



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

TO REGISTER: vancouver.ca/marpoleoakridgerec

FITNESS CENTRE: vancouver.ca/marpoleoakridgefitness

COMMUNITY CENTRE: marpoleoakridge.org



**Marpole-Oakridge
Community Centre**

**SPRING &
SUMMER 2024
RECREATION
GUIDE**

PROGRAMS RUNNING

Apr 2-Aug 30, 2024

SPRING PROGRAMS & SUMMER DAYCAMP REGISTRATION STARTS:

• Online/In-Person: MONDAY, MARCH 11 @ 7:00PM • By Phone: TUESDAY, MARCH 12 @ 10:00AM

SUMMER PROGRAMS REGISTRATION STARTS:

• Online/In-Person: MONDAY, MAY 27 @ 7:00PM • By Phone: TUESDAY, MAY 28 @ 10:00AM

GET IN TOUCH WITH US

990 West 59th Avenue
(At the corner of Oak Street)
Vancouver, BC V6P 1X9

COMMUNITY CENTRE

604-257-8180 (press 1)
marpolecc@vancouver.ca
marpoleoakridge.org

OPERATING HOURS

SPRING: Apr 2-Jun 28, 2024

SUMMER: Jul 2-Aug 30, 2024

COMMUNITY CENTRE & FITNESS CENTRE

Mon-Thu 9:00am-9:00pm
Fri (Spring) 9:00am-8:00pm
Fri (Summer) 9:00am-5:00pm
Sat (Spring) 9:00am-4:00pm
Sat (Summer) 9:00am-1:00pm
Sun & Stat Holidays • CLOSED
(Closed Apr 1, May 20, Jun 29, Jul 1,
Aug 3, Aug 5, Aug 31, 2024)
*Centre Office closes 15 minutes
earlier than the community centre*

RACQUETBALL COURT

See page 16 for details

SAUNA & WHIRLPOOL

See page 16 for hours

Facility Rentals info on page 16,
at www.marpoleoakridge.org
or at the front desk.

MOCA VISION & MISSION

Our mission is to offer accessible and diverse leisure opportunities to enhance the well-being of individuals and strengthen a sense of community in a safe and welcoming environment.

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

Interactive Brochure available at www.vancouver.ca/marpoleoakridgerec
and www.marpoleoakridge.org

REGISTER

ONLINE

recreation.vancouver.ca and browse our activities

BY PHONE

604-257-8180 (press 1) and please have your credit card number and course numbers ready

IN PERSON

You can register yourself and up to two other people in each course

PARENT-TOT • PRESCHOOL	3-5
SUMMER & SPECIALTY DAYCAMPS (3-12 yrs)	6, 12-13
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ADMINISTRATIVE INFORMATION

► **Protection of Personal Information:** In the course of providing programs and services, MOCA collects personal information from individuals participating in classes, workshops, events or rentals. The information may be used for communication purposes regarding current or upcoming events, processing payments, or statistical purposes. We respect the importance of protecting the personal information that we collect. For information on our privacy policies and practices, or to contact our Privacy Officer, call 604-257-8180 or email marpoleoakridgecc@gmail.com

► **Leisure Access Program:** The Vancouver Park Board Leisure Access Program is for Vancouver residents who face financial barriers. MOCA allows a 50% discount off most centre programs for those who qualify for the LAP program. Applications available at the front desk. Leisure Access Discount does not apply to private music lessons.

► Refund Policy (by phone/in person)

- All programs (description, dates/times, price) are subject to change without notice.
- Full refunds issued for program(s) cancelled by the community centre.
- All requested refunds are subject to a \$5 administration fee per refunded program.
- No refunds if requested 5 days after first class for regular weekly programs.

Activity	Cancellation Deadline to Receive a Refund
Regular weekly programs (includes Private Music Lessons)	Full Refund: 7 calendar days prior to first class; Prorated Refund: 4 calendar days after the first class (will be charged first class)
Daycamps/Specialty Camps, Special Events, Workshops, Out Trips, & Badminton/Pickleball Court Rentals	7 calendar days prior to start date





PERFORMING ARTS/MUSIC

Zumbini®

No Way! Jose

O-5 yrs

Sing, dance and play as you bond with your child! Created by Zumba® and BabyFirst, the Zumbini® program combines music, dance and playing instruments for 45 minutes of can't-stop, won't-stop bonding, learning and fun! Zumbini® is the 1st early childhood education program to create a true "360°" experience, with live classes and the "Zumbini® Time" interactive TV show on BabyFirst TV. Parent participation is required. Children 6 months and under can attend free with a registered sibling. www.zumbini.com. 2 Drop-in spots available. Drop-in \$22.

► 494419 \$162/9 sess
Apr 17-Jun 12 W 9:30am-10:15am
► 494418 \$162/9 sess
Apr 17-Jun 12 W 10:30am-11:15am
Maayan Amitov

Parent & Tot Drop-in Playtime

O-5 yrs

Tots, toddlers and preschoolers—along with their parent or caregiver—are welcome to puzzles, books, matted play area, toys and more. An infant area is also available for those not yet walking, with toys best suited for little hands. Parent participation is required.

► 494420 Drop-in \$2
Apr 6-May 25 Sa 10:45am-12:15pm

Uke & Me

3-5 yrs

Explore this fun instrument through colours, numbers, jamming and singing along to your favourite tunes. No experience is required. Ukuleles are provided for use in class (though you may bring your own if you prefer). Parent participation required. Drop-ins welcome if space permits.

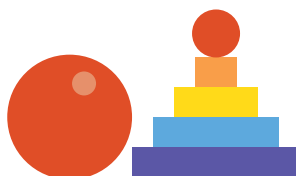
► 497068 \$90/6 sess
Apr 5-May 10 F 9:30am-10:00am
► 497070 \$90/6 sess
May 17-Jun 21 F 9:30am-10:00am
Musical Expressions

Wee Expressions

O-4 yrs

Parents and children jointly participate in singing, instrument playing, learning manners, brain gym, accompanying song actions, baby sign language and dances with a sense of exploration and fun. Our curriculum is based on researched benefits of music infused with Music Therapy techniques. \$7 music fee included.

► 497057 \$97/6 sess
Apr 5-May 10 F 10:05am-10:50am
► 494386 \$97/6 sess
May 17-Jun 21 F 10:05am-10:50am
Musical Expressions



Please note our **Summer programs and Daycamps** are in yellow

SPORTS/SOCIAL

Sportball • Parent & Tot Multisport

2-3 yrs

Refine motor skills, such as balance and coordination, and develop social skills such as confidence, following instructions, turn-taking and sharing. Coaches introduce a different sport each class using developmentally appropriate games and activities. Sportball maintains a one-parent-per-child ratio policy in all Parent Child programs. More info at www.sportball.ca. No class May 18, Jun 1.

► 497383 \$144/8 sess
Apr 19-Jun 7 F 4:45pm-5:30pm
► 494629 \$162/9 sess
Apr 13-Jun 22 Sa 10:20am-11:05am
No class Aug 3
► 496370 \$126/7 sess
Jul 6-Aug 24 Sa 10:20am-11:05am
Sportball Vancouver

Sportball • Parent & Tot Outdoor Soccer

2-3 yrs

Parents and children zero in on soccer skills including: throw-ins, dribbling, trapping, passing, goalie skills and more. Children are challenged according to their individual skill level. Coaches demonstrate teaching techniques that can be applied outside of Sportball classes. This class is run outdoors, rain or shine. For more, visit www.sportball.ca. No class May 20.

► 496346 \$108/6 sess
May 6-Jun 17 M 5:15pm-6:00pm
No class Aug 5
► 496374 \$108/6 sess
Jul 8-Aug 19 M 5:15pm-6:00pm
Sportball Vancouver

PRESCHOOL



PERFORMING ARTS

Creative Ballet

3-6 yrs

Young ballerinas explore the fun and beauty of ballet while learning the basic techniques. They will love exploring their creative expression in this fun and welcoming class. Children must be able to participate without a parent in the room. Please wear ballet outfit. No class Jun 1.

Creative Ballet

3-5 yrs

► 497078 \$143/11 sess
Apr 6-Jun 22 Sa 10:20am-11:05am
No class Aug 3

► 497385 \$91/7 sess
Jul 6-Aug 24 Sa 10:20am-11:05am

Children's Creative Ballet 4-6 yrs

No class Jun 1.

► 497080 \$143/11 sess
Apr 6-Jun 22 Sa 11:10am-11:55am
No class Aug 3

► 497384 \$91/7 sess
Jul 6-Aug 24 Sa 11:10am-11:55am

Endorphin Rush Dance

Jazz/Ballet Fusion 3-5 yrs

Children will learn the fundamentals of both ballet and jazz dance while developing their own creative expression. The dancer's mobility, balance, and coordination will be improved in this fun and welcoming program. Children must be able to participate without a parent in the room. No class Jun 1.

► 497100 \$143/11 sess
Apr 6-Jun 22 Sa 2:10pm-2:55pm
Endorphin Rush Dance

Mini Hip Hop Breakers

3-5 yrs

This non-stop action-packed class includes hip-hop, basic breakdancing, and dance games that will have your dancer moving to the beats. Dancers will improve coordination, musicality, expression, and learn dynamic choreography. Please wear a comfortable dance outfit. No class Jun 1.

► 497077 \$143/11 sess
Apr 6-Jun 22 Sa 9:30am-10:15am
► 497095 \$143/11 sess
Apr 6-Jun 22 Sa 1:20pm-2:05pm

No class Aug 3

► 497387 \$91/7 sess
Jul 6-Aug 24 Sa 9:30am-10:15am

Endorphin Rush Dance

Mini Hip Hop

3-4 yrs

Learn the basic style of hip hop dance in this high energy program. Discover new and exciting moves while learning fun and challenging choreography. Beginners welcome! Leave feeling energized, confident and excited about dance. Clean indoor runners or socks please. www.performingstars.ca

► 497115 \$135/9 sess
Apr 10-Jun 5 W 3:45pm-4:30pm
Vancouver Performing Stars

Dance-A-Story: Wish

3-5 yrs

Children will be immersed in magical stories they love as they sing and dance to their favourite songs. Dance technique will complement the class to help your little star improve their coordination and confidence. Students must be able to attend class on their own. www.performingstars.ca

► 497118 \$135/9 sess
Apr 10-Jun 5 W 4:30pm-5:15pm
Vancouver Performing Stars

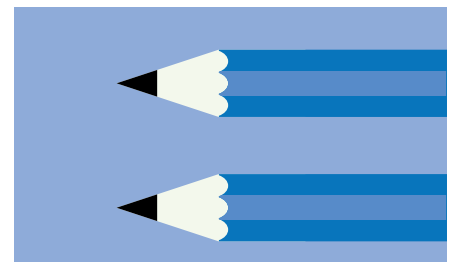
ART

Preschool Drawing

3.5-5 yrs

The spring months will blast off with excitement as we draw a wonderful astronaut. But it's not all about space adventures; your student's feet will be firmly planted back on planet Earth with a drawing of a tree house. And don't let those May flowers go unnoticed; the month of May will bloom with our flower basket drawing.

► 494392 \$172/8 sess
Apr 24-Jun 12 W 3:30pm-4:20pm
Young Rembrandts



Please note our Summer programs and Daycamps are in yellow

SPORTS

Sportball Multisport

3.5-5 yrs

Refine, rehearse, repeat. Coaches focus on the basic skills common to all sports like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork. For more, visit www.sportball.ca. No class May 18, Jun 1.

► 497382 \$144/8 sess

Apr 19-Jun 7 F 3:45pm-4:45pm

► 494628 \$162/9 sess

Apr 13-Jun 22 Sa 9:15am-10:10am

No class Aug 3

► 496367 \$126/7 sess

Jul 6-Aug 24 Sa 9:15am-10:10am

Sportball Vancouver

Sportball Outdoor Soccer

3.5-5 yrs

Introduces fundamental concepts of gameplay and teaches the basic skills required to bend it like Beckham in a supportive, non-competitive environment. Coaches zero in on skills like throw-ins, dribbling, trapping and passing in fun, exciting, skill-focused games. Classes take place outdoors, rain or shine; Parent is required to remain on the field for children's safety. Info at www.sportball.ca. No class May 20.

► 496348 \$108/6 sess

May 6-Jun 17 M 6:00pm-7:00pm

No class Aug 5

► 496375 \$108/6 sess

Jul 8-Aug 19 M 6:00pm-7:00pm

Sportball Vancouver

MARTIAL ARTS

Preschool Kung Fu/Wushu

3.5-5 yrs

This class introduces children to the basics and fundamentals of Wushu; a Chinese Martial Arts. Children will develop basic punching, kicking and forms techniques while learning discipline, respect, and self confidence. Please wear loose fitting clothing and clean (indoor only) flat rubber sole shoes. No class May 20.

► 498678 \$64/8 sess

Apr 8-Jun 3 M 3:30pm-4:00pm

No class Aug 5

► 499192 \$56/7 sess

Jul 8-Aug 26 M 3:20pm-3:50pm

Ken Low

SunMither Taekwondo Little Ninjas

3.5-5 yrs

Everyone can benefit from martial arts according to their needs and lifestyle. Learning these new techniques will improve mental and physical development. Purchase of a uniform will be available for \$60 plus tax.

► 498503 \$87/12 sess

Apr 2-Jun 18 Tu 3:45pm-4:15pm

► 498533 \$58/8 sess

Jul 2-Aug 20 Tu 3:30pm-4:00pm

Little Ninjas/Ninjas Plus 3.5-5 yrs

For those new to Taekwondo or who've completed a previous session of Taekwondo Little Ninjas.

► 498511 \$87/12 sess

Apr 4-Jun 20 Th 3:30pm-4:00pm

► 498549 \$58/8 sess

Jul 4-Aug 22 Th 3:30pm-4:00pm

Little Ninjas Plus 3.5-6 yrs

For those who've completed a previous session of Taekwondo Little Ninjas.

► 498504 \$87/12 sess

Apr 2-Jun 18 Tu 4:15pm-4:45pm

► 498516 \$87/12 sess

Apr 4-Jun 20 Th 4:00pm-4:30pm

► 498534 \$58/8 sess

Jul 2-Aug 20 Tu 4:10pm-4:40pm

► 498551 \$58/8 sess

Jul 4-Aug 22 Th 4:10pm-4:40pm

Bahareh Dehkordi



PLEASE NOTE

Martial Arts classes: Waiver form must be completed for participation and handed in by first class.



SPECIALTY CAMPS



REFUND POLICY • all refund requests are subject to a \$5 administration fee per program/per week and 7 calendar days notice is required. Refund requests must be made in person or by phone

SPECIALTY CAMPS • 0-5 YRS

Uke & Me Camp

3-5 yrs

Explore this fun instrument through colours, numbers, jamming and singing along to your favourite tunes. No experience is required. Ukuleles are provided for use in class (though you may bring your own if you prefer). Parent participation required.

► 499289		\$60/4 sess
Jul 2-Jul 5	Tu-F	9:30am-10:00am
► 499296		\$60/4 sess
Jul 2-Jul 5	Tu-F	10:10am-10:40am
► 499291		\$75/5 sess
Jul 29-Aug 2	M-F	9:30am-10:00am
► 499297		\$75/5 sess
Jul 29-Aug 2	M-F	10:10am-10:40am

Musical Expressions

Zumbini® Camp

0-5 yrs

Created by Zumba® and BabyFirst, the Zumbini® program combines music, dance and playing instruments for 45 minutes of learning and fun. In each session we will be doing a different theme. Parent participation is required. Themes: Kalino: Tue Hili: Wed TJ: Thu Jose: Fri. 2 available Drop-in spots. Drop-in \$22.

► 497378		\$80/4 sess
Jul 2-Jul 5	Tu-F	11:00am-11:45am
► 497379		\$80/4 sess
Aug 6-Aug 9	Tu-F	1:00pm-1:45pm
► 497381		\$80/4 sess
Aug 27-Aug 30	Tu-F	1:00pm-1:45pm

Maayan Amitov

Frozen Ballet Dance Camp

3-5 yrs

100% Frozen Soundtrack Music is played in this creative ballet class. No experience required as dancers learn the basics of ballet and expression through movement. Costumes welcome, but not required. Beginner friendly. Presentation on the last day!

3-5 yrs		
► 497776		\$109/5 sess
Jul 8-Jul 12	M-F	9:15am-10:30am
► 497784		\$109/5 sess
Aug 12-Aug 16	M-F	9:15am-10:30am
4-6 yrs		
► 497777		\$109/5 sess
Jul 8-Jul 12	M-F	10:45am-12:00pm
► 497786		\$109/5 sess
Aug 12-Aug 16	M-F	10:45am-12:00pm

Endorphin Rush Dance

Jazz/Ballet Fusion Dance Camp

4-6 yrs

Learn a variety of ballet exercises as well as the basic fundamentals of jazz dance while developing their own creative expression. Children must be able to participate without a parent in the room. On the last day, we invite parents to stay for a presentation of what we have been learning. No experience required, all welcome.

► 497447		\$109/5 sess
Jul 22-Jul 26	M-F	10:45am-12:00pm

Endorphin Rush Dance

DANCE CAMPS

Little Ballerinas Dance Camp

3-5 yrs

Explore the fun and beauty of ballet while learning basic techniques. Children must be able to participate without parents in the room. Costumes are welcome, but not required.

► 497446		\$109/5 sess
Jul 22-Jul 26	M-F	9:15am-10:30am

Endorphin Rush Dance

Mini Hip Hop Dance Camp

3-5 yrs

Hip hop and dance games. We will work on a choreographed dance to present for family on the last day. Please bring a filled water bottle.

► 497778		\$109/5 sess
Jul 8-Jul 12	M-F	12:30pm-1:45pm
► 497448		\$109/5 sess
Jul 22-Jul 26	M-F	12:30pm-1:45pm
► 497789		\$109/5 sess
Aug 12-Aug 16	M-F	12:30pm-1:45pm

Endorphin Rush Dance

VPS Mini Camps

3-5 yrs

A fun week of singing, acting and dancing, with a family presentation on the last day. All children must be able to participate without an adult present. Please bring a small snack and water.

Mini Dance Camp:

Sophia the First

► 505146		\$73/4 sess
Aug 6-Aug 9	M-F	9:45am-11:00am

Mini Musical Camp: Encanto

► 497136		\$91/5 sess
Aug 19-Aug 23	M-F	9:45am-11:00am

Vancouver Performing Stars

Sportball Outdoor

Multisport Camp 3.5-5 yrs

A variety of ball sports and activities PLUS snack time, stories, co-operative games and more! Camps will run outdoors, rain or shine. Please pack a hat, sunscreen, a labelled water bottle and a nut free lunch or snack.

► 497441		\$95/5 sess
Jul 8-Jul 12	M-F	10:45am-12:00pm
► 499194		\$95/5 sess
Jul 15-Jul 19	M-F	10:45am-12:00pm
► 499196		\$95/5 sess
Jul 29-Aug 2	M-F	10:45am-12:00pm
► 499198		\$95/5 sess
Aug 12-Aug 16	M-F	10:45am-12:00pm
► 499202		\$95/5 sess
Aug 19-Aug 23	M-F	10:45am-12:00pm

Sportball Vancouver



PERFORMING ARTS

Children's Creative Ballet

4-6 yrs

Young ballerinas explore the fun and beauty of ballet while learning the basic techniques. They will love exploring their creative expression in this fun and welcoming class. Children must be able to participate without a parent in the room. Please wear ballet outfit. No class Jun 1.

► 497080 \$143/11 sess

Apr 6-Jun 22 Sa 11:10am-11:55am

No class Aug 3

► 497384 \$91/7 sess

Jul 6-Aug 24 Sa 11:10am-11:55am

Endorphin Rush Dance

Jazz/Ballet

5-7 yrs

Children will learn the fundamentals of both ballet and jazz dance while developing their own creative expression. The dancer's mobility, balance, and coordination will be improved in this fun and welcoming program. Children must be able to participate without a parent in the room. No class Jun 1.

► 497087 \$154/11 sess

Apr 6-Jun 22 Sa 12:15pm-1:15pm

No class Aug 3.

► 497386 \$98/7 sess

Jul 6-Aug 24 Sa 12:00pm-1:00pm

Endorphin Rush Dance

Junior Ballet

5-7 yrs

Dancers will learn essential ballet techniques every performer should know. Along with learning choreography, dancers will be encouraged to explore their own creative expression and learn how to dance with a fluid movement quality, while strengthening their flexibility and coordination skills. Previous dance experience is welcome, but not required. Appropriate ballet shoes and attire must be worn.

► 497119 \$135/9 sess

Apr 10-Jun 5 W 5:15pm-6:00pm

Vancouver Performing Stars

Hip Hop, Dance,

Stretch & Strength

9-17 yrs

Come dance to hip hop music for cardio training! Through proper breathing, strengthening, and stretching, students will have a better understanding of their bodies and develop proper muscle memory. Our goal is for the student to have better physical awareness, stronger core muscles, increase flexibility and stand tall with confidence. No previous experience required. Dress: dry indoor shoes with non-marking soles preferred, comfortable sports clothing & face covering (as needed). Bring your water bottle! No session Jun 1.

► 498589 \$187/11 sess

Apr 6-Jun 22 Sa 12:30pm-1:30pm

Praise TEAM

KPOP (Korean Pop)/ Hip Hop Open

6-17 yrs

Students will experience high dynamics cardio Korean Pop Music Dance and learn Hip Hop fundamentals in one class! Students will refine their technique through cardio dance skills, strengthening, footwork, isolations, stretches and more! previous experience required. Dress: shoes with non-marking soles & comfortable sports clothing. Bring your water bottle!

6-12 yrs

► 494421 \$204/12 sess

Apr 4-Jun 20 Th 3:30pm-4:30pm

No session Jun 1.

► 494423 \$187/11 sess

Apr 6-Jun 22 Sa 10:30am-11:30am

► 499216 \$136/8 sess

Jul 4-Aug 22 Th 3:30pm-4:30pm

No session Aug 3

► 499218 \$119/7 sess

Jul 6-Aug 24 Sa 10:30am-11:30am

10-17 yrs

► 494422 \$204/12 sess

Apr 4-Jun 20 Th 4:30pm-5:30pm

No session Jun 1.

► 494424 \$187/11 sess

Apr 6-Jun 22 Sa 11:30am-12:30pm

► 499217 \$136/8 sess

Jul 4-Aug 22 Th 4:30pm-5:30pm

No session Aug 3

► 499219 \$119/7 sess

Jul 6-Aug 24 Sa 11:30am-12:30pm

Praise TEAM

Please note our Summer programs and Daycamps are in yellow

CHILDREN



ART & EDUCATION

FUNDamental Drawing

6-12 yrs

If your child enjoys the outdoors they will love the upcoming Hummingbird lesson filled with colour and whimsy. We'll be drawing all season creating motorcycles, boats and even the butterfly life cycle! Artists will be challenged as they draw and shade a realistic portrait of famous composer Beethoven using colour pencils.

► 494393 \$172/8 sess
Apr 24-Jun 12 W 4:30pm-5:30pm
Young Rembrandts

Mixed Media Art

6-12 yrs

An introduction to mixed media arts. Instructor led hands on exploration of artworks composed from a combination of different media or materials. Encourages creativity and sharing in a fun artistic space. Supplies provided. No class May 20, May 27, Jun 3.

► 494444 \$99/9 sess
Apr 8-Jun 24 M 6:00pm-7:00pm
Raquel Quintanilla

Design & Architecture for Kids

6-14 yrs

Learn about architecture and design thinking through fun hands-on workshops! Discover famous architects and buildings, play with materials and materiality, learn architectural drawings and build 3D models just like an architect!

6-9 yrs

► 496289 \$210/10 sess
Apr 9-Jun 11 Tu 3:45pm-4:45pm

10-14 yrs

► 496290 \$262.50/10 sess
Apr 9-Jun 11 Tu 5:00pm-6:15pm
Petit Architect Design For Kids Ltd.

STEM LAB: Machines

11-14 yrs

This is a four-session STEM program in which you will put into practice true engineering ideas. This time we will re-create the Wave Swing Ride, Jump Rope, and other fun ideas. All materials included.

► 496010 \$130/4 sess
Apr 6-Apr 27 Sa 1:30pm-2:30pm
Grethel Serrano Rangel

STEM LAB Electrics

11-14 yrs

This is a four-session STEM program in which you will put into practice true engineering ideas. In this course, you will build an Electric Car and a Hybrid Excavator. All materials included.

► 499496 \$140/4 sess
May 4-May 25 Sa 1:30pm-2:30pm
Grethel Serrano Rangel

SPORTS

Badminton Lessons

Beginner I/II 8-10 yrs

The beginner I class focuses on the basic fundamentals: using the proper racket grip, practicing hitting the shuttle consistently with the proper form, and some basic footwork. The beginner II class will build on top of the level I class with adding more complex footwork, and learning different variety of shots: high clear, drop shot, net shot, drive, lifts, and smash. Please bring your own racquet. No class Jun 1.

► 494430 \$82.50/10 sess
Apr 13-Jun 22 Sa 11:15am-12:00pm
Raymond Wong

Badminton Lessons

Beginner II 10-14 yrs

The beginner II class will build on top of the level I class with adding more complex footwork, and learning different variety of shots: high clear, drop shot, net shot, drive, lifts, and smash. Please bring your own racquet. No class Jun 1.

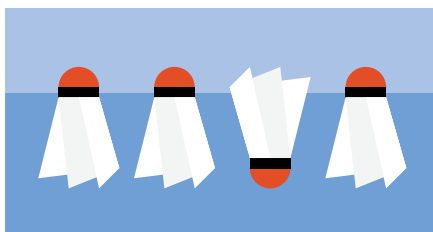
► 494434 \$110/10 sess
Apr 13-Jun 22 Sa 12:00pm-12:55pm
Raymond Wong

Badminton Lessons

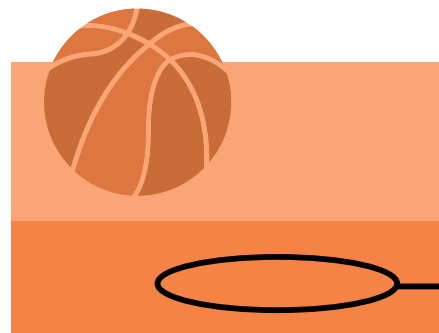
Intermediate 10-14 yrs

For players that has some experience playing badminton but needs to develop better form and footwork to take the game to the next level. In this class, students will be focusing on enhancing what they have learned from Beginner II class and further improving their badminton skills in all aspects of the game. This class is aimed as a continuation of the Beginner II class. (Class content: footwork-multiple corners, high clear, drop shots, net shot, drive, smash and defense). No class Jun 1.

► 494438 \$110/10 sess
Apr 13-Jun 22 Sa 12:55pm-1:55pm
Raymond Wong



Please note our Summer programs and Daycamps are in yellow



CHILDREN



SPORTS

Basketball • DRIVE Training Academy 6-12 yrs

Athletes develop the fundamentals while improving overall skills. The Training Academy program will allow athletes to advance as they progress with their skills, athleticism and confidence, learning the fundamentals of shooting, passing, triple threat, scoring moves and more. They will also be playing games and learning team concepts in a fun and competitive environment. Please bring a water bottle and dress in proper attire.

6-8 yrs

► 494403		\$110/11 sess
Apr 9-Jun 18	Tu	3:30pm-4:30pm
► 494404		\$110/11 sess
Apr 11-Jun 20	Th	3:30pm-4:30pm
► 494445		\$80/8 sess
Jul 2-Aug 20	Tu	3:30pm-4:30pm
► 494447		\$80/8 sess
Jul 4-Aug 22	Th	3:30pm-4:30pm

9-12 yrs

► 494410		\$137.50/11 sess
Apr 9-Jun 18	Tu	4:30pm-5:45pm
► 494412		\$137.50/11 sess
Apr 11-Jun 20	Th	4:30pm-5:45pm
► 494446		\$100/8 sess
Jul 2-Aug 20	Tu	4:30pm-5:45pm
► 494448		\$100/8 sess
Jul 4-Aug 22	Th	4:30pm-5:45pm

DRIVE Basketball Inc.

FAMILY BADMINTON COURT RENTALS

Available Thu and Sat in the summer. See online for details.

Kids Indoor Soccer 5.5-12 yrs

Cooperative games and basic soccer skills will be taught. Soccer provides a safe environment for children to play soccer, to learn about fair play, tolerance, inclusion, and respect, and to build confidence. No class May 20, May 27, Jun 3.

5.5-8 yrs

► 494442		\$85.50/9 sess
Apr 8-Jun 24	M	3:30pm-4:30pm
► 494449		\$38/4 sess
Jul 8-Jul 29	M	3:30pm-4:30pm

9-12 yrs

No class May 20, May 27, Jun 3.		
► 494443		\$108/9 sess
Apr 8-Jun 24	M	4:35pm-5:50pm
► 494450		\$48/4 sess
Jul 8-Jul 29	M	4:35pm-5:50pm

Raquel Quintanilla

Marpole Moresports Mini Soccer 5-13 yrs

Soccer boots and shin guards are recommended. Each session includes practice and gameplay. Free T-shirt. Classes held in Oak Park. No session May 20.

Co-ed • 5-7 yrs

► 495640		\$65/8 sess
Apr 6-Jun 1	Sa	10:15am-11:00am

Co-ed • 7-9 yrs

► 495641		\$70/8 sess
Apr 6-Jun 1	Sa	11:15am-12:15pm

Co-ed • 10-13 yrs

► 495642		\$70/8 sess
Apr 6-Jun 1	Sa	12:30pm-1:30pm

Moresports Coaches

SPORTS

Sportball Outdoor Soccer 5-7 yrs

Introduces fundamental concepts of gameplay and the basic skills required to bend it like Beckham in a supportive, non-competitive environment. Coaches zero in on throw-ins, dribbling, trapping and passing in fun, exciting, skill-focused games. Classes are outdoors, rain or shine; Parent is required to remain on the field for children's safety. Info at www.sportball.ca. No class May 20.

► 496352		\$108/6 sess
May 6-Jun 17	M	7:00pm-8:00pm

No class Aug 5

► 496396		\$108/6 sess
Jul 8-Aug 19	M	7:00pm-8:00pm

Sportball Vancouver

Kids Indoor Tennis Lessons 7.5-15 yrs

Young players with some experience continue to develop their skills through high energy, game-based lessons that use the ½ stage of the progressive tennis model. An emphasis is placed on inspiring a love for the game while building a strong technical foundation. Please bring your own racquet. Class takes place in the gymnasium.

Junior Aces • 7.5-10 yrs

► 498604		\$123.75/5 sess
Apr 13-May 11	Sa	2:05pm-3:00pm

No class Jun 1.

► 498610		\$123.75/5 sess
May 18-Jun 22	Sa	2:05pm-3:00pm

Youth Aces • 11-15 yrs

► 498607		\$135/5 sess
Apr 13-May 11	Sa	3:00pm-4:00pm

No class Jun 1.

► 498612		\$135/5 sess
May 18-Jun 22	Sa	3:00pm-4:00pm

Summer Smash Tennis

Outdoor Flag Football

Introduces concepts of gameplay and the basic skills in a supportive, non-competitive environment. Coaches zero in on throwing and catching, kicking/punting, and snapping and footwork in fun, exciting skill-focused play. Classes outside, rain or shine.

6-9 yrs

► 501603		\$108/6 sess
May 10-Jun 14	F	5:45pm-6:45pm

9-12 yrs

► 501606		\$108/6 sess
May 10-Jun 14	F	6:45pm-7:45pm

Sportball Vancouver

CHILDREN



MARTIAL ARTS

Go-Ju Ryu Karate 8 yrs+

For all ages! This program improves focus and self-discipline. Students learn at their own pace and gain confidence with mini-tests to determine progress. Parents are encouraged to take the class with their child.

► 494387		\$165/11 sess
Apr 10-Jun 19	W	6:30pm-8:00pm
► 494389		\$105/7 sess
Jul 10-Aug 21	W	6:30pm-8:00pm

George Chan

Self Defense Krav-Jitsu

Kids learn realistic street safety and effective self-defense in a fun and cooperative environment. Two multi-black belt instructors (male & female) teach striking, ground protection, weapons safety, escapes, rolls, falling, pad hitting and more.

5-8 yrs

► 496955		\$156/12sess
Apr 4-Jun 20	Th	6:15pm-7:00pm
► 496957		\$104/8 sess
Jul 4-Aug 22	Th	6:15pm-7:00pm

8-14yrs

► 496956		\$156/12sess
Apr 4-Jun 20	Th	7:10pm-8:10pm
► 496958		\$104/8sess
Jul 4-Aug 22	Th	7:10pm-8:10pm

Hit And Run Self Defense

PLEASE NOTE

Martial Arts classes: Waiver form must be completed for participation and handed in by first class.

Wushu/Kung Fu 6-16 yrs

This class introduces children to the basics and fundamentals of Wushu; a Chinese Martial Arts. Children will develop basic punching, kicking and forms techniques while learning discipline, respect, and self confidence. Please wear loose fitting clothing and clean (indoor only) flat rubber sole shoes. Uniform and shoes (\$100 for both, or \$70 for uniform only and \$40 for shoes only) required. No class May 20.

Beginner/Intermediate • 6-12 yrs

► 498107		\$120/8 sess
Apr 8-Jun 3	M	5:00pm-6:00pm
► 498113		\$120/8 sess
Apr 6-May 25	Sa	2:45pm-3:45pm
No class Aug 5		
► 498118		\$105/7 sess
Jul 8-Aug 26	M	5:00pm-6:00pm
► 498124		\$120/8 sess
Jul 3-Aug 21	W	5:15pm-6:15pm

Intermediate • 8-16 yrs

No class May 20.		
► 498105		\$120/8 sess
Apr 8-Jun 3	M	4:00pm-5:00pm
► 498112		\$120/8 sess
Apr 6-May 25	Sa	1:45pm-2:45pm
No class Aug 5		
► 498114		\$105/7 sess
Jul 8-Aug 26	M	4:00pm-5:00pm
► 498122		\$120/8 sess
Jul 3-Aug 21	W	4:15pm-5:15pm

Ken Low

MARTIAL ARTS

SunMither Taekwondo

6-15 yrs

Learning these new techniques will improve mental and physical development. Purchase of a uniform will be available for approximately \$60.

White/yellow stripe/yellow belt • 6-8 yrs

► 498505		\$132/12 sess
Apr 2-Jun 18	Tu	4:45pm-5:30pm
► 498518		\$132/12 sess
Apr 4-Jun 20	Th	4:30pm-5:15pm
► 498542		\$88/8 sess
Jul 2-Aug 20	Tu	4:40pm-5:25pm
► 498553		\$88/8 sess
Jul 4-Aug 22	Th	4:40pm-5:25pm

Green stripe/green and up belt • 9-15 yrs

► 498507		\$174/12 sess
Apr 2-Jun 18	Tu	5:30pm-6:30pm
► 498521		\$132/12 sess
Apr 4-Jun 20	Th	5:15pm-6:00pm
► 498548		\$116/8 sess
Jul 2-Aug 20	Tu	5:30pm-6:30pm
► 498554		\$88/8 sess
Jul 4-Aug 22	Th	5:25pm-6:10pm

Bahareh Dehkordi

KEES

Tae Kwon Do 5-15 yrs

Designed for self defense and unarmed combat, making use of the hands and feet for offense and defense techniques. Uniform required, \$70 plus tax.

Beginner/Intermediate • 5-7 yrs

No class May 20.

► 498561		\$121/11 sess
Apr 8-Jun 24	M	3:45pm-4:30pm
► 498568		\$132/12 sess
Apr 5-Jun 21	F	3:45pm-4:30pm
No class Aug 5		
► 498665		\$77/7 sess
Jul 8-Aug 26	M	3:30pm-4:15pm
► 498671		\$88/8 sess
Jul 5-Aug 23	F	3:30pm-4:15pm

Beginner/Intermediate • 8-15 yrs

No class May 20.

► 498565		\$121/11 sess
Apr 8-Jun 24	M	4:30pm-5:15pm
► 498624		\$132/12 sess
Apr 5-Jun 21	F	4:30pm-5:15pm
No class Aug 5		
► 498669		\$77/7 sess
Jul 8-Aug 26	M	4:15pm-5:00pm

All Levels • 8-15 yrs

► 498673		\$88/8 sess
Jul 5-Aug 23	F	4:15pm-5:00pm

Advanced • 8-15 yrs

► 498626		\$132/12 sess
Apr 5-Jun 21	F	5:15pm-6:00pm

MUSIC LESSONS



PIANO LESSONS

Piano Lessons Beginner

5yrs+

Love the world of music and the piano through enjoyable songs and pieces. Develop proper technique with fun exercises. Piano lessons cover dexterity, listening, rhythm and theory. Lessons are 30 minutes.

No class May 20

► 496445-496451 \$300/10sess

Apr 8-Jun 17 M 3:30pm-6:30pm

No class Aug 5

► 498427-498433 \$120/4sess

Jul 8-29 M 3:30pm-6:30pm

Musical Expressions

No class May 21

► 495851-495859 \$321/12sess

Apr 2-Jun 25 Tu 2:30pm-6:00pm

Roy Sun

► 495798-495804 \$294.25/11sess

Apr 3-Jun 12 W 5:00pm-8:00pm

► 495805-495811 \$240.75/9sess

Jul 3-Aug 28 W 5:00pm-8:00pm

Mahta Najafian Razavi

► 495749-495755 \$321/12sess

Apr 4-Jun 20 Th 3:30pm-6:30pm

► 495756-495762 \$321/12sess

Apr 5-Jun 21 F 3:30pm-6:30pm

No class Jun 1

► 495763-495768 \$294.25/11sess

Apr 6-Jun 22 Sa 9:15am-12:15pm

► 495777-495783 \$107/4sess

Jul 4-Jul 25 Th 3:30pm-5:30pm

► 495778-495787 \$107/4sess

Jul 5-Jul 26 F 3:30pm-5:30pm

Andrea Chang

No session Apr 13 and May 18

► 497170-497178 \$267.50/10sess

Apr 6-Jun 22 Sa 9:15am-2:15pm

No session Aug 3

► 497190-497194 \$160.50/6sess

Jul 13-Aug 24 Sa 9:15am-12:15pm

Fiorella Morales



Check out the weekly programs offered across Vancouver for 2STGD and 2SLGBTQIA+ folks of all ages.

vancouver.ca/park-board-pride

PRIVATE MUSIC LESSONS

Private Guitar or Ukulele Lessons 5yrs+

Have you always wanted to learn a string instrument? We offer private guitar or even ukulele lessons to get you started. This program is based on special interests and fundamental goals that serve the humble of beginners all the way to tomorrow's prodigies. All classes are set in a fun, stress free environment. All students are required to bring their own guitar or ukulele. No class May 20.

► 496452-496463 \$300/10sess

Apr 8-Jun 17 M 3:00pm-8:30pm

No class Aug 5

► 498434-498445 \$120/4sess

Jul 8-Jul 29 M 3:00pm-8:30pm

Musical Expressions

Private Flute Lessons 7yrs+

Enjoy private flute lessons and learn at your own pace. All levels are welcome, from beginners to students needing coaching in school band and orchestra programs. Lessons are scheduled in 30 minute time slots. All levels are welcome. Please bring your own flute. Music books are extra. For more information, see andreaminden.ca

► 497642-497645 \$232/8sess

Apr 16-Jun 4 Tu 4:00pm-5:30pm

Andrea Minden

Private Singing Lessons 10yrs+

No experience is necessary, all levels welcome. Gina brings more than 15 years of experience, both as a music instructor and professional operatic soprano. No classes May 15, 16, 18

► 496377-496380 \$261/9sess

Apr 17-Jun 19 W 10:00am-11:30am

► 496381-496386 \$290/10sess

Apr 11-Jun 20 Th 5:00pm-7:40pm

► 496387-496394 \$290/10sess

Apr 13-Jun 22 Sa 10:00am-1:45pm

► 498399-498406 \$145/5sess

Jul 10-Aug 7 W 3:30pm-7:15pm

► 498407-498414 \$145/5sess

Jul 11-Aug 8 Th 3:30pm-7:15pm

Gina Morel

Private Violin Lessons 6yrs+

Join as a complete beginner or tune up your violin skills. Students of all levels are welcome! Learn the violin in a supportive environment with a dedicated teacher, who will also provide you with information on how to get the appropriate size and type of violin. Preparation for the Royal Conservatory of Music exams is a possibility for those who wish to have their learning level recognized.

► 497032-497036 \$318/6sess

Apr 3-May 8 W 3:30pm-7:30pm

► 497037-497041 \$318/6sess

May 15-Jun 19 W 3:30pm-7:30pm

► 497060-497064 \$424/8sess

Jul 3-Aug 21 W 3:30pm-7:30pm

Ali Nourbakhsh

Please note our Summer programs and Daycamps are in yellow

DAYCAMPS & SPECIALTY CAMPS

REGISTRATION starts online/ in person **Mar 11@7pm** and **Mar 12 @10am** by phone

DAYCAMPS

Summer Fun Day Camp

5-12yrs

Each week all campers will go on a local outing using a combination of public transit and charter buses. Full schedule will be available by Jun 15th. An all day, fun-filled camp, children will participate in activities games, sports, drama, music, and crafts. Bring a backpack containing a snack, lunch, water bottle, sunscreen and a hat. Children must be completing kindergarten in June and be eligible for grade 1 in order to register for camp date.

Auditorium (6-8 yrs)

5 Day Week \$170/5 sess

4 Day Week \$136/4 sess

► 494347-494354

Week 1-8

Jul 2-Aug 25 M-F 9:00am-3:30pm

Basement (9-11 yrs)

5 Day Week \$170/5 sess

4 Day Week \$136/4 sess

► 494432-494441

Week 1-8

Jul 2-Aug 25 M-F 9:00am-3:30pm

Aftercare for daycamp 5-12 yrs

After camp care available for Marpole's daycamp program. Daily registration available space permitting. Pick-up from the Basement.

5 Day Week \$35/5 sess

4 Day Week \$28/4 sess

► 496902-496909

Week 1-8

Jul 2-Aug 25 M-F 3:30pm-5:00pm

DRAWING CAMPS

Cartoon Stories Workshop Camp • NEW 6-12yrs

We will draw human and animal cartoon characters in many different situations to practice depicting all types of facial and body expressions.

► 496291 \$210/5 sess

Jul 8-Jul 12 M-F 9:15am-12:15pm

Young Rembrandts

REFUND POLICY for daycamps

All refund requests are subject to a \$5 administration fee per program/per week and 7 calendar days notice is required Refunds requests cannot be done online.

DRAWING CAMPS WITH YOUNG REMBRANDTS

Baby Animals

Drawing Workshop

Camp • NEW

6-12yrs

Begin with the heartwarming realism of nature's young, from the gentle gaze of a fawn to playful otters. Transition into the whimsical Kawaii style, capturing those irresistibly cute, wide-eyed creatures. Add a twist as we imagine baby animals donning fashionable attire, blending humor with creativity. Dive into legends with mythical baby creatures, merging mystery with artistry.

► 496293

\$210/5 sess

Jul 8-Jul 12 M-F 12:45pm-3:45pm

Pastel Drawing Workshop Camp: Ocean Life 7-12 yrs

Learn pastel drawing and texturing techniques to illustrate whimsical ocean themed subjects.

► 496297

\$210/5 sess

Jul 29-Aug 2 M-F 9:15am-12:15pm

Pastel Drawing Workshop Camp: Colourful Animals 7-12 yrs

Learn pastel drawing and texturing techniques to illustrate critters filled with detail.

► 496298

\$210/5 sess

Jul 29-Aug 2 M-F 12:45pm-3:45pm

Fantasy Forest Drawing Workshop Camp 6-12 yrs

We will tap into our imagination while learning to draw otherworldly creatures like fairies, trolls and a forest queen.

► 496301

\$210/5 sess

Aug 19-Aug 23 M-F 9:15am-12:15pm

Anime/Manga

Workshop Camp 6-12 yrs

Artists will learn to draw their own anime style characters. This is a great way to perfect those skills and learn new manga tricks. Each day students will complete multiple pieces of artwork like customized faces, animals, sugoi action and more ARTastic drawings.

► 496302

\$210/5 sess

Aug 19-Aug 23 M-F 12:45pm-3:45pm

Young Rembrandts

DANCE CAMPS

Dance Sampler Camp

6-13 yrs

Refine cardio dance skills, footwork, strengthening, isolations, and more!

► 497872

\$168/4 sess

Jul 2-Jul 5 Tu-F 9:15am-12:15pm

► 499303

\$210/5 sess

Jul 15-Jul 19 M-F 12:15pm-3:15pm

► 497888

\$210/5 sess

Jul 29-Aug 2 Tu-F 9:15am-12:15pm

Musical Theatre Camp

6-13 yrs

Learn the technical and artistic aspects of a musical theatre performance, including minimal singing, acting and dancing, and choreographed routines.

► 497873

\$168/4 sess

Jul 2-Jul 5 Tu-F 12:15pm-3:15pm

► 499304

\$210/5 sess

Jul 15-Jul 19 M-F 9:15am-12:15pm

► 499305

\$210/5 sess

Jul 29-Aug 2 Tu-F 12:15pm-3:15pm

► 499306

\$210/5 sess

Aug 26-Aug 30 M-F 12:15pm-3:15pm

Praise TEAM

Hip Hop, Dance, Stretch & Strength Camp 6-13 yrs

Through breathing, strengthening, and stretching, students will have a better understanding of their bodies and develop proper muscle memory.

► 497905

\$210/5 sess

Aug 26-Aug 30 M-F 9:15am-12:15pm

VPS Junior Camps 6-10 yrs

A week of singing, acting, and dancing, to create a mini musical for a parent presentation. Bring a snack and water.

Junior Dance Camp: Sing

► 505148

\$200/4 sess

Aug 6-Aug 9 Tu-F 11:15am-3:15pm

Junior Musical Camp: Trolls

► 497146

\$250/5 sess

Aug 19-Aug 23 M-F 11:15am-3:15pm

Vancouver Performing Stars

Hip Hop Breakers Dance Camp

6-9 yrs

Hip-hop, breakdancing, games and a dynamic choreography to improve coordination, musicality and expression.

► 497779

\$109/5 sess

Jul 8-Jul 12 M-F 2:00pm-3:15pm

► 497453

\$109/5 sess

Jul 22-Jul 26 M-F 2:00pm-3:15pm

► 497787

\$109/5 sess

Aug 12-Aug 16 M-F 2:00pm-3:15pm

Endorphin Rush Dance

SPORTS CAMPS

Sportball Outdoor Multisport Camp 5.5-7 yrs

Sportball's action-packed summer camps introduce children to a variety of ball sports and activities PLUS snack time, stories, co-operative games and more! Camps will run outdoors, rain or shine. Please bring a hat, sunscreen, a labelled water bottle and a nut free lunch or snack.

► 497445		\$225/5 sess
Jul 8-Jul 12	M-F	1:00pm-4:00pm
► 499204		\$225/5 sess
Jul 15-Jul 19	M-F	1:00pm-4:00pm
► 499206		\$225/5 sess
Jul 29-Aug 2	M-F	1:00pm-4:00pm
► 499207		\$225/5 sess
Aug 12-Aug 16	M-F	1:00pm-4:00pm
► 499208		\$225/5 sess
Aug 19-Aug 23	M-F	1:00pm-4:00pm
Sportball Vancouver		

Kids Basketball Camp 7-12 yrs

A focus on developing playing skills; understanding and playing as a team on both offense and defense; improving shooting skills and providing conditioning exercises. Please bring a water bottle and dress in proper attire.

► 499269		\$198/4 sess
Jul 2-Jul 5	Tu-F	10:45am-3:15pm
► 499270		\$220/5 sess
Aug 26-Aug 30	M-F	12:45pm-4:45pm
Drive Basketball		

Kids Indoor Tennis Camp 6-10 yrs

Have fun developing throwing, catching, footwork, and racquet skills. Enjoy various activities that aid in motor skill development and physical literacy. Please bring your own racquet.

Mini Aces Development Camp • 6-7.5 yrs

► 499259		\$115/5 sess
Aug 26-Aug 30	M-F	9:15am-10:15am

Junior Fundamentals and Aces Camp • 7.5-10 yrs

► 499261		\$258.75/5 sess
Aug 26-Aug 30	M-F	10:15am-12:30pm
Summer Smash Tennis		

REFUND POLICY for daycamps

All refund requests are subject to a \$5 administration fee per program/per week and 7 calendar days notice is required. Refunds requests cannot be done online.

ROBOTICS CAMPS

Zen Maker Lab Camps

See online for program descriptions.

Creative Makers & Illustration 6.5-8 yrs

► 502040		\$375/5 sess
Aug 12-Aug 16	M-F	9:15am-3:15pm

Jr. Coding: Code Breaker 6.5-8 yrs

► 502039		\$375/5 sess
Aug 19-Aug 23	M-F	9:15am-3:15pm
Zen Maker Lab		

Brick Animation Camp 7-12 yrs

Bring your movie-making ideas to life by creating a stop-motion Brick Animation mini movie, using LEGO® Movie Maker Software and LEGO® elements! Teams of students will create a mini-movie using a large and exciting variety of LEGO® sets and themes! In a fun and supportive environment, students will learn the basic techniques of Brick Animation including movement, timing, effects, editing, voice overs, and more! All equipment is provided.

► 497790		\$175/5 sess
Aug 26-Aug 30	M-F	10:00am-12:00pm
Tomorrow's Playground		

WEDO 1 Robotics Camp 6-11 yrs

Students will develop their skills in science, technology, engineering, and mathematics (STEM). Using LEGO® elements, teams will build robots with a working motor, sensors, and gears, and then program their models using block coding! All equipment provided.

► 497791		\$175/5 sess
Aug 26-Aug 30	M-F	12:30pm-2:30pm
Tomorrow's Playground		

Spike Robotics Camp 8-12 yrs

In this STEAM-based program, teams of students will learn to design, program, and control Robots and other mechanisms with the use of motors, sensors and gears, and engage in exciting Fun Challenges! Using Scratch coding, students can build, program, and test their solutions based on real-life robotics technology.

► 497793		\$225/5 sess
Aug 26-Aug 30	M-F	3:00pm-5:00pm
Tomorrow's Playground		

TECH CAMPS

Byte Camp • Music Video Production 9-12 yrs

Make your own music and music video! Camp time will be split between digital music composition, video filming and editing. Use amazing software tools to craft your very own song from scratch. We will show you the basics of beats, baselines, chords, and melodies. Experiment with video, special effects, and TikTok style editing techniques to make your own video as cool as your tune.

► 494585		\$395/5 sess
Jul 15-Jul 19	M-F	9:15am-4:15pm
Byte Camp		

Byte Camp • Introduction to Coding 9-12 yrs

Discover how much fun it is to build your own game! Students will be introduced to basic coding skills with Scratch and get to use those skills to make their very own games. Students will learn how to create their own 2D vector artwork to make characters and levels that are entirely their own. The final project is a game that you can access and play or proudly share with friends online.

► 494586		\$395/5 sess
Jul 22-Jul 26	M-F	9:15am-4:15pm
Byte Camp		

Byte Camp • Claymation Movie Production 9-12 yrs

Make your own clay characters come to life, just like Shaun the Sheep! Participants will work to build their own clay characters, sets and props; develop their own script; shoot their movie scenes; and then learn to edit and add sounds and special effects to complete the whole project.

► 494587		\$340/4 sess
Aug 6-Aug 9	Tu-F	9:15am-4:15pm
Byte Camp		

Byte Camp • 2D Animation on Tablet 9-12 yrs

Turn your drawing skills into awesome animation skills on our tablets! We'll show you how to make beautiful animations as wild as your imagination. Participants will learn to storyboard and use some advanced animation skills and principles to make their characters really come alive on the screen.

► 494588		\$395/5 sess
Aug 26-Aug 30	M-F	9:15am-4:15pm
Byte Camp		

PRE-TEEN

■ YOUTH LEADERSHIP

Youth Leadership Camp

11-14yrs

Youth Camp is all about building leadership and communication skills, preparing for future volunteering, discussions, planning group projects, and building our confidence. Each week we will have discussions, interactive workshops, and leadership games and activities. Our goal is to support youth in the issues that matter to them and to create a safe and fun space for youth to share their ideas and perspectives.

► 496033			\$120/4 sess
Jul 2-Jul 5	Tu-F	9:30am-4:00pm	
► 496037			\$150/5 sess
Jul 8-Jul 12	M-F	9:30am-4:00pm	
► 496043			\$150/5 sess
Jul 15-Jul 19	M-F	9:30am-4:00pm	
► 496044			\$150/5 sess
Jul 22-Jul 26	M-F	9:30am-4:00pm	
► 496045			\$150/5 sess
Jul 29-Aug 2	M-F	9:30am-4:00pm	
► 496055			\$120/4 sess
Aug 6-Aug 9	Tu-F	9:30am-4:00pm	
► 496056			\$150/5 sess
Aug 12-Aug 16	M-F	9:30am-4:00pm	
► 496057			\$150/5 sess
Aug 19-Aug 23	M-F	9:30am-4:00pm	
Day Camp Staff			

■ SOCIAL

PRE-TEEN CLUB

April 5	Rock Painting
April 12	Breakfast for Dinner
April 19	Marpoles Got Talent
April 26	Create a Superhero Mask
May 3	Touch & Feel: Guess What It Is
May 10	Scavenger Hunt
May 17	DIY Pizza
May 24	Game Night
May 31	Create a Summer Time Capsule
June 7	Balloon Ping Pong
June 14	Water Balloon Toss
June 21	Tye Dye
June 28	DIY Water Squirters



SCAN THAT ONECARD!

Sign up for a OneCard to scan in each time you visit!

YOUTH WEEK!



Queer Prom 13-18 yrs

May 3 F 6:00pm-8:30pm



Inviting 2SLGBTQAI+ youth and their allies to join in on an evening of fun to celebrate youth in a safe and inclusive space. There will be dancing, music, refreshments, photo booth, and more. For more information contact queerinclusion@vancouver.ca

Skate Jam 9-18 yrs

May 4 Sa 1:00pm-4:00pm



Activity #496786

Annual skate event and demos at the Downtown Skate Plaza. All levels welcome. Contact Jannet Cincoleon at jannet.cincoleon.vancouver.ca. Free event in partnership with the Vancouver Skate Coalition

Volleyball Tournament 13-18 yrs

May 7 Tu 3:30pm-8:30pm



Activity # 496677

Register as a team or individual. Teams must have a mixed-gender component. Prizes! All abilities welcome. Contact Emily Hoang at emily.hoang@vancouver.ca

For up-to-date info and other events visit bcyouthweek.com

YOUTH WEEKLY SPRING/SUMMER SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
Youth Room Drop-in 3:00-5:00pm	Youth Room Drop-in 4:00-5:30	Youth Room Drop-in 4:00-6:00pm	Newcomer Drop-in 3:15-5:15pm	Youth Room Drop-in 4:00-5:00
Art Space 3:30-5:00pm	Cooking Program Drop-in 3:30-5:30pm (\$3/session)	Youth Open Gym 3:15-4:25 3:20-4:30	Youth Room Drop-in 4:00-6:00	Youth Badminton 3:15-4:45
SNACK BAR HOURS MON-THURS 3:30pm-5:30pm Friday 3:30pm-7:00pm Saturday 10:00am-2:00pm	Youth Table Tennis 3:15-4:30pm	Youth Volleyball 4:30-5:45 4:35-5:45	Resume & Cover Letter Support 4:00-5:00pm 5:00-6:00pm	Youth Basketball 4:50-6:20 3:30-5:00
SNACK SHACK HOURS TUE-FRI 12:00-5:00pm (Playground near Field House)		Youth Table Tennis 3:15-3:55		Youth Table Tennis 3:15-7:30pm

■ JUL - AUG

SOCIAL

Cooking Drop-In 13-18 yrs

Let's cook! Each week we will make a different recipe from scratch, including meal prep, cook, eat, and clean and four spots are available per week for drop-in, drop-in pay early at the front desk. No session May 7 & June 4.

► 494469 \$3 drop-in or \$27/9 sess
Apr 9-Jun 18 Tu 3:30pm-5:30pm
Youth Leader

Newcomer Youth Drop-in 13-18 yrs

Every week drop by the youth room and socialize and become familiar with our community; featuring presenters, activities, community leaders, workshops, and opportunities for bonding.

► 494472 Free
Apr 4-Jun 27 Th 3:15pm-5:15pm
Youth Staff

Resume & Cover Letter Support 15-18 yrs

Looking for a job this summer? Do you need help with your resume, cover letter, or interview skills? Sign up for a one hour time slot. Bring volunteer/employment information, certifications, trainings/education info with you. No session May 30.

► 499958-499975 Free
Apr 18-Jun 20 Th 4:00pm-5:00pm/5:00pm-6:00pm
Community Youth Worker

Youth Karaoke Fridays 13-18 yrs

Karaoke Fridays, come and sing along with us! All youth are welcome to drop in. All youth are required to scan their one card upon arrival. If you still need one, come see the community youth worker in the youth room.

► 495664 Free
Apr 5-Jun 28 F 5:30pm-7:30pm
Youth Staff

SCAN THAT ONECARD!

Sign up for a OneCard to scan in each time you visit!

Yoga for Teens 13-18 yrs

Includes mindful poses and breathing exercises to help with thoughts, emotions, and physical sensations. This can provide teens with some calm time for self-reflection and introspection, increasing self-awareness.

► 501601 \$15 drop-in or \$60/4 sess
Apr 11-Ma 2 Th 4:00pm-5:00pm
► 502836 \$15 drop-in or \$60/4 sess
Ma 9-Ma 25 Th 4:00pm-5:00pm
Robegiene Farinas

OUTINGS

Night at the Movies 13-18 yrs

The movie will be selected a week in advance. Meet in the youth room with a signed waiver form. Bring good walking shoes, we will be walking to Cineplex on Marine and Gateway.

► 494474 \$5/1 sess
May 7 Tu TBA
► 494476 \$5/1 sess
Jun 4 Tu TBA
► 494481 \$5/1 sess
Jul 9 Tu TBA
► 494483 \$5/1 sess
Aug 6 Tu TBA
Youth Staff

Clip 'n Climb 13-18 yrs

Join us on this challenging sport of indoor rock climbing! All levels are welcome.

► 495686 \$35/1 sess
Apr 26 F 4:00pm-8:00pm
Youth Staff

Richmond Night Market 13-18 yrs

Enjoy a night at the Richmond Night Market with friends. Admission and bus fare are included, but you are encouraged to bring money for personal expenses.

► 495714 \$10/1 sess
May 24 F 4:00pm-8:00pm
Youth Staff

Night Hoops Skills & Drills 12-16yrs

► 501595 Free
Apr 12-Jun 14 F 6:30pm-8:00pm
Night Hoops Coaches

LEADERSHIP

MO Youth Council 13-18 yrs

The MOYC plans organizes, and implements special events, programs, out-trips, fundraisers and activities for other youth and families in the community. Things we are working on this spring: Earth Day, Marpole Rack (clothing swap), Youth Week activities, and Fundraisers.

► 494470 Free/11 sess
Apr 3-Jun 12 W 4:00pm-5:30pm
MO Youth Council Members

Youth Volunteer Orientation 13-18 yrs

Mandatory orientation for youth planning to volunteer for MOCC programs, special events and youth council. Training will provide information on volunteer rights & expectations, guidelines, emergency procedures, volunteer opportunities, and volunteer sign-up. The next volunteer intake will be in September.

► 499500 Free/1 sess
Apr 5 F 5:30pm-7:00pm
Youth Staff

Day Camp Volunteer Orientation 13-18 yrs

Mandatory for those youth obtaining a volunteer position this summer. The training will provide information on safety, volunteer rights & expectations, emergency procedures, behaviour management, and activity/game planning.

► 495633 Free/1 sess
Jun 19 W 4:00pm-5:30pm
Youth Leader

HIGH FIVE® Certification 13-18 yrs

HIGH FIVE® Principles of Healthy Child Development (PHCD) is a 4-hour training that will help front-line leaders (anyone working with children aged 4 to 12) with the tools to immediately enhance the quality of the programs they are leading.

► 495974 \$35/1 sess
May 17 F 12:00pm-4:00pm
Derek Linwood

FITNESS CENTRE + FACILITY RENTALS

Fitness Centre

Prices do not include tax and are subject to change

	Adult 19-64 yrs	Youth 13-18 yrs	Senior 65 yrs+
Drop-in • Single Visit	\$7.41	\$5.19	5.19
10-Visit Pass*	\$66.69	\$46.71	\$46.71
Flexipass • 1-month	\$59.95	\$41.96	\$41.96
Flexipass • 3-month	\$161.87	\$113.31	\$113.31
Flexipass • 12-month	\$517.97	\$362.58	\$362.58
<i>Please note: Passes are not accepted at Sunset fitness centre</i>			

Racquetball Courts

Prices do not include tax. Admission includes access to the courts and fitness centre.

	Adult 19-64 yrs	Youth 13-18 yrs & Seniors 65+	10-visit pass
Prime time (45 mins) • Mon-Fri, 3pm to closing • Weekends all day	\$17.63	\$12.34	\$158.67
Non-prime time (45 mins) • Mon-Fri, 9am-3pm	\$12.59	\$8.81	\$113.31
Singles • For individual practice and play • No reservations	\$8.81	\$6.17	

Personal Training Fees

Prices do not include tax and are subject to change

	Private 1 person	Semi-Private 2 person	Group 3-4 people
1 Session	\$61.66	\$92.46	\$129.70
3 Session	\$170.87	\$256.35	\$347.38
5 Session	\$274.83	\$423.22	\$509.51
10 Session	\$493.36	\$785.98	\$926.37

FITNESS

Fitness for Youth

Guided four week program for Youth ages 13-18 years. A completed Par-Q and consent form are required prior to participation.

► 500661

FREE with fitness centre admission

Apr 5-Jun 28 F 3:30pm-4:30pm



SAUNA & WHIRLPOOL • Hours of Operation

- Mon to Thu: 9am-1:45pm & 3:30pm-8:45pm (closed daily 1:45pm-3:30pm)*
- Fri (Spring): 9am-1:45pm & 3:15pm-7:45pm (closed daily 1:45pm-3:15pm)*
- Fri (Summer): 9am-4:45pm
- Sat (Spring): 9am-3:45pm
- Sat(Summer): 9am-12:45pm

FITNESS CENTRE

Hours of Operation
• See p.2

Room Rentals

More information at www.marpoleoakridge.org • Prices do not include tax and are subject to change

Room Max Capacity	Dimensions	Non-Prime Time (operating hours)	Prime Time (after hours)
Gymnasium • Sports Only (100)	90' x 64'	\$48	\$76
Auditorium (100)	72' x 24'	\$44	\$72
Upper Lounge (70)	48' x 30'	\$44	\$72
Club Room (50)	49' x 20'	\$37	\$65
Social Room (30)	29' x 22'	\$27	\$55
Lower Lounge (30)	26' x 20'	\$27	\$55

**Additional Fees may apply depending on the nature of the rental (e.g. SOCAN and ReSound Fees, Staffing, Damage Deposits, Insurance) **

AEROBICS SCHEDULE • Apr 8-Jun 28 and Jul 2-Aug 24

Group Fitness

Monday* Apr 8-Jun 24 Jul 8-Aug 19	Tuesday Apr 9-Jun 25 Jul 2-Aug 20	Wednesday Apr 10-Jun 26 Jul 3-Aug 21	Thursday Apr 11-Jun 27 Jul 4-Aug 22	Friday Apr 12-Jun 28 Jul 5-Aug 23	Saturday* Apr 13-Jun 22 Jul 6-Aug 24
Step & Strength 9:20am-10:20am Rilla ▶ 496976 ▶ 497009	Tabata & Stretch 9:20am-10:20am Sarah ▶ 496977 ▶ 497010	Muscle Madness 9:20am-10:20am Charlene ▶ 496972 ▶ 497005	Zumba 9:20am-10:20am Marina ▶ 496981 ▶ 497014	HIIT 9:20am-10:20am Bonnie ▶ 496971 ▶ 497004	Zumba 9:15am-10:15am Marina ▶ 496982 ▶ 497015
Refit 10:25am-11:25am Don ▶ 496973 ▶ 497006		Refit 10:25am-11:25am Sarah ▶ 496974 ▶ 497007 <i>No class Jul 3</i>		Refit 10:25am-11:25am Bonnie ▶ 496975 ▶ 497008 <i>No class Jul 5</i>	
Total Body Conditioning 6:00pm-7:00pm Katy ▶ 496979 ▶ 497012	Zumba 6:00pm-7:00pm Marina ▶ 496980 ▶ 497013	Total Body Conditioning 6:00pm-7:00pm Don ▶ 496978 ▶ 497011	*No classes Mon May 20, Sat Aug 3, Mon Aug 5 <i>Gymnasium closed April 2-6 due to floor refinishing</i>		

FITNESS

High Intensity (HIIT) Interval Training

A full-body 60-minute high intensity interval class consisting of 70% cardio and 30% strength training. The equipment, moves, format and music will be ever-changing! High and low modifications will be provided.

Apr 12-Jun 28 F 9:20am-10:20am
Jul 12-Aug 23 F 9:20am-10:20am

Muscle Madness

This full body workout is designed to increase strength, mobility and stability using weights, resistance bands and your own body weight. Suitable for all fitness levels.

Apr 10-Jun 26 W 9:20am-10:20am
Jul 3-Aug 21 W 9:20am-10:20am

Refit

A complete workout incorporating hi/low cardio, progressively challenging strength exercises using weights and bands, core work and a relaxing stretch. Options provided throughout.

Apr 8-Jun 24 M 10:25am-11:25am
Jul 8-Aug 19 M 10:25am-11:25am
Apr 10-Jun 26 W 10:25am-11:25am
Jul 10-Aug 21 W 10:25am-11:25am
Apr 12-Jun 28 F 10:25am-11:25am
Jul 12-Aug 23 F 10:25am-11:25am

Step and Strength

A total body conditioning class using the step for cardio, weights for strength work and a mat for stretching to end the class. Moderate to challenging with options provided.

Apr 8-Jun 24 M 9:20am-10:20am
Jul 8-Aug 19 M 9:20am-10:20am

Tabata & Stretch

Get ready to move with bursts of cardio combined with resistance band strength using your own body weight. Work at your own pace. Stretch to follow.

Apr 9-Jun 25 Tu 9:20am-10:20am
Jul 2-Aug 20 Tu 9:20am-10:20am

Total Body Conditioning

This class will provide a combination of exercises, cardio routines, core work, and agility drills with a cool down stretch. It will give you a fun, challenging workout and a functionally fit core.

Apr 10-Jun 26 W 6:00pm-7:00pm
Jul 10-Aug 21 W 6:00pm-7:00pm
Apr 8-Jun 24 M 6:00pm-7:00pm
Jul 8-Aug 19 M 6:00pm-7:00pm

Zumba

Zumba is a mix of dance and fitness: a fusion of Latin and international music and movement.

Apr 9-Jun 25 Tu 6:00pm-7:00pm
Jul 9-Aug 20 Tu 6:00pm-7:00pm
Apr 11-Jun 27 Th 9:20am-10:20am
Jul 4-Aug 22 Th 9:20am-10:20am
Apr 13-Jun 22 Sa 9:15am-10:15am
Jul 6-Aug 24 Sa 9:15am-10:15am

Fees

	Adult 19-64 yrs	Senior 65 yrs+
Drop-In	\$6.19	\$5.23
10 Ticket	\$55.24	\$41.19
1 Month Aerobics Pass	\$57.62	\$49.05
FitPass Spring Unlimited Apr 8-Jun 24	\$147	\$123.60
FitPass Summer Unlimited Jul 2-Aug 24	\$98.10	\$82.38

Prices do not include GST

ADULTS



FITNESS

Cardio Pilates 19yrs+

A fusion of classic Pilates movements, fat burning cardio exercises and full body strengthening exercises with use of hand weights, flex bands and small stability balls. This energizing workout improves cardiovascular endurance, core balance, and lengthens and tones entire body. No class Apr 24. Drop-in \$14.29 + tax.

► 498389		\$130.96/11 sess
Apr 3-Jun 19	W	6:00pm-7:00pm
► 498390		\$95.24/8sess
Jul 3-Aug 21	W	6:00pm-7:00pm
Emily O.Chan		

Hatha Yoga 19yrs+

Enjoy the classic postures of Hatha Yoga to stretch and release tired muscles. Breathwork detoxifies and energizes. We finish with long, deep relaxation to refresh and revitalize. Drop-in space permitting \$15.24 plus tax.

► 496899		\$105/9sess
Apr 3-May 29	W	9:30am-10:30am
► 496900		\$105/9sess
Jun 5-Jul 31	W	9:30am-10:30am
► 496901		\$46.66/4sess
Aug 7-Aug 28	W	9:30am-10:30am
Janet Ward		

Iyengar Yoga 19yrs+

The Iyengar method is adaptable to suit individual needs. Increased flexibility, reduced risk of injury, enhanced fitness for sports, relaxation for the mind and an increase of self-confidence are a few of the benefits. Drop-in \$21.43 + tax.

► 496959		\$180/10sess
Apr 6-Jun 22	Sa	9:30am-11:00am
Grant Richards		
► 496960		\$234/13sess
Apr 4-Jun 27	Th	6:00pm-7:30pm
► 496962		\$162/9sess
Jul 4-Aug 29	Th	6:00pm-7:30pm
No class Aug 3		
► 496961		\$112/7sess
Jul 6-Aug 24	Sa	9:30am-10:30am
Renee Bruinsma		



MARTIAL ARTS

Iaido

19yrs+

Iaido is the traditional Japanese martial art of drawing and cutting with the samurai sword. The purpose of Iaido is to develop awareness, centeredness, sincerity, a calm mind, and mental and physical harmony through the practice of traditional sword techniques. Beginners are welcome to join. Drop in \$11.90 + tax.

► 497744		\$125.71/12sess
Apr 5-Jun 21	F	5:45pm-7:15pm
► 497746		\$83.81/8sess
Jul 3-Aug 21	W	5:45pm-7:15pm
Peter Pao		

Tai Chi Learn and Practice

19yrs+

Join this dedicated group to learn and practice Tai Chi 24, 48 and 85 form. The 85 form is true traditional Tai Chi with greater health benefits. All levels are welcome. Drop-in \$2.62 + tax.

► 497717		\$23.57/11sess
Apr 9-Jun 18	Tu	10:00am-11:30am
► 497718		\$17.14/8sess
Jul 2-Aug 20	Tu	10:00am-11:30am
Jack Fong		

Marpole Music Jam

Come jam and meet new people at Marpole! Guitar players, singers, bring your voice and/or instrument to play and have a great time with other musicians. Very casual sessions. Music style; Americana, Classic Rock, Pop, Country, Folk and Sea Shanties.

► 503936		FREE
Apr 3-Jun 19	W	6:30pm-8:00pm

Tai Chi Lessons:

24 Set Movements 19yrs+

Tai Chi is an ancient Martial Art that is practiced in slow and soft movements, with self-defense application meanings. It helps the practitioner to develop body coordination, balance and inner strength. In recent years, Tai Chi has also been standardized in various sets.

► 498383		\$95.24/10sess
Apr 2-Jun 4	Tu	6:00pm-7:00pm
► 498387		\$76.19/8sess
Jul 2-Aug 20	Tu	6:00pm-7:00pm
Lai Chun Cheung		

Health Qigong

19yrs+

Health Qigong helps the practitioner to strengthen the internal organs and the external limbs and joints through proper breathing, coordinated by soft body movements. It also enhances mental focus. The standardized sets of Health Qigong are widely practiced in 54 countries, helping millions of people to live healthier lives.

► 498385		\$95.24/10sess
Apr 2-Jun 4	Tu	7:10pm-8:10pm
► 498386		\$76.19/8sess
Jul 2-Aug 20	Tu	7:10pm-8:10pm

Lai Chun Cheung

Please note our Summer programs and Daycamps are in yellow

ADULTS



DANCE

Intro to Ballet 19 yrs+

This is a beginners ballet class for those with little or no dance experience. Learn the basic positions, barre exercises, simple centre work and most of all, the joy of movement with your body. Wear ballet slippers or socks to class and have fun. No class May 20

► 501678 \$129.52/8 sess
Apr 15-Jun 10 M 5:30 PM-7:00 PM
Kuei-ming Lin

Ballroom Dance 19 yrs+

Come learn the waltz, tango, viennese waltz, slow foxtrot and the quickstep. Stay active by learning to ballroom dance. No partner required. No dance experience required.

► 501679 \$110/11 sess
Apr 9-Jun 18 Tu 10:00 AM-11:30 AM
Raf Chen

Ballroom Dance 19 yrs+

Come learn the rumba, samba, cha cha, paso double and jive. Stay active by learning to ballroom dance. No partner required. No dance experience required.

► 501681 \$110/11 sess
Apr 11-Jun 20 Th 10:00 AM-11:30 AM
Raf Chen

The Joy of Acrylic Painting 19 yrs+

Learn a new way to express your creativity! In this unique oil painting in acrylic style course, the class will learn a step by step demonstration to paint a beautiful image each session using a new technique with oil paint. Materials included.

► 503951 \$135/8 sess
Apr 24-Jun 12 W 10:00 AM-12:00 PM
Philip Tsang

The Joy of Drawing 19 yrs+

Learn and improve your drawing skill and technique such as still lifes, landscapes, animals, portraits and many more. The drawing demonstrations will be provided. Drawing materials are included.

► 503952 \$117/8 sess
Apr 25-Jun 13 Th 10:00 AM-11:30 AM
Philip Tsang

DANCE

Line Dance with Vivian

19yrs+

Classes will be conducted mainly in English, Chinese translation available if needed. It is a beginner/high beginners level. Dances will be include; Cha Cha, Mambo, Waltz, Rumba, Samba! First 30 minutes will be easy slow dances then little faster music for the second half of the lesson. Drop-in \$6.66 + tax, if space permits.

Beginner

► 497673 \$62.86/12sess
Apr 12-Jun 28 F 1:30pm-3:00pm

Beginner Plus

No classes May 20

► 497674 \$57.62/11sess
Apr 8-Jun 24 M 1:30pm-3:00pm

No classes Aug 5

► 497713 \$36.66/7sess
Jul 8-Aug 26 M 1:45pm-3:15pm

Intermediate

► 497675 \$62.86/12sess
Apr 10-Jun 26 W 1:30pm-3:00pm

► 497712 \$41.90/8sess
Jul 10-Aug 28 W 1:45pm-3:15pm

Belly Dance For Fun and Fitness

19 yrs+

The ancient art of getting together and celebrating life to middle eastern, Egyptian and North African music and drum beats. Learn the movements that help strengthen your core, your pelvic floor. Drop-in \$14. No class May 20

► 501677 \$113.40/9 sess
Apr 15-Jun 17 M 7:00 PM-8:00 PM
Sylvie Royer

Line Dance with Ember

19yrs+

Intermediate dances will be taught during this class. Previous line dance/dance experienced required. Faster paced than the other classes but still focused on a variety of genres of music and dance and fun. Drop-in \$6.66 + tax. No classes Apr 13, Apr 18, Jul 27 and Aug 3.

Beginner Plus

► 497072 \$41.90/8sess
Apr 4-May 30 Th 6:30pm-8:00pm

► 497073 \$36.66/7sess
Apr 6-May 25 Sa 11:30am-1:00pm

► 497090 \$36.66/7sess
Jul 11-Aug 22 Th 6:30pm-8:00pm

► 497091 \$31.43/6sess
Jul 13-Aug 17 Sa 11:00am-12:30pm

Intermediate

► 497076 \$36.66/7sess
Apr 6-May 25 Sa 1:15pm-2:15pm
Ember Schira

Line Dance with Karen

19 yrs+

Have fun and get fit! Music and classes in Cantonese and Mandarin. Drop-in \$6.66 + tax, if space permits.

► 501683 \$66/12 sess
Apr 9-Jun 25 Tu 1:00 PM-2:30 PM

► 501684 \$66/12 sess
Apr 11-Jun 27 Th 1:00 PM-2:30 PM

► 501685 \$44/8 sess
Jul 2-Aug 20 Tu 1:00 PM-2:30 PM

► 501686 \$44/8 sess
Jul 4-Aug 22 Th 1:00 PM-2:30 PM

Karen Tsai

ADULTS



SPORTS

Pickleball Stage 1: Learn to Play

19yrs+

Come try this fun, popular, easy-to-learn, and exciting sport that combines elements of badminton, tennis and table tennis. This class is designed for beginner players or intermediate beginners who have never played or have only played a few times. You will learn the correct form and technique to execute shots as well as to move safely and efficiently around the court. Equipment provided. After you complete this class, please enroll in the STAGE 2.

► 497748	\$150/5sess
Apr 9-May 7	Tu 10:45am-12:45pm
► 501866	\$120/4 sess
Aug 26-29	M-Th 5:00pm-7:00pm

Mona Lee

Pickleball Stage 2: Skills & Drills

19yrs+

This class is for those who completed STAGE 1: LEARN TO PLAY. This fun, focused and fast-paced session is perfectly suited for intermediate players who are looking to move to the next level. Participants will be put through a wide range of cooperative and competitive drills that will be both challenging and fun. Paddles, balls and all equipment will be provided.

► 497747	\$150/5sess
May 14-Jun 11	Tu 10:45am-12:45pm

Mona Lee

Pickleball Lessons 19 yrs+ Intermediate • Set 1

The fundamentals of how and where to serve are crucial to elevating your gameplay. This course will up your game with the crucial skills necessary to do all three important shots. The grip, set-up, impact point, sensation and recovery will be covered and practiced in this session.

► 497129	\$80/4 sess
Apr 17-May 8	W 1:50pm-3:05pm

Intermediate • Set 2

The transition zone is the space that offers both defensive and offensive opportunities, and mastering play in this zone can be a game-changer. This course will cover the technical fundamentals of the grip, set up, impact and recovery for each shot as the player transitions from the base line to the non-volley line (NVL). The technicality of when and how to transition based on the shot from base line to transition zone and finally to the NVL will be covered and practiced through various drills. With the right Strategies and Drills, players can effectively utilize the Transition zone to their advantage.

► 503305	\$80/4 sess
May 15-Jun 5	W 1:50pm-3:05pm

Jamal Harb

FAMILY BADMINTON COURT RENTALS

Available Thu and Sat in the summer. See online for details.

SPORTS

Pickleball Court Rental

19yrs+

Each registration is for one court, max 4 players. Players must supply their own paddles and pickleballs.

► 501234-501243	\$15.24/1 sess
Weekly Apr 15-Jun 24 M 1:50 PM-3:05 PM	

Advanced Doubles Badminton

19yrs+

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 permits. Please bring own equipment and birdies.

► 497123	\$68.57/12sess; Drop-in \$6.66
Apr 11-Jun 27	Th 7:10pm-9:00pm
► 498839	\$51.43/9 sess; Drop-in \$6.66
Jul 4-Aug 29	Th 7:10pm-9:00pm

Recreational Badminton

19yrs+

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 permits. Please bring your own racquet birdies. No session May 20, Aug 5.

► 497130	Drop-in, \$4.76
Apr 8-Jun 24	M 11:40am-1:40pm
► 497131	Drop-in, \$4.76
Apr 10-Jun 26	W 11:40am-1:40pm
► 497132	Drop-in, \$4.76
Apr 12-Jun 28	F 11:40am-1:40pm
► 498842	Drop-in, \$4.76
Jul 8-Aug 19	M 11:40am-1:40pm
► 498843	Drop-in, \$4.76
Jul 10-Aug 21	W 11:40am-1:40pm
► 498844	Drop-in, \$4.76
Jul 12-Aug 23	F 11:40am-1:40pm

10 visit pass \$41.43 + tax, pass is valid for Monday, Wednesday, Friday AM badminton programs.

Badminton Court Rental

Please note each court rental hour now has one program with a maximum of four spots. Each spot booked is for one court. Players must supply their own racquets and birds.

► 501150-501160	\$15.24/1 sess
Weekly Apr-Jun 28 F 1:45 PM-3:00 PM	

GYM SPORTS SCHEDULE • Apr 8-Jun 28, Jul 2-Aug 30

Monday *no sessions May 20	Tuesday	Wednesday	Thursday	Friday
Recreational Badminton (19+) 11:40am-1:40pm No session Aug 5, Aug 26		Recreational Badminton (19+) 11:40am-1:40pm No session Jul 3, Aug 28	Pickleball (19+) 10:45-12:45pm (Spring only)	Recreational Badminton (19+) 11:40am-1:40pm No session Jul 5, Aug 30
Pickleball Court Rental (19+) 1:50pm-3:05pm (Spring only)	Pickleball (19+) 1:00pm-3:00pm No session Jul 2, Aug 27		Pickleball (19+) 1:00pm-3:00pm No session Jul 4, Aug 29	Badminton Court Rental (19+) 1:45pm-3:00pm (Spring only)
Recreational Basketball (19+) 7:10pm-9:00pm	Recreational Intermediate Volleyball (19+) 7:10pm-9:00pm	Recreational Intermediate Volleyball (19+) 7:10pm-9:00pm	Advanced Doubles Badminton (19+) 7:10pm-9:00pm	Gymnasium closed Apr 2-6 due to floor refinishing

SPORTS

Recreational Basketball

19yrs+

Full-court recreational basketball. A very popular program, early registration is recommended. No session May 20 and Aug 5.

► 497133 \$62.86/11sess; Drop-in \$6.66
Apr 8-Jun 24 M 7:10pm-9:00pm
► 498845 \$40/7 sess; Drop-in \$6.66
Jul 8-Aug 26 M 7:10pm-9:00pm

Recreational Volleyball Intermediate

19yrs+

Fast paced volleyball for recreational intermediate players. Participants must have a good understanding of the rules, game strategies and demonstrate good ball control. Supervisors have the right to direct players to appropriate level of play.

► 497134 \$68.57/12sess; Drop-in \$6.66
Apr 9-Jun 25 Tu 7:10pm-9:00pm
► 497135 \$68.57/12sess; Drop-in \$6.66
Apr 10-Jun 26 W 7:10pm-9:00pm
► 498847 \$51.43/9 sess; Drop-in \$6.66
Jul 3-Aug 28 W 7:10pm-9:00pm
► 498846 \$51.43/9 sess; Drop-in \$6.66
Jul 2-Aug 27 Tu 7:10pm-9:00pm

Table Tennis

19yrs+

Drop-in table tennis for everyone and all skill levels. Three full size tables available. Please play in pairs or doubles. First come first serve basis. Please bring own equipment. Schedule subject to change. Drop-in \$2.38 + tax/person, per 2 hour time slot.

Apr 2-Jun 28

• Monday 10am, 1pm, 6pm
• Tuesday 10am, 1pm, 6pm
• Wednesday 1pm
• Thursday 1pm
• Friday 10am, 1pm

Pickleball

19yrs+

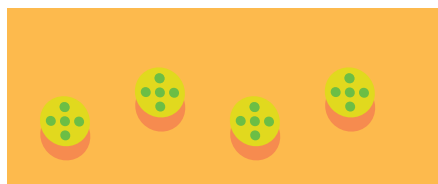
Get active on the court with Pickleball. Non-instructional. Paddles available for use. 24 Maximum daily players, 18 registered and 6 drop-in for Spring. 12 registered and 12 drop-in for Summer.

► 497125 \$48.57/12sess; Drop-in, \$4.28
Apr 9-Jun 25 Tu 1:00pm-3:00pm
► 498840 \$16.19/4 sess; Drop-in, \$4.28
Jul 9-Jul 30 Tu 1:00pm-3:00pm
► 501124 \$12.15/3 sess; Drop-in, \$4.28
Aug 6-Aug 20 Tu 1:00pm-3:00pm
► 497126 \$48.57/12sess; Drop-in, \$4.28
Apr 11-Jun 27 Th 1:00pm-3:00pm
► 497127 \$48.57/12sess; Drop-in, \$4.28
Apr 11-Jun 27 Th 10:45am-12:45pm
► 498841 \$16.19/4 sess; Drop-in, \$4.28
Jul 11-Aug 1 Th 1:00pm-3:00pm
► 501126 \$12.15/3 sess; Drop-in, \$4.28
Aug 8-Aug 22 Th 1:00pm-3:00pm

Drop-in Procedures

- Consider registering for the entire season to ensure your weekly spot.
- Registered participants have 15 mins after the scheduled start time to sign-in at the front desk or their spot will be given to a drop-in participant.
- Drop-in players can sign-up at the 30 minutes prior to the program start time. Drop-ins must be present and in-person. First come, first served basis. No phone-ins. No name proxies.
- After 15 minutes, staff will announce names from the drop-in wait list who can then pay and join activity.
- For safety and attendance, only registered participants and paid drop-in participants are allowed inside gymnasium. Adult sports programs are for ages 19+. No warm-ups. No spectators.
- Drop-in fees collected once spot is available. See specific sport for fee.

NOTE • Prices do not include GST



SENIORS

HAPPY 10 YEAR ANNIVERSARY TO THE KARAOKE GROUP!



SOCIAL

Karaoke

50 yrs+

Register for some fun while singing along with your friends. Bring your own music. English and all languages are welcome. No session May 20 and Aug 5

► 497285		\$31.43/11sess
Apr 8-Jun 24	M	11:45am-2:45pm
► 497286		\$34.29/12sess
Apr 12-Jun 28	F	11:45am-2:45pm
► 497697		\$20/7sess
Jul 8-Aug 26	M	11:45am-2:45pm
► 497699		\$22.86/8sess
Jul 12-Aug 30	F	11:45am-2:45pm

Wai Sin

Seniors Luncheon 55yrs+

You are invited to our bi-monthly luncheon. Have a social lunch where you can meet new people and chat over a lovely meal. Please register early as space is limited.

High Tea Theme

► 497728		\$8.57/1sess
May 9	Th	12:00pm-1:30pm

Canada Day Theme

► 497729		\$8.57/1 sess
Jun 26	W	12:00pm-1:30pm

Picnic

► 498382		\$8.57/1sess
Aug 23	F	12:00pm-1:30pm

All Ages Sing Along

Diane and Bob are back to lead us in a fun sing-along to popular songs. Dessert and beverages included.

► 503648		\$4.57/1 sess
Apr 19	F	1:00 PM-2:30 PM

Seniors' Social & Games

Join a friendly group for conversation or to play various available games—scrabble, cribbage or cards. Tuesday and/or Thursday 1pm-3pm

► 497730		\$2.38/season
Apr 2-Jun 25	Tu	1:00pm-3:00pm
► 497731		\$2.38/season
Apr 4-Jun 27	Th	1:00pm-3:00pm
► 498379		\$2.38/season
Jul 2-Aug 27	Tu	1:00pm-3:00pm
► 498380		\$2.38/season
Jul 4-Aug 29	Th	1:00pm-3:00pm

Crafts for Seniors

Explore your artistic side with various themes which are volunteer sponsored and supplies are provided. Join us every 2nd Tuesday of the month to make unique and creative crafts!

Essential Oil Pendant

► 497722		\$4.76/1sess
Apr 9	Tu	1:00pm-3:00pm

Pinecone flowers

► 497724		\$4.76/1sess
May 14	Tu	1:00pm-3:00pm

Paper beads

► 497725		\$4.76/1sess
Jun 11	Tu	1:00pm-3:00pm

Ink and Alcohol Tiles

► 497726		\$4.76/1sess
Jul 9	Tu	1:00pm-3:00pm

Painting on Glass

► 497727		\$4.76/1sess
Aug 13	Tu	1:00pm-3:00pm

Please note our Summer programs
and Daycamps are in yellow

OUT TRIPS

Adventures on Transit

See online for details.

Steveston Village • 50 yrs+

► 504048		Cost of Bus Fare
May 29	W	10:30am-3:30pm

Langley Farm Tour

Charter Bus Trip • 55 yrs+

► 504054		\$19.05/1 sess
Jul 31	W	9:30am-2:30pm

Capilano Fish Hatchery

Charter Bus Trip • 55 yrs+

► 503981		\$19.05/1 sess
Sep 4	W	10:00am-3:00pm

EDUCATION

Parent Workshop Series

19+ yrs

Tools, knowledge, and positive mental health strategies to help parents build resilience within their children.

► 494491		\$6/1 sess
Apr 25	Th	7:00pm-8:45pm
► 501594		\$6/1 sess
May 16	Th	7:00pm-8:45pm

Steve Sorrenti

Indispensable Binder

19 yrs+

Create an indispensable binder to use in an emergency. More info online.

► 504060		\$28.57/1 sess
Jun 19	W	9:30 AM-12:30 PM

Diana Cruchley

Introduction to Mobile Technology

55 yrs+

Overview of Smart Phones, Tablets and software. A tablet can be borrowed for program use.

Mobile Camera and Photos

► 503307	Chinese	\$26.66/3 sess
Apr 5-Apr 19	F	11:00am-12:30pm
► 503308	English	\$26.66/3 sess
Apr 5-Apr 19	F	1:00pm-2:30pm

Mobile Account

► 503309	Chinese	\$26.66/3 sess
Apr 26-May 10	F	11:00am-12:30pm
► 503944	English	\$26.66/3 sess
Apr 26-May 10	F	1:00pm-2:30pm

Mobile Files

► 503941	Chinese	\$26.66/3 sess
May 17-May 31	F	11:00am-12:30pm
► 503946	English	\$26.66/3 sess
May 17-May 31	F	1:00pm-2:30pm

Mobile Internet and Browser

► 503943	Chinese	\$26.66/3 sess
Jun 7-Jun 21	F	11:00am-12:30pm
► 503948	English	\$26.66/3 sess
Jun 7-Jun 21	F	1:00pm-2:30pm

Mary Leung



UPCOMING SPECIAL EVENTS

TSBC License #LAM0202804

MARPOLE COMMUNITY DAY

Free Rides & Games ★ Stage Performances
Entertainment ★ Food Concession
Community Tables

Saturday June 1 • 11:00am-3:00pm
Marpole-Oakridge Community Centre
990 West 59th Ave (at Oak St.)

Hosted by Marpole-Oakridge Community Association and Vancouver Board of Parks & Recreation
www.marpoleoakridge.org

Music in the Park

Wonderful outdoor event for all ages. Enjoy live music, lawn games, crafts and food in Oak Park (behind the field house at 7575 Fremlin Street). Specific entertainment information will be posted when available.

All ages • Non Instructional

► 494426

FREE

Jul 17

W

6:00pm-8:00pm

Marpole Rack • All ages

The Marpole Youth Council is hosting a clothing swap event in celebration of Earth Day! Donate lightly used clothing in the youth room. Each clothing article is \$2. Hot Dog concession will be open for fundraising. Left over clothing will be donated to Aunt Leah's organization.

► 495635

Free Admission

Apr 19, 20, 22

F, Sa, M

4:00pm-6:00pm

Marpole Youth Council



**Marpole-Oakridge
Community Centre**

**990 West 59th Avenue
Vancouver, BC V6P 1X9**

**COMMUNITY CENTRE:
604.257.8180 (press 1)**

**FITNESS CENTRE:
604.257.8174**

marpolecc@vancouver.ca

X @MarOakCA

f @marpoleoakridgecc

@marpoleoakridgecc



Programs and daycamps for kids

Seniors' programs and social events

Adult group fitness classes

**Adult sports, health & wellness,
martial arts classes**

Special events and day trips

Youth activities & volunteering

Music, arts and crafts

Learning workshops

Facility rentals

**Fitness centre, sauna,
whirlpool, racquetball court**

