

Adult Learning

Spanish Beginners - Level 1

Bienvenidos! My class is designed for a small group so you can learn a new language in a relaxed and enjoyable atmosphere. The emphasis will be on communications, proper phonetic, vocabulary, some basic grammar and writing. At the end of the course you'll be able to introduce yourself in Spanish and converse about travel, work and much more. Soleado1 textbook (\$28) is required and can be purchased at the second class. Drop-in \$14.29 if space permits. No session Oct 9, 16, Nov 13.

19+ yrs	Rohana Filippi
117487	\$114.29/10 sess
Sep 11-Dec 4	M 1:00pm-2:30pm

English Corner

English Corner is an informal way to improve conversational English. At English Corner, participants learn English, share ideas and discover ways to build community. All English language levels are welcome! No session Oct 9, Nov 13.

19+ yrs	Howard & Huda
117445	\$1.90/12 sess
Sep 11-Dec 11	M 6:30pm-8:30pm

19+ yrs	MO Volunteer
117446	\$1.90/12 sess
Sep 20-Dec 6	W 3:30pm-5:30pm

19+ yrs	Farah Aghdasi
117447	\$1.90/15 sess
Sep 8-Dec 15	F 3:30pm-5:30pm

Introduction to Organic Gardening

The MONFN will cover the basics of planning, preparing and starting a food garden in the spring. You can also donate or get some seeds from the seed bank. For details, contact ross. MONFN@villagevancouver.ca.

19+ yrs	Village Vancouver
117469	FREE/1 sess
Nov 22	W 7:00PM-8:30PM

Evergreen Karaoke Group

Come join in on Chinese Karaoke, facilitated by Ms. Vivien Wong, with the S.U.C.C.E.S.S. Evergreen News Club. Please call 604-408-7274 ext. 1054 or email publications@success.bc.ca for more information. Drop-in only.

19+ yrs	Dennis Li - SUCCESS
117448	Drop-in \$6.67
Sep 7-Dec 21	Th 10:15am-12:15pm

Tax Tips and Resources

Are you confused each year about what to claim on your income tax or don't know where to find information? In this session, we will focus on tax tips and resources, what types of taxes, where to locate resources, and how and what you will need to prepare for income tax season. Come prepared with your questions!

50+ yrs	Seniors - Rey Chang
124652	FREE/1 sess
Sep 28	Th 10:30am-12:00pm

19+ yrs	Rey Chang
124653	FREE/1 sess
Sep 28	Th 7:00pm-8:30pm

Become an Income Tax Volunteer

We will cover everything you need to know about volunteering to help with Income Tax preparation.

19+ yrs	Rey Chang
124672	FREE/1 sess
Oct 14	Sa 1:00pm-3:00pm

19+ yrs	Rey Chang
124675	FREE/1 sess
Oct 21	Sa 1:00pm-3:00pm

For more workshops see pages 6-7

Art

Art Photo Club

An amateur photography club that shares common interest in photography. The first Thursday of each month, participants present their work, exchange opinions, experience and information on photography. Workshops also include basic photography skills, photo-editing and various computer skills. Please attend the workshops for a detailed calendar. Workshops are facilitated in Chinese/English.

19+ yrs	Danlei Ye
117432	\$23.81/3 sess
Oct 5-Dec 7	Th 7:15pm-9:15pm



Watercolour Workshop with Jane

Join Artist & Emily Carr Graduate of Fine Arts, Jane Lu in our journey with "Watercolours Workshop". A course designed for beginners, we will learn the basics of watercolour painting and expand our painting skills with colour mixing and texture making techniques. Explore and learn with hands-on demonstrations & step by step instructions. Come join us on our creative journey! A list of supplies needed will be provided on the first day. Subjects studied and techniques covered will change from session to session. Returning students will be able to build on past learning. No session Oct 31.

18+ yrs	Jane Lu
117855	\$94/6 sess
Sep 26-Nov 7	Tu 5:45pm-6:15pm

Dance



Line Dance with Ember

Exercise your body and mind dancing to lively and upbeat music. Line dance for fun, meet friends and socialize. Line dancing is a great exercise to stay healthy while having lots of fun. No session Oct 9, Nov 6, 9, 13, Dec 11.

19+ yrs **Ember Schira**
117465 \$71.19/11 sess; Drop-in \$6.19
 Sep 11-Dec 18 M 6:30pm-7:30pm

19+ yrs **Ember Schira**
117466 \$87.62/15 sess; Drop-in \$6.19
 Sep 7-Dec 21 Th 6:30pm-7:30pm

Line Dance Plus

Take dancing to the next level with our Line Dance Plus class. No session Oct 9, Nov 6, 9, 13, Dec 11.

19+ yrs **Ember Schira**
117460 \$71.19/11 sess; Drop-in \$6.19
 Sep 11-Dec 18 M 7:30pm-8:45pm

19+ yrs **Ember Schira**
117461 \$87.62/15 sess; Drop-in \$6.19
 Sep 7-Dec 21 Th 7:30pm-8:45pm

Line Dance Social

Enjoy a variety of dances, classic and new, beginner to intermediate. There will be a quick walk through on all dances and split floors for most dances.

19+ yrs **Ember Schira**
117464 \$6.67/1 sess; Drop-in \$6.67
 Dec 9 Sa 1:00pm-4:00pm



Line Dance with Karen

Line dance is a great way to have some fun and to get fit. Music and classes are conducted in Cantonese and Mandarin.

19+ yrs **Karen Tsai**
117467 \$61.90/13 sess; Drop-in \$5.71
 Sep 6-Nov 29 W 1:00pm-2:30pm

19+ yrs **Karen Tsai**
117468 \$57.14/12 sess; Drop-in \$5.71
 Sep 8-Nov 24 F 1:00pm-2:30pm

Line Dance Plus

Take dancing to the next level with our Line Dance Plus class. Music and classes are conducted in Cantonese and Mandarin.

19+ yrs **Karen Tsai**
117462 \$61.90/13 sess; Drop-in \$5.71
 Sep 5-Nov 28 Tu 1:00pm-2:30pm

19+ yrs **Karen Tsai**
117463 \$57.14/12 sess; Drop-in \$5.71
 Sep 7-Nov 23 Th 1:00pm-2:30pm

Social Dance

Come join in on some fun and dance! It's a great way to stay active. Beginners and all dance types and levels are welcome. No partner necessary. No session Oct 9, Nov 13.

19+ yrs **Aki Kakiuchi**
117484 \$18.57/13 sess; Drop-in \$1.90
 Sep 11-Dec 18 M 12:30pm-3:00pm

19+ yrs **Jane Oishi**
117485 \$22.86/16 sess; Drop-in \$1.90
 Sep 7-Dec 21 Th 12:30pm-3:00pm

Martial Arts

Iaido

Iaido is the traditional Japanese martial art of drawing and cutting with the samurai sword. The purpose of Iaido is to develop awareness, centeredness, sincerity, a calm mind, and mental and physical harmony through the practice of traditional sword techniques. Beginners are welcome to join. No session Dec 8.

19+ yrs **Hiro Inoue**
117880 Free Demonstration Class
 Sep 8 F 5:45pm-7:15pm
19+ yrs **Hiro Inoue**
117861 \$133.37/14 sess ; Drop-in \$11.43
 Sep 15-Dec 22 F 5:45pm-7:15pm

Karate

Learn traditional Go-Ju-Ryu Karate. This program improves focus and self-discipline. Students learn at their own pace and gain confidence with mini-tests to determine progress levels. Program supports adults, youth & children.

6+ yrs **George Chan**
117756 Free Trial Class
 Sep 13 W 6:00pm-7:15pm

6+ yrs **George Chan**
117757 \$99/12 sess
 Sep 20-Dec 6 W 6:00pm-7:15pm

Sunny Kim Tae Kwon Do

See page 18 for details. A great workout for all ages!

19+ yrs **Sunny Kim Taekwondo**
117764 Free Trial Class
 Sep 5 Tu 7:00pm-7:45pm
 Set 1

19+ yrs **Sunny Kim Taekwondo**
117765 \$112/14 sess
 Sep 8-Oct 24 Tu F 7:00pm-7:45pm
 Set 2

19+ yrs **Sunny Kim Taekwondo**
117766 \$112/14 sess
 Oct 27-Dec 15 Tu F 7:00pm-7:45pm

Fitness



Lia Fletcher
Yoga, Pilates and Dance Instructor

Yoga

Lia is very excited to start teaching at Marpole-Oakridge Community Centre. She has been a dancer since she was three with training in tap, ballet, and jazz. She became an elite dancer during her teens and took lead roles in classical ballet productions. In her 20's, Lia transitioned into the practice of Yoga and Pilates and taught yugalates in Vancouver for 11 years. She will be teaching yugalates and Ballet Fitness classes at Marpole-Oakridge, come by to check them out! You can also find her on instagram as @empireglow.ca.

Yugalates NEW

In this one hour class, we combine Yoga and Pilates for a total body workout. This combo class helps you tone your glutes, thighs and stomach while improving flexibility, balance, and strength. This class ends in a short meditation set to restore your mind, body and soul.

16+ yrs	Empire Glow
124344	Free Trial Class
Sep 14	Th 10:00am-11:00am
16+ yrs	Empire Glow
123008	\$104/13 sess; Drop-in \$15
Sep 21-Dec 14	Th 10:00am-11:00am

Ballet Fitness NEW

Ballet Fitness is an upbeat workout set to motivating music. Have fun while getting sculpted into a dancer's body: long, lean, and toned! You will build muscle tone, strengthen your core, increase flexibility, and correct your posture.

16+ yrs	Empire Glow
124327	Free Trial Class
Sep 14	Th 11:00am-12:00pm
16+ yrs	Empire Glow
123009	\$104/13 sess; Drop-in \$15
Sep 21-Dec 14	Th 11:00am-12:00pm

Yoga Flow NEW

Yoga Flow is a Vinyasa practice that matches movement with breath by flowing from one pose to next to build heat and create space for our mind. This class will reinvigorate your mind, body and soul! No session Oct 9, Nov 13.

19+ yrs	Empire Glow
127269	Free Trial Class
Sep 11	M 6:00pm-7:00pm
19+ yrs	Empire Glow
127091	\$88/11 sess
Sep 18-Dec 11	M 6:00pm-7:00pm

Hatha Yoga NEW

Hatha includes the practice of yoga postures (asanas) and breathing exercises (pranayama), which will challenge and strengthen the body while calming the mind and elevating the soul. This is a gentle practice great for beginners or students who prefer a more relaxed style where they hold poses longer. No session Oct 9, Nov 13.

19+ yrs	Empire Glow
127276	Free Trial Class
Sep 11	M 7:00pm-8:00pm
19+ yrs	Empire Glow
127092	\$88/11 sess
Sep 18-Dec 11	M 7:00pm-8:00pm

Massage Ball Yoga NEW

Massage Ball Yoga uses relaxing yoga postures and breathing techniques while rolling our bodies on strategically placed soft massage balls to help relieve tension, alleviate stress, ease pain and improve alignment allowing your body to relax and restore.

19+ yrs	Into Yoga
117498	Free Trial Class
Sep 20	W 6:30pm-7:30pm
19+ yrs	Into Yoga
117499	\$60/5 sess; Drop-in \$13.33
Sep 27-Oct 25	W 6:30pm-7:30pm

Iyengar Yoga

Saturday morning yoga - to energize and renew for the weekend and throughout life! The Iyengar method is adaptable to suit individual needs. Increased flexibility, reduced risk of injury, enhanced fitness for sports, relaxation for the mind and an increase of self-confidence are a few of the benefits one can experience. Grant is a Certified Iyengar Yoga teacher and he has offered this course at Marpole-Oakridge Community Centre since 2009. Drop-ins welcome.

19+ yrs	Grant Richards
117454	\$153.33/14 sess; Drop-in \$15.24
Sep 9-Dec 9	Sa 9:30am-11:00am



For Aerobics Schedule see page 25

Health & Fitness

Zumba for Beginners NEW

This low-impact dance and fitness class is for beginners and seniors. Improve your balance, strength and flexibility. Zumba is a fusion of Latin and international music and movement. No session Oct 9, Nov 13.

19+ yrs	Silva Abkarian
124372	Free Trial Class
Sep 11	M 9:15am-10:15am
19+ yrs	Silva Abkarian
123276	\$31.43/6 sess; Drop-in \$6.19
Sep 18-Oct 30	M 9:15am-10:15am
19+ yrs	Silva Abkarian
124368	\$31.43/6 sess; Drop-in \$6.19
Nov 6-Dec 18	M 9:15am-10:15am



Waikiki Workout

It's dance, fitness, and a tropical vacation in one! Based on basic hip movements of Hawaiian hula and Tahitian drum dances, Waikiki Workout is cardio, toning, and low-impact. Dance to soothing melodies of Hawaii, exotic drums of Tahiti and other fast-paced favorites, and say ALOHA to your new beach body! No session Oct 9.

19+ yrs	Lehualani Mulder
117496	Free Trial Class
Sep 18	M 5:45pm-6:45pm
19+ yrs	Lehualani Mulder
117497	\$45.71/6 sess; Drop-in \$8.57
Sep 25-Nov 6	M 5:45pm-6:45pm

Feldenkrais Awareness Through Movement NEW

Discover your potential for effortless, efficient, elegant movement! Classes are composed of gentle innovative exercises which help you improve posture, release excess tension and develop greater flexibility and ease in your movement.

19+ yrs	May Nasser
117470	\$60/4 sess; Drop-in \$20
Sep 14-Oct 5	Th 9:30am-10:30am
19+ yrs	May Nasser
117471	\$60/4 sess; Drop-in \$20
Nov 2-Nov 23	Th 9:30am-10:30am

Dancing Pilates NEW

This unique Dancing Pilates class mixes classical ballet barre repertoire with traditional Mat Pilates and Standing Mat Pilates to improve posture, placement, core strength, alignment, balance, turnout and flexibility. Open to all levels.

19+ yrs	Into Yoga
117970	Free Trial Class
Sep 14	Th 7:00pm-8:00pm
19+ yrs	Into Yoga
117440	\$71.43/6 sess; Drop-in \$13.33
Sep 21-Oct 26	Th 7:00pm-8:00pm
19+ yrs	Into Yoga
117971	\$82.86/7 sess; Drop-in \$13.33
Nov 2-Dec 14	Th 7:00pm-8:00pm

WE WANT TO HEAR FROM YOU!

Do you have program idea?
Do you have feedback?
Would you like to offer a course?
Get in touch!
marpolecc@vancouver.ca

Tai Chi Learn and Practice

Join this dedicated group to learn and practice Tai Chi 24 (Tue), Tai Chi Chi Kung (Fri), Yang 88 (Sat). All levels are welcome. No session Sep 26, Nov 4.

19+ yrs	Georgia Nijjar
117887	\$14.28/15 sess ; Drop-in \$1.19
Sep 5-Dec 19	Tu 10:30am-11:30am
19+ yrs	King Li
117891	\$15.23/16 sess ; Drop-in \$1.19
Sep 8-Dec 22	F 10:30am-11:30am
19+ yrs	Jack Fong
117894	\$11.43/12 sess ; Drop-in \$1.19
Sep 9-Dec 2	Sa 12:00pm-1:30pm



Pickleball

Get active on the court with Pickleball. This sport combines elements of badminton, tennis and table tennis. It is a fun and easy to learn sport will have you coming back for more! Please note that this program is non-instructional and geared toward newer players. Eight paddles available on a first come, first serve basis. No session Oct 9, Nov 13. Drop-in if space permits.

50+ yrs	
117914	\$32.24/13 sess ; Drop-in \$3.10
Sep 11-Dec 18	M 1:40pm-3:20pm

For Sports Schedule and Table Tennis Information see pages 26-27