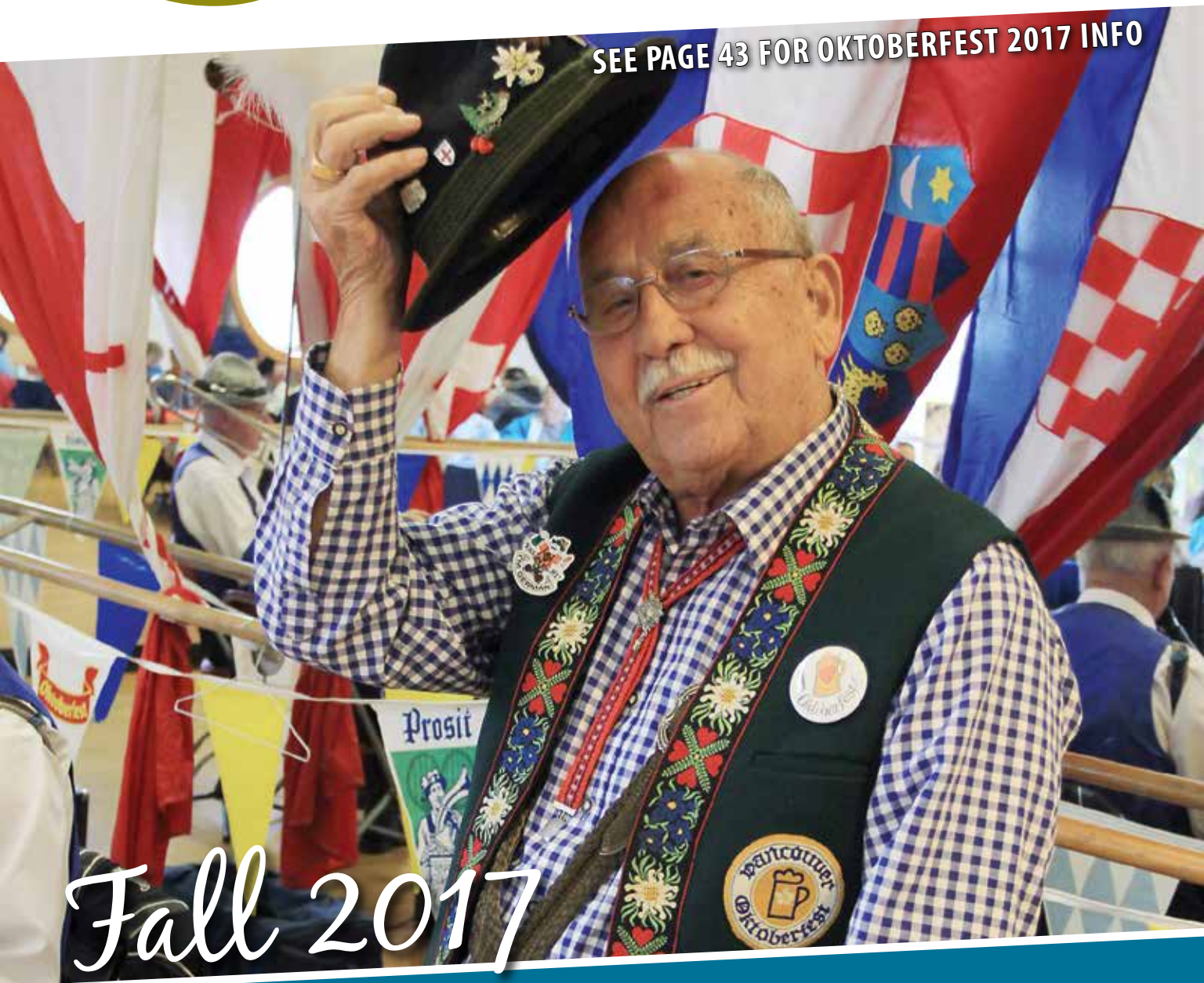




KILLARNEY

COMMUNITY CENTRE

SEE PAGE 43 FOR OKTOBERFEST 2017 INFO



Fall 2017

RECREATION GUIDE

Registration begins July 30. See page 54 for more information...

6260 Killarney Street, Vancouver, BC V5S 2X7 Centre: 604-718-8200 Pool: 604-718-8280

www.killarneycentre.ca

Jointly operated by the Vancouver Park Board and the Killarney Community Centre Society.





KILLARNEY COMMUNITY CENTRE

Located at 6260 Killarney Street in South East Vancouver

Centre Tel: 604-718-8201

Fax: 604-718-8219

www.killarneycentre.ca

Pool Tel: 604-718-8280

Fax: 604-718-8285

www.vancouver.ca/killarneypool

Fall 2017 Operating Hours

SEPTEMBER 5, 2017 – JANUARY 2, 2018

Schedule is subject to change without notice.

Monday-Thursday: Centre: 6:30am-10:00pm Office: 9:00am-9:30pm

Friday: Centre: 6:30am-8:30pm Office: 9:00am-8:30pm

Saturday: Centre: 8:00am-7:30pm Office: 9:00am-8:30pm

Sunday: Centre: 8:00am-7:30pm Office: 9:00am-5:00pm

Statutory Holidays: October 9, November 11 and January 1, 2018

Centre and Fitness Centre: 1:00-5:00pm

Centre Office: Closed

Leisure Pool: 1:00-9:00pm

Please note: the operating hours during the holiday season from Dec 24, 2017-Jan 1, 2018 are to be announced.

Call 604-718-8201 or check recreation.vancouver.ca for more details.

SCHEDULES & INFORMATION

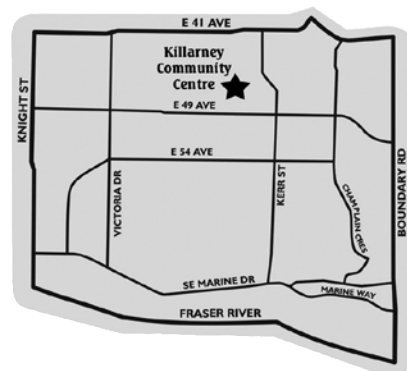
Online Registration Information: See page 54

Killarney Leisure Pool Schedule: See page 29

Killarney Fitness Centre Schedules: See pages 56 & 57

Wireless Internet Access:

Killarney Community Centre now has wireless internet access available through #VanWiFi.



Wheelchair Access



Indoor Leisure Pool



Steam Room



Whirlpool



Ice Rink/Dry Floor



Fitness Centre



Dance Studio



Gymnasium



Martial Arts Dojo



Licensed Child Care



Courtyard Playground



Elevator

What's Inside...

KILLARNEY COMMUNITY CENTRE

Fall 2017 Recreation Guide

This notice contains important information that may affect you. Please ask someone to translate it for you.

此通告刊載有可能影響閣下的重要資料。請找人為你翻譯。

ਇਸ ਨੋਟਿਸ ਵਿਚ ਮਹੱਤਵਪੂਰਨ ਜਾਣਕਾਰੀ ਹੈ ਜੋ ਕਿ ਤੁਹਾਡੇ ਲਈ ਜ਼ਰੂਰੀ ਹੋ ਸਕਦੀ ਹੈ। ਕਿਰਪਾ ਕਰਕੇ ਕਿਸੇ ਨੂੰ ਇਸ ਦਾ ਉਲੱਥਾ ਕਰਨ ਲਈ ਆਖੋ।

Thông báo này có tin tức quan trọng có thể ảnh hưởng đến quý vị. Xin nhờ người phiên dịch hộ.

Este aviso contiene información importante que puede afectarle personalmente. Pídale a alguien que se lo traduzca.

Ce document contient des renseignements importants qui pourraient vous concerner. Veuillez demander à quelqu'un de vous le traduire.



KILLARNEY
COMMUNITY CENTRE



*Killarney Community Centre
is jointly operated by the
Vancouver Park Board
& Killarney Community
Centre Society*

■ Killarney Community Centre Society	3
■ Special Event Calendar	4
■ Preschool Programs	5
■ Birthday Parties	10
■ Licensed Preschool	11
■ Licensed Out of School Care	11
■ Children's Programs	12
■ Daycamps	17
■ Preteen Programs	18
■ Youth Programs	21
■ Killarney Computer Lab	24
■ Arena Sports Groups	25
■ Ice Skating Lesson Information	26
■ Killarney Rink Fall Schedule	27
■ Killarney Leisure Pool Information	28
■ Fall Pool Schedule	29
■ Fall Lesson Information	30
■ Special Events	32
■ Senior's Programs	34
■ KCCSA Weekly Program Schedule	40
■ Bus Trips and Special Events	41
■ Workshops	45
■ Adult Programs	47
■ Membership & Refund Information	55
■ Fitness Centre	56
■ Aerobics Schedule	57

Family Pumpkin Carving

Join Us for some Jack-o-lantern fun! Each Family will receive two pumpkins to create their own scary creatures – just in time to display for Halloween! Pumpkins, carving utensils, and stencils will be provided. All you need is to bring an apron to keep yourself clean and an idea for your design. *See page 32 for more information.*

Rm 203

Oct 28 Sa

4:30pm-7:30pm

\$8.50/ Family of 5

108183



Halloween Carnival & Spooky House

Come to Killarney's annual Halloween Carnival & Spooky House for some spook-tacular hair-raising fun! This event will feature activities suitable for children 3-12 years old including Halloween games & crafts, and tons of treats! Don't forget to wear your costume & visit our spooky house. Parent participation is required. *See page 32 for more info.*

Full Gym

Oct 29 Su

3:00pm-4:30pm

\$4.50/child

108188



BREAKFAST WITH SANTA!



Celebrate the holiday season by having a delicious pancake breakfast with Santa! Each year, our gymnasium is transformed into a Santa's wonderland with beautiful decorations, holiday craft-making, face painting, and special entertainment. *See page 32 for more information.*

Full Gym

Dec 2 Sa

9:30am-11:30am

\$4.75/Child, \$5.48/Adult

108193



KEEP VANCOUVER
SPECTACULAR!

ZERO WASTE REUSE AND RECYCLING DROP-OFF

SATURDAY, SEPTEMBER 16th 10AM - 1PM
KILLARNEY COMMUNITY CENTRE PARKING LOT
6260 KILLARNEY STREET

DONATE YOUR OLD COMPUTERS AND MONITORS FOR REUSE, AND RECYCLE YOUR ELECTRONICS, SMALL APPLIANCES, BATTERIES, LIGHT BULBS AND MORE, **FOR FREE!**

FOR A FULL LIST OF ACCEPTED ITEMS OR
FOR MORE INFORMATION, VISIT VANCOUVER.CA/KVS



Killarney Community Centre Society

Killarney Community Centre Society Board of Directors 2016-2017

KCC Society President . Wendy Tupling-Guest
1st Vice President Karen Jacobson
2nd Vice President Terry Kirstiuk
Secretary Beatrice Suk-Wah Ho
Treasurer Cathy Wong
Past President..... Ainslie Kwan

Directors at Large:

Frank Cosco, Laird Cruickshank,
Cheryl Davis, Lorna Gibbs, Gurdial Kang,
Lorraine Kirstiuk, Jim Pope, Michiko
Soga, Carmen Wan.

Affiliated Community Groups & Clubs

The clubs & groups listed below have formal affiliation with the Killarney Community Centre Society. Please get in contact with the appropriate person for further details on any club or group.

Killarney Program Committee

..... 604-718-8210

Killarney Senior's Association

Michiko Soga kcsa1@outlook.com

Vancouver Minor Hockey

Email:..... registrar@vmhd.com

Vancouver Minor Lacrosse

Email:.. register@vancouverlacrosse.com
or president@vancouverlacrosse.com

Killarney Youth Soccer Association (KYSA)

Email:..... info@kysa.ca
www.kysa.ca

Killarney Figure Skating Club (KCFSC)

Voicemail: 604-430-2330
Email: ..killarneyskatingclub@gmail.com
www.killarneyskatingclub.com

Gators Swim Club

Coach 604-789-2819
Email:.....info@gatorswimclub.ca

Vancouver Girls Ice Hockey Association

Email:.. info@vancouvergirlshockey.com
www.vancouvergirlshockey.com



KILLARNEY
COMMUNITY CENTRE

Message from the President

Welcome back from the summer break and welcome to Killarney Community Centre! We hope you had an opportunity to enjoy some of the many outdoor events and activities in and around the city, including those at Killarney including our Art Carnivale held in July in celebration of Canada's 150th birthday!

The fall is a busy time for families when we return to our routine of exercise, hobbies, lessons - and for some of us - back to school. Our great team of staff and community volunteers are here to help you reach your personal fitness goals, provide you with opportunities to learn something new and support your family's growth. We encourage you to check out our offering of programs here at the Centre – find something new for you or your family. We have programs and activities for all ages.

The Board of Directors of the Killarney Community Centre Society has not met during the summer but our work has continued – including examination of the draft Joint Operating Agreement (JOA), which has been presented by the Park Board for signature by Killarney and other community associations. Our community centre is jointly managed by the Killarney Community Centre Society and the Vancouver Board of Parks and Recreation under the terms of a contract **called the Joint Operating Agreement (JOA).**

The JOA will set the terms of our relationship with Park Board for the next 15 years and will impact the future relationship between the parties. At time of writing this message, we are still awaiting a legal review of the final version. The early planners of Vancouver's community centre system believed that the best service to each of Vancouver's neighborhoods would be achieved if each community played an active role in managing its community centre. Killarney Community Association continues to fight to maintain its historical independent role at Killarney Community Centre. We have been collaborating with 14 other Community Centre Associations (CCAs) across the city to craft a new Joint Operating Agreement to replace the 1979 version. Unfortunately, Park Board has not been willing to negotiate with us and has instead chosen to engage us in a long and arduous "consultation" process. So far, the vast majority of Vancouver's 20 CCAs have said "no" to the JOA proposed by Park Board. We see that their proposal is imbalanced and will undermine our ability to represent the community at our community centres. We ask that our members continue to support us and to tell Park Board Commissioners why KCCS needs to remain strong and independent: so that we can freely advocate for our communities. For more information, please go to our website: <http://mycommunitycentre.com/>.

The decision whether or not to sign is a difficult one and is one that we will share with the membership. Stay tuned for more information.

Respectfully submitted,
Wendy Tupling Guest
President, Killarney Community Centre Society

Fall Special Events

SEPTEMBER

Sept 9	Saturday Music Live – <i>Leonard from Leonard & The Lab Rats</i>	33
Sept 23	Saturday Music Live – <i>Songtree</i>	33
Sept 26	Oktober Fest.....	43
Sept 27	Afternoon Lunch Gathering – <i>Hamburger Steak</i>	43

OCTOBER

Oct 3	Story City Afternoon Tea	44
Oct 7	Saturday Music Live – <i>Leonard Pallenstein</i>	33
Oct 19	Canada 150+ Birthday Celebration	44
Oct 21	Saturday Music Live – <i>Old Time Heretics</i>	33
Oct 25	Afternoon Lunch Gathering – <i>Spaghetti & Meatballs</i>	43
Oct 28	Family Pumpkin Carving	32
Oct 29	Halloween Haunted House & Carnival	32

NOVEMBER

Nov 4	Saturday Music Live – <i>Rio Samaya</i>	33
Nov 4	Holiday Craft Fair	32
Nov 18	Saturday Music Live – <i>Norine Braun</i>	33
Nov 22	Afternoon Lunch Gathering – <i>Curry Beef Stew</i>	43
Nov 16	Flu Shot Clinic	44

DECEMBER

Dec 1	Seniors Holiday Dinner.....	44
Dec 2	Breakfast with Santa	32
Dec 9	Saturday Music Live – <i>Antoinette Libelt</i>	33



Membership: Do you have yours yet?

A KCC Society membership is required for participation in all community centre programs and provides:

- Program registration eligibility
- Lower registration fees
- Subsidizes community activities
- Access privileges to groups/ clubs
- Fitness Centre access eligibility
- New equipment/supplies
- Facility expansion/ improvements
- KCC Association AGM voting privileges

Please purchase your individual or family membership at time of registration, in person, by phone, or on-line. For further information please see page 55.

The Killarney Community Centre Society acknowledges the financial assistance from the Province of British Columbia.



Preschool Programs

Dance

Acrobatic Dance (3-5yrs)

Each class will comprise of a warm-up, attention to physicality, creativity, and musicality. The use of props such as ribbons, hula hoops, and balls will be incorporated into the dance routines. A dance piece will be created by the group and performed at the end of the session. Children will come away energized, happy, strong, and focused.

Space permitting drop-in fees:

Members \$8; Non-Members \$8.50.

No class Oct 9, Nov 13.

Room 205	Espirito Santo Mauricio
Sep 11-Dec 11 M	3:30PM-4:15PM
\$74.40/12 classes	123520

Ballet Through Creative Movement Jr (3-5yrs)

Children learn the basics of ballet in a safe and fun learning environment. Set to classical music, the children will work on dance technique as well as exploring their own creative expression. More info: www.KirbySnellDance.com. Parent participation required. There will be a presentation for family/friends on the last day of classes.

Space permitting drop-in fees:

Members \$8; Non-Members \$8.50.

Room 205	Endorphin Rush Dance And Fitness
Sep 9-Dec 9 Sa	10:30AM-11:15AM
\$98/14 classes	120013
Sep 10-Dec 10 Su	11:00AM-11:45AM
\$98/14 classes	120035
Sep 13-Dec 13 W	1:00PM-1:45PM
\$98/14 classes	120033
Room 211	
Sep 13-Dec 13 W	10:00AM-10:45AM
\$98/14 classes	120028

Hip Hop Breakers Jr (3-5yrs)

This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats.

Space permitting drop-in fees:

Members \$8; Non-Members \$8.50.

Room 205	Endorphin Rush Dance And Fitness
Sep 9-Dec 9 Sa	11:15AM-12:00PM
\$98/14 classes	120040
Sep 10-Dec 10 Su	12:00PM-12:45PM
\$98/14 classes	120051
Sep 10-Dec 10 Su	2:00PM-2:45PM
\$98/14 classes	120055
Sep 13-Dec 13 W	1:45PM-2:30PM
\$98/14 classes	120045
Room 211	
Sep 13-Dec 13 W	10:45AM-11:30AM
\$98/14 classes	120044

My First Dance Class (2-3yrs)

An introduction to creative dance. Aspiring little dancers will use songs, movement exploration and games to explore coordination, rhythm, spatial awareness and cooperation. This class is for the youngest of dancers to experience a playful class with the support of their parents being present. Parent participation is required.

Space permitting drop-in fees:

Members \$8; Non-Members \$8.50.

Room 205	Endorphin Rush Dance And Fitness
Sep 9-Dec 9 Sa	12:15PM-1:00PM
\$98/14 classes	120047
Sep 10-Dec 10 Su	10:15AM-11:00AM
\$98/14 classes	120046

Pre Ballet Level 1 (4-6yrs)

This class is an introduction to ballet. Children will learn basic ballet exercises and positions and will also develop their coordination, musicality and movement while having fun! Please wear a body suit and ballet slippers.

Space permitting drop-in fees:

Members \$8; Non-Members \$8.50.

No Class Oct 9, Nov 13.

Room 205	Espirito Santo Mauricio
Sep 11-Dec 11 M	4:15PM-5:00PM
\$74.40/12 classes	123223

Zumba Kids Jr (4-7yrs)

Kids explore a fun fusion of world and Latin styles of dance with a hip hop edge in this high energy, fun, dance-fitness program. Styles include Cumbia, Merengue, Bollywood, Salsa, and more. No experience required.

Space permitting drop-in fees:

Members \$8; Non-Members \$8.50.

Room 205	Endorphin Rush Dance And Fitness
Sep 10-Dec 10 Su	1:15PM-2:00PM
\$98/14 classes	120050

Holiday Dance Camps

Creative Ballet Camp (3-4yrs)

Children will learn the basics of ballet and explore their own creative expression in a safe and fun environment. Children must be able to participate without a parent in the room. There will be a presentation for family/friends on the last day of camp. No drop-ins. More info: www.kirbysnelldance.com

Room 205	Endorphin Rush Dance And Fitness
Jan 2-Jan 5 Tu-F	11:45AM-12:30PM
\$35/4 classes	120525

Hip Hop Breakers Camp (3-5yrs)

This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats. Family and Friends be ready to cheer during the final day performance. No drop-ins. More info: www.kirbysnelldance.com

Room 205	Endorphin Rush Dance And Fitness
Jan 2-Jan 5 Tu-F	11:00AM-11:45AM
\$35/4 classes	120523

PRESCHOOL PROGRAMS



Mini Hip Hop Camp (5-4yrs)

We will dance to big beats, play dance games, learn hip-hop moves and grooves and have loads of fun in this dance camp. All music and moves are age appropriate in this fun and open hip-hop camp program. Parents and friends are invited to the performance on the last day of camp. No drop-ins. More info: www.kirbysnellldance.com
 Room 205 Endorphin Rush Dance And Fitness
 Jan 2-Jan 5 Tu-F 12:30PM-1:30PM
 \$40/4 classes [120528](#)

Hip Hop Breakers Camp (4-6yrs)

This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your young dancer moving to the beats. Family and Friends be ready to cheer during the final day performance. No drop-ins. More info: www.kirbysnellldance.com
 Room 211 Endorphin Rush Dance And Fitness
 Dec 27-Dec 29 W-F 10:00AM-12:00PM
 \$62/3 classes [120520](#)

Music

Family Music Circle (6mos-5yrs) **NEW!**

A fun family-friendly music class for children under 5 yrs and their caregivers! We sing, move, play instruments, make friends, and learn all about our ABCs and 1-2-3s. Andrea has been teaching music for 15 years. First child is \$11/class, each sibling is \$3/class (maximum 3 children/adult).
Space permitting drop-in fees:
 members \$14; non-members \$14.50.
[No class Nov 9.](#)

Room 211 Andrea Unrau
 Sep 28-Nov 30 Th 11:00AM-11:45AM
 \$99/9 classes [122589](#)

Grow With Music (6mos-3yrs)

Sing, dance, and learn with your little one! Use xylophones, blocks, drums, shakers, feet, voices and more to explore music. Registration includes music recording and parent education booklet. Andrea has been teaching music for 15 years. Parent participation required; maximum 2 children per parent. Siblings under 6 months or 4 & up attend free.

Space permitting drop-in fees:
 members \$14; non-members \$14.50.
[No class Oct 10.](#)

Room 211 Andrea Unrau
 Sep 26-Nov 28 Tu 10:15AM-11:00AM
 \$99/9 classes [122588](#)

Mother Goose (1-2yrs)

A program of rhymes, songs and stories for you and your toddler. This program is provided free through funding by the KCC Society and Vancouver Sun Raise-A-Reader. KCCS membership required. For more information or to register, call Cheryl Song at 604-618-9129 or email cheryl@learnwithsong.com
 Sep 29-Nov 17 F 3:15PM-4:45PM

Piano: Kelly Kirby (4-8yrs)

Make new friends in this semi-structured introduction to piano. Each lesson includes small group activities followed by individual turns at the piano. Parents are encouraged to stay for first 5 mins of class to ask questions and return 10 mins early for lesson review. There will be an Evaluation at the end of the program. Family and friends are welcome to attend the last class where certificates will be given. Workbook included. Parent participation is not required.
[No class Oct 7, Oct 8, Nov 11, Nov 12.](#)

Room 202 Louise Papais
 \$200.40/13 classes

Level 1
 Sep 9-Dec 16 Sa 11:30AM-12:30PM [124649](#)
 Sep 10-Dec 17 Su 11:00AM-12:00PM [124680](#)

Level 2
 Sep 9-Dec 16 Sa 12:30PM-1:30PM [124651](#)
 Sep 10-Dec 17 Su 10:00AM-11:00AM [124676](#)

Level 3
 Sep 9-Dec 16 Sa 2:00PM-3:00PM [124664](#)

Level 3/4 Split
 Sep 10-Dec 17 Su 2:00PM-3:00PM [124696](#)
Level 4
 Sep 9-Dec 16 Sa 3:00PM-4:00PM [124654](#)

Creative

Art And You (3-5yrs)

Fun and liberating, this class combines a variety of art activities and materials, such as drawing, painting, collage, clay, etc., with playful movement and drama games. Children's unique expression, imagination and confidence are nurtured as they create and play. All supplies included. Dress for a mess.

[No class Oct 9.](#)
 Room 211 Kelly Jimenez
 Sep 11-Oct 23 M 10:00AM-10:45AM
 \$54/6 classes [120539](#)

PRESCHOOL PROGRAMS

Fun With Art (1-3yrs)

Children will work with different materials to make simple crafts and art projects. Two theme-based projects will be made each class. Both parents and children will have fun in the process of creating artworks and enjoy the finished products. Great for stimulating children's creativeness and practicing their fine motor skills. Past students are welcome as new artworks are introduced each session. Parent participation required.

Room 201	Kitty Ng
Sep 27-Nov 29 W	10:00AM-10:45AM
\$70/10 classes	120544

Little Cooks (3-5yrs)

A great introduction for aspiring chefs! We will be making a variety of healthy, delicious and fun dishes. Your child will gain experience in measuring, kitchen safety, nutrition, and kitchen cleanliness. Please bring a container every week to take food home in. This is a nut-free environment, however we will be using common foods such as wheat, eggs, and dairy. Not suitable for children with food sensitivities.

No class Oct 7, Nov 11.

Room 102	Mimi Lanot
Sep 9-Oct 21 Sa	11:00AM-12:15PM
\$78/6 classes	123120
Oct 28-Dec 9 Sa	11:00AM-12:15PM
\$78/6 classes	123121



Playdoh Storytime (2-5yrs)

Get inspired by the day's story and theme! Make exciting creations out of Playdoh to go along with the day's theme. Continue the fun at home! Each child will leave with Kitty's hand-made playdoh and playscape. This is a great chance for your child to socialize with other children, to develop listening skills, to build hand/eye coordination while avoiding the mess at home! Two-year-olds may require parent participation. All parents welcome!

Room 201	Kitty Ng
Playdoh Pizzeria	
Sep 28 Th	10:00AM-11:00AM
\$12/1 classes	120545
Spooky Halloween Fun	
Oct 26 Th	10:00AM-11:00AM
\$12/1 classes	120546
Dinosaur Roar!	
Nov 30 Th	10:00AM-11:00AM
\$12/1 classes	120547

Preschool Drawing (3-5yrs) **NEW!**

Young Rembrandts classes will challenge and excite your budding artist while preparing your child as a lifelong learner. Drawing marbles will help your preschooler master the art of creating a circle, a deceptively simple yet complex shape. The acorn and apple tree drawing will strengthen your child's compositional skills and use of colours. Basic facial and figure drawing will also be addressed as our students learn to draw a funny clown and scarecrow. These are just a few of the many great lessons our students will learn. Enroll your child in a Young Rembrandts class. THEY WILL LOVE IT! All new lessons every session. www.youngrembrandts.com/metrovancouver.

No class Oct 8.

Room 201	Young Rembrandts
Set 1	
Sep 17-Oct 29 Su	10:00AM-11:00AM
\$99/6 classes	123170
Set 2	
Nov 5-Dec 10 Su	10:00AM-11:00AM
\$99/6 classes	127617

Educational

Bricks 4 Kidz® - Interesting Inventions (4-7yrs) **NEW!**

So many things we use each day are someone's invention! Join us to find out the origins of things like hand mixers, windshield wipers, and conveyor belts. Students will discuss the difference between an invention and a discovery, learn how inventions solve problems and find out how inventors get their ideas patented. Each model is motorized for maximum movement and fascination! All participants will go home with a custom made Minifigure.

Space permitting drop-in fees:

members \$19.50 non-members \$20.

Room 201	Bricks 4 Kidz Vancouver
Sep 14-Oct 19 Th	4:00PM-5:00PM
\$89/6 classes	122599

Jr Math Monsters (4-5yrs)

Let's play with numbers and learn basic math skills. We will count, learn about size and shape, learn to recognize and write numbers 1-20, make number sets, measure, make patterns and do some simple addition, subtraction and problem solving. Hands on activities and worksheets will be given to help keep our math skills sharp!

This class is designed for those currently in kindergarten.

Space permitting drop-in fees:

members \$9; non-members \$9.50.

No class Oct 7.

Room 201	Stephanie DiGiacomo
Sep 9-Nov 18 Sa	10:50AM-11:50AM
\$80/10 classes	122626

PRESCHOOL PROGRAMS

Jr Spelling Bees (4-5yrs)

Join in the fun when we scramble letters and make simple words. We will read, print and spell grade appropriate sight words. Hands on activities, worksheets, phonics and simple books will be explored in each class. This class is designed for those currently in kindergarten.

*Space permitting drop-in fees:
members \$9; non-members \$9.50.*

No class Oct 7.

Room 201	Stephanie DiGiacomo
Sep 9-Nov 18 Sa	9:40AM-10:40AM
\$80/10 classes	122625
Sep 9-Nov 18 Sa	12:00PM-1:00PM
\$80/10 classes	122627

Sports

Family Play Gym (0-5yrs)

Enjoy some gym time with your kids! A variety of equipment is available or bring your own. This is an unsupervised drop-in program and all children must be accompanied by an adult. No registration required. FREE with membership.

No class Oct 29, Nov 12.

1/3 Gym	No Instructor
Sep 3-Dec 17 Su	10:45AM-12:15PM
\$0/14 classes	123132

Toddler Gym (0-5yrs)

This program allows your tot to run, jump, throw and climb! There will be cars, balls, mats and climbing apparatus to keep your child busy. Enjoy a bouncy castle and play area with toys too! A short parachute time ends each session. Parent participation required. On Tuesdays, full gym until 10:30AM, then 1/3 gym until 12:00PM.

Drop in fees: Members: \$3/child; \$5/family.

Non Member: \$3.50/child; \$5.50/family

10 visit card \$25

Sep 5-Dec 12 Tu	9:15AM-12:00PM
\$33.75/15 classes	122631
Sep 8-Dec 15 F	9:15AM-10:45AM
\$33.75/15 classes	122632

Indoor Tennis (4-5yrs)

This is a fun relaxed environment for all participants. It gives opportunity to establish a base for growth of motor and athletic skill development. The fundamentals of general agility is more important for kids at this age than tennis specific skills. We will use fun games to teach kids how to throw, catch and increase hand and eye co-ordination. Learning to move with good balance and posture. As players progress we will use modified tennis equipment to begin to apply these skills in a more tennis specific way. Join us after class for free Family Play gym from 10:45am - 12:15pm.

No class Oct 8, Oct 29, Nov 12.

1/3 Gym	Juan Carlos Maldonado
Sep 10-Dec 10 Su	9:45AM-10:30AM
\$110/11 classes	123134

Mini Stars Soccer for Boys and Girls (3-5yrs)

Experience the beautiful game of soccer, challenging team competition and cheerleading by amazed parents and fans! Players will get energized with dribbling, passing, shooting, running, falling, jumping, scoring goals and making dive saves. Ole, ole! We are inviting parents, friends of the game to cheer-lead these mini stars in exchange for buckets of fun and calorie burning. Players will be provided with a Star Soccer T-shirt. www.Starsoccercentre.com. Classes will be held on the field outside, weather permitting.

No Class Oct 29, Nov 12.

2/3 Gym	Valentinos Dinglis
Sep 10-Dec 10 Su	9:00AM-10:10AM
\$118/12 classes	123575

Rhythmic Dance (3-5yrs)

Combine the grace of ballet and the strength of artistic gymnastics with the challenging manipulation of colourful hand apparatus while moving to various musical accompaniments. The hand apparatus includes ropes, hoops, balls and of course, ribbons. This is a wonderful sport to develop hand-eye coordination, balance, agility, flexibility and rhythm. Note: All children develop at their own pace, and since this class is without parent participation, you or the instructor may find your child is not yet ready. However, when they are ready, the class will give your child the opportunity to work independently and build self esteem.

No class Nov 4, Dec 2

1/3 Gym	Elite Gymnastics
\$61.75/13 classes; \$57/12 classes	
Sep 19-Dec 12 Tu	4:00PM-5:00PM 123140
Sep 16-Dec 16 Sa	12:00PM-1:00PM 123141
Sep 16-Dec 16 Sa	1:15PM-2:15PM 123142

Sportball Parent and Child Multi-Sport (2-3yrs)

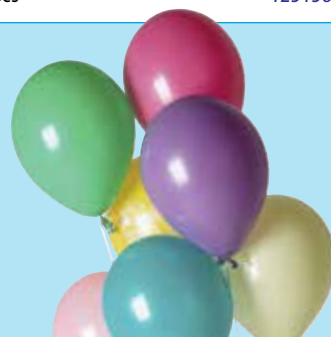
Programs help pre-schoolers to refine their motor skills, such as balance and coordination, as well as develop their social skills such as confidence, following instructions, turn-taking and sharing. Coaches introduce a different sport each class using developmentally appropriate games and activities. Parent participation required.

No class Oct 8, Nov 12.

1/3 Gym	Sportball Vancouver
Sep 10-Oct 22 Su	12:30PM-1:15PM
\$108/6 classes	123137
Nov 5-Dec 17 Su	12:30PM-1:15PM
\$108/6 classes	123138

Have a
Birthday Party
by the Pool!

See page 28 for details...



PRESCHOOL PROGRAMS



Sportball Multi-Sport (3-5yrs)

Refine, rehearse, repeat. Multi-Sport classes are the heart of Sportball programming. 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. Each class focuses on one of eight different popular sports: hockey, soccer, football, baseball, basketball, volleyball, golf and tennis.

No class Oct 8, Nov 12.

1/3 Gym	Sportball Vancouver
Sep 10-Oct 22 Su	1:15PM-2:15PM
\$108/6 classes	123127
Nov 5-Dec 17 Su	1:15PM-2:15PM
\$108/6 classes	123135

Sportball: Parent and Child Outdoor Soccer (2-3yrs)

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 and Coaches help grownups understand proven teaching techniques that can be applied outside of Sportball classes. Fee includes jersey. Class meets on the Southeast field by the oval at Kerr and 49th. Parent participation required.

Offsite	Sportball Vancouver
Sep 14-Oct 12 Th	4:45PM-5:30PM
\$102.25/5 classes	123124

Sportball Outdoor Soccer (3-5yrs)

Programs introduce fundamental concepts of gameplay and teach 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. Fee includes jersey. Class meets on the Southeast field by the oval at Kerr and 49th, parents are required to remain on the field for children's safety.

Offsite	Sportball Vancouver
Sep 14-Oct 12 Th	5:30PM-6:30PM
\$102.25/5 classes	123126

Martial Arts

Taekwondo (3-5yrs)

Boys and girls will have fun achieving fitness and focus while learning Taekwondo. This program helps your child enhance their listening skills and to be well disciplined. They will also improve body coordination, balance, and build self-esteem. Please note that Participant Waiver forms must be filled out before the program starts. Forms are available from the instructor. Uniform must be purchased from the instructor at cost of \$50 plus GST.

No class Sept 28.

Dojo	Wu's Taekwondo
White Belt	
Sep 12-Dec 14 Tu Th	11:00AM-11:45AM
\$162/27 classes	123228
Yellow Belt and Up	
Sep 12-Dec 14 Tu Th	11:45AM-12:30PM
\$162/27 classes	12322

Cultivating Communities

Free Art Making Workshops

Welcome Cultivators! Come join us to create designs in wood for our garden boxes. Artist Pat Beaton will lead you through the steps of making a design and then burning your design into a wooden plank with special tools that will be provided. You can expect it to be an easy, fun and a very friendly social experience. This is also a chance learn more about the Cultivating Communities project and be invited to share your special knowledge, skills, ideas about building, gardening, cooking and community cultivation! All instruction, tools and materials provided for this series of free workshops.

Room 203	Pat Beaton	<i>Free</i>
Oct 15 Su	3:00PM-5:00PM	124872
Oct 22 Su	3:00PM-5:00PM	124873
Nov 5 Su	3:00PM-5:00PM	124875
Nov 19 Su	3:00PM-5:00PM	124876
Nov 26 Su	3:00PM-5:00PM	124877

Provided in partnership with the KCCS and the Neighborhood Matching Fund.

Birthday Party Packages

Gym/Play-Gym Party (2-10yrs)

• **Younger kids = play gym, with toys and a medium bouncy castle.**

• **Older kids = sports equipment**
(subject to availability)

This party includes access to a kitchen equipped with a stove, an oven, a microwave, a refrigerator and a freezer.

Fees: \$105/14 children (1 party attendant); \$195/15-20 children (2 party attendants). Due to space restrictions, our parties are not suitable for more than 20 children.

The Birthday Party Attendant will contact you approximately 1 week prior to the date of your party to discuss activity details with you (Theme, # of children, colours, etc.). Please have your final number of children attending confirmed by this point as the party attendant will have to confirm an assistant leader if there are 15 or more children.

If you have 15 or more children attending and have only booked the smaller party you will need to upgrade to the larger party package.

Days & Times:

Saturdays 1:15PM-3:15PM

(Gym time 1:15-2:15; Room 203)

Sundays 12:15PM-2:15PM

(Gym time 12:15-1:15; Room 203)

Dance Party (3-12 yrs) **NEW!**

• **Party Host: Rachel Beau and DJ ROCK** (see page 14 for Rachel's bio)

• **Customized Party Playlist**

• **Giant bubble wrap dance floor**

• **Prize Giveaways**

• **Rock'off lipsync contests**

• **Party Dances & Freestyle Dance Challenges**

• **Customized Fashion/Rock'n cool kids Craft**

• **PARTY ROCK Limbo**

This party included access to a sink. You will be able to use the refrigerator/freezer in another part of the community centre on the day of your party.

Fees: \$220/14 children (1 party attendant). Due to space restrictions this party is not suitable for more than 14 children.

The Party Attendant will contact you approximately 1 week prior to the date of your party to discuss activity details with you (Theme, # of children, colours, etc.).

Days & Times:

Saturdays 12:15PM-2:15PM

(Room 211)

Sundays 2:15PM-4:15PM

(Room 211)

Sportball Party (2-12yrs) **NEW!**

• **Variety of sports and supervised games**

• **Fun, structured and safe environment**

• **Festivities finish off with a traditional birthday celebration**

Parties include 45 minutes of activities followed by 45 minutes of birthday celebrations with the coach.

Fees: \$220/14 children (1 party attendant). Due to space restrictions this party is not suitable for more than 14 children.

The Sportball Coach will contact you approximately 1 week prior to the date of your party to discuss activity details with you (Theme, # of children, children's names, etc.). Please have your final number of children attending confirmed by this point so the coach can plan equipment / activities accordingly.

Days & Times:

Sundays 3:15PM-4:45PM

(Gym time 3:15PM-4:00PM;

Room 201 4:00PM-4:45PM)

Patrons are required to pay in full at the time of registration.

A current Killarney Community Centre Society Membership is required.

Parent/Guardian participation is required for the duration of the party.

Please call 604-718-8201 or visit our website at www.killarneycentre.ca for more information.

Inclusions: party attendant, room, tables, chairs.

Exclusions: decorations, table settings (plates, cutlery, cups, etc), snacks, food or beverages.

Due to space restrictions, **no time extensions are offered.**

Refund Policy: All refunds are subject to an administration charge. Refund rates: 2 weeks notice: full refund; 1 week notice: 50% refund; less than one week: no refund.

NEW!

Licensed Preschool & Childcare

Licensed Preschool

Licensed Preschool is run at Killarney and Champlain Heights Community Centers. We offer a play-based program that provides a variety of developmentally appropriate activities in a safe, positive and nurturing environment. Activities include free play, arts and crafts, music, story time, baking, science, math, snack time, gym, outdoor play, and field trips throughout the year. There are 20 children in each class and 2 licensed preschool teachers. An orientation for parents to meet the teachers and learn about the preschool is held at the beginning of each school year.

		Killarney Room 1	Killarney Room 2	Champlain	<i>Register at Champlain</i>
3yrs	9:00-11:00am	Tu/Th	Tu/Th	Tu/Th	\$100/Month
3yrs	12:15-2:15pm	Tu/Th	Tu/Th		\$100/Month
4yrs	9:00-11:30am	M/W/F	M/W/F	M/W/F	\$150/Month
4yrs	12:15-2:45pm	M/W/F	M/W/F		\$150/Month

Good News!

*Champlain families,
you now can register
for preschool and
out of school care
at Champlain!*

Licensed Out of School Care, Kindergarten to Grade 7

Out of School Care is run at Killarney and Champlain community centres. Supervision is provided to and from school. The program offers a variety of enjoyable activities including arts and crafts, board games, gym time and outdoor play in a safe, positive and nurturing environment. Children provide their own snack each day. Children registered in the current year will be given 1st priority to register for the subsequent year.

		Killarney	Champlain
Before Care 7:30-9:00am	\$107/Month	Weir & Waverley Elementary Schools	James Cook Elementary School & Champlain Annex <i>Register at Champlain</i>
After Care 3:00-6:00pm	\$265/Month		
Before & After Care	\$295/Month		
Professional Days 9:00-3:00pm (Not included in monthly fees)	\$30/Day Current Participants \$40/Day Non-Current Participants		

Spring & winter breaks are not included in the monthly fees.

Please Note: To withdraw from the program you must give one month's written notice, or pay the next month's fee in lieu of notice. **The deposit for the June fee is non-refundable.**

Place your child's name on the waiting list as early as January 1st of the year that your child turns 4 years old. Please call 604-718-8201 to put your child on the waiting list. The staff will call from the list when a space becomes available. The Child Care Office, at 604-718-8204, will confirm registration details on a first come first serve basis.

Registration Procedures for Killarney Preschool:

We welcome you to add your child to this call list for Killarney Preschool for the September 2018-2019 school year. The call list will be available January 1st online. Please note that joining the call list does not guarantee enrollment into the school year.

Children who have completed the 3 year old preschool program will be given priority for the 4 year old class of the subsequent year.

Staff will contact parents as classes are being formed, usually in April for the upcoming September session. When contacted the parents will receive their registration package to be completed on site and pay a non-refundable deposit for the first (September) and last (June) months of the program. At the same time, a completed credit card authorization form will be required for the balance of the year. Please Note: **NO REFUNDS or WITHDRAWALS** will be given after December 1st of the school year.

November 1st is the deadline to withdraw your child from the 2017/2018 Preschool program to be eligible for a refund. One month (30 days) notice of withdrawal is required.

Children's Programs

Kids Night Out (Date Night!)

(5-13yrs)

Need an evening without the kids? Struggling to find a sitter or to pay the cost? Our trained and experienced staff are here to help! Take time away from your busy lives and share quality time together while the kids take part in a fun-filled evening with other school-aged kids. Bring date-night back! *Penalties for late pick-up applied at 1\$/minute. Children must be school-aged and completed kindergarten. We unfortunately cannot accept preschoolers due to licensing regulations. Food not provided, please bring a snack.*

Room 102 Christine Vuong
\$20/child, \$10/siblings
Sep 23-Sep 23 Sa 5:15PM-8:45PM 122616
Oct 21-Oct 21 Sa 5:15PM-8:45PM 122617
Nov 18-Nov 18 Sa 5:15PM-8:45PM 122618
Dec 16-Dec 16 Sa 5:15PM-8:45PM 122619



Dance

Ballet

This class is for children who have taken pre-ballet or an introduction to ballet. Children will learn basic ballet exercises and positions and will develop coordination, musicality, creativity and movement while having fun! A showing will be held last day of class. Please wear a ballet suit and ballet slippers.

Space Permitting Drop-In fees:

Members \$8 Non-Members \$8.50

Room 205 Espirito Santo Mauricio
5-7yrs

Sep 13-Dec 13 W 3:30PM-4:15PM
\$86.80/14 classes 123221

6-10yrs
Sep 13-Dec 13 W 4:15PM-5:00PM
\$86.80/14 classes 123211

Hip Hop (6-8yrs)

The latest music and moves to hip hop sounds, fun and energetic! Children will learn choreography and will incorporate their own moves as well. A show will be held last day of class.

Space permitting drop-in fees:

members \$8 non-members \$8.50.

No class Oct 9, Nov 13.

Room 205 Espirito Santo Mauricio
Sep 11-Dec 11 M 5:00PM-5:45PM
\$74.40/12 classes 123210

Hip Hop Breakers (6-8yrs)

This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats. More info: www.KirbySnellDance.com.

Space permitting drop-in fees:

members \$8 non-members \$8.50.

Room 205 Endorphin Rush Dance And Fitness
Sep 9-Dec 9 Sa 1:45PM-2:30PM
\$98/14 classes 120039

Music

Guitar/Ukulele: Private Lessons (6+yrs)

Guitar players of any skill level and beginner ukulele players are welcome! Each private lesson will be tailored to your skill, age, ability and interests. Come and enjoy the guitar/ukulele! Please bring your own instrument. For a child's first guitar, the instructor recommends a 1/2 size or 3/4 size classical guitar.

No class Oct 9.

Room 211 Leonard Pallerstein
\$162/7 classes

Sep 11-Oct 30 M	4:30PM-5:00PM	122635
Sep 11-Oct 30 M	5:00PM-5:30PM	122637
Sep 11-Oct 30 M	5:30PM-6:00PM	122638
Sep 11-Oct 30 M	6:00PM-6:30PM	122639
Sep 11-Oct 30 M	6:30PM-7:00PM	122640
Sep 11-Oct 30 M	7:00PM-7:30PM	126073
Sep 11-Oct 30 M	7:30PM-8:00PM	126074

For Group lessons 9+yrs, see page 19 in preteen section.

Piano Grad Class (5-12yrs)

Take the next step in your child's musical development. New books, new challenges and new experiences await! This class is for those who have successfully completed Kelly Kirby 4 or Grad Class 1 and/or have the ability to play pieces within a two octave range. Books not included and need to be purchased from instructor at first class for approximately \$37.

No class Oct 7, Nov 11.

Room 202 Louise Papais
90 min \$266.50/13 classes
75 min \$221/13 classes

Grad Class I

Sep 10-Dec 17 Su 3:00PM-4:30PM 124704

Grad Class I/II Split

Sep 9-Dec 16 Sa 5:30PM-6:45PM 124669

Grad Class II

Sep 9-Dec 16 Sa 10:00AM-11:30AM 124642

Sep 9-Dec 16 Sa 4:00PM-5:30PM 124668

Sep 10-Dec 17 Su 12:00PM-1:30PM 124686

Sep 10-Dec 17 Su 4:30PM-6:00PM 124708

CHILDREN'S PROGRAMS

Private Piano (6+yrs) Private Clarinet (9+yrs)

Get a strong background in music and gain the benefits of learning an instrument. Janine provides 30 minute lessons from beginners to advanced levels. Conservatory exam preparation is also available. Clarinet players, please bring an instrument and reeds.

No class Oct 9, Nov 13.

Room 202 Janine Oye
Set 1 \$189/7 classes ; Set 2 \$162/6 classes

Set 1		
Sep 11-Oct 30 M	3:30PM-4:00PM	123154
Sep 11-Oct 30 M	4:00PM-4:30PM	123155
Sep 11-Oct 30 M	4:30PM-5:00PM	123156
Sep 11-Oct 30 M	5:00PM-5:30PM	123157
Sep 11-Oct 30 M	5:30PM-6:00PM	123158
Sep 11-Oct 30 M	6:00PM-6:30PM	123159
Sep 11-Oct 30 M	6:30PM-7:00PM	123160
Set 2		

Nov 6-Dec 18 M	3:30PM-4:00PM	123161
Nov 6-Dec 18 M	4:00PM-4:30PM	123162
Nov 6-Dec 18 M	4:30PM-5:00PM	123163
Nov 6-Dec 18 M	5:00PM-5:30PM	123164
Nov 6-Dec 18 M	5:30PM-6:00PM	123165
Nov 6-Dec 18 M	6:00PM-6:30PM	123166
Nov 6-Dec 18 M	6:30PM-7:00PM	123167

Creative

Art And You (6-9yrs)

This is a fun and liberating class! Children will participate in guided activities for free flow of imagination, originality and unique expression. They will take part in both individual and group drawing, painting, clay, movement and drama activities which will foster confidence and self-esteem. All supplies included. Dress for a mess.

No class Oct 8.

Room 211 Kelly Jimenez
Sep 10-Dec 3 Su 11:00AM-12:15PM
\$108/12 classes 120537

Carve, Cast, Model, and Mold: Intro to Sculpting (8-12yrs)

This introductory course will explore different basic methods and materials used in 3D expression to create unique sculptures as part of an introduction to fine art. Children will be using a variety of materials to creatively assemble and decorate imaginative sculptural projects. They will increase their spatial perception by bringing their ideas into the three dimensional world. The skills learned within a sculpture class can develop a number of interests and techniques that are transferable to many career paths and disciplines.

Room 201 Caitlin Jameson
Sep 20-Dec 6 W 4:00PM-5:30PM
\$58/12 classes 122602

Cooking Fun (6-10yrs)

A great introduction for aspiring chefs! We will be baking and cooking a variety of healthy, delicious and fun dishes. Your child will gain experience in measuring, kitchen safety, nutrition, and kitchen cleanliness. Please bring a container every week to take food home. This is a nut-free environment, however we will be using common foods such as wheat, eggs, and dairy. Not suitable for children with food sensitivities.

No class Oct 7, Nov 11.

Room 102 Mimi Lanot
Sep 9-Oct 21 Sa 1:30PM-3:00PM
\$84/6 classes 123115
Oct 28-Dec 9 Sa 1:30PM-3:00PM
\$84/6 classes 123117

Creative Painting (6-10yrs)

Explore your artistic side in this creativity-focused painting class. We will use a variety of techniques with watercolour and acrylic to create several projects that you will be proud to display. Dress for a mess!

No Class Nov 13.

Room 201 Jennifer Skillen
Oct 16-Dec 11 M 3:45PM-4:45PM
\$58/8 classes 123151

FUNDamental Drawing (6-10yrs) **NEW!**

Back to school is in full swing as we present a bountiful selection of drawings that introduces our students to a fascinating world of colour, pattern, and design. In a Young Rembrandts drawing class, students will learn basic to advanced drawing skills, art techniques and vocabulary using an engaging methodology that all children can succeed with. You'll see increased art abilities, critical thinking skills, self-confidence and self-esteem. Join in the fun this fall! All new lessons every session. www.youngrembrandts.com/metrovancouver

No class Oct 8.

Room 201 Young Rembrandts
Set 1
Sep 17-Oct 29 Su 11:00AM-12:00PM
\$99/6 classes 127627
Set 2
Nov 5-Dec 10 Su 11:00AM-12:00PM
\$99/6 classes 124492

Visit our Preteen
section for more!

See pages 18-20

CHILDREN'S PROGRAMS

Popstar Academy (6-12yrs)

POPSTAR ACADEMY is an Interactive program that focuses on building self-confidence through Fashion, Dance, Singing and Personality building. Through teamwork we create a work of art together in 8 weeks time. Exploring dance choreography, balance, story building, positive cheers, fashion accessory making, acting and theatrical production. Each week we learn something new that becomes a part of our end of season performance. On the 8th week we put on a special workshop production and the POPSTARS are able to showcase their talent!

No class Oct 7, Nov 11.

Room 211	Rachel Beau
Sep 23-Nov 25 Sa	10:30AM-11:30AM
\$80/8 classes	124744

Education

Bricks 4 Kidz®

Space Adventures (6-10yrs)

Inspired by NASA and Star Wars, Bricks 4 Kidz® Space Adventures camp is packed full of models that will make your imagination blast off! Each day, kids will learn about real-life space exploration and build models related to the NASA space program. All models are motorized and utilize gears, axles, levers, and other simple mechanisms to transfer motion. All kids go home with a custom-made Minifigure!

*Space permitting drop-in fees:
members \$19.50 non-members \$20.*

Room 201	Bricks 4 Kidz Vancouver
Nov 9-Dec 14 Th	4:00PM-5:00PM
\$89/6 classes	122601

Visit our Preschool
& Preteen sections for
more Bricks 4 Kids!

Chess (6-12yrs)

Come jump into the intricate world of Chess. Each session will be full of chess puzzles, supervised games and game analysis. This comprehensive and progressive program allows students to learn how to play chess in the optimal manner by gradually increasing complexity. Classes will follow the six-level academic chess program of the Vancouver Chess School (www.vanchess.ca).

No class April 14.

Room 201	Vancouver Chess School
1K (absolute beginners)	
Sep 12-Dec 12 Tu	4:00PM-5:00PM
\$168/14 classes	122628
2K (beginners with some knowledge)	
Sep 12-Dec 12 Tu	5:00PM-6:00PM
\$168/14 classes	122629
3K (intermediate level players)	
Sep 15-Dec 15 F	4:00PM-5:30PM
\$280/14 classes	122630

Computer Game Design

Create your own video game! In partnership with UME Academy, and guided by film and game industry veterans, students will learn creative problem solving, physics and math through the game design process while employing the tools and technology (Unity) that power top games like Pokémon Go! Each class, while rooted in a S.T.E.M topic, will also include time to create, play and evaluate games. The season ends with a demo day and Community Arcade for students to showcase their creations to family and friends. Up to the minute hardware and software is provided.

Computer Lab	UME Academy
6-8yrs (Jr Computer Game Design)	
Sep 9-Dec 9 Sa	9:30AM-10:30AM
\$115.50/14 classes	122591
8-11yrs	
Sep 9-Dec 9 Sa	10:45AM-11:45AM
\$115.50/14 classes	122592



Sports

Badminton (6-12 yrs)

Learn about grip, serving, clear, forehand, backhand, and other fundamental skills and strategies. Have fun playing games as well. Participants must provide their own racquet. Our instructor Derek Wong is a NCCP certified coach.

2/3 Gym	Derek Wong
Badminton 1 (Beginner 6-8yrs)	
Sep 13-Dec 13 W	3:30PM-4:30PM
\$77/14 classes	122621
Badminton 2 (Beginner 6-8 yrs) & (Intermediate 9-12 yrs)	
Sep 13-Dec 13 W	4:30PM-5:30PM
\$77/14 classes	122622
Badminton 3 (Intermediate/Advanced 9-12yrs)	
Sep 13-Dec 13 W	5:30PM-6:30PM
\$77/14 classes	122624

Indoor Tennis - MINI Tennis (6-8yrs)

This class is an introduction to tennis for children. Students are introduced to basic Forehand and Backhand while developing hand - eye coordination through a variety of fun games and activities.

No class Oct 8, Oct 29, Nov 12.

1/3 Gym	Juan Carlos Maldonado
Sep 10-Dec 10 Su	9:00AM-9:45AM
\$110/11 classes	123133

CHILDREN'S PROGRAMS

Mini Stars Soccer for Boys and Girls (6-9yrs)

Experience the beautiful game of soccer, challenging team competition and cheerleading by amazed parents and fans! Players will get energized with dribbling, passing, shooting, running, falling, jumping, scoring goals and making dive saves. Ole, ole! We are inviting parents, friends of the game to cheer-lead these mini stars in exchange for buckets of fun and calorie burning. Players will be provided with a Star Soccer T-shirt. www.starsoccercentre.com. Classes will be held on the field outside, weather permitting.

No class Oct 29, Nov 12.

2/3 Gym	Valentinos Dinglis
Sep 10-Dec 10 Su	10:10AM-11:30AM
\$157/14 classes	123576

Rhythmic Dance (5-7yrs)

Combine the grace of ballet and the strength of artistic gymnastics with the challenging manipulation of colourful hand apparatus while moving to various musical accompaniments. The hand apparatus includes ropes, hoops, balls and of course, ribbons. This is a wonderful sport to develop hand-eye coordination, balance, agility, flexibility and rhythm.

No class Nov 4, Dec 2.

1/3 Gym	Elite Gymnastics
Sep 16-Dec 16 Sa	11:00AM-12:00PM
\$57/12 classes	123146
Sep 19-Dec 12 Tu	5:00PM-6:00PM
\$61.75/13 classes	123143
Sep 21-Dec 14 Th	4:00PM-5:00PM
\$61.75/13 classes	23144

Rhythmic Dance (8-16yrs)

Combine the grace of ballet and the strength of artistic gymnastics with the challenging manipulation of colourful hand apparatus while moving to various musical accompaniments. The hand apparatus includes ropes, hoops, balls and of course, ribbons. This is a wonderful sport to develop hand-eye coordination, balance, agility, flexibility and rhythm. This class is designed for 8 years and older however we will allow 7 year olds who have had previous gymnastics or dance.

No class Nov 4, Dec 2.

1/3 Gym	Elite Gymnastics
Sep 16-Dec 16 Sa	2:30PM-3:30PM
\$57/12 classes	123147
Sep 21-Dec 14 Th	5:00PM-6:00PM
\$61.75/13 classes	123145

Sportball Multi-Sport (5-7yrs)

Refine, rehearse, repeat. Multi-Sport classes are the heart of Sportball programming. 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. Each class focuses on one of eight different popular sports: hockey, soccer, football, baseball, basketball, volleyball, golf and tennis.

No class Oct 8, Nov 12.

1/3 Gym	Sportball Vancouver
Sep 10-Oct 22 Su	2:15PM-3:15PM
\$108/6 classes	123136
Nov 5-Dec 17 Su	2:15PM-3:15PM
\$108/6 classes	123131

Martial Arts

Karate (6-19yrs)

Self-defence and physical conditioning are emphasized in this contact oriented style of Karate. For existing students, please visit www.fightingart.ca to find out which class you should sign up for if you are not sure. For 13-18 yrs who attended at least one term of the children's class with us, you can join the Karate for Teens Level 1 in the Youth section. Please note that Participant Waiver forms must be filled out before the program starts. Forms are available from the instructor. Uniform is not required for Beginner class but is required for all other classes.

No class Oct 5, Nov 12, Dec 3.

\$96/12 classes; \$112/14 classes

Vancouver Seiyu Karate

Beginner • Room 205

Sep 10-Dec 10 Su	4:00PM-4:45PM	123560
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Blue Belt to Blue/Stripe • Dojo

Sep 7-Dec 14 Th	4:00PM-5:00PM	123561
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Orange Belt • Dojo

Sep 10-Dec 10 Su	3:20PM-4:20PM	123564
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Orange/Stripe • Dojo

Sep 10-Dec 10 Su	4:25PM-5:25PM	123566
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White Belt Level 1 • Room 205

Sep 10-Dec 10 Su	4:50PM-5:50PM	123567
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White Belt Level 2 • Dojo

Sep 10-Dec 10 Su	1:10PM-2:10PM	123569
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White/Stripe • Dojo

Sep 10-Dec 10 Su	2:15PM-3:15PM	123570
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Yellow Belt to Green Belt • Dojo

Sep 7-Dec 14 Th	5:10PM-6:10PM	123571
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Don't be disappointed...

Great courses with excellent instructors sometimes "pass away" to cancellation because people wait until the last minute to register. Courses are based on a minimum number of registrants so the course can recover costs. If you wait and we don't make the minimum you may never see that course again.

Please Register Early!! We give full refunds for all cancelled classes.

CHILDREN'S PROGRAMS

Taekwondo (6+yrs)

A dynamic Korean martial art that teaches techniques for defense and attack in addition to the development of physical and mental discipline. For students 13-18 yrs, look for the Taekwondo class in the Youth section. Please note that Participant Waiver forms must be filled out before the program starts. Forms are available from the instructor. Uniform must be purchased at cost of \$55-\$65 plus GST.

No class Oct 8, Nov 12.

\$90/15 classes; \$78/13 classes

Dojo Wu's Taekwondo

White to Yellow Belt

Sep 9-Dec 16 Sa 12:00PM-1:00PM 123237

Sep 10-Dec 17 Su 9:00AM-10:00AM 123231

Yellow-Green to Green Belt

Sep 9-Dec 16 Sa 1:00PM-2:00PM 123238

Sep 10-Dec 17 Su 10:00AM-11:00AM 123239

Green-Blue and Blue-Red Belt

Sep 9-Dec 16 Sa 3:00PM-4:00PM 123232

Sep 10-Dec 17 Su 11:00AM-12:00PM 123234

Red to Black Belt

Sep 9-Dec 16 Sa 4:00PM-5:00PM 123242

Sep 10-Dec 17 Su 12:00PM-1:00PM 123244

Traditional Kung Fu (6+yrs)

北少林龍志光國術會 傳統武術班

Sifu Marquis Lung and Instructor Timothy Peng will teach you Northern Shaolin traditional forms, weapon forms, sparring and self-defence. It will help you gain physical and mental strength, develop self-confidence and discipline. Membership fee \$1 per month for the Northern Shaolin Lung Chi Cheung Association is included in the fee. Please note that Participant Waiver forms must be filled out before the program starts. Forms are available from the instructor. Note: Class meets twice each week, Wed and Sat.

1/3 Gym Sifu Marqui Lung and Tomothy Peng

Beginner

Sep 6-Dec 16 W Sa 4:15PM-5:30PM

\$259/30 classes 123556

Intermediate

Sep 6-Dec 16 W Sa 4:15PM-5:45PM

\$289/30 classes 123557

Advanced

Sep 6-Dec 16 W Sa 4:15PM-6:15PM

\$304/30 classes 123558

Specialty Camps and Holiday Programs

Hip Hop Breakers Camp (7-9yrs)

This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your young dancer moving to the beats. Family and Friends be ready to cheer during the final day performance. More info: www.kirbysnelldance.com

Room 211 Endorphin Rush Dance And Fitness
Dec 27-Dec 29 W Th F 12:30PM-2:30PM

\$62/3 classes 120521

Hip Hop Camp (6-9yrs)

All music and moves are age appropriate in this fun and open hip-hop camp program. Parents and friends are invited to the performance on the last day of camp. No Drop ins. More info: www.kirbysnelldance.com

Room 205 Endorphin Rush Dance And Fitness
Jan 2-Jan 5 Tu-F 2:00PM-3:00PM

\$40/4 classes 120531



The Gingerbread Architect

In this class, children are encouraged to engage their inner designer and architect as we explore a number of influential architecture styles throughout history, and across the world. After looking at some examples of building styles (modernist, Bauhaus, neoclassical, gothic, etc) the students will sketch out a 'blueprint' for their building design, and then we will proceed with constructing and decorating gingerbread houses. This is an opportunity for the students to design their most creative, tastiest, dream gingerbread

structures, while coming up with different ways to assemble the materials at hand. At the end of the class, students will share and discuss their buildings with each other and how they came up with their unique designs!

Caitlin Jameson
Dec 16 Sa 9:30AM-12:30PM

\$39/class 127632

Dec 17 Su 1:00PM-4:00PM

\$39/Class 127634

Killarney Daycamps

Holiday Daycamp For School-Aged Kids

An action packed week of sports, games, crafts & more!

Program is led by our excellent Out of School Care Leaders.

Camp Hours: 9:00AM-3:00PM \$140/7 classes or \$20/day

All 7 days: [121438](#)

Jan 2: [121443](#)

Dec 27: [121440](#)

Jan 3: [121444](#)

Dec 28: [121441](#)

Jan 4: [121445](#)

Dec 29: [121442](#)

Jan 5: [121446](#)

Extended Care

Before and After Care for Holiday Daycamp. Registration must be done in person or by phone due to the several rates.

Before Camp:	7:30AM-9:00AM	\$6/day
After Camp:	3:00PM-6:00PM	\$11/day
Before & After Camp:		\$15/day

All 7 days: [121447](#)

Jan 2: [121451](#)

Dec 27: [121448](#)

Jan 3: [121452](#)

Dec 28: [121449](#)

Jan 4: [121453](#)

Dec 29: [121450](#)

Jan 5: [121454](#)

Registration Information:

- Registration for the Holiday Daycamp can be done online. (To be able to register online you must have an approved online account).
- The Parent Agreement & Waiver form can be downloaded off the Killarney website; forms must be handed in before the first day of the program.
- Extended Care registrations must be done in person or by phone.
- Please let us know if there is any other relevant medical/health information.
- Please bring your child's Care Card, Doctor's Phone Number, and Emergency contact numbers.
- Staff are not responsible for Holiday Daycamp participants before 9:00am and after 3:00pm unless they are registered in Extended Care.

Reminder!

- Please send your child with a nutritious, nut-free lunch, appropriate clothing, bathing suit and towel.
- Please do not send any money or valuables with your child.
- Staff will not be responsible for lost items.



Licensing Regulation:

A child may attend unlicensed day camps once they have started their kindergarten school year. Children must be enrolled/attend a school (including home schooling). The age of children was changed to 5 years or older on or before December 31. Day camps operate only during the months of September to June only on days of school closure.

Refund/Cancellation Policy

- 21 days or more: full refund less \$5.00 admin fee
- 8-20 days: 75% will be refunded + \$5.00 admin fee
- 7 days or less: 50% will be refunded + \$5.00 admin fee
- No refunds after first day of camp.

Preteen Programs

Dance

Dance Extreme (8-12yrs)

This class will explore a number of different styles of dance with a variety of guest artist giving them a fun, energetic exploration in a welcoming, safe and inspiring environment. Styles may include: hip hop, latin dance, acrobatic dance, musical theater, creative movement and bollywood. More info: www.KirbySnellDance.com. No experience necessary.

*Space permitting drop-in fees:
members \$9 non-members \$9.50.*

Room 205 Endorphin Rush
Sep 10-Dec 10 Su 2:45PM-3:45PM
\$112/14 classes 120037

Hip Hop (9-14yrs)

The latest music and moves to hip hop sounds, fun and energetic! Students will learn choreography and will incorporate their own moves as well. A show will be held last day of class.

*Space permitting drop-in fees:
members \$8 non-members \$8.50.*

Room 205 Espirito Santo Mauricio
Sep 13-Dec 13 W 5:00PM-5:45PM
\$86.80/14 classes 123209

Hip Hop Camp (10-13yrs)

We will dance to big beats, play dance games, learn hip-hop moves and grooves and have loads of fun in this dance camp. All music and moves are age appropriate in this fun and open hip-hop camp program. Parents and friends are invited to the performance on the last day of camp. No Drop ins. More info: www.kirbysnelldance.com

Room 205 Endorphin Rush
Jan 2-Jan 5 Tu W Th F 3:00PM-4:00PM
\$40/4 classes 120532

Creative

Painting - Level 2 (9-13yrs)

Explore your artistic side and learn some new skills in this painting class especially for pre-teens! We will use a variety of techniques with watercolour and acrylic to create several projects that you will be proud to display. Dress for a mess!

No Class Nov 13.

Room 201 Jennifer Skillen
Oct 16-Dec 11 M 5:00PM-6:00PM
\$58/8 classes 123152

Foodology 101: Cooking for Preteens (9-13yrs)

Curious about cooking and cuisines? Get introduced to basic kitchen skills and techniques while learning about the how's and why's with a bit of food science along the way! We will be exploring fun and easy recipes inspired by different cultures of the world. Please bring an apron and a container every week to take food home. This is a nut-free environment, however we will be using common foods such as wheat, eggs, and dairy. Not suitable for preteens with food sensitivities.

Room 203 Carmine Dung
Sep 15-Oct 27 F 5:00PM-6:30PM
\$147/7 classes 122604
Nov 3-Dec 15 F 5:00PM-6:30PM
\$147/7 classes 122606

Face Value - Facial Care For Teens (9-15yrs)

From acne to rosacea, create natural facial care - food for the skin! Customize face products to meet individual needs. Take home a chamomile cleanser, alpha hydroxy skin toner, papaya oatmeal facial scrub and a restorative facial oil. Recipes for hydrating facial spray and a wholesome facial mask. ALL SUPPLIES INCLUDED IN COURSE FEE.

Room 201 Cheryl Theilade
Sep 18 4:00PM-6:00PM
\$30/1 classes 124122

The Essentials of Aromatherapy (9-15yrs)

Aromatic Essences derived from portions of the plants – discover the alternative form of healing! Learn the top ten essential oils, their therapeutic properties and how to safely and effectively use them everyday. Discuss creating your own essential oil medicine cabinet. In class, create blends for focus, clarity, memory, acne and other ailments. Create a personal synergy (blend), a roll-on, and a aromatic room spray. Recipes and blends provided. ALL SUPPLIES INCLUDED IN COURSE FEE.

Room 201 Cheryl Theilade
Sep 25 M 4:00PM-6:00PM
\$30/1 classes 124332

Carve, Cast, Model, and Mold: Intro to Sculpting (8-12yrs)

This introductory course will explore different basic methods and materials used in 3D expression to create unique sculptures as part of an introduction to fine art. Children will be using a variety of materials to creatively assemble and decorate imaginative sculptural projects. They will increase their spatial perception by bringing their ideas into the three dimensional world. The skills learned within a sculpture class can develop a number of interests and techniques that are transferable to many career paths and disciplines.

Room 201 Caitlin Jameson
Sep 20-Dec 6 W 4:00PM-5:30PM
\$58/12 classes 122602



Music



Guitar: Group Lessons For Beginners (9-14yrs)

This is a great opportunity for beginner guitar players to learn music theory, chord progression, different rhythmic and percussion games. A fun and inspirational approach to learning music. Please bring your own instrument.

No class Oct 9.

Room 211

Leonard Pallerstein

Sep 11-Oct 30 M

3:30PM-4:25PM

\$105/7 classes

122636



Educational

Bricks 4 Kidz® Jr. Robotics (10-13yrs)

Take your LEGO game to the next level by combining LEGO technic builds with computer programming! Using LEGO's® We-Do icon based software, sensors, and remote controls you can customize your LEGO technic model with sound and motion. This class introduces and develops the skills necessary for the world of computer programming and robotics that will make up the technology-based marketplace of the future. All participants will go home with a custom designed Minifigure.

No class Oct 7.

Room 201

Sep 16-Oct 28 Sa

\$119/6 classes

Bricks 4 Kidz

2:30PM-4:00PM

122595

Bricks 4 Kidz® Advanced Robotics (10-13yrs)

Take LEGO® building to the next level using the Latest LEGO Software Mindstorms EV3. Combine the versatility of the LEGO® building system with a microcomputer brick and intuitive programming software and build robots programmed for exciting projects and challenges! All participants will go home with a custom designed Minifigure.

No class Nov 11.

Room 201

Nov 4-Dec 16 Sa

\$149/6 classes

Bricks 4 Kidz

2:30PM-4:00PM

122596

Computer Game Design - Level 2 (11-15yrs)

Create your own video game! In partnership with UME Academy, and guided by film and game industry veterans, students will learn creative problem solving, physics and math through the game design process while employing the tools and technology (Unity) that power top games like Pokémon Go! Each class, while rooted in a S.T.E.M topic, will also include time to create, play and evaluate games. The season ends with a demo day and Community Arcade for students to showcase their creations to family and friends. Up to the minute hardware and software is provided. Prerequisite: 11 years old, or previously enrolled in Game Design with UME or other related class.

Computer Lab

Sep 9-Dec 9 Sa

\$115.50/14 classes

UME Academy

12:00PM-1:00PM

122593



PRETEEN PROGRAMS

Red Cross Babysitting (11-15yrs)

Gain the basic skills and confidence for responsible babysitting. Learn the responsibilities of a babysitter, how to get along with and care for babies, toddlers, preschoolers and school-aged children. Students will also learn how to handle emergencies and provide first aid. Canadian Red Cross Babysitter's Manual and Babysitter's participation card are included.

Room 105	S. & P. Reddy
Sep 23 Sa	9:00AM-5:00PM
\$52.50/1 classes	120540
Dec 9 Sa	9:00AM-5:00PM
\$52.50/1 classes	120541



Social

Saturday Night Live (9-12yrs)

Come meet preteens in the neighbourhood and hang out with one of our awesome youth leaders! Youth will have the opportunity to decide on some of the activities on the first day. Activities will range from sports, swimming, cooking, outdoor games, baking, and other events and out trips geared towards the interests of participants. Consent forms must be completed for any off-site activities - to be distributed during program.

Computer Lab	
Sep 16-Dec 2 Sa	7:00PM-9:00PM
Free with membership	124594

Sports



Sole Girls (8-12yrs)

Sole Girls is a fun program that combines empowering games, powerful discussion and mentorship to build confidence! Girls learn tools for life skills, confidence, being responsible and being healthy in a safe and interactive environment. During the program, girls will mentally and physically prepare to run a 5km fun run at the end of the season. Program includes Sole Girls t-shirt, running games, activities, yoga, scavenger hunts, cheering and dancing. Come learn to sparkle, be fearless and healthy!

Room 211	Sole Girls
Sep 19-Nov 14 Tu	3:45PM-5:30PM
\$195/9 classes	122649

Mini Stars Soccer for Boys and Girls (10-13yrs)

Experience the beautiful game of soccer, challenging team competition and cheerleading by amazed parents and fans! Players will get energized with dribbling, passing, shooting, running, falling, jumping, scoring goals and making dive saves. Ole, ole! We are inviting parents, friends of the game to cheer-lead these mini stars in exchange for buckets of fun and calorie burning. Players will be provided with a Star Soccer T-shirt. www.starsoccercentre.com. Classes will be held on the field outside, weather permitting.

No Class Oct 29, Nov 12.

2/3 Gym	Valentinos Dinglis
Sep 10-Dec 10 Su	10:10AM-11:30AM
\$134/12 classes	123577

Instructional Basketball (9-12yrs)

Want to shoot hoops for fun while receive coaching from experienced players? Sign up NOW! Learn how to dribble, pass, and other basic basketball skills. Boys and girls are welcome.

1/3 Gym	
Sep 13-Dec 6 W	6:15PM-7:45PM
\$52/13 classes	122984

Ball Hockey Drop-In (9-12yrs)

Leave your pads and skates at home but be ready to hustle as you learn from a leader how to deke, shoot and score! Bring your friends and come join us for an hour of Canada's favourite sport! Hockey equipment is donated by the Vancouver Street Hockey Program. This is a drop-in activity. Free with membership!

1/3 Gym	
Sep 9-Dec 16 Sa	5:45PM-6:45PM
Free with membership	122978

Dodgeball Drop-In (9-12yrs)

Come join our dynamic dodgeball program and get dodging. Every Friday we meet to rock the gym with both team and arena style dodgeball. Learn the 5 Ds of dodgeball: Dodge, Duck, Dip, Dive and Dodge. Bring your friends, bring your skills, bring your style! This is a drop-in activity. Free with membership!

No session Dec 1

1/3 Gym	
Sep 8-Dec 15 F	4:30PM-5:30PM
Free with membership	122980



Youth Programs

Computer Classes

Free Computer Lab Times

Tue	3:15-4:30pm
Wed	3:15-4:30pm
Thu	3:15-4:30pm
Sat	5:15-6:30pm

Youth Lounge and Office

Come hang out in the lounge after school and play pool, foosball, cards, or just chill with your friends. Get to know the Youth Staff, obtain resources, information, and learn about volunteer/leadership opportunities. Drop by or call the Youth Office at 604-718-8212 to make an appointment to see the Community Youth Worker.

Fall 2017 Youth Office Hours

Hours subject to change without notice

Mondays	3:15-5:00pm
Tuesdays	3:15-5:00pm
Wednesdays	3:15-5:00pm
Thursdays	3:15-5:00pm
Fridays	3:00-9:30pm
Saturdays	3:00-9:30pm
Sundays & Stat Holidays	CLOSED

Programs and activities may change during the season to gear towards the interests of youth. Please contact the Community Youth Worker for updated and detailed information as well as to give us your feedback and ideas.

Youth Gym Times

September 5 – December 16, 2017

A valid Killarney Membership Card is required to use the gym & equipment.

Pre-Teens 9-12yrs & Teens 13-18yrs.

Schedule subject to change without notice.

No gym programs on statutory holidays.

MONDAY	WEDNESDAY	FRIDAY	SATURDAY
Pre-Teen & Teen Open 2/3 Gym 3:15-5:00pm <i>No Session Sep 4, Oct 9, Nov 13</i>	Pre-Teen & Teen Open 1/3 Gym 3:15-4:15pm	Teen 2/3 Gym Basketball Drop-In 3:15-4:30pm <i>No Session Dec 1</i>	Teen Instructional Badminton 3:15-5:15pm*
	Pre-Teen Instructional Basketball 6:15-7:45pm*	Pre-Teen Dodgeball Drop-In 4:30-5:30pm <i>No Session Dec 1</i>	Pre-Teen Recreational Ball Hockey Drop-In 5:45-6:45pm
	Teen Intermediate Instructional Basketball 7:45-9:15pm*	\$1 Teen Full Gym Badminton Drop-In 5:45-7:45pm (Non-Member: \$2) <i>No Session Dec 1</i>	
	THURSDAY Pre-Teen & Teen Open 2/3 Gym 3:15-4:15pm	\$1 Teen Full Gym Volleyball Drop-In 7:45-9:45pm (Non-Member: \$2) <i>No Session Dec 1</i>	\$1 Teen Full Gym Basketball Drop-In 7:45-9:45pm (Non-Member: \$2)

**Registration is required for this program.*

Don't be disappointed...

Great courses with excellent instructors sometimes "pass away" to cancellation because people wait until the last minute to register. Courses are based on a minimum number of registrants so the course can recover costs. If you wait and we don't make the minimum you may never see that course again.

Please Register Early!! We give full refunds for all cancelled classes.

YOUTH PROGRAMS

Art, Culture & Environment

Hip Hop Saturdays

It's time to blast off with this fun hip-hop program for newcomer youth to Canada. We do however accept youth from all backgrounds who are interested in learning to move to lit hip hop beats. Come check us out, all skill levels are welcome and it is totally free!

Dance Studio

Sep 2-Dec 16 Sa

Free

7:30PM-9:30PM

121367

Martial Arts

Karate for Teens-Youth Level 1 & 2

Self-defence and physical conditioning are emphasized in this contact oriented style of Karate. Please visit www.fightingart.ca to find out more about our club. Uniform, punching gloves and shin/instep guards are required. If you are new to our karate class, look for the Beginner class in the Children's section. Please note that Participant Waiver forms must be filled out before the program starts. Forms are available from the instructor. *Must have attended at least one term of children's class.

Dojo

Vancouver Seiyu Karate

Sep 7-Dec 14 Th

6:20PM-7:20PM

\$112/14 classes

122955

Taekwondo Beginners Young Adult

A dynamic Korean martial art that teaches techniques for defense and attack in addition to the development of physical and mental discipline. For students 13-18 yrs, look for the Taekwondo class in the Youth section. Please note that Participant Waiver forms must be filled out before the program starts. Forms are available from the instructor. Uniform must be purchased at cost of \$55-\$65 plus GST.

Dojo

Wu's Taekwondo

Sep 9-Dec 16 Sa

2:00PM-3:00PM

\$97.50/15 classes

122991

Ki-Aikido

A fun, non-competitive practice that promotes health & well being. We practice with others to learn flow & how to stay relaxed under pressure. This helps build confidence & reduce stress in daily life. Suitable for all levels of fitness. Ages 14+. Women encouraged to participate. www.canadiankifederation.org. *Please note that Participant Waiver forms must be filled out before the program starts.*

Forms are available from the instructor.

No Classes Oct 7 & Nov 11

Space Permitting - Drop-in fees:

Members \$7.14 Non-Members \$7.64

Dojo

Sep 16-Dec 16 Sa

\$68.57/12 classes

Emily Aspinwall

9:45AM-11:45AM

122418

Sports

Instructional Badminton for 13-17yrs

Grab your racquets and come out to learn techniques from a well trained badminton instructor. Youth must have some knowledge of badminton and be willing to improve their skills.

No class Nov 4

2/3 Gym

Sep 9-Dec 9 Sa

\$94.29/13 classes

Derek Wong

3:15PM-5:15PM

121371

Intermediate Instructional Basketball

This class is for youth who are ready for more of a challenge and hope to advance their skills in basketball.

2/3 Gym

Sep 13-Dec 6 W

\$55.71/13 classes

7:45PM-9:15PM

122954

Let's Play Volleyball

This volleyball program is for newcomer youth to Canada. We do however accept youth from all backgrounds, whether they are newcomers or not.

2/3 Gym

Sep 9-Dec 16 Sa

Free

5:30PM-7:30PM

123030



Teen Basketball Drop-In

Join us every Saturday night to shoot some hoops! Bring your friends or play pick-up with other players. Youth must bring their own basketballs.

Drop-in fees: Member: \$1; Non-Member: \$2

Full Gym

Sep 9-Dec 16 Sa

7:45PM-9:45PM

123010

Teen Badminton Drop-In

An exclusive drop-in time for teens to come play badminton with friends and other youth. All players must bring their own racquet and birdie. Spots are limited so don't wait! Drop-in spots are on a first come first serve basis.

No session Dec 1

Drop-in fee: \$1 Members; \$2 Non-members.

Full Gym

Sep 8-Dec 15 F

5:45PM-7:45PM

123006

Teen Volleyball Drop-In

Whether you are polishing your volleyball skills for your school or club team or just playing for fun with friends, come out every Friday night to bump, set, and spike! 3 full courts are available to play on. A limited number of volleyballs are available for loan. Youth are encouraged to bring their own.

No session Dec 1

Drop-in fees: Member: \$1; Non-Member: \$2

Full Gym

Sep 8-Dec 15 F

7:45PM-9:45PM

123012

Volunteer Opportunities

Youth Volunteer Orientation

Must have completed volunteer application and interview.

Room 211

Sep 9 Sa 2:30PM-4:30PM 123031

Youth Leadership

Duke of Edinburgh's Award

The Duke of Edinburgh's Award is an internationally recognized leadership program that encourages youth to challenge themselves in a fun, active environment. Participants must be self-motivated and able to work independently to complete the four components of this program: Service, Skill, Physical Fitness and Expedition. All books are ordered online and will need to be picked up from the Killarney Youth Office. Please contact the Community Youth Worker for more information.

Free 121364



Killarney Youth Council

Be a leader! Join this youth leadership group to voice your opinion, plan activities for youth, and implement your own community projects. As a member you will also represent Killarney Community Centre youth at city-wide events. Weekly meetings are on Saturdays at 3:30pm in Room 105. For more information, please contact the Youth Office.

Room 105

Sep 9-Dec 16 Sa 3:30PM-5:00PM 122956



KEEP VANCOUVER
SPECTACULAR!

FREE! ZERO WASTE REUSE AND RECYCLING DROP-OFF

SATURDAY, SEPTEMBER 16th
10 AM - 1 PM

DROP-OFF LOCATION

KILLARNEY COMMUNITY CENTRE
PARKING LOT
6260 KILLARNEY STREET



DONATE YOUR OLD COMPUTERS AND MONITORS FOR
REUSE, AND RECYCLE YOUR ELECTRONICS, SMALL APPLIANCES,
BATTERIES, LIGHT BULBS AND MORE, FOR FREE!

See page 2 for more information

Killarney Computer Lab

Killarney Computer Lab

Public Computer Access for all...

We have 11 computer stations including a printer that is accessible by all stations. Each station has a personal desktop computer on a Windows 2000 operating system. All stations are equipped with Microsoft Office applications which include: Microsoft Word, Excel, PowerPoint and Access. Internet access is provided at all stations so that users are able to "surf" the World Wide Web.

Computer Lab User Agreement Form

All drop-in users **MUST** be pre-approved by the Recreation Programmer. All users must fill out a [Computer Lab User Agreement Form](#) before being allowed access to the lab. The agreement form is available at the Front Desk or on-line at our website. All approved drop-in users will be entered into a database and MUST sign-in at the Front Desk when paying their drop-in fees.

For pre-teens and teens who are interested in using the computer lab, please talk to the Youth Worker. A separate form must be filled out by both the participant and the participant's parent.

Computer Lab Schedule Fall 2017

\$1.00 drop-in fee applies. Pre-Teen Only 9-12yrs, Teen Only 13-18yrs & Seniors 55yrs+. Note: no charge for Seniors.

Schedule subject to change without notice. **The lab is CLOSED on ALL Statutory Holidays.**

Time limits apply when computer lab is busy. No staff assistance provided.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Public Drop-In 1:00-3:30pm 7:00-8:30pm	Public Drop-In 9:30am-1:00pm	Public Drop-In 9:30am-12:00pm	Public Drop-In 9:30-10:00am 2:00-4:00pm	Public Drop-In 10:30am-12:00pm	Public Drop-In 12:00-4:00pm
Seniors Only 10:00am-12:00pm	Seniors Only 1:00-3:00pm		Seniors Only 10:00am-2:00pm		
	Pre-Teens & Teens 3:15-4:30pm	Pre-Teens & Teens 3:15-4:30pm	Pre-Teens & Teens 3:15-4:30pm		Pre-Teens 5:15-6:30pm



Have fun and help your community!

Main Street at 11th Avenue

Support the Killarney Community Centre Society and its programs by playing at Planet Bingo, BC's largest bingo facility. Open for drop-in bingo 364 days a year from 11:00am to half-past midnight.

Planet Bingo is a warm, inviting, friendly place to spend time and the game itself is a blast! Choose from two full-service floors offering both paper and electronic bingo!

For more information, please call the **Planet Bingo Hotline at 604-879-8930** or visit their website at www.planetbingo.ca



Know your limit, play within it.



Killarney Rink

Arena Sports Groups



Killarney Skating Club

Registration Available and Ongoing for all Programs - Online Registration ONLY!

Skate Canada Program Offerings:

- CanSkate Learn to Skate (Kids & Adults)
- Test Stream & Competitive Skating
- Junior & Intermediate Development
- Pre-Power & CanPower Skating
- Skate Canada Certified Professional Coaching Staff
- Sep-Mar (Killarney)
- Apr-Aug (Sunset & Hillcrest)

Website: www.killarneyskatingclub.com

Email: killarneyskatingclub@gmail.com

Phone: 604-430-2330

Like Us on Facebook!

Killarney Minor Hockey Association

We offer contact and non-contact hockey for girls and boys ages 5-20yrs. Teams practice or play home games at lower mainland arenas. To register for Vancouver Minor Hockey, please go to their website or email registrar A@vmha.com.

For information please go to www.vmha.com.

Killarney Girls Ice Hockey Vancouver "Angels"

GIRLS PLAY HOCKEY TOO!

We offer non-contact ice hockey for girls ages 5yrs & up. Teams practice or play home games at lower mainland arenas. Beginners thru advanced welcome.

For more information go to www.vancouvergirlshockey.com or info@vancouvergirlshockey.com



Vancouver-Killarney Minor Lacrosse Association

"Lacrosse! The fastest game on two feet". We offer lacrosse for boys and girls ages 4-16yrs.

For registration information email: president@Vancouverlacrosse.com or vkmlapres@yahoo.ca

Employment Opportunities

Are you an accomplished skater with First Aid experience? Have you completed a NCCP level one coaching certification or the RFABC skate instructor certification? Do you have experience working with pre-schools, school age children, teens, adults or seniors? The Vancouver Park Board is looking for experienced, qualified candidates with proven reliability. See the Rink Programmer for further details.

KILLARNEY RINK

Ice Skating Lesson Information

Learn to Skate Program

The Learn to Skate program for children 3 to 18yrs is fun, safe, creative and progressive, and builds new skating skills while strengthening existing skating skills. All classes are taught by friendly, certified, knowledgeable staff in a supportive and age appropriate environment. Parents and guardians are not allowed on the ice during skating lessons.

Please arrive AT LEAST 15 minutes before your lesson time to allow time to put on skates and helmets. Ensure you or your child wear warm clothes, gloves and long socks for comfort and safety. Extra socks may be helpful (rental skates are in full sizes only). We strongly recommend that first time pre-school skaters wear waterproof pants. Note: Skate rental fees are not included.

CSA approved hockey or snowboarding helmets are required.

A limited number of helmets are available on site.

Registration Information

Online and in-person registration for skating lessons at all rinks, for all age groups starts:

You can register
in person at any
Vancouver Park Board
Community Centre!

Fall Set 1 – September 15 at 9am (September 30-November 9)

Fall Set 2 – November 10 at 9am (November 11-December 17)

**no lessons between Dec 18, 2017 and Jan 5, 2018.*

*We strongly recommend your child attend a **free** skate evaluation during any public skate session prior to registration to determine the most appropriate level. You may register for only one lesson set at a time; there is no guarantee that your child can be transferred to another class should you register in the incorrect level. When registering in person or by phone, if the class you want is full, please ask to be placed on the waiting list. Spaces cannot be reserved without payment and are given out on a first come, first serve basis.*



Adult Ice Skating

Enjoy a night out with friends and participate in one of our adult skate lesson sessions. Register for Saturday lessons, and come early or stay after for the Adult Only Skate. Your admission is included with the Saturday lessons. CSA approved hockey or snowboarding helmets are mandatory for all lesson participants. Limited numbers of helmets are available on site.



Park Board Refund Policy

- Full refund five days or more prior to program start date
- Partial refund within four days of program start or before second class; program fee minus the price of the number of lessons that have taken place
- No refunds or transfers after second class
- No refunds on single session or drop-in programs

Killarney Rink Fall 2017 Public Skate Schedule

September 30-December 31, 2017

Schedule subject to change without notice

Children 7 years and younger must be accompanied on the ice by a parent or guardian over the age of 16yrs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Adult Co-ed Stick & Puck 11:45am-1:15pm	Discount Skate 11:30am-1:15pm	Adult Co-ed Stick & Puck 11:45am-1:15pm	Parent & Preschool (w/ Discount Skate) Skate/Lessons 11:30am-1:15pm			Family Fun Hockey 2:15-3:15pm
				Discount Skate 3:15pm-4:45pm	Public Skate 5:45pm-7:15pm	Public Skate 3:30-5:00pm
	Public Skate 6:00pm-7:30pm		Public Skate 6:15pm-7:45pm	Public Skate 7:30pm-9:00pm	Adult Skate & Lessons 7:30pm-9:00pm	

Please check online for schedules on Dec 24, 25, 26, 31 & Jan 1, 2, or call 311.

Ice Skating Rates & Fees

Prices subject to change

	SINGLE	10 USAGE	1 MONTH	3 MONTHS	12 MONTHS
Child (3-12yrs)	\$3.16	\$25.29	\$24.24	\$64.31	\$204.92
Youth (13-18yrs)	\$4.48	\$35.90	\$33.95	\$90.17	\$286.87
Adult (19-64yrs)	\$6.28	\$50.18	\$48.49	\$128.57	\$409.84
Senior (65+)	\$4.48	\$35.90	\$33.95	\$90.17	\$286.87
Family Rate	Minimum charge of \$6.32, 1-2 adults of same household and their children under 19yrs				
Discount Skate	50% regular admission				
Drop-in Hockey	\$6.28	\$49.20	\$47.54		
Skate Rental	\$3.32	\$26.55			
Skate Sharpening	\$6.37				

Killarney Rink 10 visit cards are valid at all Vancouver Board of Parks operated rinks.

Welcome Back Skate

Dust off those skates and join us as we celebrate the start of a new season!

Oct 9 Sun 3:30-5:00pm

Pro D Day Skates

Looking to burn off some excess energy? Come for a skate! 50% off regular admission.

Oct 20 Fri 1:15-2:45pm
Nov 10 Fri 1:15-2:45pm
Dec 1 Fri 1:15-2:45pm

Skate With Santa

Santa fans of all ages are welcome to our Skate with Santa session! Be sure to bring your camera for a classic picture.

Regular admission rates apply.

Dec 10 Su 3:30-5:00pm

Adult Hockey

All Adult (19 yr +) Hockey Programs are co-ed & require full equipment. Participants must sign a waiver at the beginning of each session. Goalies play for free. Players may register for day of session by calling 604-718-8201 beginning at 9:30am on the day of program. Drop In payment & registration must be completed in person 15 minutes prior to session start time.

Killarney Leisure Pool

Things to know before you swim

- A responsible guardian 16yrs+, in a bathing suit, must accompany children under 4 feet tall and/or under 8 years of age. The guardian must keep children within arms' reach at all times while in the facility. Groups of children under 8 years: 1 guardian required for every 5 children. Groups of children 8-12 years: 1 guardian recommended for every 10 children.
- Absolutely no cameras, cell phones or recording devices in the change rooms.
- Sections of the pool may be closed for aquafit, swimming lessons, school groups or swim clubs.
- Diving Platform and Diving Board are only available when space permits.
- Streetwear and underwear are prohibited to be used as swimwear.
- Infants must wear snug fitting plastic pants or swim diapers.
- It is prohibited to enter the pool with an illness, including open sores, bandages, head colds, discharging ears or noses or infected eyes.
- Please first take a cleansing shower before entering the swimming pool.
- Please be considerate of others and limit your time in the universal changing room.
- Please bring your own padlock to secure your possession in a locker or one can be purchased at the front desk for \$13.

Have a Birthday Party by the Pool!

- Rent the room adjoining the Pool for \$44/hour. Pay the admissions for the Pool.
- Times can be flexible depending upon the number of children and pool usage.
- For children of all ages.
- **Maximum 30 people per party.**
- Food, drinks & cake at your discretion.

For more information call
604-718-8280 or email
denise.yeh@vancouver.ca

Our Amenities include:

- UV Treated Water
- Inflatable Obstacle Course
- 1-metre Diving Board
- Giant Water Slide
- Spray Features
- Steam Room
- Accessible Ramp Entry
- 3-metre Diving Platform
- Lazy River
- Mountain View
- Whirlpool
- Accessible Changing Room
- 25-metre lap pool
- Climbing Wall

Prevent "Code Brown"!

Pool fouling is disruptive and may cut your swim short. Please help us avoid preventable closures by:

- ✓ Put your child in a fitted swim diaper until fully trained
- ✓ Take regular bathroom breaks and check diapers frequently
- ✓ Swim only when healthy; please stay home when sick or suffering from diarrhea

We're all in it together!

Please shower before entering the pool.

- ✓ Showering removes lotions, make-up, deodorants, antiperspirants, sweat, dirt, hair products and more
- ✓ Clean water saves money: we use less replacement water, save energy and reduce chlorine needs.



Winter Holiday Schedule

Public Swim with 2 lanes

Dec 26 & Jan 1: 1:00-9:00pm

Dec 27-29: 6:15am-10:00pm
Aquafit: 8:00-9:00am

Dec 30: 8:00am-9:00pm

Dec 31: 8:00am-4:00pm
Aquafit: 9:00-10:00am



KILLARNEY LEISURE POOL

Fall 2017 Pool Schedule

September 5 – November 26, 2017

Schedule is subject to change without notice

Call 604-718-8280 for information Email: killarney.pool@vancouver.ca



YEARLY MAINTENANCE CLOSURE: NOVEMBER 27 - DECEMBER 25, 2017

MAIN POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY & SUNDAY
Public Swim & 3 Lanes 6:15-8:00am					Public Swim & 3 Lanes 8:00-10:00am
Aquafit, Public Swim & 2 Lanes 8:00-9:00am					Aquafit 9:00-10:00am
Public Swim & 2 Lanes 9:00am-3:30pm	Public Swim & 2 Lanes 9:00am-3:30pm Discount Dip & 2 Lanes 11:30am-12:30pm	Public Swim & 2 Lanes 9:00am-3:30pm	Public Swim & 2 Lanes 9:00am-3:30pm	Public Swim & 2 Lanes 9:00am-3:30pm	Length Swim - 1 lane only 10:00am-2:00pm
Lessons & 2 Lanes 4:00-8:00pm	Lessons & 2 Lanes 3:30-7:30pm	Lessons & 2 Lanes 3:30-7:30pm	Lessons & 2 Lanes 3:30-7:30pm	Lessons & 2 Lanes 3:30-7:30pm	Public Swim & 2 Lanes 2:00-9:00pm
Lap Pool is available for length swim only from 3:30pm to 7:30pm, no public swim.					WATER SLIDE SCHEDULE Mon 3:30-5:00pm & 7:45-9:00pm Mon-Fri 7:45-9:00pm Sat & Sun 2:30-5:00pm & 7:00-8:30pm Holiday Hours 2:30-5:00pm & 6:30-8:00pm You must be 42 inches tall to use the slide
Public Swim & 2 Lanes 8:00-10:00pm	Discount Dip & 2 Lanes 7:30-9:00pm	Public Swim & 2 Lanes 7:30-10:00pm	Public Swim & 2 Lanes 7:30-10:00pm	Discount Dip & 2 Lanes 7:30-10:00pm	
	Public Swim & 3 Lanes 9:00-10:00pm				

LEISURE POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY & SUNDAY
6:15 am-10:00 pm Limited pool space and no water features available between 3:30-7:30pm due to swimming lessons.					8:00-10:00am 2:00-9:00pm

ADMISSIONS

(Fees as of January 1, 2017)

	Adult 19-64 yrs	Youth 13-18 yrs	Senior 65 yrs +	Child 3-12 ys
Drop-in	\$6.28	\$4.48	\$4.48	\$3.16
10 visits	\$50.18	\$35.90	\$35.90	\$25.29
1 month	\$48.49	\$33.95	\$33.95	\$24.24
3 month	\$128.57	\$90.17	\$90.17	\$64.31
1 year	\$409.84	\$286.87	\$286.87	\$204.92

Note: 10 visit cards are valid at all Park Board Operated Fitness Centres and Pools.

Discount Dip: (Prices based on 50% off regular admissions)

Family: 1-2 adults from the same household and their children 3-18 years; all family members must be present at time of admission. \$3.16/person or \$6.32 minimum. Pre-schoolers (2yrs & under) accompanied by an adult are FREE.

Statutory Holidays

All Day Public Swim
1:00-9:00PM

Thanksgiving

October 7-9

Remembrance Day

November 11-13



Inflatable Fun!

Saturdays and Sundays
from 2:00PM-3:30PM

KILLARNEY LEISURE POOL

Swim Lesson Information

Citywide Pool Registration starts at 9:00am on the following dates for the upcoming season:

Fall 2017: Tuesday, August 22

Winter 2018: Tuesday, December 12

Swimming Lesson Policy: *On the first day of in person registration the following policy applies:* Patrons are only permitted to register immediate family members residing at the same address or they may register another family if they are not registering their own family. Patrons who are a parent / guardian of children living at separate addresses are also permitted to register their children. We no longer permit the registration of additional families. ***These guidelines are to provide equal opportunities for participation in our swimming programs.*** **Unable to enroll in a class?** Place your name on a waitlist as classes may be created based on demand and pool space.

Waitlists are called daily and enrolled on a first-come-first-serve basis.

If you are unsure of your child's level or if your child has not taken swimming lessons for more than six months, please come in for a free swim assessment during any Public Swim time before registration.



Payment:

- Payment must be made at the time of registration. Cash, Debit Card, Visa, Amex or MasterCard are accepted. Cheques will not be accepted.

Refunds:

- If your refund request is received five or more days prior to the start of the program, a full refund will be issued.
- If your refund request is received within four days of the start of the program, your refund will be equal to the program fee minus the price of one class.
- If your refund request is received after the first class, your refund will be equal to the program fee minus the price of two classes.
- If your transfer request is received after the first class of the program, you will be charged the price of one class.
- No refunds or transfers are allowed after the second class of the program.

Did You Know...

- ✓ Online registration is the quickest way to get a spot on registration opening day.
- ✓ You can register for swimming lessons in-person or by-phone at **ANY** City of Vancouver recreation facility. For example, you can go to Champlain Heights Community Centre to register for swimming lessons offered at Killarney Leisure Pool.
- ✓ **Private and Semi-Private Registration is now available online.**

Online registration:

Never registered online before?

1. Go to: recreation.vancouver.ca.
2. Click "Sign In" or "Create an Account" to set up your profile and password before registration opens for programs.

If you used your online account to register since Fall 2015 or to renew/purchase passes, please continue to use your account as before.

In-person registration:

We start at 9 am on registration opening day to serve you on a first-come-first-serve basis. Please come prepared with your preferred class dates and times, and any applicable report cards. **Please note that we no longer issue time savers.** To ensure that you get a spot in your preferred class, we strongly recommend the online system for its efficiency.

Phone registration:

We accept phone registration at 9am on registration opening day. Longer wait times are to be expected. An alternative is to call and register at a City of Vancouver recreation facility without a swimming pool.

For any private lesson requests, please email denise.yeh@vancouver.ca.

KILLARNEY LEISURE POOL

Fall 2017 Swimming Lesson Schedule

Please note that all lessons are subject to change.

No class on October 7-9, Oct 30 & November 11-13.

Day of class	Class #	Start Date	End Date	PT/PS/ SKS-10	SK1-4
Monday	8	Sep 11	Nov 20	\$55.64	\$49.20
Tuesday	12	Sep 5	Nov 21	\$81.64	\$72.28
Wednesday	12	Sep 6	Nov 22	\$81.64	\$72.28
Thursday	12	Sep 7	Nov 23	\$81.64	\$72.28
Friday	12	Sep 8	Nov 24	\$81.64	\$72.28
Saturday	10	Sep 9	Nov 25	\$68.64	\$60.84
Sunday	10	Sep 10	Nov 26	\$68.64	\$60.84
Set 1 Tu/Th	12	Sep 5	Oct 12	\$81.64	\$72.28
Set 1 We/Fr	12	Sep 6	Oct 13	\$81.64	\$72.28
Set 2 Tu/Th	12	Oct 17	Nov 23	\$81.64	\$72.28
Set 2 We/Fr	12	Oct 18	Nov 24	\$81.64	\$72.28

Characteristics of different age groups:

Babies (4-12 months)	- Make rhythmic movements to music - Can play peek-a-boo - Babble and coo to caregiver's voice or music - Recognize caretaker's voice at a distance
Toddlers (12-24 months)	- Need time to explore and play with things - Play alone and try to perform skills independently - Obey simple commands - Enjoy rhymes
Preschooler (2-6 years)	- Are ready to become part of a group - Want to make choices - Show interest in imagery and games - Can be independent of caregiver

All weekend classes are available either Saturday or Sunday.

Parent and Tot – weekend classes – Saturday or Sunday

Starfish 4-12month	Duck 13-24 month	Sea Turtle 24 month-3 years
10:00am	10:30am	11:00am
11:30am	12:15pm	12:45pm
PT 1/2: ages 4-18 months		PT 2/3: ages 18months to 3 years
Monday	Wednesday	Monday
10:00am	10:30am	10:30am

**** Attention Parents**** When you bring your children to swimming lessons, they can only enter the pool while being supervised by their instructors.

How do Preschoolers learn?

Different age groups have different characteristics. The Red Cross Swim Preschool program was designed around the physical and social characteristics and the motor skills of each age group. To encourage learning in babies, toddlers, and preschoolers, the program uses songs, games, and activities that arouse children's curiosity, help them get comfortable in the water, and encourage them to participate. Play is an important tool for exploring and developing skills and is the perfect introduction to the water activities.

Preschool 1: Sea Otter

Tu/Th	Monday	5:15pm	Thursday	Weekend
3:00pm	4:00pm	5:45pm	3:30pm	10:00
5:30pm	5:15pm	7:00pm	4:45pm	10:45
We/Fr	5:30pm	Wednesday	5:15pm	11:15
3:00pm	6:30 pm	11:30am	5:45pm	11:45
5:15pm	Tuesday	4:00pm	Friday	12:30
6:00pm	11:00am	4:45pm	4:00pm	1:00
6:45pm	3:30pm	5:15pm	4:30pm	
		6:15pm	5:15pm	

Preschool 2: Salamander

We/Fr	5:45pm	6:15pm	Thursday	Weekend
5:45pm	7:00pm	Wednesday	4:00pm	10:00
6:30pm	Tuesday	11:00am	6:15pm	11:15
7:00pm	11:30am	3:30pm	Friday	12:00
Monday	4:00pm	4:00pm	3:30pm	12:30
4:30pm	4:45pm	6:45pm	4:00pm	1:30
			6:45pm	

Preschool 3: Sunfish

Tu/Th	Monday	Wednesday	Thursday	Weekend
6:30	5:00pm	5:45	7:00pm	10:30
We/Fr	Tuesday	6:30	Friday	12:15
6:15	6:30pm		4:30pm	1:30

Preschool 4: Crocodile & Preschool 5: Whale

Tu/Th	5:00pm	Weekend	1:30pm
Swim Kids 1			
Tu/Th	We/Fr	6:00pm	Thursday
4:00pm	3:30pm	Tuesday	5:45pm
5:45pm	5:00pm	4:30pm	6:30pm
6:00pm	6:30pm	5:45pm	7:00pm
7:00pm	7:00pm	Wednesday	Friday
	Monday	4:30pm	6:30pm
	3:30pm	7:00pm	1:00pm

Swim Kids 2

Tu/Th	4:00pm	5:30pm	Thursday	Weekend
3:30pm	5:30pm	Tuesday	4:00pm	10:00am
5:00pm	6:00pm	4:00pm	4:30pm	11:45am
6:30pm	Monday	Wednesday	Friday	1:30pm
We/Fr	4:00pm	6:00pm	5:45pm	

Swim Kids 3

Tu/Th	We/Fr	Monday	Tuesday	Weekend
4:30pm	5:00pm	4:30pm	5:00pm	10:30am
5:30pm	5:45pm	5:00pm	7:30pm	11:15am
6:00pm	6:15pm	6:00pm	Wednesday	11:45am
7:00pm	7:00pm		7:30pm	

Swim Kids 4

Tu/Th	We/Fr	Wednesday	5:00pm	12:15pm
3:30pm	3:30pm	5:00pm	7:30pm	1:00pm
4:00pm	4:00pm	Thursday	Weekend	
4:30pm	Monday	7:30pm	10:00am	
5:00pm	5:00pm	Friday	10:30am	

Swim Kids 5

Tu/Th	We/Fr	Mon	Weekend	12:30pm
4:15pm	3:30pm	5:30pm	10:00am	
5:15pm	4:15pm		10:45am	

Swim Kids 6

Tu/Th	We/Fr	Monday	Weekend
3:30pm	3:30pm	6:15pm	10:00am
4:15pm	4:15pm		11:30am

Swim Kids 7

Tu/Th	We/Fr	Wkend	Tu/Th	We/Fr	Wkend
3:30pm	3:30pm	10:45am	3:30pm	4:15pm	11:30am
4:15pm				5:00pm	

Swim Kids 9

Tu/Th	Saturday	We/Fr	Sunday
6:00pm	12:30pm	6:00pm	12:30pm

Adult Basics & Teen Basics

Introducing Swim Basics 3: Stroke Improvement

Swimmers choose the stroke(s) they wish to focus on in a participation-based program with individual goals.
Prerequisite: Able to swim front crawl at least 15 metres continuously, back crawl 15 metres and is comfortable in deep water.

Adult 1	Adult 2	Adult 1/2	Adult 2/3	Teen 1/2
Tu/Th	We/Fr	Monday	Sunday	Weekend
6:45pm	6:45pm	10:00am	1:15pm	12:15pm
Weekend	Saturday	6:00pm	Teen 3	
1:15pm	1:15pm	Friday	Weekend	
		11:00am		1:15pm

Private Lesson Schedule

***Please note that Shallow Water classes are held in the Leisure Pool (15m long and 3m deep) due to limited pool space. It is best suited for all Preschool levels to Swim Kids 3 or Adult/ Teen Beginner.**

Monday	10:00am	11:45	Shallow Water *
4:00pm	10:30am	12:30	Monday
4:30pm	11:00am	1:00	4:00
7:00pm	11:15am	1:30	4:30
7:30pm	11:45am	4:00	5:30
Wednesday	12:15	4:30	6:30
4:30pm	Sunday	5:00	7:00
Friday	10:00	5:30	Tuesday
4:30pm	10:30	6:00	7:00
5:00pm	11:00	6:30	Thursday
Saturday	11:30		5:45

Private and Semi-Private Registration is now available online

Private Swimming Lesson Fees

Lesson #	1 child	2-3 children	1 adult	2-3 adults
4	\$113.16	\$66.56	\$146.52	\$82.56
5	\$141.45	\$83.20	\$183.15	\$103.2
6	\$169.74	\$99.84	\$219.78	\$123.84

Set 1	# of class	Start	End	Holiday
Monday	4	11-Sep	2-Oct	
Tuesday	6	5-Sep	10-Oct	
Wednesday	6	6-Sep	11-Oct	
Thursday	6	7-Sep	12-Oct	
Friday	6	8-Sep	13-Oct	
Saturday	5	9-Sep	14-Oct	7-Oct
Sunday	5	10-Sep	15-Oct	8-Oct

Set 2	# of class	Start	End	Holiday
Monday				Oct 30/ Nov 13
Tuesday	6	17-Oct	21-Nov	
Wednesday	6	18-Oct	22-Nov	
Thursday	6	19-Oct	23-Nov	
Friday	6	20-Oct	24-Nov	
Saturday	5	21-Oct	25-Nov	11-Nov
Sunday	5	22-Oct	26-Nov	12-Nov

* We also offer adapted private lessons with specialized swim instruction to meet the needs of children and youth with various abilities. For additional information, please contact facility supervisor at denise.yeh@vancouver.ca.

Lifesaving Programs

Canadian Swim Patrol \$80.50

Saturday 1:00-2:00pm

Geared for 8-12 year olds with the ability to swim 25 metres and tread water for 1 minute.

The Canadian Swim Patrol (Rookie, Ranger and Star) program provides training for those who are ready to learn basic lifesaving skills. Each level has three modules: Water Proficiency, First Aid, and Recognition and Rescue. Candidates earn recognition for success in content modules (stickers) and for overall achievement (badges).

Bronze Star \$86.75

Set 1 or set 2: Saturday 5:00-7:00pm;

Recommended age: 12 years old; Must be able to swim in deep water; ability to swim 400 metres in 12 minutes or less.

Bronze Star helps develop problem-solving and decision-making skills as individuals and in partners as they relate to water rescues, basic lifesaving and Water Smart confidence. Level includes a 400-metre timed swim.

Bronze Medallion \$171

Set 1 only: Sunday 5:00-9:00pm

Prerequisite: 13 years of age and up or have completed Bronze Star; ability to swim 100 metres in deep water and to swim 500m in 15 minutes or less.

Bronze Cross \$171

Set 2 only: Sunday 5:00-9:00pm

Prerequisite: Completion of Bronze Medallion.

Bronze Cross is designed for lifesavers who want the challenge of more advanced training, including an introduction to safety supervision. Bronze Cross is a pre-requisite for all advanced training programs including National Lifeguard (NL) and Instructor certifications. Swimmers develop proficiency at performing patient assessments, managing aquatic spinal injuries and preventing loss of life in a variety of aquatic emergencies while developing stroke endurance and fitness training skills; including a 600-metre swim in 18 minutes or less and CPR C. It is also worth two Grade 11 high school credits.

Citywide Pool Registration Starts at 9:00am on the following dates for the upcoming seasons:

Fall 2017: Tuesday, August 22

Winter 2018: Tuesday, December 12

Please note that Private and Semi-Private Registration is now available online. Online registration is the quickest way to get a spot on registration opening day.

You can register for swimming lessons in-person or by-phone at ANY City of Vancouver Recreation Facility. For example, you can go to Champlain Heights Community Centre to register for swimming lessons offered at Killarney Leisure Pool.

Special Events

Family Pumpkin Carving

Join Us for some Jack-o-lantern fun! Each Family will receive two pumpkins to create their own scary creatures - just in time to display for Halloween! Pumpkins, carving utensils, and stencils will be provided. All you need is to bring an apron to keep yourself clean and an idea for your design.

Parent participation is required. Pre-registration and KCCS membership required

Rm 203

Oct 28 Sa 4:30PM-7:30PM \$8.50/Family of 5 108183



Halloween Carnival & Spooky House

Come to Killarney's annual Halloween Carnival & Spooky House for some spook-tacular hair-raising fun!

This event will feature activities suitable for children 3-12 years old including Halloween games & crafts, and tons of treats! Be prepared to be spooked by eerie bats and skeletons in the haunted house with a few creepy special guests. Don't forget to wear your costume!

Full Gym

Oct 29 Su

3:00pm-4:30pm

\$4.50/child (Adult Supervision Required) 108188

Pre-registration and KCCS membership required.



Holiday Craft Fair

The Holiday Craft Fair is a great place to purchase unique handcrafted gifts for all your friends and family. Come shop for beautifully crafted items created by talented local crafters. 70 vending tables are available for sale. Find the perfect gift for everyone on your list! Admission to the event is FREE! *Fees for the Craft Fair are non-refundable.*

Full Gym

Nov 4 Sa

10:00AM-3:00PM

\$16.67/Table

108180



Celebrate the holiday season by having a delicious pancake breakfast with sides like sausages, yogurt and fruit! Each year, our gymnasium is transformed into a Santa's wonderland with beautiful decorations, holiday craft-making, face painting, and special entertainment. Don't forget your camera because Santa will be making a visit to see who has been naughty or nice! This annual event is not to be missed! *Parent participation, pre-registration and KCC membership required.*

Full Gym

Dec 2 Sa

9:30AM-11:30AM

\$4.75/Child; \$5.48/Adult

108193

ZERO WASTE REUSE AND RECYCLING DROP-OFF

See page 2 for more information

Saturday Music Live!

Join us each month in the Killarney Lobby for a musical treat!

The program is provided free through funding by the KCC Society. Everyone Welcome!

Leonard from Leonard and the Lab Rats

Leonard and the Lab Rats perform rhythm and blues with soul quenching harmonica, sizzling guitar, solid bass and dynamic drums! Touching on the facets of swing, soul, jazz, rock-a-billy and rock n' roll. The band features Leonard on harmonica, ukulele, lead vocals. Leonard started singing on the street, after backing many groups on harp. Leonard's uke harp combo is distinctive and his vocals soulful on delivery.

Lobby
Sep 9 Sa 12:00PM-2:00PM 116075



Songtree

Songtree is Barbara Jackson and Earle Peach, two voices, a bunch of instruments and a wealth of beautiful music dating from as far back as the 14th Century, as far forward as today. From medieval to blues, from Appalachian to Quebecois folksong, they're sure to sing something to move you.

Lobby
Sep 23 Sa 12:00PM-2:00PM 116076



Leonard Pallerstein

Young Guitarist Leonard Pallerstein prides himself on delivering a great atmosphere through instrumental renditions of your favorite pop, R&B and jazz tunes on the guitar. Leonard manages to create a very full



and unique sound on his own and creates a professional experience with a personal touch.

Lobby
Oct 7 Sa 12:00PM-2:00PM 116077

Old Time Heretics String Band

The Heretics play Appalachian fiddle and banjo dance music; they have been deviling up old time tunes and songs for a sinfully long time. Hailing from Vancouver and environs, they are: Mike Gix, fiddle; Greg Green, fiddle; Lori Harkins, banjo; Caroline Murphy, fiddle and harmony; Alan Mulvenna, banjo; David Yorke, mandolin; and Dave Zaruba, guitar and vocals.

Lobby
Oct 21 Sa 12:00PM-2:00PM 116078



Rio Samaya

Rio Samaya aka Pancho and Sal have a sound that is uniquely South American, rich in history and positive vibrations. While some songs are covers of folk, rhumba and world favorites, many of their songs are originals written by Rio who plays acoustic guitar, ukulele, charango, harmonica and quena with his wife Samaya who provides shaker rhythms, accordion melodies and high vocal harmonies. Their music is authentic, distinctive, refreshing and uplifting. Their band is always changing with master musicians joining them wherever they go...

Lobby
Nov 4 Sa 12:00PM-2:00PM 116079



Norine Braun

Emotional, heartfelt and eclectic: Norine Braun in 3 words. A Vancouver based singer-songwriter Norine Braun is an award winning artist (Canada Council For the Arts Award, Los Angeles Music Awards, Artists For Literacy) who has a slew of festival appearances and shows under her belt. Her music blinks an eye to the past, while firmly looking forward, blending timeless elements such as blues, jazz, folk and soul, presenting them to the audience with a freshness and balance that are in tune with today's sensibilities. Norine will be joined by pianist Alice Fraser.

Lobby
Nov 18 Sa 12:00PM-2:00PM 116080



Antoinette Libelt

"This girl doesn't need a microphone" is something singer/songwriter Antoinette has heard many times. Growing up listening to artists like Michael Jackson and Aretha Franklin, she has emulated their powerful and soulful voices. Antoinette graduated with a diploma in Contemporary Music and Technology from Selkirk College in 2015 and since then has been performing around Vancouver in bands, duos and as a solo act. She currently teaches voice and guitar at Bergthorson Music Academy and is currently recording an EP of original songs.

Lobby
Dec 9 Sa 12:00PM-2:00PM 116081



Senior's Programs

Affiliated Clubs & Groups

These Groups are affiliated with the KCCSA but operate independently. Additional fees may apply. Meeting dates are subject to change or cancellation at any time. *You must have a current Killarney Senior Membership to attend.*

Luk Tung Kuen Association

世界六通拳加蘭尼分會

Luk Tung Kuen is a set of health exercises which consist of 36 forms. Our group is dedicated to healthy lifestyles through physical fitness & social activities.

No Sessions Sep 4, Oct 9, Nov 13, Dec 2 & Dec 18-Dec 31

Full Gym

Sep 1-Dec 15 M-F 6:30AM-8:30AM

Sep 2-Dec 17 Sa Su 8:00AM-8:45AM

122348

Senior Ballroom Dance Group

Our group aims to improve dance skills for seniors while emphasizing health and social well-being. *Lessons are offered on Saturdays for group members.*

No Sessions Sep 4, Oct 9, Nov 13 & Dec 18-Dec 31

Room 205

Sep 1-Dec 15 M-F 6:30AM-8:30AM

Sep 2-Dec 16 Sa Su 8:00AM-8:45AM

122351

Happy Gang Bingo

Meet new friends and have some fun! Players pay for cards by donation.

Bring your own snack for the break. **BC Gaming License #92784.** Know your limit & play within it! *REGISTRATION is required for this FREE program.*

Room 203

Sep 5-Dec 19 Tu 1:00PM-3:30PM 122352

Seniors Social Bridge Club

Come out and enjoy a fun afternoon of Bridge. Tea and treats are sometimes provided. *Prior knowledge of Bridge is required.*

Room 211

Sep 7-Dec 21 Th 1:00PM-4:00PM 122353

Chinese Seniors Group

奇蘭尼華人耆英會

The goal of our group is to enrich Chinese Seniors' lifestyles through social activities, community integration and understanding. Meetings are conducted in Cantonese.

No Session Oct 26

Room 205

Sep 7-Dec 14 Th 10:45AM-12:45PM 122354

Evergreen Tai Chi

This is a self-led Tai Chi Club practicing Tai Chi exercise to improve health for the Seniors. No instructor will be provided. Previous experience is preferred. *Space is limited to 18 participants each day.*

Room 203

Master Chen

Sep 5-Dec 19 Tu 6:30AM-8:45AM

\$19.05/1 class per week/per season 122355

Sep 7-Dec 28 Th 6:30AM-8:45AM

\$19.05/1 class per week/per season 122356

Killarney Senior Tai Chi Group

Our group practices traditional Chinese Internal Martial Art to improve the health and well-being for the senior citizens. Our goal is to help the senior citizens to maintain strength, flexibility, balance and stability. We also create social interaction between the members. *Space is limited to 18 participants each day.*

No Sessions Oct 9 & Nov 13

Room 203

Margaret Lum

Sep 8-Dec 29 F 6:30AM-8:45AM

\$19.05/1 class per week/per season 122357

Sep 11-Dec 18 M 6:30AM-8:45AM

\$19.05/1 class per week/per season 122359

Sep 6-Dec 27 W 6:30AM-8:45AM

\$19.05/1 class per week/per season 122360

Killarney Community Centre Senior's Association (KCCSA)

The Killarney Community Centre Senior's Association (KCSA) is a registered non-profit association. Its purpose is to develop, promote and provide programs, activities, services and special community events for older adults at Killarney Community Centre. Anyone who has a Killarney Community Centre Membership card and is 55yrs+ is a member of the Seniors Association. Some of our programs permit people less than 55yrs to join; however they cannot sign up until 2 weeks prior to the start date.

- The Board of Directors meet the second Tuesday of the month at 9:00am
- Anyone who is a KCCSA member is welcome to attend as a guest.

Computers

Computer Information

All participants under 55yrs cannot register until two weeks prior to the start date. All courses taught in English

Seniors Computer Lab

The computer lab is open for FREE drop-in to seniors 55yrs+. Search the web, check your e-mail, play on-line games or search for resource information.

No Sessions Sep 4, Oct 9, Nov 13, Dec 25 & Dec 26

Computer Lab

Sep 5-Dec 19 Tu 1:00PM-3:00PM

Set 7-Dec 28 Th 10:00AM-2:00PM

Sep 11-Dec 18 M 10:00AM-12:00PM

FREE with Killarney Membership 122361

Computer Workshops

Ask An Expert

Geared toward laptop, iPhone and iPad owners. Bring your questions along with your laptops, iPad, or iPhones to class. Learn how to use Skype, Facebook, Word, Excel, Powerpoint, and more! Other topics also include burning CDs/DVDs, downloading photos from your camera or iPhone/iPad, installing Apps on your iPhone/iPad, cleaning viruses, computer tune ups or general questions you may have.

Computer Lab

Tim Li

Sep 7 Th 6:00PM-8:00PM

\$16.19/1 classes 115038

Oct 5 Th 6:00PM-8:00PM

\$16.19/1 classes 115039

Nov 9 Th 6:00PM-8:00PM

\$16.19/1 classes 115040

Dec 7 Th 6:00PM-8:00PM

\$16.19/1 classes 115041

See page 47 for adult rates

Social

Killarney Mandarin Speaking Group

SUCCESS and Killarney Community Centre Seniors Association collaborate together to provide outreach social support to Mandarin speaking seniors in the Killarney Community Area. The goal of this group is to enrich Mandarin speaking retirees' lifestyles through social activities and community integration. *New members are welcome.*

Room 201

SUCCESS

Sep 8-Dec 22 F

9:00AM-11:00AM

\$4.76/16 classes

122362

Seniors Only Billiards

If you and a partner are interested in shooting some pool, come down and ask for the equipment at the Front Desk.

No Sessions Sep 4, Oct 9, Nov 13 & Dec 25

Lounge

Sep 1-Dec 29 M F

9:00AM-12:00PM

FREE with Killarney Membership

122363

Convivial Gathering

Join others for an afternoon of socializing, some dancing, and lots of fun!

No Sessions Oct 9 & Nov 13

Drop-in fee: Members \$2.86 Non-Members \$3.36

Room 205

Sep 11-Dec 11 M

12:15PM-2:15PM

\$11.43/12 classes

122367

Indo Canadian Women's Group

This social group explores health and wellness activities while gaining new methods for Community Living. Contact Resham Sandhu @ 604-430-3115 for more info.

Room 202

Sep 7-Dec 21 Th

12:30PM-3:00PM

FREE with Killarney Membership

122368

Seniors Progressive Society

This Non-profitable Mens Society meets twice a week to listen to worldwide news including news from India, poems, songs, jokes and stories. 4-6 times a year Bus Tours are arranged in order to overcome isolation and loneliness. Refreshments are served in every meeting.

No Sessions Oct 9 & Nov 13

Room 202

Sep 6-Dec 20 M W

12:00PM-3:30PM

122364

Art & Culture

Art Therapy

This class is specifically designed for individuals with developmental disabilities to use for self-expression, emotional healing, and to enhance creativity and flexibility during free art making time. Mary will guide the participants towards these goals as well as help them to socialize and try new materials. All materials are supplied including paint, markers, clay and collage material. Space is limited. Please contact Mary Stanwood at 604-781-5489 to see if this class is suitable for you. *Program runs every 2nd & 4th Friday of the month.*

Drop-in fee: \$19.05

Room 201

Mary Stanwood

Sep 8-Dec 22 F

12:30PM-2:00PM

122373

Friday Art Club

For those who like to draw or paint, come and join our group and bring your lunch. No oils please. This is a self led program.

Room 202

Sep 8-Dec 22 F

9:00AM-1:00PM

FREE with Killarney Membership

122369

SENIOR'S PROGRAMS

Sewing Club

This is a self-led program for those who have experience in sewing and would like to gather and sew. Participants are required to bring their own sewing machine in good working order.

Instructors' guidance will be available when necessary.

Room 202

Sep 6-Dec 27 W 9:00AM-12:00PM
\$4.76/season 122376

Karaoke Club

On Wednesday afternoons we sing and have fun! Karaoke songs are available in English, Cantonese and Mandarin.

Drop-in fees: Member \$3.10 Non-Members \$3.60

Room 211

Sep 6-Dec 20 W 12:15PM-4:00PM
\$14.29/10 visit card 122378

International Ballroom Dancing

Learn how to ballroom dance International Style and feel like a pro on the dance floor! Waltz and Cha Cha, Tango and Rumba, Foxtrot and Swing, and much more! Spend the afternoon having fun and learning new dance moves, developing rhythm and confidence with meeting new friends.

No Class Sep 28

Space Permitting - Drop-in fees:

\$5.48 Non-Members \$5.98

1/3 Gym Irina Prodan

Sep 7-Oct 26 Th 11:00AM-12:15PM
\$31.67/7 classes 122379

Nov 2-Dec 14 Th 11:00AM-12:15PM
\$31.67/7 classes 122380

See page 47 for adult rates

Line Dancing *Beginners*

Come out and join our friendly group of dancers. It's good fun and great exercise with a wide variety of music; rumba, cha cha, waltz and 2-step. Learn and practice the dances in a friendly, social atmosphere. *Beginners: If joining the class after the 3rd week of lessons you must know some basic steps and terminology.*

No Classes Oct 9 & Nov 13

Space Permitting - Drop-in fees:

Members \$5.24 Non-Members \$ 5.74

1/3 Gym

Sep 11-Nov 27 M 9:15AM-10:15AM
\$40/10 classes 122382

See page 47 for adult rates

Line Dancing *Beyond Beginners*

Come out and join our friendly group of dancers. It's good fun and great exercise with a wide variety of music; rumba, cha cha, waltz and 2-step. Learn and practice the dances in a friendly, social atmosphere. *Beyond Beginners: Participants must have completed at least 2 beginner sessions. You need to know basic steps and terminology to drop-in after the 3rd class.*

No Classes Oct 9 & Nov 13

Space Permitting - Drop-in fees:

Members \$5.24 Non-Members \$ 5.74

1/3 Gym

Sep 11-Nov 27 M 10:30AM-11:30AM
\$40/10 classes 122385

See page 47 for adult rates

Senior and Adult Social Dance

Put on your dancing shoes and come Fox Trot, Waltz and Rumba to old time music! No partner required! Beginners are welcome. Refreshments will occasionally be available.

No Sessions Oct 26 & Dec 8

Drop-in fees: Members \$3.33 Non-Member \$3.83

Room 205

Sep 2-Dec 16 Sa 3:00PM-5:00PM

Sep 5-Dec 15 Tu Th F 2:00PM-4:00PM

\$19.05/10 visit card 122389

Zen Drumming **NEW!**

Discover the Power of the Pulse! Ignite your inner rhythm and creative juices with this powerful form of guided active meditation. We will be interacting, grooving and sharing as we connect with positive vibes of rhythm. Fun and engaging for all levels and styles of drumming. Please bring a drum, and/or percussion instruments if you have one. We also have extras to share. No experience necessary. If you have a heartbeat, you can drum! *Register for 2 or more sessions and receive 10% off.*

Room 211	Abby Greene Bull
Sep 13 W	7:00PM-8:30PM
\$15/1 class	115025
Sep 27 W	7:00PM-8:30PM
\$15/1 class	115026
Oct 11 W	7:00PM-8:30PM
\$15/1 class	115027
Oct 25 W	7:00PM-8:30PM
\$15/1 class	115028
Nov 08 W	7:00PM-8:30PM
\$15/1 class	115029
Nov 22 W	7:00PM-8:30PM
\$15/1 class	115030
Dec 6 W	7:00PM-8:30PM
\$15/1 class	115031

Health & Wellness

Yuan Ji Dance

Chinese Yuan Ji dance is a mixture of martial arts, physical therapy, meditation, dance and Tai Chi exercise. *This dance promotes health and wellness for all.*

Full Gym

Sep 5-Dec 12 Tu 1:45PM-3:45PM

Sep 6-Dec 13 W 1:00PM-3:00PM

\$40.25/season 122394

Seniors' Pathway to Health

Formerly known as Killarney Stroke Recovery Group

A weekly social wellness program for those 55+. Join us for chair exercises, walking, dancing, singing, games, trivia, health education sessions, other activities & FUN!

Space Permitting - Drop-in Fees:

Members \$2.86 Non-Members \$3.36

Room 203 Bonnie McCoy

Sep 12-Dec 12 Tu 9:30AM-12:00PM

\$20/annual fee 122439

SPWH Workshops

Room 203 Bonnie McCoy

Sing-Along to your Favourites

Sep 19 Tu 11:00AM-12:00PM

\$1.90/member or \$4.76/non-member 122443

Trivia & Brain Game Challenge

Oct 17 Tu 11:00AM-12:00PM

\$1.90/member or \$4.76/non-member 122445

Falls Prevention Education Session

Nov 21 Tu 11:00AM-12:00PM

\$1.90/member or \$4.76/non-member 122447

Aging with Strength

This program is designed to teach third age individuals how circuit training (a mixture of weight bearing and cardiovascular exercises) can keep you strong, fit and help prevent osteoporosis. Each class will incorporate a variety of different exercises, use of equipment and tips on how to build or maintain strength and flexibility. Learning proper form, how to work within your ideal heart rate zone as well as socializing, making new friends and having fun are the mission of the class. *For questions please feel free to contact Kristy in the Fitness Centre on Friday's from 6:30am-1:30pm or by email kristy.ware@vancouver.ca. Fitness Center Admission applies. Purchase an 11 Visit Card to save \$\$\$.*

Drop-in fees: \$3.45/65yrs+ \$4.57/64yrs & under

Fitness Centre Kristy Ware

Sep 8-Oct 27 F 11:00AM-12:00PM 122396

Nov 3-Dec 22 F 11:00AM-12:00PM 122397

Sep 7-Oct 26 Th 11:00AM-12:00PM 122398

Nov 2-Dec 21 Th 11:00AM-12:00PM 122399

Seniors' Strength and Stretch

Improving and maintaining muscle and joint health is key for older adults. For those who want to add to their strength & stability, this program aims to improve functional strength for daily activities, bone density, posture and flexibility. *Please note that during warmer weather, the class may move outside into shady areas.*

Space Permitting: Drop-in Fees:

Member \$8.57 Non-Member \$9.07

Room 211 Bonnie McCoy

Sep 15-Oct 20 F 10:45AM-11:45AM

\$38.57/6 classes 123272

Nov 3-Dec 8 F 10:45AM-11:45AM

\$38.57/6 classes 123273

FAB Fitness for ALL

FAB Fitness for All 55yrs+ provides a variety of fitness class styles specifically geared towards getting older men and women to become active and participate in sport programming. Join this sampler program that indulges participants into finding their very own favourite fitness activities while engaging in a healthy lifestyle.

No Sessions Oct 9 & Nov 13

Room 205 Bonnie McCoy

Sep 11-Oct 23 M 10:45AM-11:45AM

\$21/6 classes 122471

Oct 30-Dec 11 M 10:45AM-11:45AM

\$21/6 classes 122473

Balance & Stability Fitness

For those who have balance, stability or mobility challenges, this progressive exercise class includes gait-precision skills & activities, static & dynamic balance training, strengthening and postural re-structuring exercises. It is designed to improve balance, stability, strength, and mobility. *"Stay on Your Feet" (Vancouver Coastal Health) will be provided to all participants during the first class.*

Room 203 Bonnie McCoy

Sep 14-Nov 2 Th 1:00PM-2:00PM

\$26.67/8 classes 123270

Balance Challenge

This is an advanced level balance and stability class that includes the use of steps, balance discs, obstacle courses, stability balls, extended gait-precision patterns & strengthening exercises. It will challenge you to improve your balance, core stability, strength, gait precision and postural awareness. Bare feet or athletic footwear may be worn during the class. *Participants must have completed a previous Balance and Stability Fitness class or have the instructor's permission prior to attending.*

Room 203 Bonnie McCoy

Nov 9-Dec 14 Th 1:00PM-2:00PM

\$20/6 classes 123271

Parkinson's Fitness

Did you know...that more than 25 people are diagnosed with Parkinson's disease every day in Canada? And the Parkinson's Community is directly affected by cognitive impairment and dementia? This class is designed for the health and wellness for people affected by Parkinson's disease and Parkinson's syndrome as well as any elderly adult who has mobility issues.

Room 205 Keiko Murakami

FREE Demo Class

Sep 5 Tu 12:30PM-1:45PM 124623

Weekly Program

Sep 12-Oct 24 Tu 12:30PM-1:45PM

\$49/7 classes 124615

Oct 31-Dec 12 Tu 12:30PM-1:45PM

\$49/7 classes 124618

SENIOR'S PROGRAMS

Cognicise Fitness

Did you know...that according to recent studies MCI (Mild Cognitive Impairment) could start as early as age 40? It is best to start training your brain at an early age. This class focuses on dual task training; physical exercise and cognitive function. *You're body and brain will be vividly led towards an active FUN-ctional workout.*

No Class Sep 27

Room 203	Keiko Murakami
Sep 6-Oct 18 W	1:45PM-3:00PM
\$40/6 classes	122400
Nov 1-Dec 13 W	1:45PM-3:00PM
\$40/6 classes	122401

Minds in Motion

為患有早期記憶衰退的人士提供健身及社交活動

In partnership with the Alzheimer Society of BC, this program offers a fitness class and social program for people experiencing early stages of memory loss who may attend in their own or with a friend, family member or caregiver. A certified fitness instructor conducts the fitness portion of the program; for the second part, a facilitator ensures participants are welcomed and assists with social interaction and involvement in activities, guided by the needs and interests of the participants.

這項目是與卑詩省阿茲海默氏症協會合辦，專為患有阿茲海默氏症或其他腦退化症人士，與其朋友，家庭成員或照顧者而設。在健身教練指導下進行簡易的運動。運動完畢可參與輕鬆的遊戲及社交活動。

中文諮詢可致電：Sharon Tong（唐柳迎小姐） 604-687-8299

English

Room 203	Keiko Murakami
Sep 14-Dec 14 Th	10:45AM-12:45PM
\$86.67/14 classes	122403

Chinese

Room 203	Kathy Wang
Sep 15-Dec 15 F	12:45PM-2:45PM
\$86.67/14 classes	122405

Health Qigong

Health Qigong, "Five Animal Play", is an ancient art that existed over 2,000 years ago. It was developed by Hua Tao, a renowned medical doctor in the famous "Three Kingdoms" era. This Health Qigong set emphasizes coordinated mind and form, twisting and stretching of the body movements, while mimicking the five animals, all in a playful, and happy mood. During the process of regulating Qi and blood, and balancing Yin and Yang, it achieves the effect of strengthening the body and nourishing the heart. The movements are slow, soft and gentle. They are suitable for practitioners of all ages. Long term practice can help improve mood and emotional states, enhance body shape and reduce fat. The results of many scientific studies showed that Health Qigong can improve the functions of the cardiovascular, respiratory and digestive systems, raise the balancing ability, and better the flexibility and force of muscles, improve the mood, lessen anxiety and stress. Also, it can play a significant role in healing many common health issues found in middle-aged and elderly people.

No Sessions Sep 25, Oct 9 & Nov 13

Space Permitting - Drop-in Fees:

Members \$3.81 Non-Members \$4.31

Room 203	Lisa Low
Sep 18-Dec 18 M	1:15PM-2:15PM
\$39.29/11 classes	122409

Practice Tai Chi

Learn & practice Tai Chi forms 24, 48, and 88.

No Session Dec 8

Drop-in fees: Members \$3.14 Non-Members \$3.64

Room 205	Master Chen
<i>Intermediate</i>	
Sep 1-Dec 15 F	10:45AM-12:00PM 122408
<i>Beginner</i>	
Sep 1-Dec 15 F	12:00PM-1:10PM 122407
\$12.62/10 visit card	

Pole Walking

Join us for 1 1/2hr of pole walking once a week around the neighbourhood. Pole walking is a total work-out to gradually build arms, legs and core muscles. Walk is followed by a 15min stretch. Bring your poles or rent a set. Walk for health, chat and have fun while walking. *Meet you in the lobby of KCC.*

Space Permitting - Pole Rental fees:

Members \$0.95 Non-Members \$1.45

Lobby	Stephen & Michiko
Sep 8-Dec 15 F	9:30AM-11:15AM
\$14.29/pole rental fee/season	116254

Walking Club

Come and enjoy scenic walks throughout Metro Vancouver. All participants walk from 5-8km per outing. This is a great activity to keep one moving. *The walks are designed for people of all ages and are guided by Simon Yan.*

Space Permitting - Drop-in fees:

Members \$7.14 Non-Members \$7.54

Lobby Simon Yan

Set 1

Sep 7-Sep 14 Th	9:00AM-12:30PM
Sep 19-Oct 3 Tu	9:00AM-12:30PM
\$31.43/5 classes	119588

Set 2

Oct 10-Oct 24 Tu	9:00AM-12:30PM
Nov 2-Nov 9 Th	9:00AM-12:30PM
\$31.43/5 classes	119591

See page 50 for adult rates



Yoga

Morning Flow Yoga

This class is a great way to get yourself moving in the morning! Building on the classic sun salutation sequence, this practice will get the body warm and the mind focused enabling a more productive and fulfilling day. *Each class will end with a short guided meditation.*

Space Permitting - Drop-in fees:

Members \$10.48 Non-Members \$10.98

Room 211	Maria Wolanski
Sep 16-Dec 16 Sa	9:00AM-10:15AM
\$133.33/14 classes	122432

Power Flow Yoga

This class uses strong and dynamic yoga sequences that will get your heart pumping, challenge your core, build strength and endurance, while toning the muscles of the body. *Be prepared to work hard and sweat.*

Space Permitting - Drop-in fees:

Members \$10.48 Non-Members \$10.98

Room 211	Kristiina Oinonen
<i>Weekly Program</i>	
Sep 13-Oct 25 W	4:45AM-6:00AM
\$66.67/7 classes	123266
Nov 1-Dec 13 W	4:45AM-6:00AM
\$66.67/7 classes	123267
<i>Bi-Weekly Program</i>	
Sep 20-Dec 13 W	7:30PM-8:45PM
\$66.67/7 classes	123268

Chair Yoga **NEW!**

Gentle yoga moves while in a seated position will benefit your joints, muscle areas and help reduce the pain from arthritis, osteoporosis, previous injury, stiff joints and so much more. Stretching, deep breathing & meditation techniques are incorporated into this workout and will leave you with a feeling of connected BODY+MIND+SOUL.

Space Permitting - Drop-in fees:

Members \$9 Non-Members \$9.50

Room 211	Keiko Murakami
<i>FREE Demo Class</i>	
Sep 12 Tu	11:15AM-12:15PM 124010
<i>Weekly Program</i>	
Sep 19-Oct 31 Tu	11:15AM-12:15PM
\$56/7 weeks	124011
Nov 7-Dec 12 Tu	11:15AM-12:15PM
\$56/7 weeks	124012

Sport

Badminton *Intermediate Play*

This program is geared towards players 55yrs+ to practice and enhance their badminton skills. Adults under 55yrs are welcome to register. *Racquets and birdies are not provided.*

Space Permitting - Drop-in fees:

Members \$3.10 Non-Members \$3.40

Full Gym	Amy Lim
Sep 6-Dec 13 W	9:00AM-12:00PM
\$39.29/15 classes	116249

See page 53 for adult rates.

Badminton Lessons *All Levels*

This program is designed to develop and enhance the skills of badminton players. Maximum 12 registered players.

2/3 Gym	Derek Wong
Sep 19-Dec 5 Tu	11:00AM-12:30PM
\$77.14/12 classes	116250
Sep 21-Dec 7 Th	9:00AM-10:30AM
\$77.14/12 classes	116251

See page 53 for adult rates.

Badminton Court Rental

We have two courts available on Mondays, with an eight player maximum per court. Birdies and racquets are not available. *Players are responsible for set up and take down of equipment. All rentals are on a per court basis. One court rental per membership. On-line Registration is now available or call 604-718-8201 to book your court.*

No Sessions Oct 9 & Nov 13

2/3 Gym	
Sep 11-Dec 11 M	8:15PM-9:15PM
\$9.76/hour/per court	

Table Tennis

Table Tennis is enjoyed all over the world and has earned a place as an Olympic sport. Time includes set up and take down. Private lessons available for \$7.14/15 minutes. See Instructor for lesson information. *Participants can only purchase one 10 visit card at a time. All ages and abilities welcome.*

No Sessions Oct 29 & Nov 12.

Drop-in fees: Members \$3.10 Non-Members \$3.60

2/3 Gym	Danny Ho
Sep 3-Dec 17 Su	1:45PM-4:45PM
Sep 6-Dec 13 W	7:00PM-10:00PM
Sep 7-Dec 14 Th	12:00PM-3:00PM
\$26.43/10 visit card	116240

Cultivating Communities

Free Art Making Workshops

Welcome Cultivators! Come join us to create designs in wood for our garden boxes. Artist Pat Beaton will lead you through the steps of making a design and then burning your design into a wooden plank with special tools that will be provided. You can expect it to be an easy, fun and a very friendly social experience. This is also a chance learn more about the Cultivating Communities project and be invited to share your special knowledge, skills, ideas about building, gardening, cooking and community cultivation!

All instruction, tools and materials provided for this series of free workshops.

Room 203	Pat Beaton	<i>Free</i>	Nov 5 Su	3:00PM-5:00PM	124875
Oct 15 Su	3:00PM-5:00PM	124872	Nov 19 Su	3:00PM-5:00PM	124876
Oct 22 Su	3:00PM-5:00PM	124873	Nov 26 Su	3:00PM-5:00PM	124877

Provided in partnership with the KCCS and the Neighborhood Matching Fund.

KCCSA Weekly Program Schedule

Monday

Luk Tung Kuen Association	6:30AM-8:30AM
Killarney Ballroom Dance Group	6:30AM-8:30AM
Killarney Seniors Tai Chi <i>Margaret Lum</i>	6:30AM-8:45AM
Line Dancing <i>Beginners</i>	9:15AM-10:15AM
Billiards	9:00AM-12:00PM
Line Dancing <i>Beyond Beginners</i>	10:30AM-11:30AM
Computer Lab	10:00AM-12:00PM
FAB Fitness for ALL	10:45AM-11:45AM
Convivial Gathering	12:15PM-2:15PM
Seniors Progressive Society	12:00PM-3:30PM
Health Qigong	1:15PM-2:15PM
Badminton Court Rentals	8:15PM-9:15PM

Tuesday

Luk Tung Kuen Association	6:30AM-8:30AM
Killarney Ballroom Dance Group	6:30AM-8:30AM
Evergreen Tai Chi <i>Master Chen</i>	6:30AM-8:45AM
Walking Club	9:00AM-12:30PM
Seniors' Pathway to Health	9:30AM-12:00PM
Badminton Lessons <i>All Levels</i>	11:00AM-12:30PM
Chair Yoga	11:15AM-12:15PM
Parkinson's Fitness	12:30PM-1:45PM
"Happy Gang" Bingo Group	1:00PM-3:30PM
Computer Lab	1:00PM-3:00PM
Yuan Ji Dance	1:45PM-3:45PM
Social Dance	2:00PM-4:00PM

Wednesday

Luk Tung Kuen Association	6:30AM-8:30AM
Killarney Ballroom Dance Group	6:30AM-8:30AM
Killarney Seniors Tai Chi <i>Margaret Lum</i>	6:30AM-8:45AM
Badminton <i>Intermediate Play</i>	9:00AM-12:00PM
Sewing Club	9:00AM-12:00PM
Karaoke Club	12:15PM-4:00PM
Seniors Progressive Society	12:00PM-3:30PM
Yuan Ji Dance	1:00PM-3:00PM
Cognicise Fitness	1:45PM-3:00PM
Power Flow Yoga	4:45PM-6:00PM
Zen Drumming	7:00PM-8:30PM
Table Tennis	7:00PM-10:00PM
Power Flow Yoga	7:30PM-8:45PM

Thursday

Luk Tung Kuen Association	6:30AM-8:30AM
Killarney Ballroom Dance Group	6:30AM-8:30AM
Evergreen Tai Chi <i>Master Chen</i>	6:30AM-8:45AM
Badminton Lessons <i>All Levels</i>	9:00AM-10:30AM
Walking Club	9:00AM-12:30PM
Computer Lab	10:00AM-2:00PM
Chinese Seniors Group	10:45AM-12:45PM
Minds in Motion <i>English</i>	10:45AM-12:45PM
International Ballroom Dance	11:00AM-12:15PM
Aging with Strength	11:00AM-12:00PM
Table Tennis	12:00PM-3:00PM
Indo Canadian Women's Group	12:30PM-3:00PM
Balance & Stability/Balance Challenge	1:00PM-2:00PM
Social Bridge Club	1:00PM-4:00PM
Social Dance	2:00PM-4:00PM
Ask an Expert Workshops	6:00PM-8:00PM

Friday

Luk Tung Kuen Association	6:30AM-8:30AM
Killarney Ballroom Dance Group	6:30AM-8:30AM
Killarney Seniors Tai Chi <i>Margaret Lum</i>	6:30AM-8:45AM
Killarney Mandarin Speaking Group	9:00AM-11:00AM
Billiards	9:00AM-12:00PM
Friday Art Club	9:00AM-1:00PM
Pole Walking	9:30AM-11:15AM
Strength & Stretch	10:45AM-11:45AM
Practice Drop-in Tai Chi <i>Intermediate</i>	10:45AM-12:00PM
Aging with Strength	11:00AM-12:00PM
Practice Drop-in Tai Chi <i>Beginner</i>	12:00PM-1:10PM
Art Therapy	12:30PM-2:00PM
Minds in Motion <i>Chinese</i>	12:45PM-2:45PM
Social Dance	2:00PM-4:00PM

Saturday

Luk Tung Kuen Association	8:00AM-8:45AM
Killarney Ballroom Dance Group	8:00AM-8:45AM
Morning Flow Yoga	9:00AM-10:15AM
Social Dance	3:00PM-5:00PM

Sunday

Luk Tung Kuen Association	8:00AM-8:45AM
Killarney Ballroom Dance Group	8:00AM-8:45AM
Table Tennis	1:45PM-4:45PM



Bollywood Nights 2017

Seniors Bus Trips Registration Information

Registration will be *in-person* and *online*
Sunday, July 30th at 9:00am

NEW!

Take advantage of shorter line ups...

Register at any Community Centre in Vancouver!

10 spots will be available online.

4 spots will be reserved for members with mobility issues.

If you have extra challenges or need financial assistance for our bus trips, please contact the PAIII at 604-718-8205 or Michelle Stebnicki at 604-718-8208 (michelle.stebnicki@vancouver.ca) at least one month before the scheduled out trip in order to secure your spot. Any remaining spots will be given to members on the waitlist.

A Couple of Things to Know About Bus Trips!

- Participants are required to complete and sign a waiver of liability form for all bus trips.
- If unable to attend a bus trip, please request your refund at least 5 days prior to the trip so that we can fill your spot. With less than 5 days' notice, participants will not get a refund unless a medical note is presented to KCC front office.
- The benefit of community bus trips is that you don't have to drive, you don't have to pay for parking. We receive group discounts on admission costs, and you have friends to enjoy the day with! All bus trips, unless otherwise specified, are taken on the Killarney Centre's 24-seat bus. For all bus trips, please arrive 15 minutes early. The times shown in the program descriptions are the times that the bus will leave Killarney Centre. Please meet in the Centre Lobby prior to the time of departure. Lunch is not provided on any bus trips unless specified in the program description. All bus trips load in the order of registration.
- **All bus trips are subject to change or cancellation.**
Some trips are weather dependent.

Seniors Bus Trips



Take a tour with Simon!

BC Vintage Truck Museum, Fraser Valley Heritage Rail the Olive Garden

The BC Vintage Truck Museum is a rare truck collection from 1914 to 1955. Learn about the history of BC through the unique stories of these trucks which helped shape the development of our province. The original 1881 Surrey Town Hall is also part of this museum. After the Truck Museum we will have lunch at the only Olive Garden in BC. Following lunch, we will visit the original BC Electric Railway Route through Surrey in an original Interurban car. We will once again ride the rails on this 55 minute journey from Cloverdale Station to Sullivan Station and have a barn tour of the restoration process of these unique Interurban Cars. *Guided by Simon Yan.*

Lobby

Sep 16 Sa

8:15AM-4:45PM

\$63.10/55 yrs+

122186

Financial assistance is available

SENIOR'S PROGRAMS

Royal BC Museum (Terry Fox: Running to the Heart of Canada Exhibit) and Victoria Harbour

Celebrate the achievements of one of Canada's greatest heroes—Terry Fox. At the age of 18 Terry Fox lost part of his right leg to bone cancer. The loss didn't diminish his drive or courage; in fact, it inspired greatness. Once he recovered, this young man from Port Coquitlam, BC set out to run across Canada in what he called a "Marathon of Hope" to raise money for cancer research. In the summer of 1980 Terry began his 143-day, 5,300 kilometre journey, starting in St. John's, Newfoundland. His plan had been to run across the country. Sadly, Terry's cancer returned and he was forced to finish his run in Thunder Bay, Ontario. Terry Fox still succeeded in his goal of raising awareness of and money for cancer research—a legacy that continues to this day. Explore the story of a young man who inspired a nation and established himself as a hero through his courage, hope and determination. After the museum you will have time to visit Victoria Harbour.

Guided by Simon Yan.

Lobby
Sep 27 W 7:30AM-7:30PM
\$85.56/65 yrs+, \$101.94/55 yrs+ 122187
Financial assistance is available

Hiwus Feasthouse on Grouse Mountain

Come and experience the culture of the First Nations as we visit Hiwus Feasthouse on Grouse Mountain. The híwus Feasthouse is the meeting place, to enjoy a full day of vivid legends, songs, dances and crafts. Step into an authentic Pacific Northwest Longhouse and let Kwel-a-a-nexw, our Squamish First nations elder, take you back in time to discover the traditional way of life of our First Nations people. We will ascend Grouse Mountain in the Gondola and have a nice leisurely walk towards the Feasthouse. Lunch is included (hot chocolate, West Coast vegetable soup, flat bread, candied salmon and chocolate chip cookie).

Guided by Simon Yan.

Lobby
Oct 4 W 8:30AM-4:00PM
\$102.24/55 yrs+ 122188
Financial assistance is available

Langley Cranberry Festival and Fort Langley

Enjoy the Thanksgiving Long weekend with the 22nd annual Cranberry Festival held in Langley. There will be unique vendors, free entertainment and family activities as Langley celebrates the harvest and history of the cranberry in Fort Langley. We will first have a tour of the Fort Langley National Historic Site and then you will have time to meander through all of the festivities. There will be an abundance of food vendors that will be serving many different types of food (lunch not included). Following the festival we will visit the Fort Wine Company before heading home. *Guided by Simon Yan.*

Lobby
Oct 7 Sa 9:00AM-4:00PM
\$23.39/55 yrs+ 122190
Financial assistance is available

Weaver Creek Spawning Channel, Lunch at the Blackforest Café and Chehalis Hatchery

We will first visit the Weaver Creek Spawning Channel. Since its construction in 1965, Weaver Creek spawning channel has proven a great success. The run of sockeye today is more than 200 times the size of the run produced from Weaver Creek alone prior to 1965. After the Spawning Channel we will have lunch the infamous Black Forest Café in Harrison (included). Before we head home, we will visit the Chehalis Hatchery. The Chehalis River Hatchery was originally constructed in 1982 to enhance salmon stocks in the Chehalis and Harrison rivers. Today the hatchery receives thousands of visitors that come to learn more about salmon. The hatchery produces coho, chinook, chum and pink salmon, as well as steelhead and sea-going cutthroat trout. Enhancement of these stocks contributes to significant sport, commercial and First Nations fisheries, both locally and up the B.C. coast.

Guided by Simon Yan.

Lobby
Oct 19 Th 8:30AM-4:00PM
\$56.23/55 yrs+ 122189
Financial assistance is available

FREE! **ZERO WASTE REUSE
AND RECYCLING DROP-OFF**

**SATURDAY, SEPTEMBER 16th
10 AM – 1 PM**

DROP-OFF LOCATION
**KILLARNEY COMMUNITY CENTRE
PARKING LOT
6260 KILLARNEY STREET**



See page 23 for more information

SENIOR'S PROGRAMS

Museum of Vancouver, Seaforth Armoury, lunch at the Boathouse

The museum of Vancouver is a place where one can travel back in time and experience the growth of Vancouver from its early days to what it is today. With 5 permanent exhibitions that highlight the city from the 1900's to the 1970's and 3 special exhibitions, it is a place that every Vancouver resident should explore. After the museum we will have lunch at the Boathouse located in the heart of Kitsilano (included) with the gorgeous views of English Bay and the surrounding mountains. We will finish off the day by visiting the newly restored Seaforth Armoury. First established on November 24, 1910 by a group of members in the local Vancouver Scottish community, these individuals sought to raise a local Canadian Highland Regiment in association with The Seaforth Highlanders of the Imperial Service. As a reserve force in the Canadian Forces, The Seaforth Highlanders have served in times of war, humanitarian and disaster relief and in peacemaking efforts abroad, and during times of civil emergency at home. The Regiment is comprised of volunteer soldiers who offer their time, their commitment to serve, their skills and their ever-lasting dedication to achieving the Canadian freedoms we enjoy today. *Guided by Simon Yan.*

Lobby

Nov 22 W 9:00AM-5:00PM
\$70.04/55 yrs+ 122191
Financial assistance is available

Bright Nights in Stanley Park and Dundarave Festival of Lights

During the holiday season, the Bright Nights Train and Plaza at Stanley Park sparkles with three million twinkling lights, decorating the darkness that comes early at this time of year. Partial proceeds from the sale of Bright Nights tickets go to the BC Professional Fire Fighters' Burn Fund, which helps burn survivors and their families. A total of \$1.4 million has been raised over the past 14 years. Entrance to the Bright Nights Train Plaza is by donation (suggested donation \$4.00) Donations will be accepted at the front gate. After Bright Nights we will stop by Dundarave Beach for British Columbia's largest outdoor display of Christmas trees. Sponsored and decorated by families, community groups and businesses, the Festival's Christmas trees have raised over \$120,000 over the past five Christmases for the Lookout Shelter. *Guided by Simon Yan.*

Lobby

Dec 13 W 6:00PM-10:00PM
\$21.67/55 yrs+ 122192

Holiday Lights Tour

Join us on this annual trip where we visit some of Metro Vancouver's greatest light displays. Be prepared to be put into the Holiday Spirit with joyous music and wonderful company. The trip will also have a stop halfway so one can stretch their legs and enjoy a light snack (cost of snacks not included). *Guided by Simon Yan.*

Lobby

Dec 14 Th 6:00PM-10:00PM
\$12.17/55 yrs+ 122198
Dec 15 F 6:00PM-10:00PM
\$12.17/55 yrs+ 122199

Senior's Special Events

Afternoon Lunch Gatherings

Meet new friends while socializing with old ones and exploring foods made by community members. We are not responsible for food allergies. All participants who have an allergy are advised not to participate.

Room 203

Nov 22 W	Curry Beef Stew	12:00PM-1:30PM	
	\$5.71/person		119574
Sep 27 W	Hamburger Steak	12:00PM-1:30PM	
	\$5.71/person		119572
Oct 25 W	Spaghetti & Meatballs	12:00PM-1:30PM	
	\$5.71/person		119573



Oktoberfest @ Marpole CC

Oktoberfest is one of the most famous events in Germany and is the world's largest fair, with more than 5 million people attending every year and is an important part of Bavarian culture, having been held since 1810. Join us as we celebrate Oktoberfest in our community with entertainment by Oktoberfest Enterprises and a traditional lunch. *Transportation from Killarney CC to Marpole-Oakridge CC is available.*

Sep 26 Tu 12:00pm-2:30pm
\$19.76 117483
Transportation, if required \$2/person 119592

Introduction to Floor Curling w' Afternoon Tea

Join us as we explore the sport Floor Curling in the 1/3 Gym while socializing with new & old friends. Tea & snacks will be served.

1/3 Gym

Oct 20 F	11:00AM-12:30PM	124911
Nov 17 F	11:00AM-12:30PM	124913

FREE with Killarney Membership

Senior's Special Events



Story City Afternoon Tea

As part of Canada 150+, the Vancouver Public Library hopes to gather the memories and experiences from people across the unceded Coast Salish territories where Vancouver sits. Join this special Afternoon Tea and tell us your story. Tell us stories about your Vancouver neighbourhood, spaces or buildings, and changes you have seen over time. Tell us what it means to you to live in Vancouver and how you ended up here. *Refreshments and snacks will be served.* For more information on this project visit http://thisvancouver.vpl.ca/story_city and look for VPL Story City staff at events near you!

Room 211 Vancouver Public Library

Oct 3 Tu 1:00PM-2:30PM *FREE with Killarney Membership 124633*



Happy Birthday to ME! Canada 150+ Celebration

Join us for a grand Birthday Party celebrating *Canada's 150th Birthday* and *Honouring Bessie Tratch who turns 100 years old*. Play fun games, eat great food and enjoy the birthday entertainment.

Room 205

Oct 26 Th 1:00PM-3:00PM

\$4.76/per person 119576



FALL IS
FLU SEASON!

Flu Shot Clinic

Vancouver Coastal Health will be holding a drop-in Flu Shot Clinic at Killarney. Nurses will be on site to help immunize people. This is a **FREE** service for seniors over 65yrs, and adults and children (over 6 months) with chronic illnesses or those who live with people with a chronic illness. Please bring your care card.

Pool MP Room

Nov 16 Th

10:00AM-4:00PM

VCH
119279



Seniors Holiday Dinner

Join us as we celebrate the Holiday season with a beautiful catered meal from the *Fraserview Golf Course* and entertainment right in your own community. It's sure to be a GOOD TIME!

Full Gym

Dec 1 F 5:30PM-9:00PM

\$19.52/per person 115837

Workshops

Chemical Awareness for Seniors: Your Environment and Your Health

This is a free, 2 hour workshop that covers how chemicals in the environment affect health, safety with household chemicals, testing your home for radon, air quality, gardening tips, food & safe food handling, drinking water, extreme heat and safety with consumer products. This workshop includes resources and handouts.

Rm 211 Agnes Pisarski
Sep 19 Tu 1:00PM-3:00PM
Free with KCC Membership 123612

Living Well and Leaving Well

Having a 'Will' does not mean your estate is prepared. This workshop, presented by Canada Purple Shield, covers important topics for you, your family and your executor, such as: Probate; Powers of Attorney; Executor Tips; Cremation or Burial Preplanning; Representation Agreements and Living Wills, etc.

Pool Multipurpose Room Kevin Holte
Nov 21 Tu 10:00AM-11:30AM
Free with KCC Membership 125069

Earthquake Preparedness – Personal and Family

We all witnessed the earthquakes in New Zealand, Haiti and Chile and saw the devastation caused. Living in Vancouver, we too could be faced with an earthquake - yet few of us take the steps to ensure we are prepared. This session covers what is required to develop your family emergency plan, how to conduct a "Home Hazard" Hunt and what to do when an earthquake strikes.

Rm 211
Oct 3 Tu 7:00PM-8:30PM
Free with KCC Membership 123615

Natural Beer Soap-Making

Beer – the great skin conditioner! From pre-blended vegan bases, learn the basics of creating beer soap. Previous knowledge of cold process soap making is NOT necessary. Using a stout beer, create a cedarwood and lemon bar. Explore different ingredients, methods and techniques that you can use to create exciting soaps. Learn about trouble-shooting, history and packaging/decorating your soaps! Also receive a finished soap bar. Please bring hand towel to class. Come to class scent free and bring an apron (or wear appropriate clothing). All supplies included in course fee.

Pool MPR Scentimental Creations (Cheryl Theilade)
Oct 18 W 6:30PM-9:30PM
\$45/session 123616

Planning Ahead to Protect Your Loved Ones

This workshop will give you important information to help you make wise decisions that will determine your legacy. You will receive a free copy of our Personal Planning Guide and information about wills and estates. The workshop includes a Question and Answer session and free refreshments.

Rm 211 Dignity Memorial (Cleo Wah)
ENGLISH

Sep 26 Tu 6:00PM-7:00PM 123606
Sep 30 Sa 3:30PM-4:30PM 123607

MANDARIN AND CANTONESE

Oct 14 Sa 3:30PM-4:30PM 123608
Oct 17 Tu 6:00PM-7:00PM 123609

Free with KCC Membership

Hearing Health – Everything You Need to Know About Hearing Aids

Crystal Hearing, a division of Hear Canada is a recognized leader in hearing care. We are committed to providing the highest quality hearing health care. I am Meaghan Umphrey, the registered hearing instrument practitioner at our Lynn Valley, North Vancouver center. I have an undergraduate degree from the University of Guelph and graduated with honors from Toronto's George Brown College in 2015. I have been practicing as a licensed provider in British Columbia for nearly 2 years. I perform full, comprehensive hearing evaluations, and discuss with all patients their past and current hearing health. Together, we will identify any specific challenges you may be experiencing. Following the test, I will explain how the hearing test results might be affecting your ability to hear conversations in noise and in other difficult listening environments. I provide options, information and insight as to how hearing aids could potentially help you hear better.

Rm 211 Meaghan Umphrey
Nov 9 Th 10:00AM-11:30AM 123620
Nov 20 M 4:00PM-5:30PM 123623
Free with KCC Membership

VCH – Health Screenings

Have you ever wondered what your blood pressure is, or what it all means? Healthcare professionals from the Vancouver Coastal Health, Healthy Living Program will be running a FREE blood pressure screening event. This event will help build awareness around the risks of high blood pressure and provide information on how to make healthy lifestyle changes. Drop in anytime!

Lobby Vancouver Coastal Health
Nov 16 Th 11:30AM-2:00PM *Free*

Vancouver Coastal Health

WORKSHOPS

Healthy Bodyweight 101

How do I know if I am at a "healthy body weight" or not? How do I attain and maintain it? Learn about Body Mass Index (BMI), portion distortion, physical activity and "healthy eating" including understanding The Healthy Plate!

Rm 211 Bonnie McCoy
Sep 21 Th 9:00AM-10:00AM
\$5.95/session 125079

Meet Nutritionist Tanuja Dabir

Come and meet Tanuja Dabir in our lobby! Bring your questions and talk about the helpful workshops that she offers!

Lobby
Sep 26 Tu 6:30PM-7:30PM

Digestion Masterclass

Suffering from IBS, food sensitivities, autoimmune conditions or eczema? A leaky gut could be the root cause, disabling you from leading a normal life. Discover what a leaky gut is and what to do about it.

Rm 211 Tanuja Dabir
Oct 10 Tu 1:30PM-2:30PM
\$5.00/session 125072

Mindset & Intuitive Eating to Get Your Mojo Back **NEW!**

You are what you eat and you are what you think. The mind-body connection is the key to understanding why you feel stuck & sick. Discover how to uncover self sabotaging habits and eat healthy to feel energetic and alive once again.

Rm 211 Tanuja Dabir
Nov 14 Tu 7:00PM-8:00PM
\$5.00/session 125074

Cancer Prevention 101 **NEW!**

Cancer Prevention 101: Can cancer be prevented with lifestyle modifications? Are drinking alcohol, eating processed meats, and leading an inactive lifestyle associated with developing cancer? Learn about recent scientific evidence supporting physical activity and nutritional guidelines in the prevention of several types of cancer.

Pool Multipurpose Room Bonnie McCoy
Nov 18 Sa 1:00PM-2:00PM
\$5.95/session 125080

Cooking Workshops

NEW!

A Taste of Latin America: *Tamales*

Discover Latin American Cuisine! Vancouver being multi-ethnic and rich multicultural the Tamale has gained popularity the past few years. Made from corn flour and shaped by hand both dishes can be adapted to delight vegan, gluten-free, vegetarian and meat eaters alike. Participants will learn the basics and techniques on how to build a Tamale from scratch with various fillings. Bring your aprons and your palates and join former owner and chef of El Cocal.

Room 203/Kitchen Elizabeth Cruz
Sep 21 Th 4:00PM-7:00PM
\$35/person 124592

A Taste of Latin America: *Pupusas*

Discover Latin American Cuisine! Vancouver being multi-ethnic and rich multicultural the Pupusa has gained popularity in the past few years. This traditional dish has roots in Maya culture. Made from corn flour and shaped by hand, pupusas can be adapted to delight vegan, gluten-free, vegetarian and meat eaters alike. Participants will learn the basics and techniques on how to build a Pupusa from scratch with various fillings, along with special salsas and pickled veggies. You will have a chance to taste this delightful treat! Join Elizabeth Cruz, former owner and chef of El Cocal Restaurant for 14 years who incorporates her El Salvadoran heritage into her cooking.

Room 203/Kitchen Elizabeth Cruz
Oct 12 Th 4:00PM-7:00PM
\$35/person 124595

Kombucha 101: *Fermenting Tasty Teas*

Join Jennifer Lee in a hands-on workshop where you will learn to make Kombucha! (fizzy fermented black, green or olong tea). Make your own healthy fermented tea this summer. It's like iced tea but with health benefits. Quenches your thirst too without breaking the bank! An easy way to try Kombucha and to learn how to make it yourself! She makes her own Ginger Beer, Water Kefir and sourdough!

Room 203/Kitchen Jennifer Lee
Sep 16 Sa 9:30am-11:30am
\$15/person 125083

Ginger Beer

Join Jennifer Lee as she demonstrates how to make your own natural soda pop, also known as ginger beer. In this workshop you will learn; all the ingredients to make your own ginger beer; what is a ginger bug; and the care and storage of making a ginger bug. Plus you'll get an opportunity to sample fermented ginger beer too! Register now for a natural way to get your fizzy drink fix while getting probiotics! Please bring a jar with a lid, so you can take home some ginger bug, so that you can make your own ginger beer at home.

Room 203/Kitchen Jennifer Lee
Sep 23 Sa 9:30am-11:30am
\$15/person 125084

Adult Programs

Computer Information

All participants under 55yrs cannot register until two weeks prior to the start date. All courses taught in English.

Computer Workshops

Ask An Expert

Geared toward laptop, iPhone and iPad owners. Bring your questions along with your laptops, iPad, or iPhones to class. Learn how to use Skype, Facebook, Word, Excel, Powerpoint, and more! Other topics also include burning CDs/DVDs, downloading photos from your camera or iPhone/iPad, installing Apps on your iPhone/iPad, cleaning viruses, computer tune ups or general questions you may have.

Computer Lab	Tim Li
Sep 7 Th	6:00PM-8:00PM
\$19.05/1 classes	115038
Oct 5 Th	6:00PM-8:00PM
\$19.05/1 classes	115039
Nov 9 Th	6:00PM-8:00PM
\$19.05/1 classes	115040
Dec 7 Th	6:00PM-8:00PM
\$19.05/1 classes	115041

See page 35 for senior rates

Art & Culture

Writing Your Story **NEW!**

Bring your creations to each session and receive feedback in a supportive environment from the instructor and other group members. Learn techniques that have been used by successful writers. Local children's picture book author, Denise Rogers will lead the group. *Drop-ins welcome for first session only.*

Space Permitting: Drop-in fee:

Members \$10.50 Non-Members \$11

Room 202	Denise Rogers
Sep 14-Oct 19 Th	9:30AM-11:30AM
\$55.14/6 classes	124096

Zen Drumming **NEW!**

Discover the Power of the Pulse! Ignite your inner rhythm and creative juices with this powerful form of guided active meditation. We will be interacting, grooving and sharing as we connect with positive vibes of rhythm. Fun and engaging for all levels and styles of drumming. Please bring a drum, and/or percussion instruments if you have one. We also have extras to share. No experience necessary. If you have a heartbeat, you can drum! Register for 2 or more sessions and receive 10% off.

Room 211	Abby Greene Bull
Sep 13 W	7:00PM-8:30PM
\$15/1 class	115025
Sep 27 W	7:00PM-8:30PM
\$15/1 class	115026
Oct 11 W	7:00PM-8:30PM
\$15/1 class	115027
Oct 25 W	7:00PM-8:30PM
\$15/1 class	115028
Nov 8 W	7:00PM-8:30PM
\$15/1 class	115029
Nov 22 W	7:00PM-8:30PM
\$15/1 class	115030
Dec 6 W	7:00PM-8:30PM
\$15/1 class	115031

International Ballroom Dancing

Learn how to ballroom dance International Style and feel like a pro on the dance floor! Waltz and Cha Cha, Tango and Rumba, Foxtrot and Swing, and much more! Spend the afternoon having fun and learning new dance moves, developing rhythm and confidence with meeting new friends.

No Class Sep 28

Space Permitting - Drop-in fees:

Members \$6.43 Non-Members \$6.93

1/3 Gym	Irina Prodan
Sep 7-Oct 26 Th	11:00AM-12:15PM
\$38.33/7 classes	122379
Nov 2-Dec 14 Th	11:00AM-12:15PM
\$38.33/7 classes	122380

See page 36 for senior rates

Line Dancing Beginners

Come out and join our friendly group of dancers. It's good fun and great exercise with a wide variety of music; rumba, cha cha, waltz and 2-step. Learn and practice the dances in a friendly, social atmosphere. *Beginners: If joining the class after the 3rd week of lessons you must know some basic steps and terminology.*

No Classes Oct 9 & Nov 13

Space Permitting - Drop-in fees:

Members \$6.19 Non-Members \$ 6.69

1/3 Gym	Al Serfas
Sep 11-Nov 27 M	9:15AM-10:15AM
\$57.14/10 classes	122382

See page 36 for senior rates

Line Dancing Beyond Beginners

Come out and join our friendly group of dancers. It's good fun and great exercise with a wide variety of music; rumba, cha cha, waltz and 2-step. Learn and practice the dances in a friendly, social atmosphere. *Beyond Beginners: Participants must have completed at least 2 beginner sessions. You need to know basic steps and terminology to drop-in after the 3rd class.*

No Classes Oct 9 & Nov 13

Space Permitting - Drop-in fees:

Members \$6.19 Non-Members \$ 6.69

1/3 Gym	Al Serfas
Sep 11-Nov 27 M	10:30AM-11:30AM
\$57.14/10 classes	122385

See page 36 for senior rates

Senior and Adult Social Dance

Put on your dancing shoes and come Fox Trot, Waltz and Rumba to old time music! No partner required! Beginners are welcome. Refreshments will occasionally be available.

No Sessions Oct 19 & Dec 8

Drop-in fees: Members \$3.33 Non-Member \$3.83

Room 205	May Leung
Sep 2-Dec 16 Sa	3:00PM-5:00PM
Sep 5-Dec 15 Tu Th F	2:00PM-4:00PM
\$19.05/10 visit card	122389

ADULT PROGRAMS

Welcome to Bellydance

Ever wanted to learn how to bellydance, this is your chance to learn what it is all about. Learn the fun basics of how to move and control your body in dance. This is a great opportunity to get a feel for what this dance form is all about and if it is the right fit for you. Leona has over a decade of experience of teaching women all over the Lower Mainland, she will have you laughing and shimmying by then end of this class. For more info go to www.leonabellydance.com.

Room 203 Eastside Hips
FREE Demo Class
 Sep 12 Tu 7:30PM-8:45PM **122410**

Bellydance

Geared for the bellydancer that wants to keep learning! Leona will take those basic moves to the next level! Learn to layer your moves, practice drills, fun combinations and have a great time. For more info go to www.leonabellydance.com.

Space Permitting - Drop-in fees:

Members \$11.43 Non-Members \$11.93

Room 203 Eastside Hips
 Sep 19-Oct 24 Tu 7:30PM-8:45PM **122411**
 \$57.14/6 classes
 Nov 7-Dec 12 Tu 7:30PM-8:45PM **122413**
 \$57.14/6 classes

See page 46 for
 Cooking Workshops

- Tamales
- Pupusas
- Kombucha 101:
Fermenting Tasty Teas
- Ginger Beer

Martial Arts

Taekwondo

A dynamic Korean martial art that teaches techniques for defense and attack in addition to the development of physical and mental discipline. For students 13-18 yrs, look for the Taekwondo class in the Youth section. *Please note that Participant Waiver forms must be filled out before the program starts. Forms are available from the instructor.* Uniform must be purchased at cost of \$55-\$65 plus GST.

No class Oct 8, Nov 12.

\$90/15 classes; \$78/13 classes
 Dojo Wu's Taekwondo

White to Yellow Belt

Sep 9-Dec 16 Sa 12:00PM-1:00PM **123237**

Sep 10-Dec 17 Su 9:00AM-10:00AM **123231**

Yellow-Green to Green Belt

Sep 9-Dec 16 Sa 1:00PM-2:00PM **123238**

Sep 10-Dec 17 Su 10:00AM-11:00AM **123239**

Green-Blue and Blue-Red Belt

Sep 9-Dec 16 Sa 3:00PM-4:00PM **123232**

Sep 10-Dec 17 Su 11:00AM-12:00PM **123234**

Red to Black Belt

Sep 9-Dec 16 Sa 4:00PM-5:00PM **123242**

Sep 10-Dec 17 Su 12:00PM-1:00PM **123244**

Ki-Aikido

A fun, non-competitive practice that promotes health & well being. We practice with others to learn flow & how to stay relaxed under pressure. This helps build confidence & reduce stress in daily life. Suitable for all levels of fitness. Ages 14+. Women encouraged to participate. www.canadiankifederation.org. *Please note that Participant Waiver forms must be filled out before the program starts. Forms are available from the instructor.*

No Classes Oct 7 & Nov 11

Space Permitting - Drop-in fees:

Members \$7.14 Non-Members \$7.64

Dojo Emily Aspinwall
 Sep 16-Dec 16 Sa 9:45AM-11:45AM **122418**
 \$68.57/12 classes

Japanese Jiu Jitsu

Get fit, skilled and confident. Learn practical self-defence safely against attackers & weapons. Learn the traditional art of strikes, locks, throws, groundwork and break-falling. Everyone welcome. **First class is FREE!** Join anytime as price is pro-rated. *Please note that Participant Waiver forms must be filled out before the program starts. Forms are available from the instructor.*

No Classes Oct 9 & Nov 13

Space Permitting - Drop-in fees:

Members \$9.52 Non-Members \$10.02

Dojo Alex Fairweather
 Sep 18-Dec 6 M W 7:15PM-9:15PM **122417**
 Adult 18yrs+ \$99.26/22 classes
 16-17yrs \$73.33/22 classes
 12-15yrs \$52.38/ 22 classes
 Family/Couple Rate \$178.10/22 classes

Seiyu Karate Light

This class is designed for people who prefer low impact and slow paced Karate classes. Uniform is not required. *Please note that Participant Waiver forms must be filled out before the program starts. Forms are available from the instructor.*

Dojo Vancouver Seiyu Karate
 Sep 7-Dec 14 Th 7:30PM-8:30PM **119239**
 \$120/15 classes

Seiyu Karate

Self-defense and physical conditioning are emphasized in this contact oriented style of Karate. For more information visit their website at www.fightingart.ca. *Please note that Participant Waiver forms must be filled out before the program starts. Forms are available from the instructor.*

Dojo Vancouver Seiyu Karate
 Sep 5-Dec 12 Tu 7:30PM-9:00PM **119240**
 \$146.43/15 classes

Traditional Tai Chi/Kung Fu

顧式太極拳/北少林功夫班 & 龍志光師傅授教

This class teaches you Kuo Style Tai Chi, Northern Shaolin Style Kung Fu, Shao Lin Fan, Dragon Style Sword and self-defense. Improve physical and mental strength, develop self-confidence and discipline. Class fee includes \$1/month Northern Shaolin Association membership. *Please note that Participant Waiver forms must be filled out before the program starts. Forms are available from the instructor.*

No Classes Nov 4 & Dec 2

1/3 Gym	Marquis Lung
Sep 9-Dec 16 Sa	9:00AM-10:45AM
\$121.62/13 classes	122427

Killarney Tai Chi

We are a non-profit registered organization that practices traditional Chinese internal martial arts to improve the health and well-being for people of all ages. For a schedule and registration, please contact Art Lum @ 604-250-0982 or artlum25@gmail.com. *Refunds & prorating are NOT available for this program.*

No Classes Sep 13-25, Sep 27, Oct 9, Oct 25, Nov 13, Nov 22, Dec 25

Room 203	Art Lum
Sep 2-Dec 31 Su Sa	8:00AM-11:30AM
\$64/season	122419
Sep 6-Dec 27 M W	9:00AM-12:30PM
\$64/season	122420

Killarney Tai Chi Qigong

We are teaching the Five Animal Play Qigong. This Qigong is based on the movement of five animals, the Tiger, Deer, Bear, Monkey and Bird. This Qigong can improve body strength, move blood and Qi, and relax tendons and meridians. For a schedule and registration, please contact Art Lum @ 604-250-0982 or artlum25@gmail.com. *Refunds & prorating are NOT available for this program.*

No Classes Sep 14 & Sep 21

Room 203	Art Lum
Sep 7-Dec 28 Th	9:00AM-10:30AM
\$30/15 classes	122422

Hunyuan Tai Chi Level 2

Hunyuan Tai Chi was created by Grandmaster Feng Zhiqiang of Beiiinnng China. This system combines the Xinyi Qigong and Chen Style Tai Chi. Instructor Margaret Lum studied under Master Feng Xiufang, the eldest daughter of Grandmaster Feng Zhiqiang. For more information please contact Art Lum @ 604-250-0982 or artlum25@gmail.com. *Refunds & prorating are NOT available for this program.*

No Classes Sep 15 & Sep 22

Room 203	Art Lum
Sep 8-Dec 22 F	9:00AM-11:30AM
\$56/14 classes	122414

Practice Tai Chi

Learn & practice Tai Chi forms 24, 48, and 88.

No Session Dec 8

Drop-in fees: Members \$3.14 Non-Members \$3.64

Room 205	Master Chen
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Intermediate

Sep 1-Dec 15 F	10:45AM-12:00PM	122408
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Beginner

Sep 1-Dec 15 F	12:00PM-1:10PM	122407
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\$12.62/10 visit card

Health Qigong

Health Qigong, "Five Animal Play", is an ancient art that existed over 2,000 years ago. It was developed by Hua Tao, a renowned medical doctor in the famous "Three Kingdoms" era. This Health Qigong set emphasizes coordinated mind and form, twisting and stretching of the body movements, while mimicking the five animals, all in a playful, and happy mood. During the process of regulating Qi and blood, and balancing Yin and Yang, it achieves the effect of strengthening the body and nourishing the heart. The movements are slow, soft and gentle. They are suitable for practitioners of all ages. Long term practice can help improve mood and emotional states, enhance body shape and reduce fat. The results of many scientific studies showed that Health Qigong can improve the functions of the cardiovascular, respiratory and digestive systems, raise the balancing ability, and better the flexibility and force of muscles, improve the mood, lessen anxiety and stress. Also, it can play a significant role in healing many common health issues found in middle-aged and elderly people.

No Sessions Sep 25, Oct 9 & Nov 13

Space Permitting - Drop-in Fees:

Members \$3.81 Non-Members \$4.31

Room 203	Lisa Low
Sep 18-Dec 18 M	1:15PM-2:15PM
\$39.29/11 classes	122409

ADULT PROGRAMS

Health & Wellness

Seniors' Pathway to Health

Formerly known as Killarney Stroke Recovery Group

A weekly social wellness program for those 55+. Join us for chair exercises, walking, dancing, singing, games, trivia, health education sessions, other activities & FUN!

Space Permitting - Drop-in Fees:

Members \$2.86 Non-Members \$3.36

Room 203 Bonnie McCoy
Sep 12-Dec 12 Tu 9:30AM-12:00PM
\$20/annual fee 122439

SPWH Workshops

Room 203 Bonnie McCoy

Sing-Along to your Favourites

Sep 19 Tu 11:00AM-12:00PM
\$1.90/member or \$4.76/non-member 122443

Trivia & Brain Game Challenge

Oct 17 Tu 11:00AM-12:00PM
\$1.90/member or \$4.76/non-member 122445

Falls Prevention Education Session

Nov 21 Tu 11:00AM-12:00PM
\$1.90/member or \$4.76/non-member 122447

Parkinson's Fitness

Did you know...that more than 25 people are diagnosed with Parkinson's disease every day in Canada? And the Parkinson's Community is directly affected by cognitive impairment and dementia? This class is designed for the health and wellness for people affected by Parkinson's disease and Parkinson's syndrome as well as any elderly adult who has mobility issues.

Room 205 Keiko Murakami
FREE Demo Class

Sep 5 Tu 12:30PM-1:45PM 124623

Weekly Program

Sep 12-Oct 24 Tu 12:30PM-1:45PM
\$49/7 classes 124615

Oct 31-Dec 12 Tu 12:30PM-1:45PM
\$49/7 classes 124618

Cognicise Fitness

Did you know...that according to recent studies MCI (Mild Cognitive Impairment) could start as early as age 40? It is best to start training your brain at an early age. This class focuses on dual task training; physical exercise and cognitive function. You're body and brain will be vividly led towards an active FUN-ctional workout.

No Class Sep 27

Room 203 Keiko Murakami
Sep 6-Oct 18 W 1:45PM-3:00PM 122400
\$40/6 classes
Nov 1-Dec 13 W 1:45PM-3:00PM 122401
\$40/6 classes

Walking Club

Come and enjoy scenic walks throughout Metro Vancouver. All participants walk from 5-8km per outing. This is a great activity to keep one moving. The walks are designed for people of all ages and are guided by Simon Yan.

Space Permitting - Drop-in fees:

Members \$7.14 Non-Members \$7.54

Lobby Simon Yan
Set 1

Sep 7-Sep 14 Th 9:00AM-12:30PM
Sep 19-Oct 3 Tu 9:00AM-12:30PM
\$38.57/5 classes 119588

Set 2

Oct 10-Oct 24 Tu 9:00AM-12:30PM
Nov 2-Nov 9 Th 9:00AM-12:30PM
\$38.57/5 classes 119591

See page 38 for senior rates

Yoga & Pilates

Pilates

Enhance postural alignment, coordination and flexibility with mat exercises suitable for all levels. Develop your core strength, tone your entire body and finish the class feeling refreshed and energized.

Space Permitting - Drop-in fees:

Members \$8.57 Non-Members \$9.07

Room 203 Candida Almeida

FREE Demo Class

Sep 6 W 6:15PM-7:15PM 122460

Weekly Program

Sep 13-Oct 25 W 6:15PM-7:15PM
\$51.67/7 classes 122466

Nov 1-Dec 13 W 6:15PM-7:15PM
\$51.67/7 classes 122470

Morning Flow Yoga

This class is a great way to get yourself moving in the morning! Building on the classic sun salutation sequence, this practice will get the body warm and the mind focused enabling a more productive and fulfilling day. *Each class will end with a short guided meditation.*

Space Permitting - Drop-in fees:

Members \$10.48 Non-Members \$10.98

Room 211 Maria Wolanski
Sep 16-Dec 16 Sa 9:00AM-10:15AM
\$133.33/14 classes 122432

Power Flow Yoga

This class uses strong and dynamic yoga sequences that will get your heart pumping, challenge your core, build strength and endurance, while toning the muscles of the body. Be prepared to work hard and sweat.

Space Permitting - Drop-in fees:

Members \$10.48 Non-Members \$10.98

Room 211 Kristiina Oinonen

Weekly Program

Sep 13-Oct 25 W 4:45AM-6:00AM

\$66.67/7 classes 123266

Nov 1-Dec 13 W 4:45AM-6:00AM

\$66.67/7 classes 123267

Bi-Weekly Program

Sep 20-Dec 13 W 7:30PM-8:45PM

\$66.67/7 classes 123268

Chair Yoga **NEW!**

Gentle yoga moves while in a seated position will benefit your joints, muscle areas and help reduce the pain from arthritis, osteoporosis, previous injury, stiff joints and so much more. Stretching, deep breathing & meditation techniques are incorporated into this workout and will leave you with a feeling of connected BODY+MIND+SOUL.

Space Permitting - Drop-in fees:

Members \$9 Non-Members \$9.50

Room 211 Keiko Murakami

FREE Demo Class

Sep 12 Tu 11:15AM-12:15PM 124010

Weekly Program

Sep 19-Oct 31 Tu 11:15AM-12:15PM

\$56/7 weeks 124011

Nov 7-Dec 12 Tu 11:15AM-12:15PM

\$56/7 weeks 124012

Fitness

Bollywood Body **NEW!**

Bollywood meets boot camp in this high-energy dance-inspired class. This 50-minute cardio and body-weight class will get your heart rate up, body sweating, and mood soaring. Lunge, squat,

and shimmy through the hour, while jamming out to the contagious beats of Bollywood.

Space Permitting Drop-in Fees:

Members \$9 Non-Members \$9.50

Room 205 Esha Singh

FREE Demo Class

Sep 7 Th 7:15PM-8:15PM 120233

Weekly Program

Sep 14-Oct 12 Th 7:15PM-8:15PM

\$40/5 classes 120234

Oct 19-Nov 16 Th 7:15PM-8:15PM

\$40/5 classes 120235

Nov 23-Dec 14 Th 7:15PM-8:15PM

\$32/4 classes 120236



Hot HULA Fitness®

HOT HULA Fitness® is a fun and exciting dance workout. In 60 minutes, this total body workout isolates larger muscle groups, increasing strength and definition of the core, glutes, quads and arms. HOT HULA is easy to follow, low-impact and appropriate for all ages and fitness levels.

No class Oct 9 & Nov 13

Space Permitting - Drop-in fees:

Members \$9.52 Non-Members \$10.02

Room 203 Lehualani Mulder

FREE Demo Class

Sep 25 M 7:30PM-8:30PM 120553

Weekly Program

Oct 02-Dec 11 M 7:30PM-8:30PM

\$77.14/9 classes 120552

Bellyfit®

Holistic fusion fitness for women! Get your sweat on with fun, easy-to-learn cardio moves inspired by Bellydance, Bollywood, African Dance, Martial Arts, and more. Then enjoy strength-building Pilates core exercises, and a relaxing Yoga stretch and meditation. Inspire the body, mind, heart, and spirit to reach beyond limitations into pure transformation! No experience necessary. Bring supportive shoes and a water bottle. www.bellyfit.com.

Space Permitting - Drop-in fees:

Members \$10 Non-Members \$10.50

Room 203 Loretta Laurin

FREE Demo Class

Sep 14 Th 7:30PM-8:45PM 120229

Weekly Program

Sep 21-Nov 2 Th 7:30PM-8:45PM

\$58.33/7 classes 120231

Nov 9-Dec 21 Th 7:30PM-8:45PM

\$58.33/7 classes 120232

Zumba

This Latin inspired dance-fitness class combines high energy and motivating music with unique moves and combinations. Zumba is a 'feel-happy' workout that is great for both the body and the mind.

Space Permitting - Drop-in fees: M

embers \$7.14 Non-Members \$7.54

Room 205 Roslyn Bauyon

FREE Demo Class

Sep 5 Tu 7:15PM-8:15PM 116258

Weekly Program

Sep 12-Oct 24 Tu 7:15PM-8:15PM

\$36.67/7 classes 120230

Oct 31-Dec 12 Tu 7:15PM-8:15PM

\$36.67/7 classes 116259

ADULT PROGRAMS

Zumba Toning

When it comes to body sculpting, Zumba Toning raises the bar (or rather, the toning stick). It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party. Perfect for those who want to party, but put extra emphasis on toning and target zones, including arms, core and lower body.

Space Permitting, Drop-in fees:

Members \$7.14 Non-Members \$7.54

Room 205	Alice Liu
Sep 13-Oct 25 W	7:30PM-8:30PM
\$38.33/7 classes	116236
Nov 1-Dec 13 W	7:30PM-8:30PM
\$38.33/7 classes	116237

Relax and Stretch Mat Class

Loosen up your mind and body for a better sleep and restore energy for the next day. This class includes a full body relaxation and stretch using yoga techniques and muscle conditioning with props. *You will be amazed how much your mind and body needed it!*

Space Permitting - Drop-in fees:

Members \$7.38 Non-Members \$7.88

Room 205	Keiko Murakami
Sep 14-Oct 26 Th	8:30PM-9:30PM
\$45/7 classes	122451
Nov 2-Dec 14 Th	8:30PM-9:30PM
\$45/7 classes	122456

Cross Craze Bootcamp

Do you want to get fit, stay fit, improve your game and make friends along the way? This program contains compound exercises, plyometrics, explosive moves and much more...it's the best way to feel fit and strong! *Register for both classes in the same set and save 10%.*

No class Oct 9 & Nov 13

Space Permitting - Drop-in fees:

Members \$7.14 Non-Members \$7.64

Room 205	Zlata Lopersti & Keiko Murakami
Set 1	
Sep 11-Oct 23 M	7:30PM-8:30PM
\$38.57/6 classes	116262
Sep 15-Nov 3 F	7:30PM-8:30PM
\$51.43/8 classes	116268
Set 2	
Oct 30-Dec 11 M	7:30PM-8:30PM
\$38.57/6 classes	116263
Nov 10-Dec 15 F	7:30PM-8:30PM
\$38.57/6 classes	116269

Sports

Fencing Beginner

Offered by the Tri-City Fencing Academy, for ages 7-15 years. Fencing is a great cardiovascular workout, improving hand-eye co-ordination, concentration, mental focus and physical stamina. It provides a fun and competitive atmosphere that builds self-confidence and respect. Our youth program begins with a 4-session introductory Foil class, quickly teaching the basic actions of the sport, allowing students to progress to fencing bouts in a short time. *All equipment is provided.*

1/3 Gym	Tri-City Fencing Academy
Sep 11-Oct 02 M	5:00PM-6:00PM
\$55/4 classes	116252
Oct 16-Nov 06 M	5:00PM-6:00PM
\$55/4 classes	116966
Nov 20-Dec 11 M	5:00PM-6:00PM
\$55/4 classes	116967

Fencing Training Program

Pre-requisite: Fencing Children/Youth Beginner. Offered by the Tri-City Fencing Academy, for ages 7-20 years. After completion of a beginners' class, fencers seeking a competitive experience may register for our training program. Students are divided into experience-based groups to facilitate the learning process, allowing them to move from basic skills to advanced technical and tactical knowledge. This program is skills assessment based, using an advancement system from the Canadian Fencing Federation similar to other martial arts programs. *All equipment is provided.*

1/3 Gym	Tri-City Fencing Academy
Sep 11-Oct 02 M	6:00PM-7:30PM
\$85/4 classes	116968
Oct 16-Nov 06 M	6:00PM-7:30PM
\$85/4 classes	116969
Nov 20-Dec 11 M	6:00PM-7:30PM
\$85/4 classes	116970

Give Fitness for the Holidays!

**Between December 15th & December 31st
purchase a 1 YEAR Killarney Fitness Pass and SAVE!**

**Adult \$285.78, a savings of \$75!
Youth/Senior \$182.35, a savings of \$65!**

Passes are Non-refundable before March 31, 2017. All refunds are pro-rated to the 1st or 15th of the month based on the non-sale price for months used and will include an additional administration fee.

Badminton *Intermediate Play*

This program is geared towards players 55yrs+ to practice and enhance their badminton skills. Adults under 55yrs are welcome to register. *Racquets and birdies are not provided.*

Space Permitting - Drop-in fees:

Members \$4.05 Non-Members \$4.55

Full Gym Amy Lim

Sep 6-Dec 13 W 9:00AM-12:00PM

\$39.29/15 classes 116249

See page 39 for senior rates

Badminton Lessons *All Levels*

This program is designed to develop and enhance the skills of badminton players. Maximum 12 registered players.

2/3 Gym Derek Wong

Sep 19-Dec 5 Tu 11:00AM-12:30PM

\$85.71/12 classes 116250

Sep 21-Dec 7 Th 9:00AM-10:30AM

\$85.71/12 classes 116251

See page 39 for senior rates

Badminton Court Rental

We have two courts available on Mondays, with an eight player maximum per court. Birdies and racquets are not available. *Players are responsible for set up and take down of equipment. All rentals are on a per court basis. One court rental per membership. On-line Registration is now available or call 604-718-8201 to book your court. No Sessions Oct 9 & Nov 13*

2/3 Gym

Sep 11-Dec 11 M 8:15PM-9:15PM

\$9.76/hour/per court

Table Tennis

Table Tennis is enjoyed all over the world and has earned a place as an Olympic sport. Time includes set up and take down. Private lessons available for \$7.14/15 minutes. See Instructor for lesson Information. *Participants can only purchase one 10 visit card at a time. All ages and abilities welcome.*

No Sessions Oct 29 & Nov 12.

Drop-in fees: Members \$3.10 Non-Members \$3.60

2/3 Gym

Sep 3-Dec 17 Su 1:45PM-4:45PM

Sep 6-Dec 13 W 7:00PM-10:00PM

Sep 7-Dec 14 Th 12:00PM-3:00PM

\$26.43/10 visit card 116240

Adult Recreational Badminton & Basketball Drop-In Sports for 19yrs+

Just a reminder that registered players must arrive within 15 minutes of the start time and sign in at the Front Desk, or your spot will be forfeited to a drop-in player. Drop-ins must sign in at the front desk and must not play until they have paid.

Space Permitting-Drop-in fees:

Member Drop-in \$4.50 Non-Member Drop-in \$5

Badminton *PM*

Badminton racquets and birdies are not provided. 2 courts available: ALL courts must play in doubles. Maximum 20 players per session. Times includes set up and take down of nets.

2/3 Gym

Sep 7-Dec 14 Th 8:00PM-10:00PM

\$53.57/15 classes 116238

Basketball

Come on out and shoot some hoops! We play five-on-five in a FULL court gym. Maximum 15 players per sessions.

Full Gym

Sep 5-Dec 12 Tu 8:30PM-10:00PM

\$50/15 classes 116239

Killarney Facility Rentals

Our gymnasium, multipurpose and meeting rooms are available for rent on a seasonal basis.

Take a "Virtual Tour" of our rooms @ www.killarneycentre.ca.

For general inquires email killarneyccrentals@vancouver.ca

For more information and to book on-line visit
https://recreation.vancouver.ca/reserve_options

3 Easy Ways to Register!

Killarney Community Centre has online, phone-in, and a staggered in person registration system to reduce line ups and provide equal opportunity for registration. Phone us for more information: 604-718-8201

1. In Person

Centre Registration Begins Sunday, July 30 at 9:00am

Community Centre program registration includes: Preschool, Children, Youth / Adult / Senior's Programs, Fitness, Children and Adult Special Events, Workshops, Birthday Parties and Daycamps. *Please Note: Swim Lessons (see page 30) and Skate Lessons (see page 26) are not available to register on Centre Registration Day.*

KCCS Membership is required for registration in Community Centre programs.

Pre-Registration Forms:

Pre-registration forms are recommended for ALL registrations. This form helps organize your personal and program information and speeds up the registration process. Pre-registration forms are distributed during registrations and are available at our Centre Office or on-line at our website at www.killarneycentre.ca.

Please note that Time-Saver Passes have been discontinued.

2. Online

Centre Registration Begins Sunday, July 30 at 9:00am

Our new system provides you with improved online registration. You can visit recreation.vancouver.ca and update or create your profile before registering. It's called *My Account* and is where you will go for all future registrations and to manage or track your registration requests online.

Never registered online before? Go to:

- recreation.vancouver.ca
- Click "Sign In" or "Create an Account" to set up your profile and password BEFORE registration opens for spring programs.

Forgot your online password? Go to:

- recreation.vancouver.ca
- Click "Sign In", select "Forgot your password" and follow the steps to get your new password.
- Login with your email address and confirm your account information is correct.

KCCS Membership is required for registration in Community Centre programs. Please Note: These programs are not available to register online: Licensed Childcare and Drop-in Programs.

3. Phone-In

Centre Registration Begins Tuesday, August 1 at 10:00am

Call 604-718-8211 Monday-Sunday 10:00am-2:00pm only. Phone in registration not available on registration days and statutory holidays. *Please Note: Some programs are not available for Phone-in Registration: Licensed Childcare and Drop-in Programs. KCCS Membership is required for registration in Community Centre programs.* Only Visa, Mastercard and Amex payments will be accepted. Please have registration information and credit card ready when you call. Your registration receipt can be picked up at our Centre Office during operating hours.

Registration Information

Community Centre, Pool and Rink Registration:

- **Centre Adult/Senior Programs:** On the **first** day of registration, members may register a maximum of two people per program. For example if a participant is registering themselves for badminton, they can register one other individual. Members may register a maximum of two people if they are not registering themselves.
- **Children/Daycamp/Rink/Pool:** On the **first** day of registration, members are only permitted to register immediate family members residing at the same address or, they may register another family if they are not registering their own family. Members who are Parents/Guardians of children living at separate addresses are also permitted to register their children. *We no longer permit the registration of additional families.*

Waiting Lists

If the program that you wish to register for is full, please ask the office representative to put you on the appropriate waiting list. If there are withdrawals, you will be contacted for an opportunity to register.

Program Changes and Cancellations

All programs are subject to change or cancellation at any time. Full refunds will be issued for all programs cancelled by the Community Centre.

Community Centre and Rink Refunds & Transfers:

- If your refund request is received five or more days prior to the start of the program, a full refund will be issued.
- If your refund request is received within four days of the start of the program, your refund will be equal to the program fee minus the price of one class.
- If your refund request is received after the first class, your refund will be equal to the program fee minus the price of two classes.
**Each Community Centre program refund notice (excluding rink and pool activities), is subject to an additional \$5.00 administration fee.*
- No refunds or transfers are allowed after the second class of the program.
- If your transfer request is received after the first class of the program, you will be charged the price of one class.
**Each Community Centre program transfer request (excluding rink and pool activities), is subject to an additional \$2.00 administration fee.*
- Fees for one or two-day programs are non-refundable.

Please note: The above Refund Policy does not apply to Special Events, Bus Trips, Licensed Childcare, Out of School Care, Summer Daycamps, or Birthday Parties. Please check the Refund Policy on the individual program pages.

Swimming Pool Refund & Transfer Policy: see page 30.

Financial Assistance

Financial assistance is available to low-income residents. If you or a family member are in need of financial assistance for a community centre program, please contact:

Preschool & Children	sophie.noel@vancouver.ca
Youth	josh.hensman@vancouver.ca
Adult & Seniors	michelle.stebnicki@vancouver.ca
Licensed Childcare	kccschildcare@vancouver.ca

Membership Fees

A KCCS Membership makes you a member of our Association. As an Association member, you have user voting privileges at the Annual General Meeting of the KCC Society and are eligible to run as a Director or Officer of the Association.

Your Membership Fee funds:

- | | |
|--------------------|------------------------|
| ✓ Equipment | ✓ Administrative costs |
| ✓ Program expenses | ✓ Building upgrades |
| and a lot more... | |

A KCCS Membership is not required for swimming & skating
Membership Fees are charged annually and are non-refundable. There is a \$1.00 charge to replace membership cards.

KCCS membership year is September 1 - August 31

Family	Child 0-12yrs	Adult 19-64yrs	Youth 13-18yrs & Senior 65yrs+
\$8.00	\$2.00	\$4.00	\$3.00

Privacy Policy

In the course of providing programs and activities, the Killarney Community Centre Society collects personal information from our members and other individuals participating in classes, workshops, special events or facility use. This information may be used for the provision of services, communication, processing payments and/or statistical purposes. We respect the importance of protecting the personal information that we collect. For more of an understanding on this subject, please call (604) 718-8209 and your inquiry will be subsequently directed to our Society's Privacy Officer.

Making All Recreation Safe M.A.R.S.

All patrons, volunteers and staff have the right to be safe and feel safe when in Park Board facilities. With this right comes the responsibility to be law abiding citizens and to be accountable for one's actions. Employees and volunteers of Vancouver Park Board and affiliated partners as well as the public participating in programs and services are expected to adhere to a Code of Conduct which sets standards of behaviour.

Code of Conduct

- Treat patrons and staff/volunteers with respect and dignity.
- Do not tolerate abusive or disrespectful language.
- Appreciate that programs and facilities are provided for the enjoyment of everyone.
- Respect public property and the property of others. Enjoy recreation in your City!
- The Board of Parks and Recreation reserves the right to take appropriate steps to resolve issues or concerns.

Recreation Staff

Recreation Supervisor	Debbie Barber	604-718-8209
Childcare Coordinator	TBA	604-718-8204
Preschool & Children	Sophie Noel	604-718-8206
Fitness Centre	TBA	604-718-6582
Youth Worker	Josh Hensman	604-718-8212
Aquatics	Denise Yeh	604-718-8286
Adult & Senior's	Michelle Stebnicki	604-718-8208
Offices Administrator	Marylina Smaruj	604-718-8223
Maint. Technician	Jamie Cole	604-718-8207

Killarney Fitness Centre

Give Fitness
for the Holidays

See page 52 for details

What we have to offer...

- ✓ Helpful & Qualified Staff
- ✓ Cybex Weight Training Equipment
- ✓ Lifefitness Elliptical Trainers
- ✓ Lifefitness Treadmills
- ✓ Stairmaster Stairclimber
- ✓ Lifefitness Stairclimber
- ✓ Precor Adaptive Motion Trainer
- ✓ Precor Elliptical Trainer
- ✓ Keiser M3 Spin Bike
- ✓ Lifefitness Exercise Bikes
- ✓ Lifefitness Recumbent Bikes
- ✓ Lifefitness Cross Trainers
- ✓ Concept 2 Rowing Machine
- ✓ Olympic Free Weights
- ✓ Dumbbells/Mats & Benches
- ✓ Bosu & Body Balls
- ✓ Body Composition Testing
- ✓ Lifefitness Dual Pulley Station

Assessments, Orientations & Personalized Fitness Programs

Your membership and admission fee, entitles you to a complimentary orientation to our Fitness Centre. Our certified staff will assist you with the following: proper etiquette, equipment operation and the importance of cardiovascular, strength and flexibility training. With any Drop-in, Strip ticket or any fitness pass purchased we also offer in-depth personalized programs based on your current physical condition. To book appointments call the Fitness Centre at 604-718-8215.

**Take a Virtual Tour
of our Fitness Centre @
www.killarneycentre.ca**

Fall 2017 Schedule

September 5, 2017 - January 1, 2018

Schedule is subject to change without notice

Fitness Centre users before 9:00am Monday to Sunday can purchase drop-in admissions at the Leisure Pool Office.

Reminder: Bands are to be worn on the wrist when in the Fitness Centre.

MONDAY TO THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am-10:00pm	6:30am-8:30pm	8:00am-7:30pm	8:00am-7:30pm
Early Bird Discount: \$1.00 off drop-ins Monday to Friday 6:30 to 8:30am			

Fitness Fees

- Rates are subject to change without notice.
- A Killarney Community Centre Membership is recommended for use of the Fitness Centre
- Leisure Access Cards & Vancouver Park Board 10 visit cards are not accepted
- Drop-in fees include Fitness Class use
- Killarney Fitness Centre Passes and 11 visit cards include Fitness Class use
- VPB Flexipass holders can use the Association run Killarney Fitness Centre for a reduced fee
- Killarney Fitness Centre Pass Holders can use the Killarney Pool for a reduced fee
- Pass Card Refunds are pro-rated from the time of request, based on 15 days from purchase
- 11 Visit Card Refunds are pro-rated based on the number of visits left less 1 visit
- Applicable administration fee will be applied to all refunds

<i>GST will be added to prices</i>	ADULT	YOUTH*	SENIOR
Drop-in member	\$4.57	\$3.45	\$3.45
Drop-in non-member	\$5.05	\$3.94	\$3.94
Drop-in Member Fitness Centre & Pool Combo	\$6.56	N/A	\$5.44
Drop-in non-member Fitness Centre & Pool Combo	\$7.04	N/A	\$5.93
11 Visit Card	\$45.46	\$31.81	\$31.81
1 Month Pass	\$41.04	\$28.66	\$28.66
3 Month Pass	\$104.34	\$73.10	\$73.10
6 Month Pass	\$196.72	\$137.46	\$137.46
12 Month Pass	\$343.60	\$235.57	\$235.57

There will be a \$2.00 charge for the replacement of lost or stolen fitness passes!!

Note: You must be 13yrs+ to use the Fitness Centre. Exercisers 13-18 years of age must complete a youth waiver (parental permission required) and then complete an orientation before beginning an exercise program.

Fitness Centre Fees Include Fitness Class Participation

Killarney Aerobic Schedule

Fall 2017 Schedule

September 5, 2017 - January 1, 2018 No classes on Oct 9, Nov 13, Dec 25, Dec 26 & Jan 1

KCCS membership required. **Schedule subject to change or cancellation without notice. Follow us on Twitter @KillarneyCC for current up-to-date information on class cancellations.** Step Classes: limited steps available, come early to ensure a spot.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Dance Workout 9:15-10:30am <i>Leah</i>	Zumba & Core 9:15-10:15am <i>Cecilia</i>	Step 9:15-10:30am <i>Betty-Lynn</i>	Body BLAST 9:15-10:30am <i>Keiko</i>	Zumba+ 9:15-10:40am <i>Cecilia</i>	Step "n" Strength 9:15-10:15am <i>Angela</i>	Zumba & Core 9:00-10:00am <i>Flora</i>
	TBBC 10:30-11:30am <i>Diane</i>	Zumba 10:40-11:40am <i>Betty-Lynn</i>		To reduce class interruption: Please arrive on time to ensure proper warm-up. Please keep cell phones on vibrate or low ring. Please refrain from answering calls while in class is in progress; if necessary please go out to the hallway.		
Cardio Core 6:15-7:15pm <i>Edouard</i>	PiYo 6:00-7:00pm <i>Mayu</i>	Step/Core 6:15-7:15pm <i>Kristiina</i>	STRONG by Zumba 6:00-7:00pm <i>Danny</i>			

AEROBIC FEES* GST will be added to price	Member Drop-in	Member Aerobic & Pool Combo Drop-in	Non-Member Drop-in	Non-Member Aerobic & Pool Combo Drop-in	11 Visit Pass	1 Month Pass	3 Month Pass	6 Month Pass	12 Month Pass
Adult	\$4.57	\$6.56	\$5.05	\$7.04	\$45.46	\$41.04	\$104.34	\$196.72	\$343.60
Youth/Senior	\$3.45	\$5.44 <i>(Senior Only)</i>	\$3.94	\$5.93 <i>(Senior Only)</i>	\$31.81	\$28.66	\$73.10	\$137.46	\$235.57

*All fees include Fitness Centre use.

Dance Workout

Moderate to advance. Infused with the spirit of dance fitness alive at Killarney, dance workout is a total body workout experience that is fun for everyone! The beats include a variety of new music as well as classic tunes from a range of musical genres and the grooves are inspired by the jazz, contemporary, hip-hop, latin, and theatrical dance worlds. Choreography is varied and easy to follow. Class finishes with some awesome strength training and a relaxing stretch.

STRONG by Zumba

Moderate to advance. This new powered by Zumba program revolutionizes Zumba workouts, combining strong, upbeat rhythms with powerful, high-intensity cardio and strength conditioning moves to ratchet your fitness potential up a notch. Join the party, discover the athlete within you, feel the force and get fit!

Step n' Strength

Moderate to advanced class. This class consists of cardio work on the step, followed by strength training and a cool down.

Body BLAST

All levels welcome. Get a full body workout including cardio, strength training, core conditioning and stretching in this fun and dynamic class. The class also includes 10 minutes of abs and a 5 to 10 minutes stretch.

Step/Core

Moderate to advanced step class. Class will incorporate strength training such as weights and bands with a focus on core.

Step

Mild to moderate class. This class offers basic, easy to follow step choreography. Beginners welcome!

PIYO = Pilates + Yoga + nonstop movement!

PiYo® LIVE combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll use your body weight to perform a series of continuous, targeted moves to define every single muscle.

Zumba & Core

Moderate to advanced class. This class offers a combination of Zumba and strength training with weights.

Zumba

Mild to moderate class. A Latin inspired dance-fitness class. It combines high energy and motivating music with unique moves and combinations. Zumba is a "feel-happy" workout that is great for both the body and the mind.

Zumba+

All levels welcome. Burn calories by mixing low-intensity and high-intensity moves, a real Latin and world dance fitness party. Zumba+ also incorporates the last 30 minutes with interval training giving more intensity, strength, and challenging progression to your workout, using only your body weight.

TBBC – Total Body Ball Conditioning

All levels welcome. This class combines muscle, endurance, flexibility and core strength. Using stability balls and a variety of strength equipment.

Cardio Core

Moderate to advanced class. This class offers a mix of step aerobics and dry land aerobics. Class will end with strength training. Class format will alternate with instructor.

Family Pumpkin Carving

Join Us for some Jack-o-lantern fun! Each Family will receive two pumpkins to create their own scary creatures - just in time to display for Halloween! Pumpkins, carving utensils, and stencils will be provided. All you need is to bring an apron to keep yourself clean and an idea for your design.

Parent participation is required. Pre-registration and KCCS membership required

Rm 203

Oct 28 Sa

4:30PM-7:30PM

\$8.50/Family of 5

108183



Holiday Craft Fair

The Holiday Craft Fair is a great place to purchase unique handcrafted gifts for all your friends and family. Come shop for beautifully crafted items created by talented local crafters. 70 vending tables are available for sale. Find the perfect gift for everyone on your list! Admission to the event is FREE!

Fees for the Craft Fair are non-refundable.

Full Gym

Nov 4 Sa

10:00AM-3:00PM

\$16.67/Table

108180

Halloween Carnival & Spooky House

Come to Killarney's annual Halloween Carnival & Spooky House for some spook-tacular hair-raising fun!

This event will feature activities suitable for children 3-12 years old including Halloween games & crafts, and tons of treats! Be prepared to be spooked by eerie bats and skeletons in the haunted house with a few creepy special guests. Don't forget to wear your costume!

Full Gym

Oct 29 Su

\$4.50/child (Adult Supervision Required)

Pre-registration and KCCS membership required.

3:00pm-4:30pm

108188



Celebrate the holiday season by having a delicious pancake breakfast with sides like sausages, yogurt and fruit! Each year, our gymnasium is transformed into a Santa's wonderland with beautiful decorations, holiday craft-making, face painting, and special entertainment. Don't forget your camera because Santa will be making a visit to see who has been naughty or nice! This annual event is not to be missed! *Parent participation, pre-registration and KCC membership required.*

Full Gym

Dec 2 Sa

9:30AM-11:30AM

\$4.75/Child; \$5.48/Adult

108193



Jointly operated by the Vancouver Park Board and the Killarney Community Centre Society.

