS web site. Go to the “Join the Kerrisdale Community Centre” heading, and select “Get Involved” followed by “Join the Board of Directors”. If you have any questions a member of the Board would be happy to respond; please let us know by contacting: Alison Verghese <kerrisdaleccsociety@gmail.com>
Strategic directions of highest importance are as follows:

**Strategic Direction #1: Programming**
Meet the needs of the changing demographics (cultural, aging, single parent, young families, teens, preteens). Reach into the community to create programs for those individuals and families who are not using the Centre.

**Strategic Direction #2: Communications / Marketing**
Develop a comprehensive communications / marketing plan that will include strategies and tactics to reach current participants and non-participants at all levels.

**Strategic Direction #3: Succession Planning:**
Implement specific activities to recruit new Board members and support them to be active and productive. Make Board membership manageable, fun, and sought after.

**Strategic Direction #4: External Relations (Park Board & CC Network, Stakeholders)**
Create a productive partnership with Park Board. KCCS has significant governance, management and organization capabilities and can play a leadership role in the Community Centre Network.

**Strategic Direction #5: Facility Redevelopment:**
Work with Park Board Planning to develop a comprehensive plan for Centre redevelopment including a thorough assessment of existing space, feasibility study, geotechnical assessment, and concept plan.

Thank you for making this community centre one of the best in Vancouver. I hope you will enjoy the recreational, social and artistic activities that are offered. This fall, the Society will again be promoting participation in the Society as an elected Board member (or Seniors’ Council member). Please take some time to chat with current Directors or read Board nomination materials that will be available at the same time the fall program brochure is published. We look forward to your participation in providing many of the vital recreational and social needs of the Kerrisdale community.

Robert Lockhart, President
Kerrisdale Community Centre Society

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**Kerrisdale Community Centre Society Board of Directors**

President: ................. Robert Lockhart  
Past President:.............. Kathleen Bigsby  
Vice President:.................. Vacant  
Secretary:....................... David Eaton  
Treasurer:...................... David Mordant  

Board Members: Humaira Akhtar, Oscar Bisnar, Keiko Honda, Fred Jay, Alexis Loriot, Kathy McKay, Anne Monahan, Juny Ogunsola, Morag Pansegrau, Edward Quan, Marie-Noelle Saviole, Keith Stoner, Melissa Woo, Mike Wu

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**Contact Us**

**Centre Staff**

- **Recreation Supervisor**  
  TBA.......................................................... 604.257.8118
- **Arena Programmer**  
  Maegan Montemayor ..................................... 604.257.8102
- **Centre Programmer**  
  Shannon Brown............................................ 604.257.8114
- **Centre Programmer**  
  Hardeep Bassram ........................................ 604.257.8116
- **Pool Programmer**  
  Bernard Lee ............................................ 604.257.8107
- **Seniors’ Programmer**  
  Austin Su.................................................. 604.257.8111

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**Community Groups**

- Kerrisdale Art Club .......................... 604.742.2343
- Kerrisdale Little Owl’s Preschool ........... 778.549.2520
- www.kerrisdalelittleowls.com Email: kerrisdalelittleowls@gmail.com
- Health Unit........................................... 604.261.6366
- Kerrisdale Library .................................. 604.665.3974
- Kerrisdale Business Ass’n .................... 604.266.9875
- McCleery Golf Academy ......................... 604.267.0390  
  McCleerygolfacademy.ca

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**Kerrisdale Community Society Board**

Website: **www.kerrisdalecc.com**

enquiries please contact Alison at: kerrisdaleccsociety@gmail.com
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 $236743 Free

Birthday Parties 1-10 yrs
Saturdays 11:00am-1:00pm or 2:30pm-4:30pm
$180.00 (up to 12 kids) *$220.00 (up to 24 kids)
*Due to online registration restrictions, only one price can be shown. If booking for the larger party, please contact the centre.

Opera Zone Series
All Ages
Enjoy an afternoon of listening to arias sung by Gerard Satamian and others, accompanied by a piano. A $10 annual registration fee is required to attend Opera Zone performances for the year. You will be asked at the door to show your registration card or pay $5/drop-in.
Su 2:00 PM-4:00 PM $10/year
232905 Sep 1 | 232910 Oct 6
232911 Nov 3 | 232912 Dec 1

Pumpkin Carving
5+ yrs
Join families from the neighborhood for a night of wild'n wacky pumpkin carving! Pumpkins and some utensils will be supplied and refreshments will be served. Be sure to come on time as there will be a short demonstration at the beginning. Two pumpkins are provided per family. Each family member must register and each person pay $6. Children must be accompanied by an adult.
F 5:00 PM-7:00 PM Oct 25 $236741 $6/person

Halloween Carnival
2-10 yrs
Dress your kids up in their favourite costumes and bring them to this annual family event. Come and jump around on our bouncy equipment, play some exhilarating games and do some Halloween crafts. Children (2-10 yrs) must register in advance and must be accompanied by an adult. $6/child
Sa 1:00 PM-3:00 PM Oct 26 $236740 $6/child

Parties Include:
• A party leader for 2 hours that will lead the activities and assist you in the party preparation
• Auditorium for the Bouncy Castle or Sports Gym
• Room 109 with tables, chairs, and coloured decorations of your choice
• Access to the kitchen
• 30 mins before and 30 mins after each party for setup and cleanup
• Parents are responsible for any food and accessories required for the party

Registration & Refunds:
• Register by phone, in-person or online.
• Cancellations and date transfers require 14 days notice
• $5.00 admin charge for refunds and transfers.

Inquiries
For all other inquiries please contact Derek Linwood at derek.linwood@vancouver.ca or 604.257.8117
Birthday Party brochure at the centre for more information.
Community Forum: The Arts & Emergency Resilience
All Ages

As unlikely as it may seem, artists - past and present - are contributing to mitigating risks, promoting healing, and building civil society before, during, and after emergencies, whether natural, human-made, or technological. Through multimedia presentation and active discussion, The Arts and Emergency Resilience will explore some remarkable stories featuring artists from all over the world. These are stories about artists working to re-imagine and recreate the social and cultural fabric of their communities as they help re-build public infrastructure, heal unspeakable physical and psychological trauma, and give new voice to the forgotten and disappeared. This forum will explore cultural development strategies used in communities in crises around the world that can be applied to the Kerrisdale community facing earthquake and emergency preparedness.

Su Nov 17 Free/Registration Required
12:00 PM-4:00 PM 239789

Gingerbread House Making
5+ yrs
Get in the holiday spirit and help your child build and decorate their own gingerbread house. All supplies, including gingerbread house, candies and hot chocolate are included in the price. Children must be accompanied by an adult.
F 5:00 PM-6:30 PM Dec 13 236739
$15/Gingerbread House

Breakfast with Santa
2+ yrs
Bring the family to breakfast with the big guy himself: Santa Claus! Events include a pancake breakfast, crafts, play equipment. Bring a camera if you wish to take a photo with Santa. All adults and children attending must pay and children are required to be supervised. Cost: $6/person. Children under 2 years can attend for free (registration required).
Su Dec 8 $6/person
9:00 AM-10:30 AM 236737 11:00 AM-12:30 PM 236738

Kerrisdale Community Garden

Kerrisdale Community Garden (KCG) is a collectively-run volunteer group bringing together all types of gardeners from the community. Our shared goals are improved access to gardening land for local people and enrichment of Kerrisdale’s accessible public green space. Community members are welcome to enjoy our garden in every season.

We grow pumpkins for schools in our community.

https://kerrisdalecommunitygarden.wordpress.com/

Come and visit us at our garden.
We are located at 60 Ave & Angus

In fall we wrap up our growing season. The garden is still busy and you will see many of us working around the garden.
Come and say hello.
Preschool Drawing 3½-5 yrs
Encourage your preschooler’s enthusiasm for art. A vibrant drawing of a rainbow will introduce our students to the wonderful world of colour. An illustration of an airplane will take them to new heights. A delicious-looking drawing of an ice cream sundae will delight those with a sweet tooth, and learning to draw a friendly lion has never been more fun. No class Oct 14.
www.youngrembrandts.com
M 3:15 pm-4:05 pm Sep 16-Oct 28 $117/6 sess
Instructor: Young Rembrandts

Preschool Drawing 3½-5 yrs
Has your child shown an interest in drawing? If so, your child will LOVE a Young Rembrandts drawing class. Learning to draw a scarecrow face will capture the spirit of the fall season. We’ll learn about basic shapes and designs as we take a look at gift-wrapped presents. And we’ll sweeten the winter season with a rendering of candy canes. No class Nov 11.
www.youngrembrandts.com
M 3:15 pm-4:05 pm Nov 04-Dec 16 $117/6 sess
Instructor: Young Rembrandts

Space Explorers NEW 3-5 yrs
Join Sharon in exploring space through crafts and games. We will learn about the planets and practice to become astronauts.
W 1:30 pm-2:45 pm Oct 02-Dec 18 $98/12 sess
Instructor: Sharon Lee

Under The Sea! 3-5 yrs
Let’s explore the sea together through crafts, stories, and imagination.
F 10:15 am-11:30 am Oct 04-Dec 20 $98/12 sess
Instructor: Sharon Lee

Cooking for Preschoolers 3-5 yrs
Join in on the cooking fun as we will be making lots of yummy (sweet & savory) foods! No class Oct 14 & Nov 11.
M 10:00 am-11:15 am Sep 30-Dec 16 $92/10 sess
Tu 1:00 pm-2:15 pm Oct 01-Dec 17 $108/12 sess
Instructor: Sharon Lee

ABC & 123 Fun 3-5 yrs
A fun exploration of the alphabet and numbers incorporating art, colouring, songs and games as learning tools. Each week we will concentrate on a different letter or number.
W 10:15 am-11:15 am Oct 02-Dec 18 $98/12 sess
Instructor: Mad Science

Baby Sign Language 16+yrs
Babies understand and can communicate long before they are able to speak. Research shows that babies who learn Sign Language learn quicker and talk earlier. Using songs and games learn how to teach your baby basic American Sign Language (ASL) so they can better convey their wants and needs and relieve unnecessary frustration. The instructor will teach you the signs and songs so you can practice at home. Babies can sleep during class or you can bring some toys. Newborn-24 months. Please register under the parent or caregiver’s name.
W 10:30 am-11:15 pm Oct 23-Nov 20 $69/5 sess
Instructor: Into Yoga
MUSIC TOGETHER®
Experience Music Together® and find out how important - and how much fun - your role can be! Learn how to share the joys of music-making and the powerful benefits of having music in your young child's life. Our 9 award-winning music collections and research-based curriculum supports parents at home and keeps the music making alive all week! In our mixed age class, each child participates at his or her own level and their natural musicality is nurtured through singing, dancing, listening, watching, and exploring the musical instruments. The whole family is welcome - parents, grandparents, caregivers – for this important family music experience. 45 minutes of pure fun each week! Parent participation is required. Siblings attend at a reduced tuition rate and children 6 months and under attend free with a registered sibling. $60 Music Together Licensing fee is non-refundable after the first class. www.westsidemusictogether.com. No class Oct 12.

### Group Piano for Preschoolers
0-5 yrs
A fun musical adventure through Wunderkeys. Our piano group lessons include listening, reading music notations and playing rhythm activities. No class Oct 14 & Nov 11.
M 2:55 pm-3:40 pm Sep 09-Nov 25
$155/10 sess
Instructor: Gloria Yu

### Group Singing & Dancing for Preschoolers
0-5 yrs
M 2:05 pm-2:50 pm Sep 09-Nov 25
$155/10 sess
Instructor: Gloria Yu

### Group Ukulele Circle for Preschoolers
0-5 yrs
Learn ukulele basics in this fun and stress-free lessons. Instruments are provided. No class Oct 14 & Nov 11.
M 1:15 pm-2:00 pm Sep 09-Nov 25
$155/10 sess
Instructor: Gloria Yu

ATTENTION PARENTS:
Preschoolers and children must be the age stated in the course description. Please indicate your child’s birthdate when registering. Siblings may only attend if they are registered and meet the age requirement. Please ensure that children are dropped off and picked up promptly before and after each scheduled program as instructors are not responsible for children outside of the scheduled program times. Thank you for your cooperation.
**DANCE**

**Jazz/Ballet**
3-5 yrs
In this class children will learn a variety of ballet exercises as well as the basic fundamentals of jazz dance while developing their own creative expression. They will jump and turn with delight in this fun and high energy class. This is a closed class, however, in the final week of the session we invite parents to stay for a presentation of what we have been learning. Drop-in $10. www.kirbysnelldance.com

3-5 yrs
- Th 11:00 am-11:45 am Sep 19-Dec 05 $108/12 sess [234289]
- Th 1:00 pm-1:45 pm Sep 19-Dec 05 $108/12 sess [234295]

4-6 yrs
- Sa 9:45 am-10:30 am Sep 14-Nov 30 $108/12 sess [234298]

3-5 yrs
- Sa 10:45 am-11:30 am Sep 14-Nov 30 $108/12 sess [234297]
- Instructor: Endorphin Rush Dance And Fitness

**Mini Hip Hop Breakers**
3-5 yrs
This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats! Drop-in $10. www.KirbySnellDance.com

- Th 1:45 pm-2:30 pm Sep 19-Dec 05 $108/12 sess [234293]
- Sa 11:30 am-12:15 pm Sep 14-Nov 30 $108/12 sess [234301]
- Instructor: Endorphin Rush Dance And Fitness

**Phoenix Dance: Chinese Dance Intro**
3-5 yrs
Your child will be introduced to Chinese Dance fundamentals through curriculum inspired by the Beijing Dance Academy and the Chinese Dancers Association, taught by the well established Phoenix Dance & Music School. Grace, beauty, inner strength, and flexibility, your child will be exposed to Chinese culture and some mandarin language through active participation. Meet friends, have fun, self discovery and body conditioning; allow your child to rise to a new challenge. No previous experience required. Increased technique is expected at each progressive level. FB/IG:@PhoenixDanceMusicVanWest www.vpdance.ca. No class Oct 14 & Nov 11.

- M 2:30 pm-3:30 pm Sep 16-Nov 25 $135/9 sess [234998]
- Instructor: Phoenix Dance School

**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 for parents/family on the last day. Drop-in $10. www.kirbysnelldance.com

- Th 10:15 am-11:00 am Sep 19-Dec 05 $108/12 sess [234288]
- Sa 9:00 am-9:45 am Sep 14-Nov 30 $108/12 sess [234296]
- Instructor: Endorphin Rush Dance And Fitness

**YOGA**

**Baby & Me Musical Yoga**
16+ yrs
Specifically designed to engage your baby through developmentally appropriate music and movement activities, this interactive Hatha based yoga class is ideal for parents and babies Newborn thru pre-crawling (or crawling slowly). Strengthen the spiritual, emotional, and physical bond between you and your baby while gaining the strength, energy and balance that parenthood demands. This specialty class is taught by early childhood musical learning specialist & Yoga Alliance 200 hour certified educator- Brenlie Nagy of Nurture Natal Yoga. What to Bring? Your baby, a yoga mat and a blanket for your baby to lie on. Please register under the parent or caregivers name. Drop in $17, space permitting.

- Tu 11:45 am-12:45 pm Sep 10-Dec 17 $236.25/15 sess [233129]
- Instructor: Brenlie Nagy

**Halloween Carnival**
2-10 yrs
Dress your kids up in their favourite costumes and bring them to this annual family event. Come and jump around on our bouncy equipment, play some exhilarating games and do some Halloween crafts. Children (2-10 yrs) must register in advance and must be accompanied by an adult.

- Sa 1:00 PM-3:00 PM Oct 26 $6/child [236740]
POTTERY

Parent & Child Pottery  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 Oct 13 & Nov 10.
Su 9:15 am-10:15 am  Sep 08-Dec 01 $143.50/11 sess
Su 10:30 am-11:30 am  Sep 08-Dec 01 $143.50/11 sess
Instructor:  Renee Chan

Parent & Preschooler Holiday Pottery Class  3-5 yrs
Come and join us for some holiday fun as we create festive projects out of clay. Snowmen, gift boxes and holiday trees will give you all the inspiration you need. Focus will be on holiday projects and working together to make fun memories with your child. Parent participation required, only the child needs to register.
Sa 1:30 pm-3:30 pm  Dec 07 $25/1 sess
Instructor:  Janine Schroedter

Pottery  3-5 yrs
Little ones can have fun and be creative while developing their motor skills. Projects will be fired, glazed and taken home. The focus will be on the process of creativity rather than on the finished product. Parent participation required. Class will run on stat holidays.
M 9:30 am-10:30 am  Sep 09-Dec 09 $183/14 sess
Instructor:  Shelley Kim

Toddler’s Mud Club  1-3 yrs
A class for toddlers where it is OK to make a mess! Develop fine motor skills, enhance creativity and imagination and learn how to behave in a classroom. Focus is on play, not the final product. Open to children who can refrain from putting clay in their mouths! Children must be accompanied by one adult. Siblings (including infants) who are not registered may not attend. Only the child’s work will be fired.
F 9:30 am-10:30 am  Sep 13-Dec 13 $183/14 sess
Instructor:  Shelley Kim

ZUMBA

Zumbini®  0-4 yrs
Sing, dance and play as you bond with your child! Created by Zumba® and BabyFirst for kids ages 0-4, the Zumbini® program combines music, dance and playing instruments for 45 minutes of can’t-stop, won’t-stop bonding, learning and fun! Each course includes a Zumbini bundle including a plush toy, original songbook and music to continue the fun at home. Come and join the Zumbini family! Can’t wait to sing and dance with you and your little ones soon! Drop in $12 if space permits. Parent participation is required. Siblings attend at a reduced rate (1 Zumbini bundle per family) and children 6 months and under can attend free with a registered sibling.  www.zumbini.com
Note: Material fee is Non-refundable after the first class or if the bundle is open. Zumbini bundle handed out on the second day. No class Oct 9, 14 and Nov 11.

‘Kalino Finds The Music’
M 10:00 am-10:45 am  Sep 16-Oct 28 $100/6 sess
W 10:00 am-10:45 am  Sep 18-Oct 30 $100/6 sess
Instructor:  Maayan Amitov

‘Hili And The Dance’
M 10:00 am-10:45 am  Nov 04-Dec 16 $100/6 sess
W 10:00 am-10:45 am  Nov 13-Dec 18 $100/6 sess
Instructor:  Maayan Amitov

Breakfast with Santa  2+ yrs
Bring the family to breakfast with the big guy himself: Santa Claus! Events include a pancake breakfast, crafts, play equipment. Bring a camera if you wish to take a photo with Santa. All adults and children attending must pay and children are required to be supervised. Cost: $6/person. Children under 2 years can attend for free (registration required).
Su Dec 8 $6/person
9:00 AM-10:30 AM  $236737
11:00 AM-12:30 PM  $236738

www.kerrisdalecc.com | FALL 2019
SPORTS

**OBSTACLE COURSE FUN** 3-5 yrs
In this course your child will create and build a fun obstacle course they will get to run! Building the course will encourage creative thinking, problem solving, and working as a team. First, they will be guided through a fun warm-up. Then, while using the course they will learn and practice fundamental motor skills including running, jumping, kicking, throwing, and catching.
Th 10:15 am-11:30 am  Oct 03-Dec 19
$78/12 sess
Instructor: Sharon Lee

**JBST LITTLE SOCCER SPECIAL STARS**
This JBST Soccer Academy’s introductory soccer class develops soccer kicking, controlling, passing, and body coordination through multiple games. Skills, Confidence & Fun are our goal. A one-time soccer kit is provided (shorts, jersey & socks) and a soccer report card upon request. No class Oct 26. www.jbtsoccer.com

<table>
<thead>
<tr>
<th>Age</th>
<th>Time</th>
<th>Date</th>
<th>Cost</th>
</tr>
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<tbody>
<tr>
<td>4 yrs</td>
<td>2:30 pm-3:30 pm</td>
<td>Sep 21-Nov 30</td>
<td>$200/10 sess</td>
</tr>
<tr>
<td>4-5 yrs</td>
<td>4:00 pm-5:00 pm</td>
<td>Sep 26-Nov 28</td>
<td>$200/10 sess</td>
</tr>
<tr>
<td>5 yrs</td>
<td>3:30 pm-4:30 pm</td>
<td>Sep 21-Nov 30</td>
<td>$220/10 sess</td>
</tr>
</tbody>
</table>

Instructor: JBST Academy

**SPORTSARAMA** 3-5 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.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Date</th>
<th>Cost</th>
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<tbody>
<tr>
<td>M</td>
<td>2:00 pm-3:15 pm</td>
<td>Sep 30-Dec 16</td>
<td>$65/10 sess</td>
</tr>
<tr>
<td>Tu</td>
<td>10:15 am-11:30 am</td>
<td>Oct 01-Dec 17</td>
<td>$78/12 sess</td>
</tr>
<tr>
<td>Th</td>
<td>1:00 pm-2:15 pm</td>
<td>Oct 03-Dec 19</td>
<td>$78/12 sess</td>
</tr>
<tr>
<td>F</td>
<td>12:45 pm-2:00 pm</td>
<td>Oct 04-Dec 20</td>
<td>$78/12 sess</td>
</tr>
</tbody>
</table>

Instructor: Sharon Lee

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**BABYTIME** (0-18 mths)
Rhymes, songs, bounces and stories.

**PAJAMA STORYTIME** (2-5 yrs)
Bring your PJs and your teddy bear and enjoy stories, songs, fingerplays and rhymes for the whole family.

**FAMILY STORYTIME** (0-5 yrs)
Songs, rhymes and stories are shared. Suitable for children of all stages and abilities to enjoy and learn together.

Free, Drop-in programs at the Kerrisdale Library for children and their parents/caregivers!

Dates and times at: http://ow.ly/CTe3h

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**GINGERBREAD HOUSE MAKING** 5+ yrs
Get in the holiday spirit and help your child build and decorate their own gingerbread house. All supplies, including gingerbread house, candies and hot chocolate are included in the price. Children must be accompanied by an adult.
F 5:00 PM-6:30 PM  Dec 13
$15/Gingerbread House

**PUMPKIN CARVING** 5+ yrs
Join families from the neighborhood for a night of wild’n wacky pumpkin carving! Pumpkins and some utensils will be supplied and refreshments will be served. Be sure to come on time as there will be a short demonstration at the beginning. Two pumpkins are provided per family. Each family member must register and each person pay $6. Children must be accompanied by an adult.
F 5:00 PM-7:00 PM  Oct 25
$6/person
### ART

#### Cartooning & Animation 7-12 yrs
Cartooning & Animation is a well-established program of AVC. We are offering a high-tech format involving iPads, stands, and iMacs—ground breaking technology which bridges real and digital realms. This program is designed for young animators who are keen to learn Disney’s way of hand drawing in sequence following their favorite animated movies. Students are hands on in every aspect to bring their cartoons to life. They will create their own short films and edit their clips with sounds, music, voice over, special effect, etc. Once the project is complete, it will be posted online as well as handed out on USB. The program is designed for everyone who enjoys drawing and technology. No experience is necessary.

**Dates:** Sep 20-No v 08
**Time:** 4:30 pm-6:30 pm
**Cost:** $148/8 sess

**Instructor:** Nadia Dimitrow

#### FUNdamental Drawing 6-12 yrs
Back-to-school is in full swing at Young Rembrandts, as we present drawing lessons that encompass a fascinating world of color, pattern, and design. Students will strengthen their marker rendering skills as they draw a detailed gumball machine. A drawing of a sandwich will make them hunger for more art. We'll travel back in time to the age of the pharaohs as we illustrate a decorative, Egyptian headdress. An illustration celebrating the fall season will introduce our colourists to warm and cool colours. No class Oct 11.

**Dates:** Sep 16-Oct 28
**Time:** 4:15 pm-5:15 pm
**Cost:** $117/6 sess

**Instructor:** Young Rembrandts

#### Painting & Drawing 7-12 yrs
This class is designed to engage students in the drawing process and developing their visual perception using various mediums. Focusing on line, proportion, light, texture, colour and surface, students will produce sketches, portraits and working drawings using observational drawings from the figure, as well as from a variety of natural and man-made objects.

**Dates:** Oct 02-Dec 18
**Time:** 3:30 pm-5:00 pm
**Cost:** $111/12 sess

**Instructor:** Young Rembrandts

#### How to Make Christmas Cards in Watercolour 7-12 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.

**Dates:** Dec 14
**Time:** 9:30 am-1:30 pm
**Cost:** $57/1 sess

**Instructor:** Mohammad Atashzad

#### Watercolour for Kids 7-12 yrs
Explore the world of watercolour painting. This program is for children 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)

**Dates:** Oct 01-Dec 17
**Time:** 4:30 pm-5:30 pm
**Cost:** $120/12 sess

**Instructor:** Mohammad Atashzad

### POTTERY

#### Parent & Child New Holiday Pottery Class 5-12 yrs
Come and join us for some holiday fun as we create festive projects out of clay. Snowmen, gift boxes and holiday trees will give you all the inspiration you need. Focus will be on holiday projects and working together to make fun memories with your child. Parent participation required, only the child needs to register.

**Dates:** Nov 30
**Time:** 1:30 pm-3:30 pm
**Cost:** $25/1 sess

**Instructor:** Janine Schroedter

#### Pottery: Hand & Wheel 6-12 yrs
Experience an overview of hand-building and wheel techniques. Have fun being creative, then take your masterpieces home. Lots of cool new projects. Glazes and materials are non-toxic.

**Dates:** Sep 17-Dec 10
**Time:** 3:30 pm-5:00 pm
**Cost:** $186.50/13 sess

**Instructor:** Abdur Atbi

**Dates:** Sep 18-Dec 11
**Time:** 3:30 pm-5:00 pm
**Cost:** $186.50/13 sess

**Instructor:** Janine Schroedter
**COOKING**

**Cooking for Kids**  
7-10 yrs  
Join in on the cooking fun as we will be making lots of yummy (Sweet & Savory) foods!  
Tu 3:30 pm-5:00 pm  Oct 01-Dec 17  
Th 3:30 pm-5:00 pm  Oct 03-Dec 19  
233261  
233267  
$120/12 sess  
Instructor: Sharon Lee

**Healthy Cooking**  
10-14 yrs  
In our healthy cooking classes, kids learn fundamental cooking skills they will use their entire lives. Each week, we follow a healthy recipe that we share at the end of class. Our vegetarian recipes are carefully selected by holistic nutritionists, so that we can focus on fruits, vegetables, nuts, seeds and other wholesome yumminess. Our focus is on seasonal, local and organic whole foods rather than processed foods. Recipes can further be adapted to meet specific needs such as food allergies and sensitivities. No special skills are required; just bring your appetite and curiosity for new food!  
W 3:45 pm-5:00 pm  Sep 18-Nov 06  
234989  
$200/8 sess  
Instructor: Lily Leung

**SOCIAL**

**Kerrisdale Preteen Groups**  
9-12 yrs  
Looking for a fun group to join? Want to meet new friends?  
Come join us at Kerrisdale Community Centre for fun, new activities every week! Activities will include crafts, games, out trips and even some leadership activities planned by the youth leader. FREE but pre registration required. A waiver form must be completed prior to the first day of program. No registration after the 3rd class.  
No class Oct 14 & Nov 11.  
Instructor: Youth Leader

**Kerrisdale Girls Group**  
Th 3:30 pm-5:30 pm  Sep 26-Nov 28  
233814

**Kerrisdale Boys Group**  
M 3:30 pm-5:30 pm  Sep 23- Dec 09  
235212

**Vancouver Public Library School-Age Programs**  
Join us at the Kerrisdale Branch for fun and educational school-age programs this fall including:  

- **Kidzone:** For Grades K-7.  
Meet other kids and share books, crafts, and fun activities at the library.  

- **LEGO® Block Party** For Grades K-7.  
Drop in for some LEGO®, building fun at this block party! Meet new friends and break out the bricks for a building bonanza at the library.  

- **Reading Buddies** For Grades 2-4.  
Children will practise reading with a ‘big buddy’ teen volunteer. Please contact the branch to register.  

All programs are FREE and most are drop-in! Dates, times, and registration info at: http://ow.ly/CTe3h
### DANCE

**Hip Hop Breakers**  
6-8 yrs  
Calling all b-boys and girls! Let’s move and groove! This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats. Through the season we will work on a choreographed dance which will be showcased on the final day of the class for friends and family. Get ready to cheer with gusto! Please bring a water bottle and small snack each day.  
[www.kirbysnelldance.com](http://www.kirbysnelldance.com)  
**Sa** 12:15 pm-1:15 pm Sep 14-Nov 30  
[234302]  
$120/12 sess  
Instructor: Endorphin Rush Dance And Fitness

**Junior Ballet**  
7-11 yrs  
Come and continue learning and enjoy this non-pressured ballet class which puts emphasis on proper body positioning, technique, strengthening, fun and creativity. This class is for dancers who have studied ballet for at least one year who want to learn more! New terminology, strengthening and barre exercises, and more complex routines will be introduced. Dancers are asked to come to class wearing tight, stretchy clothing, ballet slippers, and long hair tied up. Please, no jewelry in class. No class Oct 12.  
**Sa** 1:15 pm-2:15 pm Sep 14-Dec 21  
[233506]  
$126/14 sess  
Instructor: Miranda Kyle

**Senior Ballet**  
9-13 yrs  
Suitable to dancers with at least 2 years of previous ballet experience. Dancers will develop movements already learned as well as being introduced to the wide variety of movement ballet has to offer. This is a real chance to grow as a dancer! Dancers are asked to come to class in tight, stretchy clothing (such as a leotard and tights, though not required), ballet slippers, with long hair tied up. Please, no jewelry. No class Oct 12.  
**Sa** 3:00 pm-4:00 pm Sep 14-Dec 21  
[233508]  
$126/14 sess  
Instructor: Miranda Kyle

**Tap & Jazz Combo Dance**  
8-12 yrs  
Basics in both Jazz dance and Tap dance will be taught while improvements will be made in coordination, flexibility and technique. Dancers will learn a number of new skills as well as building confidence and stage presence as we alternate dance styles each week. Dancers will require Tap shoes for this class. No class Oct 12.  
**Sa** 2:15 pm-3:00 pm Sep 14-Dec 21  
[233507]  
$126/14 sess  
Instructor: Miranda Kyle

**Junior Ballet**  
6-8 yrs  
An introduction to the graceful, yet strong movements of Ballet. Join Miranda as she teaches the beginner ballet positions in a fun and encouraging environment. No class Oct 12.  
**Sa** 12:30 pm-1:15 pm Sep 14-Dec 21  
[233505]  
$112/14 sess  
Instructor: Miranda Kyle

**Intro Ballet**  
6-10 yrs  
Your child will be introduced to Chinese Dance fundamentals through curriculum inspired by the Beijing Dance Academy and the Chinese Dancers Association, taught by the well established Phoenix Dance & Music School. Grace, beauty, inner strength, and flexibility, your child will be exposed to Chinese culture and some mandarin language through active participation. Meet friends, have fun, self discovery and body conditioning; allow your child to rise to a new challenge. No previous experience required. Increased technique is expected at each progressive level. FB/IG: @ PhoenixDanceMusicVanWest www.vpdance.ca. No class Oct 14 & Nov 11.  
**M** 3:30 pm-5:00 pm Sep 16-Nov 25  
[234997]  
$216/9 sess  
Instructor: Phoenix Dance School

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**RENTAL SPACE AVAILABLE**  
Do you need a facility suitable for wedding receptions, birthday parties, meetings or sports?  
Kerrisdale Community Centre has rooms available to meet your needs!  
For more info, please phone 604-257-8100 or visit  
[www.kerrisdalecc.com/room-rentals](http://www.kerrisdalecc.com/room-rentals)
EDUCATION

Brick Animation 6-12 yrs
Create your own stop-motion Brick Animation Mini Movie using LEGO® elements! Action? Adventure? Drama? You decide! Students will learn the basic techniques of Brick Animation with LEGO® Movie Maker, including movement, timing, effects, editing, voice overs, and more. Students will create a short LEGO® Brick Animation Mini-movie, using our LEGO® sets, including Star Wars, LEGO® Friends, LEGO® City, and More! *students are welcome to bring their own. No class Oct 31.

<table>
<thead>
<tr>
<th>Time</th>
<th>Date</th>
<th>Price</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>M 4:00 pm-5:00 pm</td>
<td>Sep 30-Dec 09</td>
<td>$153/9 sess</td>
<td>Tomorrow's Playground</td>
</tr>
</tbody>
</table>

Bricks 4 Kidz Superhero Academy 4-8 yrs
Join Bricks 4 Kidz Superhero Academy exploring the Marvel and DC universe using LEGO® bricks. Experiment with Spiderman’s Web Slinger, harness Thor’s Hammer, and do much more! All go home with a customized Minifigure. No class Oct 14 & Nov 11. Drop-in $20 if space permits.

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<th>Price</th>
<th>Instructor</th>
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<tbody>
<tr>
<td>M 4:00 pm-5:00 pm</td>
<td>Sep 30-Dec 09</td>
<td>$153/9 sess</td>
<td>Bricks 4 Kidz Vancouver</td>
</tr>
</tbody>
</table>

Homework Club 8-14 yrs
Come out Wednesday afternoons and receive help from a BC Certified teacher. No matter what subject area you need help in, whether it’s Math, Science, Social Studies or English, an experienced and qualified teacher will be on hand to assist and provide extra work to give the students further academic practice. Drop in $9 (space permitting).

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<th>Time</th>
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<th>Price</th>
<th>Instructor</th>
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</thead>
<tbody>
<tr>
<td>W 3:30 pm-5:00 pm</td>
<td>Sep 11-Nov 27</td>
<td>$96/12 sess</td>
<td>Martha Guss</td>
</tr>
</tbody>
</table>

Let’s Boost Reading - Private Reading Tutor Gr.1-3 6-9 yrs
Reading can be a struggle for many young readers, who may just need a boost in motivation, practice and self-confidence. Reading out loud with a Literacy-Mentoring Tutor will provide a safe space for your child to have fun while reading and building a love of books! Child must be in Gr. 1-3. No class Oct 14 & Nov 11.

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<thead>
<tr>
<th>Time</th>
<th>Date</th>
<th>Price</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>M 3:30 pm-4:00 pm</td>
<td>Sep 09-Dec 16</td>
<td>$247/13 sess</td>
<td>Angeline Mark</td>
</tr>
<tr>
<td>M 4:05 pm-4:35 pm</td>
<td>Sep 09-Dec 16</td>
<td>$247/13 sess</td>
<td></td>
</tr>
<tr>
<td>M 4:45 pm-5:15 pm</td>
<td>Sep 09-Dec 16</td>
<td>$247/13 sess</td>
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</tbody>
</table>

Mad Science for Kids 6-12 yrs
Mad Science sparks 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 Oct 12.

<table>
<thead>
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<th>Time</th>
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<th>Price</th>
<th>Instructor</th>
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</thead>
<tbody>
<tr>
<td>Sa 11:00 am-12:00 pm</td>
<td>Sep 14-Nov 09</td>
<td>$150/8 sess</td>
<td>Mad Science</td>
</tr>
</tbody>
</table>

ProjectKIDS 8-13 yrs
ProjectKIDS is a unique program for children ages 8-13. The program merges social/emotional activities with project-based engagement, to help children learn and discover their passion and talents in an open explorative environment giving them the freedom to develop at their own pace in a supportive and encouraging space. The children also learn how to present and then will present their projects to their family and friends on the last day. No class Oct 12.

<table>
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<tr>
<th>Time</th>
<th>Date</th>
<th>Price</th>
<th>Instructor</th>
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</thead>
<tbody>
<tr>
<td>Su 10:00 am-2:00 pm</td>
<td>Sep 22-Oct 27</td>
<td>$240/6 sess</td>
<td>Dan Kalivoda</td>
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Spanish Beginner I 6-12 yrs
Hola amigos! Welcome to the Spanish language! This program offers a fun class in which children learn Spanish through stories, games, songs and crafts.

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<tr>
<th>Time</th>
<th>Date</th>
<th>Price</th>
<th>Instructor</th>
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</thead>
<tbody>
<tr>
<td>Tu 3:30 pm-5:00 pm</td>
<td>Sep 10-Nov 26</td>
<td>$137/12 sess</td>
<td>Eliana Rolando</td>
</tr>
</tbody>
</table>
**Spanish Beginner II** 7-12 yrs
Hola amigos! This class is for those students who already have a basic foundation of Spanish. We will continue to use the second part of workbook as Beginner I while learning new vocabulary, fun songs and games!
Th 3:30 pm-5:00 pm Sep 12-Nov 28 $160/12 sess
Instructor: Eliana Rolando

**WEDO 1**
**Beginner Robotics** 6-12 yrs
Intro to WeDo icon based Coding Software. Students will build Robots such as the Drumming Monkey, Roaring Lion, Hungry Alligator and more, which feature working motors and sensors. Students will program their models, and explore a series of cross-curricular theme based activities. Teamwork is encouraged in this STEM based program, as students develop their skills in science, technology, engineering and mathematics.
Th 3:45 pm-5:15 pm Sep 19-Oct 10 $100/4 sess
Instructor: Tomorrow’s Playground

**GROUP PIANO for Kids** 6-9 yrs
Cover listening, reading musical notes and playing rhythm activities in these unique entry-level piano group sessions.
No class Oct 14 & Nov 11.
M 3:45 pm-4:30 pm Sep 09-Nov 25 $155/10 sess
Instructor: Gloria Yu

**GROUP SINGING for Kids** 6-9 yrs
Students will learn to sing using correct vocal techniques in a positive and fun environment. Learn beautiful melodies from Disney and Broadway music.
No class Oct 14 & Nov 11.
M 4:35 pm-5:20 pm Sep 09-Nov 25 $155/10 sess
Instructor: Gloria Yu

**GROUP UKULELE for Kids** 6-9 yrs
Learn to strum chords, pick melodies, read notation that includes working together on a musical ensemble to perform. Instruments are provided.
No class Oct 14 & Nov 11.
M 5:25 pm-6:10 pm Sep 09-Nov 25 $155/10 sess
Instructor: Gloria Yu

**Pro-D Daycamp** 6-12 yrs
Join us on your Pro-D Day for a fun filled day at Kerrisdale with lots of activities with our leader! Participants must bring a packed lunch and a waiver form must be completed prior to the day’s activities. Children must be dropped off at 9:00am and picked up promptly at 4:00pm. Please note: before and after care is not available. Child must be in kindergarten & 5 on or before Dec. 31st to attend camp.
M 9:00 am-4:00 pm Sep 23 $33/1 sess
F 9:00 am-4:00 pm Oct 25 $33/1 sess
F 9:00 am-4:00 pm Nov 08 $33/1 sess

**WEDO 2.0 Robotics** 7-12 yrs
WEDO 2.0 system provides an exciting introductory experience into the world of Robotics! WEDO 2.0 supports a hands-on, “minds on” learning solution that gives students the confidence to ask questions, and the tools to find the answers. Using LEGO® elements, students will build and program from a variety of projects built on key science standards, including an Earthquake Simulator, Robotic Arm, Rover, and more! This class encourages science exploration and experimentation, and incorporates activities across Science, Engineering and Technology with STEM Education.
Th 3:45 pm-5:15 pm Nov 21-Dec 12 $100/4 sess
Instructor: Tomorrow’s Playground

**GROUP ROBOTICS for Kids** 6-9 yrs
WEDO 2.0 system provides an exciting introductory experience into the world of Robotics! WEDO 2.0 supports a hands-on, “minds on” learning solution that gives students the confidence to ask questions, and the tools to find the answers. Using LEGO® elements, students will build and program from a variety of projects built on key science standards, including an Earthquake Simulator, Robotic Arm, Rover, and more! This class encourages science exploration and experimentation, and incorporates activities across Science, Engineering and Technology with STEM Education.
Th 3:45 pm-5:15 pm No v 21-Dec 12 $100/4 sess
Instructor: Tomorrow’s Playground

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Subscribe to our online newsletter.
Find out about features promotions, special events, programs, services, coupons, community initiatives and more!
www.kerrisdalecc.com/e-newsletter.htm
**Badminton**

6-12 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.

- **M**: 4:30 pm-5:30 pm Sep 09-Dec 09 $48/12 sess
- **F**: 5:00 pm-6:00 pm Sep 13-Dec 20 $60/15 sess

Instructor: Richard Tai

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**Basketball**

Learn the rules, basic skills of dribbling, shooting and passing and have fun scrimmaging. Skill development and sportsmanship are emphasized. Drop-in players allowed, space permitting: $4.50. No class Oct 14 & Nov 11.

- **7-9 yrs**
  - **M**: 4:30 pm-5:30 pm Sep 11-Dec 12 $60/15 sess
  - Instructor: Richard Tai
- **10-12 yrs**
  - **M**: 5:30 pm-6:30 pm Sep 09-Dec 09 $48/12 sess
  - Instructor: Aman Jhutti

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**Basketball for Girls**

This fun & active program emphasizes skill development and friendly competition in a safe and welcoming environment. Drop in players allowed, space permitting: Thu $5.50, Fri $4.50.

- **9-14 yrs**
  - **Th**: 6:30 pm-8:00 pm Sep 12-Dec 12 $70/14 sess
  - Instructor: Aman Jhutti

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**Basketball**

6-12 yrs

Basic dribbling skills, footwork, change of direction, passing drill, pivoting and shooting. Drop-in players allowed, space permitting: $4.50.

- **F**: 5:00 pm-6:00 pm Sep 13-Dec 20 $60/15 sess

Instructor: Raymond Siu

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**Family Badminton**

8+ yrs

Share a fun-filled game of badminton with your family. Bring your own racquets and birds. Note: no registration, please sign in at the front desk before playing. Drop-in $2/8-18yrs, $4/adult.

- **Su**: 9:45 am-11:45 am Sep 01-Dec 22 $2/child, $4/adult

Instructor: No Instructor

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**Fast & Fit Kids**

6-11 yrs

The focus of this Game Ready program is to ensure kids are developing skills that will be a benefit in all sports & activities. Proper running form, change of direction and movement principles will be taught. Coaches will use games activities and sports to engage and improve each young athlete. In addition, each will appreciate their own efforts and the efforts of others while displaying sportsmanship.

- **Tu**: 4:30 pm-5:30 pm Sep 17-Nov 19 $135/10 sess

Instructor: Dino Geremia

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**Floor Hockey**

Do you dream of playing in the NHL someday? This program introduces the basic skills of hockey. Sticks and soft pucks are provided. Drop-in players allowed, space permitting: $4.50.

- **6-9 yrs**
  - **Tu**: 3:30 pm-4:45 pm Sep 10-Dec 17 $60/15 sess
- **9-12 yrs**
  - **Tu**: 4:45 pm-6:00 pm Sep 10-Dec 17 $60/15 sess

Instructor: Raymond Siu

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**Game Ready**

**Fast & Fit Kids**

6-11 yrs

The focus of this Game Ready program is to ensure kids are developing skills that will be a benefit in all sports & activities. Proper running form, change of direction and movement principles will be taught. Coaches will use games activities and sports to engage and improve each young athlete. In addition, each will appreciate their own efforts and the efforts of others while displaying sportsmanship.

- **Tu**: 4:30 pm-5:30 pm Sep 17-Nov 19 $135/10 sess

Instructor: Dino Geremia

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**JBST High Performance Soccer**

This is a High Performance soccer program for children who have taken soccer programs with JBST in the past. More advanced soccer techniques and skills are taught through game play. Expect to work hard work in this program. Goal: Become an elite soccer player. A one time soccer kit is provided (shorts, jersey & socks) and a soccer report card upon request. No class Oct 26. www.jbstsoccer.com

- **Junior Boys**
  - **Sa**: 4:30 pm-5:30 pm Sep 21-Nov 30 $250/10 sess
- **Soccer Senior Boys**
  - **Sa**: 5:30 pm-6:30 pm Sep 21-Nov 30 $280/10 sess

Instructor: JBST Academy
**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

**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.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>M</td>
<td>3:30pm-4:45pm</td>
<td>Sep 30-Dec 16</td>
<td>$67.50/10 sess</td>
</tr>
<tr>
<td>W</td>
<td>3:30pm-4:45pm</td>
<td>Sep 18-Dec 18</td>
<td>$70/14 sess</td>
</tr>
</tbody>
</table>

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.

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<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>W</td>
<td>3:30pm-4:45pm</td>
<td>Sep 18-Dec 18</td>
<td>$70/14 sess</td>
</tr>
</tbody>
</table>

Instructor: Joci Mortensen

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**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.
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
$190/10 sess
Instructor: Laura Van Der Linde

Pottery: Youth Wheel 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 functional ware you can use at home.

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

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
$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
$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
$22.50/15 sess
Instructor: Raymond Siu

How to Make 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
$57/1 sess
Instructor: Mohammad Atashzad

ART

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
$180/12 sess
Instructor: Mohammad Atashzad

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 practice their reading skills at the library! Community service hours available. Contact the branch to sign-up.
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
Su 9:30 am-4:30 pm  Oct 27 235157
Su 9:30 am-4:30 pm  Nov 24 235158

Instructor: Community Care First Aid

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

Instructor: Vancouver Gavel Club

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 fatigued, 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 your 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
W 4:00 pm-5:00 pm  Sep 18-Oct 09 236890

Instructor: Emily Hsu

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

Instructor: Junior Achievement BC

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

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Kerrisdale Community Centre
www.kerrisdalecc.com | FALL 2019
ALL AGES

AAA Karate, Butokukan Style
Fun fitness for mind and body. Develop poise, balance, concentration, and confidence in a safe environment. This is an ongoing karate program. Students may register directly into this program or complete the New Member Special program first, and register for the ongoing program at a pro-rated fee rate to continue. For more info, call 604 299-5061. No class Oct 14, 31 & Nov 11.

Novice/Intermediate 5-12 yrs
M Th 5:30 pm-6:30 pm
$300/26 sess
236752

Advanced 5-12 yrs
M Th 6:30 pm-7:30 pm
$300/26 sess
236753

New Member Special 5-12 yrs
M Th 5:30 pm-6:30 pm
Sep 9-Sep 19
$39/4 sess
236749

All Levels 13-18 yrs
M Th 6:30 pm-8:00 pm
Sep 9-Dec 12
$300/25 sess
236754

New Member Special 13-18 yrs
M Th 6:30 pm-8:00 pm
Sep 9-Sep 19
$39/4 sess
236750

All Levels 19+yrs
M Th 6:30 pm-8:00 pm
Sep 9-Dec 12
$315/25 sess
236755

New Member Special 19+yrs
M Th 6:30 pm-8:00 pm
Sep 9-Sep 19
$40.95/4 sess
236751

Judo 18+yrs
Judo is an Olympic sport and a martial art. It is the art of throwing, as well as the art of gripping and ground submission. Judo is among the safest of the strenuous combative sports. Parent participation is required and at no cost to the parent.

5-7 yrs
Su 10:00 am-11:00 am
$127.50/15 sess
236744

8-13 yrs
Tu 6:00 pm-7:00 pm
$136/16 sess
236745

14+yrs
Tu 7:00 pm-8:30 pm
$285.60/31 sess
236746

Instructor: John Kam

Iaido 18+yrs
Iaido is the art of drawing and cutting with the samurai katana (sword). The purpose of Iaido is to develop awareness, calmness, and mental & physical harmony through the practice of traditional katana techniques. Iaidoka 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), provided by the school. In future, the bokken is replaced by a Japanese training sword. Financial assistance will be provided for the purchase of this sword.Ken Shin Dojo is certified by Whole Japan Iaido Kokusai Federation. kenshindojo.ca.

Sa 10:00 am-11:30 am
$273/13 sess
235828

Instructor: Bahman Ebrahimi

Jiu Jitsu 13+yrs
This class is offered exclusively to KenShinDojo Kickboxing or Iaido students and includes a 40% discount. Learn the essential techniques such as takedowns, chokeholds, joint-locks and immobilization. Suitable for men & women of all fitness levels. No drop-ins.

www.KenShinDojo.ca

Sa 2:00 pm-3:00 pm
$143/13 sess
235831

Instructor: Bahman Ebrahimi

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. Course includes uniform for new members. Belt testing optional. kenshindojo.ca. Certificates in Kickboxing offered. Drop-ins approved by instructor and if space permits.

Sa 1:00 pm-2:00 pm
$221/13 sess
235832

W 6:00 pm-7:00 pm
$204/12 sess
235833

Instructor: Bahman Ebrahimi

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

Kerrisdale Community Centre has rooms available to meet your needs! For more info, please phone 604-257-8100 or visit www.kerrisdalecc.com/room-rentals
Shaolin Kung Fu
Beyond the ability to defend themselves, the training provides them with skills such as the ability to focus on tasks, self-confidence, good character, respect, great health, problem solving, coordination, ability to use mind and body, and a whole lot more. All of these abilities provide a good foundation for them and lead a child to a more successful future as they grow into adults.

Kids
5-12 yrs
Tu F 3:50 pm-4:50 pm Sep 17-Dec 13 $260/26 sess
[236755]
Youth
13-18 yrs
Tu F 4:50 pm-6:50 pm Sep 17-Dec 13 $260/26 sess
[236760]
Instructor: Matthias Klenk

MARTIAL ARTS

Try a
Martial Arts Class
Self Defence Classes promote a healthy lifestyle and a great way to get in shape. Our instructors are very dedicated and qualified. You will develop self confidence, increase motivation and develop life skills.

Wushu: Beginners
5-12 yrs
This class introduces children to the basics and fundamentals of Wushu; a Chinese Martial Arts. Children will develop basic punching and kicking techniques while teaching them discipline, respect, and self confidence. Drop-in $18, space permitting. No registration will be accepted after the second week of classes.
W 4:00 pm-4:45 pm Sep 11-Dec 11 $182/14 sess
[235805]
Instructor: Candice Wong

Level 2 Novice
W 5:00 pm-6:30 pm Sep 11-Sep 25 $45/3 sess
[235810]
W 5:00 pm-6:30 pm Oct 2-Oct 30 $45/5 sess
[235811]
W 5:00 pm-6:30 pm Nov 6-Dec 11 $67.50/6 sess
[235813]
Level 3+ Novice/Intermediate
W F 5:00 pm-7:00 pm Sep 11-Sep 27 $100/6 sess
[235816]
W F 5:00 pm-7:00 pm Oct 2-Oct 30 $100/9 sess
[235818]
W F 5:00 pm-7:00 pm Nov 1-Dec 13 $150/13 sess
[235819]
Instructor: Candice Wong

Taekwondo
This martial art combines elements of flexibility, power, agility, and improves mental discipline and self-confidence. Ultimate martial arts training is designed to develop physical strength and teach practical self-defense techniques. Another aspect of Taekwondo is Olympic sport sparring training, which is introduced at intermediate and advanced levels. Black belts will receive their certificates from the World Taekwondo Headquarters (Kukkiwon). All tests are conducted by Master E. Saadati, black belt (7th degree) and world Taekwondo champion. Testing is optional (belt fee extra). Uniform required.

Beginner
5-13 yrs
W 5:30 pm-6:30 pm Sep 4-Dec 18 $288/16 sess
[235854]
F 5:30 pm-6:30 pm Sep 6-Dec 20 $288/16 sess
[235855]
Intermediate
5-13 yrs
W 4:30 pm-5:30 pm Sep 4-Dec 18 $288/16 sess
[235856]
F 4:30 pm-5:30 pm Sep 6-Dec 20 $288/16 sess
[235857]
All Levels
14+yrs
W 6:30 pm-7:30 pm Sep 4-Dec 18 $288/16 sess
[235858]
F 6:30 pm-7:30 pm 6-Sep 6-20-Dec 20 $288/16 sess
[235859]
Instructor: Third Eye Martial Arts

Wushu: Intensive
An additional class, intended for serious and competitive Wushu participants. You must have instructor approval and be registered in the Wed/Fri Wushu program. This extra class will provide more personal attention from the instructor, detailed routines, intensive cardio, weapons, and strict training.
F 7:00 pm-8:00 pm Sep 13-Sep 27 $55/3 sess
[235821]
F 7:00 pm-8:00 pm Oct 4-Oct 25 $55/4 sess
[235823]
F 7:00 pm-8:00 pm Nov 1-Dec 13 $82.50/7 sess
[235824]
Instructor: Candice Wong

6+yrs
Wushu, a form of Chinese Martial Arts, is an exciting and modern way of performing the art of fighting. This style has gained recognition through the Hollywood action films. Our classes will focus on developing a positive attitude, discipline, and respect. Wushu helps develop coordination, balance, strength, stamina, and flexibility while learning the fundamentals of basic fighting concepts such as punching, kicking, blocking, and weapons training. Wushu experience is required to attend this class. Drop in $18 (space permitting).

Level 2 Novice
W 5:00 pm-6:30 pm Sep 11-Sep 25 $45/3 sess
[235810]
W 5:00 pm-6:30 pm Oct 2-Oct 30 $45/5 sess
[235811]
W 5:00 pm-6:30 pm Nov 6-Dec 11 $67.50/6 sess
[235813]
Level 3+ Novice/Intermediate
W F 5:00 pm-7:00 pm Sep 11-Sep 27 $100/6 sess
[235816]
W F 5:00 pm-7:00 pm Oct 2-Oct 30 $100/9 sess
[235818]
W F 5:00 pm-7:00 pm Nov 1-Dec 13 $150/13 sess
[235819]
Instructor: Candice Wong
MUSIC LESSONS FOR ALL AGES

Music Lessons outlined below are available for all ages unless otherwise specified. Price is per person for a 30 minute lesson.

**Piano Lessons Private 4+ yrs**
Develop your own musical ability and appreciation in a fun, yet challenging atmosphere. Lessons are customized to your developmental level. Reading and writing music, exploring rhythm and understanding basic theory are fundamental components of this program. No previous experience is required but a piano to practice on is recommended. Additional cost for books. No class Oct 11, 14, 31 & Nov 11.

<table>
<thead>
<tr>
<th>Tu</th>
<th>1:00 pm-7:00 pm</th>
<th>Sep 10-Dec 17</th>
<th>$342.50/15 sess</th>
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<tr>
<td>Th</td>
<td>3:30 pm-7:00 pm</td>
<td>Sep 12-Dec 19</td>
<td>$320/14 sess</td>
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<tr>
<td>Sa</td>
<td>12:30 pm-4:30 pm</td>
<td>Sep 14-Dec 14</td>
<td>$320/14 sess</td>
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**Flute Lessons Private 6+ yrs**
Enjoy a 30 minute private lesson and learn at your own pace. All levels welcome. Participants must supply their own flute. Additional cost for music books. www.andreaminden.wordpress.com

<table>
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<tr>
<th>F</th>
<th>4:30 pm-7:30 pm</th>
<th>Sep 13-Dec 06</th>
<th>$297.50/13 sess</th>
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<tbody>
<tr>
<td>Sa</td>
<td>9:30 am-3:30 pm</td>
<td>Sep 14-Dec 07</td>
<td>$297.50/13 sess</td>
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**Guitar Lessons Private 6+ yrs**
Learn to play guitar or advance your current skills. Participants must bring their own guitar to class. No class Oct 14 & Nov 11.

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<tr>
<th>M</th>
<th>3:30 pm-8:30 pm</th>
<th>Sep 09-Dec 09</th>
<th>$252/11 sess</th>
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<tr>
<td>W</td>
<td>3:00 pm-7:00 pm</td>
<td>Sep 11-Dec 04</td>
<td>$297/13 sess</td>
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<tr>
<td>F</td>
<td>3:00 pm-7:00 pm</td>
<td>Sep 13-Dec 06</td>
<td>$275/12 sess</td>
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**Sax, Flute & Clarinet Lesson 10+ yrs**
Sax, Flute & Clarinet Lessons with Dylan Cramer. Study the art of woodwind playing. All ages and levels are welcome. Private and group classes are available. Lessons are offered Monday to Saturday in packages of 1, 5 or 10 at 30, 45 or 60 minutes. Please note: once the lesson has been paid for, students must call Dylan to arrange lesson time at (604) 318-1157 or dcaltosax@gmail.com

| 1 Lesson | $35.00 |
| 5 Lessons | $175.00 |
| 10 Lessons | $350.00 |

**Violin Jazz & Pop Lesson 10+ yrs**
Tired of playing RCM exams on violin? Bored with the same old classical pieces? Now you can enjoy jazz and pop music on your violin! Play modern, fun pieces and expand your musical life! These private lessons are open to any and all violinists. Being able to read music is the only requirement. For more information, please contact Dylan Cramer directly at 604-318-1157 or dcaltosax@gmail.com

| 1 Lesson | $35.00 |
| 5 Lessons | $175.00 |
| 10 Lessons | $350.00 |

**Violin Lessons Private 6+ yrs**
Pavel has enjoyed more than 30 years as a distinguished international musician and teacher. Learn to play violin or advance your current skills. Classical and Suzuki methods are available as well as a large variety of styles from folk, fiddle to pop. Participants must bring their own violin to class.

| Tu    | 3:00 pm-8:00 pm | Sep 03-Dec 17 | $365/16 sess |

**View instructor profiles at [www.kerrisdalecc.com](http://www.kerrisdalecc.com)**
### Badminton - Court Rentals 18+yrs
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. Membership is required.

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<tr>
<td>11:45am-12:45pm</td>
<td>12:30-2:30pm</td>
<td>11:45am-12:45pm</td>
<td>7:00-8:00pm</td>
<td>11:45am-12:45pm</td>
<td>12:30-2:30pm</td>
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### Badminton - Recreational 18+yrs
Four courts are provided for recreational doubles play with a rotating round robin play format, with one group sitting out each game. No instruction provided. Nylon birds are supplied. Drop in $5.50, space permitting. Drop-in players may sign up in person beginning two hours before scheduled class time.

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<td>11:45 am-12:45 pm</td>
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### Basketball - Recreational 18+yrs
Basketball is a racquet sport, which is a combination of tennis, badminton & ping-pong. You will learn the fundamentals of Pickleball including game rules, terminology, skills, scoring, and basic strategies as well as develop technique and strategy for social play. All equipment provided.

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<td>8:00-10:00pm</td>
<td>$80/16 sess</td>
<td>$760/19 sess</td>
<td>$76/19 sess</td>
<td>$100.80/8 sess</td>
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### Floor Hockey - Recreational 18+yrs
Floor Hockey is a popular, easy-to-learn, and exciting sport that combines elements of badminton, tennis, and table tennis. All equipment provided. Volunteers will be onsite to teach you the basic skills of the game. Drop-in $3.50, space permitting.

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<td>1:00-3:00pm</td>
<td>$51/17 sess</td>
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### Pickleball Lessons 18+yrs
Pickleball Lessons 18+yrs
Pickleball is a racquet sport, which is a combination of tennis, badminton & ping-pong. You will learn the fundamentals of Pickleball including game rules, terminology, skills, scoring, and basic strategies as well as develop technique and strategy for social play. Suitable for individuals of all ages, fitness levels, and athletic abilities. All equipment provided.

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<td>1:00pm-3:00pm</td>
<td>$100.80/8 sess</td>
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### Intermediate Pickleball Skills & Drills 18+yrs
Intermediate Pickleball Skills & Drills 18+yrs
Pickleball is a racquet sport, which is a combination of tennis, badminton & ping-pong. You will learn the fundamentals of Pickleball including game rules, terminology, skills, scoring, and basic strategies as well as develop technique and strategy for social play. All equipment provided.

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<td>1:00pm-3:00pm</td>
<td>$100.80/8 sess</td>
<td>$76/19 sess</td>
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### GROUP FITNESS SCHEDULE

**SCHEDULE IN EFFECT**

| Time       | Monday                                    | Tuesday                                    | Wednesday                                | Thursday                                  | Friday                                      | Saturday                                   | Sunday                                    |
|------------|-------------------------------------------|--------------------------------------------|------------------------------------------|-------------------------------------------|---------------------------------------------|--------------------------------------------|
| 6:20-7:15am| Early Risers Keep Fit (G) Bonnie 6:20-7:15am | Early Risers Keep Fit (G) Rachel *NEW TIME 6:10-7:05am | Early Risers Keep Fit (G) Rachel *NEW TIME 6:10-7:05am | Early Risers Keep Fit (G) Rachel *NEW TIME 6:10-7:05am |                                            |                                            |                                            |
| 9:00-10:00am| Total Body Conditioning (G) Meg            | Total Body Conditioning (G) Meg            | DanceFit Low (G) Shelley                 | Cardio & Stretch (G) Meg                  |                                            |                                            | Zumba (G) Tanya 9:30-10:30am             |
| 9:15-10:15am| Step (A) Camille                          | Gentle Fit (S) Berdjis                     | Core Training (A) Meg                   | Gentle Fit (S) Audrey                    |                                            |                                            |                                            |
| 10:30-11:30am| Advanced Gentle Fit (A) Dee               | Mild/Moderate (A) Audrey                  | Low Impact (A) Dee                      |                                            | Gentle Fit (S) Audrey                      |                                            |                                            |
| 12:00-1:00pm|                                            |                                            | Zumba (A) Tanya                         |                                            |                                            |                                            |                                            |
| 5:30-6:30pm| Zumba (A) Tanya                           | Zumba (A) Tanya                           | Zumba Toning (A) Tanya                  |                                            |                                            |                                            |                                            |
| 6:00-7:00pm| Zumba Toning (A) Tanya                    |                                            | Zumba Toning (A) Tanya                  |                                            |                                            |                                            |                                            |

**Legend:**
- A = Auditorium (max 40)
- G = Gymnasium (max 100)
- S = Seniors Centre (max 30)

**Rates**

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<thead>
<tr>
<th></th>
<th>Adult</th>
<th>Youth/Seniors</th>
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<tbody>
<tr>
<td>Drop-In</td>
<td>$5.00</td>
<td>$4.00</td>
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<tr>
<td>Fit Card 10 Classes</td>
<td>$45.25</td>
<td>$36.25</td>
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<tr>
<td>Fit Chip 17 Weeks</td>
<td>$214.20</td>
<td>$171.25</td>
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</table>

FitChips will be for sale, two weeks prior to their effective date.

Please pick up a Group Fitness Brochure at Kerrisdale for complete class descriptions.
Baby & Me Musical Yoga 16+ yrs
Specifically designed to engage your baby through developmentally appropriate music and movement activities, this interactive Hatha based yoga class is ideal for parents and babies Newborn thru pre-crawling (or crawling slowly). Strengthen the spiritual, emotional, and physical bond between you and your baby while gaining the strength, energy and balance that parenthood demands. This specialty class is taught by early childhood musical learning specialist & Yoga Alliance 200 hour certified educator- Brenlie Nagy of Nurture Natal Yoga. What to Bring? Your baby, a yoga mat and a blanket for your baby to lie on. Please register under the parent or caregivers name. Drop in $17, space permitting.

Beginner Pilates for Older Adults 55+yrs
Pilates is essentially a balanced compilation of exercises to strengthen your torso (core). A mostly sedentary person’s core, abdomen, back, chest, weakens with less movement. In turn, less movement comes with fewer activities and often being in the same position for long periods of time throughout the day. Office work, retirement, and recent illness can cause this, as can simple aging. A strong core can strengthen your legs and shoulders and thus your mobility and balance. Come join us. Bring a friend. Or two. Please bring two towels to class. Drop in $18, space permitting. pre-registration is required.

Free Trial
Tu 5:30 pm-6:30 pm Sep 10 $236.25/15 sess
Tu 6:30 pm-7:30 pm Sep 17 $194/14 sess
Instructor: Brenlie Nagy

Callanetics 18+yrs
The unique CALLANETICS exercise method promotes deep muscle tone throughout the entire body increasing flexibility, strength and improving posture. Using a combination of mat work and ballet bar work, precise positioning and tiny movements, CALLANETICS exercises tighten, tone and lift muscles fast. You lose inches and you feel great! Drop in $19, space permitting. www.callaneticsvancouver.com.

Bollywood Burn 16+yrs
Incorporate the dazzling and fun choreography of Bollywood with a sweat-worthy, muscle burning program designed to leave you glowing and feeling fantastic. All sass and hips, this class is going to make you leave feeling like a beautiful Bollywood Diva. www.KirbySnellDance.com Drop-in $13. No class Oct 14.

Free Trial
M 8:15 pm-9:15 pm Sep 9 $236/11 sess
M 8:15 pm-9:15 pm Sep 23 $88/6 sess
Instructor: Endorphin Rush Dance And Fitness

Core Conditioning for a Strong, Healthy Back 16+yrs
This class focuses on core strength and stability exercises, essential for maintaining a healthy back. Bands, weights large and small exercise balls will be used. Balances exercises will be included and flexibility will improve with controlled stretching. Learn how to relax using correct breathing techniques. Please wear comfortable clothing and athletic footwear. No class Oct 14.

Free Trial
M 6:40 pm-7:55 pm Sep 9-$ Nov 25 $88/11 sess
Instructor: Dee Cresdee
Core Connection
An intermediate/advanced that will improve your strength, posture and alignment in a full-body workout where every exercise is based in the core - the natural girdle that wraps around the waist, flattening the belly and supporting the back. The class incorporates the use of weights, the body ball and elements from Pilates all taught in a supportive non-competitive atmosphere. Drop-in $14.75 More info: www.fitnessali.com
W 7:00 pm-8:00 pm Sep 11-Dec 18 $195/15 sess Instructor: Alejandra Aguirre

ESSENTRICS® Classes with Jana: Ongoing
Essentrics® (as seen on PBS and also known as Classical Stretch) is a full body workout that rapidly changes the shape of your body through a dynamic combination of strengthening and stretching. The technique develops lean, strong and flexible muscles with immediate changes to your posture. Perfect for men and women of all fitness levels, this program re-balances the body, prevents injuries and unlocks tight joints. With a diverse music playlist accompanying each routine, this workout leaves you feeling energized, youthful and healthy. Please bring a water bottle and small towel. $16 drop-in space permitting. No class Dec 4.
Trial Classes
Our Regular drop-in rate is $16/class but register for these 2 session trial and pay only $16.80/2 classes.
W 4:30 pm-5:40 pm Sep 11-Sep 18 $16.80/2 sess
W 4:30 pm-5:40 pm Sep 25-Dec 18 $16.80/12 sess
Instructor: Jana Birkett

Mindfulness for a Better Life
Learn to overcome life’s challenges and improve your life with mindfulness. Also learn to free yourself from stress and anxiety. Cultivate inner peace and happiness. Class also includes mindfulness meditation and mindful qigong. Info: LearnMindfulness.org
Sa 1:00 pm-4:00 pm Nov 30 $25/1 sess
Instructor: Sung Yang

Fifty Up!
Fifty Up! Safe and strategic exercise for active boomers. Over an hour of exercise that incorporates all the elements we need to stay healthy as we age. Each class will incorporate dynamic stretching, tai chi, yoga and Pilates movements, low impact cardio with light weights, relaxation and breathing exercises. In addition, every class will feature evidence-based health information to promote healthy aging. We’ll examine topics such as weight (how to lose it and control it as you age); your brain, the latest research on keeping mentally fit; your feet, how to treat them well; sleep, how to get enough; your bones, building their strength. By the end, you will leave feeling stronger, leaner and energized, armed with knowledge and a personal prescription to follow at home. Exercises can be modified to fit all fitness levels. Drop in $16, space permitting.
Tu 9:00 am-10:00 am Sep 17-Dec 17 $196/14 sess
Th 9:00 am-10:00 am Sep 19-Dec 19 $196/14 sess
Instructor: Joyce Resin

Exercise Room Combo
This class combines core training and strength training and takes place in the exercise room. You will learn to use free weights, machines, body balls, medicine balls and more to get maximum benefits from your workout. This small class balances social interaction and personalized attention. Drop-in $14.50, space permitting.
Tu 10:00 am-11:00 am Sep 3-Dec 17 $168/16 sess
W 10:00 am-11:00 am Sep 5-Dec 19 $168/16 sess
F 10:00 am-11:00 am Sep 6-Dec 20 $168/16 sess
Instructor: Barry Petkau

Flexercise
Be a beautiful loser, lose your stiff joints, a few pounds, a little stress and your poor posture! Add stamina, energy, tone to your muscles and yeasts your good health. All while having fun in a safe, evidence-based fitness class designed to improve your core strength, your flexibility and muscle tone. Exercizes and movements can be modified for all ages. Drop in $16, space permitting.
W 6:00 pm-7:00 pm Sep 18-Dec 18 $196/14 sess
Instructor: Joyce Resin

RENTAL SPACE AVAILABLE
Do you need a facility suitable for wedding receptions, birthday parties, meetings or sports?
Kerrisdale Community Centre has rooms available to meet your needs!
For more info, please phone 604-257-8100 or visit www.kerrisdalecc.com/room-rentals
HEALTH & FITNESS

Gentle Somatic Yoga  19+ yrs
GSY is a revolutionary approach to reducing chronic pain and releasing tightly held muscles. Incorporating slow, gentle, mindful movements we reawaken the mind-body connection. Each pose, practice and session is cumulative, giving the body the tools it needs to permanently release habitually held patterns of pain, stress and/or poor movement. We will address joint range of motion, postural imbalances and look inward for additional awareness to where and why we holding on to pain. Mat work. An excellent complement to your fitness programs. Drop-in $18.
Tu 5:30 pm-6:30 pm Sep 17-Dec 17
236803
Instructor: Barbara McDonald

Gentle Yoga - Sundays  16+ yrs
This yoga classes focusses on the fundamentals of yoga- breathing, gentle stretching, and range of motion movements for the joints to keep the joints flexible, the muscles relaxed and the body fluid. Drop-in is $18.90, space permitting.
Su 9:00 am-10:15 am Sep 8-Dec 29
235847
Instructor: Farah Nazarali

Gentle Yoga with Christina  16+ yrs
A gentle beginners yoga practice designed with a focus on releasing tension in the body, developing proper alignment, improving balance & and flexibility. Learn proper breathing techniques to calm the mind and fulfill each stretch and posture. Rejuvenate, relax and nurture the mind, body and spirit connection. Drop in $15, space permitting. No class Oct 14 and Nov 11.
M 7:30 pm-8:30 pm Sep 9-Dec 2
237234
$152.25/11 sess
Instructor: Christina Taylor

Mindfulness Essentials  18+ yrs
Learn the essence of mindfulness from an experienced mindfulness teacher. Class includes lessons and practice. Also includes essentials skills for beginners and for becoming an advanced practitioner. Welcome those have difficulty calming the mind.
Sa 2:00 pm-5:00 pm Nov 16
237113
$25/1 sess
Instructor: Sung Yang

Pilates with Christina: All Levels  16+ yrs
Develop core strength, build your stabilizing muscles, increase spine and joint mobility, and improve your posture with this carefully designed class. This practice includes a blend of traditional Pilates exercises and current adaptations with both modifications and advance options suited for all levels. Learn to activate and build the muscles that surround and support our spine and joints to help prevent injury. With this healthy practice you will learn techniques that guide you to feeling stronger and seeing amazing results!
M 6:20 pm-7:20 pm Sep 9-Dec 2
237235
$152.25/11 sess
Instructor: Christina Taylor

Prenatal Yoga  16+ yrs
Connect to the wisdom of your body in this very special class specifically designed for the journey of pregnancy. We interweave childbirth education and address the common aches and pains associated with pregnancy. We will explore yoga postures and breathing techniques to strengthen the uterus and pelvic muscles, improve circulation, aid in digestion, exercise the spine and increase overall comfort. A safe, open community allows you to freely discuss any issues, from discomforts and concerns, to the wonderful new changes your body and baby are experiencing. Please register under the parent or caregivers name. Drop in $17, space permitting.
Tu 7:00 pm-8:15 pm Sep 10-Dec 17
233126
$236.25/15 sess
Instructor: Brenlie Nagy

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HEALTH & FITNESS

Reawakening the Abdominal Core Muscles 16+ yrs
Looking for a flat belly? Crunches may not be the solution. In this four-week program participants will be introduced to the Spanish Hypopressive method, which uses breathing and posture to retrain the core muscles to better support the belly, back, and pelvic floor. Hypopressives can help prevent or reduce some of the negative effects caused by pressure on the abdominals.

M 11:15 am-12:15 pm Oct 21-Nov 18 $100/4 sess
Instructor: Meg Todd

Tai Chi with Nathan 16+ yrs
An ancient and unique system of health enhancement, emphasizing relaxation, balance, coordination and agility. Tai Chi is a total system of exercise incorporating mental as well as physical discipline. This class is conducted in a fun and relaxed manner, and is suitable for people of all ages and fitness levels. Drop in $16.
W 7:15 pm-8:15 pm Sep 4-Dec 4 $195/14 sess
Instructor: Nathan Szredni

Women’s Optimal Health Series 18+ yrs
You will learn Mindfulness, Natural + Holistic approach with Functional Medicine strategies. Topics include: (1)Looking Fabulous at any age; (2)Improving Fatigue, more Energy, and Quality Sleep (3) Constipation Bowel Movement problems (4)Stomach upsets Digestive problems (5)What to eat Confused (6)Hormones Imbalance?menopause, mood swing (7)?Benefits of Cleanse/ Detoxification; (8)Having healthy Skin, Hair, Nails; (9) Reversing Anxiety, Chronic Pains, & Stress (10)Boost Brain Function & Reverse Cognitive Decline (11)Disease Inherited, Nature or Nurture, Genes or Environment (12)Heart Disease & Depression (13) Type II Diabetes Reversible, Come to learn and transform YOURSELF into a Lighter, Happier, and Healthier Version of YOU. $14.70 drop-in space permitting.
W 9:15 am-10:15 am Sep 20-Dec 20 $194/14 sess
Instructor: Into Yoga

Small Group Training 16+ yrs
Looking for individual attention, but motivated by group dynamics? Small group training will stimulate you to work hard while at the same time ensuring that your individual needs, questions, and goals are considered. With instruction to ensure that you perform exercises correctly, you will be guided through varied workouts that train strength, endurance, the cardiovascular system, balance, and flexibility, using both equipment and body weight. This class will include weight room activities.
W 10:30 am-11:30 am Oct 23-Dec 11 $100/8 sess
Instructor: Meg Todd

Yoga for Older Adults 50+ yrs
Combine postures, breath and relaxation as you cultivate a feeling of relaxation with a renewed sense of energy. Increase strength and flexibility, improve balance, relieve stress and tension, and ease aches and pains using the 2500 year old practice of Hatha Yoga. Encouraged to work at your own pace, all levels of fitness and flexibility are welcome. Drop in $16, space permitting.
F 9:15 am-10:15 am Sep 20-Dec 20 $194/14 sess
Instructor: Into Yoga

Yoga with Karen 16+ yrs
Join Karen for a yoga practice that revitalizes the body, calms the mind and deepens self-awareness. As we breathe and move, we become fully present in our body. With strengthening and stretching poses, breath, and guided relaxation, her classes are designed as a gentle exploration of our physical potential and the influence our energy may have on our thoughts and how we lead our lives. Karen brings a lightness and a sense of joy and ease to her classes. She emphasizes body awareness, self acceptance, alignment and safety.Drop in $18, space permitting.
Th 9:00 am-10:15 am Sep 12-Dec 19 $225/15 sess
Instructor: Karen Heaps

Free Trial
W 2:45 pm-3:45 pm Sep 11 FREE
W 2:45 pm-3:45 pm Sep 18-Dec 11 $163.80/13 sess
Instructor: Emily Hsu

ADULTS

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HEALTH & FITNESS

Yoga-Moving it Up a Notch 19+yrs
This class is designed for participants with a strong yoga background, familiar with the standard Surya Namaskara A&B, as well as traditional yoga poses. Every week we will breakdown a new pose to increase our yoga knowledge, in varying traditions. Drop-in Seniors $13, Adults $18 space permitting. No class Oct 14 and Nov 11.

M 6:30 pm-7:30 pm Sep 16-Dec 16

Instructor: Barbara McDonald

Yoga4Stiff Guys: All Levels 18+yrs
An all levels yoga series designed specifically for guys who want to improve flexibility, increase strength, and relax the mind and body. This is not a men’s only class. We welcome anyone who relates to being stiff! However, this class pays special attention to parts of men’s bodies that are often least flexible with an emphasis on poses to open the hips, quadriceps, hamstrings and lower back. For more info, visit www.misurkayoga.com. Drop in $16, space permitting.

Tu 7:00 pm-8:00 pm Sep 3-Oct 29

Instructor: Misurka Yoga Ltd.

Yogilates with Barb 19+yrs
A blend of Yoga and Pilates. Combining the core strength exercises of Pilates and Yoga breathing, stretch and flexibility poses. Drop-in $18, space permitting. No class Oct 11 and Nov 8.

F 12:30 pm-1:30 pm Sep 20-Dec 20

Instructor: Barbara McDonald

Laughter Yoga 19+yrs
Why should you join my laughter yoga class? 10 minutes in this class is the equivalent of doing 30 minutes of cardio. As your brain needs 25% more oxygen we will be focusing on breathing exercise. This will in turn make you more energetic and motivated. Laughter yoga can change your mood within minutes. This class will always leave you with a smile. There are ups and downs in life, regular practices of laughter exercise will give you a positive outlook on life which will help you get over difficulties in a much better way. Exercises will be done in a chair. Drop-in $13 adults/$11 seniors, if space permits.

Th 9:15 AM-10:15 AM Sep 05-Dec 19

Instructor: Balbir Cheema

Morning Chair Yoga 19+yrs
It’s never too late to start something new and something beneficial for your Body-Soul-Mind. If you are an early riser, how about joining the new class “Morning Chair Yoga” and starting up your day with a great feeling. Drop-in $10 adults/$9 seniors, if space permits.

W 8:30 AM-9:30 AM Sep 04-Oct 02

Instructor: Keiko Murakami

View instructor profiles at www.kerrisdalecc.com
**ADULTS**

**DANCE**

**Ballroom Bronze/Silver: Jive/Slow Foxtrot**

*16+ yrs*

Level: Bronze. Learn the art of ballroom dance, which is enjoyed socially and seen around the world in international competitions and showcases. Learn how to dance beautifully in a correct way. Drop-in $10.50. No class Sept 12.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Date</th>
<th>Fee</th>
<th>Instructor: Paul Latta Dance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Th</td>
<td>4:00 pm-5:15 pm</td>
<td>Sep 5-Dec 19</td>
<td>$112.50/15 sess</td>
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</table>

**Ballroom Silver/Gold: Slow Waltz/Westcoast Swing**

*16+ yrs*

Level: Silver/Gold. Learn to improve your ballroom dancing technique such as: timing, posture, footwork, body movement, hip action, shoulder leading, swing, sway, C.B.M., rise and fall. Tommy can teach in English and Cantonese. Drop-in $10.50.

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<tr>
<th>Day</th>
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<th>Fee</th>
<th>Instructor: Tommy Ng</th>
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<tbody>
<tr>
<td>M</td>
<td>7:30 pm-8:45 pm</td>
<td>Sep 9-Dec 16</td>
<td>$112.50/15 sess</td>
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**Chinese Classical Dance Intro**

*NEW*  

*16+ yrs*

This class introduces the fundamentals of Chinese dances, stretch and strength. No experience is required. This class helps you stay fit and have fun with the enjoyment of music. No class Oct 28, Nov 4 and Nov 11. Drop-in $9.50 if space permits.

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<tr>
<th>Day</th>
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<th>Fee</th>
<th>Instructor: Chun (Margaret) Pan</th>
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<tr>
<td>M</td>
<td>6:00 pm-7:30 pm</td>
<td>Sep 9-Dec 16</td>
<td>$94.50/12 sess</td>
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**Hawaiian/Polynesian: Beginner 1**

*16+ yrs*

Aloha! Start at the very beginning with Master Kumu Hula Paul Tavai-Latta and Alaka’i Tasha Uponi, of TAVAI’S Polynesia Canada (est. 1968 ) in this exclusive Hawaiian / Polynesian mixed dance class. Learn the history of Hawai’i through the Hula - the Language of Hawai’i - Traditional Chants to Modern Hulas, to the challenging drum dances of Tahiti It’s all in this easy step by step class. A perfect blend of education, language, customs, exercise, fitness, co-ordination, form, grace, and fun! Drop In’s are welcomed for 1st class only, unless prior notice is arranged.

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<th>Fee</th>
<th>Instructor: Paul Latta Dance</th>
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<td>Su</td>
<td>12:30 pm-2:30 pm</td>
<td>Sep 29</td>
<td>$15/1 sess</td>
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<tr>
<td>Su</td>
<td>12:30 pm-2:30 pm</td>
<td>Oct 27</td>
<td>$15/1 sess</td>
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<tr>
<td>Su</td>
<td>12:30 pm-2:30 pm</td>
<td>Nov 24</td>
<td>$15/1 sess</td>
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**Hawaiian/Polynesian: Intermediate**

*16+ yrs*

An on-going mixed intermediate / advanced class of the highest caliber of instruction of Polynesian Dance. Learn the traditional and authentic dances, language, music, costumes and culture of Hawai’i, Tahiti and Polynesia with international Kumu / Master Instructor Paul Tavai of TAVAI’S Polynesia! ( Est. 1968 ). Dancers are trained and invited to participate in full costume, for live stage shows, performances, annual festivals, competitions locally and live on tour in Hawaii, cruise ships with the Paul Tavai Latta Polynesian Dance Company. Beginner Level or previous Polynesian dance experience is mandatory for this class. Drop Ins are welcomed for 1st class only, unless prior notice is arranged.

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<th>Fee</th>
<th>Instructor: Paul Latta Dance</th>
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<tr>
<td>W</td>
<td>7:30 pm-9:00 pm</td>
<td>Sep 11-Nov 27</td>
<td>$228/12 sess</td>
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**Polynesian Dance Workshop**

*16+ yrs*

A full non stop, dance workout, including technique, language, live drums, and demonstrations!

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<td>Su</td>
<td>12:30 pm-2:30 pm</td>
<td>Nov 24</td>
<td>$15/1 sess</td>
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Join us for the Finale 2019 Encore Performance featuring songs, dances, costumes, and music of the South Pacific. There will be door prizes, refreshments, and photos with cast. Free for children under 5 years old. Doors open at 1:15pm.

Instructor: Paul Latta Dance

Su Dec 15, 2:00 pm-4:00 pm

*$20/1 sess

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Subcribe to our online newsletter.

Find out about features promotions, special events, programs, services, coupons, community initiatives and more!

www.kerrisdalecc.com/e-newsletter.htm
Spanish Flamenco Dance - 
Beginner I  
30+ yrs
Flamenco dance is a fusion of Ballet, Spanish classical dance, and gypsy style. It is also a unique art form with vigorous passion. This is an introduction and practical class. Everyone is welcome, no dance experience is required. You will learn the flamenco culture, history, basic dance terminology in Spanish, and authentic flamenco movements: Zapateado (foot work), Floreo (hand and finger work), vueltas (turns), and palmas (clapping). Working on Flamenco Tangos, and Sevillanas. The class helps to strengthen your body and develop creative self-expression with style. It is also a self-healing process to relieve pain, depression, and anger; to discover inner love, peace, hope and joy. Come to enjoy One of a Kind experience!! $16.80 drop-in.

Free Trial
Pre-registration is required.
W 1:30 pm-2:30 pm  Sep 11
W 1:30 pm-2:30 pm  Sep 18-Dec 11
$191.10/13 sess
Instructor: Emily Hsu

Line Dancing:
Beginners  
19+yrs
Good fun, great exercise and its not just country music any more! No experience necessary for the beginner level. If you join this class after the 3rd week, you must know some basic steps and terminology. Drop-in $10 adult/$8 senior, if space permits. No class Oct 14 & Nov 11.
M 11:45 AM-1:00 PM  Sep 09-Nov 25
$75/10 sess Adult Rate: $100
Instructor: Dee Cresdee

Line Dancing:
Beginners  
19+yrs
Good fun, great exercise and its not just country music any more! No experience necessary for the beginner level. If you join this class after the 3rd week, you must know some basic steps and terminology. Drop-in $9 adult/$7 senior, if space permits. No class Oct 31.
Th 6:30 PM-7:30 PM  Sep 12-Nov 28
$82.50/11 sess Adult Rate: $110
Instructor: Dee Cresdee

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 adult/$9 senior, if space permits.
Th 7:30 PM-9:00 PM  Sep 12-Nov 28
$82.50/11 sess Adult Rate: $110
Instructor: Dee Cresdee

Line Dancing:
Improver  
19+yrs
Must have completed one or two beginner sessions. New dances and some old favourites will be taught to many types of music. Lots of review. After 3rd class must know basic terminology. Drop-in $9 adult/ $7 senior, if space permits. No class Oct 15.
Tu 12:00 PM-1:00 PM  Sep 10-Nov 26
$66/11 sess Adult Rate: $88
Instructor: Dee Cresdee

Group Fitness Classes

Over 25 classes a week!
Lots of format and levels to suit every fitness level. Have fun and get fit with our amazing certified instructors.

All levels welcome. See page 26 for more info.
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FIRST AID 16+ yrs

All the First-Aid courses are taught by LIT First Aid & Lifeguard Training and certified by the Canadian Red Cross. Price includes manual and certification. For more info, please visit www.firstaidtrainingcourses.ca

CPR Level C/AED 14+yrs
This course allows you to properly recognize and respond to choking, cardiovascular, and breathing emergencies that occur with infants, children and adults. Course also includes AED. www.firstaidtrainingcourses.ca
Sa 9:30 am-3:00 pm $84/1 sess
Sa 236916
Sa 9:30 am-3:00 pm $84/1 sess
Sa 236918
Sa 9:30 am-3:00 pm $84/1 sess
Sa 236919
Sa 9:30 am-3:00 pm $84/1 sess
Sa 236920

Emergency First Aid/ CPR/AED 14+yrs
EFA is a practical course that will give you the basic skills and knowledge needed to prevent and effectively treat life threatening emergencies. EFA includes CPR Level C Basic Rescuer and AED Certification.
Sa 9:30 am-5:30 pm $110.25/1 sess
Sa 236908
Sa 9:30 am-5:30 pm $110.25/1 sess
Sa 236909
Sa 9:30 am-5:30 pm $110.25/1 sess
Sa 236910
Sa 9:30 am-5:30 pm $110.25/1 sess
Sa 236911

Standard First Aid/ CPR/AED 14+yrs
SFA includes all EFA course content plus victim management, heat and cold injuries, bone and joint injuries, sprains, wounds, head trauma, diabetes, burns and poisons. SFA also includes CPR Level C Basic Rescuer Certification and AED.
Su Sa 9:30 am-4:30 pm $168/2 sess
Su Sa 236895
Su Sa 9:30 am-4:30 pm $168/2 sess
Su Sa 236896
Su Sa 9:30 am-4:30 pm $168/2 sess
Su Sa 236897
Su Sa 9:30 am-4:30 pm $168/2 sess
Su Sa 236898

CPR Level C/ AED Recert 14+yrs
Pre-Req: Must have and bring your current CPR C certificate.
Sa 9:00 am-12:30 pm $57.75/1 sess
Sa 236921
Sa 9:00 am-12:30 pm $57.75/1 sess
Su 236922
Sa 9:00 am-12:30 pm $57.75/1 sess
Su 236923
Sa 9:00 am-12:30 pm $57.75/1 sess
Sa 236924

Standard First Aid & CPR C/AED Recert 14+yrs
Pre-Req: Must have and bring your current Standard First Aid certification.
Sa 9:00 am-5:00 pm $84/1 sess
Sa 236899
Su Sa 9:00 am-5:00 pm $84/1 sess
Su Sa 236900
Su Sa 9:00 am-5:00 pm $84/1 sess
Su Sa 236901
Sa 9:00 am-5:00 pm $84/1 sess
Sa 236904

EFA & CPR Level C/ AED Recert 14+yrs
Pre-Req: Must have and bring your current Emergency First Aid & CPR C certificate. Includes AED certification.
Sa 9:00 am-2:30 pm $73.50/1 sess
Sa 236912
Su 9:00 am-2:30 pm $73.50/1 sess
Su 236913
Su 9:00 am-2:30 pm $73.50/1 sess
Su 236914
Sa 9:00 am-2:30 pm $73.50/1 sess
Sa 236915

Are you interested in getting involved in the Kerrisdale Community Centre Society?

New Directors are elected annually at our AGM which will be on February 19, 2020.

For More Information
visit: www.kerrisdalecc.com/become-a-director-of-kccs and apply online
or email: Alison at kerrisdaleccsociety@gmail.com
Mixed Media  19+yrs
Do you have a small apartment or no place to paint? Come to this drop-in social studio time. Participants paint using oils, pastels, watercolour, pen and ink or any other medium. No instruction. Drop-in $4 adults/$3 seniors.
Tu  3:00 PM-6:00 PM  Sep 03-Dec 31  232905
Th  11:30 AM-2:30 PM  Sep 05-Dec 26  232907

Medieval Tacket Bookbinding  19+yrs
Make a book using an unusual historical bookbinding technique called “tacket” or “tacketing”. They may look like sausages at a casual glance, but they are carefully wrapped linen threads. What is it’s purpose ... decorative or functional? Join us and find out! No prior experience necessary. All tools and supplies provided.
Sa  1:00 PM-4:00 PM  Oct 05  232931
Instructor: Suzan Lee

Acrylic Painting  18+yrs
Enjoying and relaxing with acrylic painting as an expressive and vibrant medium. You will learn how to use the brushes to achieve a variety of techniques including blending, glazing, lifting, wet on wet and over dry to create different textures and brush strokes on your artwork. We will focus on beautiful landscapes, flowers and figures. www.atashzad.com.
Supplies are not included. Supply list available upon registration. Drop in $25.
Tu  2:30 pm-4:30 pm  Oct 1-Dec 17  236798
Instructor: Mohammad Atashzad

Discover the Artist Within  19+yrs
For beginners and artists alike. Classes will incorporate play, personal inspirations and visualizations. Finger painting, collage, acrylic painting and simple mark making or drawing will be used as you are guided to discover your own deep well of creativity that is uniquely your own. All materials needed are supplied. Just bring yourselves and an open mind.
Sa  2:00 pm-5:00 pm  Oct 5-Nov 16  236949
Instructor: Gwen Dirks

Creative Painting Using Acrylics  18+yrs
In this class we will explore acrylic painting by developing core skills and learning new techniques with a continual focus on building up your painting style. For the first two weeks we will do short studies to help you develop your painter’s eye as well as work on colour mixing and basic skills. Some techniques covered are: wet in wet, dry brushing, thin over thick and glazing. Returning students are invited to participate in daily projects or work on their own with instructor guidance. Each season our painting focus will change starting with landscapes then portraits then abstracts, but you are able to bring your own ideas as well. Both beginner and intermediate painters are welcome, supply list available upon registration.
No class Apr 22 and May 20.
M  7:00 pm-9:00 pm  Sep 16-Dec 16  236963
$168/12 sess
Instructor: Mohammad Atashzad

How to Make Christmas Cards in Watercolour  19+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. All skill levels welcome.
Sa  3:00 pm-7:00 pm  Dec 14  236801
$57/1 sess
Su  1:00 pm-5:00 pm  Dec 22  236802
$57/1 sess
Instructor: Mohammad Atashzad

Magical Mixing of Watercolours  18+yrs
We will continue to explore the magical mixing of water colour using wet in wet and splatter techniques. First, we will focus on end of summer themed paintings followed by fall scenes and finish with a holiday/Christmas scene that can be used for a greeting card. New comers and all levels are welcome. A list of supplies will be given upon registration but bring whatever you have to the first class. $20 drop-in.
W  12:30 pm-2:30 pm  Sep 18-Nov 20  237126
$180/10 sess
Instructor: Jennifer Burrows

Watercolour Painting  18+yrs
Learn to use water, paper, colour, and brushes to create an endless variety of tones and atmosphere in your painting. We will focus on landscape painting techniques and studies of nature (flowers). Visit: www.atashzad.com
Supply list available upon registration. Drop-in $25
Tu  11:00 am-1:00 pm  Oct 1-Dec 17  236799
$240/12 sess
Tu  7:00 pm-9:00 pm  Oct 1-Dec 17  236800
$240/12 sess
Instructor: Mohammad Atashzad

Drawing & Painting  18+yrs
You will learn how to draw, shape and form images in perspective while creating compositional structures. We will explore topics including landscape, still life, flowers, figures and more. Supplies are not included. Please bring any drawing and colouring material (coloured pencils, watercolours, pastels, acrylics, etc) to the first class. I would be happy to help you with any of these mediums. www.atashzad.com. Supplies are not included. Supply list available upon registration. Drop in $25.
Tu  9:00 am-11:00 am  Oct 1-Dec 17  236797
$240/12 sess
Instructor: Mohammad Atashzad

Instructor: Janine Schroedter

Instructor: Mohammad Atashzad

Instructor: Mohammad Atashzad
POTTERY

Pottery 16+yrs
Platters, mugs, bowls and vases are just a few of the exciting hand building projects that you will create in this relaxing class. We will investigate techniques such as slabbing, coiling pinching, slump moulds and draping. We will also explore surface decoration like scraffito, carving stamping and slips. Course suitable for all levels. One bag of clay included in the course fee. No class Oct 14 and Nov 11.
M 12:00 pm-3:00 pm Sep 23-Dec 9
T 6:30 pm-9:30 pm Sep 23-Dec 9
F 235967
F 235970
Instructor: Laura Van Der Linde

Pottery: Beginner/Intermediate 16+yrs
An overview of hand building techniques with an introduction to wheel throwing. Learn to express your creative talent in a relaxed, informal atmosphere. This class is intended for beginners to intermediate level students. One bag of clay is included in the course fee.
Th 1:30 pm-4:30 pm Sep 19-Dec 12
236996
Instructor: Danielle Gagnier

Pottery: Int/Adv 18+yrs
An overview of hand building techniques with an introduction to wheel throwing. Learn to express your creative talent in a relaxed, informal atmosphere. One bag of clay is included in the course fee. Must have taken beginners pottery class previously.
Tu 9:00 am-12:00 pm Sep 17-Dec 10
236995
Instructor: Danielle Gagnier

Elm Park Fieldhouse is Host to Experiments in Living,
Elm Park Fieldhouse is host to Experiments in Living, a project designed to question our surroundings and better understand the things we take for granted in our daily lives. Through a series of dynamic collaborations with artists, community members, recreation centres, and local businesses we hope to re-imagine objects and activities found within a typical home. To find out about workshops and events go here http://experimentsinliving.tumblr.com/

These projects are generously supported by the Vancouver Park Board’s Field House Activation Program which provides project space and access to parks to foster community-engaged activity that focuses: arts, culture, sport, environment, local food and social encounters. For more info on all 24 activations in parks go to https://vancouver.ca/parks-recreation-culture/fieldhouse-programs.aspx
Mandarin by Ms Gong – Beginner 18+yrs
Curiosity in Chinese culture and Mandarin are all you need to join this beginner class. This course is for students of any background! Come to Ms. Gong’s class with a binder and a pen. She will provide useful class handouts. By the end of this course, you will be able to greet others, introduce yourself and handle basic daily conversation in authentic Mandarin!
You will be able to count numbers in Mandarin, identify Chinese currency, know famous Chinese cities / places and order food in Chinese restaurants, etc. As a bonus, you’ll learn Mandarin Pinyin, the Chinese Phonetic System.

Instructor: Daniela Modoran

M 10:00 am-11:30 am Sep 16-Nov 18
$199.50/10 sess

Tu 6:15 pm-7:45 pm Sep 19-Nov 21
$199.50/10 sess

F 236793

Spanish: Beginners I 15+yrs
Hola Welcome to the Spanish language! This beginner’s course will emphasize conversation with some instruction in basic grammar, vocabulary and writing. Classes cover proper phonicetics and will focus on the verb to be and the simple present tense. This course will teach you to converse simple travel phrases.

Instructor: Eliana Rolando

Tu 6:00 pm-7:30 pm Sep 10-Nov 26
$170/12 sess

Spanish: Beginners II 15+yrs
Amigos! This course will build on the foundation established in the Beginner 1 Spanish class. The focus will be on conversation plus the introduction of the past tense. We will utilize audio material as we learn new grammar.

Instructor: Eliana Rolando

Tu 7:30 pm-9:00 pm Sep 10-Nov 26
$170/12 sess

Spanish: Intermediate 15+yrs
Hola Amigos! Increase your vocabulary and grammar skills in this intermediate level Spanish course. This course is for those that can converse at an upper-basic level. Participants must have completed Beginners 1 and 2 level Spanish. This course will focus on Direct and Indirect Pronouns, the Imperative Tense and the Future Tense as we learn more advanced grammar skills.

Instructor: Eliana Rolando

Tu 6:00 pm-7:30 pm Sep 12-Nov 28
$170/12 sess

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ADULTS

EDUCATION

Athletic Taping Course 16+ yrs
Certified Athletic Therapists will cover taping techniques used in a sport setting through a combination of lecture and practical sessions. Participants will be introduced to procedures for the ankle, knee, hip, elbow, wrist, fingers and thumb. *A certificate of completion will be issued. This course is approved for 7.0 BCRPA, and 7.0 PE/A2 CMTBC Continuing Education Credits.
Sa 10:00 am-6:00 pm Oct 26 237108
Instructor: Sport Medicine Council Of BC

Beginner Bridge 18+ yrs
For those that want to learn the game from scratch (no experience required) although card playing experience will help. If you know Bridge but would like to improve your knowledge of North America's most common system, Standard American, then this course will benefit you too. Fundamentals of the game, scoring, and basic plays will be taught; the bulk of the course focuses on bidding. It will start you off enjoying this most popular card game. A form of mini-bridge will be taught in two weeks and, after five lessons, you'll know enough to play the game. However, you can spend a lifetime learning to play Bridge well!
Tu 2:00 pm-4:00 pm Sep 24-Nov 26 237001
Instructor: Anthony Burt

Sports First Aid Course 16+ yrs
Participants are introduced to sport injury prevention and on-site management of sports related injuries. Topics covered include roles and responsibilities, emergency planning and prevention of injuries, recognition and control of life-threatening situations and common sports injuries. *A certificate of completion will be issued. This course is approved for 7.0 PE/A2 CMTBC Continuing Education Credits.
Sa 9:00 am-5:00 pm Sep 21 237104
Instructor: Sport Medicine Council Of BC

Bridge Conventions 18+ yrs
If you have started playing Bridge or have been playing rudimentary, without using many conventions; then you will be interested in this course. We will examine the most common conventions used in the game today with examples and discussion. Each week we will tackle a different convention, when it?is used, and why it will help you. Partnership understanding is very important so bring the people you usually play with!
Th 7:00 pm-9:00 pm Sep 26-Nov 28 237002
Instructor: Anthony Burt

Dog Training: Adv. Cross Training 18+ yrs
The focus of cross-training is on increasing the dog-owner bond and improving practical obedience while having fun and learning new things. Cross-training involves working on obedience in distracting situations as well as learning tricks, obstacles, freestyle moves, rally obedience exercises etc. An excellent and fun way to provide mental stimulation and develop an attentive, happily obedient dog while enjoying some quality time together. This advanced level class combines cross-training with increased development of freestyle skills, and is appropriate for students with previous cross-training experience who are able to work independently. For more information or for late registration (after the first class) please contact Brenda at 604-224-2269 or email brenda@callingalldogs.org. This class is appropriate for students with previous cross-training experience who are able to work independently; instructor's permission is required to register for this class.
Th 7:30 pm-8:45 pm Sep 12-Oct 10 236764
Instructor: Brenda Jagroop

NEPP Earthquake Preparedness - Apartment Living 16+ yrs
Many sessions offered for emergency preparedness focus on people who live in houses - not this session. This session is for the apartment / condo dwellers - who have unique challenges when preparing for emergencies or disasters. We have all witnessed the recent earthquakes in Japan & New Zealand and have seen the devastation caused. Living in Vancouver, we too could be faced with an earthquake - yet few of us take the steps to ensure we are prepared. This session will ensure you and your family are prepared. It covers what is required to develop your emergency plan, how to conduct a Hazard Hunt and what to do when an earthquake strikes when you live in an apartment or strata.
Th 7:00 pm-8:30 pm Oct 17 237132
Free –Preregistration is required
Instructor: City Of Vancouver NEPP

NEPP Earthquake Preparedness - Seniors 16+ yrs
Many sessions offered for emergency preparedness focus on families - not this session. This session is specific for Seniors focusing on challenges they may face when preparing for emergencies or disasters. We have all witnessed the devastation that earthquakes can cause. Living in Vancouver, we too could be faced with an earthquake - yet few of us take the steps to ensure we are prepared. This session will ensure you, your family members and pets are prepared. It covers the basics of what is required to develop your emergency plan, how to connect with extended family, how to conduct a Hazard Hunt and what to do when an earthquake strikes.
Tu 7:30 pm-9:00 pm Nov 19 237133
Free –Preregistration is required
Instructor: City Of Vancouver NEPP
Pre-registration is required for all workshops. Call 604-257-8100

SEPTEMBER

Life without Driving 55+ yrs
The difficult decision to no longer drive has a profound impact on many seniors. We explore warning signs of the need to consider other ways of getting around, encourage early planning, and outline alternatives to driving.
Th 11:00 AM-12:00 PM Sep 19
Free, registration required
Instructor: COSCO Seniors Health And Wellness Institute Society

Sports First Aid Course 16+ yrs
Participants are introduced to sport injury prevention and on-site management of sports related injuries. Topics covered include roles and responsibilities, emergency planning and prevention of injuries, recognition and control of life-threatening situations and common sports injuries. A certificate of completion will be issued. This course is approved for 7.0 PE/A2 CMTBC Continuing Education Credits.
Sa 9:00 am-5:00 pm Sep 21
$126/1 sess
Instructor: Sport Medicine Council Of BC

OCTOBER

Kombucha Workshop 19+ yrs
In this class we will start with tasty samples and conversations about Kombucha and everyone’s experiences with it. We will learn about the benefits, process, what supplies we will need, and techniques for flavoring and carbonating. This will be a hands on workshop and participants will get to bring their Kombucha starter kit home with them. We will also brew a fresh batch of Kombucha together. By the end of the class, you will have the information, materials, and confidence you need to start making your own Kombucha! All supplies are included in workshop fee.
Sa 1:00 pm-3:00 pm Oct 19
$25/1 sess
Instructor: Sharon Lee

Creams, Lotions & Herb Potions 19+ yrs
Making your own moisturizing creams and lotions is simple, fun and affordable! The beauty of making your own products is the knowing exactly what ingredients are being used and combining in recipes that address your skin type and/or skin problem. In this fun and informative class, make and take home a vitamin packed cream, and aloe vera moisturizer, rejuvenating herbal infused facial oil and an herbal shampoo. Bonus: Bronzing Mica’s can be added to your lotion for a sun kissed look! Plus recipes on masks and gentle facial scrubs. ALL SUPPLIES INCLUDED IN COURSE FEE.
Th 6:30 PM-9:00 PM Oct 03
$45/1 sess
Instructor: Cheryl Theilade

Sushi Making Workshop 19+ yrs
In this workshop you will learn about the endless possibilities of ingredients as well as traditional ingredients that goes into a sushi roll, how to season your rice, and how to create different rolls. This is a hands on class where you will learn techniques to be successful in recreating it at home. After we make our rolls, we will enjoy the rolls together family style. Feel free to bring your own beverage, notebook, and pen for class. All supplies are included in workshop fee.
Sa 1:00 pm-3:00 pm Oct 05
$25/1 sess

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Subscribe to our online newsletter.
Find out about features, promotions, special events, programs, services, coupons, community initiatives and more!

www.kerrisdalecc.com/e-newsletter.htm
Medieval Tacket Bookbinding 19+yrs
Make a book using an unusual historical bookbinding technique called “tacket” or “tacketing”. They may look like sausages at a casual glance, but they are carefully wrapped linen threads. What is it’s purpose ... decorative or functional? Join us and find out! No prior experience necessary. All tools and supplies provided.
Sa 1:00 PM-4:00 PM Oct 05
$48/1 sess
Instructor: COSCO Seniors Health And Wellness Institute Society

Decluttering and Organizing in Actions! 19+yrs
Finally get your hands on the job! In this interactive workshop, you’ll get in action to declutter and organize your place by learning how to make a step by step action plan and implementing useful tips.
Sa 1:00 PM-4:00 PM Oct 05
$27/1 sess
Instructor: Suzan Lee

Knowing Your Bladder 55+yrs
How the bladder functions and the causes of bladder incontinence, infection and irritation are explained. We discuss possible remedies and life style changes that can help to reduce or eliminate this problem.
Th 11:00 AM-12:00 PM Oct 17
Free, registration required
Instructor: COSCO Seniors Health And Wellness Institute Society

VSB – Life at School 19+yrs
Settlement Workers In Schools (SWIS) Program in collaboration with Kerrisdale Community Center jointly present a series of parent workshops in Fall 2019. For information please phone or text to VSB staff Elisabeth Chan @ 778-227-5452 or email to echan@vsb.bc.ca
• What can I do at home to help my child in school?
• Risk factors that parents can control
• How can I tell how well my child is doing in school?
• How do families get involved with schools?
F 9:30 AM-11:00 AM Oct 11
Free, registration required/1 sess
Instructor: VSB

NEPP Earthquake Preparedness - Apartment Living 16+yrs
Many sessions offered for emergency preparedness focus on people who live in houses - not this session. This session is for the apartment / condo dwellers - who have unique challenges when preparing for emergencies or disasters. We have all witnessed the recent earthquakes in Japan & New Zealand and have seen the devastation caused. Living in Vancouver, we too could be faced with an earthquake - yet few of us take the steps to ensure we are prepared. This session will ensure you and your family are prepared. It covers what is required to develop your emergency plan, how to conduct a Hazard Hunt and what to do when an earthquake strikes when you live in an apartment or strata.
Th 7:00 pm-8:30 pm Oct 17
Free –Preregistration is required
Instructor: City Of Vancouver NEPP

Osteoarthritis Educational Workshop 55+yrs
Come and join us for an informative talk about osteoporosis, risk factors, and how to improve your bone health through diet and lifestyle management. Stay for the screening check clinic and discuss your results with the health and wellness team from Save on Foods Pharmacy.
F 10:00 AM-12:00 PM Oct 18
Free, registration required
Instructor: Save On Foods Pharmacy

Bone Density Presentation 55+yrs
Bone density clinic and discussion and your results with the health and wellness team from Save on Foods.
F 1:00 PM-4:00 PM Oct 18
Free, registration required
Instructor: Save On Foods Pharmacy

Indispensable Binder 19+yrs
Imagine your house is on fire and you need to take with you your most important information and documents. Grab your Indispensable Binder! Imagine you are have a stroke or heart attack, or are hurt in a serious accident. Your family needs to have all the important information to manage everything while you are in hospital recovering. Grab your binder! What if you, or your spouse dies suddenly? Where are all the important documents and information? This important course walks you through the steps to create your own Indispensable Binder. It will become a handy reference for you, your property, travel medications, finances, will, power of attorney representation agreement, contact information for your friends and relatives, and lots more. Here is a systematic format for you to create and organize your own binder, or for $30 in class, you can purchase a binder ready to go. Binder not included in the cost of the workshop. Come early and purchase your binder at the Seniors desk.
M 9:30 AM-12:00 PM Oct 21
$30/1 sess
Instructor: Diana Cruchley

View instructor profiles at www.kerrisdalecc.com
HEALTH & WELLNESS | EDUCATIONAL

Pre-registration is required for all workshops. Call 604-257-8100

Getting Your Stories onto Paper - Time For Your Random Memoir 19+ yrs
The Random Memoir isn’t your whole life. It’s simply a collection of your stories that illuminate what life was like for you - for your kids, your grandkids, and great grandkids to marvel at. Best of all, it’s finished when you decide it is. Diana Cruchley is an award-winning educator and author. “How Hard Can It Be?” is the first Random Memoir – it’s a collection of her dad’s stories.
Ma 12:45 PM-3:00 PM Oct 21 $30/1 sess
237390 Instructor: Diana Cruchley

VSB – Healthy Development 19+ yrs
Settlement Workers In Schools (SWIS) Program in collaboration with Kerrisdale Community Center jointly present a series of parent workshops in Fall 2019. For information please phone or text to VSB staff Elisabeth Chan @ 778-227-5452 or email to echan@vbs.bc.ca
• Introducing our children
• Gender (Public Health Education: SOGI) and development
• Understanding temperament & personality
• Ten steps to help children develop a positive self-image
F 9:30 AM-11:00 AM Nov 15 Free, registration required
240205 1 sess
Instructor: VSB

NEPP Earthquake Preparedness - Seniors
This session is specific for Seniors focusing on challenges they may face when preparing for emergencies or disasters. We have all witnessed the devastation that earthquakes can cause. Living in Vancouver, we too could be faced with an earthquake - yet few of us take the steps to ensure we are prepared. This session will ensure you, your family members and pets are prepared. It covers the basics of what is required to develop your emergency plan, how to connect with extended family, how to conduct a Hazard Hunt and what to do when an earthquake strikes.
Tu 7:30 pm-9:00 pm Nov 19 Free –Preregistration is required
237133 Instructor: City Of Vancouver NEPP

Aromatherapy, The Art Of Blending 19+ yrs
Learn the top ten essential oils, their therapeutic properties and how to safely and effectively use them everyday. Discuss creating your own essential oil medicine cabinet. In class, create blends for lymphatic drainage, scarring, acne and other ailments. Create a personal synergy (blend), a roll-on, massage oil, a solid scent perfume, and a perfume spray. Recipes and blends provided. ALL SUPPLIES INCLUDED IN COURSE FEE.
M 6:30 PM-9:00 PM Nov 04 $45/1 sess
232908 Instructor: Cheryl Thellade

Athletic Taping Course 16+ yrs
Certified Athletic Therapists will cover taping techniques used in a sport setting through a combination of lecture and practical sessions. Safety considerations, preventative and supportive techniques will be discussed. Participants will be introduced to procedures for the ankle, knee, hip, elbow, wrist, fingers and thumb. *A certificate of completion will be issued. This course is approved for 7.0 BCRPA, and 7.0 PE/A2 CMTBC Continuing Education Credits.
Sa 10:00 am-6:00 pm Oct 26 $168/1 sess
237108 Instructor: Sport Medicine Council Of BC

Mindfulness for a Better Life 18+ yrs
Learn the essence of mindfulness from an experienced mindfulness teacher. Class includes lessons and practice. Also includes essentials skills for beginners and for becoming an advanced practitioner. Welcome those who have difficulty calming their thoughts to improve their mind and life. Retreat includes sitting meditation, qigong, and more. Taught and led by experienced mindfulness teacher.
Info: LearnMindfulness.org
Sa 1:00 pm-4:00 pm Nov 30 $25/1 sess
237115 Instructor: Sung Yang

How to Make Christmas Cards in Watercolour 19+ yrs
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 provided.
Sa 3:00 pm-7:00 pm Dec 14 $57/1 sess
236801 Instructor: Mohammad Atashzad

Chronic Diseases 55+ yrs
We outline the warning signs of four of the diseases that are most likely to affect the health of senior adults: Cancer, Diabetes, Heart Disease and Lung Disease. Early recognition is emphasized.
Th 11:00 AM-12:00 PM Nov 21 Free, registration required
237720 Instructor: COSCO Seniors Health And Wellness Institute Society

Day of Mindfulness: Retreat 18+ yrs
Leaving behind stress and distractions of daily life, enjoy a restorative and transformative day with mindfulness meditation. Also go beyond the limit of your thoughts to improve your mind and life. Retreat includes sitting meditation, qigong, and more. Taught and led by experienced mindfulness teacher.
Info: LearnMindfulness.org
Sa 1:00 pm-4:00 pm Nov 30 $25/1 sess
237115 Instructor: Sung Yang

Hyper Tension 55+ yrs
We review the effects of high blood pressure. The workshop discusses the need to monitor blood pressure, treatment options, and the importance of prompt diagnosis.
Th 11:00 AM-12:00 PM Dec 19 Free, registration required
237721 Instructor: COSCO
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 seniors kitchen.

Is there parking?
There is a parking lot on 42nd Avenue which provides direct access to the Senior’s Centre and the Main Centre.

Are there pictures of rooms?
YES! Please see: www.kerrisdalecc.com/facilities-rentals/

<table>
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<th>Room #</th>
<th>Size (approx)</th>
<th># of People</th>
<th>Price per hour</th>
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<td></td>
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<td>child’s washroom</td>
</tr>
<tr>
<td>217</td>
<td>13’x9’</td>
<td>10</td>
<td>$30.00</td>
<td>piano room</td>
</tr>
<tr>
<td>221</td>
<td>38’x24’</td>
<td>50</td>
<td>$58.00</td>
<td>piano</td>
</tr>
<tr>
<td>222</td>
<td>37’x26’</td>
<td>50</td>
<td>$58.00</td>
<td>mirrors</td>
</tr>
<tr>
<td>226</td>
<td>40’x30’</td>
<td>70</td>
<td>$64.00</td>
<td>child’s washroom</td>
</tr>
<tr>
<td>Gym</td>
<td>50’x90’</td>
<td>150</td>
<td>$42.00</td>
<td>sports only</td>
</tr>
</tbody>
</table>

SENIORS’ CENTRE

| Multipurpose | 68’x30’ | 100 | $499.00/eve | kitchen adjacent |
| Kitchen      | adjacent to Multi-purpose room | $131.50/eve | warming oven buffet tables |
| Crafts       | 27’x30’ | 50  | $55.00      | sink           |
| South        | 20’x40’ | 50  | $55.00      | piano          |

Room Rentals for:
• Meetings
• Lectures
• Wedding Receptions
• Banquets
• Sporting Events
• Birthday* / Anniversary Parties
• Special Events
• Strata Meetings
• Recitals
• Celebrations of Life

Room Rentals for:
• Meetings
• Lectures
• Wedding Receptions
• Banquets
• Sporting Events
• Birthday* / Anniversary Parties
• Special Events
• Strata 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. 2 hours) are charged on rentals taking place after closing time (10PM Mon-Fri, 7PM Sat and 5PM 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).
OFFICE HOURS
Monday-Friday .......... 9:00am-8:00pm
Saturday .................. 9:00am-4:00pm
Sunday .................................. Closed
For Centre Hours please see page 3.

PARTICIPATION
A resident age 55 and older may participate in a wide variety of activities in the Kerrisdale Seniors’ Centre. Many programs are offered on a drop in basis. Many of these activities are self-organized and do not have an instructor or guide; however, residents 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 following: Lunch Program, Social Recreation and Opera Zone. The Social Recreation program includes a broad range of “free” activities including, but not limited to, mah jong, chess, Texas holdem poker, bridge, cribbage, ukulele sing along, bingo, drop-in Mandarin, table tennis, scrabble, weekend movies, billiards and snooker. (See page 54 for more program details.)

HOW TO REGISTER
Fall program registration starts Saturday August 10, at 9:00am

IN PERSON: Numbers will be given out at the Seniors Centre at 8:00am. You may register yourself and one other person. Ensure you have all necessary information such as name, address, phone number and birthdate for that person. Cash, cheques, VISA/MC/AMEX, and debit cards accepted. Please see page 3 for phone, fax, and online registration information.

SENIORS (65 YRS & OLDER)
Seniors(65 yrs & older) may enroll in most of the adult programs and receive 25% off the adult fees. This does not include the programs in the retired citizens section as they are already reduced.

ADULTS (64 YRS & UNDER)
may enroll in the programs in the seniors section but will pay an adult rate.

Dining Room
Monday-Saturday
11:30am-1:00pm
We offer a nutritious hot lunch 6 days a week to adults/ seniors over the age 55 who are registered in the Lunch Program.
A full meal includes a main entrée with a dessert and beverage. Lunch Program registration costs $10 for the year. The Lunch Program is open to residents over age 55. Lunch Program participants may purchase a single lunch or 10 meal punch card. Lunch Program participants may be asked to show their Lunch Program registration card. A guest of a program participant may purchase a single lunch provided the guest is over age 55.

Seniors’ Centre
Coffee Bar
Mon-Thu .................. 9:00am-7:00pm
Fri ...................... 9:00am-5:30pm
Sat ...................... 9:00am-3:00pm
Check out our daily fresh baked goods available Mon-Fri.
The Kitchen is closed September 2, October 12 & 14, November 11, December 25 & 26.

(Monthly menu in the Monarch)
For patrons dining frequently, a 10 meal punch card is also available. At $70 it provides a savings of $5. Available for purchase at the seniors front desk.
## Enjoy The Journey - Bowen Island 55+yrs
Located 20 minutes by ferry from Horseshoe Bay, Bowen Island is a scenic, forested retreat with a rich history and unique shops. Additional $10 ferry fee for 64 years and under. PACKAGE INCLUDES: Bowen Island Museum, Lunch at Artisan Eats, Village Square, Killarney Lake escorted walk & Snug Cove Orchard Historical Society. Arrive 15 minutes prior to departure time. Please note that a waiver form must be signed for all bus trips.

<table>
<thead>
<tr>
<th>Th</th>
<th>7:45 AM-5:45 PM</th>
<th>Sep 26</th>
<th>$119/1 sess</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>Instructor: Enjoy The Journey</td>
</tr>
</tbody>
</table>

## Enjoy The Journey - Westham Island 55+yrs
Discover a hidden gem! Travel across them Fraser River over one-lane wooden bridge to a tiny island with its own world-class bird sanctuary. Also visit Garry Point Park’s Sturgeon Estuary and London Farms for a High Tea lunch. PACKAGE INCLUDES: Reifel Migratory Bird Sanctuary, Educational Lesser Snow Geese guided tour, Lunch, London Heritage Farm, Garry Point Park Sturgeon Banks Estuary & Angel Estate Winery Tasting. Arrive 15 minutes prior to departure time. Please note that a waiver form must be signed for all bus trips.

<table>
<thead>
<tr>
<th>Tu</th>
<th>9:50 AM-4:30 PM</th>
<th>Oct 29</th>
<th>$99/1 sess</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>Instructor: Enjoy The Journey</td>
</tr>
</tbody>
</table>

## Enjoy The Journey – Arts Whistler Holiday Market 55+yrs
Whistler’s Original Artisan Market has built a reputation of presenting unique, quality, handmade arts and crafts featuring over 100 artisans. PACKAGE INCLUDES: Squamish Adventure Centre, Escort entry, Admission donation, Arts Whistler Holiday Market, 3 hours free time. All fees and taxes. Arrive 15 minutes prior to departure time. Please note that a waiver form must be signed for all bus trips. Seat selection will be done at time of registration.

<table>
<thead>
<tr>
<th>Tu</th>
<th>8:30 AM-5:40 PM</th>
<th>Nov 24</th>
<th>$79/1 sess</th>
</tr>
</thead>
<tbody>
<tr>
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<td></td>
<td></td>
<td>Instructor: Enjoy The Journey</td>
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</tbody>
</table>

## Enjoy The Journey – Lights at Lefarge Heritage Christmas 55+yrs
Step back in time at this year’s Heritage Christmas, stroll through the village and take a ride on the carousel! After dinner take a stroll around Lake Lafarge, where illuminated tunnels and spectacular light displays comprise the biggest Xmas display in the Lower Mainland. PACKAGE INCLUDES: Escort entry, Heritage Museum tour, Carousel ride, Dinner in Port Moody, Lights at Lafarge Lake. All fees and taxes. Arrive 15 minutes prior to departure time. Please note that a waiver form must be signed for all bus trips.

<table>
<thead>
<tr>
<th>Sa</th>
<th>1:45 PM-9:20 PM</th>
<th>Dec 19</th>
<th>$109/1 sess</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>Instructor: Enjoy The Journey</td>
</tr>
</tbody>
</table>

## Granville Island 55+yrs
Visit this gem in our city. Explore the market, enjoy lunch at one of the many restaurants or bring a bag lunch and watch the boats in the harbour! This is an outdoor event, please dress for the weather. Transportation only provided. Please note a waiver form must be signed and seat selection will be done at time of registration.

<table>
<thead>
<tr>
<th>M</th>
<th>10:00 AM-3:00 PM</th>
<th>Sep 16</th>
<th>$18/1 sess</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>Instructor: Enjoy The Journey</td>
</tr>
</tbody>
</table>

## Tsawwassen Mills 55+yrs
Come and check out all the stores at Tsawwassen Mills. Transportation only. Please note a waiver form must be signed and seat selection will be done at time of registration.

<table>
<thead>
<tr>
<th>M</th>
<th>10:00 AM-3:00 PM</th>
<th>Oct 21</th>
<th>$18/1 sess</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>Instructor: Enjoy The Journey</td>
</tr>
</tbody>
</table>

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**Kerrisdale Seniors Centre**

**FALL 2019 | Phone: 604.257.8109**

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**THE MONARCH**

This monthly newsletter is available on the last Wednesday of each month for .25 cents.

Don’t forget to check the Monarch for monthly day trips offered with our 16 passenger mini-bus.
Special Lunches
Each month we celebrate an event with a sit down lunch. Lunch is a full hot entrée and dessert with tea and coffee. Price of lunch includes afternoon entertainment. Participants are seated at noon. Entertainment begins at 1:30pm. Tickets need to be purchased in advance. Check the Monarch for the lunch menu.

Welcome Back-Sep 10
Brock House Jazz Band

Thanksgiving-Oct 10
Vaudevilians

Remembrance Day-Nov 7
Tunemakers

Christmas Thursday-Dec 12
Kerrisdale Senior Singers

Christmas Friday-Dec 13
Elgar Strings
Thursdays $9

Adventures in Watercolour 55+yrs
The class is for all levels. You’ll learn different techniques - from how to retain whites, understanding positive versus negative shapes - how to render different forms, creating textures and more. We have a different subject each week beginning with a demo and then time for personal attention. Supply list available at seniors desk. Drop-in $22 adults/$19 seniors, if space permits.

W 12:45 PM-3:45 PM Sep 25-Nov 13
$136.50/8 sess Adult Rate: $182
Instructor: Julieanne Mcguinness

Mixed Media 19+yrs
Do you have a small apartment or no place to paint? Come to this drop-in social studio time. Participants paint using oils, pastels, watercolour, pen and ink or any other medium. No instruction. Drop-in $4 adults/$3 seniors.

Tu 3:00 PM-6:00 PM Sep 03-Dec 31
Th 11:30 AM-2:30 PM Sep 05-Dec 26

Let’s Enjoy Ikebana, Floral Art for Beginners 19+yrs
Get a taste of flower arrangement in Japanese style. Ikebana were not only elegant but could reflect the beauty of nature and the feelings in our heart. Ikebana starts from depiction of nature but not simply an imitation of nature. When we sense plant’s unspoken words and their silent movements we express our impressions through an art called Ikebana. Come, have fun and make an arrangement to take home.

Sa 1:00 PM-3:00 PM Sep 28
$61/1 sess
Instructor: Margaret Ng

Kerrisdale’s Own Fashion Show
A very popular tradition at our centre. Members model their own clothes that range from evening gowns to cultural costume. If you are interested in being a model or require more information please contact Austin Su at 604.257.8111.

Th 1:30 PM Oct 24

Seniors’ Resource Fair
Here is a chance for you to collect information from a variety of health and wellness providers and organizations. Gather information on senior services ranging from housing to nutrition. FREE

M Nov 4 10:00am-1:00pm

Opera Zone Series
All Ages
Enjoy an afternoon of listening to arias sung by Gerard Satamian and others, accompanied by a piano. A $10 annual registration fee is required to attend Opera Zone performances for the year. You will be asked at the door to show your registration card or pay $5/drop-in.

Su 2:00 PM-4:00 PM $10/year

Sep 1 | Oct 6
Nov 3 | Dec 1

45
EXERCISE ROOM

The Community Centre has an exercise room which has computerized bikes, treadmills, stair climbers, a variety of free weights, machines and more. It's open 7 days a week.

<table>
<thead>
<tr>
<th>Fees</th>
<th>Sr/Yth</th>
<th>Adult</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drop-In</td>
<td>$3.50</td>
<td>$3.50</td>
</tr>
<tr>
<td>10 Visit Pass</td>
<td>$29</td>
<td>$29</td>
</tr>
<tr>
<td>1 Month Pass</td>
<td>$27</td>
<td>$35</td>
</tr>
<tr>
<td>3 Month Pass</td>
<td>$56</td>
<td>$76</td>
</tr>
<tr>
<td>6 Month Pass</td>
<td>$105</td>
<td>$140</td>
</tr>
<tr>
<td>12 Month Pass</td>
<td>$168</td>
<td>$221</td>
</tr>
</tbody>
</table>

Hours of Operation
Monday-Friday: 6:00am-9:30pm
Saturday: 7:00am-6:30pm
Sunday: 9:00am-4:30pm
For Holiday Hours see page 3.

EXERCISE ROOM ORIENTATIONS

We are now offering Exercise Room orientations during the day (8am-noon) on the last Wednesday of every month.

If you have any questions about your current fitness program or need some help getting started, please book a free 30 minute appointment with our Fitness Attendant.

Orientations also available Monday and Thursday evenings. Appointments can be made at the front desk or by calling 604-257-8100.

SENIORS GROUP FITNESS

Please note: These prices are for all Kerrisdale fitness classes with the exception of pre-registered classes such as Joint Works, Osteofit, Yoga, Tai Chi, Adapted Fitness, Pilates and Exercise Room Workouts.

<table>
<thead>
<tr>
<th>Rates</th>
<th>Seniors</th>
<th>Adult</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drop-In</td>
<td>$4.00</td>
<td>$5.00</td>
</tr>
<tr>
<td>Fit Card 10 Classes</td>
<td>$36.25</td>
<td>$45.25</td>
</tr>
<tr>
<td>Fit Chip 17 Weeks</td>
<td>$171.75</td>
<td>$214.40</td>
</tr>
</tbody>
</table>

The classes listed below are designed especially for the older adult and can be attended by purchasing any of the price options above.

For a complete schedule of Kerrisdale’s fitness classes please see page 26.

Monday Gentle Fit (Advanced)
Join in for an hour of fun and exercise. This is a go at your own pace workout. Suitable for the more active and mobile senior.
M 10:30am-11:30am On-going
Instructor: Dee Cresdee

Tuesday Gentle Fit
A complete workout featuring options for performing all exercises on chairs. Our goal is to promote unaided mobility through gentle cardiovascular exercise.
Tu 9:15am-10:15am On-going
Instructor: Audrey Darling

Wednesday Gentle Fit
Fitness for fun! Strengthen and build, then relax those muscles while you enjoy a work-out especially designed with seniors in mind.
W 9:00am-10:00am On-going
Instructor: Berdjis Bahrami

Friday Gentle Fit
Fitness for the young at heart. Mild to moderate exercise to motivating music. For seniors who have attended fitness classes and wish to maintain their fitness level. Floor work will be done in chairs.
F 9:00am-10:00am On-going
Instructor: Audrey Darling

Saturday Gentle Fit
Join us for an invigorating start to the week-end. Look for toe-tapping tunes, smooth moves and a good time. The floor work will be done in chairs.
Sa 10:20am-11:15am On-going
Instructor: Audrey Darling
**DANCE**

**Belly Dance for Seniors**  
55+ yrs  
Enjoy learning and having fun with Rahma Haddad, an internationally acclaimed instructor, who will lead you step by step through dancing to sensual melodies and dynamic rhythms of the Middle East in this 1 hour class. This course is similar to her regular classes but, as a senior herself with over 40 years experience, Rahma is acutely aware of some of the physical challenges faced by many seniors who love to dance! Classes start with a 15 min. stretch warm-up. Wear exercise clothes, bare feet or dance slippers, and scarf or shawl for hips. Drop-in $11 adults/$9 seniors, if space permits.  
Tu 1:30 PM-3:00 PM  
Oct 01  
Instructor: Gail (Rahma) Haddad

**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 adult/$9 senior, if space permits.  
Th 7:30 PM-9:00 PM  
Sep 12-Nov 28  
$82.50/11 sess  
Adult Rate: $110  
Instructor: Dee Cresdee

**Line Dancing:**  
**Beginners**  
19+yrs  
Good fun, great exercise and its not just country music any more! No experience necessary for the beginner level. If you join this class after the 3rd week, you must know some basic steps and terminology. Drop-in $10 adult/$8 senior, if space permits. No class Oct 14, Oct 31 & Nov 11.  
M 11:45 AM-1:00 PM  
Sep 09-Nov 25  
Tu 6:30 PM-7:30 PM  
Sep 12-Nov 28  
$82.50/11 sess  
Adult Rate: $110  
Instructor: Dee Cresdee

**Saturday Social Dance**  
19+yrs  
Come and join this fun and relaxed group! $2 drop in or $15/10 visit card. No class Dec 14.  
Sa 4:00 PM-6:00 PM  
Sep 07-Dec 28  
Instructor: Dee Cresdee

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**CRAFTS**

**Busy Bees Crafts**  
55+yrs  
These busy bees work hard creating beautiful articles. Baby sets, aprons, tea cosies, blankets and so much more. Items are displayed in the Senior Centre and are on sale Thursdays, 10am-3pm. The group welcomes new members especially those who can knit and sew. Ongoing no registration necessary.  
M 1:00 PM-3:00 PM  
Sep 02-Dec 30  
Instructor: [Contact Information]

**Funcrafts**  
55+yrs  
This group works on special craft projects for cultural and special events.  
Tu 1:00 PM-3:00 PM  
Sep 03-Dec 17  
Instructor: [Contact Information]

**Medieval Tacket Bookbinding**  
NEW  
19+yrs  
Make a book using an unusual historical bookbinding technique called “tacket” or “tacketing”. They may look like sausages at a casual glance, but they are carefully wrapped linen threads. What is it’s purpose ... decorative or functional? Join us and find out! No prior experience necessary. All tools and supplies provided.  
Sa 1:00 PM-4:30 PM  
Oct 05  
Instructor: [Contact Information]

**Medieval Tacket Bookbinding**  
NEW  
19+yrs  
Make a book using an unusual historical bookbinding technique called “tacket” or “tacketing”. They may look like sausages at a casual glance, but they are carefully wrapped linen threads. What is it’s purpose ... decorative or functional? Join us and find out! No prior experience necessary. All tools and supplies provided.  
Sa 1:00 PM-4:30 PM  
Oct 05  
Instructor: [Contact Information]

**Funcrafts**  
55+yrs  
This group works on special craft projects for cultural and special events.  
Tu 1:00 PM-3:00 PM  
Sep 03-Dec 17  
Instructor: [Contact Information]

**Medieval Tacket**  
NEW  
19+yrs  
Make a book using an unusual historical bookbinding technique called “tacket” or “tacketing”. They may look like sausages at a casual glance, but they are carefully wrapped linen threads. What is it’s purpose ... decorative or functional? Join us and find out! No prior experience necessary. All tools and supplies provided.  
Sa 1:00 PM-4:30 PM  
Oct 05  
Instructor: [Contact Information]

**Book Sales**  
Check the Monarch for the dates of our book sales which happen most Thursdays. From hardcovers to softcover from fiction to cook books—we sell it all!  
[Contact Information]

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**THE MONARCH**  
This monthly newsletter is available on the last Wednesday of each month for .25 cents.
#### DANCE

**Scottish Country Dance** 55+yrs
Beginners should begin in September but late newcomers are welcome to come and try it. This friendly group spends a pleasant afternoon dancing and socializing. Scottish Country dance is a good physical workout, good fun and a good chance to exercise your memory! Led by Cathrine Conings.

<table>
<thead>
<tr>
<th>Tu</th>
<th>1:30 PM-3:30 PM</th>
<th>Sep 17-Dec 10</th>
<th>$52/13 sess</th>
</tr>
</thead>
</table>
| Instructor: Cathrine Conings

**Showtime** 19+yrs
Come and share your dance talents and join SHOWTIME! We entertain throughout the Vancouver area at senior community centres, resident homes, hospitals, etc. This program gives you the opportunity of bringing joy to others and at the same time offering you the chance to learn various dances from popular Broadway shows in a FUN environment. Some previous dance background is required. Details of concert times, costumes and commitments will be discussed at the sessions or you are welcome to contact Kerrisdale Community Seniors Centre 604.257.8111 for more information about this program. No class Oct 1.

<table>
<thead>
<tr>
<th>Tu</th>
<th>9:30 AM-11:00 AM</th>
<th>Sep 03-Dec 17</th>
<th>$15/15 sess</th>
</tr>
</thead>
</table>
| Instructor: Beryl Israel

**Tap Happy** 19+yrs
Come learn some basic tap steps and easy routines in a fun relaxed environment and at the same time build up your fitness levels, balance, and rhythm and timing skills. We tap, dance, laugh, enjoy the music, get a little workout, and have a lot of fun. No dance experience necessary. Tap shoes not required, just a hard soled comfortable shoe is fine. Drop-ins $12 adults/$10 seniors, if space permits. No class Oct 14 & Nov 11.

<table>
<thead>
<tr>
<th>M</th>
<th>4:15 PM-5:15 PM</th>
<th>Sep 02-Dec 09</th>
<th>$112.25/13 sess</th>
</tr>
</thead>
</table>
| Instructor: Beryl Israel

<table>
<thead>
<tr>
<th>T</th>
<th>9:30 AM-11:00 AM</th>
<th>Sep 09-Dec 16</th>
<th>$63.50/13 sess</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Rate: $84.50</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| Instructor: Barry Wade

#### EDUCATION

**Bridge: Intermediate** 19+yrs
For people who have played cards before and want to continue learning. Please call Barry at 604.872.0289 or email bwade020@gmail.com for more information. Drop-in $8.
No class Oct 14 & Nov 14.

<table>
<thead>
<tr>
<th>M</th>
<th>10:00 AM-12:00 PM</th>
<th>Sep 09-Dec 16</th>
<th>$63.50/13 sess</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Rate: $84.50</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| Instructor: Barry Wade

**Bridge: Practice Drop-in** 19+yrs
An opportunity for duplicate-style bridge practice in a supervised environment. Call Barry at 604.872.0289 or email bwade020@gmail.com for information.

<table>
<thead>
<tr>
<th>W</th>
<th>12:40 PM-2:45 PM</th>
<th>Sep 11-Dec 18</th>
<th>Drop-in $5/ sess</th>
</tr>
</thead>
</table>
| Instructor: Barry Wade

**French Conversation for the Older Adult** 55+yrs
These informal meetings in a friendly atmosphere offer a good opportunity to practice your conversation in French. You will develop and improve your ability to communicate on different topics of daily life. This is an intermediate level class.

<table>
<thead>
<tr>
<th>T</th>
<th>1:30 PM-3:00 PM</th>
<th>Nov 07-Dec 19</th>
<th>$78.75/7 sess</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Rate: $105</td>
<td></td>
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</tr>
</tbody>
</table>
| Instructor: Rokia Tamache

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The Opera Zone
Fall 2019 Kick-off Featuring
The Best Friend Dancing Group
Sep 1, 2pm
Seniors Multipurpose Room
A $10 annual registration fee required to support for the arts
www.kerrisdalecc.com
EDUCATION

**Fun with iPads and iPhones Part 1** 55+yrs
No knowledge of technology required. Learn how to take beautiful pictures and to store and send your photos to friends and family. Its an easy tap on your screen to send and reply to email. Have fun surfing the the worldwide web. Get the most from it. Do shopping and more. Work at your own pace. Individual help and notes provided.
**W** 11:00 AM-12:00 PM Sep 11-Oct 02
$43.50/4 sess Adult Rate: $58
Instructor: Catherine Myerowitz

**Fun with iPads and iPhones Part 2** 55+yrs
Learn how easy it is to chat to your family and friends using free audio and video calls. Add new Contacts. Organize events and appointments on your Calendar. Also learn to use the alarm and timer features on your iPad or iPhone. Download games and other apps. Summarized handouts and individual help provided.
**W** 11:00 AM-12:00 PM Oct 09-Oct 23
$43.50/3 sess Adult Rate: $58
Instructor: Catherine Myerowitz

**Fun With iPads and iPhones Part 3** 55+yrs
Use Maps. Its just an easy tap on the screen to find directions to drive or take the bus! Learn to navigate YouTube and browse the iTunes Store to watch TV episodes or movies and more. Enjoy choosing and downloading free books and audio books. Handouts summarizing each class will be provided. Work at your own pace with individual help.
**W** 11:00 AM-12:00 PM Nov 06-Nov 20
$43.50/4 sess Adult Rate: $58
Instructor: Catherine Myerowitz

**Harrison Eagle Extravaganza** 19+yrs
Every year the winter salmon run on the Harrison River system draws thousands of eagles to the area where a banquet of spawned out salmon awaits them. Join Naturalist Graham Sunderland on a trip to view this magnificent spectacle as well as wintering swans and waterfowl on nearby Nicomen Slough. Pack a lunch and dress warmly with the possibility of rain to enjoy this sight which annually draws thousands over the spawning period.
**M** 9:00 AM-1:00 PM Sep 11-Sep 25
$43.50/3 sess Adult Rate: $58
Instructor: Graham Sunderland

**Blood Pressure Monitoring** 55+yrs
This weekly service offered by retired nurses provide members an opportunity to keep track of their blood pressure. Helps to reduce anxiety between doctor visits. Please note: the first appointment will start at 9:15am. Due to time limitations please keep topics to blood pressure. Free, but Centre membership is required.
**W** 9:15 AM-10:30 AM Sep 04-Dec 18
Instructor: Graham Sunderland

HEALTH & WELLNESS

**Cardiofit** 55+yrs
While designed with seniors in mind, CARDIOFIT is aimed at fitness for persons who have experienced, or are at risk of heart problems. It is particularly suitable to graduates of previous Healthy Heart programs. While the program follows certain guidelines, the instructors, who are all certified and carry CPR certification, each have their own routines and music. Everyone participates at his or her own pace. Starts with 10 minutes of warm-up exercises followed by 15 minutes of more strenuous cardiac work and 5 minutes of cool down. Heart beat is monitored. The last half hour is devoted to general stretching and joint exercises, which includes work with weights and elastic bands, as well as exercises using chairs and mats. Drop-in $6 adults/$5 seniors. No class Oct 14 & Nov 11.
**M Tu Th** 7:30 AM-8:30 AM Sep 03-Dec 19
$143.50/45 sess Adult Rate: $191.25
Instructor: Berdjis Bahrami

**Workshops**

- **Life without Driving**
- **Creams Lotions & Herbs Potions**
- **Medieval Tacket Bookbinding**
- **Decluttering and Organizing in Action!**
- **Knowing Your Bladder**
- **Getting Your Stories onto Paper – Time For Your Random Memoir**
- **Aromatherapy**
- **The Art of Blending**
- **Chronic Diseases**
- **How to Make Christmas Cards in Watercolour**
- **Hyper Tension**
- **VSB - Life at School**
- **VSB - Healthy Development**

**NEW**

See page 39-41 for details.
HEALTH & WELLNESS

Chair Yoga 19+yrs
Yoga adapted to the chair makes more yoga more accessible to more people. The many benefits of yoga can be enjoyed without getting up and down from the floor. This gentle yet deep practice works all parts and systems of the body. Breath awareness calms and balances the body and the mind. Some optional standing poses using the chair for balance help to improve strength and balance. Everyone moves within their own level of comfort. Drop-ins $13 adults/$11 seniors, if space permits.

Chronic Pain Self-Management 19+yrs
The Chronic Pain Self-Management Program is a free six-session workshop. The workshop helps people living with chronic pain and their caregivers to better manage symptoms and activities of daily life. Participants receive the “Living a Healthy Life with Chronic Pain” companion book and the “Moving Easy” CD. Participants should attend all six sessions to get the maximum benefit. No class Nov 11.

Footcare 55+yrs
Simple footcare. Make an appointment to see a registered foot care nurse who will spend time assessing your feet and dealing with common conditions like foot fungus, in-grown nails, calluses, corns etc. Each appointment will be 30 minutes in length. Please no open wounds.

Health Qigong 19+yrs
Chinese Health Qigong is a form of breathing and gentle physical exercises that will enhance your health. The movements are simple and easy to perform, yet each movement is designed to utilize both the ancient methods, and the modern, scientific medical theories to strengthen one’s vital internal organs, the external body and limbs. Suitable for all ages. Drop in $9 adults/$7 seniors, if space permits.

Laughter Yoga 19+yrs
Why should you join my laughter yoga class? 10 minutes in this class is the equivalent of doing 30 minutes of cardio. As your brain needs 25% more oxygen we will be focusing on breathing exercise. This will in turn make you more energetic and motivated. Laughter yoga can change your mood within minutes. This class will always leave you with a smile. There are ups and downs in life, regular practices of laughter exercise will give you a positive outlook on life which will help you get over difficulties in a much better way. Exercises will done in a chair. Drop-in $13 adults/$11 seniors, if space permits.

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. Drop-in $6 adults/$5 seniors, if space permits.

Keep Fit With Your Walker (Adapted Fitness) 55+yrs
This exercise class is specifically designed for older adults who use a walking aid or a walker. Exercises will focus on strength, mobility, posture, balance and fall prevention. Doctor or physiotherapist referral recommended. Class suitable for wheelchair and walking aid users. Drop-in $6 adults/$5 seniors, if space permits.

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.

Rentals Space Available
Do you need a facility suitable for wedding receptions, birthday parties, meetings or sports?
Kerrisdale Community Centre has rooms available to meet your needs!
For more info, please phone
604-257-8100 or visit
www.kerrisdalecc.com/room-rentals
HEALTH & WELLNESS

Modified Fitness  
55+yrs  
An exercise class adapted to meet the needs of those with various disabilities. Work on mobility and coordination, strength and flexibility. Doctor or physiotherapist referral recommended. Class suitable for wheelchair users. Drop-in $6 adults/$5 seniors, if space permits. No class Oct 16th.  
Tu 1:30 PM-2:30 PM  Sep 03-Dec 17  
$63/16 sess Adult Rate: $84  
Instructor: Berdjis Bahrami

Morning Chair Yoga  
19+yrs  
It’s never too late to start something new and something beneficial for your Body-Soul-Mind. If you are an early riser, how about joining the new class “Morning Chair Yoga” and starting up your day with a great feeling. Drop-in $10 adults/$9 seniors, if space permits.  
W 8:30 AM-9:30 AM  Sep 04-Oct 02  
$33.75/5 sess Adult Rate: $45  
W 8:30 AM-9:30 AM  Oct 09-Nov 06  
$33.75/5 sess Adult Rate: $45  
W 8:30 AM-9:30 AM  Nov 13-Dec 04  
$33.75/4 sess Adult Rate: $45  
Instructor: Keiko Murakami

Move to Music  
55+yrs  
Discover joy in moving to classical music while stretching and strengthening your whole body. At the same time we will train posture, balance and agility. Drop-in $6 adults/$5 seniors, if space permits.  
Tu 10:00 AM-11:00 AM  Sep 10-Dec 17  
$59.25/15 sess Adult Rate: $78.75  
Instructor: Carola Von Hahn

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. Monday class taught by Rachel King and Thursday class taught by Berdjis Bahrami. Drop-in $5 adults/$4 seniors, if space permits. No class Oct 14 and Nov 11.  
M-Th 10:00 AM-11:00 AM  Sep 05-Dec 19  
$92.51/29 sess Adult Rate: $123.25  
Instructor: Berdjis Bahrami

Osteofit For Life  
55+yrs  
For those who have taken the Osteofit classes and are comfortable with Osteofit techniques. This exercise program is for those with osteoporosis with an emphasis on building strength and improving balance. Drop-in $6 adults/$5 seniors, if space permits.  
W-F 1:20 PM-2:20 PM  Sep 11-Dec 13  
$105/28 sess Adult Rate: $140  
Instructor: Keno Kinoshita

Osteoporosis Fitness  
55+yrs  
This class is designed for people with osteoporosis and who have taken osteofit classes before. Build strength, improve posture and balance. Drop-in adults $5/seniors $4, if space permits. No class Oct 14 & Nov 11.  
M-Th 8:55 AM-9:55 AM  Sep 09-Dec 16  
$49/13 sess Adult Rate: $58.50  
Instructor: Rachel King  
Th 8:55 AM-9:55 AM  Sep 05-Dec 19  
$54/16 sess Adult Rate: $72  
Instructor: Berdjis Bahrami

Taiji (Taichi) for Seniors 24 Form  
55+yrs  
The 24 Form Taiji is the most widely practiced simplified Taiji in the world. It was compiled by the Chinese Sports Commissions with the goal of standardizing and popularizing Taiji. It is the foundation for many other styles of Taiji including both fist and weapon routines. Drop-in $13 adults/ $11 seniors, if space permits.  
W-F 10:45 AM-11:45 AM  Sep 11-Nov 29  
$198/24 sess Adult Rate: $264  
Instructor: Ben Yang

The Pelvic Floor Exercise Routine  
19+yrs  
Join Naomi Wolfman, Continence RN for this workshop where you will learn how to tone your pelvic floor with a mat and upright exercises! Bring a yoga mat and wear comfortable clothing.  
Sa 10:00 AM-11:00 AM  Oct 19-Nov 02  
$60/3 sess  
Instructor: Naomi Wolfman

The Pelvic Floor Series: Bladder Health  
19+yrs  
Join Naomi Wolfman, Continence RN for an exciting and informative course focused on empowering women and men to fulfill their deepest potential related to the function of their pelvic floor. It is required to participate in the first class.  
Sa 10:00 AM-11:00 AM  Sep 28-Oct 12  
$60/3 sess  
Instructor: Naomi Wolfman

Drop-in Fitness Schedule  
See page 26.
HEALTH & WELLNESS

Therapeutic Weight Training  55+yrs
Improve your quality of life beyond chronic problems like diabetes, arthritis, bursitis, fibromyalgia, hypertension, asthma, and lower back problems with a low intensity and educational program using exercise bands and low weights. A doctor or physiotherapist’s referral is recommended. Class incorporates use of the exercise room and is suitable for those able to lift at least 10lbs.
W 3:45 PM-4:45 PM  Sep 11-Dec 11
$131.25/14 sess  Adult Rate: $175
F 3:45 PM-4:45 PM  Sep 13-Dec 13
$131.25/14 sess  Adult Rate: $175
Instructor: Keno Kinoshita

Relief Yoga  19+yrs
Focus on blood pressure, cholesterol and joint pain. We will be focusing on breathing techniques and exercises that cater to relieving pain. The yoga poses will make your joints stronger. Exercises will be done in a chair. Drop-in $13 adults/$11 seniors, if space permits.
Th 10:30 AM-11:30 AM  Sep 05-Dec 19
$147/16 sess  Adult Rate: $196
Instructor: Balbir Cheema

Hearing Screening  19+yrs
Adult & seniors hearing screening. Many people don’t realize they have hearing loss. Come and have your hearing tested.
W 9:00 AM-12:00 PM  Sep 18
Free, registration required/1 sess
Instructor: Connect Hearing

Physical Activity Screening  55+yrs
Registered Nurses, Dietitians and/or Exercise Physiologists from the VCH Healthy Living Program will be running FREE health screening events. Check your physical activity levels and discover lifestyle tips for optimal health. This event will help build knowledge and awareness around self-management. Drop in anytime. For more information and other program offerings please contact the Healthy Living Program at 604.267.4430, or visit our website www.vch.ca/healthylivingprogramvancouver
W 10:00 AM-1:00 PM  Oct 02
Instructor: Vancouver Coastal Health Healthy Living Program

PERSONAL TRAINING

UBC Changing Aging Program  55+yrs
This renowned evidence-based exercise program is delivered by specially trained Kinesiology students with advanced skills to work with aging and clinical populations. Designed for individuals age 65+, the program targets mobility and injury/disease prevention. Exercises focus on reducing cardiovascular disease risk factors and improving joint mobility and stability through strength, endurance, balance, coordination, agility and flexibility training. Prerequisites: stable health condition(s), moderate to high functional mobility and no use of mobility aids. To confirm eligibility, NEW participants MUST: 1) Schedule a free intake appointment with the School of Kinesiology staff by calling 604-822-0207 2) Bring the completed forms listed on http://outreach.kin.educ.ubc.ca/bodyworks/fitness-classes/forms to the intake appointment, including the BodyWorks Referral Form which must be completed by a physician. For participants who have already attended Changing Aging classes in the past, new physician referral forms are required every two years or if there has been a significant change in health status. Please note that late registration will not be allowed past the first three weeks class.
Tu F 8:30 AM-9:25 AM  Sep 03-Dec 20
$269/32 sess
Tu F 9:30 AM-10:25 AM  Sep 03-Dec 20
$269/32 sess
Tu F 10:30 AM-11:25 AM  Sep 03-Dec 20
$269/32 sess
Tu F 11:30 AM-12:25 PM  Sep 03-Dec 20
$269/32 sess
Instructor: UBC School Of Kinesiology

Instructor: Vancouver Coastal Health Healthy Living Program
**MUSIC**

**Brock House/Kerrisdale**

**Bell Ringers** 55+yrs
No handbell experience is required but we do ask that you are 55 or older and can read music. We play 3.5 octaves of handbells and handchimes. Contact Jean Peggie 604.673.3354 or Grace Lau 604.323.8131 before registering.

Monday conductors are Grace Lau and Cheryl McHugh and Wednesday conductor is Jeong Hur. Come and listen any time in the South Room.

**M** 9:15 AM-12:00 PM  Sep 09-Dec 09  
$14/14 sess

**Beginners**
W 1:30 PM-2:30 PM  Sep 04-Dec 11  
$15/15 sess

**Ensemble**
W 2:30 PM-4:30 PM  Sep 04-Dec 11  
$15/15 sess

**Brock House/ Kerrisdale Choir**  55+yrs
A 4 part choir who sing a variety of music, we entertain in a volunteer capacity throughout the Lower Mainland. Currently the choir is full, please call Diana Bragg at 604.224.3897 or Sharon Copeman 604.263.9917 for more information.

**Tu** 1:00 PM-3:00 PM  Sep 10-Dec 17  
$15/15 sess

**Thursday Socials** 55+yrs
Join us every Thursday for fun, friendship and entertainment. Costs only $1.00 and includes afternoon tea. Bands, piano entertainers, special events and more! Something different every week. Please call 604.257.8109 or look in the monthly Monarch for the schedule. Pay your drop-in at the desk on the day of the event.

**Th** 1:30 PM-2:30 PM  Sep 05-Dec 26  
$10/10 sess

**Chorisma Vocal**

**Jazz Choir** 19+yrs
For singers with previous choral experience, and is focused on jazz and “American Songbook” repertoire. Good sight reading is an asset. Our conductor is Juhli Conlinn and our full-time accompanist is Elliot Langford. If you are interested in joining please email pgelmon@shaw.ca

Su 1:00 PM-4:00 PM  Sep 15, Oct 20, Nov 17  
$300/15 sess

Instructor: Juhli Conlinn

**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 the Vancouver area. Tenors, sopranos, altos most welcome. Please contact the conductor, Marilyn Muckle, at 604-876-8666 before registering.

Th 9:30 AM-12:00 PM  Sep 12-Dec 19  
$14/15 sess

Instructor: Marilyn Muckle

**You Can Ukulele**

**for Beginners** 55+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. Instructor will bring a few extra Ukuleles on the first class but each student must have their own ukulele thereafter.

Sa 1:15 AM-12:15 PM  Sep 14-Dec 21  
$107/15 sess Adult Rate: $142.50

Instructor: Joseph Young

**You Can Ukulele for Level 2** 55+yrs
Builds on the fundamentals established in “You Can Ukulele for Beginners” and also adds some fun new techniques and materials to work with. Topics will include continued work on chords and strumming with new songs, reading tablature 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 12:15 PM-1:15 PM  Sep 14-Dec 21  
$107/15 sess Adult Rate: $142.50

Instructor: Joseph Young

**Seniors Pop Up Musical Theatre** 55+yrs
This is a new form of theatre where the participants learn to sing and act the music they grew up with. The dialogue is based on the stories and music of when they were young. The story can take place anywhere. Most of the production is decided by the Participants. Each person gets a song to sing. Participants can be trained to be singers.

**Free Trial**  Th 11:00 AM-12:00 PM  Nov 01  
$20/20 sess

Instructor: Jan Cooper

**Opera Zone Series**

**All Ages**
Enjoy an afternoon of listening to arias sung by Gerard Satamian and others, accompanied by a piano. A $10 annual registration fee is required to attend Opera Zone performances for the year. You will be asked at the door to show your registration card or pay $5/drop-in.

Su 2:00 PM-4:00 PM  $10/10 sess
Th 2:00 PM-4:00 PM  $20/20 sess  
$107/15 sess Adult Rate: $142.50

Instructor: Joseph Young
**A Social Recreation card is required to participate in activities listed on this page. This annual card can be purchased at the front desk for $10. (Valid from Sept 1-Aug 31)**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Age</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Billiards/Snooker</strong></td>
<td>55+yrs</td>
<td>Enjoy our billiards room with two pool tables. On-going drop-in play available.</td>
</tr>
<tr>
<td><strong>Bingo</strong></td>
<td>55+yrs</td>
<td>Spend a pleasant afternoon with friendly seniors. Try your luck, maybe you will be a winner! Membership required, on-going, no registration required.</td>
</tr>
<tr>
<td><strong>Chess</strong></td>
<td>55+yrs</td>
<td>Join us for a friendly game of Chess! On-going drop-in program.</td>
</tr>
<tr>
<td><strong>Cribbage</strong></td>
<td>55+yrs</td>
<td>On-going drop-in program.</td>
</tr>
<tr>
<td><strong>Enthusiastic Walkers</strong></td>
<td>55+yrs</td>
<td>This group meets at the centre and proceeds to a pre-arranged destination for their weekly walk. Walks are leisurely and allow time to enjoy and appreciate the sights of Vancouver and the lower mainland. Outings will be posted in the Monarch. Free with membership. A waiver must be filled out each season.</td>
</tr>
<tr>
<td><strong>Ladies Bridge</strong></td>
<td>55+yrs</td>
<td>No partners required. Please drop-in and play with a fun and friendly group. Always looking for new players. For people who have played bridge before. $0.25/session.</td>
</tr>
<tr>
<td><strong>Language Exchange</strong></td>
<td>55+yrs</td>
<td>Looking to learn English or Mandarin? Come join us in casual language learning and conversation sessions with native English and Mandarin speakers.</td>
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<tr>
<td><strong>Mah Jong</strong></td>
<td>55+yrs</td>
<td>Come and learn this Chinese game about numbered and pictured tiles. Great for the mind, all levels welcome. Held in seniors lounge. No session Sept 21 and 28.</td>
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<tr>
<td><strong>Scrabble</strong></td>
<td>55+yrs</td>
<td>Join us for a friendly game of Scrabble! On-going drop-in program.</td>
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<tr>
<td><strong>Table Tennis</strong></td>
<td>55+yrs</td>
<td>Play table tennis - enjoy fun and exercise with friends. Table are located in the seniors’ centre and in the youth games room. Youth room table tennis is reserved for youth after 3 pm daily and all day on weekends.</td>
</tr>
<tr>
<td><strong>Texas Holdem Poker</strong></td>
<td>55+yrs</td>
<td>This program is for players of all levels and ages looking for fun and excitement.</td>
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<tr>
<td><strong>Ukulele Jam</strong></td>
<td>19+yrs</td>
<td>Please note that the sing along will now be the second Saturday of the month. Come join this program! We will sing and play ukulele in this fun and relaxed atmosphere. Songbooks will be provided to use during the session.</td>
</tr>
<tr>
<td><strong>Video Movies</strong></td>
<td>55+yrs</td>
<td>Come and enjoy a movie shown on a large screen TV. Movie titles will be posted monthly in the Monarch newsletter. No session Dec 15.</td>
</tr>
<tr>
<td><strong>Mind Matters Mix</strong></td>
<td>55+yrs</td>
<td>A stimulating and interesting discussion group to share opinions on various topics. Conversation is informative and is conducted with acceptance for others ideas. Discussions are shared by all in the group and differences of opinions are respected. Questionable points and passionate topics are handled diplomatically. Topics cover every realm from current new items, health, social and life issues. Activate your brain and enjoy various exercises to keep your mind active and alert. On-going, no registration required. No class Oct 14 &amp; Nov 11.</td>
</tr>
</tbody>
</table>
**KERRISDALE POOL**

5851 West Boulevard Vancouver, BC (Corner of West Boulevard and 42nd)  
Children under 8 yrs. MUST be accompanied into the water by a guardian 16 yrs or over.  
Admission fees & schedule. Subject to change. Prices include GST.

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### September 23-December 22, 2019

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<th>Monday</th>
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### All of our Aquafit classes are drop-in programs, regular admission rates apply.

**Range of Motion**  
Focus is on improving joint mobility and balance. Suitable for those with arthritis, injuries, chronic conditions or who are pregnant. This is a non-impact class in shallow water.

**Deep Water Aquafit**  
Participants are suspended in deep water using a variety of floatation devices. Buoyant and resistance equipment is used to increase fitness and muscular endurance.

**Aquafit**  
This is a moderate to intense 60-min 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.

**Workout Swim**  
This drop-in program is ideal for length swimmers to increase speed, endurance, and muscular strength. Two workouts (mild or moderate) are provided at each session. Some technique and stroke correction is available, depending on the number of participants.

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### FEE S

<table>
<thead>
<tr>
<th>Drop-in</th>
<th>10 visit usage</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 years &amp; under</td>
<td>FREE</td>
</tr>
<tr>
<td>5-12 years</td>
<td>$3.05</td>
</tr>
<tr>
<td>Youth 13-18 yrs</td>
<td>$4.27</td>
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<tr>
<td>Adult 19-64 yrs</td>
<td>$6.10</td>
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<tr>
<td>Senior 65+ yrs</td>
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<tr>
<td>Family</td>
<td>$3.05 Per Person</td>
</tr>
<tr>
<td>Discount Dip</td>
<td>GST not included</td>
</tr>
</tbody>
</table>

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**PUBLIC SWIM**

- **5851 West Boulevard Vancouver, BC (Corner of West Boulevard and 42nd)**
- **Children under 8 yrs. MUST be accompanied into the water by a guardian 16 yrs or over.**
- **Admission fees & schedule. Subject to change. Prices include GST.**
SWIMMING LESSONS

Visit the pool to pick up a lesson schedule or go to www.vancouver.ca or www.kerrisdalecc.com

HOW TO REGISTER

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, 9 indoor pools and 8 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.

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 city-wide and location specific passes are available for purchase or renewal online.

PARENT & TOT LEVELS 1-3 (4 mos-3 yrs)
At Kerrisdale Pool, we combine the Red Cross levels: Starfish, Duck, and Sea Turtle into one Parent & Tot class. It is designed to introduce your babies and toddlers to the water with songs and play in a fun and safe environment.

RED CROSS SWIM PRESCHOOL (3-5 yrs)
The Preschool program introduces preschoolers to a group learning environment independent from their parents and focuses on making safe choices in and around the water, as well as building confidence as young swimmers.

RED CROSS SWIM KIDS (5-14 yrs)
This 10 level course emphasizes three components: Swimming, Fitness, and Water Safety. With a large portion of time spent on stroke refinement, children will improve their endurance while advancing their techniques. These classes are offered Monday to Thursday after school and Saturdays.

RED CROSS SWIM BASIC 1+2
TEENS (12-15yrs)
Youth will learn to swim with their peers in a supportive environment. This program will help beginners and those wanting to refine their stroke techniques.

ADULTS (16+ yrs)
It’s never too late to learn to swim. All abilities are welcome.

PRIVATE SWIM LESSONS
These half-hour sessions provide one-on-one instructions tailored to your own specific needs. Let us help you reach your swimming goals! Please contact the pool programmer at 604-257-8107 for specific requests.

Junior Lifeguard Club
Kerrisdale Chapter
9-15 yrs
This swim club style program will prepare children for the next step in their aquatic adventures. Swimmers will develop water safety, fitness, lifesaving skills, knowledge, and practice in first aid in a fun and safe environment. The Junior Lifeguard Club is a place for kids to learn important lifesaving and first aid skills, challenge themselves to work for personal bests, improve swimming technique and endurance, make friends, and have a great time! Participants will receive a club t-shirt as well as a WaterLog to mark their progress and their own pocketmask. For more information, visit www.vancouverlifeguards.com.

HOLIDAY SCHEDULES

OCTOBER 12-14
NOVEMBER 9-11
10:05am-11:05am.................Aquafit
11:10am-12:30pm...........Length Swim
12:30pm-2:00pm...........Public Swim

F           4:00 pm-6:00 pm Sep 22-Dec 20 241913 $218.02/13 sess
Instructor: Vancouver Lifeguard Association
SKATING LESSONS

See page 58 for the lesson schedule or go to www.vancouver.ca or www.kerrisdalecc.com

THINGS YOU NEED TO KNOW

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

For fees see www.vancouver.ca/kerrisdalerink. Please see page 3 for details. In addition, please note:
• All group lessons are 6 weeks in duration.
• Because skating lessons are very popular, participants may only register into 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.

SPECIALITY PROGRAMS

Learn to Play Hockey – Penguins 5-9 yrs
New to hockey? Try our Penguin Program, where beginners learn to stick handle, pass, shoot and score! Emphasis is on fun, skilled based drills and games. We use plastic sticks and pucks (provided). Players must have their own skates and wear a CSA approved helmet with a cage.
Monday 5:30-6:15pm $74.25, 6 weeks

Power Skating
Be prepared to work up a sweat and challenge your endurance, speed and strength in our power skating program. Emphasis will be placed on proper stride technique, edgework, forward to backward transitions, acceleration patterns, quick stops and conditioning. Players must have Learn to Skate Level 5 or equivalent. Full hockey gear is recommended but helmet, gloves and stick are mandatory.
Junior 8-15 yrs
Monday 6:15-7:00pm $78.30, 6 weeks
7:15-8:00pm $78.30, 6 weeks

Senior 16+ yrs
Sunday 7:30-8:30pm $104.24, 6 weeks

Public Skate Schedule
Go to vancouverparks.ca

Halloween Skate
Hosted by the Kerrisdale Business Association. Free admission and skate rentals. Sunday October 27 5:30-7:15pm

Holiday Skate
Hosted by the Kerrisdale Business Association. Free admission and skate rentals. Sunday December 15 5:30-7:15pm

Christmas Day Skate
Regular admission applies. 12:30-1:30pm

ICE RINK BIRTHDAY PARTY 6-12 yrs
Host a party in the arena multipurpose room during our public skate. Party price is $100 for 15 people including skate rentals. Additional admissions $3.10 and skate rentals $3.05 can be purchased at the front desk.
Su 5:30pm-7:15pm Price subject to change.

SPECIAL EVENTS CALENDAR
## LEARN TO SKATE PROGRAM SCHEDULE

**FALL SET 1 LESSONS (SEPT 29-NOV 5)**
REGISTRATION BEGINS:
Online & In-person Friday, September 13 at 7:00pm.

**FALL SET 2 LESSONS (NOV 10-DEC 15 )**
REGISTRATION BEGINS:
Online & In-person Friday, November 8 at 7:00pm.
Visit www.vancouver.ca/kerrisdalerink for more info.

<table>
<thead>
<tr>
<th>Level</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preschool 1</td>
<td>Monday</td>
<td>2:00-2:30pm</td>
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<tr>
<td></td>
<td>Monday</td>
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<tr>
<td></td>
<td>Monday</td>
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<td></td>
<td>Tuesday</td>
<td>10:15-10:45am</td>
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<td>Tuesday</td>
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<td>Sunday</td>
<td>1:30-2:00pm</td>
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<td></td>
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<td>Preschool 1</td>
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<td>Preschool 4/5</td>
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<tr>
<td>Preschool 5/6</td>
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<td>2:00-2:30pm</td>
</tr>
</tbody>
</table>

**Please check at recreation.vancouver.ca**

Preschool $45.60 | Child Lesson $42.54 | Teen $45.90 | Adult $46.20
*prices do not include tax*

Lesson times & prices are subject to change.

<table>
<thead>
<tr>
<th>Level</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Child 1</td>
<td>Sunday</td>
<td>1:30-2:00pm</td>
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<td></td>
<td>Sunday</td>
<td>2:00-2:30pm</td>
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<td>4:45-5:15pm</td>
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<td>Child 4</td>
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<td>Child 5</td>
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<td>Child 6/7</td>
<td>Sunday</td>
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<tr>
<td>Teen 1/2</td>
<td>Sunday</td>
<td>2:00-2:30pm</td>
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<td>Teen 3/4/5</td>
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<td>2:30-3:00pm</td>
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<tr>
<td>Teen 6/7</td>
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<td>3:45-4:15pm</td>
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<tr>
<td>Adult Beginner</td>
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<td>4:15-4:45pm</td>
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<table>
<thead>
<tr>
<th>Class</th>
<th>Day &amp; Time</th>
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<tr>
<td>Learn to Play hockey (5-9 yrs)</td>
<td>Monday  5:30-6:15pm</td>
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<tr>
<td>Jr Power Skating (8-15 yrs)</td>
<td>Monday  6:15-7:00pm</td>
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<tr>
<td>Jr Power Skating (8-15 yrs)</td>
<td>Monday  7:15-8:00pm</td>
</tr>
<tr>
<td>Sr Power Skating (16+yrs)</td>
<td>Sunday  7:30-8:30pm</td>
</tr>
</tbody>
</table>
EXERCISE ROOM

Exercise Room Hours
Monday-Friday ......... 6:00am-9:30pm
Saturday .............. 7:00am-6:30pm
Sunday ................. 9:00am-4:30pm
For Holiday Hours, please see page 3.

New to fitness?
We offer “FREE” Exercise Room Orientations

Mondays & Thursdays
6:00 pm-10:00 pm
Wednesday
(last WED of every month ONLY)
8:00 am-Noon
Please book a 30 minute appointment with our Fitness Attendant through the front desk or by calling 604-257-8100.

Exercise Room Fees

<table>
<thead>
<tr>
<th>Fees</th>
<th>Adult</th>
<th>Sr/Yth</th>
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<tbody>
<tr>
<td>Drop-In</td>
<td>$3.50</td>
<td>$3.50</td>
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<tr>
<td>10 Visit Pass</td>
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<td>1 Month Pass</td>
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<td>$27</td>
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<td>3 Month Pass</td>
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<td>6 Month Pass</td>
<td>$140</td>
<td>$105</td>
</tr>
<tr>
<td>12 Month Pass</td>
<td>$221</td>
<td>$168</td>
</tr>
</tbody>
</table>

Please scan passes at the front desk and grab a wristband before going downstairs. Passes are non-transferable or refundable. We do not suspend passes. There is a $2 charge for replacement passes.

Get a Personal Trainer
Sign up for a 1 hour workout session with one of our certified trainers.

Get started today!
Complete our Personal Training Request Form, which is located at the Front Desk or online. A Programmer will review your request and have a suitable trainer contact you to set up your sessions.

Requests may take up to 2 weeks to process.

Personal trainer profiles can be found online at kerrisdalecc.com

<table>
<thead>
<tr>
<th>Price is Per Person</th>
<th>Private</th>
<th>Semi-Private</th>
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</thead>
<tbody>
<tr>
<td>3 Sessions</td>
<td>$151.25</td>
<td>$96.80</td>
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<tr>
<td>10 Sessions</td>
<td>$453.75</td>
<td>$320.65</td>
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Youth Use
We require all youth ages 13-15 to do an orientation with a Fitness Attendant prior to using the Exercise Room on their own. Please have a parent or legal guardian fill out an Orientation for Youth form, which is located at the Front Desk or online, prior to the orientation. The completed form must be brought to the orientation.

Personal training packages include your admission to the Exercise Room during your sessions. Packages expire 6 months after purchase.

Kerrisdale Community Centre
www.kerrisdalecc.com | FALL 2019
**Kerrisdale Community Centre**

**Events Calendar**

**Opera Zone Series is Here!**
All Ages

Enjoy an afternoon of listening to arias sung by Gerard Satamian and others, accompanied by a piano. A $10 annual registration fee is required to attend Opera Zone performances for the year. You will be asked at the door to show your registration card or pay $5/drop-in.

Su 2:00 PM-4:00 PM  $10/year
232909 Sep 1  |  232910 Oct 6
232911 Nov 3  |  232912 Dec 1

**Pumpkin Carving** 5+ yrs

Join families from the neighborhood for a night of wild’n wacky pumpkin carving! Pumpkins and some utensils will be supplied and refreshments will be served. Be sure to come on time as there will be a short demonstration at the beginning.

Two pumpkins are provided per family. Each family member must register and each person pay $6. Children must be accompanied by an adult.

F  5:00 PM-7:00 PM  Oct 25  236741 $6/person

**Halloween Carnival** 2-10 yrs

Dress your kids up in their favourite costumes and bring them to this annual family event. Come and jump around on our bouncy equipment, play some exhilarating games and do some Halloween crafts. Children (2-10 yrs) must register in advance and must be accompanied by an adult. $6/child

Sa 1:00 PM-3:00 PM  Oct 26  236740 $6/child

**Breakfast with Santa** 2+ yrs

Bring the family to breakfast with the big guy himself: Santa Claus! Events include a pancake breakfast, crafts, play equipment. Bring a camera if you wish to take a photo with Santa. All adults and children attending must pay and children are required to be supervised. Cost: $6/person. Children under 2 years can attend for free (registration required).

Su Dec 8 $6/person
9:00 AM-10:30 AM  236737 | 11:00 AM-12:30 PM  236738

**Gingerbread House Making** 5+ yrs

Get in the holiday spirit and help your child build and decorate their own gingerbread house. All supplies, including gingerbread house, candies and hot chocolate are included in the price. Children must be accompanied by an adult.

F 5:00 PM-6:30 PM  Dec 13  236739
$15/Gingerbread House

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Wedding Receptions • Reunions • Retirement Parties • Corporate Parties • Birthday Parties

Sports Events • Strata Meetings • Celebrations of Life • Recitals and much more. To rent a room see page 42.

www.kerrisdalecc.com