



# Mount Pleasant Recreation Guide

## Spring & Summer 2024

Adult Programs	35-47	Fitness Centre	59	Older Adult Events	48
Group Fitness	34	Library	60	Older Adult Programs	49-57
Children's Programs	19-24	Licensed Child Care	6-8	Preschool Programs	10-15
Children's Specialty Camps	24-25	Birthday Parties	9	Preschool Specialty Camps	16-18
Events	5	Room Rentals	58	Pre-Teen & Youth	26-33

[www.mountpleasantcc.ca](http://www.mountpleasantcc.ca)  
**604.257.3080**

**REGISTRATION BEGINS**  
**Thursday, March 14**

 **online**  **by phone**  **in-person**



Jointly operated by the Mount Pleasant Centre Community Association and the Vancouver Board of Parks & Recreation



The Mount Pleasant Community Centre is situated on the tradition, ancestral, and unceded territories of the xʷməθkʷəjəm (Musqueam), Skwx̱ wú7mesh (Squamish) and səliłwətał (Tseil Waututh) Nations.

It is a privilege to be a guest on these lands and we are dedicated to serving our Mount Pleasant Community. We want to express our gratitude to these Nations for the care, wisdoms, culture, and traditions that have been passed down for generations and have been part of caring for this land since time. For thousands of years the now Mount Pleasant ecosystem has been a rich resource to the First Nations people of the area. Creeks drained the forest just north of False Creek and what is now Kingsway was a frequently traveled route well before it was colonized as a road connecting Vancouver and its various neighbouring cities.

To celebrate and acknowledge the Indigenous history of the area the Mount Pleasant community collaborated through a neighbourhood matching fund to commission 3 works. *Coast Salish design elements* by Cory Douglas, *Coast Salish Eagle Spindlewhorl* by Chrystal Sparrow, and *A Salish Sun* by Jordan Gallie can be viewed in our lobby. We welcome our community to join us in our reflection, learning and allyship.

Everyone spanning the sexuality and gender spectrums is welcome here. We strive to make all community members feel safe, included, and celebrated.

If you experience any barriers registering for programs related to the gender listed on your activenet account please connect with our front desk in person, over the phone 604 257 3080 or by email [MtPleasant.CommunityCentre@vancouver.ca](mailto:MtPleasant.CommunityCentre@vancouver.ca).



Mount Pleasant Community Centre is located at 1 Kingsway in Vancouver. Both main entrances, one on Kingsway and one on East 8th Avenue have power doors. Elevator access to all levels is available from the street level and from the parking lot located below the centre. Our Gymnasium, Art room, Dance Studio, and Games room are located on the street level and the Multipurpose room 2, Multipurpose room 3, Meeting room 2, Commercial Kitchen, and fitness centre are located on the 2nd level. Three Corners Childcare is located on the 3rd level. Elevator access to the fitness centre is available by request through the front office. Two universal washrooms are available and all binary facilities welcome gender diverse people. If you experience any barriers accessing our building or programs please connect with our front desk in person, over the phone 604 257 3080 or email [MtPleasant.CommunityCentre@vancouver.ca](mailto:MtPleasant.CommunityCentre@vancouver.ca) for assistance.

There is an EasyPark underground parking lot located under the centre with an entrance off the alley between East 7th and East 8th avenue. A mix of free and paid parking is available at street level. Public transit stops are also close by.



MOUNT PLEASANT  
COMMUNITY CENTRE  
[www.mountpleasantcca.ca](http://www.mountpleasantcca.ca)

## Operating Hours

### Monday-Friday

6:00am-10:00pm

### Saturday

8:00am-6:00pm

### Sunday & Holidays

9:00am-6:00pm

Office closes  
30 minutes earlier.

## Contact Us

P: 604.257.3080

F: 604.257.3081



# HOW TO REGISTER

## *starting on*

Thursday, March 14



### Register Online @

[www.vanrec.ca](http://www.vanrec.ca)

Starting at 7:00 PM

See sidebar for registration procedure.



### In-Person

Starting at 7:00 PM

We accept cash, Debit, Visa, Amex, and Mastercard.

(1 Kingsway, Vancouver)



### Phone 604.257.3080

Starting at 7:00 PM

We accept Visa, Mastercard and Amex.

(Adult and Senior programs include 5% GST)

1. Registration is first-come, first-serve.
2. Some programs fill up fast! Don't delay!
3. Programs may be cancelled due to insufficient registration.
4. Programs are subject to change or cancellation without notice.

## Leisure Access Program (LAP)

The Leisure Access Program (LAP) is for Vancouver residents whose limited income may prevent them from participating in basic Park Board programs and services. Benefits include 50% discount at fitness centres, free admission to public swimming and ice skating, and more. Please call 311, or visit [www.vancouverparks.ca](http://www.vancouverparks.ca) for more information.

## Financial Assistance

Leisure Access Program (LAP) holders may receive a 50% discount on most programs. Non-LAP holders who require a discount or LAP holders requiring further discount, may submit an application. Youth (16-18yrs) may receive a 25% discount on adult programs. Seniors 60 and over may receive a 28% discount on adult programs.



## Refund Policy

Pro-rated refunds are given up to 48 hours prior to the second class in a series of classes.

Special events, one day workshops, out trips, birthday parties, specialty camps, and outdoor programs require a minimum of 7 days notice for a refund.

A \$25 administrative Refund Fee will apply to all Birthday Party Refund. No Refund for 3 weeks or less.

There is an administrative charge of \$3 for all refund requests.

## Daycamp Refund Policy

The deadline for all camp refunds is the Thursday THREE weeks prior to the camp start date, by 9pm. For example, Spring Break Camp the deadline to withdraw and receive a refund (less the \$20 cancellation fee) is Thursday, February 29, 2024 at 9:00pm. There will be a charge for each withdrawal. See page 8 for more information.

## Membership

Program registrants automatically become voting members of the MPCCA (for one year from registration date). Not a program participant, but want to get involved with the MPCCA and your community? Register as a MPCCA member for free! See page 4 for MPCCA info.

## Privacy Policy

In the course of providing programs and activities, the Mount Pleasant Community Centre Association collects personal information from our members and other individuals who participate in classes, workshops, special events or other facility uses. This information may be used for the provision of services, communication, processing payments or statistical purposes. We do not release this information to other persons, companies or agencies. We respect the importance of protecting the personal information that we collect. For more information on this subject, please contact the front desk.



## Online Registration:

The benefits of registering online at

[www.vanrec.ca](http://www.vanrec.ca)

- No line ups
- 24 hour a day access
- Obtain your personal record
- Quick access to programs and activities

**Step 1:** Visit

[www.vanrec.ca](http://www.vanrec.ca)

**Step 2:** Click on

Recreation Programs

**Step 3:** Activate your

account. Allow 48 hours for set-up! Please call our office if you are having difficulty setting up your account or if you have forgotten your login name or password.



**Our facility is fully wheelchair accessible.**



## Preliminary Results Of The Petition To Fund Mount Pleasant Outdoor Pool Now Submitted To Park Board And City Council

### ONLINE PETITION STILL AVAILABLE TO SIGN!

The Mount Pleasant Pool Committee submitted the preliminary results of this new online petition, plus the paper petition that was circulated for in-person signers at events last year, to the Vancouver Park Board and City Council on January 16, 2023. There were more than 1,440 unique signers at that time (some people signed twice but were recorded only once). Please note that this petition remains open and continues to attract support (45 additional signatures as of February 25!), so we are continuing to collect signatures and we will submit an updated list to Park Board and City Council later this year.

We thank each and every one of you who have signed the new petition and shared it with your family and friends! Please continue to circulate it, but do not sign it more than once, either online or in person! We are determined that Mount Pleasant and surrounding neighbourhoods will once again have an outdoor pool to swim in. The replacement of Mount Pleasant Pool is an Aquatic Strategy priority that is not yet fully funded.

[www.parkboardmeetings.vancouver.ca/2019/20191028/DECISION-VanSplash-VancouverAquaticsStrategyReportBack-20191028.pdf](http://www.parkboardmeetings.vancouver.ca/2019/20191028/DECISION-VanSplash-VancouverAquaticsStrategyReportBack-20191028.pdf)



### Mount Pleasant Community Centre Association (MPCCA)

Mount Pleasant Community Centre is jointly operated by the Mount Pleasant Community Centre Association (MPCCA) and the Vancouver Park Board. The MPCCA's mission is to encourage, promote and support the educational, cultural, social and physical well-being of the people of the Mount Pleasant community. Our volunteer Board meets monthly providing advocacy for programs, events and services, both at the centre and in the community. We welcome all members of the public to become involved in our community and participate as a director and/or on our Committees (Childcare, Community Outreach, Parks, Pool and Program). For more information or to have a director return your call, please contact Lorelei Lauten at 604-257-3070.

### Mount Pleasant Community Centre Association Board of Directors

President .....	Rod Hashimoto
Past President .....	Anita Romaniuk
Vice President .....	Anita Romaniuk
Treasurer .....	Meghan Munro
Secretary .....	Shelley Mills
Directors .....	Jim Bennet, May Chow, Margery Dude, David Fielding, Andrew Munro, Eugene Ang, Ari Metzger, Shelley Mills.

### Mount Pleasant Community Centre Staff

Recreation Facility Clerk	Angela Chalmers	604.257.3067
Recreation Supervisor	Lorelei Lauten	604.257.3070
Recreation Programmer	Nelle Lee	604.257.3072
Recreation Programmer I	Ny Lath	604.257.3075
Fitness Programmer	Mark Cartwright	604.654.0771
Community Youth Worker	TBA	604.257.3069
Our House Manager	Kelly Bodkin	604.707.0311
Child Care Administrator	Vera Meza	604.257.3061 ext 2
3 Corners Manager	Jo Chahal	604.257.3061 ext 3
Licensed Child Care Director	Rebecca Hachey	604.257.3061 ext 1



### MPCC-Board of Directors

Directors meet monthly, providing advocacy for centre programs and services. Members of the public are welcome to become involved. For more information and to have a director return your call, please contact Lorelei Lauten at 604.257.3070.

# Events



## Mother's Day Celebration with Live Music

(50+ yrs)

Let's celebrate Mother's Day with live music. Please note: this event is non-refundable and must present a receipt for entry. No refunds. No reprints.

May 20

M

1:00 PM-3:30 PM

[494187](#)

\$18.00/1 sess

**MAY 20**

## National Indigenous Peoples Day Celebration

Come by and meet and connect with community to celebrate Indigenous Culture. Vendors, Cultural Crafts, Drummers, Dancers and fun! This is a free drop-in event and we welcome everyone!

Jun 15

Sa

12:00 PM-4:00 PM

FREE



**JUN 15**



## International Line Dance Social



(50+ yrs)

Instructor: Regina Chen

You can dance, you can jive, having the best time of your life.....Let's get together and celebrate Easter in a different way! There will be beautiful music, beautiful dances and the best international line dancing group. It's an opportunity to dance, social and meet new friends! Everyone is welcome. No Drop-ins. registration only.

Jul 01

M

1:00 PM-5:30 PM

[494188](#)

\$13/1 sess

**JUL 1**

## Celebrate Mount Pleasant Park Festival

(All Ages)

Mount Pleasant Community Center is coming back to Mount Pleasant Park to bring the community a free, fun, family evening. The event will start at 6:00pm and there will be plenty of activities for all ages. Bring your Lawn chair, picnic blanket, and friends and family to enjoy our Giant Inflatable Movie screen. Movie is scheduled to begin at dusk. Come early to save your spot, and to enjoy FREE family activities. Fun for ALL AGES, no registration required

Jul 20

Sa

6:00 PM-11:00 PM

[501279](#)

FREE/1 sess



**JUL 20**



# Mount Pleasant Community Centre Association Licensed Child Care

Please check our website at [www.mountpleasantcc.ca/licensed-childcare](http://www.mountpleasantcc.ca/licensed-childcare)

## FACILITIES

### 3 Corners Child Care Centre (Full Day Care: 3 months- 5 years)

Located in the Mount Pleasant  
Community Centre @ #1 Kingsway  
Contact: [jasleen.chahal@vancouver.ca](mailto:jasleen.chahal@vancouver.ca)

### Our House Child Care Centre (Preschool, Out of School Care)

Located @ 123 West 16th Ave  
Contact: [kelly.bodkin@vancouver.ca](mailto:kelly.bodkin@vancouver.ca)

## 3 Corners Child Care Centre

(Children aged 3 mon-5 yrs) We do not maintain an ongoing waitlist.

Our programs are currently **FULL**. Occasionally spaces may come up available and be posted on our website at [www.mountpleasantcc.ca/licensed-childcare/](http://www.mountpleasantcc.ca/licensed-childcare/)

Program	Hours of Care	Fee
Infant/Toddler (0-18 months)	7:30am-6:00pm	\$1624 - \$900 Fee Reduction: <b>\$724</b>
Infant/Toddler (18-36 months)		\$1619 - \$900 Fee Reduction: <b>\$719</b>
3-5 Program (under 36 months)		\$1119 - \$900 Fee Reduction: <b>\$219</b>
3-5 Program (37 months-5 years)		\$1029 - \$545 Fee Reduction: <b>\$484</b>
All families pay \$50 non-refundable and 1 month security deposit		

## Out of School Care

Our Out of School Care Program provides year round care for children ages 5-12 years old. We offer before/after school care and care on non-instructional days during the school year. In addition, we offer optional weekly daycamps during Winter and Spring Breaks, and during the Summer when school is not in session.

Please see our website at [www.mountpleasantcc.ca/out-of-school-care/](http://www.mountpleasantcc.ca/out-of-school-care/) for more information.

**Child Care Fee Reduction Initiative:** We are a part of CCFRI. Below rates are the full reduced rates. The amount of fee reduction is different for Kindergarten age group and Grades 1 -7 based on provinces guidelines.

Program	Hours of Care	Fee
After School Care	3:00pm-6:00pm	<b>\$345.50</b>
After School Care (D.O.B. 2018)	3:00pm-6:00pm	<b>\$260.50</b>
Before/After School Care	7:30am-9:00am/3:00pm-6:00pm	<b>\$370</b>
Before/After School Care (D.O.B. 2018)	7:30am-9:00am/3:00pm-6:00pm	<b>\$200</b>

For additional information regarding our Out of School Care Program please contact [kelly.bodkin@vancouver.ca](mailto:kelly.bodkin@vancouver.ca) or call 604-707-0311.

### Out of School Care – Waitlists

**Online Kindergarten age Waitlist registration opened on March 1st, 2024 at 10:00 am.** This is for children born in 2019 who will be attending Simon Fraser Elementary in the 2024-2025 school year. Our waitlist registration for children grades 1-7 is ongoing. Please contact [kelly.bodkin@vancouver.ca](mailto:kelly.bodkin@vancouver.ca) for more information.

### →Funding

All Families can apply for ACCB and other Subsidies for child care at MPCCA. To see if you qualify and get an estimate of your funding go to [www.myfamilyservices.gov.bc.ca/s/estimator](http://www.myfamilyservices.gov.bc.ca/s/estimator).

MPCCA has a child care Bursary fund which can be offered towards fees, and 1-1 support.

See eligibility criteria and application information at [www.mountpleasantcc.ca/licensed-childcare/](http://www.mountpleasantcc.ca/licensed-childcare/)

You can email [vera.meza@vancouver.ca](mailto:vera.meza@vancouver.ca) for more details and forms.



# Licensed Preschool

Our preschool programs offer a play-based emergent curriculum which is responsive to the children's interests and developmental needs. Purposely planned early learning activities are incorporated into the program to support children's development of self-help, social and kindergarten readiness skills.

Please see our website at [www.mountpleasantcc.ca/licensed-preschool/](http://www.mountpleasantcc.ca/licensed-preschool/) for more information.

**Registration for the 2024/2025 Preschool Year Opens March 13, 2024 10:00 am**  
**Online or In Person at Mount Pleasant Community Centre front desk.**



2024/2025 Preschool Schedule	Class Time	Hours Per Class	Tentative Parent Fee after CCFRI reduced
<b>Child Care Fee Reduction Initiative:</b> We are a part of the CCFRI. Monthly Fees are not yet approved by the Ministry. We will advertise once approved on website. These fees are proposed as the reduced fees but are subject to change.			Fees not yet approved TBD
<b>Children born in 2022</b>			
<b>2 Year Olds – Friday AM (does not qualify for CCFRI)</b>	9:15-11:15am	2	\$134
<b>Children born in 2021</b>			
<b>3 Year Olds - MW AM</b>	8:30-11:30am	3	\$229.68
<b>3 Year Olds - Tu/Th AM</b>	8:30-11:30am	3	\$229.68
<b>Children born in 2020 &amp; 2021</b>			
<b>3 &amp; 4 Year Olds – MWF PM</b> Option for Parent Participation	12:30-2:45pm	2.25	\$244.14
<b>3 &amp; 4 Year Olds - Tu/Th PM</b>	12:30-2:45pm	2.25	\$162.76
<b>Children born in 2020</b>			
<b>4 Year Olds - MWF AM</b>	9-12pm	3	\$344.52
<b>4 Year Olds - Tu/Th AM</b>	9-12pm	3	\$229.68



**Our ¾ Years Tu/Th PM class still has spaces available in our current program year (until June).**

These programs are a wonderful opportunity to build social skills, learn about the environment around us, connect with nature.

Our programs are emergent and inclusive.

Scan QR code to see more Preschool Program Details.



## →Funding

All Families can apply for ACCB and other Subsidies for child care at MPCCA. To see if you qualify and get an estimate of your funding go to [www.myfamilyservices.gov.bc.ca/s/estimator](http://www.myfamilyservices.gov.bc.ca/s/estimator).

MPCCA has a child care Bursary fund which can be offered towards fees, and 1-1 support.

See eligibility criteria and application information at [www.mountpleasantcc.ca/licensed-childcare/](http://www.mountpleasantcc.ca/licensed-childcare/)

You can email [vera.meza@vancouver.ca](mailto:vera.meza@vancouver.ca) for more details and forms.

## →Inclusion Policy

**Vision:** Every child and family is unique and should have access to an inclusive and respectful child care experience.

**Policy:** MPCCA child care programs embrace diversity and celebrate environments of acceptance, respect, understanding and inclusion. We commit to learn, understand and appreciate each person's unique attributes, abilities and cultural history to ensure that each child is recognized, reflected and valued in our programs. Our educators support the unique abilities of each child to ensure they reach their highest potential.

MPCCA works with BC Centre for Ability and other community partners to enhance our ability to support children of all abilities through training and consultation..



## Creating a City of Vancouver Account:

If you do not have a City of Vancouver on-line account, you will need to set one up at least 48 hours before registration day. Please visit [vanrec.ca](http://vanrec.ca) to set up an account.

## →Funding

All Families can apply for ACCB and other Subsidies for child care at MPCCA. To see if you qualify and get an estimate of your funding go to [www.myfamilyservices.gov.bc.ca/s/stimator](http://www.myfamilyservices.gov.bc.ca/s/stimator).

MPCCA has a child care Bursary fund which can be offered towards fees, and 1-1 support. See eligibility criteria and application information at [www.mountpleasantcc.ca/licensed-childcare/](http://www.mountpleasantcc.ca/licensed-childcare/)

You can email [vera.meza@vancouver.ca](mailto:vera.meza@vancouver.ca) for more details and forms.

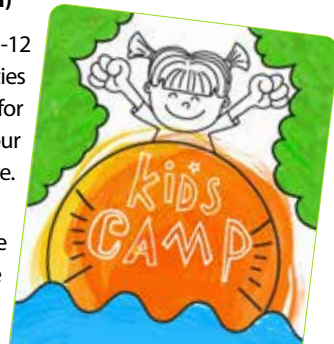
# Our House Child Care Centre Summer Day Camp

For children 5-12yrs old (Children born 2011-2018)

Located at: 123 West 16 Avenue (16<sup>th</sup> & Manitoba)

We are thrilled to once again offer our popular Summer Break Daycamps for children 5-12 years old – Born 2011 - 2018. Children will participate in a variety of fun-filled activities and field trips. Program fees include transportation and admission costs. AM/PM Care for Break Programs is for children who require care before 9am and after 4pm, during our break programs. Full day Break Program registration is a pre-requisite for AM/PM Care. For PM Care, program fees include afternoon snack.

\*\*It is important that each child is successful in the program and that we can meet the needs of your child and the entire group. If your child requires extra support, please email [kelly.bodkin@vancouver.ca](mailto:kelly.bodkin@vancouver.ca) to discuss their needs prior to registering.\*\*



## Our House Daycamp Registration Dates & Info

Register in person or online at [vanrec.ca](http://vanrec.ca) or at the Mount Pleasant Community Centre front desk.

**April 19, 2024 at 10am**

## OH Summer Daycamp 2024 Fees

**July 2-August 30**

*Register By Week!*

*Please ensure you are registering your child based on year of birth.*

**Child Care Fee Reduction Initiative:** We are a part of the CCFRI. The below weekly fees are unreduced. The amount of fee reduction is different for Kindergarten age group and Grades 1 -7 based on provinces guidelines.

Programs	Hours	5 Day Week	4 Day Week	Cancellation Fee
AM Care	7:30am-9:00am	\$45	\$36	<b>\$10.00/Week and per child**</b>
Daycamp (Gr. 1-7)	9:00am-4:00pm	\$162.55	\$130.20	
Daycamp	9:00am-4:00pm	\$111.50	\$89.20	
PM Care	4:00pm-6:00pm	\$55.50	\$44.40	

*\*\*Fees will not be pro-rated regardless of how many days a child attends\*\**

## \*\*Daycamp Withdrawal Policy & Fee:



**The deadline for all refunds has changed and is as follows for the summer:**

Day Camp Week	Deadline to withdraw for refund less \$10 cancellation fee
Weeks 1 – 5	Thursday, June 13, 2024
Weeks 6 - 9	Thursday, July 11, 2024

The deadline for all refunds is the THURSDAY by 9pm, THREE weeks prior to the first week of the month Ex: If you are withdrawing your child from Week 1, we require notice by Thursday, June 13th, no later than 9pm. A \$20.00 cancellation fee will be charged for all cancelled weeks of daycamp. These fees will support the administrative costs associated with scheduling changes. This fee will apply to EACH CHILD and EACH WEEK that is withdrawn.

Ex: If you enroll in weeks 1, 2, your plans change and you withdraw from week 2 by June 13th, you will be refunded the week's fees less \$10. All refunds are to be processed by the Child Care Administrator: [vera.meza@vancouver.ca](mailto:vera.meza@vancouver.ca) or by calling the Mount Pleasant Community Centre front desk at 604-257-3080.

**\*Withdrawals received past the deadlines below will not be refunded\***



# Happy Birthday

## Birthday Party - Preschool 1

(0-5 yrs)

**Instructor: Mount Pleasant Birthday Party Leader**

Enjoy private access to parent and tot equipment in our 2/3 gymnasium with an inflatable, a party room and two birthday leaders to help you facilitate the party. Room Capacity of 50. Refund for Birthday Party require 3 weeks notice or \$25 administrative fee will apply.

May 18 – Jun 29	Sa	1:00 PM-3:00 PM
<b>494662-494668</b>		\$280.00/1 sess



## Birthday Party - Preschool 2

(0-5 yrs)

**Instructor: Mount Pleasant Birthday Party Leader**

Want a party, but not the hassle? Let us help! Enjoy private access to parent and tot equipment in our 2/3 gymnasium with an inflatable, a party room and two birthday leaders will help you facilitate the party. Room Capacity of 50. Refund for Birthday Party require 3 weeks notice or \$25 administrative fee will apply. No refund for 7 days or less.

May 18 – Jun 29	Sa	3:45 PM-5:45 PM
<b>494669-494675</b>		\$280.00/1 sess

## Birthday Party - Preschool 1

(0-5 yrs)

**Instructor: Mount Pleasant Birthday Party Leader**

Enjoy private access to parent and tot equipment in our 2/3 gymnasium with an inflatable, a party room and two birthday leaders to help you facilitate the party. Room Capacity of 50. Refund for Birthday Party require 3 weeks notice or \$25 administrative fee will apply. No refund for 7 days or less.

Jul 06 – Aug 24	Sa	1:00 PM-3:00 PM
<b>499868-499875</b>		\$280.00/2 sess

## Birthday Party - Art Theme

(6-12 yrs)

**Instructor: Mount Pleasant Birthday Party Leader**

Get ready to dive into a fun and memorable birthday party! You will be able to select one of the following instructed crafts: Slime, Clay Key Charms, Foam Squishies, Stress Balls, or Paper Crafts. This birthday party is perfect for those who love hands-on activities! Each party will include 2 birthday party leaders to instruct the craft. Craft supplies will be included. Maximum of 12 participants.

May 05 – Jun 30	Su	1:00 PM-3:00 PM
<b>494680-494688</b>		\$285.00/1 sess

## Birthday Party - Climbing

(6-12 yrs)

**Instructor: Mount Pleasant Climbing Staff**

Want a party, but not the hassle? Let us help! This birthday party package includes 1 hour of climbing followed by 1 hour in a party room. There will be 3 climbing staff, but no birthday leader. Maximum number of kids is 12.

Apr 13 – Jun 22	Sa	2:00 PM-4:00 PM
<b>480844-480853</b>		\$180.00/1 sess

## Birthday Party - Climbing

(6-12 yrs)

**Instructor: Mount Pleasant Climbing Staff**

Want a party, but not the hassle? Let us help! This birthday party package includes 1 hour of climbing followed by 1 hour in a party room. There will be 3 climbing staff, but no birthday leader. Maximum number of kids is 12.

Jul 06 – Aug 24	Sa	2:00 PM-4:00 PM
<b>495843-495850</b>		\$180.00/1 sess

## Refunds

A \$25 administrative fee will apply to all Birthday Party refunds.

## About Marnie



With 25 Years of Teaching Music and Movement to young children and as Vancouver's First Ever Baby Music Teacher, Marnie has honed the craft of teaching captivating, fun and Award Winning Classes. As an Early Childhood Educator & Children's Entertainer Marnie Grey's philosophy is that children learn through movement & PLAY – while pretending to be birds, elephants or simply clapping, children will move and groove and learn along the way. Marnie's classes and music help, develop confidence and allow children to express themselves musically while having FUN! As well as teaching, Marnie tours across the country, singing tunes from her 4 Award Winning albums. Visit [www.MusicwithMarnie.com](http://www.MusicwithMarnie.com)

## Music, Singing and Art



### Music with Marnie Toddlers (1-3 yrs)

**Instructor: Marnie Grey**

This class is all about children learning through PLAY and actively having FUN! Marnie's 25+ years of childhood expertise will have your toddler, jumping, clapping, marching, singing and signing along! Sing and move to traditional as well as original Music with Marnie Songs, from Marnie's 4 recordings. Through the use of puppets, bubbles and jumping galore, your child will be guaranteed to join in on the musical FUN. Drop-ins \$20.00 No class May 20.

Apr 08 - Jun 10	M	10:00 AM-10:45 AM
<b>480515</b>		\$173.25/9 sess

### Music with Marnie Babies

(2months-17months)

**Instructor: Marnie Grey**

Baby Classes taught by the OG of Baby Music! Come explore music through songs, chants, movement, instruments, sign language, bubbles and puppets galore! Marnie's animated and easygoing personality will keep your baby captivated and giggling for the whole class. Songs provided, can help assist with daily routines, and can also enhance children's number concepts, language, strength, coordination and body awareness. Marnie has over 25+ years of experience with little ones, and will consistently use her talent to create a developmentally appropriate class that is both stimulating and fun. Babies will have a blast and adults will leave with an abundance of songs and activities to share with their baby. Drop-ins \$18.00 No class May 20.

Apr 08 - Jun 10	M	11:00 AM-11:30 AM
<b>480512</b>		\$155.25/9 sess
Apr 08 - Jun 10	M	11:45 AM-12:15 PM
<b>480513</b>		\$155.25/9 sess

## Music with Marnie Toddlers

(1-3 yrs)

**Instructor: Marnie Grey**

This class is all about children learning through PLAY and actively having FUN! Marnie's 25+ years of childhood expertise will have your toddler, jumping, clapping, marching, singing and signing along! Sing and move to traditional as well as original Music with Marnie Songs, from Marnie's 4 recordings. Through the use of puppets, bubbles and jumping galore, your child will be guaranteed to join in on the musical FUN. Drop-ins \$20.00 No class May 22.

Apr 10 - Jun 12	W	9:30 AM-10:15 AM
<b>480516</b>		\$173.25/9 sess

## Music with Marnie All Ages/Sibling

(12months-6 yrs)

**Instructor: Marnie Grey**

A perfect program for kids of all ages to sing and dance and enjoy a mixture of age appropriate, action based songs, both traditional and from Marnie's 4 Albums. Great for Siblings (\*Sibling Rate) or Single children. Marnie & the older children will lead the way and actions can be adapted for the younger ones. Get ready to jump in puddles and catch bubbles, because making music fun and learning through play is what Marnie's Award Winning Programs are about. 12 months and up - \*Except Siblings can be 3 months and up. (\*Ask Front Desk for Sibling Rate Discount) Drop-ins \$20 - space permitting. No class May 22.

Apr 10 - Jun 12	W	10:30 AM-11:15 AM
<b>480511</b>		\$173.25/9 sess

## Music with Marnie Babies

(2months-17months)

**Instructor: Marnie Grey**

Baby Classes taught by the OG of Baby Music! Come explore music through songs, chants, movement, instruments, sign language, bubbles and puppets galore! Marnie's animated and easygoing personality will keep your baby captivated and giggling for the whole class. Songs provided, can help assist with daily routines, and can also enhance children's number concepts, language, strength, coordination and body awareness. Marnie has over 25 years of experience with little ones, and will consistently use her talent to create a developmentally appropriate class that is both stimulating and fun. Babies will have a blast and adults will leave with an abundance of songs and activities to share with their baby. Drop-ins \$18.00 No class May 22.

Apr 10 - Jun 12	W	11:30 AM-12:00 PM
<b>480514</b>		\$155.25/9 sess

## Wee Expressions

(10months-4 yrs)

**Instructor: Musical Expressions**

Come on an imaginative journey to engage your child through music & play to build communication, physical, cognitive, social and self-expression skills by jointly participating in singing, instrument playing, accompanying song actions, learning manners, baby sign-language, brain gym and dancing in this interactive class. Our curriculum is based on Music Therapy techniques to work on developmental goals and mixed ages and abilities are welcome. Parent participation required. Instructor website: [musicaexpressions.ca](http://musicaexpressions.ca). Drop-ins \$20.

May 16 - Jun 20 Th 11:15 AM-12:00 PM  
494938 \$97.00/6 sess

May 17 - Jun 21 F 11:30 AM-12:15 PM  
494937 \$97.00/6 sess



## Art and Music with Sun Rey

(1.5yrs-4 yrs)

**Instructor: Sun Rey Han**

Art and music boosts creativity, builds confidence, increases concentration and improves hand-eye coordination. Experience finger painting, abstract art, collage, colouring, stickers, stamping, clay modelling and more. There will be time set aside for sing a longs and storytelling time. Parent/caregiver participation is required. Drop-in if space available.\$18.00 No class May 18.

Apr 20 - Jun 15 Sa 10:00 AM-10:45 AM  
483406 \$128.00/8 sess

## Art and Music with Sun Rey

(1.5yrs-4 yrs)

**Instructor: Sun Rey Han**

Art and music boosts creativity, builds confidence, increases concentration and improves hand-eye coordination. Experience finger painting, abstract art, collage, colouring, stickers, stamping, clay modelling and more. There will be time set aside for sing a longs and storytelling time. Parent/caregiver participation is required. Drop-in if space available.\$18.00 No class May 18.

Apr 20 - Jun 15 Sa 11:00 AM-11:45 AM  
483407 \$128.00/8 sess

## Social



## Parent and Tot Gym

(0-6 yrs)

**Instructor: Mount Pleasant Parent & Tot Staff**

Parent and Tot gym is a perfect time for your toddler to socialize and play. Your child will have the opportunity to explore various climbing apparatuses, sports equipment and other toys. Also a great opportunity to meet other parents! Child must be supervised at all times. Drop-in \$3/child or \$5/family.

May 06 - Jun 29 Tu W Th F Sa 10:00 AM-12:00 PM  
480532 Drop-Ins \$3/Child or \$5/Family

## Parent and Tot Gym

(0-6 yrs)

**Instructor: Mount Pleasant Parent & Tot Staff**

Parent and Tot gym is a perfect time for your toddler to socialize and play. Your child will have the opportunity to explore various climbing apparatuses, sports equipment and other toys. Also a great opportunity to meet other parents! Child must be supervised at all times. Drop-in \$3/child or \$5/family.

Jul 01 - Aug 24 F Sa 10:00 AM-12:00 PM  
494702 Drop-Ins \$3/Child or \$5/Family





## Note to Parents

Preschoolers are encouraged to attend classes unaccompanied by an adult, however, for safety reasons, parents/guardians must stay within the immediate area to address any instances where parents/guardians assistance are warranted. This includes going to the bathroom, dealing with any behavior issues, etc.

## Parenting and Family

### Home Birth Class

(16+ yrs)

**Instructor: Debra Woods**

Why Not Home? Participants learn from a growing body of research about the benefits of giving birth at home. Evidence is presented about safety/risks. All aspects of preparation for a planned home birth are covered: supplies, practical setup/cleanup, hospital transfers, midwifery equipment, consideration for family, siblings, space and noise, and water birth preparation. Details: [www.doulasofvancouver.ca/physiologicalbirthclass](http://www.doulasofvancouver.ca/physiologicalbirthclass)

Jun 16 - Jun 16	Su	10:00 AM-1:00 PM
<b>495263</b>		\$73.50 /1 sess

### Meditation & Flourishing Life

(16+ yrs)

**Instructor: Sung Yang**

Join us in unlocking our inner greatness and empowering ourselves through meditation and insight to create a brighter present and future for all. Taught by an experienced teacher. Session including meditation, talk, Q&A. Info: [lifem.me](http://lifem.me)

Jun 17 - Jun 17	M	7:30 PM-8:30 PM
<b>495303</b>		\$30.00 /1 sess

### Physiological Birth Class

(16+ yrs)

**Instructor: Debra Woods**

This class presents birth as a rite of passage and explores how expectant parents can support physiological childbirth from this perspective. Learn how to optimize normal to have a more comfortable, safe and satisfying birth experience. Details: [www.doulasofvancouver.ca/physiologicalbirthclass](http://www.doulasofvancouver.ca/physiologicalbirthclass)

Jun 09 - Jun 09	Su	10:00 AM-1:00 PM
<b>495306</b>		\$73.50 /1 sess

### Practical Newborn Care Class

(16+ yrs)

**Instructor: Debra Woods**

Inexperienced parents (both expectant and new) practice essential baby care skills. This class is particularly suited to first time parents who have little to no experience with newborns. Demos: bath, baby wearing, swaddling, holding, burping, diapering, as well as info on newborn's appearance, characteristics, and infant sleep. Please bring your baby gear, to practice with (bath, swaddling cloths, diapers, sleep wear, baby carriers). Details: [www.doulasofvancouver.ca/practicalbabycare](http://www.doulasofvancouver.ca/practicalbabycare)

May 05 - May 05	Su	1:00 PM-3:00 PM
<b>495318</b>		\$68.25 /1 sess

## Baby & Me Yoga

(16+ yrs)

**Instructor: Liza Randolph Hunwick**

Regain strength, flexibility, and bond with your baby on the outside by incorporating infant massage, all while connecting with other parents in this gentle Hatha class. Ease your way into parenthood: ease your way back into your new postpartum body. Suitable for pre-crawling babies. Distractions by the babies are expected during this unique yoga class - breaks for feedings or soothing are completely encouraged! All yoga levels welcome. Any caregiver welcome to attend with their baby. For any questions, visit [embraceyogawellness.ca](http://embraceyogawellness.ca) or email Liza at [EmbraceYogaWellness@gmail.com](mailto:EmbraceYogaWellness@gmail.com) Drop in \$19.00 as space allows space permitting

May 16 - May 16	Th	11:30 AM-12:30 PM
<b>495221</b>		\$17.00 /2 sess

Jun 13 - Jun 27	Th	11:30 AM-12:30 PM
<b>500491</b>		\$51.00 /3 sess

Jul 11 - Aug 22	Th	11:30 AM-12:30 PM
<b>495222</b>		\$102.00 /6 sess

## Dance

### Parent and Tot Dance

(1-3 yrs)

**Instructor: Vancouver Performing Stars**

Introduce your little ones to the world of dance. Classes are designed to encourage little dancers to join in and have fun while dancing with mom or dad. Elements of ballet dancing, singing, and high energy movement to music will be included. Parent or guardian participation is required. Visit [www.performingstars.ca](http://www.performingstars.ca) for more information. No class May 18.

Apr 06 - Jun 08	Sa	9:30 AM-10:00 AM
<b>484027</b>		\$126.00/9 sess

### Tiny Ballet

(3 yrs)

**Instructor: Vancouver Performing Stars**

Introduce your child to the world of ballet. These classes develop coordination, musicality and fluidity of movement while having fun. Increased ballet technique is expected at each progressive level. Appropriate dance shoes and attire please. Child must be able to attend class alone. Visit [www.performingstars.ca](http://www.performingstars.ca) for more information. No class May 18.

Apr 06 - Jun 08	Sa	10:00 AM-10:45 AM
<b>484029</b>		\$135.00/9 sess

## Mini Ballet

(4 yrs)

**Instructor:** Vancouver Performing Stars

Introduce your child to the world of ballet. These classes develop coordination, musicality and fluidity of movement while having fun. Increased ballet technique is expected at each progressive level. Appropriate dance shoes and attire please. Child must be able to attend class alone. Visit [performingstars.ca](http://performingstars.ca) for more information. No class May 18.

Apr 06 - Jun 08	Sa	10:45 AM-11:30 AM
<b>484024</b>		\$135.00/9 sess

## Junior Ballet

(5-7 yrs)

**Instructor:** Vancouver Performing Stars

Introduce your child to the world of ballet. These classes develop coordination, musicality and fluidity of movement while having fun. Increased ballet technique is expected at each progressive level. Appropriate dance shoes and attire please. Visit [performingstars.ca](http://performingstars.ca) for more information. No class May 18.

Apr 06 - Jun 08	Sa	11:30 AM-12:15 PM
<b>484022</b>		\$135.00/9 sess



## Creative Ballet

(3-5 yrs)

**Instructor:** Endorphin Rush Dance

Young ballerinas explore the fun and beauty of ballet while learning the basic techniques. They will love playing with their creative expression in this fun class. Children must be able to participate without a parent in the room. More info: [www.kirbysnelldance.com](http://www.kirbysnelldance.com). Drop-ins \$14.

May 05 - Jun 23	Su	9:15 AM-10:00 AM
<b>494710</b>		\$100.00/8 sess
Jul 07 - Aug 25	Su	9:15 AM-10:00 AM
<b>500585</b>		\$100.00/8 sess

## Creative Ballet

(4-6 yrs)

**Instructor:** Endorphin Rush Dance

Young ballerinas explore the fun and beauty of ballet while learning the basic techniques. Children must be able to participate without a parent in the room. More info: [www.kirbysnelldance.com](http://www.kirbysnelldance.com). Drop-ins \$14.

May 05 - Jun 23	Su	10:05 AM-10:50 AM
<b>494711</b>		\$100.00/8 sess
Jul 07 - Aug 25	Su	10:05 AM-10:50 AM
<b>500586</b>		\$100.00/8 sess

## Hip Hop Breakers

(5-7 yrs)

**Instructor:** Endorphin Rush Dance

This funky and energetic dance builds strength, coordination and flexibility. Learn today's popular dance moves through warm up and easy choreography. A great cardio workout, hip hop is full of style and flair. For more info [www.KirbySnellDance.com](http://www.KirbySnellDance.com) Drop-ins \$14.

May 05 - Jun 23	Su	10:55 AM-11:40 AM
<b>494713</b>		\$100.00/8 sess
Jul 07 - Aug 25	Su	10:55 AM-11:40 AM
<b>500587</b>		\$100.00/8 sess

## My First Dance Class

(2-4 yrs)

**Instructor:** Endorphin Rush Dance

An introduction to creative dance. Aspiring little dancers, along with their guardians, will use songs, movement explorations and games to explore coordination, rhythm, spatial awareness and cooperation. This class for the youngest of dancers to experience a playful class with the support of their parents/guardian present. Parent/guardian participation is required. [www.KirbySnellDance.com](http://www.KirbySnellDance.com) Drop-ins \$14.

May 02 - Jun 20	Th	9:30 AM-10:15 AM
<b>494716</b>		\$100.00/8 sess

## Creative Ballet

(3-5 yrs)

**Instructor:** Endorphin Rush Dance

Young ballerinas explore the fun and beauty of ballet while learning the basic techniques. They will love playing with their creative expression in this fun class. Children must be able to participate without a parent in the room. More info: [www.kirbysnelldance.com](http://www.kirbysnelldance.com). Drop-ins \$14.

May 02 - Jun 20	Th	10:20 AM-11:05 AM
<b>494712</b>		\$100.00/8 sess

## Mini Hip Hop Breakers

(3-5 yrs)

**Instructor:** Endorphin Rush Dance

This non-stop action-packed class includes hip hop, breakdancing, and dance games that will have your dancer moving to the beats. Children must be able to participate without a parent in the room. More info: [www.kirbysnelldance.com](http://www.kirbysnelldance.com). Drop-ins \$14.

May 02 - Jun 20	Th	11:10 AM-11:55 AM
<b>494715</b>		\$100.00/8 sess

## Physical Activity

### Sportball Multisport

(3-5 yrs)

**Instructor: Sportball Vancouver**

Sportball Multi-Sport programs introduce children to the concepts and skills involved in a variety of different ball sports using the Sportball methodology. Classes use developmentally appropriate methods to introduce, practice and refine gross motor skills, in a fun and non-competitive setting. No class May 19.

May 05 - Jun 23	Su	11:00 AM-12:00 PM
<b>494734</b>		\$129.50/7 sess

Jul 07 - Jul 28	Su	11:00 AM-12:00 PM
<b>500631</b>		\$68.00/4 sess

Aug 11 - Aug 25	Su	11:00 AM-12:00 PM
<b>500634</b>		\$51.00/3 sess

### Sportball Parent and Child Multisport

(2-3 yrs)

**Instructor: Sportball Vancouver**

Sportball Parent and Child programs focus on physical literacy and social exploration. Toddlers learn fundamental movement skills and participate in creative motor games. Children are challenged according to individual skill level and grownups are taught techniques to help children practice and progress in a variety of different ball sports. No class May 19.

May 05 - Jun 23	Su	9:15 AM-10:00 AM
<b>494735</b>		\$129.50/7 sess

Jul 07 - Jul 28	Su	9:15 AM-10:00 AM
<b>500633</b>		\$68.00/4 sess

Aug 11 - Aug 25	Su	9:15 AM-10:00 AM
<b>500636</b>		\$51.00/3 sess

### Sportball Parent and Child Multisport

(2-3 yrs)

**Instructor: Sportball Vancouver**

Sportball Parent and Child programs focus on physical literacy and social exploration. Toddlers learn fundamental movement skills and participate in creative motor games. Children are challenged according to individual skill level and grownups are taught techniques to help children practice and progress in a variety of different ball sports.

May 05 - Jun 23	Su	10:00 AM-11:00 AM
<b>494733</b>		\$129.50/7 sess

Jul 07 - Jul 28	Su	10:00 AM-11:00 AM
<b>500632</b>		\$68.00/4 sess

Aug 11 - Aug 25	Su	10:00 AM-11:00 AM
<b>500635</b>		\$51.00/3 sess



### Sportball Indoor Soccer

(3-5 yrs)

**Instructor: Sportball Vancouver**

Kickstart your day! Sportball Soccer programs introduce fundamental concepts of gameplay and teach the basic skills required to bend it like Beckham in a supportive, non-competitive environment. Coaches zero in on skills like throw-ins, dribbling, trapping and passing in fun, exciting, skill-focused games.

May 01 - Jun 26	W	3:30 PM-4:30 PM
<b>494731</b>		\$166.50/9 sess

### Sportball Indoor Soccer

(5-7 yrs)

**Instructor: Sportball Vancouver**

Kickstart your day! Sportball Soccer programs introduce fundamental concepts of gameplay and teach the basic skills required to bend it like Beckham in a supportive, non-competitive environment. Coaches zero in on skills like throw-ins, dribbling, trapping and passing in fun, exciting, skill-focused games.

May 01 - Jun 26	W	4:40 PM-5:40 PM
<b>494732</b>		\$166.50/9 sess





## High 5 Sports! **NEW** Parent and Tot

Instructor: Hai Doan

(2-3 yrs)

An inclusive sports program that provides a fun and positive environment. We priorities the development of physical literacy through exercise. The goal is to motivate children to be active for life and unleashing the power to play. Parent/Guardian participation is required. No class May 20.

May 06 - Jun 24 M 9:30 AM-10:15 AM  
**502216** \$140.00/7 sess



## High 5 Sports! Drop Off **NEW** (3-5 yrs)

Instructor: Hai Doan

An inclusive sports program that provides a fun and positive environment. We priorities the development of physical literacy through exercise. The goal is to motivate children to be active for life and unleashing the power to play. Parent/Guardian participation is required. No class May 20.

May 06 - Jun 24 M 10:15 AM-11:15 AM  
**502217** \$140.00/7 sess

## High 5 Sports! Camp **NEW** (6-8 yrs)

Instructor: Hai Doan

Welcome to our exciting sports camp tailored specifically for 6-8 year olds! At our camp, young athletes will embark on a journey of discovery, skill-building, and fun-filled experiences in a safe and supportive environment. From soccer to basketball, tennis to badminton, our coaches will guide campers through a variety of sports activities designed to enhance coordination, teamwork, and confidence. Through interactive drills, games, and friendly competitions, children will not only develop their athletic abilities but also learn valuable life skills such as sportsmanship, resilience, and cooperation. With an emphasis of fostering a love for physical activity and healthy habits, our sports camp promises an unforgettable summer of growth, friendship, and endless fun!

Jul 15 - Jul 18 M - Th 9:30 AM-12:30 PM  
**503751** \$199.00/4 sess

Aug 19 - Aug 22 M - Th 9:30 AM-12:30 PM  
**503768** \$199.00/4 sess

## Indoor Rock Climbing

### Tiny Climbers

(4-6 yrs)

Instructor: Mount Pleasant Climbing Staff

This course is available to 4-6 year olds who wish to test their strength on the Climbing Wall. A safe, fun-based opportunity to reach the stars with encouragement and guidance of an experienced instructor. Students will learn different techniques and equipment used for climbing.

Apr 13 - May 11 Sa 9:30 AM-10:20 AM  
**480855** \$95.00/5 sess

May 25 - Jun 22 Sa 9:30 AM-10:20 AM  
**480858** \$95.00/5 sess

Apr 13 - May 11 Sa 10:30 AM-11:20 AM  
**480856** \$95.00/5 sess

May 25 - Jun 22 Sa 10:30 AM-11:20 AM  
**480859** \$95.00/5 sess

Apr 13 - May 11 Sa 11:30 AM-12:20 PM  
**480857** \$95.00/5 sess

May 25 - Jun 22 Sa 11:30 AM-12:20 PM  
**480860** \$95.00/5 sess



### Tiny Climbers

(4-6 yrs)

Instructor: Mount Pleasant Climbing Staff

This course is available to 4-6 year olds who wish to test their strength on the Climbing Wall. A safe, fun-based opportunity to reach the stars with encouragement and guidance of an experienced instructor. Students will learn different techniques and equipment used for climbing.

Jul 06 - Jul 27 Sa 9:30 AM-10:20 AM  
**495832** \$76.00/4 sess

Aug 03 - Aug 24 Sa 9:30 AM-10:20 AM  
**495839** \$76.00/4 sess

Jul 06 - Jul 27 Sa 10:30 AM-11:20 AM  
**495833** \$76.00/4 sess

Aug 03 - Aug 24 Sa 10:30 AM-11:20 AM  
**495840** \$76.00/4 sess

Jul 06 - Jul 27 Sa 11:30 AM-12:20 PM  
**495834** \$76.00/4 sess

Aug 03 - Aug 24 Sa 11:30 AM-12:20 PM  
**495841** \$76.00/4 sess

## Discounts are available

on some programs at time of registration provided you meet the criteria and have proper identification.

Youth (16-18yrs) may receive **25% discount** on adult programs.

Seniors over 60 may receive a **28% discount** on adult programs.

Leisure Access Card holders may receive a **50% discount** on some programs.

## Preschool Summer Camps

### Music with Marnie Toddlers Camp

(1-3 yrs)

Instructor: Marnie Grey

For full description please go to page 10.

Jul 16 - Jul 18	Tu - Th	10:00 AM-10:45 AM
<b>500602</b>		\$57.75/3 sess

### Music with Marnie Babies Camp

(2months-17months)

Instructor: Marnie Grey

For full description please go to page 10.

Jul 16 - Jul 18	Tu - Th	11:00 AM-11:30 AM
<b>500599</b>		\$51.75/3 sess

Jul 16 - Jul 18	Tu - Th	11:45 AM-12:15 PM
<b>500600</b>		\$51.75/3 sess

### Music with Marnie Toddlers Camp

(1-3 yrs)

Instructor: Marnie Grey

For full description please go to page 10.

Aug 20 - Aug 22	Tu - Th	9:30 AM-10:15 AM
<b>500603</b>		\$57.75/3 sess

### Music with Marnie All Ages/Sibling Camp

(0-5 yrs)

Instructor: Marnie Grey

For full description please go to page 11.

Aug 20 - Aug 22	Tu - Th	10:30 AM-11:15 AM
<b>500598</b>		\$57.75/3 sess

### Music with Marnie Babies Camp

(2months-17months)

Instructor: Marnie Grey

For full description please go to.

Aug 20 - Aug 22	Tu - Th	11:30 AM-12:00 PM
<b>500601</b>		\$51.75/3 sess

### Music Exploration Camp (Parent and Tot)

(0-5 yrs)

Instructor: Musical Expressions

Come join us on a musical adventure! There will be instrument playing, drawing, movement and musical storytelling. Parent participation is required.

Jul 22 - Jul 26	M - F	10:00 AM-10:30 AM
<b>499720</b>		\$75.00/5 sess

Aug 19 - Aug 23	M - F	10:00 AM-10:30 AM
<b>499722</b>		\$75.00/5 sess

### Music Exploration Camp (Parent and Tot)

(0-5 yrs)

Instructor: Musical Expressions

Come join us on a musical adventure! There will be instrument playing, drawing, movement and musical storytelling. Parent participation is required.

Jul 22 - Jul 26	M - F	10:45 AM-11:15 AM
<b>499721</b>		\$75.00/5 sess

Aug 19 - Aug 23	M - F	10:45 AM-11:15 AM
<b>499725</b>		\$75.00/5 sess

### Art and Music Camp with Sun Rey

(2-4 yrs)

Instructor: Sun Rey Han

This is a wonderful way to introduce your child to art and music. Experience mural art and more. There will be time set aside for sing a longs, movement and story time. Parent/caregiver participation is required. Drop-in if space available. \$19.00

Jul 29 - Aug 02	M - F	9:30 AM-10:30 AM
<b>501072</b>		\$85.00/5 sess

Aug 26 - Aug 30	M - F	9:30 AM-10:30 AM
<b>501075</b>		\$85.00/5 sess

### Art and Music Camp with Sun Rey

(2-4 yrs)

Instructor: Sun Rey Han

This is a wonderful way to introduce your child to art and music. Experience mural art and more. There will be time set aside for sing a longs, movement and story time. Parent/caregiver participation is required. Drop-in if space available. \$21.00

Jul 29 - Aug 02	M - F	10:45 AM-11:45 AM
<b>501073</b>		\$85.00/5 sess

Aug 26 - Aug 30	M - F	10:45 AM-11:45 AM
<b>501076</b>		\$85.00/5 sess

### Art is Fun Camp with Sun Rey

(3-5 yrs)

Instructor: Sun Rey Han

Have fun with painting, origami, clay modelling, stamping, collage to abstract, mixed media art, finger painting, crafting and more. There will be time set aside for sing a longs and story time as well as play time. Child must be able to take class unaccompanied by an adult. Please bring water and a healthy snack. Drop-in \$25.00, if space available.

Aug 26 - Aug 30	M - F	12:30 PM-1:30 PM
<b>501078</b>		\$113.00/5 sess

## Little Artists Camp with Sun Rey

Instructor: Sun Rey Han

(5-7 yrs)

This class promises to be fun and great experience for your children that will teach them about famous artists using various art processes and techniques. Each class focuses on playing with different materials and gaining new skills in art! Have fun with origami, clay modelling, stamping, collage to abstract, finger painting, crafting and experiment with variety of art media. Bring a nut-free snack and drink. Drop-in \$37.00, if space available.

Aug 26 - Aug 30 M - F 2:30 PM-4:30 PM  
501079 \$170.00/5 sess



## My First Dance Class Camp

Instructor: Endorphin Rush Dance

(2-4 yrs)

An introduction to creative dance. Aspiring little dancers, along with their guardians, will use songs, movement explorations and games to explore coordination, rhythm, spatial awareness and cooperation. This class for the youngest of dancers to experience a playful class with the support of their parents/guardian present. Parent/guardian participation is required.

[www.KirbySnellDance.com](http://www.KirbySnellDance.com)

Jul 02 - Jul 05 Tu - F 9:15 AM-10:15 AM  
501629 \$99.00/4 sess

Aug 06 - Aug 09 Tu - F 9:15 AM-10:15 AM  
501630 \$99.00/4 sess

## Jazz/Ballet Fusion Camp

Instructor: Endorphin Rush Dance

(5-8 yrs)

Jump, skip and twirl! In this class children will learn a variety of ballet exercises as well as the basic fundamentals of jazz dance while developing their own creative expression. On the last day, we invite parents to stay for a presentation of what we have been learning. No experience required, all dancers welcome.

[www.KirbySnellDance.com](http://www.KirbySnellDance.com)

Jul 02 - Jul 05 Tu - F 10:20 AM-11:20 AM  
501635 \$99.00/4 sess

Aug 06 - Aug 09 Tu - F 10:20 AM-11:20 AM  
501636 \$99.00/4 sess

## Swiftie Dance Party Camp

(8-12 yrs)

Instructor: Endorphin Rush Dance

Taylor Swift Fans Unite! This upbeat, empowering, and vibrant jazz dance camp is set to 100% Taylor Swift tunes including Anti-Hero and Shake it Off. Dancers will improve jazz technique, play interactive dance games, and learn dynamic choreographies all while making new friends. Please wear comfortable clothing for movement, clean dance or running shoes, and bring water bottle. Get ready to cheer, there will be a presentation on the last day of camp.

More info [www.KirbySnellDance.com](http://www.KirbySnellDance.com)

Jul 02 - Jul 05 Tu - F 11:25 AM-12:25 PM  
501641 \$99.00/4 sess

Aug 06 - Aug 09 Tu - F 11:25 AM-12:25 PM  
501642 \$199.00/4 sess

## Frozen Ballet Extravaganza Camp

(3-5 yrs)

Instructor: Endorphin Rush Dance

100% Frozen Soundtrack Music is played in the creative ballet class designed to ignite your dancers imagination. No experience required as dancers learn the basics of ballet and expression through movement. Children must be able to participate without parents in the room. Costumes are welcome, but not required. Beginner friendly. Bring your cameras! Presentation for Parents on the last day! More info:

[www.kirbysnelldance.com](http://www.kirbysnelldance.com).

Jul 08 - Jul 12 M - F 9:15 AM-10:15 AM  
501645 \$99.00/5 sess

Aug 12 - Aug 16 M - F 9:15 AM-10:15 AM  
501648 \$99.00/5 sess

## Mini Hip Hop Movers Camp

(3-5 yrs)

Instructor: Endorphin Rush Dance

This non-stop action-packed class includes hip hop, breakdancing, and dance games that will have your dancer moving to the beats. Through the week we will work on a choreographed dance. Get ready to cheer with gusto as there is a presentation for family on the last day! Please bring a filled water bottle each day.

More info: [www.kirbysnelldance.com](http://www.kirbysnelldance.com).

Jul 08 - Jul 12 M - F 10:20 AM-11:20 AM  
501650 \$99.00/5 sess

Aug 12 - Aug 16 M - F 10:20 AM-11:20 AM  
501652 \$99.00/5 sess

Jul 08 - Jul 12 M - F 11:25 AM-12:25 AM  
501654 \$99.00/5 sess

Aug 12 - Aug 16 M - F 11:25 AM-11:25 AM  
501656 \$99.00/5 sess



## Sportball Camps

Camps will run outdoors, so please be sure to pack a nut free snack, labeled water bottle as well as a hat and sunscreen for the sunny weather! Classes are held at Robson Park (599 Kingsway at St George Street).

## Preschool Summer Camps cont'd

### Mini Dance Camp "Sophia the First"

(3-5 yrs)

**Instructor:** Vancouver Performing Stars

Step into the world of dance and move and groove to your favourite songs from "Sophia the First!" Students will be introduced to various styles of dance and will leave feeling energized, confident, and excited about dance. All children must be able to participate without an adult and should bring a small snack, water, and colouring supplies. There will be a small presentation for parents/guardian on the final day of camp. For more information visit [www.performance.ca](http://www.performance.ca)

Jul 22 - Jul 26 M - F 10:00 AM-11:15 AM  
**503413** \$109.00/5 sess

### Sportball Parent and Tot Multisport Camp

(2-3 yrs)

**Instructor:** Sportball Vancouver

Sportball's action-packed summer camps introduce children to a variety of ball sports, co-operative games and more! Classes use developmentally appropriate methods to introduce, practice and refine gross motor skills.

Jul 08 - Jul 11 M - Th 9:15 AM-10:00 AM  
**500639** \$76.50/4 sess

### Sportball Multisport Camp

(3-5 yrs)

**Instructor:** Sportball Vancouver

Sportball's action-packed summer camps introduce children to a variety of ball sports, co-operative games and more! Classes use developmentally appropriate methods to introduce, practice and refine gross motor skills.

Jul 08 - Jul 11 M - Th 10:00 AM-11:00 AM  
**500637** \$76.50/4 sess

### Sportball Parent and Tot Soccer Camp

(2-3 yrs)

**Instructor:** Sportball Vancouver

Kickstart your Summer! Sportball Outdoor Soccer camps introduce fundamental concepts of gameplay and teach the basic skills required to bend it like Beckham in a supportive, non-competitive environment. Coaches zero in on skills like throw-ins, dribbling, trapping and passing in fun, exciting, skill-focused games.

Aug 12 - Aug 15 M - Th 9:15 AM-10:00 AM  
**500640** \$76.50/4 sess

## Sportball Soccer Camp

(3-5 yrs)

**Instructor:** Sportball Vancouver

Kickstart your Summer! Sportball Outdoor Soccer camps introduce fundamental concepts of gameplay and teach the basic skills required to bend it like Beckham in a supportive, non-competitive environment. Coaches zero in on skills like throw-ins, dribbling, trapping and passing in fun, exciting, skill-focused games.

Aug 12 - Aug 15 M - Th 10:00 AM-11:00 AM  
**500641** \$76.50/4 sess

## Birthday Party Packages

### Birthday Party - Art Theme

(6-12 yrs)

**Instructor:** Mount Pleasant Birthday Party Leader

Get ready to dive into a fun and memorable birthday party! You will be able to select one of the following instructed crafts: Slime, Clay Key Charms, Foam Squishies, Stress Balls, or Paper Crafts. This birthday party is perfect for those who love hands-on activities! Each party will include 2 birthday party leaders to instruct the craft. Craft supplies will be included. Maximum of 12 participants.

May 05 - June 30 Su 1:00 PM-3:00 PM  
**494680-494688** \$285.00/1 sess



### Birthday Party - Climbing

(6-12 yrs)

**Instructor:** Mount Pleasant Climbing Staff

Want a party, but not the hassle? Let us help! This birthday party package includes 1 hour of climbing followed by 1 hour in a party room. There will be 3 climbing staff, but no birthday leader. Maximum number of kids is 12.

Apr 13 - Jun 22 Sa 2:00 PM-4:00 PM  
**480844-480853** \$180.00/1 sess

### Birthday Party - Climbing

(6-12 yrs)

**Instructor:** Mount Pleasant Climbing Staff

Want a party, but not the hassle? Let us help! This birthday party package includes 1 hour of climbing followed by 1 hour in a party room. There will be 3 climbing staff, but no birthday leader. Maximum number of kids is 12.

Jul 06 - Aug 24 Sa 2:00 PM-4:00 PM  
**495843-495850** \$180.00/1 sess

## Music and Singing

### Piano

(6+ yrs)

**Instructor: Musical Expressions**

Musical expressions takes on a creative and intuitive approach to music learning. Here you can develop your skills in piano, voice (singing) or the mixture of the two! With goals and learning styles varying from student to student, we help you first determine what you want to achieve, so we can make it our goal to get you there! From the basic beginners to preparing exams, all students will be encouraged to tap into their creative sides and be taught to express themselves through improvisation. Each class session is 30 minutes long. If you're wanting longer session times, please book two classes back-to-back. All music books and materials purchased separately. Instructor website: [musicaexpressions.ca](http://musicaexpressions.ca).

May 02 - Jun 20	Th	3:30 PM-8:00 PM
<b>494939-494947</b>		\$240.00/8 sess
Jul 04 - Jul 25	Th	3:30 PM-8:00 PM
<b>495789-495797</b>		\$120.00/4 sess
Aug 01 - Aug 29	Th	3:30 PM-8:00 PM
<b>495814-495822</b>		\$150.00/5 sess

### Private Guitar/Ukulele Lessons

(5+ yrs)

**Instructor: Musical Expressions**

Have you always wanted to learn a string instrument? We offer private guitar or even ukulele lessons to get you started. This program is based on special interests and fundamental goals that serve the humble of beginners all the way to tomorrow's prodigies. All classes are set in a fun, stress free environment. All students are required to bring their own instrument. Music book are purchased separately.

Apr 05 - Jun 21	F	3:30 PM-8:00 PM
<b>495695-495703</b>		\$360.00/12 sess
Jul 05 - Jul 26	F	3:30 PM-8:00 PM
<b>495729-495737</b>		\$120.00/4 sess
Aug 02 - Aug 30	F	3:30 PM-4:00 PM
<b>495740-495748</b>		\$150.00/5 sess

### Piano

(6+ yrs)

**Instructor: Monika Oldershaw**

Take a 30 minute private piano lesson with Monika. Lessons follow the school year. Music books may be required at the participant's expense. Please discuss with the instructor.

#### Tuesday

May 07 - Jun 25	Tu	3:30 PM-7:30 PM
<b>480638-480645</b>		\$200.00/8 sess

### Piano

(6+ yrs)

**Instructor: Monika Oldershaw**

Take a 30 minute private piano lesson with Monika. Lessons follow the school year. Music books may be required at the participant's expense. Please discuss with the instructor.

#### Wednesday

May 08 - Jun 26	W	3:30 PM-7:30 PM
<b>480693-480700</b>		\$200.00/8 sess



### Private Singing/Piano

(6+ yrs)

**Instructor: Charis Chung**

Students can choose either Piano or Singing to learn, or take a 60 minute lesson to learn both! Professional, experienced, and award-winning performing artist, musician, singer and music educator Charis Chung (UBC Bachelor of Music & Master's of Music Education) will use diverse materials to help students develop interest in learning music to improve their lives or achieve personal goals. Content includes rhythm, notes, theory, performing technique and skills. Charis is a certified Music Educator & Member of the Canadian Actors' Equity, has taught over thousands of students of all ages for exams, auditions, international competitions and university entrance exams. Books are not included. Teacher will suggest the book in the first lesson. No make up lessons if student is absent. Leisure Access subsidy does not apply to Music programs. No class May 18.

<b>Apr 13 - Jun 22</b>	Sa	11:30 AM-4:00 PM
480713-480721		\$300.00/10 sess
Jul 06 - Aug 24	Sa	11:30 AM-4:00 PM
<b>495666-495674</b>		\$240.00/8 sess

## Arts, Technology and Education

### Afterschool Soap Making with Lily

(6-12 yrs)

**Instructor:** Lily Sum

Choose from over 30 scents and endless color combinations to design 3 of your own soaps! From animals, cars, flowers, to realistic looking-food shaped molds, you are sure to find a mold you like! This class is designed to be a fun family activity and one adult participant is required per family. Both the child and adult must register for the activity. Visit [www.makesumcreations.com](http://www.makesumcreations.com) for more information.

May 28	Tu	4:00 PM-5:30 PM
<b>495582</b>		\$35.50/1 sess
Jun 25	Tu	4:00 PM-5:30 PM
<b>495583</b>		\$35.50/1 sess

### Afterschool Soap Making with Lily

(6-12 yrs)

**Instructor:** Lily Sum

Choose from over 30 scents and endless color combinations to design 3 of your own soaps! From animals, cars, flowers, to realistic looking-food shaped molds, you are sure to find a mold you like! This class is designed to be a fun family activity and one adult participant is required per family. Both the child and adult must register for the activity. Visit [www.makesumcreations.com](http://www.makesumcreations.com) for more information.

Jul 30	Tu	4:00 PM-5:30 PM
<b>500647</b>		\$35.50/1 sess
Aug 27	Tu	4:00 PM-5:30 PM
<b>500648</b>		\$35.50/1 sess

### Artsy Soap Design

(16+ yrs)

**Instructor:** Lily Sum

Using various colours, fragrances and molds, you will be creating your own personalized soaps. Choose from over 30 scents and endless colour combinations. You will learn how to melt, scent, and colour your soaps along with a variety of techniques to design your soap to your liking. Visit [makesumcreations.com](http://www.makesumcreations.com) for more information.

May 28	Tu	6:00 PM-8:00 PM
<b>495584</b>		\$55.00/1 sess
Jun 25	Tu	6:00 PM-8:00 PM
<b>495585</b>		\$55.00/1 sess
Jul 30	Tu	6:00 PM-8:00 PM
<b>500649</b>		\$55.00/1 sess
Aug 27	Tu	6:00 PM-8:00 PM
<b>500650</b>		\$55.00/1 sess

## Design and Architecture for Kids

(6-9 yrs)

**Instructor:** Petit Architect Design For Kids Ltd.

Learn about architecture and design thinking through fun hands-on workshops led by design professionals! Discover famous architects and buildings, play with materials and materiality, learn architectural drawings and build 3D models just like an architect! Our projects are different each term so your kids keep learning!

Apr 11 - Jun 13	Th	3:45 PM-4:45 PM
<b>480485</b>		\$210.00/10 sess

## Design and Architecture for Kids

(10-14 yrs)

**Instructor:** Petit Architect Design For Kids Ltd.

Learn about architecture and design thinking through fun hands-on workshops led by design professionals. Discover famous architects and buildings, play with materials and materiality, learn architectural drawings and build 3D models just like an architect! Our Project are different each term so your kids can keep learning!

Apr 11 - Jun 13	Th	5:00 PM-6:15 PM
<b>480486</b>		\$262.50/10 sess

## Drawing and Painting for Kids and Youth

(7-18 yrs)

**Instructor:** Mohammad Reza Atashzad

You will learn how to draw, shape and form images in perspective while creating compositional structures. We will explore topics including landscape, still life, flowers, figures and more. Supplies are not included. Please bring any drawing and colouring materials (coloured pencils, watercolors, pastels, acrylics, etc.) to the first class. I would be happy to help you with any of these mediums. Visit [atashzad.com](http://atashzad.com) Drop-ins: \$27. Master M. Reza has over 35 years experience in teaching drawing and painting at his own Atashzad Academy of Art. He has also been teaching different Art programs at several community centres in Vancouver since 2011. He has published more than 700 watercolour paintings, such as greeting cards, posters, albums, and books. Supplies List: Pencils - (HB, B up to 9B) Drawing Board Drawing Paper Sketchbook Blenders - (tortillon, stumps, or chamois cloth) Eraser - (kneaded eraser & stick eraser) Pencil Sharpener No Class May 18

May 11 - Jun 22	Sa	1:30 PM-3:00 PM
<b>495252</b>		\$138.60 /6 sess
Jul 06 - Aug 10	Sa	1:30 PM-3:00 PM
<b>495253</b>		\$115.50 /5 sess



## Spanish for Children Beginners 1

(6-9 yrs)

**Instructor: Eliana Rolando**

HOLA amigos! Welcome to the Spanish language! This program offers a fun class in which children learn Spanish through stories, games and songs. Registration only. Sorry no drop-ins. Please speak with the instructor if registering after the third class. Students to bring pen/pencil, eraser and colour crayons/pencils. No class May 20.

Apr 08 - Jun 17	M	4:00 PM-5:30 PM
<b>480795</b>		\$155.00/10 sess

## Spanish for Children Summer Fun

(6-9 yrs)

**Instructor: Eliana Rolando**

HOLA amigos! Welcome to the Spanish language summer fun! Let's sing and play in Spanish! This program offers a fun class in which children learn Spanish through traditional games and songs. Registration only. Sorry no drop-ins. Students to bring pen/pencil, eraser and colour crayons/pencils.

Jul 08 - Jul 29	M	4:00 PM-5:30 PM
<b>499713</b>		\$62.00/4 sess

## Dance

### Junior Ballet

(5-7 yrs)

**Instructor: Vancouver Performing Stars**

Introduce your child to the world of ballet. These classes develop coordination, musicality and fluidity of movement while having fun. Increased ballet technique is expected at each progressive level. Appropriate dance shoes and attire please. Visit [performingstars.ca](http://performingstars.ca) for more information. No class Feb 17& May 18.

Apr 06 - Jun 08	Sa	11:30 AM-12:15 PM
<b>484022</b>		\$135.00/9 sess

### Junior Musical Camp "Finding Nemo"

(5-8 yrs)

**Instructor: Vancouver Performing Stars**

Immerse yourself in the world of "Finding Nemo!" In this fun-filled week of singing, acting, and dancing, students will create a mini musical for a parent presentation on the last day. All children must be able to participate without an adult present and should bring a snack, water, and craft supplies. For more information visit [www.performancestars.ca](http://www.performancestars.ca)

Jul 29 - Aug 02	M - F	10:00 AM-11:15 AM
<b>503417</b>		\$210.00/5 sess

## Hip Hop Breakers

(5-7 yrs)

**Instructor: Endorphin Rush Dance**

This funky and energetic dance builds strength, coordination and flexibility. Learn today's popular dance moves through warm up and easy choreography. A great cardio workout, hip hop is full of style and flair. For more info [www.KirbySnellDance.com](http://www.KirbySnellDance.com) Drop-ins \$14.

May 05 - Jun 23	Su	10:55 AM-11:40 AM
<b>494713</b>		\$100.00/8 sess

## Swiftie Dance Party

(8-12 yrs)

**Instructor: Endorphin Rush Dance**

Taylor Swift Fans Unite! This upbeat, empowering, and vibrant jazz fund dance class is set to 100% Taylor Swift tunes including Anti-Hero and Shake it Off. Dancers will improve jazz technique, play interactive dance games, and learn dynamic choreographies all while making new friends. Please wear comfortable clothing form movement, clean dance or running shoes, and bring water bottle. Get ready to cheer, there will be a presentation on the last day of class. More info [www.KirbySnellDance.com](http://www.KirbySnellDance.com) Drop-ins \$14.

May 05 - Jun 23	Su	11:45 AM-12:30 PM
<b>494714</b>		\$100.00/8 sess

Jul 07 - Aug 25	Su	11:45 AM-12:30 PM
<b>500588</b>		\$100.00/8 sess

## Physical Activity

### Sportball Indoor Soccer

(5-7 yrs)

**Instructor: Sportball Vancouver**

Kickstart your day! Sportball Soccer programs introduce fundamental concepts of gameplay and teach the basic skills required to bend it like Beckham in a supportive, non-competitive environment. Coaches zero in on skills like throw-ins, dribbling, trapping and passing in fun, exciting, skill-focused games.

May 01 - Jun 26	W	4:40 PM-5:40 PM
<b>494732</b>		\$136.00/9 sess

### Moresports Robson Park Mini Soccer Gr. K-1 Co-ed

(5-6 yrs)

**Instructor: Midtown Moresports**

A fun, low-pressure, skill-building experience for participants to play with friends and school mates in a supportive soccer environment. No experience necessary! Soccer shoes and shin guard are not provided but are recommended. Each session includes practice time and game play. \*Participants will receive a T-shirt For more information please contact [malcolm.lee@moresports.org](mailto:malcolm.lee@moresports.org) No class May 18.

Apr 13 - Jun 08	Sa	9:30 AM-10:15 AM
<b>501101</b>		\$53.50/8 sess

## Physical Activity cont'd

**Moresports Robson Park Mini Soccer Gr. 2-4 Co-ed**

(7-9 yrs)

**Instructor: Midtown Moresports**

A fun, low-pressure, skill-building experience for participants to play with friends and school mates in a supportive soccer environment. No experience necessary! Soccer shoes and shin guard are not provided but are recommended. Each session includes practice time and game play. \*Participants will receive a T-shirt For more information please contact [malcolm.lee@moresports.org](mailto:malcolm.lee@moresports.org). No class May 18.

Apr 13 - Jun 08	Sa	10:30 AM-11:30 AM
<b>501102</b>		\$53.50/8 sess

**Moresports Robson Park Mini Soccer Gr. 5-7 Co-ed**

(10-12 yrs)

**Instructor: Midtown Moresports**

A fun, low-pressure, skill-building experience for participants to play with friends and school mates in a supportive soccer environment. No experience necessary! Soccer shoes and shin guard are not provided but are recommended. Each session includes practice time and game play. No class May 20. \*Participants will receive a T-shirt For more information please contact [malcolm.lee@moresports.org](mailto:malcolm.lee@moresports.org). No class May 18.

Apr 13 - Jun 08	Sa	11:30 AM-12:30 PM
<b>501103</b>		\$53.50/8 sess

**Ivy's Breakfast Club - Skill Development (Advance Training)**

(11-15 yrs)

**Instructor: Ivy's Breakfast Club**

Led by the dynamic Coach Ivy, a former assistant coach for Capilano & Simon Fraser University, our program is tailored for boys and girls aged 12-17 years old who are ready for an advanced approach to the game. Unlock your full potential as we dive into high-level skills and strategies. Our focus includes advanced techniques such as elite finishing, penetration & kick, better utilization of ball screens, mastering off-ball screens, strategic movement without the ball, extensive shooting drills, and a meticulous emphasis on structured half court and transition games. Drop-ins \$25.00, space permitting. Participants will need to bring their own basketball. No class May 19.

May 12 - Jun 23	Su	2:00 PM-3:30 PM
<b>499171</b>		\$150.00/6 sess

Jul 07 - Jul 28	Su	2:00 PM-3:30 PM
<b>499322</b>		\$100.00/4 sess

**Journey Basketball Grassroots Beginners to Intermediate**

(10-14 yrs)

**Instructor: Journey Basketball Association**

Journey Basketball is designed to provide children and youth of all abilities with organized and skill appropriate basketball training programs. We aim to help youth develop their skills as a basketball player while also showing them the importance of hard work, the power of confidence and the value of respect. This program will be 60 minutes of skill development and 15 minutes of competition.

Apr 02 - Jun 25	Tu	3:30 PM-4:45 PM
<b>480490</b>		\$180.00/12 sess

**Smashball**

(8-12 yrs)

**Instructor: Volleyball BC**

All Smashball programs progress through a number of levels that introduce new tactics and game concepts while incorporating additional volleyball skills. The Smashball program is open to everyone in those ages regardless of their experience level. Coaches will adapt the program and introduce new concepts.

Apr 02 - Jun 04	Tu	3:30 PM-5:00 PM
<b>499748</b>		\$90.00/10 sess

**Tennis Junior Fundamentals**

(7-10 yrs)

**Instructor: Summer Smash Tennis**

Start learning tennis in a fun and supportive environment. Lessons provide young beginners with little or no experience an introduction to the game through high energy, game-based lessons that use the 1/2 stage of the progressive tennis model. An emphasis is placed on inspiring a love for the game while building a strong technical foundation. Students are expected to bring their own racquets to the lesson.

May 06 - Jun 17	M	3:45 PM-4:45 PM
<b>500681</b>		\$162.00/6 sess

**Tennis Junior Aces**

(7-10 yrs)

**Instructor: Summer Smash Tennis**

Lessons provide young players with some experience the ability to continue developing their skills through high energy, game-based lessons that use the 3/4 stage of the progressive tennis model. An emphasis is places on inspiring a love for the game while building a solid technical foundation. Students are expected to bring their own racquets to the lesson

May 06 - Jun 17	M	3:45 PM-4:45 PM
<b>500685</b>		\$162.00/7 sess

**About Ivy**

Coach Ivy brings over a decade of experience and an unwavering passion for player development, creating an environment that combines learning, growth, and enjoyment at an advanced level. Join us on this thrilling basketball journey, where every session is designed to elevate your game to new heights. Don't miss out on the opportunity to take your game to the next level this off-season!

## Tennis Junior Aces - Robson Park Tennis Courts (7-10 yrs)

Instructor: Summer Smash Tennis

Lessons provide young players with some experience the ability to continue developing their skills through high energy, game-based lessons that use the 3/4 stage of the progressive tennis model. An emphasis is placed on inspiring a love for the game while building a solid technical foundation. Students are expected to bring their own racquets to the lesson

May 04 - May 25	Sa	10:45 AM-12:00 PM
<b>500687</b>		\$138.25/4 sess
Jun 01 - Jun 22	Sa	10:45 AM-12:00 PM
<b>500688</b>		\$138.25/4 sess

## Tennis Mini Aces (5-7 yrs)

Instructor: Summer Smash Tennis

Prepare our child to excel at tennis and sport. Lessons focus on developing fundamental movement, tracking, and racquet skills. An emphasis is placed on developing an athletic foundation in a group setting. Participants must bring their own Rackets.

May 01 - May 22	W	3:45 PM-4:30 PM
<b>500657</b>		\$81.00/4 sess
May 29 - Jun 19	W	3:45 PM-4:30 PM
<b>500658</b>		\$81.00/4 sess

## Tennis Mini Aces - Robson Park Tennis Court (5-7 yrs)

Instructor: Summer Smash Tennis

Prepare our child to excel at tennis and sport. Lessons focus on developing fundamental movement, tracking, and racquet skills. An emphasis is placed on developing an athletic foundation in a group setting. Participants must bring their own Rackets.

May 04 - May 25	Sa	10:00 AM-10:45 AM
<b>500659</b>		\$83.50/4 sess
Jun 01 - Jun 22	Sa	10:00 AM-10:45 AM
<b>500660</b>		\$83.50/4 sess

## Tennis Youth Aces - Robson Park Tennis Courts (11-15 yrs)

Instructor: Summer Smash Tennis

Lessons provide young players with some experience the ability to continue developing their skills through high energy, game-based lessons that use the 3/4 stage of the progressive tennis model. An emphasis is placed on inspiring a love for the game while building a solid technical foundation.

May 02 - May 23	Th	4:30 PM-5:45 PM
<b>500702</b>		\$138.25/4 sess
May 30 - Jun 20	Th	4:30 PM-5:45 PM
<b>500706</b>		\$138.25/4 sess

## Tennis Youth Aces - Robson Park Tennis Courts (11-15 yrs)

Instructor: Summer Smash Tennis

Lessons provide young players with some experience the ability to continue developing their skills through high energy, game-based lessons that use the 3/4 stage of the progressive tennis model. An emphasis is placed on inspiring a love for the game while building a solid technical foundation.

May 05 - May 26	Su	9:45 AM-10:45 AM
<b>500709</b>		\$111.50/4 sess
Jun 02 - Jun 23	Su	9:45 AM-10:45 AM
<b>500712</b>		\$111.50/4 sess

## Indoor Rock Climbing

### Rock Climbing - Adapted (10-16 yrs)

Instructor: Mount Pleasant Climbing Staff

Youth with a disability (ages 10-16) are invited to come try rock climbing at Mount Pleasant Community Centre! Youth will take turns climbing and are encouraged to hang out in the gym for the rest of the program time. Please note this program does not offer 1:1 support, family members are welcome to attend to offer support to the participant. For more information please contact access services at: [access.services@vancouver.ca](mailto:access.services@vancouver.ca) or 604-718-5853. If you have not previously attended a program with Access Services paperwork may need to be completed. A waiver must be completed for anyone climbing.

Apr 13 - May 11	Sa	12:30 PM-1:25 PM
<b>480854</b>		\$95.00/5 sess



### Tiny Climbing Legends (7-12 yrs)

Instructor: Mount Pleasant Climbing Staff

55 minutes of climb-time for kids interested in trying out the Climbing Wall. Kids will learn general safety & the basic skill set for beginning their journey to the top.

May 25 - Jun 22	Sa	12:30 PM-1:25 PM
<b>480861</b>		\$95.00/5 sess
Jul 06 - Jul 27	Sa	12:30 PM-1:25 PM
<b>495835</b>		\$76.00/4 sess
Aug 03 - Aug 24	Sa	12:30 PM-1:25 PM
<b>495842</b>		\$76.00/4 sess



## Marial Arts



### Tae Kwon Do Level 1 & Level 2

(6-13 yrs)

**Instructor: Master Michael Ellis**

Learn some cool kicks in this program designed to keep your wannabe Karate Kid fit, while learning self-respect and discipline. Check us out! Master Ellis has over 30 years experience teaching martial arts to students of all ages. Drop in \$12. No class May 19.

May 05 - Jun 30	Su	12:15 PM-1:15 PM
<b>495828</b>		\$76.00/8 sess

### Chito Ryu Karate

(6-12 yrs)

**Instructor: Heyton Tze**

We prioritize manners, focus, and discipline while teaching effective karate techniques. Our goal is to help children defend against bullies and develop important life skills. Join us to learn and grow in a respectful and empowering environment. Let's embark on this karate journey together!

May 5 - Jun 30	Su	11:00 AM-12:00 PM
<b>501301</b>		\$76.00/8 sess

Jul 14 - Aug 25	Su	11:00 AM-12:00 PM
<b>503182</b>		\$76.00/8 sess

### Kung Fu: Choy Lee Fat (8-13yrs)

(8-13 yrs)

**Instructor: Kung Fu Club CLF**

One of the most popular traditional Chinese martial arts, Choy Lee Fat combines agile footwork and kicks with intricate hand techniques; with an emphasis on relaxed, internal power over stiff, muscular force. Training will develop strength, coordination, mental focus, self-confidence, and discipline. Drop-in \$10. email: [mountpleasankungfu@gmail.com](mailto:mountpleasankungfu@gmail.com)

May 08 - Jun 26	W F	6:00 PM-7:00 PM
<b>495292</b>		\$94.50 /15 sess

Jul 03 - Aug 23	W F	6:00 PM-7:00 PM
<b>495293</b>		\$100.80 /16 sess

## Children Camps

### Junior Musical Camp "Finding Nemo"

(5-8 yrs)

**Instructor: Vancouver Performing Stars**

Immerse yourself in the world of "Finding Nemo!" In this fun-filled week of singing, acting, and dancing, students will create a mini musical for a parent presentation on the last day. All children must be able to participate without an adult present and should bring a snack, water, and craft supplies. For more information visit [www.performancestars.ca](http://www.performancestars.ca)

Jul 29 - Aug 02	M - F	10:00 AM-11:15 AM
<b>503417</b>		\$210.00/5 sess

### Sportball Multisport Camp

(5-7 yrs)

**Instructor: Vancouver Sportball**

Sportball's action-packed summer camps introduce children to a variety of ball sports, co-operative games and more! Classes use developmentally appropriate methods to introduce, practice and refine gross motor skills.

Jul 08 - Jul 11	M - Th	11:00 AM-12:30 PM
<b>500638</b>		\$153.00/4 sess

### Sportball Soccer Camp

(5-7 yrs)

**Instructor: Vancouver Sportball**

Kickstart your Summer! Sportball Outdoor Soccer camps introduce fundamental concepts of gameplay and teach the basic skills required to bend it like Beckham in a supportive, non-competitive environment. Coaches zero in on skills like throw-ins, dribbling, trapping and passing in fun, exciting, skill-focused games.

Aug 12 - Aug 15	M - Th	11:00 AM-12:30 PM
<b>500642</b>		\$153.00/4 sess

### LEGO Ninjas Extreme

(5-10 yrs)

**Instructor: Vancouver Bricks 4 Kidz**

Ninjas...GO! Get ready to use your Spinjitzu to fight for honour and establish peace. Using Bricks 4 Kidz® building instructions, campers use classic LEGO bricks, LEGO Technic, and electric motors to construct 1-3 projects per session. Campers will be given a break for an optional snack from home.

Aug 06 - Aug 09	Tu - F	9:30 AM-12:30 PM
<b>499732</b>		\$176.00/4 sess

Aug 12 - Aug 16	M - F	9:30 AM-12:30 PM
<b>499746</b>		\$220.00/5 sess

## Mining and Crafting

(5-10 yrs)

**Instructor:** Vancouver Bricks 4 Kidz

Experience the world of Minecraft with Lego® bricks! Using Bricks 4 Kidz® building instructions, campers use classic LEGO bricks, LEGO Technic, and electric motors to construct 1-3 projects per session. Campers will be given a break for an optional snack from home.

Aug 06 - Aug 09 Tu - F 1:00 PM-4:00 PM  
**499745** \$176.00/4 sess

Aug 12 - Aug 16 M - F 1:00 PM-4:00 PM  
**500651** \$176.00/5 sess

## Journey Basketball Skills Camp

(10-14 yrs)

**Instructor:** Journey Basketball Association

Journey Basketball are designed to provide players of all abilities with organized and skill appropriate basketball training. We aim to help them develop their skills as basketball players while also showing them the importance of hard work, the power of confidence and the value of respect. Join our camp this Summer if you like to further your basketball skills!

Jul 29 - Aug 01 M - Th 11:30 AM-1:00 PM  
480491 \$100.00/4 sess

## Tennis Mini Aces Camp

(6-7 yrs)

**Instructor:** Summer Smash Tennis

This fun half day camp focuses on developing a tennis foundation, including fundamental movement, tracking, and racquet skills. Students enjoy various activities that encourage the development of motor skills and physical literacy.

Jul 02 - Jul 05 Tu - F 9:00 AM-12:00 PM  
**500775** \$258.00/4 sess

Jul 08 - Jul 12 M - F 9:00 AM-12:00 PM  
**500776** \$322.50/5 sess

Jul 15 - Jul 19 M - F 9:00 AM-12:00 PM  
**500777** \$322.50/5 sess

Jul 22 - Jul 26 M - F 9:00 AM-12:00 PM  
**500778** \$322.50/5 sess

Jul 29 - Aug 02 M - F 9:00 AM-12:00 PM  
**500779** \$322.50/5 sess

Aug 06 - Aug 09 Tu - F 9:00 AM-12:00 PM  
**500780** \$258.00/4 sess

Aug 12 - Aug 16 M - F 9:00 AM-12:00 PM  
**500781** \$322.50/5 sess

Aug 19 - Aug 23 M - F 9:00 AM-12:00 PM  
**500782** \$322.50/5 sess

## Tennis Junior Fundamentals + Aces Camp

(7-10 yrs)

**Instructor:** Summer Smash Tennis

This half day camp is designed for beginners AND players with experience. Students will develop their skills each week through high energy, game-based lessons that follow the Summer Smash Progression. Students will be grouped according to age and skill to ensure appropriate level of challenge and progress.

Jul 02 - Jul 05 Tu - F 9:00 AM-12:00 PM  
**500783** \$258.00/4 sess

Jul 08 - Jul 12 M - F 9:00 AM-12:00 PM  
**500784** \$322.50/5 sess

Jul 15 - Jul 19 M - F 9:00 AM-12:00 PM  
**500785** \$322.50/5 sess

Jul 22 - Jul 26 M - F 9:00 AM-12:00 PM  
**500786** \$322.50/5 sess

Jul 29 - Aug 02 M - F 9:00 AM-12:00 PM  
**500787** \$322.50/5 sess

Aug 06 - Aug 09 Tu - F 9:00 AM-12:00 PM  
**500788** \$258.00/4 sess

Aug 12 - Aug 16 M - F 9:00 AM-12:00 PM  
**500789** \$322.50/5 sess

Aug 19 - Aug 23 M - F 9:00 AM-12:00 PM  
**500790** \$322.50/5 sess

## Tennis Youth Fundamentals + Aces Camp

(11-16 yrs)

**Instructor:** Summer Smash Tennis

This half day camp is designed for beginners AND players with experience. Students will develop their skills each week through high energy, game-based lessons that follow the Summer Smash Progression. Students will be grouped according to age and skill to ensure appropriate level of challenge and progress.

Jul 02 - Jul 05 Tu - F 1:00 PM-4:00 PM  
**500794** \$258.00/4 sess

Jul 08 - Jul 12 M - F 1:00 PM-4:00 PM  
**500796** \$322.50/5 sess

Jul 15 - Jul 19 M - F 1:00 PM-4:00 PM  
**500797** \$322.50/5 sess

Jul 22 - Jul 26 M - F 1:00 PM-4:00 PM  
**500798** \$322.50/5 sess

Jul 29 - Aug 02 M - F 1:00 PM-4:00 PM  
**500799** \$322.50/5 sess

Aug 06 - Aug 09 Tu - F 1:00 PM-4:00 PM  
**500800** \$258.00/4 sess

Aug 12 - Aug 16 M - F 1:00 PM-4:00 PM  
**500801** \$322.50/5 sess

Aug 19 - Aug 23 M - F 1:00 PM-4:00 PM  
**500802** \$322.50/5 sess

### Parental/ Guardian Responsibility

According to provincial guidelines, all children under the age of 10 are required to have parental/guardian 16 years or older supervision when not attending a registered Mount Pleasant program. This applies to all drop-in programs such as the Games Room, Open Gym. The staff at Mount Pleasant are not responsible for children left unattended after programs have finished. Parents/guardians are responsible for picking up their children as soon as programs have ended.

This is a safe space for anyone that identifies as female/male including but not limited to: trans, gender creative, and Two Spirit youth.

## Social

### Boys+ Group

(9-12 yrs)

**Instructor: Omar**

Join us at Mount Pleasant Community Centre for a fun packed after school program! Every week will have something new and exciting to do- games, activities and projects! Please meet at the MPCC games room. All male identifying and nonbinary preteens are welcome to join! Pre-registration and a waiver form are required and will be available at the front desk or by contacting the Community Youth Worker at 604 257 3069.

Apr 10 - Jun 19 W 3:30 PM-5:30 PM  
**488559** \$0.00/11 sess

### Girls+ Group

(9-12 yrs)

**Instructor: Cidney & Sandhra**

Join us at Mount Pleasant Community Centre for a fun packed after school program! Every week will have something new and exciting to do- crafts, games and projects to work on. Please meet at the MPCC games room. All female identifying and nonbinary preteens are welcome to join! Pre-registration and a waiver form are required and will be available at the front desk or by contacting the Community Youth Worker at 604 257 3069.

Apr 09 - Jun 18 Tu 3:30 PM-5:30 PM  
**488577** \$0.00/11 sess

## Dungeons and Dragons (11-18 yrs)

**Instructor: Will**

Interested in learning to play or practicing your Dungeons and Dragons Skills? Want to master the dice? Join our resident Dungeons and Dragons expert! All required equipment will be provided to participants and will be sanitized before and after use. This program offers space for youth to play against each other safely, as well as a place to learn if they are interested. No prior experience necessary! If you have questions, please contact the Community Youth Worker, at 604 257 3069. No class May 10

Apr 13 - Jun 22 Sa 1:00 PM-3:00 PM  
**488560** \$0.00/9 sess

## Magic the Gathering

(9-18 yrs)

**Instructor: Alfred**

Interested in learning to play or practicing your Magic the Gathering skills? Want to master the 20 sided die? Join our resident Magic the Gathering expert! Cards in sleeves and all other required equipment will be provided to participants and will be sanitized before and after use. This program offers space for youth to play against each other safely, as well as a place to learn if they are interested. If you have questions, please contact the Community Youth Worker, at 604 257 3069. No class May 18.

Apr 13 - Jun 22 Sa 10:00 AM-12:00 PM  
**488578** \$0.00/8 sess

# Pre-teen Night (9-12 yrs)

## Fridays 6:00-8:00pm

For this season, pre registration is NOT required  
and the program will be completely drop in!

APRIL 12	APRIL 19	APRIL 26	MAY 3
Spring Cookie Decorating	Picture Scavenger Hunt	Egg Drop	Pictionary Day
MAY 10	MAY 17	MAY 24	MAY 31
Game Day Funday	Just Dance Party	4-Square Tournament	Karaoke + Kandy Bar
JUNE 7	JUNE 17	JUNE 21	
Movie Day	California Kick Ball	Summer Solstice BBQ	

Please meet at the  
Mount Pleasant Games Room

For more information, contact the Youth Office at 604.257.3069.

Activities subject to change.



## Leadership

### Preteen Leadership Club (9-12 yrs)

Instructor: Lydia & Makayla

Are you looking to learn skills to be a leader in your community? Join this group to collaborate with like-minded young people to create an impact through brainstorming, creativity, teamwork and much more! Meetings are every Friday from 4:15-5:15PM for youth in grades 4 to 7.

Apr 12 - Jun 21 F 4:00 PM-5:00 PM  
488893 FREE/11 sess

### MPCC Youth Council (12-18 yrs)

Instructor: Lydia & Makayla

Are you looking at being more involved in your community? Need volunteer hours? Want to be a voice for other youth? Join Mount Pleasant Community Centre's Youth Council! You'll have the opportunity to plan special events, fundraisers and take action on things that are important to you. Meetings are every Friday from 5:30-6:30PM for youth in grades 8 to 12. Please contact the Community Youth Worker at 604 257-3069

Apr 12 - Jun 21 F 5:30 PM-6:30 PM  
488581 FREE/11 sess

### Dungeon Master Masterclass (12-18 yrs)

Instructor: Will

Whether you're an aspiring Dungeon Master curious about starting your own Dungeons & Dragons campaign or a seasoned DM looking to up your game, this Dungeon Master's Masterclass is for you! Led by an experienced DM, this workshop will discuss essential skills and strategies for running D&D campaigns, including designing daring dungeons, creating exciting monster encounters, telling memorable stories, and more! If you have questions, please contact the Community Youth Worker, at 604 257 3069.

Apr 06 Sa 1:00 PM-3:00 PM  
497388 \$15.00/1 sess

## Youth Leadership Camp (9-14 yrs)

Instructor: Instructor TBA

Want to do something different this Summer? Each week will encompass a new theme to do with leadership. Bring your friends and a sense of adventure! Don't wait, register now! A day camp consent and waiver forms package must be completed and returned before the start of the first day of camp. All events are subject to change without notice. Subsidies available upon request. Please pack a healthy lunch, snacks and water! Appropriate footwear is required.

### Week 1

Jul 02 - Jul 05 Tu - F 10:00 AM-3:30 PM  
497426 \$100.00/4 sess

### Week 2

Jul 08 - Jul 12 M - F 10:00 AM-3:30 PM  
497427 \$125.00/5 sess

### Week 3

Jul 15 - Jul 19 M - F 10:00 AM-3:30 PM  
497428 \$125.00/5 sess

### Week 4

Jul 22 - Jul 26 M - F 10:00 AM-3:30 PM  
497471 \$125.00/5 sess

### Week 5

Jul 29 - Aug 02 M - F 10:00 AM-3:30 PM  
497472 \$125.00/5 sess

### Week 6

Aug 06 - Aug 09 Tu - F 10:00 AM-3:30 PM  
497473 \$100.00/4 sess

### Week 7

Aug 12 - Aug 16 M - F 10:00 AM-3:30 PM  
497474 \$125.00/5 sess

### Week 8

Aug 19 - Aug 23 M - F 10:00 AM-3:30 PM  
497475 \$125.00/5 sess

### Week 9

Aug 26 - Aug 30 M - F 10:00 AM-3:30 PM  
497476 \$125.00/5 sess

## Become an Instructor

*We are always looking for new program leaders willing to share their passions with the community.*

**Program areas include: fitness, arts and culture, special interest, outdoor, and seniors.**



## Leadership cont'd

### Youth Community Kitchen (9-18 yrs)

**Instructor: Mount Pleasant Youth Leader**

This program for Youth who are interested in learning to cook or prep, and want to give back to their community! Help the Youth Staff make easy, freezable meals for the soup kitchen. At the end of the session we will get to enjoy the food we made and you'll be given a the recipe to take home and use!

Apr 23 <b>481091</b>	Tu	3:30 PM-6:30 PM FREE/1 sess
May 21 501229	Tu	3:30 PM-6:30 PM FREE/1 sess
Jun 24 <b>501230</b>	Tu	3:30 PM-6:30 PM FREE/1 sess
Jul 23 <b>500824</b>	Tu	2:00 PM-5:00 PM FREE/1 sess
Aug 20 <b>500825</b>	Tu	2:00 PM-5:00 PM FREE/1 sess

### Youth Daycamp Volunteer Training

(16-18 yrs)

**Instructor: Lydia & Makayla**

Are you looking at being more involved in your community? Join our growing community of volunteers. Here, you will be oriented with everything you need to know about volunteering at Mount Pleasant Community Centre! This is a highly recommended training for grades 11 and 12 who want to help out with community events and exciting opportunities! Please contact the Community Youth Worker at 604 257-3069 if you have any questions

Jun 22 - Jun 22 <b>488584</b>	Sa	1:00 PM-3:00 PM FREE/1 sess
----------------------------------	----	--------------------------------



# ROBSON PARK

599 Kingsway, Vancouver

**Monday-Friday  
July 1-August 30**

**Wading Pool Open**

**11:30am-5:30pm**

Schedule subject to change.



## Introducing the MPCC Artists in Residence for 2024-2025, Vascular Trace AVA (Audio-Visual Artists).

*The name comes from the botanical structure of horsetail, the ancient (and familiar) plant that pops up over underground waterways and inspired this project. Vascular Trace AVA is made of Toni-Leah Yake and Helena Krobath, who will be creating artworks around ideas of experimental mapping, mark-making, and memory.*

What does it mean to make records, and how can we explore links between mapping, memory, our senses, and our social bonds? The final project will layer art and fieldwork from the community into a moving image and sound projection. Keep an eye out for upcoming studio sessions and youth-oriented activities where the artists will invite you to play with a variety of technologies and art forms.



*Circulating the Big O. Photo credit: Danica Evering*



Helena Krobath (headshot)

**Helena Krobath (they/s/he)** was born in Matsqui and grew up in Mission and Abbotsford, BC. Their family immigrated from various parts of Eastern Europe to Manitoba and British Columbia in the 1930s and 1950s. They live in unceded territories known as Vancouver, where they work with sound and visual media, transforming field recordings and homemade instruments and experimenting with narratives. Helena also does freelance sound design for podcasts and teaches in the field of Communication. She is particularly interested in how narratives are constructed not only with words but with our senses and use of space. You can follow Helena on Soundcloud at @mutinyandmayhaps and read more about their activities at [krobath.ca](http://krobath.ca)

**Toni-Leah C. Yake (European; Kanien'kehá:ka, Six Nations of the Grand River Territory, Turtle Clan)** is a composer-performer residing on x<sup>w</sup>məθk<sup>w</sup>əy̓ əm, Sk̓w̓x̓ wú7mesh, and səliwətał territories. Her practices are informed by kanyen'keha (Mohawk language), embodied response to the land, and conscious and unconscious realms. They are guided by dreaming and Kanien'kehá:ka (Mohawk) epistemology. Her performances engage with liminality and spatialization and are led by compositions illuminated with archival recordings, synthesis, and noise. Toni-Leah has participated in residencies such as Response/Resonance (2022) for The Polygon Gallery and Get A Plant!? (2023) for the Media Arts Committee. She is a recent recipient of the First Peoples Cultural Council Individual Artist Award.



*Toni-Leah Yake, photo courtesy of the artist*



*Photo credit: Alex de Boer, CiTR 101.9 FM "Field Recording for Podcasts" bootcamp.*



*Photo Credit: Alexis Hogan, Slow Wave Arts Residency 2019*

*"The horsetail has served as a guiding spirit for me throughout the processes we have undertaken thus far in contemplating and organizing this residency. Each time I revisit it, it unveils new lessons, portals, and directions. From the micro to the macro scale, the patterns of waterways revealed by the horsetail echo those found within the internal body, emphasizing our connections to Earth, our dependence as humans on water health, and the impact of well-being on communities of both humans and non-human entities." - Toni-Leah C. Yake*





# Youth Sports

Thursday 3:30-5:00pm	Friday 3:30-9:15pm	Friday 3:30-9:30pm
Volleyball	1/3 Gym Volleyball	2/3 Gym Basketball

Youth Sports are for 12-18 year old youth only and are drop in!  
No Registration required but please check-in by scanning your OneCard at the front desk. If you do not have a OneCard, the youth staff will help you!

# Teen Night

**Fridays 8:00-9:00pm**

For this season, pre registration is NOT required  
and the program will be completely drop in!

If you're in Grade 7-12 join us on Friday nights to  
hang out with friends and our youth leaders!

There will be board games, ping pong,  
billiards, Nintendo Switch and more!

This is a great space to socialize, make new friends,  
and hang out with youth staff.



Please meet at the Mount Pleasant Games Room For more information, contact the Youth Office at 604.237.3069

## Martial Arts & Physical Activity

### Chito Ryu Karate

(6-12 yrs)

**Instructor: Heyton Tze**

Welcome to Mt. Pleasant Karate class! We prioritize manners, focus, and discipline while teaching effective karate techniques. Our goal is to help children defend against bullies and develop important life skills. Join us to learn and grow in a respectful and empowering environment. Let's embark on this karate journey together!

May 5 – Jun 30      Su      11:00 AM-12:00 PM  
**501301**      \$76.00/8 sess

Jul 14 – Aug 25      Su      11:00 AM-12:00 PM  
**503182**      \$76.00/8 sess



### Tae Kwon Do Teens

(14-16 yrs)

**Instructor: Master Michael Ellis**

Are you fit to defend yourself? Tae Kwon Do is a Korean Martial Art that promotes physical fitness and self-defence. Drop-in \$13.00. No class May 19.

May 05 – Jun 30      Su      12:15 PM-1:15 PM  
**495829**      \$86.00/8 sess

### Tae Kwon Do Competitive Training

(12+ yrs)

**Instructor: Master Michael Ellis**

This program is designed and open to all Taekwondo students 12yrs and up who wish to develop their competitive skills in Poomse and sparring. Experience preferred but not mandatory. Students must have all protective gear for sparring including head gear and mouth guard. All equipment can be purchased from Master Ellis. Wavers must be signed prior to participation. Contact Master Ellis for further information. [Taekwondoeastside@gmail.com](mailto:Taekwondoeastside@gmail.com).

May 03 – Jun 28      F      6:30 PM-8:30 PM  
**495827**      \$193.50/9 sess

### Tae Kwon Do Adults

(15+ yrs)

**Instructor: Master Michael Ellis**

Are you fit to defend yourself? Tae Kwon Do is a Korean Martial Art that promotes physical fitness and self-defense. Drop-in \$13. No class May 19.

May 05 – Jun 30      Su      12:15 PM-1:15 PM  
**495826**      \$90.50/8 sess

### Kung Fu: Choy Lee Fat (14 yrs +)

(14+ yrs)

**Instructor: Kung Fu Club CLF**

One of the most popular traditional Chinese martial arts, Choy Lee Fat combines agile footwork and kicks with intricate hand techniques; with an emphasis on relaxed, internal power over stiff, muscular force. Training will develop strength, coordination, mental focus, self-confidence, and discipline. Drop-in \$10. email: [mountpleasantkungfu@gmail.com](mailto:mountpleasantkungfu@gmail.com)

May 08 – Jun 26      W F      6:00 PM-7:00 PM  
**495290**      \$90.10 /15 sess

Jul 03 – Aug 23      W F      6:00 PM-7:00 PM  
**495291**      \$96.10 /16 sess



### Tennis Youth Fundamentals + Aces Camp

(11-16 yrs)

**Instructor: Summer Smash Tennis**

This half day camp is designed for beginners AND players with experience. Students will develop their skills each week through high energy, game-based lessons that follow the Summer Smash Progression. Students will be grouped according to age and skill to ensure appropriate level of challenge and progress.

Jul 02 – Jul 05      Tu - F      1:00 PM-4:00 PM  
**500794**      \$258.00/4 sess

Jul 08 – Jul 12      M - F      1:00 PM-4:00 PM  
**500796**      \$322.50/5 sess

Jul 15 – Jul 19      M - F      1:00 PM-4:00 PM  
**500797**      \$322.50/5 sess

Jul 22 – Jul 26      M - F      1:00 PM-4:00 PM  
**500798**      \$322.50/5 sess

Jul 29 – Aug 02      M - F      1:00 PM-4:00 PM  
**500799**      \$322.50/5 sess

Aug 06 – Aug 09      Tu - F      1:00 PM-4:00 PM  
**500800**      \$258.00/4 sess

Aug 12 – Aug 16      M - F      1:00 PM-4:00 PM  
**500801**      \$322.50/5 sess

Aug 19 – Aug 23      M - F      1:00 PM-4:00 PM  
**500802**      \$322.50/5 sess

## Physical Activity cont'd



### Ivy's Breakfast Club - Skill Development (Advance Training)

(11-15 yrs)

**Instructor: Ivy's Breakfast Club**

Step into the world of basketball excitement with Ivy's Breakfast Club - Basketball Skill Development Program! Led by the dynamic Coach Ivy, a former assistant coach for Capilano & Simon Fraser University, our program caters to kids in grades 6, 7, 8, and 9 (11-15 yrs old). Unleash your potential as we focus on footwork, ball handling, finishing, shooting, passing, and defense, empowering you to apply these skills in real game situations. With Coach Ivy's ten years of experience and passion for player development, our sessions promise an inviting and fun-filled environment. Join us and embark on a thrilling basketball journey, where learning, growth, and enjoyment unite to create unforgettable memories on and off the court! Drop-ins \$25.00, space permitting. Participants will need to bring their own basketball. No class May 19.

May 05 - Jun 23	Su	2:00 PM-3:30 PM
<b>499171</b>		\$150.00/7 sess
Jul 07 - Jul 28	Su	2:00 PM-3:30 PM
<b>499322</b>		\$100.00/4 sess

### Journey Basketball Grassroots Beginners to Intermediate

(10-14 yrs)

**Instructor: Journey Basketball Association**

Journey Basketball is designed to provide children and youth of all abilities with organized and skill appropriate basketball training programs. We aim to help youth develop their skills as a basketball player while also showing them the importance of hard work, the power of confidence and the value of respect. This program will be 60 minutes of skill development and 15 minutes of competition.

Apr 02 - Jun 25	Tu	3:30 PM-4:45 PM
<b>480490</b>		\$180.00/12 sess

## Creative Arts &amp; Education

### Artsy Soap Design

(16+ yrs)

**Instructor: Lily Sum**

Using various colours, fragrances and molds, you will be creating your own personalized soaps. Choose from over 30 scents and endless colour combinations. You will learn how to melt, scent, and colour your soaps along with a variety of techniques to design your soap to your liking. Visit [makesumcreations.com](http://makesumcreations.com) for more information.

May 28	Tu	6:00 PM-8:00 PM
<b>495584</b>		\$55.00/1 sess
Jun 25	Tu	6:00 PM-8:00 PM
<b>495585</b>		\$55.00/1 sess
Jul 30	Tu	6:00 PM-8:00 PM
<b>500649</b>		\$55.00/1 sess
Aug 27	Tu	6:00 PM-8:00 PM
<b>500650</b>		\$55.00/1 sess



### Design and Architecture for Kids

(10-14 yrs)

**Instructor: Petit Architect Design For Kids Ltd.**

Learn about architecture and design thinking through fun hands-on workshops led by design professionals. Discover famous architects and buildings, play with materials and materiality, learn architectural drawings and build 3D models just like an architect! Our Project are different each term so your kids can keep learning!

Apr 11 - Jun 13	Th	5:00 PM-6:15 PM
<b>480486</b>		\$262.50/10 sess

### Red Cross Babysitting

(11-16 yrs)

**Instructor: Foundations Safety #NAME?**

The Babysitting Course is a nationally recognized program designed to help youth develop self-assurance, knowledge, and skills required for babysitting duties and when caring for themselves alone. These are important tools for your daughter or son to have as they begin to build invaluable skills for a lifetime. Each student will have their own first aid supplies, baby manikin and book. Instructor website:

[communitycarefirstaid.com](http://communitycarefirstaid.com)

Jun 30	Su	9:30 AM-4:30 PM
<b>501300</b>		\$85.00/1 sess





# Special Event and Volunteer opportunities!

Looking for volunteer opportunities?  
Check with the youth staff to get involved.

Soup Kitchen

Spring Camp

Spring  
Celebration

Youth  
Programs &  
more

## Youth Volunteer Orientation

(12-18 yrs)

**Are you looking at being more involved in your community?**

**Join our growing community of volunteers.**

**Here, you will be oriented with everything you need to know about  
volunteering at Mount Pleasant Community Centre!**

**This is a highly recommended training for students  
grade 8 to 12 who want to help out with community events  
and other exciting opportunities!**

**Any questions please contact the Community Youth Worker at 604 257-3069.**

**Dates and Times —TBA**

This is a safe space  
for anyone that  
identifies as female/  
male including but  
not limited to: trans,  
gender creative, and  
Two Spirit youth.

## Group Fitness Schedule

Drop-in  
\$6.30

Tuesday	Wednesday	Thursday
<b>Step &amp; Core</b> 5:30-6:30pm Kristiina	<b>Step &amp; Strength</b> 6:30-7:30pm Marilyn	<b>Hi Lo Combo</b> 5:30-6:25pm Tracy

NEW  
DATE & TIME

## Group Fitness Rates

GST Included	Adult (19+yrs)	Youth (13-18yrs)	Senior (60+ yrs)
<b>Drop-in</b>	\$6.30	\$3.75	\$3.75
<b>Strip of 10</b>	\$50.05	\$32.00	\$32.00
<b>1 Month</b>	\$44.50	\$27.80	\$27.80
<b>3 Months</b>	\$111.20	\$66.75	\$66.75



## Class Descriptions

**Step and Core**

(16+ yrs)

**Instructor:** Kristiina Oinonen

A class with beg/inter to follow step patterns. Alternating cardio training with resistance and strength work. Drop-in \$6.30

May 07 - Jun 25 Tu 5:30 PM-6:30 PM  
**495321** \$6.30 /session

Jul 02 - Aug 20 Tu 5:30 PM-6:30 PM  
**495559** \$6.30 /session

**Step and Strength**

(16+ yrs)

**Instructor:** Marilyn Wittmann

A class with easy to follow step patterns. Each session begins with 30 minutes of cardio on the step and ends with 30 minutes of strengthening and stretching. Drop-in \$6.30.

May 08 - Jun 26 W 6:30 PM-7:30 PM  
**495322** \$6.30 /sess

Jul 03 - Jul 31 W 6:30 PM-7:30 PM  
**495560** \$6.30 /sess

**Hi Lo Combo**

(16+ yrs)

**Instructor:** Tracy Ross

This moderate workout combines high and low impact moves in a fun and challenging way. Set your own pace by choosing high or low! A short strength component and stretch to finish off the class. Drop-ins \$6.30

May 09 - Jun 27 Th 5:30 PM-6:25 PM  
**495256** \$6.30 /sess

Jul 04 - Aug 22 Th 5:30 PM-6:25 PM  
**495558** \$6.30 /sess



Monday	Tuesday	Wednesday	Thursday	Sunday
<b>Volleyball</b> (19+ yrs) 7:45 PM-9:45 PM No program on Statutory Holiday Mondays.	<b>Indoor Soccer</b> (19+ yrs) 7:45 PM-9:45 PM	<b>Basketball</b> (19+ yrs) 7:45 PM-9:45 PM	<b>Badminton</b> (19+ yrs) 7:45 PM-9:45 PM	<b>Basketball</b> (19+ yrs) 3:45 PM-5:45 PM No program on long weekends.

## Mount Pleasant Sports Registration Pilot

In response to your valuable feedback and the overwhelming demand for sports programs in the Mount Pleasant neighbourhood we have done some data collection and research.

Based on what we have uncovered, and trends we have observed over the last few years it's no wonder you're frustrated with the status quo.

Did you know...

1. The Mount Pleasant Neighbourhood boasts a density of 90 people per hectare, which is 65% denser than the city overall.
2. In 2023, the waitlists for Adult and Seniors sports programs rose by a staggering 169% compared to the previous year. By February 2024, these waitlists have already surged by 108%.
3. Over 1500 people stood in line to drop in for adult or seniors' sports in 2023 at Mount Pleasant.
4. Currently, there are only 3 registration opportunities per year at Mount Pleasant for access to 12 months of sports programs. With so few registration opportunities and such high demand, hundreds of participants are excluded from playing sports at our centre each season.
5. 220 people are on our Winter 2024 waitlists for sports including Volleyball, Soccer, Badminton, Basketball, and Pickleball. To accommodate all of the people on these waitlists we would need at least 14 additional hours of gym space a week.

*Thank you for reaching out with your concerns and being so candid about your experiences. We hear you, and we are ready to make the changes necessary to improve the accessibility of our sports registration procedure.*

## Sport Registration Pilot Procedure Beginning May 2024

**Each sport session is scheduled separately and must be registered for individually.**

- Registration opens at 12:00pm 3 days in advance of the program date
- Registration closes 15 minutes before program start time
- Registration is available online, and by phone. We encourage those with access to technology to register online.
- Registered spaces are non-transferable and non-refundable
- Adult sports activities are for ages 19 and over
- Registered participants must check in at the front desk before entering the gym
- Please arrive no earlier than 15 minutes before the program starts
- Only registered participants are allowed in the gymnasium during activity time



## Pop up Pickleball Court Rentals



Are here!  
Keep an eye out on for dates and times available for you to reserve your own pickleball court. There are four courts available for play. Each registration is a booking for one court.



## Pickleball

### Pickleball Instruction - Beginner

(16+ yrs)

**Instructor: Walt Woo**

What is the craze all about?!? Pickleball is a game that is a cross between badminton, tennis, and ping pong and 100% a unique sport in its own! The sport has been sweeping across North America over the past 3-4 years and doesn't seem to be slowing down. Learn pickleball with a good foundation and technique that will get your pickleball journey started in a positive way! Our environment is safe for anyone and everyone to learn. This is a beginners course - no experience necessary. In this course, you will learn all the rules of the game and how to score. To advance to the next course, you will need to be able to know the rules, know how to keep score and be able to keep a basic rally going. Focus is to learn about the game and to have fun learning! The instructor will have a limited selection of paddles for you to demo. If you have any questions about the program, or if you need paddles prior to, please contact the instructor Walt Woo at [waltwoo@gmail.com](mailto:waltwoo@gmail.com). Balls will be provided. No Class Aug 5. Drop in \$24, as space allows

Jul 08 - Aug 19	M	6:15 PM-7:30 PM
<b>495307</b>		\$131.70 /6 sess

### Pickleball Instruction - Not Quite Intermediate

(16+ yrs)

**Instructor: Walt Woo**

For this course, you are comfortable with all the rules of pickleball and you are beginning to play on a regular basis. You understand the concept of the 3rd shot but is it the drop, drive or lob?!? You are past the novice stage of your pickleball journey and trying to break through towards intermediate - just as synonymous as the no man's land of the game, you are currently in your transition zone. Then this is the course designed for you! You are past pickleball 2.5 and close to 3.0 but not quite there. As a frame of reference, the Intermediate offering is for players solidified at 3.0 looking to make their mark at 3.5. We offer instruction based on your game. We will encourage a foundation of development then allow for your natural shots and skills to flourish on their own. Any questions, please reach out to the instructor Walt Woo at [waltwoo@gmail.com](mailto:waltwoo@gmail.com). No Class May 20 Drop in \$24, as space allows

May 06 - Jun 24	M	6:15 PM-7:30 PM
<b>495308</b>		\$153.65 /7 sess

### Pickleball: Competitive Game Play (with instruction)

(16+ yrs)

**Instructor: Chris Koentges**

A COMPETITIVE session for confident players seeking more challenging games under the watchful eye of an instructor. While all participants should be comfortable with speed and power, the emphasis is on thoughtful strategic pickleball. Ideal for strong intermediate players keen to get exposure to higher level play. And for advanced players looking to push their level on Court 1. Note: This is a development session for players who have been assessed at 3.25+. Before signing up, please contact instructor at [jerichohillpickleball@gmail.com](mailto:jerichohillpickleball@gmail.com). \$11 Drop in as space allows.

May 21 - Jun 25	Tu	7:00 AM-8:30 AM
<b>495309</b>		\$66.05 /6 sess
Jul 16 - Aug 20	Tu	7:00 AM-8:30 AM
<b>495646</b>		\$66.05 /6 sess

### Pickleball: The Soft Game (with instruction)

(16+ yrs)

**Instructor: Chris Koentges**

A friendly before work game play session for anybody committed to the soft game. Emphasis on patience, shot placement, smart positioning, and the chess match that is pickleball. Scramble format. No bangers. Tips will be offered from coach. Contact [jerichohillpickleball@gmail.com](mailto:jerichohillpickleball@gmail.com) for questions about suitability. No class May 20 and Aug 5. \$12 Drop in as space allows.

May 27 - Jun 24	M	7:30 AM-9:00 AM
<b>495310</b>		\$60.05 /5 sess
Jul 15 - Aug 19	M	7:30 AM-9:00 AM
<b>495654</b>		\$60.05 /5 sess

### Pickleball: Unglamorous Reps for Committed P'ball Students

(16+ yrs)

**Instructor: Chris Koentges**

A before work session for higher level students to humbly practice with a likeminded group. Simple footwork. Endless drills. Tedious positional scenarios. Ambiguous strategy. Mindset exercises. Note: this is a development session for players who have been assessed at 3.5+. Before signing up, please contact the instructor at [jerichohillpickleball@gmail.com](mailto:jerichohillpickleball@gmail.com). \$12.50 drop in as space allows

May 16 - Jun 27	Th	7:00 AM-8:30 AM
<b>495311</b>		\$87.55 /7 sess
Jul 11 - Aug 15	Th	7:00 AM-8:30 AM
<b>495659</b>		\$75.05 /6 sess

### Pop up Pickleball Court Rentals



Are here! Keep an eye out on for dates and times available for you to reserve your own pickleball court. There are four courts available for play. Each registration is a booking for one court.

## Tennis

**Tennis Adult Beginner (1.0)** (18+ yrs)**Instructor: Summer Smash Tennis**

Play tennis in a small group setting! This course provides an introduction to the game with an eventual progression to rally and play within the full court setting.

May 01 - May 22	W	4:30 PM-5:45 PM
<b>500734</b>		\$173.25/4 sess
May 29 - Jun 19	W	4:30 PM-5:45 PM
<b>500739</b>		\$173.25/4 sess

**Tennis Adult Beginner (1.0) - Robson Park Tennis Courts** (18+ yrs)**Instructor: Summer Smash Tennis**

Play tennis in a small group setting! This course provides an introduction to the game with an eventual progression to rally and play within the full court setting.

Apr 30 - May 21	Tu	9:00 AM-10:00 AM
<b>500748</b>		\$142.00/4 sess
May 28 - Jun 18	Tu	9:00 AM-10:00 AM
<b>500750</b>		\$142.00/4 sess
Apr 30 - May 21	Tu	5:30 PM-6:45 PM
<b>500752</b>		\$177.50/4 sess
May 28 - Jun 18	Tu	5:30 PM-6:45 PM
<b>500755</b>		\$177.50/4 sess
May 02 - May 23	Th	8:00 AM-9:00 AM
<b>500761</b>		\$142.00/4 sess
May 30 - Jun 20	Th	8:00 AM-9:00 AM
<b>500762</b>		\$142.00/4 sess

**Tennis Adult Beginner (1.5)** (18+ yrs)**Instructor: Summer Smash Tennis**

This course builds on technique and strategy from Adult Beginner in order to become more confident rally and playing with serve within the full court setting.

May 06 - Jun 17	M	4:45 PM-6:00 PM
<b>500772</b>		\$278.00/6 sess

**Tennis Adult Beginner (1.0)** (18+ yrs)**Instructor: Summer Smash Tennis**

Learn how to play tennis in a small group setting! This course provides an introduction to the game with an eventual progression to rally and play within the full court setting.

Jul 02 - Jul 11	Tu Th	6:15 PM-7:30 PM
<b>500803</b>		\$179.00/4 sess
Jul 16 - Jul 25	Tu Th	6:15 PM-7:30 PM
<b>500804</b>		\$179.00/4 sess
Jul 30 - Aug 08	Tu Th	6:15 PM-7:30 PM
<b>500805</b>		\$179.00/4 sess
Aug 13 - Aug 22	Tu Th	6:15 PM-7:30 PM
<b>500806</b>		\$179.00/4 sess

**Tennis Adult Beginner (1.5)** (18+ yrs)**Instructor: Summer Smash Tennis**

This course builds on technique and strategy from Adult Beginner in order to become more confident rally and playing with serve within the full court setting. No class Aug 5.

Jul 03 - Jul 10	M W	6:15 PM-7:30 PM
<b>500807</b>		\$133.00/3 sess
Jul 15 - Jul 24	M W	6:15 PM-7:30 PM
<b>500808</b>		\$177.50/4 sess
Jul 29 - Aug 07	M W	6:15 PM-7:30 PM
<b>500809</b>		\$133.00/3 sess
Aug 12 - Aug 21	M W	6:15 PM-7:30 PM
<b>500810</b>		\$177.50/4 sess

**Tennis Adult Beginner (1.5)** (18+ yrs)**Instructor: Summer Smash Tennis**

This course builds on technique and strategy from Adult Beginner in order to become more confident rally and playing with serve within the full court setting.

Jul 02 - Jul 11	Tu Th	5:00 PM-6:15 PM
<b>500813</b>		\$177.50/4 sess
Jul 16 - Jul 25	Tu Th	5:00 PM-6:15 PM
<b>500814</b>		\$177.50/4 sess
Jul 30 - Aug 08	Tu Th	5:00 PM-6:15 PM
<b>500815</b>		\$177.50/4 sess
Aug 13 - Aug 22	Tu Th	5:00 PM-6:15 PM
<b>500816</b>		\$177.50/4 sess

**Tennis Adult Beginner ++(2.0)** (18+ yrs)**Instructor: Summer Smash Tennis**

Players who can rally consistently continue to develop ball control (direction, height, distance) and technique within cooperative and competitive contexts. An emphasis is placed on developing technique and ability for groundstrokes, volley, and serve.

Jul 03 - Jul 10	M W	5:00 PM-6:15 PM
<b>500826</b>		\$141.00/3 sess
Jul 15 - Jul 24	M W	5:00 PM-6:15 PM
<b>500827</b>		\$188.00/4 sess
Jul 22 - Aug 07	M W	5:00 PM-6:15 PM
<b>500828</b>		\$141.00/6 sess
Aug 12 - Aug 21	M W	5:00 PM-6:15 PM
<b>500829</b>		\$188.00/4 sess

## Martial Arts

### Tae Kwon Do Adults

(15+ yrs)

**Instructor: Master Michael Ellis**

Are you fit to defend yourself? Tae Kwon Do is a Korean Martial Art that promotes physical fitness and self-defense. Drop-in \$13. No class May 19.

May 05 - Jun 30	Su	12:15 PM-1:15 PM
<b>495826</b>		\$90.50/8 sess

### Chen's Tai Chi: Introduction (16+)

(16+ yrs)

**Instructor: Kung Fu Club CLF**

This course focuses on core concepts and training methods in Chens Tai Chi, the original style of Tai Chi. Practitioners are guided through a structured program that will enhance body awareness, balance, and coordination, while learning the introductory 18 Form. Suitable for all ages, fitness levels. Drop in \$10. [mountpleasanttaichi@gmail.com](mailto:mountpleasanttaichi@gmail.com). No class May 19, Jul 1 and Aug 4.

May 05 - Jun 23	Su	10:30 AM-11:30 AM
<b>495240</b>		\$61.25 /7 sess

Jul 07 - Aug 25	Su	10:30 AM-11:30 AM
<b>495241</b>		\$61.25 /7 sess

### Chen's Tai Chi: Old Frame (16+)

(16+ yrs)

**Instructor: Kung Fu Club CLF**

This class focuses on Old Frame, First Routine, a Chen's Tai Chi form consisting of 74 postures. As training builds on basic techniques and core principles of movement, softness, and power generation, students should complete Introduction to Chen's Tai Chi as a prerequisite. Drop in \$10 Email: [mountpleasanttaichi@gmail.com](mailto:mountpleasanttaichi@gmail.com) No class May 19, Jul 1 and Aug 4.

May 05 - Jun 23	Su	9:30 AM-10:30 AM
<b>495242</b>		\$61.25 /7 sess

Jul 07 - Aug 25	Su	9:30 AM-10:30 AM
<b>495243</b>		\$61.25 /7 sess

### Kung Fu: Choy Lee Fat (14 yrs +)

(14+ yrs)

**Instructor: Kung Fu Club CLF**

Choy Lee Fat combines agile footwork and kicks with intricate hand techniques; with an emphasis on relaxed, internal power over stiff, muscular force. Training will develop strength, coordination, mental focus, self-confidence, and discipline. Drop-in \$10. email: [mountpleasantkungfu@gmail.com](mailto:mountpleasantkungfu@gmail.com)

May 08 - Jun 26	W F	6:00 PM-7:00 PM
<b>495290</b>		\$90.10 /15 sess

Jul 03 - Aug 23	W F	6:00 PM-7:00 PM
<b>495291</b>		\$96.10 /16 sess

## Language

### Spanish Adult Beginner 1

(16+ yrs)

**Instructor: Eliana Rolando**

HOLA! Welcome to the Spanish language! This beginner's course will emphasize instruction in basic grammar, vocabulary and writing with some conversation. Classes cover proper phonetics and will focus on the verb to be and the simple present tense. This course will also teach you converse simple travel phrases, how to order food in a restaurant, etc.. No registration after the third class please. Sorry no drop-ins. No class May 20. Students to bring pen, pencil, eraser, notebook.

Apr 08 - Jun 17	M	6:00 PM-7:30 PM
<b>480793</b>		\$163.00/10 sess

### Spanish Adult Beginner 1

(16+ yrs)

**Instructor: Eliana Rolando**

HOLA! Welcome to the Spanish language! This beginner's course will emphasize instruction in basic grammar, vocabulary and writing with some conversation. Classes cover proper phonetics and will focus on the simple present tense. This course will also teach you converse simple travel phrases, how to order food in a restaurant, etc.. No registration after the first class please. Sorry no drop-ins. Students to bring pen, pencil, eraser, notebook.

Jul 08 - Jul 29	M	6:00 PM-7:30 PM
<b>499716</b>		\$65.00/4 sess

### Spanish Adult Level 2

(16+ yrs)

**Instructor: Eliana Rolando**

AMIGOS! This course will build on the foundation established in the Beginner 1 Spanish class. The focus will be on conversation plus the introduction of the past tense. Registration only. Sorry no drop-ins. Please speak with the instructor if registering past the 3rd class. No class May 20. Students to bring pen, pencil, eraser, notebook.

Apr 08 - Jun 17	M	7:30 PM-9:00 PM
<b>480794</b>		\$163.00/10 sess

### Japanese: Beginner 1

(16+ yrs)

**Instructor: Eri Ito**

This Japanese language introductory course comes with the updated textbook. You will learn basic grammar, vocabulary, expressions and Hiragana characters. At the end of this course you will be able to order food at a restaurant, go shopping and ask simple questions. For more info, please visit [www.japaneseforallpeople.com](http://www.japaneseforallpeople.com) NO DROP INS

May 02 - Jun 27	Th	7:00 PM-9:00 PM
<b>495289</b>		\$183.25 /9 sess

## Creative Arts

**Beginners Digital Photography**

(18+yrs)

**Instructor: Michael Markowsky**

Are you stuck on your camera's Auto Mode? Unlock the full-power of your digital camera and start taking professional-looking photos! In this class, you will develop a good understanding of your camera's manual settings and the basics of photography. Topics include composition, exposure meter, the difference between lenses, focusing, shutter speed, aperture and depth of field, ISO and digital noise, white balance and flash photography. **REQUIRED:** Mirrorless or DSLR Camera. To get an idea of how Michael teaches, check out his popular how-to instructional videos at [www.youtube.com/markowskyart](http://www.youtube.com/markowskyart)

Apr 17 - May 15	W	6:00 PM-8:00 PM	<b>478810</b>	\$129.75 /5 sess
-----------------	---	-----------------	---------------	------------------

May 22 - Jun 1	W	6:00 PM-8:00 PM	<b>495237</b>	\$129.75 /5 sess
----------------	---	-----------------	---------------	------------------

Jun 26 - Jul 24	W	6:00 PM-8:00 PM	<b>495238</b>	\$129.75 /5 sess
-----------------	---	-----------------	---------------	------------------

**Basic Drawing: Animals, Architecture and Still-Lifes** (18+ yrs)**Instructor: Michael Markowsky**

NO supplies or experience required! This is an ideal class for beginner artists to gain some fundamental art techniques that will dramatically improve creative self-confidence! Through a structured series of step by step lessons, Emily Carr University of Art instructor Michael Markowsky will teach students basic mark-making before moving on to shading cubes and spheres, drawing animals and architecture, basic composition, geometric perspective (the illusion of 3D space on a page) and drawing from real-life. Drawing supplies provided, but suggestions for optional items (such as sketchbooks and pencils) will be covered during the first class. Emily Carr University of Art instructor Michael Markowsky will guide you step by step from basic concepts to create finished drawings in a relaxed and encouraging studio environment. Registration Only Please - No Drop-ins. To get an idea of how Michael teaches, check out his popular how-to-draw and paint videos at [www.youtube.com/markowskyart](http://www.youtube.com/markowskyart)

Apr 19 - May 17	F	5:00 PM-7:00 PM	<b>478804</b>	\$129.75 /5 sess
-----------------	---	-----------------	---------------	------------------

May 24 - Jun 21	F	7:30 PM-9:30 PM	<b>495227</b>	\$129.75 /5 sess
-----------------	---	-----------------	---------------	------------------

Jun 28 - Jul 26	F	5:00 PM-7:00 PM	<b>495228</b>	\$129.75 /5 sess
-----------------	---	-----------------	---------------	------------------

**Basic Drawing: People and Landscapes**

(18+ yrs)

**Instructor: Michael Markowsky**

NO supplies or experience required! Tired of only being able to draw stick figures? Over the course of just five weeks, you'll learn how to draw human faces and bodies, as well as landscapes and plants. Activities will include learning about human proportions, drawing mannequin heads, fabric/drapery studies and drawing landscapes outside (weather permitting). Drawing supplies provided, but suggestions for optional items (such as sketchbooks and pencils) will be covered during the first class. Emily Carr University of Art instructor Michael Markowsky will guide you step by step from basic concepts to create finished drawings in a relaxed and encouraging studio environment. Registration Only Please - No Drop-ins. To get an idea of how Michael teaches, check out his popular how-to-draw and paint videos at [www.youtube.com/markowskyart](http://www.youtube.com/markowskyart)

Apr 19 - May 17	F	7:30 PM-9:30 PM	<b>478807</b>	\$129.75 /5 sess
-----------------	---	-----------------	---------------	------------------

May 24 - Jun 21	F	5:00 PM-7:00 PM	<b>495229</b>	\$129.75 /5 sess
-----------------	---	-----------------	---------------	------------------

Jun 28 - Jul 26	F	7:30 PM-9:30 PM	<b>495230</b>	\$129.75 /5 sess
-----------------	---	-----------------	---------------	------------------

**Acrylic Painting & Drawing Basics: Flowers and Still-Lifes**

(18+ yrs)

**Instructor: Michael Markowsky**

NO supplies required! Just show up and paint an original artwork that you can be proud of! Emily Carr University instructor Michael Markowsky will teach you how to draw directly from life, and then how to transform that sketch into a finished acrylic painting. Michael will guide you to create beginner to intermediate level paintings through step-by-step demonstrations in a relaxed, humorous and encouraging studio environment. Designed for people with little to no art experience, as well as students looking to sharpen their fundamental skills. We will make paintings of fresh flowers, fruits, bowls, cups and simple toys. To get an idea of how Michael teaches, check out his popular how-to draw and paint videos at [www.youtube.com/markowskyart](http://www.youtube.com/markowskyart)

Apr 21 - May 19	Su	3:00 PM-5:00 PM	<b>478801</b>	\$129.75 /5 sess
-----------------	----	-----------------	---------------	------------------

May 26 - Jun 23	Su	10:00 AM-12:00 PM	<b>495208</b>	\$129.75 /5 sess
-----------------	----	-------------------	---------------	------------------

Jul 07 - Aug 04	Su	3:00 PM-5:00 PM	<b>495209</b>	\$129.75 /5 sess
-----------------	----	-----------------	---------------	------------------



## Creative Arts cont'd

### Acrylic Painting Basics: Emily Carr and the "Group of Seven"

(18+ yrs)

**Instructor: Michael Markowsky**

NO supplies or experience required! Just show up and paint some of the most famous paintings in Canadian history! Emily Carr University instructor Michael Markowsky will introduce you to the basic acrylic painting materials, how to mix colours, and guide you to create simple paintings through step-by-step demonstrations in a relaxed, humorous and encouraging studio environment. Designed for people with little or no experience or those who need a refresher to get painting again! We will make paintings based on the work of Canada's famous "Group of Seven" artists, including Lawren Harris ("Mount Edith Cavell"), A.Y. Jackson (Aurora), Tom Thomson (Canoe Lake) and BC's own Emily Carr (Mrs. Jones' Farm). Registration Only Please - No Drop-ins. To get an idea of how Michael teaches, check out his popular how-to-draw and paint videos at [www.youtube.com/markowskyart](http://www.youtube.com/markowskyart)

Apr 21 - May 19	Su	10:00 AM-12:00 PM
<b>478781</b>		\$129.75 /5 sess

May 26 - Jun 23	Su	3:00 PM-5:00 PM
<b>495210</b>		\$129.75 /5 sess

Jul 07 - Aug 04	Su	12:30 PM-2:30 PM
<b>495211</b>		\$129.75 /5 sess

### Acrylic Painting Basics: Picasso to Warhol

(18+ yrs)

**Instructor: Michael Markowsky**

NO supplies or experience required! Just show up and paint some of history's most famous paintings! Emily Carr University instructor Michael Markowsky will introduce you to the basic acrylic painting materials, how to mix colours, and guide you to create simple paintings through step-by-step demonstrations in a relaxed, humorous and encouraging studio environment. Designed for people with little or no experience or those who need a refresher to get painting again! We will make paintings based on the work of Pablo Picasso (Woman Turned Right), Andy Warhol (Marilyn Monroe), Claude Monet (Water Lilies) and Berthe Morisot (Peonies). Registration Only Please - No Drop-ins. To get an idea of how Michael teaches, check out his popular how-to-draw and paint videos at [www.youtube.com/markowskyart](http://www.youtube.com/markowskyart)

Apr 21 - May 19	Su	12:30 PM-2:30 PM
<b>478785</b>		\$129.75 /5 sess

May 26 - Jun 23	Su	12:30 PM-2:30 PM
<b>495212</b>		\$129.75 /5 sess

Jul 07 - Aug 04	Su	10:00 AM-12:00 PM
<b>495213</b>		\$129.75 /5 sess

## Watercolour Painting

(16+ yrs)

**Instructor: Mohammad Reza Atashzad**

This program will give you the chance to learn to apply watercolour painting by exploring the medium's full potential. Learn to use water, paper, colour, and brushes to create an endless variety of tones and atmosphere in your painting. We will focus on landscape painting techniques and studies of nature (flowers). Visit [atashzad.com](http://atashzad.com) (Supplies and equipment are not included in program fee, supply list available upon registration). Drop-ins: \$39. No class May 18

May 11 - Jun 22	Sa	3:15 PM-5:45 PM
<b>495326</b>		\$207.90 /6 sess

Jul 06 - Aug 10	Sa	3:15 PM-5:45 PM
<b>495327</b>		\$173.25 /5 sess

## Sashiko Wagara: hand sewing Japanese embroidery

(19+ yrs)

**Instructor: Suzan Lee**

Japan has many longstanding traditions. Embroidery is no exception. Sashiko is Japanese hand stitching technique. Wagara categorizes the many Japanese traditional stitch patterns. Learn to hand stitch in this beautiful and elegant way whether for purely a mindful practice, a decorative purpose or to visibly mend well loved items. No prior experience required. All materials and tools provided. Registration only.

Jul 21 - Jul 21	Su	9:30 AM-12:30 PM
<b>495288</b>		\$62.95 /1 sess

## Artsy Soap Design

(16+ yrs)

**Instructor: Lily Sum**

Using various colours, fragrances and molds, you will be creating your own personalized soaps. Choose from over 30 scents and endless colour combinations. You will learn how to melt, scent, and colour your soaps along with a variety of techniques to design your soap to your liking. Visit [makesumcreations.com](http://makesumcreations.com) for more information.

May 28	Tu	6:00 PM-8:00 PM
<b>495584</b>		\$55.00/1 sess

Jun 25	Tu	6:00 PM-8:00 PM
<b>495585</b>		\$55.00/1 sess

Jul 30	Tu	6:00 PM-8:00 PM
<b>500649</b>		\$55.00/1 sess

Aug 27	Tu	6:00 PM-8:00 PM
<b>500650</b>		\$55.00/1 sess



## Dance

**Adult Ballet - Beginner** (19+ yrs)**Instructor:** Laura Johnston

A beginner level adult ballet class in a relaxed and supportive environment! This class is for people with no, minimal, or rusty ballet experience. Each class will include warm up exercises at the barre followed by exercises in the centre of the room to build strength, coordination, and body connection. This class welcomes everyone who wants to dance and prioritizes inclusion and accessibility for people who may have faced barriers to participating in traditional ballet environments. Please wear comfortable clothing and socks or non-slip dance shoes if you have them. Drop-ins \$16 if space permits

May 09 - Jun 27	Th	6:00 PM-7:00 PM
<b>495216</b>		\$112.00 /8 sess

**Adult Ballet - Open Level** (19+ yrs)**Instructor:** Laura Johnston

A basic open level adult ballet class in a relaxed and supportive environment! This class is for people with previous ballet experience and a range of movement options will be offered from more accessible to more challenging for you to choose from. Each class will include warm up exercises at the barre followed by exercises in the centre of the room to build strength, coordination, and body connection. This class welcomes everyone who wants to dance and prioritizes inclusion and accessibility for people who may have faced barriers to participating in traditional ballet environments. Please wear comfortable clothing and socks or non-slip dance shoes if you have them. Drop-ins \$19 if space permits

May 09 - Jun 27	Th	7:15 PM-8:45 PM
<b>495219</b>		\$136.00 /8 sess

**Adult Ballet - Foundational Technique Series** (19+ yrs)**Instructor:** Laura Johnston

Ever wish you could spend more time in a ballet class breaking down movement or wanted some more individualized feedback on your technique? Each class in the Foundational Technique Series will focus on one movement or aspect of ballet to strengthen your understanding and approach. This limited series is for people with previous ballet experience and would be a great fit for people who take a regular ballet class. Please wear comfortable clothing and socks or non-slip dance shoes if you have them. Drop in \$22 as space permits.

May 25 - Jun 08	Sa	3:00 PM-4:30 PM
<b>495218</b>		\$60.00 /3 sess

**Beginner Bellydance**

(16+ yrs)

**Instructor:** Rahel Claman

Dive into the beautiful world of Arabic dance and music! In this progressive, full-experience course, you will learn about the history and cultural context of Raqs Sharqi/ Raqs Beledi ("aka bellydance"), learn correct posture and alignment, breakdown and drill basic isolations and movements of this beautiful Middle Eastern art form in a safe, inclusive, body positive, learning-focused environment from dedicated full time dancer/ teacher Rahel, AND get a great workout! For class, wear comfortable, breathable clothes and bare feet. NO EXPERIENCE REQUIRED. No drop-ins. Students will be required to watch some video content on bellydance history and cultural context on their own time in order to attend the class. 10% early registration discount applies until 1 week before 1st class and applies to in-person and over the phone registration only. Note: all registration AFTER the first class has passed requires permission from instructor (30 Participants MAX). [rahelbellydance@gmail.com](mailto:rahelbellydance@gmail.com) class on Stat holiday Mondays.

Mar 18 - May 27	M	7:45 PM-9:00 PM
<b>485775</b>		\$180.05 /9 sess

Jun 03 - Jul 29	M	7:45 PM-9:00 PM
<b>485776</b>		\$160.05 /8 sess

**Intermediate Bellydance: Drills+Combos**

(16+ yrs)

**Instructor:** Rahel Claman

Bellydance for more experienced dancers. Here we will break down and practice (or "drill") movements, and put them together in fun little combinations (or "combos"). Options will be given to make moves easier or harder to accommodate dancers of various levels, ranging from intermediate to advanced. Some weeks will be more focused on technique, others on drilling, or on combos, and sometimes even a little improvisation! Experience IS required" Minimum one complete beginner course, preferably with Rahel, or at least a year of other bellydance experience. Students that are new to Rahel must watch some pre-recorded video prerequisite material before joining the class. 10% early registration discount applies until 1 week before 1st class and applies to in-person and over the phone registration only. Drop-ins \$25 for returning students ONLY. [rahelbellydance@gmail.com](mailto:rahelbellydance@gmail.com)

Mar 18 - May 27	M	6:15 PM-7:30 PM
<b>485777</b>		\$180.05 /9 sess

Jun 03 - Jul 29	M	6:15 PM-7:30 PM
<b>485778</b>		\$160.05 /8 sess

## Dance cont'd

### Dance Dance Party Party (16+ yrs)

**Instructor:** Jane Nunnikhoven

Dance Dance Party Party is a series of freestyle dance sessions for women\* with 3 rules: no boys, no booze, and no judgment. Unlike typical workout or dance classes, DDPP has no instructors, no fitness goals and nothing to prove! We simply turn up the music and dance for an hour. No choreography to learn, no dance experience necessary. Drop-in \$7. More at: [ddppvancouver.wordpress.com](http://ddppvancouver.wordpress.com) \*Open to all self-identified women and non-binary people. If the gender in your profile is listed as Transgender or Non-binary, please email [Nelle.Jee@vancouver.ca](mailto:Nelle.Jee@vancouver.ca) to assist with registration.

Apr 30 - May 28	Tu	8:00 PM-9:00 PM
<b>495250</b>		\$25.00 /5 sess



## Music and Singing

### Piano (6+ yrs)

**Instructor:** Musical Expressions

Musical expressions takes on a creative and intuitive approach to music learning. Here you can develop your skills in piano, voice (singing) or the mixture of the two! With goals and learning styles varying from student to student, we help you first determine what you want to achieve, so we can make it our goal to get you there! From the basic beginners to preparing exams, all students will be encouraged to tap into their creative sides and be taught to express themselves through improvisation. Each class session is 30 minutes long. If you're wanting longer session times, please book two classes back-to-back. All music books and materials purchased separately. Instructor website: [musicaexpressions.ca](http://musicaexpressions.ca).

May 02 - Jun 20	Th	3:30 PM-8:00 PM
<b>494939-494947</b>		\$240.00/8 sess
Jul 04 - Jul 25	Th	3:30 PM-8:00 PM
<b>495789-495797</b>		\$120.00/4 sess
Aug 01 - Aug 29	Th	3:30 PM-8:00 PM
<b>495814-495822</b>		\$150.00/5 sess



### Private Guitar/Ukulele Lessons (5+ yrs)

**Instructor:** Musical Expressions

Have you always wanted to learn a string instrument? We offer private guitar or even ukulele lessons to get you started. This program is based on special interests and fundamental goals that serve the humble of beginners all the way to tomorrow's prodigies. All classes are set in a fun, stress free environment. All students are required to bring their own instrument. Music books are purchased separately.

Apr 05 - Jun 21	F	3:30 PM-8:00 PM
<b>495695-495703</b>		\$360.00/12 sess
Jul 05 - Jul 26	F	3:30 PM-8:00 PM
<b>495729-495737</b>		\$120.00/4 sess
Aug 02 - Aug 30	F	3:30 PM-4:00 PM
<b>495740-495748</b>		\$150.00/5 sess

### Piano (6+ yrs)

**Instructor:** Monika Oldershaw

Take a 30 minute private piano lesson with Monika. Lessons follow the school year. Music books may be required at the participant's expense. Please discuss with the instructor.

#### Tuesday

May 07 - Jun 25	Tu	3:30 PM-7:30 PM
<b>480638-480645</b>		\$200.00/8 sess

### Piano (6+ yrs)

**Instructor:** Monika Oldershaw

Take a 30 minute private piano lesson with Monika. Lessons follow the school year. Music books may be required at the participant's expense. Please discuss with the instructor.

#### Wednesday

May 08 - Jun 26	W	3:30 PM-7:30 PM
<b>480693-480700</b>		\$200.00/8 sess

## Private Singing/Piano

(6+ yrs)

**Instructor: Charis Chung**

Students can choose either Piano or Singing to learn, or take a 60 minute lesson to learn both! Professional, experienced, and award-winning performing artist, musician, singer and music educator Charis Chung (UBC Bachelor of Music & Master's of Music Education) will use diverse materials to help students develop interest in learning music to improve their lives or achieve personal goals. Content includes rhythm, notes, theory, performing technique and skills. Charis is a certified Music Educator & Member of the Canadian Actors' Equity, has taught over thousands of students of all ages for exams, auditions, international competitions and university entrance exams. Books are not included. Teacher will suggest the book in the first lesson. No make up lessons if student is absent. Leisure Access subsidy does not apply to Music programs. No class May 18.

**Apr 13 - Jun 22** Sa 11:30 AM-4:00 PM  
480713-480721 \$300.00/10 sess

**Jul 06 - Aug 24** Sa 11:30 AM-4:00 PM  
**495666-495674** \$240.00/8 sess



## InChoiring Minds

(16+ yrs)

**Instructor: Earle Peach**

InChoiring Minds is a friendly, fun community choir which has been singing since the early 90's, starting at Mt Pleasant Community Centre. We sing beautiful music in multiple voices and styles. Practice files and scores are provided. No audition, just show up! No class statutory Mondays. Drop in \$8 No class May 20 and Jul 1.

**Apr 15 - Jul 8** M 7:00 PM-8:30 PM  
**495264** \$84.90 /11 sess

## Physical Activity

### Barre Pilates

(16+ yrs)

**Instructor: Alesya Bogaevskaya**

Barre Pilates class is designed to tone, tighten, lift and sculpt every part of your body with emphasis on core stabilization and balance. This class combines elements of classical ballet, Pilates, and strength training with recovery stretching. Results are great: a long lean physique, toned muscles and perfect posture. There are 5 guaranteed drop spots. Drop in are \$16.80 including tax.

**May 07 - Jun 25** Tu 5:45 PM-6:45 PM  
**495225** \$100.80 /8 sess

**Jul 02 - Aug 13** Tu 5:45 PM-6:45 PM  
**495226** \$88.20 /7 sess

### Pilates Plus

(16+ yrs)

**Instructor: Alannah Lori**

Increase core strength and flexibility with this classic Pilates workout! Release tight muscles and knots with easy foam rolling techniques and reduce stress through stretch and guided relaxation. Feel long, lean and strong inside out! Drop in fee, \$13.50. No class stat Mondays

**Jun 03 - Jun 24** M 7:00 PM-8:00 PM  
**495314** \$50.40 /4 sess

**Jul 08 - Aug 26** M 7:00 PM-8:00 PM  
**495315** \$88.20 /7 sess

**May 30 - Jun 27** Th 7:00 PM-8:00 PM  
**495316** \$63.00 /5 sess

**Jul 04 - Aug 22** Th 7:00 PM-8:00 PM  
**495317** \$100.80 /8 sess

### Iyengar Yoga All Levels

(16+yrs)

**Instructor: Christine Rondeau**

Join this yoga class to increase your flexibility, strength and awareness of your body. The Iyengar method focuses on alignment, longer holds and moving your body with precision and mindfulness. Iyengar uses many props such as belts, bricks, chairs and blankets making poses accessible to all body shapes, sizes and capabilities. Christine has been practicing yoga for over 20 years and discovered the benefits of Iyengar yoga following multiple injuries. Drop in fee \$21, space permitting.

**May 07 - Jun 25** Tu 10:30 AM-12:00 PM  
**495284** \$142.80 /8 sess

**Jul 02 - Aug 20** Tu 10:30 AM-12:00 PM  
**495285** \$142.80 /8 sess



## Physical Activity cont'd

**Hatha Yoga: Intermediate** (16+ yrs)**Instructor: Shona Cekelis**

Suitable for experienced yoga practitioners, classes focus on the integration of breath with a wide range of poses including inverted positions. Develop abdominal support, posture and balance while you improve concentration, flexibility and self-awareness. Pre-requisite: six months of yoga or consent of instructor. Drop In: \$15.75 space permitting.

May 07 - Jun 18	Tu	7:30 PM-9:00 PM
<b>495254</b>		\$88.20 /7 sess

**Yoga for Beginners**

(16+ yrs)

**Instructor: Shona Cekelis**

Suitable for new and returning students, you will learn foundational hatha yoga practices using a slow and gentle approach. Classes will help you manage stress, improve flexibility and increase strength. Modifications and options provided to accommodate all abilities. Drop In: \$15.75, space permitting.

May 07 - Jun 18	Tu	5:45 PM-7:15 PM
<b>495328</b>		\$88.20 /7 sess
Jul 02 - Jul 23	Tu	5:45 PM-7:15 PM
<b>495329</b>		\$50.40 /4 sess
Jul 30 - Aug 20	Tu	5:45 PM-7:15 PM
<b>495255</b>		\$50.40 /4 sess

**Yoga For Partners** **NEW**

(16+ yrs)

**Instructor: Shona Cekelis**

Explore yoga in connection with another. Practice two-person and assisted poses with a friend, spouse, family member or classmate. Partner yoga enhances awareness, develops communication and deepens the stretch. It is also a lot of fun! All levels welcome. Drop In: \$15.75, space permitting or \$25.20 a pair

Apr 30 - Apr 30	Tu	6:00 PM-7:30 PM
<b>495557</b>		\$15.75 /1 sess

**Yoga4Stiff Guys: All Levels** (16+ yrs)**Instructor: Yoga4Stiff People**

An all levels yoga series designed specifically for guys who want to improve flexibility, increase strength, and relax the mind and body. This is not a men's only class, any stiff person is welcome! However, it pays special attention to parts of men's bodies that are often least flexible with an emphasis on poses to open the hips, quadriceps, hamstrings and lower back. Drop-in \$16.80

May 07 - Jun 25	Tu	8:30 PM-9:30 PM
<b>495330</b>		\$117.60 /8 sess
Jul 02 - Jul 30	Tu	8:30 PM-9:30 PM
<b>495331</b>		\$73.50 /5 sess
May 09 - Jun 27	Th	8:30 PM-9:30 PM
<b>495332</b>		\$117.60 /8 sess
Jul 04 - Aug 01	Th	8:30 PM-9:30 PM
<b>495333</b>		\$73.50 /5 sess

**Iyengar Yoga Mixed level** (16+ yrs)

This yoga class will review all the basics and go deeper. Iyengar yoga adapts to your personal needs. In this class, you'll increase your flexibility, strength and body awareness and you'll be able to move through your day with more ease. Drop ins \$19 as space allows. \*Please note that there is a 15 min cut-off for this class. Participation is prohibitive for arrivals later than 9:15am. No class June 19, Aug 7.

**Instructor: Siobhan Sloane-Seale****FREE TRIAL CLASS**

May 01 - May 01	W	9:00 AM-10:30 AM
<b>495283</b>		FREE/1 sess
May 08 - Jun 26	W	9:00 AM-10:30 AM
<b>495286</b>		\$117.60 /7 sess
Jul 03 - Aug 14	W	9:00 AM-10:30 AM
<b>495287</b>		\$100.80 /6 sess

**Pilates**

(16+ yrs)

**Instructor: Into Yoga**

Pilates participants will learn the fundamentals of Pilates which promotes strength and stability while lengthening the muscles and supporting the spine. There will be a strong focus on connecting to the abdominal and pelvic floor muscles which is the key to strengthening the core muscles of the body. For more info visit [www.intoyoga.ca](http://www.intoyoga.ca) Drop in \$16

May 09 - Jun 27	Th	9:30 AM-10:30 AM
<b>495312</b>		\$120.75/8 sess
Jul 11 - Aug 29	Th	9:30 AM-10:30 AM
<b>495313</b>		\$120.75/8 sess

**Discounts are available**

on some programs at time of registration provided you meet the criteria and have proper identification.

Youth (16-18yrs) may receive **25% discount** on adult programs.

Seniors over 60 may receive a **28% discount** on adult programs.

Leisure Access Card holders may receive a **50% discount** on some programs.

## Baby & Me Yoga

(16+ yrs)

**Instructor:** Liza Randolph Hunwick

Regain strength, flexibility, and bond with your baby on the outside by incorporating infant massage, all while connecting with other parents in this gentle Hatha class. Ease your way into parenthood: ease your way back into your new postpartum body. Suitable for pre-crawling babies. Distractions by the babies are expected during this unique yoga class - breaks for feedings or soothing are completely encouraged! All yoga levels welcome. Any caregiver welcome to attend with their baby. For any questions, visit [embraceyogawellness.ca](http://embraceyogawellness.ca) or email Liza at [EmbraceYogaWellness@gmail.com](mailto:EmbraceYogaWellness@gmail.com) Drop in \$19.00 as space allows space permitting

May 16 - May 16 Th 11:30 AM-12:30 PM  
**495221** \$17.00 /1 sess

Jun 13 - Jun 27 Th 11:30 AM-12:30 PM  
**500491** \$51.00 /3 sess

Jul 11 - Aug 22 Th 11:30 AM-12:30 PM  
**495222** \$102.00 /6 sess



## Prenatal Yoga & Meditation

(16+ yrs)

**Instructor:** Liza Randolph Hunwick

Incorporate yoga into your pregnancy journey with Liza - a yogi, birth doula, and recent new mother! Come dedicate time in your day to you and your baby. Find the ability to go into your body on a deeper level, to connect to its inner strength for childbirth. Stretch and move your body intuitively to ease aches and pains, connect with your breath and baby, all while meeting other birthers-to-be! All trimesters, all yoga levels welcome. Yoga mats/blocks are provided - participants are encouraged to bring their own if available. For any questions, visit [embraceyogawellness.ca](http://embraceyogawellness.ca) or email Liza at [EmbraceYogaWellness@gmail.com](mailto:EmbraceYogaWellness@gmail.com). Drop-in \$19, 5 guaranteed spots.

May 16 - May 16 Th 6:30 PM-7:45 PM  
**495319** \$17.00 /1 sess

Jul 11 - Aug 22 Th 6:30 PM-7:45 PM  
**495320** \$102.00 /6 sess

Jun 13 - Jun 27 Th 6:30 PM-7:45 PM  
**500481** \$51.00 /3 sess

## High Intensity Bootcamp

(16+ yrs)

**Instructor:** Alison Landry

Come and enjoy a workout that is going to leave you feeling stronger, energized and satisfied. Each workout is creative in its layout, which causes you to always be challenged and pushes you to work harder each time. NOTE: 1) if registering for 3 classes with Alison that run at the same time (e.g. 3 classes per week) ask for 25% off the 3rd class (available for IN-PERSON registration only, not available online, cannot be combined with any other discount). 2) Drop-ins welcome \$14. No class May 20.

May 06 - Jun 24 M 6:30 AM-7:30 AM  
**495257** \$84.05 /7 sess

May 08 - Jun 26 W 6:30 AM-7:30 AM  
**495259** \$96.05 /8 sess

May 10 - Jun 28 F 6:30 AM-7:30 AM  
**495261** \$96.05 /8 sess

## Zumba

(16+ yrs)

**Instructor:** Zumba Vancouver

ZUMBA® fuses Latin rhythms and easy to follow moves to create a dynamic workout system designed for everyone at any fitness level. Using fitness principles of interval and resistance training to maximize caloric output, fat burning, and total body toning. It combines Salsa, Cumbia, Merengue, and more giving you a feel-happy workout that is great for both the body and the mind. [www.zumbavancouver.ca](http://www.zumbavancouver.ca) Drop In: \$14.75 including tax.

### FREE TRIAL CLASS

May 09 - May 09 Th 6:30 PM-7:30 PM  
**495336** FREE/1 sess

May 16 - Jun 27 Th 6:30 PM-7:30 PM  
**495334** \$91.90 /7 sess

Jul 04 - Aug 22 Th 6:30 PM-7:30 PM  
**495335** \$105.00 /8 sess



## Education

### Home Birth Class

(16+ yrs)

**Instructor: Debra Woods**

Why Not Home? Participants learn from a growing body of research about the benefits of giving birth at home. Evidence is presented about safety/risks. All aspects of preparation for a planned home birth are covered: supplies, practical setup/cleanup, hospital transfers, midwifery equipment, consideration for family, siblings, space and noise, and water birth preparation. More info at [www.debrawoodsdoula.com](http://www.debrawoodsdoula.com)

Jun 16 - Jun 16	Su	10:00 AM-1:00 PM
<b>495263</b>		\$73.50 / 1 sess

### Physiological Birth Class

(16+ yrs)

**Instructor: Debra Woods**

This class presents birth as a rite of passage and explores how expectant parents can support physiological childbirth from this perspective. Learn how to optimize normal to have a more comfortable, safe and satisfying birth experience. More info at [www.debrawoodsdoula.com](http://www.debrawoodsdoula.com)

Jun 09 - Jun 09	Su	10:00 AM-1:00 PM
<b>495306</b>		\$73.50 / 1 sess

### Practical Newborn Care Class

(16+ yrs)

**Instructor: Debra Woods**

Inexperienced parents (both expectant and new) practice essential baby care skills. This class is particularly suited to first time parents who have little to no experience with newborns. Demos: bath, baby wearing, swaddling, holding, burping, diapering, as well as info on newborn's appearance, characteristics, and infant sleep. Please bring your baby gear, to practice with (bath, swaddling cloths, diapers, sleep wear, baby carriers). More info at [www.debrawoodsdoula.com](http://www.debrawoodsdoula.com)

May 05 - May 05	Su	1:00 PM-3:00 PM
<b>495318</b>		\$68.25 / 1 sess

### Mexican Appetizers to Celebrate 5 de Mayo

(16+ yrs)

**Instructor: Ana Jimenez**

Looking to spice up your 5 de Mayo celebration? Join me for an exciting culinary adventure as we create a Conco de Mayo Food Board containing something for everyone. Class is suitable for meat lovers and vegetarians. Reserve your spot today and make this 5 de Mayo an unforgettable culinary experience.

May 4 - May 4	Sa	10:30 AM-12:30 PM
<b>481559</b>		\$49.65 / 1 sess

### Blended Emergency First Aid with CPR C/AED

(18+ yrs)

**Instructor: Journey Basketball Association**

Blended course offering lifesaving first aid and cardiopulmonary resuscitation (CPR) skills for the workplace or home. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines. 4 hours in class, and 4 hours of mandatory online learning.

Jun 15	Sa	9:00 AM-1:00 PM
<b>504315</b>		\$100.00/1 sess

## ABC Fitness



### Stand Strong and Balance

(19+ yrs)

**Instructor: ABC Instructor**

ABC Specialty Program – Want to be active but afraid of falling? Join us 1 or 2 times per week (we recommend 2) to practice your balance and to build your strength and confidence in standing and walking. Please bring your walking aids. Class size is limited

Jul 2-Aug 13	Tue	2:15 PM-3:15 PM (MP2)
<b>505110</b>		Adult: \$51.87/7 sess; Senior: \$35.63/7sess

Jul 4-Aug 15	Thu	2:15 PM-3:15 PM (MP2)
<b>505112</b>		Adult: \$51.87/7 sess; Senior: \$35.63/7sess

### Hip & Knee Strength and Mobility

(19+ yrs)

**Instructor: ABC Instructor**

ABC Specialty Program - Helping you manage sore hips and knees. Join us 1 or 2 times per week (we recommend 2) and learn functional exercises designed to help you build strength in muscles supporting your joints. Special emphasis on technique and control will help you improve with each class.

Jul 2-Aug 13	Tue	1:00 PM-2:00 PM (MP2)
<b>505117</b>		Adult: \$51.87/7 sess; Senior: \$35.63/7sess

Jul 4-Aug 15	Thu	1:00 PM-2:00 PM (MP2)
<b>505118</b>		Adult: \$51.87/7 sess; Senior: \$35.63/7sess



## Mount Pleasant Spring and Summer 2024 A Vancouver Park Board Program

### ALL BODIES COMMUNITY RECREATION AND FITNESS

**We are an inclusive, choice-based, community-anchored, health and wellness program welcoming all abilities, genders, ages, shapes, and sizes.**

Our workouts are never meant to be punishing: we offer scalable easy to follow exercises designed to help you develop confidence and a foundation for health, fitness, or performance. We teach skills and movements transferable to the “gym” and other activities. Our Learn to Play Sports are for folks wanting to return to or try a sport for the first time.

**FREE workshops about topics you care about, share evidence-based information and are provided by health, fitness and other professionals.**

## ABC Free Health and Wellness Workshops

### Arthritis and Exercise (19+ yrs)

Learn about the benefits of exercise, the types of exercises you can do to support your joints, and signs that you are doing too much.

**Instructor: OASIS Educator – a Physiotherapist, Occupational therapist, Dietitian, or Registered Nurse**

May 2 Thu 1:00 PM MP2  
**496227** Free

### Managing Hip & Knee Arthritis (19+ yrs)

Learn about osteoarthritis in these commonly affected joints, ways of managing your osteoarthritis without surgery and what happens if you need joint replacement surgery.

**Instructor: OASIS Educator – a Physiotherapist, Occupational therapist, Dietitian, or Registered Nurse**

May 9 Thu 1:00 PM MP2  
**496228** Free

### Beverages – What are you Drinking? (19+ yrs)

Learn about the healthiness of your beverage choices, how much you should be drinking, and what beverages are good or bad for arthritis.

**Instructor: OASIS Educator – a Physiotherapist, Occupational therapist, Dietitian, or Registered Nurse**

May 16 Thu 1:00 PM MP2  
**496233** Free

### Pole Walking for Arthritis (19+ yrs)

Learn about all of the benefits of using poles while walking and practice the correct technique to support your joints. We have plenty of poles available to borrow for the session, but feel free to bring your own if you have them!

**Instructor: OASIS Educator – a Physiotherapist, Occupational therapist, Dietitian, or Registered Nurse**

May 23 Thu 1:00 PM MP2  
**496235** Free

### Sleep and Stress Management (19+ yrs)

Learn about the health benefits of sleep, the relationship between sleep and stress, and strategies for improving your sleep and managing your stress.

**Instructor: OASIS Educator – a Physiotherapist, Occupational therapist, Dietitian, or Registered Nurse**

May 30 Thu 1:00 PM MP2  
**496234** Free



For more information about these and other ABC program information about, schedules changes, and program updates scan here or contact [kate.lee@vancouver.ca](mailto:kate.lee@vancouver.ca)



# Special Events



## Mother's Day Celebration with Live Music

(50+ yrs)

Let's celebrate Mother's Day with live music. Please note: This event is non-refundable and must present a receipt for entry.

May 20	M	1:00 PM-3:30 PM
<b>494187</b>		\$18.00/1 sess

## International Line Dance Social

(50+ yrs)

Instructor: Regina Chen

You can dance, you can jive, having the best time of your life.....Let's get together and celebrate Easter in a different way! There will be beautiful music, beautiful dances and the best international line dancing group. It's an opportunity to dance, social and meet new friends! Everyone is welcome. No Drop-ins. registration only.

Jul 01	M	1:00 PM-5:30 PM
<b>494188</b>		\$13.00/1 sess



## Community Kitchen for Seniors

(55+ yrs)

Instructor: No Instructor

This program for Seniors who are interested in cooking and healthy eating are invited to participate in the Community Kitchen. Bring a small container for possible leftovers and willingness to meet others and have fun! Everyone share in the planning and preparation of interesting recipes, the cooking and clean-up and the enjoyment of sharing delicious food with friendly people.

May 25	Sa	9:45 AM-1:00 PM
<b>494189</b>		\$5.00/1 sess
Jun 29	Sa	9:45 AM-1:00 PM
<b>494190</b>		\$5.00/1 sess
Jul 27	Sa	9:45 AM-1:00 PM
<b>494191</b>		\$5.00/1 sess
Aug 24	Sa	9:45 AM-1:00 PM
<b>494192</b>		\$5.00/1 sess

## Pancake Brunch for Seniors

(55+ yrs)

Instructor: No Instructor

Come and enjoy hot pancakes fresh off the griddle served with butter, syrup, berries and whipped cream! A selection of seasonal fruit, coffee and tea will be served. Meet new friends and have friendly conversation!

May 11	Sa	10:30 AM-1:00 PM
<b>494193</b>		\$3.00/1 sess
Jun 22	Sa	10:30 AM-1:00 PM
<b>494194</b>		\$3.00/1 sess
Jul 13	Sa	10:30 AM-1:00 PM
<b>494195</b>		\$3.00/1 sess
Aug 17	Sa	10:30 AM-1:00 PM
<b>494196</b>		\$3.00/1 sess

## Social

### Mah Jong

(55+ yrs)

**Instructor: No Instructor**

Join us for Mah Jong, come and play this popular Chinese intellectual game. The class welcomes somewhat experienced players. No instruction. Drop-in \$2, we encourage you to bring friends to play with. No class Aug 7.

May 01 - Aug 21 W 1:00 PM-4:00 PM  
**494248** \$10.00/16 sess

### Canasta Card Games

(16+ yrs)

**Instructor: No Instructor**

Join us for a weekly session of card games; we are a group of friendly and fun seniors who are looking for new members to play Canasta. No experience necessary; we will teach you how to play Canasta. Drop-ins \$2. No class Aug 14.

May 1 - Aug 21 W 1:30 AM-4:30 PM  
**494249** \$10/16 sess

## Music and Singing

### Karaoke

(55+ yrs)

**Instructor: Halley Tang**

Come join us for three hours of singing and fun. Come out and meet other seniors, all while singing along to your favorites tunes. Drop-in \$3.

May 01 - Jun 26 W 1:30 PM-4:30 PM  
**494250** \$18.00/9 sess

Jul 03 - Aug 21 W 1:30 PM-4:30 PM  
**494251** \$16.00/8 sess

### Seniors Sing Along

(55+ yrs)

**Instructor: Cynthia Wong**

If you sing in the shower or sing along with the radio why not stretch those boundaries and see where it takes you! This is a great opportunity to socialize and meet new people, as well as increase your lung capacity! Instruction in Chinese. Drops-in \$3.

May 06 - Aug 19 M 10:00 AM-11:30 AM  
**494197** \$32.00/16 sess

## Dance

### Seniors Ballroom Dance

(55+ yrs)

**Instructor: Halley Tang**

MPCC welcomes you to our Ballroom Social Dance. Come join us for dancing and to meet new friends. 10 tickets for \$17.50. Drop-ins \$2.25.

May 7 - Aug 20 Sa 1:15 PM-3:15 PM  
**494204** \$2.25/1 sess

### Seniors Social Line Dance for High Beginner

(55+ yrs)

**Instructor: Henry Mo**

This class is for High Beginner line dancers. No drop ins, registration only.

May 04 - Jun 29 Sa 10:30 AM-12:00 PM  
**494207** \$45.00/9 sess

Jul 13 - Aug 24 Sa 10:30 AM-12:00 PM  
**494217** \$35.00/7 sess

### International Line Dancing:

#### Intermediate- Advanced

(55+ yrs)

**Instructor: Regina Chen**

Very experienced dancers who can execute steps and patterns. Dances may include more than the usual amount of co-ordination/ use of arms. Timing and speed may be challenging. Dance to a variety of styles and popular music. Instruction in English. \$10.50 Drop in, as space allows. PLEASE NOTE: THIS IS A SENIORS PROGRAM-NOT ELIGIBLE FOR ADDITIONAL SENIORS DISCOUNT. No class May 19

May 05 - Jun 23 Su 4:00 PM-5:30 PM  
**495268** \$51.45 /7 sess

Jul 07 - Aug 25 Su 4:00 PM-5:30 PM  
**495270** \$51.45 /7 sess

### International Line Dancing:

#### All Levels

(55+ yrs)

**Instructor: Regina Chen**

Learn the basic steps and dance to popular music with a variety of styles - like cha cha, mambo, waltz, etc . Instruction in English. \$10.50 (inc tax) Drop in, as space allows. PLEASE NOTE: THIS IS A SENIORS PROGRAM-NOT ELIGIBLE FOR ADDITIONAL SENIORS DISCOUNT. No class May 19

May 05 - Jun 23 Su 1:00 PM-2:00 PM  
**495271** \$51.45 /7 sess

Jul 07 - Aug 25 Su 1:00 PM-2:00 PM  
**495272** \$51.45 /7 sess

## Discounts are available

on some programs at time of registration provided you meet the criteria and have proper identification.

Youth (16-18yrs) may receive a **25% discount** on adult programs.

Seniors over 60 may receive a **28% discount** on adult programs.

Leisure Access Card holders may receive a **50% discount** on some programs.

## Dance cont'd

### International Line Dancing: Beginner

(55+ yrs)

Instructor: Regina Chen

For those who have some line dance experience. Already understand a few basic steps. Dance to a variety of styles and popular music. Most dances are short with easy steps. Instruction in English. \$10.50 Drop in (inc tax), as space allows. PLEASE NOTE: THIS IS A SENIORS PROGRAM-NOT ELIGIBLE FOR ADDITIONAL SENIORS DISCOUNT. No class May 20

May 06 - Jun 24	M	1:00 PM-2:30 PM
<b>495274</b>		\$51.45 /7 sess

Jul 08 - Aug 12	M	1:00 PM-2:30 PM
<b>495275</b>		\$36.75 /5 sess



### International Line Dancing: Beginner to Improve

(55+ yrs)

Instructor: Regina Chen

For experience beginners. Dancers who understand basic steps and terminology. Dance to a variety of styles and popular music. There may be turns in different directions and dances will have varying rhythms and tempos, with tags and restarts. Dances will also have more complex moves, such as cross body movements, cross rocks and weaves. An improver is an accomplished beginner. Instruction in English. \$10.50 Drop in (inc tax), as space allows. PLEASE NOTE: THIS IS A SENIORS PROGRAM-NOT ELIGIBLE FOR ADDITIONAL SENIORS DISCOUNT.

May 09 - Jun 27	Th	12:45 PM-2:15 PM
<b>495277</b>		\$58.80 /8 sess

Jul 04 - Aug 22	Th	12:45 PM-2:15 PM
<b>495278</b>		\$58.80 /8 sess

### International Line Dancing: Improver- Low Intermediate

(55+ yrs)

Instructor: Regina Chen

Dancers who have line danced for some time and who have a strong knowledge of steps and terminology. Able to pick up beginner and improver dances without any trouble. The dances will have interesting combinations, step patterns and movements. Dance to a variety of styles and popular music. Instruction in English. Drop in \$10.50 (inc tax), as space allows. PLEASE NOTE: THIS IS A SENIORS PROGRAM-NOT ELIGIBLE FOR ADDITIONAL SENIORS DISCOUNT. No class May 19

May 05 - Jun 23	Su	2:15 PM-3:45 PM
<b>495280</b>		\$51.45 /7 sess

Jul 07 - Aug 25	Su	2:15 PM-3:45 PM
<b>495281</b>		\$51.45 /7 sess

### Line Dance with Lisa: Advanced

(55+ yrs)

Instructor: Lisa Dong

Have fun, make friends and improve balance, flexibility and coordination with our energetic line dancing group. Drop-ins \$6.50

May 10 - Jun 28	F	1:00 PM-2:30 PM
<b>495294</b>		\$44.05 /8 sess

Jul 05 - Aug 23	F	1:00 PM-2:30 PM
<b>495295</b>		\$44.05 /8 sess

### Line Dance with Lisa: Intermediate

(55+ yrs)

Instructor: Lisa Dong

Have fun, make friends and improve balance, flexibility and coordination with our energetic line dancing group. Drop-ins \$6.50

May 07 - Jun 25	Tu	10:30 AM-12:00 PM
<b>495296</b>		\$44.05 /8 sess

Jul 02 - Aug 20	Tu	10:30 AM-12:00 PM
<b>495297</b>		\$44.05 /8 sess

### Line Dance: All Levels

(55+ yrs)

Instructor: Yok Yip Tang

Beginner's class. Have fun, make friends and improve balance, flexibility and coordination with our energetic line dancing group. No drop-in, registration only.

May 08 - Jun 26	W	1:00 PM-2:30 PM
<b>495298</b>		\$40.10 /8 sess

Jul 03 - Aug 21	W	1:00 PM-2:30 PM
<b>495299</b>		\$40.10 /8 sess



## Line Dance: All Levels

(55+ yrs)

**Instructor:** Yok Yip Tang

Beginner's class. Have fun, make friends and improve balance, flexibility and coordination with our energetic line dancing group. No drop-in, registration only. No class Aug 3.

May 11 - Jun 22 Sa 1:00 PM-2:30 PM  
**495300** \$30.10 /6 sess

Jul 06 - Aug 24 Sa 1:00 PM-2:30 PM  
**495301** \$35.10 /7 sess

## Creative Arts

### Chinese Brush Painting

(55+ yrs)

**Instructor:** Bu Yi Zhang

Learn the fascinating art of Chinese brush painting from an accomplished artist. Instruction in Mandarin. Please note: Supplies not included. Drop-ins \$7.

May 03 - Jun 28 F 1:30 PM-3:30 PM  
**494199** \$45.00/9 sess

Jul 05 - Aug 23 F 1:30 PM-3:30 PM  
**494201** \$40.00/8 sess

## Martial Arts

### Cheng Man Ch'ing Tai Chi- 37 Form

(55+ yrs)

**Instructor:** Florence Shen

Tai Chi is an ancient Chinese tradition that keeps the mind and body sharp. It's a gentle way to fight stress through graceful movements and focused breathing. As an intermediate-level class, the knowledge of Cheng Man-ching 37 Form is a prerequisite. We will delve deeper in to the learning of what and how ?Chi? or ?Qi? flows through our body with a focus on the health benefits. Various stance within the routine and misaligned postures will be refined in a natural way to experience improved strength, balance, flexibility, and confidence throughout the day. Drop in \$16.

May 01 - Jun 26 W 10:00 AM-11:30 AM  
**494225** \$126.00/9 sess

Jul 03 - Aug 21 W 10:00 AM-11:30 AM  
**494245** \$112.00/8 sess

### Cheng Man Ch'ing Tai Chi- 37 Form

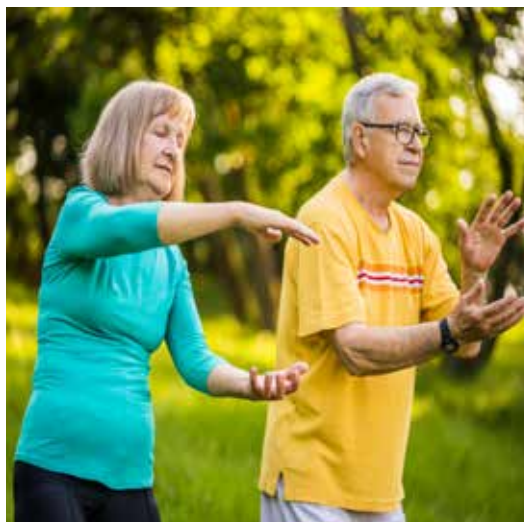
(55+ yrs)

**Instructor:** Florence Shen

Tai Chi is an ancient Chinese tradition that keeps the mind and body sharp. It's a gentle way to fight stress through graceful movements and focused breathing. We begin by practicing basic stretches and postures that readies our bodies and ensures oxygenated blood flow. Consistent practice of Cheng Man-ch'ing 37 Form along with guided instruction builds the sturdy foundation for improving ?Chi? or ?Qi?- the circulating life energy inherent in all things. As a beginner class, no prior experience is required, and no lengthy, complex routine repetition. By learning and maintaining Tai Chi's essence you can improve strength, balance, flexibility, and gain confidence. Drop in \$14.

May 03 - Jun 21 F 10:00 AM-11:30 AM  
**494221** \$96.00/8 sess

Jul 05 - Aug 23 F 10:00 AM-11:30 AM  
**494223** \$96.00/8 sess



### Mulan Martial Arts

(55+ yrs)

**Instructor:** Wen Qing Xu

Experience and practice this graceful, ancient martial art that has become very popular all over the world. In addition to fitness benefits, Mulan Martial Art helps people cope with and prevents backaches, pains in the joints, heart disease, reduction of fatty tissues, sleeplessness and fatigue. Instruction in Mandarin Drop-in \$3

May 07 - Aug 20 Tu 1:30 PM-3:00 PM  
**494246** \$32.00/16 sess



## Physical Activity

### Active Aging

(55+ yrs)

**Instructor:** Gail Dibernardo

This workout is geared toward active older adults and those younger folks wishing to begin a fitness routine. It offers a low intensity workout which includes low impact aerobics, balance practice, agility drills, targeted strength/core work and stretching to give participants full-body training. Attention will be given to providing safe moves for the mature body that will increase functional strength using free weights, tubing, mats and balls and will leave you feeling energized and strong! Drop-ins \$8.

Apr 10 - May 29	W	11:15 AM-12:15 PM
<b>495214</b>		\$60.00 / 8 sess

Jul 03 - Aug 14	W	11:15 AM-12:15 PM
<b>495215</b>		\$52.50 / 7 sess

### Osteofit - Sit, Stand and Stabilize

(55+ yrs)

**Instructor:** Alexa Uhrich

A gentle, certified, and FUN exercise and falls prevention program designed for individuals with osteoporosis, those who have suffered fractures, as well as people who do not have osteoporosis but may be at risk of falling. In this program, we focus on building strength and improving posture by targeting muscle groups that are important for stabilizing the spine and functioning safely and independently at home and in daily life. We also have fun working on balance, coordination, agility, and reaction time using a variety of equipment and creative challenges for the brain and body. Alexa is passionate about working with older adults and brings her love of fitness and creative background to her work as an instructor. Having experienced the joy and health benefits of group fitness for many years, she is caring and passionate about making fitness fun. Drop -ins \$9. No Class May 20 and May 27.

May 06 - Jun 24	M	1:45 PM-2:45 PM
<b>495304</b>		\$42.00 / 6 sess

Jul 08 - Jul 29	M	1:45 PM-2:45 PM
<b>495305</b>		\$28.00 / 5 sess

### Zumba Gold Beginner

(45+ yrs)

**Instructor:** Roslyn Bauyon

ZUMBA® Gold is a low-impact dance-fitness class for beginners and seniors. Dance to latin rhythms such as Cha Cha, Tango, Merengue, Bachata, Samba, Flamenco, Soca, Reggaeton, and Salsa! Work it out to Hip-hop and Rock N' Roll classics! Zumba Gold is a fun way to keep active, energized and healthy with easy to follow dance moves! Drop-ins \$10.

May 01 - Jun 26	W	3:30 PM-4:30 PM
<b>498556</b>		\$63.00/9 sess

Jul 03 - Aug 21	W	3:30 PM-4:30 PM
<b>498558</b>		\$56.00/8 sess

### Zumba Gold Beginner

(45+ yrs)

**Instructor:** Roslyn Bauyon

ZUMBA® Gold is a low-impact dance-fitness class for beginners and seniors. Dance to latin rhythms such as Cha Cha, Tango, Merengue, Bachata, Samba, Flamenco, Soca, Reggaeton, and Salsa! Work it out to Hip-hop and Rock N' Roll classics! Zumba Gold is a fun way to keep active, energized and healthy with easy to follow dance moves! Drop-ins \$10. No class Mar 29.

May 03 - Jun 28	F	3:15 PM-4:15 PM
<b>498547</b>		\$63.00/9 sess

Jul 05 - Aug 23	F	3:15 PM-4:15 PM
<b>498552</b>		\$56.00/8 sess

### Iyengar Yoga All Levels

(16+yrs)

**Instructor:** Christine Rondeau

Join this yoga class to increase your flexibility, strength and awareness of your body. The Iyengar method focuses on alignment, longer holds and moving your body with precision and mindfulness. Iyengar uses many props such as belts, bricks, chairs and blankets making poses accessible to all body shapes, sizes and capabilities. Christine has been practicing yoga for over 20 years and discovered the benefits of Iyengar yoga following multiple injuries. Drop in fee \$21, space permitting.

May 07 - Jun 25	Tu	10:30 AM-12:00 PM
<b>495284</b>		\$142.80 / 8 sess

Jul 02 - Aug 20	Tu	10:30 AM-12:00 PM
<b>495285</b>		\$142.80 / 8 sess

## Iyengar Yoga Mixed level (16+ yrs)

This yoga class will review all the basics and go deeper. Iyengar yoga adapts to your personal needs. In this class, you'll increase your flexibility, strength and body awareness and you'll be able to move through your day with more ease. Drop ins \$ as space allows. \*Please note that there is a 15 min cut-off for this class. Participation is prohibited for arrivals later than 9:15am.

**Instructor: Siobhan Sloane-Seale**

### FREE TRIAL CLASS

May 01 - May 01	W	9:00 AM-10:30 AM	FREE/1 sess
<b>495283</b>			
May 08 - Jun 26	W	9:00 AM-10:30 AM	\$134.40 /8 sess
<b>495286</b>			
Jul 03 - Aug 21	W	9:00 AM-10:30 AM	\$134.40 /8 sess
<b>495287</b>			



## Pilates (16+ yrs)

**Instructor: Into Yoga**

Pilates participants will learn the fundamentals of Pilates which promotes strength and stability while lengthening the muscles and supporting the spine. There will be a strong focus on connecting to the abdominal and pelvic floor muscles which is the key to strengthening the core muscles of the body. For more info visit [www.intoyoga.ca](http://www.intoyoga.ca) Drop in \$16

May 09 - Jun 27	Th	9:30 AM-10:30 AM	\$120.75/8 sess
<b>495312</b>			
Jul 11 - Aug 29	Th	9:30 AM-10:30 AM	\$120.75/8 sess
<b>495313</b>			

## Sports

### Badminton for Seniors (55+yrs)

**Instructor: No Instructor**

Enjoy a game of friendly recreational badminton in our full gymnasium. A great way to exercise and socialize with friends and peers. All levels welcome. First priority given to those who are registered.

**Wednesdays**

### Pickleball for Adult and Seniors (19+ yrs)

**Instructor: No Instructor**

Pickleball is a sport in which two to four players use solid paddles to hit a perforated polymer ball over a net. This popular easy-to-learn and exciting game will get you moving in new and interesting ways. Non-instructional. If busy, doubles play required, No experience necessary. Equipment supplied. No class May 20.

**Monday & Thursdays**

### Seniors Indoor Soccer (55+yrs)

**Instructor: No Instructor**

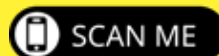
Come join this bunch of seniors getting together to satisfy their passion for soccer and wellness through this fun filled group sport.

**Saturdays**

## Become an Instructor

*We are always looking for new program leaders willing to share their passions with the community.*

**Program areas include:**  
fitness, arts and culture, special interest, outdoor, and seniors.



## Older Adult Sports Schedule 55+ yrs

[View Sports Programs Online](#)



Monday	Wednesday	Thursday	Saturday
<b>Pickleball for Adult and Seniors</b> (55+ yrs) 1:15 PM-3:15 PM No program on Statutory Holiday Mondays.	<b>Badminton for Seniors</b> (55+ yrs) 1:15 PM-3:15 PM	<b>Pickleball for Adult and Seniors</b> (55+ yrs) 1:15 PM-3:15 PM	<b>Seniors Indoor Soccer</b> (55+ yrs) 8:00 AM-9:00 AM No program Statutory Long Weekend

## Mount Pleasant Sports Registration Pilot

In response to your valuable feedback and the overwhelming demand for sports programs in the Mount Pleasant neighbourhood we have done some data collection and research.

Based on what we have uncovered, and trends we have observed over the last few years it's no wonder you're frustrated with the status quo.

Did you know...

1. The Mount Pleasant Neighbourhood boasts a density of 90 people per hectare, which is 65% denser than the city overall.
2. In 2023, the waitlists for Adult and Seniors sports programs rose by a staggering 169% compared to the previous year. By February 2024, these waitlists have already surged by 108%.
3. Over 1500 people stood in line to drop in for adult or seniors' sports in 2023 at Mount Pleasant.
4. Currently, there are only 3 registration opportunities per year at Mount Pleasant for access to 12 months of sports programs. With so few registration opportunities and such high demand, hundreds of participants are excluded from playing sports at our centre each season.
5. 220 people are on our Winter 2024 waitlists for sports including Volleyball, Soccer, Badminton, Basketball, and Pickleball. To accommodate all of the people on these waitlists we would need at least 14 additional hours of gym space a week.

*Thank you for reaching out with your concerns and being so candid about your experiences. We hear you, and we are ready to make the changes necessary to improve the accessibility of our sports registration procedure.*

## Sport Registration Pilot Procedure Beginning May 2024

**Each sport session is scheduled separately and must be registered for individually.**

- Registration opens at 12:00pm 3 days in advance of the program date
- Registration closes 15 minutes before program start time
- Registration is available online, and by phone. We encourage those with access to technology to register online.
- Registered spaces are non-transferable and non-refundable
- Adult sports activities are for ages 19 and over
- Registered participants must check in at the front desk before entering the gym
- Please arrive no earlier than 15 minutes before the program starts
- Only registered participants are allowed in the gymnasium during activity time



## Pop up Pickleball Court Rentals



Are here!  
Keep an eye out on for dates and times available for you to reserve your own pickleball court. There are four courts available for play. Each registration is a booking for one court.



## Mount Pleasant Spring and Summer 2024 A Vancouver Park Board Program

### ALL BODIES COMMUNITY RECREATION AND FITNESS

**We are an inclusive, choice-based, community-anchored, health and wellness program welcoming all abilities, genders, ages, shapes, and sizes.**

Our workouts are never meant to be punishing: we offer scalable easy to follow exercises designed to help you develop confidence and a foundation for health, fitness, or performance. We teach skills and movements transferable to the “gym” and other activities. Our Learn to Play Sports are for folks wanting to return to or try a sport for the first time.

**FREE workshops about topics you care about, share evidence-based information and are provided by health, fitness and other professionals.**

## ABC Free Health and Wellness Workshops

### Arthritis and Exercise (19+ yrs)

Learn about the benefits of exercise, the types of exercises you can do to support your joints, and signs that you are doing too much.

**Instructor: OASIS Educator – a Physiotherapist, Occupational therapist, Dietitian, or Registered Nurse**

May 2 Thu 1:00 PM MP2  
**496227** Free

### Managing Hip & Knee Arthritis (19+ yrs)

Learn about osteoarthritis in these commonly affected joints, ways of managing your osteoarthritis without surgery and what happens if you need joint replacement surgery.

**Instructor: OASIS Educator – a Physiotherapist, Occupational therapist, Dietitian, or Registered Nurse**

May 9 Thu 1:00 PM MP2  
**496228** Free

### Beverages – What are you Drinking? (19+ yrs)

Learn about the healthiness of your beverage choices, how much you should be drinking, and what beverages are good or bad for arthritis.

**Instructor: OASIS Educator – a Physiotherapist, Occupational therapist, Dietitian, or Registered Nurse**

May 16 Thu 1:00 PM MP2  
**496233** Free

### Pole Walking for Arthritis (19+ yrs)

Learn about all of the benefits of using poles while walking and practice the correct technique to support your joints. We have plenty of poles available to borrow for the session, but feel free to bring your own if you have them!

**Instructor: OASIS Educator – a Physiotherapist, Occupational therapist, Dietitian, or Registered Nurse**

May 23 Thu 1:00 PM MP2  
**496235** Free

### Sleep and Stress Management (19+ yrs)

Learn about the health benefits of sleep, the relationship between sleep and stress, and strategies for improving your sleep and managing your stress.

**Instructor: OASIS Educator – a Physiotherapist, Occupational therapist, Dietitian, or Registered Nurse**

May 30 Thu 1:00 PM MP2  
**496234** Free



For more information about these and other ABC program information about, schedules changes, and program updates scan here or contact [kate.lee@vancouver.ca](mailto:kate.lee@vancouver.ca)



## International Line Dance Schedule

### Line Dance Classes

Have fun, make friends and improve balance, flexibility and coordination with our energetic line dancing group.

Limited registration.  
Drop-in \$10.50, space permitting.

No class May 19 & 20,  
Aug 4 & 5.

 <p>Limited registration. Drop-in \$10.50, space permitting.</p> <p>No class May 19 &amp; 20, Aug 4 &amp; 5.</p>	Monday		Thursday	
	<p><b>International Line Dancing: Beginner</b> (55+yrs) Instructor: Regina Chen</p> <p>1:00 PM-2:30 PM</p>		<p><b>International Line Dancing: Beginner to Improve</b> (55+yrs) Instructor: Regina Chen</p> <p>12:45 PM-2:15 PM</p>	
	<p>May 06-Jun 24 <b>495274</b> \$51.45/7 sess</p>		<p>May 09-Jun 27 <b>495277</b> \$58.80/8 sess</p>	
	<p>Jul 08-Aug 12 <b>495275</b> \$36.75/5 sess</p>		<p>Jul 04-Aug 22 <b>495278</b> \$58.80/8 sess</p>	
Sunday				
<p><b>International Line Dancing: All Level</b> (55+yrs) Instructor: Regina Chen</p> <p>1:00 PM-2:00 PM</p>	<p><b>International Line Dancing: Improver-Low Intermediate</b> (55+yrs) Instructor: Regina Chen</p> <p>2:15 PM-3:45 PM</p>	<p><b>International Line Dancing: Intermediate-Advanced</b> Instructor: Regina Chen</p> <p>4:00 PM-5:30 PM</p>		
<p>May 05-Jun 23 <b>495271</b> \$51.45/7 sess</p>	<p>May 05-Jun 23 <b>495280</b> \$51.45/7 sess</p>	<p>May 05-Jun 23 <b>495268</b> \$51.45/7 sess</p>		
<p>Jul 07-Aug 25 <b>495272</b> \$51.45/7 sess</p>	<p>Jul 07-Aug 25 <b>495281</b> \$51.45/7 sess</p>	<p>Jul 17-Aug 25 <b>495270</b> \$51.45/7 sess</p>		

## Line Dance Schedule

### Line Dance Classes

Have fun, make friends and improve balance, flexibility and coordination with our energetic line dancing group.

Limited registration, No drop-in.



Tuesday	Wednesday	Friday	Saturday
<b>Line Dance with Lisa: Intermediate</b> (55+yrs) <b>Instructor: Lisa Dong</b> <b>10:30 AM-12:00 PM</b>	<b>Line Dance: All Levels</b> (55+yrs) <b>Instructor: Yok Yip Tang</b> <b>1:00 PM-2:30 PM</b>	<b>Line Dance with Lisa: Advanced</b> (55+yrs) <b>Instructor: Lisa Dong</b> <b>1:00 PM-2:30 PM</b>	<b>Line Dance: All Levels</b> (55+yrs) <b>Instructor: Yok Yip Tang</b> <b>1:00 PM-2:30 PM</b>
May 07-Jun 25 <b>495296</b> \$44.00/8 sess	May 8-Jun 26 <b>495298</b> \$40.00/8 sess	May 10-Jun 28 <b>495294</b> \$44.00/8 sess	May 11-Jun 22 <b>495300</b> \$30.00/6 sess
Jul 02-Aug 20 <b>495297</b> \$44.00/8 sess	Jul 03-Aug 21 <b>495299</b> \$40.00/8 sess	Jul 05-Aug 23 <b>495295</b> \$44.00/8 sess	Jul 06-Aug 24 <b>495301</b> \$35.00/7 sess
We recommend registering as these classes always fill up. No Drop-ins available.			

# Room Rentals Online Facility Reservations

- Host your event at a Vancouver Park Board indoor or outdoor facility. All submissions online are on a request basis and formal approval must be provided by staff prior to use.
- You will require an online account in order to submit a request.
- Please allow 3-5 business days to process your request.

Go to [www.recreation.vancouver.ca](http://www.recreation.vancouver.ca) to view room availability and submit your rental request online.



Room	Highlights	Area (square feet)	Capacity	Hourly rate (no GST on rental charges)
<b>Gymnasium</b>				
	<ul style="list-style-type: none"> <li>•Ideal for sports bookings</li> <li>•One full court</li> <li>•Six basketball hoops (glass backboards)</li> </ul>	6,700	350 people	Sports use: \$70.00
<b>Multipurpose Room 2</b>				
	<ul style="list-style-type: none"> <li>•Excellent for moderate sized events</li> <li>•Connects to an outdoor patio space</li> </ul>	1,350	50 people	Regular use: \$45.00 Dance Party: \$75.00
<b>Multipurpose Room 3</b>				
	<ul style="list-style-type: none"> <li>•Excellent for moderate sized events</li> </ul>	700	30 people	\$30.00
<b>Art Room</b>				
	<ul style="list-style-type: none"> <li>•Excellent for moderate sized events</li> <li>•Lots of natural light</li> <li>•Access to kitchen across the hall</li> <li>•Sliding door leading outside</li> </ul>	610	30 people	\$30.00
<b>Meeting Room 2</b>				
	<ul style="list-style-type: none"> <li>•Excellent for small meetings and music rehearsals</li> <li>•Quiet space</li> </ul>	150	8 people	\$15.00

**Additional fees may apply and are determined by the specific needs of each rental.**

## Additional Information

Staffing and Equipment may be charged in addition to the room rates and are determined by the specific needs and nature of the event. More Information about these rooms are available upon request.

Large Room rentals (50 or more participants) or events serving alcohol may require a minimum of two staff.

Please note that we do not rent rooms out to groups running fee-for-service programming (yoga, Pilates, workshops, etc) *Please submit program proposal if you are interested in teaching at the Mt. Pleasant Community Centre.* In addition, we cannot host events that represent religious or political organizations, advertise to the general public or attended by the media.

For all inquiries, please email us at [mtpleasantcc@vancouver.ca](mailto:mtpleasantcc@vancouver.ca)

[View Online](#)

# Fitness Centre

**Cardio:** Treadmills, ellipticals, keiser bike, upright bike, recumbent bike, powermill & stair climber.

**Strength & Mobility:** Hammer strength squat racks, half rack, and life fitness weight training machines, multi-jungle, Synergy 360, free weights, benches and mats.

## Hours of Operation

Monday-Friday .....6:00am-10:00pm

Saturday ..... 8:00am-6:00pm

Sunday/Holidays..... 9:00am-6:00pm

Front Office closes 30 minutes prior to Fitness Centre.

Paid admissions accepted 30 minutes prior to closing. Hours are subject to change.

## Fitness Centre Rates

Prices do not include GST	Adults (19-64)	Senior (65+)	Youth (13-18)
<b>Drop-in</b>	\$7.41	\$5.19	\$5.19
<b>10 Visit Pass</b>	\$66.69	\$46.71	\$46.71
<b>Flexipass Membership</b> (Access to all Vancouver Parks and Recreation Fitness Centres and Pools)			
<b>1 Month</b>	\$59.95	\$41.96	\$41.96
<b>3 Months</b>	\$161.87	\$113.31	\$113.31
<b>12 Months</b>	\$517.97	\$362.58	\$362.58
Prices are subject to change without notice.			

## Fitness Centre Consultations

Take advantage of our free fitness consultation. Free with drop in admission or included with your Flexipass. Call the Fitness Centre at 604-257-3065 to book up to 3 sessions with our Fitness Centre Staff. In your first session learn how to use the equipment, get a personalized fitness program and receive a card to track your progress. At your next session, staff will monitor technique and answer questions. Book a third session for additional support or motivation.

## Value Added Programs

### Fitness for Older Adults

(55+ yrs)

Bring your personalized fitness program to these self-lead sessions and workout in a supported environment. Our knowledgeable fitness staff are available to answer questions, suggest alternate exercises, teach you proper technique, and provide support. Please note that a completed Consultation, Par-Q and Consent & Release are required. Please call Mount Pleasant Fitness Centre at 604-257-3065 to book your Consultation. Free with drop-in admission, a valid Flexipass or a usage pass; no registration required. Please note that the program format is subject to change.

**Tuesday-Thursday: 10:00am**

### Fitness for Youth

(13-18 yrs)

Bring your personalized fitness program to these self-lead sessions and workout in a supported environment. Our knowledgeable fitness staff are available to answer questions, suggest alternate exercises, teach you proper technique, and provide support. Please note that a completed Consultation, Par-Q and Consent & Release are required. Please call Mount Pleasant Fitness Centre at 604-257-3065 to book your Consultation. Free with drop-in admission, a valid flexipass or a usage pass; no registration required. Please note that the program format is subject to change.

**Tuesday-Thursday: 3:30pm**



## Personal, Semi and Group Training

Improve your health and wellness with support from our qualified and experienced Personal Trainers, who will work with you to develop a customized fitness plan designed to meet your fitness goals and fit your schedule. Whether you are a beginner, overcoming a plateau, rehabilitating from any injury or looking for sport specific workouts, our Trainers will motivate and support you in each one hour session.

We also offer Semi-Private Personal Training for you and a friend/family member or Group Personal Training for you and 2-3 friend/family members.

Package	Private (1 person)	Semi Private (2 people)	Small Group (3 people)
1 sess	\$61.66	\$92.46	\$129.70
3 sess	\$170.87	\$256.35	\$347.38
5 sess	\$274.83	\$423.22	\$509.51
10 sess	\$493.36	\$785.98	\$926.37
Prices do not include GST and are subject to change without notice			



scan to view  
fitness centre  
information





# YOUR LIBRARY IN MOUNT PLEASANT

**Mount Pleasant Branch**  
Phone 604.665.3962

**Discover more  
at [VPL.ca](http://VPL.ca)**



**VANCOUVER  
PUBLIC  
LIBRARY**