

performing arts yoga pilates ice skating fitness centre whirlpool sauna  
computer training workshops social recreation youth programs out-trips music lessons learn a language  
education development dog obedience creative arts martial arts community kitchens cooking gardening  
gymnastics preschool programs seniors' programs dancing theatre singing

# Kitsilano Community Centre

## Winter 2012 Recreation Guide

[kitscc.com](http://kitscc.com)



**KITSILANO  
COMMUNITY  
CENTRE**



**REACH FOR YOUR FITNESS GOALS**  
Pilates & Yoga - pages 14&15



**BOUNCE INTO PARENT & TOT GYM** - page 3

**Fulfill your  
New Year's  
Resolutions NOW!  
...at Kits CC**

**2690 Larch Street, Vancouver, B.C. V6K 4K9**  
**Phone: 604.257.6976 Fax: 604.257.6996**

Jointly Operated by Vancouver Board of Parks and Recreation and Kitsilano Community Centre Association



# KITSILANO WAR MEMORIAL COMMUNITY CENTRE

2690 Larch Street, Vancouver, B.C., V6K 4K9 Phone 604-257-6976 Fax 604-257-6996 Web www.kitscc.com

Jointly Operated by Vancouver Board of Parks and Recreation and Kitsilano War Memorial Community Centre Association

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## Our Staff

Community Recreation Supervisor..... Doug Taylor  
 Recreation Programmers  
 • Adult & Seniors ..... Cathy Almaas  
 • Fitness Centre & Rink..... Steve Tautscher  
 • Preschool, Children & Youth ..... Celia DeLuca  
 Recreation Facility Clerk .....Acting: Ellen Dacamara  
 RPT Fitness Attendant..... Elaine Leong  
 RPT Cashier..... Emily Schultz  
 Cashiers ..... Patti Manning, Jamie Bal, Helena Chan,  
 ..... Shelley MacDonald, Joanne Carman, Sam Wilson,  
 Program Assistants..... Jay Black, Nicole Bird, Randy Chan,  
 ..... Nicolle Koeppel, Noah Ohara,  
 ..... Kyle Ouellette, Joe Walters, Luke Vasak  
 Program Assistant III..... Jo Grave  
 Facility Engineer..... Alfredo Labrador  
 Building Service Workers..... Dante Andres, Gauvain Gonzales,  
 Maintenance Lead Hands..... Peter Evans, Achilles Porras,

## Board Members

President ..... Robert Haines  
 Vice President ..... Peter Quevillon, Dianne Sankey  
 Treasurer ..... Arlene Brown  
 Secretary ..... Alfred Lerry  
 Members At Large: Stephen Cooke, Martha Eld, Jerry Fast, Lisa Duthie, Sue Ann Sargent, Meredith Severin, Shirley Teather, Nona Thompson, Rosalba Tuttle, Pamela MacDonald, Troy G. Taylor, Alexandre Man-Bourdon, Charissa Tehrani, Skip Everall  
 Honorary Life Members: Peg Hillman, Bea Leinbach, Dorothea Rogers

## Program Policies

### Refund Policy

Cancelled programs are 100% refunded.

Requests for refund must be received:

- 48 hours prior to the third class for prorated refund.
- 48 hours notice for workshops and outdoor programs.
- 7 days for Camps, Luncheons, Family Toy and Clothing sales and bus trips.
- Refunds are subject to a \$5 administration fee.

### Subsidized Programs

Discounts are available on some programs at time of registration provided you meet the criteria and have proper identification. Youth and students may receive 25% discount on adult programs. Seniors over 60 may receive a 30% discount on adult programs. Leisure Access Card holders may receive a 50% discount on select programs. Application forms for the Leisure Access Card program are available at: [www.vancouver.ca/parks/rec/lac/index.htm](http://www.vancouver.ca/parks/rec/lac/index.htm)

All programs subject to change.

## Hours Of Operation

January 1-March 31, 2012

**Monday-Friday . . . . . 7:45 am - 11:00 pm**  
**Saturday . . . . . 8:45 am - 5:00 pm**  
**Sunday . . . . . 8:45 am - 10:00 pm**

NOTE: the office closes 1/2 hour before the Centre.

Fitness Centre Hours see page 19.

### Personal Information Protection

In the course of providing programs and services, the Kitsilano War Memorial Community Centre Association collects personal information of members and others participating in classes, workshops, projects, events, or facility rentals. This information may be used for communication purposes regarding current or upcoming events, processing payments, statistical or human resource purposes, or for the provision of programs or services. For information on our privacy policies and practices or to contact our Privacy Officer or the Front Desk, please call: 604-257-6976.

## Program Registration

### ONLINE REGISTRATION

**Wednesday, November 30 at 9:00am**

To register online go to [www.kitscc.com](http://www.kitscc.com) or [www.vancouverparks.ca](http://www.vancouverparks.ca)

To set up your online account or to reset your password, please call 604-257-6976.

### IN PERSON / PHONE REGISTRATION

**Saturday, December 3 at 9:00am**

### SENIOR'S REGISTRATION

**Monday, November 28 at 9:00am**

In person only for senior's programs only

### ICE SKATING REGISTRATION

Online: **Monday, December 19 at 9:00am**

In-Person/Phone: **Thursday, December 22 at 9:00am**

# December Programs



See [kitscc.com](http://kitscc.com) for course details



### Ballet Holiday Dancers (3-4 yrs)

Instructor: Kirby Snell, [kirbysneldance.com](http://kirbysneldance.com)

Wed		10:15am-11:30am
Dec 7-Dec 21	\$35/3 sess	11611.404KT

### Holiday Magic Together (1.5-3 yrs)

Instructor: Nadia LaFortune

Fri		9:30am-10:15am
Dec 2-Dec 16	\$25/3 sess	12807.403KT
Fri		10:30am-11:15am
Dec 2-Dec 16	\$25/3 sess	12807.404KT

### Busy Little Elves (2-3 yrs)

Instructor: Nadia LaFortune

Fri		11:30am-12:15am
Dec 2-Dec 16	\$25/3 sess	12809.402KT

### Acrobatic Dance Camp (3-5 yrs)

Instructor: Kirby Snell

Mo Tu We Th Fr		1:45pm-2:30pm
Dec 19-Dec 23	\$39/5 sess	11608.401KT

### Merry Music with Marnie Camp

#### Babies 3-18 mos

This is a parent participation class and for Babies only.

T W Th		12:00pm-12:30pm
Dec 13-15	\$38/3 sess	11030.411KT

#### Toddler 18 mos-3yrs

A parent participation class and for registered Toddlers only.

T W Th		11:00am-11:45am
Dec 13-15	\$44/3 sess	11030.412KT

#### Sibling 3 mos-5 yrs

This is a sibling class for a minimum of 2 children. Please register children separately.

T W Th		10:00am-10:45am
Dec 13-15	\$41/child/3 sess	11030.420KT

### Suntastics Winter Camp (3-5 yrs)

Instructor: Nadia LaFortune

Mo Tu We Th Fr		9:30am-11:30am
Dec 19-Dec 23	\$69/5 sess	15616.501KT
Dec 26-Dec 30	\$69/5 sess	15616.504KT
Mo Tu We Th Fr		1:00am-3:00am
Dec 19-Dec 23	\$69/5 sess	15616.503KT
Dec 26-Dec 30	\$69/5 sess	15616.505KT

Inbetween care is available as a bridge between the morning and afternoon Suntastics Adventure camps. \$50/wk or \$15 per day per child. Check details at [kitscc.com](http://kitscc.com).

### Kicks for Kids Winter Camp (6-12 yrs)

Mo Tu We Th Fr		8:30am-3:30pm
Dec 19-Dec 23	\$140/5 sess	25606.550KT
Dec 27-Dec 30	\$111/4 sess	25606.551KT

**After Camp Care (#25606.550-551KT)** also available until spaces fill, 3:30am-6:00pm \$55/5 sess; \$44/4 sess

### Gymnastics Camp (3-9 yrs)

Instructor: Melissa Maisani

Tu We Th Fr		
<b>3-5 yrs</b>		2:05 pm-3:05 pm
Dec 20-Dec 23	\$42/4 sess	13000.403KT
<b>6-9 yrs</b>		12:30pm- 2:00 pm
Dec 20-Dec 23	\$62/4 sess	23000.401KT

### Floor Hockey Jam Sessions (5-10 yrs)

See p 24 for description.

Instructor: Faez Kanji

<b>5-6 yrs</b>	10:00am-11:00am	23013.401KT
<b>7-10 yrs</b>	11:00am-12:00pm	23013.402KT
Tu We Thu	Dec 20-22	\$26/3 sess

### Basketball Camp (9-14 yrs)

See p 24 for description.

Instructor: Vancouver Eagles

<b>9-11 yrs</b>	12:15pm-1:45 pm	23299.401KT
<b>12-14 yrs</b>	1:45 pm- 3:15 pm	23299.402KT
Tu We Thu Fr	Dec 27-30	\$48/4 sess



# preschool & children

## Creative Arts

### Time Together (1.5-3 yrs)

Parents, with their children, will enjoy participating in a variety of activities that are fun and age appropriate. Activities include: painting, play dough, craft projects and free play. Each session will end with circle time which includes a story and sing along. Drop in \$8.

*Instructor: Nadia Lafortune*

Fri		9:30am-10:15am	
Jan 13-Mar 9	\$65/9 sess	12807.101KT	
Fri		10:30am-11:15am	
Jan 13-Mar 9	\$65/9 sess	12807.102KT	

### On My Own (2-3 yrs)

This is an excellent sampler for children getting ready to enter preschool in the fall. Participate in messy art projects, sing songs, play with play dough and meet new friends. Drop in \$8.

*Instructor: Nadia Lafortune*

Fri		11:30am-12:30pm	
Jan 13-Mar 9	\$67/9 sess	12809.101KT	

### By Myself with Ann (2.5-3 yrs)

Parents, go for a work out while your little one taps into their imagination and creativity by experimenting with colour, shape, pattern, texture, mark-making and collage. Children will work with a variety of wet and dry media including watercolors, finger paint, oil and chalk pastels and some 3D materials. Drop in \$8 if space.

*Instructor: Ann Lin*

Tue		12:30pm-1:30pm	
Jan 10-Mar 6	\$65/9 sess	12804.101KT	



### Art Expression for Kids (3-5 yrs)

A fun and encouraging class that helps your child develop confidence in art making! Children learn about line, shape, colour and pattern by exploring a variety of engaging themes and their own imaginations. Bring a shirt that can get messy and a healthy snack! Parents, this might be a great time to enjoy a work out or walk in the park.

*Instructor: Ann Lin*

Tue		1:45pm-3:15pm	
Jan 10-Mar 6	\$83/9 sess	12805.100KT	

### Nature Art (3-5 yrs)

We will use nature to explore art & imagination. Children are given an item to look out for and collect during the week (leaves, shells, rocks etc) which they bring to class and incorporate into their creative exploration. In this way, children learn to view their surroundings in a creative manner and become familiar with using renewable resources. Remember to dress for the class and the weather. Drop in \$8 if space.

*Instructor: Ann Lin*

Mon		3:30pm-4:30pm	
Jan 9-Mar 5	\$65/9 sess	12805.101KT	

### Drawing and Painting

Discover artists from all over the world! From Leonardo Da Vinci to Pablo Picasso, from Renaissance to Abstract Expressionism, let's make learning and creating FUN-tastic! Create artwork using pencil, charcoal, paint and so much more! Basic supplies included.

*Instructor: Ann Lin*

### 5-8 yrs

Tue		3:30pm-4:30pm	
Jan 10-Mar 6	\$89/9 sess	22809.102KT	

### 9-12 yrs

Mon		4:30pm-5:45pm	
Jan 9-Mar 5	\$96/9 sess	22809.101KT	

### Cartooning & Animation (8-12 yrs)

For young animators who are keen to learn Disney's way of hand drawing in sequences, from animated movies such as Mickey, The Simpsons, Bolt, Up, etc. Creating your very own characters and seeing them brought to life through digital and HD film. Computer "Live animation" is the newest part in this program. Professional touch for completing the production is made in the Studio. Award-winning animators, Nadia and Theo, will direct you in your beginning steps of your animation dream \$20 for a take home DVD is extra.

*Instructor: AVC Communications*

Mon		4:30pm-6:30pm	
Jan 16-Mar 5	\$101/8 sess	22825.101KT	

### Beaded Ornaments - 3D Animals

Please see page 9

## Sports

### Parent and Tot Gym (0-5 yrs)

Join in this playtime created especially for families. Toddlers will explore various climbing apparatus, sports equipment and other toys; a great way to stimulate the mental and physical growth and development. Clean up will start 10 minutes prior to the end and requires parent participation. Drop in \$3 per child and \$2 for additional child in the same family, 10 visit pass may be purchased for \$27 for one child \$40 for two siblings. Pass may be used at any Kitsilano parent and tot gym sessions.

*Instructor: Chloe Kidd*

Tue, Wed, Thu		10:30am-12:00pm	
Jan 10-Mar 10			
Sat		10:30am-11:30am	
Jan 14-Mar 9			

### Gymnastics (3-5 yrs)

This program is designed to introduce equipment and basic skills of gymnastics in a fun, positive and safe environment. Your child will develop his/her motor skills, body awareness, co-ordination and personal confidence while exploring balances, rolls, jumps and inverted skills.

*Instructor: Melissa Maisani, Chloe Kidd*

Tue		9:30am-10:15am	
Jan 10-Mar 6	\$74/9 sess	13000.101KT	
Sat		12:30pm-1:15pm	
Jan 14-Mar 10	\$74/9 sess	13000.102KT	

### Soccer Ole (3-5yrs)

Soccer fun is here so put on your running shoes. We will learn to drive a soccer ball through a maze of traffic and knock down obstacles and score goals and more goals. Players will receive a team t-shirt at the end of the session.

*Instructor: Valentinos Dinglis*

Fri		11:10am-11:55am	
Jan 6-Mar 9	\$80/10 sess	13300.101KT	
Fri		12:00pm-12:45pm	
Jan 6-Mar 9	\$80/10 sess	13300.102KT	

### Mini Star Soccer (4-12 yrs)

Experience the beautiful game of soccer, challenging team competition and cheerleading by amazed parents and fans! We are inviting boys and girls to get energized with dribbling, passing, shooting, running, falling, jumping, scoring goals and making dive saves. Ole, ole!

*Instructor: Valentinos Dinglis*

Sat		1:30pm-3:00pm	
Jan 7-Mar 10	\$114/10 sess	23305.101KT	

### Badminton (10-14 yrs)

A great sport for improving hand eye coordination, agility, and speed. Enjoy an afternoon of fun playing badminton while making new friends and learning new skills! Drop-in \$8 if space.

*Instructor: Patricia Manning*

Thu		3:30pm-5:00pm	
Jan 12-Mar 8	\$38/9 sess	23002.101KT	

### Floor Hockey Jam Sessions

Floor Hockey Jam Sessions teach boys and girls the fundamentals of hockey and promotes the basic inherent reason why we enjoy playing - having fun!!

*Instructor: Faez Kanji*

### 3-5 yrs

Mon		11:20am-12:20pm	
Jan 9-Mar 5	\$74/9 sess	13003.101KT	

Mo Tu We Th Fr	Mar 12-16	\$42/5 sess	
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5-6 yrs	2:40pm- 3:40pm	23003.101KT	
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7-10 yrs	3:45 pm- 5:00 pm	23003.102KT	
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### NHL Floor Hockey (7-10 yrs)

It's hockey night tonight! If your child has energy to burn, this sports program is perfect for him or her. They will be active and learn life-long hockey and sports skills while having fun. Drop-in \$8. if space. No program Mar 16 and 23.

Fri		3:30pm-5:00pm	
Jan 13-Mar 30	\$50/10 sess	23003.101KT	

### Tennis Parent & Tot/Child (3-7 yrs)

Take part in the development of your child's social, motor and play skills while having a great time learning the fun of hitting a tennis ball. The focus will be on tennis but you will also take part in the joy of throwing, running and hitting the ball with your child. Lower nets, low compression tennis balls and a racquet that fits easily into a child's hands. Parent attendance is required.

*Instructor: Gord Hauka, www.gordhaukastennis.com*

### 3-4 yrs

Sun		10:45am-11:30am	
Jan 15-Mar 4	\$96/8 sess	13501.101KT	

### 5-7yrs

Sun		10:45am-11:30am	
Jan 15-Mar 4	\$96/8 sess	23501.101KT	



### Progressive Tennis (7-12yrs)

"Progressive Tennis" is the fun teaching route to successful tennis for your kids. Through instruction and cooperative activities all players will develop and improve their level of play. This Half-Court tennis will develop skill here basic coordination and cooperative activities lead to the development of the basic strokes and fundamentals. Rackets provided if required and many, many types of balls to hit and hit! Ages groups are divided into Beginner and Novice Levels. Advanced Level information is available, contact Gord at gordhaukastennis@gmail.com

*Instructor: Gord Hauka, www.gordhaukastennis.com*

### 7-9yrs

Sun		11:35am-12:35pm	
Jan 15-Mar 4	\$96/8 sess	23501.102KT	

### 9-12 yrs

Sun		11:35am-12:35pm	
Jan 15-Mar 4	\$96/8 sess	23501.103KT	

# preschool & children

## Dance

### Dance with Lorraine!

A very popular instructor, **Lorraine White-Wilkinson** has a BA in dance, over 25 years experience, and is currently pursuing a Masters degree in arts education!

#### Parent and Tot Pre-dance (2-3 yrs)

A gentle introduction to dance with a focus on fun and the joy of movement. Stories, poems and props will be used to get the little ones dancing. Body parts, levels, and directions will be explored providing opportunities for physical development, verbal and nonverbal expression as well as the development of social and emotional skills. Adult participation is mandatory.

#### 2-3 yrs

Tue 9:30am-10:00am  
Jan 10-Mar 6 \$58/9 sess 11605.101KT

#### 2.5-3 yrs

Tue 10:15am-10:45am  
Jan 10-Mar 6 \$58/9 sess 11606.101KT

#### Pre-Ballet (4-6 yrs)

This introductory class focuses on posture, body awareness and creativity. Dancers will have the opportunity to improvise, explore movement concepts and develop dance skills. Basic ballet technique will be introduced and a choreographed dance will be presented to parents on the last day of class. PLEASE NOTE: Children must be able to attend unaccompanied by an adult.

Sat 11:30am-12:15pm  
Jan 14-Mar 10 \$65/9 sess 11603.101KT

#### Creative Dance (3-4 yrs)

Children will explore the elements of movement through the use of stories, poems, props and pictures. Dancers will have the opportunity to improvise, engage in creative problem solving and grow in cognitive, social and emotional ways as they interact in class. The focus is on fun and the joy of movement in a supportive and positive learning environment. Parents are invited to watch the last day of class. Please Note: Children must be able to attend class unaccompanied by an adult.

Sat 9:30am-10:15am  
Jan 14-Mar 10 \$65/9 sess 11601.101KT

#### Pre-Ballet/Creative Dance (3-5 yrs)

A great combination class, offering the structure of pre-ballet with the explorations of creative dance. Please note: Children must be able to attend unaccompanied by an adult.

Tue 11:00am-11:45am  
Jan 10-Mar 6 \$65/9 sess 11604.101KT  
Sat 12:30pm-1:15pm  
Jan 14-Mar 10 \$65/9 sess 11604.103KT



#### Kindergarten Readiness Through Pre Ballet (4-6 yrs)

This exciting course specifically addresses many aspects of K readiness through dance! Concept development, pre-math, language and pre-reading skills will be used as springboards for creative dance explorations while providing opportunities for social and emotional development. Through educational and creative ways students will dance their way through shapes, sizes, patterns, numbers and colours, while learning pre-ballet skills. Stories and poems provide inspirations for dance as well as framework for attention, comprehension, sequencing, as well as letter and rhyme recognition. The aim of this class is to encourage 'thinking movers' through the physical, creative, and magical aspects of pre-school dance.

Tue 11:45am-12:30pm  
Jan 10-Mar 6 \$67/9 sess 11607.101KT

#### Creative Modern Dance (6-8 yrs)

The focus of this class is on the basics of modern dance technique, improvisation and composition. Each week the dancers will learn technical skills and participate in creative dance explorations leading towards a group dance composition. Dancers will be challenged to grow in physical and artistic ways as well as grow in cognitive, social and emotional ways while engaging in creative problem solving. Parents are invited to watch the last day of class. Children must be able to attend unaccompanied by an adult.

Sat 10:30am-11:15am  
Jan 14-Mar 10 \$65/9 sess 21602.101KT



### Salsa with Lara!

#### Salsa Babies (6 weeks +)

Dance back into shape with the best little partner of all ...your baby! With little ones snuggled into baby carriers, new moms learn basic steps to popular Latin dances. Babies will also shake maracas and bounce around to the Latin beat. It's perfect for people who have always wanted to learn to dance but could never convince their partner to take lessons. Drop in \$15.

Mon 1:05pm-1:45pm  
Jan 23-Feb 27 \$80/6 sess 11616.101KT

#### Salsa Tots (13 mos - 3 yrs)

Designed for older toddlers (and their caregiver) who have outgrown their baby carriers and are ready to dance on their own two feet. The class features original tropical songs to which toddlers learn simple actions and dance steps. Salsa Tots combines movement, song and play, all set to lively music that parents can also enjoy. Drop in \$15.

Mon 12:20pm-1:00pm  
Jan 23-Feb 27 \$80/6 sess 11616.102KT

## Tiggy Winkle Preschool



**Registration for the upcoming 2012-2013 school year.**

**RETURNING STUDENTS** and their siblings may register any time between January 30, 2012 until February 12, 2012.

**NEW STUDENTS** can register beginning February 20, 2012 at 9:00 am

Tiggy Winkle Preschool is full for 2011-2012 school year. You may call 604-257-6976 to put your child on a waitlist for this year if desired.

**3 yrs:** **2 days per week**  
*Morning:* Tue & Thu 9:00-11:00 am  
*Afternoon:* Tue & Thu 1:00-3:00 pm  
Fee: \$113/month

**4 yrs:** **3 days per week**  
*Morning:* Mon/Wed/Fri 9:00-11:30am  
*Afternoon:* Mon/Wed/Fri 12:30-3:00pm  
Fee: \$161/month  
Teachers: Nargis Fazal & Angela Karellas E.C.E.

**For NEW and IMPORTANT detailed registration information go to [www.tiggywinkle.org](http://www.tiggywinkle.org)**

Phone: 604-257-6993 Email: [tiggywi@gmail.com](mailto:tiggywi@gmail.com)



# preschool & children

## Dance with Kirby

**Kirby Snell** has performed internationally as a professional dancer and is excited to share her love of dance with children. She promotes dance technique as well as creative exploration in her dance classes. For more information about Kirby visit [www.kirbysnelldance.com](http://www.kirbysnelldance.com).

### Acrobatic Dance (3-5 yrs)

Twirl, leap and twist using props such as a hula hoop, ribbon or ball! Dancers will learn to stretch both their bodies and imagination.

Wed 12:00pm-12:45pm  
Jan 11-Mar 7 \$71/9 sess 11608.102KT

### Ballet Dancers (3-5 yrs)

Calling all Boys and Girls! Children will learn basic ballet techniques such as: development of balance and coordination and learning to work together. They will become familiar with classical music, and learn basic ballet positions and movements. Creativity and self-expression are both supported and encouraged as no one can dance quite like you! Children must be able to participate on their own. An informal presentation will take place on the final day of classes where copious amounts of applause are mandatory!

### 3-4 yrs

Wed 10:15am-10:45am  
Jan 11-Mar 7 \$53/9 sess 11611.101KT  
Wed 11:30am-12:00pm  
Jan 11-Mar 7 \$53/9 sess 11611.102KT

### 3-5 yrs

Wed 10:45am-11:30am  
Jan 11-Mar 7 \$56/9 sess 11611.103KT

### Hip Hop Funk (5-10 yrs)

Get your groove on!! Calling all b-boys and girls! Here is the place to shine...join us as we move and groove, exploring the locking stops, and the suspended drops that make the hip hop style so



popular and fly. Working as a group and in small groups, we will create and shape a dance that is performed in a "cypher" in classic b-boy/b-girl supportive circle of peers, where each person gets to dance their unique style and be cheered on with gusto!

Mon 3:30pm-4:15pm  
Jan 9-Mar 5 \$74/9 sess 21609.101KT

### Zumba Kids! (7-13 yrs)

Shimmy, wiggle and shake like an earthquake as we move to reggaeton, Latin and African music! No experience required for this fusion of world and Latin dance styles - just a desire to have fun! In the class we'll play music to get children moving while they develop coordination, rhythm. Time to get hearts beating and have a blast! Drop in \$12 if space. **FREE trial class Jan 9th!** First come, first served till room capacity fills. Sign up now!

Mon 4:15pm-5:00pm  
Jan 16-Mar 5 \$64/8 sess 21622.101KT

## Dance with Debbie

These programs introduce the true training and preliminary basics of classical ballet and contemporary jazz dance. Students explore and refine their movements to their own personal physical development and abilities. The classes are progressive and develop the eager student's athleticism as well as their natural artistic qualities. Emphasis of correct body alignment and development of physical strength are advanced throughout each session.

Classes are taught by **Debbie Lee** and teachers from DNC Dance Nouveau Co.'s signature teaching curriculum. Debbie Lee and her instructors are all qualified professional instructors that have been teaching recreational and professional students for over 25+ years across Canada, US and Internationally. For more info go to [www.dancenouveau.com](http://www.dancenouveau.com), [info@dancenouveau.com](mailto:info@dancenouveau.com), or phone (604) 312-4408. No classes during Spring Break - Tues March 13 & 20 and Fri March 16 & 23.

## Girls & Boys

### Ballet (3-4 yrs)

Tue 3:00pm-3:45pm  
Jan 17-Mar 27 \$70/9 sess 11600.101KT  
Fri 2:45pm-3:30pm  
Jan 13-Mar 30 \$78/10 sess 11600.102KT

### Ballet Level 1 (5-7 yrs)

Fri 3:30pm-4:15pm  
Jan 13-Mar 30 \$78/10 sess 21600.102KT  
Tue 3:45pm-4:45pm  
Jan 17-Mar 27 \$93/9 sess 21600.101KT

### Ballet Level 2 (6-8 yrs)

Fri 4:15pm-5:15pm  
Jan 13-Mar 30 \$103/10 sess 21600.103KT

### Ballet Level 3 (8-10+ yrs)

Fri 5:15pm-6:40pm  
Jan 13-Mar 30 \$145/10 sess 21600.104KT

### Jazz Level I & II (8-14 yrs)

Tue 4:45pm-6:00pm  
Jan 17-Mar 27 \$115/9 sess 21601.101KT



## Dance with Billie

**Billie Murphy** is a graduate of the integrated Dance and Musical Theatre program at the American Musical and Dramatic Academy in New York City.

### Creative Dance (3-5 yrs)

Using music, songs, props, and stories, we will explore using our bodies and imaginations in a fun, supportive environment with some great music. Little ones will develop co-ordination, spatial awareness, rhythm, musicality, and self-expression in a supportive and fun environment. Demonstration on the last day of class.



Mon 11:15am-12:00pm  
Jan 9-Mar 5 \$61/9 sess 11614.101KT

### Parent and Tot Creative Movement (2-3yrs)

Move and groove with your little one! Through music, song, props, and stories, we will explore using our bodies and imaginations in a fun, supportive environment. We will develop co-ordination, spatial awareness, rhythm, musicality, and self-expression all while moving our feet to some great music. Get ready to move, stretch, and explore with your little one!

Mon 10:30am-11:15am  
Jan 9-Mar 5 \$61/9 sess 11610.101KT



## Drama

### Little Performers (3-5 yrs)

Get ready to stretch your imaginations to create your own stories to perform! With music, costumes, and movement we will explore "on stage" performing using Broadway and musical theatre techniques. Performances held on the last day of class.

Instructor: *Billie Murphy*  
Mon 1:00pm-2:00pm  
Jan 9-Mar 5 \$65/9 sess 11631.101KT

# preschool & children

## Music

### Music with Marnie

"One of the Best Performers of her Generation" ~ The Vancouver International Children's Festival. Early Childhood Educator and Children's Entertainer **Marnie Grey's** philosophy is that children learn through PLAY - while pretending to be birds, elephants or simply clapping, children will have fun and learn along the way. Marnie's classes and music teach simple rhythms, develop confidence and allow children to express themselves musically and creatively all while having FUN! As well as teaching, Marnie tours festivals and theatres across the Country and sings tunes from her Award Winning CDs. Visit [www.MusicwithMarnie.com](http://www.MusicwithMarnie.com) for more Info.

Spring Break  
with Marnie, too!  
See page 24



### Music with Marnie Concert

Bring your child and join Children's Musician Marnie Grey, as she sings about all the things that children love. From puddle jumping fun to swinging like Monkeys, Marnie will be sure to captivate children with tunes from her past three albums, as well as her latest release 'SUPER KIDS'. Marnie has taught Music classes and has toured across Canada with her Music with Marnie Band since 1999 and is a regular performer at the Vancouver Children's Festival. Buy in advance and avoid disappointment!

Fri		10:30am-11:15am
Jan 13	\$12/1 sess	11032.101KT
Mar 2	\$12/1 sess	11032.102KT

### Music with Marnie: Babies (3-18 mos)

Come explore music through songs, chants, finger plays, movement, instruments, ASL, bubbles and puppets galore, with your baby and Children's Entertainer and Early Childhood Educator, Marnie Grey. Marnie's animated and easygoing personality will keep your babies captivated and giggling for the whole class. NOTE: This is a specially designed adult participation class for Babies only. We cannot allow a 2nd child to sit at the back of the class but, do offer a Sibling Class for 2 or more children.

Mon		12:00pm-12:30pm
Jan 16-Mar 5	\$90/8 sess	11030.103KT
Tue		12:00pm-12:30pm
Jan 17-Mar 6	\$90/8 sess	11031.103KT
Thu		11:30am-12:00pm
Jan 19-Mar 8	\$90/8 sess	11031.106KT

### Music with Marnie:

#### Toddler (18 mos-3 yrs)

This class is all about children learning through PLAY and actively having FUN! Marnie's years of childhood expertise will have your toddler, jumping, clapping, marching, singing and even signing along! Sing traditional as well as original Music with Marnie Songs, from Marnie's 4 recordings. Through the use of puppets, bubbles and jumping galore, your child will be guaranteed to move and groove and have fun. NOTE: This specially designed adult participation class is for children 18 mos-3 yrs only. We cannot allow a 2nd child to sit at the back of the class but, do offer a Sibling Class for 2 or more children.

Mon		11:00am-11:45am
Jan 16-Mar 5	\$102/8 sess	11030.102KT
Tue		10:00am-10:45am
Jan 17-Mar 6	\$102/8 sess	11031.101KT
Thu		9:30am-10:15am
Jan 19-Mar 8	\$102/8 sess	11031.104KT
Thu		10:30am-11:15am
Jan 19-Mar 8	\$102/8 sess	11031.105KT

### Music with Marnie: Preschool (3-5 yrs)

This class is similar to the Toddler class, yet more advanced for the more independent preschooler. Children will have fun singing and doing lots of creative rhythm and beat and music and movement activities with Early Childhood Educator and Children's Recording Artist, Marnie Grey. NOTE: This specially designed adult participation class is for Children 3 years and older. We cannot allow a 2nd child to sit at the back of the class but, do offer a Sibling Class for 2 or more children.

Mon		1:00pm-1:45pm
Jan 16-Mar 5	\$102/8 sess	11030.104KT

### Music with Marnie: Sibling (3 mos-5 yrs)

A family class for 2 or more siblings. A world of music and movement and creative fun for brothers and sisters to share together. Jump in puddles, swing like monkeys, catch bubbles and march to a musical beat. NOTE: This is a sibling class for brothers and sisters. Please register each child individually. A min. of 2 children must register for this class. If you have more than 3 children, an extra adult is required.

Mon		10:00am-10:45am
Jan 16-Mar 5	\$89/8 sess	11030.101KT

### Music with Marnie: All Ages (1-6 yrs)

It's like singing around the campfire! A perfect program for kids of all ages to sing and dance and enjoy a mixture of age appropriate, action based and empowering songs, both traditional and from Marnie's 4 CD's. Marnie has worked with children for 19 years, her love and knowledge of children and music creates an exceptional class that you won't want to miss. NOTE: Please register each child individually. Drop in \$14 if space permits.

Tue		11:00am-11:45am
Jan 17-Mar 6	\$102/8 sess	11031.102KT

### Guitar & Ukulele Lessons

Please see page 9

### Music Together

Music Together teachers believe that all children can learn to sing in tune, keep a beat, and participate with confidence in the music of our culture, provided that their early environment supports such learning. For more information visit: [MusicTogether.com](http://MusicTogether.com)

### Music Together (0-5 yrs)

What will you and your child find in a Music Together class? Rainbow coloured falling leaves, cows sitting in the old oak tree, tyrannosaurus rex, shining stars, rockets to the moon and trains to the beach. All this with a developmentally appropriate research based curriculum taught by a registered Music Together teacher. Parent participation is required. Siblings 6 months of age and under can attend for free over 6 months please pay the reduced siblings fee. Tuition includes two CDs a Songbook a Parent Education guide and a Parent Education evening open to all adults in the family. For more information please visit: [www.WestSideMusicTogether.ca](http://www.WestSideMusicTogether.ca)

<i>Instructor: Joan</i>		
Tue		9:30am-10:15am
Jan 3-Mar 6	\$147/10 sess	11010.101KT
Tue		10:30am-11:15am
Jan 3-Mar 6	\$147/10 sess	11010.102KT
<i>Instructor: Elisa</i>		
Tue		11:30am-12:15pm
Jan 3-Mar 6	\$147/10 sess	11010.103KT

<i>Instructor: Donalyn</i>		
Wed		9:30am-10:15am
Jan 4-Mar 7	\$147/10 sess	11012.101KT
Wed		10:30am-11:15am
Jan 4-Mar 7	\$147/10 sess	11012.102KT
Wed		11:30am-12:15pm
Jan 4-Mar 7	\$147/10 sess	11012.103KT
<i>Instructor: Joan</i>		
Wed		2:30pm-3:15pm
Jan 4-Mar 7	\$147/10 sess	11012.104KT
Wed		3:30pm-4:15pm
Jan 4-Mar 7	\$147/10 sess	11012.105KT

<i>Instructor: Donalyn</i>		
Thu		10:30am-11:15am
Jan 5-Mar 8	\$147/10 sess	11013.102KT
Thu		11:30am-12:15pm
Jan 5-Mar 8	\$147/10 sess	11013.103KT
Thu		9:30am-10:15am
Jan 5-Mar 8	\$147/10 sess	11013.101KT
<i>Instructor: Donalyn</i>		
Fri		10:30am-11:15am
Jan 6-Mar 9	\$147/10 sess	11014.102KT
Fri		9:30am-10:15am
Jan 6-Mar 9	\$147/10 sess	11014.101KT



## Piano Lessons

### Piano Lessons (6+yrs) Private

These one to one 30 minute lessons, scheduled within the time frames below, are designed to match your child's progress and development. For more information, call Mary at 263-9507. Additional cost of books is approximately \$30.

<i>Instructor: Mary Friesen</i>		
Tue		4:30pm-8:00pm
Jan 10-Mar 6	\$182/9 sess	21000.101-107KT
Fri		4:30pm-8:00pm
Jan 6-Mar 9	\$202/10 sess	21001.101-107KT

### Preschool Piano Lessons (3-5yrs) Semi Private

Give your preschooler a head start to the enjoyment of playing piano. The Kelly Kirby Method is a fun introduction to the basics of sight-reading, ear training, and technique. Lessons are semi-private lessons for 30 minutes, \$14/class. For more information, contact Amy at 604-267-0097 or [amy@tmvc.com](mailto:amy@tmvc.com). There is an additional cost of approx \$30 for music books.

<i>Instructor: Amy Cheng</i>		
Thu		1:00pm-3:00pm
Jan 12-Mar 8	\$128/9 sess	11001.101-104KT



# preschool & children

## Yoga

### Tot Yoga (3-5 yrs)

Using basic yoga poses and movement games children will build strength, flexibility, coordination and concentration in a fun and encouraging atmosphere. Through movement and fun we will cultivate self-awareness and confidence while expanding our bodies and minds!

*Instructor: Billie Murphy*  
Wed 10:30am-11:15am  
Jan 11-Mar 7 \$80/9 sess 11618.101KT

### Children's Yoga (5-8 yrs)

Unwind and stretch out after a busy day at school! Using basic yoga poses and movement games children will build strength, flexibility, coordination and concentration in a fun and encouraging atmosphere. Through movement and fun we will cultivate self-awareness and confidence while expanding our bodies and minds!

*Instructor: Billie Murphy*  
Wed 3:30pm-4:30pm  
Jan 11-Mar 7 \$90/9 sess 21618.101KT

## Martial Arts

### Tiny Tigers Taekwondo (3-4 yrs)

A Martial Arts class designed for your little ones! A fun-filled, exciting class where children learn basic martial arts skills and develop focus and flexibility. White and yellow belt level. Belt testing is a separate fee.

*Instructor: Grand Master Jong Seol Kim*  
Mon Wed 2:40pm-3:20pm  
Jan 4-Mar 1 \$155/17 sess 13409.101KT

### Taekwondo (5-14 yrs)

This fast-paced martial art combines athletic kicks, strong hand work, balance and speed. Emphasis is placed both on forms and sparring, and students are encouraged to participate in BC Taekwondo Federation events. A great workout for all ages! There is a separate charge for uniform & belt testing. Optimal placement for your child is based on age and ability. Contact Grand Master Kim or Master Danny at 604 990 1331 or sunnykimtkd@hotmail.com if you are uncertain.

*Instructor: Grand Master Jong Seol Kim*

### 5-7 yrs (2Xwk)

Mon Wed (Beg-White/yellow belt) 3:20pm-4:00pm  
Jan 4-Feb 29 \$155/17 sess 23409.101KT  
Wed Thu (Open level) 3:20pm-4:00pm  
Jan 4-Mar 1 \$173/19 sess 23409.102KT  
Mon Thu (Green/brown belt) 3:20pm-4:00pm  
Jan 5-Mar 1 \$155/17 sess 23409.103KT

### 7-9 yrs (2Xwk)

Mon Wed (Green/brown belt) 4:00pm-4:40pm  
Jan 4-Feb 29 \$155/17 sess 23410.101KT  
Wed Thu (Open level) 4:00pm-4:40pm  
Jan 4-Mar 1 \$164/18 sess 23410.102KT  
Mon Thu (White/yellow belt) 4:00pm-4:40pm  
Jan 5-Mar 1 \$155/17 sess 23410.103KT

### 7-9 yrs (3Xwk)

Mon Wed Thu (Open level) 4:00pm-4:40pm  
Jan 4-Mar 1 \$236/26 sess 23410.104KT

### 10-14 yrs (2Xwk)

Mon Wed (Open level) 4:40pm-5:20pm  
Jan 4-Feb 29 \$155/17 sess 23411.101KT  
Wed Thu (Open level) 4:40pm-5:20pm  
Jan 4-Mar 1 \$164/18 sess 23411.102KT  
Mon Thu (Open level) 4:40pm-5:20pm  
Jan 5-Mar 1 \$155/17 sess 23411.103KT

### 10-14 yrs (3Xwk)

Mon Wed Thu (Open level) 4:40pm-5:20pm  
Jan 4-Mar 1 \$236/26 sess 23411.104KT

## Educational

### What Every Babysitter Should Know (10-13 yrs)

This St. John Ambulance course will emphasize safety, coping with emergencies and babysitting responsibilities. Each student will receive a certificate upon successful completion. Please bring lunch and dress comfortably. No late arrivals permitted.

*Instructor: St John Ambulance*  
Sat 9:30am-4:00pm  
Feb 11 \$57/1 sess 25400.101KT  
Mar 24 \$57/1 sess 25400.102KT

### ABC Fun For Everyone (3-5 yrs)

Join Chloe and we learn about the alphabet! Each week we will concentrate on different letters from A to Z. We will also encourage children to learn and write the alphabet. This class also includes games, stories, worksheets and songs. We make learning fun! All material provided.

*Instructor: Chloe Kidd*  
Wed 3:30pm-4:30pm  
Jan 11-Mar 7 \$74/9 sess 15103.101KT

### Little Scientists (3-5 yrs)

But why? How come? So many questions about the world around us! In this class we welcome your little one's curiosity! This class is full of fascinating hands-on experiments that are a great way to learn more about science and the world around us. Some activities are messy. Please dress accordingly! All materials provided.

*Instructor: Chloe Kidd*  
Fri 3:30pm-4:30pm  
Jan 13-Mar 2 \$62/8 sess 15103.101KT

### Math Fun Everyone (3-5 yrs)

This introductory math class will expose children to numbers 1-20. We will sing lots of songs, play fun games, count, add and subtract. We will use props and tools to help children with their visual skills, and their fine motor skills. All material provided. Chloe's enthusiasm is contagious and working with young children is a core passion.

*Instructor: Chloe Kidd*  
Mon 3:30pm-4:30pm  
Jan 9-Mar 5 \$74/9 sess 15102.101KT

### Kitsilano Chess Club (5-13 yrs)

#### Tournament Play

Want to play in a competitive chess tournament? Check in between 6:30-7:00pm. Games start ASAP. Quiet play is the rule. K-3 parents must accompany their children in between rounds. Each player has 25 minutes per game. Tournament play is organized in Quads by playing experience, to ensure fair competition. Trophy for each quad is optional. Drop in \$2 if space.

*Instructor: Bob Brewster, www.kitsilanochessclub.com*  
Fri 6:30pm-9:30pm  
Jan 6-Mar 2 \$16/9 sess 25800.101KT

### Kitsilano Chess Club Instruction (6-13yrs)

Interested in learning how to play chess? Want to improve your game? Chess classes are designed to help you compete in junior chess tournaments. We will teach you the basics. Parents are welcome to join in. Equipment/supplies provided. Drop in \$2 if space.

*Instructor: Bob Brewster, www.kitsilanochessclub.com*  
Fri 4:30pm-6:30pm  
Jan 6-Mar 2 \$16/9 sess 25800.100KT

## Language

### Les Petits Amis:

#### French Language (3-6yrs)

Research has shown that this is the perfect age to expose a child to a second language. In Les Petits Amis your child will learn to speak French and have fun! Children will learn the marvels of the French language and culture through action, dance, music, drama, art and educational tools.

*Instructor: Nadia Lafortune*

#### 3-4yrs

Mon 9:00am-11:00am  
Jan 9-Mar 5 \$120/9 sess 15000.101KT

#### 3-6yrs

Wed 12:30pm-2:30pm  
Jan 11-Mar 7 \$120/9 sess 15000.103KT

#### 3-5yrs

Sat 10:00am-12:00pm  
Jan 14-Mar 10 \$120/9 sess 15000.102KT

### French Fun With Nadia (6-10yrs)

During Nadia's Fun French classes you will be speaking mostly french and we will be playing games, educational activities, arts and crafts, singing songs, and dancing. Have fun learning French!

*Instructor: Nadia Lafortune*  
Fri 3:30pm-5:30pm  
Jan 13-Mar 9 \$120/9 sess 22803.101KT

### Signing Babies (0-18 months)

The fun is contagious in this structured but playful class that teaches you and your baby beginner American Sign Language (ASL). We'll cover all the signing basics as we learn new songs and rhymes each week to create better communication and bonding between you and your baby. Please bring a blanket for non-crawling babies. No class Feb 7.

*Instructor: Lee Ann Steyns, www.signingbabies.ca.*

### Intro (0-18months)

Tue 1:30pm-2:15pm  
Jan 17-Mar 6 \$70/7 sess 11615.102KT

### Level II (6-18 months)

Tue 12:30pm-1:15pm  
Jan 17-Mar 6 \$70/7 sess 11615.103KT

### Telacoya Marisol (3-6yrs) Japanese

Welcome to our warm and personal Japanese language program! Bringing a wealth of knowledge and energy, Mari comes with 16 years of teaching experience. For more information, contact Mari at qpmari22@hotmail.com.

*Instructor: Mari Shiota*

Thu 12:00pm-2:00pm  
Jan 5-Mar 8 \$142/10 sess 15006.102KT  
Thu 10:00am-12:00pm  
Jan 5-Mar 8 \$142/10 sess 15006.101KT

## Parenting and Pre/Post Natal Programs

Pilates: Mom & Baby  
Infant Massage — page 15

Prenatal Pilates — page 15

Post Natal Yoga Pilates — page 15

Fit 4 Two programs — page 17



# youth

## YOUTH Lounge



**Lounge Hours:**  
**Mon-Thu 3:15pm-6:00pm**  
**Fri 3:00pm-10:00pm**  
**Sat 10:00am-5:00pm**  
**Sun 10:00am-7:00pm - FAMILY DAY!**  
 Parental supervision is required at all times on Sunday  
 Due to financial constraints the Youth Lounge is supervised for a portion of the above advertised hours.

## AFTER SCHOOL SPORTS

### Friday Night

#### Youth-Only Basketball (13-18 yrs)

Now... basketball is my favorite sport. I like the way they dribble up and down the court. I like slam-dunks that take me to the hoop. My favorite play is the alley-oop. I like the pick-n-roll. I like the give-n-go. There ain't no telling what I'm gonna do with it. When I got possession I'm gonna have to fool with it. I might cross you up and fake one way; turn around and hit you with the MJ fade away. Is this you?

Bring your friends for one-on-one, three-on-three, round-the-world, or just to practice your skills on the court! Drop in only.

Fri 6:45pm-9:30pm  
 Jan 6-Mar 9 Free with membership

#### Basketball Camp (9-14 yrs)

Vancouver Eagles Youth Basketball Camp is designed for your child to have fun, learn basic basketball skills make new friends, while enjoying game play. Come learn the fundamentals while playing games and tournaments: 3 on 3 and 4 on 4.

Instructor: Vancouver Eagles

9-11 yrs 11:25am-12:25 pm 23299.101KT  
 12-14 yrs 12:25 pm- 1:25 pm 23299.102KT  
 Mo Tu We Th Mar 12-16 \$40/5 sess



#### Badminton (10-14 yrs)

Badminton is a great sport for improving hand eye coordination, agility, and speed. Enjoy an afternoon of fun playing badminton while making new friends and learning new skills! Drop-in \$8 if space.

Instructor: Patricia Manning

Thu 3:30pm-5:00pm  
 Jan 12-Mar 8 \$38/9 sess 23002.101KT

## SOCIAL



### Youth Council

Interested in taking an active role in developing and running Youth Programs and Special Events? The Youth Council provides direction, ideas for community Youth Programs. They are also actively involved with putting on all Youth Special Events, socials, festivals, fundraisers and more.

Mon 4:30pm-6:30pm  
 Jan 9-Mar 26 Free with membership 35400.101KT

### Friday Night Madness (9-13yrs)

Friday nights can be as much fun as you want to make it. Join Patti and company and participate in some super cool activities. Activities will take place on site and off site. Drop-in is \$5 or register for the session and save! Some snacks and drinks are provided. Register early as space for this program is limited. A signed waiver is required to participate in this program.

Instructor: Patricia Manning

Fri 6:30pm-9:30pm  
 Jan 13-Mar 9 \$29/9 sess 35801.101KT



### Girls on the Move (10-15 yrs)

Each week we get together to get active, meet up with friends and new people, and learn fun new games and skills. A variety of outings also part of the fun. A signed waiver is required to participate in this program.

Instructor: Rachel Lynch

Tue 3:30pm-5:00pm  
 Jan 17-Mar 6 \$35/8 sess 33244.101KT

### Guys on the Move (10-15yrs)

Every Wednesday we get together to get active, meet up with friends and new people, and learn fun new games and skills. On odd days, we stay onsite and have access to the youth lounge (pool table, ping pong, fooseball), the gym (hockey, soccer, basketball) and the skating rink. On the even days, we go on out trips around the community ie. Capture the Flag at Tatlow Park, Manhunt at Jericho Beach or Granville Island, Ridge Bowling, and Bike Polo at Canarvon Park. A signed waiver is required to participate in this program.

Instructor: Noah O'Hara

Wed 3:30pm-5:00pm  
 Jan 18-Mar 7 \$35/8 sess 33245.101KT

## EDUCATIONAL

### Girl Zone-Skin Care & Make Up

Students from Blanche Macdonald Centre will teach and demonstrate new and creative skin care and make up tips. Learn how to improve and enhance your skin and make up applications. You will learn the latest skin and make up techniques as well as simple beauty secrets to keep you looking natural and beautiful. Free with Membership. Advance registration required so we can plan for this special morning!

Instructor: Blanche MacDonald Students

### Mom/Daughter (10+ yrs)

Sat 11:00am-12:30pm  
 Jan 21 Free 35410.100KT

### 12-17 yrs

Sat 11:00am-12:30pm  
 Feb 4 Free 35410.101KT



### Thursday Meet Up! (14-17yrs)

The week is almost done but is dragging on... why not come and hangout at the Thursday Night Meet-Up!?! Bored? Try board games or sharpen your pool shark skills. Every 4th Thursday Night Meet-Up will be QUIZ NIGHT! Win prizes showing off your smarts, individually or in teams. Canucks games will be viewed with popcorn, snacks, and soda.

Instructor: Patricia Manning

Thu 5:30pm-8:30pm  
 Jan 12-Mar 8 35656.101KT

**Mother & Daughter  
 Life Saving Self Defence**

**Please see page 10**

**What Every Babysitter Should Know**

**Please see page 7**

## TLC PROGRAM

### TLC Youth Recreation Program (ages 13 to 19 yrs)

TLC is an exciting program for youth with mild disabilities who currently attend high school. TLC offers both:

1. AFTER SCHOOL PROGRAMS
2. HOLIDAY FULL TIME PROGRAMS

TLC provides challenging activities and learning opportunities.



For more information see [www.tlcprogram.webs.com](http://www.tlcprogram.webs.com)  
 Luke Vasak or Nicole Bird at 257-6903.



## Arts

### The Wright Tool Box – Introduction to Creative Writing

Whether you want to write a novel, poetry, or non fiction, this interactive writing class focuses on a variety of creative and unique writing skills to move you along at your own pace. You will develop techniques to get your juices flowing and develop your writing style. Aspiring writers will be encouraged to share their pieces in a nonjudgmental group setting.

*Instructor: Jen Wright*

Thu		7:00pm-9:00pm
Jan 12-Feb 2	\$58/4 sess	42999.105KT
Feb 23-Mar 15	\$58/4 sess	42999.106KT

### The Wright Tool Box - Creative Writing 101

Come together to write! You will develop your writing style and learn how to judge your own work. You will learn to judge your own work and how to listen and encourage feedback in a nonjudgmental group setting. We will create short stories, poems and characters both individually and as a group. Some experience in writing necessary or must have taken Introduction to Creative Writing.

*Instructor: Jen Wright*

Tue		7:00pm-9:00pm
Jan 10-Jan 31	\$58/4 sess	42999.101KT
Feb 21-Mar 13	\$58/4 sess	42999.102KT

### Beading for Beginners

Learn two types of basic techniques used in making beaded jewelry, the Daisy Chain and the Spiral Rope. Different types of seed (small glass) beads, variety of threads and needles that are used to create the designs will be displayed for a "show and tell". The rest of the class time will be given to demonstrations and step by step instructions for participants to practice techniques and finish a project. All supplies included.

*Instructor: Grace Endo*

Sat		10:00am-4:00pm
Feb 11	\$63/1 sess	42950.101KT

### Beaded Ornaments 3D Hearts (16+ yrs)

Can't think of anything to give to your loved ones on Valentine's Day? Come and make beautiful beaded hearts you've never thought you could! Chart patterns are included and introduced to a new way of beading! These wonderful beaded hearts are special enough to give away to your Valentine.

*Instructor: Jane Kao*

Mon		7:00pm-9:00pm
Jan 30	\$27/1 sess	42951.101KT



### 3D Animals (9+ yrs)

Are you an animal lover? Come and make at least two beautiful beaded animals (a bird and a dog). They are special and cool enough to hang on your backpack!

*Instructor: Jane Kao*

Mon		1:00pm-3:00pm
Mar 12	\$27/1 sess	42951.102KT

### Expressive Painting

This class is for adults who would like to express themselves. If you want to loosen your drawing/painting technique or want to find a fun and experiential way into painting, this is a class for you. You will be creating large scale expressive semi abstract pieces. You will have 2 pieces to go home with at the end of the night. Paper and some drawing materials will be provided.

*Instructor: Heather Evans*

Tue		6:30pm-9:30pm
Jan 10-Feb 14	\$107/6 sess	42001.101KT

### Knitting for Beginners

Kick start yourself into knitting! In just a couple of hours learn basic knitting skills including; cast on and off, knit, purl and combinations of knit and purl. One set of knitting needles and sample yarn included.

*Instructor: Astor Tsang, www.knittingAstor.com*

Tue		7:00pm-9:00pm
Jan 24	\$36/1 sess	42800.101KT

### Crochet for Beginners

Get hooked on to crochet! Whether you want to make the very cute amigurumi animals or add another dimension to knitting, hooking is what you want to do. In just a couple of hours, learn basic crochet skill, including: foundation chain, single to triple crochet, turn and crochet in the round. One crochet hook and sample yarn included.

*Instructor: Astor Tsang, www.knittingAstor.com*

Tue		7:00pm-9:00pm
Feb 21	\$36/1 sess	42800.102KT

### Life Story Scrapbooking

Explore moments of your life in photos, memorabilia, paper art and journaling. Basic supplies included.

*Instructor: Mary Stanwood*

Wed		6:30pm-8:30pm
Feb 8-Feb 29	\$69/4 sess	42810.101KT
Sat		10:00am-4:00pm
Mar 3	\$55/1 sess	42810.102KT

## Music

### Guitar: Private Lessons (8+ yrs)

One to one 30 minute lessons designed to work at your own level and pace. The classes focus on technique, repertoire and practising skills. Participants must provide their own guitar (nylon string guitar recommended for beginners). Books will be available at the first class for \$15 and up depending on the style and level. To register a child and receive 10% discount, please phone 604-257-6976.

*Instructor: Rene Hugo-Sanchez*

Thu		4:30pm-8:30pm
Jan 12-Mar 22	\$251/11 sess	41005.101/8KT

### Piano Lessons - Adults (Beg/Int)

These private lessons are a great introduction for those with limited experience. These one on one 30 minute lessons are designed to match your needs and development. Lesson book materials will be discussed at the first class with the instructor and are not included in the lesson fee. No discounts apply.

*Instructor: Leah Mertz*

Mon		5:00pm-9:00pm
Jan 9-Mar 12	\$218/10 sess	41010.101-8KT

### Ukulele Group Lessons (Beg) (10+ yrs)

If you've never played an instrument before, then the ukulele is for you! It's easy, portable and fun! Bring your ukulele (D6 uke with Canadian tuning) & stand.

*Instructor: Heather Stubbs*

Sat		12:45-1:45pm
Jan 14-Mar 3	\$67/8 sess	41150.100KT

### Ukulele Jam! (Nov-Int) (16+ yrs)

The popularity of the ukulele has exploded in the last few years! Bring your uke & stand and be prepared to join in the fun! We will be using D6 ukes/Canadian tuning. Second Saturday of each month. Drop-in \$2.

*Facilitator: Heather Stubbs*

Sat		2:00pm-3:30pm
Jan 14, Feb 11, Mar 10	\$6/3 sess	41150.101KT

## Exploring Music Therapy

No previous musical skill or experience is necessary

*Instructor: Joel Kroeker, Music Therapist/Registered Counselor. RCC, MA, MMT, Bmus, MTA*



### Rediscovering Meaning in Life

Do you find yourself searching for a deeper sense of meaning in your life? Have you experienced some profound losses that have left you feeling disoriented? Through engaging in this series of simple Jungian-based guided musical processes, we will explore the inner terrain, looking for clues to spark our creativity and rediscover a sense of rich meaning in our lives.

Sun		1:00-5:00pm
Jan 29	\$49/1 sess	45499.101KT

### Exploring Your Dreams Through Sound

Have you ever been curious to know more about your dreams? Well, here's your chance. Through this series of simple Jungian-based guided musical processes you will have the unique opportunity to explore the unknown depths of your subconscious directly through sound. Discover the important insights and healing that your inner cast of characters are waiting to offer you.

Sun		1:00pm-5:00pm
Mar 25	\$49/1 sess	45499.103KT

### Transforming Personal Obstacles Through Sound

What is your vision for this one short life? What obstacles do you carry in your mind that block you from manifesting this larger potential within you? This world needs you and all that you have to offer. Through this series of simple Jungian-based guided musical processes you will have the unique opportunity to explore your own personal potential and how you could manifest it more fully in your life right now. Discover the important insights and healing that your inner cast of characters are waiting to offer you.

Sun		1:00pm-5:00pm
Feb 26	\$49/1 sess	45499.102KT

## Special Interest

### Life Saving Self

#### Defense for Busy Women (16+ yrs)

Hectic schedule? Always wanted to learn how to protect yourself? This popular self-defense workshop (not a martial arts class) is designed for busy women of all ages and physical ability. Learn what criminals don't want you to know. Classes include exciting demo's (2 instructors - female & male), interaction & theory. Learn how to not be chosen as a victim, your body's arsenal, key striking targets, improvised weapons, practical self-defense moves as well as release & escape methods for even the smallest person. Free: street safety guide (\$15 value) provided to all students. Time saving, confidence building, empowering and potentially life saving, this workshop is a great investment in yourself.

**DISCOUNT: Mothers and daughters! Sign up together and get 50% off the second person. Fee for two is \$67! Phone 604-257-6976 to register or in person.**

*Instructor: Hit & Run Self Defense, www.hitandrundefense.com*

Sun		9:30am-12:00pm
Jan 22	\$45/1 sess	43499.100KT
Mar 11	\$45/1 sess	43499.101KT

### Vision Board Workshop

Starting a new chapter or simply looking to be re-inspired? This is a fantastic way to help you identify your own path in life and what you want to create within it. The Vision Board (also known as a Treasure Map) serves as a visual compass for looking forward. Even more importantly, it works with our own innate ability to 'manifest' experiences as the Vision Board process encourages our creative energy to flow more freely. Your instructor Kelly (a professional Astrologer) will also discuss the current planetary cycles and the impact it has on your Sun Sign, giving you greater insight into your life journey.

*Instructor: Kelly Benson*

		6:30pm-9:30pm
Mon Jan 23	\$34/1 sess	45444.101KT
Tue Feb 21	\$34/1 sess	45444.102KT
Thu Mar 22	\$34/1 sess	45444.103KT

### Basic Dog Obedience (18+)

Teach your dog manners and obedience: learn the basics of dog behaviour, management of common problems such as jumping up on people, and basic commands such as sit, down, stay, come, walking on leash etc. Bring dog to first session; for more information contact Brenda at 604-224-2269 or email [brenda@callingalldogs.org](mailto:brenda@callingalldogs.org). Only adults may register, however other household members, including children of appropriate age, are welcome to accompany the registered adult.

*Instructor: Brenda Jagroop, J Enterprises*

Wed		7:00pm-8:00pm
Jan 18-Feb 15	\$126/5 sess	45301.101KT

### Dog Training:

#### Intro/Novice Cross Training

Increase the dog-owner bond and improve practical obedience while having fun and learning new things. Work on obedience in distracting situations as well as learn tricks, obstacles, freestyle moves, rally obedience exercises etc. An excellent and fun way to provide mental stimulation and develop an attentive, happily obedient dog while enjoying some quality time together. For more info or for late registration (after the first class) please contact Brenda at 604-224-2269 or email [brenda@callingalldogs.org](mailto:brenda@callingalldogs.org).

*Instructor: Brenda Jagroop, J Enterprises*

Wed		8:00pm-9:00pm
Jan 18-Feb 15	\$139/5 sess	45301.102KT



### Web Design for Beginners

This course is for PC users interested in learning HTML to create websites for personal or professional use. Upon completion of this course, students will be able to design backgrounds, edit text, create lists, embed images, create and format tables, create hyperlinks and buttons, and design an interactive form. Project: to create a business website for a fictitious restaurant that includes a Homepage, FAQ Page, Photo Gallery, Online Menu, and Customer Feedback Page. No software is needed. Please bring a laptop or notebook computer to class each week.

*Instructor: Gisele White*

Mon		6:30pm-8:30pm
Feb 6-Feb 20	\$73/3 sess	45469.100KT



### Digital Scrapbooking for Beginners

This course is for PC users interested in learning Digital ScrapBooking. This course will cover the use of backgrounds, embellishments, photo editing and placement, and text formatting. You will also learn how to organize your various components using nested folders. Freeware, backgrounds and embellishments will be provided. Please bring a laptop or notebook computer, with the digital photos you wish to scrapbook, to class each week.

*Instructor: Gisele White*

Wed		6:30pm-8:30pm
Mar 7-Mar 21	\$73/3 sess	45470.100KT

### Discovering Computers 1

An introductory computer class. Fun, supportive and not too fast. We supply the laptops, but bring your own if you have one.

*Instructor: Robert Anderson*

Wed		10:00am-11:30am
Jan 4-Jan 25	\$59/4 sess	45460.101KT
Feb 1-Feb 22	\$59/4 sess	45460.102KT
Mar 7-Mar 28	\$59/4 sess	45460.103KT

### Discovering Computers 2

Beyond the basics is an open ended workshop that bridges the distance between introductory computer classes and more advanced courses. Fun, supportive and not too fast. We supply the laptops, but bring your own if you have one.

*Instructor: Robert Anderson*

Fri		10:00am-11:30am
Jan 6-Jan 27	\$59/4 sess	45461.101KT
Feb 3-Feb 24	\$59/4 sess	45461.102KT
Mar 2-Mar 23	\$59/4 sess	45461.103KT

### Basic Digital Photography

For owners of DSLR cameras or cameras with manual functions for aperture and shutter speed. So you have a new digital camera. It has dozens of functions, lots of megapixels and a thick, unreadable manual. So why aren't your pictures what you'd hoped for? We'll take the mystery out of the f stops, the shutter speeds and the multiple camera functions. With demonstrations, slide shows, and mainly practice, you will understand your camera better. Photography is also about light and composition. We'll go outside as weather permits and shoot various subjects: cityscapes, portraits, movement, macro, and long exposures. You'll feel more confident with your camera but more importantly, more excited about making pictures.

*Instructor: Doug Williams, www.dwpphotography.com*

Wed		6:30pm-9:30pm
Jan 18-Feb 1	\$95/3 sess	45811.101KT
Feb 8-Feb 22	\$95/3 sess	45811.102KT
Feb 29-Mar 14	\$95/3 sess	45811.103KT

### Earthquake Preparedness - Be Prepared, Not Scared

We all witnessed the earthquakes in New Zealand, Haiti and Chile and saw the devastation caused. Living in Vancouver, we too could be faced with an earthquake - yet few of us take the steps to ensure we are prepared. This session covers what is required to develop your family emergency plan, how to conduct a "Home Hazard" Hunt and what to do when an earthquake strikes.

*Facilitator: City of Vancouver ESS*

Wed		7:00pm-8:30pm
Feb 15	Free	45401.101KT



### Core Activation & Postural Correction

PhysioWorks is offering this seminar on the principles of Core Activation and Postural Correction. Topics will include what makes up the "core", how to activate each muscle, and how to incorporate it with good posture.

*Instructor: PhysioWorks, www.ptworks.ca*

Tue		7:00pm-9:00pm
Jan 17	\$2/1 sess	45850.101KT



### Optimizing Running Technique

We will discuss some strategies to help you run more efficiently and demonstrate exercises to maximize performance.

*Instructor: PhysioWorks, www.ptworks.ca*

Tue		7:00pm-9:00pm
Mar 27	\$2/1 sess	45850.102KT

### Intro to Aquarium Keeping

An introduction to the basics of keeping a home or office freshwater aquarium. Aquariums offer an interesting, enjoyable, relaxing and beautiful addition to the home or office. Observing aquatic life in an aquarium can provide health benefits and offers enjoyment and accomplishment for family members who participate and learn about maintaining a small-scale ecosystem. In this workshop participants will learn how to set-up, monitor and maintain a healthy natural aquatic environment in an aquarium. Families welcome. Children 10-15 yrs old must be accompanied by a parent/guardian.

*Instructor: Wet Coast Aquarium Society.*

Sun		1:30pm-3:00pm
Feb 5	Free	45020.100KT

### Natural Skin & Hair Care

Struggling with eczema, psoriasis or dermatitis? Using herbs, essential oils, organic butters and botanicals, customize your own skincare! Improve the look of skin and hair naturally by creating a balancing body lotion, herbal shampoo, citrus hair spray and a moisture lip balm. Recipes on hair rinses, detanglers, conditioners, dandruff control treatment, and deep conditioners. All supplies included.

*Instructor: Cheryl Theilade*

Thu		6:30pm-9:30pm
Feb 23	\$49/1 sess	45410.101KT



### A Day in the Life of a Wildlife Rescuer

Get a sneak peek inside a wildlife hospital through a virtual tour at the Wildlife Rescue Association of BC's wild animal care centre plus learn how to live with the critters around us! **NOTE: \$9 per family.** Please register one adult and let the office know how many people will be attending with you.

*Instructor: Wildlife Rescue Association of BC*

Wed		10:00am-11:00am
Mar 21	\$9/1 sess	45490.100KT



## Special Interest

### Real Estate Investing - Making a Smart Purchase

Every real estate purchase, including our own homes, is an investment. In this first of two seminars, we'll explore how to evaluate condos, single family homes or revenue properties for investment and resale potential. We'll discuss what makes a good buy, how to identify undervalued areas, when to buy, and how to secure that good investment before someone else does! Please pre-register.

Instructor: Maureen Stout, Sutton Realty  
www.houseandhomedoctor.com

Tue 7:00pm-9:00pm  
Jan 24 Free 45415.102KT

### Real Estate Investing - Making Your Purchase Pay off

We'll examine how to invest wisely in your property to make it pay off. Through examples, we'll discuss how to get the most for your money when renovating, when and how to market your property, staging, and the selling process. Finally, you'll learn the ins and outs of renting your property for longer term gains. Please pre-register.

Instructor: Maureen Stout, Sutton Realty  
www.houseandhomedoctor.com

Tue 7:00pm-9:00pm  
Jan 31 Free 45415.103KT

### Home Buyer's Seminar

A fun lecture for those looking at purchasing real estate. A panel of professionals from the real estate industry will share valuable information on what you need to know. Please pre-register.

Instructor: Jennifer Correa, Re/Max

Tue 7:00pm-9:00pm  
Feb 7 Free 45415.100KT

### Six Mistakes Baby Boomers Make With Their Finances

And how to avoid them! For investors over age 50 who are planning to retire or have already retired and who want to avoid costly mistakes. Topics include: Not understanding or covering your risks, Failing to understand the stock market, Paying excessive taxes, Having the wrong time horizon, Choosing the wrong retirement income strategy and Not taking care of your family

Instructor: Heidi Pullem, Certified Financial Planner

Wed 7:00pm-8:30pm  
Feb 1 \$10/1 sess 45417.101KT

### UBC Law Students' Legal Advice Program

This program provides free legal advice to low income individuals on matters such as minor criminal offences, small claim matters, landlord/tenant dispute, EI/WCB/ CPP/social assistance, employment matters, and basic wills and estates (with no real property). Please note: students cannot take major criminal offences or any family law matters. **Appointments are required and can be made by calling the UBC Law Students' Legal Advice Program at 604-822-5791 ext. 0.** The program is run and staffed by UBC Law School students who are supervised by a practicing lawyer. For more information please see their website, www.lslap.bc.ca/ or call their main switchboard at 604-822-5791.

Mon 6:00pm-8:00pm  
Jan 9-Mar 19 45480.101KT

## Culinary

### Kids in the Kitchen



#### Kids in the Kitchen (8-12yrs)

Experience a world of flavours as you learn to experiment in this fun, educational and popular kids cooking program. Learn what it takes to make delicious creations. Find out how to work as a team and where your passions lie. Get acquainted with the ins and outs of a commercial kitchen, including food safety tips and best practices.

#### Part 1

Tue 4:00pm-5:30pm  
Jan 17-Feb 7 \$59/4 sess 22601.101KT

#### Part 2

Tue 4:00pm-5:30pm  
Feb 21-Mar 13 \$59/4 sess 22601.102KT

## Workshops

### Knife Skills

Learn how to handle sharp tools with confidence in this very popular workshop. Start by julienning vegetables and work your way to more complex food fundamentals. Cut down your cooking time (pun intended!) so you have more time to enjoy your meals with family and friends. Find out how to determine a good-quality kitchen tool, and how to best care for your knives.

Tue 6:00pm-9:00pm  
Feb 7 \$59/1 sess 42602.101KT

### Bread Making

Knead the knots out of your shoulders in this bread-making workshop. Learn basic doughs like whole-wheat and multigrain before graduating to more sophisticated, personalized breads for both savory and sweet treats.

Tue 6:00pm-9:00pm  
Mar 13 \$59/1 sess 42602.102KT

Chef Mark Halyk of Catered Art partners with Kits Community Centre to offer some amazing workshops and programs in our state of the art kitchen. Chef Mark enjoys seeing his students gain confidence and creativity in their cooking.



## Programs

### Mediterranean Cooking

Incorporate classic Mediterranean cooking techniques into your diet with our comprehensive Mediterranean course. Learn to grill, roast and marinate to achieve maximum flavour with minimal fuss. Learn how to use a wide range of proteins, pastas, sauces, fresh fruits and vegetables, along with a generous dose of olive oil, to create simple but delicious meals that will transport you to Italy, without the airfare.

Tue 6:00pm-8:30pm  
Jan 17-Jan 31 \$129/3 sess 42603.101KT



### Chef 101 (Unleash Your Inner Chef)

Do you want to cook healthy, easy foods but don't know how? Are you a culinary-challenged chef-wanna-be? Does the idea of simple yet tasty recipes interest you? If so, join Mark, our community chef to Unleash Your Inner Chef! Learn basic cooking techniques and helpful kitchen fundamentals along with recipes that create delicious meals using only a handful of common ingredients. This class will teach you what you need to know about cooking basics!

Tue 6:00pm-8:30pm  
Feb 21-Mar 6 \$129/3 sess 42603.102KT

## Settlement Workers in Schools (SWIS)

Vancouver School Board

Free Workshop for Immigrant Families.



For Mandarin workshops information and registration: Audrie Leung 604-713-6000 (ext 2506) aaleung@vsb.bc.ca  
Koko Choy 604-713-6000 (ext 2503) mko@vsb.bc.ca Michelle Mai 604-713-6000 (ext 2504) mmmai@vsb.bc.ca

### SWIS - Income Tax for Newcomers (in Mandarin)

Fri 9:30am-10:30am  
Feb 3 45050.100KT

### SWIS - Reporting

Overseas Assets (in Mandarin)  
Fri 11:00am-12:00pm  
Feb 3 45050.101KT

### SWIS - RRSP & RESP (in Mandarin)

Fri 9:30am-10:30am  
Feb 17 45050.103KT

### SWIS - Small Business & Business Loan(in Mandarin)

Fri 11:00am-12:00pm  
Feb 17 45050.104KT

### SWIS - Income Tax Return (in Korean)

For information and registration, please contact: Jenny Choi 604-713-6000(ext 2491), hchoi@vsb.bc.ca

Fri 9:30am-11:30am  
Feb 10 45050.102KT

# adults

## Dance

### Afro'Robics

Afro'Robics is an amazing African dance class specially designed by Jacky Essombe for aerobic fitness, blending the richness of African dance and music with traditional history and culture to create a fun and exciting workout! In the spirit of Africa we all dance together, so everyone is welcome regardless of age, gender or physical ability. Afro'Robics is suitable for all fitness levels and the moves are created so that you can either go at your own pace or push yourself for a serious workout. Come and amaze yourself! And remember there is only one rule: Take your shoes off and smile! No class Mar 7. Drop-in \$15. **Free trial class Jan 11th. Please pre-register.**

*Instructor: Jacky Essombe, www.JackyEssombe.com*  
 Wed 5:45pm-6:45pm  
 Jan 18-Feb 22 \$79/6 sess 41700.101KT  
 Feb 29-Apr 4 \$67/5 sess 41700.102KT

### Ballet Morning

First stretch and condition your muscles, and then we learn ballet barre exercises, finishing with easy centre dance movements. Relaxing mat exercises improve spinal alignment, hip and leg flexibility and coordination. Ballet barre exercises, the traditional method of training for all forms of dance, are built slowly and carefully. You will improve posture, muscle tone and strength. Learn to dance at a pace you can manage and enjoy. Drop-in \$15.

*Instructor: Helen Evans*  
 Thu 10:30am-12:00pm  
 Jan 12-Mar 22 \$146/11 sess 41640.101KT

### Belly Dance Workout

Designed for fun and fitness each mostly fastpaced class will begin slowly with Rahma's popular 25 min. yoga/pilates style warm-up, then move on to core strengthening isolation moves. This will be followed by a 30 min. bellydance cardio section and a cool down. Music and moves from Turkey, Lebanon, Egypt, Tunisia, Morocco and the Persian Gulf will be incorporated, ranging from very old traditional to modern pop styles. Lots of repetition with minimal breakdown of moves will be employed. Wear exercise clothes, bare feet or dance slippers and a scarf or shawl for the hips. Drop-in \$14.

*Instructor: Gail (Rahma) Haddad*  
 Thu 5:30pm-7:00pm  
 Jan 12-Mar 29 \$154/12 sess 41630.102KT

### Belly Dance - Beginner

Move to the sensuous melodies and dynamic rhythms of the Middle East with internationally known teacher/performer 'Rahma'. With an innate sense of music and dance as part of her Lebanese heritage, she has a Bachelor of Phys.Ed (UofA), a background in modern, folk dance, Afro-jazz and gymnastics, and over 30 years experience in bellydance. Rahma's renowned ability to break down dance into easily learnable form stems from both her training as a teacher and her genuine desire for students to learn. No experience necessary. 25 min. stretch warm-up; fun and fitness learning basic technique and folk styles. Wear exercise clothes, bare feet or dance slippers, and scarf or shawl for hips. Finger cymbals needed, can be purchased from instructor for \$12. Drop-in \$14.

*Instructor: Gail (Rahma) Haddad*  
 Sun 4:30pm-6:00pm  
 Jan 8-Mar 25 \$154/12 sess 41630.101KT

### Belly Dance - Intermediate

Learn combinations, choreography and beyond-basic techniques using both folkloric and cabaret styles. Focus is on fun, exercise and personal development through dance. Drop In \$14.

*Instructor: Gail (Rahma) Haddad*  
 Sun 6:00pm-7:30pm  
 Jan 8-Mar 25 \$154/12 sess  
 41631.101KT



### Belly Dance - Seniors

This is a classic bellydance class using beautiful Middle Eastern melodies and rhythms, with movements emphasizing posture, grace and fluidity, keeping all the parts of the body moving. Each class begins with a 15 minute slow stretch warm-up, followed by slow hands, arms and posture exercises, then basic bellydance moves. A veil will be needed for class #4 onwards and can be borrowed or purchased from instructor. Drop-in \$9.

*Instructor: Gail (Rahma) Haddad*  
 Tue 2:45pm-3:45pm  
 Jan 17-Mar 6 \$58/8 sess 51630.101KT

### Indian Classical Dance

This intermediate class in Bharata Natyam Indian Classical dance is suitable for those who have completed the Beginner's course. To register in the Beginner's class, please call (604)733-3439, shaktidance@shaw.ca Drop-in \$13. No class Feb 12 and Mar 4.

*Instructor: Anusha Fernando, www.shaktidancesociety.com*  
 Sun 3:00pm-4:30pm  
 Jan 8-Mar 25 \$103/10 sess 41635.101KT

### It's About Time I Learned How to Dance!

Yes it is time! We'll teach you how to Swing, Latin & Ballroom dance (Jive, Rumba, Cha Cha, Waltz,) and help you survive and thrive on any dance floor anywhere. Singles and couples welcome. **Free Intro Class Jan 15th from 7:30-8:30pm. Please pre-register.**

*Instructor: FunDance Co*  
 Sun 7:30pm-9:30pm  
 Jan 22-Mar 11 \$120/8 sess 41618.101KT

### Latin Funk Dance

Gustavo's unique mix of eight Latin dance styles ( Salsa, Merengue, Mambo, Cumbia, Cha-Cha, Reggaeton, Bachata and Rumba) with a splash of Hip-hop, Afro'Funk and Jazz have everyone dancing and grooving to the hottest Latin Pop music around. This high energy dance class focuses on proper Latin dance technique, dance frame and dance choreography. His classes are uplifting, fun and entertaining! Feel yourself being transported to a warm tropical beach while lively Latin rhythms capture your spirit and move your body to the beat! Dance partner not required. Drop in \$14.



*Instructor: Gustavo Ferman*  
**Level 1**  
 Mon 8:00pm-9:00pm  
 Jan 9-Mar 26 \$147/12 sess 41620.101KT  
**Level 2**  
 Wed 7:00pm-8:00pm  
 Jan 11-Mar 28 \$147/12 sess 41620.103KT



## Zumba

This class fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It uses a variety of styles in its routines, including Cumbia, Soca, Merengue, Salsa, African, Reggaeton, Flamenco, and Bellydance. Zumba is a "feel-happy" workout that is great for both the body and the mind. Drop-in \$13.

*Instructor: Bianca Carli, zumbavancouver.ca*

**Mon** 6:45pm-7:45pm **Tue** 8:00pm-9:00pm  
 Jan 9-Feb 13 \$69/6 sess 41622.103KT Jan 10-Feb 14 \$69/6 sess 41622.101KT  
 Feb 20-Mar 26 \$69/6 sess 41622.104KT Feb 21-Mar 27 \$69/6 sess 41622.102KT



Parent & Child Dance Classes

Please see pages 4 & 5



## Martial Arts

### Qigong (All levels)

The ancient Chinese practice of Qigong is a study of energy (Qi). It includes a variety of methods to become aware of, cultivate, balance and direct energy (Qi) in the body. The many methods include simple movements, postures, sound, breathing techniques, and visualization. Various forms are done sitting, standing, reclining, or walking. All of the different methods reveal the mind-body connection and increase well-being. The movements are easy and gentle. Drop in \$14.

*Instructor: Kelly Maclean*

Sun 9:30am-10:30am  
Jan 8-Mar 11 \$123/10 sess 43455.101KT

### Tai Chi - 24 Form (Beginners)

Tai Chi Chuan (Taijiquan) is a Chinese martial art and moving meditation, which explores the mind-body connection. Generally practiced slowly, the gentle, graceful movements of Tai Chi cultivate awareness, control, and the flow of Qi in the body. Regular practice of Tai Chi has been proven to improve sense of balance, powers of concentration, health and well-being. Suitable for adults of all ages and fitness levels. Drop-in \$14

*Instructor: Kelly Maclean*

Thu 8:00pm-9:00pm  
Jan 5-Mar 8 \$123/10 sess 43454.101KT

### Tai Chi - 24 Form Review

This course is for those who have already studied the 24 Form, but may be missing a few pieces to the puzzle. This is an opportunity to ask questions, fill in the gaps, work on the difficult movements, and spend more time on the second half of the form.

*Instructor: Kelly Maclean*

Sun 12:30pm-1:30pm  
Jan 8-Mar 11 \$123/10 sess 43454.102KT

### Tai Chi - 48 Form Part Two (Int level)

In this course, we will study the second part of the 48 Form. Part One is a prerequisite.

*Instructor: Kelly Maclean*

Thu 7:00pm-8:00pm  
Jan 5-Mar 8 \$123/10 sess 43457.103KT

### Tai Chi 108 Traditional Yang Style - Part 2

Here we will continue the long journey of studying the Traditional Yang style Tai Chi, known as the 108 Form. In this course, we will study the second and third sections. It is recommended that participants have completed the first section.

*Instructor: Kelly Maclean*

Sun 10:30am-11:30am  
Jan 8-Mar 11 \$123/10 sess 43457.101KT

### Tai Chi Push Hands

Tai Chi Push Hands consists of partner work designed to cultivate energies such as "sticking", "deep listening," and "neutralizing". For those who are interested in the martial applications of Tai Chi Chuan (taijiquan), and for those who are interested in deepening their understanding of the solo form, partner work is essential and very illuminating! Drop-in \$14.

*Instructor: Kelly Maclean*

Sun 11:30am-12:30pm  
Jan 8-Mar 11 \$123/10 sess 43457.102KT

### Flow Kickboxing

This class will focus on building basic non-traditional kickboxing skills, incorporating everyday props that can be used for self defense. Using body weight exercises, the class will help build core strength, endurance and flexibility in a fun and friendly atmosphere. Drop in \$12.

*Instructor: Dean Larsen*

Mon 8:00pm-9:00pm  
Jan 16-Mar 26 \$113/11 sess 43425.101KT



## Social

### Bridge: Duplicate

Come out and join our friendly group of Duplicate bridge players. Drop in \$2 per session.

Tue & Fri 7:00pm-10:00pm  
Jan 3-Mar 30 45891.101KT

### English Corner

Effective communication of both your thoughts and feelings are essential for leading a successful life in a new place.

*Facilitator: Fay Mottahed*

Sun 7:00pm-9:00pm  
Jan 8-Mar 25 \$3/12 sess 45005.101KT

### Neighbourhood Book Club

Meets on the last Saturday afternoon of each month. Call Heather at 604-736-8799 for more info.

*Facilitator: Heather Stubbs*

Sat 2:00pm-4:00pm  
Jan 28-Jun 30 \$15/6 sess 45430.101KT

## Volunteer Today!

The Kitsilano War Memorial Community Centre is ALWAYS looking for volunteers to assist with our many programs, special events, and day camps.

View opportunities and apply online at [www.kitscc.com](http://www.kitscc.com). You can also view our VOLUNTEER BOARD located outside the Youth Lounge.

## Sports

### Badminton: Recreational

Come out with a friend and enjoy an evening of recreational badminton. Drop-in \$6. Please bring your own racquet. No session Jan 26th.

Thu 7:30pm-9:30pm  
Jan 5-Mar 8 \$48/9 sess 43100.101KT



### Badminton: Int/Adv

This competitive program is for the intermediate to advanced player. Players must have good skills and knowledge of the game. Drop in \$6. Please bring your own racquet.

Wed 8:00pm-10:45pm  
Jan 4-Mar 28 \$72/13 sess 43101.101KT

### Soccer: Indoor Recreational (18+)

This program is for all levels of play with the emphasis on sportsmanship, fun and fitness. Drop-in \$6 space permitting.

Mon 9:15pm-10:45pm  
Jan 9-Apr 2 \$72/13 sess 43300.102KT

### Soccer: Master's Co-Ed (30 and up)

The emphasis is on sportsmanship, fitness and fun! Drop-in \$6 space permitting.

Mon 7:45pm-9:15pm  
Jan 9-Apr 2 \$72/13 sess 43300.101KT

### Volleyball: Recreational

This program is for all levels of play with emphasis on sportsmanship and fun. Drop-in \$6.

Thu 6:45pm-8:45pm  
Jan 5-Mar 29 \$72/13 sess 43200.101KT



### Volleyball: Intermediate

In this intermediate, competitive program, players are expected to have good skills and knowledge of the game. Drop-in \$6.

Tue 8:00pm-10:45pm  
Jan 3-Mar 27 \$72/13 sess 43201.101KT

### Volleyball: Advanced

Players must have excellent and safe ball control at the net, be able to make clean and legal plays, have a good knowledge of the rules of volleyball and be comfortable playing against other advanced players. No session Jan 27, Feb 3, Mar 16, 23 & Apr 6. Drop in \$6.

Fri 7:00pm-9:00pm  
Jan 6-Apr 27 \$66/12 sess 43202.101KT

# adults

## Women Only Sports

### Women's Indoor Soccer Rec Play (Beg/Int)

Come out, have fun and get fit. Women of all ages and levels are welcome; soccer moms who have always wanted to try playing or women looking to have some competitive fun as an alternative to the gym. Drop-in \$6.

*Instructor: Lisa DeVita*  
Sat 3:15pm-4:45pm  
Jan 14-Mar 31 \$66/12 sess 43300.115KT

### Women's Indoor Soccer Skills

This program is designed for the beginner soccer player. Women aged 18-55 with little or no soccer playing experience and soccer moms who have always wanted to give it a try, now is your chance. Covers the basics of the game through sport-specific exercises, drills and practice. Increase your fitness and improve your game! Drop-in \$9.

*Instructor: Lisa DeVita*  
Sat 2:00pm-3:00pm  
Jan 14-Mar 31 \$84/12 sess 43300.110KT



### Women's Recreational Ball Hockey

This program is for all levels of play. The focus is on fair play, sportsmanship, fitness and fun. Drop-in \$6.

*Instructor: Lisa DeVita*  
Thu 9:00pm-10:30pm  
Jan 12-Mar 29 \$66/12 sess 43400.101KT

Can't find your favourite program?

If you have suggestions for new courses you'd like to see at Kits, please inform the community centre or fill in our survey at [www.kitscc.com/suggest-program](http://www.kitscc.com/suggest-program)



## Yoga

### Creative Hatha Yoga (Ongoing)

Focus is on breath and visualizations as you naturally develop improved body awareness, flexibility and core strength. Learn yoga poses safely and to work within your own limits at a deeper level to help in your own practice. Enjoy the music. Yoga is that essence of body/mind/spirit with a feeling of calmness and sense of self. Time for relaxation and meditation. Previous experience required. Drop-in \$14.

*Instructor: Natalia Nimetz*  
Mon 6:30pm-8:00pm  
Jan 9-Mar 26 \$147/12 sess 44301.101KT

### Gentle Yoga

Enjoy learning yoga postures as you stretch for improved body awareness and alignment, flexibility and strength. Focus is on breath and visualizations. With the use of music, you are encouraged to explore and experience the freedom of movement in the poses (asana). Yoga helps you feel more energized, less tension and pain with improved concentration and circulation. Time for relaxation and meditation. Drop in \$14.

*Instructor: Natalia Nimetz*  
Fri 10:30am-12:00pm  
Jan 13-Mar 30 \$147/12 sess 44302.101KT

### Hatha Yoga (All Levels)

Focus on a practice that relieves stiffness in the joints, removes heaviness in the body and improves strength. During the session the pelvis will align and the student will become aware of the importance of the breath and its link to an internal flow of energy. Drop in \$14.

*Instructor: Mary Balomenos*  
Tue 6:05pm-7:35pm  
Jan 10-Mar 27 \$147/12 sess 44303.101KT



### Iyengar Yoga All Levels

Improves flexibility, strength and endurance. As the body moves into alignment, less muscular work is required and relaxation increases naturally. The method is adaptable to suit individual needs, regardless of age or state of health. Drop-in \$18.

*Instructor: Roberta Vommaro*  
Mon 8:30am-10:00am  
Jan 9-Mar 26 \$183/12 sess 44300.101KT  
*Instructor: Val Speidel*  
Wed 8:30am-10:00am  
Jan 4-Mar 28 \$198/13 sess 44300.102KT

### Laughter Yoga

Combine breathing exercises, gentle movement, and simulated laughter. Scientific research has proven that laughter benefits the circulatory, respiratory, cardiovascular and immune systems of the body. Drop-in \$9. **Free trial class Jan 4th. Please pre-register.**

*Instructor: Jeannie Magenta*  
Wed 7:00pm-8:00pm  
Jan 11-Mar 7 \$57/9 sess 44330.102KT



### Power Yoga with Mira (All Levels)

Power yoga is a dynamic flow through a series of asanas, or poses, combining breathing with movement, or vinyasa. Students will be guided through yoga poses with breath work, focusing on awareness, strengthening, and body alignment. The emphasis will be on the mind-body connection and respecting our limitations and possibilities. Drop-in \$14.

*Instructor: Mira Yoga Inc*  
Thu 7:30pm-8:45pm  
Jan 12-Feb 16 \$69/6 sess 44309.101KT  
Feb 23-Mar 29 \$69/6 sess 44309.102KT

### Yin Yoga (All Levels)

This slow and meditative style of yoga aims to release deep-seated tensions in the spine, hips and pelvis. Yin yoga is especially beneficial for those who are always "on the go". If you feel overworked in body and/or mind, Yin yoga will help you rediscover how to truly relax while also providing the opportunity to exponentially increase flexibility and mobility, throughout the body. Deeply nourishing for everyone, from beginner to advanced students of yoga. Drop-in \$14.

*Instructor: Angela Inglis*  
Tue 7:30pm-8:45pm  
Jan 10-Mar 27 \$159/12 sess 44320.101KT

### Yoga Made for Runners (All Levels)

A dynamic stretching and strengthening program designed to help runners get fit for running and prevent or overcome injuries. This system will also restore balance to our body's musculature, return flexibility and suppleness to muscles, open tight, compressed joints and strengthen our core muscles. Drop-in is \$14.

*Instructor: Michael Dennison, www.mikedennisonyoga.com*  
Wed 7:30pm-8:45pm  
Jan 11-Mar 28 \$147/12 sess 44310.101KT

### Energize from the Inside Out - Morning Yoga

Attune yourself with your body in this meditative morning movement practice. We move through a series of relaxing, rejuvenating and energizing yoga postures and breathing exercises, which will leave you refreshed and ready for your day. This class is suitable for all levels, and options will be given for beginning and advanced yogis. Drop-in \$12.

*Instructor: Geraldine Lahiffe, PT, www.vitalityphysio.com*  
Fri 7:45am-8:45am  
Jan 13-Feb 17 \$63/6 sess 44048.101KT



## Yoga & Pilates

### Instructor: Alejandra Aquirre

www.fitnessali.com



Alejandra began teaching fitness in 1985; over the subsequent 27 years she has been a Personal Trainer, an Instructor Trainer, a NIKE sponsored athlete and currently an Alumni Lululemon Ambassador. She finds teaching people to live a healthy and active life very rewarding. She is a BCRPA certified Fitness and Pilates Leader. www.fitnessali.com



### Pilates

Based on the exercise philosophy developed by Joseph Pilates in the early twentieth century; Pilates will improve strength, alignment, balance, coordination, circulation, flexibility and posture. Working the mind and body together, pilates uses subtle, slow and controlled movements to achieve rapid and long-lasting results. Emphasis is placed on using your CORE the girdle like cylinder that surrounds your waist that flattens the tummy and supports the back. You will experience a full body workout with no impact on the joints as you strengthen and stretch through each exercise. A powerfully different workout that will change the way you use your body. Drop-in \$13. No class Mar 12 to 17.

### Gentle

Wed		9:15am-10:15am
Jan 4-Mar 28	\$135/12 sess	44206.101KT
Fri		9:15am-10:15am
Jan 6-Mar 30	\$135/12 sess	44206.104KT

### All Levels

Thu		9:15am-10:15am
Jan 5-Mar 29	\$135/12 sess	44206.103KT
Sat		9:15am-10:15am
Jan 7-Mar 31	\$135/12 sess	44206.105KT

### Yogalates (All Levels)

The perfect marriage of Pilates and Yoga! Upper body strength and stretching from Yoga coupled with core work from Pilates (the "core" includes the girdle like muscle that surrounds the waist, flattening the belly & supporting the back), working your muscles in a lengthened position giving you long lean muscles. Drop-in \$13. No class Mar 15.

Thu		6:30pm-7:30pm
Jan 5-Mar 29	\$135/12 sess	44210.101KT

### Instructor: Patricia Samuhel

Patricia is a practicing kinesiologist with BCAA. Since completing her degree she has been working with clients in physical rehabilitation, and recreational or sports specific personal training. She has an extensive professional dance and Pilates background and has been teaching STOTT Pilates for several years.

### Pilates - Intro

Provide yourself with the tools you need to improve body alignment, tone muscles and increase flexibility. Pilates mat exercises are designed to safely and effectively condition the core muscles that act to stabilize the torso. These exercises target the muscles of the abdomen and pelvic floor as well as the muscles of the lower back, upper back and buttocks. Drop-in \$13.

Mon		5:30pm-6:30pm
Jan 9-Mar 12	\$103/10 sess	44208.101KT

### Pilates - Intermediate

For those who have a recent experience in essential Pilates mat exercises, preferably STOTT based. Drop-in \$13 available, but please check with the instructor for safe progression.

Wed		6:00pm-7:00pm
Jan 11-Mar 14	\$103/10 sess	44208.106KT

### Pilates - Mixed/All Levels

For those who have completed the intro course or equivalent. Drop in \$13.

Mon		6:45pm-7:45pm
Jan 9-Mar 12	\$103/10 sess	44208.102KT



### Standing Pilates

For those who have been practising Pilates form of exercise for some time and are ready to transfer the skills to standing positions with minimal external support. Exercises target more muscle groups at a time due to gravity, and are designed to transfer basic Pilates principles into functional movement of daily activities. Some general mat work is part of the warm up portion, as well as overall stretching throughout the class. Drop-in \$13.

Wed		7:15pm-8:15pm
Jan 11-Mar 14	\$103/10 sess	44208.105KT

### Pilates: Mom & Babies & Infant Massage

This playful Pilates class encourages moms to participate with their babies. Pilates will help new mothers to rejuvenate and tone their post pregnancy bodies. Moms will learn fundamental pilates exercises that gently restore and improve core strength, pelvic floor, postural alignment, balance, breathing and relaxation. Optimal breathing and posture are essential skills that will help the new mother to maintain a calm and healthy state of being. A portion of the class will be dedicated to baby massage movement and stretching. This class will give the new mother an opportunity to meet other moms and babies. No experience necessary. Drop in \$15. www.neomama.com

Instructor: Adriana Sartori		1:45pm-2:45pm
Thu		44205.101KT
Jan 12-Feb 16	\$75/6 sess	
Instructor: Laura Collings		
Thu		12:30pm-1:30pm
Feb 23-Mar 29	\$75/6 sess	44205.102KT



### Prenatal Pilates

Celebrate your pregnancy by staying active with Neomama Pilates (Part 1). This class will leave you feeling more fit and graceful in all trimesters of your pregnancy. Benefits include improved posture through core strength, stability and proper alignment. Increased body awareness and breathing exercises will also help prepare you and baby for labour. Enjoy one of the most gentle, yet effective pre natal fitness classes available. Please consult with your Midwife or Health Care Provider prior to attending class. No experience necessary. www.neomama.com. Drop in \$15.

Instructor: Adriana Sartori		NEW time	4:45pm-5:45pm
Wed			44207.100KT
Jan 11-Feb 15	\$75/6 sess		
Instructor: Laura Collings			
Wed		4:45pm-5:45pm	
Feb 22-Mar 28	\$75/6 sess	44207.101KT	

### Post Natal Yoga Pilates

Gain deep core strength and stability as we reconnect, tone and condition our deep supportive muscles, leaving you feeling lighter, stronger and more agile than ever before while alleviating the aches and pains of new motherhood. This class is perfect for recent or not so recent Moms who want to gain more grace, ease, and body awareness, while quickly regaining your pre-baby bodies! No previous experience in yoga or pilates necessary. \*Please wait six weeks after your birth, and get your doctor/health consultants approval before registering. Drop-in \$15. Babies welcome!!

Instructor: Celeste Lyon, RYT		1:00pm-2:00pm
Wed		44360.100KT
Jan 11-Feb 8	\$63/5 sess	
Feb 15-Mar 14	\$63/5 sess	44360.101KT

## Fitness, Health & Wellness

### Bermuda Triangle (All Levels)

Do you buy your shirts two sizes too big? Tie your sweater around your waist? Avoid tucking in your shirt? Come and regain your confidence about your waistline! I developed the Bermuda Triangle based on the regular question from my participants; What can I do about my waist? The question was so frequent that I thought it's like a mystery for people; they want to change the shape of their body but don't know how. The Bermuda Triangle was born. I imagined a triangle, the top point at your chin and the bottom ending at your knees. We work everything within the triangle: the mid-section, chest & back, thighs, and buttocks. Work hard and watch your own natural "girdle" pull your waistline in! You will also be given easy exercises to take home with you that you can fit into your everyday life. Drop-in \$13. No class Mar 17.

Instructor: Alejandra Aguirre, [www.fitnessali.com](http://www.fitnessali.com)

Sat 10:30am-11:30am  
Jan 7-Mar 31 \$135/12 sess 44042.101KT



### Callanetics

Lift and tighten your behind, flatten your stomach, slim your thighs and tighten your underarms! The unique CALLANETICS exercise method promotes deep muscle tone throughout the entire body increasing flexibility, strength and improves posture. CALLANETICS exercises tighten, tone and lift muscles fast and you leave feeling great! **Free trial class Jan 9th. Please Pre-register.**

Instructor: Linda Shedden, [www.callaneticsvancover.com](http://www.callaneticsvancover.com)

Mon 8:00pm-9:00pm  
Jan 16-Feb 13 \$86/5 sess 44095.101KT  
Feb 20-Mar 19 \$86/5 sess 44095.102KT



### Relax the Back

By increasing our flexibility, strength and movement awareness, we can improve the health of our spine! This class, taught by a physiotherapist and yoga/pilates instructor, will focus on energizing the spine, strengthening core and releasing tight muscles. It will leave you feeling energized, relaxed and strong. Drop-in \$12. For more info, please contact geraldine@vitalityphysio.com No class Feb 27th.

Instructor: Geraldine Lahiffe, PT, [www.vitalityphysio.com](http://www.vitalityphysio.com)

Mon 5:30pm-6:30pm  
Jan 16-Mar 12 \$89/8 sess 44047.101KT

### Flexercise

Flexibility and a strong core...the keys to staying active and healthy, to looking and feeling younger. Flexercise will help you achieve all that, using a combination of stretch, toning exercises and movements derived from both yoga and Pilates. It's fun, challenging and appropriate for all ages. Drop-in \$15

Instructor: Joyce Resin

Tue 6:15pm-7:15pm  
Jan 10-Mar 27 \$159/12 sess 44043.101KT  
Thu 6:15pm-7:15pm  
Jan 12-Mar 29 \$159/12 sess 44043.102KT

### Creative Hatha Yoga (Ongoing)

Focus is on breath and visualizations as you naturally develop improved body awareness and alignment, flexibility, core strength and muscle tone. Learn to work within your own limits at a deeper level as you go into more challenging poses. Enjoy the music. Yoga is that essence of body/mind/spirit with a deep feeling of calmness and sense of self. Time for relaxation and meditation. Previous experience required. Drop-in \$14.

Instructor: Natalia Nimetz

Mon 6:30pm-8:00pm  
Jan 9-Mar 26 \$147/12 sess 44301.101KT

### Osteofit Level 1

Provided in partnership with BC Women's Health Centre, this exercise program is for people with Osteoporosis. Emphasis is on building strength and improving balance to prevent falls. An education component on nutrition, treatment options, heart disease and osteoporosis is also included. Drop-in \$11. **Free trial class Jan 5, 9:15-10:15am. Please pre-register.**

Instructor: Allan O'Meara & Monica Rafuse

Thu 9:15am-10:15am  
Jan 19-Mar 8 \$67/8 sess 44099.101KT

### Shiamak's Bollywood Workout

An exhilarating cardio blast spiced up with groovy Bollywood "jhatkas" and "thumkas" (grooves and moves) for that full body workout like never before. The fun filled class is bound to get you energized and de-stressed. Drop-in \$15.

Instructor: Shiamak Davar Int.

Wed 8:15pm-9:15pm  
Jan 11-Mar 14 \$123/10 sess 41636.101KT



### Salsa Babies

Please see page 5

### Stretch & Relax

Choreographed to beautiful music, this rejuvenating class is designed to relax & lengthen muscles, improve range of motion, enhance balance & prevent injury through stretching techniques from exercise physiology, dance & yoga. Stretch progressions & individual attention are given, making the class suitable for all flexibility levels. Relaxation techniques will be used to relieve your body of stress & tension. Decompress and come away feeling revived and refreshed! Improve your golf, running, yoga, tennis, sailing, squash, aerobics, weight training and more! Free yourself of everyday aches and pains! Drop in \$13. No class Mar 15.

Instructor: Alejandra Aguirre, [www.fitnessali.com](http://www.fitnessali.com)

Thu 7:45pm-8:45pm  
Jan 5-Mar 29 \$135/12 sess 44206.110KT

### Spinal Stability 101 Workshop

Learn the do's and don'ts of posture, proper lifting mechanics and what exercises pose a high risk to benefit ratio and why.

Instructor: Dr. Terry Tucker

Sat 10:00am-12:00pm  
Jan 28 \$4/1 sess 45830.110KT  
Feb 25 \$4/1 sess 45830.111KT

### Alzheimer's Support Group

We offer support and information to people experiencing memory problems and/or diagnosed dementia. Phone 604-742-4927 for more info and to register. 1st & 3rd Tuesday of each month.

Instructor: Alzheimers Society of BC

Tue 1:30pm-3:00pm  
Jan 3-Mar 20 Free 46000.110KT



### Breathe Easy

Do you struggle to breathe deeply? Do you suffer from asthma, COPD or some other breathing limitation? This class provides self help tools to manage breathing limitations and or associated stress triggers. Includes stretches and gentle movement to promote a fuller, easier breathing experience

Instructor: Sue Pearson, MSW [www.breathmatters.ca](http://www.breathmatters.ca)

Sun 3:00pm-4:15pm  
Jan 8-Jan 29 \$50/4 sess 44910.100KT



### A Runner's Dream

Want to run faster, longer and easier? Want to improve your cardio capacity? This class teaches you how to enhance your athletic performance with simple yet highly effective breathing techniques that you can do anytime, anywhere. Also good for overall stress management.

Instructor: Sue Pearson, MSW [www.breathmatters.ca](http://www.breathmatters.ca)

Sun 3:00pm-4:15pm  
Feb 5-Feb 26 \$50/4 sess 44910.101KT

### Mindfulness Meditation & Buddhist Philosophy

Learn the mindfulness practice of Vipassana breath, walking and loving-kindness meditations. This course aims to elucidate some of the main doctrines of Buddhism, such as mindfulness, the big picture of karma and the round of rebirth, impermanence, non self, the nature of consciousness, reducing anger and stress, creating happiness, nirvana, as well as examine Buddhist social teaching. Expect some humour too!

Instructor: Brian Ruhe, [www.theravada.ca](http://www.theravada.ca)

Tue 7:00pm-9:15pm  
Feb 28-Mar 20 \$65/4 sess 44905.101KT



## Fitness, Health & Wellness

### Fit 4 Two Mom and Baby Fitness

Multi-level. This baby friendly class allows mom to get a great workout AND attend to baby's needs at any time. Each class provides a full body workout; cardio, muscular endurance, postnatal specific core work and flexibility. Benefit from increased energy, improved posture, less aches and pains and a stronger core. This is a fantastic opportunity to connect with other new moms in your community. Instructor is certified by Pre & Postnatal Fitness Specialists and follows the guidelines of Society of Obstetricians and Gynaecologists of Canada (SOGC). Drop-in \$15. No class Jan 16, Mar 19 & 21.

Instructor: Dee Clarke

Mon 11:30am-12:30pm and Wed 1:00pm-2:00pm

\* note 2 different class times

Jan 4-Feb 1	\$115/8 sess	44056.101KT
Feb 6-Feb 29	\$115/8 sess	44056.102KT
Mar 5-Mar 28	\$87/6 sess	44056.103KT

### Fit 4 Two Mom and Baby Indoor Bootcamp

Bring baby - Get Fit Bootcamp Style! If you are looking for a high energy workout - this class is for you. Mom & Baby Indoor Bootcamp includes a variety of drills that focus on strength, power, agility, balance, cardio and core. Women must be 8+ weeks postpartum and have been exercising regularly (cardio and strength training) for 6+ weeks. Not quite ready? Check out Fit 4 Two Mom and Baby Fitness (multi-level). Pre-mobile babies only please. Instructor is certified by Pre & Postnatal Fitness Specialists and follows the guidelines of Society of Obstetricians and Gynaecologists of Canada (SOGC). Please note: because we care about you and your baby, a Par - Med - X for Pregnancy Form must be signed by your healthcare provider (physician or midwife) prior to your participating in class. You can download the form at [www.fit4two.ca](http://www.fit4two.ca) No Drop ins. No class Jan 12, Mar 20 & 22.

Instructor: Dee Clarke

Tue Thu	10:30am-11:30am	
Jan 3-Jan 26	\$105/7 sess	44055.101KT
Jan 31-Feb 23	\$119/8 sess	44055.102KT
Feb 28-Mar 29	\$119/8 sess	44055.103KT

### Fit 4 Two Prenatal Fitness

Multi-level. All trimesters welcome. Enjoy the many benefits of exercising through your pregnancy! Connect with moms to be in your community while reducing prenatal discomforts like lower back ache, fatigue and swelling. Your certified pre and postnatal fitness specialists will lead you through pregnancy safe cardiovascular exercise, functional strength training, flexibility and relaxation.



Instructor is certified by Pre & Postnatal Fitness Specialists and follows the guidelines of Society of Obstetricians and Gynaecologists of Canada (SOGC). \$16 Drop-in. Please note: because we care about you and your baby, a Par - Med - X for Pregnancy Form must be signed by your healthcare provider (physician or midwife) prior to your participating in class. You can download the form at [www.fit4two.ca](http://www.fit4two.ca)

Instructor: Dee Clarke

Thu		7:00pm-8:15pm
Jan 12-Feb 23	\$114/7 sess	44057.101KT
Mar 1-Mar 29	\$81.50/5 sess	44057.102KT

### Nutrition

Instructor: Gabrielle Eagles, RHN, Holistic Nutritionist

#### Nourishing Your Baby & You

During and after pregnancy are critical times for eating well to nourish your baby. In this workshop you will learn which fats & oils are essential and which are detrimental to your baby's development, common toxins found in our every day food & how to avoid them, which foods will give you the essential vitamins & minerals both you and your baby require and which foods to introduce first into your baby's diet to help promote lifelong healthy eating habits.

Tue		7:00pm-8:00pm
Jan 31	\$5/1 sess	44900.101KT

#### Healthy Weight Loss

Food is to be enjoyed and for nourishment. In this workshop you will learn which foods nourish you and which are holding you back from your weight loss goals, what may be behind your sugar cravings, the variety of fats and which ones can actually help you lose weight, how complex carbohydrates work in your body vs. simple ones and how it relates to your food cravings.

Tue		7:00pm-8:00pm
Feb 28	\$5/1 sess	44900.102KT

#### Raising Healthy Kids

Kids need a plethora of vitamins and minerals to develop physically, emotionally and mentally. In this workshop you will learn the nutritional necessities for raising healthy kids, tricks for discouraging picky eating, additives & toxins that promote hyperactivity and how to develop a healthy relationship to foods for your child.

Tue		7:00pm-8:00pm
Mar 6	\$5/1 sess	44900.103KT

#### New Athletes & Active Vancouverites

Your increased level of activity will require more food to fuel and maintain a healthy level of energy. There are so many fad diets and "products" to feed your workouts but are they really what your body needs? In this workshop you will learn which foods will fuel your workouts for sustained energy and vitality, the value of aerobic muscles and their fat burning capabilities, which foods and lifestyle factors could be hurting your performance and foods for diminishing inflammation and improving your healing capacity following an injury.

Tue		7:00pm-8:00pm
Mar 20	\$5/1 sess	44900.104KT



#### Cooking Programs

Please see page 11

### Save Your Body Parts Workshops

Instructor: Bianca Carli, RDH,BCRPA, GFL, YBR Practitioner



#### Save Your Hips

A click or grinding hip? Painful menstrual cramps? Tense stomach? The muscles and connective tissue that cradle the pelvis and digestive system are misused and abused. Gain a deeper connection between the mind and body and therapeutic exercises, you can do at home, that will "Save Your Hips!"

Sat		1:00pm-3:00pm
Jan 21	\$29/1 sess	44999.100KT



#### Save Your Knees

Knees uncomfortable sitting or standing too long? Legs and feet tired and heavy? The knee joint is subjected to daily impact, misalignment and muscle imbalance. Learn simple therapeutic knee strengthening exercises and release tension in your legs and feet. "Save Your Knees" and make them last a lifetime.

Sat		1:00pm-3:00pm
Feb 18	\$29/1 sess	44999.101KT

#### Save Your Back

Back pain, anxiety, stressed? A healthy spine is crucial to pain free mobility. When the muscles and connective tissue lacks space, the spine is compressed and can result in degenerative diseases. Learn core strengthening and simple therapeutic exercises, you can do at home, that will "Save Your Back"

Sat		1:00pm-3:00pm
Mar 17	\$29/1 sess	44999.102KT

#### Save Your Shoulders

Tight shoulders? Stiff neck? Since the shoulder joint is unstable, it's important to know how to keep the muscles and connective tissue around it healthy to prevent and heal injuries. Learn joint/muscle function and simple therapeutic exercises, you can do at home, that will "Save Your Shoulders!"

Sat		1:00pm-3:00pm
Mar 31	\$29/1 sess	44999.103KT

# adults

## Personal Training

### WHY SHOULD YOU purchase Personal Training sessions?



#### 1. Motivation

At the beginning people are enthusiastic about exercising, but after time they can lose motivation without someone pushing them and holding them accountable. A certified Personal Trainer provides motivation and accountability

#### 2. Helps you set realistic fitness goals

Sometimes when people want to get started on a fitness regime they make their goals too difficult and non achievable. Working with a trainer helps to set achievable goals

#### 3. Efficiency

We all have busy lives and nobody wants to waste time at the gym. A Personal Trainer will help you focus on results and not waste your time on inefficient workouts. A trainer has a plan that will help you to achieve maximum results in minimal time.

#### 4. Break through plateaus

Ok, you are already in pretty decent shape, but you've been there for years. If you are stuck in the same routine and want to break out of a rut, a personal trainer is the perfect solution.

### Benefits of Exercise

- **reduces** the risk of developing heart disease or colon cancer by up to 50%; reduces the risk of developing Type II diabetes 50%;
- **helps to prevent / reduce** hypertension, which affects one-fifth of the world's adult population;
- **helps to prevent / reduce** osteoporosis, reducing the risk of hip fracture by up to 50% in women;
- **promotes** psychological well-being, reduces stress, anxiety and feelings of depression and loneliness;

Personal Training		Personal Training for Two	
1 session	\$52	1 session	\$78
5 sessions	\$234	5 sessions	\$364
10 sessions	\$416	10 sessions	\$676

Fee subject to change in 2012.

#### Personal Training Packages

Need more instruction and supervision from a qualified personal trainer during workouts? Vancouver Park Board's Personal Training services can fill that need. One of our certified trainers will customize a workout plan to meet your fitness goals and motivate you through each 1 hour workout. Whether you are a beginner, overcoming a plateau, rehabilitating from an injury or looking for sport specific workouts, our trainers are here to get you there. Admission to the Fitness Centre for your scheduled training session is included in the Personal Training Package.

#### Personal Training for Two

Workout with a buddy and save some money. Get some added motivation with family or friends as you sweat and push each other following similar programs designed and supervised by your trainer. Two clients maximum. 1 hour workouts. Your sessions must be with your fitness buddy and cannot be made up. Admission to the Fitness Centre for your scheduled training session is included in the Personal Training Package.

## Group Fitness Class Schedule

January 2-March 31, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Low Impact 9:00-10:00 am	Classic Stretch 8:00-9:00 am (Dance Studio)	Cardio Combo 9:00-10:00 am	Classic Stretch 8:00-9:00 am (Dance Studio)	Low Impact 9:00-10:00 am	Classic Stretch 8:00-9:00 am (Dance Studio)	Indoor Bootcamp 9:30-10:30 am
Gentle Fit 10:10-11:10am		Gentle Fit 10:00-11:00am (Snowy's)		Gentle Fit 10:10-11:10am	Muscle Fit 9:00-10:00 am	
Core Strength Plus 5:30-6:30 pm	Cardio Core 5:30-6:30 pm	Total Body Conditioning 5:30-6:30 pm	Cardio Step and Sculpt 5:30-6:30 pm	Total Body Conditioning 5:30-6:30 pm		
Total Body Conditioning 6:30-7:30pm	Cardio Step and Sculpt 6:30- 7:30pm	Full Body Blast 6:30-7:30pm				

**Gentle Fit (mild)** Perfect for beginners, returning to fitness, or recovering from an injury - talk to your instructor about any concerns.

**Low Impact (mild to moderate)** Great morning class to get you going - no jump, easy on the joints.

**Total Body Conditioning (challenging)** Combines step aerobics with exercise to tone, strengthen, and sculpt entire body!

**Core Strength Plus (moderate)** Get those untrained muscles back into shape. Primary focus is on core exercises for lower back and abdominals. No cardio component.

**Classic Stretch (moderate)** This no cardio class will focus on increasing flexibility and calming the mind.

**Cardio Core (moderate to challenging)** A high / low cardio component with a focus on core conditioning

**Cardio Step & Sculpt (moderate to challenging)** A total body workout! Build on fun step choreography, alternating muscle toning with cardio intervals.

**Muscle Fit (moderate to challenging)** Experience a complete strength training workout that focuses on all major groups. No cardio component.

**Indoor Bootcamp (challenging)** Intense mix of cardio and strength training drills with a soothing stretch to finish.

**Full Body Blast (challenging)** Full body resistance training workout with blasts of heart pumpin' cardio. Every class is different so you will never get bored!

#### Aerobic Class Fees

Fees (HST included)	Adult	Student/ Youth	Senior
Drop-in	\$5.35	\$4.00	\$3.75
Strip of 10 Tickets	\$48.00	\$36.00	\$26.75
Fit Pass (1, 2 or 3 month)	\$43.00 and up	\$32.75 and up	\$30.70 and up
The Fit Pass allows you to attend unlimited number of classes on the Fitness schedule			
*Note: Schedule & Fees are subject to change without notice. Classes with insufficient attendance will be subject to cancellation			



# fitness centre

## Fitness Centre Hours

Monday-Friday .....6:00 am-11:00 pm  
 Saturday .....7:00 am-10:00 pm  
 Sunday .....7:00 am-10:00 pm  
 Stat Holidays.....7:00 am-10:00 pm  
 (Jan 1, 2012.)

## Fitness Centre Rates

	ADULT	YOUTH	SENIOR 65+
Drop In	\$5.95	\$4.15	\$4.15
10 tickets	\$47.60	\$33.20	\$33.20
1 Month	\$48.00	\$33.00	\$33.00
3 Months	\$125.00	\$87.00	\$87.00
6 Months	\$217.00	\$152.00	\$152.00
12 Months	\$392.00	\$275.00	\$275.00

HST is included in the above fees.  
 Fee subject to change in 2012.

## Equipment & Facilities

Kitsilano Fitness Centre is a fully equipped, 5000 square foot facility. We offer a wide range of cardio equipment including Stair Climbers, Elliptical Cross Trainers, Concept II Rowers, Treadmills, Upright Summit Trainers and Recumbent Computerized Bikes. Kitsilano Fitness Centre also has a broad selection of Life Fitness and Apex machines, free weights and Olympic weights. Balance your workout by picking up a stability ball, exercise tubing or band, wobble board or medicine ball and heading to our stretching/rehabilitation area. Complete your workout by relaxing in the whirlpool or sauna.

## Staff & Services

Group Orientations: Wed & Fri 6:00-7:00 pm  
**(maximum of 4 people, please book in advance) For an appointment please call 604-257-6982**

Our highly qualified staff are available to answer questions and design personalized programs for maximum training results and sport specific training programs for your favourite sport.

We can also set up rehabilitation programs in conjunction with your therapist or health care practitioner. Initial consultation is included in admission.



## Indoor Cycling

**Burn calories, build muscle, relieve stress! Indoor cycling is a group exercise performed on a specialized stationary bicycle. It is fun, accessible and effective!**

### Cycle Express:

45 mins of riding, including a quick warm up and cool down; designed to get your workout in and to get you on your way.

### Cycle Fit:

60 mins of indoor riding, with a longer warm up- and cool down.

Cost: Drop-in \$6.50; 10 visit pass \$50.00 or pay for the whole session and your spot will be reserved; see kitscc.com for registration information

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cycle Express 6:15am-7:00 am		Cycle Express 6:15am-7:00 am			Cycle Fit 9:00am-10:00am
<b>PAY FOR THE WHOLE SESSION TO SAVE YOUR SEAT!</b> Go to <a href="http://kitscc.com">kitscc.com</a> for details.					<b>SIGN UP NOW!</b> Cycle Fit 10:30am-11:30am
Cycle Fit 6:15pm-7:15pm			Cycle Fit 6:15pm-7:15pm		

### Reservation Procedure for Drop In Spots:

Call the Community Centre Front Desk at 604-257-6980 the day before your class to reserve a bike.

- Reservations will be taken between 10:00am and 6:00pm.
- Check in at the Front Desk to pay and collect your tag.
- For early morning classes enter and pay through the Fitness Centre.
- Classes are limited to 10 participants.
- No voicemail or e-mail reservations are accepted.
- Participants can only register themselves and one other person per class.
- Waitlist spots will be released 5 mins before class start time.



# ice rink

## Kitsilano Public Skating Schedule January 2-March 10, 2012.

Spring Break schedule available in February.

Sunday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Older Adult 10:15-11:30am	Parent and Tot & Preschool Skate Lessons 10:00-11:30am	Older Adult 10:15-11:30am	
Public Skate 11:00-12:30pm	Coed Adult Drop-in Hockey 11:45am-1:00pm	Coed Adult Drop-in Hockey 11:45am-1:00pm	Public Skate 11:45am-1:15pm	Coed Adult Drop-in Hockey 11:45am-1:00pm	Skate Lessons 12:00pm-2:00pm
<p>For more information about Public Skating, visit our website <a href="http://www.vancouverparks.ca">www.vancouverparks.ca</a> or call 604-257-6976</p> <p><b>Ice Rentals</b> Visit <a href="http://vancouver.ca/parks/rec/rinks/rentals.htm">vancouver.ca/parks/rec/rinks/rentals.htm</a> for rental fees and availability. To book ice time that requires skate rentals call 604-257-6995.</p>		Cheap Skate 3:15-4:30pm			Public Skate 2:15-3:45pm
		Family Fun Hockey 7:00-7:30pm		Family Skate 6:30-8:00pm	Skate Lessons 4:00-6:00pm
		Public Skate 7:30-9:00pm		Adult Stick and Puck 8:15-8:45pm	
		Adult/Youth Skate 9:15-10:30pm		Adult/Youth Skate 8:45-10:00pm	

### 2012 Admission Fees

PUBLIC ADMISSION	SINGLE ADMISSION	10-USAGE PASS
Adults (19 – 64)	\$5.95	\$49.60
Drop In Hockey 19+	\$5.95	\$49.60
Seniors (65+)	\$4.15	\$33.20
Youth (13 -18)	\$4.15	\$33.20
Children (3 -12) Children under 8 must be accompanied by a parent/guardian 16 years or older	\$2.95	\$23.60
Family ( 1 – 2 Adults of the same household and their children)	2.95 each Member of family	N/A
Parent and Tot Session	\$2.95 each	
Skate Rental	\$3	\$24
Skate Sharpening	\$6.15	N/A

- \*fees subject to change in 2012
- Flexipasses can be used for all public skating AND drop In hockey.
- See Fitness Centre rates on page 19 for pricing
- Group rates; 20% discount on admission to groups of 10 or more (all 10 people must be present)

#### OLDER ADULT SKATE:

These sessions are open to all skaters over 50 years of age.

Cost:  
Seniors 65+ \$4.15  
Adults \$5.95



#### FAMILY FUN HOCKEY:

All children MUST be accompanied by an adult. Helmets are required and only plastic hockey sticks are allowed.

#### ADULT CO-ED DROP-IN HOCKEY PROCEDURES:

Goalies play for FREE. All players may call 604-257-6980 at 10:15am to book their spot but MUST pay at the front desk and **MUST sign the waiver form by 11:30am** or their spot may be forfeited to another player. In person registration will not be allowed. Fees must be paid at the Community Centre front desk. Maximum 20 players per session (+ 2 Goalies). Full hockey gear is required for ALL players. Open to 19+ yrs. Goalies may call at 10:00am to reserve their spot.

#### STICK AND PUCK SIGN UP PROCEDURES

Starts at 7:45pm down at the ice rink and in person only Helmet, stick and gloves required, open to 19+ age. Max of 20 people. All players must sign a waiver form.



# ice rink

## Skating Lessons

Thursday, January 5 – March 8			
COURSE NUMBER	AGE	LEVEL	TIME
18010.101	3 yrs	Preschool 1	10:00-10:30am
18010.102	4-5 yrs	Preschool 1	10:30-11:00am
18020.101	3-5 yrs	Preschool 2	11:00-11:30am
Saturday, January 7 – March 10			
COURSE NUMBER	AGE	LEVEL	TIME
18010.103	4-5 yrs	Preschool 1	12:00-12:30pm
18010.104	4-5 yrs	Preschool 1	12:00-12:30pm
18010.105	3 yrs	Preschool 1	12:30-1:00pm
18010.106	4-5 yrs	Preschool 1	1:00-1:30pm
18010.107	4-5 yrs	Preschool 1	1:00-1:30pm
18010.108	3 yrs	Preschool 1	1:30-2:00pm
18010.109	4-5 yrs	Preschool 1	4:00-4:30pm
18010.110	4-5 yrs	Preschool 1	4:00-4:30pm
18010.111	4-5 yrs	Preschool 1	4:30-5:00pm
18020.102	3-5 yrs	Preschool 2	12:00-12:30pm
18020.103	3-5 yrs	Preschool 2	12:00-12:30pm
18020.104	3-5 yrs	Preschool 2	1:00-1:30pm
18020.105	3-5 yrs	Preschool 2	1:30-2:00pm
18020.106	3-5 yrs	Preschool 2	4:00-4:30pm
18030.101	3-5 yrs	Preschool 3	12:30-1:00pm
18030.102	3-5 yrs	Preschool 3	1:00-1:30pm
18030.103	3-5 yrs	Preschool 3	1:30-2:00pm
18040.101	3-5 yrs	Preschool 4	12:30-1:00
18040.102	3-5 yrs	Preschool 4	4:00-4:30pm
18050.101	3-5 yrs	Preschool 5+	12:30-1:00pm
28010.101	6-9 yrs	Child 1	12:30-1:00pm
28010.102	6-9 yrs	Child 1	1:30-2:00pm
28010.103	6-9 yrs	Child 1	4:30-5:00pm
28010.104	6-9 yrs	Child 1	5:30-6:00pm
28020.101	6-9 yrs	Child 2	12:30-1:00pm
28020.102	6-9 yrs	Child 2	1:30-2:00pm
28020.103	6-9 yrs	Child 2	4:30-5:00pm
28020.104	6-9 yrs	Child 2	5:30-6:00pm
28030.101	6-9 yrs	Child 3	12:00-12:30pm
28030.102	6-9 yrs	Child 3	1:30-2:00pm
28030.103	6-9 yrs	Child 3	4:30-5:00pm
28030.104	6-9 yrs	Child 3	5:30-6:00pm
28040.101	6-9 yrs	Child 4	12:00-12:30pm
28040.102	6-9 yrs	Child 4	5:00-5:30pm
28050.101	6-9 yrs	Child 5	1:00-1:30pm
28050.102	6-9 yrs	Child 5	5:00-5:30pm
28067.101	6-9 yrs	Child 6/7	1:00-1:30pm
38010.101	10-17 yrs	Youth 1	5:00-5:30pm
38023.101	10-17 yrs	Youth 2/3	5:30-6:00pm
38045.101	10-17 yrs	Youth 4/5	5:30-6:00pm
38067.101	10-17 yrs	Youth 6/7	4:30-5:00pm
48010.101	18+ yrs	Adult 1	4:00-4:30pm
48023.101	18+ yrs	Adult 2/3	5:00-5:30pm
48040.101	18+ yrs	Adult 4+	5:00-5:30pm

If you are not registered in the correct level the instructors reserve the right to place you in the appropriate level if space is available. If the lessons you want are full, please put your name on the waiting list.

## Private Skating Lessons (3+ yrs)

Kitsilano Ice Rink offers private skating lessons for ages 3+ and all skill levels. Private lessons run during Public Skating sessions. Please only sign up for a maximum of 5 lessons per person.

All private skating lessons are \$30 per 30 minute session.

Thursdays 11:45am-12:15pm or 12:30pm-1:00pm  
Saturdays 2:15-2:45pm or 3:15-3:45pm

### Registration for all Skating Lessons begins:

Online  
Monday December 19 at 9:00am

In person or Phone  
Thursday December 22 at 9:00am

### Kitsilano Ice Rink Skating Lessons ONLINE REGISTRATION

1. Set up your ONLINE ACCOUNT, if you do not already have one. Our front office staff can assist you. The online account MUST be in the name of the adult making the payment.

2. Go to the web site [www.vancouverparks.ca](http://www.vancouverparks.ca) and familiarize yourself with the registration process. Click on REGISTER ONLINE. There is a full set of instruction provided, or, if you want to skip this step, click on BROWSE ACTIVITIES AND REGISTER. To narrow your search, sort by location – Kitsilano Ice Rink – select the course and follow the steps as prompted.

3. Please register in ONE (1) set of lessons only, or a maximum of FIVE (5) private lessons per person.

4. The minimum age for any lessons is THREE (3) yrs of age.

5. A child must be turning a minimum age within two weeks of the class start date in order to register for that class.

6. You should have your progress card and know what level to register in. If you do not have a recent progress card or are unsure of your level, have an on-ice evaluation completed during any Public Skating session.

7. Please note: register only in the recommended level and age group on your most recent skating progress card. Students will not be transferred into other levels if they are not registered in the appropriate level

8. If you have any problems getting registered online, please call us at 604-257-6976, but be patient as we may be experiencing a high call volume you may not get through right away.

### Skating Lesson Fees

Preschoolers (3-5yrs) .....\$68/10 sessions  
Child (6-9 yrs) .....\$63/10 sessions  
Youth (10-17 yrs) .....\$63/10 sessions  
Adult (18+ yrs) .....\$70.50+hst/10 sessions  
Private Lessons .....\$30/30 minute session



### For a pleasant skating lesson experience please follow these guidelines

- Please arrive early to prepare for the lessons. The skate shop opens 15 minutes prior to start of lessons.
- Skate rentals available \$3/pair-\$24/10 tickets. HST included. Shoes must be exchanged for rental skates.
- Helmets are strongly recommended and are available-free of charge (Bicycle helmets are not recommended, as they do not offer the protection a skater needs).
- Please use an ice sport helmet similar to ones provided. Please ensure your child is dressed warmly and has gloves or mittens.
- Parents are not permitted to accompany their child on the ice unless authorized by the instructor.
- Under no circumstances are patrons permitted on the ice in shoes; skates or ice cleats must be worn.
- For your safety, parents can view their children from the stands or behind the glass.
- If the lessons you want to register for are full, please put your name on the waiting list. We will schedule new classes whenever possible.
- Due to the popularity of the lessons, participants may only register for one group lesson and/or 5 private lessons at a time.

### REFUNDS

- Request for refunds must be made 48 hours prior to the third skating lessons.
- Request for refunds for private lessons require 72 hours notice.
- All refunds are subject to a \$5 administration fee.



# seniors

## Educational

### Computer Basics

In these hands-on workshops, become more comfortable with your computer. Sign up for one or a few! Each person will have their own laptop to use (or bring your own laptop from home!).

*Instructor: Robert Anderson*  
Thu 10:00am-11:30am \$15/1 sess

### The Very Basics

Learn basic computer skills (How do I turn it on? Where do I start?).

Jan 12 \$15/1 sess 55401.101KT

### Keyboard & Mouse

Learn the basic use of the keyboard and mouse (along with some shortcuts).

Jan 19 \$15/1 sess 55401.102KT

### Basics

Learn about the Desktop (Menu, Icons, etc), Opening / Closing programs & applications.

Jan 26 \$15/1 sess 55401.103KT

### Word Processing I

Learn the basics about creating, editing, formatting, saving and printing a document.

Feb 2 \$15/1 sess 55401.104KT

### Word Processing II

Learn the features and terms (copy, cut, delete, undo, insert, etc).

Feb 9 \$15/1 sess 55401.105KT

### Word Processing III

Learn about the tool bars, icons, etc.

Feb 16 \$15/1 sess 55401.106KT

### E-mail

Learn the basics about how to set up an account, using e-mail, etc.

Feb 23 \$15/1 sess 55401.107KT

### Excel

Learn the basics about Excel (spreadsheets, etc).

Mar 1 \$15/1 sess 55401.108KT

### Power Point

Learn the basics about Power Point.

Mar 8 \$15/1 sess 55401.109KT

### World Wide Web

Learn the basics about the importance of the internet.

Mar 15 \$15/1 sess 55401.110KT

### Social Networking

Learn the basics about instant messaging (MSN, Yahoo, etc), blogging, twitter, etc.

Mar 22 \$15/1 sess 55401.111KT

### Discovering Computers 1

An introductory computer class. Fun, supportive and not too fast. We supply the laptops, but bring your own if you have one.

*Instructor: Robert Anderson*  
Wed Seniors: \$42.20/4 sess 10:00am-11:30am  
Jan 4-Jan 25 45460.101KT  
Feb 1-Feb 22 45460.102KT  
Mar 7-Mar 28 45460.103KT

### Discovering Computers 2

Beyond the basics is an open ended workshop that bridges the distance between introductory computer classes and more advanced courses. Fun, supportive and not too fast. We supply the laptops, but bring your own if you have one.

*Instructor: Robert Anderson*  
Fri Seniors: \$42.20/4 sess 10:00am-11:30am  
Jan 6-Jan 27 45461.101KT  
Feb 3-Feb 24 45461.102KT  
Mar 2-Mar 23 45461.103KT

### French (Basic for Seniors)

Have you ever wanted to learn a bit of French? Join Pat for a simple and comfortable introduction to the French language.

*Instructor: Patrice (Pat) Hornstein*  
Thu 10:00am-11:00am  
Jan 12-Mar 1 \$18/8 sess 55050.100KT

### Representation Agreements & Living Wills

What if you or your loved one isn't capable of making important personal decisions when the time comes? Incapacity planning law has changed in BC this year. Focusing on health care decisions, we will discuss living wills, powers of attorney, representation agreements, advance directives, substitute decision makers and how these are applied under the new law.

*Instructor: Stephen Wright*  
Tue 10:00am-12:00pm  
Feb 28 \$5/1 sess 54892.101KT

## Dance

### Belly Dance - Seniors

This is a classic bellydance class using beautiful Middle Eastern melodies and rhythms, with movements emphasizing posture, grace and fluidity, keeping all the parts of the body moving. A veil will be needed for class #4 onwards and can be borrowed or purchased from instructor. Drop-in \$9.

*Instructor: Gail (Rahma) Haddad*  
Tue 2:45pm-3:45pm  
Jan 17-Mar 6 \$58/8 sess 51630.101KT

### Seniors' Dance

Dance your joy with gracefulness, expression and creativity. Harmonize and revitalize the body and spirit. Drawing from contemporary dance styles; ballet, modern dance, butoh and improvisation. Drop-in \$9.

*Instructor: Espirito Santo Mauricio*  
Thu 1:45pm-2:45pm  
Jan 19-Mar 8 \$58/8 sess 51631.100KT

## Out Trips



### Harrison River Eagle Tour

One of the largest concentrations of bald eagles in North America with a count of over 6000 eagles in 2011. Includes a 3 course lunch at Kilby Historic site and admission to the museum and farm.

Wed 8:45am-4:15pm  
Jan 18 \$80/1 sess 55704.101KT

### "Behind the Scenes" Tour

A unique opportunity to tour the CBC studios (a working television and radio facility) and Rogers Arena (where your favorite NHL players and world class entertainers prepare to play and perform). Dine beach side at a true Vancouver landmark the Sylvia Hotel for a delicious three course lunch.

Fri 9:00am-4:15pm  
Feb 17 \$90/1 sess 55704.102KT

### 100 Mile Tour

Inspired by the book "The 100 Mile Diet Local Eating," this tour focuses on local, seasonal, fresh and sustainable food in our own backyard. Travel to the Agassiz-Harrison region for an informative and delicious tour of farm fresh favorites. Includes a farm fresh artisan lunch.

Thu 8:15am-6:00pm  
Mar 22 \$90/1 sess 55704.103KT

## Multicultural Events



### Vietnam & Lunar New Year

Most travelers to Vietnam are attracted by the country's wonderful natural beauty: From green rice fields dotted with the conical hats of workers in Vietnam's north stretching to the fascinating bustle of the Mekong Delta in the south. The exotic fruit and vegetables add to its unique cuisine. Vancouver is home to many Vietnamese and Anh Nguyen will be showcasing it. We will celebrate a Chinese/Vietnamese New Year for our Luncheon.

### Presentation

Wed 1:30pm-2:30pm  
Jan 11 \$2/1 sess 55641.101KT

### Cooking Class

Wed 1:30pm-2:30pm  
Jan 18 \$3/1 sess 55642.101KT

### Luncheon

Fri 12:30pm-2:30pm  
Jan 27 \$11/1 sess 55637.101KT



### Finland

Finland, called Land of the Midnight Sun is a country in Northern Europe bordering on Russia, Sweden and Norway. It is famous for its scenic landscapes, dense forests and lovely lakes. Favourite pastimes are ice hockey, ski jumping, going to the cottage and using the sauna. It is a modern democratic country with excellent health and welfare services. The cuisine consists of lamb, fish, legumes, rice, salads and exotic desserts.

### Presentation

Wed 1:30pm-2:30pm  
Feb 1 \$2/1 sess 55641.102KT

### Crafts

Wed 1:30pm-2:30pm  
Feb 8 \$3/1 sess 55635.102KT

### Cooking Class

Wed 1:30pm-2:30pm  
Feb 15 \$3/1 sess 55642.102KT

### Luncheon

Fri 12:30pm-2:00pm  
Feb 24 \$11/1 sess 55642.102KT



### Afghanistan

Afghanistan is an Islamic country with a long and fascinating history. It is known for making beautiful oriental rugs. The main source of income in the country is the export of corn, rice, wheat, vegetables, fruits, nuts along with cotton, tobacco and sugar beets. Afghan food is essentially a variety of Persian food with kabobs, rice pilafs, cheese, yogurt, fresh fruit and vegetables. Come learn about this ancient culture and its struggle for freedom with food, music, and Afghanistan stories.

### Presentation

Wed 1:30pm-2:30pm  
Mar 7 \$2/1 sess 55641.103KT

### Crafts

Wed 1:30pm-2:30pm  
Mar 14 \$3/1 sess 55635.103KT

### Cooking Class

Wed 1:30pm-2:30pm  
Mar 21 \$3/1 sess 55642.103KT

### Luncheon

Fri 12:30pm-2:30pm  
Mar 30 \$11/1 sess 55637.103KT





## Senior's Wellness Event

Come and meet your neighbours and others from the community while you find out how you can be more involved in managing your own health and wellness with a local pharmacist, physiotherapist & food specialist. Our special guest is Debbie Cheong, the Osteofit Provincial Coordinator for BC Women's Hospital & Health Centre. She will talk about the importance of exercise for seniors in maintaining wellness and how to maintain bone health.

Take this opportunity to question our line-up of specialists about: How to make healthy food choices, Food labeling—what do the numbers mean, Over-the-counter drugs and herbals; what they do and what are their side effects, Understanding and using the Canada Food Guide, and Aches and pains of aging - what's normal and what isn't.

**Seating is limited for this FREE information session, so please call 604-257-6976 to register. Healthy refreshments will be served.**

*Facilitator: Allan O'Meara*  
 Sat 1:00pm-5:00pm  
 Jan 28 Free 55830.100KT

## Osteofit Level 1

Provided in partnership with BC Women's Health Centre, this exercise program is for people with Osteoporosis. Emphasis is on building strength and improving balance to prevent falls. An education component on nutrition, treatment options, heart disease and osteoporosis is also included. **DON'T MISS OUT ON THIS NEW CLASS! Senior's drop-in \$7.70. Free trial class Jan 5th, 9:15-10:15am. Please pre-register.**

*Instructor: Allan O'Meara & Monica Rafuse*  
 Thu 9:15am-10:15am  
 Jan 19-Mar 8 Seniors: \$45.50/8 sess 44099.101KT

## Bowel & Bladder Issues

This presentation will consist of information on urinary incontinence and constipation. You will learn the causes of urinary incontinence and the treatment options associated with it. Both drug and non-drug measures will be discussed. In addition, the common causes of constipation will be presented along with the role of medications, diet and lifestyle measures that you can use to prevent constipation and maintain a proper bowel routine. Please pre-register.

*Instructor: UBC Faculty of Pharmaceutical Sciences Students*  
 Fri 10:30am-11:30am  
 Feb 3 Free 55830.101KT

## High Blood Pressure

This presentation will consist of information on how high blood pressure is defined, what the numbers mean, what the complications will be from uncontrolled high blood pressure and an overview of the medications that can be used to treat this medical condition (both prescription and over-the-counter medications will be included). Please pre-register.

*Instructor: UBC Faculty of Pharmaceutical Sciences Students*  
 Fri 10:30am-11:30am  
 Mar 2 Free 55830.102KT

## Health & Wellness

### Chair Yoga

This gentle Therapeutic Yoga practice for older adults combines breath with gentle movements, leading to Yoga poses for strength and relaxation, all while seated in a chair. Students receive the benefits of Yoga - increased strength, balance, and flexibility - without having to go down onto the floor. Drop-in \$5.

*Instructor: Bobbie Seale-Cobiskey*  
 Tue 1:00pm-2:00pm  
 Jan 10-Mar 6 \$36/9 sess 54380.101KT

### Gentle Yoga

This is a Gentle Hatha Yoga class with a balanced creative approach. Enjoy learning yoga postures as you stretch for improved body awareness and alignment, flexibility and strength. Focus is on breath and visualizations. With the use of music, you are encouraged to explore and experience the freedom of movement in the poses (asana). Yoga helps you feel more energized, less tension and pain with improved concentration and circulation. Time for relaxation and meditation. Drop in \$14.

*Instructor: Natalia Nimetz*  
 Fri 10:30am-12:00pm  
 Jan 13-Mar 30 \$147/12 sess 44302.101KT

### Yoga flow

A gentle yoga emphasizing breath, alignment and meditation. Increase strength, flexibility, energy and relaxation. Come practice balance and peace. Each class will start with meditation, moving into a gentle flow and ending in relaxation. Drop-in \$9.

*Instructor: Espirito Santo Mauricio*  
 Thu 12:30pm-1:30pm  
 Jan 19-Mar 8 \$58/8 sess 54302.100KT

### Senior's Stretch and Strength

Achieve maximum efficiency and maintain flexibility, by joining this gentle stretch and strength chair fitness class. Drop in \$3.

*Instructor: Evelyn S. Legault*  
 Wed 11:45am-12:45pm  
 Jan 4-Mar 28 \$36/13 sess 54001.101KT

### Chronic Pain Management

Learn a variety of techniques to be used as a part of a chronic pain management strategy. Based on the proven Arthritis Self-management Program, this workshop provides participants with information and approaches that enable participants to take an active role in managing the pain of arthritis. Please pre-register, space is limited.

*Facilitator: The Arthritis Society of BC*  
 Thu 1:00pm-3:00pm  
 Jan 26 Free 54890.101KT

### Arthritis Self Management Program

A proven program developed by Stanford University to assist people with arthritis and fibromyalgia learn how to become effective self-managers. The program is facilitated by trained volunteer leaders and is designed to help participants learn techniques to take an active role in managing arthritis. Family members/friends - \$10.

*Facilitator: The Arthritis Society of BC*  
 Thu 1:00pm-3:00pm  
 Feb 9-Mar 15 \$25/6 sess 54890.102KT

### Kitsilano Walkers

This Volunteer organized walking group meets every Tuesday at 9:30am. Copies of the walk schedule are available at the front desk.

*Facilitator: Alice Bartek*  
 Tue 9:30am-2:00pm  
 Jan 3-Mar 27 Free 54003.101KT

### Minds in Motion™

Minds in Motion™ is a fitness and social program for people experiencing early stage memory loss. They may attend on their own or with a friend, family member or caregiver. After the exercise portion, we'll play some games or just enjoy social time with light refreshments in a relaxed atmosphere. Note: spouse/caregiver registers for free.

*Instructor: Alzheimers Society of BC*  
 Mon 1:00pm-3:00pm  
 Jan 9-Feb 27 \$50/8 sess 56000.100KT  
 Mar 5-Apr 23 \$50/8 sess 56000.104KT

### Alzheimer's Support Group

We offer support and information to people experiencing memory problems and/or diagnosed dementia. Phone 604-742-4927 for more info and to register. 1st & 3rd

*Instructor: Alzheimers Society of BC*  
 Tue 1:30pm-3:00pm  
 Jan 3-Mar 20 Free 46000.110KT

### Kits MS Self Help Group

For individuals diagnosed with MS. Join this informal group in sharing & caring. For further information, please contact 604-736-1240.

*Facilitators: Wendy St. Marie & Violet Hann*  
 Fri 1:00pm-3:00pm  
 Jan 6-Mar 30 Free 56001.100KT

## Social Recreation

### Anton's Coffee Break

Join Antranik in Maddie's Lounge to share a chat over a cup of tea or coffee. Enjoy meeting new friends. Coffee/Tea \$1.

Wed 11:30am-1:00pm  
 Jan 4-Mar 28 Free 55818.101KT

### Bridge: Duplicate

Come out and join our friendly group of Duplicate bridge players. Drop in \$2 per session.

*Facilitator: John Gilbert*  
 Tue Fri 7:00pm-10:00pm  
 Jan 3-Mar 30 Drop-in \$2 45891.101KT

### Fun Scrabblers

Learn about different and new words. A relaxing way to spend your afternoon. Coffee/Tea \$1.

Thu 1:00pm-4:00pm  
 Jan 5-Mar 29 Free 55816.101KT

### Great Books Discussion Group

Enjoyable, rewarding discussions on a wide range of topics using recent and historical short stories, essays and other literary materials. Focus on one short selection weekly, chosen from volumes produced by experts at the Great Books Foundation. These books (\$35-\$45 each) generally provide material for 4-5 months. Coffee/Tea \$1.

*Facilitator: Patricia Young*  
 Tue 2:00pm-3:30pm  
 Jan 10-Mar 27 \$7/12 sess 55817.101KT

### Kitsilano Book Club

Lively discussions in a friendly and informal on the second Wednesday of each month. Coffee/Tea \$1.

*Facilitator: Nona Thompson*  
 Wed 3:00pm-4:30pm  
 Jan 11-Mar 14 Free 55801.101KT

### Mah Jong

Come and play this popular Chinese game. No instruction given. Coffee/Tea \$1.

Mon 1:00pm-3:30pm  
 Jan 9-Mar 26 Free 55822.101KT

# Holiday Break Camps

Get your kids to kick it up with Kits CC  
this WINTER and SPRING BREAK

and give yourself a break too!



Camp isn't  
just for  
summer  
anymore!



for December  
camps  
see page 2

## Kicks for Kids Spring Break Camp (6-12 yrs)

Each day has its own fun, imaginative theme, and incorporates performing and visual arts, sport, mini day trips, cooking and other activities. Thirty five hours of adventures and fun! Be sure to complete a consent waiver/medical information form to complete your registration. After care also available.

<b>Camp</b>	Mo Tu We Th Fr	8:30am-3:30pm	25606.101KT
Mar 12-Mar 16			\$140/5 sess
Mar 19-Mar 23			\$140/5 sess
<b>After Care</b>	Mo Tu We Th Fr	3:30pm-6:00pm	25607.101KT
Mar 12-Mar 16			\$55/5 sess
Mar 19-Mar 23			\$55/5 sess

## Suntastics Spring Break Camp (3-5 yrs)

Craft activities songs and stories will be related to a theme each week. Your child will have the opportunity to discover a variety of indoor and outdoor educational activities. This program is most suitable for children currently enrolled in preschool. Please bring a veggie/fruit snack and come dressed appropriately for messy art projects. Drop in \$15, if space available.

Mo Tu We Th Fr	\$69/5 sess	9:30am-11:30am	15616.101KT
Mar 12-Mar 16		1:00pm-3:00pm	15616.102KT
Mar 12-Mar 16		9:30am-11:30am	15616.103KT
Mar 19-Mar 23		1:00pm-3:00pm	15616.104KT
Mar 19-Mar 23			
<b>In-Between Care</b>	Mo Tu We Th Fr	\$50/5 sess	15614.101KT
Mar 12-Mar 16		11:30am-1:00am	15614.102KT
Mar 19-Mar 23		11:30am-1:00am	

## Sports

### Mini Stars Soccer

Star soccer and Kitsilano Community Centre are inviting boys and girls to our Spring Soccer Camps. You will have a "ball" learning and experiencing the beautiful game. Players will receive a team t-shirt, included in price. Sessions are outdoors rain or shine so dress accordingly.

Instructor: Valentinos Dinglis

<b>4-5 yrs</b>	Mo Tu We Th Fr	Mar 12-Mar 16	13300.106KT
	Mo Tu We Th Fr	Mar 19-Mar 23	13300.107KT
		10:30am - 12:00pm	\$70/5 sess

<b>6-12 yrs</b>	Mo Tu We Th Fr	Mar 12-Mar 16	23305.106KT
	Mo Tu We Th Fr	Mar 19-Mar 23	23305.107KT
		9:00am-12:00pm	\$130/5 sess

### Basketball Camp (9-14 yrs)

Vancouver Eagles Youth Basketball Camp is designed for your child to have fun, learn basic basketball skills make new friends, while enjoying game play. Come learn the fundamentals while playing games and tournaments: 3 on 3 and 4 on 4.

Instructor: Vancouver Eagles

<b>9-11 yrs</b>		11:25am-12:25 pm	23299.101KT
<b>12-14 yrs</b>	Mo Tu We Th Fr	12:25 pm- 1:25 pm	23299.102KT
		Mar 12-16	\$40/5 sess

### Floor Hockey Jam Sessions (5-10 yrs)

Spring is here – get active! Floor Hockey Jam Sessions teach boys and girls the fundamentals of hockey and promotes the basic inherent reason why we enjoy playing - having fun!!

Instructor: Faez Kanji

<b>5-6 yrs</b>		2:40pm- 3:40pm	23003.KT
<b>7-10 yrs</b>	Mo Tu We Th Fr	3:45 pm- 5:00 pm	23003.KT
		Mar 12-16	\$42/5 sess



## Music with Marnie

See camp details at [kitscc.com](http://kitscc.com) and Marnie's  
Winter programs on page 6!

December camps, see page 2.

### Babies (3 mos-18 mos)

Tue Wed Thu		12:00pm-12:30pm	
Mar 13-Mar 15	\$39/3 sess		11033.101KT

### Siblings (3 mos 5 yrs)

Tue Wed Thu		10:00am-10:45am	
Mar 13-Mar 15	\$38/3 sess		11033.103KT

### Toddlers (18 mos-3 yrs)

Tue Wed Thu		11:00am-11:45am	
Mar 13-Mar 15	\$44/3 sess		11033.102KT

**KITSILANO WAR MEMORIAL COMMUNITY CENTRE**

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