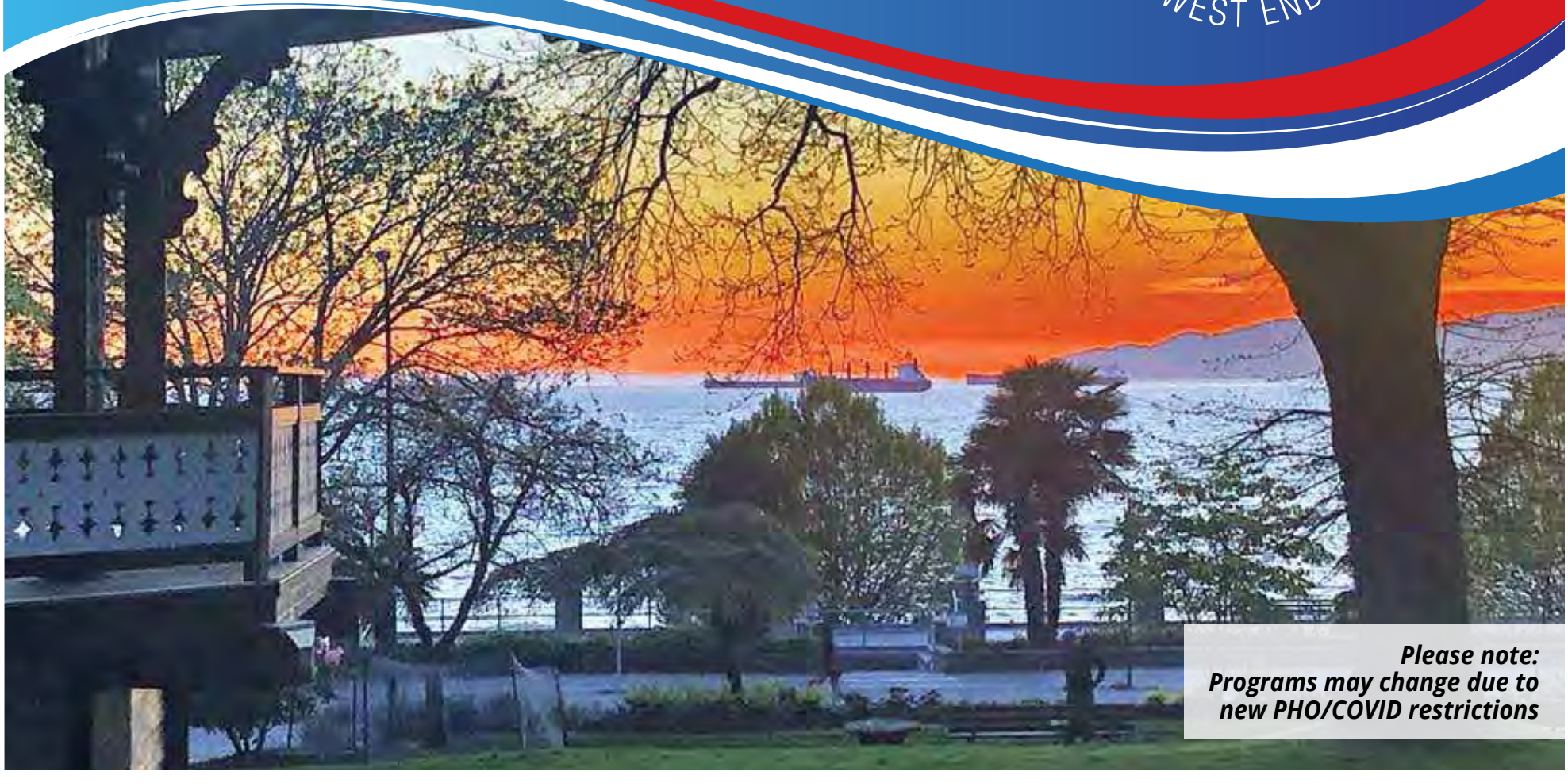
WINTER 2022

Recreation Guide



Please note:
Programs may change due to new PHO/COVID restrictions

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, Dec 7, 2021 @ 9:30am
By-Phone: Wed, Dec 8, 2021 @ 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
Kate Fenton . . . . . 1st VP
Margaret Coates . . . . . 2nd VP
Jacob Kojfman . . . . . Treasurer
Kevin Dale McKeown . . . . . Secretary

Directors:
Alan Baycroft, Corrie Bownick, Ian Haywood-Farmer, Chris Hyndman, Dragos Ionescu, Cheryl Jim, Linda Johnston, Rich Nobles

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 our Winter Season at the West End Community Centre. In addition to the many programs being offered we have some special events planned. Please note that the Provincial Health Orders continue to evolve, check our website for updates to the PHO as it pertains to the Community Centre.

We want to hear from you what you like about the Centre and what needs improvement. Our Association is working with the City and its partners in planning a renewed West End Community Hub. Check our website for details and to leave your comments.

Sincerely,
David Scott
President
West End Community Centre Association

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

Tue Jan 18 6:00-7:00pm

WECCA Members to be notified by email.

Breakfast w/ Santa

Join us for a special breakfast, crafts, entertainment and best of all a visit from Santa himself. This event is an annual sell out so PLEASE purchase your tickets for adults and children in advance to ensure a seat. Pre-registration is required. Children under the age of 2yrs are free unless eating food. If child under 2 is not eating they are allowed to be at the event with parent (sitting in lap). Please do not register child under 2 if not eating or taking a paid seat. $7/per person. Please show up on time as food will be served by 10:20am.

Sat Dec 4 **10:00am-12:00pm**
362724 $7/Person
Auditorium

Christmas Carnival

2-7 yrs
Breaking news! Santa has been spotted at the Harbour! Journey with your children to meet Santa through a magical winter wonderland where holiday games and holiday crafts await each stop along the way. Parent participation is required. Pre-registration is recommended. ($5.50/child, $7.50/child on the day-of event).

Sat Dec 11 **10:00am-12:00pm**
364521 $5.50/person
Gymnasium - Coal Harbour

Your Recreation Staff:

West End CC:

Recreation Supervisor . . . . . Deb Barber
Recreation Programmer . . . . . Darko Kulic
Recreation Programmer . . . . . Mawi Bagon
Recreation Programmer (Acting) . . . . . Kinga Wdowiak
Ice Rink Programmer . . . . . Jeffrey Chan
Community Youth Worker . . . . . Jessica McCallum
Recreation Facility Clerk . . . . . Shelby Quon
Seniors & Group Fitness Coordinator . . . . . TBD
Maintenance Technician . . . . . TBD

Barclay Manor:

West End and Coal Harbour currently doing this jointly.

Coal Harbour CC:

Recreation Supervisor . . . . . Deb Barber
Recreation Programmer . . . . . Randy Chan
Recreation Programmer . . . . . TBD
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.

Family Day Festivities

Monday, February 21

Look out for Family Day event details

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 8-Mar 26 **11:30am-1:30pm** **Package #1: Playtime Party**
$100/Package
No Birthday Part Nov 27, Dec 4

Easter Carnival

(2-7 yrs)
Hippity, hoppity, spring has sprung! Join the Easter Bunny for an Easter egg hunt, arts & craft, play time. The excitement will also include a bouncy castle, face painting, balloon making, a photo booth and Mike's Critters! Parent participation is required. Pre-registration is recommended. ($6.50/child, $8/child on the day-of event, space permitting).

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

Playtime

(Up to 5yrs)

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 21.
Playtime/ Jellyfish Refund Policy: Families may refund up to 48hrs prior to the Playtime/ Jellyfish session to receive a full refund with no refund administration fee. No refunds/ transfers will be provided for no shows or requests made within the 48hrs.

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

Baby and Toddler (NB-18mts) NEW!

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.

Mon Jan 10-Mar 28 **1:00-2:30pm (Bidwell Room)**
Tue Jan 4-Mar 29 **9:30-11:00am (Stanley Court Room)**
Wed Jan 5-Mar 30 **1:00-2:30pm (Stanley Court Room)**
Thu Jan 6-Mar 31 **9:30-11:00am (Stanley Court Room)**
Drop In Fee: $3.50

Little Sprout Preschool

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

For more information please call the Preschool at 604-257-8346.

Registration Fee 2021/2022 (Non-refundable)			$41/child
5 x week	Mon-Fri	9:15-11:45am	$386/month
4 x week	Mon-Thu	1:00-3:30pm	$312/month

Fees are for 2021-2022. Preschool fees are subject to change.

Little Sprout Preschool is a licensed preschool. Our instructors are highly qualified Early Childhood Educators bringing many years of experience to our preschool program. Our Preschool Senior Supervisor, Terry, has had the great pleasure of working with children and families at the preschool for the past 6 years. Our preschool assistant supervisor, Romdoul (welcome to the team!) is enjoying her first year of teaching at Little Sprout Preschool. Please feel free to contact our preschool and we will be happy to introduce ourselves and show you our wonderful classroom.

Twos' Time

Join us for unstructured fun and organized play in a classroom setting with ECE trained staff. Parents can enroll their child in one or multiple days. Advance registration into the Little Sprout Preschool is given to families enrolled in this program. Post dated cheques or credit card must be submitted at time of registration. For more information about program or registration, please call Christina at 604-257-8464. This program does not run on seasonal/statutory holidays and school professional days. **Registration for 2021-2022 is for children born in 2019 only.**

Mon-Fri **9:30-11:30am**
$40 non-refundable registration fee

Mondays	$120/month
Tuesdays	$120/month
Wednesdays	$120/month
Thursdays	$120/month

Children (5 & Under)

Dance

Creative Ballet (3-5yrs)

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

Tue Jan 11-Mar 8 **12:30-1:15pm**
386028 $108/9 sess
English Bay Room

Sun Jan 9-Mar 13 **10:00-10:45am**
387113 $120/10 sess
Denman Room

Creative Ballet (4-6yrs)

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-in $13.
Instructor: Endorphin Rush Dance

Sun Jan 9-Mar 13 **11:00-11:45am**
387114 $120/10 sess
Denman Room

My First Dance Class

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

Tue Jan 11-Mar 8 **11:15-11:45am**
386011 $72/9 sess
English Bay Room

Preschool Hip Hop

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

Tue Jan 11-Mar 8 **11:45am-12:30pm**
386023 $108/9 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. You will be emailed the curriculum prior to the first class. Only one parent or caregiver may accompany child.

Instructor: Sheri Kauhausen

Tue Feb 22-Mar 22 **10:30-11:15am**
386006 $72/5 sess
Bidwell Room

Hola! Spanish for Preschoolers (3-5yrs)

Join our Spanish Immersion class for a morning surrounded by Spanish Language and warm Latin culture. The place where your preschooler will taste the language and play, sing, dance and explore how useful and fun it could be. Words in Motion is a Spanish Immersion program that enables children to learn Spanish in an easy and fun way! All programs follow a highly interactive and dynamic methodology based on play, exploration, singing and dancing, all taught by highly qualified, native Spanish Speakers. For info, visit wordsinmotionbc.com

Instructor: Carla Vallin

Thu Jan 20-Mar 10 **1:30-2:30pm**
386133 $99/8 sess
Stanley Court 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 21

Instructor: Sportball Vancouver

Mon Jan 17-Mar 14 **3:30-4:30pm**
385909 $140/8 sess
Auditorium

Orff Music Classes!

We are thrilled to have Orff classes at West End Community Centre. Carl Orff is a famous 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, hand clapping 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
Fri Jan 21-Mar 11 **9:30-10:00am**
386791 $95/8 sess

18-24mths
Fri Jan 21-Mar 11 **10:50-11:20am**
386793 $95/8 sess
Denman Room

Orff Music for Toddlers (2-3yrs)

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

Instructor: Tonia Allen

Fri Jan 21-Mar 11 **11:30am-12:00pm**
386794 $95/8 sess
Denman Room

Orff Music for Siblings (6mths-4yrs)

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

Instructor: Tonia Allen

Fri Jan 21-Mar 11 **10:10-10:40am**
386792 $107/8 sess
Denman Room

Orff Music for Preschoolers (3-5yrs)

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

Instructor: Tonia Allen

Fri Jan 21-Mar 11 **1:30-2:15pm**
386797 $119/8 sess
Denman Room

West End Soccer Academy (3-5yrs old) NEW!

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. Drop in: $15.00 (space permitting) Equipment: NO CLEATS on field. Running shoes only permitted. Parent Participation Required. Visit: http://www.facebook.com/Coach.Glyn for updates. No Class Feb 19

Instructor: Glyn Roberts

Sat Jan 15-Mar 12 **9:15-10:00am**
387440 $97/8 sess
King George Gymnasium

Children (5-12 Yrs)

Creative Arts

Beginners Art Pouring for Kids

Acrylic paint pouring is also known as fluid art. Its a fun and creative way to make abstract art. Learn basic techniques including dirty pour and a simple pour, as well as how to create a flow and beautiful cells throughout your art work. Take home a fun and creative project each session. Canvas paintings will go home in a pizza box, plant pots and candle holders will need to stay overnight to dry, to be picked up the next day at the front desk after 3 pm. For more information please contact me at pixeydixey41@yahoo.com

Instructor: Valerie Ferrar

Family Day Event
Sat Feb 19 **11:30am-12:30pm**
387089 $28/Person

Spring Break Event
Sat Mar 19 **11:30am-12:30pm**
387091 $28/Person
Barclay 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 13-Mar 10 **3:30-4:45pm**
386140 $139/9 sess

9-15yrs
Thu Jan 13-Mar 10 **5:00-6:15pm**
386143 $139/9 sess
Pottery Studio

Watercolour for Kids (6-13yrs)

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.

Instructor: Mohammad Atashzad

Thu Jan 20-Mar 24 **3:15-5:15pm**
386144 $195/10 sess
Denman Room

Dance

Ballet / Jazz Fusion (4-7yrs)

In this class children will learn the fundamentals of both ballet and jazz dance while developing their own creative expression. The dancer's mobility, balance, and coordination will be improved in this fun and welcoming program. Children must be able to participate without a parent in the room. For more info: www.kirbysnelldance.com. Drop-in $13.

Instructor: Endorphin Rush Dance

Sun Jan 9-Mar 13 **1:00-1:45pm**
387125 $120/10 sess
Denman Room

Hip Hop (4-7yrs)

This non-stop action-packed class introduces hip hop, basic break dancing and dance games which will excite kids and have them grooving to the beats. Children must be able to participate without a parent in the room. For more info www.KirbySnellDance.com. Drop-in $13.

Instructor: Endorphin Rush Dance

Sun Jan 9-Mar 13 **12:00-12:45pm**
387124 $120/10 sess
Denman Room

Hip Hop (6-8yrs)

Lace up your sneakers and dance! Learn the fundamentals of hip hop, including street dance and grooving, while connecting to the beat of the music. We'll cover both the latest and classic styles, through choreography and games. All levels of experience are welcome. Drop-in $12.

Instructor: Yasmine Shemesh

Thu Jan 20-Mar 10 **4:00-5:00pm**
386138 $72/8 sess
English Bay Room

Day Camps

West End Kids Care - Kindie Spring Day Camp NEW!

West End Kids Care Licensed Spring Break Day Camp for Kindergarten.

Instructor: Jordan Linwood

Mon Mar 14-Mar 18 **8:00am-5:00pm**
387054 $200/5 sess
Mon Mar 21-Mar 25 **8:00am-5:00pm**
387056 $200/5 sess
Barclay Room

West End Kids Care - Spring Day Camp NEW!

West End Kids Care Licensed Spring Break Day Camp for Gr. 1 & up.

Instructor: Jordan Linwood

Mon Mar 14-Mar 18 **8:00am-5:00pm**
387055 $175/5 sess
Mon Mar 21-Mar 25 **8:00am-5:00pm**
387058 $175/5 sess
Barclay Room

Kids Care

West End Kids Care (5-12yrs)

Our licensed before & after school program boasts experienced school age and ECE trained staff who are committed to creating a stimulating, interactive and cooperative environment to complement your child's school day. The program incorporates field trips and Community Centre extras (pre-teen groups, library, auditorium and outdoor use) wherever possible. Registration is ongoing depending on availability. Pick up from Lord Roberts and Lord Roberts Annex. Fees include pro-d days; winter and spring break closures are an additional cost. Registration is ongoing. Waitlist applications will be available only to those currently enrolled in school, or January of the year your child will start kindergarten (ie. if your child starts kindergarten Sep 2019, you can get an application Jan 2019). ***To get on our waitlist, please ask the front office for a waitlist application, or contact the Child Care Coordinator at 604-257-8464 or email christina.tucker@vancouver.ca***

2019-2020 prices are subject to change.
Registration fee: $40 (non-refundable).

School Age Care 2019-2020
$40 reg fee

Before Care:	
K's	$209
Gr1 & up	$159
After Care:	
K's	$409
Gr1 & up	$339
B/A Care:	
K's	$489
Gr1 & up	$389

West End Community Centre

Education

Hola! Spanish for Kids (5-7yrs)

Boost your kids' brain and get the taste of the Latin culture through this unique Spanish Immersion program. Kids will explore the language though playing, creating and living it. Every week we discover different topics. All levels welcome, open to all. Words in Motion is a Spanish Immersion program that enables children to learn Spanish in an easy and fun way! All programs follow a highly interactive and dynamic methodology based on play, exploration, singing and dancing, all taught by highly qualified, native Spanish Speakers. For info, visit wordsinmotionbc.com

Instructor: Carla Vallin

Thu Jan 20-Mar 10 **3:30-4:30pm**
386134 $99/8 sess
Stanley Court Room

Hola! Spanish for Kids (7-10yrs)

Boost your kids' brain and get the taste of the Latin culture through this unique Spanish Immersion program. Kids will explore the language though playing, creating and living it. Every week we discover different topics. All levels welcome, open to all. Words in Motion is a Spanish Immersion program that enables children to learn Spanish in an easy and fun way! All programs follow a highly interactive and dynamic methodology based on play, exploration, singing and dancing, all taught by highly qualified, native Spanish Speakers. For info, visit wordsinmotionbc.com

Instructor: Carla Vallin

Thu Jan 20-Mar 10 **4:30-5:30pm**
386135 $99/8 sess
Stanley Court Room

Kids Act!! (5-10yrs)

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

Instructor: Leslee Silverman

Tue Jan 18-Mar 8 **3:45-4:45pm**
386004 $79/8 sess
English Bay Room

Kids Yoga (7-10yrs)

This class creates a welcoming, fun atmosphere where a love of Yoga can grow. Working to engage the mind and body of each student in the room, classes always move at an easy pace incorporating deep breathing, body movement, and ending with peaceful relaxation. It's all about fostering creativity, benefiting the brain and body while experiencing a sense of calm. Please bring a Yoga mat to class. Please bring your own mat or blanket to sit on. You will be emailed the curriculum prior to the first class. Drop-in $16.

Instructor: Sheri Kauhausen

Wed Jan 19-Mar 9 **4:30-5:30pm**
386061 $111/8 sess
Denman Room

Red Cross Babysitting (11-16yrs)

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: Community Care First Aid

Sun Jan 30 **10:00am-5:00pm**
387102 $60/Person
Sun Mar 6 **10:00am-5:00pm**
387104 $60/Person
Barclay Room

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.kirbysnelldance.com. Drop-in $13 for 4-7yrs, $14 for 7-12yrs.

Instructor: Endorphin Rush Dance

4-7yrs
Fri Jan 14-Mar 11 **3:30-4:15pm**
386789 $108/9 sess
7-12yrs
Fri Jan 14-Mar 11 **4:30-5:30pm**
386788 $117/9 sess
Auditorium

Martial Arts

Go-Ju Ryu Karate NEW!

Ku Yu Kai stands for Karate Friendship Association. We invite you to nurture your inner "karate kid" in a friendly and safe class environment. We also adhere to COVID-19 safety protocols. Learn basic and advanced techniques, self defense, the graceful art of kata (forms), kumite (sparring), and kobudo (weapons) while improving your strength, flexibility and focus. The instructors bring more than 70 years of combined karate experience and have won in different tournaments within British Columbia, the United States and Japan. Our students have excelled in regional, provincial and international tournaments in kata, kumite and kobudo events. All levels are welcome to join. No prior experience is required. All we need is your enthusiasm to learn. Drop-in $15 for under 18, $18 for 18+yrs.

Instructor: George Chan

Sat Jan 8-Mar 12 **2:00-3:30pm**
387578 $150/10 sess
Dance Studio

Music

Private Piano - Emily (3.5-18yrs)

Private Piano with Emily:Proper piano technique, note and sight reading skills are emphasized to ensure a solid foundation. Lessons are 30 minutes long. These private lessons can be taught in either English or Cantonese. Each student's level will be assessed in the first lesson; student with previous piano experience please bring your past piano books for assessment. Please not that piano books are not included in enrollment fee and will be assigned after assessment. No Class Jan 17, Feb 21

Instructor: Emily Leung

Mon Jan 10-Mar 7 **3:30-8:30pm**
Meeting Room 3 $162/7 sess

Piano - Musical Expressions

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

Instructor: Musical Expressions

Tue Jan 11-Mar 8 **3:30-8:30pm**
Meeting Room 3 $208/9 sess
Wed Jan 12-Mar 16 **4:30-8:30pm**
Stanley Court Room $208/9 sess

Private Piano - Vincent (3.5-18yrs) NEW!

Private Piano:Proper piano technique, note and sight reading skills are emphasized to ensure a solid foundation. Lessons are 30 minutes long. These private lessons can be taught in either English or Cantonese. Each student's level will be assessed in the first lesson; student with previous piano experience please bring your past piano books for assessment. Please not that piano books are not included in enrollment fee and will be assigned after assessment.

Instructor: Vincent Cheng

Thu Jan 13-Mar 10 **3:30-9:00pm**
Meeting Room 3 $208/9 sess

Piano – Alexandra NEW!

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

Sun Jan 16-Mar 6 **10:30am-4:00pm**
Stanley Court Room $185/8 sess

Piano/ Voice/ Violin Lessons

Mawi will email

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, Bulgarian and Russian. Preparation for Royal Conservatory of Music exams is a possibility for those who wish to have their learning level recognized.

Instructor: Natalia Alexandrova

Tue Sep 17-Oct 29 **2:30-5:00pm**
$147/7 sess
Tue Nov 5-Dec 17 **2:30-5:00pm**
Stanley Court Room $147/7 sess

Guitar / Recorder / Ukulele

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

Instructor: Rene Hugo-Sanchez

Wed Jan 12-Mar 16 **4:30-8:30pm**
$220/10 sess/Kids
Preschool $240/10 sess/Adults

Private Violin - Boris

Making music makes you smarter! Come learn how to play the violin in a fun & encouraging atmosphere. Or build upon what you already know and grow! A solid foundation will be taught based on the requirements of the Royal Conservatory of Music in Toronto. The instructor can advise the students where to rent/ buy a violin. Lessons are 45 min. in duration. No Class Feb 10,12 Mar 10, 12

Instructor: Boris Ulanowicz

Thu Jan 20-Mar 17 **4:30-7:30pm**
$222/7 sess
Sat Jan 22-Mar 19 **11:00am-2:00pm**
Preschool $222/7 sess

Physical Recreation

Preteen Yoga (8-12yrs)

Pre-Teen Yoga age 8-12: An introduction to yoga, your child will learn meditation, breathing techniques, mindfulness and asanas sequences. More info www.kirbysnelldance.com. Drop-in $13.

Instructor: Endorphin Rush Dance

Wed Jan 12-Jan 12 **3:30-4:15pm**
386119 FREE CLASS
Wed Jan 19-Mar 16 **3:30-4:15pm**
386117 $108/9 sess
English Bay Room

Sports

Sportball Multisport (5-8yrs)

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

No Class February 21

Instructor: Sportball Vancouver

Mon Jan 17-Mar 14 **4:45-5:45pm**
385915 $140/8 sess
Auditorium

West End Soccer Academy (5-7yrs) NEW!

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. Drop in: $15.00 (space permitting) Equipment: NO CLEATS on field. Running shoes only permitted. Parent Participation Required. Visit: http://www.facebook.com/Coach.Glyn for updates. No Class Feb 19

Instructor: Glyn Roberts

Sat Jan 15-Mar 12 **10:15-11:15am**
387570 $129/8 sess
King George Gymnasium

West End Soccer Academy (7-12yrs) NEW!

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. Drop in: $20.00 (space permitting) Equipment: NO CLEATS on field. Running shoes only permitted. Parent Participation Required. Visit: http://www.facebook.com/Coach.Glyn for updates. No Class Feb 19

Instructor: Glyn Roberts

Sat Jan 15-Mar 12 **11:15am-12:15pm**
387571 $129/8 sess
King George Gymnasium

West End Community Centre

Youth

Pre-Teen "Art-Attack Program

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

Instructor: Youth Leader

Tue Jan 11-Mar 29 **3:30-5:30pm**
383958 Free
Auditorium at

Pre-teen Night at West End CC

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

Instructor: Youth Leader

Fri Jan 7-Mar 25 **6:15-8:45pm**
383954 Free
Auditorium

Pre-teen Sports and Games Club

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

Instructor: Youth Leader

Thu Jan 6-Mar 31 **3:30-5:30pm**
383959 Free
Auditorium

Youth Lounge at King George

Need somewhere to chill on your lunch-break? Come hang out in the youth lounge at King Georg (Room number TBD). We'll have snacks, games, crafts, music and overall just a chill place to spend your lunchtime. The Lounge will be open Monday to Thursday's from 11:35am-12:15pm.

Youth Movie Nights

Come join us for this FREE youth movie night. Open to ages 13-18. Come by the youth office to vote for your favorite movie! Popcorn and movie snacks will be provided.

Instructor: Youth Leader

Thu Feb 17-Feb 17 **6:30-9:00pm**
383965 Free
Thu Mar 17-Mar 17 **6:30-9:00pm**
387638 Free
English Bay Room

Teen Night @ Coal Harbour

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

Instructor: Non Instructional

Fri Jan 7-Mar 25 **6:15pm-9:00pm**
Coal Harbour CC Free

Open Gym @ Coal Harbour

FREE program for youth in grades 8-12 (ages 12-18). Come by and shoots hoops play soccer or play some volleyball in the Gym.

Instructor: Non Instructional

Tue Jan 4-Mar 29 **3:30-5:00pm**
Wed Jan 5-Mar 30 **3:30-5:00pm**
Gymnasium -Coal Harbour Free

Youth Leadership

Jr. Youth Leadership Club @ West End

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 12-Mar 30 **3:30-5:30pm**
383967 Free
Bidwell Room

Looking for volunteer hours?

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

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. The program meets weekly for check-in, requires participants to volunteer in a weekly youth program and one special event per season and attend workshops. Limited space available; priority will be given to previous members. For more information on this program please contact the Youth Worker at jessica.mccallum@vancouver.ca

Instructor: Youth Leader

Wed Jan 12-Mar 30 **6:00-8:00pm**
383960 Free
Haro Room

Youth Whistler Ski/Snowboarding Day Trip

It's snow day in Whistler! Meet other youth from different Park Board Community Centres as we travel together to one of North America's best snow destination! Whether you're a beginner or an experienced ski/snowboarder, all youth will be placed in group lessons based on your skill level. Registration fee includes transportation, ski lift ticket, group lessons, lunch voucher, and optional equipment rental. $150.00/youth (with rental), $125.00/youth (without rental).

Caregiver consent/waiver forms must be completed prior to participation - available at the Front Desk or contact the Community Youth Worker at Jessica.mccallum@vancouver.ca. Please read the Parent Information Package for more itinerary details and recommended equipment list. All forms are due January 4th. Please register by phone or in-person - no online registration.

Proof of Vaccination is required

Instructor: Youth Leader

Sat Jan 29 **6:00am-6:00pm**
388867 $125
Transportation/Lesson and Lift Ticket
$25 Equipment Rental fee
Sat Mar 19 **6:00am-6:00pm**
388877 $125
Transportation/Lesson and Lift Ticket
$25 Equipment Rental fee
Offsite

Adult & Older Adult programs are subject to tax.

Adult

Creative Arts

Explore Creative Writing

This workshop-style course gives you a chance to try out several types of writing: articles, stories, poetry, and drama. Activities in the class are designed for enjoyable participation as well as the development of skills in writing dialogue, descriptions, about characters and settings. Instruction will also include tips on creating plots, choosing points of view and working with different structures. You will be encouraged to develop your own ideas and to discover your own creativity. Have fun finding out how to shape your story/poem/play and get it ready to send to a publisher. No class Feb 21.

Instructor: Dianne Maguire

Mon Jan 10-Mar 7 **7:00-9:00pm**
383575 $142/8 sess
Stanley Court Room

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 12 **10:00am-4:00pm**
383576 $84/1 sess
Barclay Room

Photography

Darkroom: Introduction to the Basics

This course is designed to take students through the process of developing film and making traditional wet prints from negatives using black and white photographic materials. It is an introductory course, enabling the student to grasp the fundamentals of processing, chemicals, darkroom safety and enlarging. 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. No class Feb 19.

Instructor: Doug Doyle

Sat Jan 8-Mar 12 **10:00am-1:00pm**
388946 $297/9 sess
Instructor: Kathy Kinakin
Tue Jan 11-Mar 8 **5:45-8:45pm**
383556 $297/9 sess
Darkroom

Photography Basics in One Day

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

Instructor: Jo Ann Kronquist

Sat Mar 19 **10:00am-4:00pm**
383618 $69/1 sess
Barclay Room

West End Darkroom - Group Program

Everyone 19+ years of age welcome. The darkroom is available during regular West End Community Centre hours for West End Darkroom members use. Please visit www.westenddarkroom.ca for more information about club membership.

Instructor: No Instructor

Sat Jan 22-Mar 26 **2:00-3:30pm**
383742 $0/6 sess
Meeting Room 2

Drawing/Painting

Beginners Art Pouring for Adults

During this workshop you will create your very own pouring masterpiece! Acrylic paint pouring is also known as fluid art. It's a fun and creative way to make abstract art. Learn basic techniques including dirty pour and a simple pour, as well as how to create a flow and beautiful cells throughout your painting. Take home a fun and creative project each session. You will be making canvases putting them in take home boxes. Expect to take home wet painted projects in a box. For more information please contact me at pixeydixey41@yahoo.com

Instructor: Valerie Ferrar

Sat Feb 19 **1:30-3:00pm**
388494 $50/1 sess
Sat Mar 19 **1:30-3:00pm**
388496 $50/1 sess
Barclay Room

Classic Pen and Ink Drawing

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

Instructor: Scott Sterling

Tue Feb 1-Mar 1 **5:30-7:25pm**
383552 $100/5 sess
Meeting Room 2

How to Draw Like an Architect

This program is for enthusiastic students who want to learn correct drawing techniques for architectural subjects and explore tone, texture, line, perspective, proportion, shading, lighting, and colour in their artwork. Bring HB, 2B, 6B pencils and white paper to the first class. No class Feb 21. Master M. Reza Atashzad has over 30 years experience in teaching drawing and painting at his own Atashzad Academy of Art. He has also been teaching different art programs at several community centers in Vancouver since 2011. He has published more than 700 watercolour paintings, such as greeting cards, posters, albums, and books.Visit: http://www.atashzad.com

Instructor: Mohammad Atashzad

Mon Jan 10-Mar 7 **10:00am-12:00pm**
383596 $156/8 sess
Bidwell Room

West End Community Centre

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).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 13-Mar 10 **1:00-3:00pm**
383736 $175.50/9 sess
Basement at *Barclay Manor

Thu Jan 13-Mar 10 **5:30-7:30pm**
383737 $175.50/9 sess
Bidwell Room

Oil Painting (Intermediate)

This course is for participants with some experience with oil painting. During the eight 2-1/2 hour sessions techniques of, wet in wet, wet on dry and grisaille method involving subjects such as shiny metals, glass, baskets, onions, cut lemons and grapes will be tried. No class Feb 20.

Instructor: Ali Sepahi

Sun Jan 9-Mar 6 **10:15am-12:45pm**
383617 $140/8 sess
Bidwell Room

Dance

Commercial Hip-Hop and Funk Jazz

In this class, you'll learn choreography that's both inspired by and straight out of your favourite '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.

Instructor: Yasmine Shemesh

Thu Jan 20-Mar 10 **5:30-6:30pm**
386139 $82/8 sess
English Bay Room

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, develop more techniques and styling. Concentrating on 4 Dances - Foxtrot, Swing, Waltz and Rumba. Choreography available for Wedding Couples. Online registration now available for couples, discount of 10%.

Instructor: Linda Short

Wed Jan 19-Mar 9 **7:30-8:45pm**
383533 $112/8 sess
Dance Studio

Bellydance

Enjoy moving to the sensuous melodies and dynamic rhythms of the Middle East with Rahma. Belly dance is an excellent way to get fit, have fun and connect with your body in a very positive way. A professional dancer and experienced teacher of teachers, Rahma is able to clearly break down movements and is encouraging to dancers of all ages and abilities. Class begins with a slow stretch warm up. Wear exercise clothes, bare feet and bring a scarf or shawl to tie around the hips. Finger cymbals needed, can be purchased or borrowed from instructor. No class Feb 21.

Instructor: Gail (Rahma) Haddad

Mon Jan 10 **6:30-8:00pm**
383537 Free Trial

Bellydance - Beginner
Mon Jan 17-Mar 7 **6:30-8:00pm**
383536 $105/7 sess

Bellydance - Advanced
Tue Jan 11-Mar 8 **7:30-8:55pm**
383535 $135/9 sess
Dance Studio

Brazilian Rhythms

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

Instructor: Maira Daiha

Wed Jan 12-Mar 9 **7:30-8:30pm**
383540 $108/9 sess
Dance Studio

Drama

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' experience as an actor, teacher and TV host and assistant casting director. Please bring your own recording device.

Instructor: Sonja Bakker

Sat Jan 8 **9:30am-2:30pm**
383730 $67/1 sess
Sat Feb 12 **9:30am-2:30pm**
383731 $67/1 sess
Sat Mar 19 **9:30am-2:30pm**
383732 $67/1 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 22 **9:30am-2:30pm**
383733 $67/1 sess
Sat Feb 26 **9:30am-2:30pm**
383734 $67/1 sess
Sat Mar 26 **9:30am-2:30pm**
383735 $67/1 sess
Meeting Room 2

Education

Bliss Body Care

Instructor: Cheryl Theilade
Tue Feb 15 **6:30-9:00pm**
383676 $48/1 sess
Denman Room

Essential Oils, Sprays & Solid Scents

Instructor: Cheryl Theilade
Tue Mar 29-Mar 29 **6:30-9:00pm**
383530 $47/1 sess
Bidwell Room

Empathy, Compassion, and Love

Is there more to life? Many equate happiness with wealth, status and achievement. Research shows what we think will make us happy eventually doesn't. There's a far more effective approach. Our journey blends Western psychology and Eastern mysticism. You'll find the rewards transformative as we go beyond immediate gratification - providing top advice from psychologists, mystics, philosophers and creative thinkers in understanding true happiness and spirituality. Join Bob, a cancer survivor and author of Pure Happiness-Awaken to Your Truth, in exploring your purpose.
Instructor: Bob Molavi
Thu Jan 20 **7:00-8:00pm**
383572 Free Trial
Thu Jan 27-Feb 10 **7:00-8:00pm**
383570 $55.50/3 sess
Barclay Room

(Online) Emergency Preparedness - Personal & Household

This class will be held online on Webex. In recent history, cities around the world have endured large emergencies with devastating impacts. Vancouver could experience a severe emergency too, like a big earthquake, but do you know what to do? This session introduces simple things you can do to be prepared in advance of an emergency and ways to make your home safer. Join the session using your computer, phone, or tablet. For technical tips, view the resource sheet (www.vancouver.ca/webex-guide) about the Cisco Webex platform. Before registering, read the important notice below regarding personal information. Once registered use the link and password provided in your confirmation email (check receipt notes or attachments) to join at the time of the event. This session is open to all community members regardless of your closest community centre. Registrants can join the session 5 minutes in advance of the start time to get set up on Webex. For issues with Webex technology on the day of the event, email nepp@vancouver.ca. The City of Vancouver collects your personal information in accordance with section 26(c) of the Freedom of Information and Protection of Privacy Act for purposes of organizing and administering the Emergency Preparedness Workshop. For the virtual Emergency Preparedness Workshop, your information will be shared with the City's web conferencing provider, Cisco WebEx. Information submitted to WebEx will be stored on servers in the United States and may be accessed in the United States or internationally for technical support purposes. If you have questions about the collection of this information, please contact the Director of Access to Information and Privacy by emailing privacy@vancouver.ca, by phoning 3-1-1, or mailing a letter to 453 West 12th Avenue, Vancouver, BC, V5Y 1V4
Instructor: City of Vancouver NEPP – online WEBEX
Wed Jan 12 **6:00-7:30pm**
383523 Free/1 sess
Thu Feb 10 **6:00-7:30pm**
383524 Free/1 sess
Online

Making Your Money Last: Retirement Seminar

This seminar is designed to help individual investors successfully transition into and live their life in retirement. Presenter is a financial advisor with 20 years of industry experience. Please pre-register.
Instructor: Andrew Thiessen Edward Jones
Sun Mar 20 **10:00-11:00am**
383607 Free/1 sess
English Bay Room

Stocks: the Nuts and Bolts

This seminar teaches basic information to help investors evaluate if stocks fit into their overall strategy. Discusses common versus preferred stock, dividends, investment strategy and different ways to own stock.
Instructor: Andrew Thiessen Edward Jones
Sat Jan 29 **11:30am-12:30pm**
383696 Free/1 sess
English Bay Room

Three Reasons to Revisit Your Financial Strategy Now

COVID-19: Three Reasons to Revisit Your Financial Strategy Now covers three reasons why it is important for attendees to revisit their financial strategy now with a financial advisor. Tips on how to balance debt and investing priorities.
Instructor: Andrew Thiessen Edward Jones
Sat Mar 26 **11:30am-12:30pm**
383704 Free/1 sess
Denman Room

West End Community Centre Investment Coffee Club

This session will provide a market update, global events affecting the world, and 1 or 2 investment fundamentals critical for investment success.
Instructor: Andrew Thiessen Edward Jones
Sun Mar 6 **10:00-11:00am**
383741 Free/1 sess
English Bay Room

Outlook and Opportunities: The Investment Puzzle

Outlook and Opportunities: The Investment Puzzle: Putting the Pieces Together. Like a jigsaw puzzle, economic conditions, corporate performance, the international backdrop and your investment decisions fit together to form a larger picture. But it can be hard to see a pattern among the various pieces of our investment outlook.
Instructor: Andrew Thiessen Edward Jones
Sun Feb 13 **10:00-11:00am**
383616 Free/1 sess
English Bay Room

Beginner for Petite Pals (6+ months)

Beginner for Petite Pals is a Beginner Program designed for people who would like to train their small dog with other small dogs. 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. We use food, praise and play along with scientific learning principles to teach your dog how to achieve these goals. * No fearful dogs.* No aggressive dogs towards dogs or people. * Less than 15 pounds.* All dogs must be able to provide documentation of up-to-date vaccinations or current titers testing.* No new registration after the 2nd class.* No make-up classes are provided.

Instructor: DOGSmart Training

Sat Jan 8-Feb 12 **11:00am-12:00pm**
383562 $220/6 sess
Bidwell Room

Beginner Life Skills (5 months+)

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. We use food, praise and play along with scientific learning principles to teach your dog how to achieve these goals. * Please equip your dog with a flat buckle collar, front clip harness, or head-halter only for all classes. All other types of collars including pinch, choke, martingale and shock collars, as well as retractable-leashes are not permitted.* No reactive & No leash aggressive dog in this class.* Please contact us at 604-267-9500 / info@dogsmart.ca to book an assessment before registration if you have anxious/fearful/reactive dogs.* No new registration after the 2nd class.

Instructor: DOGSmart Training

Wed Jan 12-Feb 16 **7:45-8:45pm**
383559 $220/6 sess
Auditorium

Puppy SmartStart (10-18 wks)

This lively and energetic program is great for both puppies and owners. In this program your puppy will learn the importance of socialization to people, objects, sounds and other dogs, while developing proper social skills and good play behaviours in a safe and motivational environment. Course content includes an introduction to basic commands. Behaviours such as house training, bite inhibition, jumping up, as well as other topics such as grooming, health are discussed. * Please equip your dog with a flat buckle collar, front clip harness, or head-halter only for all classes. All other types of collars including pinch, choke, martingale and shock collars, as well as retractable-leashes are not permitted.* Puppies should be under the age of 18 weeks when they begin classes.* Please contact us at 604-267-9500 / info@dogsmart.ca to book an assessment before registration if you have anxious/fearful/reactive dogs.* 2 sets of vaccinations are required. No new registration after the 2nd class.

Instructor: DOGSmart Training

Wed Jan 12-Feb 16 **6:30-7:30pm**
383565 $220/6 sess
Auditorium

Toy Breed Training & Socialization (0-18 wks)

Training and proper socialization is the key for building great relationships. Socialization is the process of positively introducing a puppy to human handling, places, people, animals, sounds and objects. It is critical that people learn to go at their dogs' pace. We provide your puppy with a safe environment to learn. We will teach you the skills for foundation behaviours that set the stage for future learning. Classes are limited to 5 puppies to ensure everyone gets personal attention. Covid protocols by WECC will be observed. For dogs under 18 weeks at the start of class. Dogs under 12 pounds.No shy dogs. 2 sets vaccinations are required.

Instructor: DOGSmart Training

Wed Feb 23-Mar 9 **6:45-8:00pm**
388480 $110/3 sess
Auditorium

Health and Wellness

Future Life Progression

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

Instructor: Kemila Zsange

Sat Feb 26 **1:00-4:00pm**
383579 $48/1 sess
Stanley Court Room

Journey into Past Life Regression

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

Instructor: Kemila Zsange

Sat Jan 15 **12:00-4:00pm**
383600 $56/1 sess
Stanley Court Room

Qi Gong

This class serves as an introduction to Qi Gong and Traditional Chinese Medicine. Suitable for those who have never experienced Qi Gong and for those who would like to refresh themselves on the foundational concepts and practices of Qi Gong. We will be learning gentle Qi Gong exercise form that supports physical, emotional and spiritual well-being. We quiet the mind and settle the emotions, allowing us to awaken to the subtle energetic flows within the body. Learn how to work with Qi (life force energy) through movement, breath and visualization. Suitable for all fitness levels.

Instructor: Jacob Larmour

Fri Jan 14-Mar 11 **10:30-11:30am**
383677 $135/9 sess
Bidwell 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 Reiki Master Shehbaz 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 as you sit back and relax on a chair along with other participants with soothing music playing in the background. Learn about 5 Reiki principles, 7 energy chakras, 5 fundamental needs and 4 hurdles in wellbeing. It is for everyone and no prior experience is needed. This class does not include healing touch, and would not certify you as a Reiki practitioner. Take all 6 classes and come out rejuvenated, calm, refreshed, focused and energized. If you feel stressed and want deep relaxation, this program is the perfect way to invite fresh energy and relaxation into your life. Register now, have fun and bring a friend!

Instructor: Shehbaz Ahmad

Thu Jan 13-Mar 10 **7:00-8:30pm**
383681 $90/9 sess
English Bay Room

Tai Chi - 24 Form

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. 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 11-Mar 8 **6:15-7:15pm**
383700 $144/9 sess
Bidwell Room

Tai Chi - 48 Form Part 1

The 48 Form is an exceptionally beautiful, well-balanced routine, combining the 4 most important styles of Tai Chi. There are smooth movements from the Yang style, explosive movements from the Chen style, spiraling movements from the Wu Style, and active stepping from the Sun style. Part Two will follow. Experience with 24 Form is recommended. 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 11-Mar 8 **7:30-8:30pm**
383701 $144/9 sess
English Bay Room

Gardening Workshop Series

2022 Community and Collaborative Gardening Opportunities

Looking for a place to garden this year? Learn about our family friendly, cross cultural collaborative community gardens in Grandview Woodland, Kits, Strathcona, West End, and West Point Grey (at Aberthau Mansion). Applications will be available for anyone interested in gardening with us. All levels of experience welcome, including beginners. Hosted by Village Vancouver and Westside and West End Neighbourhood Food Networks.

Instructor: West End Food Network

Sun Mar 20 **12:00-1:00pm**
383587 Free/1 sess
Barclay Room

West End Community Centre

Community Meal, Gardening Workshop, & WE Garden Club

Join West End Neighbourhood Food Network's Urban Garden Club and Village Vancouver at our monthly family friendly gatherings. Depending on what COVID protocols are in place at the time (if any), we'll either invite you to bring a dish to share, or to bring your own meal and tableware (e.g. plate, eating utensils, etc.) Each month we present a short workshop on a different food and/or gardening related topic. Free.

Instructor: West End Food Network

Sun Feb 20 **1:00-2:30pm**
383554 Free/1 sess
Bidwell Room

Sun Mar 20 **1:00-2:30pm**
383555 Free/1 sess
Bidwell Room

Balcony, Container and Small Space Gardening

Want to grow food but don't have much room? In this workshop, techniques and challenges specific to gardening in small spaces, both indoors and outdoors will be covered. We'll look at soil, fertilizing organically, watering, types of containers, different sun orientations and what to grow in your space.

Instructor: West End Food Network

Tue Feb 15 **6:30-8:30pm**
383581 $13/1 sess
Barclay Room

DIY Planter Box Giveaway

Village Vancouver and West End Neighbourhood Food Network have free small (6-7 Ltr.), lightweight, easy to assemble DIY Planter Box Kits available for seniors, immunocompromised, 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, and is available for a socially distanced pickup at West End Community Centre. 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. (Free for Seniors 50 and over)

Instructor: West End Food Network

Sat Feb 20 **12:00-1:00pm**
383582 $13/1 sess
Bidwell Room

Growing Plenty of Potatoes

Learn how and when to plant, grow, harvest, and store potatoes. We'll discuss the best varieties for our area, preparation for planting, feeding, preventing problems, and much more for growing tasty potatoes! Each participant will take home a potato "seed". We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds.

Instructor: West End Food Network

Tue Mar 15 **6:30-8:30pm**
383585 $13/1 sess
Barclay Room

Growing Superfoods

Enhance your health by adding home-grown superfoods to your plate! In this joint Village Vancouver- WENFN West End Urban Garden Club workshop, 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 present - pick up some free seeds for your garden, swap or donate seeds.

Instructor: West End Food Network

Wed Jan 26 **6:30-8:30pm**
383586 $13/1 sess
Barclay 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. Free for Seniors (50 and over).

Instructor: West End Food Network

Sat Feb 5 **11:00am-1:00pm**
383580 $13/1 sess
Barclay Room

Introduction to Vertical Gardening

In this joint Village Vancouver- WENFN West End Urban Garden Club workshop with Dr. Yael Stav, we'll review the opportunities for, and benefits of, growing food in vertical gardens in an urban setting. We'll discuss the different systems and technologies available for vertical gardening and talk about the principles of setting up a successful vertical food garden on fences, walls, and balconies, including watering, weight, light and plant choice considerations. Free for Seniors (50 and over).

Instructor: West End Food Network

Mon Mar 28 **6:30-8:30pm**
383583 $13/1 sess
Barclay Room

Making Beeswax Salves

In this joint Village Vancouver- WENFN West End Urban Garden Club workshop with Lori Snyder, you'll discover how to make beeswax salves with infused plant oils. It's quick and easy! Beeswax salves have many different applications, including lip balms, natural skin care, hand salves, and salves for wounds and sprains. Gardeners - you can make salves from your garden from a variety of plant infused olive oils blended into beeswax. Free for Seniors (50 and over).

Instructor: West End Food Network

Thu Mar 10 **6:30-8:30pm**
383584 $13/1 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.

Instructor: Non Instructional

Tue Jan 11-Mar 8 **10:00-11:30am**
383574 Free/9 sess
Meeting Room 2

French Beginner 19+

Learn French with a certified teacher born in France (neutral accent). You will handle basic conversations in specific situations and be confident enough to exchange a few words with a French person. You will practice French pronunciation and your listening skills. You will also learn essential verbs at present/past tense to be able to speak about yourself. Apprenons ensemble le français. No class Feb 15.

Instructor: Frenchvancouver.com Maysy

Tue Jan 11-Mar 8 **6:30-7:30pm**
388488 $184/8 sess
Denman Room

Russian - Beginner I

This course is designed for those with no prior knowledge of Russian. Students will learn Cyrillic alphabet and essentials of pronunciation while practising reading and listening. The course will introduce participants to grammatical aspects such as adjective-noun agreement, conjugation of verbs, accusative and prepositional cases of nouns. Creating simple dialogues on a variety of topics will let the students gain basic vocabulary and acquire confidence in using new language. The course will get them closer to understanding Russian culture and traditions. No class Feb 19.

Instructor: Inna Makarova

Sat Jan 8-Mar 12 **9:30-10:45am**
383682 $143.10/9 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. No class Feb 19.

Instructor: Inna Makarova

Sat Jan 8-Mar 12 **11:00am-12:15pm**
383683 $143.10/9 sess
Meeting Room 3

Spanish - Beginner I

Think of the richness that learning Spanish will add to your life! The course emphasis will be on interaction to quickly develop speaking and comprehension skills. By providing the basic tools to communicate effectively, this approach will introduce you to language structures and expressions and will open doors to new experiences. No class Feb 21.

Instructor: Karen Forrester-Lara

Mon Jan 10-Mar 7 **6:00-7:30pm**
383692 $96/8 sess
English Bay Room

Spanish - Beginner II/ Intermediate

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: www.spanishwithkaren.ca. No class Feb 21.

Instructor: Karen Forrester-Lara

Mon Jan 10-Mar 7 **7:30-9:00pm**
383693 $96/8 sess
English Bay Room

Martial Arts

Go-Ju Ryu Karate NEW!

Ku Yu Kai stands for Karate Friendship Association. We invite you to nurture your inner "karate kid" in a friendly and safe class environment. We also adhere to COVID-19 safety protocols. Learn basic and advanced techniques, self defense, the graceful art of kata (forms), kumite (sparring), and kobudo (weapons) while improving your strength, flexibility and focus.The instructors bring more than 70 years of combined karate experience and have won in different tournaments within British Columbia, the United States and Japan. Our students have excelled in regional, provincial and international tournaments in kata, kumite and kobudo events. All levels are welcome to join. No prior experience is required. All we need is your enthusiasm to learn.

Instructor: George Chan

Sat Jan 8-Mar 12 **2:00-3:30pm**
387578 $150/10 sess
Dance Studio

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. No class Feb 17, 19, and 21.

Instructor: Tony Hind

Jan 10-Mar 12
Mon **6:30-7:45pm**
Thu **6:30-7:45pm**
Sat **2:30-3:45pm**
383529 $120/24 sess
Auditorium

"Not a Tourist"

The seasons come & go but you can always show the West End is your home!

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redbubble.com/people/WeAreWestEnd
Or scan the QR code with your phone →

West End Community Centre

Music

Piano Lessons - Mary

This course will provide you with a good start in understanding piano basics or expand on your previous knowledge. 30-minute or 1-hour individual lessons are available to adults & children.
Instructor: Mary Friesen

Wed Jan 12-Mar 9 **12:30-5:30pm**
383619-383627 $193.50/9 sess
Meeting Room 3

Mon Jan 10-Mar 7 **2:00-7:00pm**
383637-383646 $172/8 sess
Stanley Court Room

Singing Lessons

Embark on the adventure of learning to sing - or mastering the art of singing. Whether you are a beginner or experienced, young adult or a senior, Marina will help you to develop your voice and build your confidence in these 30-minute private lessons. You will learn proper vocal technique, as well as how to effectively express and communicate through song. Instructor and students will choose suitable repertoire together, to work within a style the student enjoys.
Instructor: Marina Osmolovska

Wed Feb 2-Mar 9 **11:00am-12:30pm**
383684-383686 $141/6 sess
Meeting Room 3

Wed Feb 2-Mar 9 **5:30-8:00pm**
383687-383691 $141/6 sess
Meeting Room 3

Violin/ Piano Lessons

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

Tue Jan 11-Mar 8 **3:15-8:15pm**
383706-383711 $283.50/9 sess
Stanley Court Room

Fri Jan 14-Mar 11 **3:15-8:15pm**
383718-383723 $283.50/9 sess
Stanley Court Room

West End Chamber Choir

A mixed choir with high standards in performance. We enjoy learning a cappella pieces and great works for choir and orchestra, written by classical and contemporary composers. This season our masterpiece will be the great Mozart's Requiem. If you love singing and your voice can carry a melody ,you are welcome to join and enjoy singing in a friendly, pleasant atmosphere. www.westendchamberchoir.com. No class Feb 21.
Instructor: Natalia Alexandrova

Mon Jan 10-Mar 7 **6:45-9:00pm**
383740 $92/8 sess
Bidwell Room

Pottery

Pottery Open Studio Sessions

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 21.

Session A
Mon Jan 10-Mar 7 **11:00am-2:00pm**
383661 $144/8 sess

Session B
Mon Jan 10-Mar 7 **2:30-5:30pm**
383662 $144/8 sess

Session C
Tue Jan 11-Mar 8 **5:45-8:45pm**
383663 $162/9 sess

Session D
Wed Jan 12-Mar 9 **11:00am-2:00pm**
383664 $162/9 sess

Session E
Wed Jan 12-Mar 9 **2:30-5:30pm**
383665 $162/9 sess

Session F
Sun Jan 9-Mar 13 **10:15am-1:15pm**
383666 $162/9 sess

Session G
Sun Jan 9-Mar 13 **1:30-4:30pm**
383667 $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 took kits will be available for purchase. No class Feb 21.
Instructor: Estelle Liebenberg

Mon Jan 10-Mar 7 **5:45-8:45pm**
383668 $216/8 sess
Instructor: Anthony Dunlop

Wed Jan 12-Mar 9 **2:30-5:30pm**
383669 $243/9 sess
Instructor: Jobst Frohberg

Thu Jan 13-Mar 10 **10:00am-1:00pm**
383670 $243/9 sess
Pottery Studio

Firing Glass on Pottery Workshop

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

Thu Jan 13-Jan 20 **6:30-8:30pm**
383671 $80/2 sess
Pottery Studio

Pottery Workshops with Serena Chu

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 carving for her Geometric Mountain series, air brushing, or silkscreening. Her studio transforms from ceramic production work for sale to a classroom for students during any given week.

With her 20+ years of teaching experience from gymnastics, to cooking classes and creative workshops, she has a panache for creating a fun learning experience for her students. She teaches fluid pour painting, resin jewellery, soy candles, knitting and crochet and much more. Her passion is to make an art space that is accessible to all walks of life and is known for having classrooms full of laughter. By trade she is a graphic and web designer that moonlights as an artist in her spare time.

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.

Instructor: Serena Chu

Thu Mar 3-Mar 10 **6:30-8:30pm**
383674 $80/2 sess
Pottery Studio

Sgraffito and Mishima Surface Ceramic Décor Workshop

We will be deep diving into these two fascinating techniques that create stunning results! Learn how to carve your design on leather-hard clay and reveal contrasting coloured designs or by using an inlay technique with coloured slip. In this three part workshop we will be hand-building our pieces in the first session, creating our surface design in the second and glazing in the third. Previous pottery experience is recommended.

Instructor: Serena Chu

Thu Feb 10-Feb 24 **6:30-8:30pm**
383673 $120/3 sess
Pottery Studio

Wheel Throwing Intensive – Centering and Wall Building

Have you ever wanted to improve your centering and wall structure? This skill building class helps you practice your throwing by repetition of the basics. You will be cutting through your freshly thrown pieces to inspect the structure while the instructor gives you guidance on how to master the craft with useful tips and tricks. Previous pottery experience is required.

Instructor: Serena Chu

Thu Jan 27 **6:30-8:30pm**
383672 $40/1 sess
Pottery Studio

West End Community Centre

Yoga and Pilates

Body Link

This technic is a unique blend of Yoga postures and the theory of Meridians from Traditional Chinese Medicine. Learn how to activate your strength by understanding the energetic linkages between muscles. Correct poor posture and experience the gift of feeling truly integrated! Increase your body?s mobility, comfort and strength. Discover true physical freedom! This class helps to resolve joint troubles and heal low back pain. Suitable for all ages and levels of experience; take your fitness to the next level by getting the proper foundation. No class Feb 21.

Instructor: Sophie Ducharme

Mon Jan 10-Mar 7 **5:00-6:15pm**
383538 $112/8 sess
Dance Studio

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 12-Mar 9 **7:30-8:45pm**
383577 $135/9 sess
English Bay Room

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. No class Feb 21.

Instructor: Fran Hinton

Mon Jan 10-Mar 7 **6:00-7:00pm**
383601 $94/8 sess
Denman Room

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: Sarah Murray

Thu Jan 13-Mar 10 **12:00-1:00pm**
383589 $117/9 sess
Dance Studio

Yoga for Wrecks

This class will not intimidate you, or put you in any compromising positions! This class is for anyone who believes that they can't do yoga. You will work with what needs improvement and healing in your body. Learn to release stress that wears away at your good health. It's fun, relaxing and rejuvenating.

Instructor: Sophie Ducharme

Sat Jan 8 **10:30-11:45am**
383753 Free Trial
Sat Jan 15-Mar 12 **10:30-11:45am**
383752 $112/8 sess
Dance Studio
Thu Jan 13-Mar 10 **5:30-6:45pm**
383749 $126/9 sess
Denman Room

Yoga Made for Runners

Yoga Made For Runners is a dynamic and challenging yoga program created specifically for runners. The class will build strength, increase the range of motion in tight joints, and return flexibility to stiff, sore muscles. Expect to work hard and breath deeply. For more info, visit www.mikedennisonfitness.com. Appropriate for everyone, from first timers to experienced practitioners. No equipment will be provided.

Instructor: Mike Dennison

Thu Jan 13-Mar 10 **6:00-7:15pm**
383754 $135/9 sess
Barclay Room

Pilates Fusion

This low intensity class will tone, stretch and relax your body using mindful movements from Pilates (standing and mat) and Yoga. Please bring your own mat. Bring your own filled water bottle.

Instructor: Fran Hinton

Thu Jan 13-Mar 10 **5:45-6:45pm**
383657 $81/9 sess
Dance Studio

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.

Instructor: Fran Hinton

Thu Jan 13-Mar 10 **5:45-6:45pm**
383658 $81/9 sess
Dance Studio

Pilates Plus

A mixed level mat Pilates class (occasionally using small apparatus) to enliven and bring balance, tone and flexibility to the whole body without building bulky muscles or stressing the joints. This class has a strong emphasis on breath, mind/body awareness and core conditioning. No class Feb 21.

Instructor: Jill Stoness

Mon Jan 10-Mar 7 **9:30-10:30am**
383761 $72/8 sess
Denman Room

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. This is a registered program , drop ins are not currently permitted.

Instructor: Jill Stoness

Tue Jan 11-Mar 8 **5:30-6:30pm**
383659 $81/9 sess
Denman Room

Fitness & Health

30 Minute HIIT

A quick, but challenging non choreographed workout using alternating bouts of strength exercises with cardio intervals to train your whole body. 15 minute stretch, after 30 minute training.

Instructor: Jill Stoness

Tue Jan 11-Mar 8 **12:15-1:00pm**
383757 $81/9 sess
Dance Studio

Adapted Fitness

Exercises are modified for those with mobility, coordination, strength and flexibility limitations. Doctor or Physio referral is recommended. No class Feb 21.

Instructor: Susan Ingraham

Mon Jan 10-Mar 7 **11:00am-12:00pm**
383525 $72/8 sess
Fri Jan 14-Mar 11 **11:00am-12:00pm**
383527 $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 21.

Instructor: Keno Kinoshita

Mon Jan 10-Mar 7 **1:30-2:30pm**
383531 $55.20/8 sess
Dance Studio

Athletic Interval Training

A challenging non choreographed workout using alternating bouts of strength exercises with cardio intervals to train your whole body. preregistration necessary, no drop ins. No class Feb 19.

Instructor: Viviane Lopes

Sat Jan 8-Mar 12 **10:40-11:55am**
383755 $144/10 sess
Denman Room

Cardio Sculpt

A total body workout for all levels - Mid/lo/high impact cardio, strength and core using resistance bands and the mat". Participants are requested to bring their own resistance band and mat. No class Feb 19.

Instructor: Emma Kidman

Sat Jan 8-Mar 12 **9:15-10:15am**
383550 $62.10/9 sess
Dance Studio

HIIT

High Intensity Interval Training. A challenging non choreographed workout using alternating bouts of strength exercises with cardio intervals to train your whole body.

Instructor: Jill Stoness

Thu Jan 13-Mar 10 **5:30-6:30pm**
383758 $81/9 sess
Barclay Room

Light Fit

A 60-minute low-impact workout including cardio, strength, balance and flexibility.

Instructor: Susan Ingraham

Tue Jan 11-Mar 8 **10:45-11:45am**
383603 $81/9 sess
Thu Jan 13-Mar 10 **10:45-11:45am**
383605 $81/9 sess
Dance Studio

Older Adult Fitness

Safe, enjoyable and effective exercises designed for the active senior; 90 minutes. This is a preregistration program. Fit Pass does not apply for this program. No equipment except for chairs will be provided. Bring your own filled water bottle and Therabands. No class Feb 21.

Instructor: Keno Kinoshita

Mon Jan 10-Mar 7 **9:15-10:45am**
383608 $82.80/8 sess
Wed Jan 12-Mar 9 **9:00-10:30am**
383610 $93.15/9 sess
Dance Studio

Instructor: Victoria Goldner

Fri Jan 14-Mar 11 **9:15-10:45am**
383612 $93.15/9 sess
Dance Studio

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 12-Mar 9 **9:05-10:05am**
383615 $69.12/9 sess
Denman Room

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 12-Mar 9 **10:05-11:05am**
383614 $69.12/9 sess
Denman Room

Super Sandbag Training

Super Sandbag Training is the most powerful hour of group fitness. Get ready to engage all your muscles simultaneously with exercises that are unique, functional, and fun. The design of the sandbag allows you to preform new and effective workouts. Combine this with top notch programming, upbeat music, encouraging instructors and you've got a class that will take your fitness to a whole new level. No class Feb 19.

Instructor: Ivan Filippov

Sat Jan 8-Mar 12 **9:30-10:30am**
383765 $157.50/9 sess
Wed Jan 12-Mar 9 **6:00-7:00pm**
383767 $157.50/9 sess
Denman Room

Therapeutic Strength Training

Train to improve function in daily activities, rehabilitate and prevent future injuries. Small class size will insure you get individual attention and ongoing feedback. ** Participants must fill out a ParQ form prior to attending the first class and it must be brought to the instructor directly. No class Feb 21.

Instructor: Keno Kinoshita

Mon Jan 10-Mar 7 **11:30am-12:30pm**
383702 $93.68/8 sess
Denman Room

Zumba Gold

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

Instructor: Zumba Vancouver

Wed Jan 12-Mar 9 **11:00am-12:00pm**
383769 $123.75/9 sess
Auditorium

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. This is a preregistration program - drop ins are currently not permitted.

Instructor: Mildred Laguerta

Tue Jan 11-Mar 8 **5:30-6:30pm**
383771 $81/9 sess
Dance Studio

West End Community Centre

Sports

Basketball - Competitive NEW!

Enjoy some friendly, exciting recreational basketball. Non-instructional. Drop in $6.00 space permitting.
Instructor: TBD
Tue Jan 11-Mar 15 **7:15-8:45pm**
387647 $52.50/10 sess
Thu Jan 13-Mar 17 **7:15-8:45pm**
387648 $52.50/10 sess
King George Gymnasium

Indoor Soccer NEW!

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 Jan 17, Feb 21
Instructor: TBD
Mon Jan 10-Mar 14 **8:00-9:30pm**
387649 $42/8 sess
King George Gymnasium

Social Recreation

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 9, Feb 6, Mar 6 **2:00-4:30pm**
383705 Free/3 sess
Denman 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.westendwriters.com for more information.
Instructor: No Instructor
Wed Jan 12-Mar 9 **6:30-8:30pm**
383744 Free/9 sess
Meeting Room 2

Beginners Bridge

This course is for those that want to learn the game from scratch (no experience required) although card playing experience will help. If you know Bridge but would like to improve your knowledge of North America's most common system, Standard American, then this course will benefit you too. Fundamentals of the game, scoring, and basic plays will be taught; the bulk of the course focuses on bidding. It will start you off enjoying this most popular card game. A form of mini-bridge will leant in two weeks and, after five lessons, you'll know enough to play the game. However, you can spend a lifetime learning to play Bridge well! No class Feb 21.
Instructor: Tony Burt
Mon Jan 10-Mar 7 **5:30-7:30pm**
383534 $76/8 sess
Meeting Room 2

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.
Instructor: No Instructor
Tue Jan 11-Mar 8 **1:00-4:00pm**
383546 $4.50/9 sess
Thu Jan 13-Mar 10 **1:00-4:30pm**
383544 $4.50/9 sess
Bidwell Room

Bridge

This casual group meets to play bridge and socialize. Bring a friend and come and play. Beginners and newcomers are always welcome! No class Feb 21.Held at Barclay Manor.
Instructor: No Instructor
Mon Jan 10-Mar 7 **1:00-4:00pm**
383775 $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: No Instructor
Fri Jan 14-Mar 11 **1:00-3:00pm**
383779 Free/9 sess
Auditorium

SENIORS

Dance

Line Dancing - Beginner

Have fun learning to move your feet to easy patterns with good rhythm. Get some exercise while meeting friends. Learn a wide variety of dances. No partner is required. Beginners class will focus on easier dances.

Instructor: Al Serfas

Wed Jan 12-Mar 9 **9:30-10:30am**
383781 $46.80/9 sess
Auditorium

Ballroom Dancing & Social

Join our friendly group of Ballroom Dancers. Learn, practice and meet new friends. Singles and those with partners are both welcome. No class Feb 21.

Instructor: No Instructor

Mon Jan 10-Mar 7 **1:00-3:00pm**
383774 $7.60/8 sess
Auditorium

Health and Wellness

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.

Instructor: Irene Lugsdin

Wed Jan 12-Mar 9 **12:15-1:15pm**
383777 $62.10/9 sess
Dance Studio

Senior's Yoga with John

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.

Instructor: John Waye

Tue Jan 11-Mar 8 **9:10-10:25am**
383786 $62.10/9 sess
Thu Jan 13-Mar 10 **9:10-10:25am**
383784 $62.10/9 sess
Dance Studio

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. Participant can not start the program without clearance from a doctor. PAR Q+ required.

Instructor: Victoria Goldner

Fri Jan 14-Mar 11 **12:30-1:30pm**
383694 $56.70/9 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. No class Feb 21.

Instructor: Victoria Goldner

Mon Jan 10-Mar 7 **12:15-1:15pm**
383745 $69.68/8 sess
Fri Jan 14-Mar 11 **1:45-2:45pm**
383747 $78.39/9 sess
Dance Studio

Social

"Try it Out" Open Mic

Crawl out of your covid cave and come on over to Barclay Manor 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 Coffeehouse is a free, monthly gathering held in the lovely Victorian parlour at Barclay Manor. 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

Thu Feb 17-Mar 17 **6:30-8:30pm**
383773 Free/2 sess
Piano Room at *Barclay Manor

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 17th at 7:00pm (Jan 4 - Feb 18)
Winter Set 2 – February 18th at 7:00pm (Feb 19 – Apr 1)

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 9-Feb 13	5:15-6:00pm	$69/6 sess
Sun Feb 20-Mar 27	5:15-6:00pm	$69/6 sess

Intermediate/Advance

Sun Jan 9-Feb 13	6:00-6:45pm	$69/6 sess
Sun Feb 20-Mar 27	6:00-6:45pm	$69/6 sess

Ice Skating Lessons Registration Guide

Pick up your lesson schedule at the West End Front Office or view it online 2 weeks prior to registration.

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 balence 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 January 4 – March 31, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Parent & Preschool Lessons 12:00-1:30pm	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** 12:00-1:45pm	**Discount Public Skate** 12:00-1:30pm	**Adult Hockey** (19+ yrs) 12:00-1:30pm		**Skating Lessons** 10:45am-1:30pm
50 & Better Skate 2:15-3:45pm						**Parent & Preschool Skate** 1:45-3:00pm
Adult Stick & Puck 4:00-5:30pm			**Public Skate** 3:15-4:45pm	**Children's Drop-in Hockey** 3:30-4:15pm	**Adult Stick & Puck** 3:30-5:00pm	**Public Skate** 3:15-5:00pm
		Skating Lessons 4:00-6:45pm		**Pre-Teen Drop-in Hockey** 4:15-5:00pm		
				Youth Drop-in Hockey 5:15-6:00pm	**Public Skate** 5:15-7:15pm	**Beginner Hockey Skills** 5:15-6:00pm
Adult Lessons 6:15-8:30pm		**Public Skate** 7:00-8:15pm		**Public Skate** 6:15-8:15pm		**Intermediate & Advanced Hockey Skills** 6:00-6:45pm
Adult Skate 8:45-10:15pm			*Adult Hockey & Stick 'n Puck sessions are all registered spots. For more information, please visit recreation.vancouver.ca*		**Adult Skate** 8:00-10:00pm	
Adult Hockey (19+ yrs) 10:30-11:45pm		**Adult Hockey** (19+ yrs) 10:00-11:45pm			**Adult Hockey** (19+ yrs) 10:15-11:45pm	

Children 7 years & younger must be accompanied on the ice by a parent or guardian over the age of 16 years.
Please call 604-257-8333 for more information. Rink size: 147' x 74' (3/4 size)

Public Admission	Single Admission	10-usage pass
Adults (19-64)	$6.34	$53.26
Youth (13-18)	$4.44	$37.28
Children (3-12)	$3.17	$26.63
Seniors (65+)	$4.44	$37.28
Family Admission (minimum 2 child rates)	@ Child Rate	
Rates subject to change		

Fees	Single Admission	10-usage pass
Adult Hockey	$6.34	$53.26
Adult Stick and Puck	$6.34	$53.26
Parent & Preschool	$3.17	
Skate Rentals	$3.20	$26.88
Skate Sharpening	$6.17	

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 care for children in kindergarten through grade 7 attending Lord Roberts Elementary School. Coal Harbour Kids Care staff are experienced and trained school age care staff. Kids Care staff drop off and pick children up from Lord Roberts Elementary at school arrival and dismissal and walk children to and from the Coal Harbour Community Centre 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 (7:30am-6:00pm); Winter Break and Spring Break care are additional costs.

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 Jordan Linwood – Coal Harbour Community Centre Child Care Coordinator at 604-718-8229 or by email at jordan.linwood@vancouver.ca

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 Jordan Linwood – Coal Harbour Community Centre Child Care Coordinator at 604-718-8229 or by email at jordan.linwood@vancouver.ca

PROGRAM REGISTRATION

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

Pro-D Day

Fun with Engineering for Kids! (8-14yrs) NEW!

Join us for a day of engineering fun! Please bring a snack, lunch, and water bottle each day and dress appropriately for the weather. In the first half of the day, campers will learn about core knowledge engineering and do hands-on activities for Mechanical and Civil Engineering. And the second half of the camp will be focused on technology and further deepening the campers understanding in the engineering design process and principles.

Instructor: Engineering for Kids

Fri Feb 18 **9:00am-3:00pm**
389500 $95/ 1 sess
Activity Room

Spring Break

Coal Harbour Kids Care Spring Daycamp Week 1 Kindergarten

Coal Harbour Kids Care Licensed Spring Break Day Camp for Kindergarten.

Instructor: Jordan Linwood

Mon Mar 14-Mar 18 **8:00am-5:00pm**
387049 $200/5 sess

Coal Harbour Kids Care Spring Daycamp Week 1

Coal Harbour Kids Care Licensed Spring Break Day Camp for grades 1-7 aged children .

Instructor: Jordan Linwood

Mon Mar 14-Mar 18 **8:00am-5:00pm**
387048 $175/5 sess

Coal Harbour Kids Care Spring Daycamp Week 2 Kindergarten

Coal Harbour Kids Care Licensed Spring Break Day Camp for Kindergarten.

Instructor: Jordan Linwood

Mon Mar 21-Mar 25 **8:00am-5:00pm**
387051 $200/5 sess

Coal Harbour Kids Care Spring Daycamp Week 2

Coal Harbour Kids Care Licensed Spring Break Day Camp for grades 1-7 aged children .

Instructor: Jordan Linwood

Mon Mar 21-Mar 25 **8:00am-5:00pm**
387050 $175/5 sess

(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

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-2:45pm**
Sat Jan 8-Mar 26 $100/ party
Sundays **11:30am-12:45pm**
Jan 9-Mar 27 $100/ party
Activity Room & Gymnasium

Coal Harbour Community Centre

Early Years

Playtime

Pre-Registration is strongly encouraged. 10 visit cards are not accepted at this time.
$3.50/ sess

Baby Jellyfish Playtime (NB-18mos) NEW!

We have toys, balls, and more. Parents are required to help set up and clean up the equipment each day. No program Feb 21.

Mon/Tue/ Thu **12:30pm-2:00pm**
Jan 10-Mar 31 Activity Room

Jellyfish Playtime (up to 5yrs) NEW!

We have ride 'em toys, slides, play house, balls, and more. Parents are required to help set up and clean up the equipment each day. No session Feb 21.

Mon/ Wed/ Sat **9:30am-11:00am**
Gymnasium (Mon/Wed)
Multipurpose Room (Sat)
Tue/ Thu/ Fri **12:30pm-2:00pm**
Multipurpose Room

Playtime/ Jellyfish Refund Policy

Families may refund up to 48hrs prior to the Playtime/ Jellyfish session to receive a full refund with no refund administration fee. No refunds/ transfers will be provided for no shows or requests made within the 48hrs.

Creative Arts

Art Adventure (3-5yrs) NEW!

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 $16, space permitting. No class Feb 21.
Instructor: Samira Adab
Mon Jan 10-Mar 7 **10:30am-11:15am**
387066 $120/8 sess
Meeting Room

Music

Jump into Music

This one of a kind music and movement program engages, educates, and entertains parent and child while on a musical journey through different styles and cultures. 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 world culture and music. Our classes inspire creativity and build confidence in little ones 6 months to 4 years old. What to bring to class? A set of Maracas for both the parent and child, a peek-a-boo scarf and a drum to jam along with Teacher Monica! Homemade instruments are great! Siblings receive a 25% discount but must register at the community centre front desk. $18 drop-ins welcome if space permits. Check out our website www.jumpintomusic.ca
Instructor: Monica Lee
Fri Jan 21-Mar 11 **9:15am-10:00am**
385905 $144/8 sess
Fri Jan 21-Mar 11 **10:15am-11:00am**
385906 $144/8 sess
Fri Jan 21-Mar 11 **11:15am-12:00pm**
385907 $144/8 sess
Multipurpose Room

Toddler Sing-Along

Alexa will strum along with the little ones to traditional folk children's songs. Introduces children to harmony and singing in rounds by playing with rhythm through their voices, humming, listening to and repeating words with sound. Tra la la la la!
Instructor: Alexa Berard
Fri Jan 21-Mar 11 **2:30pm-3:15pm**
385677 $80/8 sess
Meeting Room

Education

Fun with Japanese – P/T (1-2yrs) NEW!

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 a full Japanese environment. Please bring a water bottle. No class Feb 21.
Instructor: Mari Shiota
Mon Jan 10-Mar 14 **10:00am-11:15am**
388286 $108/10
Activity Room

Genki! (3-5yrs)

Join us in the dynamic and energetic class to learn drama in Japanese. Must be able to understand and speak Japanese. Must be potty trained.
Instructor: Shinobu Preston
Fri Jan 7-Mar 11 **9:45am-11:00am**
386325 $90/10 sess
Meeting Room

Wanpaku (3-5yrs)

Do you want to learn Japanese? Spend the afternoon with Shinobu learning Japanese with other children in a fun atmosphere. Children will learn basic Japanese vocabulary.
Instructor: Shinobu Preston
Fri Jan 7-Mar 11 **11:15am-12:30pm**
386326 $90/10 sess
Meeting Room

Coal Harbour Community Centre

Science for Preschoolers (3-5yrs)

Enjoy engaging demonstrations, perform simple experiments and discover how science can help 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: STEAM4KIDS

Thu Jan 20-Mar 10 **10:00am-10:45am**
386333 $145/8 sess
Activity Room

Sports

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 21.

Instructor: Manto (Makoto) Nakamura

Mon Jan 17-Feb 14 **3:30pm-4:30pm**
385922 $47.50/5 sess
Thu Jan 20-Feb 24 **3:30pm-4:30pm**
385931 $57/ 6 sess
Gymnasium - Coal Harbour

Children

Dance

Hip Hop Dance (8-10yrs)

In this class, you'll learn all of the basics of hip hop, from street dance to grooving. We'll cover both the latest and classic styles through choreography and fun games. All levels of experience are welcome. Though she has been dancing to Michael Jackson since the day she was born, Yasmine Shemesh began her more formal dance training at age five, with a strong emphasis on hip hop and jazz. She has taught both at community centres and dance studios for over a decade, danced with the BC Lions Felions Dance Team for three consecutive seasons, and recently furthered her training with a hip hop program based out of Harbour Dance Centre. Yasmine is excited to share her passion for dance with the Coal Harbour community!

Instructor: Yasmine Shemesh

Tue Jan 18-Mar 8 **4:00pm-5:00pm**
385935 $90/8 sess
Dance Studio

Education

Around the World (5-10yrs) NEW!

Get your backpack! Let's travel around the world and explore all of the continents! It's exciting to get to know other countries, its cultures thorough stories, music and art! We will start our journey with a storybook and finish it with a craft! Drop in $16, space permitting. No class Feb 18.

Instructor: Samira Adab

Fri Jan 14-Mar 11 **4:15pm-5:00pm**
387068 $120/8 sess
Meeting Room

Science for Kids (6-12yrs)

Enjoy engaging demonstrations, perform simple experiments and discover how science can help 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: STEAM4KIDS

Tue Jan 25-Mar 15 **3:45pm-4:45pm**
386332 $150/8 sess
Multipurpose Room

EFK: Jr. Engineering Club: FUNdamentals (4-6yrs) NEW!

"What is engineering?". Welcome to Jr. Engineering Club: FUNdamentals! These lessons are designed to give students the freedom and flexibility to accomplish these activities on their own. Students will build projects that float, fly, zoom, buzz and hopefully stand strong in this FUNdamentals course and we look forward to seeing what they can create!

Instructor: Engineering for Kids

Wed Jan 26-Mar 2 **10:00am-11:00am**
388309 $100/6 sess
Activity Room

Software Engineering: Scratch Video Sensing (7-12yrs) NEW!

What's more fun than playing an interactive video game? Writing one! Video sensing allows students to design and program their own video games and then test them by interacting with the program via webcam. In this Scratch program, students work together to create their own games, art, and musical instruments while exploring coding foundations. Get up and get moving with Engineering for Kids and Scratch: Video Sensing!

Instructor: Engineering for Kids

Wed Jan 26-Mar 2 **3:45pm-5:15pm**
388313 $150/6 sess
Activity Room

Coal Harbour Community Centre

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

5-7 yrs
Fri Jan 7-Mar 11 **3:45pm-4:45pm**
386323 $125/10 sess
Multipurpose Room

8-14yrs
Fri Jan 7-Mar 11 **5:00pm-6:00pm**
386324 $125/10 sess
Multipurpose Room

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 on Feb 20.

Instructor: Kevin Kwan

4-6yrs
Sun Jan 9-Mar 27 **11:00am-12:00pm**
385913 $139/11 sess
Multipurpose Room

7-9yrs
Sun Jan 9-Mar 27 **12:00pm-1:00pm**
385914 $139/11 sess
Multipurpose Room

10-12yrs
Sun Jan 9-Mar 27 **10:00am-11:00am**
385912 $139/11 sess
Multipurpose Room
Thu Jan 13-Mar 24 **4:30pm - 5:30pm**
385911 $220/22 sess
Multipurpose Room

Music

Piano NEW!

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 20-Mar 10 **5:15pm-8:45pm**
Meeting Room $183/8 sess

Pop Choir (7-12 yrs)

Have fun learning to harmonize with other children singing favourite popular songs! This group singing program will teach children correct vocal techniques and warm-ups including breathing humming/ trilling exercises and scales.
Instructor: Alexa Berard
Fri Jan 21-Mar 11 **3:30pm-4:30pm**
385676 $80/8 sess
Meeting Room

Violin Lessons

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 instructor, who will also provide you with information on how to get the appropriate size and type of violin. No class Feb 13, Mar 13.
Instructor: Boris Ulanowicz
Sun Jan 23-Mar 27 **1:15pm-4:45pm**
386553 $208/8 sess
Meeting Room

Sports

Just Real Ballers - Basketball (6-8yrs)

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
Fri Jan 21-Mar 11 **3:30pm-4:30pm**
385669 $115/8 sess
Gymnasium - Coal Harbour

Just Real Ballers - Basketball (9-12yrs)

Just Real Ballers Basketball - Youth-Ballers FUNdamentals. Join us! understanding and learning more in depth rules of basketball, dribbling with both hands, learning control without looking at the ball, learning the use of different passes, learning shooting form, lay ups, pivoting and triple threat positions. We utilizing games/ fun drills to incorporate team play.
Instructor: Just Real Ballers
Fri Jan 21-Mar 11 **4:45pm-6:00pm**
385672 $125/8 sess
Gymnasium - Coal Harbour

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 21.
Instructor: Manto (Makoto) Nakamura
Mon Jan 17-Feb 14 **3:30pm-4:30pm**
385922 $47.50/5 sess
Thu Jan 20-Feb 24 **3:30pm-4:30pm**
385931 $57/ 6 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.
Instructor: Manto (Makoto) Nakamura
Mon Jan 17-Feb 14 **3:30pm-4:30pm**
385921 $50/5 sess
Thu Jan 20-Feb 24 **3:30pm-4:30pm**
385930 $60/6 sess
Multipurpose Room

Yoga

Kids Yoga (9-12 yrs)

This class creates a welcoming, fun atmosphere where a love of Yoga can grow. Working to engage the mind and body of each student in the room, classes always move at an easy pace incorporating deep breathing, body movement, and ending with peaceful relaxation. It's all about fostering creativity, benefiting the brain and body while experiencing a sense of calm. Please bring a Yoga mat to class. Drop in $16, space permitting.
Instructor: Sheri Kauhausen
Tue Jan 18-Mar 8 **4:00pm-5:00pm**
386515 $111/8 sess
Activity Room

Youth

Pre-Teen "Art-Attack Program @ West End

Take a walk on the creative side! Come join us for this FREE art program where every week we will work on fun DIY projects to take home. Come paint, draw, build and get messy while hanging with friends in a very relaxed and no pressure space. Projects may include: coaster making, canvas painting, Tye Dye and more! Pre-registration and a Pre-Teen Programs waiver form is required. A calendar of activities will be available on the first day of the program.
Instructor: Youth Leader
Tue Jan 11-Mar 29 **3:30-5:30pm**
383958 Free
Auditorium at

Pre-teen Night @ West End

At this FREE drop-in program, youth (ages 9-12 years) are welcome to drop-in and participate in a variety of games, crafts, and activities including: dodgeball, capture the flag, button and bracelet making, movies nights and more! Youth input is strongly encourage. Due to staffing ratios and room capacities, a maximum of 24 youth are welcome to come, registration is required.
Instructor: Youth Leader
Fri Jan 7-Mar 25 **6:15-8:45pm**
383954 Free
Auditorium

Pre-teen Sports and Games Club @ West End

Want to play some dodgeball, soccer or capture the flag, with new friends? Interested in playing Jenga, Uno or foosball? Come and join us after school for this FREE program where each week we participate in planned activities. Pre-Registration is required. A calendar of events will be available on the first day of the program. Pre-teen waiver form is required
Instructor: Youth Leader
Thu Jan 6-Mar 31 **3:30-5:30pm**
383959 Free
Auditorium

Youth Movie Nights @ West End

Come join us for this FREE youth movie night. Open to ages 13-18. Come by the youth office to vote for your favorite movie! Popcorn and movie snacks will be provided.
Instructor: Youth Leader
Thu Feb 17-Feb 17 **6:30-9:00pm**
383965 Free
Thu Mar 17-Mar 17 **6:30-9:00pm**
387638 Free
English Bay Room

Teen Night

FREE program for youth in grades 8-12 (ages 12-18). Come by and hang out, shoots hoops in the Gym, play board games upstairs or get creative with some art supplies. Snacks provided.
Instructor: Non Instructional
Fri Jan 7-Mar 25 **6:15-9:00pm**
Coal Harbour CC Free

Open Gym @ Coal Harbour

FREE program for youth in grades 8-12 (ages 12-18). Come by and shoots hoops play soccer or play some volleyball in the Gym.
Instructor: Non Instructional
Tue Jan 4-Mar 29 **3:30-5:00pm**
Wed Jan 5-Mar 30 **3:30-5:00pm**
Gymnasium -Coal Harbour Free

Youth Leadership

Jr. Youth Leadership Club @ West End

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 12-Mar 30 **3:30-5:30pm**
383967 Free
Bidwell Room

Sr. Youth Leadership Club @ West End

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. The program meets weekly for check-in, requires participants to volunteer in a weekly youth program and one special event per season and attend workshops. Limited space available; priority will be given to previous members. For more information on this program please contact the Youth Worker at jessica.mccallum@vancouver.ca
Instructor: Youth Leader
Wed Jan 12-Mar 30 **6:00-8:00pm**
383960 Free
Haro Room

Youth Whistler Ski/Snowboarding Day Trip

It's snow day in Whistler! Meet other youth from different Park Board Community Centres as we travel together to one of North America's best snow destination! Whether you're a beginner or an experienced ski/snowboarder, all youth will be placed in group lessons based on your skill level. Registration fee includes transportation, ski lift ticket, group lessons, lunch voucher, and optional equipment rental. $150.00/youth (with rental), $125.00/youth (without rental).
Caregiver consent/waiver forms must be completed prior to participation - available at the Front Desk or contact the Community Youth Worker at Jessica.mccallum@vancouver.ca. Please read the Parent Information Package for more itinerary details and recommended equipment list. All forms are due January 4th. Please register by phone or in-person - no online registration.
Proof of Vaccination is required
Instructor: Youth Leader
Sat Jan 29 **6:00am-6:00pm**
388867 $125
Transportation/Lesson and Lift Ticket
$25 Equipment Rental fee
Sat Mar 19 **6:00am-6:00pm**
388877 $125
Transportation/Lesson and Lift Ticket
$25 Equipment Rental fee
Offsite

Youth Lounge at King George

Need somewhere to chill on your lunch-break? Come hang out in the youth lounge at King Georg (Room number TBD). We'll have snacks, games, crafts, music and overall just a chill place to spend your lunch-time. The Lounge will be open Monday to Thursday's from 11:35am-12:15pm.

Looking for volunteer hours?

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

Coal Harbour Community Centre

Adults

Art

Abstract Painting & Mixed Media

You will be given the opportunity to learn composition, colour mixing, mark making and more in a welcoming environment. Learn to understand the personal energy you bring to your art, embrace your personal mark making and choose the colour combinations in a more intuitive way. This workshop will help you and your art advance to a new level in a judgement-free, joy-filled zone. Corina's teachings about the creative process and how to embrace our own intuition as an artist are priceless! Through demonstrations, meditation and journaling, you will leave with a better understanding of how to find freedom in art and in life. Let go of your fears and inhibitions in order to create raw, free, playful work. Students need to email instructor before 1st class for a list of supplies. moonbeamstudio@gmail.com . Some supplies will be provided. Check out the instructor's work @corinahansonartist on Instagram.

Instructor: Corina Hanson

Sat Jan 29-Feb 12 **1:00-3:00pm**
385782 $240/3 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 Feb 6-Feb 13 **12:30-4:30pm**
387437 $85/2 sess
Multipurpose Room

Drawing and Sketching for Beginners

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.

Instructor: Philip Tsang

Wed Jan 5-Feb 2 **6:00-7:30pm**
385459 $120/5 sess
Wed Feb 9-Mar 9 **6:00-7:30pm**
385460 $120/5 sess
Activity Room

Glass Mosaic Art

Glass mosaics are an art form which everyone can have success with. The creative possibilities are endless! This course will be comprised of 3 two-hour sessions. Each participant will leave with at least one finished mosaic.Check out the instructor's work @corinahansonartist on Instagram. Session 1: Introduction to mosaics, designing/planning your mosaic.Session 2: Studio time to work on your piece.Session 3: Studio time to work on your piece. Grouting and finishing!Topics covered will include: how to cut and shape pieces, laying techniques, adhesives, designing a mosaic, mixing and applying grout. Sorry, no drop-ins permitted.

Instructor: Corina Hanson

Sat Jan 29-Feb 12 **10:30am-12:30pm**
385781 $240/3 sess
Arts and Crafts Room

Oil Painting in Acrylic Style

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. No class Feb 21.

Instructor: Philip Tsang

Mon Jan 10-Feb 7 **6:00-7:30pm**
385461 $120/5 sess
Mon Feb 14-Mar 21 **6:00-7:30pm**
385462 $120/5 sess
Activity Room

Watercolour Painting with Homa - Beginner and Intermediate

All levels welcome. In a friendly and relaxing atmosphere, Homa will show you fundamental methods of watercolor painting to build on. A variety of creative techniques will be shown. Color theory and composition will be discussed. Individual attention will be given to develop your creativity and personal expressions. Art supplies list is available at the front desk. No class Feb 18.

Instructor: Homa Eftekhar (Ghafarzadeh)

Fri Jan 7-Mar 11 **2:00-5:00pm**
385521 $270/9 sess
Activity Room

Watercolour Painting with Homa - Upper Intermediate/Advanced

This course is for upper intermediate and advanced levels. The focus is on advanced composition and theory of color. Homa will help you to hone your individual voice in art, through creative and unusual approaches in watercolor painting. Various schools of thought in painting will be covered too . Art supplies list is available at the front desk. No class Feb 18.

Instructor: Homa Eftekhar (Ghafarzadeh)

Fri Jan 7-Mar 11 **9:30am-12:30pm**
385515 $270/9 sess
Activity Room

Education

All Natural Hair Care

Whether your hair is oily, dry, colour treated or dealing with dandruff or hair loss, this fun and informative All Hair Care class is for you! Using an array of herbal botanicals, aromatherapy oils and moisturizing shampoo bars, make your own nourishing hair products. Make and take a black Jamaican castor oil scalp soother, dry shampoo, hibiscus and honey hair mask, and an herbal shampoo. Recipes on deep conditioner, a detangler and hair rinses.

Instructor: Cheryl Theilade

Tue Mar 8 **6:30-8:45pm**
387069 $55/1 sess
Multipurpose Room

Organic Hemp 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 and Body Oil and a Hemp Seed Soap. Recipes for healing salves and body washes.All supplies included in course fee.

Instructor: Cheryl Theilade

Mon Feb 28 **6:30-9:00pm**
387067 $57/1 sess
Arts and Crafts Room

Coal Harbour Community Centre

Photography - Beginner

This interactive course is great for beginners looking to build skills in photography. Manto is a professional photographer in portraiture, nature, and sport (including the Olympics); he will teach you step by step photography basics, functions, and terminology with a hands-on approach. Bring your iPhone, Compact Camera, DSLR Camera etc.

Instructor: Manto (Makoto) Nakamura

Thu Jan 20-Jan 27 **6:30-8:30pm**
385804 $99/2 sess
Activity Room

Photography - Intermediate

Are you ready to move from autopilot to total control? This intermediate level course will deal with more advanced digital SLR photography. The following topics will be covered: (1) using your digital SLR camera manually with confidence; (2) lighting skills with models and objects; (3) editing and advanced retouching techniques. Work will require a digital SLR or mirror-less camera. Sorry, no drop-ins permitted.

Instructor: Manto (Makoto) Nakamura

Thu Feb 10-Feb 17 **7:00-9:00pm**
385806 $99/2 sess
Activity Room

Investing

Foundations of Investing

This seminar is geared to people who are either new to investing or need a refresher.

Instructor: Andrew Thiessen

Sat Jan 8 **10:30-11:30am**
385466 FREE
Meeting Room

Investing: Rules of the Road

This seminar introduces the Edward Jones 10 Rules of the Road to investing for clients and prospects.

Instructor: Andrew Thiessen

Sat Mar 19 **10:30-11:30am**
385472 FREE
Meeting Room

Investment Coffee Club

Discussing current events, the economy, and investing in a relaxed setting.

Instructor: Andrew Thiessen Edward Jones

Sat Jan 22 **10:30-11:30am**
385467 FREE
Sat Feb 12 **10:30-11:30am**
385469 FREE
Sat Mar 12 **10:30-11:30am**
385471 FREE
Meeting Room

Stocks: Nuts and Bolts

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

Instructor: Andrew Thiessen

Sat Feb 19 **10:30-11:30am**
385470 FREE
Meeting Room

Languages

Adult French NEW!

Curious about learning conversational French? Wanting to apply your existing French to everyday situations? Interested in perfecting your self-expression in French? If so, come join us for a weekly 1.5hr conversational French class! Sorry, no drop-ins permitted.

Instructor: Amy Wong

Tue Jan 11-Feb 8 **7:00-8:30pm**
387518 $100/5 sess
Meeting Room

Japanese - Beginner I

This Japanese language introductory course comes with the updated textbook. You will learn basic grammar, vocabulary, expressions and Hiragana characters. At the end of this course you will be able to order food at a restaurant, go shopping and ask simple questions. For more info, please visit www.japaneseforallpeople.com. No Class Feb 21.

Instructor: Eri Ito

Mon Jan 17-Mar 21 **6:00-8:00pm**
386137 $172/9 sess
Meeting Room

Spanish - Beginner 1

HOLA! Welcome to the Spanish language! This beginner's course part 1 will emphasize instruction in basic grammar, vocabulary and writing with some conversation. Classes cover proper phonetics and will focus on the verb to be. Part 2 will cover the simple present tense. This course will also teach you simple travel phrases, how to order food in a restaurant, etc. Sorry, no drop-ins permitted.

Instructor: Eliana Rolando

Part 1: Wed Jan 5-Jan 26 **5:30-7:00pm**
386001 $62/4 sess
Part 2: Wed Mar 9-Mar 30 **5:30-7:00pm**
389441 $62/4 sess
Meeting Room

Spanish - Beginner 2

AMIGOS! This course will build on the foundation established in the Beginner I Spanish class. The focus will be on the past tense plus conversation. Sorry, no drop-ins permitted.

Instructor: Eliana Rolando

Part 1: Wed Jan 5-Jan 26 **7:00-8:30pm**
386003 $62/4 sess
Part 2: Wed Mar 9-Mar 30 **7:00-8:30pm**
389442 $62/4 sess
Meeting Room

Coal Harbour Community Centre

Fitness & Health

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

Instructor: Viviane Lopes

Wed Jan 12-Mar 30 **10:45-11:45am**
386810 $216/12 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. No session Feb 21.

Instructor: Viviane Lopes

Mon Jan 10-Mar 28 **7:00-8:00pm**
386822 $198/11 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! No class Feb 21.

Instructor: Linda Shedden

Mon Jan 10-Mar 7 **5:30-6:30pm**
385473 $129.52/8 sess
Dance Studio

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.

Instructor: Into Yoga

Tue Jan 18-Feb 22 **5:45-6:45pm**
385428 $84/6 sess
Tue Mar 1-Mar 29 **5:45-6:45pm**
385432 $69/5 sess
Dance Studio

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: Sarah Murray

Thu Jan 6-Feb 10 **6:00-7:15pm**
387078 $73.50/6 sess
Thu Feb 17-Mar 31 **6:00-7:15pm**
387081 $85.75/7 sess
Multipurpose Room

Pilates

Participants will learn the fundamentals of Pilates which promote strength and stability while lengthening the muscles and supporting the spine. There will be a strong focus on connecting to the abdominal and pelvic floor muscles which is the key to strengthening the body's core muscles. No experience necessary. Please bring a mat to class.

Instructor: Into Yoga

Tue Jan 18-Feb 22 **6:45-7:45pm**
385440 $84/6 sess
Dance Studio
Tue Mar 1-Mar 29 **6:45-7:45pm**
385441 $69/5 sess
Dance Studio

Prenatal Fit

Exercise during pregnancy improves your overall health, posture, discomfort and promotes faster recovery time. Learn how to exercise safely and effectively in each trimester, with emphasis on pelvic floor strength, balance and posture as we end the class with light stretches. This class is a great way to stay in shape and meet other moms-to-be. Consult your care provider before attending. www.vancouverpt.com.

Instructor: Viviane Lopes

Wed Jan 12-Mar 30 **5:15-6:15pm**
386823 $216/12 sess
Dance Studio

Yoga for Baby Boomers

For people (not just Baby Boomers) who want a 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.Please bring your own mat and water bottle.

Instructor: John Waye

Wed Jan 5-Feb 9 **9:30-10:45am**
387491 $69/6 sess
Wed Feb 16-Mar 30 **9:30-10:45am**
387492 $80.50/7 sess
Multipurpose Room

Zumba

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

Instructor: Zumba Vancouver

Mon Jan 17-Feb 14 **6:00-7:00pm**
385420 $62.50/5 sess
Mon Feb 28-Mar 28 **6:00-7:00pm**
385421 $62.50/5 sess
Multipurpose Room
Thu Jan 20-Feb 17 **12:00-1:00pm**
385422 $62.50/5 sess
Thu Feb 24-Mar 31 **12:00-1:00pm**
385423 $75/6 sess
Dance Studio

Sports

Badminton

Smash and drive or just play badminton for fun! Scrimmage with different partners of varying skill levels in a fun and friendly atmosphere. Shuttles and racquets available. Non-instructional. No session Feb 21.

Instructor: No Instructor

Wed Jan 5-Mar 30 **12:15-1:30pm**
385653 $55.25/13 sess
Wed Jan 5-Mar 30 **5:30-7:00pm**
387415 $68.25/13 sess
Thu Jan 6-Mar 31 **12:15-1:30pm**
385658 $55.25/13 sess
Thu Jan 6-Mar 31 **7:15-8:45pm**
385660 $68.25/13 sess
Sat Jan 8-Mar 26 **3:15-4:45pm**
385662 $63/12 sess
Mon Jan 10-Mar 28 **12:15-1:30pm**
385645 $46.75/11 sess
Gymnasium - Coal Harbour

Basketball

Enjoy some friendly, exciting recreational basketball. Non-instructional.

Instructor: No Instructor

Tue Jan 4-Mar 29 **12:15-1:30pm**
385663 $55.25/13 sess
Wed Jan 5-Mar 30 **7:15-8:45pm**
385671 $68.25/13 sess
Fri Jan 7-Mar 25 **12:15-1:30pm**
385674 $51/12 sess
Sat Jan 8-Mar 26 **10:00-11:30am**
385675 $63/12 sess
Sun Jan 9-Mar 27 **3:00-4:30pm**
385879 $63/12 sess
Gymnasium - Coal Harbour

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. No session Feb 21.

Instructor: David Madura

Mon Jan 10-Mar 28 **7:15-8:45pm**
387407 $57.75/11 sess
Gymnasium - Coal Harbour

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.

Instructor: No Instructor

Tue Jan 4-Mar 29 **1:45-3:00pm**
385733 $55.25/13 sess
Thu Jan 6-Mar 31 **1:45-3:00pm**
385734 $55.25/13 sess
Sun Jan 9-Mar 27 **1:15-2:45pm**
385735 $63/12 sess
Gymnasium - Coal Harbour

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.

Instructor: Alan Wang

Tue Jan 4-Mar 29 **5:30-7:00pm**
387408 $68.25/13 sess
Sat Jan 8-Mar 26 **12:00-1:30pm**
385738 $63/12 sess
Gymnasium - Coal Harbour

Volleyball - Recreational Plus

Recreational Plus players should have already attended a recreational volleyball session and feel comfortable with three contacts per side and rotating after points are scored. This session is great for those players looking to gain more experience with volleyball and become more consistent in maintaining a rally.

Instructor: Alan Wang

Tue Jan 4-Mar 29 **7:15-8:45pm**
385739 $68.25/13 sess
Gymnasium - Coal Harbour

Table Tennis - Recreational

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

Instructor: No Instructor

Tue Jan 4-Mar 29 **6:30-8:30pm**
388654 $52/13 sess
Activity Room
Wed Jan 5-Mar 30 **6:30-8:30pm**
388833 $52/13 sess
Multipurpose Room

Adult Sports Participants

Registration Information:

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

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. 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. Rates: $5/person for weekday noon drop-in sports. $6/person for evening/weekend drop-in sports.

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

Barclay Manor

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 21.Held at Barclay Manor.

Instructor: No Instructor

Mon Jan 10-Mar 7 **1:00-4:00pm**
383775 $4/8 sess
Basement at *Barclay Manor

"Try it Out" Open Mic

Crawl out of your covid cave and come on over to Barclay Manor 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 Coffeehouse is a free, monthly gathering held in the lovely Victorian parlour at Barclay Manor. 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

Thu Feb 17-Mar 17 **6:30-8:30pm**
383773 Free/2 sess
Piano Room at *Barclay Manor

WE Are West End

Check out the West End Community Centre's online store for a wide selection of items and a choice of designs that show the world you're a West Ender!

T-Shirts, Mugs, Water Bottles & more at:
redbubble.com/people/WeAreWestEnd
or scan the QR code with your phone →

Adult & Older Adult programs are subject to tax.