

Mount Pleasant Recreation Guide

Winter 2025

Adult Programs	33-46	Library	60	Older Adult Events	47
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Fitness Centre	59				

REGISTRATION BEGINS

Thursday, December 5



online



by phone



in-person

mountpleasantcc.ca

604.257.3080



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



The Mount Pleasant Community Centre is situated on the tradition, ancestral, and unceded territories of the xʷməθkʷəj̓əm (Musqueam), Skwx̱ wú7mesh (Squamish) and səliwətał (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.



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 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.mountpleasantcc.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, December 5



Register Online @
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 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.

Licensed 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 from week 1 and receive a refund (less the \$20 cancellation fee) is Thursday, February 27th by 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

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

Step 1: Visit

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



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 Munroe, Eugene Ang, Ari Metzger, Thomas Fahey, Helen Vanwell

Mount Pleasant Community Centre Staff

Recreation Facility Clerk	Angela Chalmers	604.257.3067
Recreation Supervisor	Lorelei Lauten	604.257.3070
Recreation Programmer	Jaiden Simmons	604.257.3072
Recreation Programmer I	Ny Lath	604.257.3075
Fitness Programmer	Steve Tautscher	604.654.0771
Community Youth Worker	Keani Pratt	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.

UPCOMING events

2025

15
FEB

Family Day (0-6 yrs)

Come for this special Parent and Tot Drop-In Gym Session! Bring your little ones for loads of fun gym activities and more! Plenty of tot equipment and toys will be available.

Feb 15

Sa

10:00 AM-12:00 PM

[533370](#)

FREE/1 sess

17
FEB

Lunar New Year Celebration (55+ yrs)

Come join our Lunar New Year Celebration. We will be featuring Ballroom dance, line dancing, Mah Jong, special delicious lunch and door prizes! Please register in advance as this event will fill up very quickly! Last day to withdraw/refund from event is Feb 7, 2025.

Feb 17

M

11:30 PM-3:30 PM

[531276](#)

\$18.00/1 sess

12
APR

Spring Celebration (0-6 yrs)

Join us to welcome in the Spring season! This spring event is family friendly and organized by the MPCC Youth volunteers and staff. Come ready to smell the flowers and enjoy the celebration! This event is free, but please register.

Apr 12

Sa

10:00 AM-11:00 AM

[531655](#)

\$4.00 per person/1 sess

Apr 12

Sa

11:00 AM-12:00 PM

[532079](#)

\$4.00 per person/1 sess



Mount Pleasant Community Centre Association Licensed Child Care

Please check our website at 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

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

Located @ 123 West 16th Ave
Contact: 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/

→ 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.

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/

You can email vera.meza@vancouver.ca for more details and forms.

Program	Hours of Care	Fee
Infant/Toddler (0-18 months)	7:30am-6:00pm	\$1624 - \$900 Fee Reduction: \$773
Infant/Toddler (18-36 months)		\$1619 - \$900 Fee Reduction: \$767
3-5 Program (under 36 months)		\$1119- \$900 Fee Reduction: \$267
3-5 Program (37 months-5 years)		\$1029 - \$545 Fee Reduction: \$519
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, Spring and Summer Breaks when school is not in session.

Please see our website at 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	\$358.50
After School Care (D.O.B. 2019)	3:00pm-6:00pm	\$265.50
Before/After School Care	7:30am-9:00am/3:00pm-6:00pm	\$386
Before/After School Care (D.O.B. 2019)	7:30am-9:00am/3:00pm-6:00pm	\$200

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

Out of School Care – Waitlists

Online Kindergarten age Waitlist registration will open on March 3, 2025 at 10:00 am. This is for children born in 2020 who will be attending Simon Fraser Elementary in the 2025-2026 school year. Our waitlist registration for children grades 1-7 is ongoing. Please contact kelly.bodkin@vancouver.ca for more information.

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/ for more information.

Registration is ongoing. Please email vera.meza@vancouver.ca to register



2024/2025 Preschool Schedule	Class Time	Hours Per Class	Parent Fee after CCFRI reduced
Child Care Fee Reduction Initiative:			
We are a part of the CCFRI. The fees listed below are reduced fees after the fee reduction is applied.			
Children born in 2022			
2 Year Olds – Friday AM (FULL-waitlist available.)	9:15-11:15am	2	\$133.84
Children born in 2021			
3 Year Olds - M/W AM (Spaces available.)	8:30-11:30am	3	\$229.68
3 Year Olds - Tu/Th AM (Spaces available.)	8:30-11:30am	3	\$229.68
Children born in 2020 & 2021			
3 & 4 Year Olds – MWF PM Option for Parent Participation (Spaces available.)	12:30-2:45pm	2.25	\$244.14
Children born in 2020			
4 Year Olds - MWF AM (FULL-waitlist available.)	9-12pm	3	\$344.52
4 Year Olds - Tu/Th AM (Spaces available.)	9-12pm	3	\$229.68

→ 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..

Our Preschool 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.

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/

You can email vera.meza@vancouver.ca for more details and forms.



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 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.

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/

You can email vera.meza@vancouver.ca for more details and forms.

Our House Child Care Centre
Spring Break Daycamp

For children 5-12yrs old (Children born 2012-2019)

Located at: 123 West 16 Avenue (16th & Manitoba)

We are thrilled to once again offer our popular Winter Break Daycamps for children 5-12 years old – Born 2012 - 2019. 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 to discuss their needs prior to registering.



Our House Daycamp Registration Dates & Info

Register in person or online at vanrec.ca or at the Mount Pleasant Community Centre front desk.

Friday, February 7 at 10:00am

OH Spring Break Daycamp 2025 Fees
March 17-28, 2025

**Register by the 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	4 Day Week	Cancellation Fee
AM Care	7:30am-9:00am	\$46.35	\$20.00/Week and per child**
Daycamp (Gr. 1-7)	9:00am-4:00pm	\$158	
Daycamp (Kindie)	9:00am-4:00pm	\$107	
PM Care	4:00pm-6:00pm	\$57.17	

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

****Daycamp Withdrawal Policy & Fee:**

The deadline for all refunds is the THURSDAY by 9pm, THREE weeks prior to the first week of camp Ex: If you are withdrawing your child, we require notice by Thursday, February 27, no later than 9pm. A \$20.00 cancellation

Day Camp Week	Deadline to withdraw for refund less \$20 cancellation fee
Spring Day Camp Week 1	Thursday, February 27, 2025 @ 9pm
Spring Day Camp Week 2	Thursday, March 6, 2025 @ 9pm

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.

All refunds are to be processed by the Child Care Administrator:

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



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. A \$25 administrative fee will apply to Birthday Party Refund. No refund for 3 weeks or less notices.

Jan 18 – May 10 Sa 1:00 PM-3:00 PM
533595-534169 \$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. A \$25 administrative fee will apply to Birthday Party Refund. No refund for 3 weeks or less notices.

Jan 18 – May 10 Sa 3:45 PM-5:45 PM
533612-533628 \$280.00/1 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, 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. A \$25 administrative fee will apply to Birthday Party Refund. No refund for 3 weeks or less notices.

Jan 19 – May 11 Su 1:00 PM-3:00 PM
533629-533645 \$265.00/1 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. A \$25 administrative fee will apply to Birthday Party Refund. No refund for 3 weeks or less notices.

Jan 04 – May 10 Sa 2:00 PM-3:00 PM
539165-539181 \$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

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 years of childhood expertise will have your toddler, jumping, clapping, marching, singing and even 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 mosh pit and have 45 minutes of magical, movin' and groovin fun. Don't delay, classes fill up fast. Classes are for registered children only. Sorry, no extra children. Drop-ins \$20.00 No class Feb 17, Apr 21 and May 19.

Jan 13 - Mar 10 M 10:00 AM-10:45 AM
535901 \$154.00/8 sess

Apr 14 - Jun 09 M 10:00 AM-10:45 AM
539158 \$134.75/7 sess

Music with Marnie Babies

(2months-17months)

Instructor: Marnie Grey

One of Marnie's most popular classes! Come explore music through songs, chants, fingerplays, 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. The songs provided, can help assist with daily routines, and can also enhance children's number concepts, language, strength, coordination and body awareness. Marnie has 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 - from car rides to bath time, Marnie will have you covered! Don't delay, classes fill up fast. Drop-ins \$18.00 No class Feb 17, Apr 21 and May 19.

Jan 13 - Mar 10 M 11:00 AM-11:30 AM
535897 \$138.00/8 sess

Apr 14 - Jun 09 M 11:00 AM-11:30 AM
539159 \$120.75/7 sess



Music with Marnie Babies

(2months-17months)

Instructor: Marnie Grey

One of Marnie's most popular classes! Come explore music through songs, chants, fingerplays, 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. The songs provided, can help assist with daily routines, and can also enhance children's number concepts, language, strength, coordination and body awareness. Marnie has 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 - from car rides to bath time, Marnie will have you covered! Don't delay, classes fill up fast. Drop-ins \$18.00 No class Feb 17, Apr 21 and May 19.

Jan 13 - Mar 10 M 11:45 AM-12:15 PM
535898 \$138.00/8 sess

Apr 14 - Jun 09 M 11:45 AM-12:15 PM
539160 \$138.00/7 sess



Music with Marnie All Ages/Siblings

(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 and empowering songs, both traditional and from Marnie's 4 Albums. Great for Siblings (*ask for Sibling Discount) Marnie & the older children will lead the way. Younger Children will bounce and march and learn from the older ones. Get ready to jump in puddles and catch bobbies, because making music fun and learning through play is what Marnie's Award Winning Programs are about. 12 months and up - *Except for Siblings - Siblings can be 3 months and up. Contact the front desk for Sibling Discount. Drop-ins \$20 - space permitting. No class Feb 19 and May 21.

Jan 15 - Mar 12 W 10:00 AM-10:45 AM
535896 \$154.00/8 sess

Apr 16 - Jun 11 W 10:00 AM-10:45 AM
539161 \$154.00/8 sess

Music with Marnie Babies

(2months-17months)

Instructor: Marnie Grey

One of Marnie's most popular classes! Come explore music through songs, chants, fingerplays, 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. The songs provided, can help assist with daily routines, and can also enhance children's number concepts, language, strength, coordination and body awareness. Marnie has 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 - from car rides to bath time, Marnie will have you covered! Don't delay, classes fill up fast. Drop-ins \$18.00 No class Feb 19 and May 21.

Jan 15 - Mar 12	W	11:00 AM-11:30 AM	\$138.00/8 sess
535899			
Apr 16 - Jun 11	W	11:00 AM-11:30 AM	\$138.00/8 sess
539162			

Music with Marnie Babies

(2months-17months)

Instructor: Marnie Grey

One of Marnie's most popular classes! Come explore music through songs, chants, fingerplays, 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. The songs provided, can help assist with daily routines, and can also enhance children's number concepts, language, strength, coordination and body awareness. Marnie has 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 - from car rides to bath time, Marnie will have you covered! Don't delay, classes fill up fast. Classes are for registered children only. Sorry, no extra children. Drop-ins \$18.00. No class Feb 19 and May 21.

Jan 15 - Mar 12	W	11:45 AM-12:15 PM	\$138.00/8 sess
535900			
Apr 16 - Jun 11	W	11:45 AM-12:15 PM	\$138.00/8 sess
539163			

Music with Marnie Concert (1-9 yrs)

Instructor: Marnie Grey

Described as one of the 'Best Performers of her generation' by the Vancouver International Children's Festival, Marnie Grey performs funky, educational and interactive tunes that puts ants in your pants! Each song tells a story and has an action, keeping children focused and physical. Instantly, children will be dancing, singing and signing along. Music with Marnie makes you MOVE! To find out more about this wildly entertaining children's entertainer, her four award winning children's albums, and to watch her videos, visit www.MusicwithMarnie.com Ages 1 – 9 years. Everyone attending must purchase a ticket.

Jan 26	Su	10:00 AM-10:45 AM	\$10.50 per person
540499			
Mar 02	Su	10:00 AM-10:45 AM	\$10.50 per person
540500			



Art and Music with Sun Rey (1.5-4 yrs)

Instructor: Sun Rey Han

A wonderful way to introduce your child to art and music. 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 \$21.00 No class Feb 15.

Jan 18 - Mar 08	Sa	10:00 AM-10:45 AM	\$126.00/7 sess
533683			

Art and Music with Sun Rey (1.5-4 yrs)

Instructor: Sun Rey Han

This is a wonderful way to introduce your child to art and music. 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, \$21.00, if space available. No class Feb 15.

Jan 18 - Mar 08	Sa	11:00 AM-11:45 AM	\$126.00/7 sess
533684			

Spring Registration:
March 13, 2025

For Music with Marnie program starting on April to June 2025.

Parenting and Family

Baby Sign Language **NEW** (0-2 yrs)

Instructor: Into Yoga

Babies understand and can communicate long before they are able to speak. Research shows that babies who learn Sign Language learn quicker and talk earlier. Using songs and games learn how to teach your baby basic American Sign Language (ASL) so they can better convey their wants and needs and relieve unnecessary frustration. The instructor will teach you the signs and songs so you can practice at home. Babies can sleep during class or you can bring some toys. Newborn to 24 months. Please bring your own mat or blanket to sit on. Only one parent or caregiver may accompany child. For more information visit Intoyoga. Limited Space for Strollers, so please refrain from bringing one. No Drop In.

Jan 14 - Feb 11 Tu 11:15 AM-12:00 PM
537339 \$81.00/5 sess

Apr 15 - May 13 Tu 11:15 AM-12:00 PM
537369 \$81.00/5 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). Visit debrawoodsdoula.com for more details. Registration is per couple.

Jan 25 Sa 3:00 PM-5:00 PM
527573 \$68.25/1 sess

Mar 15 Sa 3:00 PM-5:00 PM
537795 \$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 or email Liza at EmbraceYogaWellness@gmail.com. Drop in \$19.00 as space allows space permitting. No class Feb 6

Jan 16 - Feb 27 Th 11:30 AM-12:30 PM
527501 \$102/6 sess

Mar 13 - Apr 24 Th 11:30 AM-12:30 PM
527502 \$119/7 sess

Social

Parent and Tot Gym (0-6 yrs)

Instructor: Mount Pleasant 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. Strips tickets available - 10 tickets Single Child for \$25 or Family (up to 3 children) for \$40. Strips Drop-in \$3/child or \$5/family.

Jan 07 - May 03 Tu Th F Sa 10:00 AM-12:00 PM
533697 Drop-Ins \$3.00/child or \$5.00/Family

Dance

Dance With Me (with Adult) (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 with parent/guardian. Elements of ballet dancing, singing, and high energy movement to music will be included. Parent or guardian participation is required. Visit www.performingstars.ca for more information. No class Feb 15, Apr 19 and May 17.

Jan 04 - Mar 08 Sa 9:15 AM-10:00 AM
533825 \$144.00/9 sess

Apr 05 - Jun 14 Sa 9:15 AM-10:00 AM
533862 \$144.00/9 sess

Spring Registration:

March 13, 2025

For Vancouver Performing Stars program starting on April to June 2025.

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. Appropriate dance shoes and attire please. Child must be able to attend class without a parent or guardian in the room. Visit www.performingstars.ca for more information. No class Feb 15, Apr 19 and May 17.

Jan 04 - Mar 08 Sa 10:00 AM-10:45 AM
533826 \$144.00/9 sess

Apr 05 - Jun 14 Sa 10:00 AM-10:45 AM
533865 \$144.00/9 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. Appropriate dance shoes and attire please. Child must be able to attend class without a parent or guardian in the room. Visit www.performingstars.ca for more information. No class Feb 15, Apr 19 and May 17.

Jan 04 - Mar 08 Sa 10:45 AM-11:30 AM
533824 \$144.00/9 sess

Apr 05 - Jun 14 Sa 10:45 AM-11:30 AM
533864 \$144.00/9 sess

Junior Ballet

(5-7 yrs)

Instructor: Vancouver Performing Stars

In this ballet class, dancers will learn essential ballet techniques every performer should know. Along with learning choreography, dancers will be encouraged to explore their own creative expression and learn how to dance with a fluid movement quality, while strengthening their flexibility and coordination skills. Previous dance experience is welcome, but not required. Appropriate ballet shoes and attire must be worn. Visit www.performingstars.ca for more information. No class Feb 15, Apr 19 and May 17.

Jan 04 - Mar 08 Sa 11:30 AM-12:15 PM
533823 \$144.00/9 sess

Apr 05 - Jun 14 Sa 11:30 AM-12:15 PM
533863 \$144.00/9 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 Drop-ins \$14. No class Mar 20 and Mar 27.

FREE TRIAL

Jan 09 Th 9:30 AM-10:15 AM
533999 FREE/1 sess

Jan 16 - Feb 27 Th 9:30 AM-10:15 AM
534000 \$91.00/7 sess

Mar 06 - Apr 24 Th 9:30 AM-10:15 AM
534001 \$78.00/6 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 visit www.kirbysnelldance.com. Drop-ins \$14.No class Mar 20 and Mar 27.

FREE TRIAL

Jan 09 Th 10:20 AM-11:05 AM
534010 FREE/1 sess

Jan 16 - Feb 27 Th 10:20 AM-11:05 AM
534011 \$91.00/7 sess

Mar 06 - Apr 24 Th 10:20 AM-11:05 AM
534012 \$78.00/6 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 visit www.kirbysnelldance.com. Drop-ins \$14. No class Mar 20 and Mar 27.

FREE TRIAL

Jan 09 Th 11:10 AM-11:55 AM
534033 FREE/1 sess

Jan 16 - Feb 27 Th 11:10 AM-11:55 AM
534034 \$91.00/7 sess

Mar 06 - Apr 24 Th 11:10 AM-11:55 AM
534035 \$75.00/6 sess

Spring Registration:
March 13, 2025

For Vancouver Performing Stars program starting on April to June 2025.

Dance cont'd

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. Info: www.kirbysnelldance.com. Drop-ins \$14. No class Apr 20.

Jan 12 - Feb 23	Su	9:15 AM-10:00 AM	533936	\$91.00/7 sess
Mar 02 - Apr 27	Su	9:15 AM-10:00 AM	533938	\$104.00/8 sess

Creative Ballet (4-6 yrs)

Instructor: Endorphin Rush Dance

Young ballerinas explore the fun and beauty of ballet while learning the basic techniques. 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. Drop-ins \$14. No class Apr 20.

Jan 12 - Feb 23	Su	10:05 AM-10:50 AM	533937	\$91.00/7 sess
Mar 02 - Apr 27	Su	10:05 AM-10:50 AM	533939	\$104.00/8 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 Drop-ins \$14. No class Apr 20.

Jan 12 - Feb 23	Su	10:55 AM-11:40 AM	533940	\$91.00/7 sess
Mar 02 - Apr 27	Su	10:55 AM-11:40 AM	533941	\$104.00/8 sess

Frozen Ballet Dance 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 visit www.kirbysnelldance.com.

Mar 17 - Mar 21	M - F	9:15 AM-10:15 AM	534074	\$79.00/5 sess
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Frozen Ballet Dance Camp (4-6 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! Info visit www.kirbysnelldance.com.

Mar 17 - Mar 21	M - F	10:20 AM-11:20 AM	534076	\$79.00/5 sess
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Jazz/Hip Hop Fusion Camp (5-8 yrs)

Instructor: Endorphin Rush Dance

Jump, skip and twirl! In this class children will learn a variety of jazz dance as well as the basic fundamentals of hip hop 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. For more info visit www.KirbySnellDance.com

Mar 17 - Mar 21	M - F	11:25 AM-12:25 PM	534080	\$79.00/5 sess
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Physical Activity

Sportball Parent and Child Multisport (2-3 yrs)

Instructor: Sportball Vancouver

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 Feb 16, Apr 20 and May 18.

Jan 05 - Mar 09	Su	9:15 AM-10:00 AM	534103	\$166.50/10 sess
Apr 06 - Jun 22	Su	9:15 AM-10:00 AM	534122	\$185.00/10 sess

Spring Registration:
March 13, 2025
 For Sportball Vancouver program starting on April to June 2025.

Sportball Parent and Child Multisport

(2-3 yrs)

Instructor: Sportball Vancouver

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 Feb 16, Apr 20 and May 18.

Jan 05 - Mar 09	Su	10:00 AM-10:45 AM	534102	\$166.50/10 sess
Apr 06 - Jun 22	Su	10:00 AM-10:45 AM	534121	\$185.00/10 sess

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 Feb 16, Apr 20 and May 18.

Jan 05 - Mar 09	Su	11:00 AM-12:00 PM	534101	\$166.50/10 sess
Apr 06 - Jun 22	Su	11:00 AM-12:00 PM	534120	\$185.00/10 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.

Jan 08 - Mar 12	W	3:30 PM-4:30 PM	534099	\$185.00/10 sess
Apr 02 - Jun 18	W	3:30 PM-4:30 PM	534118	\$222.00/12 sess

High 5 Sports! Parent and Tot

(2-3 yrs)

Instructor: Coach Hai

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 Mar 19 and Mar 26.

Jan 15 - Feb 26	W	9:30 AM-10:15 AM	535927	\$140.00/7 sess
Mar 05 - Apr 30	W	9:30 AM-10:15 AM	535928	\$140.00/7 sess

High 5 Sports! Drop Off

(3-5 yrs)

Instructor: Coach Hai

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. No class Mar 19 and Mar 26.

Jan 15 - Feb 26	W	10:15 AM-11:15 AM	535925	\$140.00/7 sess
Mar 05 - Apr 30	W	10:15 AM-11:15 AM	535926	\$140.00/7 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. No class Feb 15 and Apr 12.

Jan 04 - Feb 01	Sa	9:30 AM-10:20 AM	535963	\$95.00/5 sess
Feb 08 - Mar 15	Sa	9:30 AM-10:20 AM	535966	\$95.00/5 sess
Apr 05 - May 10	Sa	9:30 AM-10:20 AM	536026	\$95.00/5 sess



Spring Registration:
March 13, 2025

For Sportball Vancouver program starting on April to June 2025.

Indoor Rock Climbing cont'd

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. No class Feb 15 and Apr 12.

Jan 04 - Feb 01	Sa	10:30 AM-11:20 AM	535964	\$95.00/5 sess
Feb 08 - Mar 15	Sa	10:30 AM-11:20 AM	535967	\$95.00/5 sess
Apr 05 - May 10	Sa	10:30 AM-11:20 AM	536027	\$95.00/5 sess
Jan 04 - Feb 01	Sa	11:30 AM-12:20 PM	535965	\$95.00/5 sess
Feb 08 - Mar 15	Sa	11:30 AM-12:20 PM	535968	\$95.00/5 sess
Apr 05 - May 10	Sa	11:30 AM-12:20 PM	536028	\$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. No class Apr 12.

Jan 04 - Feb 01	Sa	12:30 PM-1:25 PM	535972	\$95.00/5 sess
Apr 05 - May 10	Sa	12:30 PM-1:25 PM	536029	\$95.00/5 sess

Tiny Climbers - Holiday Session (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.

Mar 22 - Mar 29	Sa	9:30 AM-10:20 AM	535969	\$38.00/2 sess
Mar 22 - Mar 29	Sa	10:30 AM-11:20 AM	535970	\$38.00/2 sess
Mar 22 - Mar 29	Sa	11:30 AM-12:20 PM	535971	\$38.00/2 sess

Tiny Climbing Legends - Holiday Session (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.

Mar 22 - Mar 29	Sa	12:30 PM-1:25 PM	535973	\$38.00/2 sess
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Music and Singing

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. No class Mar 21, Mar 28 and Apr 18.

Jan 10 - Apr 25	F	3:30 PM-8:00 PM	535915-535923	\$422.50/13 sess
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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: musicalexpressions.ca. No class Mar 20 and Mar 27.

Jan 09 - Apr 24	Th	3:30 PM-8:00 PM	537385-537393	\$455.00/14 sess
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Piano - Monika 1 (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.

Jan 07 - Apr 29	Tu	3:30 PM-7:30 PM	537581-537588	\$425.00/17 sess
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Note to Parents
 Preschoolers are encourage 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.

Piano - Monika 2

(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.

Jan 08 - Apr 30	W	3:30 PM-7:30 PM
537589-537596		\$425.00/17 sess

Private Singing/Piano

(6+ yrs)

Instructor: Charis Chung

Professional and Award-Winning performing artist, Certified Music Educator and musician, Charis uses fun, lively and practical methods to teach you Sing Like a Star! or Play Like a Virtuoso! Graduate of UBC Master of Education (in Music), UBC Bachelor of Music, with over 15 years teaching at well-known School Board and Award Winning Music Academies, Charis will guide you to explore different music genres, songs, repertoire and music to develop interests, skills, passion and appreciation of Music. Beginners with NO music background are very welcome! Charis can prepare students to do auditions, competitions and examinations! Piano students need to buy one or two books (Instructor will inform in the first lesson) which suit the individual student. Students can choose either a 30-min Private Singing Lesson or a 30-min Private Piano Lesson as they wish! (Or 60mins for both instruments are also welcome!). No class Feb 15, Apr 19 and May 17.

Jan 11 - Mar 15	Sa	12:00 PM-3:00 PM
537138-537143		\$270.00/9 sess

Apr 05 - Jun 21	Sa	12:00 PM-3:00 PM
537182-537187		\$300.00/10 sess

Arts, Technology and Education

STEAM with LEGO

(5-10 yrs)

Instructor: Reach Educataion Inc.

STEAM up your Sundays with LEGO! Participants will work on 2-3 LEGO Projects using a variety of LEGO Technic, LEGO Bricks, and LEGO Mosaics. Participants will always be given the chance to expand their creativity with LEGO free play and build a motorized model in using gears, axles, and electric motors. We will have a different theme every week. All go home with a custom-made Minifigure. No class Feb 16.

Jan 12 - Mar 09	Su	10:00 AM-12:00 PM
537815		\$240.00/8 sess

Petit Architect: Design and Architecture for Kids

(6-13 yrs)

Instructor: Petit Architect Design For Kids Ltd.

Every week, we explore the fascinating worlds of famous architects, design concepts, and captivating buildings, unleashing their creativity through the creation of 2D and 3D models. We transform learning into an exciting adventure, encouraging children to observe and appreciate their built and natural surroundings. Supplies included. Drop-ins \$25.00, space permitting. No class Mar 20 and Mar 27.

Age 6-10

Jan 23-May 01	Th	3:45 PM-5:00 PM
537847		\$368.00/13 sess

Age 8-13

Jan 23-May 01	Th	5:15 PM-6:30 PM
537855		\$368.00/13 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.soapifystudio.com for more information!

Jan 28	Tu	4:00 PM-5:30 PM
537707		\$35.50 per person/1 sess

Feb 25	Tu	4:00 PM-5:30 PM
537708		\$35.50 per person/1 sess

Mar 25	Tu	4:00 PM-5:30 PM
537711		\$35.50 per person/1 sess

Apr 29	Tu	4:00 PM-5:30 PM
537712		\$35.50 per person/1 sess

Arts, Technology and Education cont'd

Artsy Soap Design with Lily (13+ yrs)

Instructor: Lily Sum

Create unique soap art designs using various colours, fragrances and molds. Choose from over 30 scents and endless colour combinations. Learn how to melt, scent, and colour your soaps along with a variety of different techniques to customize your soaps. Take home 3 one-of-a-kind soaps or share with your family and friends. No experience required and all supplies will be included. Visit www.soapifystudio.com for more information!

Jan 28	Tu	6:00 PM-8:00 PM	537709	\$56.00/1 sess
Feb 25	Tu	6:00 PM-8:00 PM	537710	\$56.00/1 sess
Mar 25	Tu	6:00 PM-8:00 PM	537713	\$56.00/1 sess
Apr 29	Tu	6:00 PM-8:00 PM	537714	\$56.00/1 sess

Family Fun Soap Making (All Ages)

Instructor: Lily Sum

Use your creativity to make customized soaps together! Choose from over 30 scents and a wide selection of molds. Including animals, flowers, cars, food items and succulents. Only one registration is required for each family/friend - maximum group of 3. Take home 6 one-of-a-kind soaps, individually wrapped, and labelled. Visit www.soapifystudio.com for inspiration!

Jan 26	Su	3:00 PM-5:00 PM	537797	\$70.00 per group (max 3)/1 sess
Feb 23	Su	3:00 PM-5:00 PM	537798	\$70.00 per group (max 3)/1 sess
Mar 30	Su	3:00 PM-5:00 PM	537799	\$70.00 per group (max 3)/1 sess
Apr 27	Su	3:00 PM-5:00 PM	537801	\$70.00 per group (max 3)/1 sess

Bathtime Ducky Soap Making with Lily (6+ yrs)

Instructor: Lily Sum

Join us to learn how to create 2 adorable rubber ducky soap bars. This bath-themed soap design features crystal-clear blue water, a rubber duck floating on the surface, topped with frothy white bubbles, all made from soap! Personalize your soaps with a wide selection of scents and colours. Visit www.soapifystudio.com for more information!

Jan 07	Tu	4:00 PM-5:30 PM	537724	\$35.50/1 sess
Mar 04	Tu	4:00 PM-5:30 PM	537725	\$35.50/1 sess

Swirled Hearts Soap Making with Lily (6-12 yrs)

Instructor: Lily Sum

Choose from over 30 scents and a wide selection of colours and learn how to create unique heart shaped soaps with a swirled, marble look. Take home 3 personalized soaps, individually wrapped and labelled. Scents include rose, sweet pea, magnolia, jasmine, lavender and much more! Visit www.soapifystudio.com for more information.

Feb 04	Tu	4:00 PM-5:30 PM	537726	\$35.50/1 sess
Apr 01	Tu	4:00 PM-5:30 PM	537727	\$35.50/1 sess

Frosty Snowflake Soap Making with Lily (13+ yrs)

Instructor: Lily Sum

Learn how to use clear glycerin soap and mica powders to create beautiful, shimmery snowflakes. You'll explore different decorating techniques, including stamping, hand painting and layering soaps. There are over 30 fragrances, endless colour options and a variety of patterns to choose from to make 3 personalized soaps. No experience is required. Visit www.soapifystudio.com for more information!

Jan 07	Tu	6:00 PM-8:00 PM	537728	\$56.00/1 sess
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Valentines Soap Making with Lily (13+ yrs)

Instructor: Lily Sum

Spread the love this Valentine's Day by crafting your own heart-shaped soaps! Using 3 different techniques, you will make a hand painted soap bar, a geometric heart with a gradient of two colours, and a heart shaped bar with vibrant colours, scents, and designs. Visit www.soapifystudio.com for more information!

Feb 04 - Feb 04	Tu	6:00 PM-8:00 PM	537729	\$56.00/1 sess
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Succulent Planters Soap Making with Lily (13+ yrs)

Instructor: Lily Sum

Learn to create a scented, beautiful soap succulent planter. This hands-on workshop will guide you through the process of making your own soap succulent and crafting a unique soap planter, along with coloured sea salt for a decorative touch. No experience necessary! Visit www.soapifystudio.com for more information!

Mar 04	Tu	6:00 PM-8:00 PM	537730	\$56.00/1 sess
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Floral Soap and Bath Salt Terrarium Making with Lily (13+ yrs)

Instructor: Lily Sum

Create and design your own floral and succulent arrangement (all made from soap!) to fill a glass terrarium, on top of layers of bath salt containing dried flower petals. Choose from over 30 scents, including floral scents such as rose, magnolia, sweet pea, jasmine, and lavender. Visit www.soapifystudio.com for more information!

Apr 01	Tu	6:00 PM-8:00 PM
537731		\$56.00/1 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 Feb 17, Apr 21 and May 19.

Jan 13 - Mar 10	M	3:30 PM-5:00 PM
538229		\$132.00/8 sess

Apr 07 - Jun 23	M	3:30 PM-5:00 PM
538233		\$165.00/10 sess

Academic ESL Class with Charis

(6-9 yrs)

Instructor: Charis Chung

A-Grade TESOL & Provincial Instructor Diplomas Graduate, Charis, brings this well-received Vancouver School Board Academic English Class to Mount Pleasant Community Centre! As a former experienced and certified VSB and Douglas College English Instructor and author, Charis, combines Canadian Curriculum and practical, interesting materials to stimulate and encourage participants to learn Listening and Speaking, Reading, Writing and other skills in a safe, fun and educational environment! Students also learn how to be great young learners to fulfill academic and personal goals in life! Come and learn together with a friend! Limited to 12 students. No class Feb 15, Apr 19 and May 17.

Jan 11 - Mar 15	Sa	10:30 AM-12:00 PM
537194		\$315.00/9 sess

Apr 05 - Jun 21	Sa	10:00 AM-11:30 AM
537195		\$342.00/10 sess

Red Cross Babysitting (11-16 yrs)

Instructor: Foundations Safety & First Aid Training

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

Feb 01	Sa	9:30 AM-4:30 PM
539182		\$85.00/1 sess

Mar 29	Sa	9:30 AM-4:30 PM
539183		\$85.00/1 sess

Dance

Junior Ballet

(5-7 yrs)

Instructor: Vancouver Performing Stars

In this ballet class, dancers will learn essential ballet techniques every performer should know. Along with learning choreography, dancers will be encouraged to explore their own creative expression and learn how to dance with a fluid movement quality, while strengthening their flexibility and coordination skills. Previous dance experience is welcome, but not required. Appropriate ballet shoes and attire must be worn. Visit www.performingstars.ca for more information. No class Feb 15.

Jan 04 - Mar 08	Sa	11:30 AM-12:15 PM
533823		\$144.00/9 sess

Apr 05 - Jun 14	Sa	11:30 AM-12:15 PM
533863		\$144.00/9 sess

VPS Dance Daycamp "In My Dance Era"

(6-12 yrs)

Instructor: Vancouver Performing Stars

Dancers will learn fun choreography in hip hop, jazz, ballet, and contemporary styles, inspired by the vibrant energy of pop music. On the final day of camp, your dancer will shine in their final performance. With high-energy dancing and a celebration of friendship & creativity, this camp is sure to be a blast-Swiftie style! For more information visit www.performingstars.ca

Mar 24 - Mar 28	M - F	10:00 AM-4:00 PM
533836		\$345.00/5 sess



Dance cont'd

Swiftie Dance Party (6-9 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 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 class. Info www.KirbySnellDance.com Drop-ins \$14. No class Apr 20.

FREE TRIAL

Jan 12	Su	11:45 AM-12:30 PM	533963	FREE/1 sess
Jan 19 - Feb 23	Su	11:45 AM-12:30 PM	533965	\$78.00/6 sess
Mar 02 - Apr 27	Su	11:45 AM-12:30 PM	533966	\$87.50/8 sess

Dance Extreme Dance Camp (6-9 yrs)

Instructor: Endorphin Dance Rush

Dance Extreme Dance Camp: Explore a number of different dance styles in this upbeat and welcoming dance camp. Kids will leave feeling proud of their new dance skills, and have a great time making new friends. Styles may include Latin Dance, Contemporary, Popping, Hip Hop, Acrobatic Dance, Creative Movement and Bollywood! Please wear comfortable clothing and bring water and clean indoor shoes for dancing. There will be a presentation for family members on the last day of camp. No experience required, all dancers welcome. More info: www.kirbysnelldance.com

Mar 17-Mar 21	M-F	12:45 PM-3:15 PM	541035	\$175.00/5 sess
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Filipino Traditional Dance (7-12 yrs)

Instructor: Margie Trinidad

Learn traditional Filipino dances from various regions in the Philippines and their historical roots. Students will learn the fundamentals of dance as a form of expression through the exploration of Philippine folk dances and the roles they play in Philippine history and culture. Drop-ins \$15.00

Jan 15 - Mar 19	W	5:00 PM-6:00 PM	538234	\$125.00/10 sess
Apr 16 - Jun 18	W	5:00 PM-6:00 PM	538235	\$125.00/10 sess

Indoor Rock Climbing

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. No class Apr 12.

Jan 04 - Feb 01	Sa	12:30 PM-1:25 PM	535972	\$95.00/5 sess
Apr 05 - May 10	Sa	12:30 PM-1:25 PM	536029	\$95.00/5 sess

Tiny Climbing Legends - Holiday Session (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.

Mar 22 - Mar 29	Sa	12:30 PM-1:25 PM	535973	\$38.00/2 sess
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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 the Centre! Youth will take turns climbing and are encouraged to hang out in the gym during 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. A waiver must be completed for the participants to climb. If you would like to register, you will need to contact Access Services at: access.services@vancouver.ca or call 604-718-5853. If you have not previously attended a program with Access Services paperwork may need to be completed. No class Feb 15.

Feb 08 - Mar 15	Sa	12:30 PM-1:25 PM	535962	\$95.00/5 sess
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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.

Jan 08 - Mar 12	W	4:40 PM-5:40 PM	534100	\$185.00/10 sess
Apr 02 - Jun 18	W	4:40 PM-5:40 PM	534119	\$222.00/12 sess

Volleyball BC: 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 program typically targets athletes aged 9 to 12 years old. The Smashball program is open to everyone in those ages regardless of their experience level. Coaches will adapt the program and introduce new concepts. No Class Feb 15, May 17 and Jun 14.

Jan 11 - Mar 15	Sa	3:30 PM-4:30 PM
538485		\$135.00/9 sess
Apr 05 - Jun 21	Sa	3:30 PM-4:30 PM
538487		\$135.00/9 sess

Volleyball BC: Train & Play (7.5-10yrs)

Instructor: Volleyball BC

Sessions are designed for participants of all levels to learn volleyball in a low-pressure, developmentally appropriate environment. Coaches will instruct the participants on the different technical skills of volleyball using both the traditional and conceptual approach. No Class Feb 15, May 17 and Jun 14.

Jan 11 - Mar 15	Sa	4:45 PM-5:45 PM
538486		\$135.00/9 sess
Apr 12 - Jun 21	Sa	4:45 PM-5:45 PM
538488		\$135.00/10 sess

Summer Smash Tennis: Junior Aces (7.5-10 yrs)

Instructor: Summer Smash Tennis

Continue developing a tennis foundation and build confidence. 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. No class Feb 17.

Jan 06 - Feb 03	M	3:45 PM-4:45 PM
538492		\$160.00/5 sess
Feb 10 - Mar 24	M	3:45 PM-4:45 PM
538493		\$192.00/6 sess
Mar 31 - Apr 14	M	3:45 PM-4:45 PM
538494		\$96.00/3 sess



Summer Smash Tennis: Junior Fundamentals (7.5-10 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.

Jan 06 - Feb 03	M	3:45 PM-4:45 PM
538489		\$160.00/5 sess
Feb 10 - Mar 24	M	3:45 PM-4:45 PM
538490		\$192.00/6 sess
Mar 31 - Apr 14	M	3:45 PM-4:45 PM
538491		\$96.00/3 sess

Summer Smash Tennis: Youth Aces (11-16 yrs)

Instructor: Summer Smash Tennis

Continue developing a tennis foundation and build confidence. 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.

Jan 08 - Feb 12	W	3:45 PM-4:45 PM
538501		\$192.00/6 sess
Feb 19 - Mar 26	W	3:45 PM-4:45 PM
538502		\$192.00/6 sess
Apr 02 - Apr 23	W	3:45 PM-4:45 PM
538504		\$128.00/4 sess

Summer Smash Tennis: Youth Fundamentals (11-16yrs)

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 inspiring a love for the game while building a strong technical foundation. Participants must bring their own Rackets. No class Feb 17.

Jan 06 - Feb 03	M	3:45 PM-4:45 PM
538495		\$160.00/5 sess
Feb 10 - Mar 24	M	3:45 PM-4:45 PM
538496		\$192.00/6 sess
Mar 31 - Apr 14	M	3:45 PM-4:45 PM
538497		\$96.00/3 sess

Martial Arts

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! Drop-ins \$12, if space available. No class Jan 26, Feb 16, Mar 16, Mar 23 and Apr 20.

Jan 05 - Feb 23 Su 10:00 AM-11:00 AM
542576 \$57.00/6 sess

Mar 09 - Apr 27 Su 10:00 AM-11:00 AM
538530 \$47.50/5 sess

Tae Kwon Do Level 1 & Level 2

(6-13 yrs)

Instructor: Michael Ellis

Your future black belt will learn some cool kicks in this Korean Martial Art 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 Feb 16, Mar 16, Mar 23 and Apr 20.

Jan 05 - Feb 23 Su 12:15 PM-1:15 PM
538925 \$66.50/7 sess

Mar 02 - Apr 27 Su 12:15 PM-1:15 PM
538926 \$57.00/6 sess

Tae Kwon Do Teens

(14-16 yrs)

Instructor: 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 Feb 16, Mar 16, Mar 23 and Apr 20.

Jan 05 - Feb 23 Su 12:15 PM-1:15 PM
538927 \$75.25/7 sess

Mar 02 - Apr 27 Su 12:15 PM-1:15 PM
538928 \$64.50/6 sess

Tae Kwon Do Adults

(15+ yrs)

Instructor: 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 Feb 16, Mar 16, Mar 23 and Apr 20.

Jan 05 - Feb 23 Su 12:15 PM-1:15 PM
538923 \$79.00/7 sess

Mar 02 - Apr 27 Su 12:15 PM-1:15 PM
538924 \$67.75/6 sess

Kung Fu: Choy Lee Fat

(8-13 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. No class Apr 18

Jan 08 - Feb 28 W F 6:00 PM-7:00 PM
527553 \$96/16 sess

Mar 05 - May 02 W F 6:00 PM-7:00 PM
527554 \$102/17 sess

MOUNT PLEASANT COMMUNITY CENTRE
 1 Kingsway at Main Street in Vancouver

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.

SCAN ME

Boys+ Group

Instructor: Omar Tanbouz

(9-12 yrs)

Join us 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 Youth Worker at 604 257 3069

Jan 15 - Mar 12 W 3:30 PM-5:30 PM
531568 FREE/9 sess

Girls+ Group

(9-12 yrs)

Instructor: Cid Villanueva

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

Jan 14 - Mar 11 Tu 3:30 PM-5:30 PM
531567 FREE/9 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!

Jan 17	Jan 24	Jan 31	Feb 7
Giant Games + Hot Chocolate	Paint Party	Just Dance Competition	Spaghetti Bridges
Feb 14	Feb 21	Feb 28	Mar 7
Karaoke & Pizza	Werewolf	Fear Factor	Minute to Win it!
Mar 14	<p>Please meet at the Mount Pleasant Games Room For more information, contact the Youth Office at 604.257.3069. Activities subject to change.</p>		
Trivia Night			



**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

Preteen Night (9-12 yrs)

Instructor: Mount Pleasant Youth Leader

Join us in the games room Friday nights for our preteen night program full of fun, games and snacks! Every week from 6-8pm staff have planned fun, social activities such as gym games, jeopardy nights, movie nights and more! This is a free drop-in program, no need to register, come join us whenever you are free.

Jan 17 - Mar 21 F 6:00 PM-8:00 PM
531652 FREE/10 sess

Dungeons and Dragons (11-18 yrs)

Instructor: Will Lochhead

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.

Jan 18 - Mar 15 Sa 1:00 PM-3:00 PM
531663 \$55/9 sess

MPCC Baking Club (9-16 yrs)

Instructor: Mount Pleasant Youth Leader

Join our youth staff for this fun baking class! Youth will work together to decide what to bake and which recipes to try, and the youth staff will help create the baked goods of your dreams! All supplies will be provided. Pre-registration is required.

Jan 16 - Mar 13 Th 3:30 PM-5:30 PM
531664 \$27/9 sess

Leadership

Preteen Leadership Club (9-12 yrs)

Instructor: Mount Pleasant Youth Leader

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 4-5PM for youth in grades 4 to 7.

Jan 17 - Mar 21 F 4:00 PM-5:00 PM
531651 FREE/10 sess

Teen Night

(13-17 yrs)

Instructor: Mount Pleasant Youth Leader

Come join us for drop-in teen night! Enjoy nights of fun, baking, games, hang-outs and more! Bring your friends and meet in Mount Pleasant Games Room. No registration required.

Jan 17 - Mar 14 F 8:00 PM-9:00 PM
531653 FREE/18 sess

Youth Audio Arts Mentorship

(13-18 yrs)

Instructor: Artist in Residence – Vascular Trace AVA

Join Mount Pleasant Community Centre Artists in Residence, Toni-Leah Yake and Helena Krobath, in a youth audio arts mentorship. Together, we will create a series of sonic artworks about place and memory, which may include soundscape compositions, music, storytelling, interviews, audio poetry, or even data sonification (hint: it's like visualization, but with sound). Not sure what those all mean? Come find out!

Be part of the production from start to finish – no experience necessary. Participants will be able to collaborate on larger segments and create individual pieces if they like.

During the mentorship, youth will learn to handle a variety of professional-quality microphones, field recorders and digital instruments, while also discovering how to take great recordings with everyday tools like cellphones. Through hands-on demonstrations, they'll learn how to transform sounds using powerful free software like DAWs (Digital Audio Workstations) and VST3 (Virtual Studio Tools) effects plugins.

The completed project will be shared in a group installation and broadcast live on the Soundscape Show (Co-op Radio CFRO 100.5 FM).

Feb 07-Mar 14 F 5:00 PM-7:00 PM
541159 FREE/6 sess

Youth Volunteer Orientation

(12-18 yrs)

Instructor: Community Youth Worker

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 8 to 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

Jan 10 - Jan 10 F 3:30 PM-5:30 PM
538917 FREE/1 sess

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 the recipe to take home and use!

Jan 28	Tu	3:30 PM-6:30 PM
531660		FREE/1 sess
Feb 25	Tu	3:30 PM-6:30 PM
531661		FREE/1 sess
Mar 25	Tu	3:30 PM-6:30 PM
531662		FREE/1 sess



Youth Spring Break Leadership Camp

(9-14 yrs)

Instructor: Mount Pleasant Youth Leader

Want to do something Different this Spring Break? Join our leadership program for youth and take part in fun recreational activities Vancouver has to offer! Activities will build on leadership skills and incorporate games, activities and workshops. Don't wait, register now! A Daycamp Consent and Waiver Forms Package must be completed and returned before the start of the registered day camp week.

Week 1

Mar 17 - Mar 21	M - F	10:00 AM-3:00 PM
531665		\$125/5 sess

Week 2

Mar 24 - Mar 28	M - F	10:00 AM-3:00 PM
531667		\$125/5 sess



Follow Mount Pleasant Youth Programs on Instagram @mountpleasantccyouth for the latest updates!

Creative Art & Education

Artsy Soap Design with Lily (13+ yrs)

Instructor: Lily Sum

Create unique soap art designs using various colours, fragrances and molds. Choose from over 30 scents and endless colour combinations. Learn how to melt, scent, and colour your soaps along with a variety of different techniques to customize your soaps. Take home 3 one-of-a-kind soaps or share with your family and friends. No experience required and all supplies will be included. Visit makesumcreations.com for more information!

Jan 28	Tu	6:00 PM-8:00 PM
537709		\$56.00/1 sess
Feb 25	Tu	6:00 PM-8:00 PM
537710		\$56.00/1 sess
Mar 25	Tu	6:00 PM-8:00 PM
537713		\$56.00/1 sess
Apr 29	Tu	6:00 PM-8:00 PM
537714		\$56.00/1 sess

Family Fun Soap Making (All Ages)

Instructor: Lily Sum

Join us for a fun soap making workshop and use your creativity to make customized soaps together! Choose from over 30 scents and a wide selection of molds. Including animals, flowers, cars, food items and succulents. Only one registration is required for each family/friend - maximum group of 3. Take home 6 one-of-a-kind soaps, individually wrapped, and labelled. Visit www.soapifystudio.com for inspiration!

Jan 26	Su	3:00 PM-5:00 PM
537797		\$70.00 per group (max 3)/1 sess
Feb 23	Su	3:00 PM-5:00 PM
537798		\$70.00 per group (max 3)/1 sess
Mar 30	Su	3:00 PM-5:00 PM
537799		\$70.00 per group (max 3)/1 sess
Apr 27	Su	3:00 PM-5:00 PM
537801		\$70.00 per group (max 3)/1 sess

Frosty Snowflake Soap Making with Lily (13+ yrs)

Instructor: Lily Sum

Learn how to use clear glycerin soap and mica powders to create beautiful, shimmery snowflakes. You'll explore different decorating techniques, including stamping, hand painting and layering soaps. There are over 30 fragrances, endless colour options and a variety of patterns to choose from to make 3 personalized soaps. No experience is required. Visit www.soapifystudio.com for more information!

Jan 07	Tu	6:00 PM-8:00 PM
537728		\$56.00/1 sess

Creative Art & Education cont'd

Valentines Soap Making with Lily (13+ yrs)
Instructor: Lily Sum

Spread the love this Valentine's Day by crafting your own heart-shaped soaps! Using 3 different techniques, you will make a hand painted soap bar, a geometric heart with a gradient of two colours, and a heart shaped bar with vibrant colours, scents, and designs. Visit www.soapifystudio.com for more information!

Feb 04 - Feb 04 Tu 6:00 PM-8:00 PM
537729 \$56.00/1 sess

Succulent Planters Soap Making with Lily (13+ yrs)
Instructor: Lily Sum

Learn to create a scented, beautiful soap succulent planter. This hands-on workshop will guide you through the process of making your own soap succulent and crafting a unique soap planter, along with coloured sea salt for a decorative touch. No experience necessary! Visit www.soapifystudio.com for more information!

Mar 04 Tu 6:00 PM-8:00 PM
537730 \$56.00/1 sess

Floral Soap and Bath Salt Terrarium Making with Lily (13+ yrs)
Instructor: Lily Sum

Create and design your own floral and succulent arrangement (all made from soap!) to fill a glass terrarium, on top of layers of bath salt containing dried flower petals. Choose from over 30 scents, including floral scents such as rose, magnolia, sweet pea, jasmine, and lavender. Visit www.soapifystudio.com for more information!

Apr 01 Tu 6:00 PM-8:00 PM
537731 \$56.00/1 sess

Red Cross Babysitting (11-16 yrs)
Instructor: Foundations Safety & First Aid Training

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

Feb 01 Sa 9:30 AM-4:30 PM
539182 \$85.00/1 sess

Mar 29 Sa 9:30 AM-4:30 PM
539183 \$85.00/1 sess

Watercolour Painting for Youth (12-18 yrs)

Instructor: Mohammad Reza Atashzad

Explore the world of watercolour painting. This program is for youth who want to learn how to use water, paper, colour, and brushes to create an endless variety of tones in their paintings. (Supplies are not included, supply list available upon registration). Master M. Reza Atashzad has over 35 years experience in teaching drawing, painting and architectural design at his own Atashzad Academy of Art www.atashzad.com. He has also been teaching different art programs at several community centers in Vancouver since 2011. He has published more than 700 paintings, such as greeting cards, posters, albums, and books. Drop in \$25

Jan 08 - Feb 19 W 6:15 PM-7:30 PM
527583 \$140/7 sess

Feb 26 - Apr 09 W 6:15 PM-7:30 PM
537173 \$140/7 sess

Physical Activity

Youth Gym- Volleyball (9-18 yrs)

Instructor: Mount Pleasant Youth Leader

Want to practice your volleying or bumping? Join us at our youth only volleyball time. Welcome to our safe space where everyone is welcome! The City-Wide Youth Pass is now available! Register at the front desk before entering the gym. Ask a staff to sign you up. One court will be reserved for preteens ages 9-12. If you have questions, please the Community Youth Worker, at 604 257 3069

Jan 09 - Mar 20 Th 3:30 PM-5:00 PM
531658 FREE/11 sess

Youth Gym- Open Gym Basketball (9-18 yrs)

Instructor: Mount Pleasant Youth Leader

Come to Mount Pleasant and have fun at the gym! 2/3 Basketball and 1/3 Volleyball! No class Feb 14. If you have questions, please contact the Community Youth Worker, at 604 257 3069

Jan 10 - Mar 21 F 3:30 PM-9:00 PM
531657 FREE/10 sess

Youth Gym- Open Gym Volleyball (12-18 yrs)

Instructor: Mount Pleasant Youth Leader

Come to Mount Pleasant and have fun at the gym! 2/3 Basketball and 1/3 Volleyball! No class Feb 14. If you have questions, please contact the Community Youth Worker, at 604-257-3069.

Jan 10 - Mar 21 F 3:30 PM-9:00 PM
531659 FREE/10 sess



Youth Sports

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

Youth Sports are all 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 set one up!

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.



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

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

Physical Activity cont'd

Volleyball BC: 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 program typically targets athletes aged 9 to 12 years old. The Smashball program is open to everyone in those ages regardless of their experience level. Coaches will adapt the program and introduce new concepts. No Class Feb 15, May 17 and Jun 14.

Jan 11 - Mar 15 Sa 3:30 PM-4:30 PM
538485 \$135.00/9 sess

Apr 05 - Jun 21 Sa 3:30 PM-4:30 PM
538487 \$135.00/9 sess

Volleyball BC: Train & Play (8-12 yrs)

Instructor: Volleyball BC

Sessions are designed for participants of all levels to learn volleyball in a low-pressure, developmentally appropriate environment. Coaches will instruct the participants on the different technical skills of volleyball using both the traditional and conceptual approach. No Class Feb 15, May 17 and Jun 14.

Jan 11 - Mar 15 Sa 4:45 PM-5:45 PM
538486 \$135.00/9 sess

Apr 12 - Jun 21 Sa 4:45 PM-5:45 PM
538488 \$135.00/10 sess

Summer Smash Tennis: Junior Fundamentals (7.5-10 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.

Jan 06 - Feb 03 M 3:45 PM-4:45 PM
538489 \$160.00/5 sess

Feb 10 - Mar 24 M 3:45 PM-4:45 PM
538490 \$192.00/6 sess

Mar 31 - Apr 14 M 3:45 PM-4:45 PM
538491 \$96.00/3 sess

Summer Smash Tennis: Youth Aces

(11-16 yrs)

Instructor: Summer Smash Tennis

Continue developing a tennis foundation and build confidence. 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.

Jan 08 - Feb 12 W 3:45 PM-4:45 PM
538501 \$192.00/6 sess

Feb 19 - Mar 26 W 3:45 PM-4:45 PM
538502 \$192.00/6 sess

Apr 02 - Apr 23 W 3:45 PM-4:45 PM
538504 \$128.00/4 sess



Summer Smash Tennis: Youth Fundamentals

(11-16 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 inspiring a love for the game while building a strong technical foundation. Participants must bring their own Rackets. No class Feb 17.

Jan 06 - Feb 03 M 3:45 PM-4:45 PM
538495 \$160.00/5 sess

Feb 10 - Mar 24 M 3:45 PM-4:45 PM
538496 \$192.00/6 sess

Mar 31 - Apr 14 M 3:45 PM-4:45 PM
538497 \$96.00/3 sess

Martial Arts

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! Drop-ins \$12, if space available. No class Feb 16, Mar 16, Mar 23 and Apr 20.

Jan 05 - Feb 23 Su 10:00 AM-11:00 AM
542576 \$57.00/6 sess

Mar 09 - Apr 27 Su 10:00 AM-11:00 AM
538530 \$47.50/5 sess

Tae Kwon Do Level 1 & Level 2

(6-13 yrs)

Instructor: Michael Ellis

Your future black belt will learn some cool kicks in this Korean Martial Art 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 Feb 16, Mar 16, Mar 23 and Apr 20.

Jan 05 - Feb 23 Su 12:15 PM-1:15 PM
538925 \$66.50/7 sess

Mar 02 - Apr 27 Su 12:15 PM-1:15 PM
538926 \$57.00/6 sess



Tae Kwon Do Teens

(14-16 yrs)

Instructor: 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 Feb 16, Mar 16, Mar 23 and Apr 20.

Jan 05 - Feb 23 Su 12:15 PM-1:15 PM
538927 \$75.25/7 sess

Mar 02 - Apr 27 Su 12:15 PM-1:15 PM
538928 \$64.50/6 sess



Tae Kwon Do Adults

(15+ yrs)

Instructor: 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. No class Feb 16, Mar 16, Mar 23 and Apr 20.

Jan 05 - Feb 23 Su 12:15 PM-1:15 PM
538923 \$79.00/7 sess

Mar 02 - Apr 27 Su 12:15 PM-1:15 PM
538924 \$67.75/6 sess

Kung Fu: Choy Lee Fat

(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:

mountpleasantkungfu@gmail.com. No class Apr 18

Jan 08 - Feb 28 W F 6:00 PM-7:00 PM
527553 \$96/16 sess

Mar 05 - May 02 W F 6:00 PM-7:00 PM
527554 \$102/17 sess



*Looking for volunteer opportunities?
Contact the Community Youth Worker for more opportunities at
keani.pratt@vancouver.ca*

Youth Community Kitchen	Spring Camps	Special Events	Seniors Pancake Brunch
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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.

Friday January 10 **VIEW ONLINE**

Registration can be done online, at the front desk or by phone 604-257-3080

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

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 Kroboth, 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 Kroboth (headshot)

Helena Kroboth (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 kroboth.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^wmæθk^wəy̓ əm, Sk̓wx̓ wú7mesh, and səllilwətaʔ 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

**Drop-in
\$6.30**



Tuesday	Wednesday	Thursday
Step & Core 5:30-6:25 PM <i>Kristiina</i>	Step & Strength 6:30-7:30 PM <i>Marilyn</i>	Hi Lo Combo 5:30-6:25 PM <i>Tracy</i>

Group Fitness Rates

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



Class Descriptions

Step and Core (16+ yrs)

Instructor: Kristiina Oinonen

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

Jan 07 - Apr 29 Tu 5:30 PM-6:25 PM
527581 \$6.30/drop-in

Step and Strength (16+ yrs)

Instructor: Marilyn Wittmann

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

Jan 08 - Apr 30 W 6:30 PM-7:30 PM
527582 \$6.30/drop-in

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

Jan 09 - May 01 Th 5:30 PM-6:25 PM
527538 \$6.30/drop-in



[View Sports Programs Online](#)

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

Sports Registration Procedures

- Registration opens at 12:00pm 3 days in advance of the program date online by phone and in-person.
- Registration online closes 15 minutes before program start time. Patrons can register in person or by phone until the program is full.
- 4 Quota spots per program will remain available for phone in or in person registration for the first 48hrs of registration. **ANY** spots refunded will be put back online.
- Refunds are available up until **15 minutes** before program start time.
- No drop-ins. Registration is required for all participants. We do not sell registered spots to drop ins.

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: Paradise Island Pickleball

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. Balls will be provided. No Class Stat holiday Mondays. Drop in \$24, as space allows

Mar 03 - Apr 28	M	6:15 PM-7:30 PM
527563		\$175.5/8 sess

Pickleball Instruction - Not Quite Intermediate (16+ yrs)

Instructor: Paradise Island Pickleball

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. No Class Stat holiday Mondays. Drop in \$24, as space allows

Jan 06 - Feb 24	M	6:15 PM-7:30 PM
527564		\$153.75/7 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 for questions about suitability. No class stat holiday Mondays and March 24.

Jan 06 - Feb 10	M	7:30 AM-9:00 AM
527566		\$115.75/6 sess
Mar 03 - Apr 28	M	7:30 AM-9:00 AM
532874		\$115.75/8 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. No class April 22

Jan 07 - Feb 04	Tu	7:00 AM-8:30 AM
527565		\$141.75/5 sess
Feb 25 - Apr 29	Tu	7:00 AM-8:30 AM
532885		\$141.75/9 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. No Class April 17

Jan 09 - Feb 06	Th	7:00 AM-8:30 AM
527567		\$160.75/5 sess
Feb 27 - May 01	Th	7:00 AM-8:30 AM
532896		\$160.75/9 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

Summer Smash 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. Participants must bring their own Rackets.

Jan 06 - Feb 03 M 4:45 PM-6:00 PM
538498 \$243.00/5 sess

Summer Smash 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. Participants must bring their own Rackets.

Jan 08 - Feb 12 W 4:45 PM-6:00 PM
538505 \$291.50/6 sess

Feb 19 - Mar 26 W 4:45 PM-6:00 PM
538506 \$291.50/6 sess

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

Instructor: Summer Smash Tennis

Continue developing fundamental skills in a small group setting. This course builds on technique and strategy from Adult Beginner in order to become more confident rallying and playing with serve within the full court setting. Students should repeat this course until they can confidently rally from the baseline with forehand and backhand. Participants must bring their own Rackets. No class Feb 17.

Feb 10 - Mar 24 M 4:45 PM-6:00 PM
538499 \$291.50/6 sess

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

Instructor: Summer Smash Tennis

Continue developing fundamental skills in a small group setting. This course builds on technique and strategy from Adult Beginner in order to become more confident rallying and playing with serve within the full court setting. Students should repeat this course until they can confidently rally from the baseline with forehand and backhand. Participants must bring their own Rackets.

Apr 02 - Apr 23 W 4:45 PM-6:00 PM
538507 \$194.25/4 sess



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

Instructor: Summer Smash Tennis

Solidify your foundation for all strokes. 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. Students should repeat this course until they can confidently control the direction and height of forehand and backhand within a full court rally.

Mar 31 - Apr 14 M 4:45 PM-6:00 PM
538500 \$157.50/3 sess

Martial Arts

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

(16+ yrs)

Instructor: Kung Fu Club CLF

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. mountpleasanttaichi@gmail.com. No class Feb 2.

Jan 05 - Mar 02	Su	9:30 AM-10:30 AM
527529		\$70/8 sess

Mar 09 - Apr 27	Su	9:30 AM-10:30 AM
527530		\$70/8 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. No class Feb 2.

Jan 05 - Mar 02	Su	10:30 AM-11:30 AM
527527		\$70/8 sess

Mar 09 - Apr 27	Su	10:30 AM-11:30 AM
527528		\$70/8 sess

Kickboxing **NEW**

(16+ yrs)

Instructor: Ian Popoff

Class offers a no-contact way to introduce yourself to the basics of kickboxing. You can expect to gain better coordination, mobility and strength. Come burn off the stress of your day! Drop in \$18.90.

Jan 07 - Feb 25	Tu	7:00 PM-8:00 PM
537830		\$126/8 sess

Mar 04 - Apr 29	Tu	7:00 PM-8:00 PM
537832		\$141.75/9 sess

Boxing **NEW**

(16+ yrs)

Instructor: Ian Popoff

Boxing Fundamentals offers a no-contact way to introduce yourself to the basics of boxing in a friendly and inclusive environment. Each class will include a warm-up, boxing theory and drills, padwork and a core workout to finish. You will walk away from each class feeling relaxed, focused and empowered. Drop in \$18.90.

Jan 07 - Feb 25	Tu	8:00 PM-9:00 PM
537833		\$126/8 sess

Mar 04 - Apr 29	Tu	8:00 PM-9:00 PM
537834		\$141.75/9 sess

Tae Kwon Do Adults (15+ yrs)

Instructor: 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 Feb 16, Mar 16, Mar 23 and Apr 20.

Jan 05 - Feb 23	Su	12:15 PM-1:15 PM
538923		\$79.00/7 sess

Mar 02 - Apr 27	Su	12:15 PM-1:15 PM
538924		\$67.75/6 sess

Kung Fu: Choy Lee Fat (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. No class Apr 18.

Jan 08 - Feb 28	W F	6:00 PM-7:00 PM
527551		\$96/16 sess

Mar 05 - May 02	W F	6:00 PM-7:00 PM
527552		\$102/17 sess

Language

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. More info, www.japaneseforallpeople.com NO DROP INS

Feb 06 - Apr 03	Th	7:00 PM-9:00 PM
527550		\$183.25/9 sess

Spanish Adult Beginners (16+ yrs)

Instructor: Eliana Rolando

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. Students to bring pen, pencil, eraser, notebook. No class Feb 17, Apr 21 and May 19.

Jan 13 - Mar 24	M	5:30 PM-7:00 PM
538226		\$185.00/10 sess

Apr 07 - Jun 23	M	5:30 PM-7:00 PM
538230		\$185.00/10 sess

Spanish Adult Intermediate (16+ yrs)**Instructor: Eliana Rolando**

HOLA AMIGOS! Increase your vocabulary and grammar skills in this intermediate level Spanish course. Participants must have completed Beginners I and II Level Spanish. This course will focus on Direct and Indirect objects Pronouns, the Imperative tense, the Future Tense and conversation as we learn more advance grammar skills. You will acquire good pronunciation and conversation skills to enable you to communicate well in Spain and Latin America. Registration only. Sorry no drop-ins. Please speak with the instructor if registering past the 3rd class. Students to bring pen, pencil, eraser, notebook. No class Feb 17, Apr 21 and May 19.

Jan 13 - Mar 24	M	8:30 PM-9:45 PM
538227		\$185.00/10 sess
Apr 07 - Jun 23	M	8:30 PM-9:45 PM
538231		\$185.00/10 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. Students to bring pen, pencil, eraser, notebook. No class Feb 17, Apr 21 and May 19.

Jan 13 - Mar 24	M	7:00 PM-8:30 PM
538228		\$185.00/10 sess
Apr 07 - Jun 23	M	7:00 PM-8:30 PM
538232		\$185.00/10 sess

Baby Sign Language **NEW** (0-2 yrs)**Instructor: Into Yoga**

Babies understand and can communicate long before they are able to speak. Research shows that babies who learn Sign Language learn quicker and talk earlier. Using songs and games learn how to teach your baby basic American Sign Language (ASL) so they can better convey their wants and needs and relieve unnecessary frustration. The instructor will teach you the signs and songs so you can practice at home. Babies can sleep during class or you can bring some toys. Newborn to 24 months. Please bring your own mat or blanket to sit on. Only one parent or caregiver may accompany child. For more information visit Intoyoga. Please bring a blanket. Limited Space for Strollers, so please refrain from bringing one. No Drop In

Jan 14 - Feb 11	Tu	11:15 AM-12:00 PM
537339		\$80.85/5 sess
Apr 15 - May 13	Tu	11:15 AM-12:00 PM
537369		\$80.85/5 sess

Creative Art**Acrylic Painting Basics: PORTRAITS** (16+ yrs)**Instructor: Michael Markowsky**

NO supplies or experience required! Just show up and paint some of history's most famous portrait paintings! Emily Carr University of Art 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 Vermeer ("Girl with a Pearl Earring"), Pablo Picasso ("Old Guitarist"), Amedeo Modigliani ("Woman with Red Hair"), Vincent Van Gogh ("Self-Portrait"), Frida Kahlo ("Self-Portrait"), Mary Cassatt ("Smiling Child"), and/or Henri Matisse ("Green Stripe"). To get an idea of how Michael teaches, check out his popular how-to draw and paint videos at <http://www.youtube.com/markowskyart>

Jan 12 - Feb 09	Su	12:30 PM-2:30 PM
527559		\$135.45/5 sess
Feb 23 - Mar 23	Su	3:00 PM-5:00 PM
527560		\$135.45/5 sess

Acrylic Painting Basics: LANDSCAPES (16+ yrs)**Instructor: Michael Markowsky**

NO supplies or experience required! Just show up and create amazing landscape paintings! Emily Carr University of Art 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 Vincent Van Gogh ("Starry Night"), Paul Cézanne ("Mont Sainte-Victoire"), Gabriele Münter ("Sunset"), David Hockney ("East Yorkshire"), Claude Monet ("Haystacks"), and Canada's Group of Seven. 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

Jan 12 - Feb 09	Su	3:00 PM-5:00 PM
527557		\$135.45/5 sess
Feb 23 - Mar 23	Su	10:00 AM-12:00 PM
527558		\$135.45/5 sess

Creative Arts cont'd

Acrylic Painting & Drawing Basics: FLOWERS & STILL LIFES (16+ 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 painting of fresh flowers, fruit bowls, cups and simple toys. 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

Jan 12 - Feb 09	Su	10:00 AM-12:00 PM	527490	\$135.45/5 sess
Mar 09 - Apr 06	Su	12:30 PM-2:30 PM	527491	\$135.45/5 sess

Beginners Digital Photography (16+ yrs)

Instructor: Michael Markowsky

Discover the art of capturing stunning images and go beyond the auto-mode of your camera! This engaging course is perfect for beginners eager to explore the fundamentals of photography. You'll learn how to master your camera, understand essential concepts like composition, lighting, and manual exposure, and develop your own unique style. Emily Carr University of Art instructor Michael Markowsky will provide hands-on guidance, ensuring you gain confidence behind the lens in a relaxed and encouraging studio environment. Enjoy humorous and interactive lessons, practical assignments, and constructive feedback. 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

Jan 08 - Feb 05	W	6:00 PM-8:00 PM	527525	\$135.45/5 sess
Feb 19 - Mar 19	W	6:00 PM-8:00 PM	527526	\$135.45/5 sess

Watercolour Painting (18+ 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: www.atashzad.com (Supplies are not included, supply list available upon registration). Master M. Reza Atashzad 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 centers in Vancouver since 2011. He has published more than 700 watercolour paintings, such as greeting cards, posters, albums, and books. Visit: www.atashzad.com. Drop in \$35

Jan 08 - Feb 19	W	7:30 PM-8:45 PM	537174	\$205.80/7 sess
Feb 26 - Apr 09	W	7:30 PM-8:45 PM	537177	\$205.80/7 sess

Basic Drawing: Animals, Architecture and Still-Lifes (16+ 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

Jan 10 - Feb 07	F	5:00 PM-7:00 PM	527520	\$135.45/5 sess
Feb 21 - Mar 21	F	7:30 PM-9:30 PM	527521	\$135.45/5 sess

Basic Drawing: People and Landscapes (16+ yrs)

Instructor: Michael Markowsky

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

Jan 10 - Feb 28	F	7:30 PM-9:30 PM	\$135.45/5 sess
527522			
Feb 21 - Mar 21	F	5:00 PM-7:00 PM	\$135.45/5 sess
527523			



Arts & Health Beading - Personalized project (19+ yrs)

Instructor: Salisha Old Bull

This session features a personal project with Indigenous influenced design. All Elders and seniors are welcome to register and participate, no experience required. Beadwork is a skillset amongst many Indigenous nations. It is a form of adornment in dance regalia for ceremonies and celebrations alike. In the past, skills such as this were done to show care and respect for both oneself and ones close family. In this way, gifted beadwork is form of honoring and friendship because of the amount of time it takes to complete. There are different styles of beadwork that are significant to certain Indigenous nations. However, for my Indigenous background (Bitterroot Salish and Crow, from Montana), flat-stitch beadwork is pre-dominant. Both tribes also practice lane stitch, depending on the function of the item. Presently, beadwork continues to be a way of cultural preservation and empowerment. No class Feb 15.

Feb 01 - Apr 12	Sa	9:30 AM-12:00 PM	\$0/9 sess
525529			

2SQT IBPOC Social Craft Night (18+ yrs)

Instructor: TBA

Bring your own craft project and supplies to a shared space, and connect with other Two-Spirit, Queer and Trans folk who are Indigenous, Black, People of Colour (2SQT IBPOC). If you fall into that broad category, you are welcome, along with your support people if their presence helps to anchor your attendance. Please read the online description for accessibility notes and project guidelines.

Jan 27	M	7:15 PM-8:45 PM	Free
527566			
Feb 24	M	7:15 PM-8:45 PM	Free
527566			
Mar 31	M	7:15 PM-8:45 PM	Free
532874			
Apr 28	M	7:15 PM-8:45 PM	Free
527566			

Artsy Soap Design with Lily (13+ yrs)

Instructor: Lily Sum

Create unique soap art designs using various colours, fragrances and molds. Choose from over 30 scents and endless colour combinations. Learn how to melt, scent, and colour your soaps along with a variety of different techniques to customize your soaps. Take home 3 one-of-a-kind soaps or share with your family and friends. No experience required and all supplies will be included. Visit www.soapifystudio.com for more information!

Jan 28	Tu	6:00 PM-8:00 PM	\$56.00/1 sess
537709			
Feb 25	Tu	6:00 PM-8:00 PM	\$56.00/1 sess
537710			
Mar 25	Tu	6:00 PM-8:00 PM	\$56.00/1 sess
537713			
Apr 29	Tu	6:00 PM-8:00 PM	\$56.00/1 sess
537714			



Creative Arts cont'd

Family Fun Soap Making (All Ages)

Instructor: Lily Sum

Join us for a fun soap making workshop and use your creativity to make customized soaps together! Choose from over 30 scents and a wide selection of molds. Including animals, flowers, cars, food items and succulents. Only one registration is required for each family/friend - maximum group of 3. Take home 6 one-of-a-kind soaps, individually wrapped, and labelled. Visit www.soapifystudio.com for inspiration!

Jan 26 537797	Su	3:00 PM-5:00 PM \$70.00 per group (max 3)/1 sess
Feb 23 537798	Su	3:00 PM-5:00 PM \$70.00 per group (max 3)/1 sess
Mar 30 537799	Su	3:00 PM-5:00 PM \$70.00 per group (max 3)/1 sess
Apr 27 537801	Su	3:00 PM-5:00 PM \$70.00 per group (max 3)/1 sess

Frosty Snowflake Soap Making with Lily (13+ yrs)

Instructor: Lily Sum

Learn how to use clear glycerin soap and mica powders to create beautiful, shimmery snowflakes. You'll explore different decorating techniques, including stamping, hand painting and layering soaps. There are over 30 fragrances, endless colour options and a variety of patterns to choose from to make 3 personalized soaps. No experience is required. Visit www.soapifystudio.com for more information!

Jan 07 537728	Tu	6:00 PM-8:00 PM \$56.00/1 sess
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Valentines Soap Making with Lily (13+ yrs)

Instructor: Lily Sum

Spread the love this Valentine's Day by crafting your own heart-shaped soaps! Using 3 different techniques, you will make a hand painted soap bar, a geometric heart with a gradient of two colours, and a heart shaped bar with vibrant colours, scents, and designs. Visit www.soapifystudio.com for more information!

Feb 04 537729	Tu	6:00 PM-8:00 PM \$56.00/1 sess
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Succulent Planters Soap Making with Lily (13+ yrs)

Instructor: Lily Sum

Learn to create a scented, beautiful soap succulent planter. This hands-on workshop will guide you through the process of making your own soap succulent and crafting a unique soap planter, along with coloured sea salt for a decorative touch. No experience necessary! Visit www.soapifystudio.com for more information!

Mar 04 537730	Tu	6:00 PM-8:00 PM \$56.00/1 sess
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Floral Soap and Bath Salt Terrarium Making with Lily (13+ yrs)

Instructor: Lily Sum

Create and design your own floral and succulent arrangement (all made from soap!) to fill a glass terrarium, on top of layers of bath salt containing dried flower petals. Choose from over 30 scents, including floral scents such as rose, magnolia, sweet pea, jasmine, and lavender. Visit www.soapifystudio.com for more information!

Apr 01 537731	Tu	6:00 PM-8:00 PM \$56.00/1 sess
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Dance

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). No class statutory holiday Mondays. rahelbellydance@gmail.com

Jan 06 - Mar 10 527524	M	7:45 PM-9:00 PM \$180/9 sess
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Mar 17 - May 26 527602	M	7:45 PM-9:00 PM \$180/9 sess
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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. No class statutory holiday
Mondaysrahelbellydance@gmail.com

Jan 06 - Mar 10	M	6:15 PM-7:30 PM	527544	\$180/9 sess
Mar 17 - May 26	M	6:15 PM-7:30 PM	527603	\$180/9 sess

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 Open to all self-identified women and non-binary people. If the gender in your profile is listed as Transgender or Non-binary, please call our front desk to assist with registration.

FREE TRIAL

Jan 07	Tu	8:00 PM-9:00 PM	527533	\$0/1 sess
Jan 14 - Feb 25	Tu	8:00 PM-9:00 PM	527531	\$35/7 sess
Mar 04 - Apr 29	Tu	8:00 PM-9:00 PM	527532	\$45/9 sess



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

Jan 09 - Feb 27	Th	6:00 PM-7:00 PM	527496	\$112/8 sess
Mar 06 - May 01	Th	6:00 PM-7:00 PM	527497	\$126/9 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.

Jan 09 - Feb 27	Th	7:15 PM-8:45 PM	527498	\$136/8 sess
Mar 06 - May 01	Th	7:15 PM-8:45 PM	527499	\$153/9 sess

Dance cont'd

All Levels Contact Improvisation NEW (18+ yrs)

Instructor: Jennifer McLeish-Lewis

No prior dance experience is required, but a strong level of focus, concentration, physical rigour, and commitment to staying present are required. We will start on the floor with a gentle somatic based warm-up that will help the body to feel gravity. Growing from the floor to standing, we will practice smoothing out our transitions into upright dancing. The goal is an aware, alert, and embodied presence that uses the full capacity of the mover as a human being awake in the world. More sensitivity is reached through relaxing the nervous system. More alertness is reached through waking up the mind with moment-by-moment choice making. More embodiment is reached through a deep listening to the relationship to the earth, each other, and the space around us. All genders, abilities, and experience levels are welcome. This workshop is LGBTQ+ inclusive. Drop in \$20.

Jan 08 - Feb 26 W 7:15 PM-9:15 PM
537212 \$120/8 sess

Mar 05 - Apr 30 W 7:15 PM-9:15 PM
537226 \$135/9 sess

Education

Birth Partner Support Class (16+ yrs)

Instructor: Debra Woods

Participants (support persons and those expecting) learn about childbirth as a rite of passage (a transformational experience). To understand the shift that occurs in a woman's brain while she's labouring, which creates an altered state of consciousness, and how that and pleasure hormones play a significant role in working to optimize normal physiology. Support persons and their pregnant partners explore various ways to have a more comfortable, safe and satisfying birth experience. Registration is per couple. Details: www.debrawoodsdoula.com/classes/

Jan 05 Su 11:00 AM-1:00 PM
527574 \$73.50/1 sess

Mar 23 Su 11:00 AM-1:00 PM
537800 \$73.50/1 sess

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: Classes - Debra Woods www.debrawoodsdoula.com Registration is per couple.

Feb 02 Su 11:00 AM-2:00 PM
533241 \$84/1 sess

Apr 27 Su 11:00 AM-2:00 PM
537796 \$84/1 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: Classes - Debra Woods (debrawoodsdoula.com) Registration is per couple.

Jan 25 Sa 3:00 PM-5:00 PM
527573 \$68.25/1 sess

Mar 15 Sa 3:00 PM-5:00 PM
537795 \$68.25/1 sess

Postpartum Planning NEW (19+ yrs)

Instructor: Olga Nardy

The western medical profession recognizes that the postpartum period is hugely lacking in medical attention, and that is where the ancient medicinal knowledge of Ayurveda (sister science of yoga) comes in. The 5-week program will empower you with knowledge of how nature's elements, as well as food play a critical and significant role in the dramatic changes during postpartum and, how essential it is that extra care be given for balance to be restored to the physical and emotional bodies within the first 42 days. You will be given an array of practical tools, recipes and protocols to meet your postpartum needs, ensuring an optimal metabolic state of health and recovery.

Feb 08 - Mar 08 Sa 2:00 PM-4:00 PM
541004 \$240/5 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.

Mindfulness Meditation (16-80 yrs)

Instructor: Sung Yang

Relax, revitalize and cultivate inner peace, happiness inner greatness with mindfulness meditation. It improves health and wellbeing. Taught by an experienced teacher. Info: lifen.me

Jan 31	F	7:30 PM-8:30 PM
527556		\$14/1 sess

Blended Emergency First Aid with CPR C/AED (18+ yrs)

Instructor: Foundations Safety & First Aid Training

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.

Jan 11	Sa	1:00 PM-5:00 PM
539184		\$105.00/1 sess
Apr 12	Sa	1:00 PM-5:00 PM
539186		\$105.00/1 sess

Cooking Class NEW with Trey

(19+ yrs)

Instructor: Trey Truong

Our upcoming Cooking Workshop for adults and young professionals offers a practical approach to making sustainable, affordable, and nutritious meals. This hands-on session focuses on simple, homemade recipes that are easy to prepare and adapt based on available ingredients, budget, and dietary preferences. We emphasize sustainability, teaching techniques to reduce food waste and make the most of seasonal produce. Participants will learn not only the basics of cooking but also strategies for meal planning that support a balanced diet without stretching resources. Whether you're a novice in the kitchen or looking to refine your skills, this workshop provides valuable tools to cook with confidence, creativity, and care for both health and the environment. Menu for the classes and workshop can be found online.

Workshop

Jan 04	Sa	2:00 PM - 4:00 PM
541902		\$26.25/1 sess
Jan 18	Sa	2:00 PM - 4:00 PM
541903		\$26.25/1 sess

Class

Mar 02 – May 3	Sa	2:00 PM - 4:00 PM
541904		\$210.00/5 sess

Yoga

2SQT IBPOC Yoga

(18+ yrs)

Instructor: TBA

These yoga classes are for Two-Spirit, Queer and Trans folk who are Indigenous, Black, People of Colour. If you fall into that broad category, you are welcome, along with your support people if their presence helps to anchor your attendance. Instructed by Shahir Krishna (he/they), these sessions emphasize gentle poses, deep breathing, and relaxation, as we learn how to attend to our emotions and sensations wisely and with care. No experience is necessary, and equipment is provided. Regular fitness drop-in rates, passes, and LAP discounts apply. For more information, contact queerincclusion@vancouver.ca

Jan 27	M	5:45 PM-6:45 PM
527566		Fitness drop in
Feb 24	M	5:45 PM-6:45 PM
527566		Fitness drop in
Mar 31	M	5:45 PM-6:45 PM
532874		Fitness drop in
Apr 28	M	5:45 PM-6:45 PM
527566		Fitness drop in



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SCAN ME

Yoga cont'd

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 bolster 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.

Jan 07 - Feb 25	Tu	10:30 AM-12:00 PM
527546		\$142.80/8 sess
Mar 04 - Apr 29	Tu	10:30 AM-12:00 PM
527547		\$160.75/9 sess

Iyengar Yoga Mixed level (16+ yrs)**Instructor:** Siobhan Sloane-Seale

This yoga class will review all 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 \$20 without tax. *Please note that there is a 15 min cut-off for this class. Participation is prohibited for arrivals later than 9:15am. No Class Feb 19 & Apr 23.

FREE TRIAL

Jan 15	W	9:00 AM-10:30 AM
527545		\$0/1 sess
Jan 22 - Mar 05	W	9:00 AM-10:30 AM
527548		\$100.80/6 sess
Mar 12 - Apr 30	W	9:00 AM-10:30 AM
527549		\$117.60/7 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: \$16.80, space permitting.

Jan 07 - Feb 25	Tu	5:45 PM-7:15 PM
527584		\$100.80/8 sess
Mar 04 - Apr 15	Tu	5:45 PM-7:15 PM
527585		\$88.25/7 sess

Yoga Sculpt (16+ yrs)**Instructor:** Into Yoga

Yoga Sculpt blends yoga and a strength workout to provide you with an energizing and dynamic experience. Yoga postures act as our foundation as we find pulsing repetitions and fiery sequences. In this class, small controlled movements are used to improve strength, endurance and flexibility. Challenge yourself as you create long lean muscles, tone your core and improve posture. Build functional strength that will not only level up your yoga practice but will cultivate more balance and stability off of your yoga mat. Bring a mat to class. For more info visit www.intoyoga.ca Drop in \$16.80.

Jan 14 - Feb 25	Tu	4:30 PM-5:30 PM
537196		\$106/7 sess
Mar 04 - Apr 15	Tu	4:30 PM-5:30 PM
537203		\$106/7 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.

Jan 07 - Feb 25	Tu	8:30 PM-9:30 PM
527586		\$117.60/8 sess
Mar 04 - Apr 29	Tu	8:30 PM-9:30 PM
527587		\$132.30/9 sess
Jan 09 - Feb 27	Th	8:30 PM-9:30 PM
527588		\$117.60/8 sess
Mar 06 - May 01	Th	8:30 PM-9:30 PM
527589		\$132.30/9 sess

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: \$16.80 space permitting.

Jan 08 - Feb 26	W	6:15 PM-7:45 PM
527536		\$100.80/8 sess
Mar 05 - Apr 23	W	6:15 PM-7:45 PM
527537		\$100.80/8 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 or email Liza at EmbraceYogaWellness@gmail.com. Drop in \$19.00 as space allows space permitting. No class Feb 6.

Jan 16 - Feb 27 Th 11:30 AM-12:30 PM
527501 \$102/6 sess

Mar 13 - Apr 24 Th 11:30 AM-12:30 PM
527502 \$119/7 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 or email Liza at EmbraceYogaWellness@gmail.com Drop-in \$19, 5 guaranteed spots. No class Feb 6.

Jan 16 - Feb 27 Th 6:30 PM-7:45 PM
527575 \$107.10/6 sess

Mar 13 - Apr 24 Th 6:30 PM-7:45 PM
527576 \$125/7 sess

Pilates

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, \$14.25. No class stat Mondays.

Jan 06 - Feb 24 M 7:00 PM-8:00 PM
527569 \$86.50/7 sess

Mar 03 - Apr 28 M 7:00 PM-8:00 PM
527570 \$98.75/8 sess

Jan 09 - Feb 27 Th 7:00 PM-8:00 PM
527571 \$98.75/8 sess

Mar 06 - May 01 Th 7:00 PM-8:00 PM
527572 \$111/9 sess

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 \$17.85.

Jan 07 - Feb 25 Tu 5:45 PM-6:45 PM
527518 \$109.25/8 sess

Feb 25 - Apr 29 Tu 5:45 PM-6:45 PM
527519 \$109.25/10 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 Drop in \$16.80.

Jan 16 - Feb 27 Th 9:30 AM-10:30 AM
527568 \$106/7 sess

Mar 06 - Apr 17 Th 9:30 AM-10:30 AM
535984 \$106/7 sess

Physical Activity

High Intensity Bootcamp (16+ yrs)

Instructor: Scovia Maeko

Welcome to this early morning energy surge. Get ready to be challenged with a variety of exercise formats and progressions that integrate cardio, strength, functional movements, and flexibility. If registering for 3 classes with Scovia 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 discounts*]. 2) Drop-ins welcome \$14. No class Stat Holidays.

Jan 06 - Feb 24	M	6:15 AM-7:15 AM	539546	\$84.00/7 sess
Mar 03 - Apr 28	M	6:15 AM-7:15 AM	539547	\$96.00/8 sess
Jan 08 - Feb 26	W	6:15 AM-7:15 AM	539549	\$96.00/8 sess
Mar 05 - Apr 26	W	6:15 AM-7:15 AM	539550	\$108.00/9 sess
Jan 10 - Feb 28	F	6:15 AM-7:15 AM	539551	\$96.00/8 sess
Mar 07 - May 02	F	6:15 AM-7:15 AM	539552	\$96.00/8 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 Drop In: \$14.75.

FREE TRIAL

Jan 07	Tu	6:40 PM-7:30 PM	527595	\$0/1 sess
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FREE TRIAL

Jan 09	Th	6:30 PM-7:30 PM	527594	\$0/1 sess
Jan 14 - Feb 25	Tu	6:40 PM-7:40 PM	527592	\$92/7 sess
Mar 04 - Apr 29	Tu	6:40 PM-7:40 PM	527593	\$118.25/9 sess
Jan 16 - Feb 27	Th	6:30 PM-7:30 PM	527590	\$92/7 sess
Mar 06 - May 01	Th	6:30 PM-7:30 PM	527591	\$118.25/9 sess

ABC - Strength and Core (Mt.P) **NEW**

(19+ yrs)

Instructor: ABC Instructor

ABC Core Program - Canadian guidelines recommend resistance training major muscle groups at least 2 times per week. Using a variety of equipment and bodyweight with an ongoing variety of exercises you'll develop and maintain a strong foundation for daily activities and challenges.

Jan 06 - Mar 10	M	9:00 AM-10:00 AM	537817	ABC Drop-in, 10 Pass Card, or Flexi-Pass
Jan 08 - Mar 12	W	9:00 AM-10:00 AM	537819	ABC Drop-in, 10 Pass Card, or Flexi-Pass

Music

InChoring Minds (16+ yrs)

Instructor: Earle Peach

InChoring 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! Drop in \$10.50. No class statutory Mondays.

Jan 06 - Mar 31	M	7:00 PM-8:30 PM	527543	\$107.10/12 sess
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Special Events



Lunar New Year Celebration (55+ yrs)

Instructor: No Instructor

Come join our Lunar New Year Celebration. We will be featuring Ballroom dance, line dancing, Mah Jong, special delicious lunch and door prizes! Please register in advance as this event will fill up very quickly! Last day to withdraw/refund from event is Feb 7, 2025.

Feb 17 M 11:30 PM-3:30 PM
531276 \$18.00/1 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.

Jan 25	Sa	9:45 AM-1:00 PM
531278		\$7.00/1 sess
Feb 22	Sa	9:45 AM-1:00 PM
531279		\$7.00/1 sess
Mar 22	Sa	9:45 AM-1:00 PM
531280		\$7.00/1 sess
Apr 26	Sa	9:45 AM-1:00 PM
531281		\$7.00/1 sess



Pancake Brunch for Seniors (55+ yrs)

Instructor: No Instructor

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

Jan 18	Sa	10:30 AM-1:00 PM
531282		\$4.00/1 sess
Feb 08	Sa	10:30 AM-1:00 PM
531284		\$4.00/1 sess
Mar 15	Sa	10:30 AM-1:00 PM
531285		\$4.00/1 sess
Apr 19	Sa	10:30 AM-1:00 PM
531286		\$4.00/1 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.

Social

Canasta Card Games for Seniors

(55+ yrs)

Instructor: No Instructor

Join us for a weekly session of card games and conversation. 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 Mar 26.

Jan 15 - Apr 16 W 1:00 PM-4:00 PM
531287 \$10.00/13 sess

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.

Jan 15 - Apr 16 W 1:00 PM-4:00 PM
531289 \$10.00/14 sess

Music and Singing

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! Drop in \$10.50 with tax No class statutory Mondays.

Jan 06 - Mar 31 M 7:00 PM-8:30 PM
527543 \$107/12 sess

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. No class Feb 5.

Jan 15 - Feb 26 W 1:30 PM-4:30 PM
531290 \$12.00/6 sess
 Mar 05 - Apr 16 W 1:30 PM-4:30 PM
531291 \$14.00/7 sess

Seniors Multicultural Choir (55+ yrs)

Instructor: Robert (Bob) Poutt

Are you interested in singing to seniors living in Vancouver care facilities? Join our rehearsals every Tuesday. Drop-ins \$3.

Jan 07 - Apr 22 Tu 9:45 AM-11:45 AM
531309 \$32.00/16 sess



Seniors Sing Along

(55+ yrs)

Instructor: Lai Fun 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. No class Feb 17.

Feb 03 - Apr 21 M 10:00 AM-11:30 AM
531311 \$22.00/11 sess

Creative Art

Chinese Brush Painting

(55+ yrs)

Instructor: Bu Yi Zhang

Learn the fascinating art of Chinese brush painting from an accomplished artist. Instruction in Mandarin. Drop-ins \$7. Please note: supplies is not included. No class Jan 24.

Jan 17 - Feb 28 F 1:30 PM-3:30 PM
533398 \$30.00/6 sess
 Mar 07 - Apr 25 F 1:30 PM-3:30 PM
531315 \$40.00/8 sess

Arts & Health Beading - Personalized project (19+ yrs)
Instructor: Salisha Old Bull

This session features a personal project with Indigenous influenced design. All Elders and seniors are welcome to register and participate, no experience required. Beadwork is a skillset amongst many Indigenous nations. It is a form of adornment in dance regalia for ceremonies and celebrations alike. In the past, skills such as this were done to show care and respect for both oneself and ones close family. In this way, gifted beadwork is form of honoring and friendship because of the amount of time it takes to complete. There are different styles of beadwork that are significant to certain Indigenous nations. However, for my Indigenous background (Bitterroot Salish and Crow, from Montana), flat-stitch beadwork is pre-dominant. Both tribes also practice lane stitch, depending on the function of the item. Presently, beadwork continues to be a way of cultural preservation and empowerment. No class Feb 15.

Feb 01 - Apr 12 Sa 9:30 AM-12:00 PM
525529 \$0/9 sess

Dance

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. No class Feb 17. PLEASE NOTE: THIS IS A SENIORS PROGRAM-NOT ELIGIBLE FOR ADDITIONAL SENIORS DISCOUNT. No class Feb 17 and Mar 17.

Jan 06 - Feb 24 M 1:00 PM-2:30 PM
531552 \$52.50/7 sess
 Mar 03 - Apr 28 M 1:00 PM-2:30 PM
531958 \$60.00/8 sess

International Line Dancing: Improver (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. No class Mar 20 and Mar 27.

Jan 09 - Feb 27 Th 12:45 PM-2:15 PM
531553 \$60.00/8 sess
 Mar 06 - Apr 24 Th 12:45 PM-2:15 PM
531953 \$45/6 sess



International Line Dancing: Beginner-Improver (55+ yrs)
Instructor: Regina Chen

For experienced 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 (inc tax) Drop in, as space allows. PLEASE NOTE: THIS IS A SENIORS PROGRAM-NOT ELIGIBLE FOR ADDITIONAL SENIORS DISCOUNT. No class Mar 30.

Jan 05 - Feb 23 Su 1:00 PM-2:30 PM
531555 \$60.00/8 sess
 Mar 02 - Apr 27 Su 1:00 PM-2:30 PM
532002 \$60.00/8 sess

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.

Monday		Thursday	
<p>International Line Dancing: Beginner (55+yrs) Instructor: Regina Chen</p> <p>1:00 PM-2:30 PM No class Feb 17 and Mar 17.</p>		<p>International Line Dancing: Improver (55+yrs) Instructor: Regina Chen</p> <p>12:45 PM-2:15 PM No class Mar 20 and Mar 27.</p>	
<p>Jan 06-Feb 24 531552 \$52.50/7 sess</p>	<p>Mar 3-Apr 28 531958 \$60/8 sess</p>	<p>Jan 09-Feb 27 531553 \$60/8 sess</p>	<p>Mar 6-Apr 24 531953 \$45/6 sess</p>
Sunday			
<p>International Line Dancing: Beginner to Improver (55+yrs) Instructor: Regina Chen</p> <p>1:00 PM-2:30 PM</p>		<p>International Line Dancing: Improver-Low Intermediate (55+yrs) Instructor: Regina Chen</p> <p>2:45 PM-4:15 PM No class Mar 30.</p>	
<p>Jan 5-Feb 23 531555 \$60/8 sess</p>	<p>Mar 2-Apr 27 532002 \$60/8 sess</p>	<p>Jan 5-Feb 23 531556 \$60/8 sess</p>	<p>Mar 2-Apr 27 532005 \$60/8 sess</p>

Dance cont'd

International Line Dancing: Improver - 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 Mar 30.

Jan 05 - Feb 23	Su	2:45 PM-4:15 PM	
531556			\$60.00/8 sess
Mar 02 - Apr 27	Su	2:45 PM-4:15 PM	
532005			\$60.00/8 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

Jan 07 - Feb 25	Tu	10:30 AM-12:00 PM	
531558			\$44.00/8 sess
Mar 04 - Apr 22	Tu	10:30 AM-12:00 PM	
531559			\$44.00/8 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 . No class on Apr 18.

Jan 10 - Feb 28	F	1:00 PM-2:30 PM	
531560			\$44.00/8 sess
Mar 07 - Apr 25	F	1:00 PM-2:30 PM	
531561			\$38.50/7 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 March 19.

Jan 08 - Feb 26	W	1:00 PM-2:30 PM	
531562			\$40.00/8 sess
Mar 05 - Apr 30	W	1:00 PM-2:30 PM	
531563			\$40.00/8 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.

Jan 11 - Feb 22	Sa	1:00 PM-2:30 PM	
531565			\$35.00/7 sess
Mar 01 - Apr 26	Sa	1:00 PM-2:30 PM	
531566			\$45.00/9 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.

Jan 04 - Feb 08	Sa	10:30 AM-12:00 PM	
531569			\$30.00/6 sess
Mar 08 - Apr 26	Sa	10:30 AM-12:00 PM	
531570			\$40.00/8 sess

Seniors Ballroom Social 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.

Jan 07 - Apr 22	Tu	1:15 PM-3:15 PM	
531316			\$2.25/16 sess

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
<p>Line Dance with Lisa: Intermediate (55+yrs) Instructor: Lisa Dong 10:30 AM-12:00 PM</p>	<p>Line Dance: All Levels (55+yrs) Instructor: Yok Yip Tang 1:00 PM-2:30 PM No class Mar 19.</p>	<p>Line Dance with Lisa: Advanced (55+yrs) Instructor: Lisa Dong 1:00 PM-2:30 PM No class Apr 18.</p>	<p>Line Dance: All Levels (55+yrs) Instructor: Yok Yip Tang 1:00 PM-2:30 PM</p>
<p>Jan 7-Feb 25 531558 \$44/8 sess</p>	<p>Jan 8-Feb 26 531562 \$40/8 sess</p>	<p>Jan 10-Feb 28 531566 \$44/8 sess</p>	<p>Jan 11-Feb 22 531565 \$35/7 sess</p>
<p>Mar 4-Apr 22 531559 \$44/8 sess</p>	<p>Mar 5-Apr 30 531563 \$40/8 sess</p>	<p>Mar 7-Apr 25 531561 \$38.50/7 sess</p>	<p>Mar 1-Apr 26 531566 \$45/9 sess</p>

We recommend registering as these classes always fill up. No Drop-ins available.

Martial Art

Cheng Man Ch'ing Tai Chi-37 Form : Intermediate (55+ yrs)
Instructor: Florence Shen

Tai Chi is an ancient Chinese tradition that keeps the mind and body sharp. 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.

Jan 15 - Feb 19 W 10:00 AM-11:30 AM
533379 \$84.00/6 sess

Cheng Man Ch'ing Tai Chi-37 Form : Beginner (55+ yrs)
Instructor: Florence Shen

Tai Chi is an ancient Chinese tradition that keeps the mind and body sharp. We begin by practicing basic stretches and postures that readies our bodies and ensures oxygenated blood flow. Consistent practice of Cheng Man-ching 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. No class Feb 14.

Jan 17 - Feb 21 F 10:00 AM-11:30 AM
533383 \$60.00/5 sess

Mulan Martial Art (55+ yrs)
Instructor: Wen Qing Xu

Experience and practice this graceful, ancient martial art that has become very popular all over the world. 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.

Feb 18 - Apr 22 Tu 1:30 PM-3:00 PM
531317 \$22.00/10 sess

Pilates

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 Drop in \$16.80.

Jan 16 - Feb 27 Th 9:30 AM-10:30 AM
527568 \$106/7 sess

Mar 06 - Apr 17 Th 9:30 AM-10:30 AM
535984 \$106/7 sess

Yoga



Iyengar Yoga Mixed level (16+ yrs)
Instructor: Siobhan Sloane-Seale

This yoga class will review all 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 \$21. *Please note that there is a 15 min cut-off for this class. Participation is prohibited for arrivals later than 9:15am. No Class Feb 19 & Apr 23

FREE TRIAL

Jan 15 - Jan 15 W 9:00 AM-10:30 AM
527545 \$0/1 sess

Jan 22 - Mar 05 W 9:00 AM-10:30 AM
527548 \$100.75/6 sess

Mar 12 - Apr 30 W 9:00 AM-10:30 AM
527549 \$117.5/7 sess

Yoga cont'd

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 bolster 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.

Jan 07 - Feb 25 Tu 10:30 AM-12:00 PM
527546 \$142.75/8 sess

Mar 04 - Apr 29 Tu 10:30 AM-12:00 PM
527547 \$160.75/9 sess

Workshops

Mindfulness Meditation (16-80 yrs)

Instructor: Sung Yang

Relax, revitalize and cultivate inner peace, happiness inner greatness with mindfulness meditation. It improves health and wellbeing. Taught by an experienced teacher. Info: lifem.me

Jan 31 F 7:30 PM-8:30 PM
527556 \$14/1 sess

Managing Hip & Knee Arthritis (19+ yrs)

Instructor: OASIS Educator

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

Jan 14 Tu 1:00 PM-3:00 PM
534469 Free

Arthritis and Exercise (19+ yrs)

Instructor: OASIS Educator

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.

Jan 21 Tu 1:00 PM-3:00 PM
539526 Free

Nutrition, Supplements and Arthritis (19+ yrs)

Instructor: OASIS Educator

Learn about the impact of diet on Arthritis, nutrients and supplements that can help, and strategies for healthy eating. 2.5 hours.

Jan 28 Tu 1:00 PM-3:00 PM
534471 Free

Pain Management for Arthritis (19+ yrs)

Instructor: OASIS Educator

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

Feb 4 Tu 1:00 PM-3:00 PM
539528 Free

Sleep and Stress Management (19+ yrs)

Instructor: OASIS Educator

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

Feb 11 Tu 1:00 PM-3:00 PM
534472 Free

Introduction to Meditation (19+ yrs)

Instructor: OASIS Educator

Interested in learning meditation skills to help manage pain and stress? This information and practice session will get you started on your wellness path! (Recommended prerequisite: Pain Management and/ore Sleep & Stress Management.)

Feb 18 Tu 1:00 PM-3:00 PM
539531 Free

Managing Shoulder Arthritis

(19+ yrs)

Instructor: OASIS Educator

Learn about osteoarthritis in your shoulder, and specific strategies for management including protection, exercise and pain management.

Feb 25 Tu 1:00 PM-3:00 PM
534470 Free

Managing Foot and Ankle Arthritis

(19+ yrs)

Instructor: OASIS Educator

Learn about osteoarthritis in these commonly affected joints, focus on specific strategies for management, including joint protection, exercise, and pain management.

Mar 4 Tu 1:00 PM-3:00 PM
539525 Free



Physical Activity

ABC - Strength and Core (Mt.P)

NEW

(19+ yrs)

Instructor: ABC Instructor

ABC Core Program - Canadian guidelines recommend resistance training major muscle groups at least 2 times per week. Using a variety of equipment and bodyweight with an ongoing variety of exercises you'll develop and maintain a strong foundation for daily activities and challenges.

Jan 06 - Mar 10 M 9:00 AM-10:00 AM
537817 ABC Drop-in, 10 Pass Card, or Flexi-Pass

Jan 08 - Mar 12 W 9:00 AM-10:00 AM
537819 ABC Drop-in, 10 Pass Card, or Flexi-Pass

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 Statutory Holiday.

Jan 06 - Feb 24 M 1:45 PM-2:45 PM
527561 \$49/7 sess

Mar 03 - Apr 28 M 1:45 PM-2:45 PM
527562 \$56/8 sess

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. No class April 18

Jan 08 - Feb 26 W 11:15 AM-12:15 PM
527492 \$60/8 sess

Mar 05 - Apr 23 W 11:15 AM-12:15 PM
527493 \$60/8 sess

Jan 03 - Feb 21 F 11:15 AM-12:15 PM
527494 \$60/8 sess

Mar 07 - Apr 25 F 11:15 AM-12:15 PM
527495 \$52.5/7 sess

Physical Activity cont'd

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 26.

Jan 08 - Feb 26	W	3:30 PM-4:30 PM
531585		\$56.00/8 sess
Mar 05 - Apr 23	W	3:30 PM-4:30 PM
531586		\$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 28 and Apr 18.

Jan 10 - Feb 28	F	3:15 PM-4:15 PM
531583		\$56.00/8 sess
Mar 07 - Apr 25	F	3:15 PM-4:15 PM
531584		\$42.00/6 sess

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. This is a registered, one off sports session, no drop ins. 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. Refund requests will be accepted until the program start time. Refunds will be made to the account. No drop ins

Jan 08 - Apr 30	W	1:15 PM-3:15 PM
531587-531603		\$2.00/1 sess

Pickleball for Adult and Seniors (55+ yrs)

Instructor: No Instructor

Get active with pickleball. Join up with other players for a friendly game. All skill levels and abilities welcome. This is a registered, one off sports session, no drop ins. No sessions on stat holiday Mondays.

Jan 06 - Apr 28	M	1:15 PM-3:15 PM
539569- 539583		\$4.00/1 sess
Jan 09 - Apr 26	Th	1:15 PM-3:15 PM
539584- 539608		\$4.00/1 sess

Seniors Indoor Soccer (55+ yrs)

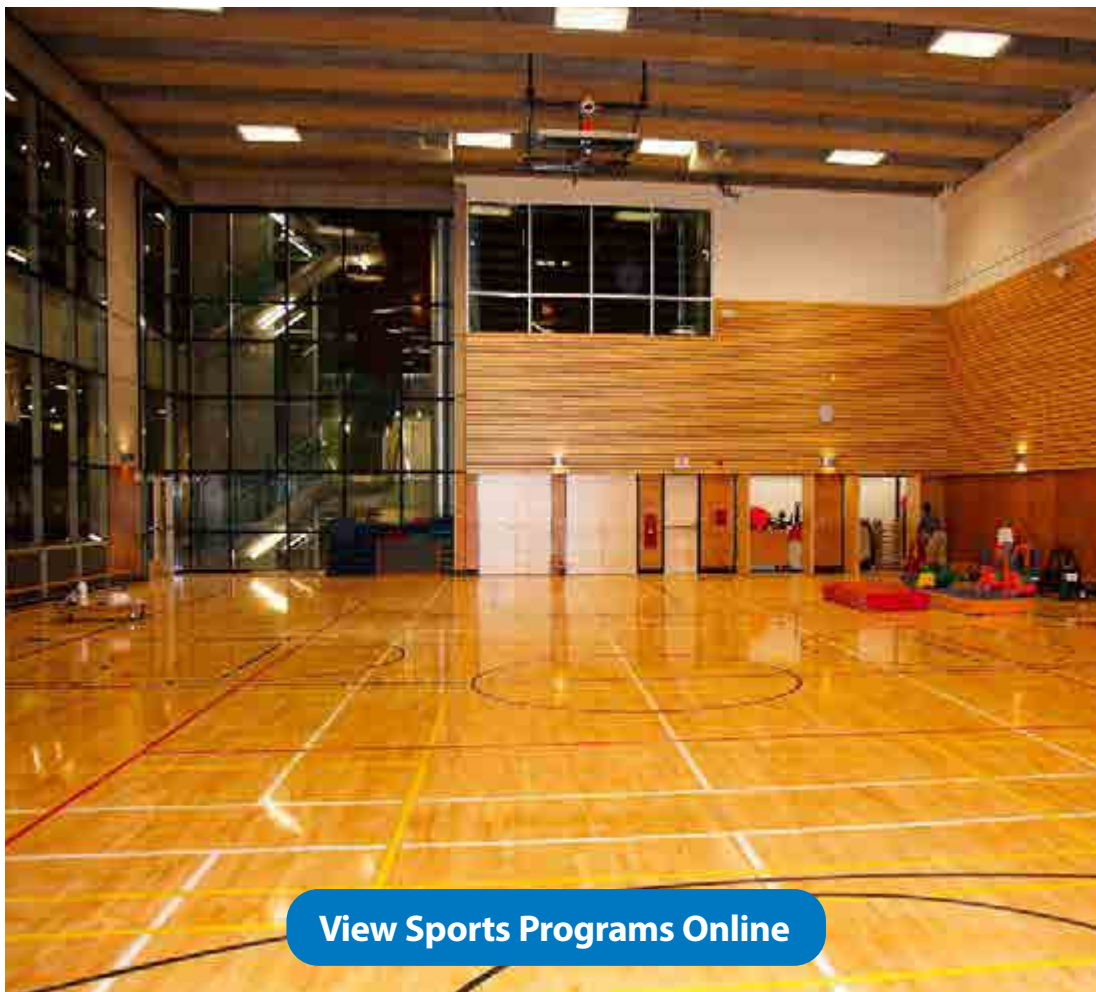
Instructor: No Instructor

Come join this bunch of seniors getting together to satisfy their passion for soccer. This is a registered, one off sports session, no drop ins. No sessions on stat holiday long weekends. 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. Refund requests will be accepted until the program start time. Refunds will be made to the account. No program Apr 12. No drop ins

Jan 04 - Apr 26	Sa	8:00 AM-9:00 AM
531604-531621		\$2.00/1 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.



[View Sports Programs Online](#)

Monday	Wednesday	Thursday	Saturday
<p>Pickleball for Adult and Seniors (55+ yrs) 1:15 PM-3:15 PM No program on Statutory Holiday Mondays.</p>	<p>Badminton for Seniors (55+ yrs) 1:15 PM-3:15 PM</p>	<p>Pickleball for Adult and Seniors (55+ yrs) 1:15 PM-3:15 PM</p>	<p>Seniors Indoor Soccer (55+ yrs) 8:00 AM-9:00 AM No program on Statutory long weekends.</p>

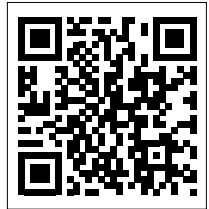


Sports Registration Procedures

- Registration opens at 12:00pm 3 days in advance of the program date online by phone and in-person.
- Registration online closes 15 minutes before program start time. Patrons can register in person or by phone until the program is full.
- 4 Quota spots per program will remain available for phone in or in person registration for the first 48hrs of registration. **ANY** spots refunded will be put back online.
- Refunds are available up until **15 minutes** before program start time.
- No drop-ins. Registration is required for all participants. We do not sell registered spots to drop ins.

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 to view room availability and submit your rental request online.

Room	Highlights	Area (square feet)	Capacity	Hourly rate (no GST on rental charges)
 <p>Gymnasium</p>	<ul style="list-style-type: none"> •Ideal for sports bookings •One full court •Six basketball hoops (glass backboards) 	6,700	350 people	Sports use: \$70.00
 <p>Multipurpose Room 2</p>	<ul style="list-style-type: none"> •Excellent for moderate sized events •Connects to an outdoor patio space 	1,35-0	50 people	Regular use: \$45.00 Dance Party: \$75.00
 <p>Multipurpose Room 3</p>	<ul style="list-style-type: none"> •Excellent for moderate sized events 	700	30 people	\$30.00
 <p>Art Room</p>	<ul style="list-style-type: none"> •Excellent for moderate sized events •Lots of natural light •Access to kitchen across the hall •Sliding door leading outside 	610	30 people	\$30.00
 <p>Meeting Room 2</p>	<ul style="list-style-type: none"> •Excellent for small meetings and music rehearsals •Quiet space 	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

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-Friday6:00am-10:00pm
 Saturday 8:00am-6:00pm
 Sunday/Holidays..... 9:00am-6:00pm
 Front Office closes 30 minutes prior to Fitness Centre.
 Steam Room closes 15 minutes before the 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)
Drop-in	\$7.41	\$5.19	\$5.19
10 Visit Pass	\$66.69	\$46.71	\$46.71
Flexipass Membership (Access to all Vancouver Parks and Recreation Fitness Centres and Pools)			
1 Month	\$59.95	\$41.96	\$41.96
3 Months	\$161.87	\$113.31	\$113.31
12 Months	\$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

Our knowledgeable fitness staff will guide participants through a 4-week program teaching exercises to cover all components of a complete fitness program.

At the end of the 4 weeks, participants will have a fitness program to follow and have the confidence to use the Fitness Centre on their own.

Each week will focus on a different component of the fitness program including warm up and cool downs, strength, stretching, balance, and core. The program will consist of one day a week where the fitness staff will demonstrate different exercises each session.

Please note that a completed Par-Q and Consent & Release are required for all participants and all participants must register.

Maximum of 4 and all participants must have a valid Flexi-pass, usage card or pay a drop-in fee.

Fitness for Older Adults

Tu Jan 7-Jan 28 10:00am-11:00am 540436
 Tu Feb 11-Mar 4 10:00am-11:00am 540437

Fitness for Youth

Tu Jan 7-Jan 28 10:00am-11:00am 540438
 Tu Feb 11-Mar 4 10:00am-11:00am 540439

Drop-in/Non-registered Fitness Sessions

Fitness for Youth Th 3:30pm-4:30pm
Fitness for Older Adults Th 10:00-11:00am



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.

Package	Private (1 person)	Semi Private (2 people)
1 sess	\$61.66	\$92.46
3 sess	\$170.87	\$256.35
5 sess	\$274.83	\$423.22
10 sess	\$493.36	\$785.98
Prices do not include GST and are subject to change without notice		



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