



## SPORTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Badminton Court Rentals</b> 11:45am-12:45pm	<b>Badminton: Recreational</b> 8:00-9:45pm	<b>Floor Hockey</b> 7:45-9:45pm	<b>Pickle Ball</b> 8:15-9:45pm	<b>Basketball: Recreational</b> 8:00-10:00pm		<b>Basketball: Competitive</b> 12:00-2:00pm

**Registered Players:** You always have priority over drop-ins; however, your spot may be sold to others if you don't show up within 15 mins after the start of the program. **Drop ins:** You can sign up in person or over the phone 604-257-8101 two hours prior to the start of the program.

### Badminton Court Rental

**12+yrs**

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

Su 11:45 AM-12:45 PM

[VIEW ONLINE](#)

\$13/1 hour court rental

### 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.

M 8:00 PM-9:45 PM Jul 08-Aug 26

[223598](#)

\$35/7 sess

Instructor: No Instructor

### Basketball - Competitive

**18+yrs**

Experienced and competitive players are encouraged to join. Players are asked to bring a reversible top or both a white shirt and a dark shirt. Drop-in \$5.50, space permitting. Program accepts phone in reservation (604-257-8101) for drop-ins spots starting at 10am.

Sa 12:00 PM-2:00 PM Jul 06-Aug 31  
[223638](#) \$45/9 sess

Instructor: Aman Jhutti

### Basketball - Recreational

**18+yrs**

Please be ready to play by 8:15pm. Drop-in \$5.50, space permitting. Program accepts phone in reservation (604-257-8101) for drop-ins spots starting at 6pm.

Th 8:00 PM-10:00 PM Jul 04-Aug 29  
[223639](#) \$45/9 sess

Instructor: Aman Jhutti

### Floor Hockey - Recreational

**18+yrs**

Please bring your own stick (plastic or composite). Shin guards and eye protection recommended. Drop-in \$5.50, space permitting.

Tu 7:45 PM-9:45 PM Jul 02-Aug 27  
[223599](#) \$45/9 sess

Instructor: Raymond Siu

### Pickleball

**16+yrs**

Come try out this popular, easy-to-learn, and exciting sport that combines elements of badminton, tennis, and table tennis. No experience needed. All equipment provided. Volunteers will be onsite to teach you the basic skills of the game. Drop-in \$3.50, space permitting.

Tu-F 12:30 PM-2:30 PM Jul 02-Jul 05  
[223578](#) \$12/4 sess

M-F 12:30 PM-2:30 PM Jul 15-Jul 19  
[223592](#) \$15/5 sess

M-F 12:30 PM-2:30 PM Jul 22-Jul 26  
[223593](#) \$15/5 sess

M-F 12:30 PM-2:30 PM Jul 29-Aug 02  
[223595](#) \$15/5 sess

M-F 12:30 PM-2:30 PM Aug 19-Aug 23  
[223596](#) \$15/5 sess

M-F 12:30 PM-2:30 PM Aug 26-Aug 30  
[223597](#) \$15/5 sess

W 8:15 PM-9:45 PM Jul 03-Aug 28  
[227914](#) \$27/9 sess

Instructor: No Instructor

### Pickleball Lessons:

#### Beginner

**18+yrs**

Pickleball is a racquet sport, which is a combination of tennis, badminton & ping-pong. It's so much fun and is an extremely social sport! 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.

M 5:15 PM-7:15 PM Jul 08-Aug 26  
[223641](#) \$88.20/7 sess

Instructor: Mona Lee

## 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)

View instructor profiles at  
[www.kerrisdalecc.com](http://www.kerrisdalecc.com)



Please pick up a Group Fitness Brochure at Kerrisdale for complete class descriptions.

# GROUP FITNESS SCHEDULE

SCHEDULE IN EFFECT July 1-August 31, 2019								Schedule subject to change.													
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday														
6:20-7:15am	<b>Early Risers Keep Fit (G)</b> Bonnie 6:20-7:15am		<b>Early Risers Keep Fit (G)</b> Rachel <i>*NEW TIME 6:15-7:15am</i>		<b>Early Risers Keep Fit (G)</b> Rachel <i>*NEW TIME 6:15-7:15am</i>																
9:00-10:00am	<b>Total Body Conditioning (G)</b> Meg	<b>Cardio &amp; Stretch (G)</b> Meg	<b>Total Body Conditioning (G)</b> Meg	<b>Zumba Gold (G)</b> Shelley	<b>Cardio &amp; Stretch (G)</b> Meg	<b>Zumba (G)</b> Tanya 9:30-10:30am															
9:15-10:15am	<b>Step (A)</b> Camille	<b>Gentle Fit (S)</b> Audrey <b>Step &amp; Core (A)</b> Kristiina	<b>Step Cardio Core (A)</b> Diane <i>*Ends 10:30am</i>		<b>Step n'Sculpt (A)</b> Camille		<b>Step PLUS (A)</b> Mike <i>*Ends 10:25am</i>														
10:30-11:30am	<b>Advanced Gentle Fit (A)</b> Dee	<b>Mild/Moderate (A)</b> Audrey		<b>Low Impact (A)</b> Dee		<b>Gentle Fit (S)</b> Audrey 10:20-11:15am															
12:00-1:00pm				<b>Zumba (A)</b> Tanya		<b>Legend:</b> <b>A = Auditorium (max 40)</b> <b>G = Gymnasium (max 100)</b> <b>S = Seniors Centre (max 30)</b>															
5:30-6:30pm	<b>Zumba (A)</b> Tanya		<b>Zumba (A)</b> Tanya			<table border="1"> <thead> <tr> <th>Rates</th> <th>Adult</th> <th>Youth/Seniors</th> </tr> </thead> <tbody> <tr> <td>Drop-In</td> <td>\$5.00</td> <td>\$4.00</td> </tr> <tr> <td>Fit Card 10 Classes</td> <td>\$45.25</td> <td>\$36.25</td> </tr> <tr> <td>Fit Chip 9 Weeks</td> <td>\$113.40</td> <td>\$91.00</td> </tr> </tbody> </table>				Rates	Adult	Youth/Seniors	Drop-In	\$5.00	\$4.00	Fit Card 10 Classes	\$45.25	\$36.25	Fit Chip 9 Weeks	\$113.40	\$91.00
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6:00-7:00pm		<b>Zumba Toning (A)</b> Tanya		<b>Zumba Toning (A)</b> Tanya		FitChips will be for sale, two weeks prior to their effective date.															



**ADULTS**

**HEALTH & FITNESS**

**Baby & Me NEW  
Musical Yoga**

**0-5yrs**

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.

Th 11:30 am-12:30 pm Jul 04-Aug 22  
▶223661 \$126/8 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](http://www.callaneticsvancouver.com)

Tu 6:45 PM-7:45 PM Jul 09-Aug 20  
▶223786 \$110.25/7 sess

W 7:20 PM-8:20 PM Jul 10-Aug 21  
▶223787 \$110.25/7 sess

Instructor: Linda Shedden

**Exercise Room Combo 16+yrs**

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 Jul 02-Jul 30  
▶223831 \$52.5/5 sess

Th 10:00 AM-11:00 AM Jul 04-Jul 25  
▶223834 \$42/4 sess

Instructor: Barry Petkau

**Gentle 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.

W 4:30 PM-5:45 PM Jul 10-Aug 28  
▶224014 \$120/8 sess

**Yoga with Karen**

Th 9:00 AM-10:15 AM Jul 11-Aug 29  
▶224015 \$120/8 sess

Instructor: Karen Heaps

**Pilates for Posture 18+yrs**

If you suffer from back, neck or shoulder pain, or sit too much (can you say computer?), lack physical activity or want to stand taller, this class is for you. Posture is paramount to realigning the body and relieving pain. This class will focus on Pilate's based techniques, to improve core posture, strengthen back muscles and give you the exercises you can use at home to take responsibility for your health and well being. Please bring two towels to class. Drop in \$16, space permitting.

Tu 6:30 PM-7:30 PM Jul 09-Aug 27  
▶223662 \$111/8 sess

Instructor: Into Yoga

**Prenatal Yoga NEW 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. Drop-in \$17, space permitting.

Th 10:00 am-11:00 am Jul 04-Aug 22  
▶223719 \$126/8 sess

Instructor: Brenlie Nagy

View instructor profiles at  
[www.kerrisdalecc.com](http://www.kerrisdalecc.com)



## HEALTH & FITNESS

### 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 any person 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. [www.misurkayoga.com](http://www.misurkayoga.com). Drop in \$16, space permitting.

Tu 7:00 PM-8:00 PM Jul 02-Jul 30  
**▶223788** \$63/5 sess

Instructor: Misurka Yoga Ltd.

### Yoga for the Older Adult

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.

M 10:30 AM-11:45 AM Jul 08-Aug 26  
**▶223667** \$111/8 sess

Instructor: Into Yoga

View instructor profiles at [www.kerrisdalecc.com](http://www.kerrisdalecc.com)

## DANCE

### Ballroom Bronze/Silver: Salsa/Tango

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 \$9.50.

Th 4:00 PM-5:15 PM Jul 04-Aug 29  
**▶223692** \$58.50/9 sess

Instructor: Tommy Ng

### Ballroom Silver/Gold: Quick Step/Merengue

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 \$9.50. No class Aug 5.

M 7:30 PM-8:45 PM Jul 08-Aug 26  
**▶223691** \$45.50/7 sess

Instructor: Tommy Ng

### Chinese Classical Dance

**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 August 5. Drop-in \$9.50 if space permits.

M 6:00 PM-7:30 PM Jul 08-Aug 26  
**▶223660** \$55.13/7 sess

Instructor: Margaret Pan

### Intro to Hawaiian/Polynesian Dance

13+yrs

This new evening class is a perfect opportunity to try our popular mixed class of Hawaiian Hula and Tahitian dance. Learn the traditional dances, language, costumes and culture of Hawaii and Tahiti. Serious dancers can later audition to the Intermediate class to perform and compete with the Paul Latta Dance Company. Drop In's are welcomed for 1st class only, unless prior notice is arranged.

W 7:00 PM-8:00 PM Jul 03-Jul 24  
**▶223693** \$48/4 sess

Instructor: Paul Latta Dance

### Intro to Tap Dance

13+yrs

This new evening class is a perfect opportunity to start at the very beginning with Canadian Tap Champion and 30 year instructor, Paul. The class is divided into three parts: warm-up/toning and stretch, rudiments and rhythms of Tap and a routine! A fast paced class, yet so easy, you'll be tapping after each lesson! A perfect blend of light exercise, flexibility and education. Youth also welcome!

W 8:00 PM-9:00 PM Jul 03-Jul 24  
**▶223694** \$48/4 sess

Instructor: Paul Latta Dance

## Group Fitness Classes

### Over 25 classes a week!

Come inside from the summer heat and workout while having fun with our amazing certified instructors. All levels welcome.

See page 24 for more info.





**ADULTS**

**ART**

**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 Aug 5.

M 6:00 PM-8:00 PM Jul 08-Aug 26  
**▶223857** \$98/7 sess

Instructor: Janine Schroedter

**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. Supplies are not included. Supply list available upon registration. Drop in \$25. [www.atashzad.com](http://www.atashzad.com).

Tu 9:00 AM-11:00 AM Jul 02-Aug 20  
**▶223791** \$159.20/8 sess

W 9:30 AM-11:30 AM Jul 03-Aug 21  
**▶223792** \$159.20/8 sess

Instructor: Mohammad Atashzad

**Still Life and Perspective**

**18+yrs**

In this course you will learn how to draw basic still life shapes, such as cubes, cylinders, cones, spheres, and other objects in perspective. Explore using cone of vision to avoid distortion and learn how to determine vanishing and measure points. In this class you will expand your knowledge of proportion, composition, tone, value, texture, form, light and shadow. Supplies are not included. Supply list available upon registration. Drop in \$25.

Tu 2:30 PM-4:30 PM Jul 02-Aug 20  
**▶223794** \$159.20/8 sess

Instructor: Mohammad Atashzad

**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) Supply list available upon registration. Drop-in \$25.00. [www.atashzad.com](http://www.atashzad.com)

Tu 11:00 AM-1:00 PM Jul 02-Aug 20  
**▶223793** \$159.20/8 sess

Tu 7:00 PM-9:00 PM Jul 02-Aug 20  
**▶223795** \$159.20/8 sess

Instructor: Mohammad Atashzad

**POTTERY**

**Pottery**

**18+yrs**

A non formal session to work on your own projects. Janine will provide some demonstrations and assistance if needed. Explore your creativity with clay. One bag of clay is included in the course fee. Drop in (\$22) available for those currently registered in KCC pottery classes (please see Instructor to confirm availability before purchasing drop in).

Th 6:00 PM-9:00 PM Jul 04-Aug 22  
**▶223860** \$194/8 sess

Sa 10:00 AM-1:00 PM Jul 06-Aug 24  
**▶223858** \$194/8 sess

Instructor: Janine Schroedter

**Pottery: Beginners**

**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. One bag of clay is included in the course fee.

W 6:00 PM-9:00 PM Jul 03-Aug 21  
**▶223859** \$194/8 sess

Instructor: Janine Schroedter

**Kerrisdale Earthquake and Emergency Preparedness (KEEP)**

**All Ages**

KEEP is a community-led volunteer initiative to increase Kerrisdale community capacity, and build collaborative readiness to address earthquakes and other urgent situations of vulnerability. Free workshops will be held on the third Tuesday of each month. To join or inquire about more information, please email:

[KEEP-KCCS@googlegroups.com](mailto:KEEP-KCCS@googlegroups.com)

**FOLLOW US**  
 Twitter • Instagram • Facebook  
 @KerrisdaleCC

## WORKSHOPS

### Decluttering & Organizing **NEW** 19+ yrs

Are you stressed out and overwhelmed by your home being cluttered and unorganized? Is it important for you to arrange more space in your physical and personal environment so that you can create more room for opportunities and new experiences? Join us in this interactive workshop for inspiration and some useful tips on the popular topic of decluttering and organizing.

Sa 1:30 PM-3:00 PM Jul 27  
**221591** Free registration required /1 sess  
 Instructor: Maryam Fallah

### Go For the Glow **NEW** 19+ yrs

Exfoliate, Hydrate, Nourish. In this hands on class, using techniques to enhance the beauty and healing of the skin on the face, neck, legs and feet you'll create a papaya face scrub, honey n' clay facial mask, seaweed salt scrub, peppermint foot prep and a cuticle nail oil. Plus discussion on sit baths and dry brushing for circulation & toning. Receive recipes on toning massage oil and nail salve.

Tu 6:00 PM-9:00 PM Jul 16  
**221713** \$27/1 sess  
 Instructor: Cheryl Theilade

### Emergency Preparedness **NEW** 55+ yrs

When disaster strikes people need to be ready. We explore the preparation of emergency kits, safety procedures in dangerous situations and give information about when and how to seek help.

F 10:00 AM-11:00 AM Jul 26  
**221598** Free, registration required/1 sess  
 Instructor: COSCO

### Better Health: Vision **NEW** 55+ yrs

We describe the structure of the eye and explain major diseases that may affect older adults. We stress prevention and explore possible treatments.

F 10:00 AM-11:00 AM Aug 30  
**221694** Free, registration required/1 sess  
 Instructor: COSCO

## 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](http://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.

Sa 9:30 AM-3:00 PM Jul 13  
**223649** \$84/1 sess  
 Sa 9:30 AM-3:00 PM Aug 10  
**223650** \$84/1 sess

### 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 Jul 20  
**223658** \$57.75/1 sess  
 Su 9:00 AM-12:30 PM Aug 18  
**223659** \$57.75/1 sess

### 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 Jul 20  
**223654** \$73.5/1 sess  
 Su 9:00 AM-2:30 PM Aug 18  
**223657** \$73.5/1 sess



### Emergency First Aid /CPRC/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 Jul 13  
**223647** \$110.25/1 sess  
 Sa 9:30 AM-5:30 PM Aug 10  
**223648** \$110.25/1 sess

### 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 Jul 20  
**223651** \$84/1 sess  
 Su 9:00 AM-5:00 PM Aug 18  
**223652** \$84/1 sess

### Standard First Aid /CPRC/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 Jul 13-Jul 14  
**223645** \$168/2 sess  
 Su Sa 9:30 AM-4:30 PM Aug 10-Aug 11  
**223646** \$168/2 sess

Instructor: LIT Aquatics Ltd

## Kerrisdale Earthquake and Emergency Preparedness (KEEP)

### All Ages

KEEP is a community-led volunteer initiative to increase Kerrisdale community capacity, and build collaborative readiness to address earthquakes and other urgent situations of vulnerability. Free workshops will be held on the third Tuesday of each month. To join or inquire about more information, please email:

[KEEP-KCCS@googlegroups.com](mailto:KEEP-KCCS@googlegroups.com)

## EDUCATION, LANGUAGE & ESL

### Creek **NEW** Daylighting 101 **18+yrs**

In this immersive workshop learn about creek daylighting, the process of uncovering buried creeks, and its role in creating more ecologically balanced cities. Participants will gain a greater understanding of the global creek daylighting movement, its emergence in Vancouver, and its ecological, economic and social benefits.

Su 12:00 PM-4:00 PM Jul 14  
**▶224072** \$30/1 sess  
 Instructor: Michelle Pollard

### Discover Japan! **NEW** 15+yrs

Have you ever wanted to travel to Japan, but didn't know where to start? This workshop is designed to teach you everything you need to know to plan your trip from Vancouver to Japan! Speaker Kenta Nakagawa, a former teacher in Japan, will share his knowledge of the country including culture, food, things to do, must-see attractions and other important travel tips.

Su 11:00 AM-12:30 PM Aug 11  
**▶223854** \$10.50/1 sess  
 Instructor: Kenta Nakagawa

### 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.

#### Free Trial Class

W 2:00 PM-4:30 PM Jul 17  
**▶223862** Free pre-registration is required  
 W 2:00 PM-4:30 PM Jul 24-Aug 28  
**▶223861** \$210/6 sess  
 Instructor: Gwen Dirks

View instructor profiles at  
[www.kerrisdalecc.com](http://www.kerrisdalecc.com)

### English Corner **18+yrs**

An informal Conversational class for those who wish to improve their spoken English. It is conducted in small groups and has two main focuses: One to give participants an opportunity to share their thoughts and feelings in English, and secondly to provide a warm informal environment. Social Card Membership (\$10) is required to attend class.

F 7:00 PM-9:00 PM Jul 05-Aug 30  
**▶223540** \$10.50/9 sess  
 Instructor: KR Volunteer

### ESL: Enrich Skill Levels - Intermediate/Advanced **16+yrs**

A class for intermediate/advanced students who would like to add to their language skills while having fun with the language. Learn idioms used in usual conversations, express yourself and share your story with confidence. The short reading materials provided in class will cover a variety of topics based on current events. No class Aug 5, 2019.

M 6:15 PM-7:45 PM Jul 08-Aug 19  
**▶223779** \$78.750/6 sess  
 Instructor: Daniela Modoran

### French Conversation - Intermediate **16+yrs**

These informal meetings in a friendly atmosphere provide a good opportunity to practice and improve your French conversation skills. You will develop and enhance your ability to communicate on various subjects and topics of daily life.

Tu 7:00 PM-8:30 PM Jul 02-Aug 13  
**▶223735** \$105/7 sess  
 Instructor: Rokia Tamache

### Japanese Beginner (Summer Intensive) **15+yrs**

This course designed for beginners who would like to start learning Japanese. In this course, you will learn HIRAGANA, KATAKANA and useful expression which will assist you in Japanese speaking and reading by a bilingual instructor. Are you planning to travel to Japan? Why don't you join our Japanese class?

M-F 6:15 PM-7:45 PM Aug 06-Aug 16  
**▶223777** \$189/9 sess  
 Instructor: Kenta Nakagawa

### Japanese Intermediate (Summer Intensive) **15+yrs**

This course covers topics such as culture, foods, and tourism in Japan, exchanges ideas through conversation, and aims to communicate in Japanese. It is desirable that you have intermediate level conversation skills as the class will be taught in Japanese. Looking for opportunity to boost your Japanese speaking skill? Why don't you join our Japanese class?

M-F 8:00 PM-9:30 PM Aug 06-Aug 16  
**▶223778** \$189/9 sess  
 Instructor: Kenta Nakagawa

### Sewing for **NEW** Beginners **13+yrs**

Learn how to sew. Participants will learn how to operate their own sewing machine and then make a pair of pajama shorts. It is mandatory you bring your own sewing machine.

M-F 1:00 PM-3:00 PM Jul 08-Jul 12  
**▶224106** \$99/5 sess  
 M-F 7:00 PM-9:00 PM Jul 08-Jul 12  
**▶224107** \$99/5 sess  
 Instructor: Tanya Mallette

### Sewing for **NEW** Intermediate **13+yrs**

Intermediate sewing lessons. Participants will learn how to sew an invisible zipper, followed by making a skirt. Mandatory to bring your own sewing machine.

M-F 1:00 PM-3:00 PM Jul 15-Jul 19  
**▶224108** \$99/5 sess  
 M-F 7:00 PM-9:00 PM Jul 15-Jul 19  
**▶224109** \$99/5 sess  
 Instructor: Tanya Mallette

### 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 phonetics and will focus on the verb to be and the simple present tense. This course will teach you to converse simple travel phrases.

Tu 6:15 PM-7:45 PM Jul 09-Aug 27  
**▶223749** \$115/8 sess  
 Instructor: Eliana Rolando