



FALSE CREEK

COMMUNITY CENTRE

Recreation Guide

Spring & Summer 2024



SPRING & SUMMER PROGRAMS & LICENSED PRESCHOOL

registration starts



► **Saturday March 16**
9 AM **online**/in-person
10 AM by phone

POTTERY

registration starts



► **Saturday March 16**
10 AM in-person/phone

SUMMER DAY CAMPS

registration starts



► **Saturday April 13**
9 AM **online**/in-person
10 AM by phone



Jointly operated by the Vancouver Board of Parks and Recreation & the False Creek Community Association.



FALSE CREEK COMMUNITY CENTRE

on Granville Island 1318 Cartwright Street Vancouver BC V6H 3R8

tel: 604-257-8195 • fax: 604-257-8194 • e-mail: falsecreekcc@vancouver.ca

Website: www.vancouver.ca/falsecreekrec • Association Website: www.FalseCreekCC.ca

False Creek Community Association

We are delighted to welcome you to the False Creek Community Centre and are grateful and honoured to work alongside a dedicated, passionate, and engaged group of individuals. Our community centre is a hub of activity and a place for people of all ages and backgrounds to come together and connect. We encourage you to take full advantage of all that our centre has to offer and get involved in the life of our community. We hope our spring and summer programs for 2024 excite you as much as they excite us. After a successful and enjoyable winter here at False Creek Community Centre, we are excited to welcome back the longer and brighter days!

We have amazing Summer Camps to offer this year, ranging from dance day camps to movie production camps. As well as our staple weekly camps – Summer Trekkers, False Creek Fun Explorers and Youth Adventures. We have something to keep the kids busy this summer!

We hope you will join us at our exciting outdoor events this year that is run by our amazing staff and volunteers! We will be hosting our first ever Indigenous Peoples Celebration on June 21, National Indigenous Peoples Day, and we're looking forward to the opportunity to learn and celebrate with our community. The Canada Day event is back with games, activities, and a Youth Concession, with proceeds supporting our Youth Programs.

The False Creek Community Association is a not-for-profit organization that relies on the commitment and effort of our wonderful volunteers. At the Annual General Meeting in May, the Board for 2024 - 2025 will be elected and this group will continue to build on the progress that we have made over the last 12 months, and set the stage for an even brighter future for our community. We encourage members of the community to join the Board. If you are interested in joining a committee or running for the Board, we welcome inquiries by email to fccavancouver@gmail.com.

We are proud to be part of this community and to see the positive impact the centre has on so many lives. As we look ahead, we are excited to continue to work together to make our community centre a place where everyone can come together, learn, grow and have fun. We are confident that, with your help and support, we will be able to achieve great things in the coming year. We look forward to seeing you at the community centre in 2024!

False Creek Community Association



SPRING & SUMMER PROGRAMS & LICENSED PRESCHOOL

registration starts

► Saturday March 16

9 AM [online](#)/in-person

10 AM by phone



POTTERY

registration starts

► Saturday March 16

10 AM in-person/by phone



SUMMER DAY CAMPS

registration starts

► Saturday April 13

9 AM in-person/[online](#)

10 AM by phone



IN PERSON

at the Centre

starting at 9:00 AM



ONLINE at

www.vanrec.ca

starting at 9:00 AM



BY PHONE

call 604-257-8195

starting at 10:00 AM

Please note:

To register online you will need to apply for an account.

Apply for your account today at vanrec.ca

Taxes will be added to adult programs.

A handling fee of \$35 will be charged for all returned cheques.

TABLE OF CONTENTS

2	President's Message
3	Registration & General Info
4	Facility Rentals
5	Licensed Childcare Services
6	Birthday Parties
7	Speciality Camps
8-9	Preschool & Children
10-12	Preteen & Youth
13-15	Adult & Children's Tennis
16	Pottery
20-21	Fitness Centre
21	All Bodies Community Program
16-23	Adult
24-25	Seniors 55+
26-27	Waterfront
28	Special Events



Facility Hours

Monday-Friday6:30 AM-9:30 PM
Saturday & Sunday9:00 AM-4:00 PM

Jul 5-Sep 13 Fridays 6:30 AM-6:00 PM

*Please note the Fitness Centre is open
Monday-Friday at 6:30 AM
The main centre opens at 9:00 AM

Holiday Hours

**March 29, April 1, May 20,
July 1 & August 5**

Community Centre &
Fitness Centre9:00 AM-12:30 PM

Hours subject to change with short notice.

Refund Policy

All refund and program transfer requests must be made in person or by phone. Refund and program transfer requests within 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 within 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, and waterfront programs require 7 days notice for a full refund or program transfer. Day Camps require 14 days notice for a full refund or program transfer less a \$5 admin fee.
- All requests for pottery & tennis refunds or program transfers must be made 72 hrs prior to the first class less a \$5 admin fee.
- All Birthday Party packages are subject to a \$5 admin fee on all refund and/or transfer requests. The refund rates are as follows:
 - full refund for cancellations/transfers with 15 days' or more notice;
 - 50% refund for cancellations within 8-14 days' notice;
 - and no refund for cancellations 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 without a medical note. 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 enrolment. 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 adult Fitness Centre drop-in fee & monthly passes as well as 50% off one program registration per person per season.

Association Website

www.FalseCreekCC.ca

Board of Directors

President:..... Shawna Deagle

Vice-President:Peggy MacDonald

Treasurer:Tessa MacDougall

Secretary:.....Jelena Brcic-Rolfe

Program Chair:..... Meghan Goertzen

Members at Large: Ethan Astaneh, Arthur Corber, Janice Clements, Judy McFarlen, Mike Dirks, Olga Nardy, Rekesh Corepal

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 Tennis Club

fctc.pres@gmail.com

www.falsecreektennisclub.co0m

WWW.FCRCC.COM

Season- Round Youth and Adult programs available

FCRCC
FALSE CREEK RACING CANOE CLUB

Dragon Boat, Sprint Canoe / Kayak Outrigger Canoes!



PRIVATE FUNCTION ROOM RENTALS



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.

[VIEW ONLINE](#)



Board Room (20x25 feet)	\$31.50/hour	15-20 people
Chinook Room (20x20 feet)	\$31.50/hour	10-15 people
Tyee Hall (44x24 feet)	\$63/hour	60 people
Lind Hall (65x49 feet)	\$105/hour	200 people
Mini Gym (64x38 feet)	\$63/hour	60 people
Fairview Room (14x30 feet)	\$31.50/hour	10-15 people

Weddings

THE LIND HALL AND TYEE HALL



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 and Sundays after 4pm. Please contact falsecreekrentals@vancouver.ca for more information.

WE CANNOT HOST EVENTS WHICH:

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

<https://falsecreekcc.ca/> 604-654-0792



SWAMP WILLOW PRESCHOOL

VIEW ONLINE

3 year old class

Children attend Tuesdays and Thursdays
from 9:15am to 11:30am

Registration for the 2024-2025 school year is open.
Register online, in person or by phone. Children must
turn 3 by December 31st, 2024. Activity # 464241

4 year old class

Children attend Mondays, Wednesdays and Fridays
from 9:15am to 11:45am

Registration for the 2024-2025 school year opens March
16th. Register online, in person or by phone. Children
must turn 4 by December 31st, 2024. Activity # 492353

FALSE CREEK OUT OF SCHOOL CARE

False Creek Before and After School Care is a licensed,
play based, inclusive Out of School care program for
children attending False Creek Elementary School.
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 with a multi-year wait
list. If you would like to add your child's name to the
wait list or have questions, please fill out the form at
www.falsecreekcc.ca/childcare-waitlist/

Priority registration is given to children currently
enrolled in Swamp Willow Preschool as well as
siblings enrolled in Out of School Care.



Trekkers Day Camp

This licensed day camp combines exciting out-trips, sports, games, and special events for children 5.5-12 years of age. Fees include admission to all attractions and transportation. Parental consent forms and waivers must be completed and submitted on the first day of camp.*Children must have already be attending kindergarten.

Registration opens on April 13 at 9 AM in person, online or by phone at 10 AM.

Two weeks notice to withdraw is required. A \$5 administration fee will be charged.

Little Trekkers (5.5-7 yrs)

This daycamp provides action packed days with sports, crafts games and out- trips. Fee includes public transportation and activity admissions to some of Vancouver’s most exciting attractions. Weekly Jul 2-Aug 30.

M-F Jun 29-Jul 3	10:00 AM-4:00 PM
263742	\$120/4 sess
M-F Jul 6-Jul 10	10:00 AM-4:00 PM
263743	\$150/5 sess
M-F Jul 13-Jul 17	10:00 AM-4:00 PM
263744	\$150/5 sess
M-F Jul 20-Jul 24	10:00 AM-4:00 PM
263745	\$150/5 sess
M-F Jul 27-Jul 31	10:00 AM-4:00 PM
263747	\$120/4 sess
Tu-F Aug 4-Aug 7	10:00 AM-4:00 PM
263750	\$150/5 sess
M-F Aug 10-Aug 14	10:00 AM-4:00 PM
263752	\$150/5 sess
M-F Aug 17-Aug 21	10:00 AM-4:00 PM
263553	\$150/5 sess
M-F Aug 24-Aug 28	10:00 AM-4:00 PM
272548	\$150/5 sess

Summer Trekkers (8-12 yrs)

M-F Jun 29-Jul 3	10:00 AM-4:00 PM
263769	\$120/4 sess
M-F Jul 6-Jul 10	10:00 AM-4:00 PM
263770	\$150/5 sess
M-F Jul 13-Jul 17	10:00 AM-4:00 PM
263771	\$150/5 sess
M-F Jul 20-Jul 24	10:00 AM-4:00 PM
263772	\$150/5 sess
Tu-F Jul 27-Jul 31	10:00 AM-4:00 PM
263773	\$120/4 sess
TU-F Aug 4-Aug 7	10:00 AM-4:00 PM
263774	\$150/5 sess
M-F Aug 10-Aug 14	10:00 AM-4:00 PM
263775	\$150/5 sess
M-F Aug 17-Aug 21	10:00 AM-4:00 PM
263776	\$150/5 sess
M-F Aug 24-Aug 28	10:00 AM-4:00 PM
264142	\$150/5 sess

Trekkers Combo Camp Week 9 (5.5-12 yrs)

There are only 20 spaces available for all age groups so please register early.

M-F Aug 31-Sep 4	10:00 AM-4:00 PM
272552	\$150/5 sess

Trekkers Before & After Care (5.5-7 yrs)

Extended care is available for children enrolled in Trekkers camps from 8:30- 10:00 am and from 4:00- 6:00 pm. Children must be registered in either Little Trekkers or Summer Trekkers for the corresponding week of extended care. Space is limited to 20 participants. Weekly Jul 2-Aug 30.

M-F Jun 29-Jul 3	8:30 AM-10:00 AM
263777	\$30/8 sess
M-F Jul 6-Jul 10	8:30 AM-10:00 AM
263778	\$35/10 sess
M-F Jul 13-Jul 17	8:30 AM-10:00 AM
263779	\$35/10 sess
M-F Jul 20-Jul 24	8:30 AM-10:00 AM
263780	\$35/10 sess
M-F Jul 27-Jul 31	8:30 AM-10:00 AM
263781	\$35/8 sess
Tu-F Aug 4-Aug 7	8:30 AM-10:00 AM
263782	\$30/10 sess
M-F Aug 10-Aug 14	8:30 AM-10:00 AM
264143	\$35/10 sess
M-F Aug 17-Aug 21	8:30 AM-10:00 AM
263783	\$35/10 sess



Sportball Birthday Party

(2-10 yrs)

Sportball offers high-energy, action-packed birthday parties for kids.

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 1 hour of activities followed by 1 hour 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.

Saturdays Apr 6-Aug 25, 1:30 PM-3:30 PM

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



Birthday Party

(2-8 yrs)

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

Your party includes gymnasium with toys, a decorated room, use of the kitchen refrigerator and a party leader. Children arrive, have one hour in the gym, followed by one hour in the party room (Tye Hall) to finish off the festivities. Up to 20 children.

Inclusions: This party includes:1-2 party attendants to assist with set up, clean up, and supervising equipment

Use of kitchen refrigerator, tables and chairs for eating in Tye Hall (party room), ride-on cars, climbing apparatus, and play mats

Exclusions: Food (nut-free), drinks, and/or cutlery for children and adults. Staff are not responsible for running games or other activities.

\$135/party

Saturdays Apr 6-Aug 25, 1:00 PM-3:00 PM

Sundays Apr 5-Aug 24, 12:00 PM-2:00 PM

Additional \$80 to add-on Bouncy Castle with an additional leader
Additional \$10 to add-on minimal decorations: streamers & table covers

Specialty Summer Day Camps

Endorphin Rush Frozen

Ballet - Dance Camp (3-5 yrs)

100% frozen soundtrack music is played in this creative ballet class designed to ignite your dancers imagination. No experience required as dancers learn the basics of ballet and expression through movement. Costumes are welcome, but not required. Beginner friendly. Bring your cameras! Presentation for parents on the last day!

Instructor: Endorphin Rush Dance And Fitness

M-F Jul 15-Jul 19 11:15 AM-12:30 PM
498978 \$109/5 sess

M-F Aug 12-Aug 16 11:15 AM-12:30 PM
498982 \$109/5 sess

Endorphin Rush Mini Hip Hop Movers - Dance Camp (4-7 yrs)

This non-stop action-packed class includes hip hop, and dance games that will have your dancer moving to the beats. Through the week we will work on a choreographed dance. Get ready to cheer with gusto as there is a presentation for family on the last day! Please bring a filled water bottle each day.

Instructor: Endorphin Rush Dance And Fitness

M-F Jul 15-Jul 19 12:45 PM-2:00 PM
498979 \$109/5 sess

M-F Aug 12-Aug 16 12:45 PM-2:00 PM
498983 \$109/5 sess

Endorphin Rush Swiftie Dance Party Camp (7-12 yrs)

Taylor Swift Fans Unite! This upbeat, empowering, and vibrant dance camp is set to 100% Taylor Swift tunes including Anti-Hero and Shake it Off. Dancers will improve jazz technique, play interactive dance games, and learn dynamic choreography all while making new friends. Please wear comfortable clothing for movement, clean dance or running shoes, and bring a water bottle. Get ready to cheer; there will be a presentation on the last day of camp.

Instructor: Endorphin Rush Dance And Fitness

M-F Jul 15-Jul 19 2:15 PM-3:30 PM
498981 \$109/5 sess

M-F Aug 12-Aug 16 2:15 PM-3:30 PM
498984 \$109/5 sess



Byte Camp - Claymation Movie Production (9-12 yrs)

Make your own clay characters come to life, just like Shaun the Sheep! Participants will work to build their own clay characters, sets and props; develop their own script; shoot their movie scenes; and then learn to edit and add sounds and special effects to complete the whole project. Don't worry parents, there will be plenty of time devoted to outdoor games and activities! Please bring a lunch, snacks, water bottle and appropriate clothing.

Instructor: Byte Camp Education Society

M-F Jul 29-Aug 2 9:00 AM-4:00 PM
501346 \$395/5 days

Byte Camp - 2D Video Game Design (11-14 yrs)

Learn how to build a 2D game from the ground up using Godot, an awesome free platform for coding and launching games (think Python, but way more fun!) This is a coding camp, so be prepared to challenge yourself and learn some new skills. Time will be spent learning how to create advanced 2D vector artwork and animated character sprites to make your game look great. Some coding experience or Byte Camp's - Intro to Coding is recommended as a prerequisite. Please bring a lunch, snacks, water bottle and appropriate clothing.

Instructor: Byte Camp Education Society

M-F Aug 26-Aug 30 9:00 AM-4:00 PM
501349 \$395/5 days

Specialty Camp Refund Policy:

All refund and program transfer requests must be made in person or by phone, and are subject to a \$5 admin fee per transaction.

- Day camps and waterfront programs require 14 days' notice for a full refund or program transfer.
- Tennis permit fees are non-refundable unless the class is cancelled by the community centre.
- No refunds or program transfers are provided after these deadlines without a medical note.

Programs and fees are subject to change without notice.

Fun Explorers

Camp **NEW** (8-12 yrs)

This day camp will provide opportunities to experience fun and engaging activities such as: swimming, visiting the Granville Island Water Park, going to the beach, and dragon boating with the False Creek Racing Canoe Club, combined with adventures to local attractions as well as sports, games and arts and crafts. Please pack a healthy lunch, snack, and drink and have your child dressed for the weather. Parental and/or caregiver consent forms must be completed and returned before the 1st day of camp.

Instructor: Daycamp Leader

9:30 AM-4:30 PM

Week 1	Jul 2-Jul 5
493140	\$148/4 days
Week 2	Jul 8-Jul 12
493141	\$185/5 days
Week 3	Jul 15-Jul 19
493142	\$185/5 days
Week 4	Jul 22-Jul 26
493144	\$185/5 days
Week 5	Jul 29-Aug 2
493146	\$185/5 days
Week 6	Aug 6-Aug 9
493148	\$148/4 days
Week 7	Aug 12-Aug 16
493150	\$185/5 days
Week 8	Aug 19-Aug 23
493152	\$185/5 days

Fun Explorers

Extended Care (8-12 yrs)

Available only for children registered in False Creek Fun Explorers the same week. Registration is by the week only.

8:30-9:30 AM	4:30-5:30 PM
Week 1	Jul 2-Jul 5
493155	\$24/4 days
Week 2	Jul 8-Jul 12
493156	\$30/5 days
Week 3	Jul 15-Jul 19
493158	\$30/5 days
Week 4	Jul 22-Jul 26
493159	\$30/5 days
Week 5	Jul 29-Aug 2
493161	\$30/5 days
Week 6	Aug 6-Aug 9
493162	\$24/4 days
Week 7	Aug 12-Aug 16
493164	\$30/5 days
Week 8	Aug 19-Aug 23
493166	\$30/5 days

Art, Culture & Environment

Endorphin Rush: Little Ballerinas

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. \$14/drop-in if space permits. No session May 18.

Instructor: Endorphin Rush Dance And Fitness (3-5 yrs)

Sa Apr 6-Jun 22 9:15 AM-10:00 AM
497373 \$143/11 sess

Sa Jul 6-Aug 24 9:15 AM-10:00 AM
497376 \$104/8 sess

(4-7 yrs)

Sa Apr 6-Jun 22 10:00 AM-10:45 AM
497374 \$143/11 sess

Sa Jul 6-Aug 24 10:00 AM-10:45 AM
497377 \$104/8 sess

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. \$14/drop-in if space permits. No session May 18.

Instructor: Endorphin Rush Dance And Fitness

Sa Apr 6-Jun 22 11:00 AM-11:45 AM
497375 \$143/11 sess

Sa Jul 6-Aug 24 11:00 AM-11:45 AM
499919 \$104/8 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 all tools, glazing, and firing. No registration after the second class.

Instructor: Sana Ashraf

Sa Apr 20-Jun 8 9:30 AM-10:30 AM
494511 \$128/8 sess

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 all tools, glazing, and firing. No registration after the second class.

Instructor: Sana Ashraf

Sa Apr 20-Jun 8 10:45 AM-11:45 AM
494510 \$144/8 sess

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. No session May 20.

Instructor: Into Yoga

M May 13-Jun 17 11:30 AM-12:15 PM
493938 \$77/5 sess

Red Cross Emergency First Aid/CPR-C/AED Blended (14-18 yrs)

EFA and CPR "C" is a blended program, this course will have an online component, which can be completed in 1-3 hours, followed by a one day 4 hour in-person course. After you register, please send an email to: falsecreek.communitycentre@vancouver.ca to receive the online component. This must be completed 24 hours before the in-person course date. In person class takes place at False Creek Community Centre. This course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines. Certification lasts for 3 years with the Canadian Red Cross.

Instructor: First Aid Pro

Sa Apr 27 10:00 AM-2:00 PM
496124 \$95/person



Red Cross Babysitting Course (11-16 yrs)

The Babysitting Course, refreshed and revised, now has a greater emphasis on First Aid skills. The Canadian Red Cross Babysitting course covers everything from managing difficult behaviors to essential content on leadership and professional conduct as a babysitter.

Course Content:

- How to be responsible and demonstrate leadership
- How to make good decisions and manage difficult behaviors
- Information on children's developmental stages, and specific strategies for each stage
- How to feed, diaper, dress, and play with children and babies
- How to recognize and prevent unsafe situations, make safe choices and promote safe behaviors
- First Aid skills
- The business of babysitting

If able, we encourage students to bring their own doll/teddy bear to practice on. Comes with a course manual and certificate of completion from the Canadian Red Cross.

Instructor: First Aid Pro

Sa May 25 9:30 AM-3:30 PM
496127 \$75/person

Smart Start™: Music Classes

Music + Neuroscience & Fun = Smart Start. This program by The Royal Conservatory, is a joyful music program designed for children and their caregivers, fostering lifelong connections with music. This neuroscience-based curriculum enhances emotional bonds, develops cognitive skills like attention, memory, and flexibility, and emphasizes beat, rhythm, and listening skills through multicultural songs and activities. Drop-in's welcome \$20/drop-in. Parent/Caregiver Participation is required. No sessions Fri Apr 26, May 24 & May 31.

Instructor: Dr. Joyce Wang

F Apr 12-Jun 21 11:15 AM-12:00 PM
502976 \$144/8 sess

(0-12 months)
502976

(12-24 months)
502977 12:45 PM-1:30 PM

(2-3 yrs)
502978 1:45 PM-2:30 PM

Private Piano Lessons - Beginner (5-54 yrs)

Gail Craig holds an ARCT from the Royal Conservatory of Music and has been teaching piano since the age of 14 and maintains a busy private teaching studio in Vancouver. She also holds an Early Childhood Education License. No sessions Apr 26, May 17, 20, 27, 31, and Aug 5.

Instructor: Gail Craig

M Apr 8-Jun 17 \$270/9 sess

497253	3:30 PM-4:00 PM
497256	4:00 PM-4:30 PM
497260	4:30 PM-5:00 PM
497261	5:00 PM-5:30 PM
497262	5:30 PM-6:00 PM
497263	6:00 PM-6:30 PM
497264	6:30 PM-7:00 PM
497265	7:00 PM-7:30 PM
497266	7:30 PM-8:00 PM
497267	8:00 PM-8:30 PM

M Jul 15-Aug 26 \$180/6 sess

497279	3:30 PM-4:00 PM
497281	4:00 PM-4:30 PM
497282	4:30 PM-5:00 PM
497283	5:00 PM-5:30 PM
497284	5:30 PM-6:00 PM
497288	6:00 PM-6:30 PM
497289	6:30 PM-7:00 PM
497290	7:00 PM-7:30 PM
497292	7:30 PM-8:00 PM
497293	8:00 PM-8:30 PM

F Apr 5-Jun 21 \$300/10 sess

497220	3:30 PM-4:00 PM
497222	4:00 PM-4:30 PM
497223	4:30 PM-5:00 PM
497224	5:00 PM-5:30 PM
497225	5:30 PM-6:00 PM
497226	6:00 PM-6:30 PM
497227	6:30 PM-7:00 PM
497228	7:00 PM-7:30 PM
497234	7:30 PM-8:00 PM
497236	8:00 PM-8:30 PM

F Jul 12-Aug 23 \$210/7 sess

497269	3:30 PM-4:00 PM
497270	4:00 PM-4:30 PM
497271	4:30 PM-5:00 PM
497272	5:00 PM-5:30 PM
497273	5:30 PM-6:00 PM
497274	6:00 PM-6:30 PM
497275	6:30 PM-7:00 PM
497276	7:00 PM-7:30 PM
497277	7:30 PM-8:00 PM
497278	8:00 PM-8:30 PM

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. 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. Drop-in \$18 - space permitting.

Instructor: George Chan

Tu Th Apr 2-May 9 7:00 PM-8:30 PM

497272 \$180/12 sess

Tu Th May 14-Jun 20 7:00 PM-8:30 PM

497273 \$180/12 sess

Tu Th Jul 2-Aug 1 7:00 PM-8:30 PM

497274 \$150/10 sess

Tu Th Aug 6-Aug 29 7:00 PM-8:30 PM

497277 \$120/8 sess

Sports

Sportball Indoor Soccer

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. No sessions May 19 and Aug 4.

Instructor: Sportball Vancouver

(2-3 yrs)

Su Apr 14-Jun 16 10:45 AM-11:30 AM

493010 \$144/9 sess

Su Jul 7-Aug 25 10:45 AM-11:30 AM

493015 \$112/7 sess

(4-6 yrs)

Su Apr 14-Jun 16 11:30 AM-12:15 PM

493012 \$144/9 sess

Su Jul 7-Aug 25 11:30 AM-12:15 PM

493016 \$112/7 sess

Sportball Jr. (1-2 yrs)

Children and parents/caregivers participate in sports, creative gross motor games, songs, rhymes, stories, bubble time and much more. Although these programs focus more on physical movements and social exploration, children will be introduced to a different sport each week. Parents/caregivers participate with their child to guide and challenge them according to their individual skill level. Parent/caregiver participation is mandatory.

Instructor: Sportball Vancouver

Tu Apr 9-Jun 4 10:45 AM-11:30 AM

493005 \$144/9 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 sessions May 18 and Aug 3.

Instructor: Sportball Vancouver

Tu Apr 9-Jun 4 11:30 AM-12:15 PM

493006 \$144/9 sess

Sa Apr 13-Jun 15 9:15 AM-10:00 AM

493007 \$144/9 sess

Sa Jul 6-Aug 24 9:15 AM-10:00 AM

493013 \$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. No sessions May 18 and Aug 3.

Instructor: Sportball Vancouver

Sa Apr 13-Jun 15 10:00 AM-10:45 AM

493009 \$144/9 sess

Sa Jul 6-Aug 24 10:00 AM-10:45 AM

493014 \$112/7 sess

**Stay Connected
with us on social media!**



@theFalseCreekCC

Friday Night Live Funtivities

Grades 5-7

Instructor: Youth Staff

**NEW THIS
SEASON:**

**REGISTRATION FOR EACH WEEK
ENDS EVERY THURSDAY AT NOON**

*Look no further for some
Friday night fun, this is the place to be!*

Bring your friends or come meet some and join us for a different activity each week. To partake in Friday Night Live your child **MUST** be registered, even when the activity fee is free. Waiver-consent forms are required for all out trips and are available on our website www.falsecreekcc.ca/youth or at the front desk. If you are unable or no longer wanting to attend a program, please call the centre in advance so we can offer the spot to another youth.



Activity#	Activity Name	Date	Funtivity	Time	Fee
504806	Pajama Movie Night Camp Out	Apr 5	Join us for a movie night at the centre. You bring your pajamas and best spooky stories and we'll supply the hot chocolate and s'mores!	5:30-9:30PM	\$1
504811	Skittles Tournament & Mini Pizzas	Apr 12	Get ready to see who the last person is standing in our Skittles tournament followed by some DIY mini pizzas	6:00 – 9:00PM	\$3
504807	Bowling	Apr 19	Out trip to Grandview Bowling Lanes	6:00 – 9:00PM	\$18
504809	Science Night	Apr 26	Let's have some fun with mini experiments.	6:00-9:00PM	FREE
504810	Choose Your Own Adventure	May 3	Spa Night VS Games Night - Pick between making DIY spa treatments or a night of games (video, board, group), or both!	6:00-9:00PM	FREE
504805	Swimming	May 10	Out trip to Hillcrest Aquatic Centre	5:30-9:30PM	\$6
504804	Sports Day	May 24	Bring your game face as we set out to complete a series of games and challenges.	6:00 – 9:00PM	FREE
504808	Hinge Park & Ice Cream Sundaes	May 31	The perfect Friday night plans: group games at Hinge Park and ice cream sundaes back at the centre	6:00-9:00PM	\$2
504803	Swimming	June 7	Out trip to Hillcrest Aquatic Centre.	6:00-9:00PM	\$6
504813	Kits Beach Sand Castle Contest	June 14	Out trip to Kits Beach for a False Creek sand castle contest.	6:00-9:00PM	FREE

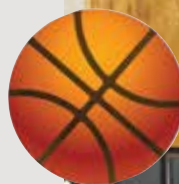
Youth Programs - *Things to Know:*

Waiver forms will be available two weeks prior to the start of the season on our website www.falsecreekcc.ca/youth or at the front desk.

- If you are unable or no longer wanting to attend a program, please call the centre in advance so we can offer the spot to another youth.
- Register early to avoid disappointment! Programs facing low enrolment up to one week prior to the start date may be at risk of cancellation so invite friends!
- Following provincial guidelines, all children under the age of 10 are required to have parental/ guardian supervision on site when not attending a registered program (this applies to all drop-in programs).

Preteen & Youth Basketball Schedule

- Free drop-in for youth to practice their basketball skills! All participants must acquire and scan their (free) Citywide Youth Participant Pass at the front desk to partake in drop-in programs.
- 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.
- ***Please note under our risk management guidelines, adults may not partake in preteen/youth programs.**



Activity #	Activity Name	Dates	Time	Grades	Fee
504867	Preteen Basketball - THURSDAYS	Apr 4 – Jun 27	4:30-5:30pm	Grades 6-9	FREE
504869	Preteen Basketball - THURSDAYS	Jul 4 – Aug 29	4:30-5:30pm	Grades 6-9	FREE
504870	Youth Basketball – THURSDAYS	Apr 4 – Jun 27	5:30-7:15pm	Grades 10-12	FREE
504873	Youth Basketball – THURSDAYS	Jul 4 – Aug 29	5:30-7:15pm	Grades 10-12	FREE
504880	Saturday Basketball Drop-In	Apr 6 – Jun 22	3:00-4:00pm	Grades 7-12	FREE

Youth 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!

A volunteer waiver form will be emailed to participants or available at www.falsecreekcc.ca/youth and must be completed and returned by the start of the volunteer activity. Interested volunteers can contact fccavancouver@gmail.com.

Activity#	Activity Name	Date	Time	Grades
504892	False Creek Youth Leadership Team	Apr 6-Jun 22	10:00am-12:00pm	Grades 8-12
505270	False Creek Summer Youth Volunteer Orientation: Day Camps (Ages 14-18) & Birthday Parties (Ages 12-18)	Jun 14	4:00pm-6:00pm	Ages 12-18
504891	Special Event Youth Volunteer: Summer Kick-Off Celebration (Day Of)	Jul 1	9:00am-2:30pm	Grades 7-12

Social

Dungeons & Dragons

Come join the Dungeons & Dragons adventure at False Creek! 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.

Instructor: Will Lochhead

(10-13 yrs)

F Apr 5-Jun 14 3:45 PM-5:30 PM
504896 \$44/10 sess

(13-15 yrs)

F Apr 5-Jun 14 5:30 PM-7:15 PM
504897 \$44/10 sess



Sports

Floor Hockey (9-13 yrs)

Calling all hockey fans and anyone who just wants to get moving! Each week starts with a warm-up drill followed by scrimmage time and a shootout 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 session on May 17.

Instructor: Youth Leader

F Apr 5-Jun 7 4:00 PM-5:00 PM
504893 **FREE**

Youth Week
British Columbia - May 1-7

Queer Prom

Friday, May 3rd
6:00-8:30pm
Ages 13-18

Inviting 2SLGBTQAI+ youth and their allies to join in on an evening of fun to celebrate youth in a safe and inclusive space. There will be dancing, music, refreshments, photo booth, and more.
Free event
For more information contact
queerincclusion@vancouver.ca

Skate Jam

Saturday, May 4th
1:00-4:00pm
Ages 9-18
Activity # 496786

Annual skate event and demos at the Downtown Skate Plaza. All levels welcome. Free event in partnership with the Vancouver Skate Coalition.
Contact Jannet Cincoleon:
jannet.cincoleon.vancouver.ca

Volleyball Tournament

Tuesday, May 7th
3:30-8:30pm
Ages 13-18
Activity # 496677

Register as a team or individual. Teams must have a mixed-gender component. Prizes! All abilities welcome. Contact Emily Hoang: emily.hoang@vancouver.ca

For up-to-date info and other events visit bcyouthweek.com

Youth Leadership

False Creek Youth Leadership Team (12-18 yrs)

Great communities are built with input from all! Come join this leadership team to give back to our False Creek neighborhood while connecting with new people and gaining skills such as notetaking, budgeting, public speaking, etc. Participants will have the opportunity to practice their skills through planning activities for other youth, implementing their own community projects, assisting with special events and taking part in workshops. This is a great way to achieve volunteer hours and work experience! A certificate and letter of hours completed will be provided to all participants who meet the minimum participation requirements. No sessions on May 18*

Instructor: Youth Staff

Sa Apr 6-Jun 15 10:00 AM-12:00 PM
447285 **FREE**

Day Camp

Youth Adventures: False Creek Summer Day Camp

Looking to have fun this summer? This camp is perfect for youth who want to make the most of their summer break. Come enjoy a mix of exciting summer activities, dragon boating and out trips while making new friends! Schedule of weekly activities and outtrips and parental consent forms will be made available and posted on our website. Waiver forms must be completed and returned by the 1st day of camp. Please pack a healthy lunch, snack and water and wear activity appropriate attire. Note: mode of transportation will include walking and public transit.

Instructor: Youth Camp Leaders

(11-13 yrs)

Tu-F Jul 2-Jul 5	10:00 AM-4:00 PM
504899	\$144/4 sess
M-F Jul 8-Jul 12	10:00 AM-4:00 PM
504900	\$180/5 sess
M-F Jul 15-Jul 19	10:00 AM-4:00 PM
504901	\$180/5 sess
M-F Jul 22-Jul 26	10:00 AM-4:00 PM
504902	\$180/5 sess
M-F Jul 29-Aug 02	10:00 AM-4:00 PM
504903	\$180/5 sess
M-F Aug 12-Aug 16	10:00 AM-4:00 PM
504904	\$180/5 sess
M-F Aug 19-Aug 23	10:00 AM-4:00 PM
504905	\$180/5 sess

(14-16 yrs)

Tu-F Jul 2-Jul 5	10:00 AM-4:00 PM
504951	\$144/4 sess
M-F Jul 8-Jul 12	10:00 AM-4:00 PM
504952	\$180/5 sess
M-F Jul 15-Jul 19	10:00 AM-4:00 PM
504953	\$180/5 sess
M-F Jul 22-Jul 26	10:00 AM-4:00 PM
504954	\$180/5 sess
M-F Jul 29-Aug 2	10:00 AM-4:00 PM
504955	\$180/5 sess
M-F Aug 12-Aug 16	10:00 AM-4:00 PM
504956	\$180/5 sess
M-F Aug 19-Aug 23	10:00 AM-4:00 PM
504957	\$180/5 sess



Children's Tennis



Children's Tennis

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 playing games and matches.

Instructor: Mauro Liceaga Garcia

Mini Champs (4-6 yrs)

Tu	Apr 16-May 14	3:30 PM-4:30 PM	499018	\$112.50/5 sess
W	Apr 17-May 15	3:30 PM-4:30 PM	499021	\$112.50/5 sess
Tu	May 21-Jun 25	3:30 PM-4:30 PM	499024	\$135/6 sess
W	May 22-Jun 26	3:30 PM-4:30 PM	499027	\$135/6 sess

Beginner (7-9 yrs)

Tu	Apr 16-May 14	4:30 PM-5:30 PM	499019	\$150/5 sess
Tu	May 21-Jun 25	4:30 PM-5:30 PM	499025	\$180/6 sess
W	Apr 17-May 15	4:30 PM-5:30 PM	499022	\$150/5 sess
W	May 22-Jun 26	4:30 PM-5:30 PM	499028	\$180/6 sess

Novice (10-13 yrs)

Tu	Apr 16-May 14	5:30 PM-7:00 PM	499020	\$150/5 sess
W	Apr 17-May 15	5:30 PM-7:00 PM	499023	\$150/5 sess
Tu	May 21-Jun 25	5:30 PM-7:00 PM	499026	\$180/6 sess
W	May 22-Jun 26	5:30 PM-7:00 PM	499029	\$180/6 sess

Outdoor Children's Tennis

The first introduction to Tennis is a fundamental program that help kids develop the skills to rally and play with their coach, parents, and friends. No session May 18.

Location: Granville Park (14th & Fir)

Instructor: Mauro Liceaga Garcia

(5-6 yrs)

Wed	May 15-Jun 19	4:00 PM-5:00 PM	500157	\$108.84/6 sess
-----	---------------	-----------------	--------	-----------------

(7-8yrs)

Sa	May 11-Jun 22	1:00 PM-2:00 PM	499088	\$108.84/6 sess
----	---------------	-----------------	--------	-----------------

Wed	May 15-Jun 19	5:00 PM-6:00 PM	500158	\$108.84/6 sess
-----	---------------	-----------------	--------	-----------------

(9-12yrs)

Wed	May 15-Jun 19	6:00 PM-7:00 PM	500159	\$108.84/6 sess
-----	---------------	-----------------	--------	-----------------

Sa	May 11-Jun 22	1:00 PM-2:00 PM	499087	\$108.84/6 sess
----	---------------	-----------------	--------	-----------------

Outdoor Kid's Club Tennis

Kid's Club Program gives players the opportunity to develop skills and play from Beginner to Intermediate Levels. The program follows the Progressive Tennis Model allowing kids to move up the skills levels and compete in a fun competition program. Progress is from the Orange Ball to the Low Compression Green Dot with play at ¾ to full court. Everyone gets the opportunity to improve and enjoy the play. No session May 18.

Location: Granville Park (14th & Fir)

Instructor: Mauro Liceaga Garcia

(13-16 yrs)

Sa	May 11-Jun 22	2:00 PM-3:30 PM	499089	\$154.26/6 sess
----	---------------	-----------------	--------	-----------------

(9-12 yrs)

Sa	May 11-Jun 22	2:00 PM-3:30 PM	499090	\$131.26/7 sess
----	---------------	-----------------	--------	-----------------



Outdoor Tennis Camps

Slap on the sunscreen, grab a hat and come out and play with us. Summer Tennis Camps are made for fun and run, learning to play tennis and meeting new friends.

Location: All camps held at the

False Creek Courts on Granville Island

Instructor: Mauro Liceaga Garcia

(5-6 yrs)

Tu-F	Jul 2-Jul 5	10:00 AM-11:00 AM	499098	\$74.70/4 days
------	-------------	-------------------	--------	----------------

M-F	Jul 15-Jul 19	10:00 AM-11:00 AM	499102	\$90.70/5 days
-----	---------------	-------------------	--------	----------------

Tu-F	Aug 6-Aug 9	10:00 AM-11:00 AM	499106	\$74.70/4 days
------	-------------	-------------------	--------	----------------

M-F	Aug 12-Aug 16	10:00 AM-11:00 AM	499110	\$90.70/5 days
-----	---------------	-------------------	--------	----------------

(7-9 yrs)

Tu-F	Jul 2-Jul 5	11:00 AM-12:30 PM	499099	\$106.05/4 days
------	-------------	-------------------	--------	-----------------

M-F	Jul 15-Jul 19	11:00 AM-12:30 PM	499103	\$128.55/5 days
-----	---------------	-------------------	--------	-----------------

Tu-F	Aug 6-Aug 9	11:00 AM-12:30 PM	499107	\$106.05/4 days
------	-------------	-------------------	--------	-----------------

M-F	Aug 19-Aug 23	11:00 AM-12:30 PM	499111	\$128.55/5 days
-----	---------------	-------------------	--------	-----------------

(10-12 yrs)

Tu-F	Jul 2-Jul 5	1:00 PM-4:00 PM	499100	\$212.10/4 days
------	-------------	-----------------	--------	-----------------

M-F	Jul 15-Jul 19	1:00 PM-4:00 PM	499104	\$257.10/5 days
-----	---------------	-----------------	--------	-----------------

Tu-F	Aug 6-Aug 9	1:00 PM-4:00 PM	499108	\$212.10/4 days
------	-------------	-----------------	--------	-----------------

M-F	Aug 19-23	1:00 PM-4:00 PM	499112	\$257.10/5 days
-----	-----------	-----------------	--------	-----------------

(13-16 yrs)

Tu-F	Jul 2-Jul 5	1:00 PM-4:00 PM	499101	\$212.10/4 days
------	-------------	-----------------	--------	-----------------

M-F	Jul 15-Jul 19	1:00 PM-4:00 PM	499105	\$257.10/5 days
-----	---------------	-----------------	--------	-----------------

Tu-F	Aug 6-Aug 9	1:00 PM-4:00 PM	499109	\$212.10/4 days
------	-------------	-----------------	--------	-----------------

M-F	Aug 19-Aug 23	1:00 PM-4:00 PM	499113	\$257.10/5 days
-----	---------------	-----------------	--------	-----------------

Specialty Camp Refund Policy:

All refund and program transfer requests must be made in person or by phone, and are subject to a \$5 admin fee per transaction.

- Day camps and waterfront programs require 14 days' notice for a full refund or program transfer.
- Tennis permit fees are non-refundable unless the class is cancelled by the community centre.
- No refunds or program transfers are provided after these deadlines without a medical note. Programs and fees are subject to change without notice.

Adult Tennis



We offer a combination of lesson clinics, drills and tournament play for beginner to advanced players. Lessons are taught using the latest techniques and equipment to speed your learning along and get you into the fun and health of playing tennis. Make this your year to begin, or to take your game to a new level. All classes are taught with enthusiasm and the greatest respect for your efforts. We will provide racquets for use in class and endless fun to help you on the way.

Registration/Refund Procedures

- The instructor reserves the right to assess and place participants in the level best suited for their success.
- Instructor approval required for registration after the first class (Beginner through Novice) and after the 2nd class (Lower Intermediate level and up).
- Refunds only issued up to 72 hours prior to the first class, except due to medical reasons (doctor's note required).
- Lesson locations vary, check the location listed to the right of the course number.
- Tennis permit fees are non-refundable unless the class is cancelled by the community centre
- Taxes not included in fees shown.

Tennis Court Locations

Sutcliffe Courts
False Creek CC
(On Granville Island)

Granville Park Courts
14th Avenue
& Fir Street

Charleson Park Courts
Roof Top Parkade
on Moberly Road

What to Wear

- Gym clothes and non-marking running/tennis shoes. (Please no work, school clothes or jeans.)
- It is also recommended that you bring water and a snack.

Beginner Tennis (19+ yrs)

NEVER PLAYED BEFORE? If you can rally, do not take this program. Players use low compression balls and are taught a very successful Beginner to Novice skill package. Please note: Permit fee is non-refundable. Shared equipment may not be available but you are welcome to bring your own.

Instructor: Mauro Liceaga Garcia

Charleson Park (650 Moberly Rd)

Su Sa Apr 6-Apr 14 9:30 AM-10:30 AM
[495954](#) \$137/4 sess

Su Sa May 4-May 12 10:45 AM-11:45 AM
[495955](#) \$137/4 sess

Su Sa Jul 6-Jul 14 9:30 AM-10:30 AM
[496011](#) \$137/4 sess

False Creek Community Centre (1318 Cartwright St)

M W Apr 3-Apr 15 5:00 PM-6:00 PM
[495956](#) \$137/4 sess

M W Jul 3-Jul 15 5:00 PM-6:00 PM
[496013](#) \$137/4 sess

M W Aug 14-Aug 26 5:00 PM-6:00 PM
[496014](#) \$137/4 sess

Granville Park (14th Ave & Fir St)

Tu Th May 7-May 16 5:30 PM-6:30 PM
[495957](#) \$137/4 sess

Tu Th Jun 4-Jun 13 5:30 PM-6:30 PM
[495958](#) \$137/4 sess

Tu Th Jul 23-Aug 1 5:30 PM-6:30 PM
[496015](#) \$137/4 sess



Novice Tennis (19+ yrs)

You can rally the real ball, however you recognize that you would have more fun if you were consistent in all strokes. This is your level! Note: Permit fee is non-refundable.

Instructor: Mauro Liceaga Garcia

Charleson Park (650 Moberly Rd)

Su Sa Apr 6-Apr 14 10:45 AM-11:45 AM
[495975](#) \$137/4 sess

Su Sa Jun 8-Jun 16 9:30 AM-10:30 AM
[495976](#) \$137/4 sess

Su Sa Jul 6-Jul 14 9:30 AM-10:30 AM
[496030](#) \$137/4 sess

False Creek Community Centre (1318 Cartwright St)

M W Apr 17-Apr 29 5:00 PM-6:00 PM
[495977](#) \$137/4 sess

Granville Park (14th Ave & Fir St)

Tu Th Apr 9-Apr 18 5:30 PM-6:30 PM
[495980](#) \$137/4 sess

Tu Th May 7-May 16 6:45 PM-7:45 PM
[495982](#) \$137/4 sess

Tu Th Jun 4-Jun 13 6:45 PM-7:45 PM
[495983](#) \$137/4 sess

Tu Th Jul 2-Jul 11 5:30 PM-6:30 PM
[496032](#) \$137/4 sess

Tu Th Jul 23-Aug 1 6:45 PM-7:45 PM
[496034](#) \$137/4 sess

Novice Plus Tennis (19+ yrs)

Get fit, learn new skills, have fun, and make new friends. Novice Plus is where even more fun begins. Learn to top spin for your forehand, slice for the backhand and a consistent serve. Players will be introduced to tactics and strategies for singles and doubles. Please note: Permit fee is non-refundable. Please note: Permit fee is non-refundable. No session on May 20.

Instructor: Mauro Liceaga Garcia

Granville Park (14th Ave/Fir St)

Tu Th Apr 9-Apr 18 6:45 PM-7:45 PM
[495973](#) \$137/4 sess

Tu Th Aug 13-Aug 22 5:30 PM-6:30 PM
[496029](#) \$137/4 sess

Charleson Park (650 Moberly Rd)

Su Sa May 4-May 12 9:30 AM-10:30 AM
[495966](#) \$137/4 sess

False Creek Community Centre (1318 Cartwright St)

M W May 8-May 22 5:00 PM-6:00 PM
[495968](#) \$137/4 sess

M W Jun 3-Jun 12 5:00 PM-6:00 PM
[495971](#) \$137/4 sess

M W Jul 22-Jul 31 5:00 PM-6:00 PM
[496027](#) \$137/4 sess

Lower Intermediate**Tennis (19+ yrs)**

You can play matches, singles and/or doubles. You can serve, volley, and rally both sides. Like all of us, YOU WANT MORE! Coaches set individual goals. Learn spin, flat, kick serves, top spin forehand, slice backhand, drop and slice volleys. Even more evil and planned strategies. More game, more play more fun! Please note: Permit fee is non-refundable. No session on May 20.

Instructor: Mauro Liceaga Garcia

**False Creek Community Centre
(1318 Cartwright St)**

M W Apr 3-Apr 15 6:15 PM-7:15 PM
495961 \$137/4 sess

M W May 8-May 22 6:15 PM-7:15 PM
495962 \$137/4 sess

M W Jun 3-Jun 12 6:15 PM-7:15 PM
495964 \$137/4 sess

M W Jul 22-Jul 31 6:15 PM-7:15 PM
496018 \$137/4 sess

Charleson Park (650 Moberly Rd)

Su Sa Jun 8-Jun 16 10:45 AM-11:45 AM
495960 \$137/4 sess

Granville Park (14th Ave/Fir St)

Tu Th Jul 2-Jul 11 6:45 PM-7:45 PM
496024 \$137/4 sess

Tu Th Aug 13-Aug 22 6:45 PM-7:45 PM
496026 \$137/4 sess

Intermediate Tennis (19+ yrs)

You can play matches, singles and/or doubles. You can serve, volley, and rally both sides. Like all of us, YOU WANT MORE! Coaches set individual goals. Learn spin, flat, kick serves, top spin forehand, slice backhand, drop and slice volleys. Even more evil and planned strategies. More game, more play more fun! Please note: Permit fee is non-refundable.

Instructor: Mauro Liceaga Garcia

**False Creek Community Centre
(1318 Cartwright St)**

M W Apr 17-Apr 29 6:15 PM-7:15 PM
495959 \$137/4 sess

M W Jul 3-Jul 15 6:15 PM-7:15 PM
496016 \$137/4 sess

M W Aug 14-Aug 26 6:15 PM-7:15 PM
496017 \$137/4 sess

**Stay Connected
with us on social media!**



@theFalseCreekCC

Tennis Lessons**w/ Wilson (Beginner) (19+ yrs)**

Tennis lessons with Wilson! Players use low compression balls and are taught a very successful Beginner to Novice skill package. Please note: Permit fee is non-refundable. Shared equipment may not be available but you are welcome to bring your own.

Instructor: Wilson Tan

**False Creek Community Centre
(1318 Cartwright St)**

F Apr 12-May 3 10:00 AM-11:00 AM
495687 \$137/4 sess

F May 10-May 31 10:00 AM-11:00 AM
495689 \$137/4 sess

F Jun 7-Jun 28 10:00 AM-11:00 AM
495690 \$137/4 sess

F Jul 5-Jul 26 4:30 PM-5:30 PM
495694 \$137/4 sess

F Aug 9-Aug 30 4:30 PM-5:30 PM
495704 \$137/4 sess

Tennis Lessons**w/ Wilson (Novice) (19+ yrs)**

Tennis lessons with Wilson! You can rally the real ball, however you recognize that you would have more fun if you were consistent in all strokes. This is your level! Please note: Permit fee is non-refundable.

Instructor: Wilson Tan

**False Creek Community Centre
(1318 Cartwright St)**

F Apr 12-May 3 11:15 AM-12:15 PM
495691 \$137/4 sess

F May 10-May 31 11:15 AM-12:15 PM
495692 \$137/4 sess

F Jun 7-Jun 28 11:15 AM-12:15 PM
495693 \$137/4 sess

**Gord Hauka's Legacy
Tennis Tournament**

**Saturday & Sunday, September 14-15
9:00 AM-3:00 PM**

Kitsilano Beach Public Tennis Courts,
Arbutus St, Vancouver, BC V6J 5N2.

Please note: Registration starts on March 16 and closes on Sep 6, 2024.

Instructor: Mauro Liceaga Garcia

**In honor of Gord Hauka and all of the tennis instructions that he
contributed in our community and all over Vancouver for over 40 years.
We are very excited to dedicate this tournament to Gord.**

**We would like to use this event/opportunity to gather previous students
of Gord's, and current tennis players in the community to participate
in a friendly tournament, while having fun, meeting new friends, and
sharing stories/experiences about their life with Gord and tennis.**

**The tennis tournament's structure will be based on singles and
doubles matches. We invite you all to be a part of this amazing
event that will bring the tennis community together! "Play is
what I teach", and as Gord always said, "there is hope".**

**Beverages and snacks included! Registration fees goes towards
staffing, permit fee, beverages, snacks and other related material
costs. Please note: Permit fee is non-refundable. Shared equipment
may not be available but you are welcome to bring your own.**

Art, Culture & Environment

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, firing and additional studio time (see instructor for details). No registration after the second class.

Instructor: Suling Yuen

Tu	Apr 9-Jun 11	6:00 PM-8:30 PM
494513		\$230/10 sess

Pottery Hand Building (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, firing and additional studio time (see instructor for details). No registration after the second class. No class on May 20.

Instructor: Cathy Watters

Th	Apr 4-Jun 6	2:30 PM-5:00 PM
494516		\$230/10 sess

Instructor: Suling Yuen

M	Apr 15-Jun 10	2:30 PM-5:00 PM
494514		\$184/8 sess

Instructor: Sana Ashraf

Sa	Apr 20-Jun 8	1:00 PM-3:30 PM
494512		\$184/8 sess



Pottery Wheel Throwing (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, firing and additional studio time (see instructor for details). No registration after the second class. No class on May 20.

Instructor: Cathy Watters

Th	Apr 4-Jun 6	6:00 PM-8:30 PM
494517		\$230/10 sess

Instructor: Suling Yuen

M	Apr 15-Jun 10	6:00 PM-8:30 PM
494515		\$184/8 sess

Instructor: Tarrynea Bialleck

F	Apr 19-Jun 21	9:30 AM-12:00 PM
494518		\$230/10 sess



Pottery Studio Membership (19+ yrs)

Membership is only \$50/month! Payments are due at the beginning of each month (can be pro-rated the first month only). The studio is available to members during our hours of operation. The studio is not available when classes are in session. Membership applicants need to have completed a minimum of 8 weeks pottery course within the last 3 years at False Creek Community Centre. *Please note: If participants do not successfully complete a course or miss more than 2 classes, they will not be eligible to register to become a club member.

Instructor: No Instructor

Operational Hours [VIEW ONLINE](#)

\$50/Month

April	491643
May	491645
June	491647
July	491649
August	491650

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 the pages onto itself (like a sketchbook) and it refuses to weaken. No prior experience is necessary. All materials and tools 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 Apr 13 11:00 AM-2:00 PM
495569 \$59.95/1 sess

Medieval Leather

Bookbinding (19+ yrs)

Learn to make a leather bound book from the medieval period. This particular technique had a practical business purposes; 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 a gift. No prior experience is necessary. All materials and tools 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 May 4 11:00 AM-2:00 PM
495570 \$64.95/1 sess

Stuffie Embroidery: Hand Sewing Appliqués and Stitches (19+ yrs)

Learn to hand embroider popular and fancy stitches with color and creativity. Students will hand appliqué felt and fabric to stitch a 6x5 elephant stuffed animal; a fun gift for humans and pets alike. This freestyle technique can be applied to any shape, garment or occasion. If you'd like, bring your own fabric and felt scraps plus any embroidery threads to play with. No prior embroidery experience required. All materials and tools 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 May 18 11:00 AM-2:00 PM
495573 \$64.95/1 sess

Embroidery:

Hand Sewing Stitches (19+ yrs)

Learn embroidery fundamentals including traditional and popular stitches to personalize or mend items mindfully and beautifully. If you like, bring with you any hand sewing supplies you already have to assess and explore creatively. No prior experiences necessary. All tools and materials 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 Jul 13 11:00 AM-2:00 PM
495575 \$59.95/1 sess

Secret Belgian Bookbinding (19+ yrs)

Learn a bookbinding technique attributed to Belgium, also known as crisscross bookbinding. It has an unusual stitching method which will surprise you. No prior experience is necessary. All materials and tools are supplied. 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 Aug 10 11:00 AM-2:00 PM
495577 \$59.95/1 sess

Interior Design for **NEW** Beginners (19+ yrs)

Whether it's 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 wellbeing. Barbara Smyth, who has over 30 years of expertise, will show you how to get your project on the right way. You will learn how to draft a floor plan, rearrange furniture, design with what you have, lighting, and trends, and keep your interior looking fresh on a budget. www.interiordesignschool.com. Please be mindful of others and arrive on time - lateness disrupts the flow of the workshop. Registration only. No drop-ins.

Instructor: Barbara Smyth

F Apr 12-May 10 6:30 PM-8:00 PM
494635 \$110/5 sess

**Stay Connected
with us on social media!**



@theFalseCreekCC

Fitness & Health

Spring Awakening

Yoga (19+ yrs)

Experience rejuvenation at 'Spring Awakening: Yoga with the Spring Equinox' – transformative yin and hatha yoga classes that will harmonize your mind and body. Guided meditation fosters inner stillness, breathwork ignites vitality, fluid movements celebrate the season, and journaling cultivates self-reflection. Embrace the energy of spring in this holistic journey towards balance and renewal. All levels welcome! Drop-in \$17, if space permits. Please register to reserve your spot for the free trial class!

Instructor: Colleen McCrann

W Apr 3 7:00 PM-8:00 PM
489909 FREE TRIAL

W Apr 10-May 15 9:15 AM-10:15 AM
489894 \$90/6 sess

W Apr 10-May 15 7:00 PM-8:00 PM
489907 \$90/6 sess

W May 22-Jun 26 9:15 AM-10:15 AM
489906 \$90/6 sess

W May 22-Jun 26 7:00 PM-8:00 PM
489908 \$90/6 sess

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

The class is aimed at health and wellbeing. It is taught by Lynette Hunter who has over 25 years' training in Daoist energy work, and has taught mainly in community centres and universities in the UK, Europe, and US. The sessions are drawn from life-long practices 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. No class on April 30, May 7, 14.

Instructor: Lynette Hunter

Tu Apr 9-Jun 18 9:30 AM-10:30 AM
495564 \$64/8 sess

Fitness & Health cont'd

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 on May 8.

Instructor: John F Weiss

W Apr 10-May 29 10:45 AM-12:00 PM
[494634](#) \$91/7 sess

Hatha + Yin Yoga (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. www.pamelafermanyoga.com. Drop-in \$18, if space permits. No class on April 29 and Aug 5.

Instructor: Pamela Ferman

M Apr 1-May 13 9:30 AM-10:45 AM
[494643](#) \$90/6 sess

M May 20-Jun 24 9:30 AM-10:45 AM
[494644](#) \$90/6 sess

M Jul 8-Aug 19 9:30 AM-10:45 AM
[494648](#) \$90/6 sess

Nia (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 Apr 11-May 9 9:15 AM-10:15 AM
[494676](#) \$60/5 sess

Th May 23-Jun 20 9:15 AM-10:15 AM
[494677](#) \$60/5 sess

Prenatal Yoga & **NEW** Wellness Workshop (19+ yrs)

A five-week workshop to celebrate pregnancy, overcome fear & foster community building. Taught in trauma sensitive approach with options and prop use. Themes of each week are: (1) Connection & Reconnection, (2) Pelvic Floor & More, (3) Strengthening, (4) Grounding and (5) Nurturing safe space. Content include yoga postures, functional & intuitive movements, meditation, breathwork to alleviate stress & pain, Yoga Nidra and sound bath. Drop-in \$18, if space permits.

Instructor: Angora Ngai

Sa Apr 20-May 18 10:00 AM-11:15 AM
[495579](#) \$80/5 sess

Sa May 25-Jun 22 10:00 AM-11:15 AM
[495587](#) \$80/5 sess

Sa Jul 6-Aug 3 10:00 AM-11:15 AM
[495588](#) \$80/5 sess

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

Cultivate a healthy body, quiet mind and open heart! In this class you will increase body awareness, flexibility and strength. Iyengar adapts to your personal needs, regardless of your age or health. All are welcome. Drop-in \$18, if space permits. No class on May 20.

Instructor: Arezou Moeini

M Apr 8-Jun 24 6:00 PM-7:30 PM
[494727](#) \$165/11 sess

M Jul 8-Jul 29 6:00 PM-7:30 PM
[494729](#) \$60/4 sess

Hatha Flow Yoga (19+ yrs)

Breathe. Flow. Rest. An all levels yoga class combining slow fluid movements with the breath. Bless Leone brings a wealth of practical knowledge to her teaching which focuses on intelligent, creative sequencing, postural alignment, good tunes and mindfulness. Classes include the use of props, modifications and demonstrations to create an environment where new students feel empowered and returning students feel challenged. www.blessleone.com. Drop-in \$21, if space permits. No class on May 19.

Instructor: Bless Leone

Th Apr 4-Jun 20 5:45 PM-7:00 PM
[494722](#) \$192/12 sess

Su Apr 7-Jun 23 9:30 AM-10:45 AM
[494720](#) \$176/11 sess

Th Jul 4-Jul 25 5:45 PM-7:00 PM
[494726](#) \$64/4 sess

Su Jul 7-Aug 18 9:30 AM-10:45 AM
[494721](#) \$112/7 sess

Morning Deep **NEW** Stretch Yoga (19+ yrs)

A needed start to every morning. Reaching the upper and lower body, this class has participants holding yin yoga poses and deep stretching, through safe alignment and increasing healthy movement within the deep connective tissues of the body. This practice brings awareness and relaxation within. Connecting you with mind, body and breath through breathwork and guided meditation practice, leaving you feeling centered and refreshed ready for the day ahead. All levels of yoga welcome, modifications will be provided and guided use of yoga props. Drop-in \$17, if space permits.

Instructor: Kendra Ruhland

F Apr 19-May 24 9:30 AM-10:30 AM
[495708](#) \$90/6 sess

F Jun 7-Jun 28 9:30 AM-10:30 AM
[495710](#) \$60/4 sess

F Jul 5-Jul 26 9:30 AM-10:30 AM
[495713](#) \$60/4 sess

F Aug 9-Aug 30 9:30 AM-10:30 AM
[495715](#) \$60/4 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 <http://www.intoyoga.ca>. Drop-ins \$16, if space permits.

Instructor: Into Yoga

Tu Apr 9-May 14 5:30 PM-6:30 PM
[494636](#) \$87/6 sess

Tu May 21-Jun 25 5:30 PM-6:30 PM
[494637](#) \$87/6 sess

Tu Jul 9-Aug 27 5:30 PM-6:30 PM
[494638](#) \$116/8 sess

Postnatal/Baby & Me **NEW** Yoga (19+ yrs)

Postnatal / Baby & Me Yoga classes are perfect occasions for birthing parent and new baby to bond over mindful yoga postures & breathing exercises, while your baby is stimulated physically, emotionally and socially. Expect postures to enhance strength, flexibility & balance, which help restoration & healing after delivery. Participants have the option to bring along their babies from 4 weeks up to pre-crawlers to join. Drop-in \$18, if space permits.

Instructor: Angora Ngai

F	Apr 19-May 17	9:30 AM-10:30 AM
495580		\$80/5 sess
F	May 24-Jun 21	9:30 AM-10:30 AM
495581		\$80/5 sess
F	Jul 5-Aug 2	9:30 AM-10:30 AM
495586		\$80/5 sess

Slow Flow Yoga (19+ yrs)

Find your calm in this Slow Flow Yoga class and let stress melt away. With props like blocks and straps, you can move into poses that improve flexibility and strength. The gentle movements and simple breathing techniques are designed to release tension and help foster mental clarity. Walk out feeling refreshed and steady, equipped with the energy to face your week. All levels, beginners welcome. yoga.drewclimie.com. Drop-ins \$16, if space permits. Please register to reserve your spot for the free trial class! No class on May 20.

Instructor: Drew Climie

M	Apr 8	5:30 PM-6:30 PM
494741		FREE TRIAL
M	Apr 15-Jun 10	5:30 PM-6:30 PM
494740		\$128/8 sess

The Joy of Gentle Yoga (19+ yrs)

This is a gentle and therapeutic yoga class that works with every body's unique strengths and challenges. 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.com. Drop-in \$16, if space permits.

Instructor: Sylvia Smallman

Tu	Apr 9-May 14	1:30 PM-2:45 PM
494736		\$84/6 sess
Tu	May 21-Jun 25	1:30 PM-2:45 PM
494739		\$84/6 sess

Vinyasa Yoga **NEW** (19+ yrs)

A class designed to welcome all levels of yoga. Vinyasa flow will increase strength, flexibility, and balance through building up heat within the body, with safe alignment stretching and flowing through dynamic poses syncing breath with movement. This class will have you energetically connecting to mind, body and breath with breathwork practice and guided meditation. Modifications will be provided and guided use of yoga props. Drop-in \$17, if space permits.

Instructor: Kendra Ruhland

Tu	Apr 9-May 14	6:30 PM-7:30 PM
495716		\$90/6 sess
Tu	May 21-Jun 25	6:30 PM-7:30 PM
495717		\$90/6 sess
Tu	Jul 9-Jul 30	6:30 PM-7:30 PM
495718		\$60/4 sess
Tu	Aug 6-Aug 27	6:30 PM-7:30 PM
495719		\$60/4 sess

Zumba (Adults) (19+ yrs)

ZUMBA® fuses Latin rhythms and easy to follow moves to create a dynamic workout system designed for everyone at any fitness level. Using fitness principles of interval and resistance training to maximize caloric output, fat burning, and total body toning. It combines Salsa, Cumbia, Merengue, and more giving you a feel-happy workout that is great for both the body and the mind. www.ZumbaVancouver.ca (Drop-in \$15, if space permits. Please register to reserve your spot for the free trial class!)

Instructor: Zumba Vancouver

W	Apr 3	6:30 PM-7:30 PM
494742		FREE TRIAL
W	Apr 10-May 15	6:30 PM-7:30 PM
494743		\$82.50/6 sess
W	May 22-Jun 26	6:30 PM-7:30 PM
494744		\$82.50/6 sess
W	Jul 3-Jul 31	6:30 PM-7:30 PM
494745		\$68.75/5 sess

Aerobics Schedule

*** Please pre-register. Drop-in allowed if space permits.**

Morning Fit (19+ yrs)

A balanced workout emphasizing cardiovascular health, step and low impact conditioning, resistance training, stretching and body alignment.

Instructor: Harry Wong

M	Apr 1-Jun 24	9:15 AM-10:15 AM
494458		\$68.25/13 sess
M	Jul 8-Aug 26	9:15 AM-10:15 AM
494459		\$42/8 sess

Rise Fit (19+ yrs)

A balanced workout emphasizing cardiovascular health, step and low impact conditioning, resistance training, stretching and body alignment.

Instructor: Kristiina Oinonen

Tu	Apr 2-Jun 25	9:15 AM-10:15 AM
494461		\$68.25/13 sess
Tu	Jul 2-Aug 27	9:15 AM-10:15 AM
494463		\$47.25/9 sess

Core Control (19+ yrs)

Functional fitness and body alignment using your own body weight and resistance.

Instructor: Harry Wong

W	Apr 3-Jun 26	9:15 AM-10:15 AM
494455		\$68.25/13 sess
W	Jul 3-Aug 28	9:15 AM-10:15 AM
494456		\$47.25/9 sess

Step & Core - Intermediate Level (19+ yrs)

This 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.

Instructor: Kristiina Oinonen

Th	Apr 4-Jun 27	9:15 AM-10:15 AM
494464		\$68.25/13 sess
Th	Jul 4-Aug 29	9:15 AM-10:15 AM
494465		\$47.25/9 sess

Zoomer Fit (19+ yrs)

Low/moderate cardio, free weights to challenge your strength, and gentle stretching.

Instructor: Harry Wong

Su	Apr 7-Jun 23	9:15 AM-10:15 AM
494466		\$63/12 sess
Su	Jul 7-Aug 25	9:15 AM-10:15 AM
494468		\$42/8 sess



[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!

False Creek Fitness Centre Admission Fees

These fees include GST and are valid only for the False Creek Fitness Centre.

	Drop-in	10-Visit Swipe	20-Visit Swipe	3-Month Pass	6-Month Pass	1 Year Pass
Adult (19-54 yrs)	\$5.00	\$44.00	\$82.75	\$117.00	\$190.00	\$341.00
Youth (13-18 yrs)	\$3.50	\$29.50	\$53.50	\$82.75	\$136.50	\$253.50
Senior (55+ yrs)	\$3.50	\$29.50	\$53.50	\$82.75	\$136.50	\$253.50

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

Fitness Centre Hours

Monday-Friday6:30 AM-9:30 PM

Saturday & Sunday9:00 AM-4:00 PM

Fridays (Jul 5-Sep 13) ... 6:30 AM-6:00 PM

Hours subject to change.



Aerobics Schedule

*** Please pre-register. Drop-in allowed if space permits.**

Monday	Tuesday	Wednesday	Thursday	Sunday
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

Personal Training

1 client (private training)		2 clients (semi-private)	
1 session	\$50	3 sessions	\$105/person
3 sessions	\$144	5 sessions	\$162.50/person
5 sessions	\$230	10 sessions	\$300/person
10 sessions	\$440	GST excluded in fees	

Marvyn

Marvyn has multi-sport background, and his main sport being Taekwondo (6yrs). He has obtained his BCRPA Personal Training certificate and a Sport Science Diploma (Kinesiology).

Yury

Yury has a CSEP-CPT certification and Kinesiology degree from Simon Fraser University. He got into fitness at age 13, and he has been in love with it since! Yury's training specialty includes body composition & weight management, muscular training for strength, hypertrophy, and endurance, balance and stability, and sport/performance specific training.

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!

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 2 person sessions are 1.25 hours.

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

Keiko

Keiko is a certified BCRPA Weight Trainer and Personal Trainer. She has a very diverse fitness background and specializes in Pilates, strength training, martial arts/self defense, older adults, balance and mobility, and group fitness.

Asia

Asia is a certified ACE Personal Trainer with a foundation in Kinesiology from the University of British Columbia and a competitive background in Hapkido. Asia's training philosophy is driven by being the mentor she wished for when she started her own fitness journey. She believes everyone can find value in exercise while also enjoying the process. Beyond the gym, you can find Asia engaged in a myriad of activities, from the mindful practices of yoga to the challenges of marathon running!

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.

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.

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.

To participate use an ABC Drop in. an ABC 10 pass usages card or purchase an ABC Flexipass which includes access to all the ABC core programs and the Vancouver Park Board's pools, ice rinks and fitness centres)

To help us track attendance please register on the master roster. LAC discount is applicable.

For more information contact Kate Lee kate.lee@vancouver.ca



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

Hip & Knee Strength & Mobility (19+ yrs)

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 on May 20.

Instructor: ABC Instructor

M Apr 8-Jun 24 1:30 PM-2:30 PM (Mini Gym)
[496236](tel:496236) Adult:\$81.51/11 sess Senior:\$57.09/11 sess

Walk Strong and Balance (19+ yrs)

Please bring your walking aids to this workout for the wise. Join us to build your strength, balance and confidence while walking on an even surface. This class will warm you up and provide various walking challenges so you can gradually build your strength and endurance, and will include rest and recovery stops.

Instructor: ABC Instructor

W Apr 3-Jun 26 1:00 PM-2:00 PM (Lind Hall)
[496254](tel:496254) ABC Drop-in, 10 Pass Card, or Flexi-Pass

Fitness & Health cont'd

Women's

Weight Training (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. PAR-Q and consent form must be completed before participation. Forms are on our website at www.falsecreekcc.ca or at the front desk. Program fee includes admission to the fitness centre. Registration only. No drop-ins.

Instructor: Fitness Centre Worker

Tu	Apr 9-Apr 30	10:00 AM-11:00 AM	
491633			\$60/4 sess
Tu	May 7-May 28	10:00 AM-11:00 AM	
491634			\$60/4 sess
Tu	Jun 4-Jun 25	10:00 AM-11:00 AM	
491635			\$60/4 sess
Tu	Jul 9-Jul 30	10:00 AM-11:00 AM	
491639			\$60/4 sess
Tu	Aug 6-Aug 27	10:00 AM-11:00 AM	
491640			\$60/4 sess

Yin Yoga (19+ yrs)

Slow completely down. Release tension and stress in your body, mind & nervous system. 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 are welcome. Beginner friendly. Website: www.pamelafermanyoga.com. Drop-in \$18, if space permits. No class on May 2.

Instructor: Pamela Ferman

Th	Apr 4-May 16	7:30 PM-8:45 PM	
494656			\$90/6 sess
Th	May 23-Jun 27	7:30 PM-8:45 PM	
494659			\$90/6 sess
Th	Jul 11-Aug 22	7:30 PM-8:45 PM	
494660			\$105/7 sess

Yoga for Strength & Mobility (19+ yrs)

Work on your core and upper body strength, hip and shoulder mobility through yoga asanas. Suitable for all levels. This holistic practice will complement your other movement practices and sport. For info visit www.intoyoga.ca. Drop-ins \$16, if space permits.

Instructor: Into Yoga

W	Apr 10-May 15	6:30 PM-7:30 PM	
494639			\$87/6 sess
W	May 22-Jun 26	6:30 PM-7:30 PM	
494640			\$87/6 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 on May 20.

Instructor: Yoga4Stiff People

M	Apr 8-Jun 24	7:00 PM-8:00 PM	
494689			\$154/11 sess
M	Jul 8-Jul 29	7:00 PM-8:00 PM	
494691			\$56/4 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 on May 18.

Instructor: Yoga4Stiff People

Sa	Apr 6-Jun 29	9:30 AM-10:30 AM	
494678			\$168/12 sess
Sa	Jul 6-Jul 27	9:30 AM-10:30 AM	
494679			\$56/4 sess

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 (7th degree black belt) and Sensei Julie Zilber (5th degree black belt) teaches classes for all ages and levels in a friendly environment. Uniform is optional for beginners. More info at kuyukai.com. Online registration is only available for 2 hour sessions. To register for the 1.5 hour sessions, please call the front desk at 604-257-8195. Drop-in is \$18 for 1.5 hours or \$20 for 2 hours, if space permits.

Instructor: George Chan

Tu Th	Apr 2-May 9	494630	
	7:00 PM-9:00 PM		\$216/12 sess
	7:00 PM-8:30 PM		\$180/12 sess
Tu Th	May 14-Jun 20	494631	
	7:00 PM-9:00 PM		\$216/12 sess
	7:00 PM-8:30 PM		\$180/12 sess
Tu Th	Jul 2-Aug 1	495562	
	7:00 PM-9:00 PM		\$180/10 sess
	7:00 PM-8:30 PM		\$150/10 sess
Tu Th	Aug 6-Aug 29	494632	
	7:00 PM-9:00 PM		\$144/8 sess
	7:00 PM-8:30 PM		\$120/8 sess

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

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.

Instructor: Jean Kares

W	Apr 17-Jun 26	5:00 PM-6:00 PM	
494641			\$93.50/11 sess

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

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	Apr 16-Jun 25	7:00 PM-8:30 PM	
494642			\$137.50/11 sess

Sports

Basketball (Adults) (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. \$6.00 drop in, if space permits. No session on May 20 and Aug 5.

Instructor: No Instructor

Tu Apr 2-Jun 25 7:30 PM-9:30 PM
494523 \$78/13 sess

W Apr 3-Jun 26 7:30 PM-9:30 PM
494525 \$78/13 sess

M Apr 8-Jun 24 7:30 PM-9:30 PM
494521 \$66/11 sess

Tu Jul 2-Aug 27 7:30 PM-9:30 PM
494524 \$54/9 sess

W Jul 3-Aug 28 7:30 PM-9:30 PM
494526 \$54/9 sess

M Jul 8-Aug 26 7:30 PM-9:30 PM
494522 \$42/7 sess



Indoor Soccer (Adults) (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. \$6.00 drop in, if space permits.

Instructor: No Instructor

Th Apr 4-Jun 27 7:30 PM-9:30 PM
494519 \$78/13 sess

Th Jul 4-Aug 29 7:30 PM-9:30 PM
494520 \$54/9 sess

Food, Cooking & Gardening

Introduction to Organic Gardening (19+ yrs)

Village Vancouver and Fairview False Creek South Neighbourhood Food Network present a workshop covering the basics of planning, preparing and starting a food garden. You'll learn some simple techniques from Rhiannon Johnson, including starting plants indoors and in the garden, tailored to your space. Be rewarded with the taste of freshly grown veggies this season! We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds. Reduced fee for Seniors (50 and over). Registration only. No drop-ins.

Instructor: Village Vancouver

W Apr 24 6:30 PM-8:30 PM
495595 \$18/1 sess

Native Edibles (19+ yrs)

It can be easy to forget about the wealth of food that grows all around us. In this Village Vancouver-Fairview False Creek South Neighbourhood Food Network offering, you'll learn about edible plants that call our region home. Lori Snyder from the Métis Nation will discuss how to identify and harvest wild, edible, and medicinal plants in an ethical way, and more! We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds. Reduced fee for Seniors (50 and over). Registration only. No drop-ins.

Instructor: Village Vancouver

M May 6 6:30 PM-8:30 PM
495596 \$18/1 sess

Indoor Vertical Gardening (19+ yrs)

In this Village Vancouver-Fairview False Creek South Neighbourhood Food Network workshop with Dr. Yael Stav, we'll review the opportunities for, and benefits of, growing food in vertical gardens in an indoor setting. We'll discuss the different systems and technologies available for gardening vertically indoors, and talk about the principles of setting up a successful garden, including watering, weight, light and plant choice considerations. We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds. Reduced fee for Seniors (50 and over). Part of our 8th Annual Westside Food Festival (May 21-July 8). Registration only. No drop-ins.

Instructor: Village Vancouver

Tu May 21 6:30 PM-8:30 PM
495597 \$20/1 sess

Gardening in a Changing Climate (19+ yrs)

A workshop with Rhiannon Johnson, you'll learn how to set up your garden to be resistant to variations and extremes in weather and how to adapt your food garden to a changing climate. Learn gardening techniques to help make your veggie gardens more resilient to extreme weather, hot and cold conditions and fluctuating weather patterns. We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds. Reduced fee for Seniors (50 and over). Part of our 8th Annual Westside Food Festival (May 21-July 8). Registration only. No drop-ins.

Instructor: Village Vancouver

Sa Jun 8 11:00 AM-1:00 PM
495599 \$18/1 sess

Growing Superfoods (19+ yrs)

Enhance your health by adding home-grown superfoods to your plate! A workshop with Rhiannon Johnson, you'll learn how to grow your own superfoods (some of which are best grown indoors, and others outdoors) such as kale, ginger, turmeric, sprouts, and blueberries. We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds. Reduced fee for Seniors (50 and over). Reduced fee for Seniors (50 and over). Part of our 8th Annual Westside Food Festival (May 21-July 8). Registration only. No drop-ins.

Instructor: Village Vancouver

W Jun 12 6:30 PM-8:30 PM
495605 \$18/1 sess

Indian Style Cool Summer Drinks (19+ yrs)

In this Village Vancouver-Fairview False Creek South Neighbourhood Food Network, Rashmi GC will be talking about the various types of Cool Drinks made in India for the Summer season. She'll show workshop participants how to make different types of cool drinks using spices, herbs, fruits, yoghurt, etc., including drinks such as Shikanji, Nimbu Paani, Paanaka, Majjige, Chaas, Aam Panna, Lassi, Jal Jeera, etc. Participants will get to taste all the cool drinks we make (think of beer tasting in shot glasses style.), and also get to take home what we make (bring a couple of containers!). 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 Free for Seniors (50 and over, \$11 materials fee only). Part of our 8th Annual Westside Food Festival (May 21-July 8). Registration only. No drop-ins.

Instructor: Village Vancouver

Su Jul 7 11:00 AM-1:00 PM
495618 \$25/1 sess

Art, Culture & Environment

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 sessions Jul 30 and Aug 27.

Instructor: No Instructor

Tu Apr 2-Jun 18 1:00 PM-3:00 PM
[492584](#) **FREE**

Tu Jul 2-Aug 20 1:00 PM-3:00 PM
[499047](#) **FREE**

The Joy of Drawing and Painting (55+ yrs)

Learn and improve your drawing and painting skills as landscape, still life, animals, portrait and many more under a free relax joyful atmosphere. Demo with a free subject every session. Additional \$15 for art supplies.

Instructor: Philip Tsang

Su Apr 14-May 12 9:45 AM-11:15 AM
[492758](#) \$135/5 sess

Su May 26-Jun 23 9:45 AM-11:15 AM
[492759](#) \$135/5 sess

Su Jul 7-Aug 25 9:45 AM-11:15 AM
[492760](#) \$183/7 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.

Instructor: No Instructor

W Apr 3-Jun 26 1:00 PM-3:00 PM
[492583](#) **FREE**

W Jul 3-Aug 28 1:00 PM-3:00 PM
[492593](#) **FREE**

Education

Book Lovers

Reading Circle (55+ yrs)

Love books and want to share your thoughts and experiences with like-minded folks? Join us to discuss your favourite reads and to receive recommendations from other enthusiastic book lovers. Come to this fun and interaction group with a few fiction or non-fiction books to share. A librarian from the Vancouver Public Library will come and facilitate the discussion. Drop-ins welcome!

Instructor: Vancouver Public Librarian

Th 2:30 PM-3:30 PM **FREE**

[492615](#) Apr 18

[492616](#) May 16

[492617](#) Jun 20

[492618](#) Jul 11

Power of Attorney (55+ yrs)

There are four types of Power of Attorney [PoA] in BC, most people are familiar with only one. In this workshop, we discuss all four types, consider when you might need a PoA, what potential problems there might be with one, considerations for selecting and appointing an Attorney given their duties and responsibilities, and how you would change your Attorney if needed.

Instructor: COSCO Seniors Health And Wellness Institute Society

Th Apr 11 10:00 AM-11:30 AM
[492262](#) **FREE**

Personal Planning Overview (55+ yrs)

This introductory session emphasizes the wisdom of planning. It outlines legal, personal, and financial plans you may wish to put in place to ensure that your loved ones follow your wishes and needs.

Instructor: COSCO Seniors Health And Wellness Institute Society

Th May 16 10:00 AM-11:30 AM
[492263](#) **FREE**

Estate Planning - **NEW!**

What You Should Know (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. Join us for an informative 90-minute workshop on estate planning hosted by Certified Executor Advisor, David Perkins.

Instructor: David Perkins

W Jun 19 10:00 AM-11:30 AM
[499953](#) **FREE**

W Aug 14 10:00 AM-11:30 AM
[499956](#) **FREE**

Tax Planning for Assisted Living & Long-Term Care Options (55+ yrs)

Navigating the health care and senior benefits system can be challenging. Join us for an informative 1-hour workshop on the health care options available for you or your loved ones. Topics will include: Levels of care in retirement, Potential care costs, Income planning to reduce taxes and care costs, Working with Health Authorities. Drop-ins welcome.

Instructor: David Perkins

W May 15 10:00 AM-11:30 AM
[492918](#) **FREE**

Wills Workshop (55+ yrs)

We review the legal rules for preparing wills in B.C., the duties of an executor, legal terminology, and pitfalls to avoid.

Instructor: COSCO Seniors Health And Wellness Institute Society

Th Jun 13 10:00 AM-11:30 AM
[492264](#) **FREE**

Private Piano Lessons - Beginner (55+ yrs)

Gail Craig holds an ARCT from the Royal Conservatory of Music and has been teaching piano since the age of 14 and maintains a busy private teaching studio in Vancouver. No sessions Apr 26 & May 31.

Instructor: Gail Craig

F Apr 5-May 10 \$150/5 sess
[497215](#) 2:30 PM-3:00 PM
[497217](#) 3:00 PM-3:30 PM

F May 17-Jun 21 \$150/5 sess
[497241](#) 2:30 PM-3:00 PM
[497242](#) 3:00 PM-3:30 PM

F Jul 12-Aug 23 \$210/7 sess
[497244](#) 2:30 PM-3:00 PM
[497246](#) 3:00 PM-3:30 PM

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

REGISTER EARLY!

Fitness & Health

Choose to Move (55+ yrs)

Choose to Move is a FREE 3-month program for older adults who are inactive and wishing to become more active. Choose to Move is not a fitness class or movement class. It is a motivational coaching program where you will meet with an Activity Coach and other participants to discuss ways to incorporate more physical activity into your life. Participants must attend the Info Session to be eligible for the full program.

Instructor: BCRPA Fitness Leader

Information Session

Th Apr 25 1:30 PM-2:30 PM
498954 **FREE**

Class Schedule

Th May 2-Jun 27 1:30 PM-2:30 PM
498961 **FREE**

ActivAge (55+ yrs)

ActivAge™ is a free 3-month group led physical activity program for older adults to introduce participants to the benefits of physical activity and reinforce their commitment to incorporate it into their daily lives. It is led by BCRPA registered Fitness Leaders with the Older Adult specialty. The unique aspect of this program is that alongside physical activity specifically tailored for older adults, ActivAge™ also encourages social interactions and overall health.

Instructor: BCRPA Fitness Leader

Th May 2-Jun 27 2:45 PM-3:45 PM
498962 **FREE**

Osteofit for Life (55+ yrs)

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. No sessions Tues Jun 11, 18, Jul 2, 9 and Aug 2.

Instructors: Tu & Th: Bill Galloway & Fri: Anne O'Sullivan

Tu F Apr 2-May 10 10:30 AM-11:30 AM
492746 \$51/12 sess

Tu F May 14-Jun 21 10:30 AM-11:30 AM
494980 \$42.50/10 sess

Tu F Jul 5-Aug 30 10:30 AM-11:30 AM
495001 \$63.75/15 sess

Th Apr 4-May 9 10:30 AM-11:30 AM
492747 \$25.50/6 sess

Th May 16-Jun 6 10:30 AM-11:30 AM
494979 \$17/4 sess

Zumba Gold (55+ yrs)

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 + GST/drop in, if space permits.

Instructor: Zumba Vancouver

W Apr 3-May 8 2:30 PM-3:30 PM
493976 \$82.50/6 sess

W May 15-Jun 26 2:30 PM-3:30 PM
493977 \$96.25/7 sess

W Jul 3-Aug 14 2:30 PM-3:30 PM
493978 \$96.25/7 sess

Social

Ballroom Dancing (55+ yrs)

This is a social group. Free program, drop-in only. No pre-registration required. No sessions May 19 and Aug 4.

Instructor: Gabriel And Catherine Yam

Su Apr 14-Jun 23 1:30 PM-3:30 PM
492576 **FREE**

Su Jul 7-Aug 25 1:30 PM-3:30 PM
492585 **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. A working knowledge of bidding and scoring is required as this is a non-instructional program. No sessions May 20 and Aug 5.

M Apr 8-Jun 24 12:15 PM-3:00 PM
492577 \$0.95/drop-in

M Jul 8-Aug 26 12:15 PM-3:00 PM
499058 \$0.95/drop-in

Seniors Social (55+ yrs)

Come by and socialize with others in the community! Refreshments and beverages provided while mingling and meeting new friends! Activities subject to change without notice.

Origami Workshop

W Apr 10 1:00 PM-2:30 PM
492552 \$1.90/person

Celebrating Seniors Week

W Jun 5 1:00 PM-2:30 PM
492574 \$1.90/person

Walking Out Trips

W Jul 10 1:00 PM-2:30 PM
495949 \$1.90/person

W Aug 7 1:00 PM-2:30 PM
495950 \$1.90/person

Sports

Pickleball Beginner (55+ yrs)

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 drop in, if space permits. All equipment supplied. Maximum of 8 players.

Instructor: No Instructor

Su Apr 7-May 12 2:15 PM-3:45 PM
492578 \$15/6 sess

Su May 19-Jun 23 2:15 PM-3:45 PM
492580 \$15/6 sess

Su Jul 7-Jul 28 2:15 PM-3:45 PM
492581 \$10/4 sess

Su Aug 4-Aug 25 2:15 PM-3:45 PM
492582 \$10/4 sess

Pickleball **NEW** 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. Maximum of 6 players. Bookings are open 1 week prior on Fridays at 9:00 AM.

Instructor: No Instructor

F 1:30 PM-3:00 PM \$21/court
Weekly [VIEW ONLINE](#) Apr 5-Jun 28

Pickleball Lessons

Semi-private at 4 participants max. All paddles and equipment provided. 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. Drop-in's \$32 + GST available, space permitting.

Instructor: Mona Lee

Stage 1: Learn to Play

Th Apr 4-May 9 12:45 PM-2:45 PM
493447 \$234/6 sess

Th May 16-Jun 13 12:45 PM-2:45 PM
493448 \$195/5 sess

Stage 2: Next Level

This class is the next progression from those who completed Stage 1.

Th Apr 4-May 9 2:45 PM-4:15 PM
493450 \$234/6 sess

Th May 16-Jun 13 2:45 PM-4:15 PM
493451 \$195/5 sess

Outdoor Activities



Intro to Kayaking (Basic Strokes): Part 1 (19+ yrs)

This is the first part of a comprehensive introductory kayaking course and a pre-requisite for the second part. Learn from a certified kayak instructor about equipment and safety issues and learn several basic paddling strokes, such as forward and reverse strokes, sweep strokes, and draw stroke. Session will run rain or shine. Dress appropriately for the weather. You may get very wet so bring a dry change of clothes! A waiver form is required prior to starting session. Youth 16-18 must be accompanied by a participating adult. Participants are eligible for the Kayak Club upon successful completion of Intro to Kayaking Part 1 (Basic Strokes) AND Part 2 (Capsize Recoveries)

Instructor: TBA Instructor

Sa	9:30 AM-1:00 PM	\$85/1 sess
Jun 15		497874
Jun 22		496305
Jun 29		496311
Jul 6		496350
Jul 13		496410
Jul 20		496411
Jul 27		496413
Aug 3		496415
Aug 10		496416
Aug 17		496417
Aug 24		496418

Intro to Kayaking (Capsize Recoveries): Part 2 (19+ yrs)

This is the second part of a comprehensive introductory kayaking course and a pre-requisite for the Kayak Club. Intro to Kayaking (Basic Strokes): Part 1 is a pre-requisite for this course. Learn from a certified kayak instructor about spray skirts, wet exits, assisted re-entries and solo re-entries. Session will run rain or shine. Dress appropriately for the weather and for repeated underwater dunking. A waiver form is required prior to starting session. Youth 16-18 must be accompanied by a participating adult. Participants are eligible for the Kayak Club upon successful completion of Intro to Kayaking Part 1 (Basic Strokes) AND Part 2 (Capsize Recoveries)

Instructor: TBA Instructor

Su	9:30 AM-1:00 PM	\$85/1 sess
Jun 16		497877
Jun 23		496314
Jun 30		496316
Jul 7		496354
Jul 14		496420
Jul 21		496421
Jul 28		496422
Aug 4		496423
Aug 11		496424
Aug 18		496425
Aug 25		496426

Basic Stand Up Paddle Boarding (SUP) (19+ yrs)

This is a comprehensive SUP course and a pre-requisite for the SUP Club. Learn from a certified SUP instructor about equipment and safety issues and learn kneeling and standing on a board, forward and turning strokes, and falling off and re-mounting a board. No experience is necessary. Session will run rain or shine. Dress appropriately for the weather and for underwater dunking. You will get very wet so bring a dry change of clothes! A waiver form is required prior to starting the session.

Instructor: TBA Instructor

W	5:00 PM-7:30 PM	\$75/1 sess
Jun 12		496292
Jun 19		496295
Jun 26		496296
Jul 3		496345
Jul 10		496398
Jul 17		496399
Jul 24		496400
Jul 31		496402
Aug 7		496405
Aug 14		496406
Aug 21		496407
Aug 28		496409



Kayak Sampler - Tour False Creek! (19+ yrs)

Learn from a certified instructor about kayak equipment and safety issues and learn a few elementary kayak paddling strokes. Then go on a guided tour of False Creek or English Bay by kayak. No experience necessary. Session will run rain or shine. Dress appropriately for the weather. You may get very wet so bring a dry change of clothes! A waiver form is required prior to starting the session.

Instructor: TBA Instructor

Th	5:00 PM-8:00 PM	\$80/1 sess
Jun 13		497864
Jun 20		496328
Jun 27		496331
Jul 4		496359
Jul 11		496464
Jul 18		496465
Jul 25		496466
Aug 1		496467
Aug 8		496469
Aug 15		496470
Aug 22		496473
Aug 29		496474
F	9:30 AM-12:30 PM	\$80/1 sess
Jun 14		497861
Jun 21		496335
Jun 28		496338
Jul 5		496358
Jul 12		496427
Jul 19		496431
Jul 26		496432
Aug 2		496433
Aug 9		496434
Aug 16		496435
Aug 23		496436
Aug 30		496437

Waterfront Clubs

An excellent opportunity for certified participants to get out on the water without owning or storing a boat!
Join the club and boats can be signed out for up to two hours during our regular hours of operation.



Kayak Club (19+ yrs)

Kayak Club members need to have successfully completed an Introduction to Kayaking program (Part 1 & 2) that includes basic strokes and solo capsize recovery, both within the past three years at the False Creek Community Centre. An orientation is also required before getting started. 13-18 year old need certification and must be accompanied by an adult with certification. Please inquire at the front office for more details. A waiver form is required prior to starting the session.

Instructor: No Instructor

Operational Hours	\$60/Month
June	496319
July	496355
August	496357

SUP Club (19+ yrs)

SUP Club members need to have successfully completed a Basic Stand Up Paddle Board course that includes self-rescue within the past three years at the False Creek Community Centre. An orientation is also required before getting started. 13-18 year old need certification and must be accompanied by an adult with certification. All participants must know how to swim. Please inquire at the front office for more details. A waiver form is required prior to starting the session.

Instructor: No Instructor

Operational Hours	\$60/Month
June	496341
July	496362
August	496364

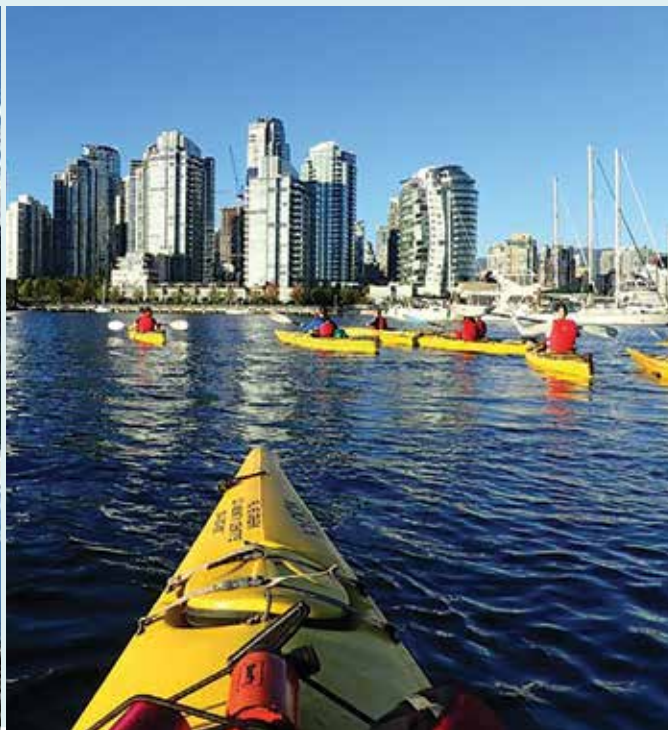
Combo

Kayak/SUP Club (19+ yrs)

Combo Kayak/SUP Club members need to have successfully completed an Introduction to Kayaking program (Part 1 & 2) that includes basic strokes and solo capsize recovery, AND a Basic Stand Up Paddle Board course that includes self-rescue, both within the past three years at the False Creek Community Centre. An orientation is also required before getting started. 13-18 year old need certification and must be accompanied by an adult with certification for kayaking. All SUP club participants must know how to swim. Please inquire at the front office for more details. A waiver form is required prior to starting the session.

Instructor: No Instructor

Operational Hours	\$108/Month
June	496299
July	496347
August	496349



Parent and Tot Gym



Parent and Tot drop-in gym is a perfect time for your toddler to socialize and have fun on various play mats, sports equipment and other toys. Child must be supervised at all times by a parent and/or caregiver.
Note: Starting Apr 1, the program will no longer be offering the bouncy castle.

(0-6 yrs)
\$1/child

April 1-June 28

Su & Stat Holidays
9:30 AM-11:45 AM
M W 9:30 AM-12:30 PM
F 9:45 AM-12:30 PM

Seniors Social Mother's Day Celebration (55+ yrs)

Come join us to celebrate all mother-figures in our community with old and new friends. Enjoy light refreshments with tea and coffee, along with some fun entertainment!

Wednesday May 8, 12:00 PM-1:30 PM 492573 \$4.75/person

Indigenous Peoples Day Celebration

Join us for our National Indigenous Peoples Day Celebration, honouring Indigenous cultures, and traditions through a storytelling session, fostering unity.

Friday June 21, 6:30 PM-8:00 PM 492246 FREE

Summer Kick-Off Celebration

Kick off the first long weekend of the summer and join us for carnival games, bouncy castle, free demos from the False Creek Racing Canoe Club, children's entertainment, and our popular Youth Leadership team concession!

Enjoy the Water Park after the indoor festivities are over between 11:00 AM-3:00 PM. FREE fun for all ages! No pre-registration required.

**Monday
July 1**
10:30 AM-12:30 PM


492527 FREE

Volunteer at False Creek Community Centre

Help make a difference in your community

Did you know you can volunteer for special events and programs at False Creek Community Centre? Volunteering is a great way to expand on your skills, learn to become a better leader all while helping your community.

For more information, please email:

 fccavancouver@gmail.com



False Creek Community Centre on Granville Island • www.falsecreekcc.ca