



FALSE CREEK COMMUNITY CENTRE

Recreation Guide Spring & Summer 2026



Spring & Summer Programs

registration starts

▷ Saturday, March 14
9 AM online/in-person
11 AM by phone



Summer Day Camps

registration starts

▷ Wednesday, April 8
7 PM online/in-person
▷ Thursday, April 9
10 AM by phone

Starting 2026, all Vancouver community centres will share one city-wide registration date for day camps. There will no longer be separate dates for each centre.

Tip: Make sure your ActiveNet account is up to date before registration day.



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



FALSE CREEK COMMUNITY CENTRE

on Granville Island 1318 Cartwright Street Vancouver BC V6H 3R8

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

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

False Creek Community Association

The False Creek Community Association is delighted to welcome you to the False Creek Community Centre and we're grateful and honoured to work in such a dedicated, passionate, and engaged community. After a successful and enjoyable winter here at False Creek Community Centre, we are excited to welcome back the longer and brighter days! Our Centre is a hub of activity and a place for people of all ages and backgrounds to come together and connect. We encourage you to take full advantage of all that our centre has to offer, including a full slate of wonderful spring and summer programs for 2026.

Our Seniors Social Hour kicked off in the Winter season and was a great success! These events will continue on the second Wednesday of the month in the Lounge through spring, and we are also excited to host some activities for BC Seniors Week in June!

On April 4th, come check out our Easter Eggstravaganza. Join us on a hunt for chocolate treats and enjoy spring-themed crafts led by our Youth Volunteers. Don't forget to get your picture taken with the Easter Bunny! Register early to save your spot!

Once school is out we have fun and enriching Summer Camps to offer, ranging from dance day camps to movie production camps. We are also pleased to continue to offer staple weekly camps for families – Summer Trekkers, False Creek Fun Explorers, and Youth Adventures.

Finally, our Board is proud to have committed funds to renovate and modernize the Centre's kitchen facilities. The Centre's kitchen has not been renovated since the 1980s and updates are desperately needed. Park Board and Association staff are working hard to minimize interruptions to programming while the renovations occur and we're grateful for your patience. We're excited to build a bright and modern commercial kitchen for our community and stay tuned for several new cooking-related programs next year!

The False Creek Community Association is a not-for-profit organization that relies on the commitment and effort of our wonderful volunteers. At the Annual General Meeting in May, the Board for 2026 - 2027 will be elected to continue the progress we've made over the last 12 months and set the stage for an even brighter future for our community. 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 contributing to a happy, healthy, connected community. 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 2026!

False Creek Community Association



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Visit: VANREC.CA



False Creek Community Association

Join our Board of Directors

Have your say in your community!

AGM
May 13th



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.

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Facility Hours

Monday-Friday6:30 AM-9:30 PM
 Saturday & Sunday.....9:00 AM-4:00 PM
 Jun 26-Sep 4 Fridays ...6:30 AM-6:00 PM

Holiday Hours

**April 6, May 18, July 1,
 August 3, September 7**

Community Centre & Fitness Centre
 9:00 AM-12:30 PM

April 3

Centre.....CLOSED

*Please note the Fitness Centre is open
 Monday-Friday at 6:30 AM
 (Enter at the main entrance on Cartwright St.)
 The main centre opens at 9:00 AM
 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:..... William Harper
Secretary:..... Emmett Wallace
Program Chair:..... John McCracken
Members at Large: Sharon Christie, Graciela David, Mike Dirks, Charlotte Dron, Peggy MacDonald, Tabitha McIntyre, Shira Standfield and Emmett Wallace.

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?

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

VIEW ONLINE

Board Room (20x25 feet)	\$35.00	20 people
Chinook Room (20x20 feet)	\$35.00	15 people
Fairview Room (14x30 feet)	\$35.00	15 people
Mini Gym (64x38 feet)	\$70	60 people
Tyee Hall (44x24 feet)	\$70	60 people
Lind Hall (65x49 feet)	\$115	200 people



Boardroom



Tyee Hall



Lind Hall

WEDDINGS

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



Lind Hall

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

We cannot host events which:

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

LICENSED CHILDCARE

SWAMP WILLOW PRESCHOOL

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

3 YEAR OLD PROGRAM:

ACTIVITY #589954

- Tuesdays and Thursdays from 9:15am to 11:30am from Sep. 2026 to Jun. 2027
- Children must turn 3 by December 31st, 2026 and be diaper-free
- Registration opens Jan. 3, 2026 at 9am online, 10am over the phone

4 YEAR OLD PROGRAM:

Activity #589955

- Mondays, Wednesdays and Fridays from 9:15am to 11:45am from Sep. 2026 to Jun. 2027.
- Children must turn 4 by December 31st, 2026.
- Registration opens Mar 13, 2026 at 9am online, 10am over the phone.

OUT-OF-SCHOOL CARE

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

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

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

www.falsecreekcc.ca/childcare-waitlist/

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

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

SPRING TREKKERS 2026

WEEK 1:

Activity #589960

Mar. 16 - 20; 8:30am-6pm

WEEK 2:

Activity #589961

Mar. 23 -27; 8:30am-6pm

Registrations opened February 17 at 9am online; 10am over the phone.
Ages 5yrs6mths to 12 years.

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

**VIEW
ONLINE**



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

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



Inclusions: Sportball leader, gymnasium, tables, chairs.

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

Regular birthday party refund policy applies.

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

Instructor: Sportball Vancouver



Saturdays Apr 11-Aug 29, 12:30-2:30 PM
\$285/party

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

Birthday Parties

(2-8 yrs)

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



Your party includes the mini gym with toys, use of a refrigerator and a party leader.

Children arrive, have one hour in the gym, then go back to the party room for cake, food and drinks (brought by the participant)!

Parent participation required for the duration of the party.

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



This party includes:

- 1-2 party attendants to assist with set up, clean up, and supervising equipment
- Use of a refrigerator, tables and chairs for eating in Tye Hall (party room), ride-on cars, climbing apparatus, and play mats

Please note:

- Staff are not responsible for running games or other activities
- Food (nut-free), drinks, and/or cutlery for children and adults to be brought by participants.

Must fill out False Creek Birthday Party Agreement and email it to:

falsecreekbirthdays@vancouver.ca no later than 2 weeks before the party booking.

Visit our website at www.falsecreekcc.ca to access the form or call 604-257-8195.



Saturdays Apr 11-Aug 29, 1:00-3:00 PM
Sundays Apr 5-Aug 30, 12:00-2:00 PM
\$150/party

Additional \$80 for bouncy castle and extra leader

Licensed (5.6 years - 12 Years)

TREKKERS DAY CAMP

This licensed day camp combines exciting out-trips, sports, games and special events for children ages 5.6 - 12 years. Parental waiver and consent forms are required. CCFRI fee reduction subject to change due to funding approval.

Fees include admission to all attractions and transportation.

Children must be already attending kindergarten.

No waitlist - when spots become available, it will be displayed online.

Little Trekkers

(5.6 - 8yrs)

2	M-F Jul 6 - Jul 10	10am-4pm	6	T-F Aug 4 - Aug 7	10am-4pm
#611016	\$216/5 days	#611023	\$173/4 days		
3	M-F Jul 13 - Jul 17	10am-4pm	7	M-F Aug 10 - Aug 14	10am-4pm
#611017	\$216/5 days	#611024	\$216/5 days		
4	M-F Jul 20 - Jul 24	10am-4pm	8	M-F Aug 17 - Aug 21	10am-4pm
#611018	\$216/5 days	#611025	\$216/5 days		
5	M-F Jul 27 - Jul 31	10am-4pm	9	M-F Aug 24 - Aug 28	10am-4pm
#611022	\$216/5 days	#611026	\$216/5 days		

Summer Trekkers

(8 - 12 years)

2	M-F Jul 6 - Jul 10	10am-4pm	6	T-F Aug 4 - Aug 7	10am-4pm
#611028	\$216/5 days	#611035	\$173/4 days		
3	M-F Jul 13 - Jul 17	10am-4pm	7	M-F Aug 10 - Aug 14	10am-4pm
#611030	\$216/5 days	#611037	\$216/5 days		
4	M-F Jul 20 - Jul 24	10am-4pm	8	M-F Aug 17 - Aug 21	10am-4pm
#611031	\$216/5 days	#611038	\$216/5 days		
5	M-F Jul 27 - Jul 31	10am-4pm	9	M-F Aug 24 - Aug 28	10am-4pm
#611033	\$216/5 days	#611039	\$216/5 days		

Please check our website for latest price confirmation.

Combo Weeks

(5.6 - 12 yrs) 10am - 4pm

No before & after care. Space limited to 20 participants.

1	M-F Jun 29 - Jul 3 (No Jul 1)	\$173/4 days
#610888		
10	M-Th Aug 31 - Sep 3 (No Sep 4)	\$173/4 days
#610901		

Before & After Care

8:30am-10am & 4pm-6pm

Children must be registered in Little or Summer Trekkers. Space limited to 20 participants. Weekly Jul 6 - Aug 28. Please note before and after care may/may not be licensed depending of funding approval.

2	M-F Jul 6 - Jul 10	\$35/5 days	6	T-F Aug 4 - Aug 7	\$30/4 days
#610914			#610928		
3	M-F Jul 13 - Jul 17	\$35/5 days	7	M-F Aug 10 - Aug 14	\$35/5 days
#610917			#610989		
4	M-F Jul 20 - Jul 24	\$35/5 days	8	M-F Aug 17 - Aug 21	\$35/5 days
#610921			#610991		
5	M-F Jul 27 - Jul 31	\$35/5 days	9	M-F Aug 24 - Aug 28	\$35/5 days
#610926			#610992		

VIEW ONLINE



SUMMER DAY CAMPS



registration starts

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- ▶ Thursday, April 9 • 10 AM by phone

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Visit: VANREC.CA

Prepare for a summer filled with fun and adventure! Activities will include indoor and outdoor sports, cooperative games, arts & crafts, theatre, dance parties, entertainers, and special guests!

We'll embark on field-trips each week, travelling by public transit and charter bus to explore the city and the great outdoors.

Parents/Guardians will receive an email with the Parent Communication/Policy manual and forms before camp, detailing camp expectations and guidelines.

Participants must be between the ages of 8-12 to register for Fun Explorers and ages 11-14 to register for Youth Adventures.



False Creek Fun Explorers Camp (8-12 yrs)

Activity #	Activity Name	Dates	Time	Fee
605531	Week 1: Clip N' Climb	Jul 6 - 10	9:30am - 3:30pm	\$225
605532	Week 2: Cineplex Movie	Jul 13 - 17	9:30am - 3:30pm	\$200
605533	Week 3: Playland	Jul 20 - 24	9:30am - 3:30pm	\$225
605534	Week 4: West Coast Mini Putt	Jul 27 - 31	9:30am - 3:30pm	\$200
605535	Week 5: Big Splash	Aug 10 - 14	9:30am - 3:30pm	\$225
605536	Week 6: Rocky Mountain Flatbread	Aug 17 - 21	9:30am - 3:30pm	\$200
605537	Week 7: PNE Fair	Aug 24 - 28	9:30am - 3:30pm	\$225

A more detailed camp activity calendar will become available in June on our website.



SUMMER DAY CAMPS

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[Visit: VANREC.CA](http://VANREC.CA)



Day Camps generally include 1-2 fun and engaging outings each week for participants of varying ages and interests, offering a blend of sensory-rich and imaginative experiences. Participants will explore bustling urban areas, learn about their environment, and take part in different activities that promote social connection, adventure, and physical activity.

- ### Things you need to know
- Parents/Guardians will receive an email detailing camp expectations and guidelines leading up to the start of camp.
 - Our day camps will generally include 1-2 engaging outings each week, offering a blend of sensory-rich and imaginative experiences.
 - The sensory environment may include loud noises, bright lights, or crowded spaces.
 - Please reach out to us at the time of registration if your child needs more leader attention and support in order to participate in camp.
 - Please call our centre to inform staff if your child will be bringing an additional support person as a cleared Police Information Check is required for this person.

Youth Adventures (11-14 yrs)



Activity #	Activity Name	Dates	Time	Fee
607356	Week 1: Clip N' Climb	Jul 6 - 10	9:30am - 3:30pm	\$225
607357	Week 2: Cineplex Movie	Jul 13 - 17	9:30am - 3:30pm	\$200
607358	Week 3: Playland	Jul 20 - 24	9:30am - 3:30pm	\$225
607359	Week 4: West Coast Mini Putt	Jul 27 - 31	9:30am - 3:30pm	\$200
607360	Week 5: Big Splash	Aug 10 - 14	9:30am - 3:30pm	\$225
607361	Week 6: Rocky Mountain Flatbread	Aug 17 - 21	9:30am - 3:30pm	\$200
607362	Week 7: PNE Fair	Aug 24 - 28	9:30am - 3:30pm	\$225

A more detailed camp activity calendar will become available in June on our website.

Sports

Sportball

Indoor Soccer (4-6 yrs)

Sportball coaches help participants 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 Class Aug 2.

Instructor: *Sportball*

Su Apr 12-May 10 11:30 AM-12:15 PM
604944 \$80/5 sess

Su May 24-Jun 28 11:30 AM-12:15 PM
604946 \$96/6 sess

Su Jul 5-Aug 23 11:30 AM-12:15 PM
604965 \$112/7 sess

Sportball Jr. (1-2 yrs)

Children and parents/caregivers participate in sports, creative gross motor skill 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 7-May 12 10:45 AM-11:30 AM
604918 \$96/6 sess

Tu May 19-Jun 23 10:45 AM-11:30 AM
604920 \$96/6 sess

Sportball Multi-Sport (3.5-5yrs)

Refine, rehearse, repeat. Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork. Each class focuses on one of eight popular sports. To learn more visit www.sportball.ca.

Instructor: *Sportball*

Sa Apr 11-May 9 10:00 AM-10:45 AM
604927 \$80/5 sess

Sa May 23-Jun 27 10:00 AM-10:45 AM
604931 \$96/6 sess

Sa Jul 4-Aug 22 10:00 AM-10:45 AM
604961 \$112/7 sess

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

Participants are introduced to fundamental concepts of soccer and are provided the basic skills required to score with confidence in fun, exciting, skills-focused games. With the guidance and support of their Sportball Coach, parents and children zero in on soccer skills. Children are challenged according to their individual skill level and Coaches help grownups understand proven teaching techniques that can be applied outside of Sportball classes. To learn more visit www.sportball.ca. No Class Aug 2.

Instructor: *Sportball*

Su Apr 12-May 10 10:45 AM-11:30 AM
604947 \$80/5 sess

Su May 24-Jun 28 10:45 AM-11:30 AM
604949 \$96/6 sess

Su Jul 5-Aug 23 10:45 AM-11:30 AM
604967 \$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/caregiver and Child programs to ensure that focus is kept on helping little ones practice and progress. No Class Aug 1.

Instructor: *Sportball*

Tu Apr 7-May 12 11:30 AM-12:15 PM
604921 \$96/6 sess

Tu May 19-Jun 23 11:30 AM-12:15 PM
604922 \$96/6 sess

Sa Apr 11-May 9 9:15 AM-10:00 AM
604924 \$80/5 sess

Sa May 23-Jun 27 9:15 AM-10:00 AM
604925 \$96/6 sess

Sa Jul 4-Aug 22 9:15 AM-10:00 AM
604958 \$112/7 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: *Hope Tennis*

(10-13yrs)

Tu Apr 7-May 12 5:30 PM-7:00 PM
606224 \$180/6 sess

W Apr 8-May 13 5:30 PM-7:00 PM
606227 \$180/6 sess

Tu May 19-Jun 23 5:30 PM-7:00 PM
606237 \$180/6 sess

W May 20-Jun 24 5:30 PM-7:00 PM
606240 \$180/6 sess

(7-9yrs)

Tu Apr 7-May 12 4:30 PM-5:30 PM
606223 \$180/6 sess

W Apr 8-May 13 4:30 PM-5:30 PM
606226 \$180/6 sess

Tu May 19-Jun 23 4:30 PM-5:30 PM
606236 \$180/6 sess

W May 20-Jun 24 4:30 PM-5:30 PM
606239 \$180/6 sess

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

Tu Apr 7-May 12 3:30 PM-4:30 PM
606222 \$135/6 sess

W Apr 8-May 13 3:30 PM-4:30 PM
606225 \$135/6 sess

Tu May 19-Jun 23 3:30 PM-4:30 PM
606235 \$135/6 sess

W May 20-Jun 24 3:30 PM-4:30 PM
606238 \$135/6 sess

Outdoor

Children's Tennis (5-6yrs)

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: *Hope Tennis*

Sa May 9-Jun 20 1:00 PM-2:00 PM
606228 \$108.84/6 sess

W May 13-Jun 17 4:00 PM-5:00 PM
606232 \$108.84/6 sess

Outdoor

Children's Tennis (7-8yrs)

Level 1 Red Ball Fundamentals: Lessons start at ½ Court learning to rally and play while developing all basic strokes. Level 2 Orange Ball Game Play Fundamentals at ¾ Court further developing Skills, learning to Serve and play games and matches. 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 16. Location: Granville Park (14th&Fir)

Instructor: *Hope Tennis*

Sa	May 9-Jun 20	1:00 PM-2:00 PM
606229		\$108.84/6 sess
W	May 13-Jun 17	5:00 PM-6:00 PM
606233		\$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 ¾ to full court. Everyone gets the opportunity to improve and enjoy the play. No session May 16. Location: Granville Park (14th & Fir)

Instructor: *Hope Tennis*

		(13-16 yrs)
Sa	May 9-Jun 20	2:00 PM-3:30 PM
606230		\$154.26/6 sess
		(9-12 yrs)
Sa	May 9-Jun 20	2:00 PM-3:30 PM
606231		\$154.26/6 sess
W	May 13-Jun 17	6:00 PM-7:00 PM
606234		\$108.84/6 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: *Hope Tennis*

		(5-6yrs)
M-F	Jul 13-Jul 17	10:00 AM-11:00 AM
606286		\$90.7/5 sess
Tu-F	Aug 4-Aug 7	10:00 AM-11:00 AM
606293		\$74.7/4 sess
M-F	Aug 17-Aug 21	10:00 AM-11:00 AM
606301		\$90.7/5 sess
		(7-9 yrs)
M-F	Jul 13-Jul 17	11:00 AM-12:30 PM
606288		\$128.55/5 sess
Tu-F	Aug 4-Aug 7	11:00 AM-12:30 PM
606296		\$106.05/4 sess
M-F	Aug 17-Aug 21	11:00 AM-12:30 PM
606302		\$128.55/5 sess
		(10-12 yrs)
M-F	Jul 13-Jul 17	1:00 PM-4:00 PM
606289		\$257.1/5 sess
Tu-F	Aug 4-Aug 7	1:00 PM-4:00 PM
606297		\$212.1/4 sess
M-F	Aug 17-Aug 21	1:00 PM-4:00 PM
606303		\$257.1/5 sess
		(13-16 yrs)
M-F	Jul 13-Jul 17	1:00 PM-4:00 PM
606291		\$257.1/5 sess
Tu-F	Aug 4-Aug 7	1:00 PM-4:00 PM
606299		\$212.1/4 sess
M-F	Aug 17-Aug 21	1:00 PM-4:00 PM
606305		\$257.1/5 sess



Education

Byte Camp - Intro 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. Please bring a lunch, snacks, water bottle and appropriate clothing.

Instructor: *Byte Camp*

M-F	Jul 13-Jul 17	9:00 AM-4:00 PM
606576		\$410/5 sess



Byte Camp - 3D Animation (11-14 yrs)

Dreaming of a career at Pixar? Curious how 3D animated films like Shrek, Toy Story, and Frozen come to life? Spend the week learning how! Using Blender, a powerful and free 3D software, participants will model, animate, and tell their own stories in 3D. They'll design characters, add voices and soundtracks, and help produce a short group-made film. Please bring a lunch, snacks, water bottle and appropriate clothing.

Instructor: *Byte Camp*

M-F	Aug 10-Aug 14	9:00 AM-4:00 PM
606577		\$410/5 sess

Byte Camp - Python Coding Level 1 (11-14 yrs)

Learn Python coding! Participants will master foundational concepts like variables, loops, and conditionals through hands-on exercises. The week concludes with a Python-based program they can keep, share with friends, and proudly use to showcase their growing coding skills. Please bring a lunch, snacks, water bottle and appropriate clothing.

Instructor: *Byte Camp*

M-F	Aug 24-Aug 28	9:00 AM-4:00 PM
606578		\$410/5 sess

Art, Culture & Environment

Endorphin Rush:

Hip Hop Breakers (4-7 yrs)

This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats. More info: www.kirbysnelldance.com. \$14/drop-in if space permits. No class May 16

Instructor: *Endorphin Rush*

Sa Apr 11-Jun 20 11:00 AM-11:45 AM
605522 \$140/10 sess

Endorphin Rush:

Hip Hop Breakers (4-7 yrs)

This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats. More information: www.kirbysnelldance.com. \$14/drop-in if space permits. No class Aug 1

Instructor: *Endorphin Rush*

Sa Jul 4-Aug 22 11:00 AM-11:45 AM
605523 \$98/7 sess

Endorphin Rush: Little

Ballerinas (3-5 yrs)

Young ballerinas explore the fun and beauty of ballet while learning the basic techniques. They will love playing with their creative expression in this fun class. Children must be able to participate without a parent in the room. There will be a presentation for parents/family on the last day. More info: www.kirbysnelldance.com. \$15/drop-in if space permits. No Class May 16 and Aug 1.

Instructor: *Endorphin Rush*

Sa Apr 11-Jun 20 9:15 AM-10:00 AM
605514 \$140/10 sess

Sa Jul 4-Aug 22 9:15 AM-10:00 AM
605518 \$98/7 sess

Little Ballerinas (4-6 yrs)

No class May 16 and Aug 1.

Sa Apr 11-Jun 20 10:00 AM-10:45 AM
605515 \$140/10 sess

Sa Jul 4-Aug 22 10:00 AM-10:45 AM
605519 \$98/7 sess

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with us on social media!**



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Frozen Ballet Summer Camp

100% Frozen Soundtrack Music is played in this creative ballet class designed to ignite your dancers imagination. No experience required as dancers learn the basics of ballet and expression through movement. Costumes are welcome, but not required. Beginner friendly. Bring your cameras! Presentation for parents on the last day! More info: www.kirbysnelldance.com

Instructor: *Endorphin Rush*

(3-5yrs)

Tu-F Aug 4-Aug 7 9:15 AM-10:30 AM
606627 \$87.2/4 sess

(4-6yrs)

Tu-F Aug 4-Aug 7 10:45 AM-12:00 PM
606628 \$87.2/4 sess



Hip Hop Playground Camp (4-6yrs)

Calling all b-boys and girls! Let's move and groove! This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats. Through the week we will work on a choreographed dance. Get ready to cheer with gusto as there is a presentation for family on the last day! Please bring a filled water bottle each day. More info: www.kirbysnelldance.com

Instructor: *Endorphin Rush*

Tu-F Aug 4-Aug 7 12:30 PM-1:45 PM
606632 \$87.2/4 sess



K-Pop Demon Hunters (6-12yrs)

Get ready to move like your favourite K-Pop idols with a fierce twist! In this high energy dance camp, kids learn K-Pop inspired choreography while stepping into a world of fantasy and adventure as brave Demon Hunters. Each day combines dynamic dance training, fun games, and creative activities where campers design their own ?hunter? persona, complete with special powers and dramatic flair. Perfect for friendship making! Designed for kids who love music, dance, and a little bit of magic! This camp will leave them feeling confident, powerful, and ready to take on any challenge. More info: www.KirbySnellDance.com

Instructor: *Endorphin Rush*

M-F Aug 31-Sep 4 9:30 AM-12:00 PM
606682 \$210/5 sess

Superhero Training Academy Dance Camp (6-9yrs)

Calling all superheroes! In this action-packed camp, dancers train their superpowers through big movements, jumps, spins, and creative dance challenges. Using jazz and hip hop-inspired movement, kids build strength, coordination, and confidence while learning teamwork and imagination-based storytelling. More info: www.KirbySnellDance.com

Instructor: *Endorphin Rush*

Tu-F Aug 4-Aug 7 2:00 PM-3:15 PM
606678 \$87.2/4 sess



Swiftie Dance Party (5-8yrs)

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

Instructor: *Endorphin Rush*

M-F Aug 31-Sep 4 2:00 PM-3:15 PM
606710 \$109/5 sess

Under The Sea

Dance Quest (4-6yrs)

Dive into an ocean of creativity! Under the Sea Dance Quest uses ballet, jazz, and creative movement to explore flowing, playful dances inspired by sea creatures and underwater adventures. Through storytelling, movement games, and music, dancers build coordination, confidence, and a love of dance while letting their imaginations swim free. More info: www.KirbySnellDance.com

Instructor: *Endorphin Rush*

M-F Aug 31-Sep 4 12:30 PM-1:45 PM
606684 \$109/5 sess

Baby Sign Language (0-2 yrs)

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

Instructor: *Sheri KO*

M May 25-Jun 22 11:30 AM-12:15 PM
604147 \$77/5 sess



Art Jam and Cartooning (4-8 yrs)

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

Instructor: *Happy Kids Studios*

Sa Apr 11-May 9 2:00 PM-3:00 PM
605494 \$100/5 sess

Sa May 23-Jun 27 2:00 PM-3:00 PM
605496 \$120/6 sess

Sa Jul 4-Aug 8 2:00 PM-3:00 PM
605497 \$120/6 sess

Crochet Critters (8-12 yrs)

Ever wanted to make your own stuffed animal, but didn't know where to start? This hands-on 8-week course is perfect for beginners and those looking to try something new! You'll learn how to crochet and felt, creating a cute, one-of-a-kind stuffy from scratch. No experience needed, we'll guide you through every stitch. By the end of this course, you'll have a soft, cuddly creation that's not just a stuffed animal, but a reflection of your own creativity! Whether it's a playful monster or a cute animal friend, you'll walk away with a crocheted keepsake. Ready to bring your imagination to life with yarn? Let's dive in!



Instructor: *Maya Kazemi*

Sa Apr 11-May 23 10:30 AM-12:00 PM
605057 \$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 5 10:00 AM-11:00 AM
606475 \$15/sess

Su May 3 10:00 AM-11:00 AM
606476 \$15/ sess

Su Jun 7 10:00 AM-11:00 AM
606477 \$15/ sess

Su Jul 5 10:00 AM-11:00 AM
606478 \$15/ sess

Su Aug 9 10:00 AM-11:00 AM
606479 \$15/ sess

Pottery

Parent and Child Pottery

w/ Sana (3-5 yrs)

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

Instructor: *Sana Ashraf*

Sa Jul 4-Aug 22 9:30 AM-10:30 AM
607109 \$173.75/8 sess

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

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

Instructor: *Sana Ashraf*

Sa Jul 4-Aug 22 10:45 AM-11:45 AM
607111 \$223.75/8 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 together in a friendly class environment. Participants may start any time and progress at their own rate. Uniform is optional for beginners, available for purchase at the front desk. Waiver required before start of program. More information at www.kuyukai.com. Drop-in \$18 - space permitting.

Instructor: *George Chan*

Tu Th Apr 7-May 14 7:00 PM-8:30 PM
604113 \$180/12 sess

Tu Th May 19-Jun 25 7:00 PM-8:30 PM
604119 \$180/12 sess

Tu Th Jul 7-Aug 20 7:00 PM-8:30 PM
604120 \$210/14 sess



Music Lessons

Private Piano Lessons - Beginner (5+ 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 LLM 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 Classes April 6 and May 18, 25, 27 and 29.

Instructor: *Gail Craig*

Monday		
M	Mar 30-Jun 22	3:30 PM-4:00 PM
606377		\$330/10 sess
M	Mar 30-Jun 22	4:00 PM-4:30 PM
606379		\$330/10 sess
M	Mar 30-Jun 22	4:30 PM-5:00 PM
606381		\$330/10 sess
M	Mar 30-Jun 22	5:00 PM-5:30 PM
606382		\$330/10 sess
M	Mar 30-Jun 22	5:30 PM-6:00 PM
606385		\$330/10 sess
M	Mar 30-Jun 22	6:00 PM-6:30 PM
606386		\$330/10 sess
M	Jul 6-Aug 17	3:30 PM-4:00 PM
606418		\$198/6 sess
M	Jul 6-Aug 17	4:00 PM-4:30 PM
606419		\$198/6 sess
M	Jul 6-Aug 17	4:30 PM-5:00 PM
606420		\$198/6 sess
M	Jul 6-Aug 17	5:00 PM-5:30 PM
606421		\$198/6 sess
M	Jul 6-Aug 17	5:30 PM-6:00 PM
606422		\$198/6 sess
M	Jul 6-Aug 17	6:00 PM-6:30 PM
606423		\$198/6 sess
M	Jul 6-Aug 17	6:30 PM-7:00 PM
606424		\$198/6 sess
M	Jul 6-Aug 17	7:00 PM-7:30 PM
606425		\$198/6 sess
M	Jul 6-Aug 17	7:30 PM-8:00 PM
606426		\$198/6 sess
M	Jul 6-Aug 17	8:00 PM-8:30 PM
606427		\$198/6 sess

Wednesday		
W	Apr 1-Jun 24	3:30 PM-4:00 PM
606388		\$396/12 sess
W	Apr 1-Jun 24	4:00 PM-4:30 PM
606389		\$396/12 sess
W	Apr 1-Jun 24	4:30 PM-5:00 PM
606391		\$396/12 sess
W	Apr 1-Jun 24	5:00 PM-5:30 PM
606392		\$396/12 sess
W	Apr 1-Jun 24	5:30 PM-6:00 PM
606393		\$396/12 sess
W	Apr 1-Jun 24	6:00 PM-6:30 PM
606395		\$396/12 sess
W	Apr 1-Jun 24	6:30 PM-7:00 PM
606396		\$396/12 sess
W	Apr 1-Jun 24	7:00 PM-7:30 PM
606398		\$396/12 sess
W	Apr 1-Jun 24	7:30 PM-8:00 PM
606399		\$396/12 sess
W	Apr 1-Jun 24	8:00 PM-8:30 PM
606400		\$396/12 sess
W	Jul 8-Aug 19	3:30 PM-4:00 PM
606429		\$231/7 sess
W	Jul 8-Aug 19	4:00 PM-4:30 PM
606430		\$231/7 sess
W	Jul 8-Aug 19	4:30 PM-5:00 PM
606431		\$231/7 sess
W	Jul 8-Aug 19	5:00 PM-5:30 PM
606432		\$231/7 sess
W	Jul 8-Aug 19	5:30 PM-6:00 PM
606433		\$231/7 sess
W	Jul 8-Aug 19	6:00 PM-6:30 PM
606434		\$231/7 sess
W	Jul 8-Aug 19	6:30 PM-7:00 PM
606435		\$231/7 sess
W	Jul 8-Aug 19	7:00 PM-7:30 PM
606439		\$231/7 sess
W	Jul 8-Aug 19	7:30 PM-8:00 PM
606436		\$231/7 sess
W	Jul 8-Aug 19	8:00 PM-8:30 PM
606437		\$231/7 sess

Friday		
F	Apr 10-Jun 26	3:30 PM-4:00 PM
606403		\$363/11 sess
F	Apr 10-Jun 26	4:00 PM-4:30 PM
606405		\$363/11 sess
F	Apr 10-Jun 26	4:30 PM-5:00 PM
606408		\$363/11 sess
F	Apr 10-Jun 26	5:30 PM-6:00 PM
606409		\$363/11 sess
F	Apr 10-Jun 26	6:00 PM-6:30 PM
606410		\$363/11 sess
F	Apr 10-Jun 26	6:30 PM-7:00 PM
606411		\$363/11 sess
F	Apr 10-Jun 26	7:00 PM-7:30 PM
606413		\$363/11 sess
F	Apr 10-Jun 26	7:30 PM-8:00 PM
606415		\$363/11 sess
F	Apr 10-Jun 26	8:00 PM-8:30 PM
606416		\$363/11 sess



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FALSE CREEK YOUTH

Kids' CLUB

(5-9 yrs)
\$35 / SESSION

Let the kids enjoy a night out while you enjoy a night off! Our Youth Staff and amazing Volunteer Team have a fun-filled evening planned. Kids will enjoy games, arts and crafts, and other exciting activities—all in a safe and welcoming environment. A slice of cheese pizza and a juice box are included for dinner.

F	APR 10	5:30 PM-8:30 PM	#607337
F	MAY 08	5:30 PM-8:30 PM	#607338
F	JUN 12	5:30 PM-8:30 PM	#607339

Friday Night Youth Lounge Drop-In

(11-14 yrs)

This is a FREE unstructured lounge drop-in program supervised by our youth staff for ages 11-14. We've got a Nintendo Switch, board games, snacks, phone chargers, art supplies and books—the perfect recipe for a chill Friday night! A free citywide pass is required and youth must scan in at the front desk upon arrival (no program registration needed).

Instructor: Youth Staff

F Apr 10-Jun 12 6:00pm-9:00pm
607295

FREE/10 SESS

Day-of Drop-In Procedure

- Check in at the front desk.
- A free citywide pass is required and youth must 'scan in' at the front desk upon arrival (no program registration needed)



LEISURE ACCESS PROGRAM

LAP



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

Did you know? False Creek Community Centre provides a 50% discount on one program registration per person per season. This includes day camp!

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

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



Follow us on Instagram for updates on youth programs & opportunities

CRAFT BIRTHDAY PARTIES

SATURDAYS · 1:00-3:00 PM

APR 4 - JUN 27 (NO PARTY AVAILABLE: MAY 16) · 1:00-3:00 PM

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

This party includes:

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

9-13 YRS

\$175/ PARTY

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



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

Youth Programs & Volunteering

For any questions,
please contact our new
youth email:
falsecreekyouth@vancouver.ca

Sports

Floor Hockey (10-13 yrs)

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

Instructor: *Vishakan Sunthareswaran*

Th Apr 02-Jun 11 6:00 PM-7:00 PM
607256 FREE/11 SESS

Youth Basketball Drop-In (12-18 yrs)

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

Instructor: *Vishakan Sunthareswaran*

Th Apr 02-Jun 11 3:45 PM-5:45 PM
607252 FREE/11 SESS

Youth Basketball Drop-In (Summer Break) (12-18 yrs)

Free AIR CONDITIONED 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*

M Jun 29-Aug 24 4:00 PM-5:30 PM
607354 FREE/9 SESS

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

Join Night Hoops, a FREE, community-driven basketball program where passion meets purpose. Night Hoops blends skill-building, mentorship, and teamwork in a positive, high-energy environment. Led by experienced coaches and community mentors, players develop confidence, leadership, and lifelong friendships both on and off the court. All equipment is provided! Just show up ready to play and be a part of something bigger. This Spring, Night Hoops will run a community youth league with monthly games between skills sessions, giving participants regular opportunities to play and improve.

Instructor: *Night Hoops Coaches*

F Apr 10-Jun 12 6:00 PM-7:30 PM
607313 FREE/10 SESS

Girls+ Basketball Drop-In (12-18 yrs)

Free gym space for all female identifying and nonbinary youth to practice their basketball skills. Open to all skill sets! 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*

Sa Apr 11-Jun 13 3:00 PM-4:00 PM
607269 FREE/10 SESS

Karate Girlz (Day Camp) (9-15 yrs)

An introduction to Japanese GoJu Ryu karate for girls 9-15. Learn strikes, kicks, and blocks, self-defence, and the graceful art of kata (forms). Gain self-confidence in a friendly, supportive environment.

Instructor: *Julie Zilber*

M-F Jul 6-Jul 10 1:00 PM-4:00 PM
616815 \$165/5 sess

M-F Jul 13-Jul 17 1:00 PM-4:00 PM
616816 \$165/5 sess

Dungeons & Dragons



Dungeons & Dragons

Come join the Dungeons & Dragons adventure at False Creek! D&D is cooperative fantasy role-playing game that takes participants on thrilling adventures through worlds of magic and monsters. This program will be lead by an experienced instructor, and new players are welcome! All the supplies needed to play will be provided, but participants with their own books and dice are welcome to bring them.

Instructor: *Will Lochhead*

(10-12 yrs)
F Apr 10-Jun 12 3:45 PM-5:30 PM
607323 \$70/10 sess

(13-17 yrs)
F Apr 10-Jun 12 5:30 PM-7:15 PM
607331 \$70/10 sess

Queer Youth Dungeons & Dragons (13-18 yrs)

Queer Youth Dungeons & Dragons is open to 2SLGBTQIA+ youth aged 13-18. Allies are welcome accompanied with queer friends.

F Apr 10-Jun 12 7:15 PM-9:00 PM
607332 \$70/10 sess

Volunteer Opportunities

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

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

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

	Activity Name	Date	Time	Grades
607335	False Creek Youth Leadership Team	Apr 11-Jun 13	10:00am-12:00pm	Grades 8-12
607272	Youth Volunteer Artists	Apr 10 & 24 May 8 & 22 Jun 5 & 19	4:00-5:30pm	Ages 12-18
607341	Program Volunteer: Kids' Club (children's program)	Apr 10 May 8 Jun 12	5:00-9:00pm	Ages 14-18
607345	Youth Special Event Volunteer – Easter Eggstravaganza (set up)	Apr 2	9:00am-1:00pm	Ages 12-18
607348	Youth Special Event Volunteer – Easter Eggstravaganza (day of)	Apr 4	9:00am-1:00pm	Ages 12-18
607355	Youth Volunteer Orientation (Summer 2026)	Jun 19	7:00-8:00pm	Ages 12-17
616817	Youth Special Event Volunteer – Summer Fun Kick Off (day of)	Jun 27	11:30am-3:30pm	Ages 12-18
Sign up at Volunteer Orientation	Community Engagement Table Volunteers	Wednesdays & Fridays Jul 3 - Aug 28	12:30pm-3:30pm	Ages 12-17
Sign up at Volunteer Orientation	Youth Concession Volunteers	Mondays & Fridays Jul 6 - Aug 28	9:30am-12:30pm & 1:00-4:00pm	Ages 12-17



Youth Concession

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

SPRING HOURS:
Saturdays between APR 4 – JUN 13,
10:00 AM-12:00 PM

SUMMER HOURS:
Mondays & Fridays between JUL 6 – AUG 28,
9:30 AM-12:30 PM & 1:00-4:00 PM



Youth Volunteer Orientation

(Ages 12-17)

Summer 2026

This is a required orientation for all youth volunteering this summer.

If you are unable to attend, you will not be considered for volunteer shifts between July-August this summer. Shift sign up will take place at the end of the orientation and volunteers will need to take note of the shifts they have signed up for. Volunteer opportunities will include: Community Engagement Table Volunteers & Youth Concession Volunteers.



Community Engagement Table Volunteers

(Ages 12-17)

Volunteers will be in charge of running our False Creek Community Engagement Table outside by the water park.

Tasks will include: daily set up & clean up of tent, tables, chairs and supplies, running our craft station and overseeing the use of our equipment box.



False Creek Youth Leadership Team

(Grades 8-12)

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

Participants who do not show up for the first two sessions without providing notice will be automatically removed from the program to make space for others.

Youth Volunteer Artists

(Ages 12-18)

Looking to complete volunteer hours and give back to your community?

If you have a talent or passion for art, we need your help! This group meets bi-weekly to complete various projects at our centre that require an artistic flare.

Tasks will include: making banners/posters, creating seasonal display cases in our lobby, preparing crafts for our special events & more. Mediums may include markers, paint, wet or hot glue, etc..



Pottery & Art

Embroidery Demystified (19+ yrs)

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

Instructor: *Claire Douglas*

Sa Apr 25 12:30 PM-3:30 PM
606145 \$60/1 sess

Sa May 9 12:30 PM-3:30 PM
606146 \$60/1 sess

Sa Jun 20 12:30 PM-3:30 PM
606147 \$60/1 sess



Introduction to Acrylic & Watercolour Painting (19+ yrs)

Participants will explore painting in both traditional and unconventional ways using various tools, methods and mediums. Participants can expect to dive into colour theory, mixing paints, controlling brushstrokes, rendering forms and fixing "mistakes". Each class will involve a blend of education, instruction, demonstration, and plenty of time to practice! All materials will be provided but you may bring your own. No drop-ins. No class May 3.

Instructor: *Claire Douglas*

Su Apr 12-May 24 12:00 PM-3:00 PM
606054 \$265/6 sess

Introduction to Drawing (19+ yrs)

Participants can expect to learn techniques used for rendering forms realistically. This course will focus on shading/pressure control, linework, negative space, light versus shadow, and defining form & depth. Methods for blending such as hatching, stippling, and scribbling will be introduced; along with activities that help refine ones drawing skills. All materials will be provided but you may bring your own. No drop-ins.

Instructor: *Claire Douglas*

W May 20-Jun 24 6:30 PM-8:30 PM
606060 \$210/6 sess



Pottery Studio Notice

False Creek Community Centre is undergoing a kitchen renovation, which will impact the pottery studio.

Please visit the pottery page on our website (falsecreekcc.ca/pottery) and join the pottery studio newsletter to stay in the loop on all news and updates, including information about our Spring programs.



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. The price includes use of studio equipment, all tools, glazing, and firing. No registration after second class.

Instructor: *Cathy Watters*

Th Jul 30-Sep 17 2:30 PM-5:00 PM
607138 \$256/8 sess

Th Jul 30-Sep 17 6:00 PM-8:30 PM
607139 \$256/8 sess

Decorative Pottery Techniques (19+ yrs) **NEW**

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

Instructor: *Cathy Watters*

Su Jul 26-Sep 13 1:00 PM-3:30 PM
607113 \$256/8 sess

Pottery Hand Building w/ Sana (19+ yrs)

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. The price includes use of studio equipment, all tools, glazing, and firing. No registration after second class.

Instructor: *Sana Ashraf*

Sa Jul 4-Aug 22 1:00 PM-3:30 PM
607112 \$320/8 sess

Education

Introduction to Interior Design (19+ yrs)

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

Instructor: *Barbara Smyth*

F Apr 10-May 8 6:30 PM-7:45 PM
603753 \$115/5 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 Apr 4 11:00 AM-2:00 PM
605355 \$64.95/1 sess

Medieval Leather Bookbinding (19+ yrs)

Learn to make a bound book from the medieval period. This particular technique had a practical business purpose; to record profits. Medieval merchants travelled far and wide, so their account books had to endure plenty of wear and tear. Run out of pages? No problem! You can remove old pages and add fresh ones. Whether it's for sketching, journaling or traveling, your medieval style book will make a lasting companion for you or as a gift. No prior experience is necessary. All tools and materials 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 May 30 11:00 AM-2:00 PM
605356 \$74.95/1 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 will be provided. Registration only. No drop-ins.

Instructor: *Suzan Lee*

Sa Jul 4 11:00 AM-2:00 PM
605359 \$64.95/1 sess

Embroidery: Hand Sewing Stitches (19+ yrs)

Learn embroidery fundamentals including traditional and popular stitches to personalize or mend items mindfully and beautifully. If you like, bring with you any hand sewing supplies you already have to assess and explore creatively. No prior experiences necessary. All tools and materials provided. Please be mindful of others and arrive on time - lateness disrupts the flow of the workshop. Registration only. No drop-ins.

Instructor: *Suzan Lee*

Sa Aug 8 11:00 AM-2:00 PM
605361 \$64.95/1 sess

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with us on social media!**



@theFalseCreekCC



Volunteer at False Creek Community Centre

Help make a difference in your community

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

For more information, please email:

 fccavancouver@gmail.com

Aerobics Schedule

\$5.70 drop-in or pre-register.



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
<p>Morning Fit <i>Harry</i></p> <p>A balanced workout emphasizing cardiovascular health, step and low impact conditioning, resistance training, stretching and body alignment.</p> <p>Apr 6-Jun 29 602423 \$74.23/13 sess</p> <p>Jul 6-Aug 31 602426 \$51.39/9 sess</p>	<p>Rise Fit Tuesday <i>Kristiina</i></p> <p>This moderate workout combines high and low impact moves in a fun and challenging way. Set your own pace by choosing high or low! A short strength component with dumbbells, core will be sprinkled in and a stretch at the end.</p> <p>Apr 7-Jun 30 602429 \$74.23/13 sess</p> <p>Jul 7-Aug 25 602431 \$45.68/8 sess</p>	<p>Core Control <i>Harry</i></p> <p>Functional fitness and body alignment using your own body weight and resistance.</p> <p>Apr 1-Jun 24 602424 \$74.23/13 sess</p> <p>Jul 1-Aug 26 602427 \$51.39/9 sess</p>	<p>Step & Core (Intermediate) <i>Kristiina</i></p> <p>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.</p> <p>Apr 2-Jun 25 602430 \$74.23/13 sess</p> <p>Jul 2-Aug 27 602432 \$51.39/9 sess</p>	<p>Zoomerfit <i>Harry</i></p> <p>Low/moderate cardio, free weights to challenge your strength, and gentle stretching. Drop-ins allowed at \$5.70 if space permits.</p> <p>Apr 5-Jun 28 602425 \$74.23/13 sess</p> <p>Jul 5-Aug 30 602428 \$51.39/9 sess</p>



All Bodies Community Recreation And Fitness

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

Hip & Knee Strength and Mobility (19+ yrs)

ABC Specialty Program - Helping you manage sore hips and knees. Join us 1 or 2 times per week (we recommend 2) and learn functional exercises designed to help you build strength in muscles supporting your joints. Special emphasis on technique and control will help you improve with each class. Related Osteoarthritis workshops with Vancouver Coastal Health, OASIS patient educators strongly recommended. For Schedule, email kate.lee@vancouver.ca. No class May 18.

Instructor: ABC Instructor

M Apr 13-Jun 22 1:00 PM-2:00 PM (Lind Hall)
607194 Adult: \$87.23/11 sess; Senior: \$60.88/11 sess

W Apr 8-Jun 24 1:00 PM-2:00 PM (Lind Hall)
607197 Adult: \$95.16/12 sess; Senior: \$66.36/12 sess

Active and Strong (19+ yrs)

ABC Core program - Accommodating a range of fitness levels, Active and Strong is group exercise class led by registered fitness professionals. Using a non-choreographed format with a focus on improved health and function, classes include strength, mobility and cardiovascular training as well as balance, coordination and agility. Thoughtful coaching provides various options in a welcoming and inclusive environment. No class May 18.

Instructor: ABC Instructor

M Apr 13-Jun 22 2:15 PM-3:15PM (Lind Hall)
607169 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.

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



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

Fitness & Health

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 \$19, if space permits.

Instructor: Pamela Ferman

M Apr 13-May 11 9:30 AM-10:45 AM
602417 \$80/5 sess

M May 25-Jun 29 9:30 AM-10:45 AM
602418 \$96/6 sess



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

The class is taught by Lynette Hunter who has over 30 years' training in Daoist energy work, and has taught mainly in community centres and universities in the UK, Europe, and US, and for the last five years at the False Creek Community Centre. The sessions are drawn from life-long practices mainly in China, and work on flexibility, breathing techniques, and energy flow. They incorporate Joint-loosening, Tai Chi (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 5-Jun 23 9:30 AM-10:30 AM
603754 \$64/8 sess

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

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

Instructor: Jean Kares

Tu Apr 14-Jun 30 7:00 PM-8:30 PM
607317 \$150/12 sess

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

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

Instructor: Jean Kares

W Apr 15-Jun 17 5:00 PM-6:00 PM
607314 \$85/10 sess

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

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

Instructor: Jean Kares

W Apr 15-Jun 17 6:15 PM-7:15 PM
607923 \$85/10 sess



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

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

Instructor: Arezou Moeini

M Apr 13-Jun 15 6:00 PM-7:30 PM
605809 \$144/9 sess

M Jun 22-Jul 27 6:00 PM-7:30 PM
605810 \$96/6 sess



Nia with Suzanne (19+ yrs)

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

Instructor: Suzanne Oliver

Th Apr 9-May 14 9:15 AM-10:15 AM
603707 \$72/6 sess

Th May 28-Jun 25 9:15 AM-10:15 AM
603708 \$60/5 sess

Fitness & Health cont'd



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 7-May 19	5:30 PM-6:30 PM
605804		\$108/7 sess
Th	Apr 9-May 14	5:30 PM-6:30 PM
605806		\$92/6 sess
Th	May 21-Jun 25	5:30 PM-6:30 PM
605807		\$92/6 sess
Tu	May 26-Jun 30	5:30 PM-6:30 PM
605805		\$92/6 sess
Tu	Jul 7-Aug 25	5:30 PM-6:30 PM
605808		\$123/8 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 \$19, if space permits.

Instructor: *Kendra Ruhland*

Tu	Apr 28-Jun 23	6:45 PM-7:45 PM
605858		\$153/9 sess

Yin Yoga w/ Kendra (19+ yrs)

This class is a slow paced meditative practice, that works deep into our body's connective tissues with long passive holds in gentle, releasing yoga poses. Restoring the energy flow within our body and increasing circulation, flexibility, joint mobility and relaxation. All levels of yoga are welcome. Modifications and guided use of props, breathwork and meditation will be provided. Drop-in \$19, if space permits.

Instructor: *Kendra Ruhland*

Tu	Apr 28-Jun 23	5:30 PM-6:30 PM
605859		\$153/9 sess



Sound Bath w/ Kendra (19+ yrs)

A nurturing space for your mind and body, in this deeply immersive sound healing practice. Participants will settle into a comfortable resting shape, followed by a few moments of guided breathwork to soften in and release tension before being carried by a gentle flow of soothing sounds and vibrations. Sound healing can help reduce stress, balance the nervous system, and support overall well-being. This practice is a chance to pause, listen, and nourish your body with sound. Drop in at \$21, if space permits. No class Aug 11.

Instructor: *Kendra Ruhland*

Tu	Jul 7-Aug 25	6:30 PM-7:30 PM
605860		\$133/7 sess

Rest, Resonance & Reflection Workshop (19+ yrs)

Rest, Resonance & Reflection offers the space to settle in, release tension, and nurture body and mind. Participants will soften into gentle yin yoga poses for deep tissue stretching, immerse in the soothing vibrations of a sound bath, and explore guided journaling to foster mindful self-reflection. All levels are welcome, props and materials are provided for your comfort. Drop in allowed, if space permits.

Instructor: *Kendra Ruhland*

Su	Apr 12	10:30 AM-12:30 PM
605940		\$45/1 sess
Su	Apr 26	10:30 AM-12:30 PM
605941		\$45/1 sess
Su	May 3	10:30 AM-12:30 PM
605942		\$45/1 sess
Su	May 24	10:30 AM-12:30 PM
605943		\$45/1 sess
Su	Jun 7	10:30 AM-12:30 PM
605944		\$45/1 sess
Su	Jun 21	10:30 AM-12:30 PM
605945		\$45/1 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 \$18, if space permits.

Instructor: *Sylvia Smallman*



Tu	Apr 14-May 19	1:30 PM-2:45 PM
602415		\$96/6 sess
Tu	Jun 2-Jun 30	1:30 PM-2:45 PM
602416		\$80/5 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.

SUBSCRIBE NOW

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. Please bring your own mat if you can. www.blessleone.com. Drop-in \$22, if space permits. No class July 12, 16, 30, Aug 2.

Instructor: Bless Leone

Th	Apr 2-May 14	5:45 PM-7:00 PM	605811	\$126/7 sess
Su	Apr 5-May 17	9:30 AM-10:45 AM	605814	\$126/7 sess
Th	May 21-Jun 25	5:45 PM-7:00 PM	605812	\$108/6 sess
Su	May 24-Jun 28	9:30 AM-10:45 AM	605815	\$108/6 sess
Th	Jul 2-Aug 20	5:45 PM-7:00 PM	605813	\$108/6 sess
Su	Jul 5-Aug 23	9:30 AM-10:45 AM	605816	\$108/6 sess

Introduction to Weight Training (19+ yrs)

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

Instructor: Brenlee Rempel

Th	Apr 2-Apr 23	11:00 AM-12:00 PM	605335	\$60/4 sess
Th	May 7-May 28	11:00 AM-12:00 PM	605336	\$60/4 sess
Th	Jun 4-Jun 25	11:00 AM-12:00 PM	605338	\$60/4 sess
Th	Jul 2-Jul 23	11:00 AM-12:00 PM	605339	\$60/4 sess
Th	Aug 6-Aug 27	11:00 AM-12:00 PM	605340	\$60/4 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. 4 students maximum. PAR-Q and consent form must be completed before participation. Forms are on our website at www.falsecreekcc.ca/schedules-forms/ or at the front desk. Program fee includes admission to the fitness centre. Registration only. No drop-ins.

Instructor: Jenny Mah

Tu	Apr 7-Apr 28	9:00 AM-10:00 AM	604105	\$80/4 sess
Tu	May 5-May 26	9:00 AM-10:00 AM	605305	\$80/4 sess
Tu	Jun 2-Jun 23	9:00 AM-10:00 AM	605307	\$80/4 sess
Tu	Jul 7-Jul 28	9:00 AM-10:00 AM	605308	\$80/4 sess
Tu	Aug 4-Aug 25	9:00 AM-10:00 AM	605313	\$80/4 sess

Women's Weight Training Pt.2 (19+ yrs)

This weight training class is for women who are ready to move on from basic, foundational exercises to slightly tougher progressions. The instructor will go over more advanced exercises such as unilateral exercises, and incorporate more equipment such as cables, to ensure your exercises intensify your workouts and challenge you in your fitness journey. You must have taken a weight training program at our centre, or be familiar with how to use our machines for basic exercises. 6 students maximum. PAR-Q and consent forms can be found at our front desk or on our website at www.falsecreekcc.ca/schedules-forms/ and must be completed before participation. Program fee includes admission to the fitness centre. Registration only. No drop-ins.

Instructor: Brenlee Rempel

Th	Apr 2-Apr 23	12:30 PM-1:30 PM	605345	\$60/4 sess
Th	May 7-May 28	12:30 PM-1:30 PM	605347	\$60/4 sess
Th	Jun 4-Jun 25	12:30 PM-1:30 PM	605348	\$60/4 sess
Th	Jul 2-Jul 23	12:30 PM-1:30 PM	605349	\$60/4 sess
Th	Aug 6-Aug 27	12:30 PM-1:30 PM	605350	\$60/4 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 May 18.

Instructor: Yoga4Stiff People

M	Apr 13-Jun 29	7:00 PM-8:00 PM	603712	\$154/11 sess
M	Jul 6-Jul 27	7:00 PM-8:00 PM	603713	\$56/4 sess



Yoga4Stiff People - All Levels (19+ yrs)

This yoga class makes yoga accessible for every-body! It is designed for students who want to improve flexibility, increased strength and connect the mind & body. Our personalized workshop style approach will provide those "ah ha" moments to inspire your practice to a new level. Beginners welcome. Drop-in \$16, if space permits.

Instructor: Yoga4Stiff People

Sa	Apr 11-Jun 27	9:30 AM-10:30 AM	603714	\$168/12 sess
Sa	Jul 4-Jul 25	9:30 AM-10:30 AM	603716	\$56/4 sess



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

Food, Cooking and Gardening

Introduction to Organic Gardening (19+ yrs)

This Village Vancouver Fairview - False Creek South Neighborhood Food Network workshop covers 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 youth (12-18 yrs old) and seniors (50+).

Instructor: *Village Vancouver*

Sa Apr 18 11:00 AM-1:00 PM
606996 \$35/1 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, participants will enjoy Kombucha tasting at the end of the class, and we'll provide handouts and online resources to support your learning. Only \$5 materials fee for seniors (50+). Registration only, no drop-ins. Part of our 10th Annual Westside Food Festival (May 9-July 11).

Instructor: *Village Vancouver*

Th May 28 6:30 PM-8:00 PM
606976 \$27.50/1 sess



Grow Your Own Sprouts and Microgreens (19+ yrs)

Microgreens are tasty and nutritious greens that can be eaten, like sprouts, as a fresh snack or added to salads, smoothies and soup. In this Village Vancouver Fairview - False Creek South Neighborhood Food Network workshop with Dr. Yael Stav, you'll learn how to grow your own trays of microgreens at home and how to grow your own sprouts year-round. We'll look at the difference between sprouts and microgreens, review the many possible seeds that can be used for starting sprouts and microgreens, and look into troubleshooting common problems. You'll prepare your own microgreen tray, and sprouting jar to take home! We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds. Fee includes cost of all materials. Only \$15 materials fee for children and youth (8-18 yrs old) and seniors (50+). Part of our 10th Annual Westside Food Festival (May 9-July 11).

Instructor: *Village Vancouver*

Th Jun 4 6:30 PM-8:30 PM
607002 \$64/1 sess

Kimchi (19+ yrs)

In this Village Vancouver Fairview - False Creek South Neighborhood Food Network workshop with Amy Weeks, participants will learn to make fresh kimchi that can be enjoyed the next day or stored in the refrigerator to continue fermenting. Fee includes cost of all materials. Only \$11 materials fee for seniors (50+). Part of our 10th Annual Westside Food Festival (May 9-July 11).

Instructor: *Village Vancouver*

Th Jul 2 6:30 PM-8:30 PM
606989 \$34/1 sess

Pickling (19+ yrs)

In this Village Vancouver Fairview - False Creek South Neighborhood Food Network workshop with Carly Hilbert, discover the art of pickling with a hands-on pickling workshop. Learn how to transform fresh vegetables and fruits into tangy, crunchy delights perfect for snacking, adding to sandwiches, or enhancing salads. Our expert instructor will guide you through choosing the right vegetables and brine ingredients, proper sanitation and jar preparation, techniques for quick pickling and fermentation, tips for achieving the perfect balance of flavors, and how to store and enjoy your homemade pickles. You will leave with a batch of freshly made pickles and the knowledge to continue pickling at home. Only \$6 materials fee for seniors (50+). Part of our 10th Annual Westside Food Festival (May 9-July 11).

Instructor: *Village Vancouver*

W Jun 24 6:30 PM-8:30 PM
606988 \$30/1 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 (8th degree black belt) and Sensei Julie Zilber (6th degree black belt) teaches classes for all ages and levels in a friendly environment. Progress at your own pace. (Students are taught to control their techniques. For safety reasons, any contact to the head, face, throat, groin and joints is strictly prohibited.) Uniform is optional for beginners. More info at kuyukai.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 7-May 14 7:00 PM-9:00 PM
602412 \$216/12 sess

Tu Th May 19-Jun 25 7:00 PM-9:00 PM
602413 \$216/12 sess

Tu Th Jul 7-Aug 20 7:00 PM-9:00 PM
602414 \$252/14 sess

Outdoor Activities

Kayak Around False Creek! (19+ yrs)

Embark on a guided kayak adventure through False Creek after learning the basics of kayaking with a certified instructor, including essential equipment, safety skills, and fundamental paddling strokes. Perfect for beginners - no experience needed. This rain-or-shine experience offers a fun, active way to explore Vancouver from the water. Dress for the weather, expect to get wet, and bring a dry change of clothes. A waiver form is required prior to participation.

Instructor: *TBA Instructor*

Sa or Su	9:30 AM-1:00 PM	\$80/1 sess
Jun 27		606310
Jun 28		606312
Jul 4		606313
Jul 5		606314
Jul 11		606316
Jul 12		606318
Jul 18		606319
Jul 19		606320
Jul 25		606323
Jul 26		606324
Aug 1		606325
Aug 2		606326
Aug 8		606327
Aug 9		606328
Aug 15		606337
Aug 16		606330
Aug 22		606336
Aug 23		606332
Aug 29		606334
Aug 30		606333

Sports

Adult Pickleball Court Rental (19+ yrs)

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

Instructor: *No Instructor*

Tu	7:30 PM-9:15 PM	\$50/1 sess
Apr 7		606912
Apr 14		606913
Apr 21		606914
Apr 28		606915
May 5		606916
May 12		606917
May 19		606918
May 26		606919
Jun 2		606921
Jun 9		606922
Jun 16		606923
Jun 23		606925
Jun 30		606926
Jul 7		606929
Jul 14		606935
Jul 21		606936
Jul 28		606938
Aug 4		606939
Aug 11		606940
Aug 18		606941
Aug 25		606942

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. \$6.50 drop in, if space permits. No session on May 18, Aug 3.

Instructor: *No Instructor*

W	Apr 1-Jun 24	7:30 PM-9:15 PM
606909		\$84.50/13 sess
M	Apr 13-Jun 29	7:30 PM-9:15 PM
606908		\$71.50/11 sess
M	Jul 6-Aug 31	7:30 PM-9:15 PM
606911		\$52/8 sess
W	Jul 8-Aug 26	7:30 PM-9:15 PM
606910		\$52/8 sess

Indoor Soccer (Adults) - Thursday (16+ yrs)

Also known as futsal, this game is played with a smaller, heavier ball. Sign up as a single or register up to one additional person. Spots are held for registered participants for 15 minutes after start time and then may be sold to drop-in players. In person drop-in sign up starts 30 minutes before start time. Completed waiver forms required for participants under 19 years. \$6.50 drop in, if space permits.

Instructor: *No Instructor*

Th	Apr 2-Jun 25	7:30 PM-9:15 PM
606736		\$84.50/13 sess
Th	Jul 2-Aug 27	7:30 PM-9:15 PM
606907		\$58.50/9 sess

Indoor Tennis (Adult) (19+ yrs)

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

Instructor: *Mauro Liceaga Garcia*

W	Apr 8-May 13	5:30 PM-7:00 PM
608351		\$227.50/6 sess



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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 1318 Cartwright Street (False Creek CC)	Granville Park Courts 14th Avenue & Fir Street	Charleson Park Courts 650 Moberly Road (Roof Top Parkade)
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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 (Adults) (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 bring your own racquet as shared equipment may not be available. No class Apr 6.

Instructor: *Mauro Liceaga Garcia*

Sutcliffe Courts

M W Apr 1-Apr 15 5:00 PM-6:00 PM
608602 \$137/4 sess

M W Jul 6-Jul 15 5:00 PM-6:00 PM
608714 \$137/4 sess

M W Aug 10-Aug 19 5:00 PM-6:00 PM
608716 \$137/4 sess

Charleson Park

Su Sa Apr 11-Apr 19 9:30 AM-10:30 AM
609286 \$137/4 sess

Su Sa May 2-May 10 9:30 AM-10:30 AM
609289 \$137/4 sess

Su Sa Jul 11-Jul 19 9:30 AM-10:30 AM
609296 \$137/4 sess

Granville Park

Tu Th May 5-May 14 5:30 PM-6:30 PM
608731 \$137/4 sess

Tu Th Jun 2-Jun 11 5:30 PM-6:30 PM
608744 \$137/4 sess

Tu Th Jul 21-Jul 30 5:30 PM-6:30 PM
609273 \$137/4 sess

Novice Tennis (Adults) (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 bring your own racquet as shared equipment may not be available.

Instructor: *Mauro Liceaga Garcia*

Sutcliffe Courts

M W Apr 27-May 6 5:00 PM-6:00 PM
608626 \$137/4 sess

Charleson Park

Su Sa Apr 11-Apr 19 10:45 AM-11:45 AM
609287 \$137/4 sess

Su Sa Jun 6-Jun 14 9:30 AM-10:30 AM
609291 \$137/4 sess

Su Sa Jul 11-Jul 19 10:45 AM-11:45 AM
609297 \$137/4 sess

Granville Park

Tu Th Apr 7-Apr 16 5:30 PM-6:30 PM
608726 \$137/4 sess

Tu Th May 5-May 14 6:45 PM-7:45 PM
608734 \$137/4 sess

Tu Th Jun 2-Jun 11 6:45 PM-7:45 PM
608748 \$137/4 sess

Tu Th Jul 7-Jul 16 5:30 PM-6:30 PM
609233 \$137/4 sess

Tu Th Jul 21-Jul 30 6:45 PM-7:45 PM
609272 \$137/4 sess

Novice Plus Tennis (Adults) (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 bring your own racquet as shared equipment may not be available.

Instructor: *Mauro Liceaga Garcia*

Sutcliffe Courts

M W May 25-Jun 3 5:00 PM-6:00 PM
608633 \$137/4 sess

M W Jun 15-Jun 24 5:00 PM-6:00 PM
608638 \$137/4 sess

M W Jul 20-Jul 29 5:00 PM-6:00 PM
608720 \$137/4 sess

Charleson Park

Su Sa May 2-May 10 10:45 AM-11:45 AM
609290 \$137/4 sess

Granville Park

Tu Th Apr 7-Apr 16 6:45 PM-7:45 PM
608728 \$137/4 sess

Tu Th Aug 11-Aug 20 5:30 PM-6:30 PM
609246 \$137/4 sess



Tennis cont'd

Lower Intermediate Tennis (Adults) (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 bring your own racquet as shared equipment may not be available. No class Apr 6.

Instructor: *Mauro Liceaga Garcia*

Sutcliffe Courts

M W Apr 1-Apr 15 6:15 PM-7:15 PM
608619 \$137/4 sess

M W May 25-Jun 3 6:15 PM-7:15 PM
608636 \$137/4 sess

M W Jun 15-Jun 24 6:15 PM-7:15 PM
608639 \$137/4 sess

M W Jul 20-Jul 29 6:15 PM-7:15 PM
608722 \$137/4 sess

Charleson Park

Su Sa Jun 6-Jun 14 10:45 AM-11:45 AM
609294 \$137/4 sess

Granville Park

Tu Th Jul 7-Jul 16 6:45 PM-7:45 PM
609237 \$137/4 sess

Tu Th Aug 11-Aug 20 6:45 PM-7:45 PM
609270 \$137/4 sess



TENNIS WITH MAURO

Please note: In case of class cancellation due to poor weather, make-up lessons will be scheduled the following week.

Please check hope-tennis.com for cancellation updates.

Intermediate Tennis (Adults) FCCC (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 bring your own racquet as shared equipment may not be available.

Instructor: *Mauro Liceaga Garcia*

Sutcliffe Courts

M W Apr 27-May 6 6:15 PM-7:15 PM
608623 \$137/4 sess

M W Jul 6-Jul 15 6:15 PM-7:15 PM
608715 \$137/4 sess

M W Aug 10-Aug 19 6:15 PM-7:15 PM
608717 \$137/4 sess



TENNIS WITH WILSON

Please note: In case of class cancellation due to poor weather, the instructor will contact each participant.

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

Tennis lessons with Wilson! Players use low compression balls and are taught a very successful Beginner to Novice skill package. Please bring your own racquet for the lessons.

Instructor: *Wilson Tan*

Sutcliffe Courts

F Apr 10-May 1 10:00 AM-11:00 AM
609326 \$137/4 sess

F May 8-May 29 10:00 AM-11:00 AM
609337 \$137/4 sess

F Jun 5-Jun 26 10:00 AM-11:00 AM
609341 \$137/4 sess

F Jul 3-Jul 24 4:30 PM-5:30 PM
609346 \$137/4 sess

F Jul 31-Aug 21 4:30 PM-5:30 PM
609348 \$137/4 sess

Tennis Lessons w/ Wilson (Novice Adults) (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 bring your own racquet as shared equipment may not be available.

Instructor: *Wilson Tan*

Sutcliffe Courts

F Apr 10-May 1 11:15 AM-12:15 PM
609335 \$137/4 sess

F May 8-May 29 11:15 AM-12:15 PM
609339 \$137/4 sess

F Jun 5-Jun 26 11:15 AM-12:15 PM
609343 \$137/4 sess



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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.

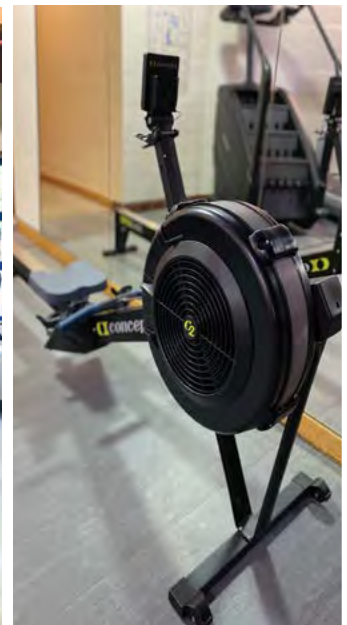
	Drop-in	10-Visit Swipe	20-Visit Swipe	3-Month Pass	6-Month Pass	1 Year Pass
Adult (19-54 yrs)	\$6.00	\$48.00	\$89.50	\$126.00	\$205.50	\$369.00
Youth (13-18 yrs)	\$4.50	\$32.00	\$58.00	\$89.50	\$148.00	\$274.50
Senior (55+ yrs)	\$4.50	\$32.00	\$58.00	\$89.50	\$148.00	\$274.50

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

Fitness Centre Hours

Monday-Friday6:30 AM-9:30 PM
 Saturday & Sunday9:00 AM-4:00 PM
 Stat Holiday Hours 9:00 AM-12:30 PM
Jun 26-Sep 4 Fridays.6:30 AM-6:00PM

Hours subject to change.



Personal Training

[VIEW ONLINE](#)

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	

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.

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.**

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.

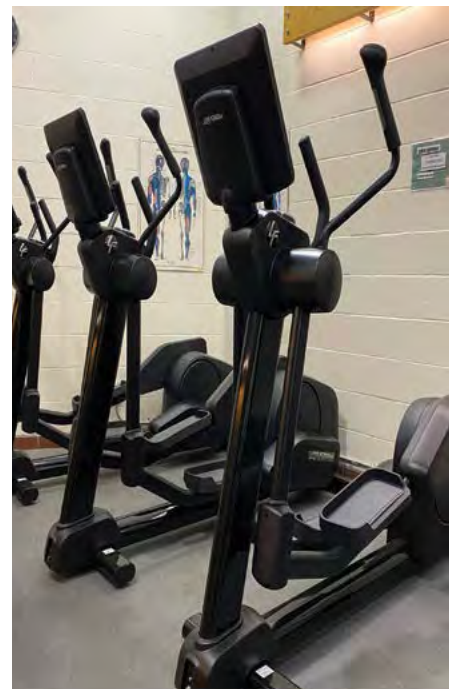
James

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.

New to our Fitness Centre?

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

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



NOTE: Outside Personal Trainers are not permitted to utilize the False Creek Community Fitness Centre to train clients.

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

Art, Culture & Environment

Creative Endeavours (55+ yrs)

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

No Instructor

Tu Apr 7-Jun 30 1:00 PM-2:00 PM
605017 FREE

Crochet Critters 55+ (55+ yrs)

Ever wanted to make your own stuffed animal, but didn't know where to start? This hands-on 8-week course is perfect for beginners and those looking to try something new! You'll learn how to crochet and felt, creating a cute, one-of-a-kind stuffy from scratch. No experience needed, we'll guide you through every stitch. By the end of this course, you'll have a soft, cuddly creation that's not just a stuffed animal, but a reflection of your own creativity! Whether it's a playful monster or a cute animal friend, you'll walk away with a crocheted keepsake. Ready to bring your imagination to life with yarn? Let's dive in!

Instructor: *Maya Kazemi*

Tu Apr 7-May 26 10:30 AM-12:00 PM
605059 \$160/8 sess

Origami Workshop (19+)

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 5 11:00 AM-12:00 PM
606480 \$15/ sess

Su May 3 11:00 AM-12:00 PM
606481 \$15/ sess

Su Jun 7 11:00 AM-12:00 PM
606482 \$15/ sess

Su Jul 5 11:00 AM-12:00 PM
606483 \$15/ sess

Su Aug 9 11:00 AM-12:00 PM
606484 \$15/ sess

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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 1-Jun 24 1:00 PM-3:00 PM
605015 FREE

W Jul 8-Aug 26 1:00 PM-3:00 PM
605016 FREE

Seniors Creative Dance with Ballet BC (55+ yrs)

Join Ballet BC's Manager of Education & Engagement, Marco Escer, for a gentle, imaginative class that nurtures presence, curiosity, and embodied awareness. Rooted in Ballet BC's values of collaboration, creativity, and joy, this class blends guided improvisation, somatic prompts, and playful exploration, offering seniors a supportive space that fosters wellness, encourages reflection, and celebrates the simple joy of dance. No dance experience required. Presented by Ballet BC Education & Engagement and supported by False Creek Community Association. (Marco will be the primary facilitator and may occasionally invite guest artists from Ballet BC's Education & Engagement team.) Drop-in \$9

Instructor: *Ballet BC*

F Apr 10-Jun 12 10:30 AM-12:30 PM
610881 \$70/10 sess

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 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.

Instructor: *Gail Craig*

F Apr 10-Jun 26 3 PM-3:30 PM
607874 \$363/11 sess

Education

Estate Planning: Beyond the Will (20+ yrs)

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

Instructor: *David Perkins*

W Apr 22 10:00 AM-11:30 AM
604124 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 Jul 29 10:00 AM-11:30 AM
604129 FREE

Fitness & Health

ActivAge (55+ yrs)

ActivAge 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 ActivAge 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/schedules-forms/

Instructor: BCRPA

F May 1-Jun 26 1:00 PM-2:00 PM
605109 FREE

Moving With Ease (55+yrs)

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

Instructor: Michael Dagenais

Level 1

Th Apr 2-Jun 11 10:30 AM-12:00 PM
606766 \$198/11 sess

Level 2

Th Apr 2-Jun 11 12:15 PM-1:45 PM
606769 \$198/11 sess

Level 3

Th Apr 2-Jun 11 2:00 PM-3:30 PM
607034 \$198/11 sess

Osteofit for Life -Fri (55+ yrs)

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

Instructor: Anne O'Sullivan

F Apr 10-Jun 26 10:30 AM-11:30 AM
604134 \$60/12 sess

F Jul 3-Aug 28 10:30 AM-11:30 AM
604138 \$45/9 sess

Osteofit for Life -Tue (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: Jenny Mah

Tu Apr 7-Jun 30 10:30 AM-11:30 AM
605001 \$65/13 sess

Tu Apr 7-Jun 30 11:30 AM-12:30 PM
605003 \$65/13 sess

Tu Jul 7-Aug 25 10:30 AM-11:30 AM
605009 \$40/8 sess

Tu Jul 7-Aug 25 11:30 AM-12:30 PM
605010 \$40/8 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 1-May 13 2:30 PM-3:30 PM
605079 \$96.25/7 sess

W May 20-Jun 24 2:30 PM-3:30 PM
605081 \$82.50/6 sess

W Jul 8-Aug 12 2:30 PM-3:30 PM
605093 \$82.50/6 sess

Social

Ballroom Dancing (55+ yrs)

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

Instructor: Gabriel and Catherine

Su Apr 5-Jun 28 1:30 PM-3:30 PM
605036 FREE

Su Jul 5-Aug 30 1:30 PM-3:30 PM
605038 FREE

Bridge Practice (55+ yrs)

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

No Instructor

M Apr 6-Jun 29 12:30 PM-3:30 PM
605465 \$1/sess

Seniors Social Hour (55+ yrs)

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

W Apr 8 1:30 PM-2:30 PM
602238 FREE

W May 13 1:30 PM-2:30 PM
602239 FREE

W Jun 10 1:30 PM-2:30 PM
602240 FREE

Pickleball

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 Jul 5-Jul 26 2:15 PM-3:45 PM
605378 \$16/4 sess

Su Aug 2-Aug 30 2:15 PM-3:45 PM
605380 \$20/5 sess

Pickleball cont'd

Semi-private Pickleball Lessons for Advanced (4.0+) (19+ yrs)

High energy competitive lessons, with a focus on advanced footwork, positioning, teamwork, mindset, higher level tactics and strategy. This is a high performance program for players who have been assessed at 4.0+. Following each session, you'll be sent notes and videos, and have opportunities to participate in an online discussion. Please contact the instructor before registering via jerichohillpickleball@gmail.com

Instructor: *Chris K*

Th Apr 16-May 7 12:50 PM-2:45 PM
605560 \$200/4 sess

Th May 21-Jun 11 12:50 PM-2:45 PM
605562 \$200/4 sess



Semi-private Pickleball Lessons for Confident Intermediate (19+ yrs)

For participants who have completed an intermediate program, this is a rare opportunity to hone your skills and tactics in a small group of 4. Level up quickly over four intense weeks. This is a supportive space to build confidence in your stroke mechanics and shot selection. Learn higher 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 been assessed at 3.25+. If you have any questions, please contact the instructor via jerichohillpickleball@gmail.com.

Instructor: *Chris K*

Th Apr 16-May 7 11:00 AM-12:45 PM
605561 \$200/4 sess

Th May 21-Jun 11 11:00 AM-12:45 PM
605564 \$200/4 sess

Pickleball Court Rental

(55+ yrs)

VIEW ONLINE

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

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

Players must supply their own racquets and pickleballs.


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


Wednesdays			Fridays		
W	Apr 1	1:00 PM-2:30 PM	F	Apr 10	1:00 PM-2:30 PM
	605430	\$26/sess		605445	\$26/ sess
W	Apr 8	1:00 PM-2:30 PM	F	Apr 17	1:00 PM-2:30 PM
	605431	\$26/ sess		605446	\$26/sess
W	Apr 15	1:00 PM-2:30 PM	F	Apr 24	1:00 PM-2:30 PM
	605432	\$26/ sess		605448	\$26/ sess
W	Apr 22	1:00 PM-2:30 PM	F	May 1	1:00 PM-2:30 PM
	605433	\$26/ sess		605449	\$26/ sess
W	Apr 29	1:00 PM-2:30 PM	F	May 8	1:00 PM-2:30 PM
	605434	\$26/ sess		605451	\$26/ sess
W	May 6	1:00 PM-2:30 PM	F	May 15	1:00 PM-2:30 PM
	605435	\$26/ sess		605453	\$26/ sess
W	May 13	1:00 PM-2:30 PM	F	May 29	1:00 PM-2:30 PM
	605437	\$26/ sess		605457	\$26/ sess
W	May 20	1:00 PM-2:30 PM	F	Jun 5	1:00 PM-2:30 PM
	605438	\$26/ sess		605459	\$26/ sess
W	May 27	1:00 PM-2:30 PM	F	Jun 12	1:00 PM-2:30 PM
	605439	\$26/ sess		605460	\$26/ sess
W	Jun 3	1:00 PM-2:30 PM	F	Jun 19	1:00 PM-2:30 PM
	605440	\$26/ sess		605461	\$26/ sess
W	Jun 10	1:00 PM-2:30 PM	F	Jun 26	1:00 PM-2:30 PM
	605441	\$26/sess		605463	\$26/ sess
W	Jun 17	1:00 PM-2:30 PM	F	May 22	1:00 PM-2:30 PM
	605442	\$26/ sess		605464	\$26/sess


Invitation

Seniors Social Hour



 Wednesday, April 8 2026
Wednesday, May 13 2026
Wednesday, June 10 2026

 1:30pm - 3:00pm

 The Lounge @ False Creek Community Centre

BC Seniors Week
June 1 - 5
Stay tuned for exciting updates about activities planned for Seniors Week!

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

Granville Island Water Park



WATERSLIDE OPEN

June 26-September 7
10:00 AM-6:00 PM
Weather permitting

Easter Eggstravaganza (2+ yrs)

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

\$6/
person
602171

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 be rain or shine.

Saturday, April 4, 10:30 AM-12:00 PM

Family Soccer Celebration (2-8 yrs)

Get ready for a fun-filled, family soccer party at False Creek — and it's completely FREE!

Bring your little soccer stars for exciting mini soccer challenges with Coach Vish in the mini gym, where they can run, kick, and score to their hearts' content.

Then head over to our tiny fan zone in the lounge for hands-on crafts and tasty popcorn while we cheer on the game. Children must be accompanied by an adult, and registration is required to save your spot.

616860
FREE

Thursday, June 18,
3:00 PM-6:00 PM

FREE

Summer Fun Kick Off (All ages)

We're starting the season the best way we know how — with the grand opening of our water park!

Bring your swimsuits, sunscreen, and biggest smiles as the kids dive into splashy fun and cool off in the sun. Get creative with hands-on crafts, and take part in tons of family-friendly activities designed to keep everyone laughing and playing all day long. We can't wait to celebrate with you! Children must be accompanied by an adult.

Saturday, June 27, 1:00 PM-2:30 PM

Sundays

9:30 AM-11:45 AM

Mondays

9:30 AM-12:30 PM

Wednesdays & Fridays

9:30 AM-12:15 PM

*Statutory Holidays

9:30 AM-12:00 PM



Parent and Tot Gym (0-6 yrs)

\$2/child
drop-in

► April 1-June 28

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.*

