



Adult (19+)

Seniors over 65 may receive a 25% on qualifying programs.

Creative Arts

Art Projects with Shawna

Facilitator: Shawna Balshin

Th Jan 14-Feb 18 273708
6:30 PM-8:00 PM
\$111/6 sess

Instrumental Ukulele for Beginners

Instructor: Joseph Young

Th Jan 14-Mar 18 297816
6:15 PM-7:15 PM
\$90/10 sess

Education

Spanish

Instructor: Rohana Filippi

Beginner Level 1

Tu Jan 19-Apr 6 257030
12:30 PM-2:00 PM
\$140/12 sess

Beginner Level 2

Tu Jan 19-Apr 6 257031
4:30 PM-6:00 PM
\$140/12 sess

Intermediate Level 1

Th Jan 21-Apr 8 257033
12:30 PM-2:00 PM
\$140/12 sess

Intermediate Level 2

Th Jan 21-Apr 8 257034
2:30 PM-4:00 PM
\$140/12 sess

Masters

Tu Jan 19-Apr 6 257032
2:30 PM-4:00 PM
\$140/12 sess

Martial Arts

Bagua – Swimming Dragon Form, Part 2

Instructor: Kelly Maclean

Sa Jan 16-Mar 27 298924
12:45 PM-1:45 PM
\$160/10 sess

Qigong

Instructor: Kelly Maclean

Sa Jan 16-Mar 27 298923
11:30 AM-12:30 PM
\$160/10 sess

Tai Chi - 48 Form - Part Two

Instructor: Kelly Maclean

Th Jan 14-Mar 18 298925
6:00 PM-7:00 PM
\$160/10 sess

Fitness and Health

CALLANETICS

Instructor: Linda Shedden

M Jan 11-Mar 22 255642
4:15 PM-5:15 PM
\$150/10 sess

Classic Stretch

Instructor: Sharon Friesen

F Jan 15-Jan 29 294583
\$17.13/3 sess
F Feb 5-Feb 26 294584
\$22.84/4 sess
F Mar 5-Mar 12 294585
\$11.42/2 sess
9:05 AM-10:05 AM

Stretch Therapy

Instructor: Rob Cole

M Jan 18 - Free Trial 295124
M Jan 25-Mar 15 295123
12:00 PM-1:10 PM
\$168/7 sess

Dance

Belly Dance

Instructor: Gail (Rahma) Haddad

Sa Jan 16-Mar 27 294720
2:00 PM-3:30 PM
\$120/10 sess

BeMoved

Instructor: Anita Siu

W Jan 13-Jan 27 298920
W Feb 3-Feb 24 298921
W Mar 3-Mar 24 298922
1:00 PM-2:00 PM
\$42/3 sess (Jan) \$56/4 sess (Feb/Mar)

Recreational Line Dancing

Instructor: Lisa Dong

Sa Jan 16-Mar 13 302170
10:30 AM-12:00 PM
\$50/8 sess

Yoga

Creative Yoga

Instructor: Natalia Nimetz

Tu Jan 12-Feb 9 301094
\$68/5 sess
Tu Feb 16-Mar 23 301095
\$81.60/6 sess
4:30 PM-6:00 PM

Gentle Yoga

Instructor: Natalia Nimetz

F Jan 15-Feb 12 301096
F Feb 19-Mar 26 301097
10:45 AM-12:15 PM
\$68/5 sess (Jan) \$81.60/6 sess (Feb)

Iyengar Yoga with Luci

Instructor: Luci Yamamoto

Th Jan 14-Feb 11 295225
Th Feb 18-Mar 18 295226
10:30 AM-12:00 PM
\$125/5 sess

Yoga4Stiff™ Guys – All Levels

Instructor: Yoga4Stiff Guys

W Jan 13-Mar 31
3:45 PM-4:45 PM 298916
5:00 PM-6:00 PM 298915
\$168/12 sess

Sports

Badminton

Instructor: Non-instructional

Th Jan 14-Jan 28 294586
Th Feb 4-Feb 25 294587
Th Mar 4-Mar 25 294588
6:30 PM-7:30 PM
F Jan 15-Jan 29 303555
F Feb 5-Feb 26 303554
F Mar 5-Mar 26 303556
11:30 AM-12:30 PM
\$9/3 sess (Jan) \$12/4 sess (Feb/Mar)

Pickleball Lessons

Instructor: Mona Lee

Learn to Play Beginners

F Jan 8-Feb 12 294737
4:15 PM-5:45 PM \$75/5 sess

Skills & Drills Intermediate

F Feb 19-Mar 26 294734
4:15 PM-5:45 PM \$90/6 sess

Table Tennis Rental (Max 2 persons)

Tu 9:30 AM-11:00 AM 302172-79
Tu 11:30 AM-1:00 PM 302180-87
Sa 1:00 PM-2:30 PM 302814-24
\$2/person/1.5 hr time slot (reg 3 days before)



Older Adult (55+)

Seniors over 65 may receive a 25% on qualifying programs.

Education

Elder Abuse Awareness Program

Instructor: Metro Van Crime Stoppers
W Jan 13 295092
10:30 AM-11:30 AM
Free

Social

Senior's Monthly Lunch

Instructor: Non-instructional
F Jan 29 (Thai) 294886
F Feb 12 (Chinese) 302827
F Feb 26 (Greek) 294887
F Mar 26 (Vietnamese) 294888
12:00 PM-1:00 PM
\$7.62/person/lunch

Fitness and Health

Cardio Interval

Instructor: Rilla Hallwood
M Jan 11-Jan 25 294568
M Feb 1-Feb 22 294569
M Mar 1-Mar 29 294570
\$17.13/ sess (Jan/Feb)
\$28.55/5 sess (Mar)
9:05 AM-10:05 AM

Gentle Fit

Instructor: Audrey Darling
M Jan 11-Jan 25 294577
\$17.13/3 sess
M Feb 1-Feb 22 294578
\$17.13/3 sess
M Mar 1-Mar 29 294582
\$28.55/5 sess
10:30 AM-11:30 AM
W Jan 13-Jan 27 294579
\$17.13/3 sess
W Feb 3-Feb 24 294580
\$22.84/4 sess
W Mar 3-Mar 31 294581
\$28.55/ 5 sess
9:15AM-10:15 AM

Gentle Fit

Instructor: Berdjis Bahrami
F Jan 15-Jan 29 294576
F Feb 5-Feb 26 294574
F Mar 5-Mar 26 294575
9:45 AM-10:45AM
\$17.13/3 sess (Jan) \$22.84/4 sess

Classic Stretch

Instructor: Alejandra Aguirre
W Jan 13-Jan 27 294571
\$17.13/3 sess
W Feb 3-Feb 24 294572
\$22.84/4 sess
W Mar 3-Mar 31 294573
\$28.55/5 sess
10:30 AM-11:30 AM

Instructor: Sharon Friesen

F Jan 15-Jan 29 294583
\$17.13/3 sess
F Feb 5-Feb 26 294584
\$22.84/4 sess
F Mar 5-Mar 12 294585
\$11.42/2 sess
9:05 AM-10:05 AM

Zumba® Gold

Instructor: Zumba Vancouver
Th Jan 14-Feb 11 295095
\$56.25/5 sess
Th Feb 18-Mar 25 295096
\$67/6 sess
2:00 PM-3:00 PM

Yoga

Chair Yoga

Instructor: Linda Shevloff
M Jan 11-Mar 22 294813
9:30 AM-11:00 AM \$200/10 sess

Gentle Yoga

Instructor: Natalia Nimetz
F Jan 8-Feb 12 301096
F Feb 19-Mar 26 301097
10:45 AM-12:15 PM \$81.60/6 sess

Sports

Pickleball

Instructor: Non-instructional
F Jan 15-Jan 29 \$9/3 sess
F Feb 5-Feb 26 \$12/4 sess
F Mar 5-Mar 26 \$12/4 sess
1:00 PM-2:00 PM 303328/27/29
2:30 PM-3:30 PM 294589/91/93

NOTE The nature of the activity is such that you may interact with other people who are considered to be in good health, continuous physical distance between other people cannot be guaranteed, and, by participating in the activity, you are at risk of being infected by a pathogen, including but not limited to SARS-COV-2. SARS-COV-2, which causes the disease COVID-19, may exacerbate other health issues and is the cause of an ongoing global pandemic. SARS-COV-2 is highly communicable and dangerous. If you become infected with SARS-COV2, you may transmit it to other people even if you are not exhibiting symptoms of illness.

GENERAL SAFE PRACTICES

- Registration and payment is required for most programs to help reduce the capacity to allow for physical distancing. Limited drop-ins may be permitted.
- Arrive no more than 5 minutes prior to your program time. Patrons may be required to line up prior to entering the facility.
- Follow physical distancing practice and maintain minimum 2 metres between yourself and others at all times.
- Bring your own pre-filled water bottle and dress accordingly. Not all fountains and changing rooms will be available.
- The building will not be open for loitering. You will be asked to leave the building once your program has ended.
- Anyone not following safety guidelines or directions from staff will be asked to leave. Please respect and follow directions of staff at all times.

COVID-19 SAFETY POLICY

- All participants, instructors and staff who have symptoms of COVID-19 OR traveled outside Canada in the last 14 days OR were identified by Public Health as a close contact of a confirmed case must stay home and self-isolate.
- Participants must assess themselves daily for symptoms of common cold, influenza, COVID-19, or other infectious respiratory disease before attending a program.
- Participants who are ill, including participants of essential service providers, will not be permitted to attend program.
- If a participant, instructor or staff member is unsure if they should self-isolate, they should be directed to use the BC COVID-19 Self-Assessment Tool, contact 8-1-1 or the local public health unit. They can also be advised to contact a family physician or nurse practitioner to be assessed for COVID-19 and other respiratory diseases.

ENHANCED CLEANING MEASURES

- Reducing the amount of people who can visit at one time.
- Setting up one-way travel around facilities and where it is not possible, two-way travel will be in place.
- Clearing and cleaning programming space in between classes and activities.
- Facility will be sanitized at least twice per day on all high frequency touch points in addition to any regularly scheduled overnight sanitizing/cleaning per operating days of the facility.
- Site Safety Plans available at reception desk.