

SPRING 2025 Recreation Guide



Refund Policy Update
See page 2 ...

Enjoy your visit!

All WECCA facilities 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

WEST END PROGRAMS 4-28

COAL HARBOUR PROGRAMS. 29-44

Spring Program Registration

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

Online/ In-Person: Tue, Mar 11 @ 7:00pm

By Phone: Wed, Mar 12 @ 9:30am

Online

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

By Phone

West End / Barclay Manor: 604-257-8333

Coal Harbour: 604-718-8222

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

Laugh + Learn + Play

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

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

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



West End Community Centre Association Mission Statement

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

The West End Community Centre Association (WECCA)

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

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

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

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

WECCA Board of Directors:

Ian Haywood-FarmerPresident
Linda Johnston 1st Vice President
Lindsay Redpath2nd Vice President
Mahsa Rezaei Treasurer
Erik CarlsonSecretary

Directors:

Ruth Chau, Zephi Kramer, Michael Diel, Minaz Mawji, Matthew Minson, Philip Stojanovski, Dylan Thomas

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

WECCA President's Welcome

As days get longer and more blossoms start appearing, West End Community Centre, Coal Harbour Community Centre and Barclay Manor are pleased to be a special part of your leap into springtime. We endeavor to offer excellent quality courses and great instructors, at affordable prices. Please register early, things fill up very fast. Mark your calendar, and make sure to attend our largest special event of the year, Art in the City on May 2nd 3rd and 4th. We look forward to seeing you. Also, please review the upcoming changes to our refund policy below, designed to better support our instructors.

Refund Policy Changes coming July 2, 2025

Dear valued patrons,

We would like to inform you of these upcoming changes to our refund policy which will take effect on July 2:

- Refunds will be pro-rated from the date requested and must be requested 3 business days (not 24hrs) prior to the next class; and refunds will not be issued after the 2nd class.
- The reason for these changes are related to instructors' remuneration, and to allow more time to contact patrons from waitlist.
- See our website at westendcc.ca for complete details.

If you have any questions regarding these changes, please call us at 604-257-8333 (West End), or 604-718-8222 (Coal Harbour)

Summer Day Camps!

West End: pgs 10-12 | Coal Harbour: pgs 29, 34-35

Thanks to our Supporters & Partners



Urban Fare



Downtown Van



The West End BIA



The West End Journal

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

Protecting Your Privacy

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

Registration Information

West End CC Hours of Operation

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

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

Community Centre

Apr 1-Jun 30
Monday-Friday 9:00am-9:00pm
Saturday-Sunday 9:00am-5:00pm

Centre is closed Apr 18, 21, May 19

Front Office

Apr 1-Jun 30
Monday-Friday 9:00am-8:45pm
Saturday-Sunday 9:00am-4:45pm

Fitness Centre

Apr 1-Jun 30
Monday-Friday 6:00am-9:00pm
Saturday-Sunday 9:00am-5:00pm

*Mon – Fri 6:00-9:00am: Please enter through the laneway-parking entrance and check in at the fitness centre desk.

Coal Harbour CC Hours of Operation

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

Community Centre

Apr 1-Jun 30
Monday-Thursday 9:00am-10:00pm
Friday 9:00am-9:00pm
Saturday 9:00am-5:00pm
Sunday 10:00am-5:00pm

Centre is closed Apr 18, 21, May 19.

Front Office

Apr 1-Jun 30
Monday-Thursday 9:15am-9:45pm
Friday 9:15am-8:45pm
Saturday 9:15am-4:45pm
Sunday 10:15am-4:45pm

Your Recreation Staff

West End CC:

Recreation Supervisor Deb Barber
Recreation Programmer Alex Machin
Recreation Programmer Kathryn Lum
Fitness Programmer Kinga Wdowiak
Ice Rink Programmer Jeff Chan
Community Youth Worker TBA
Recreation Facility Clerk Shelby Quon
Maintenance Technician Steven Craig

Barclay Manor:

West End and Coal Harbour staff are jointly supporting this position.

Coal Harbour CC:

Recreation Supervisor Deb Barber
Recreation Programmer Roy Liu
Recreation Programmer Leanne Trieu
Recreation Facility Clerk Nelson McLachlan

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Online/In-Person: Tue, Mar 11 at 7:00pm

Phone: Wed, Mar 12 at 9:30am

1. Online

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2. By Phone

West End/Barclay Manor: 604-257-8333

Coal Harbour: 604-718-8222

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

3. In Person

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

Room Usage Cards

A room usage card is for individuals who wish to drop-in and use an activity room, space permitting. Room use subject to terms and conditions. Maximum 2 people per room; all individuals must have their own card.

Adult 1 year \$40.00

Senior/Youth 1 year \$20.00

Refund Policy

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

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

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

Refunds for all **licensed childcare programs** must provide one month's notice. Families are required to provide one month's notice in writing if they plan to discontinue using the Child Care Program or pay one month's fees in lieu of notice. This notice is required on or by the first day of your child's final month, any later will be considered an additional month of care.

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.

West End Community Centre

SPECIAL EVENTS

Easter Events

Easter Egg Hunt

Join us for an egg-citing Easter Egg Hunt at the West End Community Centre! Parent participation is required. Drop-ins \$4.00 space permitting.

W Apr 16	\$3/Child
550058	4:00pm-4:15pm
558394	4:20pm-4:35pm
558395	4:40pm-4:55pm
558396	5:00pm-5:15pm
558397	5:20pm-5:35pm
558398	5:40pm-5:55pm

Auditorium

Easter Carnival (2-7yrs)

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

Sat Apr 19	10:00am-12:00pm
540876	\$7/child

Gymnasium



Free Event!

Art in the City 2025

The West End's Largest Fine Art Market

Vernissage: Friday, May 2nd from 5:30-7:30pm

Art Market: Saturday, May 3rd from 11am-4:30pm

& Sunday, May 4th from 11am-4pm

Location: West End Community Centre, 870 Denman Street

Licensed Childcare

Little Sprout Preschool



At Little Sprout Preschool, we offer an engaging “Learning Through Play” program for 3–5-year-olds. We create numerous opportunities for your child to develop social skills by playing with peers and becoming aware of their community. Our enriched preschool program supports growth in all areas of development. Each day, our preschool room is equipped with creative art activities, puzzles, building toys, a water/playdough table, a house corner, a block corner, a discovery table, and much more. Our program combines structured and unstructured activities, allowing your child to make individual choices and participate in group activities. Little Sprout Preschool is a licensed facility, and our instructors are highly qualified Early Childhood Educators with many years of experience. Recognizing the importance of your child’s first school experience, we strive to make learning fun!

2024/2025 program fees:

M-F 9:15am - 12:45pm \$465/month
M/W/F 9:15am - 12:45pm \$295/month
Tu/Th 9:15am - 12:45pm \$210/month
\$50 non-refundable registration fee.

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

Waitlist Activity#: 458393



Twos’ Time



Join us for unstructured fun and organized play in a classroom setting with qualified childcare staff. Two’s Time is a licensed, play-based program that provides a nurturing and stimulating environment. We focus on each child’s needs and development while offering opportunities for them to develop their skills and learn how to establish respectful social relationships. This is not a parent participation program. Parents can enroll their child for one or multiple days. This program runs from September to June and follows the school schedule. It is closed during winter/spring breaks, seasonal/statutory holidays, and school professional days. A \$50 non-refundable registration fee is due at the time of registration, along with a deposit of one month’s fee. Advance registration into the Little Sprout Preschool and Kinder Kids is given to families enrolled in this program. Registration for 25/26 school year will open online together with Summer programs registrations.

For more information about the program or registration, please contact Stacy at stacy.movchan@vancouver.ca.

Registration for the 2024-2025 school year is for children born in 2022.

2024/2025 program fees:

Tue 9:30-11:00am \$105/month
Wed 9:30-11:00am \$105/month
Thu 9:30-11:00am \$105/month

Waitlist Activity#: 518162



Out of School Care



West End Kids Care (Ages 5-12)

Our licensed before and after school program provides Before & After School care to children attending Lord Roberts Elementary School. At West End Kids Care, our experienced and qualified staff are dedicated to creating a stimulating, cooperative, and interactive environment to complement your child’s school day. Children enrolled in our program can also participate in other on-site centre activities, with drop-off services provided by our staff. Fees cover professional development days and early dismissal days. We are closed during Winter and Spring Breaks, however WECCA offers Day Camps during these periods, which are not included in the monthly fees.

For more information about the program, please contact Stacy at stacy.movchan@vancouver.ca.

2024/2025 program fees for Before and After Care:

Kindergarten: \$526/month
Grades 1 and up: \$426/month
\$50 non-refundable registration fee.

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

Waitlist Activity#: 302675



West End Community Centre

EARLY YEARS

Early Years

Creative Arts

Art Adventure (2.5-5 yrs)

Let's have fun with different mediums like paper art, collage, painting, stamping, finger painting, water coloring, crafts and more. We start our adventure with a story time to get inspired! Drop-in \$19.00, space permitting. No session Apr 20, May 18.

Instructor: Samira Adab

Su Apr 6-Jun 15 10:30am-11:15am
552258 \$157.5/9 sess

Meeting Room 1

Art Jam with Disney Animator (4-5yrs)

Create concept drawings, learn about colour palettes and develop freehand drawing skills in this specialized class. Instructed by a former Disney animator from Happy Kids Studios. No session Apr 18.

Instructor: Happy Kids Studios

Set 1

F Apr 4-May 16 3:15pm-4:15pm
549883 \$120/6 sess

Set 2

F May 23-Jun 27 3:15pm-4:15pm
549885 \$120/6 sess

Denman Room

Dance

Creative Ballet (3-5yrs)

Young dancers explore the fun and beauty of ballet while learning the basic techniques. They will love playing with their creative expression in this fun class. Children must be able to participate without a parent in the room. More information www.KirbySnellDance.com [kirbysnelldance.com] Drop-in \$14. No session Apr 20.

Instructor: Endorphin Rush Dance

Su Apr 13-Jun 22 10:00am-10:45am
551059 \$130/10 sess

Dance Studio

Intro to Gymnastics (4-6yrs) **NEW!**

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

Instructor: Olympia Rhythmic Gymnastics

F Apr 25-Jun 27 3:30pm-4:15pm
549853 \$180/10 sess

Dance Studio

Education

Baby Sign Language

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

Instructor: Into Yoga

Tu May 20-Jun 17 10:30am-11:15am
550539 \$77/5 sess

Denman Room

Martial Arts

Axe Capoeira - Beginner Mini Kids (3-6 yrs)

Capoeira is an Afro-Brazilian martial art that combines music, self-defense, dance, acrobatics and physical conditioning to create a unique, multi-disciplinary experience. Capoeira is one of the most inherently diverse martial arts that teaches creativity, music, self-expression, and strategic thinking as much a part of the core curriculum as physical training. This course will introduce everyone to the fundamentals of the art form, will teach basic kicks, movements, acrobatics, as well as cover basic music skills and history of capoeira. Classes are two days a week, Thursday, 4:00pm-4:30pm and Saturday 10:30am-11:00am. Drop-in \$18, space permitting. Siblings attend at a 25% discount (but must register in person). No session Apr 19, May 17.

Instructor: Yulia Terekh

Apr

Apr 3-May 1 Th 4:00pm-4:30pm
Sa 10:30am-11:00am

553594 \$100/8 sess

May

Say 3-May 31 Th 4:00pm-4:30pm
Sa 10:30am-11:00am

553610 \$100/8 sess

Jun

Jun 5-Jun 21 Th 4:00pm-4:30pm
Sa 10:30am-11:00am

553617 \$75/6 sess

Denman Room

Playtime



Baby Playtime

We have toys, balls, and more. Parents are required to help set up and clean up the equipment each day. Parent Participation Required. No Playtime on Apr 18, 21 and May 19.

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

Tu 9:30am-11:30pm
(Bidwell Room)

W 12:30pm-2:00pm
(Auditorium)

Th 9:30am-11:30pm
(Bidwell Room)

F 12:30pm-2:00pm
(Auditorium)

\$3.50 drop-in
Bidwell Room or Auditorium

Playtime

Your child will love running, tumbling and riding on bikes and cars! Parent participation is required. Parents are requested to assist with setup and take down of play equipment. No Playtime on Apr 18, 21 and May 19.

M Tu Th F Su 9:30am-11:00am
\$3.50 drop-in
Auditorium

Jumbo Playtime (3-5yrs)

Playtime with the cars, trikes and toys and with our exciting Bouncy Castle! Parent/guardian participation is required. Parents/guardians are requested to assist with setup and take down of play equipment. Children younger than 3 need to be directly supervised by parents/guardians. No Playtime on Apr 16

W 3:30pm-5:00pm
Sat 9:30am-11:00am

\$3.50 drop-in
Auditorium

Physical Recreation

Sportball Junior (16-24mths) **NEW!**

Children and parents participate in sports, creative gross motor games, songs, rhymes, stories, bubble time and much more. Although these programs focus more on physical movements and social exploration, children will be introduced to a different sport each week. Parents participate with their child to guide and challenge them according to their individual skill level.

Instructor: Sportball Vancouver

F May 9-Jun 20 9:30am-10:15am
558121 \$133/7 sess
Dry Floor Arena

Sportball Parent & Child Multi-Sport (2-3yrs)

You've made the team! Sportball Parent & Child Multi-Sport programs focus on physical literacy and social exploration as preschoolers learn fundamental sport skills and participate in creative motor games, songs, rhymes, stories, bubble time and more. Children are challenged according to their individual skill level and grownups are taught techniques to help toddlers refine motor skills while developing social skills. Sportball maintains a one-parent-per-child ratio policy in all Parent & Child programs to ensure that focus is kept on helping little ones practice and progress.

Instructor: Sportball Vancouver

F May 9-Jun 20 10:15am-11:00am
558122 \$133/7 sess
Dry Floor Arena

Sportball Parent & Tot T-Ball (2-3yrs) **NEW!**

Big League Fun! Sportball Baseball or Sportball T-Ball introduces fundamental concepts of gameplay and teaches the basic skills required to play ball with confidence in a supportive, non-competitive environment. Coaches zero in on skills like throwing, catching, batting form, running bases and fielding in fun, exciting, skill-focused play. Parent participation is required. No session May 18.

Instructor: Sportball Vancouver

Su May 11-Jun 22 9:30am-10:15am
558117 \$114/6 sess
Dry Floor Arena

Sportball Indoor T-Ball (4-6yrs) **NEW!**

Big League Fun! Sportball T-Ball introduces fundamental concepts of gameplay and teaches the basic skills required to play ball with confidence in a supportive, non-competitive environment. Coaches zero in on skills like throwing, catching, batting form, running bases and fielding in fun, exciting, skill-focused play. No session May 18.

Instructor: Sportball Vancouver

Su May 11-Jun 22 10:15am-11:15am
558119 \$114/6 sess
Dry Floor Arena

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 session Apr 21, May 19.

Instructor: Sportball Vancouver

M Apr 14-Jun 16 3:30pm-4:30pm
549939 \$152/8 sess
Auditorium

Sportball Floor Hockey (4-6yrs)

Sportball Indoor Hockey programs introduce fundamental concepts of gameplay and teach the basic skills required to shoot it like Crosby in a supportive, non-competitive environment. Coaches zero in on skills like shooting, stick handling, and passing, in fun, exciting, skill-focused games.

Instructor: Sportball Vancouver

Th Apr 17-Jun 19 3:45pm-4:30pm
549913 \$190/10 sess
Auditorium

West End Soccer Academy

GrassRoots Soccer will help boys and girls of all abilities to grow, develop skills and reach their potential. Using the four corner model: Physical, Technical, Psychological and Social elements, this program will help children develop more than just their soccer skills. We will help them to gain confidence, build self-esteem, learn to work in teams and improve their decision making. Equipment: NO CLEATS on field. Running shoes only permitted. Parent Participation Required. Visit: <http://www.facebook.com/Coach.Glyn> for updates. Drop-in \$19.

Instructor: Glyn Roberts

(2-4yrs)
Sa Apr 5-Jun 28 9:15am-10:00am
552619 \$182/13 sess

(4-6yrs)
Sa Apr 5-Jun 28 10:00am-10:45am
552621 \$195/13 sess
Off Site - King George Gymnasium

Birthday Party Package (2-7 yrs)

Make your child's birthday extra special with our fun-filled party package. Best suited for children ages 2 to 7, our birthday parties include time in the auditorium with a bouncy castle and Playtime toys, followed by celebrations in a Party Room with tables, chairs, and a fridge for food storage.

This Party Includes:

- 1 hour and 15 minutes in the Auditorium with a bouncy castle and Playtime toys
- Party Room for food, gifts, and socializing, with tables, chairs, and fridge access
- 2 party attendants to assist with set-up, clean-up, and equipment supervision
- 30 minutes for set-up before the party and 30 minutes for clean-up after

This Party Does Not Include:

- Staff do not lead games or structured activities
- Food, drinks, utensils, or decorations (families must bring their own)
- No glitter, piñatas, or ceiling decorations

Schedule:

- Set-up time: 30 minutes
- Playtime in the Auditorium: 1 hour 15 minutes
- Party Room: 45 minutes
- Clean-up time: 30 minutes

Important Details:

- Maximum 15 children and 40 total guests
- Food must be brought by families (no heating or cooking on-site)
- No food, drinks, shoes, or additional toys allowed in the bouncy castle
- Birthday times cannot be extended or adjusted
- Cancellation Policy: Cancellations require 14 days' notice and are subject to a \$5 fee. No refunds for cancellations made less than 14 days before the party.

Sa 12:00pm-2:00pm
Su 12:00pm-2:00pm/2:15pm-4:15pm
\$230/Package

West End Community Centre

CHILDREN

Children

Creative Arts

Cartoon with Disney Animator (6-8yrs)

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

Instructor: Happy Kids Studios

Set 1

F May 23-Jun 27 4:25pm-5:25pm
549887 \$120/6 sess

Set 2

F Apr 4-May 16 4:25pm-5:25pm
549892 \$120/6 sess

Denman Room

Character Design with Disney Animator (9-12yrs)

Focus on creating appealing characters in animation, comics, games and more. Led by a former Disney animator from Happy Kids Studios. No session Apr 18.

Instructor: Happy Kids Studios

Set 1

F Apr 4-May 16 5:35pm-6:35pm
549894 \$120/6 sess

Set 2

F May 23-Jun 27 5:35pm-6:35pm
549895 \$120/6 sess

Denman Room

Drawing and Painting (6-10 yrs)

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

Instructor: Golnaz Kiany

W Apr 9-Jun 25 3:45pm-5:00pm
552844 \$240/12 sess

W Apr 9-Jun 25 5:00pm-6:15pm
552845 \$240/12 sess

Meeting Room 2

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

In this class students will learn how to draw, shape and form images in perspective while creating compositional structures. We will explore topics including landscape, still life, flowers, figures and more. Please bring any drawing and colouring material (coloured pencils, art markers, watercolours, pastels, acrylics, etc) to the first class. I would be happy to help you with any of these mediums. Visit: www.atashzad.com. (Supplies are not included; the supply list is available upon registration). Master M. Reza Atashzad has over 35 years experience in teaching drawing and painting at his own Atashzad Academy of Art. He has also been teaching different art programs at several community centres in Vancouver since 2011. He has published more than 700 watercolour paintings, such as greeting cards, posters, albums, and books. Visit: www.atashzad.com. Drop-in \$25. No session Apr 24.

Instructor: Mohammad Reza Atashzad

Set 1

Th Apr 3-May 15 4:15pm-5:30pm
553459 \$120/6 sess

Set 2

Th May 22-Jun 26 4:15pm-5:30pm
553461 \$120/6 sess

Bidwell 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)

Th Apr 10-Jun 26 3:30pm-4:45pm
552609 \$204/12 sess

(9-15yrs)

Th Apr 10-Jun 26 5:00pm-6:15pm
552610 \$204/12 sess

Instructor: Sonja LeBorgne

W Apr 9-Jun 25 3:30pm-4:45pm
552611 \$204/12 sess

Pottery Studio/Meeting Room 1

Dance

Ballet / Jazz Fusion (4-7yrs)

In this class children will learn the fundamentals of both ballet and jazz dance while developing their own creative expression. The dancer's mobility, balance, and coordination will be improved in this fun and welcoming program. Children must be able to participate without a parent in the room. For more info: www.kirbysnelldance.com [kirbysnelldance.com] Drop-in \$14. No session Apr 20.

Instructor: Endorphin Rush Dance

Su Apr 13-Jun 22 12:45pm-1:30pm
551073 \$130/10 sess

Dance Studio

Hip Hop (4-7yrs)

This non-stop action-packed class introduces hip hop, basic break dancing and dance games which will excite kids and have them grooving to the beats. Children must be able to participate without a parent in the room. For more info www.KirbySnellDance.com [kirbysnelldance.com] Drop-in \$14. No session Apr 20.

Instructor: Endorphin Rush Dance

Su Apr 13-Jun 22 11:40am-12:25pm
551062 \$130/10 sess

Dance Studio

Creative Ballet (4-6yrs)

Young dancers explore the fun and beauty of ballet while learning the basic techniques. They will love playing with their creative expression in this fun class. Children must be able to participate without a parent in the room. More information www.KirbySnellDance.com [kirbysnelldance.com] Drop-in \$14. No session Apr 20.

Instructor: Endorphin Rush Dance

Su Apr 13-Jun 22 10:50am-11:35am
551061 \$130/10 sess

Dance Studio

Dance Extreme (Dance Sampler) (7-12yrs)

Come and explore a number of different styles of dance with a variety of guest dance artists. Enjoy an energetic exploration of movement in a warm, safe and inspiring environment. Styles may include Latin Dance, Afro, Hip Hop, Acrobatic Dance, Creative Movement and Bollywood! more info: www.kirbysnelldance.com. Drop-in \$14. No session Apr 20.

Instructor: Endorphin Rush Dance

Su Apr 13-Jun 22 1:35pm-2:35pm
551074 \$130/10 sess

Dance Studio



West End Community Centre

CHILDREN

Hip Hop (8-10yrs)

Lace up your sneakers and dance! Explore the fundamentals of hip-hop through choreography and engaging exercises. Each class includes a warm-up and stretch to learn foundational movements and build flexibility, followed by step-by-step instructions suitable for all experience levels. Drop-in \$14.

Instructor: Yasmine Shemesh

Th Apr 10-Jun 12 4:00pm-5:00pm
552634 \$135/10 sess
English Bay Room

Rhythmic Gymnastics

(6-12yrs) **NEW!**

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

Instructor: Olympia Rhythmic Gymnastics

F Apr 25-Jun 27 4:15pm-5:15pm
549854 \$160/10 sess
Dance Studio

Music

Piano/Violin Lessons

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

Instructor: Natalia Alexandrova

Tu Apr 1-May 6	3:30pm-6:45pm
Stanley Court Room	\$252/6 sess
Tu May 13-Jun 17	3:30pm-6:45pm
Stanley Court Room	\$252/6 sess
Th Apr 3-May 8	3:30pm-8:15pm
Meeting Room 3	\$252/6 sess
Th May 15-Jun 19	3:30pm-8:15pm
Meeting Room 3	\$252/6 sess
F Apr 4-May 16	3:30pm-8:15pm
Stanley Court Room	\$252/6 sess
F May 23-Jun 27	3:30pm-8:15pm
Stanley Court Room	\$252/6 sess

Guitar / Ukulele

Private 30 minute lessons to work at your own level and pace in guitar or ukulele. The classes are focused on technique, repertoire, reading, basic theory and practicing skills. Participants must provide their own instrument, and a digital tuner. A 3/4 sized nylon string guitar and a soprano ukulele with a strap is highly recommended. Books will be available at the first class for \$15.00

Instructor: Rene Hugo-Sanchez

W Apr 9-Jun 18 4:30pm-6:30pm
Preschool \$242/11 sess

Piano - Ami

Have you ever wanted to learn to play piano? Maybe play a few songs? Maybe unlock that hidden ability inside of you? Come and join Ami for a private piano lesson! No matter what your current level is beginner, intermediate, or advanced. Ami will work with you to achieve your learning goals. Lessons cover a variety of practical skills such as technique, reading, rhythm, and theory. The classes will be taught using a diversified approach tailored to suit your individual needs. Music is a gift that a musician gives to their audience. Let Ami help you develop that talent you have within so you can share it with others. (Books are not included.) No session Apr 20.

Instructor: Min(Ami) Xu

Set 1

Su Apr 6-May 18 10:30am-4:15pm
Meeting Room 3 \$168/6 sess

Set 2

Su May 25-Jun 29 10:30am-4:15pm
Meeting Room 3 \$168/6 sess

Piano Lessons - Mary

This course will provide you with a good start in understanding piano basics or expand on your previous knowledge. 30-minute or 1-hour individual lessons are available to adults & children. No session Apr 21.

Instructor: Mary Friesen

Set 1

M Apr 7-May 12 1:30pm-8:00pm
Stanley Court Room \$140/5 sess

W Apr 09-May 14 1:30pm-8:00pm
Meeting Room 3 \$168/6 sess

Set 2

M May 26-Jun 23 1:30pm-8:00pm
Stanley Court Room \$140/5 sess

W May 21-Jun 18 1:30pm-8:00pm
Meeting Room 3 \$140/5 sess

Piano - Musical Expressions

Musical Expressions takes on a creative and intuitive approach to music learning. With goals and learning styles varying from student to student, we help you first determine what you want to achieve, so we can make it our goal to get you there! From the basic beginners to preparing exams, all students will be encouraged to tap into their creative sides and be taught to express themselves through improvisation. Each class session is 30 minutes long. If you're learning at a grade 5 level or above, please book two half hour sessions to ensure enough time for the lesson. Visit www.musicaexpressions.ca for more info. No session Apr 21, May 19.

Instructor: Musical Expressions

M Apr 7-Jun 23 4:00pm-8:30pm
Meeting Room 3 \$280/10 sess

Tu Apr 1-Jun 24 3:30pm-8:30pm
Meeting Room 3 \$364/13 sess

Martial Arts

Axe Capoeira - Beginner Youth (7-14 yrs)

Capoeira is an Afro-Brazilian martial art that combines music, self-defense, dance, acrobatics and physical conditioning to create a unique, multi-disciplinary experience. Capoeira is one of the most inherently diverse martial arts that teaches creativity, music, self-expression, and strategic thinking as much a part of the core curriculum as physical training. This course will introduce everyone to the fundamentals of the art form, will teach basic kicks, movements, acrobatics, as well as cover basic music skills and history of capoeira. Classes are two days a week, Thursday, 4:30pm-5:30pm and Saturday 11:00am-12:00pm. Drop-in \$20, space permitting. Siblings attend at a 25% discount (but must register in person). No session Apr 19, May 17.

Instructor: Yulia Terekh

Apr

Apr 3-May 1 Th 4:30pm-5:30pm
Sa 11:00am-12:00pm
553646 \$120/8 sess

May

May 3-May 31 Th 4:30pm-5:30pm
Sa 11:00am-12:00pm
553648 \$120/8 sess

Jun

Jun 5-Jun 21 Th 4:30pm-5:30pm
Sa 11:00am-12:00pm
553649 \$90/6 sess

Denman Room/English Bay Room

Please register early!

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

West End Community Centre

CHILDREN

Physical Recreation

Children Tennis (8-12yrs)

This class is for all levels. Go over and practice basic strokes with drills, rally and modified games. Drop-in \$26 space permitting.

Instructor: G & G Tennis

Sa Jun 7-Jun 28 10:15am-11:15am
557320 \$100/4 sess

Off Site – King George Tennis Courts

Sportball Indoor Baseball

(7-9yrs) **NEW!**

Big League Fun! Sportball Baseball introduces fundamental concepts of gameplay and teaches the basic skills required to play ball with confidence in a supportive, non-competitive environment. Coaches zero in on skills like throwing, catching, batting form, running bases and fielding in fun, exciting, skill-focused play. No session May 18.

Instructor: Sportball Vancouver

Su May 11-Jun 22 11:15am-12:15pm
558132 \$114/6 sess

Dry Floor Arena

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 session Apr 21, May 19.

Instructor: Sportball Vancouver

M Apr 14-Jun 16 4:30pm-5:30pm
549941 \$152/8 sess

Auditorium

Sportball Floor Hockey (6-9yrs)

Sportball Indoor Hockey programs introduce fundamental concepts of gameplay and teach the basic skills required to shoot it like Crosby in a supportive, non-competitive environment. Coaches zero in on skills like shooting, stick handling, and passing, in fun, exciting, skill-focused games.

Instructor: Sportball Vancouver

Th Apr 17-Jun 19 4:30pm-5:15pm
549937 \$190/10 sess

Auditorium

West End Soccer Academy

GrassRoots Soccer will help boys and girls of all abilities to grow, develop skills and reach their potential. Using the four corner model: Physical, Technical, Psychological and Social elements, this program will help children develop more than just their soccer skills. We will help them to gain confidence, build self-esteem, learn to work in teams and improve their decision making. Equipment: NO CLEATS on field. Running shoes only permitted. Parent Participation Required. Visit: <http://www.facebook.com/Coach.Glyn> for updates. Drop-in \$21.00

Instructor: Glyn Roberts

(5-7yrs)

Sa Apr 5-Jun 28 10:45am-11:30am
552622 \$208/13 sess

(7-9yrs)

Sa Apr 5-Jun 28 11:30am-12:15pm
552623 \$234/13 sess

(9-12yrs)

Sa Apr 5-Jun 28 12:15pm-1:15pm
552624 \$234/13 sess

Off Site - King George Gymnasium

Camps

Pro D-day Camp April 28 (5-12yrs)

An action-packed day of exciting activities, crafts, games and most importantly, FUN! Parents must complete a waiver form. Refunds for all day camps must be requested a minimum of 5 business days prior to the first day of camp each week. Business days are deemed Monday to Friday. \$5.00 refund administration fee per program.

M Apr 28-Apr 28 9:30am-5:00pm
550050 \$45/1 sess

Denman Room



**Have your
Birthday Party
at WECC!**

See page 7 for details ...

Licensed Parkside Kinder Camp



This fun-filled, licensed program offers children a chance to socialize with friends while experiencing a variety of crafts, games, sports, science, and adventure activities. Join us for exciting outings, playing at new playgrounds, exploring different occupations, baking, swimming in pools, splashing in water parks, relaxing at beaches, and much more! Our experienced instructors are trained in early childhood education (0-12 years old care).

Age: All children must have completed Kindergarten and be born in 2019 to be eligible for the 5-6-year-old program. No exceptions will be made, as per School Age Care Licensing regulations.

Program fees after Child Care Fee Reduction:

Week 1 Jun 30-Jul 4	557796
9:30am-4:30pm	\$141/4 sess
Week 2 Jul 7-Jul 11	557797
9:30am-4:30pm	\$177/5 sess
Week 3 Jul 14-Jul 18	557812
9:30am-4:30pm	\$177/5 sess
Week 4 Jul 21-Jul 25	557813
9:30am-4:30pm	\$177/5 sess
Week 5 Jul 28-Aug 1	557814
9:30am-4:30pm	\$177/5 sess
Week 6 Aug 5-Aug 7	557810
9:30am-4:30pm	\$141/4 sess
Week 7 Aug 11-Aug 15	557815
9:30am-4:30pm	\$177/5 sess
Week 8 Aug 18-Aug 22	557816
9:30am-4:30pm	\$177/5 sess
Week 9 Aug 25-Aug 29	557817
9:30am-4:30pm	\$177/5 sess

Haro Room, Barclay Room

Summer Day Camps

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

Day Camp Adventures (6-7yrs)

Join our wonderful day camp staff as we have created a summer camp program you won't want to miss! Each week will include games, sport and skill activities and out-trips. Each child should bring a backpack with a lunch, snack, sunscreen, jacket, and hat each day. Parents must complete a waiver form with medical information and attach a recent picture of their child by the first day of camp. Refunds for all day camps must be requested a minimum of 5 business days prior to the first day of camp each week. Business days are deemed Monday to Friday. \$5.00 refund administration fee per program. You may register a child who is 5, provided they are turning 6 by December 31st, 2025. No camp Jul 1, Aug 4.

M W Th F Week 1 Jun 30-Jul 4	9:30am-3:30pm	556702	\$128/4 sess
M-F Week 2 Jul 7-Jul 11	9:30am-3:30pm	556704	\$160/5 sess
M-F Week 3 Jul 14-Jul 18	9:30am-3:30pm	556705	\$160/5 sess
M-F Week 4 Jul 21-Jul 25	9:30am-3:30pm	556707	\$160/5 sess
M-F Week 5 Jul 28-Aug 1	9:30am-3:30pm	556708	\$160/5 sess
T-F Week 6 Aug 5-Aug 8	9:30am-3:30pm	556709	\$128/4 sess
M-F Week 7 Aug 11-Aug 15	9:30am-3:30pm	556710	\$160/5 sess
M-F Week 8 Aug 18-Aug 22	9:30am-3:30pm	556711	\$160/5 sess
M-F Week 9 Aug 25-Aug 29	9:30am-3:30pm	556712	\$160/5 sess

West End Arena Dry Floor

Day Camp Discoveries (8-9yrs)

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

M W Th F Week 1 Jun 30-Jul 4	9:30am-3:30pm	556716	\$128/4 sess
M-F Week 2 Jul 7-Jul 11	9:30am-3:30pm	556717	\$160/5 sess
M-F Week 3 Jul 14-Jul 18	9:30am-3:30pm	556718	\$160/5 sess
M-F Week 4 Jul 21-Jul 25	9:30am-3:30pm	556719	\$160/5 sess
M-F Week 5 Jul 28-Aug 1	9:30am-3:30pm	556720	\$160/5 sess
T-F Week 6 Aug 5-Aug 8	9:30am-3:30pm	556721	\$128/4 sess
M-F Week 7 Aug 11-Aug 15	9:30am-3:30pm	556722	\$160/5 sess
M-F Week 8 Aug 18-Aug 22	9:30am-3:30pm	556723	\$160/5 sess
M-F Week 9 Aug 25-Aug 29	9:30am-3:30pm	556724	\$160/5 sess

West End Arena Dry Floor

Day Camp Voyages (10-12yrs)

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

M W Th F Week 1 Jun 30-Jul 4	9:30am-3:30pm	556737	\$128/4 sess
M-F Week 2 Jul 7-Jul 11	9:30am-3:30pm	556738	\$160/5 sess
M-F Week 3 Jul 14-Jul 18	9:30am-3:30pm	556739	\$160/5 sess
M-F Week 4 Jul 21-Jul 25	9:30am-3:30pm	556740	\$160/5 sess
M-F Week 5 Jul 28-Aug 1	9:30am-3:30pm	556742	\$160/5 sess
T-F Week 6 Aug 5-Aug 8	9:30am-3:30pm	556743	\$128/4 sess
M-F Week 7 Aug 11-Aug 15	9:30am-3:30pm	556744	\$160/5 sess
M-F Week 8 Aug 18-Aug 22	9:30am-3:30pm	556745	\$160/5 sess
M-F Week 9 Aug 25-Aug 29	9:30am-3:30pm	556746	\$160/5 sess

West End Arena Dry Floor

Day Camp Refund Policy:

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

More Day Camps at Coal Harbour CC

See pages 34-35 ...

Before & After Care

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

Before Care (6-12yrs)

M W Th F Week 1 Jun 30-Jul 4	8:00am-9:30am	556765	\$32/4 sess
M-F Week 2 Jul 7-Jul 11	8:00am-9:30am	556766	\$40/5 sess
M-F Week 3 Jul 14-Jul 18	8:00am-9:30am	556768	\$40/5 sess
M-F Week 4 Jul 21-Jul 25	8:00am-9:30am	556769	\$40/5 sess
M-F Week 5 Jul 28-Aug 1	8:00am-9:30am	556770	\$40/5 sess
T-F Week 6 Aug 5-Aug 8	8:00am-9:30am	556835	\$32/4 sess
M-F Week 7 Aug 11-Aug 15	8:00am-9:30am	556836	\$40/5 sess
M-F Week 8 Aug 18-Aug 22	8:00am-9:30am	556837	\$40/5 sess
M-F Week 9 Aug 25-Aug 29	8:00am-9:30am	556838	\$40/5 sess

West End Arena Dry Floor

After Care (6-12yrs)

M W Th F Week 1 Jun 30-Jul 4	3:30pm-5:30pm	556752	\$40/4 sess
M-F Week 2 Jul 7-Jul 11	3:30pm-5:30pm	556754	\$50/5 sess
M-F Week 3 Jul 14-Jul 18	3:30pm-5:30pm	556755	\$50/5 sess
M-F Week 4 Jul 21-Jul 25	3:30pm-5:30pm	556756	\$50/5 sess
M-F Week 5 Jul 28-Aug 1	3:30pm-5:30pm	556757	\$50/5 sess
T-F Week 6 Aug 5-Aug 8	3:30pm-5:30pm	556758	\$40/4 sess
M-F Week 7 Aug 11-Aug 15	3:30pm-5:30pm	556759	\$50/5 sess
M-F Week 8 Aug 18-Aug 22	3:30pm-5:30pm	556760	\$50/5 sess
M-F Week 9 Aug 25-Aug 29	3:30pm-5:30pm	556761	\$50/5 sess

West End Arena Dry Floor

West End Community Centre

SUMMER DAY CAMPS

Summer Day Camps

Frozen Ballet Dance Camp (4-6yrs)

100% Frozen Soundtrack Music is played in this creative ballet class designed to ignite your dancers imagination. No experience required as dancers learn the basics of ballet and expression through movement. Costumes are welcome, but not required. Beginner friendly. Bring your cameras! Presentation for parents on the last day! More info: www.kirbysnelldance.com

Instructor: Endorphin Rush Dance

M-F Jul 21-Jul 25 9:15am-10:30am
551075 \$109/5 sess

M-F Jul 21-Jul 25 2:00pm-3:15pm
551078 \$109/5 sess

Denman Room

Hip Hop Moves and Grooves (4-7yrs)

Calling all b-boys and girls! Let's move and groove! This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats. Through the week we will work on a choreographed dance. Get ready to cheer with gusto as there is a presentation for family on the last day! Please bring a filled water bottle each day. More info: www.kirbysnelldance.com

Instructor: Endorphin Rush Dance

M-F Jul 21-Jul 25 12:30pm-1:45pm
551083 \$109/5 sess

Denman Room

Hollywood Film Making (9-14yrs)

Lights, camera, action! Step into the world of film-making with Film Camp in a Box. In this hands-on camp, young filmmakers will explore every stage of production—from scriptwriting and cinematography to digital editing—using tools like Final Cut, iMovie, and Canva. Equipped with 4K cameras, drones, green screens, and more, campers will create and star in their own short film and movie trailer. They'll enhance their projects with special effects, music, and AI-composed soundtracks. The week wraps up with a red-carpet premiere on the final day, showcasing their cinematic masterpieces. Unleash your creativity and experience the magic of filmmaking!

Instructor: Film Camp in a Box

M-F Jul 7-Jul 11 9:00am-4:00pm
557320 \$350/1 sess

Denman Room

Swiftie Dance Party (5-7yrs)

Taylor Swift Fans Unite! This upbeat, empowering, and vibrant dance class is set to 100% Taylor Swift tunes including Anti-Hero and Shake it Off. Dancers will improve jazz technique, play interactive dance games, and learn dynamic choreographies all while making new friends. Please wear comfortable clothing for movement, clean dance or running shoes, and bring a water bottle. Get ready to cheer; there will be a presentation on the last day of class. More info: www.KirbySnellDance.com

Instructor: Endorphin Rush Dance

M-F Jul 21-Jul 25 10:45am-12:00pm
551081 \$175/5 sess

Denman Room

Wickedly Good Time: Pink Passion & Emerald Vibes (6-10yrs) **NEW!**

Wickedly Good Time: Pink Passion and Emerald Vibes Dance Camp: Skip into the magical world of Emerald city and let your imagination fly in this Wicked-Inspired Dance Camp. Dancers will improve their dance technique (fused with styles including jazz, hip hop and contemporary), let their creativity flourish, all while making new friends. Get ready to cheer and enjoy a spell-binding performance on the last day of camp for family. More info: www.KirbySnellDance.com [kirbysnelldance.com]

Instructor: Endorphin Rush Dance

M-F Aug 11-Aug 15 9:30am-12:45pm
551098 \$220/5 sess

Denman Room



PRETEEN

Preteen

Social

Pre-teen Night at West End CC

At this FREE drop-in program, youth (ages 9-12 years) are welcome to drop-in and participate in a variety of games, crafts, and activities including: dodgeball, capture the flag, button and bracelet making, movies nights and more! Youth input is strongly encourage. Due to staffing ratios and room capacities, a maximum of 30 youth are welcome to come, registration is required. No session Apr 18.

Instructor: Youth Leader

F Apr 4-Jun 27 6:15pm-8:45pm
556945 Free

Auditorium

Pre-Teen Dungeons and Dragons (Ages 10-13)

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

Instructor: Youth Leader

Set 1
Sa Apr 12-May 17 10:00am-12:00pm
552276 \$24/6 sess

Set 2
Sa May 24-Jun 28 10:00am-12:00pm
552278 \$24/6 sess

Haro Room

Become an Instructor at West End/Coal Harbour Community Centre!

Share your passion and skills with our community! If you're interested in teaching a class or running a program, please fill out our Program Proposal Form at www.westendcc.ca/get-involved/propose-a-program.

West End Community Centre

YOUTH

ADULT

Youth

Youth Leadership

Youth Leadership Club

This program is designed for youth in grades 8 to 12 who are looking to gain leadership and mentoring experience while learning how to organize, plan, and implement programs in the community centre, and give back through stewardship and volunteerism. Participants will build skills, plan fundraisers, and events, and earn volunteer hours. Weekly meetings will focus on personal development through team building and workshops, as well as giving back to the community.

Instructor: Youth Leader

Th Sep 19-Jun 12

3:30pm-5:30pm

520886

Free

Stanley Court Room



Please register early!

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

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

Sign-up even if the class is free!

Adults

Creative Arts

Woven and Sewn Hand Bound Book

Using mat board, decorative papers, and acid-free paper, participants will learn to measure, score, size paper, and miter corners to create this one-of-a-kind book. This book is unique in that the pages are attached to the book's spine using two different bookbinding techniques: sewing and weaving. The signatures (or groups of pages) are first sewn together then woven with ribbon, which binds the book and, as well, creates a decorative edge along the spine. A set of notes and a recipe for wheat starch paste is included. Please bring a metal ruler, utility knife, pencil, and eraser to class. Also a bone folder and self-healing mat if you have them. Supply cost per person: \$22.

Instructor: Jo Ann Kronquist

Sa Apr 26

10:00am-4:00pm

554696

\$92/1 sess

Barclay Room

West End Writers

We welcome writers of all ages and experience. The West End Writers club provides a supportive atmosphere for writers to read work in progress and receive feedback.

Facilitator: William Ellis

W Apr 9-Jun 25

6:45pm-8:45pm

554786

FREE/12 sess

Stanley Court Room

Explore Creative Writing

In this class, you will have an opportunity to try various writing styles. The class covers skills for writing fiction, creative non-fiction, poetry, plays and scripts. These activities are designed to help you hone your writing style. You will explore plot, point of view and story structure. Finally, you will be encouraged to put the final touches on your best story/poem/play/script and get it ready to send to a publisher even to Hollywood! So bring your pen and paper or laptop and Explore Creative Writing!

Instructor: Deborah Strulow

Tu Apr 8-May 13

6:30pm-8:30pm

554667

\$106.5/6 sess

Meeting Room 2

Music

West End Chamber Choir

In a friendly and pleasant atmosphere you will learn and perform great choral works by classical and contemporary composers. Our program this term includes: one of the greatest work ever written for choir and orchestra - Mozart's "Requiem", and three motets by Bruckner for a cappella choir. We will perform the wonderful music of Mozart with professional soloists and Chamber Orchestra. Join us!

Instructor: Natalia Alexandrova

Tu Apr 8-May 27

6:45pm-8:45pm

557517

\$88/8 sess

Stanley Court Room

Choir Workshop -

Mozart's Requiem **NEW!**

West End Chamber Choir offers a wonderful opportunity to sing one of the greatest works ever written for choir and orchestra - Mozart's Requiem, You will be working under the inspirational conductor Natalia Alexandrova with piano accompanist. Singers joining the workshop can participate in a performance of the Mozart's Requiem in late May with an orchestra and soloists. Bring your own score or let us know if you need one.

Instructor: Natalia Alexandrova

Su Apr 6

1:45pm-4:45pm

554726

\$28/1 sess

Su Apr 13

1:45pm-4:45pm

555278

\$28/1 sess

Stanley Court Room

Piano Lessons - Mary

This course will provide you with a good start in understanding piano basics or expand on your previous knowledge. 30-minute or 1-hour individual lessons are available to adults & children. No session Apr 21.

Instructor: Mary Friesen

Set 1

M Apr 7-May 12

1:30pm-8:00pm

Stanley Court Room

\$140/5 sess

W Apr 9-May 14

1:30pm-8:00pm

Meeting Room 3

\$168/6 sess

Set 2

M May 26-Jun 23

1:30pm-8:00pm

Stanley Court Room

\$140/5 sess

W May 21-Jun 18

1:30pm-8:00pm

Meeting Room 3

\$140/5 sess

West End Community Centre

ADULT

Guitar / Ukulele - Adult

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

Instructor: Rene Hugo-Sanchez

W Apr 9-Jun 18 6:30pm-8:30pm
Preschool \$264/11 sess

Piano/Violin Lessons

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

Instructor: Natalia Alexandrova

Tu Apr 1-May 6 3:30pm-6:45pm
Stanley Court Room \$252/6 sess

Tu May 13-Jun 17 3:30pm-6:45pm
Stanley Court Room \$252/6 sess

Th Apr 3-May 8 3:30pm-8:15pm
Meeting Room 3 \$252/6 sess

Th May 15-Jun 19 3:30pm-8:15pm
Meeting Room 3 \$252/6 sess

F Apr 4-May 16 3:30pm-8:15pm
Stanley Court Room \$252/6 sess

F May 23-Jun 27 3:30pm-8:15pm
Stanley Court Room \$252/6 sess

"Talkin' bout our Generation"

"Talkin' bout Our Generation" has proven to be one of the most popular and successful classes offered by the West End Community Centre since it started in the Winter series of 2024. Although directed at folks of "a certain age" in the West End there have been a few curious younger people who have become participants as well. They are most welcome as their experience provides a different perspective. The course is hosted by Dan Casavant who has a lifetime of personal history in the music business as a career musician who started in the mid 60s in Winnipeg and continued from 83 here in Vancouver. Some may remember his playing and singing at the now historic Dover Arms pub (now the Jungle Room) on Denman where his band the BobCats played a regular Sunday gig from 2000 to 2017. Now semi retired Dan has focused his creative energies on the creation of this course which is an ongoing exploration of the relationship of the evolution of popular music and an ever changing society here in North America. The format is one of a combination of lectures with audio video enhancement and dynamic dialogue involving both the students and himself. This course provides a unique blend of learning, reminiscing and social connection for all who participate. It is advised to enroll early as the class fills up quickly. Drop-in \$13 (5 spots available per week).

Instructor: Danny Casavant

Sa Apr 12-Jun 28 10:30am-12:00pm
554666 \$150/12 sess

Stanley Court Room

Pottery

Pottery Throwing & Handbuilding

Learn about the world of ceramics through the use of both the wheel and hand-building techniques to create diverse knowledge. Classes will begin with demos more focused on functional ware. By the end of the course, projects will be self directed with guidance and support from instructor. Students will also learn how to glaze as well as paint their finished products. Clay not included in cost. Clay must be purchased from the instructor during the first class - no outside clay permitted. No session Apr 21, May 19.

Instructor: Estelle Liebenberg

M Apr 7-Jun 23 5:45pm-8:45pm
553224 \$300/10 sess

Instructor: Mitra Mahmoodi

W Apr 9-Jun 25 5:45pm-8:45pm
554719 \$360/12 sess

Instructor: Estelle Liebenberg

Th Apr 10-Jun 26 10:00am-1:00pm
553225 \$360/12 sess

Pottery Studio

Pottery: Explorations in Hand Building

Immerse yourself in the world of clay with our all-levels hand building class! This course is designed to enhance your skills and creativity through weekly hands-on demonstrations. We will cover techniques such as slab and coil building, building with moulds, and a handful of ceramic knowledge to enrich further understanding of the material itself. You will create both functional and sculptural projects while discovering the versatility of this timeless medium. Students will be able to work on self-directed projects under the direction and support of the instructor as the course progresses. Various decoration techniques will be covered as well as how to glaze your finished pieces properly for a beautiful and durable finish. Join us on a creative and educational journey into the art of hand building with clay, made for beginners and experienced makers. Please note that clay is not included in the course fee and must be purchased from the instructor during class sessions. Outside clay is not permitted. No session Apr 21, May 19.

Instructor: Kylee Burt

M Apr 7-Jun 16 11:00am-2:00pm
550991 \$270/9 sess

Pottery Studio

Pottery Open Studio

To attend an Open Studio Session, you must have previous experience working with ceramics, preferably a pottery class with WECC. You must be able to work unassisted as this session does not have an instructor. Participants must know basic pottery techniques including proper wheel throwing or hand building and proper glaze application. If this is your first time registering at the West End Pottery studio, the pottery manager may send you a knowledge assessment to verify your experience. You must fill out the assessment prior to your first session. If you do not have enough experience for the Open Studio Session, your registration fee will be refunded and classes will be recommended. Must purchase clay from our studio - no outside clay will be permitted. Some communal tools provided, participants can bring their own tools or purchase a kit on their first day. A cubby will be provided for works in progress - no personal belongings or tools can be stored. Due to limited space, you are only permitted to attend the session you are registered in. No session Apr 21, May 19.

Session A

M Apr 7-Jun 16 2:30pm-5:30pm
554848 \$189/9 sess

Session B

Tu Apr 8-Jun 17 5:45pm-8:45pm
554854 \$231/11 sess

Session C

W Apr 9-Jun 18 11:00am-2:00pm
554855 \$231/11 sess

Session D

Su Apr 6-Jun 15 10:15am-1:15pm
554857 \$231/11 sess

Session E

Su Apr 6-Jun 15 1:30pm-4:30pm
554858 \$231/11 sess



Pottery Workshops with Serena

Meet Serena Chu

Serena Chu is a visual artist specializing in contemporary ceramic tableware and is an art teacher in pottery, painting, resin and other various media. She is also a digital designer that creates custom Life-Size Colouring Murals for client's events and festivals. Originally from Toronto with a BFA in mural painting and installation sculpture from York University, she is often experimenting with new techniques exploring different surface design like sgraffito, air brushing, or silkscreening. Her studio transforms from ceramic production work for sale to a classroom for students during any given week. She has a panache for creating a fun learning experience for her students and is passionate about making an art space that is accessible to all walks of life and full of laughter. www.chuchu.ca

Cherry Blossom Hand-building Ceramic Tableware Work

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

Instructor: Serena Chu

Th Apr 10-Apr 24 6:30pm-8:30pm
554765 \$90/2 sess

Th Apr 17-May 1 6:30pm-8:30pm
554758 \$90/2 sess

Pottery Studio

Botanical Imprint Ceramic Tableware Workshop

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

Instructor: Serena Chu

Th May 8-May 22 6:30pm-8:30pm
554743 \$90/2 sess

Th May 15-May 29 6:30pm-8:30pm
554742 \$90/2 sess

Pottery Studio

Wheel Throwing Intensive-Centering & Wall Building

Have you ever wanted to improve your centering and wall structure? This multi-part skill building class helps you practice your throwing by repetition of the basics. You will be cutting through your freshly thrown pieces to inspect the structure while the instructor gives you guidance on how to master the craft with useful tips and tricks. Clay is included, previous pottery experiences required to fully benefit from this series.

Instructor: Serena Chu

Th Jun 5-Jun 19 6:30pm-8:30pm
554737 \$135/3 sess

Pottery Studio

Pottery Workshops with Lisa

Meet Lisa Warren

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

Make a Handmade Mug in Two Nights!

In this two night workshop you'll make a mug from start to finish, no experience necessary! The first night your instructor will demonstrate how to construct a mug using clay slabs and extruded handles. In the second class you'll be shown how to glaze and finish your custom mug. A great introduction to pottery, beginners welcome! All materials included.

Instructor: Lisa Warren

F Apr 11-Apr 25 6:00pm-8:00pm
553255 \$90/2 sess

F Jun 13-Jun 27 6:00pm-8:00pm
553259 \$90/2 sess

Pottery Studio

Hand Built Flower Vases

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

Instructor: Lisa Warren

F May 9-May 23 6:00pm-8:00pm
553256 \$96/4 sess

Pottery Studio

Hand Built Bowls

Make the bowls of you've always wanted in this two night workshop! Your instructor will show you several methods for hand building bowls using clay slabs, molds and forms. You'll also learn to glaze and decorate your work. Pieces will be food safe and functional. Bring your imagination and inspiration to the studio. Beginners welcome, all materials included.

Instructor: Lisa Warren

F May 16-May 30 6:00pm-8:00pm
553257 \$90/2 sess

Pottery Studio

Plates the Easy Way

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

Instructor: Lisa Warren

F Jun 6-Jun 20 6:00pm-8:00pm
553258 \$90/2 sess

Pottery Studio



West End Community Centre

ADULT

Photography

Photography 101

An introductory photo class for those with little or no experience or for those who want a refresher. Learn how to operate your digital or film camera and improve your photography skills. Course covers both technical and creative aspects including exposure, aperture, shutter speed, ISO, white balance, and composition. Includes field trips and a comprehensive set of class notes. Please bring your camera and instruction manual. Please note: course is best suited for cameras with manual exposure control.

Instructor: Jo Ann Kronquist

Su May 4-May 25 10:00am-12:00pm
554697 \$96/4 sess

Barclay Room

Darkroom: Introduction to the Basics

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

Instructor: Jim Balderston

Sa Apr 5-May 17 11:00am-2:00pm
553235 \$231/7 sess

Instructor: Kwan Law

Su Apr 6-May 11 2:00pm-5:00pm
554716 \$198/6 sess

Instructor: Kwan Law

Su May 18-Jun 22 2:00pm-5:00pm
554717 \$198/6 sess

Dark Room/Meeting Room 1



Drawing/Painting

Art Inspiration with Oil Painting

We invite you to oil painting workshops! You will learn different oil painting techniques and realize your artistic talents under the guidance of experienced oil painting instructor, Kira Shulgina. Produce your first masterpiece in a friendly and creative atmosphere whether you are looking to decorate your home or creating a gift for family and friends! No session Apr 21.

Instructor: Kira Shulgina

Set 1
M Apr 7-May 12 6:30pm-8:30pm
555704 \$125/5 sess

Set 2
Instructor: Kira Shulgina
M May 26-Jun 23 6:30pm-8:30pm
555710 \$125/5 sess
Bidwell Room



Oil Painting Course: Pet Portraits

Join us for an inspiring oil painting course where you'll create a portrait of your beloved pet! Whether you're a beginner or have prior painting experience, you'll learn step by step to capture your furry friend's unique personality and character on canvas. What you'll need: painting materials (full list is provided during registration), and a photograph of your pet to work from.

Instructor: Kira Shulgina

Set 1
W Apr 9-May 14 6:30pm-8:30pm
555706 \$150/6 sess

Set 2
W May 21-Jun 25 6:30pm-8:30pm
555708 \$150/6 sess
Bidwell Room

Drawing Landscapes, Flowers & Figures

You will learn how to draw, shape and form images in perspective while creating compositional structures. We will explore topics including landscape, flowers, figures and more. Throughout the course, you will experiment with various textures, lines, tones, lights and shadows, as well as linear and atmospheric perspectives. (Supplies are not included, supply list available upon registration). Drop-in \$25. No session Apr 24.

Master M. Reza Atashzad has over 35 years experience in teaching drawing, painting and architectural design at his own Atashzad Academy of Art. He has also been teaching different art programs at several community centers in Vancouver since 2011. He has published more than 700 paintings, such as greeting cards, posters, albums, and books. Visit: www.atashzad.com

Instructor: Mohammad Reza Atashzad

Set 1
Th Apr 10-May 15 5:30pm-6:45pm
553260 \$100/5 sess

Set 2
Th May 22-Jun 26 5:30pm-6:45pm
553261 \$120/6 sess
Bidwell Room

Watercolour Painting

This program will give you the chance to learn to apply watercolour painting by exploring the medium's full potential. Learn to use water, paper, colour, and brushes to create an endless variety of tones and atmosphere in your painting. We will focus on landscape painting techniques and studies of nature (flowers). Drop-in \$35.00. No session Apr 24.

Master M. Reza Atashzad has over 35 years experience in teaching drawing, painting and architectural design at his own Atashzad Academy of Art. He has also been teaching different art programs at several community centers in Vancouver since 2011. He has published more than 700 paintings, such as greeting cards, posters, albums, and books. Visit: www.atashzad.com

Instructor: Mohammad Reza Atashzad

Set 1
Th Apr 10-May 15 6:45pm-8:45pm
554720 \$150/5 sess

Set 2
Th May 22-Jun 26 6:45pm-8:45pm
554721 \$180/6 sess
Bidwell Room

Dance

Meet Linda Short

Linda Short's Dance experience consists of over 30 years of performing & teaching in a variety of Dance forms throughout North America. She is a certified Ballroom Dance Instructor, choreographer and teaches all levels of dance from Beginner to Advanced. Dancing has been her passion since the age of six.

Ballroom Dancing: Beginner - Free Trial

Social Interaction, Poise, Confidence and exercise are some of the benefits of Ballroom Dance. For new students this is a great opportunity to learn the basic skills. Concentrating on 4 Dances: Foxtrot, Swing, Waltz and Rumba.

Instructor: Linda Short

Th Apr 10 6:45pm-7:45pm
553252 FREE/1 sess
Dance Studio

Ballroom Dancing: Beginner

Social Interaction, Poise, Confidence and exercise are some of the benefits of Ballroom Dance. For new students this is a great opportunity to learn the basic skills. Concentrating on 4 Dances: Foxtrot, Swing, Waltz and Rumba. Choreography available for Wedding Couples. Drop-in \$20.

Instructor: Linda Short

Th Apr 17-Jun 19 6:45pm-7:45pm
553253 \$180/10 sess
Dance Studio

Ballroom Dancing: Intermediate

For returning students this is a great opportunity to review basic skills while developing more techniques and styling. Concentrating on 2 dances: Cha Cha and Tango. Drop-in \$20.

Instructor: Linda Short

Th Apr 17-Jun 19 7:45pm-8:45pm
553254 \$180/10 sess
Dance Studio



Bellydance - Beginner/ Intermediate - Trial

Enjoy moving to the sensuous melodies and dynamic rhythms of the Middle East with Rahma. Belly dance is an excellent way to get fit, have fun and connect with your body in a very positive way. A professional dancer and experienced teacher of teachers, Rahma is able to clearly break down movements and is encouraging to dancers of all ages and abilities. Class begins with a slow stretch warm up. Wear exercise clothes, bare feet or dance shoes and bring a scarf or shawl to tie around the hips. Finger cymbals needed, can be purchased online or borrowed from instructor.

Instructor: Gail (Rahma) Haddad

M Apr 14 6:30pm-8:00pm
554540 \$9/1 sess
Dance Studio

Bellydance - Beginner/ Intermediate

Enjoy moving to the sensuous melodies and dynamic rhythms of the Middle East with Rahma. Belly dance is an excellent way to get fit, have fun and connect with your body in a very positive way. A professional dancer and experienced teacher of teachers, Rahma is able to clearly break down movements and is encouraging to dancers of all ages and abilities. Class begins with a slow stretch warm up. Wear exercise clothes, bare feet or dance shoes and bring a scarf or shawl to tie around the hips. Finger cymbals needed, can be purchased online or borrowed from instructor. Drop-in \$20. No session May 19.

Instructor: Gail (Rahma) Haddad

M Apr 28-Jun 23 6:30pm-8:00pm
550983 \$128/8 sess
Dance Studio

Bellydance - Advanced

Learn skills, techniques and concepts through advanced mini-workshops. This is a performance oriented class for those who wish to develop or improve their performance skills and add new styles to their repertoire. Performance held at the end of each session. Taught by internationally known Rahma Haddad and guest teachers each teaching their specialty. For updates on teachers check Facebook group 'Rahma Bellydance'. Drop-in \$20.00.

Instructor: Gail (Rahma) Haddad

Tu Apr 8-Jun 17 7:15pm-8:45pm
550984 \$165/11 sess
Dance Studio

Brazilian Rhythms

Brazilian Rhythms is a program that explores the Brazilian culture through dance. Classes are all levels where you can expect to push your limits and gain physical strength. You will learn new rhythms when diving into the Brazilian culture.

Instructor: Maira Daiha

W Apr 9-Jun 25 7:00pm-8:00pm
555770 \$210/12 sess
Dance Studio

Dance Artist **NEW!**

Dance is the hidden language of the soul! Dance Artist is an introductory program that is aimed to unlock your dance artistry by giving you the fundamentals in understanding musicality, technicality, performance, choreography and freestyle. This unique two hour weekly hybrid class will have you focus on your own theme through self interpretation, and encourage you to create your own choreography by the end. If you've always had the desire to step into a dance studio to take classes but feel intimidated in those settings, this is for you. Express your identity.

Instructor: James Lozano

Su Apr 13-Jun 15 10:00am-12:00pm
554676 \$125/10 sess
Denman Room

Throwback Music Video Choreography

Learn the dance moves from some of the most iconic music videos from the '90s and '00s! Expect a groovy warm up, where you'll also learn some foundational movements, and a good stretch before getting into the choreography. Drop-in \$18.

Instructor: Yasmine Shemesh

W Apr 9-Jun 11 5:30pm-6:30pm
554789 \$165/10 sess
Th Apr 10-Jun 12 5:30pm-6:30pm
552254 \$165/10 sess
English Bay Room

Drama

Voice-Over Acting Level I

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

Instructor: Sonja Bakker

Sa Apr 19 9:30am-2:30pm
554771 \$75/1 sess
Sa May 17 9:30am-2:30pm
554773 \$75/1 sess
Meeting Room 2

Voice-Over Acting Level II

Back by popular demand! 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

Sa May 3 9:30am-2:30pm
554775 \$75/1 sess
Sa May 31 9:30am-2:30pm
554779 \$75/1 sess
Meeting Room 2

West End Community Centre

ADULT

Education

Toastmasters

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

Instructor: Cindy Shen

Tu Apr 8-Jun 24 6:30pm-8:30pm
553153 FREE/12 sess
Denman Room

Mother's Day Bath n' Beauty

Unique gifts for that special Mom! From pampering bath treats to nourishing anti-aging and antioxidant cream, make and take-home beautiful body care gifts for Mom. In this fun and informative class, create an aromatherapy purse size roll-on, massage oil, body spray, wrinkle rescue cream, and a peppermint foot scrub. Plus recipes on bath salts and pillow sachets plus discussion on essential oils and their therapeutic properties. Tips on gift giving and packing too! Please bring a shoebox to class! All supplies included in course fee. Bring your Mom and you BOTH receive a bath n' body care gift!

Instructor: Cheryl Theilade

Th May 8 6:30pm-8:45pm
549944 \$55/1 sess
Barclay Room

Natural Sun Protection Skincare

Customize your sun protection - worry free! Look after skin and hair naturally by making your own beach and poolside essentials: make and take home a tropical sun lotion, aloe after sun spray, chamomile hair treatment and a spf lip balm. Recipes on hair rinses and deep conditioners. All supplies included in course fee.

Instructor: Cheryl Theilade

W May 28 6:30pm-8:45pm
549967 \$55/1 sess
Barclay Room

Please register early!

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

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

Sign-up even if the class is free!

Social

Adults Open House

We would like to hear from you about our adult programs. Please join our circle style discussion exploring our current successes and challenges, as well as the future opportunities. Our hope is that this process would encourage our community members to also share and contribute their skill and talents, with the goal of improving community health and well being. Lights refreshments will be provided. Please register.

Instructor: No Instructor

Th Apr 24 6:00pm-8:00pm
559527 FREE/1 sess
Bidwell Room

Fireside Readers Book Club

At our monthly meetings, we have lively discussions of the books we read and are respectful of others' opinions and of different points of view. We are friendly and welcome new members. In late fall, the group chooses the books we will read the following year. Members can check out these books at the Vancouver Public Library. These are the books we will be reading each month: April 25: *Bloomsbury Girls* by Natalie Jenner; May 23: *Cloud Cuckoo Land* by Anthony Doerr; June 27: *The Book of Lost Names* by Kristin Harmel.

Facilitator: Ronda Larmour

F Apr 25-Jun 27 11:00am-12:00pm
550078 FREE/3 sess
Stanley Court Room

Cribbage

Cribbage, a strategic card game that brings people together! Whether you're a seasoned player or just starting out, with every card played and point pegged, the charm & thrill never fades. Join us for good company, laughter, and the joy of a well-played hand. Let's shuffle and deal! Cribbage is also a delight to learn. Beginners welcome. Drop-ins welcome. Non instructional program. No session April 18.

F Apr 11-Jun 27 1:30pm-4:00pm
552275 FREE/11 sess
Bidwell Room

Mahjong

Dive into the captivating world of Mahjong, a strategic tile game that brings everyone together! With every tile played, a new adventure unfolds. Whether you're an experienced player or a newcomer, join us for a fun time filled with laughter and thrills. Mahjong is also a delight to learn Hong Kong style. Beginners welcome. Drop-ins welcome. Non instructional program. No session Apr 19, May 3, May 17, May 31.

Instructor: Non Instructional

Sa Apr 12-Jun 28 10:30am-1:30pm
554862 FREE/8 sess
Meeting Room 2

Bridge Duplicate

Come out and join Duplicate bridge on Tuesday and Thursdays, 1:00-4:15pm. Must have knowledge of bridge. If you are a new participant and require a partner, please call Jean before the game at 604-722-7965. Please note there is no instruction.

Instructor: Jean VanDerley

Tu Apr 8-Jun 24 1:00pm-4:15pm
552245 \$6/12 sess
Th Apr 10-Jun 26 1:00pm-4:15pm
552247 \$6/12 sess
Bidwell Room

Dog Obedience: Beginner LifeSkill: 4-Week Workshop

The focus of this class is to learn everyday basic life skills such as focus, sit, down, stay, polite walk and leash handling methods while incorporating varying degrees of distractions. This class is great for the team who didn't have a chance to attend puppy class but want to learn solid-foundation. We use food, praise and play along with scientific learning principles to teach your dog how to achieve these goals. No new registration after the class starts & No make-up classes are provided. Please equip your dog with a flat buckle collar, front-clipped harness, or head-halter for the class. Pinch, Choke or Shock Collars are not permitted. Also, please avoid using retractable leashes. Eligibility: Dog age: Over 6 months old. No aggressive or reactive behaviour toward other dogs and other people. No female dogs in heat (Animal Control Bylaw 9150 - 4.7) Please ensure you read and understand class guidelines on receipt notes.

Instructor: Masumi Yoshinaga

W Apr 9-Apr 30 7:00pm-8:00pm
550059 \$148/4 sess
Auditorium

Dog Obedience: Walk This Way Foundation: 4-Week Workshop

Does your dog pull or lag on a leash? Are the finer points of following beside you a hard concept for your dog to understand? Come and have fun learning to teach your dog to walk beside you. This class is force-free training and helping your dog find their groove! We use food, praise and play along with scientific learning principles to teach your dog how to achieve these goals. No new registration after the class starts & No make-up classes are provided. Please equip your dog with a flat buckle collar, front-clipped harness, or head-halter for the class. Pinch, Choke, Martingale or Shock Collars are not permitted. Also, please avoid using retractable leashes. Eligibility: Dog age: Over 6 months old. No aggressive or reactive behaviour toward other dogs and other people. No female dogs in heat (Animal Control Bylaw 9150 - 4.7) Please ensure you read and understand class guidelines on receipt notes.

Instructor: Masumi Yoshinaga

W May 7-May 28 7:00pm-8:00pm
550062 \$148/4 sess
Auditorium

West End Community Centre

ADULT

Social Lounge **NEW!**

Welcome to our Social Lounge at West End Community Center, happening every Wednesday from 9:30-11:30am! Run by volunteers, this space will be open to everyone free of charge. Come enjoy coffee and tea, and meet with your old and new friends!

Instructor: No Instructor

W Apr 9-Jun 25

9:30am-11:30am

559064

FREE/12 sess

West End Community Center

Health and Wellness

Journey into Past Life Regression

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

Instructor: Kemila Zsange

Sa Apr 26

12:00pm-4:00pm

550988

\$65/1 sess

English Bay Room

Self-Hypnosis for a Better Life

Self-Hypnosis is a powerful tool that can help us achieve our goals effortlessly. In this series of workshops, we will learn different self-hypnosis techniques that can be applied to different areas of life, including peak performance (sports, job interviews etc.); enhancing creativity; motivation versus procrastination; dealing with insomnia and anxiety; memory recovery; pain management; weight control, relationships and how to relate with others. We will explore the power of the subconscious mind, and you will gain first hand experience achieving your best potentiality through relaxation. Handouts of some techniques and mp3 downloads are included. Drop-in \$35.00, if space permits.

Instructor: Kemila Zsange

Th May 1-May 15

6:00pm-8:00pm

550989

\$93/3 sess

Stanley Court Room

Emotional Regulation and Law of Attraction

Join Life Coach Shehbaz for 8 engaging workshops focused on emotional regulation and Law of Attraction techniques. You'll learn to read your emotional frequency and tune your energy to align with your desired goals. Through practical strategies, you'll reduce stress, enhance mindfulness and attract positive outcomes. These interactive sessions foster personal growth in a supportive environment. Please note, this program is not a therapy or counseling service, but a valuable opportunity for self-discovery and empowerment!

Instructor: Shehbaz Ahmad

Th Apr 10-May 29

6:45pm-8:45pm

555249

\$100/8 sess

English Bay Room

Qigong

Qi is energy. Gong means "skills acquired through training." Loosely translated, Qigong is "energy work." There are countless forms of Qigong training from Chinese Medicine, martial arts, Buddhist, and Taoist traditions. Some forms involve more movement, others emphasize stillness. Visualization, breathing techniques, sound, pressure point massage, posture and movement are examples of methods used to build, circulate, emit, and absorb Qi for health and well-being. Drop in: \$20.

Kelly has studied Chinese martial arts with some of the world's top teachers, with an emphasis on the internal styles, since 1988. She had an illustrious international competition career in the 1990's, garnering many medals, titles, and experiences. She has dedicated herself to teaching these arts in the Vancouver area.

Instructor: Kelly Maclean

Tu Apr 8-Jun 24

7:15pm-8:15pm

549930

\$192/12 sess

Barclay Room

Tai Chi - 24 Form (suitable for beginners)

TAI CHI - 24 Form - Tai Chi is a Chinese martial art and gentle form of exercise based on the principle of the interplay of Yin and Yang. The slow and graceful movements of Tai Chi promote coordination, proper bio-mechanics, physical and mental balance. The 24 Form, or "simplified Yang style," is a short routine, ideal for beginners. Drop in: \$20.

Kelly has studied Chinese martial arts with some of the world's top teachers, with an emphasis on the internal styles, since 1988. She had an illustrious international competition career in the 1990's, garnering many medals, titles, and experiences. She has dedicated herself to teaching these arts in the Vancouver area.

Instructor: Kelly Maclean

Tu Apr 8-Jun 24

6:15pm-7:15pm

549905

\$192/12 sess

Barclay Room

Breathe for Life! **NEW!**

Learn to balance stress in everyday life with this 1 hour interactive workshop designed to support caregivers, seniors, and anyone dealing with stress or anxiety. Learn how the nervous system relates to breathing, and acquire 4 fundamental breathing techniques and tools to manage emotional overwhelm that everyone can implement daily at home. Please register to secure a spot. visit www.thebreathingheart.com [thebreathingheart.com] for more details.

Instructor: Yvonne Connor

Sa May 10

1:00pm-2:00pm

550123

FREE/1 sess

Denman Room



Food and Gardening Workshops

Collaborative and Community Gardening Opportunities Informat

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

Instructor: West End Food Network

Su Apr 6

12:00pm-1:00pm

555072

FREE/1 sess

English Bay Room

West End Community Centre

ADULT

Grow Your Own Sprouts and Microgreens

Microgreens are tasty and nutritious greens that can be eaten as a fresh snack or added to salads, smoothies, soups and more. In this joint Village Vancouver - West End Neighbourhood Food Network Urban Garden Club workshop with Dr. Yael Stav, you'll learn how to grow your own trays of microgreens at home year-round. We'll look at the difference between sprouts and microgreens, review the many possible seeds that can be used for starting microgreens, and look into troubleshooting common problems. We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds. Fee includes cost of all materials. Free for Seniors (50 and over; \$10 materials fee only).

Instructor: West End Food Network

Th Apr 10 6:30pm-8:30pm
554924 \$25/1 sess
Barclay Room

Gardening in a Changing Climate

This joint Village Vancouver - West End Neighborhood Food Network Urban Garden Club Earth Week workshop with Rhiannon Johnson, you'll learn how to set up your garden to be resistant to variations and extremes in weather and how to adapt your food garden to a changing climate. Learn gardening techniques to help make your veggie gardens more resilient to extreme weather, hot and cold conditions and fluctuating weather patterns. We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds. Reduced fee for Seniors (50 and over).

Instructor: West End Food Network

W Apr 23 6:30pm-8:30pm
554940 \$20/1 sess
Barclay Room

WE Garden Club: Growing Great Tomatoes

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

Instructor: West End Food Network

Su Apr 27 1:00pm-2:30pm
554947 FREE/1 sess
Barclay Room

Homemade Kombucha Brewing

Want to make your own Kombucha but don't know how? This joint Village Vancouver - West End Neighborhood Food Network Urban Garden Club workshop with Eric Schwartz, we'll walk you through the key steps, answer your questions, and leave you prepared with basic knowledge and recipes you need to get your first successful batch of Kombucha brewing and tasting great. Plus, we'll provide handouts and online resources to support your learning. Reduced fee for Seniors (50 and over).

Instructor: West End Food Network

Th May 1 6:30pm-8:30pm
555248 \$20/1 sess
Barclay Room

Healthy Soil for a Great Garden

Now's the time to improve your soil for better garden yield! This joint Village Vancouver - West End Neighborhood Food Network Urban Garden Club workshop with Rhiannon Johnson is suitable for folks who have a gardening space, as well as for anyone who would like to start gardening. Learn how to build your soil for a healthy, vibrant veggie garden. Find out how vigorous your soil is and what to add to it to improve its vitality! If you have a garden, you're invited to bring a CLEAR 1 liter container (with a lid) with a couple of cups of your garden soil, for some simple tests to learn how to improve it with natural fertilizers, soil amendments, and gardening techniques. We'll have a community seed library present - pick up some free seeds, swap or donate seeds. Fee includes testing materials. Free for Seniors (50 and over, \$5 materials cost only).

Instructor: West End Food Network

W May 14 6:30pm-8:30pm
555023 \$25/1 sess
Barclay Room

Flavored Vinegar

This joint Village Vancouver - West End Neighborhood Food Network Urban Garden Club workshop with Carly, explore the art of creating flavorful vinegars with our hands-on workshop. Learn how to transform plain vinegar into delicious condiments perfect for cooking and enhancing dishes. Topics include:- Choosing base vinegars and flavoring ingredients- Proper sanitation techniques for vinegar-making- Techniques for cold infusion vs. hot infusion methods- Creating flavored vinegars like apple cider vinegar, balsamic vinegar, and herb-infused vinegars- Using flavored vinegars in various recipes- Proper storage and shelf-life of homemade vinegars. Take home your own batch of flavored vinegar creations to elevate your cooking and add unique flavors to your dishes. We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds. Free for Seniors (50 and over; \$12 materials fee only).

Instructor: West End Food Network

F May 16 6:30pm-8:30pm
555246 \$31/1 sess
English Bay Room

WE Garden Club

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

Instructor: West End Food Network

Su May 25 1:00pm-2:30pm
555073 FREE/1 sess
Barclay Room

Introduction to Vertical Gardening

In this joint Village Vancouver - West End Neighborhood Food Network Urban Garden Club workshop with Dr. Yael Stav, we'll review the opportunities for, and benefits of growing food gardens in an urban setting. We'll discuss the different systems and technologies available for gardening and talk about the principles of setting up a successful food garden on fences, walls, and balconies, including watering, weight, light and plant choice considerations. We'll have a community seed library present - pick up some free seeds, swap or donate seeds. Fee includes cost of all materials. Free for Seniors (50 and over; \$5 materials fee only).

Instructor: West End Food Network

Th Jun 12 6:30pm-8:30pm
555075 \$20/1 sess
Barclay Room

WE Garden Club

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

Instructor: West End Food Network

Su Jun 15 1:00pm-2:30pm
555074 FREE/1 sess
Barclay Room

Introduction to Organic Gardening

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

Instructor: West End Food Network

W Jun 18 6:30pm-8:30pm
555076 \$20/1 sess
Barclay Room

Language

English Conversation Circle

You are welcome to join our weekly conversation circle each Tuesday. 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: David Scott

Tu Apr 15-Jun 17 10:00am-11:30am
550963 FREE/10 sess
Meeting Room 2

L'amicale 50+ Vancouver

PARLEZ-VOUS FRANCAIS? L'Amicale 50+ Vancouver welcomes Francophones and Francophiles who are 50 years old and over for a social program in FRENCH. All sessions are in French and a high level of fluency is required. Activities are offered, following the same schedule over the Spring session. <https://amicale-50plusvancouver.com/>

-FAISONS CONNAISSANCE
-CLUB LECTURE ET PARTAGE
-LES JEUX DE SOCIETE
-SCRABBLE EN FRANCAIS

Instructor: Carine McEwen

Su Apr 6-Jun 22 1:00pm-3:00pm
554663 FREE/12 sess
Meeting Room 1

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. For more information please visit: SpanishwithKaren.com. No session Apr 21, May 19.

Instructor: Karen Lara

M Apr 7-Jun 23 6:10pm-7:25pm
556775 \$133.3/10 sess
English Bay Room

Spanish - Beginner II

Enjoy this course designed for students who have some exposure to Spanish or who want to broaden the knowledge acquired in Beginner I, and feel more competent and confident with their conversational skills. For more information please visit: SpanishwithKaren.com. No session Apr 21, May 19.

Instructor: Karen Lara

M Apr 7-Jun 23 6:10pm-7:25pm
554714 \$133.3/10 sess
English Bay Room

Spanish - Low Intermediate 1 **NEW!**

Hola amigos! This class is designed for those comfortable with the basic Spanish concepts in Beginners 1 and 2. We'll expand our skills in written and conversational Spanish as we learn to communicate using the past and future tense. Explore various phrases, verbs and common mistakes. This course can be taken concurrently with Low Intermediate 2. Sorry, no drop-ins. If you want to register past the 3rd class, please contact Karen at Spanishwithkaren.com.

Instructor: Karen Lara

Th Apr 10-Jun 12 6:10pm-7:25pm
556803 \$133.3/10 sess
Meeting Room 2

Spanish - Low Intermediate 2/ Conversation **NEW!**

Saludos! This level is for those who can speak Spanish at a basic level - you must have taken Beginner's 1 and Beginner's 2. The focus will be on conversation skills in more complex situations (i.e. talking about yourself and sharing your travel experiences).

We'll also expand your reading and writing skills (i.e. composing emails, and reading stories). This course can be taken concurrently with Low Intermediate 1.

Sorry, no drop-ins. If you want to register past the 3rd class, please contact Karen at Spanishwithkaren.com.

Instructor: Karen Lara

Th Apr 10-Jun 12 6:10pm-7:25pm
556813 \$133.3/10 sess
Meeting Room 2

Yoga and Pilates

Ageless Yoga Relaxation - TGIF

This 75 minute session begins with warm-ups to activate and release blocked energy. Breath exercises along with yoga asana, includes a dynamic, deep relaxation posture practice. An added element of Tibetan singing bowl sound healing will further engage this nurturing morning class. Please visit the instructor's website at yogamovesforeverybody.com for more info. Drop-in \$16, if space permits. No session Apr 18.

Instructor: Sandra Leigh

Set 1

F Apr 11-May 16 9:30am-10:45am
554767 \$70/5 sess

Set 2

F May 23-Jun 27 9:30am-10:45am
554768 \$84/6 sess
English Bay Room

Yin Yoga with Crystal Bowls

A very slow, gentle style of yoga that focuses on deep stretching to release layers of physical tension. The gentle playing of crystal bowls throughout the class helps to soothe and calm the mind and nervous system. Students leave feeling refreshed, with a greater sense of calm and relaxation in the body and mind. Suitable for all levels, from beginner to beyond and folks from all walks of life. Full session: \$91/Adult, \$77/Senior. Drop-in \$15/Adult, \$13/Senior. No class Apr 21, May 19.

Instructor: Rebecca Lee Henderson

M Apr 7-Jun 2 7:30pm-8:45pm
554731 \$91/7 sess
Denman Room

Gentle Yoga

Is open to people of all fitness levels, anyone can do this class with confidence. Participants will learn how to practice yoga postures safely. Improvements you will enjoy from taking this class are:

- Great posture
- Comfortable, mobile and healthy joints
- Increased strength and flexibility
- Relief from mental stress
- A positive connection to your body

Instructor: Sophie Ducharme, 22 years of teaching experience. Drop-in \$17/Adult, \$14/Senior. No session Apr 21, May 19.

Instructor: Sophie Ducharme

M Apr 14-Jun 23 5:00pm-6:15pm
554782 \$126/9 sess
Dance Studio

West End Community Centre

ADULT

Yoga for Wrecks

This class will not intimidate you, or put you in any compromising positions. It will help you, to recover from past injuries and heal troubled areas of your body. Increase your health and confidence while taking this class, in a fun and relaxed environment. All are welcome! Instructor: Sophie Ducharme, 22 years teaching experience. Drop-in \$17.00/Adult, \$14/Senior. No session May 24.

Instructor: Sophie Ducharme

Sa Apr 19-Jun 21 10:30am-11:45am
554784 \$126/9 sess
Dance Studio

Intermediate Yoga

This intermediate class is crafted for students with a solid foundation in yoga postures and a keen understanding of the breath-body connection. Embracing the principles of Iyengar Yoga, we will emphasize structural alignment and precision in each asana, with a special focus on deepening backbends and exploring inversions. Through the mindful use of props, students will be safely guided to refine their practice, allowing for greater access to these challenging poses. This class will strengthen, open, and energize, encouraging students to expand both their physical skills and their inner resilience. Drop-in \$16/Adult, \$13/Senior. No session Apr 18.

Instructor: Shelby Bradford

F Apr 11-Jun 27 11:00am-12:15pm
555250 \$154/11 sess

English Bay Room

F Apr 11-Jun 27 7:00pm-8:15pm
555252 \$154/11 sess

Dance Studio

Flow Yoga

This intermediate level yoga class is a dynamic and physically engaging practice that focuses on alignment, flexibility, posture, balance and body awareness. We will begin with foam rolling to release tension and enhance mobility, then flow through a series of yoga poses guided by your breath. We'll finish up with deep stretching and a 5 minute Savasana. Drop-in \$12/Adult, \$10/Senior. No session Apr 21, May 19.

Instructor: Jill Stoness

M Apr 7-Jun 23 5:30pm-6:40pm
553230 \$100/10 sess

Denman Room

Pilates Yoga Fusion

We will start with 20 minutes of myofascial release with foam rolling then 20 minutes of traditional Pilates exercises followed by 20 minutes of Flow Yoga and a 5 minute Savasana. It's an efficient 3 in 1 class that will improve your core strength, posture, balance, flexibility and body awareness and enhance your sense of well being. Drop-in \$12/Adult, \$10/Senior.

Instructor: Jill Stoness

Tu Apr 8-Jun 24 5:30pm-6:40pm
553234 \$110/11 sess

Dance Studio

Mat Pilates

We will move through a series of classical Pilates exercises guided by your breath and clear cueing to strengthen your core and whole body. This class will improve your posture, flexibility and coordination to enhance your ease of movement throughout your daily activities. We will start with 15 minutes of foam rolling for myofascial release. Drop-in \$12/Adult, \$10/Senior. No session Apr 26.

Instructor: Jill Stoness

Sa Apr 12-Jun 28 11:00am-12:00pm
553229 \$110/12 sess

Denman Room

Yoga for Seniors

This class is for older men and women at all fitness levels, including those with some physical challenges. Adapted to safely meet your needs, by a yoga teacher with 50 years experience. Each class provides a balanced full body workout, designed to build strength as well as flexibility, better posture and breathing, and deeper levels of relaxation. Yoga class is a fragrance-free zone. Bring your own yoga mat and filled water bottle. Drop-in \$11.00; Max 2 Drop-ins if space permits. No session Apr 18.

Instructor: Anne O'Sullivan

F Apr 11-Jun 27 1:45pm-2:45pm
550940 \$95.81/11 sess

Dance Studio

Your Yoga

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

Instructor: John Waye

Tu Apr 08-Jun 24 9:15am-10:15am
550987 \$82.8/12 sess

Dance Studio

Chair Yoga

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

Instructor: Victoria Goldner

W Apr 9-Jun 25 12:15pm-1:15pm
555842 \$84/12 sess

Dance Studio

Yoga for Seniors

This class is for older adults at all fitness levels, including those with some physical challenges. It incorporates strengthening, stretching, and a focus on developing functional balancing skills to help with gate and mobility. Please make sure you are hydrated before class. Drop-in \$11.00.

Instructor: Victoria Goldner

Thu Apr 10-Jun 26 12:30pm-1:30pm
555849 \$108/12 sess

Dance Studio

Sunrise Yoga Club

The club offers volunteer led yoga sessions and encourages members to learn to become leaders. This maintains the viability of the club and allows for variety of leadership style 0.50 cents/day. No drop ins. This program runs on Tuesdays and Fridays in the Dance Studio (entrance by Fitness Centre door). No session April 18.

Instructor: Sunrise Yoga Club

Tu F Apr 11-Jun 24 8:00am-9:00am
553223 \$10.5/21 sess

Dance Studio

Fitness

Arthritis Fit

This exercise class will provide people with arthritis the benefits of improved joint mobility, flexibility and muscle endurance. The class will be located at the West End Community Centre. No equipment except for chairs will be provided. Bring your own filled water bottle and Therabands. No session Apr 21, May 19.

Instructor: Keno Kinoshita

M Apr 7-Jun 23 1:30pm-2:30pm
553250 \$69/10 sess

Dance Studio

Therapeutic Strength Training

Train to improve function in daily activities, rehabilitate and prevent future injuries. Small class size will insure you get individual attention and ongoing feedback. **Participants must fill out a PAR-Q+ form prior to attending the first class and it must be brought to the instructor directly. No session Apr 21, May 19.

Instructor: Keno Kinoshita

M Apr 7-Jun 23 11:30am-12:30pm
553249 \$117.1/10 sess

Fitness Centre

West End Community Centre

ADULT

Athletic Interval Training

This high intensity fitness class incorporates strength training, cardiovascular training and core conditioning for a full body workout. With clear cueing - you will refine your weight training technique and improve your overall fitness. Drop-in \$12/Adult, \$10/Senior. No session Apr 18, 25.

Instructor: Jill Stoness

F Apr 11-Jun 27 5:30pm-6:35pm
553228 \$100/10 sess
Dance Studio

Adapted Fitness

Workout designed for the older adult who may have limitations in mobility or strength. Exercises completed in a chair or standing behind it. Includes strength and balance training, in-chair aerobics, flexibility and stretch. Drop-in \$11.00/Adult, \$9.00/Senior. Max 5 drop in's. No session Apr 21, May 19.

Instructor: Susan Ingraham

Set 1
M Apr 7-May 5 11:00am-12:00pm
551007 \$36/4 sess

F Apr 11-May 09 11:00am-12:00pm
551041 \$36/4 sess

Set 2
M May 12-Jun 16 11:00am-12:00pm
551012 \$45/5 sess

F May 16-Jun 20 11:00am-12:00pm
551044 \$54/6 sess

Dance Studio

Light Fit

Light workout for the older adult who wishes to maintain or improve their fitness. Includes strength and balance training, low-impact cardiovascular exercise, flexibility and stretch. 40 minutes on your feet; 20 minutes on the mat. Drop-in \$11.00/Adult, \$9.00/Senior. Max 5 drop-in's.

Instructor: Susan Ingraham

Set 1
Tu Apr 8-May 6 10:45am-11:45am
551025 \$45/5 sess

Th Apr 10-May 08 10:45am-11:45am
551038 \$45/5 sess

Set 2
Tu May 13-Jun 17 10:45am-11:45am
551027 \$54/6 sess

Th May 15-Jun 19 10:45am-11:45am
551039 \$54/6 sess

Dance Studio

Strength and Stretch

A total body workout for all levels - mid/lo/high impact cardio, strength and core workout, using a variety of equipment each week, to give a total body workout. Drop-in \$9.00.

Instructor: Harry Wong

Sa Apr 5-Jun 28 9:15am-10:15am
549896 \$89.7/13 sess
Dance Studio

Spin Class

Get ready to ride on a 55-minute journey focused on empowerment and transformation. Cardio training meets inspired playlists, with a variety of drills and intervals to enhance your fitness and push you further than you've ever gone. Drop-in \$10, if space permits. Please note: Fitness Centre usage is not included with registration.

Instructor: Emma Kidman

Sa Apr 12-Jun 28 9:15am-10:15am
549942 \$82.8/12 sess
Indoor Cycling Room

SteadyFeet

Steadyfeet is a partnership program between the Vancouver Coastal Health and Community Seniors Centres. Recommended by doctors and physiotherapists, the Steadyfeet balance and mobility program helps to increase confidence, improve functional mobility, increase lower body strength, improve balance and reduce fall risk. Please make sure that waiver forms are completed prior to the start of class. A completed PAR Q+ form is required and can be found online or at community centre front desk. Drop-in \$9.00; Max 2 drop-ins, if space permits. No session Apr 18.

Instructor: Anne O'Sullivan

W Apr 9-Jun 25 11:15am-12:15pm
550934 \$75.6/12 sess

F Apr 11-Jun 27 12:30pm-1:30pm
550937 \$69.3/11 sess

Dance Studio

Super Sandbag Training

Super Sandbag Training is the most powerful hour of group fitness. Be prepared to get stronger and leaner with exercises that are unique, functional, and affective. The design of the sandbag allows you to preform new and super powerful workouts. Combine this with top notch programming, upbeat music, encouraging instructors and you've got a class that will take your fitness to a whole new level. Drop-in \$20.00.

Instructor: Ivan Filippov

W Apr 9-Jun 25 6:00pm-7:00pm
554671 \$180/12 sess

Denman Room

Zumba Fitness (Regular)

Zumba Regular blends a variety of dance styles, including salsa, merengue, cumbia, reggaeton and more. Each routine is crafted to maximize your workout while ensuring you have fantastic time. No dance experience is needed, just come ready to move, sweat and smile. Drop-in \$11.00/Adult, \$9.00/Senior.

Instructor: Mildred Laguerta Gagnon

Tu Apr 8-Jun 24 5:30pm-6:30pm
551159 \$108/12 sess

Auditorium

Body Movement, Strength & Flexibility **NEW!**

Set to popular, upbeat music, this classic fitness class begins with a warm up that gets all the body parts moving with low-impact exercises followed by muscle toning and strengthening using resistance bands and concludes with a complete body stretch. This class is designed for those looking for a light to moderate, well-rounded exercise and flexibility class and is suitable for all fitness levels. Drop-in \$10.

Instructor: Jenn Mason

Tu Apr 8-Jun 24 6:00pm-7:00pm
554688 \$96/12 sess

English Bay Room

Martial Arts

Aikido

Based on traditional Japanese hombu style, Aikido is a powerful, dynamic martial art that uses an attacker's momentum and energy and redirects it through fluid techniques that may involve joint locks, throws and pins. This class will include both basic and higher level techniques suitable for both beginner and advanced students of all genders. Patrons are welcome to wear comfortable clothes for the first time. Uniforms are not provided, but are recommended to be purchased at Mikado Martial Arts Supplies. Drop-in \$15, with permission of instructor (no beginners, experienced students only). Instructor is Orlando Vasquez. No session Apr 21, May 19, 22, Jun 5 & 9.

Instructor: Orlando Vasquez

M Th Apr 7-Jun 26 6:00pm-7:15pm
552252 \$171/19 sess

Auditorium

Axe Capoeira Adult

Capoeira is one of the most inherently diverse martial arts that teaches creativity, music, self-expression, and strategic thinking as much a part of the core curriculum as physical training. Capoeira will introduce you to the fundamentals of the art form, will cover basic kicks, movements, and acrobatics, as well as teach you basic music skills and introduce to the history of capoeira. Drop-in \$20, if space permits. No session Apr 19, May 17.

Instructor: Yulia Terekh

Th/Sa Apr 3-May 1 Th 5:30pm-6:30pm
Sa 12:00pm-1:00pm

554792 \$120/8 sess

Th/Sa May 3-May 31 Th 5:30pm-6:30pm
Sa 12:00pm-1:00pm

554794 \$120/8 sess

Th/Sa Jun 5-Jun 21 Th 5:30pm-6:30pm
Sa 12:00pm-1:00pm

554796 \$90/6 sess

Denman Room

West End Community Centre

ADULT

Sports

Ball Hockey

The West End Arena is back for the summer months. Join us for some fast paced ball hockey action on Monday. Helmet, goggles and protective gear are strongly recommended. No body contact permitted. Register for the full session to guarantee your spot or drop-in on a first come first serve basis. Players must supply their own stick, no black tape (white only please), and goalies play for free. Drop in \$6.50, space permitting. No session May 19.

Instructor: Sean Wiseman

Goalie

M May 12-Jun 23 7:00pm-8:45pm
557076 FREE/6 sess

Player

M May 12-Jun 23 7:00pm-8:45pm
557077 \$34.50/6 sess

West End Arena Dry Floor

Basketball

Enjoy some friendly, exciting recreational basketball. Non-instructional. Drop in \$6.50, if space permits.

Instructor: Sean Wiseman

Su Apr 6-Jun 22 12:30pm-2:15pm
554870 \$69/12 sess

Off Site - King George Gymnasium

Instructor: Rishin Uppal

Th May 8-Jun 26 7:00pm-8:45pm
554872 \$46/8 sess

West End Arena Dry Floor

Indoor Soccer

Vancouver weather means one thing: Indoor Soccer! Come and enjoy this fun atmosphere and burn off some of those extra calories. Some soccer experience is necessary. Registered spaces will be given to drop ins after 5 minutes. Drop-in \$6.50, if space permits.

Instructor: Sean Wiseman

Su Apr 6-Jun 22 2:30pm-4:00pm
554863 \$69/12 sess

Off Site - King George Gymnasium

Instructor: Rishin Uppal

W May 7-Jun 25 7:00pm-8:45pm
554867 \$46/8 sess

West End Arena Dry Floor

Pickleball Lesson - Learn to Play **NEW!**

Come and learn this fun, exciting and social game everyone is talking about. Pickleball combines elements of Badminton, Tennis and Table Tennis. This class is for the beginner that is new or has played a few times. Your certified Pickleball instructor will teach you all the basics e.g. serve, return, dinking, technique, rules, how to keep score, court positioning and more. Each lesson will be finish with a few games. Drop-in \$30.00, no drop-ins after 2nd class. No session May 19th.

Instructor: Ruth Johnson

M May 5-Jun 30 4:00pm-6:00pm
558429 \$224/8 sess

West End Arena Dry Floor

Private Pickleball Lessons **NEW!**

Are you new to pickleball or looking to improve your skills? Would you like to work on consistency, learn a different shot, improve your footwork, or practice doubles strategies? Book our private indoor court for a 90-minute customized drill session with Ruth Johnson, a Level 2 Certified Pickleball Instructor. Book online and contact Coach Ruth a few days ahead of scheduled date to discuss lesson plans: ruthjohnson69@gmail.com. Can have up to 3 additional players within the same group (friends/family of similar level, up to 4.0 level) for an additional fee of \$25/ Person. Additional players must pay day of at the front desk.

Instructor: Ruth Johnson

Th Apr 10-May 29 1:30pm-3:00pm
\$100/1 sess

Th Jun 5-Jun 26 1:00pm-5:00pm
\$100/1 sess

Fr Apr 11-Jun 27 3:30pm-5:00pm
\$100/ 1 sess

Auditorium

Tennis - Adult Beginner + Instructional (NTRP 1.0-1.5)

For students new to the game, or with little experience. Learn and practice the basic skills of tennis. No drop-ins.

Instructor: G & G Tennis

Sa May 3-May 24 10:30am-11:30am
551202 \$120/4 sess

Off Site - King George Tennis Courts

Tennis - Adult Intermediate Instructional (NTRP 2.0 lvl)

For students able to perform the basic tennis strokes, but are working on improving consistency and technique. Develop your game through instruction and practice. Drop-in \$38, if space permits.

Instructor: G & G Tennis

Sa May 3-May 24 11:30am-12:45pm
551216 \$150/4 sess

Off Site - King George Tennis Courts

Tennis - Adult Inter. Instructional/Drill (NTRP 2.0-2.5 lvl)

For students able to rally and play games. Improve your level of play with instruction, practice drills and point play. Drop-in \$38, if space permits.

Instructor: G & G Tennis

Sa Jun 7-Jun 28 11:30am-12:45pm
551221 \$150/4 sess

Off Site - King George Tennis Courts

Tennis - Adult Advanced Practice & Play (NTRP 3.0-3.5 lvl)

Practice for competitive game play. Includes set up practice drills with instruction, singles and doubles play. Drop-in \$38, if space permits.

Instructor: G & G Tennis

Sa May 3-May 24 2:30pm-4:00pm
551223 \$150/4 sess

Sa Jun 7-Jun 28 2:30pm-4:00pm
551224 \$150/4 sess

Off Site - King George Tennis Courts

Please register early!

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

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

Sign-up even if the class is free!



Seniors

Fitness & Health

Adapted Fitness

Workout designed for the older adult who may have limitations in mobility or strength. Exercises completed in a chair or standing behind it. Includes strength and balance training, in-chair aerobics, flexibility and stretch. Drop-in \$11.00/Adult, \$9.00/Senior. Max 5 drop in's. No session Apr 21, May 19.

Instructor: Susan Ingraham

Set 1

M Apr 7-May 5	11:00am-12:00pm
551007	\$36/4 sess
F Apr 11-May 09	11:00am-12:00pm
551041	\$36/4 sess

Set 2

M May 12-Jun 16	11:00am-12:00pm
551012	\$45/5 sess
F May 16-Jun 20	11:00am-12:00pm
551044	\$54/6 sess

Dance Studio

Light Fit

Light workout for the older adult who wishes to maintain or improve their fitness. Includes strength and balance training, low-impact cardiovascular exercise, flexibility and stretch. 40 minutes on your feet; 20 minutes on the mat. Drop-in \$11.00/Adult, \$9.00/Senior. Max 5 drop-in's.

Instructor: Susan Ingraham

Set 1

Tu Apr 8-May 6	10:45am-11:45am
551025	\$45/5 sess
Th Apr 10-May 08	10:45am-11:45am
551038	\$45/5 sess

Set 2

Tu May 13-Jun 17	10:45am-11:45am
551027	\$54/6 sess
Th May 15-Jun 19	10:45am-11:45am
551039	\$54/6 sess

Dance Studio

Older Adult Fitness

Safe, enjoyable and effective exercises designed for the active senior; 90 minutes. This is a pre-registration program. No equipment except for chairs will be provided. Bring your own filled water bottle and Therabands. No session Apr 21, May 19.

Instructor: Keno Kinoshita

M Apr 7-Jun 23	9:15am-10:45am	\$103.5/10 sess
553247		
W Apr 9-Jun 25	9:15am-10:45am	\$124.2/12 sess
553251		

Dance Studio

OsteoFit For Life

For those who have taken the Osteofit Level 1 classes and are comfortable with Osteofit techniques. This exercise program is similar in design and concept to Level 1 but geared towards the more advanced participant. This class has an emphasis on building strength and improving balance. OsteoFit for Life is a program developed by the BC Women's Hospital & Health Centre's osteoporosis program. Drop-in \$9; Max 2 Drop-in's, if space permits.

Instructor: Anne O'Sullivan

W Apr 9-Jun 25	10:05am-11:05am
550922	\$92.16/12 sess

Denman Room

Osteofit Level I

This beginner program is designed for those who suffer from osteoporosis. Emphasis is on developing strength and coordination to help make daily living more comfortable and injury free. Osteofit is program developed by the BC Women's Hospital & Health Centre's osteoporosis program. Drop-in \$9; Max 2 Drop-ins, if space permits.

Instructor: Anne O'Sullivan

W Apr 9-Jun 25	9:05am-10:05am
550928	\$92.16/12 sess

Denman Room

Yoga for Seniors

This class is for older men and women at all fitness levels, including those with some physical challenges. Adapted to safely meet your needs, by a yoga teacher with 50 years experience. Each class provides a balanced full body workout, designed to build strength as well as flexibility, better posture and breathing, and deeper levels of relaxation. Yoga class is a fragrance-free zone. Bring your own yoga mat and filled water bottle. Drop-in \$11.00; Max 2 Drop-ins if space permits. No session Apr 18.

Instructor: Anne O'Sullivan

F Apr 11-Jun 27	1:45pm-2:45pm
550940	\$95.81/11 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. A completed PAR Q+ form is required and can be found online or at community centre front desk. Drop-in \$9.00; Max 2 drop-ins, if space permits. No session Apr 18.

Instructor: Anne O'Sullivan

W Apr 9-Jun 25	11:15am-12:15pm
550934	\$75.6/12 sess
F Apr 11-Jun 27	12:30pm-1:30pm
550937	\$69.3/11 sess

Denman Room
Dance Studio

Chair Yoga

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

Instructor: Victoria Goldner

W Apr 9-Jun 25	12:15pm-1:15pm
555842	\$84/12 sess

Dance Studio

Yoga for Seniors

This class is for older adults at all fitness levels, including those with some physical challenges. It incorporates strengthening, stretching, and a focus on developing functional balancing skills to help with gait and mobility. Please make sure you are hydrated before class. Drop-in \$11.00.

Instructor: Victoria Goldner

Thu Apr 10-Jun 26	12:30pm-1:30pm
555849	\$108/12 sess

Dance Studio

Your Yoga

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

Instructor: John Waye

Tu Apr 8-Jun 24	9:15am-10:15am
550987	\$82.8/12 sess

Dance Studio

West End Community Centre

SENIORS

Zumba Gold

ZUMBA® Gold is a low impact dance-fitness class for beginners and seniors that uses zesty Latin music, Salsa, Cha Cha, Cumbia, Merengue, Rock n Roll, (including Twist and Charleston), with easy to follow moves to create a dynamic and fun fitness class. Zumba® Gold strives to improve your balance, strength, flexibility and most importantly the heart. It is a “feel happy” workout that is great for both the body and the mind. www.zumbavancouver.ca [zumbavancouver.ca]. Drop-in \$15.75, if space permits. No session Apr 21.

Instructor: Zumba Vancouver

Set 1

M Apr 07-May 12 11:45am-12:45pm
554811 \$68.75/5 sess

W Apr 09-May 14 11:00am-12:00pm
554839 \$82.5/6 sess

Set 2

M May 26-Jun 23 11:45am-12:45pm
554815 \$68.75/5 sess

W May 21-Jun 25 11:00am-12:00pm
554840 \$82.5/6 sess

Auditorium

Strength and Core Training for Older Adults **NEW!**

This class is a mix of standing and chair-based exercise programs that integrate all components of physical fitness: muscular strength, endurance, core stability and coordination. It's geared toward older adults looking to improve their total body strength. Exercise in a safe space with other like-minded adults and a supportive instructor. Perfect for those who want to improve their upper & lower body strength, posture and flexibility. Drop-in \$10.

Instructor: Asal Nikoopour

W Apr 9-Jun 25 1:30pm-2:15pm
553132 \$102/12 sess

Dance Studio

Language

L'amicale 50+ Vancouver

PARLEZ-VOUS FRANCAIS? L'Amicale 50+ Vancouver welcomes Francophones and Francophiles who are 50 years old and over for a social program in FRENCH. All sessions are in French and a high level of fluency is required. Activities are offered, following the same schedule over the Spring session. <https://amicale-50plusvancouver.com/>

- FAISONS CONNAISSANCE
- CLUB LECTURE ET PARTAGE
- LES JEUX DE SOCIETE
- SCRABBLE EN FRANCAIS

Instructor: Carine McEwen

Su Apr 6-Jun 22 1:00pm-3:00pm
554663 FREE/12 sess

Meeting Room 1

Social

Cribbage

Cribbage, a strategic card game that brings people together! Whether you're a seasoned player or just starting out, with every card played and point pegged, the charm & thrill never fades. Join us for good company, laughter, and the joy of a well-played hand. Let's shuffle and deal! Cribbage is also a delight to learn. Beginners welcome. Drop-ins welcome. Non instructional program. No session April 18.

F Apr 11-Jun 27 1:30pm-4:00pm
552275 FREE/11 sess

Bidwell Room

Mahjong

Dive into the captivating world of Mahjong, a strategic tile game that brings everyone together! With every tile played, a new adventure unfolds. Whether you're an experienced player or a newcomer, join us for a fun time filled with laughter and thrills. Mahjong is also a delight to learn Hong Kong style. Beginners welcome. Drop-ins welcome. Non instructional program. No session Apr 19, May 3, May 17, May 31.

Instructor: Non Instructional

Sa Apr 12-Jun 28 10:30am-1:30pm
554862 FREE/8 sess

Meeting Room 2

Bridge Duplicate

Come out and join Duplicate bridge on Tuesday and Thursdays, 1:00-4:15pm. Must have knowledge of bridge. If you are a new participant and require a partner, please call Jean before the game at 604-722-7965. Please note there is no instruction.

Instructor: Jean VanDerley

Tu Apr 8-Jun 24 1:00pm-4:15pm
552245 \$6/12 sess

Th Apr 10-Jun 26 1:00pm-4:15pm
552247 \$6/12 sess

Bidwell Room

Ballroom Dancing & Social

Join our friendly group of Ballroom Dancers. Learn, practice and meet new friends. Singles and those with partners are both welcome. Drop-in \$1.50. No session Apr 21, May 19.

Instructor: No Instructor

M Apr 7-Jun 23 1:00pm-3:00pm
554842 \$9.5/10 sess

Auditorium

Special Events

Repair Cafe

Repair Café brings together local repair volunteers with a knack for repairing. Society Promoting Environmental Conservation (SPEC) Repair Cafés allow community members to bring bicycles, computers/laptops, small appliances, clothing/textiles, and electronics to be diagnosed and repaired. Some items may not be repaired at the Café if replacement parts are needed.

Book an appointment for a FREE in person repair help on Trellis by visiting spec.bc.ca/waste/repair-cafe [spec.bc.ca].

One repair item per person. Registration opens May 19, 2025. Registration is through SPEC *only*, **not** ActiveNet.

Instructor: No Instructor

Sa Jun 21 9:30pm-1:30pm
556633 FREE/1 sess

West End Arena Dry Floor

Wildfire Safety In Your Community

Wildfire preparedness is crucial for everyone, whether you live in the city or in more rural areas. This 30-45 minute presentation will cover key aspects of wildfire safety, including understanding the home ignition zone, effective vegetation management, and familiarizing yourself with evacuation routes and available city services. We'll also discuss the importance of preparing a grab-and-go kit and general disaster preparedness. We'll address community concerns and answer your questions about the city's wildfire preparedness efforts and what steps individuals can take to protect themselves and their property.

Instructor: Christian Craig – Vancouver Fire Rescue Services

Sa Jun 7 2:00pm-3:00pm
558176 FREE/1 sess

Denman Room

Become an Instructor at West End/Coal Harbour Community Centre!

Share your passion and skills with our community! If you're interested in teaching a class or running a program, please fill out our Program Proposal Form at www.westendcc.ca/get-involved/propose-a-program.

West End Community Centre

Welcome to the West End Fitness Centre!

We are excited for our refreshed spaces and new equipment.

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

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



Fitness Centre Consultation

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

Squash & Racquetball Court

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

Steam Room

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

Spring Hours

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

Admission Fees

FlexiPasses

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

	Adult (19-64 yrs)	Youth (13-18 yrs) Senior (65+ yrs)
Drop-In	\$ 7.93	\$ 5.55
10 Visits	\$ 71.37	\$ 49.95
1 Month	\$ 64.15	\$44.91
3 Months	\$173.21	\$121.25
12 Months	\$554.26	\$387.98

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

Equipment

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

Racquetball/Squash

Single Booking (45 mins)

	Adult	Youth/Senior
Prime-time	\$ 18.86	\$ 13.20
Non-prime	\$ 13.47	\$9.43
*Single player	\$ 9.43	\$ 6.60

10-Court Strip

	With Flexi-Pass	Without Flexi-Pass
Prime-time	\$ 135.79	\$ 169.74
Non-prime	\$ 96.98	\$ 121.23

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

- Non-prime time is before 3:00pm weekdays
- Prime time starts at 3:00pm weekdays and all day weekends and holidays
- Racquets are available to rent with photo ID
- Racquet rentals are not available for the last scheduled court time of each day
- Squash balls are \$4.00
- * Single player rate for walk-on players only: no reservations.

Personal Training

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

	Private (1 person)	Semi-Private (2 people)	Small Group (3-4 people)
1 sess	\$ 65.98	\$ 98.93	\$138.78
3 sess	\$182.83	\$274.29	\$371.70
5 sess	\$294.07	\$452.85	\$545.18
10 sess	\$527.90	\$841.00	\$991.22

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



West End Community Centre

FITNESS CENTRE

Fitness Centre Programs

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Fitness For Older Adults 9:00-10:00am		Fitness for Older Adults 9:00-10:00am		Stretch 10:00-10:30am
	Active Joints 11:00am-12:00pm		Active Joints 11:00am-12:00pm		No Classes Apr 18, 21 & May 19
Posture Correction 4:30-5:00pm	Fitness for Youth 5:00-6:00pm		Fitness for Youth 5:00-6:00pm	Functional Strength 4:30-5:00pm	Program format is subject to change

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

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

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

Functional Strength

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

Posture Correction

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

Stretch

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

Active Joints

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

Apr 8-Jun 12 11:00am-12:00pm 554434
Fitness Centre

Small Group Personal Training

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

Cardio Core Performance

Enjoy the intimate coaching experience in a small group setting to build endurance and power using equipment like the spin bike and ski erg, as well as strengthening your core and flexibility for performance.

Apr 1-Apr 29 558558	12:00-1:00pm \$136.30/5sess
May 6-Jun 3 558566	12:00-1:00pm \$136.30/5sess

Fitness Centre

Fitness for Older Adults (55+ yrs) & Youth (13-18 yrs)

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

Fitness for Older Adults (55+ yrs)		
Apr 1-22	9:00am-10:00am	554439
May 6-27	9:00am-10:00am	554440
Jun 3-24	9:00am-10:00am	554443

Fitness Centre

Fitness for Youth (13-18 yrs)		
Apr 1-22	5:00pm-6:00pm	554447
May 6-27	5:00pm-6:00pm	554450
Jun 3-24	5:00pm-6:00pm	554453

Fitness Centre



Licensed Childcare

Out of School Care

Coal Harbour Kids Care (5-12 yrs)

Coal Harbour Kids Care provides Before & After school care for children in kindergarten through G7 from Lord Roberts Main Elementary School. Our experienced staff, holding licensed child care credentials, offer drop-off and pick-up services at the school. Children enjoy structured activities and free play at the Coal Harbour Community Centre, including a daily snack. We operate Monday to Friday from 7:30 am to 9:00 am and 3:00 pm to 6:00 pm, aligning with the school calendar. Monthly fees cover all-day care on Professional Development Days. Monthly fees do not cover Winter or Spring Break.

For more information please contact Licensed Childcare Manager Stacy at stacy.movchan@vancouver.ca.

2024/2025 program fees for Before & After Care:

Kindergarten: \$526/month

Grades 1 and up: \$426/month

\$50 non-refundable registration fee

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

Waitlist Activity#: 419545



Kinder Kids (3-5 yrs)

Coal Harbour Community Centre's licensed occasional care program for children from 3 to 5 years old, Coal Harbour Kinder Kids, operates Monday/ Wednesday/Friday from 9:30 am to 1:00 pm. Our experienced teachers are trained in early childhood education, providing a safe and nurturing environment where children can develop self-esteem, independence, responsibility, life skills, and friendships through a variety of fun and challenging activities in our stimulating classroom.

The program follows the public school system schedule from September to June. It is closed during winter/ spring breaks, seasonal/statutory holidays, and school professional development (Pro-D) days.

For more information please contact Licensed Childcare Manager Stacy at stacy.movchan@vancouver.ca.

2024/2025 program fees:

M/W/F 9:30am - 1:00pm: \$365/month

\$50 non-refundable registration fee.

Waitlist Activity#: 419545



Licensed Seaside Kinder Camp

This fun-filled, licensed program offers children a chance to socialize with friends while experiencing a variety of crafts, games, sports, science, and adventure activities. Join us for exciting outings, playing at new playgrounds, exploring different occupations, baking, swimming in pools, splashing in water parks, relaxing at beaches, and much more! Our experienced instructors are trained in early childhood education (0-12 years old care).

Age: All children must have completed Kindergarten and be born in 2019 to be eligible for the 5-6-year-old program. No exceptions will be made, as per School Age Care Licensing regulations.

Program fees after Child Care Fee Reduction:

Program Fees:

Week 1 #557819: Jun 30 - Jul 4	\$141.00	Week 4 #557825: July 21 - 25	\$177.00	Week 7 #557827: August 11 - 15	\$177.00
Week 2 #557821: July 7 - 11	\$177.00	Week 5 #557826: July 28 - August 1	\$177.00	Week 8 #557828: August 18 - 22	\$177.00
Week 3 #557824: July 14 - 18	\$177.00	Week 6 #557820: August 5 - 8	\$141.00	Week 9 #557830: August 25 - 29	\$177.00

Duration: The camp runs from 9:30 AM to 4:30 PM each day.

Waitlist Activity#: 419545



Coal Harbour Community Centre

EARLY YEARS

Early Years

Playtime

Baby Jellyfish Playtime

We have ride 'em toys, slides, play house, balls, and more. Parents are required to help set up and clean up the equipment each day. No session Apr 18, 21, May 19.

Monday	12:30 pm-2:00 pm
Tuesday	12:30 pm-2:00 pm
Wednesday	12:30 pm-2:00 pm
Thursday	12:30 pm-2:00 pm
Friday	12:30 pm-2:00 pm

Drop in: \$3.50
Activity Room

Jellyfish Playtime

We have ride 'em toys, slides, play house, balls, and more. Parents are required to help set up and clean up the equipment each day. No session Apr 18, 21, May 19.

Monday	9:30 am-11:00 am
Tuesday	12:30 pm-2:00 pm
Wednesday	9:30 am-11:00 am
Thursday	12:30 pm-2:00 pm
Friday	9:30 am-11:00 am

Drop in: \$3.50
Gymnasium/ Multipurpose Room

Education

Fun with Japanese! Eurythmics & Infant Massage (0-1yr)

Mari will demonstrate knowledge and skills in guiding parents of infant massages in full Japanese environment but you don't need to speak Japanese. We welcome any family who wish to join us. It's a great opportunity to share and learn from each other. My goals is creating a welcoming environment where families and their babies can take a break time and relax with peers. Parents will learn how to massage and improve early communication with your little one! Mari is a certified infant massages therapy with Little Kidz and Japanese Association of Baby and Child Care. She is also a yoga instructor who is registered with Yoga Alliance and Japanese Baby Eurythmics. Let's enjoy a relaxed, cozy time, and learning infant massages! Singing, eurythmics family yoga, and story time together to boost your family's communication and confidence.

Instructor: Mari Shiota

Set 1

Th Apr 3-Apr 24	10:00am-11:15am
554356	\$54/4 sess

Set 2

Th Jun 5-Jun 26	10:00am-11:15am
554357	\$54/4 sess

Activity Room

Fun with Japanese!

This class is designed to introduce Japanese culture and have fun 'Learning through play' with parents and new friends. Mari has a wealth of knowledge and energy with over 30 years teaching experience in Japan and Canada and brings many opportunities, include singing songs, dancing, Art and craft, games and much more. Your child will develop social skills with other children in full Japanese environment. Please bring a water bottle and snacks. No Drop-in. No session Apr 21, 28, 29, May 5, 6, 12, 13, 19, 20, 26, 27.

Instructor: Mari Shiota

(1-2yrs)

M Apr 7-Jun 30	10:00am-11:15am
554353	\$126/7 sess

(2.6-yrs)

Tu Apr 1-Jun 24	10:00am-11:15am
554355	\$144/8 sess

Activity Room

SPECIAL EVENTS



Easter Carnival

(2-7yrs)

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

Sat Apr 19
540876
Gymnasium

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

Coal Harbour Community Centre

EARLY YEARS

Music

Jump into Music

This one-of-a-kind music and movement program engages, educates, and entertains parents, guardians and children while on a musical journey through different styles and cultures. The research-based curriculum stimulates the whole brain and body via singing, dancing, drumming, parachuting, improvising, exploring instruments, jumping and playing. Our classes inspire creativity and build confidence in little ones six months to four years old. The instructor will provide everything needed for class. Siblings receive a 25% discount (but must register in person), and children under six months attend free with a registered sibling. Caregiver participation is required. Additional audio and video resources are available with registration. "Best part of our week!" For more info and reviews, visit www.jumpintomusic.ca. Drop-in \$22, space permitting (if full, two drop-ins available first come, first serve). No session Apr 18, 19, May 30, 31.

Instructor: Monica Lee

F Apr 11-Jun 20 554365	9:30am-10:20am \$180/9 sess
F Apr 11-Jun 20 554366	10:30am-11:20am \$180/9 sess
F Apr 11-Jun 20 554369	11:30am-12:20pm \$180/9 sess
Dance Studio	
Sa Apr 12-Jun 21 554394	9:30am-10:20am \$180/9 sess
Sa Apr 12-Jun 21 554395	10:30am-11:20am \$180/9 sess
Sa Apr 12-Jun 21 557601	11:30am-12:20pm \$180/9 sess
Activity Room	

Dance

My First Dance Class (2-4 yrs)

(+ a guardian in the room): An introduction to creative dance. Aspiring little dancers will use songs, movement explorations and games to explore coordination, rhythm, spatial awareness and cooperation. This class for the youngest of dancers to experience a playful class with the support of their parents being present. Drop-in \$14, space permitting. www.KirbySnellDance.com [kirbysnelldance.com]. No session Apr 19.

Instructor: Endorphin Rush Dance

Sa Apr 12-Jun 21 551019	9:30am-10:15am \$130/10 sess
Dance Studio	

Creative Ballet

Young ballerinas explore the fun and beauty of ballet while learning the basic techniques. They will love playing with their creative expression in this fun class. Children must be able to participate without a parent in the room. Drop-in \$14, space permitting. More information www.KirbySnellDance.com. No session Apr 19.

Instructor: Endorphin Rush Dance

(3-5yrs) Sa Apr 12-Jun 21 551024	10:20am-11:05am \$130/10 sess
(4-7yrs) Sa Apr 12-Jun 21 551058	1:20pm-2:05pm \$130/10 sess
Dance Studio	

Hip Hop Breakers (3-5yrs)

This non-stop action-packed class introduces hip hop, basic break dancing and dance games which will excite kids and have them grooving to the beats. Children must be able to participate without a parent in the room. Drop-in \$14, space permitting. For more info www.KirbySnellDance.com. No session Apr 19.

Instructor: Endorphin Rush Dance

Sa Apr 12-Jun 21 551028	11:10am-11:55am \$130/10 sess
Dance Studio	

Fitness & Health

Yoga Adventure: Move, Dance, Imagine **NEW!**

In this fun, interactive program, children explore the world of yoga through creative games, storytelling, and dance. Designed for ages 3-6, each session encourages movement, mindfulness, and imagination, helping kids build physical coordination, emotional awareness, and social skills. Through playful poses and rhythmic activities, young minds and bodies grow stronger, more confident, and connected to themselves and others. Perfect for fostering balance, creativity, and joy. Drop-in \$15, space permitting.

Instructor: Nousha Vahidi

W Apr 2-Jun 25 554380	11:00am-11:45am \$182/13 sess
Dance Studio	

Physical Recreation

Sportball Junior (16m-2yrs)

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

Instructor: Sportball Vancouver

Set 1 W Apr 2-May 7 550093	11:30am-12:15pm \$108/6 sess
Set 2 W May 14-Jun 18 550095	11:30am-12:15pm \$108/6 sess
Gymnasium	

Sportball P&T Multisport (3.5-5yrs)

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

Instructor: Sportball Vancouver

Set 1 W Apr 2-May 7 550097	12:15pm-1:00pm \$108/6 sess
Set 2 W May 14-Jun 18 550099	12:15pm-1:00pm \$108/6 sess
Gymnasium	

Tot Soccer (4-6yrs)

Your child will develop ball handling skills, coordination, a sense of team play, and will be introduced to the basic rules of the game. Children are advised to wear shin guards. No session Apr 21, May 19.

Instructor: Manto (Makoto) Nakamura

M Apr 7-Jun 30 547057	3:30pm-4:30pm \$132/11 sess
Th Apr 3-Jun 26 547067	3:30pm-4:30pm \$156/13 sess
Gymnasium - Coal Harbour	

Please register early!

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

Coal Harbour Community Centre

CHILDREN

Children

Dance

Jazz / Ballet Fusion (4-7 yrs) **NEW!**

Jump, skip and twirl! In this class children will learn a variety of ballet exercises as well as the basic fundamentals of jazz dance while developing their own creative expression. This is a closed class, however, in the final week of the session we invite parents to stay for a presentation of what we have been learning. Drop-in \$14, space permitting. More info: www.KirbySnellDance.com [kirbysnelldance.com]. No session Apr 19.

Instructor: Endorphin Rush Dance

Sa Apr 12-Jun 11 12:15pm-1:15pm
551060 \$130/10 sess
Dance Studio

Intro to Gymnastics (4-6yrs)

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

Instructor: Olympia Rhythmic Gymnastics

Su Apr 13-Jun 8 10:15am-11:00am
556641 \$162/9 sess
Dance Studio

Rhythmic Gymnastics (6-12yrs)

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

Instructor: Olympia Rhythmic Gymnastics

Su Apr 13-Jun 8 11:00am-12:00pm
556644 \$144/9 sess
Dance Studio

Asian Pop / KPOP / Jazz Funk / Hip Hop Dance (10-17 yrs) **NEW!**

You can be part of the exciting world of dance by possibly sampling Jazz Funk, Street and Korean Pop (KPOP) dance styles through cardio warm ups, strengthening, footwork, isolations, and stretches, and learn the importance of breathing. Embrace teamwork while supporting classmates, have fun, and rise to a new challenge! No previous experience required. Learned skills showcasing will be announced throughout the course. Dress: dry indoor shoes with non-marking soles preferred (especially during rain/snow season), comfortable sports / loose / baggy clothing & face covering (as needed). Bring your water bottle and sufficient nut free snacks to fuel your student for an energetic workout! Class curriculum will be different between same-subject sessions throughout the year; we welcome repeat students at our classes! FB/IG @illumastudio.

Instructor: ILLUMA Studio

(6-9yrs)
Su Apr 6-May 18 2:45pm-3:45pm
554769 \$112/7 sess

Su May 25-Jun 29 2:45pm-3:45pm
554777 \$96/6 sess

(10-17yrs)
Su Apr 6-May 18 3:45pm-4:45pm
554774 \$112/7 sess

Su May 25-Jun 29 3:45pm-4:45pm
554780 \$96/6 sess
Dance Studio

Creative

Artists & Architects (5-12yrs)

We are going to explore artists, architects and engineers around the world! Come, create and innovate while we learn about different art and architectures! Join us to spark your inner artist and planner! We will explore 2D techniques and 3D hands-on models that you can bring home at the end of the week! All supplies will be provided and students will be able to take their models home. No session Apr 21, May 19.

Instructor: Carolina Andrade

M Apr 7-Jun 16 4:50pm-5:50pm
556839 \$250/9 sess
Activity Room

Kids Textiles (5-12yrs)

Create and make your own textile product! You can create a frame, a cushion, a purse, etc. Use your creativity and create a final project to bring home by the end of the activity! We will explore textile techniques, materials and know the artists! All supplies will be provided and students will be able to take their products home. Children and youths will enjoy using their creativity! We are Small Creative Lab! No session Apr 22.

Instructor: Carolina Andrade

Tu Apr 8-Jun 10 5:00pm-6:00pm
556841 \$250/9 sess
Activity Room

Fun Colours - Oil Painting (6-14yrs)

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

Instructor: Kira Shulgina

Set 1
Su Apr 6-May 11 12:45pm-2:15pm
554994 \$120/6 sess

Th Apr 3-May 8 6:30pm-8:00pm
555002 \$120/6 sess

Set 2
Su May 18-Jun 29 12:45pm-2:15pm
554998 \$140/7 sess

Th May 15-Jun 26 6:30pm-8:00pm
555004 \$140/7 sess

Arts and Craft Room

Education

Spanish for Children (6-9yrs)

Hola amigos! Welcome to the Spanish language! This program offers a fun class in which children learn Spanish through stories, games and songs. Sorry no drop-ins. Please bring the following items to class: pencil, eraser, pencil crayons and a binder.

Instructor: Eliana Rolando

W Apr 9-Jun 25 3:30pm-5:00pm
552764 \$188/12 sess
Activity Room



Coal Harbour Community Centre

CHILDREN

Music

Piano - Alexandra

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

Instructor: Alexandra Cai

Th Apr 3-Jun 26 4:45pm-8:45pm
554755-554766 \$364/13 sess
Meeting Room

Piano - Ami

Have you ever wanted to learn to play piano? Maybe play a few songs? Maybe unlock that hidden ability inside of you? Come and join Ami for a private piano lesson! No matter what your current level is - beginner, intermediate or advanced, Ami will work with you to achieve your learning goals. Lessons cover a variety of practical skills such as technique, reading, rhythm, and theory. The classes will be taught using a diversified approach tailored to suit your individual needs. (Books are not included). No session Apr 19.

Instructor: Min(Ami) Xu

Set 1
Sa Apr 5-May 17 9:15am-4:30pm
551151-551183 \$168/6 sess

Set 2
Sa May 24-Jun 28 9:15am-4:30pm
551154-551201 \$168/6 sess
Meeting Room

Martial Arts

Aikido

Aikido is a peaceful form of Japanese Martial Arts. This class focuses on awareness and developing cooperation. Aikido Canada Ltd. Shohei Juku. No session Apr 18, May 23, 30.

Instructor: Shinobu Preston

(5-8.5yrs)
F Apr 4-Jun 20 3:45pm-4:45pm
554115 \$126/9 sess

(8.6-15yrs)
F Apr 4-Jun 20 5:00pm-6:00pm
554118 \$126/9 sess

Multipurpose Room

Karate

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

Instructor: Sensei Moe Rahmanyman

(5-10yrs)
W Apr 9-Jun 25 4:00pm-5:00pm
Sa Apr 12-Jun 28 2:30pm-3:30pm
553202 \$312/24 sess

(11+yrs)
W Apr 9-Jun 25 5:00pm-6:00pm
Sa Apr 12-Jun 28 3:30pm-4:30pm
553207 \$312/24 sess

Dance Studio

Olympic Style TaeKwonDo

"Tae", to strike with fist; "Kwon", to strike with foot; "Do", is the display of discipline, respect and the way of life. This course is designed for young participants at all levels to improve physical stamina, flexibility, coordination, and confidence through practice of the Korean martial art of Taekwondo. Master Kevin Kwan is a 5th dan black belt member of Korean Kukkiwon. Uniform and promotion test are optional and not included in the registration fee. Drop-in \$19, space permitting. No session Apr 27, May 4, 18.

Instructor: Kevin Kwan

(5-6yrs)
Su Apr 13-Jun 29 11:00am-12:00pm
551859 \$151.2/9 sess

(7-10yrs)
Su Apr 13-Jun 29 12:00pm-1:00pm
551867 \$151.2/9 sess

(11-15 yrs)
Su Apr 13-Jun 29 10:00am-11:00am
W Apr 16-Jun 25 5:00pm-6:00pm
551837 \$304.6/20 sess

(11-15 yrs)
Su Apr 13-Jun 29 10:00am-11:00am
551844 \$151.2/9 sess

Multipurpose Room

Physical Recreation

Just Real Ballers - Basketball

Just Real Ballers Basketball - Mini-Ballers FUNdamentals. Learn the basic knowledge of play, basic dribbling and movement with the ball, basic passing. We will be utilizing games/fun drills to incorporate team play. No session Apr 18.

Instructor: Just Real Ballers

(5-8yrs)
F Apr 11-Jun 20 3:30pm-4:30pm
554722 \$157.5/10 sess

(9-12yrs)
F Apr 11-Jun 20 4:45pm-6:00pm
554723 \$170/10 sess

Gymnasium

Soccer (7-12yrs)

Your child will develop ball handling skills, coordination, a sense of team play, and will be introduced to the basic rules of the game. Children are advised to wear shin guards. No session Apr 21, May 19.

Instructor: Manto (Makoto) Nakamura

M Apr 7-Jun 30 4:45pm-6:15pm
547066 \$165/11 sess

Th Apr 3-Jun 26 4:45pm-6:15pm
547069 \$195/13 sess

Gymnasium

Birthday Parties (2-7 yrs)

Have your birthday party at Coal Harbour. This birthday party package includes our Activity Room rental, an hour in the gymnasium and a birthday party leader. The Activity Room has beautiful views of the ocean, and we will provide you with tables and chairs, and basic decorations (balloons, streamers and table cloths in a colour of your choice). In the gymnasium enjoy our playtime or sports setup. The birthday party leader will help with setup and supervising the equipment.

Saturdays 1:30pm-3:30pm \$115/party
Sundays 11:30pm-1:30pm \$115/party
Activity Room/Gymnasium

Add Ons:

Additional \$150 for our soccer birthday party with coach Manto! Invite Manto, Coal Harbour's soccer instructor and certified coach to lead fun and exciting soccer games for your party.

Add on dependent on availability, please-give at least 2 weeks notice.



Coal Harbour Community Centre

SUMMER CAMPS

Summer Day Camps

Our energetic and responsible leaders will ensure your daycamp experience is a memorable one. We have created a camp program you won't want to miss! Each week will include cooperative games, sport and skill activities and out-trips. Each child should bring a backpack with a lunch, snack, sunscreen, jacket, and hat each day. Parents must complete a waiver form with medical information and attach a recent picture of their child by the first day of camp. Refunds for all day camps must be requested a minimum of 5 business days prior to the first day of camp each week. Business days are deemed Monday to Friday. \$5.00 refund administration fee per program. There is a late pick up fee of \$1 per minute. No camp Jul 1, Aug 4.

Day Camp Starfish (6-8yrs)

M W Th F Week 1 Jun 30-Jul 4	9:30am-3:30pm
548620	\$128/4 sess
M-F Jul 7-Jul 11	9:30am-3:30pm
548630	\$160/5 sess
M-F Jul 14-Jul 18	9:30am-3:30pm
548635	\$160/5 sess
M-F Jul 21-Jul 25	9:30am-3:30pm
548639	\$160/5 sess
M-F Jul 28-Aug 1	9:30am-3:30pm
548642	\$160/5 sess
Tu-F Aug 5-Aug 8	9:30am-3:30pm
548646	\$128/4 sess
M-F Aug 11-Aug 15	9:30am-3:30pm
548651	\$160/5 sess
M-F Aug 18-Aug 22	9:30am-3:30pm
548656	\$160/5 sess
M-F Aug 25-Aug 29	9:30am-3:30pm
548659	\$160/5 sess

Day Camp Stingray (9-12yrs)

M W Th F Week 1 Jun 30-Jul 4	9:30am-3:30pm
548663	\$128/4 sess
M-F Jul 7-Jul 11	9:30am-3:30pm
548667	\$160/5 sess
M-F Jul 14-Jul 18	9:30am-3:30pm
548670	\$160/5 sess
M-F Jul 21-Jul 25	9:30am-3:30pm
548671	\$160/5 sess
M-F Jul 28-Aug 1	9:30am-3:30pm
548673	\$160/5 sess
Tu-F Aug 5-Aug 8	9:30am-3:30pm
548675	\$128/4 sess
M-F Aug 11-Aug 15	9:30am-3:30pm
548677	\$160/5 sess
M-F Aug 18-Aug 22	9:30am-3:30pm
548682	\$160/5 sess
M-F Aug 25-Aug 29	9:30am-3:30pm
548684	\$160/5 sess

EFK Space Camp: Martian Engineering Expedition

Explore the wonders of Mars through the fascinating world of engineering, from mechanical marvels to aerospace wonders. Through hands-on challenges, students will learn about the technology and innovation required for human habitation on Mars while fostering collaboration, communication, and critical thinking skills. From designing spacecraft to creating sustainable habitats, they'll apply creativity, problem-solving, and EFK's Engineering Design process to tackle practical engineering problems inspired by NASA's groundbreaking missions. Get ready to build, create, and collaborate, as we empower the next generation of engineers to shape the future of space exploration!

Instructor: Engineering For Kids Vancouver

M-F Jul 14-Jul 18	9:00am-3:00pm
554384	\$420/5 sess

Activity Room

Before & After Care

After Care is only available to children registered in Starfish or Stingray Day Camp. Extra fee will be charged for late pick ups. No refunds after first day of camp each week.

Before Care

M W Th F Week 1 Jun 30-Jul 4	8:00am-9:30am
548618	\$32/4 sess
M-F Jul 7-Jul 11	8:00am-9:30am
548629	\$40/5 sess
M-F Jul 14-Jul 18	8:00am-9:30am
548634	\$40/5 sess
M-F Jul 21-Jul 25	8:00am-9:30am
548638	\$40/5 sess
M-F Jul 28-Aug 1	8:00am-9:30am
548641	\$40/5 sess
Tu-F Aug 5-Aug 8	8:00am-9:30am
548644	\$32/4 sess
M-F Aug 11-Aug 15	8:00am-9:30am
548649	\$40/5 sess
M-F Aug 18-Aug 22	8:00am-9:30am
548655	\$40/5 sess
M-F Aug 25-Aug 29	8:00am-9:30am
548658	\$40/5 sess

After Care

M W Th F Week 1 Jun 30-Jul 4	3:30pm-5:30pm
548623	\$40/4 sess
M-F Jul 7-Jul 11	3:30pm-5:30pm
548632	\$50/5 sess
M-F Jul 14-Jul 18	3:30pm-5:30pm
548637	\$50/5 sess
M-F Jul 21-Jul 25	3:30pm-5:30pm
548640	\$50/5 sess
M-F Jul 28-Aug 1	3:30pm-5:30pm
548643	\$50/5 sess
Tu-F Aug 5-Aug 8	3:30pm-5:30pm
548647	\$40/4 sess
M-F Aug 11-Aug 15	3:30pm-5:30pm
548653	\$50/5 sess
M-F Aug 18-Aug 22	3:30pm-5:30pm
548657	\$50/5 sess
M-F Aug 25-Aug 29	3:30pm-5:30pm
548660	\$50/5 sess

Multipurpose Room

EFK Camp: Build 'n' Bash

Discover how civil engineers build strong structures... and what it takes to make them break! In this week-long camp, students will design and construct structures and push them to their limits through thrilling experiments involving crushing, catapulting, collisions, and earthquakes. Experience the excitement of engineering as you design, build, and destroy what you've made, all guided by the EFK Engineering Design Process. Join us for a week of smashing innovation and engineering excitement!

Instructor: Engineering For Kids Vancouver

M-F Jul 28-Aug 1	9:00am-3:00pm
554383	\$420/5 sess

Activity Room

EFK: Esports League: Epic Arenas

Make it an EPIC Summer with Esports: Rocket League Edition from Engineering For Kids. In this camp, students will get the opportunity to play prototype arena layouts in the Rocket Labs mode with a virtual reality-inspired aesthetic. This gives players the ability to explore a variety of arenas. Students will also learn how everything in-game relates to the real-world through physics, aerodynamics, and more! Throughout the week, students will work in teams and compete against each other in a series of matches to progress to the final tournament. This camp is designed for new and experienced players.

Instructor: Engineering For Kids Vancouver

M-F Aug 11-Aug 15	9:00am-3:00pm
554388	\$420/5 sess

Activity Room

Day Camp Refund Policy:

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

More Day Camps at West End CC

See pages 10-12 ...

Coal Harbour Community Centre

SUMMER CAMPS

YOUTH

EFK: Master Machines Engineering

Gear up for exciting challenges in mechanical engineering! In this course, students will explore several of the mechanical forces that create movement in various machines. Students will work as mechanical engineers using EFK's Engineering Design Process to create thrilling hands-on projects that spin, cascade, launch, pivot, dig, and race. These projects will demonstrate fascinating concepts, such as hydraulics, friction, velocity, aerodynamics, acceleration, and mechanical advantage.

Instructor: Engineering For Kids Vancouver

M-F Aug 25-Aug 29 9:00am-3:00pm
554391 \$420/5 sess

Activity Room

Lego Stop Motion Animation (7-12 yrs)

Bring your Lego creations to life in this exciting stop-motion animation camp with Film Camp in a Box! Guided by master filmmakers, campers will explore every stage of animation from set design and scriptwriting to production and post-production. Working in small crews, participants will animate Lego characters and scenes, creating their own short film and trailer. Using tools like Canva and AI-powered soundtracks, they'll add music, sound effects, voiceovers, and special effects for a professional finish. The week wraps up with a red-carpet premiere on the final day, showcasing their animated masterpieces. Unleash your imagination and dive into the world of Lego animation!

Instructor: Film Camp In A Box

W-F Jul 2-Jul 4 9:00am-4:00pm
549609 \$210/3 sess

Tu-F Aug 5-Aug 8 9:00am-4:00pm
549614 \$280/4 sess

Activity Room

Please register early!

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

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

Sign-up even if the class is free!

Outdoor Tot Soccer Camp (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 and no cleats. Outdoor Program at Devonian Harbour Park.

Instructor: Manto (Makoto) Nakamura

W-F Jul 2-Jul 4 2:15pm-3:30pm
552598 \$36/3 sess

M-F Jul 7-Jul 11 2:15pm-3:30pm
552602 \$60/5 sess

M-F Jul 14-Jul 18 2:15pm-3:30pm
552603 \$60/5 sess

M-F Jul 21-Jul 25 2:15pm-3:30pm
552604 \$60/5 sess

Off Site - Devonian Park

Outdoor Soccer Camp (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 and no cleats. Outdoor Program at Devonian Harbour Park.

Instructor: Manto (Makoto) Nakamura

W-F Jul 2-Jul 4 3:45pm-5:45pm
552787 \$45/3 sess

M-F Jul 7-Jul 11 3:45pm-5:45pm
552788 \$75/5 sess

M-F Jul 14-Jul 18 3:45pm-5:45pm
552789 \$75/5 sess

M-F Jul 21-Jul 25 3:45pm-5:45pm
552790 \$75/5 sess

Off Site - Devonian Park

Youth

Teen Night- Grade 8-12

FREE program for youth in grades 8 -12 (ages 13-18). Come by and shoot hoops in the Gym, play board games upstairs or get creative with some art supplies. Open Gym has in/ out privileges. No session Apr 18.

Instructor: Non Instructional

F Apr 4-Jun 27 6:15pm-9:00pm
546784 FREE

Gymnasium

Teen Open Gym

FREE program for youth in grades 8 -12 (ages 12-18). Tuesday: Badminton/Volleyball Wednesday: Badminton/Basketball. Open Gym has in/ out privileges.

Instructor: Non Instructional

Tu/W Apr 1-Jun 24 3:30pm-5:00pm
546783 FREE

Gymnasium



Coal Harbour Community Centre

ADULT

Adult

Creative Arts

Art Inspiration with Oil Painting

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

Instructor: Kira Shulgina

Set 1

Su Apr 6-May 11 10:30am-12:30pm
555693 \$150/6 sess

Su Apr 6-May 11 2:30pm-4:30pm
555700 \$150/6 sess

Set 2

Su May 18-Jun 29 10:30am-12:30pm
555698 \$175/7 sess

Su May 18-Jun 29 2:30pm-4:30pm
555701 \$175/7 sess

Arts and Crafts Room



Mixed Media Art for Adventurers!

Making Art is not ONLY fun it's therapeutic, it frees the spirit and enlightens the soul! As a passionate Art Aficionado, Artist, Art collector, Adventurer and international Arts Educator of over 35 years, I'm excited about facilitating your exploration and expression of the beauty and power inspired by nature and your imagination, as seen through YOUR vision! Mixed Media Art is energizing, sculptural, transcending parameters, challenging traditional Art forms, exciting the senses and allows imagination and emotions to explode! I will help you discover, develop and define your personal artistic style, while practicing a range of creative processes and visual art making techniques and tricks, with fun individual and group activities, both inside our seaside, Coal Harbour Art studio, with its stunning sea and mountain views and by enjoyable visits to Art galleries, with an open mind and sense of joie de vivre! Mais Oui – we'll also learn and practice some French Art terms, too! The world of reality limits Art expression, but in the world of the imagination Art expression is magical and boundless! Hoping you'll join us in creating stellar Art together! Let's grow creatively and get lost in our love of the Art making journey!

Instructor: Janina Kulhay-Matsuda

Th Apr 17-Jun 12 6:30pm-8:30pm
556554 \$225/9 sess

Arts and Crafts Room

Origami

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

Instructor: Aiko Matsushiba

Su Apr 27-Apr 27 2:30pm-4:00pm
556500 \$17.3/1 sess

Su May 4-May 4 2:30pm-4:00pm
556502 \$17.3/1 sess

Su Jun 29-Jun 29 2:30pm-4:00pm
556503 \$17.3/1 sess

Activity Room

The Joy of Acrylic Painting

Learn a new way to express your creativity! In this unique oil painting in acrylic style course, the class will learn a step by step demonstration to paint a beautiful image each session using a new technique with oil paint. All individually packaged materials are included. Drop-in \$31.50, space permitting. No session May 19.

Instructor: Philip Tsang

M Apr 28-Jun 9 6:00pm-7:30pm
556561 \$180/6 sess

Meeting Room

The Joy of Drawing and Sketching

Learn and improve your drawing skill and technique such as still lifes, landscapes, animals, portraits and many more. The drawing demonstrations will be provided with a new subject in every session, and each time, the class will be fun and joyful to complete a beautiful drawing. All individually packaged drawing materials are included. Drop-in \$27.50, space permitting.

Instructor: Philip Tsang

W Apr 30-Jun 11 6:00pm-7:30pm
556562 \$182/7 sess

Activity Room

Watercolour Painting with Homa - Beginner and Intermediate

All levels welcome. In a friendly and relaxing atmosphere, Homa will show you fundamental methods of watercolor painting to build on. A variety of creative techniques will be shown. Color theory and composition will be discussed. Individual attention will be given to develop your creativity and personal expressions. Art supplies list is available at the front desk. No session Apr 18, May 16.

Instructor: Homa Eftekhari (Ghafarzadeh)

F Apr 11-Jun 27 2:00pm-5:00pm
556563 \$330/10 sess

Activity Room

Watercolour Painting with Homa - Upper Intermediate/Advanced

This course is for upper intermediate and advanced levels. The focus is on advanced composition and theory of color. Homa will help you to hone your individual voice in art, through creative and unusual approaches in watercolor painting. Various schools of thought in painting will be covered too. Art supplies list is available at the front desk. No session Apr 18, May 16.

Instructor: Homa Eftekhari (Ghafarzadeh)

F Apr 11-Jun 27 10:00am-1:00pm
556564 \$330/10 sess

Activity Room

What Makes Artists Tick!

This series of classes is ideal for critics, skeptics, those who can or can't draw, the reluctant, the art savvy, and the curious. Be in the know: develop a personal understanding of the maker's mind. Unlock the creative process to align with creativity? your creativity! Keywords: making, discovery, unexpected, beauty, joy, risks, strength, courage, fun, creativity, community, appreciation, understanding, yes. Materials supplied. No session Apr 21.

Instructor: Louise Philips

Set 1

M Apr 7-May 12 6:30pm-8:30pm
556566 \$180/5 sess

Set 2

M May 26-Jun 23 6:30pm-8:30pm
556567 \$180/5 sess

Arts and Crafts Room

World Art Day -

Draw and Then Write **NEW!**

DRAW AND THEN WRITE is a powerful tool for deepening creative practice - whether that's drawing, writing, or both. DRAW AND THEN WRITE shifts focus from creating a "finished" work of art to fostering an open, observant mindset. At the heart of the practice is the idea of "noticing what we notice," where drawing trains the eye to see and writing further illuminates the thoughts and reactions that surface. This approach transforms routine objects and experiences into avenues for profound awareness and connection, creating a dialog between what's seen and felt. By pairing visual and written reflection, makers uncover insights that might otherwise remain hidden, resulting in an alchemy of greater creativity, discovery, and personal growth. Drop-in \$16.50, space permitting.

Instructor: Louise Philips

M Apr 15 556946	10:00am-11:30am \$15/1 sess
M Apr 15 556954	2:00pm-3:30pm \$15/1 sess
Meeting Room	
M Apr 15 556955	6:00pm-8:30pm \$15/1 sess
Activity Room	

Dance

Ballroom Dance

Social Interaction, Poise, Confidence and Exercise are some of the benefits of Ballroom Dance. For new students this is a great opportunity to learn basic skills. Returning students will review basic skills developing more techniques and styling. Concentrating on 4 dances Foxtrot, Swing, Waltz and Rumba. Choreography available for Wedding Couples. Drop-ins \$20, space permitting.

Instructor: Linda Short

Tu Apr 8 556457	7:15pm-8:15pm Free Trial/1 sess
Tu Apr 15-Jun 17 556458	7:15pm-8:15pm \$180/10 sess
Dance Studio	

Ballroom Dance Social

For anyone who has had American style Ballroom Dance Classes! This is a great opportunity to meet new people, exercise and have fun while practicing your Ballroom Dancing! 20 minutes of class instruction is included. Drop-in \$15, space permitting. Dates are every 2 weeks: Apr 23, May 7, 21, Jun 4, 18.

Instructor: Linda Short

W Apr 23-Jun 18 556459	1:00pm-3:00pm \$60/5 sess
Multipurpose Room	

Latin Dance **NEW!**

International style of Latin dance, including Rumba, Cha cha, Samba, Jive and Paso Double, beginner level. To build skills, expand ability and learn dance variations, suitable for singles and pairs. No experience and partner required. Good for adult and senior as solo, couple, performance, competition and social dance purposes. Drop-ins \$20, space permitting. No session May 19.

Instructor: Raf Chen

M Apr 14 558306	8:15pm-9:15pm Free Trial/1 sess
W Apr 16 558307	8:15pm-9:15pm Free Trial/1 sess
M Apr 28-Jun 23 558304	8:15pm-9:15pm \$144/8 sess
W Apr 23-Jun 25 558305	8:15pm-9:15pm \$180/10 sess
Dance Studio	

Latin Cardio Dance **NEW!**

Latin dance movements that help people get a cardiovascular workout while increasing joy and happiness. It's suitable for beginners and experienced dancers alike. The movements are guided to rhythms like salsa, merengue, bachata, cumbia, and reggaeton. You can reduce stress and enjoy yourself to the fullest. Drop-in class is \$16, space permitting.

Instructor: Ana Andrea

M Apr 14-Jun 16 558309	9:45am-10:30am \$112/8 sess
W Apr 16-Jun 25 558310	9:45am-10:30am \$140/10 sess
Dance Studio	

Become an Instructor at West End/Coal Harbour Community Centre!

Share your passion and skills with our community! If you're interested in teaching a class or running a program, please fill out our Program Proposal Form at www.westendcc.ca/get-involved/propose-a-program.

Please register early!

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

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

Sign-up even if the class is free!

Language

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

Develop a linguistic understanding of Canadian English by participating in pronunciation, conversations, and interactive speaking tasks. Furthermore, the course will advance an understanding of cultural references related to studying, working and living in a Canadian context through authentic learning activities. Moreover, we will focus on advancing your goals and comprehension of English reading, writing, speaking and listening skills. Error corrections will be given. Drop-in \$21, space permitting. Instructor bio: "After completing a Bachelor of Arts and a Certificate in Spanish Language Proficiency at Simon Fraser University in 2011, Christina Glover completed her Teachers of English to Speakers of Other Languages (TESOL) diploma and received a "High Pass" in her coursework, and "Distinctions" in her practicum. Since then, she has enjoyed facilitating many others in not only satisfying their own English learning goals but also helping them adjust to Canadian lifestyles."

Instructor: Christina Glover

Tu Apr 8-Jun 10 556479	5:30pm-6:30pm \$217.3/10 sess
Meeting Room	

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

This course is designed to build the confidence of beginner to low-intermediate level students in order to progress into an upper-intermediate to advanced level. We will achieve this by increasing vocabulary and improving overall language skills in reading, writing, speaking, listening and pronunciation through varying learning activities. Furthermore, this course will improve an understanding of some cultural references related to Canada in a comfortable environment. Error corrections will be given. Drop-in \$21, space permitting. Instructor bio: "After completing a Bachelor of Arts and a Certificate in Spanish Language Proficiency at Simon Fraser University in 2011, Christina Glover completed her Teachers of English to Speakers of Other Languages (TESOL) diploma and received a "High Pass" in her coursework, and "Distinctions" in her practicum. Since then, she has enjoyed facilitating many others in not only satisfying their own English learning goals but also helping them adjust to Canadian lifestyles."

Instructor: Christina Glover

Tu Apr 8-Jun 10 556480	4:30pm-5:30pm \$217.3/10 sess
Meeting Room	

Coal Harbour Community Centre

ADULT

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 [japaneseforallpeople.com] No drop-in. No session May 19.

Instructor: Eri Ito

M Apr 28-Jun 30
556498

6:00pm-8:00pm
\$202/9 sess

Activity Room

Spanish - Adult Beginner I

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

Instructor: Eliana Rolando

W Apr 9-Jun 25
552765

5:30pm-7:00pm
\$186/12 sess

Meeting Room

Spanish - Adult Beginner II

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

Instructor: Eliana Rolando

W Apr 9-Jun 25
552766

7:00pm-8:30pm
\$186/12 sess

Meeting Room

Spanish - Adult Intermediate

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

Instructor: Eliana Rolando

W Apr 9-Jun 25
552767

8:30pm-10:00pm
\$186/12 sess

Meeting Room

Education & Workshops

Goat Milk n' Honey Soap Making

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

Instructor: Cheryl Theilade

Tu May 20
556621

6:30pm-9:00pm
\$52/1 sess

Arts and Crafts Room

Homemade Kombucha Brewing

Want to make your own Kombucha but don't know how? This joint Village Vancouver - West End Neighbourhood Food Network Urban Garden Club workshop with Eric Schwartz, we'll walk you through the key steps, answer your questions, and leave you prepared with basic knowledge and recipes you need to get your first successful batch of Kombucha brewing and tasting great. Plus, we'll provide handouts and online resources to support your learning.

Instructor: West End Food Network

M Apr 7
556631

6:30pm-8:00pm
\$20/1 sess

Activity Room

F Jun 20
556635

6:30pm-8:00pm
\$20/1 sess

Arts and Crafts Room

Introduction to Vertical Gardening

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

Instructor: West End Food Network

Tu May 6
556634

6:30pm-8:30pm
\$20/1 sess

Arts and Crafts Room

Fitness & Health

Body Fit

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

Instructor: Andrea Janotova

Tu Th Apr 8-Jun 26
556474

9:15am-10:15am
\$312/24 sess

Dance Studio



Bootcamp

Tired of your regular workout? Test your limits with our non-choreographed, full body training that will give you the results you want. Be prepared to sweat and as always work to your personal maximum. Test your agility, flexibility, strength and core. www.vancouverpt.com. Drop-in \$20, space permitting. No session Apr 21.

Instructor: Viviane Lopes

Set 1

M Apr 7-May 12
556475

7:00pm-8:00pm
\$90/5 sess

Set 2

M May 26-Jun 23
556476

7:00pm-8:00pm
\$90/5 sess

Dance Studio

Coal Harbour Community Centre

ADULT

Balanced Body Pilates (Level 1-2)

Join Shannon Smith, Certified Balanced Body Pilates Teacher and founder of Pilates & for an L1/L2 Pilates class. If you're new to Pilates, returning to a workout program or interested in honing the fundamentals of the Pilates practice, this beginner/intermediate class will help you develop a strong foundation and transform how you look, move and feel. All essential Pilates props and a mat will be provided but you're welcome to bring your own mat. Receive a free class discount if you register for Tue & Thurs sessions. \$15 drop-in, space permitting.

Instructor: Shannon Smith

Set 1	
Tu Apr 15-May 13 556751	12:00pm-1:00pm \$65/5 sess
W Apr 16-May 14 556772	6:15pm-7:15pm \$65/5 sess
Th Apr 17-May 15 556781	12:00pm-1:00pm \$65/5 sess

Set 2	
Tu May 20-Jun 24 556767	12:00pm-1:00pm \$78/6 sess
W May 21-Jun 25 556773	6:15pm-7:15pm \$78/6 sess
Th May 22-Jun 26 556783	12:00pm-1:00pm \$78/6 sess

Dance Studio

Balanced Body Pilates (Level 2-3)

Join Shannon Smith, Certified Balanced Body Pilates Teacher and founder of Pilates & for a L2/L3 Pilates class. If you have a strong grasp of the fundamental Pilates exercises and are ready to advance your practice, this intermediate/advanced class will keep you mentally engaged and challenged. All essential Pilates props and a mat will be provided but you're welcome to bring your own mat. Drop-in \$15 drop-in, space permitting.

Instructor: Shannon Smith

Set 1	
Tu Apr 15-May 13 558234	6:00pm-7:00pm \$65/5 sess

Set 2	
Tu May 20-Jun 24 558235	6:00pm-7:00pm \$78/6 sess

Dance Studio

Wellness Mini Retreats **NEW!**

Join Shannon Smith, Certified Wellbeing Ambassador, author of The Achievable Plan and Certified Balanced Body Pilates teacher for a 90 minute mini-retreat. The mini-retreat combines Pilates, guided visualization and planning for the next quarter so that you crush your goals. Discounted books will be available for purchase. Bring your mat, a note pad and pen and some magazines.

Instructor: Shannon Smith

Sa Apr 19 556801	3:00pm-4:30pm \$75/1 sess
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Sa Jun 28 556834	12:00pm-1:30pm \$75/1 sess
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Multipurpose Room

Barre Pilates

Barre Pilates class is the fusion of classical ballet inspired elegant, body-slimming moves and Pilates mat exercises designed to tighten your waist, lift your booty, strengthen your arms, and thin your thighs. This class helps you burn fat and create a lean, toned physique. Drop-ins \$16, space permitting. No session Apr 24.

Instructor: Alesya Bogaevskaya

Set 1	
Th Apr 3-May 15 556472	5:30pm-6:30pm \$78/6 sess

Set 2	
Th May 22-Jun 26 556473	5:30pm-6:30pm \$78/6 sess

Dance Studio



CALLANETICS

One of the original "barre" workouts, the unique CALLANETICS exercise method promotes deep muscle tone throughout the entire body increasing flexibility, strength and improving posture. Using a combination of mat work and ballet inspired leg work, precise positioning and tiny movements, CALLANETICS is a gentle yet challenging exercise class that tightens, tones and lifts muscles fast. You'll leave the class feeling great! Drop-in \$20.48, space permitting. No session Apr 21, May 19.

Instructor: Linda Shedden

M Apr 7-Jun 9 556478	5:30pm-6:30pm \$135.6/8 sess
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Dance Studio

Soundscapes (Sound Bath Experience)

Lie down into an immersive hour-long sound bath experience to allow the frequencies of various instruments to surround you. The session begins with a gentle check-in, establishing intentions that ground you in the present moment. Immerse yourself in the therapeutic power of sound, curated to foster a meditative state for deep relaxation and overall well-being. Please bring a blanket. Drop-in \$20, space permitting.

Instructor: Dalia Fernandez

W Apr 9-May 14 556555	7:45pm-8:45pm \$97.14/6 sess
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Multipurpose Room

Ageless Yoga

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

Instructor: Sandra Leigh

Set 1	
Tu Apr 8-May 13 556433	2:00pm-3:15pm \$75/6 sess

Th Apr 10-May 15 556454	9:30am-10:45am \$75/6 sess
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Set 2	
Tu May 20-Jun 24 556446	2:00pm-3:15pm \$75/6 sess

Th May 22-Jun 26 556455	9:30am-10:45am \$75/6 sess
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Dance Studio

Coal Harbour Community Centre

ADULT

Flow Yoga for All Levels **NEW!**

This class is designed for participants aged 18 to 99, combining breathwork and dynamic movement to build balance, strength, and mindfulness. It's suitable for all experience levels and aims to leave participants feeling refreshed and energized, with tools they can apply to reduce stress and enhance well-being in their daily lives. Drop-in \$16, space permitting.

Instructor: Maryam Dashti

Set 1

Tu Apr 22-May 20 6:15pm-7:30pm
558296 \$75/5 sess

Set 2

Tu May 27-Jun 24 6:15pm-7:30pm
558299 \$75/5 sess

Activity Room

Yoga4Stiff People - All Levels

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

Instructor: Yoga4Stiff People

Set 1

W Apr 2-May 14 6:30pm-7:30pm
556568 \$98/7 sess

Set 2

W May 21-Jun 25 6:30pm-7:30pm
556569 \$84/6 sess

Multipurpose Room

Zumba

ZUMBA® fuses Latin rhythms and easy to follow moves to create a dynamic workout system designed for everyone at any fitness level. Using fitness principles of interval and resistance training to maximize caloric output, fat burning, and total body toning. It combines Salsa, Cumbia, Merengue, and more giving you a feel-happy workout that is great for both the body and the mind. www.ZumbaVancouver.ca. Drop-in, \$14 space permitting. No session Apr 21, May 19.

Instructor: Zumba Vancouver

Set 1

M Apr 7-May 12 6:00pm-7:00pm
550277 \$62.5/5 sess

Th Apr 3-May 15 6:30pm-7:30pm
550283 \$87.5/7 sess

Multipurpose Room

Th Apr 3-May 15 10:30am-11:30am
550280 \$87.5/7 sess

Dance Studio

Set 2

M May 26-Jun 30 6:00pm-7:00pm
550278 \$75/6 sess

Th May 22-Jun 26 6:30pm-7:30pm
550284 \$75/6 sess

Multipurpose Room

Th May 22-Jun 26 10:30am-11:30am
550281 \$75/6 sess

Dance Studio



Zumba Toning

ZUMBA® fuses Latin rhythms and easy-to-follow moves to create a dynamic workout system designed for everyone at any fitness level. Using the fitness principles of interval and resistance training to maximize caloric output, fat burning, and total body toning. It combines salsa, cumbia, merengue, and more giving you a feel-happy workout that is great for both the body and the mind. www.ZumbaVancouver.ca. Drop-in \$14, space permitting. No session Apr 20.

Instructor: Zumba Vancouver

Set 1

Su Apr 6-May 11 1:15pm-2:15pm
550268 \$62.5/5 sess

Set 2

Su May 18-Jun 29 1:15pm-2:15pm
550269 \$87.5/7 sess

Multipurpose Room

Zumba Fitness Regular

Zumba Fitness is a high-energy, dance-based workout that combines Latin and international music with fun, easy-to-follow movements. It is a full-body cardio workout that feels more like a dance party than exercise! Designed for all fitness levels, Zumba helps improve endurance, coordination, and strength while boosting mood and energy. Whether you're re looking to burn calories, relieve stress, or simply have fun, Zumba is the perfect way to get fit while enjoying the rhythm of the music! Drop-in \$12.50.

Instructor: Mildred Laguerta

F Apr 11 5:30pm-6:30pm
556578 Free Trial/1 sess

F Apr 25-Jun 27 5:30pm-6:30pm
556580 \$110/10 sess

Dance Studio

* I am still working on detail on a couple of new fitness programs



Become an Instructor at West End/Coal Harbour Community Centre!

Share your passion and skills with our community! If you're interested in teaching a class or running a program, please fill out our Program Proposal Form at www.westendcc.ca/get-involved/propose-a-program.

Coal Harbour Community Centre

ADULT

Martial Arts

Axe Capoeira - Beginner Adults

Capoeira is one of the most inherently diverse martial arts that teaches creativity, music, self-expression, and strategic thinking as much a part of the core curriculum as physical training. Capoeira will introduce you to the fundamentals of the art form, will cover basic kicks, movements, and acrobatics, as well as teach you basic music skills and introduce to the history of capoeira. Drop-in \$20, space permitting. No session Apr 22.

Instructor: Yulia Terekh

Tu Apr 1-Apr 29	5:30pm-6:30pm
555257	\$60/4 sess
Tu May 6-May 27	5:30pm-6:30pm
555258	\$60/4 sess
Tu Jun 3-Jun 24	5:30pm-6:30pm
555259	\$60/4 sess

Multipurpose Room

Badminton Playing Format:

Four courts are provided for recreational doubles play with a rotating round robin play format, with two groups sitting out each game. No supervisors provided. Pairs are encouraged to switch partners in a new game. Half court single play is also allowed but please confirm with the other pair on the same court.

Shotokan Karate

Shotokan Karate classes led by 4th Dan Sensei Moe Rahmanyman, trained by the well renowned Sensei Okamoto and Sensei Okuyama of the JKA (Japanese Karate Association). Focusing on kata, self defense, fitness and personal development. Drop-in \$15, space permitting. No session Apr 21, May 19.

Instructor: Sensei Moe Rahmanyman

M Th Apr 10-Jun 30	7:15pm-8:15pm
553206	\$286/22 sess

Multipurpose Room

Waterfront Walkers

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

Sa Apr 5-Jun 28	9:30am-12:30pm
556565	\$0/13 sess

Off Site - English Bay Beach

Sports

Badminton

Smash and drive or just play badminton for fun! Scrimmage with different partners of varying skill levels in a fun and friendly atmosphere. Shuttles and racquets available. Non-instructional. Drop-in \$6.5, space permitting. No session Apr 19, 21.

M Apr 7-Jun 30	12:00pm-1:30pm
546995	\$60.5/11 sess
W Apr 2-Jun 25	8:00pm-9:45pm
547021	\$74.75/13 sess
Th Apr 3-Jun 26	12:00pm-1:30pm
547033	\$71.5/13 sess
Th Apr 3-Jun 26	6:30pm-7:45pm
547038	\$68.25/13 sess
Sa Apr 5-Jun 28	3:15pm-4:45pm
547083	\$69/12 sess
Su Apr 6-Jun 29	10:15am-11:15am
547086	\$52/13 sess

Gymnasium

Basketball

Enjoy some friendly, exciting recreational basketball. Non-instructional. Drop-in \$6.5, space permitting. No session Apr 18, 19, 21, May 19.

M Apr 7-Jun 30	6:30pm-7:45pm
547003	\$57.75/11 sess
Tu Apr 1-Jun 24	12:00pm-1:30pm
547007	\$71.5/13 sess
W Apr 2-Jun 25	6:00pm-7:45pm
547012	\$74.75/13 sess
F Apr 4-Jun 27	12:00pm-1:30pm
547075	\$66/12 sess
Sa Apr 5-Jun 28	10:00am-11:30am
547081	\$69/12 sess

Gymnasium

Indoor Soccer

All skill levels are welcome but please note that this is a recreational setting. Players are expected to follow the Code of Conduct; those not adhering to the outlined policies will be asked to leave. Non-instructional. Drop-in \$7, space permitting. No session Apr 21, May 19.

Instructor: David Madura

M Apr 7-Jun 30	8:00pm-9:45pm
547005	\$68.75/11 sess
Th Apr 3-Jun 26	8:00pm-9:45pm
547039	\$81.25/13 sess

Gymnasium

Private Table Tennis Lessons

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

Instructor: Yakiv Hrabarchuk

559105	\$57.14/85 sess
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Activity Room

Summer Smash Tennis: Adult Beginner (1.0)

Learn how to play tennis in a small group setting. This course provides an introduction to the game with an eventual progression to rally and play within the full court setting.

Instructor: Summer Smash Tennis

Set 1

Th Apr 10-Apr 24	9:15am-10:30am
556557	\$185/4 sess

Set 2

Th May 1-May 22	9:15am-10:30am
556558	\$175/4 sess

Set 3

Th May 29-Jun 19	9:15am-10:30am
558286	\$175/4 sess

Gymnasium

Summer Smash Tennis: Adult Beginner + (1.5)

Continue developing fundamental skills in a small group setting. This course builds on technique and strategy from Adult Beginner in order to become more confident rallying and playing with serve within the full court setting. Students should repeat this course until they can confidently rally from the baseline with forehand and backhand.

Instructor: Summer Smash Tennis

Set 1

Th Apr 10-Apr 24	10:30am-11:45am
556559	\$185/4 sess

Set 2

Th May 1-May 22	10:30am-11:45am
556560	\$175/4 sess

Set 3

Th May 29-Jun 19	10:30am-11:45am
558287	\$175/4 sess

Gymnasium

Table Tennis - Recreational Drop-In

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

Tu Apr 1-Jun 24	7:30pm-9:30pm
548478	\$68.25/13 sess

Multipurpose Room

Table Tennis Drop-In

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

\$3.75/person

Coal Harbour Community Centre

ADULT

Pickleball

Pickleball

Get active playing this exciting and popular sport. Pickleball is an easy to learn game played on a badminton court with a lowered net, a whiffle ball and large hand held paddles. It is great for all skills and ability levels. Drop-in \$6.5, space permitting.

Tu Apr 1-Jun 24 1:45pm-3:15pm
547009 \$71.5/13 sess

Th Apr 3-Jun 26 1:45pm-3:15pm
547037 \$71.5/13 sess

Gymnasium

Pickleball Playing Format:

Four courts are provided for doubles play with a rotating Gold/Silver format, with two groups sitting out each game. No supervisor provided. Registered players can begin warm up once the court is setup and pair/court are chosen by first come, first serve basis. Winning pairs of each game write their names in the Gold bracket on the board to play against others in the bracket; Defeated pairs of each game write their names in the Silver bracket to play against others in the bracket. Pairs are encouraged to switch partners in a new game.

Pickleball - 3.0+ **NEW!**

Get active playing this exciting and popular sport. This program is for intermediate to advanced players, level 3.0 & higher. Players must have good skills and knowledge of the game, and a self assessment can be provided to ensure skill level is met. Drop-in \$6.5, space permitting. * This is a trial program and may revert back to Pickleball all levels.

Su Apr 6-Jun 29 1:15pm-2:45pm
547089

\$74.75/13 sess

Gymnasium

Pickleball Lesson - Learn to Play

Come and learn this fun, exciting and social game everyone is talking about. Pickleball combines elements of Badminton, Tennis and Table Tennis. This class is for the beginner that are new or have played a few times. Your certified Pickleball instructor will teach you the basic technique, rules, to keep score, court positioning and more. Any questions if this is the right class for you contactruthjohnson69@gmail.com. Drop-in \$25, space permitting. No session Apr 21.

Instructor: Ruth Johnson

M Apr 7-May 12 1:45pm-3:15pm
556505 \$125/5 sess

Gymnasium

Pickleball Lesson - Advanced Beg/Learner 1 (Level 2.0-2.4)

This class is for anyone that has taken the "Learn to play" and NOT FOR NEW PLAYER, you will need to know the basics. We will focus on drills that work on dinking, volleys, 3rd shot drops and drives, proper footwork and more. Balance between drills and game play 60 minutes drills including warm-up finishing with 30 minutes of play time. Any questions if this is the right class for you contactruthjohnson69@gmail.com. Drop-in \$25, space permitting.

Instructor: Ruth Johnson

M May 26-Jun 30 1:45pm-3:15pm
556507 \$150/6 sess

Gymnasium

Pickleball - Advanced Beginner/ Learner 2 (Level 2.5-3.0)

This class is for anyone that has taken the Level 1 class and can successfully demonstrate all the skills as described in www.vancouverpickleball.ca. go to to menu and click Skill Levels. We will focus on drills that further enhances your consistency and confidence in dinking, volleys, 3rd shot drops and drives, overhead smashes, movement with your partner, foot work and more. Balance between drills and games will be 50/50. Drop-in \$30, space permitting.

Instructor: Ruth Johnson

Set 1

Tu Apr 1-May 13 9:30am-11:30am
556511 \$175/7 sess

Set 2

Tu May 20-Jun 24 9:30am-11:30am
556512 \$150/6 sess

Gymnasium

Pickleball - Level 3 Intermediate (Level 3.0+)

This Session is for the intermediate player. Level 3.5+ who can successfully demonstrate all the skills as. Described in www.vancouverpickleball.ca go to menu and click on Skill Levels. Every week a different skill will be drilled for 30 minutes. Topics are chosen according to the need of the class. After Drill time is game time to put everything into practice. Constructive feedback and strategies will be given during/ after each game. This is a competitive development session. Any questions if this is the right class for you contactruthjohnson69@gmail.com. Drop-in \$30, space permitting.

Instructor: Ruth Johnson

Set 1

W Apr 2-May 14 1:15pm-3:15pm
556513 \$175/7 sess

Set 2

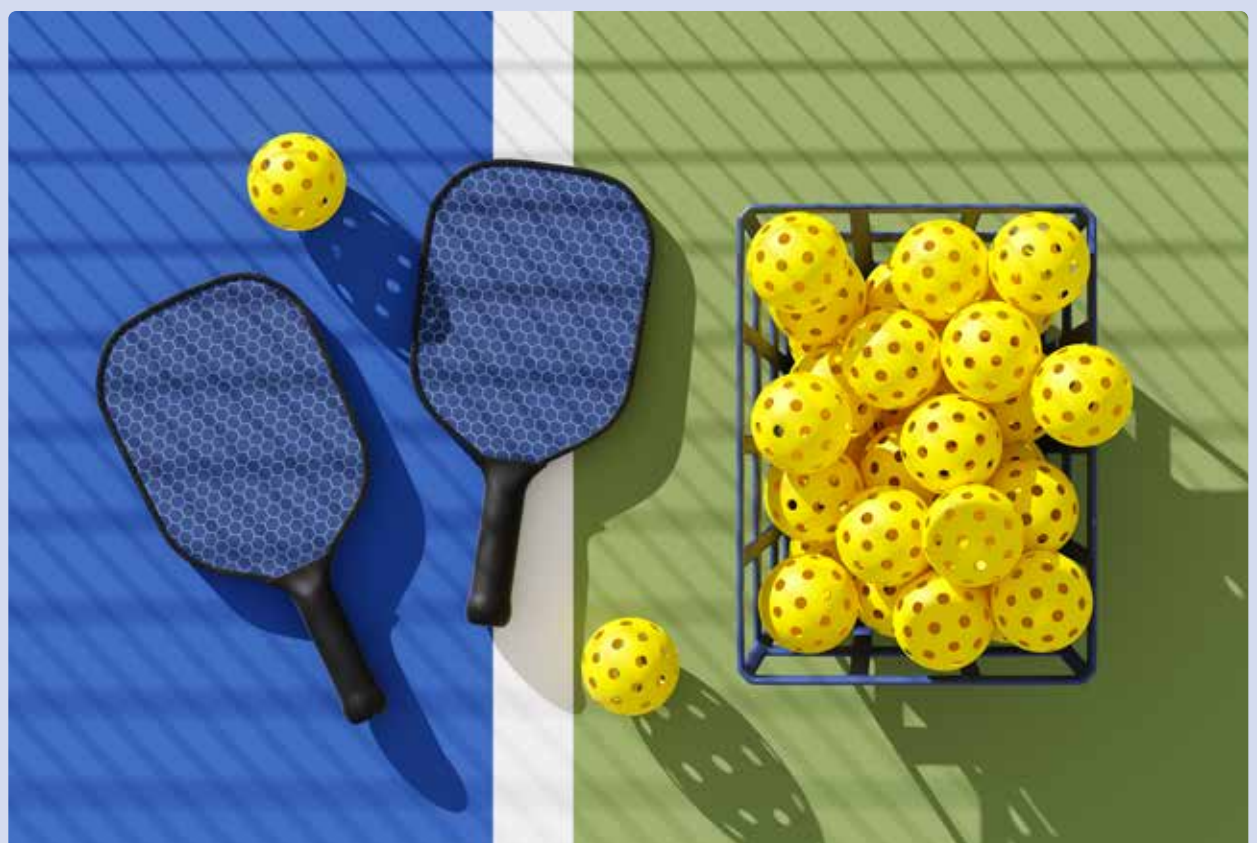
W May 21-Jun 25 1:15pm-3:15pm
556514 \$150/6 sess

Gymnasium

Pickleball Court Rental

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

F Apr 4-Jun 27 1:45pm-3:15pm
Gymnasium \$28.57/1 sess



Volleyball



Volleyball - Recreational

Recreational players should have some basic knowledge of volleyball which includes three contacts per side and rotating after points are scored. Players skills are still at the beginner level and players should not register for higher levels of volleyball until knowledge and skill level proficiency have improved to a consistent level. Drop-in \$7, space permitting. No session Apr 19.

Supervisor: Gabriel Chan

Sa Apr 5-Jun 28 12:00pm-1:30pm
547082 \$75/12 sess
Gymnasium

Volleyball - Recreational Plus

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

Supervisor: Gaspal Douo

Tu Apr 1-Jun 24 6:00pm-7:45pm
547042 \$81.25/13 sess
Gymnasium - 2/3

Volleyball - Advanced

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

Supervisor: Gaspal Douo

Tu Apr 1-Jun 24 8:00pm-9:45pm
547045 \$81.25/13 sess
Gymnasium

Volleyball Skills & Training Clinic (19+ yrs)

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

Instructor: Volleyball BC

Set 1

Su Apr 6-May 18 3:00pm-4:30pm
554410 \$140/7 sess

Set 2

Su May 25-Jun 29 3:00pm-4:30pm
554411 \$120/6 sess
Gymnasium

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

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

Instructor: Volleyball BC

Set 1

Tu Apr 1-May 13 6:00pm-7:30pm
554407 \$140/7 sess

Set 2

Tu May 20-Jun 24 6:00pm-7:30pm
554408 \$120/6 sess
Gymnasium - 1/3

Adult Sports Participants

Registration Information:

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

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

Drop-In Procedures:

- First priority is for registered participants, and there will be NO GUARANTEED SPOTS HELD FOR DROP-INS. Registered participants have up to five minutes after the program start time to show up and check-in at the front desk. At 5 minutes into the respective program time all no-show or late spots will be sold to drop-ins.

- At 9:15am the day of the program, you may call 604.718.8222 to put your name and ONE other person's name on the drop-in list. Exception is Sunday morning badminton where call in commences day prior (Saturday) at 9:15am. Five minutes into the program start time, staff will announce the names from the drop-in waitlist if there are any open spots remaining. Individuals on the drop-in list must be present when their name is called to take the open space.

Drop-In Information:

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

Drop-In Rate: \$6/person.

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

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

Coal Harbour Community Centre

Spring 2025 Gymnasium Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30-11:00am Jellyfish Playtime	9:15-11:15am Pickleball-Adv/Beg Learner II	9:30-11:00am Jellyfish Playtime	9:15-10:30am Smash Tennis Adult Beg (1.0) 10:30-11:45am Adult Beg+ (1.5)	9:30-11:00am Jellyfish Playtime	10:00-11:30am Basketball	10:15-11:15am Badminton
12:00-1:30pm Badminton	12:00-1:30pm Basketball	11:30-12:15pm Sportball Junior (16m-2yrs)	12:00-1:30pm Badminton	12:00-1:30pm Basketball	12:00-1:30pm Recreational Volleyball	11:45-12:45pm Birthday Parties
1:30-3:30pm Pickleball - Learn to Play Lessons	1:45-3:15pm Pickleball	12:15-1:00pm P&T Multisport (2-3yrs)	1:45-3:15pm Pickleball	1:45-3:15pm Pickleball	1:45-2:45pm Birthday Parties	1:15-2:45pm Pickleball - 3.0+
3:30-4:30pm Tot Soccer (4-6yrs)	3:30-5:00pm Teen Open Gym	1:30-3:30pm Pickleball - Level 1 Beg/Learner	3:30-4:30pm Tot Soccer (4-6yrs)	3:30-4:30pm Just Real Ballers Basketball (6-8yrs)	3:15-4:45pm Badminton	3:00-4:30pm Volleyball Skills & Training Clinic
4:45-6:15pm Soccer (7-12yrs)		3:30-5:00pm Teen Open Gym	4:45-6:15pm Soccer (7-12yrs)	4:45-6:00pm Just Real Ballers Basketball (9-12yrs)	Principles for Sport, Code of Conduct: Go For It, Play Fair, Respect Others, Keep It Fun, Stay Healthy, Include Everyone, Give Back. <input type="checkbox"/> Children Programs <input type="checkbox"/> Adult Programs (19yrs+)	
6:30-7:45pm Basketball	6:00-7:45pm Volleyball - Recreational Plus & Int/Adv Skills Clinic	6:00-7:45pm Basketball	6:30-7:45pm Badminton	6:15-9:00pm Youth Programs		
8:00-9:45pm Indoor Soccer	8:00-9:45pm Volleyball - Advanced	8:00-9:45pm Badminton	8:00-9:45pm Indoor Soccer			

Room Rentals

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

Coal Harbour Community Centre Room Rates

Rooms	Non-Profit	Private	Commercial
Gymnasium	\$50/hr	\$95/hr	\$150/hr
Multipurpose Room	\$50/hr	\$100/hr	\$130/hr
Activity Room	\$25/hr	\$55/hr	\$70/hr
Meeting Room	\$20/hr	\$45/hr	\$55/hr

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

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

Or scan

