

WINTER 2023 Recreation Guide



Enjoy your visit!

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

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

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 13 @ 7:00pm

By-Phone: Wed, December 14 @ 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:

David Scott. President
Ian Haywood-Farmer 1st Vice President
Vacant. 2nd Vice President
Jacob Kojfman Treasurer
Vacant. Secretary

Directors:

Margaret Andrews, Ruth Chau, Mike Han, Chris Hyndman, Zephi Kramer, Alfred Lai, Minaz Mawji, Mahsa Rezaei, Elena Stojanovski

Protecting Your Privacy

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

President's Message

Welcome to your Community Centre's Winter Programming. Our Recreation Guide lists the many opportunities to engage your favourite activities at the Centre, whether they are educational, recreational, social or physical. We appreciate your continued support to the Community Centre and welcome both returning and new patrons. We are excited that the Fitness Centre has re-opened, complementing our programming to satisfy all of your fitness needs .

I would also like to thank WECCA and Parks Board staff and volunteers. Your Community Centre would not be possible were it not for the staff and volunteers who contribute their time and knowledge to ensure we provide quality programs that meet the needs of the community.

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

Get Involved!

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

WECCA Annual General Meeting

January 31, 2023 at 6:00pm

WECCA Members to be notified by email.



West End CC
Hours of Operation

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

Community Centre	Jan 3-Mar 31
Monday-Friday	9:00am-9:00pm
Saturday-Sunday	9:00am-5:00pm
Front Office	Jan 3-Mar 31
Monday-Friday	9:15am-8:45pm
Saturday-Sunday	9:00am-4:45pm
Fitness Centre	Jan 3-Mar 31
Monday-Friday	6:00am-9:00pm
Saturday-Sunday	9:00am-5:00pm
<i>*Mon – Fri 6:00-9:00am: Please enter thru laneway-parking entrance and check in at fitness centre desk.</i>	

Coal Harbour CC
Hours of Operation

Community Centre	Jan 3-Mar 31
Monday-Thursday	9:00am-9:00pm
Friday-Saturday	9:00am-5:00pm
Sunday	10:00am-5:00pm
Front Office	Jan 3-Mar 31
Monday-Thursday	9:15am-8:45pm
Friday-Saturday	9:15am-4:45pm
Sunday	10:15am-4:45pm



Christmas
Carnival

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. (\$5.50/child, \$7.50/child on the day-of event).

Sat Dec 10	10:00am-12:00pm
423091	\$7/person
Gymnasium - Coal Harbour	\$8.50/person day of event

Your Recreation Staff

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

Refund Policy

Full refunds will be issued for cancelled programs or for anyone who is unable to attend a program due to a change of date or time. All programs are subject to change or cancellation on short notice. Refunds will be pro-rated from the date requested and must be requested 24 hours prior to the next scheduled class to avoid further charges. An administration charge of \$5 for one program or \$10 for multiple programs applies per transaction to all programs costing \$20 or more. Refunds for one-day and two-day programs and out trips must be requested 48 hours in advance unless otherwise noted. Refunds for all day camps must be requested a minimum of five business days prior to the first day of camp every week. Business days are deemed Monday to Friday.

Please Note: All cash payments will be refunded in the form of a mailed cheque within three weeks of the refund date or may be applied as a credit on account if requested. All refunds for programs originally paid by cheque will be subject to a 30 day waiting period.

Special Events

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 7
424248
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.

Wed Feb 8
435203
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.

Coal Harbour C.C Event: Monday Feb 20th 10:00am-2:00pm
West End C.C Event: Monday Feb 20th 10:00am-2:00pm

Kids Stuff Only Market

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

Sat Apr 1
433271
Multipurpose Room

10:00am-1:00pm
\$7/child



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, a photo booth and Mike's Critters! Parent participation is required. Pre-registration is recommended. (\$7/child, \$8.50/child on the day-of event, space permitting).

Sat Apr 8
433271
Multipurpose Room

10:00am-12:00pm
\$7/child



Birthday Packages



Playtime Party

Have fun with the playtime toys (Ride'em cars, slide, etc). Includes 1/2 hr for set up, 2hr for the party, 1/2 hr for clean up and a room attendant. No refunds 2 weeks prior to party date.

Sat Jan 7-Mar 25	11:30am-1:30pm	\$100/Package
Sun Jan 8-Mar 26	1:30-3:30pm	\$100/Package NEW!

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 20 (Family Day Festivities Special Playtime)**

Jan 3-Mar 31	
M/Tue/Thu/Fri/Sat	Playtime 9:30-11:00am
Wed	Playtime 3:30-5:00pm
Drop In Fee: \$3.50	
Auditorium	

Baby and Toddler (New Born-2yrs)

We have toys, balls, and more. Each day ends with circle time songs. Parents are required to help set up and clean up the equipment each day. **No Playtime Feb 20 (Family Day Festivities Special Playtime)**

Mon Jan 9-Mar 27	1:00-2:30pm (Bidwell Room)
Tue Jan 3-Mar 28	9:30-11:00am (Stanley Court Room)
Wed Jan 4-Mar 29	1:00-2:30pm (Stanley Court Room)
Thu Jan 5-Mar 30	9:30-11:00am (Stanley Court Room)
Sun Jan 8-Mar 26	10:30am-12:00pm (Auditorium)
Drop In Fee: \$3.50	

Children (5 & Under)

Dance

My First Dance Class

An introduction to creative dance. Aspiring little dancers will use songs, movement explorations, and games to explore coordination, rhythm, spatial awareness, and cooperation. Parents are required to participate with their little ones. Drop-in \$9

Instructor: Endorphin Rush Dance

Tue Jan 10	11:15-11:45am
433568	FREE CLASS
Tue Jan 17-Mar 7	11:15-11:45am
433567	\$64/8 sess
English Bay Room	

Creative Ballet (3-5yrs)

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

Instructor: Endorphin Rush Dance

3-5yrs	
Sun Jan 15-Mar 12	10:15-11:00am
435019	\$117/9 sess
Denman Room	
Tue Jan 10	12:30-1:15pm
433622	FREE CLASS
Tue Jan 17-Mar 7	12:30-1:15pm
433621	\$96/8 sess
English Bay Room	
4-6yrs	
Sun Jan 15-Mar 12	11:15am-12:00pm
435021	\$117/9 sess
Denman Room	

Preschool Hip Hop

Get your groove on!! Calling all b-boys and b-girls! Here is the place to shine...join us as we move and groove, exploring the locking stops, and the suspended drops that make the hip hop style so popular and fly. Working as a group and in small groups, we will create and shape a dance that is performed in a "cypher" in classic b-boy/b-girl supportive circle of peers, where each person gets to dance their unique style and be cheered on with gusto! Drop-in \$13

Instructor: Endorphin Rush Dance

Tue Jan 10	11:45am-12:30pm
433572	FREE
Tue Jan 17-Mar 7	11:45am-12:30pm
433570	\$96/8 sess
English Bay Room	

West End Community Centre

Education

Baby Sign Language

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

Instructor: Sheri Kauhausen

Tue Feb 21-Mar 21 **10:30-11:15am**
433562 \$77/5 sess
Bidwell Room

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

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: Sheri Kauhausen

Wed Jan 18-Mar 8 **4:30-5:30pm**
433698 \$124/8 sess
English Bay Room



Physical Recreation

Sportball Multisport (3.5-5yrs)

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

No Class Feb 20

Instructor: Sportball Vancouver

Mon Jan 16-Mar 6 **3:30-4:30pm**
433430 \$126/7 sess
Auditorium

West End Soccer Academy (2-3yrs)

GrassRoots Soccer will help boys and girls of all abilities to grow, develop skills and reach their potential. Using the four corner model: Physical, Technical, Psychological and Social elements, this program will help children develop more than just their soccer skills. We will help them to gain confidence, build self-esteem, learn to work in teams and improve their decision making. Equipment: NO CLEATS on field. Running shoes only permitted. Parent Participation Required. Visit: <http://www.facebook.com/Coach.Glyn> for updates. No Class Feb 18

Instructor: Glyn Roberts

Sat Jan 14-Mar 11 **9:15-10:00am**
434266 \$102/8 sess
King George Gymnasium/Field Depending on Weather

West End Soccer Academy (3-5yrs)

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Instructor: Glyn Roberts

Sat Jan 14-Mar 11 **10:00-10:45am**
434267 \$102/8 sess
King George Gymnasium/Field Depending on Weather



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. Current registration is for children born in 2020, registration for the 2023/2024 program will take place in June for children born in 2021. Class time 10:00 am – 11:30 am Monday \$95/month Tuesday \$95/month Wednesday \$95/month Thursday \$95/month 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.



West End Community Centre

Orff Music Classes!

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

Orff Music for Baby

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

Instructor: Tonia Allen

(12-18mths)

Sat Jan 14-Mar 11 9:30-10:00am
434989 \$108/9 sess

(18-24mths)

Sat Jan 14-Mar 11 10:50-11:20am
434994 \$108/9 sess
Denman Room

Orff Music for Siblings (6mths-4yrs)

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

Instructor: Tonia Allen

Sat Jan 14-Mar 11 10:10-10:40am
434991 \$119/9 sess
Denman Room

Orff Music for Toddlers (2-3yrs)

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

Instructor: Tonia Allen

Sat Jan 14-Mar 11 11:30am-12:00pm
434997 \$108/9 sess
Denman Room

Orff Music for Preschoolers (3-5yrs)

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

Instructor: Tonia Allen

Sat Jan 14-Mar 11 12:30-1:15pm
434999 \$133/9 sess
Denman Room



Children (5-12 Yrs)

Creative Arts

Art Jam with Disney Animator (4-6yrs)

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

Instructor: Jay Tolibao

Sat Jan 21-Mar 4 2:10-3:10pm
435006 \$105/7 sess
Denman Room

Cartoon with Disney Animator (7-9yrs)

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

Instructor: Jay Tolibao

Sat Jan 21-Mar 4 3:20-4:20pm
435009 \$105/7 sess
Denman Room

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 12-Mar 9 3:30-4:45pm
433912 \$140/9 sess

9-15yrs

Thu Jan 12-Mar 9 5:00-6:15pm
433914 \$140/9 sess
Pottery Studio

Watercolour for Kids (7-17yrs)

Explore the world of watercolour painting. This program is for children who want to learn how to use water, paper, color and brushes to create an endless variety of tones in their paintings. Mohammad has over 30 years' experience in drawing and painting at his own Atashzad Academy of Art. Visit www.atashzad.com. Supplies are not included. Supply list available upon registration. Drop in \$25

Instructor: Mohammad Atashzad

Thu Jan 5-Mar 23 3:15-5:15pm
434188 \$239/12 sess
Denman Room

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 [kirbysnelldance.com] Drop-in \$14

Instructor: Endorphin Rush Dance

Sun Jan 15-Mar 12 1:15-2:00pm
435030 \$117/9 sess
Denman Room

Hip Hop (4-7yrs)

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

Instructor: Endorphin Rush Dance

Sun Jan 15-Mar 12 12:15-1:00pm
435024 \$117/9 sess
Denman Room

Hip Hop (6-8yrs)

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

Instructor: Yasmine Shemesh

Thu Jan 19-Mar 9 4:00-5:00pm
433902 \$100/8 sess
English Bay Room

Hip Hop (9-12yrs) NEW!

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 \$14

Instructor: Yasmine Shemesh

Tue Jan 17-Mar 7 5:00-6:00pm
433679 \$105/8 sess
English Bay Room

Rhythm Jamm! (7-11yrs) NEW!

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

Instructor: Marnie Maretic

Thu Jan 12-Mar 9 4:00-5:00pm
434189 \$90/9 sess
Dance Studio

Day Camps

Pro D-Day Camp

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

Mon Jan 16 435175
Fri Feb 17 435178

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

Before Care: 8:00-9:30am \$6/day

After Care: 3:30-5:30pm \$8/day

Spring Break Day Camp

We have created a camp program you won't want to miss! This week will include cooperative games, sports and skills activities and an out-trip. Parents must complete a medical waiver form for each child prior to camp. Activities are subject to change without notice.

WEEK #1: Mar 13-17

Camp: Mon-Fri 9:30am-3:30pm
435194 \$130/5 days

Before Care: 8:00-9:30am \$30/5 days
435193

After Care: 3:30-5:30pm \$40/5 days
435196

WEEK #2: Mar 20-24

Camp: Mon-Fri 9:30am-3:30pm
435199 \$130/5 days

Before Care: 8:00-9:30am \$30/5 days
435198

After Care: 3:30-5:30pm \$40/5 days
435201
Barclay Room

Refund Policy for Camps:

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

Please register early!

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

The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed.

Sign-up even if the class is free!

Education

Hola! Spanish for Kids (5-9yrs)

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

Instructor: Carla Vallin

Thu Jan 19-Mar 9 3:30-4:30pm
433899 \$100/8 sess
Stanley Court Room

Red Cross Babysitting NEW!

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 29 10:00am-5:00pm
436774 \$75/Person

Sun Feb 26 10:00am-5:00pm
436775 \$75/Person

Sun Mar 26 10:00am-5:00pm
436776 \$75/Person

Barclay Room

Architecture for Kids (6-10yrs)

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

Instructor: Petit Architect

Wed Jan 11-Mar 8 3:45-4:45pm
433848 \$171/9 sess
Bidwell Room

Architecture for Tweens (10-15yrs)

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

Instructor: Petit Architect

Wed Jan 11-Mar 8 5:00-6:15pm
433849 \$207/9 sess
Bidwell Room

West End Community Centre

Kids Act!! (5-10yrs)

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

Instructor: Leslee Silverman

Tue Jan 17-Mar 7 **3:45-4:45pm**
433560 \$79/8 sess
English Bay Room

Out of School Care

West End Kids Care (5-12yrs)

Our licensed before & after school program services children that attend Lord Roberts and Lord Roberts Annex Elementary Schools. At West End Kids Care, our experienced and qualified staff are committed to creating a stimulating, cooperative and interactive environment to complement your child's school day. Children enrolled in our program can be registered for other on-site centre programs and dropped off by our staff. Fees include pro-d days and early dismissal days. Closed during Winter/ Spring Breaks, however WECCA does offer Day Camps during these breaks *not included in monthly fees. For more information about the program, or to get on the waitlist, please contact Christina at 604-257-8464 or email christina.tucker@vancouver.ca Prices are for the 2022-2023 school year and are subject to change. Non-refundable \$45 registration fee (due at time of registration)

Before Care:

K's \$215/mth
Gr1 & up \$169/mth

After Care:

K's \$419/mth
Gr1 & up \$349/mth

B/A Care:

K's \$499/mth
Gr1 & up \$399/mth

Fitness

Zumba Kids

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

Drop-in \$14

Instructor: Endorphin Rush Dance

4-7yrs

Fri Jan 13 **3:30-4:15pm**
434194 FREE CLASS
Fri Jan 20-Mar 10 **3:30-4:15pm**
434195 \$96/8 sess

7-12yrs

Fri Jan 13 **4:30-5:30pm**
434198 FREE CLASS
Fri Jan 20-Mar 10 **4:30-5:30pm**
434199 \$104/8 sess
Auditorium

Music

Piano - Musical Expressions

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

No Class Feb 20

Instructor: Musical Expressions

Mon Jan 9-Mar 6 **3:30-8:30pm**
Meeting Room 3 \$192/8 sess

Tue Jan 10-Mar 7 **3:30-8:30pm**
Meeting Room 3 \$216/9 sess

Wed Jan 11-Mar 8 **3:30-8:30pm**
Stanley Court Room \$216/9 sess

Piano - Alexandra

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

Instructor: Alexandra Cai

Sun Jan 15-Mar 19 **10:30am-4:00pm**
Stanley Court Room \$240/10 sess

Guitar / Recorder / Ukulele

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

Instructor: Rene Hugo-Sanchez

Wed Jan 11-Mar 15 **4:30-8:30pm**
\$220/10 sess/Kids
Preschool \$240/10 sess/Adults

Private Violin Lessons **NEW!**

Join as a complete beginner or tune up your violin skills. Students of all ages and levels are welcome! Learn the violin in a supportive environment with a dedicated teacher, who will also provide you with information on how to get the appropriate size and type of violin. Preparation for Royal Conservatory of Music exams is a possibility for those who wish to have their learning level recognized. Hour long sessions.

Instructor: Ali Nourbakhsh

Tue Jan 10-Feb 14 **4:00-7:00pm**
\$336/6 sess

Tue Feb 21-Mar 28 **4:00-7:00pm**
Preschool \$336/6 sess

Violin/ Piano Lessons **NEW!**

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

Instructor: Natalia Alexandrova

Thu Jan 12-Mar 9 **3:30-8:30pm**
Meeting Room 3 \$337.5/9 sess

Fri Jan 13-Mar 10 **3:30-8:30pm**
Stanley Court Room \$337.5/9 sess



West End Community Centre

Physical Recreation



Preteen Yoga (9-12yrs)

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

Wed Jan 11 433846	3:30-4:15pm FREE CLASS
Wed Jan 18-Mar 8 433847	3:30-4:15pm \$96/8 sess
English Bay Room	

Gymnastics Preparation Program (4.5-7yrs)

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

Tue Jan 10-Mar 7 433438	3:45-4:45pm \$225/9 sess
Auditorium	

Gymnastics Preparation Program (7-12yrs)

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

Tue Jan 10-Mar 7 433440	4:45-5:45pm \$225/9 sess
Auditorium	

Sports

Sportball Multisport (5-8yrs)

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

No Class Feb 20	
<i>Instructor: Sportball Vancouver</i>	
Mon Jan 16-Mar 6	4:30-5:30pm
433432	\$126/7 sess
Auditorium	

West End Soccer Academy (5-7yrs)

GrassRoots Soccer will help boys and girls of all abilities to grow, develop skills and reach their potential. Using the four corner model: Physical, Technical, Psychological and Social elements, this program will help children develop more than just their soccer skills. We will help them to gain confidence, build self-esteem, learn to work in teams and improve their decision making. Equipment: NO CLEATS on field. Running shoes only permitted. Parent Participation Required. Visit: <http://www.facebook.com/Coach.Glyn> for updates.No Class Feb 18

<i>Instructor: Glyn Roberts</i>	
Sat Jan 14-Mar 11	10:45-11:30am
434275	\$102/8 sess
King George Gymnasium/Field Depending on Weather	

West End Soccer Academy (7-12yrs)

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. No Class Feb 18

<i>Instructor: Glyn Roberts</i>	
Sat Jan 14-Mar 11	11:30am-12:30pm
434276	\$136/8 sess
King George Gymnasium/Field Depending on Weather	

Social

Chess for Parents and Child Duo: Novice (beginner)

HOW often we hear the phrase parental guidance? What about parental involvement. In this program, parents have the chance of sitting next to their kids and together, start their how-to-trap-the-honey-king adventure! Chess allows kids to connect with something in the real world which in turn, fire up their desire to learn. Joining in this Sherlock-Holmes-world of tactics and strategies, where the chessmen come into being, parents and their kids get trained in life-skills goal-setting: checkmate! (trapmate). What's more, chess provides a mental armor plate commander (leader) self-image whereby both can draw upon and develop a well-rounded discipline, amidst a friendly social setting where art meets science and math with fun. No Class Feb 18 Please note for registration: Register the Child and a guardian is required to attend (cost is for both).

<i>Instructor: Joe Soliven</i>	
Sat Jan 14	3:30-4:30pm
434800	FREE CLASS
Sat Jan 21-Mar 11	3:30-4:30pm
434799	\$175/7 sess
Bidwell Room	

Please register early!

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

West End Community Centre

Pre-Teen

Social

Pre-Teen Art-Attack Program

Take a walk on the creative side! Come join us for this FREE art program where every week we will work on fun DIY projects to take home. Come paint, draw, build and get messy while hanging with friends in a very relaxed and no pressure space. Projects may include: coaster making, canvas painting, Tye Dye and more! Pre-registration and a Pre-Teen Programs waiver form is required. A calendar of activities will be available on the first day of the program. No programs March 14th and 21st due to Spring Break

Instructor: Payton P

Tue Jan 10-Mar28

436897

Denman Room

3:30-5:15pm

Free

Pre-Teen Movie Theatre Out Trip

Pre-Teen night is going to the Scotiabank Theatre for Spring Break! Registration is required by March 3rd in order to secure your ticket. Movie will be chosen and posted closer to the day once the schedule has been released from the theatre. Activity Waivers MUST be signed in order to participate in the program. Waivers can be picked up at the West End Front desk, or you can e-mail jessica.mccallum@vancouver.ca

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. \$5.00 refund administration fee per program.

Instructor: Youth Leader

Fri Mar 17

436902

Auditorium

5:30-9:00pm

\$15



Stay Connected!

@vanyouth

– City wide programs and Initiatives

@westendcommunityyouth

– West End Specific

Pre-Teen Night at West End CC

At this FREE program, youth (ages 9-12 years) will participate in a variety of games, crafts, and activities including: dodgeball, capture the flag, button and bracelet making, movies nights and more! Youth input is strongly encourage. No programs March 17th or 24th due to Spring Break. Due to staffing ratios and room capacities, a maximum of 24 youth are welcome to come, registration is required.

Instructor: Youth Leader

Fri Jan 6-Mar31

434962

Auditorium

6:15-8:45pm

Free

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 No program March 16th and 23rd due to spring break

Instructor: Brandon B

Thu Jan 5-Mar30

434963

Auditorium

3:30-5:30pm

Free

Youth

Social

Teen Night at Coal Harbour-Grade 8-12

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

Instructor: Youth Leader

Fri Jan 6-Mar31

436898

Gymnasium

6:15pm-9:00pm

Free

Teen Open Gym at Coal Harbour

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

Instructor:

Tue/Wed/Sat Jan 3-Apr1

436900

Gymnasium

3:30-4:30pm

Free

Youth Movie Night

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

Instructor:

Thu Feb 23

436899

Auditorium

6:45-9:00pm

Free

Youth Out Trip-Snow Tubing at Mt. Seymour

Come join the West End and other youth centre's around the city for an afternoon of tubing on the mountain. Youth meet at the West End for 11am and will be back around 4:30pm. Youth must be 48" (122 cm) tall to participate, appropriate footwear and winter apparel is required. Should this be a barrier please speak the youth worker! Pre-Registration is required as well as a waiver signed by parents or guardians before youth can participate. Refunds for all 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.

Instructor: Youth Leader

Sat Feb 11

437302

11:00am-4:30pm

\$35/day

Sports

Children and Youth Ice Hockey

This program is for children, pre-teens and youth looking to practice their ice hockey skills with fun drills and non-competitive games. Full equipment is required, including cage helmet. All levels are welcome and basic ice skating skills are required. First priority is for those who are registered and the spots available will be sold as drop-in tickets on a first-come, first served basis. Tickets will be sold 30 minutes before the start of each session at the West End Community Centre's front office. Skates are included in drop in fee. Some equipment are available. \$3.00/drop-in, space permitting.

Instructor: Rink Leader

Children's Ice Hockey

Fri Jan 6-Mar 31

439779

3:30-4:15pm

\$32/13sess

Pre-teen Ice Hockey

Fri Jan 6-Mar 31

439781

4:15-5:00pm

\$32/13sess

Teen Stick and Puck

Fri Jan 6-Mar 31

439256

West End Rink

5:15-6:00pm

\$32/13sess

West End Community Centre

Youth Leadership

Jr. Youth Leadership Club

Are you in grade 8 or 9? Our Jr. YLC program is a great way to build skills, plan fundraisers and events and get some volunteer hours. Our weekly meetings on Wednesday afterschool will focus on investing in yourself through team building and workshops and investing in your community by giving back through voluntarism. For more information and to register please contact Jessica at the West End Youth office or jessica.mccallum@vancouver.ca
Instructor: Youth Leader
Wed Jan 11-June 14 **3:30-5:30pm**
423875 Free
Meeting Room 2

Sr. Youth Leadership Club

This program is for youth in grades 10 to 12 that are looking to gain leadership and mentoring experience while learning how to organize, plan and implement programs in the community centre and give back to their community through stewardship and volunteerism. Youth will also have the opportunity to learn valuable skills such as interview prep, applying to college and university as well as learning how to apply for scholarships and bursaries.
For more information on this program please contact the Youth Worker at jessica.mccallum@vancouver.ca
Instructor: Jessica McCallum
Wed Jan 11-June 14 **6-8pm**
423877 Free
Haro Room

Volunteer Opportunities

Youth volunteers have a key role in providing program and special event support. Volunteers are able to gain valuable work experience, build relationships with other youth and connect with supportive adults in their community. Some of these opportunities will include:
Halloween Haunted House
Halloween Carnival
Breakfast with Santa
Christmas Carnival
Craft Fair
Other seasonal events are also available. If you have any questions or want to sign up to volunteer, please visit Jessica at 604-354-8335 or email jessica.mccallum@vancouver.ca

Education

Emergency First Aid with CPR/AED **NEW!**

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 11 **9:15am-1:45pm**
437384 \$99.75/Person
Sat Mar 11 **9:15am-1:45pm**
437387 \$99.75/Person
Barclay Room

Standard First Aid CPR/AED **NEW!**

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 11 **9:15am-4:45pm**
437388 \$140/Person
Sat Mar 11 **9:15am-4:45pm**
437389 \$140/Person
Barclay 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.

Please register early!

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

Adult

Creative Arts

Explore Creative Writing

In this writing class you get a chance to try a variety of styles and subjects so you can discover your specific interest and develop your own style of writing. The course covers skills for writing articles, stories, poetry and drama. The range of activities are designed to help you to hone in on skills for writing dialogue, and descriptions to create characters and settings. You will be encouraged to explore your own creative ideas with tips on plotting, choosing points of view and working with different kinds of structures. You will be encouraged to put final touches on your best story/ poem/play and get it ready to send to a publisher. No class Feb 20
Instructor: Dianne Maguire
Mon Jan 16-Mar 6 **6:30-8:30pm**
435450 \$124.25/7 sess
Meeting Room 2

Exposed Stitch Hand Bound Book

Learn traditional bookbinding techniques to stitch together a beautiful hand bound book. Using mat board, decorative papers, and acid-free paper, participants will measure, score, size paper, miter corners and bind the book's pages and cover using a decorative stitch that is visible at the spine. When open, this unique method of binding allows the pages to lie flat. This binding technique is particularly suitable for those who write and sketch. Instructions are given on how to make traditional bookbinding paste that is archival and non-toxic, and on techniques to make bookbinding cloth. Please bring a metal ruler, utility knife, foam brush, pencil, and eraser to class. Also a bone folder and self-healing mat if you have them.
Instructor: Jo Ann Kronquist
Sat Feb 18 **10:00am-4:00pm**
432561 \$84/1 sess
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 11-Mar 8 **6:30-8:45pm**
432644 Free
Meeting Room 2

West End Community Centre

Making Beautiful Mosaic Pendants using Resin

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

Instructor: Sheila Rodriguez

Wed Jan 18 432581 **6:00-7:30pm**
Barclay Room \$59/1 sess
Wed Feb 15 432582 **6:00-7:30pm**
Barclay Room \$59/1 sess

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 10-Feb 21 432545 **5:45-8:45pm**
Meeting Room 2 \$231/7 sess



Photography Basics in One Day

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

Instructor: Jo Ann Kronquist

Sat Jan 7 432589 **10:00am-4:00pm**
English Bay Room \$69/1 sess
Sat Jan 21 432590 **10:00am-4:00pm**
Barclay Room \$69/1 sess
Sat Mar 25 432591 **10:00am-4:00pm**
English Bay Room \$69/1 sess

Drawing/Painting

Colour Schemes - Acrylic Painting (Intermediate)

Harmonious color combination is one of the most important factors in painting. During the six 2 and 1/2-hour sessions, a basic color theory followed by the application of different color schemes: monochromatic, complimentary, analogous, split complimentary, triads and mother color will be presented. During each session, participants will finish a painting using one of the schemes. No class Feb 19.

Instructor: Ali Sepahi

Sun Jan 8-Mar 12 432541 **10:15am-12:45pm**
Bidwell Room \$165.50/9 sess

Watercolour Painting

This program for older adults will give you the chance to learn to apply watercolour painting by exploring the medium's full potential. Learn to use water, paper, colour, and brushes to create an endless variety of tones and atmosphere in your painting. We will focus on landscape painting techniques and studies of nature (flowers). Drop-in \$25.00. 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 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

Instructor: Mohammad Atashzad

Thu Jan 5-Mar 23 432637 **1:00-3:00pm**
Denman Room \$234/12 sess
Thu Jan 5-Mar 23 432638 **5:30-7:30pm**
Bidwell Room \$234/12 sess

Classic Pen and Ink Drawing

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

Instructor: Scott Sterling

Tue Jan 10-Feb 7 432540 **5:30-7:25pm**
Meeting Room 1 \$100/5 sess

Dance



Ballroom Dance I and II

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

Instructor: Linda Short

Thu Jan 12-Mar 9 432529 **7:30-8:45pm**
Dance Studio \$144/9 sess

Brazilian Rhythms

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

Instructor: Maira Daiha

Wed Jan 11-Mar 8 432532 **7:30-8:30pm**
Dance Studio \$108/9 sess

West End Community Centre

Bellydance

Enjoy moving to the sensuous melodies and dynamic rhythms of the Middle East with Rahma. Belly dance is an excellent way to get fit, have fun and connect with your body in a very positive way. A professional dancer and experienced teacher of teachers, Rahma is able to clearly break down movements and is encouraging to dancers of all ages and abilities. Class begins with a slow stretch warm up. Wear exercise clothes, bare feet or dance and bring a scarf or shawl to tie around the hips. Finger cymbals needed, can be purchased or borrowed from instructor. No class Feb 20.

Instructor: Gail (Rahma) Haddad

Free Trial

Mon Jan 9 6:30-8:00pm
439053 Free

Beginner/Intermediate

Mon Jan 16-Mar 20 6:30-8:00pm
432531 \$135/9 sess

Advanced

Tue Jan 10-Mar 21 7:30-8:55pm
432530 \$165/11 sess

Throwback Hip Hop and Jazz Funk

In this class, you'll learn choreography that's both inspired by and straight out of your favorite 90s and 00s music videos! Expect a groovy warm up and stretch, where you'll also learn some of the basic and foundational movements of hip-hop dance. Drop-in \$15

Instructor: Yasmine Shemesh

Thu Jan 19-Mar 9 5:30-6:30pm
433903 \$115/8 sess
English Bay Room

Drama

Intro to Open Mic Comedy

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

Instructor: Ingrid Schneller

Tue Jan 10-Mar 7 6:00-8:00pm
432576 \$153/9 sess
English Bay Room

Voice-Over Acting Level I

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

Instructor: Sonja Bakker

Sat Jan 7 9:30am-2:30pm
432632 \$65/1 sess

Meeting Room 2

Sat Feb 4 9:30am-2:30pm
432631 \$65/1 sess

Meeting Room 2

Sat Feb 25 9:30am-2:30pm
432633 \$65/1 sess

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 Jan 21 9:30am-2:30pm
432634 \$65/1 sess

Meeting Room 2

Sat Feb 11 9:30am-2:30pm
432635 \$65/1 sess

Meeting Room 2

Sat Mar 4 9:30am-2:30pm
432636 \$65/1 sess

Meeting Room 2

Education

The Blues - Where It All Began!

Discussion of popular contemporary music must begin with the roots of that music, and in the case of the Blues, the origins begin when enslaved Africans were first brought to North America in 1619. They brought with them their rhythms, melodies and harmonies and there is a thread that goes from the singing in plantations, through the itinerant blues players, up the Mississippi to Chicago and the industrial North. That thread is still there in the music we listen to today. We'll look at the iconic Blues artists and hear the echoes of the past. Drop-in \$20.

Week 1 - The Delta Blues

Week 2 - The Memphis Blues

Week 3 - Chicago Blues

Week 4 - Texas Blues

Week 5 - The British Blues

Week 6 - The New Young Blues Guitarist

Instructor: John Mitchell

Fri Feb 3-Mar 10 11:00am-12:30 pm
439233 \$96/6 sess

Meeting Room 2

Organic Hemp Seed Body Care

Discover the amazing properties of Hemp Seed Oil! This exceptionally rich oil high in essential omega fatty acids and proteins absorbs well into the skin and is very healing and rejuvenating. Make high-quality skincare products for all skin types from scratch! Participants will make and take home a Hemp Body Lotion, Hemp Seed Body Exfoliant, Heavenly Hemp Bath n' Body Oil and a Hemp Seed Soap. Recipes for healing salves and body washes. ALL SUPPLIES INCLUDED IN COURSE FEE.

Instructor: Cheryl Theilade

Thu Feb 16 6:30-9:00pm
432527 \$39/1 sess

Barclay Room

Empathy, Compassion, and Love

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

Instructor: Bob Molavi

Free Trial

Thu Jan 12 2:00-3:00pm
432557 Free

Meeting Room 2

Thu Jan 19-Feb 2 2:00-3:00pm
432556 \$55.5/3 sess

Meeting Room 2

Toastmasters

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

Instructor: Toastmasters International

Tue Jan 10-Mar 7 6:45-8:45pm
432629 Free

Bidwell Room

West End Community Centre

West End Community Centre Investment Coffee Club

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

Instructor: Andrew Thiessen Edward Jones

Sun Jan 15 432639 English Bay Room	10:00-11:00am Free
Sun Feb 12 432640 English Bay Room	10:00-11:00am Free
Sun Mar 12 432641 English Bay Room	10:00-11:00am Free

Emergency First Aid with CPR/AED **NEW!**

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 11 437384	9:15am-1:45pm \$99.75/Person
Sat Mar 11 437387	9:15am-1:45pm \$99.75/Person

Barclay Room

Standard First Aid CPR/AED **NEW!**

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 11 437388	9:15am-4:45pm \$140/Person
Sat Mar 11 437389	9:15am-4:45pm \$140/Person

Barclay Room

Please register early!

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

Social

Fireside Readers Book Circle Potpourri

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

Fri Jan 13, Mar 10 11:00am-12:00pm
432563 Free
Stanley Court Room

Fireside Readers Book Club

The Fireside Readers Book Club has moved from sponsorship by the library to becoming a WECC program. 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. These are the books we will read and discuss this Winter:

Jan 27:	Michelle Good, Five Little Indians
Feb 23:	Richard Wagamese, Starlight, An Unfinished Novel
March 24:	Kazuo Ishiguro, Klara and the Sun
Fri Jan 27, Feb 24, Mar 24	11:00am-12:00pm

432564 Free

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 8-Mar 5 432630	2:00-4:30pm Free
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Denman Room

Bridge Duplicate

Come out and join Duplicate bridge players. Must pre-register. If you are a new participant and require a partner, please call Judy at 604.669.8872. Please note: there is no instruction, as it is game play only.

Tuesday Tue Jan 10-Mar 7 432536 Bidwell Room	1:00-4:00pm \$4.50/9 sess
Wednesday Wed Jan 11-Mar 8 432537 English Bay Room	6:00-9:00pm \$4.50/9 sess
Thursday Thu Jan 12-Mar 9 432535 Bidwell Room	1:00-4:30pm \$4.50/9 sess

"Try it Out" Open Mic

Join us for a totally spontaneous, sometimes silly and sometimes heartfelt evening of entertainment offered by YOU and/or your neighbours! The Try It Out Open Mic is a free, monthly gathering held in the Stanley Court Room. Sign up is at 6:30 pm. Everyone gets 10 - 15 minutes (approximately three songs) depending on the size of the group. This is a time to share music, stories, poems, comedy, interpretive dance, magic etc., etc. or just listen! Open to all ages and abilities. (Children are encouraged to share in the first 45 minutes so more ?grown up? material can be presented later on.) The Try it Out Open Mic is a friendly and supportive environment where everyone can "try out" ideas and projects. Over the years we have seen first time performers as young as two and seasoned performers who are - well - ageless! Come to listen or share. FREE!

Instructor: Barbara Shaw

January Tue Jan 31 437351 Stanley Court Room	6:30-8:30pm Free
February Tue Feb 28 437386 Stanley Court Room	6:30-8:30pm Free
March Tue Mar 28 437390 Stanley Court Room	6:30-8:30pm Free

Health and Wellness

Journey into Past Life Regression

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

Instructor: Kemila Zsange

Sat Mar 11 432577 Stanley Court Room	12:00-4:00pm \$65/1 sess
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Dog Obedience by DOGSmart Training

Beginner Life Skills (over 6 months old)

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

Wed Jan 11-Feb 15 **6:30-7:30 pm**
432549 \$240/6 sess
Auditorium

Dog Sports – FUN Rally Obedience (Over 6 months old)

* Prerequisite – Basic obedience skills such as focus, sit, down, stay and polite walking. * No fearful dogs. * No aggressive dogs towards dogs or people. * If you have fearful/aggressive dogs, please contact DOGSmart at 604-267-9500 to register the specialized class at their facility. * No shock, choke, martingale or prong collars & retractable leashes. * No female dogs in heat (Animal Control Bylaw 9150 - 4.7) * All dogs must be able to provide documentation of up-to-date vaccinations or current titers testing. This course is a combination of Rally Obedience and Bonding Games. Each week, you will work on a variety of movements and incorporate those into FUN Rally Obedience. This course will help you and your dog work on your bond and further improve your obedience skills. This class is for CASUAL & FUN! Suitable age for this class is dogs over 6 months old, and have some previous training background. This class does not address behaviour problems. You will be invited to Google Classroom. Please provide your gmail account to your instructor. No new registration after the class starts & No make-up classes are provided. [Rally-O is a sport based on the obedience practice of active warm-up and free-style exercises. It requires teamwork between dog and handler along with performance skills with the dog in heel position. At each station, a sign provides instructions regarding the specific exercise required of the dog.]

Wed Jan 11-Feb 15 **7:45-8:45 pm**
432550 \$240/6 sess
Auditorium

Dog Obedience - Come When Called Foundation (over 5 months old)

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

Wed Feb 22-Mar 8 **6:30-7:30 pm**
432551 \$120/3 sess
Auditorium

Dog Obedience - Walk This Way Foundation Indoor (over 5 months old)

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

Wed Feb 22-Mar 8 **7:45-8:45 pm**
432555 \$120/3 sess
Auditorium

West End Community Centre

Self-guided Meditation

Come relax and calm your mind and body. Are you looking for a dedicated space to meditate? Join us at the West End Community Centre for self-guided meditation.

Thu Jan 12-Mar 9 **7:00-8:00pm**
437344 Free
English Bay Room

Reiki Relaxation

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

Instructor: Birdeen Selzer

Thu Jan 12-Mar 9 **7:00-8:30pm**
432617 \$90/9 sess
Denman Room

Tai Chi - 24 Form (suitable for beginners)

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

Instructor: Kelly Maclean

Tue Jan 10-Mar 7 **7:20-8:20pm**
432626 \$144/9 sess
Barclay Room

Tai Chi - 48 Form Part 1

Drop-in \$20.00. Kelly Maclean has trained since 1988 under some of the great masters and lineage holders of our time, including Shouyu Liang (her primary teacher), Chen Xiaowang, Chen Zhenglei, Yang Zhen Duo, He Weiqi, Madame Wang Jurong, Dr. Yang Jwing Ming, and Sam Masich. As a member of the Canadian National Wushu Team, she had an illustrious international competition career, garnering many medals and Grand Championship titles. She holds a 7th-degree black belt and is certified in internal styles including Taijiquan (Tai Chi), Xingyiquan, Baguazhang, Water boxing, and Qigong. In her teaching, she emphasizes correct biomechanics and structure. She is well known for her attention to detail and her unique talent for explaining movement through analogies and evocative descriptions.

Instructor: Kelly Maclean

Tue Jan 10-Mar 7 **6:15-7:15pm**
432627 \$144/9 sess
Barclay Room

Qi Gong

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

Instructor: Fran Hinton

Wed Jan 11-Mar 8 **6:00-7:00pm**
432616 \$81/9 sess
Dance Studio

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 WE 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. You'll prepare your own microgreen tray to take home! All supplies provided. We'll have a community seed library present - pick up some free seeds, swap or donate seeds. Free for Seniors (50 and over) - \$5 materials cost only.

Thu Jan 19 **6:30-8:30 pm**
432566 \$19/1 sess
Barclay Room

Growing Superfoods

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

Thu Feb 9 **6:30-8:30 pm**
432567 \$15/1 sess
Barclay Room

2023 Collaborative and Community Gardening Opportunities

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.

Sun Feb 19 **12:00-1:00 pm**
432544 Free
Bidwell Room

West End Urban Garden Club

Join West End Neighbourhood Food Network's Urban Garden Club and Village Vancouver at our monthly inclusive, family friendly gatherings. Each month we have a short presentation or discussion on a different food and/or gardening related topic. This month: Starting your 2023 garden/what are you growing this year?/good places to buy seeds. 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.

Sun Feb 19 **1:00-2:30 pm**
432543 Free
Barclay Room

Zero Waste in the Kitchen and DIY Beeswax Wraps

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

Tue Feb 28 **6:30-8:30 pm**
432569 \$21/1 sess
Meeting Room 2

West End Community Centre

Menu Planning, Meal Prep and Mason Jar Salads

In this joint Village Vancouver - West End Neighbourhood Food Network WE Urban Garden Club workshop with Rashmi GC, you'll learn how to plan healthier options for meals throughout the week. Prepare a personalized Menu Plan for yourself. Get tips about Meal Prep. Make and take home a Mason Jar Salad! 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) - \$8 materials cost only

Fri Mar 10 **2:00-4:00 pm**
432650 \$21/1 sess
Barclay Room

Balcony, Container, Small Space Gardening

Want to grow food, but don't have much room? In this joint Village Vancouver - West End Neighbourhood Food Network WE 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. We'll have a community seed library there - pick up some free seeds for your garden, swap or donate seeds. Reduced fee for Seniors (50 and over).

Sat Mar 11 **1:00-3:00pm**
432574 \$15/1 sess
Bidwell Room

DIY Planter Box Giveaway

Village Vancouver and West End Neighbourhood Food Network WE Urban Garden Club have free small (6-7 Ltr.), lightweight, easy to assemble DIY Planter Box Kits available for seniors, immuno-compromised, low income, and other vulnerable members of the community, as well as for other community members. Each kit includes planter box parts, soil, seeds, and assembly instructions. To request a kit: register in the usual manner, AND THEN ALSO contact planterboxes@villagevancouver.ca. and indicate if you're a member of a vulnerable population or not. (No details required.) Include Planter Box in the subject line. Supplies are limited.

Sun Mar 19 **12:00-1:00pm**
432542 Free
English Bay Room



West End Urban Garden Club

Join West End Neighbourhood Food Network's Urban Garden Club and Village Vancouver at our monthly inclusive, family friendly gatherings. 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. Free.

Sun Mar 19 **1:00-2:30pm**
432643 Free
Bidwell Room

Growing Japanese Spring Vegetables

Start the gardening season by growing these early spring Japanese vegetables. Easy to grow, nutritionally dense, yet not readily available, make the most of your garden by growing these wonderful veggies. In this joint Village Vancouver - Westside Neighbourhood Food Network WE Urban Garden Club hands-on workshop with Tonari Gumi Garden Club (Japanese Community Volunteer Association), we'll focus on five early spring vegetables. We'll offer additional seeds and plant starts, along with a sampling of these vegetables in delicious, yet simple Japanese dishes. We'll also have a community seed library present - pick up some free seeds for your garden, swap or donate seeds. Free for Seniors (50 and over) - \$7 materials cost only.

Sun Mar 26 **1:00-3:00pm**
432568 \$20/1 sess
Bidwell Room

DIY Yoghurt and Paneer (Indian Cottage Cheese) at Home

In this joint Village Vancouver West End Neighbourhood Food Network WE Urban Garden Club workshop with Rashmi GC, you'll learn to easily make fresh Yoghurt and Paneer (Indian Cottage Cheese) from scratch, without the use of any special devices. We'll share tips and tricks for successfully making them at home, and you'll make a jar of Yoghurt to take with you. Enjoy a Paneer making demonstration, and learn to make different flavoured Paneers! Learning this skill will help you to avoid buying packaged food from stores. We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds. Free for Seniors (50 and over) - \$8 materials cost only.

Thu Mar 30 **6:30-8:30 pm**
432547 \$21/1 sess
Barclay Room

Language



English Conversation Circle

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

Tue Jan 10-Mar 7 **10:00-11:30am**
432558 Free
Meeting Room 3

Russian - Beginner I

This course is designed for those with no prior knowledge of Russian. Students will learn Cyrillic alphabet and essentials of pronunciation while practising reading and listening. The course will introduce participants to grammatical aspects such as adjective-noun agreement, conjugation of verbs, accusative and prepositional cases of nouns. Creating simple dialogues on a variety of topics will let the students gain basic vocabulary and acquire confidence in using new language. The course will get them closer to understanding Russian culture and traditions. No class Feb 18.

Instructor: Inna Makarova

Sat Jan 7-Mar 11 **9:30-10:45am**
432619 \$152.10/9 sess
Meeting Room 3

Russian - Beginner II

Refresh and improve your knowledge of Russian. Enrich your vocabulary, learn new grammatical concepts and their usage, get more confident leading the conversation as you practice speaking, listening, reading and writing. The course is designed for those who took Russian Beginner I or has similar level acquired. Drop-in \$19.00. No class Feb 18.

Instructor: Inna Makarova

Sat Jan 7-Mar 11 **11:00am-12:15pm**
432620 \$152.10/9 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 20.

Instructor: Karen Forrester-Lara

Mon Jan 9-Mar 6 **6:10-7:25pm**
432622 \$106.64/8 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 20.

Instructor: Karen Forrester-Lara

Mon Jan 9-Mar 6 **7:30-8:45pm**
432623 \$106.64/8 sess
English Bay Room

Martial Arts

Aikido

Based on traditional Japanese hombu style, aikido is a powerful, dynamic martial art that uses an attacker's momentum and energy and redirects it through fluid techniques that may involve joint locks, throws and pins. This class will include both basic and higher level techniques suitable for both male and females, beginners and advanced students. Beginners welcome anytime. Drop-in \$15, with permission of instructor. No class Feb 20 and Feb 23.

Instructor: Tony Hind

Mon Thu Jan 9-Mar 9 **6:30-7:45pm**
432526 \$96/16 sess
Auditorium



Music

West End Chamber Choir

Do you love singing and can your voice carry a melody? Then welcome to our choir! In a friendly and pleasant atmosphere you will learn and perform great choral works by classical and contemporary composers. Our program this term includes: Mozart - "Regina Coeli", Haydn - parts of "Creation" (with chamber orchestra), and to conclude our 14th season we will collaborate with the Kamloops Symphony for a performance of Beethoven's "Ode to Joy". No Class Feb 20

Instructor: Natalia Alexandrova

Mon Jan 9-Mar 6 **6:45-8:50pm**
436817 \$96/8 sess
Bidwell Room

Violin/ Piano Lessons **NEW!**

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

Instructor: Natalia Alexandrova

Thu Jan 12-Mar 9 **3:30-8:30pm**
Meeting Room 3 \$337.5/9 sess
Fri Jan 13-Mar 10 **3:30-8:30pm**
Stanley Court Room \$337.5/9 sess

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.

Instructor - Mary Friesen

Set 1
Mon Jan 9-Jan 30 **2:00-7:00 pm**
\$96/4 sess
Wed Jan 11-Feb 8 **12:30-5:30pm**
\$120/5 sess

Set 2
Mon Feb 6-Mar 6 **2:00-7:00 pm**
\$96/4 sess
Wed Feb 15-Mar 8 **12:30-5:30pm**
\$96/4 sess



Pottery

Pottery Open Studio

Semi supervised, non-instructional open studio time. Must have previous experience working with ceramics, preferably a pottery class with WECC. Pottery manager may contact you to verify your experience. Must purchase clay from our studio - no outside clay will be permitted. No communal tools provided, participants must bring their own tools or you can purchase a kit on your first day. A cubby will be provided for works in progress - no personal belongings or tools can be stored. Registration is mandatory as drop ins are no longer permitted in the studio. Due to limited space you are only permitted to attend the session you are registered in. No class Feb 20.

Session A

Mon Jan 9-Mar 6 **11:00am-2:00pm**
432594 \$144/8 sess

Session B

Mon Jan 9-Mar 6 **2:30-5:30pm**
432595 \$144/8 sess

Session C

Tue Jan 10-Mar 7 **5:45-8:45pm**
432596 \$162/9 sess

Session D

Wed Jan 11-Mar 8 **2:30-5:30pm**
432597 \$162/9 sess

Session E

Sun Jan 8-Mar 12 **10:15am-1:15pm**
432598 \$162/10 sess

Session F

Sun Jan 8-Mar 12 **1:30-4:30pm**
432599 \$162/9 sess
Pottery Studio

Pottery Throwing & Handbuilding

Learn about the world of ceramics through the use of both the wheel and hand-building techniques to create diverse knowledge. Classes will begin with demos more focused on functional ware. By the end of the course, projects will be self directed with guidance and support from instructor. Students will also learn how to glaze as well as paint their finished products. Clay not included in cost. Clay must be purchased from the instructor during the first class - no outside clay permitted. Students must either bring their own tools or tool kits will be available for purchase. No class Feb 20.

Instructor: Estelle Liebenberg

Mon Jan 9-Mar 6 **5:45-8:45pm**
432600 \$216/8 sess

Instructor: Estelle Liebenberg

Wed Jan 11-Mar 8 **11:00am-2:00pm**
432601 \$243/9 sess

Instructor: Anthony Dunlop

Wed Jan 11-Mar 8 **5:45-8:45pm**
432601 \$243/9 sess

Instructor: Kennedy Snider

Thu Jan 12-Mar 9 **10:00am-1:00pm**
432602 \$243/9 sess

West End Community Centre

Pottery Workshops with Lisa

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

Plates the Easy Way

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

Thu Jan 12 6:30-8:30 pm
Thu Jan 19 6:30-8:30 pm
432603 \$80/2 sess
Pottery Studio

Wheel Throwing Sampler - Try out the Potter's Wheel

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

Thu Jan 26 6:30-8:30pm
432613 \$50/1 sess
Pottery Studio



Make a Homemade 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.

Thu Feb 2 6:30-8:30 pm
Thu Feb 9 6:30-8:30 pm
432609 \$80/2 sess
Barclay Room
Pottery Studio

Push Plates and Pinch Pots

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

Thu Feb 23 6:30-8:30 pm
Thu Mar 2 6:30-8:30 pm
432614 \$80/2 sess
Barclay Room
Pottery Studio



Pottery Workshops with Serena

Serena Chu is a visual artist specializing in contemporary ceramic tableware and is an art teacher in pottery, painting, resin and other various media. She is also a digital designer that creates custom Life-Size Colouring Murals for client's events and festivals.

Originally from Toronto with a BFA in mural painting and installation sculpture from York University, she is often experimenting with new techniques exploring different surface design like sgraffito, air brushing, or silkscreening. Her studio transforms from ceramic production work for sale to a classroom for students during any given week.

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

Botanical Imprint Ceramic Tableware Workshop

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

Thu Jan 26 6:30-8:30 pm
Thu Feb 2 6:30-8:30 pm
432605 \$80/2 sess
Barclay Room
Pottery Studio

Modern Minimalist Hand-building Ceramic Tableware

In this two part workshop, we will be creating a set of dishes that will be food-safe 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.

Thu Feb 9 6:30-8:30 pm
Thu Feb 16 6:30-8:30 pm
432608 \$80/2 sess
Barclay Room
Pottery Studio

West End Community Centre

Glaze Intensive - Application and Variations

A glazing workshop that covers everything from prepping your bisqueware, properties of glazes and variations on dipping techniques. We'll explore a step-by-step approach to efficient glazing, tips and tricks for optimal coverage as well as interesting effects. Previous pottery experience is mandatory, bring your own bisqueware as there will only be a limited amount available.

Thu Feb 23 **6:30-8:30 pm**
432611 \$40/1 sess
Pottery Studio

All About Underglazes - Surface Decoration

In this two part workshop, you will discover the world of underglazes, how to use them, variations and a multitude of techniques. We will cover topics such as stenciling, sgraffito, mishima, bubble, marbling, screenprinting, and transfers. You will have a chance to try your favourite technique on a test tile and you are welcome to bring your own greenware.

Thu Mar 2 **6:30-8:30 pm**
Thu Mar 9 **6:30-8:30 pm**
432606 \$80/1 sess
Barclay Room
Pottery Studio

Yoga and Pilates

Yoga - Yin & Meditation with Crystal Bowls

A very slow, gentle style of yoga that focuses on deep stretching to help facilitate the release of layers of physical tension in the body over time. 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 and \$13/senior. No class Feb 20.

Instructor: Rebecca Henderson

Mon Jan 9-Mar 6 **7:15-8:30 pm**
439560 \$104/8 sess
Fri Jan 13-Mar 10 **10:00-11:15am**
440036 \$135/9 sess

Breathe, Flow and Laughter Yoga

This class is a blend of focusing on alignment and powering the body through breath. Using various breathing techniques fuels the flow of each class. Discipline, along with laughter and calmness is what you are going to experience in this class. Drop-in \$16.00. No class Feb 18.

Instructor: Nousha Vahidi

Sat Jan 7-Mar 11 **12:00-1:00pm**
432533 \$126/9 sess
English Bay Room

Farsi Power Yoga

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

Instructor: Minoo Zeighami Nejad

Wed Jan 11-Mar 8 **7:30-8:45pm**
432562 \$135/9 sess
Bidwell Room

Gentle Yoga

Is open to people of all fitness levels, anyone can do this class with confidence. Participants will learn how to practice yoga postures safely. Improvements you will enjoy from taking this class are: ? Great posture ? Comfortable, mobile and healthy joints ? Increased strength and flexibility ? Relief from mental stress ? A positive connection to your body

Instructor: Sophie Ducharme, 22 years of teaching experience.

Drop-in \$16.00/adult and \$13/senior. No class Feb 20.

Instructor: Sophie Ducharme

Mon Jan 9-Mar 6 **5:00-6:15pm**
432571 \$112/8 sess
Dance Studio

Fri Jan 13-Mar 10 **9:15am-10:30am**
432572 \$93.15/9 sess
Dance Studio

Hatha Yoga

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

Instructor: John Waye

Thu Jan 12-Mar 9 **12:00-1:00pm**
432573 \$117/9 sess
Dance Studio

JustYOGA

Hatha yoga is the physical branch of yoga and incorporates many styles. This class will explore the various styles, all of which unite the mind, body and spirit using movement to strengthen, stretch and calm the whole body, finishing with a meditative savasana. Bring your own filled water bottle. You are welcome to bring your own yoga blocks and straps. Drop-in \$13.50. No class Feb 20.

Instructor: Fran Hinton

Mon Jan 9-Mar 6 **6:00-7:00pm**
432578 \$72/8 sess
Denman Room

PILATES MAT

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

Instructor: Fran Hinton

Thu Jan 12-Mar 9 **5:45-6:45pm**
432592 \$81/9 sess
Dance Studio

Pilates Yoga Fusion

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

Instructor: Jill Stoness

Tue Jan 10-Mar 7 **5:30-6:30pm**
432593 \$81/9 sess
Denman Room

Yoga for Wrecks

This class will not intimidate you, or put you in any compromising positions. It will help you, to recovery from past injuries and heal troubled areas of your body. Increase your health and confidence while taking this class, in a fun and relaxed environment. All are welcome!

Instructor: Sophie Ducharme, 22 years teaching experience.

Drop-in \$16.00/adult and \$13/senior. No class Feb 18.

Instructor: Sophie Ducharme

Sat Jan 7-Mar 11 **10:30-11:45am**
432648 \$126/9 sess
Dance Studio

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 12-Mar 9 **10:00-11:30am**
437343 \$135/9 sess
English Bay Room

Sunrise Yoga Club

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

Wed Jan 11-Mar 8 **10:45am-12:00pm**
437345 \$6/9 sess
Dance Studio

Chair Yoga

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

Instructor: Irene Lugsdin

Wed Jan 11-Mar 8 **12:15-1:15pm**
437354 \$62.10/9 sess
Dance Studio

West End Community Centre

Your Yoga

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

Instructor: John Wayne

Tue Jan 10-Mar 7 **9:15-10:15am**
437357 \$62.10/9 sess

Dance Studio

Thu Jan 12-Mar 9 **9:15-10:15am**
437356 \$62.10/9 sess

Dance Studio

Fitness

Adapted Fitness

Exercises are modified for those with mobility, coordination, strength and flexibility limitations. Doctor or Physio referral is recommended. Drop-in \$11.00/adult and \$9.00/senior. No class Feb 20.

Instructor: Susan Ingraham

Mon Jan 9-Mar 6 **11:00am-12:00pm**
432524 \$72/8 sess

Dance Studio

Fri Jan 13-Mar 10 **11:00am-12:00pm**
432525 \$81/9 sess

Dance Studio

Arthritis Fit

This exercise class will provide people with arthritis the benefits of improved joint mobility, flexibility and muscle endurance. The class will be located at the West End Community Centre. No equipment except for chairs will be provided. Bring your own filled water bottle and Therabands. No class Feb 20.

Instructor: Keno Kinoshita

Mon Jan 9-Mar 6 **1:30-2:30pm**
432528 \$55.20/8 sess

Dance Studio

Cardio Sculpt

A total body workout for all levels - mid/lo/high impact cardio, strength and core workout, using a variety of equipment each week, to give a total body workout. Drop-in \$9.00. No class Feb 18.

Instructor: Emma Kidman

Sat Jan 7-Mar 11 **9:15-10:15am**
432538 \$62.10/9 sess

Dance Studio

Light Fit

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

Instructor: Susan Ingraham

Tue Jan 10-Mar 7 **10:45-11:45am**
432579 \$81/9 sess

Dance Studio

Thu Jan 12-Mar 9 **10:45-11:45am**
432580 \$81/9 sess

Dance Studio



Therapeutic Strength Training

Train to improve function in daily activities, rehabilitate and prevent future injuries. Small class size will insure you get individual attention and ongoing feedback. ** Participants must fill out a ParQ form prior to attending the first class and it must be brought to the instructor directly. No class Feb 20.

Instructor: Keno Kinoshita

Mon Jan 9-Mar 6 **11:30am-12:30pm**
432628 \$93.68/8 sess

Denman Room

SteadyFeet

Steadyfeet is a partnership program between the Vancouver Coastal Health and Community Seniors Centres. Recommended by doctors and physiotherapists, the Steadyfeet balance and mobility program helps to increase confidence, improve functional mobility, increase lower body strength, improve balance and reduce fall risk. Please make sure that waiver forms are completed prior to the start of class. Drop-in \$9.00. Participant can not start the program without clearance from a doctor. PAR Q+ required.

Instructor: Anne O'Sullivan

Fri Jan 13-Mar 10 **12:30-1:30pm**
432624 \$56.70/9 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 preform new and effective workouts. Combine this with top notch programming, upbeat music, encouraging instructors and you've got a class that will take your fitness to a whole new level. Drop-in \$20.00.

Instructor: Ivan Filippov

Wed Jan 11-Mar 8 **6:00-7:00pm**
437346 \$135/9 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 10-Mar 7 **5:30-6:30pm**
437350 \$81/9 sess

Dance Studio

Sports

Basketball - Competitive

Enjoy some friendly, exciting recreational basketball. Non-instructional. Drop in \$6.00 space permitting. No Class Jan 24, Feb 21.

Instructor: Caden Osmack

Tue Jan 17-Mar 7 **7:15-8:45pm**
435153 \$36.75/7 sess

Thu Jan 12-Mar 9 **7:15-8:45pm**
435155 \$47.25/9 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 20

Instructor: Jodhan Uppal

Mon Feb 6-Mar 6 **7:15-8:45pm**
435156 \$21/4 sess

King George Gymnasium

West End Community Centre

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 20.

Mon Jan 9-Mar 6 1:00-3:00pm
437352 \$7.60/8 sess
Auditorium

Social

Bridge

This casual group meets to play bridge and socialize. Bring a friend and come and play. Beginners and newcomers are always welcome! No class Feb 20. Held at Barclay Manor.

Instructor: No Instructor
Mon Jan 9-Mar 6 1:00-4:00pm
437353 \$4/8 sess
Basement at Barclay Manor

Cribbage

Cribbage, or crib, is a card game that involves forming combinations of cards for which points are scored, and playing those cards in an order also gains points. Come out and play with a social group of older adults.

Instructor: Richard Smith
Fri Jan 13-Mar 10 1:00-3:00pm
437355 Free
Bidwell Room



Fitness & Health

Older Adult Fitness

Safe, enjoyable and effective exercises designed for the active senior; 90 minutes. This is a preregistration program. Fit Pass does not apply for this program. No equipment except for chairs will be provided. Bring your own filled water bottle and Therabands. No class Feb 20.

Instructor: Keno Kinoshita
Mon Jan 9-Mar 6 9:15-10:45am
432585 \$82.80/8 sess
Dance Studio
Wed Jan 11-Mar 8 9:00-10:30am
432586 \$93.15/9 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 11-Mar 8 10:05-11:05am
432587 \$69.12/9 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 11-Mar 8 9:05-10:05am
432588 \$69.12/9 sess
Denman Room

Yoga for Seniors

This class is for older men and women at all fitness levels, including those with some physical challenges. Adapted to safely meet your needs, by a yoga teacher with 50 years experience. Each class provides a balanced full body workout, designed to build strength as well as flexibility, better posture and breathing, and deeper levels of relaxation. Yoga class is a fragrance-free zone. Bring your own yoga mat and filled water bottle. Drop-in \$11.00. No class Feb 20.

Instructor: Irene Lugsdin
Mon Jan 9-Mar 6 12:15-1:15pm
432646 \$69.68/8 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.

Instructor: Anne O'Sullivan
Fri Jan 13-Mar 10 1:45-2:45pm
432647 \$78.39/9 sess
Dance Studio

Zumba Gold

ZUMBA® Gold is a low-impact dance-fitness class for beginners and seniors that uses the zesty Latin music with easy to follow moves to create a dynamic and fun fitness class. ZUMBA® Gold classes strives to improve our balance, strength, flexibility and most importantly, the heart. www.zumbavancouver.ca.

Instructor: Zumba Vancouver
Free Trial
Mon Jan 9 11:45am-12:45pm
437347 Free
Auditorium
Monday - Set 1
Mon Jan 16-Feb 13 11:45am-12:45pm
437348 \$68.75/5 sess
Auditorium
Monday - Set 2
Mon Feb 27-Mar 20 11:45am-12:45pm
437377 \$55/4 sess
Auditorium
Wednesday - Set 1
Wed Jan 11-Feb 15 11:00am-12:00pm
437349 \$82.50/6 sess
Auditorium
Wednesday - Set 2
Wed Feb 22-Mar 22 11:00am-12:00pm
437391 \$68.75/5 sess
Auditorium

Please register early!

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

The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed.

Sign-up even if the class is free!

West End Community Centre

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 the first of our facilities to fully focus on equipment and spaces which are inclusive and wheelchair accessible. The new circuit room is a great functional training space and more welcoming for those new to fitness and for patrons who enjoy a quieter, lighter lifting environment.

Services We Offer

Fitness Centre Orientation

We'll provide you with a quick introduction to the facilities and equipment we offer and discuss options on how we can help you achieve your fitness and lifestyle goals. Plan for 15-20 minutes. **Free with admission!**

Training Program Set-up

Our fitness staff will discuss your fitness needs and develop a training program to help you achieve your goals. We will teach you about the proper use of the fitness equipment and give you guidelines for progressing. Beginners will benefit greatly from this service but it is open to all who would like help and have a desire to get the most from their workout routine. Plan for 1 hour. **Free with admission!**

Personal Training

You can book 1, 3, 5, or 10 sessions, either privately or with a friend. Your first session may include a discussion of your goals, an assessment of your fitness level, an introduction to the equipment, and suggestions for proceeding. For more information and pricing, see page 43.

Squash & Racquetball Court

Call 604-257-8333 ext. 1 to book a 45-minute session in our convertible racquet court. See page 43 for fees.

Steam Room

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

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

Fees

Admission Fees		
	Adult (19-64 yrs)	Youth (13-18 yrs) Senior (65+ yrs)
Drop-In	\$6.66	\$4.66
10 Visits	\$57.28	\$40.10
Flexipasses		
1 Month	\$51.28	\$35.90
3 Months	\$138.46	\$96.92
1 Year	\$443.06	\$310.14

Prices subject to change. Prices do not include 5% GST.

Admission Options

Drop-In

Good for one visit.

10-Visit Pass

Good for 10 visits to participating Vancouver Park Board fitness centres, pools and ice rinks.

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.

Winter Hours

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

GymWorks

The West End Fitness Centre is proud to be associated with PacificSport's GymWorks program. This service enhances provincial and national level athletes training by providing easy, local and free access to training centres. We are very excited to be partnered with an organization dedicated to assisting the development of tomorrow's athletes.



Personal Training

	Private (1 person)	Semi-Private (2 people)	Small Group (3-4 people)
1 sess	\$55.40	\$83.08	\$116.53
3 sess	\$153.52	\$230.32	\$312.11
5 sess	\$246.92	\$380.25	\$457.78
10 sess	\$443.27	\$706.18	\$832.31

Prices subject to change. Prices do not include 5% GST.

Racquetball/Squash

	Adult	Youth/Senior
Single Booking (45 mins)		
Prime-time	\$15.84	\$11.09
Prime-time (w/ Flexi)	\$12.67	\$8.87
Non-prime	\$11.31	\$7.92
Non-prime (w/ Flexi)	\$9.05	\$6.34
*Single player	\$7.92	\$5.55
10-Court Strip		
	With Flexi-Pass	Without Flexi-Pass
Prime-time	\$114.05	\$142.56
Non-prime	\$81.43	\$101.79

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.
- Photo ID is required for rentals.
- Racquet rentals are not available for the last scheduled court time of each day
- Squash balls are \$3.50
- * Single player rate for walk-on players only: no reservations.

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 15 at 7:00pm

Winter Set 2 – February 16 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 8 - Feb 12	5:15-6:00pm
Sun Jan 8 - Feb 12	6:00-6:45pm
Sun Feb 19 - Mar 26	5:15-6:00pm
Sun Feb 19 - Mar 26	6:00-6:45pm

Ice Skating Lessons Registration Guide

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 3–Mar 31, 2023							
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Preschool Lessons 12:00-1:00pm	Prime Time space available for hockey, office parties, birthday parties and more! Visit vancouver.ca/ parks/recrinks/ rentals.htm for more info.	Parent & Preschool Skate 12:00-1:30pm	Discount Skate 12:00-1:30pm	Public Figure Skating 12:00-1:30pm		Skating Lessons 10:45-1:15pm	
50 & Better Skate 2:15-3:30pm						Parent & Preschool 1:30-3:00pm	
Stick & Puck & Ring 3:45-5:00pm			Public Skate 3:15-4:45pm	Child Hockey 3:30-4:15pm	Stick & Puck & Ring 3:45-5:00pm	Public Skate 3:15-5:00pm	
		Skating Lessons 4:00-6:45pm		Preteen Hockey 4:15-5:00pm			
				Teen Hockey 5:15-6:00pm	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 6:15-8:00pm			
Adult Skate 9:15-10:45pm			Stick, Puck, & Ring and Hockey sessions are all registered spots. Registration starts 3 days in advance at 12:00pm.			Adult Skate 7:45-9:45pm	
Adult Hockey 11:00pm-12:15am		Adult Hockey 10:00-11:30pm				Adult Hockey 10:15-11:45pm	
Programs subject to change. Children 7 years & younger must be accompanied on the ice by a guardian over the age of 16. Rink size: 147' x 74' (3/4 size)							

Public Admission	Single Admission	10-usage pass
Adults (19-64)	\$6.66	\$57.28
Youth (13-18)	\$4.66	\$40.10
Children (3-12)	\$3.33	\$28.64
Seniors (65+)	\$4.66	\$40.10
Family Admission (minimum 2 child rates)	@ Child Rate	N/A
Rates subject to change		

Drop-In Hockey	Single Admission	10-usage pass
Adult	\$6.66	\$57.28
Adult Stick and Puck	\$6.66	\$57.28
Parent & Preschool	@ Child Rate	
Skate Rentals	\$3.36	\$28.90
Skate Sharpening	\$6.48	



Coal Harbour Community Centre

Licensed Care

Coal Harbour Kids Care (5-12yrs)

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

2022/2023 School Year Pricing:

\$45 non-refundable registration fee
Before Care \$169/\$215 (Kindergarten children)
After Care \$349/\$419 (Kindergarten children)
Before & After Care \$399/\$499 (Kindergarten children)

PROGRAM REGISTRATION

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



Licensed Occasional Care

Coal Harbour Kinder Kids (3-5 yrs)

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

PROGRAM REGISTRATION

Registration for the 2022/2023 School Year is ongoing throughout the year, depending on availability. To register, for wait list information, or for pricing information, please contact Jordan Linwood – Coal Harbour Community Centre Child Care Coordinator at 604-718-8229 or by email at jordan.linwood@vancouver.ca

2022/2023 School Year Pricing:

Monday – Friday Monthly fee \$275
Monday/Wednesday/Friday Monthly fee \$156
Tuesday/Thursday Monthly fee \$119
For more information, please contact Anastasiia Movchan – Coal Harbour Community Centre Child Care Coordinator at 604-718-8229.



Please register early!

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

Coal Harbour Community Centre

Spring Break Day Camp

Spring Break Day Camp (6-12yrs)

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.

Week 1: Mar 13-Mar 17

Before Care	8:00am-9:30am
433653	\$30/5 sess
Day Camp	9:30am-3:30pm
433655	\$140/5 sess
After Care	3:30pm-5:30pm
433651	\$40/5 sess

Week 2: Mar 20-Mar 24

Before Care	8:00am-9:30am
433654	\$30/5 sess
Day Camp	9:30am-3:30pm
433656	\$140/5 sess
After Care	3:30pm-5:30pm
433652	\$40/5 sess

Early Years

Social

Baby Jellyfish Playtime

We have toys, balls, and more. Parents are required to help set up and clean up the equipment each day. Previously purchased 10 visit cards are not currently valid. No session Feb 20.

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

Jellyfish Playtime

We have ride 'em toys, slides, play house, balls, and more. Parents are required to help set up and clean up the equipment each day. Previously purchased 10 visit cards are not currently valid. No session Feb 20 & Mar 25.

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



(2-7 yrs)

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

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

Kids Stuff Only Market

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

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



Coal Harbour Community Centre

Dance



Ballet / Jazz Fusion (4-7yrs)

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

Instructor: Endorphin Rush Dance

Sat Jan 7-Mar 11 **12:15pm-1:00pm**
433722 \$129/10 sess
Dance Studio

Creative Ballet

Young ballerinas explore the fun and beauty of ballet while learning the basic techniques. They will love playing with their creative expression in this fun class. Children must be able to participate without a parent in the room. More information www.KirbySnellDance.com. Drop-ins, space permitting \$13.

Instructor: Endorphin Rush Dance

(3-5yrs)
Sat Jan 7-Mar 11 **10:20am-11:05am**
433723 \$129/10 sess

(4-7yrs)
Sat Jan 7-Mar 11 **11:10am-11:55am**
433724 \$129/10 sess
Dance Studio

Hip Hop (3-5yrs)

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

Instructor: Endorphin Rush Dance

Sat Jan 7-Mar 11 **9:30am-10:15am**
433725 \$129/10 sess

Sat Jan 7-Mar 11 **1:05pm-1:50pm**
433726 \$129/10 sess
Dance Studio

Education

Art Adventure (3-5yrs)

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

Instructor: Samira Adab

Thu Jan 19-Mar 9 **10:00am-10:45am**
433278 \$120/8 sess
Meeting Room

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

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

Instructor: Elitza Spasova

Tue Jan 17-Mar 7 **3:30pm-4:30pm**
433563 \$104/8 sess
Activity Room

Fun with Japanese

This class is designed to introduce Japanese culture and have fun ' Learning through play' with mom and new friends. Mari has a wealth of knowledge and energy with over 30 years teaching experience in Japan and Canada and brings many opportunities, include singing songs, dancing, Art and craft, games and much more. Your child will develop social skills with other children in full Japanese environment. Please bring a water bottle. No class Feb 20.

Instructor: Mari Shiota

(1-2yrs)
Mon Jan 9-Mar 27 **10:00am-11:15am**
433561 \$151.25/11 sess

(3-5yrs)
Tue Jan 10-Mar 28 **10:00am-11:15am**
434532 \$165/12 sess
Activity Room

Genki! (3-5yrs)

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

Instructor: Shinobu Preston

Fri Jan 6-Mar 10 **9:45am-11:00am**
433356 \$100/10 sess
Meeting Room

Science for Preschoolers (3-5yrs)

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

Instructor: STEAM 4 KIDS

Thu Jan 19-Mar 9 **10:00am-10:45am**
433273 \$152/8 sess
Activity Room

Wanpaku (3-5yrs)

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

Instructor: Shinobu Preston

Fri Jan 6-Mar 10 **11:15am-12:30pm**
433360 \$100/10 sess
Meeting Room

Music

Jump into Music NEW!

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. 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/ cultures over a 2 year period. Our classes inspire creativity and build confidence in little ones 6 months to 4 years old. Your instructor will provide everything needed for class, but you are most welcome to bring your own = a set of Maracas for both the parent and child, a peek-a-boo scarf and a drum to jam along with Teacher Monica! Siblings receive a 25% discount but must register at the community centre front desk. Curious what class is like? Check out Jump into Music and Teacher Monica on YouTube! Drop-in \$20, space permitting (if full, 2 drop ins - first come, first served). What Parents are saying: Best Part of our Week!, Joyful Music!, We LOVE Jump!, The Best Music Class! Jump into Music is flexible for tiny humans to meet them where they're at. See full reviews and more on our website www.jumpintomusic.ca. No class Feb 17.

Instructor: Monica Lee

Fri Jan 13-Mar 10 **9:30am-10:15am**
433980 \$144/8 sess

Fri Jan 13-Mar 10 **10:30am-11:15am**
433981 \$144/8 sess

Fri Jan 13-Mar 10 **11:30am-12:15pm**
433982 \$144/8 sess
Dance Studio



Coal Harbour Community Centre

Physical Recreation



Rhythmic Gymnastics (4-6yrs)

Come and join our Rhythmic gymnastics programs in a fun recreational format! Rhythmic Gymnastics is a beautiful combination of gymnastics, ballet, along with the self expression and rhythm of dance by using hand apparatus such as rope, hoop, ball, clubs or ribbon.
Instructor: Olympia Rhythmic Gymnastics
Sun Jan 15-Mar 5 10:15am-11:00am
433323 \$88/8 sess
Dance Studio

Tot Soccer (4-6yrs)

Your child will develop ball handling skills, coordination, a sense of team play, and will be introduced to the basic rules of the game. Children are advised to wear shin guards. No class Feb 20..
Instructor: Manto (Makoto) Nakamura
Mon Jan 9-Mar 6 3:30pm-4:30pm
433344 \$76/8 sess
Thu Jan 19-Mar 9 3:30pm-4:30pm
433345 \$76/8 sess
Gymnasium - Coal Harbour

Children

Education

Science for Kids (6-12yrs)

Enjoy engaging demonstrations, perform simple experiments and discover how science can you better understand the world around you! STEAM4KIDS science programs are engaging hands-on learning experiences for children. Each session provides an interactive, age-appropriate exploration of a specific science topic.
Instructor: STEAM 4 KIDS
Tue Jan 17-Mar 7 3:45pm-4:45pm
433272 \$154/8 sess
Multipurpose Room

Spanish for Children (6-9yrs)

Hola amigos! Welcome to the Spanish language! This program offers a fun class in which children learn Spanish through stories, games and songs. Please speak with instructor if registering past the 3rd class.
Instructor: Eliana Rolando
Wed Jan 11-Mar 15 3:30pm-5:00pm
433558 \$157/10 sess
Activity Room

Creative

Arts and Crafts w/ Elitza **NEW!**

Join us for some arts & crafts! Learn fine and 3D arts & crafts!
Instructor: Elitza Spasova
(6-8yrs) Tue Jan 17-Mar 7 4:30pm-5:30pm
433565 \$104/8 sess
(9-12yrs) Tue Jan 17-Mar 7 5:30pm-6:30pm
433566 \$104/8 sess
Activity Room

Cartooning and Creativity **NEW!**

This program is for anyone who loves drawing or wants to improve their skills! Do you love cartoons? comics? video games? Let's pull from our favourite stuff to make a new story! We'll learn how to make appealing cartoon characters, how to start comics, and learn how to make your art even better! With our pencil and paper, we'll follow instructions and make things up as we go. The Instructor is happy to transform the days based on the student's interests. Creating is all about expression, join if you'd like to learn and have fun! All skill levels are welcome. No class Feb 20.
Instructor: Devan Dirocco
(5-10yrs) Mon Jan 9-Mar 6 3:30pm-4:30pm
433293 \$104/8 sess
(10-15yrs) Mon Jan 9-Mar 6 4:45pm-5:45pm
433291 \$104/8 sess
Activity Room

Nowruz for Kids **NEW!**

Let's get know and celebrate Nowruz as Persian New Year together through songs, stories, crafts and more.
Instructor: Samira Adab
Sun Mar 19-Mar 19 1:00pm-1:45pm
434865 \$16/1 sess
Meeting Room

Paper Art (5-10yrs) **NEW!**

We see Papers as magical material, so ignite your imagination here. We will do some Quilting, origami, tissue paper crafts, card making and more.
Instructor: Samira Adab
Fri Jan 20-Mar 10 4:15pm-5:00pm
433286 \$120/8 sess
Meeting Room

Birthday Parties (2-7 yrs)



This spectacular party includes an enthusiastic party leader, fun games & activities, general decorations, and the room rental for 20 kids. You bring the cake, food, the kids, and the loot bags and leave the rest to us. The room capacity is up to 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.
Saturdays 1:30pm-3:30pm
Sundays 11:30am-2:30pm

Coal Harbour Community Centre

Dance

Rhythmic Gymnastics (7-12yrs)

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

Instructor: Olympia Rhythmic Gymnastics

Sun Jan 15-Mar 5 11:15am-12:15pm
433324 \$104/8 sess
Dance Studio

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 Jan 12-Mar 2 5:15pm-8:45pm
Meeting Room \$192/8 sess

Piano - Charis

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

Instructor: Charis Chung

Sat Jan 7-Mar 11 10:30am-4:30pm
Meeting Room \$250/10 sess



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 6-Mar 10 3:45pm-4:45pm
433347 \$130/10 sess
(8-14yrs)
Fri Jan 6-Mar 10 5:00pm-6:00pm
433348 \$130/10 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, space permitting \$15.

Instructor: Sensei Moe Rahmanyman

(5-10yrs)
Wed Jan 11-Mar 11 3:30pm-3:30pm
433663 \$234/18 sess
(11yrs +)
Wed Jan 11-Mar 11 4:30pm-4:30pm
433661 \$234/18 sess
Dance Studio

Olympic Style TaekwonDo

"Tae", to strike with fist; "Kwon", to strike with foot; "Do", is the display of discipline, respect and the way of life. This course is designed for young participants at all levels to improve physical stamina, flexibility, coordination, and confidence through practice of the Korean martial art of Taekwondo. Master Kevin Kwan is a 4th dan black belt member of Korean Kukkiwon. Uniform and promotion test are optional and not included in the registration fee. No class Feb 19

Instructor: TsunKit (Kevin) Kwan

(4-6yrs)
Sun Jan 8-Mar 5 11:00am-12:00pm
433647 \$126/9 sess
(7-9yrs)
Sun Jan 8-Mar 5 12:00pm-1:00pm
433648 \$126/9 sess
(8-12 yrs)
Jan 8-Mar 5 10:00am-11:00am
Sunday 4:45pm-5:45pm
Wednesday 433646 \$203/17 sess
(10-12yrs)
Sun Jan 8-Mar 5 10:00am-11:00am
433645 \$126/9 sess
Multipurpose Room

Physical Recreation

Just Real Ballers - Basketball

Just Real Ballers Basketball - 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

(6-8yrs)
Fri Jan 20-Mar 10 3:30pm-4:30pm
433289 \$116/8 sess
(9-12yrs)
Fri Jan 20-Mar 10 4:45pm-6:00pm
433290 \$126/8 sess
Gymnasium - Coal Harbour

Soccer (7-12yrs)

Your child will develop ball handling skills, coordination, a sense of team play, and will be introduced to the basic rules of the game. Children are advised to wear shin guards. No class Feb 20.

Instructor: Manto (Makoto) Nakamura

Mon Jan 9-Mar 6 4:45pm-6:00pm
433341 \$80/8 sess
Thu Jan 19-Mar 9 4:45pm-6:00pm
433342 \$80/8 sess
Gymnasium - Coal Harbour



Coal Harbour Community Centre

Pre-Teen

Social

Pre-Teen Art-Attack Program

Take a walk on the creative side! Come join us for this FREE art program where every week we will work on fun DIY projects to take home. Come paint, draw, build and get messy while hanging with friends in a very relaxed and no pressure space. Projects may include: coaster making, canvas painting, Tye Dye and more! Pre-registration and a Pre-Teen Programs waiver form is required. A calendar of activities will be available on the first day of the program. No programs March 14th and 21st due to Spring Break

Instructor: Payton P

Tue Jan 10-Mar28

436897

Denman Room

3:30-5:15pm

Free

Pre-Teen Movie Theatre Out Trip

Pre-Teen night is going to the Scotiabank Theatre for Spring Break! Registration is required by March 3rd in order to secure your ticket. Movie will be chosen and posted closer to the day once the schedule has been released from the theatre. Activity Waivers MUST be signed in order to participate in the program. Waivers can be picked up at the West End Front desk, or you can e-mail jessica.mccallum@vancouver.ca

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. \$5.00 refund administration fee per program.

Instructor: Youth Leader

Fri Mar 17

436902

Auditorium

5:30-9:00pm

\$15

Pre-Teen Night at West End CC

At this FREE program, youth (ages 9-12 years) will participate in a variety of games, crafts, and activities including: dodgeball, capture the flag, button and bracelet making, movies nights and more! Youth input is strongly encourage. No programs March 17th or 24th due to Spring Break. Due to staffing ratios and room capacities, a maximum of 24 youth are welcome to come, registration is required.

Instructor: Youth Leader

Fri Jan 6-Mar31

434962

Auditorium

6:15-8:45pm

Free

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 No program March 16th and 23rd due to spring break

Instructor: Brandon B

Thu Jan 5-Mar30

434963

Auditorium

3:30-5:30pm

Free

Youth

Social

Teen Night at Coal Harbour-Grade 8-12

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

Instructor: Youth Leader

Fri Jan 6-Mar31

436898

Gymnasium

6:15pm-9:00pm

Free

Teen Open Gym at Coal Harbour

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

Instructor:

Tue/Wed/Sat Jan 3-Apr1

436900

Gymnasium

3:30-4:30pm

Free

Youth Movie Night

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

Instructor:

Thu Feb 23

436899

Auditorium

6:45-9:00pm

Free

Youth Out Trip-Snow Tubing at Mt. Seymour

Come join the West End and other youth centre's 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 is 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. \$5.00 refund administration fee per program.

Instructor: Youth Leader

Sat Feb 11

437302

11:00am-4:30pm

\$35/day

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.



Coal Harbour Community Centre

Sports

Children and Youth Ice Hockey

This program is for children, pre-teens and youth looking to practice their ice hockey skills with fun drills and non-competitive games. Full equipment is required, including cage helmet. All levels are welcome and basic ice skating skills are required. First priority is for those who are registered and the spots available will be sold as drop-in tickets on a first-come, first served basis. Tickets will be sold 30 minutes before the start of each session at the West End Community Centre's front office. Skates are included in drop in fee. Some equipment are available. \$3.00/drop-in, space permitting.

Instructor: Rink Leader

Children's Ice Hockey

Fri Jan 6-Mar 31 3:30-4:15pm
439779 \$32/13sess

Pre-teen Ice Hockey

Fri Jan 6-Mar 31 4:15-5:00pm
439781 \$32/13sess

Teen Stick and Puck

Fri Jan 6-Mar 31 5:15-6:00pm
439256 \$32/13sess

West End Rink

Youth Leadership

Jr. Youth Leadership Club

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

Instructor: Youth Leader

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

Meeting Room 2

Sr. Youth Leadership Club

This program is for youth in grades 10 to 12 that are looking to gain leadership and mentoring experience while learning how to organize, plan and implement programs in the community centre and give back to their community through stewardship and volunteerism. Youth will also have the opportunity to learn valuable skills such as interview prep, applying to college and university as well as learning how to apply for scholarships and bursaries.

For more information on this program please contact the Youth Worker at jessica.mccallum@vancouver.ca

Instructor: Jessica McCallum

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

Haro Room



Volunteer Opportunities

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

Halloween Haunted House

Halloween Carnival

Breakfast with Santa

Christmas Carnival

Craft Fair

Other seasonal events are also available.

If you have any questions or want to sign

up to volunteer, please visit Jessica at

604-354-8335 or email

Jessica.mccallum@vancouver.ca



Adults

Creative Arts

Aromatherapy, the art of blending

Aromatic Essences derived from portions of the plants ? discover the alternative form of healing! Working with the top ten essential oils, their therapeutic properties and how to safely and effectively use them everyday. In class, create products for anxiety, sleep, insomnia, panic and other ailments. Create your own signature scent perfume in eco-friendly push up container, plus a body spray, a purse size customized roll on and massage oil. ALL SUPPLIES INCLUDED IN COURSE FEE.

Instructor: Cheryl Theilade

Thu Mar 2 6:30pm-9:00pm
435560 \$54/1 sess

Arts and Crafts 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 Jan 29-Feb 05 12:30pm-4:30pm
437629 \$85/2 sess

Arts and Crafts Room

Mala Making (Prayer Beads) **NEW!**

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

Instructor: Noah Thrush

Sat Jan 21 1:00pm-3:00pm
431858 \$25.00/1 sess

Multipurpose Room

Coal Harbour Community Centre

Felt a Seasonal Ornament

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

Instructor: Noah Thrush

Sun Mar 26 1:00pm-3:00pm
431860 \$31.67/1 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 8 2:30pm-4:30pm
437429 \$17.30/1 sess
Sun Feb 5 2:30pm-4:30pm
437430 \$17.30/1 sess
Sun Mar 5 2:30pm-4:30pm
437431 \$17.30/1 sess
Activity Room

Pine Needle Bowl Making

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

Instructor: Noah Thrush

Sun Feb 5-Feb 12 1:30pm-3:30pm
431859 \$45/2 sess
Arts and Crafts Room

The Joy of Acrylic Painting

Learn a new way to express your creativity! In this unique oil painting in acrylic style course, the class will learn a step by step demonstration to paint a beautiful image each session using a new technique with oil paint. All individually packaged materials are included. Drop-in \$25, space permitting.

Instructor: Philip Tsang

Mon Jan 16-Mar 13 6:00pm-7:30pm
430976 \$216/8 sess
Activity Room

The Joy of Drawing and Sketching

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

Instructor: Philip Tsang

Wed Jan 18-Mar 08 6:00pm-7:30pm
430977 \$192/8 sess
Activity Room

Watercolour Painting with Homa - Beginner and Intermediate

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

Instructor: Homa Eftekhari (Ghafarzadeh)

Fri Jan 6-Mar 10 2:00pm-5:00pm
431870 \$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)

Fri Jan 6-Mar 10 9:30am-12:30pm
431869 \$300/10 sess
Activity Room

Winterize Your Skincare

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

Instructor: Cheryl Theilade

Tue Feb 7 6:30pm-9:00pm
435558 \$54/1 sess
Arts and Crafts Room

Education

Creative Writing Workshop

In this writing class you get a chance to try a variety of styles and subjects to discover your specific interest. This course covers writing articles, stories, poetry and drama. Activities are designed to help you hone skills for writing dialogue, descriptions, characters and settings. Explore your creative ideas for plotting, points of view and developing different kinds of story structures. Eventually you will be encouraged to prepare your best piece to send to a publisher.

Instructor: Dianne Maguire

Sat Jan 07-Feb 11 1:30pm-3:30pm
434411 \$106.5/6 sess
Sat Feb 25-Apr 08 1:30pm-3:30pm
434412 \$106.5/6 sess
Arts and Crafts Room

Introduction to Mindfulness I

A thirteen week introductory training program to learn the basics of mindfulness practice. We will meet once a week to explore how to train your attention and focus with mindfulness as a practice. Course content will cover: how to be present and embodied through mindfulness of body, exploring and reducing reactivity to experience, exploring emotions and strategies to develop more emotional intelligence, techniques to develop a wise relationship to thoughts and diminish self judgment along with methods to open awareness to all experience and develop a loving heart. No class Feb 20.

Instructor: Ileana Ponce

Mon Jan 9-Mar 27 6:15pm-7:15pm
431853 \$110/11 sess
Arts and Crafts Room

Introduction to Mindfulness II

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

Instructor: Ileana Ponce

Wed Jan 11-Mar 29 6:15pm-7:15pm
431851 \$120/12 sess
Arts and Crafts Room

Coal Harbour Community Centre

Introduction to Assisted Living & Long-Term Care Options

Navigating the health care and senior benefits system can be challenging. Many seniors and their caregivers are not prepared when the situation arises, and they are suddenly faced with the research, requirements, paperwork, and often difficult decisions around choosing the best option for their changing needs. Awareness and proper planning can ease the transitions between the varying levels of care. From aging at home to long-term care, join us for an informative 1-hour workshop on the health care options available for you or your loved ones. Topics will include: levels of care in retirement, potential care costs, income planning to reduce taxes and care costs, working with Health Authorities. *Presented by: Assante Financial Management*
Tue Feb 7 **10:00am-11:30am**
439414 Free/1 sess
Meeting Room

Tax Planning for Assisted Living & Long-Term Care Options

Navigating the health care and senior benefits system can be challenging. Many seniors and their caregivers are not prepared when the situation arises, and they are suddenly faced with the research, requirements, paperwork, and often difficult decisions around choosing the best option for their changing needs. Awareness and proper planning can ease the transitions between the varying levels of care. From aging at home to long-term care, join us for an informative 1-hour workshop on the health care options available for you or your loved ones. Topics will include: levels of care in retirement, potential care costs, income planning to reduce taxes and care costs, working with Health Authorities. *Presented by: Assante Financial Management*
Wed Feb 8 **10:00am-11:30am**
439414 Free/1 sess
Meeting Room

Investing

Investment Coffee Club

The Coffee Club is an informal gathering to discuss current events, the economy and investing in a relaxed, informal setting, and is a great way to get to know one another. *Instructor: Edward Jones*
Sat Jan 7 **10:30am-11:30am**
437425 Free/1sess
Sat Feb 4 **10:30am-11:30am**
437426 Free/1sess
Sat Mar 11 **10:30am-11:30am**
437427 Free/1sess
Mon Mar 20 **7:00pm-8:00pm**
437428 Free/1sess

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 5-Mar 16 **2:30pm-3:30pm**
434222 \$462/11 sess
Thu Jan 5-Mar 16 **3:30pm-4:30pm**
434223 \$462/11 sess
Thu Jan 5-Mar 16 **4:30pm-5:30pm**
434224 \$462/11 sess
Thu Jan 5-Mar 16 **5:30pm-6:30pm**
434225 \$462/11 sess
Thu Jan 5-Mar 16 **6:30pm-7:30pm**
434226 \$462/11 sess
Thu Jan 5-Mar 16 **7:30pm-8:30pm**
434227 \$462/11 sess
Activity Room

ESL: Laugh and Learn in English for Beginners **NEW!**

This course will build confidence in beginners with no English skills. We will do this by increasing vocabulary and improving overall language skills in reading, writing, speaking, listening and pronunciation through varying creative learning activities. Furthermore, this course will improve your English in a comfortable and encouraging environment. Error corrections will be given. Drop-in \$35 space permitting.
Instructor: Christina Glover
Tue Jan 17-Mar 21 **4:30pm-5:30pm**
438890 \$300/10 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
Tue Jan 17-Mar 21 **5:30pm-6:30pm**
434254 \$189/10 sess
Meeting Room

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

Develop a linguistic understanding of Canadian English by participating in pronunciation, conversations, and interactive speaking tasks. Furthermore, the course will advance an understanding of cultural references related to studying, working and living in a Canadian context through authentic learning activities. Moreover, we will focus on advancing your goals and comprehension of English reading, writing, speaking and listening skills. Error corrections will be given. Drop-in \$21, space permitting.
Instructor: Christina Glover
Tue Jan 17-Mar 21 **6:45pm-7:45pm**
434253 \$189/10 sess
Meeting Room



ESL Instructor bio:

After completing a Bachelor of Arts and a Certificate in Spanish Language Proficiency at Simon Fraser University in 2011, Christina Glover completed her Teachers of English to Speakers of Other Languages (TESOL) diploma and received a "High Pass" in her coursework, and "Distinctions" in her practicum. Since then, she has enjoyed facilitating many others in not only satisfying their own English learning goals but also helping them adjust to Canadian lifestyles.

Coal Harbour Community Centre

Japanese - Beginner I

This Japanese language introductory course comes with the updated textbook. You will learn basic grammar, vocabulary, expressions and Hiragana characters. At the end of this course you will be able to order food at a restaurant, go shopping and ask simple questions. For more info, please visit www.japaneseforallpeople.com. No Class Oct 10.

Instructor: Eri Ito

Mon Jan 16-Mar 13 6:00pm-8:00pm
434256 \$161/8 sess
Meeting Room

Spanish - Beginner I

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

Instructor: Eliana Rolando

Wed Jan 11-Mar 29 5:30pm-7:00pm
433555 \$186/12 sess
Meeting Room

Spanish - Beginner II

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

Instructor: Eliana Rolando

Wed Jan 11-Mar 29 7:00pm-8:30pm
433557 \$186/12 sess
Meeting Room



Music

Give Peace a Chant! w/Live Music & Mantra Meditation **NEW!**

Join us for an afternoon of 'peace through music' community singing and "Celebration of Light"! Inspired by the SUN's journey back to our northern hemisphere, we'll mark the joyous occasion with live mantra music and soulful company. Come prepared for a 'cosmic experience' visuals with slide show, exploring meditative sound healing Vedic mantra (sanskrit) verses and energetic 'call & response' kirtan singing, Harmonium, Tabla, Guitar and more. You don't have to be a 'good singer' to enjoy the positive benefits of mantra meditation and community kirtan. For more information visit www.givepeaceachant.com.

Instructor: Sandra Leigh

Sat Jan 14 2:00pm-3:30pm
437632 Free
Multipurpose Room

UKE INVESTIGATE: Beginner Lessons

Learn to play the uke! It is easy and fun. We will sing and strum your favourite songs - pop, folk and rock! Bring your own ukulele. Materials (included): \$5.00. No drop-ins permitted. No session on Feb 22.

Instructor: Heather Stubbs

Wed Jan 11-Mar 1 11:15am-12:15pm
434247 \$89/7 sess
Activity Room

UKE-INVESTIGATE: Novice Continuing Ukulele Group Lessons

We will review, revisit and learn new chords, strums and picking patterns while singing a variety of songs. Open to anyone with basic strumming skills and knows chords: C C7 F G G7 D7 Am Dm. Bring your own uke and music stand. Materials \$10.00. Drop-in \$15 space permitting. No session on Feb 22.

Instructor: Heather Stubbs

Wed Jan 11-Mar 1 10:00am-11:00am
434249 \$94/7 sess
Activity Room

Fitness & Health

Ageless Yoga

This intergenerational yoga class is suitable for older students as well as anyone looking for an inspiring and well-balanced weekly afternoon yoga practice. Ageless yoga includes safe and gentle warm ups, accessible yoga postures to align your body, increase your awareness and flexibility, plus a relaxation practice to help you maintain your ageless body and mind. Drop-in \$18, space permitting. Receive a free class discount if you register for Tue & Thurs sessions. For more information visit www.givepeaceachant.com.

Instructor: Sandra Leigh

Tue Jan 3-Feb 14 2:00pm-3:15pm
431871 \$80.5/7 sess
Tue Feb 21-Mar 28 2:00pm-3:15pm
434257 \$69/6 sess
Dance Studio
Thu Jan 5-Feb 16 9:30am-10:45am
431873 \$80.5/7 sess
Thu Feb 23-Mar 30 9:30am-10:45am
434260 \$69/6 sess
Multipurpose Room

Baby & Me Yoga

Baby & Me Yoga classes are designed with the birthing parent and new baby in mind. Connect with your young one with playful asana (exercises) as you stretch, breathe and relax your body back into shape, while your baby is stimulated physically, emotionally and socially. This class is best suited for those who have healed after delivery, and for babies who are not yet very mobile. Previous yoga experience is not necessary. Bringing a blanket for baby and your own mat is recommended. \$18 drop-in, space permitting. No class Feb 20. For more info visit www.intoyoga.ca

Instructor: Into Yoga

Mon Jan 16-Feb 13 11:30am-12:30pm
431863 \$77/5 sess
Mon Feb 27-Mar 27 11:30am-12:30pm
434210 \$77/5 sess
Dance Studio

Baby and Me Fitness

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

Instructor: Viviane Lopes

Wed Jan 11-Mar 29 10:45am-11:45am
434408 \$216/12 sess
Dance Studio

Coal Harbour Community Centre

Balanced Body Pilates **NEW!**

Schedule a break into your day and join Shannon, Balanced Body Pilates Instructor for Community Mat. The classes will help you build strength, flexibility and balance so that you move with greater ease in sport and life. Please bring own mat and water bottle. \$12 drop-in, space permitting.

Instructor: Shannon Smith

Tue Jan 3	12:00pm-1:00pm
431885	Free/1 sess
Tue Jan 10-Mar 28	12:00pm-1:00pm
431884	\$120/12 sess
Dance Studio	

Barre Pilates

Barre Pilates class is the fusion of classical ballet inspired elegant, body-slimming moves and Pilates mat exercises designed to tighten your waist, lift your booty, strengthen your arms, and thin your thighs. This class helps you burn fat and create a lean, toned physique. Drop-ins \$14, space permitting.

Instructor: Alesya Bogaevskaya

Thu Jan 12-Feb 16	5:15pm-6:15pm
434205	\$60/6 sess
Thu Feb 23-Mar 30	5:15pm-6:15pm
434206	\$60/6 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. \$20 drop in. No class Feb 20.

Instructor: Viviane Lopes

Mon Jan 9-Mar 27	7:00pm-8:00pm
434409	\$216/12 sess
Dance Studio	

Breathe, Flow and Laughter

Yoga **NEW!**

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

Instructor: Nousha Vahidi

Wed Jan 11-Mar 29	6:00pm-7:00pm
437648	\$168/12 sess
Dance Studio	



CALLANETICS

One of the original "barre" workouts, the unique CALLANETICS exercise method promotes deep muscle tone throughout the entire body increasing flexibility, strength and improving posture. Using a combination of mat work and ballet inspired leg work, precise positioning and tiny movements, CALLANETICS is a gentle yet challenging exercise class that tightens, tones and lifts muscles fast. You'll leave the class feeling great! Drop-in \$20, space permitting. No class Feb 20.

Instructor: Linda Shedden

Mon Jan 9-Mar 27	5:30pm-6:30pm
434255	\$178.09/11 sess
Dance Studio	

Flex & Stretch

Keeping muscles stretched and flexible is much more important than it seems! This class focuses on gentle stretching, range of motion movements, and breathing techniques. Health benefits of this class include reduced muscle tension, improved range of motion, increased circulation of blood throughout the body, increased energy levels and reduced stress levels. Get started with this gentle, energizing class that gets your body feeling flexible and free. \$15 drop-in, space permitting.

Instructor: Bita Haghighifarid

Tue Jan 10-Mar 28	11:00am-12:00pm
434423	\$120/12 sess
Multipurpose Room	

Flow Yoga

This class incorporates Hatha postures in a vinyasa (flow) style, designed to bring about an inner connection and calm. Focus on the breath allows the student to let go of tension and anxiety, and helps with re-connecting to the body on a more profound level. At the same time, the body is stretched, toned, and massaged, releasing trapped toxins in the tissues and increasing energy levels. It will be your time to relax, become more present and connect to yourself. Please bring a mat to class. Drop in's \$16, space permitting. For more info visit www.intoyoga.ca

Instructor: Into Yoga

Tue Jan 24-Feb 21	6:00pm-7:00pm
431864	\$72/5 sess
Tue Feb 28-Mar 28	6:00pm-7:00pm
431865	\$72/5 sess
Multipurpose Room	

Fundamentals of Yoga

Learn the fundamentals of Hatha Yoga practice to create a new perspective and help you focus on a deeper satisfaction of all your dimensions, physical, mental, emotional and spiritual. You will practice a variety of postures (asanas), breathing exercises (pranayama), meditation, mantras and lifestyle changes. Bring harmony to yourself, the universe and unveil a life of possibilities. Drop-in \$15, space permitting. No class Feb 20.

Instructor: Ileana Ponce

Mon Jan 9-Mar 27	7:30pm-8:30pm
431841	\$110/11 sess
Multipurpose Room	

Get Fit = Stay Fit **NEW!**

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

Instructor: Harry Wong

Tue Jan 10-Mar 28	9:45am-10:45am
434425	\$120/12 sess
Multipurpose Room	

Hatha Yoga - Beginner and Intermediate

This course is for the first time student and for ongoing yogis. Build your strength and flexibility. You will learn many yoga poses and different styles of Sun Salutations. Each class starts with meditation and finishes with soothing relaxation.

Instructor: Timothy James Martin

Thu Jan 12-Mar 16	6:30pm-7:30pm
434422	\$122.5/10 sess
Dance Studio	

Hatha+Yin Yoga w/Pam

Slow down. Release tension and stress in your body, mind & nervous system with Pamela Ferman's grounding 75 minute Hatha +Yin Yoga class. A creative mix of Hatha, Yin and Restorative Yoga. Designed to unburden your nervous system and relax your mind while increasing flexibility and strength in your body in a safe and supported way. You will leave class feeling a lot more balanced and at ease between body and mind. All levels. Beginners welcome! Drop-in \$17, space permitting. Website: www.pamelafermanyoga.com [pamelafermanyoga.com]

Instructor: Pamela Ferman

Sat Jan 7-Feb 11	11:30am-12:45pm
431855	\$90/6 sess
Sat Feb 18-Mar 25	11:30am-12:45pm
431856	\$90/6 sess
Multipurpose Room	

Coal Harbour Community Centre

Latin Fusion Dance

A fat burning workout to boost the metabolism. A wonderful stress buster and mood lifter. It combines dance moves like latin moves with cardiovascular training. It is designed for everybody and to bring the community together. \$15 drop-in, space permitting.

Instructor: Shahla Hassani

Sat Jan 8-Mar 26 **6:00pm-7:00pm**
434203 \$120/12 sess
Dance Studio

Pilates

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

Instructor: Into Yoga

Tue Jan 24-Feb 21 **7:15pm-8:15pm**
431867 \$72/5 sess
Tue Feb 28-Mar 28 **7:15pm-8:15pm**
431868 \$72/5 sess
Dance Studio

Piloga

Piloga class is a fusion of Pilates and Yoga for total mental and physical wellbeing! This class provokes a workout designed to improve total strength, flexibility, personal alignment and a stronger core. All levels welcome. Drop-in \$15, space permitting. No class Feb 20.

Instructor: Bita Haghighifarid

Mon Jan 9-Mar 06 **11:00am-12:00pm**
434424 \$108/8 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 7-Mar 25 **9:30am-12:30pm**
436169 Free/12 sess

Please register early!

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

The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed.

Sign-up even if the class is free!

Yoga4Stiff People - All Levels

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

Instructor: Yoga4Stiff People

Wed Jan 11-Feb 15 **6:30pm-7:30pm**
435555 \$84/6 sess
Wed Feb 22-Mar 29 **6:30pm-7:30pm**
435556 \$84/6 sess
Multipurpose Room

Your Yoga

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

Instructor: Ileana Ponce

Wed Jan 11-Mar 29 **9:15am-10:15am**
437424 \$138/12 sess
Dance Studio

Zumba

ZUMBA® fuses Latin rhythms and easy to follow moves to create a dynamic workout system designed for everyone at any fitness level. Using fitness principles of interval and resistance training to maximize caloric output, fat burning, and total body toning. It combines Salsa, Cumbia, Merengue, and more giving you a feel-happy workout that is great for both the body and the mind. www.ZumbaVancouver.ca. \$14 drop in, space permitting.

Instructor: Zumba Vancouver

Monday
Jan 9 **6:00pm-7:00pm**
431875 Free/1 sess
Jan 16-Feb 13 **6:00pm-7:00pm**
431878 \$62.5/5 sess
Feb 27-Mar 27 **6:00pm-7:00pm**
431879 \$62.5/5 sess
Thursday
Jan 5 **12:00pm-1:00pm**
431876 Free/1 sess
Jan 5 **6:30pm-7:30pm**
431877 Free/1 sess
Jan 12-Feb 16 **12:00pm-1:00pm**
431880 \$75/6 sess
Jan 12-Feb 16 **6:30pm-7:30pm**
431882 \$75/6 sess
Feb 23-Mar 30 **12:00pm-1:00pm**
431881 \$75/6 sess
Feb 23-Mar 30 **6:30pm-7:30pm**
431883 \$75/6 sess
Multipurpose Room

Food & Gardening Workshops

Balcony, Container and Small Space Gardening

Want to grow food, but don't have much room? In this joint Village Vancouver - West End Neighborhood food Network WE Urban Garden Club workshop, instructor Rhiannon Johnson will cover the techniques and challenges specific to gardening in small spaces, both indoors and outdoors. We will look at soil, fertilizing organically, watering, types of containers, different sun orientations and what to grow in your space. We will have a community seed library present and you can pick up some free seeds, swap or donate seeds. Program fee reduced to \$5.00 for Seniors (50+yrs).

Instructor: West End Food Network

Sun Mar 5 **2:00pm-4:00pm**
437436 \$15/1 sess
Arts and Crafts Room

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 - WENFN West End 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. You'll prepare your own microgreen tray to take home! All supplies provided. We'll have a community seed library present - pick up some free seeds, swap or donate seeds. Free for Seniors (50+ yrs), excludes \$5.00 supplies fee.

Instructor: West End Food Network

Thu Feb 16 **6:30pm-8:30pm**
437432 \$18/1 sess
Arts and Crafts Room

Martial Arts

Capoeira - Mixed Levels

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

Instructor: Julio Monteiro

Tue Jan 10-Mar 28 **7:30pm-8:30pm**
434407 \$130/12 sess
Multipurpose Room

Coal Harbour Community Centre

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 20.

Instructor: No Instructor

Mon Jan 9-Mar 27 430729	12:00pm-1:30pm \$55/11 sess
Wed Jan 4-Mar 29 430730	12:00pm-1:30pm \$65/13 sess
Wed Jan 4-Mar 29 430731	5:30pm-7:00pm \$68.25/13 sess
Thu Jan 5-Mar 30 430732	12:00pm-1:30pm \$65/13 sess
Thu Jan 5-Mar 30 430733	7:15pm-8:45pm \$68.25/13 sess
Sun Jan 8-Mar 26 430734	10:15am-11:15am \$42/12 sess
Gymnasium	

Basketball

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

Instructor: No Instructor

Tue Jan 3-Mar 28 430737	12:00pm-1:30pm \$65/13 sess
Wed Jan 4-Mar 29 430738	7:15pm-8:45pm \$68.25/13 sess
Fri Jan 6-Mar 31 430739	12:00pm-1:30pm \$65/13 sess
Sat Jan 7-Mar 25 430740	10:00am-11:30am \$63/12 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 \$6, space permitting. No session Feb 20.

Instructor: David Madura

Mon Jan 9-Mar 27 430735	7:15pm-8:45pm \$57.75/11 sess
Gymnasium	



Learn to Play Pickleball - Beginner

Come and learn this fun, exciting and social game everyone is talking about! Pickleball combines elements of Badminton, Tennis and Table Tennis. This class is for beginners that are new or have played a few times. Ruth Johnson, a certified Level 1 Pickleball Instructor and active member/volunteer with the Vancouver Pickleball Association, will teach you the basic technique, rules, how to keep score, court positioning and more. Please bring your own paddle, limited paddles available. No session Feb 20.

Instructor: Ruth Johnson

Mon Jan 9-Mar 06 434404	1:45pm-3:15pm \$171.43/9 sess
Gymnasium	

Pickleball

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

Instructor: No Instructor

Tue Jan 3-Mar 28 430741	1:45pm-3:15pm \$65/13 sess
Thu Jan 5-Mar 30 430742	1:45pm-3:15pm \$65/13 sess
Sun Jan 8-Mar 26 430743	1:15pm-2:45pm \$63/12 sess
Gymnasium	

Pickleball - Advanced Beginner/ Learner (Level 2-2.4)

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

Instructor: Ruth Johnson

Wed Jan 4-Mar 8 434406	1:45pm-3:15pm \$190.48/10 sess
Gymnasium	

Table Tennis Drop-In

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

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.

Coal Harbour Community Centre

Volleyball - Recreational

Recreational players should have some basic knowledge of volleyball which includes three contacts per side and rotating after points are scored. Players skills are still at the beginner level and players should not register for higher levels of volleyball until knowledge and skill level proficiency have improved to a consistent level. Drop-in \$6, space permitting.

Supervisor: Gaspal Douo

Tue Jan 3-Mar 28 5:30pm-7:00pm
430744 \$68.25/13 sess

Supervisor: Gabriel Chan

Sat Jan 7-Mar 25 12:00pm-1:30pm
430746 \$63/12 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 \$6, space permitting.

Instructor: Gaspal Douo

Tue Jan 3-Mar 28 7:15pm-8:45pm
430745 \$68.25/13 sess

Gymnasium

Volleyball Skills & Training Clinic (19+ yrs)

Taught by NCCP level 2 Coach. All skill levels welcome. Each session will introduce a new skill and end in game play. No session Feb 19.

Instructor: Volleyball BC

Sun Jan 8-Mar 26 3:00pm-4:30pm
430747 \$220/11 sess

Gymnasium

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

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

Instructor: Volleyball BC

Tue Jan 10-Mar 28 5:30pm-7:00pm
434207 \$240/12 sess

Gymnasium



Winter 2023 Gymnasium Schedule						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30-11:00am Jellyfish Playtime		9:30-11:00am Jellyfish Playtime			10:00-11:30am Basketball	10:15-1:15am Badminton
12:00-1:30pm Badminton	12:00-1:30pm Basketball	12:00-1:30pm Badminton	12:00-1:30pm Badminton	12:00-1:30pm Basketball	12:00-1:30pm Recreational Volleyball	11:45-12:45pm Birthday Parties
1:30-3:30pm Learn to Play Pickelball	1:45-3:15pm Pickleball	1:30-3:30pm Advanced Beg/ Learner Pickleball	1:45-3:15pm Pickleball		1:45-2:45pm Birthday Parties	1:15-2:45pm Pickleball
3:30-4:30pm Tot Soccer (4-6yrs)	3:30-5:00pm Teen Open Gym	3:30-5:00pm Teen Open Gym	3:30-4:30pm Tot Soccer (4-6yrs)	3:30-4:30pm Just Real Ballers Basketball (6-8yrs)	3:00-4:45pm Youth Programs	3:00-4:30pm Volleyball Skills & Training Clinic
4:45-6:00pm Soccer (7-12yrs)	5:30-7:00pm Recreational Volleyball & Int/ Adv Skills Clinic	5:30-7:00pm Badminton	4:45-6:00pm Soccer (7-12yrs)	4:45-6:00pm Just Real Ballers Basketball (9-12yrs)	Principles for Sport, Code of Conduct: Go For It, Play Fair, Respect Others, Keep It Fun, Stay Healthy, Include Everyone, Give Back.	
7:15-8:45pm Indoor Soccer	7:15-8:45pm Recreational Plus Volleyball	7:15-8:45pm Basketball	7:15-8:45pm Badminton	6:15-9:00pm Youth Programs	<input type="checkbox"/> Children Programs <input type="checkbox"/> Adult Programs (19yrs+)	