



DOUGLAS PARK
COMMUNITY CENTRE

Recreation Guide

Winter 2024



Winter
Registration starts
December 5
at 7pm

SEARCH AND REGISTER FOR PROGRAMS at www.douglasparkcc.org **FOLLOW US** at [@douglasparkcc](https://www.instagram.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



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.

We have much to keep you warm and active this winter in our Winter 2024 brochure. Thank you to our Park Board programmers for searching out new activities for the Douglas Park community each season. Winter 2024's new programs include: Parent and Tot Dance, Design Thinking for Children – Creative Problem Solving, Strong HIIT Conditioning, Watercolour 101, Dog Obedience – Leave It, Self Care, Interior Design, and Family Finances – RESP's, Trusts and Estates.

The centre is continuing its re-activation of programming post-pandemic and is pleased to be able to offer Hatha Yoga and Body Rolling Thursday nights at Tapestry.

The annual general meeting of the Douglas Park Community Association was held on November 21st at which time directors were elected and auditors were appointed for the 2023/24 fiscal year. You can find our Annual Report on our website at douglasparkcc.org. The board is currently focussing on updating the DPCA strategic plan based input from community members in our 2022 Needs Assessment and working on the key findings of the Needs Assessment which included:

- Loud and clear support for the conversion of the existing wading pool at Douglas Park converted to a new spray park;
- A need for more in-person interactions. Such interactions could be promoted through a café at Douglas Park, more benches, picnic tables and picnic shelters; and
- A desire for better fitness opportunities which could include an enhanced fitness studio centre and fitness studios (e.g. yoga and spin).

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

Sincerely,
Christine Coleman
President, Douglas Park Community Association

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Registration starts



Online VANREC.CA Tuesday December 5
In-person Registration starts 7:00pm



By Phone Wednesday December 6
604-257-8130 ext. 1 Registration starts 8:00am

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

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



provided by TELUS

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.

ROOM RENTALS

Planning an event, meeting or social party? Our facilities are affordable, clean and located right in your community. We can accommodate events from 10 to 50 people with a variety of room sizes to choose from. Facility room rental rates are based on room type and operating/non-operating hours of availability. For more information please email douglaspark.communitycentre@vancouver.ca

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

December 23-January 1 & February 17-19 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

All prices subject to GST where applicable.

Douglas Park Licensed Preschool

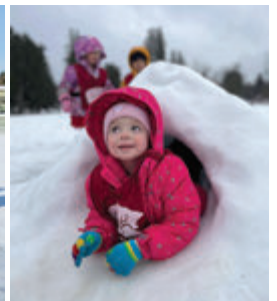
Please view our preschool open house blog to get a sneak peek into the preschool classroom, Teacher Bios, Learn more about activities that may happen in the classroom and our philosophy.

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.



2023-2024 Fees and Times



3 Year Olds \$252/mth
Tues/Thurs-Morning
9:15am - 11:30am
454187

4 Year Olds \$350/mth

Mon/Wed/Fri-Morning
8:30am - 11:30am
454181

3 & 4 Year Olds Split \$303/mth
Mon/We/Fri-Afternoon
12:15pm - 2:45pm 454196



3 Year Olds \$415/mth

Mon - Fri-Morning
9:15am - 11:30am
454273

4 Year Olds \$473/mth
Mon - Fri-Afternoon
12:15pm - 2:45pm 454274

The preschool program has been approved for the Child Care Fee Reduction Initiative through the government.

The reduced amount is unknown at this time.

If the CCFRI is no longer available, the above noted monthly fee is the base fee for the preschool class.

APR
3

2023-2024 Preschool Registration

If your child was born 2021 they are eligible for enrollment in the 3 year old program for 2024-25 school year.

ONLINE registration for the 3 year old 2024-25 preschool program is on **Wednesday April 3, 2024 at 7:00pm**

The remaining 4 year old* spaces will also be open for enrollment. *4 year old registrants must have been born in 2020.

MAR
13

Sibling Priority Registration

If you have a child born in 2021 and want to register for the 2023-24 preschool year, we have sibling priority available. Children with a sibling who attended Douglas Park Preschool in previous years are eligible.

Applies only to new 3 year old spaces, not 4 year old spaces!

**Priority Registration: IN PERSON
ONE DAY ONLY: Wednesday March 13, 2024, 8:30am-12:00pm**

Anyone missing this date will register on the general public registration day

Please Note: Our current preschool families that have a child born in 2021 have priority registration for these spaces in advance of these dates. We do not keep pre-registration waitlists.

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

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

Licensed School Age Care

All of our programs are currently full. Please contact the front office or **Rosie** at **604-257-8134** 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).

For more information please contact Rosie at rosie.laforges@vancouver.ca

Current Fees and Times 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 registration with an additional cost to the monthly fee. Morning Care is only available to those who have an Aftercare space. Internal families get priority registration on all camps.

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



APR

4

Kindercare 2023-2024 Registration

Registration begins online on Thursday April 4, 2024 @ 7:00pm

Emily Carr Reg #488866 | Edith Cavell Reg #488867

This registration is only for children registering into Kindergarten for the 2024-2025 school year.

Your child must be born in 2019. If your child is born in 2018 and is registering for Kindergarten, please contact us by email in advance of this registration. This registration is only for the Kindergarten year.

If your child does not get a Kindercare space at this time, you will need to contact Douglas Park in May 2025, to go on the Gr. 1 and Up ongoing waitlist for Emily Carr and Edith Cavell.

Re-Opening of Cavell afterschool program.

We will update the Cavell PAC as we have information to share with the families.

We are hopeful to have this in operation soon.

SAC Spring Break Camp 2024

(Kindergarten -12 yrs old)

Registration ONLINE - No single day registration.

Child must be in Kindergarten or older. Camp is from 8:00am - 5:30pm
Calendar of activities will be available at the office in starting February 21, 2024.

REFUND POLICY: In order to receive a refund, final day to withdraw is February 26, 2024.
If notice is given on February 27, 2024 or later, no refund will be given.

Note: This camp is a licensed camp and part of our Licensed Child Care program therefore there are only a minimal number of spaces available to the public for this registration.
Families that are currently registered in our aftercare program will get priority registration on all other spaces.

Week 1
March 18-22
488818 \$275/5 sessions

Week 2
March 25-28
488825 \$220/4 sessions

(March 29 closed for STAT)

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 Feb 19.

M 9:00 AM-11:00 AM

Jan 8-Mar 11

\$45/9 sessions

483699

W 9:00 AM-11:00 AM

Jan 10-Mar 13

\$50/10 sessions

483700

F 9:00 AM-11:00 AM

Jan 12-Mar 15

\$50/10 sessions

483701



Parent and Tot Gym have 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

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 Feb 17.

Tu 11:30 AM-12:15 PM

Jan 9-Mar 5

\$135/9 sessions

479361

Sa 10:15 AM-11:00 AM

Jan 13-Mar 9

\$120/8 sessions

479443

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 Feb 17.

Tu 10:45 AM-11:30 AM

Jan 9-Mar 5

\$135/9 sessions

479353

Sa 9:30 AM-10:15 AM

Jan 13-Mar 9

\$120/8 sessions

479442

SOCIAL



Douglas Dinos Playroom

0-5 yrs

Kimberly Samson

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 that help with emotional, social, cognitive and physical development while having fun in a safe and inviting space.

Tu 10:00 AM-12:00 PM

Jan 9-Mar 12

\$50/10 sessions

486456

Th 10:00 AM-12:00 PM

Jan 11-Mar 14

\$50/10 sessions

486458

Babies Only Music Together with Joan

0-8 mths

Katherine Deane

Babies love music but did you know they are also a natural music-makers! There is a lot you can do to nurture your new little musician even if you don't think of yourself as a 'musical' person. Making music together from the very beginning will lead to a lifetime of shared musical enjoyment for both you and your child. 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

Sep 21-Nov 30

\$217.5/11 sessions

469129

Baby Sign Language

0-2 yrs

Into Yoga

Babies understand and can communicate long before they are able to speak. Research shows that babies who learn Sign Language learn quicker and talk earlier. Using songs and games learn how to teach your baby basic American Sign Language (ASL) so they can better convey their wants and needs and relieve unnecessary frustration. The instructor will teach you the signs and songs so you can practice at home. Babies can sleep during class or you can bring some toys. Newborn to 24 months. Please bring your own mat or blanket to sit on. You will be emailed the curriculum prior to the first class. Only one parent or caregiver may accompany child. For more information visit www.intoyoga.ca

M 1:15 PM-2:00 PM

Jan 15-Feb 12

\$77/5 sessions

479009

Music Together

0-5 yrs

At Music Together® experience the joys of music-making and the powerful benefits of having music in your child's life. Find out how important - and how much fun - your role can be! Our 9 award-winning music collections and research-based curriculum supports parents at home and keeps the music making alive all week. 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. 45 minutes of pure fun each week! 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

Jan 16-Mar 12

\$193/9 sessions

480070

Tu 10:30 AM-11:15 AM

Jan 16-Mar 12

\$193/9 sessions

480071

Maura

W 3:45 PM-4:30 PM

Jan 17-Mar 13

\$193/9 sessions

480072

Joan

Th 10:30 AM-11:15 AM

Jan 18-Mar 14

\$193/9 sessions

480073

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 Feb 17

FREE TRIAL

Sa 10:30 AM-11:15 AM

Jan 13

FREE/1 SESSIONS

479796

Sa 10:30 AM-11:15 AM

Jan 20-Mar 9

\$112/7 sessions

478876

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

Jan 11-Mar 7

\$135/9 sessions

482333

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

Jan 5-Mar 8

\$150/10 sessions

482293

Parent & Tot Dance **NEW**

1-3 yrs

Vancouver Performing Stars

Introduce your little ones to the world of dance. Classes are designed to encourage little dancers to join in and have fun while dancing with their parent or guardian! Parent or guardian participation is mandatory.

F 5:00 PM-5:45 PM

Jan 5-Mar 8

\$150/10 sessions

482296

VISUAL ART

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 Feb 17.

Sa 9:30 AM-10:15 AM

Jan 13-Mar 9

\$112/8 sessions

486276





Sportball Birthday Party

2-10 yrs

Sportball Vancouver

Sportball 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 | Jan 13 |
| \$270/1 sessions | 486734 |
| Sa 1:00 PM-3:00 PM | Jan 20 |
| \$270/1 sessions | 486737 |
| Sa 1:00 PM-3:00 PM | Jan 27 |
| \$270/1 sessions | 486738 |
| Sa 1:00 PM-3:00 PM | Feb 3 |
| \$270/1 sessions | 486739 |
| Sa 1:00 PM-3:00 PM | Feb 10 |
| \$270/1 sessions | 486740 |
| Sa 1:00 PM-3:00 PM | Feb 24 |
| \$270/1 sessions | 486741 |
| Sa 1:00 PM-3:00 PM | Mar 02 |
| \$270/1 sessions | 486742 |
| Sa 1:00 PM-3:00 PM | Mar 09 |
| \$270/1 sessions | 486743 |
| Sa 1:00 PM-3:00 PM | Mar 16 |
| \$270/1 sessions | 486744 |
| Sa 1:00 PM-3:00 PM | Mar 23 |
| \$270/1 sessions | 486745 |



Sunday



| | |
|--------------------|--------|
| Su 1:00 PM-3:00 PM | Jan 14 |
| \$270/1 sessions | 486746 |
| Su 1:00 PM-3:00 PM | Jan 21 |
| \$270/1 sessions | 486747 |
| Su 1:00 PM-3:00 PM | Jan 28 |
| \$270/1 sessions | 486748 |
| Su 1:00 PM-3:00 PM | Feb 04 |
| \$270/1 sessions | 486749 |
| Su 1:00 PM-3:00 PM | Feb 11 |
| \$270/1 sessions | 486750 |
| Su 1:00 PM-3:00 PM | Feb 25 |
| \$270/1 sessions | 486751 |
| Su 1:00 PM-3:00 PM | Mar 3 |
| \$270/1 sessions | 486752 |
| Su 1:00 PM-3:00 PM | Mar 10 |
| \$270/1 sessions | 486753 |
| Su 1:00 PM-3:00 PM | Mar 17 |
| \$270/1 sessions | 486754 |
| Su 1:00 PM-3:00 PM | Mar 24 |
| \$270/1 sessions | 486755 |

PHYSICAL RECREATION

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 Feb 17.

Sa 11:00 AM-11:45 AM

Jan 13-Mar 9

\$120/8 sessions

[479444](#)**Indoor Kids Tennis - Beginner**

5-6 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 Feb 18

5-6 yrs

Su 9:15 AM-10:00 AM

Jan 14-Mar 10

\$128/8 sessions

[486944](#)

7-11 yrs

Su 10:00 AM-11:00 AM

Jan 14-Mar 10

\$144/8 sessions

[486945](#)**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.

W 4:00 PM-5:00 PM

Jan 17-Mar 20

\$60/10 sessions

[488922](#)

PERFORMING ART

Junior Ballet

5-7 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

Jan 5-Mar 8

\$150/10 sessions

[482294](#)**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

Jan 11-Mar 7

\$135/9 sessions

[482339](#)**Senior Hip Hop**

8-12 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.

Th 4:45 PM-5:45 PM

Jan 11-Mar 7

\$144/9 sessions

[482340](#)**Make-A-Musical! Day Camp**

TAP

7-15 yrs

Vancouver Performing Stars

In this intensive "create-a-musical" full day camp, students will be immersed in the world of musical theatre. Sing, dance, act with our energetic instructors leading the way to create a mini production! Day camp held at Tapestry Community Rooms, 2821 Heather St.

M Tu W Th 9:30 AM-3:30 PM

Mar 25-Mar 28

\$252/4 sessions

[482540](#)

All prices subject to GST where applicable.

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 Feb 19.

Gus Brown

Sa 10:30 AM-11:30 AM

\$120/8 sessions

Sarah Cherin

M 3:30 PM-5:00 PM

\$180/8 sessions

Th 3:30 PM-5:00 PM

\$202.5/9 sessions

Gus Brown

W 3:30 PM-5:00 PM

\$202.5/9 sessions

6-8 yrs

Jan 13-Mar 9

486277

8-12 yrs

Jan 8-Mar 4

486401

Jan 11-Mar 7

486404

8-12 yrs

Jan 10-Mar 6

486275

Parent and Child Pottery

6-8 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 Feb 18

Su 9:30 AM-10:30 AM

Jan 14-Mar 10

\$105/8 sessions

486409

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 Feb 18

Su 11:00 AM-1:00 PM

Jan 14-Mar 10

\$240/8 sessions

486410



EDUCATION

Bricks 4 Kidz - Gizmos & Gadgets

5-10 yrs

Bricks 4 Kidz Vancouver

See what LEGO bricks can do! From a spinning top to a spinning optical illusion model, kids will love playing with their creations! Using Bricks 4 Kidz® building instructions, students use LEGO Technic and electric motors to construct 1 project per session

Th 4:30 PM-5:30 PM

Jan 18-Mar 7

\$160/8 sessions

480476

**Design Thinking for Children - Creative Problem Solving****NEW**

8-14 yrs

Manoj Manduva

Creativity is a natural and innate quality in every child, but it can sometimes fade as they grow and adapt to societal norms. However, just like a muscle, creative thinking can be strengthened when nurtured through the development of observation and questioning skills. Design thinking, an approach that expands upon creativity, is a powerful tool for solving problems and focuses on enhancing human experiences. In this engaging session, your children will have the opportunity to apply Design Thinking to address real-life issues they identify in their surroundings or classroom. They will learn to empathize with others' perspectives by conducting research and analyzing their findings. Through lively brainstorming sessions, they'll cultivate innovative ideas and build tangible prototypes. This hands-on process encourages them to put their ideas to the test, potentially uncovering solutions that they could even be patented!

kyooriouskids.luminofun.com

Su 10:00 AM-12:00 PM

Feb 25-Mar 24

\$199/5 sessions

483212

Cooking Fun in the Kitchen!**NEW**

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 Feb 18.

Su 10:00 AM-12:00 PM

Jan 14-Mar 10

\$136/8 sessions

488806

EFK: Afterschool Engineering Club Technology and Coding

9-12 yrs

Engineering For Kids Vancouver

Welcome to the EFK After-School Club! In this offering, we take technology and coding beyond the classroom, exploring their potential to pave the way for a greener future. No prior coding experience is required; all you need is your enthusiasm and a passion for a more sustainable world! Discover environmental stewardship through open discussions and engaging group activities. Hone your problem-solving and programming skills by coding your very own video game. Our capstone project will involve collaborative design and construction of a scaled model city in Minecraft, where we'll employ innovative solutions for eco-friendliness and sustainability. To fully unlock the potential of this experience, we highly encourage each student to have their own Minecraft (Java Edition) account. Minecraft Java for PC is available for purchase through Microsoft. Let's code, build, and game our way to a brighter and more sustainable tomorrow!

Tu 3:45 PM-5:45 PM

Jan 9-Mar 12

\$320/10 sessions

[483897](#)



EFK: Design the Future

8-12 yrs

Engineering For Kids Vancouver

What does the future look like? Join us as we embark on an odyssey to explore the future of transportation, manufacturing and structural. Let's take a look at the innovations of today and apply them to create the designs of tomorrow as we explore ways to harness clean energy and house a growing human population. Become an engineer and help Design the Future.

Su 1:45 PM-3:45 PM

Jan 14-Feb 11

\$189/5 sessions

[483882](#)

EFK: Thinking Green

4-7 yrs

Engineering For Kids Vancouver

Are you ready to get down and dirty searching for solutions to some of our biggest environmental problems? In Junior Environmental, 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-11:45 AM

Jan 14-Feb 11

\$118/5 sessions

[483876](#)

EFK: Zany Zoo Engineers

4-7 yrs

Engineering For Kids Vancouver

Are you ready to get down and dirty searching for solutions to some of our biggest environmental problems? In Junior Environmental, 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 12:15 PM-1:30 PM

Jan 14-Feb 11

\$118/5 sessions

[483881](#)



All prices subject to GST where applicable.

EDUCATION CONT'D

EFK Camp: Early Drop-off

6-12 yrs

Engineering For Kids Vancouver

Children taking part in EFK camp for the week can register for early drop-off for the same week. Supervised activities may include free play, group games, and/or mini-STEM projects, depending on number of participants and interest of the group. Community centre and EFK are not responsible for children not registered in the early drop-off or late pickup programs and left unattended in the facility. Please pack additional snacks for your child and dress appropriately for the weather.

M Tu W Th F 9:00 AM-9:30 AM Mar 18-Mar 22

\$15/5 sessions 483892

M Tu W Th 9:00 AM-9:30 AM Mar 25-Mar 28

\$12/4 sessions 483895

EFK Camp: Late Pick-up

6-12 yrs

Engineering For Kids Vancouver

Children taking part in EFK camp for the week can register for late pickup for the same week. Supervised activities may include free play, group games, and/or mini-STEM projects, depending on number of participants and interest of the group. Community centre and EFK are not responsible for children not registered in the early drop-off or late pickup programs and left unattended in the facility. Please pack additional snacks for your child and dress appropriately for the weather.

M Tu W Th F 3:00 PM-4:00 PM Mar 18-Mar 22

\$30/5 sessions 483893

M Tu W Th 3:00 PM-4:00 PM Mar 25-Mar 28

\$24/4 sessions 483896

EFK Camp: Martian Engineering Expedition

6-12 yrs

Engineering For Kids Vancouver

Explore the wonders of Mars through the fascinating world of engineering, from mechanical marvels to aerospace wonders. Through hands-on challenges, students will learn about the technology and innovation required for human habitation on Mars while fostering collaboration, communication, and critical thinking skills. From designing spacecraft to creating sustainable habitats, they'll apply creativity, problem-solving, and EFK's Engineering Design process to tackle practical engineering problems inspired by NASA's groundbreaking missions. Get ready to build, create, and collaborate, as we empower the next generation of engineers to shape the future of space exploration! Participants of this program are eligible to sign up for EFK Camp: Early Drop-off (9:00-9:30am) and EFK Camp: Late Pick-up (3:00-4:00pm). Please search and register for these offerings separately.

M Tu W Th F 9:30 AM-3:00 PM Mar 18-Mar 22

\$375/5 sessions 483887

Follow us! DOUGLAS PARKCC

Visit our website! www.douglasparkcc.org

EFK Camp: Build 'n' Bash

6-12 yrs

Engineering For Kids Vancouver

Students will design and construct structures and push them to their limits through thrilling experiments involving crushing, catapulting, collisions, and earthquakes. Experience the excitement of engineering as you design, build, and destroy what you've made. Participants of this program are eligible to sign up for EFK Camp: Early Drop-off (9:00-9:30am) and EFK Camp: Late Pick-up (3:00-4:00pm). Please search and register for these offerings separately.

M Tu W Th 9:30 AM-3:00 PM

Mar 25-Mar 28

\$300/4 sessions

483894

Bricks 4 Kidz - Mining and Crafting Camp

5-10 yrs

Bricks 4 Kidz Vancouver

Experience the world of Minecraft with LEGO® bricks! Using Bricks 4 Kidz® building instructions, campers use classic LEGO bricks, LEGO Technic, and electric motors to construct 1 - 3 projects per session. Campers will be given a break for an optional snack from home.

M Tu W Th F 9:30 AM-12:30 PM

Mar 18-Mar 22

\$220/5 sessions

480479

M Tu W Th 1:00 PM-4:00 PM

Mar 25-Mar 28

\$176/4 sessions

480480

Bricks 4 Kidz - Time Travel Tours Camp

5-10 yrs

Bricks 4 Kidz Vancouver

Using Bricks 4 Kidz® building instructions, campers use classic LEGO bricks, LEGO Technic, and electric motors to construct 1 - 3 projects per session. Campers will be given a break for an optional snack from home.

M Tu W Th F 1:00 PM-4:00 PM

Mar 18-Mar 22

\$220/5 sessions

480481

M Tu W Th 9:30 AM-12:30 PM

Mar 25-Mar 28

\$176/4 sessions

480482

Science For Camp

9-12 yrs

Science For

Discover the wonders of nature, create feats of engineering and explore the universe Each day, we will focus on different topics across the STEM fields. We encourage everyone to ask questions, explore new ideas, and yes even make mistakes, just as real scientists do.

M Tu W Th 1:00 PM-4:00 PM

Mar 25-Mar 28

\$180/4 sessions

485023

Kids Pottery Camp

8-12 yrs

Laura Van Der Linde

Enjoy a fun-filled week of pottery and fun! An overview of hand-building (table) and throwing (pottery wheel) techniques will be taught. Suitable for returning students and beginners. Please note this camp includes outdoor play time.

M Tu W Th F 1:00 PM-4:00 PM

Mar 18-Mar 22

\$275/5 sessions

479047

M Tu W Th F 9:00 AM-12:00 PM

Mar 25-Mar 28

\$220/4 sessions

479048

PHYSICAL RECREATION

Open Gym (10-13yrs)

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

Jan 12-Mar 15

FREE/10 sessions

[486901](#)

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 Feb 18

Su 11:00 AM-12:00 PM

Jan 14-Mar 10

\$144/8 sessions

[486947](#)

EDUCATION

Basic Bike Maintenance for Youth

11-14 yrs

HUB Cycling

This fun, interactive course will teach preteens basic bike skills and maintenance. Participants will learn how to perform a basic 'ABC Quick Check' to ensure their bikes are safe to ride. We review some simple maintenance tips that can be done at home to prolong bike life, as well as how to properly lock a bike to prevent bike theft, and change a flat tire. Includes time for participant questions. Please bring your own bicycle and helmet and be prepared to ride!

Sa 1:00 PM-3:30 PM

Mar 2

\$20/1 sessions

[477337](#)

Red Cross Babysitting Training

11-15 yrs

First Aid Hero

Learn how to care for children ages 0-12 years old! This course will cover basic first aid and the fundamentals for creating safe environments for children. You'll leave with the skills to start your own babysitting business. Fee includes a take-home workbook and certificate. Please bring a pencil, nut-free lunch, and medium-sized doll or teddy bear.

Sa 9:15 AM-3:45 PM

Feb 24

\$72/1 sessions

[483905](#)

Traditional Kung Fu

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 Feb 9

Beginner

Tu F 4:30 PM-5:45 PM

Jan 9-Mar 12

\$240/18 sessions

[486139](#)

Intermediate

Tu F 4:30 PM-6:15 PM

Jan 9-Mar 12

\$258/18 sessions

[486140](#)

Advanced

Tu F 4:30 PM-6:30 PM

Jan 9-Mar 12

\$276/18 sessions

[486138](#)



*Several of our programs take place at
Tapestry Community Rooms*

TAP

Located at 2821 Heather Street.



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

*Register
Early!*

All prices subject to GST where applicable.

SOCIAL

Beginner Crochet Workshop

12-18 yrs

Angela Tsuji

Come in and join this cozy, no experience needed 3-day crochet workshop! This workshop is designed for absolute beginners and will teach you foundation skills of crochet including the slip knot, chain, single crochet, double crochet, magic ring, and many more. At the end of this workshop, you'll learn how to make your own cat ear beanie that you can take home! A smaller project such as a coaster may also be created in the process. But most importantly, you'll be taking home all the crochet skills you need to make an endless amount of fun, future projects. All necessary supplies are included.

Th 4:15 PM-5:45 PM

\$45/3 sessions

Feb 8-Feb 22

488091

Dungeons and Dragons

13-18 yrs

Wake Cook

A Dungeons and Dragons group catered to brand new players. The campaign will be a Wizards of The Coast pre-made adventure, allowing new players easy access to the world of D&D. Topics covered will be character creation, combat rounds, and general roleplay/character acting!

Th 7:30 PM-8:45 PM

\$37.5/10 sessions

Jan 11-Mar 14

487729

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-9:00 PM

\$50/10 sessions

Jan 12-Mar 15

486902

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

Jan 26

487767

F 7:00 PM-8:45 PM

FREE/1 sessions

Feb 16

487768

F 7:00 PM-8:45 PM

FREE/1 sessions

Mar 15

487769

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!

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

FREE/10 sessions

Jan 10-Mar 13

486899

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 6:00 PM-7:00 PM

FREE/10 sessions

Jan 10-Mar 13

486900

Youth Spring Break Camp

9-12 yrs

Youth Leader

Come join us for an awesome week of all day spring break adventures! We meet in the Youth Room (black door facing the parking lot) to start our day. Completed consent forms are required on or before the first day of camp. (Activities subject to change)

Week 1

M Tu W Th F 9:00 AM-4:00 PM

\$200/5 sessions

Mar 18-Mar 22

489146

Week 2

M Tu W Th 9:00 AM-4:00 PM

\$160/4 sessions

Mar 25-Mar 28

489147

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

Free Swap Douglas Park Free Item Swap

A free swap is an event where people give away items they no longer need and take something they can use. This reduces the amount of waste going to landfill and helps us declutter our homes.

There are three ways to participate in the free swap:

1. Donate items for others to choose from and select new-to-you items dropped off by others.
2. Decluttering' Feel free to donate items without taking home anything new.
3. Nothing to donate' No problem!

Everyone is welcome to take items home.

Free Swap rules: Donated items must be clean and in good working condition. Each person can donate 1-3 items. Items must be small enough to fit in a regular sized reusable bag (grocery bag).

Exempt items: food, footwear, medicine, personal care products, broken/damaged/dirty items- Accepted items: clothing, housewares, small electronics, accessories, books, games, and art- We reserve the right to refuse any items we don't think are suitable

Sa 11:00 AM-2:00 PM

Mar 9

**FREE
SWAP**



**Saturday
March 9, 2024
11 AM to 2PM**

Douglas Park Community Centre
Douglas Lounge

It's free!

Give away items you no longer need and take something you can use. You don't have to bring something to take something. Please bring and take 1 or 2 items only.

What to bring:

YES

Clean, portable (carry under one arm) items in good condition, including:

- books
- clothing
- toys
- housewares
- electronics

NO

- large items
- furniture
- food
- personal care products
- medicine
- damaged items
- sharp or dangerous objects



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

vancouver.ca/park-board-pride



Pickleball Advanced Play 4.0

19+ yrs

Sharon Hoy

These sessions will be organized and supervised by a facilitator to ensure that everyone will enjoy competitive games at the 4.0 level. Please ensure that you self-assess accurately as suitability will be monitored. Please bring your paddle and balls. Drop-in \$12 if space available. No session Feb 19

M 12:00 PM-3:00 PM

Jan 8-Mar 11

\$85.71/9 sessions

[486921](#)**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.

W 5:30 PM-7:00 PM

Jan 17-Mar 20

\$238.1/10 sessions

[486019](#)**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.

W 7:15 PM-8:45 PM

Jan 17-Mar 20

\$238.1/10 sessions

[486020](#)**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.

F 1:00 PM-3:00 PM

Jan 12-Mar 22

\$36.67/11 sessions

[479352](#)**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 - 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

Jan 11-Mar 14

\$238.1/10 sessions

[486919](#)**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. No session Nov 16.

Th 1:30 PM-3:00 PM

Jan 11-Mar 14

\$238.1/10 sessions

[486920](#)

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



PHYSICAL RECREATION CONT'D

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

Jan 8-Feb 12

\$200/6 sessions

486949

M 6:15 PM-7:45 PM

Feb 26-Mar 25

\$200/5 sessions

486951

Boccia

19+ yrs

Jade Werger

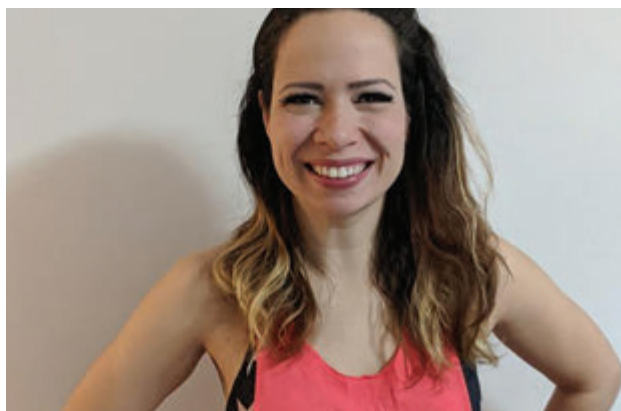
Boccia is the Paralympic version of Bocce and is a sport of control and accuracy that can be played by anyone. Originally designed for people with severe cerebral palsy, it is now enjoyed by players with a wide variety of disabilities. Played individually, in pairs or teams, each side is given six balls, 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

Jan 9-Mar 12

\$19.05/10 sessions

478871



Maira will lead you in Brazilian Rhythms and Baby Dance Time!

FITNESS

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.

Christine Rondeau

Tu 5:30 PM-7:00 PM

Jan 9-Mar 26

\$204/12 sessions

486942

Grant Richards at Tapestry

Th 5:30 PM-7:00 PM

Jan 11-Mar 14

\$170/10 sessions

486940

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

Jan 11-Mar 14

\$150/10 sessions

486941

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 Feb 17

Sa 9:15 AM-10:15 AM

Jan 13-Mar 16

\$144/9 sessions

478877

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 Feb 17.

FREE TRIAL

Sa 10:30 AM-11:15 AM

Jan 13

FREE/1 sessions

479796

Sa 10:30 AM-11:15 AM

Jan 20-Mar 9

\$112/7 sessions

478876



Joan will guide you through your yoga journey!

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

Jan 9-Feb 6

\$60/5 sessions

478872

Tu 7:00 PM-8:00 PM

Feb 13-Mar 12

\$60/5 sessions

478992

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

Jan 10-Mar 13

\$120/10 sessions

486449

Th 1:00 PM-2:00 PM

Jan 11-Mar 14

\$120/10 sessions

486894

Yoga for Aging Well

55+ yrs

Joan DeVerteuil

As we move through time, we need to keep moving our bodies. 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. In addition to physical health benefits, yoga has a calming effect on the mind and nervous system. Drop-in \$17 if space available.

M 11:00 AM-12:00 PM

Jan 8-Feb 12

\$84/6 sessions

480466

M 11:00 AM-12:00 PM

Feb 26-Mar 25

\$70/5 sessions

480467

F 1:30 PM-2:30 PM

Jan 12-Feb 16

\$84/6 sessions

480469

F 1:30 PM-2:30 PM

Feb 23-Mar 22

\$70/5 sessions

480471

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

Jan 11-Feb 15

\$126/6 sessions

485584

Th 7:15 PM-8:15 PM

Feb 22-Mar 28

\$126/6 sessions

485585

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.

Asal Nikooupour

Th 9:30 AM-10:30 AM

Jan 11-Mar 14

\$120/10 sessions

478873

Maira Daiha

Tu 9:30 AM-10:30 AM

Jan 9-Mar 12

\$120/10 sessions

479445

Th 6:30 PM-7:30 PM

Jan 11-Mar 14

\$120/10 sessions

479446



Asal will make you "move-it, move-it" in Zumba!

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. Come ready to sweat and prepare to leave feeling empowered and stronger. Drop in \$14

F 11:45 AM-12:40 PM

Jan 12-Mar 15

\$120/10 sessions

478874

Strong HIIT Conditioning **NEW**

19+ yrs

Monika Schoenenberger

This is a high-intensity interval workout combined with cardio and strength training that will improve your fitness game whether you're a newbie or a seasoned fitness enthusiast. Be prepared to sweat and work hard. Drop-in \$12.

Su 11:30 AM-12:30 PM

Jan 21-Mar 24

\$99/9 sessions

483861

FITNESS CONT'D

Wah Tor Chi Kung (Qigong) for Health 19+ yrs

Florence Chan

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. As a result, one will have more flexibility, balance and health. The focus of Level one is to guide students to develop proper posture, introduce the basic movement and the continuous flow of Wah Tor Chi Kung from Part one to five. No prerequisite is required and anyone even with existing health issues are welcome. Instructors: Yuen Hing Tse, Florence Chan

Th 4:00 PM-6:00 PM

Jan 11

FREE/1 sessions

483322

Th 6:00 PM-7:00 PM

Jan 18-Mar 21

\$134/10 sessions

483903

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 Feb 18

Su 1:50 PM-2:45 PM

Jan 14-Mar 24

\$134/10 sessions

486952

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 Feb 18

Su 2:50 PM-3:50 PM

Jan 14-Mar 24

\$134/10 sessions

486953

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

www.douglasparkkcc.org

Sign up
Today!

Strength and Balance

55+ yrs

Rachel King

The Stretch & Balance class will 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

Jan 8-Jan 29

\$57.6/4 sessions

487898

M 9:30 AM-10:30 AM

Feb 5-Feb 26

\$43.2/3 sessions

487899

M 9:30 AM-10:30 AM

Mar 4-Mar 25

\$57.6/4 sessions

487901

W 9:30 AM-10:30 AM

Jan 10-Jan 31

\$57.6/4 sessions

487897

W 9:30 AM-10:30 AM

Feb 7-Feb 28

\$57.6/4 sessions

487900

W 9:30 AM-10:30 AM

Mar 6-Mar 27

\$57.6/4 sessions

487902

F 9:30 AM-10:30 AM

Jan 12-Jan 26

\$45/3 sessions

487903

F 9:30 AM-10:30 AM

Feb 2-Feb 23

\$60/4 sessions

487905

F 9:30 AM-10:30 AM

Mar 1

\$60/4 sessions

487907

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

Jan 3-Mar 27

\$66/11 sessions

487925

Total Body Strengthening Tabata

55+ yrs

Rachel King

This one hour exercise class is for seniors who wants to improve their muscle strengths and balances. The format of the class is 20 minutes cardio exercise, 30 minutes Tabata exercises and 10 minutes mat and stretch exercises. Tabata is a type of workout that aims to yield the most benefits in a short amount of time. For each set of exercise, you do 8 rounds of 20 seconds of strenuous exercise followed by 10 seconds of rest.

F 10:45 AM-11:45 AM

Jan 12-Jan 26

\$45/3 sessions

487909

W 10:45 AM-11:45 AM

Jan 10-Jan 31

\$45/4 sessions

487911

W 10:45 AM-11:45 AM

Feb 7-Feb 28

\$45/4 sessions

488087

W 10:45 AM-11:45 AM

Mar 6-Mar 27

\$60/4 sessions

488088

F 10:45 AM-11:45 AM

Feb 2-Feb 23

\$60/4 sessions

488089

F 10:45 AM-11:45 AM

Mar 1-Mar 29

\$45/4 sessions

488090

Follow us! **DOUGLAS PARKCC**

Visit our website! www.douglasparkkcc.org

Little Mountain Step'n Clog - Beginner

19+ yrs

TBA Instructor

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: January 6, 20; February 10; March 16 & 30.

Sa 1:00 PM-2:00 PM
\$11.75/5 sessions

Jan 6-Mar 30
488054

Little Mountain Step'n Clog - Intermediate

19+ yrs

TBA Instructor

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. Must have previous experience. Classes on: January 6, 20; February 10; March 16 & 30

Sa 1:00 PM-3:00 PM
\$10/5 sessions

Jan 6-Mar 30
488063



Gus and Sarah showcasing their classes' work

VISUAL ART

Adult Pottery - Beginner

19+ yrs

A fun and inspiring class that introduces participants to basic pottery making techniques. The class will begin with guided projects in slab, coil, and pinch pot building and move on to wheel work and surface treatment. The focus of this class is to develop familiarity with the clay and begin to understand the chemistry of glazes and surface treatment. Purchase clay at the first class. No session Feb 17.

Robyn Williams

W 9:30 AM-12:30 PM

Jan 10-Mar 13

\$400/10 sessions

483725

Th 9:30 AM-12:30 PM

Jan 11-Mar 14

\$400/10 sessions

483729

Gus Brown

Sa 12:00 PM-3:00 PM

Jan 13-Mar 9

\$320/8 sessions

486292



Adult Pottery - Intermediate

19+ yrs

Laura Van Der Linde

Express your creative talent in this relaxed and informal class. 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.

Tu 10:00 AM-12:30 PM

Jan 9-Feb 27

\$320/8 sessions

479011

Tu 1:30 PM-4:00 PM

Jan 9-Feb 27

\$320/8 sessions

479013

Tu 5:30 PM-8:00 PM

Jan 9-Feb 27

\$320/8 sessions

479014

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.

Robyn Williams

W 5:45 PM-8:45 PM

Jan 10-Mar 13

\$400/10 sessions

483732

Th 5:45 PM-8:45 PM

Jan 11-Mar 14

\$400/10 sessions

483733

Sarah Cherin

M 5:30 PM-8:30 PM

Jan 8-Mar 4

\$320/8 sessions

486377

F 9:30 AM-12:30 PM

Jan 12-Mar 8

\$360/9 sessions

486390

All prices subject to GST where applicable.

VISUAL ART CONT'D

The Joy of Drawing and Sketching 19+ yrs

Philip Tsang

Learn and improve your drawing skill and technique such as still lifes, landscapes, animals, portraits and many more. The drawing demonstrations will be provided with a new subject in every session, and each time, the class will be fun and joyful to complete a beautiful drawing. All individually packaged drawing materials are included. No session Feb 19.

M 2:15 PM-3:45 PM

Jan 15-Mar 11

\$152.38/8 sessions

487671

**The Joy of Acrylic Painting** 19+ yrs

Philip Tsang

Philip will teach you step by step on how to paint landscape, still life or animals. Demonstrations will be provided during the class. Philip loves teaching art and has taught interior design and art classes at many local Institutes, schools and colleges with Continuing Education.

Th 6:00 PM-8:00 PM

Jan 11-Mar 14

\$205.48/10 sessions

487669

Watercolour 101 **NEW** 19+ yrs

Chloe Greenberg

Learn brushstrokes, explore wet-on-wet and dry-brush techniques, and understand colour mixing, tonal value, and harmony. You'll gain the experience you need through creative exercises and projects to unleash your artistic creativity. By the end of this program, you'll have a solid foundation in watercolour painting and the ability to create captivating artworks. Please visit www.chloegreenberg.com/artsupplylist for a list of supplies you will need. Start your watercolour adventure today!

Tu 6:15 PM-8:15 PM

Jan 9-Feb 13

\$204/6 sessions

487482

Longstitch Leather Bookbinding

19+ yrs

Suzan Lee

Learn a Medieval technique practiced by both guild bookbinders and laymen. Straight forward stitching results in a complex visual that resembles the many stringed mandolin. Students will complete a leather bound book ideal for artwork or journaling. No prior experience is necessary. All materials and tools will be provided.

Th 6:15 PM-8:45 PM

Feb 15

\$80.95/1 sessions

484916

Fun with Watercolours **NEW**
All Levels

19+ yrs

Chloe Greenberg

Chloe is passionate about introducing art classes that encourage those new to art to overcome a fear of perfection and embark on their artistic journey. Her guidance will help you discover various artistic techniques to create paintings you enjoy and skills you can use on your own time.

Tu 6:15 PM-8:15 PM

Feb 20-Mar 26

\$196/6 sessions

487926

**Japanese Bookbinding**

19+ yrs

Suzan Lee

Make up to 3 books using a historical technique common in Asia. Japan preferred the four-hole stab binding. Over the centuries, four stitch patterns have surfaced as the most traditional. Whether these books hold poetry, pictures or personal thoughts; this historical bookbinding will showcase them beautifully. No prior experience is necessary. All materials and tools will be provided.

Th 6:15 PM-8:45 PM

Mar 14

\$70.95/1 sessions

484919

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

www.douglasparkkcc.org

Sign up
Today!

Dog Obedience - NEW Leave It (6 mnths+)

19+ yrs

DOGSmart Training

Does your dog pick things up off the ground you wish and know he shouldn't? Shred her/his toys, tissues, and your phone? Chase birds, squirrels, cats, children, joggers? 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! Teaching your dog this important skill is extremely useful in many situations and could even save her/his life. 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 7:40 PM-8:40 PM

Feb 26-Mar 11

\$125/3 sessions

[486886](#)**Dog Obedience - Walk This Way**

19+ yrs

DOGSmart Training

Loose leash walking is a difficult skill for most dogs and it requires patience, planning, and persistence. In this class we'll teach you some unique ways to teach your dog how to walk calmly beside you all in a fun and friendly environment. This class is all about force free training and helping your dog find their walking groove! This will be an indoor and outdoor class. *Important Note: Note: No new registrations after week 1 Prerequisite - 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 6:30 PM-7:30 PM

Feb 26-Mar 11

\$125/3 sessions

[486884](#)**Dog Obedience - Beginner Life Skills (dogs 24 weeks+)**

19+ yrs

DOGSmart Training

The focus of beginner training is to learn everyday basic life skill exercises such as sit, stay, down, come when called, and proper leash handling methods while incorporating varying degrees of distractions. This means that the dog must learn to pay attention to you under many situations. We use food, praise and play along with scientific learning principles to teach your dog how to achieve these goals. Teaching your dog to respond to various hand and voice signals will make life easier for you, your guests, the veterinarian and others. Each course is 6 weeks long. Each course consists of 6 one hour classes at the same day and time that you have selected unless otherwise noted. Registration closes after the second session. Prerequisite: Your dog must be over 5 1/2 months of age in order to register and attend this course. No choke chains, martingales or pinch collars. Bring food, a mat and a chew for your dog to eat while it is resting.

M 7:40 PM-8:40 PM

Jan 8-Feb 12

\$250/6 sessions

[486883](#)**Dog Obedience -Puppy Smart Start (dogs 12-20 wks)**

19+ yrs

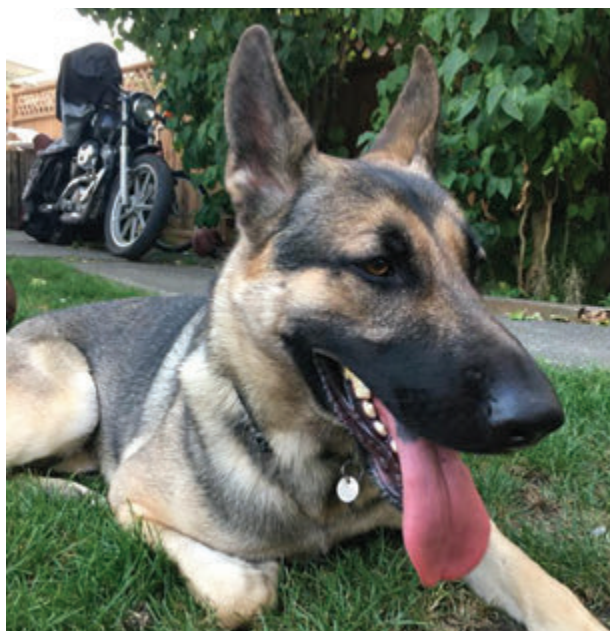
DOGSmart Training

Two sets of vaccinations are required. In this program, your puppy will learn the importance of socialization to other dogs, people, and objects. Course content includes an introduction to basic commands. Behaviours such as house training, bite inhibition, jumping up, and solutions are discussed. For dogs no older than 18 weeks or 40 pounds of class start. Registration closes after the second class.

M 6:30 PM-7:30 PM

Jan 8-Feb 12

\$250/6 sessions

[486877](#)**Relaxation Techniques with Rossana**

19+ yrs

Rossana Mariezcurrena

Come and learn this relaxation technique that can be used in everyday life. We can become more aware of signs of stress so we can reduce them before sickness comes. It helps coping with stressful situations, cravings for smoking, eating, sleeping problems, exam situations, improves focus of attention, it reduces shyness, skin problems due to stress, psoriasis, allergies and negative emotions due to unpleasant situations. It is a very practical technique easy to put into practice on the spot. Bring mat, blanket to lie on and cover up in case you feel cold and a voice recording device.

M 6:30 PM-8:30 PM

Mar 4-Mar 11

\$85.71/2 sessions

[487724](#)**Spanish Conversation Intermediate with Rossana**

19+ yrs

Rossana Mariezcurrena

Come and practice, have fun speaking Spanish with role playing of situations and talking about topics. An opportunity to put into practice what you have learned and learn much more in a practical manner. It's just to start and lose fear of speaking. Learning languages improves cognitive functions. Low medium and medium level of knowledge.

Th 6:30 PM-7:45 PM

Jan 11-Mar 14

\$200/10 sessions

[487506](#)

All prices subject to GST where applicable.

EDUCATION CONT'D

How to Transform Your Home into a Wellness Haven **NEW**

19+ yrs

Andrea Perchotte

A nutritionist, sleep coach, professional organizer and health coach, Andrea Perchotte holds a Bachelor of Education and diploma in interior design. She specializes in helping people create a healthier and more joy-filled life by offering solutions for how to craft a soothing, uncluttered home that includes a sleep-inducing bedroom and nutrient-rich kitchen. www.exploringwellness.ca

Th 6:30 PM-8:30 PM

Feb 29-Mar 7

\$59/2 sessions

487203

Interior Design: Tailored for Beginners **NEW**

19+ yrs

Barbara Smyth

Barbara will teach you interior design techniques and tips to make any space beautiful, inspiring and personalized. From color schemes to design concepts, the world of interior design can start to feel overwhelming if you try to dive in all at once. She will teach you the principles of interior design, which is a great place to get you started on designing your space in the right way.

Tu 6:15 PM-7:30 PM

Jan 9-Feb 13

\$108/6 sessions

487501

How to Prevent Cancer: Responsibility for your Health

19+ yrs

Hisao Ichikawa

You will learn how to communicate with the body, Yin and Yang, Qi movement, food as medicine, anti-inflammatory food, probiotic and prebiotic, and understand your thoughts and actions.

W 6:45 PM-8:45 PM

Mar 13

\$10/1 sessions

483306

Self Care Workshop **NEW**

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

Feb 22

\$10/1 sessions

480579

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

Register Early!

Family Finances - RESP's Trusts & Estates **NEW**

19+ yrs

Andrew Thiessen Edward Jones

This is a 3-topic workshop comprised of two sessions. The purpose will be to educate families on the strategies available to set their kids up for success and create inter-generational wealth. The three topics we will cover will be RESP's (Registered Education Savings Plans), Trust accounts, and insurance. How can families use these strategies create a solid foundation for their kids today, and the family legacy in the future'

M 7:00 PM-8:30 PM

Jan 8

FREE/1 sessions

481869

W 7:00 PM-8:30 PM

Jan 24

FREE/1 sessions

481872

M 7:00 PM-8:30 PM

Feb 5

FREE/1 sessions

481870

W 7:00 PM-8:30 PM

Feb 21

FREE/1 sessions

481873

M 7:00 PM-8:30 PM

Mar 4

FREE/1 sessions

481871

W 7:00 PM-8:30 PM

Mar 20

FREE/1 sessions

481874

SOCIAL

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

Jan 9-Mar 26

FREE

488092



Seniors Tuesday Social
"Creating bird houses!"



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 Jan 14-Mar 10 \$208/8 sess REGISTER | Piano Lesson (6+ yrs) Kenny Ngo 3:30PM- 8:30PM Jan 8-Mar 11 \$234/9 sess REGISTER | Piano Lesson (5+ yrs) Mahta Razavi 5:00PM- 8:00PM Jan 11-Mar 14 \$260/10 sess REGISTER | Violin Lesson (5+ yrs) Ali Nourbakhsh 10:30AM-2:30PM Jan 6-Feb 10 \$354/6 sess Feb 24-Mar 23 \$295/5 sess REGISTER |

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 Feb 18 and 19.



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.




All prices subject to GST where applicable.

All Bodies Community Recreation And Fitness Vancouver Park Board

January 7 – March 17

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 Kensington 9:30-11:15am <i>Register by topic</i> | | | | 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-485406 | Walking Soccer Douglas Park 11:30-12:30pm | Hip & Knee Hillcrest 11:30-12:30pm Register-485404 |  <p><i>For more information about ABC programs, schedules changes, and program up dates scan here.</i></p> | | |
| | Stand/Strong & Balance Hillcrest 12:45-1:45pm Register-485412 | Qi Gong Kensington 11:30-12:30pm | Stand/Strong & Balance Hillcrest 12:45-1:45pm Register-485411 | | | |
| Hip & Knee False Creek 1:30-2:30pm Register-485403 | | Walk/Strong & Balance False Creek 1:00-2:00pm | Free Workshops Mount Pleasant 1:00-2:30pm Register by topic | | | |

All programs require Master Roster Registration - activity number 485419

****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 | | Recumbent Kensington 5:00-7:00pm Invitation only | |  | |
| 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 | Yoga & Relaxation Trout 5:00-6:00pm | | |
| | | | Cycle Intro Hillcrest 6:00-7:00pm Register Monthly | 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 | | Walking Soccer Hillcrest 6:15-7:15pm | | | |
| 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

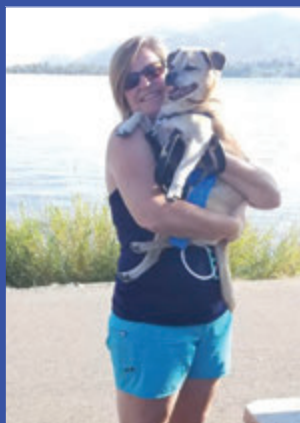
Led by qualified, fitness, yoga and other professionals specializing in making your exercise experience positive.

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

[View Online](#)



Fitness Centre Hours

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

[View Online](#)

| Pass Packages | Douglas Park Pass | Vancouver Parks Flexipass |
|-------------------|-------------------|---------------------------|
| 10 Visit Pass | \$35.00 | \$61.51 |
| One Month Pass | \$31.90 | \$53.83 |
| Three Month Pass | \$60.00 | \$145.34 |
| Twelve Month Pass | \$180.00 | \$465.09 |

All prices subject to GST where applicable.



DOUGLAS PARK
COMMUNITY CENTRE

Saturday February 17
11:00am-2:00pm

FREE
#487924



Family Day Celebration

**Celebrate BC Family Day
with Douglas Park CC.**

**There will be entertainment,
arts & crafts, light
refreshments and fun for
the whole family.**

