



FALSE CREEK COMMUNITY CENTRE

Winter 2024 Recreation Guide



WINTER PROGRAM registration starts
Saturday, December 16 • 9 AM [online](#)/in-person 10am by phone



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



FALSE CREEK COMMUNITY CENTRE

on Granville Island 1318 Cartwright Street Vancouver BC V6H 3R8

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

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

False Creek Community Association

It's hard to believe 2023 is coming to an end and what a year we have had! As the days grow shorter and the weather gets colder, why not join a program at False Creek Community Centre to stay active and social? We are always looking at ways to ensure we have programs available to suit all needs of the community, offering everything from pottery and Zumba to seniors' workshops!

Join our Parent and Tot Gym sessions on Mondays, Wednesdays, Fridays and Sundays bouncy castle every day except for Monday. It's a fantastic way to socialize your little ones and connect with other families in the community! We also have some availability in our licensed outdoor preschool, the first licensed outdoor preschool in Vancouver! It's an excellent opportunity for your 3-5 year olds to get outside and enjoy nature. We are very proud of this unique program we offer and hope to see it grow in the following year.

Don't miss our annual Breakfast with Santa or the 30th Winter Solstice Lantern Festival, a celebration of the darkest night featuring a multicultural array of lanterns, music, dancing and storytelling. Our monthly Senior's Social events have returned, along with a Senior's Holiday Luncheon on December 14th.

We are thrilled to announce the opening of our lounge with new furniture! It's the perfect place to relax during the colder winter months. If you have a special moment in your life approaching, we have a variety of rooms available for private events such as meetings, presentations, birthdays and weddings.

If you're interested in contributing to our community, consider joining the False Creek Association. We are seeking individuals to join our board and committees today leading into our Annual General Meeting May 2024. We are specifically looking for a new treasurer for the society this year and if you have finance experience and are interested in continuing improving the Association's budgeting and financial processes, please reach out to us!

We also need volunteers for our in house special events hosted throughout the year. If you are interested in sharing your ideas and volunteering please send an email to fccavancouver@gmail.com. We value your input and contributions.

We look forward to a wonderful winter season with you all and we hope to see you around the centre taking part in our many programs or using our great facilities! Make sure to subscribe to our newsletter so you receive the latest news and updates!

Shawna Deagle

President, False Creek Community Centre Association



WINTER PROGRAM

registration starts
Saturday December 16

- 9 AM in-person/[online](http://www.vanrec.ca)
- 10 AM by phone



IN PERSON

at the Centre
starting at 9:00 AM



ONLINE at

www.vanrec.ca
starting at 9:00 AM



BY PHONE

call 604-257-8195
starting at 10:00 AM

Please note:

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

Apply for your account today at vanrec.ca

Taxes will be added to adult programs.

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



FALSE CREEK COMMUNITY CENTRE NEEDS VOLUNTEERS!



SPECIAL EVENTS

We are looking for volunteers to help out at our special events! Volunteer your time for our Senior's Social, Halloween Howl, Breakfast with Santa, Easter Eggstravaganza, or Canada day celebration to meet your neighbours and enjoy each holiday with your community!

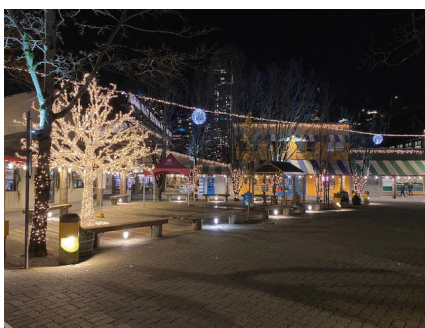
COMMITTEES

Did you know at False Creek Community Centre we have several committees that you can join? Our committees are vital to the running of the centre as it is an opportunity for members of the community to come together and make decisions that pave the future of the centre. We have 6 committees; Program Committee, Fitness and Facilities, Finance, Seniors, Governance and Strategic Planning!

For more information please email fccavancouver@gmail.com.

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Facility Hours

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

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

Holiday Hours

Feb 19, Mar 29, Apr 1

Community Centre &
Fitness Centre9:00AM-12:30PM
Dec 25, 26, Jan 1closed
Dec 27, 28, 29..... 9:00 AM-6:00 PM
Hours subject to change with short notice.

Personal Information Protection

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

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. Requests made after this and within 72 hrs prior to the third class will result in a prorated transfer or a prorated refund less a \$5 admin fee. All refund/transfers are subject to a \$5 admin fee per transaction.

Please note the following exceptions:

- Special events, one day workshops, out trips, birthday parties, 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.
- All requests for pottery & tennis refunds or program transfers must be made 72 hrs prior to the first class.

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

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

Cancellations

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

Leisure Access Program

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

Association Website

www.FalseCreekCC.ca

Board of Directors

President:..... Shawna Deagle
Vice-President: Peggy MacDonald
Treasurer: Tessa MacDougall
Secretary:..... Jelena Brdic-Rolfe
Program Chair:..... Meghan Goertzen
Members at Large: Ethan Astaneh, Arthur Corber, Janice Clements, Judy McFarlen, Mike Dirks, Olga Nardy, Rekesh Corepal

Membership Info

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

Affiliated Clubs & Groups

False Creek Racing Canoe Club

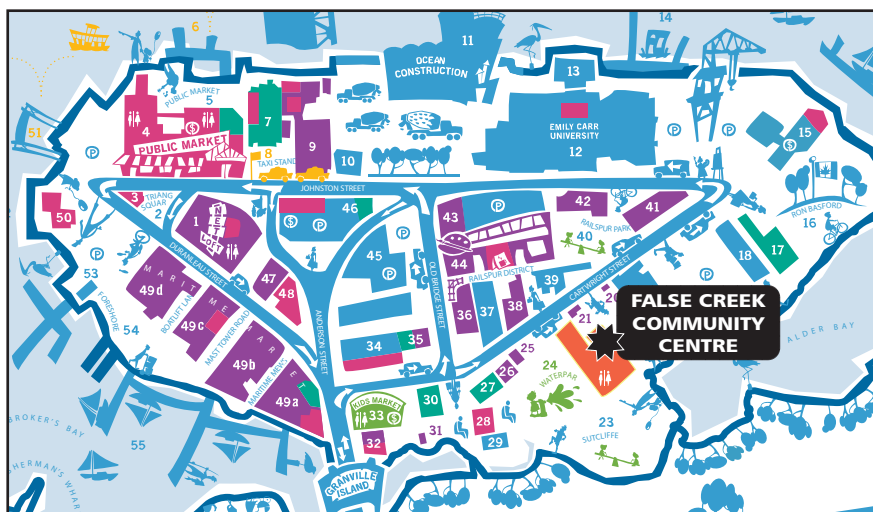
www.fcrcc.com

False Creek Tennis Club

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

Pacific Roadrunners

604-515-2488
www.pacificroadrunners.ca



PRIVATE FUNCTION ROOM RENTALS

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



Board Room (20x25 feet)	\$31.50/hour	15-20 people
Chinook Room (20x20 feet)	\$31.50/hour	10-15 people
Tyee Hall (44x24 feet)	\$63/hour	60 people
Lind Hall (65x49 feet)	\$105/hour	200 people
Mini Gym (64x38 feet)	\$63/hour	60 people
Fairview Room (14x30 feet)	\$31.5/hour	10-15 people

Weddings

THE LIND HALL AND TYEE HALL



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

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

Please contact ciara.breslin@vancouver.ca for more information.

WE CANNOT HOST EVENTS WHICH:

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

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

SWAMP WILLOW PRESCHOOL

Swamp Willow Preschool is a licensed, inclusive preschool for 3 and 4 year old children. The safe, supportive environment allows children to gain knowledge and skills through shared activities such as art, dramatic play, music, and stories.

Teachers: Sandy, Sydney, Olive

For more information please use the form at www.falsecreekcc.ca/childcare-waitlist/

3 YEAR OLD PROGRAM:

Children attend on Tuesday and Thursday mornings from 9:15-11:30am. All children must be turning 3 by December 31st, 2023 and be diaper free. **The 2023-2024 class has openings!** Please contact Krystal at Krystal.Santor@vancouver.ca

Registration for the 2024-2025 school year opened August 20th. Register online, in person, or by phone. Children must turn 3 by December 31st, 2024. Activity #464241

4 YEAR OLD PROGRAM:

Children attend on Monday, Wednesday, and Friday mornings from 9:15-11:45am. All children must be turning 4 by December 31st, 2023. The program is currently full. To add your name to the wait list, contact Krystal at Krystal.Santor@vancouver.ca

OUTDOOR PRESCHOOL:

Outdoor Preschool will be primarily outdoors with indoor spaces being used only in extreme, inclement weather. Children attend Tuesdays and Thursdays from 12:45-2:45pm **The 2023-2024 class has openings!** Please contact Krystal at Krystal.Santor@vancouver.ca



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 waitlist 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 currently enrolled in the program, children that currently attend Swamp Willow Preschool, and siblings of children currently enrolled in out of school care.



TREKKERS DAY CAMPS

(5-12 yrs)

This day camp provides action packed days with sports, crafts, games and out-trips. Fee includes public transportation and activity admissions to some of Vancouver's most exciting attractions. Please pack a healthy lunch, water, and two snacks. Please dress your child for the weather. The schedule of activities and registration forms will be emailed to you a week before the camp begins.

*Priority registration is given to children currently enrolled in False Creek Out of School Care

WINTER TREKKERS

Tues-F Jan 2-5
464240

8:30 AM-6:00 PM
\$160/4 sess

*Registration opens to the public on November 21st

SPRING TREKKERS

Week 1
M-F Mar 18-22
479091

8:30 AM-6:00 PM
\$206/5 sess

Week 2
M-Thurs Mar 20-Mar 24
479093

8:30 AM-6:00 PM
\$164.80/4 sess

*Registration opens to the public on Dec. 16th

Two week's notice is required to withdraw from all camps. A \$5 administration fee will be charged on all withdrawals.

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.

HAVE YOUR BIRTHDAY

WITH

Sportball
SPORTS INSTRUCTION FOR KIDS



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 Jan 13-Mar 23, 1:00 PM-3:00 PM
\$275/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 the kitchen 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.



This party includes:

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

This party does not include:

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

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

falsecreek.communitycentre@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 for more information.



Saturdays Jan 13-Mar 23, 1:00 PM-3:00 PM
Sundays Jan 14-Mar 31, 12:00 PM-2:00 PM
\$135/party

Additional \$80 for bouncy castle and extra leader
Additional \$5 for minimal decorations: streamers and table covers

30th Annual Winter Solstice Lantern Festival

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

The winter solstice marks the longest, darkest night of the year. This dance of sun and earth has inspired celebrations of the human spirit throughout the ages, and our own Winter Solstice Lantern Festival illuminates the night with lanterns, singing, dancing, music and storytelling!

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



Lantern Workshops

Don't be left lantern-less! Artists from the Secret Lantern Society will help you make your own beautiful lantern.

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

All children must be accompanied by an adult. *NOTE: Additional time to finish lanterns will be available on Sunday Dec. 17 from 10-4pm (FREE with registration to any workshop).



Nature Lantern



Star Lantern



Globe Lantern



Pin-Prick Lantern

STAR Lantern (6+ yrs)

All materials are provided and participants are encouraged to bring pressed leaves and flowers or other decorative elements.

Sa Dec 9 10:00 AM-2:00 PM
[464521](#) \$20/Lantern

GLOBE Lantern (6+ yrs)

Transform a balloon into a work of art.

Sa Dec 16 2:00 PM-4:00 PM
[464509](#) \$15/Lantern

Su Dec 17 10:00 AM-12:00 PM
[464507](#) \$15/Lantern

NATURE Lantern (6+ yrs)

Create a lantern using organic materials (twigs, pressed flowers, leaves) for display in your home (not suited for procession).

Sa Dec 16 10:00 AM-1:00 PM
[464517](#) \$20/Lantern

Th Dec 21 7:00 PM-9:30 PM
[464518](#) \$20/Lantern

Headdress Making -

Drop-In (6+ yrs)

Create a simple headdress from ivy and cedar! Drop-in, while supplies last.

Th Dec 21 7:00 PM-8:30 PM
[464512](#) \$5/Lantern

Lantern Sales (6+ yrs)

Beautiful lanterns are available at the front desk in December. Purchase a lantern ahead of time and join us on Thursday Dec. 21 to celebrate and illuminate the darkest night of the year. \$20 each (includes illumination and carrying stick).

Every day Dec 10-Dec 21 9:00 AM-9:00 PM
[464513](#) \$20/Lantern

PIN-PRICK Lantern (6+ yrs)

Easy technique can be as simple or elaborate as you like. Please try to bring a clean 1-litre tetra-packs. Child-friendly!

Su Dec 10 1:30 PM-2:30 PM
[464519](#) \$10/Lantern

Su Dec 17 1:00 PM-2:00 PM
[464520](#) \$10/Lantern

Last Minute PIN-PRICK

Lantern (6+ yrs)

Make a lantern and join the procession right away!

Th Dec 21 5:00 PM-6:30 PM
[464515](#) \$10/Lantern

Volunteer Opportunities

Help create the festival!

Email: volunteer.secretlantern@gmail.com

Spring Break Specialty Camps

Frosted Ballet Camp (3-5 yrs)

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

Instructor: Endorphin Rush Dance And Fitness

M-F Mar 18-Mar 22 9:15 AM-10:30 AM
480464 \$109/5 sess

M-Th Mar 25-Mar 28 9:15 AM-10:30 AM
480470 \$87.20/4 sess



Creative Dance Camp (4-6 yrs)

Creative Dance: Fairies, Pirates, and Fire Breathing Dragons: Dancers are encouraged to let their imaginations run wild in this playful and expressive dance camp. In a warm and welcoming environment; children will make new friends while improving their dance technique, and exploring creative expression. Beginner friendly. Bring your cameras! Presentation for parents on the last day! More info: www.kirbysnelldance.com

Instructor: Endorphin Rush Dance And Fitness

M-F Mar 18-Mar 22 10:45 AM-12:00 PM
480462 \$109/5 sess

M-Th Mar 25-Mar 28 10:45 AM-12:00 PM
480472 \$87.20/4 sess

Mini Hip Hop Camp (4-7 yrs)

Mini Hip Hop: 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 Dance And Fitness

M-F Mar 18-Mar 22 12:15 PM-1:30 PM
480463 \$109/5 sess

M-Th Mar 25-Mar 28 12:15 PM-1:30 PM
480474 \$87.20/4 sess

Dance Extreme Camp (6-9 yrs)

Dance Extreme: Explore a number of different dance styles in this upbeat and welcoming dance camp. Kids will leave feeling proud of their new dance skills, and have a great time making new friends. Styles may include Latin Dance, Contemporary, Waacking, Popping, Hip Hop, Acrobatic Dance, Creative Movement and Bollywood! Please wear comfortable clothing and bring water and clean indoor shoes for dancing. There will be a presentation for family members on the last day of camp. More info: www.kirbysnelldance.com

Instructor: Endorphin Rush Dance And Fitness

M-F Mar 18-Mar 22 1:45 PM-3:00 PM
480468 \$109/5 sess

M-Th Mar 25-Mar 28 1:45 PM-3:00 PM
480475 \$87.20/4 sess



Specialty Camp Refund Policy:

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

- Day camps require 7 days' notice for a full refund or program transfer minus the \$5 admin fee.
- No refunds or program transfers are provided after these deadlines without a medical note. Programs and fees are subject to change without notice.

Art, Culture & Environment

Little Ballerinas

Young ballerinas explore the fun and beauty of ballet while learning the basic techniques. They will love playing with their creative expression in this fun class. Children must be able to participate without a parent in the room. There will be a presentation for parents/family on the last day. More info: www.kirbysnelldance.com. \$14/drop-in if space permits. No session Feb 17.

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

Sa Jan 13-Mar 23 9:15 AM-10:00 AM
478580 \$130/10 sess

(4.5-7 yrs)

Sa Jan 13-Mar 23 10:00 AM-10:45 AM
478581 \$130/10 sess

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 session Feb 17.

Instructor: Endorphin Rush Dance And Fitness

Sa Jan 13-Mar 23 11:00 AM-11:45 AM
478582 \$130/10 sess

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

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

Instructor: Sana Ashraf

Sa Jan 20-Mar 9 9:30 AM-10:30 AM
480193 \$128/8 sess

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

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

Instructor: Sana Ashraf

Sa Jan 20-Mar 9 10:45 AM-11:45 AM
480189 \$144/8 sess

Learn to Design and Develop Visual

Animation (8-11 yrs)

Learn how to design characters, props, backgrounds and environments in animation! There will be basic animation lessons, as well as movie days for animation/design research. Participants need to come to class prepared with a pencil, eraser, pens (red/blue/black), and drawing book.

Instructor: Audrie Leung

Sa Jan 13-Feb 10 9:30 AM-11:30 AM
479015 \$100/5 sess

Sa Feb 24-Mar 23 9:30 AM-11:30 AM
479016 \$100/5 sess

The Joy of Drawing and Painting (8-10 yrs)

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

Instructor: Philip Tsang

Su Jan 14-Feb 11 11:30 AM-1:00 PM
482832 \$135/5 sess

Su Feb 25-Mar 24 11:30 AM-1:00 PM
482834 \$135/5 sess

Day Camp



Pro-D Day Camp Out Trip (6-9 yrs)

Join us for a day of fun activities and an out trip to a Cineplex Movie Theatre! Please bring a snack, lunch, and bottled water, and dress appropriately for the weather. A consent/waiver form must be filled out and signed by a parent/guardian. Children will not be able to participate without a completed form. No aftercare available. Out trips are subject to change without notice.

Instructor: Youth Leader

F Feb 16 9:00 AM-4:00 PM
478532 \$50/person

Education

Baby Sign Language (0-2 yrs)

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

Instructor: Into Yoga

M Feb 26-Mar 25 11:30 AM-12:15 PM
478521 \$77/5 sess

Circle Time Fun (0-2 yrs)

Circle Time Fun is for children ages 6 months to 2 years old and their caregivers to participate in themed rhymes, songs, dance, story time and play each week. Our goal is to create a space to connect and socialize while having fun in a meaningful way that benefits both the child and caregiver. Note: Parent and/or caregiver participation is required. Drop-in \$10 - space permitting.

Instructor: Jesselyne Regala

W Jan 31-Mar 6 11:00 AM-11:45 AM
478533 \$80/8 sess

Jit Jots' Science Adventures (8-13 yrs) **NEW**

All aboard! Join our Jit Jots science workshops for some fun as we explore how the world works. From wacky chemistry explosions to cool physics demonstrations, experience the magic of science through our academy, and bring home a cool activity sheet each week. Children of ages 8-13 are welcome to enjoy this educational adventure! No session Feb 17. Some examples of potential activities/experiments include:

- Dry ice bubbles
- What makes a paper airplane fly well?
- Oobleck, a Newtonian fluid

Instructor: Jit Jots Science

Sa Jan 20-Mar 16 2:30 PM-3:30 PM
487144 \$150/8 sess

Spanish for Children – **NEW** Beginners I (6-9 yrs)

Hola amigos! Welcome to the Spanish language! This program offers a fun class in which children learn Spanish through stories, games, and songs. Registration only. No drop-in's available. Please speak with instructor if registering past the third class.

Instructor: Eliana Rolando

F Jan 12-Mar 15 3:30 PM-5:00 PM
487135 \$165/10 sess

Private Piano Lessons - Beginner (5-54 yrs)

Gail Craig holds an ARCT from the Royal Conservatory of Music and holds an Early Childhood Education License. Her piano classes objective is on nurturing the love of music, focus on the process of learning and understanding the messages of musical notation, how to be problem solvers, independent learners, how to communicate using music, setting short and long term goals and seeing their successes. No session Feb 16 & Feb 19.

Instructor: Gail Craig

M Jan 8-Mar 11 \$252/9 sess
480560 3:30 PM-4:00 PM
480564 4:00 PM-4:30 PM
480566 4:30 PM-5:00 PM
480567 5:00 PM-5:30 PM
480568 5:30 PM-6:00 PM
480569 6:00 PM-6:30 PM

F Jan 12-Mar 15 \$252/9 sess
480517 3:30 PM-4:00 PM
480518 4:00 PM-4:30 PM
480519 4:30 PM-5:00 PM
452020 5:00 PM-5:30 PM
480521 5:30 PM-6:00 PM
480522 6:00 PM-6:30 PM
480523 6:30 PM-7:00 PM
480524 7:00 PM-7:30 PM
480525 7:30 PM-8:00 PM
480526 8:00 PM-8:30 PM

Martial Arts

Karate -

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

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

Instructor: George Chan

Tu Th Jan 9-Feb 15 7:00 PM-8:30 PM
478577 \$180/12 sess

Tu Th Feb 20-Mar 26 7:00 PM-8:30 PM
478579 \$165/11 sess

Sports

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/child programs to ensure that focus is kept on helping little ones practice and progress.

Instructor: Sportball Vancouver

Tu Jan 16-Mar 12 11:30 AM-12:15 PM

478495

\$144/9 sess

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

Programs focus on physical literacy and social exploration as preschoolers learn fundamental sport skills and participate in creative motor games, songs, rhymes, stories, bubble time and more. Sportball maintains a one-parent-per-child ratio policy in all Parent and Child programs to ensure that focus is kept on helping little ones practice and progress. No session Feb 17.

Instructor: Sportball Vancouver

Sa Jan 13-Mar 9 9:15 AM-10:00 AM

478499

\$128/8 sess

Sportball Multi-Sport (3-5 yrs)

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

Instructor: Sportball Vancouver

Sa Jan 13-Mar 9 10:00 AM-10:45 AM

478500

\$128/8 sess



Sportball Jr. (1-2 yrs)

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

Instructor: Sportball Vancouver

Tu Jan 16-Mar 12 10:45 AM-11:30 AM

478492

\$144/9 sess

Sportball

Indoor Soccer (4-6 yrs)

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

Instructor: Sportball Vancouver

(2-3yrs)

Su Jan 14-Mar 10 10:45 AM-11:30 AM

478503

\$128/8 sess

(4-6yrs)

Su Jan 14-Mar 10 11:30 AM-12:15 PM

478504

\$128/8 sess

Children's Tennis

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

Instructor: Mauro Liceaga Garcia

Mini Champs: (4-6 yrs)

Tu Jan 9-Feb 6 3:30 PM-4:30 PM

482823

\$112.50/5 sess

Tu Feb 13-Mar 12 3:30 PM-4:30 PM

482826

\$112.50/5 sess

W Jan 10-Feb 7 3:30 PM-4:30 PM

484575

\$112.50/5 sess

W Feb 14-Mar 13 3:30 PM-4:30 PM

484578

\$112.50/5 sess

Beginner: (7-9 yrs)

Tu Jan 9-Feb 6 4:30 PM-5:30 PM

482824

\$150/5 sess

Tu Feb 13-Mar 12 4:30 PM-5:30 PM

482827

\$150/5 sess

W Jan 10-Feb 7 4:30 PM-5:30 PM

484576

\$150/5 sess

W Feb 14-Mar 13 4:30 PM-5:30 PM

484579

\$150/5 sess

Novice: (10-13 yrs)

Tu Jan 9-Feb 6 5:30 PM-7:00 PM

482825

\$150/5 sess

Tu Feb 13-Mar 12 5:30 PM-7:00 PM

482828

\$150/5 sess

W Jan 10-Feb 7 5:30 PM-7:00 PM

484577

\$150/5 sess

W Feb 14-Mar 13 5:30 PM-7:00 PM

484580

\$150/5 sess



\$1/child drop-in

Parent and Tot Gym (0-6 yrs)

This drop-in play program provides tots with physical play and supports social interaction for you and your child.

Children roll and climb on the mats, drive the toy cars, cook at the toy kitchen and jump start their day. A cozy corner is set up for you and your 'wee ones' with our 'wee tot' toys, books and blocks.

Bouncy Castle: Children must be a minimum height of 3 feet and a maximum height of 5 feet with a maximum weight of 120lbs.

Please note no bouncy castle on Mondays.

Instructor: Parent and Tot Staff

M W F 9:30 AM-12:30 PM | Su 9:30 AM-11:45 AM
Jan 7-Mar 31

Friday Night Live Funtivities

Grades 5-7

Instructor: Youth Staff

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

Bring your friends or come meet some and join us for a different activity each week. To partake in Friday Night Live your child **MUST** be registered, even when the activity fee is free. Waiver-consent forms are required for all out trips and are available on our website www.falsecreekcc.ca/youth or at the front desk.

If you are unable or no longer wanting to attend a program, please call the centre in advance so we can offer the spot to another youth.

Activity#	Activity Name	Date	Funtivity	Time	Fee
487790	Everyone's Birthday (Party)	Jan 12	Kick off the year by pretending it's the best day of the year, your birthday! Let's party with cake, games & goodie bags	6:00 – 9:00PM	FREE
487791	Swimming	Jan 19	Out trip to Hillcrest Aquatic Centre	6:00 – 9:00PM	\$6
487792	Bowling	Jan 26	Out trip to Grandview Bowling Lanes	6:00 – 9:00PM	\$18
487793	Paint + Sip	Feb 2	Come get creative with paint and canvas while sipping on floats!	6:00 – 9:00PM	FREE
487794	Skating	Feb 9	Out trip to Kitsilano Rink	6:00 – 9:00PM	\$6
487795	Cineplex Movie	Feb 16	Out trip to Cineplex Movie Theatre (movie announced via email Feb 14)	5:30 – 9:30PM	\$20
487796	Swimming	Feb 23	Out trip to Hillcrest Aquatic Centre	6:00 – 9:00PM	\$6
487797	Choose Your Own Adventure	Mar 1	Spa Night VS Games Night - Pick between making DIY spa treatments or a night of games (video, board, group), or both!	6:00 – 9:00PM	FREE
487798	Indoor Mini Putt	Mar 8	Out trip to West Coast Mini Putt	5:30 – 9:00PM	\$20
487799	Bubble Tea & Bingo Night	Mar 15	The perfect Friday night plans: bubble tea (out trip) and bingo!	6:00 – 9:00PM	\$7

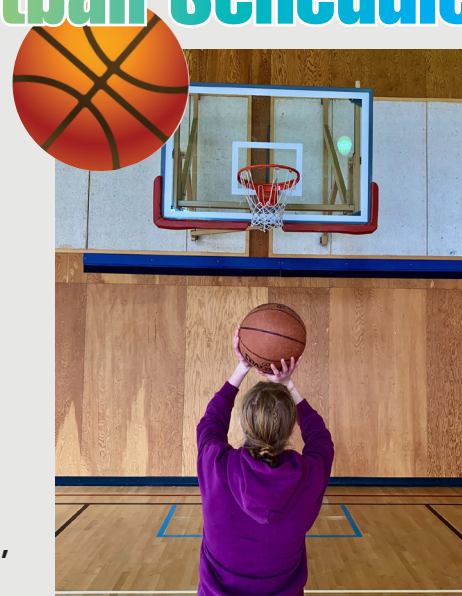
Youth Programs - *Things to Know:*

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

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

Preteen & Youth Basketball Schedule

- Free 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.
- *Please note under our risk management guidelines, adults may not partake in preteen/youth programs.



Activity #	Activity Name	Dates	Time	Grades	Fee
487817	Preteen Basketball—THURSDAYS	Jan 11 - Mar 28	4:30-5:30pm	Grades 6-9	Free
487818	Youth Basketball—THURSDAYS	Jan 11 - Mar 28	5:30-7:15pm	Grades 10-12	Free
487819	Saturday Basketball Drop-In	Jan 13 - Mar 9	3:00-4:00pm	Grades 7-12	Free

Youth Volunteer Opportunities

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

Come join us to give back to the community through our volunteer opportunities at False Creek Community Centre!

A volunteer waiver form will be emailed to participants or available at www.falsecreekcc.ca/youth and must be completed and returned by the start of the volunteer activity.

Activity#	Activity Name	Date	Time	Grades
487803	False Creek Youth Leadership Team	Jan 13 – Mar 9	10:00am-12:00pm	Grades 8-12
487804	Special Event Youth Volunteer: BC Family Day (set up)	Feb 16	5:00-7:00pm	Grades 7-12
487805	Special Event Youth Volunteer: BC Family Day (day of)	Feb 17	9:30am-1:30pm	Grades 7-12
487806	Special Event Youth Volunteer: Easter Eggstravaganza (set up)	Mar 28	5:30-7:30pm	Grades 7-12
487807	Special Event Youth Volunteer: Easter Eggstravaganza (day of)	Mar 30	9:00am-1:30pm	Grades 7-12

Sports

Floor Hockey (9-12 yrs)

Calling all hockey fans and anyone who just wants to get moving! Each week starts with a warm-up drill followed by scrimmage time and a 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! Please be mindful that this program is free and we have limited spots. If you are unable or no longer wanting to attend a session or the program, please call the centre in advance so we can offer the spot to another youth.

Instructor: Youth Staff

F Jan 12-Mar 8 4:00 PM-5:00 PM
487809 **FREE**



Social

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. Register early to avoid disappointment! Program may be subject to cancellation up to a week prior to the start date if there is low enrolment. If you are unable or no longer wanting to attend a program, please call the centre in advance so we can offer the spot to another youth.

Instructor: Youth Staff

(9-12 yrs)

F Jan 12-Mar 15 3:45 PM-5:30 PM
487810 \$35/10 sess

(13-15 yrs)

F Jan 12-Mar 15 5:30 PM-7:15 PM
487814 \$35/10 sess

Volunteer Opportunities



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, implementing their own community projects, assisting with special events and taking part in workshops. This is a great way to achieve volunteer hours and work experience! A certificate and letter of hours completed will be provided to all participants who meet the minimum participation requirements upon request.

Instructor: Youth Staff

Sa Jan 13-Mar 9 10:00 AM-12:00 PM
487803 **FREE**



Day Camp

False Creek Youth Adventures:

Pro D Day Camp (10-13 yrs)

Join us for a day of fun activities and an out trip! Waiver forms and schedule will be emailed to participants and available at falsecreekcc.ca/youth prior to the camp start date and must be completed and returned by the 1st day of camp. Please pack a healthy lunch, snack and water and wear activity appropriate attire.

Instructor: Youth Staff

F Feb 16 9:00 AM-4:00 PM
487815 \$50/1 sess



False Creek Youth Adventures: Spring Break Day Camp (11-14 yrs)

Looking to have fun this spring break? This camp is perfect for youth who want to pack their break with fun by meeting new friends and going on daily out-trips. Waiver forms and schedule will be emailed to participants and available at falsecreekcc.ca/youth prior to the camp start date and must be completed and returned by the 1st day of camp. Please pack a healthy lunch, snack and water and wear activity appropriate attire. Note: mode of transportation will include walking and public transit. Please be mindful that we have limited spots. If you are unable or no longer wanting to attend a program, please call the centre in advance so we can offer the spot to another youth.

Instructor: Youth Staff

M-F Mar 18-Mar 22 10:30 AM-2:30 PM
487816 \$150/5 sess

Art, Culture & Environment

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

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

Instructor: Suling Yuen

Tu Jan 9-Mar 12 6:00 PM-8:30 PM
[480240](#) \$230/10 sess

Pottery Hand Building w/ Cathy (19+ yrs)

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

Instructor: Cathy Watters

Th Jan 18-Mar 21 2:30 PM-5:00 PM
[479698](#) \$230/10 sess

Pottery Hand Building w/ Sana (19+ yrs)

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

Instructor: Sana Ashraf

Sa Jan 20-Mar 9 1:00 PM-3:30 PM
[480196](#) \$184/8 sess

Pottery Hand Building w/ Suling (19+ yrs)

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

Instructor: Suling Yuen

M Jan 15-Mar 11 2:30 PM-5:00 PM
[480241](#) \$184/8 sess

Pottery Studio Membership (19+ yrs)

Membership is only \$48/month! Payments are due at the beginning of each month (can be pro-rated the first month only). The studio is available to members during our hours of operation. The studio is not available when classes are in session. Membership applicants need to have completed a minimum of 8 weeks pottery course within the last 3 years at False Creek Community Centre.

Instructor: No Instructor

Jan 1-31 Operational Hours
[479411](#) \$50/Month

Feb 1-29 Operational Hours
[479412](#) \$50/Month

Mar 1-31 Operational Hours
[479413](#) \$50/Month



Pottery Wheel Throwing w/ Cathy (19+ yrs)

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

Instructor: Cathy Watters

Th Jan 18-Mar 21 6:00 PM-8:30 PM
[479705](#) \$230/10 sess

Pottery Wheel Throwing w/ Suling (19+ yrs)

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

Instructor: Suling Yuen

M Jan 15-Mar 11 6:00 PM-8:30 PM
[480242](#) \$184/8 sess

Pottery Wheel Throwing w/ Tarrynea (19+ yrs)

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

Instructor: Tarrynea Biallecky

F Jan 19-Mar 22 9:30 AM-12:00 PM
[480050](#) \$230/10 sess

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Education

Coptic Bookbinding (19+ yrs)

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

Instructor: Suzan Lee

Sa Feb 3 11:00 AM-2:00 PM
479007 \$59.95/1 sess

Medieval Leather Bookbinding (19+ yrs)

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

Instructor: Suzan Lee

Sa Feb 24 11:00 AM-2:00 PM
479008 \$64.95/1 sess

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

Japan has many long standing traditions. Embroidery is no exception. Sashiko is Japanese hand stitching technique. Wagara categorizes the many Japanese traditional stitch patterns. Learn to hand stitch in this beautiful and elegant way whether for purely a mindful practice, a decorate purpose or to visibly mend garments or bags or blankets. No prior experience is necessary. All materials and tools are provided. Please be mindful of others and arrive on time - lateness disrupts the flow of the workshop. Registration only. No drop-ins.

Instructor: Suzan Lee

Sa Mar 9 11:00 AM-2:00 PM
479010 \$59.95/1 sess

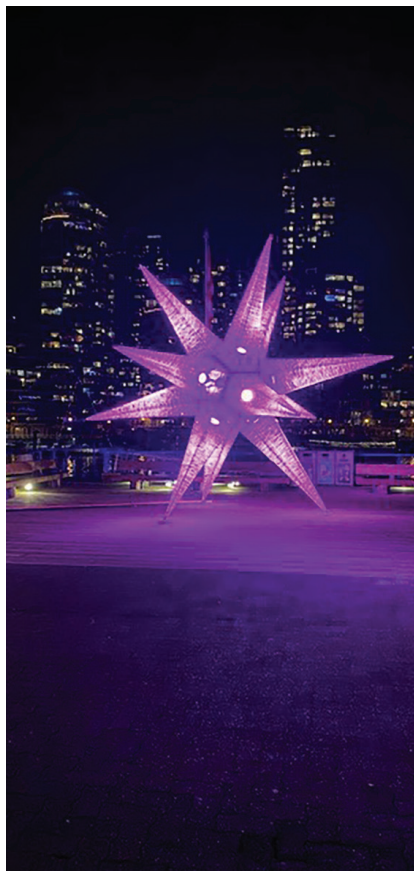


Stuffie Embroidery: Hand Sewing Appliqués and Stitches (19+ yrs)

Learn to hand embroider popular and fancy stitches with color and creativity. Students will hand appliqué felt and fabric to stitch a 6"x5" elephant stuffed animal; a fun gift for humans and pets alike. This freestyle technique can be applied to any shape, garment or occasion. If you'd like, bring your own fabric and felt scraps plus any embroidery threads to play with. No prior embroidery experience required. All materials and tools provided. Please be mindful of others and arrive on time - lateness disrupts the flow of the workshop. Registration only. No drop-ins.

Instructor: Suzan Lee

Sa Mar 23 11:00 AM-2:00 PM
479012 \$59.95/1 sess



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

Award-winning designer Barbara Smyth has over 20 years of experience in residential. She had the opportunity to design interiors throughout Canada the United States and Luxury residences in Japan. Barbara will teach you interior design techniques to make any space beautiful, personalized, and inspiring. From color schemes to design concepts, the world of interior design can start to feel overwhelming if you try to dive in all at once. She will teach you the principles of interior design, which is a great place to get you started on designing your space in the right way. Please be mindful of others and arrive on time - lateness disrupts the flow of the workshop. Registration only. No drop-ins.

Instructor: Barbara Smyth

F Jan 26-Mar 1 6:30 PM-7:45 PM
488362 \$106/6 sess

Fitness & Health

ABM NeuroMovement® for Back, Neck & Shoulder (19+ yrs)

In these mat-based classes you will be guided through a sequence of gentle, innovative movements. By moving slowly and with attention, your nervous system discovers new possibilities resulting in more efficient movement, a feeling of lightness, reduction in aches and pains, and an increased sense of self-awareness. These classes are based on the work of Moshe Feldenkrais. Visit www.claresandham.ca for more information. Drop-ins \$18, if space permits.

Instructor: Claire Sandham

Tu Jan 16 11:00 AM-12:00 PM
479688 **FREE TRIAL**

Tu Jan 23-Mar 12 10:00 AM-11:00 AM
479686 \$128/8 sess

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

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

Instructor: Harry Wong

W Jan 10-Mar 27 9:15 AM-10:15 AM
479095 \$63/12 sess

Fitness & Health cont'd

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

The class is aimed at health and wellbeing. It is taught by Lynette Hunter who has over 25 years' training in Daoist energy work, and has taught mainly in community centres and universities in the UK, Europe, and US. The sessions are drawn from life-long practices in China, and work on flexibility, breathing techniques, and energy flow. They incorporate Joint-loosening, Taichi (body nurturing movement), Kaimen (slow exercises to coordinate movement, breath, and energy), Daoyin (using breathing for whole-body relaxation and strengthening), and Qigong (becoming aware of and directing energy flows in the body). The exercises will be adapted to the needs of class participants. Drop-ins \$10, if space permits. No class on Jan 30.

Instructor: Lynette Hunter

Tu Jan 9-Mar 5 9:30 AM-10:30 AM
479266 \$64/8 sess



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

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

Website: www.pamelafermanyoga.com. Drop-in \$18, if space permits.

Instructor: Pamela Ferman

M Jan 15-Feb 12 9:30 AM-10:45 AM
479003 \$75/5 sess

M Feb 19-Mar 11 9:30 AM-10:45 AM
479004 \$60/4 sess

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, postural alignment, good tunes and mindfulness. Classes include the use of props, modifications and demonstrations to create an environment where new students feel empowered and returning students feel challenged. www.blessleone.com. Drop-in \$21, if space permits.

Instructor: Bless Leone

Th Jan 18-Mar 28 5:45 PM-7:00 PM
479343 \$176/11 sess

Su Jan 14-Mar 31 9:30 AM-10:45 AM
479344 \$192/12 sess

Into the Unknown Prenatal Yoga & Wellness Workshop (19+ yrs)

A five-week workshop to celebrate pregnancy, overcome fear & foster community building. Taught in trauma sensitive approach with options and prop use. Themes of each week are: (1) Connection & Reconnection, (2) Pelvic Floor & More, (3) Strengthening, (4) Grounding and (5) Nurturing safe space. Content include yoga postures, functional & intuitive movements, meditation, breathwork to alleviate stress & pain, Yoga Nidra and sound bath. Drop-in \$20, if space permits. No class on Mar 22.

Instructor: Angora Ngai

F Jan 12 10:00 AM-11:15 AM
479336 FREE TRIAL

F Jan 19-Feb 16 10:00 AM-11:15 AM
479339 \$80/5 sess

F Feb 23-Mar 29 10:00 AM-11:15 AM
479342 \$80/5 sess

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

Cultivate a healthy body, quiet mind and open heart! In this class you will increase body awareness, flexibility and strength. Iyengar adapts to your personal needs, regardless of your age or health. All are welcome. Drop-in \$18, if space permits. No class on Feb 19.

Instructor: Arezou Moeini

M Jan 8-Mar 25 6:00 PM-7:30 PM
479718 \$165/11 sess



Medical Qigong: Healing Through Movement (19+ yrs)

This is an experiential introduction to how Qigong can enhance your life. Learn many different cleansing and healing movements along with relaxing meditations. All fitness levels welcome. This class is for adults looking to find greater vitality and self-awareness in daily life. For more info, please visit johnweiss.ca. Drop-ins \$15, if space permits. No class on Jan 31 and Mar 6.

Instructor: John F Weiss

W Jan 10-Mar 27 10:45 AM-12:00 PM
479681 \$130/10 sess

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

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

Instructor: Harry Wong

M Jan 8-Mar 25 9:15 AM-10:15 AM
479097 \$63/12 sess

Nia with Helen (Sat) (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: Helen Spiegelman

Sa Jan 13-Feb 10 11:15 AM-12:15 PM
479349 \$60/5 sess

Sa Feb 24-Mar 23 11:15 AM-12:15 PM
479351 \$60/5 sess

Nia with Suzanne (Thu) (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 Jan 11-Feb 8 9:15 AM-10:15 AM
479347 \$60/5 sess

Th Feb 22-Mar 21 9:15 AM-10:15 AM
479348 \$60/5 sess

Pilates Fusion (19+ yrs)

This class uses controlled movements incorporating Pilates and Yoga to improve your flexibility, strength, and endurance. Emphasis is on alignment, breathing, and developing core awareness. It is an all levels practice that consists of a full body work out. You'll feel amazing after! No Pilates or Yoga experience necessary. For more info visit www.intoyoga.ca. Drop-ins \$16, if space permits.

Instructor: Into Yoga

Tu Jan 16-Feb 20 5:30 PM-6:30 PM
478998 \$87/6 sess

Tu Feb 27-Mar 26 5:30 PM-6:30 PM
478999 \$72.50/5 sess

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

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

Instructor: Kristiina Oinonen

Tu Jan 9-Mar 26 9:15 AM-10:15 AM
479099 \$63/12 sess

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Slow Flow Yoga w/ Drew (19+ yrs)

This slow flow yoga practice will leave you relaxed, centered, and can contribute to improved physical and mental wellbeing. Classes include a blend of poses, breath work, and relaxation techniques to increase mobility, build foundational strength, and bring focus to the mind. You will be encouraged to practice at a pace and intensity level that suits you. Modifications are provided to prevent injury or reinjury of sensitive areas. You will be guided in the use of props such as blocks, straps, and chairs as needed to fit the pose to your body instead of fitting your body into the pose. Classes are geared for all levels and beginners are welcome. Drop-ins \$16, if space permits. No class on Feb 19.

Instructor: Drew Climie

M Jan 8 5:30 PM-6:30 PM
479690 **FREE TRIAL**

M Jan 22-Mar 25 5:30 PM-6:30 PM
479689 \$135/9 sess

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

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

Instructor: Kristiina Oinonen

Th Jan 11-Mar 28 9:15 AM-10:15 AM
479100 \$63/12 sess

The Joy of Gentle Yoga (19+ yrs)

This is a gentle and therapeutic yoga class that works with every body's unique strengths and challenges. We use yoga mats, chairs and bolsters to make more yoga poses more accessible to more people in a deep, comfortable and safe way. This class will help build and maintain strength, tone and balance in both your body and mind. More information at www.joyofgentleyogawithsylvia.com.

Drop-in \$16, if space permits.

Instructor: Sylvia Smallman

Tu Jan 16-Feb 20 1:30 PM-2:45 PM
479678 \$84/6 sess

Tu Feb 27-Mar 26 1:30 PM-2:45 PM
479679 \$70/5 sess



Women's Weight Training (19+ yrs)

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

Instructor: Fitness Centre Worker

Tu Jan 9-Jan 30 10:00 AM-11:00 AM
479727 \$60/4 sess

Tu Feb 6-Feb 27 10:00 AM-11:00 AM
479728 \$60/4 sess

Tu Mar 5-Mar 26 10:00 AM-11:00 AM
479729 \$60/4 sess

**Check out our
programs and
activities for
2SLGBTQIA+
and 2STGD folks
of all ages.**



vancouver.ca/park-board-pride

Fitness & Health cont'd

Yin Yoga w/ Pam (19+ yrs)

Slow completely down. Release tension and stress in your body, mind & nervous system with Pamela Ferman's grounding 75 minute restorative Yin Yoga class. 6-8 different poses are held for 3-6 minutes at a time with props to target deep connective tissues like fascia, ligaments, joints & bones. Designed to help reset your nervous system and relax your mind while increasing flexibility in your body. A slower, more meditative practice giving you space to turn inward. Yin yoga helps stretch & lengthen those rarely-used tissues while also teaching you how to breathe through discomfort & sit with your thoughts. You will leave class feeling very relaxed and a lot more balanced between body and mind. All levels are welcome. Beginner friendly. Website: www.pamelafermanyoga.com. Drop-in \$18, if space permits.

Instructor: Pamela Ferman

Th Jan 18-Feb 15 7:30 PM-8:45 PM
479005 \$75/5 sess

Th Feb 22-Mar 28 7:30 PM-8:45 PM
479006 \$90/6 sess

Yoga for Strength & Mobility (19+ yrs)

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

Instructor: Into Yoga

W Jan 17-Feb 21 6:30 PM-7:30 PM
479000 \$87/6 sess

W Feb 28-Mar 27 6:30 PM-7:30 PM
479001 \$72.50/5 sess

Yoga4Stiff Guys - All Levels (19+ yrs)

This yoga class is specifically designed for and focuses on the needs of the male body type. Emphasis is on poses to open the shoulders, hips, quadriceps, hamstrings and lower back. Improve flexibility, increase strength and connect mind & body. This class will challenge beginner and advanced students alike. Drop-in \$16, if space permits. No class on Feb 19.

Instructor: Yoga4Stiff People

M Jan 8-Mar 25 7:00 PM-8:00 PM
478996 \$154/11 sess

Yoga4Stiff People - All Levels (19+ yrs)

This yoga class makes yoga accessible for every-body! It is designed for students who want to improve flexibility, increased strength and connect the mind & body. Our personalized workshop style approach will provide those "ah ha" moments to inspire your practice to a new level. Beginners welcome. Drop-in \$16, if space permits. No class on Feb 17.

Instructor: Yoga4Stiff People

Sa Jan 6-Mar 23 9:30 AM-10:30 AM
478997 \$154/11 sess

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

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

Instructor: Harry Wong

Su Jan 7-Mar 31 9:15 AM-10:15 AM
479101 \$68.25/13 sess

Zumba (Adults) (19+ yrs)

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

Instructor: Zumba Vancouver

W Jan 10 6:30 PM-7:30 PM
479716 **FREE TRIAL**

W Jan 17-Feb 14 6:30 PM-7:30 PM
479711 \$68.75/5 sess

W Feb 21-Mar 27 6:30 PM-7:30 PM
479714 \$82.50/6 sess



All Bodies Community Recreation and Fitness Vancouver Park Board

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

ABC AT FALSE CREEK

ABC – All Bodies Community recreation and fitness is an inclusive, choice based, community anchored, health and wellness program welcoming all ages, abilities, shapes and sizes. With ABC Specialty and ABC Core programming, we offer scalable, easy to follow exercises designed to help you develop confidence and a foundation for health, fitness, or performance. Our workouts are never meant to be punishing - we teach skills and movements transferable to the “gym” and other activities.

For ABC Core programs use an ABC drop-in, an ABC 10 pass usage card or an ABC Flexi pass - which includes all the benefits of a regular flexi pass plus ABC core programming. Core programming also requires additional no-fee registration on the Master roster each season.

For ABC specialty programming such as , Hip and knee, and Stand Strong and Balance, class sizes are limited and require a separate fee with specific registration in the desired program.



ABC Hip and Knee (19+ yrs)

Helping you manage sore hips and knees. Join us 1 or 2 times per week (we recommend 2) and learn functional exercises designed to help you build strength in muscles supporting your joints. Special emphasis on technique and control will help you improve with each class. Related Osteoarthritis workshops with Vancouver Coastal Health, OASIS patient educators strongly recommended. Registration is required. For Schedule, Email kate.lee@vancouver.ca No class Feb 19.

Instructor: Devon

M Jan 8-Mar 11

485403

1:30 PM-2:30 PM (Mini Gym)

Adult: \$62.91/9 sess
Senior: \$44.01/9 sess

ABC Walk Strong and Balance (19+ yrs)

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

Instructor: Devon

W Jan 10-Mar 13

485419

1:00 PM-2:00 PM (Lind Hall)

ABC Drop-in, 10 Pass Card, or Flexi-Pass

➔ See page 20 for City Wide ABC Programs

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


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



All Bodies Community Recreation And Fitness Vancouver Park Board

January 7 – March 17

No classes stat holidays nor stat holiday weekends

MON	TUE	WED	THU	FRI	SAT	SUN
Unison Circuit Online 9:15-10:15am	Core & Balance Online 11am-12pm	Unison Circuit Online 9:15-10:15am	Roll & Stretch Online 11am-12pm			
		Free Workshops Kensington 9:30-11:15am Register by topic				Active & Strong Douglas 10:00-11:00am
Active & Strong Trout 11:00-12:00pm	Active & Strong Hillcrest 10:15-11:15am	Active & Strong Trout 11:00-12:00pm	Active & Strong Hillcrest 10:15-11:15am	Active & Strong Trout 11:00-12:00pm		Recumbent Kensington 11:30-12:30pm Invitation only
	Hip & Knee Hillcrest 11:30-12:30pm Register-485406	Walking Soccer Douglas Park 11:30-12:30pm	Hip & Knee Hillcrest 11:30-12:30pm Register-485404	 <p><i>For more information about ABC programs, schedules changes, and program up dates scan here.</i></p>		
	Stand/Strong & Balance Hillcrest 12:45-1:45pm Register-485412	Qi Gong Kensington 11:30-12:30pm	Stand/Strong & Balance Hillcrest 12:45-1:45pm Register-485411			
Hip & Knee False Creek 1:30-2:30pm Register-485403		Walk/Strong & Balance False Creek 1:00-2:00pm	Free Workshops Mount Pleasant 1:00-2:30pm Register by topic			

All programs require Master Roster Registration - activity number 485419

****Free Workshops and Specialty programs require additional registration****

Purchase an ABC drop in, an ABC 10 pass card or an ABC flexi pass

Hip & Knee Kensington 5:30-6:30pm	Recumbent Kensington 5:00-7:00pm Invitation only		Recumbent Kensington 5:00-7:00pm Invitation only			
Active & Strong Hillcrest 5:45-6:45pm	Strength & Core Kensington 6:00-7:00pm	Strength & Core Douglas Park 6:00-7:00pm	Strength & Core Kensington 6:00-7:00pm	Yoga & Relaxation Trout 5:00-6:00pm		
			Cycle Intro Hillcrest 6:00-7:00pm Register Monthly	Learn to Play Sledge Hockey Hillcrest Rink 5:15-6:15pm		
Free Workshops Hillcrest 6:00-7:30pm Register by topic	Multi-Sports Hillcrest 6:15-7:15pm		Walking Soccer Hillcrest 6:15-7:15pm			
HILLCREST Community Centre	TROUT LAKE Community Centre	FALSE CREEK Community Centre	KENSINGTON Community Centre	DOUGLAS PARK Community Centre	MOUNT PLEASANT Community Centre	ONLINE

Online classes are currently complimentary, to attend join our elist

For more ABC information contact kate.lee@vancouver.ca

Led by qualified, fitness, yoga and other professionals specializing in making your exercise experience positive.


[VIEW ONLINE](#)

Fitness Centre

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

False Creek Fitness Centre Admission Fees

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

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

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

Fitness Centre Hours

Monday-Friday.....6:30 AM-9:30 PM
 Saturday & Sunday9:00 AM-4:00 PM
 Hours subject to change.



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.

Personal Training

VIEW ONLINE

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.**

Angela

Angela has been a BCRPA Personal Trainer for over 10+ years. She specializes in training Third Age (40 years +) Fitness & Flexibility Programs, Senior’s Strength Training & Stretch Programs, Women’s Weight Training & Weight Loss Programs, Introductory/Beginner Fitness Programs, and Nutritional Advice. Angela is passionate about fitness and enjoys a wide variety of activities including team sports and outdoor activities including tennis, skiing, cycling and swimming!

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. He loves animals and enjoys a wide variety of sports, including boxing, kickboxing, Muay Thai, soccer, volleyball, and tennis.

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

Bill

Bill is a graduate of Saint Andrews University in Scotland and from Queen’s in Kingston Ontario (Psychology: Sleep laboratory). A fully qualified accountant who turned his attention away from the balance sheet towards the balanced body. He has his BCRPA certifications in weight training Osteofit, and personal training, focusing on older adults.

Marvyn

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

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!

Aerobics Schedule

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

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

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

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

•See page 16 for fees.

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

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

•See page 17 for fees.

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

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

•See page 15 for fees.

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

Low/moderate cardio, free weights, and gentle stretching for the zesty, zippy, pre/ present/post boomer in you.

•See page 18 for fees.

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

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

•See page 17 for fees.

Martial Arts

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

Find your inner karate kid! Learn Go Ju Ryu karate, the style featured in the original Karate Kid movies. "Courage. Respect. Perseverance. Prudence. Self-Control. Character. Patience. Courtesy. Friendship." These are the principles of Ku Yu Kai. Shihan George Chan (7th degree black belt) and Sensei Julie Zilber (5th degree black belt) teaches classes for all ages and levels in a friendly environment. Progress at your own pace. (Students are taught to control their techniques. For safety reasons, any contact to the head, face, throat, groin and joints is strictly prohibited.) Uniform is optional for beginners. More info at kuyukai.com. Online registration is only available for 2 hour sessions (\$18/session). To register for the 1.5 hour sessions (\$15/session) please call the front desk at 604-257-8195. Drop-in is \$18 for 1.5 hours or \$20 for 2 hours, if space permits.

Instructor: George Chan

Tu Th Jan 9-Feb 15 [478991](#)

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

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

Tu Th Feb 20-Mar 26 [478993](#)

7:00 PM-9:00 PM \$198/11 sess

7:00 PM-8:30 PM \$165/11 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 Jan 10-Mar 27 **5:00 PM-6:00 PM**

[479740](#) \$102/12 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 Jan 9-Mar 26 **7:00 PM-8:30 PM**

[479739](#) \$150/12 sess

Sports

Basketball (Adults) (16+ yrs)

Recreational 3 on 3 basketball - Games are organized by the players. Sign up as a single or register up to one additional person. Spots are held for registered participants for 15 minutes after start time and then may be sold to drop-in players. In person drop-in sign up starts 30 minutes before start time. Completed waiver forms required for participants under 19 years. \$5.00 drop in, if space permits. No session on Feb 19.

Instructor: No Instructor

M Jan 8-Mar 25 **7:30 PM-9:30 PM**

[479428](#) \$55/11 sess

Tu Jan 9-Mar 26 **7:30 PM-9:30 PM**

[479432](#) \$60/12 sess

W Jan 10-Mar 27 **7:30 PM-9:30 PM**

[479430](#) \$60/12 sess

Indoor Soccer (Adults) (16+ yrs)

Also known as futsal, this game is played with a smaller, heavier ball. Sign up as a single or register up to one additional person. Spots are held for registered participants for 15 minutes after start time and then may be sold to drop-in players. In person drop-in sign up starts 30 minutes before start time. Completed waiver forms required for participants under 19 years. \$5.00 drop in, if space permits.

Instructor: No Instructor

Th Jan 11-Mar 28 **7:30 PM-9:30 PM**

[479433](#) \$60/12 sess

Food & Gardening

Balcony, Container and Small Space Gardening (19+ yrs)

Want to grow food, but don't have much room? In this Village Vancouver Fairview - False Creek South Neighborhood Food Network workshop, instructor Rhiannon Johnson will cover the techniques and challenges specific to gardening in small spaces, both indoors and outdoors. We'll look at soil, fertilizing organically, watering, types of containers, different sun orientations and, of course, what to grow in your space. Reduced fee for Seniors (50 and over). Registration only. No drop-ins.

Instructor: Village Vancouver

Sa Feb 3 **11:00 AM-1:00 PM**

[479735](#) \$16/1 sess

DIY Beeswax Wraps (19+ yrs)

In this Village Vancouver Fairview - False Creek South Neighborhood Food Network workshop with Rashmi GC, we'll talk about how to reduce food waste, package-free grocery shopping, proper segregation of kitchen waste, recycling and composting. Workshop participants will make beeswax wraps to take home with them. Fee includes cost of all materials. Free for Seniors (50 and over; \$10 materials fee only.) Registration only. No drop-ins.

Instructor: Village Vancouver

Sa Jan 20 **11:00 AM-1:00 PM**

[479731](#) \$25/1 sess

Intro to Indoor Vertical Gardening (19+ yrs)

In this Village Vancouver Fairview - False Creek South Neighborhood Food Network workshop with Dr. Yael Stav, we'll review the opportunities for, and benefits of, growing food in vertical gardens in an indoor setting. We'll discuss the different systems and technologies available for gardening vertically indoors, and talk about the principles of setting up a successful garden, including watering, weight, light and plant choice considerations. Reduced fee for Seniors (50 and over). Registration only. No drop-ins.

Instructor: Village Vancouver

Tu Mar 5 **6:30 PM-8:30 PM**

[479737](#) \$20/1 sess

Stay Connected
with us on social media!



@theFalseCreekCC

Art, Culture & Environment

The Joy of Drawing and Painting (55+ yrs)

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

Instructor: Philip Tsang

Su Jan 14-Feb 11 9:45 AM-11:15 AM
482831 \$135/5 sess

Su Feb 25-Mar 24 9:45 AM-11:15 AM
482833 \$135/5 sess

Creative Endeavours (55+ yrs)

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

Instructor: No Instructor

Tu Jan 16-Mar 12 1:00 PM-3:00 PM
478518 FREE

Writers' Group (55+ yrs)

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

Instructor: No Instructor

W Jan 10-Mar 13 1:00 PM-3:00 PM
478543 FREE



Education

Emergency Preparedness (55+ yrs)

When disaster strikes people need to be ready. We explore the preparation of emergency kits and safety procedures in dangerous situations, and provide information about when and how to seek help.

Instructor: COSCO Seniors Health And Wellness Institute Society

Th Jan 25 10:00 AM-11:30 AM
478572 FREE

Memory and Aging (55+ yrs)

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

Instructor: COSCO Seniors Health And Wellness Institute Society

Th Feb 22 10:00 AM-11:30 AM
478573 FREE

Advance Care Planning (55+ yrs)

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

Instructor: COSCO Seniors Health And Wellness Institute Society

Th Mar 14 10:00 AM-11:30 AM
478574 FREE

Spanish for Seniors – NEW Beginners I (55+ yrs)

HOLA! Welcome to the Spanish language! This beginner's course will emphasize instruction in basic grammar, vocabulary, and writing with some conversation. Classes cover proper phonetics and will focus on the verb to be and the simple present tense. This course will also teach you to converse in simple travel phrases, how to order food in a restaurant, etc. No drop-ins available, pre-registration only. No registration after the third class.

Instructor: Eliana Rolando

F Jan 12-Mar 15 5:30 PM-7:00 PM
487138 \$165/10 sess

Tax Planning for Assisted Living & Long-Term Care Options (55+ 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. Join us for an informative 1-hour workshop on the health care options available for you or your loved ones. Topics will include: Levels of care in retirement, Potential care costs, Income planning to reduce taxes and care costs, Working with Health Authorities. Drop-ins welcome.

Instructor: David Perkins, CFP, EPC, CEA

W Feb 28 10:00 AM-11:30 AM
478480 FREE

Book Lovers Reading Circle (55+ yrs)

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

Instructor: VPL Librarian

Th 2:30 PM-3:30 PM FREE
478477 Jan 18
478478 Feb 15
478479 Mar 14

Private Piano Lessons - Beginner (55+ yrs)

Gail Craig holds an ARCT from the Royal Conservatory of Music and has been teaching piano since the age of 14 and maintains a busy private teaching studio in Vancouver. She also holds an Early Childhood Education License. Her piano classes objective is on nurturing the love of music, focus on the process of learning and understanding the messages of musical notation, how to be problem solvers, independent learners, how to communicate using music, setting short and long term goals and seeing their successes. No session Feb 16.

Instructor: Gail Craig

F Jan 12-Mar 15 \$252/9 sess
480527 2:30 PM-3:00 PM
480528 3:00 PM-3:30 PM

Fitness & Health

Choose to Move (55+ yrs)

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

Instructor: BCRPA Fitness Leader

Information Session

Th Jan 11 1:30 PM-2:30 PM
481368 **FREE**

Course Schedule

Th Jan 18-Mar 14 1:30 PM-2:30 PM
481367 **FREE**



ActivAge (55+ yrs)

ActivAge™ is a free 3-month group led physical activity program for older adults to introduce participants to the benefits of physical activity and reinforce their commitment to incorporate it into their daily lives. It is led by BCRPA registered Fitness Leaders with the Older Adult specialty. There are two ActivAge™ options that run concurrently.

Option 1: The focus is on functional fitness and adaptable skills

Option 2: Incorporates fitness, sport and a wider variety of activities.

The unique aspect of this program is that alongside physical activity specifically tailored for older adults, ActivAge™ also encourages social interactions and overall health. Participants must attend the Info Session to be eligible for the full program and fill out the "Get Active Questionnaire" by visiting: www.choosetomove.ca/get-active

Instructor: BCRPA Fitness Leader

Th Jan 25-Mar 28 2:45 PM-3:45 PM
486206 **FREE**

Osteofit for Life (Tue-Bill, Fri-Anne) (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: Bill Galloway

Tu F Jan 9-Feb 16 10:30 AM-11:30 AM
478566 \$51/12 sess

Tu F Feb 23-Mar 26 10:30 AM-11:30 AM
478568 \$42.50/10 sess

Osteofit for Life (Thursday with Bill) (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: Bill Galloway

Th Jan 11-Feb 15 10:30 AM-11:30 AM
478567 \$25.50/12 sess

Th Feb 29-Mar 28 10:30 AM-11:30 AM
478569 \$21.25/10 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 Jan 17-Feb 14 2:30 PM-3:30 PM
478575 \$68.75/5 sess

W Feb 21-Mar 27 2:30 PM-3:30 PM
478576 \$82.50/6 sess



Sports

Pickleball Beginner (55+ yrs)

Get active on the court with Pickleball. This sport combines elements of badminton, tennis and table tennis. It is fun and an easy to learn sport that will have you coming back for more! 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. \$5.00 drop in, if space permits. All equipment supplied. Maximum of 8 players.

Instructor: No Instructor

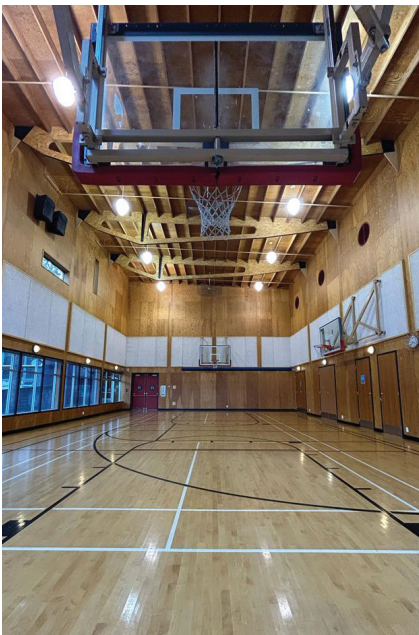
Su	Jan 7-Feb 11	2:15 PM-3:45 PM
478481		\$12/6 sess
Su	Feb 18-Mar 24	2:15 PM-3:45 PM
478482		\$12/6 sess

Pickleball Lessons - Stage 1: Learn to Play (55+ yrs)

Come try out this popular, easy-to-learn, and FUN sport that combines elements of badminton; tennis and table tennis. Participants will learn the proper grip; how to correctly hit the ball and move efficiently and safely around the court from a Certified Pickleball Instructor. Semi-private at 4 participants max. All paddles and equipment provided. Spots are held for registered participants for 15 minutes after start time and then may be sold to drop-in players. In person drop-in sign up starts 30 minutes before start time. Drop-in's \$32 + GST available, space permitting.

Instructor: Mona Lee

Th	Feb 8-Feb 29	1:00 PM-2:30 PM
480902		\$128/4 sess
Th	Mar 7-Mar 28	1:00 PM-2:30 PM
480904		\$128/4 sess



Pickleball Lessons - Stage 2: Next Level (55+ yrs)

This class is the next progression from those who completed the "Learn to Play" lesson. This course is designed for beginner and mid-level players. In addition to fine tuning your strokes and shot selection choices, you will learn how to do the third shot, drive, block, smash, lob as well as move safely around the court. This course is taught by as NCCP and IPTPA Certified Pickleball Instructor. Paddles, balls and all equipment will be provided. Spots are held for registered participants for 15 minutes after start time and then may be sold to drop-in players. In person drop-in sign up starts 30 minutes before start time. Drop-in's \$32 + GST available, space permitting.

Instructor: Mona Lee

Th	Feb 8-Feb 29	2:45 PM-4:15 PM
480903		\$128/4 sess
Th	Mar 7-Mar 28	2:45 PM-4:15 PM
480905		\$128/4 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. No sessions Feb 18 and Mar 31.

Instructor: Gabriel And Catherine Yam

Su	Jan 7-Mar 24	1:30 PM-3:30 PM
478523		FREE

Bridge Practice (55+ yrs)

Get a feel for duplicate bridge, typically playing 3 rounds of at least 6 pre-dealt hands with various partners. Pace of play attempts to approximate a real duplicate setting. A working knowledge of bidding and scoring is required as this is a non-instructional program. Facilitated by volunteers. No session Feb 19.

Instructor: No Instructor

M	Jan 8-Mar 11	12:15 PM-3:00 PM
478530		\$0.95/Drop-in

Seniors Social (55+ yrs)

Come by and socialize with others in the community! Refreshments and beverages provided while mingling and meeting new friends! Activities includes sharing stories, group discussions, going for walks, listening to educational guest speakers, and more!

Instructor: No Instructor

Th	Jan 25	12:00 PM-1:30 PM
478483		\$1.90/person
Th	Feb 22	12:00 PM-1:30 PM
478486		\$1.90/person

Seniors Spring Luncheon

55+ yrs

Celebrate this start of the upcoming Spring season with old friends and new friends. Enjoy a light lunch of sandwiches and some pastries with tea and coffee, along with some fun entertainment!

Thursday, March 14, 12:00 PM-1:30 PM

[478487](tel:478487) \$5/person

WE ARE LOOKING FOR VOLUNTEERS TO HELP OUT AT OUR SPECIAL EVENTS AND PROGRAMS!

Volunteer your time for our
Annual Events such as:

Halloween Howl,
Breakfast with Santa,
Easter Eggstravaganza,
Seniors Socials

or Canada Day Celebration

Meet your neighbours and enjoy each event with your community!

All volunteers 16+ yrs must pass a Police Information Check to be eligible.



BC Family Day Celebration

All Ages

Saturday, February 17, 10:30 AM-12:30 PM

Join us for our FREE False Creek Community Centre's Family Day Celebration!
We've got a bouncy castle, games and more!

Children must be accompanied by an adult.

We gratefully acknowledge the financial support of the Province of British Columbia.

478465 **FREE**

2-7 yrs

Easter Eggstravaganza

EGGstra fun is in store at our annual Easter event which includes games, crafts, family entertainment and an outdoor Easter Egg Hunt. 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 2-7 years.

Note: The outdoor Easter Egg Hunt will be rain or shine.

Saturday, March 30

10:00 AM-11:00 AM 479113

11:15 AM-12:15 PM 486702

\$6/child



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