

**Sports** Martial Arts

#### **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: serves, drop-shot, smash, game strategy.

| 7-12 yrs      | Susan Kita               |
|---------------|--------------------------|
| 100291        | Level 1 - \$75/11 sess   |
| Apr 13-Jun 22 | Th 4:00pm-4:50pm         |
| 10-17 yrs     | Susan Kita               |
| 100292        | Level 2/3 - \$75/11 sess |
| Apr 13-Jun 22 | Th 5:00pm-5:50pm         |
| 7-17 yrs      | Susan Kita               |
| 103429        | All levels - \$72/7 sess |
| Jul 6-Aug 17  | Th 4:00pm-5:15pm         |
|               |                          |

#### **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. Games are played in doubles, & rotate by court. Please bring own equipment and shuttlecocks. No session Jun 3.

| 7+ yrs        |         | 100692         |
|---------------|---------|----------------|
| Ch/Yth \$30/1 | 1 sess; | Drop-in \$2.50 |
| Apr 8-Jun 24  | 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.

| 6-9 yrs       |    | Edmund Bau    |
|---------------|----|---------------|
| 100293        |    | \$59/11 sess  |
| Apr 11-Jun 20 | Tu | 4:00pm-4:45pm |
| 10-12 yrs     |    | Edmund Bau    |
| 100294        |    | \$59/11 sess  |
| Apr 11-Jun 20 | Tu | 4:45pm-5:30pm |

#### **Kids Soccer**

This 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 Apr 17, May 22, Aug 7.

|   | Ian McKenzie   |
|---|----------------|
|   | \$68/9 sess    |
| M | 4:15pm-5:00pm  |
|   | Ian McKenzie   |
|   | \$61/8 sess    |
| M | 5:00pm-5:45pm  |
|   | Ian McKenzie   |
|   | \$37.75/5 sess |
| M | 4:15pm-5:00pm  |
|   | Ian McKenzie   |
|   | \$37.75/5 sess |
| M | 5:00pm-5:45pm  |
|   | M              |

#### **Tennis - Summer Outdoor**

We can provide Racquets if required for use in class. Courts are located on Heather & West 57th Ave. In the event of rain, please contact MOCC for class status updates. For more information go to gordhaukastennis.com.

| 6-8 yrs       | G         | iord Hauka Tennis |
|---------------|-----------|-------------------|
| 103445        |           | \$63/7 sess       |
| Jul 4-Jul 12  | Tu-F,M-W  | 4:00pm-5:00pm     |
| 6-8 yrs       | G         | iord Hauka Tennis |
| 103446        |           | \$72/8 sess       |
| Jul 17-Jul 27 | M-Th,M-Th | 4:00pm-5:00pm     |
| 9-14 yrs      | G         | iord Hauka Tennis |
| 103447        |           | \$105/7 sess      |
| Jul 4-Jul 12  | Tu-F,M-W  | 5:00pm-6:30pm     |
| 9-14 yrs      | G         | iord Hauka Tennis |
| 103449        |           | \$120/8 sess      |
| Jul 17-Jul 27 | M-Th,M-Th | 5:00pm-6:30pm     |
|               |           |                   |

#### **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.

| 6+ yrs        |   | George Chan      |
|---------------|---|------------------|
| 104134        |   | Free Trial Class |
| Apr 5         | W | 7:00pm-8:30pm    |
| 6+ yrs        |   | George Chan      |
| 100679        |   | \$109/11 sess    |
| Apr 12-Jun 28 | W | 7:00pm-8:30pm    |
| 6+ yrs        |   | George Chan      |
| 103295        |   | \$79/8 sess      |
| Jul 5-Aug 23  | W | 7:15pm-8:45pm    |

#### **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. A great workout for all ages! Please check the best suited class at info@sunny-kimtkd.com. No session Apr 14. Belt Promotion Testing will be held 1:00-3:00pm on Sat, Jun 24.

| 5-7 yrs      |      | Sunny Kim     |
|--------------|------|---------------|
| 100684       |      | \$192/24 sess |
| Apr 4-Jun 23 | Tu F | 5:30pm-6:15pm |
| 8-12 yrs     |      | Sunny Kim     |
| 100689       |      | \$192/24 sess |
| Apr 4-Jun 23 | Tu F | 6:15pm-7:00pm |
| 12+ yrs      |      | Sunny Kim     |
| 100685       |      | \$192/24 sess |
| Apr 4-Jun 23 | Tu F | 7:00pm-7:45pm |
|              |      |               |



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.

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## **Performing Arts**

## Learning



#### **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 Apr 15, May 20, Jun 3.

| 5-7 yrs      |    | VPS           |
|--------------|----|---------------|
| 100710       |    | \$89/9 sess   |
| Apr 8-Jun 24 | 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. Instructor is Natalia Vasiluk, a professional actress, director & a talent agent.

| 6-8 yrs       | W | orld Of Fairy Tales |
|---------------|---|---------------------|
| 100711        |   | \$78/10 sess        |
| Apr 19-Jun 21 | W | 4:45pm-5:30pm       |

#### 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.

| 8-13 yrs      |    | Ivana Prpic   |
|---------------|----|---------------|
| 100715        |    | \$65/10 sess  |
| Apr 11-Jun 13 | Tu | 4:45pm-5:30pm |

#### **WEDO 1 Robotics**

Exciting and Fun introduction to Robotics with LEGO WeDo Software. Students will be able to build Robots featuring working motors and sensors, program their models, and explore a series of cross-curricular theme based activities. Teamwork is encouraged in this STEMbased program, as students develop their skills in science, technology, engineering and mathematics. Materials & equipment are provided for participant use in session. No session April 17.

| 7-12 yrs     | Tomo | rrow's Playground |
|--------------|------|-------------------|
| 104977       |      | \$75/3 sess       |
| Apr 3-Apr 24 | М    | 3:45pm-5:15pm     |

#### WEDO 2 Robotics

The LEGO WEDO 2.0 system provides an exciting introductory experience into the world of Robotics! Using hands-on tools with LEGO elements, WEDO 2.0 combines coding and robotics projects built on key science standards. This class encourages science exploration and experimentation, and incorporates activities across science, engineering, and technology with STEM Education. Materials & equipment are provided for participant use in session.

| 7-12 yrs     | Tomo | rrow's Playground |
|--------------|------|-------------------|
| 104986       |      | \$75/3 sess       |
| May 1-May 15 | M    | 3:45pm-5:15pm     |

# **Stop Motion Brick Animation**

Create your own stop-motion Brick Animation using LEGO elements! Students will learn the basic techniques of Brick Animation with LEGO Movie Maker, including movement, timing, effects, editing, voice overs, and more! Students will create a short LEGO Brick Animation Mini-movie. Use our LEGO sets, including Star Wars, Friends, City, or bring your own! All materials and computer equipment is provided for participant use in session.

| 7-12 yrs     | Tomo | rrow's Playground |
|--------------|------|-------------------|
| 104987       |      | \$75/3 sess       |
| Jun 5-Jun 19 | M    | 3:45pm-5:15pm     |



#### **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 Apr 17, May 22, Aug 7.

| 6-13 yrs      | Vanc | ouver Chess Schoo |
|---------------|------|-------------------|
| 100677        |      | \$144/9 sess      |
| Apr 10-Jun 19 | M    | 4:00pm-5:30pm     |
| 6-13 yrs      | Vanc | ouver Chess Schoo |
| 103416        |      | \$80/5 sess       |
| Iul 10-Aug 14 | М    | 4:00pm-5:30pm     |



### Learning

#### Math Club Level 1

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 & logic. Participants will have an opportunity to receive additional homework support if interested, and have opportunities to work individually and collaboratively on math games, riddles, and puzzles.

| 7-10 yrs      |    | Lily Cao        |
|---------------|----|-----------------|
| 100718        |    | \$67.50/10 sess |
| Apr 13-Jun 15 | 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.

| 10-13 yrs     |    | Lily Cao        |
|---------------|----|-----------------|
| 100720        |    | \$67.50/10 sess |
| Apr 13-Jun 15 | Th | 5:30pm-6:15pm   |



### **Drawing Basics with Jane**

Join artist & Emily Carr Graduate of Fine Arts, Jane Lu and 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 needed (under \$30), will be provided on the first day. New subjects and techniques will be introduced each set, but are not progressive.

| 7-13 yrs      |   | Jane Lu       |
|---------------|---|---------------|
| 103670        |   | \$59/5 sess   |
| Apr 12-May 10 | W | 3:30pm-4:30pm |
| 7-13 yrs      |   | Jane Lu       |
| 103851        |   | \$59/5 sess   |
| May 17-Jun 14 | W | 3:30pm-4:30pm |
|               |   |               |

# Family Movie Nights

Bring the whole family and join us for a fun filled evening watching different movies every Friday night! FREE popcorn included! No session April 14.

All Ages 105302 FREE/12 sess Apr 7-Jun 30 F 6:00pm-8:00pm

# Red Cross Babysitting Course

So you want to be a babysitter or your parents want to feel confident leaving you at home alone? First Aid Hero emphasizes learning through real life scenarios. Information covered includes: 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 & medium sized stuffed animal.

| 11-15 yrs |    | First Aid Hero |
|-----------|----|----------------|
| 100729    |    | \$63/1 sess    |
| Jun 17    | Sa | 8:45am-3:45pm  |
| 11-15 yrs |    | First Aid Hero |
| 103624    |    | \$63/1 sess    |
| Aug 28    | M  | 8:45am-3:45pm  |

