



## REGISTRATION INSTRUCTIONS

1. Go to [https://ca.apm.activecommunities.com/vancouver/Activity\\_Search](https://ca.apm.activecommunities.com/vancouver/Activity_Search)
2. Insert the program code (i.e. 303885) and press Enter or click on “Search”

3. Click on the program
4. To Register, click on “Add to Cart”

Price: \$146.00 (Standard charge)  
Leisure Access Discount: 50.00% for Customer

Ages: At least 3 but less than 6

Gender: Coed

Spaces: 5 openings remaining

Registration Dates: Standard registration opens: Dec 12, 2020 9am  
Internet registration opens: Dec 12, 2020 9am

[Add to Wish List](#) [Add to Cart](#)

Description:  
Refine, rehearse, repeat. Multi-sport classes are the heart of Sportball programming. Coaches

### Preschool

#### Dance

##### Ballet (3-5 yrs)

Instructor: Jordan Thomson

Tu Jan 19-Mar 9  
9:15 AM-10:00 AM 303813  
10:15 AM-11:00 AM 303833  
\$78/8 sess

##### Hip Hop Zumba Kids (4-7 yrs)

Instructor: Endorphin Rush Dance

M Jan 11-Mar 8 303845  
3:30 PM-4:15 PM  
\$80/8 sess

##### PeeWee Popstars (3-5 yrs)

Instructor: Rachel Beau

W Jan 20-Feb 24 304067  
9:30 AM-10:15 AM  
\$90/6 sess

#### Music

##### Music with Marnie

Instructor: Marnie Grey

##### Babies (1mo-17 mo)

Tu Jan 19-Mar 9 302925  
12:00 PM-12:30 PM  
Tu Jan 19-Mar 9 302926  
12:45 PM-1:15 PM  
Th Jan 21-Mar 11 302927  
12:00 PM-12:30 PM  
Th Jan 21-Mar 11 302928  
12:45 PM-1:15 PM  
\$120/8 sess

##### BeTweenies (12 mo-20 mo)

Tu Jan 19-Mar 9 302924  
11:00 AM-11:40 AM

##### Toddlers (18 mo-3 yrs)

Tu Jan 19-Mar 9 302922  
10:00 AM-10:40 AM  
Th Jan 21-Mar 11 302923  
10:00 AM-10:40 AM

##### Tots (2-5 yrs)

Th Jan 21-Mar 11 302930  
11:00 AM-11:40 AM  
\$136/8 sess

#### Sports

##### Sportball

Instructor: Sportball Vancouver

##### Parent and Tot Multi Sport

W Jan 20-Mar 3  
10:45 AM-11:30 AM 303880  
4:45 PM-5:30 PM 303881

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

W Jan 20-Mar 3 303885  
11:45 AM-12:45 PM

##### Indoor Soccer (3.5-5 yrs)

Th Jan 21-Mar 4 303875  
3:45 PM-4:45 PM  
\$146/7 sess



## Children

### Dance

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

Instructor: Endorphin Rush Dance  
Th Jan 14-Mar 4 303855  
4:00 PM-5:00 PM  
\$96/8 sess

#### Hip Hop Zumba Kids (7-12 yrs)

Instructor: Endorphin Rush Dance  
M Jan 11-Mar 8 303849  
4:30 PM-5:15 PM  
\$80/8 sess

#### Popstar Academy (6-10 yrs)

**(cancelled)**  
Instructor: Rachel Beau  
W Jan 20-Feb 24 304065  
4:00 PM-5:00 PM  
\$90/6 sess

### Sports

#### Indoor Tennis **(cancelled)**

Instructor: Gord Hauka  
**5-7 yrs**  
Tu Jan 5-Feb 2 295152  
Tu Feb 9-Mar 9 295154  
3:30 PM-4:15 PM  
**8-10 yrs**  
Tu Jan 5-Feb 2 295153  
Tu Feb 9-Mar 9 295155  
4:30 PM-5:15 PM  
\$50/5 sess

#### Sportball

Instructor: Sportball Vancouver  
**Multi-Sport (4-6 yrs)**  
W Jan 20-Mar 3 303882  
3:30 PM-4:30 PM  
**Indoor Soccer (5-7 yrs)**  
Th Jan 21-Mar 4 303877  
5:00 PM-6:00 PM  
\$146/7 sess

## Education

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

Instructor: Mary Friesen  
Tu Jan 12-Mar 9  
\$194/9 sess – 30 minute session  
Fri Jan 8-Mar 12  
\$215/10 sess – 30 minute sessions

#### Violin – Private Lessons (8+ yrs)

Instructor: Sophie Dassios  
W Jan 6-Mar 10  
Th Jan 7-Mar 11  
\$215/10 sess – 30 minute sessions

## Youth

#### Basketball – Skills and Drills

Instructor: Non-instructional  
F Jan 8-Mar 26 6:00 PM-7:00 PM  
F Jan 8-Mar 26 7:00 PM-8:00 PM  
Free – registration begins 3 days before  
the Friday time slot

#### 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.

## Adult (19+)

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

### Creative Arts

#### Art Projects with Shawna

**(cancelled - PHO)**  
Facilitator: Shawna Balshin  
Th Jan 14-Feb 18 273708  
6:30 PM-8:00 PM  
\$111/6 sess

#### Instrumental Ukulele for Beginners

**(cancelled - PHO)**  
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 (cancelled - PHO)**  
Tu Jan 19-Apr 6 257030  
12:30 PM-2:00 PM  
\$140/12 sess  
**Beginner Level 2 (cancelled - PHO)**  
Tu Jan 19-Apr 6 257031  
4:30 PM-6:00 PM  
\$140/12 sess  
**Intermediate Level 1 (cancelled - PHO)**  
Th Jan 21-Apr 8 257033  
12:30 PM-2:00 PM  
\$140/12 sess  
**Intermediate Level 2 (cancelled - PHO)**  
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 (cancelled - PHO)

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 (cancelled - PHO)

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 (cancelled - PHO)

Instructor: Gail (Rahma) Haddad  
Sa Jan 16-Mar 27 294720  
2:00 PM-3:30 PM  
\$120/10 sess

### BeMoved (cancelled - PHO)

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 (cancelled - PHO)

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

(cancelled - PHO)  
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

### Table Tennis Rental (Max 2 persons)

(cancelled - PHO)

## 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 (cancelled - PHO)  
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 (cancelled - PHO)

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-10:45 AM  
\$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 (cancelled - PHO)

*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 (cancelled)

*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

### Badminton (Max 2 persons)

More information on kitscc.com  
*Instructor: Non-instructional*  
\$2.25 - \$3/person (reg 3 days before)

### Pickleball (Max 2 persons)

More information on kitscc.com  
*Instructor: Non-instructional*  
\$2.25 - \$3/person (reg 3 days before)

### Indoor Tennis (Max 2 persons)

More information on kitscc.com  
*Instructor: Non-instructional*  
\$2.25 - \$3/person (reg 3 days before)

**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.

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#### 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 the 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 touchpoints in addition to any regularly scheduled overnight sanitizing/cleaning per operating days of the facility.
- Site Safety Plans available at reception desk.