



FALSE CREEK COMMUNITY CENTRE

Recreation Guide

Spring & Summer 2025

Pottery Membership

registration starts

▷ Saturday, March 15
10 AM in-person
11 AM by phone

Summer Day Camp

registration starts

▷ Saturday, May 3
9 AM online/in-person
11 AM by phone

Spring & Summer Programs & Licensed Preschool

registration starts

▷ Saturday, March 15
9 AM online/in-person
11 AM by phone





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 hope our spring and summer programs for 2025 excite you as much as they excite us!

We can't wait for our annual Easter Eggstravaganza event taking place on April 12th where families will get a visit from the Easter bunny. The infamous Granville Island waterpark will be back open late June, so make sure to grab your swimsuits! We will also kick off summer on June 27th with some fun activities in the waterpark. We are very lucky to be located on the shores of the False Creek waterfront, so we encourage you to stop by and explore the water through our kayaks or stand-up paddleboard programs.

Once school's out, we have something to keep the kids busy all summer! Check out our amazing Summer Camps, ranging from dance day camps to movie production camps, as well as our staple weekly camps – Summer Trekkers, False Creek Fun Explorers, and Youth Adventurers.

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 on May 14th, the Board for 2025 – 2026 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 2025!

Meghan Goertzen, FCCA President



SPRING & SUMMER PROGRAMS & LICENSED PRESCHOOL
registration starts

▷ Saturday March 15
9 AM in-person/online at vanrec.ca
11 AM by phone
Create your account at vanrec.ca



POTTERY MEMBERSHIPS
registration starts

▷ Saturday March 15
10 AM in-person
11 AM by phone
Create your account at vanrec.ca



SUMMER DAY CAMPS
registration starts

▷ Saturday May 3
9 AM in-person/online at vanrec.ca
11 AM by phone
Create your account at vanrec.ca



False Creek Community Association



Join our Board of Directors

Have your say in your community!

AGM
May 14th



Our volunteer Board of Directors works with the Vancouver Board of Parks and Recreation to provide recreational, educational, and social activities and services to residents and visitors of the False Creek Community.

Email fccavancouver@gmail.com for more information.

TABLE OF CONTENTS

2	President's Message
3	Registration & General Info
4	Facility Rentals
5-6	Licensed Childcare Services
6	Birthday Parties
7-10	Preschool & Children
11-13	Preteen & Youth
14	Pottery
14-19	Adult
20-21	Tennis
22-23	Fitness Centre
24	Aerobics Schedule
24	All Bodies Community Program
25-27	Seniors 55+
27	Outdoor Activities
28	Special Events



Facility Hours

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

Jul 4-Sep 12 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

April 21, May 19, July 1 & August 4
 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:

- i. 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.
- ii. All requests for pottery & tennis refunds or program transfers must be made 72 hrs prior to the first class less a \$5 admin fee.
- iii. 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:..... Meghan Goertzen
Vice-President:..... Jelena Brcic-Rolfe
Treasurer:..... Howard Teasley
Secretary:..... Peggy MacDonald
Program Chair:..... John McCracken
Members at Large: Janice Clements, Graciela David, Mike Dirks, William Harper, Judy McFarlen, Olga Nardy and Tom Oliver.

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
www.falsecreektennisclub.com
fctc.pres@gmail.com



False Creek Racing Canoe Club
www.fcrc.com

Looking for a space to hold a private function?



Chinook Room

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

For more information contact our Rentals Coordinator at falsecreekrentals@vancouver.ca or **604-654-0792**.
See our website here: www.falsecreekcc.ca/room-descriptions

Board Room (20x25 feet)	\$31.50	20 people
Chinook Room (20x20 feet)	\$31.50	15 people
Fairview Room (14x30 feet)	\$31.50	15 people
Mini Gym (64x38 feet)	\$65	60 people
Tyee Hall (44x24 feet)	\$65	60 people
Lind Hall (65x49 feet)	\$110	200 people



Boardroom



Tyee Hall

Weddings

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



Lind Hall



Lind Hall

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

**VIEW
ONLINE**

We cannot host events which:

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

SWAMP WILLOW PRESCHOOL

AGES 3 - 5
YEARS ARE
WELCOME

3 YEAR OLD CLASS

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

Registration for the 2025-2026 school year is open. Register online, in person or by phone. Children must turn 3 by December 31st, 2025.

Activity #542999

4 YEAR OLD CLASS

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

Registration for the 2025-2026 school year opens March 15th. Register online, in person or by phone. Children must turn 4 by December 31st, 2025.

Activity #542998

AGES 5 - 11
YEARS ARE
WELCOME

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.

VIEW ONLINE

More Info:

Email:

FALSECREEKCC.CA/LICENSED-CHILDCARE/

TABATHA.MARIN@VANCOUVER.CA



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 already be attending kindergarten. Change in policy: No waitlist. When spots become available, it will be displayed online.

Little Trekkers (5.6-7 yrs)

W-F Jul 2-Jul 4	10:00AM-4:00PM
544453	\$125/3 days
M-F Jul 7-Jul 11	10:00AM-4:00PM
544454	\$212/5 days
M-F Jul 14-Jul 18	10:00AM-4:00PM
544455	\$212/5 days
M-F Jul 28-Aug 1	10:00AM-4:00PM
544456	\$212/5 days
T-F Aug 5-Aug 8	10:00AM-4:00PM
544457	\$169/4 days
M-F Aug 11-Aug 15	10:00AM-4:00PM
544458	\$212/5 days
M-F Jul 21-Jul 25	10:00AM-4:00PM
544459	\$212/5 days
M-F Aug 18-Aug 22	10:00AM-4:00PM
544460	\$212/5 days

Trekkers Day Camp

Weekly camp from July 2 to August 29.

This licensed day camp combines exciting out-trips, sports, games, and special events for children 5.5-12 years of age.

Summer Trekkers (8-12 yrs)

W-F Jul 2-Jul 4	10:00AM-4:00PM
544461	\$125/3 days
M-F Jul 7-Jul 11	10:00AM-4:00PM
544462	\$212/5 days
M-F Jul 14-Jul 18	10:00AM-4:00PM
544463	\$212/5 days
M-F Jul 28-Aug 1	10:00AM-4:00PM
544464	\$212/5 days
T-F Aug 5-Aug 8	10:00AM-4:00PM
544465	\$169/4 days
M-F Aug 11-Aug 15	10:00AM-4:00PM
544466	\$212/5 days
M-F Jul 21-Jul 25	10:00AM-4:00PM
544467	\$212/5 days
M-F Aug 18-Aug 22	10:00AM-4:00PM
544468	\$212/5 days

Trekkers Before & After

Care (5.6-12 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 22.

W-F Jul 2-Jul 4	10:00AM-4:00PM
544470	\$25/3 days
M-F Jul 7-Jul 11	10:00AM-4:00PM
544471	\$35/5 days
M-F Jul 14-Jul 18	10:00AM-4:00PM
544472	\$35/5 days
M-F Jul 28-Aug 1	10:00AM-4:00PM
544473	\$35/5 days
T-F Aug 5-Aug 8	10:00AM-4:00PM
544474	\$30/4 days
M-F Aug 11-Aug 15	10:00AM-4:00PM
544475	\$35/5 days
M-F Jul 21-Jul 25	10:00AM-4:00PM
544476	\$35/5 days
M-F Aug 18-Aug 22	10:00AM-4:00PM
544477	\$35/5 days

Trekkers Combo Camp

Week 9 (5.6-12 yrs)

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

M-F Aug 25-Aug 29	10:00AM-4:00PM
544469	\$231/5 days



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.

\$285/party

Saturdays Apr 26-Jun 21, 12:30 PM-2:30 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.

\$140/party

Saturdays Apr 5-Aug 30, 1:00 PM-3:00 PM

Sundays Apr 6-Aug 31, 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

Endorphin Rush:

Hip Hop Breakers (4-7 yrs)

This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats. More information at: www.kirbysneldance.com. \$14/drop-in if space permits. No sessions April 19, May 17 and Aug 2.

Instructor: Endorphin Rush

Sa Apr 12-Jun 21 11:00 AM-11:45 AM
546916 \$117/9 sess

Sa Jul 5-Aug 23 11:00 AM-11:45 AM
546923 \$91/7 sess

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. More info: www.kirbysneldance.com. \$14/drop-in if space permits. No Class April 19, May 17 and Aug 2.

Instructor: Endorphin Rush

(3-5 yrs)

Sa Apr 12-Jun 21 9:15 AM-10:00 AM
546905 \$117/9 sess

Sa Jul 5-Aug 23 9:15 AM-10:00 AM
546909 \$91/7 sess

(4-7 yrs)

Sa Apr 12-Jun 21 10:00 AM-10:45 AM
546910 \$117/9 sess

Sa Jul 5-Aug 23 10:00 AM-10:45 AM
546912 \$91/7 sess

Art Jam with a Disney Animator (4-5 yrs)

Create concept drawings, learn about colour palettes and develop freehand drawing skills in this specialized class. Instructed by a former Disney animator from Happy Kids Studios.

Instructor: Endorphin Rush

Sa Apr 5-May 10 1:40 PM-2:40 PM
546927 \$120/6 sess

Sa May 24-Jun 28 1:40 PM-2:40 PM
546930 \$120/6 sess

Sa Jul 5-Aug 9 1:40 PM-2:40 PM
546931 \$120/6 sess

Cartoon with a Disney Animator (6-8 yrs)

Learn to tell stories through drawings and by working on character development, thumbnails, layout pages, paneling and more. Instructed by a former Disney animator from Happy Kids Studios.

Instructor: Happy Kids Studios

Sa Apr 5-May 10 2:50 PM-3:50 PM
546928 \$120/6 sess

Sa May 24-Jun 28 2:50 PM-3:50 PM
546929 \$120/6 sess

Sa Jul 5-Aug 9 2:50 PM-3:50 PM
546932 \$120/6 sess

Fun Origami (Children) (8-13 yrs)

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

Instructor: Aiko Matsushiba

Su Apr 6-Apr 6 10:00 AM-11:00 AM
546985 \$15/ sess

Su May 4-May 4 10:00 AM-11:00 AM
546986 \$15/ sess

Su Jun 15-Jun 15 10:00 AM-11:00 AM
560341 \$15/1 sess

Su Jul 13-Jul 13 10:00 AM-11:00 AM
546987 \$15/ sess

Su Aug 3-Aug 3 10:00 AM-11:00 AM
546988 \$15/ 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 5-May 10 9:30 AM-10:30 AM
548267 \$96/6 sess

Sa May 24-Jun 28 9:30 AM-10:30 AM
548268 \$96/6 sess

Sa Jul 5-Aug 30 9:30 AM-10:30 AM

548269

\$144/9 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 5-May 10 10:45 AM-11:45 AM
548264 \$120/6 sess

Sa May 24-Jun 28 10:45 AM-11:45 AM
548265 \$120/6 sess

Sa Jul 5-Aug 30 10:45 AM-11:45 AM
548266 \$180/9 sess

Baby Sign Language (0-2 yrs)

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

Instructor: Into Yoga

M Jun 2-Jun 30 11:30 AM-12:15 PM
544208 \$77/5 sess

Martial Arts

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

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

Instructor: George Chan

Tu Th Apr 1-May 13 7:00 PM-8:30 PM
547518 \$195/13 sess

Tu Th May 20-Jun 26 7:00 PM-8:30 PM
547519 \$180/12 sess

Tu Th Jul 8-Aug 21 7:00 PM-8:30 PM
547521 \$210/14 sess

Piano Lessons - Beginner (5-54 yrs)

Your instructor, Gail Craig holds an Early Childhood Education License and an ARCT from the Royal Conservatory of Music; an ALCM in Performing, Teaching and Accompanying as well as an A. Mus. in Theory in addition to an LCM in Teaching from the London College of Music; a LTCL from Trinity College; AVCM from the Victoria Conservatory of Music and an A. Mus. from Western Board. She has been teaching piano since the age of 14 and maintains a busy private teaching studio in Vancouver. Her piano classes objective is on nurturing the love of music, focus on the process of learning and understanding the messages of musical notation, how to be problem solvers, independent learners, how to communicate using music, setting short and long term goals and seeing their successes.

Mondays

No sessions April 21 and May 26.

M	Mar 31-Jun 23	\$363/11 sess
547378	3:30 PM-4:00 PM	
547379	4:00 PM-4:30 PM	
547380	4:30 PM-5:00 PM	
547381	5:00 PM-5:30 PM	
547382	5:30 PM-6:00 PM	
547383	6:00 PM-6:30 PM	

Wednesdays

No session May 28

W	Apr 2-Jun 25	\$396/12 sess
547384	3:30 PM-4:00 PM	
547387	4:00 PM-4:30 PM	
547388	4:30 PM-5:00 PM	
547389	5:00 PM-5:30 PM	
547391	5:30 PM-6:00 PM	
547392	6:00 PM-6:30 PM	
547394	6:30 PM-7:00 PM	
547396	7:00 PM-7:30 PM	
547397	7:30 PM-8:00 PM	
547398	8:00 PM-8:30 PM	

Fridays

No Sessions May 16 and 30

F	Apr 4-Jun 20	\$330/10 sess
547410	3:30 PM-4:00 PM	
547411	4:00 PM-4:30 PM	
547412	4:30 PM-5:00 PM	
547415	5:30 PM-6:00 PM	
547416	6:00 PM-6:30 PM	
547417	6:30 PM-7:00 PM	
547418	7:00 PM-7:30 PM	
547419	7:30 PM-8:00 PM	
547420	8:00 PM-8:30 PM	

Mondays

No session Aug 4.

M	Jul 7-Aug 18	\$198/6 sess
547445	3:30 PM-4:00 PM	
547446	4:00 PM-4:30 PM	
547447	4:30 PM-5:00 PM	
547448	5:00 PM-5:30 PM	
547449	5:30 PM-6:00 PM	
547450	6:00 PM-6:30 PM	
547451	6:30 PM-7:00 PM	
547453	7:00 PM-7:30 PM	
547454	7:30 PM-8:00 PM	
547455	8:00 PM-8:30 PM	

Wednesdays

No Session July 30

W	Jul 9-Aug 20	\$198/6 sess
547456	3:30 PM-4:00 PM	
547457	4:00 PM-4:30 PM	
547458	4:30 PM-5:00 PM	
547459	5:00 PM-5:30 PM	
547460	5:30 PM-6:00 PM	
547461	6:00 PM-6:30 PM	
547463	6:30 PM-7:00 PM	
547464	7:00 PM-7:30 PM	
547465	7:30 PM-8:00 PM	
547466	8:00 PM-8:30 PM	

Fridays

No session Aug 1.

F	Jul 11-Aug 22	\$198/6 sess
547467	9:30 AM-10:00 AM	
547468	10:00 AM-10:30 AM	
547471	10:00 AM-10:30 AM	
547472	10:30 AM-11:00 AM	
547473	11:00 AM-11:30 AM	
547474	11:30 AM-12:00 PM	
547475	12:00 PM-12:30 PM	
547476	12:30 PM-1:00 PM	
547477	1:00 PM-1:30 PM	



**Summer Day Camps
Fun Explorers Camps**

Information for Summer Day Camps will be viewable
Saturday April 26 at
www.falsecreekcc.ca.

**Registration will begin
May 3, 2025 at 9:00 AM.**

Technology Camps

Instructor: Byte Camp



Byte Camp - Introduction to Coding (9-12 yrs)
Discover how much fun it is to build your own game! Students will be introduced to basic coding skills with Scratch and get to use those skills to make their very own games. Students will learn how to create their own 2D vector artwork to make characters and levels that are entirely their own. The final project is a game that you can access and play or proudly share with friends online.

M,W-F	Jul 14-18	9:00AM- 4:00PM
553200		\$340

Byte Camp - Foundations in AI (11-14 yrs)
AI is taking over the world. Learn how computers think, how to think like computers, and how to make the computers think like us. This camp will explore the basics of AI and give students an opportunity to build and train their own bots as they compete with other bots in simulated competitions.

M-F	Aug 18-22	9:00AM- 4:00PM
553201		\$395

Sports

Preschool Sportball Indoor Soccer (4-6 yrs)

Sportball coaches develop competence and confidence. Children are taught the fundamental skills necessary to excel in soccer. These include throw-ins, dribbling, trapping, passing, goalie skills and more. Classes are dedicated to skills development and putting those skills to work in an exciting, non-competitive game. To learn more visit www.sportball.ca. No session April 20 and May 18.

Instructor: Sportball

Su Apr 6-Jun 22 11:30 AM-12:15 PM
547354 \$160/10 sess

Su Jul 6-Aug 24 11:30 AM-12:15 PM
547359 \$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

Tu Apr 1-May 6 10:45 AM-11:30 AM
547347 \$96/6 sess

Tu May 13-Jun 17 10:45 AM-11:30 AM
547349 \$96/6 sess

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

Participants are introduced to fundamental concepts of soccer and are provided the basic skills required to score with confidence in fun, exciting, skills-focused games. With the guidance and support of their Sportball Coach, parents and children zero in on soccer skills. Children are challenged according to their individual skill level and Coaches help grownups understand proven teaching techniques that can be applied outside of Sportball classes. Learn more at www.sportball.ca. No session April 20 and May 18.

Instructor: Sportball

Su Apr 6-Jun 22 10:45 AM-11:30 AM
547353 \$160/10 sess

Su Jul 6-Aug 24 10:45 AM-11:30 AM
547361 \$112/7 sess



Sportball Multi-Sport (3-5 yrs)

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. Learn more at www.sportball.ca. No session May 17

Instructor: Sportball

Sa Apr 26-Jun 21 10:00 AM-10:45 AM
547352 \$128/9 sess

Sa Jul 5-Aug 23 10:00 AM-10:45 AM
547358 \$112/7 sess

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

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

Instructor: Sportball

Tu Apr 1-May 6 11:30 AM-12:15 PM
547348 \$96/6 sess

Tu May 13-Jun 17 11:30 AM-12:15 PM
547350 \$96/6 sess

Sa Apr 26-Jun 21 9:15 AM-10:00 AM
547351 \$128/8 sess

Sa Jul 5-Aug 23 9:15 AM-10:00 AM
547357 \$112/7 sess

► **Sundays Apr 6-Jun 29**
 9:30 AM-11:45 AM

► **Mondays Apr 7-Jun 30**
 9:30 AM-12:30 PM

► **Wednesdays & Fridays**
Apr 2-Jun 27
 9:30 AM-12:15 PM
 Statutory Holidays
 (9:30 AM-12:00 PM)



\$1/child drop-in

Parent and Tot Gym (0-6 yrs)

Parent and Tot drop-in gym is a perfect time for your toddler to socialize and play. Your child will have the opportunity to explore various play mats, sports equipment and other toys. Also, a great opportunity to meet other parents!

Child must be supervised at all times by a parent and/or caregiver.

Sessions will continue to run on stat holidays.*

Instructor: Parent and Tot Staff

Tennis

Outdoor Children's Tennis (5-6 yrs)

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. Location: Granville Park (14th & Fir). No session May 17.

Instructor: Mauro

W	May 14-Jun 18	4:00 PM-5:00 PM
547778		\$108.84/6 sess
Sa	May 10-Jun 21	1:00 PM-2:00 PM
547785		\$108.84/6 sess

Outdoor Children's Tennis (7-8 yrs)

Level 1 Red Ball Fundamentals: Lessons start at 1/2 Court learning to rally and play while developing all basic strokes. Level 2 Orange Ball Game Play Fundamentals at 3/4 Court further developing Skills, learning to Serve and play games and matches. If a player's skills progress to the ability to play with the Green Dot Stage 3 Ball, they can (in consultation with their, parent and coach) move to the older age group. No session May 17 and 21. Location: Granville Park (14th&Fir).

Instructor: Mauro

Sa	May 10-Jun 21	1:00 PM-2:00 PM
547781		\$108.84/6 sess
W	May 14-Jun 18	5:00 PM-6:00 PM
547783		\$108.84/6 sess

Outdoor Kid's Club Tennis

Kid's Club Program gives players between the ages of 9-12 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 low key competition program. Progress is from the Orange Ball to the Low Compression Green Dot with play at 3/4 to full court. Everyone gets the opportunity to improve and enjoy the play. Location: Granville Park (14th & Fir) No session May 17.

Instructor: Mauro

(9-12 yrs)

W	May 14-Jun 18	6:00 PM-7:00 PM
547784		\$108.84/6 sess
Sa	May 10-Jun 21	2:00 PM-3:30 PM
547787		\$154.26/6 sess

(13-16 yrs)

Sa	May 10-Jun 21	2:00 PM-3:30 PM
547786		\$154.26/6 sess

Outdoor Tennis Camp

Slap on the sunscreen, grab a hat and come out and play with us. Mauro's Summer Tennis Camps are made for fun and run, learning to play tennis and meeting new friends. All camps held at the False Creek Courts on Granville Island.

Instructor: Mauro

(5-6 yrs)

W Th F Jul 2-Jul 4	10:00 AM-11:00 AM
547743	\$58.7/3 sess

M-F Jul 14-Jul 18	10:00 AM-11:00 AM
547749	\$90.7/5 sess

Tu W Th F Aug 5-Aug 8	10:00 AM-11:00 AM
547758	\$74.7/4 sess

M-F Aug 18-Aug 22	10:00 AM-11:00 AM
547767	\$90.7/5 sess

(7-9 yrs)

W Th F Jul 2-Jul 4	11:00 AM-12:30 PM
547744	\$83.55/3 sess

M-F Jul 14-Jul 18	11:00 AM-12:30 PM
547751	\$128.55/5 sess

Tu W Th F Aug 5-Aug 8	11:00 AM-12:30 PM
547760	\$106.05/4 sess

M-F Aug 18-Aug 22	11:00 AM-12:30 PM
547769	\$128.55/5 sess

(10-12 yrs)

W Th F Jul 2-Jul 4	1:00 PM-4:00 PM
547746	\$167.1/3 sess

M Tu W Th F Jul 14-Jul 18	1:00 PM-4:00 PM
547753	\$257.1/5 sess

Tu W Th F Aug 5-Aug 8	1:00 PM-4:00 PM
547762	\$212.1/4 sess

M-F Aug 18-Aug 22	1:00 PM-4:00 PM
547770	\$257.1/5 sess

(13-16 yrs)

W Th F Jul 2-Jul 4	1:00 PM-4:00 PM
547748	\$167.1/3 sess

M Tu W Th F Jul 14-Jul 18	1:00 PM-4:00 PM
547754	\$257.1/5 sess

Tu W Th F Aug 5-Aug 8	1:00 PM-4:00 PM
547764	\$212.1/4 sess

M-F Aug 18-Aug 22	1:00 PM-4:00 PM
547771	\$257.1/5 sess

Children's Tennis

Level 1 Red Ball Fundamentals: Lessons start at 1/2 Court learning to rally and play while developing all basic strokes. Level 2 Orange Ball Game Play Fundamentals at 3/4 Court further developing skills, learning to serve and play games and matches.

Instructor: Mauro

(7-9 yrs)

Tu Apr 8-May 13	4:30 PM-5:30 PM
547576	\$180/6 sess

Tu May 20-Jun 24	4:30 PM-5:30 PM
547578	\$180/6 sess

W Apr 9-May 14	4:30 PM-5:30 PM
547579	\$180/6 sess

W May 21-Jun 25	4:30 PM-5:30 PM
547580	\$180/6 sess

(10-13 yrs)

Tu Apr 8-May 13	5:30 PM-7:00 PM
547581	\$180/6 sess

Tu May 20-Jun 24	5:30 PM-7:00 PM
547582	\$180/6 sess

W Apr 9-May 14	5:30 PM-7:00 PM
547584	\$180/6 sess

W May 21-Jun 25	5:30 PM-7:00 PM
547585	\$180/6 sess



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

Level 1 Red Ball Fundamentals: Lessons start at 1/2 Court learning to rally and play while developing all basic strokes. Level 2 Orange Ball Game Play Fundamentals at 3/4 Court further developing Skills, learning to Serve and play games and matches.

Instructor: Mauro

Tu Apr 8-May 13	3:30 PM-4:30 PM
547557	\$135/6 sess

Tu May 20-Jun 24	3:30 PM-4:30 PM
547562	\$135/6 sess

W Apr 9-May 14	3:30 PM-4:30 PM
547571	\$135/6 sess

W May 21-Jun 25	3:30 PM-4:30 PM
547575	\$135/6 sess

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



@theFalseCreekCC

Social

Friday Night Live Funtivities

(10-13 yrs)

Bring your friends, or come meet some, and join us for a different activity each week. Friday Night Live is a fully registered program (non-refundable for weeks missed). Spots are held for registered participants for 10 minutes after start time (please call the front desk if you are running late) and then may be sold to drop-in participants. Waiver-consent forms are required for all out trips and are available at 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 (604-257-8195) in advance so we can offer the spot to another youth. NO SESSION: APRIL 18.

Instructor: Youth Staff

F Apr 4-Jun 13 6:00pm-9:00pm
547698 \$65/10 sess

Day-of Drop-In Procedure

- \$6.50 drop-in available if space permits
- Drop-in line up at the front desk will open at 5:30pm
- Completed waiver forms required for out trips

Date	Activity
Apr 4	Breakfast for Dinner & Cartoons
Apr 11	Easter Egg Scavenger Hunt
Apr 25	Bowling @ Grandview Bowling Lanes
Apr 26	Minute to Win It
May 3	Swimming @ Hillcrest Aquatic Centre
May 10	Mario Kart Tournament & DIY Nachos
May 24	Douglas Park & Ice Cream Sundaes
May 31	Dodgeball Tournament & Mug Cakes
June 7	Kitsilano Beach Sandcastle Contest
June 14	Summer Kick Off Party

Sports



Youth Basketball

Drop-In (12-18 yrs)

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

Instructor: Youth Staff

Th Apr 3-Jun 19 3:45pm-5:45pm
549842 FREE

Night Hoops Basketball (False Creek) (12-18 yrs)

Night Hoops is a free basketball program in Vancouver that provides a welcoming space for newcomers, at-risk youth, and young athletes to play, learn, and connect. Focused on mentorship, skill development, and teamwork, the program supports players in building confidence on and off the court. This Spring, Night Hoops will run a community youth league with continuous games, skills sessions, and tournaments, giving participants regular opportunities to play and improve. Whether you're looking to get involved, meet new people, or just love basketball, Night Hoops is a place to be part of something positive. No session on April 18 or May 2.

Instructor: Night Hoops Coaches

F Apr 4-Jun 20 6:00pm-7:30pm
558417 FREE

Floor Hockey (10-13 yrs)

Calling all hockey fans and anyone who just wants to get moving! Each week starts with a group stretch, time to practice your shots, followed by scrimmage time and a shoot out to finish. We have sticks, pucks and goggles for everyone but you are welcome to bring your own (goggles must be worn in order to participate)! Don't forget your running shoes and water bottle!

Instructor: Youth Staff

Th Apr 3-May 1 6:00pm-7:00pm
549843 FREE



Preteen Indoor

Soccer (10-13 yrs)

Join Coach Vish for our new soccer program, where fun, fitness, and teamwork come together to create a positive and exciting introduction to soccer! Each session will include fun activities and drills that encourage movement and development. Whether you are looking to kick your first soccer ball or already understand the basics, this program is the perfect place to grow your skills, make new friends and have tons of fun!

Instructor: Vishakan Sunthareswaran

Th May 8-Jun 19 6:00pm-7:00pm
554475 \$35/7 sess

Dungeons & Dragons



D&D is cooperative fantasy role-playing game that takes participants on thrilling adventures through worlds of magic and monsters. This program will be led 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. Register early to avoid disappointment! No class April 18.

Instructor: Will Lochhead

(10-12 yrs)
F Apr 4-Jun 13 3:45pm-5:30pm
549773 \$62.50/10 sess

(13-17 yrs)
F Apr 4-Jun 13 5:30pm-7:15pm
549784 \$62.50/10 sess

Queer Youth Dungeons & Dragons (13-18 yrs)

Queer Youth Dungeons & Dragons is open to 2SLGBTQIA+. Allies are welcome accompanied by queer friends. No class April 18.

Instructor: Will Lochhead

F Apr 4-Jun 13 3:45pm-5:30pm
549787 \$62.50/10 sess

False Creek Youth Leadership Team (Grades 8-12)

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! Volunteers will be provided with an hour log and are responsible for tracking their own hours volunteered.

**Extended volunteer session during our special event:
Easter Eggstravaganza on April 12 (9:30am-1:30pm).**

Please note: participants who do not show up for the first two sessions without providing notice will be removed from the program

Activity #	Dates	Time	Grades
547724	Apr 5-Jun 14	10:00am-12:00pm	Grades 8-12

Volunteer Opportunities

Looking to gain work experience, volunteer hours and meet new friends all in one?

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

Meeting places: Lind Hall (Apr 11), Lounge (Apr 12), Lounge (Jun 27)



Activity#	Activity Name	Date	Time	Grades
549386	Youth Special Event Volunteer Easter Eggstravaganza (set up)	Apr 11	4:30-6:30pm	Grades 7-12
549389	Youth Special Event Volunteer Easter Eggstravaganza (day of)	Apr 12	9:30am-1:30pm	Grades 7-12
558421	Youth Special Event Volunteer Summer Kick Off (day of)	Jun 27	11:30am-4:00pm	Grades 7-12
549769	Youth Water Park Volunteer Community Engagement Table	Mondays Jun 30 -Sep 1	10:30am-2:30pm	Ages 13-17



Youth Concession

The Youth Leadership Team will be running a Youth Concession in the lobby. Items for sale include: coffee, tea, juice boxes, granola bars, chip bags and more. All proceeds go towards supporting certification and training programs for Youth Volunteers.

**SPRING HOURS: Saturdays April 4-June 13,
10:00 AM-12:00 PM**

**SUMMER HOURS: Mondays July 7-August 18,
11:00 AM-2:00 PM (Closed: August 4)**

Intro to Kayaking for Youth

(12-17 yrs)

This program is for beginners who will learn about kayak equipment, safety measures related to the sport and some introductory level paddling strokes from a certified instructor. The program will include some skill practices, games and small excursions around the creek.

No prior experience is necessary. Sessions will run rain or shine so please wear appropriate attire and bring a water bottle and extra change of clothes. All necessary kayak and safety equipment will be provided. Waiver forms will be emailed to participants prior to the start of the class and made available online at falsecreekcc.ca/youth

Program information will be made available April 26 on our website: www.falsecreekcc.ca/youth

Registration opens Saturday May 3 at 9am



Check out weekly programs and special events for 2STGD and 2SLGBTQIA+ children, youth, adults, and seniors offered in various community centres across the city.

2STGD@vancouver.ca
queerincclusion@vancouver.ca
vancouver.ca/park-board-pride



BC YOUTH WEEK

"BC Youth Week is a provincial celebration of youth held annually during the first week of May. It is a week of fun filled interaction and a celebration intended to build a strong connection between youth and their communities. This event is intended to highlight the interests, accomplishments, and diversity of youth across the province."

<https://www.bcyouthweek.com/>

To stay up to date on Vancouver City Wide youth week events please follow **@cwycvancouver** on instagram. For local events please chat with your Community Youth Worker.



False Creek Youth Adventures? Summer Day Camp (11-14yrs)

Information for summer day camps will be available April 26 on our website at www.falsecreekcc.ca

Registration opens Saturday May 3 at 9:00am.



Pottery

Pottery Wheel Throwing w/ Tarrynea (19+ yrs)

Wheel Throwing: Learn the art of wheel throwing! Join the pottery instructor, as they lead demonstrations of basic to advanced throwing skills and decorating and finishing techniques. Get acquainted with wheel work or take your throwing to the next level. Clay must be purchased at the first class. Price includes studio equipment use, all tools, glazing, and firing (see instructor for details). No registration after the second class.

Instructor: Tarrynea Biallecki

F Apr 25-Jun 13 9:30 AM-12:00 PM
548051 \$216/8 sess



Pottery Hand Building w/ Suling (19+ yrs)

Pottery Hand Building: Basic introduction to pottery making in a fun studio environment. You will create functional pottery using hand-building techniques. Clay must be purchased at the first class. Price includes studio equipment use, all tools, glazing, and firing (see instructor for details). No registration after the second class. No session Apr 21 and May 19.

Instructor: Suling Yuen

M Apr 14-Jun 16 2:30 PM-5:00 PM
548147 \$216/8 sess

Pottery Wheel Throwing w/ Suling (19+ yrs)

Wheel Throwing: Learn the art of wheel throwing! Join the pottery instructor, as they lead demonstrations of basic to advanced throwing skills and decorating and finishing techniques. Get acquainted with wheel work or take your throwing to the next level. Clay must be purchased at the first class. Price includes studio equipment use, all tools, glazing, and firing (see instructor for details). No registration after the second class. No session Apr 21 and May 19.

Instructor: Suling Yuen

M Apr 14-Jun 16 6:00 PM-8:30 PM
548148 \$216/8 sess

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

A combination pottery course for Hand Building and Wheel Throwing. Hand Building: Basic introduction to pottery making in a fun studio environment. You will create functional pottery using hand-building techniques. Wheel Throwing: Learn the art of wheel throwing! Join the pottery instructor, as they lead demonstrations of basic to advanced throwing skills and decorating and finishing techniques. Get acquainted with wheel work or take your throwing to the next level. Clay must be purchased at the first class. Price includes studio equipment use, all tools, glazing, and firing (see instructor for details). No registration after the second class.

Instructor: Suling Yuen

Tu Apr 15-Jun 17 6:00 PM-8:30 PM
548146 \$270/10 sess

Pottery Hand Building w/ Sana (19+ yrs)

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

Instructor: Sana Ashraf

Sa Apr 5-May 10 1:00 PM-3:30 PM
548011 \$162/6 sess

Sa May 24-Jun 28 1:00 PM-3:30 PM
548015 \$162/6 sess

Sa Jul 5-Aug 30 1:00 PM-3:30 PM
548016 \$243/9 sess



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

A combination pottery course for Hand Building and Wheel Throwing. Hand Building: Basic introduction to pottery making in a fun studio environment. You will create functional pottery using hand-building techniques. Wheel Throwing: Learn the art of wheel throwing! Join the pottery instructor, as they lead demonstrations of basic to advanced throwing skills and decorating and finishing techniques. Get acquainted with wheel work or take your throwing to the next level. Clay must be purchased at the first class. Price includes studio equipment use, all tools, glazing, and firing (see instructor for details). No registration after the second class.

Instructor: Cathy Watters

Th Apr 3-May 15 2:30 PM-5:00 PM
548884 \$189/7 sess

Th May 22-Jun 26 2:30 PM-5:00 PM
548885 \$162/6 sess

Th Jul 3-Aug 28 2:30 PM-5:00 PM
548886 \$243/9 sess

Th Apr 3-Jun 26 6:00 PM-8:30 PM
548887 \$351/13 sess

Th Jul 3-Aug 28 6:00 PM-8:30 PM
548888 \$243/9 sess



Low-Intermediate **NEW** Pottery w/ Cathy (19+ yrs)

This class focuses on helping students who have already mastered beginner-level skills transition into intermediate skills. This may include techniques such as making lidded jars, adding sculptural elements, slip trailing, and other special decorative methods. Clay must be purchased at the first class. Price includes studio equipment use, all tools, glazing, and firing (see instructor for details). No registration after the second class.

Instructor: Cathy Watters

Su Apr 6-May 11 1:00 PM-3:30 PM
549272 \$162/6 sess

Pottery Studio



Pottery Students must pay for a student drop-in timeslot for additional studio time outside of class times.

Pottery Studio Student Drop-in (19+ yrs)

Pottery Studio drop-in session for students enrolled in a pottery course at False Creek Community Centre. \$15 per 3hr drop-in session. Drop-in only and based on first come first serve basis with a maximum of 15 students per session. Please note: Set up and clean up must be within the 3 hours.

Wed	Apr 9-Jun 25	10:30 AM-1:30 PM
Fri	Apr 4-Jun 27	2:30 PM-5:30 PM
Sun	Apr 6-Jun 29	9:30 AM-12:30 PM
Wed	Jul 2-Aug 27	10:30 AM-1:30 PM
Fri	Jul 4-Aug 29	2:30 PM-5:30 PM
Sun	Jul 6-Aug 31	9:30 AM-12:30 PM



Pottery Studio Membership (19+ yrs)

Studio time for members only; students must use separate studio drop-in sessions. The studio is not available when classes or student drop-in timeslots 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 and have instructor approval. *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

	\$55/Month
548856	Apr 1-30
548860	May 1-31
548862	Jun 1-30
548864	Jul 1-31
548865	Aug 1-31

Education

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 tools and materials will be 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	Apr 19	11:00 AM-2:00 PM
548931		\$59.95/1 sess

Visible Mending by Hand (19+ yrs)

Learn to mend well loved items to extend its life beautifully. Students will learn techniques to mend woven fabrics. Knit fabrics like sweaters, t-shirts, leggings are not covered. Students are welcome to bring own items for mending assessment. No prior experience necessary. All materials and tools 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	May 10	11:00 AM-2:00 PM
548965		\$59.95/1 sess

Sashiko Wagara: Hand Sewing Japanese Embroidery Stitches (19+ yrs)

Japan has many long standing traditions. Embroidery is no exception. Sashiko is Japanese hand stitching technique. Wagara categorizes the many Japanese traditional stitch patterns. Learn to hand stitch in this beautiful and elegant way whether for purely a mindful practice, a decorate purpose or to visibly mend garments or bags or blankets. 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 31	11:00 AM-2:00 PM
548957		\$59.95/1 sess

Coptic Bookbinding (19+ yrs)

An Ancient Egyptian technique for binding a book that requires no glue or paste. Its strength is proven when you flip and clap the covers together (like a sketchbook) and it refuses to weaken. Ideal for painting or sketching. No prior experience is necessary. All 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	Jun 21	11:00 AM-2:00 PM
548941		\$59.95/1 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 12	11:00 AM-2:00 PM
548961		\$59.95/1 sess

Japanese Bookbinding (19+ yrs)

Make up to 3 books using a historical technique common in Asia. Japan preferred the four-hole stab binding. Over the centuries, four stitch patterns have surfaced as the most traditional. Whether these books hold poetry, pictures or personal thoughts; this historical bookbinding will showcase them beautifully. No prior experience is necessary. All materials and tools are provided. Registration only. No drop-ins.

Instructor: Suzan Lee

Sa	Aug 2	11:00 AM-2:00 PM
548964		\$59.95/1 sess

Fitness & Health

Yin Yoga w/ Colleen (19+ yrs)

Discover the tranquility and deep relaxation of Yin Yoga, a practice that focuses on long-held, passive poses to stretch and target the deeper connective tissues of the body, including ligaments, joints, and fascia. This meditative style of yoga promotes flexibility, circulation, and overall well-being. All levels welcome! Drop-in \$17, if space permits.

Instructor: Colleen McCrann

W May 7-Jun 25 7:00 PM-8:00 PM
546206 \$120/8 sess

W Jul 2-Aug 27 7:00 PM-8:00 PM
546207 \$135/9 sess

Morning Flow **NEW!** w/ Colleen (19+ yrs)

Start your day with intention and energy in this 60-minute Hatha yoga class. Designed to gently wake up your body and mind, this session focuses on mindful movement, breathwork, and grounding poses to set a positive tone for the day ahead. All levels welcome! Drop-in \$17, if space permits.

Instructor: Colleen McCrann

Th May 8-Jun 26 9:15 AM-10:15 AM
548980 \$120/8 sess

Nia with Suzanne (19+ yrs)

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

Instructor: Suzanne Oliver

Th Apr 10-May 8 9:15 AM-10:15 AM
546203 \$60/5 sess

Th May 22-Jun 26 9:15 AM-10:15 AM
546204 \$72/6 sess

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 www.johnweiss.ca. Drop-ins \$15, if space permits. No class on May 7.

Instructor: John F Weiss

W Apr 9-May 28 10:45 AM-12:00 PM
544675 \$95/7 sess



Core and More **NEW!** (19+ yrs)

Core and More classes target mainly the middle part of the body - abs, obliques, back, shoulders and glutes. Strengthening these areas help with posture and improves overall strength and mobility required for both fitness and daily life. Bring a mat to class. For more info visit www.intoyoga.ca. Drop-ins \$18, if space permits.

Instructor: Into Yoga

W Apr 9-May 14 6:30 PM-7:30 PM
546216 \$93/6 sess

W May 21-Jun 25 6:30 PM-7:30 PM
546217 \$93/6 sess

Pilates Fusion (19+ yrs)

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

Instructor: Into Yoga

Tu Apr 8-May 13 5:30 PM-6:30 PM
546211 \$93/6 sess

Tu May 20-Jun 24 5:30 PM-6:30 PM
546212 \$93/6 sess

Tu Jul 8-Aug 26 5:30 PM-6:30 PM
546213 \$124/8 sess

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

Cultivate a healthy body, quiet mind and an open heart. In this class you will deepen body awareness, increase strength and flexibility. Iyengar offers personalized adjustments for all, regardless of age or health. All adults are welcome. Drop-in \$18, if space permits. No class on Apr 21, May 19, Jun 30.

Instructor: Arezou Moeini

M Apr 7-May 26 6:00 PM-7:30 PM
546115 \$90/6 sess

M Jun 2-Jul 28 6:00 PM-7:30 PM
546116 \$120/8 sess

Slow Flow Yoga w/ Drew (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. Website: www.yoga.drewclimie.com. Drop-ins \$16, if space permits. No class Apr 21, May 19.

Instructor: Drew Climie

M Apr 7-Jun 23 5:30 PM-6:30 PM
544683 \$150/10 sess

M Jul 7-Jul 28 5:30 PM-6:30 PM
545745 \$60/4 sess

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

Slow down. Release tension and stress in your body, mind and nervous system with Pamela Ferman's grounding 75 minute Hatha + Yin Yoga. A unique mix of Hatha, Yin and Restorative yoga. Designed to reset your nervous system and relax your mind while increasing flexibility deeper in your body in a safe and supported way. You will leave class feeling a lot more balanced and at ease between body and mind. All levels welcome. Beginner friendly. Website: www.pamelafermanyoga.com. Drop-in \$18, if space permits. No class on Apr 28 and Aug 4.

Instructor: Pamela Ferman

M Apr 7-May 12 9:30 AM-10:45 AM
544673 \$75/5 sess

M May 26-Jun 30 9:30 AM-10:45 AM
544674 \$90/6 sess

M Jul 7-Aug 18 8:30 AM-9:45 AM
545746 \$90/6 sess

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



@theFalseCreekCC

Hatha Flow Yoga w/ Bless (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, body mechanics, 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 \$22, if space permits. No class Apr 20, May 1, May 18, July 17 and July 20.

Instructor: Bless Leone

Th	Apr 3-May 15	5:45 PM-7:00 PM	
	546099		\$108/6 sess
Su	Apr 6-May 25	9:30 AM-10:45 AM	
	557050		\$108/6 sess
Th	May 22-Jun 26	5:45 PM-7:00 PM	
	546100		\$108/6 sess
Su	Jun 1-Jul 27	9:30 AM-10:45 AM	
	557054		\$144/8 sess
Th	Jul 3-Aug 7	5:45 PM-7:00 PM	
	546101		\$90/5 sess



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

The class is aimed at health and wellbeing. It is taught by Lynette Hunter who has over 30 years of 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.

Instructor: Lynette Hunter

Tu	May 13-Jun 24	9:30 AM-10:30 AM	
	545741		\$56/7 sess

Vinyasa Yoga w/ Kendra (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. No class Apr 22, Aug 12.

Instructor: Kendra Ruhland

Tu	Apr 1-Jun 24	5:30 PM-6:30 PM	
	545781		\$180/12 sess
Tu	Jul 8-Aug 26	5:30 PM-6:30 PM	
	545782		\$105/7 sess

Morning Deep Stretch Yoga w/ Kendra (19+ yrs)

Targeting all areas of the body, slow paced and gentle, this class has participants holding static poses, with dynamic series of motion, while increasing healthy movement and rejuvenation within the deep connective tissues of the body through myofascial release. Modifications and guided use of props, breathwork and meditation will be provided. Drop-in \$17, if space permits. No class Apr 21, May 19, Aug 4.

Instructor: Kendra Ruhland

M	Apr 7-Jun 30	9:30 AM-10:30 AM	
	545777		\$165/11 sess
M	Jul 7-Aug 25	9:30 AM-10:30 AM	
	545778		\$105/7 sess

Restorative Yoga w/ Kendra (19+ yrs)

A class of deep relaxation, emphasizing stillness and comfort, this practice will have you opening up and releasing into the support of yoga props. Featuring passive stretching, guided meditation and breathwork practice, strengthening connection between mind, body, and breath. Modifications and guided use of props will be provided. Drop-in \$17, if space permits. No class Apr 22, Aug 12.

Instructor: Kendra Ruhland

Tu	Apr 1-Jun 24	6:45 PM-7:45 PM	
	545784		\$180/12 sess
Tu	Jul 8-Aug 26	6:45 PM-7:45 PM	
	545786		\$105/7 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 \$17, if space permits.

Instructor: Sylvia Smallman

Tu	Apr 1-May 6	1:30 PM-2:45 PM	
	546220		\$96/6 sess
Tu	May 20-Jun 24	1:30 PM-2:45 PM	
	546221		\$96/6 sess

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

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

Instructor: Harry Wong

M	Apr 7-Jun 30	9:15 AM-10:15 AM	
	548007		\$71.50/13 sess
M	Jul 7-Aug 25	9:15 AM-10:15 AM	
	548008		\$44/8 sess

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

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

Instructor: Kristiina Oinonen

Tu	Apr 1-Jun 24	9:15 AM-10:15 AM	
	548344		\$71.50/13 sess
Tu	Jul 8-Aug 26	9:15 AM-10:15 AM	
	548345		\$44/8 sess

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

Functional fitness and body alignment using your own body weight and resistance. Drop-ins allowed, if space permits.

Instructor: Harry Wong

W	Apr 2-Jun 25	9:15 AM-10:15 AM	
	548009		\$71.50/13 sess
W	Jul 2-Aug 27	9:15 AM-10:15 AM	
	548010		\$49.50/9 sess

Fitness & Health cont'd

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

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

Instructor: Kristiina Oinonen

Th Apr 3-Jun 26 9:15 AM-10:15 AM
548346 \$71.50/13 sess

Th Jul 3-Aug 28 9:15 AM-10:15 AM
548348 \$49.50/9 sess

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

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

Instructor: Harry Wong

Su Apr 6-Jun 29 9:15 AM-10:15 AM
548004 \$71.50/13 sess

Su Jul 6-Aug 31 9:15 AM-10:15 AM
548006 \$49.50/9 sess

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 Jul 8-Jul 29 10:00 AM-11:00 AM
548256 \$60/4 sess

Tu Aug 5-Aug 26 10:00 AM-11:00 AM
548257 \$60/4 sess

Sound Bath and NEW! Breathwork (19+ yrs)

Give yourself the gift of an hour to unwind and reset. This rejuvenating session blends breathwork for nervous system regulation with the soothing resonance of bowls and chimes, guiding you into deep relaxation. Emerge feeling refreshed, calmer, and at peace. Drop-in \$18, if space permits.

Instructor: Angora Ngai

Sa Apr 26 10:00 AM-11:00 AM
556496 FREE TRIAL

Sa May 3-May 10 10:00 AM-11:00 AM
548156 \$32/2 sess

Sa Jul 5 10:00 AM-11:00 AM
556497 FREE TRIAL

Sa Jul 12-Jul 19 10:00 AM-11:00 AM
548166 \$32/2 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.

Instructor: Zumba Vancouver

W Apr 2-May 14 6:30 PM-7:30 PM
544676 \$96.25/7 sess

W May 21-Jun 25 6:30 PM-7:30 PM
544677 \$82.50/6 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 Apr 21 and May 19.

Instructor: Yoga4Stiff People

M Apr 7-Jun 23 7:00 PM-8:00 PM
544670 \$140/10 sess

M Jul 7-Jul 28 7:00 PM-8:00 PM
545743 \$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, increase 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 Apr 12, Apr 19, May 17.

Instructor: Yoga4Stiff People

Sa Apr 5-Jun 28 9:30 AM-10:30 AM
544671 \$140/10 sess

Sa Jul 5-Jul 26 9:30 AM-10:30 AM
545744 \$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. Progress at your own pace. (Students are taught to control their techniques. For safety reasons, any contact to the head, face, throat, groin and joints is strictly prohibited.) Uniform is optional for beginners. More info at kuyukai.com. Online registration is only available for 2 hour sessions (\$18/session). To register for the 1.5 hour sessions (\$15/session) please call the front desk 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 1-May 13 548258
7:00 PM-9:00 PM \$234/13 sess

7:00 PM-8:30 PM \$195/13 sess

Tu Th May 20-Jun 26 548260

7:00 PM-9:00 PM \$216/12 sess

7:00 PM-8:30 PM \$180/12 sess

Tu Th Jul 8-Aug 21 548261

7:00 PM-9:00 PM \$252/14 sess

7:00 PM-8:30 PM \$210/14 sess

Stay Connected with us on social media!



@theFalseCreekCC

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

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

Instructor: Jean Kares

W Apr 23-Jun 25 5:00 PM-6:00 PM
545822 \$85/10 sess

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

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

Instructor: Jean Kares

Tu Apr 22-Jun 24 7:00 PM-8:30 PM
545820 \$125/10 sess

Sports

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 3-Jun 26 7:30 PM-9:15 PM
549276 \$78/13 sess

Th Jul 3-Aug 28 7:30 PM-9:15 PM
549277 \$54/9 sess

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 Apr 21, May 19, Aug 4.

Instructor: No Instructor

Tu Apr 1-Jun 24 7:30 PM-9:15 PM
549274 \$78/13 sess

W Apr 2-Jun 25 7:30 PM-9:15 PM
549275 \$78/13 sess

M Apr 7-Jun 30 7:30 PM-9:15 PM
549273 \$66/11 sess

W Jul 2-Aug 27 7:30 PM-9:15 PM
549280 \$54/9 sess

M Jul 7-Aug 25 7:30 PM-9:15 PM
549278 \$42/7 sess

Tu Jul 8-Aug 26 7:30 PM-9:15 PM
549279 \$48/8 sess

Food, Cooking & Gardening

Gardening in a Changing Climate (19+ yrs)

In this Village Vancouver - Food Network 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 9th Annual Westside Food Festival (May 20-July 7). Registration only. No drop-ins.

Instructor: Village Vancouver

W Jun 11 6:30 PM-8:30 PM
548342 \$20/1 sess

Homemade Kombucha Brewing (19+ yrs)

Want to make your own Kombucha but don't know how? In this Village Vancouver Fairview - False Creek South Neighborhood Food Network workshop with Eric Schwartz, we'll walk you through the key steps, answer your questions, and leave you prepared with basic knowledge and recipes you need to get your first successful batch of Kombucha brewing and tasting great. Plus, we'll provide handouts and online resources to support your learning. Reduced fee for Seniors (50 and over.) Part of our 9th Annual Westside Food Festival (May 20-July 7). Registration only. No drop-ins.

Instructor: Village Vancouver

Tu May 27 6:30 PM-8:00 PM
548341 \$20/1 sess

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

Th Apr 24 6:30 PM-8:30 PM
548323 \$20/1 sess

Introduction to 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 gardens in an urban setting. We'll discuss the different systems and technologies available for gardening and talk about the principles of setting up a successful food garden on fences, walls, and balconies, including watering, weight, light and plant choice considerations. We'll have a community seed library present - pick up some free seeds, swap or donate seeds. Reduced fee for Seniors (50 and over). Part of our 9th Annual Westside Food Festival (May 20-July 7). Registration only. No drop-ins.

Instructor: Village Vancouver

W May 21 6:30 PM-8:30 PM
548340 \$20/1 sess



SUBSCRIBE TO OUR NEWSLETTER

Be the First to Know!



Keep up to date on what's going on at False Creek Community Centre and in your community. Our newsletter features our recreation programs, promotions, special events, services, coupons, community initiatives and more!

You can [unsubscribe](#) at any time and we won't share your information with any other organizations. By signing up, you consent to receiving the electronic communications.







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).
- 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 5-Apr 13 9:30 AM-10:30 AM
 548558 \$137/4 sess

Su Sa May 3-May 11 10:45 AM-11:45 AM
 548561 \$137/4 sess

Su Sa Jul 5-Jul 13 9:30 AM-10:30 AM
 548562 \$137/4 sess

False Creek Community Centre (1318 Cartwright St)

M W Mar 31-Apr 9 5:00 PM-6:00 PM
 548563 \$137/4 sess

M W Jun 30-Jul 9 5:00 PM-6:00 PM
 548564 \$137/4 sess

M W Aug 13-Aug 25 5:00 PM-6:00 PM
 548565 \$137/4 sess

Granville Park (14th Ave & Fir St)

Tu Th May 6-May 15 5:30 PM-6:30 PM
 548566 \$137/4 sess

Tu Th Jun 3-Jun 12 5:30 PM-6:30 PM
 548567 \$137/4 sess

Tu Th Jul 22-Jul 31 5:30 PM-6:30 PM
 548569 \$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 May 19.

Instructor: Mauro Liceaga Garcia

Charleson Park (650 Moberly Rd)

Su Sa Jun 7-Jun 15 10:45 AM-11:45 AM
 548573 \$137/4 sess

False Creek Community Centre (1318 Cartwright St)

M W Mar 31-Apr 9 6:15 PM-7:15 PM
 548574 \$137/4 sess

M W May 7-May 21 6:15 PM-7:15 PM
 548575 \$137/4 sess

M W Jun 2-Jun 11 6:15 PM-7:15 PM
 548576 \$137/4 sess

M W Jul 21-Jul 30 6:15 PM-7:15 PM
 548578 \$137/4 sess

Granville Park (14th Ave & Fir St)

Tu Th Jul 3-Jul 15 6:45 PM-7:45 PM
 548580 \$137/4 sess

Tu Th Aug 12-Aug 21 6:45 PM-7:45 PM
 548581 \$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 23-May 5 6:15 PM-7:15 PM
 548570 \$137/4 sess

M W Jun 30-Jul 9 6:15 PM-7:15 PM
 548571 \$137/4 sess

M W Aug 13-Aug 25 6:15 PM-7:15 PM
 548572 \$137/4 sess



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

Tennis cont'd

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! Please note: Permit fee is non-refundable. No session Apr 21.

Instructor: Mauro Liceaga Garcia

Charleson Park (650 Moberly Rd)
 Su Sa Apr 5-Apr 13 10:45 AM-11:45 AM
548583 \$137/4 sess

Su Sa Jun 7-Jun 15 9:30 AM-10:30 AM
548584 \$137/4 sess

Su Sa Jul 5-Jul 13 9:30 AM-10:30 AM
548585 \$137/4 sess

False Creek Community Centre (1318 Cartwright St)

M W Apr 23-May 5 5:00 PM-6:00 PM
548587 \$137/4 sess

Granville Park (14th Ave & Fir St)
 Tu Th Apr 8-Apr 17 5:30 PM-6:30 PM
548591 \$137/4 sess

Tu Th May 6-May 15 6:45 PM-7:45 PM
548592 \$137/4 sess

Tu Th Jun 3-Jun 12 6:45 PM-7:45 PM
548595 \$137/4 sess

Tu Th Jul 3-Jul 15 5:30 PM-6:30 PM
548597 \$137/4 sess

Tu Th Jul 22-Jul 31 6:45 PM-7:45 PM
548598 \$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 May 19.

Instructor: Mauro Liceaga Garcia

Charleson Park (650 Moberly Rd)
 Su Sa May 3-May 11 9:30 AM-10:30 AM
548606 \$137/4 sess

False Creek Community Centre (1318 Cartwright St)
 M W May 7-May 21 5:00 PM-6:00 PM
548607 \$137/4 sess

M W Jun 2-Jun 11 5:00 PM-6:00 PM
548608 \$137/4 sess

M W Jul 21-Jul 30 5:00 PM-6:00 PM
548611 \$137/4 sess

Granville Park (14th Ave & Fir St)
 Tu Th Apr 8-Apr 17 6:45 PM-7:45 PM
548604 \$137/4 sess

Tu Th Aug 12-Aug 21 5:30 PM-6:30 PM
548609 \$137/4 sess



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 11-May 2 10:00 AM-11:00 AM
548783 \$137/4 sess

F May 9-May 30 10:00 AM-11:00 AM
548795 \$137/4 sess

F Jun 6-Jun 27 10:00 AM-11:00 AM
548798 \$137/4 sess

F Jul 4-Jul 25 4:30 PM-5:30 PM
548801 \$137/4 sess

F Aug 1-Aug 22 4:30 PM-5:30 PM
548805 \$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 11-May 2 11:15 AM-12:15 PM
548807 \$137/4 sess

F May 9-May 30 11:15 AM-12:15 PM
548821 \$137/4 sess

F Jun 6-Jun 27 11:15 AM-12:15 PM
548823 \$137/4 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)	\$5.50	\$46.50	\$87.00	\$123.00	\$199.50	\$358.00
Youth (13-18 yrs)	\$4.00	\$31.00	\$56.50	\$87.00	\$143.50	\$266.50
Senior (55+ yrs)	\$4.00	\$31.00	\$56.50	\$87.00	\$143.50	\$266.50

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-Friday 6:30 AM-9:30 PM
 Saturday & Sunday 9:00 AM-4:00 PM
Fridays (Jul 4-Sep12).. 6:30 AM-6:00 PM
 Hours subject to change.



Personal Training

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

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.

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!

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.

Jasmine

Jasmine is a certified BCRPA Personal Trainer who believes fitness should be accessible and inclusive of every body. She strives to create a safe space for people to learn and grow. Her aim is to empower her clients through movement and education and help them develop a deeper connection with their bodies. With a wealth of knowledge and experience, she is ready to support her clients towards their fitness goals, every step of the way.

James

James has been a trainer since 2017. He has obtained a NASM certification, as well as certifications for kettlebell and TRX training. James specializes in functional movement, strength and muscle building, resistance training with mobility work to help clients enhance their physical capabilities and achieve a balanced, powerful physique. James also has a decade of weightlifting & resistance training experience.

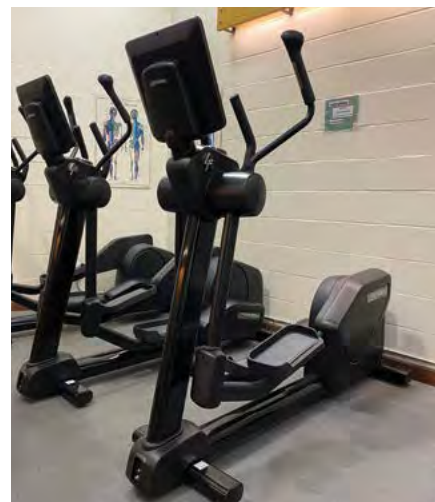
Asia

Asia is a certified ACE Personal Trainer with a foundation in Kinesiology from the UBC 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.

NEW Cardio Equipment



Aerobics Schedule

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

See pages 15-16 for class information.

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



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



All Bodies Community Recreation And Fitness

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

Hip & Knee Strength and Mobility (19+ yrs)

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. No class Apr 21 and May 19.

Instructor: ABC Instructor

Mon Apr 7-Jun 23 1:00 PM-2:00 PM (Mini Gym)
549518 Adult: \$79.30/10 sess; Senior: \$55.30/10 sess

Wed Apr 9-Jun 25 1:00 PM-2:00 PM (Lind Hall)
549522 Adult: \$95.16/12 sess; Senior: \$66.36/12 sess

Active and Strong (19+ yrs)

Accommodating a range of fitness levels, Active and Strong is group exercise class led by registered fitness professionals. Using a non-choreographed format with a focus on improved health and function, classes include strength, mobility and cardiovascular training as well as balance, coordination and agility. Thoughtful coaching provides various options in a welcoming and inclusive environment. No class Apr 21 and May 19.

Instructor: ABC Instructor

Mon Apr 7-Jun 23 2:15 PM-3:15 PM (Mini Gym)
549527 ABC Drop-in, ABC 10 Pass Card, or ABC Flexi-Pass

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.

Education

Advance Care

Planning (55+ yrs)

British Columbia has legislation that allows individuals to express their wishes, usually in writing, regarding the care they want to receive or reject. The first step include conversations with family and/or friends to draft a written summary of your values and instructions. This workshop outlined why planning is important and what your options are for preparing written documents for your future care.

Instructor: Cosco

Th Apr 24 10:00 AM-11:30 AM
547738 FREE

Memory and Aging (55+ yrs)

This workshop explains how memory functions and how it changes as we age. We give tips for improving memory, and information about when to seek help.

Instructor: Cosco

Th May 29 10:00 AM-11:30 AM
547739 FREE

Estate Planning: Beyond the Will (20+ yrs)

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

Instructor: David Perkins

W May 21 10:00 AM-11:30 AM
547531 FREE

W Aug 6 10:00 AM-11:30 AM
549309 FREE

Tax Planning for Assisted Living & Long-Term Care Options (20+ yrs)

Navigating the health care and senior benefits system can be challenging. Many seniors and their families are not prepared when the situation arises, and they are suddenly faced with the research, requirements, paperwork, and often difficult decisions around choosing the best option for their changing needs. Awareness and proper planning can ease the transitions between the varying levels of care. From aging at home to long-term care, 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. Instructor: David Perkins, CFP, EPC, CEA. Drop-ins welcome.

Instructor: David Perkins

W Apr 30 10:00 AM-11:30 AM
547530 FREE

W Jul 9 10:00 AM-11:30 AM
549311 FREE

Private Piano Lessons - Beginner (55+ yrs)

Gail Craig holds an Early Childhood Education License and an ARCT from the Royal Conservatory of Music; an ALCM in Performing, Teaching and Accompanying as well as an A. Mus. in Theory in addition to an LLMC in Teaching from the London College of Music; a LTCL from Trinity College; AVCM from the Victoria Conservatory of Music and an A. Mus. from Western Board. She has been teaching piano since the age of 14 and maintains a busy private teaching studio in Vancouver. Her piano classes objective is on nurturing the love of music, focus on the process of learning and understanding the messages of musical notation, how to be problem solvers, independent learners, how to communicate using music, setting short and long term goals and seeing their successes. No sessions May 16 and 30

Instructor: Gail Craig

F Apr 4-Jun 20 3:00 PM-3:30 PM
547401 \$330/10 sess

Fitness & Health

ActiAge (55+ yrs)

ActiAge is a free 3-month group-led physical activity program for inactive older adults. It introduces participants to physical activity and reinforces their commitment to incorporate it into their daily lives. The fun and social program is progressive with planned physical activities (stretching, activity, and cool-down) based on ActiAge training. The focus is on improving activities associated with daily living, strengthening muscles used day-to-day (ie: bending, lifting, etc). Each class incorporates physical activities that engage participants, and features in-class discussions and resources to improve overall health and physical well-being. Participants must fill out the PAR-Q+ questionnaire and bring it on their first session by visiting: www.falsecreekcc.ca/wp-content/uploads/2024-PAR-Q-OSHF.pdf

Instructor: Lynne Pruner

F May 2-Jun 27 1:00 PM-2:00 PM
547677 FREE



Osteofit for Life (Thursday) (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.

Instructor: TBA

Th Apr 3-Jun 19 10:30 AM-11:30 AM
547694 \$60/12 sess



SUBSCRIBE TO OUR NEWSLETTER

Be the First to Know!



Keep up to date on what's going on at False Creek Community Centre and in your community. Our newsletter features our recreation programs, promotions, special events, services, coupons, community initiatives and more!

You can [unsubscribe](#) at any time and we won't share your information with any other organizations. By signing up, you consent to receiving the electronic communications.





Fitness & Health cont'd

Osteofit for Life (Tue/Fri) (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 classes Aug 8 and 15

Instructor: Anne O'Sullivan

Tu F Apr 1-May 9 10:30 AM-11:30 AM
547722 \$60/12 sess

Tu F May 13-Jun 20 10:30 AM-11:30 AM
547723 \$60/12 sess

Tu F Jul 4-Aug 15 10:30 AM-11:30 AM
547726 \$70/13 sess

Zumba Gold (55+ yrs)

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

Instructor: Zumba Vancouver

W Apr 2-May 14 2:30 PM-3:30 PM
546895 \$96.25/7 sess

W May 21-Jun 25 2:30 PM-3:30 PM
546896 \$82.5/6 sess

W Jul 2-Aug 13 2:30 PM-3:30 PM
546900 \$96.25/7 sess

Social

Creative Endeavours (55+ yrs)

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

No Instructor

Tu Apr 1-Jun 24 1:00 PM-3:00 PM
547140 **FREE**

Origami Workshop (19+ yrs)

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

Instructor: Aiko Matsushiba

Su Apr 6-Apr 6 11:30 AM-12:30 PM
559972 \$15/1 sess

Su May 4-May 4 11:30 AM-12:30 PM
559973 \$15/1 sess

Su Jun 15-Jun 15 11:30 AM-12:30 PM
560342 \$15/1 sess

Su Jul 13-Jul 13 11:30 AM-12:30 PM
559974 \$15/1 sess

Su Aug 3-Aug 3 11:30 AM-12:30 PM
559975 \$15/1 sess

Writers' Group (55+ yrs)

Join our self-directed writing group. Use this time to write in your own way: Reflections on life memoir, stories of the "old days", or moments of inspiration. Share your work in a safe and friendly space and build from suggestions. Please note, this program now takes place every Wednesday of the month.

No Instructor

W Apr 2-Jun 25 1:00 PM-3:00 PM
547145 **FREE**

W Jul 2-Aug 27 1:00 PM-3:00 PM
547148 **FREE**

Ballroom Dancing (55+ yrs)

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

Instructor: Gabriel and Catherine

Su Apr 6-Jun 29 1:30 PM-3:30 PM
544209 **FREE**

Su Jul 6-Aug 31 1:30 PM-3:30 PM
547517 **FREE**

Bridge Practice (55+ yrs)

Get a feel for duplicate bridge, typically playing 3 rounds of at least 6 pre-dealt hands with various partners. Pace of play attempts to approximate a real duplicate setting. A working knowledge of bidding and scoring is required as this is a non-instructional program. Facilitated by volunteers.

No Instructor

M Apr 7-Jun 30 12:00 PM-3:00 PM
544748 \$1/sess

Sports

Pickleball Court Rental (55+ yrs)

Please note that each booking is a single time, 1.5-hour session. Each registration is for one court (maximum of 1 court). Bookings are on first come first serve basis. 48 hours cancellation notice is required. Players must supply their own racquets and pickleballs. No private lessons or teaching permitted. Maximum of 6 players. Bookings are open 1 week prior on Wednesdays and Fridays at 9:00am.

No Instructor



Fridays

F 1:00 PM-2:30 PM	\$25/sess
547155	Apr 4
547160	Apr 11
547165	Apr 25
547167	May 2
547173	May 9
547174	May 16
547176	May 23
547178	May 30
547179	Jun 6
547181	Jun 13
547182	Jun 20
547183	Jun 27

Wednesdays

W 1:00 PM-2:30 PM	\$25/sess
547186	Apr 2
547187	Apr 9
547189	Apr 16
547190	Apr 23
547192	Apr 30
547193	May 7
547194	May 14
547195	May 21
547197	May 28
547198	Jun 4
547199	Jun 11
547200	Jun 18
547202	Jun 25

Pickleball: Accelerated Beginner Lessons (55+ yrs)

A rare opportunity to learn pickleball in a small group of four. Over the course of four intensive Thursdays, you'll learn what other beginner programs take twice as long to teach. False Creek's accelerated beginner lessons represent a new kind of introduction to pickleball. You'll learn the game's rules and etiquette, basic techniques, strategy, positioning, and a relentlessly positive style of play. Following each session, you'll be sent notes and videos, and have opportunities to participate in an online discussion. No matter what sport you may or may not have played in a past life, everybody is welcome. Emphasis on fun, safety, and finding your niche in Vancouver's burgeoning pickleball community. Together, we'll discover how an innocent backyard game became the country's fastest growing sport. Paddles and balls will be provided by the coaches. Please contact jerichohillpickleball@gmail.com if you have any questions.

Instructor: Chris Koentges

Th Jun 5-Jun 26 12:30 PM-2:30 PM
547736 \$200/4 sess



Pickleball Lessons For Novice Players (55+ yrs)

For participants who have completed a beginner program, this is a rare opportunity to hone your skills and tactics in a small group of 4. This is a supportive space to build confidence in your stroke mechanics and shot selection. Learn next level positioning, strategy, mindset, and a relentlessly positive style of team play. Following each session, you'll be sent notes and videos, and have opportunities to participate in an online discussion. This is a development program for players who have previously completed a beginner program. If you have any questions, please contact jerichohillpickleball@gmail.com

Instructor: Chris Koentges

Th Apr 17-May 8 12:30 PM-2:30 PM
547733 \$200/4 sess

Pickleball (55+ yrs)

Get active on the court with Pickleball. *Please note that this program is non-instructional. Sign up as a single or register up to one additional person. Spots are held for registered participants for 15 minutes after start time and then may be sold to drop-in players. In person drop-in sign up starts 30 minutes before start time. \$5.50 drop in, if space permits. All equipment supplied. Maximum of 8 players.

No Instructor

Su Apr 6-Apr 27 2:15 PM-3:45 PM
547203 \$15/4 sess

Su May 4-May 25 2:15 PM-3:45 PM
547204 \$15/4 sess

Su Jun 1-Jun 29 2:15 PM-3:45 PM
547205 \$18.75/5 sess

Su Jul 6-Jul 27 2:15 PM-3:45 PM
547206 \$15/4 sess

Su Aug 3-Aug 31 2:15 PM-3:45 PM
547207 \$18.75/5 sess

Outdoor Activities

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.



Sa 9:30 AM-1:00 PM	\$80/1 sess
Jun 21	549362
Jun 28	549363
Jul 5	549366
Jul 12	549367
Jul 19	549368
Jul 26	549369
Aug 2	549370
Aug 9	549371
Aug 16	549372
Aug 23	549373
Aug 30	549374

Su 9:30 AM-1:00 PM	\$80/1 sess
Jun 22	549364
Jun 29	549365
Jul 6	549375
Jul 13	549376
Jul 20	549377
Jul 27	549378
Aug 3	549379
Aug 10	549380
Aug 17	549381
Aug 24	549382
Aug 31	549383

Easter Eggstravaganza (All Ages)

EGGstra fun is in store at our annual Easter event which includes games, crafts, family entertainment and an Easter Egg Hunt.

**Saturday April 12,
10:30 AM-12:00 PM**

Space is limited and registration must be done in advance in-person or by phone.

Children must be accompanied by an adult. This event is suited for children 2-8 years. Note: The outdoor Easter Egg Hunt will run rain or shine.

#544207



Free Swap Meet

A free swap is an event where people give away items they no longer need and take something they can use.

Saturday April 26, 10:30 AM-2:30 PM



There are three ways to participate in the free swap: Swap it!

1. Donate items for others to choose from and select new-to-you items dropped off by others.
2. Decluttering? Feel free to donate items without taking home anything new.
3. Nothing to donate? No problem! Everyone is welcome to take items home.

Free Swap Rules

- Donated items must be clean & in good working condition.
- Each person can donate 1-3 items.
- Items must be small enough to fit in a regular sized reusable bag (grocery bag)
- Exempt items: food, footwear, medicine, personal care products, broken/damaged/dirty items
Accepted items: clothing, housewares, small electronics, accessories, books, games, and art
- We reserve the right to refuse any items we don't think are suitable.

#549832 **FREE**

