

# Aerobics Schedule January 6-March 31, 2019.

Monday	Tuesday	Wednesday	Friday	Sunday
<b>Morning Fit</b> 9:15 am-10:15 am Harry	<b>Zoomerfit</b> 9:15 am-10:15 am Jenny	<b>Core Control</b> 9:15 am-10:15 am Harry	<b>Morning Fit</b> 9:15 am-10:15 am Philippa	<b>Zoomerfit</b> 9:15 am-10:15 am Harry



FEES	ADULT	55+ yrs
Drop-in	\$4.76	\$3.57
10 visits	\$42.86	\$32.14
20 visits	\$85.71	\$64.29

Tax not included.

<b>Morning Fit</b>	A balanced workout emphasizing cardiovascular health, step & low impact conditioning, resistance training, stretching and body alignment.
<b>Zoomerfit</b>	Moderate cardio, free weights, and gentle stretching for the zesty, zippy, pre/present/post boomer in you.
<b>Core Control</b>	Functional fitness & body alignment using your own body's resistance and a variety of equipment. (No cardio).

## Fitness, Health & Dance

### Mom and Baby Barre (19+yrs)

Designed specifically for postpartum women, Fit 4 Two® Mom and Baby Barre focuses on strength, posture, core and flexibility. Inspired by a blend of ballet barre work, strength training, Pilates and yoga, barre style classes use the barre and a variety of equipment. The results, a long, lean and strong body. Pre-mobile babies only please. Drop in \$15.24, if space permits.

*Instructor: Fit4Two Van Downtown/False Creek*

**Th Jan 10-Feb 14 10:00 AM-11:00 AM**  
[192482](#) \$79.05/6 sess

**Th Feb 21-Mar 28 10:00 AM-11:00 AM**  
[192483](#) \$79.05/6 sess

### Gentle Pilates (19+yrs)

Matwork Pilates is a strength training technique that focuses on precise movement, focused breathing, and deep abdominal stabilization. Classes consist of a series of challenging, yet low-impact exercises that tone muscles, while improving flexibility, range of motion, and posture. This fun and invigorating exercise system will leave you feeling taller, leaner, and with more mental clarity. Pilates doesn't just make you look good, it makes you feel good too! This class is suitable for all levels. Drop in if space permits, \$16.00.

*Instructor: Olivia Shaffer*

**Tu Jan 8 7:50 AM-8:50 AM**  
[192506](#) **FREE TRIAL**

**Tu Jan 15-Feb 19 7:50 AM-8:50 AM**  
[192504](#) \$90/6 sess

**Tu Feb 26-Mar 26 7:50 AM-8:50 AM**  
[192505](#) \$75/5 sess

### Abs & Core (19+yrs)

**NEW INSTRUCTOR**

You will develop and strengthen your deep core, abdominal, and gluteal muscles, all while improving your posture, balance, and preventing injury. This class will use mostly body weight resistance so that you can focus on isolation and form. Bring a yoga mat and towel. Drop-in \$13.00, if space permits.

*Instructor: Mariam Besada*

**Th Jan 17-Feb 21 5:45 PM-6:45 PM**  
[192395](#) \$60/6 sess

**Th Feb 28-Mar 28 5:45 PM-6:45 PM**  
[192396](#) \$50/5 sess

### Boot Camp (19+yrs)

High intensity interval training themed conditioning class that utilizes a wide range of equipment dumbbells and much more. Classes are held indoors and outdoors (weather permitting). \$13.00 drop ins if space permits.

*Instructor: Mariam Besada*

**W Jan 9 7:30 AM-8:30 AM**  
[192428](#) **FREE TRIAL**

**W Jan 16-Feb 20 7:30 AM-8:30 AM**  
[192426](#) \$60/6 sess

**W Feb 27-Mar 27 7:30 AM-8:30 AM**  
[192427](#) \$50/5 sess



## We don't want to cancel good programs, but...

Programs are cancelled if everyone waits until the last minute to register. The staff, where possible, makes a decisions on activities 4 days prior to the start date. If activities do not meet the minimum required, the program will be postponed or cancelled. **Registration for programs starts on December 5 at 9:00am.**

### Nia & Gong Sound Workshop **NEW** (19+ yrs)

Step in with the holistic fusion of Nia, followed by the sounds and vibrations of the Gongs. A morning devoted to joy and nourishment for body, mind and spirit. Please bring a mat, blanket and pillow.

Instructor: Lulu, Kathy, Marilyn

Su Mar 3 1:45 PM-3:15 PM  
198582 \$30/1 sess

### Nia with Noelle (19+yrs)

Nia is a fun and creative way to nurture your body, mind, and spirit. Using soul stirring music, this unique blend of Martial Arts, Healing Arts, and Dance is designed to give you a powerful workout, as well as the opportunity to explore, unleash and heal. Register for both Tuesday/Thursday and receive a 25% discount for both days (only available in person or by telephone before the start of the 3rd session) Drop-in \$13.34 if space permits.

Instructor: Noelle Wardell

Tu Jan 8-Mar 26 9:45 AM-11:00 AM  
192494 \$100.81/12 sess

Th Jan 10-Mar 28 9:45 AM-11:00 AM  
192495 \$100.81/12 sess

### Nia with Team Joy (19+yrs)

Welcome to Nia, where loving your body is loving your life and where dancing through life is the body's way. Nia is a conscious movement practice that blends martial arts, dancing arts and healing arts choreographed to soul-stirring music. Team Joy consists of four inspiring teachers who invite you to step into your own joyful journey for a conditioning and healing experience that is adaptable for every body. Drop in \$13.34 space permitting. No class on February 16.

Instructor: Roz Royce - Team Joy

Sa Jan 12-Mar 30 11:00 AM-12:15 PM  
192496 \$125.71/11 sess

### Medica Qigong (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 awareness in daily life. For more info, please visit [johnweiss.ca](http://johnweiss.ca). Drop in \$14.29, space permitting. No class on March 20, 24 and April 21.

Instructor: John F Weiss

W Jan 16-Feb 27 10:15 AM-11:30 AM  
192474 \$83.81/7 sess

W Mar 6-Apr 24 10:15 AM-11:30 AM  
192476 \$83.81/7 sess

Su Jan 13-Feb 24 9:15 AM-10:30 AM  
192473 \$83.81/7 sess

Su Mar 3-Apr 28 9:15 AM-10:30 AM  
192475 \$83.81/7 sess

### The Expressive Body - Healing with Movement (19+yrs)

Feeling stuck in your life? Come find out how to use your own unique free-form way of moving to check-in to what's truly resonating in your life. This journey will also include a little drawing, writing and reflection as you take a playful and creative look at yourself. Dance the soul within! No experience needed. \$14.29 drop in if space permits. For more info, please visit [johnweiss.ca](http://johnweiss.ca).

Instructor: John F Weiss

Sa Feb 2 10:00 AM-1:00 PM  
192562 \$42.86/1 sess

Sa Feb 9-Mar 2 10:00 AM-11:30 AM  
192561 \$49.52/4 sess/ \$14.29 drop in

### Zumba (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. Drop in \$11.43 space permitting. [www.ZumbaVancouver.ca](http://www.ZumbaVancouver.ca).

Instructor: Zumba Vancouver

Tu Jan 8 6:15 PM-7:15 PM  
192442 **FREE TRIAL**

Tu Jan 15-Feb 19 6:15 PM-7:15 PM  
192571 \$54.3/6 sess

Tu Feb 26-Apr 2 6:15 PM-7:15 PM  
192572 \$45.25/5 sess

### Hoop Dance (19yrs)

**NEW INSTRUCTOR**

Come dance with us! In this class we will learn basic hoop dance moves, tricks (both on and off body), and short dance sequences. This class is great if you want to try hooping for the first time, or want to try a new form of creative movement and low-impact exercise in a fun, positive environment. Bring your own hoop or use one provided. Drop in \$12.10.

Instructor: Faye Spain

Th Jan 3 7:15 PM-8:15 PM  
192445 **FREE TRIAL**

Th Jan 17-Feb 21 7:15 PM-8:15 PM  
192444 \$58.86/6 sess

Th Feb 28-Mar 28 7:15 PM-8:15 PM  
192609 \$49.05/5 sess



# Sun Run

Whether you're a runner or walker of any level, the Vancouver Sun Run InTraining Program will help you reach your fitness & health goals in a safe and supportive environment! The 13-week program, designed by SportMedBC's RunWalk Coach, Olympian Lynn Kanuka, will gradually develop your strength and stamina so that you can train injury-free for the 2019 Vancouver Sun Run. Join the InTraining community of walkers & runners across the province, and receive: 13 guided run/walk sessions with trained leaders, your Vancouver Sun Run race entry, a logbook with your 13-week training plan, exclusive gear, nutrition tips, and more! Refunds may be issued up until January 12. \$5 administration fee will be applied.

## Sun Run -

### LearnToRun10km (13+yrs)

The LearnToRun10K program is designed for anyone who is interested in learning to run, or who has not been steadily running for the past three months. Participants will start out slowly (with more walking than running) and build up their stamina gradually. Youth participants ages 13-16 must be accompanied by an adult. Registration opens December 5 2018. No refunds as of Friday January 25, 2019 (no exceptions) and no registration after the 3rd week of class.

Instructor: SportMed BC

Sa Jan 12-Apr 6 9:15 AM-11:15 AM  
194723 \$150/13 sess

## Sun Run -

### Run10kmStronger (13+yrs)

This program is designed for participants who have previously completed the LearnToRun10K program, and/or are already running for 30 minutes, 3x per week. Participants will increase their endurance, and learn how to pick up their pace. Select this option if you are interested in the new RunWalk10K program. Youth participants ages 13-16 must be accompanied by an adult. Registration opens December 5 2018. No refunds provided by Friday January 25, 2019 (no exceptions) and no registration after the third week of clinics.

Instructor: SportMed BC

Sa Jan 12-Apr 6 9:15 AM-11:15 AM  
194724 \$150/13 sess

## Sun Run - Walk 10km (13+yrs)

The Walk10K program follows a nice, progressive, change-of-pace walking program that is appropriate for both beginners and experienced walkers. Youth participants ages 13-16 must be accompanied by an adult. Registration opens December 5, 2018. No refunds as of Friday January 25, 2019 (no exceptions) and no registration after the 3rd week of class.

Instructor: SportMed BC

Sa Jan 12-Apr 6 9:15 AM-11:15 AM  
194725 \$150/13 sess

# Yoga

## Iyengar Yoga -

### Levels 1 and 2 (19+yrs)

Cultivate a healthy body, quiet mind and open heart! In this class you'll increase body awareness, flexibility and strength. Iyengar adapts to your personal needs, regardless of your age or health. All women and men are welcome. Drop in \$18.00, space permitting. No class on February 18.

Instructor: Arezou Moieni

M Jan 7-Mar 25 6:00 PM-7:30 PM  
192452 \$165/11 sess

## Iyengar Yoga -

### Gentle Level (19+ yrs)

In this gentle yoga class, you will ease through your day feeling taller, calmer and more grounded. This class is ideal for students working with injuries, for older adults, or for anyone who needs to take it down a few notches! Drop ins \$18.00 if space permits.

Instructor: Siobhan Sloane-Seale

Th Jan 24 11:00 AM-12:30 PM  
192451 FREE TRIAL

Th Jan 31-Feb 28 11:00 AM-12:30 PM  
192449 \$75/5 sess

Th Mar 7-Apr 4 11:00 AM-12:30 PM  
192450 \$75/5 sess

## Iyengar Yoga -

### Mixed Level (19+yrs)

Reduce stress and move with more ease! Iyengar adapts to your personal needs, regardless of your age or health. In this class, you'll increase your flexibility, strength and endurance. Drop in \$18 space permitting.

Instructor: Siobhan Sloane-Seale

W Jan 23 5:30 PM-7:00 PM  
192455 FREE TRIAL

W Jan 30-Feb 27 5:30 PM-7:00 PM  
192453 \$75/5 sess

W Mar 6-Apr 3 5:30 PM-7:00 PM  
192454 \$75/5 sess

## Hatha Yoga for

### Every Body **NEW** (19+yrs)

Increase your flexibility, mobility, strength, balance, and body awareness in this all-levels Hatha Flow yoga class for every body and ability. Options will be given for students to customize their practice. Chill, challenging, or a mix of both - it's your body, your choice. In addition to physical health benefits, yoga has a calming effect on the mind and nervous system. Come breathe, move, smile, relax, rejuvenate! Drop in \$17.00 if space permits.

Instructor: Joan DeVerteuil

F Jan 4 12:30 PM-1:45 PM  
198588 FREE TRIAL

F Jan 18-Feb 15 12:30 PM-1:45 PM  
198587 \$84.00/6 sess

F Feb 22-Mar 29 12:30 PM-1:45 PM  
199769 \$84.00/6 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. Bring your own blanket for the final relaxation. More information at www.joyofgentleyogawithsylvania.com. Drop-ins are welcome. \$15.43, if space permits.

Instructor: Sylvia Smallman

Th Jan 10-Mar 28 1:30 PM-2:45 PM  
192563 \$163.8/12 sess

## Rise and Shine with

### Purna Yoga (19+yrs)

This lovely early morning class will tease out many important aspects of knowing and respecting your body. You will increase your hip openness, your shoulder strength, your core strength as well as settle your nervous system. Throughout each series, during the weekly classes we will meditate, cultivate breath control, and strengthen, open, and relax our bodies using alignment based asana. Purna means complete and our Purna Yoga classes lay out a set of tools for healing, transforming and aligning our bodies and energy. All levels welcome. Sorry, no drop-ins due to ongoing nature of learning material.

Instructor: Christine Bickson

Th Jan 10-Mar 28 7:00 AM-8:00 AM  
192536 \$189.33/12 sess

## Yoga4StiffGuys - All Levels (19+yrs)

An all levels yoga series designed by Kate Misurka (misurkayoga.com) for guys who want to improve flexibility, increase strength, and relax the mind and body. Although everyone is welcome, this class pays special attention to parts of men's bodies that are often the least flexible with an emphasis on poses to open the hips, quadriceps, hamstrings and lower back. Drop in \$15.24, space permitting.

Instructor: Misurka Yoga Ltd.

**M Jan 7-Feb 11 7:00 PM-8:00 PM**  
192567 \$72/6 sess

**M Feb 25-Mar 25 7:00 PM-8:00 PM**  
192568 \$60/5 sess

## Yoga4StiffGuys- The Basics Plus (19+yrs)

A yoga series developed by Kate Misurka for guys that are newer to yoga, want to improve flexibility, increase strength, and relax the mind and body. Although everyone is welcome, this class pays special attention to parts of men's bodies that are often least flexible with an emphasis on poses to open the hips, quadriceps, hamstrings and lower back. Drop in \$15.24, space permitting.

Instructor: Misurka Yoga Ltd.

**W Jan 9-Feb 13 7:30 PM-8:30 PM**  
192569 \$72/6 sess

**W Feb 20-Mar 27 7:30 PM-8:30 PM**  
192570 \$72/6 sess

## Education

### Spanish Level 1 (19+ yrs)

BIENVENIDOS! Come and learn Spanish with us. This class is designed for you to learn a new language in a relaxing and enjoyable atmosphere. The emphasis of the course is on communication, proper phonetic, vocabulary and some basic grammar. At the end of the course you will be able to introduce yourself in Spanish and converse about travel, work and much more. Students are required to have the Soleado 1 textbook (\$30+tax) which can be purchased on the second class at the registration desk. \$14.29 drop in, space permitting.

Instructor: Rohana Filippi

**Tu Jan 15-Mar 19 12:30 PM-2:00 PM**  
192539 \$114.29/10 sess

### Spanish Beginner Level 2 (19+yrs)

ADELANTE!!!! Join my class designed for a small group and improve the basic Spanish you learned in Beginners 1 Spanish class. Emphasizing communication, you will become familiar with idiomatic expressions and verbs such as estar, gustar, tener, hacer. At the end of the course you will be able to talk about your family, to order in a restaurant, to go shopping, to ask the time and more. Students are required to have the Soleado 1 textbook (\$30+tax) which can be purchased on the second class at the registration desk. Drop-in \$14.29 if space permits.

Instructor: Rohana Filippi

**Tu Jan 15-Mar 19 2:15 PM-3:45 PM**  
192537 \$114.29/10 sess

### Spanish Book Club **NEW** (19+yrs)

THIS COURSE IS FOR YOU if you already know enough Spanish to read and converse. It is the perfect OPPORTUNITY to improve your confidence, skills and knowledge of the Spanish language and literature. In a relaxed, friendly environment, we will discuss the chosen book, review grammar rules, enrich your vocabulary and learn idioms to improve your understanding of Spanish. Students are required to purchase the selected book. (Approx \$10 at the UBC Bookstore after the first class).

Instructor: Rohana Filippi

**Tu Jan 15-Mar 26 4:00 PM-5:00 PM**  
192538 \$114.29/10 sess

### Earthquake Preparedness-Apartments (16+ yrs)

Many sessions offered for emergency preparedness focus on people who live in houses - not this session. This session is for the apartment / condo dwellers - who have unique challenges when preparing for emergencies or disasters. We have all witnessed the recent earthquakes in Japan & New Zealand and have seen the devastation caused. Living in Vancouver, we too could be faced with an earthquake - yet few of us take the steps to ensure we are prepared. This session will ensure you and your family are prepared. It covers what is required to develop your emergency plan, how to conduct a Hazard Hunt and what to do when an earthquake strikes when you live in an apartment or strata.

Instructor: City Of Vancouver NEPP

**F Mar 15 7:00 PM-8:30 PM**  
192437 Free

### Speech Craft (19+yrs)

Do you need to give presentations at work? Speeches to large groups? A toast to the bride or groom at an upcoming wedding? Learn and practice the art of public speaking in this practical 6 week course. Practice both impromptu speaking and prepared speeches. You'll be evaluated constructively and learn to evaluate others constructively and you may even have a lot of fun!

Instructor: Toastmasters Club #59

**Tu Feb 12-Mar 19 7:00 PM-9:00 PM**  
192541 \$74/6 sess

## Philosopher's Cafe



### Philosopher's Cafe (16+ yrs)

Past and present homelessness: where do we go from here?

Instructor: SFU Philosopher's Cafe

**W Jan 9 6:30 PM-8:00 PM**  
192500 Free

### Philosopher's Cafe (16+yrs)

Death and dying: how do we approach end of life in healthy ways?

Instructor: SFU Philosopher's Cafe

**W Feb 13 6:30 PM-8:00 PM**  
192502 Free

### Philosopher's Cafe (16+yrs)

What does artificial intelligence mean to you? Does it scare you?

Instructor: SFU Philosopher's Cafe

**W Mar 13 6:30 PM-8:00 PM**  
192501 Free

### Philosopher's Cafe (16+yrs)

Nationalism versus globalism: what is the best approach to protect the environment?

Instructor: SFU Philosopher's Cafe

**W Apr 10 6:30 PM-8:00 PM**  
192503 Free

### Stay Connected!

Instagram @false\_creek  
Facebook @FalseCreekCommunityCentre  
Twitter @false\_creek



Taxes not included in fees.

# Martial Arts

## Aikido (16+yrs)

Aikido is a self-defense martial art, with a focus on non-violence. We practice non-competitively in the Tomiki style. Learn with an accepting and supportive group of aikidoka (students of aikido) skills such as falling with confidence, defusing an attack, and harnessing an awareness of your balance and centre, plus that of your practice partner. Our dojo is very casual and lessons are not reliant on a semester format. You'll learn at your own speed and rank up when you're ready. Drop-ins are always welcome, space permitting, at \$25 a session. For questions, reach out to Jess Hilliam via luckydogdojo.com, or find Lucky Dog Dojo Aikido on facebook.

*Instructor: Jess Hilliam*

**Tu Jan 8-Feb 12 7:45 PM-9:15 PM**  
[192398](#) \$125/6 sess

**Tu Feb 19-Mar 26 7:45 PM-9:15 PM**  
[192399](#) \$104.14/5 sess

## Karate - Ku Yu Kai Go-Ju Ryu Adults (18+yrs)

There is no first strike in karate. Go Ju Ryu founder Chogun Miyagi. 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) teach classes for all levels and all ages (minimum 6 years) in a friendly class environment. Continuous intake start any time. Progress at your own rate. (Students are taught to control their techniques. For safety reasons, any contact to the head, face, throat, groin and joints is strictly prohibited.) \* Uniform optional for beginners. More info at kuyukai.com. Drop-in: \$12.00 per class.

*Instructor: George Chan*

**Tu Th Jan 8-Feb 21 7:00 PM-8:30 PM**  
[192456](#) \$130/14 sess

**Tu Th 7:00 PM-9:00 PM**  
[192458](#) \$150/14 sess

**Tu Th Mar 5-Apr 18 7:00 PM-8:30 PM**  
[192457](#) \$130/14 sess

**Tu Th 7:00 PM-9:00 PM**  
[192459](#) \$150/14 sess

**Tu Th Feb 26-28 7:00 PM-8:30 PM**  
[197767](#) \$12/drop-in

Taxes not included in fees.

## Tai Chi with Nathan Szredni (19+yrs)

An ancient and unique system of health enhancement and self-defense, emphasizing relaxation, balance, coordination and agility, Tai chi incorporates both mental and physical discipline. Suitable for all ages and fitness levels, classes are conducted in a fun and focused manner. Over the last 15 years, Nathan has taught Tai Chi to hundreds of students. Drop in's \$16.00. All levels welcome. No class on February 16 and April 20.

*Instructor: Nathan Szredni*

**W Jan 9-Apr 24 10:30 AM-11:30 AM**  
[192557](#) \$224/16 sess

**W Jan 9-Apr 24 5:45 PM-6:45 PM**  
[192558](#) \$224/16 sess

**Sa Jan 12-Apr 27 9:30 AM-10:30 AM**  
[192559](#) \$196/14 sess

## Tai Chi: Exploring Yang Style (19+yrs)

The gentle movements of Tai Chi improve balance, alignment, and range of motion and foster body awareness while promoting relaxation. The widely practiced Yang Style is the foundation for this mixed levels class, where you will gain an understanding of the basics or expand your practice as we work towards learning the classic Long Form. Suitable for all body types and fitness levels. Taught in moderate stance with no extreme moves. Drop in \$12.38, space permitting.

*Instructor: Jean Kares*

**Tu Jan 8-Mar 19 7:00 PM-8:30 PM**  
[192560](#) \$132/11 sess

# Sports

## Basketball (16+yrs)

Recreational 3 on 3 basketball - games are organized by players. 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 at 7pm. Completed waiver forms required for participants under 19 years. Drop-in \$4.76, space permitting. No class February 18.

*Instructor: No Instructor*

**M Jan 14-Mar 25 7:30 PM-9:30 PM**  
[192402](#) \$41.9/11 sess

**W Jan 2-Mar 27 7:30 PM-9:30 PM**  
[192403](#) \$49.52/13 sess

## Indoor Soccer (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 at 7:00pm. Completed waiver forms required for participants under 19 years. Drop-in \$4.76, space permitting.

*Instructor: No Instructor*

**Th Jan 17-Apr 11 7:30 PM-9:30 PM**  
[192446](#) \$52/13 sess

### Stay Connected!

Instagram @false\_creek  
 Facebook @FalseCreekCommunityCentre  
 Twitter @false\_creek



# Art, Culture & Environment

## Pottery - Wheel Throwing (18+yrs)

Learn the art of wheel throwing! Join potter Keith Lehman, as he leads 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 all tools, glazing, firing and additional studio time (see instructor for details). No registration after the second class.

*Instructor: Keith Lehman*

**Tu Jan 8-Feb 26 6:30 PM-9:00 PM**  
[192508](#) \$160/8 sess

## Pottery - Wheel Throwing (18+yrs)

Learn the art of wheel throwing! Join potter Keith Lehman, as he leads 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 all tools, glazing, firing and additional studio time (see instructor for details). No registration after the second class.

*Instructor: Keith Lehman*

**Th Jan 10-Feb 28 6:30 PM-9:00 PM**  
[192509](#) \$160/8 sess

## Wheel Throwing Skill Builder (18+ yrs)

For students with previous wheel throwing experience who are ready to move beyond centering and develop their skills quickly. Sessions will focus on technique and basic forms, helping you to move past problem areas using guided repetition. Clay must be purchased at first class. Price includes all tools, glazes, firing and additional studio time (see instructor for details). No registration after the 1st class. Completion of this course does not qualify for False Creek Community Centre pottery studio membership.

*Instructor: Keith Lehman*

**Tu Mar 5-Mar 26 6:30 PM-9:00 PM**  
[192565](#) \$80/4 sess

## Pottery Handbuilding 1 (18+yrs)

A basic introduction to pottery making in a fun studio environment. You will create functional pottery using hand-building techniques. Earthenware clay must be purchased at the first class. Course price includes studio equipment use, glazes, firing and addition studio time.(see instructor for details). No registration after the 2nd class. No class on February 16.

*Instructor: Suling Yuen*

**M Jan 14-Mar 11 6:00 PM-8:30 PM**  
[192511](#) \$160/8 ses

## Art of the Journal **NEW** (19+yrs)

The Art of the Journal offers 22 transformative techniques that will help you deepen your creativity, expand your imagination, experiment with new ideas, process difficult emotions, plan and envision your future, and transform life into art, stories, screenplays, novels etc. It is a wonderful tool for planning and for activating change in your life. Let your journal become a therapist in a book, a trusted best friend, an idea generator, a memory keeper and more.

*Instructor: Lynna Goldhar Smith*

**Th Jan 17-Feb 21 1:00 PM-3:00 PM**  
[198568](#) \$88/6 sess

## Reframing Relations - Three Part Workshop (13+ yrs)

Reframing Relations brings artists and the public together for arts-based dialogue about reconciliation in Canada. In this three part workshop, one Indigenous and one non-Indigenous artist-facilitator collaborate to design an artistic process for participants that will engage with themes such as identity, culture, history, and relationship with land and with each other. People of all ages, abilities, and backgrounds are invited to join this open exploration, which may include elements of visual arts, dance and movement, poetry and storytelling, and more. No artistic experience required.

**F Jan 25-Feb 08 11:00 AM-2:00 PM**  
[193409](#) **FREE**

## Social

### Vancouver TheatreSports Drop-in Improv Class (18+ yrs)

This quick-witted workout is taught by a rotating roster of Vancouver TheatreSport League's players. Through various theatre games designed to build and refine the skills needed for good improvisation. Suited for beginner improvisers. No class on February 16.

*Instructor: Vancouver TheatreSports League*

**Sa Jan 5-Mar 30 1:30 PM-3:30 PM**  
[192564](#) \$20/drop

## Pottery Studio Membership

New pottery studio memberships are limited to those who have completed a minimum 8 week pottery course within the last 2-3 years at the False Creek Community Centre. Completion of a course does not guarantee membership, but means you are eligible to purchase one should space become available.





## Grow Your Own

### Microgreens (19+ yrs)

Microgreens are tasty and nutritious greens that can be eaten as a fresh snack or added to salads, smoothies, soups and more. In this Village Vancouver Fairview False Creek South Neighbourhood Food Network workshop with Yael Stav, you'll learn how to grow your own trays of microgreens at home year-round. We'll look at the difference between sprouts and microgreens, review the many possible seeds that can be used for starting microgreens, and look into troubleshooting common problems. You'll prepare your own microgreen tray to take home! Supplies included. We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds.

*Instructor: Village Vancouver*

**Sa Feb 23 1:30 PM-3:30 PM**

[192507](#)

\$15/1 sess

## Food & Gardening



## Intro to Organic Gardening (19+yrs)

Village Vancouver Fairview False Creek South Neighborhood Food Network presents this workshop covering the basics of planning, preparing and starting a food garden. You'll learn some simple techniques from Rhiannon Johnson for starting plants indoors and in the garden. 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.

*Instructor: Village Vancouver*

**Sa Mar 30 10:00 AM-12:00 AM**

[192441](#)

\$15/1 sess

## Making Sauerkraut (19+yrs)

Learn to make traditional, fermented sauerkraut in this Village Vancouver Fairview False Creek South Neighbourhood Food Network workshop. Fermented vegetables have many health benefits, including live enzymes, readily available vitamins and minerals, and probiotics - and sauerkraut/other fermented vegetables are suitable for all (vegetarian, vegan, Paleo, gluten free). Bring a wide-mouth 500ml mason jar, cutting board, large knife, and large bowl (optional). Participants will go home w/a jar of customized sauerkraut to ferment at home. We'll have a community seed library present - pick up up some free seeds for your garden, swap or donate seeds.

*Instructor: Village Vancouver*

**Su Feb 17 10:00 AM-12:00 PM**

[192464](#)

\$15/1 sess

## Waterfront

### Dragon Boat for Seniors (55+yrs)

For all level of water enthusiasts to come out once per week and paddle in a dragon boat. This is a senior recreational program and all abilities are welcome. Sponsored by the False Creek Racing Canoe Club. Waiver forms are required and available at the front desk.

*Instructor: Ron K. MacDonald*

**W Mar 27-May 29 10:00 AM-11:30 AM**

[192436](#)

\$90/10 sess



## Kayak with False Creek Community Centre

### Kayak and Canoe Club (13+yrs)

An excellent opportunity for certified participants to get out on the water without owning or storing a boat! Join the club and boats can be signed out for up to two hours during our regular hours of operation. Canoe Club members need RCABC Level 2 certification and Kayak Club members need to have successfully completed an Introduction to Kayaking program that includes solo capsiz recovery, both within the past three years. An orientation is also required before getting started. \*13 - 18 year olds need certification and must be accompanied by an adult with certification. Please ask at the office for more details.

*Instructor: No Instructor*

**Every day Jan 01-Mar 31 9:00 AM-3:30 PM**

[192460](#)

\$51.43/88 sess

### Kayak Private Lessons (19+yrs)

Never kayaked before, already taken an introductory course and just need a refresher? With experienced and certified instructors, our 2-hour private and semi-private lessons will help you focus on specific paddling skills at your own pace. We can accommodate up to 6 participants. Contact us to discuss your needs. Class will run rain or shine; dress appropriately for the weather. A Medical/Consent form is required prior to starting session. By appointment only, please email jackie.webber@vancouver.ca for more info.

*Instructor: Jackie Webber*

**Every day Dec 29-Apr 29 8:30 AM-10:30 AM**

[192461](#)

\$84.76/88 sess



A 50% discount off the first month of the Kayak Club when registering within 2 weeks of course completion & certification.