



DOUGLAS PARK
COMMUNITY CENTRE

Recreation Guide Spring 2024



Spring

Registration starts
March 12
at 7pm



SEARCH AND REGISTER FOR PROGRAMS at www.douglasparkcc.org FOLLOW US at [@douglasparkcc](https://twitter.com/douglasparkcc)

801 West 22nd Avenue, Vancouver, BC V5Z 1Z8 • Tel: 604-257-8130 (press #1)

Jointly operated by the Douglas Park Community Association and the Vancouver Board of Parks and Recreation

Check out your Neighbourhood Fitness Centre!

PRESIDENT'S MESSAGE

President's Message

Hello from the Douglas Park Community Association!

Douglas Park Community Association is grateful to operate on the unceded, ancestral territories of the Musqueam, Squamish and Tsleil Waututh Nations.

Douglas Park has much to keep you busy this spring and summer. Yoga will be offered at three locations (Douglas Park Community Centre, Tapestry and Heather Place). There's also embroidery, Douglas Park Runners, and math and phonics fun for kids.

Douglas Park was nominated by two community members to receive a plaque from the Vancouver Heritage Foundation under the Places That Matter (PTM) program. The program was created in 2011 to celebrate Vancouver's 125th anniversary as an incorporated city. PTM has helped recognize over 100 community-nominated sites, covering some of the people, places and events that tell the stories of Vancouver's history. Douglas Park's plaque will contain a QR code linking to a webpage dedicated to Douglas Park and exhibiting the plaque text, historic research, oral histories, contemporary and historic photos. Thank you to the Vancouver Heritage Foundation and our thoughtful community members.

You may have heard about Vancouver City Council's motion regarding the Vancouver Park Board. It's important at this time to highlight the vital role the Douglas Park Community Centre Association plays in our community. The association consists of up to 20 dedicated volunteer directors who work tirelessly to ensure the provision of affordable and quality facilities and programming tailored to meet the diverse needs of our community members. Their efforts not only encourage community use but also foster participation, making the Douglas Park Community Centre a cornerstone of our neighborhood. Rest assured, as we gather more information about the future of Park Board, we will keep the community informed.

Community Day will be held on Saturday, June 22 from 11-2pm. We look forward to seeing you all there!

Thank you to all the DPCA volunteers, board members, DPCA and Vancouver Park Board staff, and the Vancouver Park Board.

Christine Coleman
President

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SPRING REGISTRATION STARTS



Online VANREC.CA



In-person

Tuesday March 12
Registration starts 7:00pm



By Phone

604-257-8130 ext. 1

Wednesday March 13
Registration starts 8:00am



SUMMER REGISTRATION STARTS



Online VANREC.CA



In-person

Tuesday May 14
Registration starts 7:00pm



By Phone

604-257-8130 ext. 1

Wednesday May 15
Registration starts 8:00am



COMMUNITY CENTRE HOURS

Monday-Friday 7:30am-9:00pm
 Saturday & Sunday 9:00am-4:00pm
 Centre office close 30 minutes before scheduled closing time.
 Centre office and Fitness Centre close 15 minutes before
 scheduled closing time, Monday through Friday.

Holiday Hours

March 29, 30, 31, April 1, May 18, 19 and 20 Closed

MISSED CLASSES AND CANCELLATIONS

Missed classes

Participants are to attend all classes as scheduled for the program in which they are registered. In the event that a participant is unable to attend a scheduled class(es) during the program session, make-up classes or refunds for the missed class(es) will not be provided.

Cancellations

Douglas Park Community Centre reserves the right to cancel or alter any classes, times, costs or locations without notice as required due to insufficient registration, inclement weather, change of policy or availability of facilities or instructors. Full refunds will be issued for course cancellations only.

STAFF DIRECTORY

If you have any questions, contact us at 604-257-8130 ext 1.

Jody Gunderson Community Recreation Supervisor
 Angela Lamb Recreation Facility Clerk
 Garrett Wong Recreation Programmer II
 Dominic Ponce Recreation Programmer I
 Suzy Parker Community Youth Worker
 Rosie LaForges Licensed Care Coordinator

GENERAL REGISTRATION INFORMATION

Don't delay, register early to avoid disappointment!

There are several easy ways to register for Douglas Park Community Centre programs and services, including online, over the telephone or in-person.

If you wait until the last day to register, courses might get full or great courses could get cancelled. Course availability can be found online or by telephone.

Late registrations will be accepted online or in-person beyond start date for most programs, subject to space availability. In the event that the course you selected is full, you may be placed on a waitlist.

Appropriate program selections and registration are the responsibility of the person registering for the program. Please review confirmation details on your registration receipt. Some programs are held offsite at Tapestry Community Rooms, Emily Carr Elementary School, Edith Cavell Elementary School, Heather Park Tennis Courts and Queen Elizabeth Park Tennis Courts.

Participants may transfer from one program to another if space is available.

Please arrive early to allow time for payment. Some drop-in programs and sports programs have maximum capacity participation limits, subject to first-come, first-served. All prices subject to GST where applicable.

REFUND POLICY

Refund Policy

Full refunds will be issued for all classes cancelled or changed by the centre. Pro-rated refunds are given after the start of the season.

One week notice for day-camps and birthday parties is needed to receive a full refund.

No refunds for any pottery program after the first 2 classes.

License care camps required two weeks notice (go to page 5).

LEISURE ACCESS PROGRAM

The Leisure Access Program provides low-income Vancouver residents with access to basic recreation programs and services at Park Board facilities at a reduced cost. Upon qualifying, the subsidy is for discounted access to all Park Board pools, rinks and participating fitness and community centres.

For more info visit:

www.vancouver.ca/parks-recreation-culture/leisure-access-card.aspx

Eligible Leisure Access Program patrons are eligible to access Douglas Park Community Centre association programs, up to 50% discount. Some programs, workshops, private lessons and services are exempt. Please enquire with staff regarding discount eligibility or financial aid.

DOUGLAS PARK COMMUNITY CENTRE

801 West 22nd Ave. Vancouver, BC V5Z 1Z8

tel: 604-257-8130 (press #1) fax: 604-257-8532

email: douglasparkcommunitycentre@vancouver.ca

website: www.douglasparkcc.org

Douglas Park Licensed Preschool

Please view our preschool open house blog to get a sneak peek into the preschool classroom, Teacher Bios, Learn more about activities that may happen in the classroom and our philosophy.

www.douglaspreschoolopenhouse.blogspot.com

Douglas Park Preschool strives to provide high quality, affordable and accessible child care to all children and families. The Douglas Park Preschool classes provide children with an environment that fosters well-rounded social and learning, experiences, in a fun and safe space. Our enthusiastic and caring ECE Licensed Professionals provide a warm, nurturing environment for children to play, learn and grow in.

The preschool program follows an Emergent Curriculum philosophy; it is play-based with programming initiated by the children's interests.

The program encourages exploration and creativity in a fun, stimulating environment through, art, music, dramatic/ creative play and outdoor play. Other skills children will learn through social play within the classroom are math, science, creativity, literacy and language and problem solving. These skills are learned in the block area, at circle time, at free art and free play time.

APR
3

Licensed Preschool 2024-2025 Registration

Registration begins online on Wednesday April 3 @ 7:00pm

Child born 2021 is eligible to register for 3 Year Old preschool

Child born 2020 is eligible to register for 4 Year Old preschool

At the time of registration, if you are successful at securing a space, you will be required to pay the deposit.

The deposit is equivalent to 1 month's fee. This deposit is a refundable deposit (further details to this in the registration package).

All registrants will receive a welcome email in June to come pick up a registration package.

2024-2025 Fees and Times



3 Year Olds \$258/mth
Tues/Thurs-Morning
9:15am - 11:30am 503184

4 Year Olds \$359/mth
Mon/Wed/Fri-Morning
8:30am - 11:30am 503183
3 & 4 Year Olds Split \$310/mth
Mon/We/Fri-Afternoon
12:15pm - 2:45pm 503185



3 Year Olds \$425/mth
Mon - Fri-Morning
9:15am - 11:30am 503186
4 Year Olds \$485/mth
Mon - Fri-Afternoon
12:15pm - 2:45pm 503187

Licensed Preschool Summer Adventures Daycamp

Each themed week children will engage in art activities, science, and experiments, creative play, water activities and storytelling. Bring a healthy snack (no nuts please) and water bottle.

Camp Readiness: This camp is **not** designed with a gradual entry process. The registered child must be able to transition into the camp comfortably and be comfortable staying without a guardian for the 2.5 hours of camp.

* **Withdraw or Refunds:** notice must be given at least two weeks prior to your child's first day of camp to receive a refund. ** Child must be born: 2019, 2020 and 2021. You will be emailed a registration package in advance of your registered week.

AM Session:
9:00am - 11:30am

PM Session:
12:15pm - 2:45pm

*Week 1 and Week 6
are 4 day weeks

*Week 1 <i>Bug Extravaganza</i> Jul 2 - Jul 5	Week 5 <i>Under The Stars</i> Jul 29-Aug 2
AM \$110/4 day 503206 PM \$110 day 503208	AM \$138/5 days 503699 PM \$138/5 days 503700
Week 2 <i>Around the World</i> Jul 8 - Jul 12	*Week 6 <i>Science Exploration</i> Aug 6 - Aug 9
AM \$138/5 day 503210 PM \$138/5 day 503211	AM \$110/4 days 503701 PM \$110/4 days 503702
Week 3 <i>Camping Adventures</i> Jul 15 - Jul 19	Week 7 <i>Fantasy & Fairytales</i> Aug 12 - Aug 16
AM \$138/5 day 503212 PM \$138/5 day 503649	AM \$138/5 day 503722 PM \$138/5 day 503704
Week 4 <i>Jump Into Books</i> Jul 22 - Jul 26	Week 8 <i>Into the Jungle</i> Aug 19 - Aug 23
AM \$138/5 day 503696 PM \$138/5 day 503697	AM \$138/5 day 503709 PM \$138/5 day 503712

Contact Rosie, Licensed Child Care Coordinator at 604-257-8134 or rosie.laforges@vancouver.ca for information on Licensed Care

Register at douglasparkcc.org or www.vanrec.ca Phone: 604-257-8130 ext 1

Registration
is online
at 7pm on
May 1.
vanrec.ca

School Age Care

All of our programs are currently full. Please contact the front office or Rosie at rosie.laforges@vancouver.ca to put your child on the ongoing waitlist.

Douglas Park strives to offer quality care in an environment that offers children a safe, nurturing place for them to socialize and participate in programmed activities. We only offer care to children attending Emily Carr and Edith Cavell schools. Children are picked up at their school and walked back to the community centre. We only offer fulltime spaces (Mon-Fri).

Current Fees and Times for 2023-2024

Aftercare Only (Mon-Fri) \$465/month
 Aftercare + Morning Care (Mon-Fri) \$575/month
 Aftercare: 3:00pm - 6:00pm
 Morning Care: 7:30am - 9:00am

Our fees include scheduled school Professional Day coverage and Early Dismissals. Winter Break Camp, Spring Break Camp, District Closure Camp and Summer Camp are all a separate internal priority registration with an additional cost to the monthly fee. Morning Care is only available to those who have an Aftercare space.

Emily Carr Junior Program at Douglas Park • Emily Carr Senior Program at Emily Carr School
Edith Cavell Junior Program at Douglas Park • Edith Cavell Senior Program at Douglas Park

**At the time of publishing this brochure, the reopening of the Cavell Offsite program (@ Cavell) has not yet been finalized.*

Summer Spectacular Daycamp

Our Douglas Park Summer Spectacular camp is designed for children to participate in developmentally appropriate, stimulating activities and out trips. These fun-filled, challenging programs give children a chance to socialize with friends while experiencing many crafts, games, sports, science and adventure activities. All children must have completed Kindergarten in order to be eligible to register in the 5-6 year old program. No exceptions will be made, due to School Age Care licensing regulations. Proof of age may be required if questionable. Please note: This camp does 2 field trips per week by school bus (Thirdwave Bus Services).

For all ages the times and fees are as follows:

Short Day 10:00am - 4:00pm \$225
 Extended Day 8:00am - 5:30pm \$275

- 5-6's born 2018 (completed Kindergarten and at least 5 years old but less than 6 yrs old by Dec 31/2023)
- 7-8's born 2016-2017 (at least 7 yrs old but less than 9 yrs old by Dec 31/2024)
- 9-12's born 2012-2015 (at least 9 yrs old but less than 13 yrs old by Dec 31/2024)

These spaces are limited and on a first come, first registered basis. If only full day spaces are available when you register, you must pay the full day rates.

***Week 1 & 6 short weeks. Short Day \$190 & Extended Day \$225.**

Please Note: *Week 1 & 6 is a (four-day) day camp (due to Statutory Holidays).

	5-7's Ext	5-7's Short	7-8 Ext	7-8's Short	9-12's Ext	9-12's Short
*Week 1 • Jul 2-5	501755	501756	501779	501869	502107	502114
Week 2 • Jul 8-12	501758	501759	501870	501872	502115	502116
Week 3 • Jul 15-19	501760	501761	501873	501874	502117	502118
Week 4 • Jul 22-26	501762	501767	501907	501909	502119	502120
Week 5 • Jul 29-Aug 2	501768	501769	502093	502094	502121	502122
*Week 6 • Aug 6-9	501770	501771	502095	502096	502123	502124
Week 7 • Aug 12-16	501773	501776	502101	502102	502126	502127
Week 8 • Aug 19-23	501777	501778	502103	502105	502128	502129

Douglas Park CC Licensed Summer Spectacular Daycamp has been approved for the government CCFRI (Child Care Fee Reduction Initiative) for this year. The above camp fee has been further reduced at the time of registration, according to the criteria for approval. Children born in 2018 have a greater reduction than the older children.

PLEASE NOTE: This is a Licensed School Age Care daycamp. Douglas Park CC offers an annual childcare program to school age families. These families will have priority registration on these camp spaces. There will be limited spaces available to the public at the time of registration. Thank you for your understanding.

Camp Activity Schedules will be available at douglasparkcc.org at the beginning of June.

ACTIVITIES SUBJECT TO CHANGES DUE TO SCHEDULING AND WEATHER REFUND POLICY: Minimum 2 weeks notice from the start day of the week of the camp you are withdrawing from in order to get a refund. Anything less than 2 weeks notice is non-refundable. Please call the front office to request withdrawal.

All prices subject to GST where applicable.

Registration is online at 7pm on May 1.
vanrec.ca

PHYSICAL RECREATION

Parent and Tot Gym

0-5 yrs

Samantha Craig

A gym-play-based program with parent/caregiver participation. Make new friends in a family fun social program with toddler toys, interactive areas and sing-a-long songs. Wednesday's class includes an art activity. Drop-in \$5.00 space permitting. No session May 20 and June 21

M 9:00 AM-11:00 AM

Apr 8-Jun 24

\$55/11 sessions

496308

W 9:00 AM-11:00 AM

Apr 3-Jun 26

\$65/13 sessions

496310

F 9:00 AM-11:00 AM

Apr 5-Jun 14

\$55/11 sessions

496313



Parent and Tot Gym has a maximum of 30 registered spots. Once program is fully registered, there are no drop-in's allowed.

Sportball Drop-off Multisport

3-5 yrs

Sportball Vancouver

Introduce your child to the concepts and skills involved in a variety of different ball sports using the Sportball methodology. Classes use developmentally appropriate methods to introduce, practice and refine gross motor skills, in a fun and non-competitive setting. No session May 18.

Tu 11:30 AM-12:15 PM

Apr 2-May 7

\$90/6 sessions

499982

Tu 11:30 AM-12:15 PM

May 14-Jun 18

\$90/6 sessions

499983

Sa 10:15 AM-11:00 AM

Apr 13-Jun 8

\$120/8 sessions

499977

Sportball Parent and Tot Multisport 2-3 yrs

Sportball Vancouver

This program is designed to guide parents and their children through the introductory skills in a number of different ball sports. Games and skills are taught in a fun and creative manner by using story lines to encourage participation. All programs are non-competitive and focus on success while building confidence. No session May 18.

Tu 10:45 AM-11:30 AM

Apr 2-May 7

\$90/6 sessions

499980

Tu 10:45 AM-11:30 AM

May 14-Jun 18

\$90/6 sessions

499981

Sa 9:30 AM-10:15 AM

Apr 13-Jun 8

\$120/8 sessions

499976

High 5 Sports! NEW

Hai Doan

An inclusive sports program that provides a fun and positive environment. We prioritize the development of physical literacy through exercise. The goal is to motivate children to be active for life and unleashing the power to play. No session May 19

Parent and Tot 2-3 yrs (Parent participation required)

Su 11:15 AM-12:00 PM

Apr 7-Jun 2

\$160/8 sessions

500120

Drop-off 3-5 yrs

Su 12:15 PM-1:00 PM

Apr 7-Jun 2

\$160/8 sessions

500125

Kick It Up Soccer

Ron Way

Learn the basics up to more advanced skills and lessons to help with all sports. Emphasis is on fun and making friends while learning to love the beautiful game. This is Ron's 37th annual spring soccer Parent participation required. Classes held outdoors at Douglas Park field. Please dress accordingly. No session May 18 and 19.

1.5-3.5 yrs

Sa 9:00 AM-9:30 AM

Apr 13-Jun 8

\$80/8 sessions

504863

Su 9:00 AM-9:30 AM

Apr 14-Jun 9

\$80/8 sessions

504874

3-4.5 yrs

Sa 9:30 AM-10:15 AM

Apr 13-Jun 8

\$120/8 sessions

504864

Su 9:30 AM-10:15 AM

Apr 14-Jun 9

\$120/8 sessions

504875

Indoor Parent Tot Tennis

4-5 yrs

Mauro Liceaga Garcia

This is a fun relaxed environment for all toddler participants. It gives them the opportunity to establish a base for growth of motor and athletic skill development. The fundamentals of general agility is more important for kids at this age than tennis specific skills. We will use fun games to teach kids how to throw, catch and increase hand and eye co-ordination. Learn to move with good balance and posture. As players progress we will use modified tennis equipment to begin to apply these skills in a more tennis specific way. Parent/caregiver participation is required. Only child registration is required. No session May 20.

M 3:45 PM-4:30 PM

Apr 8-Jun 3

\$128/8 sessions

500008



SOCIAL

Douglas Dinos Playroom

0-5 yrs

Daisy Goggs

This is a free play based program for 0-5 years that requires parent/caregiver participation and provides opportunities for social interaction for both the caregiver and the child. The program focuses on the development of social skills and the exploration of engaging materials and activities.

Tu 10:00 AM-12:00 PM

Apr 2-Jun 18

\$60/12 sessions

496789

Th 10:00 AM-12:00 PM

Apr 4-Jun 20

\$60/12 sessions

496790

**Babies Only
Music Together with Joan**

0-8 months

Katherine Deane

Music Together® Babies Only will start you on the path to becoming a musical family and is specifically designed for infants eight months and younger. This one-semester introduction to Music Together allows babies to embrace, enjoy, and express their inborn musicality while you sing, dance, and play with your child. Parent participation required. Twin siblings attend at a reduced tuition rate. \$58 Music Together Licensing fee is non-refundable after first class.

Th 11:30 AM-12:15 PM

Apr 11-Jun 13

\$208/10 sessions

498153

Music Together

0-5 yrs

Katherine Deane

In our mixed age class, each child participates at their own level and their natural musicality is nurtured through singing, dancing, listening and watching the adults, and exploring musical instruments. The whole family is welcome - parents, grandparents, caregivers - for this important family music experience. Parent participation required. Siblings attend at a reduced tuition rate and children 6 months and under attend free with a registered sibling. \$58 Music Together Licensing fee is non-refundable after first class.

Lissy

Tu 9:30 AM-10:15 AM

Apr 9-Jun 11

\$208/10 sessions

498146

Tu 10:30 AM-11:15 AM

Apr 9-Jun 11

\$208/10 sessions

498148

Joan

Th 10:30 AM-11:15 AM

Apr 11-Jun 13

\$208/10 sessions

498151

Baby Sign Language

0-2 yrs

Into Yoga

Using songs and games learn how to teach your baby basic American Sign Language (ASL) so they can better convey their wants and needs. Learn signs and songs so you can practice at home. Babies can sleep during class or you can bring some toys. Please bring your own mat or blanket to sit on. Only one parent or caregiver may accompany child.

M 1:15 PM-2:00 PM

Apr 8-May 6

\$77/5 sessions

496300

EDUCATION

**ABC Adventures -
Phonics & Reading**

NEW

3-5 yrs

Jacqueline Liew

Get ready for an adventure in learning! Join us for exciting sessions where your child will boost letter recognition, writing, speaking, and listening skills. Led by a skilled teacher, these interactive activities make phonics a blast, building strong reading and writing abilities while igniting a passion for learning. All materials provided for non-stop fun and growth!

F 10:00 AM-10:45 AM

Apr 12-Jun 14

\$130/10 sessions

503203

**Math in Motion:
A Number Journey**

NEW

3-5 yrs

Jacqueline Liew

Embark on a journey of discovery with our "Math in Motion"! Get ready for a series of interactive sessions where your child will dive into the world of numbers, shapes, and patterns. Led by an experienced teacher, these engaging activities make math an exciting adventure, building strong foundational skills while sparking a love for learning.

F 11:00 AM-11:45 AM

Apr 12-Jun 14

\$130/10 sessions

503204

PERFORMING ART

Mini Hip Hop

3-4 yrs

Vancouver Performing Stars

Want to learn how to move to and groove to your favourite tunes? Learn the basic style of hip hop dance in this high energy program. Discover new and exciting moves while learning fun and challenging choreography. Beginners welcome! Leave feeling energized, confident and excited about dance. Please wear clean indoor runners.

www.performingstars.ca

Th 3:15 PM-4:00 PM

Apr 11-Jun 6

\$135/9 sessions

498940

Mini Ballet

3-4 yrs

Vancouver Performing Stars

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. Child must be able to attend class alone.

F 3:15 PM-4:00 PM

Apr 5-Jun 7

\$150/10 sessions

498933

Follow us! @DOUGLASPARKCCVisit our website! www.douglasparkcc.org



Sportball Birthday Party

2-10 yrs

Sportball Vancouver offers high-energy, action-packed birthday parties for kids ranging in age from 2-10 years!

Kids enjoy a variety of sports and supervised games in a fun, structured and safe environment; festivities finish off with a traditional birthday celebration. The kids will need to catch their breath before they blow out their candles!

Parent/Guardian participation is required for the duration of the party for ages 2-3 yrs.

Inclusions: Sportball leader, gymnasium, tables, chairs.

15 children maximum for this package.

Up to 25 Kids with 2 Instructors can be added (Additional Fees)

Exclusions: decorations, table settings (plates, cutlery, cups, etc), snacks, food or beverages.



Saturday



Sa 1:00 PM-3:00 PM
\$270/1 sessions
Sa 1:00 PM-3:00 PM
\$270/1 sessions
Sa 1:00 PM-3:00 PM
\$270/1 sessions
Sa 1:00 PM-3:00 PM
\$270/1 sessions
Sa 1:00 PM-3:00 PM
\$270/1 sessions
Sa 1:00 PM-3:00 PM
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Sa 1:00 PM-3:00 PM
\$270/1 sessions

Apr 13
500830
Apr 20
500834
Apr 27
500836
May 04
500848
May 11
500852
May 25
500856
Jun 01
500868
Jun 08
500871
Jun 15
500874
Jun 29
500881



Sunday



Su 1:00 PM-3:00 PM
\$270/1 sessions
Su 1:00 PM-3:00 PM
\$270/1 sessions
Su 1:00 PM-3:00 PM
\$270/1 sessions
Su 1:00 PM-3:00 PM
\$270/1 sessions
Su 1:00 PM-3:00 PM
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\$270/1 sessions

Apr 14
500832
Apr 21
500835
Apr 28
500849
May 05
500850
May 12
500853
Jun 02
500857
May 26
500869
Jun 09
500872
Jun 16
500875
Jun 23
500879
Jun 30
500882

Youth Co-Ed Basketball**9-13 yrs**

Andrew Tsuji

Considering starting your basketball journey or improving your skills? Join this fun and exciting CO-ED basketball program for youth, 9-13! All skill levels are welcome.

Th 5:45 PM-6:45 PM

Apr 11-Jun 27

\$60/12 sessions

503024**Sportball Drop-off Multisport****5-7 yrs**

Sportball Vancouver

Sportball Multi-Sport programs introduce children to the concepts and skills involved in a variety of different ball sports using the Sportball methodology. Classes use developmentally appropriate methods to introduce, practice and refine gross motor skills, in a fun and non-competitive setting. No session May 18

Sa 11:00 AM-11:45 AM

Apr 13-Jun 8

\$120/8 sessions

499979**Indoor Kids Tennis Beginner**

Mauro Liceaga Garcia

Run & Fundamentals. Basic Rally, Footwork and Racquet skills with games and scoring, singles and doubles play. Coaching the "Play" in Children's Programs allow the players of whatever age and skill to build the basics of movement, racquet skills, and respect for play to prepare for the level of competitive fun they choose. All players play with the best Ball, Court and Racquet Size that will help them succeed. No session May 19 and 20.

5-6 yrs

Su 9:15 AM-10:00 AM

Apr 7-Jun 2

\$128/8 sessions

500005**7-11 yrs**

M 4:45 PM-5:45 PM

Apr 8-Jun 3

\$144/8 sessions

500009

Su 10:00 AM-11:00 AM

Apr 7-Jun 2

\$144/8 sessions

500006**Outdoor Kids Tennis Beginner at Heather Park**

Mauro Liceaga Garcia

Run & Fundamentals. Basic Rally, Footwork and Racquet skills with games and scoring, singles and doubles play. Programs allow the players of whatever age and skill to build the basics of movement, racquet skills, and respect for play to prepare for the level of competitive fun they choose. All players play with the best Ball, Court and Racquet Size that will help them succeed. No session May 18.

5-7 yr Red Ball Beginner

Sa 9:00 AM-10:00 AM

May 4-Jun 15

\$114/6 sessions

500022**8-10 yrs**

Tu 3:45 PM-4:45 PM

Apr 30-Jun 11

\$133/7 sessions

500012

Sa 10:00 AM-11:00 AM

May 4-Jun 15

\$114/6 sessions

500014**Kick It Up Soccer**

Ron Way

Learn the basics up to more advanced skills and lessons to help with all sports. Emphasis is on fun and making friends while learning to love the beautiful game. Classes held outdoors at Douglas Park field. Please dress accordingly. No sessions May 18 and 19.

4.5-6 yrs

Sa 10:15 AM-11:00 AM

Apr 13-Jun 8

\$120/8 sessions

504868

Su 10:15 AM-11:00 AM

Apr 14-Jun 9

\$120/8 sessions

504877**4.5-6 yrs Female**

Sa 11:00 AM-11:45 AM

Apr 13-Jun 8

\$120/8 sessions

504871**7-12 yrs**

Sa 11:45 AM-12:30 PM

Apr 13-Jun 8

\$120/8 sessions

504872

Su 11:00 AM-11:45 AM

Apr 14-Jun 9

\$120/8 sessions

504878**Heather Park**

Located at 702 W 18th Ave

Note: Outdoor tennis lessons do not run if it is raining because it is not safe to play on wet and slippery courts.



PERFORMING ART

Junior Hip Hop

5-7 yrs

Vancouver Performing Stars

Want to learn how to move to and groove to your favourite tunes? Learn the basic style of hip hop dance in this high energy program. Discover new and exciting moves while learning fun and challenging choreography. Beginners welcome! Leave feeling energized, confident and excited about dance. Please wear clean indoor runners. Please note: Children who are 4 year olds must take one term in Mini Hip Hop prior to enrolling in this class.

Th 4:00 PM-4:45 PM

Apr 11-Jun 6

\$135/9 sessions

498943

Junior Hip Hop & Jazz Dance **NEW** 4-7 yrs

Vancouver Performing Stars

This high energy class will help dancers improve their flexibility, confidence, coordination, and freestyle skills. Dancers will learn fun and creative choreography to show parents on the last day of class. This class consists of a 5 minute Warm Up, 20 minutes of Jazz Dance, and 20 minutes of Hip Hop Dance. Students must be able to participate on their own. www.performingstars.ca

Th 4:45 PM-5:30 PM

Apr 11-Jun 6

\$135/9 sessions

498946

Junior Ballet

5-6 yrs

Vancouver Performing Stars

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.

F 4:00 PM-4:45 PM

Apr 5-Jun 7

\$150/10 sessions

498935

Intermediate Ballet

7-10 yrs

Vancouver Performing Stars

In this ballet 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 please. www.performingstars.ca

F 4:45 PM-5:30 PM

Apr 5-Jun 7

\$150/10 sessions

498938

Follow us! @DOUGLASPARKCCVisit our website! www.douglasparkcc.org

VISUAL ART

Kids Pottery - Explore with Clay

Imagination, creativity and getting your hands muddy are a great experience for kids. This class focuses on handbuilding techniques, pinching, coiling and soft slabs. Projects will be themed for the season. Please bring an apron. No session May 18, 19 and 20.

Gus Brown

Sa 10:30 AM-11:30 AM

\$135/9 sessions

6-8 yrs

Apr 6-Jun 8

496334

Sarah Cherin

Su 9:30 AM-10:30 AM

\$120/8 sessions

6-8 yrs

Apr 7-Jun 2

496258

Gus Brown

W 3:30 PM-5:00 PM

\$225/10 sessions

8-12 yrs

Apr 3-Jun 5

496326

Sarah Cherin

M 3:30 PM-5:00 PM

\$180/8 sessions

8-12 yrs

Apr 8-Jun 3

496200

Th 3:30 PM-5:00 PM

\$225/10 sessions

Apr 4-Jun 6

496201

Parent and Child Pottery

3-5 yrs

Gus Brown

Spend some bonding time with your little one making pottery. You will make different projects in each class such as a print of your little one's hand. Children must be accompanied by one adult and only siblings who are registered may attend. Please bring an apron. No session May 18.

Sa 9:30 AM-10:15 AM

Apr 6-Jun 8

\$126/9 sessions

496330



Bricks 4 Kidz - LEGO Space Adventures

5-10 yrs

Bricks 4 Kidz Vancouver

Inspired by NASA and Star Wars, B4K's Space Adventures is packed full of models to make your imagination blast off! Using Bricks 4 Kidz® building instructions, students use LEGO Technic and electric motors to construct 1 project per session. Students will be given a mini-lego figure to take home on the last week.

Th 4:30 PM-5:30 PM

Apr 18-Jun 6

\$160/8 sessions

502866



Cooking Fun in the Kitchen!

8-12 yrs

Cidney Anne Villaneuva

Explore the kitchen and cook around the world! Learn age-appropriate, lifelong kitchen skills while preparing and sharing a meal. Recipes will be different each week! No session April 28 and May 19

Su 10:00 AM-12:00 PM

Apr 7-Jun 9

\$152/8 sessions

496371

Creative Writing and Art

8-12 yrs

Cathy Belgrave

Looking for a way to support your child's writing and self-expression? In this program, children will learn about the elements of a variety of story styles through fun, hands on activities. Explore different genres while honing writing skills in the comfort of this small group. Art projects are included to further support self-expression. Please bring a writing journal, pencil and snack.

Sa 1:30 PM-3:00 PM

May 25-Jun 15

\$64/4 sessions

489673

Parent and Child Cupcake Making and Decorating

6+ yrs

Vinaya Waghmode

This course is not just for learning but also for bonding with your little kitchen helper and perfect for a Mother's day celebration. In this course we will learn to make egg free Vanilla cupcakes and Chocolate cupcakes, Vanilla buttercream, Chocolate fudge frosting and spend a lot of time decorating the cupcakes with variety of garnishes like sprinkles. This will be a hands on class where each parent and the child group will get to decorate their cupcakes and take them home too. Register only the child.

Sa 11:00 AM-1:00 PM

May 11

\$70/1 sessions

505090

EFK: Zany Zoo Engineers

4-6 yrs

Engineering For Kids Vancouver

Students ponder some truly hot environmental issues. Students in this class save endangered animals, help plants grow and create protection from the sun's heat. By investigating natural process like erosion, animal adaptations, and plant growth; we discover ways that we as engineers can be inspired by the world around us to take on all sorts of challenges.

Su 10:30 AM-11:30 AM

Apr 7-May 12

\$120/6 sessions

504831

EFK: Civil Engineering Strategic Structures

8-12 yrs

Engineering For Kids Vancouver

Students will learn how to engineer while being mindful of the forces acting upon a structure, such as bending, compression, torsion, and shear. They will learn that shape and materials selection are critical to the success of towers, bridges, and highways. Each day, students will use the EFK Engineering Design Process to engage in captivating civil engineering challenges. This camp is sure to take learners' curiosity and skills to new heights.

Su 12:00 PM-1:45 PM

Apr 7-May 12

\$228/6 sessions

504835

EFK: Digging for Dinos

4-6 yrs

Engineering For Kids Vancouver

Join our program to learn about engineering, math, dinosaurs, and fossils while enjoying fun stories. Kids will play the roles of paleontologists and engineers and use creative thinking to solve engineering challenges. Be part of our team as we dig up history!

Su 10:30 AM-11:30 AM

May 26-Jun 23

\$100/5 sessions

504839

EFK: Mission to Mars with Minecraft

8-14 yrs

Engineering For Kids Vancouver

Students will learn about the engineering, technology, and innovation that is required for future human habitation of Mars. Within Minecraft, students will complete a variety of missions that are necessary for survival and the advancement of science on the Red Planet. Students will apply their creativity, collaboration, and problem-solving skills while completing missions within our totally unique, customized, collaborative Mission to Mars Minecraft Map.

W 12:00 PM-1:45 PM

May 26-Jun 23

\$190/5 sessions

504840

Science4Kids

NEW

6-10 yrs

STEAM4KIDS

STEAM4Kids inspires imaginative learning! These hands-on science programs are themed around a particular area of science. Children engage in exciting hands-on activities, watch spectacular demonstrations, and take home things that relate to what they learnt that day. Topics Include: Bugs, Detective Science, Machines, Science of Toys, Wild Weather, etc. No session May 20.

M 4:45 PM-5:45 PM

Apr 08-Jun 10

\$168.75/9 sessions

505318

All prices subject to GST where applicable.



Performances throughout the day!



Activities for everyone!

Douglas Park Community Day

**Saturday
June 22
11am-2pm**



Family Mini Golf!



Arts and crafts for the kids!



Meet the neighbours

PHYSICAL RECREATION

Open Gym

11-14 yrs

Youth Leader

Drop in after school for a game of soccer, or half-court basketball! Register to reserve your spot.

F 3:15 PM-4:15 PM

Apr 5-Jun 21

FREE/12 sessions

503291

Indoor Kids Tennis - Beginner

11-14 yrs

Mauro Liceaga Garcia

Run & Fundamentals. Basic Rally, Footwork and Racquet skills with games and scoring, singles and doubles play. Coaching the "Play" in Children's Programs allow the players of whatever age and skill to build the basics of movement, racquet skills, and respect for play to prepare for the level of competitive fun they choose. All players play with the best Ball, Court and Racquet Size that will help them succeed. No session May 19.

Su 11:00 AM-12:00 PM

Apr 7-Jun 2

\$144/8 sessions

500007

Outdoor Kids Tennis - Beginner

11-14 yrs

Mauro Liceaga Garcia

Run & Fundamentals. Basic Rally, Footwork and Racquet skills with games and scoring, singles and doubles play. Programs allow the players of whatever age and skill to build the basics of movement, racquet skills, and respect for play to prepare for the level of competitive fun they choose. All players play with the best Ball, Court and Racquet Size that will help them succeed. No session May 18.

Th 3:45 PM-4:45 PM

May 2-Jun 13

\$133/7 sessions

500013

Sa 11:00 AM-12:15 PM

May 4-Jun 15

\$132/6 sessions

500021

VISUAL ART

Parent and Youth Pottery

10-14 yrs

Sarah Cherin

Come and join us for some pottery fun as we create projects out of clay. Focus will be on making various pottery projects and working together to make fun memories with your child. Parent participation required, only the child needs to register. Please bring an apron. No session May 19

Su 11:00 AM-1:00 PM

Apr 7-Jun 2

\$240/8 sessions

496260

To avoid the disappointment of a cancelled program, register early and invite your friends to join too!

Register
Early!

Heather Park

Located at 702 W 18th Ave

Note: Outdoor tennis lessons do not run if it is raining because it is not safe to play on wet and slippery courts.



EDUCATION

Red Cross Stay Safe Training

11-15 yrs

First Aid Hero

Do you or your parents want to feel confident knowing you are responsible on your own and have the skills to deal safely with an emergency situation? This workshop involves First Aid, Active role-play and Interactive fun! Please bring a pencil, nut-free lunch and medium-sized doll or teddy bear. Course Content:- Canadian Red Cross Principals- My Family and Me- My Time: Scheduled and Leisure Activities- Expecting The Unexpected- Healthy Choices- First Aid (Handwashing, Check, Call, Care, Complete Choking - Alone, Anaphylaxis and Use of Epipen Auto-Injector, Life-Threatening External Bleeding) Please bring a lunch for the day.

Sa 9:15 AM-3:15 PM

May 11-May 11

\$72/1 sessions

494303

MARTIAL ARTS

Traditional Kung Fu - Advanced 6-18 yrs

Marquis Lung

Learn traditional forms of Kung Fu, weapons, non-contact sparring and self-defence. Gain physical and mental strength, self confidence and discipline. Class are taught in partnership with Marquis Lung Traditional Kung Fu Academy. A member fee for the Northern Shaolin Lung Chi Cheung Association is included in program course fee. This class meets twice a week on Tuesdays and Fridays. Please visit a session or contact Sifu Marquis Lung (Master Instructor) for appropriate skill level prior to registration. www.northernshaolin.com. No session May 31.

Beginner

Tu F 4:30 PM-5:45 PM
\$318/24 sessions

Apr 5-Jun 28
502146

Intermediate

Tu F 4:30 PM-6:15 PM
\$342/24 sessions

Apr 5-Jun 28
502153

Advanced

Tu F 4:30 PM-6:30 PM
\$366/24 sessions

Apr 5-Jun 28
502160

SOCIAL

Friday Fun 11-14 yrs

Youth Leader

Spend your Friday nights with our awesome youth staff! We will be going on out trips and doing some activities on site. Fee is calculated on \$5.00 per/week and includes all out trips! Consent forms will need to be completed by all participants.

F 6:00 PM-8:45 PM
\$55/11 sessions

Apr 12-Jun 21
501673

Movie Night Hosted by Youth Council 11-14 yrs

Youth Leader

Come watch a big screen movie at Douglas Park! Free popcorn and raffle ticket are available at the door. Registration is recommended.

F 7:00 PM-8:45 PM
FREE/1 sessions

Apr 19
502179

F 7:00 PM-8:45 PM
FREE/1 sessions

May 17
502196

F 7:00 PM-8:45 PM
FREE/1 sessions

Jun 14
502197

Sign up for our newsletter and be the first to find DPCC's latest news, programs, contests, events and more!
www.douglasparkkcc.org



YOUTH LEADERSHIP

Douglas Park Junior Youth Council 10-13 yrs

Youth Leader

Join the Junior Youth Council on Thursdays after school! Develop your leadership and make new friends. We will work together on community projects, including special events.

W 4:00 PM-5:00 PM

Apr 3-Jun 19

FREE/12 sessions

501674

Douglas Park Senior Youth Council 13-18 yrs

Youth Leader

Meet fellow youth in the community and share your voice! The Douglas Park Senior Youth Council promotes youth program planning, for youth. Members help with community projects, special events, fundraising, and address current trends and issues found amongst youth. The council consists of an annually elected executive and is supervised by the Community Youth Worker and Douglas Park youth staff. Meetings are recorded for volunteer hours.

W 5:00 PM-6:00 PM

Apr 3-Jun 19

FREE/12 sessions

501675

Get Into Improv! **NEW** 13-19 yrs

Erin Pughart

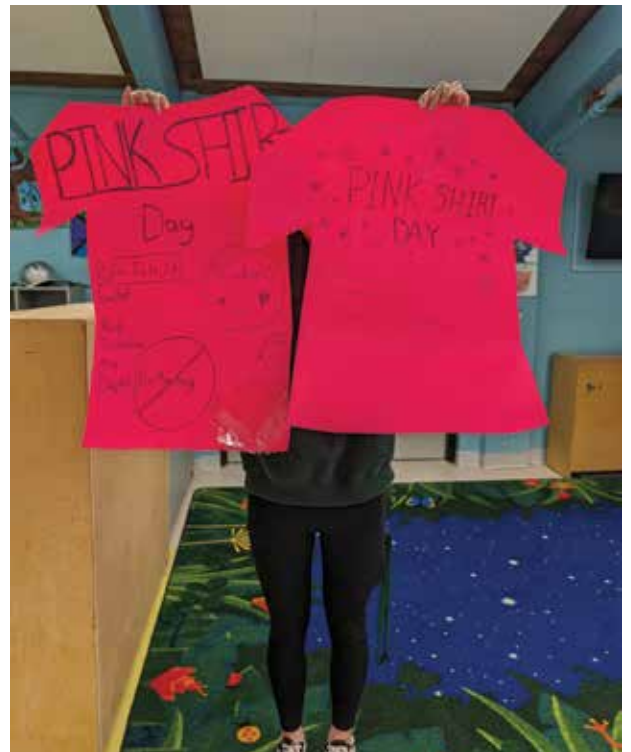
In this improv taster class, we'll play games, step outside our comfort zones, step into spontaneity, and most importantly, have a great time doing it! Whether you're a former theatre kid, a fan of Whose Line Is It Anyway? or simply want an excuse to cut loose, this class is for you! All experience levels welcome.

Sa 1:15 PM-3:15 PM

Jun 01

\$25/1 sessions

503825



Looking for a space to hold a private function?

Located on a beautiful park with sports fields and a playground.

Douglas Park Community Centre offers a variety of rooms for hosting various events.

How To:

- To inquire about room availability or to book a room, email:
DouglasPark.CommunityCentre@vancouver.ca

Rental Guidelines

- Rental times include set-up and clean up time.
- No after-hours' rentals available.
- Full payment for all rentals is required 7 days in advance, in order to secure booking.
- The rental group is responsible for their event set-up and the removal of all their decorations.
- Full refunds will be provided if bookings are cancelled more than 3 days in advance. Cancellations requested within three days prior to the rental date will be subject to a 50% cancellation fee; only 50% of the amount paid will be refunded.
- Rental groups may require adequate public liability and property damage insurance for their event.
- Collection of SOCAN (Society of Composers, Authors and Music Publishers of Canada) fees for all rental groups that play or perform copyrighted music. Groups will be charged the current SOCAN rate.
- BCLD special occasion permit and serving it right is needed for any alcohol beverage function.
- Fridge/kitchen area may be available upon request.

Inclusions

- Tables(2.5 ft x 6ft) and chairs

Exclusions

- Set-up & clean-up, table cloths, dishes/cutlery, play gym & audio/visual equipment (toys, music player, tv, projector).

Room	Capacity	Dimensions	Hourly Rate
Gymnasium	100	45ft x 65ft	\$45/hr
Douglas Lounge	50	33ft x 27ft	\$45/hr
Laurel Room	30	22ft x 45ft	\$35/hr
Heather Room	20	14ft x 21ft	\$25/hr
Willow Room	5	9ft x 14ft	\$20/hr



Douglas Lounge



Gymnasium



Laurel Room



Heather Room

All prices subject to GST where applicable.

Spring Artist Gallery

Discover local art in the
community at our
Spring Artist Gallery here at
Douglas Park
Community Centre.

Saturday May 11
12:30 PM-3:00 PM

FREE
499538



**Check out our weekly
programs and activities
for 2SLGBTQIA+ and
2STGD folks of all ages.**

vancouver.ca/park-board-pride



Pickleball - Recreational

55+ yrs

No Instructor

Pickleball is a combination of Ping-Pong, tennis, and badminton and has been enjoyed for over 20 years by people of all ages. This mini-tennis game is played by 2 people on a badminton-sized court using wood paddle racquets and a plastic, poly baseball with holes. This is for the beginner or recreational player and not for those that are competitive or advanced. Drop-in \$4 if space available. No session May 20.

M 1:00 PM-3:00 PM

Apr 8-Jun 17

\$33.33/10 sessions

503713

F 1:00 PM-3:00 PM

Apr 5-Jun 14

\$36.67/11 sessions

503716

Debunking Every Single Myth About Pickleball

19+ yrs

Chris Koentges

You've always been told there is a "right way" to play pickleball. But every new piece of advice you get seems to contradict the next. Each week, we will debunk the most glaring misconceptions about strategy, positioning, and shot selection. For intermediate players, seeking the truth about pickleball. Please bring your own racquet and ball. The first half of this lesson is a classroom discussion, followed by an hour in the gym where theory is turned into practice. Drop-in \$27. No session May 8

W 5:30 PM-7:00 PM

Apr 3-Jun 5

\$214.29/9 sessions

499824

The Art and Science of Higher Level Pickleball

19+ yrs

Chris Koentges

A unique class for advanced players who have confidence in all the basic shots, but are still figuring out when to use them. Focus on positioning, strategy, effective teamwork and a lively discussion about how the country's fastest growing sport continues to evolve. Please bring your own racquet and ball. Drop-in \$27. No session May 8

W 7:15 PM-8:45 PM

Apr 3-Jun 5

\$214.29/9 sessions

499826

Pickleball Lessons - Advanced Beginner Train and Play 2.5

19+ yrs

Walt Woo

If you have taken beginner lessons and played but feel you need more coaching, this is the course for you. You will be expected to know the rules and be able to keep a rally going. You will learn about court positioning, game strategies, development of consistent and directional shots, and reducing unforced errors. After instruction and practice, with constructive feedback, you will play games to solidify learning. Please bring your paddle and balls. Drop-in \$27 if space available.

Th 12:00 PM-1:30 PM

Apr 4-May 9

\$148.51/6 sessions

500155

Th 12:00 PM-1:30 PM

May 16-Jun 20

\$148.51/6 sessions

500160



Pickleball Drop-in Procedures



1. First priority of play given for those who are registered
2. Drop-in's only if space available
3. Drop-in's will be placed onto a wait list 15 minutes before start time, in-person at the front desk
4. Registered participants have until 10 minutes past the start time before their spot is sold

Pickleball Lessons - Intermediate Lessons Train and Play 3.0

19+ yrs

Walt Woo

Are you wondering about how to move up to the kitchen line with more ease and consistency, and how to strengthen your partnership? If so, this is the course for you. We will work on skill development as well as strategy to up your game. Self-assess accurately as suitability will be monitored. You should be able to serve, return serve, volley, dink, hit ground strokes, overheads and third shot drops with some consistency. Drop-in \$27.

Th 1:30 PM-3:00 PM

Apr 4-May 9

\$148.51/6 sessions

500162

Th 1:30 PM-3:00 PM

May 16-Jun 20

\$148.51/6 sessions

500166

Indoor Tennis - Beginner

19+ yrs

Mauro Liceaga Garcia

Never Played Before, Never touched a racquet! If you can rally-do not take this program. Players use low compression balls and are taught a very successful Beginner to Novice Skill Package and how to play and have fun.

M 6:15 PM-7:45 PM

Apr 8-Jun 3

\$266.67/8 sessions

500010

PHYSICAL RECREATION CONT'D

Tennis - Beginner

19+ yrs

Mauro Liceaga Garcia

Never Played Before, Never touched a racquet! If you can rally-do not take this program. Players use low compression balls and are taught a very successful Beginner to Novice Skill Package and how to play and have fun. Keep the Fun and run in your game though play and competition. Players in all levels have opportunities to get into classes through the Spring and Summer. Beginner and Novice and Novice Plus levels follow the Learn and Play Program focusing on foundational skills-Footwork; Ground Strokes & Serve: Intermediate players are assessed, given individual skill development goals and practice these through drills and competition.

Tu Th 5:00 PM-6:30 PM

May 7-May 16

\$138/4 sessions

500024

Tu Th 5:00 PM-6:30 PM

Jun 4-Jun 13

\$138/4 sessions

500026

**Tennis - Intermediate**

19+ yrs

Mauro Liceaga Garcia

You can play matches, singles and or doubles: You can serve, volley, and rally both sides. Coaches set individual goals; Stroke Improvement and more Evil and planned strategies will help you get more game & fun! Players in all levels have opportunities to get into classes through the Spring and Summer. Beginner and Novice and Novice Plus levels follow the Learn and Play Program focusing on foundational skills-Footwork; Ground Strokes & Serve: Intermediate players are assessed, given individual skill development goals and practice these through drills and competition.

Tu Th 6:45 PM-8:15 PM

Jun 4-Jun 13

\$138/4 sessions

500028

Tu Th 6:45 PM-8:15 PM

May 7-May 16

\$138/4 sessions

500653

Tennis - Novice

19+ yrs

Mauro Liceaga Garcia

You can rally the real ball, however you recognize that you would have more fun if you were consistent in all strokes. This is your level-you will take it a few times to get. Players in all levels have opportunities to get into classes through the Spring and Summer. Beginner and Novice and Novice Plus levels follow the Learn and Play Program focusing on foundational skills-Footwork; Ground Strokes & Serve: Intermediate players are assessed, given individual skill development goals and practice these through drills and competition.

Tu Th 5:00 PM-6:30 PM

May 7-May 16

\$138/4 sessions

500031

Tu Th 5:00 PM-6:30 PM

Jun 4-Jun 13

\$138/4 sessions

500036

Tennis - Novice Plus

19+ yrs

Mauro Liceaga Garcia

Get Fit: Learn New Skills: Novice Plus is where even more fun begins. Top Spin for your forehand, slice for the backhand and a consistent serve. Players will be introduced to tactics and strategies for singles and doubles. Players in all levels have opportunities to get into classes through the Spring and Summer. Beginner and Novice and Novice Plus levels follow the Learn and Play Program focusing on foundational skills-Footwork; Ground Strokes & Serve: Intermediate players are assessed, given individual skill development goals and practice these through drills and competition.

Tu Th 6:45 PM-8:15 PM

May 7-May 16

\$138/4 sessions

500038

Tu Th 6:45 PM-8:15 PM

Jun 4-Jun 13

\$138/4 sessions

500041

Heather Park

Located at 702 W 18th Ave

Note: Outdoor tennis lessons do not run if it is raining because it is not safe to play on wet and slippery courts.

**Boccia**

19+ yrs

Jade Wergler

Boccia is the Paralympic version of Bocce and is a sport of control and accuracy that can be played by anyone. Originally designed for people with severe cerebral palsy, it is now enjoyed by players with a wide variety of disabilities. Played individually, in pairs or teams, each side is given six balls, either red or blue, with the objective to throw balls as close as possible to the white target ball to earn points. All ages are welcome.

Tu 12:45 PM-2:15 PM

Apr 2-Jun 18

\$22.86/12 sessions

499822

Iyengar Yoga - Beginners **NEW**

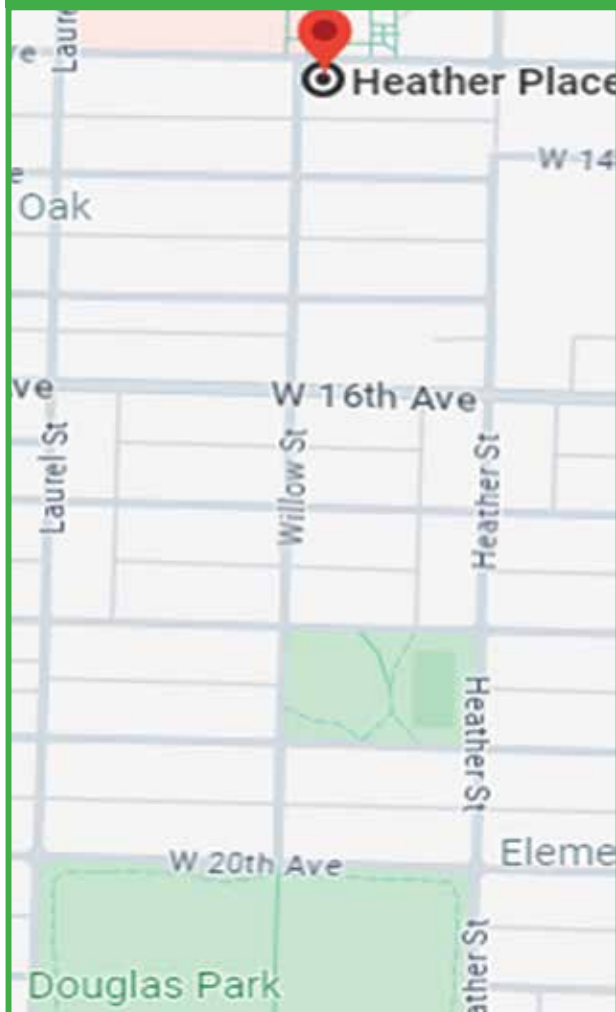
19+ yrs

Christine Rondeau

Are you keen to improve your flexibility, strength and awareness of your body? Then this class is for you. The Iyengar method focuses on alignment, mobility, longer holds and moving your body with precision and mindfulness. Iyengar yoga uses many props such as belts, bricks, chairs and bolsters making poses accessible to all body shapes, sizes and capabilities. Iyengar yoga is designed to take beginners through a series of movements building towards more advanced poses. It is thus perfect for those with stiff bodies, who can't sit on the floor or aren't keen on energetic workout classes. Christine has been practicing yoga for over 20 years and discovered the benefits of Iyengar yoga following multiple injuries. Program will be at Heather Place located at 774 West 13th Avenue No session Apr 30.
 Tu 3:45 PM-4:45 PM Apr 2-Jun 18
 \$187/11 sessions [498926](#)

Heather Place

Located at 774 West 13th Avenue



Iyengar Yoga - Level I and II

19+ yrs

Join this yoga class to increase your flexibility, strength and awareness of your body. The Iyengar method focuses on alignment, longer holds and moving your body with precision and mindfulness. Iyengar yoga uses many props such as belts, bricks, chairs and blankets making poses accessible to all body shapes, sizes and capabilities. Christine has been practicing yoga for over 20 years and discovered the benefits of Iyengar yoga following multiple injuries. Drop in \$19, space permitting. No session Apr 30.

Christine Rondeau

Tu 5:30 PM-7:00 PM

\$187/11 sessions

Apr 2-Jun 18

[498138](#)

Grant Richards at Tapestry

Th 5:30 PM-7:00 PM

\$204/12 sessions

Apr 4-Jun 20

[500001](#)

Hatha Yoga and Body Rolling

TAP

19+ yrs

Jennifer Rowbotham

This yoga combines breath and yoga postures (asanas) so the practitioner becomes aware of his/her body, breath and mind. It's both relaxing and challenging. Learn where you hold tension and emotion and how to breathe to calm the body and mind. Postures are held for an extended period of time and some partner work is involved. Body rolling helps release tension in the muscles and increases flexibility. Please Note: Body rolling balls may be purchased through the instructor for \$50.40-\$56.00. Contact jarowbotham@shaw.ca. If trying a class for the first time, students may borrow a ball from the instructor. Classes held at the Tapestry Community Room: 2821 Heather St. Drop-in \$17 space permitting. Drop-in paid that evening at community centre

Th 7:30 PM-9:00 PM

\$180/12 sessions

Apr 4-Jun 20

[499998](#)

Yin Yoga

19+ yrs

Jeannie Chan

Yin Yoga is a style of slow-paced yoga that involves long holds in various seated and reclined poses to access deeper layers of fascia and a quieting of the mind. Beginners and regular yoga practitioners are welcome. Drop-in \$23 if space available.

Th 7:15 PM-8:15 PM

\$147/7 sessions

May 9-Jun 20

[496322](#)

Yoga for Aging Well

55+ yrs

Joan DeVerteuil

Your safety, and a pain-free practice, are of highest priority. Yoga can improve your flexibility, mobility, balance, bone density, and strength. In addition to physical health benefits, yoga has a calming effect on the mind and nervous system. Drop-in \$17 if space available. No session May 3.

M 11:00 AM-12:00 PM

\$84/6 sessions

Apr 8-May 13

[496770](#)

M 11:00 AM-12:00 PM

\$70/5 sessions

May 27-Jun 24

[496791](#)

F 1:30 PM-2:30 PM

\$84/6 sessions

Apr 5-May 17

[496796](#)

F 1:30 PM-2:30 PM

\$70/5 sessions

May 24-Jun 21

[496797](#)

FITNESS CONT'D

Boogie Boot Camp

19+ yrs

Asal Nikooupour

Get your cardio and full body strength training in one class! This high energy program incorporates dance and strength movements with only using your body weight into a one hour of sweaty fun. The first half of the class is 'follow the leader' choreographed dance fitness moves with lots of squats and lunges for a killer cardio workout. The second half of this class focuses on strength training using your own body weight to targeting the arms, core and lower body. All of these movements are done to the beats you know and love. Don't forget to bring a yoga mat and your water. Drop-in \$14.

Tu 7:00 PM-8:00 PM

Apr 2-May 7

\$72/6 sessions

499815

Tu 7:00 PM-8:00 PM

May 14-Jun 18

\$72/6 sessions

499816

Zumba

19+ yrs

Perfect for everybody and every body! Each Zumba® class is designed to bring people together to sweat it on. A total workout, combining all elements of fitness - cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. Drop-in \$14.

Maira Daiha

Tu 9:30 AM-10:30 AM

Apr 2-May 7

\$72/6 sessions

496265

Tu 9:30 AM-10:30 AM

May 14-Jun 18

\$72/6 sessions

496267

Th 7:00 PM-8:00 PM

Apr 4-May 9

\$72/6 sessions

496269

Th 7:00 PM-8:00 PM

May 16-Jun 20

\$72/6 sessions

496271

Asal Nikooupour

Th 9:30 AM-10:30 AM

Apr 4-May 9

\$72/6 sessions

499817

Th 9:30 AM-10:30 AM

May 16-Jun 20

\$72/6 sessions

499819

Hula Hooping

19+ yrs

Fernanda Petour

During the hula hoop class, you will learn basic and medium difficulty tricks, how to warm up and stretch your body for the different exercises. Finally, we will build a choreography together! If you want to learn a new way of knowing and moving your body, let's have fun together! Drop in \$22.

Tu 7:15 PM-8:30 PM

Apr 2-May 7

\$120/6 sessions

496351

Tu 7:15 PM-8:30 PM

May 14-Jun 18

\$120/6 sessions

496353

Belly Dance For Fun and Fitness

19+ yrs

Sylvie Royer

The ancient art of getting together and celebrating life to middle eastern, Egyptian and North African music and drum beats. Learn the movements that help strengthen your core, your pelvic floor, and your self confidence while increasing your circle of friends and general happiness. Drop-in \$14.

W 7:15 PM-8:15 PM

Apr 3-Jun 5

\$120/10 sessions

500082

Brazilian Rhythms

19+ yrs

Maira Daiha

Brazilian Rhythms is a program that explores the Brazilian culture through dance. Classes are all levels where you can expect to push your limits and gain physical strength. You will learn new rhythms in diving into the Brazilian culture. Drop-in \$20 if space available. No session May 18

Sa 9:15 AM-10:15 AM

Apr 6-Jun 15

\$160/10 sessions

496273

Baby and Mommy Dance Time

19+ yrs

Maira Daiha

This is a baby-friendly class, where you'll be able to dance a variety of upbeat songs, with no judgments! This class is a great way to socialize with other moms and get a well-deserved dance time you need. This is a beginner-friendly class, no dance experience is required. Breaks for feedings or soothing are encouraged. Women should be 4+ weeks postpartum (6 weeks for cesareans); consult your care provider before attending. It's recommended to use a baby carrier or a sling. No session May 18

Sa 10:30 AM-11:15 AM

Apr 6-Jun 15

\$160/10 sessions

496275



Follow us! @DOUGLASPARKCC

Visit our website! www.douglasparkcc.org

Douglas Park Runners **NEW**

19+ yrs

Tim Verkerk

A social run group that meets three times a week. This group will help you improve your running fitness, have you run in a social environment, help you meet your running goals and push you to improve. We run in various pace group so no one will run alone. Pre-requisite: You must be capable of running a minimum of 6km at a minimum of 6 minutes and 30 seconds pace. You should be able to run for 45 minutes on Tuesdays and Thursdays and 1 hour on Saturday (not continuous with stops at lights, regrouping etc.) No session May 18.

Tu Th Sa 6:00 PM-11:30 AM

Apr 2-Jun 22

\$86/35 sessions

503642

Wah Tor Chi Kung (Qigong) for Health

19+ yrs

Florence Chan and Tuen Hing Tse

Beginners' Level Chi Kung is an ancient Chinese exercise working with our vital energy through conscious effort. It is in combination of relaxation, breathing technique and coordinated movement to improve and maintain physical and mental wellness. Students will experience the benefits of Chi Kung through relaxation of body and mind, deep breathing and gentle stretching and slow, graceful movement. No prerequisite is required and anyone even with existing health issues are welcome.

Th 6:00 PM-7:00 PM

Apr 4-Jun 20

\$153.14/12 sessions

500270

Tai Chi Kung Fu Fan with Health Qi Gong

19+ yrs

Amy Li Hua Zhu

Tai chi kung fu fan using a traditional hand held fan is a physical exercise that is colourful and attractive. It is a fitness exercise with graceful movement and creates happy moods. A popular form of tai chi that is enjoyed by many! Drop in \$15. No session May 19

Su 1:50 PM-2:45 PM

Apr 7-Jun 16

\$134/10 sessions

500272

Tai Chi Yang Style 22 Form

19+ yrs

Amy Li Hua Zhu

This Yang Style Tai Chi is short and concise, encompassing the traditional poses as its main movements are closely integrated and flows naturally. The presentation of the "cloud hand" movement is an eye opener proven to enhance and improve health. This Tai Chi Style is a suitable for every age group and is appreciated by Tai Chi lovers around the world. This class is instructed by master Amy Zhu who was a disciple of Grand Master Yang Jun (5th Yang Family Tai Chi Chuan Lineage Holder, national Tai Chi champion and certified Tai Chi instructor. Drop in \$15. No session May 19

Su 2:50 PM-3:50 PM

Apr 7-Jun 16

\$134/10 sessions

500273

International Line Dance (Intermediate)

19+ yrs

Angela Wei

Move to the melodies of old favourites and today's hits. Experience the joy of music while exercising, relieving stress, and meeting friends through Line Dance. This class is instructed in Mandarin and English.

W 1:00 PM-2:30 PM

Apr 3-Jun 19

\$72/12 sessions

499425

Little Mountain Step'n Clog - Beginner

19+ yrs

Come join Little Mountain Step'n Clog for English clog and step-dancing lessons at Douglas Park Community Centre. All dancers need to start are hard-soled shoes and an interest in traditional dance. All beginners welcome! No dance experience necessary (although tap dance or other foot percussion dance, e.g., flamenco, and drumming are good backgrounds)Classes on: April 13, 20; May 4, 11; June 8, 15

Sa 1:00 PM-2:00 PM

Apr 13-Jun 15

\$14.1/6 sessions

503022

Strength and Balance

55+ yrs

Asal Nikoopour

This balance and mobility program for older adults will help improve your functional mobility, increase lower & upper body strength, improve balance and reduce fall risk.

M 9:30 AM-10:30 AM

Apr 8-May 13

\$90/6 sessions

505671

M 9:30 AM-10:30 AM

May 27-Jun 24

\$75/5 sessions

505672

W 9:30 AM-10:30 AM

Apr 3-May 15

\$105/7 sessions

505673

W 9:30 AM-10:30 AM

May 22-Jun 26

\$90/6 sessions

505674

**VISUAL ART****Embroidery: Hand sewing stitches** **NEW**

19+ yrs

Suzan Lee

Learn embroidery fundamentals including traditional and popular stitches to personalize or mend items mindfully and beautifully. If you like, bring with you any hand sewing supplies you already have to assess and explore creatively. No prior experiences necessary. All tools and materials provided.

Th 6:15 PM-8:45 PM

May 23

\$59.95/1 sessions

503026

VISUAL ART CONT'D

Longstitch Leather Bookbinding

19+ yrs

Suzan Lee

Learn a Medieval technique practiced by both guild bookbinders and laymen. Students will complete a leather bound book ideal for artwork or journaling. All materials and tools will be provided.

Th 6:15 PM-8:45 PM

Apr 4-Apr 4

\$64.95/1 sessions

503025

Watercolour 101

19+ yrs

Chloe Greenberg

Learn brushstrokes, explore wet-on-wet and dry-brush techniques, and understand colour mixing, tonal value, and harmony. By the end of this program, you'll have a solid foundation in watercolour painting.

Tu 6:15 PM-8:15 PM

Apr 09-May 14

\$204/6 sessions

502632

Tu 6:15 PM-8:15 PM

May 21-Jun 25

\$204/6 sessions

505149

Watercolour Paint Night

19+ yrs

Chloe Greenberg

M 6:15 PM-8:15 PM

Apr 26

\$50/1 sessions

505150

Birds

M 6:15 PM-8:15 PM

May 6

\$50/1 sessions

504173

Meditative

F 6:15 PM-8:15 PM

Jun 21

\$50/1 sessions

504174

Adult Pottery - Beginner

19+ yrs

The class will begin with guided projects in slab, coil, and pinch pot building and move on to wheel work and surface treatment. Purchase clay at the first class. No session May 18.

Robyn Williams

W 9:30 AM-12:30 PM

Apr 10-Jun 5

\$385.71/9 sessions

496193

Th 9:30 AM-12:30 PM

Apr 11-Jun 6

\$385.71/9 sessions

496194

Gus Brown

Sa 12:30 PM-3:30 PM

Apr 6-Jun 8

\$385.71/9 sessions

496336

Adult Pottery - Intermediate

19+ yrs

Focus on hand building techniques, pinching, coiling, soft slab construction and the wheel. We will also investigate form and surface decoration with sgraffito, stamps, underglaze and glaze. Class suitable for all levels. Purchase clay at first class.

Laura Van Der Linde

Tu 1:30 PM-4:30 PM

Apr 9-Jun 11

\$428.57/10 sessions

496191

Tu 5:30 PM-8:30 PM

Apr 9-Jun 11

\$428.57/10 sessions

496192

Brianne Siu

F 5:30 PM-8:30 PM

Apr 5-Jun 7

\$428.57/10 sessions

496279

Adult Pottery - Intermediate and Advanced

19+ yrs

Take your throwing and hand-building skills to the next level in this class. Learn to hand-build and/or throw larger and more complex forms, improve piece throwing skills through repetition and development drills, and build a repertoire of surface decorating techniques including texturing, carving, sgraffito and photo lithography. Experience recommended. Purchase clay at the first class. No session May 20.

Sarah Cherin

M 5:30 PM-8:30 PM

Apr 8-Jun 3

\$342.86/8 sessions

496198

F 9:30 AM-12:30 PM

Apr 5-Jun 7

\$428.57/10 sessions

496199

Robyn Williams

W 5:45 PM-8:45 PM

Apr 10-Jun 5

\$385.71/9 sessions

496195

Th 5:45 PM-8:45 PM

Apr 11-Jun 6

\$385.71/9 sessions

496196

**How to Build a Sketchbook Habit**

NEW

19+ yrs

Nishant Jain

Learn to use a sketchbook habit as a way to be more mindful and observant of their environment. The techniques of this workshop will teach participants to draw from observation. Nishant will share ideas to help participants both start and finish their sketches quickly, to get over initial hesitations, and to trust their creative instincts.

Sa 11:00 AM-2:00 PM

May 04

\$125/1 sessions

503027

Sa 11:00 AM-2:00 PM

Jun 08

\$125/1 sessions

503826

Art of the Journal

19+ yrs

Lynna Goldhar Smith

Did you know that one of the most effective forms of self-care is also one of the least expensive? Your journal can be a trusted friend, a therapist in a book, an idea generator, a memory keeper, a habit tracker, a fitness log, a dream decoder, a problem solver and more. It can spark imagination, ignite creativity, help you make decisions and enhance mental health. It can be a daily planner or a dream-decoder. It can be a great way to develop your creative writing ideas, and transform your life experience into books, plays, screenplays or other forms of expression. In this course, you will learn 22 techniques all leading to a meaningful journal practice. If you have always wanted to start the journal habit and reap some of the benefits. This class is a great way to start. Please bring a journal to the class.

M 6:30 PM-8:00 PM

Apr 22-Jun 3

\$110/6 sessions

503306

Dog Obedience - Adolescent Antics 19+ yrs

DOGSmart Training

This class helps strengthen the human relationship with their teenage canine companion. Duration of behaviours are taught through the definition of and practice of criteria. Topics covered include: luring, capturing and shaping behaviours, settle vs down vs calm, relax around the environment, tiredness vs overstimulating. Prerequisite: Your dog must be over 6 months of age and have been introduced to basic obedience skills. Please equip your dog with a flat buckle collar, front buckle harness, or head-halter for all classes. All other types of collars including pinch, choke, martingale, and shock collars, as well as retractable leashes are not permitted. No fearful dogs. No aggressive dogs towards other dogs or people.

M 6:30 PM-7:30 PM May 27-Jun 24
\$208.33/5 sessions 499714

Dog Obedience - Come When Called In and Outdoors

19+ yrs

DOGSmart Training

Are you getting tired of shouting at your dog to come back? Are you wondering why your dog doesn't come back? Learn easy and fun steps of a wagging tail recall so that you and your dog can enjoy off-leash activities. This is a fun class yet the team requires basic obedience skills such as focus, sit, down, and stay. Dogs must be 6 months or older.

M 7:40 PM-8:40 PM May 27-Jun 24
\$208.33/5 sessions 499718

Dog Obedience - Leave It (6 mnths+) 19+ yrs

DOGSmart Training

In this program, we'll teach you and your dog all about the importance of impulse control while helping you train your dog to 'leave it' on cue! Prerequisite: Dogs must be 6 months and older. Please equip your dog with a flat buckle collar, front buckle harness, or head-halter for all classes. All other types of collars including pinch, choke, martingale and shock collars, as well as retractable-leashes are not permitted. No fearful dogs. No aggressive dogs towards dogs or people.

M 6:30 PM-7:30 PM Apr 8-May 13
\$250/6 sessions 499711

Dog Obedience - Walk This Way 19+ yrs

DOGSmart Training

In this class we will teach you some unique ways to teach your dog how to walk calmly beside you all in a fun and friendly environment. This will be an indoor and outdoor class. No new registrations after week 1. Pre-requisite - Completion of a Puppy SmartStart or Beginner Life Skills program or equivalent in order to register and attend this course. Please equip your dog with a flat buckle collar, front buckle harness, or head-halter for all classes. All other types of collars including pinch, choke, martingale and shock collars, as well as retractable-leashes are not permitted.

M 7:40 PM-8:40 PM Apr 8-May 13
\$250/6 sessions 499712

How to Avoid Cancer: Total Control of Our Health

19+ yrs

Hisao Ichikawa

No matter how sick and how old we are, it is never too late to start walking towards optimum health. We will look into: Communicating with our bodies, food as medicine, Yin and Yang, anti-inflammatory food, probiotics and prebiotics.

W 6:45 PM-8:45 PM May 29
\$10/1 sessions 496085

Spanish Conversation Beginners with Rossana

19+ yrs

Rossana Mariezcurrena

Come and practice, have fun speaking Spanish with role playing and practical situations. An opportunity to put into practice what you have learned. Learning languages improves cognitive functions. Beginners and low level of knowledge. Drop in \$20. No session May 19.

Su 1:00 PM-2:15 PM Apr 7-Jun 16
\$200/10 sessions 500673

Spanish Conversation Intermediate with Rossana

19+ yrs

Rossana Mariezcurrena

Low medium and medium level of knowledge or if you are patient you could fit also if you have another level. Drop in \$20.

Th 6:30 PM-7:45 PM Apr 4-Jun 6
\$200/10 sessions 500675

Interior Design Fun! Small Spaces 19+ yrs

Barbara Smyth

Whether it is a space for personal enjoyment or part of a potential career, you will learn the foundations of interior design. A creative journey that allows you to express your design style with a focus on health and wellbeing.

Award-winning Barbara Smyth IDC, LEED AP with over 30 years of experience, will help you start your project successfully. You will discover how to design a floor plan, set up furniture, select colors and lighting, manipulate textures and materials, and apply all of this knowledge to small spaces. To learn more, kindly visit my website:

www.interiordesignschool.com

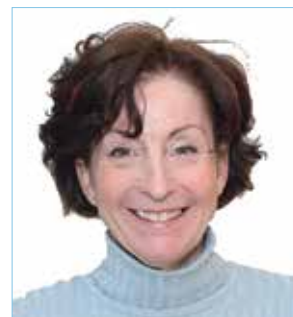
Portfolio www.vancouverofficedesign.com/residential

Tu 6:15 PM-7:30 PM

Apr 16-May 14

\$108/5 sessions

500271



Sign up for our newsletter and be the first to find DPCC's latest news, programs, contests, events and more!
www.douglasparkcc.org

Sign up Today!

EDUCATION CONT'D

Bread Baking**NEW**

19+ yrs

Vinaya Waghmode

The course will teach a few different styles of bread that can be easily made at home. You will learn a savory Pesto cheese challah, Dinner rolls and Roti. You will also get more recipe ideas for the challah bread. In this course you will learn enriched breads, simple dinner rolls and an uber simple Indian style roti.

Su 11:30 AM-3:00 PM

Apr 24

\$55/1 sessions

505090

Get Into Improv!**NEW**

19+ yrs

Erin Purghart

In this improv taster class, we'll play games, step outside our comfort zones, step into spontaneity, and most importantly, have a great time doing it! Whether you're a former theatre kid, a fan of Whose Line Is It Anyway? or simply want an excuse to cut loose, this class is for you! All experience levels welcome.

Sa 1:15 PM-3:15 PM

May 25

\$35/1 sessions

503824

Self Care Workshop

19+ yrs

Brian Jang

You will discuss a variety of topics and how it effects your overall well-being. Topics include stress, anxiety, nervous system, pain science, bridging western medicine science and traditional eastern oriental medicine, lifestyle medicine, fitness and sleep.

Th 6:30 PM-8:30 PM

May 9

\$10/1 sessions

503304

FITNESS

Zumba Gold

19+ yrs

Asal Nikooupour

Zumba Gold is a low-impact dance-fitness class for beginners and seniors that uses fun music with easy-to-follow move to create a dynamic and fun fitness class. Zumba Gold classes strive to improve our strength, balance, flexibility and most importantly, the heart. Drop in \$14

F 11:45 AM-12:40 PM

Apr 5-May 10

\$72/6 sessions

499820

F 11:45 AM-12:40 PM

May 17-Jun 14

\$60/5 sessions

499821

Callanetics**NEW**

19+ yrs

Linda Shedden

The CALLANETICS exercise method is a total body conditioning workout. CALLANETICS uses a combination of mat work and ballet inspired leg work, precisepositioning and tiny movements. CALLANETICS is a gentle yet challenging exercise class that strengthens and tones your musclesfast.

W 10:45 AM-11:45 AM

Apr 10-Jun 19

\$187/11 sessions

503806

Yoga for Aging Well

55+ yrs

Joan DeVerteuil

Whether you're brand new to yoga or a seasoned practitioner, this all-levels yoga class is ideal for you. Your safety, and a pain-free practice, are of highest priority. Yoga can improve your flexibility, mobility, balance, bone density, and strength. Drop-in \$17 if space available. No session May 3.

M 11:00 AM-12:00 PM

Apr 8-May 13

\$84/6 sessions

496770

M 11:00 AM-12:00 PM

May 27-Jun 24

\$70/5 sessions

496791

F 1:30 PM-2:30 PM

Apr 5-May 17

\$84/6 sessions

496796

F 1:30 PM-2:30 PM

May 24-Jun 21

\$70/5 sessions

496797

Free Hearing Screening Clinic**NEW**

55+ yrs

Katarina Vavrovicova

Many people don't realize they have hearing loss. Your ears collect sound but it's your brain that actually understands it. That's why good hearing helps your brain stay fit throughout your life and helps avoid many other health problems. Provided by Dr. Katarina Vavrovicova, Au.D., RAUD from Echo Hearing Care

Tu 3:00 PM-3:15 PM

Apr 23

FREE/1 sessions

503807

Tu 3:15 PM-3:30 PM

Apr 23

FREE/1 sessions

503808

Tu 3:30 PM-3:45 PM

Apr 23

FREE/1 sessions

503809

Tu 3:45 PM-4:00 PM

Apr 23

FREE/1 sessions

503810

Tu 4:00 PM-4:15 PM

Apr 23

FREE/1 sessions

503811

Tu 4:15 PM-4:30 PM

Apr 23

FREE/1 sessions

503812

Tu 4:30 PM-4:45 PM

Apr 23

FREE/1 sessions

503813

Tu 4:45 PM-5:00 PM

Apr 23

FREE/1 sessions

503814

SOCIAL

Social Club

19+ yrs

Non Instructional

The Social Club for people with disabilities has been meeting at Douglas Park Community Centre since 1968. It is a social, recreational, and supportive environment where people come for friendship and connection. We are very inclusive; all are welcome to come and participate. No session May 20

M 2:15 PM-4:15 PM

Apr 8-Jun 17

FREE/10 sessions

500169

Seniors Tuesday Social

55+ yrs

Spend a delightful afternoon enjoying games, workshops, movies, special events, socializing and meeting new seniors.

Tu 1:30 PM-3:30 PM

Apr 9-Jun 18

FREE/11 sessions

500269



Private Music Lessons

Private piano programs are 30 minutes. Private violin programs are 1 hour.

Please check online to find the activity number Recreation.vancouver.ca

Sunday	Monday	Thursday	Saturday
Piano Lesson (6+ yrs) Kenny Ngo 9:30AM- 3:30PM Apr 7-Jun 16 \$260/10 sess	Piano Lesson (6+ yrs) Kenny Ngo 3:30PM- 8:30PM Apr 8-Jun 17 \$260/10 sess	Piano Lesson (5+ yrs) Mahta Razavi 5:00PM- 8:00PM Apr 4-Jun 20 \$312/12 sess	Violin Lesson (5+ yrs) Ali Nourbakhsh 10:00AM-1:00PM Apr 6-May 11 \$354/6 sess May 25-Jun 22 \$295/5 sess

PIANO

Piano Lessons

6+ yrs

Kenny Ngo and Mahta Najafian Razavi

Learn piano from a qualified, experienced instructor. The 30 minute private lessons focus on basic understanding of playing the piano in a safe, fun and friendly environment. Lessons are catered according to the student age and ability. All ages and adult students welcome. No session May 19 and 20.

[VIEW AND REGISTER ONLINE](#)

VIOLIN

Violin Lessons - Private

5+ yrs

Ali Nourbakhsh

1 hour long sessions. 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 Royal Conservatory of Music exams is a possibility for those who wish to have their learning level recognized. [VIEW AND REGISTER ONLINE](#)

SENIORS SOCIAL

Tuesdays, 1:30pm-3:30pm
#500269



Hearing Loss



Hand Arthritis



Acrylic Painting



Sleep



Zumba



Hip and Knee Arthritis



Rhythm Circle



Falls Prevention



Navigating the Health Care System



Pain Management & Arthritis



LUNCHEON




*Subject to change

All prices subject to GST where applicable.

All Bodies Community Recreation And Fitness Vancouver Park Board

April 2-June 28

No classes stat holidays nor stat holiday weekends

MON	TUE	WED	THU	FRI	SAT	SUN
Unison Circuit Online 9:15-10:15am	Core & Balance Online 11am-12pm	Unison Circuit Online 9:15-10:15am	Roll & Stretch Online 11am-12pm			
		Free Workshops Hillcrest 9:30-11:15am Register by topic				Active & Strong Douglas 10:00-11:00am
Active & Strong Trout 11:00-12:00pm	Active & Strong Hillcrest 10:15-11:15am	Active & Strong Trout 11:00-12:00pm	Active & Strong Hillcrest 10:15-11:15am	Active & Strong Trout 11:00-12:00pm		Recumbent Kensington 11:30-12:30pm Invitation only
	Hip & Knee Hillcrest 11:30-12:30pm Register-496239	Qi Gong Kensington 11:30-12:30pm	Hip & Knee Hillcrest 11:30-12:30pm Register-496238		 <p><i>For more information about ABC programs, schedules changes, and program up dates scan here.</i></p>	
Hip & Knee False Creek 1:30-2:30pm Register-496236	Stand/Strong & Balance Hillcrest 12:45-1:45pm Register-496248	Walk/Strong & Balance False Creek 1:00-2:00pm	Stand/Strong & Balance Hillcrest 12:45-1:45pm Register-496246			
	Stand/Strong & Balance Hillcrest 1:45-2:45pm Register-496249	Stand/Strong & Balance Kensington 1:00-2:00pm Register-502021	Stand/Strong & Balance Hillcrest 1:45-2:45pm Register-496247			
		Walk/Strong & Balance Kensington 2:15-3:15pm	Free Workshops Mount Pleasant 1:00-2:30pm Register by topic			

All programs require Master Roster Registration - activity number 496241

****Free Workshops and Specialty programs require additional registration****

Purchase an ABC drop in, an ABC 10 pass card or an ABC flexi pass

Hip & Knee Kensington 5:30-6:30pm	Recumbent Kensington 5:00-7:00pm Invitation only	Introduction to Walking Soccer Douglas Park 2:45-3:45pm	Recumbent Kensington 5:00-7:00pm Invitation only	Yoga & Relaxation Kensington 5:30-6:30pm		
Active & Strong Hillcrest 5:45-6:45pm	Strength & Core Kensington 6:00-7:00pm	Strength & Core Douglas Park 6:00-7:00pm	Strength & Core Kensington 6:00-7:00pm	Learn to Play Sledge Hockey Hillcrest Rink 5:15-6:15pm		
Free Workshops Hillcrest 6:00-7:30pm Register by topic	Multi-Sports Hillcrest 6:15-7:15pm		Cycle Intro Hillcrest 6:00-7:00pm Register Monthly			
			Walking Soccer Back in September			
HILLCREST Community Centre	TROUT LAKE Community Centre	FALSE CREEK Community Centre	KENSINGTON Community Centre	DOUGLAS PARK Community Centre	MOUNT PLEASANT Community Centre	ONLINE

Online classes are currently complimentary, to attend join our elist

For more ABC information contact kate.lee@vancouver.ca

Led by qualified, fitness, yoga and other professionals specializing in making your exercise experience positive.

Register at douglasparkcc.org or www.vanrec.ca Phone: 604-257-8130 ext 1

ACHIEVE YOUR FITNESS GOALS

Work with our Personal Trainer Angela Ford to help you achieve your fitness goals!

We are pleased to welcome Angela Ford to Douglas Park as our on site personal trainer! Angela is a certified trainer with the BCRPA. Angela offers personal strength and fitness training as well as Introductory beginner fitness training. If you would like to inquire about personal training or booking times, please contact Dominic Ponce at Dominic.Ponce@vancouver.ca or 604-257-8110.



I am passionate about fitness and enjoy a healthy and active lifestyle with a wide variety of activities including team sports, paddle boarding, kayaking, swimming, pickleball, tennis, skiing and of course walking my dog, Marley.

My other passion is travel. I have trekked through the jungles in South East Asia, cycled the wine regions of Argentina, sailed the Australian Great Barrier Reef and survived cycling down the world's most dangerous road in Bolivia on a mountain bike! My career highlights include owning and operating a successful luxury dog daycare for small dogs and an organic smoothie company located at the BC Ferries Terminal on Vancouver Island.

Expertise:

- Third Age (45 years +) Fitness and Flexibility Programs
- Seniors Strength Training and Stretch Programs
- Women's Weight Training and Weight Loss Programs
- Introductory/Beginner Fitness

Personal Training

- Cost \$60/session
- 5 Session Personal Training Package: \$300 • 5 Session Group Training Package: \$215/person



Fitness Centre Hours

Monday-Friday 7:30AM-8:45PM
Saturday-Sunday 9:00AM-3:30PM

Pass Packages	Douglas Park Pass	Vancouver Parks Flexipass
10 Visit Pass	\$35.00	\$66.69
One Month Pass	\$31.90	\$59.95
Three Month Pass	\$60.00	\$161.87
Twelve Month Pass	\$180.00	\$517.97

All prices subject to GST where applicable.



DOUGLAS PARK COMMUNITY CENTRE

Easter Eggstravaganza

1-9 yrs

Join us for Eggciting activities,
indoor egg hunt and the Easter Bunny!

Event held in Gymnasium.
Suitable for children ages 1 to 8 years.
Please pre-register in advance.
\$5/child (Under 1 is free).
Children must be
accompanied by an adult.

Saturday April 6 from 10:00 AM-12:00 PM

\$5/1 sessions [499446](tel:499446)

Douglas Park Community Day

**Saturday
June 22
11am-2pm**

Fun for the whole family

Come join us for our
Douglas Park Community Day festivities!
There will be games, food,
bouncy castle, and performances in the
park for an afternoon of fun! [499455](tel:499455)