



Recreation Guide Fall 2026



FALL
REGISTRATION STARTS

Online & In-Person
Tuesday, August 25 - 7 PM

By Phone
Wednesday, August 26 - 10 AM





Welcome to the False Creek Community Centre Fall calendar!

After what can only be described as an epic summer in Vancouver – sunshine, summer camps, neighbourhood events, and a little thing called the World Cup bringing soccer energy to the city – we are delighted to share the programs and events coming up this fall at FCCC.

This summer, the centre was buzzing. Our three summer camps brought children and youth through the doors every day, filling the building with exactly the kind of joyful chaos that makes a community centre feel alive. We were also thrilled to host our soccer celebration event and our annual Summer Kick-Off event. Thank you to everyone who joined us, volunteered, participated, and helped make the summer such a success.

We are especially excited that our kitchen renovation is completed. The updated space will be outfitted for cooking lessons, food-based programs, and community gatherings centred around preparing and sharing food. We cannot wait to see this renewed kitchen become another place where neighbours can learn, connect, and build community together. Keep an eye out for new kitchen programs coming soon!

Fall also brings back some favourite False Creek traditions. Our Halloween Howl event returns, and we cannot wait to see the costumes, creativity, and spooktacular surprises. It is always one of the highlights of the season and definitely not one to miss. Our Parent and Tot Gym will also reopen in September, and we look forward to welcoming back parents, caregivers, and little ones. Looking ahead to December, Santa will be stopping by for our Breakfast with Santa event on December 12, followed by our Winter Solstice celebrations on December 21.

Our Seniors Social events continue on the second Wednesday of every month. A very special thank you goes to our Youth Leadership team for volunteering with these events over the summer. It has been wonderful to see different generations connecting in such a meaningful way. This fall, we are also excited to introduce Chair Yoga as a new senior's program, along with the return of Senior's Creative Dance, hosted by Ballet BC.

On May 13, we held our Annual General Meeting and elected new board members. I am very pleased to welcome Shahrouz Shoghian and Queenta Petit to the False Creek Community Association Board of Directors. Their professional guidance and commitment, together with the dedication of our returning board and committee members, staff, volunteers, and Vancouver Park Board partners, help us continue working toward our vision of a happy, healthy, and connected community.

Many of us live, work, play, and raise our families in the False Creek and Fairview neighbourhoods. We are grateful for this place, proud to call it home, and excited for another season of community, connection, and care at False Creek Community Centre.

Warmly,

Jelena Brcic

President, False Creek Community Association



**FALSE CREEK
COMMUNITY CENTRE
on Granville Island**

1318 Cartwright Street
Vancouver, BC V6H 3R8

Phone 604-257-8195

Fax 604-257-8194

falsecreekcc@vancouver.ca

www.vancouver.ca/falsecreekrec

Association Website:

www.FalseCreekCC.ca

FALL REGISTRATION

**Online & In-Person
Tuesday, August 25
7 PM**

**By Phone
Wednesday, August 26
10 AM**

Create your account at vanrec.ca





Refund Policy

All refund and program transfer requests must be made in person or by phone. Refund and program transfer requests before 24 hrs prior to the first class will result in a full refund/program transfer less a \$5 admin fee. Requests made after this and before 72 hrs prior to the third class will result in a prorated transfer or a prorated refund less a \$5 admin fee. All refund/transfers are subject to a \$5 admin fee per transaction.

Please note the following exceptions:

- Special events, one day workshops, out trips, kitchen programs, and waterfront programs require 7 days notice for a full refund or program transfer, less a \$5 admin fee.
- Day Camps require 14 days notice for a refund or program transfer less a \$5 admin fee.
- Pottery & Tennis programs require 72 hrs notice prior to the first class for a refund or program transfer, less a \$5 admin fee.
- The refund rates for all Birthday Party Packages are as follows:
 - full refund for cancellations/transfers with 15 days or more notice;
 - 50% refund for cancellations/transfers within 8-14 days notice;
 - and no refund for cancellations/transfers with less than 7 days notice.
 - failure to notify within the specified time frame may result in the forfeiture of all or a portion of the payment.

No refunds or program transfers are provided after these deadlines. Programs and fees are subject to change without notice.

*Licensed Childcare Cancellation Refund Policy is included in the Parent Hand Book..

Cancellations

Register early to avoid disappointment! The centre reserves the right to cancel programs due to low enrollment. Decisions to run a course are usually made 48-72 hours prior to the program start date.

Leisure Access Program

The Leisure Access Program provides Vancouver residents who are in financial need with basic recreation programs and services at a reduced cost. False Creek Community Centre provides a 50% discount on our Fitness Centre drop-in fee & monthly passes as well as 50% off one program registration per person per season.



President Jelena Brcic
Vice-President Emmett Wallace
Treasurer William Harper
Secretary Charlotte Dron
Program Chair Shira Standfield

Board of Directors
 Sharon Christie
 Graciela David
 Queenta Petit
 Shahrouz Shoghian
 Howard Teasley

www.FalseCreekCC.ca

Membership Info

The Community Centre is jointly operated by the False Creek Community Association and the Vancouver Board of Parks and Recreation. When you register for a program or purchase a False Creek Fitness Centre pass, you will be provided the opportunity to become a member of the Association. This complimentary individual or family membership provides you with voting privileges at the Association's Annual General Meeting. For those individuals not registered in a program but who would like to join the Association, complimentary memberships are available by registering at the Front Desk.

Personal Information Protection

For information on our privacy policies and practices contact us at 604-257-8195.

Affiliated Clubs & Groups



False Creek Racing Canoe Club
www.fcrcc



www.falsecreektenniscub
ftcc.pres@gmail

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Facility Hours

Monday-Friday
6:30 AM-9:30 PM

Saturday & Sunday
9:00 AM-4:00 PM

Holiday Hours

- **Sep 7, Sep 30, Oct 12, Nov 11**
9:00 AM-12:30 PM
- **Dec 24, 27-31, Jan 2, 3**
9:00 AM-4:00 PM
- **Dec 25, 26, Jan 1**
Closed

*Please note the Fitness Centre opens Monday-Friday at 6:30 AM. The main centre opens at 9:00 AM
 Hours subject to change with short notice.



Looking for a space to hold a private function?

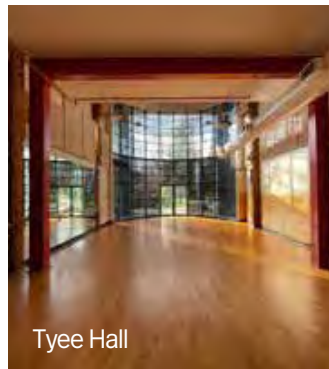
Located on beautiful Granville Island and conveniently near hotels, restaurants, and shops, False Creek Community Centre offers a picturesque setting for hosting a variety of events.

For more information contact our Rentals Coordinator at falsecreekrentals@vancouver.ca or 604-654-0792.

See our website here: www.falsecreekcc.ca/room-descriptions



Board Room



Tyee Hall

Board Room (20x25 feet)	\$35	20 people
Chinook Room (20x20 feet)	\$35	15 people
Fairview Room (14x30 feet)	\$35	15 people
Mini Gym (64x38 feet)	\$70	60 people
Tyee Hall (44x24 feet)	\$70	60 people
Lind Hall (65x49 feet)	\$115	200 people
Kitchen	\$35	

Weddings

With doors opening directly onto Sutcliffe Park behind the community centre, Lind Hall offers a beautiful backdrop for wedding ceremonies.

Available to book up to one year in advance on Saturdays & Sundays after 4pm.

Unfortunately we cannot host events which:

- Require admission fees or for profit ventures managed by the facilitator of the event.
- Represent religious or political organizations
- Are advertised to the general public
- Are attended by the media



Lind Hall



33rd ANNUAL WINTER SOLSTICE LANTERN FESTIVAL

A False Creek Community Association partnership with the Secret Lantern Society.

The winter solstice marks the longest, darkest night of the year.

This dance of sun and earth has inspired celebrations of the human spirit throughout the ages, and our own Winter Solstice Lantern Festival illuminates the night with lanterns, singing, dancing, music and storytelling!

On December 21, there will be workshops from 5-9:30pm, a procession at 6:30pm, and performances from 7-10pm.



Check the Secret Lantern Society website for details:
www.secretlantern.org

Lantern Workshops

Don't be left lantern-less! Artists from the Secret Lantern Society will help you make your own beautiful lantern. All materials are provided and participants are encouraged to bring pressed leaves and flowers or other decorative elements. Price is per lantern so parent and child can create one lantern together. All children must be accompanied by an adult.

Additional time to finish lanterns will be available on
Saturday December 19 from 12pm-4pm
(FREE with registration to any workshop)



Lantern Sales

Beautiful lanterns are available at the front desk in December. Purchase a lantern ahead of time and join us on December 21 to celebrate and illuminate the darkest night of the year. Lanterns include illumination and carrying stick.

Dec 15-Dec 21
\$25/Globe; \$35/Nature



STAR Lantern (10+ yrs)

All materials are provided and participants are encouraged to bring pressed leaves and flowers or other decorative elements. Price is per lantern so parent and child can create one lantern together. All children must be accompanied by an adult.

Instructor: Secret Lantern Society

Sa Dec 5 **10:00 AM-2:00 PM**
[628958](http://www.secretlantern.org) \$25/Lantern

GLOBE Lantern (10+ yrs)

Transform a balloon into a work of art. Price is per lantern so parent and child can create one lantern together. Children must be accompanied by an adult.

Instructor: Secret Lantern Society

Su Dec 6 **1:00 PM-3:00 PM**
[628959](http://www.secretlantern.org) \$15/Lantern

Su Dec 13 **1:00 PM-3:00 PM**
[628966](http://www.secretlantern.org) \$15/Lantern



NATURE Lantern (10+ yrs)

Create a lantern using organic materials (twigs, pressed flowers, leaves) for display in your home (not ideal for procession). Price is per lantern so parent and child can create one lantern together. Children must be accompanied by an adult.

Instructor: Secret Lantern Society

Sa Dec 12 **1:00 PM-4:00 PM**
[628964](http://www.secretlantern.org) \$30/Lantern

M Dec 21 **7:00 PM-9:30 PM**
[628967](http://www.secretlantern.org) \$30/Lantern

PIN-PRICK Lantern (6+ yrs)

Easy technique can be as simple or elaborate as you like. Child-friendly! Price is per lantern so parent and child can create one lantern together. All children must be accompanied by an adult.

Instructor: Secret Lantern Society

Sa Dec 12 **10:30 AM-11:30 AM**
[628961](http://www.secretlantern.org) \$15/Lantern

Su Dec 13 **11:00 AM-12:00 PM**
[628965](http://www.secretlantern.org) \$15/Lantern

Head Dress Making - Drop-In (6+ yrs)

Create a simple headdress from ivy and cedar! Drop-in only, while supplies last. All children must be accompanied by an adult.

Instructor: Secret Lantern Society

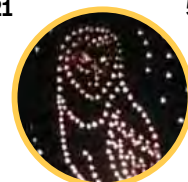
M Dec 21 **7:00 PM-8:30 PM**
\$5/Person

LAST-MINUTE PIN-PRICK Lantern (6+ yrs)

Make a lantern and join the procession right away! Price is per lantern so parent and child can create one lantern together. All children must be accompanied by an adult. This day-of workshop has supplies for up to 60 lanterns only.

Instructor: Secret Lantern Society

M Dec 21 **5:00 PM-6:30 PM**
\$15/Lantern





Sportball Birthday Party

2-10 yrs



Sportball offers high-energy, action-packed birthday parties for kids ranging in age from 2 - 10 years!

Kids enjoy a variety of sports and supervised games in a fun, structured and safe environment; festivities finish off with a traditional birthday celebration.

The kids will need to catch their breath before they blow out their candles!

Parties include 60 minutes of activities followed by 60 minutes of birthday celebrations with the coach.

Patrons are required to pay in full at the time of registration. Parent participation mandatory.

Inclusions: Sportball leader, gymnasium, tables, chairs.

Exclusions: decorations, table settings (plates, cutlery, cups, etc), snacks, food or beverages.

Regular birthday party refund policy applies.

Max. 15 kids with 1 coach, up to 20 kids with 2 coaches.

Instructor: Sportball Vancouver

Saturdays: Sep 12 - Dec 5 12:30-2:30 PM
633615 \$285/party

Additional \$70 for up to 20 children with an extra coach.

Birthday Parties

2-8 yrs

Have your birthday on Granville Island, at False Creek Community Centre.



This party is best suited for children from 2 to 8 years old. Once children arrive they have one hour in the gym, then go back to the party room for cake, food (nut-free) and drinks (brought by the participant).

*Please Note: No time adjustments or 3rd party vendors can be accommodated.

This party includes:

- 1-2 party attendants to assist with set up, clean up, and supervising equipment
- There is use of tables and chairs for eating in the party room. The mini gym provides ride-on cars, climbing apparatus, and play mats, a medium-sized bouncy castle is available by purchasing the party package add-on

Please note:

- Staff are not responsible for running games or other activities

Schedule:

- Set-up time: 12:30pm-1:00pm
- Party starts: 1:00pm
- Play/Gym time in the Mini Gym: 1:00pm-2:00pm.
- Party Room: 2:00pm-3:00pm.
- Party ends: 3:00pm.
- Party clean up: 3:00pm-3:30pm

Saturdays: Sep 12 - Dec 5 1:00-3:00 PM
632051 \$150/party

Sundays: Sep 13 - Dec 6 12:00-2:00 PM
632052 \$150/party

Additional \$80 for bouncy castle and extra leader.



LICENSED CHILDCARE

SWAMP WILLOW PRESCHOOL

We are a play based preschool that incorporates outdoor play, circle time, indoor free play, art and dramatic play every session. Led by qualified teachers, children are respected and valued. Fun theme days, parent presentations and an inclusive, flexible environment make a great preschool year.

3 YEAR OLD PROGRAM:

ACTIVITY #589954

- Tuesdays and Thursdays from 9:15am to 11:30am from Sep. 2026 to Jun. 2027
- Children must turn 3 by December 31st, 2026 and be diaper-free
- Registrations now open.

4 YEAR OLD PROGRAM:

Activity #589955

- Mondays, Wednesdays and Fridays from 9:15am to 11:45am from Sep. 2026 to Jun. 2027.
- Children must turn 4 by December 31st, 2026 and be diaper-free.
- Registrations now open.

OUT-OF-SCHOOL CARE

False Creek Before and After School Care is a licensed, play based, inclusive out of school care program for children enrolled at False Creek Elementary. Children have the opportunity to engage with peers during a variety of fun and educational activities.

Full day care is provided for professional development days and school holidays.

This program is currently **full**. If you wish to add your child's name to the list or have wait list questions, please use the form at

www.falsecreekcc.ca/childcare-waitlist/

*Please note there is generally a 3 year wait to obtain a spot.

*Priority registration is given to children who currently attend Swamp Willow Preschool, and siblings of children currently enrolled in out-of-school care. Age is taken into account.

WINTER TREKKERS 2026

Activity #633383

December 29 - December 31; 10AM-4PM

Registrations open **August 25** at 7pm online & in-person;
August 26 at 10am over the phone.

Ages 5 - 12 (Must at least be in Kindergarten)

More Info: <https://falsecreekcc.ca/licensed-childcare/>



Art, Culture & Environment

Endorphin Rush: Hip Hop Breakers (4-7 yrs)

This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats.

More information: www.kirbysnelldance.com \$14/drop-in if space permits.

Instructor: Endorphin Rush

Sa Sep 12-Oct 31 11:00 AM-11:45 AM
[632144](#) \$112/8 sess

Sa Nov 7-Dec 12 11:00 AM-11:45 AM
[632145](#) \$84/6 sess

Endorphin Rush: Little Ballerinas (3-5 yrs)

Young ballerinas explore the fun and beauty of ballet while learning the basic techniques. They will love playing with their creative expression in this fun class. Children must be able to participate without a parent in the room. There will be a presentation for parents/family on the last day.

More info: www.kirbysnelldance.com.

\$15/drop-in if space permits.

Instructor: Endorphin Rush

Sa Sep 12-Oct 31 9:15 AM-10:00 AM
[632140](#) \$112/8 sess

Sa Nov 7-Dec 12 9:15 AM-10:00 AM
[632141](#) \$84/6 sess

Endorphin Rush: Little Ballerinas (4-7 yrs)

Instructor: Endorphin Rush

Sa Sep 12-Oct 31 10:00 AM-10:45 AM
[632142](#) \$112/8 sess

Sa Nov 7-Dec 12 10:00 AM-10:45 AM
[632143](#) \$84/6 sess

Parent and Child Pottery w/ Sana (3-5 yrs)

Spend some bonding time with your little one making pottery. You will make different projects in each class such as a print of your little one's hand. Children must be accompanied by one adult and only siblings who are registered may attend. Please bring an apron. Price includes clay, all tools, glazing, and firing. No registration after the second class.

Instructor: Sana Ashraf

Sa Oct 3-Dec 5 9:30 AM-10:30 AM
[626780](#) \$173.75/10 sess

Art Jam and Cartooning (4-8 yrs)

Join this engaging class to create concept drawings, explore color palettes and develop freehand drawing skills in this specialized class. Learn how to tell stories through character development, thumbnails, layouts, and paneling, guided by a former Disney animator from Happy Kids Studios.

Instructor: Happy Kids Studios

Sa Sep 12-Oct 17 2:00 PM-3:00 PM
[633591](#) \$120/6 sess

Sa Oct 24-Nov 28 2:00 PM-3:00 PM
[633593](#) \$120/6 sess



Crochet Critters (8-12 yrs)

Ever wanted to learn how to crochet? Come join us for an 8 week beginner course learning all the basics! During this course we will explore crochet fundamentals such as making a chain, a single stitch, a double crochet, and much more! This course is intended for people with little to no experience with crochet.

Instructor: Maya Kazemi

Sa Oct 3-Nov 21 10:30 AM-12:00 PM
[634802](#) \$160/8 sess

Felting Friends (8-12 yrs)

Felting is basically painting with wool? Who wouldn't want to do that? Come explore how to create both 2D and 3D creations in this 8 week course! We will learn felting basics including safety, as well as how to make 3D characters, 2D landscapes, and much more. This course is open to new and longtime felters.

Instructor: Maya Kazemi

M Oct 5-Nov 23 5:00 PM-6:00 PM
[635328](#) \$160/8 sess

Fun Origami (Children) (8-13 yrs)

Learn how to make beautiful origami models! Origami is one of the traditional Japanese folk arts and is a mentally stimulating activity for all ages. Supplies included in course fee

Instructor: Aiko Matsushiba

Su Sep 20 10:00 AM-11:00 AM
[633949](#) \$15

Su Oct 18 10:00 AM-11:00 AM
[633950](#) \$15

Su Nov 22 10:00 AM-11:00 AM
[633951](#) \$15

Su Dec 20 10:00 AM-11:00 AM
[633952](#) \$15

Kids Pottery - Explore with Clay w/ Sana (6-12 yrs)

Imagination, creativity and getting your hands muddy are a great experience for kids. This class focuses on hand building techniques, pinching, coiling and soft slabs. Projects will be themed for the season. Please bring an apron. Price includes clay, all tools, glazing, and firing. No registration after the second class.

Instructor: Sana Ashraf

Sa Oct 3-Dec 5 10:45 AM-11:45 AM
[626781](#) \$223.75/10 sess

CONNECT WITH US



@theFalseCreekCC



Martial Arts

Karate - Ku Yu Kai Go-Ju Ryu (Children) (6-18 yrs)

Learn Go Ju Ryu karate, the style featured in the original Karate Kid movies. Courage, Respect, Perseverance, Prudence, Self-Control, Character, Patience, Courtesy and Friendship are the principles of Ku Yu Kai. Shihan George Chan (7th degree black belt) and Sensei Julie Zilber (5th degree black belt) teach all ages and levels together in a friendly class environment. Participants may start any time and progress at their own rate. Uniform is optional for beginners, available for purchase at the front desk. Waiver required before start of program. More information at www.kuyukai.com. Drop-in \$18 - space permitting.

Instructor: George Chan

Tu Th Sep 1-Oct 8 7:00 PM-8:30 PM
[632089](#) \$180/12 sess

Tu Th Oct 13-Nov 12 7:00 PM-8:30 PM
[632096](#) \$150/10 sess

Tu Th Nov 17-Dec 17 7:00 PM-8:30 PM
[632098](#) \$150/10 sess



TIP

Register Early!

To avoid the disappointment of a cancelled program, register early and invite your friends to join too!

LEISURE ACCESS PROGRAM

LAP



REDUCED COST RECREATION PROGRAMS AND SERVICES FOR CITY OF VANCOUVER RESIDENTS AVAILABLE AT OUR CENTRE.

Did you know?

False Creek Community Centre provides a 50% discount on one program registration per person per season. This includes day camps!

THE LEISURE ACCESS PROGRAM (LAP) IS FOR VANCOUVER RESIDENTS WHOSE LIMITED INCOME MAY PREVENT THEM FROM PARTICIPATING IN BASIC PARK BOARD PROGRAMS AND SERVICES.

FOR MORE INFORMATION
 VISIT: VANCOUVER.CA/LEISUREACCESS
 EMAIL: LAP@VANCOUVER.CA
 CALL: 3-1-1



Education

Baby Sign Language

(0-2 yrs)

Babies understand and can communicate long before they are able to speak. Research shows that babies who learn Sign Language learn quicker and talk earlier. Using songs and games learn how to teach your baby basic American Sign Language (ASL) so they can better convey their wants and needs and relieve unnecessary frustration. The instructor will teach you the signs and songs so you can practice at home. Babies can sleep during class or you can bring some toys. Newborn-24 months.

Instructor: Into Youga

M Oct 26-Nov 23 11:30 AM-12:15 PM



TIP

Register Early!

To avoid the disappointment of a cancelled program, register early and invite your friends to join too!

Private Piano Lessons - Beginner (5-54 yrs)

Gail Craig holds an Early Childhood Education License and an ARCT from the Royal Conservatory of Music; an ALCM in Performing, Teaching and Accompanying as well as an A. Mus. in Theory in addition to an LLCM in Teaching from the London College of Music; a LTCL from Trinity College; AVCM from the Victoria Conservatory of Music and an A. Mus. from Western Board. She has been teaching piano since the age of 14 and maintains a busy private teaching studio in Vancouver. Her piano classes objective is on nurturing the love of music, focus on the process of learning and understanding the messages of musical notation, how to be problem solvers, independent learners, how to communicate using music, setting short and long term goals and seeing their successes. No session Oct 12

Instructor: Gail Craig

Mondays

M Sep 14-Dec 14 632757	3:30 PM-4:00 PM \$429/13 sess
M Sep 14-Dec 14 632758	4:00 PM-4:30 PM \$429/13 sess
M Sep 14-Dec 14 632759	4:30 PM-5:00 PM \$429/13 sess
M Sep 14-Dec 14 632760	5:00 PM-5:30 PM \$429/13 sess
M Sep 14-Dec 14 632761	5:30 PM-6:00 PM \$429/13 sess
M Sep 14-Dec 14 632762	6:00 PM-6:30 PM \$429/13 sess

Wednesdays

W Sep 9-Dec 16 632763	3:30 PM-4:00 PM \$429/13 sess
W Sep 9-Dec 16 632764	4:00 PM-4:30 PM \$429/13 sess
W Sep 9-Dec 16 632766	4:30 PM-5:00 PM \$429/13 sess
W Sep 9-Dec 16 632767	5:00 PM-5:30 PM \$429/13 sess
W Sep 9-Dec 16 632768	5:30 PM-6:00 PM \$429/13 sess
W Sep 9-Dec 16 632770	6:00 PM-6:30 PM \$429/13 sess
W Sep 9-Dec 16 632771	6:30 PM-7:00 PM \$429/13 sess
W Sep 9-Dec 16 632772	7:00 PM-7:30 PM \$429/13 sess
W Sep 9-Dec 16 632773	7:30 PM-8:00 PM \$429/13 sess

Fridays

F Sep 11-Dec 18 632774	2:30 PM-3:00 PM \$495/15 sess
F Sep 11-Dec 18 632775	3:00 PM-3:30 PM \$495/15 sess
F Sep 11-Dec 18 632776	3:30 PM-4:00 PM \$495/15 sess
F Sep 11-Dec 18 632777	4:00 PM-4:30 PM \$495/15 sess
F Sep 11-Dec 18 632778	4:30 PM-5:00 PM \$495/15 sess
F Sep 11-Dec 18 632779	5:00 PM-5:30 PM \$495/15 sess
F Sep 11-Dec 18 632780	5:30 PM-6:00 PM \$495/15 sess
F Sep 11-Dec 18 632781	6:00 PM-6:30 PM \$495/15 sess
F Sep 11-Dec 18 632782	6:30 PM-7:00 PM \$495/15 sess
F Sep 11-Dec 18 632783	7:00 PM-7:30 PM \$495/15 sess
F Sep 11-Dec 18 632784	7:30 PM-8:00 PM \$495/15 sess
F Sep 11-Dec 18 632785	8:00 PM-8:30 PM \$495/15 sess





Sports

Sportball Indoor Soccer (3-5 yrs)

Sportball coaches develop competence and confidence. Children are taught the fundamental skills necessary to excel in soccer. These include throw-ins, dribbling, trapping, passing, goalie skills and more. Classes are dedicated to skills development and putting those skills to work in an exciting, non-competitive game. To learn more visit www.sportball.ca

Instructor: Sportball Vancouver

Tu Sep 15-Oct 27 11:30 AM-12:30 PM
[632307](#) \$112/7 sess

Tu Nov 3-Dec 15 11:30 AM-12:30 PM
[632309](#) \$112/7 sess

Sportball Indoor Soccer (4-6 yrs)

No session Oct 11

Su Sep 13-Nov 1 11:30 AM-12:15 PM
[632415](#) \$112/7 sess

Su Nov 8-Dec 20 11:30 AM-12:15 PM
[632417](#) \$112/7 sess



Sportball Multi-Sport (3-5 yrs)

Refine, rehearse, repeat. Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork. Each class focuses on one of eight popular sports. To learn more visit www.sportball.ca. No Session Oct 10, 17 and 31.

Instructor: Sportball Vancouver

Sa Sep 12-Oct 24 10:00 AM-10:45 AM
[632328](#) \$96/6 sess

Sa Nov 7-Dec 19 10:00 AM-10:45 AM
[632332](#) \$96/6 sess

Sportball Parent and Tot Indoor Soccer (2-3 yrs)

Participants are introduced to fundamental concepts of soccer and are provided the basic skills required to score with confidence in fun, exciting, skills-focused games. With the guidance and support of their Sportball Coach, parents and children zero in on soccer skills. Children are challenged according to their individual skill level and Coaches help grownups understand proven teaching techniques that can be applied outside of Sportball classes. To learn more visit www.sportball.ca

Instructor: Sportball Vancouver

Tuesdays:

Tu Sep 15-Oct 27 10:45 AM-11:30 AM
[632302](#) \$112/7 sess

Tu Nov 3-Dec 15 10:45 AM-11:30 AM
[632308](#) \$112/7 sess

Sundays:

Su Sep 13-Nov 1 10:45 AM-11:30 AM
[632399](#) \$112/7 sess

Su Nov 8-Dec 20 10:45 AM-11:30 AM
[632404](#) \$112/7 sess

Sportball Parent and Tot Multi-Sport (2-3 yrs)

Programs focus on physical literacy and social exploration as preschoolers learn fundamental sport skills and participate in creative motor games, songs, rhymes, stories, bubble time and more. Children are challenged according to their individual skill level and grownups are taught techniques to help toddlers refine motor skills while developing social skills. Sportball maintains a one-parent-per-child ratio policy in all Parent and Child programs to ensure that focus is kept on helping little ones practice and progress. No session Oct 10, 17 and 31.

Instructor: Sportball Vancouver

Sa Sep 12-Oct 31 9:15 AM-10:00 AM
[632311](#) \$80/5 sess

Sa Nov 7-Dec 19 9:15 AM-10:00 AM

Children's Tennis (10-13 yrs)

Level 1 Red Ball Fundamentals: Lessons start at ½ Court learning to rally and play while developing all basic strokes. Level 2 Orange Ball Game Play Fundamentals at ¾ Court further developing Skills, learning to Serve and play games and matches.

Instructor: Mauro Liceaga

Tu Sep 15-Oct 27 5:30 PM-7:00 PM
[632812](#) \$210/7 sess

Tu Nov 3-Dec 15 5:30 PM-7:00 PM
[632813](#) \$210/7 sess

Children's Tennis (7-9 yrs)

Level 1 Red Ball Fundamentals: Lessons start at ½ Court learning to rally and play while developing all basic strokes. Level 2 Orange Ball Game Play Fundamentals at ¾ Court further developing Skills, learning to Serve and play games and matches. Location: Mini Gym

Instructor: Mauro Liceaga

Tu Sep 15-Oct 27 4:30 PM-5:30 PM
[632814](#) \$210/7 sess

Tu Nov 3-Dec 15 4:30 PM-5:30 PM
[632815](#) \$210/7 sess

W Sep 16-Oct 28 4:30 PM-5:30 PM
[632823](#) \$180/6 sess

W Nov 4-Dec 16 4:30 PM-5:30 PM
[632828](#) \$180/6 sess

Children's Tennis - Mini Champs (4-6 yrs)

Level 1 Red Ball Fundamentals: Lessons start at ½ Court learning to rally and play while developing all basic strokes. Level 2 Orange Ball Game Play Fundamentals at ¾ Court further developing Skills, learning to Serve and play games and matches.

Instructor: Mauro Liceaga

Tuesdays:

Tu Sep 15-Oct 27 3:30 PM-4:30 PM
[632810](#) \$157/7 sess

Tu Nov 3-Dec 15 3:30 PM-4:30 PM
[632811](#) \$157/7 sess

Wednesdays:

W Sep 16-Oct 28 3:30 PM-4:30 PM
[632869](#) \$135/6 sess

W Nov 4-Dec 16 3:30 PM-4:30 PM
[632871](#) \$135/6 sess

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Art, Culture & Environment

Youth Pottery w/ Suling (12-18 yrs)

Join us for a time of creating with clay! We will warm up with pinching and slabbing projects, and then move to working on the wheel. We will also explore decorating techniques using coloured clay slips, and finish our pieces with glaze. Bring an apron! Price includes all tools, glazing, and firing. No registration after the second class. No class Oct 12.

Instructor: Suling Yuen

M Sep 14-Nov 9

[625251](tel:604-257-8195)

3:45 PM-5:15 PM

\$200/8 sess



Check out our weekly programs and activities for 2STGD and 2SLGBTQIA+ folks of all ages.
vancouver.ca/park-board-pride



Fitness & Health

Youth Weight Training (13-18 yrs)

Our knowledgeable fitness centre attendant will guide participants through a four-week program that covers all components of a complete fitness program: warm ups and cool downs, strength training, stretching, and balance and core training. Participants will leave with a fitness program to follow and have the confidence to continue using the fitness centre on their own. The free trial will start with a quick fitness centre orientation to get participants familiar and comfortable with the exercise machines. Please note that a completed Par-Q and Consent & Release forms are required. Drop ins only accepted for the free trial.

Instructor: Yury Voloshyn

Sa Sep 19

[628867](tel:604-257-8195)

12:00 PM-1:00 PM

FREE TRIAL

Sa Sep 26-Oct 17

[628859](tel:604-257-8195)

12:00 PM-1:00 PM

\$40/4 sess

Sa Nov 7-Nov 28

[630615](tel:604-257-8195)

12:00 PM-1:00 PM

\$40/4 sess

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Food Programming

Preteen Brunch Club (10-13 yrs)

Come spend your Saturdays learning life skills in a fun setting with friends! This program invites participants to practice their meal preparation, cooking and cleaning skills while making breakfast together. No session on October 17.

Instructor: Maya Kazemi

Sa Oct 3-Nov 28

[635816](tel:604-257-8195)

12:30 PM-2:00 PM

\$124/8 sess

Mochi Mooncake Making Workshop (13-18 yrs)

Celebrate Mid-Autumn Festival by making your own mochi mooncakes from scratch – no baking required. In this hands-on workshop, participants learn to make the delicate glutinous rice snow-skin dough, then shape and fill each mooncake with red bean, strawberry, or milky custard before pressing them with traditional wooden molds. Each participant takes home a box of finished mooncakes plus a recipe card to recreate them at home. Suitable for all skill levels – no cooking experience required. All materials will be provided. Led by Abraham Wong, a Hong Kong-born, Vancouver-based chef featured by CBC Vancouver for his Mid-Autumn mooncake teaching. Registration only, no drop-ins.

Instructor: Abraham Wong

F Sep 18-Sep 18

[635803](tel:604-257-8195)

4:30 PM-6:30 PM

\$70/1 sess

Baking Buddies (11-16 yrs)

Help us break in our brand new kitchen with some baking fun! This hands-on baking club gives youth the opportunity to build kitchen skills while working together to try a new recipe weekly. Everyone will take home a portion of the group's delicious creations. All ingredients and baking supplies are included – bakers are asked to bring an apron, their enthusiasm and an appetite!

Instructor: Chloe Bartlett

Th Oct 8-Dec 17

[635817](tel:604-257-8195)

4:30 PM-6:30 PM

\$225/12 sess



Social

The Creation Station (10-13 yrs)

Unwind, get creative, and come meet new friends in this relaxed, social craft program! Each month features a theme to spark inspiration, with a variety of materials available for participants to explore at their own pace. Whether you have a project in mind or are looking for ideas, Maya is there to provide guidance and encouragement. No experience is needed—just come ready to create, socialize, and have fun!

Instructor: Maya Kazemi

Th Sep 17-Dec 10
[635815](#)

5:00-6:30 PM
\$110/13 sess



Dungeons & Dragons

Come join the Dungeons & Dragons adventure at False Creek! D&D is cooperative fantasy role-playing game that takes participants on thrilling adventures through worlds of magic and monsters. This program will be lead by an experienced instructor, and new players are welcome! All the supplies needed to play will be provided, but participants with their own books and dice are welcome to bring them. No sessions on Sep 30 & Nov 11.

Instructor: Will Lochhead

13-17 yrs

W Sep 16-Dec 9 **4:00 PM-6:00 PM**
[635815](#) \$132/11 sess

Queer Youth Dungeons & Dragons (13-18 yrs)

Queer Youth Dungeons & Dragons is open to 2SLGBTQIA+ youth aged 13-18. Allies are welcome accompanied with queer friends. D&D is a cooperative fantasy role-playing game that takes participants on thrilling adventures through worlds of magic and monsters. This program will be lead by an experienced instructor, and new players are welcome! All the supplies needed to play will be provided, but participants with their own books and dice are welcome to bring them. No session on Oct 23.

Instructor: Will Lochhead

F Sep 18-Dec 11 **4:15 PM-5:45 PM**
[635812](#) \$104/14 sess

Bring your family and friends for a festive afternoon of gingerbread house decorating. Each group will create their own sweet masterpiece to take home. The best part is the False Creek Elves will do all the clean up! We'll get everyone in the spirit with a holiday movie, candy cones, and warm hot chocolate. It's the perfect way to kick off the season! Fee includes all supplies for one gingerbread house and up to 5 participants. Parent participation is required.

ALL AGES
SAT DEC 5
2:00-3:30 PM
\$20/SESS
#635786

ALL AGES
MON DEC 7
4:30-6:00 PM
\$20/SESS
#635787

This event is brought to you by our False Creek Youth Volunteers!

FAMILY GINGERBREAD HOUSE MAKING





Sports

Basketball- The Pennington Program (12-16 yrs)

This program focuses on skill development, decision making, and competitive gameplay in a fun, high-energy environment. Each session will include: Warm-up and ball handling development, Shooting fundamentals and repetition, 3v3 gameplay using simplified FIBA-style rules to teach spacing, movement, and teamwork, 1v1 play and competitive leaderboards, Shooting competitions to finish. The goal is to build confidence, improve fundamentals, and help players better understand how to play the game.

Instructor: Rod Pennington

M Sep 14-Nov 30 **3:45 PM-5:15 PM**
[632755](tel:632755) \$176/11 sess

Floor Hockey (10-13 yrs)

Calling all hockey fans and anyone who just wants to get moving! Each week starts with a group stretch, time to practice your shots, followed by scrimmage time and a shoot out to finish. We have sticks, pucks and goggles for everyone but you are welcome to bring your own (goggles must be worn in order to participate)! Don't forget your running shoes and water bottle! No drop-in's available for this program. Please note if the program is full and a participant does not attend 2 sessions in a row without providing notice to our staff (please call the front desk), you will receive a phone call to confirm whether you plan to continue with the program or we will open your spot up for other youth to access the program.

Instructor: Youth Staff

Th Sep 10-Dec 17 **6:00 PM-7:00 PM**
[635808](tel:635808) FREE/15 sess

Multisport Games (10-13 yrs)

This is a free program lead by Youth Volunteers (supervised by a Youth Staff) where participants will partake in a different gym game or sport each week. Registration is required. Please ensure participants wear activity appropriate clothing and shoes and bring a water bottle.

Instructor: Youth Staff

Fr Sep 25-Dec 4 **4:30 PM-5:30 PM**
[635818](tel:635818) FREE/11 sess

Youth Basketball Drop-In (12-18 yrs)

Free gym space for youth to practice their basketball skills. Participants are encouraged to bring their own basketball but we will have some available. Open to all skill sets! Don't forget your water bottle! Please note this program is unstructured and while we welcome the opportunity for a scrimmage game, this will be dependent on if there are enough interested participants the day of. All participants must scan their Citywide Youth Pass upon arrival which is a free pass that is loaded onto your One Card. Please see program instructor or visit the front desk to acquire the pass or One Card. **YOUTH ONLY, NO ADULTS PERMITTED IN PROGRAM SPACE.**

Instructor: Youth Staff

Th Sep 10-Dec 17 **4:15 PM-5:45 PM**
[635814](tel:635814) FREE/15 sess



Night Hoops Basketball (False Creek Team) (11-16 yrs)

Join Night Hoops, a FREE, community-driven basketball program where passion meets purpose. Designed for youth ages 11 to 16, Night Hoops blends skill-building, mentorship, and teamwork in a positive, high-energy environment. Led by experienced coaches and community mentors, players develop confidence, leadership, and lifelong friendships both on and off the court. All equipment is provided! Just show up ready to play and be a part of something bigger. Program is a combination between skills practices and league play where the team travels to other participating centres. Season for the schedule will be released by start of September and available on falsecreekcc.ca/youth or pick up a physical copy at the front desk.

Instructor: Night Hoops Coaches

F Oct 2-Dec 11 **6:00 PM-7:30 PM**
[635810](tel:635810) FREE/12 sess

Youth Volleyball Drop-In (13-18 yrs)

This is a non-instructional volleyball program that provides space and equipment for youth to practice their volleyball skills with other youth. Open to all skill sets. Don't forget your water bottle! Please note this program is unstructured and while we welcome the opportunity for a scrimmage game, this will be dependent on if there are enough interested participants the day of. All participants must scan their Citywide Youth Pass upon arrival which is a free pass that is loaded onto your One Card. Please see program instructor or visit the front desk to acquire the pass or One Card. **YOUTH ONLY, NO ADULTS PERMITTED IN PROGRAM SPACE.** No sessions on: Oct 17.

Instructor: Youth Staff

Sa Sep 26-Nov 28 **1:30 PM-3:30 PM**
[635809](tel:635809) FREE/10 sess

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PRETEEN PRO D CAMP

PUMPKIN PATCH OUT TRIP

AGES 10-13

Come spend your
pro d day at the
pumpkin patch and
take home your
very own pumpkin!

F Oct 23
9:00am - 4:00pm
\$50/1 sess
#635796

Please note this program is
rain or shine and includes the
use of public transportation.
In the event of inclement
weather, the activity may
change but participants will
be notified in advance.





CRAFT BIRTHDAY PARTIES

SATURDAYS 1:00-3:00 PM

SEP 12 - DEC 5 (NO PARTY AVAILABLE: OCT 10 & 17) - 1:00-3:00 PM

Come celebrate your special day at False Creek! You bring the cake & we'll take care of the fun and mess.

8-12 YRS

\$175/ PARTY

This party includes:

- Up to 12 guests (including the guest of honour)
- 30 minutes of early room access for any additional decor set up
- 1 hour with our party leader who will lead the group through one activity option of your choice (1:00-2:00pm)
- 1 hour of party room use (2:00-3:00pm)
- Craft activity supplies
- Use of a refrigerator, tables & chairs
- Basic decorations (streamers & birthday banner)
- Use of our Bluetooth Speaker
- Activity options include:
 - (1) DIY Keychain Station
 - (2) Painted Tote Bags
 - (3) Felt Name Penants
 - (4) Favourite Food Mini Magnets

Please note: No time adjustments or third party vendors can be accommodated. Room capacity max: 15 people. Any food, drinks, outlery or additional decorations are to be brought by participants. Once you have booked, you will be required to complete a Birthday Party Agreement no later than 2 weeks before your booking.



Youth Concession

Come support our Youth Concession in the lobby.

Items for sale include: coffee, tea, juice boxes, noodle cups, chocolate bars, chip bags and more. All proceeds go towards supporting our youth programs!

FALL HOURS

Fridays

October 2 - December 4
4:00-6:30pm

Saturdays

October 3 - December 5
10:00am-1:00pm



Volunteer Opportunities

Looking to gain work experience, volunteer hours and meet new friends all in one? Come join us to give back to the community through our volunteer opportunities at False Creek Community Centre!

Special event set up may include setting up furniture, decorations, games and crafts. Day of volunteers may be asked to assist with any final set up and will have the opportunity to gain experience in front facing roles to make the event a success such as check-in, games, crafts, serving food, concession and more and will assist in the take down of the event.

Please note: Volunteers who are age 16+ will require a cleared Police Information Check before being able to volunteer for the programs below with the following annotation (**PIC). Once you have registered to volunteer, you will be sent a Police Information Check package you will need completed at your local police department.

To sign up, please register for each activity you are interested in volunteering for. Registration is required and information can be found on falsecreekcc.ca/youth. Thank you for your interest but if an activity is full, please register for the waitlist and we will contact you if space becomes available.

635807	False Creek Youth Leadership Team	Fri, Sep 18 – Dec 18 (No sess: Oct 23 & Nov 20)	6:30-8:30pm	Grades 9-12
639024	False Creek Youth Volunteers	Sat, Oct 3 - Dec 12	10:30am-12:00pm	Grades 8-12
639023	False Creek Youth Concession (Fridays)	Wed, Oct 7 – Dec 16 (No sess: Nov 11)	3:45-6:45pm	Grades 8-12
639025	Youth Volunteer: Preteen Multisport Games	Fri, Oct 2 – Dec 11 (No sess: Oct 23 & Nov 20)	4:15-5:45pm	Ages 15-18 **PIC
639026	Youth Volunteer: Craft Birthdays	Sat, Sep 12 – Dec 5 (No sess: Oct 10 & 17)	12:30-3:30pm	Ages 15-18 **PIC
639027	Youth Special Event Volunteer – Halloween Howl (day of)	October 31	9:30am-1:00pm	Ages 12-18
639028	Youth Special Event Volunteer – Seniors Holiday Tea (day of)	November 20	11:00-3:30pm	Ages 12-18
639029	Youth Special Event Volunteer – Breakfast with Santa (set up)	December 11	4:00-6:00pm	Ages 12-18
639030	Youth Special Event Volunteer – Breakfast with Santa (day of)	December 12	9:30am-1:00pm	Ages 12-18



False Creek Youth Volunteers

Grade 8-12

Looking to earn volunteer hours, build valuable work experience, and make a difference in your community? This hands-on volunteer program focuses on supporting day-to-day projects and completing meaningful tasks that help our programs and events run smoothly, rather than leadership or event planning. Volunteers tasks may include creating promotional materials, distributing them in the community, decorating the centre, assisting with special events and kitchen programs, running the Saturday concession, organizing supplies, and participating in community clean-ups. It's a great opportunity to develop practical skills, connect with others, and make a positive impact in your community.

Note there is no session on October 10.

Extended volunteer sessions for special events will be:

October 31 – 9:30am to 1:00pm

December 12 – 9:30am to 1:00pm

Dec 19 – Jan 3

Winter Break Youth Schedule

Please note that during the break, our regular programming takes a pause. We will have limited Youth Basketball Drop-In and Casual Room Use available during this time based on staff availability. Note that Youth Basketball Drop-In is supervised by a Youth staff whereas Casual Room Use is available for up to 4 participants which must include an adult supervisor (age 19+). Please check our website: falsecreekcc.ca/youth or call our front desk as of December 18 to confirm what is available during this time as availability is not guaranteed.

False Creek Youth Leadership Team

Grade 9-12

Due to growing interest and participation, this program has been redesigned and will now run on a new day of the week as a full school-year commitment (September–June) instead of seasonally. To maintain a high-quality experience, enrollment is limited to a maximum of 20 youth volunteers, and interested participants must apply through the Youth Leadership Team application.



Participants are expected to attend all meetings and may miss a maximum of one meeting per season, excluding illness. The Youth Leadership Team is intended for youth who are committed to developing their leadership skills while giving back to the community through event planning, community projects, workshops, and other youth-led initiatives. Often times the responsibilities of this team may lead to additional volunteering outside our regularly scheduled meeting times. Please visit our falsecreekcc.ca/youth for more information regarding the program and application. If you cannot make this commitment but would still like to volunteer, please consider joining our False Creek Youth Volunteers group on Saturdays.



Art, Culture & Environment

Decorative Pottery Techniques (19+ yrs)

This class will focus on learning some of the many decorative techniques potters use to make their work stand out, which can include the use of slips and underglazes, stencils, marbelling, bubble glazing, sgraffito, textures, underglaze decals, using push molds, etc. We will be making objects quickly through hand building so we can then take our time exploring decorative techniques. Wheel throwing will be an option only for more advanced students who can throw without teacher guidance. Clay must be purchased at the first class. The price includes use of studio equipment, all tools, glazing, and firing (see instructor for details). No registration will be accepted after the second class.

Instructor: Cathy Watters

Su Sep 27-Nov 15 1:00 PM-3:30 PM
[625440](#) \$256/8 sess

Drawing Exercises: **NEW!** Portraits (19+ yrs)

Participants can expect to learn methods they can implement to practice portraiture and improve at capturing a person's likeness. We will use oil pastels, pencils, charcoal, chalk pastels and pens throughout the sessions to draw ourselves and others. This class is best for those who already enjoy drawing or have some experience drawing, and would like to learn ways to challenge themselves and keep improving. Participants are encouraged to bring a spock/apron. All other materials will be provided but you may bring your own. No drop-ins.

Instructor: Claire Douglas

W Nov 18-Dec 2 6:30 PM-8:30 PM
[627775](#) \$140/3 sess

Embroidery Demystified (19+ yrs)

This workshop will cover everything you need to know to start embroidering for fun! We'll start with the basics; what materials you require (or should avoid), splitting thread, setting up a hoop, simple stitches, basic fills and French knots. Tips and tricks to avoid issues and troubleshooting will also be covered! All materials will be provided. No drop-ins.

Instructor: Claire Douglas

Su Sep 13 12:30 PM-3:30 PM
[626694](#) \$60/1 sess

Su Nov 22 12:30 PM-3:30 PM
[626715](#) \$60/1 sess

Introduction to Acrylic Painting (19+ yrs)

Participants will be introduced to acrylic painting and traditional ways of rendering forms including the use of washes, underpaintings, and value exploration while painting items from life. Participants can expect to dive into colour theory, mixing paints, controlling brushstrokes, rendering forms and fixing mistakes. Each class will involve a blend of education, instruction, demonstration, and time to practice. This class is best for those with little to no experience. Participants are encouraged to bring a spock/apron. All other materials will be provided but you may bring your own. No drop-ins.

Instructor: Claire Douglas

Sa Sep 12-Oct 3 1:00 PM-3:30 PM
[627724](#) \$205/4 sess

Introduction to Drawing (19+ yrs)

Participants can expect to learn techniques used for rendering forms realistically and creatively. We will use oil pastels, pencils, charcoal, chalk pastels and pens throughout the sessions to explore shading/pressure control, linework, negative space, light versus shadow, and defining form & depth. Methods for blending such as hatching, stippling, and scribbling and layering will be introduced, along with activities that help refine one's drawing skills. All materials will be provided but you may bring your own. No drop-ins. No class Sep 30.

Instructor: Claire Douglas

W Sep 9-Oct 14 6:30 PM-8:30 PM
[626693](#) \$205/5 sess

Introduction to Watercolour (19+ yrs)

Participants will be introduced to watercolours and what it feels like to paint on different aqueous media friendly surfaces. Participants can expect to dive into colour theory, colour blending vs. layering, controlling brushstrokes, working wet-on-wet, and fixing mistakes. Each class will involve a blend of education, instruction, demonstration, and time to practice. This class is best for those with little to no experience. Participants are encouraged to bring a spock/apron. All other materials will be provided but you may bring your own. No drop-ins.

Instructor: Claire Douglas

Sa Sep 12-Oct 3 9:30 AM-12:00 PM
[627729](#) \$205/4 sess

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Pottery Hand Building & Wheel Throwing Combo w/ Cathy (19+ yrs)

A combination pottery course for Hand Building and Wheel Throwing. Hand Building: Basic introduction to pottery making in a fun studio environment. You will create functional pottery using hand-building techniques. Wheel Throwing: Learn the art of wheel throwing! Join the pottery instructor, as they lead 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 studio equipment use, all tools, glazing, and firing (see instructor for details). No registration after the second class.

Instructor: Cathy Watters

Th Sep 24-Nov 26 **2:30 PM-5:00 PM**
[625438](#) \$320/10 sess

Th Sep 24-Nov 26 **6:00 PM-8:30 PM**
[625439](#) \$320/10 sess

Pottery Wheel Throwing w/ Suling (19+ yrs)

Wheel Throwing: Learn the art of wheel throwing! Join the pottery instructor, as they lead 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 studio equipment use, all tools, glazing, and firing (see instructor for details). No registration after the second class. No class Oct 12.

Instructor: Suling Yuen

M Sep 14-Nov 9 **6:00 PM-8:30 PM**
[625252](#) \$256/8 sess

Join the Pottery Studio Newsletter

Stay in the loop of all studio news and updates.



Pottery Hand Building & Wheel Throwing Combo w/ Suling (19+ yrs)

A combination pottery course for Hand Building and Wheel Throwing. Hand Building: Basic introduction to pottery making in a fun studio environment. You will create functional pottery using hand-building techniques. Wheel Throwing: Learn the art of wheel throwing! Join the pottery instructor, as they lead 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 studio equipment use, all tools, glazing, and firing (see instructor for details). No registration after the second class.

Instructor: Suling Yuen

Tu Sep 15-Nov 17 **6:00 PM-8:30 PM**
[625253](#) \$320/10 sess

Pottery Hand Building w/ Sana (19+ yrs)

Pottery Hand Building: Basic introduction to pottery making in a fun studio environment. You will create functional pottery using hand-building techniques. Clay must be purchased at the first class. Price includes studio equipment use, all tools, glazing, and firing (see instructor for details). No registration after the second class.

Instructor: Sana Ashraf

Sa Oct 3-Dec 5 **1:00 PM-3:30 PM**
[626782](#) \$320/10 sess

Pottery Wheel Throwing w/ Tarrynea (19+ yrs)

An all levels hand-building class featuring the diversity of clay through exploring pinch, coil, slab and extruded works of art with some wheel applications. Students will also explore surface decoration. Clay must be purchased at the first class. Price includes studio equipment use, all tools, glazing, and firing (see instructor for details). No registration after the second class.

Instructor: Tarrynea Biallecki

F Sep 18-Nov 20 **9:30 AM-12:00 PM**
[627580](#) \$320/10 sess

Su Sep 20-Nov 22 **9:30 AM-12:00 PM**
[627583](#) \$320/10 sess



**TIP**

Please check the pottery page on our website for monthly drop-in schedules!

**Did you know?**

At False Creek Community Centre, we have a low-fire studio working primarily with red earthenware clay.

**Introduction to Interior Design (19+ yrs)**

Join this fun and dynamic class with multi-award-winner Barbara Smyth IDC, LEED AP with over 30 years of experience. Whether it is a space for personal enjoyment or part of a potential career, you will learn the foundations of interior design. A creative journey that allows you to express your design style with a focus on health and well-being. You'll discover how to create a floor plan, arrange furniture, control lighting, add color, work with textures and materials, and apply all of this information to a small space. Visit www.interiorsdesignschool.com for more details. Registration only. No drop-ins. Please bring a clipboard and a tape measure to class.

Instructor: Barbara Smyth

F Sep 25-Oct 23 **6:30 PM-7:45 PM**
[626998](#) \$115/5 sess

F Nov 13-Dec 11 **6:30 PM-7:45 PM**
[627003](#) \$115/5 sess

Education**Coptic Bookbinding (19+ yrs)**

An Ancient Egyptian technique for binding a book that requires no glue or paste. Its strength is proven when you flip and clap the covers together (like a sketchbook) and it refuses to weaken. Ideal for painting or sketching. No prior experience is necessary. All tools and materials are provided. Please be mindful of others and arrive on time - lateness disrupts the flow of the workshop. Registration only. No drop-ins.

Instructor: Suzan Lee

Sa Oct 24 **11:00 AM-2:00 PM**
[624977](#) \$74.95/1 sess

Medieval Leather Bookbinding (19+ yrs)

Learn to make a leather bound book from the medieval period. This particular technique had a practical business purpose; to record profits. Medieval merchants travelled far and wide, so their account books had to endure plenty of wear and tear. Run out of pages? No problem! You can remove old pages and add fresh ones. Whether it's for sketching, journaling or traveling, your medieval style book will make a lasting companion for you or as a gift. No prior experience is necessary. All tools and materials are provided. Please be mindful of others and arrive on time - lateness disrupts the flow of the workshop. Registration only. No drop-ins.

Instructor: Suzan Lee

Sa Nov 28 **11:00 AM-2:00 PM**
[624978](#) \$84.95/1 sess

TIP

Register Early!

To avoid the disappointment of a cancelled program, register early and invite your friends to join too!



Fitness & Health

Candlelit Yin Yoga w/ Kendra (19+ yrs)

This class is a slow paced meditative practice, that works deep into our body's connective tissues with long passive holds in gentle, releasing yoga poses. Restoring the energy flow within our body and increasing circulation, flexibility, joint mobility and relaxation. All levels of yoga are welcome. Modifications and guided use of props, breathwork and meditation will be provided. Drop-in \$19, if space permits. No class Oct 6.

Instructor: Kendra Ruhland

Tu Sep 8-Nov 24 **6:00 PM-7:00 PM**
[626077](#) \$187/11 sess



Embodied Daoist Energy: Mobility, Balance & Flexibility (19+ yrs)

The class is aimed at health and wellbeing. It is taught by Lynette Hunter who has over 30 years' training in Daoist energy work, and has taught mainly in community centres and universities in the UK, Europe, and US, and for the last six years at FCCC. The sessions are drawn from life-long practices mainly in China, and work on flexibility, breathing techniques, and energy flow. They incorporate joint-loosening, Taichi (body nurturing movement), Kaimen (slow exercises to coordinate movement, breath, and energy), Daoyin (using breathing for whole-body relaxation and strengthening), and Qigong (becoming aware of and directing energy flows in the body). The exercises will be adapted to the needs of class participants. Drop-ins \$10, if space permits.

Instructor: Lynette Hunter

Tu Oct 13-Dec 1 **10:00 AM-11:00 AM**
[627592](#) \$64/8 sess

Hatha + Yin Yoga w/ Pam (19+ yrs)

Slow down. Release tension and stress in your body, mind and nervous system with Pamela Ferman's grounding 75 minute Hatha + Yin Yoga. A unique mix of Hatha, Yin and Restorative yoga. Designed to reset your nervous system and relax your mind while increasing flexibility deeper in your body in a safe and supported way. You will leave class feeling a lot more balanced and at ease between body and mind. All levels welcome. Beginner friendly. www.pamelafermanyoga.com. Drop-in \$19, if space permits.

Instructor: Pamela Ferman

M Sep 14-Oct 5 **9:30 AM-10:45 AM**
[624967](#) \$64/4 sess

M Oct 19-Nov 23 **9:30 AM-10:45 AM**
[624969](#) \$96/6 sess

Hatha Flow Yoga w/ Bless (19+ yrs)

Breathe. Flow. Rest. An all-levels yoga class offering space to slow down, reconnect and feel more at ease in your body. Through mindful movement, breath and slow, strengthening sequences, you'll build stability, release tension and restore balance. Bless draws on a wealth of practical knowledge, weaving together functional alignment, creative sequencing and good tunes with a warm, grounded teaching style. Classes include props, modifications, and demonstrations to support your body's needs and encourage exploration at your own pace. www.blessleone.com. Classes start promptly so please arrive at least 5 min early to set up your mat. Please bring your own mat if you can. Drop-in \$22, if space permits. No class Oct 11.

Instructor: Bless Leone

Th Sep 17-Oct 29 **5:45 PM-7:00 PM**
[627068](#) \$126/7 sess

Su Sep 20-Nov 1 **9:30 AM-10:45 AM**
[627071](#) \$108/6 sess

Th Nov 5-Dec 17 **5:45 PM-7:00 PM**
[627069](#) \$126/7 sess

Su Nov 8-Dec 13 **9:30 AM-10:45 AM**
[627072](#) \$108/6 sess

Introduction to Weight Training (19+ yrs)

This weight training class is for those wanting introduction to basic weight training while learning proper form, technique, and understanding the body and different muscle groups used during an exercise. 6 students maximum. PAR-Q and consent form must be completed before participation. Forms are on our website at www.falsecreekcc.ca/schedules-forms/ or at the front desk. Program fee includes admission to the fitness centre. Registration only. No drop-ins.

Instructor: Brenlee Rempel

Th Sep 3-Sep 24 **11:00 AM-12:00 PM**
[624972](#) \$60/4 sess

Th Oct 1-Oct 22 **11:00 AM-12:00 PM**
[624973](#) \$60/4 sess

Th Oct 29-Nov 19 **11:00 AM-12:00 PM**
[624975](#) \$60/4 sess

Th Nov 26-Dec 17 **11:00 AM-12:00 PM**
[624976](#) \$60/4 sess

Iyengar Yoga - Levels 1 & 2 w/ Arezou (19+ yrs)

Cultivate a healthy body and a quiet mind. With Iyengar's attentive guidance, you'll deepen body awareness, increase strength, and flexibility. All adults are welcome; beginners may drop in during the first two classes, and ongoing practitioners anytime. Drop-in \$18, if space permits. No class on Oct 12.

Instructor: Arezou Moeini

M Sep 14-Dec 14 **6:00 PM-7:30 PM**
[627497](#) \$208/13 sess



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Medical Qigong: Healing Through Movement (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 self-awareness in daily life. For more info, please visit johnweiss.ca. Drop-ins \$15, if space permits. No class Sep 23 and Dec 2.

Instructor: John F Weiss

W Sep 16-Oct 14 10:45 AM-12:00 PM
[627587](#) \$52/4 sess

W Nov 4-Dec 16 10:45 AM-12:00 PM
[627589](#) \$78/6 sess

Nia with Suzanne (19+ yrs)

Do you love to dance just for the joy of it? Nia is a well-established dance form invented in Portland OR in the 1980s and now practiced all over the world. It consists of set routines that use simple dance patterns set to soul-stirring world music. The movements draw on the martial arts and healing arts as well as traditional dance forms. There is lots of repetition and over time it becomes easier and easier to get lost in the movement. You will get a good workout and experience the beauty and magic of dance from the inside out. Drop-ins \$13.50, if space permits.

Instructor: Suzanne Oliver

Th Sep 17-Oct 8 9:15 AM-10:15 AM
[627435](#) \$48/4 sess

Th Oct 29-Dec 17 9:15 AM-10:15 AM
[627438](#) \$96/8 sess

Pilates Fusion (19+ yrs)

This class uses controlled movements incorporating Pilates and Yoga to improve your flexibility, strength, and endurance. Emphasis is on alignment, breathing, and developing core awareness. It is an all levels practice that consists of a full body work out. You'll feel amazing after! No Pilates or Yoga experience necessary. For more info visit www.intoyoga.ca. Drop-ins \$18, if space permits.

Instructor: Into Yoga

Tu Sep 15-Oct 27 5:30 PM-6:30 PM
[625811](#) \$108/7 sess

Th Nov 5-Dec 17 5:30 PM-6:30 PM
[625812](#) \$108/7 sess



Morning Fit Monday (w/ Harry) (19+ yrs)

A balanced workout emphasizing cardiovascular health, step and low impact conditioning, resistance training, stretching and body alignment. Drop-ins allowed at \$5.95 if space permits.

Instructor: Harry Wong

M Sep 7-Dec 21 9:15 AM-10:15 AM
[624825](#) \$91.36/16 sess

Rise Fit Tuesday (w/ Kristiina) (19+ yrs)

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 with dumbbells, core and stretch to finish off the class. Drop-ins allowed at \$5.95 if space permits.

Instructor: Kristiina Oinonen

Tu Sep 1-Dec 22 9:15 AM-10:15 AM
[624817](#) \$97.07/17 sess

Core Control Wednesday (w/ Harry) (19+ yrs)

Functional fitness and body alignment using your own body weight and resistance. Drop-ins allowed at \$5.95 if space permits. No class Sep 30 and Nov 11.

Instructor: Harry Wong

W Sep 2-Dec 23 9:15 AM-10:15 AM
[624822](#) \$85.65/15 sess

Step & Core Thursday (w/ Kristiina) - Intermediate Level (19+ yrs)

This step aerobics class is for individuals interested in learning or refreshing how to use a step for cardio and co-ordination. This is an intermediate level aerobics class for those who want to increase their muscular endurance as well as challenge their cardiovascular system. Choreographed patterns followed by strength training with weights and a core mat work and stretch to finish. Drop-ins allowed at \$5.95 if space permits.

Instructor: Kristiina Oinonen

Th Sep 3-Dec 17 9:15 AM-10:15 AM
[624823](#) \$91.36/16 sess

Zoomer Fit Sunday (w/ Harry) (19+ yrs)

Low/moderate cardio, free weights to challenge your strength, and gentle stretching. Drop-ins allowed at \$5.95 if space permits.

Instructor: Harry Wong

Su Sep 6-Dec 20 9:15 AM-10:15 AM
[624824](#) \$91.36/16 sess

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The Art of Letting Go **NEW!** Dissolving Into Peace (19+ yrs)

This gentle, transformative 12-week program introduces participants to the art of letting go. Each session combines a short, heartfelt teaching with a guided meditation, exploring emotions such as fear, grief, anger, and desire, and how to release them, gradually revealing the natural peace that was always there. Mats and chairs will be provided but please feel free to bring your own. All are welcome, no experience needed. Drop in allowed, if space permits.

Instructor: Yuri Voloshyn

Tu Sep 22-Dec 8 **6:15 PM-7:15 PM**
[630734](http://www.falsecreekcc.ca/schedules-forms/) Free

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. We use yoga mats, chairs and bolsters 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. More information at www.joyofgentleyogawithsylvia. Drop-in \$18, if space permits.

Instructor: Sylvia Smallman

Tu Sep 15-Oct 27 **1:30 PM-2:45 PM**
[627576](http://www.falsecreekcc.ca/schedules-forms/) \$112/7 sess

Tu Nov 10-Dec 15 **1:30 PM-2:45 PM**
[627577](http://www.falsecreekcc.ca/schedules-forms/) \$96/6 sess

Women's Weight Training w/ Jenny (19+ yrs)

This weight training class is for women wanting introduction to basic weight training while learning proper form, technique, and understanding the body and different muscle groups used during an exercise. 4 students maximum. PAR-Q and consent form must be completed before participation. Forms are on our website at www.falsecreekcc.ca/schedules-forms/ or at the front desk. Program fee includes admission to the fitness centre. Registration only. No drop-ins.

Instructor: Jenny Mah

Tu Sep 8-Sep 29 **9:00 AM-10:00 AM**
[628391](http://www.falsecreekcc.ca/schedules-forms/) \$80/4 sess

Tu Oct 6-Oct 27 **9:00 AM-10:00 AM**
[628392](http://www.falsecreekcc.ca/schedules-forms/) \$80/4 sess

Tu Nov 3-Nov 24 **9:00 AM-10:00 AM**
[628393](http://www.falsecreekcc.ca/schedules-forms/) \$80/4 sess

Tu Dec 1-Dec 22 **9:00 AM-10:00 AM**
[628395](http://www.falsecreekcc.ca/schedules-forms/) \$80/4 sess

Yin Yoga w/ Pam (19+ yrs)

Slow completely down. Release tension and stress in your body, mind & nervous system with Pamela's grounding Yin Yoga class. 6-8 different poses are held for 3-6 minutes at a time with props to target deep connective tissues like fascia, ligaments, joints & bones. Designed to help reset your nervous system and relax your mind while increasing flexibility in your body. A slower, more meditative practice giving you space to turn inward. Yin yoga helps stretch & lengthen those rarely-used tissues while also teaching you how to breathe through discomfort & sit with your thoughts. You will leave class feeling very relaxed and a lot more balanced between body and mind. All levels welcome. Beginner friendly. www.pamelafermanyoga. Drop-in \$19, if space permits.

Instructor: Pamela Ferman

Tu Sep 15-Oct 6 **4:00 PM-5:15 PM**
[624970](http://www.falsecreekcc.ca/schedules-forms/) \$64/4 sess

Tu Oct 13-Nov 24 **4:00 PM-5:15 PM**
[624971](http://www.falsecreekcc.ca/schedules-forms/) \$112/7 sess



Yoga4Stiff People - All Levels (19+ yrs)

This yoga class makes yoga accessible for every-body! It is designed for students who want to improve flexibility, increased strength and connect the mind & body. Our personalized workshop style approach will provide those "ah ha" moments to inspire your practice to a new level. Beginners welcome. Drop-in \$16, if space permits. No class Oct 10 and Oct 31.

Instructor: Yoga4Stiff People

Sa Sep 12-Dec 5 **9:30 AM-10:30 AM**
[627027](http://www.falsecreekcc.ca/schedules-forms/) \$154/11 sess

Yoga4Stiff Guys - All Levels (19+ yrs)

This yoga class is specifically designed for and focuses on the needs of the male body type. Emphasis is on poses to open the shoulders, hips, quadriceps, hamstrings and lower back. Improve flexibility, increase strength and connect mind & body. This class will challenge beginner and advanced students alike. Drop-in \$16, if space permits. No class Oct 12.

Instructor: Yoga4Stiff People

M Sep 14-Dec 14 **7:00 PM-8:00 PM**
[627030](http://www.falsecreekcc.ca/schedules-forms/) \$182/13 sess

TIP

Register Early!

To avoid the disappointment of a cancelled program, register early and invite your friends to join too!



Food, Cooking and Gardening

Mochi Mooncake Making Workshop

(19+ yrs)

NEW!

Celebrate Mid-Autumn Festival by making your own mochi mooncakes from scratch – no baking required. In this hands-on workshop, participants learn to make the delicate glutinous rice snow-skin dough, then shape and fill each mooncake with red bean, strawberry, or milky custard before pressing them with traditional wooden molds. Each participant takes home a box of finished mooncakes plus a recipe card to recreate them at home. Suitable for all skill levels – no cooking experience required. All materials will be provided. Led by Abraham Wong, a Hong Kong-born, Vancouver-based chef featured by CBC Vancouver for his Mid-Autumn mooncake teaching. Registration only, no drop-ins.

Instructor: Abraham Wong

F Sep 18

7:00 PM-9:00 PM

[628109](#)

\$70/1 sess

Homemade Kombucha Brewing (19+ yrs)

Want to make your own Kombucha but don't know how? In this Village Vancouver Fairview - False Creek South Neighborhood Food Network workshop with Eric Schwartz, we'll walk you through the key steps, answer your questions, and leave you prepared with basic knowledge and recipes you need to get your first successful batch of Kombucha brewing and tasting great. Plus, we'll provide handouts and online resources to support your learning. Only \$5 materials fee for seniors (50+). Registration only, no drop-ins.

Instructor: Village Vancouver

Th Sep 24

6:30 PM-8:00 PM

[628818](#)

\$25/1 sess

Chicken Panang Curry from Thailand

(19+ yrs)

NEW!

In this hands-on culinary workshop, instructor Souvik will teach you how to master one of Thailand's most beloved and aromatic comfort foods: Chicken Panang Curry. This curry is rich, creamy, and a perfect balance of sweet, salty, and nutty flavours. All materials will be provided. Registration only, no drop-ins.

Instructor: Souvik Ray

Sa Oct 3

10:30 AM-12:30 PM

[636658](#)

\$40/1 sess

Grow Your Own Sprouts and Microgreens (19+ yrs)

Microgreens are tasty and nutritious greens that can be eaten, like sprouts, as a fresh snack or added to salads, smoothies and soup. In this Village Vancouver Fairview - False Creek South Neighborhood Food Network workshop with Inbar Saraf, you'll learn how to grow your own trays of microgreens at home and how to grow your own sprouts year-round. We'll look at the difference between sprouts and microgreens, review the many possible seeds that can be used for starting sprouts and microgreens, and look into troubleshooting common problems. You'll prepare your own microgreen tray and sprouting jar to take home! We'll have a community seed library present - pick up some free seeds for your garden, swap, or donate seeds. Fee includes cost of all materials. Only \$15 materials fee for children and youth (8-18 yrs old) and seniors (50+). Registration only, no drop-ins.

Instructor: Village Vancouver

W Oct 7

6:30 PM-8:30 PM

[629472](#)

\$34/1 sess

Quick Pickles (19+ yrs)

In this Village Vancouver Fairview - False Creek South Neighborhood Food Network workshop with Amy Weeks, participants will learn the basics of making a quick pickle in a mason jar, along with tips and tricks to ensure your pickles turn out crisp and delicious. This workshop is ideal both for spaces with or without access to a stove or full kitchen. Each participant will make a jar of pickles to take home. We'll have a community seed library present - pick up some free seeds for your garden, swap, or donate seeds. Fee includes cost of all materials. Only \$6 materials fee for seniors (50+). Registration only, no drop-ins.

Instructor: Village Vancouver

M Nov 16

6:30 PM-8:00 PM

[629466](#)

\$26/1 sess



Holiday Workshop: Pressure Canning (19+ yrs)

In this Village Vancouver Fairview - False Creek South Neighborhood Food Network workshop with Carly Hilbert, expand your canning capabilities with our pressure canning workshop. Learn how to safely preserve low-acid foods like meats, vegetables, and soups using a pressure canner. Key topics include: why pressure canning is necessary for low-acid foods, setting up and operating a pressure canner, understanding psi and processing times, preparing and packing low-acid foods, safety considerations and best practices, and troubleshooting common issues. Practice pressure canning your own jars and leave with confidence to can a wide variety of foods at home. Only \$10 materials fee for seniors (50+). Registration only, no drop-ins.

Instructor: Village Vancouver

Tu Dec 8

6:30 PM-8:30 PM

[628820](#)

\$28/1 sess

Italian Cooking Class - Hands on Puglia Pasta - Short Shapes (19+ yrs)

NEW!

You may not have an Italian Nonna, but now you can learn to make pasta like one! In this small hands-on class, cook, artisan pasta maker, and actor Peter Ciuffa of Pasta Boy Peter will provide all the ingredients, equipment, and knowledge needed for you to learn. Guests will make the classic Southern Italian vegetarian pastas of Orecchiette, Cavatelli, and Capunti without a rolling machine. Peter will also teach a surprising traditional creamless cream sauce, and he'll prepare everyone's pasta family style for dinner. You'll go home with a full belly, traditional pasta skills, and a smile on your face. www.pastaboypeter.com Youth ages 12-18 MUST be accompanied by an adult. Registration only, no drop-ins.

Instructor: Pasta Boy Peter

W Oct 21

6:00 PM-8:30 PM

[638265](#)

\$108/1 sess

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Martial Arts

Karate - Ku Yu Kai Go-Ju Ryu (Adults) (19+ yrs)

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 (8th degree black belt) and Sensei Julie Zilber (6th degree black belt) teaches classes for all ages and levels in a friendly environment. Progress at your own pace. (Students are taught to control their techniques. For safety reasons, any contact to the head, face, throat, groin and joints is strictly prohibited.) Uniform is optional for beginners. More info at kuyukai. Online registration is only available for 2 hour sessions (\$18/session). To register for the 1.5 hour sessions (\$15/session) please call the front desk. Drop-in is \$18 for 1.5 hours or \$20 for 2 hours, if space permits.

Instructor: George Chan

Tu Th Sep 1-Oct 8 7:00 PM-9:00 PM
[624981](#) \$216/12 sess

Tu Th Oct 13-Nov 12 7:00 PM-9:00 PM
[624982](#) \$180/10 sess

Tu Th Nov 17-Dec 17 7:00 PM-9:00 PM
[624983](#) \$180/10 sess

Tai Chi: Exploring Yang Style Long Form (19+ yrs)

Slow, gentle Tai Chi movements improve balance, alignment and range of motion while promoting relaxation. Emphasis is on the Long Form with opportunities for deepening understanding and practice. Intermediate level and above: previous experience with Yang style required, such as solid familiarity with 24 Form. Moderate stance, no extreme moves. Drop-in \$14, if space permits.

Instructor: Jean Kares

Tu Sep 22-Dec 8 7:00 PM-8:30 PM
[626686](#) \$150/12 sess

Tai Chi: Discovering Yang Style 24 Form (19+ yrs)

Slow, gentle Tai Chi movements improve balance, alignment and range of motion while promoting relaxation. The 24 Form provides a foundation for lifelong practice and learning other forms. Each week builds on previous lessons to develop ability and confidence. Suitable for all body types and fitness levels; no extreme moves. No previous experience necessary; beginners are welcome. Registration only. No drop-ins. No class Sep 30 and Nov 11.

Instructor: Jean Kares

W Sep 23-Dec 9 5:00 PM-6:00 PM
[626687](#) \$85/10 sess

Tai Chi: Practicing Yang Style 24 Form (19+ yrs)

Slow, gentle Tai Chi movements improve balance, alignment and range of motion while promoting relaxation. Emphasis is on practicing and refining the Yang Style 24 Form with opportunities for deeper understanding of Tai Chi: familiarity with the 24 Form is required. Suitable for all body types and fitness levels; moderate stance with no extreme moves. Drop in at \$10.50 if space permits. No class Sep 30 and Nov 11.

Instructor: Jean Kares

W Sep 23-Dec 9 6:15 PM-7:15 PM
[626689](#) \$85/10 sess

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Sports

Adult Pickleball Court Rental (19+ yrs)

Please note that each booking is a single time, 1.75-hour session. Each registration is for one court. Bookings open 1 week prior on Tuesdays at 9:00am, and are on first come first serve basis. 48 hours cancellation notice is required. Players must supply their own racquets and pickleballs. No private lessons or teaching permitted. Maximum of 6 players.

Instructor: No Instructor

Tu 7:30 PM-9:15 PM

\$50/sess

Sep 8	625291
Sep 15	625298
Sep 22	625305
Sep 29	625306
Oct 6	625307
Oct 13	625308
Oct 20	625309
Oct 27	625310
Nov 3	625311
Nov 10	625312
Nov 17	625313
Nov 24	625314
Dec 1	625315
Dec 8	625316
Dec 15	625317

Basketball (Adults) - Monday (16+ yrs)

Recreational 3 on 3 basketball - Games are organized by the players. 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 30 minutes before start time. Completed waiver forms required for participants under 19 years. \$6.50 drop in, if space permits. No session Oct 12.

Instructor: No Instructor

M Sep 14-Dec 14

7:30 PM-9:15 PM

[625288](#)

\$84.50/13 sess



Basketball (Adults) - Wednesday (16+ yrs)

Recreational 3 on 3 basketball - Games are organized by the players. 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 30 minutes before start time. Completed waiver forms required for participants under 19 years. \$6.50 drop in, if space permits. No session Sep 30, Nov 11.

Instructor: No Instructor

W Sep 9-Dec 16

7:30 PM-9:15 PM

[625289](#)

\$84.50/13 sess

Indoor Soccer (Adults) - Thursday (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 30 minutes before start time. Completed waiver forms required for participants under 19 years. \$6.50 drop in, if space permits.

Instructor: No Instructor

Th Sep 10-Dec 17

7:30 PM-9:15 PM

[625290](#)

\$97.50/15 sess

Adult Indoor Tennis (19+ yrs)

This program is designed for adult players from beginner to 2.5 level. Build your skills and confidence in a fun, supportive indoor environment while developing your technique, footwork, and consistency. Please bring your own racquet for the lessons. Registration only, no drop-ins. Refunds are processed up to 72 hours prior to the first class, unless you have a medical note. Please note, this program runs in the Mini Gym. No class Sep 30.

Instructor: Mauro Liceaga Garcia

W Sep 16-Oct 28

5:30 PM-7:00 PM

[629475](#)

\$195/6 sess

W Nov 18-Dec 16

5:30 PM-7:00 PM

[629476](#)

\$162.50/5 sess

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Aerobics Schedule

Please pre-register.

\$5.95 drop-in allowed, if space permits.

We offer a wide variety of group fitness classes for people of all ages and fitness levels, from Zoomerfit to Low Impact Fitness to Cardio, Step and Core training.

See page 23 for class details.



Monday	Tuesday	Wednesday	Thursday	Friday
Morning Fit 9:15 AM-10:15 AM Harry	Rise Fit Tuesday 9:15 AM-10:15 AM Kristiina	Core Control 9:15 AM-10:15 AM Harry	Step & Core (Intermediate) 9:15 AM-10:15 AM Kristiina	Zoomerfit 9:15 AM-10:15 AM Harry

All Bodies Community Recreation And Fitness

We are an inclusive, choice - based, community-anchored, health and wellness program welcoming all abilities, genders, ages, shapes, and sizes.



Hip & Knee Strength and Mobility (19+ yrs)

ABC Specialty Program - Helping you manage sore hips and knees. Join us 1 or 2 times per week (we recommend 2) and learn functional exercises designed to help you build strength in muscles supporting your joints. Special emphasis on technique and control will help you improve with each class. Related Osteoarthritis workshops with Vancouver Coastal Health, OASIS patient educators strongly recommended. For Schedule, email kate.lee@vancouver.ca. No class Sep 30 and Nov 11.

Instructor: ABC Instructor

M Sep 14-Dec 14 **1:00 PM-2:00 PM (Lind Hall)**
 633787 Adult: \$103.09/13 sess; Senior: \$71.89/13 sess

W Sep 9-Dec 16 **1:00 PM-2:00 PM (Lind Hall)**
 633790 Adult: \$103.09/13 sess; Senior: \$71.89/13 sess

Active and Strong (19+ yrs)

ABC Core program - Accommodating a range of fitness levels, Active and Strong is group exercise class led by registered fitness professionals. Using a non-choreographed format with a focus on improved health and function, classes include strength, mobility and cardiovascular training as well as balance, coordination and agility. Thoughtful coaching provides various options in a welcoming and inclusive environment. No class Oct 12.

Instructor: ABC Instructor

M Sep 14-Dec 14 **2:15 PM-3:15PM (Lind Hall)**
 633800 ABC Drop-in, ABC 10 Pass Card, or ABC Flexi-Pass

For more information about ABC programs, schedules changes, and program up dates scan here.



Our workouts are never meant to be punishing, we offer scalable easy to follow exercises designed to help you develop confidence and a foundation for health, fitness, or performance. We teach skills and movements transferable to the "gym" and other activities. Our Learn to Play Sports are for folks wanting to return to or try a sport for the first time. For more information contact Kate Lee kate.lee@vancouver.ca



Art, Culture & Environment

Art Expedition (55+ yrs)

Week by week we will explore different art mediums, such as embroidery, felting, crochet, collage, mixed media, and some more! This course is designed to be an immersive art expedition where you learn how to work with different materials. Come tap into your creative child like self!

Instructor: Maya Kazemi

Tu Oct 6-Nov 24 10:30 AM-12:00 PM
[634804](#) \$160/8 sess

Chair Yoga (55+ yrs)

Chair Yoga 55+ explores gentle Yoga poses and breathing exercises while using a chair for support. This class is beneficial for people with decreased mobility, pain/discomfort in the body, or simply want to experience a new way of doing Yoga, while safely receiving all of the benefits of a traditional Yoga class (ease stiff muscles, increase flexibility, improve posture, and release stress). For more info visit www.intoyoga.ca

Instructor: Into yoga

W Sep 16-Nov 4 10:30 AM-11:30 AM
[629539](#) \$108/8 sess

Creative Endeavours (55+ yrs)

All are welcome to visit and participate in painting, drawing or your medium of choice. No Instructor, but advice, encouragement and friendship for beginners and experienced alike. Some materials are available to share. Bring your own supplies and help us grow.

No Instructor

Tu Sep 8-Dec 15 1:00 PM-3:00 PM
[628798](#) FREE

Origami Workshop (19+ yrs)

Learn how to make beautiful origami models! Origami is one of the traditional Japanese folk arts and is a mentally stimulating activity for all ages. Supplies included in the course fee.

Instructor: Aiko Matsushiba

Su Sep 20 11:00 AM-12:00 PM
[633954](#) \$15

Su Oct 18 11:00 AM-12:00 PM
[633955](#) \$15

Su Nov 22 11:00 AM-12:00 PM
[633956](#) \$15

Su Dec 20 11:00 AM-12:00 PM
[633957](#) \$15



Seniors Creative Dance with Ballet BC (55+ yrs)

Join Ballet BC's Manager of Education & Engagement, Marco Escer, for a gentle, imaginative class that nurtures presence, curiosity, and embodied awareness. Inspired by Ballet BC's artistic process, this class blends guided improvisation, somatic prompts, and playful exploration, offering seniors a fun and supportive space that fosters wellness, encourages reflection, and celebrates the creative potential within each participant. This is not a ballet class, but rather a creative movement and expression-based class where seniors access needs are thoughtfully considered. No dance experience required. Presented by Ballet BC Education & Engagement and supported by False Creek Community Association. Drop-in \$9

Instructor: Ballet BC

F Sep 11-Dec 11 10:30 AM-12:30 PM
[632426](#) \$98/14 sess

Writers' Group (55+ yrs)

Join our self-directed writing group. Use this time to write in your own way: Reflections on life memoir, stories of the "old days", or moments of inspiration. Share your work in a safe and friendly space and build from suggestions. Please note, this program now takes place every Wednesday of the month. No Sessions on stat holidays

No Instructor

W Sep 9-Dec 16 1:00 PM-3:00 PM
[628797](#) FREE

Education

Estate Planning: Beyond the Will (20+ yrs)

Estate planning extends beyond just the legal documents. The goal is to provide your loved ones with the greatest amount of support in the event of your passing. By organizing your affairs and documenting your plans, you help ensure that assets will be distributed, and final arrangements will be made, based on your objectives. Proper planning will minimize taxes; lower professional fees and other expenses; and maximize the funds your beneficiaries will receive. Join us for an informative 90-minute workshop on estate planning hosted by Certified Executor Advisor, David Perkins.

Instructor: David Perkins

W Dec 9 10:00 AM-11:30 AM
[629536](#) FREE





Fitness & Health

Moving With Ease Level 1 (55+ yrs)

Moving with Ease: Improvised Dance for Body Awareness and Confidence Fall Prevention Through Movement, Mindfulness & Play. Build strength, balance, and confidence through joyful, improvised movement rooted in Qigong, Taijiquan, and contemporary dance. Each 10-week module focuses on a different level of movement? Standing (Level 1), sitting/ kneeling (Level 2), or floor/rolling (Level 3) includes guided warm-ups, strength and mobility exercises, partnered activities, and creative dance. You'll improve proprioception, coordination, and core stability while learning to move with more ease and enjoyment, not just to prevent falls, but to reclaim freedom of movement. Take one module on its own or join all three for a full-body progression from the ground up. No experience required, just curiosity and a willingness to move.

Instructor: Michael Dagenais

Th Sep 10-Nov 12 **10:30 AM-12:00 PM**
[632111](#) \$170/10 sess

Moving With Ease Level 2 (55+ yrs)

Th Sep 10-Nov 12 **12:15 PM-1:45 PM**
[632122](#) \$170/10 sess

Moving With Ease Level 3 (55+ yrs)

Th Sep 10-Nov 12 **2:00 PM-3:30 PM**
[632128](#) \$170/10 sess

TIP

Register Early!

To avoid the disappointment of a cancelled program, register early and invite your friends to join too!



Osteofit for Life - Fri (55+ yrs)

Osteofit is designed to reduce fall and fracture risk in the Osteoporosis/Osteopenia population. The program focuses on balance, strength training, agility, posture and functional activities to improve mobility, confidence, quality of life and independence. Participants must complete a medical form signed by their family physician.

Instructor: Anne O'Sullivan

F Sep 18-Dec 11 **10:30 AM-11:30 AM**
[632546](#) \$65/13 sess

Osteofit for Life - Tue (55+ yrs)

Classes start July 21- Emphasis is on improving posture, alignment, strength, balance coordination and agility through safe and specific movements in a comfortable, fun environment. Participants must complete a medical form signed by their family physician.

Instructor: Jenny Mah

Tu Sep 15-Dec 15 **10:30 AM-11:30 AM**
[633617](#) \$70/14 sess

Tu Sep 15-Dec 15 **11:30 AM-12:30 PM**
[633620](#) \$70/14 sess

Zumba Gold (55+ yrs)

ZUMBA® Gold is a low impact dance-fitness class for beginners and seniors that uses zesty Latin music, Salsa, Cha Cha, Cumbia, Merengue, Rock n Roll, (including Twist and Charleston), with easy to follow moves to create a dynamic and fun fitness class. Zumba® Gold strives to improve your balance, strength, flexibility and most importantly the heart. It is a "feel happy" workout that is great for both the body and the mind. \$15.00 + GST/drop in, if space permits. www.zumbavancouver.ca

Instructor: Zumba Vancouver

W Sep 9-Oct 28 **2:30 PM-3:30 PM**
[632591](#) \$96.25/7 sess

W Nov 4-Dec 16 **2:30 PM-3:30 PM**
[632596](#) \$82.5/6 sess

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Food, Cooking and Gardening

Mochi Mooncake Making Workshop (19+ yrs)

Celebrate Mid-Autumn Festival by making your own traditional Hong Kong-style mooncakes from scratch. In this hands-on workshop, participants learn the techniques behind the classic salted egg yolk and lotus seed paste mooncake, making the dough, shaping and filling, pressing with traditional wooden molds, and the final bake. Each participant takes home a box of finished mooncakes plus a recipe card to recreate them at home. Suitable for all skill levels, no baking experience required. All materials will be provided. Led by Abraham Wong, a Hong Kong-born, Vancouver-based chef featured by CBC Vancouver for his Mid-Autumn mooncake teaching. Registration only, no drop-ins.

Instructor: Abraham Wong

F Sep 18-Sep 18 **2:00 PM-4:00 PM**
[632108](#) \$70

Social

Ballroom Dancing (55+ yrs)

Join our hosts, Gabriel and Catherine for a Sunday afternoon of social dancing. This is a social group. Free program, drop-in only. No pre-registration required.

Instructor: Ballet BC

Su Sep 13-Dec 20 **1:30 PM-3:30 PM**
[632543](#) FREE

Bridge Practice (55+ yrs)

Get a feel for duplicate bridge, typically playing 3 rounds of at least 6 pre-dealt hands with various partners. Pace of play attempts to approximate a real duplicate setting. A working knowledge of bidding and scoring is required as this is a non-instructional program. Facilitated by volunteers. Drop in only No sessions on stat holidays

No Instructor

M Sep 14-Dec 14 **12:30 PM-3:30 PM**
[628796](#) \$1/14 sess

Seniors Social Hour (55+ yrs)

Meet with local seniors once a month for tea, coffee and conversations.

W Sep 9 628791	1:30 PM-2:30 PM FREE
W Oct 14 628792	1:30 PM-2:30 PM FREE
W Nov 18 628793	1:30 PM-2:30 PM FREE
W Dec 9 628794	1:30 PM-2:30 PM FREE

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Sports

Pickleball (55+ yrs)

Get active on the court with Pickleball.

*Please note that this program is non-instructional. 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 30 minutes before start time. \$5.50 drop in, if space permits. All equipment supplied. Maximum of 8 players.

No Instructor

Su Sep 13-Oct 4 633888	2:15 PM-3:45 PM \$15/4 sess
Su Oct 11-Nov 1 633889	2:15 PM-3:45 PM \$15/4 sess
Su Nov 8-Nov 29 633892	2:15 PM-3:45 PM \$15/4 sess
Su Dec 6-Dec 13 633893	2:15 PM-3:45 PM \$7.5/2 sess

SEMI-PRIVATE PICKLEBALL LESSONS FOR 3.25+ (19+ yrs)

High energy lessons, with a focus on advanced footwork, positioning, teamwork, mindset, higher level tactics and strategy. This is a high performance practice culture program for players who have been assessed at 3.25+. Following each session, you'll be sent notes and videos, and have opportunities to participate in an online discussion. Please contact the coach before registering via jerichohillpickleball@gmail.com

Instructor: Chris Koentges

Th Sep 17-Oct 8 633896	11:00 AM-12:45 PM \$225/4 sess
Th Sep 17-Oct 8 633899	12:50 AM-2:35 AM \$225/4 sess
Th Oct 29-Nov 19 633903	11:00 AM-12:45 PM \$225/4 sess
Th Oct 29-Nov 19 633902	12:50 AM-2:35 AM \$225/4 sess

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Pickleball Court Rental

55+ yrs

Please note that each booking is a single time, 1.5-hour session. Each registration is for one court (maximum of 1 court).

Bookings are on first come first serve basis. 48 hours cancellation notice is required.

Players must supply their own racquets and pickleballs.

No private lessons or teaching permitted. Maximum of 6 players. Bookings are open 1 week prior on Wednesdays and Fridays at 9:00am.



Wednesdays

W Sep 16 633844	1:00 PM-2:30 PM \$25
W Sep 23 633848	1:00 PM-2:30 PM \$25
W Oct 7 633851	1:00 PM-2:30 PM \$25
W Oct 14 633853	1:00 PM-2:30 PM \$25
W Oct 21 633856	1:00 PM-2:30 PM \$25
W Oct 28 633859	1:00 PM-2:30 PM \$25
W Nov 4 633862	1:00 PM-2:30 PM \$25
W Nov 18 1 633866	:00 PM-2:30 PM \$25
W Nov 25 633869	1:00 PM-2:30 PM \$25
W Dec 2 633871	1:00 PM-2:30 PM \$25
W Dec 9 633874	1:00 PM-2:30 PM \$25
W Dec 16 633877	1:00 PM-2:30 PM \$25

Fridays

F Sep 18 633766	1:00 PM-2:30 PM \$26
F Sep 25 633768	1:00 PM-2:30 PM \$26
F Oct 2 633769	1:00 PM-2:30 PM \$26
F Oct 9 633770	1:00 PM-2:30 PM \$26
F Oct 16 633771	1:00 PM-2:30 PM \$26
F Oct 23 633819	1:00 PM-2:30 PM \$26
F Oct 30 633820	1:00 PM-2:30 PM \$26
F Nov 6 633821	1:00 PM-2:30 PM \$26
F Nov 13 633822	1:00 PM-2:30 PM \$26
F Nov 20 633823	1:00 PM-2:30 PM \$26
F Nov 27 633824	1:00 PM-2:30 PM \$26
F Dec 4 633825	1:00 PM-2:30 PM \$26
F Dec 11 633826	1:00 PM-2:30 PM \$26
F Dec 18 633828	1:00 PM-2:30 PM \$26



You are invited to

Seniors Social Hour



Wednesday, Sep 9, 2026
Wednesday, Oct 14, 2026
Wednesday, Nov 18, 2026
Wednesday, Dec 9, 2026



1:30pm - 3:00pm



The Lounge @ False Creek
Community Centre



Join us for light beverages and
snacks, and meet other seniors
in your community!



View
Online

Fitness Centre

Improve or maintain your fitness in our two level centre that features strength machines, free weights, cardio equipment, stretching area, and more!

Monday-Friday 6:30 AM-9:30 PM

Saturday & Sunday 9:00 AM-4:00 PM

Stat Holiday Hours 9:00 AM-12:30 PM



	Drop-in	10-Visit Swipe	20-Visit Swipe	3-Month Pass	6-Month Pass	1 Year Pass
Adult (19-54 yrs)	\$6.20	\$49.50	\$92.00	\$129.75	\$211.60	\$380.00
Youth (13-18 yrs)	\$4.60	\$33.00	\$59.75	\$92.00	\$152.50	\$282.75
Senior (55+ yrs)	\$4.60	\$33.00	\$59.75	\$92.00	\$152.50	\$282.75

Leisure Access Card accepted for 50% off drop-in fee and monthly passes. Park Board 10-visit card and Flexipass accepted.



Personal Training

Certified fitness professionals work with you to identify goals, customize a specific program and maximize the benefits of your training routine. Personal Training Packages include the option of 1, 3, 5 or 10 sessions and the option to 'Train with a Friend'. Individual sessions are 1 hour and 2person sessions are 1.25 hours.

***Please allow 3-5 business days from the date of sessions purchased for the trainer to contact you.**

Meet your personal trainers!

Al

With over 18 years of coaching experience, Al specializes in strength, mobility, and functional movement training for all levels. His background ranges from elite athletic development to progressive strength training. Al is passionate about helping clients build lifelong strength, improve movement quality, and prevent injuries.

Brenlee

Brenlee has been a BCRPA Personal Trainer since 2018, with an aquatics background. She specializes in training older adults and beginner/ intermediate individuals. Brenlee enjoys swimming, biking, hiking, reading, music, and dancing!

Guita

BCRPA certified, Guita specializes in functional fitness, mobility, healthy aging, and pre/postnatal training. Guita focuses on making small, consistent steps toward lasting results. Outside the gym, Guita is passionate about dragon boat racing, exploring the outdoors, and helping people find the fun in fitness.

Keiko

Keiko is a BCRPA Personal Trainer since 2012 and actively leading several format of fitness class. She has a very diverse fitness background including pilates, martial arts, and group fitness, and specializes in self defense, injury prevention and cognitive fitness.

Kimberly

Kimberly is an ISSA certified Personal Trainer and Nutrition Coach. Specializing in fat loss, muscle building, nutrition, and senior fitness, Kimberly's passion is helping people become stronger, healthier, and more confident through strength training and sustainable habits that fit their lifestyle.

Yury

Yury is CSEP-CPT certified and has a Kinesiology degree from SFU. He got into fitness at age 13, and has been in love with it since! Yury's training specialties include sport/performance-specific training, balance and stability training, hypertrophy, and body composition and weight management.

James

James is NASM, kettlebell, and TRX training certified. He specializes in functional movement, strength and muscle building, and resistance training with mobility work. With a decade of weightlifting experience, his goal is to help clients enhance their physical capabilities and achieve a balanced, powerful physique.

Note

Outside Personal Trainers are not permitted to utilize the False Creek Community Fitness Centre to train clients. All Personal Training is run as a False Creek Community Centre program and Personal Trainers must be set up as Instructor/Contractors with the False Creek Community Centre Association. If you have a friend helping you with your program they must also be working out and there cannot be any monetary exchange for their assistance.

1 client (private training)		2 clients (semi-private)	
1 session	\$55	-	
3 sessions	\$159	3 sessions	\$117/person
5 sessions	\$255	5 sessions	\$180/person
10 sessions	\$485	10 sessions	\$330/person



New to our Fitness Centre?

If you are new to weight training or would like an introduction to our fitness centre, call or visit the front desk to sign up for a free 30-minute Fitness Centre Orientation to learn proper form and posture, fitness centre etiquette, and how to use our equipment properly and safely.

Our Fitness Centre Workers are available on Tuesdays, Thursdays, and Saturdays.





Halloween Howl (2-7 yrs)

A Spooktacular event suited for 2-7 years includes arts and crafts, parent and tot play gym, and a haunted house! Everyone is encouraged to come in costume. Space is limited and pre-registration is encouraged. Drop-in's available day-of event, \$7/child, space permitting. Parent/caregiver participation required.

Sa Oct 31
[625473](#)

10:30 AM-12:00 PM
\$7

Breakfast with Santa (2+ yrs)

Come Celebrate with Santa. Join us for themed arts and crafts, parent and tot play gym time in the Mini Gym, and a visit from Santa! Space is limited and pre-registration is encouraged. Crafts and parent and tot play time in the Mini Gym. Children must be accompanied by an adult. Each adult and child must be registered individually.

Sa Dec 12
[625474](#)

10:30 AM-12:00 PM
\$8



Schedule

10:30am:
Doors open

10:45am-11:45am:
Pancake breakfast

11:00am
Santa comes out!

11:00am-12:00pm
Photos with Santa in Lind Hall.



**\$2/child
drop-in**



Parent and Tot Gym (0-6 yrs)

Parent and Tot drop-in gym is a perfect time for your toddler to socialize and play. Your child will have the opportunity to explore various play mats, sports equipment and other toys. Also a great opportunity to meet other parents! Child must be supervised at all times by a parent and/or caregiver. Sessions will continue to run on stat holidays.

Sundays: 9:30am-10:45am

Mondays, Wednesdays and Fridays: 9:30am-12:15pm

Statutory holidays: 9:30am-12pm



All Candidates Meeting

The Vancouver Civic Election takes place on October 17th. The False Creek Community Centre will host an all-candidates meeting featuring those running for mayor and city council.

Join us to meet the candidates running for mayor and city council and ask them your questions.

Th Sep 17

6:30 PM-8:30 PM

