



REGISTRATION INSTRUCTIONS

1. Go to https://ca.apm.activecommunities.com/vancouver/Activity_Search
2. Insert the program code (i.e. 303885) and press Enter or click on "Search"

303885

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

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

New programs starting in March

Look for the red arrows and click on the program number (in blue) to register

Preschool

Dance

Ballet (3-5 yrs)

Instructor: Jordan Thomson

Tu Jan 19-Mar 9 303813
9:15 AM-10:00 AM
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 (1 mo-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

Music - Spring Break



Music with Marnie Spring Break

Instructor: Marnie Grey

Babies (1 mo-17 mo)

Tu and Th Mar-16 and Mar-18 [318389](#)
12:00 PM-12:30 PM

Tu and Th Mar-16 and Mar-18 [318390](#)
12:45 PM-1:15 PM

Tu and Th Mar-23 and Mar-25 [318391](#)
12:00 PM-12:30 PM

Tu and Th Mar-23 and Mar-25 [318392](#)
12:45 PM-1:15 PM
\$30/2 sess

BeTweenies (12 mo-20 mo)

Tu and Th Mar-23 and Mar-25 [318388](#)
11:00 AM-11:40 AM
\$34/2 sess

Siblings (2 mo-6 yrs)

Tu and Th Mar-16 and Mar-18 [318387](#)
11:00 AM-11:40 AM
\$58/2 sess

Toddlers (18 mo-3 yrs)

Tu and Th Mar-16 and Mar-18 [318380](#)
10:00 AM-10:40 AM

Tu and Th Mar-23 and Mar-25 [318386](#)
10:00 AM-10:40 AM
\$34/2 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

(Next page: "Children" programs)



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

Spring Break Camps



Kits Kids Spring Break Day Camp (6-12 yrs)

M, T, W, Th, F Mar 15-Mar 19 [320830](#)

9:00 AM-3:00 PM

M, T, W, Th, F Mar 22-Mar 26 [320848](#)

9:00 AM-3:00 PM

\$150/5 sess

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

(Next page: “Adult” programs)



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
NEW 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)

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)

Gymnasium sessions (Max 1 person)

Multiple schedules available (Saturdays)
More information on kitscc.com

(Next page: "Senior" programs)



Senior (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

M Mar 5-Mar 26 **294575**
\$22.84/5 sess
09:45 AM-10:45 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
NEW 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
NEW 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)

(Next page: Important information)



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 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.