

Winter 2024 Mount Pleasant Recreation Guide

Adult Programs	28-40	Fitness Centre	46	Older Adult Events	41
Group Fitness	27	Library	5	Older Adult Programs	42-49
Children's Programs	15-18	Licensed Child Care	6-8	Preschool Programs	10-14
Children's Specialty Camps	16	Birthday Parties	9	Pre-Teen & Youth	19-24
Events	2	Room Rentals	45		

www.mountpleasantcc.ca
604.257.3080

REGISTRATION BEGINS
Thursday, November 30

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



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





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

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

**FEB
17**

FAMILY DAY

(0-6 yrs)

COME FOR THIS SPECIAL PARENT AND TOT DROP-IN GYM SESSION!

BRING YOUR LITTLE ONES FOR GYM ACTIVITIES AND MORE!

PLENTY OF TOT EQUIPMENT AND TOYS WILL BE AVAILABLE

Saturday February 17, 10:00 AM-12:00 PM

479259 **FREE**

**FEB
19**

Lunar New Year Celebration

(50+ 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 9, 2024

Monday February 19, 11:30 AM-3:30 PM

479089 **\$18.00/1 sess**

**APR
6**

Spring Celebration

(0-6 yrs)

Join us at Mount Pleasant Community Centre 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!

Saturday April 6 FREE

10:00 am - **481100** | 11:00 am - **487893**

HOW TO REGISTER

starting on

Thursday, November 30



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.

Refund for Birthday Party require 3 weeks notice or \$25 administrative fee will apply. No refund for 7 days or less.

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

Daycamp Refund Policy

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

Membership

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

Privacy Policy

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



Online Registration:

The benefits of registering online at

www.vanrec.ca

- 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	Steve Qu
Directors	Jim Bennet, May Chow, Margery Dude, Colleen Elden, David Fielding, Tracy Liang, Ari Metzger, Shelly Mills.

Mount Pleasant Community Centre Staff

Recreation Facility Clerk	Angela Chalmers	604.257.3067
Recreation Supervisor	Lorelei Lauten	604.257.3070
Recreation Programmer	Nelle Lee	604.257.3072
Recreation Programmer I	Ny Lath	604.257.3075
Fitness Programmer	Mark Cartwright	604.654.0771
Community Youth Worker	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.



View Online

MOUNT PLEASANT BRANCH

1 Kingsway | 604.665.3962

Talk to library staff or go to
vpl.ca for the latest on library
hours and programs!





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/

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

→ 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.

Out of School Care

Our Out of School Care Program provides year round care for children ages 5-12 years old. We offer before/after school care and care on non-instructional days during the school year. In addition, we offer optional weekly daycamps during Winter and Spring Breaks, and during the Summer when school is not in session. Please see our website at www.mountpleasantcc.ca/out-of-school-care/ 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	\$337
After School Care (D.O.B. 2018)	3:00pm-6:00pm	\$257
Before/After School Care	7:30am-9:00am/3:00pm-6:00pm	\$359
Before/After School Care (D.O.B. 2018)	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 opened on March 1st, 2024 at 10:00 am. This is for children born in 2019 who will be attending Simon Fraser Elementary in the 2024-2025 school year. Our waitlist registration for children grades 1-7 is ongoing. Please contact kelly.bodkin@vancouver.ca for more information.

→ Funding

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

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.

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 for the 2023/2024 Preschool Year is ongoing!

Email Vera.meza@vancouver.ca to register

Our ¾ Years Tu/Th PM class still has spaces available.

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

Our programs are emergent and inclusive.



2023/2024 Preschool Schedule	Class Time	Hours Per Class	Monthly Fees
Child Care Fee Reduction Initiative:			
We are a part of the CCFRI. The below Monthly Fees are reduced.			
Children born in 2020			
3 Year Olds - MWF AM	8:45-11:45am	3	\$210
3 Year Olds - Tu/Th AM	8:45-11:45am	3	\$315
Children born in 2019 & 2020			
3 and 4 Year Olds - Tu/Th PM Option for Parent Participation	12:45-2:45pm	2	\$140
Children born in 2019			
4 Year Olds - MWF AM	9:00-1:30pm	4	\$218
4 Year Olds - Tu/Th AM	9:00-1:30pm	4	\$327



→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.

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

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



Creating a City of Vancouver Account:

If you do not have a City of Vancouver on-line account, you will need to set one up at least 48 hours before registration day. Please visit vanrec.ca 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 Day Camp

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

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

We are thrilled to once again offer our popular Spring Break Daycamps for children 5-12 years old – Born 2011-2018. Children will participate in a variety of fun-filled activities and field trips.

Program fees include transportation and admission costs. AM/PM Care for Break Programs is for children who require care before 9am and after 4pm, during our break programs. Full day Break Program registration is a pre-requisite for AM/PM Care. For PM Care, program fees include afternoon snack.

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



Our House Daycamp Registration Dates & Info

Information	Spring Daycamp 2024
Register in person or online at vanrec.ca or at the Mount Pleasant Community Centre front desk.	Feb 6, 2023 at 10am

OH Spring Daycamp 2024 Fees March 18 – 28, 2023

Register By Week!

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

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

Programs	Hours	5 Day Week Mar 18-22	4 Day Week Mar 25-28	Cancellation Fee
AM Care	7:30am-9:00am	\$45	\$36	\$20.00/Week and per child**
Daycamp (Gr. 1-7)	9:00am-4:00pm	\$158	\$127	
Daycamp	9:00am-4:00pm	\$107	\$86	
PM Care	4:00pm-6:00pm	\$54	\$43	

****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 start date of your daycamp.

Day Camp Week	Deadline to withdraw for refund less \$20 cancellation fee
Spring Daycamp Week 1	Thursday, February 29, 2024
Spring Daycamp Week 2	Thursday, March 7, 2024

Ex: If you are withdrawing your child from Week 1, we require notice by Thursday, February 29th, no later than 9pm. A \$20.00 cancellation fee will be charged for all cancelled weeks of daycamp. These fees will support the administrative costs associated with scheduling changes. This fee will apply to EACH CHILD and EACH WEEK that is withdrawn.

Ex: If you enroll in weeks 1, 2, your plans change and you withdraw from week 2 you will be refunded the week's fees less \$20. 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

Happy Birthday

Birthday Party - Preschool 1 (0-5 yrs)

Instructor: Mount Pleasant Birthday Party Leader

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

Jan 20 – May 11	Sa	1:00 PM-3:00 PM
479979-479995		\$280.00/1 sess

Birthday Party - Preschool 2 (0-5 yrs)

Instructor: Mount Pleasant Birthday Party Leader

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

Jan 20 – May 11	Sa	3:45 PM-5:45 PM
479998-480014		\$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, Foam Squishies, Stress Balls, or Paper Crafts. This birthday party is perfect for those who love hands-on activities! Each party will include 2 birthday party leaders to instruct the craft. Craft supplies will be included. Maximum of 12 participants.

Jan 07 – Apr 28	Su	1:00 PM-3:00 PM
479923-479939		\$285.00/1 sess

Birthday Party - Climbing (6-12 yrs)

Instructor: Mount Pleasant Climbing Staff

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

Jan 06 – Mar 16	Sa	2:00 PM-4:00 PM
480826-480835		\$180.00/1 sess
Apr 13 – Jun 22	Sa	2:00 PM-4:00 PM
480844-480853		\$180.00/1 sess



Refunds

Refunds for Birthday Party require 3 weeks notice or \$25 administrative fee will apply. No refund for 7 days or less.



About Marnie



West Coast Families Magazine's 2012-2014 Readers Choice GOLD Winner. 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 teach simple rhythms, develop confidence and allow children to express themselves musically and creatively all while having FUN! As well as teaching, Marnie tours across the country, singing tunes from her Award Winning CD's. Visit www.MusicwithMarnie.com for more info.

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 19 & May 20.

Jan 08 - Mar 11	M	10:00 AM-10:45 AM
480509		\$173.25/9 sess
Apr 08 - Jun 10	M	10:00 AM-10:45 AM
480515		\$173.25/9 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 & May 20.

Jan 08 - Mar 11	M	11:00 AM-11:30 AM
480506		\$155.25/9 sess
Apr 08 - Jun 10	M	11:00 AM-11:30 AM
480512		\$155.25/9 sess
Jan 08 - Mar 11	M	11:45 AM-12:15 PM
480507		\$155.25/9 sess
Apr 08 - Jun 10	M	11:45 AM-12:15 PM
480513		\$155.25/9 sess

Music with Marnie Toddlers

(1-3 yrs)

Instructor: Marnie Grey

This class is all about children learning through PLAY and actively having FUN! Marnie's 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 21 & May 22.

Jan 10 - Mar 13	W	9:30 AM-10:15 AM
480510		\$173.25/9 sess
Apr 10 - Jun 12	W	9:30 AM-10:15 AM
480516		\$173.25/9 sess



Music with Marnie All Ages

(1-5 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 bubbies, 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 21 & May 22.

Jan 10 - Mar 13	W	10:30 AM-11:15 AM
480505		\$173.25/9 sess
Apr 10 - Jun 12	W	10:30 AM-11:15 AM
480511		\$173.25/9 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. Classes are for registered children only. Sorry, no extra children. Drop-ins \$18.00 No class Feb 21 & May 22.

Jan 17 - Mar 13	W	11:30 AM-12:00 PM
480508		\$155.25/9 sess

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

Wee Expressions

(0-4 yrs)

Instructor: Musical Expressions

Come on an imaginative journey to engage your child through music & play to build communication, physical, cognitive, social and self-expression skills by jointly participating in singing, instrument playing, accompanying song actions, learning manners, baby sign-language, brain gym and dancing in this interactive class. Our curriculum is based on Music Therapy techniques to work on developmental goals and mixed ages and abilities are welcome. Parent participation required. Instructor website: musicalexpressions.ca. Drop-ins \$20. No class Mar 21 & Mar 28

Jan 18 - Mar 14	Th	11:15 AM-12:00 PM
480607		\$142.00/8 sess

Apr 04 - Apr 25	Th	11:15 AM-12:00 PM
480608		\$67.00/6 sess

Wee Expressions

(0-4 yrs)

Instructor: Musical Expressions

Come on an imaginative journey to engage your child through music & play to build communication, physical, cognitive, social and self-expression skills by jointly participating in singing, instrument playing, accompanying song actions, learning manners, baby sign-language, brain gym and dancing in this interactive class. Our curriculum is based on Music Therapy techniques to work on developmental goals and mixed ages and abilities are welcome. Parent participation required. Instructor website: musicalexpressions.ca. Drop-ins \$20. No class Mar 22 & Mar 29.

Jan 19 - Mar 15	F	11:30 AM-12:15 PM
480605		\$142.00/7 sess

Apr 05 - Apr 26	F	11:30 AM-12:15 PM
480606		\$67.00/7 sess



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 if space available. \$18.00 No class Feb 17 & May 18.

Jan 20 - Mar 09	Sa	10:00 AM-10:45 AM
479920		\$112.00/7 sess

Jan 20 - Mar 09	Sa	11:00 AM-11:45 AM
479921		\$112.00/7 sess

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

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

Social

Parent and Tot Gym

(0-6 yrs)

Instructor: TBA Instructor

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.

Jan 01 - May 04 M Tu W Th F Sa 10:00 AM-12:00 PM
480529 Drop-ins \$3.00/Child or \$5.00/Family

Dance



Junior Stars Musical Theatre

(5-7 yrs)

Instructor: Vancouver Performing Stars

Learn all the essential skills to be a dynamite musical theatre performer! We'll explore all the best numbers from oldies, modern hits, Disney and Broadway. Sing with confidence, while learning fun choreography and the acting skills of a star! Visit www.performingstars.ca for more information. No class Feb 19 & May 20.

Jan 08 - Mar 11 M 3:30 PM-4:15 PM
480493 \$135.00/9 sess
 Apr 08 - Jun 10 M 3:30 PM-4:15 PM
484023 \$135.00/9 sess

Mini Stars Musical Theatre

(3-5 yrs)

Instructor: Vancouver Performing Stars

Dance and sing their favourite show tunes! Your little performers will develop rhythm, characterization, coordination and musicality through movement and song. Students must be able to participate without an adult. Visit www.performingstars.ca for more information. No class Feb 19 & May 20.

Jan 08 - Mar 11 M 4:15 PM-5:00 PM
480495 \$135.00/9 sess
 Apr 08 - Jun 10 M 4:15 PM-5:00 PM
484025 \$135.00/9 sess

Parent and Tot Dance

(1-3 yrs)

Instructor: Vancouver Performing Stars

Introduce your little ones to the world of dance. Classes are designed to encourage little dancers to join in and have fun while dancing with mom or dad. Elements of ballet dancing, singing, and high energy movement to music will be included. Parent or guardian participation is required. Visit www.performingstars.ca for more information. No class Feb 17 & May 18.

Jan 06 - Mar 09 Sa 9:00 AM-9:30 AM
480496 \$126.00/9 sess
 Apr 06 - Jun 08 Sa 9:00 AM-9:30 AM
484026 \$126.00/9 sess
 Jan 06 - Mar 09 Sa 9:30 AM-10:00 AM
480497 \$126.00/9 sess
 Apr 06 - Jun 08 Sa 9:30 AM-10:00 AM
484027 \$126.00/9 sess

Tiny Ballet

(3 yrs)

Instructor: Vancouver Performing Stars

Introduce your child to the world of ballet. These classes develop coordination, musicality and fluidity of movement while having fun. Increased ballet technique is expected at each progressive level. Appropriate dance shoes and attire please. Child must be able to attend class alone. Visit www.performingstars.ca for more information. No class Feb 17 & May 18.

Jan 06 - Mar 09 Sa 10:00 AM-10:45 AM
480499 \$135.00/9 sess
 Apr 06 - Jun 08 Sa 10:00 AM-10:45 AM
484029 \$135.00/9 sess

Mini Ballet

(4 yrs)

Instructor: Vancouver Performing Stars

Introduce your child to the world of ballet. These classes develop coordination, musicality and fluidity of movement while having fun. Increased ballet technique is expected at each progressive level. Appropriate dance shoes and attire please. Child must be able to attend class alone. Visit performingstars.ca for more information. No class Feb 17 & May 18.

Jan 06 - Mar 09 Sa 10:45 AM-11:30 AM
480494 \$135.00/9 sess
 Apr 06 - Jun 08 Sa 10:45 AM-11:30 AM
484024 \$135.00/9 sess



Note to Parents

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

Junior Ballet

(5-7 yrs)

Instructor: Vancouver Performing Stars

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

Jan 06 - Mar 09	Sa	11:30 AM-12:15 PM
480492		\$135.00/9 sess
Apr 06 - Jun 08	Sa	11:30 AM-12:15 PM
484022		\$135.00/9 sess

My First Dance Class

(2-4 yrs)

Instructor: Endorphin Rush Dance

An introduction to creative dance. Aspiring little dancers 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 being present. www.KirbySnellDance.com Drop-ins \$14. No class Mar 21 & Mar 28.

Jan 11 - Feb 29	Th	9:30 AM-10:15 AM
480286		\$96.00/8 sess
Mar 07 - Apr 25	Th	9:30 AM-10:15 AM
480287		\$72.00/6 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 I the room. More info: www.kirbysnelldance.com. Drop-ins \$14. No class Mar 21 & Mar 28.

Jan 11 - Feb 29	Th	10:20 AM-11:05 AM
480278		\$96.00/8 sess
Mar 07 - Apr 25	Th	10:20 AM-11:05 AM
480279		\$72.00/6 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: www.kirbysnelldance.com. Drop-ins \$14. No class Mar 21 & Mar 28.

Jan 11 - Feb 29	Th	11:10 AM-11:55 AM
480284		\$96.00/8 sess
Mar 07 - Apr 25	Th	11:10 AM-11:55 AM
480285		\$72.00/6 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 I the room. More info: www.kirbysnelldance.com. Drop-ins \$14. No class Feb 18 & Mar 31.

Jan 07 - Feb 25	Su	9:15 AM-10:00 AM
480274		\$84.00/7 sess
Mar 03 - Apr 28	Su	9:15 AM-10:00 AM
480275		\$84.00/7 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 I the room. More info: www.kirbysnelldance.com. Drop-ins \$14.No class Feb 18 & Mar 31.

Jan 07 - Feb 25	Su	10:05 AM-10:50 AM
480276		\$84.00/7 sess
Mar 03 - Apr 28	Su	10:05 AM-10:50 AM
480277		\$84.00/7 sess



Frozen Ballet Extravaganza Camp

Instructor: Endorphin Rush Dance

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

3-5 yrs

Mar 18 - Mar 22	Mon - Fr	9:15 AM-10:30 AM
483422		\$109.00/5 days

4-6 yrs

Mar 18 - Mar 22	Mon - Fr	10:45 AM-12:00 PM
483423		\$109.00/5 days

Physical Activity

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. No class Mar 20 and Mar 27.

Jan 10 - Feb 28	W	3:30 PM-4:30 PM
480796		\$136.00/8 sess

Mar 06 - Apr 24	W	3:30 PM-4:30 PM
480812		\$102.00/6 sess



Sportball Parent and Child Multisport (2-3 yrs)

Instructor: Sportball Vancouver

Sportball Parent and Child programs focus on physical literacy and social exploration. Toddlers learn fundamental movement skills and participate in creative motor games. Children are challenged according to individual skill level and grownups are taught techniques to help children practice and progress in a variety of different ball sports. No class Feb 18, Mar 24 and Mar 31.

Jan 07 - Feb 25	Su	9:15 AM-10:00 AM
480800		\$119.00/7 sess

Mar 03 - Apr 28	Su	9:15 AM-10:00 AM
480816		\$119.00/7 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 18, Mar 24 and Mar 31.

Jan 07 - Feb 25	Su	10:00 AM-11:00 AM
480798		\$119.00/7 sess

Mar 03 - Apr 28	Su	10:00 AM-11:00 AM
480814		\$119.00/7 sess

Sportball Multisport

(6-9 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 18, Mar 24 and Mar 31.

Jan 07 - Feb 25	Su	11:00 AM-12:00 PM
480799		\$119.00/7 sess

Mar 03 - Apr 28	Su	11:00 AM-12:00 PM
480815		\$119.00/7 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 17.

Jan 06 - Feb 03	Sa	9:30 AM-10:20 AM
480837		\$95.00/5 sess

Feb 10 - Mar 16	Sa	9:30 AM-10:20 AM
480840		\$95.00/5 sess

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

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

Jan 06 - Feb 03	Sa	10:30 AM-11:20 AM
480838		\$95.00/5 sess

Feb 10 - Mar 16	Sa	10:30 AM-11:20 AM
480841		\$95.00/5 sess

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

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

Jan 06 - Feb 03	Sa	11:30 AM-12:20 PM
480839		\$90.00/5 sess

Feb 10 - Mar 16	Sa	11:30 AM-12:20 PM
480842		\$95.00/5 sess

Apr 13 - May 11	Sa	11:30 AM-12:20 PM
480857		\$90.00/5 sess

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



Parenting & Family

Physiological Birth Class (16+ yrs)

Instructor: Debra Woods

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

Jan 21 - Jan 21 Su 10:00 AM-1:00 PM
481578 \$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: www.doulasofvancouver.ca/physiologicalbirthclass

Mar 24 - Mar 24 Su 10:00 AM-1:00 PM
481579 \$73.50/1 sess

Practical Newborn Care Class (16+ yrs)

Instructor: Debra Woods

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

Jan 14 Su 1:00 PM-3:00 PM
481573 \$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 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. Drop in \$19.00 as space allows

Jan 11 - Feb 22 Th 11:30 AM-12:30 PM
481602 \$140.00/7 sess

Mar 14 - Apr 25 Th 11:30 AM-12:30 PM
481603 \$140.00/7 sess

Birthday Party Packages

Birthday Party - Art Theme (6-12 yrs)

Instructor: Mount Pleasant Birthday Party Leader

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

Jan 07 - Apr 28 Su 1:00 PM-3:00 PM
479923-479939 \$285.00/1 sess



Birthday Party - Climbing (6-12 yrs)

Instructor: Mount Pleasant Climbing Staff

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

Jan 06 - Mar 16 Sa 2:00 PM-4:00 PM
480826-480835 \$180.00/1 sess

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

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 books are purchased separately.

Jan 05 - Apr 26 F 3:30 PM-7:30 PM
480596-480604 \$450.00/11 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.

Music and Singing cont'd

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.

Jan 04 - Apr 25	Th	3:30 PM-7:30 PM
480587-480595		\$450.00/11 sess

Piano

(6+ yrs)

Instructor: Monika Oldershaw

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

Tuesday

Jan 09 - Apr 30	Tu	3:30 PM-7:30 PM
480625-480632		\$425.00/17 sess

Wednesday

Jan 10 - May 01	W	3:30 PM-7:30 PM
480652-480660		\$425.00/17 sess

Private Singing/Piano

(6+ yrs)

Instructor: Charis Chung

Students can choose either Piano or Singing to learn, or take a 60 minute lesson to learn both! Professional, experienced, and award-winning musician, singer and music educator Charis Chung (UBC Bachelor of Music & Master's of Music Education) will help students develop interest in learning music to improve their lives or achieve personal goals. Content includes rhythm, notes, theory, performing technique and skills. Charis is a certified Music Educator & Member of the Canadian Actors' Equity, has taught over thousands of students of all ages for exams, auditions, international competitions and university entrance exams. Books are not included. Teacher will suggest the book in the first lesson. No make up lessons if student is absent. Leisure Access subsidy does not apply to Music programs. No class Feb 17 & May 18.

Jan 13 - Mar 16	Sa	11:30 AM-4:00 PM
480702-480711		\$270.00/9 sess

Apr 06 - Jun 22	Sa	11:30 AM-4:00 PM
480713-480722		\$330.00/11 sess

Arts, Technology and Education

Kraft Korner **NEW**

(6-9 yrs)

Instructor: Kennedy Calwell

This program is the perfect beginner art class for kids. Learn to sketch, paint, sculpt and other fun seasonal themed crafts. Supplies included. Drop-ins \$28.00, space permitted.

Jan 07 - Feb 11	Su	1:00 PM-2:00 PM
486462		\$150.00/6 sess



Afterschool Soap Marking **NEW** 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. Visit www.makesumcreations.com for more information.

Jan 30	Tu	4:00 PM-5:30 PM
480777		\$35.50/1 sess

Feb 27	Tu	4:00 PM-5:30 PM
480778		\$35.50/1 sess

Mar 26	Tu	4:00 PM-5:30 PM
480779		\$35.50/1 sess

Apr 30	Tu	4:00 PM-5:30 PM
480780		\$35.50/1 sess

Design and Architecture for Kids

(6-9 yrs)

Instructor: Petit Architect Design For Kids Ltd.

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

Jan 18 - Mar 14	Th	3:45 PM-4:45 PM
480483		\$189.00/9 sess

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

Design and Architecture for Kids

(10-14 yrs)

Instructor: Petit Architect Design For Kids Ltd.

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

Jan 18 - Mar 14	Th	5:00 PM-6:15 PM
480484		\$236.25/9 sess
Apr 11 - Jun 13	Th	5:00 PM-6:15 PM
480486		\$262.50/10 sess

STEAM with LEGO

(5-10 yrs)

Instructor: Bricks 4 Kidz Vancouver

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 18 & May 19.

Jan 14 - Mar 03	Su	10:00 AM-12:00 PM
480149		\$210.00/7 sess
Apr 28 - Jun 16	Su	10:00 AM-12:00 PM
480150		\$210.00/7 sess

Spanish for Children Beginners 1

(6-9 yrs)

Instructor: Eliana Rolando

HOLA amigos! 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 19 & May 20.

Jan 08 - Mar 18	M	4:00 PM-5:30 PM
480792		\$155.50/10 sess
Apr 08 - Jun 17	M	4:00 PM-5:30 PM
480795		\$155.00/10 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

Mar 24	Su	9:30 AM-4:30 PM
481659		\$85.00/1 sess

Drawing and Painting for Kids and Youth

(7-18 yrs)

Instructor: Mohammad Reza Atashzad

You will learn how to draw, shape and form images in perspective while creating compositional structures. We will explore topics including landscape, still life, flowers, figures and more. Supplies are not included. Please bring any drawing and colouring materials (coloured pencils, watercolors, pastels, acrylics, etc.) to the first class. I would be happy to help you with any of these mediums. Visit atashzad.com Drop-ins: \$25. Master M. Reza has over 35 years experience in teaching drawing and painting at his own Atashzad Academy of Art. He has also been teaching different Art programs at several community centres in Vancouver since 2011. He has published more than 700 watercolour paintings, such as greeting cards, posters, albums, and books. Supplies List: Pencils - (HB, B up to 9B) Drawing Board Drawing Paper Sketchbook Blenders - (tortillon, stumps, or chamois cloth) Eraser - (kneaded eraser & stick eraser) Pencil Sharpener No class Mar 30 & Apr 13.

Jan 13 - Feb 24	Sa	1:30 PM-3:00 PM
479264		\$147.00/7 sess
Mar 02 - Apr 27	Sa	1:30 PM-3:00 PM
479265		\$147.00/7 sess

Dance

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 10 - Mar 13	W	5:00 PM-6:00 PM
480487		\$112.50/9 sess
Apr 10 - Jun 12	W	5:00 PM-6:00 PM
480488		\$125.00/10 sess

Junior Ballet

(5-7 yrs)

Instructor: Vancouver Performing Stars

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

Jan 06 - Mar 09	Sa	11:30 AM-12:15 PM
480492		\$135.00/9 sess
Apr 06 - Jun 08	Sa	11:30 AM-12:15 PM
484022		\$135.00/9 sess

Dance cont'd

Senior Stars Musical Theatre (8-12 yrs)

Instructor: Vancouver Performing Stars

Build your musical theatre repertoire through weekly training in ensemble and small group work. We'll tackle challenging choreography and practice valuable singing techniques while honing your skills as a triple threat performer in a fun and positive environment. Visit www.performingstars.ca for more information. No class Feb 19 & May 20.

Jan 08 - Mar 11	M	5:00 PM-6:00 PM
480498		\$144.00/9 sess

Apr 08 - Jun 10	M	5:00 PM-6:00 PM
484028		\$144.00/9 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 Feb 18, Mar 24 & 31

Jan 07 - Feb 25	Su	10:55 AM-11:40 AM
480280		\$84.00/7 sess

Mar 03 - Apr 28	Su	10:55 AM-11:40 AM
480281		\$84.00/7 sess

Hip Hop Breakers

(8-12 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. More info www.KirbySnellDance.com Drop-ins \$14. No class Feb 18, Mar 24 & 31.

Jan 07 - Feb 25	Su	11:45 AM-12:30 PM
480282		\$84.00/7 sess

Mar 03 - Apr 28	Su	11:45 AM-12:30 PM
480283		\$84.00/7 sess

VPS Dance Daycamp

(6-12 yrs)

Instructor: Vancouver Performing Stars

Step into the world of dance! In this "Barbie" themed dance camp, we will explore the foundations of multiple dance disciplines, including ballet, jazz, contemporary, and hip hop. Throughout the week the dancers will dive into learning proper technique and fun, creative choreography to different pieces of music. Students should bring a lunch and water bottle. There will be a small presentation for parents on the final day of camp.

Mar 25 - Mar 28	Mon - Th	10:00 AM-4:00 PM
482462		\$249.00/4 days

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. No class Mar 20 and Mar 27.

Jan 10 - Feb 28	W	4:40 PM-5:40 PM
480797		\$136.00/8 sess

Mar 06 - Apr 24	W	4:40 PM-5:40 PM
480813		\$102.00/6 sess

Sportball Multisport

(6-9 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 18, Mar 24 and Mar 31.

Jan 07 - Feb 25	Su	11:00 AM-12:00 PM
480799		\$119.00/7 sess

Mar 03 - Apr 28	Su	11:00 AM-12:00 PM
480815		\$119.00/7 sess

Tennis Mini Aces

(5.5-7.5 yrs)

Instructor: Summer Smash Tennis

Start or continue learning tennis this Winter! Prepare your child to excel at tennis and sport with lessons that focus on developing fundamental movement proprioception. We have fun developing students' moving, tracking, and racquet skills. An emphasis is placed on learning how to develop coordination and cooperation skills in a group setting.

Jan 10 - Feb 14	W	3:45 PM-4:30 PM
482304		\$162.00/6 sess

Feb 21 - Mar 27	W	3:45 PM-4:30 PM
482305		\$162.00/6 sess

Apr 03 - Apr 24	W	3:45 PM-4:30 PM
483883		\$108.00/4 sess

Tennis Junior Fundamentals (7.5-10 yrs)

Instructor: Summer Smash Tennis

Young beginners with little or no experience are introduced 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.

Jan 08 - Feb 12	M	3:45 PM-4:45 PM
482303		\$162.00/6 sess

Tennis Junior Aces

(7.5-10 yrs)

Instructor: Tennis Summer Smash

Young players with some experience continue to develop their skills 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.

Jan 08 - Feb 12	M	3:45 PM-4:45 PM
486550		\$162.00/6 sess
Apr 08 - Apr 22	M	3:45 PM-4:45 PM
486552		\$162.00/3 sess

Tennis Youth Aces

(11-15 yrs)

Instructor: Tennis Summer Smash

Young players with some experience continue to develop their skills 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.

Feb 26 - Mar 25	M	3:45 PM-4:45 PM
486553		\$135.00/5 sess

Tennis Youth Fundamentals

(11-15 yrs)

Instructor: Tennis Summer Smash

Players with little or no experience are introduced to tennis through high energy, game-based lessons that use the 1/2 and 3/4 stages of the progressive tennis model. An emphasis is placed inspiring a love for the game while building a strong technical foundation.

Feb 26 - Mar 25	M	3:45 PM-4:45 PM
483875		\$135.00/5 sess
Apr 08 - Apr 22	M	3:45 PM-4:45 PM
483877		\$81.00/3 sess

Journey Basketball Grassroots Beginners to Intermediate

(10-14 yrs)

Instructor: Journey Basketball

Journey Basketball is designed to provide children and youth of all abilities with organized and skill appropriate basketball training programs. We aim to help youth develop their skills as a basketball player while also showing them the importance of hard work, the power of confidence and the value of respect. This program will be 45 minutes of skill development and 15 minutes of competition.

Jan 09 - Mar 12	Tu	3:30 PM-4:45 PM
480489		\$150.00/10 sess
Apr 02 - Jun 25	Tu	3:30 PM-4:45 PM
480490		\$180.00/12 sess

Ivy's Breakfast Club- Basketball Skill Development Program

(12-15 yrs)

Instructor: Ivan Augustine Yaco

Step into the world of basketball excitement with Ivy's Breakfast Club - Basketball Skill Development Program! Led by the dynamic Coach Ivy, a former assistant coach for Capilano & Simon Fraser University, our program caters to kids in grades 7, 8, and 9 (12-15 yrs old). Unleash your potential as we focus on footwork, ball handling, finishing, shooting, passing, and defense, empowering you to apply these skills in real game situations. With Coach Ivy's ten years of experience and passion for player development, our sessions promise an inviting and fun-filled environment. Join us and embark on a thrilling basketball journey, where learning, growth, and enjoyment unite to create unforgettable memories on and off the court! Drop-ins \$25.00, space permitting. No class Feb 18 & Mar 31.

Jan 07 - Feb 25	Su	2:00 PM-3:30 PM
487895		\$157.00/7 sess
Mar 03 - Apr 28	Su	2:00 PM-3:30 PM
487896		\$176.00/8 sess

Smashball

(8-12 yrs)

Instructor: Volleyball BC

Smashball lets kids compete and play while focusing on the most fun part of the game - smashing the ball! By teaching through gameplay, Smashball develops both physical and games-literacy. As athletes advance, Smashball becomes faster and more competitive to match their new skills. Smashball is fast-paced, engaging and a lot of fun! No class Feb 17 & Mar 30.

Jan 13 - Feb 24	Sa	3:30 PM-4:30 PM
480736		\$90.00/6 sess
Mar 02 - Apr 27	Sa	3:30 PM-4:30 PM
480737		\$105.00/7 sess

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 17, Mar 23 and Mar 30.

Jan 13 - Feb 24	Sa	4:45 PM-5:45 PM
480738		\$90.00/6 sess
Mar 02 - Apr 27	Sa	4:45 PM-5:45 PM
480739		\$105.00/7 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.

Jan 06 - Feb 03	Sa	12:30 PM-1:25 PM
480843		\$95.00/5 sess
May 25 - Jun 22	Sa	12:30 PM-1:25 PM
480861		\$95.00/5 sess

Martial Arts

Chito Ryu Karate **NEW** (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! No class Feb 18, Mar 24 & 31.

Jan 07 - Feb 25	Su	11:00 AM-12:00 PM
480155		\$66.50/7 sess
Mar 03 - Apr 28	Su	11:00 AM-12:00 PM
480156		\$66.50/7 sess

Tae Kwon Do Teens (14-16 yrs)

Instructor: Master Michael Ellis

Are you fit to defend yourself? Tae Kwon Do is a Korean Martial Art that promotes physical fitness and self-defence. Drop-in \$13.00. No class Feb 18, Mar 24 & Mar 31.

Jan 07 - Feb 25	Su	12:15 PM-1:15 PM
480823		\$75.25/7 sess
Mar 03 - Apr 28	Su	12:15 PM-1:15 PM
480824		\$75.25/7 sess

Tae Kwon Do Level 1 & Level 2 (6-13 yrs)

Instructor: Master 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 18, Mar 24 & Mar 31

Jan 07 - Feb 25	Su	12:15 PM-1:15 PM
480821		\$66.50/7 sess
Mar 03 - Apr 28	Su	12:15 PM-1:15 PM
480822		\$66.50/7 sess

Tae Kwon Do Competitive Training (12+ yrs)

Instructor: Master Michael Ellis

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

Taekwondoeastside@gmail.com.

No class Mar 22 & Mar 29.

Jan 12 - Feb 23	F	6:30 PM-8:30 PM
480819		\$150.50/7 sess
Mar 01 - Apr 26	F	6:30 PM-8:30 PM
480820		\$150.50/7 sess

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

Instructor: Kung Fu Club

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 Mar 29

Jan 10 - Mar 01	W F	6:00 PM-7:00 PM
479281		\$100.80/16 sess
Mar 06 - Apr 26	W F	6:00 PM-7:00 PM
479282		\$94.50/15 sess

Kung Fu: Choy Lee Fat (14+ yrs)

Instructor: Kung Fu Club

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 Mar 29.

Jan 10 - Mar 01	W F	6:00 PM-7:00 PM
479279		\$96.10/16 sess
Mar 06 - Apr 26	W F	6:00 PM-7:00 PM
479280		\$90.10/15 sess

Social

Boys+ Group

(9-12 yrs)

Instructor: MPCC Youth Leader

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

Jan 17 – Mar 6	W	3:30 PM-5:30 PM
480868		Free/8 sess

Apr 10 - Jun 19	W	3:30 PM-5:30 PM
488559		FREE/11 sess

Girls+ Group

(9-12 yrs)

Instructor: MPCC Youth Leader

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 16 – Mar 5	Tu	3:30 PM-5:30 PM
480867		Free/8 sess

Apr 09 - Jun 18	Tu	3:30 PM-5:30 PM
488577		FREE/11 sess

Dungeons and Dragons

(11-18 yrs)

Instructor: MPCC Youth Leader

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! No class May 19.

Jan 20 – Mar 9	Sa	1:00 PM-3:00 PM
481086		Free/8 sess

Apr 13 - Jun 22	Sa	1:00 PM-3:00 PM
488560		FREE/10 sess

Magic the Gathering

(9-18 yrs)

Instructor: MPCC Youth Leader

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

Jan 20 – Mar 9	Sa	10:00 AM-12:00 PM
481087		Free/8 sess

Apr 13 - Jun 22	Sa	10:00 AM-12:00 PM
488578		FREE/10 sess

**MPCC Bakers**

(9-16 yrs)

Instructor: MPCC 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. No class May 20.

Jan 15 – Mar 4	M	3:30 PM-5:30 PM
480866		Free/7 sess

Apr 08 - Jun 17	M	3:30 PM-5:30 PM
488579		FREE/11 sess

MPCC Bakers

(9-16 yrs)

Instructor: MPCC 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 18 – Mar 7	Th	3:30 PM-5:30 PM
480869		Free/8 sess

Apr 11 - Jun 20	Th	3:30 PM-5:30 PM
488580		FREE/11 sess

Pre-teen Night

(9-12 yrs)

Fridays 5:00-7:00pm

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

JAN 19	JAN 26	FEB 2	FEB 9
New Year Family Dinner	Real- Life Clue	Movie Night	V-day cookies and cards
FEB 16	FEB 23	MAR 1	MAR 8
Smash Bros Tournament	Karaoke and Cake	Trivia + Board Games	Bob Ross Paint Night
MAR 15	MAR 22		
Park Day	Tie Dye + Gym Games		
<div>Please meet at the Mount Pleasant Games Room</div> <div>For more information, contact the Youth Office at 604.257.3069.</div> <div>Activities subject to change.</div>			

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.



Leadership Camp

(9-14 yrs)

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.

A Daycamp Consent and Waiver Forms Package must be completed and returned before the start of the registered day camp week.

**DON'T WAIT,
REGISTER NOW!**

Mar 18 – Mar 22	M Tu W Th F	10:00 AM-3:00 PM
Register Online: 480875		\$125.00/5 sess
Mar 25 – Mar 28	M Tu W Th	10:00 AM-3:00 PM
Register Online: 480876		\$100.00/4 sess

Social



Preteen Night

(9-12 yrs)

Instructor: MPCC Youth Leaders

Join us in the games room Friday nights for our preteen night program full of fun, games and snacks! Every week from 5-7pm 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 19 – Mar 8	F	5:00 PM-7:00 PM
480870		Free/ 10 sess

Apr 12 - Jun 21	F	5:00 PM-7:00 PM
488582		FREE/11 sess

MPCC Youth Council

(12-18 yrs)

Instructor: MPCC Community Youth Worker

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

Jan 19 – Mar 31	F	5:30 PM-6:30 PM
481102		Free/10 sess

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

Youth Community Kitchen

(9-18 yrs)

Instructor: MPCC Youth Worker

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

Jan 23	Tu	3:30 PM-6:30 PM
481088		

Feb 27	Tu	3:30 PM-6:30 PM
481089		

Mar 26	Tu	3:30 PM-6:30 PM
481090		

April 23	Tu	3:30 PM-6:30 PM
481091		

Youth Sports, Martial Arts & Physical Activity

Tae Kwon Do Competitive Training

(12+ yrs)

Instructor: Master Michael Ellis

This program is designed and open to all Taekwondo students 12yrs and up who wish to develop their competitive skills in Poomse and sparring. Experience preferred but not mandatory. Students must have all protective gear for sparring including head gear and mouth guard. All equipment can be purchased from Master Ellis. Wavers must be signed prior to participation. Contact Master Ellis for further information. Taekwondoeastside@gmail.com. No class Mar 22 & Mar 29.

Jan 12 - Feb 23	F	6:30 PM-8:30 PM
480819		\$150.50/7 sess

Mar 01 - Apr 26	F	6:30 PM-8:30 PM
480820		\$150.50/7 sess

Tae Kwon Do Teens

(14-16 yrs)

Instructor: Master Michael Ellis

Are you fit to defend yourself? Tae Kwon Do is a Korean Martial Art that promotes physical fitness and self-defence. Drop-in \$13.00. No class Feb 18, Mar 24 & Mar 31.

Jan 07 - Feb 25	Su	12:15 PM-1:15 PM
480823		\$75.25/7 sess

Mar 03 - Apr 28	Su	12:15 PM-1:15 PM
480824		\$75.25/7 sess

Tennis Youth Aces

(11-15 yrs)

Instructor: Tennis Summer Smash

Young players with some experience continue to develop their skills 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.

Feb 26 - Mar 25	M	3:45 PM-4:45 PM
486553		\$135.00/5 sess

Tennis Youth Fundamentals

(11-15 yrs)

Instructor: Tennis Summer Smash

Players with little or no experience are introduced to tennis through high energy, game-based lessons that use the 1/2 and 3/4 stages of the progressive tennis model. An emphasis is placed on inspiring a love for the game while building a strong technical foundation.

Feb 26 - Mar 25	M	3:45 PM-4:45 PM
483875		\$135.00/5 sess

Apr 08 - Apr 22	M	3:45 PM-4:45 PM
483877		\$81.00/3 sess

Creative Arts & Education

Design and Architecture for Kids

(10-14 yrs)

Instructor: Petit Architect Design For Kids Ltd.

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

Jan 18 - Mar 14 Th 5:00 PM-6:15 PM
480484 \$236.25/9 sess

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

Mar 24 Su 9:30 AM-4:30 PM
481659 \$85.00/1 sess



Youth Sports

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

Youth Sports are for 9-18 year old youth only and are drop in!
No Registration required but please check-in by scanning your OneCard at the front desk. If you do not have a OneCard, the youth staff will help you!

Teen Night

Fridays 7:00-9:00pm

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

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

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

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



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





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

Soup Kitchen

Spring Camp

**Spring
Celebration**

**Youth
Programs &
more**

**April date
not linking**

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 26, 4:00 PM-5:30 PM

[Register Online: 482489](#)

Saturday April 13, 1:00 PM-3:00 PM

[Register Online: 488584](#)

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

Drop-in
\$6.30


Tuesday

Step & Core

5:30-6:30pm

Kristiina

Wednesday

Step & Strength

6:30-7:30pm

Marilyn

Thursday

Hi Lo Combo

5:30-6:25pm

Tracy

NEW
DATE & TIME

Group Fitness Rates

GST Included	Adult (19+yrs)	Youth (13-18yrs)	Senior (60+ yrs)
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 (beginner-intermediate) to follow step patterns. Alternating cardio training with resistance and strength work. Drop-in \$6.30.

Jan 09 - Apr 23 Tu 5:30 PM-6:30 PM
481586 \$6.30/sess

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 10 - Apr 24 W 6:30 PM-7:30 PM
481587 \$6.30/sess

Hi Lo Combo

NEW DATE & TIME (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-in \$6.30.

Jan 25 - Apr 18 Th 5:30 PM-6:25 PM
481589 \$6.30/sess

Adult Sports Schedule 19+ yrs



Monday	Tuesday	Wednesday	Thursday	Sunday
Volleyball (19+ yrs) 7:45 PM-9:45 PM No program 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 class Oct 1 & 8.
Jan 08 - Feb 26 481538 \$38.55/7 sess	Jan 09 - Feb 27 481545 \$44.00/8 sess	Jan 10 - Feb 28 481525 \$44.00/8 sess	Jan 11 - Feb 29 481543 \$44.00/8 sess	Jan 07 - Feb 25 481147 \$44.00/8 sess
Mar 04 - Apr 22 481542 \$38.55/7 sess	Mar 05 - Apr 23 481546 \$44.00/8 sess	Mar 06 - Apr 24 481528 \$44.00/8 sess	Mar 07 - Apr 25 481544 \$44.00/8 sess	Mar 03 - Apr 28 481148 \$49.50/9 sess

We recommend registering as these programs always fill up.

Drop-ins are \$7.00 and taken only if spaces remain. Please note that registered participants have until 8:00pm to arrive or their spot will be sold to drop-in participant. No program Statutory Holiday Mondays.

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.



Table Tennis and Pool Community Drop-in.

Please call 604-257-3080 for the current schedule.

Pickleball

Pickleball Instruction - Not Quite Intermediate (16+ yrs)

Instructor: Walt Woo

For this course, you are comfortable with all the rules of pickleball and you are beginning to play on a regular basis. You understand the concept of the 3rd shot but is it the drop, drive or lob? You are past the novice stage of your pickleball journey and trying to break through towards intermediate - just as synonymous as the no man's land of the game, you are currently in your transition zone. Then this is the course designed for you! You are past pickleball 2.5 and close to 3.0 but not quite there. As a frame of reference, the Intermediate offering is for players solidified at 3.0 looking to make their mark at 3.5. We offer instruction based on your game. We will encourage a foundation of development then allow for your natural shots and skills to flourish on their own. Any questions, please reach out to the instructor Walt Woo at waltwoo@gmail.com. No class Feb 19

Jan 08 - Feb 26	M	6:15 PM-7:30 PM
478156		\$153.65/7 sess

Pickleball Instruction - Beginner (16+ yrs)

Instructor: Walt Woo

What is the craze all about? Pickleball is a game that is a cross between badminton, tennis, and ping pong and 100% a unique sport in its own! The sport has been sweeping across North America over the past 3-4 years and doesn't seem to be slowing down. Learn pickleball with a good foundation and technique that will get your pickleball journey started in a positive way! Our environment is safe for anyone and everyone to learn. This is a beginners course - no experience necessary. In this course, you will learn all the rules of the game and how to score. To advance to the next course, you will need to be able to know the rules, know how to keep score and be able to keep a basic rally going. Focus is to learn about the game and to have fun learning! The instructor will have a limited selection of paddles for you to demo. If you have any questions about the program, or if you need paddles prior to, please contact the instructor Walt Woo at waltwoo@gmail.com. Balls will be provided. No class Apr 1.

Mar 04 - Apr 22	M	6:15 PM-7:30 PM
478182		\$153.65/7 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 Mar 4 and Apr 1.

Jan 22 - Apr 15	M	7:30 AM-9:00 AM
478811		\$94.50/10 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 Mar 5 and Apr 1.

Jan 23 - Apr 16	Tu	7:00 AM-8:30 AM
478812		\$1032.95/11 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 3.25+. Before signing up, please contact the instructor at jerichohillpickleball@gmail.com. No class Mar 7.

Jan 18 - Apr 18	Th	7:00 AM-8:30 AM
478813		\$122.85/13 sess

Pop up Pickleball Court Rentals



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

Tennis

Tennis Adult Beginner

(18+ yrs)

Instructor: Summer Smash Tennis

Learn how to play tennis indoors 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.

Jan 08 - Feb 12	M	4:45 PM-6:00 PM
482300		\$236.25/6 sess

Jan 10 - Feb 14	W	4:45 PM-6:00 PM
482298		\$236.25/6 sess

Feb 21 - Mar 27	W	4:45 PM-6:00 PM
482299		\$236.25/6 sess

Tennis Adult Beginner +(2.0)

(18+ yrs)

Instructor: Summer Smash Tennis

Learn how to play tennis indoors 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.

Feb 19 - Mar 25	M	4:45 PM-6:00 PM
482301		\$197.00/5 sess

Apr 08 - Apr 22	M	4:45 PM-6:00 PM
483871		\$118.25/4 sess

Apr 03 - Apr 24	W	4:45 PM-6:00 PM
483886		\$157.50/4 sess



Martial Arts

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 18, Mar 24 & Mar 31.

Jan 07 - Feb 25	Su	12:15 PM-1:15 PM
480817		\$79.00/7 sess

Mar 03 - Apr 28	Su	12:15 PM-1:15 PM
480818		\$79.00/7 sess

Kung Fu:

Choy Lee Fat (14 yrs +)

(14+ yrs)

Instructor: Kung Fu Club

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 Mar 29.

Jan 10 - Mar 01	W F	6:00 PM-7:00 PM
479279		\$96.10/16 sess

Mar 06 - Apr 26	W F	6:00 PM-7:00 PM
479280		\$90.10/15 sess

Chen's Tai Chi: Introduction (16+)

(16+ yrs)

Instructor: Kung Fu Club

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 18

Jan 14 - Mar 03	Su	10:30 AM-11:30 AM
479277		\$61.25/7 sess

Mar 10 - Apr 28	Su	10:30 AM-11:30 AM
479278		\$61.25/7 sess

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

(16+ yrs)

Instructor: Kung Fu Club

This class focuses on Old Frame, First Routine, a Chen's Tai Chi form consisting of 74 postures. As training builds on basic techniques and core principles of movement, softness, and power generation, students should complete Introduction to Chen's Tai Chi as a prerequisite. Drop in \$10 Email: mountpleasanttaichi@gmail.com. No class Feb 18

Jan 14 - Mar 03	Su	9:30 AM-10:30 AM
479274		\$61.25/7 sess

Mar 10 - Apr 28	Su	9:30 AM-10:30 AM
479275		\$61.25/7 sess



Language

**Spanish Adult Beginner 1** (16+ yrs)**Instructor:** Eliana Rolando

HOLA! Welcome to the Spanish language! This beginner's course will emphasize instruction in basic grammar, vocabulary and writing with some conversation. Classes cover proper phonetics and will focus on the verb to be and the simple present tense. This course will also teach you converse simple travel phrases, how to order food in a restaurant, etc.. No registration after the third class please. Sorry no drop-ins. Students to bring pen, pencil, eraser, notebook. No class Feb 19 & May 20.

Jan 08 - Mar 11	M	6:00 PM-7:30 PM
480790		\$146.50/9 sess

Apr 08 - Jun 17	M	6:00 PM-7:30 PM
480793		\$162.75/10 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 19 & May 20.

Jan 08 - Mar 11	M	7:30 PM-9:00 PM
480791		\$146.50/9 sess

Apr 08 - Jun 17	M	7:30 PM-9:00 PM
480794		\$162.50/10 sess

Creative Arts

Beginners Digital Photography

(18+ yrs)

Instructor: Michael Markowsky

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

Jan 10 - Feb 07	W	6:00 PM-8:00 PM
478808		\$129.75/5 sess

Feb 28 - Mar 27	W	6:00 PM-8:00 PM
478809		\$129.75/5 sess

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

**Watercolour Painting**

(16+ yrs)

Instructor: Mohammad Reza Atashzad

This program will give you the chance to learn to apply watercolour painting by exploring the medium's full potential. Learn to use water, paper, colour, and brushes to create an endless variety of tones and atmosphere in your painting. We will focus on landscape painting techniques and studies of nature (flowers). Visit atashzad.com (Supplies and equipment are not included in program fee, supply list available upon registration). Drop-ins: \$35. No class Mar 30 & Apr 13.

Jan 13 - Feb 24	Sa	3:15 PM-5:45 PM
479268		\$210.00/7 sess

Mar 02 - Apr 27	Sa	3:00 PM-5:45 PM
479269		\$210.00/7 sess

Creative Arts cont'd

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

NO supplies or experience required! This is an ideal class for beginner artists to gain some fundamental art techniques. 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. No class Mar 29.

Jan 19 - Feb 16	F	5:00 PM-7:00 PM
478802		\$129.75/5 sess
Mar 01 - Apr 05	F	7:30 PM-9:30 PM
478803		\$129.75/5 sess
Apr 19 - May 17	F	5:00 PM-7:00 PM
478804		\$129.75/5 sess

Basic Drawing: People and Landscapes (18+ yrs)**Instructor:** Michael Markowsky

NO supplies or experience required! Tired of only being able to draw stick figures? Over the course of just five weeks, you'll learn how to draw human faces and bodies, as well as landscapes and plants. Activities will include learning about human proportions, drawing mannequin heads, fabric/drapery studies and drawing landscapes outside (weather permitting). Drawing supplies provided, but suggestions for optional items (such as sketchbooks and pencils) will be covered during the first class. Emily Carr University of Art instructor Michael Markowsky will guide you step by step from basic concepts to create finished drawings in a relaxed and encouraging studio environment. Registration Only Please - No Drop-ins. To get an idea of how Michael teaches, check out his popular how-to-draw and paint videos at www.youtube.com/markowskyart. No class Mar 29,

Jan 19 - Feb 16	F	7:30 PM-9:30 PM
478805		\$129.75/5 sess
Mar 01 - Apr 05	F	5:00 PM-7:00 PM
478806		\$129.75/5 sess
Apr 19 - May 17	F	7:30 PM-9:30 PM
478807		\$129.75/5 sess

Acrylic Painting & Drawing Basics: Flowers and Still-Lifes

(18+ yrs)

Instructor: Michael Markowsky

NO supplies required! Just show up and paint an original artwork that you can be proud of! Emily Carr University instructor Michael Markowsky will teach you how to draw directly from life, and then how to transform that sketch into a finished acrylic painting. Michael will guide you to create beginner to intermediate level paintings through step-by-step demonstrations in a relaxed, humorous and encouraging studio environment. Designed for people with little to no art experience, as well as students looking to sharpen their fundamental skills. We will make 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. No class Mar 31.

Jan 14 - Feb 11	Su	10:00 AM-12:00 PM
478795		\$129.75/5 sess
Mar 03 - Apr 07	Su	12:30 PM-2:30 PM
478800		\$129.75/5 sess
Apr 21 - May 19	Su	3:00 PM-5:00 PM
478801		\$129.75/5 sess

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

(18+ yrs)

Instructor: Michael Markowsky

NO supplies or experience required! Just show up and paint some of the most famous paintings in Canadian history! Emily Carr University instructor Michael Markowsky will introduce you to the basic acrylic painting materials, how to mix colours, and guide you to create simple paintings through step-by-step demonstrations in a relaxed, humorous and encouraging studio environment. Designed for people with little or no experience or those who need a refresher to get painting again! We will make paintings based on the work of Canada's famous "Group of Seven" artists, including Lawren Harris ("Mount Edith Cavell"), A.Y. Jackson ("Aurora"), Tom Thomson ("Canoe Lake") and BC's own Emily Carr ("Mrs. Jones' Farm"). Registration Only Please - No Drop-ins. To get an idea of how Michael teaches, check out his popular how-to-draw and paint videos at www.youtube.com/markowskyart. No class Mar 31.

Jan 14 - Feb 11	Su	3:00 PM-5:00 PM
478779		\$129.75/5 sess
Mar 03 - Apr 07	Su	3:00 PM-5:00 PM
478780		\$129.75/5 sess
Apr 21 - May 19	Su	10:00 AM-12:00 PM
478781		\$129.75/5 sess



Acrylic Painting Basics: Picasso to Warhol

(18+ yrs)

Instructor: Michael Markowsky

NO supplies or experience required! Just show up and paint some of history's most famous paintings! Emily Carr University instructor Michael Markowsky will introduce you to the basic acrylic painting materials, how to mix colours, and guide you to create simple paintings through step-by-step demonstrations in a relaxed, humorous and encouraging studio environment. Designed for people with little or no experience or those who need a refresher to get painting again! We will make paintings based on the work of Pablo Picasso ("Woman Turned Right"), Andy Warhol ("Marilyn Monroe"), Claude Monet ("Water Lilies") and Berthe Morisot ("Peonies"). Registration Only Please - No Drop-ins. To get an idea of how Michael teaches, check out his popular how-to-draw and paint videos at www.youtube.com/markowskyart. No class Mar 31.

Jan 14 - Feb 11	Su	12:30 PM-2:30 PM
478782		\$129.75/5 sess
Mar 03 - Apr 07	Su	10:00 AM-12:00 PM
478784		\$129.75/5 sess
Apr 21 - May 19	Su	12:30 PM-2:30 PM
478785		\$129.75/5 sess

Caterpillar Stitch Bookbinding

(19+ yrs)

Instructor: Suzan Lee

Learn to make a contemporary hardcover book that cleverly uses stitches to bind pages to its covers. The stitching looks remarkably like a caterpillar/centipede resulting in a very organic aesthetic. Your choice of colourful linen thread will make your hardcover pop! No prior experience is necessary. All materials and tools are provided. Registration only. No drop-ins.

Mar 17 - Mar 17	Su	9:30 AM-12:30 PM
481574		\$62.95/1 sess

Japanese Bookbinding

(19+ yrs)

Instructor: Suzan Lee

Make up to 3 books using a historical technique common in Asia. Japan preferred the four-hole stab binding. Over the centuries, four stitch patterns have surfaced as the most traditional. Whether these books hold poetry, pictures or personal thoughts; this historical bookbinding will showcase them beautifully. No prior experience is necessary. All materials and tools are provided. Registration only. No drop-ins.

Apr 21 - Apr 21	Su	9:30 AM-12:30 PM
481580		\$62.95/1 sess

Medieval Tacket Leather Bookbinding

(16+ yrs)

Instructor: Suzan Lee

Learn to make a leather book using an unusual bookbinding technique called "tacket". They look like coils of hangman's noose at a casual glance, but they are tightly wrapped linen threads. A beautiful historical aesthetic to reproduce. No prior experience necessary. All materials are provided. Registration only, no drop ins.

Mar 31 - Mar 31	Su	9:30AM-12:30 PM
484678		\$68.20/1 sess

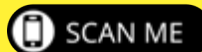
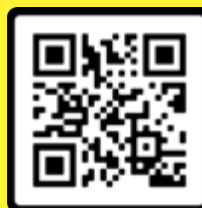


MOUNT PLEASANT
COMMUNITY CENTRE ASSOC

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*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.**



Dance

Beginner Bellydance

(16+ yrs)

Instructor: Rahel Claman

Dive into the beautiful world of Arabic dance and music! In this progressive, full-experience session, you will learn about the history and cultural context of Raqs Sharqi/Raqs Beledi ("bellydance"), learn how to stand and move safely and mindfully with 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 Feb 19 and Apr 1. More info: rahelbellydance@gmail.com

Jan 08 - Mar 11	M	7:45 PM-9:00 PM
481231		\$180.00/9 sess
Mar 18 - May 27	M	7:45 PM-9:00 PM
485775		\$180.00/9 sess

Intermediate Bellydance: Drills+Combos

(16+ yrs)

Instructor: Rahel Claman

Bellydance for more experienced dancers. Here we will practice moves (some more basic, some more advanced) with options for easier or harder variations to accommodate multi level dancers and put them together in a short combo/routine. The combo will be different each week. While this class will have less breakdown than a technique class, we will still make time to work through some of the harder moves. Experience required: Minimum one complete beginner course, preferably with Rahel. 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, with permission ONLY. No class Feb 19 and Apr 1. More info: rahelbellydance@gmail.com

Jan 08 - Mar 11	M	6:15 PM-7:30 PM
481233		\$180.00/9 sess
Mar 18 - May 27	M	6:15 PM-7:30 PM
485777		\$180.00/9 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 email Nelle.lee@vancouver.ca to assist with registration.

FREE TRIAL

Jan 09 - Jan 09	Tu	8:30 PM-9:30 PM
478771		FREE TRIAL
Jan 16 - Feb 27	Tu	8:30 PM-9:30 PM
478772		\$35.00/7 sess
Mar 05 - Apr 23	Tu	8:30 PM-9:30 PM
478775		\$40.00/8 sess

Contemporary Improv Dance

(16+ yrs)

Instructor: Marnie Maretic

Be free from expectation of perfection that is so common in dance training and become empowered through the process of making movement choices. Develop awareness and confidence through the power of dance for all! Drop in \$10.50 as space allows

Jan 10 - Jan 31	W	7:15 PM-8:15 PM
478186		\$50.00/4 sess
Feb 07 - Feb 28	W	7:15 PM-8:15 PM
478187		\$50.00/4 sess
Mar 06 - Mar 27	W	7:15 PM-8:15 PM
478188		\$50.00/4 sess
Apr 03 - Apr 24	W	7:15 PM-8:15 PM
478190		\$50.00/4 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 \$14 if space permits

Jan 11 - Feb 29	Th	6:00 PM-7:00 PM
479270		\$96.05/8 sess
Mar 07 - Apr 25	Th	6:00 PM-7:00 PM
479271		\$96.05/8 sess

Adult Ballet - Open Level (19+ yrs)

Instructor: Laura Johnston

A basic open level adult ballet class in a relaxed and supportive environment! This class is for people with previous ballet experience and a range of movement options will be offered from more accessible to more challenging for you to choose from. Each class will include warm up exercises at the barre followed by exercises in the centre of the room to build strength, coordination, and body connection. This class welcomes everyone who wants to dance and prioritizes inclusion and accessibility for people who may have faced barriers to participating in traditional ballet environments. Please wear comfortable clothing and socks or non-slip dance shoes if you have them. Drop-ins \$18 if space permits

Jan 11 - Feb 29	Th	7:15 PM-8:30 PM
479272		\$112.00/8 sess
Mar 07 - Apr 25	Th	7:15 PM-8:30 PM
479273		\$112.00/8 sess

Adult Ballet – Foundational Technique Series (19+ yrs)

Instructor: Laura Johnston

Ever wish you could spend more time in a ballet class breaking down movement or wanted some more individualized feedback on your technique? Each class in the Foundational Technique Series will focus on one movement or aspect of ballet to strengthen your understanding and approach. This limited series is for people with previous ballet experience and would be a great fit for people who take a regular ballet class. Please wear comfortable clothing and socks or non-slip dance shoes if you have them. Drop in \$20 as space allows.

Feb 3 – Feb 17	Sa	3:00 PM-4:30 PM
487575		\$54.00/3 sess

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.

Jan 05 - Apr 26	F	3:30 PM-4:00 PM
480596		\$450.00/11 sess
Jan 05 - Apr 26	F	7:30 PM-8:00 PM
480604		\$450.00/11 sess

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.

Jan 04 - Apr 25	Th	3:30 PM-7:30 PM
480587-480595		\$450.00/11 sess

Piano (6+ yrs)

Instructor: Monika Oldershaw

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

Tuesday

Jan 09 - Apr 30	Tu	3:30 PM-7:30 PM
480625-480632		\$425.00/17 sess

Wednesday

Jan 10 - May 01	W	3:30 PM-7:30 PM
480652-480660		\$425.00/17 sess

Private Singing/Piano (6+ yrs)

Instructor: Charis Chung

Students can choose either Piano or Singing to learn, or take a 60 minute lesson to learn both! Professional, experienced, and award-winning performing artist, musician, singer and music educator Charis Chung (UBC Bachelor of Music & Master's of Music Education) will use diverse materials to help students develop interest in learning music to improve their lives or achieve personal goals. Content includes rhythm, notes, theory, performing technique and skills. Charis is a certified Music Educator & Member of the Canadian Actors' Equity, has taught over thousands of students of all ages for exams, auditions, international competitions and university entrance exams. Books are not included. Teacher will suggest the book in the first lesson. No make up lessons if student is absent. Leisure Access subsidy does not apply to Music programs. No class Feb 17 & May 18.

Jan 13 - Mar 16	Sa	11:30 AM-4:00 PM
480702-480711		\$300.00/10 sess
Apr 06 - Jun 22	Sa	11:30 AM-4:00 PM
480713-480722		\$330.00/11 sess

Physical Activity

Pilates Plus

(16+ yrs)

Instructor: Alannah Lori

Increase core strength and flexibility with this classic Pilates workout! Release tight muscles and knots with easy foam rolling techniques and reduce stress through stretch and guided relaxation. Feel long, lean and strong inside out! Drop in fee, \$13.50. No class Feb 19 & April 1.

Jan 08 - Feb 26	M	7:00 PM-8:00 PM
481187		\$88.20/7 sess
Mar 04 - Apr 22	M	7:00 PM-8:00 PM
481188		\$88.20/7 sess
Jan 11 - Feb 28	Th	7:00 PM-8:00 PM
482130		\$101.00/8 sess
Mar 7 - Apr 25	Th	7:00 PM-8:00 PM
482131		\$101.00/8 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 \$16.80 including tax.

Jan 09 - Feb 13	Tu	5:45 PM-6:45 PM
479238		\$75.60/6 sess
Feb 27 - Apr 23	Tu	5:45 PM-6:45 PM
479239		\$113.40/9 sess

Yoga for Beginners

(16+ yrs)

Instructor: Shona Cekelis

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

Jan 09 - Feb 27	Tu	5:45 PM-7:15 PM
481225		\$100.80/8 sess
Mar 05 - Apr 23	Tu	5:45 PM-7:15 PM
481227		\$100.80/8 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 09 - Feb 27	Tu	8:30 PM-9:30 PM
479231		\$117.60/8 sess
Mar 05 - Apr 23	Tu	8:30 PM-9:30 PM
479232		\$117.60/8 sess
Jan 11 - Feb 29	Th	8:30 PM-9:30 PM
479233		\$117.60/8 sess

Discounts
are
available

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

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

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

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

Iyengar Yoga All Levels (16+ yrs)

Instructor: Christine Rondeau

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

Jan 09 - Feb 27 Tu 10:30 AM-12:00 PM
478696 \$142.80/8 sess

Mar 05 - Apr 23 Tu 10:30 AM-12:00 PM
478697 \$142.80/8 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: \$15.75 space permitting.

Jan 09 - Feb 27 Tu 7:30 PM-9:00 PM
481222 \$88.20/7 sess

Mar 05 - Apr 23 Tu 7:30 PM-9:00 PM
481224 \$100.80/8 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 \$19. *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 21 & Apr 10.

FREE TRIAL

Jan 10 - Jan 10 W 9:00 AM-10:30 AM
478185 FREE TRIAL

Jan 17 - Feb 28 W 9:00 AM-10:30 AM
478183 \$100.80/6 sess

Mar 06 - Apr 17 W 9:00 AM-10:30 AM
478184 \$100.80/6 sess



Pilates (16+ yrs)

Instructor: Into Yoga

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

Jan 18 - Feb 29 Th 9:30 AM-10:30 AM
479218 \$105.85/7 sess

Mar 07 - Apr 18 Th 9:30 AM-10:30 AM
479219 \$105.85/7 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. Drop in \$19.00 as space allows

Jan 11 - Feb 22 Th 11:30 AM-12:30 PM
481602 \$140.00/7 sess

Mar 14 - Apr 25 Th 11:30 AM-12:30 PM
481603 \$140.00/7 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

Jan 11 - Feb 22 Th 6:30 PM-7:45 PM
478712 \$124.95/7 sess

Mar 14 - Apr 25 Th 6:30 PM-7:45 PM
478713 \$124.95/7 sess

Physical Activity cont'd

High Intensity Bootcamp (16+ yrs)**Instructor:** Alison Landry

Come and enjoy a workout that is going to leave you feeling stronger, energized and satisfied. Each workout is creative in its layout, which causes you to always be challenged and pushes you to work harder each time. NOTE: 1) if registering for 3 classes with Alison that run at the same time (e.g. 3 classes per week) ask for 25% off the 3rd class (available for IN-PERSON registration only, not available online, cannot be combined with any other discount). 2) Drop-ins welcome \$14. 3). No class Feb 19, Mar 29 & Apr 1.

Jan 08 - Feb 26	M	6:30 AM-7:30 AM
478681		\$84.00/7 sess
Mar 04 - Apr 22	M	6:30 AM-7:30 AM
478682		\$84.00/7 sess
Jan 10 - Feb 28	W	6:30 AM-7:30 AM
478683		\$96.00/8 sess
Mar 06 - Apr 24	W	6:30 AM-7:30 AM
478684		\$96.00/8 sess
Jan 12 - Feb 23	F	6:30 AM-7:30 AM
478694		\$84.00/7 sess
Mar 08 - Apr 26	F	6:30 AM-7:30 AM
478695		\$84.00/7 sess

Strength Hybrid (18-50 yrs)**Instructor:** Holly Goldsmith-Jones

A Strength Hybrid is a fitness program that builds skills and confidence of movement by tying together two fitness methodologies: the compound movement patterns that yield physical strength and muscle, alongside barre; fluid full body movement rooted in Pilates. Strength Hybrid lends itself well to various body types and physical capabilities. It is a safe, low impact class series. We're performing big range of motion joint movements with proper mechanics for improved mobility, posture and strength.

Start your day off on the right foot this Fall with Holly in this hybrid class involving fluid low impact movement to yield new muscular strength. Drop in \$25.20 as space allows.

Jan 09 - Feb 27	Tu	7:45 AM-8:45 AM
481843		\$168/8 sess
Mar 05 - Apr 23	Tu	7:45 AM-8:45 AM
481844		\$168/8 sess
Jan 11 - Feb 29	Th	7:45 AM-8:45 AM
481845		\$168/8 sess
Mar 07 - Apr 25	Th	7:45 AM-8:45 AM
481846		\$168/8 sess



All Bodies Community Recreation and Fitness Group

(16+ yrs)

Workshop Series

Arthritis and Exercise

Instructor: OsteoArthritis Service Integration System (OASIS)

Jan 18	Th	1:00 PM-3:30 PM
485971		Free

Nutrition, Supplements and Arthritis

Instructor: OASIS

Jan 25	Th	1:00 PM-3:30 PM
485972		Free

Introduction to ABC Hip and Knee

Feb 1	Th	1:00 PM-3:30 PM
485978		Free

Mindful Eating for Better Health 1 of 2

Instructor: OASIS

Feb 8	Th	1:00 PM-3:30 PM
485973		Free

Pain Management

Instructor: OASIS

Feb 15	Th	1:00 PM-3:30 PM
485976		Free

Mindful Eating for Better Health 2 of 2

Instructor: OASIS

Feb 22	Th	1:00 PM-3:30 PM
485975		Free

Pole Walking for Arthritis

Instructor: OASIS

Feb 29	Th	1:00 PM-3:30 PM
485979		Free

Introduction to Foam Rolling

Mar 7	Th	1:00 PM-3:30 PM
485980		Free

Arthritis and Exercise

Instructor: OASIS

Mar 14	Th	1:00 PM-3:30 PM
485982		Free

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 DropIn: \$14.75 including tax.

FREE TRIAL

Jan 04	Th	6:30 PM-7:30 PM	FREE TRIAL
479260			
Jan 11 - Feb 29	Th	6:30 PM-7:30 PM	\$105.00/8 sess
479261			
Mar 07 - Apr 25	Th	6:30 PM-7:30 PM	\$105.00/8 sess
479262			

Education

Home Birth Class

(16+ yrs)

Instructor: Debra Woods

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

Mar 24 - Mar 24	Su	10:00 AM-1:00 PM	\$73.50/1 sess
481579			

Practical Newborn Care Class

(16+ yrs)

Instructor: Debra Woods

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

Jan 14 - Jan 14	Su	1:00 PM-3:00 PM	\$68.25/1 sess
481573			

Physiological Birth Class

(16+ yrs)

Instructor: Debra Woods

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

Jan 21	Su	10:00 AM-1:00 PM	\$73.50/1 sess
481578			

Meditation & Flourishing Life

(16-80 yrs)

Instructor: Sung Yang

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

Mar 04 - Mar 11	M	7:30 PM-8:30 PM	\$30.00/2 sess
481566			

Mexican Classics - Dishes to enjoy anytime!

(16+ yrs)

Instructor: Ana Jimenez

Join me in an interactive and relaxed cooking class where you'll learn how to prepare two classic Mexican dishes, Enchiladas and Chilaquiles with green sauce. Both dishes are made with just one sauce so you can easily re-create these dishes. Get ready to spice up your kitchen skills!

May 04	Sa	10:30 AM-1:00 PM	\$49.65/1 sess
481559			

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. For more info, please visit www.japaneseforallpeople.com NO DROP INS

Feb 01 - Mar 28	Th	7:00 PM-9:00 PM	\$183.25/9 sess
478815			



Workshops

Artsy Soap Design **NEW** (16+ yrs)

Instructor: Lily Sum

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

Jan 30	Tu	6:00 PM-8:00 PM
480786		\$55.00/1 sess
Feb 27	Tu	6:00 PM-8:00 PM
480787		\$55.00/1 sess
Mar 26	Tu	6:00 PM-8:00 PM
480788		\$55.00/1 sess
Apr 30	Tu	6:00 PM-8:00 PM
480789		\$55.00/1 sess

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

Instructor: Foundations Safety & First Aid Training

Basic First Aid 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.

Feb 11	Su	1:00 PM-5:00 PM
481658		\$105.00/1 sess
Apr 14	Su	1:00 PM-5:00 PM
481660		\$105.00/1 sess

Parenting & Family

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. Drop in \$19.00 as space allows

Jan 11 - Feb 22	Th	11:30 AM-12:30 PM
481602		\$140.00/7 sess
Mar 14 - Apr 25	Th	11:30 AM-12:30 PM
481603		\$140.00/7 sess

Unlock Your Smile Potential: A Guide to Orthodontic Wellness

Instructor: Pacific West Dental Group

In this electrifying workshop, we will delve into the transformative world orthodontics, a field that goes beyond just straightening teeth. We promise an engaging and informative session that will leave attendees grinning from ear to ear, armed with the knowledge to make informed decisions about their orthodontic journey. For more information please contact@pacificwest@gmail.com

Apr 13	Sa	10:00 AM-11:00 AM
488661		FREE/1sess

Physiological Birth Class (16+ yrs)

Instructor: Debra Woods

This class presents birth as a rite of passage and explores how expectant parents can support physiological childbirth from this perspective. Learn how to optimize normal to have a more comfortable, safe and satisfying birth experience. Details:

www.doulasofvancouver.ca/physiologicalbirthclass

Jan 21 - Jan 21	Su	10:00 AM-1:00 PM
481578		\$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:

www.doulasofvancouver.ca/physiologicalbirthclass

Mar 24 - Mar 24	Su	10:00 AM-1:00 PM
481579		\$73.50/1 sess

Practical Newborn Care Class (16+ yrs)

Instructor: Debra Woods

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

www.doulasofvancouver.ca/practicalbabycare

Jan 14 - Jan 14	Su	1:00 PM-3:00 PM
481573		\$68.25/1 sess

Special Events (50+ yrs)



Lunar New Year Celebration

(50+ 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 9, 2024

Feb 19	M	11:30 AM-3:30 PM
479089		\$18.00/1 sess

Community Kitchen for Seniors

(50+ yrs)

Instructor: No Instructor

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 27	Sa	9:45 AM-1:00 PM
479073		\$5.00/1 sess
Feb 24	Sa	9:45 AM-1:00 PM
479074		\$5.00/1 sess
Mar 30	Sa	9:45 AM-1:00 PM
479075		\$5.00/1 sess
Apr 27	Sa	9:45 AM-1:00 PM
479076		\$5.00/1 sess

Pancake Brunch for Seniors

(50+ yrs)

Instructor: No Instructor

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

Jan 20	Sa	10:30 AM-1:00 PM
479077		\$3.00/1 sess
Feb 10	Sa	10:30 AM-1:00 PM
479078		\$3.00/1 sess
Mar 23	Sa	10:30 AM-1:00 PM
479079		\$3.00/1 sess
Apr 20	Sa	10:30 AM-1:00 PM
479080		\$3.00/1 sess



Physical Activity

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 Feb 19 & Apr 1.

Jan 08 - Feb 26 M 1:45 PM-2:45 PM
478191 \$49.05/7 sess

Mar 04 - Apr 22 M 1:45 PM-2:45 PM
478192 \$49.05/7 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.

Jan 10 - Feb 14 W 11:15 AM-12:15 PM
478736 \$45.00/6 sess

Feb 21 - Mar 27 W 11:15 AM-12:15 PM
478738 \$45.00/6 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! Zumba Gold is a fun way to keep active, energized and healthy with easy to follow dance moves! Drop-ins \$10. No class Mar 29.

Jan 12 - Mar 01 F 3:15 PM-4:15 PM
480142 \$56.00/8 sess

Mar 08 - Apr 26 F 3:15 PM-4:15 PM
480143 \$49.00/7 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.

Jan 10 - Feb 28 W 3:30 PM-4:30 PM
480145 \$56.00/8 sess

Mar 06 - Apr 24 W 3:30 PM-4:30 PM
480147 \$56.00/8 sess

Discounts are available

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

Youth (16-18yrs) may receive 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.

Sports

Badminton for Seniors

(55+ yrs)

Instructor: No Instructor

Enjoy a game of friendly recreational badminton in our full gymnasium. A great way to exercise and socialize with friends and peers. All levels welcome. first priority given to those who are registered. Drop-ins \$3.

Jan 10 - Feb 28	W	1:15 PM-3:15 PM
479070		\$16/8 sess
Mar 06 - Apr 24	W	1:15 PM-3:15 PM
479071		\$16/8 sess

Pickleball for Adult and Seniors

(19+ yrs)

Instructor: No Instructor

Pickleball is a sport in which two to four players use solid paddles to hit a perforated polymer ball over a net. This popular easy-to-learn and exciting game will get you moving in new and interesting ways. Non-instructional. if busy, doubles play required, No experience necessary. Equipment supplied. Drop-ins \$4. No class Feb 19 & Apr 1.

Jan 08 - Feb 26	M	1:15 PM-3:15 PM
479081		\$21.00/7 sess
Mar 04 - Apr 22	M	1:15 PM-3:15 PM
479082		\$21.00/7 sess

Pickleball for Adult and Seniors

(19+ yrs)

Instructor: No Instructor

Pickleball is a sport in which two to four players use solid paddles to hit a perforated polymer ball over a net. This popular easy-to-learn and exciting game will get you moving in new and interesting ways. Non-instructional. if busy, doubles play required, No experience necessary. Equipment supplied. Drop-ins \$4.

Jan 11 - Feb 29	Th	1:15 PM-3:15 PM
479083		\$24.00/8 sess
Mar 07 - Apr 25	Th	1:15 PM-3:15 PM
479084		\$24.00/8 sess



Seniors Indoor Soccer

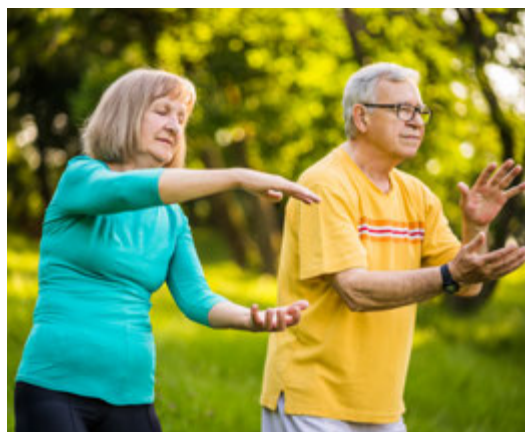
(55+ yrs)

Instructor: No Instructor

Come join this bunch of seniors getting together to satisfy their passion for soccer and wellness through this fun filled group sport. Drop-ins \$4. No class Feb 17th , Mar 30 and April 6.

Jan 13 - Feb 24	Sa	8:00 AM-9:00 AM
479087		\$12.00/6 sess
Mar 02 - Apr 27	Sa	8:00 AM-9:00 AM
479088		\$14.00/7 sess

Martial Arts



Cheng Man Ch'ing Tai Chi- 37 Form

(55+ yrs)

Instructor: Florence Shen

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

Mar 20 - Apr 24	W	10:00 AM-11:30 AM
480161		\$84.00/6 sess

Martial Arts cont'd

Cheng Man Ch'ing Tai Chi- 37 Form

(55+ yrs)

Instructor: Florence Shen

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

Mar 22 - Apr 26 F 10:00 AM-11:30 AM
480166 \$72.00/6 sess

Mulan Martial Arts

(55+ yrs)

Instructor: Wen Qing Xu

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

Feb 27 - Apr 30 Tu 1:30 PM-3:00 PM
481364 \$20.00/10 sess



Social

Mah Jong

(55+ yrs)

Instructor: No Instructor

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

Jan 10 - Apr 24 W 1:00 PM-4:00 PM
479072 \$10.00/16 sess



Table Games for Seniors

(55+ yrs)

Instructor: No Instructor

Join us for a weekly session of board games, cards and conversation. Mingle with old friends and meet new ones. and stay for a game or two. Your brain will thank you. Drop-ins \$2. No class Mar 27.

Jan 10 - Apr 24 W 1:30 PM-4:30 PM
479086 \$10.00/15 sess

Music and Singing

Karaoke

(55+ yrs)

Instructor: Halley Tang

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

Jan 10 - Feb 28 W 1:30 PM-4:30 PM
480183 \$16.00/8 sess

Mar 06 - Apr 24 W 1:30 PM-4:30 PM
480185 \$16.00/8 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 09 - Apr 23 Tu 9:45 AM-11:45 AM
480190 \$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 19

Jan 08 - Mar 25 M 10:00 AM-11:30 AM
480191 \$22.00/11 sess

InChoring Minds (16+ yrs)

Instructor: Earl 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! No class Feb 19 & Apr 1. Drop in \$8

Jan 08 - Apr 22 M 7:00 PM-8:30 PM
481189 \$108.05/14 sess

Creative Art

Chinese Landscape Painting (55+ yrs)

Instructor: Jian Hua Li

In this class, you will learn Shan Shui (mountain-water), a style of traditional Chinese painting that involves or depicts scenery or natural landscapes, using a brush and ink rather than conventional paints. Mountains, rivers and waterfalls are often prominent in this art form. Instruction in Mandarin. Drop-ins \$7. No class Feb 19 & Apr 1.

Jan 08 - Feb 26 M 10:00 AM-12:00 PM
480194 \$35.00/7 sess

Mar 04 - Apr 29 M 10:00 AM-12:00 PM
481271 \$40.00/8 sess

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. No class Mar 29.

Jan 12 - Feb 23 F 1:30 PM-3:30 PM
480177 \$35.00/7 sess

Mar 01 - Apr 26 F 1:30 PM-3:30 PM
480179 \$40.00/8 sess

Dance

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 16 - Apr 23 Tu 1:15 PM-3:15 PM
479085 \$2.35/15 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. No class Feb 17 & Mar 30.

Jan 13 - Feb 24 Sa 10:30 AM-12:00 PM
479251 \$30/6 sess

Mar 02 - Apr 20 Sa 10:30 AM-12:00 PM
479252 \$35/7 sess

International Line Dancing: Beginner (50+ yrs)

Instructor: Regina Chen

For those who have some line dance experience. Already understand a few basic steps. Dance to a variety of styles and popular music. Most dances are short with easy steps. Instruction in English. \$10.50 Drop in (inc tax), as space allows. PLEASE NOTE: THIS IS A SENIORS PROGRAM- NOT ELIGIBLE FOR ADDITIONAL SENIORS DISCOUNT. No class Feb 19.

Jan 08 - Jan 29 M 1:00 PM-2:30 PM
478157 \$29.40/4 sess

Feb 05 - Feb 26 M 1:00 PM-2:30 PM
478159 \$22.05/3 sess

Mar 04 - Apr 15 M 1:00 PM-2:30 PM
478161 \$51.45/7 sess

Dance cont'd

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 09 - Feb 20	Tu	10:30 AM-12:00 PM
481196		\$38.50/7 sess
Mar 05 - Apr 23	Tu	10:30 AM-12:00 PM
481200		\$49.51/8 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 10 - Feb 28	W	1:00 PM-2:30 PM
479224		\$40.10/8 sess
Mar 06 - Apr 24	W	1:00 PM-2:30 PM
479225		\$40.10/8 sess

International Line Dancing: Beginner to Improve

(50+ 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.

Jan 11 - Jan 25	Th	12:45 PM-2:15 PM
478162		\$22.05/3 sess
Feb 08 - Feb 29	Th	12:45 PM-2:15 PM
478163		\$29.40/4 sess
Mar 07 - Apr 11	Th	12:45 PM-2:15 PM
478164		\$44.10/6 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 Mar 29.

Jan 12 - Feb 16	F	1:00 PM-2:30 PM
481193		\$33.00/6 sess
Mar 08 - Apr 26	F	1:00 PM-2:30 PM
481194		\$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 Feb 17 & Mar 30..

Jan 13 - Mar 02	Sa	1:00 PM-2:30 PM
479226		\$35.05/7 sess
Mar 09 - Apr 27	Sa	1:00 PM-2:30 PM
479227		\$35.05/7 sess

International Line Dancing: Improver- Low Intermediate

(50+ 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 Feb 19.

Jan 07 - Jan 28	Su	2:15 PM-3:45 PM
478174		\$29.40/4 sess
Feb 04 - Feb 25	Su	2:15 PM-3:45 PM
478175		\$22.05/3 sess
Mar 03 - Apr 14	Su	2:15 PM-3:45 PM
478176		\$51.45/7 sess

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International Line Dancing: All Levels (55+ yrs)

Instructor: Regina Chen

Learn the basic steps and dance to popular music with a variety of styles - like cha cha, mambo, waltz, etc . Instruction in English. \$10.50 (inc tax) Drop in, as space allows. PLEASE NOTE: THIS IS A SENIORS PROGRAM-NOT ELIGIBLE FOR ADDITIONAL SENIORS DISCOUNT.

Jan 07 - Jan 28	Su	1:00 PM-2:00 PM
478165		\$29.40/4 sess
Feb 04 - Feb 25	Su	1:00 PM-2:00 PM
478166		\$22.05/3 sess
Mar 03 - Apr 14	Su	1:00 PM-2:00 PM
478167		\$51.45/7 sess



International Line Dancing: Intermediate- Advanced (50+ yrs)

Instructor: Regina Chen

Very experienced dancers who can execute steps and patterns. Dances may include more than the usual amount of co-ordination/ use of arms. Timing and speed may be challenging. Dance to a variety of styles and popular music. Instruction in English. \$10.50 Drop in, as space allows. PLEASE NOTE: THIS IS A SENIORS PROGRAM-NOT ELIGIBLE FOR ADDITIONAL SENIORS DISCOUNT.

Jan 07 - Jan 28	Su	4:00 PM-5:30 PM
478177		\$29.40/4 sess
Feb 04 - Feb 25	Su	4:00 PM-5:30 PM
478178		\$22.05/3 sess
Mar 03 - Apr 14	Su	4:00 PM-5:30 PM
478180		\$51.45/7 sess

Education



IPad or Iphone Level 1 (55+ yrs)

Instructor: Halley Tang

This class is for beginners who are new to smart devices and would love to communicate with his/her friends, family members. After this class, you will be able to do the following: send/receive Emails and Photos , use Camera and Notes, create Contacts, delete Junk Mails, block the unknown phones & text messages, and surfing internet. Must bring your own iPad or iPhone (APPLE PRODUCTS), a pen and a small note pad on the first day. Instruction in English & Chinese. No drop-ins. No class Mar 27.

Feb 14 - Apr 24	W	9:30 AM-11:00 AM
480180		\$50.00/10 sess

IPad or Iphone Level 2 (55+ yrs)

Instructor: Halley Tang

This class is for novice users who have used smart devices for at least 1+ years and would like to learn more advanced applications and functions. After this class, you will be able to use emails wisely, FaceTime, iCloud & Calendar setting, surf the Internet, download new Applications and communicate with others via text, voice and video. Must bring your own iPad or iPhone (APPLE PRODUCTS), a pen and a small note pad on the first day. Must know your personal email address, your Apple ID and password. Instruction in English & Chinese. No drop-ins. No class Mar 27.

Feb 14 - Apr 24	W	11:15 AM-12:45 PM
480181		\$50.00/10 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
Line Dance with Lisa: Intermediate (55+yrs) Instructor: Lisa Dong 10:30 AM-12:00 PM	Line Dance: All Levels (55+yrs) Instructor: Yok Yip Tang 1:00 PM-2:30 PM	Line Dance with Lisa: Advanced (55+yrs) Instructor: Lisa Dong 1:00 PM-2:30 PM	Line Dance: All Levels (55+yrs) Instructor: Yok Yip Tang 1:00 PM-2:30 PM
Jan 09 - Feb 20 481196 \$38.50/7 sess	Jan 10 - Feb 28 479224 \$40.10/8 sess	Jan 12 - Feb 16 481193 \$33.00/6 sess	Jan 13 - Mar 02 479226 \$35.05/7 sess
Mar 05 - Apr 23 481200 \$49.51/8 sess	Mar 06 - Apr 24 479225 \$40.10/8 sess	Mar 08 - Apr 26 481194 \$38.50/7 sess	Mar 09 - Apr 27 479227 \$35.05/7 sess
We recommend registering as these classes always fill up. No Drop-ins available.			

 <h2>Line Dance Classes</h2> <p>Have fun, make friends and improve balance, flexibility and coordination with our energetic line dancing group.</p> <p>Limited registration. Drop-in \$10.50, space permitting.</p>	Monday		Thursday	
	International Line Dancing: Beginner (55+yrs) Instructor: Regina Chen 1:00 PM-2:30 PM		International Line Dancing: Beginner to Improve (55+yrs) Instructor: Regina Chen 12:45 PM-2:15 PM	
	Jan 08 - Jan 29 478157 \$29.40/4 sess		Jan 11 - Jan 25 478162 \$22.05/3 sess	
	Feb 05 - Feb 26 478159 \$22.05/3 sess		Feb 08 - Feb 29 478163 \$29.40/4 sess	
	Mar 04 - Apr 15 478161 \$51.45/7 sess		Mar 07 - Apr 11 478164 \$44.10/6 sess	
Sunday				
International Line Dancing: All Level (55+yrs) Instructor: Regina Chen 1:00 PM-2:00 PM	International Line Dancing: Improver-Low Intermediate (55+yrs) Instructor: Regina Chen 2:15 PM-3:45 PM	International Line Dancing: Intermediate-Advanced Instructor: Regina Chen 4:00 PM-5:30 PM		
Jan 07 - Jan 28 478165 \$29.40/4 sess	Jan 07 - Jan 28 478174 \$29.40/4 sess	Jan 07 - Jan 28 478177 \$29.40/4 sess		
Feb 04 - Feb 25 478166 \$22.05/3 sess	Feb 04 - Feb 25 478175 \$22.05/3 sess	Feb 04 - Feb 25 478178 \$22.05/3 sess		
Mar 03 - Apr 14 478167 \$51.45/7 sess	Mar 03 - Apr 14 478176 \$51.45/7 sess	Mar 03 - Apr 14 478180 \$51.45/7 sess		




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.

[View Online](#)

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)
Gymnasium				
	<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
Multipurpose Room 2				
	<ul style="list-style-type: none"> •Excellent for moderate sized events •Connects to an outdoor patio space 	1,350	50 people	Regular use: \$45.00 Dance Party: \$75.00
Multipurpose Room 3				
	<ul style="list-style-type: none"> •Excellent for moderate sized events 	700	30 people	\$30.00
Art Room				
	<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
Meeting Room 2				
	<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 mtplesantcc@vancouver.ca

[View Online](#)

Fitness Centre

Cardio: Treadmills, ellipticals, keiser bike, upright bike, recumbent bike, powermill & stair climber.

Strength & Mobility: Hammer strength squat racks, half rack, and life fitness weight training machines, multi-jungle, Synergy 360, free weights, benches and mats.

Hours of Operation

Monday-Friday6:00am-10:00pm

Saturday 8:00am-6:00pm

Sunday/Holidays..... 9:00am-6:00pm

Front Office closes 30 minutes prior to Fitness Centre.

Paid admissions accepted 30 minutes prior to closing. Hours are subject to change.

Fitness Centre Rates

Prices do not include GST	Adults (19-64)	Senior (65+)	Youth (13-18)
Drop-in	\$6.99	\$4.89	\$4.89
10 Visit Pass	\$61.51	\$43.06	\$43.06
Flexipass Membership (Access to all Vancouver Parks and Recreation Fitness Centres and Pools)			
1 Month	\$53.83	\$37.68	\$37.68
3 Months	\$ 145.34	\$101.74	\$101.74
12 Months	\$465.09	\$325.56	\$325.56
Prices are subject to change without notice.			

Fitness Centre Consultations

Take advantage of our free fitness consultation. Free with drop in admission or included with your Flexipass. Call the Fitness Centre at 604-257-3065 to book up to 3 sessions with our Fitness Centre Staff. In your first session learn how to use the equipment, get a personalized fitness program and receive a card to track your progress. At your next session, staff will monitor technique and answer questions. Book a third session for additional support or motivation.

Value Added Programs

Fitness for Older Adults

(55+ yrs)

Bring your personalized fitness program to these self-lead sessions and workout in a supported environment. Our knowledgeable fitness staff are available to answer questions, suggest alternate exercises, teach you proper technique, and provide support. Please note that a completed Consultation, Par-Q and Consent & Release are required. Please call Mount Pleasant Fitness Centre at 604-257-3065 to book your Consultation. Free with drop-in admission, a valid Flexipass or a usage pass; no registration required. Please note that the program format is subject to change.

Tuesday-Thursday: 10:00am

Fitness for Youth

(13-18 yrs)

Bring your personalized fitness program to these self-lead sessions and workout in a supported environment. Our knowledgeable fitness staff are available to answer questions, suggest alternate exercises, teach you proper technique, and provide support. Please note that a completed Consultation, Par-Q and Consent & Release are required. Please call Mount Pleasant Fitness Centre at 604-257-3065 to book your Consultation. Free with drop-in admission, a valid flexipass or a usage pass; no registration required. Please note that the program format is subject to change.

Tuesday-Thursday: 3:30pm



Personal, Semi and Group Training

Improve your health and wellness with support from our qualified and experienced Personal Trainers, who will work with you to develop a customized fitness plan designed to meet your fitness goals and fit your schedule. Whether you are a beginner, overcoming a plateau, rehabilitating from any injury or looking for sport specific workouts, our Trainers will motivate and support you in each one hour session.

We also offer Semi-Private Personal Training for you and a friend/family member or Group Personal Training for you and 2-3 friend/family members.

Package	Private	Semi Private	Small Group
1 sess	\$57.06	\$85.57	\$120.03
3 sess	\$158.13	\$237.23	\$321.47
5 sess	\$254.33	\$391.66	\$471.57
10 sess	\$456.57	\$727.37	\$857.28
Prices do not include GST and are subject to change without notice			



scan to view
fitness centre
information