

YOUTH LEADERSHIP

FREE CITYWIDE YOUTH COUNCIL

Are you interested in working on youth issues and initiatives in your community and throughout Vancouver? The citywide youth council meets once a month (Wednesday evenings) and gives two youth representatives from each community an opportunity to develop their leadership skills and work with youth from all over the city. If you live, play or study in Yaletown or the Downtown South area and are interested in the youth council, contact diana.guenther@vancouver.ca for more information. Please note: spaces are limited (two representatives from each neighbourhood) and there is an intake process.

YOUTH SPECIAL EVENTS

CELEBRATE THE CITY OF VANCOUVER'S YOUTH WEEK

Consent forms applicable for some events. Contact your local community youth worker for more information or visit www.fb.me/vanyouthweek.

YOUTH DANCE

Fri May 5, 7-10pm

Trout Lake Community Centre

TICKETS \$10 through pre-sale/community youth workers only. This is an alcohol and drug-free event.

BASKETBALL TOURNAMENT

Sat May 6, 1-4 pm

Hillcrest Community Centre

SKATEBOARD EVENT

Sat, May 6, 1-4 pm

Skate Plaza

Annual celebration of skateboard culture.

Location change possible, please check www.fb.me/vanyouthweek for updates. Helmets and parental consent forms are mandatory for those partaking in skate competitions.

FREE WORKSHOPS

FREE CHRONIC CONDITIONS SELF-MANAGEMENT PROGRAM (19+)

This interactive program is proven to increase the confidence and motivation of adults with ongoing physical or mental health issues. You will learn how to cope with challenges, manage symptoms, and take action toward a healthier life. Significant others are welcome. No class May 21, Jul 2.

Self-Management BC is a Ministry of Health Patients as Partners initiative administered by the University of Victoria. For program details, contact us at 604-940-1273 or selfmgmt@uvic.ca.

Su | Apr 23-Jun 4 | 1-3:30pm | Free/6 sess | 96914 | 19+ | Music Rm

Su | Jun 11-Jul 23 | 1-3:30pm | Free/6 sess | 96913 | 19+ | Music Rm

Instructor: TBA Instructor

FREE NEPP EARTHQUAKE PREPAREDNESS FOR YOUR PET (19+)

Learn what you can do to ensure you and your pets are prepared for any type of emergency. Registration is required for this free orientation.

Tu | Apr 18 | Jul 18 | 7-8:30pm | Free/1 sess | 96942, 98005 | 19+ | Room B

Instructor: Jackie Kloosterboer, www.vancouver.ca/emerg/NEPP

FREE NEPP EARTHQUAKE PREPAREDNESS: APARTMENT LIVING (19+)

Learn how to develop your emergency plan, how to conduct a Hazard Hunt, and what to do when an earthquake strikes. Ideal for seniors or anyone living in an apartment or condo.

Tu | May 25 | 7-8:30 pm | Free/1 sess | 96941 | 19+ | Multimedia Rm

Th | Aug 24 | 7-8:30 pm | Free/1 sess | 98004 | 19+ | Multimedia Rm

Instructor: Jackie Kloosterboer, www.vancouver.ca/emerg/NEPP



Please note that course prices do not include taxes.

EDUCATION AND DEVELOPMENT WORKSHOPS

ADULT

MINDFULNESS MEDITATION: BEGINNERS (18+)

A beginner class for those wishing to start mindfulness meditation or refresh their practice. Also welcome are those who have difficulty calming the mind or are simply curious about the meditation.

Mo | Apr 24 | 7:30-9pm | \$16/1 sess | 96939 | 18+ | Multimedia Rm

Instructor: Sung Yang, www.learnmindfulness.org

MINDFULNESS MEDITATION: WEEKLY PRACTICE (18+)

Free yourself from stress, worries, and unhappiness while improving health, inner peace, quality of life, and concentration. Class includes meditation, gentle assistance from an experienced teacher, and more. Prerequisite: a beginner's class or some practice experience. No class May 22.

Mo | May 1-29 | 7:30-9pm | \$40/4 sess | 96940 | 18+ | Multimedia Rm

Instructor: Sung Yang, www.learnmindfulness.org

MINDFUL EATING: TASTING JOY & FREEDOM (18+)

Mindful eating helps to reduce overeating, promote weight loss, and overcome emotional eating and unhelpful food habits while improving health and quality of life. Learn easy mindful-eating techniques to put into immediate practice. Bring your own meal.

Mo | Jul 24 | 7:30-9pm | \$16/1 sess | 98003 | 18+ | Multimedia Rm

Instructor: Sung Yang, www.learnmindfulness.org

DOG OBEDIENCE: BEGINNERS (19+)

You and your dog will learn verbal commands and hand signals, and how to manage inappropriate behaviours like jumping up, biting, mouthing, and barking. The class also covers socialization, canine body language, and leash techniques. All family members welcome. Prerequisite: All dogs must be fully vaccinated.

Su | Apr 2-May 7 | 11:30am-12:30pm | \$169/6 sess | 96916 | 19+ | Room B

Su | May 28-Jun 25 | 11:30am-12:30pm | \$141/5 sess | 99440 | 19+ | Room B

Instructor: Alpha Dog Training

DOG OBEDIENCE: INTERMEDIATE & AGILITY (19+)

Intermediate obedience class is for owners wanting to take their dog to a higher level. Improve control of the commands learned in basic obedience, work to longer distances, and build to off-leash control. This class also features agility training through an obstacle course. Prerequisite: All dogs must have beginner obedience skills and be fully vaccinated.

Su | Apr 2-May 7 | 1-2pm | \$169/6 sess | 96917 | 19+ | Room B

Instructor: Alpha Dog Training

INTRODUCTION TO INTERIOR DESIGN (19+)

Discover the fundamentals of design, including space planning, how to choose material and finishes, and colour theories, including colour psychology and colour art. No class May 13, 20.

Sa | Apr 8-Jun 24 | 2:30-3:30pm | \$113/10 sess | 96932 | 19+ | Mezz Meeting Rm

Sa | Jul 8-Aug 26 | 2:30-3:30pm | \$91/8 sess | 97995 | 19+ | Mezz Meeting Rm

Instructor: Viola Choy

FIRST AID

EMERGENCY CHILDCARE FIRST AID: CPR & B/AED (13+)

For individuals who care for infants or children in the workplace or at home. Learn to recognize, prevent, and respond to breathing and cardiovascular emergencies in adults, children and babies. A special focus is to give sudden medical emergencies and treatment of severe injuries. Three-year certification upon completion.

Su | May 28 | 9:05am-4:50pm | \$94/1 sess | 98873 | 13+ | Multimedia Rm

Su | Jul 9 | 9:05am-4:50pm | \$94/1 sess | 97981 | 13+ | Multimedia Rm

Instructor: Community Care First Aid



Please note that course prices do not include taxes.

ADULT

EMERGENCY FIRST AID: CPR & C/AED (13+)

Learn first aid and CPR level C, including the skills needed to recognize and respond to cardiovascular emergencies for adults and other topics such as choking, airway, and breathing emergencies in babies and children. Three-year certification upon completion.

Sa | Apr 22 | Aug 12 | 9:05am-4:50pm | \$94/1 sess | 96918, 97982 | 13+ | Multimedia Rm

Instructor: Community Care First Aid

LANGUAGES

SPANISH: ADULT BEGINNERS (19+)

Learn basic conversational Spanish set in practical day-to-day situations that will help you when travelling to a Spanish-speaking country.

We | Apr 5-Jun 28 | 5:30-7pm | \$208/13 sess | 96958 | 19+ | Mezz Meeting Rm

Instructor: Gloria Alonso

SPANISH: CONVERSATIONAL (19+)

If you have a basic command of Spanish and are planning to travel to a Spanish-speaking country, come and practice in a friendly environment as we talk about culture, traditions and other topics.

We | Apr 5-Jun 28 | 7:05-8:35pm | \$208/13 sess | 96959 | 19+ | Mezz Meeting Rm

Instructor: Gloria Alonso

NEW FRENCH: INTRODUCTION FOR NEWBIES (19+)

In this short module learn to introduce yourself, greet people and order at a restaurant like a francophone. We'll focus on fundamentals and pronunciation to make you feel confident and easily understood. This class offers a supportive environment. No registration after the first class.

Tu | Mar 28-Apr 11 | 9:15-11:15am | \$60/3 sess | 99150 | 19+ | Board Rm

Instructor: Julie Rauscher

NEW FRENCH: AT LUNCH (19+)

Join us to discuss French art de vivre, culture, food and much more to refresh your French and grow your vocabulary. Rusty French learners are welcome, but some basics are needed. This conversational class offers a supportive and cheering environment. Feel free to bring your lunch. No registration after the first class.

Tu | Mar 28-Apr 11 | 12-1pm | \$30/3 sess | 96921 | 19+ | Board Rm

Tu | May 9-Jun 27 | 12-1pm | \$80/8 sess | 99341 | 19+ | Board Rm

Instructor: Julie Rauscher

NEW FRENCH: BEGINNERS (19+)

Bonjour! Welcome to an interactive class where you'll learn the basics of Parisian French, enough to feel at ease in any francophone city. This class offers a supportive and cheering environment. Bring a pen to take some notes and build new vocabulary. No registration after the first class.

Tu | May 9-Jun 27 | 9:15-11:15 am | \$160/8 sess | 96920 | 19+ | Board Rm

Instructor: Julie Rauscher

ART, CREATIVE ART, WRITING

ACRYLIC PAINTING WITH BILL (19+)

\$18/DROP-IN

Experience acrylic painting in a loosely structured, enriching, and supportive studio setting. All levels welcome. Work on personal projects to develop your own voice and style. Bring your own supplies or email the instructor for a supply list. No class Apr 17, May 22.

Mo | Apr 3-Jun 26 | 6:30-8:30pm | \$150/11 sess | 96899 | 19+ | Arts & Crafts Rm

Instructor: Bill Miloglav, baldozar@shaw.ca

WATERCOLOUR & DRAWING TOGETHER (19+)

\$25/DROP-IN

Explore these two techniques together while working on landscapes, figures, and flowers. Experiment with textures, lines, tones, lights and shadows, and linear and atmospheric perspectives. Supplies are not included. Supply list is available upon registration. No class Apr 17, May 22.

Mo | Apr 10-Jun 12 | 9-11am | \$160/8 sess | 96971 | 19+ | Arts & Crafts Rm

Instructor: Mohammad Atashzad, www.atashzad.com.



Watercolour by Mohammad Atashzad.

Please note that course prices do not include taxes.

40

NEW CHARCOAL IN MOTION (19+)**\$25/DROP-IN**

Drawing with charcoals is a wonderful way to capture movement. Develop your drawing and sketching abilities and refine composition and style using many charcoal variants. Subject matter includes still life, landscape, and figurative art. Bring your own supplies: list supplied. Drop-in fee includes materials.

We | Apr 12-May 31 | 6:30-8:30pm | \$130/8 sess | 96912 | 19+ | Arts & Crafts Rm

We | Jul 5-Aug 23 | 6:30-8:30pm | \$130/8 sess | 97975 | 19+ | Arts & Crafts Rm

Instructor: Christina Kam

WATERCOLOUR PAINTING (19+)**\$9/DROP-IN**

Gain basic watercolour experience in a loosely structured, enriching, and supportive studio setting. Work on personal projects to develop your own voice and style. Bring your own supplies or email the instructor for a supply list.

We | Apr 12-Jun 28 | 11am-1pm | \$99/12 sess | 96972 | 19+ | Arts & Crafts Rm

Instructor: Bill Miloglav, baldozar@shaw.ca

SKETCHING & DRAWING (25+)**\$9/DROP-IN**

Develop your drawing skills with subjects, life drawing, landscapes and more. Materials not included; bring basic drawing supplies to the first class. Drop-ins are welcome if the class is not full. No class May 5, Jun 9.

Fr | Apr 21-Jun 23 | 1:15-3:15pm | \$66/8 sess | 95705 | 25+ | Room C

Instructor: Edouard Beaudry

NEW FREE AFRICAN DANCING WORKSHOP (8+)

In conjunction with the VanAfrica performance in May (see page 14), join Adanu Habobo for a free African dancing workshop. All ages and abilities welcome. Try the African Drumming workshop as well on Sun Apr 30 (see page 45).

Tu | Apr 25 | 7:30-8:30pm | Free/1 sess | 110993 | 8+ | Multimedia Room

NEW FREE YARN-AROUND CIRCLE (12+)

This circle is for anyone interested in knitting, crocheting, arm and finger knitting, and stories and cultural exchanges. Please register, come for a few session or all, the registration is ongoing, no experience necessary. Special guests will be invited throughout. Our creations could be installed in the Roundhouse for a great Yarn-Bombing experiment!

Sa | Feb 25-May 6 | 11am-12:30pm | Free | 110397 | 12+ | Foyer

ADULT

Adanu Habobo with Awal Ahl Hassan.

POTTERY**POTTERY STUDIO DROP-IN (19+)****NOTE NEW DROP-IN FEES**

Pottery studio drop-in is only for those currently enrolled in Roundhouse pottery classes and for those who have a drop-in storage space assigned to them. To add your name to the drop-in wait list, contact Cheryl Stapleton at cheryl.stapleton@vancover.ca. Wait-lists are not carried over indefinitely; re-apply every six months. Class participants get priority. Drop-in fee: Public \$12/2hrs. Volunteers and registered students \$10/4hrs. Note new drop-in fees. No class May 13, 20, 21.

Sa | Apr 1-Jun 24 | Jul 1-Aug 26 | 12:30-4:30pm | 96954, 98017 | 19+ | Pottery St

Su | Apr 2-Jun 25 | Jul 9-Aug 27 | 12:30-4:30pm | 96948, 98011 | 19+ | Pottery St

We | Apr 5-Jun 28 | Jul 5-Aug 30 | 10am-9:30pm | 96947, 98010 | 19+ | Pottery St

Instructor: Volunteer

HAND & WHEEL WITH SUE (19+)

Learn the basics of hand-building, wheel throwing, glazing and firing techniques. This class is for beginners and those who want to continue working on functional or sculptural forms. Slips, glazes and firing are included in the class fee. Not included is clay. No class May 9

Tu | Apr 11-Jun 27 | 1:30-4:30pm | 6:30-9:30pm | \$289/10 sess | 96949-50 | 19+ | Pottery St

Tu | Jul 4-Aug 22 | 1:30-4:30pm | 6:30-9:30pm | \$241/8 sess | 98012-3 | 19+ | Pottery St

Instructor: Sue Griese

POTTERY FEES AND MATERIALS

Materials included are slips, glazes, firing, not included are drop-in fees and clay.

POTTERY WAITLIST

To add your name to the drop-in waitlist, contact Cheryl Stapleton cheryl.stapleton@vancover.ca. Waitlists are not carried over indefinitely; please re-apply every six months. Class participants get priority.

Please note that course prices do not include taxes.

ADULT

POTTERY FEES AND MATERIALS

Materials included are slips, glazes, firing, not included are drop-in fees and clay.

POTTERY WAITLIST

To add your name to the drop-in waitlist, contact Cheryl Stapleton cheryl.stapleton@vancouver.ca. Waitlists are not carried over indefinitely; please re-apply every six months. Class participants get priority.

HAND & WHEEL WITH VIN (19+)

Beginners learn how to throw on the potter's wheel and create projects using hand-building techniques. Intermediate and advanced students progress at their own pace and are challenged with new techniques and ideas. Special projects may be accommodated. Cover making, finishing, decorating and glazing. No class Apr 14, 17, May 22, Jun 30, Aug 7.

Mo | Apr 3-Jun 12 | 6:30-9:30pm | \$265/9 sess | 96951 | 19+ | Pottery St
Mo | Jul 10-Aug 21 | 6:30-9:30pm | \$193/6 sess | 98014 | 19+ | Pottery St
Fr | Apr 7-Jun 16 | 1:30-4:30pm | \$289/10 sess | 96952 | 19+ | Pottery St
Fr | Jul 7-Aug 18 | 1:30-4:30pm | \$217/7 sess | 98015 | 19+ | Pottery St
Instructor: Vin Arora

THROW, THROWING, THROWN WITH NORA (19+)

Get to the next stage of your skills in centering, altering, trimming, decorating, and glazing pots. For students who have taken at least one class, but you do not need to know how to centre. Material included are slips, glazes, firing. Clay not included. No class May 11.

Th | Apr 6-Jun 1 | 6:30-9:30pm | \$241/8 sess | 96953 | 19+ | Pottery St
Instructor: Nora Valliant

SURFACE AND DECORATION WITH CHERYL (19+)

Experiment with a variety of surface decoration techniques.

Th | Jul 6-Aug 24 | 6:30-9:30pm | \$241/8 sess | 98016 | 19+ | Pottery St
Instructor: Cheryl Stapleton

POTTERY AND WINE NIGHT WITH CHERYL (19+)

Enjoy an evening of hand-building and wine-tasting.

Fr | May 19 | Jul 14 | 6-9pm | \$60/1 sess | 110514-5 | 19+ | Pottery St
Instructor: Cheryl Stapleton

WOODWORKING

WOODWORKING STUDIO DROP-IN (19+)

\$14/HR DROP-IN

Drop-in sessions are available for qualified woodworkers. In order to qualify you must pass the assessment test and attend a safety orientation session, or have successfully completed a Level 2 course. These drop-in sessions are not for Level 1 students. Projects can be stored for one month before they are discarded. No class May 21.

Su | Apr 2-Jun 25 | 1-4pm | 96976 | 19+ | Woodworking St
Su | Jul 9-Aug 27 | 1-4pm | 98031 | 19+ | Woodworking St
Instructor: Craig Gilder

We | Apr 5-Jun 28 | 6-9pm | 96977 | 19+ | Woodworking St
We | Jul 5-Aug 30 | 6-9pm | 98032 | 19+ | Woodworking St
Instructor: Trevor Osborn

WOODWORKING SAFETY ORIENTATION: BY APPOINTMENT ONLY (19+)

The safety orientation is mandatory for experienced woodworkers who want to access the wood-working drop-in. Write the assessment test during any drop-in session, Wed 6-9pm. Instructors will then schedule an orientation by appointment only. Bring writing supplies.

Date: TBA | 4:30-6:30 pm | \$37/1 sess | 96978 | 19+ | Woodworking St
Date: TBA | 4:30-6:30 pm | \$37/1 sess | 98033 | 19+ | Woodworking St
Instructor: Trevor Osborn

HAND TOOLS DEMYSTIFIED WITH SPOON CARVING: LEVEL 1 (19+)

Learn techniques for sharpening, preparing the wood, adjusting and using planes, saws, chisels, layout tools, and an introduction to spoon carving. A special three-day all-day course is also available. For more information contact Jeremy Tomlinson www.urbanwoodworker.com. Eligible registration for artisans course or other advanced courses. No class Apr 17, May 22, Jul 3, 12, Aug 7.

Mo | Apr 10-May 29 | 6:30-9:30 pm | \$374/6 sess | 96980 | 19+ | Room A
Mo | Jul 10-Aug 21 | 6:30-9:30 pm | \$374/6 sess | 98036 | 19+ | Room A –
We | Jul 5-Aug 16 | 6:30-9:30 pm | \$374/6 sess | 98035 | 19+ | Room A
Instructor: Jeremy Tomlinson

Information www.roundhouse.ca 604.713.1800 ext 1

Registration recreation.vancouver.ca



Woodworking: Hand Tools class,

Please note that course prices do not include taxes.

42

WOODEN SPOON CARVING: LEVEL 1 (19+)

Spoon carving is a fun introduction to carving. You will receive an introduction to the various gouges and knives that are used in carving, including a demonstration and discussion about sharpening. Materials supplied.

Mo | Jun 5-19 | 6:30-9:30 pm | \$190/3 sess | 101315 | 19+ | Room A

Instructor: *Jeremy Tomlinson, www.urbanwoodworker.com*

HAND TOOLS: ADVANCED LEVEL 2/3 (19+)

Build a sliding-lid dovetailed box with mitered plinth or a wine rack. Learn to make the iconic dovetail joint and other advanced joinery techniques. Prerequisites: Hand Tools Demystified. Eligible registration for artisans course or other advanced courses.

We | Apr 12-Jun 7 | 6:30-9:30 pm | \$537/9 sess | 96979 | 19+ | Room A

Instructor: *Jeremy Tomlinson*

WOODWORKING: LEVEL 1 (19+)

For beginners and those with little woodworking experience. Learn basic woodworking skills and elementary safe operation of major power tools such as the jointer, planer, table saw, and others as required. Design and materials included. No class Apr 14, 17, May 22, Jul 3, Aug 7

Fr | Apr 7-May 26 | 9:30am-12:30pm | \$260/7 sess | 96982 | 19+ | Woodworking St

Fr | Jul 7-Aug 18 | 9:30am-2pm | \$365/7 sess | 98037 | 19+ | Woodworking St

Instructor: *Jeremy Tomlinson*

Mo | Apr 24 – Jun 19 | 6:30-9:30pm | \$290/8 sess | 96984 | 19+ | Woodworking St

Mo | Jun 26 – Aug 28 | 6:30-9:30pm | \$290/8 sess | 96985 | 19+ | Woodworking St

Instructor: *Craig Gilder*

NEW WOODWORKING: LEVEL 1 WITH WOOD TURNING (19+)

For beginners and those with little woodworking experience. Using chisels and a lathe, create three basic forms: a spindle, a platter and a bowl. Learn the safe use of major power tools. A prerequisite for Woodworking Level 2 (Power Tools). No classes May 13, 20, Jun 15, Jul 11, 13, 15, Aug 5

Sa | Apr 8-May 27 | 9:30am-12:30pm | \$395/6 sess | 101319 | 19+ | Woodworking St

Sa | Jun 3-24 | 9:30am-2:30pm | \$395/4 sess | 108616 | 19+ | Woodworking St

Sa | Jul 8-Aug 19 | 9:30am-1:30pm | \$395/5 sess | 101940 | 19+ | Woodworking St

Tu | Jul 4-Aug 15 | 6:30-9:30pm | \$395/6 sess | 101938 | 19+ | Woodworking St

Th | Jul 6-Aug 17 | 9:30am-12:30pm | 395/6 sess | 101939 | 19+ | Woodworking St

Instructor: *Jeremy Tomlinson, www.urbanwoodworker.com*

WOODWORKING: LEVEL 2 (19+)

Build on skills learned in Level 1, learning classic joinery techniques, project planning and material selection. Projects must be agreed to by the instructor and will be limited in size for storage. A small side table or coffee table is typical. Students supply all materials. No refunds after start date.

Tu | Apr 11-Jun 27 | 6:30-9:30pm | \$410/12 sess | 96987 | 19+ | Woodworking St

Th | Apr 13-Jun 22 | 9:30am-12:30pm | \$380/11 sess | 96988 | 19+ | Woodworking St

Instructor: *Jeremy Tomlinson*

MAKE-UP & AD-HOC SESSIONS: LEVELS 1 & 2 (19+)

These sessions are not for new projects and do not follow a particular curriculum. Register to finish existing projects with instructor guidance or to receive specific instruction on topics such as joinery, jig making, etc. Prerequisite: woodworking level 1. Fee does not include materials. No class Jun 9.

Fr | Jun 2-23 | 9:30am-12:30pm | \$135/3 sess | 96986 | 19+ | Woodworking St

Instructor: *Jeremy Tomlinson*

MAKE-UP & AD-HOC SESSIONS: HAND TOOLS (19+)

Need a little more time to finish a project? Need help with a specific joint or technique? Or maybe you want to carve another spoon? Use these short-term registrations like drop-in sessions. Contact the instructor for special arrangements.

We | Jun 14-21 | 6:30-9:30pm | \$103/2 sess | 96989 | 19+ | Room A

ADULT

WOODWORKING IMPORTANT INFORMATION

Please bring pencil and paper to class. Students must clean the studio after each session.

FIRST CLASS is mandatory for all levels. **CANCELLATIONS** must be requested 72 hours in advance of the start date.

REFUNDS No refunds after start date.

PREREQUISITES

Level 1 – none

Level 2 – level 1

MATERIALS

Level 1 – included

Level 2 & 3 – not included

ABOUT THE URBAN WOODWORKER HAND TOOL COURSES

Urban Woodworker courses in Hand Tool Woodworking are "unplugged" learning experiences, perfect for the city woodworker with limited space. Hand Tool skills also greatly improve ones ability to layout, trim and fit joinery in regular power tool projects. Register for any combination of Level 1 through Level 3 course when planning advanced projects or to explore specific techniques by making prior arrangements with instructor Jeremy Tomlinson at www.urbanwoodworker.com

Please note that course prices do not include taxes.

FREE JAZZ IN THE MEWS

Join us for some free weekend jazz in the lobby every Saturday and some Sunday mornings with a full slate of local musicians, including Cambridge Street Combo, Asheida and Friends, John Pippus and Friends, Stringz Aloud, Lawless Firm, and Rain City Swing. See our poster/website for dates www.roundhouse.ca/jazz-in-the-mews. For information on becoming a part of the Jazz in the Mews, please contact valerie.ferrar@vancouver.ca. No registration required. No show Jul 1. Sa (Su) | Apr 1-Jun 25 | Jul 8-Aug 26 | 10:30-12:30pm | **Free** | Foyer

PIANO WITH CHRISTINA (19+)

Explore the art of piano in a fun and challenging atmosphere. From basic beginners to those preparing for exams, all students are welcome. Lessons are customized to your developmental level. No previous experience is required but a piano to practice on is recommended. No class May 13, 20.

Sa | Apr 15-Jun 24 | 11-4pm | \$208/9 sess | 98820-29 | 19+ | Practice Rm

Sa | Jul 8-Aug 26 | 11-4pm | \$186/8 sess | 105529-38 | 19+ | Practice Rm

Instructor: Christina Kam

PIANO WITH LYDIA (19+)

One-on-one piano lessons for all ages and levels where students learn the art of piano playing and music appreciation. Educational, exciting and rewarding. No class May 21.

Su | Apr 9-Jun 18 | 9:30-4pm | \$230/10 sess | 97189-202 | 19+ | Practice Rm

Su | Jul 9-Aug 20 | 9:30-4pm | \$161/7 sess | 97213-26 | 19+ | Practice Rm

We | Apr 12-Jun 21 | 3-7:30pm | \$254/11 sess | 97179-88 | 19+ | Practice Rm

We | Jul 12-Aug 23 | 3-7:30pm | \$161/7 sess | 97203-12 | 19+ | Practice Rm

Instructor: Lydia Kay

PIANO WITH JULIA (19+)

With this fun and practical approach, you'll gain a well-rounded knowledge of piano that includes performance, technique, artistry and theory. Royal Conservatory students are welcome for examination preparation. A list of required books is available during the first lesson. No class May 25.

Th | Apr 13-Jun 22 | 5-6:30pm | \$231/10 sess | 98830-33 | 19+ | Practice Rm

Th | Jul 6-Aug 24 | 5-6:30pm | \$186/8 sess | 107230-3 | 19+ | Practice Rm

Instructor: Julia Villafuerte

VIOLIN WITH HANNAH (19+)

Hannah Kim has 10 years experience teaching violin and music theory with youth orchestras and kindergartens. She is an expert in teaching young students with her special teaching methods. Please bring your own violin to class. No class Apr 17, May 22, Aug 7.

Mo | Apr 3-Jun 19 | 4-5:30pm | \$250/10 sess | 98853-57 | 19+ | Board Rm

Mo | Jul 10-Aug 21 | 3:30-5:30pm | \$150/6 sess | 109075-37 | 19+ | Board Rm

Instructor: Hyunah Kim

PIANO WITH GRACE (19+)

A fun and practical approach to playing the piano. Learn dexterity, listening, rhythm and theory. Royal Conservatory students are welcome for examination preparation. No class Apr 14.

Fr | Apr 7-Jun 23 | 1:15-2pm | \$338.50/11 sess | 98207 | 19+ | Practice Rm

Fr | Apr 7-Jun 23 | 2-8:30pm | \$254/11 sess | 98679-02 | 19+ | Practice Rm

Fr | Jul 7-Aug 11 | 1:15-2pm | \$185/6 sess | 101790 | 19+ | Practice Rm

Fr | Jul 7-Aug 11 | 2-8:30pm | \$138/6 sess | 102528-32 | 19+ | Practice Rm

Instructor: Grace Ng

GUITAR WITH JUSTIN (19+)

Play your favorite songs and learn new pop, rock, and classical music. Lessons encourage musical and personal growth, with an emphasis on a positive and exciting learning experience. Students must bring their own instrument to class. No class Apr 14.

Fr | Apr 7-Jun 23 | 1-6:30pm | \$264/11 sess | 98766-77 | 19+ | Board Rm

Instructor: Justin Gorie

Lawless Firm for Jazz in the Mews.

VOICE WITH ASHEIDA (19+)

Learn fun exercises for more ease, connection and balance in your voice, and sing the songs you love. Asheida is certified to teach one of the most effective ways to safely train your voice.

Tu | Apr 11-Jun 27 | 1-8pm | \$406/12 sess | 98858-65 | 19+ | Music Rm

Tu | Jul 4-Aug 8 | 1-8pm | \$203/6 sess | 106716-29 | 7+ | Music Rm

Instructor: Asheida Music Company

NEW FREE AFRICAN DRUMMING WORKSHOP (8+)

In conjunction with the VanAfrica performance in May (see page 14), join Adanu Habobo for a free African drumming workshop. All ages and abilities welcome. Please bring your own drums. Try the African Dancing workshop as well on Tue Apr 25 (see page 41).

Su | Apr 30 | 3:30-4:30pm | Free | 110998 | 8+ | Multimedia Rm

DANCE FITNESS

LATIN FUNK DANCE (19+)

\$16/DROP-IN

A dynamic mix of eight Latin dance styles (salsa, merengue, cumbia, cha-cha-cha, mambo, reggaeton, bachata & rumba) with a hit of funk & jazz. Get ready to get funky, Latin style. No class Apr 16.

Su | Apr 23-Jun 25 | 12-1pm | \$144/10 sess | 108211 | 19+ | Dance St

Instructor: Gustavo Ferman

LATIN FUNK DANCE: FREE TRIAL CLASS (19+)

Su | Apr 9 | 12-1pm | Free/1 sess | 108215 | 19+ | Dance St

GROOVAZON (19+)

\$13/DROP-IN

Bring on the funk! The newest dance fitness craze is ready to groove you with an original blend of pure funk dance, discodelic rhythms, hip hop vibes and jazzy grooves. No class May 13, 20.

Sa | Apr 8-Jun 10 | 12:45-1:45pm | \$95/8 sess | 96926 | 19+ | Dance St

Sa | Jul 8-Aug 19 | 12:45-1:45pm | \$83/7 sess | 97989 | 19+ | Dance St

Instructor: Gustavo Ferman

LATIN & SWING DANCE (16+)

\$18.75/DROP-IN

Have fun learning to dance swing, Latin and ballroom with style and confidence. Join us in a fun and supportive atmosphere. No partner or experience required. Drop-ins are welcome if the class is not full.

We | Apr 12-Jun 21 | 8:15-9:45pm | \$132/11 sess | 95696 | 16+ | Dance St

Instructor: Barney Lee

ZUMBA (19+)

\$13/DROP-IN

Dance using the principles of interval and resistance training to maximize caloric output, fat burning, and total-body toning. Dances: cumbia, soca, merengue, salsa, African, reggaeton, flamenco, funk, belly dance.

We | Apr 12-May 17 | 5:45-6:45 pm | \$65/6 sess | 96992 | 19+ | Dance St

We | May 24-Jun 28 | 5:45-6:45 pm | \$65/6 sess | 96993 | 19+ | Dance St

We | Jul 5-Aug 2 | 5:45-6:45 pm | \$55/5 sess | 98047 | 19+ | Dance St

Instructor: Janet, DNA Wellness Co.

ZUMBA NOON (19+)

\$13/DROP-IN

No class Apr 14.

Fr | Apr 7-May 19 | 12-1pm | \$65/6 sess | 96996 | 19+ | Dance St

Fr | May 26-Jun 23 | 12-1pm | \$55/5 sess | 96997 | 19+ | Dance St

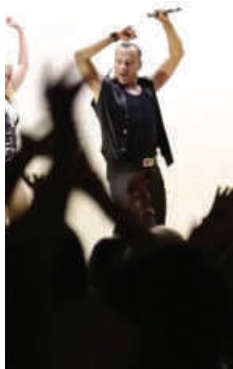
Fr | Jul 7-Aug 11 | 12-1pm | \$65/6 sess | 98051 | 19+ | Dance St

Instructor: Luglio Romero, DNA Wellness Co.

FREE ZUMBA: FREE TRIAL CLASS (19+)

We | Apr 5 | 5:45-6:45pm | 96994

ADULT



Groovazon with Gustavo.

Please note that course prices do not include taxes.

GROUP FITNESS

FREE CRAZY COYOTE RUNNERS (19+)

Enjoy safe and adventurous runs along the Seawall, False Creek and Kits Beach with a friendly group while keeping your runs consistent and motivating. Experienced leaders share training tips especially suited for all you Sun Runners. All levels of runners are welcome but we recommend that absolute beginners join at the beginning of each season. Runs are weather permitting and are subject to cancellation without notice. Meet in the Roundhouse Foyer.

Sa | Apr 1-Jun 24 | 9-10am | Free | 96915 | 19+ | Foyer

Sa | Jul 8-Aug 26 | 9-10am | Free | 97978 | 19+ | Foyer

Instructor: Susan Bernardino

GROUP FITNESS PRICING

Participants must complete a PAR-Q form for health screening purposes. Drop-ins are welcome if the class is not full.

\$6/adult drop-in

\$3.50/55+ adult drop-in

\$49/10 class adult pass;

\$28/10 class 55+ adult pass

GET FIT & KEEP FIT (19+)

Total body conditioning for all ages using the body ball, steps, weights and bands to get a great over-all workout. Space and equipment are limited. Class size is at the discretion of the instructor.

Tu | Apr 6-Jun 27 | 9:15-10:15am | See sidebar/13 sess | 96925 | 19+ | Dance St

Tu | Jul 4-Aug 29 | 9:15-10:15am | See sidebar/9 sess | 97988 | 19+ | Dance St

Instructor: Harry Wong

POSTURE PERFECT (19+)

Geared towards older adults, this class includes a cardio warmup, weights, stability ball, spine work, and stretches. Strengthen the body to improve balance, agility, and posture. Men and women are welcome.

Th | Apr 6-Jun 29 | 11:15am-12pm | See sidebar/13 sess | 96946 | 19+ | Dance St

Th | Jul 6-Aug 31 | 11:15am-12pm | See sidebar/9 sess | 98009 | 19+ | Dance St

Instructor: Ferial Ahmadzadeh

CARDIO CORE (19+)

Get your heart rate up and work your core through muscle conditioning. This class is geared towards active and fit older adults. Suitable for all ages. No class Apr 14.

Fr | Apr 7-Jun 23 | 11-11:45am | See sidebar/11 sess | 96911 | 19+ | Dance St

Fr | Jul 7-Aug 25 | 11-11:45am | See sidebar/8 sess | 97974 | 19+ | Dance St

Instructor: Edouard Beaudry

GENTLE FIT (19+)

Geared towards older adults looking for a lower-impact fitness class providing cardio, balance and strength training for a whole-body workout. Increase fitness confidence and strength. No class Apr 17, May 22, Aug 7.

Mo | Apr 10-Jun 26 | 11-11:45am | See sidebar/10 sess | 96922 | 19+ | Dance St

Mo | Jul 10-Aug 28 | 11-11:45am | See sidebar/7 sess | 97985 | 19+ | Dance St

Instructor: Diana VanderVeen

CARDIO COMBO (19+)

Geared towards older adults looking for a lower-impact fitness class providing cardio, balance and strength training for a full-body workout. Increase fitness confidence and strength working with bands.

We | Apr 12-Jun 28 | 11:15am-12pm | See sidebar/12 sess | 96910 | 19+ | Room B

We | Jul 5-Aug 30 | 11:15am-12pm | See sidebar/9 sess | 97973 | 19+ | Room B

Instructor: Ferial Ahmadzadeh

NEW KICK & REBOOT (19+)

\$14/DROP-IN

Mix kickboxing and simple dance moves with music that makes you want to move for cardio and resistance training intervals that will give you the ultimate full-body workout. Suitable for all fitness levels.

Th | Apr 6-Jun 29 | 7:30-8:30pm | \$142/13 sess | 96937 | 19+ | Dance St

Th | Jul 6-Aug 31 | 7:30-8:30pm | \$108/9 sess | 98000 | 19+ | Dance St

Instructor: Valentina Petrovic

Please note that course prices do not include taxes.

NEW CARDIO SWEAT HOUSE (19+)**\$14/DROP-IN**

A combination of athletic step and HIIT/Tabatha training, this challenging non-stop cardio/resistance work-fest is designed to burn the fat and torch the calories. No class Apr 17, May 22, Aug 7.

Mo | Apr 10-Jun 26 | 7:30-8:30pm | \$118/10 sess | 96909 | 19+ | Dance St

Mo | Jul 10-Aug 28 | 7:30-8:30pm | \$83/7 sess | 97972 | 19+ | Dance St

Instructor: Valentina Petrovic

ADULT**YOGA****KARMA YOGA (19+)****\$5/DROP-IN**

Join us for playful vinyasa yoga. Also called flow yoga, this style integrates purposeful and graceful movement, fluidly moving from one pose to the next. Adapted to suit all different levels and abilities. No class May 13, 20, 21.

Sa | Apr 1-Jun 24 | 9-10:30am | \$5/11 sess | 96935 | 19+ | Room C

Th | Apr 6-Jun 27 | 5:45-7:15pm | \$5/12 sess | 111026 | 19+ | Room C

Th | Jul 6-Aug 24 | 6-7pm | \$5/8 sess | 111355 | 19+ | Room C

Sa | Jul 8-Aug 26 | 9-10:30am | \$5/8 sess | 97998 | 19+ | Room C

Su | Apr 2-Jun 25 | 9:30-11am | \$5/12 sess | 96936 | 19+ | Dance St

Su | Jul 9-Aug 27 | 9:30-11am | \$5/8 sess | 97999 | 19+ | Dance St

Instructor: Kathryn Turnbull, www.yogaliving.ca

YOGA FOR ANXIETY (19+)**\$15/DROP-IN**

Learn self-regulation techniques along with restorative yoga, breathing, and mindfulness practices. These techniques can be practiced anywhere and anytime. No yoga experience necessary.

Tu | Apr 4-May 16 | 7:30-8:30pm | \$75/6 sess | 96990 | 19+ | Room C

Tu | May 23-Jun 27 | 7:30-8:30pm | \$75/6 sess | 100300 | 19+ | Room C

Tu | Jul 4-Aug 22 | 7:30-8:30pm | \$100/8 sess | 98045 | 19+ | Room C

Instructor: Lori Lucas, www.yogawithlorilucas.com.

HAPPY HIPS & SPINE YOGA (19+)**\$15/DROP-IN**

Regain freedom of movement, re-establish the normal range of motion to the lumbar spine, and increase blood flow and synovial fluid to the joint tissues. No class May 4.

Th | Apr 6-May 18 | 7:30-8:45pm | \$75/6 sess | 96927 | 19+ | Room C

Th | May 25-Jun 29 | 7:30-8:45pm | \$75/6 sess | 100182 | 19+ | Room C

Th | Jul 6-Aug 24 | 7:30-8:45pm | \$100/8 sess | 97990 | 19+ | Room C

Instructor: Lori Lucas, www.yogawithlorilucas.com.

GENTLE YOGA (19+)**SENIORS \$9/DROP-IN | ADULT \$14.25/DROP-IN**

Experience the joy of gentle hatha yoga. Focus on breath and meditation while improving body awareness, flexibility, and core strength. Drop-ins welcome only if the class is not full. No class Apr 17, May 3, 22.

Mo | Apr 10-Jun 26 | 9:30-11am | \$123/10 sess | 96923 | 19+ | Room C

We | Apr 12-Jun 28 | 9:30-11am | \$136/11 sess | 96924 | 19+ | Room C

Mo | Jul 10-Aug 21 | 9:30-11am | \$72/6 sess | 97986 | 19+ | Room C

We | Jul 12-Aug 23 | 9:30-11am | \$84/7 sess | 97987 | 19+ | Dance St

Instructor: Natalia Nimetz

IYENGAR YOGA (19+)**\$17/DROP-IN**

Physically energizing, deeply relaxing, and emotionally uplifting, this program offers instruction in classical yoga with an emphasis on self-awareness and development of strength, stamina, flexibility, balance, breath and body awareness, postural alignment, and relaxation. Drop-in with instructor approval. No class Apr 17, May 22.

Mo | Apr 10-Jun 26 | 5:30-7pm | \$144/10 sess | 96933 | 19+ | Dance St

Instructor: Claudia Macdonald



Gentle Yoga with Natalia.

Please note that course prices do not include taxes.

ADULT



Instructor Diana VanderVeen.

PILATES

PILATES FUSION (19+)

\$13/DROP-IN

Pilates focusses on alignment, breathing, developing a strong core or powerhouse, and improving coordination, posture and balance. Get strong from the inside out. The class uses resistance bands and weights. All fitness levels welcome.

Tu | Apr 4-May 16 | 6:45-7:45pm | \$77/7 sess | 96944 | 19+ | Dance St

Tu | May 23-Jun 20 | 6:45-7:45pm | \$55/5 sess | 96945 | 19+ | Dance St

Tu | Jul 11-Aug 22 | 6:45-7:45pm | \$77/7 sess | 98007 | 19+ | Dance St

Instructor: Diana VanderVeen

PILATES: BEGINNERS (19+)

\$6.75/DROP-IN

Try a different method of fitness in a non-threatening environment. Pilates increases strength, balance, flexibility, muscle tone, stamina and well being. All movements are adaptable to your ability, making this class a fun and inviting senior's program.

We | Apr 5-Jun 21 | 2:30-3:15pm | \$77/12 sess | 96943 | 19+ | Room B

We | Jul 12-Aug 23 | 2:30-3:15pm | \$47/7 sess | 98006 | 19+ | Room B

Instructor: Diana VanderVeen

MARTIAL ARTS, SELF DEFENCE

TAI CHI CHUAN: BEGINNERS (19+)

\$14/DROP-IN

Learn traditional Chinese exercises for self-defence and health. The movements emphasize softness, slow motion, concentration, and relaxation. All ages welcome, no experience necessary.

Sa | Apr 1-May 6 | 11:30am-1pm | \$71/6 sess | 96960 | 19+ | Room B

Sa | May 27-Jun 24 | 11:30am-1pm | \$59/5 sess | 96961 | 19+ | Room B

Sa | Jul 8-Aug 26 | 11:30am-1pm | \$95/8 sess | 98023 | 19+ | Room B

Instructor: Laurens Lee

TAI CHI CHUAN: INTERMEDIATE (19+)

\$14/DROP-IN

This course builds on skills learned in the beginner class and encourages further development. The movements emphasize softness, slow motion, concentration, and relaxation.

Sa | Apr 1-May 6 | 9:30-11am | \$71/6 sess | 96962 | 19+ | Room B

Sa | May 27-Jun 24 | 9:30-11am | \$59/5 sess | 96963 | 19+ | Room B

Sa | Jul 8-Aug 26 | 9:30-11am | \$95/8 sess | 98025 | 19+ | Room B

Instructor: Laurens Lee

WOMEN'S MARTIAL ARTS KICKBOXING FITNESS (19+)

\$12/DROP-IN

Women only. Use full-body, cross-training techniques inspired by martial arts to enhance fitness through a combination of strength, cardio, and flexibility training. No experience necessary. No class Apr 14, 17, May 22, Aug 7.

Mo Fr | Apr 3-28 | May 1-29 | Jun 2-26 | Jul 10-31 | Aug 4-28

7:45-8:45pm | \$72/6 sess | 96973 | 19+ | Room B

Instructor: Hamid Tarighatbin

SELF DEFENSE & STREET SAFETY WORKSHOP (8+)

Streetproof and bullyproof yourself and your family. This popular self-defence workshop (as seen on TV's Urban Rush) includes demos, interactions, and theory. Learn how not to be chosen as a victim, practical self-defence moves, the best release and escape moves, and much more. Instructors are both male and female.

Su | Apr 23- | 2:30-4:30pm | \$31/1 sess | 96956 | 8+ | Room B

Su | Jun 25- | 3-5pm | \$31/1 sess | 96955 | 8+ | Room B

Instructor: Hit And Run Self Defense

Please note that course prices do not include taxes.

48

ADULT SPORTS

ADULT

BADMINTON (19+)

\$6/DROP-IN

All levels welcome. Four courts and equipment available. Registration is recommended as drop-ins are not guaranteed. No class Apr 17, May 22, Aug 7.

Th | Apr 6-Jun 29 | 6-7:45pm | \$72/13 sess | 96901 | 19+ | Gym

Th | Jul 6-Aug 31 | 6-7:45pm | \$50/9 sess | 97968 | 19+ | Gym

Mo | Apr 10-Jun 26 | 8-9:45pm | \$55/10 sess | 96900 | 19+ | Gym

Mo | Jul 10-Aug 28 | 8-9:45pm | \$39/7 sess | 97967 | 19+ | Gym

BALL HOCKEY: RECREATION (19+)

\$6/DROP-IN

Enjoy a fast-paced workout while honing your hockey skills. Games are co-ed, non-contact, competitive, and friendly. No class May 21.

Su | Apr 2-Jun 25 | 3-4:45 pm | \$66/12 sess | 96904 | 19+ | Gym

Su | Jul 9-Aug 27 | 3-4:45 pm | \$44/8 sess | 97969 | 19+ | Gym

FREE BALL HOCKEY: RECREATION GOALIE (19+)

No class May 21.

Su | Apr 2-Jun 25 | Jul 9-Aug 27 | 3-4:45 pm | Free/13 sess | 96905, 97970 | 19+ | Gym

BALL HOCKEY: ADVANCED (19+)

\$6/DROP-IN

No class Apr 17, May 22.

Mo | Apr 10-Jun 26 | 10-11:45pm | \$55/10 sess | 96902 | 19+ | Gym

FREE BALL HOCKEY: ADVANCED GOALIE (19+)

No class Apr 17, May 22.

Mo | Apr 10-Jun 26 | 10-11:45 pm | Free/10 sess | 96903 | 19+ | Gym

BASKETBALL: RECREATION (19+)

\$6/DROP-IN

Our full-court basketball night is organized in 11-minute games with 3 teams of 6 players. Play two games then sit one out. Get your sweat on!

Tu | Apr 11-Jun 27 | 6-7:45pm | \$66/12 sess | 96907 | 19+ | Gym

Th | Apr 6-Jun 29 | 8-9:45pm | \$72/13 sess | 96908 | 19+ | Gym

INDOOR SOCCER: INTERMEDIATE (19+)

\$6/DROP-IN

For intermediate to advanced players who want a competitive game. First priority for play is given to those who are registered.

Th | Apr 6-Jun 29 | 10-11:45pm | \$72/13 sess | 96929 | 19+ | Gym

Th | Jul 6-Aug 31 | 10-11:45pm | \$50/9 sess | 97992 | 19+ | Gym

INDOOR SOCCER: RECREATION (19+)

\$6/DROP-IN

For players of all levels who want to improve their skills and have fun in a non-competitive environment. There is no competitive play. No class May 21.

Su | Apr 2-Jun 25 | 1-2:45pm | \$66/12 sess | 96930 | 19+ | Gym

Su | Jul 9-Aug 27 | 1-2:45pm | \$44/8 sess | 97993 | 19+ | Gym

Tu | Apr 11-Jun 27 | 8-9:45pm | \$66/12 sess | 96931 | 19+ | Gym

Tu | Jul 4-Sep 26 | 8-9:45pm | \$72/13 sess | 97994 | 19+ | Gym

VOLLEYBALL: RECREATION (19+)

\$6/DROP-IN

For players of all levels who want to have fun in a non-competitive and friendly environment.

Su | Apr 2-Jun 25 | 5-6:45pm | \$66/12 sess | 96967 | 19+ | Gym

We | Apr 12-Jun 28 | 6-7:45pm | \$66/12 sess | 96966 | 19+ | Gym

VOLLEYBALL: INTERMEDIATE (19+)

\$6/DROP-IN

For players wanting competitive play who have a solid volleyball foundation and are able to pass, set, serve, spike, and block with proficiency. No class May 21.

Su | Apr 2-Jun 25 | 7-8:45pm | \$66/12 sess | 96965 | 19+ | Gym

Please note that course prices do not include taxes.

Courses, prices, registration information may change without notice. Please contact the Roundhouse to confirm.

ADULT

VOLLEYBALL ASSESSMENT

To ensure the consistency of play and safety for all participants, a skill evaluation will be required for both registered and drop-in players attending the intermediate and competitive sessions by the gym supervisor who reserves the right to recommend appropriate players to a different level.

TENNIS

Beginner tennis classes have a maximum 6:1 student-to-instructor ratio and four sessions of four or six hours in total. All tennis classes are held on the six lower courts, close to the Beach Avenue entrance into Stanley Park, and across the street from the Vancouver Parks Board office. Call Gayle at 604-605-8224 for weather cancellations, racquets, and information on private lessons.

VOLLEYBALL: COMPETITIVE (19+)

\$6/DROP-IN

For players who have a solid volleyball foundation and are able to pass, set, serve, spike, and block with proficiency. Volleyball systems of play should be second nature. You will be assessed to be sure that you are competitive in this advanced environment.

We | Apr 12-Jun 28 | 8-9:45pm | \$66/12 sess | 96964 | 19+ | Gym

VOLLEYBALL CLINIC: ALL LEVELS (19+)

Work on the fundamentals of passing, setting, serving, spiking and blocking. Learn advanced skills, including how to put spin on a ball, how to read players and anticipate on the court, how to time a set, and much more. No class Apr 17.

Mo | Apr 10-May 15 | 6-7:30pm | \$116/5 sess | 96968 | 19+ | Gym

Instructor: DJTN Solutions

VOLLEYBALL CLINIC: INTERMEDIATE/ADVANCED (19+)

Work on advanced skills, including how to put spin on a ball, how to read players and anticipate on the court, how to time a set, and much more. Learn fundamentals of strategy and communication.

Mo | May 29-Jun 26 | 6-7:30pm | \$116/5 sess | 96969 | 19+ | Gym

Instructor: DJTN Solutions

TENNIS: BEGINNER (1.0 NTRP) (19+)

If you're brand new to the game, learn the basic skills for play. No class Aug 5

Spring Session

Sa | Apr 22-May 13 | 1:30-3pm | \$123/4 sess | 104447 | 19+ | Stanley Park Tennis Courts

Tu Th | May 2-11 | 6-7pm | \$82/4 sess | 104437 | 19+ | Stanley Park Tennis Courts

Tu Th | May 23-Jun 1 | 7-8pm | \$82/4 sess | 104435 | 19+ | Stanley Park Tennis Courts

Summer Session

Tu Th | Jul 18-27 | 6:30-7:30pm | \$82/4 sess | 105413 | 19+ | Stanley Park Tennis Courts

Sa | Jul 22-Aug 19 | 1:30-3pm | \$123/4 sess | 97440 | 19+ | Stanley Park Tennis Courts

Tu Th | Aug 8-17 | 7-8pm | \$82/4 sess | 105416 | 19+ | Stanley Park Tennis Courts

Instructor: Gayle Dobson, g-g@telus.net, 604-605-8224

TENNIS: BEGINNER+ (1.5 NTRP) (19+)

Follows the beginner class, or for anyone with a little tennis experience. Review basic skills, go over rules and scoring for game play, and work on consistency and technique. No class Aug 5.

Spring Session

Th | Apr 20-May 11 | 5:30-7pm | \$123/4 sess | 104583 | 19+ | Stanley Park Tennis Courts

Tu Th | May 23-Jun 1 | 6-7pm | \$82/4 sess | 104566 | 19+ | Stanley Park Tennis Courts

Sa | May 27-Jun 17 | 1:30-3pm | \$123/4 sess | 104451 | 19+ | Stanley Park Tennis Courts

Tu Th | Jun 13-22 | 7-8:30 pm | \$123/4 sess | 104571 | 19+ | Stanley Park Tennis Courts

Summer Session

Tu Th | Jul 18-27 | 7:30-8:30pm | \$82/4 sess | 97443 | 19+ | Stanley Park Tennis Courts

Sa | Jul 22-Aug 19 | 1-3pm | \$123/4 sess | 97441 | 19+ | Stanley Park Tennis Courts

Th | Aug 3-24 | 5:30-7pm | \$123/4 sess | 97442 | 19+ | Stanley Park Tennis Courts

Instructor: Gayle Dobson, g-g@telus.net or 604-605-8224

TENNIS: INTERMEDIATE 1 (2.0 NTRP) (19+)

Follows Beginner+ class, or for players who can rally using all strokes. Improve skills through instruction, drills and game play.

Spring Session

Tu | Apr 18-May 9 | 5:30-7pm | \$123/4 sess | 104421 | 19+ | Stanley Park Tennis Courts

Su | Apr 23-May 14 | 1-2:30pm | \$123/4 sess | 103015 | 19+ | Stanley Park Tennis Courts

Tu Th | Jun 13-Jun 22 | 5:30-7pm | \$123/4 sess | 104428 | 19+ | Stanley Park Tennis Courts

Summer Session

We | Jul 19-Aug 9 | 6-7:30pm | \$123/4 sess | 97444 | 19+ | Stanley Park Tennis Courts

Instructor: Gayle Dobson, g-g@telus.net or 604-605-8224

Please note that course prices do not include taxes.

50

TENNIS: INTERMEDIATE 2 (2.5 NTRP) (19+)

Follows Intermediate 1 class or for players who can perform all strokes in a game and may have a little competitive experience. Improve strokes and game strategy through instruction, drills and game play.

Su | Apr 23-May 14 | 1-2:30pm | \$123/4 sess | 104431 | 19+ | Stanley Park Tennis Courts

We | Jun 7-Jun 21 | 6-8pm | \$123/3 sess | 104433 | 19+ | Stanley Park Tennis Courts

Instructor: Gayle Dobson, g-g@telus.net or 604-605-8224

ADULT GYM SPORTS REGISTRATION

To guarantee your spot, you must register for the entire program. Waitlist registration opens at 10:30am on the first day of the class. Call 604-713-1800, press 1, and speak to a cashier to put your name on the list. No voice messages. Only one name per phone call. You are not guaranteed a spot if you are on the waitlist. Drop-ins available if class is not full. All players must check in by 10 minutes after start time or lose their spot. A 10-visit pass (now on your OneCard!) is mandatory for after-hours (after 10pm Mo-Fr, after 5pm Su) adult gym drop-in programs.

ADULT GYM SPORTS DROP-IN

All drop-in participants for Adult Gym Sports must have a Park Board OneCard before they can sign up for drop-in participation. Get a free OneCard at the front desk today.

NEW ADULT GYM SPORTS PASS FOR DROP-INS

As of Sep 1, 2016, there will be no cash payment for any after-hour (after 10pm Mo-Fr, after 5pm Su) Adult Gym Sports programs. A 10-visit pass (now on your OneCard!) is mandatory. Save money: purchase your \$60 10-visit pass at the front desk before 9:30pm, or buy the pass over the phone and pick it up at the front desk.

PLAY PRIORITY INFORMATION

When you register for Adult Gym Sports you agree to abide by the Sports Code of Conduct: see your receipt for details. For drop-in sports, call after 10:30am in the morning to get your name on the drop-in list. Only one name per phone call. Registered people have 10 minutes to check in with the gym supervisor; after 10 min, your spot goes to the first person on the waitlist.

ROUNDHOUSE ADULT SPORTS CODE OF CONDUCT

Be a good sport

no excessive arguing or complaining

Control your temper

no yelling, ridiculing or criticizing another player or staff member

Be respectful

no foul language, no touching another player or staff member
(Exception: incidental sport contact)

Play fair

no aggressive or dirty play

Govern yourself

fouls called on you by the opposing team must be respected

ADULT

ADULT GYM SPORTS REGISTRATION

For adult sports we will no longer offer a pre-paid system. If you'd like a guaranteed spot, you must register for the Drop-in waitlist rules apply. Waitlist opens at 10:30am on the day of the class. Call 604-713-1800 press 1 to put your name on it. Only one persons name per phone call. Do not leave a voice message. Speak to a cashier directly. You are not guaranteed to get a spot if you are on the waitlist.

10-VISIT PASS AFTER-HOURS

Now on your OneCard! A 10-visit pass is mandatory for after-hours (after 10pm Mo-Fr, after 5pm Su) adult gym drop-in programs.

ADULT GYM SPORTS DROP-IN

All drop-in participants for Adult Gym Sports are required to have a Park Board OneCard to participate. Signing up for the OneCard is free. Please see our front desk to get yours today. There is no registration during drop-in sign up.

SOCCER SUPERVISION

To ensure fair play, safety and consistency, games will be supervised and teams will be assigned by the gym supervisor.

Please note that course prices do not include taxes.