

ADULT



EDUCATION

NEW BOOKBINDING – AN INTRODUCTION (19+)

Learn about artistic binding, mixing techniques, the characteristics of papers and coatings, and the tools used to produce creative notebooks. No class Oct 14, Nov 11.

Mo | Sep 16-Nov 4 | 6:30-9:30pm | \$272/7 sess | 237812 | 19+ | Arts & Crafts Rm
Instructor: Sheyla Amaral

FREE 3D PRINTING WORKSHOPS AND MEETUPS (19+)

Join this welcoming group and explore or share anything related to 3D printing.

We | Oct 30 | 5-7pm | Free/1 sess | 233293 | 19+ | Music Rm
Sa | Nov 23 | 1-3pm | Free/1 sess | 233294 | 19+ | Music Rm
Sa | Dec 14 | 1-3pm | Free/1 sess | 233295 | 19+ | Music Rm
Instructor: Nerea Buxton

FREE CHRONIC CONDITIONS SELF-MANAGEMENT PROGRAM (19+)

Learn information and practical strategies to help cope with day to day challenges. This program is proven to increase motivation and confidence to better manage symptoms and take action toward a healthier life. For more information please contact 604-940-1273, selfmgmt@uvic.ca, or visit selfmanagementbc.ca.

Su | Sep 8-Oct 13 | 1-3:30pm | Free/7 sess | 229652 | 19+ | Music Rm
Instructor: Self-Management BC

NEW **FREE** DIABETES WORKSHOP (19+)

This workshop helps adults with Type 2 diabetes and their caregivers to better manage symptoms and activities of daily life. Participants receive the *Living a Healthy Life with Chronic Conditions* companion book. Participants should attend all six sessions to get the maximum benefit. Spouses, partners, adult family members and caregivers are also welcome to attend. For more information please contact 604-940-1273, selfmgmt@uvic.ca, or visit selfmanagementbc.ca.

Th | Nov 7-Dec 12 | 1:30-4pm | Free/6 sess | 233291 | 19+ | Music Rm
Instructor: Self-Management BC

DOG OBEDIENCE BEGINNERS (19+)

Learn basic commands with verbal cues, hand signals, and positive reinforcement without using food, treats, force or fear responses, and how to manage and eliminate inappropriate behaviors. Pre-requisite: All dogs must be full vaccinated and have no aggression issues. No class Oct 13, 27.

Su | Sep 22-Nov 3 | 11:30am-12:30pm | \$145/5 sess | 233771 | 19+ | Rm B
Su | Nov 17-Dec 15 | 11:30am-12:30pm | \$145/5 sess | 229656 | 19+ | Rm B
Instructor: Alpha Dog Training

DOG OBEDIENCE INTERMEDIATE (19+)

This class focuses on improving control of the commands learned in basic obedience at longer distances and with distraction. This class also features agility training, a sport in which a dog moves through and over an obstacle course with the guidance of his or her handler.

Su | Sep 22-Nov 3 | 1-2pm | \$163/5 sess | 233772 | 19+ | Rm B
Su | Nov 17-Dec 15 | 1-2pm | \$163/5 sess | 229657 | 19+ | Rm B

DOGSAFE CANINE FIRST AID - 101 (19+)

What you do between when an injury happens and when veterinary care is available will greatly affect a dog's chances of a full recovery. Gain the knowledge and skills to deal with a sick or injured dog until care is available.

Su | Nov 10 | 9am-4:30pm | \$152/1 sess | 233843 | 19+ | Rm B
Instructor: Alpha Dog Training

Please note that course prices do not include taxes.

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

Learn how you are shaped and influenced by expectations about what a man is supposed to be. Have fun, try new things, share stories, humour and knowledge, and forge new friendships. Sessions are interactive, friendly and experiential. No class Oct 14, Nov 11.

Mo | Sep 9-Dec 2 | 7-9:30pm | \$132/11 sess | 233292 | 19+ | Rm C

Instructor: David Hatfield

MINDFULNESS MEDITATION (18+)

Relax, restore, and relieve stress, while cultivating inner peace and happiness, and discovering a new paradigm for living well. No class Nov 11.

Mo | Oct 21-Nov 25 | 7:30-8:45pm | \$55/5 sess | 229680 | 18+ | Multimedia Rm

Instructor: Sung Yang, LearnMindfulness.org

FREE NEPP EARTHQUAKE PREPAREDNESS – PERSONAL & FAMILY (19+)

Learn how to develop a family emergency plan, conduct a "Home Hazard" Hunt, and what to do when an earthquake strikes.

Th | Oct 17 | 7-8:30pm | Free/1 sess | 229681 | 19+ | Multimedia Rm

Tu | Nov 5 | 7-8:30pm | Free/1 sess | 233768 | 19+ | Multimedia Rm

Instructor: TBA Instructor

FREE SECRETS TO OUTSTANDING PHOTOGRAPHY (19+)

See and capture beautiful imagery anywhere and anytime, with a focus on composition.

Su | Sep 15 | 2-4pm | Free/1 sess | 229691 | 19+ | Board Rm

Su | Oct 13 | 2-4pm | Free/1 sess | 229692 | 19+ | Board Rm

Su | Nov 17 | 2-4pm | Free/1 sess | 229693 | 19+ | Board Rm

Instructor: Paul Femes

LANGUAGE

ESL FOR ADULTS (19+)

Improve your English speaking skills in this ESL class for adults.

Tu | Sep 24-Dec 10 | 10-11:30am | \$180/12 sess | 229660 | 19+ | Music Rm

Instructor: Veronica Chum

FRENCH BEGINNERS 1: PART 1 (19+)

Learn the basics of French with a Parisian teacher. By the end of the session you'll be able to talk about yourself and your friends, and to make enough small talk to feel at ease in any francophone country.

Tu | Sep 17-Oct 22 | 9-10:15am | \$140/6 sess | 229661 | 19+ | Board Rm

Instructor: Julie Rauscher

FRENCH BEGINNERS 1: PART 2 (19+)

Tu | Nov 5-Dec 10 | 9-10:15am | \$140/6 sess | 229662 | 19+ | Board Rm

Instructor: Julie Rauscher

FRENCH BEGINNERS 2: PART 1 (19+)

Join this interactive class to learn more about the French language, from a Parisian teacher. You'll talk, do some fun exercises, learn new vocabulary, and work on your pronunciation.

Tu | Sep 17-Oct 22 | 10:30-11:45am | \$140/6 sess | 229663 | 19+ | Board Rm

Instructor: Julie Rauscher

FRENCH BEGINNERS 2: PART 2 (19+)

Tu | Nov 5-Dec 10 | 10:30-11:45am | \$140/6 sess | 233886 | 19+ | Board Rm

Instructor: Julie Rauscher

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Please note that course prices do not include taxes.

SPANISH FOR BEGINNERS LEVEL 1 (19+)

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

We | Sep 11-Dec 11 | 5:30-7pm | \$228/14 sess | 229694 | 19+ | Mezz Meeting Rm

SPANISH FOR BEGINNERS LEVEL 2 (19+)

In this program you will improve your conversational Spanish skills practicing the knowledge you already have and learning the past and future tense which will help to express when travelling to a Spanish country and meet new friends.

Tu | Sep 10-Dec 10 | 5:30-7pm | \$228/14 sess | 229695 | 19+ | Mezz Meeting Rm

SPANISH FOR CONVERSATION (19+)

If you have a basic command in Spanish and planning to travel to a country where this language is spoken, come and practice this beautiful language in a friendly environment. During our sessions we are going to talk about culture, traditions and more.

We | Sep 11-Dec 11 | 7:05-8:35pm | \$228/14 sess | 229653 | 19+ | Mezz Meeting Rm

Instructor: Gloria Alonso

ART**ACRYLIC AND MULTIMEDIA WITH YVES (19+)****\$20/DROP-IN**

Discover art through a magical evening painting session with Yves Rene Decary.

Fr | Sep 13-Oct 25 | 6:30-9:30pm | \$117/7 sess | 229637 | 19+ | Arts & Crafts Rm

Fr | Nov 1-Dec 13 | 6:30-9:30pm | \$117/7 sess | 233276 | 19+ | Arts & Crafts Rm

Instructor: Yves Rene Decary, yvesrenedecaryartist@gmail.com

COMIC BOOK CREATION WITH ED (25+)**\$11/DROP-IN**

Explore the rich universe of comic books and graphic novels by learning to tell a story with images. Looking at what makes popular characters successful, you will be invited to create a protagonist and situate them in a few pages from your own comic.

Fr | Oct 18-Nov 8 | 1:15-3:15pm | \$38/4 sess | 237345 | 25+ | Rm C

Instructor: Edouard Beaudry

DRAWING AND WATERCOLOUR FOR BEGINNERS (19+)

Learn basic drawing techniques of shaping and forming images in perspective and experiment with variety of watercolour techniques such as wet on wet, wet on dry, flat brush, and graded wash while working on landscapes, still lifes, flowers, figures, and more. No class Oct 14, Nov 11.

Mo | Sep 30-Dec 16 | 9:30-11:30am | \$200/10 sess | 229713 | 19+ | Arts & Crafts Rm

Instructor: Mohammad Atashzad, atashzad.com

DRAWING: LEARNING TO SEE PART 1 (19+)

Augment drawing exercises with techniques to help you deconstruct and reconstruct subjects to better understand foreshortening, positive and negative space, and the behavior of light on tone and value.

Tu | Sep 10-Oct 15 | 6:30-8:30pm | \$130/6 sess | 229658 | 19+ | Arts & Crafts Rm

Instructor: Bernadine Fox

DRAWING: LEARNING TO SEE PART 2 (19+)

Build on Drawing: Learning To See Part 1, with exercises that explore 1- and 2-point perspective, shading techniques, and volume and tone.

Tu | Oct 22-Nov 26 | 6:30-8:30pm | \$130/6 sess | 229659 | 19+ | Arts & Crafts Rm

Instructor: Bernadine Fox

INTRO TO IMPROV (25+)**\$11/DROP-IN**

Create, collaborate, and discover together, in this workshop on improvised theatre. Using various techniques, you will explore spontaneous storytelling, scene work, and character creation.

Th | Oct 3-Oct 31 | 2-3:30pm | \$50/5 sess | 229752 | 25+ | Rm C

Instructor: Amy Shostak

Please note that course prices do not include taxes.



SKETCHING AND DRAWING (25+)

\$11/DROP-IN

Understand the fundamentals of perspective, from basic shapes to a refined outline, using different techniques to render light and shadow.

Fr | Sep 13-Oct 11 | 1:15-3:15pm | \$48/5 sess | 229771 | 25+ | Rm C

Instructor: *Edouard Beaudry*

THE MINDFUL ARTIST (25+)

\$11/DROP-IN

Combine painting, sketching, and meditation to boost your creativity in a calm environment. The natural flow of your breath will help you to use a variety of techniques to experiment with abstraction.

Fr | Nov 15-Dec 13 | 1:15pm-3:15pm | \$48/5 sess | 229775 | 25+ | Rm C

Instructor: *Edouard Beaudry*

POTTERY

POTTERY: DROP-IN (19+)

Pottery studio drop-in is for those currently enrolled in Roundhouse pottery classes and those who have a drop-in storage space assigned to them. To add your name to the drop-in wait list, contact Cheryl Stapleton (cheryl.stapleton@vancouver.ca). Wait lists are not carried over indefinitely; please re-apply every six months.

Su | Sep 8-Dec 15 | 12:30-4:30pm | See sidebar | 229684 | 19+ | Pottery St

We | Sep 11-Dec 18 | 10am-9:30pm | See sidebar | 229683 | 19+ | Pottery St

Sa | Sep 14-Dec 14 | 12:30-4:30pm | See sidebar | 229688 | 19+ | Pottery St

Instructor: *Volunteer*

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 work at their own pace with assistance on new techniques and challenges.

Tu | Oct 8-Dec 10 | 1:30-4:30pm | \$290/10 sess | 229689 | 19+ | Pottery St

Tu | Oct 8-Dec 10 | 6:30-9:30pm | \$290/10 sess | 229685 | 19+ | Pottery St

Instructor: *Sue Griese*

POTTERY: HAND AND WHEEL WITH VIN (19+)

Learn how to throw on the potters wheel and create projects using hand-building techniques. Making, finishing, decorating, and glazing are covered. Intermediate and advance students are assisted to progress at their own pace and challenged with new techniques and ideas. No class Oct 14, Nov 11.

Mo | Sep 9-Dec 9 | 6:30-9:30pm | \$338/12 sess | 229686 | 19+ | Pottery St

Instructor: *Vin Arora*

POTTERY: HAND AND WHEEL WITH KATE (19+)

Learn how to throw on the potters wheel and create projects using hand-building techniques. Making, finishing, decorating, and glazing are covered. Intermediate and advance students are assisted to progress at their own pace and challenged with new techniques and ideas. No class Oct 18.

Fr | Sep 27-Dec 6 | 12-3pm | \$290/10 sess | 229690 | 19+ | Pottery St

Instructor: *Kate Metten*

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

For students who have taken at least one day class, take your skills to the next stage with centering, altering, trimming, decorating, and glazing pots. Come and see how your skills progress. No class Oct 31, Nov 14.

Th | Sep 12-Nov 21 | 6:30-9:30pm | \$266/9 sess | 229687 | 19+ | Pottery St

Instructor: *Nora Valliant*

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POTTERY DROP-IN FEES

Public \$12/2hrs

Volunteer \$5/2 hrs

Student \$5/2 hrs

POTTERY FEES AND MATERIALS

No LAC accepted. Online and in person registration. Materials included are slips, glazes, firing; not included are drop-in fees and clay.

Clay \$25 + taxes

Tool Kit \$30 + taxes

REFUNDS

Refunds must be requested 72 hours in advance of start date.

\$10 administration fee applies. No refunds after start date.

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.

Please note that course prices do not include taxes.

WOODWORKING

ADULT

WOODWORKING IMPORTANT INFORMATION

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

FIRST CLASS is mandatory for all levels. **CANCELLATIONS** must be requested 72 hours in advance of the start date. **REFUNDS** No refunds

after start date.

PREREQUISITES

Level 1 – none

Level 2 – level 1

MATERIALS

Level 1 – included

Level 2 – not included

WOODWORKING DROP-IN (19+)

\$16/HOUR

To qualify for drop-in sessions, you must pass an assessment at 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.

Su | Sep 8-Dec 8 | 1:30-4:30pm | See sidebar | 229715 | 19+ | Barry Cogswell Woodworking St
Instructor: *Craig Gilder*

We | Sep 11-Dec 11 | 6-9pm | See sidebar | 229716 | 19+ | Barry Cogswell Woodworking St
Instructor: *Trevor Osborn*

WOODWORKING SAFETY ORIENTATION – APPOINTMENT ONLY (19+)

For experienced woodworkers wanting to access the Woodworking drop-in, complete a written assessment test during a Wednesday drop-in session. The instructor will mark the tests and contacts woodworkers when there are enough people to run a safety orientation

To be announced | TBD | 6-8pm | \$45/1 sess | 229717 | 19+ | Barry Cogswell Woodworking St
Instructor: *Trevor Osborn*

WOODWORKING LEVEL 1 (19+)

For beginners and those with little woodworking experience, acquire basic woodworking skills and learn elementary safe operation of major power tools such as the jointer, planer, and table saw, as well as other power tools based on design requirements. Prerequisite for Hand Tools Level 2, 3, or artisans course. No class Oct 14, Nov 11.

Mo | Sep 9-Oct 28 | 6:30-9:30pm | \$309/7 sess | 229724 | 19+ | Barry Cogswell Woodworking St

Mo | Nov 4-Dec 16 | 6:30-9:30pm | \$272/6 sess | 234655 | 19+ | Barry Cogswell Woodworking St
Instructor: *Craig Gilder*

Tu | Sep 10-Oct 15 | 6:30-9:30pm | \$272/6 sess | 229725 | 19+ | Barry Cogswell Woodworking St

Tu | Oct 22-Nov 26 | 6:30-9:30pm | \$272/6 sess | 229726 | 19+ | Barry Cogswell Woodworking St
Instructor: *Jeremy Tomlinson, urbanwoodworker.com*

NEW WOODWORKING LEVEL 1: BEYOND BENCHES (19+)

Acquire basic woodworking skills and learn elementary safe operation of major power tools such as the jointer, planer, and table saw, as well as other power tools Prerequisite for Level 2.

Tu | Sep 10-Oct 22 | 9:30am-1pm | \$352/7 sess | 229727 | 19+ | Barry Cogswell Woodworking St

Tu | Sep 10-Oct 22 | 2-5:30pm | \$352/7 sess | 229728 | 19+ | Barry Cogswell Woodworking St

Tu | Oct 29-Dec 10 | 9:30am-1pm | \$352/7 sess | 234626 | 19+ | Barry Cogswell Woodworking St

Tu | Oct 29-Dec 10 | 2-5:30pm | \$352/7 sess | 234628 | 19+ | Barry Cogswell Woodworking St
Instructor: *Bruce Inglis*

NEW WOODWORKING LEVEL 1: BOXES (19+)

Acquire basic woodworking skills with hand and power tools including planes, saws, chisels, layout tools and joinery methods, and learn elementary safe operation of major power tools such as the jointer, planer and table saw. Prerequisite for Level 2 or artisans course.

Th | Sep 19-Oct 31 | 9:30am-1pm | \$352/7 sess | 234646 | 19+ | Barry Cogswell Woodworking St

Th | Nov 7-Dec 19 | 9:30am-1pm | \$352/7 sess | 234647 | 19+ | Barry Cogswell Woodworking St
Instructor: *Bruce Inglis*

NEW WOODWORKING LEVEL 1: USING CONSTRUCTION TOOLS (19+)

For those with little woodworking experience wanting to start a home construction project, learn how to operate power tools and about lumber sizes, fasteners, air nailers, construction terminology and site safety, as well as cutting and fastening wood, stud walls, and joists. Prerequisite for Level 2 or artisans course.

Su Sa | Sep 21-22 | 9am-4:30pm | \$235/2 sess | 234649 | 19+ | Barry Cogswell Woodworking St

Instructor: *Bruce Inglis*

Please note that course prices do not include taxes.

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WOODWORKING LEVEL 1: WOOD TURNING (19+)

For beginners and those with little woodworking experience, work with special chisels to shape and sculpt wood while it spins on a lathe. Create up to three basic forms such as a rolling pin, wood carver's mallet, platter or bowl, using major power tools such as jointers, planers and table saws, as well as basic panel glue-ups. Prerequisite for Hand Tools Level 2, 3 or artisans course.. No class Sep 20, 21.

Fr | Sep 13-Oct 11 | 9:30am-2:30pm | \$395/4 sess | 229731 | 19+ | Barry Cogswell Woodworking St
Fr | Oct 18-Nov 8 | 9:30am-2:30pm | \$395/4 sess | 229734 | 19+ | Barry Cogswell Woodworking St
Fr | Nov 15-Dec 6 | 9:30am-2:30pm | \$395/4 sess | 235085 | 19+ | Barry Cogswell Woodworking St
Sa | Sep 14-Oct 12 | 9:30am-2:30pm | \$395/4 sess | 229732 | 19+ | Barry Cogswell Woodworking St
Sa | Oct 19-Nov 9 | 9:30am-2:30pm | \$395/4 sess | 229735 | 19+ | Barry Cogswell Woodworking St
Sa | Nov 16-Dec 7 | 9:30am-2:30pm | \$395/4 sess | 229733 | 19+ | Barry Cogswell Woodworking St
Instructor: Ed Pretty, urbanwoodworker.com

WOODWORKING LEVEL 2 (19+)

Building on Level 1 skills, focus on classic joinery techniques, project planning, and material selection. No class Oct 14, Nov 11.

Mo | Sep 16-Dec 9 | 2-5pm | \$457/11 sess | 229729 | 19+ | Barry Cogswell Woodworking St
We | Sep 18-Nov 27 | 2-5pm | \$457/11 sess | 229730 | 19+ | Barry Cogswell Woodworking St
Instructor: Bruce Inglis

WOODWORKING LEVEL 1: HAND TOOLS (19+)

Learn techniques for sharpening woodworking blades, adjusting and using hand planes. Make a small hardwood box with basic joinery cut using saws, chisels and layout tools, or carve a spoon using gouges and whittling knives. No class Oct 14, Nov 11.

Mo | Sep 9-Oct 21 | 6:30-9:30pm | \$375/6 sess | 229720 | 19+ | Rm A
Mo | Oct 28-Dec 9 | 6:30-9:30pm | \$375/6 sess | 229723 | 19+ | Rm A
Instructor: Mark Benstead, urbanwoodworker.com
We | Sep 11-Oct 16 | 6:30-9:30pm | \$375/6 sess | 229721 | 19+ | Rm A
Instructor: Tristan Noone, urbanwoodworker.com

WOODWORKING LEVEL 2: HAND TOOLS (19+)

Build an heirloom box with a sliding or rabbeted lid incorporating iconic dovetail joint corners or pinned finger jointed corners.

We | Oct 23-Dec 18 | 6:30-9:30pm | \$525/9 sess | 229722 | 19+ | Rm A
Instructor: Tristan Noone, urbanwoodworker.com



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MUSIC

FREE JAZZ IN THE MEWS (ALL AGES)

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.

PRACTICE PIANO

Access to the teaching piano is free only for piano students currently enrolled in piano lessons, and based on availability. The non-teaching piano is available for member use for \$5/hour for a maximum of 2 hours/day. Other conditions apply. Please inquire at the front desk.

Enjoy Jazz inside the Foyer every Saturday and some Sunday mornings with a full slate of local musicians including: Asheida and Friends, John Pippus and Friends, Stringz Aloud, Lawless Firm, Rain City Swing, Maria Morlin Swing Stage Band, Joel Reid, Paul Talbot and Ross Barrett. To become a part of the Jazz in the Mews, please contact Val Ferrar at valerie.ferrar@vanancouver.ca.

Sa Su | Sep 14-Dec 15 | 10:30am-12:30pm | Free/14 sess | 229677 | All ages | Foyer

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. 30 minute lessons.

Fr | Sep 6-Dec 13 | 2-6:30pm | \$385/14 sess | 229466-475 | 19+ | Board Rm

Instructor: Justin Gorrie

PIANO WITH LYDIA (19+)

These one-on-one piano lessons for all ages and levels teach students how to play the piano and appreciate music. Preparation for the RCM exam is provided upon request. 30 minute lessons.

Su | Sep 15-Dec 15 | 9am-4pm | \$385/14 sess | 229510-524 | 19+ | Practice Rm

We | Sep 11-Dec 11 | 1-8:30pm | \$385/14 sess | 233298-301 | 19+ | Practice Rm

Fr | Sep 13-Dec 13 | 1-8:30pm | \$385/14 sess | 229539-550 | 19+ | Practice Rm

Instructor: Lydia Kay

PIANO WITH SUSIE (19+)

Learn how to play the piano in a positive and nurturing environment that honors creativity and self-expression, and caters to individual learning styles. Students may wish to partake in RCM exams should passion and interest lead them in that direction. 30 minute lessons.

Th | Sep 12-Dec 12 | 3-7:30pm | \$385/14 sess | 229553-562 | 19+ | Practice Rm

Sa | Sep 14-Dec 14 | 10am-4:30pm | \$385/14 sess | 229563-619 | 19+ | Practice Rm

Instructor: Susie Skoda

VIOLIN WITH HANNAH (19+)

Enhance your foundation techniques to move on to the next level of playing your instrument, while learning music theory and sight-reading in accordance with your experience. 30 minute lessons. No class Oct 14, Nov 11.

Mo | Sep 16-Nov 25 | 3:30-5:30pm | \$248/9 sess | 229619-621 | 19+ | Board Rm

Instructor: Hyunah Kim

VOICE WITH ASHEIDA (19+)

Sing and learn fun exercises to feel more ease, connection, and balance with your voice. Instructor permission required for younger students and for multiple bookings for one child who is new to the course. 30 minute lessons. No class Sep 24, Oct 29, Nov 26.

Tu | Sep 10-Dec 10 | 1-7:30pm | \$385/11 sess | 229624-635 | 19+ | Practice Rm

Instructor: Asheida Arruda, integratedartist.ca

Please note that course prices do not include taxes.

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DANCE

FREE #DANCEHAPPY (ALL AGES)

Join this free dance class for all bodies that want to move. All dancers and experience welcome!

Tu | Sep 10-Dec 10 | 8-9pm | Free/4 sess | 229777 | All ages | Dance St

Instructor: Amber Barton

FREE ALL BODIES DANCE (18+)

All Bodies Dance Project brings together artists with and without disabilities to explore movement as a means of creative expression. Experience the joy of dancing in a diverse community of movers. Classes explore improvisation in a fun and creative environment. No experience required. ASL interpretation available upon request. Funded by the City of Vancouver and the Vancouver Park Board. No class Oct 12, 26, Nov 9.

Sa | Sep 14-Dec 7 | 2:30-4pm | Free/10 sess | 229832 | 18+ | Dance St

Instructor: Naomi Brand

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

We | Sep 18 | 8:15-9:45pm | Free | 229755 | 25+ | Dance St

LATIN AND BALLROOM DANCE (25+)

\$18.50/DROP-IN

Learn to dance the sassy salsa and elegant tango in a fun and supportive atmosphere, supported by two experienced and enthusiastic instructors! No experience or partner is needed.

We | Sep 25-Nov 27 | 8:15-9:45pm | \$120/10 sess | 229754 | 25+ | Dance St

Instructor: Barney Alfred Lee and Mya Davidson

FREE ROUNDHOUSE COMMUNITY DANCERS (19+)

Join dance artist Kelly McInnes in the collaborative creation of performance. Experiment with improvisation, composition, and creative ways of exploring movement. No dance experience is necessary but registration is required. Funded by the Vancouver Park Board. No class Oct 13, Nov 10.

Su | Sep 22-Dec 8 | 2:30pm-4:30pm | Free/10 sess | 229836 | 19+ | Dance St

Instructor: Kelly McInnes

DANCE FITNESS

GROOVAZON (19+)

\$15/DROP-IN

Bring the funk back on with an original blend of pure Funk dance, Discodelic rhythms, Hip Hop vibes, and jazzy grooves.

Sa | Sep 14-Nov 30 | 12:45-1:45pm | \$156/12 sess | 229670 | 19+ | Dance St

Instructor: Gustavo Ferman

FREE ZUMBA: FREE TRIAL CLASS (19+)

We | Sep 4 | 5:45-6:45pm | Free/1 sess | 229739 | 19+ | Dance St

ZUMBA (19+)

\$13/DROP-IN

Using fitness principles of interval and resistance training to maximize caloric output, fat burning, and total body toning, Zumba uses a variety of dance styles including cumbia, soca, merengue, salsa, African, reggaeton, flamenco, funk, and belly dance.

We | Sep 11-Oct 30 | 5:45-6:45pm | \$92/8 sess | 229737 | 19+ | Dance St

We | Nov 6-Dec 18 | 5:45-6:45pm | \$81/7 sess | 229738 | 19+ | Dance St

Instructor: DNA Wellness Co.

ZUMBA NOON (19+)

Using fitness principles of interval and resistance training to maximize caloric output, fat burning, and total body toning, Zumba uses a variety of easy to follow dance styles including cumbia, soca, merengue, salsa, African, reggaeton, flamenco, funk, and belly dance. No drop-ins.

Fr | Sep 13-Oct 25 | 12-1pm | \$81/7 sess | 229740 | 19+ | Dance St

Fr | Nov 1-Dec 20 | 12-1pm | \$92/8 sess | 229741 | 19+ | Dance St

Instructor: DNA Wellness Co.

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All Bodies Dance Project at LINK Dance, 2018. Photo by Chris Randle.

Please note that course prices do not include taxes.

FITNESS

NEW BELLYFIT 19+**\$13/DROP-IN**

Get your sweat on with fun, easy-to-learn cardio moves inspired by bellydance, Bollywood, African dance, martial arts, and more. Then enjoy strength-building, pilates core exercises, a relaxing yoga stretch and meditation, inspiring the body, mind, heart, and spirit.

Th | Sep 26-Nov 14 | 5:30-6:30pm | \$88/8 sess | 229645 | 19+ | Dance St

Instructor: Alannah Lori

NEW BODY SCULPT (19+)**\$16/DROP-IN**

Build your muscles and condition your body for a variety of activities. Improve your endurance, range of motion, and muscle density. Each class ends with a good stretch and mindfulness session.

Th | Sep 12-Dec 12 | 7:30-8:30pm | \$168/14 sess | 229646 | 19+ | Dance St

Instructor: Valentina Petrovic

CORE AND MORE (19+)**\$16/DROP-IN**

Work on your core with body weight, Bossy ball, gilders and resistance training. This slower paced workout ensures you build correct posture, a hard core, and great balance. Each class ends with a good stretch and mindfulness session.

Tu | Sep 10-Dec 10 | 7pm-8pm | \$196/14 sess | 229654 | 19+ | Dance St

Instructor: Valentina Petrovic

NEW KICK BOXING CARDIO DRILLS (19+)**\$16/DROP-IN**

Bring your heart rate up with Marital Arts inspired moves, using body weight and resistance interval training to condition you for your favourite sports. Each class ends with a good stretch and mindfulness session. No class Oct 14, Nov 11.

Mo | Sep 9-Dec 9 | 7:30-8:30pm | \$168/12 sess | 229647 | 19+ | Dance St

Instructor: Valentina Petrovic

GROUP FITNESS

GROUP FITNESS PRICING

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

[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+ pass

Passes are non-refundable.

Please note that course prices do not include taxes.

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CARDIO COMBO (19+)

Increase fitness, confidence, and strength in this lower-impact class for adults looking for cardio, balance, and strength training for an overall body workout.

We | Sep 11-Dec 11 | 11:15am-12pm | See sidebar/14 sess | 229648 | 19+ | Rm B

Instructor: Ferial Ahmadzadeh

CARDIO CORE (19+)

Cardio Core brings your heart rate up and works your core through muscle conditioning. This class is geared towards active and fit older adults.

Fr | Sep 13-Dec 13 | 11-11:45am | See side Bar/14 sess | 229649 | 19+ | Dance St

Instructor: Edouard Beaudry

GET FIT AND KEEP FIT (19+)

Condition your whole body using the body ball, steps, weights and bands.

Tu | Sep 10-Dec 10 | 9:15-10:15am | See side bar/14 sess | 229669 | 19+ | Dance St

Instructor: Harry Wong

GENTLE FIT (19+)

Increase fitness, confidence, and strength in this lower-impact class for adults looking for cardio, balance, and strength training for an overall body workout. No class Oct 14, Nov 11.

Mo | Sep 9-Dec 16 | 11-11:45am | See sidebar/13 sess | 229666 | 19+ | Dance St

Instructor: Alannah Lori

POSTURE PERFECT (19+)

Geared towards 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.

Th | Sep 19-Dec 12 | 11:15am-12pm | See sidebar/13 sess | 229682 | 19+ | Dance St

Instructor: Ferial Ahmadzadeh

YOGA AND PILATES

FUNCTIONAL FITNESS PILATES (19+)

Increase strength, balance, flexibility, muscle tone, stamina, and well being in a co-ed class for those who want to try pilates in a welcoming environment. Modifications for movements are available so you can strengthen and tone your bodies no matter what restrictions you experience.

Mo | Sep 16-Dec 9 | 1-1:45pm | \$74/11 sess | 242510 | 19+ | Dance St

We | Sep 11-Oct 23 | 2:30-3:15pm | \$47/7 sess | 229664 | 19+ | Rm B

We | Oct 30-Dec 11 | 2:30-3:15pm | \$47/7 sess | 229665 | 19+ | Rm B

Instructor: Diana VanderVeen

GENTLE YOGA (19+)

Experience the joy of gentle Hatha with a balanced and creative approach. Focus on breath and meditation in poses, while stretching and experiencing freedom of movement for improved body awareness, flexibility, and core strength. No class Oct 14, Nov 11.

Mo | Sep 9-Dec 16 | 9:30-11am | \$180/13 sess | 229667 | 19+ | Rm C

We | Sep 11-Dec 11 | 9:30-11am | \$187/14 sess | 229668 | 19+ | Rm C

Instructor: Natalia Nimetz

HAPPY HIPS AND A HEALTHY SPINE YOGA (19+)

Reestablish a normal range of motion to the lumbar spine and increase blood flow and synovial fluid to joint tissues. Please note that this class may be taught by substitute instructors.

Th | Sep 12-Oct 24 | 7:30-8:45pm | \$88/7 sess | 229671 | 19+ | Rm C

Th | Oct 31-Dec 12 | 7:30-8:45pm | \$88/7 sess | 229672 | 19+ | Rm C

Instructor: Lori Lucas, yogawithlorilucas.com

IYENGAR YOGA (19+)

Physically energizing, deeply relaxing, and emotionally uplifting, practice 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 Oct 14, Nov 11.

Mo | Sep 9-Dec 16 | 5:30-7pm | \$206/13 sess | 229676 | 19+ | Dance St

Instructor: Linda Shevloff

KARMA YOGA VINYASA FLOW (19+)

A graceful practice designed to compliment your active lifestyle, building on breath and body awareness, while working on strength, mobility and flexibility.

Su | Sep 8-Dec 15 | 9:15-10:45am | \$128/15 sess | 229679 | 19+ | Dance St

Sa | Sep 14-Dec 14 | 9:15-10:45am | \$119/14 sess | 229678 | 19+ | Rm C

Instructor: Kathryn Turnbull, yogaliving.ca

NEW YOGA DE-STRESS (19+)

With a focus on the neck, shoulders, and back, use yoga poses and relaxation techniques to help bring ease, improve function, and cultivate strength and stability.

We | Oct 2-Nov 27 | 1:15-2:15pm | \$115/9 sess | 234286 | 19+ | Rm C

Instructor: Kathryn Turnbull

ADULT

ONECARD

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

Parent and Tot Gym

Group Fitness

Racquet Sports

Bridge

Adult Sports

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



Gentle Yoga with Natalia.

\$15/DROP-IN

\$15/DROP-IN

\$19/DROP-IN

\$10/DROP-IN

\$15/DROP-IN

Please note that course prices do not include taxes.

ADULT

ADULT GYM SPORTS REGISTRATION

When you register for Adult Gym Sports you agree to abide by the Sports Code of Conduct: see our receipt for details.

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 even if you are on the waitlist.

To guarantee your spot, you must register for the entire program.

All players must check in by 10 minutes after start time or lose their spot. A 10-visit pass is mandatory for after-hours adult gym drop-in programs (after 10pm Mo-Fr, after 5pm Su).

Passes are non-refundable.

*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 program. Staff will swipe your card for payment.

Please note that course prices do not include taxes.

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MARTIAL ART

TAI CHI CHUAN BEGINNERS (19+)

\$14/DROP-IN

Learn traditional Chinese exercises to relieve stress and improve health, with movements that emphasize softness, slow motion, concentration, and relaxation.

Sa | Sep 7-Oct 26 | 11:30am-1pm | \$92/8 sess | 229696 | 19+ | Rm B

Sa | Nov 2-Dec 14 | 11:30am-1pm | \$81/7 sess | 229697 | 19+ | Rm B

Instructor: Laurens Lee

TAI CHI CHUAN INTERMEDIATE (19+)

\$14/DROP-IN

Relieve stress and improve your health with movements that emphasize softness, slow motion, concentration, and relaxation.

Sa | Sep 7-Oct 26 | 9:30-11am | \$92/8 sess | 229698 | 19+ | Rm B

Sa | Nov 2-Dec 14 | 9:30-11am | \$81/7 sess | 229699 | 19+ | Rm B

Instructor: Laurens Lee

SPORTS

BADMINTON (19+)

\$6/DROP-IN

Four courts and equipment are available and all skill levels welcome. No class Oct 14, 21, Nov 11.

Mo | Sep 9-Dec 16 | 8-9:45pm | \$66/12 sess | 229638 | 19+ | Gym

BALL HOCKEY: RECREATIONAL (19+)

\$6/DROP-IN

Enjoy a fast-paced workout while honing your hockey skills. Games are co-ed, non-contact, competitive, and friendly.

Su | Sep 8-Dec 15 | 3-4:45pm | \$83/15 sess | 229642 | 19+ | Gym

BALL HOCKEY: ADVANCED (19+)

\$6/DROP-IN

Enjoy a fast-paced workout while honing your hockey skills. Games are co-ed, non-contact, competitive, and friendly. No class Oct 14, 21, Nov 11.

Mo | Sep 9-Dec 16 | 6-7:30pm | \$66/12 sess | 229639 | 19+ | Gym

FREE BALL HOCKEY: GOALIE (19+)

Enjoy a fast-paced workout while honing your hockey skills. Games are co-ed, non-contact, competitive, and friendly. No class Oct 14, 21, Nov 11.

Mo | Sep 9-Dec 16 | 10-11:45pm | Free/12 sess | 229640 | 19+ | Gym

Su | Sep 8-Dec 15 | 3-4:45pm | Free/15 sess | 229641 | 19+ | Gym

BASKETBALL: RECREATIONAL (19+)

\$6/DROP-IN

Break a sweat playing full court basketball. Play two 11-minute games with three teams of six, then sit one game out. No class Oct 17.

Tu | Sep 10-Dec 17 | 6-7:45pm | \$83/15 sess | 229643 | 19+ | Gym

Th | Sep 12-Dec 19 | 8-9:45pm | \$77/14 sess | 229644 | 19+ | Gym

SOCCER SUPERVISION

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

INDOOR SOCCER: RECREATIONAL (19+)

\$6/DROP-IN

Improve your skills and have fun in a non-competitive environment.

Su | Sep 8-Dec 15 | 1-2:45pm | \$83/15 sess | 229674 | 19+ | Gym

Tu | Sep 10-Dec 17 | 8-9:45pm | \$83/15 sess | 229675 | 19+ | Gym

INDOOR SOCCER: INTERMEDIATE (19+)

\$6/DROP-IN

For players with intermediate to advanced skills and knowledge of soccer. No class Oct 17.

Th | Sep 12-Dec 19 | 10-11:45pm | \$83/15 sess | 229673 | 19+ | Gym

SPORTMEDBC LEARN TO RUN 10K (13+)

Whether you are new to running or looking for a fun way to stay active, SportMedBC's LearnTo-Run10K is a progressive training program that utilizes a combination of running and walking to help gradually increase your strength and stamina.

Tu | Sep 17-Dec 17 | 6-7:30pm | \$89.99/14 sess | 234304 | 13+ | Rm B

Instructor: SportMed BC

VOLLEYBALL: RECREATIONAL (19+)

Improve your skills and have fun in a non-competitive environment.

We | Sep 11-Dec 18 | 6-7:45pm | \$83/15 sess | 229710 | 19+ | Gym

Su | Sep 8-Dec 22 | 5-6:45pm | \$88/16 sess | 229711 | 19+ | Gym

VOLLEYBALL: INTERMEDIATE (19+)

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

Su | Sep 8-Dec 15 | 7-8:45pm | \$83/15 sess | 229709 | 19+ | Gym

VOLLEYBALL: CO-ED COMPETITIVE (19+)

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

We | Sep 11-Dec 18 | 8-9:45pm | \$83/15 sess | 229708 | 19+ | Gym

WHEELCHAIR FLOORBALL (19+)

Wheelchair floorball combines rules from hockey, soccer, and basketball to create a fast-paced and inclusive sport. Not limited to wheelchair users or players with disabilities—all are encouraged to play. No class Oct 17.

Th | Sep 12-Dec 12 | 6-7:45pm | \$77/14 sess | 229714 | 19+ | Gym

\$6/DROP-IN

\$6/DROP-IN

\$6/DROP-IN

\$6/DROP-IN

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Racquet Sports

Bridge

Adult Sports

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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