

Fitness Centre & Ice Rink

FITNESS CENTRE HOURS

Monday-Friday6:00 am-11:00 pm
Saturday7:00 am-10:00 pm
Sunday7:00 am-10:00 pm
Holidays7:00 am-10:00 pm

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 and 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



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.**

Group Orientations:
Mon & Wed 6:00-7:00 pm
Seniors Orientations: Mon 10:00-11:00am
(maximum of 4 people, please book in advance)

For an appointment please call 604-257-6982

FITNESS CENTRE RATES

	Adult	Youth	Senior 65+yrs
Drop In	\$5.35	\$3.75	\$3.75
10 Visit Pass	\$42.75	\$30.00	\$30.00
1 month	\$41.30	\$30.00	\$30.00
3 months	\$112.50	\$78.75	\$78.75
6 months	\$195.45	\$136.90	\$136.90
12 months	\$353.45	\$247.50	\$247.50

Fees may be subject to change.

PERSONAL TRAINING

Team up with one of our weight training and conditioning specialists. By investing your time and energy with a Personal Trainer your workouts are guaranteed to be safe, effective and time efficient. Your trainer will assist you in achieving your health, fitness and performance objectives. If you need specialized training or extra help to stay motivated try 1 to 1 sessions or 2 to 1 sessions with a friend. Individual attention means you get a unique training program that includes instruction and motivation suited to your needs.




One to One:	\$44/1 session \$192.50/5 sessions \$330/10 sessions
Train with a friend	\$26.40/person-1 session \$135/person-5 sessions \$247.50/person-10 sessions

OUTSIDE TRAINERS

The Vancouver Board of Parks and Recreation reserves the right to permit or deny the use of VPB facilities by Outside Trainers based on specific guidelines. Guidelines and further information is available at Kitsilano Community Centre or call the Fitness Programmer at 604-257-6995.

KITSILANO ICE RINK PUBLIC SKATING SCHEDULE

Schedule in effect: January 2 - March 14, 2010

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Older Adult Skate 10:15-11:30am	Parent and Tot Skate 10:30-11:30am	Older Adult Skate 10:15-11:30am	Skate Lessons 12:00-2:00pm	Public Skate 11:00-12:30pm
Coed Adult Drop In Hockey 11:45-1:00pm	Coed Adult Drop In Hockey 11:45-1:00pm	Public Skate 11:45-1:15pm	Coed Adult Drop In Hockey 11:45-1:00pm	Public Skate 2:15-3:45pm	
	Public Loonie/ Toonie Skate 3:15-4:30pm			Skate Lessons 4:00-6:00pm	
	Skate lessons 7:00-7:45pm		Family Skate 6:30-8:00pm		
	Public Skate 7:45-9:00pm		Adult/Youth Skate 8:15-9:45pm		
	Adult Skate 9:15-10:30pm	Kitsilano Ice Rink is jointly operated by the Vancouver Park Board & the Kitsilano Community Centre Association For more information about Public Skating, visit our website www.vancouverparks.ca or call 604-257-6983			

Ice Rentals

Visit www.vancouverparks.ca for rental fees and availability. To book ice time call 604-257-6995.

\$99 Ice Sales

SPRING BREAK.....March 8-31, 2010.....on sale Jan 2, 2010

ADMISSION RATES 2010

	Drop In	Strip of 10
Adult (19 yrs +) Evenings & Weekends	\$5.35	\$42.75
Drop in Hockey	\$5.35	\$42.75
Seniors (65 & over)	\$3.75	\$30.00
Youth (13-18 yrs)	\$3.75	\$30.00
Children (6-12 yrs)	\$2.65	\$21.40
Preschooler - (must be accompanied by adult)	FREE	
Skate Rental	\$2.70	\$21.75
Skate Sharpening	\$5.55	N/A

AFFILIATED ORGANIZATIONS

Vancouver Thunderbird Minor Hockey
Sandra Mills, Administrator..... 604-224-5891
..... email :tbirdhockey@vancouverbirds.ca
..... www.vancouverbirds.ca
Kanakas-Kitsilano Women's Hockey... 604-209-4135
Kitsilano Figure Skating Club
Johanna Howarth 604-737-6000
..... email:kitsfsc@shaw.ca, www.members.shaw.ca
Vancouver Ringette..... 604-732-5395
Vancouver Speed Skating Club
Cheryl Giffin 604-267-6442
..... email:info@vancouver-speedskating.com
..... www.vancouver-speedskating.com
Vancouver Girls Ice Hockey..... 604-263-7052

Now you can register online at www.kitscc.com



SKATING LESSONS

Kitsilano Ice Rink Skating Lessons ONLINE REGISTRATION GUIDELINES

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 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. ONLINE REGISTRATION will be held on for WINTER LESSONS on **Thursday, December 17, 2009** and SPRING LESSONS on **Thursday March 18, 2010** starting at 9 am. 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 at Kitsilano Rink any Thurs, Fri, Sat or Sun
6. 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
7. 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 and you may not get through right away.

FOR YOUR INFORMATION

- Please arrive early to prepare for the lessons. The skate shop opens 15 minutes prior to start of lessons.
- Skate rentals available \$2.60/pair-\$19.90/10 tickets. 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 class 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 \$5.00 administration fee.

SKATING LESSON FEES

Preschoolers (3-5yrs)	\$59/10 sessions
Child (6-9 yrs)	\$59/10 sessions
Youth (10-17yrs)	\$59/10 sessions
Adult (18+ yrs)	\$64/10 sessions
Private Lessons	\$28/30 minute session

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.

WINTER

SKATING LESSONS

On-line Registration: Thursday, December 17, 2009 9:00am
In-person Registration: Saturday, December 19, 2009 9:00am

Wednesday January 13- March 17, 2010

COURSE #	AGE	LEVEL	TIME
48010.131KT	14+	Young Adult 1	7:00-7:30pm
48023.131KT	14+	Young Adult 2/3	7:00-7:30pm
48045.131KT	14+	Young Adult 4/5	7:00-7:30pm
48067.131KT	14+	Young Adult 6/7	7:00-7:30pm

Thursday January 14- March 18, 2010

COURSE #	AGE	LEVEL	TIME
18010.141KT	4-5yrs	Preschool 1	10:30-11:00am
18020.141KT	3-5yrs	Preschool 2	11:00-11:30am

Saturday January 9- March 13, 2010

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

Private Skating Lessons

Wednesdays	7:30-8:00pm or 8:00-8:30pm or 8:30-9:00pm
	January 13- March 17, 2010 68011.103KT-68020.105KT
Thursdays	11:45am-12:15pm or 12:30-1:00pm
	January 14- March 18, 2010 68011.106KT-68020.107KT
Saturdays	2:15-2:45pm or 3:15-3:45pm
	January 9- March 13, 2010 68011.101KT-68020.102KT

SKATING LESSONS

SPRING SKATING LESSONS

On-line Registration: Thursday, March 18, 2010 9:00am
In-person Registration: Saturday, March 20, 2010 9:00am



Saturday April 3- June 5, 2010

COURSE #	AGE	LEVEL	TIME
18010.201KT	4-5yrs	Preschool 1	11:00-11:30pm
18010.202KT	4-5yrs	Preschool 1	11:00-11:30pm
18010.203KT	3yrs	Preschool 1	11:30-12:00pm
18010.204KT	4-5yrs	Preschool 1	12:00-12:30pm
18010.205KT	4-5yrs	Preschool 1	12:00-12:30pm
18010.206KT	3yrs	Preschool 1	12:30-1:00pm
18010.207KT	4-5yrs	Preschool 1	3:00-3:30pm
18010.208KT	4-5yrs	Preschool 1	3:00-3:30pm
18020.201KT	3-5yrs	Preschool 2	11:00-11:30pm
18020.202KT	3-5yrs	Preschool 2	11:30-12:00pm
18020.203KT	3-5yrs	Preschool 2	12:00-12:30pm
18020.204KT	3-5yrs	Preschool 2	12:30-1:00pm
18020.205KT	3-5yrs	Preschool 2	3:00-3:30pm
18030.201KT	3-5yrs	Preschool 3	11:30-12:00pm
18030.202KT	3-5yrs	Preschool 3	12:00-12:30pm
18030.203KT	3-5yrs	Preschool 3	12:30-1:00pm
18040.201KT	3-5yrs	Preschool 4	11:00-11:30pm
18040.202KT	3-5yrs	Preschool 4	3:00-3:30pm
18050.201KT	3-5yrs	Preschool 5+	11:30-12:00pm
28010.201KT	6-9yrs	Child 1	11:30-12:00pm
28010.202KT	6-9yrs	Child 1	12:30-1:00pm
28010.203KT	6-9yrs	Child 1	3:30-4:00pm
28010.204KT	6-9yrs	Child 1	4:30-5:00pm
28020.201KT	6-9yrs	Child 2	11:30-12:00pm
28020.202KT	6-9yrs	Child 2	12:30-1:00pm
28020.203KT	6-9yrs	Child 2	3:30-4:00pm
28020.204KT	6-9yrs	Child 2	4:30-5:00pm
28030.201KT	6-9yrs	Child 3	12:30-1:00pm
28030.202KT	6-9yrs	Child 3	3:30-4:00pm
28030.203KT	6-9yrs	Child 3	4:30-5:00pm
28040.201KT	6-9yrs	Child 4	11:00-11:30pm
28040.202KT	6-9yrs	Child 4	4:00-4:30pm
28050.201KT	6-9yrs	Child 5	12:00-12:30pm
28050.202KT	6-9yrs	Child 5	4:00-4:30pm
28067.201KT	6-9yrs	Child 6/7	12:00-12:30pm
38010.201KT	10-17yrs	Youth 1	4:00-4:30pm
38023.201KT	10-17yrs	Youth 2/3	4:30-5:00pm
38045.201KT	10-17yrs	Youth 4/5	4:30-5:00pm
38067.201KT	10-17yrs	Youth 6/7	3:30-4:00pm
48010.201KT	18+yrs	Adult 1	3:00-3:30pm
48023.201KT	18+yrs	Adult 2/3	4:00-4:30pm
48040.201KT	18+yrs	Adult 4+	3:30-4:00pm

Sunday April 4- June 6, 2010

COURSE #	AGE	LEVEL	TIME
38099.211KT	8-13yrs	Jr. Power Skating	9:00-10:00am
48099.211KT	14+yrs	Sr. Power Skating	10:15-11:15am
18010.211KT	3yrs	Preschool 1	11:30am-12:00pm
18010.212KT	3yrs	Preschool 1	12:00-12:30pm
18010.213KT	4-5yrs	Preschool 1	12:30-1:00pm
18010.214KT	4-5yrs	Preschool 1	1:15-1:45pm
18010.215KT	4-5yrs	Preschool 1	1:45-2:15pm
18010.216KT	4-5yrs	Preschool 1	2:15-2:45pm
18020.211KT	3-5yrs	Preschool 2	11:30am-12:00pm
18020.212KT	3-5yrs	Preschool 2	12:30-1:00pm
18020.213KT	3-5yrs	Preschool 2	1:15-1:45pm
18020.214KT	3-5yrs	Preschool 2	1:45-2:15pm
18030.211KT	3-5yrs	Preschool3	11:30am-12:00pm
18030.212KT	3-5yrs	Preschool 3	12:30-1:00pm
18040.211KT	3-5yrs	Preschool 4	12:00-12:30pm
18050.211KT	3-5yrs	Preschool 5+	2:15-2:45pm
18020.211KT	3-5yrs	Preschool 2	11:30am-12:00pm
28010.211KT	6-9yrs	Child 1	12:00-12:00pm
28010.212KT	6-9yrs	Child 1	2:15-2:45pm
28020.211KT	6-9yrs	Child 2	11:30am-12:00pm
28020.212KT	6-9yrs	Child 2	1:45-2:15pm
28030.211KT	6-9yrs	Child 3	1:45-2:15pm
28030.212KT	6-9yrs	Child 3	2:15-2:45pm
28040.211KT	6-9yrs	Child 4	12:30-1:00pm
28040.212KT	6-9yrs	Child 4	1:45-2:15pm
28050.212KT	6-9yrs	Child 5	1:15-1:45pm
28067.211KT	6-9yrs	Child 6/7	12:30-1:00pm
38010.211KT	10-17yrs	Youth 1	1:15-1:45pm
38023.211KT	10-17yrs	Youth 2/3	12:30-1:00pm
38045.211KT	10-17yrs	Youth 4/5	12:00-12:30pm
38067.211KT	10-17yrs	Youth 6/7	11:30-12:00pm
48010.211KT	18+yrs	Adult 1	1:45-2:15pm
48023.211KT	18+yrs	Adult 2/3	1:15-1:45pm
48040.211KT	18+yrs	Adult 4+	2:15-2:45pm

Private Skating Lessons

Saturdays	1:15-1:45pm or 2:15-2:45pm
April 3- June 5, 2010 68011.201KT-68020.202KT	
Sundays	3:00-3:30pm or 3:45-4:15pm
April 4- June 6, 2010 68011.211KT-68020.212KT	

Kitsilano Ice Rink offers private skating lesson times for ages 3+ and all skill levels. We will team you up with one of our highly qualified and experienced instructors. If you are a new skater, been off the ice for a while or would simply like to practice skills one-to-one with an instructor, we can accommodate you or your child. Private lessons run during Public Skating sessions. All private skate lessons are \$28.00 per 30 minute session.

Ice Rink Special Events

Valentines Skate

Saturday, February 13, 2:15-3:45pm

Come out to the Valentine's Day Skate and dedicate a song to someone special! Enjoy a sweet treat or free hot chocolate.

Regular admission fees apply.

Egg-cellent Easter Skate

Saturday April 3, 1:30-3:00pm

Everyone is welcome to lace up their skates and join the Easter Bunny on ice.

Special Easter goodies for all skaters!

Regular admission applies.

Have fun and get fit at Vancouver's parks and beaches!

Programs begin in April 2010. Look for details in January.

Go Play... Outdoors!

vancouverparks.ca