

PRENATAL

PRENATAL & POSTNATAL PROGRAMS

Prenatal and Postnatal programs encourage healthy and active living in the months during and after your pregnancy. Please ensure that you consult your family physician before starting any prenatal or postnatal fitness program. If you are unsure if a particular program is suitable for you, please stop by before the beginning of any class and have a quick chat with the instructor. They will help recommend some options for you. All instructors have the appropriate training/certifications for providing specialized instruction for their programs.



Please note that course prices do not include taxes.

20

FITNESS

PRENATAL PILATES (19+)

\$13/DROP-IN

Feel toned and graceful throughout your pregnancy. Improve your posture through core strength, stability and proper alignment. Learn breathing exercises to prepare you and your baby for labour. No class Apr 17, May 22, Aug 7.

Mo | Apr 3-May 8 | 6-6:45pm | \$60/5 sess | 98835 | 19+ | Room C

Mo | May 15-Jun 19 | 6-6:45pm | \$60/5 sess | 98836 | 19+ | Room C

Mo | Jul 24-Aug 28 | 6-6:45pm | \$60/5 sess | 102766 | 19+ | Room C

Instructor: Diana VanderVeen

FIT4TWO PRENATAL FITNESS (19+)

\$17.50/DROP-IN

All trimesters welcome! Reduce prenatal discomforts like lower back ache, fatigue and swelling. Certified pre and postnatal fitness specialists will lead you through pregnancy—safe cardiovascular exercise, functional strength training, flexibility and relaxation. A Par-Med-X for Pregnancy Form must be signed by your healthcare provider (physician or midwife) prior to your participating in class. This form is available at www.fit4two.ca or at the front desk.

We | Apr 5-May 24 | 7-8pm | \$121.03/8 sess | 102682 | 19+ | Dance St

Tu | May 31-Jun 28 | 7-8pm | \$75.60/5 sess | 102694 | 19+ | Dance St

We | Jul 5-Jul 26 | 7-8pm | \$60.48/4 sess | 102707 | 19+ | Dance St

Instructor: Fit4Two Van Downtown/False Creek, www.fit4two.ca

WORKSHOPS

CHILDBIRTH PREPARATION PRENATAL WORKSHOP (19+)

Learn about every aspect of pregnancy, labour and infant care, including the social aspect of having a baby. Topics include optimal fetal position, stages of labour, relaxation, massage, breathing, birth options, breastfeeding and infant care. The registration fee is per couple.

Su | Apr 23 | 10am-4pm | \$116/1 sess | 97463 | 19+ | Multimedia Rm

Su | May 14 | 10am-4pm | \$116/1 sess | 97464 | 19+ | Room B

Su | Jun 18 | 10am-4pm | \$116/1 sess | 97465 | 19+ | Multimedia Rm

Instructor: Karen Mitchel

YOGA

PRENATAL YOGA (19+)

\$14/DROP-IN

Nurture yourself and your baby with gentle hatha yoga. Learn poses and techniques to alleviate the common discomforts of pregnancy and prepare for labour. Lori is a former Birth Doula and a Faculty member at Langara College.

Tu | Apr 4-May 16 | 5:45-7:15pm | \$84/7 sess | 98837 | 19+ | Room C

Tu | May 23-Jun 27 | 5:45-7:15 pm | \$72/6 sess | 107327 | 19+ | Room C

Tu | Jul 4-Aug 22 | 5:45-7:15pm | \$96/8 sess | 106172 | 19+ | Room C

Th | Apr 6-May 18 | 5:45-7:15pm | \$72/6 sess | 98838 | 19+ | Room C

Th | May 25-Jun 29 | 5:45-7:15pm | \$72/6 sess | 107328 | 19+ | Room C

Th | Jul 6-Aug 24 | 5:45-7:15pm | \$96/8 sess | 106173 | 19+ | Room C

Instructor: Lori Lucas, www.yogawithlorilucas.com

EDUCATION

BABY SIGN LANGUAGE (19+)

Did you know that babies can understand and communicate long before they can speak? Learn basic American Sign Language (ASL) hand gestures through fun songs and games. Newborns up to two years.

Mo | May 29-Jun 26 | 2-2:45pm | \$67/5 sess | 97472 | 19+ | Room B

Instructor: *Into Yoga, www.intoyoga.ca*

FITNESS

Instructor: *Fit4Two Van Downtown/False Creek, www.fit4two.ca*

FIT4TWO STROLLER FITNESS (19+)

\$15.50/DROP-IN

Intervals of power walking, functional strength training and cardio drills are followed by postnatal-specific core and flexibility work. Women should be 4+ weeks postpartum (6 weeks for cesareans). All fitness levels are welcome. No class Apr 17, May 22, Aug 7.

Mo We | Apr 3-26 | 9:45-10:45am | \$92.27/7 sess | 102525 | 19+ | Dance St

Mo We | May 1-31 | 9:45-10:45am | \$118.63/9 sess | 102541 | 19+ | Dance St

Mo We | Jun 5-28 | 9:45-10:45am | \$105.43/8 sess | 102550 | 19+ | Off Site

Mo We | Jul 10-26 | 9:45-10:45am | \$79.09/6 sess | 102750 | 19+ | Off Site

Mo We | Jul 31-Aug 28 | 9:45-10:45am | \$105.43/8 sess | 102755 | 19+ | Off Site

FREE FIT4TWO MOTHER'S DAY STROLLER FITNESS: FREE TRIAL CLASS (19+)

Fr | May 12 | 1-2pm | Free/1 sess | 102520 | 19+ | Foyer

FIT4TWO STROLLER BOOTCAMP (19+)

\$15.50/DROP-IN

Stroller bootcamp for moms and babies/tots includes high intensity drills for strength, power, speed, agility, balance, cardio and core. You must be "body ready" for this advanced class: exercising 3-6 days a week for at least 8 weeks, injury free and without diastasis recti. No class May 22, Aug 7.

Mo We | May 1-31 | 11:15am-12:15pm | \$118.63/9 sess | 102595 | 19+ | Coopers' Park

Mo We | Jun 5-28 | 11:15am-12:15pm | \$105.43/8 sess | 102621 | 19+ | Coopers' Park

Mo We | Jul 10-26 | 11:15am-12:15 pm | \$79.09/6 sess | 102658 | 19+ | Coopers' Park

Mo We | Jul 31-Aug 28 | 11:15am-12:15pm | \$105.43/8 sess | 102670 | 19+ | Coopers' Park

FREE FIT4TWO STROLLER BOOTCAMP: FREE TRIAL CLASS (19+)

Mo | Apr 24 | 11:15am-12:15 pm | Free/1 sess | 102582 | 19+ | Coopers' Park

WORKSHOPS

IS YOUR BABY SLEEPING THROUGH THE NIGHT? (19+)

Learn about the biology of sleep in babies, why babies wake at night, and what to expect at different ages. Cultivate healthy sleep habits that will last a lifetime. Babies in arms are welcome.

Sa | Apr 22 | 2-4pm | \$41/couple or \$26/single/1 sess | 98781 | 19+ | Room C

Instructor: *Bonnie Sylvia Davis, www.familycontinuum.com*

MAKING SENSE OF YOUR NEWBORN (19+)

Explore the science of development and healthy attachment while learning practical tips for soothing, burping, sleep and more. This course is for expectant parents and parents of a newborn up to 3 mos. Bring a doll or teddy bear to practice on, a swaddling cloth, and a carrier if you have it.

Sa | May 6 | 12:30-4:30pm | \$88/couple or \$52/single/1 sess | 98799 | 19+ | Multimedia Rm

Instructor: *Bonnie Sylvia Davis, www.familycontinuum.com*

DO YOU UNDERSTAND YOUR TODDLER? (19+)

Learn how to understand your toddler's behaviour based on the new science of brain development. Learn effective strategies for challenges such as tantrums, and enjoy the toddler years with a calm, happy child. Babies in arms are welcome.

Sa | May 27 | 2-4:30pm | \$41/couple or \$26/single/1 sess | 98736 | 19+ | Room C

Instructor: *Bonnie Sylvia Davis, www.familycontinuum.com*

POSTNATAL



Please note that course prices do not include taxes.

POSTNATAL

OUR PARTNERS IN CHILDHOOD DEVELOPMENT

WEST COAST CHILDCARE RESOURCE CENTRE
WCCRC supports the healthy development of children, families and their communities by providing child development and child care information, referrals, training, support with subsidy applications, and resources for parents, caregivers and others who provide services to children and families.
INFO 604-709-5661,
www.wstcoast.org

VANCOUVER SOCIETY OF CHILDREN'S CENTRES
VSOCC's mission is to design, develop, and deliver an integrated and comprehensive continuum of high quality child and family services that reflect community, family, and children's values, needs, and interests. They offer a variety of licensed childcare and family programs in the downtown peninsula. More INFO
www.vsocc.org

VANCOUVER COASTAL HEALTH

VCH provides a full range of health care services ranging from hospital treatment to community-based residential, home health, mental health and public health services. VCH operates the Three Bridges Community Health Centre at 1292 Hornby St which offers a variety of community health programs.
INFO www.vch.ca

WHAT'S GOING ON INSIDE THAT BABY'S BRAIN ANYWAY? (19+)

Learn how to support your baby's social and emotional development in the first two years of life, including communicating with your baby and creating an optimal environment for development.
Sa | Jun 3 | 2-4:30pm | \$41/couple or \$26/single/1 sess | 98866 | 19+ | Room C
Instructor: *Bonnie Sylvia Davis, www.familycontinuum.com*

THE SECRETS OF HEALTHY CONNECTED FAMILIES (19+)

The first few years of parenting can be challenging if you don't have a clear road map. Learn five key principles that support a respectful, harmonious family life and start a "Family Manifesto" that will support your growth and connection as a family. Babies in arms are welcome.
Sa | Jun 24 | 12:30-4:30pm | \$88/couple or \$52/single/1 sess | 98850 | 19+ | Multimedia Rm
Instructor: *Bonnie Sylvia Davis, www.familycontinuum.com*

YOGA

BABY & ME YOGA (19+)

\$14/DROP-IN

Learn hatha yoga with other moms while caring for your baby. Dump stress and regain core strength as you get fit at your own pace. Get ready to handle all the challenges a new parent faces. Dads welcome too. No class May 4.
Th | Apr 13-May 25 | 12:30-2pm | \$73.50/6 sess | 97276 | 19+ | Room C
Th | Jun 1-Jun 29 | 12:30-2pm | \$61.25/5 sess | 97277 | 19+ | Room C
Th | Jul 6-Jul 27 | 12:30-2pm | \$47.50/4 sess | 97446 | 19+ | Room C
Th | Aug 3-Aug 24 | 12:30-2pm | \$47.50/4 sess | 97447 | 19+ | Room C
Instructor: *Alex Vanderster, www.alexvanderster.ca*

ART

MAKE IT MONDAY: A DROP-IN FAMILY ART NIGHT (2-8)

SUGGESTED \$2/DROP-IN

This family art drop-in program invites parents and children ages 2-8 to make art together. Explore art media, mark making and much more in creative activities that inspire the whole family.
Mondays: Apr 24 | May 15 | Jun 19 | Jul 17 | Aug 21
6-8pm | \$2/1 sess | 2-8 | Foyer
Instructor: *Amanda Lye*

ART & MUSIC TOGETHER (1-5)

\$12/DROP-IN

Boost your creativity, confidence, concentration and coordination with fingerpainting, abstract art, collage, colouring, stickers, stamping and clay modeling, as well as sing-alongs, movement, storytelling and play time. Caregiver participation is required. Drop-ins welcome only if there is space available.
Tu | Apr 11-Jun 20 | 9:30-10:30am | \$110/11 sess | 98714 | 1-5 | Arts & Crafts Rm
Tu | Apr 11-Jun 20 | 10:45-11:45am | \$110/11 sess | 98715 | 1-5 | Arts & Crafts Rm
Fr | Apr 21-Jun 23 | 9:30-10:30am | \$100/10 sess | 98716 | 1-5 | Arts & Crafts Rm
Fr | Apr 21-Jun 23 | 10:45-11:45am | \$100/10 sess | 98717 | 1-5 | Arts & Crafts Rm
Instructor: *Sun Rey Han*

ART IS FUN (3-5)

\$12/DROP-IN

Have fun with origami, clay modelling, stamping, collage, abstract art, mixed media art, finger painting, crafting and more. Drop-ins welcome only if there is space available.
Tu | Apr 11-Jun 20 | 1:15-2:15pm | \$115.50/11 sess | 98720 | 3-5 | Arts & Crafts Rm
Instructor: *Sun Rey Han*

FAMILY CLAY TIME (2-5)

Create beautiful objects that showcase the special bond between children and parents. You and your child will work together to design, sculpt and paint a new creative object every week. Caregiver participation is required. Bring a smock.
Th | Apr 20-Jun 15 | 1:30-2:30pm | \$99/9 sess | 98758 | 2-5 | Arts & Crafts Rm
Instructor: *David Robinson*

COMMUNITY SERVICE

FREE THREE BRIDGES MULTIPLES PARENTING DROP-IN GROUP (0-18 MOS)

A welcoming group for parents and caregivers of multiples ages 0-18 months. We hope to provide an atmosphere of who want to share experiences, find support, and learn from each other, guest speakers and public health nurses.

Tu | Apr 4 | May 2 | Jun 6 | 1:30-3pm | Free | 98851 | 0-18 mos | Room B

Instructor: TBA Instructor, www.vch.ca

DANCE

DEVELOPMENTAL PLAY WITH BABIES (8WKS-CRAWLING) \$12/DROP-IN

Learn hands-on parenting techniques to enhance your baby's development through singing, dancing and playing. Come prepared to move with your baby and have fun. No class May 16.

Tu | Apr 4-Jun 13 | 10:30-11:30am | \$102.50/10 sess | 98734 | 0-1 | Dance St

Instructor: Bonnie Sylvia Davis, www.familycontinuum.com

DEVELOPMENTAL PLAY WITH TODDLERS (WALKING-2YRS) \$12/DROP-IN

Enhance your toddler's social, emotional, and physical development through singing, moving and playing in this research-based workshop. Come prepared to move with your toddler and have fun. No class May 16.

Tu | Apr 4-Jun 13 | 11:50am-12:50pm | \$102.50/10 sess | 98735 | 0-2 | Room B

Instructor: Bonnie Sylvia Davis, www.familycontinuum.com

MINI HIP HOP (3-5)

Move and groove to your favourite tunes. Learn the basics of hip hop dance in this high energy program. Leave feeling energized, confident and excited about dance. Beginners welcome.

Tu | Apr 11-Jun 13 | 1-1:45pm | \$100/10 sess | 98800 | 3-5 | Dance St

Instructor: Vancouver Performing Stars, www.performingstars.ca

BRIGHTSTARS PERFORMING ARTS (2-3) \$9/DROP-IN

Dive into the wonderful world of performing arts. Learn the beginnings of dance, movement, singing, acting, imagination and self-confidence.

We | Apr 12-Jun 14 | 11:45am-12:15pm | \$80/10 sess | 98727 | 2-3 | Dance St

Instructor: Jordan Thomson

ACROBATIC DANCE (3-5) \$9.50/DROP-IN

Learn to combine fundamental dance principles with rhythmic and classical gymnastics in this playful class. Using creative movement, games, stories and props, dancers achieve balance, coordination, awareness, and strength.

Th | Apr 6-Jun 22 | 3:30-4:15pm | \$102/12 sess | 98709 | 3-5 | Dance St

Th | Jul 6-Aug 31 | 3:30-4:15pm | \$74.25/9 sess | 102993 | 3-5 | Dance St

Instructor: Espirito Santo Mauricio

NEW ANIMAL KINGDOM MOVEMENTS (2-4) \$14/DROP-IN

Get your little monkeys moving creatively! Cross the floor like frogs, crabs or gorillas, or dive underwater and move like sea animals such as whales, dolphins and seals. All super fun and accessible. A fun and different way to get your little humans moving

Fr | May 26-Jun 23 | 9:30am-10:15 am | \$67.50/5 sess | 108045 | 2-4 | Room C

Instructor: Intoyoga, www.intoyoga.ca

NEW CREATIVE YOGA PLAY (2-5) \$11/DROP-IN

A place where kids are welcome to feel free and confident as they explore the space around them using, yoga, song, dance, art and drama. Parent participation is optional.

Fr | Apr 21-Jun 16 | 11:15am-12pm | \$90/9 sess | 108053 | 2-4 | Room B

Fr | Apr 21-Jun 16 | 1:15am-2pm | \$90/9 sess | 108059 | 3-5 | Room B

Instructor: Diana Bearsto

INFANT & PRESCHOOL



Please note that course prices do not include taxes.

INFANT & PRESCHOOL



CREATIVE BALLET (3-5)

\$10/DROP-IN

Learn about posture, tempo, shapes and space, along with basic movement and ballet skills. Grow your musical awareness through music, stories, rhythms and games. We'll talk about what to wear in the first class. No class Apr 15, May 13, 20.

Sa | Apr 1-Jun 24 | 9-9:45am | \$90/10 sess | 98730 | 3-4 | Dance St

Sa | Apr 1-Jun 24 | 9:50-10:35am | \$90/10 sess | 98731 | 3-4 | Dance St

Sa | Apr 1-Jun 24 | 10:40-11:25am | \$90/10 sess | 98732 | 4-5 | Dance St

Instructor: Serena Morphy

MUSIC

MUSIC TOGETHER (0-5)

Come dance, sing and play bells, triangles, shakers, rhythm sticks and instruments galore! This developmentally appropriate, research-based curriculum is pure fun. Caregiver participation required. No class Apr 15, May 13, 20, Aug 5.

Class times 9:30-10:15am | 10:30-11:15am | 11:30am-12:15pm

Sa | Apr 1-Jun 17 | \$157.50/9 sess | 98804-6 | 0-5 | Multimedia Rm

Sa | Jul 8-Aug 19 | \$125/6 sess | 104497-9 | 0-5 | Multimedia Rm

Instructor: Roya, Westside Music Together

We | Apr 12-Jun 14 | \$168/10 sess | 98807-9 | 0-5 | Multimedia Rm

We | Jul 5-Aug 2 | \$114/5 sess | 104500-2 | 0-5 | Multimedia Rm

Instructor: Tanya, Westside Music Together

Th | Apr 13-Jun 15 | \$168/10 sess | 98801-3 | 0-5 | Multimedia Rm

Instructor: Katy, Westside Music Together

ORFF MUSIC (1-5)

\$9.50/DROP-IN

This holistic approach to learning introduces your child to music with singing, instruments and movement with puppets and other fun props. Get your toddlers movin' and groovin'! No class May 4.

Th | Apr 13-Jun 22 | 9:30-10am | \$80/10 sess | 98810 | 1 | Room C

Th | Apr 13-Jun 22 | 10:10-10:40am | \$80/10 sess | 98811 | 2-3 | Room C

Th | Apr 13-Jun 22 | 10:50-11:20am | \$80/10 sess | 98812 | 3-5 | Room C

Instructor: Tonia Allen

EDUCATION

EARLY MATH MATTERS (3-6)

Use creative hands-on learning to develop pre-math and pre-language skills. Math helps preschoolers learn to solve problems and make sense of the world. Based on Piaget and Montessori. No class May 13, 20.

Sa | Apr 22-Jun 24 | 9:30-10:15am | \$66/8 sess | 98738 | 3-4 | Board Rm

Sa | Apr 22-Jun 24 | 10:30-11:15am | \$66/8 sess | 98739 | 4-5 | Board Rm

Sa | Apr 22-Jun 24 | 11:30am-12:15 pm | \$66/8 sess | 98740 | 5-6 | Board Rm

Instructor: Branka Bajgoric

LANGUAGE

SPANISH FOR PRESCHOOL (3-5)

Say hola to Spanish. Children learn the basics of this beautiful language with games, songs and crafts. Caregiver participation is optional for this class. No class Apr 17, May 22.

Mo | Apr 10-Jun 19 | 2:30-3:15pm | \$81/9 sess | 98843 | 3-5 | Room C

Instructor: Gloria Alonso

THE READING TREE (3-5)

Learn the alphabet, vocabulary and critical-thinking skills through stories, games, songs and crafts. This early literacy program gets kids ready for kindergarten. No drop-ins.

Th | Apr 13-Jun 8 | 10-11am | \$87.50/9 sess | 97370 | 3-5 | Arts & Crafts Rm

Th | Apr 13-Jun 8 | 11:10am-12:10pm | \$87.50/9 sess | 97387 | 3-5 | Arts & Crafts Rm

Instructor: Debbie Leboe



PARENT & TOT GYM TIME (0-5)**\$2.75/DROP-IN OR \$21/10 VISIT PASS**

Have fun in this supervised indoor play environment. Climb on trestle equipment, tumble on mats, ride on toys and jump in our bouncy castle. An opportunity to meet new friends and connect with community services. Caregiver participation is required. No gym on Apr 17, May 13, 20, 22, Jul 4, Aug 8. No Mondays in July and August.

Spring Apr 6-Jun 29

Mo | 1:15-3:15pm | \$2.75/drop-in | Gym

We | 12:30-2:30pm | \$2.75/drop-in | Gym

Tu Th Sa | 9:15-11:45am | \$2.75/drop-in | Gym

*Instructor: Stratos Charalambides**Summer Jul 5-Aug 31*

Tu Th Sa | 9:15-11:45am | \$2.75/drop-in | Gym

We | 12:30-2:30pm | \$2.75/drop-in | Gym

SPORTBALL: JUNIOR (1-2)

Move and explore while learning fundamental sport skills. Caregiver participation is required. No class Apr 16, May 21, Aug 6.

Su | Apr 2-Jun 18 | 11-11:45am | \$168/10 sess | 97392 | 1-2 | Gym

Su | Jul 9-Aug 27 | 11-11:45am | \$118/7 sess | 97417 | 1-2 | Gym

*Instructor: Sportball Vancouver***SPORTBALL: PARENT & TOT (2-3)**

Move and explore while learning fundamental sport skills. Caregiver participation is required. No class Apr 16, May 21, Aug 6.

Su | Apr 2-Jun 18 | 9:15-10am | \$168/10 sess | 97390 | 2-3 | Gym

Su | Jul 9-Aug 27 | 9:15-10am | \$118/7 sess | 97415 | 2-3 | Gym

Th | Apr 6-May 11 | 2-2:45pm | \$101/6 sess | 97394 | 2-3 | Gym

Th | May 18-Jun 22 | 2-2:45pm | \$101/6 sess | 97414 | 2-3 | Gym

*Instructor: Sportball Vancouver***SPORTBALL: MULTI-SPORT (3-5)**

Develop basic sport skills like balance, coordination, stamina and timing in a fun, non-competitive setting. Each class introduces one of these sports: hockey, soccer, football, baseball, basketball, volleyball, golf or tennis. No class Apr 16, May 21, Aug 6.

Th | Apr 6-May 11 | 1-2pm | \$101/6 sess | 97393 | 3-5 | Gym

Th | May 18-Jun 22 | 1-2pm | \$101/6 sess | 97413 | 3-5 | Gym

Su | Apr 2-Jun 18 | 10-11am | \$168/10 sess | 97391 | 3-5 | Gym

Su | Jul 9-Aug 27 | 10-11am | \$118/7 sess | 97416 | 3-5 | Gym

*Instructor: Sportball Vancouver***HEAD START SOCCER (3-5)****\$11/DROP-IN**

Learn fundamental skills through soccer drills that teach the key essentials of sharing, listening and participation while interacting with other children and having fun. Caregiver participation may be required.

Sa | Apr 8-May 6 | 10:45-11:30am | \$50/5 sess | 98778 | 3-5 | David Lam Park

Sa | May 13-Jun 10 | 10:45-11:30am | \$50/5 sess | 106184 | 3-5 | David Lam Park

*Instructor: Felicia Bartolomeo***NEW JUMP GYMNASTICS FUNDAMENTALS 1 (2-3)**

Focus on a structured introduction to fundamental movement skills in a super fun, challenging, non-competitive environment.

Tu | Apr 11-Jun 27 | 2:15-3pm | \$111/12 sess | 110871 | 2-3 | Gym

Tu | Jul 4-Aug 22 | 2:15-3pm | \$64.75/7 sess | 110989 | 2-3 | Gym

*Instructor: Jump Gymnastics***NEW JUMP GYMNASTICS FUNDAMENTALS 2 (3-5)**

Tu | Apr 11-Jun 27 | 3:15-4pm | \$111/12 sess | 110870 | 3-5 | Gym

Tu | Jul 4-Aug 22 | 3:15-4pm | \$64.75/7 sess | 110988 | 3-5 | Gym

Please note that course prices do not include taxes.

TENNIS: INDOOR (4-5)

Fun for the little aces! Activities will be organized to help develop athletic and tennis skills. Classes have a 4:1 maximum student-to-instructor ratio.

We | Apr 12-May 3 | 3:05-3:35pm | \$41/4 sess | 103001 | 4-5 | Gym

Instructor: Gayle Dobson

TENNIS: INDOOR & OUTDOOR (4-5)

Students of all levels learn basic skills through drills and games. Classes have a 4:1 student-to-instructor ratio. At David Lam Park, weather permitting, or in the Roundhouse gym. Call Gayle 604-605-8224 if the weather is uncertain.

We | May 10-31 | 3:05-3:35pm | \$41/4 sess | 105500 | 4-5 | David Lam Courts

Instructor: Gayle Dobson

PRESCHOOL SUMMER CAMPS

NEW ART & MUSIC TOGETHER CAMP (2-4)

\$12/DROP-IN

Introduce your child to art and music with a mural art project, sing-alongs, movement, storytelling and play time. Caregiver participation is required. Drop-ins are welcome only if space is available.

Mo-Fr | Jul 10-14 | 9:30-10:30am | \$55/5 sess | 105025 | 2-4 | Arts & Crafts Rm

Mo-Fr | Jul 10-14 | 10:45-11:45am | \$55/5 sess | 105058 | 2-4 | Arts & Crafts Rm

Mo-Fr | Aug 21-25 | 9:30-10:30am | \$55/5 sess | 105059 | 2-4 | Arts & Crafts Rm

Mo-Fr | Aug 21-25 | 10:45-11:45am | \$55/5 sess | 105061 | 2-4 | Arts & Crafts Rm

Instructor: Sun Rey Han

NEW LITTLE ARTIST CAMP (5-6)

\$24/DROP-IN

Play with different materials and gain new art skills every day. Have fun with origami, clay modeling, stamping, collage, abstract, finger painting and crafting with a variety of art media. Bring a nut-free snack and drink. Drop-ins are welcome if space is available.

Mo-Fr | Jul 10-14 | 1-3pm | \$105/5 sess | 105027 | 5-6 | Arts & Crafts Rm

Instructor: Sun Rey Han

NEW CREATIVE KIDS YOGA CAMP (3-5)

Kids are welcome to feel free and confident as they explore the space around them using, yoga, song, dance, art and drama.

Mo-Fr | Jul 24-28 | 11:15am-12:15pm | \$65/5 sess | 108915 | 3-5 | Room B

Instructor: Diana Bearsto

NEW IMAGINE THAT! PRESENTS ABC STORYTELLERS CAMP (4-6)

This multi-media creative camp takes students on a journey into their imaginations. Learn the fundamentals of storytelling and story structure through various media, all in a fun and interesting way. Students create a small performance using drama, singing and dance they make themselves. This is a non-caregiver participation class. Please join the last 30 minutes of class to see the show.

Mo-Fr | Jul 31-Aug 4 | 10:30am-12:30pm | \$125/5 sess | 108837 | 4-6 | Room B

Instructor: Hannah Honeybun

HEAD START SOCCER CAMP (4-6)

An introduction to fundamental soccer skills using drills that teach sharing, listening and participation while interacting with other children and having fun.

Mo-Fr | Jul 10-14 | 9:30-10:45am | \$105/5 sess | 104537 | 4-6 | David Lam Field

Mo-Fr | Aug 14-18 | 9:30-10:45am | \$105/5 sess | 104538 | 4-6 | David Lam Field

Instructor: Felicia Bartolomeo

SPORTBALL CAMP (3-5)

Sportball's action-packed camps introduce children to a variety of ball sports and water play games and activities, plus arts and crafts, snack time, stories, music, co-operative games and more.

Mo-Fr | Jul 24-28 | 9:45-11am | \$100/5 sess | 97418 | 3-5 | David Lam Field

Mo-Fr | Aug 14-18 | 9:45-11am | \$100/5 sess | 97419 | 3-5 | David Lam Field

Mo-Fr | Aug 21-25 | 9:45-11am | \$100/5 sess | 97420 | 3-5 | David Lam Field

Instructor: Sportball Vancouver

SOMETIMES GREAT CLASSES ARE CANCELLED

Don't wait until the last minute to register... or you may be disappointed to hear that the class was cancelled. Program decisions to run or cancel a program are generally made 3-5 days prior to the start date. Programs are cancelled or postponed if there are not enough registered participants.

Please note that course prices do not include taxes.

TENNIS CAMPS: OUTDOORS (4-5)

Students of all levels learn basic skills through drills and games. Classes have 6:1 student-to-instructor ratio. Held at David Lam Park in July and Stanley Park in August. Call Gayle 604-605-8224 if the weather is uncertain.

Tu-Fr | Jul 4-7 | 9:30-10am | \$42/4 sess | 97427 | 4-5 | David Lam Courts
Mo-Th | Jul 10-13 | 9:30-10am | \$42/4 sess | 97428 | 4-5 | David Lam Courts
Mo-Th | Aug 14-17 | 9:30-10am | \$42/4 sess | 97429 | 4-5 | Stanley Park Courts
Mo-Th | Aug 21-24 | 9:30-10am | \$42/4 sess | 97430 | 4-5 | Stanley Park Courts
Instructor: Gayle Dobson

BIRTHDAY PARTIES (2-8)

Have your birthday party at the Roundhouse. Party packages are for ages 2-8 and are not suitable for parties larger than 20 children due to space restrictions. No parties Apr 15, 16, May 13, 20, 21, Jul 1, 2. Cancellations require 10 days advance notice to avoid charges. Caregiver participation is required.

Note: Roundhouse fire safety prohibits compressed gas and containers, so no helium balloons.

Party package includes:

- Fun and energetic leader to help lead and supervise activities
- Decorations and balloons
- Arts and crafts project
- 45 minutes of gym time with bouncy castle & play equipment
- Access to Engine 374 Pavilion

Sa Su | Apr-Jun | 11:30am-1:30pm | \$140 sm or \$198 lrg | 2-8 | Arts & Crafts Rm/Gym

Sa Su | Jul-Aug | 11:30am-1:30pm | \$140 sm or \$198 lrg | 2-8 | Arts & Crafts Rm/Gym

Instructor: Kerry Wang

CREATIVE ARTS

CATCH A FAMOUS ARTIST (5-8)

\$12/DROP-IN

Learn about famous artists using creative processes like drawing, painting, clay, collage and sculpture. Drop-ins are welcome only if the class is not full.

Tu | Apr 11-Jun 20 | 3:30-4:30pm | \$115.50/11 sess | 98729 | 5-8 | Arts & Crafts Rm

Instructor: Sun Rey Han

CARTOONING & ANIMATION (7-12)

Learn Disney's way of drawing cartoons in this high-tech course. Create your own short animation with sounds, music, voice-over and special effects — and get in some fun and games too. Share your finished project online and on USB. No class May 3.

We | Apr 5-May 31 | 3:30-5:30pm | \$145/8 sess | 98728 | 7-12 | Room C

Instructor: AVC Communications

NEW MANGA ILLUSTRATION (8-13)

\$15/DROP-IN

Are you a fan of Naruto, Sailormoon, and the like? Explore, create, and design while learning about the history of this well-known Japanese artform. Learn drawing skills in the different artistic styles used in manga. Drop-ins are welcome only if space is available.

We | Apr 19-Jun 14 | 3:30-5pm | \$117/9 sess | 105565 | 8-13 | Room A

Instructor: Christina Kam

POTTERY EXPRESSIONS (9-12)

Learn hand-building, sculpting and wheel-throwing in a fun, creative setting. Bring home projects such as boxes with lids, embossed mugs, plates with handles, animal sculptures, castles and more. Bring a smock.

Th | Apr 20-Jun 15 | 3:30-5:30 pm | \$123.75/9 sess | 98834 | 9-12 | Pottery St

Instructor: David Robinson

CHILDREN



Please note that course prices do not include taxes.