

WINTER 2024 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

Winter Program Registration

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

Online/ In-Person: Tue, December 5 @ 7:00pm

By Phone: Wed, December 6 @ 9:30am

Online

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

By Phone

West End / Barclay Manor: 604-257-8333

Coal Harbour: 604-718-8222

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

Laugh + Learn + Play

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

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

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



West End Community Centre Association Mission Statement

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

The West End Community Centre Association (WECCA)

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

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

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

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

WECCA Board of Directors:

Ian Haywood-FarmerPresident
Linda Johnston 1st Vice President
Ellie Stojanovski2nd Vice President
Jacob Kojfman Treasurer
VacantSecretary

Directors:

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

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.

WECCA President's Welcome Winter 2024

We are very much looking forward to winter at West End Community Centre, Coal Harbour Community Centre and Barclay Manor. Winter may mean shorter days and colder temperatures, but we offer an enormous number of ways you can make your winter days brighter. We have returned to a full roster of activities. All kinds of courses have been added to our schedule, and we have also added additional new classes at different times. Have a good look through the program guide and find something that will fill your winter days with something different. This year we have put extra efforts into bringing back special events and special celebrations, and hope you, your friends and family have been able to enjoy them.

Please remember, if a course is not convenient for you, do check both Coal Harbour and West End schedules to see if there is an alternative time or date that may better suit you. If you have thoughts about our offerings or some course ideas we should consider, please let us know. We endeavour to keep excellent programs affordable and convenient, and we are happy to receive feedback. The Community Centre is also an outstanding place for you to connect with the community as well as friends and family. Please make the Community Centre a part of your winter plans and it will make your winter days brighter.

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.

WECCA Annual General Meeting

January 30, 2024 at 6:00pm

WECCA Members to be notified by email.

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.



Registration Information

West End CC Hours of Operation

870 Denman St, Vancouver, BC V6G 2L8 | 604-257-8333

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

Community CentreJan 2-Mar 31

Monday-Friday 9:00am-9:00pm

Saturday-Sunday 9:00am-5:00pm

Front OfficeJan 2-Mar 31

Monday-Friday 9:00am-8:45pm

Saturday-Sunday 9:00am-4:45pm

Fitness CentreJan 2-Mar 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

480 Broughton St, Vancouver, BC V6G 3H4 | 604-718-8222

Community CentreJan 2-Mar 31

Monday-Thursday 9:00am-10:00pm

Friday-Saturday 9:00am-5:00pm

Sunday 10:00am-5:00pm

Front OfficeJan 2-Mar 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 TBA

Fitness 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

Winter Registration:

On-line/In-Person: Tue, December 5 at 7:00pm

Phone: Wed, December 6 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 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



Call for Artists!

Art in the City 2024

Exhibit Your Fine Art in the
West End's Largest Art Market

Email for info:

westendartinthecity@gmail.com



Christmas Carnival

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

Kids' Stuff Only Market

If you have children's toys, clothes, books, or other items you no longer use, then this is your chance to sell these items instead of keeping them in storage! Tables are \$20, sold first come, first served. No refunds after March 3, 2024. Admission is free!

Sat Mar 23

10:00am-1:00pm

486187

\$7/child

Multipurpose Room



Easter Carnival

Hippity, hoppity, spring has sprung! Join the Easter Bunny for an Easter egg hunt, arts & craft, play time. The excitement will also include a bouncy castle, face painting, balloon making, and a photo booth! Parent participation is required. Pre-registration is recommended. (\$7/child, \$8.50/child on the day-of event, space permitting). Amusement Device Operating Permit: Licence No. LAM0212184.

Sat Apr 8

10:00am-12:00pm

433271

\$7/child

Multipurpose Room



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
469452
Lobby

3:30-5:00pm
FREE



Valentines Day Craft Time

Join us in the Auditorium to celebrate Valentines Day! Your child will go home with a beautiful & unique craft that they've made. Parent participation required. Please register, supplies are limited.

Wed Feb 14
485476
Auditorium

3:30-5:00pm
FREE

Family Day Festivities

Celebrate Family Day! Join other families for gym playtime, fun lobby activities, and more! Free Activities and Admission. Please register, supplies are limited.

Coal Harbour C.C Event:
West End C.C Event:

Monday Feb 19
Monday Feb 19

10:00am-2:00pm
10:00am-2:00pm

Children (5 & Under)

Creative Arts

Art Adventure (2.5-5 yrs) **NEW!**

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

Instructor: Samira Adab

Sun Jan 14-Mar 10
484771

10:30-11:15am
\$140/9 sess

Meeting Room 1



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 Jan 10-Mar 13
481853
Meeting Room 2

11:00am-12:15pm
\$200/10 sess

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 Jan 10-Mar 13
481856
Meeting Room 2

2:00-3:15pm
\$200/10 sess

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 Jan 10-Mar 13
481855
Meeting Room 2

12:30-1:45pm
\$200/10 sess

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 Jan 10-Mar 13
481852
Meeting Room 2

9:30-10:45am
\$200/10 sess

West End Community Centre

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

Drop-in \$14. No Class Feb 18.

Instructor: Endorphan Rush Dance

Sun Jan 7-Mar 17

482142

Denman Room

10:00-10:45am

\$130/10 sess

Education

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

Drop-in \$17

Instructor: Into Yoga

Wed Jan 24-Mar 13

481831

English Bay Room

4:30-5:30pm

\$123/8 sess

Baby Sign Language

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

Instructor: Sheri Kauhausen

Tue Feb 20-Mar 19

481817

Bidwell Room

10:30-11:15am

\$77/5 sess

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.

Sat Jan 6-Mar 30 11:30am-1:30pm \$100/Package

Sun Jan 7-Mar 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. Registration is necessary. **No Playtime Feb 19, Mar 29**

Jan 2-Mar 31

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

Wed

Playtime 3:30-5:00pm

Drop In Fee: \$3.50

Auditorium

Baby and Toddler (New Born-2yrs)

We have toys, balls, and more. Each day ends with circle time songs. Parents are required to help set up and clean up the equipment each day. **No Playtime Feb 19, Mar 29**

Mon Jan 8-Mar 25

12:30-2:00pm (Bidwell Room)

Tue Jan 2-Mar 26

9:30-11:30am (English Bay Room)

Wed Jan 3-Mar 27

12:30-2:00pm (Auditorium)

Thu Jan 4-Mar 28

9:30-11:30am (Denman Room)

Fri Jan 5-Mar 29

12:30-2:00pm (English Bay Room) **NEW!**

Drop In Fee: \$3.50

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

Amusement Device Operating Permit: Licence No. LAM0212184

West End Community Centre

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 Feb 19.

Instructor: Sportball Vancouver

Mon Jan 15-Mar 11 3:30-4:30pm
481807 \$152/8 sess
Auditorium

West End Soccer Academy (2-3yrs old)

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

Visit: <http://www.facebook.com/Coach.Glyn> for updates. Drop-in \$19.00. No Class Feb 17.

Instructor: Glyn Roberts

Sat Jan 13-Mar 16 9:15-10:00am
482067 \$126/9 sess
King George Gymnasium/Field
Depending on Weather

West End Soccer Academy (3-5yrs old)

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

Visit: <http://www.facebook.com/Coach.Glyn> for updates. Drop-in \$20.00. No class Feb 17.

Instructor: Glyn Roberts

Sat Jan 13-Mar 16 10:00-10:45am
482068 \$135/9 sess
King George Gymnasium/Field
Depending on Weather

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 9:15am - 12:45pm \$450/month
M/W/F 9:15am - 12:45pm \$279/month
T/Th 9:15am - 12:45pm \$195/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

Twos' Time

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

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

Tue 10:00-11:30am \$98/month
Wed 10:00-11:30am \$98/month
Thu 10:00-11:30am \$98/month
waitlist activity # 455695

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 for the program it will either be cancelled or postponed. Sign-up even if the class is free!

West End Community Centre

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. This Capoeira 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. No Class Feb 17.

Instructor: Yulia Terekh

Sat Jan 20-Mar 16 1:00-1:45pm
482104 \$120/8 sess
Dance Studio

Baby Bear Gymnastics (1-2yrs)

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. Parent Participation is required. Child must be able to walk or starting to. Drop in \$14.00. No Class Feb 18.

Instructor: Bear Feet Gymnastics

Sun Jan 7-Mar 17 3:00-3:45pm
482157 \$120/10 sess
Auditorium

Bear Cub Gymnastics (2-4yrs)

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. No Class Feb 18.

Instructor: Bear Feet Gymnastics

Sun Jan 7-Mar 17 4:00-4:45pm
482158 \$120/10 sess
Auditorium

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.

Instructor: Happy Kids Studios

4-6yrs
Sat Jan 13-Feb 10 2:10-3:10pm
482085 \$90/5 sess
Sat Feb 24-Mar 16 2:10-3:10pm
482088 \$72/4 sess

7-9yrs
Sat Jan 13-Feb 10 3:20-4:20pm
482093 \$90/5 sess
Sat Feb 24-Mar 16 3:20-4:20pm
482096 \$72/4 sess
Denman Room

Art Adventure (5-9 yrs) **NEW!**

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

Instructor: Samira Adab

Sun Jan 14-Mar 10 11:30am-12:15pm
484773 \$140/9 sess
Meeting Room 1



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.

Instructor: Estelle Liebenberg

5-8yrs
Thu Jan 11-Mar 14 3:30-4:45pm
481862 \$155/10 sess
9-15yrs
Thu Jan 11-Mar 14 5:00-6:15pm
481863 \$155/10 sess
Pottery Studio

Drawing and Painting (6-10 yrs)

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 Jan 10-Mar 13 3:45-5:00pm
481857 \$200/10 sess
Meeting Room 2

Watercolour: Drawing and Painting for Kids & Youth (7-18yrs)

In this class students will learn how to draw, shape and form images in perspective while creating compositional structures. We will explore topics including landscape, still life, flowers, figures and more. Supplies are not included. Please bring any drawing and colouring material (coloured pencils, art markers, watercolours, pastels, acrylics, etc) to the first class. I would be happy to help you with any of these mediums. Visit: www.atashzad.com Master M. Reza Atashzad has over 35 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 centres in Vancouver since 2011. He has published more than 700 watercolour paintings, such as greeting cards, posters, albums, and books. Visit: www.atashzad.com Drop-in \$25

Instructor: Mohammad Reza Atashzad

Thu Jan 11-Mar 14 3:45-5:00pm
481895 \$198/10 sess
Denman Room

Sketching, Acrylic to String Art (7-13yrs old) **NEW!**

Our program brings out the best in each child's imagination and encourages individual creativity, let's dive in and let the excitement begin!

Instructor: Zahra Hosseinkhan

Fri Jan 12-Mar 29 3:45-5:45pm
482057 \$360/12 sess
Denman 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 for the program it will either be cancelled or postponed.

Sign-up even if the class is free!

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 Drop-in \$14. No Class Feb 18.

Instructor: Endorphin Rush Dance

Sun Jan 7-Mar 17 12:45-1:30pm
482151 \$130/10 sess
Denman Room

Creative Ballet (4-6yrs)

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

Drop-in \$14. No Class Feb 18.

Instructor: Endorphin Rush Dance

Sun Jan 7-Mar 17 10:50-11:35am
482144 \$130/10 sess
Denman Room

Dance Extreme (Dance Sampler)

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 Drop-in \$14. No Class Feb 18.

Instructor: Endorphin Rush Dance

Sun Jan 7-Mar 17 1:35-2:35pm
482152 \$130/10 sess
Denman Room

Fun Movements - Dance class for kids

Dance class based on playfulness and symbolism, respecting the motor coordination and emotional development of each child at each stage of life. We will work on activities involving essential abilities to the dance world, such as: balance, strength, musicality.

Instructor: Maria Norberto

Sat Feb 10-Mar 23 10:00-10:50am
482102 \$91/7 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

Drop-in \$14. No Class Feb 18.

Instructor: Endorphin Rush Dance

Sun Jan 7-Mar 17 11:40am-12:25pm
482147 \$130/10 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 Jan 11-Mar 14 4:00-5:00pm
481859 \$125/10 sess
English Bay 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 Feb 16

Before Care: 482208
8:00-9:30am \$8/day
Camp: 482210
9:30am-3:30pm \$35/day
After Care: 482211
3:30-5:30pm \$10/day

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

Sat Jan 20 12:00-3:00pm
482212 \$25/Person
Sat Mar 2 12:00-3:00pm
482213 \$25/Person
Barclay Room

Spring 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. 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. No Program Mar 29

Week 1: Mar 18-Mar 22

Before Care: 482217
8:00-9:30am \$30/5 sess
Camp: 482218
9:30am-3:30pm \$140/5 sess
After Care: 482219
3:30-5:30pm \$40/5 sess

Week 2: Mar 25-28

Before Care: 482221
8:00-9:30am \$24/4 sess
Camp: 482222
9:30am-3:30pm \$112/4 sess
After Care: 482224
3:30-5:30pm \$32/4 sess

Day Camp Refund Policy:

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



West End Community Centre

Out of School Care

West End Kids Care (5-12yrs)

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

Before Care:

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

After Care:

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

B/A Care:

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

Tue Jan 9-Feb 6 3:45-4:45pm
481815 \$49.5/5 sess

Tue Feb 13-Mar 12 3:45-4:45pm
481816 \$49.5/5 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

Thu Jan 11-Mar 14 3:30-4:30pm
481858 \$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

Wed Jan 17-Mar 13 3:45-4:45pm
481850 \$189/9 sess

10-14yrs

Wed Jan 17-Mar 13 5:00-6:15pm
481851 \$236.25/9 sess

Bidwell Room

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 Jan 12-Mar 29 3:45-4:45pm
484376 \$180/12 sess

Meeting Room 2



Red Cross Babysitting

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

Instructor: Foundations Safety + First Aid Training

Sun Jan 28 10:00am-5:00pm
482106 \$75/Person

Sun Feb 25 10:00am-5:00pm
482107 \$75/Person

Sun Mar 17 10:00am-5:00pm
482110 \$75/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

Sat Feb 10 9:15am-1:45pm
482098 \$99.75/Person

Sat Mar 9 9:15am-1:45pm
482099 \$99.75/Person

Barclay Room

Standard First Aid CPR/AED

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

Instructor: Foundations Safety + First Aid Training

Sat Feb 10 9:15am-4:45pm
482100 \$140/Person

Sat Mar 9 9:15am-4:45pm
482101 \$140/Person

Barclay Room



West End Community Centre

Fitness



Zumba Kids JR (4-7yrs)

Kids explore a fun fusion of world and Latin styles of dance with a hip hop edge in this, fun, dance-fitness program. Styles include Cumbia, Merengue, Bollywood, Salsa, and more. No experience required. More info at: www.kirbysnell-dance.com. Drop-in \$13.

Instructor: Endorphin Rush Dance

Fri Jan 12 3:30-4:15pm
481917 FREE CLASS
Fri Jan 19-Mar 15 3:30-4:15pm
481949 \$108/9 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, fun, dance-fitness program. Styles include Cumbia, Merengue, Bollywood, Salsa, and more. No experience required. More info at: www.kirbysnell-dance.com

Drop-in \$14.

Instructor: Endorphin Rush Dance

Fri Jan 12 4:30-5:30pm
482013 FREE CLASS
Fri Jan 19-Mar 15 4:30-5:30pm
482015 \$108/9 sess
Auditorium

AXE Capoeira - Beginner Youth (7-14yrs)

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 weeks 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. No Class Feb 17.

Instructor: Yulia Terekh

Sat Jan 20-Mar 16 12:00-1:00pm
482103 \$120/8 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 Jan 11-Feb 8 3:30-8:30pm
Meeting Room 3 \$195/5 sess
Thu Feb 15-Mar 14 3:30-8:30pm
Meeting Room 3 \$195/5 sess
Fri Jan 12-Feb 9 3:30-8:30pm
Stanley Court Room \$195/5 sess
Fri Feb 16-Mar 15 3:30-8:30pm
Stanley Court Room \$195/5 sess

Guitar / Ukulele

Private 30 minute lessons to work at your own level and pace in guitar or ukulele. The classes are focused on technique, repertoire, basic theory and practicing skills. Participants must provide their own instrument, and a digital tuner. A 3 - 4 sized nylon string guitar and a soprano ukulele with a strap is highly recommended for children. Books will be available at the first class for \$15.00. Please bring a foot stool for classical guitar. Students: Please bring: a pencil to take notes, Digital Tuner, Foot stool for guitar, Guitar.

Instructor: Rene Hugo-Sanchez

Wed Jan 10-Mar 20 4:30pm-6:30pm
Preschool \$242/11 sess

Piano - Alexandra

These 30-minute private lessons will be taught in English. Each student's level will be assessed in the first class. No class Feb 18.

Instructor: Alexandra Cai

Sun Jan 7-Mar 17 10:30am-4:00pm
Stanley Court Room \$260/10 sess



Piano - Musical Expressions

Musical Expressions takes on a creative and intuitive approach to music learning. With goals and learning styles varying from student to student, we help you first determine what you want to achieve, so we can make it our goal to get you there! From the basic beginners to preparing exams, all students will be encouraged to tap into their creative sides and be taught to express themselves through improvisation. Each class session is 30 minutes long. If you're learning at a grade 5 level or above, please book two half hour sessions to ensure enough time for the lesson. Visit www.musicaexpressions.ca for more info. No Class Feb 19

Instructor: Musical Expressions

Mon Jan 8-Mar 11 4:00-8:30pm
Meeting Room 3 \$234/9 sess
Tue Jan 9-Mar 12 3:30-8:30pm
Meeting Room 3 \$260/10 sess

Physical Recreation

Preteen Yoga (8-12yrs)

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

Instructor: Endorphin Rush Dance

Wed Jan 10 3:30-4:15pm
481847 FREE CLASS
Wed Jan 17-Mar 13 3:30-4:15pm
481849 \$108/9 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 Feb 19.

Instructor: Sportball Vancouver

Mon Jan 15-Mar 11 4:30-5:30pm
481808 \$152/8 sess
Auditorium

West End Community Centre

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 Feb 17.

Instructor: Glyn Roberts

Sat Jan 13-Mar 16 10:45-11:30am
482070 \$144/9 sess
King George Gymnasium/Field
Depending on Weather

West End Soccer Academy (7-9yrs)

GrassRoots Soccer will help boys and girls of all abilities to grow, develop skills and reach their potential. Using the four corner model: Physical, Technical, Psychological and Social elements, this program will help children develop more than just their soccer skills. We will help them to gain confidence, build self-esteem, learn to work in teams and improve their decision making. Equipment: NO CLEATS on field. Running shoes only permitted. Parent Participation Required. Visit: <http://www.facebook.com/Coach.Glyn> for updates. Drop in \$23.00. No Class Feb 17.

Instructor: Glyn Roberts

Sat Jan 13-Mar 16 11:30am-12:30pm
482071 \$162/9 sess
King George Gymnasium/Field
Depending on Weather

West End Soccer Academy (9-12yrs)

GrassRoots Soccer will help boys and girls of all abilities to grow, develop skills and reach their potential. Using the four corner model: Physical, Technical, Psychological and Social elements, this program will help children develop more than just their soccer skills. We will help them to gain confidence, build self-esteem, learn to work in teams and improve their decision making. Equipment: NO CLEATS on field. Running shoes only permitted. Parent Participation Required. Visit: <http://www.facebook.com/Coach.Glyn> for updates. Drop in \$23.00. No Class Feb 17.

Instructor: Glyn Roberts

Sat Jan 13-Mar 16 12:30-1:30pm
482072 \$162/9 sess
King George Gymnasium/Field
Depending on Weather

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 Jan 9-Mar 12 3:30-5:15pm
478588 \$10/ 10 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. If you are unable or no longer wanting to attend a program, please call the centre in advance so we can offer the spot to another youth

Instructor: Youth Leader

Sat Jan 13- Mar 2 10am-12pm
478585 \$40/8sess
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. Due to staffing ratios and room capacities, a maximum of 30 youth are welcome to come, Registration required!

NEW!! Drop in system: Spots will be held for registered participants for the first 10 minutes, after this time, spots will be offered to drop-ins.

Instructor: Youth Leader

Fri Jan 12-Mar 15 6:15-8:45pm
478586 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 Jan 11-Mar 14 3:30-5:30pm
4478587 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

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

Instructor: Youth Leader

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

West End Community Centre

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 Jan 18 485820	6:30-8:45pm Free
Thu Mar 14 4485821	6:30-8:45pm Free

Meeting Room 1

March 14th Youth Movie Night is presented in partnership with Out In Schools:

Out In Schools is an award winning program which brings 2SLGBTQIA+ films and facilitators into spaces to engage audiences in dialogue and allyship. Presentations and workshop spaces include discussion around 2SLGBTQIA+ issues, identities, histories and representation in the media

Teen Night at Coal Harbour (13-18yrs)

FREE program for youth in grades 8 -12. 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 Jan 5-Mar 22 485829	6:15-9:00pm Free
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Gymnasium - Coal Harbour

Teen Open Gym at Coal Harbour (13-18yrs)

FREE program for youth in grades 8-12

Tuesday: Badminton/Volleyball

Wednesday: Badminton/Basketball

Open Gym has in/ out privileges - this is program is for enrollment/ admin purposes only.

Instructor: Non Instructional

Tue Jan 2-Mar 27 485828	3:30-5:00pm Free
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Gymnasium - Coal Harbour

Youth Out Trip-Snow Tubing at Cypress Mountain

Come join the West End and other youth centres around the city for an afternoon of tubing on the Mountain. Youth meet at the West End for 10am and will be back around 3:30pm. Pre-registration required as well as a waiver signed by parents or guardians before youth can participate. Refunds must be requested a minimum of 5 business days prior to the first day of the program. Business days are deemed Monday to Friday. Out-trips subject to change.

Instructor: Youth Leader

Sat Feb 17 4485822	11:00am-4:30pm \$35/day
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West End Youth Winter Break Adventures

Beat the winter blues by joining in on an action-packed day 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 in required as well as a waiver signed by parents or guardians before or on the first day of the event.

Instructor: TBA Instructor

Tue Jan 2-Jan 4 472664	11:00am-3:00pm \$30/3 sess
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Denman Room

Youth Lunchtime Drop-In

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

Adult

Creative Arts

Explore Creative Writing

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

Instructor: Deborah Strulow

Mon Jan 8-Feb 12 481810	6:30-8:30pm \$106.5/6 sess
Mon Feb 26-Mar 25 481811	6:30-8:30pm \$88.75/5 sess

Meeting Room 2

Woven and Sewn Hand Bound Book

Using mat board, decorative papers, and acid-free paper, participants will learn to measure, score, size paper, and miter corners to create this one-of-a-kind book. This book is unique in that the pages are attached to the book's spine using two different bookbinding techniques: sewing and weaving. The signatures (or groups of pages) are first sewn together then woven with ribbon, which binds the book and, as well, creates a decorative edge along the spine. A set of notes and a recipe for wheat starch paste is included. Please bring a metal ruler, utility knife, pencil, and eraser to class. Also a bone folder and self-healing mat if you have them.

Instructor: Jo Ann Kronquist

Sat Jan 27 484402	10:00am-4:00pm \$89/Person
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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 for more information.

Instructor: William Ellis

Wed Jan 10-Mar 20 483032	6:45-8:45pm FREE
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Meeting Room 2

West End Community Centre

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

Tue Jan 9-Feb 13 5:45-8:45pm
482949 \$198/6 sess

Tue Feb 20-Mar 26 5:45-8:45pm
482950 \$198/6 sess

Meeting Room 2/ Darkroom

Instructor: Jim Balderston **NEW!**

Sat Feb 3-Mar 16 11:00am-2:00pm
488496 \$231/7 sess

Meeting Room 1/ Darkroom

Instructor: Kwan Law **NEW!**

Sun Jan 21-Mar 3 1:00-4:00pm
486017 \$231/7 sess

Meeting Room 3/ Darkroom

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

Sat Feb 3 10:00am-4:00pm
484403 \$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 Feb 19.

Instructor: Tony Hind

Mon & Thu Jan 8-Mar 21

482941

Auditorium

6:15-7:30pm

\$168/21 sess

Drawing/Painting

Oil Painting Beginner **NEW!**

In four 2½-hour sessions, students will learn about oil paints, mediums, brushes and a quick wet style of oil painting. It is an enjoyable way of painting and the students will finish a painting at the end of each session. Developing the focal point and atmospheric perspective will also be discussed. No Class Feb 18.

Instructor: Ali Sepahi

Sun Jan 21-Mar 10

484423

Bidwell Room

10:15am-12:45pm

\$122.5/7 sess

Drawing Landscapes, Flowers & Figures **NEW!**

You will learn how to draw, shape and form images in perspective while creating compositional structures. We will explore topics including landscape, flowers, figures and more. Throughout the course, you will experiment with various textures, lines, tones, lights and shadows, as well as linear and atmospheric perspectives. (Supplies are not included, supply list available upon registration). Drop-In \$25.

Instructor: Master M. Reza Atashzad has over 35 years experience in teaching drawing, painting and architectural design 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 paintings, such as greeting cards, posters, albums, and books. Visit: www.atashzad.com

Instructor: Mohammad Reza Atashzad

Thu Jan 11-Mar 21

483834

Bidwell Room

5:15-6:30pm

\$188.57/11 sess

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 Bring your own filled water bottle and Watercolour supplies.

Instructor: Mohammad Reza Atashzad

Thu Jan 11-Mar 21

483898

Bidwell Room

6:30-8:45pm

\$282.86/11 sess

Fun Faces: Learn to Draw Caricatures

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, Stanley Park. Drop-in \$25. No Class Feb 19.

Instructor: Ingrid Schneller

Mon Jan 8-Mar 18

483594

Bidwell Room

6:00-7:30pm

\$254/10 sess



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, develop more techniques and styling. Concentrating on 4 Dances - Foxtrot, Swing, Waltz and Rumba. Choreography available For Wedding Couples. Drop-ins \$20. 10% off for couples.

Instructor: Linda Short

Thu Jan 11-Mar 14 7:15-8:30pm
483822 \$180/10 sess
Dance Studio

Ballroom Dance I and II **NEW!**

Social Interaction, Poise, Confidence and Exercise are just some of the Benefits of Ballroom Dance. Introducing the more Rhythmical Latin Dances - Cha Cha, Samba and the very Passionate Tango! Drop-ins \$20. 10% off for older adults.

Instructor: Linda Short

Thu Jan 11-Mar 14 4:00-5:15pm
483822 \$180/10 sess
Dance Studio

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 Jan 16-Mar 26 7:30-8:55pm
482953 \$165/11 sess
Dance Studio

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 shoes and bring a scarf or shawl to tie around the hips. Finger cymbals needed, can be purchased or borrowed from instructor.

No class Feb 19.

Instructor: Gail (Rahma) Haddad

Mon Jan 15-Mar 25 6:30-8:00pm
482940 \$150/10 sess
Dance Studio

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 Jan 10-Mar 20 7:15-8:15pm
483039 \$176/11 sess
Dance Studio

Throwback Hip Hop and Jazz Funk

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

Drop-in \$15

Instructor: Yasmine Shemesh

Thu Jan 11-Mar 14 5:30-6:30pm
481860 \$143.75/10 sess
English Bay Room

Drama

Intro to Open Mic Comedy

This intro class is for anyone who wants a safe and supportive place to try, or just break out of the ordinary. The program will give you the foundation you need to start your journey at open mics. What's included: a student workbook, guest presenters as well as one-on-one feedback and assistance with creating your set. After the course, you'll be ready to perform at a live show open to family and friends.

Instructor: Ingrid Schneller

Tue Jan 9-Mar 19 6:00-8:00pm
483774 \$187/11 sess
English Bay Room

Intro to Open Mic Comedy

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 Jan 28-Feb 4 1:00-4:00pm
484428 \$83.8/2 sess
Meeting Room 2

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, TV host and assistant casting director. Please bring your own recording device.

Instructor: Sonja Bakker

Sat Jan 20 9:30am-2:30pm
484406 \$65/Person
Sat Feb 24 9:30am-2:30pm
484407 \$65/Person
Meeting Room 2

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 Feb 10 9:30am-2:30pm
484408 \$65/Person
Sat Mar 16 9:30am-2:30pm
484409 \$65/Person
Meeting Room 2

Words for your Wedding - Vows and Speeches

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 honour 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 Feb 25-Mar 3 12:00-4:00pm
484429 \$76.19/2 sess
Meeting Room 2

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 for the program it will either be cancelled or postponed.

Sign-up even if the class is free!

West End Community Centre

Education

The Life and Times of Bob Dylan **NEW!**

Is Bob Dylan a poet or a songwriter? Did he nearly die in a 1966 motorcycle accident? What do his lyrics mean? There are more questions than answers about the enigmatic Mr. Zimmerman, but the only things that do matter are his music and his lyrics. He doesn't care for labels like "the voice of a generation", but there is no doubt that Bob Dylan had a monumental impact on the struggle for Civil Rights and the Anti-War movement of the 1960s. In this course, we'll explore the life and music of "His Bobness".

Instructor: John Mitchell

Fri Feb 2-Mar 8 11:00am-12:30pm
486078 \$120/6 sess
Stanley Court Room

Bliss Body Care **NEW!**

Just in time for Valentines Day! Learn to make blissful body care products for you or someone special. Exfoliate, hydrate, nourish. Make and take home a brown sugar and coconut body polish, aloe body spray, citrus body wash and a tropical body butter. In class, choose your own signature scent for each product made. Recipes on liquid clay masks, stimulating nail salve and body oils. ALL SUPPLIES INCLUDED IN COURSE FEE.

Instructor: Cheryl Theilade

Thu Feb 8 6:30-9:00pm
483902 \$45/Person
Barclay Room

Sleep Solutions with Magnesium Oil **NEW!**

Are you battling Insomnia or struggling with restless leg syndrome, age related sleep changes, or joint pain? If so, this class is for you. Join us in this fun and informative class on the miracle mineral, Magnesium Chloride! Magnesium is the eighth most abundant element in the world! In this class we will combine Magnesium with additional botanicals and essential oils to create relaxing products that will assist in a restful night's sleep! Make a Good Night Spray, Magnesium Lotion, Mineral Bath Soak, and a Calming Body Oil. ALL SUPPLIES INCLUDED IN COURSE FEE.

Instructor: Cheryl Theilade

Thu Mar 7 6:30-9:00pm
483904 \$45/Person
Barclay Room



Soap Making, Pure and Simple **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 troubleshooting, 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 Jan 31 6:30-9:00pm
483041 \$45/Person
Barclay Room

Learn How to Become a Tour Guide

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 Mar 24 9:00am-4:00pm
484430 \$142.86/Person
Meeting Room 2

Toastmasters

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

Instructor: Cindy Shen

Tue Jan 9-Mar 26 6:30-8:30pm
482952 FREE
Bidwell Room

Stocks: The Nuts & Bolts **NEW!**

This workshop teaches basic information to help investors evaluate if stocks fit into their overall strategy. Discusses common versus preferred stock, dividends, investment strategy and different ways to own stock.

Instructor: Andrew Thiessen Edward Jones

Sun Feb 11 10:30-11:30am
484425 FREE
English Bay Room

Investment Coffee Club **NEW!**

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 Mar 10 10:30-11:30am
484426 FREE
English Bay Room

Building the Road to a Solid Financial Future **NEW!**

Provides participants with 10 principles for sound investing and discusses how to identify and avoid some of the most common investment mistakes.

Instructor: Andrew Thiessen Edward Jones

Sun Jan 14 10:30-11:30am
484424 FREE
English Bay Room

Social

Bridge Duplicate

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

Tue Jan 2-Mar 26 1:00-4:00pm
482947 \$6.5/13 sess

Thu Jan 4-Mar 28 1:00-4:00pm
483811 \$6.5/13 sess

Bidwell Room



West End Community Centre

Fireside Readers Book Club

At our monthly meetings, we have lively discussions of the books we read and are respectful of others' opinions and of different points of view. We are friendly and welcome new members. In late fall, the group chooses the books we will read the following year. Members can check out these books at the Vancouver Public Library. There are 10 books from library book club sets for some of the books, and these are made available at the prior month's meeting. These are the books we'll be reading from January to March, 2024. January 26: Bonnie Garmus, *Lessons in Chemistry*; February 26: Kim Michele Richardson, *The Book Woman of Troublesome Creek*; March 22: Marie Benedict, *The Personal Librarian*.

Instructor: Ronda Larmour

Fri Jan 26-Mar 22 11:00am-12:00pm
484380 FREE
Stanley Court Room

"Talkin' bout our Generation" **NEW!**

For those of us of "a certain age" there exists a shared musical backdrop to our growing up from teen years and into adulthood. That backdrop was the popular music of our respective times that we experienced through exposure to records, radio, tv, movies and live performances. In this series of weekly classes, the music of the 50s, 60s, and 70s and beyond will be examined historically and otherwise. The early Blues and Jazz roots that set the stage for R+B, R+R, Rockabilly, Soul/Motown, the "British Invasion", Folk Rock and more will all be delved into using a combination of lecturers, listening, watching and interacting with both your instructor and fellow classmates. The aim is to celebrate and learn about the music that helped shape our evolving selves and that still lives on in our hearts and souls. \$10 Drop-in (5 spots open for drop-in per week)

Instructor: Danny Casavant

Sat Jan 13-Mar 23 10:30am-12:00pm
487892 \$66/11 sess
Stanley Court Room

Vancouver Prime Timers

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

Instructor: No Instructor

Sun Jan 7-Mar 3 2:00-4:30pm
484419 FREE
Denman Room

Dog Obedience



Walk This Way Foundation: 3-Week Class

Does your dog pull or lag on a leash? Are the finer points of following beside you a hard concept for your dog to understand? Come and have some fun learning to teach your dog to walk beside you. This class is all about force-free training and helping your dog find their groove! Class Guideline: No fearful or 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. No female dogs in heat (Animal Control Bylaw 9150 - 4.7) All dogs must be able to provide documentation of up-to-date vaccinations or current titer testing.

Instructor: DOGSsmart Training

Wed Jan 17-Jan 31 7:00-8:00pm
483033 \$120/3 sess
Auditorium

Calm to Focus Foundation: 3-Week Class

Learning to calm oneself is essential training for all dogs. Once learned, this concept can better help the dog to adjust their behaviors. Distractions insert themselves into your dog's life. Teaching exercises and through the use of simulating games we will teach you how to keep your dog engaged.

Instructor: DOGSsmart Training

Wed Feb 7-Feb 21 7:00-8:00pm
483034 \$120/3 sess
Auditorium

Come When Called Foundation: 3-Week Class

Does your dog come back happily when you call? Are you getting tired of shouting at your dog to come back? Are you wondering why your dog doesn't come back? Learn the easy and fun steps of a wagging tail recall so that you and your dog can enjoy off-leash activities. This is a fun class yet the team requires basic obedience skills such as focus, sit, down and stay. Class Guideline: No fearful or 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. No female dogs in heat (Animal Control Bylaw 9150 - 4.7) All dogs must be able to provide documentation of up-to-date vaccinations or current titer testing.

Instructor: DOGSsmart Training

Wed Mar 6-Mar 20 7:00-8:00pm
483035 \$120/3 sess
Auditorium

Health and Wellness

Attract Love with Your Subconscious Mind **NEW!**

In the month of Valentines, let's get together to explore what your subconscious mind has to do or say about attracting the right person into your life. Yes this group hypnosis workshop is all about love. Rekindle the fire of love and gratitude with enjoyable spa music and guided meditation from a Certified Clinical Hypnotherapist, to tap into the power of your subconscious mind. We will remove certain blocks that might be in your way, clear up some old programs, so your desire for a perfect partner becomes your reality. You will feel the love and lovability within, and send it out into the universe!

Instructor: Kemila Zsange

Sat Feb 10 1:00-4:00pm
484401 \$53/Person

Power of Pendulum **NEW!**

This is an advanced level of Self-Hypnosis. In this class, you will learn how to communicate with your subconscious mind using a pendulum. It is very accurate if used correctly. Practicing Self-Hypnosis helps you further by-pass the conscious interference. We will practice pendulum with hypnosis in class so you can access competently unconscious answers, inner resources, wisdom, memories, and higher-self guidance. This tool can aid you to make confident decisions big or small. Please bring your own pendulum to the class. Natural gem stone pendulums are also available with the instructor at \$10/piece. Drop in: \$35.00, space permitting.

Instructor: Kemila Zsange

Thu Mar 14-Mar 21 6:30-8:30pm
484367 \$87/2 sess
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 will 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 have 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 regressions and post regression analysis. Please bring a notebook and a pen for journaling after each experience.

Instructor: Kemila Zsange

Sat Jan 20 12:00-4:00pm
484400 \$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 Jan 10-Feb 14 6:00-7:00pm
483028 \$54/6 sess

Set 2
Wed Feb 21-Mar 20 6:00-7:00pm
483029 \$45/5 sess
Dance Studio

Chakra Alignment + Reiki **NEW!**

Get your chakras aligned with a healthy, nourishing dose of Reiki. Take this special 8 week program to bring balance to all the major seven chakras from Root to Crown. Join Reiki Master Shehbaz, and benefit from newly introduced healing frequencies of Circle of Life system of healing, alignment and ascension. Each week you will learn about how to cleanse, heal, align and balance your chakras. You will also be led through restful and rejuvenating Reiki experiences and relax along with other participants to soothing music. This program is for everyone and no prior experience is needed. This program is the perfect way to invite wisdom, alignment and healing into your life. Register now, have fun and bring a friend!

Instructor: Shehbaz Ahmad

Thu Jan 18-Mar 7 7:00-8:30pm
483820 \$80/8 sess
Denman Room



Tai Chi - 24 Form (suitable for beginners)

Tai Chi is a gentle form of exercise, a martial art, and moving meditation, based on the principle of the interplay of Yin and Yang. Slow and graceful movements improve balance, coordination, and well-being. Emphasis on proper alignment promotes Qi flow through the body, and sustained concentration makes this an excellent exercise for the mind as well. Drop-in \$20.00.

Instructor: Kelly Maclean

Tue Jan 9-Mar 26 6:10-7:10pm
482954 \$192/12 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.

Instructor: Kelly Maclean

Tue Jan 9-Mar 26 7:15-8:15pm
482955 \$192/12 sess
Barclay Room

Meet Kelly Maclean

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.

Food and Gardening Workshops

Grow Your Own Microgreens

Microgreens are tasty and nutritious greens that can be eaten as a fresh snack or added to salads, Smoothies, soups and more. In this joint Village Vancouver - West End Neighbourhood Food Network Urban Garden Club workshop with Dr. Yael Stav, you'll learn how to grow your own trays of microgreens at home year-round. We'll look at the difference between sprouts and Microgreens, review the many possible seeds that can be used for starting microgreens, and look into troubleshooting common problems. 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; \$8.75 materials fee only). 19+ (8+ with parent)

Instructor: West End Food Network

Tue Jan 23 6:30-8:30pm
484751 \$23.75/Person
Auditorium

Hydroponics 101

In this joint Village Vancouver - West End Neighbourhood Food Network Urban Garden Club workshop, Jessica Jones will provide an overview of the different types of hydroponic growing methods, the pros and cons of each, the alternatives and challenges of growing under LEDs, and how to grow beyond leafy greens and herbs. 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; \$8.75 materials fee only).

Instructor: West End Food Network

Sun Jan 28 11:00am-1:00pm
484754 \$24.75/Person

Fri Mar 15 3:00-5:00pm
486132 \$24.75/Person
Meeting Room 1

WE Garden Club: Mason Bees

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: Mason Bees. We'll also be giving away small amounts of plant fertilizer, and 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.

Instructor: West End Food Network

Sun Feb 18 1:00-2:30pm
484760 FREE
Barclay Room

West End Community Centre

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. Reduced fee for Seniors (50 and over).

Instructor: West End Food Network

Wed Feb 28 6:30-8:30pm
484765 \$20/Person
Bidwell Room

Balcony, Container and Small Space Gardening

Want to grow food, but don't have much room? In this Village Vancouver - West End Neighborhood Food Network Urban Garden Club workshop, instructor Rhiannon Johnson will cover the techniques and challenges specific to gardening in small spaces, both indoors and outdoors. We'll look at soil, fertilizing organically, watering, types of containers, different sun orientations and, of course, what to grow in your space. Reduced fee for Seniors (50 and over).

Instructor: West End Food Network

Sat Mar 16 11:00am-1:00pm
484767 \$21/Person
Barclay Room

WE Garden Club: Topic Starting your 2024 garden - what are you growing this year?

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 - Topic Starting your 2024 garden - what are you growing this year? 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 Mar 17 1:00-2:30pm
484762 FREE
Meeting Room 1



Collaborative and Community Gardening Opportunities Informat

Looking for a place to garden this year? Learn about our inclusive and equitable family friendly, cross cultural collaborative community gardens in Grandview Woodland, Kits, Strathcona, the West End (including our garden boxes at Robson Community Garden), and West Point Grey at this info session. Applications will be available for anyone interested in gardening with us. All levels of experience welcome. We'll have a community seed library present - pick up some free seeds, swap or donate seeds. Free.

Instructor: West End Food Network

Sun Mar 17 11:45am-12:45pm
484763 FREE
Bidwell Room

Gardening in a Changing Climate

In this joint Village Vancouver - West End Neighbourhood Food Network Urban Garden Club workshop with Rhiannon Johnson, you'll learn how to set up your garden to be resistant to variations and extremes in weather and how to adapt your food garden to a changing climate. Learn gardening techniques to help make your veggie gardens more resilient to extreme weather, hot and cold conditions and fluctuating weather patterns. 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

Sat Feb 10 3:00-5:00pm
486131 \$16/Person
Haro Room

Language

English Conversation Circle

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

Tue Jan 9-Mar 19 10:00-11:30am
482944 FREE
Meeting Room 2

Practice Your English (beginner level)

In this course we will improve your English skills in all areas (speaking, writing, listening) in an inclusive, encouraging environment. We will learn some tips and tricks for learning English sounds, basic conversational sentences, and more. No class Feb 18.

Instructor: Adriana Osa Gomez Del Campo

Sun Jan 7-Feb 4 1:30-3:00pm
484459 \$90/5 sess
Sun Feb 11-Mar 17 1:30-3:00pm
484460 \$90/5 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.

Instructor: Inna Makarova

Sat Jan 6-Mar 23 9:30-10:45am
484397 \$223.56/12 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.

Instructor: Inna Makarova

Sat Jan 6-Mar 23 10:50am-12:05pm
484398 \$223.56/12 sess
Meeting Room 3

West End Community Centre

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 Feb 19.

Instructor: Karen Forrester-Lara

Mon Jan 8-Mar 25 6:10-7:25pm
482929 \$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 Feb 19.

Instructor: Karen Forrester-Lara

Mon Jan 8-Mar 25 7:30-8:45pm
482930 \$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 Jan 11-Mar 21 6:10-7:25pm
484372 \$146.63/11 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 Jan 11-Mar 21 7:30-8:45pm
484373 \$146.63/11 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 Feb 19.

Instructor: Mary Friesen

Set 1
Mon Jan 8-Feb 5 2:00-7:00pm
Stanley Court Room \$130/5 sess
Wed Jan 10-Feb 7 12:30-5:30pm
Meeting Room 3 \$130/5 sess
Set 2
Mon Feb 12-Mar 11 2:00-7:00pm
Stanley Court Room \$104/4 sess
Wed Feb 14-Mar 13 12:30-1:00pm
Meeting Room 3 \$130/5 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 Jan 11-Feb 8 3:30-8:30pm
Meeting Room 3 \$195/5 sess
Thu Feb 15-Mar 14 3:30-8:30pm
Meeting Room 3 \$195/5 sess
Fri Jan 12-Feb 9 3:30-8:30pm
Stanley Court Room \$195/5 sess
Fri Feb 16-Mar 15 3:30-8:30pm
Stanley Court Room \$195/5 sess

Guitar / Recorder / Ukulele - Adult

Learn how to play chords or notes in guitar or ukulele at your own level and pace. The classes are highly focused on technique and practicing skills. Participants must provide their own instrument, and a digital tuner. A nylon string guitar and a soprano or concert ukulele with a strap is highly recommended for beginners. Books will be available at the first class for \$15.00. Please bring a foot stool for classical guitar and your own book if you already have. Students: Please bring: A pencil to take notes, Digital Tuner, Foot stool for guitar

Instructor: Rene Hugo-Sanchez

Wed Jan 10-Mar 20 6:30-8:30pm
Preschool \$264/11 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 Feb 18,19

Session A

Mon Jan 8-Mar 18 2:30-5:30pm
482939 \$200/10 sess

Session B

Tue Jan 9-Mar 19 5:45-8:45pm
482951 \$220/11 sess

Session C

Wed Jan 10-Mar 20 11:00am-2:00pm
488313 \$220/11 sess

Session D

Wed Jan 10-Mar 20 2:30-5:30pm
483027 \$220/11 sess

Session E

Sun Jan 7-Mar 24 10:15am-1:15pm
484416 \$220/11 sess

Session F

Sun Jan 7-Mar 24 1:30-4:30pm
484418 \$220/11 sess

Pottery Studio



West End Community Centre

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 Feb 19.

Instructor: Dayna Vreeken

Mon Jan 8-Mar 18 11:00am-2:00pm
482900 \$270/10 sess

Instructor: Estelle Liebenberg

Mon Jan 8-Mar 18 5:45-8:45pm
482927 \$270/10 sess

Instructor: Anthony Dunlop

Wed Jan 10-Mar 20 5:45-8:45pm
483025 \$297/11 sess

Instructor: Estelle Liebenberg

Thu Jan 11-Mar 21 10:00am-1:00pm
483899 \$297/11 sess

Pottery Studio

Pottery Workshops with Serena

Modern Minimalist Hand-Building Ceramic Tableware

In this two part workshop, we will be creating a set of dishes that will be foodsafe and ready to be used at your next dinner party! We will be making several pieces and the options include plates, shallow bowls, platters, serving dishes and more. There will be an introduction to minimal surface decoration like dry brushing and splattering to create a modern design, many options of glazes will be available.

Instructor: Serena Chu

Thu Jan 11 & Jan 25 6:30-8:30pm
484368 \$90/2 sess

Pottery Studio

Basket Weaving Fruit Bowl

Learn how to transform clay into a basketweave fruit bowl! This style allows for air circulation and is functional and decorative at the same time. You will learn techniques on how to weave or braid your bowl in your pattern choice and glaze in your second class. No experience necessary.

Instructor: Serena Chu

Thu Jan 18 & Feb 1 6:30-8:30pm
484369 \$90/2 sess

Pottery Studio

Macrame Plant Pot and Cotton Cord Hanger

In this 3-part series, you will make your own ceramic plant pot and add surface design and texture to make it uniquely yours! Options for making ceramic beads for your macrame holder as well. In our second class we will glaze all our pots and accessories. The third class we will be making a macrame hanger with 100% cotton cord and learn the essential knots. No experience required.

Instructor: Serena Chu

Thu Feb 22, Mar 7 & Mar 21 6:30-8:30pm
484370 \$125/3 sess

Pottery Studio

Ceramic Wall Pocket or Vase

Learn how to make beautiful decorative ceramic wall pockets that can double as flower vases! Great as a stationary holder, keys, paint brushes and more. These hanging vessels can be customized with various textures and personalized to match your décor. This is a great intro to slab pottery and you will learn techniques on how to shape and attach clay. Many options of glaze colours will be available.

Instructor: Serena Chu

Thu Feb 29 & Mar 14 6:30-8:30pm
484371 \$90/2 sess

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

Pottery Workshops with Lisa

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.

Plates the Easy Way

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

Instructor: Lisa Warren

Fri Jan 12 & Jan 26 6:00-8:00pm
484381 \$90/2 sess

Pottery Studio

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 Jan 19 & Feb 2 6:00-8:00pm
484382 \$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 for the program it will either be cancelled or postponed.

Sign-up even if the class is free!

West End Community Centre

Ceramic Board Games

Make your own ceramic board game! Checkers, chest, backgammon, tic-tac-toe - the possibilities are endless. In this workshop we'll spend the first session hand building your board and game pieces. Get creative with mini sculptures or simple forms. In the second session we'll glaze and decorate your game. All materials included, no experience necessary.

Instructor: Lisa Warren

Fri Feb 9 & Feb 23

484383

Pottery Studio

6:00-8:00pm

\$90/2 sess

Ceramics for the Green Thumb!

Plant trellises, garden stakes and signs! In this workshop we'll use hand building techniques to make a wide variety of ceramic pieces to compliment any garden or plant lovers abode. We'll spend the first session hand building garden decorations, and you'll have the chance to customize your pieces with the text of your choice. In the second session we'll decorate and glaze together. Create unique gifts or personal treasures. No experience necessary, all materials included.

Instructor: Lisa Warren

Fri Feb 16 & Mar 1

484384

Pottery Studio

6:00-8:00pm

\$90/2 sess

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 Mar 8 & Mar 22

484385

Pottery Studio

6:00-8:00pm

\$90/2 sess



Yoga and Pilates

Ageless Relax & Rejuvenate - TGIF

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.

Drop-in \$16 space permitting.

Please visit instructor website at <https://www.yogamovesforeverybody.com> [yogamovesforeverybody.com] for more info.

Instructor: Sandra Leigh

Fri Jan 12-Feb 16

484387

Fri Feb 23-Mar 22

484388

English Bay Room

10:00-11:15am

\$84/6 sess

10:00-11:15am

\$70/5 sess

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 Jan 10-Mar 20

482960

Dance Studio

12:15-1:15pm

\$75.9/11 sess

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.

Instructor: Jill Stoness

Sat Jan 6-Mar 23

484410

Denman Room

11:00am-12:15pm

\$120/12 sess

Gentle Hatha Yoga with Crystal Bowls

A gentle hatha yoga class specifically designed to get your energy flowing, warm up your joints, gently increase flexibility and help build strength. This is followed by a relaxing soundbath savasana with crystal bowls, koshi chimes and other sacred sound instruments to help soothe the nervous system and nourish your spirit. Students leave feeling refreshed with a greater sense of calm and relaxation. Suitable for all levels from beginner to beyond and people from all walks of life. Drop-in \$15/adult \$13/senior. No Class Feb 18.

Instructor: Rebecca Lee Henderson

Sun Jan 28

484421

Sun Feb 4-Mar 17

484422

Dance Studio

2:00-3:15pm

FREE

2:00-3:15pm

\$78/6 sess

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, being 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 Feb 19.

Instructor: Sophie Ducharme

Mon Jan 8-Mar 18

482926

Fri Jan 12-Mar 22

484374

Dance Studio

5:00-6:15pm

\$140/10 sess

9:15-10:15am

\$113.85/11 sess

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 Jan 11-Mar 21

483807

English Bay Room

10:00-11:30am

\$165/11 sess

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 \$11. No class Feb 19.

Instructor: Fran Hinton

Mon Jan 8-Mar 18

482928

Denman Room

6:00-7:00pm

\$90/10 sess

West End Community Centre



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 Jan 11-Mar 21 5:45-6:45pm
483812 \$11/11 sess
Dance Studio

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 Jan 9-Mar 19 5:30-6:35pm
482942 \$99/11 sess
Denman Room

Sunrise Yoga

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

Instructor: Sunrise Yoga Club

Tue and Fri Jan 9-Mar 22 8:00-9:00am
484458 \$11/22 sess
Dance Studio

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.

Instructor: Sophie Ducharme

Sat Jan 6-Mar 23 10:30-11:45am
484399 \$168/12 sess
Dance Studio

Yin Yoga with Crystal Bowls

A very slow, gentle style of yoga that focuses on deep stretching and relaxation. The gentle playing of crystal bowls throughout the class helps to soothe and calm the mind and nervous system. Students leave feeling refreshed, with a greater sense of calm and relaxation in the body and mind. Suitable for all levels, from beginner to beyond and folks from all walks of life. Drop-ins \$15/Adult, \$13/Senior. No class Feb 19.

Instructor: Rebecca Lee Henderson

Mon Jan 29 7:15-8:30pm
482934 FREE

Mon Feb 5-Mar 18 7:15-8:30pm
482935 \$78/6 sess
Denman Room

Your Yoga

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

Instructor: John Waye

Tue Jan 9-Mar 19 9:15-10:15am
482943 \$75.9/11 sess

Thu Jan 11-Mar 21 9:15-10:15am
483799 \$75.9/11 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 Feb 19.

Instructor: Keno Kinoshita

Mon Jan 8-Mar 18 1:30-2:30pm
482936 \$69/10 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 Feb 19.

Instructor: Susan Ingraham

Set 1
Mon Jan 8-Feb 5 11:00am-12:00pm
482901 \$45/5 sess

Fri Jan 12-Feb 16 11:00am-12:00pm
484378 \$54/6 sess

Set 2
Mon Feb 12-Mar 18 11:00am-12:00pm
482902 \$45/5 sess

Fri Feb 23-Mar 22 11:00am-12:00pm
484379 \$45/5 sess
Dance Studio

Athletic Interval Training

This 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 technique and improve your overall fitness.

Instructor: Jill Stoness

Fri Jan 12-Mar 22 5:30-6:30pm
484386 \$110/11 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.

Instructor: Harry Wong

Sat Jan 6-Mar 23 9:15-10:15am
484395 \$82.8/12 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 Jan 9-Feb 13 10:45-11:45am
482945 \$54/6 sess

Thu Jan 11-Feb 15 10:45-11:45am
483809 \$54/6 sess

Set 2
Tue Feb 20-Mar 19 10:45-11:45am
482946 \$45/5 sess

Thu Feb 22-Mar 21 10:45-11:45am
483810 \$45/5 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.

Instructor: Emma Kidman

Sat Jan 6-Mar 23 9:15-10:15am
484396 \$82.8/12 sess
Indoor Cycling Room

West End Community Centre

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

Wed Jan 10-Mar 20 **NEW!** 11:30am-12:30pm
486551 \$69.3/11 sess

Fri Jan 12-Mar 22 12:30-1:30pm
484375 \$69.3/11 sess
Dance Studio

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 perform 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 Jan 10-Mar 20 6:00-7:00pm
483030 \$165/11 sess
Denman Room

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 Feb 19.

Instructor: Keno Kinoshita

Mon Jan 8-Mar 18 11:30am-12:30pm
482938 \$117.1/10 sess
Denman Room

Zumba Regular

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

Instructor: Mildred Laguerta

Tue Jan 9-Mar 19 5:30-6:30pm
482948 \$99/11 sess
Dance Studio

Sports

Basketball - Competitive Tue

Enjoy some friendly, exciting recreational basketball. Non-instructional. Drop in \$6.00 space permitting. No Class Feb 20

Instructor: Palmer Currie

Tue Jan 16-Mar 12 7:15-8:45pm
484670 \$42/8 sess
King George Gymnasium

Basketball - Competitive Thu

Enjoy some friendly, exciting recreational basketball. Non-instructional. Drop in \$6.00 space permitting. No Class Jan 25, Feb 22

Instructor: Palmer Currie

Thu Jan 18-Mar 14 7:15-8:45pm
484672 \$36.75/7 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 Feb 19

Instructor: Palmer Currie

Mon Feb 5-Mar 11 7:15-8:45pm
484657 \$26.25/5 sess
King George Gymnasium

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 Feb 19.

Instructor: No Instructor

Mon Jan 8-Mar 25 1:00-3:00pm
482904 \$10.45/11 sess
Auditorium



Social

Be Well **NEW!**

"Be Well" offers those 55+ in the West End a free weekly drop-in program where, in a happy social atmosphere, blood pressure checks, fitness breaks, and seminars on a variety of wellness topics are offered. Monthly schedules are available at the West End Community Centre.

Instructor: Jenny Nguyen

Wed Jan 10-Mar 20 1:00-3:30pm
483477 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 Feb 19. Held at Barclay Manor.

Instructor: No Instructor

Mon Jan 8-Mar 25 1:00pm-4:00pm
482905 \$5.5/11 sess
Basement

"Talkin' bout our Generation" **NEW!**

For those of us of "a certain age" there exists a shared musical backdrop to our growing up from teen years and into adulthood. That backdrop was the popular music of our respective times that we experienced through exposure to records, radio, tv, movies and live performances. In this series of weekly classes, the music of the 50s, 60s, and 70s and beyond will be examined historically and otherwise. The early Blues and Jazz roots that set the stage for R+B, R+R, Rockabilly, Soul/Motown, the "British Invasion", Folk Rock and more will all be delved into using a combination of lecturers, listening, watching and interacting with both your instructor and fellow classmates. The aim is to celebrate and learn about the music that helped shape our evolving selves and that still lives on in our hearts and souls. \$10 Drop-in (5 spots open for drop-in per week)

Instructor: Danny Casavant

Sat Jan 13-Mar 23 10:30am-12:00pm
487892 \$66/11 sess
Stanley Court 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 for the program it will either be cancelled or postponed.

Sign-up even if the class is free!

West End Community Centre

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 Feb 19.

Instructor: Susan Ingraham

Set 1

Mon Jan 8-Feb 5 11:00am-12:00pm
482901 \$45/5 sess

Fri Jan 12-Feb 16 11:00am-12:00pm
484378 \$54/6 sess

Set 2

Mon Feb 12-Mar 18 11:00am-12:00pm
482902 \$45/5 sess

Fri Feb 23-Mar 22 11:00am-12:00pm
484379 \$45/5 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 Jan 9-Feb 13 10:45-11:45am
482945 \$54/6 sess

Thu Jan 11-Feb 15 10:45-11:45am
483809 \$54/6 sess

Set 2

Tue Feb 20-Mar 19 10:45-11:45am
482946 \$45/5 sess

Thu Feb 22-Mar 21 10:45-11:45am
483810 \$45/5 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.

Fitness for Older Adults (55+yrs)

Looking to learn how to use the fitness centre?

Join the Fitness for Older Adults.

Information on page 27.

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 Feb 19.

Instructor: Keno Kinoshita

Mon Jan 8-Mar 18 9:15-10:45am
482937 \$103.5/10 sess

Wed Jan 10-Mar 20 9:00-10:30am
483036 \$113.85/11 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 Jan 10-Mar 20 10:05-11:05am
482957 \$84.48/11 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 Jan 10-Mar 20 9:05-10:05am
482956 \$84.48/11 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. Drop-in \$15.

Instructor: Zumba Vancouver

Set 1
Mon Jan 8 11:45am-12:45pm
482931 FREE

Mon Jan 15-Feb 12 11:45am-12:45pm
482932 \$68.75/5 sess

Wed Jan 17-Feb 14 11:00am-12:00pm
482958 \$68.75/5 sess

Set 2
Mon Feb 26-Mar 25 11:45am-12:45pm
482933 \$68.75/5 sess

Wed Feb 21-Mar 27 11:00am-12:00pm
482959 \$82.5/6 sess

Auditorium

Yoga

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 Jan 10-Mar 20 12:15-1:15pm

482960 \$75.9/11 sess
Dance Studio

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 Feb 19.

Instructor: Irene Lugsdin

Mon Jan 8-Mar 18 12:15-1:15pm
482903 \$87.5/10 sess

Instructor: Anne O'Sullivan

Fri Jan 12-Mar 22 1:45-2:45pm
484377 \$95.81/11 sess

Dance Studio

Your Yoga

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

Instructor: John Waye

Tue Jan 9-Mar 19 9:15-10:15am
482943 \$75.9/11 sess

Thu Jan 11-Mar 21 9:15-10:15am
483799 \$75.9/11 sess

Dance Studio



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 Jan 1, Feb 19, Mar 29
Posture Correction 4:30-5:00pm	Fitness for Youth 5:00-6:00pm		Fitness for Youth 5:00-6:00pm	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 (55+yrs)

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.

Jan 9-30 9am-10am
482346
Feb 6-27 9am-10am
482350
Mar 5-26 9am-10am
482353
Fitness Centre

Fitness for Youth (13-18 yrs)

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.

Jan 9-30 5:00-6:00pm
482354
Feb 6-27 5:00-6:00pm
482355
Mar 5-26 5:00-6:00pm
482356
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 Jan 9- Mar 14 11:00am-12:00pm
482357
Fitness Centre

Small Group Personal Training - Full Body Blast!

Enjoy the same intimate coaching experience as a personal training session while exercising in an exclusive and dedicated space in a group of 4. Fully Body Blast is a fun, fast-paced, demanding full body circuit involving a combination of high intensity exercises, with 30 second rest intervals. These sessions will focus on building strength and conditioning the body to improve endurance, power, speed and coordination using various pieces of equipment. Come and get your sweat on! Prior to your session, we ask that you assess your physical activity readiness by completing the PAR-Q+.

Jan 12-Feb 9 8:00-9:00am
482369 \$120.17/5sess
Feb 16-Mar 15 8:00-9:00am
482372 \$120.17/5sess
Fitness Centre

Small Group Personal Training

Do you have a small group including you and 2 or 3 friends/family members with the similar goals? Maybe you're all training for a new activity, a race, or simply want to improve your fitness. Try out small group personal training and enjoy the same intimate coaching experience as a personal training session at a reduced cost. A small group can be very powerful in helping you stay on track when trying to attain your fitness goals. A group setting provides a comfortable support system where you can encourage one another and foster some healthy competition!

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

Winter Set 1 – December 21 at 7:00pm

Winter Set 2 – February 15 9 at 7:00pm

How to Register On-line

Go to recreation.vancouver.ca to update or create your account.

Do you currently have an online account?

- Go to: 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
- 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 Jan 7-Feb 11 5:15-6:00pm \$85.44/6 sessions

Sun Feb 18-Mar 24 5:15-6:00pm \$85.44/6 sessions

Intermediate/Advance

Sun Jan 7-Feb 11 6:00-6:45pm \$85.44/6 sessions

Sun Feb 18-Mar 24 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

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 Jan 7 - Mar 27, 2024

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

Public Admission (2023)	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
<i>Rates subject to change</i>		

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



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 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 pre-school 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 from 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 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 or 604-718-8229 for more information.



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 for the program it will either be cancelled or postponed. Sign-up even if the class is free!

Coal Harbour Community Centre

Spring Break

Day Camp

Spring Break Day Camp - Week 1 (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. There is a late pick up fee of \$1 per minute. 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. No program March 29

Week 1: Mar 18-Mar 22

Before Care	8:00am-9:30am	\$30/5 sess
486162		
Day Camp	9:30am-3:30pm	\$140/5 sess
486155		
After Care	3:30pm-5:00pm	\$40/5 sess
486157		

Week 2: Mar 25-Mar 28

Before Care	8:00am-9:30am	\$24/4 sess
486158		
Day Camp	9:30am-3:30pm	\$112/4 sess
486156		
After Care	3:30pm-5:00pm	\$32/4 sess
486159		

Multipurpose Room

Early Years

Social

Baby Jellyfish Playtime

We have toys, balls, and more. Parents are required to help set up and clean up the equipment each day. No class January 1, February 19 and March 29.

Instructor: Shinobu Preston

Monday	12:30pm-2:00pm
Tuesday	12:30pm-2:00pm
Wednesday	12:30pm-2:00pm
Thursday	12:30pm-2:00pm
Friday	12:30pm-2:00pm
Saturday	12:30pm-2:00pm
\$3.5/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 January 1, February 19 and March 29.

Instructor: TBD

Monday	9:30am-11:00am
Tuesday	12:30pm-2:00pm
Wednesday	9:30am-11:00am
Thursday	12:30pm-2:00pm
Friday	9:30am-11:00am
\$3.5/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! Parent participation required. Drop in \$17, space permitting/

Instructor: Elitza Spasova

Tue Jan 09-Mar 12	3:30pm-4:30pm
484655	\$150/10 sess
Activity Room	

Art Adventure (3-5yrs)

Let's have fun with different mediums in art such as paper art, collage, painting, stamping, finger painting, water coloring, crafts and more. We start our adventure with a story time to get inspired! Drop in \$18, space permitting.

Instructor: Samira Adab

Fri Jan 12-Mar 08	4:15pm-5:00pm
485951	\$139.5/9 sess
Meeting Room	



Kids' Stuff Only Market

If you have children's toys, clothes, books, or other items you no longer use, then this is your chance to sell these items instead of keeping them in storage! Tables are \$20, sold first come, first served. No refunds after March 3, 2024. Admission is free!

Sat Mar 23	10:00am-1:00pm
486187	\$7/child
Multipurpose Room	



Easter Carnival

Hippity, hoppity, spring has sprung! Join the Easter Bunny for an Easter egg hunt, arts & craft, play time. The excitement will also include a bouncy castle, face painting, balloon making, and a photo booth! Parent participation is required. Pre-registration is recommended. (\$7/child, \$8.50/child on the day-of event, space permitting). Amusement Device Operating Permit: Licence No. LAM0212184.

Sat Apr 8	10:00am-12:00pm
433271	\$7/child
Multipurpose Room	



Coal Harbour Community Centre

Language

Fun with Japanese

This class is designed to introduce Japanese culture and have fun 'learning through play' with parents 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.

Instructor: Mari Shiota

(1-2yrs)

Mon Jan 8-Mar 18 10:00am-11:15am
484625 \$172/10 sess

(3-5yrs)

Tue Jan 9-Mar 19 10:00am-11:15am
484653 \$181/11 sess
Activity Room

Fun with Japanese (0-1yrs) **NEW!**

Mari will demonstrate knowledge and skills in guiding parents of infant massages. Parents will learn how to massage and increase early communication with your little one! Mari is a certified infant massage therapist and a certified yoga instructor with Liddle Kidz and Yoga Alliance respectively. Let's enjoy learning infant massage, singing, family yoga together in class to boost your family's communication and confidence.

Instructor: Mari Shiota

Thu Jan 11-Mar 21 10:00am-11:15am
485574 \$181/11 sess

Activity Room

Music

Jump into Music

This one-of-a-kind music and movement program engages, educates, and entertains parent and child while on a musical journey through different styles and cultures. Research based curriculum is designed to stimulate the whole brain and body via singing, dancing, drumming, parachuting, improvising, exploring instruments, jumping and playing. A family fun environment exploring 24 genres/culture over a two year period. Our classes inspire creativity and build confidence in little ones six months to four years old. The instructor will provide everything needed for class. Siblings attend at a 25% discount (but must register in person or over the phone) and children under 6 months attend free with a registered sibling. Supplementary audio materials and playlists for your enjoyment at home are included with registration. Please be sure you have a current email on file. What parents are saying: "best part of our week!" "joyful music!" Grandparent review: "4 kids, 5 grandchildren, never enjoyed a music class more!" See full reviews and videos on our website www.jumpintomusic.ca Drop-in \$22, space permitting including two spots over a fully registered class.

Instructor: Monica Lee

Fri Jan 12-Mar 15 9:30am-10:20am
485946 \$200/10 sess

Fri Jan 12-Mar 15 10:30am-11:20am
485947 \$200/10 sess

Fri Jan 12-Mar 15 11:30am-12:20pm
485948 \$200/10 sess

Dance

Creative Ballet (3-5yrs)

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

Instructor: Endorphin Rush Dance

(3-5yrs)

Sat Jan 13-Mar 16 10:20am-11:05am
485959 \$130/10 sess

(4-7yrs)

Sat Jan 13-Mar 16 11:10am-11:55am
485958 \$130/10 sess

Dance Studio

Hip Hop (3-5yrs)

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

Instructor: Endorphin Rush Dance

Sat Jan 13-Mar 16 9:30am-10:15am
485955 \$130/10 sess

Sat Jan 13-Mar 16 1:05pm-1:50pm
485957 \$130/10 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. For more info: www.kirbysnelldance.com

Instructor: Endorphin Rush Dance

Sat Jan 13-Mar 16 12:15pm-1:00pm
485960 \$130/10 sess

Dance Studio

Education

Build a Computer and Code for Toddlers! (2-5yrs) **NEW!**

Unlock the world of coding and creativity for your toddlers aged 2 to 5! Our program is designed to foster early computer skills and ignite a passion for coding in young minds. Through fun and interactive activities, your child will build their very own computer and embark on an exciting journey of learning. Join us and watch your little ones code their way to a bright future!

Instructor: Shereen Anis

Wed Jan 10-Mar 27 2:30pm-4:30pm
488310 \$360/12 sess

Multipurpose room

Birthday Parties (2-7 yrs)



This birthday party includes access to our gymnasium and our playtime and sports equipment as well as a room rental for 20 kids and a birthday party leader who will help with the setup. The room capacity is up to 40 people. All parents and children are required to help the birthday attendant 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

Physical Recreation

Sportball Junior (16m-2yrs) **NEW!**

Toddlers and parents/caregivers focus on physical movements and social exploration, learn fundamental sport skills and participate in creative motor games, songs, stories and more. Children are challenged according to their individual skill level and coaches help grownups understand proven teaching techniques that can be applied outside of sportball classes.

Instructor: Sportball Vancouver

Wed Jan 24-Mar 13 11:30am-12:15pm
485579 \$144/8 sess
Gymnasium

P&T Multisport (2-3yrs) **NEW!**

Programs focus on physical literacy and social exploration as preschoolers learn fundamental sport skills and participate in creative motor games and more. Children are challenged according to their individual skill level and grownups are taught techniques to help toddlers refine motor skills while developing social skills. Sportball maintains a one-parent-per-child ratio policy in all parent & child programs to ensure that focus is kept on helping little ones practice and progress.

Instructor: Sportball Vancouver

Wed Jan 24-Mar 13 12:15pm-1:00pm
485582 \$144/8 sess
Gymnasium

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.

Instructor: Manto (Makoto) Nakamura

Mon Jan 8-Mar 4 3:30pm-4:30pm
486651 \$96/8 sess
Thu Jan 11-Mar 7 3:30pm-4:30pm
486652 \$108/8 sess
Gymnasium



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!

Instructor: TBA Instructor

Wed Jan 17 5:30pm-8:30pm
486165 \$25/person
Wed Jan 31 5:30pm-8:30pm
486166 \$25/person
Wed Feb 14 5:30pm-8:30pm
486168 \$25/person
Wed Feb 28 5:30pm-8:30pm
486170 \$25/person
Wed Mar 13 5:30pm-8:30pm
486172 \$25/person
Wed Mar 27 5:30pm-8:30pm
486178 \$25/person
Activity Room

Amazing Tales (6-9yrs) **NEW!**

Amazing Tales is a cooperative fantasy role-playing game designed for children. Like Dungeons & Dragons but for younger minds. This program will be lead by an experienced instructor who will take children on a collaborative epic adventure. Children will develop their imagination and improve their creative thinking and social skills. All supplies needed to play will be provided.

Instructor: Will Lochhead

Magical Kingdoms Long Ago
Sat Jan 6-Jan 27 1:00pm-1:45pm
486088 \$40/4 sess

Among the Stars
Sat Feb 3-Feb 24 1:00pm-1:45pm
486087 \$40/4 sess

Adventures on the Pirate Seas
Sat Mar 2-Mar 23 1:00pm-1:45pm
486089 \$40/4 sess
Meeting Room

Nowruz for Kids (4-10yrs) **NEW!**

Let's celebrate Nowruz (Persian New Year) together with songs, stories, activities, crafts and more.

Instructor: Samira Adab

Sat Mar 17 1:00pm-2:00pm
488660
Multipurpose 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

Sun Jan 14-Mar 17 10:15am-11:00am
486029 \$135/10 sess
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

Sun Jan 14-Mar 17 11:00am-12:00pm
486030 \$135/10 sess
Dance Studio

Creative

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

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

Instructor: Elitza Spasova

Tue Jan 9-Mar 12 4:30pm-5:30pm
484656 \$150/10 sess
Activity Room

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

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

Instructor: Elitza Spasova

Tue Jan 9-Mar 12 5:30pm-6:30pm
484658 \$130/10 sess
Activity Room

Fun Colours - Oil Painting (8-14yrs)

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

Sun Jan 7-Mar 24 12:45pm-2:15pm
486046 \$240/12 sess
Arts and Crafts Room

Coal Harbour Community Centre

Intro to Sculpture (7-12)

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

Set 1

Mon Jan 9-Feb 6 4:00pm-6:00pm
488311 \$160/5 sess

Set 2

Mon Feb 13-Mar 12 4:00pm-6:00pm
488827 \$160/5 sess

Multipurpose Room

Sketching & Mixed Media (7-12)

In this program, we will introduce fundamental techniques of Sketching. This curriculum is highly focused on the training of painting Light & Shade. It is aimed to train our eyes and brain to grow the abilities to identify light sources and use them in artistic choices. Then we will further explore the mixed mediums and alternative methods to add dimensional values into our drawings!

Instructor: Wei-Chen Chen

Set 1

Mon Jan 11-Feb 8 3:30pm-5:00pm
488823 \$127.5/5 sess

Set 2

Mon Feb 15-Mar 14 3:30pm-5:00pm
488828 \$127.5/5 sess

Meeting Room

Education

EFK: After-School Engineering Club - Technology and Coding (9-12yrs) **NEW!**

Welcome to the EFK After-School Club! In this offering, we take technology and coding beyond the classroom, exploring their potential to pave the way for a greener future. No prior coding experience is required; all you need is your enthusiasm and a passion for a more sustainable world! Discover environmental stewardship through open discussions and engaging group activities. Hone your problem-solving and programming skills by coding your very own video game. Our capstone project will involve collaborative design and construction of a scaled model city in Minecraft, where we'll employ innovative solutions for eco-friendliness and sustainability. To fully unlock the potential of this experience, we highly encourage each student to have their own Minecraft (Java Edition) account. Minecraft Java for PC is available for purchase through Microsoft. Let's code, build, and game our way to a brighter and more sustainable tomorrow!

Instructor: Engineering For Kids

Mon Jan 8-Mar 11 3:45pm-5:45pm
488303 \$288/9 sess

Activity Room

Around The World (5-9yrs) **NEW!**

Get your backpack! Let's explore countries around the world. We will talk about history, and culture, language, food, tourist attractions, wild-life through world map, fact books and stories, songs, and art. Drop-in \$17, space permitted.

Instructor: Samira Adab

Fri Jan 12-Mar 8 5:15pm-6:00pm
485954 \$140/9 sess
Meeting Room

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 Feb 1-Mar 28 5:15pm-8:45pm
485937 \$216/9 sess
Meeting Room

Piano/Singing with Charis

Students can choose either piano or singing to learn, or take a 60 minute lesson to learn both! Professional, experienced, and award-winning performing artist, musician, singer and music educator Charis Chung (UBC Bachelor of Music & Master's of Music Education) will use diverse materials to help students develop interest in learning music to improve their lives or achieve personal goals. Content includes rhythm, notes, theory, performing technique and skills. Charis is a certified music educator & member of the Canadian Actors' Equity, has taught over thousands of students of all ages for exams, auditions, international competitions and university entrance exams. Books are not included. Charis will suggest the book in the first lesson. No make up lessons if student is absent. Note that the Leisure Access subsidy does not apply to Music programs.

Instructor: Charis Chung

Thu Jan 11-Mar 14 6:30pm-7:00pm
482765 \$250/10 sess

Thu Jan 11-Mar 14 7:00pm-7:30pm
482766 \$250/10 sess

Thu Jan 11-Mar 14 7:30pm-8:00pm
482767 \$250/10 sess

Thu Jan 11-Mar 14 8:00pm-8:30pm
482768 \$250/10 sess

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

Instructor: Eliana Rolando

Wed Jan 10-Mar 13 3:30pm-5:00pm
485668 \$157/10 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.

Instructor: Shinobu Preston

(5-7yrs)
Fri Jan 5-Mar 8 3:45pm-4:45pm
486399 \$135/10 sess

(8-15yrs)
Fri Jan 5-Mar 8 5:00pm-6:00pm
486400 \$135/10 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 \$15, space permitting.

Instructor: Sensei Moe Rahmanyman

(11yrs+)
Wed/Sat Jan 3-Mar 16 5:00pm-4:30pm
485590 \$286/22 sess

(5-10yrs)
Wed/Sat Jan 3-Mar 16 4:00pm-3:30pm
485592 \$286/22 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 Feb 18

Instructor: TsunKit (Kevin) Kwan

(5-6yrs)
Sun Jan 7-Mar 24 11:00am-12:00pm
486100 \$176/11 sess

(7-10yrs)
Wed Jan 7-Mar 24 12:00pm-1:00pm
486102 \$159.5/11 sess

(11-15yrs)
Wed/Sun Jan 7-Mar 24 10:00am-11:00am
486098 \$319/22 sess

(11-15yrs)
Sun Jan 7-Mar 24 10:00am-11:00am
486093 \$176/11 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 Jan 19-Mar 22 3:30pm-4:30pm
485949 \$152.5/10 sess
Gymnasium

Just Real Ballers - Basketball (9-12yrs)

Youth-Ballers 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 will be utilizing games/fun drills to incorporate team play.

Instructor: Just Real Ballers

Fri Jan 19-Mar 22 4:45pm-6:00pm
485950 \$165/10 sess
Gymnasium

Soccer (7-12yrs)

Your child will develop ball handling skills, coordination, a sense of team play, and will be introduced to the basic rules of the game. Children are advised to wear shin guards.

Instructor: Manto (Makoto) Nakamura

Mon Jan 8-Mar 4 4:45pm-6:15pm
486649 \$120/8 sess
Thu Jan 11-Mar 7 4:45pm-6:15pm
486650 \$135/8 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 Jan 12-Mar 29 5:15pm-6:15pm
486205 \$180/11 sess
Activity Room

Youth

Teen Night (13-18yrs)

FREE program for youth in grades 8 -12. Come by and shoot hoops in the Gym, play board games upstairs or get creative with some art supplies. Snacks provided. Teen Night has in/out privileges - this program is for enrollment/admin purposes only.

Instructor: Non Instructional

Fri Jan 5-Mar 22 6:15-9:00pm
485829 Free
Gymnasium - Coal Harbour

Teen Open Gym (13-18yrs)

FREE program for youth in grades 8-12

Tuesday: badminton/volleyball

Wednesday: badminton/basketball

Open Gym has in/out privileges - this program is for enrollment/admin purposes only.

Instructor: Non Instructional

Tue Jan 2-Mar 27 3:30-5:00pm
485828 Free
Gymnasium - Coal Harbour

Youth Out Trip-Snow Tubing at Cypress Mountain

Come join the West End and other youth centres around the city for an afternoon of tubing on the Mountain. Youth meet at the West End for 10am and will be back around 3:30pm. Pre-registration required as well as a waiver signed by parents or guardians before youth can participate. Refunds must be requested a minimum of 5 business days prior to the first day of the program. Business days are deemed Monday to Friday. Out-trips subject to change.

Instructor: Youth Leader

Sat Feb 17 11:00am-4:30pm
4485822 \$35/day

Youth looking for volunteer hours?

There are always ways to give back to the community, gain experience and meet new people through volunteering at the West End and Coal Harbour. If you are interested in learning about what opportunities are available contact the community youth worker Jessica at Jessica.mccallum@vancouver.ca

Adults

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 Jan 21-Mar 24 10:30am-12:30pm
482691 \$250/10 sess
Sun Jan 21-Mar 24 2:30pm-4:30pm
488865 \$250/10 sess
Arts and Crafts

Art of the Journal with Lynna Goldhar Smith

Come join me this Winter 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. Join me this fall! Lynna Golhar is a Vancouver visual artist, theatre maker and avid journal keeper. Visit her at lynnagoldharsmith.com

Instructor: Lynna Goldhar Smith

Tue Jan 30-Mar 05 6:45pm-8:15pm
482696 \$88/6 sess
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 Feb 4-Feb 11 12:30pm-4:30pm
482726 \$85/2 sess
Meeting Room

Coal Harbour Community Centre

Soaps & Aromatherapy

Bath Treats **NEW!**

Great Family Fun for Valentine's! In this hands-on class, create healthy handmade suds with natural herbs, spices, and scents using all vegan based soap blocks. Make a sweetheart soap, an almond exfoliating facial bar, tub fizzers in a variety of scents and shapes plus an aromatherapy roll on. Recipes for citrus dish soap and shaving soap. No previous soap making experience required! All supplies included in course fee.

Instructor: Cheryl Theilade

Mon Feb 12

6:30pm-9:00pm

482743

\$61/1 sess

Arts and Crafts Room

Face Value **NEW!**

A complete skincare regime awaits! 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 vitamin C cream. Recipes for hydrating facial spray and a wholesome facial mask. All supplies included in course fee.

Instructor: Cheryl Theilade

Wed Mar 6

6:30pm-9:00pm

482738

\$58/1 sess

Arts and Crafts Room

Origami

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

Instructor: Aiko Matsushiba

Sun Jan 7

2:30pm-4:00pm

482760

\$17.3/1 sess

Sun Feb 25

2:30pm-4:00pm

482761

\$17.3/1 sess

Sun Mar 17

2:30pm-4:00pm

482762

\$17.3/1 sess

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 Feb 19.

Instructor: Philip Tsang

Mon Jan 8-Mar 25

6:00pm-7:30pm

482793

\$297/11 sess

Meeting 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 Jan 3-Mar 27

6:15pm-7:45pm

482795

\$312/13 sess

Arts & Crafts Room

Watercolour Painting with Homa - Beginner and Intermediate

All levels welcome. In a friendly and relaxing atmosphere, Homa will show you fundamental methods of watercolor painting to build on. A variety of creative techniques will be shown. Color theory and composition will be discussed. Individual attention will be given to develop your creativity and personal expressions. Art supplies list is available at the front desk.

Instructor: Homa Eftekhari (Ghafarzadeh)

Sun Jan 12-Mar 15

2:00pm-5:00pm

482804

\$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.

Instructor: Homa Eftekhari (Ghafarzadeh)

Sun Jan 12-Mar 15

9:30am-12:30pm

482805

\$300/10 sess

Activity Room

Dance

Grooving Dance Class **NEW!**

Grooving class is a beginner friendly dance class that introduces party steps and basic grooving techniques that will help you in developing rhythm, self expression and celebration through music and dance! Get ready to dance, sweat and party with this super fun class taught by local professional hip hop dance artist, Sophia Sosa. \$20 drop-in, space permitting.

Instructor: Sophia Laurio

Wed Jan 10-Mar 13

7:30pm-8:30pm

488618

\$161.9/10 sess

Dance Studio

Education

Estate Planning: What You Should Know **NEW!**

Estate planning extends beyond just the legal documents. The goal is to provide your loved ones with the greatest amount of support in the event of your passing. By organizing your affairs and documenting your plans, you help ensure that assets will be distributed, and final arrangements will be made, based on your objectives. Proper planning will minimize taxes; lower professional fees and other expenses; and maximize the funds your beneficiaries will receive. Join us for an informative 90-minute workshop on estate planning hosted by Certified Executor Advisor, David Perkins.

Instructor: David Perkins

Feb 6

10:00am-11:30am

482792

Free/1 sess

Meeting Room

Interior Design Workshop for Beginners **NEW!**

Barbara will teach you interior design techniques to make any space lovely, creative, and inspiring. From color schemes to design concepts, the world of interior design can start to feel overwhelming if you try to dive in all at once. She will teach you the principles of interior design, which is a great place to get you started on designing your space in the right way.

Instructor: Barbara Smyth

Thu Jan 18-Feb 22

6:15pm-7:30pm

488627

\$150/6 sess

Arts and Crafts Room



Meet Barbara Smyth

Award-winning designer Barbara Smyth IDC, LEED AP, has over 20 years of experience in residential interior design. She had the opportunity to design interiors throughout Canada the United States and Japan. With years of experience, she brings knowledge, resources, and insight into the interior design process from every angle, from the point of view of the client, architect, and contractors. She uses, "My life revolves around making everything beautiful around me", as her motto.

Coal Harbour Community Centre



Photography & Cinematography **NEW!**

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 (Makoto) Nakamura

Feb 29-Mar 7 7:00pm-9:00pm
482764 \$66/2 sess
Activity Room

Investing

Building the Road to a Solid Financial Future

Provides participants with 10 principles for sound investing and discusses how to identify and avoid some of the most common investment mistakes.

Instructor: Andrew Thiessen

Sat Jan 20 10:30am-11:30am
482751 Free/1 sess
Activity Room

Stocks: The Nuts & Bolts

This workshop teaches basic information to help investors evaluate if stocks fit into their overall strategy. Discusses common versus preferred stock, dividends, investment strategy and different ways to own stock.

Instructor: Andrew Thiessen

Sat Feb 10 10:30am-11:30am
482752 Free/1 sess
Activity Room

Investment Coffee Club

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

Instructor: Andrew Thiessen

Sat Mar 16 10:30am-11:30am
482754 Free/1 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 Jan 11-Mar 14 3:30pm-4:30pm
482731 \$420/10 sess
Thu Jan 11-Mar 14 4:30pm-5:30pm
482732 \$420/10 sess
Thu Jan 11-Mar 14 5:30pm-6:30pm
482733 \$420/10 sess
Activity 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

Wed Jan 9-Mar 12 5:30pm-6:30pm
482734 \$189/10 sess
Meeting Room

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

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

Instructor: Christina Glover

Wed Jan 9-Mar 12 4:30pm-5:30pm
482735 \$189/10 sess
Meeting Room

Japanese - Beginner II

This course is a continuation of Japanese Beginner I. You will learn some verbs and how to build sentences to describe your everyday life in Japanese. This course may be suitable for people who have completed introductory classes. For more info, please visit www.japaneseforallpeople.com. No Class Feb 19.

Instructor: Eri Ito

Mon Jan 15-Mar 11 6:00pm-8:00pm
482755 \$175/8 sess
Activity 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 permitted.

Instructor: Eliana Rolando

Wed Jan 10-Mar 27 5:30pm-7:00pm
485594 \$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 and conversation. Please speak with instructor if registering past the 3rd class. Sorry no drop-ins permitted.

Instructor: Eliana Rolando

Wed Jan 10-Mar 27 7:00pm-8:30pm
485598 \$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. Please speak with instructor if registering past the 3rd class. Sorry no drop-ins permitted.

Instructor: Eliana Rolando

Wed Jan 10-Mar 27 8:30pm-10:00pm
485671 \$186/12 sess
Meeting 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 for the program it will either be cancelled or postponed.

Sign-up even if the class is free!

Coal Harbour Community Centre

Music

Piano/Singing with Charis **NEW!**

Students can choose either piano or singing to learn, or take a 60 minute lesson to learn both! Professional, experienced, and award-winning performing artist, musician, singer and music educator Charis Chung (UBC Bachelor of Music & Master's of Music Education) will use diverse materials to help students develop interest in learning music to improve their lives or achieve personal goals. Content includes rhythm, notes, theory, performing technique and skills. Charis is a certified music educator and member of the Canadian Actors' Equity, she has taught thousands of students of all ages for exams, auditions, international competitions and university entrance exams. Books are not included. Charis will suggest the book in the first lesson. No make-up lessons if student is absent. Note that the Leisure Access subsidy does not apply to music programs.

Instructor: Charis Chung

Thu Jan 11-Mar 14	6:30pm-7:00pm	482765	\$250/10 sess
Thu Jan 11-Mar 14	7:00pm-7:30pm	482766	\$250/10 sess
Thu Jan 11-Mar 14	7:30pm-8:00pm	482767	\$250/10 sess
Thu Jan 11-Mar 14	8:00pm-8:30pm	482768	\$250/10 sess

Activity Room



UKE INVESTIGATE: Beginner Ukulele Group Lessons

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 for Heather's "Red Book" if you don't have one. Drop-in \$12 starting Jan 31, space permitting. No class Feb 14.

Instructor: Heather Stubbs

Wed Jan 17-Mar 6	10:00am-11:00am	482798	\$85/7 sess
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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 yogamovesforeverybody.com.

Instructor: Sandra Leigh

Tue Jan 9-Feb 13	2:00pm-3:15pm	482686	\$75/6 sess
Tue Feb 20-Mar 26	2:00pm-3:15pm	482688	\$75/6 sess
Thu Jan 11-Feb 8	10:00am-11:15am	482687	\$62.5/5 sess
Thu Feb 15-Mar 14	10:00am-11:15am	482689	\$62.5/5 sess

Dance Studio
Multipurpose Room

Alexander Technique - Movement + Freedom

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 Jan 23-Mar 12	7:15pm-8:15pm	482690	\$104/8 sess
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Dance Studio

All Level Yoga & Breathing **NEW!**

This course is suitable for beginners and experienced students. These classes include a balanced practice of traditional yoga asanas, accessible breathing exercises, and meditation techniques. Drop-in \$15, space permitting

Instructor: Anastasiia Kravchynska

Mon Jan 8-Mar 25	10:00am-11:00am	482745	\$134.75/11 sess
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Dance Studio



Meet Cerria Dela Cruz

Cerria's life as a Yogi started 15 years ago. She fell in love with yoga and meditation. She is a certified yoga teacher who is also registered with Yoga Alliance. Specializing in hatha yoga, pranayama and mudra. Cerria focuses more on helping students with hormone balance and mental health through gentle poses and breath work.

Mid-Day Alignment Based Yoga **NEW!**

This hatha yoga class is focused on the alignment and poses. Alignment is intended to create a stable foundation for a safer practice. The poses are gentle and mindful, with the use of props and breath work. Great for beginners, older adults or long time Yogis who want to learn more on alignment and safe practice. Drop-in \$15, space permitting.

Instructor: Cerria Dela Cruz

Wed Jan 10-Mar 20	11:00am-12:00pm	486848	\$156/11 sess
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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 your baby and your own mat is recommended. \$18 drop-in, space permitting. For more info visit www.intoyoga.ca

Instructor: Into Yoga

Tue Jan 16-Feb 20	10:30am-11:30am	482697	\$92/6 sess
Tue Feb 27-Mar 26	10:30am-11:30am	482698	\$77/5 sess

Dance Studio

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

Tue Jan 9-Feb 06 482707	12:00pm-1:00pm \$60/5 sess
Tue Feb 13-Mar 12 482708	12:00pm-1:00pm \$60/5 sess
Thu Jan 11-Feb 08 482709	12:00pm-1:00pm \$60/5 sess
Thu Feb 15-Mar 14 482710	12:00pm-1:00pm \$60/5 sess

Dance Studio

Balanced Body Pilates - Mixed Level

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

Wed Jan 3-Feb 14 482711	6:15pm-7:15pm \$84/7 sess
Wed Feb 21-Mar 27 482712	6:15pm-7:15pm \$72/6 sess

Dance Studio

Balanced Body Pilates - Simply Stretch

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

Sat Jan 6-Feb 10 482713	9:15am-10:15am \$72/6 sess
Sat Feb 17-Mar 30 482714	9:15am-10:15am \$72/6 sess

Multipurpose Room

Barre Pilates with Aleya

Barre Pilates class is designed to tone, tighten, lift and sculpt every part of your body with emphasis on core stabilization and balance. This class combines elements of classical ballet, pilates, and strength training with recovery stretching. Results in a great long, lean physique, toned muscles and perfect posture. Drop-in \$16, space permitting.

Instructor: Aleya Bogaevskaya

Thu Jan 11-Feb 15 482715	5:30pm-6:30pm \$72/6 sess
Thu Feb 29-Mar 28 482716	5:30pm-6:30pm \$60/5 sess

Dance Studio

Body Fit

Join ACE certified group fitness instructor, personal trainer and health coach, Andrea Janotova in this dynamic fitness class pre-choreographed to music using barbells, weight plates as well as body weight exercises designed to push your limits and take your fitness to the next level! This high-intensity workout is perfect for individuals seeking a challenge and are ready to sweat while getting stronger, leaner, fitter and healthier bodies! While the class is intense, modifications will be provided, making it accessible to individuals at various fitness levels. Get ready to elevate your fitness game and achieve your goals in a supportive and motivating environment. Drop-in \$15, space permitting.

Instructor: Andrea Janotova

Tue-Thu Jan 4-Feb 8 486827	9:15am-10:15am \$143/11 sess
Tue -Thu Feb 13-Mar 14 487140	9:15am-10:15am \$130/10 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. Drop-in \$20, space permitting. No class Feb 19.

Instructor: Viviane Lopes

Mon Jan 8-Mar 25 482722	7:00pm-8:00pm \$198/11 sess
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Dance Studio



Meet Linda Shedden

After discovering Callanetics back in Edinburgh, Linda brought Callanetics to Vancouver as the first certified Callanetics teacher in British Columbia in 2007. Since then, Linda has taught Callanetics in multiple community centres around Vancouver, at The Arbutus Club for 10 years, and in 2016, she was invited to LA to be a part of filming official Callanetics videos. Passionate about the technique, Linda loves to pass her passion for callanetics on to everyone who takes her classes, so that they get the most out of each exercise and position, regardless of the stage of your fitness journey. Linda is also a certified pilates Instructor and a certified Restorative Exercise Specialist™ through Nutritious Movement™.

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 Feb 19.

Instructor: Linda Shedden

Mon Jan 8-Mar 11 482724	5:30pm-6:30pm \$145.71/9 sess
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Dance Studio

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

Sun Jan 7-Mar 24 482741	1:30pm-2:30pm \$156/12 sess
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Dance Studio

Coal Harbour Community Centre

Guided Reiki Meditation

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! Drop-in \$14 space permitting.

Instructor: Shehbaz Ahmad

Tue Jan 23-Mar 12 10:30am-11:30am
482744 \$80/8 sess
Dance Studio

Pilates Fusion

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 workout. You'll feel amazing after! No Pilates or Yoga experience necessary. For more info visit www.intoyoga.ca. Drop-in \$16, space permitting.

Instructor: Into Yoga

Sun Jan 14-Feb 11 12:15pm-1:15pm
482776 \$72/5 sess
Sun Feb 25-Mar 24 12:15pm-1:15pm
482777 \$72/5 sess
Dance Studio

Slow Flow Yoga **NEW!**

Slow Flow Yoga is a moving meditation for your body and mind! In this slow but dynamic practice, we move through a flowing series of classical Hatha yoga postures designed to build more precise physical and energetic alignment, improve balance, create flexibility, and find strength in softness. By listening deeply to the body's innate wisdom, we come to move more freely and meet the challenges of daily life with more grace and ease. Please bring your own mat. Drop-in \$16, space permitting. For more info visit www.intoyoga.ca

Instructor: Into Yoga

Thu Jan 18-Feb 22 7:45pm-8:45pm
487913 \$87/6 sess
Thu Feb 29-Mar 28 7:45pm-8:45pm
487914 \$72/5 sess
Multipurpose Room

Waterfront Walkers

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

Instructor: No Instructor

Sat Jan 6-Mar 23 9:30am-12:30pm
482806 Free/12 sess
Off Site

Yoga and Sound **NEW!**

These classes are designed to liberate physical, mental and emotional tension. We will be focusing on the breath and creating space and time for ourselves to explore, go deeper inside and improve our ability to experience the present moment. The sounds from bowls and other instruments will help you ground and hold the poses with ease and lightness. A perfect balance to cultivate a beautiful mindset, get grounded and move our bodies with a new sense of peace. Let go and surrender during savasana, a moment of true relaxation where musical instruments will be played for at least 10min, to help you release any tensions left in the body and mind. Expect a gentle hatha practice with tibetan bowls and other soothing sounds played during and at the end of the class. Bring a mat to class. Drop-in \$16, space permitting. For more info visit www.intoyoga.ca

Instructor: Into Yoga

Tue Jan 16-Feb 20 6:00pm-7:00pm
482807 \$87/6 sess
Tue Feb 27-Mar 26 6:00pm-7:00pm
482808 \$72/5 sess
Dance Studio

Yoga for Chakra Healing **NEW!**

Yoga poses that help balance the first chakra include asanas that build grounding and stability through the legs such as mountain pose, all warrior poses and balancing poses. They enable you to connect to the Earth's energy through the four corners of the feet and send that energy upward to nourish the entire body! Drop in \$15.00, space permitting. Receive a free class discount if you register for Wed & Fri sessions.

Instructor: Mahnaz Ghafari

Wed Jan 3-Feb 9 2:30pm-3:30pm
487147 \$85.75/7 sess
Fri Jan 5-Feb 9 2:30pm-3:30pm
482809 \$73.50/6 sess
Wed Feb 21-Mar 27 2:30pm-3:30pm
487149 \$73.5/6 sess
Fri Feb 16-Mar 22 2:30pm-3:30pm
487148 \$73.5/6 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! 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. Drop-in \$16, space permitting.

Instructor: Yoga4Stiff People

Wed Jan 10-Feb 14 6:30pm-7:30pm
482811 \$84/6 sess
Wed Feb 21-Mar 27 6:30pm-7:30pm
482812 \$84/6 sess
Multipurpose Room



Zumba

ZUMBA® fuses Latin rhythms and easy-to-follow moves to create a dynamic workout system designed for everyone at any fitness level. Using the 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. Drop-in \$14, space permitting.

Instructor: Zumba Vancouver

Monday

Jan 8 6:00pm-7:00pm
482813 Free/1 sess
Jan 15-Feb 12 6:00pm-7:00pm
482816 \$62.5/5 sess
Feb 26-Mar 25 6:00pm-7:00pm
482819 \$62.5/5 sess

Multipurpose Room

Thursday Morning

Jan 4 12:00pm-1:00pm
482814 Free/1 sess
Jan 11-Feb 15 10:45am-11:45am
482817 \$75/6 sess
Feb 22-Mar 28 10:45am-11:45am
482820 \$75/6 sess

Dance Studio

Thursday Evening

Jan 4 6:30pm-7:30pm
482815 Free/1 sess
Jan 11-Feb 15 6:30pm-7:30pm
482818 \$75/6 sess
Feb 22-Mar 28 6:30pm-7:30pm
482821 \$75/6 sess

Dance Studio

Zumba Toning **NEW!**

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. Drop-in \$14, space permitting.

Instructor: Zumba Vancouver

Sun Jan 7 1:30pm-2:30pm
486820 Free/1 sess
Sun Jan 14-Feb 11 1:30pm-2:30pm
486822 \$62.5/5 sess
Sun Feb 18-Mar 24 1:30pm-2:30pm
486823 \$75/6 sess
Multipurpose Room

Coal Harbour Community Centre

Food & Gardening Workshops

Gardening in a Changing Climate

In this joint Village Vancouver - West End Neighborhood Food Network Urban Garden workshop with Rhiannon Johnson, you will learn how to set up your garden to be resistant to variations and extremes in weather and how to adapt your food garden to a changing climate. Learn gardening techniques to help make your veggie gardens more resilient to extreme weather, hot and cold conditions and fluctuating weather patterns. We will 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

Sat Jan 20 11:00am-1:00pm
482750 \$16/1 sess
Arts and Crafts Room

DIY Beeswax Wraps and Zero Waste in the Kitchen

Beeswax Wraps are an eco-friendly alternative to plastic cling wraps, and a wonderful zero-waste gift! In this joint Village Vancouver - West End Neighbourhood Food Network Urban Garden Club workshop with Rashmi GC, participants will learn how to make beeswax wraps using the least wasteful methods. Each participant will make and take Beeswax Wraps home with them, and we'll also discuss other easy to implement zero waste ideas. 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; \$10 materials fee only).

Instructor: West End Food Network

Sat Feb 24 11:00am-1:00pm
482759 \$25/1 sess
Arts and Crafts Room

Mini-Macrame Wall Hangings

In this Village Vancouver - Westside Neighbourhood Food Network 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; \$10 materials fee only).

Instructor: West End Food Network

Thu Mar 7 6:30pm-8:30pm
482730 \$25/1 sess
Arts and Crafts Room

Martial Arts

Capoeira Martial Arts

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

Instructor: Julio Monteiro

Thu Jan 4-Mar 28 8:30pm-9:30pm
487146 \$148.59/13 sess
Dance Studio

Shotokan Karate

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, space permitting. No session Feb 19.

Instructor: Sensei Moe Rahmanyman

Mon-Thu Jan 4-Mar 28 7:15pm-8:15pm
482780 \$312/24 sess
Mon: Multipurpose Room
Thu: 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 Feb 19.

Instructor: No Instructor

Wed Jan 3-Mar 27 8:00pm-9:45pm
482702 \$68.25/13 sess
Thu Jan 4-Mar 28 12:00pm-1:30pm
482703 \$65/13 sess
Thu Jan 4-Mar 28 6:30pm-7:45pm
482704 \$61.75/13 sess
Sat Jan 6-Mar 30 3:15pm-4:45pm
482706 \$68.25/13 sess
Sun Jan 7-Mar 31 10:15am-11:15am
482705 \$45.5/13 sess
Gymnasium

Basketball

Enjoy some friendly, exciting recreational basketball. Non-instructional. Drop-in \$6, space permitting.

Instructor: No Instructor

Mon Jan 8-Mar 25 6:30pm-7:45pm
482721 \$52.25/11 sess
Tue Jan 2-Mar 26 12:00pm-1:30pm
482717 \$65/13 sess
Wed Jan 3-Mar 27 6:00pm-7:45pm
482718 \$68.25/13 sess
Fri Jan 5-Mar 22 12:00pm-1:30pm
482719 \$60/12 sess
Sat Jan 6-Mar 30 10:00am-11:30am
482720 \$68.25/13 sess
Gymnasium

Indoor Soccer

All skill levels are welcome but please note that this is a recreational setting. Players are expected to follow the Code of Conduct; those not adhering to the outlined policies will be asked to leave. Non-instructional. Drop-in \$7, space permitting. No session Feb 19.

Supervisor: David Madura

Mon Jan 8-Mar 25 8:00pm-9:45pm
482747 \$68.75/11 sess

Supervisor: Sean Wiseman

Thu Jan 4-Mar 28 8:00pm-9:45pm
482748 \$81.25/13 sess
Gymnasium

Pickleball

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

Instructor: No Instructor

Tue Jan 2-Mar 26 1:45pm-3:15pm
482769 \$65/13 sess
Thu Jan 4-Mar 28 1:45pm-3:15pm
482770 \$65/13 sess
Sun Jan 7-Mar 31 1:15pm-2:45pm
482771 \$68.25/13 sess
Gymnasium

Pickleball Court Rentals **NEW!**

Reserve your own pickleball court for guaranteed fun for up to four players. There are 2 courts available for play per one hour and 30 minute timeslot. Each registration is a booking for one court. Note that Pickleball court rentals run concurrently in the gym space with a Touch Tennis program. No court rentals on Feb 19.

Instructor: No Instructor

Mon Jan 8-Mar 25 12:00pm-1:30pm
Gymnasium \$28.57/1 sess

Pickleball - Learn to Play

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 Feb 19.

Instructor: Ruth Johnson

Mon Jan 15-Mar 11 1:45pm-3:15pm
482756 \$150/8 sess
Gymnasium

Coal Harbour Community Centre

Pickleball Lessons - Advanced Beginner Level 1 (2.0-2.5)

This class is for anyone that has taken a "Learn to Play Pickleball" or beginners class and knows all the basics. We will focus on drills that work on dinking, volleys, 3rd shot drops and drives, proper footwork and more. Balance between drills and game play will be 50/50. Any questions if this is the right class for you contact ruthjohnson69@gmail.com

Instructor: Ruth Johnson

Wed Jan 17-Mar 13 1:45pm-3:15pm
482772 \$168.75/9 sess
Gymnasium

Pickleball Lessons - Advanced Beginner Level 2 (2.5-3.25)

This session is for players who want to build confidence in shot selection, movement, court positioning and strategy. It is not for beginners. Your instructor will guide you through a warm-up followed by drills to improve skills like dinking, 3rd shot drops and drives, lobs, etc. The second hour will be game timing and applying skills and strategies learned into your play with constructive feedback. Drop in \$30, space permitting.

Instructor: Ruth Johnson

Tue Jan 16-Mar 12 9:30am-11:30am
482774 \$225/9 sess
Gymnasium

Pickleball, Supervised Play for Beginners (Level 2.5-3.0)

If you have taken and completed the "learn to play" course and know all the rules and can keep a rally going this social session is for you. After a short warm-up you will start playing games. A certified Pickleball Coach will give you constructive feedback, tips and game strategies between points and/or at end of a game. Take your game to the next level! Note: this session is not for the intermediate/advance player. Drop-in \$20, space permitting.

Fri Jan 19-Mar 15 1:45pm-3:15pm
488501 \$112.5/9 sess

Summer Smash Tennis - Adult Beginner+ (2.0) **NEW!**

In this program you will continue developing fundamental skills indoors in a small group setting! This course builds on technique and strategy from the Adult Beginner program in order to become more confident rallying and playing within the full court setting. Students should have taken Adult Beginner with Summer Smash or have equivalent experience.

Instructor: Summer Smash Tennis

Thu Jan 11-Feb 08 9:15am-10:30am
482782 \$217/5 sess
Thu Feb 15-Mar 14 9:15am-10:30am
487083 \$217/5 sess
Gymnasium

Table Tennis

Private Table Tennis Lessons

Elevate your ping pong game with a private lesson! Book a private lesson with one of our table tennis instructors. Based on availability; time to be agreed upon by instructor and student. Call 604-718-8222, ext. 1 for more information. By appointment: \$40/1 sess/60 mins.

Instructor: Yakiv Hrabarchuk

Jan 2-Mar 31 9:00am-5:00pm
482778 \$60/1 sess

*Instructor: Steven Meng **NEW!***

Jan 2-Mar 31 9:00am-5:00pm
488662 \$60/1 sess
Activity Room

Semi-Private Table Tennis Lessons

Elevate your ping pong game with a private lesson! Book a semi-private lesson with one of our table tennis instructors. Based on availability; time to be agreed upon by instructor and student. Call 604-718-8222, ext. 1 for more information. By appointment: \$30/1 sess/60 mins.

Instructor: Yakiv Hrabarchuk

Jan 2-Mar 31 9:00am-5:00pm
482779 \$40/1 sess

*Instructor: Steven Meng **NEW!***

Jan 2-Mar 31 9:00am-5:00pm
488663 \$40/1 sess
Activity Room



Table Tennis Lessons

Elevate your game with table tennis lessons! Ready to take your table tennis skills to the next level? Whether you are a beginner looking to learn the basics or an intermediate player striving for excellence, our expert coaches are here to help you achieve your goals. Drop-in \$14.50, space permitting. No session Feb 19.

Instructor: Yakiv Hrabarchuk

Mon Jan 8-Mar 25 10:00am-11:30am
487633 \$112.5/9 sess

Wed Jan 3-Mar 13 10:00am-11:30am
487635 \$125/10 sess

Multipurpose Room

Fri Jan 5-Mar 22 6:30pm-7:30pm
482788 \$150/13 sess

Activity Room

*Instructor: Steven Meng **NEW!***

Wed Jan 10-Mar 27 7:45pm-9:15pm
488610 \$150/12 sess

Multipurpose 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. This program is a great opportunity to meet new people; no partner is necessary. Drop-in \$5, space permitting.

Instructor: Non Instructional

Tue Jan 9-Mar 26 6:45pm-8:45pm
482786 \$63/12 sess

Multipurpose Room

Summer Smash Tennis - Adult Intermediate (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

Thu Jan 11-Feb 08 10:30am-11:45am
482784 \$217/5 sess

Thu Feb 15-Mar 14 10:30am-11:45am
487084 \$217/5 sess

Gymnasium

Touch Tennis **NEW!**

A fun, indoor game based on tennis, touch tennis is a modified version of tennis played on a compact court using balls designed for the smaller court size. It's exciting, fun and energetic as you can play this using the same strokes and speed as regular tennis. Suitable for both beginners who may want to play tennis at a slower and easier pace as well as experienced tennis players wanting to play indoors. Limited equipment is available for use, bring your own equipment if possible. Note that this program runs concurrently in the gym space with pickleball court rentals. Drop-in \$6, space permitting. No session Feb 19.

Instructor: No Instructor

Mon Jan 8-Mar 25 12:00pm-1:30pm
488631 \$55/11 sess

Gymnasium

Coal Harbour Community Centre

Volleyball



Volleyball Skills & Training Clinic (19+ yrs)

Taught by Volleyball BC coach. This program is open to those with little to no volleyball experience. Each session will introduce a new skill and end in a modified game play.

Instructor: Volleyball BC

Sun Jan 7-Feb 11	3:00pm-4:30pm
482802	\$127.5/6 sess
Sun Feb 25-Mar 24	3:00pm-4:30pm
486643	\$106.25/5 sess

Gymnasium

Volleyball Skills & Training Clinic - Intermediate (19+ yrs)

Taught by Volleyball BC coach. This program is open to intermediate level participants who have some volleyball experience. Participants must be rally ready and keep a rally going at least 7 out of 10 times, and be comfortable with the basic skills such as forearm passing, setting, and attacking. Each session will introduce a new skill and end in game play.

Instructor: Volleyball BC

Tue Jan 9-Feb 13	6:00pm-7:30pm
482803	\$127.5/6 sess
Tue Feb 20-Mar 26	6:00pm-7:30pm
486641	\$127.5/6 sess

Gymnasium - 1/3

Volleyball - Recreational

Recreational players should have some basic knowledge of volleyball which includes three contacts per side and rotating after points are scored. Player's 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.

Supervisor: Gabriel Chan

Sat Jan 6-Mar 30	12:00pm-1:30pm
482800	\$81.25/13 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.

Supervisor: Gaspal Douo

Tue Jan 2-Mar 26	6:00pm-7:45pm
482801	\$81.25/13 sess

Gymnasium - 2/3

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.

Supervisor: Gaspal Douo

Tue Jan 2-Mar 26	8:00pm-9:45pm
482799	\$81.25/13 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: All drop-in users will be required to have a 'OneCard' with the Coal Harbour Drop-In Sports pass, and scan in at the front office before each session. Visit the front office for details and to register for your 'OneCard' package.

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.

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 for the program it will either be cancelled or postponed.

Sign-up even if the class is free!

Coal Harbour Community Centre

Winter 2024 Gymnasium Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30-11:00am Jellyfish Playtime	9:30-11:30am Pickleball-Adv/Beg Level II	9:30-11:00am Jellyfish Playtime	9:15-11:30am Smash Tennis Adult Beginner+ (2.0)	9:30-11:00am Jellyfish Playtime	10:00-11:30am Basketball	10:15-11:15am Badminton
12:00-1:30pm Touch Tennis (2 courts) Pickleball Court Rental (2 courts)	12:00-1:30pm Basketball	11:30-12:15pm Sportball Junior (16m-2yrs)	12:00-1:30pm Badminton	12:00-1:30pm Basketball	12:00-1:30pm Recreational Volleyball	11:45-12:45pm Birthday Parties
1:45-3:15pm Learn to Play Pickleball-Beginner	1:45-3:15pm Pickleball	12:15-1:00pm P&T Multisport (2-3yrs)	1:45-3:15pm Pickleball		1:45-2:45pm Birthday Parties	1:45-3:15pm Pickleball
3:30pm-4:30pm Tot Soccer (4-6yrs)	3:30-5:00pm Teen Open Gym	1:30-3:30pm Pickleball - Advanced Beg/ Learner	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)		3:30-5:00pm Teen Open Gym	4:45-6:15pm Soccer (7-12yrs)	4:45-6:00pm Just Real Ballers Basketball (9-12yrs)	Principles for Sport, Code of Conduct: Go For It, Play Fair, Respect Others, Keep It Fun, Stay Healthy, Include Everyone, Give Back.	
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	<input type="checkbox"/> Children Programs <input type="checkbox"/> Adult Programs (19yrs+)	
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	Non-Profit	Private	Commercial
Gymnasium	\$50/hr	\$95/hr	\$150/hr
Multipurpose Room	\$50/hr	\$100/hr	\$130/hr
Activity Room	\$25/hr	\$55/hr	\$70/hr
Meeting Room	\$20/hr	\$45/hr	\$55/hr

*All hours are subject to room availability. Rental requests outside of operational hours are also subject to staff availability. Community and Film rates available upon request for groups that qualify..

For more information please visit <https://westendcc.ca/room-rentals/coal-harbour-room-rentals-new/>

Or scan

