



WINTER 2024

Hours of Operation

Community Centre

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

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

Statutory Holiday Closed

*Front office closes 30 min. prior to building closure

*Winter hours in effect Jan.2, 2024.

Dec 24 9:00 AM-5:00 PM

Dec 25-Jan 1 Closed

February 19 Closed

March 29 Closed

March 31 7:00 AM-8:00 PM

April 1 Closed

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, December 7 at 7 PM**. Logging into your account at www.vanrec.ca prior to registration day may minimize any unexpected errors.

In-Person

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

Phone

Registration by phone begins **Friday, December 8 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 Jan 9-Mar 12 11:30 AM-12:00 PM
\$156/9 sess [486222](#)
Tu Jan 9-Mar 12 12:15 PM-12:45 PM
\$156/9 sess [486223](#)

Thursday

Th Jan 11-Mar 14 11:30 AM-12:00 PM
\$156/9 sess [486224](#)
Th Jan 11-Mar 14 12:15 PM-12:45 PM
\$156/9 sess 4 [486225](#)

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

Instructor: Marnie Grey

Tu Jan 9-Mar 12 10:30 AM-11:15 AM
\$174/9 sess [486226](#)

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

Instructor: Marnie Grey

Tuesday

Tu Jan 9-Mar 12 9:30 AM-10:15 AM
\$174/9 sess [486227](#)

Thursday

Th Jan 11-Mar 14 10:30 AM-11:15 AM
\$174/9 sess [486228](#)

Music with Marnie - Tots (2.5-5 yrs)

Instructor: Marnie Grey

Th Jan 11-Mar 14 9:30 AM-10:15 AM
\$174/9 sess [486229](#)

Music Together

Music Together (Birth- 5 yrs)

Instructor: Donalyn

Tuesday

Tu Jan 16-Mar 12 2:45 PM-3:30 PM
\$193/9 sess [483478](#)
Tu Jan 16-Mar 12 3:45 PM-4:30 PM
\$193/9 sess [483618](#)

Wednesday

W Jan 17-Mar 13 9:30 AM-10:15 AM
\$193/9 sess [483445](#)
W Jan 17-Mar 13 10:30 AM-11:15 AM
\$193/9 sess [483446](#)
W Jan 17-Mar 13 11:30 AM-12:15 PM
\$193/9 sess [483449](#)

Friday

F Jan 19-Mar 15 9:30 AM-10:15 AM
\$193/9 sess [483456](#)
F Jan 19-Mar 15 10:30 AM-11:15 AM
\$193/9 sess [483460](#)

Education

Beginner Baby Signing (Birth-1.5 yrs)

Instructor: Signing Babies Vancouver

Tuesday

Tu Jan 16-Mar 5 2:00 PM-2:30 PM
\$105/8 sess [481150](#)

Wednesday

W Jan 17-Mar 6 11:30 AM-12:00 PM
\$105/8 sess [481153](#)
W Jan 17-Mar 6 12:30 PM-1:00 PM
\$105/8 sess [481158](#)

Baby Sing and Sign (Birth-1.5 yrs)

Instructor: Signing Babies Vancouver

W Jan 17-Mar 6 10:30 AM-11:00 AM
\$105/8 sess [481163](#)

Dance

Baby Dance (3 months-pre-walking)

Instructor: Lorraine White-Wilkinson

Tu Jan 9-Feb 6 11:25 AM-12:00 PM
\$65/5 sess [486074](#)

Toddler Dance

Parent & Tot (1-2 yrs)

Instructor: Lorraine White-Wilkinson

Tu Feb 13-Mar 12 11:25 AM-12:00 PM
\$65/5 sess [486075](#)

Parent and Tot

Creative Dance (2-3 yrs)

Instructor: Lorraine White-Wilkinson

Tu Jan 9-Mar 12 10:30 AM-11:15 AM
\$130/10 sess [486072](#)
Sa Jan 13-Mar 9 10:30 AM-11:15 AM
\$104/8 sess [486073](#)

Creative Dance (3-4 yrs)

Instructor: Lorraine White-Wilkinson

Tu Jan 9-Mar 12 9:30 AM-10:15 AM
\$130/10 sess [486069](#)
Sa Jan 13-Mar 9 9:30 AM-10:15 AM
\$104/8 sess [486070](#)

Pre-Ballet

Creative Dance (3-4 yrs)

Instructor: Lorraine White-Wilkinson

Sa Jan 13-Mar 9 12:30 PM-1:15 PM
\$104/8 sess [486076](#)

Pre-Ballet

Creative Dance (4.5-6 yrs)

Instructor: Lorraine White-Wilkinson

Sa Jan 13-Mar 9 11:30 AM-12:15 PM
\$104/8 sess [486079](#)

Hip Hop Dancers (3-5 yrs)

Instructor: Endorphin Rush Dance

M Jan 15-Mar 11 10:00 AM-10:45 AM
\$104/8 sess [486246](#)

Little Ballerinas (3-5 yrs)

Instructor: Endorphin Rush Dance

M Jan 15-Mar 11 11:00 AM-11:45 AM
\$104/8 sess [486249](#)

DancePl3y Preschool (3-5 yrs)

Instructor: PL3Y Inc.-The Play Brigade

F Jan 12-Mar 8 3:30 PM-4:15 PM
\$126/9 sess [483949](#)

Parent and Tot Gym (6 mo-5 yrs)

Tu Jan 30-Mar 12 9:30 AM-11:00 AM
Th Feb 1-Mar 14 10:30 AM-12:00 PM
Sa Feb 3-Mar 16 10:30 AM-12:00 PM

\$3/child and \$2/additional child
\$27/10 visit pass
\$45/sibling 10 visit pass





Spring Break - Dance

Frozen Themed Ballet Spring Break Camp (3-5 yrs)

Instructor: Endorphin Rush Dance

M-F Mar 18-Mar 22 9:15 AM-10:30 AM

\$105/5 sess [486450](#)

Frozen Themed Ballet Spring Break Camp (4-6 yrs)

Instructor: Endorphin Rush Dance

M-F Mar 18-Mar 22 10:45 AM-12:00 PM

\$105/5 sess [486454](#)

Mini-Hip Hop Spring Break Dance Camp (3-5 yrs)

Instructor: Endorphin Rush Dance

M-F Mar 18-Mar 22 12:30 PM-1:45 PM

\$105/5 sess [486460](#)

Mini-Hip Hop Spring Break Dance Camp (4-6 yrs)

Instructor: Endorphin Rush Dance

M-F Mar 18-Mar 22 1:45 PM-3:00 PM

\$105/5 sess [486461](#)

Sportball

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

Instructor: Sportball Vancouver

M Jan 29-Mar 11 4:30 PM-5:15 PM

\$111/6 sess [483629](#)

Sportball Indoor Multi Sport (3-5 yrs)

Instructor: Sportball Vancouver

M Jan 29-Mar 11 2:30 PM-3:30 PM

\$111/6 sess [483630](#)

Sportball Parent and Tot Indoor Soccer (2-3 yrs)

Instructor: Sportball Vancouver

W Jan 31-Mar 13 4:30 PM-5:15 PM

\$130/7 sess [483641](#)

Sportball Indoor Soccer (4-6 yrs)

Instructor: Sportball Vancouver

W Jan 31-Mar 13 3:30 PM-4:30 PM

\$130/7 sess [483635](#)



SATURDAYS FROM FEB 3 - MAR 16

BIRTHDAY PARTY PACKAGE

UP TO 8 YEARS OLD

\$160^{.00}

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

Special Events

Family Day Celebration

Mon Feb 19 10:30AM-12:30PM

Free [488522](#)

*All ages, no registration required.

Easter Carnival

Sa Mar 23 10:30AM-12:30PM

\$7/per child [479538](#)

*See back cover for more information



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, make 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, December 7 at 7 PM.



CHILDREN

Piano Lessons

Piano Lessons Private (5+ yrs)

Instructor: Mary Friesen

Tuesday

Tu Jan 9-Mar 12 3:10 PM-3:40 PM
\$240/10 sess [479940](#)
Tu Jan 9-Mar 12 3:45 PM-4:15 PM
\$240/10 sess [479941](#)
Tu Jan 9-Mar 12 4:20 PM-4:50 PM
\$240/10 sess [479942](#)
Tu Jan 9-Mar 12 4:55 PM-5:25 PM
\$240/10 sess [479943](#)
Tu Jan 9-Mar 12 5:30 PM-6:00 PM
\$240/10 sess [479944](#)
Tu Jan 9-Mar 12 6:05 PM-6:35 PM
\$240/10 sess [479945](#)
Tu Jan 9-Mar 12 6:40 PM-7:10 PM
\$240/10 sess [479946](#)
Tu Jan 9-Mar 12 7:15 PM-7:45 PM
\$240/10 sess [479947](#)

Friday

F Jan 12-Mar 15 3:10 PM-3:40 PM
\$240/10 sess [479953](#)
F Jan 12-Mar 15 3:45 PM-4:15 PM
\$240/10 sess [479954](#)
F Jan 12-Mar 15 4:20 PM-4:50 PM
\$240/10 sess [479955](#)
F Jan 12-Mar 15 4:55 PM-5:25 PM
\$240/10 sess [479956](#)
F Jan 12-Mar 15 5:30 PM-6:00 PM
\$240/10 sess [479957](#)
F Jan 12-Mar 15 6:05 PM-6:35 PM
\$240/10 sess [479958](#)
F Jan 12-Mar 15 6:40 PM-7:10 PM
\$240/10 sess [479959](#)

Violin Lessons

Private Violin Lessons (5+ yrs)

Instructor: Ali Nourbakhsh

M Jan 8-Feb 5 3:30 PM-4:30 PM
\$290/5 sess [481126](#)
M Jan 8-Feb 5 4:30 PM-5:30 PM
\$290/5 sess [481129](#)
M Jan 8-Feb 5 5:30 PM-6:30 PM
\$290/5 sess [481131](#)
M Jan 8-Feb 5 6:30 PM-7:30 PM
\$290/5 sess [481132](#)
M Jan 8-Feb 5 7:30 PM-8:30 PM
\$290/5 sess [481133](#)
M Feb 12-Mar 18 3:30 PM-4:30 PM
\$290/5 sess [481142](#)
M Feb 12-Mar 18 4:30 PM-5:30 PM
\$290/5 sess [481143](#)
M Feb 12-Mar 18 5:30 PM-6:30 PM
\$290/5 sess [481144](#)
M Feb 12-Mar 18 6:30 PM-7:30 PM
\$290/5 sess [481145](#)
M Feb 12-Mar 18 7:30 PM-8:30 PM
\$290/5 sess [481146](#)

Dance

Pre-Ballet Creative Dance (4.5-6 yrs)

Instructor: Lorraine White-Wilkinson

Sa Jan 13-Mar 9 11:30 AM-12:15 PM
\$104/8 sess [486079](#)

Hip Hop Zumba Kids (5-7 yrs)

Instructor: Endorphin Rush Dance

M Jan 15-Mar 11 3:30 PM-4:15 PM
\$104/8 sess [486250](#)

Hip Hop Zumba Kids (8-12 yrs)

Instructor: Endorphin Rush Dance

M Jan 15-Mar 11 4:30 PM-5:15 PM
\$104/8 sess [486251](#)

Dance Extreme (7-12 yrs)

Instructor: Endorphin Rush Dance

Th Jan 18-Mar 14 4:00 PM-5:00 PM
\$117/9 sess [486252](#)

DancePl3y Kids (6-9 yrs)

Instructor: PL3Y Inc. - The Play Brigade

F Jan 12-Mar 8 4:30 PM-5:30 PM
\$126/9 sess [483950](#)

Mini-Hip Hop Spring Break Dance Camp (4-6 yrs)

Instructor: Endorphin Rush Dance

M-F Mar 18-Mar 22 1:45 PM-3:00 PM
\$105/5 sess [486461](#)

Creative Arts

More than Drawing (7-10 yrs)

Instructor: Carolina Becerra

Th Jan 11-Feb 8 3:30 PM-4:45 PM
\$150/5 sess [487399](#)
Th Feb 15-Mar 14 3:30 PM-4:45 PM
\$150/5 sess [487408](#)

Martial Arts

Taekwondo Beginner (5-7 yrs)

Instructor: Endurance Taekwondo Inc.

Tu Th Jan 9-Mar 14 3:30 PM-4:10 PM
\$250/20 sess [486083](#)

Taekwondo Beginner (8-12 yrs)

Instructor: Endurance Taekwondo Inc.

Tu Th Jan 9-Mar 14 4:15 PM-5:00 PM
\$250/20 sess [486085](#)

Taekwondo Intermediate/ Advanced (8-13 yrs)

Instructor: Endurance Taekwondo Inc.

Tu Th Jan 9-Mar 14 5:00 PM-5:45 PM
\$250/20 sess [486086](#)

Sportball

Sportball Indoor Soccer (4-6 yrs)

Instructor: Sportball Vancouver

W Jan 31-Mar 13 3:30 PM-4:30 PM
\$130/7 sess [483635](#)

Sportball Indoor Multi Sport (5-7 yrs)

Instructor: Sportball Vancouver

M Jan 29-Mar 11 3:30 PM-4:30 PM
\$111/6 sess [483633](#)

Sportball Multi Sport Spring Break Camp (5-8 yrs)

Instructor: Sportball Vancouver

M-F Mar 18-Mar 22 1:00 PM-4:00 PM
\$199/5 sess [483741](#)

Indoor Tennis

Indoor Tennis: Mini Aces (5.6-7.6 yrs)

Instructor: Summer Smash Tennis

Th Feb 1-Mar 14 3:30 PM-4:15 PM
\$158/7 sess [486244](#)
Th Apr 4-Apr 25 3:30 PM-4:15 PM
\$90/4 sess [486236](#)

Indoor Tennis: Junior Aces (7.6-11 yrs)

Instructor: Summer Smash Tennis

Tu Jan 30-Mar 12 3:30 PM-4:30 PM
\$210/7 sess [486238](#)
Tu Apr 2-Apr 23 3:30 PM-4:30 PM
\$120/4 sess [486239](#)

Indoor Tennis: Junior Fundamentals (7.6-11 yrs)

Instructor: Summer Smash Tennis

Th Feb 1-Mar 14 4:15 PM-5:15 PM
\$210/7 sess [486240](#)
Th Apr 4-Apr 25 4:15 PM-5:15 PM
\$120/4 sess [486241](#)

Indoor Tennis: Youth Aces (11-15 yrs)

Instructor: Summer Smash Tennis

Tu Jan 30-Mar 12 4:30 PM-5:30 PM
\$210/7 sess [486242](#)
Tu Apr 2-Apr 23 4:30 PM-5:30 PM
\$120/4 sess [486243](#)



PRE-TEEN & YOUTH

Education

Adventure 4 Youth

Homework Club (Grades 8-10)

Instructor: Youth Volunteer

Tu Jan 9-Mar 12 3:30 PM-5:00 PM
Free [487732](tel:487732)

Red Cross Stay Safe (9-15 yrs)

Instructor: First Aid Hero

Sa Jan 13 10:00 AM-4:00 PM
\$63/1 sess [487592](tel:487592)

Red Cross Babysitting Course (11-16 yrs)

Instructor: First Aid Hero

Sa Feb 17 9:30 AM-4:30 PM
\$63/1 sess [487592](tel:487592)

Standard First Aid with CPR C/AED (13-18 yrs)

Instructor: First Aid Hero

Su Mar 17 9:30 AM-4:30 PM
\$160/1 sess [487594](tel:487594)

Flip the Script – Violence Prevention Training

(Female-identifying 13-18 yrs)

Instructor: North Shore Women's Centre

Th Fri Feb 1-Feb 2 9:00 AM-4:00 PM
Free/ 2 sess [488503](tel:488503)

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.

Social

Easy Bake Kitchen (Grades 8-12)

Instructor: Youth Leader

W Jan 10-Jan 31 4:00 PM-6:00 PM
\$12/4 sess [487576](tel:487576)
W Feb 7-Feb 28 4:00 PM-6:00 PM
\$12/4 sess [487577](tel:487577)
W Mar 6-Mar 13 4:00 PM-6:00 PM
\$6/2 sess [487578](tel:487578)

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

Instructor: Will Lochhead

W Jan 10-Mar 13 3:30 PM-5:30 PM
\$110/10 sess [486959](tel:486959)
Th Jan 11-Mar 14 3:30 PM-5:30 PM
\$110/10 sess [487784](tel:487784)

Youth Dungeons and Dragons (14-18 yrs)

Instructor: Will Lochhead

W Jan 10-Mar 13 5:30 PM-8:30 PM
\$165/10 sess [486802](tel:486802)
Th Jan 11-Mar 14 5:30 PM-8:30 PM
\$165/10 sess [487785](tel:487785)

Sports

Ivy's Breakfast Club - Basketball Player Development (Girls: Grades 8-10)

Instructor: Ivy Breakfast Club

Sa Jan 6-Mar 9 5:00 PM-6:15 PM
\$225/9 sess [487579](tel:487579)

Ivy's Breakfast Club - Basketball Player Development (Boys: Grades 8-10)

Instructor: Ivy Breakfast Club

Sa Jan 6-Mar 9 6:15 PM-7:30 PM
\$225/9 sess [487580](tel:487580)

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.



Kits Youth Volunteer Orientation

Instructor: Youth Worker

Volunteer this season and give back to your community!

Sa Feb 3 12:00 PM-2:00 PM
Free [487763](tel:487763)

Youth Lounge Schedule Winter

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

Youth/Preteen Open Gym - See Schedule in Youth Lounge

Do you have a question about our youth programs?

Send it to Stratos, the Community Youth Worker, at Stratos.Charalambides@vancouver.ca or call at 604-257-6991.



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 Jan 7-Mar 24 5:45 PM-7:45 PM
\$3/ drop in [480057](#)

NEW Mandarin - All Levels

Instructor: Victoria Gong

Th Jan 18-Mar 21 1:00 PM-2:30 PM
\$210/10 sess [479506](#)

Spanish for Beginners - Level 1

Instructor: Gloria Alonso

Tu Jan 16-Mar 26 6:15 PM-7:45 PM
\$180/10 sess [479435](#)

Spanish for Beginners - Level 2

Instructor: Gloria Alonso

Tu Jan 16-Mar 26 7:45 PM-9:15 PM
\$180/10 sess [479436](#)

Music

Ukulele Group Lessons: Beginner Level 1

Instructor: Joseph Young

Su Jan 21-Mar 24 10:30 AM-11:30 AM
\$100/10 sess [480384](#)

Ukulele Group Lessons: Beginner Level 2

Instructor: Joseph Young

Su Jan 21-Mar 24 11:45 AM-12:45 PM
\$100/10 sess [480385](#)

Ukulele Group Lessons: Beginner Level 3

Instructor: Joseph Young

Su Jan 21-Mar 24 1:00 PM-2:00 PM
\$100/10 sess [480386](#)

Food, Garden and Crafts with Village Vancouver

Grow Your Own Microgreens

Instructor: Village Vancouver

Tu Jan 30 6:30 PM-8:30 PM
\$21/1 sess [487723](#)

DIY Crochet Dishcloths

Instructor: Village Vancouver

F Feb 9 6:30 PM-8:30 PM
\$25/1 sess [487725](#)

Grow Your Own Microgreens

Instructor: Village Vancouver

M Feb 26 6:30 PM-8:30 PM
\$25/1 sess [487726](#)

Menu Planning, Meal Prep, and Mason Jar Salads

Instructor: Village Vancouver

W Mar 13 6:30 PM-8:30 PM
\$35/1 sess [487730](#)

Growing Superfoods

Instructor: Village Vancouver

Sa Mar 16 3:00 PM-5:00 PM
\$21/1 sess [487728](#)

Collaborative and Community Gardening Opportunities Info Session

Instructor: Village Vancouver

Sa Mar 23 2:30 PM-1:30 PM
Free [487731](#)

DIY Sugar Scrubs and Bath Salts

Instructor: Village Vancouver

Su Mar 24 11:00 AM-1:00 PM
\$35/1 sess [487727](#)

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 w12th Ave. and Larch Street. Please arrive no later than 6:45PM. No registration required. For more information, please visit villagevancouver.ca.

Sa Feb 10 6:00 PM-7:00 PM
Sa Mar 9 6:00 PM-7:00 PM

Wine Education

NEW Explore BC Wine

If you joined us for Fall 2023, we will explore new BC wineries.

Instructor: Angela Ford

Sa Mar 9 5:00 PM-7:00 PM
\$35/1 sess [487771](#)



Kitchen & Cooking

Hands on Fettucine Pasta

Instructor: Pasta Boy Peter Inc.

Su Jan 28 10:30 AM-1:15 PM
\$100/1 sess [481590](#)
Su Feb 25 10:30 AM-1:15 PM
\$100/1 sess [481591](#)
Su Mar 17 10:30 AM-1:15 PM
\$100/1 sess [481592](#)

Risotto & Arancini

Instructor: Pasta Boy Peter Inc.

Su Jan 28 2:45 PM-5:15 PM
\$80/1 sess [481594](#)

Hands on Gnocchi - Vegetarian

Instructor: Pasta Boy Peter Inc.

Su Feb 25 2:45 PM-5:15 PM
\$100/1 sess [481593](#)

Roman Sauces & Pasta Tasting

Instructor: Pasta Boy Peter Inc.

Su Mar 17 2:45 PM-5:15 PM
\$80/1 sess [481588](#)

NEW Mastering Meal Prep with Chef Kate

Instructor: Kate Dunn-Roy

Su Jan 14 10:30 AM-11:30 AM
\$60/1 sess [481581](#)
Su Feb 18 10:30 AM-11:30 AM
\$60/1 sess [481583](#)
Su Mar 10 10:30 AM-11:30 AM
\$60/1 sess [481584](#)



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 note the gymnasium is closed for the entire month of January. Classes held in the gymnasium will resume in February.

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	Hatha Yin 9:15 AM-10:15 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
	Gentle Yoga 9:00 AM-10:00 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 - 5 Animal 9:30 AM-10:30 AM
Gentle Fit 10:15 AM-11:15 AM		Iyengar Yoga 10:45 AM-12:15 PM		Gentle Fit 10:15 AM-11:15 AM	Line Dance 10:30 AM-12:00 PM	Tai Chi – 24 Form 10:35 AM-11:35 AM
Yoga for Older Adults 11:15 AM-12:15 PM				Gentle Yoga 10:30 AM-12 PM		Tai Chi – 48 Form 11:40 AM-12:40 PM
	Parent & Baby 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	Pickleball 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
		ZUMBA 6:45 PM-7:45 PM				
ZUMBA 6:45 PM-7:45 PM	Duplicate Bridge 6:15 PM-9:45 PM		Tai Chi Chen St 6:00 PM-7:00 PM	Duplicate Bridge 6:15 PM-9:45 PM		English Corner 5:45 PM-7:45 PM
	Prenatal Yoga 6:15 PM-7:15 PM	Yoga4Stiff Guys 7:00 PM-8:00 PM				Belly Dance – Int. 6:00 PM-7:30PM
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 Yang St. 7:05 PM-8:05 PM		LEGEND All classes drop in space permitting	
Latin Funk Dance 7:45 PM-8:45 PM	Hatha Flow Yoga 7:15 PM-8:15 PM		Stretch Therapy 7:15 PM-8:25 PM		Aerobic Classes (drop in only)	Yoga
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		Dance	Fitness
					Social	Sports



Education

NEW Interior Design for Beginners, Fun!

Instructor: Barbara Smyth
W Jan 31-Mar 6 6:00 PM-7:30 PM
\$108/6 sess [487573](#)

Kitsilano MS Support Group

Instructor: Daina Balodis
F Jan 12-Mar 29 1:00 PM-3:00 PM
Free [479441](#)

NEW Nutrition & Mental Health Workshop

Instructor: Sandra Millward
Th Feb 8 6:30 PM-8:00 PM
\$35/1 sess [480801](#)

NEW Estate Planning: What You Should Know

Instructor: Aidan Ryan
W Jan 24-Jan 24 1:00 PM-2:30 PM
Free [487602](#)

NEW Tax Planning for Assisted Living & Long Term Care Options

Instructor: Aidan Ryan
W Jan 31-Jan 31 10:30 AM-12:00 PM
Free [487603](#)

Creative Arts

NEW Ink and Watercolour Exploration for Beginners

Instructor: Olya Krasavina
M Jan 15-Feb 12 12:45 PM-2:45 PM
\$225/5 sess [487788](#)

NEW Mindful Painting

Instructor: Mahdieh Pourghannad
Th Jan 25-Mar 14 11:30 AM-1:30 PM
\$155/8 sess [480346](#)

The Joy of Acrylic Painting

Instructor: Philip Tsang
Tu Jan 16-Mar 19 10:30 AM-12:30 PM
\$250/10 sess [480365](#)

NEW BY HAND!

Instructor: No Instructor
Th Jan 11-Mar 28 2:00 PM-4:00 PM
Free [479537](#)

Dance

NEW 55 + Dance - Feel the Rhythm, Express Yourself!

Instructor: Lorraine White-Wilkinson
M Jan 29-Mar 11 1:00 PM-2:00 PM
\$90/6 sess [487773](#)

Ballet - Introduction/Beginner

Instructor: Sally Laing Hulme
Su Jan 28-Mar 17 1:00 PM-2:30 PM
\$98/7 sess [479546](#)
Drop in \$16, space permitting

Ballet - Intermediate

Instructor: Sally Laing Hulme
Su Jan 28-Mar 17 2:45 PM-4:15 PM
\$98/7 sess [479545](#)
Drop in \$16, space permitting

Belly Dance - Beginner

Instructor: Gail (Rahma) Haddad
Su Jan 14-Mar 24 4:30 PM-6:00 PM
\$130/10 sess [479509](#)
Drop in \$16, space permitting

Belly Dance - Intermediate

Instructor: Gail (Rahma) Haddad
Su Jan 14-Mar 24 6:00 PM-7:30 PM
\$130/10 sess [479511](#)
Drop in \$16, space permitting

BeMoved

Instructor: Anita Siu
W Jan 10 1:00 PM-2:00 PM
Free Trial [480364](#)
W Jan 17-Feb 14 1:00 PM-2:00 PM
\$70/5 sess [480362](#)
W Feb 21-Mar 13 1:00 PM-2:00 PM
\$56/4 sess [480363](#)
Drop in \$16, space permitting

Latin Funk Dance

Instructor: Latin Funk Dance
M Jan 15-Mar 25 7:45 PM-8:45 PM
\$130/10 sess [479504](#)
Drop in \$15, space permitting

Recreational Line Dancing

Instructor: Lisa Dong
Sa Jan 13-Feb 17 10:30 AM-12:00 PM
\$42/6 sess [479472](#)
Sa Feb 24-Mar 30 10:30 AM-12:00 PM
\$42/6 sess [479473](#)
Drop in \$8.50, space permitting

Fitness & Health

ABM NeuroMovement® Healthy Back, Neck and Shoulders

Instructor: Claire Sandham
W Jan 17-Mar 20 7:30 PM-8:30 PM
\$160/10 sess [480347](#)
Th Jan 18-Mar 21 10:00 AM-11:00 AM
\$160/10 sess [480348](#)
Drop in \$18, space permitting

CALLANETICS

Instructor: Linda Shedden
M Jan 8-Mar 11 7:45 PM-8:45 PM
\$145.71/9 sess [480349](#)
Drop in \$20, space permitting

Group Power®

Instructor: Ella Wong
M Jan 8-Mar 25 8:00 AM-9:00 AM
Instructor: Jennifer Wick
W Jan 3-Mar 27 9:15 AM-10:15 AM
Instructor: Karen Di Venanzo
Th Jan 4-Mar 28 1:30 PM-2:30 PM
Instructor: Karen Di Venanzo
F Jan 5-Mar 29 8:00 AM-9:00 AM
Drop in: \$5.71/ class
Group Power 10 Visit Pass: \$55

Stretch Therapy

Instructor: Rob Cole
Th Feb 1-Mar 14 7:15 PM-8:25 PM
\$175/7 sess [479468](#)
Drop in \$30, space permitting

ZUMBA®

Instructor: Zumba Vancouver
M Jan 29 6:45 PM-7:45 PM
Free Trial [480370](#)
M Feb 5-Mar 11 6:45 PM-7:45 PM
\$68.75/5 sess [480367](#)
W Jan 31-Jan 31 6:45 PM-7:45 PM
Free Trial [480371](#)
W Feb 7-Mar 13 6:45 PM-7:45 PM
\$82.50/6 sess [480369](#)
Drop in \$15, space permitting

ZUMBA® Gold - Beginners & Seniors

Instructor: Zumba Vancouver
Tu Jan 30 1:30 PM-2:30 PM
Free Trial [480376](#)
Tu Feb 6-Mar 12 1:30 PM-2:30 PM
\$82.50/6 sess [480373](#)
Th Feb 1 1:00 PM-2:00 PM
Free Trial [480377](#)
Th Feb 8-Mar 14 1:00 PM-2:00 PM
\$82.50/6 sess [480375](#)
Drop in \$15, space permitting



Yoga

Creative Yoga

Instructor: Natalia Nimetz

Tu Jan 9-Feb 13 4:45 PM-6:15 PM

\$85.50/6 sess [480338](#)

Tu Feb 20-Mar 26 4:45 PM-6:15 PM

\$85.50/6 sess [480339](#)

Drop in \$16, space permitting

everyBODYyoga with Klara

Kroupa

Instructor: Klara Kroupa

W Jan 17-Feb 21 4:30 PM-5:30 PM

\$96/6 sess [479543](#)

W Feb 28-Mar 27 4:30 PM-5:30 PM

\$80/5 sess [479544](#)

Drop in \$16, space permitting

Gentle Yoga

Instructor: Natalia Nimetz

F Jan 12-Feb 16 10:30 AM-12:00 PM

\$85.50/6 sess [480340](#)

F Feb 23-Mar 22 10:30 AM-12:00 PM

\$71.25/5 sess [480341](#)

Drop in \$16, space permitting

Gentle Yoga with Sharon

Instructor: Sharon Friesen

Tu Jan 9-Feb 13 9:00 AM-10:00 AM

\$90/6 sess [479498](#)

Tu Feb 20-Mar 26 9:00 AM-10:00 AM

\$90/6 sess [479499](#)

Drop in \$18, space permitting

Hatha Flow Yoga

Instructor: Nadine Agosti

W Jan 10-Feb 14 7:15 PM-8:15 PM

\$96/6 sess [479422](#)

W Feb 28-Mar 27 7:15 PM-8:15 PM

\$80/5 sess [479423](#)

Drop in \$19, space permitting

Hatha+Yin Yoga with Pamela

Instructor: Pamela Ferman

M Jan 8-Feb 12 6:00 PM-7:15 PM

\$96/6 sess [479559](#)

M Feb 26-Mar 25 6:00 PM-7:15 PM

\$80/5 sess [479560](#)

Drop in \$19, space permitting

Hatha+Yin Yoga with Pamela in the AM

Instructor: Pamela Ferman

Th Jan 11 9:15 AM-10:15 AM

Free Trial [487550](#)

Th Jan 18-Feb 15 9:15 AM-10:15 AM

\$80/5 sess [479881](#)

Th Feb 22-Mar 28 9:15 AM-10:15 AM

\$96/6 sess [479884](#)

Drop in \$19, space permitting

Iyengar Yoga Monthly Tune-Up

Instructor: Luci Yamamoto

Sa Jan 27 2:00 PM-4:00 PM

\$36/1 sess [480378](#)

Sa Mar 2 2:00 PM-4:00 PM

\$36/1 sess [480379](#)

Iyengar Yoga with Linda

Instructor: Linda Shevloff

W Jan 10-Feb 14 10:45 AM-12:15 PM

\$150/6 sess [480351](#)

W Feb 21-Mar 27 10:45 AM-12:15 PM

\$150/6 sess [480352](#)

Su Jan 7-Feb 11 9:00 AM-10:30 AM

\$150/6 sess [480382](#)

Drop in \$27, space permitting

Iyengar Yoga with Luci

Instructor: Luci Yamamoto

Th Jan 11-Feb 15 10:30 AM-12:00 PM

\$150/6 sess [480380](#)

Su Feb 18-Mar 17 9:00 AM-10:30 AM

\$125/5 sess [480383](#)

Th Feb 22-Mar 21 10:30 AM-12:00 PM

\$125/5 sess [480381](#)

Drop in \$27, space permitting

Restorative Yin Yoga Workshop

Instructor: Pamela Ferman

Sa Jan 13 2:00 PM-4:00 PM

\$35/1 sess [479561](#)

Sa Feb 10 2:00 PM-4:00 PM

\$35/1 sess [479562](#)

Sa Mar 9 2:00 PM-4:00 PM

\$35/1 sess [479563](#)

Yoga4Stiff Guys - All Levels

Instructor: Yoga4Stiff People

M Jan 8-Feb 12 5:30 PM-6:30 PM

\$84/6 sess [480342](#)

M Feb 26-Mar 25 5:30 PM-6:30 PM

\$70/5 sess [480343](#)

W Jan 10-Feb 14 6:15 PM-7:15 PM

\$84/6 sess [480344](#)

W Feb 21-Mar 27 6:15 PM-7:15 PM

\$84/6 sess [480345](#)

Drop in \$16, space permitting

Yoga for Older Adults

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Pilates

Mat Pilates

Instructor: Vienna Luke

M Feb 26-Mar 18 10:00 AM-11:00 AM

\$82.50/6 sess [479553](#)

Tu Feb 27-Mar 19 6:30 PM-7:30 PM

\$82.50/6 sess [479555](#)

Prenatal & Postnatal Yoga

NEW Parent & Baby Yoga with Lynda

Instructor: Lynda Sing

Tu Jan 9-Feb 13 1:30 PM-2:30 PM

\$108/6 sess [480354](#)

Tu Feb 27-Mar 26 1:30 PM-2:30 PM

\$90/5 sess [480355](#)

Drop in \$20, space permitting

NEW Prenatal Yoga with Lynda

Instructor: Lynda Sing

Tu Jan 9-Feb 13 6:15 PM-7:15 PM

\$108/6 sess [480356](#)

Tu Feb 27-Mar 26 6:15 PM-7:15 PM

\$90/5 sess [480357](#)

W Jan 10-Feb 14 6:00 PM-7:00 PM

\$108/6 sess [480358](#)

W Feb 28-Mar 27 6:00 PM-7:00 PM

\$90/5 sess [480359](#)

Sa Jan 20-Feb 10 10:00 AM-11:00 AM

\$72/4 sess [480360](#)

Sa Feb 24-Mar 30 10:00 AM-11:00 AM

\$108/6 sess [480361](#)

Drop in \$20, space permitting

Martial Arts

Qigong - Five Animal Frolics

Instructor: Kelly Maclean

Su Jan 7-Mar 24 9:30 AM-10:30 AM

\$176/11 sess [480052](#)

Drop in \$20, space permitting

Tai Chi - 24 Form

(Suitable for Beginners)

Instructor: Kelly Maclean

Su Jan 7-Mar 24 11:30 AM-12:30 PM

\$176/11 sess [480056](#)

Drop in \$20, space permitting

Tai Chi - 48 Form Part Two

Instructor: Kelly Maclean

Su Jan 7-Mar 24 10:30 AM-11:30 AM

\$176/11 sess [480054](#)

Drop in \$20, space permitting

Tai Chi - Chen Style Part Two

Instructor: Kelly Maclean

Th Jan 11-Mar 28 6:00 PM-7:00 PM

\$192/12 sess [480055](#)

Drop in \$20, space permitting

Tai Chi - Traditional Yang Style Part One

Instructor: Kelly Maclean

Th Jan 11-Mar 28 7:00 PM-8:00 PM

\$192/12 sess [480053](#)

Drop in \$20, space permitting



Sports – Instructional

Indoor Tennis

at Kitsilano CC Gymnasium

Adult Beginner Plus + Clinic

Instructor: Summer Smash Tennis

F Feb 2-Mar 15	11:30 AM-1:00 PM
\$368/7 sess	487604
F Apr 5-Apr 26	11:30 AM-1:00 PM
\$210/4 sess	487605
Su Feb 4-Mar 17	10:30 AM-12:00 PM
\$368/7 sess	487606
Su Mar 24-Apr 28	10:30 AM-12:00 PM
\$315/6 sess	487607

Pickleball

Pickleball Lessons Skills & Drills:

Ready Set Win

Instructor: Mona Lee

F Feb 9-Mar 8	1:30 PM-3:00 PM
\$125/5 sess	487765

Pickleball Lessons: Learn to Play (Beginners)

Instructor: Mona Lee

Su Feb 4-Mar 10	12:30 PM-2:30 PM
\$150/6 sess	487766

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

Instructor: No Instructor

W Feb 7-Feb 28	8:00 PM-10:00 PM
\$20/4 sess	479198
W Mar 6-Mar 27	8:00 PM-10:00 PM
\$25/4 sess	479199

Basketball - Recreational

Instructor: No Instructor

M Feb 5-Feb 26	8:00 PM-10:00 PM
\$15/3 sess	479201
M Mar 4-Mar 25	8:00 PM-10:00 PM
\$20/4 sess	479202

Pickleball - All Levels

Instructor: No Instructor

M Feb 5-Feb 26	11:45 AM-1:45 PM
\$15/3 sess	479206
M Mar 4-Mar 11	11:45 AM-1:45 PM
\$10/2 sess	479207
Tu Feb 6-Feb 27	5:45 PM-7:45 PM
\$20/4 sess	480388
Tu Mar 5-Mar 26	5:45 PM-7:45 PM
\$20/4 sess	480389
Th Feb 1-Feb 29	8:00 PM-10:00 PM
\$25/5 sess	479209
Th Mar 7-Mar 28	8:00 PM-10:00 PM
\$20/4 sess	479210

Volleyball - Recreational

Instructor: No Instructor

Tu Feb 6-Feb 27	8:00 PM-10:00 PM
\$20/4 sess	479215
Tu Mar 5-Mar 26	8:00 PM-10:00 PM
\$20/4 sess	479216

Soccer - Masters

Returning Spring 2024, after gymnasium renovations

KBL Co-Ed Basketball League

Returning Spring 2024, after gymnasium renovations. For more information or for alternate facilities visit

www.kerrisdalebasketballleague.ca

Gymnasium Closure

January 2- January 28th, 2024

All Classes in the gymnasium will be cancelled at this time due to the storage construction project.

February - March 31, 2024

Classes held in the gym will resume. All adult sports will run at reduced capacity. Basketball will run half court only. Soccer will be cancelled for the season.



Group Fitness Class Schedule

February 1 – March 31, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Interval 9:00-10:00 AM <i>Bita</i> No class Feb 19	Classic Stretch 9:00-10:00 AM <i>Sasha</i> Jan 2-Mar 26	Cardio Combo 9:00-10:00 AM <i>Ferial</i>	Step Plus 8:30-9:30 AM <i>Richard</i>	Step Interval 9:00-10:00 AM <i>Rilla</i>	Step Interval 8:45-10:00 AM <i>Suzanne</i> No class Mar 23	Core & Balance 9:00-10:00 AM <i>Ferial</i>
Gentle Fit 10:15-11:15 AM <i>Audrey</i> No class Feb 19		Gentle Fit 10:15-11:15 AM <i>Audrey</i>		Classic Stretch 9:15-10:15 AM <i>Sharon</i> Jan 5-Mar 22	Classic Stretch 9:15-10:15 AM <i>Alannah</i> Jan 6-Mar 30 No class Mar 23	
		Strength & Core 5:30-6:30 PM <i>Andrew</i>	Total Body Conditioning 5:30-6:30 PM <i>Bita</i>		Please note the following: Schedule and fees are subject to change (i.e. cancellation due to instructor illness, insufficient attendance) * Classes are not scheduled on Stat Holidays, Feb 19, Mar 23, Mar 29, Apr 1	

Class		Description
Mild	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.
Moderate to Challenging	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

Prices do not include tax. Fees are subject to change.	Drop-in	10-visit Pass	1-month Fit Card	Pass Refund Policy: Passes will not be refunded for closures, stat holidays, cancelled programs, or no instructors available. 1 month passes have up to 15 calendar days after day of purchase to refund. After 15 days, no refunds. Pass Suspension Policy: Passes may be suspended a minimum 2 weeks, up to the length of the remainder of the pass.
Adult (19-64 yrs)	\$6.00	\$54.00	\$50.00	
Senior (65+ yrs)	\$4.85	\$44.00	\$40.00	



SENIORS



Movement Based Fitness

NEW Osteo Fit

Instructor: Berdjis Bahrami

F Jan 12-Feb 16 10:00 AM-11:00 AM
\$33/6 sess [479437](#)

F Feb 23-Mar 29 10:00 AM-11:00 AM
\$33/6 sess [479438](#)

Drop in \$6.50, space permitting

ABM NeuroMovement® Healthy Back, Neck and Shoulders

Instructor: Claire Sandham

W Jan 17-Mar 20 7:30 PM-8:30 PM
\$160/10 sess [480347](#)

Th Jan 18-Mar 21 10:00 AM-11:00 AM
\$160/10 sess [480348](#)

Drop in \$18, space permitting

Yoga for Older Adults

Instructor: Nadine Agosti

M Jan 8-Feb 12 11:15 AM-12:15 PM
\$90/6 sess [479424](#)

M Feb 26-Mar 25 11:15 AM-12:15 PM
\$75/5 sess [479425](#)

Drop in \$18, space permitting

ZUMBA® Gold - Beginners & Seniors

Instructor: Zumba Vancouver

Tu Jan 30 1:30 PM-2:30 PM
Free Trial [480376](#)

Tu Feb 6-Mar 12 1:30 PM-2:30 PM
\$82.50/6 sess [480373](#)

Th Feb 1 1:00 PM-2:00 PM
Free Trial [480377](#)

Th Feb 8-Mar 14 1:00 PM-2:00 PM
\$82.50/6 sess [480375](#)

Drop in \$15, space permitting

Health & Wellness

Kitsilano MS Support Group

Instructor: Daina Balodis

F Jan 12-Mar 29 1:00 PM-3:00 PM
Free [479441](#)

Dance

55 + Dance - Feel the Rhythm, Express Yourself!

Instructor: Lorraine White-Wilkinson

M Jan 29-Mar 11 1:00 PM-2:00 PM
\$90/6 sess [487773](#)

Recreational Line Dancing

Instructor: Lisa Dong

Sa Jan 13-Feb 17 10:30 AM-12:00 PM
\$42/6 sess [479472](#)

Sa Feb 24-Mar 30 10:30 AM-12:00 PM
\$42/6 sess [479473](#)

Drop in \$8.50, space permitting

Social

Bridge Lessons - Beginners

Instructor: Glenda Affleck

Th Jan 11-Mar 14 5:15 PM-7:15 PM
\$110/20 sess [479249](#)

Bridge Lessons - Advancing Beginners

Instructor: Glenda Affleck

Th Jan 11-Mar 14 7:30 PM-9:30 PM
\$110/20 sess [479248](#)

Duplicate Bridge

Instructor: Carrie Beavington (Facilitator)

Tu F Jan 2-Mar 29 6:15 PM-9:45 PM
[479466](#)

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

Education

NEW Estate Planning: What You Should Know

Instructor: Aidan Ryan

W Jan 24-Jan 24 1:00 PM-2:30 PM
Free [487602](#)

NEW Tax Planning for Assisted Living & Long Term Care Options

Instructor: Aidan Ryan

W Jan 31-Jan 31 10:30 AM-12:00 PM
Free [487603](#)

Drop in/Social Recreation

NEW Karaoke Drop-In

Th Jan 11-Mar 14 1:30 PM-3:00 PM
\$2/drop in [480741](#)

NEW Mah Jong

W Jan 10-Mar 6 11:00 AM-1:00 PM
\$1/drop in [480762](#)

NEW Mental Health Circle

W Jan 10-Mar 27 12:00 PM-1:30 PM
Free [480740](#)

NEW Walking Club

Instructor: KT Volunteer

W Jan 10-Mar 6 9:00 AM-11:00 AM
Free [480775](#)

Seniors' Out Trips

NEW Cascades Casino and Buffet

Su Feb 25 9:30 AM-2:30 PM
\$55/1 sess [482310](#)

NEW Olympic Oval Experience and Sushi Mura

F Jan 26 9:30 AM-1:30 PM
\$55/1 sess [482286](#)

Maddie's Lounge Activities

NEW Wednesday Social

W Jan 10-Mar 6 10:30 AM-12:00 PM
Free [480732](#)

NEW Friday Film

F Jan 12-Mar 15 11:00 AM-1:00 PM
Free [480733](#)

Special Luncheons

Lunar New Year Luncheon

W Feb 14 12:00 PM-2:00 PM
\$15/sess [483940](#)

St. Patrick's Day Luncheon

W Mar 13 12:00 PM-2:00 PM
\$15/sess [483941](#)



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
Adult (19-64 years)	\$7.41	\$66.69
Youth (13-18 years)	\$5.19	\$46.71
Senior (65+ years)	\$5.19	\$46.71
Prices do not include tax. Fees are subject to change.		

Monthly Pass Fees

Type	1 mth	3 mth	12 mth
Adult (19-64 yrs)	\$59.95	\$161.87	\$517.97
Youth (13-18 yrs)	\$41.96	\$113.31	\$362.58
Senior (65+ yrs)	\$41.96	\$113.31	\$362.58
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	\$61.66	\$92.46	\$129.70
3	\$170.87	\$256.35	\$347.38
5	\$274.83	\$423.22	\$509.51
10	\$493.36	\$785.98	\$926.37
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 Skate Fees	Single drop-in	10-visit pass fee
Adult (19-64 years)	\$6.99	\$61.51
Youth (13-18 years) & Senior (65+)	\$4.89	\$43.06
Child (5-12 years)	\$3.30	\$30.76
Skate Rentals	\$3.20	\$26.88*
Prices do not include tax. Fees are subject to change.		* Non-refundable.

Learn To Skate Lessons

Registration

Set 1: Thu Dec 21 @ 7 PM
Set 2: Thu Feb 15 @ 7 PM

Lesson 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: Jan 6-Feb 16
Set 2: Feb 17-Mar 29

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>



Room Rentals

There are several rooms available to rent at the Kitsilano Community Centre for meetings, parties, and special events. If you have any inquiries, contact 604-257-8607 or kcca.vancouver@gmail.com.

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



**KITSILANO
COMMUNITY
CENTRE**

Location: 2690 Larch St.
Phone: 604.257.6976
Website: kitscc.com
IG/Twitter: @kitsilanocc

KITS CC

Hats for Sale

\$30



**Available at front desk
while supplies last!**



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
- Assistance with housing forms
- Connections to outreach services

kitscc.com



**KITSILANO COMMUNITY
CENTRE ASSOCIATION**

ANNUAL GENERAL MEETING

THURS APR 18 7PM-9PM
SNOWY'S LOUNGE

REGISTER TO ATTEND
Go to kitscc.com or email
kcca.vancouver@gmail.com



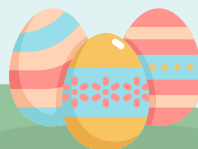
EASTER CARNIVAL

SATURDAY MARCH 23, 2024

10:30AM-12:30PM

\$7/CHILD, AGES 2-8

ACTIVITY# 479538



KITSCC.COM