

## Social

### Boys Only! **NEW** (10-13 yrs)

This program teaches life skills and fun to boys from 10-13 years old. Come and have a great time and remember its Boys Only!

*Instructor: Miles Belli-Singh*

**Th Oct 04-Dec 13 4:30 pm-6:30 pm**  
**178899** \$15/10 sess

### Girls Club! **NEW** (10-13 yrs)

This program teaches life skills and fun to girls from 10-13 years old. Come and have a great time and remember its JUST GIRLS!

*Instructor: Tamara Morrison*

**M Sep 24-Dec 10 4:30 pm-6:30 pm**  
**173730** \$15/10 sess

### Gamer Nation **NEW** (10-13 yrs)

Calling all gamers! Whether its board games, foose ball, air hockey, or videogames, come and see if you are the ultimate gamer!

*Instructor: Tamara / Miles*

**M Th Sep 24-Dec 10 3:00 pm-4:15 pm**  
**181369** Free

## Kidsproof Safety

### At Home Alone and First Aid for Kids (10-14 yrs)

This fun and active workshop helps prepare children to be at home alone and to respond to medical emergencies. Important skills are learned through interactive lessons and role play that help make both you and your child more confident when they are at home alone.

**Sa Nov 24 10:00 AM-2:30 PM**  
**171939** \$40/1 sess

### Bully Proofing **NEW** (7-11 yrs)

This program is designed to be preventative and proactive, so that children can avoid being bullied, and if they are bullied, know how to stop it.

**Sa Sep 22 10:30 AM-12:30 PM**  
**172080** \$25/1 sess

### Cyber Safe **NEW** (7-11 yrs)

It is estimated that 2 out of 3 households have a computer and access to the Internet. While this means access to many valuable resources, it also means that there are risks involved.

**Sa Nov 3 10:30 AM-12:30 PM**  
**181329** \$25/1 sess

## Education

### Youth Workshop Series -

#### Food Safe (13-18 yrs)

Food safe level 1 is a food handling, sanitation and work safety course designed for food service establishment operators and front line food service workers such as cooks, servers, bussers, dishwashers, and deli workers.

*Instructor: Youth Leader*

**Sa Dec 1-Dec 8 9:00 am-5:00 pm**  
**181421** \$30/2 sess

#### Series – Babysitting Course (11-18 yrs)

The Babysitting course covers everything from managing difficult behaviours to essential content on leadership and professional conduct as a babysitter.

*Instructor: Youth Leader*

**Sa Nov 24 9:00 am-4:30 pm**  
**181803** \$69/1 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 Sep 22-Nov 24 11:30 am-1:00 pm**  
**172483** \$12/10 sess

## Sports

### Variety Sports! **NEW** (8-13 yrs)

Come join us in the gym for various sports such as Dodgeball, Soccer, and Handball! Check the schedule to see what we are playing!

*Instructor: Youth Leader*

**F Sep 21-Dec 14 4:15 pm-5:15 pm**  
**172473** Free

### 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 Sep 18-Dec 11 4:00 pm-5:00 pm**  
**172472** Free

### 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 Sep 12-Dec 19 5:00 pm-6:15 pm**  
**172492** Free



## 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) • Halloween & Breakfast with Santa

If interested in any of these volunteer positions or others, please complete an on-line Volunteer Form at [www.FalseCreekCC.ca](http://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](mailto: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 Sep 25-Dec 11 5:00 pm-6:00 pm**

**172493** Free



## Friday Night Live!

### Teen Friday Night Live! (12-18 yrs)

Welcome to the Teen Friday Night Live! In this class we will play in the gym, cook, or volunteer! (please see schedule attached to the consent form) NO CLASS on Sep14, Oct 19, Nov 16, Dec14.

*Instructor: Youth Leader*

**F Sep 07-Dec 14 6:30 pm-8:30 pm**

**172487**

Free

### Teen Friday Night Live! - Sports at Kits Beach (12-18 yrs)

We are heading to Kits for some basketball, volleyball, and ultimate frisbee. Bring your gear and lets play in the sun before its gone!

*Instructor: Youth Leader*

**F Sep 14 5:30 pm-9:00 pm**

**181359**

Free

### Teen Friday Night Live! - Silver City Movie (12-18 yrs)

Big Screen! Big Sound! We are heading to SilverCity to catch one of the blockbuster movies of the year!

*Instructor: Youth Leader*

**F Oct 19 5:30 pm-9:00 pm**

**172490**

\$12/1 sess

### Teen Friday Night Live! - Bowling (12-18 yrs)

Lets hit Grandview Lanes for some intense bowling action. We are going to split up into 2 teams and play for bragging rights!

*Instructor: Youth Leader*

**F Nov 16 5:30 pm-9:00 pm**

**172486**

\$12/1 sess

### Teen Friday Night Live! - Christmas Light Tour (12-18 yrs)

We are headed downtown to sip on some hot chocolate and see the lights and decorations for the holiday season.

*Instructor: Youth Leader*

**F Dec 14 5:30 pm-9:00 pm**

**181357**

Free

**Water Ways Cafe**

**Hungry? Could you use a snack or an ice cold drink?**

**Come to the Water Ways Cafe!**

**We have cold treats, iced drinks, candy, and some great hot food choices**

**Please see the Cafe in September, located across the False Creek Centre main office for dates and times!**



# 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](http://www.falsecreekcc.ca/youth.htm)

## Pre-teen (10-13 yrs) Instructor: Tamara / Jay Jay

Sep 21	<b>Hilarious Group Games</b>	172477	We will be split into teams doing some ridiculous fun challenges, testing your group's teamwork and skills!	FREE
Sep 28	<b>Big Screen Movie Night</b>	172474	We got the BIG SCREEN, BIG SOUND, BIG FUN movie of the season for Friday Night Live. We will vote on movies before playing. See you there!	FREE
Oct 05	<b>Gym sports and Games</b>	175668	Its time for some Sports and Games in the mini gym and games room. There will be a surprise snack too!	FREE
Oct 12	<b>Bowling</b>	175665	Join us for a great time at Grandview Lanes where we will be 5 pin bowling strikes and spares all night long! <b>5:30 pm-9:00 pm</b>	\$12
Oct 19	<b>Pizza Night!</b>	181344	Let make some PIZZA! Everyone come down play some sports in the gym and then make some tasty personal pizza!	FREE
Oct 26	<b>Halloween Howler Dance!</b>	172481	Calling all ghosts, monsters, witches, princesses and super heroes... It's time to Party! come out and dance, play games and win prizes with the youth team! see you all there! <b>6:00 pm-8:30 pm</b>	\$3
Nov 02	<b>Watermania</b>	172475	We are going swimming at one of the best wave pools in town! Watermania...here we come! <b>5:30 pm-9:00 pm</b>	\$12
Nov 09	<b>Ice Skating</b>	172482	The group is heading out for some "Cool" fun! We will be tearing up the ice and warming up with some hot chocolate.	\$6
Nov 16	<b>Video Game Night</b>	175669	Its time to test your might in some PS4 and Wii action. Bring games and your controllers for some great multiplayer action!	FREE
Nov 23	<b>Ultimate Lip Sync Battle!</b>	172479	Choose your song! Remember the words.....Practice your moves and enter the Ultimate Lip Sync Battle!	FREE
Nov 30	<b>Silver City Movie</b>	172480	Big Screen! Big Sound! We are heading to SilverCity to catch one of the blockbuster movies of the year! <b>5:30 pm-9:00 pm</b>	\$15
Dec 07	<b>Pajama Night and Waffles!</b>	175670	Bring your PJ's and make some delicious waffles, play some games, and hang out with your friends!	FREE
Dec 14	<b>Xmas Party</b>	172476	Last day of Friday Night Live of the fall. Come out for some fun games, great music, and awesome food!	\$2

# FRIDAY NIGHT LIVE

## 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.