

Martial Arts

Karate

For all ages! Have fun while learning 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. Parents are encouraged to register and participate in the program with their children.

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| 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

This fast-paced martial art combines athletic kicks, strong hand work, balance and speed. Emphasis is placed on forms and light contact sparring. Students are encouraged to participate in BC Taekwondo Federation events. A great workout for all ages! Belt Promoting Testing will be held 1:00pm-3:00pm Saturday Dec 16. No session Oct 31.

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| 5-7 yrs | Sunny Kim Taekwondo |
| 117758 | Free Trial Class |
| Sep 5 | Tu 5:30pm-6:15pm |
| 8-12 yrs | Sunny Kim Taekwondo |
| 117761 | Free trial Class |
| Sep 5 | Tu 6:15pm-7:00pm |

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| 5-7 yrs | Sunny Kim Taekwondo |
| 117759 | \$112/14 sess |
| Sep 8-Oct 24 | Tu F 5:30pm-6:15pm |
| 8-12 yrs | Sunny Kim Taekwondo |
| 117762 | \$112/14 sess |
| Sep 8-Oct 24 | Tu F 6:15pm-7:00pm |

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| 5-7 yrs | Sunny Kim Taekwondo |
| 117760 | \$112/14 sess |
| Oct 27-Dec 15 | Tu F 5:30pm-6:15pm |
| 8-12 yrs | Sunny Kim Taekwondo |
| 117763 | \$112/14 sess |
| Oct 27-Dec 15 | Tu F 6:15pm-7:00pm |

Sports

Family Badminton

Families consisting of an adult and child (7-18 yrs) will be given priority. Children aged 7-12 must be accompanied by an adult. Unaccompanied adults may drop-in if space permits. Volunteer badminton supervisors have the right to direct players to an appropriate level of play. Most games are played in doubles on a court rotational basis. No single court games, unless time and/or skill level permits. Please bring own equipment and shuttlecocks. No session Oct 28.

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| 7+ yrs |
| 117767 Ch/Yth \$27.45/15 sess; Drop-in \$2.55 |
| Sep 9-Dec 23 Sa 2:00pm-3:50pm |



Basketball

Focus for this program is on developing individual playing skills; understanding and playing as a team on both offense and defense; improving shooting skills and providing conditioning exercises. No session Oct 31.

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| 6-9 yrs | Edmund Bau |
| 117754 | \$65/12 sess |
| Sep 19-Dec 12 | Tu 4:00pm-4:45pm |
| 10-12 yrs | Edmund Bau |
| 117755 | \$65/12 sess |
| Sep 19-Dec 12 | Tu 4:45pm-5:30pm |

Badminton Lessons

Badminton is an excellent sport for development of hand-eye coordination, footwork, sportsmanship, teamwork and leadership. Level 1: Learn the basics, including the serve. Level 2 & 3: drop shot, smash, game strategy.

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| 7-12 yrs | Susan Kita |
| 117561 | All Levels Free Trial |
| Sep 14 | Th 4:00pm-5:00pm |
| 7-12 yrs | Susan Kita |
| 117548 | Level 1 \$82/12 sess |
| Sep 21-Dec 7 | Th 4:00pm-4:50pm |
| 10-16 yrs | Susan Kita |
| 117558 | Level 2/3 \$82/12 sess |
| Sep 21-Dec 7 | Th 5:00pm-5:50pm |

Kids Soccer

This indoor soccer program will emphasize the development of basic soccer skills i.e. dribbling, shooting, and passing. Boys and girls are welcome to come out and improve their soccer skills. No session Oct 9, Nov 13.

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| 6-8 yrs | |
| 117321 | \$76/12 sess |
| Sep 11-Dec 11 | M 4:15pm-5:00pm |
| 8-12 yrs | |
| 117325 | \$76/12 sess |
| Sep 11-Dec 11 | M 5:00pm-5:45pm |



Moresports is a partnership program between the Marpole-Oakridge Community Centre and the West 1 Community Schools Team of the Vancouver Board of Education. Moresports operates out of Sir Wilfrid Laurier, David Lloyd George, Dr. Annie B. Jamieson, & J.W. Sexsmith Elementary Schools. Registration forms will be available at all schools with more details.

Arts

Junior Ballet

Introduce your little ones to the world of ballet. These classes develop coordination, musicality, and fluidity of movement while having fun. Increased ballet technique is expected at each progressive level. No session Oct 7, Nov 11.

5-7 yrs **Vancouver Performing Stars**
116876 **\$99/10 sess**
Sep 16-Dec 2 **Sa** **2:30pm-3:15pm**

Speech, Presentation & Drama

This program will open the secrets of public speaking to the class. Participants will learn the basic skills of making an appearance in public, including motivation, voice, body language and eye contact. A short scene will be created where children will work co-operatively with partners while following direction.

6-8 yrs **World Of Fairy Tales**
116927 **\$78/10 sess**
Sep 20-Nov 22 **W** **4:45pm-5:30pm**

Drawing Basics

Learn to create drawings based on your imagination and observations. A variety of techniques and materials will be explored from charcoal and graphite to pastels. This class will allow students to be hands-on and develop their creative skills. A list of basic supplies (under \$30), needed will be provided on the first day. New subjects and techniques will be introduced each set, but are not progressive. No session Oct 31.

7-13 yrs
117801 **\$70/6 sess**
Sep 26-Nov 7 **Tu** **4:00-5:15pm**

Group or Birthday Parties

You provide the food, we'll provide the space! Cost includes rental of the Upper Lounge (with attached kitchen) for 3 hours from 12:00pm-3:00pm to host your party, plus 1 hour of gym time from 12:30pm-1:30pm with a variety of sport activity options available - badminton, floor hockey, volleyball, basketball, soccer. Please register in-person and complete your birthday party information and planning sheet. Birthday parties cannot be booked online. Sorry, no bookings available Oct 28, Nov 4, Dec 9. Book early to avoid disappointment!

1-15 yrs **Sep 9-Dec 16**
\$155/sess **Sa** **12:00pm-3:00pm**

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Kids Only Swap Meet

Bring in your child's gently used toys, games, clothes, bikes and books. A great opportunity to downsize, a 3'x8' table is only \$15 for vendors. Families, take this chance to refresh and resize items for your child. Admission is free. All visitors to the Kids Only Swap Meet, will also be given free admission to our family drop-in gym session, running from 10:40am-1:30pm. No vendors or businesses or resale of commercial goods. Public admission to the swap meet is free. Table reg by Oct 28.

Free Public Admission **\$15/per table**
Nov 4 **Sa** **10:00am-2:00pm**

Learning

Intro To Chess

Come jump into the intricate world of chess. Each 90 minute session will be full of chess puzzles, supervised games and game analysis. This comprehensive and progressive program allows students to learn how to play chess in the optimal manner by gradually increasing complexity. Classes will follow the six-level academic chess program of the Vancouver Chess School. (www.vanchess.ca). No session Oct 9, Nov 13.

6-13 yrs **Vancouver Chess School**
117788 **\$96/6 sess**
Sep 11-Oct 23 **M** **4:00pm-5:30pm**
6-13 yrs **Vancouver Chess School**
117795 **\$96/6 sess**
Oct 30-Dec 11 **M** **4:00pm-5:30pm**



Chess for Kids Camp

Chess lessons using electronic presentations and videos, chess tournaments in a variety of fun formats, chess puzzle exercises, game analysis, and chess simultaneous exhibitions. The best part is that the children have fun while learning these lessons. (www.vanchess.ca).

5-10 yrs **Vancouver Chess School**
117799 **\$200/4 sess**
Jan 2-Jan 5 **Tu-F** **9:00am-3:00pm**

To avoid disappointment, register early and invite your friends to join too!

Register Early!

Learning

Math Club

This is an inclusive, interactive program designed to increase your child's mathematical skills. Course work will focus on basics of arithmetic (addition, subtraction, multiplication & division), patterns, geometry, problem-solving strategies & logical thinking. Participants will have an opportunity to receive additional support if interested, and have opportunities to work individually and collaboratively on math games, riddles, and puzzles.

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| 7-10 yrs | Lily Cao |
| 117514 | \$42.50/7 sess |
| Sep 14-Oct 26 | Th 4:45pm-5:30pm |
| 7-10 yrs | Lily Cao |
| 117678 | \$42.50/7 sess |
| Nov 2-Dec 14 | Th 4:45pm-5:30pm |

Math Club Level 2

This is an upper level math course focused on enhancing your child's mathematical potential. Our goal is to strengthen their understanding of many mathematical principles. This includes geometry, algebra, word problems and logical thinking. Those who exceed in this class will be given an opportunity to work above their grade level. Participants are welcome to bring in any homework from school for extra help.

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| 10-13 yrs | Lily Cao |
| 117515 | \$42.50/7 sess |
| Sep 14-Oct 26 | Th 5:30pm-6:15pm |
| 10-13 yrs | Lily Cao |
| 117681 | \$42.50/7 sess |
| Nov 2-Dec 14 | Th 5:30pm-6:15pm |

WE WANT TO HEAR FROM YOU!

Do you have program idea?
Do you have feedback? Get in touch!
marpolecc@vancouver.ca

Writer's Workshop

Sharpen your pencils and get ready to write! This class' focus is how to write in a formal and academic style for various genres and audiences, as well as exploring creative, persuasive, and narrative writing through exciting activities, games, and lessons. No session Oct 31.

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| 8-12 yrs | Ivana Prpic |
| 117422 | \$61/11 sess |
| Sep 12-Nov 28 | Tu 4:45pm-5:30pm |

Red Cross Babysitting Course

So you want to be a babysitter? Or, your parents want you to take this course so they feel confident leaving you at home alone? Babysitting with First Aid Hero emphasizes learning through real life scenarios. Information covered includes: Exploring the business of babysitting, creating safe environments, safely caring for ages 0-12, and first aid skills. Please wear comfortable clothes; bring a lunch, drink, snack and medium sized stuffed animal.

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| 11-16 yrs | First Aid Hero |
| 119243 | \$63/1 sess |
| Sep 22 | F 9:00am-4:00pm |

Family Movie Nights

Bring the whole family and join us for a fun filled evening watching different movies every Friday night! 1 bag of FREE popcorn per family!

All Ages
FREE
Sep 9-Dec 22
F 6:00pm-8:00pm



Maker Girls - STEM Club Series

STEM girls rock in this workshop series designed just for girls who love science and engineering. Complete with exciting demonstrations, hands-on experiments, and make-and-take creations. All supplies for the 1.5 hour workshops are provided. this program is for girls entering grades 7-10.

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| 11-15 yrs | UBC Engineering |
| 127797 | FREE |
| Sep 27-Nov 15 | W 4:00-5:30pm |



Achieving Goals & Success

Many elementary and high school students start out with big goals and aspirations for the future. But once faced with difficulties, many lower their aspirations, or settle for goals that are easier to reach. It's important for parents to be aware of self-sabotaging habits and learn to foster a growth mindset. During this workshop, the instructor will provide information on how to help your child achieve their goals and experience success in and out of the classroom.

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| 21+ yrs | My Grade Booster |
| 128111 | \$10/1 sess |
| Oct 25 | W 6:30pm-7:30pm |