



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

PROGRAM REGISTRATION

vancouver.ca/marpoleoakridgerec

FITNESS CENTRE

vancouver.ca/marpoleoakridgefitness

COMMUNITY CENTRE

marpoleoakridge.org



**Marpole-Oakridge
Community Centre**

**Fall 2018
Recreation
Guide**

PROGRAMS RUNNING:

September 4 to December 22



Fall Registration starts Monday, August 13, 2018 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

Fall Operating Hours

September 4 - December 22

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

Holiday Hours:

Community Centre CLOSED Dec 23-Jan 1

See below for modified Fitness Centre Hours

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 closed Mon to Fri
11:45am-3:00pm

Sauna/Whirlpool closes 15 minutes earlier than the fitness centre

Holiday Hours:

*Fitness Centre CLOSED Dec 25

*Fitness Centre open 9:00am-1:00pm
Dec 23-24 & Dec 26-Jan 1*

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. 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, 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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Special Thanks to Onni for sponsoring our July and August Music in Oak Park nights!

MARPOLE COMMUNITY DAY

Thank you to our sponsors!



Hosted by Marpole-Oakridge Community Association and Vancouver Board of Parks & Recreation
www.marpoleoakridge.org



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CONCERT

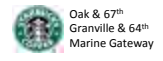


Oakridge

BRONZE



SILENT AUCTION AND IN-KIND CONTRIBUTORS



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Marine Gateway



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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.



Fall 2018 President's Message

First off I would like to announce that the renewal of our building has made it on the Capital Plan along with the funding for a pool at Marpole. This is great news but it is not final. At the time of this writing, it has not been fully approved but sometime in July, the Plan will be voted on by City Council. Please contact the councilors and urge them to vote YES! This has been a long journey and we are so close.

The reopening of the old Marpole Firehall on 70th is slated to reopen in April 2019. The Board has been working with the Association of Neighbourhood Houses to assist in any way we can. We intend on partnering with them to develop programs and space to increase our service to the folks living south of 70th Avenue. The City is completely renovating this space to accommodate the new programs.

As I reported earlier the financial performance of the community centre has been largely on par with last year which was a solid year for MOCA. Music and fitness classes are better than the previous year, martial arts classes and preschool enrollment is lagging behind last year, and the Program Committee is working on this. Again 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 other needs. Those needs are being processed into a list.

The Marpole Community Day was a huge success. We had large crowds, perfect weather and a well run program. The staff of the centre has to be commended for their hard work and commitment. Planning will start in February for next year.

Your Board is working well and we have a strong contingent of committed people. We can always use more people so if you are interested, please contact someone on the Board.

Please feel free to contact me with any questions or inquire about volunteering.

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 2018 Annual General Meeting (AGM) Tuesday, November 20. You must be at least 19 years of age to vote, and have registered in a program at least 30 days prior to the AGM. Should you wish not to be a member of MOCA, please contact 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

To receive news about the community centre, subscribe to our mailing list: www.marpoleoakridge.org/newsletter

MOCA Board of Directors 2017-2018

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

Special Events



Family Movie Nights

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

All Ages **Youth Volunteers**
173361 **FREE**
Sep 7-Dec 21 **F 6:00pm-8:00pm**

50+ 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.



SEP 25 Harvest Lunch

50+ yrs **Register by Sep 21**
178743 **\$4.76/1 sess**
Sep 25 **Tu 12:00pm-3:00pm**

NOV 27 Early Christmas Party

50+ yrs **Register by Nov 23**
178744 **\$4.76/1 sess**
Nov 27 **Tu 12:00pm-3:00pm**

Daycamps



OCT 27 Halloween Howlers, Haunted House & Pumpkin Patch

Come dressed in your Halloween finest for a fun filled morning of creepy crafts, boo-tiful face painting, spooktacular games, entertainment, haunted house, pumpkin patch and more! Parent or guardian participation is required.

1-6 yrs **Register by Oct 20**
177629 **\$8/child**
Oct 27 **Sa 11:00am-12:30pm**



NOV 27 Breakfast with Santa

Who says Santa only comes on Christmas Eve? Join Santa's helpers for pancakes, goodies, coffee, juice and family entertainment, including play time in the gym, before a visit from Santa. Bring your camera and your appetite! Seating is on a first come, first serve basis. Doors open at 9:45am. Breakfast will be served at 10:15am sharp. Don't miss out! Children under 1 yr are free. **Parent participation is required. Registration and payment is required for all people attending.**

1+ yrs **Register by Dec 1**
177628 **\$6/person**
Dec 8 **Sa 10:00am-11:30am**



Holiday Daycamp

Join us for action filled days. Children will participate in physical, social and educational activities including: games, sports, theatre, crafts and possibly out-trips. Children must be enrolled in at least grade 1 to participate.

6-12 yrs **MO Staff**
177630 **\$114/3 sess**
Jan 2-Jan 4 **W-F 9:00am-4:00pm**

Stop Motion Brick Animation Camp

see p.10 for details

6-12 yrs **Tomorrow's Playground**
178408 **\$115/3 sess**
Jan 2-Jan 4 **W-F 10:00am-12:00pm**

WEDO Robotics 1.0 Camp

see p.10 for details

6-12 yrs **Tomorrow's Playground**
178405 **\$115/3 sess**
Jan 2-Jan 4 **W-F 1:15pm-3:15pm**

VOTE

in the 2018

municipal election

Advance voting:
October 10-17
8am-8pm

Election day:
October 20
8am-8pm



VANCOUVER
 VOTES

vancouver.ca/vote #VancouverVotes

Art / Language / Learning



Drop-in
\$2.50

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 Oct 20, 27, Dec 8.

0-6 yrs Parent supervision required
177632 Drop-in \$2.50
Sep 8-Dec 22 Sa 10:40am-12:15pm

Parent & Tot Chat and Play

NEW

All caregivers of children ages 0-5 are invited to drop in and enjoy a hot drink and friendly conversation while their little ones make new friends with children their age. Activities include playdough, crafting and colouring, and a story time. A variety of toys will be available for the children to play with. Come and enjoy a chance to talk with other adults and watch your children learn to interact with the world around them! No session Oct 8, Nov 12.

0-5 yrs St. John's Vancouver
184630 FREE
Sep 17-Dec 10 M 10:45am-12:15pm

Preschool Drawing

Learning to draw basic shapes is an essential building block for every artist. This fall, new exciting drawing lessons are introduced: lady bug and gumball machine for drawing circle shapes, clown puppet, rocket ship and monkey drawings to strengthen your child's fine motor skills and candy bag and fall scenes to strengthen your child's compositional skills and expand their creative minds. For more info: www.youngrembrandts.com/metrovancouver.

3.5-5 yrs	Young Rembrandts
178390	\$108/6 sess
Sep 22-Oct 27	Sa 10:00am-11:00am
3.5-5 yrs	Young Rembrandts
181681	\$108/6 sess
Nov 3-Dec 8	Sa 10:00am-11:00am



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!

4-6 yrs	Karen Nanat
178362	\$81/12 sess
Sep 20-Dec 6	Th 4:00pm-4:45pm

Fun Time In Mandarin 1/2/3

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 Oct 6, Nov 10.

Mandarin 1 - Beginner

No previous experience in Mandarin.

2.5-5 yrs	Doris Shi
178375	\$72/6 sess
Sep 15-Oct 27	Sa 9:30am-10:15am
2.5-5 yrs	Doris Shi
178376	\$72/6 sess
Nov 3-Dec 15	Sa 9:30am-10:15am

Mandarin 2 - Intermediate

Some previous experience in Mandarin.

2.5-5 yrs	Doris Shi
178380	\$72/6 sess
Sep 15-Oct 27	Sa 10:30am-11:15am
2.5-5 yrs	Doris Shi
178385	\$72/6 sess
Nov 3-Dec 15	Sa 10:30am-11:15am

Mandarin 3 - Intermediate/Advanced

Have attended previous Fun Time in Mandarin classes or already speak some Mandarin at home.

2.5-5 yrs	Doris Shi
178296	\$72/6 sess
Sep 15-Oct 27	11:30am-12:15pm
2.5-5 yrs	Doris Shi
178298	\$72/6 sess
Nov 3-Dec 15	11:30am-12:15pm

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!

4-6 yrs	TBA Instructor
178356	\$81/12 sess
Sep 18-Dec 4	Tu 4:00pm-4:45pm



Sports / Movement

Baby Gymnastics

Baby Gymnastics will focus on gross motor development, as well as fostering a supportive network for caregivers. This parent participation class will include 10 minutes of unstructured play/free play, a 5-minute warm-up, guided exploration of the equipment, and a 5-minute goodbye circle time. To participate, children must be a minimum of 6 months old. These young participants must feel confident sitting independently, rolling over and supporting weight on their legs when held upright.

6-14 mos	TBA Instructor
178342	\$82/6 sess
Sep 18-Oct 23	Tu 10:15am-11:00am
6-14 mos	TBA Instructor
178346	\$82/6 sess
Oct 30-Dec 4	Tu 10:15am-11:00am

Gymnastics 1/2

These 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. Parent participation required.

Gymnastics 1

2-3 yrs	TBA Instructor
178350	\$82/6 sess
Sep 18-Oct 23	Tu 11:15am-12:00pm
2-3 yrs	TBA Instructor
178351	\$82/6 sess
Oct 30-Dec 4	Tu 11:15am-12:00pm

Gymnastics 2

3-5 yrs	TBA Instructor
178352	\$82/6 sess
Sep 18-Oct 23	Tu 12:00pm-12:45pm
3-5 yrs	TBA Instructor
178353	\$82/6 sess
Oct 30-Dec 4	Tu 12:00pm-12:45pm

Animal Kingdom Movements

They'll have a blast jumping like frogs, lumbering like gorillas, skittering like crabs, or swimming and playing like whales, dolphins and seals. A super fun, creative and different way to get your little humans moving!

2-4 yrs	Into Yoga
183200	\$77/6 sess; Drop-in \$14
Sep 18-Oct 23	Tu 9:30am-10:15am
2-4 yrs	Into Yoga
183201	\$77/6 sess; Drop-in \$14
Oct 30-Dec 4	Tu 9:30am-10:15am

Kid's Yoga

Kid's yoga challenges to have fun and explore the dimensions of yoga through breath, body movement, games, books and songs. This active yet focused class will help each child to become more centered and calm, while increasing or maintaining their flexibility. Concentration is enhanced, stress (kids have stresses too) is reduced and posture is enhanced.

3-5 yrs	Into Yoga
183203	\$77/6 sess; Drop-in \$14
Sep 18-Oct 23	Tu 10:30am-11:15am
3-5 yrs	Into Yoga
183204	\$77/6 sess; Drop-in \$14
Oct 30-Dec 4	Tu 10:30am-11:15am

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 Oct 6, Oct 13, Nov 10, Dec 8.

2-3 yrs	Talha Pervaiz
178327	\$45/9 sess
Sep 22-Dec 15	Sa 9:15am-9:45am
3-5 yrs	Talha Pervaiz
178338	\$45/9 sess
Sep 22-Dec 15	Sa 9:45am-10:15am

Kids Soccer

This indoor soccer program will emphasize the development of basic soccer skills i.e. dribbling, shooting, and passing. Boys and girls are welcome to come out and improve their soccer skills. No session Oct 8, Nov 12.

4-6 yrs	Jesse Woolverton
178354	\$84/11 sess
Sep 17-Dec 10	M 3:30pm-4:15pm

Parent & Tot Multi Sports

Helps preschoolers to refine their motor skills and develop their social skills such as confidence, following instructions, turn-taking and sharing. Coaches introduce a different sport each class. Sportball maintains a one-parent-per-child ratio policy in all parent and child programs to ensure that focus is kept on helping little ones practice and progress. www.sportball.ca. No session Oct 6, 13, Nov 10, Dec 8.

2-3 yrs	Sportball Vancouver
178322	\$77.50/5 sess
Sep 15-Oct 27	Sa 10:30am-11:15am
2-3 yrs	Sportball Vancouver
178324	\$77.50/5 sess
Nov 3-Dec 15	Sa 10:30am-11:15am

Sportball Multisport

Coaches focus on 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: hockey, soccer, football, baseball, basketball, volleyball, golf and tennis. For more, visit www.sportball.ca. No session Oct 6, 13, Nov 10, Dec 8.

3-5 yrs	Sportball Vancouver
178325	\$77.50/5 sess
Sep 15-Oct 27	Sa 11:15am-12:00pm
3-5 yrs	Sportball Vancouver
178326	\$77.50/5 sess
Nov 3-Dec 15	Sa 11:15am-12:00pm

Performing Arts

Parent & Tot Dance

Join your child in this high energy class full of singing and dancing with mom or dad. We will learn simple songs and beginner dance movement to help build your child's self-confidence and coordination. No session Oct 6, Nov 10.

1.5-2 yrs Vancouver Performing Stars
172737 \$85/10 sess
 Sep 15-Dec 1 Sa 3:30pm-4:00pm

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. No session Oct 11.

1.5-2 yrs Vancouver Performing Stars
172734 \$85/10 sess
 Sep 20-Nov 29 Th 6:00pm-6:30pm

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. No session Oct 11.

3-4 yrs Vancouver Performing Stars
172733 \$99/10 sess
 Sep 20-Nov 29 Th 3:30pm-4:15pm

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 Oct 6, Nov 10.

3-4 yrs Vancouver Performing Stars
172735 \$99/10 sess
 Sep 15-Dec 1 Sa 2:00pm-2:45pm



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. No session Oct 10, Oct 17.

3-5 yrs World Of Fairy Tales
178299 \$79/10 sess
 Sep 26-Dec 12 W 4:00pm-4:45pm



Wee Expressions

Come and join us on an adventure of imagination in songs while we engage a child through a mixture of free play & structure. In our classes, parents and children (1-4 yrs) alike take pleasure in the interactive nature of the classes and jointly participate in singing, instrument playing, learning manners, brain gym, accompanying song actions, baby sign language and dances with a refreshing sense of exploration and fun. Wee Expressions is more than the traditional children's music program. Our curriculum is based on researched methods surrounding the benefits of music infused with Music Therapy techniques. There is a materials fee of \$15 for CD and lyrics booklet included in the fee. Additional siblings may register for the discounted price of 25% off, by phone or in-person.

10 mos-4 yrs Musical Expressions
178291 \$135/10 sess
 Sep 28-Nov 30 F 9:45am-10:30am

Uke & Me

Come join us on a ukulele adventure. Parents with their child will jam together on the ukulele while singing along to songs. 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. For more information visit: <http://www.musicaexpressions.ca>. No session Oct 6, Nov 10.

3-6 yrs Musical Expressions
178292 \$108/12 sess; Drop-in \$11
 Sep 15-Dec 15 Sa 11:30am-12:00pm

Licensed Preschool

Daycare

Events



Marpole-Oakridge Preschool
604.257.8180

Marpole-Oakridge 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 :

\$238 per month plus \$62 non-refundable registration fee.



MARPOLE OAKRIDGE
DAYCARE SOCIETY



“A Child Care Learning Centre”

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](http://marpoleoakridgedaycare.com)



OCT
27

Halloween Howlers, Haunted House & Pumpkin Patch

Come dressed in your Halloween finest for a fun filled morning of creepy crafts, boo-tiful face painting, spooktacular games, entertainment, haunted house, pumpkin patch and more! Parent or guardian participation is required.

1-6 yrs	Register by Oct 20
177629	\$8/child
Oct 27	Sa 11:00am-12:30pm

Breakfast with Santa

Who says Santa only comes on Christmas Eve? Join Santa's helpers for pancakes, goodies, coffee, juice and family entertainment, including play time in the gym, before a visit from Santa. Bring your camera and your appetite! Seating is on a first come, first serve basis. Doors open at 9:45am. Breakfast will be served at 10:15am sharp. Don't miss out! Children under 1 yr are free. **Parent participation is required. Registration and payment is required for all people attending.**

1+ yrs	Register by Dec 1
177628	\$6/person
Dec 8	Sa 10:00am-11:30am

Daycamps

Holiday Daycamp

Join us for action filled days. Children will participate in physical, social and educational activities including: games, sports, theatre, crafts and possibly out-trips. Children must be enrolled in at least grade 1 to participate.

6-12 yrs **TBA Instructor**
177630 **\$114/3 sess**
Jan 2-Jan 4 **W-F 9:00am-4:00pm**

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! Students will create a short LEGO Brick Animation Mini-movie. Use our LEGO sets, including Star Wars, Friends, City, or bring your own!

6-12 yrs **Tomorrow's Playground**
178408 **\$115/3 sess**
Jan 2-4 **W-F 10:00pm-12:00pm**

WEDO Robotics 1.0 Camp

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 crosscurricular 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.

6-12 yrs **Tomorrow's Playground**
178405 **\$115/3 sess**
Jan 2-4 **W-F 1:15pm-3:15pm**

Birthday Parties



Birthday Parties

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

Suitable for a class, club, family celebration or birthday party. You provide the food, we'll provide the space! Cost includes the Upper Lounge (with attached kitchen) for 3 hours (12:00pm-3:00pm, with a max capacity of 70) to host your party, plus 1 hour of supported gym time (12:30pm-1:30pm) with a variety of age appropriate activity options available. Please complete your party information and planning sheet at least one week prior to your party. Book early to avoid disappointment! No session Oct 20, 27, Dec 8.

1-15 yrs **Sep 8-Dec 22**
Varied **\$155/1 session**
Sep 8-Dec 22 **Sa 12:00pm-3:00pm**

Art/Drawing

Fundamental Drawing

Draw favourite emoji's in a fun collage, explore colour with our watch colour wheel lesson, and create fall-themed illustrations like taffy apples and a farmer's scarecrow. Stylized art styles will be explored through our tarantula line art and Van Gogh-inspired drawing featuring vibrant sunflowers. Visit www.youngrembrandts.com/metrovancouver

6-12 yrs **Young Rembrandts**
181713 **\$108/6 sess**

Sep 22-Oct 27 **Sa 11:00am-12:00pm**

6-12 yrs **Young Rembrandts**
181715 **\$108/6 sess**

Nov 3-Dec 8 **Sa 11:00am-12:00pm**

Mixed-Media Art

Lessons cover two-and three-dimensional art, composition, colour, pattern, texture, drawing, and collage. Participants are required to bring the following supplies to the first class: construction papers - assorted colours & 9"x12" in size, oil pastels, markers, white glue, scissors, pencil, eraser, sharpener, and 11"x17" white papers (cartridge, photocopy papers, sketch pad or scrapbook). No session Oct 6, Nov 10.

6-9 yrs **Patty Wong**
178426 **\$110/8 sess**

Sep 22-Nov 24 **Sa 12:45pm-2:00pm**

Drawing in Colour

This program will cover the fundamentals of line drawing, pattern, shape, value, space, composition and colour application. Please bring indicated supplies on the first day: oil pastels, soft or chalk pastels, coloured pencils, wax crayons, eraser, pencils, sharpener, 11" x 17" white papers (cartridge, photocopy papers, sketch pad or scrapbook). No session Oct 6, Nov. 10

9-13 yrs **Patty Wong**
178425 **\$124/8 sess**

Sep 22-Nov 24 **Sa 2:30pm-4:00pm**

Sports/Movement

Kids Soccer

This indoor soccer program will emphasize the development of basic soccer skills i.e. dribbling, shooting, and passing. Boys and girls are welcome to come out and improve their soccer skills. No session Oct 8, Nov 12.

6-9 yrs	Jesse Woolverton
178427	\$84/11 sess
Sep 17-Dec 10	M 4:15pm-5:00pm
9-12 yrs	Jesse Woolverton
178428	\$84/11 sess
Sep 17-Dec 10	M 5:00pm-5:45pm

Moresports Multisport

Freeze tag, Dodgeball, 4-corner soccer, Parachute & more! Come along to your elementary school gymnasium Fridays after school for an hour of active fun with your friends. Moresports Multisport focuses on developing your fundamental movement skills, team-building, and having fun. Participants are to meet in your elementary school gym at 3:00pm. Please come prepared with appropriate activewear, and bring a water bottle and a snack. No session Nov 9.

David Lloyd George

5-6 yrs	Youth Leader
173994	\$40/8 sess
Oct 26-Dec 21	F 3:00pm-4:00pm
	Laurier

5-6 yrs	Youth Leader
173996	\$40/8 sess
Oct 26-Dec 21	F 3:00pm-4:00pm
	Sexsmith

5-6 yrs	Youth Leader
173995	\$40/8 sess
Oct 26-Dec 21	F 3:00pm-4:00pm

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

Register Early!

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.

7-10 yrs	TBA Instructor
178437	\$66/12 sess
Sep 18-Dec 4	Tu 3:30pm-4:15pm
10-12 yrs	TBA Instructor
178438	\$66/12 sess
Sep 18-Dec 4	Tu 4:15pm-5:00pm

Moresports Beginners Basketball

Calling all basketball-enthusiasts! Bring yourself and a friend to Moresports Beginners Basketball! Moresports is offering a beginners basketball program to teach you all the basics of the game. From dribbling to free-throws, your fun and friendly coach at Beginners basketball on Fridays will teach you some basic basketball skills. Participants are to meet in your elementary school gym at 4:00pm. Please come prepared with appropriate activewear, and bring a water bottle and a snack. No session Nov 9.

David Lloyd George

6-7 yrs	Youth Leader
173997	\$40/8 sess
Oct 26-Dec 21	F 4:00pm-5:00pm
	Sexsmith

6-7 yrs	Youth Leader
173998	\$40/8 sess
Oct 26-Dec 21	F 4:00pm-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.

7-12 yrs	Susan Kita
178429	\$90/12 sess
Sep 20-Dec 6	Th 4:00pm-4:50pm

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.

10-16 yrs	Susan Kita
178436	\$90/12 sess
Sep 20-Dec 6	Th 5:00pm-5:50pm

Moresports Badminton

Bring yourself and a friend to try out our new Moresports Badminton program offered to students in grades 4-7 at Laurier! Come on down to your elementary school gym at 4:00pm to learn some of the basic skills of badminton. Badminton mini tournaments will be held at the end of every session! Please come prepared with appropriate activewear, and bring a water bottle and a snack. No session Nov 9.

Laurier

8-12 yrs	Youth Leader
173999	\$40/8 sess
Oct 26-Dec 21	F 4:00pm-5:00pm

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/Debbie Hoy
172910	Free Trial Class
Sep 5	W 6:00pm-7:00pm
6+ yrs	George Chan/Debbie Hoy
172740	\$105/14 sess
Sep 12-Dec 12	W 6:00pm-7:00pm

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 optional light contact sparring. Students are encouraged to participate in BC Taekwondo Federation events. A great workout for all ages!

5-8 yrs	Sunny Kim Taekwondo
177374	Free Trial Class
Sep 4	Tu 3:45pm-4:30pm
5-8 yrs	Sunny Kim Taekwondo
172738	\$232/29 sess
Sep 7-Dec 14	Tu F 3:45pm-4:30pm
9-16 yrs	Sunny Kim Taekwondo
177375	Free Trial Class
Sep 4	Tu 4:30pm-5:15pm
9-16 yrs	Sunny Kim Taekwondo
172739	\$232/29 sess
Sep 7-Dec 14	Tu F 4:30pm-5:15pm



Performing 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 Oct 6, Nov 10.

5-7 yrs	Vancouver Performing Stars
172736	\$99/10 sess
Sep 15-Dec 1	Sa 2:45pm-3:30pm

Junior Ballet

Introduce your little ones to the world of ballet. These classes develop coordination, musicality, and fluidity of movement while having fun. Children must be able to attend class alone. Increased ballet technique is expected at each progressive level. No session Oct 11.

5-7 yrs	Vancouver Performing Stars
172732	\$99/10 sess
Sep 20-Nov 29	Th 5:15pm-6:00pm

Intermediate Ballet

Immerse your child in the world of ballet. 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. Students in this class will be invited to perform in the annual VPS Nutcracker Production. No session Oct 11.

7-10 yrs	Vancouver Performing Stars
172731	\$115/10 sess
Sep 20-Nov 29	Th 4:15pm-5:15pm

Speech Arts and 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. No session Oct 10, Oct 17.

6-8 yrs	World Of Fairy Tales
178424	\$79/10 sess
Sep 26-Dec 12	W 4:45pm-5:30pm



Learning/Specialty



Math Club Level 1

This is an inclusive, interactive program designed to increase your child's mathematical skills. Course work will focus on basics of arithmetic (addition, subtraction, multiplication & division), patterns, geometry, problem-solving strategies & 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.

7-9 yrs Karen Nanat
178275 \$81/12 sess
Sep 20-Dec 6 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.

10-13 yrs Karen Nanat
178276 \$81/12 sess
Sep 20-Dec 6 Th 5:30pm-6:15pm

Writer's Workshop

Sharpen your pencils and get ready to write! This class' focus is how to write in a formal and academic style for various genres and audiences, as well as exploring creative, persuasive, and narrative writing through exciting activities, games, and lessons.

8-13 yrs TBA Instructor
178358 \$81/12 sess
Sep 18-Dec 4 Tu 4:45pm-5:30pm

Intro To Chess

Come jump into the intricate world of chess. Each 90 minute session will be full of chess puzzles, supervised games and game analysis. This comprehensive and progressive program allows students to learn how to play chess in the optimal manner by gradually increasing complexity. Classes will follow the six-level academic chess program of the Vancouver Chess School. (www.vanchess.ca). No session Oct 8, Nov 12.

6-12 yrs Vancouver Chess School
178394 \$176/11 sess
Sep 17-Dec 10 M 4:00pm-5:30pm

Learning with Magic

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 Oct 8, Nov 10.

6-12 yrs Jordan and Care
178401 \$125/6 sess
Sep 17-Oct 29 M 3:30pm-5:00pm
6-12 yrs Jordan and Care
178402 \$125/6 sess
Nov 5-Dec 17 M 3:30pm-5:00pm

Red Cross Babysitting

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, & medium-sized towel or small blanket.

11-15 yrs First Aid Hero
178417 \$65/1 sess
Nov 10 Sa 9:00am-4:00pm



DEC 9 Breakfast with Santa

Who says Santa only comes on Christmas Eve? Join Santa's helpers for pancakes, goodies, coffee, juice and family entertainment, including play time in the gym, before a visit from Santa. Bring your camera and your appetite! Seating is on a first come, first serve basis. Doors open at 9:45am. Breakfast will be served at 10:15am sharp. Don't miss out! Children under 1 yr are free. **Parent participation is required. Registration and payment is required for all people attending.**

1+ yrs Register by Dec 1
177628 \$6/person
Dec 8 Sa 10:00am-11:30am

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. Spring 2018 private lesson students have scheduling priority.

Private Flute Lessons

Beginners to students needing coaching in school band/orchestra are welcome. Please bring your own flute. Music books are extra. For more information, see andreaminden.wordpress.com.

6+ yrs **Andrea Minden**
\$282/12 sess
Sep 20-Dec 6 Th 4:30pm-7:30pm

Private 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.

6+ yrs **TBA Instructor**
\$329/14 sess
Sep 13-Dec 13 Th 3:30pm-8:00pm

Private Violin Lessons

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

5+ yrs **Ali Nourbakhsh**
\$329/14 sess
Sep 12-Dec 12 W 3:30pm-7:30pm
5+ yrs **Ali Nourbakhsh**
\$329/14 sess
Sep 14-Dec 14 F 3:30pm-5:00pm

Private Piano Lessons

Love the world of music and the piano through most enjoyable songs and pieces. Develop proper technique with fun exercises. Explore the art of piano under a fun, yet challenging atmosphere. From basic beginners to those that are preparing for exams, all students are welcome. Lessons are customized to your developmental needs. Piano lessons cover dexterity, listening, rhythm and theory. For all ages and levels.

5+ yrs **Roy Sun**
No session Oct 8, Nov 12 \$282/12 sess
Sep 10-Dec 10 M 3:00pm-7:30pm
5+ yrs **Andrea Chang**
\$352.50/15 sess
Sep 4-Dec 11 Tu 3:30pm-7:00pm
4+ yrs **Jinsol Kim**
\$352.50/15 sess
Sep 5-Dec 12 W 4:00pm-8:00pm
5+ yrs **Andrea Chang**
\$352.50/15 sess
Sep 7-Dec 14 F 3:30pm-7:00pm
5+ yrs **Andrea Chang**
No session Oct 6, Nov 10 \$282/12 sess
Sep 8-Dec 8 Sa 9:30am-12:30pm



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>.

5+ yrs **Musical Expressions**
\$352.50/15 sess
Sep 4-Dec 11 Tu 3:30pm-7:00pm

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!

9+ yrs **Gina Morel**
\$392/14 sess
Sep 13-Dec 13 Th 5:00pm-8:00pm
9+ yrs **Gina Morel**
No session Oct 6, Nov 10 \$336/12 sess
Sep 15-Dec 15 Sa 10:00am-2:00pm



Preteen/Youth Programs (9-18 yrs)

Pre-Teen Social Recreation & Leadership

Developmental Courses

Pre-Teen Club

9-13 years

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

9-13 yrs	Youth Leader
173359	Drop-in \$2
Sep 7-Dec 21	F 4:15pm-5:30pm

Bakers Kitchen

Do you love eating pastries and desserts, but don't know how they're made? Join us and explore your inner baker! Learn how to bake delicious desserts and share your creations at home with your family! No session Oct 8, Nov 12.

9-12 yrs	Youth Leader
173356	\$40/8 sess
Sep 17-Nov 19	M 4:00pm-5:30pm

Karate

See page 12 for more details.

9+ yrs	George Chan/Debbie Hoy
172910	Free Trial Class
Sep 5	W 6:00pm-7:00pm
9+ yrs	George Chan/Debbie Hoy
172740	\$105/14 sess
Sep 12-Dec 12	W 6:00pm-7:00pm

Sunny Kim Tae Kwon Do

See page 12 for more details.

9-16 yrs	Sunny Kim Taekwondo
177375	Free Trial Class
Sep 4	Tu 4:30pm-5:15pm
9-16 yrs	Sunny Kim Taekwondo
172739	\$232/29 sess
Sep 7-Dec 14	Tu F 4:30pm-5:15pm

Professional Day Trips

Nothing to do on your Pro-D Day? Invite all your friends and we'll have a blast! Price includes transportation and admission fee. All participants MUST complete and return a consent form prior to the out trip. Youth are to meet in the youth room at Marpole-Oakridge Community Centre.

Deer Lake Paddle Boating

9-12 yrs	Youth Leader
173423	\$30/1 sess
Sep 21	F 9:00am-3:00pm

Watermania

9-12 yrs	Youth Leader
173412	\$20/1 sess
Oct 19	F 10:00am-3:00pm

Rock Climbing Cliffhangers

9-12 yrs	Youth Leader
173414	\$40/1 sess
Nov 9	F 10:00am-3:00pm

MO Jr. Youth Council

The Jr. Youth Council is looking for preteens in gr. 6 & 7 that are interested in building their leadership skills and making a positive contribution to the community. We will be learning how to organize various events & activities for other preteens. Meetings will be in the MO club room.

11-13 yrs	Youth Leader
173357	FREE
Oct 2-Dec 18	Tu 3:30pm-4:30pm

Club Room Youth Drop-in

Youth Drop-in after school Monday to Friday.

12-18 yrs	Youth Leader
173613	FREE
Sep 3-Dec 21	M-F 3:30pm-6:00pm

FoodSafe Level 1

FOODSAFE Level 1 is a foodhandling, 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+yrs	Advanced Education
184202	\$79.50/1 sess
Sep 8	Sa 9:00am-5:00pm

Red Cross Babysitting

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 and a medium-sized towel or small blanket.

11-15 yrs	First Aid Hero
178417	\$65/1 sess
Nov 10	Sa 9:00am-4:00pm

Emergency First Aid, CPR & AED

This hands-on interactive emergency first-aid, CPR, & AED training course includes adult CPR, child CPR & infant CPR (Level C). Students will learn practical skills needed to recognize, react, & aid effectively for shock, spinal injuries, heart attack, bleeding, choking, airway emergencies, etc. Students will learn and be certified on how to use an Automated External Defibrillator (AED). Fee Includes manual & certification.

14+ yrs	Advanced Education
184211	\$93.50/1 sess
Oct 6	Sa 9:00am-5:00pm

More programs for children 9+ yrs on pages 10-14.

Youth Leadership Opportunities

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, have 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 Room Supervisor
- Administrative Assistant
- Program Activity Assistant
- Gym Supervisor
- Special Events
- Snack Bar
- Children's Daycamps
- MoreSports after school programs (various elementary schools)

MO Youth Council

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. Youth must commit for the school year and are expected to volunteer at the Youth Councils special events.

13-18 yrs Youth Leader
173362 FREE
Sep 12-Dec 19 W 4:00pm-5:30pm

For Moresports programs, see p. 11

Fall 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 rights & guidelines, benefits of volunteering, description of volunteer roles, and what to do in case of an emergency. After completing this orientation, youth can begin to volunteer at MO.

13-18 yrs Youth Leader
173363 \$6/1 sess
Sep 5 W 4:00pm-6:00pm

Snack Bar Crew Training NEW

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 training is mandatory for all youth who are interested in volunteering in the Snack Bar.

Shift Hours:

Mon-Thurs 3:15pm-6:00pm
Friday 3:15pm-7:00pm

14-18 yrs Youth Leader
173369 FREE
Sep 11 Tu 4:00pm-6:00pm

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 independently complete the four components of this program: Service, Skill, Physical Fitness and Expedition. For more information and registration form, please contact 604-718-5879.

14-18 yrs Youth Leader
173358 \$55/booklet fee

Game On! Gives Back, Toys for Kidz! NEW

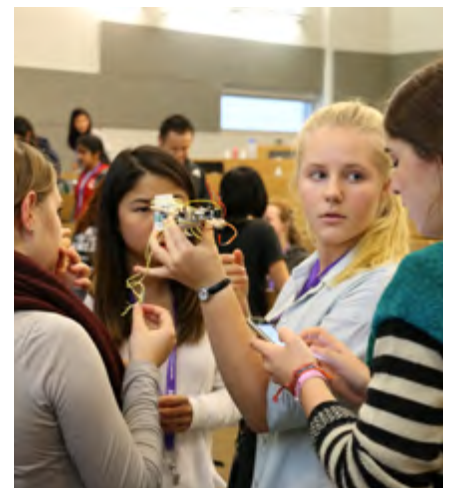
The young men from the Game On! mentorship program are putting on a toy drive to help support The Greater Vancouver Food Bank. Drop off donations at the Marpole-Oakridge lobby, toys will go to children and families in the lower mainland. Lets make everyone's holiday special!

13-18 yrs Big Brothers/Big Sisters
173404 FREE

Game On! - Boys Mentorship Group NEW

Game On! Uses a mentor approach to provide boys and young men with information and support to make informed choices about a range of healthy lifestyle practices. Participants learn about life skills, communication, and emotional health. This free program is in partnership with Big Brothers of Greater Vancouver. Pre-registration is required and must be done through the Youth Worker. Information session will be held on Tues, Sept 25th at 4pm!

13-18 yrs Big Brothers/Big Sisters
173398 FREE
Nov 1-Dec 13 Th 5:00pm-6:30pm



Moresports Mentorship Training

Moresports provides affordable sports and physical activity opportunities for children, youth, and families living in Vancouver. We provide afterschool sports and activities to our local elementary school: MultiSports, Mixed Games, Soccer, and Basketball, and Coaching opportunities for youth. Our youth leaders come from diverse backgrounds and sport experience, but they all share a passion for working and helping kids. Mentorship is a win-win and through Moresports, our leaders not only become key role models in their community, but they inspire new ones.

13-18 yrs **Joanna Chiu**
184213 **FREE/1 sess**
Sep 21 **F** **3:15pm-5:15pm**

Night Hoops

Night Hoops is a FREE late night basketball program for youth 13-18 yrs. 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 start Nov 16 and will be held in the MO gym on Friday nights. Games will take place on Saturdays at different sites (schedule TBA) and will start early January 2019. Participants must commit to both practice and team games. Check out the webpage <http://www.nighthoops.ca> for more information. To register, contact the youth worker at 604-718-5879.

Junior

13-15 yrs **Jr Boys Coach**
173366 **FREE**
Nov 16-Dec 21 **F** **5:45pm-7:00pm**

Senior

15-18 yrs **Sr Boys Coach**
173368 **FREE**
Nov 16-Dec 21 **F** **7:00pm-8:15pm**

Youth Drop-in Sports (13-18 yrs) Sep 5-Dec 21, 2018

Youth Sport Programs	Day of Week	Fall Schedule
Youth Open Gym	Wednesdays	3:30pm-5:45pm
Youth Drop-in Basketball	Fridays	3:15pm-4:30pm No session Oct 26
Youth Drop-in Badminton \$2	Fridays	4:30pm-5:45pm No session Oct 26

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

Basketball for Boys (Adaptive)

The Developmentally Challenged Youth Basketball Association (DCYBA) promotes and supports the development of youth with developmental challenges through basketball. Males 14-25 years 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.

14-25 yrs **DCYB Association**
178249 **\$32.80/16 sess**
Sep 4-Dec 18 **Tu** **7:00pm-8:15pm**



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! No session Oct 26.

13-18 yrs **Lovelle Castro**
173370 **\$80/8 sess**
Sep 14-Nov 9 **F** **5:45pm-7:00pm**



VOTE

in the 2018
municipal election

Advance voting:
October 10-17
8am-8pm

Election day:
October 20
8am-8pm

CITY OF VANCOUVER | VANCOUVER VOTES

vancouver.ca/vote #VancouverVotes

Dance



International Line Dance with Ember

Enjoy learning a variety of dances taught at an enthusiastic pace. Prior knowledge of basic steps recommended. Line dance for fun, to meet new friends, socialize and stay healthy! No session Oct 8, Nov 12, Nov 26.

International Line Dance Plus

19+ yrs **Ember Schira**
178529 \$54.80/10 sess; Drop-in \$6.19
 Sep 10-Dec 3 M 6:30pm-8:00pm

International Line Dance

19+ yrs **Ember Schira**
178530 \$82.20/15 sess; Drop-in \$6.19
 Sep 6-Dec 13 Th 7:00pm-8:30pm

Int'l Line Dance Social

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

19+ yrs **Ember Schira**
178533 Drop-in \$6.67
 Dec 15 Sa 12:30pm-3:45pm

Social Dance

This is a non-instructional program. See p.23 for more details.

19+ yrs **Aki Kakiuchi**
 No session Oct 8, Oct 15, Nov 12.

178539 \$20/12 sess; Drop-in \$1.90
 Sep 10-Dec 17 M 1:00pm-3:00pm

19+ yrs **Tina Chen**
 No session Oct 11.

178540 \$25/15 sess; Drop-in \$1.90
 Sep 6-Dec 20 Th 12:30pm-3:00pm



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. No class Oct 8, Oct 13, Nov 12.

19+ yrs **Karen Tsai**
178535 \$76.19/16 sess; Drop-in 5.71
 Sep 5-Dec 19 W 1:00pm-2:30pm

19+ yrs **Karen Tsai**
178536 \$76.19/16 sess; Drop-in 5.71
 Sep 7-Dec 21 F 1:00pm-2:30pm

19+ yrs **Karen Tsai**
178534 \$52.38/11 sess; Drop-in 5.71
 Sep 8-Dec 1 Sa 12:15pm-1:45pm

Line Dance Plus with Karen

Take your dancing to the next level with this Line Dance Plus class.

19+ yrs **Karen Tsai**
178537 \$76.19/16 sess; Drop-in 5.71
 Sep 4-Dec 18 Tu 1:00pm-2:30pm

19+ yrs **Karen Tsai**
178538 \$76.19/16 sess; Drop-in 5.71
 Sep 6-Dec 20 Th 1:00pm-2:30pm
Karen Tsai



Fitness/Pilates

Chinese Folk Dance with Margaret

NEW

This class introduces the fundamentals of Chinese folk dance, stretch and strength. No experience is required. This class is open to adults who want to stay fit and have fun with the enjoyment of music. Wear comfortable clothing. No class Oct 12.

19+ yrs **Margaret Pan**
184626 \$74.29/13 sess; Drop-in \$6.67
 Sep 14-Dec 14 Tu 6:00pm-7:30pm

Pilates: Flexibility & Balance

NEW

Pilates: Flexibility & Balance is a unique Pilates based class focusing on gentle core exercises and stretching to improve flexibility and balance, both of which contribute to maintaining a strong and agile body. Breathing techniques are used to relax and focus the mind. This class is a mix of both mat and standing Pilates and is open to all ages and levels.

19+ yrs **Into Yoga**
183171 \$73.33/6 sess; Drop-in \$13.33
 Nov 1-Dec 6 Th 7:00pm-8:00pm

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 cardiovascular endurance, core balance, and lengthens and tones entire body.

19+ yrs **Emily Chan**
179243 \$96/12 sess; Drop-in \$11.43
 Sep 19-Dec 5 W 6:00pm-7:00pm

See Aerobics / Group Fitness
 Schedule on p.25 and for more
 Fitness programs, see p.19 and 20.

Yoga

Yoga for Everyone

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 Oct 8, Oct 15, Nov 12.

19+ yrs	Leah Fladgate
179244	FREE TRIAL CLASS
Sep 10	M 6:00pm-7:00pm
19+ yrs	Leah Fladgate
179245	\$108/12 sess; Drop-in \$11
Sep 17-Dec 10	M 6:00pm-7:15pm

Hatha Yoga NEW

Hatha Yoga is suitable for all levels of experience. Work on balance, strength, flexibility and relaxation as you build your self-awareness. A more profound connection with the body is developed, releasing tension and anxiety.

19+ yrs	Into Yoga
183172	\$73.33/6 sess; Drop-in \$13.33
Sep 18-Oct 23	Tu 6:30pm-7:30pm
19+ yrs	Into Yoga
183173	\$73.33/6 sess; Drop-in \$13.33
Oct 30-Dec 4	Tu 6:30pm-7:30pm

Yoga for the Older Adult NEW

Yoga for the Older Adult classes are designed for relatively active men and women over the age of 55. Emphasis in these classes is on balance, strength and flexibility. Classes are slow and gentle allowing everyone to work at their own pace.

55+ yrs	Into Yoga
183174	\$73.33/6 sess; Drop-in \$13.33
Sep 19-Oct 24	W 9:30am-10:30am
55+ yrs	Into Yoga
183175	\$73.33/6 sess; Drop-in \$13.33
Oct 31-Dec 5	W 9:30am-10:30am

Baby and Me Yoga NEW

Connect with your young one with playful asana (exercises) while you stretch, breathe and relax your body back into shape. You will have a chance to share with other moms, while your baby is stimulated physically, emotionally and socially. This class is best suited for moms who have healed after delivery, and for babies who are not yet very mobile. Previous experience is not necessary. For babies newborn to 18 months.

19+ yrs	Into Yoga
183177	\$73.33/6; Drop-in \$13.33
Sep 19-Oct 24	W 11:00am-12:00pm
19+ yrs	Into Yoga
183178	\$73.33/6; Drop-in \$13.33
Oct 31-Dec 5	W 11:00am-12:00pm

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. No session Oct 11, Nov 15.

16+ yrs	Empire Glow
185489	FREE TRIAL CLASS
Sep 13	Th 10:00am-11:00am
16+ yrs	Empire Glow
178542	\$88/11 sess; Drop-in \$15
Sep 20-Dec 13	Th 10:00am-11:00am



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. No session Oct 12.

50+ yrs	Emily Chan
179227	\$71.43/11 sess; Drop-in \$8.57
Sep 21-Dec 7	F 4:00pm-5:00pm

Iyengar Yoga

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

19+ yrs	Grant Richards
178541	\$178.57/15 sess; Drop-in \$16.19
Sep 8-Dec 15	Sa 9:30am-11:00am

Fitness/Martial Arts/Health/Movement

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. No session Oct 11, Nov 15.

16+ yrs **Empire Glow**
185488 **FREE TRIAL CLASS**
Sep 13 **Th 11:00am-12:00pm**
16+ yrs **Empire Glow**
178544 **\$88/11 sess; Drop-in \$15**
Sep 20-Dec 13 **Th 11:00am-12:00pm**

Waikiki Workout

It's dance, fitness, and a tropical vacation in one! Based on basic hip movements of Hawaiian hula and Tahitian drum dances, Waikiki Workout is cardio, toning, and low-impact. Dance to soothing melodies of Hawaii, exotic drums of Tahiti and other fast-paced favorites, and say ALOHA to your new beach body! No session Oct 8, Nov 12.

19+ yrs **Lehualani Mulder**
178545 **FREE TRIAL CLASS**
Sep 17 **M 5:45pm-6:45pm**
19+ yrs **Lehualani Mulder**
178546 **\$76.19/10 sess; Drop-in \$8.57**
Sep 24-Dec 10 **M 5:45pm-6:45pm**

Minds in Motion

see p.24 for details. No session Oct 16.

50+ yrs **Bonnie and Kate**
178548 **\$86.67/14 sess; Drop-in \$7.43**
Sep 4-Dec 11 **Tu 12:00pm-2:00pm**



Tai Chi Learn and Practice

Join this dedicated group to learn and practice Tai Chi 24 & 32 (Tue), Tai Chi Chi Kung (Fri), Yang 88 (Sat). All levels are welcome.

19+ yrs **Jack Fong**
No session Oct 16.
178553 **\$14.86/13 sess; Drop-in \$1.43**
Sep 4-Dec 4 **Tu 10:00am-11:30am**
19+ yrs **King Li**
No session Oct 12.
178574 **\$15.23/15 sess; Drop-in \$1.19**
Sep 7-Dec 21 **F 10:30am-11:30am**
19+ yrs **Jack Fong**
178626 **\$14.86/13 sess; Drop-in \$1.43**
Sep 8-Dec 1 **Sa 10:00am-11:30am**

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.

19+ yrs **George Chan/Debbie Hoy**
172910 **Free Trial Class**
Sep 5 **W 6:00pm-7:00pm**
19+ yrs **George Chan/Debbie Hoy**
172740 **\$105/14 sess**
Sep 12-Dec 12 **W 6:00pm-7:00pm**

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.

19+ yrs **Hiro Inoue**
178627 **\$152.38/16 sess; Drop-in \$11.43**
Sep 7-Dec 21 **F 5:45pm-7:15pm**



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. Schedule available online at www.marpoleoakridge.org or at the front desk. Schedule subject to change.

19+ yrs **No Instructor**
178551 **Drop-in \$1.43/person**
Sep 4-Dec 22 **M-Sa Varied Times**

Nordic Pole Walking

Designed for individuals with osteoarthritis (OA) as a strategy to maintain or increase activity. These activities promote body awareness and give individuals with OA strategies for addressing tension and stress in their own body so that they can keep active. Techniques are taught at a basic level with take-home activities. Poles are provided during the class. Register in advance. Contact Vancouver Coastal Health at 604-875-4544 for more details.

19+ yrs **Vancouver OASIS**
179253 **FREE/1 sess**
Oct 3 **W 9:30am-11:00am**

To avoid disappointment, register early and bring a friend!

Register Early!



Languages/Learning

Workshops (Registration Required)

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!

19+ yrs	MO Volunteer
No session Oct 8, Nov 12.	
179221	\$1.90/13 sess
Sep 10-Dec 17	M 6:30pm-8:30pm
19+ yrs	No sessions in Nov MO Volunteer
179224	\$1.90/10 sess
Sep 12-Dec 12	W 6:30pm-8:30pm
19+ yrs	MO Volunteer
179225	\$1.90/14 sess
Sep 14-Dec 14	F 3:30pm-5:30pm

Spanish Beginners - Level 1

Bienvenidos! My class is designed for a small group so you can learn a new language in a relaxed and enjoyable atmosphere. The emphasis will be on communications, proper phonetic, vocabulary, some basic grammar and writing. At the end of the course you'll be able to introduce yourself in Spanish and converse about travel, work and much more. Soleado1 textbook (\$29.40) is required and is included in the course fee. Drop-in \$14.29 if space permits. No session Oct 8, Nov 12, Nov 19, Nov 26.

19+ yrs	Rohana Filippi
179216	\$142.29/10 sess; Drop-in \$14.29
Sep 17-Dec 17	M 1:00pm-2:30pm

Evergreen Chinese Karaoke

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
179218	Drop-in \$6.67
Sep 6-Dec 20	Th 10:15am-12:15pm

Let's Talk About Digital Storage

Are your mobile devices and computers getting full? Don't lose your photos, videos and music - learn how to back up, access and share the digital files you generate every day. Explore the features of cloud storage services, as well as local and social storage solutions

50+ yrs	VPL Librarian
179256	FREE/1 sess
Nov 1	Th 10:30am-12:00pm

Acupuncture Clinic

Learn the benefits of acupuncture and Traditional Chinese Medicine (TCM) for various ailments. Using TCM can help restore the balance of Yin and Yang in your body. Disease and pains of various forms can be a result of the disruption of the flow of Qi (energy) in the body.

19+ yrs	Luc Ortelli
183461	FREE/1 sess
Oct 27	Sa 2:00pm-3:30pm

RESP

This workshop will cover what a Registered Educational Savings Plan (RESP) is and how they work, how to decide what type of RESP is best for your family and learn how to get free money to help grow your RESP.

19+ yrs	Vancity
179261	FREE/1 sess
Oct 2	Tu 6:00pm-7:00pm

Debt Smarts

This workshop covers tips to manage your debt, when it makes sense to get a consolidation loan, good debt vs. bad debt and the difference between consumer proposal and bankruptcy.

19+ yrs	Vancity
184195	FREE/1 sess
Oct 9	Tu 6:00pm-7:00pm

NEPP - Apartment Living Earthquake Preparedness

This session will cover 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.

19+ yrs	NEPP Volunteer
179250	FREE/1 sess
Nov 8	Th 7:00pm-8:30pm

Introduction to Seed Saving

Rhiannon Johnson will provide you with the knowledge needed to understand the basic principles behind seed saving and the skills necessary to begin saving seeds.

19+ yrs	Village Vancouver
184196	\$12/1 sess
Sep 22	Sa 1:00pm-3:00 pm

Spice Up Your Garden with Garlic!

Garlic's easy to grow, can thrive in small spaces, and tastes great homegrown! Rhiannon Johnson will cover different types of garlic, soil, planting, care, and what to expect. You'll learn how to grow garlic in your garden or containers and take home some garlic cloves to plant.

19+ yrs	Village Vancouver
179268	\$12/1 sess
Oct 13	Sa 1:00pm-3:00pm

Planning Your Spring Garden

Rhiannon Johnson will cover the basics of starting a food garden come Spring. Learn how to plan and prepare your garden space, as well as some simple techniques for starting plants indoors and in the garden, tailored to your space.

19+ yrs	Village Vancouver
179267	\$12/1 sess
Nov 3	Sa 1:00pm-3:00pm

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!

50+ yrs	MO Volunteer
178713	\$1.90/16 sess
Sep 4-Dec 18	Tu 1:00pm-3:00pm
50+ yrs	MO Volunteer
178719	\$1.90/16 sess
Sep 6-Dec 20	Th 10:00am-12:00pm

Bridge

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

50+ yrs	No Instructor
178728	\$1.90/16 sess
Sep 7-Dec 21	F 1:00pm-3:30pm

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.

50+ yrs	MO Volunteer
178722	\$1.90/16 sess
Sep 7-Dec 21	F 1:00pm-3:00pm

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.

50+ yrs	MO Volunteer
178727	\$1.90/16 sess
Sep 7-Dec 21	F 10:00am-12:00pm

Seniors Committee Meetings:
2nd Tuesday of the month from
9:00am-10:00am

Crafty Tuesday

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



Paper Crafts

Origami, the Japanese art of paper folding, ornamental balls and boxes, pop-up cards and gift bags.

50+ yrs	MO Volunteer
178731	\$4.76/1 sess
Sep 11	Tu 1:00pm-3:00pm

Kumihimo

Japanese Braiding Technique (Bracelets and lanyards, etc).

50+ yrs	MO Volunteer
178734	\$4.76/1 sess
Oct 9	Tu 1:00pm-3:00pm

Fimo

Fimo (beads, buttons, molded shapes, etc).

50+ yrs	MO Volunteer
178736	\$4.76/1 sess
Nov 13	Tu 1:00pm-3:00pm

Paper Beads

Get creative with various paper products, glue and decorative pens. All materials included.

50+ yrs	MO Volunteer
178741	\$4.76/1 sess
Dec 11	Tu 1:00pm-3:00pm

50+ 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.



SEP 25

Harvest Lunch

50+ yrs	Register by Sep 21
178743	\$4.76/1 sess
Sep 25	Tu 12:00pm-3:00pm

NOV 27

Early Christmas Party

50+ yrs	Register by Nov 23
178744	\$4.76/1 sess
Nov 27	Tu 12:00pm-3:00pm

VOTE

in the 2018

municipal election

Advance voting:
October 10-17
8am-8pm

Election day:
October 20
8am-8pm



VANCOUVER
VOTES

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Out Trips



Adventures on Transit

Explore the Greater Vancouver Area using the Public "Transit system. Bring or buy lunch and bring your loaded compass pass/bus fare. Please arrive 15 minutes early.

Ferry Trip to Gibsons

Bring or buy lunch. Group will leave at 9:30am sharp to make all connecting routes. Trip will include both bus and ferry. Please bring your gold care card in order to get free access onto the ferry, otherwise pay full admission, as well as \$4 cash to pay for bus to/from ferry and Gibsons (\$2 each way).

50+ yrs	Register by Sep 14
179209	Cost of Bus Fare
Sep 19	W 9:30am-6:00pm

Charlie's Chocolate Factory+

Enjoy a trip to Stormtech Outlet, buy lunch at Burnaby Palace and shop for some treats at Charlie's Chocolate Factory.

50+ yrs	Register by Oct 12
179210	Cost of Bus Fare and Lunch
Oct 17	W 9:30am-3:00pm

Social/Fitness

Chinese Seniors Group with SUCCESS

Make new friends and promote mutual help amongst each other. This is a joint program with S.U.C.C.E.S.S. Please call Samuel Chan at 604-408-7274 Ext. 1083 or email samuel.chan@success.bc.ca for more information.

Cantonese

There will be workshops on various topics concerning seniors such as seniors benefits and safety, community resources and physical/mental wellness. There will be various group activities such as bingo, card games, singing and more.

55+ yrs	Samuel Chan - SUCCESS
179228	\$1.90/15 sess
Sep 6-Dec 13	Th 9:30am-11:30am

Mandarin

Bring your devices and questions. We start with "topic of the day" and then one-on-one assistance. Assistance is in both Mandarin and Cantonese.

55+ yrs	Samuel Chan - SUCCESS
179230	\$1.90/15 sess
Sep 6-Dec 13	Th 1:30pm-3:30pm

Refit

A gentle class geared for the older participant or those new or returning to fitness. No session Oct 8, Nov 12.

19+ yrs	10 Pass: \$28.57; Drop-in \$3.57
Sep 5-Dec 19	M/W 10:30am-11:25am

Zumba Gold

Flowing, low impact dance-fitness class. Same variety of latin, world, and pop music as regular Zumba - just lower intensity. Music examples: salsa, cumbia, merengue, bachata.

19+ yrs	10 Pass: \$28.57; Drop-in \$3.57
Sep 7-Dec 21	F 10:30am-11:25am

Karaoke/Dance

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
	No session Nov 12.

183501	\$13.33/8 sess; Drop-in \$1.90
Oct 15-Dec 10	M 9:45am-12:45pm

50+ yrs	Wai Sin
179232	\$13.33/8 sess; Drop-in \$1.90

Sep 5-Oct 24	W 12:30pm-3:30pm
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50+ yrs	Wai Sin
183489	\$13.33/8 sess; Drop-in \$1.90

Oct 31-Dec 19	W 12:30pm-3:30pm
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50+ yrs	Wai Sin
179236	\$13.33/8 sess; Drop-in \$1.90

Sep 6-Oct 25	Th 12:30pm-3:30pm
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50+ yrs	Wai Sin
183500	\$13.33/8 sess; Drop-in \$1.90

Nov 1-Dec 20	Th 12:30pm-3:30pm
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Evergreen Chinese Karaoke Group

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
179218	Drop-in \$6.67
Sep 6-Dec 20	Th 10:15am-12:15pm

Social Dance

Practice your dancing in this non-instructional program. All dance types and levels are welcome. No partner necessary.

19+ yrs	Aki Kakiuchi
	No session Oct 8, Oct 15, Nov 12.

178539	\$20/12 sess; Drop-in \$1.90
Sep 10-Dec 17	M 1:00pm-3:00pm

19+ yrs	Tina Chen
	No session Oct 11.

178540	\$25/15 sess; Drop-in \$1.90
Sep 6-Dec 20	Th 12:30pm-3:00pm

Social Recreation/Fitness/Yoga/Sports

Minds in Motion

This fitness (12:00-1:00pm) and social program (1:00-2:00pm) is for people experiencing early stage memory loss. A certified fitness instructor conducts the fitness portion and a facilitator from the Alzheimer's Society ensures participants are welcomed and 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. No session Oct 16.

50+ yrs **Bonnie and Kate**
178548 \$86.67/14 sess; Drop-in \$7.43
 Sep 4-Dec 11 Tu 12:00pm-2:00pm

Tai Chi Learn and Practice

Join this dedicated group to learn and practice Tai Chi 24 & 32 (Tue), Tai Chi Chi Kung (Fri), Yang 88 (Sat). All levels are welcome.

19+ yrs **Jack Fong**
 No session Oct 16.
178553 \$14.86/13 sess; Drop-in \$1.43
 Sep 4-Dec 4 Tu 10:00am-11:30am

19+ yrs **King Li**
 No session Oct 12.
178574 \$15.23/15 sess; Drop-in \$1.19
 Sep 7-Dec 21 F 10:30am-11:30am

19+ yrs **Jack Fong**
178626 \$14.86/13 sess; Drop-in \$1.43
 Sep 8-Dec 1 Sa 10:00am-11:30am

Table Tennis

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. Schedule available online at www.marpoleoakridge.org or at the front desk. Schedule subject to change.

19+ yrs **No Instructor**
178551 Drop-in \$1.43/person
 Sep 4-Dec 22 M-Sa Varied Times

Yoga for Older Adults

Yoga for the Older Adult classes are designed for relatively active men and women over the age of 55. Emphasis in these classes is on balance, strength and flexibility. Classes are slow and gentle allowing everyone to work at their own pace.

55+ yrs **Into Yoga**
183174 \$73.33/6 sess; Drop-in \$13.33
 Sep 19-Oct 24 W 9:30am-10:30am

55+ yrs **Into Yoga**
183175 \$73.33/6 sess; Drop-in \$13.33
 Oct 31-Dec 5 W 9:30am-10:30am

Yogafit for Older Adults NEW

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. No session Oct 12.

50+ yrs **Emily Chan**
179227 \$71.43/11 sess; Drop-in \$8.57
 Sep 21-Dec 7 F 4:00pm-5:00pm

Pickleball

Get active on the court with Pickleball. This sport combines elements of badminton, tennis and table tennis. It is a fun and easy to learn sport will have you coming back for more! Please note that this program is non-instructional and geared toward newer players. Eight paddles available on a first come, first serve basis. No session Oct 8, Nov 12.

50+ yrs
178234 \$32.24/13 sess; Drop-in \$3.10
 Sep 10-Dec 17 M 1:40pm-3:20pm

VOTE

in the 2018
municipal
election

Advance voting:
October 10-17, 8am-8pm

Election day:
October 20, 8am-8pm

VANCOUVER
VOTES

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Seniors 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.

50+ yrs **MO Volunteer**
178232 50+ Drop-in \$2.43
 Under 50 yrs Drop-in \$4.10
 Sep 7-Dec 21 F 11:40am-1:40pm

Older Adult Open Gym Basketball

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

50+ yrs
178261 Drop-in \$1.43
 Sep 4-Dec 18 Tu 8:20pm-9:20pm

See p. 26-27 for full sports schedule



Aerobics/Group Fitness Schedule: Sep 4-Dec 22, 2018 Adult/Youth prices do not include tax.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sep 10-Dec 17 <small>No session Oct 8, Nov 12</small>	Sep 4-Dec 18	Sep 5-Dec 19	Sep 6-Dec 20	Sep 7-Dec 21	Sep 8-Dec 22 <small>No session Oct 20, Oct 27</small>
Step Combo 177633 Rilla/Gail /Angela 9:30am-10:25am	Zumba 177635 Marina 9:30am-10:25am	Step Combo 177634 Bonnie 9:30am-10:25am	Zumba 177637 Silva 9:30am-10:25am	Body Blast 177645 Anora 9:30am-10:25am	Zumba 177638 Marina 9:15am-10:10am
Refit 177639 Angela/Gail/ Hiroko 10:30am-11:25am		Refit 177640 Bonnie 10:30am-11:25am		Refit/Zumba Gold 177641 Rilla/Shelley 10:30am-11:25am	
Total Body Conditioning 177644 Don 6:00pm-6:55pm Sep 10-Oct 29	Total Body Conditioning 177642 Bonnie 6:00pm-6:55pm	Zumba 177636 Marina 6:00pm-6:55pm	Cardio Core 177643 Anora 6:00pm-6:55pm	Other Fitness/Pilates/Yoga classes - see p. 20-22	

Body Blast: A full body workout that includes cardio kickboxing, muscle strengthening and core conditioning. The program is designed to improve your endurance, coordination, balance and body tone.

Cardio Core: 25 minutes of high intensity cardio followed by 20 minutes of Core and 10 minute stretch. We will be using handweights, bands and other equipment for the cardio and/or core portion of this class.

Refit: A gentle class geared for the older participant or those new or returning to fitness. No session Oct 8, Nov 12.

Zumba Gold: Flowing, low impact dance-fitness class. Same variety of latin, world, and pop music as regular Zumba - just lower intensity. Music examples: salsa, cumbia, merengue, bachata.

Step Combo: A mix of Step and Hi/Lo cardio followed by strength and core training. No session Oct 8, Nov 12

Total Body Conditioning: This class incorporates strength and cardio segments using equipment such as dumbbells, resistance bands, and body bars for a total body workout. It will give you a fun, challenging workout and a functionally fit core.

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

Fees	Adult	Youth	Refit
Drop-In	\$4.76 + tax	\$2.86 + tax	\$3.57 + tax
10 Tickets	\$40 + tax	N/A	\$28.57 + tax
Fit Pass	Fall: Sep 4-Dec 22 \$175.24 + tax/16 weeks		

- All fitness strip tickets and fit passes will now be loaded on your Onecard.
- 10 tickets are not eligible for Leisure Access 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 and Zumba Gold 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



Gym Sports Schedule: Sep 4-Dec 22, 2018 Adult/Youth prices do not include tax.

*Prices do not include tax

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sep 10-Dec 17 No session Oct 8, Nov 12	Sep 4-Dec 18	Sep 5-Dec 19	Sep 6-Dec 20	Sep 7-Dec 21	Sep 8-Dec 22 No session Oct 20
Recreational Badminton(19+) 178228 11:40am-1:40pm Drop-in \$4.10		Recreational Badminton(19+) 178230 11:40am-1:40pm Drop-in \$4.10	Recreational Badminton(19+) 178231 10:35am-12:35pm Drop-in \$4.10	Seniors Badminton(50+) 178232 11:40am-1:40pm Drop-in Sr \$2.43 Drop-in under 50 \$4.10	
PickleBall(50+) 178234 1:40pm-3:20pm Drop-in \$3.10 \$32.24/13 sess		Indoor Soccer (Adaptive) (19+) 178236 2:00pm-3:15pm (by referral only) \$34.28/16 sess Drop-in \$2.86	Beginner Badminton(19+) 178243 12:35pm-1:50pm Drop-in \$3.16	Adult Open Gym Basketball(19+) 178247 1:45pm-3:15pm Drop-in \$1.90 No session Sep 21, Oct 19,Nov 9	
	Basketball (Adaptive) (14-25 yrs) 178249 7:00pm-8:15pm \$32.80/16 sess	Youth Open Gym (13-18 yrs) 173371 3:30pm-5:45pm FREE	Women's Intermediate Badminton(19+) 178255 1:50pm-3:50pm \$57.14/16 sess Drop-in \$4.10	Youth Drop-In Basketball (13-18 yrs) 173372 3:15pm-4:30pm FREE No session Oct 26	Family Badminton(7+) 178258 2:00pm-3:50pm Ad \$40.71/15 sess Yth\$27.14/15 sess Ch \$27/15 sess Drop in Ad \$3.39 Yth/Ch \$2.55
Recreational Basketball(19+) 178259 7:05pm-9:20pm \$63.18/13 sess Drop-in \$5.38	Older Adult Open Gym Basketball(50+) 178261 8:20pm-9:20pm Drop-in \$1.43	Recreational Intermediate Volleyball(19+) 178262 7:05pm-9:20pm \$77.76/16 sess Drop-in \$5.38	Advanced Doubles Badminton(19+) 178263 7:05pm-9:20pm \$77.76/16 sess Drop-in \$5.38	Youth Drop-In Badminton (13-18 yrs) 173373 4:30pm-5:45pm Drop-in \$2 No session Oct 26	

Sports Descriptions



Recreational Badminton (19+)

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 (19+)

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

Seniors Badminton (50+)

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 (7+)

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 (19+)

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 (19+)

Beginner level badminton for those new to the sport.

Open Gym Basketball (19+)

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

Older Adult Open Gym Basketball (50+)

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

Recreational Basketball (19+)

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 (19+)

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 (7+)

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. Drop-in \$1.43/person

Basketball For Boys (14-25)

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.

Indoor Soccer - Adaptive (19+)

An opportunity to engage in recreational soccer in a supportive, social environment. Facilitated by Vancouver Coastal 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 (50+)

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 serve 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 Leisure Access discounts.

Fitness Centre Admission		
	Adult	Senior/Youth
Drop-In	\$6.10	\$4.36
10 Visit Pass	\$48.80	\$34.88

Prices subject to change. Tax not included.

Whirlpool & Sauna are closed Monday-Friday 11:45am-3:00pm

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

In our cardio room:

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

In our weight room:

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

Monthly Flexipass		
Pass	Adult	Senior/Youth
1 month	\$46.18	\$32.33
3 month	\$125	\$87.44
12 month	\$399	\$278.68

Prices subject to change. Tax not included.

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.

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	\$50.72	\$76.05	\$108.80
3 sessions	\$140.53	\$210.83	\$291.43
5 sessions	\$226.03	\$348.08	\$427.43
10 sessions	\$421.12	\$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

Exercise for Prostate Cancer Survivors

This program is open to all prostate cancer survivors and their caregiver/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 Oct 8, Nov 12.

19+ yrs	TrueNTH Life Style Management	
Sep 10-Nov 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

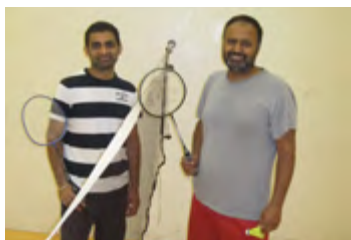
- Full refunds issued for programs cancelled by the community centre (MOCC)
- Refund requests received more than 7 days prior to the start of the program (see Exceptions) will be paid in full, minus the \$5 administration fee.
- Refunds requested less than 7 days prior to the program start, but more than 3 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 3 days before the second class, unless a doctor's note is provided. No refunds after second day of program.
- This policy applies to all music lessons.
- This policy does not apply to MOCC Preschool or Rentals.

Exceptions

- Daycamps, birthday parties and special event refund requests must be received 12 or more days prior to the event or program start for refunds to be issued. All refunds are subject to \$5 administration fee per refunded program.

Racquetball Wallyball Court Soccer Badminton				
	Prime Time		Non-Prime Time	
	Adult	Senior/Youth	Adult	Senior/Youth
Drop-In	\$14.22	\$9.90	\$10.15	\$7.14
Single Rate	\$7.33	\$5.10	\$7.33	\$5.10
10-Visit Passes	\$127.72	-	\$91.41	-
Mon-Thurs	3:30pm - 9:00pm		8:00am - 3:30pm	
Friday	3:30pm - 8:00pm		8:00am - 3:30pm	
Saturday	9:00am - 4:00pm		Prices subject to change. Tax not included.	
Sunday & Holidays	9:00am - 1:00pm			

* Court unavailable T, Th, 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.

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. 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 for room availabilities!

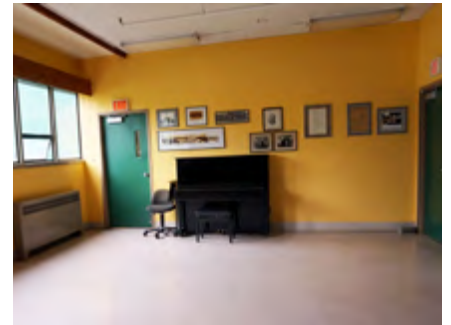
Our rooms are ideal for sports, meetings, workshops, social functions, birthday parties and special occasions. User groups are responsible for room setup and room take down, which will be included in your rental time.

Rental requests will be finalized upon payment of rental fees - refer to the chart below for additional fees and damage deposit rates.

Auditorium



Social Room (Facing East)



Lower Lounge



Social Room (Facing West)



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.

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 hr 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 www.vancouver.ca for more information.	

Facility Rentals

Upper Lounge



Club Room



Upper Lounge Kitchen



Gymnasium (Sports Only)



New Community Centre

Thank you for your support in the renewal process of our community centre. The consultant retained by Park Board along with your MOCA board members and staffs had been working together well. Beginning Oct 2017 we formed a committee that consisted of City of Vancouver, Park Board, and our Community Centre staff; Community Association members and Marpole stakeholders. We had several Public and Stake Holders Engagements. On February 17, we had a public open house, conducted Needs Assessment Study with the general public from Marpole. We also conducted several focus groups studies on needs assessment. The consultants have conducted Location and Feasibility Studies.

A comprehensive proposal with a 4 years capital draft plan was presented to Park Board Commissioners for review. Cost of the Proposed New Marpole Community Centre Building was included in Park Board's 2019-2022 Capital draft plan that will be presented to City of Vancouver Council. There will be further public consultation on the proposed City capital budget. By the later part of July, City Councilors will vote on and approve various capital budget proposal. Our community centre will be one of the items to be decided on by councilors at that time.

If you know any Councilors, make sure you let them know how important this community centre is for us. With the growing population and the aging of our current centre, it's imperative for us to have a centre that will meet our needs. Stay tuned and we will keep you informed.



The MOCA Annual General Meeting will be held on Tuesday, November 20, 2018 at 7:00pm. To be eligible to vote at the AGM, you must be at least 19 years of age and receive your membership before October 20, 2018. Get your MOCA membership at the community centre front desk.



**Marpole-Oakridge
Community Centre**

Fall 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 daycamps for kids

Seniors' programs and social events

Fitness centre and racquetball courts

Adult group fitness classes

Special events and day trips

Youth activities and volunteering

Music, arts and crafts

Learning workshops

Facility rentals