



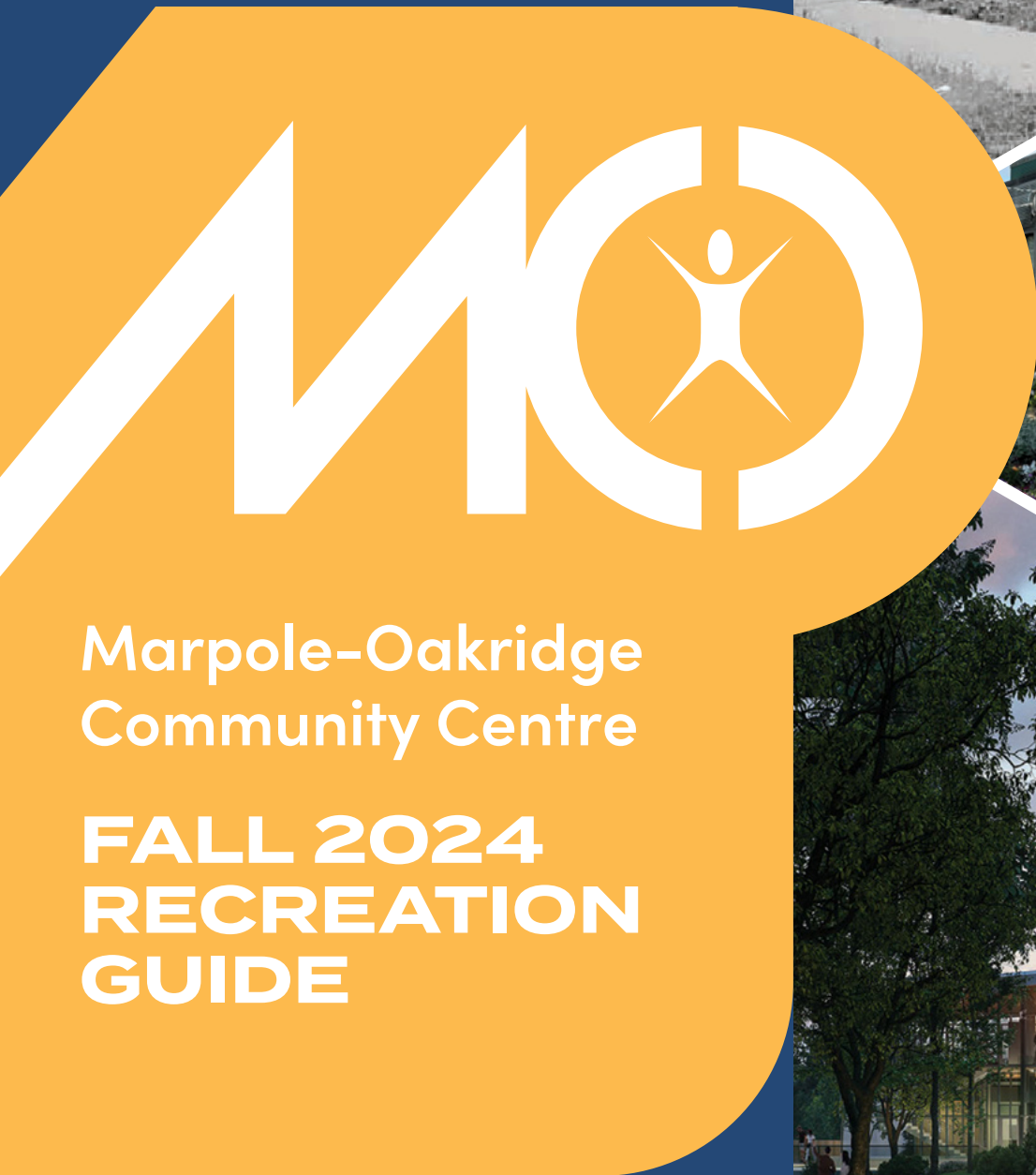
Jointly operated by the Vancouver Board of Parks and Recreation and the Marpole-Oakridge Community Association

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

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

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

The Marpole-Oakridge Community Centre under construction, July 1949



# Marpole-Oakridge Community Centre

## FALL 2024 RECREATION GUIDE

PROGRAMS RUNNING

Sep 3–Dec 24, 2024



Artist's rendering of the new Marpole Community Centre, scheduled for completion 2026

**FALL PROGRAM REGISTRATION STARTS**  
**Online/In-Person..... MONDAY, AUGUST 12 @ 7:00pm**  
**By Phone..... TUESDAY, AUGUST 13 @ 10:00am**

**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)  
 marpolecc@vancouver.ca  
 marpoleoakridge.org

**OPERATING HOURS**  
 Sep 3-Dec 24, 2024

**COMMUNITY CENTRE & FITNESS CENTRE**  
 Mon-Thu 9:00am-9:00pm  
 Fri 9:00am-8:00pm  
 Sat 9:00am-4:00pm  
 Sun & Stat Holidays CLOSED  
 Dec 24 9:00am-1:00pm  
 (Closed Sep 30, Oct 14, Nov 11,  
 Dec 25, 2024-Jan 1, 2025)

*Centre Office closes 15 minutes earlier than the community centre*

**RACQUETBALL COURT**  
 See page 21 for details

**SAUNA & WHIRLPOOL**  
 See page 21 for hours

Facility Rentals info on page 22, at [www.marpoleoakridge.org](http://www.marpoleoakridge.org) or at the front desk.

**MOCA VISION & MISSION**

Our mission is to offer accessible and diverse leisure opportunities to enhance the well-being of individuals and strengthen a sense of community in a safe and welcoming environment.

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



**Interactive Brochure** available at [www.vancouver.ca/marpoleoakridgerec](http://www.vancouver.ca/marpoleoakridgerec) and [www.marpoleoakridge.org](http://www.marpoleoakridge.org)

**REGISTER**

**ONLINE**  
 recreation.vancouver.ca and browse our activities

**BY PHONE**  
 604-257-8180 (press 1) and please have your credit card number and course numbers ready

**IN PERSON**  
 You can register yourself and up to two other people in each course

PARENT/TOT • PRESCHOOL	3-6
CHILDREN	6-10
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PRE-TEEN/YOUTH	12-14
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**ADMINISTRATIVE INFORMATION**

► **Protection of Personal Information:** In the course of providing programs and services, MOCA collects personal information from individuals participating in classes, workshops, events or rentals. The information may be used for communication purposes regarding current or upcoming events, processing payments, or statistical purposes. 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, call 604-257-8180 or email [marpoleoakridgecc@gmail.com](mailto:marpoleoakridgecc@gmail.com)

► **Leisure Access Program:** The Vancouver Park Board Leisure Access Program is for Vancouver residents who face financial barriers. MOCA allows a 50% discount off most centre programs for those who qualify for the LAP program. Applications available at the front desk. Leisure Access Discount does not apply to private music lessons.

- **Refund Policy (by phone/in person)**
- All programs (description, dates/times, price) are subject to change without notice.
  - Full refunds issued for program(s) cancelled by the community centre.
  - All requested refunds are subject to a \$5 administration fee per refunded program.
  - No refunds if requested 5 days after first class for regular weekly programs.

Activity	Cancellation Deadline to Receive a Refund
Regular weekly programs (includes Private Music Lessons)	Full Refund: 7 calendar days prior to first class; Prorated Refund: 4 calendar days after the first class (will be charged first class)
Daycamps/Specialty Camps Special Events, Workshops, Out Trips & Badminton Court Rentals	7 calendar days prior to start date



**DANCE/MUSIC**

**Zumbini®**

**0-5 yrs**  
Sing, dance and play as you bond with your child! Created by Zumba® and BabyFirst for kids ages 0-5, the Zumbini® program combines music, dance and playing instruments for 45 minutes of can't-stop, won't-stop bonding, learning and fun! Zumbini® is the 1st early childhood education program to create a true "360°" experience, with live classes and the "Zumbini® Time" interactive TV show on BabyFirst TV. Parent participation required. Children 6 months and under attend free with a registered sibling. [www.zumbini.com](http://www.zumbini.com). 2 Drop-in spots available. Drop-in \$22.

**Kalino Finds the Music**

▶ 517677 \$140/7 sess  
Sep 18-Oct 30 W 9:30am-10:15am

▶ 517680 \$140/7 sess  
Sep 18-Oct 30 W 10:30am-11:15am

**Hili and the Music**

▶ 517682 \$140/7 sess  
Nov 6-Dec 18 W 9:30am-10:15am

▶ 517683 \$140/7 sess  
Nov 6-Dec 18 W 10:30am-11:15am  
Maayan Amitov

**SPORTS/SOCIAL**

**Wee Expressions 0-4 yrs**

Parents and children will enjoy 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. Based on researched methods surrounding the benefits of music infused with Music Therapy techniques. \$7.50 music fee included.

▶ 515055 \$104.70/6 sess  
Sep 20-Oct 25 F 10:05am-10:50am

▶ 515059 \$104.70/6 sess  
Nov 8-Dec 13 F 10:05am-10:50am

Musical Expressions—Alex

**Parent & Tot Drop-in Playtime 0-6 yrs**

Tots, toddlers and children—along with their parent or caregiver—are welcome to puzzles, books, toys and more. An infant area is also available for those not yet walking, with toys best suited for little hands. Parent participation is required. Program takes place in the basement room. No session Oct 12.

▶ 517629 Drop-in \$2.50/child  
Sep 14-Dec 7 Sa 10:45am-12:15pm

**Sportball Parent & Tot Multisport 2-3 yrs**

Helps preschoolers to refine their motor skills, such as balance and coordination, as well as develop their social skills such as confidence, following instructions, turn-taking and sharing. Coaches introduce a different sport each class using developmentally appropriate games and activities. Sportball maintains a one-parent-per-child ratio policy to ensure that focus is kept on helping little ones practice and progress. More info at [sportball.ca](http://sportball.ca).

**Set 1**

No session Oct 11, Oct 25.

▶ 516776 \$111/6 sess  
Sep 13-Nov 1 F 4:45pm-5:30pm

No session Oct 12, Oct 19.

▶ 516744 \$111/6 sess  
Sep 7-Oct 26 Sa 10:20am-11:05am

**Set 2**

▶ 516835 \$111/6 sess  
Nov 8-Dec 13 F 4:45pm-5:30pm

No session Nov 9.

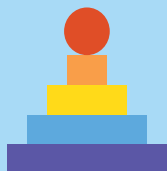
▶ 516745 \$92.50/5 sess  
Nov 2-Dec 7 Sa 10:20am-11:05am

Sportball Vancouver

**Family Drop-in Gym 0-12 yrs**

Family drop-in playtime for families during long weekends. Bouncy castle and little kid play area on one half of the gym, and sports stations in the other half. Parent participation is required.

▶ 524343 Drop-in \$3/child  
Oct 12 Sa 11:00am-1:15pm



**SEE OUR SPECIAL EVENTS!**

- Halloween Howlers, Oct 25
- Breakfast with Santa, Dec 14

See page 23 for more info



**PERFORMING ARTS**

**Endorphin Rush: Creative Ballet 3-6 yrs**

Young ballerinas explore the fun and beauty of ballet while learning the basic techniques. They will love exploring their creative expression in this fun and welcoming class. Children must be able to participate without a parent in the room. Please wear ballet outfit.

- ▶ 517573 \$104/8 sess  
Sep 7-Oct 26 Sa 10:20am-11:05am
- ▶ 517584 \$91/7 sess  
Nov 2-Dec 14 Sa 10:20am-11:05am

**Children's Creative Ballet**

- 4-6 yrs**
- ▶ 517574 \$104/8 sess  
Sep 7-Oct 26 Sa 11:10am-11:55am
- ▶ 517585 \$91/7 sess  
Nov 2-Dec 14 Sa 11:10am-11:55am

Endorphin Rush Dance

**Endorphin Rush: Jazz/Ballet 3.5-5 yrs**

Children will learn the fundamentals of both ballet and jazz dance while developing their own creative expression. The dancer's mobility, balance, and coordination will be improved in this fun and welcoming program. Children must be able to participate without a parent in the room.

- ▶ 517582 \$104/8 sess  
Sep 7-Oct 26 Sa 2:10pm-2:55pm
  - ▶ 517591 \$91/7 sess  
Nov 2-Dec 14 Sa 2:10pm-2:55pm
- Endorphin Rush Dance

**Mini Ballet 3-4 yrs**

Introduce your child 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. Appropriate dance shoes and attire please. Students must attend class on their own. www.performingstars.ca

- ▶ 517527 \$192/12 sess  
Sep 18-Dec 4 W 3:45pm-4:30pm  
Vancouver Performing Stars

**Dance-A-Story 3-5 yrs**

Let your little ones lose themselves in the world of make believe. Children will be immersed in magical stories they love as they sing and dance to their favourite songs. Music and dance technique will compliment the class to help your little star improve their coordination and confidence. Students must be able to attend class on their own. www.performingstars.ca

- ▶ 517540 \$192/12 sess  
Sep 18-Dec 4 W 4:30pm-5:15pm  
Vancouver Performing Stars

**Endorphin Rush: Mini Hip Hop Breakers 3.5-5 yrs**

This non-stop action-packed class includes hip-hop, basic breakdancing, and dance games that will have your dancer moving to the beats. Dancers will improve coordination, musicality, expression, and learn a dynamic choreography. Please wear a comfortable dance outfit.

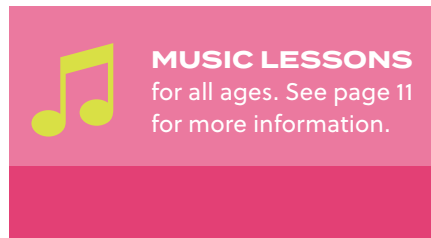
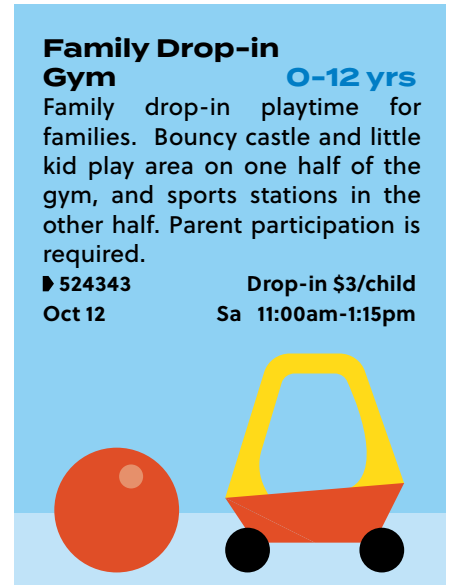
- ▶ 517570 \$104/8 sess  
Sep 7-Oct 26 Sa 9:30am-10:15am
- ▶ 517578 \$104/8 sess  
Sep 7-Oct 26 Sa 1:20pm-2:05pm
- ▶ 517583 \$91/7 sess  
Nov 2-Dec 14 Sa 9:30am-10:15am
- ▶ 517590 \$91/7 sess  
Nov 2-Dec 14 Sa 1:20pm-2:05pm

Endorphin Rush Dance

**Family Drop-in Gym 0-12 yrs**

Family drop-in playtime for families. Bouncy castle and little kid play area on one half of the gym, and sports stations in the other half. Parent participation is required.

- ▶ 524343 Drop-in \$3/child  
Oct 12 Sa 11:00am-1:15pm

# PRESCHOOL



## ART

### Preschool Drawing

3.5-5 yrs

Does your little one love to doodle? Turn those doodles into delightful works of art with Young Rembrandts! Our vibrant drawing classes are packed with excitement and colourful masterpieces. Watch as your child masters the art of drawing with our adorable ladybug and whimsical gumball machine illustrations. They'll also create cheerful clown puppets and a friendly Frankenstein, not to mention irresistible candy bags and beautiful fall scenes. Sign up now and see your young artist's confidence grow with every stroke of the crayon! New lessons every session!

▶ 517013 \$132/6 sess  
 Sep 25-Oct 30 W 3:30pm-4:20pm  
 Young Rembrandts

### Preschool Drawing

3.5-5 yrs

Step into a magical world of shapes and colours with Young Rembrandts! Our classes for early learners transform simple shapes into dazzling art. Watch your tiny artist excel in drawing as they create everything from rocket ships to playful monkeys, and lovely fishbowls. They'll even explore body shapes and get festive with reindeers. Spark your child's passion for art: enroll in Young Rembrandts and see their little faces light up with pride! New lessons every session!

▶ 517014 \$132/6 sess  
 Nov 6-Dec 11 W 3:30pm-4:20pm  
 Young Rembrandts

## SPORTS

### Sportball Multisport

3.5-5 yrs

Refine, rehearse, repeat. Coaches focus on the basic skills common to all sports like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork. For more info, visit [www.sportball.ca](http://www.sportball.ca).

**Set 1**  
 No session Oct 11, Oct 25.  
 ▶ 516749 \$111/6 sess  
 Sep 13-Nov 1 F 3:45pm-4:45pm  
 No session Oct 12, Oct 19.  
 ▶ 516740 \$111/6 sess  
 Sep 7-Oct 26 Sa 9:15am-10:10am  
**Set 2**  
 ▶ 516773 \$111/6 sess  
 Nov 8-Dec 13 F 3:45pm-4:45pm  
 No session Nov 9.  
 ▶ 516742 \$92.50/5 sess  
 Nov 2-Dec 7 Sa 9:15am-10:10am  
 Sportball Vancouver

### Sportball Outdoor Soccer

3.5-5 yrs

Introduces fundamental concepts of gameplay and teaches the basic skills required to bend it like Beckham in a supportive, non-competitive environment. Coaches zero in on skills like throw-ins, dribbling, trapping and passing in fun, exciting, skill-focused games. Classes take place outdoors, rain or shine; Parent is required to remain on the field for children's safety. For more info, visit [www.sportball.ca](http://www.sportball.ca).

▶ 516844 \$111/6 sess  
 Sep 11-Oct 16 W 5:00pm-6:00pm  
 Sportball Vancouver

### Preschool Indoor Soccer

3.5-5 yrs

An introduction to the game of soccer, and individual skill development, for both new and experienced players ages 3.5-5 yrs. All sessions are run by an experienced professional coach, Mohsen Hatamian, with an emphasis on fun, fitness, ball mastery skills, and teamwork.

**3.5-4 yrs**  
 No session Oct 16.  
 ▶ 524043 \$117/12 sess  
 Sep 18-Dec 11 W 10:00am-10:45am  
 No session Oct 10.  
 ▶ 524047 \$117/12 sess  
 Sep 19-Dec 12 Th 12:30pm-1:15pm  
**4-5 yrs**  
 No session Oct 16.  
 ▶ 524045 \$144/12 sess  
 Sep 18-Dec 11 W 10:50am-11:50am  
 No session Oct 10.  
 ▶ 524050 \$144/12 sess  
 Sep 19-Dec 12 Th 1:20pm-2:20pm  
 Mohsen Hatamian



## PRESCHOOL



## SPECIAL EVENTS

### HALLOWEEN HOWLERS DANCE PARTY 1-12 yrs

Join us while the DJ spins bone-chilling beats and show off your wickedly creative costumes on the dance floor! Follow up activities in the gymnasium include arts, crafts, bouncy castle & more.

▶ 515854		\$8/child
Oct 25	F	5:00pm-6:00pm
▶ 515855		\$8/child
Oct 25	F	6:30pm-7:30pm

### HALLOWEEN HAUNTED HOUSE 8+ yrs

Stay tuned for our upcoming Haunted House! This event is brought to you by the MO Youth Council.

▶ 515865		By Donation
Oct 28-30	M-W	5:00pm-7:00pm

### PUMPKIN PATCH 3yrs+

Get into the autumn spirit as we stroll through the field of pumpkins, pick your favourite, and enjoy some treats and pumpkin carving. It's a great way to celebrate with friends and family.

▶ 515861		\$5/person
Oct 30	W	5:00pm-6:30pm



## MARTIAL ARTS & SPECIAL EVENTS

### SunMither Taekwondo Little Ninjas 3.5-6 yrs

Everyone can benefit from martial arts according to their needs lifestyle. Learning these new techniques will improve mental and physical development. A uniform is available through the front office for \$60 plus tax.

#### Little Ninjas • 3.5-5 yrs

No session Oct 15.

▶ 516857		\$101.50/14 sess
Sep 10-Dec 17	Tu	3:45pm-4:15pm

#### Little Ninjas & Ninjas Plus • 3.5-6 yrs

No session Oct 10.

▶ 516957		\$101.50/14 sess
Sep 12-Dec 19	Th	3:30pm-4:00pm

Bahareh Dehkordi

#### Little Ninjas Plus • 3.5-6 yrs

For those who have completed a previous session of Tae Kwon Do Little Ninjas.

No session Oct 15.

▶ 516863		\$101.50/14 sess
Sep 10-Dec 17	Tu	4:15pm-4:45pm

No session Oct 10.

▶ 516961		\$101.50/14 sess
Sep 12-Dec 19	Th	4:00pm-4:30pm

Bahareh Dehkordi

### Preschool Kung Fu/Wushu 3.5-5 yrs

This class introduces children to the basics and fundamentals of Wushu; a Chinese Martial Arts. Children will develop basic punching, kicking and forms techniques while learning disciplines, respect, and self confidence. Please wear loose fitting clothing and clean (indoor only) flat rubber sole shoes.

No session Sep 30, Oct 14, Oct 21, Nov 11.

▶ 523266		\$88/11 sess
Sep 9-Dec 16	M	3:30pm-4:00pm

Ken Low

### BREAKFAST WITH SANTA • 1-9 yrs

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. Breakfast will be served at 10:15 am sharp. Register early to guarantee breakfast! Children under 1yr are free. Parent participation and payment is required.

▶ 517640		\$8.50/person
Dec 14	Sa	10:00am-12:00pm



### PLEASE NOTE

**Martial Arts classes:** Waiver form must be completed for participation and handed in by first class.

### MOCC UPDATE

Construction is underway on your new Marpole Community Centre. For the latest updates, visit <https://vancouver.ca/parks-recreation-culture/marpole-community-centre-renewal.aspx>.

## CHILDREN



## DANCE

### Ballet • Barre & Technique 10-17 yrs

Come learn proper barre work and ballet dance technique. Students will enjoy a better understanding of their body and develop muscle memory. Having learned the essentials of ballet, our goal is for the student to improve physical awareness, have stronger core muscles, increase flexibility and stand tall with confidence. No session Oct 16.

► 520179 \$204/12 sess  
 Sep 18-Dec 11 W 4:45pm-5:45pm  
 Praise TEAM

### Hip Hop, Dance, Stretch & Strength 9-17 yrs

Come dance to hip hop music for cardio training! Then through proper breathing, strengthening, and stretching, students will have a better understanding of their bodies and develop proper muscle memory. Having learned the proper techniques, our goal is for the student to have better physical awareness, stronger core muscles, increase flexibility and stand tall with confidence. Maybe you'll even achieve your splits and back bends!

No session Oct 12, Oct 19, Nov 9.  
 ► 518318 \$187/11 sess  
 Sep 14-Dec 14 Sa 12:30pm-1:30pm  
 Praise TEAM

### KPOP (Korean Pop)/ Hip Hop Open 6-17 yrs

Students will experience high dynamics cardio Korean Pop Music Dance and learn Hip Hop fundamentals in one class! Students will refine their technique through cardio dance skills, strengthening, footwork, isolations, stretches and more! Meet friends, have fun, and allow your child to rise to a new challenge. No previous experience required. Bring your water bottle! Find us on FB/IG @PraiseTEAMstudio.

**6-12 yrs**  
 ► 518314 \$238/14 sess  
 Sep 12-Dec 12 Th 3:30pm-4:30pm  
 No session Oct 12, Oct 19, Nov 9.

► 518316 \$187/11 sess  
 Sep 14-Dec 14 Sa 10:30am-11:30am

**10-17 yrs**  
 ► 518315 \$238/14 sess  
 Sep 12-Dec 12 Th 4:30pm-5:30pm  
 No session Oct 12, Oct 19, Nov 9.

► 518317 \$187/11 sess  
 Sep 14-Dec 14 Sa 11:30am-12:30pm  
 Praise TEAM

## PERFORMING ARTS/DANCE

### Junior Ballet 5-7 yrs

In this class, dancers will learn essential ballet techniques every performer should know. Along with learning choreography, dancers will be encouraged to explore their own creative expression and learn how to dance with a fluid movement quality, while strengthening their flexibility and coordination skills. Previous dance experience is welcome, but not required. Appropriate ballet shoes and attire must be worn. www.performingstars.ca

► 517541 \$192/12 sess  
 Sep 18-Dec 4 W 5:15pm-6:00pm  
 Vancouver Performing Stars

### Children's Creative Ballet 4-6 yrs

Young ballerinas will explore the fun and beauty of ballet while learning the basic techniques. They will love exploring their creative expression in this fun and welcoming class. Children must be able to participate without a parent in the room. Please wear ballet outfit.

► 517574 \$104/8 sess  
 Sep 7-Oct 26 Sa 11:10am-11:55am

► 517585 \$91/7 sess  
 Nov 2-Dec 14 Sa 11:10am-11:55am

Endorphin Rush Dance

### Jazz/Ballet 5-7 yrs

Children will learn the fundamentals of both ballet and jazz dance while developing their own creative expression. Mobility, balance, and coordination will be improved in this fun and welcoming program. Children must be able to participate without a parent in the room.

► 517577 \$112/8 sess  
 Sep 7-Oct 26 Sa 12:15pm-1:15pm  
 ► 517587 \$98/7 sess  
 Nov 2-Dec 14 Sa 12:15pm-1:15pm  
 Endorphin Rush Dance

### Ballet • Stretch & Strength 8-14 yrs

Come learn proper breathing, strengthening, stretching and all the fundamentals of ballet. Students will enjoy a better understanding of their body and develop muscle memory. Having learned the essentials of ballet, our goal is for the student to improve physical awareness, have stronger core muscles, increase flexibility and stand tall with confidence. No session Oct 16.

► 520177 \$204/12 sess  
 Sep 18-Dec 11 W 3:30pm-4:30pm  
 Praise TEAM



## CHILDREN



## ART & EDUCATION

### FUNDamental Drawing

6-12 yrs

Marvel as their pencils fly across the page, bringing to life everything from delicious taffy apples to charming seasonal scarecrows, and even sassy bunnies. We're adding a sprinkle of Van Gogh's magic too, with vibrant sunflower sketches that burst off the page. Dive into an art-filled journey where colours pop and imaginations soar. Enroll your budding artist today and watch their creativity blossom into stunning works of art!

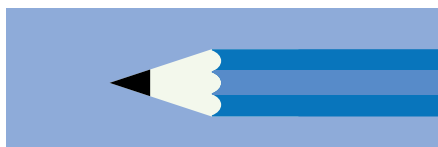
► 517016 \$132/6 sess  
Sep 25-Oct 30 W 4:30pm-5:30pm  
Young Rembrandts

### FUNDamental Drawing

6-12 yrs

Our new lessons will guide them through the art of Still Life, the dynamics of the Colour Wheel, and more. They'll fall in love with drawing cartoon style chilly faces and graphic candy canes, perfect for the season. It's a treasure chest of artistic exploration in the Young Rembrandts classroom. Sign up now and watch as their imagination and skills soar to new heights! New lessons every season!

► 517021 \$132/6 sess  
Nov 6-Dec 11 W 4:30pm-5:30pm  
Young Rembrandts



### Mixed Media Art 6-12 yrs

An introduction to mixed media arts. Instructor-led hands on exploration of artworks composed from a combination of different media or materials. Encourages creativity and sharing in a fun, artistic space. Supplies provided. No session Sep 30, Oct 14, Oct 21, Nov 11.

► 517568 \$115/10 sess  
Sep 9-Dec 9 M 6:00pm-7:00pm  
Raquel Quintanilla

### Design & Architecture for Kids 6-13 yrs

Engage in playful hands-on classes and explore the fascinating worlds of famous architects, design concepts, and captivating buildings, unleashing their creativity through the creation of 2D drawings and 3D models. We transform learning into an exciting adventure, encouraging children to observe and appreciate their built and natural surroundings. As they delve into fresh concepts, their vocabulary blossoms, and their fine motor skills thrive through the exciting process of drawing and model-making —just like real architects in the making!

#### 6-9 yrs • Kids

► 516450 \$368/13 sess  
Sep 17-Dec 10 Tu 4:00pm-5:15pm

#### 10-13 yrs • Tweens

► 516455 \$368/13 sess  
Sep 17-Dec 10 Tu 5:30pm-6:45pm  
Petit Architect Design For Kids Ltd.

## SPORTS

### Badminton Lessons

8-14 yrs

Badminton is a sport that can be enjoyed at all skill levels and can be played at pretty much any age. It's a very popular sport and it's gaining momentum worldwide.

#### Beginner I/II

8-10 yrs

The beginner I portion focuses on the basic fundamentals: using the proper racquet grip, practicing hitting the shuttle consistently with the proper form, and some basic footwork. See below for Badminton II description. Please bring your own racquet. No session Oct 12.

► 519196 \$90/12 sess  
Sep 14-Dec 7 Sa 11:15am-12:00pm

#### Beginner II

10-14 yrs

The beginner II class will build on top of the level I class with adding more complex footwork, and learning different variety of shots: high clear, drop shot, net shot, drive, lifts, and smash. Please bring your own racquet. No session Oct 12.

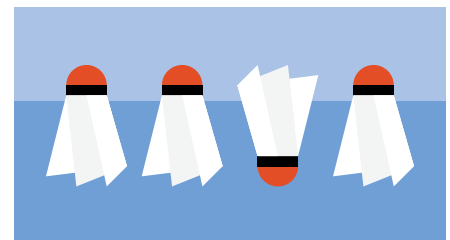
► 519203 \$120/12 sess  
Sep 14-Dec 7 Sa 12:00pm-12:55pm

#### Intermediate

10-14 yrs

For players that have some experience playing badminton but need to develop better form and footwork to take the game to the next level. In this class, students will be focusing on enhancing what they have learned from Beginner II class and further improving their badminton skills in all aspects of the game. This class is aimed as a continuation of the Beginner II class. (Class content: footwork—multiple corners, high clear, drop shots, net shot, drive, smash and defense). Please bring your own racquet. No session Oct 12.

► 519206 \$120/12 sess  
Sep 14-Dec 7 Sa 12:55pm-1:55pm  
Raymond Wong







**SPORTS**

**Basketball • DRIVE Training Academy 6-12 yrs**

Athletes develop the fundamentals while improving their overall skills. The Training Academy program will allow athletes to advance as they progress with their skills, athleticism and confidence. They will learn the fundamentals of shooting, passing, triple threat, scoring moves and more. They will also be playing games and learning team concepts in a fun and competitive environment. Please bring a water bottle and dress in proper attire.

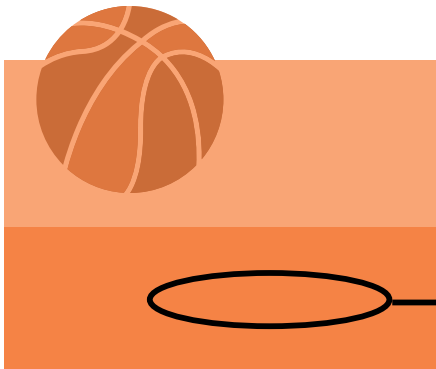
**6-8 yrs**

► 518319 \$147/14 sess  
 Sep 10-Dec 10 Tu 3:35pm-4:35pm  
 ► 518321 \$147/14 sess  
 Sep 12-Dec 12 Th 3:35pm-4:35pm

**9-12 yrs**

► 518320 \$182/14 sess  
 Sep 10-Dec 10 Tu 4:35pm-5:50pm  
 ► 518322 \$182/14 sess  
 Sep 12-Dec 12 Th 4:35pm-5:50pm

DRIVE Basketball Inc.



**Kids Indoor Soccer 5.5-12 yrs**

An introduction to soccer. Cooperative games and basic soccer skills will be taught. Soccer provides a safe environment for children to play soccer, to learn about fair play, tolerance, inclusion, and respect, and to build confidence.

No session Sep 30, Oct 14, Oct 21, Nov 11.

**5-8 yrs**

► 517565 \$97.50/10 sess  
 Sep 9-Dec 9 M 3:30pm-4:30pm

**9-12 yrs**

No session Sep 30, Oct 14, Oct 21, Nov 11.  
 ► 517567 \$122.50/10 sess  
 Sep 9-Dec 9 M 4:35pm-5:50pm  
 Raquel Quintanilla

**Sportball Outdoor Soccer 5-7 yrs**

Introduces fundamental concepts of gameplay and teaches the basic skills required to bend it like Beckham in a supportive, non-competitive environment. Coaches zero in on skills like throw-ins, dribbling, trapping and passing in fun, exciting, skill-focused games. Classes take place outdoors, rain or shine; Parent is required to remain on the field for children's safety. For more info visit [www.sportball.ca](http://www.sportball.ca).

► 516849 \$111/6 sess  
 Sep 11-Oct 16 W 6:00pm-7:00pm  
 Sportball Vancouver

**Kids Indoor Tennis Junior Aces 7.5-10 yrs**

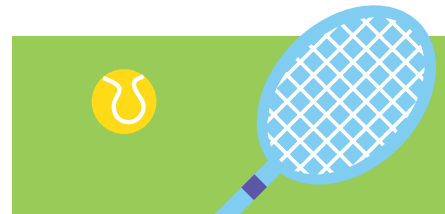
Young players with some experience continue to develop their skills through high energy, game-based lessons that use the 1/2 stage of the progressive tennis model. Emphasis is on inspiring a love for the game while building a strong technical foundation. Bring your own racquet. Class takes place in the gymnasium.

► 520102 \$210/7 sess  
 Sep 14-Oct 26 Sa 2:05pm-3:00pm  
 ► 520105 \$210/7 sess  
 Nov 2-Dec 14 Sa 2:05pm-3:00pm  
 Summer Smash Tennis

**Kids Indoor Tennis Youth Aces 11-15 yrs**

Players with some experience develop their skills through game-based lessons that use the 1/2 stage of the progressive tennis model. Emphasis is placed on inspiring a love for the game while building a strong technical foundation. Bring own racquet. Class takes place in the gymnasium.

► 520103 \$210/7 sess  
 Sep 14-Oct 26 Sa 3:00pm-4:00pm  
 ► 520106 \$210/7 sess  
 Nov 2-Dec 14 Sa 3:00pm-4:00pm  
 Summer Smash Tennis



# CHILDREN



## MARTIAL ARTS

### KEES

#### Tae Kwon Do 5-15 yrs

This training system is made up of symmetrical body exercises or techniques designed for self defense and unarmed combat, making use of the hands and feet for offense and defense techniques. Taekwondo has a tradition of strict discipline and structure that trains both the mind and body while placing great emphasis on the development of moral values, appropriate behavior, and positive attitudes. Uniform is required: \$70 tax included. Testing & Promotion: Please see information online or speak to instructor.

#### Beginner/Intermediate • 5-7 yrs

No session Sep 30, Oct 14, Nov 11.

▶ 519160 \$121/11 sess

Sep 16-Dec 16 M 3:45pm-4:30pm

▶ 519172 \$154/14 sess

Sep 13-Dec 13 F 3:45pm-4:30pm

#### Beginner/Intermediate • 8-15 yrs

No session Sep 30, Oct 14, Nov 11.

▶ 519163 \$121/11 sess

Sep 16-Dec 16 M 4:30pm-5:15pm

▶ 519178 \$154/14 sess

Sep 13-Dec 13 F 4:30pm-5:15pm

#### Advanced • 8-15 yrs

▶ 519183 \$154/14 sess

Sep 13-Dec 13 F 5:15pm-6:00pm

KEES Tae Kwon Do

#### SunMither Taekwondo 6-15 yrs

Everyone can benefit from martial arts according to their needs and lifestyle. Learning these new techniques will improve mental and physical development. Purchase of a uniform is available for purchase through the front office for \$60 plus tax.

#### White/yellow stripe/yellow belt 6-8 yrs

No session Oct 15.

▶ 516866 \$154/14 sess

Sep 10-Dec 17 Tu 4:45pm-5:30pm

No session Oct 10.

▶ 516963 \$154/14 sess

Sep 12-Dec 19 Th 4:30pm-5:15pm

#### Green stripe/green and up belt 9-15 yrs

No session Oct 15.

▶ 516931 \$203/14 sess

Sep 10-Dec 17 Tu 5:30pm-6:30pm

No session Oct 10.

▶ 516966 \$154/14 sess

Sep 12-Dec 19 Th 5:15pm-6:00pm

Bahareh Dehkordi

## MARTIAL ARTS

**PLEASE NOTE** For all Martial Arts classes, waiver form must be completed for participation and handed in prior to first class.

#### Go-Ju Ryu Karate 8 yrs+

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 take the class with their child.

No session Oct 16.

▶ 516982 \$120/8 sess

Sep 4-Oct 30 W 6:30pm-8:00pm

▶ 516983 \$90/6 sess

Nov 6-Dec 11 W 6:30pm-8:00pm

George Chan, Shahriar Hessabi, Travis Musika

#### Self Defense

#### Krav-Jitsu 6-14 yrs

Build confidence, keep fit, improve grades and bully proof with the most effective self-defense program available! Kids learn realistic street safety and effective self-defense in a fun and cooperative environment. 2 multi-black belt instructors (male & female) teach striking, ground protection, weapons safety, escapes (grabbed/pinned), rolls, falling, pad hitting and more. No class Oct 10.

▶ 517528 \$169/13 sess

Sep 12-Dec 12 Th 6:15pm-7:15pm

Hit And Run Self Defense

#### Wushu/Kung Fu 6-15 yrs

An introduction to the fundamentals of Wushu, a Chinese Martial Arts. Children will develop basic punching, kicking and form techniques while learning discipline, respect, and self confidence. Please wear loose fitting clothing and clean (indoor only) flat rubber sole shoes. Uniform and shoes (\$100) are required, available for purchase through the front office.

#### Beginner/Intermediate

No session Sep 30, Oct 14, Oct 21, Nov 11.

▶ 523268 \$165/11 sess

Sep 9-Dec 16 M 5:00pm-6:00pm

No session Oct 12, Oct 19, Nov 9.

▶ 523303 \$165/11 sess

Sep 14-Dec 14 Sa 2:45pm-3:45pm

#### Intermediate

No session Sep 30, Oct 14, Oct 21, Nov 11.

▶ 523267 \$165/11 sess

Sep 9-Dec 16 M 4:00pm-5:00pm

No session Oct 12, Oct 19, Nov 9.

▶ 523269 \$165/11 sess

Sep 14-Dec 14 Sa 1:45pm-2:45pm

Ken Low



## MUSIC LESSONS



### PRIVATE MUSIC LESSONS

#### Piano Lessons

5 yrs+

Love the world of music and the piano through most enjoyable songs and pieces. Develop proper technique with fun exercises. Piano lessons cover dexterity, listening, rhythm and theory. Lessons are scheduled in 30 minute time slots.

No class Oct 15 and Nov 12

► 516331-516346 \$324/12 sess

Sep 10-Dec 10 Tu 2:30pm-6:30pm  
Roy Sun

—

► 524219-524226 \$351/13 sess

Sep 11-Dec 4 W 5:00pm-7:30pm  
Mahta Najafian Razavi

—

No class Sep 30, Oct 14 and Nov 11.

► 517332-517359 \$390/12 sess

Sep 9-Dec 16 M 3:30pm-6:30pm  
Musical Expressions • Christy Choy

—

No classes Oct 9 and Nov 6.

► 525476-525480 \$324/12 sess

Sep 11-Dec 11 W 3:30pm-5:30pm  
No classes Oct 10 and Nov 7.

► 516692-516699 \$324/12 sess

Sep 12-Dec 13 Th 3:30pm-6:30pm  
No classes Oct 11 and Nov 8.

► 516700-516707 \$324/12 sess

Sep 13-Dec 13 F 3:30pm-6:30pm  
No class Oct 12 and Nov 9.

► 516710-5167150 \$324 /12 sess

Sep 14-Dec 14 Sa 9:30am-12:30pm  
Andrea Chang

—

No session Oct 12 and Nov 9.

► 516278-516327 \$297/11 sess

Sep 21-Dec 14 Sa 9:15am-1:45pm  
Fiorella Morales

#### Private Guitar

or Ukulele Lessons 6 yrs+

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. Lessons are scheduled in 30 minute time slots. No class Sep 30, Oct 14 and Nov 11.

► 517462-517481 \$390/12 sess

Sep 9-Dec 16 M 3:00pm-7:45pm  
Musical Expressions • Alex Figueroa

#### Private Flute Lessons

7 yrs+

Enjoy private flute lessons and learn at your own pace. All levels are welcome, from beginners to students needing coaching in school band and orchestra programs. Lessons are scheduled in 30 minute time slots. All levels are welcome. Please bring your own flute. Music books are extra. For more information, see [andreaminden.ca](http://andreaminden.ca).

► 520201-520208 \$240/8 sess

Sep 10-Oct 29 Tu 4:00pm-5:30pm

► 520213-520217 \$180/6 sess

Nov 5-Dec 10 Tu 4:00pm-5:30pm  
Andrea Minden

#### Private Singing Lessons

12 yrs+

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! Lessons are scheduled in 30 minute time slots. Singing recital in December, more info to come.

No classes Oct 9 and Oct 30.

► 525519-525523 \$351/12 sess

Sep 11-Dec 11 W 10:00am-12:00pm  
No classes Oct 31 and Nov 7.

► 525524-525530 \$351/12 sess

Sep 12-Dec 12 Th 5:00pm-7:45pm  
No classes Oct 12 and Nov 9.

► 525531-525538 \$321.75/11 sess

Sep 14-Dec 7 Sa 10:00am-1:45pm  
Gina Morel

#### Private Violin Lessons

6 yrs+

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. Preparation for the Royal Conservatory of Music exams is a possibility for those who wish to have their learning level recognized.

► 517122-517140 \$432/8, 60min lessons

Sep 11-Oct 30 W 3:30pm-7:30pm

► 517141-517144 \$378/7, 60 min lessons

Nov 6-Dec 18 W 3:30pm-7:30pm  
Ali Nourbakhsh

## PRE-TEEN

## YOUTH

### EDUCATION

#### Babysitting Course

11-18 yrs

The Canadian Red Cross Babysitting course covers everything from managing difficult behaviors to essential content on leadership and professional conduct as a babysitter. Babysitting promises to deepen and enhance the responsibility that older youth feel when caring for younger children. This updated curriculum, complete with new science, also provides improved learning when it comes to giving the appropriate care in the event of an emergency. The course includes a course manual and certificate of completion from the Canadian Red Cross.

► 515784 \$90/1 sess  
Oct 25 F 9:00am-4:00pm  
First Aid Pro

#### STEM Lab

8-11 yrs

Join our exciting five-session STEM program, where you'll dive into real-world engineering concepts. This season, we are focusing on engaging hydraulic and electrical projects designed for preteens. All materials are provided.

#### Hydromechanics

► 517470 \$100/5 sess  
Sep 11-Oct 9 W 5:30pm-6:30pm

#### Electromechanics

► 517471 \$100/5 sess  
Oct 16-Nov 13 W 5:30pm-6:30pm  
Grethel Serrano-Rangel

#### Cooking

12-18 yrs

Lets get cooking in the kitchen. Each week we will make a different recipe from scratch. Together we will meal prep, cook, eat, and clean. Only 4 spots available for registration and 4 spots open for drop in.

► 515758 \$5 drop-in  
Nov 5-Dec 10 Tu 3:30pm-5:30pm  
Youth Staff

### DID YOU KNOW?

Youth can borrow equipment from the front desk or the youth room with a valid Go Card or One Card.

### SOCIAL

#### Pre- Teen Club 9-12 yrs

Calling all grade 4, 5, 6, & 7's! Meet other pre-teens in the neighborhood and join us every Friday evening for arts & crafts, movies, baking, and games. No session Oct 25.

Sep 6 • DIY Bubble Wand  
Sep 13 • Bead Character Keychains  
Sep 20 • Outdoor Games  
Sep 27 • DIY Dreamcatcher  
Oct 4 • Cheese & Fruit Kabob  
Oct 11 • Seed Mosaics  
Oct 18 • Halloween Games & Snacks  
Nov 1 • Pepperoni Pizza Quesadillas  
Nov 8 • Slime  
Nov 15 • Camp Fire Cones  
Nov 22 • Glass Painting  
Nov 29 • Baking  
Dec 6 • Icing Christmas Tree  
Dec 13 • Forts & Movie  
► 515760 \$2 drop-in  
Sep 6-Dec 13 F 4:00pm-5:15pm  
MO Youth Volunteers & Staff

#### Pro-D Day Fun 10-13 yrs

Plan ahead for your upcoming professional day. Take part in games, activities, and a fun out trip. Bring a snack, lunch, refillable water bottle, and runners/walking shoes. Parental/guardian waiver and consent forms must be completed. Meet in the youth room at 9am.

► 523548 \$50/1 sess  
Oct 25 F 9:00am-3:00pm  
► 523549 \$50/1 sess  
Nov 22 F 9:00am-3:00pm  
Youth Leaders

#### Table Tennis for Kids

6-12 yrs

A supportive and engaging environment for players of all levels. Participants will develop through a mix of interactive drills, friendly competition, and skill-building exercises. No session Sept 30, Oct 14.  
► 515766 \$10/5 sess  
Sep 16-Oct 28 M 3:30pm-4:30pm  
► 515768 \$10/5 sess  
Nov 18-Dec 16 M 3:30pm-4:30pm  
MO Youth Volunteers

### SOCIAL

#### MO Youth Room 13-18 yrs

Drop by and hang out with your friends; there's lots to do! You can play pool, play on our Nintendo Switch, play board games, do arts and crafts, or join in daily games and activities. Youth Room is closed on Tuesdays. See our Youth drop-in schedule on page 14 for hours.

► 494471 FREE

#### Newcomer Youth Drop-in

13-18 yrs

Every week, drop by the youth room and socialize with other newcomers and become familiar with our community; featuring presenters, activities, community leaders, workshops, and opportunities for bonding. No session Oct 31.

► 515759 FREE/15 sess  
Oct 17-Dec 19 Th 3:00pm-5:00pm  
Community Youth Worker

#### Night Hoops

12-18 yrs

Night Hoops connects youth with their community through the organization of basketball practices and leagues that are based out of community centres and neighborhood houses. there are no limitations for anyone to participate regardless of their gender and skill level. We want to ensure everyone has an equal opportunity on the basketball court.

► 515755 FREE/9 sess  
Sept 27-Dec 6 F 6:30pm-8:00pm  
Night Hoops Coaches

#### Halloween

#### Movie Night

13-18 yrs

Halloween Movie Night at Marpole, have fun eating popcorn with friends. The concession stand will be open, and everything under \$5.

► 523609 FREE/1 sess  
Oct 18 F 6:00pm-8:00pm  
Youth Volunteers & Staff

### SCAN THAT ONECARD!

Sign up for a OneCard to scan in each time you visit!

## EDUCATION

### FoodSafe Level 1 13-18 yrs

This 8 hour course covers food handling, sanitation, and work safety to prepare you for the food service industry. The course covers foodborne illnesses, receiving and storing food, preparing and serving food, cleaning and sanitation. This is a great certificate to add to your resume and great knowledge to have! Certification is valid for 5 years.

► 515804 \$85/1 sess  
Nov 2 Sa 9:00am-4:00pm  
Paul Richardson

### Emergency First Aid Blended with CPR/AED C 14-18 yrs

Basic one day course offering lifesaving first aid and cardiopulmonary resuscitation (CPR) skills for the workplace or home. This course is equivalent to Occupational First Aid Level 1 (OFA Level 1) and is recognized by WorkSafeBC. Note this is a blended course, student's will need to complete half of the course online (between 1-3 hours) at their leisure.

► 515802 \$100/1 sess  
Nov 22 F 11:00am-3:00pm  
First Aid Pro

### MO Youth Council 13-18 yrs

The Marpole-Oakridge Youth Council, is looking for youth who are interested in improving their community by sharing their ideas. The MOYC plans, organizes, and implements special events, programs, out-trips, fundraisers and activities for other youth and families in the community. Things we are working on this Fall: Marpole Pumpkin Patch, Halloween Howlers, Haunted House, Youth Activities, and Fundraisers.

► 515756 FREE  
Sep 11-Dec 18 W 4:00pm-5:30pm  
MO Youth Council Members



## LEADERSHIP

### Youth Volunteer Orientation 13-18 yrs

Mandatory orientation for youth wanting to volunteer for MOCC programs, special events and youth council. Training will provide information on volunteer rights & expectations, guidelines, emergency procedures, volunteer opportunities, and volunteer sign-up. Next volunteer intake will be in January of 2024.

► 523610 FREE/1 sess  
Sep 19 Th 4:00pm-6:00pm  
Community Youth Worker

### Snack Bar Training 15-18 yrs

Snack Bar Crew is looking for responsible, friendly, and task oriented youth to help manage the Snack Bar after school. 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. Volunteers are required to take the FoodSafe Level 1 course to volunteer in the snack bar.

► 523585 FREE/1 sess  
Sep 10 Tu 4:00pm-6:00pm  
Community Youth Worker

### Volunteer Information 13-18yrs

#### Want to be a youth volunteer?

1. Pick up a Youth Volunteer Application form at the front desk or youth room info board in the hallway or access on Instagram @mocc.youth in the bio.
2. Complete application form, have it signed by a parent/guardian, and drop off at the front desk or in the youth room.
3. Sign up for the youth volunteer orientation.

*Deadline for application is Sep 19.  
Next volunteer intake will be in January 2025.*

## EVENTS

### School Year Kick Off 12-18 yrs

We are excited and looking forward to another school year! Check out this fun event from the Marpole-Oakridge Youth Council. There will be hot dogs, veggie dogs, chips, treats, and lots more! Bring all your friends!

► 523604 FREE/1 sess  
Sep 20 F 5:00pm-7:30pm  
Youth Leaders & Youth Volunteers

### Ice Skating 13-18 yrs

Join us in a fun evening of Ice Skating with friends and other youth in the community! Cost includes skate rental and bus fare. Meet in the youth room and don't forget your waiver form.

► 523634 \$5/1 sess  
Nov 8 F 4:00pm-8:00pm  
Youth Leaders

### Festival of Lights 13-18 yrs

Experience the beautiful twinkling lights at the Festival of Lights at VanDusen Botanical Gardens. Youth are to meet in the youth room. Don't forget your waiver. Cost includes admission, bus fare and hot chocolate.

► 523632 \$16/1 sess  
Dec 13 F 4:00pm-8:00pm  
Youth Leaders



# YOUTH DROP-IN SCHEDULE • Sep 3-Dec 20, 2024

Monday <small>No sessions Sep 30, Oct 14 &amp; Nov 11</small>	Tuesday	Wednesday	Thursday	Friday
Youth Room Drop-In 3:00pm-5:00pm (No session Oct 7)	Youth Room Drop-In 3:00pm-5:00pm Open Sep 3, 10, 17, Oct 22, 29	Youth Room Drop-In 3:00pm-5:00pm (No session Sep 25-Oct 9)	Newcomer Youth Drop-in 3:00pm-5:00pm (Oct 17-Dec 19)	Youth Room Drop-in 3:00pm-7:45pm (No session Sep 27-Oct 11)
Art Space 3:30pm-4:30pm	Youth Table Tennis 3:15pm-4:30pm	Youth Table Tennis 3:15pm-3:55pm		Youth Table Tennis 3:15pm-7:45pm
	Cooking Program Drop-in (Nov 5-Dec 10) 3:30pm-5:30pm	Youth Open Gym 3:15pm-4:30pm	Youth Room Drop-in 5:00pm-6:30pm (No session Sep 26-Oct 10)	Youth Badminton 3:15pm-4:45pm
		Youth Volleyball 4:30pm-5:45pm		Youth Basketball 4:50pm-6:30pm

- Youth are required to scan their One Card upon arrival in the youth room. Sign up in the youth room with the Community Youth Worker.
- Don't forget, we have sports equipment available for borrowing in the gym! Ask the staff or volunteer.

## Snack Bar Schedule

Monday	3:30pm-5:30pm
Tuesday	3:30pm-5:30pm
Wednesday	3:30pm-6:00pm
Thursday	3:30pm-5:30pm
Friday	3:30pm-6:30pm



## HEALTH AND WELLNESS

### Diabetes Self-Management Program

19 yrs+

The University of Victoria Diabetes Self-Management Program is a FREE six-session workshop. The workshop helps people living with diabetes and their caregivers to better manage symptoms and activities of daily life. Participants receive the "Living a Healthy Life with Chronic Conditions" companion book. No class Oct 15.

► 524209 FREE, registration required  
Sep 17-Oct 29 Tu 1:00pm-3:30pm

### Chronic Pain Self-Management Program

19 yrs+

The University of Victoria Chronic Pain Self-Management Program is a FREE six-session workshop. The workshop helps people living with chronic pain and their caregivers to better manage symptoms and activities of daily life. Participants receive the "Living a Healthy Life with Chronic Pain" companion book and the "Moving Easy" CD.

► 524212 FREE, registration required  
Nov 5-Dec 10 Tu 1:00pm-3:30pm

### Cardio Pilates

19 yrs+

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. Improve cardiovascular endurance, core balance, and tone your entire body. Drop-in \$14.52+ tax.

► 524251 \$85/7 sess

Sep 11-Oct 23 W 6:00pm-7:00pm

► 524254 \$85/7 sess

Oct 30-Dec 11 W 6:00pm-7:00pm

Emily O. Chan

### Hatha Yoga

19 yrs+

The classic postures of Hatha Yoga will stretch and release tired muscles. Breathwork detoxifies and energizes. We finish with long, deep relaxation to refresh and revitalize. Drop-in space permitting \$15.24 plus tax.

► 520222 \$83.33/7 sess

Sep 11-Oct 23 W 9:30am-10:30am

► 520225 \$83.33/7 sess

Oct 30-Dec 11 W 9:30am-10:30am

Janet Ward

### Iyengar Yoga

19 yrs+

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. Drop-in \$23 + tax. No sessions Sep 28, Oct 12 and Nov 9.

► 525529 \$210/10 sess

Sep 14-Dec 7 Sa 9:30am-11:00am

Grant Richards

► 524227 \$147/7 sess

Sep 12-Oct 24 Th 6:00pm-7:30pm

► 524229 \$147/7 sess

Oct 31-Dec 12 Th 6:00pm-7:30pm

Renee Bruinsma



# AEROBICS SCHEDULE • Sep 3-Dec 20, 2024

## Group Fitness

Monday <small>*no classes Sep 30, Oct 14, Nov 11</small>	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Step &amp; Strength</b> 9:20am-10:20am Rilla ▶ 523031	<b>Tabata &amp; Stretch</b> 9:20am-10:20am Sarah ▶ 523032	<b>Muscle Madness</b> 9:20am-10:20am Charlene ▶ 523027	<b>Zumba</b> 9:20am-10:20am Marina ▶ 523036	<b>HIIT</b> 9:20am-10:20am Bonnie ▶ 523026	<b>Zumba</b> 9:15am-10:15am Marina ▶ 523037
<b>Refit</b> 10:25am-11:25am Don ▶ 523028		<b>Refit</b> 10:25am-11:25am Sarah ▶ 523029		<b>Refit</b> 10:25am-11:25am Bonnie ▶ 523030	
<b>Total Body Conditioning</b> 6:00pm-7:00pm Katy ▶ 523034	<b>Zumba</b> 6:00pm-7:00pm Marina ▶ 523035	<b>Total Body Conditioning</b> 6:00pm-7:00pm Don ▶ 523033			

## FITNESS

### High Intensity (HIIT) Interval Training

Get your sweat on with this full-body 60-minute high intensity interval class consisting of 70% cardio and 30% strength training. The equipment, moves, format and music will be ever-changing to keep you coming back for more! High and low modifications will be provided.

Sep 6-Dec 20 F 9:20am-10:20am

### Muscle Madness

This full body workout is designed to increase strength, mobility and stability using weights, resistance bands and your own body weight. Suitable for all fitness levels.

Sep 4-Dec 18 W 9:20am-10:20am

### Step and Strength

A total body conditioning class using the step for cardio and weights for strength work. Moderate to challenging with options provided. No fancy footwork. We will start with choreography as an introduction for those new to step.

Sep 9-Dec 16 M 9:20am-10:20am

### Tabata & Stretch

Get ready to move with bursts of cardio combined with resistance band strength using your own body weight. Work at your own pace. Stretch to follow.

Sep 3-Dec 17 Tu 9:20am-10:20am

### Refit

Get back into your fitness routine or start a new one with hi-low aerobic patterns to challenge your cardio vascular system, strength training and core conditioning. Suitable for all levels as options to challenge your fitness and coordination will be provided throughout. End the class with a relaxing stretch.

Sep 9-Dec 16 M 10:25am-11:25am

Sep 4-Dec 18 W 10:25am-11:25am

Sep 6-Dec 20 F 10:25am-11:25am

### Zumba

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

Sep 3-Dec 17 Tu 6:00pm-7:00pm

Sep 5-Dec 19 Th 9:20am-10:20am

Sep 7-Dec 14 Sa 9:15am-10:15am

### Total Body Conditioning

This class will provide a combination of exercises, cardio routines, core work, and agility drills with a cool down stretch. It will give you a fun, challenging workout and a functionally fit core.

Sep 4-Dec 18 W 6:00pm-7:00pm

Sep 9-Dec 16 M 6:00pm-7:00pm

## Fees

	Adult 19-64 yrs	Senior 65 yrs+
Drop-In	\$6.43	\$5.33
10 Ticket	\$56.33	\$42
1 Month Aerobics Pass	\$58.81	\$50
FitPass Unlimited Sep 3-Dec 20, 2024	\$200	\$168.09

Prices do not include GST

# ADULTS



## DANCE

**Line Dance with Ember** 19 yrs+  
Line dance for fun. Meet new friends and exercise your body and mind by dancing to all genres of music and dance styles.

**Beyond Beginner**  
Prior knowledge of basic dance steps is recommended. Drop-in \$6.90 + tax.

▶ 517767 \$68.57/12 sess  
Sep 19-Dec 5 Th 6:30pm-8:00pm  
No class Oct 26

▶ 517780 \$51.43/9 sess  
Sep 21-Nov 23 Sa 11:30am-1:00pm

**Intermediate**  
Always focused on fun but this class is for dancers with experience that want to learn intermediate dances at a brisk pace. Drop-in \$6.90 + tax.

No class Oct 26  
▶ 517808 \$51.43/9 sess  
Sep 21-Nov 23 Sa 1:15pm-2:15pm  
Ember Schira

**Line Dance with Vivian** 19 yrs+  
Classes will be conducted mainly in English, Chinese translation available if needed. It is a beginner/high beginners level. Dances will include; Cha Cha, Mambo, Waltz, Rumba, Samba! First 30 minutes will be easy slow dances then little faster music for the second half of the lesson. Drop-in \$6.90 + tax.

**Beginner**  
No class Oct 11  
▶ 524244 \$74.29/13 sess  
Sep 13-Dec 13 F 1:30pm-3:00pm

**Beginner Plus**  
No classes Sep 30, Oct 14 and Nov 11  
▶ 524245 \$62.86/11 sess  
Sep 9-Dec 9 M 1:30pm-3:00pm

**Intermediate**  
No class Oct 16  
▶ 524246 \$74.29/13 sess  
Sep 11-Dec 11 W 1:30pm-3:00pm  
Vivian Lau

## DANCE

**Belly Dance for Fun and Fitness** 19 yrs+  
Strengthen your core, your pelvic floor, and your self confidence while making new friends! Drop-in \$14. No classes Sep 30, Oct 14 and Nov 11.

▶ 524404 \$63.10/5 sess  
Sep 16-Oct 28 M 7:00pm-8:00pm  
▶ 524406 \$63.10/5 sess  
Nov 4-Dec 9 M 7:00pm-8:00pm  
Sylvie Royer

**Ballroom Dance** 19 yrs+  
Come learn the rumba, samba, cha cha, paso double and jive. Stay active by learning to ballroom dance. No partner required. No dance experience required. No class Oct 10. Drop-in \$10.71

**LATIN**  
▶ 521671 \$117.62/13 sess  
Sep 12-Dec 12 Th 9:30am-10:30am  
▶ 521673 \$117.62/13 sess  
Sep 12-Dec 12 Th 10:30am-11:30am  
Raf Chen

**Ballroom Dance** 19 yrs+  
Come learn the waltz, tango, viennese waltz, slow foxtrot and the quickstep. Stay active by learning to ballroom dance. No partner required. No dance experience required. Drop-in \$10.71

**STANDARD**  
▶ 521674 \$117.62/13 sess  
Sep 17-Dec 10 Tu 9:30am-10:30am  
▶ 521681 \$117.62/13 sess  
Sep 17-Dec 10 Tu 10:30am-11:30am  
Raf Chen

**Intro to Ballet** 19 yrs+  
A beginner's ballet class for those with little or no dance experience. Learn the basic positions, barre exercises, simple centre work and most of all, the joy of movement with your body. Wear ballet slippers or socks to class and have fun. No class Sep 30, Oct 14 and Nov 11.

▶ 521576 \$161.90/10 sess  
Sep 16-Dec 9 M 5:30pm-7:00pm  
Kuei-ming Lin

**Ballet for Beginners** 19 yrs+  
This is an easy going ballet class for those who want to dance some more after learning the basic vocabularies of ballet. Learn a barre routine, some centre work and easy dances. Wear ballet slippers or socks to class and have fun. No class Sep 30, Oct 14 and Nov 11.

▶ 521580 \$161.90/10 sess  
Sep 16-Dec 9 M 7:15pm-8:45pm  
Kuei-ming Lin

**Line Dance with Karen** 19 yrs+  
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-in \$6.90 + tax, if space permits.

▶ 517725 \$68.57/12 sess  
Sep 10-Nov 26 Tu 1:00pm-2:30pm  
▶ 517738 \$68.57/12 sess  
Sep 12-Nov 28 Th 1:00pm-2:30pm  
Karen Tsai



**MUSIC LESSONS**  
for all ages. See page 11  
for more information.



# ADULTS



## ART

### The Joy of Acrylic Painting 19 yrs+

Learn a new way to express your creativity! In this unique oil painting in acrylic style course, the class will learn a step by step demonstration to paint a beautiful image each session using a new technique with oil paint. Materials included.

► 521653 \$139.52/6 sess  
 Sep 18-Oct 23 W 10:00am-12:00pm  
 ► 521654 \$139.52/6 sess  
 Oct 30-Dec 4 W 10:00am-12:00pm  
 Philip Tsang

### The Joy of Drawing 19 yrs+

Learn and improve your drawing skill and technique such as still lifes, landscapes, animals, portraits and many more. The drawing demonstrations will be provided with a new subject in every session. Drawing materials are included.

► 521657 \$120/6 sess  
 Sep 19 -Oct 24 Th 10:00am-11:30am  
 ► 521664 \$120/6 sess  
 Oct 31 -Dec 5 Th 10:00am-11:30am  
 Philip Tsang

### Mindful Drawing 19 yrs+

Mindful art is using repeating patterns or motives to create square art which is artistic and expressive. You will learn how to create beautiful designs using. Supplies required; 1 blk Micron PN Pen

► 524455 \$12/6sess  
 Sep 3-Oct 8 Tu 1:30pm-2:45pm  
 ► 474353 \$12/6 sess  
 Nov 12-Dec 17 Tu 1:30pm-2:45pm  
 Winnie Lai

## MARTIAL ARTS

### Iaido 16 yrs+

Iaido is the traditional Japanese martial art of drawing and cutting with the samurai sword. Develop awareness, centeredness, sincerity, a calm mind, and mental and physical harmony through the practice of traditional sword techniques. Beginners are welcome to join. Drop-in \$13.33 + tax. No class Oct 11 and Oct 25.

► 521609 \$128.57/12 sess  
 Sep 13-Dec 13 F 5:45pm-7:15pm  
 Peter Pao

### Tai Chi Learn & Practice 19 yrs+

Join this dedicated group to learn and practice Tai Chi 24, 48, & 85 form. All levels are welcome. Drop-in \$2.86 + tax. No class Oct 15.

► 517543 \$30.95/13 sess  
 Sep 10-Dec 10 Tu 10:00am-11:30am  
 Jack Fong

### Health Qigong and Tai Chi 19 yrs+

This is a combined class of Tai Chi and Health Qigong. You will learn health enhancing movements and breathing methods to strengthen the internal vital organs, and the external muscles and joints on your neck, shoulders, arms, legs, elbows and knees. This class is suitable for people of all ages. No class Oct 31

► 524550 \$120/10 sess  
 Sep 26-Dec 5 Th 9:05am-10:05am  
 Master Lisa (Lai Chun) Cheung

### Tai Chi Kung Fu Fan 19 yrs+

Tai Chi Fan (also known as Kung Fu Fan) is one of the most beautiful self-defense forms, and is one of the standard Tai Chi weapons. The form is both elegant and beautiful. Practicing the Tai Chi Fan would improve the eye-hand coordination, grip-wrist flexibility, strength, balance and focus. The fan is made of durable bamboo and silk. It is very easy to carry and transport. No class Oct 31.

► 524552 \$120/10 sess  
 Sep 26-Dec 5 Th 11:15am-12:15pm  
 Master Lisa (Lai Chun) Cheung

### Tai Chi Sword 19 yrs+

In modern times this art is practiced only to enhance mental focus and physical health. Not only will it enhance the eye-hand coordination, it will also strengthen the wrist, arms, legs, shoulders and waist. Tai Chi Sword 32 is a standardized routine that is suitable for beginners. All Tai Chi Swords used in this class are harmless replicas. The blades are not sharp and are safe to handle. No class Oct 31

► 524551 \$120/10 sess  
 Sep 26-Dec 5 Th 10:10am-11:10am  
 Master Lisa (Lai Chun) Cheung



Check out the weekly programs across Vancouver for 2STGD and 2SLGBTQIA+ folks of all ages.

vancouver.ca/park-board-pride

## ADULTS



### MOCC UPDATE

Construction is underway on your new Marpole Community Centre.

For the latest updates, visit <https://vancouver.ca/parks-recreation-culture/marpole-community-centre-renewal.aspx>.

### Repair Cafe

Sat Nov 9th • 9:30am-1:30pm

Book an appointment to receive FREE in person repair help from our volunteer repairers. One repair item per person.

[spec.bc.ca/waste/repair-cafe/](http://spec.bc.ca/waste/repair-cafe/)



### MORE PICKLEBALL?

Random Pickleball sessions available, check online or at the front desk for specific dates.



## SPORTS

### Pickleball Lessons Intermediate

19 yrs+

The objective of this course is to strengthen specific skills for intermediate players. Students need to have a minimum DUPR rating of 3.25 or equivalent or pickleballersf permission from the coach prior to registration. DUPR is a universal Pickleball Machine will be available for these sessions.

#### Introduction to Spin

▶ 524465 \$40/2 sess  
Sep 4-Sep 11 W 1:50pm-3:05pm

#### Powerful Spin Serve

▶ 524466 \$40/2 sess  
Sep 18-Sep 25 W 1:50pm-3:05pm

#### Reset and Drop

▶ 524467 \$40/2 sess  
Oct 2-Oct 9 W 1:50pm-3:05pm

#### Powerful Drive

▶ 524468 \$40/2 sess  
Nov 13-Nov 20 W 1:50pm-3:05pm

#### Powerful Smash

▶ 524469 \$40/2 sess  
Nov 27-Dec 4 W 1:50pm-3:05pm  
Henry Ip

### Badminton Court Rental

19 yrs+

Each spot booked is for one court, with a maximum of 4 players. Players must supply their own racquets and birds.

Weekly \$15.24/court  
Sep 6-Dec 20 F 1:45pm-3:00pm

### Family Badminton Court Rental

7 yrs+

Children 7-12 must be accompanied by a adult. Maximum 1 court booking per family. Players must supplies their own racquets and birds.

▶ 524569 \$18/court  
Sep 7 Sa 2:45pm-3:45pm

### Table Tennis

19 yrs+

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. Schedule subject to change. Drop-in \$2.38 + tax/person, per 2 hour time slot.

- Mondays 10am-12pm, 1-3pm, 6-8pm
- Tuesdays 10am-12pm, 1-3pm
- Thursday 10am-12pm, 1-3pm
- Friday 1-3pm

No sess Sep 19, Oct 25, Oct 31, Nov 22.

▶ 526117  
Sep 5-Dec 22

## SPORTS

### Pickleball Stage 2: Games & Drills

19 yrs+

For players ideally who have completed Stage 1. If you would like to win your games, let's first change our mindset from "playing to win" to "playing NOT TO LOSE". Pickleball is a game of errors. Let your opponent's make them! We'll explore double strategies tips and plays to cause your opponents to make errors, not you.

▶ 524257 \$140/5 sess  
Sep 10 -Oct 8 Tu 10:45am-12:45pm

▶ 524258 \$140/5 sess  
Oct 15 -Nov 12 Tu 10:45am-12:45pm

▶ 524259 \$140/5 sess  
Nov 19 -Dec 17 Tu 10:45am-12:45pm  
Mona Lee

### Pickleball Court Rental

19 yrs+

Each spot booked is for one court, with a maximum of 4 players. Players must supply their own racquets and birds.

Weekly \$15.24/court  
Sep 9-Dec 16 M 1:50pm-3:05pm

# GYM SPORTS SCHEDULE • Sep 3-Dec 20, 2024

Monday	Tuesday	Wednesday	Thursday	Friday
*no sessions Sep 30, Oct 14 & Nov 11				
Recreational Badminton (19+) 11:40am-1:40pm		Recreational Badminton (19+) 11:40am-1:40pm	Pickleball (19+) 10:45-12:45pm	Recreational Badminton (19+) 11:40am-1:40pm
Pickleball Court Rental (19+) 1:50pm-3:05pm	Pickleball (19+) 1:00pm-3:00pm		Pickleball (19+) 1:00pm-3:00pm	Badminton Court Rental (19+) 1:45pm-3:00pm
Recreational Basketball (19+) 7:10pm-9:00pm	Recreational Intermediate Volleyball (19+) 7:10pm-9:00pm	Recreational Intermediate Volleyball (19+) 7:10pm-9:00pm	Advanced Doubles Badminton (19+) 7:10pm-9:00pm	

## SPORTS

### Recreational Basketball

19 yrs+

Full-court recreational basketball. This is a very popular program, early registration is recommended. No session Sep 30, Oct 14 and Nov 11.

▶ 517169 \$71.43/12 sess; Drop-in \$6.90  
Sep 9-Dec 16 M 7:10pm-9:00pm

### Recreational Volleyball Intermediate

19 yrs+

Fast paced volleyball for recreational intermediate players. Participants must have a good understanding of the rules, game strategies and demonstrate good ball control. Supervisors have the right to direct players to appropriate level of play.

▶ 517178 \$95.24/16 sess; Drop-in \$6.90  
Sep 3-Dec 17 Tu 7:10pm-9:00pm

▶ 517179 \$95.24/16 sess; Drop-in \$6.90  
Sep 4-Dec 18 W 7:10pm-9:00pm

### Advanced Doubles Badminton

19 yrs+

Volunteer badminton supervisors have the right to direct players to appropriate level of play. Most games are played in doubles on a court rotational basis. Please bring own equipment and birdies.

▶ 517180 \$95.24/16 sess; Drop-in \$6.90  
Sep 5-Dec 19 Th 7:10pm-9:00pm

### Recreational Badminton

19 yrs+

Volunteer badminton supervisors have the right to direct players to appropriate level of play. Most games are played in doubles on a court rotational basis. Please bring your own racquet and birdies. No sessions Sep 30, Oct 14 and Nov 11.

▶ 517202 Drop-in \$5  
Sep 9-Dec 16 M 11:40am-1:40pm

▶ 517203 Drop-in \$5  
Sep 4-Dec 18 W 11:40am-1:40pm

▶ 517206 Drop-in \$5  
Sep 6-Dec 20 F 11:40am-1:40pm

10 visit pass \$42.86 + tax, pass is valid for Mon, Wed, Fri AM badminton programs.

### Pickleball

19 yrs+

Get active on the court with Pickleball, a fun and easy to learn sport that will have you coming back for more. Please note that this program is non-instructional. Paddles available for use. Maximum 24 players, 18 registered and 6 drop-in spaces. Register for the entire season or drop-in, space permitting \$5 + tax.

▶ 524324 \$68.57/16 sess  
Sep 3-Dec 17 Tu 1:00pm-3:00pm

▶ 524331 \$68.57/16 sess  
Sep 5-Dec 19 Th 10:45am-12:45pm

▶ 524318 \$68.57/16 sess  
Sep 5-Dec 19 Th 1:00pm-3:00pm

### Drop-in Procedures

- Registered participants have 15 mins after the scheduled start time to sign-in at the front desk or their spot will be given to a drop-in participant.
- Drop-in players can sign-up 30 minutes prior to the program start time. Drop-ins must be present and in-person. First come, first served basis. No phone-ins. No name proxies.
- After 15 minutes, staff will announce names from the drop-in wait list who can then pay and join activity.
- For safety and attendance, only registered participants and paid drop-in participants are allowed inside gymnasium. Adult sports programs are for ages 19+. No warm-ups. No spectators.
- Drop-in fees collected once spot is available. See specific sport for fee. \$6.90 per session

**NOTE • Prices do not include GST**

## SOCIAL

## Seniors

## Luncheon

55 yrs+

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

## Brunch

► 520285 \$8.57/1 sess  
Sep 19 Th 11:00am-12:30pm

## Halloween/Fall

► 520285 \$8.57/1 sess  
Oct 31 Th 12:00pm-1:30pm

Sing-along  
& Sweets

All Ages

All ages welcome for an afternoon of live music and dessert. Musical duo Bob York and Diane Wu will lead an afternoon sing along of holiday songs. Coffee, tea and dessert will be served.

► 524452 \$8.09/1 sess  
Nov 28 Th 1:00pm-3:00pm

Seniors' Social  
& Games

50 yrs+

Join a friendly group for conversation or to play various available games—scrabble, cribbage or cards. Tuesday and/or Thursday 1pm-3pm. No session Sep 19 and Oct 31.

► 517524 \$2.38/season  
Sep 3-Dec 17 Tu 1:00pm-3:00pm

► 517526 \$2.38/season  
Sep 5-Dec 19 Th 1:00pm-3:00pm

## Crafts for Seniors 50 yrs+

Explore your artistic side with various themes which are volunteer sponsored and supplies are provided. Join us to make unique and creative crafts!

## Sharpie &amp; Alcohol Art on Tiles

► 520302 \$4.76/1 sess  
Sep 10 Tu 1:00pm-3:00pm

## Fun with Beads

► 520306 \$4.76/1 sess  
Oct 8 Tu 1:00pm-3:00pm

## Upcycle Paper craft

► 520308 \$4.76/1 sess  
Nov 12 Tu 1:00pm-3:00pm

## Wreath/Centrepiece

► 520313 \$9.52/1 sess  
Dec 10 Tu 1:00pm-3:00pm

## Hearing Loss Presentation

We will go over the basics of hearing loss and the impact of hearing aids. We will also focus on Wavefront Centre's non-profit hearing clinic and accessibility services. Learn about our comprehensive services and community outreach programs designed to enhance accessibility and improve the quality of life for those who are deaf or hard of hearing.

► 525554 FREE, registration required  
Nov 19 Tu 12:00pm-1:00pm

Indispensable  
Binder

19 yrs+

Learn how to create and organize your own binder with information on medical, financial, taxes, or for \$35 in class, you can purchase a binder ready to go. Binder not included in the cost of the workshop. Purchase of binder can be done at the time of registration.

► 504060 \$28.57/1 sess  
Oct 9 W 9:30am-12:30pm

Diana Cruchley

## Karaoke

50 yrs+

Register for some fun while singing along with your friends. Bring your own music. English and all languages are welcome. Drop-ins \$3.81 if space permits. No session Sep 30, Oct 14, Nov 11.

► 523090 \$34.29/12 sess  
Sep 9-Dec 16 M 11:45am-2:45pm

► 523093 \$42.86/15 sess  
Sep 13-Dec 20 F 11:45am-2:45pm

## Karaoke Winter Social

► 523096 \$3.33/1 sess  
Dec 18 W 12:00pm-5:00pm

Wai Sin

## Tea Time

50 yrs+

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.

► 524403 \$2.86/season  
Sep 26-Dec 12 Th 10:00am-12:00pm

Bus Trip • Potter's  
Christmas Village  
& Lunch

55 yrs+

► 525556 \$19.05/1 sess  
Nov 13 W 9:30am-2:30pm

## Marpole

## Music Jam

19 yrs +

Come jam and meet new people at Marpole! Guitar players, singers, bring your voice and/or instrument to play and have a great time with other musicians. Very causal sessions. Music style; Americana, Classic Rock, Pop, Country, Folk and Sea Shanties.

► 524596 FREE, registration  
Sep 11, Sep 25, Oct 9, Oct 23,  
Nov 6, Nov 20, Dec 4 W 6:30pm-8:00pm

From Bach  
to Beatles

19 yrs +

The Aoki Legacy Forum group will entertain you with music from Bach, Elvis, the Beatles and everything in between. Featuring Bob York on piano, ukelele players, guitarists, and talented singers. Specific information on performers will be posted when available. Admission by donation. Proceeds to the Aoki Legacy Fund. Snacks and light refreshments will be available.

► 524346 Sep 3 Tu 7:00pm-8:30pm

► 524347 Oct 1 Tu 7:00pm-8:30pm

► 524348 Nov 5 Tu 7:00pm-8:30pm

► 524349 Dec 3 Tu 7:00pm-8:30pm

Karaoke 10 Year  
Anniversary  
Celebration

An extended karaoke celebration for past and current participants with light refreshments to celebrate 10 years since the program started. Please register as space is limited. The program continues to run strong with Monday and Friday sessions throughout the year. Thank you to Wai Sin, and the dedicated volunteer DJ's that help run the program and set up the room and equipment for the members to enjoy all genres of music together!

► 524437 \$2.86/person  
Sep 11 W 12:00pm-5:00pm



# FITNESS CENTRE



## Fitness Centre

Prices do not include tax and are subject to change

	Adult 19-64 yrs	Youth 13-18 yrs	Senior 65 yrs+
Drop-in • Single Visit	\$7.41	\$5.19	\$5.19
10-Visit Pass*	\$66.69	\$46.71	\$46.71
Flexipass • 1-month	\$59.95	\$41.96	\$41.96
Flexipass • 3-month	\$161.87	\$113.31	\$113.31
Flexipass • 12-month	\$517.97	\$362.58	\$362.58

*Please note: Passes are not accepted at Hastings, Kerrisdale, Killarney, and Sunset fitness centres*

## Racquetball Courts

Prices do not include tax. Admission includes access to the courts and fitness centre.

	Adult 19-64 yrs	Youth 13-18 yrs & Seniors 65+	10-visit pass
<b>Prime time (45 mins)</b> • Mon-Fri, 3pm to closing • Weekends all day	\$17.63	\$12.34	\$158.67
<b>Non-prime time (45 mins)</b> • Mon-Fri, 3pm to closing	\$12.59	\$8.81	\$113.31
<b>Singles</b> • For individual practice and play • No reservations	\$8.81	\$6.17	

## Personal Training Fees

Prices do not include tax and are subject to change

	Private 1 Person	Semi-Private 2 People	Group 3-4 people
1 Session	\$61.66	92.46	\$129.70
3 Session	\$170.87	\$256.35	\$347.38
5 Session	\$274.83	\$423.22	\$509.51
10 Session	\$493.36	\$785.98	\$926.37

## FITNESS

**Fitness for Youth 13-18 yrs**  
Guided four week program for Youth ages 13-18 years. A completed Par-Q and consent form are required prior to participation.  
**524240**  
**FREE with fitness centre admission**  
**Sept 13-Dec 13 F 3:30pm-4:30pm**



### SAUNA & WHIRLPOOL • Hours of Operation

- Mon to Thu: 9am-1:45pm & 3:30pm-8:45pm (closed daily 1:45pm-3:30pm)
- Fri: 9am-1:45pm & 3:15pm-7:45pm (closed daily 1:45pm-3:15pm)
- Sat: 9am-3:45pm
- Sun & Stat Holidays CLOSED

**FITNESS CENTRE & RACQUETBALL COURT**  
**Hours of Operation**  
 • See page 2

PLEASE NOTE Centre Office closes 15 minutes earlier than the community centre.

[www.vancouver.ca/marpoleoakridgefitness](http://www.vancouver.ca/marpoleoakridgefitness) for up to date information

# RENTAL INFORMATION

## Marpole-Oakridge Room Rentals • Visit [marpoleoakridge.org](http://marpoleoakridge.org) for more information

- Our rooms are ideal for sports, meetings, social functions, birthday parties and special occasions. User groups are responsible for room set up and room take down, which will be included in your rental time. Rental requests will be finalized upon payment of rental fees.
- To book a room, requests are to be completed through an online rental request process at [vancouver.ca](http://vancouver.ca). Requests can be submitted up to 2 months in advance and no less than 14 days prior to date of rental. If unable to complete online rental process, or request is less than 14 days prior

- to rental date, please submit request to [marpole.rentals@vancouver.ca](mailto:marpole.rentals@vancouver.ca) including details such as date of request, time, nature of event, number of people, contact information and any special requests, and we will follow up with an email whether or not we can accommodate them. A rental request form is also available for pick up at the front office.
- Use of television, projector, laptop, sport equipment, or bouncy castle are not available for rentals.
- Kitchen access only available for Upper Lounge rentals.

Room (Max Capacity)	Dimensions	Non-Prime Time Mon-Thurs (9am-9pm) Friday (9am-8pm) Saturday (9am-4pm)	Prime Time Mon-Thurs (9pm-Midnight) Friday (8pm-Midnight) Saturday (4pm-Midnight) Sunday (9am-Midnight)
Gymnasium – Sports only (100)	90' x 64'	\$50/hr + tax	\$79/hr + tax
Auditorium (100)	72' x 24'	\$45/hr + tax	\$74/hr + tax
Upper Lounge (70)	48' x 30'	\$45/hr + tax	\$74/hr + tax
Club Room (50)	49' x 20'	\$38/hr + tax	\$67/hr + tax
Social Room (30)	29' x 22'	\$28/hr + tax	\$57/hr + tax
Lower Lounge (30)	26' x 20'	\$28/hr + tax	\$57/hr + tax

\*\*Additional fees may apply depending on the nature of the rental (e.g. SOCAN and ReSound Fees, Staffing, Damage Deposits, Insurance) \*\*

# SPECIAL EVENT RECOGNITION





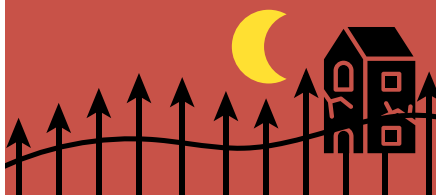
# UPCOMING SPECIAL EVENTS

TSBC License #LAMO202804

## Haunted House All Ages

Stay tuned for our upcoming Haunted House! This event is brought to you by the MO Youth Council.

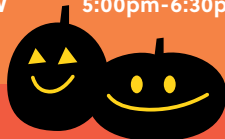
► 515865 By Donation  
Oct 28-30 M-W 5:00pm-7:00pm



## Pumpkin Patch 3+ yrs

Get into the autumn spirit as we stroll through the grass field of pumpkins, pick your favourite, and enjoy some seasonal treats and pumpkin carving. It's a great way to celebrate fall with friends and family.

► 515861 \$5/person  
Oct 30 W 5:00pm-6:30pm



## Marpole's Birthday Celebration

A 75th anniversary is a major milestone worth celebrating in style. Live music, crafts, games, and cake make for a lively and enjoyable event for everyone in the community. Please join us.

► 517316  
Dec 4 W 4:00pm-5:30pm



## HALLOWEEN HOWLERS DANCE PARTY

Ages 1-12 yrs

Join us while the DJ spins bone-chilling beats and show off your wickedly creative costumes on the dance floor! Follow up activities in the gymnasium: arts, crafts, bouncy castle & more.

► 515854 \$8/child Oct 25 F 5:00pm-6:00pm  
► 515855 \$8/child Oct 25 F 6:30pm-7:30pm



990 W. 54th Ave, Vancouver  
Marpole-Oakridge Community Center

## Artisan Fair

Calling all artists and crafters from the Marpole Area. The craft fair will be hosted at the Breakfast with Santa event in the Club Room and Multi-purpose rooms on the main floor. Apply and reserve your table. The fee is \$25 for one 6ft table and 2 chairs. Items must be homemade by the vendor. Commercially produced items and flea market items are not permitted.

Dec 14 Sa 9:30am-2:00pm  
\$25/table

## Breakfast with Santa

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. Breakfast will be served at 10:15 am sharp. Register early to guarantee breakfast! Children under 1yr are free. Parent participation and payment is required.

1-9 yrs  
► 517640 \$8.50/person  
Dec 14 Sa 10:00am-12:00pm





Marpole-Oakridge  
Community Centre

Marpole-Oakridge  
Community Centre

990 West 59th Avenue  
Vancouver, BC V6P 1X9

Tel: 604.257.8180 (press 1)

marpolecc@vancouver.ca

X @MarOakCA

f @marpoleoakridgecc

@marpoleoakridgecc



Programs and daycamps for kids

Seniors' programs and social events

Adult group fitness classes

Adult sports, health & wellness,  
martial arts classes

Special events and day trips

Youth activities & volunteering

Music, arts and crafts

Learning workshops

Facility rentals

Fitness centre, sauna,  
whirlpool, racquetball court

