

Leadership

Senior Youth Council

Members of the Senior Youth Council plan special events, operate a youth-run snack bar, help with the supervision of the youth room, strengthen their leadership skills and participate in community service activities. This is a great opportunity to meet new people and gain valuable leadership experience. Mondays, 4:00-5:00pm.

14-18 yrs David Cheng

Junior Youth Council

Members of the Junior Youth Council will help plan and organize special events. This is a great opportunity to meet new friends and learn valuable leadership skills. Mondays, 3:30-4:15pm.

10-13 yrs David Cheng

Dance

Hip Hop Fusion

A funky hip hop class filled with the latest popular dance steps and music. Please wear comfortable clothes and runners. Drop-ins welcome. Drop-in \$8

13-18 yrs TBA

31630.101MO \$87/12 sess
Jan 11-Mar 28 W 5:00pm-6:30pm

Volunteer Training

Marpole-Oakridge Community Centre has an extensive youth volunteer program for students in our community. We offer training to young people in order to enhance their skills in communications, program planning, fundraising, problem solving, conflicts resolution, etc. In addition to group training sessions, individual coaching will be provided according to the needs and development of each participant. If you are interested to join our Youth Volunteer Training Program, please contact David Cheng

13-17 yrs

35520.101MO \$6/4 sess
Jan 18-Feb 8 W 4:00pm-5:00pm

Duke of Edinburgh Award

The Duke of Edinburgh Award is an internationally recognized leadership program that encourages youth to challenge themselves in a fun, active environment. Participants must be self motivated and able to work independently to complete the four components of this program; Service, Skill, Physical Fitness and Expedition. The fee includes a Duke of Edinburgh Award Log book. For more information contact 604-718-5879.

14-17 yrs David Cheng

35401.101MO \$35

Youth Room Hours 13-18 yrs

Community Youth Worker: 604-718-5879

MONDAY	3:15-5:45pm
TUESDAY	3:15-5:45pm
WEDNESDAY	3:15-5:45pm
THURSDAY	3:15-5:45pm
FRIDAY	3:00-7:30pm



Youth Night

Nothing to do on Friday night?

Come hang out at Marpole Community Centre with other youth (13-18 years). Play video games, board games and other organized activities. Bring your friends and your ideas for future activities.

13-18 yrs Volunteers

FREE with MOCA membership
Jan 13-Mar 23 F 5:00pm-7:45pm

Marpole-Oakridge Talent Competition

MOSkillz

2012

Come,
watch and be

AMAZED

For more information, visit our website at www.marpoleoakridge.org or our tumblr at moskillz2012.tumblr.com

Valentine's DANCE

@MOCC

For Grades
5, 6, 7

You're Invited

Date: February 10th, 2012
Time: 5:30 pm - 8:00 pm
doors close @ 6:30
Admission: \$3/ticket, \$5 at the door

Tickets on sale Jan. 16th
@ MOCC Snack Bar



Sports & Fitness

Weight Room Education

During these classes you are able to learn weight training basics that progress onto advanced training techniques that professional athletes use today. You will be taught workouts varying from plyometrics, super sets, compound training and core training. After the exercise portion has been completed Mark will educate you on how to become a Youth Fitness Mentor. This will give you the ability, with the support of Marpole Fitness Staff, to educate others on the fundamentals of exercise. mark.cartwright@vancouver.ca for details.

13-18 yrs Mark Cartwright

34011.101MO
Jan 20- Feb 10 F 5:00pm-6:00pm

Girls Weight Training

For girls who want to learn how to get fit healthy and have fun. FREE with MOCA membership.

13-18 yrs Bonnie Kramer

34021.101MO
Jan 19-Feb 2 Th 5:00pm-5:45pm

Youth Badminton

Bring a friend and have fun playing in a noncompetitive environment. All skill levels welcome. Please bring your own racquet. No class Feb 10.

13-18 yrs Volunteer

33024.101MO \$20/11 sess; Drop-in \$2.50
Jan 13- Mar 23 F 4:45pm-6:15pm

Youth Open Gym

Both boys and girls are welcome to drop-in and shoot hoops. MOCA youth membership is required to be in the gym. No class Feb 10.

13-18 yrs Volunteer

33016.101MO Drop in \$2
Jan 13 - Mar 23 F 3:00pm-4:45pm

Workshops

High School to Post Secondary Transition

The transition from high school to university can be a difficult and stressful time, but being prepared and knowing what to expect could reduce that stress. These sessions will help prepare you and will cover everything from how to apply to a university or college to how life will be different once you enter this post secondary period.

13-18 yrs David Cheng

35505.101MO \$10/2 sess
Feb 22-Feb 29 W 4:00pm-5:00pm

Job Preparedness

Youth, are you tired of asking your parents for allowance? You have the opportunity to change that. These workshops will help you develop your resume and cover letter, find appropriate avenues to look for jobs, and gain interview experience.

13-18 yrs Alicia Young

35506.101MO \$15/3 sess
Feb 1-Feb 15 W 4:00pm-5:00pm

NEPP – Youth

As we have seen recently around the world, emergencies and disasters such as earthquakes can happen with little or no warning. Being prepared could save your life or the lives of others and significantly improve your quality of living in the aftermath yet few of us have taken the necessary steps to ensure that our families are prepared. This session will teach you to be prepared for any type of emergency or disaster you may be faced with. You will learn personal and family preparedness, how to develop a family emergency plan and how to perform a "home hazard hunt".

13-17 yrs Jackie Kloosterboer

35455.101MO FREE/1 sess
Mar 8 Th 4:00pm-6:00pm

Youth - FoodSafe - Level 1

The FoodSafe Training Program teaches safe food handling procedures to students, workers, supervisors and operators in the food services industry. Participants receive a FoodSafe Certificate upon successful completion of the course. Certification is required to work in restaurants, school cafeterias and food fairs. Certificate does not expire. Please bring a snack and/or lunch. This is a full-day course. Visit: www.foodsafe.ca for more information.

12-17 yrs Rick Palliardi

35412.101MO \$70/1 sess
Mar 10 Sa 9:00am-5:00pm

Social

Youth Buddy Program

New to Canada or even to the Marpole Oakridge area? Looking to meet new people and have some fun? We have an opportunity for you! Friday nights from 5:30pm-7:00pm you will have the opportunity to play group sports in the gym, play board games, watch movies, and travel around the Marpole Oakridge area. If you are interested in joining or if you want more information, please contact David Cheng at 604-718-5879 or david.cheng@vancouver.ca

Instructor David Cheng

35802.101MO FREE/26 sess
Jan 13 - Mar 23 F 5:30pm- 7:00pm

Special Needs

Basketball for Boys

The Developmentally Challenged Youth Basketball Association (DCYBA) promotes and supports the development of youth with developmental challenges through basketball. Males 14-25 years old are welcome to join. Learn to play in a non-competitive and fun environment. Contact Ann Carr at 604-228-9527 or visit www.dcyba.org.

14-25 yrs Ann Carr

36650.101MO \$23/12 sess
Jan 10-Mar 27 Tu 7:00pm-9:00pm