

Fitness & Health

Mom and Baby Barre (19-50yrs) **NEW**

Designed specifically for postpartum women, Fit 4 Two® Mom & Baby Barre focuses on strength, posture, core and flexibility. Inspired by a blend of ballet barre work, strength training, Pilates and yoga, barre style classes use the barre and a variety of equipment. The results, a long, lean and strong body. Pre-mobile babies only please. Drop in \$15.24, if space permits.

Instructor: Fit4Two Van Downtown/False Creek

Th Jan 18-Mar 15 10:00 AM-11:00 AM
[140234](#) \$118.63/9 sess

Infant Massage Workshop (0-7mos) **NEW**

Learn the basics of Infant Massage! Infant massage helps baby sleep better, relaxes and soothes, aids digestion, contributes to development, encourages bonding & improves communication. Research shows further benefits for babies with colic, eczema, babies with special needs and adoptive families. Mats, oil and handouts are provided. Please bring a blanket for baby. This workshop is designed for pre-mobile babies.

Instructor: Fit4Two Van Downtown/False Creek

Th Jan 11 10:00 AM-11:00 AM
[140237](#) \$23.81/1 sess

Abs, Butt, and Core (19+yrs) **NEW**

ABC - Improve your quality of life and workout performance in this Abs, Butt, and Core class. You will develop and strengthen your deep core, abdominal, and gluteal muscles, all while improving your posture, balance, and preventing injury. This class will use mostly body weight resistance so that you can focus on isolation and form. Bring a yoga mat and towel. Drop-in \$13.00, if space permits.

Instructor: Nicole Wutschnik

Th Jan 11 5:45 PM-6:45 PM
[143535](#) **FREE TRIAL**

Th Jan 18-Mar 22 5:45 PM-6:45 PM
[141289](#) \$100/10 sess

BeMoved (19+yrs)

BeMoved is a dance fitness experience for people of all movement abilities. During a one hour class participants experience a well-being transformation. The Warm-up infuses breath and movement through choreographed, artistic sequences that activate core strength and balance while improving flexibility and coordination. The Genre section of class uses continuous engaging dance combinations to inspire anyone from first-time dancers to the seasoned performer. Finally, the Cool-down brings your work out full circle, leaving you balanced in mind, body and soul- feeling rejuvenated. Drop ins \$14.00 if space permits.

Instructor: Anita Siu

F Jan 12 1:30 PM-2:30 PM
[134829](#) **FREE TRIAL**

F Jan 19-Mar 16 1:30 PM-2:30 PM
[134825](#) \$108/9 sess

Medical Qigong (19+yrs)

This is an experiential introduction to how Qigong can enhance your life. Learn many different cleansing and healing movements along with relaxing meditations. All fitness levels welcome. This class is for adults looking to find greater vitality and awareness in daily life. For more info, please visit johnweiss.ca. \$14.29/drop in. No class on March 21, 25 and April 1.

Instructor: John F Weiss

Su Jan 14-Feb 25 9:15 AM-10:30 AM
[134865](#) \$83.81/7 sess

Su Mar 4-Apr 29 9:15 AM-10:30 AM
[134866](#) \$83.81/7 sess

W Jan 17-Feb 28 10:15 AM-11:30 AM
[134867](#) \$83.81/7 sess

W Mar 7-Apr 25 10:15 AM-11:30 AM
[134868](#) \$83.81/7 sess

The Expressive Body - Healing with Movement (19+yrs)

Feeling stuck in your life? Come find out how to use your own unique free-form way of moving to check-in to what's truly resonating in your life. This journey will also include a little drawing, writing and reflection as you take a playful and creative look at yourself. Dance the soul within! No experience needed. For more info, please visit johnweiss.ca.

Instructor: John F Weiss

Sa Jan 27 10:00 AM-1:00 PM
[134925](#) \$45.71/1 sess

Sa Feb 3-Feb 24 10:00 AM-11:30 AM
[134924](#) \$48.57/4 sess; \$14.29/Drop-in

Nia with Noelle (19+yrs)

Nia is a nutritious, synergistic movement practice blending martial arts, dancing arts and healing arts done to soul stirring music to create a powerful fun workout that strengthens your whole body. Step into your own joyful journey for a conditioning and healing experience that is adaptable for Every Body. *register for both Tues, Thurs. and receive an 25% discount for both days (only avail.in person or by telephone before the start of the 3rd session) Drop-in \$13.34.

Instructor: Noelle Wardell

Tu Jan 9-Mar 27 9:45 AM-11:00 AM
[134873](#) \$96/12 sess

Th Jan 11-Mar 29 9:45 AM-11:00 AM
[134874](#) \$96/12 sess

Nia with Team Joy (19+yrs)

Welcome to Nia, where loving your body is loving your life and where dancing through life is the body's way. Nia is a conscious movement practice that blends martial arts, dancing arts and healing arts choreographed to soul-stirring music. Team Joy consists of four inspiring teachers who invite you to step into your own joyful journey for a conditioning and healing experience that is adaptable for every body. Drop in \$13.34 space permitting.

Instructor: Team Joy

Sa Jan 13-Mar 17 11:00 AM-12:15 PM
[134875](#) \$114.29/10 sess

Method of Modern Movement (19+ yrs)

Method of Modern Movement is a full body conditioning class that works through a flow of movements where fitness meets the foundation of classical dance techniques with Latin flare. All levels welcome. \$14.29 drop-in.

Instructor: Janelle Ordiales

F Jan 12-Mar 16 9:00 AM-10:00 AM
[134869](#) \$114.29/10 sess



Fitness & Health cont'd

Vancouver Sun Run InTraining Program (13+yrs)

Whether you're a runner or walker of any level, the Vancouver Sun Run InTraining Program will help you reach your fitness & health goals in a safe and supportive environment! The 13-week program, designed by SportMedBC's RunWalk Coach, Olympian Lynn Kanuka, will gradually develop your strength and stamina so that you can train injury-free for the 2018 Vancouver Sun Run. Join the InTraining community of walkers & runners across the province, and receive: 13 guided run/walk sessions with trained leaders, your Vancouver Sun Run race entry, a logbook with your 13-week training plan, exclusive gear, nutrition tips, and more!

Sun Run - Walk10km (13+yrs)

The Walk10K program follows a nice, progressive, change-of-pace walking program that is appropriate for both beginners and experienced walkers. Youth participants ages 13-16 must be accompanied by an adult. Registration opens December 6, 2017. No refunds as of Friday February 2 and no registration after the 3rd week of class.

Instructor: SportMed BC

Sa Jan 20-Apr 14 9:15 AM-11:15 AM
[137478](#) \$150/13 sess

Sun Run - LearntoRun10km (13+yrs)

The LearnToRun10K program is designed for anyone who is interested in learning to run, or who has not been steadily running for the past three months. Participants will start out slowly (with more walking than running) and build up their stamina gradually. Youth participants ages 13-16 must be accompanied by an adult. Registration opens December 6, 2017. No refunds as of Friday February 2 and no registration after the 3rd week of class.

Instructor: SportMed BC

Sa Jan 20-Apr 14 9:15 AM-11:15 AM
[135250](#) \$150/13 sess

Sun Run - Run10kmStronger (13+yrs)

This program is designed for participants who have previously completed the LearnToRun10K program, and/or are already running for 30 minutes, 3x per week. Participants will increase their endurance, and learn how to 'pick up' their pace. Select this option if you are interested in the new RunWalk10K program. Youth participants ages 13-16 must be accompanied by an adult. Registration opens December 6, 2017. No refunds provided by February 2 and no registration after the third week of clinics.

Instructor: SportMed BC

Sa Jan 20-Apr 14 9:15 AM-11:15 AM
[135251](#) \$150/13 sess



Zumba (19+ yrs) **NEW**

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. Drop in \$11.43 space permitting. <http://www.ZumbaVancouver.ca>

Instructor: Zumba Vancouver

Tu Jan 9 6:15 PM-7:15 PM
[134939](#) **FREE TRIAL**

Tu Jan 16-Feb 27 6:15 PM-7:15 PM
[134937](#) \$63.33/7 sess

Tu Mar 6-Apr 24 6:15 PM-7:15 PM
[134938](#) \$72.38/8 sess



Hoop Dance (19+ yrs) **NEW DAY**

Come dance with us! In this class we will learn basic hoop dance moves, tricks (both on and off body) & short dance sequences. This class is great if you want to try hooping for the first time, or want to try a new form of creative movement and low-impact exercise in a fun & positive environment. Bring your own hoop or use one provided. Drop in \$12.10 gst not included.

Instructor: Sunni

Th Jan 18 7:15 PM-8:15 PM
[134846](#) **FREE TRIAL**

Th Jan 25-Mar 22 7:15 PM-8:15 PM
[134845](#) \$88.29/9 sess

Taxes not included in fees.

Yoga

Rise and Shine with Purna Yoga (19+yrs)

Join this group of early risers for a fun and energizing yoga class. Alignment-based asana, juicy stretches and restorative relaxation: what better way to start your day! All levels welcome. Sorry, no drop-ins.

Instructor: Laura Arpiainen

Th Jan 4-Mar 15 7:00 AM-8:00 AM
134913 \$157.86/11 sess

Yoga4StiffGuys - All Levels (19+yrs)

An all levels yoga series designed by Kate Misurka (misurkayoga.com) for guys who want to improve flexibility, increase strength, and relax the mind and body. Although everyone is welcome, this class pays special attention to parts of men's bodies that are often the least flexible with an emphasis on poses to open the hips, quadriceps, hamstrings and lower back. No class February 12. Drop in \$14.28, space permitting.

Instructor: Misurka Yoga Ltd.

M Jan 8-Mar 26 7:00 PM-8:00 PM
134930 \$132/11 sess

Yoga4StiffGuys- The Basics Plus (19+yrs)

A yoga series developed by Kate Misurka for guys that are newer to yoga, want to improve flexibility, increase strength, and relax the mind and body. Although everyone is welcome, this class 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 \$14.28, space permitting.

Instructor: Misurka Yoga Ltd.

W Jan 3-Mar 28 7:30 PM-8:30 PM
134932 \$156/13 sess

Chair Yoga (19+ yrs) **NEW DAY**

Yoga adapted to the Chair makes more yoga more accessible to more people. The many benefits of yoga can be enjoyed without getting up and down from the floor. This gentle yet deep practice works all parts and systems of the body. Breath awareness calms and balances the body and the mind. Some optional standing poses using the chair for balance help to improve strength and balance. Drop-in \$12.38. No class on February 12.

Instructor: Bonnie Anderson

M Jan 8 12:30 PM-1:30 PM
134832 **FREE TRIAL**

M Jan 15-Feb 19 12:30 PM-1:30 PM
134831 \$52.40/5 sess

M Feb 26-Mar 26 12:30 PM-1:30 PM
145218 \$52.40/5 sess



Iyengar Yoga - Mixed Level (19+yrs)

Reduce stress and move with more ease! Iyengar adapts to your personal needs, regardless of your age or health. In this class, you'll increase your flexibility, strength and endurance. Drop in \$20 space permitting.

Instructor: Siobhan Sloane-Seale

W Jan 17 5:30 PM-7:15 PM
134857 **FREE TRIAL**

W Jan 24-Feb 21 5:30 PM-7:15 PM
134855 \$80/5 sess

W Feb 28-Mar 28 5:30 PM-7:15 PM
134856 \$80/5 sess

Iyengar Yoga - Gentle Level (19+ yrs)

In this gentle yoga class, you will ease through your day feeling taller, calmer and more grounded. This class is ideal for students working with injuries, for older adults, or for anyone who needs to take it down a few notches! Drop-in \$19.00, space permitting. No class on February 8.

Instructor: Siobhan Sloane-Seale

Th Jan 18 11:00 AM-12:30 PM
134853 **FREE TRIAL**

Th Jan 25-Feb 22 11:00 AM-12:30 PM
134851 \$60/4 sess

Th Mar 1-Mar 29 11:00 AM-12:30 PM
134852 \$75/5 sess

Iyengar Yoga - Levels 1 and 2 (19+yrs)

Cultivate a healthy body, quiet mind and open heart! In this class you'll increase body awareness, flexibility and strength. Iyengar adapts to your personal needs, regardless of your age or health. All women and men are welcome. No session on February 12 and April 2. Drop in \$19.00, space permitting.

Instructor: Arezou Moeini

M Jan 8-Apr 23 6:00 PM-7:30 PM
134854 \$210/14 sess

The Joy of Gentle Yoga (19+yrs)

This is a gentle and therapeutic yoga class that works with every body's unique strengths and challenges. As well as using yoga mats, chairs and bolsters are used to make more yoga poses more accessible to more people in a deep, comfortable and safe way. This class will help build and maintain strength, tone and balance in both your body and mind. Bring your own blanket for the final relaxation. More information at www.joyofgentleyoga.com, Drop-ins are welcome. \$14.29

Instructor: Sylvia Smallman

Th Jan 11-Mar 29 1:30 PM-2:45 PM
134926 \$156/12 sess



Aerobics Schedule

No class on Jan 1.

| Monday | Tuesday | Wednesday | Friday | Sunday |
|---|---|--|--|---|
| Morning Fit 9:15 am-10:15 am Harry | Zoomerfit 9:15 am-10:15 am Jenny | Core Control 9:15 am-10:15 am Harry | Morning Fit 9:15 am-10:15 am Philippa | Zoomerfit 9:15 am-10:15 am Harry |



| FEES | ADULT | 55+ yrs |
|-----------|-------|---------|
| Drop-in | \$5 | \$3.75 |
| 10 visits | \$45 | \$33.75 |
| 20 visits | \$90 | \$67.50 |

| | |
|---------------------|---|
| Morning Fit | A balanced workout emphasizing cardiovascular health, step & low impact conditioning, resistance training, stretching and body alignment. |
| Zoomerfit | Moderate cardio, free weights, and gentle stretching for the zesty, zippy, pre/present/post boomer in you. |
| Core Control | Functional fitness & body alignment using your own body's resistance and a variety of equipment. (No cardio). |



Education

Spanish Beginner Level 1 (19+yrs)

Bienvenidos! Come and learn Spanish with us. This class is designed for you to learn a new language in a relaxing and enjoyable atmosphere. The emphasis of the course is on communications, proper phonetics, vocabulary, some basic grammar and writing. Class includes text book "Soleado Level 1". By the end of the course you will be able to introduce yourself in Spanish, converse about travel, work and much more.

Instructor: Rohana Filippi

Tu Jan 16-Mar 20 2:15 PM-3:45 PM
140855 \$114.29/10 sess

Spanish Level 2 (19+yrs) **NEW**

Adelante! Join my small class designed to improve the basic Spanish learned in Beginners Level 1. Emphasizing communication, you will become familiar with idiomatic expressions and verbs such as estar, gustar, tener, and hacer. At end of the course you'll be able to talk about your family, to order in a restaurant, go shopping, ask the time and more. Soleado 1 textbook is required and can be purchased at the second class.

Instructor: Rohana Filippi

Tu Jan 16-Mar 20 12:30 PM-2:00 PM
134914 \$114.29/10 sess

Spanish Conversational (19+yrs)

Are you too shy to speak Spanish? Would you like to be able to converse more comfortably and have fun with the language? Together we will chat in a friendly environment, discuss subjects that interest you in small groups, practice useful dialogues on everyday topics and enjoy words game and short stories. During this course, we will provide audio and written materials to improve your listening and understanding, enrich your vocabulary, learn idioms and develop your conversational skills. TE ESPERAMOS! Drop-ins \$14.29 if space permits.

Instructor: Rohana Filippi

Tu Jan 16-Mar 20 4:00 PM-5:00 PM
134915 \$100/10 sess

Taxes not included in fees.

Basic Digital Photography (19+yrs)

Learn to use the most important functions on your new SLR camera, including aperture, shutter speed, ISO, white balance, flash and metering modes. Learn why photographers do not shoot on 'auto' and some of the basic concepts such as depth of field, shooting motion, and window light portraits. Visit dwphotography.com for more info.

Instructor: Doug Williams

Sa Feb 3-Feb 24 2:00 PM-3:45 PM
134819 \$138.10/5 sess

Empty Homes Tax Information Session (19+ yrs)

Vancouver homeowners are invited to attend this free information session on the Empty Homes Tax. If you own a home in Vancouver, you are required to make an Empty Homes Tax property status declaration by February 2, 2018. At this session, City of Vancouver staff will be available to answer your questions, provide you with step-by-step instructions on how to make your declaration, and assist you with making your declaration online. Registration only. For more information on the Empty Homes Tax, visit vancouver.ca/eht. For questions, call 3-1-1.

Facilitator: City of Vancouver - EHT

W Jan 10 1:00 PM-2:30 PM
143758 Free

Earthquake Preparedness- For you and your Pets (16+yrs) **NEW**

The key to preparedness is ensuring you are prepared. But what about our pets? We saw in Hurricane Katrina that people refused to evacuate if they could not take their pets with them. Learn what you can do to ensure both you and your pets are prepared for any type of emergency or disaster you may be faced with.

Instructor: City Of Vancouver NEPP

Th Mar 15 7:00 PM-8:30 PM
139316 **FREE**

Earthquake Preparedness- Apartments (16+yrs)

This session is for the apartment/condo dwellers-who have unique challenges when preparing for emergencies or disasters. This session will ensure you and your family are prepared. It covers what is required to develop your emergency plan, when an earthquake strikes when you live in an apartment or strata.

Instructor: City Of Vancouver NEPP

Tu Apr 17 7:00 PM-8:30 PM
134841 **FREE**

Speech Craft (19+yrs)

Do you need to give presentations at work? Speeches to large groups? A toast to the bride or groom at an upcoming wedding? Learn and practice the art of public speaking in this practical 6 week course. Practice both impromptu speaking and prepared speeches. You'll be evaluated constructively and learn to evaluate others constructively and you may even have a lot of fun!

Instructor: Toastmasters Club #59

Tu Feb 20-Mar 27 7:00 PM-9:00 PM
134916 \$74/6 sess

Stress Management and Burnout Prevention (19+ yrs)

Dr. Peter Hudoba and Dr. Monique Giard combine their extensive medical and psychological knowledge with their years of meditation training, to offer a tried and true system for identifying, healing and preventing Burnout. Provides 6 CCPA-ACCP credits, and 6 EMDRIA credits. No class on February 12.

Facilitators: Dr. Peter Hudoba & Dr. Monique Giard

M Jan 22-Mar 5 7:00 PM-9:00 PM
134917 \$114.29/6 sess

Granville Island Open Circle (19+yrs)

In a circle, you'll work with a group of people who will provide you with a foundation to progressively feel and experience spirit. Each session includes an opening meditation followed by an experiential circle and a healing circle. For centuries, the open circle has been a popular way for people to begin their psychic, mediumship and spiritual exploration. Drop in \$4.76.

Instructor: Patrick Couling

F Feb 9-Mar 23 6:30 PM-8:30 PM
134844 \$31.00/7 sess

Philosopher's Café (16+yrs)

Philosophers Cafe is a series of informal public discussions in libraries, cafe's and recreation centres throughout Metro Vancouver. The Cafes, which are open to everyone, have brought dialogue and discussion to thousands of people who are interested in exploring issues from the absurd to the sublime.

Instructor: SFU Philosopher's Cafe

Facilitator: Mark Battersby

W Apr 4 6:30 PM-8:00 PM
W Feb 7 6:30 PM-8:00 PM

Creative Arts

Pottery -

Wheel Throwing (18+ yrs)

Join potter Keith Lehman, as he leads demonstrations of basic to advanced throwing skills and decorating and finishing techniques. Get acquainted with wheel work or take your throwing to the next level. Clay must be purchased at the first class. Price includes all tools, glazes, firing and additional studio time (see instructor for details). No registration after the second class.

Instructor: Keith Lehman

Tu Jan 16-Mar 6 6:30 PM-9:00 PM
[134905](#) \$160/8 sess

Th Jan 18-Mar 8 6:30 PM-9:00 PM
[134906](#) \$160/8 sess

Pottery

Handbuilding 1 (18+yrs)

A basic introduction to pottery making in a fun studio environment. You will create functional pottery using hand-building techniques. Earthenware clay must be purchased at the first class. Course price includes studio equipment use, glazes, firing and addition studio time.(see instructor for details). No registration after the 2nd class.

Instructor: Tessa Reed

W Jan 17-Mar 7 6:00 PM-8:30 PM
[134907](#) \$160/8 sess

Wheel Throwing

Skill Builder (18+ yrs)

For students with previous wheel throwing experience who are ready to move beyond centering and develop their skills quickly. Sessions will focus on technique and basic forms, helping you to move past problem areas using guided repetition. Clay must be purchased at first class. Price includes all tools, glazes, firing and additional studio time (see instructor for details). No registration after the 1st class. Completion of this course does not qualify for False Creek Community Centre pottery studio membership.

Instructor: Keith Lehman

Tu Mar 20-Apr 10 6:30 PM-9:00 PM
[134928](#) \$80/4 sess

Vancouver TheatreSports

Drop-in Improv Class (18+yrs)

This quick-witted workout is taught by a rotating roster of Vancouver TheatreSport League's finest players. Be guided through various theatre games designed to build and refine the skills needed for good improvisation. Ideally suited for beginner improvisers. No class on February 10. Drop-in \$20.

Instructor: Vancouver TheatreSports League

Sa Jan 6-Mar 17 1:30 PM-3:30 PM
 \$20/drop-in

Martial Arts

Aikido (16+ yrs)

Aikido is more than a self-defense art; it is a mindset and a way of life. Learn to understand the intention of an oncoming threat and how to disengage it peacefully. Size and strength do not matter in this class - you can move any mountain. Balance, timing, and especially an open mind will be your companions on the path to success. Drop in \$25.00 if space permits. No class on February 10. www.luckydogdojo.com

Instructor: Jess Hilliam

Sa Jan 13-Feb 17 1:00 PM-2:30 PM
[134812](#) \$104.14/5 sess

Sa Feb 24-Mar 31 1:00 PM-2:30 PM
[134813](#) \$104.15/5 sess

Karate - Ku Yu Kai Go-Ju

Ryu Adults (18+ yrs)

There is no first strike in karate. Go Ju Ryu founder Chogun Miyagi. Find your inner karate kid! Learn Go Ju Ryu karate the style featured in the original Karate Kid movies. Courage. Respect. Perseverance. Prudence. Self-Control. Character. Patience. Courtesy. Friendship. These are the principles of Ku Yu Kai. Shihan George Chan (7th degree black belt) and Sensei Julie Zilber (5th degree black belt) teach classes for all levels and all ages (minimum 6 years) in a friendly class environment. Continuous intake start any time. Progress at your own rate. (Students are taught to control their techniques. For safety reasons, any contact to the head, face, throat, groin and joints is strictly prohibited.) * Uniform optional for beginners. More info at kuyukai.com. Drop-in: \$12.00 per class.

Instructor: George Chan

Tu Th Jan 9-Feb 22 7:00 PM-9:00 PM
[134858](#) \$150/14 sess

Tu Th Jan 9-Feb 22 7:00 PM-8:30 PM
 \$130/14 sess

Tu Th Mar 6-Apr 19 7:00 PM-9:00 PM
[134859](#) \$150/14 sess

Tu Th Mar 6-Apr 19 7:00 PM-8:30 PM
 \$130/14 sess

Tai Chi Applications (16+yrs)

Learn an ancient system of self-protection emphasizing mindfulness, power, balance and agility - through the tools of push hands, two person sparring sets and solo power sets. This course is an ideal way to both begin and enhance your understanding of the martial arts. Registration only. No class on February 10 and March 31.

Instructor: Nathan Szredni

Sa Jan 13-Apr 28 11:00 AM-12:00 PM
[134919](#) \$168/14 sess



Pottery Studio Membership

New pottery studio memberships are limited to those who have completed a minimum 8 week pottery course within the last 2-3 years at the False Creek Community Centre. Completion of a course does not guarantee membership, but means you are eligible to purchase one should space become available.



Tai Chi with Nathan Szredni (16+yrs)

An ancient and unique system of health enhancement and self-defense, emphasizing relaxation, balance, coordination and agility, Tai chi incorporates both mental and physical discipline. Suitable for all ages and fitness levels, classes are conducted in a fun and relaxed manner. Over the last 15 years, Nathan has taught Tai Chi to hundreds of students. No class on February 10, 12, March 31 and April 2. Drop in's \$13.33. All levels welcome.

Instructor: Nathan Szredni

| | | |
|------------------------|----------------------|--------------------------|
| M | Jan 8-Apr 30 | 10:30 AM-11:30 AM |
| 134920 | | \$180/15 sess |
| M | Jan 8-Apr 30 | 5:45 PM-6:45 PM |
| 134921 | | \$180/15 sess |
| Sa | Jan 13-Apr 28 | 9:30 AM-10:30 AM |
| 134922 | | \$168/14 sess |

Tai Chi: Exploring Yang Style (19+ yrs)

The gentle movements of Tai Chi improve balance, alignment, and range of motion and foster body awareness while promoting relaxation. The widely practiced Yang Style is the foundation for this mixed levels class, where you will gain an understanding of the basics or expand your practice as we work towards learning the classic Long Form. Suitable for all body types and fitness levels. Taught in moderate stance with no extreme moves. Drop in \$12.38, space permitting.

Instructor: Jean Kares

| | | |
|------------------------|----------------------|------------------------|
| Tu | Jan 16-Mar 20 | 7:00 PM-8:30 PM |
| 134923 | | \$120/10 sess |

Taxes not included in fees.

Sports

Basketball (16+ yrs)

Recreational 3 on 3 basketball - games are organized by players. Spots are held for registered participants for 15 minutes after start time and then may be sold to drop-in players. In-person drop-in sign up starts at 7pm. Completed waiver forms required for participants under 19 years. Drop-in \$4.76, space permitting. No class on February 12.

Instructor: No Instructor

| | | |
|------------------------|----------------------|------------------------|
| M | Jan 8-Mar 26 | 7:30 PM-9:30 PM |
| 134821 | | \$41.9/11 sess |
| W | Jan 10-Mar 28 | 7:30 PM-9:30 PM |
| 134822 | | \$45.71/12 sess |

Indoor Soccer (16+ yrs)

Also known as futsal, this game is played with a smaller, heavier ball. Sign up as a single or register up to one additional person. Spots are held for registered participants for 15 minutes after start time and then may be sold to drop-in players. In person drop-in sign up starts at 7:00pm. Completed waiver forms required for participants under 19 years. Drop-in \$4.76, space permitting

Instructor: No Instructor

| | | |
|------------------------|---------------------|------------------------|
| Th | Jan 4-Mar 29 | 7:30 PM-9:30 PM |
| 134847 | | \$52/13 sess |

3 Great Reasons to Kayak with False Creek Community Centre



- 1 Friendly, experienced instructors with a passion for teaching & kayaking.
- 2 The sheltered waters of False Creek
- 3 A 50% discount off the first month of the Kayak Club when registering within 2 weeks of course completion & certification.

Kayak and Canoe Club (13+ yrs)

An excellent opportunity for certified participants to get out on the water without owning or storing a boat! Join the club and boats can be signed out for up to two hours during our regular hours of operation. Canoe Club members need RCABC Level 2 certification and Kayak Club members need to have successfully completed an Introduction to Kayaking program that includes solo capsiz recovery, both within the past three years. An orientation is also required before getting started. *13 - 18 year olds need certification and must be accompanied by an adult with certification. Please ask at the office for more details.

[\\$51.43/month](#) [\\$189.52/year](#)

Kayak Private Lessons (19+ yrs)

Never kayaked before? Already taken an introductory course and just need a refresher? Our 2 hour private semi-private lessons will help you focus on specific paddling skills at your own pace. We can accommodate up to 6 participants. Class will run rain or shine so dress appropriately for the weather. By appointment only, please contact jackie.webber@vancouver.ca for more information. A medical waiver/consent form is required prior to the lesson.

Instructor: Jacke Webber

By Appointment \$84.76/1 sess