

SPRING 2023 Recreation Guide



Enjoy your visit!

All WECCA facilities and programs are being operated and conducted under current COVID-19 safety guidelines. We promote the values of the Safe Access For Everyone (S.A.F.E.) Code of Conduct:

- Be Responsible & Respectful
- Play Fair & Share
- Say "No" to Abuse
- Be Positive & Encouraging
- Expect the Best

Spring Program Registration

Pre-registration is strongly encouraged. Programs accepting drop ins are noted in each course description. For updates, visit recreation.vancouver.ca.

Online/ In-Person: Tue, March 14 @ 7:00pm
By-Phone: Wed, March 15 @ 9:30am

Online

Online registration continues 24/7. You must set up a free online account with the Park Board's secure server prior to registering. It takes up to 24 hours for confirmation so please be prepared before registration day. Visit recreation.vancouver.ca to register for courses.

By Phone

West End / Barclay Manor: 604-257-8333
Coal Harbour: 604-718-8222

Phone during office hours. Due to the volume of business, you may experience some delays. Have credit card and course numbers ready.

Laugh + Learn + Play

West End Community Centre | Barclay Manor | Coal Harbour Community Centre

www.westendcc.ca 604-257-8333 | www.barclaymanor.ca 604-257-8333 | www.coalharbourcc.ca 604-718-8222

Jointly operated by the West End Community Centre Association and the Vancouver Board of Parks & Recreation



West End Community Centre Association Mission Statement

To enhance the quality of life of the residents of the West End and Coal Harbour Communities by providing recreational, educational and social activities and services which are accessible and responsive to the changing needs of the Community.

The West End Community Centre Association (WECCA)

The West End Community Centre Association (WECCA) is driven by a volunteer board of directors – people just like you. WECCA operates in partnership with the Vancouver Board of Parks and Recreation to provide recreational, educational, and social activities and services including group fitness classes, community events, room rentals, pottery classes, language classes – even an ice skating rink! We offer these activities, plus much more, at Barclay Manor, Coal Harbour and West End Community Centres.

We have partnerships and working relationships with the Vancouver Park Board staff, School Board, the Joe Fortes Library, other Community Centres, and West End and Coal Harbour community groups and agencies.

We promote, foster and develop community spirit and good citizenship.

Our mission is to enhance the quality of life of the West End and Coal Harbour communities by providing recreational, educational, and social activities and services, which are accessible and responsive to the changing needs of the communities.

WECCA Board of Directors:

Ian Haywood-Farmer President
Linda Johnston 1st Vice President
Elena Stojanovski 2nd Vice President
Jacob Kojfman Treasurer
Vacant Secretary

Directors:

Margaret Andrews, Ruth Chau, Zephi Kramer, Alfred Lai, Minaz Mawji, Mahsa Rezaei, David Scott

Protecting Your Privacy

The West End Community Centre Association (WECCA) is committed to protecting the privacy of personal information in our possession in accordance with the Personal Information Act (PIPA) which regulates the way we collect, use, keep, secure, and disclose personal information. The personal information collected during registration or any of our forms will be used for recreation programs and informing you of our services and benefits. The information will be stored in a secure location and will not be disclosed to third parties without your permission, except as required by law. For further information call 604.257.8344

President's Message

Welcome to Spring at West End Community Centre, Coal Harbour Community Centre and Barclay Manor. We hope you will enjoy participating in many returning program favorites and may want to try some of our new offerings. The fitness centre has reopened after a long closure and an extensive refurbishment. This means we can now provide many fitness related choices. Make sure you check it out.

WECCA is successful because of a huge cast of players. Park Board, and WECCA staff as well as volunteers work hard to ensure the success of quality community-based recreation. All of us are pleased to welcome you to neighbourhood recreation this spring.

Ian Haywood-Farmer
President,
West End Community Centre Association

We acknowledge and are grateful to jointly operate our programs, events, and services on the unceded, ancestral territories of the Musqueam, Squamish and Tsleil-Waututh Nations.

Get Involved!

If you're interested in becoming a WECCA member, request a membership application from the front desk at either West End CC or Coal Harbour CC. There's an annual membership fee of \$5 which will be waived for anyone who is unable to pay. Memberships are approved at the monthly board meetings by the WECCA Board of Directors.

Artists In Communities

Introducing the 2023 Artist in Communities Project for the West End Community Centre, Coal Harbour Community Centre and Barclay Manor

Move Together by Sophia & Josh

Move Together offers free activities and community events to inspire and motivate principles of cultural development through dance workshops, community gatherings and discussions. These activities aim to support community engagement, celebration of cultural diversity, heritage, youth mentorship outreach and leadership through the arts.

Watch for notices of 'Move Together' activities in the neighborhood and online at westendcc.ca. Follow us on instagram @sophia.sosa, @jamncamrn, @barangayproj. See pages 34-35 for upcoming Spring Activities.



West End CC
Hours of Operation

(Please call our front desk for operating hours on statutory holidays)

| | |
|--|---------------|
| Community Centre | Apr 1-Jun 30 |
| Monday-Friday | 9:00am-9:00pm |
| Saturday-Sunday | 9:00am-5:00pm |
| Front Office | Apr 1-Jun 30 |
| Monday-Friday | 9:15am-8:45pm |
| Saturday-Sunday | 9:00am-4:45pm |
| Fitness Centre | Apr 1-Jun 30 |
| Monday-Friday | 6:00am-9:00pm |
| Saturday-Sunday | 9:00am-5:00pm |
| <i>*Mon – Fri 6:00-9:00am: Please enter thru laneway-parking entrance and check in at fitness centre desk.</i> | |

Coal Harbour CC
Hours of Operation

| | |
|-------------------------|----------------|
| Community Centre | Apr 1-Jun 30 |
| Monday-Thursday | 9:00am-10:00pm |
| Friday-Saturday | 9:00am-5:00pm |
| Sunday | 10:00am-5:00pm |
| Front Office | Apr 1-Jun 30 |
| Monday-Thursday | 9:15am-9:45pm |
| Friday-Saturday | 9:15am-4:45pm |
| Sunday | 10:15am-4:45pm |



Easter Carnival

(2-7 yrs)
Hippity, hoppity, spring has sprung! Join the Easter Bunny for an Easter egg hunt, arts & craft, play time, The excitement will also include a bouncy castle, face painting, balloon making, a photo booth and Mike's Critters! Parent participation is required. Pre-registration is recommended. (\$6.50/child, \$8/child on the day-of event, space premitting).
Sat Apr 16 **10:00am-12:00pm**
386490 \$6.50
Multipurpose Room

Your Recreation Staff

| | |
|---|---------------------|
| West End CC: | |
| Recreation Supervisor | Deb Barber |
| Recreation Programmer | TBD |
| Recreation Programmer | Mawi Bagon |
| Recreation Programmer | Kinga Wdowiak |
| Ice Rink Programmer | Jeffrey Chan |
| Community Youth Worker | Jessica McCallum |
| Recreation Facility Clerk | Shelby Quon |
| Seniors & Group Fitness Coordinator | Mawi Bagon |
| Maintenance Technician | Tyler Parr (Acting) |
| Barclay Manor: | |
| West End and Coal Harbour staff are jointly supporting this position. | |
| Coal Harbour CC: | |
| Recreation Supervisor | Deb Barber |
| Recreation Programmer | TBD |
| Recreation Programmer | Joe Oliveira |
| Recreation Facility Clerk | Nelson McLachlan |

Refund Policy

Full refunds will be issued for cancelled programs or for anyone who is unable to attend a program due to a change of date or time. All programs are subject to change or cancellation on short notice. Refunds will be pro-rated from the date requested and must be requested 24 hours prior to the next scheduled class to avoid further charges. An administration charge of \$5 for one program or \$10 for multiple programs applies per transaction to all programs costing \$20 or more. Refunds for one-day and two-day programs and out trips must be requested 48 hours in advance unless otherwise noted. Refunds for all day camps must be requested a minimum of five business days prior to the first day of camp every week. Business days are deemed Monday to Friday.
Please Note: All cash payments will be refunded in the form of a mailed cheque within three weeks of the refund date or may be applied as a credit on account if requested. All refunds for programs originally paid by cheque will be subject to a 30 day waiting period.

Special Events

WEST END & COAL HARBOUR
COMMUNITY CENTRES

Spring & Summer
Day Camps!



West End Day Camps: [page 8/9](#)
Coal Harbour Day Camps: [page 29/30](#)

Easter Craft Time in the Auditorium

Join us in the Auditorium to celebrate Easter! your child will go home with a beautiful and unique craft that they've made. Parent participation is required.

Wed Apr 5
448663
Auditorium

3:30-5:00pm
FREE



Children (5 & Under)

Dance

Creative Ballet (3-5yrs)

Young ballerinas explore the fun and beauty of ballet while learning the basic techniques. They will love playing with their creative expression in this fun class. Children must be able to participate without a parent in the room. More information www.KirbySnellDance.com [kirbysnelldance.com] Drop-in \$14 No Class May 2

Instructor: Endorphin Rush Dance

3-5yrs

Tue Apr 11
446344

12:30-1:15pm
FREE CLASS

Tue Apr 18-Jun 13
446346

12:30-1:15pm
\$96/8 sess

English Bay Room

Sun Apr 9-Jun 11
447600

10:15-11:00am
\$130/10 sess

Denman Room

4-6yrs

Sun Apr 9-Jun 11
447602

11:15am-12:00pm
\$130/10 sess

Denman Room

My First Dance Class

An introduction to creative dance. Aspiring little dancers will use songs, movement explorations, and games to explore coordination, rhythm, spatial awareness, and cooperation. Parents are required to participate with their little ones.

Drop-in \$9 No Class May 2

Instructor: Endorphin Rush Dance

Tue Apr 11
446334

11:15-11:45am
FREE CLASS

Tue Apr 18-Jun 13
446336

11:15-11:45am
\$72/8 sess

English Bay Room

Preschool Hip Hop

Get your groove on!! Calling all b-boys and b-girls! Here is the place to shine...join us as we move and groove, exploring the locking stops, and the suspended drops that make the hip hop style so popular and fly. Working as a group and in small groups, we will create and shape a dance that is performed in a "cypher" in classic b-boy/b-girl supportive circle of peers, where each person gets to dance their unique style and be cheered on with gusto! Drop-in \$13 No Class May 2

Instructor: Endorphin Rush Dance

Tue Apr 11
446340

11:45am-12:30pm
FREE CLASS

Tue Apr 18-Jun 13
446342

11:45am-12:30pm
\$96/8 sess

English Bay Room

Physical Recreation

Sportball Multisport (3.5-5yrs)

Sportball Multisport skills development programs introduce preschool and primary school children to the concepts and skills involved in a variety of different ball sports in Sportball methodology. Classes are conducted once a week in one-hour sessions, using developmentally appropriate methods to introduce, practice and refine gross motor skills. The programs reinforce the benefits of teamwork and skills development rather than the importance of winning, enabling children to gain the confidence and develop the social skills necessary to succeed in sport and life.

Sorry, no drop-ins. No Class May 22nd

Instructor: Sportball Vancouver

Mon Apr 17-Jun 12
445884

3:30-4:30pm
\$144/8 sess

Auditorium



West End Community Centre

Birthday Packages



Playtime Party

This spectacular party includes an enthusiastic party leader, fun games & activities, general decorations, and the room rental for 15 kids. You bring the cake, food, the kids, and the loot bags and leave the rest to us. **The room capacity is up to 25 people only.** All parents and children are required to help the birthday leader clean up. Cancellation policy: No refunds after two weeks prior to the birthday party date. Includes 1/2 hr for set up, 2hr for the party, 1/2 hr for clean up time and a room attendant. No parties Jun 4.

Playtime Party

| | | |
|------------------|----------------|---------------|
| Sat Apr 1-Jun 24 | 11:30am-1:30pm | \$100/Package |
| Sun Apr 2-Jun 25 | 1:30-3:30pm | \$100/Package |

Bouncy Castle Party **NEW!**

| | | |
|------------------|----------------|---------------|
| Sat Apr 1-Jun 24 | 11:30am-1:30pm | \$170/Package |
| Sun Apr 2-Jun 25 | 1:30-3:30pm | \$170/Package |

Playtime



Your child will love running, tumbling and riding on bikes and cars! Parent participation is required. Parents are requested to assist with set-up and take down of play equipment. Registration is necessary.

No Playtime: Apr 7, 10, May 22

| | |
|-------------------|-----------------------|
| M/Tue/Thu/Fri/Sat | Playtime 9:30-11:00am |
| Wed | Playtime 3:30-5:00pm |

Drop In Fee: \$3.50
Auditorium

Baby and Toddler (New Born-2yrs)

We have toys, balls, and more. Each day ends with circle time songs. Parents are required to help set up and clean up the equipment each day. **No Playtime Apr 10, May 22**

| | |
|------------------|-----------------------------------|
| Mon Apr 3-Jun 26 | 1:00-2:30pm (Bidwell Room) |
| Tue Apr 4-Jun 27 | 9:30-11:30am (Stanley Court Room) |
| Wed Apr 5-Jun 28 | 1:00-2:30pm (Stanley Court Room) |
| Thu Apr 6-Jun 29 | 9:30-11:30am (Stanley Court Room) |
| Sun Apr 2-Jun 25 | 10:30am-12:00pm (Auditorium) |

Drop In Fee: \$3.50

Bouncy Castle is Back for Birthday's and Wednesday PM Playtime

West End Soccer Academy (2-3yrs old)

GrassRoots Soccer will help boys and girls of all abilities to grow, develop skills and reach their potential. Using the four corner model: Physical, Technical, Psychological and Social elements, this program will help children develop more than just their soccer skills. We will help them to gain confidence, build self-esteem, learn to work in teams and improve their decision making. Equipment: NO CLEATS on field. Running shoes only permitted. Parent Participation Required.

Visit: <http://www.facebook.com/Coach.Glyn> for updates. Drop-in \$15.00

Instructor: Glyn Roberts

| | |
|-----------------------------|---------------|
| Sat Apr 15-Jun 17 | 9:15-10:00am |
| 447566 | \$139/10 sess |
| King George Gymnasium/Field | |
| Depending on Weather | |

West End Soccer Academy (3-5yrs old)

GrassRoots Soccer will help boys and girls of all abilities to grow, develop skills and reach their potential. Using the four corner model: Physical, Technical, Psychological and Social elements, this program will help children develop more than just their soccer skills. We will help them to gain confidence, build self-esteem, learn to work in teams and improve their decision making. Equipment: NO CLEATS on field. Running shoes only permitted. Parent Participation Required.

Visit: <http://www.facebook.com/Coach.Glyn> for updates. Drop-in \$15.00

Instructor: Glyn Roberts

| | |
|-----------------------------|---------------|
| Sat Apr 15-Jun 17 | 10:00-10:45am |
| 447568 | \$139/10 sess |
| King George Gymnasium/Field | |
| Depending on Weather | |



West End Community Centre

Little Sprout Preschool



At Little Sprout Preschool, we offer a wonderful and fun “Learning Through Play” program for 3-5 year olds. We provide many opportunities for your child to learn social skills through playing with other children and by developing an awareness of the community around them. Our enriched preschool program fosters growth in all areas of development. The preschool room is set up daily with creative art activities, puzzles, building toys, water/playdough table, house corner, block corner, discovery table and much more. Our program is based on structured and non-structured activity, which allows your child to make individual choices and experience group activities. Little Sprout Preschool is a licensed preschool. Our instructors are highly qualified Early Childhood Educators bringing many years of experience to our preschool program, and as your child’s first school experience is an important one, we strive to make “learning” fun!

Join us for an open house on Wednesday, May 31st between 1:00 pm and 2:00 pm. At the open house you will have an opportunity to tour the classroom and speak with the Preschool staff about the program. Please register to join the open house 454625.

Details regarding the program class time and fees will be provided in our June Recreation Guide.



Twos’ Time

Join us for unstructured fun and organized play in a classroom setting with ECE trained staff. Two’s Time is a licensed, play-based program, which provides a nurturing and stimulating environment. We focus on each child’s needs and development while providing opportunities for them to develop their skills and learn how to establish respectful social relationships. This is not a parent participation program. Parents can enroll their child in one or multiple days. This program runs September to June and follows the school schedule, it is closed during winter/spring break as well as seasonal/statutory holidays and school professional days. A \$45 non-refundable registration fee is due at the time of registration as well as a deposit of one month’s fee. Advance registration into the Little Sprout Preschool is given to families enrolled in this program. For more information about the program or registration, please contact Christina at christina.tucker@vancouver.ca or 604-257-8464

Join us for an open house on June 2nd between 10:00 am and 11:00 am to visit the classroom prior to registration. Register for our open house online 454628.

Registration for the 2023-2024 school year will be for children born in 2021 and take place online on June 13th.

| | |
|-------------------|-------------|
| Tue 10:00-11:30am | \$98/month |
| Wed 10:00-11:30am | \$98/ month |
| Thu 10:00-11:30am | \$98/month |

Education

Baby Sign Language

Babies understand and can communicate long before they are able to speak. Research shows that babies who learn Sign Language learn quicker and talk earlier. Using songs and games learn how to teach your baby basic American Sign Language (ASL) so they can better convey their wants and needs and relieve unnecessary frustration. The instructor will teach you the signs and songs so you can practice at home. Babies can sleep during class or you can bring some toys. Newborn-24 months. Please bring your own mat or blanket to sit on. Only one parent or caregiver may accompany child.

For more info visit www.intoyoga.ca.

Instructor: Sheri Kauhausen

Tue May 16-Jun 13 **10:30-11:15am**
446331 \$77/5 sess
Bidwell Room

Animal Kingdom Movements (2-4yrs) **NEW!**

Animal Kingdom Movements gets your little monkeys moving creatively! They will have have a blast jumping like frogs, lumbering like gorillas, skittering like crabs, or swimming and playing like whales, dolphins and seals. A super fun, creative and different way to get your little humans moving! Parents/caregivers encouraged to stay and watch. For more info visit www.intoyoga.ca
Drop-in \$17

Instructor: Sheri Kauhausen

Wed Apr 12-May 17 **4:30-5:30pm**
446581 \$92/6 sess
Wed May 24-Jun 28 **4:30-5:30pm**
446583 \$92/6 sess
English Bay Room

Please register early!

Programs are cancelled if everyone waits until the last minute to register. The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed.
Sign-up even if the class is free!

West End Community Centre

Orff Music Classes!

We are thrilled to have Orff classes at West End Community Centre. Carl Orff is a famous educator and composer. His methods are taught worldwide and are always evolving and changing. Tonia Allen joins us from the Vancouver Academy of Music where she has been the Orff Department Head for many years. Orff stresses musical basics like pitch and rhythms using a multifaceted approach of percussion instruments, including singing and movement. Composition and improvisation are also key elements. The Orff methods are a lot of fun and are great for all ages!

Orff Music for Baby

This is baby's first music class! Enjoy an opportunity for you and your baby to sing, play instruments and dance to the tunes. Lots of knee bouncing, handclapping fun. With guitar and many puppets and dancing scarves Tonia will keep the little ones singing and dancing. At the end of the term parents are given a handout of songs to take home. Come join the fun!

Instructor: Tonia Allen

(12-18 months)

Fri Apr 14-Jun 16

447545

9:30-10:00am

\$120/10 sess

(18-24 months)

Fri Apr 14-Jun 16

447547

10:50-11:20am

\$120/10 sess

Denman Room

Orff Music for Siblings (6mths-4yrs)

This class is for two children of the same family to learn music together. The little ones can laugh and bounce to the beat while the older ones will lead with actions and singing. This is the perfect class to share musical family fun together. Tonia has an unlimited amount of knee bouncing, hand clapping songs as well as movement songs and instruments to play! Price reflects registration for two siblings. For online registration, please register one child per family. Come join the fun!

Instructor: Tonia Allen

Fri Apr 14-Jun 16

447546

10:10-10:40am

\$132/10 sess

Denman Room

Orff Music for Toddlers (2-3yrs)

As your child grows into preschool age, they are ready for new musical challenges. In this level children begin to actively participate in singing and playing the instruments. We will focus on fun and learning musical concepts such as keeping the beat, following the leader as well as various movement songs and learning how to name and play a variety of percussion instruments. Tonia has been teaching the Orff method for many years and works with all ages. She has lots of songs to keep your toddler movin' and groovin'. A handout of songs is given out at the last class. Come join the fun!

Instructor: Tonia Allen

Fri Apr 14-Jun 16

447548

11:30am-12:00pm

\$120/10 sess

Denman Room

Orff Music for Preschoolers (3-5yrs)

These classes offer preschoolers excellent musical training focusing on the basics of pitch, rhythm and beat. In a fun filled atmosphere, your child will play a variety of instruments. This is a great opportunity to learn music independently from parents and with other children. Children must be able to stay on their own without parents. Each week children will do worksheets which reinforce concepts learned in class.

Instructor: Tonia Allen

Fri Apr 14-Jun 16

447549

12:30-1:15pm

\$148/10 sess

Denman Room



Children (5-12 Yrs)

Creative Arts

Acrylic Paint Pouring for Kids **NEW!**

Acrylic painting is a fun and creative way to make abstract art on all sorts of objects. Learn techniques like a dirty pour, and a simple pour as well as a bloom, how to mix paint medium into acrylic paints to create a flow, and how to add silicone oil to create beautiful cells throughout your paintings. We will be painting a dual canvas. Please wear old cloths to the session or an apron.

Instructor: Valerie Ferrar

Sat Apr 22

448129

11:00am-12:00pm

\$38/Person

Bidwell Room

Art Jam with Disney Animator (4-6yrs)

Learn from a former Disney animator in this specialized class that focuses on creating appealing characters in animation, comics, games and more. This program is instructed by Happy Kids Studios.

Instructor: Happy Kids Studios

Sat Apr 15-Jun 17

447570

2:10-3:10pm

\$180/10 sess

Denman Room

Cartoon with Disney Animator (7-9yrs)

Learn how to tell stories through drawings with a former Disney animator. Work on character development, thumbnails, layout, pages, paneling and more.

Instructor: Happy Kids Studios

Sat Apr 15-Jun 17

447598

3:20-4:20pm

\$180/10 sess

Denman Room

Kids Clay (5-8yrs)

It's messy but fun in this "hands-on" introduction to clay. You will learn the basic techniques of slab making, coiling, sculpture, creating pinch pots and much more. Make great projects such as flower pots, pet bowls, lanterns, pottery pets, window chimes, beads, fridge magnets etc. Clay and tools are included. No class Apr 27, May 4 & 11.

Instructor: Estelle Liebenberg

5-8yrs

Thu Apr 13-Jun 15

447519

3:30-4:45pm

\$109/7 sess

9-15yrs

Thu Apr 13-Jun 15

447520

5:00-6:15pm

\$109/7 sess

Pottery Studio

West End Community Centre



Kid's Mixed Media Arts & Crafts (7-13yrs old) **NEW!**

You will love this fun mixed media art projects program for kids! Exploring this program is fun and an excellent opportunity to expose children to new art materials, processes and techniques. This program is perfect for children who want to explore a variety of arts & crafts materials and approaches and develop an understanding of the fundamentals of arts and crafts. Kids will explore how to paint & draw, make collages, tell a story through art, learn still life techniques, and make 3D paper sculpture projects. Kids will be shown how to work with tools through a teacher's demo, and then they can put their spin on the project. This unique learning experience emphasizes having fun while exploring creativity!

Instructor: Zahra Khan

Fri Apr 14-Jun 16 5:30-7:30pm
449780 \$235/10 sess
Denman Room

Resin Arts & Crafts (7-13yrs old) **NEW!**

If you're looking for bite-sized resin art classes focused on creating small-scale resin projects, this course is packed with fun ideas to explore. This course is suitable for people who have yet to gain experience. Passionate people who are looking for fun art practices. Art enthusiasts who are looking for something fun and artistic to do. If you haven't worked with resin before and looking to learn to develop techniques, do creative projects for your home decor, and want to extend your knowledge about making resin art, this course is for you. This course is project-oriented and does not go into lengthy explanations. It's more about immediate satisfaction and learning easy, practical methods to create beautiful decorative resin art. You will learn to make wall resin fluid acrylic decorative paintings, identical abstract paper resin, and sculpture crafts from random objects and materials. I will show how to work with materials, tools, techniques, and safety precautions. Finally, you'll have the opportunity to try everything in hands-on sessions with plenty of time to experiment.

Instructor: Zahra Khan

Fri May 5-Jun 9 3:45-5:15pm
449779 \$320/6 sess
Denman Room

Watercolour for Kids (7-17yrs)

Explore the world of watercolour painting. This program is for children who want to learn how to use water, paper, color and brushes to create an endless variety of tones in their paintings. Mohammad has over 30 years' experience in drawing and painting at his own Atashzad Academy of Art. Visit www.atashzad.com. Supplies are not included. Supply list available upon registration. Drop in \$25 No Class May 4

Instructor: Mohammad Atashzad

Thu Apr 6-May 25 3:15-5:15pm
447521 \$140/7 sess
Thu Jun 1-Jun 29 3:15-5:15pm
447522 \$100/5 sess
Denman Room

Dance

Ballet / Jazz Fusion (4-7yrs)

In this class children will learn the fundamentals of both ballet and jazz dance while developing their own creative expression. The dancer's mobility, balance, and coordination will be improved in this fun and welcoming program. Children must be able to participate without a parent in the room.

For more info: www.kirbysnellldance.com [kirbysnellldance.com] Drop-in \$14

Instructor: Endorphin Rush Dance

Sun Apr 9-Jun 11 1:15-2:00pm
447606 \$130/10 sess
Denman Room

Hip Hop (4-7yrs)

This non-stop action-packed class introduces hip hop, basic break dancing and dance games which will excite kids and have them grooving to the beats. Children must be able to participate without a parent in the room.

For more info www.KirbySnellDance.com [kirbysnellldance.com] Drop-in \$14

Instructor: Endorphin Rush Dance

Sun Apr 9-Jun 11 12:15-1:00pm
447612 \$130/10 sess
Denman Room

Hip Hop (6-8yrs)

Lace up your sneakers and dance! Learn the fundamentals of hip hop, including street dance and grooving, while connecting to the beat of the music. We'll cover both the latest and classic styles, through choreography and games. All levels of experience are welcome. Drop-in \$13

Instructor: Yasmine Shemesh

Thu Apr 13-Jun 15 4:00-5:00pm
447515 \$125/10 sess
English Bay Room

Rhythm Jamm! (7-11yrs) **NEW!**

Make your own kind of music! Using ordinary items such as brooms, buckets, basketballs and your own hands and feet, we will create a complete musical production in the vein of the Broadway show "STOMP!"

Instructor: Marnie Maretic

Thu Apr 13-Jun 15 4:00-5:00pm
447523 \$100/10 sess
Dance Studio

Day Camps

Pro D-Day Camp

An action-packed day of exciting activities, crafts, games and most importantly, FUN! Parents must complete a waiver form.

Mon Apr 24 451812
Camp: 9:30am-3:30pm \$35/day
Before Care: 8:00-9:30am \$8/day
After Care: 3:30-5:30pm \$10/day

Refund Policy for Camps:

Refunds for all day camps must be requested a minimum of 5 business days prior to the first day of camp each week. Business days are deemed Monday to Friday. \$5.00 refund administration fee per program.

Art in the City 2023

Experience West End's Largest Market of Fine Art

Venissage:

Friday, May 5th 5:30-7:30pm

Art Market:

Saturday, May 6th 11:00am-5:00pm

Sunday, May 7th 11:00am-4:00pm

Location:

West End Community Centre,
870 Denman Street

Summer Day Camps

Join our day camp staff as we have created a summer camp program you won't want to miss! Each week will include games, sport and skill activities and out-trips. Each child should bring a backpack with a lunch, snack, sunscreen, jacket, and hat each day. Parents must complete a waiver form with medical information and attach a recent picture of their child by the first day of camp.

Day Camp Adventures (6-7yrs)

Join our wonderful day camp staff as we have created a summer camp program you won't want to miss! Each week will include games, sport and skill activities and out-trips. Each child should bring a backpack with a lunch, snack, sunscreen, jacket, and hat each day. Parents must complete a waiver form with medical information and attach a recent picture of their child by the first day of camp. Refunds for all day camps must be requested a minimum of 5 business days prior to the first day of camp each week. Business days are deemed Monday to Friday. \$5.00 refund administration fee per program. You may register a child who is 5, provided they are turning 6 by December 31st, 2023

| | |
|--------------------------|---------------|
| Week 1: Tue Jul 4-Jul7 | 9:30am-3:30pm |
| 446163 | \$104/4 sess |
| Week 2: Mon Jul 10-Jul14 | 9:30am-3:30pm |
| 446156 | \$130/5 sess |
| Week 3: Mon Jul 17-Jul21 | 9:30am-3:30pm |
| 447249 | \$130/5 sess |
| Week 4: Mon Jul 24-Jul28 | 9:30am-3:30pm |
| 447252 | \$130/5 sess |
| Week 5: Mon Jul 31-Aug4 | 9:30am-3:30pm |
| 447254 | \$130/5 sess |
| Week 6: Tue Aug 8-Aug11 | 9:30am-3:30pm |
| 447255 | \$104/4 sess |
| Week 7: Mon Aug 14-Aug18 | 9:30am-3:30pm |
| 447256 | \$130/5 sess |
| Week 8: Mon Aug 21-Aug25 | 9:30am-3:30pm |
| 447258 | \$130/5 sess |
| Week 9: Mon Aug 28-Sep1 | 9:30am-3:30pm |
| 447259 | \$130/5 sess |
| West End Arena Dry Floor | |

Day Camp Discoveries (8-9yrs)

Join us this summer as we give our campers the opportunity to experience some of the most exciting adventures. Some of the activities will include, cooperative games, arts and crafts, sports and skill development programs. Each child should bring a backpack with a lunch, snack, sunscreen, jacket, and hat each day. Parents must complete a waiver form with medical information and attach a recent picture of their child by the first day of camp. Refunds for all day camps must be requested a minimum of 5 business days prior to the first day of camp each week. Business days are deemed Monday to Friday. \$5.00 refund administration fee per program.

| | |
|--------------------------|----------------|
| Week 1: Tue Jul 4-Jul7 | 9:30am-3:30 PM |
| 447262 | \$104/4 sess |
| Week 2: Mon Jul 10-Jul14 | 9:30am-3:30pm |
| 447261 | \$130/5 sess |
| Week 3: Mon Jul 17-Jul21 | 9:30am-3:30pm |
| 450503 | \$130/5 sess |
| Week 4: Mon Jul 24-Jul28 | 9:30am-3:30pm |
| 450505 | \$130/5 sess |
| Week 5: Mon Jul 31-Aug4 | 9:30am-3:30pm |
| 450509 | \$130/5 sess |
| Week 6: Tue Aug 8-Aug11 | 9:30am-3:30pm |
| 450511 | \$104/4 sess |
| Week 7: Mon Aug 14-Aug18 | 9:30am-3:30pm |
| 450513 | \$130/5 sess |
| Week 8: Mon Aug 21-Aug25 | 9:30am-3:30pm |
| 450515 | \$130/5 sess |
| Week 9: Mon Aug 28-Sep1 | 9:30am-3:30pm |
| 450519 | \$130/5 sess |
| West End Arena Dry Floor | |

Day Camp Voyages (10-12yrs)

The most experienced campers will go on some youth planned out-trips this summer! Designed especially for older pre-teens, this program is super awesome. Each child should bring a backpack with a lunch, snack, sunscreen, jacket, and hat each day. Parents must complete a waiver form with medical information and attach a recent picture of their child by the first day of camp. Refunds for all day camps must be requested a minimum of 5 business days prior to the first day of camp each week. Business days are deemed Monday to Friday. \$5.00 refund administration fee per program.

| | |
|--------------------------|---------------|
| Week 1: Tue Jul 4-Jul7 | 9:30am-3:30pm |
| 447263 | \$104/4 sess |
| Week 2: Mon Jul 10-Jul14 | 9:30am-3:30pm |
| 447264 | \$130/5 sess |
| Week 3: Mon Jul 17-Jul21 | 9:30am-3:30pm |
| 450522 | \$130/5 sess |
| Week 4: Mon Jul 24-Jul28 | 9:30am-3:30pm |
| 450526 | \$130/5 sess |
| Week 5: Mon Jul 31-Aug4 | 9:30am-3:30pm |
| 450527 | \$130/5 sess |
| Week 6: Tue Aug 8-Aug11 | 9:30am-3:30pm |
| 450520 | \$104/4 sess |
| Week 7: Mon Aug 14-Aug18 | 9:30am-3:30pm |
| 450528 | \$130/5 sess |
| Week 8: Mon Aug 21-Aug25 | 9:30am-3:30pm |
| 450529 | \$130/5 sess |
| Week 9: Mon Aug 28-Sep1 | 9:30am-3:30pm |
| 450530 | \$130/5 sess |
| West End Arena Dry Floor | |

Day Camp Refund Policy:

Refunds for all day camps must be requested a minimum of 5 business days prior to the first day of camp each week. Business days are deemed Monday to Friday. \$5.00 refund administration fee per program.

More Day Camps at Coal Harbour CC

See page 29-30 ...

Before & After Care

Before/ After Care is only available to children registered in Adventures, Discoveries or Voyages Day Camp. Extra fee will be charged for late pick ups. No refunds after first day of camp each week.

Before Care

| | |
|--------------------------|-------------|
| Week 1: Tue Jul 4-Jul7 | 8:00-9:30am |
| 446152 | \$24/4 sess |
| Week 2: Mon Jul 10-Jul14 | 8:00-9:30am |
| 446153 | \$30/5 sess |
| Week 3: Mon Jul 17-Jul21 | 8:00-9:30am |
| 447233 | \$30/5 sess |
| Week 4: Mon Jul 24-Jul28 | 8:00-9:30am |
| 447235 | \$30/5 sess |
| Week 5: Mon Jul 31-Aug4 | 8:00-9:30am |
| 447236 | \$30/5 sess |
| Week 6: Tue Jul 4-Jul7 | 8:00-9:30am |
| 447238 | \$24/4 sess |
| Week 7: Mon Aug 14-Aug18 | 8:00-9:30am |
| 447239 | \$30/5 sess |
| Week 8: Mon Aug 21-Aug25 | 8:00-9:30am |
| 447242 | \$30/5 sess |
| Week 9: Mon Aug 28-Sep1 | 8:00-9:30am |
| 447243 | \$30/5 sess |
| West End Arena Dry Floor | |

After Care

| | |
|--------------------------|-------------|
| Week 1: Tue Jul 4-Jul7 | 3:30-5:30pm |
| 443354 | \$32/4 sess |
| Week 2: Mon Jul 10-Jul14 | 3:30-5:30pm |
| 443355 | \$40/5 sess |
| Week 3: Mon Jul 17-Jul21 | 3:30-5:30pm |
| 446146 | \$40/5 sess |
| Week 4: Mon Jul 24-Jul28 | 3:30-5:30pm |
| 446148 | \$40/5 sess |
| Week 5: Mon Jul 31-Aug4 | 3:30-5:30pm |
| 446149 | \$40/5 sess |
| Week 6: Tue Aug 8-Aug11 | 3:30-5:30pm |
| 446150 | \$32/4 sess |
| Week 7: Mon Aug 14-Aug18 | 3:30-5:30pm |
| 447244 | \$40/5 sess |
| Week 8: Mon Aug 21-Aug25 | 3:30-5:30pm |
| 447246 | \$40/5 sess |
| Week 9: Mon Aug 28-Sep1 | 3:30-5:30pm |
| 447247 | \$40/5 sess |
| West End Arena Dry Floor | |

West End Community Centre

Out of School Care

West End Kids Care (5-12yrs)

Our licensed before & after school program services children that attend Lord Roberts and Lord Roberts Annex Elementary Schools. At West End Kids Care, our experienced and qualified staff are committed to creating a stimulating, cooperative and interactive environment to complement your child's school day. Children enrolled in our program can be registered for other on-site centre programs and dropped off by our staff. Fees include pro-d days and early dismissal days. Closed during Winter/Spring Breaks, however WECCA does offer Day Camps during these breaks *not included in monthly fees. For more information about the program, please contact Christina at 604-257-8464 or email Christina.tucker@vancouver.ca Prices are for the 2023-2024 school year and are subject to change. Non-refundable \$45 registration fee (due at time of registration)

Before Care:

| | |
|----------|-----------|
| K's | \$229/mth |
| Gr1 & up | \$179/mth |

After Care:

| | |
|----------|-----------|
| K's | \$429/mth |
| Gr1 & up | \$359/mth |

B/A Care:

| | |
|----------|-----------|
| K's | \$510/mth |
| Gr1 & up | \$410/mth |

Prices are before the Child Care Fee Reduction which provides financial support for all families.



Red Cross Babysitting

The Babysitting Course is a nationally recognized program designed to help youth develop self-assurance, knowledge, and skills required for babysitting duties and when caring for themselves alone. These are important tools for your child to have as they begin to build invaluable skills for a lifetime.

Instructor: Foundations Safety + First Aid Training

| | |
|------------|----------------|
| Sun Apr 30 | 10:00am-5:00pm |
| 448135 | \$75/Person |

| | |
|------------|----------------|
| Sun May 28 | 10:00am-5:00pm |
| 448136 | \$75/Person |

| | |
|------------|----------------|
| Sun Jun 25 | 10:00am-5:00pm |
| 448137 | \$75/Person |

Barclay Room

Architecture for Kids (6-9yrs)

Learn about architecture and design thinking through fun hands-on workshops! Discover famous architects and buildings, play with materials and materiality, learn architectural drawings and build 3d models just like an architect!

Instructor: Petit Architect

| | |
|-----------------|---------------|
| Wed Apr 5-Jun 7 | 3:45-4:45pm |
| 447512 | \$190/10 sess |

Bidwell Room

Architecture for Tweens (9-14yrs)

Learn about architecture and design thinking through fun hands-on workshops! Discover famous architects and buildings, play with materials and materiality, learn architectural drawings and build 3d models just like an architect!

Instructor: Petit Architect

| | |
|-----------------|---------------|
| Wed Apr 5-Jun 7 | 5:00-6:15pm |
| 447513 | \$230/10 sess |

Bidwell Room

Kids Act!! (5-10yrs)

Great introduction to the art of theatre! Kids learn the basics of Acting and Public Speaking. Lots of individual attention while nurturing group co-operation skills. Class culminates in a performance for family and friends. This class is taught by a national leader in theatre for young people.

Instructor: Leslee Silverman

| | |
|-------------------|--------------|
| Tue Apr 11-Jun 13 | 3:45-4:45pm |
| 446320 | \$99/10 sess |

English Bay Room

Fitness

Zumba Kids (7-12yrs)

Kids explore a fun fusion of world and Latin styles of dance with a hip hop edge in this high, fun, dance-fitness program. Styles include Cumbia, Merengue, Bollywood, Salsa, and more. No experience required. More info at: www.kirbysnell-dance.com Drop-in \$14

Instructor: Endorphin Rush Dance

4-7yrs

| | |
|-------------------|-------------|
| Fri Apr 14-Apr 14 | 3:30-4:15pm |
| 447531 | FREE CLASS |

| | |
|-------------------|--------------|
| Fri Apr 21-Jun 16 | 3:30-4:15pm |
| 447540 | \$108/9 sess |

7-12yrs

| | |
|-------------------|-------------|
| Fri Apr 14-Apr 14 | 4:30-5:30pm |
| 447527 | FREE CLASS |

| | |
|-------------------|--------------|
| Fri Apr 21-Jun 16 | 4:30-5:30pm |
| 447529 | \$117/9 sess |

Auditorium

Music

Piano - Musical Expressions

Musical Expressions takes on a creative and intuitive approach to music learning. With goals and learning styles varying from student to student, we help you first determine what you want to achieve, so we can make it our goal to get your there! From the basic beginners to preparing exams, all students will be encouraged to tap into their creative sides and be taught to express themselves through improvisation. Each class session is 30 minutes long. If you're learning at a grade 5 level or above, please book two half hour sessions to ensure enough time for the lesson. Visit www.musicaexpressions.ca for more info.

No Class April 10, May 22

Instructor: Musical Expressions

| | |
|------------------|---------------|
| Mon Apr 3-Jun 26 | 4:00-8:30pm |
| Meeting Room 3 | \$264/11 sess |

| | |
|------------------|---------------|
| Tue Apr 4-Jun 27 | 3:30-8:30pm |
| Meeting Room 3 | \$312/13 sess |

Piano - Alexandra

These 30-minute private lessons will be taught in English. Each student's level will be assessed in the first class. Lessons are 30 minutes long.

Instructor: Alexandra Cai

| | |
|--------------------|----------------|
| Sun Apr 9-Jun 11 | 10:30am-4:00pm |
| Stanley Court Room | \$240/10 sess |

Education

Hola! Spanish for Kids (5-9yrs)

Have you ever wanted to expand your kids' understanding of the world by introducing them to another culture? Hola Amigos sessions introduce the Latin American way of life in a dynamic and engaging way, through games, songs, and role playing. Diverse vocabulary includes numbers, colors, body parts, and introducing yourself. Learning as fun, with different topics every term! Native Spanish Speaker instructors.

Instructor: Carla Vallin

| | |
|-------------------|---------------|
| Thu Apr 13-Jun 15 | 3:30-4:30pm |
| 447514 | \$125/10 sess |

Stanley Court Room

West End Community Centre

Guitar / Recorder / Ukulele

Guitar / Recorder / Ukulele Teacher: Rene Hugo Sanchez Private 30 minute lessons to work at your own level and pace in any of these instruments. The classes are focused on technique, repertoire, basic theory and practicing skills. Participants must provide their own instrument, and a digital tuner (for string instruments). A nylon string guitar is recommended for beginners. Books will be available at the first class for \$15 and up, depending on the instrument, style and level. Students: Please bring: - A pencil to take notes - Digital Tuner - Foot stool for guitar - Guitar
Instructor: Rene Hugo-Sanchez

Wed Apr 12-Jun 14 4:30-8:30pm
\$220/10 sess/Kids
\$240/10 sess/Adults
Preschool

Violin/ Piano Lessons **NEW!**

It's always a good time to learn a new instrument! Beginner or advanced - all levels are welcome. Natalia's lessons are tailored to your desires and abilities. Proper technique, note reading and interesting repertoire are taught in a friendly atmosphere. Lessons are available for adults and children, and can be taught in English, Greek and Bulgarian. Preparation for RCMT Exams is possible for those who wish to have their learning level recognized. 45 min sessions.
Instructor: Natalia Alexandrova

Thu Mar 23-Apr 27 3:30-8:30pm
\$225/6 sess
Thu May 4-Jun 22 3:30-8:30pm
Meeting Room 3 \$300/8 sess

Physical Recreation

Preteen Yoga (9-12yrs)

Pre-Teen Yoga age 8-12: An introduction to yoga, your child will learn meditation, breathing techniques, mindfulness and asanas sequences. More info www.kirbysnellldance.com Drop-in \$14
Instructor: Endorphan Rush Dance

Wed Apr 12 3:30-4:15pm
447510 FREE CLASS
Wed Apr 19-Jun 14 3:30-4:15pm
447511 \$108/9 sess
English Bay Room

Gymnastics Preparation Program (4.5-7yrs)

This new program will focus on flexibility, stretching, coordination, balance, posture, strength, self-confidence and all of the foundational training required for a gymnastics program. For the safety of the participant, the Acknowledgement of Risk, Waiver, Release & Indemnity Form must be completed. Children will not be permitted in the program until the completed form is received.
Instructor: Bing Zhao

Tue Apr 11-Jun 13 3:45p-4:45pm
446309 \$250/10 sess
Auditorium

Gymnastics Preparation Program (7-12yrs)

This new program will focus on flexibility, stretching, coordination, balance, posture, strength, self-confidence and all of the foundational training required for a gymnastics program. For the safety of the participant, the Acknowledgement of Risk, Waiver, Release & Indemnity Form must be completed. Children will not be permitted in the program until the completed form is received.

Instructor: Bing Zhao

Tue Apr 11-Jun 13 4:45-5:45pm
446315 \$250/10 sess
Auditorium

Sports

Sportball Multisport (5-8yrs)

Sportball Multi-Sport skills development programs introduce preschool and primary school children to the concepts and skills involved in a variety of different ball sports in Sportball methodology. Classes are conducted once a week in one-hour sessions, using developmentally appropriate methods to introduce, practice and refine gross motor skills. The programs reinforce the benefits of teamwork and skills development rather than the importance of winning, enabling children to gain the confidence and develop the social skills necessary to succeed in sport and life. Sorry, no drop-ins. No Class May 22

Instructor: Sportball Vancouver

Mon Apr 17-Jun 12 4:30-5:30pm
446197 \$144/8 sess
Auditorium

West End Soccer Academy (5-7yrs old)

GrassRoots Soccer will help boys and girls of all abilities to grow, develop skills and reach their potential. Using the four corner model: Physical, Technical, Psychological and Social elements, this program will help children develop more than just their soccer skills. We will help them to gain confidence, build self-esteem, learn to work in teams and improve their decision making. Equipment: NO CLEATS on field. Running shoes only permitted. Parent Participation Required. Visit: <http://www.facebook.com/Coach.Glyn> for updates. Drop-in \$15.00

Instructor: Glyn Roberts

Sat Apr 15-Jun 17 10:45-11:30am
447569 \$139/10 sess
King George Gymnasium/Field
Depending on Weather

West End Soccer Academy (7-9yrs)

GrassRoots Soccer will help boys and girls of all abilities to grow, develop skills and reach their potential. Using the four corner model: Physical, Technical, Psychological and Social elements, this program will help children develop more than just their soccer skills. We will help them to gain confidence, build self-esteem, learn to work in teams and improve their decision making. Equipment: NO CLEATS on field. Running shoes only permitted. Parent Participation Required. Visit: <http://www.facebook.com/Coach.Glyn> for updates. Drop in \$20

Instructor: Glyn Roberts

Sat Apr 15-Jun 17 11:30am-12:30pm
448112 \$185/10 sess
King George Gymnasium/Field
Depending on Weather

West End Soccer Academy (9-12yrs)

GrassRoots Soccer will help boys and girls of all abilities to grow, develop skills and reach their potential. Using the four corner model: Physical, Technical, Psychological and Social elements, this program will help children develop more than just their soccer skills. We will help them to gain confidence, build self-esteem, learn to work in teams and improve their decision making. Equipment: NO CLEATS on field. Running shoes only permitted. Parent Participation Required. Visit: <http://www.facebook.com/Coach.Glyn> for updates. Drop in \$20

Instructor: Glyn Roberts

Sat Apr 15-Jun 17 12:30-1:30pm
448113 \$185/10 sess
King George Gymnasium/Field
Depending on Weather

Children Tennis (7-11yrs) **NEW!**

This is a class for all levels. Go over the basic strokes. Practice and play games to develop strokes. Drop in \$20

Instructor: G & G Tennis

Sat May 27-Jun 24 10:15-11:15am
448999 \$90/5 sess
King George Tennis Courts



West End Community Centre

Preteen

Pre-Teen Art-Attack Program

Take a walk on the creative side! Come join us for this FREE art program where every week we will work on fun DIY projects to take home. Come paint, draw, build and get messy while hanging with friends in a very relaxed and no pressure space. Projects may include: coaster making, canvas painting, Tye Dye and more!Pre-regis- tration and a Pre-Teen Programs waiver form is required. A calendar of activities will be available on the first day of the program.

Instructor: Youth Leader

Tue Apr 4-Jun13 3:30-5:15pm
451290 Free
Denman Room

Pre-teen Night at West End CC

At this FREE program, youth (ages 9-12 years) will participate in a variety of games, crafts, and activ- ities including: dodgeball, capture the flag, button and bracelet making, movies nights and more! Youth input is strongly encourage. Separate reg- istration required for May 19th pre-teen out trip *Due to staffing ratios and room capacities, a maximum of 24 youth are welcome to come, reg- istration is required.

Instructor: Youth Leader

Fri Apr 14-Jun23 6:15-8:45pm
444817 Free
Auditorium

Pre-Teen Out trip: Mini Golf

Pre-Teen night is going to West Coast Mini Putt! Registration is required by May 5th in order to secure your ticket. Activity Waivers MUST be signed in order to participate in the program. Waivers can be picked up at the West End Front desk, or you can e-mail jessica.mccallum@van- couver.ca

Instructor: Youth Leader

Fri May 19 5:00-8:45 PM
449189 \$10
Auditorium

Pre-teen Sports and Games Club

Want to play some dodgeball, soccer or capture the flag, with new friends? Interested in play- ing Jenga, Uno or foosball? Come and join us after school for this FREE program where each week we participate in planned activities. Pre- Registration is required. A calendar of events will be available on the first day of the program. Pre- teen waiver form is required

Instructor: Youth Leader

Thu Apr 6-Jun22 3:30-5:30pm
449184 Free
Auditorium

Youth

Teen Night- Grade 8-12

FREE program for youth in grades 8 -12 (ages 13-18). Come by and shoots hoops in the Gym, play board games upstairs or get creative with some art supplies. Snacks provided. Teen Night has in/ out privileges

Instructor: Youth Leader

Fri Apr 14-Jun30 6:15-9:00pm
449183 Free
Gymnasium - Coal Harbour

Teen Open Gym

FREE program for youth in grades 8 -12 (ages 12-18). Come by and shoots hoops in the Gym, play soccer, or volleyball! Teen Open Gym has in/ out privileges - this is program is for enrollment/ admin purposes only.

Instructor: Non Instructional

Tue Apr 4-Jun28 3:30-5:00 PM
450628 Free
Gymnasium - Coal Harbour

Youth Out Trip-Pizza and Glow bowling

Bored? Looking for a fun way to the spend Saturday afternoon? Join the West End youth team for some pizza and glow in the dark 5-pin bowling! We will be taking transit from the West End Community Centre and retuning at approx- imately 3pm. Pre-Registration in required as well as a waiver signed by parents or guardians before youth can participate

Instructor: TBA Instructor

Sat May 27 11:00am-3:00pm
450626 \$15

Youth Movie Nights

Come join us for this FREE youth movie night. Open to ages 13-18. Popcorn and movie snacks will be provided. Pre-registration is encouraged but youth are welcome to register the day of at the front desk.

Instructor: Youth Leader

Thu Jun 8 6:30-9:00pm
450531 Free
Thu May 4 6:30-9:00pm
450532 Free
Auditorium

Youth Lunchtime Drop-In

Need somewhere to chill on your lunch break? We'll have snacks, games, crafts, music and overall just a chill place to spend your lunchtime. Drop in will be open from 11:35am-12:15pm in the Denman Room at the West End.

Emergency First Aid with CPR/AED

Basic First Aid course offering lifesaving first aid and cardiopulmonary resuscitation (CPR) skills for the workplace or home. Course meets legisla- tion requirements for provincial/territorial work- er safety and insurance boards and includes the latest first aid and CPR guidelines

Instructor: Foundations Safety + First Aid Training

Sat May 13-May 13 9:15am-1:45pm
448131 \$99.75/Person
Sat Jun 10-Jun 10 9:15am-1:45pm
448132 \$99.75/Person
Barclay Room

Standard First Aid CPR/AED

Comprehensive course offering first aid and CPR/ AED skills for those who need training due to work requirements or who want more knowledge to respond to emergencies at home. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines.

Instructor: Foundations Safety + First Aid Training

Sat May 13-May 13 9:15am-4:45pm
448133 \$140/Person
Sat Jun 10-Jun 10 9:15am-4:45pm
448134 \$140/Person
Barclay Room

Youth Leadership

Jr. Youth Leadership Club

Are you in grade 8 or 9? Our Jr. YLC program is a great way to build skills, plan fundraisers and events and get some volunteer hours. Our week- ly meetings on Wednesday afterschool will focus on investing in yourself through team building and workshops and investing in your commu- nity by giving back through voluntarism. For more information and to register please contact Jessica at the West End Youth office or jessica.mccallum@vancouver.ca

Instructor: Youth Leader

Wed Jan 11-June 14 3:30-5:30pm
423875 Free
Denman Room

Sr. Youth Leadership Club

This program is for youth in grades 10 to 12 that are looking to gain leadership and mentoring experience while learning how to organize, plan and implement programs in the community cen- tre and give back to their community through stewardship and volunteerism. Youth will also have the opportunity to learn valuable skills such as interview prep, applying to college and univer- sity as well as learning how to apply for schol- arships and bursaries. For more information on this program please contact the Youth Worker at jessica.mccallum@vancouver.ca

Instructor: Jessica McCallum

Wed Jan 11-June 14 6-8pm
423877 Free
Haro Room

West End Community Centre

Adult

Creative Arts

Explore Creative Writing

In this writing class you get a chance to try a variety of styles and subjects so you can discover your specific interest and develop your own style of writing. The course covers skills for writing articles, stories, poetry and drama. The range of activities are designed to help you to hone in on skills for writing dialogue, and descriptions to create characters and settings. You will be encouraged to explore your own creative ideas with tips on plotting, choosing points of view and working with different kinds of structures. You will be encouraged to put final touches on your best story/poem/play and get it ready to send to a publisher.

Instructor: Dianne Maguire

| | |
|--------------------------|--------------------|
| Mon Apr 17-May 15 | 6:30-8:30pm |
| 446297 | \$88.75/5 sess |
| Mon May 29-Jun 26 | 6:30-8:30pm |
| 446299 | \$88.75/5 sess |
| Meeting Room 2 | |

West End Writers

We welcome writers of all ages and experience. The West End Writers club provides a supportive atmosphere for writers to read work in progress and receive feedback. Please visit www.westend-writers.com for more information.

Instructor: William Ellis

| | |
|--------------------------|--------------------|
| Wed Mar 29-Jun 21 | 6:30-8:45pm |
| 446835 | Free |
| Meeting Room 2 | |

Exposed Stitch Hand Bound Book

Learn traditional bookbinding techniques to stitch together a beautiful hand bound book. Using mat board, decorative papers, and acid-free paper, participants will measure, score, size paper, miter corners and bind the book's pages and cover using a decorative stitch that is visible at the spine. When open, this unique method of binding allows the pages to lie flat. This binding technique is particularly suitable for those who write and sketch. Instructions are given on how to make traditional bookbinding paste that is archival and non-toxic, and on techniques to make bookbinding cloth. Please bring a metal ruler, utility knife, foam brush, pencil, and eraser to class. Also a bone folder and self-healing mat if you have them.

Instructor: Jo Ann Kronquist

| | |
|-------------------|-----------------------|
| Sat Apr 22 | 10:00am-4:00pm |
| 446720 | \$84/1 sess |
| Barclay Room | |

Making Beautiful Mosaic Pendants using Resin

Learn how to make your own unique mosaic resin jewelry. All supplies will be provided, so just bring your creativity and designs! Feel free to bring your own decorative objects. After the class you will have designed at least 2 mosaic jewelry pieces! This is a 1.5-hour workshop. Students will be designing their pieces and afterwards the resin will have to cure for at least 24-48 hours (can be picked 2 days later). Students will need to bring a mask, as safety gear, when working with epoxy resin. Safety eyeglasses are recommended as well.

Instructor: Sheila Rodriguez

| | |
|-------------------|--------------------|
| Wed Apr 19 | 6:00-7:30pm |
| 446737 | \$59/1 sess |
| Barclay Room | |
| Wed May 17 | 6:00-7:30pm |
| 446738 | \$59/1 sess |
| Barclay Room | |

Photography

Darkroom: Introduction to the Basics

This course is designed to take students through the process of developing film and making traditional wet prints from negatives using black and white photographic materials. It is an introductory course, enabling the student to grasp the fundamentals of processing, chemicals, darkroom safety and enlarging. Over the course of the program you will develop two rolls of film, make a contact sheet and create quality silver gelatin prints. The course requires additional materials, which will cost between \$50-\$100. A list will be provided at the beginning of your first class. You will also need to have a working film camera and an exposed roll of black and white film (excluding Ilford XP2) in either 35mm or 120 format for the first day of class. Please make sure to test the camera you are planning to use.

Instructor: Kathy Kinakin

| | |
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| Tue Mar 28-May 9 | 5:45-8:45pm |
| 446710 | \$231/14 sess |
| Meeting Room 2 | |

Photography Basics in One Day

Learn the basic and most important settings on your digital or film camera including: exposure modes, aperture, shutter speed, depth-of-field, white balance, flash, and ISO. This one-day class includes a comprehensive set of class notes and a field trip in the neighbourhood. Please bring camera with instruction manual. Please note: course is best suited for digital or film cameras with manual exposure control.

Instructor: Jo Ann Kronquist

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|-------------------|-----------------------|
| Sat Apr 8 | 10:00am-4:00pm |
| 446746 | \$69/1 sess |
| Meeting Room 1 | |
| Sat May 13 | 10:00am-4:00pm |
| 446747 | \$69/1 sess |
| Barclay Room | |

Drawing/Painting

Palette Knife Oil Painting

Palette knife painting is relaxing and enjoyable. The bold strokes of the knife make the painting attractive and give it a modern look. The course consists of seven 2½-hour sessions. By the end of each session students finish a painting. Palette knives included in class fee. No class May 21.

Instructor: Ali Sepahi

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|--------------------------|------------------------|
| Sun Apr 30-Jun 11 | 10:15am-12:45pm |
| 446740 | \$78/6 sess |
| Bidwell Room | |

Watercolour Painting

This program will give you the chance to learn to apply watercolour painting by exploring the medium's full potential. 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). Drop-in \$25.00. No class May 4. Master M. Reza Atashzad has over 30 years experience in teaching drawing and painting at his own Atashzad Academy of Art. He has also been teaching different art programs at several community centers in Vancouver since 2011. He has published more than 700 watercolour paintings, such as greeting cards, posters, albums, and books. Visit: www.atashzad.com [atashzad.com] Bring your own filled water bottle and Watercolour supplies.

Instructor: Mohammad Atashzad

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|-------------------------|--------------------|
| Set 1 | |
| Thu Apr 6-May 25 | 5:30-7:30pm |
| 446829 | \$209/7 sess |
| Bidwell Room | |
| Set 2 | |
| Thu Jun 1-Jun 29 | 5:30-7:30pm |
| 452589 | \$149/5 sess |
| Bidwell Room | |

Classic Pen and Ink Drawing

Take a classic black and white approach to the expressive medium of pen and ink drawing. Through exercises and step-by-step tutorials, you will learn to create a range of work. We will explore line, stroke, tone and texture. We will work with a range of pen points using black acrylic ink. Supplies are not included. Supply list available upon registration.

Instructor: Scott Sterling

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|------------------------|--------------------|
| Tue Apr 4-May 2 | 5:30-7:25pm |
| 446709 | \$100/5 sess |
| Meeting Room 1 | |

West End Community Centre

Dance

Ballroom Dance I and II

Social Interaction, Poise, Confidence and Exercise are some of the benefits of Ballroom dance:For return students this is a great opportunity to review skills developing more techniques and styling...Concentrating on 4 Dances - Foxtrot,Swing, Waltz and Rumba.Choreography available For Wedding Couples...Drop-ins \$17. 10% off for couples.

Instructor: Linda Short

Thu Mar 30-May 25 **7:15-8:30pm**
446700 \$144/9 sess
Dance Studio

Bellydance

Enjoy moving to the sensuous melodies and dynamic rhythms of the Middle East with Rahma. Belly dance is an excellent way to get fit, have fun and connect with your body in a very positive way. A professional dancer and experienced teacher of teachers, Rahma is able to clearly break down movements and is encouraging to dancers of all ages and abilities. Class begins with a slow stretch warm up. Wear exercise clothes, bare feet or dance and bring a scarf or shawl to tie around the hips. Finger cymbals needed, can be purchased or borrowed from instructor. No class Apr 10 and May 22. Drop-in \$18.00.

Instructor: Gail (Rahma) Haddad

Free Trial
Mon Mar 27 **6:30-8:00pm**
446703 Free
Dance Studio

Beginner/Intermediate
Mon Apr 3-Jun 19 **6:30-8:00pm**
446702 \$150/10 sess
Dance Studio

Advanced
Tue Mar 28-Jun 20 **7:30-8:55pm**
446701 \$195/13 sess
Dance Studio

Throwback Hip Hop and Jazz Funk

In this class, you'll learn choreography that's both inspired by and straight out of your favorite 90s and 00s music videos! Expect a groovy warm up and stretch, where you'll also learn some of the basic and foundational movements of hip-hop dance.

Drop-in \$15

Instructor: Yasmine Shemesh

Thu Apr 13-Jun 15 **5:30-6:30pm**
447516 \$143.75/10 sess
English Bay Room

Drama

Intro to Open Mic Comedy

This intro class is for anyone who wants a safe and supportive place to try, or just break out of the ordinary. The program will give you the foundation you need to start your journey at open mics. What's included: a student workbook, guest presenters as well as one-on-one feedback and assistance with creating your set. After the workshop, you'll perform at a live show open to family and friends.WHO SHOULD TAKE THIS:- Anyone who has stand-up comedy on their bucket list- Wedding guests (and crashers) who give toasts- Public speakers, instructors and MCs who want to try comedy- Instructors who want to add comic material to a dry topic

Instructor: Ingrid Schneller

Tue Mar 28-Jun 20 **6:00-8:00pm**
446732 \$221/13 sess
English Bay Room

Voice-Over Acting

Learn what it takes to do commercials with your voice. Gain confidence or start a new career. This class is lots of fun as you record the different styles of voice-acting, including cartoons. Sonja has 25 years of experience as an actor, teacher and TV host and assistant casting director. Please bring your own recording device.

Instructor: Sonja Bakker

Level I
Sat Apr 15 **9:30am-2:30pm**
446822 \$65/1 sess
Meeting Room 2

Sat May 27 **9:30am-2:30pm**
446823 \$65/1 sess
Meeting Room 2

Level II
Sat Apr 22 **9:30am-2:30pm**
446825 \$65/1 sess
Meeting Room 2

Sat Jun 3-Jun 3 **9:30am-2:30pm**
446826 \$65/1 sess
Meeting Room 2

Art in the City 2023

**Experience West End's
Largest Market of Fine Art**

Venissage:
Friday, May 5th 5:30-7:30pm

Art Market:
Saturday, May 6th 11:00am-5:00pm
Sunday, May 7th 11:00am-4:00pm

Location:
West End Community Centre,
870 Denman Street

Education

Emergency First Aid with CPR/AED

Basic First Aid course offering lifesaving first aid and cardiopulmonary resuscitation (CPR) skills for the workplace or home. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines

Instructor: Foundations Safety + First Aid Training

Sat May 13-May 13 **9:15am-1:45pm**
448131 \$99.75/Person

Sat Jun 10-Jun 10 **9:15am-1:45pm**
448132 \$99.75/Person

Barclay Room

Standard First Aid CPR/AED

Comprehensive course offering first aid and CPR/AED skills for those who need training due to work requirements or who want more knowledge to respond to emergencies at home. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines.

Instructor: Foundations Safety + First Aid Training

Sat May 13-May 13 **9:15am-4:45pm**
448133 \$140/Person

Sat Jun 10-Jun 10 **9:15am-4:45pm**
448134 \$140/Person

Barclay Room

Music for the Soul: From Church Gospel to Street-Corner R&B

If you were a slave in the U.S. South, you lived a life of abject misery. Your only hope for salvation was the belief that when you crossed over to the other side, your goodness and prayers would be rewarded in heaven. Slaves had nothing to celebrate except their faith in the Almighty, and their hope that singing in praise of the Lord would raise them to a higher place.

We'll trace the path of the music that was born in African-American churches of the late 1800s, following it through the invention of radio and the influence of "Christian country" to the advent of soul in the 1950s. And we'll hear how the journey continues in the music of today.

Week 1: The Roots of Gospel Music

Week 2: The Growth of Gospel Music

Week 3: Christian Country Music

Week 4: From Gospel to Soul

Week 5: The Soul Success

Week 6: Gospel Music Today

Fri May 5-Jun 9 **11:00am-12:30pm**
446818 \$96/6 sess

Denman Room

West End Community Centre

(Online) Emergency Preparedness - Personal & Household

This class will be held online on webex. In recent history, cities around the world have endured large emergencies with devastating impacts. Vancouver could experience a severe emergency too, like a big earthquake, but do you know what to do? This session introduces simple ways you can be prepared in advance of an emergency and how to make your home safer. - Join the session using your computer, phone, or tablet. For technical tips, view the resource sheet (www.vancouver.ca/webex-guide) about the Cisco Webex platform. - Before registering, read the important notice below regarding personal information. - Once registered use the link and password provided in your confirmation email to join at the time of the event. This session is open to all community members regardless of your closest community centre. Registrants can join the session 5 minutes in advance of the start time to get set up on Webex. The City of Vancouver collects your personal information in accordance with section 26(c) of the Freedom of Information and Protection of Privacy Act for purposes of organizing and administering the Emergency Preparedness Workshop. For the virtual Emergency Preparedness Workshop, your information will be shared with the City's web conferencing provider, Cisco WebEx. Information submitted to WebEx will be stored on servers in the United States and may be accessed in the United States or internationally for technical support purposes. If you have questions about the collection of this information, please contact the Director of Access to Information and Privacy by emailing privacy@vancouver.ca, by phoning 3-1-1, or mailing a letter to 453 West 12th Avenue, Vancouver, BC, V5Y 1V4

Instructor: Gillian Wong

Thu May 4 6:30-7:45pm
451831 Free

Creams, Lotions & Infused Body Oils

Making your own moisturizing creams and lotions is simple, fun, and affordable! The beauty of making your own products is the knowing exactly what ingredients are being used and combining in recipes that address your skin type and/or skin problem. In this fun and informative class, make and take home a vitamin packed cream, an aloe vera moisturizer, rejuvenating facial oil and an herbal infused body oil. Bonus: Bronzing Mica's can be added to your lotion for a sun kissed look! Plus, recipes on masks and gentle facial scrubs. ALL SUPPLIES INCLUDED IN COURSE FEE.

Instructor: Cheryl Theilade

Thu May 4 6:30-9:00pm
446697 \$48/1 sess
Barclay Room

In Home Spa Treatments

Treat cellulite and lymphatic drainage! In this hands-on class, make gratifying spa treatments at home. In this hands-on class, make a Himalayan body scrub, dead sea mineral mud body wrap, cellulite lotion, and toning body oil. Recipes for creams, foot scrubs and nail salves. ALL SUPPLIES INCLUDED IN COURSE FEE.

Instructor: Cheryl Theilade

Wed Jun 7 6:30-9:00pm
451684 \$48/1 sess
Barclay Room

Empathy, Compassion, and Love

Is there more to life? Many equate happiness with wealth, status and achievement. Research shows what we think will make us happy eventually doesn't. There's a far more effective approach. Our journey blends Western psychology and Eastern mysticism. You'll find the rewards transformative as we go beyond immediate gratification - providing top advice from psychologists, mystics, philosophers and creative thinkers in understanding true happiness and spirituality. Join Bob, a cancer survivor and author of Pure Happiness-Awaken to Your Truth, in exploring your purpose. For more information, visit Bob's website www.YouArePureHappiness.com.

Instructor: Bob Molavi

Free Trial
Thu May 4-May 4 2:00-3:00pm
446718 Free
Meeting Room 2
Thu May 11-May 25 2:00-3:00pm
446717 \$55.50/3 sess
Meeting Room 2

Toastmasters

Vancouver Speakers and Leaders is a Toastmaster Club that is based in Vancouver, BC, Canada that specializes in providing a one-stop-solution to leadership and professional development. Our mission is to create a welcoming and intriguing environment for our members to practice public speaking, impromptu speeches and leadership skills through our weekly meetings.

Instructor: Cindy Shen

Tue Mar 28-Jun 20 6:30-8:30pm
446820 Free
Bidwell Room

West End Community Centre Investment Coffee Club

The Coffee Club is an informal gathering to discuss current events, the economy and investing, in a relaxed, informal setting, and is a great way to get to know one another.

Instructor: Andrew Thiessen Edward Jones

Sun Apr 23 10:00-11:00am
446830 Free
English Bay Room
Sun May 14 10:00-11:00am
446831 Free
English Bay Room
Sun Jun 4 10:00-11:00am
446832 Free
English Bay Room

Social

Fireside Readers Book Circle Potpourri

Fireside Readers Book Circle Potpourri is a relaxed book sharing time, an informal one hour meeting on the second Friday of the month, from 11 am - 12 noon. Each person brings a list of one to four titles of books they have enjoyed and would recommend to others. Our goal: book sharing and socializing. Limited to 15 participants.

Fri Apr 14, May 12 11:00am-12:00pm
446722 Free
Stanley Court Room

Fireside Readers Book Club

At our monthly meetings, we have lively discussions of the books we read and are respectful of others' opinions and of different points of view. We are friendly and welcome new members. In late fall, the group chooses the books we will read the following year. Members can check out these books at the Vancouver Public Library. There are 10 books from library book club sets for some of the books, and these are made available at the prior month's meeting. These are the books we will read and discuss this Spring: April 28: Ian Williams, *Reproduction*, A Novel May 26: Lisa See, *The Tea Girl of Hummingbird Lane* June 23: Markus Zusak, *The Book Thief*

Fri Apr 28, May 26, Jun 23 11:00am-12:00pm
446723 Free
Stanley Court Room

Vancouver Prime Timers

Founded in 1990, the Vancouver Prime Timers provides mature gay and bisexual men with opportunities to come together in a supportive atmosphere to enjoy a varied program of social, educational, cultural, and recreational activities. Contact PrimeTimersVancouverCanada@gmail.com for more information.

Sun Apr 2, May 7, Jun 4 2:00-4:30pm
446821 Free
Denman Room

Bridge Duplicate

Come out and join Duplicate bridge players. Must pre-register. If you are a new participant and require a partner, please call Judy at 604.669.8872. Please note: there is no instruction, as it is game play only. Game starts at 1pm sharp, please arrive early, as no players admitted after 1pm. No exceptions.

Tue Mar 28-Jun 20 1:00-4:00pm
446707 \$6.50/13 sess
Bidwell Room
Thu Mar 30-Jun 22 1:00-4:30pm
446706 \$6.50/13 sess
Bidwell Room



Dog Obedience by DOGSmart Training

Beginner Life Skills (over 6 months old)

* No fearful dogs.* No aggressive dogs towards dogs or people.* If you have fearful/aggressive dogs, please contact DOGSmart at 604-267-9500 to register the specialized class at their facility.* No shock, choke, martingale or prong collars & retractable leashes.* No female dogs in heat (Animal Control Bylaw 9150 - 4.7)* All dogs must be able to provide documentation of up-to-date vaccinations or current titers testing.The focus of beginner training is to learn everyday basic life skill exercises such as sit, stay, down, come when called, and proper leash handling methods while incorporating varying degrees of distractions. This class is great for the team who didn't have a chance to attend puppy class. We use food, praise and play along with scientific learning principles to teach your dog how to achieve these goals. No new registration after the class starts & No make-up classes are provided. No class May 3.

Instructor: DOGSmart Training

Wed Apr 5-May 17

446715

Auditorium

7:45-8:45pm

\$240/6 sess

Puppy SmartStart (18 weeks or less)

* Puppies 18 weeks or less at the start of this class.* No fearful dogs.* No aggressive dogs towards dogs or people.* If you have fearful/aggressive dogs, please contact DOGSmart at 604-267-9500 to register the specialized class at their facility.* No shock, choke, martingale or prong collars & retractable leashes.* 2 sets of vaccinations are required.*No female doge in heat (Animal Control Bylaw 9150-4.7)This lively and energetic program is great for both puppies and owners. In this program your puppy will learn the importance of socialization to people, objects, sounds and other dogs, while developing proper social skills and good play behaviours in a safe and motivational environment. Course content includes an introduction to basic commands. Behaviours such as house training, bite inhibition, jumping up, as well as other topics such as grooming, health are discussed. We use food, praise and play along with scientific learning principles to teach your puppy how to achieve these goals. You will be invited to Google Classroom. Please provide your gmail account to your instructor. No new registration after the class starts & No make-up classes are provided. No class May 3.

Instructor: DOGSmart Training

Wed Apr 5-May 17

446713

Auditorium

6:30-7:30pm

\$240/6 sess

Come When Called Foundation (over 5 months old)

* Prerequisite - Basic obedience skills such as focus, sit, down, stay and polite walking.* No fearful dogs.* No aggressive dogs towards dogs or people. * If you have fearful/aggressive dogs, please contact DOGSmart at 604-267-9500 to register the specialized class at their facility.* No shock, choke, martingale or prong collars & retractable leashes. * No female dogs in heat (Animal Control Bylaw 9150 - 4.7)* All Dogs must be able to provide documentation of up-to-date vaccinations or current titer testing.Does your dog come back happily when you call? Are you getting tired of shouting at your dog to come back? Are you wondering why your dog doesn't come back?Learn the easy and fun steps of a wagging tail recall so that you and your dog can enjoy off-leash activities.This is a fun class yet the team requires basic obedience skills such as focus, sit, down, and stay. You will be invited to Google Classroom. Please provide your gmail account to your instructor. No new registration after the class starts & No make-up classes are provided.

Instructor: DOGSmart Training

Wed Jun 7-Jun 21

446714

Auditorium

6:30-7:30pm

\$120/3 sess

Walk This Way Foundation (over 5 month old)

* Prerequisite - Basic obedience skills such as focus, sit, down, stay.* No fearful dogs.* No aggressive dogs towards dogs or people.* If you have fearful/aggressive dogs, please contact DOGSmart at 604-267-9500 to register the specialized class at their facility.* No shock, choke, martingale or prong collars & retractable leashes.* No female dogs in heat (Animal Control Bylaw 9150 - 4.7)* All Dogs must be able to provide documentation of up-to-date vaccinations or current titer testing.Does your dog pull or lag on leash? Are the finer points of following beside you a hard concept for your dog to understand? Come and have some fun learning some unique ways to teach your dog to walk beside you. This class is all about force free training and heling your dog find their groove! We will stay focused on walking related issues in this class. You will be invited to Google Classroom. Please provide your gmail account to your instructor. No new registration after the class starts & No make-up classes are provided.

Instructor: DOGSmart Training

Wed Jun 7-Jun 21

446716

Auditorium

7:45-8:45pm

\$120/3 sess

West End Community Centre

Health and Wellness

Hypnosis for Manifestation

We each intend and manifest automatically. We can't help but manifest. However, instead of manifesting lack or anything we don't prefer by default, we can learn to manifest by design what we prefer. Using hypnosis, we have means to access the unconscious mind, where the true power of manifestation lies. This class offers practical information, Guided meditation, and in-depth exercises to use in your day-to-day life. In this course, you will learn 3 ingredients, 7 steps and 3 powerful processes to assist you in manifesting your desires, release limiting beliefs, become magnetic to success and expand without limits. As a result, you get much closer to yourself.

Instructor: Kemila Zsange

Sat Jun 17 12:00-4:00pm
452038 \$68/1 sess
Stanley Court Room

Journey into Past Life Regression

Get ready for a journey through time and space ? literally. In this intensive Past Life Regression session, you'll be guided into deep trance and experience first hand past lives through regression. In this open, accepting, relaxed environment you can access several key lives you've lived, unveiling roles, relationships, places and talents that were important to you. More importantly, what you have gained from these lifetimes, including any effects you've carried forward to the present. Depending on group energy and desires, we can also choose a focus on money, relationship or life purpose. The session includes introduction, group regression and post regression analysis. Please bring a notebook and a pen for journaling after each experience.

Instructor: Kemila Zsange

Sat Apr 15 12:00-4:00pm
446733 \$65/1 sess
Stanley Court Room

Future Life Progression

An unusual journey through time and space ? to a probable future of yours. In this session, you will be guided into deep trance and experience your future through progression; and see how time is not what you think it is. Physicists believe that all time is simultaneous, and because of that you have access to your own future self. This is about growth and experience, helping you now to make proper and wise decisions. Future Life Progression could be useful for motivating you to work towards your goals and you certainly will leave a session in a relaxed state, more inclined to focus on the things you want to achieve in life. Come join us in this open, accepting, relaxed environment where you can be informed by your future.

Instructor: Kemila Zsange

Sat May 13 1:00-4:00pm
452036 \$53/1 sess
Stanley Court Room

Self-guided Meditation

Come relax and calm your mind and body. Are you looking for a dedicated space to meditate? Join us at the West End Community Centre for self-guided meditation. No class Apr 8 and May 20.

Sat Apr 1-Jun 24 11:00am-12:00pm
446848 Free
English Bay Room

Reiki Relaxation

Are you looking to relax deeply and reduce stress? Take this Reiki program designed to nurture your soul and provide you with deep sense of joy, healing and wellbeing. Join Holy Fire Reiki Master Birdeen for 90 minutes of guided Reiki meditations and routines and see your stresses wash away. You will be led through restful and rejuvenating Reiki experiences and relax along with other participants to quiet, soothing music. This program is for everyone and no prior experience is needed. Come out rejuvenated, calm, refreshed, focused and energized. If you feel stressed and want deep relaxation, this program is the perfect way to invite fresh energy and relaxation into your life. Register now, have fun and bring a friend!

Instructor: Birdeen Selzer

Thu Mar 30-Jun 22 7:00-8:30pm
446810 \$130/13 sess
Denman Room

Tai Chi - 24 Form (suitable for beginners)

Tai Chi is a gentle form of exercise, a martial art, and moving meditation, based on the principle of the interplay of Yin and Yang. Slow and graceful movements improve balance, coordination, and well-being. Emphasis on proper alignment promotes Qi flow through the body, and sustained concentration makes this an excellent exercise for the mind as well. Drop-in \$20.00. Kelly Maclean has trained since 1988 under some of the great masters and lineage holders of our time, including Shouyu Liang (her primary teacher), Chen Xiaowang, Chen Zhenglei, Yang Zhen Duo, He Weiqi, Madame Wang Jurong, Dr. Yang Jwing Ming, and Sam Masich. As a member of the Canadian National Wushu Team, she had an illustrious international competition career, garnering many medals and Grand Championship titles. She holds a 7th-degree black belt and is certified in internal styles including Taijiquan (Tai Chi), Xingyiquan, Baguazhang, Water boxing, and Qigong. In her teaching, she emphasizes correct biomechanics and structure. She is well known for her attention to detail and her unique talent for explaining movement through analogies and evocative descriptions.

Instructor: Kelly Maclean

Tue Apr 11-Jun 20 6:15-7:15pm
446816 \$176/11 sess
Barclay Room



Tai Chi - 48 Form Part One

The 48 Form is a beautiful, well-balanced routine, combining the 4 main lineages of Tai Chi: Yang, Chen, Sun, and Wu. In this course, we will study the first part of the sequence. Part Two will be taught in the summer session, and Part Three will be taught in the fall. Participants should have some experience, perhaps with the 24 Form. Drop-in \$20.00. Kelly Maclean has trained since 1988 under some of the great masters and lineage holders of our time, including Shouyu Liang (her primary teacher), Chen Xiaowang, Chen Zhenglei, Yang Zhen Duo, He Weiqi, Madame Wang Jurong, Dr. Yang Jwing Ming, and Sam Masich. As a member of the Canadian National Wushu Team, she had an illustrious international competition career, garnering many medals and Grand Championship titles. She holds a 7th-degree black belt and is certified in internal styles including Taijiquan (Tai Chi), Xingyiquan, Baguazhang, Water boxing, and Qigong. In her teaching, she emphasizes correct biomechanics and structure. She is well known for her attention to detail and her unique talent for explaining movement through analogies and evocative descriptions.

Instructor: Kelly Maclean

Tue Apr 11-Jun 20 7:20-8:20pm
446817 \$176/11 sess
Barclay Room

Qi Gong

Qi Gong is an ancient Chinese health care practice that integrates physical postures, strength and flexibility, breathing techniques, mental focus, all to increase energy and place us into a state of relaxation for all forms of healing. In addition, we will also practice "healing sounds" to stimulate the health of our five organs (lungs, Kidneys, heart, liver, spleen and stomach). Drop-in \$11.00.

Instructor: Fran Hinton

Wed Mar 29-Jun 21 6:00-7:00pm
446809 \$117/13 sess
Dance Studio

West End Community Centre

Food and Gardening Workshops

Introduction to Organic Gardening

Village Vancouver and West End Neighbourhood Food Network's WE Urban garden Club present a workshop covering the basics of planning, preparing and starting a food garden. You'll learn some simple techniques from Rhiannon Johnson for starting plants indoors and in the garden, tailored to your space. Be rewarded with the taste of freshly grown veggies this season! We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds. Reduced fee for Seniors (50 and over).

Tue Apr 4 6:30-8:30pm
454619 \$16/1 sess
Barclay Room

Making Beeswax Salves with Lori Snyder

In this joint Village Vancouver - West End Neighbourhood Food Network WE Urban Garden Club workshop with Lori Snyder, you'll discover how to make beeswax salves with infused plant oils. It's quick and easy, and beeswax salves have many different applications, including lip balms, natural skin care, hand salves and salves for wounds and sprains. Gardeners - you can make salves from your garden from a variety of plant infused olive oils blended into beeswax. We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds. Fee includes cost of all materials. Free for Seniors (50 and over; \$5 materials fee only.)

Thu Apr 13 6:30-8:30pm
446711 \$20/1 sess
Barclay Room

Healthy Soil for a Great Garden

This Village Vancouver - West End Neighbourhood Food Network WE Urban Garden Club workshop with Rhiannon Johnson is suitable for folks who have a gardening space, as well as for anyone who would like to start gardening, you'll learn how to build your soil for a healthy, vibrant veggie garden. Find out how vigorous your soil is and what to add to it to improve its vitality! If you have a garden, you're invited to bring a CLEAR 1 liter container (with a lid) with a couple of cups of your garden soil, for some simple tests to learn how to improve it with natural fertilizers, soil amendments, and gardening techniques. Now's the time to improve your soil for better garden yield! We'll have a community seed library present - pick up some free seeds, swap or donate seeds. Fee includes testing materials. Reduced fee for seniors (50 and over).

Fri Apr 14 6:30-8:30pm
446712 \$19/1 sess
Barclay Room



West End Urban Garden Club

Join West End Neighbourhood Food Network's Urban Garden Club and Village Vancouver at our monthly inclusive, family friendly gatherings. Please bring a dish to share for the potluck, (or your own meal) and tableware (e.g. plate, eating utensils, etc.) Each month we present a short workshop on a different food and/or gardening related topic. This month - Indoor Herb Gardens .We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds.

| | |
|-------------------|-------------|
| Sun Apr 16 | 1:00-2:30pm |
| 446833 | Free |
| Barclay Room | |
| Sun May 7 | 1:00-2:30pm |
| 446834 | Free |
| Bidwell Room | |
| Sun Jun 11 | 1:00-2:30pm |
| 446693 | Free |
| Bidwell Room | |

Wild Herbal and Mineral Vinegars

In this Village Vancouver - West End Neighbourhood Food Network WE Urban Garden Club workshop with Lori Snyder, you'll make an apple cider vinegar and find out why this daily mineral tincture is so important for your hormonal health. We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds. Fee includes cost of all materials. Free for Seniors (50 and over; \$5 materials fee only.)

Thu May 11 6:30-8:30pm
446725 \$20/1 sess
Barclay Room

Early Summer Gardening

Mid to late spring and early summer are busy times in the garden, and there are lots of plants you can grow now! In this Village Vancouver - West End Neighbourhood Food Network WE Urban Garden Club workshop with Rhiannon Johnson, you'll learn how to plant, grow, and harvest vegetables such as peas, beans, greens, beets, the onion family, root veggies, herbs, tomatoes, and carrots on your balcony, in your yard, or in your community garden plot. We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds. Reduced fee for Seniors (50 and over).

| | |
|-------------------|-------------|
| Sat May 13 | 1:00-3:00pm |
| 446726 | \$16/1 sess |
| Bidwell Room | |

Mini-Macrame Wall Hanging

In this joint Village Vancouver - West End Neighbourhood Food Network workshop with Rashmi GC, you'll learn how to make a mini wall hanging using macrame techniques, and each participant will craft a wall hanging in a beautiful pattern to take home! We'll also discuss different patterns and which yarns are suitable for creating other items using macrame techniques We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds. Fee includes cost of all materials. Free for Seniors (50 and over; \$8 materials fee only.)

Mon May 29 6:30-8:30pm
446728 \$22/1 sess
Bidwell Room

Zero Waste in the Kitchen and Beeswax Wraps

In this Village Vancouver Westside Neighbourhood Food Network workshop with Rashmi GC, we'll talk about how to reduce food waste, package-free grocery shopping, proper segregation of kitchen waste, recycling and composting. Workshop participants will make beeswax wraps to take home with them. We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds. Free for Seniors (50 and over; \$8 materials fee only.)

Sun Jun 4 1:00-3:00pm
446840 \$22/1 sess
Barclay Room

Cool Summer Drinks

In this joint Village Vancouver - West End Neighbourhood Food Network WE Urban Garden Club workshop, Rashmi GC will be talking about the various types of Cool Drinks made in India for the Summer season. She'll show workshop participants how to make different types of cool drinks using spices, herbs, fruits, yoghurt, etc., including drinks such as Shikanji, Nimbu Paani, Paanaka, Majjige, Chaas, Aam Panna, Lassi, Jal Jeera, etc. Participants will get to taste all the cool drinks we make (think of beer tasting in shot glasses style.), and also get to take home what we make (bring a couple of containers!). We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds. Fee includes cost of all materials Free for Seniors (50 and over, \$8 materials fee only).

Tue Jun 20 6:30-8:30pm
446739 \$22/1 sess
Meeting Room 1



West End Community Centre

Growing Superfoods

Enhance your health by adding home-grown superfoods to your plate!. In this Village Vancouver West End Neighbourhood Food Network WE Urban Garden Club workshop with Rhiannon Johnson, you'll learn how to grow your own superfoods (some of which are best grown indoors, and others outdoors) such as kale, ginger, turmeric, sprouts, and blueberries. We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds. Reduced fee for Seniors (65 and over).

Sat Jun 24 10:00am-12:00pm
446727 \$16/1 sess
Barclay Room

Language

English Conversation Circle

You are welcome to join our weekly conversation circle when you can. The group is open to all levels and there is no charge. We encourage you to practice English in a relaxed circle of friendly people. Conversations are guided by experienced facilitators and we strive to talk about things that interest you.

Tue Mar 28-May 30 10:00-11:30am
446719 Free
Meeting Room 2

Russian - Beginner I

This course is designed for those with no prior knowledge of Russian. Students will learn Cyrillic alphabet and essentials of pronunciation while practising reading and listening. The course will introduce participants to grammatical aspects such as adjective-noun agreement, conjugation of verbs, accusative and prepositional cases of nouns. Creating simple dialogues on a variety of topics will let the students gain basic vocabulary and acquire confidence in using new language. The course will get them closer to understanding Russian culture and traditions. No class Apr 8 and May 20.

Instructor: Inna Makarova

Sat Apr 1-Jun 24 9:30am-10:45am
446811 \$135.20/11 sess
Meeting Room 3

Russian - Beginner II

Refresh and improve your knowledge of Russian. Enrich your vocabulary, learn new grammatical concepts and their usage, get more confident leading the conversation as you practice speaking, listening, reading and writing. The course is designed for those who took Russian Beginner I or has similar level acquired. Drop-in \$19.00. No class Apr 8 and May 20.

Instructor: Inna Makarova

Sat Apr 1-Jun 24 11:00am-12:15pm
446812 \$185.90/11 sess
Meeting Room 3

Spanish - Beginner I

Think of the richness that learning Spanish will add to your life! The course emphasis will be on interaction to quickly develop speaking and comprehension skills. By providing the basic tools to communicate effectively, this approach will introduce you to language structures and expressions and will open doors to new experiences. No class Apr 10 and May 22.

Instructor: Karen Forrester-Lara

Mon Mar 27-Jun 19 6:10-7:25pm
446813 \$146.63/11 sess
English Bay Room

Spanish - Beginner II

Enjoy this course designed for students who have some exposure to Spanish or who want to broaden the knowledge acquired in Beginner I, and feel more competent and confident with their conversational skills. For more information please visit: SpanishwithKaren.com. No class Apr 10 and May 22.

Instructor: Karen Forrester-Lara

Mon Mar 27-Jun 19 7:30-8:45pm
446814 \$146.63/11 sess
English Bay Room

Martial Arts

Aikido

Based on traditional Japanese hombu style, aikido is a powerful, dynamic martial art that uses an attacker's momentum and energy and redirects it through fluid techniques that may involve joint locks, throws and pins. This class will include both basic and higher level techniques suitable for both male and females, beginners and advanced students. Beginners welcome anytime. Drop-in \$15, with permission of instructor. No class Apr 10, May 4, May 22, June 8 and June 12.

Instructor: Tony Hind

Mon Thu Mar 27-Jun 22 6:15-7:45pm
446696 \$126/21 sess
Auditorium

Music

Piano Lessons - Mary

This course will provide you with a good start in understanding piano basics or expand on your previous knowledge. 30-minute or 1-hour individual lessons are available to adults & children. No Class Apr 10.

Instructor: Mary Friesen

Set 1
Mon Mar 27-May 1 1:30pm-7:00pm
Stanley Court Room \$120/5 sess
Wed Mar 29-May 3 12:30pm-5:30pm
Meeting Room 3 \$144/6 sess

Set 2
Mon May 8-Jun 12 1:30pm-7:00pm
Stanley Court Room \$120/5 sess
Wed May 10-Jun 14 12:30pm-5:30pm
Meeting Room 3 \$144/6 sess

Pottery

Pottery Open Studio

Semi supervised, non-instructional open studio time. Must have previous experience working with ceramics, preferably a pottery class with WECC. Pottery manager may contact you to verify your experience. Must purchase clay from our studio - no outside clay will be permitted. No communal tools provided, participants must bring their own tools or you can purchase a kit on your first day. A cubby will be provided for works in progress - no personal belongings or tools can be stored. Registration is mandatory as drop ins are no longer permitted in the studio. Due to limited space you are only permitted to attend the session you are registered in. No class Apr 9, 10 and May 21, 22.

Session B

Mon Mar 27-Jun 19 2:30-5:30pm
446791 \$198/11 sess

Session C

Tue Mar 28-Jun 20 5:45-8:45pm
446792 \$234/13 sess

Session D

Wed Mar 29-Jun 21 2:30-5:30pm
446793 \$234/13 sess

Session E

Sun Apr 2-Jun 25 10:15am-1:15pm
446794 \$198/11 sess

Session F

Sun Apr 2-Jun 25 1:30pm-4:30pm
446795 \$198/11 sess

Pottery Studio

Pottery Throwing & Handbuilding

Learn about the world of ceramics through the use of both the wheel and hand-building techniques to create diverse knowledge. Classes will begin with demos more focused on functional ware. By the end of the course, projects will be self directed with guidance and support from instructor. Students will also learn how to glaze as well as paint their finished products. Clay not included in cost. Clay must be purchased from the instructor during the first class - no outside clay permitted. No class Apr 10 and May 22.

Instructor: Estelle Liebenberg

Mon Mar 27-Jun 19 5:45-8:45pm
446796 \$297/11 sess

Instructor: Anthony Dunlop

Wed Mar 29-Jun 21 5:45-8:45pm
446797 \$351/13 sess

Instructor: Kennedy Snider

Thu Apr 13-Jun 8 10:00am-1:00pm
446798 \$243/9 sess

Instructor: Estelle Liebenberg

Wed Mar 29-Jun 21 11:00am-2:00pm
446799 \$351/13 sess

Instructor: Dayna Vreeken

Mon Mar 27-Jun 19 11:00am-2:00pm
446800 \$297/11 sess

Pottery Studio

West End Community Centre

Pottery Workshops with Serena

Serena Chu is a visual artist specializing in contemporary ceramic tableware and is an art teacher in pottery, painting, resin and other various media. She is also a digital designer that creates custom Life-Size Colouring Murals for client's events and festivals. Originally from Toronto with a BFA in mural painting and installation sculpture from York University, she is often experimenting with new techniques exploring different surface design like sgraffito, air brushing, or silkscreening. Her studio transforms from ceramic production work for sale to a classroom for students during any given week.

She has a panache for creating a fun learning experience for her students and is passionate about making an art space that is accessible to all walks of life and full of laughter. www.chuchu.ca

Cherry Blossom Hand-building Ceramic Tableware Workshop

Spring is in the air and what better way to celebrate our beautiful city than creating dishes with the iconic cherry blossom theme? A great introduction to slab pottery that will all be food-safe. From cherry blossom shaped trinket plates, to stenciled and hand-painted flowers, we'll explore a variety of surface decoration on dishware.

Thu Apr 6-Apr 13 6:30-8:30pm
454711 \$80/2 sess
Meeting Room 1
Pottery Studio

Botanical Imprint Ceramic Tableware Workshop

Collect your favourite spring leaves and foliage and bring them to class to imprint them into clay to make your own tableware. In this two part specialty workshop you will learn how to prep your clay, make clean imprints of your botanicals and shape your final vessels. There will be options to make coasters, small plates, medium platters or decorative hanging pieces. This is a great introduction into slab pottery and you may make several pieces in the first session depending on the size. The second session you will be staining to reveal the veins in the foliage and applying clear glaze. All materials included.

Thu Apr 20-Apr 27 6:30-8:30pm
446802 \$80/2 sess
Meeting Room 1
Pottery Studio

Ceramic Garden Planters and Mini Sculptures

We all love our plants, let's treat them to some handmade pots and decorative sculptures! In this 2-part ceramic pottery class, you'll be making functional pots for plants and a variety of sculpted creatures like gnomes, ladybugs or mushrooms. We will be using templates and materials like coloured slip, stains and glazes in many colours for the surface decoration.

Thu May 4-May 11 6:30-8:30pm
446805 \$80/2 sess
Meeting Room 1
Pottery Studio

Minimalist and Japanese Pattern Hand-building Tableware

Explore the world of minimalist surface design with gestural dry-brushing, flicking and edging. We will also be adding Japanese wagara (textile patterns) to our pieces and glazing them to reveal the texture. A great hand-building and surface decoration class that teaches you that less is more!

Thu May 18-May 25 6:30-8:30pm
446803 \$80/2 sess
Meeting Room 1
Pottery Studio

Wheel Throwing Intensive - Centering and Wall Building

Have you ever wanted to improve your centering and wall structure? This 3-part skill building class helps you practice your throwing by repetition of the basics. You will be cutting through your freshly thrown pieces to inspect the structure while the instructor gives you guidance on how to master the craft with useful tips and tricks. Each class we can explore a different shape to practice your technique from cylinder, angled bowl, curved bowl and vase. Previous pottery experience required to fully benefit from this series.

Thu Jun 1-Jun 15 6:30-8:30pm
446801 \$100/3 sess
Pottery Studio

Pottery Workshops with Lisa

Lisa Warren is an experienced ceramicist having worked as a potter for more than 10 years, with a strong focus on wheel throwing and functional ware. Over the years she has taught classes, workshops, and has been a studio technician. She is the current studio manager of the West End Community Centre and has her own private studio. Born and raised in BC, Lisa studied ceramics at Langara College, and completed her arts degree at UBC with a focus on Fine Arts. Constantly learning, she has also built her knowledge through workshops at Emily Carr, Shadbolt Centre for the Art, and has also opened several pottery studios. Additionally, you'll find her work in shops across the province of British Columbia and throughout Canada.

Plates the Easy Way

Wheel thrown plates can be a struggle to make! This workshop guides you through a unique process using a combination of hand building and wheel throwing to make plates in a variety of sizes. Students will make a set of dishes in the first session, and in the second session we'll explore glazing techniques specific to plates. Participants must have previous experience on the pottery wheel. All materials included.

Thu Mar 30-Apr 6 6:30-8:30pm
446806 \$80/2 sess
Meeting Room 1
Pottery Studio

Push Plates and Pinch Pots

Learn to make simple and functional dishes, plates, bowls and more in this two night workshop! In the first class your instructor will demonstrate simple and easy handbuilding techniques for making useful kitchen wares quickly. Students will decorate and glaze their pieces in the second session. A great introduction to clay for beginners, no experience necessary. All materials included.

Thu Apr 13-Apr 20 6:30-8:30pm
446807 \$80/2 sess
Meeting Room 1
Pottery Studio

The Professional Workshops - Kilns 101

The Professional Workshops are meant for potters with their own studios, or those seeking to start their own studios. In this workshop, participants will learn the basics of kiln operation. We will cover kiln programming and maintenance, loading and unloading of work and proper care of kiln shelves. A great starting point for anyone wanting to start their own ceramic practise.

Thu May 4 6:30-8:30pm
454759 \$45/1 sess
Pottery Studio

Handmade Mug Workshop - Make a Mug in One Night!

In this one night workshop you'll make a mug from start to finish, no experience necessary! Your instructor will demonstrate how to construct a mug using various techniques such as slab rolling, pinching and extruding. You'll be able to add your own style to it with texture and colour. A great introduction to pottery, beginners welcome! Your piece will then be fired and glazed for you in the colour of your choice. All materials included.

Thu May 11 6:30-8:30pm
446804 \$50/1 sess
Thu May 25 6:30-8:30pm
454770 \$50/1 sess
Meeting Room 1

West End Community Centre



Wheel Throwing Sampler - Try out the Potter's Wheel in this One Night Workshop!

Ever wanted to try the pottery wheel but don't want to commit to a full class? Then this one night workshop is for you! After a short throwing demonstration, you'll have time to test your skills on the pottery wheel with guidance and encouragement from your friendly pottery instructor. You can keep one piece that you make, which will later be trimmed and glazed for you in the colour of your choice. No previous experience necessary! All materials included.

Thu May 18 6:30-8:30pm
446808 \$50/1 sess
Pottery Studio

Make a Coil Pot in Two Nights!

Use the coiling technique to make a pot in two nights, no experience necessary! This ancient method has been used for thousands of years, in this workshop we'll explore traditional styles as well as modern minimalist shapes. You'll create a coil pot perfect for a plant, flowers or even a food safe serving vessel - the choice will be yours! You'll also have the option to add handles for holding or hanging. The first session you'll construct the basic shape of your piece and in the second session we'll work together to refine your shape. Your pot will then be fired and glazed for you, in the colour of your choice. All materials included.

Thu Jun 1-Jun 8 6:30-8:30pm
454771 \$90/1 sess
Meeting Room 1

Make a Personalized Pet Dish in One Night!

Make a personalized pet dish for your favourite furry friend! In this one night workshop we'll build a shallow bowl from start to finish. You'll have the opportunity to customize it by adding your pet's name - perfect for that special dog or cat in your life. You'll even be able to make your dish a slow feeder if your pet tends to eat too fast! Your piece will then be fired and glazed in the colour of your choice. This workshop is great for both beginners and experienced potters. All materials included.

Thu Jun 15 6:30-8:30pm
454772 \$50/1 sess
Meeting Room 1

Yoga and Pilates

Gentle Morning Hatha Yoga with Crystal Bowls

A gentle hatha yoga class specifically designed to get your energy flowing in the morning, warm up your joints, gently increase flexibility and help build strength. This is then followed by a relaxing soundbath savasana with crystal bowls, koshi chimes and other sacred sound instruments to help soothe the nervous system and nourish your spirit. Students leave feeling refreshed with a greater sense of calm and relaxation. Suitable for all levels from beginner to beyond and people from all walks of life. Free trial, must pre-register. Drop-in \$15/adult \$13/senior.

Instructor: Rebecca Lee Henderson

Free Trial

Sun Apr 2 10:00-11:15am
452638 Free
English Bay Room
Sun Apr 16-May 21 10:00-11:15am
452248 \$78/6 sess
English Bay Room

Yin Yoga with Crystal Bowls

A very slow, gentle style of yoga that focuses on deep stretching and relaxation. The gentle playing of crystal bowls throughout the class helps to soothe and calm the mind and nervous system. Students leave feeling refreshed, with a greater sense of calm and relaxation in the body and mind. Suitable for all levels, from beginner to beyond and folks from all walks of life. Free trial, must pre-register. Drop-ins \$14. No class Apr 10.

Instructor: Rebecca Lee Henderson

Free Trial

Mon Mar 27 7:15-8:30pm
452639 Free
Denman Room
Tue Apr 4 6:45-7:30pm
452640 Free
Denman Room
Mon Apr 3-May 15 7:15-8:30pm
446852 \$78/6 sess
Denman Room

Breathe, Flow and Laughter Yoga

This class is a blend of focusing on alignment and powering the body through breath. Using various breathing techniques fuels the flow of each class. Discipline, along with laughter and calmness is what you are going to experience in this class. Drop-in \$16.00. No class Apr 8 and May 20.

Instructor: Nousha Vahidi

Sat Apr 1-Jun 24 12:00-1:00pm
446705 \$154/11 sess
English Bay Room

Farsi Power Yoga

Join us for a yoga program taught in Farsi. Open for all ages and yoga levels. No drop ins.

Instructor: Minoo Zeighami Nejad

Wed Apr 12-Jun 7 7:30-8:45pm
446721 \$135/9 sess
Bidwell Room

Fundamentals of Yoga with Ily Ponce

Learn the fundamentals of Hatha Yoga practice to create a new perspective and help you focus on a deeper satisfaction of all your physical, mental, emotional and spiritual dimensions. You will practice a variety of postures (asanas), breathing exercises (pranayamas), meditation (dhyana), mantras and lifestyle changes. Bring harmony to yourself and the universe and unveil a life of possibilities.

Instructor: Ileana Ponce

Thu Mar 30-Jun 22 6:45-8:00pm
446724 \$258.44/13 sess
English Bay Room

Gentle Yoga

Is open to people of all fitness levels, anyone can do this class with confidence. Participants will learn how to practice yoga postures safely. Improvements you will enjoy from taking this class are: Great posture Comfortable, mobile and healthy joints ? Increased strength and flexibility Relief from mental stress A positive connection to your body Instructor: Sophie Ducharme, 22 years of teaching experience. Drop-in \$16.00/adult and \$13/senior. No class Apr 10 and May 22.

Instructor: Sophie Ducharme

Mon Mar 27-Jun 19 5:00-6:15pm
446729 \$154/11 sess
Dance Studio

Gentle Yoga - Sophie

Is open to people of all fitness levels, anyone can do this class with confidence. Participants will learn how to practice yoga postures safely. Improvements you will enjoy from taking this class are: Great posture Comfortable, mobile and healthy joints Increased strength and flexibility ? Relief from mental stress A positive connection to your body Instructor: Sophie Ducharme, 22 years of teaching experience. Drop-in \$16.00/adult and \$13.00/senior. No class Apr 7.

Instructor: Sophie Ducharme

Fri Mar 31-Jun 23 9:15-10:30am
446730 \$124.20/12 sess
Dance Studio

Hatha Yoga

Build your strength and flexibility. You will learn many yoga poses and different styles of Sun Salutations. Each class starts with meditation and finishes with soothing relaxation. Bring your own yoga mat and filled water bottle. No drop-ins.

Instructor: John Waye

Thu Mar 30-Jun 22 12:00-1:00pm
446731 \$169/13 sess
Dance Studio

West End Community Centre

JustYOGA

Hatha yoga is the physical branch of yoga and incorporates many styles. This class will explore the various styles, all of which unite the mind, body and spirit using movement to strengthen, stretch and calm the whole body, finishing with a meditative savasana. Bring your own filled water bottle. You are welcome to bring your own yoga blocks and straps. Drop-in \$13.50. No class Apr 10 and May 22.

Instructor: Fran Hinton

Mon Mar 27-Jun 19 6:00-7:00pm
446734 \$99/11 sess
Denman Room

PILATES MAT

PILATES MAT based on the 34 classic movements created by Joseph Pilates and which flow one into the other to develop a strong core as well as strength and flexibility throughout the body. Fascia stretching added to enhance the flexibility. Drop-in \$11.00.

Instructor: Fran Hinton

Thu Mar 30-Jun 22 5:45-6:45pm
446789 \$117/13 sess
Dance Studio

Pilates Yoga Fusion

A traditional yoga flow that challenges your core with Pilates exercises and breathing. This practice will improve your posture, balance, range of motion and sense of well being.

Instructor: Jill Stoness

Tue Mar 28-Jun 20 5:30-6:30pm
446790 \$117/13 sess
Denman Room

Yoga for Wrecks

This class will not intimidate you, or put you in any compromising positions! This class is for anyone who believes that they can't do yoga. You will work with what needs improvement and healing in your body. Learn to release stress that wears away at your good health. It's fun, relaxing and rejuvenating. Drop-in \$16.00/adult and \$13/senior. No class May 20.

Instructor: Sophie Ducharme

Free Trial
Sat Apr 1 10:30-11:45am
446839 Free
Dance Studio
Sat Apr 15-Jun 24 10:30am-11:45am
446838 \$140/10 sess
Dance Studio

Your Yoga

Tone and strengthen the muscles in your body through the slow, relaxing motions of yoga. Whatever your fitness level, you will benefit from this ideal, safe form of exercise. Drop-in \$9.00.

Instructor: John Waye

Tue Mar 28-Jun 20 9:15-10:15am
446864 \$89.70/13 sess
Dance Studio
Thu Mar 30-Jun 22 9:15-10:15am
446863 \$89.70/13 sess
Dance Studio

Ageless Yoga in the PM

Unwind with a complete P.M. yoga practice that combines gentle evening activations to release blocked energy, calming breath work to enhance vital life force energy (prana), along with asana practice (yoga postures) that can be easily modified as needed, for strength, balance, and flexibility. This longer evening program includes deep, dynamic relaxation (Savasana), along with live sound healing to restore your senses, calm your nervous system, and develop subtle awareness of the healing benefits of meditative deep rest. Drop-in \$18 space permitting. For more information visit www.givepeaceachant.com

Instructor: Sandra Leigh

Set 1
Wed Mar 29-May 10 7:00-8:30pm
446844 \$98/7 sess
English Bay Room
Set 2
Wed May 17-Jun 28 7:00-8:30pm
446841 \$98/7 sess
English Bay Room

Iyengar Yoga

Iyengar yoga helps the student gain strength, balance and mobility. No one is too stiff to begin a practice. Franklin is a kind and patient teacher with over 30 years of experience who will help you along the way.

Instructor: Franklin Schryver

Thu Mar 30-Jun 22 10:00-11:30am
446847 \$195/13 sess
English Bay Room

Sunrise Yoga Club

Come and join the Sunrise Yoga Club for self-led Yoga practice. There will be sessions led by a volunteer Yoga Instructor.

Wed Mar 29-Jun 21 10:45am-12:00pm
446850 \$13/13 sess
Dance Studio

Chair Yoga

Chair Yoga is a unique class that modifies yoga postures through the creative use of a chair. Our class is open for all ages and stages of yoga and movement ability. A Chair Yoga practice is helpful to learn for many reasons, including for when you're stuck at the office, on vacation (airplane/road trip sequence) or, if you could use a little extra support during standing and balance poses. Chair Yoga welcomes you, whatever level you are at. Drop-in \$9.00.

Instructor: Irene Lugsdin

Set 1
Wed Mar 29-May 3 12:15-1:15pm
446861 \$41.40/6 sess
Dance Studio
Set 2
Wed May 10-Jun 21 12:15-1:15pm
452550 \$48.30/7 sess
Dance Studio

Fitness

Adapted Fitness

Exercises are modified for those with mobility, coordination, strength and flexibility limitations. Doctor or Physio referral is recommended. Drop-in \$11.00/adult and \$9.00/senior. No class Apr 7, 10 and May 22.

Instructor: Susan Ingraham

Set 1
Mon Mar 27-May 1 11:00am-12:00pm
446694 \$45/5 sess
Dance Studio
Fri Mar 31-May 12 11:00am-12:00pm
446695 \$54/6 sess
Dance Studio
Set 2
Mon May 8-Jun 19 11:00am-12:00pm
450630 \$54/6 sess
Dance Studio
Fri May 19-Jun 23 11:00am-12:00pm
452600 \$54/6 sess
Dance Studio

Arthritis Fit

This exercise class will provide people with arthritis the benefits of improved joint mobility, flexibility and muscle endurance. The class will be located at the West End Community Centre. No equipment except for chairs will be provided. Bring your own filled water bottle and Therabands. No class May 22.

Instructor: Keno Kinoshita

Mon Apr 24-Jun 26 1:30-2:30pm
446699 \$62.10/9 sess
Dance Studio

Cardio Sculpt

A total body workout for all levels - mid/lo/high impact cardio, strength and core workout, using a variety of equipment each week, to give a total body workout. Drop-in \$9.00. No class Apr 8 and May 20.

Instructor: Harry Wong

Sat Apr 1-Jun 17 9:15-10:15am
446708 \$75.90/10 sess
Dance Studio

Light Fit

A 60-minute low-impact workout including cardio, strength, balance and flexibility. Drop-in \$11.00/adult and \$9.00/senior.

Instructor: Susan Ingraham

Set 1
Tue Mar 28-May 2 10:45-11:45am
446735 \$54/9 sess
Dance Studio
Thu Mar 30-May 4 10:45-11:45am
446736 \$54/6 sess
Dance Studio
Set 2
Tue May 9-Jun 20 10:45-11:45am
452403 \$63/7 sess
Dance Studio
Thu May 11-Jun 22 10:45-11:45am
452580 \$63/7 sess
Dance Studio

West End Community Centre

Therapeutic Strength Training

Train to improve function in daily activities, rehabilitate and prevent future injuries. Small class size will insure you get individual attention and ongoing feedback. ** Participants must fill out a ParQ form prior to attending the first class and it must be brought to the instructor directly. No class May 22.

Instructor: Keno Kinoshita

Mon Apr 24-Jun 26 **11:30am-12:30pm**
446819 \$105.39/9 sess
Denman Room

SteadyFeet

Steadyfeet is a partnership program between the Vancouver Coastal Health and Community Seniors Centres. Recommended by doctors and physiotherapists, the Steadyfeet balance and mobility program helps to increase confidence, improve functional mobility, increase lower body strength, improve balance and reduce fall risk. Please make sure that waiver forms are completed prior to the start of class. Drop-in \$9.00. Participant can not start the program without clearance from a doctor. PAR Q+ required. No class Apr 7.

Instructor: Anne O'Sullivan

Fri Mar 31-Jun 23 **12:30-1:30pm**
446815 \$75.60/12 sess
Dance Studio

Spin Class

Get ready to ride on a 55-minute journey focused on empowerment and transformation. Cardio training meets inspired playlists, with a variety of drills and intervals to enhance your fitness and push you further than you've ever gone. Drop-in \$10. Please note: Fitness Centre usage is not included with registration. No class Apr 8, May 13 and May 20.

Instructor: Emma Kidman

Sat Apr 1-Jun 24 **9:15-10:10am**
446849 \$69/10 sess
Indoor Cycling Room

Super Sandbag Training

Super Sandbag Training is the most powerful hour of group fitness. Get ready to engage all your muscles simultaneously with exercises that are unique, functional, and fun. The design of the sandbag allows you to preform new and effective workouts. Combine this with top notch programming, upbeat music, encouraging instructors and you've got a class that will take your fitness to a whole new level. Drop-in \$20.00.

Instructor: Ivan Filippov

Wed Mar 29-Jun 21 **6:00-7:00pm**
446851 \$195/13 sess
Denman Room

Zumba Regular

Using a variety of styles in it's routine including Cumbia, Soca, Mergue, Salsa, Samba, Reggaeton, Flamenco and more. Zumba is a feel happy workout that is great for both body and mind. Drop-in \$11.00/adult and \$9.00/senior.

Instructor: Mildred Laguerta

Tue Mar 28-Jun 20 **5:30-6:30pm**
446855 \$117/13 sess
Dance Studio

Sports

Basketball - Competitive Thu

Enjoy some friendly, exciting recreational basketball. Non-instructional. Drop in \$6.00 space permitting. No Class May 4, June 8

Instructor: Jodhan Uppal

Thu Apr 13-Jun 22 **7:15-8:45pm**
448670 \$47.25/9 sess
Tue Apr 11-Jun 20 **7:15-8:45pm**
448668 \$36.75/11 sess
King George Gymnasium

Indoor Soccer

Vancouver weather means one thing: Indoor Soccer! Come and enjoy this fun atmosphere and burn off some of those extra calories. Some soccer experience is necessary. Registered spaces will be given to drop ins after 5 minutes. Drop in \$6.00 space permitting , space permitting. No Class May 22

Instructor: Brandon Belov

Mon Apr 17-Jun 19 **7:15-8:45pm**
448667 \$47.25/9 sess
King George Gymnasium

Ball Hockey **NEW!**

The west End Arena is back for the summer months. Join us for some fast paced ball hockey action on Monday or Wednesday. Helmet, goggles and protective gear are strongly recommended. No body contact permitted. Register for the full session to guarantee your spot or drop-in on a first come first serve basis. Players must supply their own stick, no black tape (white only please), and goalies play for free.

No Class May 22

Instructor: Jodhan Uppal

Players:
Mon May 8-Jun 26 **7:00-8:45pm**
448675 \$36.75/7 sess
Wed May 10-Jun 28 **7:00-8:45pm**
448683 \$42/8 sess

Goalies:
Mon May 8-Jun 26 **7:00-8:45pm**
448674 FREE/7 sess
Wed May 10-Jun 28 **7:00-8:45pm**
448680 FREE/8 sess
West End Arena Dry Floor

Tennis General Info:

Sessions will be held on the 2 King George tennis courts. Classes will be canceled if too wet, students should be notified by phone or email. Wear good court shoes for your safety. Some racquets can be supplied for use during classes. If you have any questions for the coaches you can contact them at g-g@telus.net.

Adult Advanced Doubles: Drills and Play (NTRP 3.0-3.5) **NEW!**

For competitive doubles players. Warm up rallies, doubles drills and game play. Improve your doubles play with some instruction and practice. Drop in \$32

Instructor: G & G Tennis

Sat Apr 15-May 13 **3:00-4:30pm**
448996 \$150/5 sess
Sat May 27-Jun 24 **3:00-4:30pm**
449013 \$150/5 sess
King George Tennis Courts

Adult Beginner + Instructional (NTRP 1.5 level) **NEW!**

For students with minimal tennis experience. Develop more proficient tennis strokes with instruction and practice.

Instructor: G & G Tennis

Sat May 27-Jun 24 **11:15am-12:15pm**
449000 \$125/5 sess
Tue Jun 6-Jun 27 **5:00-6:00pm**
448977 \$100/4 sess
King George Tennis Courts

Adult Beginner 1.0 Instructional **NEW!**

For students new to the game. Learn and practice the basic tennis skills.

Instructor: G & G Tennis

Sat Apr 15-May 13 **10:30-11:30am**
448992 \$125/5 sess
Tue May 9-May 30 **5:00-6:00pm**
448970 \$100/4 sess
King George Tennis Courts

Adult Drills and Play **NEW!**

For experienced students able to preform all strokes, rally and play games. Improve strokes, consistency and strategy through instruction, drills and point play. Drop in \$33

Instructor: G & G Tennis

(NTRP 2.5 Level)
Sat Apr 15-May 13 **1:45-3:00pm**
448994 \$156/5 sess
Sat May 27-Jun 24 **1:45-3:00pm**
449001 \$156/5 sess
(NTRP 2.5-3.0 Level)
Thu May 4-May 25 **6:15-7:30pm**
448984 \$125/4 sess
Thu Jun 8-Jun 29 **6:15-7:30pm**
448988 \$125/4 sess
King George Tennis Courts

West End Community Centre

Adult Game Play **NEW!**

Enter as team, gender neutral, you must be NTRP 5.5 in combination. Competition in a casual, friendly environment. Some coaching tips during the session. Contact the instructor if interested to register. Gayle Dobson at g-g@telus.net Drop in \$25

Instructor: G & G Tennis

NTRP 2.5-3.0 level

Tue May 9-May 30 6:00-7:15pm \$90/4 sess
448971

Tue Jun 6-Jun 27 6:00-7:15pm \$90/4 sess
448978

NTRP 2.5-3.5 level

Tue May 9-May 30 4:00-5:00pm \$72/4 sess
448941

Tue Jun 6-Jun 27 4:00-5:00pm \$72/4 sess
448975

King George Tennis Courts

Adult Intermediate Instructional (NTRP 2.0 Level) **NEW!**

For moderately experienced tennis players who can preform all basic tennis strokes. Practice to improve technique, consistency and rally ability. NTRP refers to the National Tennis Rating Program, see online for further information on this. Drop in \$33

Instructor: G & G Tennis

Sat Apr 15-May 13 11:30am-12:30pm \$125/5 sess
448993

Thu May 4-May 25 5:00-6:15pm \$125/4 sess
448982

Thu Jun 8-Jun 29 5:00-6:15pm \$125/4 sess
448987

King George Tennis Courts

Adult Private Lessons **NEW!**

Private lessons are available for 1-2 people at a time. They can be for Beginners up to NTRP (National Tennis Rating Program) 3.5 level players. Gordon Cheng will help you with your tennis techniques.

Instructor: G & G Tennis

Thu May 4-May 25 4:00-5:00pm \$360/4 sess
448980

Thu Jun 8-Jun 29 4:00-5:00pm \$360/4 sess
448985

King George Tennis Courts

Seniors

Dance

Ballroom Dancing & Social

Join our friendly group of Ballroom Dancers. Learn, practice and meet new friends. Singles and those with partners are both welcome. Drop-in \$1.50. No class Apr 10 and May 22.

Mon Mar 27-Jun 19 1:00-3:00pm \$10.45/11 sess
446859

Auditorium

Social

Bridge

This casual group meets to play bridge and socialize. Bring a friend and come and play. Beginners and newcomers are always welcome! No class Apr 10 and May 22. Held at Barclay Manor.

Mon Mar 27-Jun 19 1:00-4:00pm \$5.50/11 sess
446860

Basement at *Barclay Manor

Cribbage

Cribbage, or crib, is a card game that involves forming combinations of cards for which points are scored, and playing those cards in an order also gains points. Come out and play with a social group of older adults. No class Apr 7.

Instructor: Richard Smith

Fri Mar 31-Jun 23 1:00-3:00pm Free
446862

Bidwell Room

Fitness & Health

Older Adult Fitness

Safe, enjoyable and effective exercises designed for the active senior; 90 minutes. This is a preregistration program. Fit Pass does not apply for this program. No equipment except for chairs will be provided. Bring your own filled water bottle and Therabands. No class May 22.

Instructor: Keno Kinoshita

Mon Apr 24-Jun 26 9:15-10:45am \$93.15/9 sess
446742

Wed Apr 26-Jun 28 9:00am-10:30am \$93.15/10 sess
446743

Dance Studio

OsteoFit For Life

For those who have taken the Osteofit Level 1 classes and are comfortable with Osteofit techniques. This exercise program is similar in design and concept to Level 1 but geared towards the more advanced participant. This class has an emphasis on building strength and improving balance. OsteoFit for Life is a program developed by the BC Women's Hospital & Health Centre's osteoporosis program.

Instructor: Anne O'Sullivan

Wed Mar 29-Jun 21 10:05-11:05am \$99.84/13 sess
446744

Denman Room

Osteofit Level I

This beginner program is designed for those who suffer from osteoporosis. Emphasis is on developing strength and coordination to help make daily living more comfortable and injury free. Osteofit is program developed by the BC Women's Hospital & Health Centre's osteoporosis program.

Instructor: Anne O'Sullivan

Wed Mar 29-Jun 21 9:05-10:05am \$99.84/13 sess
446745

Denman Room

Yoga for Seniors

This class is for older men and women at all fitness levels, including those with some physical challenges. Adapted to safely meet your needs, by a yoga teacher with 50 years experience. Each class provides a balanced full body workout, designed to build strength as well as flexibility, better posture and breathing, and deeper levels of relaxation. Yoga class is a fragrance-free zone. Bring your own yoga mat and filled water bottle. Drop-in \$11.00. No class Apr 7 and Apr 10.

Instructor: Anne O'Sullivan

Fri Mar 31-Jun 23 1:45-2:45pm \$104.52/12 sess
446837

Dance Studio

Instructor: Irene Lugsdin

Set 1

Mon Mar 27-May 1 12:15-1:15pm \$43.55/5 sess
446836

Dance Studio

Set 2

Mon May 8-Jun 19 12:15-1:15pm \$52.26/6 sess
450674

Dance Studio

Zumba Gold

ZUMBA® Gold is a low-impact dance-fitness class for beginners and seniors that uses the zesty Latin music with easy to follow moves to create a dynamic and fun fitness class. ZUMBA® Gold classes strives to improve our balance, strength, flexibility and most importantly, the heart. www.zumbavancouver.ca. Drop-in \$15. No Class Apr 10 and May 22.

Instructor: Zumba Vancouver

Monday

Free Trial

Mon Mar 27 11:45am-12:45pm Free
446854

Auditorium

Set 1

Mon Apr 3-May 8 11:45am-12:45pm \$68.75/5 sess
446845

Auditorium

Set 2

Mon May 15-Jun 19 11:45am-12:45pm \$68.75/5 sess
446842

Auditorium

Wednesday

Set 1

Wed Mar 29-May 3 11:00am-12:00pm \$82.5/6 sess
446846

Set 2

Wed May 10-Jun 21 11:00am-12:00pm \$96.25/7 sess
446843

Auditorium

West End Community Centre

Welcome Back to our Renewed Fitness Centre!

We are excited to introduce our new equipment and our refreshed spaces.

The West End fitness centre is our first facility to focus on equipment and space that is inclusive and wheelchair accessible. The new functional training room offers more open space and is more welcoming for people new to fitness and those who enjoy a quieter, lighter training environment.

When visiting the fitness centre, please bring your own lock to store any larger items in lockers located in the change rooms. We offer wallet sized locker for small items. Wristbands are required upon entry to the fitness centre and must be worn on the wrist while using the fitness centre, change rooms, racquet court and/or stream room.



Fitness Centre Consultation

Let us help you reach your fitness goals! Our highly qualified staff will help you develop a fitness routine to help you meet your fitness needs and show you proper use of the equipment. Book in person or over the phone at 604-257-8342. Plan for 1 hour. Minimum age to use the Fitness Centre is 13 years. **Free with admission!**

Squash & Racquetball Court

Call 604-257-8333 ext. 1 to book a 45-minute session in our convertible racquet court.

Steam Room

Access to the co-ed steam room is included with Fitness Centre admission.

Spring Hours

Mon-Fri. 6:00am-9:00pm
Sat & Sun 9:00am-5:00pm
Call 604-257-8342 for operating hours on statutory holidays.

Admission Fees

FlexiPasses

Valid for unlimited admission during operating hours to participating Vancouver Board of Parks and Recreation pools, ice rinks and fitness centres. Ask about our 25% discount for group or corporate purchases! A \$2 fee will be charged for the replacement of lost or stolen FlexiPasses.

| | Adult (19-64 yrs) | Youth (13-18 yrs) Senior (65+ yrs) |
|---|----------------------|---------------------------------------|
| Drop-In | \$6.99 | \$4.89 |
| 10 Visits | \$61.51 | \$43.06 |
| 1 Month | \$53.83 | \$37.68 |
| 3 Months | \$145.34 | \$101.74 |
| 12 Months | \$465.09 | \$325.56 |
| Prices subject to change. Prices do not include 5% GST. | | |

Equipment

- 4 Treadmills
- 2 Elliptical machines
- 1 Seated Elliptical*
- 1 Seated Stepper*
- 2 Upright bicycles
- 2 Recumbent bicycles
- 2 Spin bicycles
- 1 Rowing machine
- 1 Ski ergometer
- Free weights 5-80lbs
- 6 Adjustable Benches
- 2 Racks
- Elevated mat table
- Lower Body Strength training machines
- Upper Body Strength training machines*
- MVP Shuttle
- Synergy 180 Functional training station
- Functional training props
- *wheelchair accessible

Racquetball/Squash

| Single Booking (45 mins) | | |
|---|-----------------|--------------------|
| | Adult | Youth/Senior |
| Prime-time | \$16.63 | \$11.64 |
| Non-prime | \$11.88 | \$8.32 |
| *Single player | \$8.32 | \$5.82 |
| 10-Court Strip | | |
| | With Flexi-Pass | Without Flexi-Pass |
| Prime-time | \$119.74 | \$149.67 |
| Non-prime | \$85.54 | \$106.92 |
| Prices subject to change. Prices do not include 5% GST. | | |
| • Non-prime time is before 3:00pm weekdays | | |
| • Prime time starts at 3:00pm weekdays and all day weekends and holidays | | |
| • Racquets are available to rent with photo ID | | |
| • Racquet rentals are not available for the last scheduled court time of each day | | |
| • Squash balls are \$4.00 | | |
| * Single player rate for walk-on players only: no reservations. | | |

Personal Training

Improve your health and wellness with support from our qualified and experienced personal trainers. Our trainers will work with you to develop a customized fitness plan to meet your fitness goals. Please submit a Personal Training Request Form & PAR-Q+. Sessions are 1 hour.

| | Private (1 person) | Semi-Private (2 people) | Small Group (3-4 people) |
|---|-----------------------|----------------------------|-----------------------------|
| 1 sess | \$58.17 | \$87.23 | \$122.36 |
| 3 sess | \$161.20 | \$241.84 | \$327.72 |
| 5 sess | \$259.27 | \$399.26 | \$480.67 |
| 10 sess | \$465.43 | \$741.49 | \$873.93 |
| Prices subject to change. Prices do not include 5% GST. | | | |



West End Community Centre

Fitness Centre Programs

Join us for some exciting new programs exclusively run in our Fitness Centre.

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------------------------|--|------------------------------------|--|------------------------------------|-------------------------------------|
| Synergy Fit 6:15-6:45am | Fitness For Older Adults 9:00-10:00am | Functional Strength 6:15-6:45am | Fitness for Older Adults 9:00-10:00am | Functional Strength 6:15-6:45am | Stretch & Mobility 9:15-9:45am |
| | Active Joints 11:00am-12:00pm | | Active Joints 11:00am-12:00pm | | No Classes April 7, 10 and May 22 |
| Posture Correction 4:30-5:00pm | Fitness for Youth 3:30-4:30pm | Synergy Fit 4:30-5:00pm | Fitness for Youth 3:30-4:30pm | Functional Strength 4:30-5:00pm | Program format is subject to change |

FREE with Fitness Centre Admission (Drop-in, Flexipass or Usage Pass) Drop-In 30min programs
No registration. Space is limited. Please meet in the fitness centre. Ongoing.

FREE with Fitness Centre Admission (Drop-in, Flexipass or Usage Pass) Registered 60min, 4 week programs,
Maximum 4 registered. Please meet at the desk near the entrance to the Fitness Centre.

FREE with Flexipass. Registered 60min 10 week program. Referral from Physiotherapist required.

Functional Strength

Expand your knowledge of strength training exercises focusing on movements using body-weight & free weights.

Synergy Fit

Learn all the features the Synergy has to offer in this circuit training class.

Posture Correction

Learn proper posture and body alignment through a series of gentle exercises & stretches.

Stretch & Mobility

Improve our mobility through a series of stretches & mobility modalities.

Fitness for Older Adult

Our knowledgeable fitness staff will guide participants through a four week program teaching exercises to cover all components of a complete fitness program. At the end of the 4 weeks, participants will have a fitness program to follow and have the confidence to use the Fitness Centre on their own. Each week will focus on a different component of the fitness program including: warm up and cool downs, strength, stretching, balance, and core. Please note that a completed Par-Q and Consent & Release are required. These forms are available for pick up at the main office.

Tue Apr 4-Apr 25 9:00am-10:00am 451979
Tue May 2-May 23 9:00am-10:00am 451980
Tue May 30-Jun 20 9:00am-10:00am 451981
Fitness Centre

Fitness for Youth

Our knowledgeable fitness staff will guide participants through a four week program teaching exercises to cover all components of a complete fitness program. At the end of the 4 weeks, participants will have a fitness program to follow and have the confidence to use the Fitness Centre on their own. Each week will focus on a different component of the fitness program including: warm up and cool downs, strength, stretching, balance, and core. Please note that a completed Par-Q and Consent & Release are required. These forms are available for pick up at the main office.

Tue Apr 4-Apr 25 3:30pm-4:30pm 451984
Tue May 2-May 23 3:30pm-4:30pm 451985
Tue May 30-Jun 20 3:30pm-4:30pm 451986
Fitness Centre

Active Joints

This program provides supervised group exercise for people recovering from hip or knee replacement surgery in a 10 week program. The objective is to increase physical activity levels and confidence in participants with the help of trained staff who are supported by VCH physiotherapists. Registration is FREE but you must have a valid Flexi-pass to participate in the program. To attend this program, you need to complete the Joint Replacement Program Application Form. Ask your physiotherapist, if you have one, to fill out any specific recommendations. Bring the completed referral form to West End Community Centre or fax to 604-257-8338, Attn: Kinga Wdowiak

Tue Thu Apr 4-Jun 8 11:00am-12:00pm 451987
Fitness Centre

Small Group Training - Strength & HIIT

Enjoy the same intimate coaching experience as a personal training session while exercising in an exclusive and dedicated space in a group of 4. Register for the 5 week session and work with like-minded individuals in a private setting focusing on the building strength and combining High Intensity Interval Training (HIIT). These sessions will challenge participants to strengthen muscles and condition the body to improve endurance, power, speed and coordination using various equipment. Prior to your session, we ask that you assess your physical activity readiness by completing the PAR-Q+.

Tue Apr 4-May 2 12:30pm-1:30pm 452543 \$120.17/5 sess
Tue May 9-Jun 6 12:30pm -1:30pm 452546 \$120.17/5 sess
Fitness Centre

Small Group Training - Balance, Posture & Mobility

Enjoy the same intimate coaching experience as a personal training session while exercising in an exclusive and dedicated space in a group of 4. Register for the 5 week session and work with like-minded individuals in a private setting focusing on balance and posture through series of strengthening exercises. The last 20 minutes of the sessions will focus on flexibility and mobility. The group will be a minimum and maximum of 4 participants so you will get a lot of personalized instruction and learn how to perfect your technique and to learn modifications. Prior to your session, we ask that you assess your physical activity readiness by completing the PAR-Q+.

Thu Apr 6-May 4 10:00am-11:00am 452548 \$120.17/5 sess
Thu May 11-Jun 8 10:00am-11:00am 452549 \$120.17/5 sess
Fitness Centre

Coal Harbour Community Centre

Licensed Care

Coal Harbour Kids Care (5-12yrs)

Coal Harbour Community Centre’s licensed before and after school care program, Coal Harbour Kids Care, provides before and after school care for children in kindergarten through grade 7 attending Lord Roberts Elementary School. Coal Harbour Kids Care staff are experienced and trained licensed child care staff. Kids Care staff drop off (before care) and pick children up (after care) from Lord Roberts Elementary School. Children are brought back to the Coal Harbour Community Centre after school, where a snack is provided daily, followed by both structured activities and free play. Coal Harbour Kids Care runs Monday – Friday from 7:30am-9:00am and 3:00pm-6:00pm following the school calendar. Monthly fees include all day care on Professional Development Days (9:00am-6:00pm); Winter Break and Spring Break care are at additional costs.

2023/2024 School Year Pricing:

Before Care \$175 or \$225 (Kindergarten children)
After Care \$359 or \$429 (Kindergarten children)
Before & After Care \$410 or \$510 (Kindergarten children)
\$45 non-refundable registration fee

PROGRAM REGISTRATION

Registration for Coal Harbour Kids Care is ongoing throughout the year, depending on availability. To register, for wait list information, or for pricing information, please contact Coal Harbour Child Care Coordinator Anastasiia Movchan at anastasiia.movchan@vancouver.ca or 604-718-8229.



Licensed Occasional Care

Coal Harbour Kinder Kids (3-5 yrs)

Coal Harbour Community Centre’s licensed occasional care preschool program, Coal Harbour Kinder Kids, runs Monday – Friday from 9:30am-11:30am. Coal Harbour Kinder Kids teachers are educated and trained in the Early Childhood Education field, and come with years of experience. Each day is new, exciting, educational and fun! Children do not have to be potty trained to attend Kinder Kids. For more information, please contact Coal Harbour Child Care Coordinator Anastasiia Movchan at anastasiia.movchan@vancouver.ca or 604-718-8229.

PROGRAM REGISTRATION

Registration for Coal Harbour Kinder Kids is ongoing throughout the year, depending on availability. To register, for waitlist information, or for pricing information, please contact Coal Harbour Child Care Coordinator Anastasiia Movchan at anastasiia.movchan@vancouver.ca or 604-718-8229.

Registration for the 2023/2024 School Year will take place on our Summer Registration Date (TBD). For pricing or for more information, please contact Coal Harbour Child Care Coordinator Anastasiia Movchan at anastasiia.movchan@vancouver.ca or 604-718-8229.

Coal Harbour Kinder Kids Summer Adventure

Coal Harbour Kinder Kids Summer Adventure is a fun filled licensed Day Camp experience for children aged 3-5 years old. Join us for outdoor play, arts and crafts, songs, stories, and outdoor fun and adventures. Children are required to turn 3 by the time of enrollment. For more information, please contact Coal Harbour Child Care Coordinator Anastasiia Movchan at anastasiia.movchan@vancouver.ca or 604-718-8229.

| | | |
|---------|------------------|------|
| Week 1: | July 3-6 | \$90 |
| Week 2: | July 10-13 | \$90 |
| Week 3: | July 17-20 | \$90 |
| Week 4: | July 20-27 | \$90 |
| Week 5: | July 31-August 3 | \$90 |
| Week 6: | August 7-10 | \$90 |
| Week 7: | August 14-17 | \$90 |
| Week 8: | August 21-24 | \$90 |
| Week 9: | August 28-31 | \$90 |



Coal Harbour Community Centre

Summer Day Camp

Our energetic and responsible leaders will ensure your day camp experience is a memorable one. We have created a camp program you won't want to miss! Each week will include cooperative games, sport and skill activities and out-trips. Each child should bring a backpack with a lunch, snack, sunscreen, jacket, and hat each day. Parents must complete a waiver form with medical information and attach a recent picture of their child by the first day of camp. Refunds for all day camps must be requested a minimum of 5 business days prior to the first day of camp each week. Business days are deemed Monday to Friday. \$5.00 refund administration fee per program.

Day Camp Starfish (6-8yrs)

| | |
|-------------------|---------------|
| Tue Jul 4-Jul 7 | 9:30am-3:30pm |
| 452727 | \$104/4 sess |
| Mon Jul 10-Jul 14 | 9:30am-3:30pm |
| 452728 | \$130/5 sess |
| Mon Jul 17-Jul 21 | 9:30am-3:30pm |
| 452729 | \$130/5 sess |
| Mon Jul 24-Jul 28 | 9:30am-3:30pm |
| 452730 | \$130/5 sess |
| Mon Jul 31-Aug 4 | 9:30am-3:30pm |
| 452732 | \$130/5 sess |
| Tue Aug 8-Aug 11 | 9:30am-3:30pm |
| 452733 | \$104/4 sess |
| Mon Aug 14-Aug 18 | 9:30am-3:30pm |
| 452734 | \$130/5 sess |
| Mon Aug 21-Aug 25 | 9:30am-3:30pm |
| 452735 | \$130/5 sess |
| Mon Aug 28-Sept 1 | 9:30am-3:30pm |
| 452736 | \$130/5 sess |

Day Camp Stingray (9-12yrs)

| | |
|-------------------|---------------|
| Tue Jul 4-Jul 7 | 9:30am-3:30pm |
| 452737 | \$104/4 sess |
| Mon Jul 10-Jul 14 | 9:30am-3:30pm |
| 452738 | \$130/5 sess |
| Mon Jul 17-Jul 21 | 9:30am-3:30pm |
| 452739 | \$130/5 sess |
| Mon Jul 24-Jul 28 | 9:30am-3:30pm |
| 452740 | \$130/5 sess |
| Mon Jul 31-Aug 4 | 9:30am-3:30pm |
| 452741 | \$130/5 sess |
| Tue Aug 8-Aug 11 | 9:30am-3:30pm |
| 452742 | \$104/4 sess |
| Mon Aug 14-Aug 18 | 9:30am-3:30pm |
| 452743 | \$130/5 sess |
| Mon Aug 21-Aug 25 | 9:30am-3:30pm |
| 452744 | \$130/5 sess |
| Mon Aug 28-Sept 1 | 9:30am-3:30pm |
| 452745 | \$130/5 sess |

Day Camp Refund Policy:

Refunds for all day camps must be requested a minimum of 5 business days prior to the first day of camp each week. Business days are deemed Monday to Friday. \$5.00 refund administration fee per program.



Easter Carnival

(2-7 yrs)

Hippity, hoppity, spring has sprung! Join the Easter Bunny for an Easter egg hunt, arts & craft, play time, The excitement will also include a bouncy castle, face painting, balloon making, a photo booth and Mike's Critters! Parent participation is required. Pre-registration is recommended. (\$6.50/child, \$8/child on the day-of event, space premitting).

Sat Apr 16 10:00am-12:00pm
386490 \$6.50
Multipurpose Room

Kids Stuff Only Market

If you have children's toys, clothes books, or other items you no longer use, then this is your chance to sell these items instead of keeping them in storage! Tables are \$20, sold first come first served. No refunds after March 10, 2023. Admission is free!

Sat Apr 1 10:00am-1:00pm
433271 \$7/child
Multipurpose Room / Activity Room



Coal Harbour Community Centre

Before & After Care

Before/After Care is only available to children registered in day camps at their respectful sites. Extra fee will be charged for late pick ups. No refunds after first day of camp each week.

Before Care

| | |
|-----------------------------|----------------------------|
| Tue Jul 4-Jul 7 452746 | 8:00-9:30am \$24/4 sess |
| Mon Jul 10-Jul 14 452747 | 8:00-9:30am \$30/5 sess |
| Mon Jul 17-Jul 21 452756 | 8:00-9:30am \$30/5 sess |
| Mon Jul 24-Jul 28 452757 | 8:00-9:30am \$30/5 sess |
| Mon Jul 31-Aug 4 452758 | 8:00-9:30am \$30/5 sess |
| Tue Aug 8-Aug 11 452759 | 8:00-9:30am \$24/4 sess |
| Mon Aug 14-Aug 18 452760 | 8:00-9:30am \$30/5 sess |
| Mon Aug 21-Aug 25 452761 | 8:00-9:30am \$30/5 sess |
| Mon Aug 28-Sept 1 452762 | 8:00-9:30am \$30/5 sess |

After Care

| | |
|-----------------------------|----------------------------|
| Tue Jul 4-Jul 7 452763 | 3:30-5:30pm \$32/4 sess |
| Mon Jul 10-Jul 14 452764 | 3:30-5:30pm \$40/5 sess |
| Mon Jul 17-Jul 21 452765 | 3:30-5:30pm \$40/5 sess |
| Mon Jul 24-Jul 28 452766 | 3:30-5:30pm \$40/5 sess |
| Mon Jul 31-Aug 4 452767 | 3:30-5:30pm \$40/5 sess |
| Tue Aug 8-Aug 11 452768 | 3:30-5:30pm \$32/4 sess |
| Mon Aug 14-Aug 18 452769 | 3:30-5:30pm \$40/5 sess |
| Mon Aug 21-Aug 25 452770 | 3:30-5:30pm \$40/5 sess |
| Mon Aug 28-Sept 1 452771 | 3:30-5:30pm \$40/5 sess |



Early Years

Social

Baby Jellyfish Playtime

We have toys, balls, and more. Parents are required to help set up and clean up the equipment each day. Previously purchased 10 visit cards are not currently valid. No sessions April 10 & May 22.

| | |
|------------------------------|--------------|
| Monday | 12:30-2:00pm |
| Tuesday | 12:30-2:00pm |
| Wednesday | 12:30-2:00pm |
| Thursday | 12:30-2:00pm |
| \$3.50/drop in Activity Room | |

Jellyfish Playtime

We have ride 'em toys, slides, play house, balls, and more. Parents are required to help set up and clean up the equipment each day. Previously purchased 10 visit cards are not currently valid. No sessions Apr 7, 10 & May 22

| | |
|--|--------------|
| Monday | 9:30-11:00am |
| Tuesday | 12:30-2:00pm |
| Wednesday | 9:30-11:00am |
| Thursday | 12:30-2:00pm |
| Friday | 12:30-2:00pm |
| Saturday | 9:30-11:00am |
| \$3.50/drop in Gymnasium / Multipurpose Room | |

Education

Arts and Crafts w/ Elitza (3-5yrs)

Join us for some arts & crafts! Learn fine and 3D arts & crafts!

| | |
|-----------------------------------|------------------------------|
| <i>Instructor: Elitza Spasova</i> | |
| Tue Apr 11-Jun 13 450089 | 3:30-4:30pm \$130/10 sess |
| Activity Room | |

Art Adventure (3-5yrs)

Let's have fun with different mediums in art such as paper art, collage, painting, stamping, finger painting, water coloring ,crafts and more. We start our adventure with a story time to get inspired! Drop in \$17, space permitting.

| | |
|--------------------------------|------------------------------|
| <i>Instructor: Samira Adab</i> | |
| Fri Apr 14-Jun 16 446643 | 4:15-5:00pm \$150/10 sess |
| Meeting Room | |

Fun with Japanese (3-5yrs)

This class is designed to introduce Japanese culture and have fun ' Learning through play' with mom and new friends. Mari has a wealth of knowledge and energy with over 30 years teaching experience in Japan and Canada and brings many opportunities, include singing songs, dancing, Art and craft, games and much more. Your child will develop social skills with other children in full Japanese environment. Please bring a water bottle. No class April 10, May 8, 15, 22 & 29.

| | |
|--------------------------------|-------------------------------|
| <i>Instructor: Mari Shiota</i> | |
| Mon Apr 3-Jun 26 446222 | 10:00-11:15am \$124/8 sess |
| Activity Room | |

Fun with Japanese - P/T (1-2yrs)

This class is designed to introduce Japanese culture and have fun ' Learning through play' with mom and new friends. Mari has a wealth of knowledge and energy with over 30 years teaching experience in Japan and Canada and brings many opportunities, include singing songs, dancing, Art and craft, games and much more. Your child will develop social skills with other children in full Japanese environment. Please bring a water bottle. No class May 9, 16, 23 & 30.

| | |
|--------------------------------|-------------------------------|
| <i>Instructor: Mari Shiota</i> | |
| Tue Apr 4-Jun 27 446351 | 10:00-11:15am \$135/9 sess |
| Activity Room | |

Science for Preschoolers (3-5yrs)

Enjoy engaging demonstrations, perform simple experiments and discover how science can you better understand the world around you! STEAM4KIDS science programs are engaging hands-on learning experiences for children. Each session provides an interactive, age-appropriate exploration of a specific science topic.

| | |
|---------------------------------|--------------------------------|
| <i>Instructor: STEAM 4 KIDS</i> | |
| Thu Apr 13-Jun 15 446506 | 10:00-10:45am \$190/10 sess |
| Activity Room | |

Genki! (3-5yrs)

Join us in the dynamic and energetic class in Japanese. Must be able to understand and speak Japanese. Must be potty trained.

| | |
|------------------------------------|-------------------------------|
| <i>Instructor: Shinobu Preston</i> | |
| Fri Apr 21-Jun 23 446645 | 9:45-11:00am \$110/10 sess |
| Meeting Room | |

Wanpaku (3-5yrs)

Do you want to learn Japanese? Spend the afternoon with Shinobu learning Japanese with other children in a fun atmosphere. Children will learn basic Japanese vocabulary.

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|------------------------------------|----------------------------------|
| <i>Instructor: Shinobu Preston</i> | |
| Fri Apr 21-Jun 23 446654 | 11:15am-12:30pm \$110/10 sess |
| Meeting Room | |

Coal Harbour Community Centre

Dance



Ballet / Jazz Fusion (4-7yrs)

In this class children will learn the fundamentals of both ballet and jazz dance while developing their own creative expression. The dancers mobility, balance, and coordination will be improved in this fun and welcoming program. Children must be able to participate without a parent in the room. Drop in \$14, space permitting. For more info: www.kirbysnelldance.com

Instructor: Endorphin Rush Dance

Sat Apr 15-Jun 17 **12:15-1:00pm**
446674 \$129/10 sess
Dance Studio

Creative Ballet (3-5yrs)

Young ballerinas explore the fun and beauty of ballet while learning the basic techniques. They will love playing with their creative expression in this fun class. Children must be able to participate without a parent in the room. Drop in \$14, space permitting. More information www.KirbySnellDance.com

Instructor: Endorphin Rush Dance

Sat Apr 15-Jun 17 **10:20-11:05am**
446672 \$129/10 sess
Dance Studio

Creative Ballet (4-7yrs)

Young ballerinas explore the fun and beauty of ballet while learning the basic techniques. They will love playing with their creative expression in this fun class. Children must be able to participate without a parent in the room. Drop in \$14, space permitting. More information www.KirbySnellDance.com.

Instructor: Endorphin Rush Dance

Sat Apr 15-Jun 17 **11:10-11:55am**
446673 \$129/10 sess
Dance Studio

Hip Hop (3-5yrs)

This non-stop action-packed class introduces hip hop, basic break dancing and dance games which will excite kids and have them grooving to the beats. Children must be able to participate without a parent in the room. Drop in \$14, space permitting. For more info www.KirbySnellDance.com

Instructor: Endorphin Rush Dance

Sat Apr 15-Jun 17 **9:30-10:15am**
446666 \$129/10 sess
Sat Apr 15-Jun 17 **1:05-1:50pm**
446675 \$129/10 sess
Dance Studio

Intro to Rhythmic Gymnastics (4-6yrs)

Come and join our Rhythmic gymnastics programs in a fun recreational format! Rhythmic Gymnastics is a beautiful combination of gymnastics, ballet, along with the self expression and rhythm of dance by using hand apparatus such as rope, hoop, ball, clubs or ribbon. There will be no back flips, forward flips, cartwheels or somersaults.

Instructor: Olympia Rhythmic Gymnastics

Sun Apr 16-Jun 18 **10:15-11:00am**
450092 \$135/10 sess
Dance Studio

Music

Jump into Music

This one of a kind music and movement program engages, educates, and entertains parent and child while on a musical journey through different styles and cultures. Research based curriculum is designed to stimulate the whole brain and body via singing, dancing, drumming, parachuting, improvising, exploring instruments, jumping and playing. A family fun environment exploring 24 genres/culture over a two year period. Our classes inspire creativity and build confidence in little ones six months to four years old. The instructor will provide everything needed for class. Covid safety protocols in place. Siblings attend at a 25% discount (but must register in person or over the phone) and children under 6 months attend free with a registered sibling. Supplementary audio materials and playlists for your enjoyment at home are included with registration. Please be sure you have a current email on file. What parents are saying: Best part of our week! Joyful Music! Grandparent review: 4 kids, 5 grandchildren, never enjoyed a music class more! See full reviews and videos on our website www.jumpintomusic.ca Drop-in \$20, space permitting including two spots over a fully registered class. No Class April 7 & May 26.

Instructor: Monica Lee

Fri Mar 31-Jun 16 **9:30-10:15am**
446565 \$180/10 sess
Fri Mar 31-Jun 16 **10:30-11:15am**
446573 \$180/10 sess
Fri Mar 31-Jun 16 **11:30am-12:15pm**
446579 \$180/10 sess
Dance Studio

Physical Recreation

Tot Soccer (4-6yrs)

Your child will develop ball handling skills, coordination, a sense of team play, and will be introduced to the basic rules of the game. Children are advised to wear shin guards. No class May 22.

Instructor: Manto (Makoto) Nakamura

Mon Apr 17-Jun 12 **3:30-4:30pm**
446292 \$76/8 sess
Thu Apr 13-Jun 15 **3:30-4:30pm**
446514 \$95/10 sess
Gymnasium

Birthday Parties (2-7 yrs)



This spectacular party includes an enthusiastic party leader, fun games & activities, general decorations, and the room rental for 20 kids. You bring the cake, food, the kids, and the loot bags and leave the rest to us. The room capacity is up to 40 people only. All parents and children are required to help the birthday leader clean up. Cancellation policy: No refunds after two weeks prior to the birthday party date.

Saturdays **1:30pm-2:45pm** **\$100/ party**
Sundays **11:30am-12:45pm** **\$100/ party**
Activity Room

Please register early!

Programs are cancelled if everyone waits until the last minute to register.

The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed. Sign-up even if the class is free!

Coal Harbour Community Centre

Children

Creative

Arts and Crafts w/ Elitza (6-8yrs)

Join us for some arts & crafts! Learn fine and 3D arts & crafts!

Instructor: Elitza Spasova

Tue Apr 11-Jun 13

450090

Activity Room

4:30-5:30pm

\$130/10 sess

Arts and Crafts w/ Elitza (9-12yrs)

Join us for some arts & crafts! Learn fine and 3D arts & crafts!

Instructor: Elitza Spasova

Tue Apr 11-Jun 13

450091

Activity Room

5:30-6:30pm

\$130/10 sess

Cartooning and Creativity (10-15yrs)

This program is for anyone who loves drawing or wants to improve their skills! Do you love cartoons? comics? video games? Let's pull from our favourite stuff to make a new story! We'll learn how to make appealing cartoon characters, how to start comics, and learn how to make your art even better! With our pencil and paper, we'll follow instructions and make things up as we go. The Instructor is happy to transform the days based on the student's interests. Creating is all about expression, join if you'd like to learn and have fun! All skill levels are welcome. No class May 22.

Instructor: Devan Dirocco

Mon Apr 17-Jun 12

446296

Activity Room

4:45-5:45pm

\$104/8 sess

Cartooning and Creativity (5-10yrs)

This program is for anyone who loves drawing or wants to improve their skills! Do you love cartoons? comics? video games? Let's pull from our favourite stuff to make a new story! We'll learn how to make appealing cartoon characters, how to start comics, and learn how to make your art even better! With our pencil and paper, we'll follow instructions and make things up as we go. The Instructor is happy to transform the days based on the student's interests. Creating is all about expression, join if you'd like to learn and have fun! All skill levels are welcome. No class May 22.

Instructor: Devan Dirocco

Mon Apr 17-Jun 12

446234

Activity Room

3:30-4:30pm

\$104/8 sess

Dance

Rhythmic Gymnastics (7-12yrs)

Come and join our Rhythmic gymnastics programs in a fun recreational format! Rhythmic Gymnastics is a beautiful combination of gymnastics, ballet, along with the self expression and rhythm of dance by using hand apparatus such as rope, hoop, ball, clubs or ribbon.

Instructor: Olympia Rhythmic Gymnastics

Sun Apr 16-Jun 18

450093

Dance Studio

11:00am-12:00pm

\$130/10 sess

Music

Piano - Alexandra

These 30-minute private lessons will be taught in English. Each student's level will be assessed in the first class. Lessons are 30 minutes long.

Instructor: Alexandra Cai

Thu Apr 13-Jun 15

Meeting Room

5:15pm-8:45pm

\$240/10 sess

Piano – Musical Expressions

Musical Expressions takes on a creative and intuitive approach to music learning. With goals and learning styles varying from student to student, we help you first determine what you want to achieve, so we can make it our goal to get your there! From the basic beginners to preparing exams, all students will be encouraged to tap into their creative sides and be taught to express themselves through improvisation. Each class session is 30 minutes long. If you're learning at a grade 5 level or above, please book two half hour sessions to ensure enough time for the lesson. Visit www.musicaexpressions.ca for more info. No Class May 20.

Instructor: Musical Expressions

Sat Apr 15-Jun 24

Meeting Room

9:30am-4:00pm

\$240/10 sess

Education

Science for Kids (6-12yrs)

Enjoy engaging demonstrations, perform simple experiments and discover how science can you better understand the world around you! STEAM4KIDS science programs are engaging hands-on learning experiences for children. Each session provides an interactive, age-appropriate exploration of a specific science topic.

Instructor: STEAM 4 KIDS

Tue Apr 11-Jun 13

446369

Multipurpose Room

3:30-4:30pm

\$192.5/10 sess

Spanish for Children (6-9yrs)

Hola amigos! Welcome to the Spanish language! This program offers a fun class in which children learn Spanish through stories, games and songs. Please speak with instructor if registering past the 3rd class. Please bring the following items to class: pencil, eraser, pencil crayons and a binder.

Instructor: Eliana Rolando

Wed Apr 12-Jun 28

446376

Activity Room

3:30-5:00pm

\$188/12 sess

ESL for Kids (4-8yrs)

Let's learn English as a Second Language in a FUN learning environment through songs, games and story time by a Licensed Early Childhood Educator. No Class May 21.

Instructor: Samira Adab

Sun Apr 16-Jun 18

453231

Meeting Room

11:15am-12:00pm

\$135/9 sess

Instructor Bio:

I completed my degree in Education in Iran and started to work as a teacher for years. After coming to Canada, I got a certificate in Language, Literature and Culture in English at the Universite de Montreal. After moving to Vancouver, I followed my passion of working with children, so I completed my Diploma in Early Childhood Education - Reggio Emilia Approach - at Capilano University in 2015. Since then, I enjoy working as an Educator in preschool and run my own programs for children in different community centers in Vancouver.

Martial Arts

Aikido (5-7yrs)

Aikido is a peaceful form of Japanese Martial Arts. This class focuses on awareness and developing cooperation. Aikido Canada Ltd. Shohei Juku.

Instructor: Shinobu Preston

Fri Apr 21-Jun 23

446661

Multipurpose Room

3:45-4:45pm

\$135/10 sess

Aikido (8-14yrs)

Aikido is a peaceful form of Japanese Martial Arts. This class focuses on awareness and developing cooperation. Aikido Canada Ltd. Shohei Juku.

Instructor: Shinobu Preston

Fri Apr 21-Jun 23

446664

Multipurpose Room

5:00-6:00pm

\$135/10 sess

Coal Harbour Community Centre



Karate (5-10yrs)

Shotokan Karate classes led by 4th Dan Sensei Moe Rahmanyman, whom was trained by the well renowned Sensei Okamoto and Sensei Okuyama of the JKA (Japanese Karate Association) focusing on kata, self-defence, fitness and personal development in a fun environment. Drop in, space permitting \$15.

Instructor: Sensei Moe Rahmanyman

Wed/Sat Apr 12-Jun 17 4:00pm-3:30pm
446420 \$260/20 sess
Dance Studio

Karate (11yrs +)

Shotokan Karate classes led by 4th Dan Sensei Moe Rahmanyman, whom was trained by the well renowned Sensei Okamoto and Sensei Okuyama of the JKA (Japanese Karate Association) focusing on kata, self-defence, fitness and personal development in a fun environment. Drop in, space permitting \$15.

Instructor: Sensei Moe Rahmanyman

Wed/Sat Apr 12-Jun 17 5:00-4:30pm
446424 \$260/20 sess
Dance Studio

Olympic Style TaeKwonDo

"Tae", to strike with fist; "Kwon", to strike with foot; "Do", is the display of discipline, respect and the way of life. This course is designed for young participants at all levels to improve physical stamina, flexibility, coordination, and confidence through practice of the Korean martial art of Taekwondo. Master Kevin Kwan is a 4th dan black belt member of Korean Kukkiwon. Uniform and promotion test are optional and not included in the registration fee. No class May 21.

Instructor: TsunKit (Kevin) Kwan

(4-6yrs)
Sun Apr 23-Jun 25 11:00am-12:00pm
451534 \$132.75/9 sess

(7-9yrs)
Sun Apr 23-Jun 25 12:00-1:00pm
451536 \$132.75/9 sess

(8-12yrs)
Wed/Sun Apr 19-Jun 28 4:45-5:45pm
451538 \$247.4/20 sess

(10-12yrs)
Sun Apr 23-Jun 25 10:00-11:00am
451533 \$132.75/9 sess
Multipurpose Room

Physical Recreation

Just Real Ballers - Basketball (6-8yrs)

FUNdamentals Learn the basic knowledge of play, basic dribbling and movement with the ball, basic passing. We will be utilizing games/fun drills to incorporate team play.

Instructor: Just Real Ballers

Fri Apr 14-Jun 16 3:30-4:30pm
446614 \$150/10 sess
Gymnasium

Just Real Ballers - Basketball (9-12yrs)

FUNdamentals Join us! understanding and learning more in depth rules of basketball, dribbling with both hands, learning control without looking at the ball, learning the use of different passes, learning shooting form, lay ups, pivoting and triple threat positions. We utilizing games/fun drills to incorporate team play.

Instructor: Just Real Ballers

Fri Apr 14-Jun 16 4:45-6:00pm
446628 \$162.5/10 sess
Gymnasium

Soccer (7-12yrs)

Your child will develop ball handling skills, coordination, a sense of team play, and will be introduced to the basic rules of the game. Children are advised to wear shin guards. No class May 22.

Instructor: Manto (Makoto) Nakamura

Mon Apr 17-Jun 12 4:45-6:15pm
446355 \$88/8 sess
Thu Apr 13-Jun 15 4:45-6:15pm
446517 \$111/10 sess
Gymnasium



Preteen

Pre-Teen Art-Attack Program

Take a walk on the creative side! Come join us for this FREE art program where every week we will work on fun DIY projects to take home. Come paint, draw, build and get messy while hanging with friends in a very relaxed and no pressure space. Projects may include: coaster making, canvas painting, Tye Dye and more! Pre-registration and a Pre-Teen Programs waiver form is required. A calendar of activities will be available on the first day of the program.

Instructor: Youth Leader

Tue Apr 4-Jun 13 3:30-5:15pm
451290 Free
Denman Room

Pre-teen Night at West End CC

At this FREE program, youth (ages 9-12 years) will participate in a variety of games, crafts, and activities including: dodgeball, capture the flag, button and bracelet making, movies nights and more! Youth input is strongly encourage. Separate registration required for May 19th pre-teen out trip *Due to staffing ratios and room capacities, a maximum of 24 youth are welcome to come, registration is required.

Instructor: Youth Leader

Fri Apr 14-Jun 23 6:15-8:45pm
444817 Free
Auditorium

Pre-Teen Out trip: Mini Golf

Pre-Teen night is going to West Coast Mini Putt! Registration is required by May 5th in order to secure your ticket. Activity Waivers MUST be signed in order to participate in the program. Waivers can be picked up at the West End Front desk, or you can e-mail jessica.mccallum@van-couver.ca

Instructor: Youth Leader

Fri May 19 5:00-8:45 PM
449189 \$10
Auditorium

Pre-teen Sports and Games Club

Want to play some dodgeball, soccer or capture the flag, with new friends? Interested in playing Jenga, Uno or foosball? Come and join us after school for this FREE program where each week we participate in planned activities. Pre-Registration is required. A calendar of events will be available on the first day of the program. Pre-teen waiver form is required

Instructor: Youth Leader

Thu Apr 6-Jun 22 3:30-5:30pm
449184 Free
Auditorium

Coal Harbour Community Centre

Youth

Teen Night- Grade 8-12

FREE program for youth in grades 8 -12 (ages 13-18). Come by and shoots hoops in the Gym, play board games upstairs or get creative with some art supplies. Snacks provided. Teen Night has in/ out privileges

Instructor: Youth Leader

Fri Apr 14-Jun30

449183

Gymnasium - Coal Harbour

6:15-9:00pm

Free

Teen Open Gym

FREE program for youth in grades 8 -12 (ages 12-18). Come by and shoots hoops in the Gym, play soccer, or volleyball! Teen Open Gym has in/ out privileges - this is program is for enrollment/ admin purposes only.

Instructor: Non Instructional

Tue Apr 4-Jun28

450628

Gymnasium - Coal Harbour

3:30-5:00 PM

Free

Youth Night Out Trip - Glow Bowling

Bored? Looking for a fun way to spend Friday Night? Join the West End youth team for some pizza and glow in the dark 5-pin bowling! We will be taking transit from the West End Community Centre and returning at approximately 8:30pm. Pre-Registration is required as well as a waiver signed by parents or guardians before youth can participate.

Instructor: TBA Instructor

Fri May 26

450626

5:00-8:30pm

\$15

Youth Movie Nights

Come join us for this FREE youth movie night. Open to ages 13-18. Popcorn and movie snacks will be provided. Pre-registration is encouraged but youth are welcome to register the day of at the front desk.

Instructor: Youth Leader

Thu Jun 8

450531

Thu May 4-May4

450532

Auditorium

6:30-9:00pm

Free

6:30-9:00pm

Free

Emergency First Aid with CPR/AED

Basic First Aid course offering lifesaving first aid and cardiopulmonary resuscitation (CPR) skills for the workplace or home. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines

Instructor: Foundations Safety + First Aid Training

Sat May 13-May 13

448131

Sat Jun 10-Jun 10

448132

Barclay Room

9:15am-1:45pm

\$99.75/Person

9:15am-1:45pm

\$99.75/Person

Standard First Aid CPR/AED

Comprehensive course offering first aid and CPR/AED skills for those who need training due to work requirements or who want more knowledge to respond to emergencies at home. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines.

Instructor: Foundations Safety + First Aid Training

Sat May 13-May 13

448133

Sat Jun 10-Jun 10

448134

Barclay Room

9:15am-4:45pm

\$140/Person

9:15am-4:45pm

\$140/Person

Youth Leadership

Jr. Youth Leadership Club

Are you in grade 8 or 9? Our Jr. YLC program is a great way to build skills, plan fundraisers and events and get some volunteer hours. Our weekly meetings on Wednesday afterschool will focus on investing in yourself through team building and workshops and investing in your community by giving back through voluntarism. For more information and to register please contact Jessica at the West End Youth office or jessica.mccallum@vancouver.ca

Instructor: Youth Leader

Wed Jan 11-June 14

423875

Denman Room

3:30-5:30pm

Free

Sr. Youth Leadership Club

This program is for youth in grades 10 to 12 that are looking to gain leadership and mentoring experience while learning how to organize, plan and implement programs in the community centre and give back to their community through stewardship and volunteerism. Youth will also have the opportunity to learn valuable skills such as interview prep, applying to college and university as well as learning how to apply for scholarships and bursaries. For more information on this program please contact the Youth Worker at jessica.mccallum@vancouver.ca

Instructor: Jessica McCallum

Wed Jan 11-June 14

423877

Haro Room

6-8pm

Free

Youth Lunchtime Drop-In

Need somewhere to chill on your lunch-break(?). We'll have snacks, games, crafts, music and overall just a chill place to spend your lunchtime. Drop in will be open from 11:35am-12:15pm in the Denman Room at the West End.

Adult

Creative Arts

Art of the Journal

There is an art to keeping a journal and like any art, it must be practiced to be developed, improved and mastered. Join artist-theatre practitioner and avid journal keeper, Lynna Goldhar Smith, in this 6 week adventure of self discovery and learning. A journal can be an idea collector, a dream incubator, a creativity generator, an organizer and planner, a place to store memories, "To do Lists" and generally to keep track of life. It can be a therapist in a book, a trusted best friend and more. If you have always wanted to write a memoir or a short story or a work of fiction there is no better way to start than with your journal. This course was presented with great success before the Pandemic and now back, new and improved. Bring a new journal and a pen, coloured pencils, markers and if you like to write on a computer, bring your lap top too! Other materials will be supplied and are included in the course fee. Drop-in \$16.00, space permitting. No class May 22.

Instructor: Lynna Goldhar Smith

Mon Apr 24-Jun 5

452869

Activity Room

7:45pm-9:15pm

\$88/7 sess

Felt a Seasonal Ornament

Wool is not just for wearing! Learn hands-on the skills you need to make an autumn or holiday ornament made from wool using the needle-felting method. You will learn some details about types of wool, the specialized felting needles used, and the methods used to create detailed works of art that can be hung from a window or tree. All felting materials provided, although participants should bring with them a clean household sponge.

Instructor: Noah Thrush

Sat May 7

444353

Arts and Crafts Room

1:00pm-3:00pm

\$31.67/1 sess

Mala Making (Prayer Beads)

Prayer beads are a traditional tool used to count the number of times a mantra is recited, or the number of breaths taken while meditating. May also be used to focus on the repetitions of Buddha's, or the name of a higher power. There are other styles of prayer beads that can be made in this workshop using this technique. The skill taught for creating prayer beads is called "knotting" and is also useful for repairing heirloom knotted pearl strands. Note: participants must buy their own supplies from a list that will be provided.

Instructor: Noah Thrush

Sun Jun 11

444342

Multipurpose Room

1:30pm-3:30pm

\$25/1 sess

Coal Harbour Community Centre

Natural Sun Protection Skincare

Customize your sun protection - worry free! Look after skin and hair naturally by making your own beach and poolside essentials. Using organic oils, butters, herbal botanicals and essential oils, make and take home a tropical sun lotion, aloe after sun spray, chamomile hair treatment and a SPF lip balm along with recipes on hair rinses and deep conditioners. ALL SUPPLIES INCLUDED IN COURSE FEE.

Instructor: Cheryl Theilade

Thu Jun 1 6:30pm-9:30pm
447197 \$58/1 sess
Arts and Crafts Room

Origami

Learn how to make beautiful origami models! Origami is one of the traditional Japanese Folk arts. Origami is a mentally stimulating activity. Please pre-register. All supplies are individually packaged and included in course fee.

Instructor: Aiko Matsushiba

Sun Apr 2 2:30pm-4:30pm
447133 \$17.30/1 sess
Sun May 7 2:30pm-4:30pm
447134 \$17.30/1 sess
Sun Jun 4 2:30pm-4:30pm
447135 \$17.30/1 sess
Activity Room

Pine Needle Bowl Making

Learn hands-on the skills you need to make beautiful bowls, plates and baskets made from pine needles. You will learn the best ways to harvest pine needles, find the right sewing supplies and the methods used to create these graceful, but sturdy pieces of art using elements supplied from nature. Make a pine-themed gift for a loved one this holiday season. Supplies will be provided. Bring your own filled water bottle.

Instructor: Noah Thrush

Sun Apr 23 & 30 1:30pm-3:30pm
444331 \$45/2 sess
Multipurpose Room

Summertime Soaps & Scrubs

Great Family Fun! In this hands-on class, create healthy handmade suds with natural herbs, spices, and scents using all vegan based soap blocks. Make a ginger n? ginseng soap, an almond exfoliating facial bar, plus a French pink clay body wash, and a Marigold Soapy Body Scrub. Recipes for citrus dish soap and shaving soap. No previous soap making experience required! ALL SUPPLIES INCLUDED IN COURSE FEE.

Instructor: Cheryl Theilade

Tue May 2 6:30pm-9:30pm
447191 \$58/1 sess
Arts and Crafts Room

The Joy of Acrylic Painting

Learn a new way to express your creativity! In this unique oil painting in acrylic style course, the class will learn a step by step demonstration to paint a beautiful image each session using a new technique with oil paint. All individually packaged materials are included. Drop-in \$25, space permitting. No class Apr 10 & May 22.

Instructor: Philip Tsang

Mon Apr 3-Jun 26 6:00pm-7:30pm
443537 \$288/11 sess
Activity Room

The Joy of Drawing and Sketching

Learn and improve your drawing skill and technique such as still lifes, landscapes, animals, portraits and many more. The drawing demonstrations will be provided with a new subject in every session, and each time, the class will be fun and joyful to complete a beautiful drawing. All individually packaged drawing materials are included. Drop-in \$25, space permitting.

Instructor: Philip Tsang

Wed Apr 5-Jun 28 6:00pm-7:30pm
443538 \$312/13 sess
Activity Room

Watercolour Painting with Homa - Beginner and Intermediate

All levels welcome. In a friendly and relaxing atmosphere, Homa will show you fundamental methods of watercolor painting to build on. A variety of creative techniques will be shown. Color theory and composition will be discussed. Individual attention will be given to develop your creativity and personal expressions. Art supplies list is available at the front desk. No session May 19.

Instructor: Homa Eftekhari (Ghafarzadeh)

Fri Apr 14-Jun 23 2:00pm-5:00pm
445072 \$300/10 sess
Activity Room

Watercolour Painting with Homa - Upper Intermediate/Advanced

This course is for upper intermediate and advanced levels. The focus is on advanced composition and theory of color. Homa will help you to hone your individual voice in art, through creative and unusual approaches in watercolor painting. Various schools of thought in painting will be covered too. Art supplies list is available at the front desk. No session May 19.

Instructor: Homa Eftekhari (Ghafarzadeh)

Fri Apr 14-Jun 23 9:30am-12:30pm
445075 \$300/10 sess
Activity Room

Move Together by Sophia & Josh

2023 Artist in Communities Project

"All Talk" Podcast by Sosa & Josh

Join us, participate and/or listen in on the important conversations where we highlight community members, leaders and artists on their stories, triumphs, and successes. The ALL TALK podcast by Sosa & Josh is a safe and nurturing space for all community members to voice out their issues and concerns within the community that will inspire calls to action. This program serves as a platform to champion community concerns, celebrate successes, collectively reflect and most of all, start conversations. Can't come in person? We will also upload it online so stay tuned!

Sun Apr 16 & Mon May 15 10:00am-12:00pm
454412 Free
Coal Harbour CC - Meeting Room

Community Hangout Space

The Community Hangout Space is a multi-purpose space for all community members and artists to hang out, connect and engage in fun activities like music making, arts & crafts, board games and more! Come as you are, bring your friends, family members and hang out with our local artists!

Instructor: Sophie Laurio

Apr 6-May 25 7:45pm-8:45pm
454411 Free
Coal Harbour CC - Multipurpose Room

Movement & Meditation

A guided movement meditation class designed to awaken our bodies, mind and spirit. Discover a mindful approach to learning how to move the body in synergy with the mind and soul.

Sun Apr 2-May 28 1:00pm-2:30pm
454401 Free
West End CC - Dance Studio

Absolute Beginner: Grooving

Absolute beginners welcome! Learn the very basic tools to develop rhythm and socialize through dance using basic Hip Hop grooving techniques taught by dance experts Sophie and Josh.

Sun Apr 2-May 28 3:00pm-4:30pm
454403 Free
West End CC - Dance Studio

Absolute Beginner: Hustle

Hustle is a style of partner dance that fuses elements of swing, salsa and other social forms to popular music ranging from House to RnB, Funk, Soul and more. Learn the dynamics of leading and following; the basic foundations on how to enjoy this fun and exciting social dance form!

Wed Apr 5-May 31 7:45pm-9:45pm
454410 Free
West End CC - Dance Studio

Coal Harbour Community Centre

Special Event!

Bounce, Rock, Skate: Community Festival

A multidisciplinary Arts and outdoor event inviting all community members and artists to connect, showcase and network through music, food, dance and roller skates!

Sat May 27 **9:00am-7:00pm**
454444 Free
Coal Harbour CC - Coal Harbour Park - Plaza

Investing

Investment Coffee Club

To help jump start your day, join us for a cup of coffee and conversation at our next Coffee Club. The Coffee Club is an informal gathering to discuss current events, the economy and investing in a relaxed, informal setting, and is a great way to get to know one another.

Instructor: Andrew Thiessen

| | |
|-------------------|------------------------|
| Sat Apr 8 | 10:30am-11:30am |
| 447277 | Free/1 sess |
| Sat May 6 | 10:30am-11:30am |
| 447278 | Free/1 sess |
| Sat Jun 10 | 10:30am-11:30am |
| 447279 | Free/1 sess |

Activity Room

Language

ESL: Laugh and Learn in English for Beginners (semi-private)

This semi-private course will build confidence in beginners with no English skills. We will do this by increasing vocabulary and improving overall language skills in reading, writing, speaking, listening and pronunciation through varying creative learning activities. Furthermore, this course will improve your English in a comfortable and encouraging environment. Drop-in \$35, space permitting.

Instructor: Christina Glover

| | |
|-------------------------|----------------------|
| Tue Apr 4-Jun 13 | 4:30pm-5:30pm |
| 447421 | \$330/11 sess |

Meeting Room at *Coal Harbour Community Centre

ESL: Laugh and Learn in English for Beginners/Low Interm

This course is designed to build the confidence of beginner to low-intermediate level students in order to progress into an upper-intermediate to advanced level. We will achieve this by increasing vocabulary and improving overall language skills in reading, writing, speaking, listening and pronunciation through varying learning activities. Furthermore, this course will improve an understanding of some cultural references related to Canada in a comfortable environment. Error corrections will be given. Drop-in \$21, space permitting.

Instructor: Christina Glover

| | |
|-------------------------|-----------------------|
| Tue Apr 4-Jun 13 | 5:30pm-6:30pm |
| 447422 | \$207.9/11 sess |
| Wed Apr 5-Jun 14 | 9:30am-10:30am |
| 452312 | \$207.9/11 sess |

Meeting Room

ESL: Fun and Fluency in English for Int/Adv learners

Develop a linguistic understanding of Canadian English by participating in pronunciation, conversations, and interactive speaking tasks. Furthermore, the course will advance an understanding of cultural references related to studying, working and living in a Canadian context through authentic learning activities. Moreover, we will focus on advancing your goals and comprehension of English reading, writing, speaking and listening skills. Error corrections will be given. Drop-in \$21, space permitting.

Instructor: Christina Glover

| | |
|-------------------------|------------------------|
| Tue Apr 4-Jun 13 | 6:30pm-7:30pm |
| 447423 | \$207.9/11 sess |
| Wed Apr 5-Jun 14 | 10:30am-11:30am |
| 452313 | \$207.9/11 sess |

Meeting Room

ESL Private Tutoring with Charis

British Columbia TEAL member and experienced School Board Instructor Charis uses BC curriculum to help students to learn English to achieve their academic and personal goals. No make up lessons will be provided due to students' absence. Sessions are one hour long between 2:30pm-7:30pm.

Instructor: Charis Chung

| | |
|--------------------------|----------------------|
| Thu Apr 20-Jun 22 | 2:30pm-7:30pm |
| Activity Room | \$420/10 sess |

Spanish - Adult Beginner 1

HOLA! Welcome to the Spanish language! This beginner's course will emphasize instruction in basic grammar, vocabulary and writing with some conversation. Classes cover proper phonetics and will focus on the verb to be and the simple present tense. This course will also teach you simple travel phrases, how to order food in a restaurant, etc. No registration after the 3rd class. Sorry no drop-ins

Instructor: Eliana Rolando

| | |
|--------------------------|--------------------|
| Wed Apr 12-Jun 28 | 7:00-8:30pm |
| 446399 | \$186/12 sess |

Meeting Room

Spanish - Adult Beginner 2

AMIGOS! This course will build on the foundation established in the Beginner I Spanish class. The focus will be on the past tense plus conversation. Please speak with instructor if registering past the 3rd class. Sorry no drop-ins

Instructor: Eliana Rolando

| | |
|--------------------------|---------------------|
| Wed Apr 12-Jun 28 | 8:30-10:00pm |
| 446414 | \$186/12 sess |

Meeting Room

Spanish - Adult Intermediate

HOLA AMIGOS! Increase your vocabulary and grammar skills in this intermediate level Spanish course. This course is for those that can converse at an upper-basic level. Participants must have completed Beginners I and II level Spanish. This course will focus on Direct and Indirect objects Pronouns, the Imperative Tense and Future Tense as we learn more advance grammar skills. You will acquire good pronunciation and conversation skills to enable you to communicate well in Spain and Latin America. Registration only. Sorry no drop-ins. Please speak with instructor if registering past the 3rd class.

Instructor: Eliana Rolando

| | |
|--------------------------|--------------------|
| Wed Apr 12-Jun 28 | 5:30-7:00pm |
| 450088 | \$186/12 sess |

Meeting Room

Japanese - Beginner II

This course is a continuation of Japanese Beginner I. You will learn some action verbs and how to build sentences to describe your everyday life in Japanese. This course may be suitable for people who have completed introductory classes. For more info, please visit japaneseforallpeople.com. No class May 22.

Instructor: Eri Ito

| | |
|--------------------------|----------------------|
| Mon Apr 24-Jun 19 | 6:00pm-8:00pm |
| 444812 | \$165/8 sess |

Meeting Room

Education

Creative Writing Workshop

Seasoned Creative Writing Instructor, Dianne Maquire, gives you a chance to try a variety of styles and subjects to help you discover your particular interest. The class activities are designed to help you learn skills for creating dialogues, descriptions, characters and settings. Join this lively class and develop ideas for stories, articles, poetry and drama.

Instructor: Dianne Maguire

| | |
|--------------------------|----------------------|
| Sat Apr 15-May 13 | 1:30pm-3:30pm |
| 452392 | \$88.75/5 sess |
| Sat May 27-Jun 24 | 1:30pm-3:30pm |
| 452393 | \$88.75/5 sess |

Arts and Crafts Room

Coal Harbour Community Centre

Introduction to Mindfulness I

A thirteen week introductory training program to learn the basics of mindfulness practice. We will meet once a week to explore how to train your attention and focus with mindfulness as a practice. Course content will cover: how to be present and embodied through mindfulness of body, exploring and reducing reactivity to experience, exploring emotions and strategies to develop more emotional intelligence, techniques to develop a wise relationship to thoughts and diminish self judgment along with methods to open awareness to all experience and develop a loving heart. No class Apr 10 & May 22.

Instructor: Ileana Ponce

Mon Apr 3-Jun 26 **6:15pm-7:15pm**
444301 \$110/11 sess
Arts and Crafts Room

Introduction to Mindfulness II

Recommit to your daily meditation practice with open awareness and peer support once a week through this one hour class. Use what you have learned in the first part of the course, Introduction to Mindfulness I, and build discipline to foster deep self-awareness and profound personal growth as a mindfulness practitioner. Revisit techniques to train your attention, embody your practice and develop emotional intelligence.

Instructor: Ileana Ponce

Wed Apr 5-Jun 28 **6:15pm-7:15pm**
444302 \$130/13 sess
Arts and Crafts Room

Tax Planning for Assisted Living & Long Term Care Options

Navigating the health care and senior benefits system can be challenging. Many seniors and their caregivers are not prepared when the situation arises, and they are suddenly faced with the research, requirements, paperwork, and often difficult decisions around choosing the best option for their changing needs. Awareness and proper planning can ease the transitions between the varying levels of care. From aging at home to long-term care, join us for an informative 1-hour workshop on the health care options available for you or your loved ones. Topics will include: levels of care in retirement, potential care costs, income planning to reduce taxes and care costs, working with Health Authorities.

Instructor: David Perkins

Tue Apr 25 **10:00am-11:30am**
452295 Free/1 sess
Meeting Room

Fitness & Health

Ageless Yoga

Ageless Yoga provides an inspiring and well-balanced yoga practice at a slightly slower pace. Each session includes safe and gentle warm ups, accessible asana (yoga postures) to align your body, increase awareness and flexibility, plus a deep relaxation practice to help you maintain your ageless body and mind. While this level of yoga is perfect for beginning and ongoing mature students, it is not recommended or suitable for anyone with serious injuries. Drop-in \$18, space permitting. Receive a free class discount if you register for Tue & Thurs sessions. For more information visit givepeaceachant.com

Instructor: Sandra Leigh

Tue Apr 4-May 09 **2:00pm-3:15pm**
447123 \$69/6 sess
Tue May 16-Jun 27 **2:00pm-3:15pm**
447124 \$80.50/7 sess
Thu Apr 6-May 11 **9:30am-10:45am**
447126 \$69/6 sess
Thu May 18-Jun 29 **9:30am-10:45am**
447128 \$80.50/7 sess
Multipurpose Room

Alexander Technique - Movement + Freedom **NEW!**

Learn to move, feel and perform better through the Alexander Technique, a practical method in changing habits of body awareness, reaction, postural coordination and movement. Michal Mah (director of Alexander Technique Canada) will lead the class in the development of natural movement patterns using verbal and tactile cues. Over the 8 week class, participants will learn skills to reach their fullest athletic potential, prevent injury, and manage rigidity and stress.

Instructor: Michael Mah

Tue Apr 11-May 30 **6:00pm-7:00pm**
452402 \$104/8 sess
Dance Studio

Baby & Me Yoga

Baby & Me Yoga classes are designed with the birthing parent and new baby in mind. Connect with your young one with playful asana (exercises) as you stretch, breathe and relax your body back into shape, while your baby is stimulated physically, emotionally and socially. This class is best suited for those who have healed after delivery, and for babies who are not yet very mobile. Previous yoga experience is not necessary. Bringing a blanket for baby and your own mat is recommended. \$18 drop-in, space permitting. For more info visit www.intoyoga.ca

Instructor: Into Yoga

Mon Apr 17-May 15 **11:30am-12:30pm**
444305 \$77/5 sess
Mon May 29-Jun 26 **11:30am-12:30pm**
455220 \$77/5 sess
Dance Studio

Baby and Me Fitness

This is a baby-friendly class. Baby and Me Fitness offers a full body workout that will help you melt away your baby weight as well as regain your strength, cardio and flexibility with the emphasis on core work and posture. This class is a great way to socialize with other moms and get a well-deserved workout that will tone your body. All fitness levels are welcome and breaks for feedings or soothing are encouraged. Women should be 4+ weeks postpartum (6 weeks for cesareans); consult your care provider before attending. www.vancouverpt.com Drop in space permitting \$20.

Instructor: Viviane Lopes

Wed Apr 5-Jun 28 **10:45am-11:45am**
443528 \$234/13 sess
Dance Studio

Balanced Body Pilates (Level 1-2) **NEW!**

If you're new to Pilates or returning to a workout routine this class is a good class for you. Learn the principles of Pilates and the fundamental exercises of the Balanced Body method with Shannon Smith, Balanced Body Pilates teacher. The class will strengthen and lengthen your entire body so that you move better in sport and life. \$14 drop-in, space permitting.

Instructor: Shannon Smith

Tue Apr 4-Jun 27 **12:00pm-1:00pm**
447266 \$156/13 sess
Dance Studio

Balanced Body Pilates (Level 2-3) **NEW!**

If you are ready to advance your Pilates practice this is a good class for you. Join Shannon Smith, Balanced Body Pilates teacher for a class that will challenge your core strength, coordination and balance. This intermediate-advanced class will help you develop long lean muscle and the functional strength for everything else you want to do in life. \$14 drop-in, space permitting.

Instructor: Shannon Smith

Thu Apr 6-Jun 29 **10:00am-11:00am**
447274 \$156/13 sess
Dance Studio

Barre Pilates

Barre Pilates class is the fusion of classical ballet inspired elegant, body-slimming moves and Pilates mat exercises designed to tighten your waist, lift your booty, strengthen your arms, and thin your thighs. This class helps you burn fat and create a lean, toned physique. Drop-ins \$15, space permitting.

Instructor: Alesya Bogaevskaya

Thu Apr 6-May 11 **5:30pm-6:15pm**
444259 \$72/6 sess
Thu May 18-Jun 29 **5:30pm-6:15pm**
444263 \$84/7 sess
Dance Studio

Coal Harbour Community Centre

Bootcamp

Tired of your regular workout? Test your limits with our non-choreographed, full body training that will give you the results you want. Be prepared to sweat and as always work to your personal maximum. Test your agility, flexibility, strength and core. www.vancouverpt.com. \$20 drop in, space permitting. No class April 10 & May 22.

Instructor: Viviane Lopes

Mon Apr 3-Jun 26 7:00pm-8:00pm
443530 \$198/11 sess
Dance Studio

Breathe, Flow and Meditate with Nousha **NEW!**

This class is a blend of focusing on alignment and powering the body through breath. Using various breathing techniques fuels the flow of each class. Discipline, along with laughter and calmness is what you are going to experience in this class. Drop-in \$16.00, space permitting

Instructor: Nousha Vahidi

Wed Apr 5-Jun 28 6:15pm-7:15pm
447106 \$182/13 sess
Dance Studio

CALLANETICS

One of the original "barre" workouts, 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 inspired leg work, precise positioning and tiny movements, CALLANETICS is a gentle yet challenging exercise class that tightens, tones and lifts muscles fast. You'll leave the class feeling great! Drop-in \$20, space permitting. No class May 22.

Instructor: Linda Shedden

Mon Apr 24-Jun 26 5:30pm-6:30pm
443533 \$153/9 sess
Dance Studio

Fundamentals of Yoga

Learn the fundamentals of Hatha Yoga practice to create a new perspective and help you focus on a deeper satisfaction of all your dimensions, physical, mental, emotional and spiritual. You will practice a variety of postures (asanas), breathing exercises (pranayama), meditation, mantras and lifestyle changes. Bring harmony to yourself, the universe and unveil a life of possibilities. Drop-in \$15, space permitting. No class Apr 10 & May 22.

Instructor: Ileana Ponce

Mon Apr 3-Jun 26 7:30pm-8:30pm
444300 \$110/11 sess
Multipurpose Room



Get Fit = Stay Fit **NEW!**

A balanced, invigorating program emphasizing cardiovascular health, step and low impact conditioning by using hand held resistance along with bodyweight training for core muscles while focusing on body alignment and stretching. \$15 drop-in, space permitting.

Instructor: Harry Wong

Tue Apr 4-May 16 9:45am-10:45am
444366 \$70/7 sess
Tue May 23-Jun 27 9:45am-10:45am
453190 \$60/6 sess
Multipurpose

Perfect Posture **NEW!**

This co-ed class includes a cardio warmup, weights, spine work, and stretches, while strengthening the body to improve balance, agility, core strength and posture. Drop-in \$15, space permitting.

Instructor: Bitia Haghighifarid

Fri Apr 14-May 19 9:30am-10:30am
452398 \$60/6 sess
Fri May 26-Jun 30 9:30am-10:30am
452399 \$60/6 sess
Multipurpose Room

Pilates

Participants will learn the fundamentals of Pilates which promote strength and stability while lengthening the muscles and supporting the spine. There will be a strong focus on connecting to the abdominal and pelvic floor muscles which is the key to strengthening the core muscles of the body. No experience necessary. Please bring a mat to class. \$16 drop in, space permitting. For more info visit www.intoyoga.ca

Instructor: Into Yoga

Tue Apr 11-May 16 7:15pm-8:15pm
444306 \$87/6 sess
Tue May 23-Jun 27 7:15pm-8:15pm
444307 \$87/6 sess
Dance Studio

Waterfront Walkers

We are a spontaneous group of walking enthusiasts who meet weekly to enjoy a variety of scenic walks. Our walks are regularly around 6km and tend to last for 3 hours including a stop along the way for coffee.

Instructor: No Instructor

Sat Apr 1-Jun 24 9:30am-12:30pm
443534 Free/13 sess

Yoga Fusion **NEW!**

This Yoga based class incorporates not only Yoga postures, but fuses it with the basics and fundamentals of Pilates. Become more supple and lean as you build strength and stamina, all while focusing on proper posture, movement and breath. Have fun and explore at your own pace. No Yoga or Pilates experience necessary. Please bring a mat to class. Drop-in \$16, space permitting. For more info visit www.intoyoga.ca

Instructor: Into Yoga

Tue Apr 11-May 16 6:00pm-7:00pm
444308 \$87/6 sess
Tue May 23-Jun 27 6:00pm-7:00pm
444312 \$87/6 sess
Multipurpose Room

Yoga4Stiff People - All Levels

An all levels yoga series designed specifically for people who want to improve flexibility, increase strength, and relax the mind and body. We welcome any person who relates to being stiff! However, this class pays special attention to parts of our bodies that are often least flexible with an emphasis on poses to open the hips, quadriceps, hamstrings and lower back. \$16 drop-in, space permitting.

Instructor: Yoga4Stiff People

Wed Apr 5-May 17 6:30pm-7:30pm
443535 \$98/7 sess
Wed May 24-Jun 28 6:30pm-7:30pm
443536 \$84/6 sess
Multipurpose Room

Your Yoga

For people who want a gentle, basic and slower paced class that incorporates the basic yoga poses including the Warrior poses. Each pose can be modified to suit you. Gain flexibility and strength, and have fun. Drop in \$13, space permitting.

Instructor: John Wayne

Wed Apr 5-May 17 9:15am-10:15am
447419 \$80.5/7 sess
Wed May 24-Jun 28 9:15am-10:15am
447420 \$69/6 sess
Dance Studio

Zumba Toning **NEW!**

This class is for those who want to dance with extra emphasis on movements that emphasize toning and sculpting to define those muscles! Using light weights while dancing helps you focus on specific muscle groups, keeping you and your muscles engaged! \$15 drop-in, space permitting.

Instructor: Shahla Hassani

Sun Apr 16-May 21 1:00pm-2:00pm
447115 \$60/6 sess
Sun May 28-Jun 25 1:00pm-2:00pm
452391 \$50/5 sess
Dance Studio

Coal Harbour Community Centre

Zumba

ZUMBA® fuses Latin rhythms and easy to follow moves to create a dynamic workout system designed for everyone at any fitness level. Using fitness principles of interval and resistance training to maximize caloric output, fat burning, and total body toning. It combines Salsa, Cumbia, Merengue, and more giving you a feel-happy workout that is great for both the body and the mind. www.ZumbaVancouver.ca.

Instructor: Zumba Vancouver

Monday

Mon Apr 3 6:00pm-7:00pm
445054 Free/1 sess

Mon Apr 17-May 15 6:00pm-7:00pm
445057 \$62.50/5 sess

Mon May 29-Jun 26 6:00pm-7:00pm
445062 \$62.50/5 sess

Thursday

Apr 6 12:00pm-1:00pm
445055 Free/1 sess

Apr 6 6:30pm-7:30pm
445056 Free/1 sess

Apr 13-May 18 12:00pm-1:00pm
445059 \$75/6 sess

Apr 13-May 18 6:30pm-7:30pm
445060 \$75/6 sess

May 25-Jun 29 12:00pm-1:00pm
445064 \$75/6 sess

May 25-Jun 29 6:30pm-7:30pm
445066 \$75/6 sess

Multipurpose Room

Food & Gardening Workshops

Growing Superfoods

Enhance your health by adding home-grown superfoods to your plate! In this Village Vancouver - West End Neighborhood Food Network WE Urban Garden Club workshop with Rhiannon Johnson, you'll learn how to grow your own superfoods such as kale, ginger, turmeric, sprouts, and blueberries. Some superfoods are best grown indoors, and others outdoors, which equally flourish in a garden or in containers. We'll have a community seed library there - pick up some free seeds for your garden, swap or donate seeds. Reduced fee for Seniors (50 and over)

Instructor: West End Food Network

Sat Jun 17 10:00am-12:00pm
447230 \$15/1 sess

Arts and Crafts



Introduction to Vertical Gardening

In this joint Village Vancouver - West End Neighbourhood Food Network WE Urban Garden Club workshop with Dr. Yael Stav, we'll review the opportunities for, and benefits of, growing food gardens in an urban setting. We'll discuss the different systems and technologies available for gardening and talk about the principles of setting up a successful food garden on fences, walls, and balconies, including watering, weight, light and plant choice considerations. We'll have a community seed library present - pick up some free seeds, swap or donate seeds. Free for Seniors (50 and over), excludes \$5.00 supplies fee.

Instructor: West End Food Network

Tue Apr 25 6:30pm-8:30pm
447222 \$20/1 sess

Arts and Crafts Room

Native Edibles Talk & Walk

It can be easy to forget about the wealth of food that grows all around us. In this joint Village Vancouver - WENFN West End Urban Garden Club offering, you'll learn about plants that call our region home. Lori Snyder from the Métis Nation will discuss how to identify and edible, and medicinal plants in an ethical way, and more! We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds. Reduced fee for Seniors (50 and over)

Instructor: West End Food Network

Thu May 11 6:30pm-8:30pm
447228 \$15/1 sess

Arts and Crafts Room

Martial Arts

Capoeira - Mixed Levels

Improve your flexibility, condition your body and discipline your mind in this fun and eclectic sport. Capoeira is a game played to music. Known as the secret dance of Brazil, it is a display of self-defense and is an excellent workout for all ages. Wear loose fitting exercise clothing. Drop-in \$20, space permitting.

Instructor: Julio Monteiro

Apr 04-Jun 27 7:30pm-8:30pm
443539 \$156/13 sess

Multipurpose Room

Shotokan Karate **NEW!**

Shotokan Karate classes led by 4th Dan Sensei Moe Rahmanyman, trained by the well renowned Sensei Okamoto and Sensei Okuyama of the JKA (Japanese Karate Association) focusing on kata, self defense, fitness and personal development. Drop-in \$15.00, space permitting.

Instructor: Sensei Moe Rahmanyman

Mon Apr 10- Thu Jun 15 8:15pm-9:15pm
447457 \$260/20 sess

Dance Studio

Sports

Badminton

Smash and drive or just play badminton for fun! Scrimmage with different partners of varying skill levels in a fun and friendly atmosphere. Shuttles and racquets available. Non-instructional. Drop-in \$6, space permitting. No session April 10, May 22, 27.

Instructor: No Instructor

Mon Apr 3-Jun 26 12:00pm-1:30pm
443390 \$55/11 sess

Wed Apr 5-Jun 28 6:00pm-7:45pm
443391 \$68.25/13 sess

Thu Apr 6-Jun 29 12:00pm-1:30pm
443392 \$65/13 sess

Thu Apr 6-Jun 29 8:00pm-9:45pm
443393 \$68.25/13 sess

Sat Apr 8-Jun 24 3:15pm-4:45pm
443394 \$57.75/11 sess

Sun Apr 2-Jun 25 10:15am-11:15am
443395 \$45.50/13 sess

Gymnasium

Basketball

Enjoy some friendly, exciting recreational basketball. Non-instructional. Drop-in \$6, space permitting. No session Apr 7, 10, May 22, 27.

Instructor: No Instructor

Mon Apr 3-Jun 26 8:00pm-9:45pm
447232 \$57.75/11 sess

Tue Apr 4-Jun 27 12:00pm-1:30pm
443413 \$65/13 sess

Wed Apr 5-Jun 28 8:00pm-9:45pm
443415 \$68.25/13 sess

Fri Apr 14-Jun 30 12:00pm-1:30pm
443418 \$60/12 sess

Sat Apr 1-Jun 24 10:00am-11:30am
443419 \$57.75/11 sess

Gymnasium

Foamball Tennis **NEW!**

A fun, indoor game based on tennis. A good workout with minimal joint strain. Limited equipment is available for use, bring your own equipment if possible. Drop-in \$6, space permitting.

Instructor: No Instructor

Wed Apr 5-Jun 28 12:00pm-1:30pm
444396 \$65/13 sess

Gymnasium

Indoor Soccer

All skill levels are welcome but please note that this is a recreational setting. Players are expected to follow the Code of Conduct; those not adhering to the outlined policies will be asked to leave. Non-instructional. Drop-in \$7, space permitting. No session Apr 10 & May 22.

Instructor: David Madura

Mon Apr 3-Jun 26 6:15pm-7:45pm
443423 \$68.75/11 sess

Instructor: TBD

Thu Apr 6-Jun 29 6:15pm-7:45pm
447241 \$81.25/13 sess

Gymnasium

Coal Harbour Community Centre

Learn to Play Pickleball - Beginner

Come and learn this fun, exciting and social game everyone is talking about! Pickleball combines elements of Badminton, Tennis and Table Tennis. This class is for beginners that are new or have played a few times. Ruth Johnson, a certified Level 1 Pickleball Instructor and active member/volunteer with the Vancouver Pickleball Association, will teach you the basic technique, rules, how to keep score, court positioning and more.

Instructor: Ruth Johnson

| | |
|------------------------------------|--------------------------------------|
| Wed Apr 5-May 10 443424 | 1:45pm-3:15pm \$120/6 sess |
| Wed May 17-Jun 28 444756 | 1:45pm-3:15pm \$140/7 sess |

Gymnasium

Pickleball - Advanced Beginner/Learner (Level 2-2.5)

This class is for anyone that has taken "Learn to Play Pickleball" or a beginners class and knows all the basics. We will focus on drills that work on dinking, volleys, 3rd shot drops and drives, proper footwork and more. Balance between drills and game play will be 70/30. Any questions if this is the right class for you contact the instructor at ruthjohnson69@gmail.com. No session Apr 10 & May 22.

Instructor: Ruth Johnson

| | |
|-----------------------------------|---------------------------------------|
| Mon Apr 3-Jun 26 443426 | 1:45pm-3:15pm \$220/11 sess |
|-----------------------------------|---------------------------------------|

Gymnasium

Pickleball

Get active playing this exciting and popular sport. Pickleball is an easy to learn game played on a badminton court with a lowered net, a whiffle ball and large hand held paddles. It is great for all skills and ability levels. Drop-in \$6, space permitting.

Instructor: No Instructor

| | |
|-----------------------------------|---|
| Tue Apr 4-Jun 27 443396 | 1:45pm-3:15pm \$65/13 sess |
| Thu Apr 6-Jun 29 443397 | 1:45pm-3:15pm \$65/13 sess |
| Sun Apr 2-Jun 25 443398 | 1:15pm-2:45pm \$68.25/13 sess |

Gymnasium

Pickleball Court Rental **NEW!**

Reserve your own pickleball court for guaranteed fun for up to four players. There are 4 courts available for play per one hour timeslot. Each registration is a booking for one court.

Instructor: No Instructor

| | |
|-------------------------|-----------------------|
| Tue Apr 4-Jun 27 | 9:15am-11:30am |
| Thu Apr 6-Jun 29 | 9:15am-11:30am |

Gymnasium

Table Tennis Lessons **NEW!**

This program improves hand-eye coordination, uses both the upper and lower body and causes you to use different areas of the brain to function. Come and experience this sport in a fun and friendly atmosphere. All skill levels are welcome. You can learn professional and standard table tennis skills. Drop-in \$14.50 space permitting.

Instructor: Yakiv Hzaborchuk

| | |
|------------------------------------|---|
| Mon Apr 3-May 8 452935 | 11:30am-1:00pm \$75/6 sess |
| Mon May 15-Jun 26 452936 | 11:30am-1:00pm \$75/6 sess |
| Wed Apr 5-May 17 452937 | 11:45am-1:15pm \$87.50/7 sess |
| Wed May 24-Jun 28 452938 | 11:45am-1:15pm \$75/6 sess |

Multipurpose Room

Semi-Private Table Tennis Lessons **NEW!**

Book a private lesson with Yakiv Hzaborchuk. Based on availability; time to be agreed upon by Yakiv and the student. Call 604-718-8222 for more information.

Instructor: Yakiv Hzaborchuk

By appointment
\$30/1sess/60mins

Private Table Tennis Lessons **NEW!**

Book a private lesson with Yakiv Hzaborchuk. Based on availability; time to be agreed upon by Yakiv and the student. Call 604-718-8222 for more information.

Instructor: Yakiv Hzaborchuk

By appointment
\$40/1sess/60mins

Table Tennis Drop-In

Call the front office (604-718-8222) after 9:30am on the day that you wish to play. Conditions: same day reservations only; subject to availability; one table can be reserved for one hour maximum, for a maximum of four people.
\$3.75/person

Table Tennis - Recreational Drop-In **NEW!**

All skill levels are welcome. We will have two or three tables set-up for recreational play. Participants are encouraged to register for the session. Please note, these sessions are non instructional. Great chance to meet new people; no partner is necessary. Drop-in \$5, space permitting.

Instructor: Non Instructional

| | |
|------------------------------------|-------------------------------------|
| Wed Apr 5-May 17 452400 | 7:45pm-9:45pm \$28/7 sess |
| Wed May 24-Jun 28 452401 | 7:45pm-9:45pm \$24/6 sess |

Multipurpose Room

Adult Sports Participants

Registration Information:

Adult sports programs are for individuals aged 19 years and older. Registered participants have up to five minutes after the program start time to show up and check-in at the front desk, otherwise their spot may be given to a drop-in participant. Registered spots are non-transferable.

No internet registration after the program start date. Phone and in-person registration is still available, pending open spots.

Drop-In Procedures:

- First priority is for registered participants, and there will be NO GUARANTEED SPOTS HELD FOR DROP-INS. Registered participants have up to five minutes after the program start time to show up and check-in at the front desk. All no-show spots will be sold at that time to drop-ins.
- At 9:15am the day of the program, you may call 604.718.8222 to put your name and ONE other person's name on the drop-in list. Exception is Sunday morning Badminton where call in commences day prior (Saturday) at 9:15am. Five minutes after the program start time, staff will announce the names from the drop-in waitlist if there are any open spots remaining. Individuals on the drop-in list must be present when their name is called to take the open space.

Drop-In Information:

Required Pass: All drop-in users will be required to have a 'OneCard' with the Coal Harbour Drop-In Sports pass, and scan in at the front office before each session. Visit the front office for details and to register for your 'OneCard' package.

Safe Access For Everyone (S.A.F.E.) Code of Conduct:

Be Responsible & Respectful, Play Fair & Share, Say "No" to Abuse, Be Positive & Encouraging, Expect the Best.

Please register early!

Programs are cancelled if everyone waits until the last minute to register.

The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed. Sign-up even if the class is free!

Coal Harbour Community Centre

Volleyball - Recreational

Recreational players should have some basic knowledge of volleyball which includes three contacts per side and rotating after points are scored. Players skills are still at the beginner level and players should not register for higher levels of volleyball until knowledge and skill level proficiency have improved to a consistent level. Drop-in \$7, space permitting. No session April 8 & May 27.

Instructor: Gabriel Chan

Sat Apr 1-Jun 24 12:00pm-1:30pm
443480 \$68.75/11 sess
Gymnasium

Volleyball - Recreational Plus

Recreational Plus players should be comfortable with fast paced volleyball and be knowledgeable on game strategy, game rules and demonstrate good ball control. Drop-in \$7, space permitting.

Instructor: Gaspar Douo

Tue Apr 4-Jun 27 6:00pm-7:45pm
443481 \$81.25/13 sess
Gymnasium

Volleyball - Intermediate/Advanced

Intermediate players should have some knowledge of systems (5-1, 6-2) and know where to stand when defending and receiving. Players should know how to technically perform each skill and be comfortable with an increased speed of play. To ensure consistency of play and safety for all participants, a skill evaluation may be required. The gym supervisor reserves the right to assign players to appropriate courts or recommend players to the recreational programs. Drop-in \$7, space permitting.

Instructor: Gaspar Douo

Tue Apr 4-Jun 27 8:00pm-9:45pm
443479 \$81.25/13 sess
Gymnasium

Volleyball Skills & Training Clinic

Taught by NCCP level 2 Coach. All skill levels welcome. Each session will introduce a new skill and end in game play. No session Apr 9 & May 21.

Instructor: Volleyball BC

Sun Apr 2-Jun 25 3:00pm-4:30pm
443507 \$220/11 sess
Gymnasium

Volleyball Skills & Training Clinic - Int/Adv

Taught by NCCP level 2 Coach. Open to all intermediate level players who have some Volleyball experience. Participants should have the basic volleyball skill sets and be able to forearm pass, set, spike and be rally ready.

Instructor: Volleyball BC

Tue Apr 4-Jun 20 6:00pm-7:30pm
443513 \$240/12 sess
Gymnasium

Winter 2023 Gymnasium Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|--|--|
| 9:30-11:00am Jellyfish Playtime | 9:15am-11:30am Pickleball Court Rental | 9:30-11:00am Jellyfish Playtime | 9:15am-11:30am Pickleball Court Rental | | 10:00-11:30am Basketball | 10:15-1:15am Badminton |
| 12:00-1:30pm Badminton | 12:00-1:30pm Basketball | 12:00-1:30pm Foamball Tennis | 12:00-1:30pm Badminton | 12:00-1:30pm Basketball | 12:00-1:30pm Recreational Volleyball | 11:45-12:45pm Birthday Parties |
| 1:30-3:30pm Learn to Play Pickelball | 1:45-3:15pm Pickleball | 1:30-3:30pm Advanced Beg/ Learner Pickleball | 1:45-3:15pm Pickleball | | 1:45-2:45pm Birthday Parties | 1:15-2:45pm Pickleball |
| 3:30-4:30pm Tot Soccer (4-6yrs) | 3:30-5:00pm Teen Open Gym | 3:30-5:00pm Teen Open Gym | 3:30-4:30pm Tot Soccer (4-6yrs) | 3:30-4:30pm Just Real Ballers Basketball (6-8yrs) | 3:15-4:45pm Badminton | 3:00-4:30pm Volleyball Skills & Training Clinic |
| 4:45-6:00pm Soccer (7-12yrs) | | | 4:45-6:00pm Soccer (7-12yrs) | 4:45-6:00pm Just Real Ballers Basketball (9-12yrs) | Principles for Sport, Code of Conduct: Go For It, Play Fair, Respect Others, Keep It Fun, Stay Healthy, Include Everyone, Give Back. <input type="checkbox"/> Children Programs <input type="checkbox"/> Adult Programs (19yrs+) | |
| 6:15-7:45pm Indoor Soccer | 6:00-7:45pm Volleyball - Recreational Plus & Int/Adv Skills Clinic | 6:00-7:45pm Badminton | 6:15-7:45pm Indoor Soccer | 6:15-9:00pm Youth Programs | | |
| 8:00-9:45pm Basketball | 8:00-9:45pm Volleyball - Int/Adv | 8:00-9:45pm Basketball | 8:00-9:45pm Badminton | | | |