

Fitness

Chi-walking Basics

Chi-walking is a revolutionary walking style that combines the ancient arts of Tai Chi with walking. It basically centers around the Tai Chi posture which provides an excellent foundation for individuals embarking on a running program or a walking program.

18 yrs+ David Poon

Chi-walking

44086.301MO \$93/2 sess
Jul 5-Jul 7 TuTh 6:30pm-8:30pm

Chi-running

44087.301MO \$93/2 sess
Jul 9-Jul 16 Sa 9:00am-11:00am

Sports

Badminton

Volunteer badminton supervisors have the right to direct players to an appropriate level of play. Most games are played in doubles on a court rotational basis. No single court games, unless time and/or skill level permit. Adults only.

Daytime

A social badminton program for intermediate skilled players. Please bring own equipment and shuttlecocks. No class Aug 1.

19 yrs+ Polly Tam

43471.301MO \$29/8 sess; Drop-in \$4.25
Jul 4-Aug 29 M 11:30am-1:30pm

19 yrs+ Polly Tam

43472.301MO \$32/9 sess; Drop-in \$4.25
Jul 6-Aug 31 W 11:30am-1:30pm

19 yrs+ Candy Yau

43473.301MO \$32/9 sess; Drop-in \$4.25
Jul 7-Sep 1 Th 10:30am-12:30pm

19 yrs+ Polly Tam

43474.301MO \$32/9 sess; Drop-in \$4.25
Jul 8-Sep 2 F 11:45am-1:45pm

Coed Rec

Co-ed badminton for beginner and recreational players. Please bring own equipment and shuttlecocks.

19 yrs+ Janny Leung & Stella Yu

43475.301MO \$26/9 sess; Drop-in \$3.25
Jul 7-Sep 1 Th 12:30pm-1:45pm

Women's Intermediate

A social badminton session for women players. Please bring own equipment and shuttlecocks.

19 yrs+ Margaret Yoshida & Vivian Chan

43476.301MO \$32/9 sess; Drop-in \$4
Jul 7-Sep 1 Th 1:45pm-3:45pm

Yoga Flows - Mixed levels

Hatha Yoga equally develops strength and flexibility, energizing body, breath and mind. Learn the basic postures with attention to alignment and breath awareness. No prior experience necessary, also suitable for the continuing beginner.

18 yrs+ Brieger Farrelly

44321.301MO \$41/4 sess; Drop-in \$12
Jul 6-Jul 27 W 6:00pm-7:30pm



Advanced Doubles Play

Advanced badminton for doubles play. Registered participants have 30 minutes to arrive (by 7:30 pm) or your spot will be sold to a drop-in participant. Please bring own equipment and plastic shuttlecocks.

19 yrs+ Jerry Tam

43478.301MO \$43/9 sess; Drop-in \$5.50
Jul 7-Sep 1 Th 7:00pm-8:50pm

Basketball

Registered participants have 15 minutes to arrive (by 7:20 pm) or your spot will be sold to a drop-in participant. No class Aug 1.

19 yrs+ Wayne Soon & Aldwin De Los Santos

43452.301MO \$37/8 sess; Drop-in \$5.50
Jul 4-Aug 29 M 7:05pm-8:50pm

19 yrs+ Edmund Bau

43452.302MO \$42/9 sess; Drop-in \$5.50
Jul 6-Aug 31 W 7:05pm-8:50pm

Soccer-Indoor (SVMHT)

For South Vancouver Mental Health Team clients and friends. Contact Katie Maher at 604-266-6124.

19 yrs+ Katie Maher

43025.301MO \$21/9 sess; Drop-in \$3
Jul 6-Aug 31 W 1:45pm-3:00pm

Tennis Lessons

See children's section for full course description.

13 yrs+ Ernest Wong

43526.301MO \$105/8 sess
Jul 4-Jul 13 M-F 7:00pm-9:00pm

43526.302MO \$105/8 sess
Jul 18-Jul 27 M-F 7:00pm-9:00pm



Aerobic Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Step Combo Bonnie 9:30-10:25 am		Step Combo Bonnie 9:30-10:25 am	Zumba Betty-Lynn 9:30-10:25 am	Step Cardio Betty Lynn 9:30-10:25 am
Refit Bonnie 10:30-11:25 am		Refit Bonnie 10:30-11:25 am	<i>Schedule & fees are subject to change without notice</i>	Refit Betty Lynn 10:30-11:25 am
Power Cardio Don 6:00-6:55 pm	Step Combo Rita 6:00-6:55 pm	Power Cardio Don 6:00-6:55 pm	Go to www.marpoleoakridge.org to view class descriptions.	

Drop-in.....\$4.25 Adult; \$2.50 Youth; \$3.00 Refit
Fit Tickets \$37.50/10 tickets; \$25/10 Refit tickets
Fit Tag \$57/9 weeks (pro-rated)

Fitness Centre, Whirlpool & Sauna

To book your free Fitness Centre orientation call 604-257-8174.

Go to www.marpoleoakridge.org for a virtual tour.

FEE	Adult 19-64 yrs	Youth 13-18 yrs	Senior 65+ yrs
Drop In	\$5.95	\$4.15	\$4.15
Strip of 10	\$47.60	\$33.20	\$33.20
2011 Flexipass Prices			
1 month	\$48.00	\$33.00	\$33.00
3 months	\$125.00	\$87.00	\$87.00
6 months	\$217.00	\$152.00	\$152.00
12 months	\$392.00	\$275.00	\$275.00
<i>Rates subject to change with public consultation.</i>			

Racquet & Sports Court

	Racquetball • Wallyball • Court-Soccer • Badminton			
	Prime Time		Non-Prime Time	
	Adult	Youth	Adult	Youth
Drop In	\$13.95	\$10.55	\$10.00	\$7.20
Single Rate	\$7.20	\$5.30	\$7.20	\$5.30
10 Visit Passes	\$125.45		\$89.85	
Mon-Thu	3:30 pm-9:30 pm		8:00 am-3:30 pm	
Friday	3:30 pm-8:00 pm		8:00 am-3:30 pm	
Saturday	9:00 am-5:00 pm		<i>Park Board rates subject to change.</i>	
Sun/Stats	9:00 am-1:00 pm		<i>All courts are 45 minute bookings.</i>	

30 Minute Classes

Free with Fitness Centre Admission. No registration required.

Core and Glide

44001.301MO
Jul 5-Sep 1 Tu 5:30pm-6:00pm

Gutts & Butts

44002.301MO
Jul 7-Sep 2 Th 7:00pm-7:30pm
Jul 8-Sep 3 F 10:00am-10:30am

Martial Arts

Bootcamp

This kickin' combination of Martial Arts and outdoor Bootcamp will get you into serious shape! Be prepared to work hard and get results with this 4 week intensive program. Bring your energy and lots of water. Classes held on Oak Park and Tisdall Park Circuit (indoor option for rainy days)

13 yrs+ Ed Fong

44089.301MO \$71/8 sess; Drop-in \$12
Jul 5-Jul 28 Tu Th 7:00pm-8:00pm

Summer Registration

Begins Monday May 30th at 9:00 am

Specialty Camps

Cartooning & Animation

Create your very own characters and see them brought to life through digital and HD camera. Music and sound effects will be professionally done for the final presentation. DVD optional for \$20.

7-12 yrs Nadia Dimitrow

22003.301MO \$98/5 sess
Aug 8-Aug 12 M-F 9:30am-12:30pm

Movie Making- Lights, Camera, Action!

Dream of being a movie star?! Then join our team to act from "Silent to Action Movies". Students become actor, producer, director and camera operator while learning technical and acting skills.

7-12 yrs Nadia Dimitrow

22004.301MO \$98/5 sess
Aug 8-Aug 12 M-F 1:00pm-4:00pm

Cartoon & Drawing

Learn to draw your favourite cartoon and comic book characters! Materials supplied. All you need to bring is a broad imagination.

7-12 yrs Robin Thompson

26050.301MO \$54/5 sess
Aug 15-Aug 19 M-F 1:00pm-2:30pm

Hours

Community Centre

Effective July 2 to September 5.
Monday-Thursday 9:00 am-9:00 pm
Friday 9:00 am-5:00 pm
Saturday, Sunday &
Statutory Holidays Closed
Office closes 30 minutes earlier than the centre.

Fitness Centre & Racquetball Court

Monday-Thursday 8:00 am-9:00 pm
Friday 8:00 am-8:00 pm
Saturday 9:00 am-5:00 pm
Sunday 9:00 am-1:00 pm
Statutory Holidays 9:00 am-1:00 pm

Jointly operated by the Vancouver Board of Parks and Recreation and the Marpole-Oakridge Community Association

2011 Summer Programs



Summer Daycamps

Summerfun for Preschoolers (3-4 yrs)

Focuses on social interaction with structured and unstructured time. Enjoy stories, games, crafts, music and outdoor play. Please bring a snack every day.

Runs weekly July 4-August 19 9:30am-12:00pm \$79/5 days

Summer Adventure Camp (5-6 yrs)

An all-day fun filled camp. Literacy will be encouraged through story reading, writing and illustration. Listening skills will be developed through playtime, games and music.

Runs weekly July 4-September 2 9:00am-4:00pm \$137/5 days

Funseekers Daycamp (7-12 yrs)

Offers exciting summer experiences. Children will participate in physical, social and educational activities including: games, sports, theatre, music and crafts.

Runs weekly July 4-September 2 9:00am-4:00pm \$137/5 days

Each week daycamps will focus on a summer theme, sport or activity. Bring a snack, water and lunch each day. Children will go on 1-2 weekly out-trips.

Parental waiver forms available online or at the Front Office.

Daily activity schedules available mid June at www.marpoleoakridge.org/daycamps.htm

Marpole Community Day

Saturday June 4

11:00am-3:00pm

Join us in a community celebration with free rides, entertainment, stage performances, games, community tables, silent auction and more.

990 West 59th Ave, at Oak St., Vancouver BC V6P 1X9
604-257-8180 | www.marpoleoakridge.org

Preschool & Children

Ballet

Children will build flexibility, co-ordination, rhythm and spatial awareness. Children must be able to attend on their own and dance attire is required. No class Aug 1.

3-4 yrs Katie Schultz
11610.301MO \$44/7 sess
Jul 4-Aug 22 M 3:00pm-3:45pm
5-6 yrs Katie Schultz
11611.301MO Beginners \$44/7 sess
Jul 4-Aug 22 M 3:45pm-4:30pm
5-6 yrs Katie Schultz
11611.302MO Intermediate \$44/7 sess
Jul 4-Aug 22 M 4:30pm-5:15pm

Ballet

While learning ballet syllabus, children will build flexibility, co-ordination, rhythm and spatial awareness. No class Aug 1.

7-10 yrs Katie Schultz
21601.301MO \$51/7 sess
Jul 4-Aug 22 M 5:15pm-6:15pm

Badminton Lessons

Badminton is an excellent sport for development of hand-eye coordination, footwork, sportsmanship and teamwork. Level 1: Learn the basic skills. Level 2: Progress to more difficult skills. Level 3: Develop intermediate skills.

7-13 yrs Susan Kita
23001.301MO Level 1 \$44/7 sess
Jul 7-Aug 18 Th 3:45pm-4:45pm
23001.302MO Level 2 \$44/7 sess
Jul 7-Aug 18 Th 4:45pm-5:45pm
23001.303MO Level 3 \$44/7 sess
Jul 7-Aug 18 Th 5:45pm-6:45pm

Basketball

Focus on basic individual skill development, teamwork and cooperative competition.
6-8 yrs Edmund Bau
23010.301MO \$37/7 sess
Jul 5-Aug 16 Tu 4:15pm-5:00pm
9-12 yrs Edmund Bau
23010.302MO \$37/7 sess
Jul 5-Aug 16 Tu 5:00pm-5:45pm

Chess For All Levels

Beginners will learn the rules of play and basic strategies. More advanced players will be given new challenges.
6-8 yrs David Hunter
25401.301MO \$44/6 sess
Jul 7-Aug 11 Th 4:00pm-5:00pm
9-12 yrs David Hunter
25401.302MO \$44/6 sess
Jul 7-Aug 11 Th 5:00pm-6:00pm

Little Tikes

Variety Sports
Children will learn a variety of sport skills, techniques and fun games.

4-5 yrs Salona Narayan
13002.301MO \$22/4 sess
Jul 5-Jul 26 Tu 1:00pm-1:45pm

Sticky Fingers Arts & Crafts

Explore your creativity through hands-on arts and crafts projects. Parent participation required.

2-3 yrs Salona Narayan
12802.301MO \$26/4 sess
Jul 7-Jul 28 Th 1:00pm-1:45pm

Soccer Skills

Individuals will develop basic soccer skills such as passing, dribbling, shooting, footwork and teamwork.

4-5 yrs Ian McKenzie
13110.301MO \$37/7 sess
Jul 6-Aug 17 W 3:00pm-3:45pm
6-8 yrs Ian McKenzie
23110.301MO \$37/7 sess
Jul 6-Aug 17 W 3:45pm-4:30pm
9-12 yrs Ian McKenzie
23110.302MO \$37/7 sess
Jul 6-Aug 17 W 4:30pm-5:15pm

Tennis Lessons

Topics will include ground strokes, volleys, serves and serve returns. Lessons are held at the tennis courts located at Heather & 57th Avenue. In the event of poor weather, please contact Front Office for class updates. Please bring your own racquet.

6-8 yrs Ernest Wong
23415.301MO \$46/8 sess
Jul 4-Jul 13 M-F 4:00pm-5:00pm
23415.302MO \$46/8 sess
Jul 18-Jul 27 M-F 4:00pm-5:00pm
9-12 yrs Ernest Wong
23416.301MO \$90/8 sess
Jul 4-Jul 13 M-F 5:00pm-7:00pm
23416.302MO \$90/8 sess
Jul 18-Jul 27 M-F 5:00pm-7:00pm

Family Night in Oak Park

Fun family time with entertainment, crafts and face painting. Hot dogs and drinks for sale.
25602.301MO \$2/person
Jul 21 Th 6:00pm-7:30pm

Youth

Youth Room Hours

Join us for exciting activities! Play pool, table tennis, Nintendo Wii, games and more!

Tuesday-Thursday 2:00-7:00pm
Friday 2:00-7:30pm

(*Youth Room hours subject to change.)
David Cheng-Community Youth Worker 604-718-5879

Basketball for Boys

DCYBA promotes and supports the development of youth with developmental challenges through basketball. Contact Ann Carr @ 604-228-9527 or visit www.dcyba.org.

13-25 yrs Ann Carr
36650.301MO \$17/9 sess
Jul 5-Aug 30 Tu 7:00pm-9:00pm

Youth Badminton

All skill levels welcome. Please bring own racquet. Youth only, no adults.

13-18 yrs
33004.301MO 8 sess; Drop-in \$2.25
Jul 8-Aug 26 F 3:15pm-4:45pm

Discovery

Youth Day Camp
An all-day leisure program for youth (13-18 yrs) with mild developmental disabilities. Please contact Ian Su (604-257-8176 or ian.su@vancouver.ca) for eligibility.

Duke of Edinburgh Award

An internationally recognized leadership program that encourages youth to challenge themselves in a fun, active environment. For more information contact 604-718-5879.

14-18 yrs David Cheng
35401.301MO \$30

What Every Babysitter Should Know

This course will enhance awareness, safety and responsible baby-sitting while developing skills to cope with common emergencies.

11-18 yrs St John Ambulance
25055.301MO \$61/1 sess
Jul 11 M 9:30am-3:30pm

Oak Park Waterpark

Monday thru Friday 11:00am-7:00pm (unsupervised)
Saturday 1:00pm-5:00pm (supervised)
Sunday & Statutory Holidays - closed
(hours of operation are subject to change)



Martial Arts

Life Tae Kwon Do

Promotes physical fitness, self-defence, discipline, moral and ethical improvements. Course fee is based on the age of the enrolling participant:

6-12 yrs = \$60 per month
13-18 yrs = \$70 per month (HST included)

19 yrs+ = \$70 per month (HST included)
• the monthly fee is non-refundable if a portion of the month or thereof has started
• no online registration

White & Yellow Belt

6-12 yrs Sam Soo Han
23491.301MO-.302MO \$60/month
Jul, Aug Tu Th 5:30pm-6:30pm

Green, Blue, Red & Black Belt

13 yrs+ Sam Soo Han
23492.301MO -.302MO \$70/month
Jul, Aug Tu Th 6:45pm-7:45pm

Art

Art materials to be purchased will be discussed in the first class.

Intro to Oil Painting

Discussion of colour theory, the effect of cold and warm colour and composition will be included as well as the use of panel, canvas board, stretched canvas and proper preparation of ground. Various painting approaches include classical glazing and direct painting approach.

17 yrs+ Thomas Yu
42011.301MO \$69/6 sess
Jul 14-Aug 18 Th 9:30am-11:00am

Intro to Watercolour Painting

There will be exploration on the use of dry brush approach and wet-in-wet approach. Discussion of colour theory, the effect of cold and warm colour and composition will be included with the use of resist, salt, pen & ink.

17 yrs+ Thomas Yu
42010.301MO \$69/6 sess
Jul 12-Aug 16 Tu 9:30am-11:00am

Dance



Line Dance with Karen Tsai

Learn to line dance. Meet new people, make new friends. Drop-ins welcome. Music in Cantonese and Mandarin.

Intermediate

19 yrs+ Karen Tsai
41641.301MO \$35/7 sess; Drop-in \$5.50
Jul 12-Aug 23 Tu 1:00pm-2:30pm

Beginner

19 yrs+ Karen Tsai
41642.301MO \$35/7 sess; Drop-in \$5.50
Jul 3-Aug 24 W 1:00pm-2:30pm

Beginner Plus

19 yrs+ Karen Tsai
41641.301MO \$35/7 sess; Drop-in \$5.50
Jul 14-Aug 25 Th 1:00pm-2:30pm

Music Lessons

Experience the art and love of music with excellent private one-on-one lessons. Music instructors are available for lessons during their listed times in 30/45/60 minute time slots. Current students have scheduling priority. View instructor profiles at www.marpooleakridge.org. Please contact Front Office 604-257-8180 for registration details. No LAC discounts and no online registration. Student must have their own instrument. No class Aug 1.

Piano

6 yrs+ Mei Lin Da
21011.301MO
Jul 4-Aug 29 M 5:00pm-9:00pm

6 yrs+ Ashley Lam
21031.301MO
Jul 6-Aug 31 W 3:30pm-9:00pm
21041.301MO
Jul 7-Aug 25 Th 3:30pm-9:00pm

Music Theory - All Levels

6 yrs+ Sarah Bowker
21080.301MO
Jul 5-Aug 30 Tu 3:00pm-7:00pm

Flute

6 yrs+ Andrea Minden
21020.301MO
Jul 4-Aug 29 M 3:30pm-7:30pm

Line Dance with Ember Schira

Exercise your body & mind by dancing to lively, upbeat music. Drop-ins welcome. No class Aug 1.

Beginners

19 yrs+ Ember Schira
41619.301MO \$53/9 sess; Drop-in \$6.50
Jul 7-Sep 1 Th 6:30pm-7:30pm

Beginner Plus

19 yrs+ Ember Schira
41612.301MO \$47/8 sess; Drop-in \$6.50
Jul 4-Aug 29 M 6:30pm-7:30pm
41616.301MO \$53/9 sess; Drop-in \$6.50
Jul 7-Sep 1 Th 7:30pm-8:45pm

Intermediate

19 yrs+ Ember Schira
41613.301MO \$47/8 sess; Drop-in \$6.50
Jul 4-Aug 29 M 7:30pm-9:00pm

MUSIC LESSON FEES: all fees are based on a single lesson.			
Lesson	30 min	45 min	60 min
Piano, Flute, Guitar and Cello	\$23	\$35	\$46
Violin	\$24	\$36	\$48
Private Voice & Music Theory	\$27	\$41	\$54

Guitar

6 yrs+ Aaron Cadwaladr
21025.301MO
Jul 6-Aug 31 W 4:00pm-9:00pm

Guitar & Cello

6 yrs+ Kevin Hennig
21026.301MO
Jul 7-Aug 25 Th 3:00pm-9:00pm

Private Singing

9 yrs+ Sarah Bowker
21072.301MO
Jul 5-Aug 30 Tu 3:00pm-7:00pm
9 yrs+ Gina McLellan Morel
21071.301MO
Jul 4-Aug 29 M 3:00pm-9:00pm
21073.301MO
Jul 6-Aug 31 W 3:00pm-9:00pm

Social

50+ Social

Enjoy light refreshments, meet new friends, plan and coordinate activities.

50 yrs+ Ron Loui-Ying
55820.301MO FREE with MOCA membership
Jul 6-Aug 24 W 10:00am-12:30pm

Art Photo Club of Vancouver

The non-profit amateur photography club meets monthly. Guests are welcome to attend. Workshop topics may be presented in Cantonese. For more info contact Mr. J T Tse, 604-266-0116.

Jul 7 & Aug 4 Th 7:00pm-8:45pm

Bridge

Drop-in on Fridays for an afternoon of social bridge and refreshments.

50 yrs+ Jon Yee
53830.301MO FREE with MOCA membership
Jul 8-Aug 26 F 1:00pm-3:45pm

Chinese Seniors Group

Thursday morning social for Chinese-speaking immigrant seniors. Enquiry: please call Danny Li at 604-408-7274 (ext. 1083) or danny.li@success.bc.ca

50 yrs+ Danny Li
55810.301MO FREE with MOCA membership
Jul 7-Sep 1 Th 9:30am-11:30am

Evergreen

Karaoke Group
Chinese Karaoke Social with Ms. Vivien Wong. Please register with Linda Tai at first class, not Front Office.

19 yrs+ Loretta Chiu
55817.301MO 7 sess
Jul 7-Aug 18 Th 10:00am-12:00pm

Table Tennis Drop In

Drop-in table tennis for adults and seniors. Equipment available.

19 yrs+
43461.301MO Drop-in \$2.25
Jul 6-Aug 31 W 6:30pm-8:30pm

Iaido

Traditional Japanese martial art with the samurai sword. Beginners are welcome to join. www.ams.ubc.ca/clubs/iaido

13 yrs+ Hiro Inoue
43415.301MO \$59/8 sess; Drop-in \$6
Jul 6-Aug 24 W 7:15pm-8:45pm

Tai Chi Practice

Join this dedicated group for a practice session for 24 Form Tai Chi and other types of Chi Kung.

19 yrs+ Georgia Nijjar & David Chau
53411.301MO Drop-in \$1.25
Jul 5-Aug 30 Tu 10:30am-11:30am
19 yrs+ King Li
53410.301MO Drop-in \$1.25
Jul 8-Aug 26 F 10:30am-11:30am

Administration

Refunds

Refunds based on the date request is received (in person or by phone).

Full refund issued if withdrawn before the second class (exceptions may apply, please see below).

After the second class, a 50% pro-rated refund will be issued based on the number of dates remaining. Membership charge non-refundable.

Exceptions

Ten days notice (from the program start date) required for all daycamps and private music lessons. Full refund will be issued, minus the membership fee. If less than 10 days notice, no refund will be issued.

Refunds will be issued by method of payment, with the exception of cash.

Payment

We accept cash, Visa, MasterCard, debit card or cheques. HST is included in fees where applicable. A \$20 processing fee will be applied to NSF cheques.

Association Memberships

When you register for a fee-based program, you will automatically become a member. Membership required for drop-in programs. Annual fees are: Child/Youth/Senior \$3; Adult \$5; and Family \$10 (max. two adults).

Daycamps

International children must obtain appropriate medical insurance. Please contact 604-257-8175, if you wish to register a child with special needs.

Personal Information Protection

For information on our privacy policies and practices visit our website at www.marpooleakridge.org.