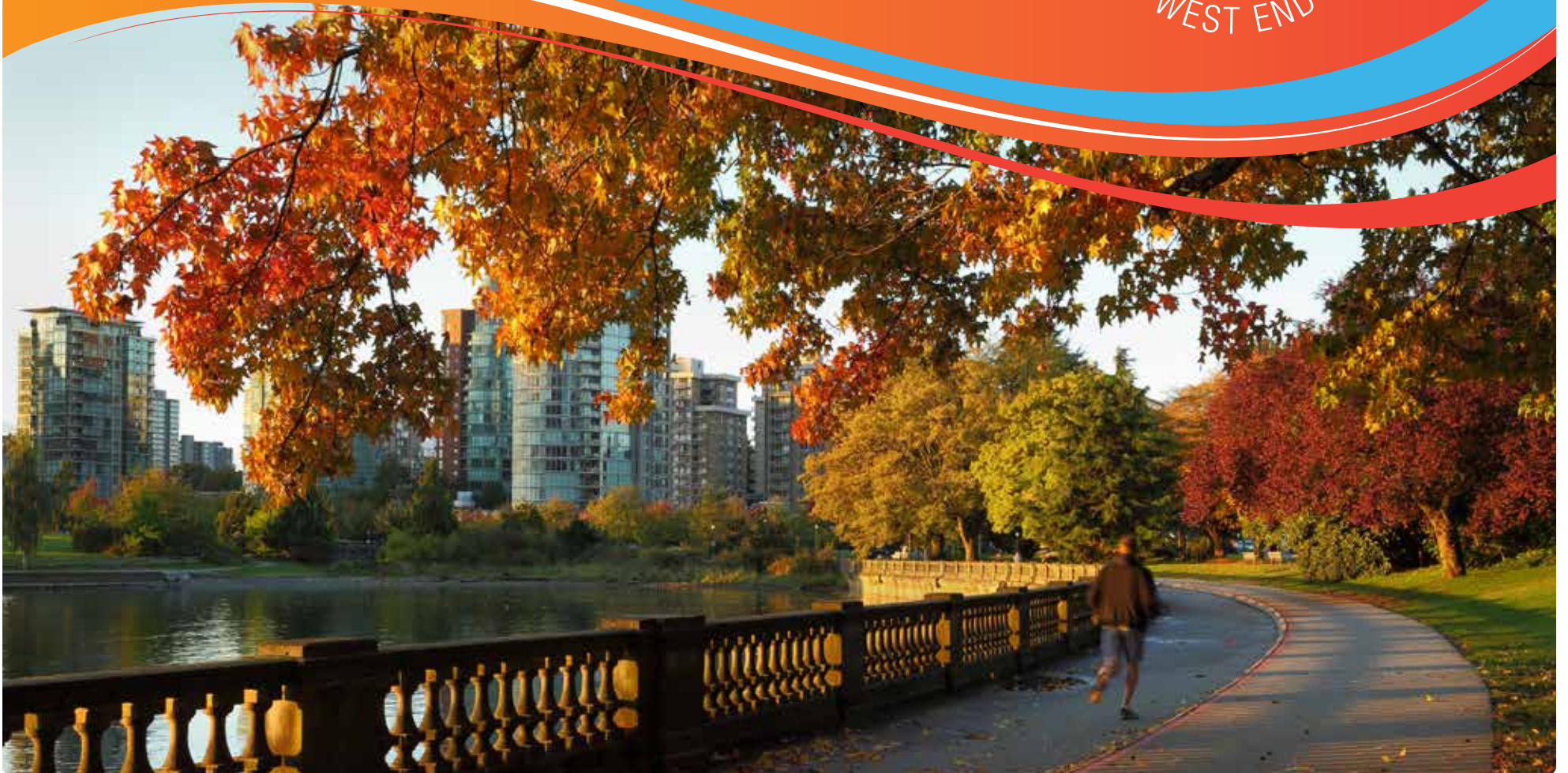


FALL 2023

# 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

## Fall Program Registration

Pre-registration is strongly encouraged. Programs accepting drop ins are noted in each course description. For updates, visit [recreation.vancouver.ca](http://recreation.vancouver.ca).

**Online/ In-Person: Tue, August 15 @ 7:00pm**

**By-Phone: Wed, August 16 @ 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](http://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](http://www.westendcc.ca) 604-257-8333 | [www.barclaymanor.ca](http://www.barclaymanor.ca) 604-257-8333 | [www.coalharbourcc.ca](http://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
Ellie Stojanovski	.....2nd Vice President
Jacob Kojfman	.....Treasurer
Vacant	.....Secretary

### Directors:

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

*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.*

# Thanks to our Supporters & Partners



The TD Bank  
Branch #9440



Downtown Van



The West End  
BIA



The West End  
Journal

*The West End/Coal Harbour Community Association greatly values their contributions, which greatly enhance our work serving the community.*

# President's Message

As the days get a bit shorter, we know that Autumn is a great time in the West End. West End Community Centre, Coal Harbour Community Centre and Barclay Manor are pleased to be part of it. We offer many great courses and programs to help get you going this Fall. We want to be a place for you, your family, and friends to connect with your community.

Thank you for taking time to look through all the offerings, and please register early, things fill up very quickly. We endeavor to offer excellent quality courses and instructors, at affordable prices.

## 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.





# Registration Information

## West End CC Hours of Operation

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

**Community Centre** .....Sept 1-Dec 31  
Monday-Friday ..... 9:00am-9:00pm  
Saturday-Sunday ..... 9:00am-5:00pm

**Front Office** .....Sept 1-Dec 31  
Monday-Friday ..... 9:15am-8:45pm  
Saturday-Sunday ..... 9:00am-4:45pm

**Fitness Centre** .....Sept 1-Dec 31  
Monday-Friday ..... 6:00am-9:00pm  
Saturday-Sunday ..... 9:00am-5:00pm  
*\*Mon – Fri 6:00-9:00am: Please enter through the laneway-parking entrance and check in at the fitness centre desk.*

## Coal Harbour CC Hours of Operation

**Community Centre** .....Sept 1-Dec 31  
Monday-Thursday ..... 9:00am-10:00pm  
Friday-Saturday ..... 9:00am-5:00pm  
Sunday ..... 10:00am-5:00pm

**Front Office** .....Sept 1-Dec 31  
Monday-Thursday ..... 9:15am-9:45pm  
Friday-Saturday ..... 9:15am-4:45pm  
Sunday ..... 10:15am-4:45pm

## Your Recreation Staff

**West End CC:**  
Recreation Supervisor ..... Deb Barber  
Recreation Programmer ..... Darko Kulic  
Recreation Programmer ..... Mawi Bagon  
Recreation Programmer ..... Kinga Wdowiak  
Ice Rink Programmer ..... Jeffrey Chan  
Community Youth Worker ..... Jessica McCallum  
Recreation Facility Clerk ..... Shelby Quon  
Maintenance Technician ..... TBA

**Barclay Manor:**  
West End and Coal Harbour staff are jointly supporting this position.

**Coal Harbour CC:**  
Recreation Supervisor ..... Deb Barber  
Recreation Programmer ..... Alex Machin  
Recreation Programmer ..... Joe Oliveira  
Recreation Facility Clerk ..... Nelson McLachlan

## Fall Registration:

On-line/In-Person: Tuesday, August 15 at 7:00pm

Phone: Wednesday, August 16 at 9:30am

**1. 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](http://recreation.vancouver.ca) to register for courses.

**2. 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.

**3. In Person**  
Registration in person continues during office hours. You can pay by cash, credit card or debit card.

## Individual Room Access Cards

An access card for individuals who wish to drop-in and use an activity room, space permitting. Room use subject to terms and conditions. Maximum 2 people per room; all individuals must have their own Room Access Card.  
**Adult 1 year \$40.00**  
**Senior/Youth 1 year \$20.00**

## 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.

**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 Protection 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

# Special Events

## 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](http://westendcc.ca). Follow us on instagram @sophia.sosa, @jamncamrn, @barangayproj. See page 39 for upcoming Fall activities.



## Thanksgiving Craft Time

Join us in the Auditorium to celebrate Thanksgiving! Your child will go home with a beautiful & unique craft that they've made. Parent participation required.

**Wed Oct 4**  
469443  
Auditorium

**3:30-5:00pm**  
FREE



## Halloween Craft Time

Join us in the Auditorium to celebrate Halloween! Your child will go home with a beautiful & unique craft that they've made. Parent participation required.

**Wed Oct 25**  
469446  
Auditorium

**3:30-5:00pm**  
FREE







## Haunted House at Barclay Manor

(Recommended for 8yrs and up, parent discretion) For bigger, braver souls. Barclay Manor has been converted into a spooky scary house once again! Come and enjoy if you dare! It takes approximately 5-10 minutes to make your way through the house. Tickets can be purchased online, or in person at the West End or Coal Harbour Community Centres, tickets may be purchased at the door, last entry 10 minutes before closing time.

*Instructor: Youth Leader*

**Fri Oct 27** 7:00-9:00pm

**Sat Oct 28** 4:30-6:30pm

\$4/person or a family of 4 for \$12

Location: Barclay Manor, 1447 Barclay Street



## Holiday Craft Fair

This is an annual sell-out event you won't want to miss! We welcome ONLY handcrafted items to be sold at this event. Line up early for the best table selection. Pick up a vendor info guideline package and vendor contract at the front office. Although this is a non-juried event, we have a limit of 35 tables each day to sell original crafted items only by Artisan's. Tables go on sale September 23 at 10:00am. Admission to the Fair is FREE. Please note: The West End Community Centre reserves the right to ask a vendor to leave or remove articles that do not comply with the Craft Fair protocols and contract. We can revoke an individual's privilege to participate in future events if the Holiday Craft Fair outlined policies are not respected.

**Sat Nov 25** 10:00am-4:00pm

469457 1 Day Rental \$35 / 2 Day Rental \$54

**Sun Nov 26** 10:00am-4:00pm

469459 1 Day Rental \$35 / 2 Day Rental \$54

Auditorium

## Breakfast w/ Santa

Join us for a special breakfast, crafts, entertainment and best of all a visit from Santa himself. This event is an annual sell out so PLEASE purchase your tickets for adults and children in advance to ensure a seat. Pre-registration is required. Children under the age of 2yrs are free unless eating food. If child under 2 is not eating they are allowed to be at the event with parent (sitting in lap). Please do not register child under 2 if not eating or taking a paid seat. \$9/per person. Please show up on time as food will be served by 10:20am.

**Sat Dec 2** 10:00am-12:00pm

469449 \$9/Person

Auditorium



## Community Tree Decorating

Join us in the lobby to decorate our holiday tree! Make an ornament to put on the tree and take one home with you. We will also have hot chocolate, goodies and play a holiday movie. Please bring a donation to the Vancouver food bank.

**Wed Dec 6** 3:30-5:00pm

469452 FREE

Lobby





# West End Community Centre

## CHILDREN (5 & UNDER)

### Creative Arts

#### Drawing and Painting – Under the Sea (3-5 yrs) **NEW!**

In this class children will learn about different colours and how to mix them (cold and warm-light and dark) and also improve their drawing and colouring skills. There will also be an introduction to different tools, mediums, paper and more. Have fun while learning new things! Golnaz has her Degree in Fine Arts and has lots of experience in teaching.

*Instructor: Golnaz Kiany*

**Wed Sep 20-Dec 13**                      **9:30-10:45am**  
471992                                      \$260/13 sess  
Bidwell Room

#### Drawing and Painting – Farm Animals (3-5 yrs) **NEW!**

In this class children will learn about different colours and how to mix them (cold and warm-light and dark) and also improve their drawing and colouring skills. There will also be an introduction to different tools, mediums, paper and more. Have fun while learning new things! Golnaz has her Degree in Fine Arts and has lots of experience in teaching.

*Instructor: Golnaz Kiany*

**Wed Sep 20-Dec 13**                      **11:00am-12:15pm**  
471995                                      \$260/13 sess  
Bidwell Room

#### Drawing and Painting – Science and Nature (3-5 yrs) **NEW!**

In this class children will learn about different colours and how to mix them (cold and warm-light and dark) and also improve their drawing and colouring skills. There will also be an introduction to different tools, mediums, paper and more. Have fun while learning new things! Golnaz has her Degree in Fine Arts and has lots of experience in teaching.

*Instructor: Golnaz Kiany*

**Wed Sep 20-Dec 13**                      **12:30-1:45pm**  
471996                                      \$260/13 sess  
Bidwell Room

## 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 Birthday Oct 1,8,Nov 26,27, Dec 3**

Sat Sept 2-Dec 30                      11:30am-1:30pm                      \$100/Package

Sun Sept 3-Dec 31                      11:30am-1:30pm                      \$100/Package

Bouncy Castle add on \$70  
Auditorium

## 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. A child that can crawl must pay the fee.

**No Playtime Sept 4, Oct 9, Nov 11, 13,25,26, Dec 3,25,26**

**Sept 1-Dec 31**

M/Tue/Thu/Fri/Sat/Sun                      Playtime 9:30-11:00am

Wed    Playtime 3:30-5:00pm

Drop In Fee: \$3.50                                      10 Visit Card: \$31.50

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 Sept 4, Oct 9, Nov 13, Dec 25,26**

Mon Sept 11-Dec 18                      1:00-2:30pm (Bidwell Room)

Tue Sept 5-Dec 19                      9:30-11:30am (English Bay Room)

Wed Sept 6-Dec 27                      1:00-2:30pm (Auditorium)

Thu Sept 7-Dec 28                      9:30-11:00am (Denman Room)

Drop In Fee: \$3.50                                      10 Visit Card: \$31.50

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

Amusement Device Operating Permit: Licence No. LAM0212184



# West End Community Centre

## Drawing and Painting – Food (3-5 yrs) **NEW!**

In this class children will learn about different colours and how to mix them (cold and warm-light and dark) and also improve their drawing and colouring skills. There will also be an introduction to different tools, mediums, paper and more. Have fun while learning new things! Golnaz has her Degree in Fine Arts and has lots of experience in teaching.

*Instructor: Golnaz Kiany*

**Wed Sep 20-Dec 13**

471999

Bidwell Room

**2:00-3:15pm**

\$260/13 sess

## Dance

### Creative Ballet (3-5yrs)

Young dancers 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](http://www.KirbySnellDance.com). Drop-in \$14. No Class Oct 8 & Nov 12.

*Instructor: Endorphin Rush Dance*

**Sun Sep 17-Dec 10**

467566

Denman Room

**10:00-10:45am**

\$143/11 sess



## 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](mailto:christina.tucker@vancouver.ca) or 604-257-8464

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

<b>Tue 10:00-11:30am</b>	<b>\$98/month</b>
<b>Wed 10:00-11:30am</b>	<b>\$98/ month</b>
<b>Thu 10:00-11:30am</b>	<b>\$98/month</b>

waitlist activity # 455695

## 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!

### 2023/2024 program fees:

M-F	8:30am - 12:00pm	\$499/month
M/W/F	8:30am - 12:00pm	\$325/month
T/Th	8:30am - 12:00pm	\$215/month

\$45 non-refundable registration fee due at time of registration

Prices are before fee reduction through the Child Care Fee Reduction Initiative which all families will receive.

On-line waitlist activity 458393

## 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

## Day Camps



### Frozen Ballet - Winter Dance Camp (3-5yrs) **NEW!**

100% Frozen Soundtrack Music is played in this creative ballet class designed to ignite your dancers imagination. No experience required as dancers learn the basics of ballet and expression through movement. Costumes are welcome, but not required. Beginner friendly. Bring your cameras! Presentation for parents on the last day! More info: [www.kirbysnellldance.com](http://www.kirbysnellldance.com)  
*Instructor: Endorphin Rush Dance*  
Tue Jan 2-Jan 5 9:15-10:30am  
469332 \$79/4 sess  
Denman Room

### Jazz / Ballet Fusion Camp (4-6yrs) **NEW!**

Jump, skip and twirl! In this class children will learn a variety of ballet exercises as well as the basic fundamentals of jazz dance while developing their own creative expression. On the last day, we invite parents to stay for a presentation of what we have been learning. [www.kirbysnellldance.com](http://www.kirbysnellldance.com)  
*Instructor: Endorphin Rush Dance*  
Tue Jan 2-Jan 5 10:45am-12:00pm  
469335 \$79/4 sess  
Denman Room

### Hip Hop (3-6yrs) **NEW!**

#### 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.

This non-stop action-packed camp includes hip-hop, basic breakdancing, and dance games that will have your dancer moving to the beats. Dancers will improve coordination, musicality, expression, and learn a dynamic choreography. A presentation will take place on the last day of camp. [www.KirbySnellDance.com](http://www.KirbySnellDance.com)  
*Instructor: Endorphin Rush Dance*  
Tue Jan 2-Jan 5 12:15-1:30pm  
469340 \$79/4 sess  
Denman Room

## 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](http://www.intoyoga.ca).  
*Instructor: Sheri Kauhausen*  
Tue Oct 31-Nov 28 10:30-11:15am  
467137 \$77/5 sess  
Bidwell Room

### Animal Kingdom Movements (2-4yrs)

Animal Kingdom Movements gets your little monkeys moving creatively! They will 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](http://www.intoyoga.ca)  
Drop-in \$17  
*Instructor: Sheri Kauhausen*  
Wed Sep 20-Nov 1 4:30-5:30pm  
467150 \$108/7 sess  
Wed Nov 8-Dec 13 4:30-5:30pm  
467152 \$92/6 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 Oct 9.  
*Instructor: Sportball Vancouver*  
Mon Sep 11-Oct 30 3:30-4:30pm  
467012 \$133/7 sess  
Mon Nov 6-Dec 11 3:30-4:30pm  
467014 \$95/5 sess

Auditorium

### West End Soccer Academy (2-3yrs)

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 \$19.00. No Class Oct 7 & Nov 11.  
*Instructor: Glyn Roberts*  
Sat Sep 16-Dec 9 9:15-10:00am  
467443 \$154/11 sess  
King George Gymnasium/Field Depending on Weather

### West End Soccer Academy (3-5yrs)

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 \$20.00. No class Oct 7 & Nov 11.  
*Instructor: Glyn Roberts*  
Sat Sep 16-Dec 9 10:00-10:45am  
467444 \$165/11 sess  
King George Gymnasium/Field Depending on Weather

### AXE Capoeira – Beginner Mini Kids (3-6yrs) **NEW!**

Capoeira is one of the most inherently diverse martial arts that teaches creativity, music, self-expression, and strategic thinking as much a part of the core curriculum as physical training. Capoeira 7 week course will introduce kids & youth to the fundamentals of the art form, will cover basic kicks, movements, and acrobatics, as well as teach you basic music skills and introduce them to the history of capoeira. Drop in \$20, space permitting.  
*Instructor: Yulia Terekh*  
Sat Sept 9-Oct 28 1:00-1:45pm  
472928 \$105/7 sess  
Dance Studio



# West End Community Centre

## Baby Bear Gymnastics

(1-2yrs) **NEW!**

Watch your little one gain confidence in their movement skills! This class will provide you and your child the opportunity to explore a wide variety of activities that focus on fostering appropriate physical development. It will also give you a chance to socialize and be a part of a supportive group of parents. In Baby Bears we like to have fun, so get ready to move around, do some dancing and some singing! The children will enjoy songs, games, circle time and of course bonding time with you! For more info, please visit [www.bearfeetgymnastics.com](http://www.bearfeetgymnastics.com). Parent Participation is required. Child must be able to walk or starting to. Drop in \$14.00.

*Instructor: Bear Feet Gymnastics*

Sun Sept 17-Nov 19

473960

Auditorium

3:00-3:45pm

\$120/10 sess

## Bear Cub Gymnastics

(2-4yrs) **NEW!**

Through the use of creative circuits and FUN, the children will have opportunities to learn and practice new gymnastics skills with the support of their caregiver. This class will encourage the children to develop their attention span as well as spatial/body awareness and to get strong as a Bear! This class provides a great mix of play and skill building all rolled into one. We focus on the fundamental movement patterns needed to play any sport, using gymnastics as a tool to teach these skills. The children will enjoy songs, games, circle time and of course bonding time with you! Parent participation is required.

*Instructor: Bear Feet Gymnastics*

Sun Sept 17-Nov 19

473962

Auditorium

4:00-4:45pm

\$120/10 sess



## CHILDREN (5-12 YRS)

### Creative Arts

#### Art Jam with Disney Animator

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. No Class Oct 7.

*Instructor: Happy Kids Studios*

**4-6yrs**

Sat Sep 23-Nov 4

467471

Sat Nov 18-Dec 16

467473

**7-9yrs**

Sat Sep 23-Nov 4

467474

Sat Nov 18-Dec 16

467478

Denman Room

2:10-3:10pm

\$108/6 sess

2:10-3:10pm

\$90/5 sess

3:20-4:20pm

\$108/6 sess

3:20-4:20pm

\$90/5 sess

#### Kids Clay

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 Oct 5.

*Instructor: Estelle Liebenberg*

**5-8yrs**

Thu Sep 21-Nov 30

467372

**9-15yrs**

Thu Sep 21-Nov 30

467373

Pottery Studio

3:30-4:45pm

\$155/10 sess

5:00-6:15pm

\$155/10 sess

#### Watercolour for Kids and Youth (7-18yrs)

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

*Instructor: Mohammad Reza Atashzad*

Thu Sep 14-Dec 14

467375

Denman Room

3:15-5:15pm

\$280/14 sess

## Drawing and Painting

(6-10 yrs) **NEW!**

In this class children will learn about different colours and how to mix them (cold and warm-light and dark) and also improve their drawing and colouring skills. There will also be an introduction to different tools, mediums, paper and more. Have fun while learning new things! Golnaz has her Degree in Fine Arts and has lots of experience in teaching.

*Instructor: Golnaz Kiany*

Wed Sep 20-Dec 13

472000

Meeting Room 2

3:45-5:00pm

\$260/13 sess

#### Kid's Mixed Media Arts & Crafts (7-13yrs)

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 Hosseinkhan*

Fri Sep 22-Dec 8

467407

Denman Room

5:30-7:30pm

\$282/12 sess

#### Resin Arts & Crafts (7-13yrs)

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 Hosseinkhan*

Fri Oct 13-Nov 17

467406

Denman Room

3:45-5:15pm

\$320/6 sess



# West End 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 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.kirbysnelldance.com](http://www.kirbysnelldance.com). Drop-in \$14. No class Oct 8 & Nov 12.

*Instructor: Endorphin Rush Dance*

**Sun Sep 17-Dec 10** 12:45-1:30pm  
467614 \$143/11 sess  
Denman Room

### Creative Ballet (5-7yrs)

Young dancers 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](http://www.KirbySnellDance.com). Drop-in \$14. No Class Oct 8 & Nov 12.

*Instructor: Endorphin Rush Dance*

**Sun Sep 17-Dec 10** 10:50-11:35am  
467569 \$143/11 sess  
Denman Room

### Dance Extreme (Dance Sampler) (7-13yrs)

Come and explore a number of different styles of dance with a variety of guest dance artists. Enjoy an energetic exploration of movement in a warm, safe and inspiring environment. Styles may include Latin Dance, Afro, Hip Hop, Acrobatic Dance, Creative Movement and Bollywood! more info: [www.kirbysnelldance.com](http://www.kirbysnelldance.com) Drop-in \$14. No class Oct 8 & Nov 12.

*Instructor: Endorphin Rush Dance*

**Sun Sep 17-Dec 10** 1:35-2:35pm  
467792 \$143/11 sess  
Denman Room

### Fun Movements –

### Dance Class for Kids (4-7yrs) **NEW!**

Dance class based on playfulness and symbolism, respecting the motor coordination and emotional development of each children at each stage of life. We will work on activities evolving essential abilities to the dance world, such as: balance, strength, and musicality. No Class Oct 7 & Nov 11

*Instructor: Maria Norberto*

**Sat Sep 16-Oct 28** 10:00-10:50am  
472602 \$78/6 sess  
**Sat Nov 4-Dec 16** 10:00-10:50am  
472605 \$78/6 sess  
English Bay 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](http://www.KirbySnellDance.com). Drop-in \$14. No class Oct 8 & Nov 12.

*Instructor: Endorphin Rush Dance*

**Sun Sep 17-Dec 10** 11:40am-12:25pm  
467604 \$143/11 sess  
Denman Room

### Hip Hop (8-10yrs)

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 Sep 21-Dec 7** 4:00-5:00pm  
467371 \$150/12 sess  
English Bay Room

### Rhythm Jamm! (7-11yrs)

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 Sep 21-Dec 7** 4:00-5:00pm  
467376 \$120/12 sess  
Dance Studio

### Hip Hop (6-9yrs) **NEW!**

This non-stop action-packed camp includes hip-hop, basic breakdancing, and dance games that will have your dancer moving to the beats. Dancers will improve coordination, musicality, expression, and learn a dynamic choreography. A presentation will take place on the last day of camp. [www.KirbySnellDance.com](http://www.KirbySnellDance.com)

*Instructor: Endorphin Rush Dance*

**Tue Jan 2-Jan 5** 1:45-3:00pm  
469342 \$79/4 sess  
Denman Room

## Day Camps

### Pro D-day Camp (5-12yrs)

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

Barclay Room

**Fri Sep 22**

**Before Care:** 469312

8:00-9:30am \$8/day

**Camp:** 469311

9:30am-3:30pm \$35/day

**After Care:** 469313

3:30-5:30pm \$10/day

**Fri Oct 20**

**Before Care:** 469316

8:00-9:30am \$8/day

**Camp:** 469317

9:30am-3:30pm \$35/day

**After Care:** 469318

3:30-5:30pm \$10/day

**Fri Nov 24**

**Before Care:** 469319

8:00-9:30am \$8/day

**Camp:** 469321

9:30am-3:30pm \$35/day

**After Care:** 469322

3:30-5:30pm \$10/day

### Winter Break Camp (5-12yrs)

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 & activities, arts & crafts, and out-trips. Each child should bring a backpack with a lunch, snack, water bottle, and dress for the appropriate weather conditions each day. Parents must complete a waiver form.

Barclay Room

**Week 1: Wed Dec 27-Dec 29**

**Before Care:** 469581

8:00-9:30am \$18/3 sess

**Camp:** 469582

9:30am-3:30pm \$84/3 sess

**After Care:** 469583

3:30-5:30pm \$24/3 sess

**Week 2: Tue Jan 2-Jan 5**

**Before Care:** 469586

8:00-9:30am \$24/4 sess

**Camp:** 469588

9:30am-3:30pm \$112/4 sess

**After Care:** 469590

3:30-5:30pm \$32/4 sess

### 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.



# West End Community Centre

## Parents Lunch Out (5-12 yrs) **NEW!**

Drop your kids off at the West End Community Centre and enjoy a lunch to yourself. Our leaders will lead them through games, arts and crafts, and much more for an exciting time of fun! Please bring lunch!

<b>Sat Oct 21</b> 472703	<b>12:00-3:00pm</b> \$25/Person
<b>Sat Nov 18</b> 472705	<b>12:00-3:00pm</b> \$25/Person
<b>Sat Dec 16</b> 472706	<b>12:00-3:00pm</b> \$25/Person
Bidwell Room	

## 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

waitlist activity #302675

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

## Education

### Kids Act!! (6-9yrs)

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*

<b>Tue Sep 12-Oct 31</b> 467132	<b>3:45-4:45pm</b> \$79/8 sess
<b>Tue Nov 7-Dec 12</b> 467136	<b>3:45-4:45pm</b> \$59/6 sess
English Bay Room	

### 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*

<b>Thu Sep 28-Nov 30</b> 467369	<b>3:30-4:30pm</b> \$150/10 sess
Stanley Court Room	

### Design and Architecture for Kids

Learn about architecture and design thinking through fun hands-on workshops led by design professionals. Discover famous architects and buildings, play with materials and materiality, learn architectural drawings and build 3d models just like an architect! Our projects are different each term so your kids can keep learning!

*Instructor: Petit Architect Design For Kids Ltd.*

#### 6-9yrs

<b>Wed Sep 20-Dec 6</b> 467365	<b>3:45-4:45pm</b> \$252/12 sess
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#### 10-14yrs

<b>Wed Sep 20-Dec 6</b> 467366	<b>5:00-6:15pm</b> \$315/12 sess
Bidwell Room	

### 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*

<b>Sun Sep 24</b> 467506	<b>10:00am-5:00pm</b> \$75/Person
<b>Sun Oct 29</b> 467514	<b>10:00am-5:00pm</b> \$75/Person
<b>Sun Nov 26</b> 467515	<b>10:00am-5:00pm</b> \$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*

<b>Sat Oct 14</b> 467479	<b>9:15am-4:45pm</b> \$140/Person
<b>Sat Nov 18</b> 467480	<b>9:15am-4:45pm</b> \$140/Person
Barclay Room	

### 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*

<b>Sat Oct 14</b> 467494	<b>9:15am-1:45pm</b> \$99.75/Person
<b>Sat Nov 18</b> 467497	<b>9:15am-1:45pm</b> \$99.75/Person
Barclay Room	

## Fitness

### Zumba Kids JR (5-7yrs)

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](http://www.kirbysnell-dance.com) Drop-in \$13. No Class Dec 1.

*Instructor: Endorphin Rush Dance*

<b>Fri Sep 22</b> 467401	<b>3:30-4:15pm</b> FREE CLASS
<b>Fri Sep 29-Dec 8</b> 467402	<b>3:30-4:15pm</b> \$120/10 sess
Auditorium	

### 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](http://www.kirbysnell-dance.com) Drop-in \$14. No Class Dec 1.

*Instructor: Endorphin Rush Dance*

<b>Fri Sep 22</b> 467403	<b>4:30-5:30pm</b> FREE CLASS
<b>Fri Sep 29-Dec 8</b> 467405	<b>4:30-5:30pm</b> \$120/10 sess
Auditorium	



# West End Community Centre

## AXE Capoeira – Beginner Youth (7-14yrs) **NEW!**

Capoeira is one of the most inherently diverse martial arts that teaches creativity, music, self-expression, and strategic thinking as much a part of the core curriculum as physical training. Capoeira 7 week's course will introduce kids & youth to the fundamentals of the art form, will cover basic kicks, movements, and acrobatics, as well as teach you basic music skills and introduce them to the history of capoeira. Drop in \$20, space permitting.

*Instructor: Yulia Terekh*

**Sat Sept 9-Oct 28**  
472927

**12:00-1:00pm**  
\$105/7 sess

Dance Studio

## Music

### Piano/Violin Lessons

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. Lessons are 45 min long.

*Instructor: Natalia Alexandrova*

**Thu Sep 7-Oct 19**

Meeting Room 3

**3:30-8:30pm**

\$273/7 sess

**Thu Oct 26-Dec 7**

Meeting Room 3

**3:30-8:30pm**

\$273/7 sess

**Fri Sep 8-Oct 20**

Stanley Court Room

**3:30-8:30pm**

\$273/7 sess

**Fri Oct 27-Dec 8**

Stanley Court Room

**3:30-8:30pm**

\$273/7 sess

### Guitar / Recorder / Ukulele

Private 30 minute lessons to work at your own level and pace in any of this 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, and guitar.

*Instructor: Rene Hugo-Sanchez*

**Wed Sep 6-Nov 22**

Preschool

**4:30pm-6:30pm**

\$264/12 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. No class Oct 8 & Nov 12.

*Instructor: Alexandra Cai*

**Sun Sep 17-Dec 10**

Stanley Court Room

**10:30am-4:00pm**

\$286/11 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](http://www.musicaexpressions.ca) for more info. No Class Oct 9 & Nov 13.

*Instructor: Musical Expressions*

**Mon Sep 11-Dec 11**

Meeting Room 3

**4:00-8:30pm**

\$312/12 sess

**Tue Sep 19-Dec 12**

Meeting Room 3

**3:30-8:30pm**

\$338/13 sess

## Physical Recreation

### Gymnastics Preparation Program

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*

**4.5-6.5yrs**

**Tue Sep 12-Oct 31**

467127

**3:45-4:45pm**

\$200/8 sess

**Tue Nov 7-Dec 12**

467128

**3:45-4:45pm**

\$150/6 sess

**6.5-11yrs**

**Tue Sep 12-Oct 31**

467129

**4:45-5:45pm**

\$200/8 sess

**Tue Nov 7-Dec 12**

467130

**4:45-5:45pm**

\$150/6 sess

Auditorium

### Preteen Yoga (9-12yrs)

Pre-Teen Yoga age 9-12: An introduction to yoga, your child will learn meditation, breathing techniques, mindfulness and asanas sequences. More info [www.kirbysnellldance.com](http://www.kirbysnellldance.com) Drop-in \$14

*Instructor: Endorphin Rush Dance*

**Wed Sep 13**

467348

**3:30-4:15pm**

FREE CLASS

**Wed Sep 20-Dec 6**

467350

**3:30-4:15pm**

\$144/12 sess

English Bay Room

## 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 Oct 9.

*Instructor: Sportball Vancouver*

**Mon Sep 11-Oct 30**

467016

**4:30-5:30pm**

\$133/7 sess

**Mon Nov 6-Dec 11**

467017

**4:30-5:30pm**

\$95/5 sess

Auditorium

### West End Soccer Academy (5-7yrs)

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 \$21.00 No Class Oct 7 & Nov 11.

*Instructor: Glyn Roberts*

**Sat Sep 16-Dec 9**

467456

**10:45-11:30am**

\$176/11 sess

King George Gymnasium/Field Depending on Weather

### West End Soccer Academy

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 \$23.00 No Class Oct 7 & Nov 11.

*Instructor: Glyn Roberts*

**7-9yrs**

**Sat Sep 16-Dec 9**

467457

**11:30am-12:30pm**

\$198/11 sess

**9-12yrs**

*Instructor: Glyn Roberts*

**Sat Sep 16-Dec 9**

467460

**12:30pm-1:30pm**

\$198/11 sess

King George Gymnasium/Field Depending on Weather



# West End Community Centre

## Preteen

## Social

### Pre-Teen Art-Attack Program

Take a walk on the creative side! Come join us for this art program where every 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 Sep 12-Dec5** 3:30-5:15pm  
472001 \$10/13 sess  
Denman Room

### Pre-Teen Dungeons and Dragons (10-13yrs)

Come join the Dungeons & Dragons adventure at the West End! D&D is cooperative fantasy role-playing game that takes participants on thrilling adventures through worlds of magic and monsters. This program will be lead by an experienced instructor, and new players are welcome! All the supplies needed to play will be provided, but participants with their own books and dice are welcome to bring them. Register early to avoid disappointment! Program may be subject to cancellation up to a week prior to the start date if there is low enrolment. Instructor: Youth Leader

**Sat Sep 16-Oct21** 10:00am-12:00pm  
471998 \$18/6 sess  
Haro Room

### Pre-teen Night at West End CC

At this FREE drop-in program, youth (ages 9-12 years) are welcome to drop-in and 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. No programs on October 27th and December 1st Due to staffing ratios and room capacities, a maximum of 30 youth are welcome to come, registration is required.

*Instructor: Youth Leader*

**Fri Sep 8-Dec15** 6:15-8:45pm  
472002 Free  
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 Sep 14-Dec14** 3:30-5:30pm  
472644 Free  
Auditorium

## Youth

## 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](mailto:jessica.mccallum@vancouver.ca)

*Instructor: Youth Leader*

**Wed Sep 13-Jun12** 3:30-5:30pm  
472657 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 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](mailto:jessica.mccallum@vancouver.ca)

*Instructor: Youth Leader*

**Thu Sep 14-Jun13** 3:30-5:30pm  
472658 Free  
Meeting Room 1

## Social

### Youth Movie Nights

Come join us for monthly FREE youth movie nights. 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 Sep 21** 6:30-8:45pm  
472648 Free  
**Thu Oct 19** 6:30-8:45pm  
472652 Free  
**Thu Nov 16** 6:30-8:45pm  
472655 Free  
Meeting Room 1

### 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 - this is program is for enrollment/ admin purposes only.

*Instructor: Non Instructional*

**Fri Sep 15-Dec15** 6:15-9:00pm  
472662 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/Wed Sep 12-Dec13** 3:30-5:00pm  
472663 Free  
Gymnasium - Coal Harbour

### West End Youth Winter Break Adventures

Beat the winter blues by joining in on some action-pact days of exciting activities such as video games, cooking, crafts as well as fun out trips exploring the city. Out trips may include bowling, movie theatre, skating, swimming, indoor mini golf and more! For Youth ages 13-18 Pre-Registration is required as well as a waiver signed by parents or guardians before or on the first day of the event.

*Instructor: TBA Instructor*

**Tue Dec 19-Dec21** 11:00am-3:00pm  
472664 \$30/3 sess  
Denman 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. No Class Oct 9

*Instructor: Deborah Stulow*

<b>Mon Sep 18-Oct 30</b>	<b>6:30-8:30pm</b>
467021	\$106.50/6 sess
<b>Mon Nov 6-Dec 11</b>	<b>6:30-8:30pm</b>
467024	\$88.75/5 sess
Meeting Room 2	

#### Exploring Traditional Japanese Bookbinding

Learn traditional Japanese bookbinding techniques to create a beautiful hand bound book for journaling, sketching, and other creative activities. Using mat board, decorative paper, and acid-free paper, participants will learn how to measure, score, size paper, and miter corners to create a one-of-a-kind book bound with ribbon along the spine. Instructions on how to make bookbinding cloth and traditional bookbinding paste, which is both archival and non-toxic, are included. Please bring a ruler, pencil, and eraser to class.

*Instructor: Jo Ann Kronquist*

<b>Sat Sep 23</b>	<b>10:00am-4:00pm</b>
470393	\$89/Person
Barclay Room	

#### 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](http://www.westend-writers.com) for more information.

*Instructor: William Ellis*

<b>Wed Sep 13-Dec 13</b>	<b>6:45-8:45pm</b>
469927	FREE
Meeting Room 2	

## 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*

<b>Tue Sep 12-Oct 24</b>	<b>5:45-8:45pm</b>
469811	\$231/14 sess
<b>Tue Oct 31-Dec 12</b>	<b>5:45-8:45pm</b>
469814	\$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 a camera with instruction manual. Please note: course is best suited for digital or film cameras with manual exposure control.

*Instructor: Jo Ann Kronquist*

<b>Sat Sep 30</b>	<b>10:00am-4:00pm</b>
470394	\$69/Person
Barclay Room	

## Martial Arts

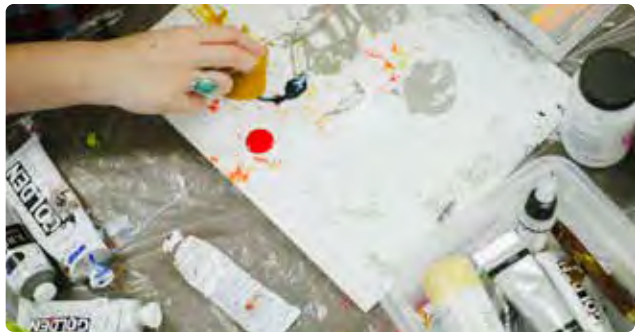
#### Aikido

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 Oct 9, Oct 12, Nov 13, Nov 27 & Nov 30.

*Instructor: Tony Hind*

<b>Mon &amp; Thu Sep 11-Dec 14</b>	<b>6:15-7:45pm</b>
469944	\$184/23 sess
Auditorium	

## Drawing/Painting



#### Colour Schemes - Acrylic Painting (Intermediate) **NEW!**

Courses in Abstraction, besides giving you a chance of expressing your feelings in terms of forms and colors, help you with your realistic paintings. No Class Nov 12.

*Instructor: Ali Sepahi*

<b>Sun Oct 15-Dec 17</b>	<b>10:15am-12:45pm</b>
470407	\$157.5/9 sess
Bidwell Room	

#### Fun Faces:

#### Learn to Draw Caricatures **NEW!**

Learn how to draw informal portraits and caricatures of people in public and at private gatherings such as weddings, parties, fundraising. All supplies provided but you can bring your art journal or favourite media. Learn how to use pens, markers, pencils to create the variety of tones and strokes needed. We will focus on different ways to capture faces. This course will appeal to doodlers, amateur artists, and illustrators. Locations will include different sites near the community centre including the West End Farmer's Market, Barclay Manor, English Bay, Park and the Beach. Drop-in \$25. No Class Oct 9 & Nov 13.

*Instructor: Ingrid Schneller*

<b>Mon Sep 11-Dec 11</b>	<b>6:00-7:30pm</b>
469776	\$304.8/12 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 \$35.00. 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](http://www.atashzad.com) Bring your own filled water bottle and Watercolour supplies.

*Instructor: Mohammad Reza Atashzad*

<b>Thu Sep 14-Dec 14</b>	<b>5:30-8:30pm</b>
469971	\$420/14 sess
Bidwell Room	



# 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 returning 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 Sep 14-Nov 16**

469968

Dance Studio

**7:15-8:30pm**

\$160/10 sess

### Bellydance - Advanced

Learn skills, techniques and concepts through advanced mini-workshops. This is a performance oriented class for those who wish to develop or improve their performance skills and add new styles to their repertoire. Performance held at the end of each session. Taught by internationally known Rahma Haddad and guest teachers each teaching their specialty. For updates on teachers check Facebook group 'Rahma Bellydance'. Drop-in \$18.00.

*Instructor: Gail (Rahma) Haddad*

**Tue Sep 19-Dec 12**

469833

Dance Studio

**7:30-8:55pm**

\$195/13 sess

### Bellydance - Beginner/Intermediate

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 Oct 9 & Nov 13.

*Instructor: Gail (Rahma) Haddad*

**Mon Sep 11**

469775

**Mon Sep 18-Dec 11**

469774

Dance Studio

**6:30-8:00pm**

FREE CLASS

**6:30-8:00pm**

\$165/11 sess



### Brazilian Rhythms

Brazilian Rhythms is a program that explores the Brazilian culture through dance. Begin with a stretch, followed by a warm-up, a breakdown of the basic steps and a short choreography that is presented at the end of the class by all students. Classes are all levels where you can expect to push your limits and gain physical strength. You will learn new rhythms when diving into the Brazilian culture. Drop in \$20.00

*Instructor: Maira Daiha*

**Wed Sep 13-Dec 13**

470755

Dance Studio

**7:00-8:00pm**

\$224/14 sess

### 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 Sep 21-Dec 7**

467370

English Bay Room

**5:30-6:30pm**

\$172.50/12 sess

## Drama

### Intro to Open Mic Comedy **NEW!**

This interactive two day workshop is for anyone who wants to try comedy at an open mic - with a safety net. You'll get started learning standard joke formats, trying well-known techniques, and then creating a 3-minute set. At the conclusion, perform at a pub open mic. Students will receive a student workbook and comedy journal.

*Instructor: Ingrid Schneller*

**Sun Sep 24-Oct 1**

470415

Meeting Room 2

**1:00-4:00pm**

\$83.80/2 sess

### Voice-Over Acting Level I

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*

**Sat Sep 16**

470878

**Sat Oct 21**

470881

Meeting Room 2

**9:30am-2:30pm**

\$65/Person

**9:30am-2:30pm**

\$65/Person

### Voice-Over Acting Level II

Are you ready to take on more challenging Scripts? More variety, diverse styles and characters in animation. If so, you may join this fun creative class.

*Instructor: Sonja Bakker*

**Sat Oct 7**

470880

**Sat Nov 18**

470882

Meeting Room 2

**9:30am-2:30pm**

\$65/Person

**9:30am-2:30pm**

\$65/Person

### Words for your Wedding - Vows and Speeches **NEW!**

Do you struggle with speeches? Does romantic writing challenge you? Whether you need help with vows and tributes or a wedding speech, this workshop has you covered. Learn how to use famous quotes and sayings about love and marriage. Create a memorable speech infused with laughs. You'll leave with the speech you need whether you are a parent, groom, maid of honours or you need an elopement speech. From funny to formal, you'll learn the do's and don'ts. Joke formats and stand-up comedy techniques will be covered.

*Instructor: Ingrid Schneller*

**Sun Oct 29-Nov 5**

470417

Meeting Room 1

**12:00-4:00pm**

\$76.19/2 sess

## Education

### Face Value **NEW!**

From acne to rosacea, create natural facial care - food for the skin! Customize face products to meet individual needs. Take home a chamomile cleanser, alpha hydroxy skin toner, papaya oatmeal facial scrub and aloe vera cream. Recipes for hydrating facial spray and a wholesome facial mask. ALL SUPPLIES INCLUDED IN COURSE FEE.

*Instructor: Cheryl Theilade*

**Thu Oct 5**

469974

Barclay Room

**6:30-8:30pm**

\$36/Person

### Jazz the True American Music **NEW!**

Jazz; the true American music was born in the bustling port city of New Orleans and flowed up the Mississippi to the northern cities and especially New York. Unlike the blues, jazz has transformed in style, rhythm, melody, harmony and presentation over the years, using improvisation as one of its cornerstones. We'll listen to some of the iconic (and not so iconic) jazz artists who have shaped the genre, from the Roaring Twenties through to the big band era, bebop and cool jazz. We'll delve into all of these forms musically to analyze how they evolved.

*Instructor: John Mitchell*

**Fri Sep 15-Oct 20**

470869

Bidwell Room

**11:00am-12:30pm**

\$120/6 sess



# West End Community Centre

## Learn How to Become a Tour Guide **NEW!**

This workshop will prepare you for a career as a tour guide. Understand the different roles and types of tour guides, learn about the role and expectations, discover transferrable skills and work experience, uncover the hidden market and who hires, and learn how to create your own tour side-hustle. About the instructor: Ingrid has worked for a variety of tour organizations.

*Instructor: Ingrid Schneller*

**Sun Dec 3** **9:00am-4:00pm**  
470416 \$142.86/Person  
Meeting Room 1

## Pure & Simple Soap Making! **NEW!**

Soap from scratch! From pre-blended bases, learn the basics of cold process soap making from scratch! Make a long lasting herbal floral soap and a batch of citrus explosion. Explore different ingredients, methods and techniques that you can use to create exciting soaps. Learn about trouble-shooting, history and packaging/decorating your soaps! Also receive a finished soap bar. Recipes for gourmet garden bar, pet soap, laundry soap and herbal shampoo. Please bring hand towel to class. Come to class scent free and bring an apron (or wear appropriate clothing). ALL SUPPLIES INCLUDED IN COURSE FEE.

*Instructor: Cheryl Theilade*

**Wed Sep 27** **6:30-9:00pm**  
469943 \$45/Person  
Barclay Room

## Winterize your Skincare **NEW!**

Relentless wind, dropping temperatures and overheated indoor air all contribute to winter complexion woes. In this hands-on class, using essential oils, organic butters and botanicals, customize your own head to toe skincare by creating a hydrating body lotion, shea butter lip balm, sugar lip polish and a body exfoliant. Recipes on hair rinses, detanglers, conditioners, dandruff control treatment, and deep conditioners. ALL SUPPLIES INCLUDED IN COURSE FEE.

*Instructor: Cheryl Theilade*

**Thu Nov 2** **6:30-9:00pm**  
470236 \$45/Person  
Barclay Room

## 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 Sep 12-Dec 12** **6:30-8:30pm**  
470429 FREE  
Bidwell 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](http://www.YouArePureHappiness.com).

*Instructor: Bob Molavi*

**Thu Sep 14** **7:00pm-8:00pm**  
469975 FREE CLASS  
**Thu Sep 21-Oct 5** **7:00-8:00pm**  
469976 \$55.5/3 sess  
Meeting Room 2

## West End Community Centre Investment Coffee Club

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 Sep 17** **10:30-11:30am**  
470871 FREE  
**Sun Oct 15** **10:30-11:30am**  
470873 FREE  
**Sun Nov 19** **10:30-11:30am**  
470874 FREE  
**Sun Dec 10** **10:30-11:30am**  
474257 FREE  
English Bay Room

## Effective Intuition **NEW!**

Presenting a step-by-step approach for developing your intuitive abilities to help you in your personal and professional life, this class will teach you how to: Identify your own "intuitive style"; Allow intuitions to come through for you; Know which signals to look for and trust; Ask questions and receive guidance; and Have intuitions on demand. You will have a lot of in-class hypnotic exercises to help you have fast and dependable access to intuitive information, which is useful for decision making, problem solving, and understanding relationships. This program will give you consistent, reliable ways to answer your own questions. Please bring a notebook and a pen for exercises. Drop in \$35.

*Instructor: Kemila Zsange*

**Thu Oct 5-Oct 19** **6:00-8:00pm**  
470240 \$93/3 sess  
Stanley Court Room

## Social

### 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.

**Fri Sep 22-Dec 15** **11:00am-12:00pm**  
470432 Free  
Stanley Court Room

### Bridge - Playing the Cards

You are casual Bridge players and know the rules of Bridge and the fundamentals of bidding. However, if you would like to improve the way you play the cards and some tips on bidding, then, this course is for you. Each week we will feature an aspect of card play. Students will bid and play instructive hands; we will then analyze the bidding and play of each hand. You will learn: finesses (when and when not to take them), suit establishment, throw-ins, and a whole lot more. No Class Oct 9 & Nov 13. Instructor Bio: Tony has been playing Bridge for over 40 years and teaching for 25. Tony learnt the game at University, where it replaced chess as his passion. Originally from England, Tony has lived in Vancouver for 38 years. Now retired, he loves the game and enjoys introducing new players to the intricacies of it.

*Instructor: Anthony Burt*

**Mon Sep 18-Dec 4** **3:30-5:30pm**  
470354 \$114/10 sess  
Bidwell Room

### Cribbage

We are a friendly social card group. Cribbage, or crib, is a fun game for which points are scored on a peg board for combinations of cards and playing those cards in an order. Beginners and newcomers welcome! Dec 1 Class is in English Bay Room.

*Instructor: Richard Smith*

**Fri Sep 15-Dec 15** **1:30-4:00pm**  
470351 FREE  
Bidwell 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](mailto:PrimeTimersVancouverCanada@gmail.com) for more information.

**Sun Oct 1-Dec 3** **2:00-4:30pm**  
470404 FREE  
Denman Room



# West End Community Centre

## 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.

<b>Tue Sep 12-Dec 12</b>	<b>1:00-4:00pm</b>
469804	\$7/14 sess
<b>Thu Sep 14-Dec 14</b>	<b>1:00-4:00pm</b>
469962	\$7/14 sess
Bidwell Room	

## Mahjong **NEW!**

This is a friendly Mahjong group based on Hong Kong style for everyone. Games accommodate tables from 2 to 8 players with a score system based on points, with or without walls. Instruction available to learn the 3 Suits (Bam, Dot & Krak), Honours (Winds & Dragons), Flowers, and Melds (Pair, Chow, Set, Pung & Kong). During play, if you want to know something, just ask. The moderator & group are very helpful. Beginners / newcomers / refreshers / all skill levels welcome! Oct 21 & Nov 18 Class is moved to the English Bay Room from 11:15am-3:15pm.

*Instructor: Richard Smith*

<b>Sat Sep 9-Dec 9</b>	<b>10:00am-2:00pm</b>
473423	Free
Bidwell Room	

## Dog Obedience

### Dog Obedience - Training for Calmness: 3 Week Class

Class Description: Dog Obedience - Training For Calmness: 3-Week Course (over 6 months old)\* No fearful dogs. \* No aggressive dogs towards dogs or people. \* If you have fearful/aggressive dogs, please contact DOGSsmart at 604-267-9500 to register for 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. \* No new registration after the class starts & No make-up classes are provided. The gift of calm is one of the biggest gifts that you can give to your dog and it's an essential concept for any dog to understand as they navigate life. When your dog feels calm and relaxed they can better adjust their behaviour to any given situation. In this workshop, we'll help you and your dog learn behaviours and games that will inspire this sense of calmness. (Absolute Dogs Inspired: Struggles to Strength!)

*Instructor: DOGSsmart Training*

<b>Wed Oct 4-Oct 18</b>	<b>6:30-7:30pm</b>
469931	\$120/3 sess
Auditorium	

### Dog Obedience - Training for Focus: 3 Week Class

Dog Obedience - Training For Focus: 3-Week Course (over 6 months old)\* No fearful dogs. \* No aggressive dogs towards dogs or people. \* If you have fearful/aggressive dogs, please contact DOGSsmart at 604-267-9500 to register for 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. \* No new registration after the class starts & No make-up classes are provided. Focus is the foundation for so many interactions that you have with your dog. However, there is an abundance of distractions that often lead your dog to focus on other stimulants such as another dog, cat or raccoon rather than you. In this workshop, we will help you build your dog's focus, through the use of exercises and stimulating games that keep your dog sharp and attentive while staying committed to the task at hand and having fun with you. (Absolute Dogs Inspired: Struggles to Strength!)

*Instructor: DOGSsmart Training*

<b>Wed Oct 4-Oct 18</b>	<b>7:45-8:45pm</b>
469932	\$120/3 sess
Auditorium	

### Dog Obedience - Beginner Life Skills

Dog Obedience - 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 DOGSsmart at 604-267-9500 to register for 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. 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: DOGSsmart Training*

<b>Wed Nov 1-Dec 6</b>	<b>6:30-7:30pm</b>
469933	\$240/6 sess
Auditorium	

### Dog Obedience - Beyond Basics

Dog Obedience - Beyond Basics (over 12 months old)\* Prerequisite - Must have 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 DOGSsmart at 604-267-9500 to register for 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.\* No new registration after the class starts & No make-up classes are provided. Our Beyond Basics class helps people strengthen their relationship with their dogs by working on refining obedience skills while focusing on specific behaviours. This class improves your basic skills which you have learned in Puppy & Beginner classes. We use food, praise and play along with scientific learning principles to teach your dog how to achieve these goals. Classes are limited to 6 dogs to ensure everyone gets personal space and attention.

*Instructor: DOGSsmart Training*

<b>Wed Nov 1-Dec 6</b>	<b>7:45-8:45pm</b>
469939	\$240/6 sess
Auditorium	

## Health and Wellness

### Breathe, Flow, and Meditate with Nousha

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.

*Instructor: Nousha Vahidi*

<b>Tue Sep 12-Dec 12</b>	<b>4:00-5:00pm</b>
469848	\$196/14 sess
Dance Studio	

### Future Life Progression **NEW!**

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*

<b>Sat Oct 28</b>	<b>12:00-4:00pm</b>
470382	\$53/Person
Stanley Court Room	



# West End Community Centre

## 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 Sep 23** **12:00-4:00pm**  
470381 \$65/Person  
Stanley Court 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*

**Set 1**  
**Wed Sep 13-Oct 25** **6:00pm-7:00pm**  
469920 \$63/7 sess  
**Set 2**  
**Wed Nov 1-Dec 13** **6:00pm-7:00pm**  
469922 \$63/7 sess  
Dance Studio

## 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: Shehbaz Ahmad*

**Thu Sep 14-Nov 23** **7:00-8:30pm**  
470763 \$80/11 sess  
Denman Room

## Sound Bath With Gongs **NEW!**

The Sound Bath creates a meditative space where we come together, relax, breathe and reset. Just lay down, let go and immerse yourself in sounds from Big Gongs, Crystal Singing Bowls, Tibetan Bowls, Ocean Drums, Chimes, Bells and more. The whole spectrum of sounds, tones and vibrations have a cleansing effect, washing away tension, stress, and dissonance - leaving one feeling refreshed and rejuvenated. All are welcome, whether you have previously experienced sound baths or not. Instructor: Aravind Vanchesan, 25 years of meditation experience with 200-hour Sound Practitioner Certification and Diploma in Holistic Sound Therapy. Drop in \$20  
No Class Sep 19 & Nov 14.

*Instructor: Aravindh Vanchesan*

**Tue Sept 12-Dec 12** **6:30-8:00pm**  
469854 \$174.45/12 sess  
English Bay 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. No Class Sep 26 & Oct 3. 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 Sep 5-Dec 12** **6:15-7:15pm**  
469835 \$208/13 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. Participants should have some experience, perhaps with the 24 Form. Drop-in \$20.00. No Class Sep 26 & Oct 3. 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 Sep 5-Dec 12** **7:20-8:20pm**  
469841 \$208/13 sess  
Barclay Room

## Food and Gardening Workshops

### Wild Herbal and Mineral Vinegars

In this joint Village Vancouver - West End Neighbourhood Food Network 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; \$7 materials fee only). Children 5 and over welcome, must be accompanied by a parent, guardian, or other appropriate adult.

*Instructor: West End Food Network*

**Tue Sep 12** **6:30-8:30pm**  
470357 \$22/Person  
Meeting Room 1

### DIY Crochet Dishcloths

In this joint Village Vancouver - West End Neighbourhood Food Network Urban Garden Club workshop with Rashmi GC, you'll learn how to make cotton dishcloths using crochet techniques, and each participant will create a dishcloth in a beautiful pattern to take home! We'll also discuss different patterns and yarns suitable for making dishcloth. 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).

*Instructor: West End Food Network*

**Fri Sep 15** **6:30-8:30pm**  
470361 \$23/Person  
Bidwell Room



# West End Community Centre

## WE Garden Club: Growing Microgreens

Join West End Neighbourhood Food Network's Urban Garden Club and Village Vancouver at our monthly inclusive, family friendly gatherings. Each month we have a short presentation or discussion on a different food and/or gardening related topic. This month - Growing Microgreens. We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds. Optionally, please bring some snacks or food to share. Free. Children of any age welcome, must be accompanied by a parent, guardian, or other appropriate adult.

*Instructor: West End Food Network*

**Sun Sep 17** 1:00-2:30pm  
470409 FREE  
Meeting Room 2

## WE Garden Club: Countertop Kitchen Garden

Join West End Neighbourhood Food Network's Urban Garden Club and Village Vancouver at our monthly inclusive, family friendly gatherings. Each month we have a short presentation or discussion on a different food and/or gardening related topic. This month - Countertop Kitchen Garden. We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds. Optionally, please bring some snacks or food to share. Free. Children of any age welcome, must be accompanied by a parent, guardian, or other appropriate adult.

*Instructor: West End Food Network*

**Sun Oct 15** 1:00-2:30pm  
470410 FREE  
Meeting Room 2

## Making Beeswax

In this joint Village Vancouver - West End Neighbourhood Food Network Urban Garden Club workshop with Lori Snyder, you'll discover how to make beeswax salves with infused plant oils. It's quick and easy! 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. Free for Seniors (50 and over, \$8 materials cost only). Children 5 and over welcome, must be accompanied by a parent, guardian, or other appropriate adult.

*Instructor: West End Food Network*

**Mon Oct 23** 6:30-8:30pm  
470359 \$23/Person  
Meeting Room 1

## Planting with the Moon Phases

In this joint Village Vancouver - West End Neighbourhood Food Network Urban Garden Club workshop with Laura Cisneros, you'll learn about planting, harvesting, and the relation between planting & the moon phases. You don't have to be an astronomer to test your green thumb with moon-phase gardening. It is as easy as working with a daily calendar! 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, \$5 materials cost only).

*Instructor: West End Food Network*

**Sun Nov 12** 10:00am-12:00pm  
470876 \$20/person  
Bidwell Room

## WE Garden Club: Looking Ahead to 2024

Join West End Neighbourhood Food Network's Urban Garden Club and Village Vancouver at our monthly inclusive, family friendly gatherings. Each month we have a short presentation or discussion on a different food and/or gardening related topic. This month - Looking Ahead to 2024. We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds. Optionally, please bring some snacks or food to share. Free. Children of any age welcome, must be accompanied by a parent, guardian, or other appropriate adult.

*Instructor: West End Food Network*

**Sun Nov 19** 1:00-2:30pm  
470412 FREE  
Meeting Room 2

## Holiday Workshop: DIY Crochet Dishcloths

In this joint Village Vancouver - West End Neighbourhood Food Network Urban Garden Club workshop with Rashmi GC, you'll learn how to make cotton dishcloths using crochet techniques, and each participant will create a dishcloth in a beautiful pattern to take home! We'll also discuss different patterns and yarns suitable for making dishcloth. 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).

*Instructor: West End Food Network*

**Wed Nov 22** 6:30-8:30pm  
470360 \$23/Person  
Meeting Room 1



## Planning Your Spring Garden

In this joint Village Vancouver - West End Neighbourhood Food Network Urban Garden Club workshop with Laura Cisneros, you'll learn about planting, harvesting, and the relation between planting & the moon phases. You don't have to be an astronomer to test your green thumb with moon-phase gardening. It is as easy as working with a daily calendar! 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, \$5 materials cost only).

*Instructor: West End Food Network*

**Sun Dec 2** 3:00-5:00pm  
470397 \$16/person  
Bidwell Room

## West End Urban Garden Club Holiday Celebration

West End Neighbourhood Food Network and the West End Urban Garden Club would like to invite our friends - old, new and yet to be - to join us as we gather for holiday cheer in celebration of food and gardening. This is an informal family friendly gathering and we'd love to see new gardeners and other community members there. Optionally, please bring a dish to share (or your own meal), and tableware (e.g. plate, eating utensils, etc.), and - for those who'd like to - your gardening stories, or tales of your favourite comfort dishes or traditional seasonal foods. Free. Children of any age welcome, must be accompanied by a parent, guardian, or other appropriate adult.

*Instructor: West End Food Network*

**Sun Dec 3** 1:00-2:30pm  
470414 FREE  
Meeting Room 2

## Intro to Indoor Vertical Gardening

In this joint Village Vancouver - West End Neighbourhood Food Network Urban Garden Club workshop with Dr. Yael Stav, we'll review the opportunities for, and benefits of, growing food in vertical gardens in an indoor setting. We'll discuss the different systems and technologies available for gardening vertically indoors, and talk about the principles of setting up a successful garden, including watering, weight, light and plant choice considerations. 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*

**Tue Dec 5** 6:30-8:30pm  
470358 \$20/Person  
Meeting Room 1



# West End Community Centre

## 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 Sep 12-Dec 12** **10:00-11:30am**  
469780 **FREE**  
Meeting Room 2

### Practice Your English (Beginner Level) **NEW!**

In this course we will improve your English skills in all areas (speaking, writing, and listening) in an inclusive, encouraging environment. We will learn some tips and tricks for learning English sounds, basic conversational sentences, and more.

*Instructor: Adriana Osa Gomez Del Campo*  
**Sun Sept 10-Oct 22** **1:30-3:00pm**  
473172 \$108/6 sess  
**Sun Oct 29-Dec 10** **1:30-3:00pm**  
473175 \$126/7 sess  
Bidwell Room

### 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 Oct 7 & Nov 11.

*Instructor: Inna Makarova*  
**Sat Sep 9-Dec 16** **9:30-10:45am**  
470378 \$242.19/13 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 Oct 7 & Nov 11.

*Instructor: Inna Makarova*  
**Sat Sep 9-Dec 16** **10:50am-12:05pm**  
470380 \$242.19/13 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 Oct 9, Sep 25 & Nov 13.

*Instructor: Karen Forrester-Lara*  
**Mon Sep 11-Dec 11** **6:10-7:25pm**  
469594 \$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 Oct 9, Sep 25 & Nov 13.

*Instructor: Karen Forrester-Lara*  
**Mon Sep 11-Dec 11** **7:30-8:45pm**  
469595 \$146.63/11 sess  
English Bay Room

### Spanish - Low Intermediate **NEW!**

Must have taken beginners level 1 and 2, or get permission from the instructor to enroll in this class. In this level, we'll look at past and future tenses to describe yourself and your activities, we'll also practice simple conversations. You will also learn how to form simple sentences and to read written media for travelling or to communicate online.

*Instructor: Karen Forrester-Lara*  
**Thu Oct 12-Dec 14** **6:10-7:25pm**  
472868 \$133.25/10 sess  
Meeting Room 2

### Spanish - Practice and Conversations **NEW!**

If you've taken or are currently taking Spanish classes and need a supportive place to practice what you're learning, this class is for you. Bring your lessons or learn new dialogues with peers while supervised by a friendly and experienced instructor.

*Instructor: Karen Forrester-Lara*  
**Thu Oct 12-Dec 14** **7:30-8:45pm**  
472870 \$133.25/10 sess  
Meeting Room 2

## 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 Oct 9 & Nov 13.

*Instructor: Mary Friesen*  
**Set 1**  
**Mon Sep 11-Oct 23** **2:00pm-7:00pm**  
Stanley Court Room \$156/6 sess  
**Wed Sep 13-Oct 25** **12:30pm-5:30pm**  
Meeting Room 3 \$182/7 sess  
**Set 2**  
**Mon Oct 30-Dec 11** **2:00pm-7:00pm**  
Stanley Court Room \$156/6 sess  
**Wed Nov 1-Dec 6** **12:30pm-5:30pm**  
Meeting Room 3 \$156/6 sess

### Piano/Violin Lessons

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. Lessons are 45 min long.

*Instructor: Natalia Alexandrova*  
**Thu Sep 7-Oct 19** **3:30-8:30pm**  
Meeting Room 3 \$273/7 sess  
**Thu Oct 26-Dec 7** **3:30-8:30pm**  
Meeting Room 3 \$273/7 sess  
**Fri Sep 8-Oct 20** **3:30-8:30pm**  
Stanley Court Room \$273/7 sess  
**Fri Oct 27-Dec 8** **3:30-8:30pm**  
Stanley Court Room \$273/7 sess

### Adult Group Ukulele Beginners Class

Guitar / Recorder / Ukulele Teacher: Rene Hugo Sanchez Learn the basic chords and strumming patterns on ukulele while singing in the group your favourite songs. Bring your soprano or concert ukulele (highly recommended with strap), a clip on tuner, a small music stand and \$15.00 for the guide book.

*Instructor: Rene Hugo-Sanchez*  
**Wed Sep 6-Nov 22** **8:30-9:00pm**  
467347 \$216/12 sess  
Preschool



# West End Community Centre

## Guitar / Recorder / Ukulele - Adult

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 Sep 6-Nov 22** 6:30-8:30pm  
Preschool \$288/12 sess

## Pottery

### Pottery Open Studio

To attend an Open Studio Session, you must have previous experience working with ceramics, preferably a pottery class with WECC. You must be able to work unassisted as this session does not have an instructor. Participants must know basic pottery techniques including proper wheel throwing or hand building and proper glaze application. If this is your first time registering at the West End Pottery studio, the pottery manager may send you a knowledge assessment to verify your experience. You must fill out the assessment prior to your first session. If you do not have enough experience for the Open Studio Session, your registration fee will be refunded and classes will be recommended.

- Must purchase clay from our studio - no outside clay will be permitted.
- Some communal tools provided, participants can bring their own tools or purchase a kit on their first day.
- A cubby will be provided for works in progress - no personal belongings or tools can be stored.
- Due to limited space, you are only permitted to attend the session you are registered in.

No class Oct 8, Oct 9, Nov 12 & Nov 13.

#### Session A

**Mon Sep 11-Dec 11** 2:30-5:30pm  
469773 \$240/12 sess

#### Session B

**Tue Sep 12-Dec 12** 5:45-8:45pm  
469815 \$280/14 sess

#### Session C

**Wed Sep 13-Dec 13** 11:00am-2:00pm  
471822 \$280/14 sess

#### Session E

**Wed Sep 13-Dec 13** 2:30-5:30pm  
469919 \$280/14 sess

#### Session E

**Sun Sep 10-Dec 17** 10:15am-1:15pm  
470399 \$260/13 sess

#### Session F

**Sun Sep 10-Dec 17** 1:30-4:30pm  
470403 \$260/13 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 Oct 9 & Nov 13.

*Instructor: Dayna Vreeken*

**Mon Sep 11-Dec 11** 11:00am-2:00pm  
469480 \$324/12 sess

*Instructor: Estelle Liebenberg*

**Mon Sep 11-Dec 11** 5:45-8:45pm  
469592 \$324/12 sess

*Instructor: Anthony Dunlop*

**Wed Sep 13-Dec 13** 5:45-8:45pm  
469918 \$378/14 sess

*Instructor: Estelle Liebenberg*

**Thu Sep 14-Dec 14** 10:00am-1:00pm  
469973 \$378/14 sess

Pottery Studio

## Pottery Workshops with Serena

### Pottery: Basket Weaving Dish or Trivet

Learn how to transform clay into a basket weave low dish or trivet! You will learn techniques on how to weave or braid your in your pattern choice. There will be options for freestyle (easiest) to basket weaving, no experience necessary.

*Instructor: Serena Chu*

**Thu Sep 14-Sep 28** 6:30-8:30pm  
470242 \$90/2 sess

Pottery Studio

### Pottery: All About Underglazes Surface Decoration

A one day crash course on the world of underglazes, how to use them, variations and a multitude of techniques. We will cover topics such as its properties, stenciling, sgraffito, mishima, and screen-printing. You will have a chance to try your favourite technique on a test tile and you are welcome to bring your own greenware. Previous pottery experience is required.

*Instructor: Serena Chu*

**Thu Sep 21** 6:30-8:30pm  
470243 \$50/Person

Pottery Studio

## Meet Serena Chu

Serena 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 silk-screening. 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](http://www.chuchu.ca)

### Pottery: Mini and Small Sculptures for Pots or Decoration

We will be creating a series of mini sculptures that you can later add to your pots or simply use as decoration! The sky is the limit as we can make animals, flowers, food or anything your imagination desires. We can also explore how to make mini vases and pottery vessels. You will learn techniques using clay slabs, pinch pot method and more, no experience required.

*Instructor: Serena Chu*

**Thu Oct 12-Oct 26** 6:30-8:30pm  
470246 \$90/2 sess

Pottery Studio

### Pottery: Firing Glass on Pottery Workshop

Create beautiful decorative pieces with jewel-like pooled glass surfaces and light reflection from crackling on your ceramic wares. We will be making all our clay pieces in the first session and applying glaze and glass in the second. This is a great introduction into slab pottery and you may make trinket plates, bowls, and much more. Please note that the final pieces will not be food-safe, decorative use only.

*Instructor: Serena Chu*

**Thu Oct 19-Nov 2** 6:30-8:30pm  
470247 \$90/2 sess

Pottery Studio

## 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

## Pottery: Ceramic Holiday Ornaments Workshop

Create memorable ornaments for you and your loved ones in this two part specialty ceramic workshop. You will learn how to prep your clay and be able to use textured rollers, shape cutters, coloured slip, and more. This is a great introduction into slab pottery and you will be able to make several pieces in the first session and glaze them in the second session. Bring your imagination, these handmade ornaments make perfect gifts and can be hung on your tree, garland or wall.

*Instructor: Serena Chu*

**Thu Nov 9-Nov 23**

470250

Pottery Studio

**6:30-8:30pm**

\$90/2 sess

## Pottery: 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 cuing 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. Clay is included, previous pottery experiences required to fully benefit from this series.

*Instructor: Serena Chu*

**Thu Nov 30-Dec 14**

470251

Pottery Studio

**6:30-8:30pm**

\$135/3 sess

## Pottery Workshops with Lisa

### Pottery: Push Pots - Plates, Dishes and Bowls

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.

*Instructor: Lisa Warren*

**Fri Sep 15-Sep 29**

470274

Pottery Studio

**6:00-8:00pm**

\$90/2 sess

### Meet Lisa Warren

Lisa 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.

### Pottery: Make a Handmade Mug in Two Nights!

In this two night workshop you'll make a mug from start to finish, no experience necessary! The first night your instructor will demonstrate how to construct a mug using various techniques such as slab rolling, pinching and extruding. In the second class you'll be shown how to glaze and finish your custom mug. A great introduction to pottery, beginners welcome! All materials included.

*Instructor: Lisa Warren*

**Fri Sep 22-Oct 6**

470364

Pottery Studio

**6:00-8:00pm**

\$90/2 sess

### Pottery: Handmade Ceramic Spoons

Serving spoons, soup ladles, teaspoons - spoons of all kinds! This workshop will show you how to create one of a kind kitchen creations using hand building techniques. Student will also learn to use the clay extruder for perfect handles. In the second session we'll go over specific glazing methods for spoons. Spoons will be food safe after glazing, dishwasher and microwave friendly. No experience necessary, all materials included.

*Instructor: Lisa Warren*

**Fri Oct 13-Oct 27**

470366

Pottery Studio

**6:00-8:00pm**

\$90/2 sess

### Pottery: Make a Personalized Pet Dish in Two Nights!

Make a personalized pet dish for your favourite furry friend! In this two night workshop we'll build a shallow bowl from start to finish. You'll have the opportunity to customize it by adding your pets 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! In the second session students will glaze and decorate their fired piece. This workshop is great for beginners and experienced potters. All materials included.

*Instructor: Lisa Warren*

**Fri Oct 20-Nov 3**

470367

Pottery Studio

**6:00-8:00pm**

\$90/2 sess

### Pottery: Kilns 101

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 practice.

*Instructor: Lisa Warren*

**Fri Nov 10**

470369

Pottery Studio

**6:00-8:00pm**

\$45/Person

### Pottery: Handmade Ceramic Candle Holders

Elegant candle holders perfect for the holiday season! From centre pieces, to menorah's and traditional candlestick holders, use your imagination to make one of a kind creations. Your instructor will demonstrate a variety of hand building methods for making candle holders. Students will also be shown how to use the clay extruder. In the second session we'll decorate and glaze together. No experience necessary, all materials included.

*Instructor: Lisa Warren*

**Fri Nov 24-Dec 8**

470373

Pottery Studio

**6:00-8:00pm**

\$90/2 sess

### Pottery: Make a Handmade 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.

*Instructor: Lisa Warren*

**Fri Dec 1**

470374

Pottery Studio

**6:00-8:00pm**

\$50/Person





# West End Community Centre

## Yoga and Pilates

### 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 Sep 13-Dec 13** **7:30-8:45pm**  
470762 \$210/14 sess  
Bidwell Room

### Flow Yoga

This energetic mixed level yoga class focuses on optimal alignment, posture, balance, flexibility and body awareness. We will warm up with 15 minutes of foam rolling for a myofascial release. This class will flow through a series of yoga poses guided by your breath and clear cueing to enhance your sense of ease and enjoyment in your yoga practice. No Class Oct 7 & Nov 11.

*Instructor: Jill Stoness*

**Sat Sep 9-Dec 16** **11:00am-12:15pm**  
470396 \$130/13 sess  
Denman 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 Sep 14-Dec 14** **6:45-8:00pm**  
469964 \$157.5/14 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 Oct 9 and Nov 13.

*Instructor: Sophie Ducharme*

**Mon Sep 11-Dec 11** **5:00-6:15pm**  
470746 \$168/12 sess  
**Fri Sep 15-Dec 15** **9:15-10:30am**  
470742 \$144.9/14 sess  
Dance Studio

### 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 Oct 9 & Nov 13.

*Instructor: Fran Hinton*

**Mon Sep 11-Dec 11** **6:00-7:00pm**  
469593 \$63/12 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 Sep 14-Dec 14** **5:45-6:45pm**  
469963 \$126/14 sess  
Dance Studio

### December Ageless Yoga Mini Series for Winter Solstice **NEW!**

Winter solstice marks the longest night of the year in the Northern Hemisphere when warmth and self-reflection are naturally sought after. In this 3 week mini-series we'll activate our glow by releasing tired or blocked energy. We'll rejuvenate our body with yoga asana and practice balancing breath exercises for easing into holiday busyness. An extended deep relaxation coupled with sound healing will help bring our mind, body and spirit in tune with the nature of the season. Give yourself a lovely gift that will keep on giving! \$16 Drop-in space permitting.

*Instructor: Sandra Leigh, DYT, DMT*

**Wed Dec 6-Dec 20** **7:00-8:30pm**  
472765 \$42/3 sess  
English Bay Room

### TGIF – Relax and Rejuvenate **NEW!**

This 75 minute "R & R" session includes warm-ups & stretches to activate and release blocked energy. Your instructor is a certified breath coach with 25 years teaching experience and will guide you through balancing & relaxing breath exercises that help regulate the nervous system. Deep rest restores the senses, calms the mind, eases the mood and has numerous other health affirming benefits. An added element of live sound healing will further engage this nurturing and healing morning practice. \$16 Drop-in space permitting.

*Instructor: Sandra Leigh, DYT, DMT*

**Fri Sep 29-Nov 3** **10:00-11:15am**  
472762 \$84/6 sess  
**Fri Nov 10-Dec 15** **10:00-11:15am**  
472763 \$84/6 sess  
English Bay Room

### Pilates Yoga Fusion

We will start with 15 minutes of myofascial release with foam rolling then 20 minutes of traditional Pilates exercises followed by 20 minutes of Flow Yoga and finish up with some stretching and a 5 minute Savasana. It's an efficient 3 in 1 class that will improve your core strength, posture, balance, flexibility and body awareness and enhance your sense of well being.

*Instructor: Jill Stoness*

**Tue Sep 12-Dec 12** **5:30-6:35pm**  
469778 \$126/14 sess  
Denman Room

### Yoga for Wrecks

This class will not intimidate you, or put you in any compromising positions. It will help you, to recovery from past injuries and heal troubled areas of your body. Increase your health and confidence while taking this class, in a fun and relaxed environment. All are welcome! Instructor: Sophie Ducharme, 22 years teaching experience. Drop-in \$16.00/adult and \$13/senior. No Class Oct 7 and Nov 11

*Instructor: Sophie Ducharme*

**Sat Sep 16-Dec 16** **10:30-11:45am**  
470743 \$168/12 sess  
Dance Studio

### Gentle Hatha Yoga with Crystal Bowls **NEW!**

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 sound bath 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.

Drop-in \$15/adult \$13/senior. No Class Oct 8 & Nov 12.

*Instructor: Rebecca Lee Henderson*

**Sun Sep 10** **2:00-3:15pm**  
470405 FREE CLASS  
**Sun Sep 17-Dec 17** **2:00-3:15pm**  
470406 \$156/12 sess  
Dance Studio

### Yin Yoga with Crystal Bowls **NEW!**

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. Drop-ins \$15/Adult, \$13/Senior.

No class Oct 9 & Nov 13.

*Instructor: Rebecca Lee Henderson*

**Mon Sep 11-Dec 11** **7:15-8:30pm**  
469758 \$156/12 sess  
Denman Room

# West End Community Centre

## 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 Sep 14-Dec 14** **10:00-11:30am**  
469948 \$210/14 sess  
English Bay Room

## 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*

**Wed Sep 13-Dec 13** **12:15-1:15pm**  
469894 \$96.6/14 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 Wayne*

**Tue Sep 12-Dec 12** **9:15-10:15am**  
469779 \$96.6/14 sess  
**Thu Sep 14-Dec 14** **9:15-10:15am**  
469947 \$96.6/14 sess  
Dance Studio

## Sunrise Yoga

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

**Tue & Fri Sep 12-Dec 15** **8:00-9:00am**  
473374 \$14/28 sess  
Dance Studio

## Fitness

### 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 Oct 9 & Nov 13.

*Instructor: Keno Kinoshita*

**Mon Sep 11-Dec 11** **1:30-2:30pm**  
469766 \$82.8/12 sess  
Dance Studio

## Adapted Fitness

Workout designed for the older adult who may have limitations in mobility or strength. Exercises completed in a chair or standing behind it. Includes strength and balance training, in-chair aerobics, flexibility and stretch.

Drop-in \$11.00/adult and \$9.00/senior. No class Oct 9 & Nov 13.

*Instructor: Susan Ingraham*

**Set 1**  
**Mon Sep 11-Oct 23** **11:00am-12:00pm**  
469482 \$54/6 sess  
**Fri Sep 15-Oct 27** **11:00am-12:00pm**  
470263 \$63/7 sess  
Dance Studio

**Set 2**  
**Mon Oct 30-Dec 11** **11:00am-12:00pm**  
469483 \$54/6 sess  
**Fri Nov 3-Dec 15** **11:00am-12:00pm**  
470264 \$63/7 sess  
Dance Studio

## Athletic Interval Training

This 45 minute high intensity fitness class incorporates strength training, cardiovascular training and core conditioning for a full body workout. With clear cueing - you will refine your weight training and breathing techniques and improve your overall fitness and cardiovascular strength. There is an optional 15 minutes of myofascial release with foam rolling at the end of class.

*Instructor: Jill Stoness*

**Fri Sep 15-Dec 15** **5:30-6:30pm**  
471948 \$140/14 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 Nov 11.

*Instructor: Harry Wong*

**Sat Sep 9-Dec 16** **9:15-10:15am**  
470375 \$96.6/14 sess  
Dance Studio

## Light Fit

Light workout for the older adult who wishes to maintain or improve their fitness. Includes strength and balance training, low-impact cardiovascular exercise, flexibility and stretch. 40 minutes on your feet; 20 minutes on the mat.

Drop-in \$11.00/adult and \$9.00/senior.

*Instructor: Susan Ingraham*

**Set 1**  
**Tue Sep 12-Oct 24** **10:45-11:45am**  
469781 \$63/7 sess  
**Thu Sep 14-Oct 26** **10:45-11:45am**  
469957 \$63/7 sess  
Dance Studio

**Set 2**  
**Tue Oct 31-Dec 12** **10:45-11:45am**  
469784 \$63/7 sess  
**Thu Nov 2-Dec 14** **10:45-11:45am**  
469961 \$63/7 sess  
Dance Studio

## 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 Oct 9 & Nov 13.

*Instructor: Keno Kinoshita*

**Mon Sep 11-Dec 11** **11:30am-12:30pm**  
469772 \$140.52/12 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.

*Instructor: Anne O'Sullivan*

**Fri Sep 15-Dec 15** **12:30-1:30pm**  
470254 \$88.2/14 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 Oct 7 & Nov 11.

*Instructor: Emma Kidman*

**Sat Sep 9-Dec 16** **9:15-10:15am**  
470376 \$89.7/13 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 Sep 13-Dec 13** **6:00-7:00pm**  
469923 \$210/14 sess  
Denman Room



# West End Community Centre

## 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 Sep 12-Dec 12** **5:30-6:30pm**  
469805 \$126/14 sess  
Dance Studio

## Sports

### Basketball - Competitive Tue

Enjoy some friendly, exciting recreational basketball. Non-instructional. Drop in \$6.00 space permitting.

**Tue Sep 19-Dec 5** **7:15-8:45pm**  
467835 \$63/12 sess  
King George Gymnasium

### Basketball - Competitive Thu

Enjoy some friendly, exciting recreational basketball. Non-instructional. Drop in \$6.00 space permitting.

**Thu Sep 21-Dec 7** **7:15-8:45pm**  
467837 \$63/12 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 Oct 9 & Nov 13

**Mon Sep 18-Dec 4** **7:15-8:45pm**  
467833 \$52.5/10 sess  
King George Gymnasium

### 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.

### Tennis - Adult Advanced Doubles (3.0-3.5 Level)

For experienced players level 3.0-3.5. Drills set up to improve doubles play and practice matches played after. Gayle Dobson is the instructor.

*Instructor: G & G Tennis*

**Sat Sep 9-Sep 30** **3:00-4:30pm**  
469438 \$120/4 sess  
King George Tennis Courts

### Tennis - Adult Beginner +

For players who have taken a beginner class or have a little tennis experience. We will review the basic strokes and do lots of practice. Gayle Dobson is the instructor.

*Instructor: G & G Tennis*

**Sat Sep 9-Sep 30** **10:15-11:15am**  
469436 \$100/4 sess  
King George Tennis Courts

### Tennis - Adult Drills and Play (2.0-2.5 NTRP Level)

Drills to improve strokes and consistency. Point play for practice and game experience. Gayle Dobson is the instructor.

*Instructor: G & G Tennis*

**Sat Sep 9-Sep 30** **11:15am-12:30pm**  
469435 \$125/4 sess  
King George Tennis Courts

### Tennis - Adult Game Play (2.5-3.0 Level)

Singles and doubles play with rotation. Organization and direction by instructor, Gayle Dobson.

*Instructor: G & G Tennis*

**Sat Sep 9-Sep 30** **1:45-3:00pm**  
469437 \$100/4 sess  
King George Tennis Courts

### Tennis - Adult Private Lessons (Beginner - 3.5 NTRP Level)

Private lessons available with Gordon Cheng. One person registers and can share their time with others.

*Instructor: G & G Tennis*

<b>Wed Sep 6</b>	<b>4:30-5:30pm</b>
469355	\$95/1 sess
<b>Wed Sep 6</b>	<b>5:30-6:30pm</b>
469357	\$95/1 sess
<b>Wed Sep 13</b>	<b>4:30-5:30pm</b>
469360	\$95/1 sess
<b>Wed Sep 13</b>	<b>5:30-6:30pm</b>
469361	\$95/1 sess
<b>Wed Sep 20</b>	<b>4:30-5:30pm</b>
469363	\$95/1 sess
<b>Wed Sep 20</b>	<b>5:30-6:30pm</b>
469364	\$95/1 sess
<b>Wed Sep 27</b>	<b>4:30-5:30pm</b>
469365	\$95/1 sess
<b>Wed Sep 27</b>	<b>5:30-6:30pm</b>
469366	\$95/1 sess

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 Oct 9 & Nov 13.

**Mon Sep 11-Dec 11** **1:00-3:00pm**  
470422 \$11.4/12 sess  
Auditorium

## Social

### Bridge - Playing the Cards

You are casual Bridge players and know the rules of Bridge and the fundamentals of bidding. However, if you would like to improve the way you play the cards and some tips on bidding, then, this course is for you. Each week we will feature an aspect of card play. Students will bid and play instructive hands; we will then analyze the bidding and play of each hand. You will learn: finesses (when and when not to take them), suit establishment, throw-ins, and a whole lot more. No Class Oct 9 & Nov 13. Instructor Bio: Tony has been playing Bridge for over 40 years and teaching for 25. Tony learnt the game at University, where it replaced chess as his passion. Originally from England, Tony has lived in Vancouver for 38 years. Now retired, he loves the game and enjoys introducing new players to the intricacies of it.

*Instructor: Anthony Burt*

**Mon Sep 11-Dec 11** **3:30-5:30pm**  
470354 \$114/10 sess  
Bidwell Room

### Cribbage

We are a friendly social card group. Cribbage, or crib, is a fun game for which points are scored on a peg board for combinations of cards and playing those cards in an order. Beginners and newcomers welcome! Dec 1 Class is in English Bay Room.

*Instructor: Richard Smith*

**Fri Sep 15-Dec 15** **1:30-4:00pm**  
470351 FREE  
Bidwell Room

### 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 Oct 9 & Nov 13. Held at Barclay Manor.

**Mon Sep 11-Dec 11** **1:00-4:00pm**  
470425 \$6/10 sess  
Basement at \*Barclay Manor

# West End Community Centre

## Mahjong **NEW!**

This is a friendly Mahjong group based on Hong Kong style for everyone. Games accommodate tables from 2 to 8 players with a score system based on points, with or without walls. Instruction available to learn the 3 Suits (Bam, Dot & Krak), Honours (Winds & Dragons), Flowers, and Melds (Pair, Chow, Set, Pung & Kong). During play, if you want to know something, just ask. The moderator & group are very helpful. Beginners / newcomers / refreshers / all skill levels welcome! Oct 21 & Nov 18 Class is moved to the English Bay Room from 11:15am-3:15pm.

*Instructor: Richard Smith*

**Sat Sep 9-Dec 9** 10:00am-2:00pm  
473423 Free  
Bidwell Room

## Fitness & Health

### Adapted Fitness

Workout designed for the older adult who may have limitations in mobility or strength. Exercises completed in a chair or standing behind it. Includes strength and balance training, in-chair aerobics, flexibility and stretch.

Drop-in \$11.00/adult and \$9.00/senior. No class Oct 9 & Nov 13.

*Instructor: Susan Ingraham*

**Set 1**  
**Mon Sep 11-Oct 23** 11:00am-12:00pm  
469482 \$54/6 sess  
**Fri Sep 15-Oct 27** 11:00am-12:00pm  
470263 \$63/7 sess  
Dance Studio

**Set 2**  
**Mon Oct 30-Dec 11** 11:00am-12:00pm  
469483 \$54/6 sess  
**Fri Nov 3-Dec 15** 11:00am-12:00pm  
470264 \$63/7 sess  
Dance Studio

### Meet Susan Ingraham

Certified to teach group fitness to older adults, Susan has been teaching classes at the West End since 2006. She encourages older adults to stay healthy while using her training and musical background to inspire participation.

### Light Fit

Light workout for the older adult who wishes to maintain or improve their fitness. Includes strength and balance training, low-impact cardiovascular exercise, flexibility and stretch. 40 minutes on your feet; 20 minutes on the mat.

Drop-in \$11.00/adult and \$9.00/senior.

*Instructor: Susan Ingraham*

**Set 1**  
**Tue Sep 12-Oct 24** 10:45-11:45am  
469781 \$63/7 sess  
**Thu Sep 14-Oct 26** 10:45-11:45am  
469957 \$63/7 sess  
Dance Studio

**Set 2**  
**Tue Oct 31-Dec 12** 10:45-11:45am  
469784 \$63/7 sess  
**Thu Nov 2-Dec 14** 10:45-11:45am  
469961 \$63/7 sess  
Dance Studio

### 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 Oct 9 & Nov 13.

*Instructor: Keno Kinoshita*

**Mon Sep 11-Dec 11** 9:15-10:45am  
469769 \$124.2/12 sess  
**Wed Sep 13-Dec 13** 9:00-10:30am  
469940 \$144.9/14 sess  
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 Sep 13-Dec 13** 10:05-11:05am  
469859 \$107.52/14 sess  
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 Sep 13-Dec 13** 9:05-10:05am  
469855 \$107.52/14 sess  
Denman Room

### 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](http://www.zumbavancouver.ca). Drop-in \$15. No class Oct 9 & Nov 13.

*Instructor: Zumba Vancouver*

**Set 1**  
**Mon Sep 11** 11:45am-12:45pm  
469754 FREE CLASS  
**Mon Sep 18-Oct 23** 11:45am-12:45pm  
469755 \$68.75/5 sess  
**Wed Sep 6-Oct 25** 11:00am-12:00pm  
469875 \$110/8 sess  
Auditorium

**Set 2**  
**Mon Oct 30-Dec 11** 11:45am-12:45pm  
469756 \$82.5/6 sess  
**Wed Nov 1-Dec 6** 11:00am-12:00pm  
469876 \$82.5/6 sess  
Auditorium

### 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 Oct 9 & Nov 13.

*Instructor: Irene Lugsdin*

**Mon Sep 11-Dec 11** 12:15-1:15pm  
469484 \$105/12 sess  
**Fri Sep 15-Dec 15** 1:45-2:45pm  
470257 \$121.94/14 sess  
Dance Studio

## Seniors Christmas Dinner

Enjoy Christmas dinner with all the trimmings, great prizes and fabulous live music. Join friends, old and new, to share in the holiday cheer. Get a holiday picture taken and we will print it for you to take home. This event is open to everyone 50+. No refunds after November 25.

**Fri Dec 1** 5:30-8:00pm  
469454 \$24/Person  
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 steam 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.

## Fall 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
	Fitness For Older Adults 9:00-10:00am		Fitness for Older Adults 9:00-10:00am		Stretch & Mobility 9:15-9:45am
	Active Joints 11:00am-12:00pm		Active Joints 11:00am-12:00pm		No Classes Sept 4, Oct 9, Nov 13, Dec 25 & 26
Posture Correction 4:30-5:00pm	Fitness for Youth 3:30-4:30pm		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.

### 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 Adults

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.

Sep 5-Sep 26 9am-10am 471003  
Oct 3-Oct 24 9am-10am 471004  
Oct 31-Nov21 9am-10am 471005  
Nov 28-Dec 19 9am-10am 471006  
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.

Sep 5-Sep 26 3:30pm-4:30pm 471007  
Oct 3-Oct 24 3:30pm-4:30pm 471008  
Oct 31-Nov 21 3:30pm-4:30pm 471009  
Nov 28-Dec19 3:30pm-4:30pm 471010  
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 Sep19-Nov 23 11:00am-12:00pm 470995  
Fitness Centre

### Small Group Personal Training - Circuit

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 conditioning 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+.

Sep12-Oct10 12:30pm-1:30pm 470996 \$120.17/5sess  
Oct 17-Nov14 12:30pm-1:30pm 470997 \$120.17/5sess  
Nov21-Dec19 12:30pm-1:30pm 470998 \$120.17/5sess  
Fitness Centre

### Small Group Personal 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+.

Sep14-Oct12 10am-11am 470999 \$120.17/5sess  
Oct 19-Nov16 10am-11am 471001 \$120.17/5sess  
Nov23-Dec21 10am-11am 471002 \$120.17/5sess  
Fitness Centre



# West End Community Centre

## Vancouver Park Board Skating Lessons

### Learn to Skate Program

Vancouver Park Board Learn to Skate program focuses on skill acquisition through activities and games. We offer classes for preschoolers, children, teens and adults. If you are unsure of which level to register in, please come to any public skate and ask for an on-ice assessment. CSA approved hockey or snowboard helmets are required for skate lessons (no bike helmets). A limited number of hockey helmets are available to use for free.

### Registration Information

**Fall Set 1** – September 21 at 7:00pm

**Fall Set 2** – November 9 at 7:00pm

**Winter Wonderland** – November 9 at 7:00pm - December 18 at 7:00pm

#### How to Register On-line

Go to [recreation.vancouver.ca](http://recreation.vancouver.ca) to update or create your account.

#### Do you currently have an online account?

- Go to: [recreation.vancouver.ca](http://recreation.vancouver.ca)
- Click "Sign In", or "Forget your password?" and follow the steps to get your new password.
- Login with your email address and confirm your account information is correct.
- Call 311 if you have any troubles with your online account.

#### Never registered online before?

- Go to: [recreation.vancouver.ca](http://recreation.vancouver.ca)
- Click "Sign In" or "Create an Account" to set up your profile and password before registration opens for fall programs.

### Adult Hockey Skills

This is a co-ed, fun, no pressure program designed to boost your love of our national pastime. A standard session will see you doing a stretch and warm-up, a variety of exciting drills, personal development time (slapshot, face-offs, crossovers) and of course, a game. Work on your skating, passing, shooting and your positioning to help boost your confidence. This is a very popular program with many players returning year after year. Full equipment is required, including face protection.

#### Beginner

Sun Oct 1 - Nov 5 5:15-6:00pm \$85.44/6 sessions

Sun Nov 12 - Dec 17 5:15-6:00pm \$85.44/6 sessions

#### Intermediate/Advance

Sun Oct 1 - Nov 5 6:00-6:45pm \$85.44/6 sessions

Sun Nov 12 - Dec 17 6:00-6:45pm \$85.44/6 sessions

### Ice Skating Lessons Registration Guide

View the lesson  
schedule online  
one week prior to  
registration at  
[Vanrec.ca](http://Vanrec.ca)

#### Preschool Lessons

**Preschool 1** - Limited or no experience on the ice, cannot stand up on ice unassisted.

**Preschool 2** - Stand up on ice unassisted, walk on ice with skates.

**Preschool 3** - Skate across the ice, glide on 2 feet for 1/2 meter, scrape ice and backwards step.

**Preschool 4** - Can Stop, glide for two meters and do five skulls forward.

**Preschool 5/6** - Can glide on one foot for 1/2 meter, can skate backwards, can stop with either left or right foot.

#### Children Lessons

**Child 1** - Limited or no experience on the ice, cannot stand up on ice unassisted.

**Child 2** - Can stand up on ice unassisted, skate across the ice and step/skate backward.

**Child 3** - Glide on two feet for 1 meter, snowplow stop and sculling.

**Child 4** - Half snowplow stop with left and right foot, backwards scull and forward single scull.

**Child 5** - Forward circle thrusts both directions, backward C push, backward snowplow stop.

**Child 6/7** - Forward crossovers, backward circle thrusts, backward stops and can use outside edges.

#### Adult Lessons

**Beginner 1** - No experience

**Beginner 2** - Can stop going forward, can glide 2 meters, can balance on one foot for 1/2 meter

**Intermediate/Advanced** - can skate backwards, can stop forwards, can glide for two meters forward and backwards, can balance on one foot for 2 meters.



# West End Community Centre

West End Ice Rink Schedule Oct 1 - Dec 22, 2023						
Winter Wonderland December 25 - January 6, 2023						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Preschool Lessons 12:45-1:45pm	Prime Time space available for hockey, office parties, birthday parties and more!  Visit vancouver.ca/ parks/recrinks/ rentals.htm for more info.	Parent & Preschool Skate 12:00-1:30pm	Discount Skate 12:00-1:30pm			Skating Lessons 10:45-1:15pm
50 & Better Skate 2:15-3:30pm						Parent & Preschool 1:30-3:00pm
Stick, Puck, & Ring 3:45-5:00pm			Public Skate 3:15-4:45pm	Preteen Stick, Puck, & Ring 3:30-4:30pm	Stick, Puck, & Ring 3:45-5:00pm	Public Skate 3:15-5:00pm
		Skating Lessons 4:00-6:45pm				
				Public Skate 4:45pm-6:00pm	Public Skate 5:15-7:15pm	Adult Hockey Lessons 5:15-6:45pm
Adult Lessons 6:45-9:00pm		Public Skate 7:00-8:15pm		Public Skate 6:30-8:00pm		
Adult Skate 9:15-10:45pm			Stick, Puck, & Ring and Hockey sessions are all registered spots. Registration starts 3 days in advance at 9:00am.		Adult Skate 7:45-9:45pm	
		Adult Hockey 10:00-11:30pm			Adult Hockey 10:15-11:45pm	
Programs subject to change. Children 7 years & younger must be accompanied on the ice by a guardian over the age of 16. Rink size: 147' x 74' (3/4 size)						

Public Admission	Single Admission	10-usage pass
Adults (19-64)	\$6.99	\$61.51
Youth (13-18)	\$4.89	\$43.06
Children (3-12)	\$3.50	\$30.76
Seniors (65+)	\$4.89	\$43.06
Family Admission (minimum 2 child rates)	@ Child Rate	N/A
Rates subject to change		

Drop-In Hockey	Single Admission	10-usage pass
Adult	\$6.99	\$61.51
Adult Stick, Puck, & Ring	\$6.99	\$61.51
Parent & Preschool	@ Child Rate	
Skate Rentals	\$3.53	\$31.06
Skate Sharpening	\$6.80	





# Coal Harbour Community Centre

## Pint-sized Pumpkin Carving

Get into the spooky spirit as you carve your own jack-o-lantern. We will supply some carving tools and ghoulish music and don't forget to wear your costume if you dare. Parent participation is required. Please pre-register so we can ensure we have enough pumpkins. Pre-registration is recommended. (\$7/pumpkin, \$8.50/pumpkin on the day-of event, space permitting).

**Wed Oct 25** 5:30pm-7:30pm  
470423 \$7/pumpkin  
Multipurpose Room



## Halloween Carnival & Ghostly Graveyard

2-7 yrs

Join us for this fun, hair-raising event and get into the spooky spirit! Enjoy creepy crafts, terrifying treats, eerie entertainment and much more! Don't forget to wear your costume & visit our ghostly graveyard. Parent participation is required. Pre-registration is recommended. (\$7/child, \$9/child on the day-of event, space permitting).

**Sat Oct 28** 10:00am-12:00pm  
470426 \$7/child  
Gymnasium

## Family Gingerbread House Magic



Holiday music and a festive atmosphere will get you in the winter spirit! Fee includes all supplies and decoration for one gingerbread house. Parent participation is required.

**Sat Dec 2** 1:00pm-3:00pm  
470428 \$19/gingerbread house  
Multipurpose Room



2-7 yrs

Breaking news! Santa has been spotted at the Harbour! Journey with your children to meet Santa through a magical winter wonderland where holiday games and holiday crafts await each stop along the way. Parent participation is required. Pre-registration is recommended. (\$7/child, \$9/child on the day-of event, space permitting).

**Sat Dec 9** 10:00am-12:00pm  
470430 \$7/child  
Gymnasium



# Coal Harbour Community Centre

## Licensed Care

### Coal Harbour Kids Care (5-12yrs)

Coal Harbour Kids Care provides before and after school care for children in kindergarten through grade 7 attending Lord Roberts Main 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 3pm-6pm following the school calendar. Monthly fees include all day care on Professional Development Days (9:00am-6:00pm); monthly fees do not include Winter or Spring Break.

#### 2023/2024 School Year Pricing:

\$45 non-refundable registration fee

Before Care B/C \$175 or \$225 (k) (Kindergarten children)

After Care A/C \$359 or \$429 (k) (Kindergarten children)

Before & After Care B/A \$410 or \$510 (k) (Kindergarten children)

#### PROGRAM REGISTRATION

Registration for Coal Harbour Kids Care is ongoing throughout the year, depending on availability. To register for waitlist online: Activity #427766. Please contact Coal Harbour Child Care Coordinator Anastasiia Movchan at [anastasiia.movchan@vancouver.ca](mailto:anastasiia.movchan@vancouver.ca) or 604-718-8229 for more information.



## 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. We provide a safe, secure, nurturing home away from home where children can develop self-esteem, independence, responsibility, life-skills, and friendships in an enjoyable environment. Inside our stimulating classroom the children can learn through a variety of fun, interesting and challenging activities.

The program runs September to June, on the same schedule as the public school system. We are closed for all statutory and public school holidays, as well as professional development days.

For more information, please contact Coal Harbour Child Care Coordinator Anastasiia Movchan at [anastasiia.movchan@vancouver.ca](mailto:anastasiia.movchan@vancouver.ca) or 604-718-8229.

#### Our fees for 2023/2024 school year are as follows:

\$45 non-refundable registration fee

Mon/Wed/Fri 9:30 am – 11:30 am \$189

Tue/Thu 9:30 am – 11:30 am \$139

#### PROGRAM REGISTRATION

Registration for Coal Harbour Kinder Kids is ongoing throughout the year, depending on availability. To register for waitlist online: Activity #419545. Please contact Coal Harbour Child Care Coordinator Anastasiia Movchan at [anastasiia.movchan@vancouver.ca](mailto:anastasiia.movchan@vancouver.ca) or 604-718-8229 for more information.





# Coal Harbour Community Centre

## Early Years

### Social

#### Baby Jellyfish Playtime

We have toys, balls, and more. Parents are required to help set up and clean up the equipment. No Class September 4, October 9, November 13, December 25 and December 26.

*Instructor: Shinobu Preston*

Monday	12:30pm-2:00 pm
Tuesday	12:30pm-2:00 pm
Wednesday	12:30pm-2:00 pm
Thursday	12:30pm-2:00 pm
Friday	12:30pm-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. No Class September 4, October 9, November 13, December 25 and December 26.

*Instructor: TBD*

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

## Creative

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

Join us for some arts & crafts! Learn fine and 3D arts & crafts! Drop in \$17, space permitting.

*Instructor: Elitza Spasova*

Tue Sep 19-Nov 28	3:30pm-4:30pm
470343	\$150/11 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. No class October 13 and November 10.

*Instructor: Samira Adab*

Fri Sep 22-Dec 08	4:15pm-5:00pm
470271	\$150/10 sess
Meeting Room	



## Language

#### 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 October 9 and November 13.

*Instructor: Mari Shiota*

Mon Sep 18-Dec 18	10:00am-11:15am
470411	\$182/12 sess
Activity 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 October 10.

*Instructor: Mari Shiota*

Tue Sep 19-Dec 19	10:00am-11:15am
470413	\$182/13 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. No class September 15, 22 and 29.

*Instructor: Shinobu Preston*

Fri Sep 08-Dec 15	9:45am-11:00am
470688	\$132/12 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. No class September 15, 22 and 29.

*Instructor: Shinobu Preston*

Fri Sep 08-Dec 15	11:15am-12:30pm
470689	\$132/12 sess
Meeting Room	

## 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-3:30pm	\$100/ party
Sundays	11:30am-1:30pm	\$100/ party
Activity Room		

# Coal Harbour Community Centre

## Education

### 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.

*Instructor: STEAM 4 KIDS*

Thu Sep 14-Nov 30 10:00am-10:45am  
470280 \$228/12 sess  
Activity Room

## Music

### Jump into Music (6mths – 4yrs)

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. 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](http://www.jumpintomusic.ca) [jumpintomusic.ca] Drop-in \$20, space permitting including two spots over a fully registered class.

*Instructor: Monica Lee*

Fri Sep 15-Oct 27	9:30am-10:20am
466688	\$126/7 sess
Fri Sep 15-Oct 27	10:30am-11:20am
466691	\$126/7 sess
Fri Sep 15-Oct 27	11:30am-12:20pm
466692	\$126/7 sess
Fri Nov 03-Dec 15	9:30am-10:20am
466693	\$126/7 sess
Fri Nov 03-Dec 15	10:30am-11:20am
466694	\$126/7 sess
Fri Nov 03-Dec 15	11:30am-12:20pm
466695	\$126/7 sess

Dance Studio

## Dance

### Creative Ballet

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. No class September 30 and October 7. More information [www.KirbySnellDance.com](http://www.KirbySnellDance.com).

*Instructor: Endorphin Rush Dance*

3-5yrs	
Sat Sep 16-Dec 16	10:20 am-11:05am
468740	\$156/14 ses
4-7yrs	
Sat Sep 16-Dec 16	11:10am-11:55am
468742	\$156/14 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. No class September 30 and October 7. For more info [www.KirbySnellDance.com](http://www.KirbySnellDance.com)

*Instructor: Endorphin Rush Dance*

Sat Sep 16-Dec 16	9:30am-10:15am
468748	\$156/12 sess
Sat Sep 16-Dec 16	1:05pm-1:50pm
468749	\$156/12 sess

Dance Studio

### 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. No class September 30 and October 7. For more info: [www.kirbysnelldance.com](http://www.kirbysnelldance.com)

*Instructor: Endorphin Rush Dance*

Sat Sep 16-Dec 16	12:15pm-1:00pm
468737	\$156/12 sess

Dance Studio

## 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!

## Martial Arts

### Olympic Style TaeKwonDo (4-6yrs)

"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 5th dan black belt member of Korean Kukkiwon. Uniform and promotion test are optional and not included in the registration fee. No class October 8 and November 12.

*Instructor: TsunKit (Kevin) Kwan*

Sun Sep 10-Dec 16	11:00 am-12:00 pm
470267	\$192/12 sess

Multipurpose Room

## 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 October 9, 19, 23, 26, 30 and November 13.

*Instructor: Manto (Makoto) Nakamura*

Mon Sep 11-Nov 27	3:30pm-4:30pm
468404	\$80/8 sess
Thu Sep 14-Nov 30	3:30pm-4:30pm
468406	\$100/10 sess

Gymnasium





# Coal Harbour Community Centre

## Children

## Social

### Parents Night Out (5-12yrs)

Drop your kids off at the Coal Harbour Community Centre and enjoy a night out to yourself. Our leaders will lead them through games, arts and crafts, and much more for an exciting time of fun! Please bring dinner!

<b>Wed Oct 4</b> 472841	<b>5:30 pm-8:30 pm</b> \$25/person
<b>Wed Nov 1</b> 472843	<b>5:30 pm-8:30 pm</b> \$25/person
<b>Wed Dec 6</b> 472844	<b>5:30 pm-8:30 pm</b> \$25/person

Activity Room

## Creative

### Arts and Crafts w/ Elitza

Join us for some arts & crafts! Learn fine and 3D arts & crafts! Drop in \$17, space permitting/  
*Instructor: Elitza Spasova*

<b>6-8yrs</b> Tue Sep 19-Nov 28 470344	<b>4:30 pm-5:30 pm</b> \$150/11 sess
<b>9-12yrs</b> Tue Sep 19-Nov 28 470345	<b>5:30 pm-6:30 pm</b> \$130/11 sess

Activity Room

### Cartooning and Creativity

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 October 9 and November 13.

*Instructor: Devan Dirocco*

<b>(5-10yrs)</b> Mon Sep 25-Nov 27 470233	<b>3:30pm-4:30pm</b> \$120/8 sess
<b>(10-15yrs)</b> Mon Sep 25-Nov 27 470232	<b>4:45pm-5:45pm</b> \$120/8 sess

Activity Room

### Intro to Acting

This program will inspire young beginning actors to grow their performance potential and discover/develop playful approaches with their acting partners!

*Instructor: Wei-Chen Chen*

<b>(7-9yrs)</b> Tue Sep 12-Dec 12 473483	<b>3:30pm-4:30pm</b> \$182/14 sess
<b>(10-12yrs)</b> Tue Sep 12-Dec 12 473484	<b>4:30pm-5:30pm</b> \$182/14 sess

Dance Studio

### Intro to Sculpture (7-12yrs)

In this program, we will learn to feel with our hands, play with modeling clay, and recreate different surface textures. Sculpture making is also a good way to exercise our brain and gain better understanding of 3-D space. Let's explore different materials together and turn them into sculptures!

*Instructor: Wei-Chen Chen*

<b>Set 1</b> Thu Sep 14-Oct 26 473837	<b>3:30pm-5:00pm</b> \$166.50/7 sess
<b>Set 2</b> Thu Nov 2-Dec 14 473841	<b>3:30pm-5:00pm</b> \$166.50/7 sess

Meeting Room

### Fun Colours - Oil Painting (8-12yrs)

We invite kids to create! At our art-oil painting classes there will be no boring still lifes, only brilliant, cheerful paintings! Create your own fun masterpieces in a friendly and creative atmosphere. Art supplies list is available at the front desk. NOTE: Art supplies list is available at the front desk, listed on registration receipts and online program information.

*Instructor: Kira Shulgina*

<b>Sun Sep 10-Oct 29</b> 473354	<b>1:15 pm-2:45 pm</b> \$160/8 sess
<b>Sun Nov 05- Dec 17</b> 473810	<b>1:15 pm-2:45 pm</b> \$140/7 sess

Arts and Crafts Room

### Magic Brush - Oil Painting (13-18yrs)

We invite teens to create! At our art-oil painting classes there will be no boring still lifes, only brilliant, cheerful paintings! Create your own fun masterpieces in a friendly and creative atmosphere. Art supplies list is available at the front desk. NOTE: Art supplies list is available at the front desk, listed on registration receipts and online program information.

*Instructor: Kira Shulgina*

<b>Sun Sep 10-Oct 29</b> 473357	<b>3:00 pm-4:30 pm</b> \$160/8 sess
<b>Sun Nov 05- Dec 17</b> 473811	<b>1:15 pm-2:45 pm</b> \$140/7 sess

Arts and Crafts Room

## Dance

### Intro to Gymnastics (4-6yrs)

Come and join our 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*

<b>Sun Sep 17-Dec 03</b> 468366	<b>10:15am-11:00am</b> \$162/12 sess
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Dance Studio

### 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*

<b>Sun Sep 17-Dec 03</b> 468368	<b>11:00am-12:00pm</b> \$192/12 sess
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Dance Studio

## Day Camps

### Winter Break Camp (5-12yrs)

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 & activities, arts & crafts, and out-trips. Each child should bring a backpack with a lunch, snack, water bottle, and dress for the appropriate weather conditions each day. Parents must complete a waiver form.

Multipurpose Room

#### Week 1: Dec 27-Dec 29

<b>Before Care:</b> 8:00am-9:30am	<b>473487</b> \$18/3 sess
<b>Camp:</b> 9:30am-3:30pm	<b>473491</b> \$84/3 sess
<b>After Care:</b> 3:30pm-5:30 pm	<b>473486</b> \$24/3 sess

#### Week 2: Jan 02-Jan 05

<b>Before Care:</b> 8:00am-9:30am	<b>473490</b> \$24/4 sess
<b>Camp:</b> 9:30am-3:30pm	<b>473492</b> \$112/4 sess
<b>After Care:</b> 3:30pm-5:30 pm	<b>473488</b> \$32/4 sess

# Coal Harbour Community Centre

## 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 Sep 28-Nov 30** 5:15 pm-8:45 pm  
Meeting Room \$240/10 sess

### Piano - Charis

Tailor made 30 minute piano lesson taught by experienced award-winning professional and music educator. Beginners are all welcome! Books are not included. Extra \$80 charged for piano exams. No make up lessons.

*Instructor: Charis Chung*

**Thu Sep 14-Nov 30** 6:30pm-8:30pm  
Activity Room \$300/12 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](http://www.musicaexpressions.ca) for more info. No Class September 30 and November 11.

*Instructor: Musical Expressions*

**Sat Sep 9-Dec 16** 9:30 am-4:30 pm  
Meeting Room \$390/13 sess

## Education

### Chess for Kids (8-12yrs) **NEW!**

Children will learn how to play chess. Chess has incredible benefits for the child's development. Children will learn to develop logic and critical thinking skills, improve memory and concentration, all while having fun.

*Instructor: Yakiv Hrabarchuk*

**Fri Sep 08-Dec 15** 5:15pm-6:15pm  
470777 \$225/15 sess  
Activity Room

### 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. No Class October 31.

*Instructor: STEAM 4 KIDS*

**Tue Sep 12-Dec 05** 3:30pm-4:30pm  
470279 \$231/12 sess  
Multipurpose Room

## Language

### 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. Sorry no drop-ins. Please bring the following items to class: pencil, eraser, pencil crayons and a binder.

*Instructor: Eliana Rolando*

**Wed Sep 13-Nov 29** 3:30pm-5:00pm  
468700 \$188/12 sess  
Activity Room



## Martial Arts

### Aikido

Aikido is a peaceful form of Japanese Martial Arts. This class focuses on awareness and developing cooperation. Aikido Canada Ltd. Shohei Juku. No class September 15, 22 and 29.

*Instructor: Shinobu Preston*

**(5-7yrs)**  
**Fri Sep 08-Dec 15** 3:45pm-4:45pm  
470690 \$162/12 sess

**(8-15yrs)**  
**Fri Sep 08-Dec 15** 5:00pm-6:00pm  
470691 \$162/12 sess  
Multipurpose Room

### Karate

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*

**(5-10yrs)**  
**Wed/Sat Sep 13-Dec 16** 4:00pm-5:30pm  
470241 \$364/28 sess

**(11yrs +)**  
**Wed/Sat Sep 13-Dec 16** 5:00pm-6:30pm  
470234 \$364/28 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 5th dan black belt member of Korean Kukkiwon. Uniform and promotion test are optional and not included in the registration fee. No class October 8 and November 12.

*Instructor: TsunKit (Kevin) Kwan*

**(7-9yrs)**  
**Sun Sep 10-Dec 10** 12:00 pm-1:00 pm  
470268 \$192/12 sess

**(8-15yrs)**  
**Wed/Sun Sep 10-Dec 10** 10:00 am-11:00 am  
470269 \$362.5/25 sess

**(10-15yrs)**  
**Sun Sep 10-Dec 10** 10:00 am-11:00 am  
470266 \$192/12 sess  
Multipurpose Room



# Coal Harbour Community Centre

## Physical Recreation

### Just Real Ballers - Basketball (6-8yrs)

Mini-Ballers 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 Sep 29-Dec 01** 3:30pm-4:30pm  
473352 \$152.5/10 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 Sep 29-Dec 01** 4:45pm-6:00pm  
473353 \$165/10 sess  
Gymnasium

### Table Tennis Lessons for Kids (9-12yrs) **NEW!**

Table tennis (Ping Pong) is a great sport for kids. It is fun, fast and improves a child's hand-eye coordination and concentration. It helps develop quick responsive thinking and fitness. Children will learn in a fun and friendly atmosphere. All skills welcome.

*Instructor: Yakiv Hrabarchuk*

**Fri Sep 08-Dec 15** 6:30pm-7:30pm  
470778 \$225/15 sess  
Activity Room

### 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 October 9, 19, 23, 26, 30 and November 13.

*Instructor: Manto (Makoto) Nakamura*

**Mon Sep 11-Nov 27** 4:45pm-6:15pm  
468371 \$92/8 sess  
**Thu Sep 14-Nov 30** 4:45pm-6:15pm  
468400 \$115/10 sess  
Gymnasium

## Youth

## Social

### Youth Movie Nights

Come join us for monthly FREE youth movie nights. 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 Sep 21** 6:30-8:45pm  
472648 Free  
**Thu Oct 19** 6:30-8:45pm  
472652 Free  
**Thu Nov 16** 6:30-8:45pm  
472655 Free  
Meeting Room 1



### Volunteer Opportunities

Youth volunteers have a key role in providing program and special event support. Volunteers are able to gain valuable work experience, build relationships with other youth and connect with supportive adults in their community. Some of these opportunities will include:

- Halloween Haunted House
- Halloween Carnival
- Breakfast with Santa
- Christmas Carnival
- Craft Fair

Other seasonal events are also available. If you have any questions or want to sign up to volunteer, please visit Jessica at 604-354-8335 or email [Jessica.mccallum@vancouver.ca](mailto:Jessica.mccallum@vancouver.ca)

### 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 - this is program is for enrollment/ admin purposes only.

*Instructor: Non Instructional*

**Fri Sep 15-Dec15** 6:15-9:00pm  
472662 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/Wed Sep 12-Dec13** 3:30-5:00pm  
472663 Free  
Gymnasium - Coal Harbour

### West End Youth Winter Break Adventures

Beat the winter blues by joining in on some action-pact days of exciting activities such as video games, cooking, crafts as well as fun out trips exploring the city. Out trips may include bowling, movie theatre, skating, swimming, indoor mini golf and more! For Youth ages 13-18 Pre-Registration is required as well as a waiver signed by parents or guardians before or on the first day of the event.

*Instructor: TBA Instructor*

**Tue Dec 19-Dec21** 11:00am-3:00pm  
472664 \$30/3 sess  
Denman Room



# Coal Harbour Community Centre

## Adult

## Creative Arts

### Art Inspiration with Oil Painting

We invite you to oil painting workshops! You will learn different oil painting techniques and realize your artistic talents under the guidance of experienced oil painting instructor, Kira Shulgina. Produce your first masterpiece in a friendly and creative atmosphere whether you are looking to decorate your home or creating a gift for family and friends!

*Instructor: Kira Shulgina*  
**Sun Sep 10-Oct 29** 10:30am-12:30pm \$200/8 sess  
472274  
**Sun Nov 5-Dec 17** 10:30am-12:30pm \$175/7 sess  
472275  
Arts and Crafts

### Art of the Journal with Lynna Goldhar Smith

Come join me this fall to learn 22 techniques to help you begin a life changing journal practice. Don't miss it! Your journal can be a trusted friend, a therapist in a book, an idea generator, a memory keeper, a habit tracker, a fitness log, a dream decoder, a problem solver and more. It can spark imagination, ignite creativity, help you make decisions and enhance mental health. It can be a planner, a life book, a dream incubator. It can be another way of having a mindfulness practice, a way to de-stress, unwind, even pray. In this course you will learn techniques that will help you begin a lively and meaningful journal practice. I will introduce you to many journaling methods such as smash books, bullet journals, art journals and everything journals. Lynna Golhar is a Vancouver visual artist, theatre maker and avid journal keeper. Visit her at [lynnagoldharsmith.com](http://lynnagoldharsmith.com)

*Instructor: Lynna Goldhar Smith*  
**Tue Oct 17-Nov 21** 6:45pm-8:15pm \$88/7 sess  
472261  
Activity Room

### Calligraphy

Calligraphy and handwriting for all skill levels. Learn about pens, inks, paper, layout and illumination. Practice different letter styles including: Italics, Copperplate, Roundhand, and Gothic. Learn to write numerals, ampersands and capital letters. Class supply list: lined or graph paper, pen, HB pencil, and white eraser. During the first day, we will discuss specialized pens and other supplies and you will have the opportunity to try different pens, inks and papers. You will get information about suppliers and products for the next session where we will practice penmanship and layout.

*Instructor: Angel Strehlen*  
**Sun Oct 8-Oct 15** 12:30pm-4:30pm \$85/2 sess  
465423  
Meeting Room

### Cartooning, Illustration & Drawing

If you like to draw and are looking for a community to better your skills this 8 week program is for you. Welcoming all skill levels, you'll join instructor Devan who will focus on a different element of design each week. We'll be using pencils and paper to practice character design, basic anatomy, Comics, tips, tricks and more. This class is for you if you like anime, cartoons, Comics, video games, fantasy or sci-fi. Don't miss out! No class Oct 9 & Nov 13.

*Instructor: Devan Dirocco*  
**Tue Sep 26-Oct 17** 6:30pm-7:30pm  
472291 \$100/4 sess  
Arts and Crafts

### 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. The October workshop you will felt a Thanksgiving or Halloween themed ornament, December workshop will be Christmas themed. All felting materials provided, although participants should bring with them a clean household sponge.

*Instructor: Noah Thrush*  
**Sun Oct 1** 1:00pm-3:00pm \$31.67/1 sess  
465436  
**Sun Dec 10** 1:00pm-3:00pm \$31.67/1 sess  
473301  
Meeting Room

### For Your Eyes Only, Mineral Makeup

Create mineral makeup for your eyes for a fraction of the cost! Using earth elements, butter, oils, waxes, and pre blended bases, you will learn how to make your own mineral makeup. Make a mascara, eye shadow, cosmetic eye pencil, and powdered mineral eyeliner. Learn alternatives to toxic chemicals that are in mainstream cosmetics. Discussions on blending colours, mineral make up benefits and ingredient knowledge. Also, receive recipes on liquid foundation and make up remover. All supplies included in course fee.

*Instructor: Cheryl Theilade*  
**Tue Nov 7** 6:30pm-9:00pm \$58/1 sess  
465401  
Arts and Crafts Room

### Goat n' Oat Milk Soap Making

Learn to make Goat Milk Soap using fresh, raw, unprocessed milk from a local farm. In class, students will learn the delicate process of incorporating this perishable ingredient into soap while maintaining the benefits of lactic acid. Goat milk contains alpha-hydroxy acids such as lactic acid which help remove dead skin cells from your skin's surface. From pre-blended bases, make a long lasting oat n' honey goat milk soap. All supplies included in course fee.

*Instructor: Cheryl Theilade*  
**Wed Oct 11** 6:30pm-9:00pm \$61/1 sess  
471623  
Arts and Crafts Room

### 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 Sep 17** 1:00pm-3:00pm \$25/1 sess  
465451  
Meeting 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 Sep 10** 2:30pm-4:30pm \$17.3/1 sess  
465452  
**Sun Oct 15** 2:30pm-4:30pm \$17.3/1 sess  
465453  
**Sun Nov 19** 2:30pm-4:30pm \$17.3/1 sess  
465454  
**Sun Dec 3** 2:30pm-4:30pm \$17.3/1 sess  
472273  
Activity 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 Oct 9 & Nov 13.

*Instructor: Philip Tsang*  
**Mon Sep 11-Oct 30** 6:00pm-7:30pm \$189/7 sess  
465498  
**Mon Nov 6-Dec 18** 6:00pm-7:30pm \$162/6 sess  
472263  
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 Sep 6-Oct 25** 3:00pm-4:30pm \$192/8 sess  
465499  
**Wed Nov 1-Dec 20** 3:00pm-4:30pm \$192/8 sess  
472265  
Activity Room



# Coal Harbour Community Centre

## 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 Oct 6 & Nov 10.  
*Instructor: Homa Eftekhari*  
**Fri Sep 8-Nov 24** 2:00pm-5:00pm  
465507 \$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 Oct 6 & Nov 10.  
*Instructor: Homa Eftekhari*  
**Fri Sep 8-Nov 24** 9:30am-12:30pm  
465508 \$300/10 sess  
Activity Room

## Move Together

### Absolute Beginner: Grooving

Absolute beginners welcome! Learn the very basic tools to social dance! Develop rhythm and socialize through dance using basic grooving techniques like bouncing, rocking, waving and more to a wide variety of groovy soundscapes.  
*Instructor: Sophia Laurio*  
**Sun Oct 8-Oct 15** 3:00pm-4:30pm  
473118 Free/2 sess  
**Sun Oct 22-Oct 29** 3:00pm-4:30pm  
473119 Free/2 sess  
**Sun Nov 5-Nov 12** 3:00pm-4:30pm  
473120 Free/2 sess  
**Sun Nov 19-Nov 26** 3:00pm-4:30pm  
473121 Free/2 sess  
Dance Studio

### Beginner Breaking Class

Breaking (sometimes called Breakdance) is an energetic dance style combining funky footwork, floor moves and inversions to drum breaks from up tempo funk music. Learn fun moves and tricks to impress your friends!  
*Instructor: Sophia Laurio*  
**Wed Oct 4-Oct 11** 6:15pm-7:30pm  
473127 Free/2 sess  
**Wed Oct 18-Oct 25** 6:15pm-7:30pm  
473128 Free/2 sess  
**Wed Nov 1-Nov 8** 6:15pm-7:30pm  
473129 Free/2 sess  
**Wed Nov 15-Nov 29** 6:15pm-7:30pm  
473130 Free/3 sess  
Dance Studio

## Move Together by Sophia & Josh

### 2023 Artists in Communities Project

Artists in Residence: Sophia Sosa & Josh Cameron  
Contact: Aicmovetogether@gmail.com

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.



### Sophia Laurio

Sophia "Sosa" Laurio is a Filipina interdisciplinary artist residing in the unceded lands of the Musqueam, Squamish and Tsleil Waututh Nations, also known as Vancouver, Canada. With a heavy focus on dance and its multiple forms, Sophia is a passionate and versatile movement artist that explores a wide variety of dance styles like Hip Hop, House, Waacking, Locking, Dancehall, Afro-Dancehall and Contemporary dance. She has trained, competed and worked on prestige platforms both locally and internationally. Sophia's current art practice explores dance, filmmaking, writing and creative directing.

### Josh Cameron

Josh Cameron is a 4th generation settler born in Vancouver, BC on the unceded territories of the Semiahmoo, Katzie, Kwikwetlem, Kwantlen, Qayqat, and Tsawwassen First Nations. With his interdisciplinary street dance background, energetic style, and keen ear for musicality, Josh has earned titles at All Style and Breaking competitions across western Canada and the United States. With nearly a decade of experience as a teacher Josh has had the opportunity to uplift countless aspiring movement practitioners in their journey of finding authentic, informed expression through dance.



### Dance Fit

A conditioning and mobility class using dance techniques to strengthen and engage our bodies. Come party and workout all at the same time!  
*Instructor: Sophia Laurio*  
**Sun Oct 8-Oct 15** 1:30pm-2:30pm  
473123 Free/2 sess  
**Sun Oct 22-Oct 29** 1:30pm-2:30pm  
473124 Free/2 sess  
**Sun Nov 5-Nov 12** 1:30pm-2:30pm  
473125 Free/2 sess  
**Sun Nov 19-Nov 26** 1:30pm-2:30pm  
473126 Free/2 sess  
Dance Studio

### Dance Social

Dance Social is a 2-hour open dance floor for any community members who are looking to sweat, practice and socialize through dance. No dance experience necessary! Attendees are welcome to dance, hangout and even watch the dancers practice. Please be advised, this is not a class and no formal lesson will be provided to attendees.  
*Instructor: Sophia Laurio*  
**Wed Oct 4-Oct 11** 7:30pm-9:00pm  
473113 Free/2 sess  
**Wed Oct 18-Oct 25** 7:30pm-9:00pm  
473114 Free/2 sess  
**Wed Nov 1-Nov 8** 7:30pm-9:00pm  
473115 Free/2 sess  
**Wed Nov 15-Nov 29** 7:30pm-9:00pm  
473116 Free/3 sess  
Dance Studio

# Coal Harbour Community Centre

## Education

### 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 Oct 17** 10:00am-11:30am  
465497 Free/1 sess  
Meeting Room

### 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 session Oct 9 & Nov 13.

*Instructor: Ileana Ponce*

**Mon Sep 11-Dec 11** 6:15pm-7:15pm  
465444 \$120/12 sess  
Arts and Crafts Room

### Photography & Cinematography

This interactive course is great for building skills in photography and cinematography. Manto is a professional photographer and cinematographer in portraiture, nature, and sport including the Olympics. He will teach you step by step photography and cinematography basics, functions, and terminology with a hands on approach. Bring your iPhone and camera.

*Instructor: Manto Nakamura*

**Thu Dec 7-Dec 14** 7:00pm-9:00pm  
472286 \$66/2 sess  
Activity Room

## Language

### 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.

*Instructor: Charis Chung*

**Thu Sep 14-Nov 30** 3:30pm-4:30pm  
465428 \$504/12 sess  
**Thu Sep 14-Nov 30** 4:30pm-5:30pm  
465429 \$504/12 sess  
**Thu Sep 14-Nov 30** 5:30pm-6:30pm  
465430 \$504/12 sess  
Activity Room

### ESL: Laugh and Learn in English for Beginners/Low Interim

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 Sep 12-Nov 21** 4:30pm-5:30pm  
465435 \$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 Sep 12-Nov 21** 5:30pm-6:30pm  
465433 \$207.9/11 sess  
Meeting Room

### Japanese - Beginner I

This Japanese language introductory course comes with the updated textbook. You will learn basic grammar, vocabulary, expressions and Hiragana characters. At the end of this course you will be able to order food at a restaurant, go shopping and ask simple questions. For more info, please visit [www.japaneseforallpeople.com](http://www.japaneseforallpeople.com). No Class Oct 9 & Nov 13.

*Instructor: Eri Ito*

**Mon Sep 18-Nov 20** 6:00pm-8:00pm  
465449 \$161.12/8 sess  
Meeting Room

### Spanish - Adult Beginner I

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 Sep 13-Nov 29** 7:00pm-8:30pm  
468702 \$186/12 sess  
Meeting Room

### Spanish - Adult Beginner II

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 Sep 13-Nov 29** 8:30pm-10:00pm  
468703 \$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 Sep 13-Nov 29** 5:30pm-7:00pm  
468705 \$186/12 sess  
Meeting Room



# Coal Harbour Community Centre

## Investing



### 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*

Sat Sep 23	10:30am-11:30am
465445	Free/1 sess
Sat Oct 21	10:30am-11:30am
465446	Free/1 sess
Sat Nov 4	10:30am-11:30am
465447	Free/1 sess
Sat Dec 9	10:30am-11:30am
471655	Free/1 sess
Activity Room	

## Music

### Piano - Charis

Tailor made 30 minute piano lesson taught by experienced award-winning professional and music educator. Beginners are all welcome! Books are not included. Extra \$80 charged for piano exams. No make up lessons.

*Instructor: Charis Chung*

Thu Sep 14-Nov 30	6:30pm-7:00pm
471927	\$300/12 sess
Thu Sep 14-Nov 30	7:00pm-7:30pm
471928	\$300/12 sess
Thu Sep 14-Nov 30	7:30pm-8:00pm
471929	\$300/12 sess
Thu Sep 14-Nov 30	8:00pm-8:30pm
471930	\$300/12 sess
Activity Room	

### UKE INVESTIGATE: Beginner Ukulele Group Lessons NEW!

Learn to play the uke! It is easy and fun. We will sing and strum your favourite songs - pop, folk, blues and rock! Bring your own ukulele (& stand if you have one). Materials: \$10.00 for Heather's "Red Book" if you don't have one. Drop in \$12, starting Oct 4 for Novice Players wanting to join our weekly group. No session on Oct 25.

*Instructor: Heather Stubbs*

Wed Sep 20-Nov 8	10:00am-11:00am
465500	\$85/7 sess
Activity Room	

## Fitness & Health

### Ageless Yoga

Ageless Yoga provides an inspiring and well balanced yoga practice at a slightly slower pace. Each session includes energizing warm ups to release blocked energy, accessible asana (yoga postures) to align your body, increase strength and flexibility, and a deep relaxation practice to help you maintain your ageless body and mind. Drop-in \$16, space permitting. Receive a free class discount if you register for Tue & Thurs sessions. For more information visit [www.givepeaceachant.com](http://www.givepeaceachant.com).

*Instructor: Sandra Leigh*

Tue Sep 5-Oct 24	2:00pm-3:15pm
465397	\$92/8 sess
Thu Sep 7-Oct 26	10:00am-11:15am
465398	\$92/8 sess
Tue Oct 31-Dec 19	2:00pm-3:15pm
465399	\$92/8 sess
Thu Nov 2-Dec 21	10:00am-11:15am
465400	\$92/10 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. Michael 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. \$15 drop-in, space permitting.

*Instructor: Michael Mah*

Tue Oct 3-Nov 21	7:15pm-8:15pm
471924	\$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](http://www.intoyoga.ca)

*Instructor: Into Yoga*

Tue Sep 12-Oct 24	10:30am-11:30am
465402	\$108/7 sess
Tue Nov 14-Dec 12	10:30am-11:30am
465403	\$77/5 sess
Multipurpose Room	

### 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](http://www.vancouverpt.com) Drop in space permitting \$20.

*Instructor: Viviane Lopes*

Wed Sep 6-Oct 25	10:45am-11:45am
465404	\$144/8 sess
Wed Nov 1-Dec 20	10:45am-11:45am
471646	\$144/8 sess
Dance Studio	



### Meet Vivian Lopes

Vivian has over 20 years experience in the fitness industry. She has been teaching out of Coal Harbour Community Centre and The West End Community Centre since 2009. Her classes include Bootcamp on Monday nights 7-8pm and Postnatal Fitness on Wednesdays 10:45-11:45am amongst other classes. Her priority is making sure her participants are safe and having fun as she provides modifications to cater to all fitness levels. You can also check her out at [www.vancouverpt.com](http://www.vancouverpt.com) for more info.

# Coal Harbour Community Centre

## Balanced Body Pilates (Level 1-2)

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. Pilates props including the roller, bands, balls and weights are incorporated to keep things interesting and challenging for all. Receive a free class discount if you register for Tue & Thurs sessions. \$14 drop-in, space permitting.

*Instructor: Shannon Smith*

<b>Tue Sep 5-Oct 24</b> 471931	<b>12:00pm-1:00pm</b> \$96/8 sess
<b>Tue Oct 31-Dec 19</b> 471937	<b>12:00pm-1:00pm</b> \$96/8 sess
<b>Thu Sep 7-Oct 26</b> 472254	<b>12:00pm-1:00pm</b> \$96/8 sess
<b>Thu Nov 2-Dec 21</b> 472255	<b>12:00pm-1:00pm</b> \$96/8 sess
Dance Studio	

## Balanced Body Pilates - Mixed Level NEW!

Join Shannon Smith, Balanced Bodies Pilates teacher for a refreshing class that will tone your body from head to toe. Options for advancing exercises are provided throughout class to help you get the most benefit of your time on the mat. Pilates props including the roller, bands, balls and weights are incorporated to keep things interesting and challenging for all. \$14 drop-in, space permitting.

*Instructor: Shannon Smith*

<b>Wed Sep 6-Oct 25</b> 472258	<b>7:45pm-8:45pm</b> \$84/8 sess
<b>Wed Nov 1-Dec 20</b> 472259	<b>7:45pm-8:45pm</b> \$84/8 sess
Multipurpose Room	

## Balanced Body Pilates - Simply Stretch NEW!

Simply Stretch with Balanced Body Pilates teacher, Shannon Smith to move better in sport and life. This class uses the foam roller to relieve tight fascia and incorporates simple stretching to improve alignment and balance in your body. No Pilates experience needed. \$14 drop-in, space permitting.

*Instructor: Shannon Smith*

<b>Sat Sep 9-Oct 28</b> 471941	<b>9:15am-10:15am</b> \$96/8 sess
<b>Sat Nov 4-Dec 16</b> 471942	<b>9:15am-10:15am</b> \$84/7 sess
Multipurpose Room	

## 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 \$16, space permitting.

*Instructor: Alesya Bogaevska*

<b>Thu Sep 14-Oct 26</b> 465414	<b>5:30pm-6:30pm</b> \$84/7 sess
<b>Thu Nov 2-Dec 14</b> 465415	<b>5:30pm-6:30pm</b> \$84/7 sess
Dance Studio	

## Body Fit NEW!

Total body workout pre-choreographed to music using barbells, dumbbells as well as body weight exercises designed to build a toned, lean and fit body. All levels of fitness are welcomed, no experience necessary! \$15 drop-in, space permitting.

*Instructor: Andrea Janotova*

<b>Tue Sep 5-Oct 24</b> 472296	<b>9:15am-10:15am</b> \$104/8 sess
<b>Thu Sep 7-Oct 26</b> 472297	<b>9:15am-10:15am</b> \$104/8 sess
<b>Tue Oct 31-Dec 19</b> 474150	<b>9:15am-10:15am</b> \$104/8 sess
<b>Thu Nov 2-Dec 21</b> 474151	<b>9:15am-10:15am</b> \$104/8 sess
Dance Studio	

## 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](http://www.vancouverpt.com). \$20 drop in, space permitting. No class Oct 9 & Nov 13.

*Instructor: Viviane Lopes*

<b>Mon Sep 11-Oct 30</b> 465420	<b>7:00pm-8:00pm</b> \$126/7 sess
<b>Mon Nov 6-Dec 18</b> 471645	<b>7:00pm-8:00pm</b> \$108/6 sess
Dance Studio	



## Meet Nousha Vahidi

Nousha's inner light sparked 30 years ago after falling in love with an illustrated book of Asanas. Yoga has been an intimate companion during her journey in life ever since. After completing her 200-hour teacher training in 2009 at Newport Yoga, Nousha's craving to learn more about yoga grew. She continually attends workshops and events to deepen her practice as a life-long student. Her classes are a blend of focusing on alignment, and powering the body through breath. Using various breathing techniques fuels the flow of each class. Discipline, laughter, and calmness is what you are going to experience in her classes.

## 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. Receive a free class discount if you register for Mon & Fri sessions. Drop-in \$16.00, space permitting. No class Oct 9 & Nov 13.

*Instructor: Nousha Vahidi*

<b>Mon Sep 11-Oct 30</b> 465421	<b>9:30am-10:30am</b> \$112/7 sess
<b>Mon Nov 6-Dec 18</b> 472290	<b>9:30am-10:30am</b> \$98/7 sess
<b>Fri Sep 8-Oct 27</b> 472343	<b>9:30am-10:30am</b> \$112/8 sess
<b>Fri Nov 3-Dec 22</b> 472344	<b>9:30am-10:30am</b> \$112/8 sess
Multipurpose Room	



# Coal Harbour Community Centre



## 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 Oct 9 & Nov 13.

*Instructor: Linda Shedden*

<b>Mon Sep 11-Oct 30</b> 465422	<b>5:30pm-6:30pm</b> \$113.33/7 sess
<b>Mon Nov 6-Dec 18</b> 471830	<b>5:30pm-6:30pm</b> \$97.14/6 sess

Dance Studio

## Chair Yoga **NEW!**

A gentle form of Yoga that is done while seated or standing up or even laying on the mat, using a chair for balance, which makes the practice more accessible. In Chair Yoga, it is possible to move into poses like cat, cow, warrior, sun salutations and forward folds, all while seated. This type of Yoga is suitable for any age group and for people with all levels of ability. Drop-in \$15, space permitting.

*Instructor: Mahnaz Ghafari*

<b>Tue Sep 5-Oct 24</b> 472278	<b>6:45pm-7:45pm</b> \$98/8 sess
<b>Tue Oct 31-Dec 19</b> 472280	<b>6:45pm-7:45pm</b> \$98/8 sess

Multipurpose 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!

## 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 Oct 9 & Nov 13.

*Instructor: Ileana Ponce*

<b>Mon Sep 11-Oct 30</b> 465440	<b>7:30pm-8:30pm</b> \$70/7 sess
<b>Mon Nov 6-Dec 18</b> 471629	<b>7:30pm-8:30pm</b> \$60/6 sess

Multipurpose Room

## Gentle Feel Good Yoga

All levels of Yoga are welcome in this one hour class. Gentle poses are the main key to gain flexibility that provides transferable benefits to daily activities. Breathing techniques will also be incorporated to help with stress relief and hormone balance. Drop-in \$15, space permitting.

*Instructor: Cerria Dela Cruz*

<b>Sun Sep 10-Oct 22</b> 472293	<b>1:30pm-2:30pm</b> \$85.75/7 sess sess
<b>Sun Oct 29-Dec 3</b> 472295	<b>1:30pm-2:30pm</b> \$73.50/6 sess sess

Multipurpose Room

## Get Fit = Stay Fit

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*

<b>Tue Sep 5-Oct 24</b> 465441	<b>5:30pm-6:30pm</b> \$80/8 sess
<b>Tue Oct 31-Dec 19</b> 471647	<b>5:30pm-6:30pm</b> \$80/8 sess

Multipurpose Room

## Guided Reiki Meditation **NEW!**

Are you looking to relax deeply and reduce stress? Take this Reiki program designed to promote deep relaxation and holistic well being. Sit back or lie down comfortably as soothing Reiki energy is channeled to you by a qualified Reiki Master. This program is for everyone and no prior experience is needed. This program is the perfect way to invite fresh energy and relaxation into your life. Register now, have fun and bring a friend!

*Instructor: Shehbaz Ahmad*

<b>Tue Sep 26-Nov 14</b> 472349	<b>10:30am-11:30am</b> \$80/8 sess
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Dance Studio

## Hatha Yoga **NEW!**

Hatha Yoga practice will help you establish a clear rhythm of practice, understand the details, and learn how to perform yoga poses correctly and safely. This will help you find safe and effective development on the path of yoga. Classes are suitable for beginners and experienced students. They include a balanced practice of traditional yoga asanas, accessible breathing exercises, and meditation techniques. Join certified Hatha Yoga instructor, Anastasiia Kravchynska today and embark on your journey towards a healthier lifestyle! Drop-in \$15, space permitting

*Instructor: Anastasiia Kravchynska*

<b>Thu Sep 7-Oct 26</b> 472276	<b>6:45pm-7:45pm</b> \$98/8 sess
<b>Thu Nov 2-Dec 21</b> 472277	<b>6:45pm-7:45pm</b> \$98/8 sess

Dance Studio

## Pilates Fusion **NEW!**

This class uses controlled movements incorporating Pilates and Yoga to improve your flexibility, strength, and endurance. Emphasis is on alignment, breathing, and developing core awareness. It is an all levels practice that consists of a full body work out. You'll feel amazing after! No Pilates or Yoga experience necessary. For more info visit [www.intoyoga.ca](http://www.intoyoga.ca) \$16 drop in, space permitting. No class Oct 8 & Nov 12.

*Instructor: Into Yoga*

<b>Sun Sep 10-Oct 29</b> 465493	<b>12:15pm-1:15pm</b> \$101/7 sess
<b>Sun Nov 5-Dec 17</b> 465494	<b>12:15pm-1:15pm</b> \$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*

<b>Sep 9-Dec 16</b> 465509	<b>9:30am-12:30pm</b> Free/15 sess
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# Coal Harbour Community Centre



## 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](http://www.intoyoga.ca)

*Instructor: Into Yoga*

<b>Tue Sep 12-Oct 24</b> 471665	<b>6:00pm-7:00pm</b> \$101/7 sess
<b>Tue Nov 7-Dec 12</b> 471666	<b>6:00pm-7:00pm</b> \$87/6 sess
Dance Studio	

## Yoga on Mat **NEW!**

Yoga on mat is a combination of Hatha and Vinyasa poses including seated, standing and balancing poses by the use of Yoga straps and blocks and sometimes dumbbells. The focus of this type of Yoga is on the important Centres of energy in the body.

*Instructor: Mahnaz Ghafari*

<b>Fri Sep 08-Oct 27</b> 472281	<b>2:30pm-3:30pm</b> \$98/8 sess
<b>Fri Nov 03-Dec 22</b> 472283	<b>2:30pm-3:30pm</b> \$98/8 sess
Dance Studio	

## 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*

<b>Wed Sep 13-Oct 25</b> 465511	<b>6:30pm-7:30pm</b> \$98/7 sess
<b>Wed Nov 1-Dec 13</b> 465512	<b>6:30pm-7:30pm</b> \$98/7 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 Waye*

<b>Wed Sep 6-Oct 25</b> 465513	<b>9:15am-10:15am</b> \$92/8 sess
<b>Wed Nov 1-Dec 20</b> 471642	<b>9:15am-10:15am</b> \$92/8 sess
Dance Studio	

## 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](http://www.ZumbaVancouver.ca). \$14 drop in, space permitting. No class Oct 9, & Nov 13.

*Instructor: Zumba Vancouver*

<b>Monday</b>	
<b>Sep 11-Sep 11</b> 465514	<b>6:00pm-7:00pm</b> Free/1 sess
<b>Sep 18-Oct 30</b> 465517	<b>6:00pm-7:00pm</b> \$75/6 sess
<b>Nov 6-Dec 18</b> 465520	<b>6:00pm-7:00pm</b> \$75/6 sess
Multipurpose Room	
<b>Thursday Morning</b>	
<b>Sep 7</b> 465515	<b>10:30am-11:30am</b> Free/1 sess
<b>Sep 14-Oct 26</b> 465518	<b>10:30am-11:30am</b> \$87.5/7 sess
<b>Nov 2-Dec 14</b> 465521	<b>10:30am-11:30am</b> \$87.5/7 sess
Dance Studio	
<b>Thursday Evening</b>	
<b>Sep 7</b> 465516	<b>6:30pm-7:30pm</b> Free/1 sess
<b>Sep 14-Oct 26</b> 465519	<b>6:30pm-7:30pm</b> \$87.5/7 sess
<b>Nov 2-Dec 14</b> 465522	<b>6:30pm-7:30pm</b> \$87.5/7 sess
Multipurpose Room	



## Food & Gardening Workshops

### Introduction to Seed Saving

Would you like to start saving your own seeds? If so, then this is the perfect time of the year to start thinking about saving seeds from your garden! In this Village Vancouver - West End Neighbourhood Food Network WE Urban Garden Club workshop, Rhiannon Johnson will provide you with the knowledge needed to understand the basic principles behind seed saving and the skills necessary to begin saving seeds. 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).

*Instructor: West End Food Network*

<b>Sat Sep 16</b> 465413	<b>11:00am-1:00pm</b> \$16/1 sess
Arts and Crafts Room	

### DIY Crochet Dishcloths

In this Village Vancouver - West End Neighbourhood Food Network WE Urban Garden Club workshop with Rashmi GC, you'll learn how to make cotton dishcloths using crochet techniques, and each participant will create a dishcloth in a beautiful pattern to take home! We'll also discuss different patterns and yarns suitable for making dishcloth. 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).

*Instructor: West End Food Network*

<b>Tue Oct 24</b> 472351	<b>6:30pm-8:30pm</b> \$23/1 sess
Arts and Crafts Room	

### Mini-Macrame Wall Hangings

In this joint Village Vancouver - West End Neighbourhood Food Network WE Urban Garden Club 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).

*Instructor: West End Food Network*

<b>Sat Nov 25</b> 472352	<b>1:00pm-3:00pm</b> \$23/1 sess
Arts and Crafts Room	



# Coal Harbour Community Centre

## Edible Holiday Gifts in Mason Jars

In this Village Vancouver - West End Neighbourhood Food Network WE Urban Garden Club workshop with Rashmi GC, we'll be exploring edible sweet and savoury gifts in Mason jars for the holiday season, and participants will create a jar to take home with them. We'll also discuss the broader concepts of food as a gift and homemade gifts, as well as gift wrapping, utilizing family recipes, etc. 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.)

Instructor: West End Food Network

Sun Dec 3 2:45pm-4:45pm  
472353 \$23/1 sess  
Multipurpose Room

## Martial Arts

### 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. No session Oct 9 & Nov 13.

Instructor: Sensei Moe Rahmanyman

Mon-Thu Sep 7-Oct 23 8:15pm-9:15pm  
471649 \$169/13 sess  
Mon-Thu Nov 2-Dec 18 8:15pm-9:15pm  
471651 \$169/13 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 Oct 9 & Nov 13.

Instructor: No Instructor

Mon Sep 11-Dec 18 12:00pm-1:30pm  
465405 \$65/13 sess  
Wed Sep 6-Dec 20 8:00pm-9:45pm  
465407 \$84/16 sess  
Thu Sep 7-Dec 21 12:00pm-1:30pm  
465408 \$80/16 sess  
Thu Sep 7-Dec 21 6:30pm-7:45pm  
465409 \$76/16 sess  
Sat Sep 9-Dec 16 3:15pm-4:45pm  
471610 \$78.75/15 sess  
Sun Sep 10-Dec 17 10:15am-11:15am  
465410 \$52.50/15 sess  
Gymnasium

### Basketball

Enjoy some friendly, exciting recreational basketball. Non-instructional. Drop-in \$6, space permitting. No session Oct 9, 28 & Nov 13.

Instructor: No Instructor

Mon Sep 11-Dec 18 6:30pm-7:45pm  
471611 \$61.75/13 sess  
Tue Sep 5-Dec 19 12:00pm-1:30pm  
465416 \$80/16 sess  
Wed Sep 6-Dec 20 6:00pm-7:45pm  
465417 \$84/16 sess  
Fri Sep 8-Dec 22 12:00pm-1:30pm  
465418 \$80/16 sess  
Sat Sep 9-Nov 25 10:00am-11:30am  
465419 \$78.75/15 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 Oct 9 & Nov 13.

Instructor:

Mon Sep 11-Dec 18 8:00pm-9:45pm  
465443 \$81.25/13 sess  
Thu Sep 07-Dec 21 8:00pm-9:45pm  
471612 \$100/16 sess  
Gymnasium

## 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:** AAll 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.

**Drop-In Rate:** \$6/person.

### 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.

# Coal Harbour Community Centre

## Table Tennis



### Private Table Tennis Lessons

Book a private lesson with Yakiv Hzaborchuk. Based on availability; time to be agreed upon by Yakiv and the student. Call 604-718-8222, ext. 1 for more information. By appointment: \$40/1 sess/60 mins.

*Instructor: Yakiv Hrabarchuk*

**Sep 1-Dec 22**                      **9:00am-5:00pm**  
472770                                \$38.1/111 sess  
Activity Room

### Semi-Private Table Tennis Lessons

Book a private lesson with Yakiv Hzaborchuk. Based on availability; time to be agreed upon by Yakiv and the student. Call 604-718-8222, ext. 1 for more information. By appointment: \$30/1 sess/60 mins.

*Instructor: Yakiv Hrabarchuk*

**Sep 1-Dec 22**                      **9:00am-5:00pm**  
472771                                \$28.57/110 sess  
Activity Room

### Table Tennis - Recreational Drop-In

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*

**Thu Sep 6-Oct 18**                      **6:00pm-8:00pm**  
472772                                \$28/7 sess  
**Thu Nov 1-Dec 20**                      **6:00pm-8:00pm**  
472773                                \$32/8 sess  
Activity Room

### Table Tennis Lessons

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. No session Oct 9 & Nov 13.

*Instructor: Yakiv Hrabarchuk*

**Mon Sep 11-Oct 30**                      **10:00am-11:30am**  
472774                                \$87.50/7 sess  
**Wed Sep 6-Oct 25**                      **10:00am-11:30am**  
473308                                \$100/8 sess  
**Mon Nov 6-Dec 18**                      **10:00am-11:30am**  
472776                                \$75/6 sess  
**Wed Nov 1-Dec 20**                      **10:00am-11:30am**  
473311                                \$100/8 sess  
Multipurpose Room

### 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 Sep 05-Dec 19**                      **1:45pm-3:15pm**  
465455                                \$80/16 sess  
**Thu Sep 07-Dec 21**                      **1:45pm-3:15pm**  
465456                                \$80/16 sess  
**Sun Sep 10-Dec 17**                      **1:15pm-2:45pm**  
465457                                \$78.75/15 sess  
Gymnasium

### 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. Your certified Pickleball instructor will teach you the basic technique, rules, how to keep score, court positioning and more. No session Oct 9 & Nov 13.

*Instructor: Ruth Johnson*

**Mon Sep 11-Oct 23**                      **1:45pm-3:15pm**  
465450                                \$112.5/6 sess  
**Mon Oct 30-Dec 18**                      **1:45pm-3:15pm**  
471835                                \$131.25/7 sess  
Gymnasium

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

This class is for anyone that has taken a "Learn to Play Pickleball" session. 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 75/25. Any questions if this is the right class for you click on [www.vancouverpickleball.ca](http://www.vancouverpickleball.ca), go to menu and choose skill levels. The instructor reserves the right to move a participant to the right class.

*Instructor: Ruth Johnson*

**Wed Sep 6-Oct 25**                      **1:45pm-3:15pm**  
465458                                \$150/8 sess  
**Wed Nov 1-Dec 20**                      **1:45pm-3:15pm**  
471842                                \$150/8 sess  
Gymnasium



# Coal Harbour Community Centre

## Pickleball - Beginner Level II (Level 2.5-3.0) **NEW!**

This class is for anyone that has taken the level 1 class and can successfully demonstrate all the skills as described in [www.vancouverpickleball.ca](http://www.vancouverpickleball.ca), to menu and click skill levels. We will focus on drills that further enhances your consistency in dinking, volleys, 3rd shot drops and drives, overhead smashes, movement with your partner, foot work and more. Balance between drills and games will be 70/30. Drop in \$30, space permitting.

*Instructor: Ruth Johnson*

<b>Tue Sep 5-Oct 24</b>	<b>9:30am-11:30am</b>
471914	\$200/8 sess
<b>Tue Oct 31-Dec 19</b>	<b>9:30am-11:30am</b>
471915	\$200/8 sess

Gymnasium

## Smash Tennis - Adult Intermediate Clinic (2.5-3.0) **NEW!**

Take your game to the next level! An opportunity for players with some experience with the game (2.5-3.0 NTRP rating) to refine their technical and tactical skills. Through game-based learning, students will improve their ability to play within cooperative and competitive settings.

*Instructor: Summer Smash Tennis*

<b>Thu Sep 14-Oct 26</b>	<b>9:15am-10:30am</b>
472339	\$288.75/7 sess
<b>Thu Nov 02-Dec 14</b>	<b>9:15am-10:30am</b>
472340	\$288.75/7 sess
<b>Thu Sep 14-Oct 26</b>	<b>10:30am-11:45am</b>
472341	\$288.75/7 sess
<b>Thu Nov 02-Dec 14</b>	<b>10:30am-11:45am</b>
472342	\$288.75/7 sess

Gymnasium

## Touchtennis (foamball Tennis) **NEW!**

A fun, indoor game based on tennis. Touchtennis is a modified version of tennis played on a compact court with foam balls. It's exciting, fun and energetic as you can play this using the same strokes and speed as regular tennis. Suitable for beginners and others who may want to play tennis at a slower and easier pace, you can play a softer game and still have a lot of fun. 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*

<b>Wed Sep 6-Dec 20</b>	<b>12:00pm-1:30pm</b>
471614	\$80/16 sess

Gymnasium

## Volleyball



### Volleyball Skills & Training Clinic (19+ yrs)

Taught by NCCP level 2 Coach. All skill levels welcome. Each session will introduce a new skill and end in game play.

*Instructor: Volleyball BC*

<b>Sun Sep 10-Dec 3</b>	<b>3:00pm-4:30pm</b>
465505	\$240/12 sess

Gymnasium

### Volleyball Skills & Training Clinic - Int/Adv (19+ yrs)

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*

<b>Tue Sep 12-Nov 28</b>	<b>6:00pm-7:30pm</b>
465506	\$240/12 sess

Gymnasium

### 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 Oct 28.

*Instructor: Gabriel Chan*

<b>Sat Sep 9-Dec 16</b>	<b>12:00pm-1:30pm</b>
465503	\$87.50/14 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: Gaspal Douo*

<b>Tue Sep 5-Dec 19</b>	<b>6:00pm-7:45pm</b>
465504	\$100/16 sess

Gymnasium

### Volleyball - Intermediate/ Advanced

Intermediate players should have a good 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: Gaspal Douo*

<b>Tue Sep 5-Dec 19</b>	<b>8:00pm-9:45pm</b>
471613	\$100/16 sess

Gymnasium



# Coal Harbour Community Centre

## Fall 2023 Gymnasium Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30-11:00am Jellyfish Playtime	9:15am-11:15am Pickleball-Beginner Level II	9:30-11:00am Jellyfish Playtime	9:15-11:30am Smash Tennis Adult Int. Clinic	9:30-11:00am Jellyfish Playtime	10:00-11:30am Basketball	10:15-11:15am Badminton
12:00-1:30pm Badminton	12:00-1:30pm Basketball	12:00-1:30pm Touchtennis (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 Pickleball-Beginner	1:45-3:15pm Pickleball	1:30-3:30pm Pickleball - Advanced Beg/ Learner	1:45-3:15pm Pickleball		1:45-2:45pm Birthday Parties	1:15-2:45pm Pickleball
3:30pm-4:30pm Tot Soccer (4-6yrs)	3:30-5:00pm Teen Open Gym	3:30-5:00pm Teen Open Gym	3:30pm-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
4:45-6:15pm Soccer (7-12yrs)			4:45-6:15pm Soccer (7-12yrs)	4:45-6:00pm Just Real Ballers Basketball (9-12yrs)	<b>Principles for Sport, Code of Conduct:</b> 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+)	
6:30-7:45pm Basketball	6:00-7:45pm Volleyball - Recreational Plus & Int/Adv Skills Clinic	6:00-7:45pm Basketball	6:30-7:45pm Badminton	6:15-9:00pm Youth Programs		
8:00-9:45pm Indoor Soccer	8:00-9:45pm Volleyball - Int/Adv	8:00-9:45pm Badminton	8:00-9:45pm Indoor Soccer			

## Room Rentals

If you are looking for a perfect venue for birthday, wedding, engagement or any other special event we have a room for you. Our modern Coal Harbour Community Centre facility has rooms with panoramic views of the Coal Harbour marina, Stanley Park and North Shore Mountains. Audio equipment, tables and chairs are provided with every room rental.

## Coal Harbour Community Centre room rates

Rooms	Community	Non-Profit	Private	Commercial	Film
Gymnasium	\$20/hr	\$50/hr	\$95/hr	\$150/hr	\$2,200/day
Multi-purpose Room	\$20/hr	\$50/hr	\$100/hr	\$130/hr	\$2,200/day
Activity Room	\$10/hr	\$25/hr	\$55/hr	\$70/hr	\$2,200/day
Meeting Room	\$10/hr	\$20/hr	\$45/hr	\$55/hr	\$2,200/day

\*All hours are subject to room availability.  
Rental requests outside of operational hours  
are also subject to staff availability.

For more information please vis-  
it <https://westendcc.ca/room-rentals/>  
[coal-harbour-room-rentals-new/](https://westendcc.ca/coal-harbour-room-rentals-new/)

Or scan

