SUMMER 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.

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If you have an interest in understanding the programs mentioned in this brochure, please have someone translate program details found in the following pages.
**New Programs**

Check out Our **CENTRE OPENING HOURS**

**Monday July 1** 9:00 am-5:00 pm
**Monday Aug 5** 9:00 am-5:00 pm
**Monday Sep 2** 9:00 am-5:00 pm

**Saturday** 7:00 am-6:30 pm
**Sunday** 9:00 am-4:30 pm

**General Information** 604.257.8100
**Centre Fax** 604.257.8316
**Senior’s Centre** 604.257.8109
**Pool** 604.257.8105
**Cyclone Taylor Arena** 604.257.8121
**Arena Fax** 604.257.8316

**E-mail:** kerrisdalecc@vancouver.ca  **Website:** www.kerrisdalecc.com

This Community Centre is jointly operated by Kerrisdale Community Centre Society and Vancouver Board of Parks & Recreation

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**Summer 2019 Registration Information**

**Centre Programs Online Registration**

- will begin Friday, May 24 @ 9:00am
- 60% of our program spots will be available online.

**Centre Programs In-Person Registration**

- will begin Friday, May 24 @ 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, May 27 @ 9:00am

**Swimming Lessons Registration**

- For Summer – will begin Tuesday, June 25 @ 7pm
- Online, In-person and by Phone. See page 41 for details.

**Skating Lessons**

At Kerrisdale Arena will resume in the Fall.

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**Fall 2019 Centre Program Registration**

**Online & In-Person**

- will begin Saturday, August 10 @ 9:00am

**By Telephone & Fax**

- will begin Monday, August 12 @ 9:00am

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**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.
- Adult & Senior Program fees include GST.
- 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.

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**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.

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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 July 1.........9:00 am-5:00 pm
Monday Aug 5.........9:00 am-5:00 pm
Monday Sep 2.........9:00 am-5:00 pm

*Please note: All programs run on Stat Holidays unless otherwise stated.*
Welcome to the Kerrisdale Community Centre’s Summer Brochure. The special features of our summer season are our children’s and youth day camps. These camps are popular and always full. We are happy to report the Kerrisdale has again received Federal Government support to hire one day camp manager and nine day camp leaders. While camp activities vary by age group, this grant helps us provide a wide variety programming activities for both children and youth while keeping participation costs down.

Play Palace at the Kerrisdale Arena opened in early April and will again provide indoor fun through August 2019. On April 17th, the Society sponsored a free play session for those patrons and members of the public under the age of 12. With 150 children attending it was a great kick-off for this very popular activity.

The Play Palace is not the only summer activity available for children in Kerrisdale. The very popular Maple Grove pool opens on June 15, 2019 and runs through Labour Day. The pool offers food service (café) and is wheelchair accessible. The Society invites you to three summer events 1) a Canada Day party on Monday July 1; 2) Maple Grove Day on July 27th (2 – 5 pm); 3) Music in the Park, every Friday evening (weather permitting) in July (6:30 – 7:30 pm) featuring local musicians. All of these free events are sponsored by the Society and open to all ages.

The staff and volunteers at the Seniors’ Centre kitchen continue to provide the popular Seniors’ lunches. For those who are not familiar with our Seniors’ Lunch Program, more than 27,000 Society-subsidized lunches were served at our Senior Centre in 2018. On average about 100 meals are served each day, six days a week. This program is a valuable resource to our Kerrisdale seniors. While the Society will continue to provide an on-going subsidy ($59,000 in 2018) to maintain affordability for seniors, increasing food costs have forced the Society to increase the price of lunches for the first time since 2015. These price increases will be effective June 1.

The Program Committee, in cooperation with our programmers, has been busy since last fall. More than 25 new, and successful, programs were started during the fall, 2018 and winter, 2019 seasons. These achievements are the work of the centre Programmers and the Society’s Program Committee. As a result of these efforts Kerrisdale Community Centre offers more program options that any other community centre in the City.

The 2-week spring break camp was full (30 children each week). During the second week, we were able to accommodate three children under a Vancouver School Board program that supports families identified as in need. The Society, under the leadership of the Community Engagement Committee (CEC) has initiated an earthquake emergency preparedness program. KEEP (Kerrisdale Earthquake and Emergency Preparedness), newly formed in January 2019, is a volunteer-run community group working to increase Kerrisdale community’s capacity to build collaborative readiness to address earthquakes and other urgent situations of vulnerability. As a community partner of KEEP, KCCS has been providing free space and human resources (CEC and KCC staff assistance) for monthly training sessions held at KCC. Since Feb 2019, there have been 3 sessions: Table Top Exercise, Map Your Neighbourhood, and Individual & Family Preparedness, with attendance ranging from 7 ~ 25. Everyone is invited to attend these workshops, become part of the KEEP leadership team, and help you family and neighbours to be better prepared when the big one comes.

The floor of the gymnasium was refinished during spring break. Constant and heavy use of the gym requires that the floor be
redone every year and we thank Park Board for undertaking this preventive maintenance work. To the joy of Pickle Ball players and other gym users we also completed a full renewal of the overhead lighting in the gym.

It has been well over 10 years since the exterior of the community centre has been painted. A renewal is coming! The community centre is slated for exterior painting in 2020. Exterior cleaning and a fresh coat of paint will do wonders. Prior to that, a trial painting of one wall on the east end of the Auditorium (adjacent to West Boulevard) is planned to test new colour combinations.

A refreshed garden area, crushed rock filing, and new, higher-capacity bicycle stands have also been installed at the east entry (main entry) to the community centre. Two benches and a table have been ordered for this space. We expect these features to be installed in the fall, 2019. Once the benches and tables have been installed we hope the area will be used for socializing and perhaps some programming.

The fitness rooms (stretch room, weight room, and the machine room containing tread mills, ellipticals, bicycles, and weight machines) is one of the most popular areas in the community centre. More than 250 people use this facility every day. With such heavy use an ongoing effort is needed to keep equipment in good working order, and to renew equipment when it wears out. To this end, the Society invests $35-40,000 each year in maintenance and renewal of our fitness equipment.

Thank you for making this community centre one of the best in Vancouver. Have a great summer.

Robert Lockhart,
President

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**FOLLOW US**

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@KerrisdaleCC
Join the Summer Safaris at Kerrisdale’s jam-packed camp of adventure! Spend the summer on out-trips every day all across the city, from exploring nature and the outdoors, to checking out Vancouver’s most exciting attractions! Campers are divided into Juniors (6-7 yrs) and Seniors (8-10 yrs) for certain daily on-site activities, but enjoy every out-trip together. Come play games, make amazing crafts, and swim like fishes with us! All campers should bring with them a snack, lunch, sunscreen, and swimsuit every day. A waiver and consent form is required to be filled out on drop off for their first day of camp.

**Week 1: Jul 2-5: Wild Wild West!**
Practice your cowboy skills adventuring around Lynn Canyon, exploring Burnaby Village Museum, and cooling off at Maple Grove Pool!

**Tu-F**
- **6-7 yrs** 9:00 am-4:00 pm
- **8-10 yrs** 9:00 am-4:00 pm
- **$132/4 sess**

**Week 2: Jul 8-12: Spectacular Sports!**
Get active with trips to Grouse Mountain, Bowling and explore our very own Rogers Arena!

**M-F**
- **6-7 yrs** 9:00 am-4:00 pm
- **8-10 yrs** 9:00 am-4:00 pm
- **$165/5 sess**

**Week 3: Jul 15-19: Ayy Ayy Matey!**
Arrrrgh! Go treasure hunting at the Vancouver Aquarium; swimming at Maple Grove Pool and explore the Maritime Museum!

**M-F**
- **6-7 yrs** 9:00 am-4:00 pm
- **8-10 yrs** 9:00 am-4:00 pm
- **$165/5 sess**

**Week 4 Jul 22-26: Jungle Safari**
Discover new creatures as we travel to Eco-Dairy Farm, Maple Wood Farm, experience a crazy Critter Show and end the week at Spanish Banks for the sandcastle competition!

**M-F**
- **6-7 yrs** 9:00 am-4:00 pm
- **8-10 yrs** 9:00 am-4:00 pm
- **$165/5 sess**

**Week 5: Jul 29-Aug 2: Splash Zone!**
Make waves with us at out-trips to Big Splash, the Aquarium and Maple Grove pool!

**M-F**
- **6-7 yrs** 9:00 am-4:00 pm
- **8-10 yrs** 9:00 am-4:00 pm
- **$165/5 sess**

**Week 6: Aug 6-9: To Infinity and Beyond!**
Go on an intergalactic adventure across the universe as we ride in our rocket ships to Science World, the Space Centre, and participate in experiments with science!

**Tu-F**
- **6-7 yrs** 9:00 am-4:00 pm
- **8-10 yrs** 9:00 am-4:00 pm
- **$192/4 sess**

**Week 7: Aug 12-16: Mystic Magic!**
Prepare to be amazed by a marvelous Magic Show, out trip to Crash Crawly’s and a fun Bowling trip!

**M-F**
- **6-7 yrs** 9:00 am-4:00 pm
- **8-10 yrs** 9:00 am-4:00 pm
- **$165/5 sess**

**Week 8: Aug 19-23: Campers Crazy Carnival!**
Get weird and wild at our end of the summer Carnival and BBQ, and travel to Deer Lake Park and Crash Crawlys!

**M-F**
- **6-7 yrs** 9:00 am-4:00 pm
- **8-10 yrs** 9:00 am-4:00 pm
- **$165/5 sess**

**Week 9: Aug 26-30: Picnic at the Park!**
End the summer at Kerrisdale by joining us for a picnic in the park and Pajama, popcorn & movie day!

**M-F**
- **6-7 yrs** 9:00 am-4:00 pm
- **8-10 yrs** 9:00 am-4:00 pm
- **$165/5 sess**

**Out-trips are subject to change and may be weather dependant.**
Daycamp Manager at 604-257-8117.
Before and After Care available for registration.
Youth Adventure Camps

Youth Adventure 11 yrs+

Go on an exciting summer adventure when you sign up for our Youth Adventure Camp! Youth grow and explore as they learn important leadership skills, and travel across Vancouver! Every day is filled with exciting activities like sports and games, crafts, and various amazing out-trips! Campers need to bring a lunch, water bottle, swimsuit, and jacket every day. A waiver form and activity consent form is required to be filled out upon drop-off on the first day of camp.

Week 1 July 2-5: Adventure Time!
Go on a wild adventure, as we travel to Lynn Canyon, take a dive at Maple Grove Pool and go Bowling!
M-F 9:00 am-4:00 pm
July 2-5 $132/4 sess

Week 2 July 8-12: Explorers!
We’ll head up to Grouse Mountain to see the bears, play games and walk around Queen Elizabeth Park and explore our very own Rogers Arena!
M-F 9:00 am-4:00 pm
July 8-12 $165/5 sess

Week 3 July 15-19: Treasure Hunters!
X marks the spot! Explore nature and its creatures with a trip to the Vancouver Aquarium, try to get out of an escape room and then find treasure at Playland!
M-F 9:00 am-4:00 pm
July 15-19 $165/5 sess

Week: 4 Jul 22-26: Water Week
Splash at Kits Beach, swimming at Maple Grove Pool and end the week at Spanish Banks for the sandcastle competition!
M-F 9:00 am-4:00 pm
July 22-26 $165/5 sess

Please note: detailed camp schedules will be available in Early June. Out-trips are subject to change and may be weather dependant.
**SPECIAL EVENTS**

**JUN 7**  
**Youth Volunteer Orientation**  
13-18 yrs  
Learn about all of our Summer 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.  
**F**  4:00 PM-5:30 PM  
**FREE/Registration Required**

**JUL 1**  
**All Ages**  
**Canada’s 152nd Birthday Celebration!**  
Come and join the community in celebrating.  
**In Seniors Centre:**  
11:45am-12:45pm Hot dogs & drink $2  
1:00pm .......... Flag Raising Ceremony  
1:15-3:00pm ................. Entertainment Kerrisdale Senior Singers, Buddy Fely & more.  
**Serving cupcakes & raffle.**  
**At Kerrisdale Park:**  
12:00pm-3:00pm Inflatables, lawn games, carnival games, crafts & more

**JUL 7**  
**Opera Zone**  
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/yr  
**FREE/Registration Required**

**AUG 4**  
**Birthday Parties**  
1-10 yrs  
**NEW**  
• Photo booth & props  
• A party leader for 2 hours that will lead the activities and assist you in the party preparation  
• Auditorium for the Bouncy Castle or Play Gym  
• Room 109 decorated with balloons and happy birthday banner  
• 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  

**Parties Include:**

**Bouncy Castle** or **Play Gym**

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.

**Registration & Refunds:**

• Register through the phone, in-person or online.  
• Cancellations and transfer of date requires 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.
ART

**Dino Roar**  3-5 yrs
**ROAR!** Join us in creating, inventing, and discovering various types of dinosaurs! Students will create various dinosaur-related crafts, we will invent our own super dinosaur based on what we have learned, and as a grand finale, we will all have a chance to become a Paleontologist, and dig up our own dinosaur fossils which students get to keep.

M-F  11:15 am-12:30 pm  Aug 26-Aug 30  223774
Instructor: Sharon Lee

**Exploring Fairytales**  3-5 yrs
Each day we will climb into a different story. Investigating aspects of the fairytale through science and crafts.

M-F  1:30 pm-2:45 pm  Aug 12-Aug 16  223776
Instructor: Sharon Lee

**Princess Playtime**  3-5 yrs
Come join us for activities, stories and crafts relating to everything princess and fairytale. Dress like a princess and make a fairy wand, read stories, play games and celebrate with a tea party on the last day of camp!

M-F  1:15 pm-2:30 pm  Aug 19-Aug 23  223775
Instructor: Sharon Lee

**Superhero Fun**  3-5 yrs
Anyone can become a superhero in this camp! Come join us in creating your very own superhero outfit, including capes and masks to hide your secret identity. Students will also be given the opportunity to test out their new-found super abilities in an indoor obstacle course.

Tu-F  1:30 pm-2:45 pm  Aug 06-Aug 09  223765
Instructor: Sharon Lee

EDUCATION

**Beyond Story Time**  2-4 yrs
Do you want to hear stories in different languages? Learn new vocabulary in English, Spanish, and French in a fun, educational, and animated way. The story time sessions include the use of props and puppets, as well as singing, moving, and craft making. Parent/Caregiver participation is required. Drop-in $11, space permitting.

F  10:00 am-11:15 am  Jul 26-Aug 23  223684
Instructor: Nadia Moutal

**Spanish Preschoolers**

**El Rey Leon**  (The Lion King)  3-5 yrs
Learn about the jungle animals, their names, colours and adjectives. We will make crafts and read stories while we take an imaginary trip to the jungle. On the last day we will have a safari picnic in the park. Children do not need to have previous Spanish language knowledge in order to attend. Parent/Care-giver participation is required.

M-F  9:00 am-12:00 pm  Jul 08-Jul 12  222833
Instructor: Yolanda Korompai

**Spanish Preschoolers - Bajo el agua**  (Under the Sea)  3-5 yrs
Come and have fun as we learn the names of different sea creatures in Spanish. We will make crafts, sing songs and play games. On the last day we will have a fun day outside with water toys. Children do not need to have previous Spanish language knowledge in order to attend. Parent/Care-giver participation is required.

Tu-F  9:00 am-12:00 pm  Jul 02-Jul 05  222832
Instructor: Yolanda Korompai

**Spanish Preschoolers - El Rey Leon**  (The Lion King)  3-5 yrs
Learn about the jungle animals, their names, colours and adjectives. We will make crafts and read stories while we take an imaginary trip to the jungle. On the last day we will have a safari picnic in the park. Children do not need to have previous Spanish language knowledge in order to attend. Parent/Care-giver participation is required.

M-F  9:00 am-12:00 pm  Jul 08-Jul 12  222833
Instructor: Yolanda Korompai

**Spanish Preschoolers - Vamos de viaje**  (We are going on a trip)  3-5 yrs
A fun day camp where children learn vocabulary related to clothing needed for an imaginary trip. They will make a paper passport and suitcase. We will play games, sing songs and read stories. Children do not need to have previous Spanish language knowledge in order to attend. Parent/Care-giver participation is required.

M-F  9:00 am-12:00 pm  Jul 29-Aug 02  222834
Instructor: Yolanda Korompai

**Spanish Preschoolers - Vamos de viaje**  (We are going on a trip)  3-5 yrs
A fun day camp where children learn vocabulary related to clothing needed for an imaginary trip. They will make a paper passport and suitcase. We will play games, sing songs and read stories. Children do not need to have previous Spanish language knowledge in order to attend. Parent/Care-giver participation is required.

M-F  9:00 am-12:00 pm  Jul 29-Aug 02  222834
Instructor: Yolanda Korompai

**Spanish Preschoolers - Vamos de viaje**  (We are going on a trip)  3-5 yrs
A fun day camp where children learn vocabulary related to clothing needed for an imaginary trip. They will make a paper passport and suitcase. We will play games, sing songs and read stories. Children do not need to have previous Spanish language knowledge in order to attend. Parent/Care-giver participation is required.

M-F  9:00 am-12:00 pm  Jul 29-Aug 02  222834
Instructor: Yolanda Korompai

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.
**Group Piano for Preschoolers 4-6 yrs**

A fun musical adventure through Wunderkeys. Our piano group lessons include listening, reading music notations and playing rhythm activities. 

**M-F**
- 10:00 am-10:45 am Jul 08-Jul 12 
  $100/5 sess
- 10:00 am-10:45 am Jul 22-Jul 26 
  $100/5 sess
- 10:00 am-10:45 am Aug12-Aug16 
  $100/5 sess
- 10:00 am-10:45 am Aug19-Aug23 
  $100/5 sess

Instructor: Gloria Yu

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**Music Together 0-5 yrs**

Summer music in the sun! Experience Music Together® and find out how much fun music 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](http://www.westsidemusictogether.com).

**W**
- 9:30 am-10:15 am Jul 03-Aug 07
  $126/6 sess
- 10:30 am-11:15 am Jul 03-Aug 07
  $126/6 sess
- 11:30 am-12:15 pm Jul 03-Aug 07
  $126/6 sess
- 9:30 am-10:15 am Jul 06-Aug 10
  $126/6 sess
- 10:30 am-11:15 am Jul 06-Aug 10
  $126/6 sess
- 11:30 am-12:15 pm Jul 06-Aug 10
  $126/6 sess

**Sa**
- 9:30 am-10:15 am Jul 22-Jul 26
  $126/6 sess
- 10:30 am-11:15 am Jul 22-Jul 26
  $126/6 sess
- 11:30 am-12:15 pm Jul 22-Jul 26
  $126/6 sess

**Instructor:** Shellana

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**Group Singing 4-6 yrs**

Singing in a positive and fun environment. Learning vocal technique from children’s favorite songs.

**M-F**
- 11:30 am-12:15 pm Jul 08-Jul 12
  $100/5 sess
- 11:30 am-12:15 pm Jul 22-Jul 26
  $100/5 sess
- 11:30 am-12:15 pm Aug12-Aug16
  $100/5 sess
- 11:30 am-12:15 pm Aug19-Aug23
  $100/5 sess

Instructor: Gloria Yu

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**Group Ukulele for Preschoolers 4-6 yrs**

Learn ukulele basics in this fun and stress-free lessons. Instruments are provided.

**M-F**
- 10:45 am-11:30 am Jul 08-Jul 12
  $100/5 sess
- 10:45 am-11:30 am Jul 22-Jul 26
  $100/5 sess
- 10:45 am-11:30 am Aug12-Aug16
  $100/5 sess
- 10:45 am-11:30 am Aug19-Aug23
  $100/5 sess

Instructor: Gloria Yu

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**Cooking 3-5 yrs**

Learn how to measure the different ingredients to make cupcakes, sugar cookies, and more! Join in on the baking fun!

**M-F**
- 1:15 pm-2:30 pm Aug 26-Aug 30
  $52/5 sess

**Instructor:** Sharon Lee

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**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! This course includes a free Zumbini bundle including a plush toy, original songbook and music to continue the fun at home. In this session we will be doing ‘TJ and his PJ’s’. Come and join the Zumbini family! Can’t wait to sing and dance with you and your little ones soon! Drop in $12. 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. Note: Zumbini bundle handed out on the second day. Non-refundable if the bundle is open. [www.zumbini.com](http://www.zumbini.com)

**W**
- 11:00 am-11:45 am Jul 25-Aug 29
  $100/6 sess

**Instructor:** Maayan Amitov
DANCE

Hip Hop Breakers Dance Camp 4-5 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 week we will work on a choreographed dance which will be showcased on the final day of the camp for friends and family. Get ready to cheer with gusto! Please bring a water bottle and small snack each day.

www.kirbysnelldance.com
M-F 1:00 pm-2:00 pm Jul 08-Jul 12
$50/5 sess
M-F 1:00 pm-2:00 pm Jul 15-Jul 19
$50/5 sess
M-F 1:00 pm-2:00 pm Jul 22-Jul 26
$50/5 sess
M-F 1:00 pm-2:00 pm Jul 29-Aug 02
$50/5 sess
M-F 1:00 pm-2:00 pm Aug 12-Aug 16
$50/5 sess
M-F 1:00 pm-2:00 pm Aug 19-Aug 23
$50/5 sess
Instructor: Endorphin Rush Dance And Fitness

Jazz/Ballet Dance Camp 3-5 yrs
In this camp 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 day of camp we invite parents to stay for a presentation of what we have been learning.

www.kirbysnelldance.com
M-F 11:00 am-12:00 pm Jul 08-Jul 12
$50/5 sess
M-F 11:00 am-12:00 pm Jul 15-Jul 19
$50/5 sess
M-F 11:00 am-12:00 pm Jul 22-Jul 26
$50/5 sess
M-F 11:00 am-12:00 pm Jul 29-Aug 02
$50/5 sess
M-F 11:00 am-12:00 pm Aug 12-Aug 16
$50/5 sess
M-F 11:00 am-12:00 pm Aug 19-Aug 23
$50/5 sess
Instructor: Endorphin Rush Dance And Fitness

My First Dance Class Camp 2-4 yrs
An introduction to creative dance. Aspiring little dancers will use songs, movement explorations and games to explore coordination, rhythm, spatial awareness and cooperation. This class for the youngest of dancers to experience a playful class with the support of their parents being present.

www.kirbysnelldance.com
M-F 9:30 am-10:15 am Jul 08-Jul 12
$45/5 sess
M-F 9:30 am-10:15 am Jul 15-Jul 19
$45/5 sess
M-F 9:30 am-10:15 am Jul 22-Jul 26
$45/5 sess
M-F 9:30 am-10:15 am Aug 12-Aug 16
$45/5 sess
M-F 9:30 am-10:15 am Aug 19-Aug 23
$45/5 sess
Instructor: Endorphin Rush Dance And Fitness

POTTERY

Summer Safaris 6-10 yrs Youth Adventure Camps 11 yrs+
Each week offers AMAZING OUT-TRIPS EVERY DAY.
See pages 6-7 for more info.

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 class Aug 4.

Su 9:15 am-10:15 am Jul 07-Aug 25
$109.50/7 sess
Instructor: Renee Chan

Instructor: Endorphin Rush Dance And Fitness

www.kirbysnelldance.com
M-F 10:15 am-11:00 am Jul 08-Jul 12
$45/5 sess
M-F 10:15 am-11:00 am Jul 15-Jul 19
$45/5 sess
M-F 10:15 am-11:00 am Jul 22-Jul 26
$45/5 sess
M-F 10:15 am-11:00 am Jul 29-Aug 02
$45/5 sess
M-F 10:15 am-11:00 am Aug 12-Aug 16
$45/5 sess
M-F 10:15 am-11:00 am Aug 19-Aug 23
$45/5 sess
Instructor: Endorphin Rush Dance And Fitness

www.kerrisdalecc.com | SUMMER 2019 11
STORIES & YOGA

Stories & Yoga 3-5 yrs
Learn to embrace your inner calmness through Vinyasa yoga and stories! This camp incorporates aspects of yoga and the active imagination of various stories. Students will work on developing kindness, compassion and balance through simple exercises and games.

Tu-F 3:00 pm-4:00 pm Aug 06-Aug 09
$30/4 sess
Instructor: Sharon Lee

Yoga Meditation for Preschoolers 3-5 yrs
Students will learn tools through yoga practices and meditation to help with relaxation, improving concentration, creative thinking, memory, empowering their own character, and dealing with stress.

M-F 11:15 am-12:15 pm Aug 19-Aug 23
$37/5 sess
Instructor: Sharon Lee

BABY & ME

Baby & Me Musical Yoga 0-5 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.

Th 11:30 am-12:30 pm Jul 04-Aug 22
$126/8 sess
Instructor: Brenlie Nagy

PRENATAL YOGA

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. . Drop-in $17, space permitting.

Th 10:00 am-11:00 am Jul 04-Aug 22
$126/8 sess
Instructor: Brenlie Nagy

SPORTS

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.

www.jbstsoccer.com

3-4 yrs
Sa 2:15 pm-3:15 pm Jul 06-Aug 31
$185/9 sess

5 yrs
Sa 3:15 pm-4:15 pm Jul 06-Aug 31
$185/9 sess
Instructor: JBST Academy

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.

M-F 11:30 am-12:45 pm Aug 12-Aug 16
$32.50/5 sess
Instructor: Sharon Lee

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.

Tu-F 11:30 am-12:45 pm Aug 06-Aug 09
$26/4 sess

M-F 2:45 pm-4:00 pm Aug 26-Aug 30
$32.50/5 sess
Instructor: Sharon Lee
**ART**

**Cartoon & Drawing Workshop - Character Creation** 6-12 yrs
Learn the basics of cartooning and create your own characters! Each day students will learn techniques used in cartooning. Subjects like characteristics, features, exaggeration, action and personification will contribute to your child’s artistic advancement! Young Rembrandts students will immediately apply their new skills in every class to create their own original cartoon characters. [www.youngrembrandts.com/metrovancouver](http://www.youngrembrandts.com/metrovancouver)

**Painting and Drawing** 7-12 yrs
This camp 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.

- M-F 2:45 pm-4:00 pm  
  Aug 19-Aug 23  
  $435/5 sess  
  Instructor: Sharon Lee

**Anime Cartoon Drawing Workshop** 6-12 yrs
Come explore the world of Anime with Young Rembrandts! We will spend the first four days learning about and drawing cartoons in the Anime style. We will learn to create our own original Anime characters. We will use a variety of facial expressions and action and movement to illustrate our scenes. On the final day, we will pull from what we already learned to draw a large comic book type scene in the Anime style!

- M-F 12:30 pm-3:30 pm  
  Aug 12-Aug 16  
  $185/5 sess  
  Instructor: Young Rembrandts

**Pastel Drawing Workshop - Ocean Life** 6-12 yrs
Five, fun-filled days await our students as we explore ocean life as they learn to draw and color with pastels. We will create detailed, pastel compositions on each day, focusing on a different ocean-themed subject. We will draw eye-catching sea stars along the shoreline and a pair of vibrant clown fish. We will illustrate a sea turtle with bold patterns, a blue crab and a wondrous scene of jellyfish. Our instruction will bring remarkable results, and you will want to head to the frame shop with your child’s finished pastel pieces. These pastel drawings will reward students with a great sense of pride and accomplishment!

- M-F 9:00 am-12:00 pm  
  Jul 22-Jul 26  
  $185/5 sess  
  Instructor: Young Rembrandts

**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)

- Tu 4:30 pm-5:30 pm  
  Jul 02-Aug 20  
  $80/8 sess  
  Instructor: Mohammad Atashzad

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**“Imagine the Possibilities!” It’s Summer Reading Club Time.**

Summer Reading Club Registration starts Friday June 21st, 2019 at the Kerrisdale Branch. Please come in to sign up and get your reading log. Lots of fun activities will be happening in the library over the summer. Programs to watch out for:

- **Zoom In** – Friday July 12th @ 2.30 pm  
  Take a closer look! With books, games, and magnification, you’ll be seeing everything in a whole new way. For grades K – 7.

- **Future City** – Friday July 26th @ 2.30 pm  
  Imagine the future of your neighbourhood and create a model of that city. For grades K – 7.

- **Seek the Sasquatch** – Friday August 2nd @ 2.30 pm.  
  Complete a series of tests that lead you to trapping the elusive Sasquatch! For grades 3 – 7.

- **LEGO™ Build It Challenges** – Friday August 9th @ 2.30 pm.  
  Test your building skills and your imagination with wild and wacky engineering challenges. For grades K – 7.
AVC (ANIMATION VIDEO COMMUNICATION) CAMPS

AVC Programs will involve lots of fun and games outside during filming breaks.
Once the project is complete, it will be posted online (except Moviemaking) as well as handed out on USB (all camps).

Cartooning & Animation 7-12 yrs
We are offering a NEWLY designed high-tech format involving iPads, stands, and iMacs - ground breaking technology which bridges real and digital realms. A professional team will instruct and guide the students in their own creations. 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.
M-F 9:30 am-3:30 pm  Jul 08-Jul 12
$218488 Instructor: Nadia Dimitrow

Claymation Animation 7-12 yrs
We are offering a newly designed high-tech format involving - iPads, stands, and iMacs - ground breaking technology which bridges real and digital realms. A professional team will instruct and guide the students in their own creations. They will explore the amazing world of animation in sculpting background, stage and characters using plasticine! 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.
M-F 9:30 am-3:30 pm Aug 19-Aug 23
$218489 Instructor: Nadia Dimitrow

LCA: Broadcasting & Movie Making 7-12 yrs
Dreaming of being a broadcaster or movie star? Join the Lights, Camera, Action program! We will explore aspects of broadcasting as well as go from “silent to action movies”. Kids will learn all the skills in becoming a reporter, actor, producer, director, and cameraman while filming with Mac Book computers, iPads and HD/digital cameras. We use green screen, microphones, props, makeup, etc. Students are hands on during the whole production. Professional touch for completing the production will be offset done by Bluetooth for the final showcase. Be apart of the best acting program!
M-F 9:30 am-3:30 pm  Jul 22-Jul 26
$218487 Instructor: Nadia Dimitrow

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.
https://kerrisdalecommunitygarden.wordpress.com/

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

In summer 2019:
• We will offer bee school to elementary students
• Continue to grow a sharing garden for the community
• Donate food to the Kerrisdale Senior Centre Kitchen
Architecture Camp 8-12 yrs
Learn about architecture and design through fun, hands-on workshops with a professional architect. Discover famous architects and buildings, play with materials, learn about 2D and 3D space, and become aware of your environment.

www.petitarchitect.com
M-F 9:30 am-12:00 pm Aug 26-Aug 30
$245/5 sess
Instructor: Maia Tarassoff

Bricks 4 Kidz LEGO® Remote Control Mania 6-10 yrs
Watch your creations come alive with LEGO® wireless remote controls! Campers will engineer dynamic vehicles, inventions, machines and more. All campers go home with a customized Minifigure. Children will be given a break time for an optional snack from home. Drop in $40.
M-F 9:00 am-12:00 pm Aug 26-Aug 30
$175/5 sess
Instructor: Bricks 4 Kidz Vancouver

Brixology 6-12 yrs
Children will explore the world of engineering by using LEGO® bricks, children will build a different engineering-themed project. They will use critical thinking, cooperation, and creative problem-solving to test and improve creations. The types of engineering fields that children will explore includes mechanical, structural, aerospace, nautical, and bioengineering.
M-F 9:00 am-12:00 pm Jul 15-Aug 23
$175/5 sess
Instructor: Bricks 4 Kidz Vancouver

Claws, Codes, & Constellations 6-10 yrs
Come prepared to do some decoding and learn how to communicate using special codes. Children will gain an increased appreciation for the earth and discover what role science can play in preserving our planet. Learn about the Science of Sport and what football players, ballet dancers, and scientists have in common. Explore space and embark on a space mission, while learning how astronauts live in Space.
M-F 9:00 am-12:00 pm Jul 15-Aug 23
$175/5 sess
Instructor: Mad Science

3, 2, 1...Blast Off 7-12 yrs
This is your chance to be a rocket scientist! Discover the science needed for rockets and learn what it takes to study space from the ground and from the air. Investigate the four forces of flight, learn the Rocket Safety Code, and explore the science involved in rocket design. In addition, experience the life of an astronaut as you suit up for a space flight.
M-F 9:00 am-3:00 pm Jul 15-Jul 19
$325/5 sess
Instructor: Mad Science

Bricks 4 Kidz LEGO® Amazing Animals 6-10 yrs
We’ll explore fascinating facts about the animal kingdom and the zany biology of our animal friends. All campers go home with a customized Minifigure. Bring a snack from home for break time Drop in $40.
M-F 9:00 am-12:00 pm Aug 06-Aug 09
$139/4 sess
Instructor: Bricks 4 Kidz Vancouver

Brick Animation 6-12 yrs
Create your own Brick Animation Mini Movie using LEGO® elements! 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.
M-F 9:00 am-12:00 pm Aug 06-Aug 09
$150/4 sess
Instructor: Tomorrow’s Playground

Pottery Camp 6-13 yrs
Enjoy a fun-filled week of pottery and other related arts. An overview of hand-building (table) and throwing (pottery wheel) techniques will be taught. Suitable for returning students and beginners. Please pack a lunch and water bottle, this camp also includes outdoor breaks.
M-F 10:00 am-2:00 pm Jul 02-Jul 05
$134/8 sess
Instructor: Shelley Kim

Instructor: Julie Dillen

Instructor: Bricks 4 Kidz Vancouver

Instructor: Maia Tarassoff

Instructor: Mad Science

Instructor: Bricks 4 Kidz Vancouver

Instructor: Mad Science

Instructor: Mad Science

Instructor: Maia Tarassoff

Instructor: Janine Schroeder

Instructor: Bricks 4 Kidz Vancouver

Instructor: Mad Science

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Instructor: Bricks 4 Kidz Vancouver

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Instructor: Maia Tarassoff

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Instructor: Maia Tarassoft
EV3 Mindstorms Robotics Camp 8-12 yrs
Students will learn to design, program, and control Robots and other mechanisms using the LEGO® EV3 Mindstorms System. Using the icon-based software, students can build, program, and test their solutions based on real-life robotics technology. Students will gain a basic understanding of programming, engineering processes, sensor usage and much more! This STEM based program will prepare them for further advanced classes.
M-F 1:00 pm-3:00 pm Aug 26-Aug 30
$175/5 sess
Instructor: Tomorrow’s Playground

Rubik’s Cube for Beginners 10-16 yrs
Learn how to solve a Rubik’s cube step by step. Students will learn intuitively the basic concepts and formulas required. We will use a method called CFOP which is what the current world record holder uses. All materials will be provided and each participant will receive a free 3x3 Rubik’s Cube.
Sa 10:00 am-12:00 pm Jul 13
$20/1 sess
Sa 10:00 am-12:00 pm Jul 27
$20/1 sess
Sa 10:00 am-12:00 pm Aug 17
$20/1 sess
Instructor: Jerome Lam

Secret Agent Lab 6-11 yrs
Enter the mysterious and multifaceted world of Secret Agent Lab. Come discover detection - use decoding skills to analyze evidence and become a mystery solver. Have fun with case-breaking science!
M-F 9:00 am-3:00 pm Jul 29-Aug 02
$321/5 sess
Instructor: Mad Science

Spanish Beginner I 6-12 yrs
Hola amigos! Welcome to Spanish Summer fun! Come and have lots of fun playing typical games in Spanish while learning traditional songs! No Spanish experience is necessary.
Tu 4:30 pm-6:00 pm Jul 09-Aug 27
$93/8 sess
Instructor: Eliana Rolando

WEDO 1 Beginner Robotics 6-12 yrs
Introduction to Robotics with LEGO® Education WeDo icon based Coding Software. Students will be able to 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.
M-F 10:00 am-12:00 pm Aug 12-Aug 16
$175/5 sess
Instructor: Tomorrow’s Playground

WEDO 2 Robotics 7-12 yrs
The LEGO® Education 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, WEDO 2.0 combines coding and robotics projects built on key science standards. This class encourages science exploration and experimentation, and incorporates activities across science, engineering, and technology with STEM Education.
M-F 1:00 pm-3:00 pm Aug 12-Aug 16
$175/5 sess
Instructor: Tomorrow’s Playground

Our Business World 9-12 yrs
Learn why businesses are created and how they adapt to change. Explore where customers come from, how businesses contribute to the well-being of a community and the positive or negative impact they can have on the environment. Explore the history of some Canadian businesses, the importance of innovation and the meaning of entrepreneurship.
Sa 10:00 am-2:00 pm Jul 27
FREE
Sa 10:00 am-2:00 pm Aug 17
FREE
Instructor: JA British Columbia
Let’s Boost Reading - Private Reading Tutor  5½-8 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! No class Aug 5.

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<td>Aug 03-Aug 31</td>
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<th>Sunday</th>
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<th>Dates</th>
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<tbody>
<tr>
<td>Su</td>
<td>9:45 am-10:15 am</td>
<td>Jul 07-Jul 28</td>
<td>$76/4 sess</td>
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<td>Su</td>
<td>10:20 am-10:50 am</td>
<td>Jul 07-Jul 28</td>
<td>$76/4 sess</td>
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<td>Su</td>
<td>11:00 am-11:30 am</td>
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<td>9:45 am-10:15 am</td>
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<td>Su</td>
<td>10:20 am-10:50 am</td>
<td>Aug 04-Aug 25</td>
<td>$76/4 sess</td>
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Instructor: Martha Guss

**DANCE**

**Hip Hop Breakers Dance Camp**  6-9 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 week we will work on a choreographed dance which will be showcased on the final day of the camp for friends and family. Get ready to cheer with gusto! Please bring a water bottle and small snack each day.

**www.kirbysnelldance.com**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
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<tbody>
<tr>
<td>M-F</td>
<td>2:00 pm-3:00 pm</td>
<td>Jul 08-Jul 12</td>
<td>$50/5 sess</td>
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<td>M-F</td>
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<td>M-F</td>
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<td>M-F</td>
<td>2:00 pm-3:00 pm</td>
<td>Aug 19-Aug 23</td>
<td>$50/5 sess</td>
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Instructor: Endorphin Rush Dance And Fitness

**COOKING**

**Cooking for Kids**  7-10 yrs
Join in on the cooking fun as we will be making lots of yummy (Sweet & Savory) foods!

<table>
<thead>
<tr>
<th>Monday</th>
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<tr>
<td>Tu-F</td>
<td>5:00 pm-6:30 pm</td>
<td>Jul 02-Jul 05</td>
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<tr>
<td>M-F</td>
<td>5:00 pm-6:30 pm</td>
<td>Jul 15-Jul 19</td>
<td>$57/5 sess</td>
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<td>M-F</td>
<td>4:00 pm-5:30 pm</td>
<td>Aug 12-Aug 16</td>
<td>$57/5 sess</td>
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</table>

Instructor: Sharon Lee

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

**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.
W 5:00 pm-7:00 pm Jul 10-Aug 21 $28/7 sess
Instructor: No Instructor

**Family Open Gym** 6-12 yrs
An opportunity for families with children ages 6-12 to use a wide variety of equipment. This is an unsupervised session.
Sa 10:30 am-12:00 pm Jul 06-Aug 31 $185/5 sess
Instructor: No Instructor

**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 5:00 pm-6:15 pm Jul 02-Aug 20 $32/8 sess

9-12 yrs
Tu 6:15 pm-7:30 pm Jul 02-Aug 20 $32/8 sess
Instructor: Raymond Siu

**Game Ready Basketball**

**All Stars Coed** 8-11 yrs
This high energy camp stresses basic offensive and defensive skills, as well as offensive play patterns. This program will also offer treats and incentives in addition to contests, tournaments, and fun competitions.
M-F 1:15 pm-4:45 pm Jul 08-Jul 12 $185/5 sess
Instructor: Dino Geremia

**Game Ready Soccer**

**All Stars Coed** 8-11 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 Jul 05-Aug 23 $32/8 sess
Instructor: TBA Instructor

**Basketball** 7-10 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 Jul 05-Aug 23 $32/8 sess
Instructor: Richard Tai

**Basketball for Girls** 9-14 yrs
This fun & active program emphasizes skill development and friendly competition in a safe and welcoming environment. Drop in $5.50, space permitting.
Th 6:30 pm-8:00 pm Jul 04-Aug 22 $40/8 sess
Instructor: Aman Jhutti

**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 5:00 pm-6:15 pm Jul 02-Aug 20 $32/8 sess

9-12 yrs
Tu 6:15 pm-7:30 pm Jul 02-Aug 20 $32/8 sess
Instructor: Raymond Siu

**Game Ready Basketball**

**Elite Coed** 11-14 yrs
In this camp, offensive and defensive skills will be emphasized. A variety of drills will sharpen mental and physical skills. This camp is for those wanting the recipe for becoming a successful player.
Drills, contests, and tournaments will teach the competitive focus necessary for high level performance.
M-F 1:15 pm-4:45 pm Jul 08-Jul 12 $185/5 sess
Instructor: Dino Geremia

**Game Ready Volleyball**

**All Stars Coed** 8-11 yrs
Basic skills for the beginner will be covered in this camp including setting, bumping and serving. Good team organization will also be developed. Fun and motivation, along with games and tournaments, will be a big part of the program.
M-F 1:15 pm-4:45 pm Aug 12-Aug 16 $185/5 sess
Instructor: Dino Geremia

**Family Open Gym** 6-12 yrs
An opportunity for families with children ages 6-12 to use a wide variety of equipment. This is an unsupervised session.
Sa 10:30 am-12:00 pm Jul 06-Aug 31 $185/5 sess
Instructor: No Instructor

**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.
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Tu 6:15 pm-7:30 pm Jul 02-Aug 20 $32/8 sess
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M-F 1:15 pm-4:45 pm Jul 08-Jul 12 $185/5 sess
Instructor: Dino Geremia

**Game Ready Soccer**

**All Stars Coed** 8-11 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 Jul 05-Aug 23 $32/8 sess
Instructor: Richard Tai

**Basketball** 10-13 yrs
Develop individual skills to play competitively, learn various combination of moves to pass the opponent. Most importantly, learn to shoot at a higher percentage during game time. Learn the referee signals. Drop-in players allowed, space permitting: $4.50.
F 6:00 pm-7:00 pm Jul 05-Aug 23 $32/8 sess
Instructor: TBA Instructor

**Basketball** 10-13 yrs
Develop individual skills to play competitively, learn various combination of moves to pass the opponent. Most importantly, learn to shoot at a higher percentage during game time. Learn the referee signals. Drop-in players allowed, space permitting: $4.50.
F 6:00 pm-7:00 pm Jul 05-Aug 23 $32/8 sess
Instructor: TBA Instructor

**Basketball for Girls** 9-14 yrs
This fun & active program emphasizes skill development and friendly competition in a safe and welcoming environment. Drop in $5.50, space permitting.
Th 6:30 pm-8:00 pm Jul 04-Aug 22 $40/8 sess
Instructor: Aman Jhutti

**Family Open Gym** 6-12 yrs
An opportunity for families with children ages 6-12 to use a wide variety of equipment. This is an unsupervised session.
Sa 10:30 am-12:00 pm Jul 06-Aug 31 $185/5 sess
Instructor: No Instructor

**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 5:00 pm-6:15 pm Jul 02-Aug 20 $32/8 sess

9-12 yrs
Tu 6:15 pm-7:30 pm Jul 02-Aug 20 $32/8 sess
Instructor: Raymond Siu

**Game Ready Basketball**

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In this camp, offensive and defensive skills will be emphasized. A variety of drills will sharpen mental and physical skills. This camp is for those wanting the recipe for becoming a successful player.
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Instructor: Dino Geremia

**Game Ready Volleyball**

**All Stars Coed** 8-11 yrs
Basic skills for the beginner will be covered in this camp including setting, bumping and serving. Good team organization will also be developed. Fun and motivation, along with games and tournaments, will be a big part of the program.
M-F 1:15 pm-4:45 pm Aug 12-Aug 16 $185/5 sess
Instructor: Dino Geremia

**Family Open Gym** 6-12 yrs
An opportunity for families with children ages 6-12 to use a wide variety of equipment. This is an unsupervised session.
Sa 10:30 am-12:00 pm Jul 06-Aug 31 $185/5 sess
Instructor: No Instructor

**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.
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**Game Ready Soccer**

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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 Jul 05-Aug 23 $32/8 sess
Instructor: Richard Tai

**Basketball** 10-13 yrs
Develop individual skills to play competitively, learn various combination of moves to pass the opponent. Most importantly, learn to shoot at a higher percentage during game time. Learn the referee signals. Drop-in players allowed, space permitting: $4.50.
F 6:00 pm-7:00 pm Jul 05-Aug 23 $32/8 sess
Instructor: TBA Instructor

**Basketball for Girls** 9-14 yrs
This fun & active program emphasizes skill development and friendly competition in a safe and welcoming environment. Drop in $5.50, space permitting.
Th 6:30 pm-8:00 pm Jul 04-Aug 22 $40/8 sess
Instructor: Aman Jhutti

**Family Open Gym** 6-12 yrs
An opportunity for families with children ages 6-12 to use a wide variety of equipment. This is an unsupervised session.
Sa 10:30 am-12:00 pm Jul 06-Aug 31 $185/5 sess
Instructor: No Instructor
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 Jul 02-Aug 20 $120/8 sess
Instructor: Mohammad Atashzad

EDUCATION

Red Cross Babysitting 11-16 yrs
This course is a nationally recognized program designed to prepare your growing teen to develop self-assurance, knowledge, and skills required for babysitting duties and when caring for themselves alone.
Su 9:30 am-4:30 pm Jul 21 $65/1 sess
Instructor: Community Care First Aid

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 Jul 10-Aug 21
F 7:00 pm-9:30 pm Jul 05-Aug 23
$12/8 sess
Instructor: Richard Tai

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.
F 7:00 pm-9:30 pm Jul 05-Aug 23
$12/8 sess
Instructor: TBA

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.
Tu 1:00 pm-7:00 pm Jul 23-Aug 20 $117.50/5 sess
Th 3:30 pm-7:00 pm Jul 25-Aug 22 $117.50/5 sess
Sa 12:30 pm-4:30 pm Jul 27-Aug 24 $117.50/5 sess
Instructor: Michael Guild

Sax, Flute & Clarinet Lessons 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 dcautosax@gmail.com
1 Lesson $35.00
5 Lessons $175.00
10 Lessons $350.00
Instructor: Dylan Cramer

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 2:30 pm-7:30 pm Jul 09-Aug 20 $162.50/7 sess
Instructor: Pavel Chiriac

Viola Lessons Private 6+ yrs
Enjoy a 30 minute private lesson and learn at your own pace. All levels welcome. Participants must supply their own viola. Additional cost for music books.
www.andreaminden.wordpress.com
F 4:30 pm-7:30 pm Jul 05-Aug 16
$162.50/7 sess
Sa 9:30 am-3:30 pm Jul 06-Aug 17
$162.50/7 sess
Instructor: Andrea Minden

Guitar Lessons Private 6+ yrs
Learn to play guitar or advance your current skills. Participants must bring their own guitar to class. No class Aug 5.
M 3:30 pm-8:30 pm Jul 08-Aug 19 $140/6 sess
Instructor: Michael Guild

VIEW ONLINE
Instructor: Pavel Chiriac

VIEW ONLINE
Instructor: Andrea Minden

VIEW ONLINE
Instructor: Nancy Chang

VIEW ONLINE
Instructor: Dylan Cramer

VIEW ONLINE
Instructor: Community Care First Aid

Note: Additional cost for books.
About the Coaches
Since 2012, Summer Smash Tennis has provided tennis programs and classes to community centres and schools across Vancouver. Our coaches are certified instructors who have worked with hundreds of students to inspire a passion for tennis and sport. We share a common goal of creating safe, fun and challenging learning environments for all students.
Through the use of the Progressive Tennis teaching method, students are given the foundation to excel as players for life.
Read more at www.summersmashtennis.ca

Key Information
• All tennis lessons are taught by a Tennis Canada Certified Instructor.
• Please meet the instructor at the Elm Park tennis courts (43rd Ave & Larch St.).
• Students are expected to bring their own racquets to the lesson, and come dressed in athletic clothing.
• Students are expected to bring water, a hat, and sunscreen.
• In the case of rainy or questionable weather, classes may be cancelled.
• The instructor will contact you. Refunds will be issued after your last class.
• No class July 1 or August 5.

Waiver
Parents or guardians must bring a signed copy of our waiver to the first day of your class or camp. Waivers are available via your payment receipt or on our website. Participants will not be allowed to play until a completed waiver has been submitted.

Tennis: Mini Aces  5-6 yrs
Start tennis this summer! Prepare your child to excel at tennis and sport with our fundamental movement and tennis camp. We have fun developing students’ balance, jumping, throwing, catching, and racquet skills. Enjoy various complimentary activities that aid in motor skill development and body awareness.
M-F  9:00 AM-11:00 AM  Jul 02-Jul 05
$112/4 sess
M-F  9:00 AM-11:00 AM  Jul 08-Jul 12
$150/5 sess
M-F  1:00 PM-3:00 PM  Jul 08-Jul 12
$150/5 sess
M-F  9:00 AM-11:00 AM  Jul 15-Jul 19
$150/5 sess
M-F  1:00 PM-3:00 PM  Jul 15-Jul 19
$150/5 sess
M-F  9:00 AM-11:00 AM  Jul 22-Jul 26
$150/5 sess
M-F  1:00 PM-3:00 PM  Jul 22-Jul 26
$150/5 sess
Instructor: Summer Smash Tennis

Tennis: Junior Aces  8-11 yrs
Fun half-day camps! Young beginners are introduced to the game through high energy, game-based lessons that use the ½ stage of the progressive tennis model. An emphasis is placed on inspiring a love for the game while building a strong technical foundation.
M-F  9:00 AM-12:00 PM  Jul 02-Jul 05
$168/4 sess
M-F  9:00 AM-12:00 PM  Jul 08-Jul 12
$210/5 sess
M-F  9:00 AM-12:00 PM  Jul 15-Jul 19
$210/5 sess
M-F  9:00 AM-12:00 PM  Jul 22-Aug 02
$210/5 sess
M-F  9:00 AM-12:00 PM  Aug 06-Aug 09
$168/4 sess
M-F  9:00 AM-12:00 PM  Aug 12-Aug 16
$210/5 sess
M-F  9:00 AM-12:00 PM  Aug 19-Aug 23
$210/5 sess
M-F  9:00 AM-12:00 PM  Aug 26-Aug 30
$210/5 sess
Instructor: Summer Smash Tennis

Tennis: Teen Aces  12-17 yrs
Build your tennis game! Start or continue to develop skills with an eventual progression to rally and play within the full court setting. Students will be introduced to all phases of play and basic strategy. Beginner and intermediate levels welcome.
M-F  1:00 PM-4:00 PM  Jul 02-Jul 05
$168/4 sess
M-F  1:00 PM-4:00 PM  Jul 08-Jul 12
$210/5 sess
M-F  1:00 PM-4:00 PM  Jul 15-Jul 19
$210/5 sess
M-F  1:00 PM-4:00 PM  Jul 22-Jul 26
$210/5 sess
M-F  1:00 PM-4:00 PM  Jul 29-Aug 02
$210/5 sess
M-F  1:00 PM-4:00 PM  Aug 06-Aug 09
$168/4 sess
M-F  1:00 PM-4:00 PM  Aug 12-Aug 16
$210/5 sess
M-F  1:00 PM-4:00 PM  Aug 19-Aug 23
$210/5 sess
M-F  1:00 PM-4:00 PM  Aug 26-Aug 30
$210/5 sess
Instructor: Summer Smash Tennis
### SUMMER SMASH TENNIS | ADULT CLASSES & TOURNAMENTS

#### Tennis: Adult Beginner 17+yrs
Learn tennis this summer! Enjoy summer evenings outdoors while learning basic strokes and strategy. Students will be introduced to all phases of play with an eventual progression to rally and play within the full court setting.

- **M W** 6:00 PM-7:30 PM  
  Jul 03-Jul 24
- **#223865**
- **$178.50/7 sess**
- Instructor: Summer Smash Tennis

#### Tennis: Adult Intermediate 17+yrs
Take your game to the next level! An opportunity for players with some experience with the game (Adult Beginner or 2.0 – 2.5 NTRP rating) to refine their technical and tactical skills. Through game-based learning, students will improve their ability to play within cooperative and competitive settings.

- **M W** 6:00 PM-7:30 PM  
  Jul 29-Aug 21
- **#223867**
- **$178.50/7 sess**
- Instructor: Summer Smash Tennis

#### Tennis: Adult Intermediate Clinic 17+yrs
Refine your strokes and sweat it out! Each week will cover a different combination of shots, working to refine strokes and body mechanics through high rep drills and game-based training. Registration is open to players with a 3.0-5.0 NTRP rating.

- **Sa** 10:00 AM-11:45 AM  
  Jul 06-Jul 27
- **#223868**
- **$183.75/4 sess**
- Instructor: Summer Smash Tennis

#### Junior Tennis Tournament: Summer Smash Classic 8-12 yrs
Play your first tournament this summer in a welcoming and positive environment!

- **Sa** 12:00 PM-2:00 PM  
  Jul 27
- **#223869**
- **$80/1 sess**
- Instructor: Summer Smash Tennis

#### Teen Tennis Tournament: Summer Smash Classic 12-17 yrs
Play your first tournament this summer in a welcoming and positive environment!

- **Sa** 3:00 PM-6:00 PM  
  Jul 27
- **#223870**
- **$90/1 sess**
- Instructor: Summer Smash Tennis

#### Adult Tennis Tournament: Summer Smash Classic 18+yrs
Open to men and women. Join us for a day of fun, competition, and sunshine at Elm Park. We have games, snacks, and prizes for all of our participants. Spaces are limited.

- **Sa** 1:00 PM-5:00 PM  
  Aug 10
- **#223871**
- **$78.75 per player**
- Instructor: Summer Smash Tennis

#### YOUR INSTRUCTORS

**Spencer Mackoff**  
Director  
Spencer is a coach and teacher with over 10 years of coaching experience.

**Marshall Mackoff**  
Head Coach  
Marshall is a Club Pro 1 Certified coach with 10 years of coaching experience.

**Derek Lau**  
Coach  
Derek is a certified instructor with 8 years of coaching experience.

**Raul Francisquiny**  
Coach  
Raul is a certified instructor with experience playing on the professional men’s tour.
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 Aug 5.

Advanced
M Th 6:30 PM-7:30 PM Jul 08-Aug 19 $144/12 sess 223748
New Member Special
M Th 5:30 PM-6:30 PM Jul 08-Jul 18 $39/4 sess 223740
Novice/Intermediate
M Th 5:30 PM-6:30 PM Jul 08-Aug 19 $144/13 sess 223746
All Levels
M Th 6:30 PM-8:00 PM Jul 08-Aug 19 $144/12 sess 223744
New Member Special
M Th 6:30 PM-8:00 PM Jul 08-Jul 18 $39/4 sess 223741
All Levels
M Th 6:30 PM-8:00 PM Jul 08-Aug 19 $151/212 sess 223745
New Member Special
M Th 6:30 PM-8:00 PM Jul 08-Aug 18 $40/5/4 sess 223742
Instructor: Harry Charalambous

Taekwondo
5-13 yrs
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
W 5:30 PM-6:30 PM Jul 03-Aug 28 $162/9 sess 223685
F 5:30 PM-6:30 PM Jul 05-Aug 30 $162/9 sess 223686
Intermediate
W 4:30 PM-5:30 PM Jul 03-Aug 28 $162/9 sess 223687
F 4:30 PM-5:30 PM Jul 05-Aug 30 $162/9 sess 223688
All Levels
W 6:30 PM-7:30 PM Jul 03-Aug 28 $162/9 sess 223689
F 6:30 PM-7:30 PM Jul 05-Aug 30 $162/9 sess 223690
Instructor: Third Eye Martial Arts

Wushu
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 co-ordination, 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 Jul 03-Aug 14 $90/7 sess 223781
Level 3+ Novice/Intermediate
W F 5:00 PM-7:00 PM Jul 03-Aug 16 $162.5/13 sess 223782
Instructor: Candice Wong

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. Students begin practicing with a bokken (wooden sword), provided by the school. 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 Jul 06-Aug 31 $189/9 sess 223772
Instructor: Bahman Ebrahimii

Jiu Jitsu
13 yrs
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 Jul 06-Aug 31 $99/9 sess 223769
Instructor: Bahman Ebrahimii

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 class is suitable for all fitness levels. Course includes uniform for new members. Belt testing optional. Certificates in Kickboxing offered. Drop-ins approved by instructor and if space permits. kenshindojo.ca
W 6:00 PM-7:00 PM Jul 03-Aug 28 $153/9 sess 223766
Sa 1:00 PM-2:00 PM Jul 06-Aug 31 $153/9 sess 223767
Instructor: Bahman Ebrahimii
**SPORTS**

**BADMINTON COURT RENTALS**
- **Sunday:** 11:45am-12:45pm
- **Monday:** 8:00-9:45pm
- **Tuesday:** 7:45-9:45pm
- **Wednesday:** Pickle Ball 8:15-9:45pm
- **Thursday:** Basketball: Recreational 8:00-10:00pm
- **Friday:** Basketball: Competitive 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.

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**BADMINTON**
- **Court Rentals:** 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 shoes and shoes.

**BADMINTON - RECREATIONAL**
- **Sunday:** 11:45 AM-12:45 PM
  - **VIEW ONLINE:** $13/1 hour court rental

**BADMINTON - COMPETITIVE**
- **Monday:** 8:00-9:45pm
  - **Tuesday:** 7:45-9:45pm
  - **Wednesday:** 8:15-9:45pm
  - **Thursday:** 8:00-10:00pm
  - **Friday:** 12:00-2:00pm

**FLOOR HOCKEY**
- **Sunday:** 11:45 AM-12:45 PM
  - **VIEW ONLINE:** $13/1 hour court rental

**PIZZLE BALL**
- **Sunday:** 11:45 AM-12:45 PM
  - **VIEW ONLINE:** $13/1 hour court rental

**BASKETBALL**
- **Sunday:** 11:45 AM-12:45 PM
  - **VIEW ONLINE:** $13/1 hour court rental

**PICKLEBALL**
- **Sunday:** 11:45 AM-12:45 PM
  - **VIEW ONLINE:** $13/1 hour court rental

---

**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

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**ADULTS**

**BADMINTON COURT RENTAL**
- **12+yrs:**
  - **Sunday:** 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.**
  - **Tu:** 7:45 PM-9:45 PM
  - **W:** 8:15 PM-9:45 PM
  - **M:** 5:15 PM-7:15 PM
  - **Th:** 8:00 PM-10:00 PM
  - **F:** 12:00-2:00 pm

**BASKETBALL - RECREATIONAL**
- **18+yrs:**
  - **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.
  - **Sunday:** 11:45 AM-12:45 PM
  - **VIEW ONLINE:** $13/1 hour court rental

**BASKETBALL - COMPETITIVE**
- **18+yrs:**
  - **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.
  - **Sunday:** 11:45 AM-12:45 PM
  - **VIEW ONLINE:** $13/1 hour court rental

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**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:** 12:00 PM-2:00 PM
  - **W:** 8:15 PM-9:45 PM
  - **M:** 5:15 PM-7:15 PM
  - **Th:** 8:00 PM-10:00 PM

**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.**
  - **Tu:** 12:00 PM-2:00 PM
  - **W:** 8:15 PM-9:45 PM
  - **M:** 5:15 PM-7:15 PM

---

**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

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

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**Kerrisdale Community Centre**
www.kerrisdalecc.com | SUMMER 2019 | 23
<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td>6:20-7:15am</td>
<td>Early Risers Keep Fit</td>
<td>Early Risers Keep Fit</td>
<td>Early Risers Keep Fit</td>
<td>Early Risers Keep Fit</td>
<td>Early Risers Keep Fit</td>
<td>Zumba</td>
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<tr>
<td></td>
<td>(G) Bonnie</td>
<td>(G) Rachel</td>
<td>(G) Rachel</td>
<td>(G) Rachel</td>
<td>(G) Rachel</td>
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<td></td>
<td>6:20-7:15am</td>
<td>*NEW TIME 6:15-7:15am</td>
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<td>*NEW TIME 6:15-7:15am</td>
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<td>9:30-10:30am</td>
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<tr>
<td>9:00-10:00am</td>
<td>Total Body Conditioning</td>
<td>Total Body Conditioning</td>
<td>Zumba Gold</td>
<td>Cardio &amp; Stretch</td>
<td>Zumba</td>
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<td></td>
<td>(G) Meg</td>
<td>(G) Meg</td>
<td>(G) Shelley</td>
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<tr>
<td>9:15-10:15am</td>
<td>Step</td>
<td>Gentle Fit</td>
<td>Step Cardio Core</td>
<td>Step n'Sculpt</td>
<td>Step PLUS</td>
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<tr>
<td></td>
<td>(A) Camille</td>
<td>(S) Berdjis</td>
<td>(A) Diane</td>
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<td>(A) Mike</td>
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<td>*Ends 10:15am</td>
<td>*Ends 10:30am</td>
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<td>*Ends 10:25am</td>
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<td>10:30-11:30am</td>
<td>Advanced Gentle Fit</td>
<td>Mild/Moderate</td>
<td>Low Impact</td>
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<td>Gentile Fit</td>
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<td>(A) Dee</td>
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<td>12:00-1:00pm</td>
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<td>Zumba</td>
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<td>(A) Tanya</td>
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<td>5:30-6:30pm</td>
<td>Zumba</td>
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<td>6:00-7:00pm</td>
<td>Zumba Toning</td>
<td>Zumba Toning</td>
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Legend:
A = Auditorium (max 40)
G = Gymnasium (max 100)
S = Seniors Centre (max 30)

Rates
- **Drop-In**: Adult $5.00, Seniors $4.00
- **Fit Card**: 10 Classes $45.25, 9 Weeks $36.25
- **Fit Chip**: 9 Weeks $113.40, 8 Weeks $91.00

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 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
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.
Tu 6:45 PM-7:45 PM Jul 09-Aug 20 223766
W 7:20 PM-8:20 PM Jul 10-Aug 21 223767
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
Th 10:00 AM-11:00 AM Jul 04-Jul 25 223832
Instructor: Brenlie Nagy

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 Pilates’ 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
Instructor: Into Yoga

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
Instructor: Barry Petkau

Yoga with Karen Th 9:00 AM-10:15 AM Jul 11-Aug 29 224015
Instructor: Karen Heaps

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. Drop-in $17, space permitting.
Th 10:00 am-11:00 am Jul 04-Aug 22 223719
Instructor: Brenlie Nagy

View instructor profiles at www.kerrisdalecc.com
ADULTS

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 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. [www.misurkayoga.com]. Drop in $16, space permitting.

M 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]

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.

M 7:30 PM-8:45 PM Jul 08-Aug 26
223691 $45.50/7 sess
Instructor: Tommy Ng

Chinese Classical Dance 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.

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/tuning 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.
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.

Tu 2:30 PM-4:30 PM Jul 02-Aug 20
$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
$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.

Tu 11:00 AM-1:00 PM Jul 02-Aug 20
$159.20/8 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. Supplies are not included. Supply list available upon registration. Drop in $25. www.atashzad.com

Tu 9:00 AM-11:00 AM Jul 02-Aug 20
$159.20/8 sess
Instructor: Mohammad Atashzad

W 9:30 AM-11:30 AM Jul 03-Aug 21
$159.20/8 sess
Instructor: Mohammad Atashzad

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).

Tu 6:00 PM-9:00 PM Jul 04-Aug 22
$194/8 sess
Instructor: Janine Schroeder

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
$194/8 sess
Instructor: Janine Schroeder

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
### Kerrisdale Community Centre

**SUMMER 2019 | Phone: 604.257.8100**

#### WORKSHOPS

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Description</th>
<th>Fee</th>
<th>Instructor</th>
<th>Date</th>
<th>Time</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Decluttering &amp; Organizing</strong></td>
<td><strong>19+ yrs</strong></td>
<td>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.</td>
<td></td>
<td>Maryam Fallah</td>
<td>Jul 27</td>
<td>1:30 PM-3:00 PM</td>
<td>Free registration required/1 sess</td>
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<tr>
<td><strong>Go For The Glow</strong></td>
<td><strong>19+ yrs</strong></td>
<td>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 &amp; toning. Receive recipes on toning massage oil and nail salve.</td>
<td></td>
<td>Cheryl Theilade</td>
<td>Jul 16</td>
<td>6:00 PM-9:00 PM</td>
<td>$27/1 sess</td>
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<tr>
<td><strong>Emergency Preparedness</strong></td>
<td><strong>55+ yrs</strong></td>
<td>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.</td>
<td></td>
<td>COSCO</td>
<td>Jul 26</td>
<td>10:00 AM-11:00 AM</td>
<td>Free, registration required/1 sess</td>
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<tr>
<td><strong>Better Health: Vision</strong></td>
<td><strong>55+ yrs</strong></td>
<td>We describe the structure of the eye and explain major diseases that may affect older adults. We stress prevention and explore possible treatments.</td>
<td></td>
<td>COSCO</td>
<td>Aug 30</td>
<td>10:00 AM-11:00 AM</td>
<td>Free, registration required/1 sess</td>
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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](http://www.firstaidtrainingcourses.ca)

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<tr>
<th>Program</th>
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<tbody>
<tr>
<td><strong>CPR Level C/AED</strong></td>
<td><strong>14+ yrs</strong></td>
<td>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.</td>
<td></td>
<td>Cheryl Theilade</td>
<td>Jul 13</td>
<td>9:30 AM-3:00 PM</td>
<td>$84/1 sess</td>
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<tr>
<td><strong>CPR Level C/AED Recert</strong></td>
<td><strong>14+ yrs</strong></td>
<td>Pre-Req: Must have and bring your current CPR C certificate.</td>
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<td>Cheryl Theilade</td>
<td>Aug 10</td>
<td>9:30 AM-3:00 PM</td>
<td>$84/1 sess</td>
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<tr>
<td><strong>EFA &amp; CPR Level C/AED Recert</strong></td>
<td><strong>14+ yrs</strong></td>
<td>Pre-Req: Must have and bring your current Emergency First Aid &amp; CPR C certificate. Includes AED certification.</td>
<td></td>
<td>Cheryl Theilade</td>
<td>Aug 18</td>
<td>9:00 AM-2:30 PM</td>
<td>$73.5/1 sess</td>
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<tr>
<td><strong>Kerrisdale Earthquake and Emergency Preparedness (KEEP)</strong></td>
<td>All Ages</td>
<td>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: <a href="mailto:KEEP-KCCS@gmail.com">KEEP-KCCS@gmail.com</a></td>
<td></td>
<td>COSCO</td>
<td>Jul 13</td>
<td>9:30 AM-4:30 PM</td>
<td>$168/2 sess</td>
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<tr>
<td><strong>Standard First Aid &amp; CPR C/AED Recert</strong></td>
<td><strong>14+ yrs</strong></td>
<td>Pre-Req: Must have and bring your current Standard First Aid certification.</td>
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<td>COSCO</td>
<td>Aug 18</td>
<td>9:00 AM-5:00 PM</td>
<td>$84/1 sess</td>
</tr>
<tr>
<td><strong>Standard First Aid /CPRC/AED</strong></td>
<td><strong>14+ yrs</strong></td>
<td>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.</td>
<td></td>
<td>COSCO</td>
<td>Jul 13</td>
<td>9:30 AM-5:30 PM</td>
<td>$110.25/1 sess</td>
</tr>
<tr>
<td><strong>Standard First Aid /CPRC/AED</strong></td>
<td><strong>14+ yrs</strong></td>
<td>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.</td>
<td></td>
<td>COSCO</td>
<td>Aug 10</td>
<td>9:30 AM-4:30 PM</td>
<td>$168/2 sess</td>
</tr>
</tbody>
</table>

Instructor: COSCO
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
$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
$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.
M-F 7:00 PM-9:00 PM Jul 08-Aug 16
$189/9 sess
Instructor: Kenta Nakagawa

Free Trial Class
W 7:00 PM-9:00 PM Jul 17
$115/8 sess
Instructor: Tanya Mallette

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.
T 7:00 PM-9:00 PM Jul 05-Aug 30
$10.50/1 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
$78.75/6 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.
T 7:00 PM-8:30 PM Jul 02-Aug 13
$105/7 sess
Instructor: Daniela Modoran

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
$189/9 sess
Instructor: Kenta Nakagawa

Sewing for 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
$99/5 sess
Instructor: Tanya Mallette

Sewing for 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 7:00 PM-9:00 PM Aug 06-Aug 27
$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
$115/8 sess
Instructor: Eliana Rolando

View instructor profiles at www.kerrisdalecc.com
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>
</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>$35</td>
<td>$27</td>
</tr>
<tr>
<td>3 Month Pass</td>
<td>$76</td>
<td>$56</td>
</tr>
<tr>
<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-transferrable 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.

Workout one-on-one (private) or join with a friend (semi-private) for added support. Perfect for starting out in a fitness centre, adding variety to your program, rehabilitating from an injury or improving sport specific athletic performance.

Get started today!
Complete our Personal Training Request Form, 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

Price is Per Person
Private | Semi-Private
--- | ---
3 Sessions | $151.25 | $96.80
10 Sessions | $453.75 | $320.65

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.
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/

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).

<table>
<thead>
<tr>
<th>Room #</th>
<th>Size (approx)</th>
<th># of People</th>
<th>Price per hour</th>
<th>Features</th>
</tr>
</thead>
<tbody>
<tr>
<td>005</td>
<td>24’x18’</td>
<td>25</td>
<td>$42.00</td>
<td>piano</td>
</tr>
<tr>
<td>013</td>
<td>19’x20’</td>
<td>15</td>
<td>$35.00</td>
<td>sink</td>
</tr>
<tr>
<td>014</td>
<td>19’x18’</td>
<td>15</td>
<td>$35.00</td>
<td>piano</td>
</tr>
<tr>
<td>015</td>
<td>20’x40’</td>
<td>50</td>
<td>$58.00</td>
<td>mirrors</td>
</tr>
<tr>
<td>Auditorium</td>
<td>60’x40’</td>
<td>150</td>
<td>$79.00</td>
<td>stage</td>
</tr>
<tr>
<td>Servery</td>
<td>beside room 109</td>
<td>$26.50</td>
<td>stove, fridge</td>
<td></td>
</tr>
<tr>
<td>109</td>
<td>29’x46’</td>
<td>70</td>
<td>$64.00</td>
<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

<table>
<thead>
<tr>
<th>Room</th>
<th>Size (approx)</th>
<th># of People</th>
<th>Price per hour</th>
<th>Features</th>
</tr>
</thead>
<tbody>
<tr>
<td>Multi-purpose</td>
<td>68’x30’</td>
<td>100</td>
<td>$499.00/eve</td>
<td>kitchen adjacent</td>
</tr>
<tr>
<td>Kitchen</td>
<td>adjacent to Multi-purpose room</td>
<td>$131.50/eve</td>
<td>warming oven</td>
<td>buffet tables</td>
</tr>
<tr>
<td>Crafts</td>
<td>27’x30’</td>
<td>50</td>
<td>$55.00</td>
<td>sink</td>
</tr>
<tr>
<td>South</td>
<td>20’x40’</td>
<td>50</td>
<td>$55.00</td>
<td>piano</td>
</tr>
</tbody>
</table>

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

* See in this Recreation Guide for info on our Children’s Birthday Party Program

Kerrisdale Community Centre
www.kerrisdalecc.com | SUMMER 2019
KERRISDALE SENIORS CENTRE

Open to patrons 55 years and older.

OFFICE HOURS
Monday-Friday .......... 9:00am-8:00pm
Saturday .................. 9:00am-4:00pm
Sunday .................................. Closed
For Centre Hours please see page 3.

HOW TO REGISTER
Summer program registration starts Friday May 24 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 retired citizens section but will pay an adult rate.

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 39 for more program details.)

Dining Room
Monday-Saturday
11:30am-1:00pm
We offer a nutritious hot lunch 6 days a week to adults/seniors over 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.

(Monthly menu in the Monarch)
For patrons dining frequently, a 10 meal punch card is also available. At $65 it provides a savings of $5. Available for purchase at the seniors front desk.

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.
Kerrisdale Mini Bus - Steveston  55+ yrs
Explore this quaint village. Window shop at many boutiques and stores and enjoy lunch at the dock or bring your own bagged lunch and watch the fishing boats in the harbour. This is an outdoor event, please dress for the weather. Transportation only provided.
M 10:00 AM-3:00 PM  Jul 29
$18/1 sess
Kerrisdale Mini Bus - Ladner Village Market  55+ yrs
“The Ladner Market is a first class, village market that brings together “make it, bake it, grow it” vendors, community organizations and 48th Avenue merchants to create a community event.” This is an outdoor event, please dress for the weather. Transportation only provided.
Su 10:00 AM-3:00 PM  Aug 11
$18/1 sess
Kerrisdale Mini Bus - Whistler  55+ yrs
Spend time on your own at this world famous resort. Visit the many shops, trails and see the beautiful vista’s.
Bring a bagged lunch or eat at one of the local restaurants. This is an outdoor event. Transportation only.
M 10:00 AM-3:00 PM  Aug 26
$18/1 sess

Enjoy The Journey - Mystery Tour  55+ yrs
This fun and entertaining magical mystery tour takes you to unknown destinations filled with clues, prizes and props! A must see attraction, a great lunch and afternoon mystery stops included. Use the clues correctly and win a variety of prizes including a free Enjoy The Journey Day Trip!  PACKAGE INCLUDES: Mystery attraction, Lunch, Mystery stops, Prizes, All fees and taxes
Itinerary: Mystery Please note that a waiver form must be signed for all bus trips. Seat selection will be done at time of registration.
Tu 7:45 AM-5:00 PM  Jul 16
S$109/1 sess
Instructor: Enjoy The Journey

Enjoy The Journey - Sunflower Festival & British Sweets  55+ yrs
Tulips of the Valley presents The Chilliwack Sunflower Festival with 5 acres of giant sunflowers 12+ feet tall and show gardens featuring 15 varieties of sunflowers. Take a trip down memory lane for lunch at Dickens Sweet Shop and British Museum.  PACKAGE INCLUDES: Chilliwack Sunflower Festival Admission, Dickens Sweet Shop and British Museum, Taste of Britain, Traditional High Tea Lunch, Ice Cream Cone Birchwood Dairy Farm, All fees and taxes. Please note that a waiver form must be signed for all bus trips. Seat selection will be done at time of registration.
W 7:45 AM-5:00 PM  Aug 07
$89/1 sess
Instructor: Enjoy The Journey

Operas Zone  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  Jul 7
$10/year
Instructor: Enjoy The Journey

THE MONARCH
This monthly newsletter is available for .25 cents starting on the last Wednesday at the seniors front desk or the main office.
**SENIORS**

**ART**

**Adventures in Watercolour**  
55+ yrs  
This program is an opportunity for students to continue to come in on a drop-in basis and paint. Drop-in $4 adult/$3 senior.  
W  1:00 PM-4:00 PM  Jul 03-Aug 28

**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 adult/$3 senior.  
Tu  3:00 PM-6:00 PM  Jul 09-Aug 27

**Saturday Social Dance**  
19+ yrs  
Come and join this fun and relaxed group! $2 drop in or $15/10 visit card  
Sa  4:00 PM-6:00 PM  Jul 06-Aug 31

**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-in $12 adult/$10 senior, if space permits.  
M  4:15 PM-5:15 PM  Jul 08-Aug 26

**Canada’s 152nd Birthday Celebration!**  
Monday July 1st FREE  
Come and join the community in celebrating.  
In Seniors Centre:  
11:45am-12:45pm Hot dogs & drink $2  
1:00pm ............ Flag Raising Ceremony  
1:15- 3:00pm ............... Entertainment Kerrisdale Senior Singers, Buddy Fely & more.  
Serving cupcakes & raffle.  
At Kerrisdale Park:  
12:00pm-3:00pm Inflatables, lawn games, carnival games, crafts & more

**MUSIC**

**You Can Ukulele for Beginners**  
55+ yrs  
Start on the road to an exciting lifetime of fun with this old/new instrument - 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  11:15 AM-12:15 PM  Jul 06-Aug 10

**Thursday Socials**  
55+ yrs  
Join other seniors 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  Jul 04-Aug 29

**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  Jul 08-Aug 26

**NEW Workshops**  
See page 28 for details.  
- Decluttering & Organizing  
- Go For the Glow  
- Emergency Preparedness  
- Better Health: Vision
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.
Th 1:30 PM-3:00 PM Jul 4-Aug 15
$78.75/7 sess Adult Rate: $105
Instructor: Rokia Tamache

Kerrisdale Peter Talks 19+ yrs
Everyone is welcome! Join us for education talks on a variety of topics from science to the arts. Pick up a copy of the monthly Monarch for topic information Free, registration required.
Tu 11:00 AM-12:00 PM Jul 02
Tu 11:00 AM-12:00 PM Aug 06

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, registration not required.
W 9:15 AM-10:30 AM Jul 03-Aug 28

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 using Safari to surf the worldwide web. Individual help and notes provided.
Th 11:00 AM-12:00 PM Jul 11-Jul 25
$32.25/3 sess Adult Rate: $43.50
Instructor: Catherine Myerowitz

Fun with iPads and iPhones Part 2 55+ yrs
No previous knowledge required. Learn to make free audio and video calls to your family and friends. Add new Contacts. Learn use You Tube to watch videos and listen to music. Download games and other apps. Bring your questions. Summarized handouts and individual help provided.
Th 11:00 AM-12:00 PM Aug 01-Aug 15
$32.25/3 sess Adult Rate: $43.50
Instructor: Catherine Myerowitz

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 at bwade020@gmail.com for more information. Drop-in $8. No class Aug 5.
M 10:00 AM-12:00 PM Jul 08-Aug 26
$34.25/7 sess Adult Rate: $45.50
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. Community Centre membership required.
W 12:30 PM-2:45 PM Jul 03-Aug 28
Drop-in $5
Instructor: Barry Wade

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. Each class on Mondays, Tuesdays and Thursdays is one hour long, from 7:30 am to 8:30 am and 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 adult/$5 senior, if space permits. No class Aug 5.
M Tu Th 7:30 AM-8:30 AM Jul 02-Aug 20
$70.25/22 sess Adult Rate: $93.50
Instructor: Berdjis Bahrami

Play Better Bridge 55+ yrs
Join Zara Jackson in this workshop for novices, also refresh the players who would like to discuss previous problems in play. Hands-on experience to familiarize yourself with the game and promote your brain cells health. Drop-in $7 adult/$6 senior, if space permits.
W 5:00 PM-7:00 PM Jul 03-Jul 31
$25/5 sess Adult Rate: $30
W 5:00 PM-7:00 PM Aug 07-Aug 28
$20/4 sess Adult Rate: $24
Instructor: Zara Jackson
Enthusiastic Walkers 55+ yrs
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. A waiver must be filled out each season.
F 9:00 AM-12:00 PM Jul 05-Aug 30
221596
Free, registration required/13 sess

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.
F 1:00 PM-5:30 PM Jul 05-Aug 26
221678
$39/1
Instructor: Maxine Wishart

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 Adults $6/ Seniors $5 space permitting.
W 2:30 PM-3:30 PM Jul 03-Jul 31
221676
$19.75/5 sess Adult Rate: $26.25
F 2:30 PM-3:30 PM Jul 03-Jul 26
221675
$15.75/4 sess Adult Rate: $21
Instructor: Sylvia Smallman

Minds in Motion 55+ yrs
Join us for light exercise conducted by a certified fitness instructor followed by activities and social time. This program is for people living with dementia to attend with a friend, family member or care partner. For more information or to try out a free session prior to registering, call Minds in Motion® Coordinator Kate 604.675.5156
W 9:45 AM-11:45 AM Jul 03-Aug 28
221704
$54/9 sess
Instructor: Keiko Murakami

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 great feeling. Drop-in adults $10/ seniors $9, if space permits.
Free Trial
W 8:30 AM-9:30 AM Jul 03
221710
Free, registration required
W 8:30 AM-9:30 AM Jul 10-Jul 31
221705
$25.25/4 sess Adult Rate: $36
W 8:30 AM-9:30 AM Aug 7-Aug 28
221709
$25.25/4 sess Adult Rate: $36
Instructor: Keiko Murakami
HEALTH & FITNESS

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 adult/$5 senior, if space permits.

M W F 1:20 PM-2:20 PM Jul 03-Jul 31
$33.75/9 sess Adult Rate: $45.00
Instructor: Keno Kinoshita

Osteofit Level 1 55+ yrs
Provided in partnership with BC Women's Health Centre, this exercise program is for people with Osteoporosis. Emphasis is on building strength and improving balance to prevent falls. An education component on nutrition, treatment options, and osteoporosis is also included. Monday class taught by Rachel King and Thursday class taught by Berdjis Bahrami. Drop-in $5 adult/$4 senior, if space permits. No class Aug 5.

M Th 10:00 AM-11:00 AM Jul 04-Aug 15
$73.25/13 sess Adult Rate: $97.76
Instructor: Berdjis Bahrami

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 $5 adult/$4 senior, if space permits.

Th 8:55 AM-9:55 AM Jul 04-Aug 15
$22.25/7 sess Adult Rate: $31.50
Instructor: Berdjis Bahrami

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 Jul 03-Jul 31
$43.00/5 sess Adult Rate: $62.50
Instructor: Berdjis Bahrami

F 3:45 PM-4:45 PM Jul 05-Jul 26
$37.50/4 sess Adult Rate: $50
Instructor: Keno Kinoshita

Drumercise 55+ yrs
Drumming is an easily accessible activity that burns calories & improves mood. Participants will be engaged in general cardio fun filled drumming while working on the following as well: core strengthening, and upper & lower body exercise & stretching. Beat yourself into a more active lifestyle now! Drop-in $12, if space permits.

Th 1:00 PM-1:45 PM Jul 04-Aug 22
$56/8 sess Adult Rate: $80
Instructor: Musical Expressions

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 Jul 09-Aug 30
$120.00/16 sess

Tu F 9:30 AM-10:25 AM Jul 09-Aug 30
$120.00/16 sess

Tu F 10:30 AM-11:25 AM Jul 09-Aug 30
$120.00/16 sess

Tu F 11:30 AM-12:25 PM Jul 09-Aug 30
$120.00/16 sess

Instructor: UBC School Of Kinesiology

THE MONARCH
This monthly newsletter is available for .25 cents starting on the last Wednesday at the seniors front desk or the main office.
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.

**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.

**Fees**
- Drop-In: $3.50 Sr/Yth $3.50 Adult
- 10 Visit Pass: $29 Sr/Yth $29 Adult
- 1 Month Pass: $27 Sr/Yth $35 Adult
- 3 Month Pass: $56 Sr/Yth $76 Adult
- 6 Month Pass: $105 Sr/Yth $140 Adult
- 12 Month Pass: $168 Sr/Yth $221 Adult

**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.

**EXERCISE ROOM**

<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>
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<td>$168</td>
<td>$221</td>
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</tbody>
</table>

**SENIORS GROUP FITNESS**

<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 9 Weeks</td>
<td>$91.00</td>
<td>$113.40</td>
</tr>
</tbody>
</table>

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.

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 24.

**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
Billiards/Snooker  
**55+ yrs**  
Enjoy our billiards room with two pool tables. On-going drop-in play available.  

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
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</thead>
<tbody>
<tr>
<td>Mon/Wed</td>
<td>9:00am-1:00pm</td>
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<td></td>
<td>4:00pm-9:30pm</td>
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<tr>
<td>Tues/Thurs/Fri</td>
<td>9:00am-9:30pm</td>
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<tr>
<td>Sat/Sun</td>
<td>9:00am-5:00pm</td>
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</tbody>
</table>

**SOCIAL**

Mind Matters Mix  
**55+ yrs**  
A stimulating and interesting discussion group meets MONDAYS from 2 to 3:30pm 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. Educational mini-bus excursions are organized once month for a nominal fee. Songbooks will be provided to use during the session. Free with membership. On-going, no registration required.

To return in Fall 2019

**Texas Holdem Poker 55+ yrs**  
You have seen it on TV and on the computer, now is the chance to learn how to play it at the Kerrisdale Seniors centre. This program is for players of all levels and ages looking for fun and excitement. Just drop-in, centre membership is required.

**Ukulele Jam 19+ yrs**  
Please note that the sing along will now be the first 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.

**Video Movies 55+ yrs**  
Come and enjoy a movie shown on a large screen TV. Movie titles will be posted monthly in the Monarch newsletter.

**Chess - Seniors Centre 55+ yrs**  
Join us for a friendly game of Chess! On-going drop-in program.

**Enthusiastic Walkers 55+ yrs**  
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. A waiver must be filled out each season.

**Follow Us**

Twitter • Instagram • Facebook

@KerrisdaleCC
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.

604-257-8105

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<th>Thursday</th>
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<th>Saturday</th>
<th>Sunday</th>
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</thead>
<tbody>
<tr>
<td>Length Swim 6:00-7:15am</td>
<td>Rentals Available</td>
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<td>Rentals Available</td>
<td>Length Swim 6:00-7:15am</td>
<td>Rentals Available</td>
<td>Rentals Available</td>
</tr>
<tr>
<td>Rentals Available 7:20-8:15am</td>
<td>Aquafit 7:20-8:15am</td>
<td>Aquafit 7:20-8:15am</td>
<td>Aquafit 7:20-8:15am</td>
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</tr>
</tbody>
</table>

Lessons Only Closed to Public 8:30am-12:30pm
Lengths Swim 12:30-1:30pm

Mild Aquafit 1:35-2:30pm
ROM 1:35-2:20pm
Mild Aquafit 1:35-2:30pm
ROM 1:35-2:20pm
Mild Aquafit 1:35-2:30pm
Public Swim 3:30-5:00pm
Public Swim 12:30-2:00pm

Public Swim & Lessons - L - 2:30-6:45pm
Public Swim & Lessons - L - 2:30-6:45pm
Public Swim & Lessons - L - 2:30-6:45pm
Public Swim 2:30-4:00pm
Rentals Available
Rentals Available

Deepfit 6:45-7:30pm
Deepfit 6:45-7:30pm

Length Swim 7:35-8:30pm
Workout Swim 7:35-8:30pm
Length Swim 7:35-8:30pm
Workout Swim 7:35-8:30pm

Rentals Available
Rentals Available

Drop-in 10 visit usage
4 years & under ........ FREE 5 years & under Free
5-12 years .............. $3.05 5-12 years $24.80
Youth 13-18 yrs ......... $4.27 $4.27 $34.72
Adult 19-64 yrs ........ $6.10 $6.10 $49.60
Senior 65+ yrs .......... $4.27 $4.27 $34.72
Family .................. $3.05 Per Person Discount Dip 4:00-8:00pm

Drop-in usage

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.

Additional Pool Schedules
Go to vancouverparks.ca
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.

NEXT LESSON REGISTRATION
Tuesday June 25 at 7:00pm
Tuesday August 27 at 7:00pm
NEW TIME

Group lessons will be
online, in-person, or over the phone (when available).

Private lessons will be
online, in-person or over the phone (when available).

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. No class May 18. For more information, visit www.vancouverlifeguards.com.
F 4:00 pm-6:00 pm Jul 5-Aug 23 $173.42/8 sess
Instructor: Vancouver Lifeguard Association

Public Swim Schedule
Go to vancouverparks.ca

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 (5-16 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.

HOLIDAY SCHEDULES
CANADA DAY WEEKEND
JUNE 29-JULY 1
BC DAY WEEKEND
AUGUST 3-5
10:05am-11:05am.................Aquafit
11:10am-12:30pm...Length Swim
12:30pm-2:00pm......Public Swim
**PLAY PALACE BIRTHDAY PARTIES**

*Birthday Party Bookings are available April 9 to August 29.*

There are two options for Birthday Parties at the Play Palace.

<table>
<thead>
<tr>
<th>OPTION #1:</th>
<th>OPTION #2:</th>
</tr>
</thead>
<tbody>
<tr>
<td>You can have a <strong>PUBLIC PARTY</strong> while we are open to the public and book a party area. These bookings are designed for smaller groups as our party areas can only accommodate a maximum of 20 children. The play area will be shared by other party users and drop-in users. Fees include your admission to the play palace: Public Parties: Includes Tax</td>
<td>You can have a <strong>PRIVATE PARTY</strong> where you have the whole facility to your group. These parties are ideal if you are planning to invite a lot of kids and parents (up to 100 guests). Fee includes exclusive use of the facility, admission for all of your guests and two staff to assist with set up/clean up and monitoring of the play equipment. Bookings are based on a 2 hour party. Additional time can be purchased only for Non-Prime Time parties at a rate of <strong>$40/30 min</strong>. Private parties are booked:</td>
</tr>
<tr>
<td><strong>Weekend Bookings:</strong></td>
<td><strong>Non-Prime Time Private Party:</strong> Monday-Thursday <strong>ANYTIME</strong> after 5:00pm, Fridays &amp; Saturdays from 7:00-9:00pm <strong>$333.22</strong> Additional time <strong>$40/30 min</strong>.</td>
</tr>
<tr>
<td>Sat &amp; Sun 10:30am-12:30pm OR 1:30-3:30pm</td>
<td><strong>Prime Time Private Party:</strong> Bookings are available from 4:30-6:30pm on Friday, Saturday and Sunday <strong>$369.77</strong></td>
</tr>
<tr>
<td>Private Room</td>
<td>Monday, Tuesday, Wednesday <strong>2:00-4:00pm</strong> Upper Concourse (1 of 3 areas) <strong>$89.94</strong> Fri <strong>2:00-3:30pm</strong> Upper Concourse (1 area) <strong>$65.79</strong></td>
</tr>
<tr>
<td><strong>Weekday Bookings:</strong></td>
<td><strong>Weekend Bookings:</strong> Sat &amp; Sun 10:30am-12:30pm OR 1:30-3:30pm</td>
</tr>
<tr>
<td>Mon-Thurs 2:00-4:00pm</td>
<td><strong>Private Room</strong> <strong>$122.57</strong></td>
</tr>
<tr>
<td>Upper Concourse (1 area)</td>
<td><strong>Upper Concourse (1 area)</strong> <strong>$105.86</strong></td>
</tr>
<tr>
<td>Upper Concourse (1 area)</td>
<td><strong>Skate Shop</strong> <strong>$105.86</strong></td>
</tr>
<tr>
<td><strong>Fees include your admission to the play palace:</strong> Public Parties: Includes Tax</td>
<td></td>
</tr>
</tbody>
</table>

**THINGS TO KNOW BEFORE YOU BOOK**

- *Children must meet the following height requirements: 32 inches for Trilenium, Hopscotch & The Obstacle Course Inflatables. 40 inches for the Maze & Slide*  
- All children MUST wear socks in the Play Palace Area.  
- All adults MUST remove their shoes and wear socks to enter the Toddler & Preschool Area.  
- Parent participation is mandatory. Staff are only responsible for ensuring that equipment is available and safe to operate.  
- We provide tables and chairs and a leader to supervise the equipment.  
- You will be provided 30 minutes before and after your booking time to set up and clean up your party area. You MUST vacate the party area within 15 minutes after your booking.  
- Long sleeve shirts are recommended.  
- Adults are not allowed on any of the inflatable equipment.  
- We are not responsible for lost or stolen items.

**BOOKING PROCEDURES**

- All bookings are on a first-come-first-served basis.  
- All public party time slots and private party bookings can be completed ON-LINE at kerrisdalecc.com if you have an existing on-line account with the Vancouver Park Board.  
- If you want to register at the Arena, please call 604-257-8121 to ensure a cashier is on duty to assist.  
- Bookings are only confirmed upon receipt of FULL payment.  
- Cancellation notice MUST be received 21 days before your booking date. All approved refunds are subject to a **$10 administration fee.**
**KERRISDALE PLAY PALACE**

Located at Kerrisdale Arena
5670 E. Boulevard

**April 9 - August 29**

**OPEN 7 days a week**

**Admission Fees**

<table>
<thead>
<tr>
<th>Fees</th>
<th>single</th>
<th>10-pass</th>
</tr>
</thead>
<tbody>
<tr>
<td>6-23 months</td>
<td>$3.77</td>
<td>$30.12</td>
</tr>
<tr>
<td>2-5 Years</td>
<td>$4.88</td>
<td>$39.05</td>
</tr>
<tr>
<td>6-12 years</td>
<td>$5.42</td>
<td>$43.32</td>
</tr>
<tr>
<td>Group Rate</td>
<td>$3.49</td>
<td></td>
</tr>
</tbody>
</table>

Includes Tax

- Please do not run in the Play Palace Area.
- Food and drinks are not allowed in the play area.
- Toddler & Preschool area is for children 5 yrs and under.
- On the slide, go feet first & on your bottom only.
- Adults are not allowed on any of the inflatable equipment.

**Please respect the following rules regarding drop-in at the Play Palace**

- All children MUST wear socks in the Play Palace Area.
- All adults MUST remove their shoes and wear socks to enter the Toddler & Preschool Area.
- Children MUST be supervised by an adult at all times.
- We recommend participants wear long sleeve shirts to prevent friction burns.

**Monday**

<table>
<thead>
<tr>
<th>Toddlers 0-23 mths only 8:30-9:30am</th>
<th>Toddler &amp; Preschool Area 9:30am to close on Stat Holidays</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-5 yrs 9:30-11:30am</td>
<td>All Ages 10:00am-4:00pm</td>
</tr>
<tr>
<td>All Ages 11:30am-4:00pm</td>
<td></td>
</tr>
</tbody>
</table>

**Tuesday**

| We welcome school, daycare and daycamp groups to join us from 12:00-2:00pm Monday-Friday. Please call in advance at 604-257-8122 to reserve your group rate of $3.49/child! |
|-------------------------------------|--------------------------------------------------------|
| 0-5 yrs 9:30-11:30am                | All Ages 10:00am-4:00pm                                |
| All Ages 11:30am-4:00pm             |                                                         |

**Wednesday**

<table>
<thead>
<tr>
<th>0-5 yrs 9:30-11:30am</th>
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<tr>
<td>All Ages 10:00am-4:00pm</td>
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</tbody>
</table>

**Thursday**

<table>
<thead>
<tr>
<th>All Ages 10:00am-4:00pm</th>
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</thead>
<tbody>
<tr>
<td>12 and under welcome 9:30am to close on Stat Holidays</td>
</tr>
</tbody>
</table>

**Friday**

<table>
<thead>
<tr>
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**We have Birthday Parties!**

Book online
www.kerrisdaleccc.com

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**Please respect the following rules regarding drop-in at the Play Palace**

- Please do not run in the Play Palace Area.
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**Admission Fees**

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Public Swimming

June 15-August 18
10:15am-7:45pm

August 19-September 3
10:15am-6:45pm

If the weather is poor, please call 604-257-8105 to find out whether the pool is open. Keep in touch with the pool operation, lessons and program updates on Twitter @kerrisdalecc.

To book picnics only at Maple Grove Park (May 1-September 30), please call 604-257-8516.

Admission Fees

Cash Only

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<tr>
<td>3-18 years &amp; 65+yrs</td>
<td>$66.00</td>
</tr>
<tr>
<td>Adult 19-64</td>
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Please note prices subject to change.

Swimming Lessons

Weekday Lessons run rain or shine. Registration starts at 7:00pm on Tuesday June 25. online & in-person at all Vancouver Community Centres. For more info go to vancouver.ca

Summer Set 1: July 2-12 (9 sess)
Summer Set 2: July 15-26 (10 sess)
Summer Set 3: Jul 29-Aug 9 (9 sess)

MAPLE GROVE POOL

6875 Yew Street (53rd and South West Marine Drive) 604.266.9512

Operated by the Vancouver Board of Parks & Recreation, Maple Grove is a large, heated, free-formed wading pool that is surrounded by parkland and playground. It is an ideal location to learn to swim, spend a day on a family outing or just to bask in the sun. Enjoy a hot dog or ice cream at our concession!

MAPLE GROVE DAY

Saturday July 27 2:00-5:00pm

Let’s enjoy a summer afternoon together with games, water safety activities, arts & crafts and much more! Regular admission rates apply.

www.kerrisdalecc.com