

Spring 2021 & Summer 2021 Programs

Registration: March 18th @ 9am

Online, Phone and In-Person

Champlain Heights Community Centre
3350 Maquinna Drive
Vancouver, BC | V5S 4C6
604-718-6575
www.champlainheightscc.ca

How to register for programs:

- Online
 - [Visit this website](#)
 - Ensure you have an ActiveNet account
 - Enter the program number into the "Search by keyword OR number" area
- Phone
 - Call 604-718-6575 ext. 1
 - Please note - we serve those at the front desk before the phone; if you are put on hold, please be patient
- In person
 - Please practise social distancing and follow the signage and direction of staff

Programs are subject to change and cancellation without notice

Children

Junior Sunsplash | 8:45 AM-3:15 PM (5-8 yrs)

Get ready for a summer of outdoor fun and adventure! Activities will include sports, cooperative games, arts & crafts, theatre, dance parties, entertainers and special guests! We will also go on walking out-trips to explore nature and the great outdoors.

| | | |
|-----------------------------|--------------|---------------|
| Week 1 326387 | \$135/5 sess | Jul 5-Jul 9 |
| M Tu W Th F 8:45 AM-3:15 PM | | |
| Week 2 326558 | \$135/5 sess | Jul 12-Jul 16 |
| M Tu W Th F 8:45 AM-3:15 PM | | |
| Week 3 326572 | \$135/5 sess | Jul 19-Jul 23 |
| M Tu W Th F 8:45 AM-3:15 PM | | |
| Week 4 326575 | \$135/5 sess | Jul 26-Jul 30 |
| M Tu W Th F 8:45 AM-3:15 PM | | |
| Week 5 326576 | \$108/4 sess | Aug 3-Aug 6 |
| Tu W Th F 8:45 AM-3:15 PM | | |
| Week 6 326577 | \$135/5 sess | Aug 9-Aug 13 |
| M Tu W Th F 8:45 AM-3:15 PM | | |
| Week 7 326578 | \$135/5 sess | Aug 16-Aug 20 |
| M Tu W Th F 8:45 AM-3:15 PM | | |
| Week 8 326579 | \$135/5 sess | Aug 23-Aug 27 |
| M Tu W Th F 8:45 AM-3:15 PM | | |
| Week 9 326581 | \$135/5 sess | Aug 30-Sep 3 |
| M Tu W Th F 8:45 AM-3:15 PM | | |

Senior Sunsplash | 9:00 AM-3:30 PM (9-12 yrs)

Get ready for a summer of outdoor fun and adventure! Activities will include sports, cooperative games, arts & crafts, theatre, dance parties, entertainers and special guests! We will also go on walking out-trips to explore nature and the great outdoors

| | | | |
|-----------------|--------------|-----------------------------|---------------|
| Week 1 326468 | \$135/5 sess | M Tu W Th F 9:00 AM-3:30 PM | Jul 5-Jul 9 |
| Week 2 326564 | \$135/5 sess | M Tu W Th F 9:00 AM-3:30 PM | Jul 12-Jul 16 |
| Week 3 326584 | \$135/5 sess | M Tu W Th F 9:00 AM-3:30 PM | Jul 19-Jul 23 |
| Week 4 326586 | \$135/5 sess | M Tu W Th F 9:00 AM-3:30 PM | Jul 26-Jul 30 |
| Week 5 326589 | \$108/4 sess | Tu W Th F 9:00 AM-3:30 PM | Aug 3-Aug 6 |
| Week 6 326590 | \$135/5 sess | M Tu W Th F 9:00 AM-3:30 PM | Aug 9-Aug 13 |
| Week 7 326591 | \$135/5 sess | M Tu W Th F 9:00 AM-3:30 PM | Aug 16-Aug 20 |
| Week 8 326592 | \$135/5 sess | M Tu W Th F 9:00 AM-3:30 PM | Aug 23-Aug 27 |
| Week 9 326594 | \$135/5 sess | M Tu W Th F 9:00 AM-3:30 PM | Aug 30-Sep 3 |

Supported Junior Sunsplash | 8:45 AM-3:15 PM (6-8 yrs)

Limited additional support is available for children (6-8yrs) with disabilities wanting to attend the Sunsplash summer day camp. If you are interested in learning about this support please contact Access.services@vancouver.ca or call 778-231-3114 for information and an application form. There is a maximum of two weeks of support available per child and there are eligibility requirements. One to one support is not provided. Online registration is not available.

| | | | |
|-----------------|--------------|-----------------------------|---------------|
| Week 1 326711 | \$135/5 sess | M Tu W Th F 8:45 AM-3:15 PM | Jul 5-Jul 9 |
| Week 2 326799 | \$135/5 sess | M Tu W Th F 8:45 AM-3:15 PM | Jul 12-Jul 16 |
| Week 3 326802 | \$135/5 sess | M Tu W Th F 8:45 AM-3:15 PM | Jul 19-Jul 23 |
| Week 4 326803 | \$135/5 sess | M Tu W Th F 8:45 AM-3:15 PM | Jul 26-Jul 30 |
| Week 5 326809 | \$108/4 sess | Tu W Th F 8:45 AM-3:15 PM | Aug 3-Aug 6 |
| Week 6 326810 | \$135/5 sess | M Tu W Th F 8:45 AM-3:15 PM | Aug 9-Aug 13 |
| Week 7 326812 | \$135/5 sess | M Tu W Th F 8:45 AM-3:15 PM | Aug 16-Aug 20 |
| Week 8 326814 | \$135/5 sess | M Tu W Th F 8:45 AM-3:15 PM | Aug 23-Aug 27 |
| Week 9 326816 | \$135/5 sess | M Tu W Th F 8:45 AM-3:15 PM | Aug 30-Sep 3 |

Supported Senior Sunsplash | 9:00 AM-3:30 PM (9-12 yrs)

Limited additional support is available for children (9-12 yrs) with disabilities wanting to attend the Sunsplash summer day camp. If you are interested in learning about this support please contact Access.services@vancouver.ca or call 778-231-3114 for information and an application form. There is a maximum of two weeks of support available per child and there are eligibility requirements. One to one support is not provided. Online registration is not available.

| | | |
|------------------------|-----------------|---------------|
| Week 1 326820 | \$135/5 sess | |
| M Tu W Th F | 9:00 AM-3:30 PM | Jul 5-Jul 9 |
| Week 2 326821 | \$135/5 sess | |
| M Tu W Th F | 9:00 AM-3:30 PM | Jul 12-Jul 16 |
| Week 3 326825 | \$135/5 sess | |
| M Tu W Th F | 9:00 AM-3:30 PM | Jul 19-Jul 23 |
| Week 4 326826 | \$135/5 sess | |
| M Tu W Th F | 9:00 AM-3:30 PM | Jul 26-Jul 30 |
| Week 5 326827 | \$135/5 sess | |
| kTu W Th F | 9:00 AM-3:30 PM | Aug 3-Aug 6 |
| Week 6 326828 | \$108/4 sess | |
| Tu W Th F | 9:00 AM-3:30 PM | Aug 9-Aug 13 |
| Week 7 326829 | \$135/5 sess | |
| M Tu W Th F | 9:00 AM-3:30 PM | Aug 16-Aug 20 |
| Week 8 326830 | \$135/5 sess | |
| M Tu W Th F | 9:00 AM-3:30 PM | Aug 23-Aug 27 |
| Week 9 326832 | \$135/5 sess | |
| M Tu W Th F | 9:00 AM-3:30 PM | Aug 30-Sep 3 |

Zumba Kids (7-11 yrs)

Zumba Kids classes feature kid-friendly routines based on original Zumba choreography. We break down the steps, add activities and cultural exploration elements into the class structure.

| | | |
|---------------------------------|-----------------|---------------|
| 322398 | \$84/12 sess | |
| M | 4:15 PM-5:15 PM | Mar 29-Jun 28 |
| 325969 | \$56/8 sess | |
| M | 4:15 PM-5:15 PM | Jul 5-Aug 30 |
| <i>Instructor: Suzette Lund</i> | | |

Junior Class (Ballet, Jazz, and Acro) | Glow Kids (7-11 yrs)

This class is designed for dancers who have completed Glow Kids Ballet I, II, and III and/or have received an invitation to join this group. If your child is interested in joining the Glow Kids Junior Class, please contact the instructor prior to registration. In this 2-hour class, dancers will continue their education in ballet, jazz and acro. Attire: black leotard, pink ballet convertible tights, pink ballet shoes, and hair up in a ballet bun. Bring a water bottle.

| | | |
|---------------------------------|-----------------|---------------|
| 322377 | \$260/13 sess | |
| Tu | 4:00 PM-6:00 PM | Mar 30-Jun 22 |
| <i>Instructor: Lia Fletcher</i> | | |

Senior Class (Ballet, Jazz, and Acro) | Glow Kids (7-11 yrs)

This class is designed for dancers who have completed Glow Kids Ballet III and/or have received an invitation to join this group. If your child is interested in joining the Glow Kids Senior Class, please contact the instructor prior to registration. In this 2-hour class, dancers will continue their education in ballet, jazz and acro. Attire: leotard (any colour), pink ballet convertible tights, pink ballet shoes, and hair up in a ballet bun. Bring a water bottle.

| | | |
|---------------------------------|-----------------|--------------|
| 322386 | \$260/13 sess | |
| Th | 3:45 PM-5:45 PM | Apr 1-Jun 24 |
| <i>Instructor: Lia Fletcher</i> | | |

Guitar, Recorder & Ukulele (8+ yrs)

Private 30 minute lessons to work at your own level and pace. The classes are focused on technique, repertoire, basic theory and practicing skills. Participants must provide their own instrument and a digital tuner for string instruments (nylon string guitar recommended for beginners). Books will be available at the first class for \$15 and up, depending on the instrument, style and level.

322373 \$266/14 sess
Tu 4:30 PM-5:00 PM Mar 30-Jun 29

322374 \$266/14 sess
Tu 5:15 PM-5:45 PM Mar 30-Jun 29

322375 \$266/14 sess
Tu 6:00 PM-6:30 PM Mar 30-Jun 29

322376 \$266/14 sess
Tu 6:45 PM-7:15 PM Mar 30-Jun 29

325930 \$171/9 sess
Tu 4:30 PM-5:00 PM Jul 6-Aug 31

325931 \$171/9 sess
Tu 5:15 PM-5:45 PM Jul 6-Aug 31

325932 \$171/9 sess
Tu 6:00 PM-6:30 PM Jul 6-Aug 31

325933 \$171/9 sess
Tu 6:45 PM-7:15 PM Jul 6-Aug 31

Instructor: Rene Hugo-Sanchez

Violin Private Lessons (5+ yrs)

Join as a complete beginner or tune up your violin skills. Students of all levels are welcome! Learn the violin in a supportive environment with a dedicated teacher, who will also provide you with information on how to get the appropriate size and type of violin. Lessons are scheduled in 30 minute time slots. For more information, visit www.viol.ir.

322390 \$312/12 sess
Sa 2:00 PM-2:30 PM Apr 3-Jun 19

322391 \$312/12 sess
Sa 2:45 PM-3:15 PM Apr 3-Jun 19

322392 \$312/12 sess
Sa 3:30 PM-4:00 PM Apr 3-Jun 19

325960 \$208/8 sess
Sa 2:00 PM-2:30 PM Jul 3-Aug 21

325961 \$208/8 sess
Sa 2:45 PM-3:15 PM Jul 3- Aug 21

325962 \$208/8 sess
Sa 3:30 PM-4:00 PM Jul 3- Aug 21

Instructor: Ali Nourbakhsh

Junior Tennis (8-12 yrs)

This class continues to develop tennis skills for those students who have already learned basic tennis. Students will participate in a variety of fun drills and games to enhance their skills.

322378 \$196/14 sess
T 5:00 PM-6:00 PM Mar 30-Jun 29

Instructor: Juan Carlos Maldonado

Mini Tennis (6-10 yrs)

This class is an introduction to tennis for children. Students are introduced to basic forehand and backhand skills, while developing hand eye coordination through a variety of fun games and activities. Lessons will take place in the gymnasium when weather is inclement.

322383 \$196/14 sess
T 3:45 PM-4:45 PM Mar 30-Jun 29

Instructor: Juan Carlos Maldonado

Rhythmic Gymnastics

Come and join our Rhythmic gymnastics programs in a fun recreational format! Rhythmic Gymnastics is a beautiful combination of gymnastics, ballet, along with the self expression and rhythm of dance by using hand apparatus such as rope, hoop, ball, clubs or ribbon.

3-5 yrs | 322384 \$78/13 sess
Th 4:15 PM-5:00 PM Apr 1-Jun 24

6-9 yrs | 322385 \$91/13 sess
Th 5:15 PM-6:15 PM Apr 1-Jun 24

Instructor: Olympia Rhythmic Gymnastics

Youth

Summer Youth Leadership Camp (11-14 yrs)

Got what it takes to become a young leader? Learn how to become a role model! Examples of activities and out trips include (but not limited to) swimming, rock climbing, crafts, cooking, special presentations and inspiring guest speakers tailored to youth leadership. Bring your friends and a sense of adventure! Don't wait, register now!

| | |
|------------------------------|---------------|
| Week 1 327421 \$130/5 sess | Jul 5-Jul 9 |
| M Tu W Th F 10:00 AM-3:30 PM | |
| Week 2 327424 \$130/5 sess | Jul 12-Jul 16 |
| M Tu W Th F 10:00 AM-3:30 PM | |
| Week 3 327425 \$130/5 sess | Jul 19-Jul 23 |
| M Tu W Th F 10:00 AM-3:30 PM | |
| Week 4 327427 \$130/5 sess | Jul 26-Jul 30 |
| M Tu W Th F 10:00 AM-3:30 PM | |
| Week 5 327429 \$104/4 sess | Aug 3-Aug 6 |
| Tu W Th F 10:00 AM-3:30 PM | |
| Week 6 327433 \$130/5 sess | Aug 9-Aug 13 |
| M Tu W Th F 10:00 AM-3:30 PM | |
| Week 7 327437 \$130/5 sess | Aug 16-Aug 20 |
| M Tu W Th F 10:00 AM-3:30 PM | |
| Week 8 327439 \$130/5 sess | Aug 23-Aug 27 |
| M Tu W Th F 10:00 AM-3:30 PM | |
| Week 9 327440 \$130/5 sess | Aug 30-Sep 3 |
| M Tu W Th F 10:00 AM-3:30 PM | |

Instructor: No Instructor

Adult

Zumba with Lubna (19+ yrs)

Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba classes feature exotic rhythms set to high-energy Latin and International beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating.

322399 \$25.71/3 sess

Tu 6:15 PM-7:15 PM Jun 8-Jun 22

322400 \$34.29/4 sess

Sa 9:15 AM-10:15 AM Jun 5-Jun 26

325970 \$77.14/9 sess

Tu 6:15 PM-7:15 PM Jul 6-Aug 31

325971 \$90/10 sess

Sa 9:15 AM-10:15 AM Jul 3-Sep 4

Instructor: Lubna Dalupang

SIRvivor Prostate Cancer Survivors Exercise (19+ yrs)

A group-based exercise program for men who have been diagnosed with prostate cancer. This 6 week program is led twice a week for 60 minutes by a BCRPA-registered Fitness Leader with additional cancer exercise training. Classes will address the needs of men with prostate cancer & will include resistance training, flexibility, balance and aerobic exercise.

324541 \$60/12 sess

Tu F 8:00 AM-9:00 AM Apr 6-May 14

325957 \$60/12 sess

Tu F 8:00 AM-9:00 AM May 18-Jun 25

Instructor: Keiko Murakami

Outdoor Hatha Yoga | Beginner/Intermediate (19+ yrs)

Are you ready to move in new ways to address stiffness and soreness in your body? Would you like to quiet your mind for deeper relaxation? This online hatha yoga class makes yoga accessible to people of all ages, physical abilities and body types. Experienced instructor, Shannon Piedt, teaches yoga poses, breathing and mindful awareness to build inner and outer strength and flexibility. This program will be presented outdoors at the community centre. Please bring your own mat and water. Please dress for the weather.

325963 \$57.14/4 sess

W 6:00 PM-7:15 PM Jul 7-Jul 28

329687 \$57.14/4 sess

W 6:00 PM-7:15 PM Aug 4-Aug 25

Instructor: Shannon Piedt

Strength and Stretch

Developing and maintaining muscular, bone and joint health is key for older adults. For those who want to improve their muscular strength, stability and range of motion, this chair-based strength class is designed to improve functional strength, bone density, balance & coordination, posture, range of motion, and flexibility. No equipment will be used.

322388 \$26.67/4 sess

Tu 1:00 PM-2:00 PM Apr 6-Apr 27

322389 \$26.67/4 sess

Tu 2:15 PM-3:15 PM Apr 6-Apr 27

330873 \$26.67/4 sess

Tu 1:00 PM-2:00 PM Jun 8-Jun 29

330875 \$26.67/4 sess

Tu 2:15 PM-3:15 PM Jun 8-Jun 29

325958 \$26.67/4 sess

Tu 1:00 PM-2:00 PM Aug 10-Aug 31

325959 \$26.67/4 sess
Tu 2:15 PM-3:15 PM Aug 10-Aug 31
Instructor: Bonnie McCoy

Guitar & Ukulele (8+ yrs)

Private 30 minute lessons to work at your own level and pace. The classes are focused on technique, repertoire, basic theory and practicing skills. Participants must provide their own instrument and a digital tuner for string instruments (nylon string guitar recommended for beginners). Books will be available at the first class for \$15 and up, depending on the instrument, style and level.

322373 \$266/14 sess
Tu 4:30 PM-5:00 PM Mar 30-Jun 29

322374 \$266/14 sess
Tu 5:15 PM-5:45 PM Mar 30-Jun 29

322375 \$266/14 sess
Tu 6:00 PM-6:30 PM Mar 30-Jun 29

322376 \$266/14 sess
Tu 6:45 PM-7:15 PM Mar 30-Jun 29

325930 \$171/9 sess
Tu 4:30 PM-5:00 PM Jul 6-Aug 31

325931 \$171/9 sess
Tu 5:15 PM-5:45 PM Jul 6-Aug 31

325932 \$171/9 sess
Tu 6:00 PM-6:30 PM Jul 6-Aug 31

325933 \$171/9 sess
Tu 6:45 PM-7:15 PM Jul 6-Aug 31

Instructor: Rene Hugo-Sanchez

Violin Private Lessons (5+ yrs)

Join as a complete beginner or tune up your violin skills. Students of all levels are welcome! Learn the violin in a supportive environment with a dedicated teacher, who will also provide you with information on how to get the appropriate size and type of violin. Lessons are scheduled in 30 minute time slots. For more information, visit www.viol.ir.

322390 \$338/13 sess
Sa 2:00 PM-2:30 PM Apr 3-Jun 26

322391 \$338/13 sess
Sa 2:45 PM-3:15 PM Apr 3-Jun 26

322392 \$338/13 sess
Sa 3:30 PM-4:00 PM Apr 3-Jun 26

325960 \$260/10 sess
Sa 2:00 PM-2:30 PM Jul 3-Sep 4

325961 \$260/10 sess
Sa 2:45 PM-3:15 PM Jul 3-Sep 4

325962 \$260/10 sess
Sa 3:30 PM-4:00 PM Jul 3-Sep 4

Instructor: Ali Nourbakhsh

Pickleball (19+ yrs)

Singles play only - renter is responsible for finding their own opponent. Opponent must be the same every session and registered over the phone or in-person before the first session. Substitute players are not permitted in the event of an absence. Bring your own paddle and clearly marked ball to indicate the owner. Pickleball is a combination of ping-pong, tennis and badminton. This mini-tennis game is played by 2 people on a badminton-sized court using wood paddles and a plastic wiffle ball. This program day and timeslot is not permanent; it was created in response to priority programming for older adults and is subject to change.

320134 \$40/12 sess
M 4:15 PM-5:00 PM Mar 29-Jun 28

320145 \$40/12 sess

| | | |
|--------|-------------------|---------------|
| M | 4:15 PM-5:00 PM | Mar 29-Jun 28 |
| 320146 | \$40/12 sess | |
| M | 5:15 PM-6:00 PM | Mar 29-Jun 28 |
| 320137 | \$40/12 sess | |
| M | 5:15 PM-6:00 PM | Mar 29-Jun 28 |
| 320139 | \$40/12 sess | |
| M | 6:15 PM-7:00 PM | Mar 29-Jun 28 |
| 320147 | \$40/12 sess | |
| M | 6:15 PM-7:00 PM | Mar 29-Jun 28 |
| 320706 | \$26.67/8 sess | |
| M | 4:15 PM-5:00 PM | Jul 5-Aug 30 |
| 320717 | \$26.67/8 sess | |
| M | 4:15 PM-5:00 PM | Jul 5-Aug 30 |
| 320718 | \$26.67/8 sess | |
| M | 5:15 PM-6:00 PM | Jul 5-Aug 30 |
| 320709 | \$26.67/8 sess | |
| M | 5:15 PM-6:00 PM | Jul 5-Aug 30 |
| 320711 | \$26.67/8 sess | |
| M | 6:15 PM-7:00 PM | Jul 5-Aug 30 |
| 320719 | \$26.67/8 sess | |
| M | 6:15 PM-7:00 PM | Jul 5-Aug 30 |
| 320148 | \$46.67/14 sess | |
| W | 12:30 PM-1:15 PM | Mar 31-Jun 30 |
| 320138 | \$46.67/14 sess | |
| W | 12:30 PM-1:15 PM | Mar 31-Jun 30 |
| 320149 | \$46.67/14 sess | |
| W | 1:30 PM-2:15 PM | Mar 31-Jun 30 |
| 320136 | \$46.67/14 sess | |
| W | 1:30 PM-2:15 PM | Mar 31-Jun 30 |
| 320140 | \$46.67/14 sess | |
| W | 2:30 PM-3:15 PM | Mar 31-Jun 30 |
| 320142 | \$46.67/14 sess | |
| W | 2:30 PM-3:15 PM | Mar 31-Jun 30 |
| 320710 | \$30/9 sess | |
| W | 12:30 PM-1:15 PM | Jul 7-Sep 1 |
| 320720 | \$30/9 sess | |
| W | 12:30 PM-1:15 PM | Jul 7-Sep 1 |
| 320708 | \$30/9 sess | |
| W | 1:30 PM-2:15 PM | Jul 7-Sep 1 |
| 320721 | \$30/9 sess | |
| W | 1:30 PM-2:15 PM | Jul 7-Sep 1 |
| 320712 | \$30/9 sess | |
| W | 2:30 PM-3:15 PM | Jul 7-Sep 1 |
| 320714 | \$30/9 sess | |
| W | 2:30 PM-3:15 PM | Jul 7-Sep 1 |
| 320133 | \$43.33/13 sess | |
| F | 12:00 PM-12:45 PM | Apr 9-Jul 2 |
| 320144 | \$43.33/13 sess | |
| F | 12:00 PM-12:45 PM | Apr 9-Jul 2 |
| 320143 | \$43.33/13 sess | |
| F | 1:00 PM-1:45 PM | Apr 9-Jul 2 |
| 320135 | \$43.33/13 sess | |
| F | 1:00 PM-1:45 PM | Apr 9-Jul 2 |
| 320141 | \$43.33/13 sess | |
| F | 2:00 PM-2:45 PM | Apr 9-Jul 2 |
| 320150 | \$43.33/13 sess | |
| F | 2:00 PM-2:45 PM | Apr 9-Jul 2 |
| 320716 | \$30/9 sess | |
| F | 12:00 PM-12:45 PM | Jul 9-Sep 3 |

| | | |
|--------|-------------------|-------------|
| 320705 | \$30/9 sess | |
| F | 12:00 PM-12:45 PM | Jul 9-Sep 3 |
| 320707 | \$30/9 sess | |
| F | 1:00 PM-1:45 PM | Jul 9-Sep 3 |
| 320715 | \$30/9 sess | |
| F | 1:00 PM-1:45 PM | Jul 9-Sep 3 |
| 326002 | \$30/9 sess | |
| F | 2:00 PM-2:45 PM | Jul 9-Sep 3 |
| 320722 | \$30/9 sess | |
| F | 2:00 PM-2:45 PM | Jul 9-Sep 3 |

Acrylic Paint Pouring Workshops (18+ yrs)

During this workshop you will create your very own pouring masterpiece! Acrylic paint pouring is also known as fluid art. It's a fun and creative way to make abstract art. Learn basic techniques including dirty pour and a simple pour, as well as how to create a flow and beautiful cells throughout your painting. Each participant will make an item to take home. Expect to take home wet painted projects in a box. For more information please contact me at pixeydixey41@yahoo.com.

| | | |
|-------------------------|-------------------|--------|
| Clay Pots 324303 | \$45/1 sess | |
| Sa | 10:00 AM-11:30 AM | Apr 24 |
| Canvases 324324 | \$45/1 sess | |
| Sa | 10:00 AM-11:30 AM | May 29 |
| Plant Pots 324332 | \$45/1 sess | |
| Sa | 10:00 AM-11:30 AM | Jun 19 |
| Candle Holders 325917 | \$45/1 sess | |
| Sa | 10:00 AM-11:30 AM | Jul 24 |
| Canvases 325918 | \$45/1 sess | |
| Sa | 10:00 AM-11:30 AM | Aug 14 |

Instructor: Valerie Ferrar

Aerobics | Refit Monday (19+ yrs)

A low impact class for older adults or those starting out. Cardio is 20-25 minutes. No equipment will be used. Please bring your own mat.

| | | |
|--------|-------------------|---------------|
| 320176 | \$48.57/12 sess | |
| M | 10:30 AM-11:30 AM | Mar 29-Jun 28 |
| 320702 | \$16.19/4 sess | |
| M | 10:30 AM-11:30 AM | Jul 5-Jul 26 |

Instructor: Hiroko Shinozaki

Aerobics | Body Sculpt (19+ yrs)

Train smart with a mindful session using bodyweight exercises to get a full body workout. Classes vary each week but are movement pattern based and will always include squat, lunge, bend, twist, push & pull exercises that optimize full body functionality. Build muscular strength and endurance, improve cardiovascular fitness, develop better coordination and improve body awareness while shaping, toning and having fun. Suitable for a range of fitness levels from beginner to advanced. Bring your own mat and filled water bottle. No equipment will be used.

| | | |
|--------|------------------|---------------|
| 320173 | \$56.67/14 sess | |
| Tu | 9:15 AM-10:15 AM | Mar 30-Jun 29 |
| 320699 | \$16.19/4 sess | |
| Tu | 9:15 AM-10:15 AM | Jul 6-Jul 27 |

Instructor: Leah Tom

Aerobics | Cardio+Strength+Core (19+ yrs)

A high energy interval class guaranteed to boost cardio, strengthen core muscles and improve flexibility. A total body work out that incorporates body weight. Cardio is 25 minutes followed by core exercises and stretching. No complicated moves. Class can be modified for various fitness levels. Energy required! Bring your own mat and filled water bottle. No equipment will be used.

| | | |
|--------|------------------|---------------|
| 320174 | \$56.67/14 sess | |
| W | 9:15 AM-10:15 AM | Mar 31-Jun 30 |

320700 \$16.19/4 sess
W 9:15 AM-10:15 AM Jul 7-Jul 28

Instructor: Gail Marek

Aerobics | Refit Wednesday (19+ yrs)

A low impact class for older adults or those starting out. Cardio is 20-25 minutes. No equipment will be used. Please bring your own mat.

320177 \$56.67/14 sess
W 10:30 AM-11:30 AM Mar 31-Jun 30

320703 \$16.19/4 sess
W 10:30 AM-11:30 AM Jul 7-Jul 28

Instructor: Gail Marek

Aerobics | Refit Friday (19+ yrs)

A low impact class for older adults or those starting out. Cardio is 20-25 minutes. Bring your own mat and filled water bottle. No equipment will be used.

320175 \$56.67/12 sess
F 10:30 AM-11:30 AM Apr 9-Jun 25

320701 \$16.19/4 sess
F 10:30 AM-11:30 AM Jul 9-Jul 30

Instructor: Betty-Lynn Ward

Aerobics | TGIF (19+ yrs)

A moderate to intense level class of three 20 minute segments incorporating a combination of several types of classes, including hi/lo, body sculpting, and stretching. Bring your own mat and filled water bottle. No equipment will be used.

320178 \$52.62/13 sess
F 9:15 AM-10:15 AM Apr 9-Jul 2

320704 \$16.19/4 sess
F 9:15 AM-10:15 AM Jul 9-Jul 30

Instructor: Betty-Lynn Ward

Body Ball=Strong Abs, Back and Core (19+ yrs)

Strengthen your abdominal and back muscles while enhancing your core strength and balance. The use of a stability ball is proven to effectively target and challenge those specific groups of muscles, which will help you look and feel strong from the inside out. Participants should feel comfortable on a stability ball and be able to get up and down off the floor. All fitness levels welcome.

322366 \$42.86/6 sess
W 6:30 PM-7:15 PM Apr 7-May 12

3322367 \$42.86/6 sess
W 6:30 PM-7:15 PM May 26-Jun 30

Instructor: Colleen Waldron

Dance Fitness (19+ yrs)

Get your heart pumping with easy to follow dance moves set to music from a variety of stylistic and musical genres and eras in a safe and physically distanced environment. Celebrate your beautiful, fierce self while getting fit and having fun. No equipment necessary but bring a water bottle and a towel.

322370 \$108.5/14 sess
Tu 11:30 AM-12:30 PM Mar 30-Jun 29

325927 \$64.29/9 sess
Tu 11:30 AM-12:30 PM Jul 6-Aug 31

Instructor: Leah Tom

Chinese Classical Dance (19+ yrs)

Chinese classical dance is filled with rich culture and splendid form. Haiyan Zhang wishes to share the beauty of Chinese and other different cultural dances for everyone to enjoy. Dance forms includes: traditional Chinese, Tibetan, XinJiang, Mongolian, Korean, and more!

322369 \$98/14 sess

W 11:30 AM-1:00 PM Mar 31-Jun 30

322368 \$91/13 sess

Th 11:00 AM-12:30 PM Apr 1-Jun 24

325926 \$63/9 sess

W 11:30 AM-1:00 PM Jul 7-Sep 1

325925 \$63/9 sess

Th 11:00 AM-12:30 PM Jul 8-Sep 2

Instructor: Mimi Haizan Zhang

Line Dancing (19+ yrs)

A great way to exercise your brain your heart your body; you'll learn basic dance moves and routines. Join us to find out how much fun line dancing can be! Instruction in English & Chinese.

322379 \$60/12 sess

M 10:15 AM-11:15 AM Mar 29-Jun 28

325935 \$40/8 sess

M 10:15 AM-11:15 AM Jul 5-Aug 30

Instructor: Lily Chu

Yoga for All (19+ yrs)

This program will help students of all levels cultivate a strong body, a powerful mind, and a peaceful heart. Moving dynamically with breath through flowing gentle yoga postures you will build whole body strength, unwind tight joints, and restore physical, mental & emotional balance. This beginner level class offers new and experienced students a safe, fun and supportive environment to explore the foundation postures and breathing techniques of Hatha Yoga. Improve your flexibility, strength, mental health and state of being by practicing easy twists, balances, stretches and inversions. Please bring your own mat.

322394 \$84/6 sess

Th 6:15 PM-7:15 PM Apr 15-May 20

322395 \$70/5 sess

Th 6:15 PM-7:15 PM May 27-Jun 24

Instructor: Into Yoga

Yoga for Vitality (19+ yrs)

This is a gentle class appropriate for all levels. With yoga as the foundation, you will also learn ELDOA? method postures to alleviate neck and back pain as well as Buteyko Breathing principles to restore your nervous system. This is the ultimate self care class where you will learn valuable tips to maintain your health and wellbeing. Marla Waal has been teaching for over 20 years and creates her classes to fit the participants.

322396 \$168/14 sess

W 9:30 AM-10:30 AM Mar 31-Jun 30

325967 \$108/9 sess

W 9:30 AM-10:30 AM Jul 7-Sep 1

Instructor: Marla Waal

Seniors

Line Dancing | Basic Beginner (55+ yrs)

Enjoy learning basic line dance steps as you do beginner level line dances to a variety of music old and new. Line dancing is done without partners.

322380 \$62.86/12 sess

F 12:30 PM-1:30 PM Apr 9-Jun 25

Instructor: Kirsten Person

Line Dancing | Seniors (55+ yrs)

Fun and good exercise in a warm and welcoming environment for those who have had some line dancing experience. New dances as well as old favourites are taught to a variety of music. In each class there is a thorough walk-through of every dance. No partner required.

322381 \$62.86/12 sess

Th 10:00 AM-12:00 PM Apr 8 -Jun 24

Instructor: Kirsten Person

Martial Gym for Seniors (55+ yrs)

Program focuses on 1) Fall prevention and preparation 2) Reduction of some common chronic pains. Exercises are purpose-driven versions of internal martial arts using modernized teaching methods. Improved blood circulation helps remove a very common root cause of ailments. Proper stretching and improved range of movement improve the quality of life as well as remove a lot of common pains. Strong muscles with proper body mechanics make daily tasks easier and safer. Simple skills and games provide the necessary stimulus to the neural system to stay sharp as well as to ensure a better and faster reaction. Instructor give hands-on corrections and adaptations where necessary.

322382 \$57.14/12 sess

M 9:00 AM-10:00 AM Mar 29-Jun 28

Instructor: Mario Lam

SIRvivor Prostate Cancer Survivors Exercise (19+ yrs)

A group-based exercise program for men who have been diagnosed with prostate cancer. This 6 week program is led twice a week for 60 minutes by a BCRPA-registered Fitness Leader with additional cancer exercise training. Classes will address the needs of men with prostate cancer & will include resistance training, flexibility, balance and aerobic exercise.

324541 \$60/12 sess

Tu F 8:00 AM-9:00 AM Apr 6-May 14

325957 \$60/12 sess

Tu F 8:00 AM-9:00 AM May 18-Jun 25

329562 \$60/12 sess

Tu F 8:00 AM-9:00 AM Jul 13-Aug 20

Instructor: Keiko Murakami

Zumba Gold (45+ yrs)

The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. T

322397 \$15/3 sess

W 1:30 PM-2:00 PM Jun 9-Jun 23

325968 \$45/9 sess

W 1:30 PM-2:00 PM Jul 7-Sep 1

Instructor: Suzette Lund