



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

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

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

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



Marpole-Oakridge  
Community Centre

**WINTER 2025  
RECREATION  
GUIDE**

PROGRAMS RUNNING

Jan 2–Mar 31, 2025

**WINTER PROGRAM REGISTRATION:**  
**IN-PERSON/ONLINE • Monday, December 9 @ 7:00pm**  
**BY PHONE • Tuesday, December 10 @ 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

Jan 2 - Mar 31, 2025

### COMMUNITY CENTRE & FITNESS CENTRE

Mon-Thu 9:00am-9:00pm  
Fri 9:00am-8:00pm  
Sat 9:00am-4:00pm  
Sun & Stat Holidays • CLOSED

*Closed Jan 1, Feb 17, 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](http://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** Register yourself and up to two other people in each course

### CONTENTS

Parent-Tot/ Preschool • pp 3-5	Adult Sports • pp 18-19
Spring Break Daycam • pp 5-7	50+/ Seniors Socials • p 20
Children • pp 6-10	Fitness Centre • p 21
Private Music Lessons (All Ages) • p 11	Facility Rentals • p 22
Pre-teen/ Youth • pp 12-14	Special Events • p 23
Aerobics/ Group Fitness/ Adult Programs • pp 15-18	

### 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, call 604.257.8180 (1) 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

- A \$5.00 administration fee per program, per person will be charged for all program refunds, unless the program is cancelled by the Community Centre.
- Refund requests must be received by phone or in-person to the front office during operational hours with the required notice as outlined below.
- Regular weekly programs (exceptions are noted below): a full refund less the admin fee will be provided if requested at least 7 calendar days before the program start date. Refunds requested within 6 calendar days of the program start date and up to 72 hours before the start of the scheduled second session, will be charged for the first session and the admin fee. No refunds thereafter.
- One-day sessions and events, workshops, out-trips, and court rentals: a full refund less the admin fee will be provided if requested at least 7 calendar days before the program start date. No refunds thereafter.
- Week-long programs (such as day camps): a full refund less the admin fee will be provided if requested at least 14 calendar days before the program start date. No refunds thereafter.
- 10 usage passes (dance, sports, aerobics) and 1 month aerobics passes: no refunds available.
- Aerobics FitPass: full refunds are not available. Refunds requested before the halfway point of the season (based on pass dates), will be charged 50% of the total pass fee and the admin fee. No refunds thereafter.



## PARENT-TOT • PRESCHOOL



### DANCE/MUSIC

#### Zumbini® TJ and his PJ O-5 yrs

Sing, dance and play as you bond with your child! Created by Zumba® and BabyFirst, Zumbini® 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 is required. Children 6 months and under can attend free with a registered sibling. [www.zumbini.com](http://www.zumbini.com). Drop-in spots available.

► 537120 \$180/9 sess; Drop-in \$22  
Jan 15-Mar 12 W 9:30am-10:15am  
► 537121 \$180/9 sess; Drop-in \$22  
Jan 15-Mar 12 W 10:30am-11:15am  
Maayan Amitov

#### Family Day Fun!

#### All Ages

Come join us at Marpole-Oakridge for some FREE family fun at our indoor festival! Enjoy inflatables, games, a play area, food concession, and a variety of activities all under one roof! Registration not required.

► 536615 FREE/1 sess  
Feb 15 Sa 11:30am-2:30pm



### SOCIAL

#### Uke & Me 3-5 yrs

Explore this fun instrument through colours, numbers, jamming and singing along to your favourite tunes. No experience required. Ukuleles are provided for use in class (though you may bring your own). Parent participation is required. Drop-ins welcome, space permitting.

► 537023 \$162/10 sess; Drop-in \$22  
Jan 17-Mar 21 F 11:00am-11:30am

#### Wee Expressions O-4 yrs

Come and join us on an adventure of imagination in songs while we engage a child through a mixture of free play & structure. Parents and children alike will 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. Our curriculum is based on researched methods surrounding the benefits of music infused with Music Therapy techniques. \$7.50 music fee included. Drop-ins welcome, space permitting.

► 537021 \$169.50/10 sess; Drop-in \$22  
Jan 17-Mar 21 F 10:05am-10:50am  
Musical Expressions



### SPORTS/SOCIAL

#### Sportball Parent & Tot Multisport 2-3.5 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 in all Parent Child programs to ensure that focus is kept on helping little ones practice and progress. For more, visit [www.sportball.ca](http://www.sportball.ca).

No class Feb 14.

► 537108 \$148/8 sess  
Jan 17-Mar 14 F 4:45pm-5:30pm

No class Feb 15.

► 537095 \$148/8 sess  
Jan 18-Mar 15 Sa 10:20am-11:05am  
Sportball Vancouver

#### Parent & Tot Drop-In Playtime O-5 yrs

Tots, toddlers and preschoolers—along with their parent or caregiver—are welcome to puzzles, books, toys, matted play area and more. An infant area is also available for those not yet walking, with toys best suited for little hands. No session Feb 15.

► 536609 Drop-in \$2.50  
Jan 11-Mar 8 Sa 10:45am-12:15pm

Please note our  
DAYCAMPS are in green

# PRESCHOOL



## PERFORMING ARTS

### Creative Ballet 3-5 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.

► 537008 \$130/10 sess  
Jan 11-Mar 15 Sa 9:30am-10:15am  
► 537009 \$130/10 sess  
Jan 11-Mar 15 Sa 10:20am-11:05am  
Endorphin Rush Dance

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

► 537010 \$130/10 sess  
Jan 11-Mar 15 Sa 11:10am-11:55am  
Endorphin Rush Dance

### 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.

► 537014 \$130/10 sess  
Jan 11-Mar 15 Sa 2:10pm-2:55pm  
Endorphin Rush Dance

### Mini Ballet 3-5 yrs

Introduce your child to the world of ballet. These classes develop coordination, musicality and fluidity of movement while having fun. Appropriate dance shoes and attire required. Students must be able to attend class on their own. www.performingstars.ca

► 536643 \$160/10 sess  
Jan 8-Mar 12 W 3:45pm-4:30pm  
Vancouver Performing Stars

## PERFORMING ARTS

### Dance-A-Story "Moana" 3-5 yrs

Let your little ones lose themselves in the world of make believe. Children will be immersed in the magical stories of Moana 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

► 536646 \$160/10 sess  
Jan 8-Mar 12 W 4:30pm-5:15pm  
Vancouver Performing Stars

### 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.

► 537013 \$130/10 sess  
Jan 11-Mar 15 Sa 1:20pm-2:05pm  
Endorphin Rush Dance



## SPECIAL EVENTS!

- Family Day Fun!
- Easter Egg Hunt

See page 23 for more info

## PRESCHOOL DANCE CAMPS!

Please see page 5 for camps running Mar 17-28, 2025

Please note our DAYCAMPS are in green



## PRESCHOOL



### ART/SPORT

#### Preschool Drawing

3.5-5 yrs

Say "hello" to a world of creativity! This season, your little one can learn how to draw a cheery snowman all by themselves! We use simple shapes to teach the basics of drawing that even our youngest learner can learn from. Dive into delightful winter-themed art like cozy mittens and playful penguins. These are the perfect activities to spark young imagination. Enroll today!

▶ 537053 \$176/8 sess  
Jan 22-Mar 12 W 3:30pm-4:20pm  
Young Rembrandts

#### 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, visit [www.sportball.ca](http://www.sportball.ca).

No class Feb 14.

▶ 537106 \$148/8 sess  
Jan 17-Mar 14 F 3:45pm-4:45pm

No class Feb 15.

▶ 537093 \$148/8 sess  
Jan 18-Mar 15 Sa 9:15am-10:10am  
Sportball Vancouver

### MARTIAL ARTS

#### SunMither Taekwondo Little Ninjas

3.5-5 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 will be available for approximately \$60 plus tax. Option of a t-shirt and belt uniform for \$30 plus tax. Waiver form must be completed for participation, to be handed in by first class.

▶ 540341 \$77.50/10 sess  
Jan 7-Mar 11 Tu 3:45pm-4:15pm

**Little Ninjas/Ninjas Plus**  
▶ 540346 \$77.50/10 sess  
Jan 9-Mar 13 Th 3:30pm-4:00pm  
Bahareh Dehkordi

#### SunMither Taekwondo Little Ninjas Plus

3.5-6 yrs

For those who've completed a previous session of Tae Kwon Do Little Ninjas. Waiver form must be completed for participation by first class.

▶ 540342 \$77.50/10 sess  
Jan 7-Mar 11 Tu 4:15pm-4:45pm

▶ 540347 \$77.50/10 sess  
Jan 9-Mar 13 Th 4:00pm-4:30pm  
Bahareh Dehkordi

### PRESCHOOL DAYCAMPS

#### ▶ NEW CAMP REFUND POLICY:

Refund requests must be made 14 days before the first day of camp, by phone or in person. Otherwise, no refunds.

#### Zumbini® Camp 0-5 yrs

Sing, dance and play as you bond with your child! Created by Zumba® and BabyFirst, the Zumbini® program combines music, dance and playing instruments for 45 minutes of learning and fun! Parent participation is required. Children 6 months and under can attend free with a registered sibling. [www.zumbini.com](http://www.zumbini.com) Themes: Kalino: Tue; Hili: Wed; TJ: Thu; Jose: Fri. Drop-ins welcome, space permitting.

▶ 538533 \$80/4 sess; Drop-in \$22  
Mar 18-Mar 21 Tu-F 1:00pm-1:45pm  
▶ 538534 \$80/4 sess; Drop-in \$22  
Mar 25-Mar 28 Tu-F 11:00am-11:45am  
Maayan Amitov

#### Frozen Ballet Dance Camp 3-5 yrs

100% Frozen Soundtrack Music is played in this creative ballet class designed to ignite your dancers imagination. No experience is required as dancers learn the basics of ballet and expression through movement. Costumes are welcome, but not required. Beginner friendly. Presentation for parents on the last day!

▶ 538536 \$109/5 sess  
Mar 24-Mar 28 M-F 12:30pm-1:45pm  
Endorphin Rush Dance

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>.



## SPECIALTY CAMPS



### SPRING BREAK CAMPS • MAR 17-28, 2025

► **NEW CAMP REFUND POLICY:** Refund requests must be made 14 days before the first day of camp, by phone or in person. Otherwise, no refunds. **Waiver Forms:** need to be completed and handed in on first day of camp.

#### CHILDREN'S DAYCAMPS

##### Spring Break Camp

6-12 yrs

Join us for action filled days. Children will participate in physical, social and educational activities including: games, sports, theatre, and crafts. Waiver form required, that needs to be completed and handed in on the first day of camp.

► 537623 \$170/5 sess  
Mar 17-Mar 21 M-F 9:15am-3:15pm  
► 537627 \$170/5 sess  
Mar 24-Mar 28 M-F 9:15am-3:15pm  
Daycamp Leader

##### Endorphin Rush: Dance Extreme Camp

6-12 yrs

Explore a number of different dance styles! Styles may include Latin Dance, Contemporary, Waacking, Popping, Hip Hop, Acrobatic Dance, Creative Movement and Bollywood! Please wear comfortable clothing and bring water and clean indoor shoes for dancing. No experience required, all dancers welcome. There will be a presentation for family members on the last day of camp. More information at [www.kirbysnelldance.com](http://www.kirbysnelldance.com).

► 538535 \$210/5 sess  
Mar 24-Mar 28 M-F 9:15am-12:15pm  
Endorphin Rush Dance

##### DANCE CAMPS with PraiseTEAM

Please wear shoes with non-marking soles & comfortable sports clothing. No previous experience required. Bring your water bottle and sufficient nut free snacks/lunch. Learned skills will be showcased on the last day of camp. Find us on FB/IG @PraiseTEAMstudio.

##### Dance Sampler Camp

6-13 yrs

A beginner/intermediate level camp for students to learn Hip Hop dance and be exposed to a few fundamental dance styles including Korean Pop (KPOP). 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.

► 538207 \$210/5 sess  
Mar 17-Mar 21 M-F 9:15am-12:15pm  
Praise TEAM

##### Musical Theatre Camp

6-13 yrs

Learn the technical and artistic aspects of a musical theatre performance, including minimal singing, acting and dancing. We'll learn choreographed routines set to the music of famous musicals while supporting classmates, having fun, and rising to a challenge.

► 538213 \$210/5 sess  
Mar 17-Mar 21 M-F 12:15pm-3:15pm  
Praise TEAM

##### Hip Hop Dance, Stretch & Strength Camp

6-13 yrs

Come dance to hip hop music for cardio training! Through proper breathing, strengthening, and stretching, students will have a better understanding of their bodies and develop proper muscle memory. Our goal is for the student to have better physical awareness, stronger core muscles, increase flexibility and stand tall with confidence.

► 540316 \$210/5 sess  
Mar 24-Mar 28 M-F 12:15pm-3:15pm  
Praise TEAM





## CHILDREN



### CHILDREN'S DAYCAMPS

► See page 6 for new Refund Policy

#### Animal Cartoon Workshop Camp 6-12 yrs

Laugh-out-loud-funny! Mind-bendingly-adorable! Awesome beyond-belief! If your child is a fan of cuddly animals and funny cartoons, this drawing workshop is especially tailored for his or her needs. Over the course of five days, our students will learn how to draw animals of all shapes, sizes, and colours. They will learn how to personify ordinary animals, transforming them into fully-realized cartoon characters. Be a part of the something fun and special. Enroll your artist today!

► 538537 \$210/5 sess  
Mar 24-Mar 28 M-F 9:15am-12:15pm  
Young Rembrandts

#### Anime Manga Drawing Workshop Camp 6-12 yrs

Calling all otaku kids! Join this camp and learn to draw your favourite Japanese style art. This camp will tap into everyone's imagination while learning to draw cute manga inspired characters, accessories and costumes. Your child's talent is about to take off—register now to save your child's spot in this kawaii workshop focused on technique and creativity!

► 538538 \$210/5 sess  
Mar 24-Mar 28 M-F 12:45pm-3:45pm  
Young Rembrandts

#### Jr. Coding & Stop Motion Camp 7-9 yrs

Calling future tech stars. Using puzzles, games and fun we introduce coding concepts such as sequencing, loops, events, functions, and conditionals. Students then master these skills with hands-on coding challenges featuring our delightful Dash robots. Each day they'll take Dash on a new mission requiring engineering design thinking and computer coding to solve climate problems to make a positive change in our environment. This camp encourages critical thinking, imagination, perseverance, and the confidence to say "Yes" to computer science.

► 540445 \$375/5 sess  
Mar 17-Mar 21 M-F 9:15am-3:15pm  
Zen Maker Lab

#### Catapults and Tension Camp 9-11 yrs

Students will play storm the castle as they learn how math is used to define trajectories. We will cover the mechanics of levers, Hook's Law, rotational mechanics, tension, and more. Students will gain experience building devices that move by making and testing their own catapults. No experience necessary.

► 540446 \$375/5 sess  
Mar 24-Mar 28 M-F 9:15am-3:15pm  
Zen Maker Lab

### PERFORMING ARTS

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

► 537010 \$130/10 sess  
Jan 11-Mar 15 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. 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.

► 537012 \$140/10 sess  
Jan 11-Mar 15 Sa 12:15pm-1:15pm  
Endorphin Rush Dance

#### Junior Ballet 5-7 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. [www.performingstars.ca](http://www.performingstars.ca)

► 536648 \$160/10 sess  
Jan 8-Mar 12 W 5:15pm-6:00pm  
Vancouver Performing Stars

## CHILDREN



### PERFORMING ARTS/ ART/ EDUCATION

#### **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!

##### **6-12 yrs**

▶ 537035 \$170/10 sess

Jan 9-Mar 13 Th 3:30pm-4:30pm

▶ 537040 \$170/10 sess

Jan 11-Mar 15 Sa 10:30am-11:30am

##### **10-17 yrs**

▶ 537036 \$170/10 sess

Jan 9-Mar 13 Th 4:30pm-5:30pm

▶ 537045 \$170/10 sess

Jan 11-Mar 15 Sa 11:30am-12:30pm

Praise TEAM

#### **Ballet • Stretch & Strength** 6-12 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 previous experience required. See online for dress code.

▶ 537046 \$170/10 sess

Jan 8-Mar 12 W 3:30pm-4:30pm

Praise TEAM

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

Come dance to hip hop music for cardio training! Through proper breathing, strengthening, and stretching, learn to have a better understanding of your bodies and develop proper muscle memory. Learn proper techniques to have better physical awareness, stronger core muscles, increase flexibility and stand tall with confidence.

▶ 541684 \$170/10 sess

Jan 11-Mar 15 Sa 12:30pm-1:30pm

Praise TEAM

#### **Jazz Funk, Hip Hop, Pop Dance Sampler** 6-12 yrs

Come experience high dynamics cardio dance of Jazz Funk, Hip Hop and Pop fundamentals! Dancers will refine their technique through choreography, strengthening, footwork, isolations, stretches and more! Learn teamwork while supporting classmates, have fun, and rise to a new challenge.

▶ 537049 \$170/10 sess

Jan 8-Mar 12 W 4:30pm-5:30pm

Praise TEAM

#### **Mixed Media Art** 6-12 yrs

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 class Feb 17.

▶ 537189 \$92/8 sess

Jan 13-Mar 10 M 5:45pm-6:45pm

Raquel Quintanilla

#### **FUNDamental Drawing** 6-12 yrs

Transform afterschool into an adventure of art and discovery with Young Rembrandts! Your elementary-aged artist will explore basic composition with the Fish Below Ice project and they will travel to the Great Wall of China right from their desk. Sports fans will cheer for our Hockey Player drawing, while budding historians can learn about the master strokes of Leonardo Da Vinci and Franz Marc's Blue Horse. It's a season filled with creativity and learning—perfect for enhancing your child's drawing and colouring expertise. Enroll your young creator today!

▶ 537056 \$176/8 sess

Jan 22-Mar 12 W 4:30pm-5:30pm

Young Rembrandts

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

Learn about architecture and design thinking through fun hands-on workshops! Discover famous architects and buildings, play with materials and materiality, learn architectural drawings and build 3D models just like an architect!

##### **Kids • 6-9 yrs**

▶ 537016 \$225/8 sess

Jan 21-Mar 11 Tu 3:45pm-5:00pm

##### **Tweens • 9-13 yrs**

▶ 537020 \$225/8 sess

Jan 21-Mar 11 Tu 5:15pm-6:30pm

Petit Architect Design For Kids Ltd.



## CHILDREN



## SPORTS

**Volleyball: Train & Play** **13-16 yrs**  
See page 14 for more information.  
No session Feb 17.  
▶ 540620 \$146.25/9 sess  
Jan 6-Mar 10 M 5:45pm-7:00pm  
Volleyball BC

**Badminton Lessons** **8-14 yrs**

**Beginner I/II** **8-10 yrs**  
Beginner I focuses on the basic fundamentals: using the proper racket grip, practicing hitting the shuttle consistently with the proper form, and some basic footwork. Beginner II description listed below. Please bring your own racquet. No class Feb 15.

▶ 538539 \$75/10 sess  
Jan 11-Mar 22 Sa 11:15am-12:00pm  
Raymond Wong

**Beginner II** **10-14 yrs**  
Building on the Level I class by adding more complex footwork and learning a different variety of shots: high clear, drop shot, net shot, drive, lifts, and smash. Please bring your own racquet. No class Feb 15.

▶ 538540 \$100/10 sess  
Jan 11-Mar 22 Sa 12:00pm-12:55pm  
Raymond Wong

**Intermediate** **10-14 yrs**  
For players with some experience but want to take their game to the next level. 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). No class Feb 15.

▶ 538541 \$100/10 sess  
Jan 11-Mar 22 Sa 12:55pm-1:55pm  
Raymond Wong

**FAMILY TABLE TENNIS RENTAL INFO**  
Please see page 18

## SPORTS

### Summer Smash Tennis: Kids Indoor Tennis Lessons **7-16 yrs**

Young players with some experience continue to develop their skills through high energy, game-based lessons that use the ½ stage of the progressive tennis model. An emphasis is placed on inspiring a love for the game while building a strong technical foundation. Please bring your own racquet. Class takes place in the gymnasium.

#### Junior Aces **7-10 yrs**

▶ 537084 \$150/5 sess

Jan 11-Feb 8 Sa 2:05pm-3:00pm

▶ 537085 \$150/5 sess

Feb 22-Mar 22 Sa 2:05pm-3:00pm

#### Youth Aces **11-16 yrs**

▶ 537086 \$150/5 sess

Jan 11-Feb 8 Sa 3:00pm-4:00pm

▶ 537092 \$150/5 sess

Feb 22-Mar 22 Sa 3:00pm-4:00pm

Summer Smash Tennis

### 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 class Feb 17.

#### 5.5-8 yrs

▶ 537179 \$78/8 sess

Jan 13-Mar 10 M 3:30pm-4:30pm

#### 9-12 yrs

▶ 537180 \$78/8 sess

Jan 13-Mar 10 M 4:35pm-5:35pm

Raquel Quintanilla

### 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

▶ 536621 \$105/10 sess

Jan 7-Mar 11 Tu 3:35pm-4:35pm

▶ 536622 \$105/10 sess

Jan 9-Mar 13 Th 3:35pm-4:35pm

#### 9-12 yrs

▶ 536624 \$130/10 sess

Jan 7-Mar 11 Tu 4:35pm-5:50pm

▶ 536625 \$130/10 sess

Jan 9-Mar 13 Th 4:35pm-5:50pm

DRIVE Basketball Inc.

### Volleyball: Smashball **9-12 yrs**

Smashball is a new, fun way to learn how to play volleyball. Smashball lets kids compete and play while focusing on the most fun part of the game—smashing the ball! By teaching through gameplay, Smashball becomes faster and more competitive to match their new skills. No class Feb 17.

▶ 540619 \$146.25/9 sess

Jan 6-Mar 10 M 5:45pm-7:00pm

Volleyball BC

## CHILDREN



## MARTIAL ARTS

### KEES

#### Tae Kwon Do

5-15 yrs

Taekwondo is a martial art and an Olympic sport that originated from Korea. 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. 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. KEES Tae Kwon Do training uniform required for \$70 plus tax. Please purchase through community centre. See online description or speak to the instructor about belt testing. No class Feb 17.

#### 5-7 yrs • Beginner/Intermediate

No class Feb 17

▶ 537122 \$108/9 sess

Jan 13-Mar 17 M 3:45pm-4:30pm

▶ 537123 \$132/11 sess

Jan 10-Mar 21 F 3:45pm-4:30pm

#### 8-15 yrs • Beginner/Intermediate

No class Feb 17

▶ 537124 \$108/9 sess

Jan 13-Mar 17 M 4:30pm-5:15pm

▶ 537125 \$132/11 sess

Jan 10-Mar 21 F 4:30pm-5:15pm

#### 8-15 yrs • Advanced

▶ 537126 \$132/11 sess

Jan 10-Mar 21 F 5:15pm-6:00pm

KEES Tae Kwon Do

#### 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. two multi-black belt instructors (male and female) teach striking, ground protection, weapons safety, escapes (grabbed/pinned), rolls, falling, pad hitting and more. Waiver form to be completed for participation.

▶ 541681 \$130/10 sess

Jan 9-Mar 13 Th 6:15pm-7:15pm

Hit And Run Self Defense

## MARTIAL ARTS

### PLEASE NOTE

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

#### 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 will be available for approximately \$60 plus tax.

#### 6-8 yrs

##### White/yellow stripe/yellow belt

▶ 540343 \$120/10 sess

Jan 7-Mar 11 Tu 4:45pm-5:30pm

▶ 540348 \$120/10 sess

Jan 9-Mar 13 Th 4:30pm-5:15pm

#### 9-15 yrs

##### Green stripe/green and up belt

▶ 540344 \$155/10 sess

Jan 7-Mar 11 Tu 5:30pm-6:30pm

▶ 540349 \$120/10 sess

Jan 9-Mar 13 Th 5:15pm-6:00pm

Bahareh Dehkordi

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

For all ages! Have fun while learning traditional Go-Ju-Ryu Karate. Improve focus and self-discipline learning at your own pace, gaining confidence with mini-tests to determine progress levels. Parents are encouraged to take the class with their child.

▶ 537062 \$165/11 sess

Jan 8-Mar 19 W 6:30pm-8:00pm

George Chan, Shahriar Hessabi, Travis Musika

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

An introduction to the fundamentals of Wushu, a Chinese Martial Art. Develop basic punching, kicking and forms techniques while learning discipline, respect, and self confidence. Uniform and shoes are required (\$100 for both, or \$70 for uniform, \$40 for shoes, + tax) and are available through the front office.

#### Beginner

No class Feb 17.

▶ 540418 \$150/10 sess

Jan 6-Mar 17 M 4:45pm-5:45pm

No class Feb 15.

▶ 540420 \$150/10 sess

Jan 11-Mar 22 Sa 2:45pm-3:45pm

#### Intermediate

No class Feb 17.

▶ 540417 \$150/10 sess

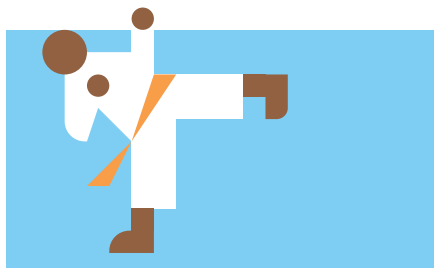
Jan 6-Mar 17 M 3:45pm-4:45pm

No class Feb 15.

▶ 540419 \$150/10 sess

Jan 11-Mar 22 Sa 1:45pm-2:45pm

Ken Low





## MUSIC LESSONS



### PRIVATE MUSIC LESSONS

#### Piano Lessons

5 yrs+

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

No classes Feb 17

► 540015-540022 \$260/8 sess  
Jan 13-Mar 10 M 3:30pm-6:30pm

Musical Expressions

—

No classes Feb 18

► 539867-539874 \$243/9 sess  
Jan 7-Mar 11 Tu 3:00pm-6:30pm

Roy Sun

—

► 539875-539881 \$270/10 sess  
Jan 8-Mar 12 W 5:00pm-8:00pm

No classes Feb 15

► 539882-539891 \$243/9 sess  
Jan 11-Mar 15 Sa 9:15am-2:45pm

Fiorella Alvarenga Morales

—

No classes Feb 12, 13, 14, 15

► 539293-539298 \$243/9 sess  
Jan 8-Mar 12 W 3:30pm-5:30pm

► 539299-539305 \$243/9 sess  
Jan 9-Mar 13 Th 3:30pm-6:30pm

► 539306-539859 \$243/9 sess

Jan 10-Mar 14 F 3:30pm-6:30pm

► 539860-539866 \$243/9 sess

Jan 11-Mar 15 Sa 9:30am-12:30pm

Andrea Chang

#### Private Guitar

or Ukulele Lessons 5 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. No classes Feb 17.

► 540024-540035 \$260/8 sess  
Jan 13-Mar 10 M 3:00pm-8:15pm

Musical Expressions-Alex Figueroa

#### Private Singing Lessons

10 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. No classes Feb 15, 19, 20

► 541651-541655 \$263.25/9 sess  
Jan 8-Mar 12 W 10:00am-11:30am

► 541656-541661 \$263.25/9 sess  
Jan 9-Mar 13 Th 5:00pm-7:40pm

► 541662-541669 \$234/8 sess

Jan 11-Mar 8 Sa 10:00am-1:15pm

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.

► 539892-539896 \$324/6 sess  
Jan 8-Feb 12 W 3:30pm-7:30pm

► 539897-539901 \$270/5 sess

Feb 19-Mar 19 W 3:30pm-7:30pm

Ali Nourbakhsh

#### 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 info visit [www.andreaminden.ca](http://www.andreaminden.ca)

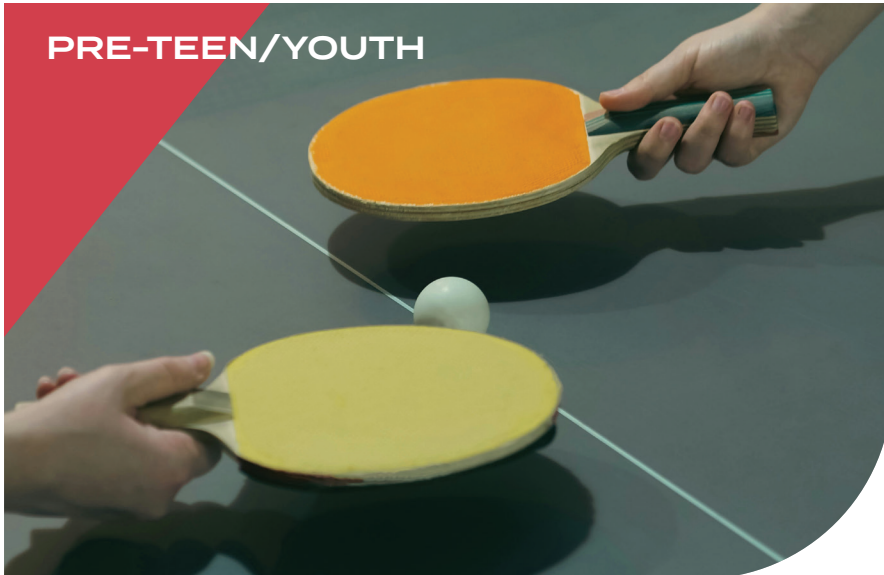
► 541671-541674 \$240/8 sess  
Jan 14-Mar 4 Tu 4:00pm-5:30pm

Andrea Minden

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>.

## PRE-TEEN/YOUTH



## PRE-TEEN SOCIAL

### Pre-Teen Club 9-12 yrs

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

Weekly Activities:

Jan 10 • Penguin Pom Pom Poppers

Jan 17 • Snow Dough

Jan 24 • Fruit Pizzas

Jan 31 • DIY Snow Globe

Feb 7 • Grill Cheese

Feb 14 • Valentine Picture Frame

Feb 21 • Cupcakes

Feb 28 • Yarn Bracelets

Mar 7 • Character Felt Bags

Mar 14 • Pizza Bombs

► 538757

\$2 drop-in

Jan 10-Mar 14 Fr 4:00pm-5:15pm

MO Youth Volunteers & Staff

## 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.

► 538777

\$90/1 sess

Mar 18

Tu

9:00am-4:00pm

### Table Tennis for Kids

6-12 yrs

This table tennis program provides 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 Feb 17.

► 538764

\$30/9 sess

Jan 6-Mar 10

M

3:30pm-4:30pm

Curtis Chow

## CAMPS

### Pro-D Camp 6-12 yrs

Plan ahead for your upcoming professional day. Take part in games, activities, and lots of fun! Participants need to bring a snack, lunch, a refillable water bottle, and runner/walking shoes. Parental/guardian waiver and consent forms must be completed.

► 538773

\$60/1 sess

Feb 14

F

9:00am-3:00pm

### Youth Leadership Camp

11-14yrs

Youth Camp is all about building leadership, communication skills, prep for future volunteering, discuss topics, group projects, and build on our individual confidence. Each week will have a different theme, interactive workshop, leadership games and activities, and teambuilding! Our goal is to support youth in the issues that matter to them and we aim to create a safe and fun space to allow the youth to share their ideas and perspective. Come meet new youth in your community!

► 539966

\$160/5 sess

Mar 17-Mar 21 M-F 9:00am-3:00pm

► 539967

\$160/5 sess

Mar 24-Mar 28 M-F 9:00am-3:00pm

Youth Camp Staff

## YOUTH SOCIAL

### MO Youth Room 12-18 yrs

Drop by and hang out with your friends; there's lots to do! You can play pool, Nintendo Switch, play board games, do arts and crafts, or join in daily games and activities. Closed Tuesdays due to other programs running, check schedule for daily hours on page 14. No session Feb 17.

► 538751

FREE

### Art Space 13-18 yrs

A special place to get creative, messy, and have fun while doing it! This is a self-led program. Art materials for drawing, painting, sculpting and other supplies will be provided, just ask! No session Feb 17.

► 539961

FREE/8 sess

Jan 13-Mar 10

M

3:30pm-5:00pm

Self-led

### Cooking Drop-In 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. There are 4 spots open for registration and 4 spots available per week for drop-in. Make sure to pay drop-in early at the front desk and present receipt to instructor.

► 541751

\$45/9 sess • \$5 drop-in

Jan 14-Mar 11

Tu

3:30pm-5:30pm

## QUEER INCLUSION

Check out the weekly programs offered across Vancouver for 2STGD and 2SLGBTQIA+ folks of all ages. [vancouver.ca/Queer-Inclusion](http://vancouver.ca/Queer-Inclusion)





## YOUTH



## PERSONAL DEV'T

### HIGH FIVE Certificate

13-18 yrs

HIGH FIVE® Principles of Healthy Child Development (PHCD) is a 4-hour training that will help front-line leaders working with children aged 4 to 12 with the tools to enhance the quality of the programs they are leading.

► 539773 \$55/1sess  
Mar 25 Tu 12:00pm-4:00pm  
Derek Linwood

### Emergency First Aid & 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 meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines. It is equivalent to Occupational First Aid Level 1. A 3-year Emergency First Aid with CPR/AED Level C certification from the Canadian Red Cross will be awarded with successful completion. This is a full day of in-person training.

► 541157 \$100/1 sess  
Feb 22 Sa 11:00am-3:00pm  
First Aid Pro

### 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! Certification is valid for 5 years.

► 541158 \$85/1 sess  
Mar 17 M 9:00am-4:00pm  
Paul Richardson

### Babysitting Course

11-18 yrs

See page 12

## LEADERSHIP

### Youth Volunteer Orientation

13-18 yrs

Mandatory orientation for youth who want 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 intake in April.

► 539968 FREE/1 sess  
Jan 14 Tu 4:00pm-6:00pm  
► 538776 FREE/1 sess  
Mar 26 W 4:00pm-6:00pm  
Community Youth Worker & Youth Staff

### MO Youth Council

13-18 yrs

The Marpole-Oakridge Youth Council is looking for youth interested in improving their community by sharing their ideas, opinions, and thoughts. 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 winter:

- Hosting an Ice Skating event
- Pink Shirt Day
- Fundraisers
- Volunteering out in the community

► 538755 FREE/10 sess  
Jan 8-Mar 12 W 4:00pm-5:30pm  
MO Youth Council Members

## OUT TRIPS

### Bowling Out Trip

13-18 yrs

Enjoy a night out hanging out with friends. Youth are to meet in the youth room with completed & signed waiver.

► 541752 \$12/1 sess  
Jan 31 F 4:00pm-8:00pm  
Youth Leader

### Marpole Youth Choir

13-18 yrs

Marpole is hosting a youth choir to build talent and musical ability. We are looking for vocalist and accompanying instrumentalist. All levels of theory and musical experience are welcome! No session Feb 17.

► 541753 \$30/8 sess  
Jan 13-Mar 10 M 3:30pm-5:00pm  
Helen Dejene

## VOLUNTEER INFORMATION 13-18 YRS

Want to earn volunteer hours for school? To be eligible, submit a volunteer application form and Attend a volunteer orientation. For more info call 604.718.5879. Volunteer Positions Available:

- Youth Room Supervisor
- Administrative Assitant
- Program Activity Assistant
- Gym Supervisor
- Special Events
- Snack Bar (15-18yrs only)
- Children's camps

## DID YOU KNOW?

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



# YOUTH • January 6–March 14, 2025

Monday <small>*No sessions Feb 17</small>	Tuesday	Wednesday	Thursday	Friday
Youth Room Drop-In 3:00pm-5:00pm	Youth Room Drop-In CLOSED	Youth Room Drop-In 3:00pm-6:45pm	Youth Room Drop-In 5:00pm-6:30pm	Youth Room Drop-in 3:00pm-7:45pm
Art Space 3:30pm-5:00pm	Youth Table Tennis 3:15pm-4:30pm	Youth Table Tennis 3:15pm-3:55pm		Youth Table Tennis 3:15pm-7:15pm
	Cooking 3:30pm-5:30pm \$5 drop-in (4 spots open for drop-in)	Youth Open Gym 3:15pm-4:30pm Youth Volleyball 4:30pm-5:45pm		Youth Badminton 3:15pm-4:45pm Youth Basketball 4:30pm-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-6:00pm



## SPORTS

### Youth Volleyball: Train & Play

13-16 yrs

The Train & Play sessions are designed for participants of all levels to learn volleyball in a low-pressure, developmentally appropriate environment. Coaches will instruct the participants on the different technical and tactical skills of volleyball using both the traditional and conceptual approach.

▶ 540620

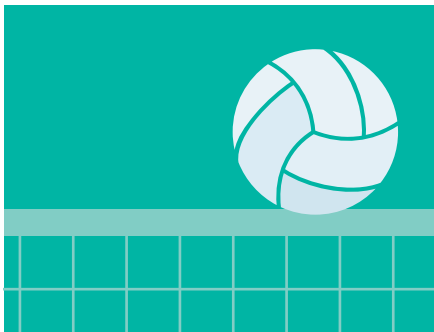
\$146.25/9 sess

Jan 6-Mar 10

M

5:45pm-7:00pm

Volleyball BC



### Night Hoops Skills & Drills

12-16 yrs

Night Hoops is all about youth passionate about basketball and eager to improve their game. This free program is designed for those aged 12-18, offering an inclusive space to develop life skills through workshops, compete in a basketball league, and connect with their peers. Whether you're new to the sport or an experienced player, Night Hoops provides an opportunity to learn and grow in a supportive environment. It's more than just basketball — it's about coming together as a community, building friendships, and proudly representing your neighbourhood. Night Hoops allows young players to be part of something bigger, learning teamwork, discipline, and leadership both on and off the court. No session Feb 14.

▶ 538745

FREE/9 sess

Jan 17-Mar 14

F

6:30pm-8:00pm

Night Hoops





# AEROBICS SCHEDULE • January 6-March 29, 2025

## Group Fitness

Monday *no classes Feb 17	Tuesday	Wednesday	Thursday	Friday	Saturday
Step & Strength 9:20am-10:20am Rilla ▶ 539907	Tabata & Stretch 9:20am-10:20am Sarah ▶ 539908	Muscle Madness 9:20am-10:20am Charlene ▶ 539903	Zumba 9:20am-10:20am Marina ▶ 539912	HIIT 9:20am-10:20am Bonnie ▶ 539902	Zumba 9:15am-10:15am Marina ▶ 539913
Refit 10:25am-11:25am Don ▶ 539904		Refit 10:25am-11:25am Sarah ▶ 539905		Refit 10:25am-11:25am Bonnie ▶ 539906	
Total Body Conditioning 6:00pm-7:00pm Katy ▶ 539910 *Auditorium*	Zumba 6:00pm-7:00pm Marina ▶ 539911	Total Body Conditioning 6:00pm-7:00pm Don ▶ 539909			

## FITNESS

### High Intensity (HIIT) Interval Training

Get your sweat on with this full-body HITT class with 70% cardio and 30% strength training. The equipment, moves, format and music will be ever-changing to keep you coming back! High and low modifications will be provided.

Jan 10-Mar 28 F 9:20am-10:20am  
Bonnie Kramer

### Muscle Madness

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

Jan 8-Mar 26 W 9:20am-10:20am  
Charlene Wharton

### Refit

Start your Monday off right with a fun complete workout incorporating hi/low cardio, progressively challenging strength exercises using weights and bands, core work and a relaxing stretch. Options provided throughout. No class Feb 17.

Jan 6-Mar 24 M 10:25am-11:25am  
Don Walden

Jan 8-Mar 26 W 10:25am-11:25am  
Sarah Groberman

Jan 10-Mar 28 F 10:25am-11:25am  
Bonnie Kramer

### Step & Strength

A total body conditioning class using the step for cardio, weights for strength work and a mat for stretching to end the class. Moderate to challenging with options provided. No class Feb 17.

Jan 6-Mar 24 M 9:20am-10:20am  
Rilla Hallwood

### 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.

Jan 7-Mar 25 Tu 9:20am-10:20am  
Sarah Groberman

### Total Body Conditioning

A combination of exercises, cardio routines, core work, and agility drills with a cool down stretch. You will have a fun, challenging workout and a functionally fit core.

Jan 8-Mar 26 W 6:00pm-7:00pm  
Don Walden

No class Feb 17  
Jan 6-Mar 24 M 6:00pm-7:00pm  
Katy Law

### Zumba

A fusion of dance and fitness, combining Latin and international music with movement.

Jan 7-Mar 25 Tu 6:00pm-7:00pm  
Jan 9-Mar 27 Th 9:20am-10:20am

Jan 11-Mar 29 Sa 9:15am-10:15am  
Marina Orlova

### 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 Jan 6-Mar 29, 2025	\$147	\$123.60
Prices do not include GST		

- 10 usage passes & 1 month aerobics passes: no refunds available
- FitPass: full refunds not available. Refunds requested before the halfway point of the season (based on pass dates), will be charged 50% of the total pass fee see page 2 for complete refund policy

## 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.

▶ 540971		\$68.57/12 sess
Jan 9-Mar 27	Th	6:30pm-8:00pm
▶ 540972		\$68.57/12 sess
Jan 11-Mar 29	Sa	11:30am-1:00pm

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 be 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, if space permits.

#### Beginner Plus

No class Feb. 17

▶ 540969		\$62.86/11 sess
Jan 6-Mar 24	M	1:30pm-3:00pm

#### Intermediate

▶ 540970		\$68.57/12 sess
Jan 8-Mar 26	W	1:30pm-3:00pm

Vivian Lau

#### Beginner

▶ 540968		\$68.57/12 sess
Jan 10-Mar 28	F	1:30pm-3:00pm

## DANCE

### Intro to Ballet

19 yrs+

This is a beginners 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 Feb 17.

▶ 540975		\$161.90/10 sess
Jan 13-Mar 24	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 Feb 17.

▶ 540974		\$161.90/10 sess
Jan 13-Mar 24	M	7:15pm-8:45pm

Kuei-ming Lin

### 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. Drop-in \$12.38

#### Latin

▶ 540978		\$125.71/12 sess
Jan 9-Mar 27	Th	9:30am-10:30am
▶ 540979		\$125.71/12 sess
Jan 9-Mar 27	Th	10:30am-11:30am

### 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 \$12.38

#### Standard

▶ 540980		\$125.71/12 sess
Jan 7-Mar 25	Tu	9:30am-10:30am
▶ 540981		\$125.71/12 sess
Jan 7-Mar 25	Tu	10:30am-11:30am

Raf Chen

### Social Dance Practice

19 yrs

Come join in on some fun and dance! It's a great way to stay active. No instruction provided. No partner necessary.

541037		\$3/drop-in; 10 tickets \$23.80
Jan 9-Mar 27	Th	12:30pm-3:00pm

Paul Lin and Tina Chen

### Belly Dance for Fun & Fitness

19 yrs+

The ancient art of getting together and celebrating life to middle eastern, Egyptian and North African music and drum beats. Strengthen your core, your pelvic floor, and your self confidence while increasing your circle of friends and general happiness. Drop-in \$14. No class Feb 17.

▶ 540988		\$126/10 sess
Jan 13-Mar 24	M	7:10pm-8:10pm

Sylvie Royer

### Marpole Music Jam

19 yrs+

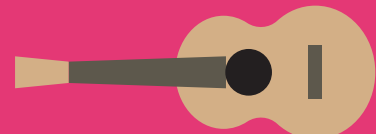
Come jam and meet new people at Marpole! Guitar players, singers, bring your voice and/or instrument to play and have a great time with other musicians. Very causal sessions. Music style; Americana, Classic Rock, Pop, Country, Folk and Sea Shanties.

#### ▶ 541153

FREE pre-registration required

Jan 8, Jan 22, Feb 12, Feb 26, Mar 12,		
Mar 26	W	7:00pm-8:30pm

MORE MUSIC LESSONS • See page 11





## ADULTS



## MARTIAL ARTS

### Tai Chi Learn & Practice

19 yrs+

Join this dedicated group to learn and practice Tai Chi 24, 48 and 85 form. The 85 form is the true traditional Tai Chi form providing greater health benefits. All levels welcome. Drop-in \$2.86 + tax.

► 540989 \$23.80/10 sess  
Jan 7-Mar 11 Tu 10:00am-11:30am  
Jack Fong

### Tai Chi Sword

19 yrs+

Tai Chi Sword is an internationally known art. 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. Suitable for beginners. Swords used in this class are harmless replicas. Sword (\$95) and shoes (\$25) required. No class Feb 6.

► 541138 \$96/8 sess  
Jan 9-Mar 6 Th 10:10am-11:10am  
Lai Chun Cheung

### Tai Chi Kung Fu Fan

19 yrs+

Tai Chi Fan 56 movements 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 will improve the eye-hand coordination, grip-wrist flexibility, strength, balance and focus. The fan is made of durable bamboo and silk. Fan (\$25) and shoes (\$40) are required and can be purchased at registration. No classes Feb 6

► 541136 \$96/8 sess  
Jan 9-Mar 6 Th 11:15am-12:15pm  
Lai Chun Cheung

### 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 Feb 6. Shoes required (\$25)

► 541137 \$96/8 sess  
Jan 9-Mar 6 Th 9:05am-10:05am  
Lai Chun Cheung

## ART/DRAWING

### 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 make the squares and create beautiful designs using this relaxing medium. Supplies required; 1 black Micron PN Pen, size 0.5mm or 1mm.

► 542000 \$12/4 sess  
Jan 21-Feb 11 Tu 1:30pm-2:45pm  
► 542002 \$12/4 sess  
Feb 18-Mar 11 Tu 1:30pm-2:45pm  
Winnie Lai

### The Joy of Acrylic Painting 19 yrs+

Learn a new way to express your creativity! We will learn a step by step demonstration to paint a beautiful image each session using a new technique with oil paint. Materials included. Philip speaks English, Mandarin, Cantonese and Taiwanese.

► 541682 \$145.50/6 sess  
Jan 22-Feb 26 W 10:00am-12:00pm  
Philip Tsang

### The Joy of Drawing 19 yrs+

Learn and improve your drawing skill and technique with still lifes, landscapes, animals, portraits and more. Drawing demonstrations will be provided with a new subject in every session, and the class will have fun completing a beautiful drawing. Drawing materials are included.

► 541683 \$120/6 sess  
Jan 23-Feb 27 Th 10:00am-11:30am  
Philip Tsang

## MARTIAL ARTS

### Iaido 19 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 welcome. Drop in \$13.57 + tax.

► 541032  
Jan 4 Sa 10:30am-12:30pm  
FREE Trial class, please pre-register  
► 541033  
Jan 4 Sa 2:00pm-4:00pm  
FREE Trial class, please pre-register  
► 541036 \$130/12 sess  
Jan 10-Mar 28 F 5:45pm-7:15pm  
Peter Pao



### PLEASE NOTE

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

## ADULTS



## SPORTS

### Pickleball Stage 1 Learn to Play 19 yrs+

Come try this fun, popular, easy-to-learn, and exciting sport. Designed for beginner players or intermediate beginners who have never played or have only played a few times. You will learn the correct form & technique to execute shots as well as to move safely and efficiently around the court. It is NOT necessary to purchase a paddle for this class. All equipment provided.

► 541133 \$156/6 sess  
Feb 7-Mar 14 F 1:45pm-3:15pm  
Mona Lee

### Pickleball Stage 2/3 Fun Round Robin 19 yrs+

For players who have completed Stage 1: Learn to Play. Join us for a FUN round robin! Timed play where you'll play with a new partner against a new opponent every round. Before each round, we'll go over proven strategies to win more games as well as mistakes to avoid.

► 541102 \$26/1 sess  
Jan 7 Tu 10:45am-12:45pm  
► 541103 \$26/1 sess  
Jan 14 Tu 10:45am-12:45pm  
Mona Lee

### Pickleball Stage 2: Games & Drills 19 yrs+

For players who have ideally completed Stage 1: Learn to Play. You are going to love playing these fun drill games, which will help you improve your game. As with any game, it is not practice that makes perfect but perfect practice that makes perfect! We'll work on doubles strategy, communication, ball control, shot selection, and focus more on placement over power. Paddles & all equipment will be provided.

► 541107 \$104/4 sess  
Feb 4-Feb 25 Tu 10:45am-12:45pm  
► 541108 \$104/4 sess  
Mar 4-Mar 25 Tu 10:45am-12:45pm  
Mona Lee

### Table Tennis Rentals for Families 6 yrs+

A time for kids and parents to play together. Two tables available for two families (max 6 people), per time slot. Adult supervision at all times. Children must be 6 years of age or older. 1 adult to register for appropriate timeslot.

► 541700 \$5/1 sess  
Weekly M 4:45pm-5:45pm  
Weekly M 6:00pm-7:00pm

## HEALTH & WELLNESS

### 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. Improves cardiovascular endurance, core balance, lengthens and tones the body. Drop-in \$14.52 + tax.

► 541134 \$156/12 sess  
Jan 8-Mar 26 W 6:00pm-7:00pm  
Emily O. Chan

### Hatha Yoga 19 yrs+

Enjoy the classic postures of Hatha Yoga to 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 + tax.

► 539916 \$142.85/12 sess  
Jan 8-Mar 26 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. Drop-in \$25 + tax.

► 541117 \$276/12 sess  
Jan 11-Mar 29 Sa 9:30am-11:00am  
Grant Richards

### Classic Yoga 19 yrs+

Accessible yoga for everyone! Whether you've never done yoga before or you are experienced you will be supported and challenged wherever you are at. Classes are fun dynamic, yet deeply healing. If you are stiff, sore, injured, inflexible, or you are an experienced yogi, these classes are you. Classes are taught in the Iyengar method with a detailed focus on proper alignment, safety and extensive knowledge.

► 541118 \$276/12 sess  
Jan 9-Mar 27 Th 6:00pm-7:30pm  
Renee Bruinsma

## SPORTS

### 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 \$2.62 + tax/person, per 2 hour time slot. NEW for 2025 - 10 usage card \$22 + GST.

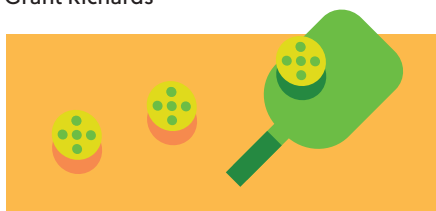
- Mon/Tues/Wed/Fri • 11:00am-1:00pm
- Mon-Fri • 1:00pm-3:00pm
- Tues/Wed • 6:30pm-8:30pm

► 541708 Jan 6-Mar 14

### Recreational Basketball 19 yrs+

Full-court recreational basketball. No session Feb 17.

► 540047 \$65.48/11 sess  
Jan 6-Mar 24 M 7:10pm-9:00pm





# GYM SPORTS SCHEDULE • Jan 6-Mar 29, 2025

Monday *no sessions Feb 17	Tuesday	Wednesday	Thursday	Friday
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 (19+) 1:00pm-3:00pm	Pickleball Court Rental (19+) 1:50pm-3:05pm	Pickleball (19+) 1:00pm-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

### Pickleball Court Rental

Each registration is for one court, max 4 players. Players must supply their own paddles and pickleballs.

▶ 541709 \$15.24/1 sess  
Weekly W 1:50pm-3:05pm  
Check online for more additional dates.

### Advanced Doubles Badminton

19 yrs+

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. Please bring own equipment and birdies.

▶ 540039 \$71.43/12 sess  
Jan 9-Mar 27 Th 7:10pm-9:00pm

### Recreational Badminton

19 yrs+

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 your own racquet birdies. No session Feb 17.

▶ 540044 Drop-in \$5  
Jan 6-Mar 24 M 11:40am-1:40pm  
▶ 540045 Drop-in \$5  
Jan 8-Mar 26 W 11:40am-1:40pm  
▶ 540046 Drop-in \$5  
Jan 10-Mar 28 F 11:40am-1:40pm

### Pickleball

19 yrs+

Get active on the court with Pickleball. It is a fun and easy to learn sport that will have you coming back for more. Maximum 24 players, 18 registered and 6 drop-in spaces. Drop-in space permitting. \$5 + tax

▶ 540042 \$51.43/12 sess  
Jan 7-Mar 25 Tu 1:00pm-3:00pm  
▶ 540043 \$51.43/12 sess  
Jan 9-Mar 27 Th 10:45am-12:45pm  
▶ 540041 \$51.43/12 sess  
Jan 9-Mar 27 Th 1:00pm-3:00pm

### 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.

▶ 540048 \$71.43/12 sess  
Jan 7-Mar 25 Tu 7:10pm-9:00pm  
▶ 540049 \$71.43/12 sess  
Jan 8-Mar 26 W 7:10pm-9:00pm

### 10 VISIT PASS

\$42.86 + tax • Pass is valid for Monday, Wednesday, Friday AM badminton programs.  
No refunds or transfers

### 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.
- \*Registered spots cannot be transferred to other participants.
- 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

## SENIORS



## SOCIAL

### Karaoke

50 yrs+

Register for some fun while singing along with your friends. Bring your own music. English and all languages are welcome. No session Feb 17.

▶ 540351 \$28.57/10 sess; Drop-in \$3.81  
Jan 13-Mar 24 M 11:45am-2:45pm

▶ 540354 \$34.29/12 sess; Drop-in \$3.81  
Jan 10-Mar 28 F 11:45am-2:45pm  
Wai Sin

### Live Music for All Ages

Join us for an afternoon of live music and light refreshments. Everyone welcome.

▶ 541993 \$5/1 sess  
Jan 30 Th 1:00pm-2:30pm

### 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.

#### Chinese New Year

▶ 541139 \$8.57/1 sess  
Feb 6 Th 12:00pm-1:30pm

#### St. Patrick's Day

▶ 541140 \$8.57/1 sess  
Mar 13 Th 12:00pm-1:30pm

### Tea Time

55 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.

▶ 541141 \$2.86/season  
Jan 16-Mar 20 Th 10:00am-12:00pm

### MORE WORKSHOPS IN 2025

Please check in January 2025 for workshop information.

### Seniors' Social and Games

50 yrs+

Join a friendly group for conversation or to play various available games—scrabble, cribbage or cards.

▶ 541142 \$2.38/season  
Jan 7-Mar 25 Th 1:00pm-3:00pm

▶ 541143 \$2.38/season  
Jan 2-Mar 27 Tu 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 every 2nd Tuesday of the month to make unique and creative crafts!

#### Decoupage

▶ 541145 \$4.76/1 sess  
Feb 11 Tu 1:00pm-3:00pm

#### Fun with Buttons

▶ 541146 \$4.76/1 sess  
Mar 11 Tu 1:00pm-3:00pm

### Adventures on Transit

#### Chinese Museum 50 yrs+

The goal of the "Adventures on Transit" program is to gain knowledge and experience using public transit, while visiting different locations around the city. All while meeting new people and sharing memories. Participants are responsible for bus fare and admission to the museum (\$12) and MUST meet at Marpole-Oakridge CC.

▶ 541726 \$4.76/1 sess  
Apr 2 W 10:00am-2:00pm

### From Bach to Beatles

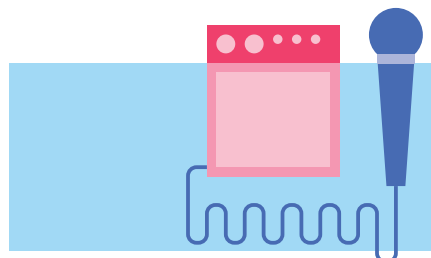
The Aoki Legacy Forum group will entertain you with music from Bach, Elvis, the Beatles and everything in between. Featuring Bob York on piano, ukelele players, guitarists, and talented singers. Specific information on performers will be posted when available. Admission by donation. Proceeds to the Aoki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

▶ 541147 Jan 7 Tu 7:00pm-8:30pm

▶ 541148 Feb 4 Tu 7:00pm-8:30pm

▶ 541149 Mar 4 Tu 7:00pm-8:30pm

▶ 541150 Apr 1 Tu 7:00pm-8:30pm



## 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, 9am-3pm	\$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

#### 2025 FEES

2024 fees listed are current at time of printing. 2025 fees will take effect in January. Fees subject to change. For fitness centre info and current pricing, visit [vancouver.ca/marpoleoakridgefitness](http://vancouver.ca/marpoleoakridgefitness)



#### 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

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 & Damage Deposit

SOCAN and ReSound fees	With dancing	\$44.13+\$18.51 = \$62.64 plus tax
	Without dancing	\$22.06+\$9.25 = \$31.31 plus tax
Staffing (2 hour min)	Additional staff costs are applicable for after hours rental	\$29/hour plus tax
Damage deposit	Damage deposit fee will be collected for all rental at time of rental confirmation	\$25-\$350 depending on type of rental
Insurance	<ul style="list-style-type: none"> <li>• <a href="https://vancouver.ca/doing-business/insurance-requirements-for-filming-event-and-facility-use.aspx">https://vancouver.ca/doing-business/insurance-requirements-for-filming-event-and-facility-use.aspx</a></li> <li>• Liability insurance is required for sports, high performance dance or any "high risk" activities, including any event with alcohol. Insurance is to be purchased from an external source. Visit <a href="http://www.vancouver.ca">www.vancouver.ca</a> for more information</li> <li>• The policy shall contain a cross liability clause and name the City of Vancouver, Vancouver Board of Parks and Recreation, and the Marpole-Oakridge Community Association, their officials, officers, employees, servants, and agents as "additional insureds" with respect to liability arising out of the rental.</li> </ul>	

\*\*Additional fees may apply depending on the nature of the rental (e.g. SOCAN and ReSound Fees, Staffing, Damage Deposits, Insurance) \*\*  
Prices do not include tax and are subject to change



# UPCOMING SPECIAL EVENTS

TSBC License #LAMO202804

## Pink Shirt Day 5-18 yrs

Check back with us in the new year!  
▶ 539964      FREE  
Feb 26    W      4:00pm-6:00pm  
Youth Council



## Family Day Movie Night • All Ages

Kick off the Family Day long weekend with our BIG screen movie night! Come in your pajamas and bring a pillow or blanket! Movie TBA two weeks prior. Concession available. Proceeds will support youth programming and youth council events. Registration and parent supervision are required. Brought to you by the MO Youth Council.

▶ 539962      FREE  
Feb 14    F      6:00pm-8:00pm

Youth Volunteers & Staff



**FREE ENTRY**

**SATURDAY FEBRUARY 15  
11:30AM TO 2:30PM**

# FAMILY DAY FUN!

**FUN FOR THE WHOLE FAMILY  
GAMES • BOUNCY CASTLE • FOOD  
CONCESSION • ARTS & CRAFTS**

## Youth Ice Skating Event

The MO Youth Council will be hosting a free ice skating event at Killarney Ice Rink in February for youth. More info to come!

## From Bach to Beatles

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.

▶ 541147	Jan 7 Tu	7:00pm-8:30pm
▶ 541148	Feb 4 Tu	7:00pm-8:30pm
▶ 541149	Mar 4 Tu	7:00pm-8:30pm
▶ 541150	Apr 1 Tu	7:00pm-8:30pm





**Marpole-Oakridge  
Community Centre**

990 West 59th Avenue  
Vancouver, BC V6P 1X9

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

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

X @MarOakCA

f @marpoleoakridgecc

ig @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

