



Jointly operated by the Vancouver Board of Parks and Recreation and the Marpole-Oakridge Community Association

PROGRAM REGISTRATION

[vancouver.ca/marpoleoakridgerec](http://vancouver.ca/marpoleoakridgerec)

FITNESS CENTRE

[vancouver.ca/marpoleoakridgefitness](http://vancouver.ca/marpoleoakridgefitness)

COMMUNITY CENTRE

[marpoleoakridge.org](http://marpoleoakridge.org)



**Marpole-Oakridge  
Community Centre**

# Winter 2018 Recreation Guide

PROGRAMS RUNNING:

**January 2 to March 31**



# Winter Registration starts Tuesday, December 5, at 9:00am

## Get in touch with us

990 West 59th Avenue  
At the corner of Oak Street  
Vancouver, BC V6P 1X9

### COMMUNITY CENTRE

604-257-8180 (Press 1)

### FITNESS CENTRE

604-257-8174

### EMAIL

marpolecc@vancouver.ca

### ONLINE

www.marpoleoakridge.org

## Winter Operating Hours

January 2 - March 31

### COMMUNITY CENTRE

**Monday-Thursday** 9:00am to 9:30pm

**Friday** 9:00am to 8:00pm

**Saturday** 9:00am to 4:00pm

**Sunday & Statutory Holidays** Closed

Centre Office closes 30 minutes earlier than the centre

### FITNESS CENTRE & RACQUETBALL COURT

**Monday-Thursday** 8:00am to 9:30pm

**Friday** 8:00am to 8:00pm

**Saturday** 9:00am to 4:00pm

**Sunday, Statutory Holidays**

9:00am to 1:00pm

Sauna/whirlpool close 15 minutes earlier than the Fitness Centre

Whirlpool & Sauna closed Mon to Fri 11:45am-3:15pm

#### BROCHURE DESIGN CONCEPT:

Corinne Kempen | www.corinnekempen.com

#### PRODUCTION DESIGN:

Lena Ko | www.lenako.com

**Interactive Brochure** • Online, click on the program name or details to go directly to the ActiveNet registration page for the program.

**Online** • To register online, visit [www.vancouver.ca/marpoleoakridgerec](http://www.vancouver.ca/marpoleoakridgerec). Then select the “Register for an Activity” icon. You can browse and search activities without an account, but you need to create an online account before you can register.

**By phone** • 604.257.8180 (press 1) You may register yourself and up to two other people in each course. VISA and Mastercard are accepted.

**In person** • You may register yourself and up to two other people in each course. Cash, debit, cheque, VISA and Mastercard are accepted.

### Interested in a program? Register early!

Programs are cancelled when individuals wait until the last minute to register. The staff team make decisions on programs two days prior to the start date. If not enough people sign up, the program will either be cancelled or postponed. Don't be disappointed!

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**MOCA MISSION STATEMENT:** Offer diverse opportunities to enhance the well-being of individuals and families and strengthen a sense of community in a safe, welcoming and accessible environment.



## Winter 2018 President's Message

The consultation for the new community centre has begun and we expect the community consultation phase to end in mid-April. Again I encourage everyone to get involved with their thoughts and ideas as the consultation meetings occur. This is your chance to have a say in future programs, amenities, and the physical building. Exciting times!

At the July meeting, the Board voted to sign the new Joint Operating Agreement with the Park Board. This agreement affects how we operate the community centre in consultation with the Park Board. There have been many hours of meetings with the Park Board over this past year to argue and negotiate the terms of the agreement. Our Board was the first to sign the agreement as we felt that the agreement was fair; not perfect but fair. We at the Board look forward to moving ahead with the new agreement and building a better community centre.

I am pleased to report that our annual family oriented Music in the Park programs were a big success in July and August, as was our October Halloween Howler Event. Be sure not to miss the upcoming special events listed in this brochure - Breakfast with Santa Dec 9, Family Day Festival Feb 10, and our Easter Egg Hunt Mar 24. More great family times to come!

I reported earlier that the financial performance of the community centre has been largely on par with last year which was a solid year for MOCA. However as we have gotten further into the year, that performance has gotten better and better. Revenue is up, expenses are holding the line and the net income is ahead of last year. If you have any ideas for new programs, please let your thoughts be known. The Association continues to be committed to returning a percentage of any net income back to the community in the form of new equipment for the building and program needs annually.

Your community centre Annual General Meeting will be held Nov 21. You will have an opportunity to vote for your Board or even volunteer yourself. Please come out and support your community association.

We are always looking for new members, so please consider volunteering! Please feel free to contact me with any questions or to volunteer. Thank you.

Mike Burdick, President

## Association Memberships

The Marpole-Oakridge Community Association (MOCA) is a registered non-profit society. Membership is free, and occurs automatically when an individual registers for a program. A MOCA membership is required to be eligible to vote at the Annual General Meeting (AGM) and Association Board election held at Marpole-Oakridge Community Centre in November each year. You must be over 19 year of age to vote, and you must have registered in a program at least 30 days prior to the AGM. Should you wish to opt out of the automatic MOCA membership, please contact [MarpoleOakridgeCC@gmail.com](mailto:MarpoleOakridgeCC@gmail.com).

## How you can participate in the growth of your community centre!

MOCA meets every third Tuesday of each month at 7:00pm. All members are welcome to attend these meetings to learn more, provide feedback and suggestions, and participate in how your Community Centre is operated!

If you believe an engaged community is a healthy community and that a community centre is the heart of the community, consider joining one of our committees or becoming a member of the MOCA Board of Directors.

Email us your expression of interest. All community members are welcome to apply. The Board is currently in need of individuals with financial, legal and organizational skill sets. For more information, please visit: [www.marpoleoakridge.org](http://www.marpoleoakridge.org)

To receive news about the Community Centre, subscribe to our mailing list: [www.marpoleoakridge.org/newsletter](http://www.marpoleoakridge.org/newsletter)

## MOCA Board of Directors 2016-2017

Lorna Brown  
Mike Burdick  
Corinne Kempen  
Albert Leung  
Henry Liao  
Andy Yuen  
Norman Zottenberg  
Stephen Tan  
Katelyn Ling



# Family Day Festival

**FREE** *family fun for all ages!*



*Saturday, February 10, 2018 • 11:00am-2:00pm*

Marpole-Oakridge Community Centre, 990 West 59th Avenue, Vancouver, BC

- Inflatables • Balloon Artists • Face Painting • Games •
- Play Area • Food Concession • Live Entertainment •
- Cultural Activities...and more!

## Camps & Special Events



### Spring Break Camp

Join us for action filled days. Children will participate in physical, social and educational activities including: games, sports, theatre, crafts and out-trips. Children must be enrolled in at least kindergarten to participate.

<b>5-12 yrs</b>	<b>Week 1</b>	<b>Day Camp Staff</b>
<b>136095</b>		<b>\$142/5 sess</b>
<b>Mar 19-Mar 23</b>	<b>M-F</b>	<b>9:00am-4:00pm</b>
<b>5-12 yrs</b>	<b>Week 2</b>	<b>Day Camp Staff</b>
<b>136096</b>		<b>\$114/4 sess</b>
<b>Mar 26-Mar 29</b>	<b>M-Th</b>	<b>9:00am-4:00pm</b>

### Spring Break Youth LEADership Camp

Learn how to become a role model while going out and exploring all the fun recreational activities Vancouver has to offer! Examples of activities include out trips, crafts, sports, cooking, workshops and volunteering work. Bring your friends and a sense of adventure! Don't wait, register now!

<b>11-14 yrs</b>	<b>Week 1</b>	<b>Day Camp Staff</b>
<b>141018</b>		<b>\$122/5 sess</b>
<b>Mar 19-Mar 23</b>	<b>M-F</b>	<b>10:00am-4:00pm</b>
<b>11-14 yrs</b>	<b>Week 2</b>	<b>Day Camp Staff</b>
<b>141025</b>		<b>\$98/4 sess</b>
<b>Mar 26-Mar 29</b>	<b>M-Th</b>	<b>10:00am-4:00pm</b>

### Chess for Kids Camp

Vancouver Chess School provides professional chess educational program to students from beginners to advanced tournament players. These chess lessons use electronic presentations, videos, chess tournaments in a variety of fun formats, chess puzzle exercises, game analysis, and chess simulation exhibitions. The best part is that the children have fun while learning these lessons ([www.vanchess.ca](http://www.vanchess.ca)).

<b>5-10 yrs</b>	<b>Vancouver Chess School</b>
<b>137871</b>	<b>\$250/5 sess</b>
<b>Mar 19-Mar 23</b>	<b>M-F 9:00am-3:00pm</b>

### Stop Motion Brick Animation Camp

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! Use our LEGO sets or bring your own!

<b>6-12 yrs</b>	<b>Tomorrow's Playground</b>
<b>138093</b>	<b>\$150/4 sess</b>
<b>Mar 26-Mar 29</b>	<b>M-Th 10:00am-12:00pm</b>

### MOSkillz Youth Talent Show

You got talent? Singing, dancing, magic tricks, balloon animals... whatever it is, we want to see it! Cash prize for 1st place. Top 3 winners will perform at Marpole Day on Sat., June 2. Pick up a registration form from the front desk or online at [www.marpoleoakridge.org](http://www.marpoleoakridge.org). Entry deadline and information, contact 604-718-5879.

<b>13-18 yrs</b>	<b>FREE</b>
<b>May 11</b>	<b>F 5:00pm-8:00pm</b>

### Easter Egg Hunt



The Bunny has added Marpole-Oakridge Community Centre to the events list! Join in the hunt for Easter Eggs and enjoy some 'eggy' crafts designed to let your little one be creative. Parent participation is required. Please register by March 16 to ensure a spot. Youth fundraising concession will be open during the event.

<b>2-6 yrs</b>	<b>Youth Council</b>
<b>141056</b>	<b>\$6/1 sess</b>
<b>Mar 24</b>	<b>Sa 10:00am-11:30am</b>

### LEGO EV3 Mindstorms Camp

Students will learn to design, program, and control robots and other mechanisms using the LEGO EV3 Mindstorms System. Using the software, students can build, program & test their solutions based on real-life robotics technology. Students will gain a basic understanding of programming, engineering processes, sensor usage & much more! Materials & equipment are provided for participant use in session.

<b>8-12 yrs</b>	<b>Tomorrow's Playground</b>
<b>138096</b>	<b>\$150/4 sess</b>
<b>Mar 26-Mar 29</b>	<b>M-Th 1:00pm-3:00pm</b>

### Family Movie Nights

Bring the whole family and join us for a fun filled evening watching different movies every Friday night on a large screen! One bag of FREE popcorn for each family included!

<b>All Ages FREE</b>
<b>Jan 12-Mar 23</b>
<b>F 6:00pm-8:00pm</b>



# Music Lessons for All Ages

## Private Music Lessons

Experience the art and love of music. Excellent private one-on-one and group lessons for children, youth and adults are available. No experience necessary; all levels are welcome. Student must provide their own instrument. All private lessons are scheduled in 30 minute slots. Sorry, no on-line registration, in-person or phone only. Current private lesson students have scheduling priority.



### Flute Lessons

Enjoy private flute lessons and learn at your own pace. All levels are welcome, from beginners to students needing coaching in school band and orchestra programs. All levels are welcome. Please bring your own flute. Music books are extra. For more information, see [andreaminden.wordpress.com](http://andreaminden.wordpress.com).

<b>6+ yrs</b>	<b>Andrea Minden</b>
<b>30 min sessions</b>	<b>\$235/10 sess</b>
<b>Jan 11-Mar 15</b>	<b>Th 4:30pm-7:30pm</b>

### Guitar Lessons

Express your creativity through music and learn to play acoustic or electric guitar! Learn songs, theory, technique, chords and melodies, beat and rhythm, reading music, tuning, maintenance and re-stringing. Guitars are not provided, but the instructor can help with advice and purchasing.

<b>6+ yrs</b>	<b>Chris Wright</b>
<b>30 min sessions</b>	<b>\$235/10 sess</b>
<b>Jan 11-Mar 15</b>	<b>Th 3:30pm-8:00pm</b>

### Private Piano Lessons

Love the world of music and the piano through most enjoyable songs and pieces. Develop proper technique with fun exercises. Piano lessons cover dexterity, listening, rhythm and theory. For all ages and levels.

<b>5+ yrs</b>	<b>Roy Sun</b>
<b>No session Feb 12</b>	<b>\$211/9 sess</b>
<b>Jan 8-Mar 12</b>	<b>M 3:00pm-7:30pm</b>

<b>5+ yrs</b>	<b>Andrea Chang</b>
	<b>\$235/10 sess</b>
<b>Jan 9-Mar 13</b>	<b>Tu 3:30pm-7:00pm</b>

<b>4+ yrs</b>	<b>Jinsol Kim</b>
	<b>\$235/10 sess</b>
<b>Jan 10-Mar 14</b>	<b>W 3:30pm-7:00pm</b>

<b>5+ yrs</b>	<b>Andrea Chang</b>
	<b>\$235/10 sess</b>
<b>Jan 12-Mar 16</b>	<b>F 3:30pm-7:00pm</b>

<b>5+ yrs</b>	<b>Andrea Chang</b>
<b>No session Feb 10</b>	<b>\$211/9 sess</b>
<b>Jan 6-Mar 10</b>	<b>Sa 9:30am-12:00pm</b>

### Violin NEW

Join as a complete beginner or tune up your violin skills. Students of all levels are welcome! Learn the violin in supportive environment with a dedicated teacher, who will also provide you with information on how to get the appropriate size and type of violin.

<b>5+ yrs</b>	<b>Ali Nourbakhsh</b>
	<b>\$235/10 sess</b>
<b>Jan 10-Mar 14</b>	<b>W 3:30pm-7:30pm</b>

### Ukulele or Guitar Lessons

Have you always wanted to learn a string instrument? We offer private guitar or even ukulele lessons to get you started. This program is based on special interests and fundamental goals that serve the humble of beginners all the way to tomorrow's prodigies. All classes are set in a fun, stress free environment. All students are required to bring their own guitar or ukulele to the lessons. <http://www.musicaexpressions.ca>.

<b>5+ yrs</b>	<b>Musical Expressions</b>
	<b>\$235/10 sess</b>
<b>Jan 9-Mar 13</b>	<b>Tu 3:30pm-7:00pm</b>

### Private Singing Lessons

Private singing lessons are for people of all ages who love to sing, no experience necessary. Students will learn to express themselves through singing and having fun! Current students have scheduling priority. No session Feb 10.

<b>9+ yrs</b>	<b>Gina Morel</b>
	<b>\$252/9 sess</b>
<b>Jan 9-Mar 6</b>	<b>Tu 4:00pm-8:00pm</b>

<b>9+ yrs</b>	<b>Gina Morel</b>
	<b>\$230/8 sess</b>
<b>Jan 13-Mar 10</b>	<b>Sa 10:00am-2:00pm</b>

Please bring your own instrument for all flute, ukulele, fiddle, violin and guitar lessons. Reasonable rentals are also available at Long & McQuade Music, Tom Lee Music, and Tapestry Music as music retailers in the lower mainland.

## Our Instructors



Musical Expressions values the potential of every individual to engage their musical abilities. Regardless of age or ability level, music is a gift that is acquired through time, yet lasts a lifetime. Musical Expressions instructors aim to use the power and benefits of music and personalize it with the experiences and knowledge of each individual.



Andrea Chang, a graduate of UBC, has completed all grade 10 requirements in piano and music theory and the Royal Conservatory of Music, ARCT Certification in Elementary & Intermediate Pedagogy. With over 12 years of teaching experience, Andrea's students enjoy great success participating in exams and music recitals. Her goal is to convey her lifelong appreciation of music to her students of all ages.



Gina McLellan Morel has performed extensively locally and internationally, most notably with the Vancouver Opera, Bard on the Beach, Prince George Symphony and the Vancouver Symphony Orchestra. Gina teaches a wide variety of styles, including musical theatre, opera and contemporary, emphasizing healthy vocal technique and performance practices.



Andrea Minden, BMus, flutist, sound instrumentalist and teacher who graduated from the UBC School of Music. Andrea is a well-known Vancouver musician and teacher and welcomes new students. For more information, visit <https://andreaminden.wordpress.com>.



Roy Sun has taught for over 10 years and his students take part in numerous festivals and examinations. He is a concert pianist, competitor and teacher who has his ARCT from the Royal Conservatory of Music, a diploma from the London College of Music examinations in Piano Performance and a Bachelor of Music (Piano) degree from UBC.



Chris Wright will focus on expressing creativity through music. He teaches acoustic, classical and electric guitar. Chris teaches how to play and construct songs, chords and melodies, music theory, scales, technique, reading music, beat and rhythm, tuning, maintenance and re-stringing.



Jin Kim received grade 9 level piano and music theory from the Royal Conservatory of Music at the age of 14. She began her teaching career helping young students learn basic music theory and interpreting music. Jin is now studying piano and music education at the University of British Columbia. Her lessons can be taught in Korean or English.



Ali Nourbakhsh has taught violin to students of all ages and levels at several music institutes in Iran for over 17 years. In addition to teaching, he has also been an educator in music literacy, and has published more than 70 articles about Violin techniques, violin practicing, and principals of playing violin. Familiar with the Royal Conservatory of Music standards for violin, Ali looks forward to sharing his love of the instrument and music to all students. For more info, visit <http://viol.ir>.



### Uke & Me

Come join us on a ukulele adventure. Parents with their child will jam together on the ukulele while singing along. There will be art and musical story telling time with the ukuleles as well. No previous knowledge of the ukulele or skills sets are required. Ukuleles will be provided during class and you are welcome to bring your own instead. Parental participation is required. No session Feb 12. For more visit: [www.musicalexpressions.ca](http://www.musicalexpressions.ca).

<b>3-6 yrs</b>	<b>Musical Expressions</b>
<b>143415</b>	<b>\$64/8 sess; Drop-in \$10</b>
<b>Jan 19-Mar 9</b>	<b>F 11:30am-12:00pm</b>

### Singing with Piano

Young children will explore singing and music accompanied by the piano. They will develop their voice and listening skills through singing, finger plays, rhythmic movement and playing percussion instruments. Children will also gain an understanding of high and low sounds, rhythms and beats. No session Feb 10.

<b>2.5-5 yrs</b>	<b>Doris Shi</b>
<b>140338</b>	<b>\$50/5 sess</b>
<b>Jan 6-Feb 3</b>	<b>Sa 9:30am-10:15am</b>
<b>2.5-5 yrs</b>	<b>Doris Shi</b>
<b>140339</b>	<b>\$50/5 sess</b>
<b>Feb 17-Mar 17</b>	<b>Sa 9:30am-10:15am</b>

## Performing Arts

### Mini 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.

**3-4 yrs Vancouver Performing Stars**  
**135853 \$89/9 sess**  
**Jan 11-Mar 8 Th 4:30pm-5:15pm**

### Parent & Tot Ballet

Introduce your little ones to the world of dance. Classes are designed to encourage little dancers to join in and have fun while dancing with mom or dad.

**1.5-2 yrs Vancouver Performing Stars**  
**135865 \$76.50/9 sess**  
**Jan 11-Mar 8 Th 6:00pm-6:30pm**

### Music & Movement for Toddlers

Join your child in this high energy class. We will learn simple songs and beginner dance movement to help build your child's self-confidence & coordination. Music will be provided for home to encourage these little performers to participate on their own. Parent or guardian participation is mandatory. No session Feb 10.

**2-3 yrs Vancouver Performing Stars**  
**136032 \$89/9 sess**  
**Jan 6-Mar 10 Sa 1:45pm-2:30pm**

### Parent & Tot Storytime NEW

Enjoy stories and colouring while meeting others in the community. Registration required.

**0-5 yrs**  
**146226 FREE/4 sess**  
**Jan 16-Feb 6 Tu 10:20am-10:50am**

**0-5 yrs**  
**146625 FREE/4 sess**  
**Feb 13-Mar 6 Tu 10:20am-10:50am**

### Mini Performing Stars

Dance and sing their favourite show tunes! Your little performers will develop rhythm, characterization, coordination and musicality through movement and song. Students must be able to participate without an adult. No session Feb 10.

**3-4 yrs Vancouver Performing Stars**  
**136034 \$89/9 sess**  
**Jan 6-Mar 10 Sa 2:30pm-3:15pm**

### Singing with Piano

See page 7 for details.

**2.5-5 yrs Doris Shi**  
**140338 \$50/5 sess**

**Jan 6-Feb 3 Sa 9:30am-10:15am**

**2.5-5 yrs Doris Shi**  
**140339 \$50/5 sess**

**Feb 17-Mar 17 Sa 9:30am-10:15am**

### Little Performers

Participants will have fun acting out fairy tale stories and playing theatre games with Natalia Vasiluk, a professional actress, director and a talent agent. They will do simple rhythmical exercises using musical instruments. Kids will also have an opportunity to express themselves through puppet characters.

**3-5 yrs World Of Fairy Tales**  
**137942 \$63/8 sess**

**Jan 24-Mar 14 W 4:00pm-4:45pm**



## Licensed Preschool



**Marpole Oakridge Preschool**  
**604.257.8180**

Marpole Licensed Preschool is recognized in the Early Childcare Education field as a leader and now has limited spots available for parents who want their child to experience play-based learning in a safe and caring environment.

Marpole Oakridge Preschool provides a play-based program that implements emergent curriculum inspired by Reggio Emilia preschools in Italy. We develop our curriculum by observing what and how children play and by listening closely to their voices. Based on observations, we provide an experience or materials that guide children to explore their interests in what they want to discover. We then make further observations and provide more experiences and this cycle goes on to support children's learning.

- We believe that children are competent, resourceful, creative and curious!
- We support children's individual learning as well as encourage collaborative learning through sharing ideas and working together.
- We look forward to working with your child and you, the guardians, as a team.

### Preschool staff



Natsuko Motegi



Gabriola Kinton

### Hours

**Monday-Thursday from September to June**  
**3-year-olds: 9:30am to 11:30am**  
**4-year-olds: 1:00pm to 3:30pm**

To register your child for the current year or for more information, call 604.257.8180.

### Fees :

**\$227 per month plus \$59 registration fee.**

## Sports

### Preschool Multi Sports

Running, jumping and throwing are the basics of all physical activity and your preschoolers will get a chance to try a variety of different physical activities while working on these fundamental skills. Parents are invited to participate. No session Feb 10.

<b>2-3 yrs</b>	<b>Ian McKenzie</b>
<b>137948</b>	<b>\$63/9 sess</b>
<b>Jan 13-Mar 17</b>	<b>Sa 10:15am-11:00am</b>
<b>3-5 yrs</b>	<b>Ian McKenzie</b>
<b>137950</b>	<b>\$63/9 sess</b>
<b>Jan 13-Mar 17</b>	<b>Sa 11:00am-11:45am</b>

### Kick Start Soccer

Boys and girls will learn some elementary soccer skills. Listening and following simple directions will be emphasized. Please bring a water bottle each time. Parent participation is required. No session Feb 10.

<b>2-3 yrs</b>	<b>Ian McKenzie</b>
<b>137961</b>	<b>\$40/9 sess</b>
<b>Jan 13-Mar 17</b>	<b>Sa 9:15am-9:45am</b>
<b>3-5 yrs</b>	<b>Ian McKenzie</b>
<b>137965</b>	<b>\$40/9 sess</b>
<b>Jan 13-Mar 17</b>	<b>Sa 9:45am-10:15am</b>

### Sportball Parent & Tot Multisport



Sportball programs help pre-schoolers refine their motor skills (eg., balance, coordination), as well as develop social skills (eg., confidence, sharing, turn-taking, following instructions). Coaches introduce a different sport each class using developmentally appropriate games and activities. Parent participation is required. For more info, visit [www.sportball.ca](http://www.sportball.ca).

<b>2-3.5 yrs</b>	<b>Sportball Vancouver</b>
<b>140266</b>	<b>\$124/8 sess</b>
<b>Jan 17-Mar 7</b>	<b>W 11:15am-12:00pm</b>



### Parent & Tot Drop-In Gym!

Tots, toddlers and children - along with their parent or caregiver - are welcome to enjoy the bouncy castle, ride the scooters and cars, play soccer, mini basketball or hockey or tumble and play in our mat area. An infant area is also available for those not yet walking, with toys best suited for little hands. No session Feb 10, Mar 24.

**6 mths-6 yrs**  
**Jan 6-Mar 31 Sa 10:40am-12:15pm**

### Sportball Multisport



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 different popular sports. This is a drop-off program. For more info, visit [www.sportball.ca](http://www.sportball.ca).

<b>3-5 yrs</b>	<b>Sportball Vancouver</b>
<b>140267</b>	<b>\$124/8 sess</b>
<b>Jan 17-Mar 7</b>	<b>W 12:00pm-12:45pm</b>

See page 4-5 for Special Events

### 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 Feb 12.

<b>4-5 yrs</b>	<b>Waisse Ururyar</b>
<b>140238</b>	<b>\$61/8 sess</b>
<b>Jan 8-Mar 5</b>	<b>M 3:30pm-4:15pm</b>



**You provide the food, we'll provide the space!**

Cost includes rental of the Upper Lounge (with attached kitchen) for 3 hours from 2:00pm-3:00pm to host your party, plus 1 hour of gym time from 12:30pm-1:30pm with a variety of age-appropriate activity options available. Detailed information regarding our birthday party packages is available at the front desk and visit online at: [www.marpoleoakridge.org](http://www.marpoleoakridge.org).

Please register in-person and complete your birthday party information and planning sheet.

Birthday parties cannot be booked online. Sorry, no bookings available Feb 10. Book early to avoid disappointment!

<b>1-15 yrs</b>	<b>Jan 13-Apr 7</b>
<b>\$155/sess</b>	<b>Sa 12:00pm-3:00pm</b>

## Sports

### Jump Gymnastics FUNdamentals 1 & 2

Jump classes will focus on a structured introduction to fundamental movement skills in a super fun, challenging, non-competitive environment. By developing these skills kids will have a foundation to explore and enjoy different sports and physical activities. Each class will include a warm up, games, circuit activities and a goodbye circle. Let's get JUMPing! Parent participation required.

<b>2-4 yrs</b>	<b>Jump Gymnastics Inc</b>
<b>146357</b>	<b>\$109.50/8 sess</b>
<b>Jan 16-Mar 6</b>	<b>Tu 11:15am-12:00pm</b>
<b>3-6 yrs</b>	<b>Jump Gymnastics Inc</b>
<b>146358</b>	<b>\$109.50/8 sess</b>
<b>Jan 16-Mar 6</b>	<b>Tu 12:00pm-12:45pm</b>

## MARPOLE OAKRIDGE DAYCARE SOCIETY

This non-profit licensed group daycare for children 2.5 to 5 years of age has served the Marpole Community since 1974. The program follows a "play based" curriculum. Play nourishes every aspect of children's development and forms the foundation of intellectual, social, physical and emotional skills necessary for success in school and in life.

Teachers are qualified and experienced in Early Childhood Education.

**Monday through Friday**  
**7:30am to 5:30pm**

**For more information**  
**call 604-325-5516,**

**email mods@telus.net**  
**/marpoleoakridgedaycare.com**

## Learning

### Introduction to Baby Sign Language

Babies understand & can communicate long before they are able to speak. Research shows that babies who learn sign language learn quicker and talk earlier. The instructor will teach you the signs and songs so you can practice at home. Babies can sleep during class or you can bring along some quiet toys. Visit <http://www.intoyoga.ca> for more information.

<b>0-2.5 yrs</b>	<b>Sheri Kauhausen</b>
<b>136054</b>	<b>\$64/5 sess</b>
<b>Feb 28-Mar 28</b>	<b>W 10:30am-11:15am</b>

### ChildSpace NEW

This class is for parents and babies during the first year of development. Parents will learn what to look for in their baby's development and how to support their baby's natural learning process with attention and touch. This helps improve the vital relationship between parent and baby and helps parents become more confident in their skills. Drop-in if space permits.

<b>3-10 mths</b>	<b>May Nasser</b>
<b>138529</b>	<b>\$96/8 sess; Drop-in \$20</b>
<b>Jan 18-Mar 8</b>	<b>Th 9:45am-10:45am</b>

### Fun with Phonics

Help your child take the first steps into reading and writing with this beginner phonics program. We will work on short/long vowels, consonants and syllables through fun activities, songs and games!

<b>4-6 yrs</b>	
<b>140329</b>	<b>\$53.50/9 sess</b>
<b>Jan 9-Mar 6</b>	<b>Tu 4:00pm-4:45pm</b>

**Movie Tickets for Sale \$11**  
**sold at the front office.**

### Fun Time In Mandarin

Singing, musical games, stories and more. Learning a new language can be exciting, and is important to your child's development. In this class, children and parents/grandparents/caregivers can learn simple words and phrases in Mandarin, while engaging in fun filled activities. Explore and enjoy the sounds and beauty of Mandarin together! No session Feb 10.

<b>2.5-5 yrs</b>	<b>Doris Shi</b>
<b>140331</b>	<b>\$50/5 sess</b>
<b>Jan 6-Feb 3</b>	<b>Sa 10:30am-11:15am</b>
<b>2.5-5 yrs</b>	<b>Doris Shi</b>
<b>140333</b>	<b>\$50/5 sess</b>
<b>Feb 17-Mar 17</b>	<b>Sa 10:30am-11:15am</b>

### Drawing for Preschoolers

Young Rembrandts teaches pre-school children the skills necessary to draw more complex images. As pre-schoolers learn to draw and colour with our step-by-step method, they develop observation skills, increase their fine motor skills, handwriting readiness and attention to detail. In our fun and engaging classes, students will also learn shape recognition as they create a colourful masterpiece using simple shapes. No session Feb 10.

<b>3.5-5 yrs</b>	<b>Young Rembrandts</b>
<b>140322</b>	<b>\$75/5 sess</b>
<b>Jan 6-Feb 3</b>	<b>Sa 9:30am-10:30am</b>
<b>3.5-5 yrs</b>	<b>Young Rembrandts</b>
<b>140324</b>	<b>\$75/5 sess</b>
<b>Feb 17-Mar 17</b>	<b>Sa 9:30am-10:30am</b>

### Mini Math

Join us for games and fun activities that involve numbers! Learn new ways of counting, finding number patterns, and solving puzzles. Help your child build on existing math skills and learn new ones!

<b>4-6 yrs</b>	
<b>140335</b>	<b>\$63.50/10 sess</b>
<b>Jan 11-Mar 15</b>	<b>Th 4:00pm-4:45pm</b>

## 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.

**6+ yrs** **George Chan**  
**140336** **\$83/10 sess**  
**Jan 10-Mar 14** **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 March 17.

**5-7 yrs** **Sunny Kim Taekwondo**  
**136234** **\$152/20 sess**  
**Jan 9-Mar 16** **Tu F** **5:30pm-6:15pm**  
**8-12 yrs** **Sunny Kim Taekwondo**  
**136235** **\$152/20 sess**  
**Jan 9-Mar 16** **Tu F** **6:15pm-7:00pm**



## Sports & Fitness

### 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. Please bring own birdies. Please see page 27 for more details. No session Feb 10.

**7+ yrs**  
**140337** **Ch/Yth \$21/12 sess; Drop-in \$2.55**  
**Jan 6-Mar 31** **Sa** **2:00pm-3:50pm**

### Zumba Kids Junior NEW

Classes feature kid-friendly routines based on original Zumba choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure. Zumba Kids helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun. No session Feb 12.

**4-8 yrs** **Emily Sum**  
**143936** **\$56/8 sess; Drop-in \$8**  
**Jan 15-Mar 12** **M** **4:15pm-5:00pm**

### 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: Students progress to more difficult skills e.g., drop shot, smash. Level 3: Develop intermediate to advanced skills. Level 3 students must have previously taken level 2 or will be screened during first class at no charge.

**7-12 yrs** **Susan Kita**  
**140354** **\$72/10 sess**  
**Jan 11-Mar 15** **Th** **4:00pm-4:50pm**  
**10-16 yrs** **Susan Kita**  
**140356** **\$72/10 sess**  
**Jan 11-Mar 15** **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 Feb 12.

**6-8 yrs** **Waisse Ururyar**  
**140260** **\$61/8 sess**  
**Jan 8-Mar 5** **M** **4:15pm-5:00pm**  
**8-12 yrs** **Waisse Ururyar**  
**140262** **\$61/8 sess**  
**Jan 8-Mar 5** **M** **5:00pm-5:45pm**

### 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**  
**140343** **\$54/10 sess**  
**Jan 9-Mar 13** **Tu** **3:45pm-4:30pm**  
**10-12 yrs** **Edmund Bau**  
**140347** **\$54/10 sess**  
**Jan 9-Mar 13** **Tu** **4:30pm-5:15pm**

### MoreSports Marpole Hub

During the Winter 2018 season, Marpole-Oakridge Community Centre Association and the West 1 Community Schools Teams (CST) will be providing MoreSports programming at the following elementary schools: Sir Wilfred Laurier, David Lloyd George and J.W. Sexsmith on Friday's after school.

MoreSports programs are primarily for children not currently involved in community sports. All players are welcome as long as they recognize and respect the diversity of experience and skill level of all players and coaches involved.

## Arts

### Junior Performing Stars

Learn all the essential skills to be a dynamite musical theatre performer! We'll explore all the best numbers from oldies, modern hits, Disney and Broadway. Sing with confidence, while learning fun choreography and the acting skills of a star! No session Feb 10.

**5-7 yrs** Vancouver Performing Stars  
**136038** \$89/9 sess  
 Jan 6-Mar 10 Sa 3:15pm-4:00pm

### Intermediate Ballet



Introduce your child to the world of ballet. No previous experience necessary. These sessions develop coordination, musicality and fluidity of movement while having fun. Increased ballet technique is expected at each progressive level. Appropriate dance shoes and attire please. Children will dance for parents on the last day of class.

**7-10 yrs** Vancouver Performing Stars  
**135850** \$89/9 sess  
 Jan 11-Mar 8 Th 3:30pm-4:30pm

### 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.

**5-7 yrs** Vancouver Performing Stars  
**135854** \$89/9 sess  
 Jan 11-Mar 8 Th 5:15pm-6:00pm

To avoid disappointment,  
 register early and  
 bring a  
 friend along!

Register  
 Early!

### 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  
**137945** \$63/8 sess  
 Jan 24-Mar 14 W 4:45pm-5:30pm

### Like the Masters



Create your own masterpieces inspired by great artists, such as Picasso, Ted Harrison, and Andy Warhol. Using famous paintings to understand the artists styles and with a range of artistic techniques, you will produce masterpieces in pastels, paints, and crayons. Supplies need for the first day: Set of 12 (min) chalk pastels and oil pastels, pencil, pencil sharpener and eraser. No session Feb 10.

**7-9 yrs** Patty Wong  
**145479** \$71.50/5 sess  
 Jan 27-Mar 3 Sa 11:00am-12:30pm

### Drawing for Kids



Fun and creativity are emphasized as you learn basic drawing technique. This program aims to give participants a greater understanding of proportions, achieving depth, dimension and to strengthen your perception of the subject. Supplies required: drawing pencils (2H, HB, 2B, 4B to 6B), Kneaded or vinyl eraser, pencil sharpener, sketch pad or photocopy paper. No session Feb 10.

**9-13 yrs** Patty Wong  
**145482** \$71.50/5 sess  
 Jan 27-Mar 3 Sa 1:00pm-2:30pm

## 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](http://www.vanchess.ca)). No session Feb 12.

**6-12 yrs** Vancouver Chess School  
**137873** \$128/8 sess  
 Jan 15-Mar 12 M 4:00pm-5:30pm

### Easter Egg Hunt



The Bunny has added Marpole-Oakridge Community Centre to the events list! Join in the hunt for Easter Eggs and enjoy some 'eggy' crafts designed to let your little one be creative. Parent participation is required. Please register by March 16 to ensure a spot. Youth fundraising concession will be open during the event.

**2-6 yrs** Youth Council  
**141056** \$6/1 sess  
 Mar 24 Sa 10:00am-11:30am

## Learning

### WEDO Robotics 1.0

WEDO 1.0 system provides an exciting introductory experience into the world of Robotics with LEGO and 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 STEM based program, as students develop their skills in science, technology, engineering and mathematics. All materials and computer equipment is provided for participant use in session.

**7-12 yrs** Tomorrow's Playground  
**137615** \$99/4 sess  
**Jan 19-Feb 9** F 3:45pm-5:15pm

### WEDO Robotics 2.0

WEDO 1.2 with Scratch provides an exciting introductory experience into the world of Robotics! All materials and computer equipment is provided for participant use during the sessions.

**7-12 yrs** Tomorrow's Playground  
**137872** \$99/4 sess  
**Feb 16-Mar 9** F 3:45pm-5:15pm

### Learning with Magic NEW

Want to be a magician? Learn to perform magic tricks, illusions, and basic sleight of hand. Make your own illusions and amaze your family and friends with your new performance and storytelling skills. All props are provided and included in the class fee. No session Feb 12.

**6-12 yrs** The Magi.Co  
**141844** \$125/6 sess  
**Jan 22-Mar 5** M 3:30pm-5:00pm

See page 4-5 for Special Events

### 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.

**8-12 yrs**  
**140371** \$56/9 sess  
**Jan 9-Mar 6** Tu 4:45pm-5:30pm

### Math Club Level 1

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. Participants are welcome to bring in any homework from school for extra help.

**7-10 yrs**  
**140372** \$63.50/10 sess  
**Jan 11-Mar 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 including that of high school level. Participants are welcome to bring in any homework from school for extra help.

**9-13 yrs**  
**140373** \$63.50/10 sess  
**Jan 11-Mar 15** Th 5:30pm-6:15pm



### 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 in grades 7-10. Registration required.

**11-14 yrs** UBC Engineering  
**141950** FREE/8 sess  
**Jan 17-Mar 14** W 4:00-5:30pm

### 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.

**11-16 yrs** First Aid Hero  
**130772** \$63/1 sess  
**Jan 6** Sa 9:00am-4:00pm

## Pre-Teen Social Recreation & Leadership

### PRE-TEEN CLUB

9-13 years

Calling all grade 4, 5, 6 and 7's! Meet other pre-teens in the neighborhood and join us every Friday evening for arts & crafts, baking and games.

Jan 12	Chocolate Brownies
Jan 19	Crystal Stars
Jan 26	Marble Magnets
Feb 2	Pop Art Self Portraits
Feb 9	Rice Crispy Pops
Feb 16	Mini Urban Garden
Feb 23	Yarn Wrapped Letters
Mar 2	Stress Balls
Mar 9	Origami
Mar 16	Rainbow Cookie Bars

**9-13 yrs**                      **Joanna Chiu**  
**136178**                              **Drop-in \$2**  
**Jan 12-Mar 16**      **F**      **4:15pm-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? Please see page 13 for details.

**11-16 yrs**                      **First Aid Hero**  
**130772**                              **\$63/1 sess**  
**Jan 6**                              **Sa**      **9:00am-4:00pm**

### 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](mailto:marpolecc@vancouver.ca)

### MO Jr. Youth Council

Marpole-Oakridge (MO) Jr. Youth Council is looking for preteens that are in grades 6 & 7, that are interested in building their leadership skills and making a positive contribution to the community and their peers.

**11-13 yrs**                      **Anntuaneth Figueroa**  
**136173**                              **FREE/10 sess**  
**Jan 9-Mar 13**                      **Tu**      **3:30pm-4:30pm**



### Bakers Kitchen

Do you love eating pastries and desserts, but don't know how they're made? Join us and explore your inner bakerness! Learn how to bake delicious desserts and share your creations at home with your family!

**9-13 yrs**                      **Marissa Lee**  
**136160**                              **\$40/8 sess**  
**Jan 18-Mar 8**                      **Th**      **4:00pm-5:30pm**

### Go Girls!

Hey girls! Lets get together and explore your creativity, discover talents, and share memories with new friends. Program will engage in topics such as: goal setting, inspiring women, leadership and activities that building confidence. Please contact the Youth Worker for more details.

**10-12 yrs**                      **Youth Leader**  
**136170**                              **FREE/8 sess**  
**Jan 25-Mar 15**                      **Th**      **3:15pm-4:45pm**

### Professional Day Trips

Prices include transportation & admission fees.

#### Ice Skating at Robson Square

Nothing to do on your professional day? Join us and lets head over to Hillcrest Centre and go ice skating! Invite all your friends it'll be a blast.

**9-13 yrs**                      **Youth Leader**  
**136166**                              **\$10/1 sess**  
**Jan 29**                              **M**      **10:30am-2:30pm**

#### Vancouver Police Museum

Come have a criminally good time and see the history of the Vancouver Police and see how the police department has evolved over the decades in the City of Vancouver.

**9-13 yrs**                      **Youth Leader**  
**136172**                              **\$15/1 sess**  
**Feb 19**                              **M**      **11:00am-3:00pm**

### Creative Spaces : Casual Room Use

Marpole-Oakridge (MOCC) offers free room use for 1 hour to support students wanting to practice creative activities such as dance, voice, music, or performing arts. To check on room availability for your creative activity, contact the front desk by phone or in person on the day of. Present your OneCard/GoCard at the front desk. Space is available on a drop-in only basis. Note that space availability varies daily based on centre programming. Rooms cannot be booked in advance, and are available on a first come, first serve basis.

## Youth Leadership Opportunities

### MO Youth Council (MOYC)

Marpole-Oakridge, is looking for youth who are interested in sharing ideas, opinions, and thoughts about things that happen in their community. The MOYC takes initiative to plan, organize and implement special events, fundraisers and activities for other youth and families in our community.

Look at what we have planned for the next few months:

- Anti-bullying Day
- MO Skillz Youth Talent Show
- Earth Day
- Easter Egg Hunt
- Volunteering in the Community

Youth must commit for the entire school year Sept 2017 - June 2018. Meetings are held every Wednesdays in the MO club room. For more information contact 604-718-5879.

13-18 yrs	Youth Leader
136174	FREE
Jan 10-Jun 14	W 4:00pm-5:30pm



### Duke Of Edinburgh Award

The Duke of Edinburgh Award is an internationally recognized leadership program that encourages youth to challenge themselves in a fun, active environment. Participants must be self-motivated and able to work independently to complete the four components of this program: Service, Skill, Physical Fitness and Expedition. Advice & support meetings can be booked with the youth worker. For more information and registration form, please contact 604-718-5879.

14-18 yrs	Anntuaneth Figueroa
136163	\$35/Booklet Fee
Ongoing	

### MoreSports Volunteer Assistant Coach Training

MoreSports provides affordable sports and physical activity opportunities for children, youth, and families. We provide afterschool seasonal sports and activities to our local elementary schools. Our youth coaches come from diverse backgrounds and sport experience, but they all share the same passion for helping kids. Our leaders are key role models in our community and inspire new ones.

13-18 yrs	Youth Leader
136175	FREE/1 sess
Jan 13	Sa 1:00pm-3:00pm

### Volunteer Opportunities

Need volunteer hours for school? MO has many volunteer opportunities for youth 13-18 yrs! All volunteers are required to complete a youth volunteer application form, assist to a volunteer interview with the youth staff, and attend a mandatory volunteer orientation before volunteering. For more information please contact the youth worker at 604-718-5879.

Volunteer Positions Available:

- Youth Council
- Youth Room Supervisor
- Administrative Assistant
- Program Activity Assistant
- Gym Supervisor
- Special Events
- Snack Bar
- Children Daycamps
- MoreSports after school programs (various elementary schools)

To avoid disappointment, register early!

Register Early!

### Snack Bar Crew Training

This training will teach you the skills that you need to successfully work in a customer service setting. Training will cover: customer service, cash handling, inventory, and proper food handling. This is mandatory for all youth who are interested in volunteering in the Snack Bar.

#### Snack Bar Shift Hours:

Monday to Thursday 3:15pm-6:00pm  
Friday 3:15pm-7:00pm

14-18 yrs	Youth Leader
136181	FREE/1 sess
Jan 20	Sa 1:00pm-3:00pm

### Winter Youth Volunteer Orientation

This one time orientation is mandatory for all youth wanting to volunteer for Marpole-Oakridge Community Centre programs, special events and youth council. This training provides information on volunteer expectations, benefits, role descriptions, and a safety orientation.

13-18 yrs	Youth Leader
136167	FREE/1 sess
Jan 19	F 5:00pm-7:00pm

### Foodsafe for Youth

Build your resume with this certificate course! FOODSAFE Level 1 is a food handling, sanitation and work safety course designed for front line food service workers such as cooks, servers, bussers, dishwashers, and deli workers. The course covers important food safety and worker safety information including foodborne illness, receiving and storing food, preparing food, serving food, cleaning and sanitizing. Fee includes manual & certification.

14-18 yrs	
146711	\$67.90/1 sess
Feb 19	M 9:00am-4:00pm

## Youth Sports & Fitness

### Marpole United Nations Dragon Boat Youth Team

Marpole's United Dragons, dragon boat team is recruiting new paddlers! If you are 13-18yrs old and interested in joining a team sport and can commit to the season and competitions, come join us! Experience is not needed. Participants are to meet at Creekside Community Centre (Dragon Zone), for weekly Thursday practices starting Jan 11. Weekend competition dates are in May, June & Aug. Subsidies are available. For more information please contact Anntuaneth at 604-718-5879.

**13-18 yrs** Sherry Lin  
**141045** \$100/season  
**Jan 11-Mar 29** Th 4:00pm-6:00pm

### Volleyball Skill Development

This volleyball program aims to teach the fundamentals of volleyball. Techniques include: bumping, passing, setting, serving, and spiking. Make sure you come geared up and ready to go!

**13-18 yrs** Lovelle Castro  
**136182** \$90/9 sess  
**Jan 19-Mar 16** F 5:45pm-7:00pm

### Night Hoops - & Jr Boys Team



Night Hoops offers youth the opportunity to experience the thrill of playing on an organized basketball team. Players do not have to be highly skilled. Practices will be held in the MO gym on Friday nights. Games will take place on Saturdays at different sites, starting January 2018 (schedule TBA). To register, call 604-718-5879. No session Mar 23, Mar 30.

**13-15 yrs** Jr Boys Coach  
**136176** FREE  
**Nov 17-Apr 20** F 7:00pm-8:15pm  
**15-18 yrs** Sr Boys Coach  
**136177** FREE  
**Nov 17-Apr 20** F 7:00pm-8:15pm

### Youth Drop-in Sports

Youth Drop-in Sports	Day	Regular Schedule	Changes to Regular Schedule
Youth Open Gym	Wednesdays	3:30pm-4:45pm Jan 3-Mar 28	Jan 3, Mar 21, Mar 28 session 4:15pm-5:45pm
Youth Drop-in Basketball	Fridays	3:15pm-4:30pm Jan 5-Mar 23	Jan 5, Mar 23 session 4:15pm-5:45pm No session Mar 30
Youth Drop-in Badminton \$2	Fridays	4:30pm-5:45pm Jan 5-Mar 23	Jan 5 session 5:45pm-7:00pm No session Mar 23, Mar 30

\*Bring your own equipment or borrow some from the front desk with a One Card or a Go Card.

### GenFIT Youth NEW

Our GenFIT program is an all-inclusive and interactive series of workout sessions designed and lead by an innovative certified strength and conditioning specialist. Our goal is to bring youth of all physical fitness into a supportive and healthy environment where they will find a life-long passion to healthy living.

**13-18 yrs** Charles Ding  
**145111** FREE/6 sess  
**Jan 20-Mar 17** Sa 12:00pm-1:30pm

### Sunny Kim Tae Kwon Do

This fast-paced martial art combines athletic kicks, strong hand work, balance and speed. Please see page 11 for details.

**8-13 yrs** Sunny Kim Taekwondo  
**136235** \$152/19 sess  
**Jan 9-Mar 13** Tu/F 6:15pm-7:00pm

### Karate

For all ages! See page 11 for details.

**6+ yrs** George Chan  
**140336** \$83/10 sess  
**Jan 10-Mar 14** W 6:00pm-7:15pm

## Adaptive

### Discovery Lifeskills

This social-recreational program is for youth with mild developmental disabilities who are looking to have fun, learn skills, and socialize. The activities will focus on social and life skills, allowing participants to have an opportunity to develop their independence. All participants are required to fill attend a meet and greet with staff prior to the first session. No session Feb 10.

**13-18 yrs** Youth Leader  
**136162** \$150/9 sess  
**Jan 13-Mar 17** Sa 11:00am-1:00pm

### Basketball for Boys

See page 27 for details.

**14-25 yrs** DCYBA  
**140348** \$20.50/10 sess  
**Jan 9-Mar 13** Tu 7:00pm-8:15pm

To avoid disappointment, register early and bring a friend along!

Register Early!

## 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. Dance to a variety of great music. No session Feb 12.

<b>19+ yrs</b>	<b>Ember Schira</b>
<b>138952</b>	<b>\$60.24/11 sess; Drop-in \$6.19</b>
<b>Jan 8-Mar 26</b>	<b>M 6:30pm-7:30pm</b>
<b>19+ yrs</b>	<b>Ember Schira</b>
<b>138954</b>	<b>\$71.19/13 sess; Drop-in \$6.19</b>
<b>Jan 4-Mar 29</b>	<b>Th 6:30pm-7:30pm</b>

### Line Dance Plus

Take dancing to the next level with our Line Dance Plus class. No session Feb 12.

<b>19+ yrs</b>	<b>Ember Schira</b>
<b>138957</b>	<b>\$60.24/11 sess; Drop-in \$6.19</b>
<b>Jan 8-Mar 26</b>	<b>M 7:30pm-8:45pm</b>
<b>19+ yrs</b>	<b>Ember Schira</b>
<b>138960</b>	<b>\$71.19/13 sess; Drop-in \$6.19</b>
<b>Jan 4-Mar 29</b>	<b>Th 7:30pm-8:45pm</b>

### 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.

<b>19+ yrs</b>	<b>Ember Schira</b>
<b>138961</b>	<b>\$6.67/1 sess</b>
<b>Mar 31</b>	<b>Sa 1:00pm-4:00pm</b>



### Line Dance with Karen

Line dance is a great way to have some fun and to get fit. Join us and learn to line dance. Meet new people and make new friends. Music and classes are conducted in Cantonese and Mandarin. Drop-ins welcome.

<b>19+ yrs</b>	<b>Karen Tsai</b>
<b>138546</b>	<b>\$61.90/13 sess; Drop-in \$5.71</b>
<b>Jan 3-Mar 28</b>	<b>W 1:00pm-2:30pm</b>
<b>19+ yrs</b>	<b>Karen Tsai</b>
<b>138547</b>	<b>\$57.14/12 sess; Drop-in \$5.71</b>
<b>Jan 5-Mar 23</b>	<b>F 1:00pm-2:30pm</b>

### Line Dance Plus

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

<b>19+ yrs</b>	<b>Karen Tsai</b>
<b>138548</b>	<b>\$61.90/13 sess; Drop-in \$5.71</b>
<b>Jan 2-Mar 27</b>	<b>Tu 1:00pm-2:30pm</b>
<b>19+ yrs</b>	<b>Karen Tsai</b>
<b>138549</b>	<b>\$61.90/13 sess; Drop-in \$5.71</b>
<b>Jan 4-Mar 29</b>	<b>Th 1:00pm-2:30pm</b>



### Ballroom and Latin Dance

Beginner and Bronze Mix level. Come learn a new skill in a friendly and social environment. Learn a few dances before going on a cruise and party! This course will cover Tango, Jive, Cha Cha, and Waltz. Drop-ins are welcome.

<b>19+ yrs</b>	<b>Candy Chan</b>
<b>143571</b>	<b>\$72/9 sess; Drop-in \$10</b>
<b>Jan 16-Mar 13</b>	<b>Tu 7:00pm-8:30pm</b>
<b>19+ yrs</b>	<b>Candy Chan</b>
<b>143579</b>	<b>\$72/9 sess; Drop-in \$10</b>
<b>Jan 17-Mar 14</b>	<b>W 10:00am-11:30am</b>

### 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 Feb 12.

<b>19+ yrs</b>	<b>Aki Kakiuchi</b>
<b>138544</b>	<b>\$18.33/11 sess; Drop-in \$1.90</b>
<b>Jan 8-Mar 26</b>	<b>M 1:00pm-3:00pm</b>
<b>19+ yrs</b>	<b>Tina Chen</b>
<b>138545</b>	<b>\$21.67/13 sess; Drop-in \$1.90</b>
<b>Jan 4-Mar 29</b>	<b>Th 12:30pm-3:00pm</b>



See page 25 for Zumba classes and our Aerobics schedule.

## Yoga

### Yoga Flow

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 Feb 12.

**19+ yrs** **Empire Glow**  
**138541** \$80/10 sess; Drop-in \$15  
 Jan 15-Mar 26 M 6:00pm-7:00pm

### Yogalates

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**  
**138537** \$80/10 sess; Drop-in \$15  
 Jan 11-Mar 15 Th 10:00am-11:00am

### Hatha Yoga NEW

Open to all levels. Strengthen, stretch, tone and relax. Whether you want to get in shape, improve range of motion, relieve muscle tightness, or reduce stress, Hatha yoga can benefit you. Hatha yoga is a multi-level class and teachers will offer variations and modifications to ensure that all students are working at their own pace.

**19+ yrs** **Kristiina Oinonen**  
**138543** \$90/9 sess; Drop-in \$12  
 Jan 16-Mar 20 Tu 10:00am-11:15am

No class Jan 23.



### Iyengar Yoga

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.

**19+ yrs** **Grant Richards**  
**138530** \$120.48/11 sess; Drop-in \$15.24  
 Jan 6-Mar 17 Sa 9:30am-11:00am

### Yoga Dance NEW

Yoga Dance offers an eclectic combination of Salsa, Yoga and unique Postural Reflexes exercises. This Dance/Yoga class has a strong emphasis on reawakening of proper muscular sequencing and support. Class starts with passionate Salsa music, followed by stamina building Yoga poses, then ends with a gentle yet invigorating postural reflexes "dance", and a Savasana resting pose. An enjoyable and relaxing class, full of learning opportunities!

**19+ yrs** **Into Yoga**  
**138534** \$64/5 sess; Drop-in \$14  
 Jan 23-Feb 20 Tu 6:30pm-7:30pm

**19+ yrs** **Into Yoga**  
**138535** \$64/5 sess; Drop-in \$14  
 Feb 27-Mar 27 Tu 6:30pm-7:30pm

### Yoga for Active Bodies NEW

Hatha yoga aimed for those with an active lifestyle. Do you run, weight train or plays sports but never seems to have time to stretch? Yoga is a great way to stretch those over worked or tight muscles. This class is for students with little or no experience in yoga.

**19+ yrs** **Leah Fladgate**  
**138536** Free Trial Class  
 Jan 10 W 7:00pm-8:00pm

**19+ yrs** **Leah Fladgate**  
**143518** \$81/9 sess; Drop-in \$11  
 Jan 17-Mar 14 W 7:00pm-8:00pm

### Chair Yoga NEW

Chair Yoga uses relaxation techniques and Yoga exercises while seated or standing. The classes are very gentle and beginner friendly. No matter what your age or physical condition, chair Yoga has many benefits such as easing stiff muscles, relaxing a sore back, improving posture, and releasing stress. Everyone is welcome.

**19+ yrs** **Into Yoga**  
**142628** \$64/5 sess; Drop-in \$14  
 Jan 24-Feb 21 W 9:30am-10:30am

**19+ yrs** **Into Yoga**  
**143501** \$64/5 sess; Drop-in \$14  
 Feb 28-Mar 28 W 9:30am-10:30am

### Yoga for Everyone NEW

Self conscious of the yoga studios? Trying yoga for the first time? Just getting back into it after a few years? This is the class for you. Hatha yoga is the classical form of yoga postures and breathing that revitalizes the body + mind. It is an uplifting practice that increases muscle tone, improves flexibility and concentration and allows you to experience a deep state of relaxation and enhancing mindfulness. No session Feb 12.

**19+ yrs** **Leah Fladgate**  
**142627** Free Trial Class  
 Jan 15 M 9:30am-10:30am

**19+ yrs** **Leah Fladgate**  
**143512** \$63/7 sess; Drop-in \$11  
 Jan 22-Mar 12 M 9:30am-10:30am

### Yogafit for Older Adults

see p.24 for details

**50+ yrs** **Emily Chan**  
**138176** \$57.14/8 sess; Drop-in \$8.57  
 Jan 19-Mar 9 F 4:00pm-5:00pm

For Sports Schedule & Table Tennis information, please see pages 26-27.



## Health & Wellness, Fitness

### Ballet Fitness

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.

<b>16+ yrs</b>	<b>Empire Glow</b>
<b>138538</b>	<b>Free Trial Class</b>
<b>Jan 11</b>	<b>Th 11:00am-12:00pm</b>
<b>16+ yrs</b>	<b>Empire Glow</b>
<b>138539</b>	<b>\$72/9 sess; Drop-in \$15</b>
<b>Jan 18-Mar 15</b>	<b>Th 11:00am-12:00pm</b>

### Cardio Pilates

Cardio Pilates is a fusion of classic Pilates movements, fat burning cardio exercises and full body strengthening exercises with use of hand weights, flex bands and small stability balls. This energizing workout improves cardio vascular endurance, core balance, and lengthens and tones entire body.

<b>19+ yrs</b>	<b>Emily Chan</b>
<b>138962</b>	<b>\$64/8 sess; Drop-in \$10</b>
<b>Jan 17-Mar 7</b>	<b>W 6:00pm-7:00pm</b>

### 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.

<b>19+ yrs</b>	<b>Into Yoga</b>
<b>138533</b>	<b>\$64/5 sess; Drop-in \$14</b>
<b>Jan 18-Feb 15</b>	<b>Th 7:00pm-8:00pm</b>
<b>19+ yrs</b>	<b>Into Yoga</b>
<b>142629</b>	<b>\$64/5 sess; Drop-in \$14</b>
<b>Feb 22-Mar 22</b>	<b>Th 7:00pm-8:00pm</b>

See page 25 for select FREE group fitness classes Jan 2-5.

### Feldenkrais Awareness Through Movement

Learn how using slow movement and directed attention improves your ability to thrive, move more easily, gain internal strength and better balance. This class will use awareness of your skeleton, muscles and life patterns to develop new ways of moving, sensing, feeling and acting. Lessons are done mostly lying on mats on the floor and some while sitting in chairs. Developed by Dr. Moshe Feldenkrais, one of the first to write about neuroplasticity.

<b>19+ yrs</b>	<b>May Nasser</b>
<b>146525</b>	<b>Free Trial Class</b>
<b>Jan 18</b>	<b>Th 9:30am-10:30am</b>
<b>19+ yrs</b>	<b>May Nasser</b>
<b>138528</b>	<b>\$120/8 sess; Drop-in \$20</b>
<b>Jan 25-Mar 15</b>	<b>Th 9:30am-10:30am</b>

### 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 Feb 12.

<b>19+ yrs</b>	<b>Lehualani Mulder</b>
<b>138523</b>	<b>Free Trial Class</b>
<b>Jan 15</b>	<b>M 5:45pm-6:45pm</b>
<b>19+ yrs</b>	<b>Lehualani Mulder</b>
<b>138524</b>	<b>\$53.33/7 sess; Drop-in \$8.57</b>
<b>Jan 22-Mar 12</b>	<b>M 5:45pm-6:45pm</b>

### Total Body Strengthening NEW

Train to maintain your body's muscular bone and joint health. This class is designed to improve cardio health, functional strength, balance and coordination, posture, range of motion and flexibility.

<b>19+ yrs</b>	<b>Rachel King</b>
<b>146726</b>	<b>\$50/10 sess; Drop-in \$6.50</b>
<b>Jan 16-Mar 20</b>	<b>Tu 7:15pm-8:15pm</b>

## 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 Mar 30.

<b>19+ yrs</b>	<b>Hiro Inoue</b>
<b>141753</b>	<b>\$104.77/11 sess; Drop-in \$11.43</b>
<b>Jan 12-Mar 23</b>	<b>F 5:45pm-7:15pm</b>

### 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 Feb 10, Mar 17, Mar 30, Mar 31.

<b>19+ yrs</b>	<b>Jack Fong</b>
<b>141770</b>	<b>\$13.26/13 sess; Drop-in \$1.19</b>
<b>Jan 2-Mar 27</b>	<b>Tu 10:30am-11:30am</b>
<b>19+ yrs</b>	<b>King Li</b>
<b>141771</b>	<b>\$12.24/12 sess; Drop-in \$1.19</b>
<b>Jan 5-Mar 23</b>	<b>F 10:30am-11:30am</b>
<b>19+ yrs</b>	<b>Jack Fong</b>
<b>141799</b>	<b>\$8.16/8 sess; Drop-in \$1.19</b>
<b>Jan 20-Mar 24</b>	<b>Sa 12:00pm-1:30pm</b>

### Karate

For all ages! See page 11 for details.

<b>6+ yrs</b>	<b>George Chan</b>
<b>140336</b>	<b>\$83/10 sess</b>
<b>Jan 10-Mar 14</b>	<b>W 6:00pm-7:15pm</b>

### Indoor Soccer - Adaptive

An opportunity to engage in recreational soccer in a supportive, social environment. See page 27 for details.

<b>19+ yrs</b>	<b>VCH</b>
<b>140367</b>	<b>\$21.53/10 sess; Drop-in \$2.91</b>
<b>Jan 10-Mar 14</b>	<b>W 2:00pm-3:15pm</b>

## Adult Learning

### MOSAIC English Program Assessment

Completion of an Assessment for the MOSAIC English Language Institute (MELI) beginner and/or intermediate program is required prior to registering for the MOSAIC English Programs listed below.

<b>19+ yrs</b>	<b>MOSAIC English Language Institute</b>	<b>140120</b>	<b>\$20/1 sess</b>
Jan 8	M	9:30am-11:00am	
<b>19+ yrs</b>	<b>MOSAIC English Language Institute</b>	<b>140123</b>	<b>\$20/1 sess</b>
Jan 8	M	11:00am-12:15pm	
<b>19+ yrs</b>	<b>MOSAIC English Language Institute</b>	<b>140125</b>	<b>\$20/1 sess</b>
Jan 10	W	9:30am-11:00am	
<b>19+ yrs</b>	<b>MOSAIC English Language Institute</b>	<b>140127</b>	<b>\$20/1 sess</b>
Jan 10	W	11:00am-12:00pm	

### MOSAIC English Program

After completing an assessment, students will work with MOSAIC English Language Institute (MELI) instructors to improve their skills in listening, speaking, reading and writing. The course content will be personalized help students go about everyday life. The program will help students build confidence and independence to participate in the community. No session Feb 12.

<b>19+ yrs</b>	<b>Beginner</b>	<b>MOSAIC</b>
<b>140152</b>	<b>\$324/17 sess</b>	
Jan 15-Mar 14	M W	9:30am-11:30am
<b>19+ yrs</b>	<b>Intermediate</b>	<b>MOSAIC</b>
<b>140156</b>	<b>\$324/17 sess</b>	
Jan 15-Mar 14	M W	9:30am-11:30am



### English Corner

English Corner is an informal way to improve conversational English. Participants learn English, share ideas and discover ways to build community. All English language levels are welcome! No session Feb 12.

<b>19+ yrs</b>	<b>MO Volunteer</b>
<b>138503</b>	<b>\$1.90/11 sess</b>
Jan 8-Mar 26	M
6:30pm-8:30pm	
<b>19+ yrs</b>	<b>MO Volunteer</b>
<b>138506</b>	<b>\$1.90/10 sess</b>
Jan 10-Mar 14	W
3:30pm-5:30pm	
<b>19+ yrs</b>	<b>MO Volunteer</b>
<b>138507</b>	<b>\$1.90/11 sess</b>
Jan 12-Mar 23	F
3:30pm-5:30pm	

### Beginners Spanish 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. No session Feb 12.

<b>19+ yrs</b>	<b>Rohana Filippi</b>
<b>138968</b>	<b>\$114.29/10 sess; Drop-in \$14.29</b>
Jan 15-Mar 26	M
1:00pm-2:30pm	

### Evergreen Chinese 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. For information call 604-408-7272 ext. 1054 or email publications@success.bc.ca

<b>19+ yrs</b>	<b>Dennis Li - SUCCESS</b>
<b>138183</b>	<b>Drop-in \$6.67</b>
Feb 8-Mar 29	Th
10:15am-12:15pm	

## NEPP Workshops

### NEPP Earthquake Preparedness - Apartment Living

This session is for the apartment / condo dwellers - who have unique challenges when preparing for emergencies or disasters.

<b>19+ yrs</b>	<b>NEPP Volunteer</b>
<b>139555</b>	<b>FREE/1 sess</b>
Feb 1	Th
7:00pm-8:30pm	

### NEPP Earthquake Preparedness - Seniors

This session is specific for Seniors focusing on challenges they may face when preparing for emergencies or disasters. Vancouver is within the earthquake zone, yet few are prepared. This session will ensure you and your pets are prepared. This session 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.

<b>19+ yrs</b>	<b>NEPP Volunteer</b>
<b>139553</b>	<b>FREE/1 sess</b>
Feb 20	Tu
10:00am-11:30am	

### NEPP Earthquake Preparedness - Personal & Family

Vancouver recently experience a 4.8 magnitude quake. This serves as a wake up call for us to take steps to be prepared. This session covers what is required to develop your family emergency plan, how to conduct a "Home Hazard" hunt and what to do when an earthquake strikes.

<b>19+ yrs</b>	<b>NEPP Volunteer</b>
<b>139528</b>	<b>FREE/1 sess</b>
Mar 28	W
7:00pm-8:30pm	



## With Village Vancouver

Workshops listed below are with Village Vancouver and the Marpole-Oakridge Neighbourhood Food Network (MONFN). All workshops will have the community seed library present. Get, swap or donate some seeds!

### Kombucha! Fermentation Class NEW

Laura Reid from Counter-Cultures will teach you how to make Kombucha! Samples will be provided, and you'll go home with an informative booklet which covers the topics discussed in class as well as various recipes. Register by 6pm, Mon, Jan 15.

**19+ yrs** Village Vancouver  
**140825** \$20/1 sess  
Jan 17 W 6:30pm-8:30pm

### Healthy Soil for a Great Garden! NEW

Learn how to build your soil for a healthy vibrant veggie garden with Rhiannon Johnson! Bring a 1 liter CLEAR container with a lid at least half full of YOUR garden soil for some simple tests to learn how to improve it with natural fertilizers, soil amendments & gardening techniques. We'll also learn about composting, tailored to your space, and how it can supplement your garden's health.

**19+ yrs** Village Vancouver  
**140826** \$5/1 sess  
Feb 13 Tu 6:30pm-8:30pm

### Native Edibles Walk & Talk NEW

Learn about edible plants that call our region home. Lori Snyder from the Metis Nation will discuss how to identify and harvest wild, edible, and medicinal plants in an ethical way. Please dress appropriately for the weather. Adults/families w/children 10 years+ are welcome - minors must be accompanied by a caregiver. Register by 2 pm, Thursday March 8.

**19+ yrs** Village Vancouver  
**145841** \$12.50/1 sess  
Mar 10 Sa 2:00pm-3:30pm

## With Farmers on 57th

### Grow Your Own Food Planning Workshop NEW

What do you like to eat? Got some space to grow? In this hands-on workshop we'll help you plan your very own food garden just in time for Spring planting. Come and join Karen Ageson of Farmers on 57th to decide what you'll eat fresh from the garden this season. <http://www.farmerson57th.ca>

**19+ yrs** Farmers on 57th  
**139570** \$30/sess  
Feb 3 Sa 1:00pm-3:00pm

### Make Natural Sunscreen

Make your own effective sunscreen using all natural ingredients: oils (with natural SPF), zinc oxide (with excellent UVA protection) and a natural preservative to extend shelf-life. All supplies are included, including a recipe and resource sheet.

**19+ yrs** Farmers on 57th  
**143460** \$28/1 sess  
Mar 10 Sa 11:30am-1:00pm

### Indoor Seed Starting NEW

Start growing your own transplants with this hands-on workshop. Over the course of three sessions you will set up an indoor seed starting system. Participants will need to provide their own lights, timers shelving. We will provide soil, growing trays and a selection of vegetable seeds. First session will be held at the George Pearson Centre, a 7 minute walk from MOCC.

**19+ yrs** Farmers on 57th  
**139557** \$80/ 3 sess  
Mar 3,17, 31 Sa 1:00pm-2:30pm

### VPD Women's Personal Safety Team Workshop

The VPD Women's Personal Safety Team invites women age 16 and older to participate in a unique program that educates women about personal safety. Workshops are taught by an all-female police instructor team. Through theory and practical exercises, women learn concepts and skills regarding crime prevention and effectively dealing with violent encounters.

**16+ yrs** Vancouver Police Department  
**135189** FREE/1 sess  
Feb 1 Th 6:30pm-8:30pm

### Empty Home Tax Information Session

Vancouver homeowners are invited to attend this free information session. If you own a home in Vancouver, you are required to make an Empty Homes Tax property status declaration by February 2, 2018. Find out how to make your property status declaration and receive assistance with making your declaration online.

**19+ yrs** City of Vancouver  
**141712** FREE/1 sess  
Jan 18 Th 11:00am-12:30pm

### FOODSAFE Level 1

Fee includes manual & certification. See page 15.

**19 yrs+**  
**146711** \$81.40/1 sess  
Feb 19 M 9:00am-4:00pm

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

Register Early!

## Health-Related Workshops

### Heads up for Healthier Brains

Healthy aging is important for everyone! This workshop encourages participants to actively engage in protecting and maintaining their brain. Learn strategies and set goals for improving the health of your mind, body and spirit.

<b>19+ yrs</b>	<b>English</b>	<b>Alzheimer Society</b>
<b>140836</b>		<b>FREE/1 sess</b>
<b>Feb 6</b>	<b>Tu</b>	<b>10:00am-11:30am</b>
<b>50+ yrs</b>	<b>Cantonese</b>	<b>Alzheimer Society</b>
<b>139507</b>		<b>FREE/1 sess</b>
<b>Mar 2</b>	<b>F</b>	<b>10:30am-11:30am</b>

### Dementia Friends

The Dementia Friends workshop for the public is an opportunity to enhance your knowledge of how to best support people living with dementia in your community.

<b>19+ yrs</b>	<b>Alzheimer Society</b>
<b>140838</b>	<b>FREE/1 sess</b>
<b>Feb 27</b>	<b>Tu 10:30am-12:00pm</b>

### Explore Health Information Online

Looking online for health information with authority and specific to your interests? We'll introduce you to online resources from VPL's collection that cover the subjects of health and wellness, as well as health websites trusted by the library.

<b>19+ yrs</b>	<b>VPL Librarian</b>
<b>139519</b>	<b>FREE/1 sess</b>
<b>Mar 1</b>	<b>Th 10:30am-12:00pm</b>

### Hearing Loss & Hearing Aids

Topics such as signs of hearing loss, communication strategies, hearing aid information, how ears work and services available will be covered.

<b>50+ yrs</b>	<b>Dr. Maxine Dominelli</b>
<b>145838</b>	<b>FREE/1 sess</b>
<b>Jan 31</b>	<b>W 1:00pm-2:00pm</b>

### Tips, Tricks, and Tools to Manage Arthritis

You may have arthritis, but it doesn't have you! While arthritis can make daily activities challenging & painful, this interactive workshop will provide information about the many tools, gadgets and techniques to help make daily tasks easier. Join us for information and tips to help you take control of your arthritis.

<b>19+ yrs</b>	<b>English</b>	<b>Arthritis Society</b>
<b>140828</b>		<b>FREE/1 sess</b>
<b>Jan 31</b>	<b>W</b>	<b>6:00pm-8:00pm</b>
<b>19+ yrs</b>	<b>Mandarin</b>	<b>Arthritis Society</b>
<b>143563</b>		<b>FREE/1 sess</b>
<b>Feb 7</b>	<b>W</b>	<b>6:00pm-8:00pm</b>

### Nordic Pole Walking

Designed to Introduce Nordic Pole Walking to individuals with osteoarthritis (OA). Benefits may include: better posture, increased muscle activation compared to walking without poles, and taking stress off the joint to be able to walk more comfortably. Poles are provided for use during the class. Register in advance. Contact Vancouver Coastal Health at 604-875-4544 for more details.

<b>19+ yrs</b>	<b>Vancouver OASIS</b>
<b>139526</b>	<b>FREE/1 sess</b>
<b>Feb 27</b>	<b>Tu 9:30am-11:00am</b>

### Income Tax Clinic

This free service is offered by the CVITP (Community Volunteer Income Tax Program) for those who qualify. A trained volunteer will be available to complete and file your 2017 tax return. Each session is 30 minutes long and requires a separate booking for each person. Specific dates and times to come.

<b>16+ yrs</b>	<b>CVITP Volunteers</b>
<b>140134</b>	<b>FREE</b>

## Financial Workshops

### Credit Cards and Costs

Know which credit card and prepaid card is right for you? Do you need all the features of your credit card? What are the fees involved with a prepaid card?

<b>19+ yrs</b>	<b>Vancity</b>
<b>146622</b>	<b>FREE/1 sess</b>
<b>Jan 12</b>	<b>F 10:30am-11:30am</b>

### Pension and Tax Options

Workshop describes potential pension benefits if a couple enters involuntary separation. It also deals with rules which govern tax allowances for caregivers and disabled persons. Procedures and forms to use will be reviewed.

<b>50+ yrs</b>	<b>Cosco</b>
<b>146740</b>	<b>FREE/1 sess</b>
<b>Jan 18</b>	<b>Th 10:30am-11:30am</b>

### Identity Theft & Fraud Prevention

Learn about how to protect yourself from identity theft and fraud and things to be aware of.

<b>19+ yrs</b>	<b>Vancity</b>
<b>142625</b>	<b>FREE/1 sess</b>
<b>Feb 1</b>	<b>Th 10:30am-11:30am</b>

### Senior Financial Abuse Prevention

Recognize the signs of financial abuse and understanding the financial tools for prevention.

<b>19+ yrs</b>	<b>Vancity</b>
<b>146623</b>	<b>FREE/1 sess</b>
<b>Feb 9</b>	<b>F 10:30am-11:30am</b>

### Understanding Contracts

Understand contracts before entering into an agreement and basics related to housing, mobile phones, car leases, and rent to own.

<b>19+ yrs</b>	<b>Vancity</b>
<b>142626</b>	<b>FREE/1 sess</b>
<b>Mar 6</b>	<b>Tu 6:00pm-7:00pm</b>

## Social Recreation

### Daytime Social Drop-In

Join us for a cup of tea or coffee. Play cards, board games, do puzzles or just chat about current events. We are located close to public transportation, and we are wheelchair accessible. Everyone welcome!

<b>50+ yrs</b>	<b>MO Volunteer</b>
<b>135921</b>	<b>\$1.90/12 sess</b>
<b>Jan 9-Mar 27</b>	<b>Tu 1:00pm-3:00pm</b>
<b>50+ yrs</b>	<b>MO Volunteer</b>
<b>135923</b>	<b>\$1.90/13 sess</b>
<b>Jan 4-Mar 29</b>	<b>Th 10:00am-12:00pm</b>



### Crafty Tuesday

Come join us every 2nd Tuesday of the month to make unique and creative crafts! All materials included in registration fee.

#### Rope and Rag Trivets & Bowls

<b>50+ yrs</b>	<b>MO Volunteer</b>
<b>138504</b>	<b>\$4.76/1 sess</b>
<b>Jan 9</b>	<b>Tu 1:00pm-3:00pm</b>

#### Newspaper Baskets

<b>50+ yrs</b>	<b>MO Volunteer</b>
<b>146148</b>	<b>\$4.76/1 sess</b>
<b>Feb 13</b>	<b>Tu 1:00pm-3:00pm</b>

#### Patio or Bath Wall-Hanging

<b>50+ yrs</b>	<b>MO Volunteer</b>
<b>146149</b>	<b>\$7.62/1 sess</b>
<b>Mar 20</b>	<b>Tu 1:00pm-3:00pm</b>



### Knitting

Bring your new or unfinished projects and work on them in this social, self-directed group. Whether knitting, crocheting or other needlework, share your ideas with others and try new things.

<b>50+yrs</b>	<b>MO Volunteer</b>
<b>138505</b>	<b>\$1.90/12 sess</b>
<b>Jan 5-Mar 23</b>	<b>F 1:00pm-3:00pm</b>

### Tea Time

Have some coffee/tea and enjoy a casual conversation with others. There is also a variety of games you can enjoy, such as Dominoes, Mahjong, Chess, Cards, etc.

<b>19+ yrs</b>	<b>MO Volunteer</b>
<b>138508</b>	<b>\$1.90/11 sess</b>
<b>Jan 12-Mar 23</b>	<b>F 10:00am-12:00pm</b>

### Bridge

Come play bridge on Friday afternoons and enjoy some coffee/tea with others. Previous bridge knowledge is required.

<b>50+ yrs</b>	<b>No Instructor</b>
<b>138510</b>	<b>\$1.90/11 sess</b>
<b>Jan 12-Mar 23</b>	<b>F 1:00pm-3:30pm</b>

### English Corner

English Corner is an informal way to improve conversational English. Participants learn English, share ideas and discover ways to build community. All English language levels are welcome! No session Feb 12.

<b>19+ yrs</b>	<b>MO Volunteer</b>
<b>138503</b>	<b>\$1.90/11 sess</b>
<b>Jan 8-Mar 26</b>	<b>M 6:30pm-8:30pm</b>
<b>19+ yrs</b>	<b>MO Volunteer</b>
<b>138506</b>	<b>\$1.90/10 sess</b>
<b>Jan 10-Mar 14</b>	<b>W 3:30pm-5:30pm</b>
<b>19+ yrs</b>	<b>MO Volunteer</b>
<b>138507</b>	<b>\$1.90/11 sess</b>
<b>Jan 12-Mar 23</b>	<b>F 3:30pm-5:30pm</b>

## Luncheons

You are invited to our Lunch Party. Have a social lunch where you can meet new people and chat over a lovely meal. Please register early as space is limited.

### Belated Ukranian Christmas

Start the new year celebrating a belated Ukranian Christmas with cabbage rolls, perogies, kielbasa and dessert!

<b>50+ yrs</b>	<b>Reg by Jan 19</b>
<b>138511</b>	<b>\$4.76/person</b>
<b>Jan 23</b>	<b>Tu 12:00pm-3:00pm</b>

### St. Patrick's Day Lunch

Celebrate St. Patrick's Day with us and enjoy Irish stew and more!

<b>50+ yrs</b>	<b>Reg by Mar 9</b>
<b>138513</b>	<b>\$4.76/person</b>
<b>Mar 13</b>	<b>Tu 12:00pm-3:00pm</b>



## Adventures on Transit

### Museum of Anthropology

Enjoy a trip to the UBC Museum of Anthropology. Visit <http://moa.ubc.ca/exhibitions/> to view their current exhibitions. Bring or buy lunch. Seniors Admission Fee \$16.

<b>50+ yrs</b>	<b>Reg by Mar 16</b>
<b>138178</b>	<b>Cost of Bus Fare</b>
<b>Mar 21</b>	<b>W 10:00am-3:00pm</b>

## Social Recreation and Fitness

### Evergreen Chinese 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**  
**138183** **Drop-in \$6.67**  
**Feb 8-Mar 29** **Th 10:15am-12:15pm**



### Karaoke

Register for some fun while singing along with your friends. Bring your own music or select from the music provided. English and all languages are welcome. Space is limited. Drop-ins allowed if registration does not fill.

**50+ yrs** **Wai Sin**  
**138497** **\$20/12 sess; Drop-in \$1.90**  
**Jan 10-Mar 28** **W 12:30pm-3:30pm**

**50+ yrs** **Wai Sin**  
**138498** **\$20/12 sess; Drop-in \$1.90**  
**Jan 11-Mar 29** **Th 12:30pm-3:30pm**

### Chinese Seniors Group

There are workshops on current issues, seniors benefits and safety, community resources, physical/mental wellness, and cross-cultural sharing. This is a joint program with S.U.C.C.E.S.S. Please call 604-408-7260 or email timothy.kwan@success.bc.ca for more information.

**50+ yrs** **Cantonese - Timothy Kwan**  
**138180** **\$1.90/13 sess**  
**Jan 4-Mar 29** **Th 9:30am-11:30am**

**50+ yrs** **Mandarin - Timothy Kwan**  
**138181** **\$1.90/13 sess**  
**Jan 4-Mar 29** **Th 1:30pm-3:30pm**

### Minds in Motion

For people experiencing early stage memory loss. A certified fitness instructor conducts the fitness portion and a facilitator from the Alzheimer's Society assists with social interaction and involvement in activities, guided by the needs and interests of the participants. Registrants may be accompanied by a friend, family member or caregiver.

**50+ yrs** **Bonnie & Kate**  
**138175** **\$74.29/12 sess; Drop-in \$7.43**  
**Jan 9-Mar 27** **Tu 12:00pm-2:00pm**

### Yogafit for Older Adults

Yogafit is a fitness-based yoga based on the principles of hatha yoga. It blends balance, strength, flexibility and power in a fitness format. Yogafit is designed to improve the health, performance and mental activity of athletes or individuals interested in improving their level of fitness. The poses will allow the older adults to increase muscular strength, endurance, flexibility, lung capacity and overall wellness.

**50+ yrs** **Emily Chan**  
**138176** **\$57.14/8 sess; Drop-in \$8.57**  
**Jan 19-Mar 9** **F 4:00pm-5:00pm**

### Chair Yoga NEW

Chair Yoga uses relaxation techniques and Yoga exercises while seated or standing. The classes are very gentle and beginner friendly. Please see page 19 for details.

**19+ yrs** **Into Yoga**  
**142628** **\$64/5 sess; Drop-in \$14**  
**Jan 24-Feb 21** **W 9:30am-10:30am**

**19+ yrs** **Into Yoga**  
**143501** **\$64/5 sess; Drop-in \$14**  
**Feb 28-Mar 28** **W 9:30am-10:30am**

### Pickleball

See page 27 for details. Please note that this program is geared toward newer players. Drop-in if space permits. No session Feb 12.

**50+ yrs** **MO Volunteer**  
**140370** **\$22.34/9 sess; Drop-in \$3.10**  
**Jan 8-Mar 12** **M 1:40pm-3:20pm**

### Older Adult Open Gym Basketball

Drop-in and shoot some hoops. Six hoops available. Please bring your own basketball.

**50+ yrs**  
**140341** **Drop-in \$1.25**  
**Jan 9-Mar 27** **Tu 8:20pm-9:20pm**

### Seniors Badminton

Please see page 27 for details.

**50+ yrs** **MO Volunteer**  
**140364** **Sr Drop-in \$2.43**  
**Jan 5-Mar 16** **F 11:40am-1:40pm**

### 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 Feb 12.

**19+ yrs** **Aki Kakiuchi**  
**138544** **\$18.33/11 sess; Drop-in \$1.90**  
**Jan 8-Mar 26** **M 1:00pm-3:00pm**

**19+ yrs** **Tina Chen**  
**138545** **\$21.67/13 sess; Drop-in \$1.90**  
**Jan 4-Mar 29** **Th 12:30pm-3:00pm**

### Refit Group Fitness Class

A gentle class geared for the older participant or those new or returning to fitness. Mondays, Wednesdays & Fridays, 10:30am-11:25am.



Start the new year with fitness!  
Come try out these free classes!  
See marked schedule below  
\*\* for select FREE classes Jan 2-5

**\*\*FREE class\*\***

## Aerobics Schedule: Jan 8-Mar 31, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jan 8-Mar 26 No session Feb 12	Jan 9-Mar 27	Jan 10-Mar 28	Jan 11-Mar 29	Jan 12-Mar 23 No session Mar 30	Jan 13-Mar 31
<b>Step Combo</b> 138167 (Jan-Feb) Rilla <b>Strength Works</b> 146723 (Mar) Rachel 9:30am-10:25am	<b>Zumba</b> 135373 Marina 9:30am-10:25am	<b>Step Combo</b> 135378 Bonnie 9:30am-10:25am	<b>Zumba</b> 135375 Silva 9:30am-10:25am <b>**FREE class Jan 4**</b>	<b>Body Blast</b> 135385 Hiroko 9:30am-10:25am <b>**FREE class Jan 5**</b>	<b>Zumba</b> 135376 Marina 9:15am-10:10am
<b>Refit</b> 138153 Rilla, Rachel 10:30am-11:25am		<b>Refit</b> 138154 Bonnie 10:30am-11:25am		<b>Refit</b> 138156 Hiroko 10:30am-11:25am <b>**FREE class Jan 5**</b>	
<b>Power Cardio</b> 135367 Monika 6:00pm-6:55pm	<b>Total Body Conditioning</b> 135369 Bonnie 6:00pm-6:55pm <b>**FREE class Jan 2**</b>	<b>Zumba</b> 135374 Marina 6:00pm-6:55pm	<b>Total Body Conditioning</b> 135372 Don 6:00pm-6:55pm <b>**FREE class Jan 4**</b>		

### Mild

**Refit:** A gentle class geared for the older participant or those new or returning to fitness.

### Moderate

**Body Blast:** A full body workout that includes cardio kickboxing, muscle strengthening, and core conditioning.

**Step Combo:** A mix of Step and Hi/Lo cardio followed by strength and core training.

**Strength Works:** Strengthen all your major muscle groups using athletic movements such as squats, lunges, presses and curls.

**Zumba:** Zumba is a mix of dance and fitness: a fusion of latin and international music and movement.

### Challenging

**Total Body Conditioning:** Incorporates strength and cardio segments using dumbbells, resistance bands, and body bars for a total body workout.

**Power Cardio:** A mixture of cardio and body conditioning with high intensity intervals and a focus on core at the end of class.

Fees	Adult	Youth	Refit
Drop-In	\$4.76 + tax	\$2.86 + tax	\$3.57 + tax
10 Tickets	\$40.00 + tax	N/A	\$28.57 + tax
Fit Pass	Winter- Jan 8-Mar 31 \$131.43 + tax/12 weeks		

- All fitness strip tickets and Aerobics Fit Pass will now be loaded on your Onecard.
- Strip tickets are not eligible for LAC discounts.
- Flexipass does not include aerobics classes.
- A Fit Pass allows you to enjoy any of the classes on our aerobic schedule for an entire session or portion thereof. The Fit Pass is prorated so you can purchase at any time.
- Refit tickets are accepted for Refit only.

### 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](mailto:marpolecc@vancouver.ca)



## Sports Schedule: Jan 4-Mar 31, 2018

\*Adult/Youth prices do not include tax.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jan 8-Mar 26 No session Feb 12	Jan 2-Mar 27	Jan 3-Mar 28	Jan 4-Mar 29	Jan 5-Mar 23 No session Mar 30	Jan 6-Mar 31
<b>Recreational Badminton</b> 140359 11:40am-1:40pm <b>Drop-in \$4.10</b> No session Feb 12, Mar 19, Mar 26		<b>Recreational Badminton</b> 140361 11:40am-1:40pm <b>Drop-in \$4.10</b> No session Jan 3, Mar 21, Mar 28.	<b>Recreational Badminton</b> 140363 10:35am-12:35pm <b>Drop-in \$4.10</b> No session Jan 4, Mar 22, Mar 29.	<b>Seniors Badminton</b> 140364 11:40am-1:40pm <b>Drop-in Sr \$2.43</b> <b>Drop-in under 50 \$4.10</b> No session Jan 5, Mar 23, Mar 30	
<b>PickleBall</b> 140370 1:40pm-3:20pm <b>Drop-in \$3.10</b> <b>\$22.34/9 sess</b> No session Feb 12, Mar 19, Mar 26		<b>Indoor Soccer (Adaptive)</b> 140367 2:00pm-3:15pm (by referral only) <b>\$21.53/10 sess</b> <b>Drop-in \$2.91</b> No session Jan 3, Mar 21, Mar 28.	<b>Beginner Badminton</b> 140362 12:35pm-1:50pm <b>Drop-in \$3.16</b> No session Jan 4, Mar 22, Mar 29.	<b>Adult Open Gym Basketball</b> 141243 1:45pm-3:15pm <b>Drop-in \$1.90</b> No session Jan 5, Mar 23, Mar 30	
	<b>Basketball (Adaptive)</b> 140348 7:00pm-8:15pm <b>\$20.50/10 sess</b> No session Jan 2, Mar 20, Mar 27	<b>Youth Open Gym</b> 136186 3:30pm-4:45pm <b>FREE</b> Jan 3, Mar 21, Mar 28 session 4:15-5:45pm	<b>Women's Intermediate Badminton</b> 140365 1:50pm-3:50pm <b>\$34.77/10 sess</b> <b>Drop-in \$4.10</b> No session Jan 4, Mar 22, Mar 29.	<b>Youth Drop-In Basketball</b> 136184 3:15pm-4:30pm <b>FREE</b> Jan 5, Mar 23 session 4:15-5:45pm. No session Mar 30	<b>Family Badminton</b> 140337 2:00pm-3:50pm <b>Ad \$32.43/12 sess</b> <b>Yth/Ch \$21/12 sess</b> <b>Drop in Ad \$3.39</b> <b>Yth/Ch \$2.55</b> No session Feb 10
<b>Recreational Basketball</b> 140351 7:05pm-9:20pm <b>\$53.46/11 sess</b> <b>Drop-in \$5.38</b> No session Feb 12	<b>Older Adult Open Gym Basketball</b> 140341 8:20pm-9:20pm <b>Drop-in \$1.25</b>	<b>Recreational Intermediate Volleyball</b> 140369 7:05pm-9:20pm <b>\$63.18/13 sess</b> <b>Drop-in \$5.38</b>	<b>Advanced Doubles Badminton</b> 135191 7:05pm-9:20pm <b>\$58.32/12 sess</b> <b>Drop-in \$5.38</b> No Session Feb 1	<b>Youth Drop-In Badminton</b> 136183 4:30pm-5:45pm <b>Drop-in \$2.00</b> Jan 5, Mar 23 session 5:45-7:00pm. No session Mar 30	

## Sports Descriptions



### Recreational Badminton

Recreational level badminton. 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.

### Women's Intermediate Badminton

Intermediate level badminton for women. Participants must have a good understanding of the rules.

### Seniors Badminton

Recreational level badminton for seniors. Adults under 50 can play if space permits. Seniors 50+ and over, drop-in \$2.43/person, Adults under 50 yrs, drop-in \$4.10/person.

### Family Badminton

Families consisting of an adult and child (7-18 yrs) will be given priority. Children 7-12 yrs must be accompanied by an adult. Unaccompanied adults may drop-in if space permits.

### Advanced Doubles Badminton

Intermediate to Advanced level badminton. Participants should have a good understanding of rules and game strategies and play at a recreational competitive level.

### Beginner Badminton

Beginner level badminton for those new to the sport.

### Open Gym Basketball

Drop-in and shoot some hoops. Six hoops available. Please bring your own basketball.

### Older Adult Open Gym Basketball

Drop-in and shoot some hoops. Primarily for older adults, 50+. Please bring your own basketball.

### Recreational Basketball

Full-court recreational basketball for men and women. A very popular program; early registration is recommended. Registered participants have 15 minutes to arrive (by 7:20pm) or the spot will be sold to a drop-in participant.

### Recreational Intermediate Volleyball

Fast paced volleyball for recreational intermediate players. Participants must have a good understanding of the rules, game strategies and demonstrate good ball control. Registered participants have 15 minutes to arrive (by 7:20pm) or the spot will be sold to a drop-in participant.

### Table Tennis

Drop-in table tennis for everyone. Three full size tables available. Please play in pairs or doubles. First come first serve basis. Players of all skill levels are welcome. Please bring own equipment. Children 7-12 yrs must be supervised by an adult. Please pick up a schedule at the front desk. Schedule subject to change monthly.

### Basketball For Boys

The Developmentally Challenged Youth Basketball Association (DCYBA) promotes and supports the development of youth with developmental challenges through basketball. Males 14-25 yrs old are welcome to join. Learn to play in a non-competitive and fun environment. Contact Ann Carr if interested in joining at 604-228-9527 or visit [www.dcyba.org](http://www.dcyba.org) for more information.

### Indoor Soccer - Adaptive

An opportunity to engage in recreational soccer in a supportive, social environment. Facilitated by Vancouver Coast Health for their clients, friends and family members. Contact Jessie Koop at 604-269-2731 for more details. Participation is by referral only. Drop-in available.

### 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, and will have you coming back for more! This is a non-instructional program. Please bring own equipment.

## Sports Drop-In and Program Procedures

1. First priority for play is for registered participants. Registered participants have 15 minutes after activity start time to arrive, or the spot will be made available for a drop-in participant.
2. Drop-in wait list sheet will be available 30 minutes prior to activity start time. Drop-ins must be present and in-person. Please sign up at the front office. First come, first served basis, no phone-ins and no name proxies.
3. Drop-in spots are not guaranteed. Drop-ins will be allowed for any unregistered spaces, up to the program maximum capacity.
4. After 15 minutes, the front office will announce names from the drop-in wait list. Drop-in participants can now purchase a drop-in admission to join into activity.

See specific program for applicable drop-in fee. Prices do not include tax.

For safety and attendance, only registered participants and paid drop-in participants are allowed into gymnasium. Adult sports programs are for ages 19 yrs and up. No warm ups. No spectators. All adult sports programs are non-instructional.

Please register in the program suitable for your level of participation.

# Fitness Centre, Whirlpool & Sauna

## Fitness Centre Fees | See the table of contents page for Fitness Centre Hours of Operation

Fees include: use of the Fitness Centre, sauna, whirlpool, locker use and change rooms. 10 Visit Passes are not eligible for LAC discounts.

Fitness Centre Admission		
	Adult	Senior/Youth
Drop-In	\$5.98	\$4.27
10 Visit Pass	\$47.79	\$34.19
Prices subject to change. Tax not included.		

Monthly Flexipass		
Pass	Adult	Senior/Youth
1 month	\$46.18	\$32.33
3 month	\$122.45	\$85.73
12 month	\$390.32	\$273.21
Prices subject to change. Tax not included.		

**Whirlpool & sauna are closed Mon-Fri 11:45am-3:15pm.**

**Whirlpool & Sauna close 15 minutes before the fitness centre. Please see page 2 for the fitness centre operating hours for Winter 2018.**

### Monthly Flexipass:

Enjoy flexible and affordable recreation with our no-contract, all-access pass. Purchase a OneCard Flexipass at any Park Board fitness centre and receive unlimited access to our 15 fitness centres, 9 indoor pools, 4 outdoor pools and 8 ice rinks. For more information, visit [vancouverparks.ca](http://vancouverparks.ca).

### In our cardio room:

LifeCycles, Recumbent Cycles, Cross Trainers, Treadmills, Stairmasters, Concept 2 Rowers, Stretching area, Stability balls, BOSU balls

### In our weight room:

Free weights, Benches, Olympic bars, Weight machines including LifeFitness Cable Motion with adjustable pulleys

## Personal Training

**Small Group Personal Training:** Friends and family can be very powerful in helping you stay on track when trying to attain your fitness goals. A small group training setting provides a comfortable support system where you can encourage one another and foster some healthy competition. Group sessions offer the same intimate coaching experience as a personal trainer but at a reduced cost. You may register as a group of three up to a maximum group of four.



Package	Private	Semi-Private	Small Group
1 session	\$49.73	\$74.56	\$108.80
3 sessions	\$133.83	\$200.79	\$291.42
5 sessions	\$233.79	\$348.08	\$427.43
10 sessions	\$397.80	\$646.43	\$777.14
Prices subject to change. Tax not included.			

## Group Sessions

**Gutts & Butts** Tummies and rears are specifically targeted with exercises designed to get results. You will use equipment such as bars, balancefits and gliders.

13+ yrs	Bonnie	
Ongoing	Tu	9:45am-10:15am
Ongoing	Th	9:45am-10:15am

**Full Body Circuit** Light but effective exercise for a full body workout using resistance bands and free weights.

13+ yrs	TBA	
Ongoing	F	9:45am-10:15am

**Exercise for Prostate Cancer Survivors** This program is open to all prostate cancer survivors and their carer/spouse. It is designed to help men with prostate cancer learn how to exercise correctly and to reach and maintain wellness goals. A combination of resistance training, flexibility, balance and aerobic exercise in 2 x 60 minute circuit classes per week. Comprehensive physical assessments completed during week 1 and week 12. Purchase of a Flexipass is required to register in the program. No session Feb 12.

19+ yrs	TrueNTH Life Style Management	
Jan 8-Mar 29	M Th	10:30am-11:30am

# Racquet / Sports Court

## Badminton Private Court Bookings

Reserve a private court time and play badminton on our racquetball court in the Fitness Centre! The court size is 4 feet shorter and the same width. Each 45-minute time slot can be booked one month in advance.

## Wallyball

A challenge combination of volleyball and racquetball.

## International Court Soccer (ICS)

This sport is an exciting mix of soccer skills and racquetball rules.

## Refund Policy

- Full refunds issued for programs cancelled by the community centre (MOCC)
- Refund request received more than 5 MOCC business days prior to the start of the program (see Exceptions) will be paid in full.
- Refunds requested less than 5 MOCC days prior to the program start, but more than 2 MOCC business days before the second class, will be charged for the first class plus an administration fee of \$5.
- No refund request will be granted if it is received less than 2 MOCC business days prior to the second class, unless a doctor's note is provided.
- This policy applies to all music lessons.
- This policy does not apply to MOCC Preschool.

## Exceptions

- Daycamps, birthday parties and special event refund requests must be received 10 or more MOCC business days prior to the event or program start for refunds to be issued.

	Racquetball   Wallyball   Court Soccer   Badminton			
	Prime Time		Non-Prime Time	
	Adult	Senior/Youth	Adult	Senior/Youth
Drop-In	\$13.94	\$9.71	\$9.96	\$7.00
Single Rate	\$7.19	\$5.00	\$7.19	\$5.00
10-Visit Passes	\$125.22	–	\$89.62	–
Mon-Thurs	3:30pm - 9:00pm		8:00am - 3:30pm	
Friday	3:30pm - 5:00pm		8:00am - 3:30pm	
Saturday	9:00am - 4:00pm		Prices subject to change without notice. Tax not included.	
Sunday & Holidays	9:00am - 1:00pm			

\*Court unavailable T, Th, F 9:45am-10:15am, M,Th 10:30am-11:30am



## Administrative Information

**Payment:** We accept cash, Visa, MasterCard, debit card and cheques (payable to: City of Vancouver). GST is included in fees where applicable. A \$35 processing fee will be applied to NSF cheques.

**Protection of Personal Information:** In the course of providing programs and services, MOCA collects personal information from our members and other individuals participating in classes, workshops, programs, events or rentals. This information may be used for communication purposes regarding current or upcoming events, processing payments, statistical or human resource purposes, or for the provision of programs or services. We respect the importance of protecting the personal information that we collect. For information on our privacy policies and practices, or to contact our Privacy Officer, please call **604.257.8180** or email [MarpoleOakridgeCC@gmail.com](mailto:MarpoleOakridgeCC@gmail.com).

**Leisure Access Program:** The Vancouver Park Board Leisure Access Program is for Vancouver residents who face financial barriers. MOCA allows 50% off most centre programs for those who qualify for the LA program. A 50% discount is applied to fitness centre drop-in, racquet court admission and Flexipass for those who qualify. For more information about the LA program, visit [vancouver.ca/parks-recreation-culture/leisure-access-card.aspx](http://vancouver.ca/parks-recreation-culture/leisure-access-card.aspx). An LA application package is available from any Vancouver Park Board Community Centre. For more information, call MOCC at **604.257.8180**.

# Facility Rentals

**Please visit [recreation.vancouver.ca](http://recreation.vancouver.ca) for room availabilities!**

Our rooms are ideal for sports, meetings, workshops, social functions, birthday parties and special occasions. User groups are responsible for room setup and room take down, which will be included in your rental time. Rental requests will be finalized upon payment of rental fees - refer to the chart below for additional fees and damage deposit rates - and presentation of proof of insurance. Fees subject to change without notice.

## Auditorium



## Social Room



## Lower Lounge



Room	Dimensions	Square Footage	Maximum Capacity	Rental Rate (+ TAX)	After Hours Rate (+ TAX)
Auditorium	72' x 24'	1,728	100 people	\$37/hour	\$62.50/hour*
Upper Lounge	48' x 20'	960	70 people	\$37/hour	\$62.50/hour*
Social Room	29' x 22'	638	30 people	\$22/hour	\$47.50/hour*
Lower Lounge	26' x 20'	520	30 people	\$22/hour	\$47.50/hour*
Club Room	49' x 20'	980	50 people	\$32/hour	\$57.50/hour*
Gymnasium (sports only)	90' x 64'	5,760	100 people	\$37/hour	\$62.50/hour*

\* After hour rentals must be booked for a minimum of 2 hours in length. Rates for new rentals effective Jan 1/18.

Additional Fees & Damage Deposit		
SOCAN and ReSound Fees	With dancing	\$41.13 + \$18.51 = \$59.64 plus tax
	Without dancing	\$22.06 + \$9.25 = \$31.31 plus tax
Staffing (2 hour min required)	Additional staff costs are applicable for after hours rentals	\$25.50/hour plus tax
Damage Deposit	Damage deposit fee will be collected for all rentals at time of rental confirmation.	\$25 to \$350 depending on type of rental
Insurance	Liability insurance is required for sports, high performance dance or any "high risk" activities. Insurance is to be purchased from an external source. Visit <a href="http://www.vancouver.ca">www.vancouver.ca</a> for more information.	

# Facility Rentals

## Upper Lounge



## Club Room



## Gymnasium (Sports Only)



## Share your vision for a new Marpole community centre!

**The Vancouver Park Board is working on a plan to renew the Marpole-Oakridge Community Centre (MOCC).** The Park Board has now awarded a contract to a consulting firm to conduct public consultations about the MOCC re-development. Your MOCA executives have also been invited to join with the Park Board's Project Management Team. The consultants began their process in October and expect consultation results to be completed by April 2018.

**We want your input!** The team will need to gather as much information as they can from lots of MOCC users and non-users. We want to know what programs you want, how you view and use the centre, and what features and amenities you would like to see in the new building. Be on the lookout for an upcoming open house event and community survey in January 2018.

**Learn more:**  
[vancouver.ca/marpole-renewal](http://vancouver.ca/marpole-renewal)

**Contact us:**  
[marpolecstudy@vancouver.ca](mailto:marpolecstudy@vancouver.ca)

**Sign up for newsletter:**  
[marpoleoakridgecc@gmail.com](mailto:marpoleoakridgecc@gmail.com)  
(Subject line: Keep me informed)



The MOCA Annual General Meeting will be held on November 21, 2017 at 6:00pm. To be eligible to vote at the AGM, you must be at least 19 years old and start your membership before October 21, 2017. Get your MOCA membership at the community centre front desk.



**Marpole-Oakridge  
Community Centre**

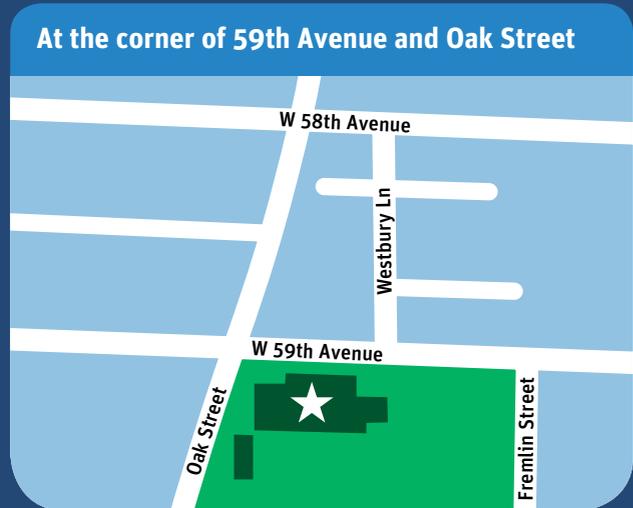
## Winter 2018 Recreation Guide

**990 West 59th Avenue,  
Vancouver, BC V6P 1X9**

**COMMUNITY CENTRE:  
604.257.8180 (press 1)**

**FITNESS CENTRE:  
604.257.8174**

**EMAIL:  
marpolecc@vancouver.ca**



Preschool, daycare and day camps for kids

Seniors' programs and social events

Fitness centre and raquetball courts

Adult group fitness classes

Special events and day trips

Youth activities and volunteering

Music, arts and crafts

Learning workshops

Facility rentals