

YOUTH

FREE YOUTH OPEN GYM (10-18)

Come for our gym drop-in on Saturdays and join in on your favourite sport. Please note: The gym is reserved for Nighthoops from 3:15-5pm on most Saturdays. Nighthoops offers basketball coaching for local youth: please approach the Nighthoops coach if you are interested in joining. No gym drop-in May 19, Jun 9, 30, Sep 1.

Sa | Apr 7-Jun 30 | 1-4:45pm | **Free**/10 sess | 155197 | 10-18 | Gym

Sa | Jul 7-Aug 25 | 1-4:45pm | **Free**/8 sess | 155198 | 10-18 | Gym

Instructor: Stratos Charalambides

RED CROSS STAYSAFE! (9-13)

Learn first aid to deal safely with an emergency situation through active role-play in an interactive and fun environment. Students should bring a yoga mat, lunch, snacks, and plenty of water.

Su | Apr 15 | 10:30am-4:30pm | \$61.50/1 sess | 152218 | 9-13 | Multimedia Rm

Su | Aug 26 | 10:30am-4:30pm | \$61.50/1 sess | 156495 | 9-13 | Rm C

Instructor: First Aid Hero, www.firstaidhero.com

RED CROSS BABYSITTING (11-15)

So you want to be a babysitter? Or your parents want you to take this course to feel confident leaving your home alone? Red Cross Babysitting emphasizes learning through real life scenarios. Students should bring a yoga mat, lunch, snacks, and plenty of water.

Su | Jun 24 | 9am-4:45pm | \$61.50/1 sess | 152249 | 11-15 | Multimedia Rm

Su | Aug 26 | 9am-4:45pm | \$61.50/1 sess | 156494 | 11-15 | Multimedia Rm

Instructor: First Aid Hero, www.firstaidhero.com

EDUCATION

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

It's important for parents to be aware of the self-sabotaging habits a student's fixed mindset creates, and know how to foster a growth mindset in their children. Learn practical solutions for parents; teaching children to fail successfully; and befriending testing and assessments.

We | May 9 | 7-8pm | **Free**/1 sess | 153463 | 19+ | Music Rm

Instructor: Mehrnaz Bassiri

NEW FREE BC PSYCHOLOGICAL ASSOCIATION (19+)

Dr. Joti Samura creates awareness around mental health and psychology.

Th | May 24 | 7-8:30pm | **Free**/1 sess | 153475 | 19+ | Multimedia Rm

Instructor: Dr. Joti Samura

FREE CHRONIC PAIN SELF-MANAGEMENT PROGRAM (19+)

Practical tools are provided in this interactive workshop to help cope with the physical and emotional challenges of chronic pain. Participants can expect increased motivation and confidence to take action and live their best life possible. Significant others are welcome.

Su | Apr 8-May 13 | 1-3:30pm | **Free**/6 sess | 153480 | 19+ | Music Rm

Instructor: Self-Management BC, selfmgmt@uvic.ca, www.selfmanagementbc.ca

DOG OBEDIENCE: BEGINNERS (19+)

This beginner course covers basic commands with verbal cue, hand signals, and positive reinforcement without using food, treats, force, or fear responses. Learn a new command each week and how to manage and eliminate inappropriate behaviors. No class May 20, Jul 1.

Su | Apr 22-Jun 3 | 11:30am-12:30pm | \$174/6 sess | 153485 | 19+ | Rm B

Su | Jun 10-Jul 22 | 11:30am-12:30pm | \$174/6 sess | 156094 | 19+ | Rm B

Instructor: Alpha Dog Training

DOG OBEDIENCE: INTERMEDIATE AND AGILITY (19+)

Improve control of commands learned in basic obedience at longer distances and with distraction. Features agility training which boosts the dog's confidence. Prerequisite: Must have Basic Obedience training with a reliable sit, stay and recall, and be up to date with vaccinations. No class May 20.

Su | Apr 22-Jun 3 | 1-2pm | \$195/6 sess | 156092 | 19+ | Rm B

Instructor: Alpha Dog Training



Please note that course prices do not include taxes.

38

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

For people of all skill levels who want to explore or share anything related to 3D printing.

Sa | 1-3pm | **Free** | 153460-2, 158726-7 | 19+ | Music Rm

Apr 14 | May 12 | Jun 9 | Jul 7 | Aug 18 |

Instructor: Nerea Buxton

INTRODUCTION TO MINDFULNESS MEDITATION (18+)

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

Mo | Apr 16 | 7:30-9pm | \$18/1 sess | 15351 | 18+ | Multimedia Rm

Instructor: Sung Yang, LearnMindfulness.org

MINDFULNESS MEDITATION WEEKLY PRACTICE (18+)

Group meditation helps you to relieve stress, anxiety and depression, while improving your health, quality of life, and inner peace. Prerequisite: Introduction to Mindfulness Meditation or other practical experience.

Mo | Apr 23-May 14 | 7:30-9pm | \$49/4 sess | 153509 | 18+ | Multimedia Rm

Instructor: Sung Yang, LearnMindfulness.org

FREE NEPP EARTHQUAKE PREPAREDNESS FOR YOUR PETS (19+)

In Vancouver, we know we could be affected by an earthquake. Learn what you can do to ensure both you and your pets are prepared for any type of disaster or emergency.

Tu | May 15 | 7-8:30pm | **Free**/1 sess | 153510 | 19+ | Multimedia Rm

Instructor: Jackie Kloosterboer

FREE NEPP EARTHQUAKE PREPAREDNESS: APARTMENT LIVING (19+)

Ensure that you and your family are prepared. Develop your emergency plan, learn to conduct a Hazard Hunt and what to do when an earthquake strikes when you live in an apartment or condo.

We | Jul 11 | 7-8:30pm | **Free**/1 sess | 153511 | 19+ | Multimedia Rm

Instructor: Jackie Kloosterboer

NEW FREE PHOTOGRAPHY: YOU BE THE JUDGE (19+)

Bring your DSLR camera and learn to recognize and understand the attributes of good photography. Practice assessing images with examples of your own work. Presented by PhotoClub Vancouver.

Sa | Aug 18 | 12:30-4:30pm | **Free**/1 sess | 158289 | 19+ | Multimedia Rm

Instructor: Bob Prosser

LANGUAGE

NEW ESL FOR ADULTS (19+)

This interactive ESL class is for adults who want to improve their English speaking skills.

Tu | Apr 10-Jun 12 | 10-11:30am | \$135/10 sess | 153486 | 19+ | Music Rm

Instructor: Veronica Chum

FRENCH: BEGINNERS LEVEL 1 (19+)

Join this interactive class where you'll learn the basics of French from a Parisian in a supportive environment. Learn to talk about yourself and friends, and make enough small talk to feel at ease in any francophone city. Bring a pen to take notes. There is no registration after the first class has started.

Tu | Apr 3-May 29 | 9-10:30am | \$170/9 sess | 156097 | 19+ | Board Rm

Tu | Jun 5-Jul 31 | 9-10:30am | \$170/9 sess | 156099 | 19+ | Board Rm

Instructor: Julie Rauscher

FRENCH: BEGINNERS LEVEL 2 (19+)

Have you already attended French Level 1 and understand some basics of French? Then join this interactive class and learn more about the wonderful French language, with a Parisian teacher. Participants will talk, do fun exercises, learn new vocabulary, and work on pronunciation! À bientôt!

We | Apr 4-May 30 | 9-10:30am | \$170/9 sess | 156104 | 19+ | Board Rm

Instructor: Julie Rauscher

ADULT



Please note that course prices do not include taxes.

ADULT

SPANISH FOR BEGINNERS ADULTS LEVEL 1 (19+)

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

We | Apr 4-Jun 20 | 5:30-7pm | \$195/12 sess | 153525 | 19+ | Mezz Meeting Rm
Instructor: Gloria Alonso

SPANISH FOR BEGINNERS ADULTS LEVEL 2 (19+)

Improve your conversational Spanish skills by applying the knowledge you already have. Learning the past and future tense will help you to express yourself and meet new friends when travelling.

Tu | Apr 3-Jun 19 | 5:30-7pm | \$195/12 sess | 153526 | 19+ | Mezz Meeting Rm
Instructor: Gloria Alonso

SPANISH FOR CONVERSATION (19+)

If you have a basic command of Spanish and are planning to travel to a Spanish-speaking country, practice this beautiful language in a friendly environment. Discuss culture, traditions, and more.

We | Apr 4-Jun 20 | 7:05-8:35pm | \$195/12 sess | 153527 | 19+ | Mezz Meeting Rm
Instructor: Gloria Alonso

ART

CHINESE CALLIGRAPHY (25+)

Join us for an introductory course on the ancient art of Chinese handwriting. Participants acquire and improve their writing skill through the use of Chinese ink, brush, and paper. This stress releasing exercise is a relaxing experience. No class Apr 12.

Th | Apr 5-May 31 | 11:15am-1:15pm | \$92/8 sess | 154757 | 25+ | Rm A
Instructor: Pansy Poon

SKETCHING & DRAWING (25+)

\$9/DROP-IN (IF SPACE PERMITS)

Develop your drawing skills with subjects, life drawing, landscapes, and more. Materials are not included; please bring basic drawing supplies to the first class.

Fr | Apr 20-Jun 22 | 1:15-3:15pm | \$85/10 sess | 15486 | 25+ | Rm C
Fr | Jul 6-Jul 27 | 1:15-3:15pm | \$34/4 sess | 154808 | 25+ | Rm C
Instructor: Edouard Beaudry

ACRYLIC PAINTING WITH BILL (19+)

\$18/DROP-IN

Gain acrylic painting experience in a loosely structured, enriching, and supportive studio setting. All levels are welcome. Participants will be encouraged to work on personal projects to develop their own style. Bring your own supplies or contact the instructor for a supply list. No class May 21.

Mo | Apr 9-Jun 25 | 6:30-8:30pm | \$171/11 sess | 153464 | 19+ | Arts & Crafts Rm
Instructor: Bill Miloglav, baldozar@shaw.ca

WATERCOLOUR PAINTING (19+)

\$9/DROP-IN

This course provides basic watercolor experience in a loosely structured, enriching, and supportive studio setting. Participants will be encouraged to work on personal projects to develop their own style. Bring your own supplies or contact the instructor for a supply list. No class Apr 11.

We | Apr 4-Jun 27 | 11-1pm | \$100/12 sess | 153544 | 19+ | Arts & Crafts Rm
Instructor: Bill Miloglav, baldozar@shaw.ca

WATERCOLOUR AND DRAWING TOGETHER (19+)

\$29/DROP-IN

Explore the aesthetics of drawing and watercolour together while working with subjects including landscapes, figures and flowers. Supplies not included; list available upon registration. No class May 21.

Mo | Apr 16-Jun 25 | 9:30-11:30am | \$194/10 sess | 153543 | 19+ | Arts & Crafts Rm
Mo | Jul 9-Jul 30 | 7-9pm | \$78/4 sess | 156054 | 19+ | Arts & Crafts Rm
Instructor: Mohammad Atashzad, www.atashzad.com



Pansy Poon demonstrating Chinese calligraphy at this year's Chinese New Year lunch in February.

Please note that course prices do not include taxes.

40

POTTERY

POTTERY DROP-IN (19+)

Pottery Studio drop-in is only intended for those currently enrolled in Roundhouse pottery classes and for those who have a drop-in storage space assigned to them. Space holder drop-in fee: Public \$12/2hrs; volunteers and students \$10/4hrs. Please note new drop-in fees. No class May 19, 20.

We | 10-9:30pm | See sidebar | 19+ | Pottery St

Apr 4-Jun 27 (153514), Jul 4-Aug 22 (158717)

Sa Su | 12:30-4:30pm | See sidebar | 19+ | Pottery St

Apr 7-Jun 23 (153520), Apr 8-Jun 24 (153515), Jul 7-Aug 25 (158719) Jul 8-Aug 26 (152666)

POTTERY: HAND AND WHEEL THROWING WITH SUE (19+)

Play with clay in these multi-level classes. Learn the basic of hand-building, wheel throwing, glazing, and firing techniques. Continuing students can work at their own pace with assistance on new techniques and challenges. No refunds after the first class.

Tu | Apr 10-Jun 12 | 1:30-4:30pm | \$329/10 sess | 153516 | 19+ | Pottery St

Tu | Apr 10-Jun 12 | 6:30-9:30pm | \$329/10 sess | 153517 | 19+ | Pottery St

Tu | Jul 3-Aug 21 | 1:30-4:30pm | \$273/8 sess | 158713 | 19+ | Pottery St

Tu | Jul 3-Aug 21 | 6:30-9:30pm | \$273/8 sess | 158716 | 19+ | Pottery St

Instructor: Sue Griese

POTTERY: HAND AND WHEEL WITH KATE (19+)

For beginners to advanced students. Beginners learn to use the potter's wheel and hand-building techniques. Intermediate and advanced students progress at their own pace and are challenged with new ideas. Learn about finishing, decorating, and glazing. No refunds after the first class.

Fr | Apr 20-Jun 8 | 12-3pm | \$273/8 sess | 153522 | 19+ | Pottery St

Instructor: Kate Metten

POTTERY: HAND AND WHEEL WITH VIN (19+)

No class May 21, Aug 6.

Mo | Apr 9-Jun 18 | 6:30-9:30pm | \$329/10 sess | 153518 | 19+ | Pottery St

Mo | Jul 9-Aug 20 | 6:30-9:30pm | \$193/6 sess | 158720 | 19+ | Pottery St

Instructor: Vin Arora

POTTERY: MOLD MAKING FOR CERAMICS WITH CHERYL (19+)

Students will be shown examples of molds and how to construct a few of their own. Clay bisque "door skin" (1/8" plywood) and plaster will be explored. Clay not included.

Th | Aug 2-23 | 6-9:30pm | \$200/4 sess | 152671 | 19+ | Pottery St

Instructor: Cheryl Stapleton

POTTERY: THROW, THROWING, THROWN WITH NORA (19+)

For students who have taken at least one day class. Learn more about centering, altering, trimming, decorating, and glazing pots. No refunds after the first class. No class May 10.

Th | Apr 5-May 31 | 6:30-9:30pm | \$273/8 sess | 153519 | 19+ | Pottery St

Instructor: Nora Valliant

POTTERY WINE NIGHT WITH CHERYL (21+)

Join us for some fun and a glass of wine, and get your hands in some clay on a Friday evening.

Fr | Jul 27 | 6-9pm | \$85/1 sess | 152672 | 21+ | Pottery St

Instructor: Cheryl Stapleton

WOODWORKING

WOODWORKING: LEVEL 1 (19+)

For beginners and those with little woodworking experience. Learn basic woodworking skills and elementary safe operation of major power tools such as the jointer, planer, table saw, and others as required. Participants can register online or in person. No class May 21, Jul 12, Aug 2, 6

Mo | Apr 16-Jun 11 | 6:30-9:30pm | \$330/8 sess | 153553 | 19+ | Barry Cogswell St

Mo | Jul 9-Aug 27 | 6:30-9:30pm | \$295/7 sess | 158789 | 19+ | Barry Cogswell St

Instructor: Craig Gilder

ADULT



Pottery: Hand and Wheel Throwing with Sue.

POTTERY DROP-IN FEES

Public \$12/2hrs

Volunteer \$10/4 hrs

Student \$10/4 hrs

POTTERY FEES AND MATERIALS

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

POTTERY WAITLIST

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

Please note that course prices do not include taxes.

ADULT

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 courses when planning advanced projects or to explore specific techniques by making prior arrangements with instructor Jeremy Tomlinson at www.urbanwoodworker.com

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 48 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.

42

WOODWORKING: LEVEL 2 (19+)

Learn 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. Projects can be stored for one month before they are discarded. Participants must register in person. No class Jul 12.
Tu | Apr 3-Jun 5 | 6:30-9:30pm | \$400/10 sess | 153555 | 19+ | Barry Cogswell St
Tu | Jun 12-Aug 14 | 6:30-9:30pm | \$400/10 sess | 153543 | 19+ | Barry Cogswell St
Th | Apr 5-Jun 7 | 9:30-12:30pm | \$400/10 sess | 159544 | 19+ | Barry Cogswell St
Th | Jun 14-Aug 16 | 9:30-1:00pm | \$365/9 sess | 153556 | 19+ | Barry Cogswell St
Instructor: Jeremy Tomlinson

WOODWORKING: HAND TOOLS SPOON CARVING (19+)

Spoon carving is a fun introduction to carving. You will receive an introduction to the various gouges and knives that are used in carving, including a demonstration and discussion about sharpening. Materials are supplied. No class May 21.
Mo | Apr 16-May 28 | 6:30-9:30pm | \$374/6 sess | 159496 | 19+ | Rm A
Instructor: Jeremy Tomlinson, www.urbanwoodworker.com

WOODWORKING: HT DEMYSTIFIED SPOON CARVING LEVEL 1 (19+)

Spoon carving is a fun introduction to carving. Receive an introduction to the various gouges and knives that are used in carving, including a demo and discussion about sharpening. No class Apr 11.
We | Apr 4-May 16 | 6:30-9:30pm | \$374/6 sess | 158413 | 19+ | Rm A
Instructor: Jeremy Tomlinson, www.urbanwoodworker.com

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

Expand your knowledge of wood and the use of hand tools. Learn to make grooves, rabbets, bevels, and Greene and Green style finger joints. A premium grade hardwood kit is included in the fee. Prerequisite: Hand Tools Demystified. Participants are required to register in person. No class Jul 2.
Mo | Jun 4-Jul 23 | 6:30-9:30pm | \$430/7 sess | 158453 | 19+ | Rm A
Instructor: Jeremy Tomlinson, www.urbanwoodworker.com

WOODWORKING: LEVEL 1 WITH WOOD TURNING (19+)

For beginners and those with little woodworking experience. Using chisels and a lathe, create three basic forms: a spindle, a platter, and a bowl. Learn the safe use of major power tools. A prerequisite for Woodworking Level 2 (Power Tools). Register online or in person. No class Jul 13, 14, Aug 3, 4.
Fr | Apr 6-May 11 | 9:30am-12:30pm | \$395/6 sess | 153490 | 19+ | Barry Cogswell St
Fr | May 18-Jun 22 | 9:30am-12:30pm | \$395/6 sess | 159542 | 19+ | Barry Cogswell St
Fr | Jul 6-Aug 17 | 9:30am-1:30pm | \$395/5 sess | 158599 | 19+ | Barry Cogswell St
Sa | Apr 7-May 12 | 9:30am-12:30pm | \$395/6 sess | 153559 | 19+ | Barry Cogswell St
Sa | May 19-Jun 23 | 9:30am-12:30pm | \$395/6 sess | 153557 | 19+ | Barry Cogswell St
Sa | Jul 7-Aug 18 | 9:30am-1:30pm | \$395/5 sess | 158600 | 19+ | Barry Cogswell St
Instructor: Jeremy Tomlinson, www.urbanwoodworker.com

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

Build a sliding-lid dovetailed box with mitered plinth or wine rack. Learn to make the iconic dovetail joint and other advanced joinery techniques. Prerequisites: Hand Tools Demystified. Participants are required to register in person. No class Jul 11.
We | May 23-Jul 25 | 6:30-9:30pm | \$537/9 sess | 153549 | 19+ | Rm A
Instructor: Jeremy Tomlinson, www.urbanwoodworker.com

WOODWORKING DROP-IN (19+)

\$14/HR DROP-IN

Drop-in sessions are available for qualified woodworkers. To qualify, members must pass the assessment test available during a Wednesday drop-in and attend a safety orientation session, or have successfully completed a Level 2 course. Drop-in sessions are not for Level 1 students. Projects can be stored for one month before they are discarded. No discounts. No class May 20, Jul 26, Aug 6.
We | Apr 4-Jun 27 | 6-9pm | Drop-in fee | 153546 | 19+ | Barry Cogswell St
We | Jul 4-Aug 29 | 6-9pm | Drop-in fee | 152689 | 19+ | Barry Cogswell St
Su | Apr 8-Jun 24 | 1-4pm | Drop-in fee | 153545 | 19+ | Barry Cogswell St
Su | Jul 8-Aug 26 | 1-4pm | Drop-in fee | 152688 | 19+ | Barry Cogswell St
Instructor: Trevor Osborn (We), Craig Gilder (Su)

Information www.roundhouse.ca 604.713.1800 ext 1

Registration recreation.vancouver.ca

WOODWORKING SAFETY ORIENTATION: APPOINTMENT ONLY (19+)

The Safety Orientation to shop tools is for experienced woodworkers who would like to access the Woodworking Drop-In. Write a free written assessment test during our Wednesday drop-in sessions. You will be contacted when enough people are scheduled for the safety orientation to take place. Safety orientations take two hours and are booked by the instructor once a month.

By appointment | \$37/1 sess | 153547 | 19+ | Barry Cogswell St

By appointment | \$37/1 sess | 152692 | 19+ | Barry Cogswell St

Instructor: Trevor Osborn

MUSIC

FREE JAZZ IN THE MEWS (ALL AGES)

Join us for some free weekend Jazz in the Lobby every Saturday and some Sunday mornings. Complete info at www.roundhouse.ca/jazz-in-the-mews. Contact Valerie Ferrar valerie.ferrar@vancouver.ca to join. No show May 19, 20, Jun 29, Jul 1.

Sa Su | Apr 7-Jun 30 | Jul 7-Aug 25 | 10:30am-12:30pm | Free | All ages | Foyer

VIOLIN WITH HANNAH (19+)

Hannah is an expert in teaching beginner and intermediate students how to enhance their foundational techniques. Learn music theory and sight-reading in accordance with experience. No class May 21, Aug 6.

Mo | Apr 9-Jun 18 | 4-6pm | \$275/10 sess | 152057-060 | 19+ | Board Rm

Mo | Jul 9-Aug 13 | 3-6pm | \$137.50/5 sess | 155010-616 | 19+ | Board Rm

Instructor: Hyunah Kim

VOICE WITH ASHEIDA (19+)

Sing the songs you love and learn fun exercises to feel more ease, connection, and balance with your voice.

Tu | Apr 3-Jun 19 | 1-8pm | \$408/12 sess | 152065-079 | 19+ | Music Rm

Tu | Jul 3-Jul 24 | 3-7pm | \$136/4 sess | 152621-629 | 19+ | Music Rm

Instructor: Asheida Music Company, integratedartist.ca

VOICEWORKS (19+)

Access your full vocal potential by integrating body awareness through postural alignment, breath work, support poses, and vocal practices, including vocal rehab/restoration. A voice coach for seven years, Ashieda is Canada's only certified vocal yoga instructor.

Mo | Apr 16-Apr 30 | 6:30-8pm | \$85/3 sess | 152171 | 19+ | Practice Rm

Mo | Jul 16-Jul 30 | 6:30-8pm | \$85/3 sess | 152241 | 19+ | Music Rm

Instructor: Asheida Music Company, integratedartist.ca

PIANO WITH LYDIA (19+)

One-on-one piano lessons for all ages and levels where students learn the art of piano playing and music appreciation. Preparation for the RCM exams provided upon request. No class May 20.

We | Apr 4-Jun 27 | 2-8pm | \$312/13 sess | 152085-100 | 19+ | Practice Rm

We | Jul 4-Aug 22 | 2-8pm | \$192/8 sess | 156079-554 | 19+ | Practice Rm

Fr | Apr 6-Jun 22 | 2-9pm | \$288/12 sess | 152121-145 | 19+ | Practice Rm

Fr | Jul 6-Aug 24 | 2-9pm | \$192/8 sess | 156085-121 | 19+ | Practice Rm

Su | Apr 8-Jun 24 | 9am-4:30pm | \$264/11 sess | 152036-054 | 19+ | Practice Rm

Su | Jul 8-Aug 26 | 9am-4:30pm | \$192/8 sess | 156083-568 | 19+ | Practice Rm

Instructor: Lydia Kay

GUITAR WITH JUSTIN (19+)

Play your favourite songs and learn new pop, rock, and classical music. Lessons encourage musical and personal growth, with emphasis on a positive and exciting learning experience. Students must bring their own instrument to class.

Fr | Apr 6-Jun 22 | 1-7pm | \$300/12 sess | 152118-139 | 19+ | Board Rm

Th | Jul 5-Aug 30 | 1-7pm | \$225/9 sess | 152113-323 | 19+ | Board Rm

Instructor: Justin Gorrie

ADULT



Woodworking: HT
Demystified Spoon
Carving.

MUSIC LESSONS

Private lessons are 30 minutes in length. There will be **no make-up classes** for any lessons that the student isn't able to attend. Music refund requests prior to the start of your private lessons must be made no later than the day before the class starts in order to receive a full refund minus the admin fee. After private lessons start there will be no refund. **NO REGISTRATION** after the second class.

Access to the practice room piano is for piano students currently enrolled in piano lessons. The music room piano is available to all patrons.

Please note that course prices do not include taxes.

ADULT

PIANO WITH CHRISTINA (19+)

Explore the art of piano in a fun and challenging environment. For beginners to those preparing for exams, all students are welcome. Lessons are customized to your developmental level. No previous experience is required but a piano to practice on is recommended. No class Apr 21, 28, May 5, 19, 26.
Sa | Apr 7-Jun 23 | 9:30am-2:30pm | \$168/7 sess | 152027-035 | 19+ | Practice Rm
Sa | Jul 7-Aug 25 | 9:30am-2:30pm | \$192/8 sess | 152513-525 | 19+ | Practice Rm
Instructor: Christina Kam

YOGA

PRENATAL YOGA (19+)

\$15/DROP-IN

See page 20 for details

HAPPY HIPS AND HEALTHY SPINE YOGA (19+)

\$15/DROP-IN

Many of us have excessively tight bodies, the tightest areas often being our hips and spine. This class can help reestablish the normal range of motion to the lumbar spine and increase blood flow and synovial fluid to the joint tissues.

Th | May 3-31 | 7:30-8:45pm | \$63/5 sess | 153494 | 19+ | Rm C

Th | Jun 7-28 | 7:30-8:45pm | \$50/4 sess | 153495 | 19+ | Rm C

Th | Jul 5-26 | 7:30-8:45pm | \$50/4 sess | 152648 | 19+ | Rm C

Th | Aug 9-30 | 7:30-8:45pm | \$50/4 sess | 157976 | 19+ | Rm C

Instructor: Lori Lucas, www.yogawithlorilucas.com

GENTLE YOGA (55+)

SENIORS \$9.50/DROP-IN | ADULTS \$14.50/DROP-IN

Experience the joy of Hatha yoga with a balanced, creative approach. Focus on breath and meditation while stretching and experience freedom of movement for improved body awareness, flexibility, and core strength. No class Apr 11, May 21, Jul 30, Aug 6, 20.

Mo | Apr 16-Jun 18 | 9:15-10:45am | \$113/9 sess | 153490 | 55+ | Rm C

Mo | Jul 9-Aug 27 | 9:15-10:45am | \$63/5 sess | 152644 | 55+ | Dance St

We | Apr 4-Jun 20 | 9:30-11am | \$138/11 sess | 153491 | 55+ | Rm C

We | Jul 11-Aug 29 | 9:30-11am | \$100/8 sess | 152645 | 55+ | Dance St

Instructor: Natalia Nimetz

IYENGAR YOGA (19+)

\$19/DROP-IN (WITH INSTRUCTOR APPROVAL)

Physically energizing, deeply relaxing, and emotionally uplifting, this program offers instruction in classical yoga with an emphasis on self-awareness and development of strength, stamina, flexibility, balance, breath and body awareness, postural alignment, and relaxation. No class May 21.

Mo | Apr 9-Jun 25 | 5:30-7pm | \$174/11 sess | 153503 | 19+ | Dance St

Instructor: Claudia Macdonald

KARMA YOGA VINYASA FLOW (19+)

\$5/DROP-IN

A playful practice that mindfully integrates breath with movement, gracefully flowing from one pose to the next. Suitable for beginner to intermediate students. Drop-ins only. No class May 19, 20.

Sa | Apr 7-Jun 23 | 9:15-10:45am | Drop-in fee/11 sess | 153505 | 19+ | Rm C

Su | Apr 8-Jun 24 | 9:15-10:45am | Drop-in fee/11 sess | 15356 | 19+ | Dance St

Instructor: Kathryn Turnbull, www.yogaliving.ca

KARMA YOGA VINYASA FLOW INTERMEDIATE LEVEL (19+)

\$5/DROP-IN

This class introduces more challenging Vinyasa Flow sequences in a practice that increases strength, stamina, flexibility, and balance. Students should know basic yoga poses and understand how to work within their abilities. Drop-ins only.

We | Apr 4-Jun 27 | 7-8pm | Drop-in fee/13 sess | 158388 | 19+ | Rm C

Instructor: Kathryn Turnbull, www.yogaliving.ca



Gentle Yoga with Natalia.

Please note that course prices do not include taxes.

44

PILATES

PRENATAL PILATES (19+)

See page 20 for details

\$13/DROP-IN

ADULT

PILATES FOR BEGINNERS (55+)

Pilates increases strength, balance, flexibility, muscle tone, stamina, and well being. This is a co-ed class. Modifications to movements for all exercises are available from the instructor. No class Jun 6.

We | Apr 25-Jun 27 | 2:30-3:15pm | \$59/9 sess | 153512 | 55+ | Rm B

Instructor: *Diana VanderVeen*

\$6.75/DROP-IN

DANCE

FREE LATIN AND SWING DANCE: FREE TRIAL CLASS (25+)

We | Apr 4 | 8:15-9:45pm | Free/1 sess | 156499 | 25+ | Dance St

LATIN AND SWING DANCE (25+)

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.

We | Apr 11-Jun 20 | 8:15-9:45pm | \$132/11 sess | 155096 | 25+ | Dance St

Instructor: *Barney Lee & Mya Davidson*

\$18.75/DROP-IN

LINE DANCING (55+)

Learn the elements of line dancing, a wonderful form of dance and fitness. Wear comfortable cloths and your dancing shoes. No experience is required. No class Jun 21.

Th | Apr 5-Jun 28 | 12:45-2pm | \$78/12 sess | 153508 | 55+ | Dance St

Instructor: *Phillis Lim*

\$6.75/DROP-IN

SQUARE DANCE INSTRUCTION & SOCIAL (ALL AGES)

Join our professional caller, Wendy for a fun-filled Friday evening of laughter and great music while learning the art of square dancing, and show off your new skills at the Community Square Dance on Tuesday, June 5 in the Exhibition Hall. All are welcome to this family and community event.

Fr | Apr 6-May 25 | 7:15-8:45pm | \$48/8 sess | 160102 | All ages | Dance St

Instructor: *Wendy Kruger*

\$7/DROP-IN

FREE #DANCEHAPPY (ALL AGES)

#dancehappy is an initiative of the response, a local, contemporary dance company, to make dance available to those from all backgrounds and abilities. All dancers are welcome.

Tu | Apr 10, May 8, Jun 12 | 8-9pm | Free | 154807 | All Ages

Instructor: *Amber Funk Barton*

NEW FREE BIRD STILT CHORUS: LEARN TO MOVE LIKE A BIRD (19+)

See page 9 for details.

HOOP DANCE: BEGINNER (19+)

Learn various hoop tricks and how to combine them into creative routines while burning calories and increasing flexibility. No experience necessary. Hoops provided or bring your own.

Su | Apr 8-May 6 | 11am-12:30pm | \$95/5 sess | 163954 | 19+ | Dance St

\$18/DROP-IN

HOOP DANCE: INTERMEDIATE (19+)

Continue exploring your hoop skills. Pre-requisite: Hoop Dance Beginner.

Su | Apr 8-May 6 | 11am-12:30pm | \$95/5 sess | 165068 | 19+ | Dance St

Instructor: *Pamela Lamont *Hoop Fairy**

\$18/DROP-IN

DANCE FITNESS

GROOVAZON (19+)

Bring the funk back! This high-energy class is an original blend of pure funk dance, discododel rhythms, hip hop vibes, and jazzy grooves. No class May 19.

Sa | Apr 14-Jun 16 | 12:45-1:45pm | \$104/9 sess | 153493 | 19+ | Dance St

Instructor: *Gustavo Ferman*

\$13/DROP-IN



#dancehappy. Photo by Chris Barton.

Please note that course prices do not include taxes.

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

FREE STRONG BY ZUMBA® FREE CLASS (19+)

Tu | Apr 3 | 2-3pm | Free/1 sess | 153530 | 19+ | Dance St

STRONG BY ZUMBA® (19+)**\$13/DROP-IN**

Combining strong, upbeat rhythms with powerful, high-intensity cardio and strength conditioning, this class will ratchet your fitness potential up a notch. Make every minute count as you push beyond your limits. Join the party, discover the athlete within you, feel the force and get fit!

Tu | Apr 10-May 15 | 2-3pm | \$65/6 sess | 153528 | 19+ | Dance St

Tu | May 22-Jun 26 | 2-3pm | \$65/6 sess | 153529 | 19+ | Dance St

Tu | Jul 3-24 | 2-3pm | \$44/4 sess | 158667 | 19+ | Dance St

*Instructor: Jami Claveria, DNA Wellness Co, www.zumbavancouver.ca***FREE ZUMBA® FREE CLASS (19+)**

We | Apr 4 | 5:45-6:45pm | Free/1 sess | 153563 | 19+ | Dance St

ZUMBA® (19+)**\$13/DROP-IN**

Zumba combines a variety of easy to follow dance styles including cumbia, soca, merengue, salsa, African, reggaeton, flamenco, funk, and belly dance with interval and resistance training to maximize caloric output, fat burning and total body toning.

We | Apr 11-May 16 | 5:45-6:45pm | \$65/6 sess | 153561 | 19+ | Dance St

We | May 23-Jun 27 | 5:45-6:45pm | \$65/6 sess | 153562 | 19+ | Dance St

We | Jul 4-Jul 25 | 5:45-6:45pm | \$44/4 sess | 158743 | 19+ | Dance St

*Instructor: Janet, DNA Wellness Co, www.zumbavancouver.ca***ZUMBA® NOON (19+)****\$13/DROP-IN**

Zumba combines a variety of easy to follow dance styles including cumbia, soca, merengue, salsa, African, reggaeton, flamenco, funk, and belly dance with interval and resistance training to maximize caloric output, fat burning and total body toning. No class Aug 3.

Fr | Apr 6-May 11 | 12-1pm | \$65/6 sess | 153564 | 19+ | Dance St

Fr | May 18-Jun 15 | 12-1pm | \$55/5 sess | 153565 | 19+ | Dance St

Fr | Jul 6-Aug 17 | 12-1pm | \$65/6 sess | 158710 | 19+ | Dance St

*Instructor: Luglio Romero, DNA Wellness Co, www.zumbavancouver.ca***NEW FREE BEMOVED FREE CLASS(19+)**

Th | Apr 12 | 9:30-10:30am | Free/1 sess | 161344 | 19+ | Dance st

NEW BEMOVED (19+)**\$12/DROP-IN**

BeMoved is a dance fitness experience for people of all movement abilities. Choreography and dance your way through warm-up, genre, and cool-down sections leaving you rejuvenated in mind, body and soul.

Th | Apr 19-May 17 | 9:30-10:30am | \$55/5 sess | 158955 | 19+ | Dance St

Th | May 31-Jun 28 | 9:30-10:30am | \$55/5 sess | 161048 | 19+ | Dance St

*Instructor: Anita Siu***FITNESS****NEW SCULPTING WITH WEIGHTS (19+)****\$16/DROP-IN**

Join this non-stop, easy-to-follow class using light and heavy weights. Light weights will be used with quick repetition, while heavy weights will be used with slower motions. All fitness levels welcome.

Th | Apr 5-Jun 28 | 7:30-8:30pm | \$182/13 sess | 153507 | 19+ | Dance St

*Instructor: Valentina Petrovic***NEW ULTIMATE CONDITIONING (19+)****\$16/DROP-IN**

Combine muscular strength and endurance with cardiovascular movement in intervals, resulting in a total body workout that is challenging and feels like you're with a private trainer. Suitable for all fitness levels. No class May 21.

Mo | Apr 9-Jun 25 | 7:30-8:30pm | \$154/11 sess | 153535 | 19+ | Dance St

Instructor: Valentina Petrovic

Please note that course prices do not include taxes.

GROUP FITNESS

GENTLE FIT (19+)

Geared for older adults looking for a low-impact fitness class providing cardio, balance, and strength training for a whole body workout. Increase fitness confidence and strength. No class May 21, Aug 6.

Mo | Apr 9-Jun 25 | 11am-11:45 am | See Sidebar /11 sess | 158765 | 19+ | Dance St

Mo | Jul 9-Aug 27 | 11-11:45am | See Sidebar /7 sess | 158764 | 19+ | Dance St

Instructor: Diana VanderVeen

GET FIT AND KEEP FIT (19+)

Total body conditioning for all ages using a body ball, steps, weights, and bands to get a great over-all workout. Space and equipment are limited. Class size is at the discretion of the instructor. No class Jul 31, Aug 21.

Tu | Apr 3-Jun 26 | 9:15-10:15am | See Sidebar/13 sess | 53492 | 19+ | Dance St

Tu | Jul 3-Aug 28 | 9:15-10:15am | See Sidebar/7 sess | 158757 | 19+ | Dance St

Instructor: Harry Wong

CARDIO COMBO (19+)

Geared for older adults looking for a low-impact fitness class providing cardio, balance, and strength training for an overall body workout. Increase fitness confidence and strength while working with bands. No class Apr 11.

We | Apr 4-Jun 27 | 11:15am-12pm | See Sidebar/11 sess | 153478 | 19+ | Rm B

We | Jul 4-Aug 22 | 11:15am-12pm | See Sidebar/8 sess | 158751 | 19+ | Rm B

Instructor: Ferial Ahmadzadeh

POSTURE PERFECT (19+)

Geared for older adults, this co-ed class includes a cardio warmup, weights, stability ball, spine work, and stretches, while strengthening the body to improve balance, agility, and posture. No class Aug 2, 23.

Th | Apr 5-Jun 28 | 11:15-12pm | See Sidebar/13 sess | 153513 | 19+ | Dance St

Th | Jul 5-Aug 30 | 11:15-12pm | See Sidebar/8 sess | 158769 | 19+ | Dance St

Instructor: Ferial Ahmadzadeh

CARDIO CORE (19+)

Cardio Core brings your heart rate up and works your core through muscle conditioning. Geared for active and fit older adults. Suitable for all ages. No class Aug 3.

Fr | Apr 6-Jun 22 | 11-11:45am | See Sidebar/12 sess | 153479 | 19+ | Dance St

Fr | Jul 6-Aug 17 | 11-11:45am | See Sidebar/6 sess | 158755 | 19+ | Dance St

Instructor: Edouard Beaudry

MARITAL ARTS

TAI CHI CHUAN BEGINNERS (19+)

\$14/DROP-IN

Learn traditional Chinese exercises for self-defence and health. Movements emphasize softness, slow motion, concentration and relaxation - relieving stress and improving health. No experience necessary.

Sa | Apr 7-May 12 | 11:30am-1pm | \$69/6 sess | 153532 | 19+ | Rm B

Sa | May 26-Jun 23 | 11:30am-1pm | \$58/5 sess | 153531 | 19+ | Rm B

Sa | Jul 7-Aug 18 | 11:30am-1pm | \$81/7 sess | 158634 | 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.

Sa | Apr 7-May 12 | 9:30-11am | \$69/6 sess | 153533 | 19+ | Rm B

Sa | May 26-Jun 23 | 9:30-11am | \$58/5 sess | 153534 | 19+ | Rm B

Sa | Jul 7-Aug 18 | 9:30-11am | \$81/7 sess | 158637 | 19+ | Rm B

Instructor: Laurens Lee

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.

ADULT

TENNIS

Classes are held on the six lower courts close to the Beach Ave entrance to Stanley Park and have a 6:1 student to coach ratio.

ADULT GYM SPORTS REGISTRATION

For adult sports we no longer offer a pre-paid system. If you'd like a guaranteed spot, you must register. 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 a spot if you are on the waitlist.

*AFTER-HOURS SPORTS ONECARD PAYMENT

A OneCard is mandatory for after-hours sports payment. Load your OneCard during office hours (Mo-Fr 9am-9:30pm, Sa Su 9am-4:30pm) to pay for your after-hours sports.

ADULT GYM SPORTS DROP-IN

All drop-in participants for Adult Gym Sports are required to have a 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.

Please note that course prices do not include taxes.

48

TENNIS

TENNIS: BEGINNER (1.0 NTRP) (19+)

Learn basic tennis skills with certified instructors Gayle and Gordon, and their team of skilled coaches.

Th | Apr 19-May 10 | 6-7pm | \$80/4 sess | 157776 | 19+ | Stanley Park Tennis Courts
 Tu Th | May 22-31 | 7-8pm | \$80/4 sess | 157780 | 19+ | Stanley Park Tennis Courts
 Tu Th | Jun 12-21 | 6-7pm | \$80/4 sess | 157781 | 19+ | Stanley Park Tennis Courts
 Tu Th | Jul 24-Aug 2 | 7:30-8:30pm | \$80/4 sess | 152677 | 19+ | Stanley Park Tennis Courts
 Tu Th | Aug 14-23 | 6-7pm | \$80/4 sess | 152678 | 19+ | Stanley Park Tennis Courts
Instructor: Gayle Dobson, g-g@telus.net, 604-605-8224

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

Review basic tennis skills, cover rules and scoring for game play, and work on your technique.

Tu Th | May 22-31 | 6-7pm | \$80/4 sess | 157898 | 19+ | Stanley Park Tennis Courts
 Tu Th | Jun 12-21 | 7-8:30pm | \$120/4 sess | 157902 | 19+ | Stanley Park Tennis Courts
 Tu Th | Jul 24-Aug 2 | 6-7:30pm | \$120/4 sess | 152681 | 19+ | Stanley Park Tennis Courts
 Tu Th | Aug 14-23 | 7-8pm | \$80/4 sess | 152682 | 19+ | Stanley Park Tennis Courts
Instructor: Gayle Dobson, g-g@telus.net, 604-605-8224

TENNIS: INTERMEDIATE (2.0-2.5 NTRP) (19+)

Improve tennis skills through instruction, drills, and game play

Tu | Apr 17-May 8 | 5:30-7pm | \$120/4 sess | 157905 | 19+ | Stanley Park Tennis Courts
 We | May 30-Jun 20 | 6-7:30pm | \$120/4 sess | 157908 | 19+ | Stanley Park Tennis Courts
 We | Jul 25-Aug 15 | 6-7:30pm | \$120/4 sess | 152684 | 19+ | Stanley Park Tennis Courts
Instructor: Gayle Dobson, g-g@telus.net, 604-605-8224

ADULT SPORTS

For programs marked with an *, please see the After-hours Sports OneCard writeup in the sidebar

BADMINTON (19+)*

\$6/DROP-IN

All skill levels welcome with four courts and equipment available. No class Aug 6.

Mo | Apr 9-Jun 25 | 8-9:45pm | \$61/11 sess | 153467 | 19+ | Gym
 Mo | Jul 9-Aug 27 | 8-9:45pm | \$39/7 sess | 158617 | 19+ | Gym

BALL HOCKEY: RECREATION (19+)*

\$6/DROP-IN

Games are co-ed, non-contact, competitive, and friendly. No class May 20.

Su | Apr 8-Jun 24 | 3-4:45pm | \$61/11 sess | 153471 | 19+ | Gym
 Su | Jul 8-Aug 26 | 3-4:45pm | \$44/8 sess | 161031 | 19+ | Gym

FREE BALL HOCKEY: RECREATION - GOALIE (19+)*

Su | Apr 8-Jun 24 | 3-4:45pm | Free/11 sess | 153472 | 19+ | Gym
 Su | Jul 8-Aug 26 | 3-4:45pm | Free/8 sess | 161035 | 19+ | Gym

BALL HOCKEY: ADVANCED (19+)*

\$6/DROP-IN

No class May 21.

Mo | Apr 9-Jun 25 | 10-11:45pm | \$61/11 sess | 153469 | 19+ | Gym

FREE BALL HOCKEY: ADVANCED - GOALIE (19+)*

No class May 21.

Mo | Apr 9-Jun 25 | 10-11:45pm | Free/11 sess | 153470 | 19+ | Gym

BASKETBALL: RECREATION (19+)*

\$6/DROP-IN

Tu | Apr 10-Jun 26 | 6-7:45pm | \$66/12 sess | 164515 | 19+ | Gym
 Tu | Jul 3-Aug 28 | 6-7:45pm | \$66/12 sess | 164517 | 19+ | Gym
 Th | Apr 12-Jun 28 | 8-8:45pm | \$113/5 sess | 164516 | 19+ | Gym
 Th | Jul 5-Aug 30 | 8-8:45pm | \$113/5 sess | 164518 | 19+ | Gym

INDOOR SOCCER: RECREATION (19+)*

\$6/DROP-IN

Improve your skills and have fun in a non-competitive environment. No class May 20.

Tu | Apr 3-Jun 26 | 8-9:45pm | \$72/13 sess | 153498 | 19+ | Gym

Tu | Jul 10-Aug 28 | 8-9:45pm | \$44/8 sess | 158622 | 19+ | Gym

Su | Apr 8-Jun 24 | 1-2:45pm | \$61/11 sess | 153497 | 19+ | Gym

Su | Jul 8-Aug 26 | 1-2:45pm | \$44/8 sess | 158621 | 19+ | Gym

INDOOR SOCCER: INTERMEDIATE (19+)*

\$6/DROP-IN

For players with intermediate to advanced skills and knowledge of soccer.

Th | Apr 5-Jun 28 | 10-11:45pm | \$72/12 sess | 153496 | 19+ | Gym

Th | Jul 5-Aug 30 | 10-11:45pm | \$50/9 sess | 158620 | 19+ | Gym

VOLLEYBALL: ALL LEVELS (19+)*

\$6/DROP-IN

Improve your skills and have fun in a non-competitive environment. No class May 20.

Su | Apr 8-Jun 24 | 7-8:45pm | \$61/11 sess | 153536 | 19+ | Gym

VOLLEYBALL: CO-ED COMPETITIVE (19+)*

\$6/DROP-IN

A co-ed, competitive class for experienced players who can proficiently pass, set, serve, spike, and block. At least one female per team each game. Not suitable for beginner or intermediate level players.

We | Apr 4-Jun 27 | 8-9:45pm | \$72/13 sess | 153537 | 19+ | Gym

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 OneCard before they can sign up for drop-in participation. Get your free OneCard at the front desk today.

AFTER-HOURS SPORTS ONECARD PAYMENT

A OneCard is mandatory for after-hours sports. Please load payment onto your OneCard during office hours (Mo-Fr 9am-9:30pm, Sa Su 9am-4:30pm) prior to paying for your after-hours sports. Staff will swipe your card for payment.

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

SOCCER SUPERVISION

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

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.

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.

ADULT

VOLLEYBALL: RECREATION (19+)*

\$6/DROP-IN

Improve your skills and have fun in a non-competitive environment. No class May 20.

We | Apr 4-Jun 27 | 6-7:45pm | \$72/13 sess | 153538 | 19+ | Gym
Su | Apr 8-Jun 24 | 5-6:45pm | \$61/11 sess | 153539 | 19+ | Gym

VOLLEYBALL CLINIC: ALL LEVELS (19+)

Learn a variety of skills such as how to put spin on a ball to increase control, read players when setting, anticipate, reach and extend when hitting and time a set, as well as why you should watch the hitter when blocking, how to play defense behind a block, and more. No class May 21.

Mo | Apr 9-May 14 | 6-7:30pm | \$135/6 sess | 153540 | 19+ | Gym

Instructor: Drago Jasinovic, TIN & TINA LTD

VOLLEYBALL CLINIC: INTERMEDIATE/ADVANCED LEVEL (19+)

Mo | May 28-Jun 25 | 6-7:30pm | \$113/5 sess | 153541 | 19+ | Gym

Instructor: Drago Jasinovic, TIN & TINA LTD

NEW WHEELCHAIR FLOORBALL (19+)

\$6/DROP-IN

Wheelchair floorball is the adapted form of the internationally recognized game of Floorball: similar to floor hockey, and combined with the rules of other sports like soccer and basketball. There are five players per side plus a goalkeeper. All abilities are encouraged to play

Th | Apr 5-Jun 28 | 6-7:45pm | \$72/13 sess | 158728 | 19+ | Gym

Th | Jul 5-Aug 30 | 6-7:45pm | \$50/9 sess | 152631 | 19+ | Gym

EDUCATION



Heart
& Stroke

FREE HEART AND STROKE: RISKS AND SIGNS (19+)

Learn about heart disease, stroke and your health through interactive activities and conversation with Wellness Ambassadors.

Fr | Apr 6 | 10am-12pm | Free/1 sess | 160728 | 19+ | Foyer

Instructor: Heart and Stroke

FREE HEARING CLINIC: CONNECT HEARING (19+)

Test your hearing with the Connect Hearing Clinic; appointments will be booked at 15 minute intervals. Please register and sign up for a time slot at the front desk.

Tu | May 1 | 10:30am-12:30pm | Free/1 sess | 154783 | 19+ | Multimedia Rm

Instructor: Connect Hearing

FREE NEPP: EARTHQUAKE PREPAREDNESS FOR YOUR PETS (19+)

Learn what you can do to prepare you and your pets for any emergency.

Tu | May 15 | 7-8:30pm | Free/1 sess | 153510 | 19+ | Multimedia Rm

Instructor: Jackie Kloosterboer

FREE NEPP: EARTHQUAKE PREPAREDNESS – APARTMENT LIVING

Develop your emergency plan, and learn how to conduct a Hazard Hunt, and what to do when an earthquake strikes when you live in an apartment or condo.

We | Jul 11 | 7-8:30pm | Free/1 sess | 153511 | 19+ | Multimedia Rm

Instructor: Jackie Kloosterboer

LANGUAGES

SPANISH BEGINNER LEVEL 1 (55+)

Learn Spanish in a friendly and safe environment. No class May 21.

Mo | Apr 16-Jun 25 | 1-2:15pm | \$72/10 sess | 152307 | 55+ | Rm C

Instructor: Gloria Alonso