

## 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.

## 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 | Sep 17 | 10am-4pm | \$116/1 sess | 121503 | 19+ | Multimedia Rm  
 Su | Oct 22 | 10am-4pm | \$116/1 sess | 121504 | 19+ | Multimedia Rm  
 Su | Nov 19 | 10am-4pm | \$116/1 sess | 125669 | 19+ | Multimedia Rm  
 Su | Dec 10 | 10am-4pm | \$116/1 sess | 121505 | 19+ | Multimedia Rm

*Instructor: Karen Mitchel*

## FITNESS

### FIT4TWO® PRENATAL CORE WORKSHOP (19+)

Work your core safely through each trimester and maintain a healthy back, stable pelvis, urinary continence, safe balance, and achieve a faster postpartum recovery. This class is good for women with abdominal separation.

Su | Sep 24 | 10-11am | \$24.76/1 sess | 126155 | 19+ | Rm C  
 Su | Nov 12 | 10-11am | \$24.76/1 sess | 126159 | 19+ | Rm C

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

### FIT4TWO® PRENATAL FITNESS (19+)

Connect with other moms-to-be while reducing prenatal discomfort and learning pregnancy-safe cardiovascular exercise, functional strength training, flexibility and relaxation. All trimesters welcome. For your safety, complete a Par-Med-X for Pregnancy Form with your healthcare provider (physician or midwife) prior to the first class. This form is available at [www.fit4two.ca/forms](http://www.fit4two.ca/forms) or at the front desk.

We | Sep 13-Oct 25 | 7-8pm | \$105.90/7 sess | 121538 | 19+ | Dance St  
 We | Nov 1-Dec 13 | 7-8pm | \$105.90/7 sess | 121539 | 19+ | Dance St

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

**\$18/DROP-IN**

## YOGA

### PRENATAL YOGA (19+)

Nurture yourself and your baby with gentle hatha yoga. Learn poses and techniques to alleviate the common discomforts of pregnancy and prepare for labour.

Tu | Sep 5-Oct 3 | 5:45-7:15pm | \$60/5 sess | 121665 | 19+ | Rm C  
 Th | Sep 7-Oct 5 | 5:45-7:15pm | \$60/5 sess | 121666 | 19+ | Rm C  
 Tu | Oct 10-Nov 7 | 5:45-7:15pm | \$60/5 sess | 121667 | 19+ | Rm C  
 Th | Oct 12-Nov 9 | 5:45-7:15pm | \$60/5 sess | 121668 | 19+ | Rm C  
 Tu | Nov 14-Dec 12 | 5:45-7:15pm | \$60/5 sess | 125556 | 19+ | Rm C  
 Th | Nov 16-Dec 14 | 5:45-7:15pm | \$60/5 sess | 125562 | 19+ | Rm C

*Instructor: Lori Lucas, www.yogawithlorilucas.com*

**\$15/DROP-IN**

### PRENATAL PILATES (19+)

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 Oct 9, Nov 13.  
 Mo | Sep 11-Oct 23 | 6-6:45pm | \$72/6 sess | 121663 | 19+ | Rm C  
 Mo | Oct 30-Dec 18 | 6-6:45pm | \$84/7 sess | 121664 | 19+ | Rm C

*Instructor: Diana VanderVeen*

**\$13/DROP-IN**

## 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. \$44/couple; \$27/single.

Sa | Nov 4 | 2:30-4:30pm | \$44/1 sess | 121560 | 19+ | Rm 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 3mos. Bring a doll or teddy bear to practice on, a swaddling cloth, and a carrier if you have it. \$90/couple; \$55/single.

Sa | Oct 28 | 12:30-4:30pm | \$90/1 sess | 121578 | 19+ | Multimedia Rm

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

### 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. \$44/couple; \$27/single.

Sa | Nov 18 | 2:30-4:30pm | \$44/1 sess | 121710 | 19+ | Rm C

*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. \$44/couple; \$27/single.

Sa | Oct 21 | 2-4:30pm | \$44/1 sess | 121514 | 19+ | Rm C

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

### THE SECRETS OF HEALTHY CONNECTED FAMILIES (19+)

**\$90/COUPLE, \$55/SINGLE**

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.

Su | Oct 15 | 12-4pm | \$90/1 sess | 121691 | 19+ | Board Rm

*Instructor: Bonnie Sylvia Davis, www.familycontinuum.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. For families of newborns up to 2yrs. Babies can sleep during class or you can bring some toys. No class Nov 13.

Mo | Oct 30-Dec 4 | 2-2:45pm | \$67/6 sess | 121492 | 19+ | Rm B

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

### FIT4TWO® INFANT MASSAGE WORKSHOP (19+)

Learn massage and encourage your baby's sleep, development, bonding and more. Especially good for babies with colic or eczema, babies with special needs, and adoptive families. This class is designed for pre-mobile babies. Bring a blanket. Fee is per family.

Su | Sep 24 | 11:15am-12:15pm | \$24.76/1 sess | 126151 | 19+ | Rm C

Su | Nov 12 | 11:15am-12:15pm | \$24.76/1 sess | 126160 | 19+ | Rm C

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

## POSTNATAL



Please note that course prices do not include taxes.

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## 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](http://www.wstcoast.org)

**VANCOUVER SOCIETY OF CHILDREN'S CENTRES**  
VSOC'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.vsoc.org](http://www.vsoc.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](http://www.vch.ca)

## FITNESS

### FIT4TWO® MOM & BABY FITNESS (19+)

\$16/DROP-IN

Attend to your baby's needs and meet other new moms while getting a full-body workout: cardio, muscular endurance, postnatal-specific core work and flexibility. Women should be 4+ weeks postpartum (6+ weeks for caesareans). All fitness levels are welcome. Pre-mobile babies only please. No class Oct 9, Nov 13.

Mo We | Sep 11-Sep 27 | 9:45-10:45am | \$79.06/6 sess | 126152 | 19+ | Dance St  
Mo We | Oct 2-Oct 30 | 9:45-10:45am | \$105.43/8 sess | 126153 | 19+ | Dance St  
Mo We | Nov 1-Nov 29 | 9:45-10:45am | \$105.43/8 sess | 126154 | 19+ | Dance St  
Mo We | Dec 4-Dec 13 | 9:45-10:45am | \$52.72/4 sess | 126157 | 19+ | Dance St  
*Instructor: Fit4Two Van Downtown/False Creek, [www.fit4two.ca](http://www.fit4two.ca)*

## YOGA

### BABY & ME YOGA (19+)

\$16/DROP-IN

Relax and learn gentle hatha yoga with other moms while caring for your baby. Dump stress and regain core strength as you gear up for all the new challenges a new mother faces. Dads welcome too.

Th | Sep 21-Oct 26 | 12:30-2pm | \$72/6 sess | 121490 | 19+ | Rm C  
Th | Nov 9-Dec 14 | 12:30-2pm | \$72/6 sess | 121491 | 19+ | Rm C  
*Instructor: Alex Vanderster, [www.alexvanderster.ca](http://www.alexvanderster.ca)*



# ParEnt & TOt GyM tIME

## For 0-5 year Olds

Sep 5 - Dec 20  
iN The GyM

Monday	Tuesday	Wednesday	Thursday	Saturday
Sep 5-Dec 18 1:15-3:15pm	Sep 6-Dec 19 9:15-11:45am	Sep 7-Dec 20 12:30-2:30pm	Sep 8-Dec 14 9:15-11:45am	Sep 9-Dec 16 9:15-11:45am



Join Nadine Garcia and Stratos Charalambides in the Roundhouse gym for supervised playtime in our indoor play environment. Climb on trestle equipment, tumble on mats, ride on toys, and jump in our bouncy castle.

A great opportunity to meet new friends.

No gym time on  
Sep 11-14, Oct 9, Nov 11, 13, Dec 9, 21, 23.  
Caregiver participation required.



**COMMUNITY SERVICE**

**FREE THREE BRIDGES MULTIPLES PARENTING DROP-IN GROUP (0-8MOS)**

Nurses from Vancouver Coastal Health will help you and other new parents of multiples learn from your experiences. Discussion topics include growth and development, feeding, sleeping, safety and general health. For parents of multiple infants from newborn up to 8mos.

Tu | Sep 5, Oct 3, Nov 7, Dec 5 | 1:30-3pm | Free/4 sess | 121692 | 0-8mos | Rm B

Instructor: Vancouver Coastal Health, [www.vch.ca](http://www.vch.ca)

**FREE VCH PARENT-INFANT DROP-IN GROUP (INFANT)**

Community-health nurses from Vancouver Coastal Health (VCH) will share their knowledge as you and other new parents share your experiences with your newborn and infants. Dates subject to change.

Th | Sep 7-Oct 26 | 10:30am-12pm | Free/8 sess | 125567 | infant | Rm B

Instructor: Vancouver Coastal Health, [www.vch.ca](http://www.vch.ca)

**ART**

**MAKE IT MONDAY: A DROP-IN FAMILY ART NIGHT (2-8)**  
\$2 SUGGESTED/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 will inspire the whole family.

Mo | Sep 18 | Oct 16 | Nov 20 | 6-8pm | \$2/1 sess | 2-8 | Foyer

Instructor: Amanda Lye

**ART & MUSIC TOGETHER (1-5)** \$12/DROP-IN

Art and music can boost a child's creativity, confidence, concentration and coordination. We'll have 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 are only permitted with instructor approval. No class Oct 3, 6.

Tu | Sep 12-Dec 12 | 9:30-10:30am | \$133/13 sess | 121485 | 1-5 | Arts & Crafts Rm

Tu | Sep 12-Dec 12 | 10:45-11:45am | \$133/13 sess | 121486 | 1-5 | Arts & Crafts Rm

Fr | Sep 15-Dec 15 | 9:30-10:30am | \$133/13 sess | 121487 | 1-5 | Arts & Crafts Rm

Fr | Sep 15-Dec 15 | 10:45-11:45am | \$133/13 sess | 121488 | 1-5 | Arts & Crafts Rm

Instructor: Sun Rey Han

**ART IS FUN (3-5)** \$12/DROP-IN

Have fun with origami, clay modeling, stamping, collage, abstract art, mixed media art, finger painting, crafting and more. Drop-ins are welcome only if space is available. No class Oct 3.

Tu | Sep 12-Dec 12 | 1:15-2:15pm | \$139.50/13 sess | 121489 | 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. Parent participation. Please bring a smock.

Th | Sep 28-Dec 7 | 10:30-11:30pm | \$126.50/11 sess | 121536 | 2-5 | Pottery St

Instructor: Tessa Reed

**DANCE & MOVEMENT**

**DEVELOPMENTAL PLAY WITH BABIES (0-CRAWLING)** \$12.50/DROP-IN

Learn hands-on parenting techniques and enhance your baby's development through singing, dancing and playing. Come prepared to move with your baby and have fun. For babies from newborn to crawling. No class Nov 14.

Tu | Sep 12-Nov 21 | 10:30-11:30am | \$110/10 sess | 121512 | 0-1 | Dance St

Instructor: Bonnie Sylvia Davis, [www.familycontinuum.com](http://www.familycontinuum.com)

**DEVELOPMENTAL PLAY WITH TODDLERS (WALKING-2)** \$12.50/DROP-IN

Enhance your toddler's social, emotional and physical development through singing, moving and playing in this research-based workshop. We have a theme each week and will talk about motor and brain development. Come prepared to move with your toddler and have lots of fun. No class Nov 14.

Tu | Sep 12-Nov 21 | 11:50am-12:50pm | \$110/10 sess | 121513 | Walking-2 | Rm B

Instructor: Bonnie Sylvia Davis, [www.familycontinuum.com](http://www.familycontinuum.com)

**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 will achieve balance, coordination, awareness and strength.

Th | Sep 21-Dec 14 | 3:30-4:15pm | \$110.50/13 sess | 121478 | 3-5 | Dance St

Instructor: Espirito Santo Mauricio

**JAZZ & TAP (3-4)**

Learn the basics of tap footwork and jazz technique, while movin' and groovin' to lively rhythms. Sneakers are best; no tap shoes required. No class Oct 8, Nov 12.

Su | Sep 17-Oct 22 | 9:30-10:15am | \$65/5 sess | 126776 | 3-4 | Rm B

Su | Oct 29-Dec 3 | 9:30-10:15am | \$65/5 sess | 126777 | 3-4 | Rm B

Instructor: Into Yoga, [www.intoyoga.ca](http://www.intoyoga.ca)

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

Dive into the wonderful world of performing arts. Learn the beginnings of dance, movement, singing and acting — and imagination and self-confidence too. Drop-ins are permitted only with instructor approval.

We | Sep 13-Oct 25 | 11:45am-12:15pm | \$56/7 sess | 121500 | 2-3 | Dance St

We | Nov 1-Dec 13 | 11:45am-12:15pm | \$56/7 sess | 127309 | 2-3 | Dance St

Instructor: Jordan Thomson

**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. Ballet shoes, tights and leotard are preferred. No class Oct 7, 14, Nov 11.

Sa | Sep 16-Dec 16 | 9-9:45am | \$100/11 sess | 121506 | 3-4 | Dance St

Sa | Sep 16-Dec 16 | 9:50-10:35am | \$100/11 sess | 121507 | 3-4 | Dance St

Sa | Sep 16-Dec 16 | 10:40-11:25am | \$100/11 sess | 121508 | 4-5 | Dance St

Instructor: Serena Morphy

**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 | Sep 19-Nov 28 | 1-1:45pm | \$110/11 sess | 121581 | 3-5 | Dance St

Instructor: Vancouver Performing Stars, [www.performingstars.ca](http://www.performingstars.ca)

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

Learn relaxation and stress management as you explore yoga, song, dance, art and drama. Caregiver participation is optional. No class Dec 1.

Fr | Sep 15-Oct 27 | 11:15am-12pm | \$70/7 sess | 121510 | 2-5 | Rm B

Fr | Nov 3-Dec 15 | 11:15am-12pm | \$60/6 sess | 129956 | 2-5 | Rm B

Instructor: Diana Beairsto

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

Get moving like an animal in this imaginative creative-movement class. Be a frog, a crab, a gorrilla, or even a whale, a dolphin or a seal. No class Nov 10.

Fr | Oct 6-Nov 17 | 9:30-10:15am | \$91/7 sess | 121483 | 2-4 | Rm C

Instructor: Into Yoga, [www.intoyoga.ca](http://www.intoyoga.ca)



**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.

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EDUCATION

EARLY MATH MATTERS (3-6)

Use creative hands-on learning to develop pre-math and pre-language skills. Math helps pre-schoolers learn to solve problems and make sense of the world. Based on Piaget and Montessori learning models. No class Oct 14, Nov 11.

Sa | Sep 23-Nov 25 | 9-9:45am | \$66/8 sess | 121515 | 3-4 | Board Rm  
 Sa | Sep 23-Nov 25 | 10-10:45am | \$66/8 sess | 121516 | 4-5 | Board Rm  
 Sa | Sep 23-Nov 25 | 11-11:45am | \$66/8 sess | 121517 | 5-6 | Board Rm

Instructor: Branka Bajgoric

**NEW** IMAGINE THAT! ABC STORYTELLERS (4-5)

Gain confidence and learn the fundamentals of storytelling using drama, song and dance. No caregiver participation required. No class Oct 9, Nov 13.

Mo | Sep 18-Dec 11 | 11:30-12:30pm | \$135/11 sess | 126431 | 4-5 | Arts & Crafts Rm  
 Instructor: Imagine That! Tuition

LANGUAGE

**NEW** GERMAN FOR TODDLERS (0-6)

Let's have some fun and learn some German words, songs and stories, while doing crafts and playing games. Caregiver participation is appreciated.

Tu | Sep 19-Dec 12 | 9:30-10:15am | \$143/13 sess | 126722 | 0-6 | Rm C  
 Instructor: Andrea Freytag

SPANISH FOR PRESCHOOL (3-5)

Say hola to Spanish. Learn the basics of this beautiful language with games, songs and crafts. Caregiver participation is optional. No class Oct 9, Nov 13.

Mo | Sep 18-Dec 11 | 11:30am-12:15pm | \$99/11 sess | 121672 | 3-5 | Rm C  
 Mo | Sep 18-Dec 11 | 2:30-3:15pm | \$99/11 sess | 121673 | 3-5 | Rm 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 helps kids get ready for kindergarten. No drop-ins.

Th | Sep 14-Nov 30 | 10-11am | \$120/12 sess | 121689 | 3-5 | Arts & Crafts Rm  
 Th | Sep 14-Nov 30 | 11:10am-12:10pm | \$120/12 sess | 121690 | 3-5 | Arts & Crafts Rm

Instructor: Debbie Leboe

MUSIC

MUSIC TOGETHER (0-5)

You and your child can dance and sing to happy folk songs from around the world, and play instruments galore. Caregiver participation is required. Siblings 6 mos of age and under can attend for free; over 6 mos, please pay the reduced siblings' fee. No class Oct 7, Oct 14, Nov 11.

Class Times | 9:30-10:15am | 10:30-11:15am | 11:30am-12:15pm  
 Sa | Sep 23-Dec 16 | \$168/10 sess | 121587-89 | 0-5 | Multimedia Rm

Instructor: Roya, Westside Music Together

We | Sep 27-Nov 29 | \$168/10 sess | 121591-93 | 0-5 | Multimedia Rm  
 Instructor: Tanya, Westside Music Together

Th | Sep 28-Nov 30 | \$168/10 sess | 121584-86 | 0-5 | Music Rm  
 Instructor: Katy, Westside Music Together

**NEW** MINDMILK (2-5)

Learn music fundamentals while exploring mindfulness. Families experiment with new and traditional instruments while learning more about music's mental-health benefits. Caregiver participation required.

We | Sep 20-Dec 13 | 1:30-2:15pm | \$107.25/13 sess | 126731 | 2-5 | Rm C  
 Instructor: Jai Fajardo, info@mindmilk.ca

ORFF MUSIC (1-5)

With this hands-on approach to learning basic musical skills, you will play percussion instruments from around the world, move, sing and rhyme. Join your children bouncing, singing and having a great time.

Th | Sep 14-Dec 7 | 9:30-10am | \$104/13 sess | 121593 | 1-1 | Rm C  
 Th | Sep 14-Dec 7 | 10:10-10:40am | \$104/13 sess | 121594 | 2-3 | Rm C  
 Th | Sep 14-Dec 7 | 10:50-11:20am | \$104/13 sess | 121595 | 3-5 | Rm C  
 Th | Sep 14-Dec 7 | 11:30am-12pm | \$104/13 sess | 125404 | 0-4 | Rm C

Instructor: Tonia Allen

\$9.50/DROP-IN

SPORTS

PARENT & TOT GYM TIME (0-5)

\$2.75/DROP-IN | \$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. Caregiver participation required. No gym Sep 11-14, Oct 9, Nov 11, 13, Dec 9, 21, 23.

Mo | Sep 18-Dec 18 | 1:15-3:15pm | 121596 | 0-5 | Gym  
 Tu Th Sa | Sep 5-Dec 19 | 9:15-11:45am | 121596 | 0-5 | Gym  
 We | Sep 6-Dec 20 | 12:30-2:30pm | 121596 | 0-5 | Gym

Instructor: Nadine Garcia, Stratos Charalambides

HEAD START SOCCER (3-5)

\$12/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. Drop ins with instructor approval. No class Nov 11.

Sa | Sep 9-Oct 28 | 10:45-11:30am | \$80/8 sess | 121559 | 3-5 | David Lam Park  
 Instructor: Felicia Bartolomeo

SPORTBALL JUNIOR (1-2)

Move and explore, learning fundamental sport skills and participating in games, songs, bubble time and more. Children are challenged according to their individual skill level while grown-ups learn proven teaching techniques. Child must be walking to participate. Caregiver participation required. No class Oct 8, Nov 12.

Su | Sep 10-Oct 29 | 11-11:45am | \$118/7 sess | 121674 | 1-2 | Gym  
 Su | Nov 5-Dec 17 | 11-11:45am | \$118/7 sess | 126429 | 1-2 | Gym

Instructor: Sportball Vancouver

SPORTBALL PARENT & TOT (2-3)

Refine motor skills and develop social skills such as following instructions, taking turns and sharing. Coaches introduce a different sport each class using games and activities. Caregiver participation required. No class Oct 8, Nov 12.

Su | Sep 10-Oct 29 | 9:15-10am | \$118/7 sess | 121678 | 2-3 | Gym  
 Su | Nov 5-Dec 17 | 9:15-10am | \$118/7 sess | 126428 | 2-3 | Gym

Th | Sep 21-Oct 26 | 2-2:45pm | \$102/6 sess | 121679 | 2-3 | Gym  
 Th | Nov 2-Dec 14 | 2-2:45pm | \$118/7 sess | 121680 | 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 Oct 8, Nov 12.

Su | Sep 10-Oct 29 | 10-11am | \$118/7 sess | 121675 | 3-5 | Gym  
 Su | Nov 5-Dec 17 | 10-11am | \$118/7 sess | 126430 | 3-5 | Gym

Th | Sep 21-Oct 26 | 1-2pm | \$102/6 sess | 121676 | 3-5 | Gym  
 Th | Nov 2-Dec 14 | 1-2pm | \$118/7 sess | 121677 | 3-5 | Gym

Instructor: Sportball Vancouver

ONECARD CHANGES

The Roundhouse has changed its drop-in pass system.

All drop-in passes will be loaded onto the OneCard for the following programs:

- Parent and Tot Gym
- Group Fitness
- Racquet Sports
- Bridge
- Adult Sports
- Karma Yoga Drop-in

Please sign up for your free OneCard at the front desk. Picture ID required.



**NEW JUMP GYMNASTICS FUNDAMENTALS 1 (2-3)**

Learn fundamental movement skills in a fun, challenging, non-competitive environment. Develop a foundation for physical activities of all kinds. Each class includes a warm up, games, circuit activities and a goodbye circle. Caregiver participation required.

Tu | Sep 19-Dec 12 | 1:45-2:30pm | \$120/13 sess | 121562 | 2-3 | Gym  
*Instructor: Jump Gymnastics Inc*

**NEW JUMP GYMNASTICS FUNDAMENTALS 2 (3-5)**

Learn fundamental movement skills in a fun, challenging, non-competitive environment. Develop a foundation for physical activities of all kinds. Each class includes a warm up, games, circuit activities and a goodbye circle. Caregiver participation required.

Tu | Sep 19-Dec 12 | 2:30-3:15 PM | \$120/13 sess | 121561 | 3-5 | Gym  
*Instructor: Jump Gymnastics Inc*

**TENNIS: INDOOR (4-5)**

Learn athletic and tennis skills through fun activities. A 4:1 maximum child-to-instructor ratio.

We | Sep 20-Oct 11 | 3:05-3:35pm | \$45/4 sess | 121684 | 4-5 | Gym  
 We | Nov 22-Dec 13 | 3:05-3:35pm | \$45/4 sess | 124879 | 4-5 | Gym

**BIRTHDAY PARTY**

**BIRTHDAY PARTY (2-8)**

Have your birthday party at the Roundhouse. Party packages are for ages 2-8, with a maximum group size of 20. No bookings Oct 14, Nov 11, 12, Dec 9. 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 | Sep-Dec | 11:30am-1:30pm | \$145 sm or \$198 lrg  
 2-8 | 122314 to 122342 | Arts & Crafts Rm/Gym+  
*Instructor: Birthday Party Leader*

**ART**

**POTTERY EXPRESSIONS (9-12)**

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

Fr | Sep 22-Dec 8 | 3:30-5:30pm | \$171/12 sess | 121662 | 9-12 | Pottery St  
*Instructor: Tessa Reed*

**CARTOONING & ANIMATION (7-12)**

Learn Disney's way of drawing cartoons in this high-tech course. You'll create your own short animation with sounds, music, voice-over and special effects — and get in some fun and games too. Your finished project will be posted online and on a USB.

We | Sep 13-Nov 1 | 4:30-6:30pm | \$145/8 sess | 121501 | 7-12 | Rm C  
*Instructor: AVC Communications*

**CATCH A FAMOUS ARTIST (5-8)**

**\$12/DROP-IN**

Learn about famous artists using creative art processes and techniques like drawing, painting, clay, collage and sculpture. Drop-ins are only permitted with instructor approval. No class Oct 3.

Tu | Sep 12-Dec 12 | 3:30-4:30pm | \$139.50/13 sess | 121502 | 5-8 | Rm C  
*Instructor: Sun Rey Han*

**DANCE & MOVEMENT**

**ACROBATIC DANCE (6-10)**

**\$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. Props such as hula hops, ribbons and balls will be used. Performance on last day of class. Bare feet.

Th | Sep 21-Dec 14 | 4:15-5pm | \$110.50/13 sess | 121479 | 6-10 | Dance St  
*Instructor: Espirito Santo Mauricio*

**CREATIVE BALLET (5-8)**

**\$11/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. Ballet shoes and leotards are preferred. No class Oct 7, 14, Nov 11.

Sa | Sep 9-Dec 16 | 11:30am-12:30pm | \$113/11 sess | 121509 | 5-8 | Dance St  
*Instructor: Serena Morphy*

**ELSIE ROY NOON HOUR**

**ELSIE ROY NOON HOUR: BASKETBALL (6-8)**

A fun introduction to playing basketball. Learn dribbling, shooting and defense, as well as nutrition, sportsmanship and teamwork. No class Oct 9, Nov 13.

Mo | Sep 18-Dec 11 | 12:25-12:55pm | \$70/11 sess | 121521 | 6-8 | Gym  
*Instructor: Zaheed Bakare*

**ELSIE ROY NOON HOUR: BASKETBALL (9-12)**

An exciting and competitive brand of basketball. Improve your dribbling, shooting and defense, as well as sportsmanship and teamwork. No class Oct 9, Nov 13.

Mo | Sep 18-Dec 11 | 12:25-12:55pm | \$70/11 sess | 121522 | 9-12 | Gym  
*Instructor: Zaheed Bakare*

**ELSIE ROY NOON HOUR: HANDICRAFTS IN SPANISH (5-10)**

Say hola to Spanish. Learn basic Spanish expressions and vocabulary while working on fun crafts. No class Oct 9, Nov 13.

Mo | Sep 18-Dec 11 | 12:25-12:55pm | \$70/11 sess | 121527 | 5-10 | Rm C  
*Instructor: Gloria Alonso*

**ELSIE ROY NOON HOUR: ART ATTACK (5-10)**

Get your hands on everything from origami, clay modeling, stamping and collage to abstract art, finger paint, crafting and more. At the end of the program take home a scrapbook full of your art.

Tu | Sep 26-Dec 12 | 12:25-12:55pm | \$105/12 sess | 121519 | 5-10 | Arts & Crafts Rm  
*Instructor: Sun Rey Han*

**ELSIE ROY NOON HOUR: HIP HOP (5-12)**

Learn the basics of hip hop dance in this high energy program. Discover new moves and challenging choreography. Leave feeling energized, confident and excited about dance.

Tu | Sep 19-Nov 28 | 12:25-12:55pm | \$85.25/11 sess | 121528 | 5-12 | Dance St  
*Instructor: Vancouver Performing Stars, www.performingstars.ca*

**ELSIE ROY NOON HOUR: SOCCER (7-12)**

Build soccer skills through drills and practice. We'll finish each day with a fun game that will help everyone feel part of the team.

Tu | Sep 19-Dec 12 | 12:25-12:55pm | \$87.75/13 sess | 121533 | 7-12 | Gym  
*Instructor: Stratos Charalambides*



Please note that course prices do not include taxes.

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