

SPORTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Badminton Court Rentals 11:45am-12:45pm	Pickle Ball 12:30-2:30pm	Badminton Court Rentals 11:45am-12:45pm	Badminton Court Rentals 7:00-8:00pm	Badminton Court Rentals 11:45am-12:45pm	Pickle Ball 12:30-2:30pm	
		Pickle Ball 1:00-3:00pm				
	Badminton: Recreational 8:00-9:45pm	Floor Hockey 7:45-9:45pm	Pickle Ball 8:15-9:45pm	Basketball: Recreational 8:00-10:00pm		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 of the program. **Drop ins:** You can sign up in person or over the phone 604-257-8101 two hours prior to the start of the program.

Badminton - Court Rentals

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 rackets and birds.

Su	11:45 am-12:45 pm	\$13/1 hour court
Tu	11:45 am-12:45 pm	\$13/1 hour court
W	7:00 pm-8:00 pm	\$13/1 hour court
Th	11:45 am-12:45 pm	\$13/1 hour court

[View online](#)

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, space permitting. Drop-in players may sign up in person beginning two hours before scheduled class time.

M	8:00pm-9:45pm	Jan 07-Mar 18
▶194930		\$49.50/11 sess

Instructor: No Instructor

Basketball - Competitive 18+yrs

Experienced and competitive players are encouraged to join. Players are asked to bring a reversible top or both a white shirt and a dark shirt. Drop-in \$5, space permitting. Program accepts phone in reservation (604-257-8101) for drop-ins spots starting at 10am. No program Mar 30.

Sa	12:00pm-2:00pm	Jan 12-Mar 23
▶191409		\$49.50/11 sess

Instructor: Aman Jhutti

Basketball - Recreational 18+yrs

Please be ready to play by 8:15pm. Drop-in \$5, space permitting. Program accepts phone in reservation (604-257-8101) for drop-ins spots starting at 6pm.

Th	8:00pm-10:00pm	Jan 10-Mar 21
▶191413		\$49.50/11 sess

Instructor: Aman Jhutti

Basketball: Co-Ed League (KBL) 19+yrs

This is an organized league with games on Sunday nights. Games are an hr between 1-8pm. A schedule is set before the season starts. Players must register as a team. Minimum number of players required for registration is 9 (5 guys/4 gals). The games are self-refereed with a detailed set of rules. For inquiries on how to join a team or submit a team for this league, contact Biraj at 604-738-2333.

Su	1:00pm-8:00pm	Feb 24-Jun 16
▶194937		\$760/team

Instructor: Biraj Bora

Floor Hockey - Recreational 18+yrs

Please bring your own stick (plastic or composite). Shin guards and eye protection recommended. Drop-in \$5, space permitting.

Tu	7:45pm-9:45pm	Jan 08-Mar 19
▶194931		\$49.50/11 sess

Instructor: Kenneth Trieu

Learn to Play Pickleball: Adult Daytime 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.

W	1:00pm-3:00pm	Jan 09-Mar 13
▶194646		\$126/10 sess

Instructor: Mona Lee

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, space permitting.

M	12:30pm-2:30pm	Jan 07-Mar 18
▶194932		\$25/10 sess
Tu	1:00pm-3:00pm	Jan 01-Mar 19
▶194933		\$30/12 sess
W	8:15pm-9:45pm	Jan 02-Mar 20
▶194934		\$30/12 sess
F	12:30pm-2:30pm	Jan 11-Mar 22
▶194935		\$27.50/11 sess



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

GROUP FITNESS SCHEDULE

SCHEDULE IN EFFECT January 1-March 31, 2019 Schedule subject to change.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday											
6:20-7:15am	Early Risers Keep Fit (G) Bonnie <i>6:20-7:15am</i>		Early Risers Keep Fit (G) Rachel <i>*NEW TIME 6:10-7:05am</i>		Early Risers Keep Fit (G) Rachel <i>*NEW TIME 6:10-7:05am</i>	Core Training (A) Charlene <i>9:15-10:30am</i>												
9:00-10:00am	Total Body Conditioning (G) Meg	Cardio & Stretch (G) Meg	Total Body Conditioning (G) Meg	Zumba Gold (G) Shelley	Cardio & Stretch (G) Meg	Zumba (G) Tanya <i>9:30-10:30am</i>												
9:15-10:15am	Step (A) Camille	Gentle Fit (S) Audrey Step & Core (A) Kristiina	Step Cardio Core (A) Diane <i>*Ends 10:30am</i>		Step n'Sculpt (A) Camille		Step PLUS (A) Mike <i>*Ends 10:25am</i>											
10:30-11:30am	Advanced Gentle Fit (A) Dee	Mild/ Moderate (A) Audrey		Low Impact (A) Dee		Gentle Fit (S) Audrey <i>10:20-11:15am</i>												
12:00-1:00pm				Zumba (A) Tanya		Legend: A = Auditorium (max 40) G = Gymnasium (max 100) S = Seniors Centre (max 30)												
5:30-6:30pm	Zumba (A) Tanya		Zumba (A) Tanya			<table border="1"> <thead> <tr> <th>Rates</th> <th>Adult</th> <th>Youth/ Seniors</th> </tr> </thead> <tbody> <tr> <td>Drop-In</td> <td>\$5.00</td> <td>\$4.00</td> </tr> <tr> <td>Fit Card 10 Classes</td> <td>\$45.25</td> <td>\$36.25</td> </tr> <tr> <td>Fit Chip 13 Weeks</td> <td>\$163.80</td> <td>\$131.50</td> </tr> </tbody> </table>	Rates	Adult	Youth/ Seniors	Drop-In	\$5.00	\$4.00	Fit Card 10 Classes	\$45.25	\$36.25	Fit Chip 13 Weeks	\$163.80	\$131.50
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6:00-7:00pm		Zumba Toning (A) Tanya		Zumba Toning (A) Tanya	FitChips will be for sale, two weeks prior to their effective date.													



HEALTH & FITNESS

Bollywood Burn 16+yrs

Incorporate the dazzling and fun choreography of Bollywood with a sweat-worthy, muscle burning program designed to leave you glowing and feeling fantastic. All sass and hips, this class is going to make you leave feeling like a beautiful Bollywood Diva.

www.KirbySnellDance.com.

Drop-in \$13. No class Feb 18.

M 8:15pm-9:15pm Jan 21-Mar 25
▶193060 \$103.95/9 sess

Free Trial 16+yrs

M 8:15pm-9:15pm Jan 14

▶193058 Free

Instructor: Endorphin Rush Dance And Fitness

Callanetics 18+yrs

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

www.callaneticsvancouver.com.

Tu 6:45pm-7:45pm Jan 08-Mar 26

▶193013 \$158/10 sess

W 7:20pm-8:20pm Jan 09-Mar 27

▶193014 \$158/10 sess

Instructor: Linda Shedden

Core Conditioning for a Strong, Healthy Back 16+yrs

This class focuses on core strength and stability exercises, essential for maintaining a healthy back. Bands, weights large and small exercise balls will be used. Balances exercises will be included and flexibility will improve with controlled stretching. Learn how to relax using correct breathing techniques. Please wear comfortable clothing and athletic footwear. No class Feb 18.

M 6:40pm-7:55pm Jan 07-Mar 18

▶192663 \$80/10 sess

Instructor: Dee Cresdee

Core Connection 16+yrs

An intermediate/advanced that will improve your strength, posture and alignment in a full-body workout where every exercise is based in the core - the natural girdle that wraps around the waist flattening the belly and supporting the back. The class incorporates the use of weights, the body ball and elements from Pilates all taught in a supportive non-competitive atmosphere. Drop-in \$14.75 . www.fitnessali.com

W 7:00pm-8:00pm Jan 09-Mar 20

▶192654 \$140.25/11 sess

Instructor: Alejandra Aguirre

ESSETRICS® Classes with Jana: Ongoing 16+yrs

Essentrics® (as seen on PBS and also known as Classical Stretch) is a full body workout that rapidly changes the shape of your body through a dynamic combination of strengthening and stretching. The technique develops lean, strong and flexible muscles with immediate changes to your posture. Perfect for men and women of all fitness levels, this program rebalances the body, prevents injuries and unlocks tight joints. With a diverse music playlist accompanying each routine, this workout leaves you feeling energized, youthful and healthy. Please bring a water bottle and small towel. \$16 drop-in space permitting.

W 4:30pm-5:30pm Jan 23-Mar 27

▶191315 \$140/10 sess

Trial Classes 16+yrs

Regular drop-in rate is \$16/class but register for these 2 session trial and pay only \$16/2 classes.

W 4:30pm-5:30pm Jan 09-Jan 16

▶191314 \$16/2 sess

Instructor: Jana Birkett

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, space permitting.

Tu 10:30am-11:30am Jan 08-Mar 26

▶191097 \$114/12 sess

Th 10:00am-11:00am Jan 10-Mar 28

▶191098 \$114/12 sess

Instructor: Barry Petkau

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ADULTS

HEALTH & FITNESS

Fifty Up!

16+yrs

Safe and strategic exercise for active boomers. Over an hour of exercise that incorporates all the elements we need to stay healthy as we age. Each class will incorporate dynamic stretching, tai chi, yoga and pilates movements, low impact cardio with light weights, relaxation and breathing exercises. In addition, every class will feature evidence-based health information to promote healthy aging. We'll examine topics such as weight (how to lose it and control it as you age); your brain, the latest research on keeping mentally fit; your feet, how to treat them well; sleep, how to get enough; your bones, building their strength. By the end, you will leave feeling stronger, leaner and energized, armed with knowledge and a personal prescription to follow at home. Exercises can be modified to fit all fitness levels. Drop in \$16, space permitting. No class Jan 22.

Tu 9:00am-10:00am Jan 08-Mar 26
191318 \$154/11 sess

Instructor: Joyce Resin

Flexercise

16+yrs

Flexercise is a unique and fluid combination of dynamic stretching, building core strength and muscle mass. Developed by BCRPA fitness instructor Joyce Resin, former host of CBC's national television program, "Alive! The Picture of Health" and Executive Director of the Healthy Heart Society, this course is designed to be safe, sustainable, fun and appropriate for all ages. Drop in \$16, space permitting. No class Jan 23.

W 6:00pm-7:00pm Jan 09-Mar 27
191319 \$154/11 sess

Instructor: Joyce Resin

Gentle Yoga

16+yrs

A gentle beginners yoga practice designed with a focus on releasing tension in the body, developing proper alignment, improving balance & flexibility. Learn proper breathing techniques to calm the mind and fulfill each stretch and posture. Rejuvenate, relax and nurture the mind, body and spirit connection. Drop in \$15, space permitting. No class Feb 18.

M 7:30pm-8:30pm Jan 14-Mar 11

193410

\$109.20/8 sess

Instructor: Butterfly Yoga

Gentle Yoga - Sundays

16+yrs

This yoga classes focusses on the fundamentals of yoga-breathing, gentle stretching, and range of motion movements for the joints to keep the joints flexible, the muscles relaxed and the body fluid. Drop-in is \$18.90, space permitting.

Su 9:00am-10:15am Jan 06-Mar 31

191970

\$198.45/12 sess

Instructor: Farah Nazarali

Mindful Eating: Power

NEW

Over Food

18+yrs

Mindful eating helps to reduce overeating, lose weight, overcome emotional eating and struggling with food while improving health and quality of life. It is among the easiest and most enjoyable mindfulness practices. Try it, your eating will never be the same! Bring your meal.

LearnMindfulness.org

Sa 12:15pm-1:15pm Mar 16

193248

\$15/1 sess

Instructor: Sung Yang

Mindfulness

Meditation Retreat 18+yrs

Enjoy a restorative and transformative morning with mindfulness meditation. Leaving behind stress and distractions of daily life, discover inner peace and a new paradigm for living well. Taught and led by experienced mindfulness teacher. LearnMindfulness.org

Sa 9:30am-12:00pm Mar 16

193247

\$19/1 sess

Instructor: Sung Yang

Pilates for Posture 18+yrs

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

Tu 6:30pm-7:30pm Jan 22-Feb 19

191663

\$69/5 sess

Tu 6:30pm-7:30pm Feb 26-Mar 26

191664

\$69/5 sess

Instructor: Into Yoga

Keep Kerrisdale Cozy!

Dec 3-7



Kerrisdale Youth Leaders are collecting new or gently used items such as toques, mittens, scarves or socks for those who are in need this winter season. As a thank you for your generous donation we will have hot chocolate, arts & crafts and holiday gift wrapping. Event details will be available by the end of November.



HEALTH & FITNESS

Pilates with Christina:

All Levels 16+yrs

This Pilates class focuses on helping you develop core strength which includes your abs, glutes and back. Learn core strength exercises to help improve spine and joint mobility, help with good posture and increase muscle tone. Practicing Pilates regularly can improve your core and stability which can prevent and treat back pain. Drop in \$15, space permitting. No class Feb 18, 20 & 27.

M	6:20pm-7:20pm	Jan 14-Mar 11
▶193411		\$109.20/8 sess
W	11:00am-12:00pm	Jan 16-Mar 13
▶193415		\$96.60/7 sess

Instructor: Butterfly Yoga

Reawakening the Abdominal Core Muscles 16+yrs

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

W	11:30am-12:30pm	Feb 06-Feb 27
▶191561		\$100/4 sess

Instructor: Meg Todd

Small Group Training NEW

Looking for individual attention, but motivated by group dynamics? Small group training will stimulate you to work hard while at the same time ensuring that your individual needs, questions, and goals are considered. With instruction to ensure that you perform exercises correctly, you will be guided through varied workouts that train strength, endurance, the cardiovascular system, balance, and flexibility, using both equipment and body weight. This class will include weight room activities. No class Feb 18.

M	10:30am-11:30am	Jan 14-Mar 25
▶191563		\$125/10 sess
W	10:30am-11:30am	Jan 16-Mar 20
▶191656		\$125/10 sess

Instructor: Meg Todd

Tai Chi with Nathan 16+yrs

An ancient and unique system of health enhancement, emphasizing relaxation, balance, coordination and agility. Tai Chi is a total system of exercise incorporating mental as well as physical discipline. This class is conducted in a fun and relaxed manner, and is suitable for people of all ages and fitness levels. Drop in \$16.

W	7:15pm-8:15pm	Jan 09-Mar 27
▶191418		\$168/12 sess

Instructor: Nathan Szredni

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. No class Feb 18.

M	10:30am-11:45am	Jan 14-Mar 25
▶191662		\$138/10 sess
F	9:15am-10:15am	Jan 18-Mar 08
▶191665		\$109/8 sess

Instructor: Into Yoga

Yoga with Karen 16+yrs

Join Karen for a yoga practice that revitalizes the body, calms the mind and deepens self-awareness. As we breathe and move, we become fully present in our body. With strengthening and stretching poses, breath, and guided relaxation, her classes are designed as a gentle exploration of our physical potential and the influence our energy may have on our thoughts and how we lead our lives. Karen brings a lightness and a sense of joy and ease to her classes. She emphasizes body awareness, self acceptance, alignment and safety. Drop in \$18, space permitting.

A Gentle Class with Karen

W	4:30pm-5:45pm	Jan 09-Mar 27
▶191358		\$168/12 sess

Yoga with Karen

Th	9:00am-10:15am	Jan 10-Mar 28
▶191359		\$168/12 sess

Instructor: Karen Heaps

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ADULTS



HEALTH & FITNESS

Yoga4Stiff Guys:

All Levels

18+yrs

An all levels yoga series designed for guys who want to improve flexibility, increase strength, and relax the mind and body. Although everyone is welcome, 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.

Tu	7:00pm-8:00pm	Jan 08-Feb 12
▶192200		\$75.60/6 sess
Tu	7:00pm-8:00pm	Feb 19-Mar 26
▶192201		\$75.60/6 sess
Th	7:00pm-8:00pm	Jan 10-Feb 14
▶192202		\$75.60/6 sess
Th	7:00pm-8:00pm	Feb 21-Mar 28
▶192203		\$75.60/6 sess

Instructor: Misurka Yoga Ltd.

Pilates Plus - Intermediate

19+ yrs

This fast paced class is for participants with Pilates experience. Classic pilates mat work incorporating therabands, balls and yoga blocks, standing, kneeling and seated postures ensures a workout with an impact plus.

W	10:30 am-11:30 am	Jan 02-Mar 27
▶194942		Adult Rate: \$195/13 sess Srs Rate: \$146.25

Instructor: Barbara McDonald

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Posture Perfect

19+ yrs

You may be strong in your arms and legs, working out with weights, walking, running or cycling but what about the muscles that initiate your core and stabilize your spine to prevent injury during activity. This MAT WORK class is designed to stretch and strengthen underused stabilizing muscles. A challenging class for those interested.

Tu	5:30 pm-6:30 pm	Jan 08-Mar 26
▶192910		Adult Rate: \$180/12 sess Srs Rate: \$135

Instructor: Barbara McDonald

Yoga-Moving it

Up a Notch 19+ yrs

This class is designed for participants with a strong yoga background, familiar with the standard Surya Namaskara A&B, as well as traditional yoga poses. Every week we will breakdown a new pose to increase our yoga knowledge, in varying traditions. Drop-in Seniors \$13, Adults \$16 space permitting. No class Feb 18.

M	6:30 pm-7:30 pm	Jan 07-Mar 25
▶192936		Adult Rate: \$165/11 sess Srs Rate: \$124

Instructor: Barbara McDonald

Yogalates with Barb 19+ yrs

A blend of Yoga and Pilates. Combining the core strength exercises of Pilates and Yoga breathing, stretch and flexibility poses. Drop in \$15, space permitting. No class Feb 15.

F	12:30 pm-1:30 pm	Jan 04-Mar 15
▶194941		Adult Rate: \$150/10 sess Srs Rate: \$112.50

Instructor: Barbara McDonald

DANCE

Ballroom Bronze/Silver:Jive/ Viennese Waltz

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	4:00pm-5:15pm	Jan 03-Mar 28
▶191306		\$84.50/13 sess

Instructor: Tommy Ng

Ballroom Silver/Gold:

Tango/Cha Cha

16+yrs

Level: Silver/Gold. Learn to improve your ballroom dancing technique such as: timing, posture, footwork, body movement, hip action, shoulder leading, swing, sway, C.B.M., rise and fall. Tommy can teach in English and Cantonese. Drop-in \$9.50.

M	7:30pm-8:45pm	Jan 07-Mar 25
▶191305		\$78/12 sess

Instructor: Tommy Ng

Chinese Folk 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 Feb 4 & 18. Drop-in \$9.50 if space permits.

M	6:00pm-7:30pm	Jan 21-Mar 25
▶191313		\$63/8 sess

Instructor: Margaret Pan

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ADULTS

DANCE

**Hawaiian/Polynesian:
Beginner 1 16+yrs**

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

W 6:30pm-7:30pm Jan 09-Mar 27
 ▶191307 \$144/12 sess
 Instructor: Paul Latta Dance

**Hawaiian/Polynesian:
Beginner 2 16+yrs**

For those who have successfully completed Beginner 1 Adult Hawaiian / Polynesian Dance and/or have had previous Hula dance training, this is the next level! This class works with more in depth training in technique, & choreography, dancers prepare for Shows, Events, Competitions, Festivals & Activities (in full costumes) for those who wish an additional challenge! Moving up & on is the primary objective of this Level 2 class!

W 6:30pm-7:30pm Jan 09-Mar 27
 ▶191308 \$144/12 sess
 Instructor: Paul Latta Dance

**Hawaiian/Polynesian:
Intermediate 16+yrs**

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

W 7:30pm-9:00pm Jan 09-Mar 27
 ▶191309 \$228/12 sess
 Instructor: Paul Latta Dance

**Polynesian Dance
Workshop 16+yrs**

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

Su 12:30pm-2:30pm Jan 27
 ▶191310 \$12/1 sess
 Su 12:30pm-2:30pm Feb 24
 ▶191311 \$12/1 sess
 Su 12:30pm-2:30pm Mar 31
 ▶191312 \$12/1 sess
 Instructor: Paul Latta Dance

**Line Dancing:
Beginners 19+ yrs**

Good fun, great exercise and its not just country music any more! No experience necessary for the beginner level. If you join this class after the 3rd week, you must know some basic steps and terminology. No class Feb 18. Drop-in \$10 adults/\$8 seniors space permitting.

M 11:45 am-1:00 pm Jan 07-Mar 18
 ▶192662 Adult Rate: \$100/10 sess Srs Rate: \$75
 Th 6:30 pm-7:30 pm Jan 10-Mar 28
 ▶192665 Adult Rate: \$120/12 sess Srs Rate: \$90
 Instructor: Dee Cresdee

**Line Dancing:
Improver 19+ yrs**

Must have completed one or two beginner sessions. New dances and some old favourites will be taught to many types of music. Lots of review. After 3rd class must know basic terminology. Tue - Drop-in \$9 / adult and \$7/srs. Thu - Drop-in \$11/adult and \$9/ srs (space permitting).

Tu 12:00 pm-1:00 pm Jan 08-Mar 19
 ▶192664 Srs Rate: \$66/11 sess Adult Rate: \$88
 Th 7:30 pm-9:00 pm Jan 10-Mar 28
 ▶192891 Srs Rate: \$90/12 sess Adult Rate: \$120
 Instructor: Dee Cresdee



**Kerrisdale Community
Centre Society Board
Annual General Meeting**

**Wednesday February 20, 2019
@ 7:30 pm**

All current KCC members are urged to attend. Please bring your membership card with you.



ADULTS

DANCE

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. If space permitting drop-ins \$10/Srs, \$12/adults. No class Feb 4 & 18.

M 4:15 pm-5:15 pm Jan 07-Mar 18
192923 Adult Rate: \$110/10 sess Srs Rate: \$82.50

Instructor: Beryl Israel

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 Jan 05-Mar 30
192912



Jan 6

Feb 3

Mar 3

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 a \$5/drop-in.

Su 2:00 pm-4:00 pm

\$10 annual Opera Zone card required
 Jan 6, Feb 3, Mar 3

FIRST AID 16+ yrs

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

CPR Level C/AED

14+yrs

This course allows you to properly recognize and respond to choking, cardiovascular, and breathing emergencies that occur with infants, children and adults. Course also includes AED.

Sa 9:30am-3:00pm Jan 12
193100 \$84/1 sess Feb 09
 Sa 9:30am-3:00pm
193101 \$84/1 sess Mar 09
 Sa 9:30am-3:00pm
193102 \$84/1 sess

CPR Level C/AED

Recert

14+yrs

Pre-Req: Must have and bring your current CPR C certificate.

Sa 9:00am-12:30pm Jan 05
193111 \$84/1 sess
 Su 9:00am-12:30pm Jan 20
193112 \$57.75/1 sess Feb 17
 Su 9:00am-12:30pm
193113 \$57.75/1 sess Mar 17
 Su 9:00am-12:30pm
193114 \$57.75/1 sess

EFA & CPR Level C/AED

Recert

14+yrs

Pre-Req: Must have and bring your current Emergency First Aid & CPR C certificate. Includes AED certification.

Sa 9:00am-2:30pm Jan 05
193107 \$73.50/1 sess
 Su 9:00am-2:30pm Jan 20
193108 \$73.50/1 sess
 Su 9:00am-2:30pm Feb 17
193109 \$73.50/1 sess
 Su 9:00am-2:30pm Mar 17

193110

\$73.50/1 sess

Emergency First Aid/CPRC/AED

14+yrs

EFA is a practical course that will give you the basic skills and knowledge needed to prevent and effectively treat life threatening emergencies. EFA includes CPR Level C Basic Rescuer and AED Certification.

Sa 9:30am-5:30pm Jan 12
193097 \$110.25/1 sess Feb 09
 Sa 9:30am-5:30pm
193098 \$110.25/1 sess Mar 09
 Sa 9:30am-5:30pm
193099 \$110.25/1 sess

Standard First Aid & CPR C/AED Recert

14+yrs

Pre-Req: Must have and bring your current Standard First Aid certification.

Sa 9:00am-5:00pm Jan 05
193103 \$80/1 sess
 Su 9:00am-5:00pm Jan 20
193104 \$84/1 sess Feb 17
193105 \$84/1 sess Mar 17
 Su 9:00am-5:00pm
193106 \$84/1 sess

Standard

First Aid/CPRC/AED

14+yrs

SFA includes all EFA course content plus victim management, heat and cold injuries, bone and joint injuries, sprains, wounds, head trauma, diabetes, burns and poisons. SFA also includes CPR Level C Basic Rescuer Certification and AED.

Sa Su 9:30am-4:30pm Jan 12-Jan 13
193091 \$168/2 sess
 Sa Su 9:30am-4:30pm Feb 09-Feb 10
193092 \$168/2 sess
 Sa Su 9:30am-4:30pm Mar 09-Mar 10
193093 \$168/2 sess



ADULTS

ART

Drawing & Painting 18+yrs

Before being able to paint with individual style, you will learn how to draw, shape and form images in perspective while creating compositional structures. You will experiment with a variety of painting materials such as colour pencils, pastels, watercolour, acrylic, etc. We will explore topics including landscape, still life, flowers, figures and more. Please bring any drawing and colour materials that you may want for the first class. www.atashzad.com. Supplies are not included. Supply list available upon registration. Drop in \$25.

Tu 11:00am-1:00pm Jan 08-Mar 12
▶192682 \$195/10 sess
 Instructor: Mohammad Atashzad

Magical Mixing of Watercolours 18+yrs NEW

This session we will use a couple of techniques to explore the magical mixing of watercolours. We will first focus on wet in wet painting to create dramatic skies anywhere from sunsets to thunder storms, then use splattering to create tangled gardens, or other kinds of vegetation. All levels are welcome. A list of supplies will be given upon registration but bring whatever you have to the first class. \$20 drop-in if space permits.

W 12:30pm-2:30pm Jan 16-Mar 06
▶194578 \$180/8 sess
 Instructor: Jennifer Burrows

Perspective Drawing 18+yrs

This course is for students who are interested in progressing their 2D design ideas into 3D designs using freehand perspective. They will learn how to draw landscapes, buildings, streets, interior designs, figures, etc. In every session they will finish an amazing artwork. www.atashzad.com. Supplies are not included. Supply list available upon registration. Drop in \$25.

Tu 2:00pm-4:00pm Jan 08-Mar 12
▶192683 \$195/10 sess
 Instructor: Mohammad Atashzad

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.

Th 9:30am-12:00pm Jan 10-Mar 14
▶194567 \$147/10 sess
 Th 12:30pm-3:00pm Jan 10-Mar 14
▶194569 \$147/10 sess
 F 9:30am-12:00pm Jan 11-Mar 15
▶194570 \$147/10 sess
 F 12:30pm-3:00pm Jan 11-Mar 15
▶194571 \$147/10 sess
 M NEW 7:00pm-9:00pm Jan 14-Mar 11
▶195964 \$117.60/8 sess

Instructor: Janine Schroedter

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. www.atashzad.com. Drop-in \$25.

Tu 9:00am-11:00am Jan 08-Mar 12
▶192686 \$195/10 sess
 Tu 7:00pm-9:00pm Jan 08-Mar 12
▶192687 \$195/10 sess
 Instructor: Mohammad Atashzad

Realistic Drawing for All Levels 19+yrs NEW

The two main things that make a realistic art look real are 'forms and values'. In this class, we will get right to the bottom of the real causes, of what makes it hard to see the forms and values correctly. We will practice to switch the way we see 'forms and values' to through various methods of visual "training wheels" old masters used. You will have a number of "ahh" moments both from the new understanding and the notable improvement of your work. This class will help teach you very valuable fundamental principles and skills for the representational art of all mediums. More info @visionscribe. \$25 drop-in space permitting.

M 7:00pm-9:00pm Jan 7-Mar 11
▶199269 \$204.75/10 sess
 Instructor: Joo-Yong Chang

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View instructor profiles at
www.kerrisdalecc.com



ADULTS



ART

Everyday NEW

Printmaking 12+ yrs

We will modify printmaking conventions, In addition to synthetic inks, we will experiment with organics (coffee, henna, beets, grass) that change as they oxidize. We may sprinkle pigment over the surface and spray it with water to develop the colour, to form varied textures. Employing DIY methods, we will use common objects (rubber bands, paper cutouts, leaves bones, ferns, feathers) as "plates to make repeated patterns. We will also experiment with frottage and collage.

Su 1:00 pm-3:00 pm Jan 6-Feb 24
▶196988 \$75/8 sess Adult Rate: \$100
 Instructor: Soyoung Park

Discover the NEW Artist Within

19+ yrs

For beginners and artists alike. Classes will incorporate play, personal inspirations and visualizations. Finger painting, collage, acrylic painting and simple mark making or drawing will be used as you are guided to discover your own deep well of creativity that is uniquely your own. All materials needed are supplied. Just bring yourselves and an open mind.

Sa 1:00pm-3:30pm Jan 19-Feb 23
▶199189 \$189/6 sess
 Instructor: Gwen Dirks

POTTERY

Pottery

16+ yrs

Platters, mugs, bowls and vases are just a few of the exciting handbuilding projects that you will create in this relaxing class. We will investigate techniques such as slabbing, coiling pinching, slump moulds and draping. we will also explore surface decoration like scraffito, carving stamping and slips. Course suitable for all levels. One bag of clay included in course fee.

M 12:00pm-3:00pm Jan 21-Mar 11
▶192655 \$186/8 sess
 M 6:30pm-9:30pm Jan 21-Mar 11
▶192657 \$186/8 sess
 Instructor: Laura Van Der Linde

Pottery

18+ yrs

A non formal session to work on your own projects. The instructor 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 for those currently registered in KCC pottery classes (please see Instructor to confirm availability before purchasing drop in).

Th 6:00pm-9:00pm Jan 10-Mar 14
▶194564 \$220/10 sess
 Sa 10:00am-1:00pm Jan 12-Mar 16
▶194563 \$220/10 sess
 Instructor: Janine Schroedter
 M NEW 9:00am-12:00pm Jan 21-Mar 11
▶194566 \$186/8 sess
 Instructor: Laura Van Der Linde

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 6:00pm-9:00pm Jan 09-Mar 13
▶194565 \$220/10 sess
 Instructor: Janine Schroedter
 Th 9:30am-12:30pm Jan 10-Mar 14
▶194540 \$220/10 sess
 Instructor: Danielle Gagnier

Pottery: Int/Adv

18+ yrs

Must have taken beginners pottery class previously.

Tu 9:30am-12:30pm Jan 08-Mar 12
▶194541 \$220/10 sess
 Instructor: Danielle Gagnier

GROUP FITNESS CLASSES



Over 25 classes a week!

Come inside from the cold weather and workout while having fun with our amazing certified instructors.

All levels welcome.

See page 28 for more info.



Kerrisdale Community Centre Society Board Annual General Meeting

Wednesday February 20, 2019 @ 7:30 pm

All current KCC members are urged to attend.

Please bring your membership card with you.



EDUCATION

Athletic Taping Course 16+yrs

Certified Athletic Therapists will cover taping techniques used in a sport setting through a combination of lecture and practical sessions. Safety considerations, preventative and supportive techniques will be discussed. Participants will be introduced to procedures for the ankle, knee, hip, elbow, wrist, fingers and thumb. *A certificate of completion will be issued. This course is approved for 7.0 BCRPA, and 7.0 PE/A2 CMTBC Continuing Education Credits.

Sa 10:00am-6:00pm Feb 16
▶192205 \$168/1 sess
 Instructor: Sport Medicine Council Of BC

Beginner Bridge 18+yrs

This course is for those that want to learn the game from scratch (no experience required) although card playing experience will help. If you know Bridge but would like to improve your knowledge of North America's most common system, Standard American, then this course will benefit you too. Fundamentals of the game, scoring, and basic plays will be taught; the bulk of the course focuses on bidding. It will start you off enjoying this most popular card game. A form of mini-bridge will be taught in two weeks and, after five lessons, you'll know enough to play the game. However, you can spend a lifetime learning to play Bridge well!

Tu 2:00pm-4:00pm Jan 22-Mar 26
▶191356 \$90/10 sess
 Instructor: Anthony Burt

Better Bidding at Bridge 18+yrs

This course is for those that are casual players or rusty with their bidding. If you know how to play Bridge but don't use a bidding system, this course is for you. We will cover the modern aspects of Standard American, North America's most common bidding system, including weak twos, Jacoby 2NT, and much more. These techniques are especially useful to Duplicate players. You and your partner must be on the same wavelength to play the game well, so bring the people you play with! Some basic play theory will also be taught and there will be time to play a few hands after the formal lesson

Th 7:00pm-9:00pm Jan 24-Mar 28
▶191357 \$90/10 sess
 Instructor: Anthony Burt

Dog Training: Adv. Cross Training 18+yrs

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

Th 7:30pm-8:45pm Feb 28-Mar 28
▶193056 \$142/5 sess
 Instructor: Brenda Jagroop

Empty Homes Tax: Declare by February 4

Because a home should be lived in.

It's that time of year again! Every homeowner needs to make an Empty Homes Tax declaration, even if you live in your property.

Visit vancouver.ca/eht or phone 3-1-1

START OF TAX YEAR

END OF TAX YEAR

Feb 4
DECLARATION DEADLINE

CITY OF VANCOUVER | HOUSING VANCOUVER

View instructor profiles at www.kerrisdalecc.com

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EDUCATION

Android Smartphones and Tablets

19+ yrs

Need help with your smartphones and tablets? (This course does not cover Apple products iPhone & iPad) Learn functionalities such as taking photos/videos, general phone usage, chatting with friends and family, using Facebook, working with calendars, shopping lists and reminders, using Google Maps & GPS navigation, accessing music and entertainment well as your specific questions. Bring your device and charger to class. Please note that there is no pro-ration for this class. If you start the class after the first session, regular rates apply.

Tu 1:45 pm-2:45 pm Jan 22-Feb 19

▶192718

\$182/5 sess Adult Rate: \$213

Instructor: Luke Zukowski

Computers Made Easy! Intermediate

19+ yrs

Do you know the basics about computers but now want to expand your knowledge? Learn about creating documents, editing photos, backing up your information as well as keeping your computer fast. This course also teaches you how to make smart decisions about buying or using technology which will save you time, trouble and money. Your particular needs can be addressed during this class. ***Must be comfortable using keyboard and mouse*** Please note that there is no pro-ration for this class. If you start the class after the first session, regular rates apply.

Tu 9:00 am-10:00 am Jan 22-Feb 19

▶192797

\$182/5 sess Adult Rate \$213

Instructor: Luke Zukowski

Digital Photography and Videos

19+ yrs

Want to learn to take beautiful digital photographs and videos? Discover Google Photos where you can save and manage all your photos and videos, for free and forever. Get tips on dramatically improving your photo-taking, both on cameras and smartphones. Learn how to make your photos look fantastic before printing or sharing them with your friends and family. We will also discuss options for converting your paper photographs into digital format. Please note that there is no pro-ration for this class. If you start the class after the first session, regular rates apply.

Tu 11:30:00 am-12:30 pm Jan 22-Feb 19

▶192799

\$182/5 sess Adult Rate \$213

Instructor: Luke Zukowski

Computers Made Easy! Beginner

19+ yrs

Have you always put off learning about computers? Do you have many questions but need a patient and fun environment to learn? Discover all the possibilities that computers can bring to your life! In this class, you will get hands-on experience. Find out about programs, files and folders, and also understand important computer concepts and terminology. No previous computer experience necessary! Please note that there is no pro-ration for this class. If you start the class after the first session, regular rates apply.

Tu 10:15 am-11:15 am Jan 22-Feb 19

▶192796

\$182/5 sess Adult Rate \$213

Instructor: Luke Zukowski

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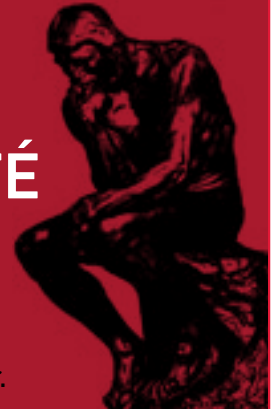
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SFU CONTINUING STUDIES

PHILOSOPHERS' CAFÉ

SFU's Philosophers' Café is your chance to discuss philosophical issues with members of your community. Join the conversations throughout Metro Vancouver.



All cafés are FREE.

Everyone is welcome!

www.sfu.ca/philosopherscafe

Registration not required.

Fridays, 10:30 a.m.–noon

Kerrisdale Community Centre

Seniors Craft Room

5851 West Boulevard

604-257-8101

JANUARY 11

Skim reading has been called the "new normal". How do you read?

FEBRUARY 8

What is multitasking? Do you multitask? Serial task? When? Why? To what effect?

MARCH 8

"Don't give advice, unless someone insists," says Parker Palmer. "Instead, be fully present, listen deeply, and ask questions that give the other a chance to express more of his or her own truth." How do you interpret this quote?

APRIL 12

It's not what you do; it's how you do it; and how you do it is what you do. What does this phrase mean to you?

ESL & LANGUAGES

English Corner 18+yrs

English Corner is 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 that encourages fellowship. English Corner belongs to the participants, and the organizers attempt to follow their interests. Our facilitators are volunteers from the local neighborhood. Social Card Membership is required to attend class.

F 7:00pm-9:00pm Jan 04-Mar 29
 ▶194936 \$10 Social Card
 Instructor: KR Volunteer

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 community on various subjects and topics of daily life.

Tu 7:00pm-8:30pm Feb 05-Mar 26
 ▶192652 \$156/8 sess
 Instructor: Rokia Tamache

Mandarin by Ms Gong - Beginner 18+yrs

Curiosity in Chinese culture and Mandarin are all you need to join this beginner class. This course is for students of any background! Come to Ms. Gong's class with a binder and a pen. She will provide useful class handouts. By the end of this course, you will be able to greet others, introduce yourself and handle basic daily conversation in authentic Mandarin! You will be able to count numbers in Mandarin, identify Chinese currency, know famous Chinese cities / places and order food in Chinese restaurants, etc. As a bonus, you'll learn Mandarin Pinyin, the Chinese Phonetic System.

M 10:00am-11:30am Jan 07-Mar 11
 ▶194555 \$178.50/10 sess
 Instructor: Victoria Gong

Mandarin by Ms Gong- Intermediate 18+yrs

If you've already mastered Pinyin (the Chinese Phonetic system), you can now brush up your Mandarin conversational skills. In this class, you will build up your vocabulary and learn common expressions for daily living. You will learn the 12 animal signs in the Chinese calendar. Ms. Gong will teach you numerous synonyms and antonyms. Also, cross-culture training will help you to understand Chinese traditions, taboos, preferences and festivals. You will be taught how to deal with various special situations, for example market bargaining and asking for directions. Learn more practical travel phrases, and some Chinese characters to help make your visit to China more pleasurable.

M 11:30am-1:00pm Jan 07-Mar 11
 ▶194558 \$178.50/10 sess
 Instructor: Victoria Gong

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 6:00pm-7:30pm Jan 08-Mar 26
 ▶192000 \$161/12 sess
 Instructor: Eliana Rolando

Spanish: Beginners II 15+yrs

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

Tu 7:30pm-9:00pm Jan 08-Mar 26
 ▶192002 \$161/12 sess
 Instructor: Eliana Rolando

Spanish: Conversation 16+yrs

Participate in discussions in Spanish to practice and improve your conversation skills. We will use audio and written materials to help students become more comfortable understanding and speaking Spanish. Drop in space permitting \$14. No class Feb 22.

F 1:30pm-3:00pm Jan 04-Feb 01
 ▶192658 \$70/5 sess
 F 1:30pm-3:00pm Feb 08-Mar 15
 ▶192659 \$70/5 sess
 Instructor: Yolanda Korompai

Spanish: Intermediate 15+yrs

For those that can converse at an upper-basic level. Participants must have completed Beginners 1 and 2 level Spanish. This course will focus on Direct and Indirect Pronouns, the Imperative Tense and the Future Tense as we learn more advanced grammar skills. You will acquire good pronunciation and conversation skills to enable you to communicate well in Spain and Latin America.

Th 6:00pm-7:30pm Jan 10-Mar 28
 ▶192003 \$161/12 sess
 Instructor: Eliana Rolando

Japanese: Beg ^{NEW} 15+yrs

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

M 6:15pm-7:45pm Jan 7-Mar 11
 ▶199248 \$199.50/10 sess

Japanese: Inter ^{NEW} 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.

M 8:00pm-9:30pm Jan 7-Mar 11
 ▶199251 \$199.50/10 sess
 Instructor: Kenta Nakagawa

View instructor profiles at
www.kerrisdalecc.com