

EDUCATION

NEW FREE 3D PRINTING WORKSHOPS & MEETUPS (19+)

A welcoming group for people at all skill levels who want to learn or share anything related to 3D printing.

Sa | Sep 16 | 1-3pm | Free/1 sess | 126696 | 19+ | Music Rm

Sa | Oct 21 | 1-3pm | Free/1 sess | 126716 | 19+ | Music Rm

Sa | Nov 4 | 1-3pm | Free/1 sess | 126717 | 19+ | Music Rm

Instructor: Nerea Buxton

FREE CHRONIC CONDITIONS SELF-MANAGEMENT PROGRAM (19+)

Learn strategies to take control of symptoms, manage pain and work more effectively with health care providers. This workshop is proven to increase motivation and confidence. Registration is required. The CPSMP is run by the University of Victoria and BC Ministry of Health Services. For more information contact us at 604-940-1273 or selmgmt@uvic.ca, or visit www.selfmanagementbc.ca.

Su | Sep 24-Nov 5 | 1-3:30pm | Free/7 sess | 121761 | 19+ | Music Rm

Su | Nov 12-Dec 17 | 1-3:30pm | Free/6 sess | 121760 | 19+ | Music Rm

Instructor: TBA

NEW FREE ACHIEVING GOALS: SUCCESS THROUGH A GROWTH MINDSET (19+)

Are your or your children's education experiences more stressful than rewarding? Learn about the self-sabotaging habits created by a fixed mindset and discover how to foster a growth mindset by emphasizing the learning process instead of grades, learning to fail successfully, and befriending testing and assessments.

We | Oct 11 | 7-9pm | Free/1 sess | 126728 | 19+ | Music Rm

Instructor: Mehrmaz Bassiri

FREE NEPP EARTHQUAKE PREPAREDNESS: APARTMENT LIVING (19+)

This session is for apartment-dwellers, who may face unique challenges when preparing for emergencies. We'll cover your emergency plan, how to conduct a Hazard Hunt, and what to do when an earthquake strikes. Especially useful for seniors.

Tu | Nov 14 | 7-8:30pm | Free/1 sess | 121793 | 19+ | Multimedia Rm

Instructor: Jackie Kloosterboer

FREE NEPP: ESS ORIENTATION (19+)

ESS volunteers are trained to operate reception and group-lodging centers during emergencies. These centers provide basic needs to evacuees, including food, clothing, lodging, pet care and other required services. In addition, volunteers can participate in the Volunteer, Pet, Public Education and Exercise planning committees.

We | Sep 13 | 7-8:30pm | Free/1 sess | 123573 | 19+ | Multimedia Rm

Instructor: Jackie Kloosterboer

NEW FREE INTRODUCTION TO YOUR DSLR CAMERA (19+)

This course is designed for photographers who have recently begun to use a DSLR camera. It focusses on techniques related to exposure. Please bring your own camera.

Sa | Nov 18 | 12:30-4:30pm | Free/1 sess | 130003 | 19+ | Multimedia Rm

Instructor: Bob Posser



NEPP Earthquake Preparedness.

EDUCATION & DEVELOPMENT WORKSHOPS

INTRODUCTION TO INTERIOR DESIGN (19+)

Discover how to apply the fundamentals of design. This course will also introduce space planning, how to choose material and finishes, and color theories.

No class Nov 11.

Sa | Sep 9-Oct 28 | 2:30-3:30pm | \$80/7 sess | 122633 | 19+ | Mezz Meeting Rm

Sa | Nov 4-Dec 16 | 2:30-3:30pm | \$69/6 sess | 122634 | 19+ | Mezz Meeting Rm

Instructor: Viola Choy

MANOLOGY: EXPLORING 21ST CENTURY MASCULINITY (19+) \$15/DROP-IN

How are men shaped and influenced by cultural expectations? Join us to try new things, share stories, humor and knowledge, and forge new friendships. Sessions are interactive, friendly and experiential. First session is free to new men. "Best Place For Man Talk." —The Georgia Straight. No class Oct 9, Nov 13.

Mo | Sep 11-Nov 27 | 7-9:30pm | \$106/10 sess | 122347 | 19+ | Rm C

Instructor: David Hatfield

NEW YOUR HAPPY WARDROBE 101 (19+)

Become your own personal stylist on a budget. Through a series of highly interactive workshops, discover your body type, best colors and style personality. Learn how to shop for a happier, hipper and a more powerful wardrobe.

Su | Oct 29-Nov 4 | 10am-12pm | \$91/4 sess | 126145 | 19+ | Mezz Meeting Rm

Instructor: Yana Ilinykh

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

Learn how to recognize and respond to cardiovascular emergencies for adults (CPR Level C). Explore other topics such as choking, airway and breathing emergencies in babies and children. Three-year certification upon completion.

Sa | Sep 16 | 9:05am-4:50pm | \$94/1 sess | 126580 | 13+ | Multimedia Rm

Sa | Nov 18 | 9:05am-4:50pm | \$94/1 sess | 126581 | 13+ | Music Rm

Instructor: Community Care First Aid

DOG OBEDIENCE: BEGINNERS (19+)

Learn basic commands, verbal cues and hand signals, using positive reinforcement to build reliability, mutual respect and trust. Learn how to manage inappropriate behaviours like jumping up, biting/mouthing, barking and chewing. All family members welcome. All dogs must be fully vaccinated.

Su | Sep 24-Oct 29 | 11:30am-12:30pm | \$175/6 sess | 121763 | 19+ | Rm B

Su | Nov 5-Dec 10 | 11:30am-12:30pm | \$175/6 sess | 121764 | 19+ | Rm B

Instructor: Alpha Dog Training

DOG OBEDIENCE: INTERMEDIATE & AGILITY (19+)

Build on the commands learned in basic obedience, working to longer distances and building off-leash control. This class also features agility training, where you guide your dog through an obstacle course. Prerequisite: dogs must have beginner obedience skills and be fully vaccinated.

Su | Sep 24-Oct 29 | 1-2pm | \$180/6 sess | 122642 | 19+ | Rm B

Su | Nov 5-Dec 10 | 1-2pm | \$180/6 sess | 122643 | 19+ | Rm B

Instructor: Alpha Dog Training



Introduction to Interior Design.



Emergency First Aid.



Mindfulness Meditation.

MINDFULNESS MEDITATION: INTRODUCTION (18+)

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

Mo | Oct 16 | 7:30-9pm | \$16/1 sess | 121791 | 18+ | Multimedia Rm
 Instructor: Sung Yang, www.learnmindfulness.org

MINDFULNESS MEDITATION: WEEKLY PRACTICE (18+)

Relieve stress, anxiety and depression. Improve health, quality of life and inner peace. Group meditation with an experienced teacher is a powerful aid for your practice. Class includes meditation, learning new skills and more. Prerequisite: the introduction class or some practical experience. No class Nov 13.

Mo | Oct 23-Nov 27 | 7:30-9pm | \$52/5 sess | 121792 | 18+ | Multimedia Rm
 Instructor: Sung Yang, www.learnmindfulness.org

LANGUAGES**FRENCH: BEGINNERS LEVEL 1 (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 | Sep 5-Oct 31 | 9-10:30am | \$170/9 sess | 123454 | 19+ | Board Rm
 Instructor: Julie Rauscher

FRENCH: BEGINNERS LEVEL 2 (19+)

Bonjour! Welcome to an interactive class where you'll build on the basics of Parisian French to improve communication and confidence. Bring a pen to take some notes and build new vocabulary. No registration after the first class.

Tu | Sep 5-Oct 31 | 10:30am-12pm | \$170/9 sess | 123455 | 19+ | Board Rm
 Instructor: Julie Rauscher

NEW ESL FOR ADULTS (19+)

Join this social, interactive class for adults and improve your spoken English, playing fun ESL games and getting to know your community.

Tu We | Sep 12-Dec 13 | 10-11:30am | \$228/14 sess | 126726 | 19+ | Music Rm
 Instructor: Sandra Barusova

SPANISH: BEGINNERS LEVEL 1 (19+)

In this program you will learn basic conversational Spanish skills set in practical day-to-day situations that will help you when travelling to a Spanish-speaking country.

We | Sep 13-Dec 13 | 5:30-7pm | \$219/14 sess | 121809 | 19+ | Mezz Meeting Rm
 Instructor: Gloria Alonso

SPANISH: BEGINNERS LEVEL 2 (19+)

In this program you will improve your conversational Spanish skills set in practical day-to-day situations that will help you with conversation and travel.

Tu | Sep 12-Dec 12 | 5:30-7pm | \$219/14 sess | 123468 | 19+ | Mezz Meeting Rm
 Instructor: Gloria Alonso

SPANISH: CONVERSATIONAL (19+)

If you have a basic command in Spanish and plan to travel to a Spanish-speaking country, come and practice this beautiful language in a friendly environment. During our sessions we will talk about culture, traditions and more.

We | Sep 13-Dec 13 | 7:05-8:35pm | \$219/14 sess | 121810 | 19+ | Mezz Meeting Rm
 Instructor: Gloria Alonso

Please note that course prices do not include taxes.

ACRYLIC PAINTING WITH BILL (19+)**\$18/DROP-IN**

Experience acrylic painting in a loosely structured, enriching and supportive studio setting. Work on personal projects to develop your own voice and style. Bring your own supplies: contact the instructor at baldozar@shaw.ca for a supply list. All levels welcome. No class Oct 9, Nov 13.

Mo | Sep 11-Dec 11 | 6:30-8:30pm | \$180/12 sess | 121747 | 19+ | Arts & Crafts Rm
 Instructor: Bill Miloglav

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

Experience watercolour painting in a loosely structured, enriching and supportive studio setting. Work on personal projects to develop your own voice and style. Bring your own supplies: contact the instructor at baldozar@shaw.ca for supply list.

We | Sep 13-Dec 13 | 11am-1pm | \$117/14 sess | 121835 | 19+ | Arts & Crafts Rm
 Instructor: Bill Miloglav

WATERCOLOUR & DRAWING TOGETHER (19+)

Explore the combination of drawing and watercolour painting. Learn textures, lines, tones, lights and shadows, and perspective. Supplies are not included. Supply list is available upon registration.

Mo | Oct 2-Dec 18 | 9-11am | \$200/10 sess | 121834 | 19+ | Arts & Crafts Rm
 Instructor: Mohammad Atashzad

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.

Fr | Sep 15-Dec 15 | 1:15-3:15pm | \$117/14 sess | 125810 | 25+ | Rm C
 Instructor: Edouard Beaudry

NEW GALLERY HOPPING (19+)

Take guided gallery tours and engage in talks and events for a visual and narrative exploration of sustainable culture in Vancouver. Keep an open mind and wear comfortable shoes.

Sa | Sep 9-Oct 28 | 10am-12pm | \$229/8 sess | 126147 | 19+ | Meet in the Foyer
 Instructor: Faye Fayerman

DANCE**FREE ALL BODIES DANCE (18+)**

Differences become creative strengths as we explore the choreographic possibilities of wheelchairs, crutches and canes, and celebrate diverse ways of moving and perceiving. Classes draw from improvisation, contemporary dance, theatre and music in a welcoming and inclusive environment. All levels of experience and ability welcome. Supported by the City of Vancouver and Vancouver Park Board. Registration required. No class Oct 7, Oct 14, Nov 11.

Sa | Sep 9-Dec 2 | 2:30-4pm | Free/10 sess | 122614 | 18+ | Dance St
 Instructor: Naomi Brand

NEW HOOP DANCE (19+)**\$18/DROP-IN**

Improve balance, agility, grace and coordination. Learn creative routines while burning calories and increasing flexibility. Explore core, arm, knee and chest hooping, vortex variations, tosses, rolls, isolations and transitions. No experience necessary. Hoops provided or bring your own. No class Oct 1, 8.

Su | Sep 10-Oct 29 | 11am-12:30pm | \$95/6 sess | 123407 | 19+ | Dance St
 Su | Sep 10-Oct 29 | 1-2:30pm | \$95/6 sess | 123409 | 19+ | Dance St
 Instructor: Hoop Fairy Pamela Lamont

FREE #DANCEHAPPY (ALL AGES)

An initiative of local contemporary dance, company the response., to make dance available to people of all backgrounds and abilities. All dancers and dance lovers of all ages and experience welcome! Second Tuesday of each month

Tu | Sep 12, Oct 10, Nov 14, Dec 12 | 8pm-9pm | Free | 130653 | All Ages | Dance Studio
 Instructor: Amber Funk Barton

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



Please note that course prices do not include taxes.

FREE ROUNDHOUSE COMMUNITY DANCERS (19+)

Join dance artist Carolina Bergonzoni to experiment with space, rhythm, and the body-as-sculpture. Using props, space and our bodies, we dig deeper into our interior and exterior relationships with objects and ourselves. No experience necessary. No class Sep 24, Oct 8, Nov 12.

Su | Sep 10-Dec 3 | 2:30-4:30pm | Free/10 sess | 122610 | 19+ | Dance St

Instructor: Carolina Bergonzoni

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 | Sep 13-Nov 22 | 8:15-9:45pm | \$132/11 sess | 125800 | 16+ | Dance St

Instructor: Barney Lee and Mya Davidson

GROOVAZON (19+)**\$13/DROP-IN**

Bring the funk back on! The newest dance fitness craze is ready to groove you with an original blend of pure funk, discotelic rhythms, hip-hop vibes and jazzy grooves. No class Oct 14, Nov 11.

Sa | Sep 16-Dec 2 | 12:45-1:45pm | \$115/10 sess | 121776 | 19+ | Dance St

Instructor: Gustavo Ferman

LATIN FUNK (19+)**\$16/DROP-IN**

Join the first Latin dance fusion program in Vancouver, a dynamic dance mix of eight Latin dance styles (salsa, merengue, cumbia, cha-cha-cha, mambo, reggaeton, bachata and rumba) with a splash of funk and jazz.

Th | Sep 14-Dec 14 | 6-7pm | \$203/14 sess | 121788 | 19+ | Dance St

Instructor: Gustavo Ferman

LINE DANCING (55+)**\$6.75/DROP-IN**

Learn the elements of line dancing, a wonderful form of dance and fitness. Wear comfortable cloths and your dancing shoes. No experience required. Drop-ins are welcome if the class is not full. No class Sep 28, Oct 5.

Th | Sep 14-Nov 30 | 12:45-2pm | \$65/10 sess | 121790 | 55+ | Dance St

Instructor: Phillis Lim

MUSIC**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 or the Roundhouse website www.roundhouse.ca for dates. No registration required. To play for Jazz in the Mews please contact valerie.ferrari@vancouver.ca. No event Oct 14, Nov 11, Dec 3.

Sa or Su | Sep 9-Dec 16 | 10:30am-12:30pm | Free | 121784 | Foyer

OPEN MIC: LAUNCH! (19+)**\$5/DROP-IN**

Join us in this accessible, experimental and welcoming space for performers of all ages, abilities and identifications, performing in any genre. If you can make it work in a small space with a Fender sound system, then bring it on! Strict 6-minute max except for our featured performer. Come early to pay at the front desk before you sign up.

Tu | Sep 5, Oct 3, Nov 7, Dec 5 | 7-9pm | 4 sess | 125803 | 19+ | Multimedia Rm

Instructor: Claire Robson, www.planetquirke.com

VOICE: ASHEIDA (19+)

Learn fun exercises for more ease, connection and balance in your voice as you sing the songs you love. Asheida is trained under the Lyle Vocal Yoga method and teaches one of the most effective ways to safely train your voice. No class Oct 10, Nov 14.

Tu | Sep 5-Dec 5 | 1-8pm | \$396/12 sess | 121699-702 | 19+ | Music Rm

Instructor: Asheida Music Company

NEW VOICEWORKS (19+)

This group class is a vocal and yoga class in one! Access your full vocal potential by integrating body awareness through postural alignment, breath work, support, poses, vocal practices including vocal rehab/restoration. Are you a new singer, yogi, actor or public speaker? There is something for everyone! No class Oct 9, Nov 13.

Mon | Sep 11-Dec 4 | 7-8:15pm | \$240/11 sess | 130651 | Music/Practice Rm

Instructor: Asheida Music Company, Integratedartist.ca.

PIANO: LYDIA (19+)

A fun and practical approach to playing the piano. Learn dexterity, listening, rhythm and theory. Royal Conservatory students are welcome for exam preparation.

We | Sep 6-Dec 13 | 2-8pm | \$345/15 sess | 121638-47 | 19+ | Practice Rm

Fr | Sep 8-Dec 15 | 1:15-2pm | \$457.50/15 sess | 121619 | 19+ | Practice Rm

Fr | Sep 8-Dec 15 | 2-9pm | \$345/15 sess | 121620-33 | 19+ | Practice Rm

Su | Sep 10-Dec 10 | 9am-5pm | \$322/14 sess | 121648-61 | 19+ | Practice Rm

Instructor: Lydia Kay

VIOLIN: HANNAH (19+)

Hannah is an expert in teaching beginners and intermediate students to enhance their foundation techniques, supporting their move to the next level. Students will also learn music theory and sight-reading in accordance with their experience. No class Oct 9, Nov 13.

Mo | Sep 11-Dec 11 | 3:30-6pm | \$300/11 sess | 121694-98 | 19+ | Board Rm

Instructor: Hyunah Kim

GUITAR: 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 Nov 10.

Fr | Sep 15-Dec 15 | 1-7:30pm | \$315/13 sess | 121557 | 19+ | Board Rm

Instructor: Justin Gorrie

PIANO: CHRISTINA (19+)

Explore the art of piano in a fun, challenging atmosphere. All students are welcome, from beginners to those preparing for exams. Lessons are customized to your developmental level. A piano for home practice is recommended. No class Oct 14, Nov 11.

Sa | Oct 7-Dec 16 | 9:30am-4:30pm | \$207/9 sess | 121606-18 | 19+ | Practice Rm

Instructor: Christina Kam

FREE STREET BEATS (10+)

Connect with community in this creative found-object percussion band. Join Instruments of Change (Laura Barron and Martin Fiske) to make fun, uninhibited music. This project culminates in two one-hour performances on Nov 5 and 6 at ISCM World New Music Days 2017. Some found object instruments will be provided, but participants are encouraged to BYOI (Bring Your Own found-object Instruments). FREE for youth and adults of all musical abilities

Th | Sep 21-Nov 2 | 6:30-8:30pm | Free/7 sess | 10+ | Room B

Instructor: Laura Barron, Martin Fiske & Robin Reid

ARTS & HEALTH PROJECT: ROUNDHOUSE CHOIR (55+)

Choir and singing exercises your brain function, improves breathing, posture and muscle tension and increases a sense of happiness and well-being. This Arts & Health Project is presented in collaboration with Music on Main. No experience is needed.

Tu | Oct 10-Nov 28 | 1-3pm | \$10/10 sess | 125806 | 55+ | Rm C

Instructor: TBA



Groovazon and Latin Funk with Gustavo Ferman.

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ADULT

POTTERY

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.

POTTERY STUDIO DROP-IN (19+)

DROP-IN FEE: PUBLIC \$12/2HRS, VOLUNTEERS & STUDENTS \$10/4HRS

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@vancouver.ca. Wait lists are not carried over indefinitely; you must re-apply every 6 months. Class participants get priority. No drop-in Oct 14, Nov 11, Dec 3.

We | Sep 6-Dec 6 | 10am-9:30pm | \$12/14 sess | 121798 | 19+ | Pottery St
Su | Sep 10-Nov 26 | 12:30-4:30pm | \$12/12 sess | 121799 | 19+ | Pottery St
Sa | Sep 9-Dec 2 | 12:30-4:30pm | \$12/11 sess | 121806 | 19+ | Pottery St

NEW HAND & WHEEL WITH KATE (19+)

This class is suitable for all levels. Beginners learn how to throw on the potter's wheel and create projects using hand-building techniques. Experienced students progress at their own pace, being challenged with new techniques and ideas. Opportunities for special projects may be accommodated. We will cover making, finishing, decorating and glazing. No class Nov 13.

Fr | Oct 13-Dec 1 | 12-3pm | \$236/8 sess | 121803 | 19+ | Pottery St
Instructor: Kate Metten

HAND & WHEEL WITH VIN (19+)

This class is suitable for all levels. Beginners learn how to throw on the potter's wheel and create projects using hand-building techniques. Experienced students progress at their own pace, being challenged with new techniques and ideas. Opportunities for special projects may be accommodated. We will cover making, finishing, decorating and glazing. No class Oct 9, Nov 13.

Mo | Sep 11-Dec 4 | 6:30-9:30pm | \$319/11 sess | 121802 | 19+ | Pottery St
Instructor: Vin Arora

HAND & WHEEL WITH SUE (19+)

Learn the basics of hand-building, wheel throwing, glazing and firing. This class is for beginners and those that want to continue on functional or sculptural forms.

Tu | Sep 19-Dec 5 | 1:30-4:30pm | \$337/12 sess | 121800 | 19+ | Pottery St
Tu | Sep 19-Dec 5 | 6:30-9:30pm | \$337/12 sess | 121801 | 19+ | Pottery St
Instructor: Sue Griese

THROW, THROWING, THROWN WITH NORA (19+)

Nora will take you to the next stage of your skills in centering, altering, trimming, decorating and glazing pots. This class is for students who have taken at least one class, but you do not need to know how to center. Fee includes slips, glazes and firing. Clay is not included.

Th | Sep 21-Nov 9 | 6:30-9:30pm | \$236/8 sess | 121804 | 19+ | Pottery St
Instructor: Nora Valliant



Please note that course prices do not include taxes.

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THE BARRY COGSWELL STUDIO

Our woodworking studio has been named in honour of one of our long-time instructors, Barry Cogswell, who passed away Spring 2017. He was a very important part of the Roundhouse family. For the time he gave to the Roundhouse, his woodworking craftsmanship, and for all the things he built for us, the woodworking studio is now called the Barry Cogswell Studio.

WOODWORKING

WOODWORKING STUDIO DROP-IN (19+)

Drop-in sessions are available for qualified woodworkers. In order to qualify you must pass the assessment test and attend a safety orientation session (see below), or successfully complete 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.

Su | Sep 10-Dec 17 | 1-4pm | \$14/hr | 121839 | 19+ | Woodworking St
Instructor: Craig Gilder

We | Sep 13-Dec 13 | 6-9pm | \$14/hr | 121840 | 19+ | Woodworking St
Instructor: Trevor Osborn

SAFETY ORIENTATION: BY APPOINTMENT ONLY (19+)

The safety orientation is mandatory for experienced woodworkers who want to access the wood-working studio drop-in. Write the assessment test during Wednesday drop-in session, from 6-9pm. The instructor will then schedule a 2-hour orientation by appointment only. Bring writing supplies.

To be announced | 4:30-6:30pm | \$37/1 sess | 121841 | 19+ | Woodworking St
Instructor: Trevor Osborn

WOODWORKING: LEVEL 1 (19+)

For beginners and those with little woodworking experience. Design and materials included. Note: First session attendance is mandatory as this session covers important safety orientation and theory. You will acquire basic skills for furniture-making and safe operation of power tools such as the jointer, planer, table saw and others as required. Bring writing supplies. No class Sep 15, Oct 9, 20, Nov 13.

Fr | Sep 8-Nov 3 | 9:30am-12:30pm | \$260/7 sess | 121846 | 19+ | Woodworking St
Instructor: Jeremy Tomlinson

Mo | Sep 11-Oct 30 | 6:30-9:30pm | \$260/7 sess | 121847 | 19+ | Woodworking St
Mo | Nov 6-Dec 18 | 6:30-9:30pm | \$225/6 sess | 121848 | 19+ | Woodworking St

Instructor: Craig Gilder

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

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

Please note that course prices do not include taxes.

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ADULT

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



Hand Tools class.

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

For beginners and those with little woodworking experience. Using chisels and a lathe you will create three basic forms: a spindle, a platter and a bowl. You will also learn the safe use of major power tools. Materials are included. Note: First session attendance is mandatory as this session covers safety orientation and important theory. A prerequisite for Woodworking Level 2 (Power Tools). No class Sep 16, Oct 14, Oct 21.

Sa | Sep 9-Nov 4 | 9:30am-2:30pm | \$395/6 sess | 121849 | 19+ | Woodworking St
Fr | Nov 10-Dec 15 | 9:30am-12:30pm | \$395/6 sess | 125934 | 19+ | Woodworking St
Sa | Nov 18-Dec 16 | 9:30am-1:30pm | \$395/5 sess | 121855 | 19+ | Woodworking St
Instructor: Jeremy Tomlinson

WOODWORKING: LEVEL 2 (19+)

Builds on skills learned in Level 1, with a stronger focus on 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 or coffee table is typical. Students supply all materials. Prerequisite: Level 1. No class Sep 14, Oct 19.

Th | Sep 7-Dec 7 | 9:30am-12:30pm | \$410/12 sess | 121851 | 19+ | Woodworking St
Tu | Sep 12-Nov 28 | 6:30-9:30pm | \$410/12 sess | 121850 | 19+ | Woodworking St
Instructor: Jeremy Tomlinson

HAND-MADE LIDDED BOX: LEVEL 2 (19+)

Expand your knowledge of wood and the use of hand tools. Create an heirloom by building on the skills you learned in Hand Tools Demystified and learn to make grooves, rabbets, bevels and Greene-and-Green—style finger joints. Fee includes premium hardwood. Prerequisite: Hand Tools Demystified. No class Nov 13.

Mo | Oct 30-Dec 18 | 6:30-9:30pm | \$430/7 sess | 125931 | 19+ | Rm A
Instructor: Jeremy Tomlinson

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

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

We | Oct 25-Dec 20 | 6:30-9:30pm | \$537/9 sess | 121844 | 19+ | Rm A
Instructor: Jeremy Tomlinson

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

Need a little more time to finish a project or help with a specific joint? Want to improve your sawing technique or carve another spoon? Use these sessions to work on your project or skills. Contact the instructor for special arrangements.

Tu | Dec 5-19 | 6:30-9:30pm | \$135/3 sess | 121854 | 19+ | Rm A
Instructor: Jeremy Tomlinson

Please note that course prices do not include taxes.

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Information www.roundhouse.ca 604.713.1800 ext 1

Registration recreation.vancouver.ca

GROUP FITNESS

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 Oct 9, Nov 11.

Mo | Sep 11-Dec 18 | 11-11:45am | 13 sess | See Sidebar | 121772 | 19+ | Dance St
Instructor: Diana VanderVeer

GET FIT & KEEP FIT (19+)

Total body conditioning for all ages using the body ball, steps, weights and bands. Space and equipment are limited, and class size is at the discretion of the instructor.

Tu | Sep 5-Dec 19 | 9:15-10:15am | 16 sess | See Sidebar | 121775 | 19+ | Dance St
Instructor: Harry Wong

CARDIO COMBO (19+)

Geared towards older adults looking for a lower-impact fitness class providing cardio, balance and strength training for an overall body workout. Increase fitness confidence and strength working with bands. This class takes place in Room B.

We | Sep 6-Dec 20 | 11:15am-12pm | 16 sess | See Sidebar | 121757 | 19+ | Rm B
Instructor: Ferial Ahmadzadeh

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 | Sep 7-Dec 21 | 11:15am-12pm | 16 sess | See Sidebar | 121797 | 19+ | Dance St
Instructor: Ferial Ahmadzadeh

CARDIO CORE (19+)

Bring 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.

Fr | Sep 8-Dec 15 | 11-11:45am | 15 sess | See Sidebar | 121758 | 19+ | Dance St
Instructor: Edouard Beaudry

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 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 may be weather permitting and are subject to cancellation without notice. Meet in the Roundhouse Foyer.

Sa | Sep 9-Dec 16 | 9-10am | Free/15 sess | 121762 | 19+ | Foyer
Instructor: Susan Bernardino

KICK & RE BOOT (19+)

Mix kickboxing and dance moves with music that makes you want to move. This full-body workout combines cardio and resistance training intervals, and finishes with a mind/body cool down to give you the ultimate cardiovascular and strength workout. Suitable for all fitness levels.

Th | Sep 7-Dec 14 | 7:30-8:30pm | \$179/15 sess | 121787 | 19+ | Dance St
Instructor: Valentina Petrovic

\$14/DROP-IN

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

ADULT

GROUP FITNESS PRICING

Participants must complete a PAR-Q form for health screening purposes.

www.roundhouse.ca/registration-services/faq-forms

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

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.

Please note that course prices do not include taxes.

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NEW SUPER SANDBAG TRAINING (19+)**\$20/DROP-IN**

Super Sandbag Training (SST) is the most powerful hour of group fitness. Get ready to engage all your muscles simultaneously with exercises that are unique, functional, and fun. The design of the sandbag allows you to perform new and effective workouts. Combine this with top notch programming, upbeat music, encouraging instructor and you've got a class that will take your fitness to a whole new level. The results will speak for themselves. No class Oct 3, Nov 15.

Tu | Sep 12-Dec 12 | 5-6pm | \$221/13 sess | 126144 | 19+ | Rm B

We | Sep 13-Dec 13 | 5-6pm | \$221/13 sess | 130587 | 19+ | Rm B

Instructor: Ivan Filippov, www.filippovfitness.ca/super-sandbag-training

NEW ULTIMATE CONDITIONING (19+)

Go to the next level, combining muscular strength and endurance cardiovascular movement for a challenging full-body workout. Wrap up with Pilates and yoga. Great for all levels of fitness. No class Oct 9, Nov 13.

Mo | Sep 11-Dec 11 | 7:30-8:30pm | \$142/12 sess | 121756 | 19+ | Dance St

Instructor: Valentina Petrovic

DANCE FITNESS**ZUMBA (19+)****\$13/DROP-IN**

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

We | Sep 13-Oct 25 | 5:45-6:45pm | \$76/7 sess | 121858 | 19+ | Dance St

We | Nov 1-Dec 13 | 5:45-6:45pm | \$76/7 sess | 121859 | 19+ | Dance St

Instructor: Janet McLeish, DNA Wellness Co.

FREE ZUMBA FREE TRIAL CLASS (19+)

We | Sep 6 | 5:45-6:45pm | Free/1 sess | 121860 | 19+ | Dance St

ZUMBA NOON (19+)

Fr | Sep 22-Oct 27 | 12-1pm | \$65/6 sess | 121861 | 19+ | Dance St

Fr | Nov 3-Dec 15 | 12-1pm | \$76/7 sess | 121862 | 19+ | Dance St

Instructor: Luglio Romero, DNA Wellness Co.

YOGA**HAPPY HIPS & HEALTHY 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.

Th | Sep 07-Oct 19 | 7:30-8:45pm | \$88/7 sess | 121778 | 19+ | Rm C

Th | Oct 26-Dec 14 | 7:30-8:45pm | \$100/8 sess | 121777 | 19+ | Rm C

Instructor: Lori Lucas, www.yogawithlorilucas.com

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

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

Tu | Sep 5-Oct 17 | 7:30-8:30pm | \$88/7 sess | 121857 | 19+ | Rm C

Tu | Oct 24-Dec 12 | 7:30-8:30pm | \$100/8 sess | 121856 | 19+ | Rm C

Instructor: Lori Lucas, www.yogawithlorilucas.com

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

A playful style that mindfully integrates breath and movements, moving from one pose to the next in a fluid, graceful way. The level of practice is suitable for new to intermediate beginners. Drop-in only. No class Oct 14, Nov 11, Dec 3.

Sa | Sep 9-Dec 16 | 9-10:30am | 13 sess | 121785 | 19+ | Rm C

Su | Sep 10-Dec 10 | 9:30-11am | 13 sess | 121786 | 19+ | Dance St

Instructor: Kathryn Turnbull, www.yogaliving.ca.

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

Physically energizing, deeply relaxing, and emotionally uplifting, this program teaches classical yoga with an emphasis on self-awareness, strength, stamina, flexibility, balance, breath and body awareness, postural alignment, and relaxation. Drop-ins are welcome with instructor approval. No class Oct 9, Nov 13.

Mo | Sep 11-Dec 4 | 5:30-7pm | \$165/11 sess | 121783 | 19+ | Dance St

Instructor: Claudia Macdonald

YOGA FUNDAMENTALS FOR BEGINNERS (19+)

Through friendly, step-by-step instruction, learn the essentials for a safe, enjoyable yoga practice that will support your well-being for the rest of your life. Be open to the possibilities of transformation! For more information contact the instructor.

Fr | Oct 20-Dec 8 | 6:30-7:45pm | \$95/8 sess | 126724 | 19+ | Rm C

Instructor: Kathryn Turnbull, www.yogaliving.ca

PILATES**PILATES FUSION (19+)****\$13/DROP-IN**

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

Tu | Sep 5-Oct 24 | 6:45-7:45pm | \$87/8 sess | 121795 | 19+ | Dance St

Tu | Oct 31-Dec 19 | 6:45-7:45pm | \$87/8 sess | 121796 | 19+ | Dance St

Instructor: Diana VanderVein

PILATES FOR BEGINNERS (19+)**\$6.75/DROP-IN**

For women and men who want to try a different method of fitness in a non-threatening environment. The instructor can adapt movements for all abilities and fitness levels. Pilates increases strength, balance, flexibility, muscle tone, stamina and well-being. Great for seniors.

We | Sep 6-Oct 25 | 2:30-3:15pm | \$52/8 sess | 121794 | 19+ | Rm B

We | Nov 1-Dec 20 | 2:30-3:15pm | \$52/8 sess | 125116 | 19+ | Rm B

Instructor: Diana VanderVein

MARTIAL ARTS**WOMEN'S MARTIAL ARTS KICKBOXING FITNESS CLASS (19+) \$12/DROP-IN**

Work on your strength, cardio and flexibility to improve the way your body looks, works and feels. This program is a martial arts-inspired fitness program that uses full-body cross-training techniques to enhance any level of fitness. No experience necessary. No class April 14, 17.

Mo Fr | Sep 4-29 | 7:45-8:45pm | \$72/mo | 121836 | 19+ | Rm B

Mo Fr | Oct 2-30 | 7:45-8:45pm | \$72/mo | 121837 | 19+ | Rm B

Mo Fr | Nov 3-27 | 7:45-8:45pm | \$72/mo | 121838 | 19+ | Rm B

Instructor: Hamid Tarighatbin

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 to relieve stress and improve health. All ages welcome, no experience necessary. No class Oct 14, Nov 11.

Sa | Sep 9-Oct 21 | 11:30am-1pm | \$69/6 sess | 123438 | 19+ | Rm B

Sa | Oct 28-Dec 16 | 11:30am-1pm | \$81/7 sess | 123361 | 19+ | Rm 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 to relieve stress and improve health. No class Oct 14, Nov 11.

Sa | Sep 9-Oct 21 | 9:30-11am | \$69/6 sess | 123362 | 19+ | Rm B

Sa | Oct 28-Dec 16 | 9:30-11am | \$81/7 sess | 123363 | 19+ | Rm B

Instructor: Laurens Lee

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

ONECARD CHANGES

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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.



Zumba Noon with Luglio.

Please note that course prices do not include taxes.

Please note that course prices do not include taxes.

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.

ONECARD CHANGES

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- Racquet Sports
- Bridge
- Adult Sports
- Karma Yoga Drop-in

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

SPORTS

BADMINTON (19+)

All levels welcome. Four courts and equipment available. No class Sep 14, Oct 9, Nov 13.

Mo | Sep 18-Dec 18 | 8-9:45pm | \$66/12 sess | 121748 | 19+ | Gym
Th | Sep 7-Dec 14 | 6-7:45pm | \$77/14 sess | 121749 | 19+ | Gym

\$6/DROP-IN

BALL HOCKEY: RECREATION (19+)

Enjoy a fast-paced workout while honing your hockey skills. Games are co-ed, non-contact, non-competitive, and friendly. No class Dec 3.

Su | Sep 10-Dec 17 | 3-4:45pm | \$77/14 sess | 121752 | 19+ | Gym

\$6/DROP-IN

FREE BALL HOCKEY: RECREATION - GOALIE (19+)

No class Dec 3.

Su | Sep 10-Dec 17 | 3-4:45pm | Free | 121753 | 19+ | Gym

BALL HOCKEY: ADVANCED (19+)

No class Oct 9, Nov 13.

Mo | Sep 18-Dec 18 | 10-11:45pm | \$66/12 sess | 121750 | 19+ | Gym

\$6/DROP-IN

FREE BALL HOCKEY: ADVANCED - GOALIE (19+)

No class Oct 9, Nov 13.

Mo | Sep 18-Dec 18 | 10-11:45pm | Free | 121751 | 19+ | Gym

BASKETBALL: RECREATION (19+)

Our full-court basketball night is organized in 11-minute games with 3 teams of 6 players. Play two games then sit one out. Come get your sweat on! No class Sep 12, 14.

Tu | Sep 5-Dec 19 | 6-7:45pm | \$83/15 sess | 121754 | 19+ | Gym
Th | Sep 7-Dec 14 | 8-9:45pm | \$77/14 sess | 121755 | 19+ | Gym

\$6/DROP-IN

INDOOR SOCCER: RECREATION (19+)

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 Sep 12.

Tu | Sep 5-Dec 19 | 8-9:45pm | \$83/15 sess | 121781 | 19+ | Gym
Su | Sep 10-Dec 17 | 1-2:45pm | \$83/15 sess | 121780 | 19+ | Gym

\$6/DROP-IN

INDOOR SOCCER: INTERMEDIATE (19+)

For intermediate to advanced players who want a competitive game. No class Sep 14.

Th | Sep 7-Dec 14 | 10-11:45pm | \$77/14 sess | 121779 | 19+ | Gym

\$6/DROP-IN

VOLLEYBALL: RECREATION (19+)

For players of all levels who want to have fun in a non-competitive and friendly environment. No class Dec 3. No class Sep 13.

We | Sep 6-Dec 20 | 6-7:45pm | \$83/15 sess | 121829 | 19+ | Gym
Su | Sep 10-Dec 17 | 5-6:45pm | \$77/14 sess | 121830 | 19+ | Gym

\$6/DROP-IN

VOLLEYBALL: INTERMEDIATE (19+)

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

Su | Sep 10-Dec 17 | 7-8:45pm | \$77/14 sess | 121828 | 19+ | Gym

\$6/DROP-IN

VOLLEYBALL: COMPETITIVE (19+)

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 ensure that you are competitive in this advanced environment. No class Sep 13.

We | Sep 6-Dec 20 | 8-9:45pm | \$83/15 sess | 121827 | 19+ | Gym

\$6/DROP-IN

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 Oct 9

Mo | Sep 18-Oct 30 | 6-7:30pm | \$135/6 sess | 121831 | 19+ | Gym

Instructor: DJTN Solutions

VOLLEYBALL CLINIC: INTERMEDIATE/ADVANCE LEVEL (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. Also learn fundamentals of strategy and communication. No class Nov 13

Mo | Nov 6-Dec 18 | 6-7:30pm | \$135/6 sess | 121832 | 19+ | Gym

Instructor: DJTN Solutions

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.

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 Mo-Fr, before 4:30pm Sa Su), 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 the list. Only one person's 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.

ARTS & CREATIVITY

FREE ROUNDHOUSE POETRY CIRCLE (55+)

Discuss the poetry of major poets chosen by members of the group. Links to the poems are provided on the group's website so that members may read and print them out in advance www.roundhousepoetrycircle.wordpress.com. The group meets the fourth Thursday of every month. You must register as space is limited.

Th | Sep 28, Oct 26, Nov 23 | 12:45-2:45pm | Free/3 sess | 125807 | 55+ | Multimedia Rm
 Instructor: RH Volunteer

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

Develop your drawing skills with subjects, life drawing, landscapes and more. Materials not included; please bring basic drawing supplies to the first class. Drop-ins are welcome if the class is not full.

Fr | Sep 15-Dec 15 | 1:15-3:15pm | \$117/14 sess | 125810 | 25+ | Rm C
 Instructor: Edouard Beaudry

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

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

We | Sep 13-Dec 13 | 11am-1pm | \$117/14 sess | 121835 | 19+ | Arts & Crafts Rm
 Instructor: Bill Miloglav, baldozar@shaw.ca

ARTS & HEALTH PROJECT: ROUNDHOUSE CHOIR (55+)

Choir and singing exercises your brain function, improves breathing, posture and muscle tension and increases a sense of happiness and well-being. This Arts & Health Project is presented in collaboration with Music on Main. No experience is needed.

Tu | Oct 10-Dec 12 | 1-3pm | \$10/10 sess | 125806 | 55+ | Rm C

FREE STREET BEATS (10 AND OLDER)

Connect with community in this creative found-object percussion band. Join Instruments of Change (Laura Barron and Martin Fiske) to make fun, uninhibited music. This project culminates in two one-hour performances on Nov 5 and 6 at ISCM World New Music Days 2017. Some found object instruments will be provided, but participants are encouraged to BYOI (Bring Your Own found-object Instruments). FREE for youth, adults and older adults of all musical abilities.

Th | Sep 21-Nov 2 | 6:30-8:30pm | Free/7 sess | 10 and older | Room B
 Instructor: Laura Barron, Martin Fiske & Robin Reid



Sketching & Drawing.



Watercolour Painting.

Please note that course prices do not include taxes.

DANCE

BALLROOM DANCE INSTRUCTION & SOCIAL (55+) \$3.50/DROP-IN

Improve your balance, motivation, boost your memory and meet new friends in a relaxed and social atmosphere. No partner or experience necessary. Drop-ins are welcome if the class is not full. Registration is advised.

Fr | Sep 8-Dec 15 | 1:45-3pm | \$47/15 sess | 125796 | 55+ | Dance St
 Instructor: Barney Lee, Teresa Riley

FREE ROUNDHOUSE AGELESS DANCERS (55+)

Follow your imagination and discover creative movement. This dance project weaves together improvisation, composition, rhythm, experience and story to create community dance. No dance experience necessary. Registration required. This project is funded by the Vancouver Park Board. No class Oct 4, Nov 8.

We | Sep 13-Nov 29 | 1-3pm | Free/10 sess | 97720 | 55+ | Dance St
 Instructors: Jennifer Mascal, Nina Patel, Simon Kendall, www.mascalldance.ca

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 | Sep 13-Nov 22 | 8:15-9:45pm | \$132/11 sess | 125800 | 16+ | Dance St
 Instructor: Barney Lee and Mya Davidson

LINE DANCING (55+) \$6.75/DROP-IN

Learn the elements of line dancing, a wonderful form of dance and fitness. Wear comfortable cloths and your dancing shoes. No experience required. Drop-ins are welcome if the class is not full. No class Sep 28, Oct 5.

Th | Sep 14-Nov 30 | 12:45-2pm | \$65/10 sess | 121790 | 55+ | Dance St
 Instructor: Phillis Lim

EDUCATION & DEVELOPMENT

SPANISH: BEGINNER LEVEL 2 (55+)

Learn Spanish in a friendly and safe environment with an experienced instructor. Prerequisite: one of Gloria's classes or some basic knowledge of Spanish.

Mo | Sep 11-Nov 27 | 1-2:15pm | \$71/12 sess | 125811 | 55+ | Rm C
 Instructor: Gloria Alonso

FREE HEARING CLINIC: CONNECT HEARING (55+)

Test your hearing with Connect Hearing Clinic. Call the Roundhouse front desk to book your 15-minute appointment.

Tu | Nov 21 | 10:30-12:30pm | Free/1 sess | 127326 | 55+ | Rm C
 Instructor: Connect Hearing



Please note that course prices do not include taxes.

OLDER ADULT

GROUP FITNESS PRICING

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

Adult

\$6/drop-in
\$49/10-class pass
55+
\$3.50/drop-in
\$28/10-class pass

ONECARD CHANGES

The Roundhouse has changed its drop-in pass system.

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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 today. Picture ID required.

Please note that course prices do not include taxes.

GROUP FITNESS

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. Participants must complete a PAR-Q form for health screening. No class Oct 9, Nov 11.

Mo | Sep 11-Dec 18 | 11-11:45am | See Sidebar/13 sess | 121772 | 19+ | Dance St
Instructor: Diana VanderVeen

GET FIT & KEEP FIT (19+)

Whole-body conditioning for all ages using the body ball, steps, weights and bands. Space and equipment are limited. Class size is at the discretion of the instructor.

Tu | Sep 5-Dec 19 | 9:15-10:15am |
See Sidebar/16 sess | 121775 | 19+ | Dance St
Instructor: Harry Wong

CARDIO COMBO (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 working with bands. Participants must complete a PAR-Q form for health screening. This class takes place in Room B.

We | Sep 6-Dec 20 | 11:15am-12pm | See Sidebar/16 sess | 121757 | 19+ | Rm B
Instructor: Ferial Ahmadzadeh

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

Th | Sep 7-Dec 21 | 11:15am-12pm |
See Sidebar/16 sess | 121797 | 19+ | Dance St
Instructor: Ferial Ahmadzadeh

CARDIO CORE (19+)

Bring 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. Drop-ins are welcome if the class is not full.

Fr | Sep 8-Dec 22 | 11-11:45am | See Sidebar/15 sess | 121758 | 19+ | Dance St
Instructor: Edouard Beaudry

FITNESS

JOINT MOBILITY (45+)

Men and women with arthritis, osteoporosis and mobility issues will learn how to keep their bodies moving and limber. This class is also great for those just starting an exercise program or recovering from an injury or stroke. No class Oct 9, Nov 13.

Mo | Sep 11-Dec 11 | 3:30-4:30pm | \$46.50/12 sess | 125799 | 45+ | Dance St
Instructor: Keno Kinoshita

OSTEOFIT (19+)

This specialized class is geared toward individuals with osteoporosis, arthritis, joint-mobility problems, or anyone who wants a lighter exercise routine using bands, weights and chairs. Drop-ins are welcome if the class is not full.

Fr | Sep 8-Dec 15 | 9:15-10:15am | \$158/15 sess | 125804 | 19+ | Dance St
Instructor: Keno Kinoshita

FREE WALK & ROLL

Regular walking reduces heart disease, lowers cholesterol and helps to control body weight. Walk the Seawall in Yaletown with us, boost your health, and make fiends. Mixed abilities welcome. Arrive five minutes early for a prompt start. No walk in rainy weather.

Tu | Sep 5-Oct 31 | 11-11:45am | Free/9 sess | 125804 | 55+ | Foyer
Instructor: Diana VanderVeen

PILATES & YOGA

GENTLE YOGA (55+)

SENIOR \$9.50/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 are welcome only if the class is not full. No class Oct 9, Nov 13.

Mo | Sep 11-Dec 11 | 9:30-11am | \$150/12 sess | 121773 | 55+ | Rm C
We | Sep 13-Dec 13 | 9:30-11am | \$175/14 sess | 121774 | 55+ | Rm C

PILATES FOR BEGINNERS (25+)

Pilates increases strength, balance, flexibility, muscle tone, stamina and well-being. This class is a fun and inviting senior's program for men and women of all abilities. Movements are adaptable to suit your needs.

We | Sep 6-Oct 25 | 2:30-3:15pm | \$52/8 sess | 121794 | 25+ | Rm B
We | Nov 1-Dec 20 | 2:30-3:15pm | \$52/8 sess | 125116 | 25+ | Rm B

Instructor: Diana VanderVeen

OLDER ADULT



Take a walk on the Seawall with the Walk & Roll Social. Photo by Robert Antoniuk, rphoto.ca, 2014.



Gentle Yoga class.

Please note that course prices do not include taxes.

OLDER ADULT

SPORTS

SENIORS RACQUET SPORTS PRICING

\$2/55+ drop-in
\$13.50/10-visit pass

MONDAYS: MIXED AGES (19+)

\$3/adult drop-in
\$23.50/10-visit pass

PICKLEBALL BEGINNER (30+)

Learn how to play pickleball, a fun and easy-to-learn game played on a badminton court with a lowered net, a whiffle ball and large hand-held paddles. Two out of the four courts will be reserved for beginner pickleball players. Drop-ins are welcome if the class is not full. No class Sep 15

Fr | Sep 8-Dec 15 | 1:15-3:15pm | \$47/14 sess | 125805 | 30+ | Gym
Instructor: RH Volunteer

SENIORS RACQUET SPORT (55+) \$2/DROP-IN | \$13.50/13-CLASS PASS

Bring your racquet to enjoy table tennis and badminton. Some knowledge and experience of table tennis is needed. Monday is for mixed-ages play. The program runs as per the Roundhouse Code of Conduct (page 51). No class Sep 11, 13, 15, Oct 9, Nov 13.

Mo We Fr | Sep 6-Dec 22 | 9-11:55am | See Sidebar | 125808 | 55+ | Gym
Instructor: RH Volunteer

SOCIAL

FREE MAH JONG (55+)

Mah Jong, originally from China, is a game played with a set of 136 tiles based on Chinese characters and symbols. Must have experience with the game to play. Tables and pieces included. Please register for this program. Monday class ends at 12:45pm. No class Oct 9, Nov 13.

Mo | Sep 11-Dec 18 | 9am-12:45pm | 13 sess | 125801 | 55+ | Rm A
Tu | Sep 5-Dec 19 | 9am-4pm | 16 sess | 125801 | 55+ | Rm A

BRIDGE DROP-IN (55+) \$3/DROP-IN | \$20/13-CLASS PASS

Enjoy contact (standard) bridge with other experienced players. All equipment provided. You must register for this drop-in course. Drop-ins are welcome if the class is not full.

Tu | Sep 5-Nov 28 | 7:05-9:50pm | \$20/13 sess | 125797 | 55+ | Rm A
Instructor: Ward Hunting

BRIDGE INSTRUCTION (55+) \$5/DROP-IN

Participants will receive instruction in contact (standard) bridge from our volunteer. All equipment is provided. Some bridge playing experience is recommended. Drop-ins are welcome if the class is not full.

Tu | Sep 5-Nov 28 | 5:30-7pm | \$53/13 sess | 125798 | 55+ | Rm A
Instructor: RH Volunteer



Mah Jong.

Please note that course prices do not include taxes.

FREE MORNING TAI CHI EXERCISE & YUEN GI DANCE (55+)

Everyone is welcome to our friendly morning movement group. Energize your morning with gentle exercise and dance. Volunteer instructors teach in Cantonese and English. Come enjoy this cultural experience doubling as exercise. Drop-ins are welcome if the class is not full. Please register. No class Oct 9, Nov 13, Dec 1.

Mo-Fr | Sep 5-Dec 22 | 9:30-11am | Free | 125802 | 55+ | Rm B
Instructor: RH Volunteer

OPEN MIC: LAUNCH! (19+)

\$5/DROP-IN

Join us in this accessible, experimental and welcoming space for performers of all ages, abilities and identifications, performing in any genre. If you can make it work in a small space with a Fender sound system, then bring it on! Strict 6-minute max except for our featured performer. Come early to pay at the front desk before you sign up.

Tu | Sep 5, Oct 3, Nov 7, Dec 5 | 7-9pm | 4 sess | 125803 | 19+ | Multimedia Rm
Instructor: Claire Robson, www.planetquirke.com

SOCIAL FESTIVALS

COMMUNITY GATHERING SQUARE DANCE (ALL AGES)

Join our Roundhouse community for an evening of square dancing, laughter and fun. We will provide a professional caller, magic and light snacks to be purchased. Wear comfy shoes and your favourite hoedown outfit for this intergenerational event.

We | Oct 18 | 6:30-9pm |

\$5/1 sess | 126902 | All ages | Exhibition Hall



HOLIDAY LUNCH & DANCE (55+)

Celebrate the festival session with dancing and lunch. A donation for Socks in the City would be appreciated.

We | Dec 6 | 12-3pm | \$11/1 sess | 125809 | 55+ | Exhibition Hall



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 today. Picture ID required.

Please note that course prices do not include taxes.