

Sports

Dynamix Dodgeball (8-13 yrs)

Come join our dynamic dodgeball program and get dodging. Every Friday we meet to rock the Mini-gym with both team and arena style dodgeball. Bring your friends, bring your skills, bring your style! Drop-in only. This program is FREE. No class on March 30.

Instructor: Youth Leader

F May 04-Jun 22 4:00 pm-5:00 pm
152396 Free/8 sess

Drop In Hockey (8-13 yrs)

Come join our drop-in hockey program and get moving. Every Tuesday we will rock the Mini-Gym with both team and shootout style Hockey. Bring your friends, bring your skills, and bring your best slap shot! Drop-in only. This program is free

Instructor: Youth Leader

Tu May 01-Jun 19 4:00 pm-5:00 pm
152395 Free/8 sess

Youth Gym Drop-in (13-18 yrs)

Do you want to get some practice time in? Play a game with some friends? come on down to the youth drop-in for sports such as basketball or soccer. All are welcome!

Instructor: Youth Leader

W May 02-Jun 20 5:00 pm-6:15 pm
152404 Free/8 sess

Summer ☀

W Jul 04-Aug 22 6:00 pm-7:15 pm
156634 Free/8 sess

Slapshot Hockey Camp (10-13 yrs)

Do you want to learn to play hockey? How about improving your skills? In this camp we will be learning to play the game as a team and have a lot of fun! We have sticks and gear for you!

Instructor: Youth Leader

Summer ☀
Tu-Fri Aug 28-Aug 31 4:00 pm-5:30 pm
160162 \$8/4 sess

Education

Byte Camp - Introduction to Coding (9-12 yrs)

Students will be introduced to basic coding skills with easy to use drag-and-drop software, and make their very own games. Students will also learn how to create their own 2D vector artwork to make characters and levels that are entirely their own. The final project is a game that you can take home on USB or proudly share with friends online.

Instructor: Melody Kassiri

Summer ☀

M-F Jul 30-Aug 03 9:00 AM-3:00 PM
155178 \$260/5 sess

Babysitter Course (11-16 yrs)

A nationally recognised program designed to prepare your growing preteen/teen to develop self-assurance, knowledge, and skills required for babysitting duties and when caring for themselves alone.

Instructor: Community Care First Aid

Sa Jun 23 9:00 am-3:45 pm
152394 \$69/1 sess

Outdoor Activities

Bike Adventures (12-18 yrs)

Learn about bike mechanics, how to ride safely alone or in a group, important of a helmet road safety. Helmets are mandatory. We will not be going out on the road for the first 2 weeks in order to inspect bikes discuss safety, and have the necessary skills to do so. All participants must have their own bike.

Instructor: Youth Leader

Summer ☀

Tu Jul 10-Aug 28 3:00 pm-5:30 pm
152947 \$7/7 sess

Kayak Adventures (8-15 yrs)

Get a taste of ocean kayaking in this fun program on False Creek inlet. Learn the basics: strokes, equipment and water safety. This program is run by a certified kayak instructor and runs rain or shine. Please dress appropriately for the weather and remember to bring water and a snack. **All youth need to provide a completed Waiver form to participate and should be able to swim.

Instructor: Canoe Club Instructor

Su Jun 10-Jun 24 12:30 pm-3:00 pm
156598 \$63/3 sess

Summer ☀

Su Jul 08-Jul 22 12:30 pm-3:00 pm
156599 \$63/3 sess

Su Aug 12-Aug 26 12:30 pm-3:00 pm
156600 \$63/3 sess

Fitness & Health

Fitness Orientation (13-18 yrs)

Want to learn how to use our fitness centre? Come down for a how to session, learn about how to use the equipment and pass information. An orientation is 45 minutes to an hour long. A PAR-Q forms needs to be filled out before the appointment. Please contact the Youth Leader at jason.datt@vancouver.ca

Instructor: TBA Instructor

Sa May 05-Jun 16 10:00 am-11:00 am
152397 Free/7 sess

Summer ☀

Sa Jul 07-Aug 25 10:00 am-11:00 am
156635 Free/7 sess

Youth Overboard Dragon Boat Team (13-18 yrs)

BANG! The starter gun fires and Youth Overboard surges ahead... If you are interested in learning new skills, being part of a team, and sharing great experiences with new friends then dragon boating with Youth Overboard is for you. We are always taking on new paddlers, from beginners to experienced. Please contact Jason at 604-257-8155 or Jason.datt@vancouver.ca

Instructor: Youth Leader

W May 02-Jun 27 4:00 pm-6:00 pm
152420 Free/8 sess

Summer ☀

W Jul 04-Aug 22 4:00 pm-6:00 pm
156626 Free/8 sess

Cooking

Iron Chefs of FCCC (12-18 yrs)

Learn how to take regular food items in your fridge and cupboards and make the ultimate snack! We are going to use these items and take them to the next level!

Instructor: Youth Leader

Sa May 05-Jun 23 11:30 am-1:30 pm
152400 Free/8 sess

Summer ☀

Sa Jul 07-Aug 25 11:30 am-1:30 pm
156658 Free/8 sess

Volunteer Opportunities (13-18 yrs)

Do you want to gain leadership experience, get hours for graduation and learn new skills? We are currently seeking volunteers for:

- Birthday Parties (Saturdays & Sundays)
- Parent & Tot Gym (Sundays) • Canada Day

If interested in any of these volunteer positions or others, please complete an on-line Volunteer Form at www.FalseCreekCC.ca.

You will find the form under:

About Us – Volunteer & Employment – Volunteers Make a Difference.

For more information, please contact Jason Datt, Youth Worker at 604-257-8155 or jason.datt@vancouver.ca

YVP - Youth Volunteer Program (12-18 yrs)

If you are 13-18 years old and want to gain valuable experience, prepare yourself for a job, or need hours for school. Join and volunteer with other youth, running events and activities for kids, decorating the centre, helping with special events. Jason always has snacks on hand and will write reference letters for youth who dedicate a significant amount of time to volunteering at the Creek.

Instructor: Youth Leader

Tu	May 01-Jun 26	5:00 pm-6:30 pm	Summer ☀️
152406		Free/9 sess	
Tu	Jul 10-Aug 28	4:30 pm-6:00 pm	
156631		Free/9 sess	



Youth Week is an internationally celebrated event to promote awareness of youth, increase positive public profile of youth and build stronger connections between youth and the community.

During Youth Week, young people around the world organize and participate in events, performances, forums and community projects.




Community Small Grants are available for you to get creative with celebrating Youth Week...write a grant, plan an event and promote your activities. Contact Eric at Eric.Yu@vancouver.ca to see how you can get involved.

May the Fourth Be With YOUth Dance will be held on Friday, May 4 from 7:30pm to 10:30pm at Trout Lake CC. Tickets are \$5 each from your Centre's Youth Worker, or \$7 at the door.




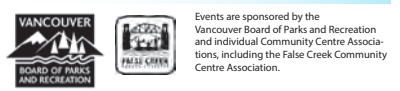
Please bring a valid school go-card when you come. A free photo booth, games, and prizes will be available. Contact Eric at Eric.Yu@vancouver.ca or visit the Youth Office to get your tickets starting April 1.



Basketball 3-on-3 Tournament will be held on Saturday, May 5 at Hillcrest Centre between 1pm and 7pm. To sign up a team, please email Matt Charan by April 25 with your team roster at Matthew.Charan@vancouver.ca.

Skateboard Event will be held on Saturday, May 5 from 1 to 4pm at the Vancouver Skate Plaza. All skill levels welcome. Contact Eric at eric.yu@vancouver.ca for a waiver form before you participate! This event is a partnership with the Vancouver Skateboard Coalition.





Youth Exploration Trips (12-18 yrs)

July 6	Kitsilano Outdoor Pool	156660	We are going swimming outdoors at one of the best pools in town! Kitsilano Pool! Ready...Set...Get Wet! 11:00 am-4:00 pm	\$5
July 13	Revs Bowling	156707	Let aim for a strike at Revs Bowling in the Brentwood area. 11:00 am-4:00 pm	\$12
July 20	Victoria Day Trip	156656	We are headed down to BC's Capital City Victoria. Bring your cameras for some great selfies on the lawn of the Parliament Building or the Empress Hotel. 8:00 am-6:00 pm	\$35
July 27	Big Splash Waterpark	156652	The 7-acre water slide park in Tsawwassen, British Columbia, features body slides, tube slides and kids friendly slides 10:00 am-5:00 pm	\$25
August 10	Spanish Banks	156721	Sun, Sand, and Castles! Spanish Banks is one of the best beaches to build sand castles and has an incredible view. Bring you cameras as there will be plenty of photo oportunites 11:00 am-4:00 pm	\$5
August 17	Greater Vancouver Zoo	156650	We will visit the Vancouver Aquarium, seeing some of the most amazing ocean animals in the world. From dolphins to otters, there is plenty to see! 10:00 am-4:00 pm	\$25
August 24	PNE Fair	156628	Lets head down to the fair and experience fun, games, and shows like the Super Dogs or the magician. The Fair is packed with a lot of interesting and fun exhibits! 11:00 am-5:00 pm	\$12

Friday Night Live

Our Friday night out-trips will get you off your sofa and on the road. Please note, a completed consent form and pre-registration is required for all out trips. Friday Night LIVE in-house activities are free, fun-filled evenings, with a different flavour of fun each week. No registration or consent required for free event nights. Please complete a consent form for all out-trips. Forms can be found at www.falsecreekcc.ca/youth.htm

Pre-teen (10-13 yrs)

May 4	Big Screen Games	152398	Its that time of year.....MAY THE FORTH BE WITH YOU!.....Its a Star Wars Movie with the Friday Night Live Crew! We will have the movie and the gym going all night!	FREE
May 11	Sports at the Beach	156096	We are going to enjoy the warm spring weather @ Kits Beach playing a few games of Ultimate Frisbee and Soccer!	\$5
May 18	Silver City Movie	156625	Big Screen! Big Sound! We are heading to SilverCity to catch one of the blockbuster movies of the year! 5:30 pm-9:15 pm	\$12
May 25	Sports 'n Snacks	154941	We will be playing team games and having some fun in the gym! After we are going to have some fresh made Grilled Cheeses!	FREE
Jun 1	Kitsilano Outdoor Pool	154948	We are going swimming outdoors at one of the best pools in town! Kitsilano Pool! Ready....Set...Get Wet!	\$5
Jun 8	Puzzle Quest	154942	We will have various puzzles, riddles, and quizzes for you to complete with a partner. The team with the most correct answers will win a prize!	FREE
Jun 15	Lip Sync Battle!	154943	We will be having a lip sync battle which you could do on your own or in a group. You choose your song and put on the best performance you can! Winners names will be posted on the youth board as Champions!	FREE
Jun 22	Last Day BBQ Bash!	152399	Last day of Friday Night Live until the fall. Come out for some fun games, great music, and awesome food!	\$2

Teen (13-18 yrs)

May 4	Youth Week Dance	152402	Join youth from all over the city at our May the Forth be with You Youth Week Dance at Trout Lake Community Centre. Pick up and drop off at False Creek CC. Please bring valid Go Card. 7:00 pm-11:00 pm	FREE
May 11	Quesadillas	156105	We will be playing team games and having some fun in the gym! After we are going to have some fresh made Quesadillas!	FREE
May 18	Silver City Movie	152403	Big Screen! Big Sound! We are heading to SilverCity to catch one of the blockbuster movies of the year! 5:30 pm-9:15 pm	\$12
May 25	Drop in Sports and Loungin	154939	Drop-in basketball, soccer or mini games @ FCCC. We will play and make smoothies afterwards	FREE
Jun 1	Scavenger Hunt	156117	A scavenger hunt for you to complete in teams throughout Granville Island. The team with the most correct answers will win a prize!	FREE
Jun 15	New Brighton Pool	156632	New Brighton is a outdoor pool nestled behind the PNE. It has lanes, slide and a decent deep section. 5:30 pm-8:30 pm	\$5
Jun 22	Last Day BBQ Bash!	156601	Last Day of Teen FNL! Come have some great food and games with friends!	\$2

Community Youth Development at False Creek CC

Youth services at False Creek Community Centre is a partnership between the Vancouver Board of Parks and Recreation and the False Creek Community Association.

The Youth Leader at False Creek Community Centre focuses on developing programs that reflects the principles of the CYD in the City of Vancouver; assessable, collaborative, and inclusive. Youth are involved with volunteer opportunities, social activities and program planning in a respectful atmosphere where they are able to implement and work on their decision making skills.