



## FALL 2023

### Hours of Operation

#### Community Centre

Monday-Friday 7:00 AM-10:00 PM

Saturday 8:30 AM-5:00 PM

Sunday 8:30 AM-9:30 PM

Statutory Holiday Closed

*\*Front office closes 30 min. prior to building closure*

Mon Sep 4 Closed

Sat Sep 30 Closed

Mon Oct 2 7:00AM-8:00PM

Mon Oct 9 Closed

Sat Nov 11 Closed

Mon Nov 13 7:00AM-8:00PM

Dec 25-Jan 1 Closed - Reopens Jan 2

#### Fitness Centre

Monday-Friday 6:00 AM-10:00 PM

Saturday/Sunday 7:00 AM-8:00 PM

Statutory Holiday 7:00 AM-8:00 PM

*Please note - when the Community Centre is closed, enter the Fitness Centre through the lower back entrance, located at the back of the Community Centre, by the playground.*

### Registration

#### Online

Registration online begins **Thursday, August 10 at 7 PM**. Logging into your account at [www.vanrec.ca](http://www.vanrec.ca) prior to registration day may minimize any unexpected errors.

#### In-Person

Registration in-person begins **Thursday, August 10 at 7 PM**. We accept Visa, Mastercard, American Express or debit cards, cash, and cheques.

#### Phone

Registration by phone begins **Friday, August 11 at 10 AM**. Ongoing registration by phone is available during office hours.

### Refund Policy

**All refunds are subject to a \$5 administrative fee, unless the program is cancelled by the Community Centre.**

Requests for refunds must be received by phone or in-person to the Front Office:

- 24 hours before the 1st scheduled class, 2 days prior to the 2nd scheduled class, no refunds past the second scheduled class.
- 2 days prior for workshops.
- 7 days prior for camps, luncheons and private lessons.
- 30 days prior for birthday parties for full refund, 14 days prior for 50% refund, and no refund for less than two weeks.

### Financial Subsidies

Discounts are available on some programs at time of registration. Patrons that qualify for the Vancouver Park Board's Leisure Access Program (LAP) may receive a 50% discount on registration of select programs. LAP is not applicable on workshops, private lessons, one-day events and CCA program drop-ins.

Seniors over 65 years may receive a 15% discount on qualifying adult programs (registration only, drop-ins not applicable). If you are a senior and a program qualifies for the LAP discount, the applicable discounts will be calculated based on the adult rate and not with the senior's discount.

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**Click on the [Activity #](#) to register or learn more.**





## PRESCHOOL

### Music with Marnie

#### Music With Marnie Babies (2 mo-17 mo)

Instructor: Marnie Grey

##### Tuesday

Tu Sep 19-Oct 31 11:30 AM-12:00 PM  
\$104/6 sess [465239](#)

Tu Sep 26-Oct 31 12:15 PM-12:45 PM  
\$87/5 sess [465244](#)

Tu Nov 7-Dec 12 11:30 AM-12:00 PM  
\$104/6 sess [465250](#)

Tu Nov 7-Dec 12 12:15 PM-12:45 PM  
\$104/6 sess [465251](#)

##### Thursday

Th Sep 21-Nov 2 11:30 AM-12:00 PM  
\$104/6 sess [465247](#)

Th Sep 21-Nov 2 12:15 PM-12:45 PM  
\$104/6 sess [465248](#)

Th Nov 9-Dec 14 11:30 AM-12:00 PM  
\$104/6 sess [465252](#)

Th Nov 9-Dec 14 12:15 PM-12:45 PM  
\$104/6 sess [465253](#)

#### Music with Marnie - BeTweenies (12 mo-20 mo)

Instructor: Marnie Grey

Tu Sep 19-Oct 31 10:30 AM-11:15 AM  
\$116/6 sess [465257](#)

Tu Nov 7-Dec 12 10:30 AM-11:15 AM  
\$116/6 sess [465260](#)

#### Music With Marnie Toddlers (18 mo-3 yrs)

Instructor: Marnie Grey

##### Tuesday

Tu Sep 19-Oct 31 9:30 AM-10:15 AM  
\$116/6 sess [465262](#)

Tu Nov 7-Dec 12 9:30 AM-10:15 AM  
\$116/6 sess [465265](#)

##### Thursday

Th Sep 21-Nov 2 10:30 AM-11:15 AM  
\$116/7 sess [465263](#)

Th Nov 9-Dec 14 10:30 AM-11:15 AM  
\$116/6 sess [465266](#)

#### Music with Marnie - Tots (2.5-5 yrs)

Instructor: Marnie Grey

Th Sep 21-Nov 2 9:30 AM-10:15 AM  
\$116/6 sess [465271](#)

Th Nov 9-Dec 14 9:30 AM-10:15 AM  
\$116/6 sess [466809](#)

## Music Together

#### Music Together (Birth- 5 yrs)

Instructor: Donalyn

W Sep 20-Nov 29 9:30 AM-10:15 AM  
\$218/11 sess [464910](#)

W Sep 20-Nov 29 10:30 AM-11:15 AM  
\$218/11 sess [464911](#)

W Sep 20-Nov 29 11:30 AM-12:15 PM  
\$218/11 sess [464912](#)

#### Music Together (Birth- 5 yrs)

Instructor: Donalyn

F Sep 22-Dec 1 9:30 AM-10:15 AM  
\$218/11 sess [464913](#)

F Sep 22-Dec 1 10:30 AM-11:15 AM  
\$218/11 sess [464914](#)

F Sep 22-Dec 1 11:30 AM-12:15 PM  
\$218/11 sess [464915](#)

## Education

#### Beginner Baby Signing (Birth-1.5 yrs)

Instructor: Signing Babies Vancouver

##### Tuesday

Tu Sep 12-Oct 17 2:00 PM-2:30 PM  
\$78/6 sess [465968](#)

Tu Sep 12-Oct 17 3:00 PM-3:30 PM  
\$78/6 sess [465969](#)

Tu Oct 24-Nov 28 2:00 PM-2:30 PM  
\$78/6 sess [466036](#)

Tu Oct 24-Nov 28 3:00 PM-3:30 PM  
\$78/6 sess [466037](#)

##### Wednesday

W Sep 13-Oct 18 11:30 AM-12:00 PM  
\$78/6 sess [466038](#)

W Sep 13-Oct 18 12:30 PM-1:00 PM  
\$78/6 sess [466039](#)

W Oct 25-Nov 29 12:30 PM-1:00 PM  
\$78/6 sess [466040](#)

#### Baby Sing and Sign (Birth-1.5 yrs)

Instructor: Signing Babies Vancouver

W Sep 13-Oct 18 10:30 AM-11:00 AM  
\$78/6 sess [466044](#)

W Oct 25-Nov 29 10:30 AM-11:00 AM  
\$78/6 sess [466046](#)

W Oct 25-Nov 29 11:30 AM-12:00 PM  
\$78/6 sess [466052](#)

## Dance

#### Baby Dance (3 months-pre-walking)

Instructor: Lorraine White-Wilkinson

Tu Sep 12-Oct 3 11:25 AM-12:00 PM  
\$51/4 sess [465625](#)

#### Toddler Dance Parent & Tot (1-2 yrs)

Instructor: Lorraine White-Wilkinson

Tu Oct 10-Nov 28 11:25 AM-12:00 PM  
\$102/8 sess [465628](#)

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

Instructor: Lorraine White-Wilkinson

Tu Sep 12-Nov 28 10:30 AM-11:15 AM  
\$153/12 sess [465624](#)

Sa Sep 16-Dec 2 10:30 AM-11:15 AM  
\$128/10 sess [465633](#)

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

Instructor: Lorraine White-Wilkinson

Tu Sep 12-Nov 28 9:30 AM-10:15 AM  
\$153/12 sess [465623](#)

Sa Sep 16-Dec 2 9:30 AM-10:15 AM  
\$128/10 sess [465629](#)

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

Instructor: Lorraine White-Wilkinson

Sa Sep 16-Dec 2 12:30 PM-1:15 PM  
\$128/10 sess [465635](#)

#### Pre-Ballet Creative Dance (4.5-6 yrs)

Instructor: Lorraine White-Wilkinson

Sa Sep 16-Dec 2 11:30 AM-12:15 PM  
\$128/10 sess [465634](#)

#### Hip Hop Dancers (3-5 yrs)

Instructor: Endorphin Rush Dance

M Sep 11-Dec 4 10:00 AM-10:45 AM  
\$143/11 sess [464402](#)

#### Little Ballerinas (3-5 yrs)

Instructor: Endorphin Rush Dance

M Sep 11-Dec 4 11:00 AM-11:45 AM  
\$143/11 sess [464403](#)

#### Dancepl3y Preschool (3-5 yrs)

Instructor: PL3Y Inc.-The Play Brigade

F Sep 22-Dec 1 3:30 PM-4:15 PM  
\$143/11 sess [465637](#)

## Special Events

#### Halloween Howl

Sa Oct 28 10:30 AM-12:30 PM  
\$7/child [472963](#)

Drop in: \$8, space permitting

\*See back cover for more information



#### Breakfast with Santa

Sa Dec 9 10:00 AM-12:00 PM

\*Doors open at 9:30AM

\$7/person [472964](#)

Drop in: \$8, space permitting

\*See back cover for more information





# Sportball

## Sportball Parent and Child Multi Sport (2-3 yrs)

Instructor: Sportball Vancouver

M Sep 11-Oct 23 4:30 PM-5:15 PM

\$111/6 sess [464438](tel:464438)

M Oct 30-Dec 11 4:30 PM-5:15 PM

\$111/6 sess [464439](tel:464439)

## Sportball Parent and Child Indoor Soccer (2-3 yrs)

Instructor: Sportball Vancouver

W Sep 13-Oct 25 4:30 PM-5:15 PM

\$130/7 sess [464443](tel:464443)

W Nov 1-Dec 13 4:30 PM-5:15 PM

\$130/7 sess [464444](tel:464444)

## Sportball Indoor Multi Sport (3-5 yrs)

Instructor: Sportball Vancouver

M Sep 11-Oct 23 2:30 PM-3:30 PM

\$111/6 sess [464434](tel:464434)

M Oct 30-Dec 11 2:30 PM-3:30 PM

\$111/6 sess [464435](tel:464435)

## Sportball Parent and Tot Outdoor Soccer (2-3 yrs)

Instructor: Sportball Vancouver

Sa Sep 9-Oct 14 9:30 AM-10:15 AM

\$74/4 sess [464448](tel:464448)

## Sportball Outdoor Soccer (3.5-5 yrs)

Instructor: Sportball Vancouver

Sa Sep 9-Oct 14 10:15 AM-11:15 AM

\$74/4 sess [464449](tel:464449)

## Sportball Parent and Tot Outdoor T-Ball (2-3 yrs)

Instructor: Sportball Vancouver

Th Sep 14-Oct 12 5:15 PM-6:00 PM

\$92/5 sess [464446](tel:464446)

## Sportball Outdoor T-Ball (4-6 yrs)

Instructor: Sportball Vancouver

Th Sep 14-Oct 12 6:00 PM-7:00 PM

\$92/5 sess [464447](tel:464447)

## Parent and Tot Gym (6mo-5 yrs)

Tu Sep 19-Dec 12 9:30 AM-11:00 AM

Th Sep 21-Dec 14 10:30 AM-12:00 PM

Sa Sep 16-Dec 16 10:30 AM-12:00 PM

\*No Parent and Tot Gym Sat Oct 28 and Sat Dec 9

\$3/child and \$2/additional child

\$27/10 visit pass

\$45/sibling 10 visit pass



**SATURDAYS FROM SEP 16 - DEC 16**

# BIRTHDAY PARTY PACKAGE

UP TO 8 YEARS OLD

**\$160<sup>00</sup>**

**Party Package Includes:**

- Staff to assist with set-up 30 min. prior
- Staff to assist with clean-up 30 min. after
- 60 min. of play time in the Gym including toys and bouncy castle
- Access to microwave and refrigerator

**Lobby Room**  
12:15 - 2:30 PM  
Gym: 12:30-1:30 PM

**Snowy's Lounge**  
1:30 - 3:45 PM  
Gym: 1:45-2:45 PM

Refund policy: One month notice - 100% // Two weeks notice - 50%  
Less than two weeks - No refund

## We don't want to cancel good programs, but...

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

**Registration for courses will begin Thursday, August 10 at 7 PM.**





## CHILDREN

### Dance

#### Hip Hop Zumba Kids (5-7 yrs)

Instructor: Endorphin Rush Dance  
M Sep 11-Dec 4 3:30 PM-4:15 PM  
\$143/11 sess [464404](#)

#### Hip Hop Zumba Kids (8-12 yrs)

Instructor: Endorphin Rush Dance  
M Sep 11-Dec 4 4:30 PM-5:15 PM  
\$143/11 sess [464405](#)

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

Instructor: Endorphin Rush Dance  
Th Sep 21-Dec 7 4:00 PM-5:00 PM  
\$156/12 sess [464407](#)

#### Dancepl3y Kids (6-9 yrs)

Instructor: PL3Y Inc.-The Play Brigade  
F Sep 22-Dec 1 4:30 PM-5:30 PM  
\$143/11 sess [465640](#)

### Violin Lessons

#### Private Violin Lessons (5+ yrs)

Instructor: Ali Nourbakhsh  
Set 1  
M Sep 11-Oct 30 3:30 PM-4:30 PM  
\$406/7 sess [464540](#)  
M Sep 11-Oct 30 4:30 PM-5:30 PM  
\$406/7 sess [464541](#)  
M Sep 11-Oct 30 5:30 PM-6:30 PM  
\$406/7 sess [464542](#)  
M Sep 11-Oct 30 6:30 PM-7:30 PM  
\$406/7 sess [464543](#)  
M Sep 11-Oct 30 7:30 PM-8:30 PM  
\$406/7 sess [464544](#)

Set 2  
M Nov 6-Dec 18 3:30 PM-4:30 PM  
\$348/6 sess [464545](#)  
M Nov 6-Dec 18 4:30 PM-5:30 PM  
\$348/6 sess [464546](#)  
M Nov 6-Dec 18 5:30 PM-6:30 PM  
\$348/6 sess [464547](#)  
M Nov 6-Dec 18 6:30 PM-7:30 PM  
\$348/6 sess [464548](#)  
M Nov 6-Dec 18 7:30 PM-8:30 PM  
\$348/6 sess [464549](#)

### Piano Lessons

#### Piano Lessons Private (5+ yrs)

Instructor: Mary Friesen  
Tuesday  
Tu Sep 5-Dec 12 3:10 PM-3:40 PM  
\$336/14 sess [464880](#)  
Tu Sep 5-Dec 12 3:45 PM-4:15 PM  
\$336/14 sess [464881](#)  
Tu Sep 5-Dec 12 4:20 PM-4:50 PM  
\$336/14 sess [464882](#)  
Tu Sep 5-Dec 12 4:55 PM-5:25 PM  
\$336/14 sess [464883](#)  
Tu Sep 5-Dec 12 5:30 PM-6:00 PM  
\$336/14 sess [464884](#)  
Tu Sep 5-Dec 12 6:05 PM-6:35 PM  
\$336/14 sess [464885](#)  
Tu Sep 5-Dec 12 6:40 PM-7:10 PM  
\$336/14 sess [464886](#)  
Tu Sep 5-Dec 12 7:15 PM-7:45 PM  
\$336/14 sess [464887](#)

#### Piano Lessons Private (5+ yrs)

Instructor: Mary Friesen  
Friday  
F Sep 8-Dec 8 3:10 PM-3:40 PM  
\$336/14 sess [464888](#)  
F Sep 8-Dec 8 3:45 PM-4:15 PM  
\$336/14 sess [464889](#)  
F Sep 8-Dec 8 4:20 PM-4:50 PM  
\$336/14 sess [464890](#)  
F Sep 8-Dec 8 4:55 PM-5:25 PM  
\$336/14 sess [464891](#)  
F Sep 8-Dec 8 5:30 PM-6:00 PM  
\$336/14 sess [464892](#)  
F Sep 8-Dec 8 6:05 PM-6:35 PM  
\$336/14 sess [464893](#)  
F Sep 8-Dec 8 6:40 PM-7:10 PM  
\$336/14 sess [464894](#)  
F Sep 8-Dec 8 7:15 PM-7:45 PM  
\$336/14 sess [464896](#)

### Martial Arts

#### Taekwondo Beginner (5-7 yrs)

Instructor: Endurance Taekwondo Inc.  
Tu Th Sep 19-Dec 7 3:30 PM-4:10 PM  
\$300/24 sess [472694](#)

#### Taekwondo Beginner (8-12 yrs)

Instructor: Endurance Taekwondo Inc.  
Tu Th Sep 19-Dec 7 4:15 PM-5:00 PM  
\$300/24 sess [472699](#)

#### Taekwondo Intermediate/Advanced (8-13 yrs)

Instructor: Endurance Taekwondo Inc.  
Tu Th Sep 19-Dec 7 5:00 PM-5:45 PM  
\$300/24 sess [472702](#)

### Sportball

#### Sportball Indoor Multi Sport (5-7 yrs)

Instructor: Sportball Vancouver  
M Sep 11-Oct 23 3:30 PM-4:30 PM  
\$111/6 sess [464436](#)  
M Oct 30-Dec 11 3:30 PM-4:30 PM  
\$111/6 sess [464437](#)

#### Sportball Indoor Soccer (5-7 yrs)

Instructor: Sportball Vancouver  
W Sep 13-Oct 25 3:30 PM-4:30 PM  
\$130/7 sess [464440](#)  
W Nov 1-Dec 13 3:30 PM-4:30 PM  
\$130/7 sess [464442](#)

#### Sportball Outdoor T-Ball (4-6 yrs)

Instructor: Sportball Vancouver  
Th Sep 14-Oct 12 6:00 PM-7:00 PM  
\$92/5 sess [464447](#)

#### Sportball Outdoor Soccer (5-7 yrs)

Instructor: Sportball Vancouver  
Sa Sep 9-Oct 14 11:15 AM-12:15 PM  
\$74/4 sess [464450](#)

### Indoor Tennis

#### Mini Aces (5.6-7.6 yrs)

Instructor: Summer Smash Tennis  
Th Sep 14-Oct 26 3:30 PM-4:15 PM  
\$157.5/7 sess [467678](#)  
Th Nov 2-Dec 14 3:30 PM-4:15 PM  
\$157.5/7 sess [467691](#)

#### Junior Aces (7.6-11 yrs)

Instructor: Summer Smash Tennis  
Tu Sep 12-Oct 24 3:30 PM-4:30 PM  
\$210/7 sess [467696](#)  
Tu Oct 31-Dec 12 3:30 PM-4:30 PM  
\$210/7 sess [467700](#)

#### Junior Fundamentals (7.6-11 yrs)

Instructor: Summer Smash Tennis  
Th Sep 14-Oct 26 4:15 PM-5:15 PM  
\$210/7 sess [467692](#)  
Th Nov 2-Dec 14 4:15 PM-5:15 PM  
\$210/7 sess [467693](#)

#### Youth Aces (11-15 yrs)

Instructor: Summer Smash Tennis  
Tu Sep 12-Oct 24 4:30 PM-5:30 PM  
\$210/7 sess [467704](#)  
Tu Oct 31-Dec 12 4:30 PM-5:30 PM  
\$210/7 sess [467705](#)

## PRE-TEEN 10-12 yrs

### Social

#### Pre-Teen Dungeons and Dragons (10-13 yrs)

Instructor: Will Lochhead

W Sep 20-Oct 25 3:30 PM-5:30 PM

\$72/6 sess [473149](tel:473149)

W Nov 1-Dec 6 3:30 PM-5:30 PM

\$72/6 sess [473913](tel:473913)

Th Sep 21-Oct 26 3:30 PM-5:30 PM

\$72/6 sess [473157](tel:473157)

Th Nov 2-Dec 7 3:30 PM-5:30 PM

\$72/6 sess [473914](tel:473914)

## YOUTH 13-18 yrs

### Social

#### Youth Dungeons and Dragons (14-18 yrs)

Instructor: Will Lochhead

Th Sep 21-Oct 26 5:30 PM-8:30 PM

\$108/6 sess [473158](tel:473158)

Th Nov 2-Dec 7 5:30 PM-8:30 PM

\$108/6 sess [473917](tel:473917)

W Sep 20-Oct 25 5:30 PM-8:30 PM

\$108/6 sess [473154](tel:473154)

W Nov 1-Dec 6 5:30 PM-8:30 PM

\$108/6 sess [473915](tel:473915)

## YOUTH 13-18 yrs

### Youth Leadership

#### Kits Youth Council

Instructor: Youth Leader

Bringing youth voices to the table to talk and share ideas about ways we can engage in our community in meaningful ways.

This is a great opportunity for youth to earn volunteer hours, fundraise for great causes, gain employment training, and plan community events.

M Sep 11-Dec 18 4:00 PM-6:00 PM

Free [472967](tel:472967)



### TLC Adapted Youth Programming (13-18 yrs)

TLC is an exciting adaptive program for teens who have autism/ neurodevelopmental diversities with mild to moderate support needs. Join us for social/life skills and fun recreational activities and outings.

Youth have an opportunity to learn independence while forming long lasting friendships in a safe inclusive environment. We offer programs after-school along with summer break and pro-d days.

Note: Youth must first be registered with CYSN through the Ministry of Children and Family Development before registering for TLC. For more information, please contact Sydney the TLC Supervisor at 604-257-6977 or Sydney.Cumpstone@vancouver.ca

### City Wide Youth Pass!



Youth using the Kitsilano facility are required to register for a FREE City Wide Youth Pass. Please have your parent or guardian complete a One Card consent form and return it to a Youth Leader or the Community Youth Worker. Forms can be retrieved in the Youth Lounge.

## Youth Lounge Schedule Fall

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Youth Lounge Drop-In</b> 3:00pm-8:00pm	<b>Youth Lounge Drop-In</b> 3:00pm-8:00pm	<b>Youth Lounge Drop-In</b> 3:00pm-8:00pm	<b>Youth Lounge Drop-In</b> 3:00pm-8:00pm	<b>Youth Night Drop-In</b> 3:00pm-9:30pm	<b>Youth Lounge Drop-In</b> 1:00pm-4:30pm

## Youth/Preteen Open Gym

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Lunch Break Open Gym</b> 11:30am-12:10pm	<b>Lunch Break Open Gym</b> 11:30am-12:10pm		<b>Youth Night Open Gym</b> 3:00pm-9:30pm	<b>Preteen and Youth Open Gym</b> 3:30pm-4:45pm



## ADULT (19+)

Adults over 65 may receive a 15% discount by registering in qualifying programs. \*Drop-ins not applicable.

### Languages

#### English Corner

Instructor: Fay Mottahed  
Su Sep 24-Nov 26 7:00 PM-9:00 PM  
\$3/10 sess [472302](#)

#### Spanish for Beginners - Level 1

Instructor: Gloria Alonso  
Tu Sep 19-Dec 5 6:15 PM-7:45 PM  
\$216/12 sess [470082](#)

#### Spanish for Beginners - Level 2

Instructor: Gloria Alonso  
Tu Sep 19-Dec 5 7:45 PM-9:15 PM  
\$216/12 sess [470084](#)  
Drop in: \$20, with instructor permission

### Music

#### Ukulele Group Lessons: Beginner Level 1

Instructor: Joseph Young  
Su Sep 17-Nov 19 10:30 AM-11:30 AM  
\$100/10 sess [472303](#)

#### Ukulele Group Lessons: Beginner Level 2

Instructor: Joseph Young  
Su Sep 17-Nov 19 11:45 AM-12:45 PM  
\$100/10 sess [472304](#)

#### Ukulele Group Lessons: Beginner Level 3

Instructor: Joseph Young  
Su Sep 17-Nov 19 1:00 PM-2:00 PM  
\$100/10 sess [472305](#)

### Wine Education

#### **NEW** Explore BC Wine

Instructor: Angela Ford  
Th Sep 28 4:30 PM-6:30 PM  
\$35/ person [473760](#)

#### Community Repair Event

Instructor: City Of Vancouver Engineering Services  
Sa Oct 21 9:30 AM-1:30 PM  
Free [473502](#)

### Food and Garden with Village Vancouver

#### Kitsilano Community Garden

Sa 1:45 PM-3:45 PM  
Free [473588](#)

#### Making Incense and Flower

**Essences**  
M Sep 11 6:30 PM-8:30 PM  
\$31/1 sess [473567](#)

#### Introduction to Seed Saving

Su Sep 17 3:00 PM-5:00 PM  
\$21/1 sess [473573](#)

#### Intro to Indoor Vertical

**Gardening**  
Tu Sep 19 6:30 PM-8:30 PM  
\$25/1 sess [473574](#)

#### Growing Superfoods

Sa Oct 14 3:00 PM-5:00 PM  
\$21/1 sess [473575](#)

#### Wild Herbal and Mineral Vinegars

M Oct 16 6:30 PM-8:30 PM  
\$21/1 sess [473576](#)

#### Grow Your Own Microgreens

Th Oct 26 6:30 PM-8:30 PM  
\$25/1 sess [473577](#)

#### Crafted Tea Making

Th Nov 23 6:30 PM-8:30 PM  
\$23/1 sess [473580](#)

#### Gardening in a Changing Climate

Sa Dec 2 11:00 AM-1:00 PM  
\$21/1 sess [473582](#)

#### Grow Your Own Microgreens

Th Dec 7 6:30 PM-8:30 PM  
\$25/1 sess [473584](#)

#### Holiday Workshop: DIY Beeswax Wraps

Sa Nov 18 1:00 PM-3:00 PM  
\$31/1 sess [473579](#)

#### Holiday Workshop: DIY Sugar Scrubs and Bath Salts

Su Nov 26 11:00 AM-1:00 PM  
\$31/1 sess [473581](#)

#### Holiday Workshop: Edible Holiday Gifts in Mason Jars

Tu Dec 12 6:30 PM-8:30 PM  
\$31/1 sess [473585](#)

### Pasta Making with Peter

#### Italian Cooking Class

##### Hands on Fettuccine Pasta

Instructor: Pasta Boy Peter Inc.  
Su Oct 22 10:30 AM-1:15 PM  
\$100/1 sess [473457](#)  
Su Dec 10 10:30 AM-1:15 PM  
\$100/1 sess [473458](#)

#### Italian Cooking Class

##### Hands on Gnocchi - Vegetarian

Su Oct 22 2:45 PM-5:15 PM  
\$100/1 sess [473449](#)  
Su Dec 3 2:45 PM-5:15 PM  
\$100/1 sess [473451](#)

#### Italian Cooking Class

##### Hands on Puglia Pasta - Short

**Shapes**  
Su Oct 15 2:45 PM-5:15 PM  
\$100/1 sess [473462](#)  
Su Dec 10 2:45 PM-5:15 PM  
\$100/1 sess [473463](#)

#### Italian Cooking Class

##### Hands on Ravioli

Su Nov 5 10:30 AM-1:15 PM  
\$100/1 sess [473459](#)

#### Italian Cooking Class

##### Hands on Roman Pizza & Focaccia

Su Oct 15 10:30 AM-1:15 PM  
\$100/1 sess [473460](#)  
Su Dec 3 10:30 AM-1:15 PM  
\$100/1 sess [473461](#)

#### Italian Cooking Class

##### Risotto & Arancini

Su Nov 5 2:45 PM-5:15 PM  
\$79/1 sess [473466](#)

#### Italian Cooking Class

##### Sauces and Pasta Tasting

Su Nov 19 2:45 PM-5:15 PM  
\$79/1 sess [473468](#)

#### Kits Village Plastic Recycling Depot

Drop off your clean, pre-sorted plastics at our free Kits Village recycling depot located on the south patio, immediately north of w/ 2th Ave. and Larch Street. Please arrive no later than 6:45PM. No registration required. For more information, please visit [villagevancouver.ca](http://villagevancouver.ca).

Th Sep 14 6:00 PM-7:00 PM  
Th Oct 19 6:00 PM-7:00 PM  
Th Nov 16 6:00 PM-7:00 PM  
Th Dec 14 6:00 PM-7:00 PM



**DROP-IN TO ONE OF OUR CLASSES! We offer Dance, Fitness, Social and Sports!**

Check course description online for details. Schedule is subject to classes reaching minimum numbers to run and drop ins are available space permitting. Please call the front office to confirm 604-257-6976

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday						
Group Power 8:00 AM-9:00 AM			Step Plus 8:30 AM-9:30 AM	Group Power 8:00 AM-9:00 AM								
Cardio Interval 9:00 AM-10:00 AM	Classic Stretch 9:00 AM-10:00 AM	Cardio Combo 9:00 AM-10:00 AM		Step Interval 9:00 AM-10:00 AM	Step Interval 8:45 AM-10:00 AM	Iyengar Yoga 9:00 AM-10:30 AM						
		Group Power 9:15 AM-10:15 AM		Classic Stretch 9:15 AM-10:15 AM	Classic Stretch 9:15 AM-10:15 AM	Core & Balance 9:00 AM-10:00 AM						
Mat Pilates 10:00 AM-11:00 AM		Gentle Fit 10:15 AM-11:15 AM	ABM Neuro 10:00 AM-11:00 AM	Osteo Fit 10:00 AM-11:00 AM	Prenatal Yoga 10:00 AM-11:00 AM	Qigong 9:30 AM-10:30 AM						
Gentle Fit 10:15 AM-11:15 AM		Iyengar Yoga 10:45 AM-12:15 PM	Iyengar Yoga 10:30 AM-12 PM	Gentle Fit 10:15 AM-11:15 AM	Line Dance 10:30 AM-12:00 PM	Tai Chi – 48 Pt. I 10:35 AM-11:35 AM						
Yoga for Older Adults 11:15 AM-12:15 PM		Yoga for Older Adults 11:15 AM-12:15 PM		Creative Yoga 10:30 AM-12 PM		Tai Chi – 32 Form 11:40 AM-12:40 PM						
	Baby & Me Yoga 1:30 PM-2:30 PM	BeMoved 1:00 PM-2:00 PM										
Pickleball* 11:45 AM-1:45 PM	ZUMBA Gold 1:30 PM-2:30 PM		ZUMBA Gold 1:00 PM-2:00 PM	MS Support Grp 1:00 PM-3:00 PM								
		everyBODYyoga 4:30 PM-5:30 PM	Group Power 1:30 PM-2:30 PM			Ballet – Beginner 1:00 PM-2:30 PM						
Hatha+Yin Yoga 6:00 PM-7:15 PM	Creative Yoga 4:45 PM-6:15 PM	Strength & Core 5:30 PM-6:30 PM				Ballet – Int. 2:45 PM-4:15 PM						
Yoga4Stiff People 5:30 PM-6:30 PM	Soccer - Masters* 6:00 PM-7:45 PM	Prenatal Yoga 6:00 PM-7:00 PM	Total Body Conditioning 5:30 PM-6:30 PM			Belly Dance – Beg. 4:30 PM-6:00 PM						
		Yoga4Stiff People 6:15PM-7:15PM										
ZUMBA 6:45 PM-7:45 PM	Duplicate Bridge 6:15 PM-9:45 PM	ZUMBA 6:45 PM-7:45 PM	Tai Chi Chen St 6:00 PM-7:00 PM	Duplicate Bridge 6:15 PM-9:45 PM		Belly Dance – Int. 6:00 PM-7:30PM						
	Prenatal Yoga 6:15 PM-7:15 PM	Pilates Plus 7:00 PM-8:00 PM				English Corner 7:00 PM-9:00 PM						
Callanetics 7:45 PM-8:45 PM	Mat Pilates 6:30 PM-7:30 PM	ABM Neuro 7:30 PM-8:30 PM	Tai Chi 24 Form 7:05 PM-8:05 PM		<b>LEGEND</b> All classes drop in space permitting <table border="1"> <tr> <td>Aerobic Classes (drop in only)</td> <td>Yoga</td> </tr> <tr> <td>Dance</td> <td>Fitness</td> </tr> <tr> <td>Social</td> <td>Sports</td> </tr> </table>		Aerobic Classes (drop in only)	Yoga	Dance	Fitness	Social	Sports
Aerobic Classes (drop in only)	Yoga											
Dance	Fitness											
Social	Sports											
Latin Funk Dance 7:45 PM-8:45 PM	Hatha Flow Yoga 8:00 PM-9:00 PM		Stretch Therapy 7:15 PM-8:25 PM									
Basketball* 8:00 PM-10:00 PM	Volleyball* 8:00 PM-10:00 PM	Badminton* 8:00 PM-10:00 PM	Pickleball* 8:00 PM-10:00 PM									





## Social

### Bridge Lessons

See page 12

## Baking

### German Stollen Making Workshop

Instructor: Lisa Brown

Su Nov 26 12:00 PM-4:00 PM

\$30/1 sess [472300](#)

## Creative Arts

### Mindful Painting

Instructor: Mahdieh Pourghannad

Th Sep 28-Nov 30 11:30 AM-1:30 PM

\$155/8 sess [472777](#)

Drop in: \$22, space permitting

### The Joy of Acrylic Painting

Instructor: Philip Tsang

Tu Sep 19-Nov 21 10:30 AM-12:30 PM

\$250/10 sess [472301](#)

## Dance

### Ballet - Introduction/Beginner

Instructor: Sally Laing Hulme

Su Sep 24-Nov 26 1:00 PM-2:30 PM

\$115/10 sess [470103](#)

Drop in \$15, space permitting

### Ballet - Intermediate

Instructor: Sally Laing Hulme

Su Sep 24-Nov 26 2:45 PM-4:15 PM

\$115/10 sess [470104](#)

Drop in \$15, space permitting

### BeMoved

Instructor: Anita Siu

W Sep 13 1:00 PM-2:00 PM

Free Trial [473138](#)

W Sep 20-Oct 25 1:00 PM-2:00 PM

\$84/6 sess [472271](#)

W Nov 1-Dec 6 1:00 PM-2:00 PM

\$84/6 sess [472272](#)

Drop in: \$16, space permitting

### Latin Funk Dance

Instructor: Latin Funk Dance

M Sep 18-Dec 11 7:45 PM-8:45 PM

\$156/12 sess [471159](#)

Drop in: \$15, space permitting

## Dance

### Belly Dance - Beginner

Instructor: Gail (Rahma) Haddad

Su Sep 10 4:30 PM-6:00 PM

Free Trial [472953](#)

Su Sep 17-Dec 10 4:30 PM-6:00 PM

\$143/11 sess [471161](#)

Drop in: \$15.24, space permitting

### Belly Dance - Intermediate

Instructor: Gail (Rahma) Haddad

Su Sep 17-Dec 10 6:00 PM-7:30 PM

\$143/11 sess [471163](#)

Drop in: \$15.24, space permitting

### Recreational Line Dancing

Instructor: Lisa Dong

Sa Sep 23-Oct 28 10:30 AM-12:00 PM

\$33.5/5 sess [470096](#)

Sa Nov 4-Dec 16 10:30 AM-12:00 PM

\$33.5/5 sess [470097](#)

Drop in: \$8.50, space permitting

## Fitness & Health

### ABM NeuroMovement® Healthy Back, Neck and Shoulders

Instructor: Claire Sandham

W Sep 20-Nov 22 7:30 PM-8:30 PM

\$160/10 sess [471147](#)

Th Sep 21-Nov 23 10:00 AM-11:00 AM

\$160/10 sess [471148](#)

Drop in: \$18, space permitting

### Group Power®

Instructor: Ella Wong

M Sep 11- Dec 18 8:00 AM-9:00 AM

Instructor: Jennifer Wick

W Sep 6-Dec 20 9:15 AM-10:15 AM

Instructor: Karen Di Venanzo

Th Oct 5-Dec 21 1:30PM-2:30 PM

Instructor: Karen Di Venanzo

F Sep 8-Dec 22 8:00 AM-9:00 AM

Drop in: \$5.71/ class

Group Power 10 Visit Pass: \$55



## Fitness & Health

### CALLANETICS

Instructor: Linda Shedden

M Sep 11-Oct 30 7:45 PM-8:45 PM

\$97.14/6 sess [471149](#)

M Nov 6-Dec 11 7:45 PM-8:45 PM

\$80.95/5 sess [472234](#)

Drop in: \$19.05, space permitting

### Stretch Therapy

Instructor: Rob Cole

Th Sep 14-Oct 26 7:15 PM-8:25 PM

\$175/7 sess [470091](#)

Th Nov 2-Dec 7 7:15 PM-8:25 PM

\$150/6 sess [470093](#)

Drop in: \$30, space permitting

### **NEW** Osteo Fit

Instructor: Berdjis Bahrami

F Sep 8-Oct 27 10:00 AM-11:00 AM

\$44/ 8 sess [473144](#)

F Nov 3-Dec 22 10:00 AM-11:00 AM

\$44/ 8 sess [473145](#)

Drop in: \$6.50, space permitting

### Kitsilano MS Support Group

Instructor: Daina Balodis

F Sep 29-Dec 15 1:00 PM-3:00 PM

Free [470086](#)

### ZUMBA®

Instructor: Zumba Vancouver

M Sep 11 6:45 PM-7:45 PM

Free Trial [471232](#)

M Sep 18-Oct 30 6:45 PM-7:45 PM

\$82.50/6 sess [471229](#)

M Nov 6-Dec 18 6:45 PM-7:45 PM

\$96.25/7 sess [471230](#)

W Sep 13 6:45 PM-7:45 PM

Free Trial [471243](#)

W Sep 20-Oct 25 6:45 PM-7:45 PM

\$82.50/6 sess [471238](#)

W Nov 1-Dec 20 6:45 PM-7:45 PM

\$110/8 sess [471241](#)

Drop in: \$15, Space Permitting

### ZUMBA® Gold - Beginners & Seniors

Instructor: Zumba Vancouver

Tu Sep 12-Sep 12 1:30 PM-2:30 PM

Free Trial [471237](#)

Tu Sep 19-Oct 31 1:30 PM-2:30 PM

\$96.25/7 sess [471234](#)

Tu Nov 7-Dec 19 1:30 PM-2:30 PM

\$96.25/7 sess [471236](#)

Th Sep 7-Sep 7 1:00 PM-2:00 PM

Free Trial [471248](#)

Th Sep 14-Oct 26 1:00 PM-2:00 PM

\$96.25/7 sess [471246](#)

Th Nov 2-Dec 14 1:00 PM-2:00 PM

\$96.25/7 sess [471247](#)

Drop in: \$15, Space Permitting





## Yoga

### Creative Yoga

Instructor: Natalia Nimetz

Tu Sep 12-Oct 24 4:45 PM-6:15 PM  
\$99.75/7 sess [471141](#)  
Tu Oct 31-Dec 12 4:45 PM-6:15 PM  
\$99.75/7 sess [471142](#)  
F Sep 15-Oct 27 10:30 AM-12:00 PM  
\$99.75/7 sess [471143](#)  
F Nov 3-Dec 15 10:30 AM-12:00 PM  
\$99.75/7 sess [471144](#)  
Drop in: \$14.29, space permitting

### everyBODYyoga with Klara Kroupa

Instructor: Klara Kroupa

W Sep 20-Oct 25 4:30 PM-5:30 PM  
\$96/6 sess [471154](#)  
W Nov 1-Dec 6 4:30 PM-5:30 PM  
\$96/6 sess [471155](#)  
Drop in: \$16, space permitting

### Hatha Flow Yoga

Instructor: Nadine Agosti

Tu Sep 19-Oct 24 8:00 PM-9:00 PM  
\$96/6 sess [467927](#)  
Tu Oct 31-Dec 5 8:00 PM-9:00 PM  
\$96/6 sess [467929](#)  
Drop in: \$19, space permitting

### Hatha+Yin Yoga with Pamela

Instructor: Pamela Ferman

M Sep 11-Oct 23 6:00 PM-7:15 PM  
\$96/6 sess [471157](#)  
M Oct 30-Nov 27 6:00 PM-7:15 PM  
\$80/5 sess [471158](#)  
Drop in: \$19, space permitting

### Hatha+Yin Yoga with Pamela in the AM

Instructor: Pamela Ferman

Th Sep 14-Oct 19 8:00 AM-9:15 AM  
\$96/6 sess [472726](#)  
Th Oct 26-Nov 30 8:00 AM-9:15 AM  
\$96/6 sess [472727](#)  
Drop in: \$19, space permitting

### Iyengar Yoga with Linda

Instructor: Linda Shevloff

W Sep 20-Oct 25 10:45 AM-12:15 PM  
\$150/6 sess [471150](#)  
W Nov 1-Dec 6 10:45 AM-12:15 PM  
\$150/6 sess [471151](#)  
Drop in: \$27, space permitting

### Iyengar Yoga Monthly Tune-Up

Instructor: Luci Yamamoto

Sa Oct 14 2:00 PM-4:00 PM  
\$36/1 sess [471272](#)  
Sa Dec 9 2:00 PM-4:00 PM  
\$36/1 sess [471273](#)

### Iyengar Yoga with Luci

Instructor: Luci Yamamoto

Th Sep 21-Oct 26 10:30 AM-12:00 PM  
\$150/6 sess [471267](#)  
Th Nov 23-Dec 21 10:30 AM-12:00 PM  
\$125/5 sess [471269](#)  
Su Sep 24-Oct 22 9:00 AM-10:30 AM  
\$125/5 sess [471270](#)  
Su Nov 19-Dec 17 9:00 AM-10:30 AM  
\$125/5 sess [471271](#)  
Drop in: \$27, space permitting

### Restorative Yin Yoga Workshop

Instructor: Pamela Ferman

Sa Sep 16 2:00 PM-4:00 PM  
\$35/1 sess [472112](#)  
Sa Oct 21 2:00 PM-4:00 PM  
\$35/1 sess [472113](#)  
Sa Nov 18 2:00 PM-4:00 PM  
\$35/1 sess [472114](#)

### Yoga4Stiff People - All Levels

Instructor: Yoga4Stiff People

M Sep 18-Oct 30 5:30 PM-6:30 PM  
\$84/6 sess [471145](#)  
M Nov 6-Dec 18 5:30 PM-6:30 PM  
\$84/6 sess [471146](#)  
W Sep 20-Nov 1 6:15 PM-7:15 PM  
\$98/7 sess [473221](#)  
W Nov 8-Dec 29 6:15 PM-7:15 PM  
\$98/7 sess [473222](#)  
Drop in: \$16, space permitting

### NEW Restorative Yoga with Sharon

Instructor: Sharon Friesen

Tu Sep 26- Oct 31 9:00 AM-10:00 AM  
\$90/6 sess [473563](#)  
Tu Nov 7-Dec 12 9:00 AM-10:00 AM  
\$90/6 sess [473565](#)

### Yoga for Older Adults

See Page 12

## Pilates

### Mat Pilates

Instructor: Vienna Luke

M Sep 18-Oct 30 10:00 AM-11:00 AM  
\$82.50/6 sess [471137](#)  
Tu Sep 19-Oct 24 6:30 PM-7:30 PM  
\$82.50/6 sess [471139](#)  
M Nov 6-Dec 18 10:00 AM-11:00 AM  
96.25/7 sess [471138](#)  
Tu Nov 7-Dec 19 6:30 PM-7:30 PM  
\$96.25/7 sess [471140](#)  
Drop in: \$15, space permitting

### Pilates Plus

Instructor: Alannah Lori

W Sep 20-Oct 25 7:00 PM-8:00 PM  
\$81/6 sess [471135](#)  
W Nov 1-Dec 6 7:00 PM-8:00 PM  
\$81/6 sess [471136](#)  
Drop in: \$15, space permitting

## Prenatal Yoga

### NEW Baby & Me Yoga with Lynda

Instructor: Lynda Sing

Tu Sep 5-Oct 24 1:30 PM-2:30 PM  
\$144/8 sess [472617](#)  
Tu Oct 31-Dec 12 1:30 PM-2:30 PM  
\$108/6 sess [472620](#)  
Drop in: \$20, space permitting

### NEW Prenatal Yoga with Lynda

Instructor: Lynda Sing

Tu Sep 5-Oct 24 6:15 PM-7:15 PM  
\$108/6 sess [472262](#)  
W Sep 6-Oct 25 6:00 PM-7:00 PM  
\$144/8 sess [472267](#)  
Sa Sep 9-Oct 28 10:00 AM-11:00 AM  
\$144/8 sess [472269](#)  
Tu Oct 31-Dec 12 6:15 PM-7:15 PM  
\$108/6 sess [472266](#)  
W Nov 1-Dec 13 6:00 PM-7:00 PM  
\$108/6 sess [472268](#)  
Sa Nov 4-Dec 16 10:00 AM-11:00 AM  
\$108/6 sess [472270](#)  
Drop in: \$20, space permitting

## Martial Arts

### Qigong - Yi Jin Jing

Instructor: Kelly Maclean

Su Sep 10- Dec 10 9:30 AM-10:30 AM  
\$192/12 sess [472944](#)

### Tai Chi - 48 Form Part One

Instructor: Kelly Maclean

Su Sep 10- Dec 10 10:35 AM-11:35 AM  
\$192/12 sess [472946](#)

### Tai Chi - Chen Style Part One

Instructor: Kelly Maclean

Th Sep 7-Dec 14 6:00 PM-7:00 PM  
\$208/13 sess [472947](#)

### Tai Chi Sword - 24 Form (Suitable for Beginners)

Instructor: Kelly Maclean

Th Sep 7-Dec 14 7:05 PM-8:05 PM  
\$208/13 sess [472948](#)

### Tai Chi Sword - 32 Form

Instructor: Kelly Maclean

Su Sep 10- Dec 10 11:40 AM-12:40 PM  
\$192/12 sess [472945](#)



## Sports – Drop-In

Please note: Participants can check-in up to 30 minutes before at the Front Office. Space will be held for registered participants for 5 minutes after the start of the program; after this time, spots will be sold to drop-in players. In the event that you are unable to attend any particular session, your registered spot is non-transferable.

These programs are non-instructional. Drop-ins: To be put on the waitlist, please call the Front Office starting at 8:15AM on game day (8:30AM on Sat/Sun) – 604.257.6976

### Badminton - All Levels

W Sep 6-Sep 27	8:00 PM-10:00 PM	\$20/4 sess	<a href="#">468024</a>
W Oct 4-Oct 25	8:00 PM-10:00 PM	\$20/4 sess	<a href="#">468025</a>
W Nov 1-Nov 29	8:00 PM-10:00 PM	\$25/5 sess	<a href="#">468026</a>
W Dec 6-Dec 13	8:00 PM-10:00 PM	\$10/2 sess	<a href="#">468027</a>

### Basketball - Recreational

M Sep 11-Sep 25	8:00 PM-10:00 PM	\$15/3 sess	<a href="#">468028</a>
M Oct 2-Oct 30	8:00 PM-10:00 PM	\$20/4 sess	<a href="#">468029</a>
M Nov 6-Nov 27	8:00 PM-10:00 PM	\$15/3 sess	<a href="#">468030</a>
M Dec 4-Dec 11	8:00 PM-10:00 PM	\$10/2 sess	<a href="#">468031</a>

### Pickleball - All Levels

<b>Mondays</b>			
M Sep 11-Sep 25	11:45 AM-1:45 PM	\$15/3 sess	<a href="#">468032</a>
M Oct 2-Oct 30	11:45 AM-1:45 PM	\$15/4 sess	<a href="#">468033</a>
M Nov 6-Nov 27	11:45 AM-1:45 PM	\$15/4 sess	<a href="#">468034</a>
M Dec 4-Dec 11	11:45 AM-1:45 PM	\$10/2 sess	<a href="#">468035</a>
<b>Thursdays</b>			
Th Sep 7-Sep 28	8:00 PM-10:00 PM	\$20/4 sess	<a href="#">468036</a>
Th Oct 5-Oct 26	8:00 PM-10:00 PM	\$20/4 sess	<a href="#">468037</a>
Th Nov 2-Nov 30	8:00 PM-10:00 PM	\$25/5 sess	<a href="#">468038</a>
Th Dec 7-Dec 14	8:00 PM-10:00 PM	\$10/2 sess	<a href="#">468039</a>

### Soccer - Masters

Tu Sep 5-Sep 26	6:00 PM-7:45 PM	\$17.60/4 sess	<a href="#">468040</a>
Tu Oct 3-Oct 31	6:00 PM-7:45 PM	\$22/5 sess	<a href="#">468041</a>
Tu Nov 7-Nov 28	6:00 PM-7:45 PM	\$17.60/4 sess	<a href="#">468042</a>
Tu Dec 5-Dec 12	6:00 PM-7:45 PM	\$8.8/2 sess	<a href="#">468043</a>

### Volleyball - Recreational

Tu Sep 5-Sep 26	8:00 PM-10:00 PM	\$20/4 sess	<a href="#">468044</a>
Tu Oct 3-Oct 31	8:00 PM-10:00 PM	\$25/5 sess	<a href="#">468045</a>
Tu Nov 7-Nov 28	8:00 PM-10:00 PM	\$20/4 sess	<a href="#">468046</a>
Tu Dec 5-Dec 12	8:00 PM-10:00 PM	\$10/2 sess	<a href="#">468047</a>

### KBL Co-Ed Basketball League

*Instructor: Biraj Bora*  
Su Sep 10-Dec 17 3:00 PM-9:00 PM  
League Fee: \$70/player plus \$10 deposit  
[471152](#)

### KBL Co-Ed Basketball League - Prospective Player

*Instructor: Biraj Bora*  
Su Sep 10-Dec 17 3:00 PM-9:30 PM  
[471153](#)

Looking to join a team? Register under activity # 471153 and the team administrator will contact you for more information.

## Sports – Instructional

### Indoor Tennis

at Kitsilano CC Gymnasium

#### Adult Beginner Plus + Clinic

*Instructor: Summer Smash Tennis*  
Su Nov 5-Dec 17 10:30 AM-12:00 PM  
\$346.5/7 sess [472354](#)

#### Adult Beginner Tennis Clinic

*Instructor: Summer Smash Tennis*  
Su Sep 17-Oct 29 10:30 AM-12:00 PM  
\$346.5/7 sess [471167](#)

#### Adult Cardio Tennis (2.5-3.5)

*Instructor: Summer Smash Tennis*  
F Sep 15-Oct 27 11:30 AM-1:00 PM  
\$367.5/7 sess [471165](#)  
F Nov 3-Dec 15 11:30 AM-1:00 PM  
\$367.5/7 sess [471166](#)

### Pickleball

#### Pickleball Lessons Skills & Drills: Ready Set Win

*Instructor: Mona Lee*  
F Sep 29-Oct 27 1:30 PM-3:00 PM  
\$125/5 sess [472940](#)  
F Nov 3-Dec 1 1:30 PM-3:00 PM  
\$125/5 sess [472941](#)  
Drop in: \$25, space permitting

#### Pickleball Lessons: Learn to Play (Beginners)

*Instructor: Mona Lee*  
Su Sep 24-Oct 22 12:30 PM-2:30 PM  
\$125/5 sess [472942](#)  
Su Oct 29-Nov 26 12:30 PM-2:30 PM  
\$125/5 sess [472943](#)





## Group Fitness Class Schedule September 5 – December 22, 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cardio Interval</b> 9:00-10:00 AM <i>Bita</i>	<b>Classic Stretch</b> 9:00-10:00 AM <i>Caroline</i>	<b>Cardio Combo</b> 9:00-10:00 AM <i>Ferial</i>	<b>Step Plus</b> 8:30-9:30 AM <i>Richard</i>	<b>Step Interval</b> 9:00-10:00 AM <i>Rilla</i>	<b>Step Interval</b> 8:45-10:00 AM <i>Suzanne</i> <small>No class Oct 28 &amp; Dec 9</small>	<b>Core &amp; Balance</b> 9:00-10:00 AM <i>Ferial</i>
<b>Gentle Fit</b> 10:15-11:15 AM <i>Audrey</i>		<b>Gentle Fit</b> 10:15-11:15 AM <i>Audrey</i>		<b>Classic Stretch</b> 9:15-10:15 AM <i>Sharon</i>	<b>Classic Stretch</b> 9:15-10:15 AM <i>Alannah</i> <small>No class Oct 28 &amp; Dec 9</small>	
		<b>Strength &amp; Core</b> 5:30-6:30 PM <i>Andrew</i>	<b>Total Body Conditioning</b> 5:30-6:30 PM <i>Bita</i>		<b>Gentle Fit</b> 10:15-11:15 AM <i>TBD</i>	Please note the following: Schedule and fees are subject to change (i.e. cancellation due to instructor illness, insufficient attendance)  <small>* Classes are not scheduled on Stat Holidays, Sep 4, Sep 30, Oct 9 and Nov 11</small>

Class		Description
<b>Mild</b>	Gentle Fit	Perfect for beginners, those returning to fitness or recovering for an injury. Gentle movements to start your day. Class may use mats, chairs, light weights and bands. Talk to the instructors about any concerns.
	Stretch Classes	This no cardio class will focus on increasing flexibility and calming the mind.
<b>Moderate to Challenging</b>	Cardio Interval	A mix of cardio training and weight training work every 10 minutes. This class is of moderate to challenging intensity.
	Total Body Conditioning (TBC)	Come and join this class to build your power, speed, coordination and improve your overall fitness. A varied class that will hit those areas that other workouts miss. All levels are welcome.
	Step Interval	Low-impact step cardio with strength training intervals followed by core work and a relaxing stretch.
	Step Plus	Challenging step aerobics with some choreography and strength and core training using hand weights, resistance bands and body weight. Approximately 30 minutes of cardio.
	Strength & Core	Using own bodyweight, dumbbells and steps for a full body workout that includes a variety of weight training exercises to build muscles; support back and abdominal strength. A powerful class that will leave you feeling great and accomplished.

**Fees - FitCard allows unlimited number of classes on schedule above**

<small>Prices do not include tax. Fees are subject to change.</small>	Drop-in	10-visit Pass	1-month Fit Card	2 months Fit Card	3 months Fit Card	6 months Fit Card	12 months Fit Card
Adult (19-64 yrs)	\$5.71	\$50.28	\$45.05	\$80.66	\$112.09	\$211.62	\$368.76
Senior (65+ yrs)	\$4.28	\$37.71	\$33.79	\$60.50	\$84.07	\$158.72	\$276.57



## SENIORS

### Movement Based Fitness

#### ABM NeuroMovement® Healthy Back, Neck and Shoulders

Instructor: Claire Sandham

W Sep 20-Nov 22 7:30 PM-8:30 PM  
\$160/10 sess [471147](#)

Th Sep 21-Nov 23 10:00 AM-11:00 AM  
\$160/10 sess [471148](#)

Drop in: \$18, space permitting

#### Yoga for Older Adults

Instructor: Nadine Agosti

M Sep 18-Oct 30 11:15 AM-12:15 PM  
\$90/6 sess [472180](#)

M Nov 6-Dec 18 11:15 AM-12:15 PM  
\$90/6 sess [472181](#)

W Sep 20-Oct 25 11:15 AM-12:15 PM  
\$90/6 sess [467957](#)

W Nov 1-Dec 6 11:15 AM-12:15 PM  
\$90/6 sess [467995](#)

Drop in: \$18, space permitting

#### ZUMBA® Gold - Beginners & Seniors

Instructor: Zumba Vancouver

See page 8

#### **NEW** Osteo Fit

Instructor: Berdjis Bahrami

See page 8

### Dance

#### Recreational Line Dancing

Instructor: Lisa Dong

Sa Sep 23-Oct 28 10:30 AM-12:00 PM  
\$33.5/5 sess [470096](#)

Sa Nov 4-Dec 16 10:30 AM-12:00 PM  
\$33.5/5 sess [470097](#)

Drop in: \$8.50, space permitting

#### Notice on Seniors Programs

Keep your eyes open for more seniors programs throughout the fall season! We have some great ideas! More details to come.

### Social

#### Bridge Lessons - Beginners

Instructor: Glenda Affleck

Th Sep 21-Dec 7 5:15 PM-7:15 PM  
\$132/12 sess [472952](#)

#### Bridge Lessons - Advancing Beginners

Instructor: Glenda Affleck

Th Sep 21-Dec 7 7:30 PM-9:30 PM  
\$132/12 sess [467914](#)

#### Duplicate Bridge

Instructor: Carrie Beavington (Facilitator)

Tu & F Sep 5-Dec 15 6:15 PM-9:45 PM  
[470089](#)

Drop in: \$1.90, space permitting  
\$20/ 10 Tickets

#### Seniors' Monthly Recreation Meeting

F Sep 8 12:00 PM-2:00 PM  
Free [472954](#)

F Oct 6 12:00 PM-2:00 PM  
Free [472955](#)

F Nov 3 12:00 PM-2:00 PM  
Free [472956](#)

#### Kitsilano MS Support Group

Instructor: Daina Balodis

F Sep 29-Dec 15 1:00 PM-3:00 PM  
Free [470086](#)

### Special Lunches

#### Oktoberfest Luncheon

F Oct 20 12:00 PM-2:00 PM  
\$15/ 1sess [472957](#)

#### Holiday Season Luncheon and Celebration

F Dec 1 12:00 PM-2:00 PM  
\$15/1 sess [472958](#)

### Maddie's Lounge Activites

#### **NEW** Friday Film

F Sep 8-Dec 8 11:00 AM-1:00 PM  
Free [473816](#)

#### **NEW** Wednesday Social

W Sep 6-Dec 6 10:00 AM-11:30 AM  
Free [473774](#)

### Food and Garden with Village Vancouver

#### Kitsilano Community Garden

Sa 1:45 PM-3:45 PM  
Free [473588](#)

#### Making Incense and Flower

Essences  
M Sep 11 6:30 PM-8:30 PM  
\$31/1 sess [473567](#)

#### Introduction to Seed Saving

Su Sep 17 3:00 PM-5:00 PM  
\$21/1 sess [473573](#)

#### Intro to Indoor Vertical Gardening

Tu Sep 19 6:30 PM-8:30 PM  
\$25/1 sess [473574](#)

#### Growing Superfoods

Sa Oct 14 3:00 PM-5:00 PM  
\$21/1 sess [473575](#)

#### Wild Herbal and Mineral Vinegars

M Oct 16 6:30 PM-8:30 PM  
\$21/1 sess [473576](#)

#### Grow Your Own Microgreens

Th Oct 26 6:30 PM-8:30 PM  
\$25/1 sess [473577](#)

#### Crafted Tea Making

Th Nov 23 6:30 PM-8:30 PM  
\$23/1 sess [473580](#)

#### Gardening in a Changing Climate

Sa Dec 2 11:00 AM-1:00 PM  
\$21/1 sess [473582](#)

#### Grow Your Own Microgreens

Th Dec 7 6:30 PM-8:30 PM  
\$25/1 sess [473584](#)

#### Holiday Workshop: DIY Beeswax Wraps

Sa Nov 18 1:00 PM-3:00 PM  
\$31/1 sess [473579](#)

#### Holiday Workshop: DIY Sugar Scrubs and Bath Salts

Su Nov 26 11:00 AM-1:00 PM  
\$31/1 sess [473581](#)

#### Holiday Workshop: Edible Holiday Gifts in Mason Jars

Tu Dec 12 6:30 PM-8:30 PM  
\$31/1 sess [473585](#)





## Fitness Centre

### Hours of Operation

Monday-Friday	6:00 AM-10:00 PM
Saturday/Sunday	7:00 AM-8:00 PM
Statutory Holiday	7:00 AM-8:00 PM

Please note - when the Community Centre is closed, enter the Fitness Centre through the lower back entrance, located at the back of the Community Centre, by the playground.

### Minimum age

You need to be 13 years and older to use a fitness centre operated by the Park Board.

### Admission Fees

Type	Single drop-in	10-visit pass fee
<b>Adult</b> (19-64 years)	\$6.99	\$61.51
<b>Youth</b> (13-18 years)	\$4.89	\$43.06
<b>Senior</b> (65+ years)	\$4.89	\$43.06

*Prices do not include tax. Fees are subject to change.*

### Monthly Pass Fees

Type	1 mth	3 mth	12 mth
Adult (19-64 yrs)	\$53.83	\$145.34	\$465.09
Youth (13-18 yrs)	\$37.68	\$101.74	\$325.56
Senior (65+ yrs)	\$37.68	\$101.74	\$325.56

*Prices do not include tax. Fees are subject to change.*

### Leisure Access Program

Patrons enrolled in the Leisure Access Program may receive 50% discount on single drop-in and monthly pass fees. More information: <https://vancouver.ca/parks-recreation-culture/leisure-access-card.aspx>

### Fitness Centre Consultations

Take advantage of our fitness consultations!

Reach your fitness goals with our consultation package. Call ahead to book up to 3 sessions with our highly trained fitness centre staff.

With the price of admission or included in your membership pass, our Fitness Centre staff will show you in the initial session how to use equipment, create a personalized fitness program, and you will receive a card to track your progress. At the next session, our staff will monitor your exercise technique and answer any questions about your fitness program. Book a third session for additional support, motivation or a change in your program!

Please note a completed PAR-Q+ and consent & release forms are needed for a personalized fitness program.

### Personal Training

Improve your health and wellness with support from our certified personal trainers. Our trainers will work with you to develop a customized fitness plan designed to meet your fitness goals and fit your busy schedule. Whether you are a beginner, overcoming a plateau, rehabilitating from an injury or looking for sport-specific workouts, our trainers will motivate you in each 1-hour session!

### Personal Training Fees

Sessions	Private	Semi-private	Small Group
1	\$58.17	\$87.23	\$122.36
3	\$161.20	\$241.84	\$327.72
5	\$259.27	\$399.26	\$480.67
10	\$465.43	\$741.49	\$873.93

*Prices do not include tax. Fees are subject to change.*



Scan the QR code for more information regarding personal training.



### Equipment

- 5 treadmills
- 5 cross-trainer/ellipticals
- 1 adaptive motion machine (AMT)
- 2 Powermill steppers
- 1 stair climber machine
- 3 recumbent bikes
- 3 upright bikes
- 3 indoor spin bikes
- 1 airdyne bike
- 1 ski-erg
- 2 rowers (Concept2)
- 1 adapted stepper (Scifit)
- Upper and lower body selectorized strength machines
- Free weights and benches
- 3 squat racks
- Functional training props

### Wheelchair Accessible Strength Equipment

- Cybex Prestige Chest Press
- Cybex Prestige Lat Pull Down
- Cybex Bravo Adjustable Pulleys
- Scifit StepOne



## Kitsilano Rink

### Public Skating Sessions October 10 - December 22, 2023

Please visit [vanrec.ca](http://vanrec.ca) for the most up-to-date weekly schedules & December holiday sessions.

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Adult Stick, Puck &amp; Ring*</b> 10:15 AM-11:30 AM <i>*Pre-reg required 3 days</i>	<b>50 &amp; Better Skate</b> 10:00 AM -11:30 AM	<b>Parent &amp; Preschooler Skate</b> 10:00 AM-11:30 AM	<b>50 &amp; Better Skate</b> 10:00 AM -11:30 AM	<b>Public Skate</b> 12:15 PM-1:45 PM	
<b>Public Adult Hockey*</b> 11:45 AM-1:15 PM <i>*Pre-reg required 3 days</i>	<b>Adult Stick, Puck &amp; Ring*</b> 11:45 AM-1:15 PM <i>*Pre-reg required 3 days</i>	<b>Public Skate</b> 11:45 AM-1:15 PM	<b>Public Adult Hockey*</b> 11:45 AM-1:15 PM <i>*Pre-reg required 3 days</i>	<b>Family Fun Hockey</b> 2:00 PM-2:45 PM	
	<b>Discount Skate</b> 3:15 PM-4:30 PM			<b>Public Skate</b> 2:45 PM-3:45 PM	
	<b>Family Fun Hockey</b> 7:00 PM-7:30 PM				
	<b>Public Skate</b> 7:30 PM-9:00 PM				
	<b>Public Skate</b> 9:15 PM-10:30 PM				

All sessions will be drop-ins, with the exception of Public Figure Skating, Public Adult Hockey and Adult Stick, Puck & Ring.

*\*These sessions will be open for registration 3 days prior at 9:00 AM.*

Public Skate Fees	Single drop-in	10-visit pass fee
<b>Adult</b> (19-64 years)	\$6.99	\$61.51
<b>Youth</b> (13-18 years) & <b>Senior</b> (65+ years)	\$4.89	\$43.06
<b>Child</b> (5-12 years)	\$3.30	\$30.76
<b>Skate Rentals</b>	\$3.20	\$26.88

Prices do not include tax. Fees are subject to change.

### Learn To Skate Lessons

#### Registration

Set 1: Thu Sept 21 @ 7 PM  
Set 2: Thu Nov 9 @ 7 PM\* (Hillcrest, Trout Lake & West End only)

#### Lessons Times

- Thursday between 10:00 AM and 11:45 AM
  - Saturday between 2:00 PM and 5:30 PM
- Schedule will be viewable online 2 weeks prior to registration.

#### Lessons Run

Set 1: Oct 12 - Dec 21, 10 weeks  
Set 2: Nov 11 - Dec 21\* (Hillcrest, Trout Lake & West End Only)

If you are unsure of your skating level or it has been a while since the last lesson we suggest coming in to any public skate session for a free skating assessment.

### Skating Level Equivalents

Preschool 3-5 yrs	Child 6-12 yrs	Adult/Youth 13+ yrs
Preschool 1	Child 1	Beginner
Preschool 2		
Preschool 3	Child 2	
Preschool 4		
Preschool 5/6	Child 3	Intermediate
	Child 4	
	Child 5	Advanced
	Child 6/7	

### Rink Rentals

Request your rink bookings online:  
<https://vancouver.ca/parks-recreation-culture/ice-rinks>

Rental requests require a minimum of 2 weeks notice if staff or equipment is needed, otherwise a minimum of 7 days in advance.

### Leisure Access Program

Patrons enrolled in the Leisure Access Program may receive free admission to Public Skate sessions, complimentary skate rentals and 50% discount on lessons.  
More information: <https://vancouver.ca/parks-recreation-culture/leisure-access-card.aspx>



## Casual Room Use

Kitsilano Community Centre allows casual room use for those who have a current Kitsilano membership and have completed the Casual Room Use Agreement. While our priority is to registered programs, if a room is not being used, then a member is welcome to use it under the following provisions:

- Rooms are available on a first come/first serve basis only, the day of and cannot be reserved in advance.
- Room use is for a maximum of 2 hours per day, with a maximum capacity of 3 users
- Users must be 13+ years of age. Anyone under this age must be accompanied by an adult.
- Casual room use is provided for free only for category one low risk activities
- There is to be no monetary exchange or financial gain to the individual or group.

For our full Casual Room usage policy, speak with the front desk or call **604-257-6976**.

## Room Rentals

We have several rooms available to rent for meetings, parties and personal special events. Contact 604-257-8607 or [kcca.vancouver@gmail.com](mailto:kcca.vancouver@gmail.com) if you have any inquiries.

<b>Snowy's Lounge</b> 1824 sq. ft. (57 ft. x 32 ft.) 100 people \$50/hr	<b>Lobby Room</b> 896 sq. ft. (32 ft x 28 ft) 50 people \$50/hr	<b>Dance Studio</b> 792 sq. ft. (36ft x 22 ft) 50 people \$50/hr	<b>Gymnasium</b> 4950 sq. ft. (90 ft x 55 ft) 400 people \$50/hr
<b>Multi-Purpose</b> 1156 sq. ft. (34 ft x 34 ft) 40 people \$40/hr	<b>Board Room</b> 308 sq. ft. (22 ft x 14 ft) 18 people \$20/hr	<b>Meeting Room</b> 210 sq. ft. (15 ft x 14 ft) 10 people \$20/hr	<b>Maddie's Lounge</b> 308 sq. ft. (22 ft x 14 ft) 12 people \$20/hr

Additional staffing, audiovisual usage or music licensing fees may apply. All sport rentals require insurance.  
**Information is subject to change with any Health Orders.**



**Gymnasium**



**Dance Studio**



**Lobby Room**



**Snowy's Lounge**



**KITS CC**

# Hats for Sale

**\$30**



Available at front desk  
while supplies last!

Kitsilano Community Centre

## Shower Program/ Breakfast Club

For People Experiencing Homelessness



**When: Bi-Weekly**  
2nd & 4th Saturday of the month  
7:30AM-9:30AM



**Where: Kitsilano Community Centre**  
2690 Larch Street, Vancouver, BC  
"Seniors Garden Entrance"



- Hot breakfast served until 8:45 am
- Hot Showers until 9:00 am
- Valet service for carts and dogs
- Toiletries provided
- Clean change of clothes
- Bagged lunch to-go
- Monthly haircuts (second Saturday of the month)
- Assistance with housing forms
- Connections to outreach services

kitscc.com

KITSILANO COMMUNITY CENTRE'S

# HALLOWEEN HOWL

SAT OCT 28 | 10:30AM-12:30PM

AUTUMN ACTIVITIES // CREATIVE CRAFTS  
CRYPTIC COOKIES // FREAKY FACE PAINT

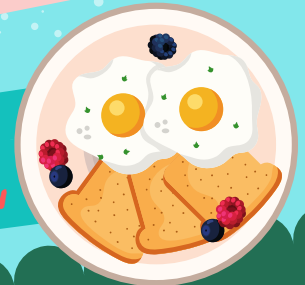
\$7/CHILD - AGE 2-7 - ACTIVITY 472963  
DROP-IN \$8/SPACE PERMITTING

KITSCC.COM

## KITSILANO COMMUNITY CENTRE'S BREAKFAST WITH SANTA



**\$7**  
PER PERSON



SAT, DEC 9 | 10:00AM-12:00PM

\*DOORS OPEN AT 9:30AM

DELICIOUS BREAKFAST  
CRAFTS // PHOTO BOOTH // ACTIVITIES  
AND OF COURSE A VISIT WITH SANTA!

\$7/PERSON, ACTIVITY 472964  
DROP-IN/\$8 SPACE PERMITTING