



WINTER 2023 PROGRAM GUIDE

ROUNDHOUSE



afternoon AT PUSH FESTIVAL.  
SEE PAGE 12.

## ABOUT THE ROUNDHOUSE

### FOLLOW US

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### CONTACT US

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 Fax: 604-713-1813  
[info@roundhouse.ca](mailto:info@roundhouse.ca)  
[roundhouse.ca](http://roundhouse.ca)

### OPENING HOURS

Mo-Fr 9am-10pm  
 Sa-Su 9am-5pm

### THE ROUNDHOUSE IS CLOSED ON

**DEC 25-JAN 1**

Winter Break  
 (re-opening Jan 2, 9am)

**FEB 20**

Family Day

### PUBLISHER

Roundhouse Community Arts and Recreation Society

### CIRCULATION

2,000 print, online

### EDITOR, DESIGNER

Hanne Lene Dalgleish

## ROUNDHOUSE VISION & MISSION

In September 1996, the Roundhouse Advisory Committee, composed of neighbourhood representatives, heritage supporters, members of the arts community and Park Board staff, undertook a retreat to work through a vision for the Roundhouse. The following is the result of those discussions:

*The overall mission is to celebrate diversity... of people, values, ideas and activities.*

This mission is made up of three key elements:

### THE ROUNDHOUSE AS PROJECT

All of us who work or play or socialize at the Roundhouse will be active participants in an evolving project to find new and creative ways to integrate the arts, community, culture and sports.

### THE ROUNDHOUSE AS OASIS

The Roundhouse is located in the centre of one of the largest urban experiments in history, transforming a few hundred acres of mostly vacant lots into one of North America's densest and most diverse urban sites. The Roundhouse will be an oasis in the centre of this dynamic mix, enabling people to use their creativity and energy (at whatever level) to rejuvenate themselves and to be better equipped to face a blizzard of challenges and opportunities around them.

### THE ROUNDHOUSE AS CONNECTION

The Roundhouse exists to identify and serve the needs of widely divergent communities. To do this the Roundhouse must reach out to the places and situations where those communities feel comfortable. These relationships will grow into Roundhouse programs through sponsorships, partnerships, and our own productions.

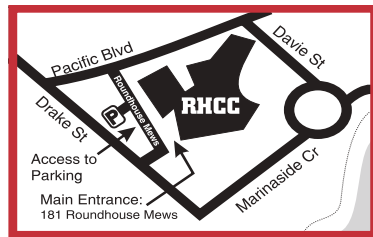
### WHERE WE ARE

The Roundhouse is located at the corner of Davie St & Pacific Blvd • The Yaletown-Roundhouse Canada Line Station is 200 metres from us • Bus routes 6 & C23 stop within steps of the Roundhouse.

### GETTING TO THE ROUNDHOUSE

Walking from Granville Street, head east down Davie five blocks • Underground pay parking is available (access off Drake). Mo-Fr 7am-6pm \$3.60/hr, no daily max | Mo-Su & holidays 6-10pm \$5.15 flat rate | Sa, Su, & holidays 7am-6pm \$3.60/hr, \$15.45 max. The underground parking closes at 11pm but shows that run later than 11pm will have access through the Roundhouse.

歡迎光臨弘藝社區中心。  
 本中心自九七年五月啓用以來，為閣下及你的家人提供有益身心的社交、文化及康樂活動。有關各項活動可參閱每季節目表。如閣下對本中心的活動有任何意見或查詢，歡迎與中心職員聯絡，電話：  
 (604)713-1800。



### THANK YOU TO OUR BUSINESS NEIGHBOURS

Urban Fare, Dairy Queen, Fresh Slice, Sciué Italian Bakery Caffé, Salsa and Agave Mexican Grill, FYidocors - Yaletown, Subway, Starbucks, Fresh Bowl



The Roundhouse Community Arts & Recreation Centre is jointly operated by the Vancouver Board of Parks & Recreation and the Roundhouse Community Arts and Recreation Society.

## ROUNDHOUSE STAFF

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PRESIDENT Simma Bakare

DIRECTORS Heba Altalba, Andrea Han, Natalie Hawryshkewich, Joseph Heald, Ray Lam, Marie Krbavac, James Painter, Aleksandra Puaca

## VANCOUVER PARK BOARD LIAISON

TBA

## ROUNDHOUSE ADVISORY COUNCIL

CHAIR Elizabeth Snow

Leslie Adams, Ingrid Alderson, Brent Belsher, Blake Chersinoff, Robert Dewey, Craig Giles, Adam Hunter, Sarah Muff, Dr. Setty Pendakur



## PRESIDENT'S MESSAGE

How did we get here?! 2023 showed up while we weren't looking, and we're into another Roundhouse season of programs and events. Join us and get your body, mind and soul active!

As we enter the new year, we've added more and more programs back to our roster. Yogap13y encourages kids to play with yoga poses and movement, a great way to learn self-regulation (6-8, p27). Capoeira is the secret dance of Brazil, a game played to music and a fun intro to movement for pre-teens (9-13, p36). Our Uke Investigate series (19+, p42) is back with programs exploring 3-chord songs and blues basics. For older adults, try Mindful Artist (55+, p53) which combines painting and drawing with meditation to boost creativity.

Our event spaces were jam-packed in the fall, and we have some great options this winter for all ages. The PuSh International Performing Arts Festival (p12) is back with three shows from around the world - Zimbabwe/USA, Argentina, and right here in Vancouver. Mark your calendars for the ever-popular Eggs-tacular Easter Egg Hunt on Sat Apr 8 (p15). There's a new festival in town, the String Summit (p14), with guest players arriving from across the continent to Vancouver to explore the creative possibilities with stringed instruments.

These are only a few of the diverse programs and events we have planned for our Winter season. Take your time leafing through the program guide, and find just the right activity to keep you and your family engaged during these colder months.

We love our Roundhouse community, and are especially grateful for our dedicated group of volunteers who assist with so many of our programs, such as pottery, tai chi, fitness, theatre ushering, and the Board of Directors. If you're interested in volunteering, contact Silvia Rubino [silvia.rubino@vancouver.ca](mailto:silvia.rubino@vancouver.ca) to learn about all the opportunities available.

**Simma Bakare**

President, Roundhouse Community Arts and Recreation Society

## VOLUNTEER AT THE ROUNDHOUSE

Are you looking for ways to get involved with the community? The Roundhouse is the perfect place for those who want to give their time and energy towards awesome programs, special events, the Board and committees, performances, and cultural events. We have a vast team of volunteers with all types of skill sets and interests who all play a vital role in the success of our programming. We hope you can be a part of the team!

### JOIN US! ARE YOU:

- At least 14 years of age?
- Comfortable engaging with diverse groups of people?
- Interested in arts and culture?
- Able to commit up to 6 months of volunteer service?
- Able to work as part of a team?
- Looking to be physically, socially, and mentally active?
- Ready to have some fun in your community?

### WE HOPE TO MEET YOU SOON

If you're interested in volunteering, we want to hear from you!

Visit [roundhouse.ca/get-involved/volunteer](https://roundhouse.ca/get-involved/volunteer) to view the volunteer requirements, learn about the application process, and apply.

Send questions to our Volunteer Coordinator, Silvia Rubino, by email [silvia.rubino@vancouver.ca](mailto:silvia.rubino@vancouver.ca).



## LAND ACKNOWLEDGEMENT

We are grateful at the Roundhouse to live and work on the unceded, ancestral territories of the **xʷməθkʷəj̓əm** (Musqueam), **Sḵwxwú7mesh** (Squamish) and **salilwətaʔ** (Tsleil Waututh) Nations since time immemorial. The Roundhouse was built in 1887 on Indigenous territories. The waters and lands provided food and sustenance to the original peoples of the area.

In 2017, the Roundhouse commissioned artwork to acknowledge the Indigenous history of the land on which the Roundhouse sits. *Framing History* was curated by Kamala Todd and featuring the work of artists Jordan Gallie, Debra Sparrow, and Xuuyaah (1951-2019). Read more about *Framing History* on page 7.



Detail of *Framing History* by Debra Sparrow: "a **xʷməθkʷəj̓əm** framing of the entrance to the Roundhouse historical gallery, which features a colonial timeline of the building and its history."

## COVID-19 INFORMATION

The Roundhouse no longer requires masks, distancing, or other measures to prevent the spread of COVID-19, as per the Provincial Health Office's guidelines. Please respect each others choice to mask or not to mask.

Please don't enter the facility if you are feeling sick or have any of the following symptoms: fever or chills, cough, loss of sense of smell or taste, difficulty breathing, sore throat, loss of appetite, extreme fatigue or tiredness, headache, body aches, nausea or vomiting, diarrhea.

Use the BC Self-Assessment Tool if you are feeling unwell, available at [bc.thrive.health/covid19](https://bc.thrive.health/covid19).

To see up-to-date COVID-19 information specific to the Roundhouse, visit our COVID-19 FAQ page [roundhouse.ca/frequently-asked-questions](https://roundhouse.ca/frequently-asked-questions).



## RESIDENCIES GALLERIES

## ROUNDHOUSE RESIDENCIES

### WHAT IS A ROUNDHOUSE ARTIST IN RESIDENCE?

Participate in a free Artists' Residency and collaborate with professional artists on projects that build creative community. The Artists in Residence program is an important part of our commitment to community cultural development: promoting diversity, interdisciplinary activity, innovation, collaboration and involvement. This is your opportunity to create original theatre, dance, music, and visual art with some of Vancouver's most renowned artists.

### VISUAL ARTS

Nehiyaw (Cree) Métis visual artist Adele L'abbe Arseneau has worked hard to regather, practice, and foster traditional skills... and she wants to share. Her Plant a Seed Bead Residency offers a unique opportunity to learn beading directly from the artist and, in turn, to share this knowledge with your own circle.

Beadwork by Adele L'abbe Arseneau.

After receiving a package with beading materials by mail, you will meet online with the artist one-on-one. With her guidance, you will create a beaded patch, as she shares her stories and invites you to share yours. In exchange for this lesson and connection, each participant pledges to share the skill and conversation with two others who also receive materials packets by mail. They each share with two more, supported by additional materials. How long can we keep this skill-sharing project going? How far might this teaching travel?

Adele L'abbe embarks upon this project with a firm belief that we are all simultaneously teachers and learners, and that we can choose to honour and cultivate these roles in our own lives. Due to the intimate nature of this residency, space is very limited. To read more or to enter for the chance to participate, visit [roundhouse.ca/programs/artists-residencies/plant-a-seed](http://roundhouse.ca/programs/artists-residencies/plant-a-seed)

### DANCE

Community-engaged dance residencies at Vancouver Park Board facilities bring together people of all ages, abilities, and cultural backgrounds to explore, create, and perform dance with professional dance artists. This winter, we welcome back the Roundhouse Ageless Dancers, Roundhouse Community Dancers, as well as residencies for adults and youth through All Bodies Dance Project. See pages 35, 43, 53.

### SOME ASSEMBLY THEATRE PROJECT WITH YOUTH

Some Assembly Theatre Company's award-winning Roundhouse Youth Theatre Action Group (RHYTAG) program and yearly projects engage youth with professional theatre artists in the creation, development, and performances of plays that address youth issues, ideas and concerns. Valerie Methot started Some Assembly with its first RHYTAG project in 2002 as artist-as-residence at the Roundhouse. Since then, Some Assembly has engaged over 3,200 youth with professional artists on the creation and production of 32 plays to promote awareness, dialogue and positive social change regarding issues facing youth. Their new theatre project *Exploring the Importance of One's Identity* is in development this winter. See page 13.

### MAKE ART IN OUR PARKS

Visit over 50 artists making art in Vancouver Park Board's Fieldhouse Studios — transformed former care-takers' suites in parks or underused facilities across Vancouver into active spaces for community engaged creative practices. In each cycle artist collectives, food, greening and environmental groups are given free access to these spaces in exchange for engaging neighbours, colleagues and curious visitors in imaginative, collaborative work. These inspiring projects lead communities into deeper conversations about living in the urban environment. Find out more about all 22 Fieldhouse Programs across the Vancouver Park Board at [vancouver.ca/fieldhouse-programs](http://vancouver.ca/fieldhouse-programs).

## FRAMING HISTORY

xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish), and səliwətaʔ (Tsleil-Waututh) artists in the Roundhouse.

Artists: Jordan Gallie, Debra Sparrow, and Xuuyaah (1951-2019)

Curator: Kamala Todd

Framing History is about recognizing the deep histories of the xʷməθkʷəy̓əm, Skwxwú7mesh, and səliwətaʔ people, and supporting artists from the Nations to speak to their relationships with these lands. This project reframes and expands the historical narrative of the Roundhouse into a larger context of place beyond the colonial history of the railroad and urbanization in Vancouver.

Framing History includes work by Debra Sparrow, a xʷməθkʷəy̓əm weaver, artist, and knowledge keeper who has been instrumental in the rejuvenation of Coast Salish weaving; Xuuyaah, a Skwxwú7mesh/Haida artist, cultural leader, and storyteller also connected to xʷməθkʷəy̓əm by lineage; and Jordan Gallie, an artist from səliwətaʔ Nation, who works in many mediums. Each artist created works that reflect their deep relationship with the beautiful, culturally-significant waterfront lands where the Roundhouse stands.

In the entrance to the building, four columns are painted with distinct Coast Salish designs. Schây-ilhen by Xuuyaah brings honour to the invaluable salmon who are intimately woven throughout the cultures, economies, governance systems of coastal First Nations communities. The Ripple Effect by Jordan Gallie reflects the deep importance of water in these territories, and the many ways that Salish cultural strength and vitality have always flowed on these lands and waters.

Debra Sparrow's designs, *Framing History*, weave many stories and teachings together to remind people of the endurance and innovation of her culture. Her designs help to welcome people at the information desk, and they bring a xʷməθkʷəy̓əm framing of the entrance to the Roundhouse historical gallery, which features a colonial timeline of the building and its history.

All of the works flow together to remind visitors that they stand upon thousands of years of living history. They reflect the generosity and brilliance of xʷməθkʷəy̓əm, Skwxwú7mesh, and səliwətaʔ people whose ongoing relationships with their lands and waters inspires a much deeper, richer understanding of this place now called Vancouver.

In 2018, the Vancouver Park Board's Arts, Culture and Engagement programmers worked with Métis-Cree curator Kamala Todd to reframe/expand the historical narrative of the Roundhouse into a larger context of place and histories. Kamala helped to create a project to reflect the strength, vitality and cultural continuity of the xʷməθkʷəy̓əm, Skwxwú7mesh, and səliwətaʔ Nations, on whose territories the Roundhouse is situated. Kamala was born and raised in the beautiful homelands of the hən̓q̓əmin̓əm and Skwxwú7mesh speaking people, where she works as a filmmaker, community planner, adjunct professor, and curator towards decolonizing the city and honouring Indigenous peoples' brilliance and knowledge.

## WINDOW GALLERY

The WINDOW Gallery is a Roundhouse exhibition space for artists who explore the links between community and creativity in their work. WINDOW is located in the main entrance off Pacific Boulevard.

Check [roundhouse.ca/events](http://roundhouse.ca/events) for further details on the artists and their work.

## RESIDENCIES GALLERIES

Below are details taken from each of the three artworks. Can you find them in the Roundhouse?



## ONE FESTIVAL, MANY NEIGHBOURHOODS, MANY HOMES

*A Roundhouse partnership with the Secret Lantern Society*

Wed Dec 21, 6-11pm

INFO [secretlantern.org](http://secretlantern.org)

This year our own 29th Annual Winter Solstice Lantern Festival continues to illuminate the night with a small-scale celebration at the Roundhouse, where the Labyrinth of Light will be held as well as a Family Lantern Procession to David Lam Park and back. There will be no other indoor performances, activities, nor fire performance this year. However, keep a look out for more info about next year 2023's 30th Anniversary celebrations.

**FREE FAMILY LANTERN PROCESSION**

To be part of the Family Lantern Procession, please register for on-site workshops or make a lantern at home using Secret Lantern Society's instructional YouTube videos: [secretlantern.org](http://secretlantern.org). You can also purchase lanterns at the front desk throughout December, while supplies last.

**GIFT LANTERNS**

Lanterns made by Secret Lantern Society artists are available for purchase at the front desk of the Roundhouse throughout December. Give the gift of light so a friend can join you in the lantern procession on solstice. \$15/globe lantern; \$25/frame lantern (includes carrying stick and LED).

**LANTERN-MAKING WORKSHOPS**

Sign up for a workshop to get ready for Dec 21, and contribute to the glowing constellation of lanterns in your community. Price is per lantern; all materials provided. All ages; children must be accompanied by an adult. Register via the Roundhouse front desk: 604-713-1800.

**GLOBE LANTERN**

Make simple and fun lanterns using a balloon.

Sa | Dec 10 | 12-2pm | \$15/lantern | All ages | Mezzanine

Sa | Dec 17 | 10am-12pm | \$15/lantern | All ages | Mezzanine

**NATURE LANTERN**

Create a lantern using organic materials (pressed flower petals, twigs, leaves). Materials provided, or bring your own. Can be made in 2-4 hours.

Sa | Dec 17 | 1-4pm | \$25/lantern | All ages | Mezzanine

Su | Dec 18 | 1-4pm | \$25/lantern | All ages | Mezzanine

**PIN-PRICK LANTERN**

These easy-to-make lanterns are great for smaller children.

Sa | Dec 10 | 10-11am | \$10/lantern | All ages | Mezzanine

Su | Dec 18 | 11am-12pm | \$10/lantern | All ages | Mezzanine

Globe Lantern.



Pinprick Lantern.



Nature Lantern.

**VOLUNTEER OPPORTUNITIES**

Sign up here: [secretlantern.org/volunteer-form](http://secretlantern.org/volunteer-form)

Volunteers are an essential part of the 29th Annual Winter Solstice Lantern Festival! Be part of the beloved Labyrinth of Light (set up 1-6pm, hosting 6-10pm, closing 10-midnight) or help with the Lantern Procession (6-9pm).

**LABYRINTH OF LIGHT**

Wed Dec 21, 6-11pm, Gym

TICKETS \$10, children under 12 free. Register for timed tickets at [secretlantern.org](http://secretlantern.org)

All ages

Register for timed tickets at [secretlantern.org](http://secretlantern.org) All ages Experience a beautiful and meditative walk through an ancient labyrinth lit with more than 600 pure beeswax candles. To assist with the Closing Ritual at 10:30pm please speak with the Labyrinth Box Office in the lobby.



Labyrinth of Light. Photo by Jan Gates.

*Emerging Ancestors. Watercolour  
by Keiko Honda, photo by Alistair  
Eagle.*



## EMERGING ANCESTORS

JAN 13

## FILM PREMIERE &amp; AFTER-PARTY

FREE

*A Roundhouse partnership with Vancouver Arts Colloquium Society*

Fri Jan 13, 6pm

TICKETS <https://bit.ly/emergingancestors>

INFO [www.myvacs.org](http://www.myvacs.org) | [facebook.com/myvacs](https://facebook.com/myvacs) | [contact@myvacs.org](mailto:contact@myvacs.org) | 778-987-4490

The documentary film 'Emerging Ancestors' is an introduction to participatory storytelling. It addresses the broad question of how knowledge from nature can be integrated with knowledge of the humanities, especially regarding transcendence in one's life. We use the water cycle as a model and metaphor to explore how best to build this synthesis of knowledge across disciplines and generations.

## DANCE ALLSORTS RESIDENCY

JAN 14-15

## KAY HUANG BARNES AND ANA SOSA

*A Roundhouse partnership with New Works*

Sat Jan 14– Sun Jan 15

Performance Centre

TICKETS Invitation-only showing, please visit [newworks.ca](http://newworks.ca)

INFO [newworks.ca](http://newworks.ca) | [info@newworks.ca](mailto:info@newworks.ca)

Kay Huang Barnes' residency is an exploration of her cultural identity in Canada, a doorway for her to step through to customs and relationships and recollections, and how those threads move her into the autumn season of her life. With spoken words, sub-titles, sound design, film, set design, visual arts installation. [newworks.ca/2022/09/kay-barnes](http://newworks.ca/2022/09/kay-barnes)

Ana Sosa is an accomplished dancer with roots in Mexico, further training in New York and London, and now living in Vancouver. She is the founder of Okams Racer dance collective. [newworks.ca/2022/09/ana-sosa](http://newworks.ca/2022/09/ana-sosa)

## MSG LAB

JAN 17-19

FREE

*A Roundhouse partnership with Vancouver Asian Canadian Theatre*

Tue Jan 17 – Thu Jan 19

Performance Centre

TICKETS/INFO [vact.ca](http://vact.ca)

The MSG Lab is VACT's annual new work development program. We present three brand new work-in-progress showings over the course of three days. The showing includes a moderated talkback, where the audience will have an opportunity to provide feedback and share their experience with the artists.

Facilitating the creation and development of new theatrical work by emerging and mid-career Asian Canadian artists, this program is our commitment to the next generation of Asian Canadian theatre-makers. The MSG Lab showcases stories from Asian Canadian perspectives and develops new works for future production opportunities.

Managing Artistic Director of vAct: Derek Chan / General Manager of vAct: Annie Jang / MSG Lab Coordinator: June Fukumura / MSG Lab Producer: Jocelyn Tsui

## LIFE, SO FAR

Tue Jan 17, 7pm

Writer: Keshia Palm / Dramaturg: Derek Chan / Sound designer: Miguel Maravilla

*life, so far* is an interdisciplinary, multi-sensory performance that invites audiences to slow down and reflect on what / how / why they are living. This durational choose-your-own-adventure is designed to be touched, heard, and felt. Memories are triggered through tactile exploration driven by audience curiosity.

## ZABOON

Wed Jan 18, 7pm

Writer: Panthea Vatandoost / Dramaturg: June Fukumura / Director: Aryo Khakpour

Actors: Foojan Nixie Shabrang, Soha Sanajou, Tanaz Roudgar

See [vact.ca](http://vact.ca) for show information.

## SURRENDER

Thu Jan 19, 7pm

Writer: Jessie Liang / Dramaturg: Kamila Sediego / Director: Melissa Oei

Actors: Sabrina Banks, Malina Fluckiger, Ray Koh, Matheus Severo

A group of twenty-somethings navigate life, transitions, and friendship in the face of unimaginable loss. This witty and acerbic coming-of-age tale is an exploration of the different ways we deal with grief, together and apart.

## LUNAR (CHINESE) NEW YEAR AND KARAOKE

JAN 18

Wed Jan 18, 12-2:30pm

Exhibition Hall

TICKETS \$15, Ages 25+, Register online or at the front desk

INFO [roundhouse.ca](http://roundhouse.ca)

Join a fun afternoon of karaoke and Hawaiian dance performance and lessons – with friends new and old. The afternoon includes a light lunch and refreshments.





**NORA CHIPAUMIRE (ZIMBABWE / USA)**

**FREE**

*A Roundhouse partnership with PuSh International Performing Arts Festival*

Sat Jan 28 – Sun Feb 5, 12-7:30pm (Closed Mon Jan 30)

Dub Nights (19+) Sat Jan 28, 9-11:30pm; Wed Feb 1, 9-11:30pm

Exhibition Hall

INFO [pushfestival.ca](http://pushfestival.ca)

This installation features a huge speaker stack custom-made for sonic maximalism. On it plays *Nehanda*, an opera named for an African lion spirit venerated by the people of Zimbabwe and central Mozambique. *afternow* builds a bridge between African spirituality and contemporary art forms. Two performances will be followed by Dub Night musical performances.

**SOLILOQUIO**

JAN 27-29

**(I WOKE UP AND HIT MY HEAD AGAINST THE WALL)**

**TIZIANO CRUZ (ARGENTINA)**

*A Roundhouse partnership with PuSh International Performing Arts Festival and the frank theatre company*

Fri Jan 27, Sat Jan 28, 7:30pm Sun Jan 29, 2pm

Performance Centre

TICKETS [pushfestival.ca/tickets](http://pushfestival.ca/tickets)

Cruz uses letters he wrote to his mother in 2020 as a starting point for a critique of economic, racial and institutional oppression in contemporary Argentina. What does it mean for him to use his body for art in a country where bodies like his are not supposed to exist?

**SOLDIERS OF TOMORROW**

FEB 3-5

**THE ELBOW THEATRE (VANCOUVER)**

*A Roundhouse partnership with PuSh International Performing Arts Festival*

Fri Feb 3, Sat Feb 4, 7:30pm Sun Feb 5, 2pm

Performance Centre

TICKETS [pushfestival.ca/tickets](http://pushfestival.ca/tickets)

Alongside a Syrian-born musician, playwright and performer Itai Erdal revisits his time in the IDF so that he can share his experiences; in his guilt and anguish, one can see reflections of a nation in turmoil. Erdal is unafraid to criticize Israel—a country that he loves “with a broken heart.”

*Soliloquio. Photo by Luciana Maria Iovane.*

*Soldiers of Tomorrow.*



*A Roundhouse partnership with the Songwriters Association of Canada*

Thu Feb 9, 7:30pm (doors 7pm)

Performance Centre

TICKETS \$23 at the door (discount for SAC members) or reserve online at

[songbirdnorth123.eventbrite.ca](http://songbirdnorth123.eventbrite.ca)

INFO FB @SongBirdNorthYVR

SongBird North has been a regular feature at the Roundhouse since 2005. This bi-monthly showcase, hosted and produced by Shari Ulrich, features four exceptional singer/songwriters playing songs and sharing stories with one another and the audience. Each line-up brings together renowned veterans and emerging artists with an eclectic mix of backgrounds, experiences, and musical styles

**SOME ASSEMBLY THEATRE WORKSHOPS**

FEB 6, MAR 16

**DESIGN WORKSHOPS WITH YOUTH**

*A Roundhouse Youth Theatre Action Group (RHYTAG) residency project with Some Assembly Theatre Company*

Mon Feb 6 & Thu Mar 16, 6-8pm FREE

Mezz Meeting Room (Feb 6), Room B (Mar 16)

Youth are invited to work with professional theatre artists with set/props creation for their new theatre project ‘Exploring the Importance of One’s Identity’. Contact Valerie if interested: [info@someassembly.ca](mailto:info@someassembly.ca)

Valerie Methot started Some Assembly with its first RHYTAG project in 2002 as artist-as-residence at the Roundhouse. Since then, Some Assembly has engaged over 3,200 youth with professional artists on the creation and production of 32 plays to promote awareness, dialogue and positive social change regarding issues facing youth. Some Assembly is the recipient of the City of Vancouver Youth Award for outstanding contribution to the youth community and the Deryck Thomson Award for exceptional contribution to community building and wellbeing.

*Some Assembly thanks the Roundhouse, Vancouver Board of Parks & Recreation, Vancouver Coastal Health, Ministry of Children and Family Development, City of Vancouver, BC Arts Council, Province of British Columbia, Canada Council for the Arts, private funders, CLICK and Hamber Foundation, for funding this project and community partners Sarah McLachlan School of Music, Scene Ideas Inc., and the Vancouver School Board for their support and collaboration.*



Design workshops with RHYTAG.

*A Roundhouse partnership with Vancouver Improvised Arts and Vancouver New Music*

Wed Mar 8 – Fri Mar 10

Exhibition Hall, Performance Centre

INFO [newmusic.org](http://newmusic.org) | [improvisedarts.ca](http://improvisedarts.ca)

A new annual concert series, Vancouver String Summit, celebrates creative music and the power of strings. In this first iteration, local violinists, Meredith Bates and Joshua Zubot, team up with invited guests from around the continent to explore new sonic realizations within the string family, plus spontaneous improvised meetings with Vancouver's most exciting string explorers. Community members are invited to participate in, *because a circle is not enough*, exploring music for bowed instruments by American-Canadian composer, violinist and improviser Malcolm Goldstein with Nicolas Caloia, Émilie Girard-Charest, Jean René.

## SONGBIRD NORTH

MAR 21

*A Roundhouse partnership with the Songwriters Association of Canada*

Tue Mar 21, 7:30pm (doors 7pm)

Performance Centre

TICKETS \$23 at the door (discount for SAC members) or reserve online at [songbirdnorth124.eventbrite.ca](http://songbirdnorth124.eventbrite.ca)

INFO FB @SongBirdNorthYVR

SongBird North has been a regular feature at the Roundhouse since 2005. This bi-monthly showcase, hosted and produced by Shari Ulrich, features four exceptional singer/songwriters playing songs and sharing stories with one another and the audience. Each line-up brings together renowned veterans and emerging artists with an eclectic mix of backgrounds, experiences, and musical styles.

## REEL 2 REAL INTERNATIONAL FILM FESTIVAL MAR 28-APR 6

### 25TH REEL 2 REAL INTERNATIONAL FILM FESTIVAL FOR YOUTH

*A Roundhouse partnership with Reel 2 Real*

Tue Mar 28 – Thu Apr 6

Roundhouse

TICKETS \$9 children/youth/seniors | \$12 adults (special rate \$7/person for Sunday Fun Day!). Tickets are available in advance, online, and at the door. Purchase at the Roundhouse or Vancity Theatre (1181 Seymour St). Buy a Festival Pass! \$25 unlimited pass for one adult and one child or youth, \$49 unlimited pass for a family of four  
INFO [r2festival.org](http://r2festival.org)

Participate in hands-on animation workshops. Watch the best and brightest international films for children, including animation, drama, and documentary. Feature length and short films will be available for in-person or at-home viewing. Reel 2 Real strives to promote diversity, racial equity, inclusivity, and social justice through film. All screenings are open to the public.

### OPENING NIGHT FILM & GALA PARTY

Tue Mar 28, 6pm, Vancity Theatre

The fun begins with an Opening Night Film Screening followed by a reception for the whole family.

Songbird North host, Shari Ulrich.

### SUNDAY FUN DAY!

Sun Apr 2, Roundhouse Performance Centre, Exhibition Hall

9:30am, Pancake Breakfast

10am-2pm, Short Film Programs

10:30am-1pm, Animation Workshops

For only \$7 per person, enjoy: bacon and pancakes (gluten free and vegan available), animation workshops, and hilarious and zany short films. A highly imaginative program of award-winning short animations, documentaries, and dramas will take you on adventures around the world. Then participate in hands-on animation workshops where you will learn the basics of stop motion animation.

### WEEKDAY EVENTS

#### REEL FOCUS SHORT FILM PROGRAMS

Tue Mar 28 – Fri Mar 31 & Fri Apr 3 – Sat Apr 4, 10am-1pm

Watch a program of funny, beautiful and imaginative short films. Each program screens twice daily, at 10:00 am and 11:45 am. The general public is welcome to all film screenings. Students in grades 4-7 may register for workshops through your child's school only. Contact: [education@r2festival.org](mailto:education@r2festival.org).

#### FEATURE FOCUS AND TALENT LAB

Fri Mar 31 & Thu Apr 6, various times, program details at [r2festival.org](http://r2festival.org)

See the very best in international cinema for young people and participate in post-screening film discussions and hands-on animation workshops. Group registration is available at reduced ticket rates. See program details on our website.

#### YOUTH MEDIA CONFERENCE

Wed Apr 5, 10am-2:30pm, Roundhouse Performance Centre

Not open to the public. High school students will start with the screening of short films about filmmaking, followed by a Q&A with the filmmakers who will talk about their film, and experience working in the creative industry. After a short break, the students will attend the Behind the Scenes Expo, where they will have direct access to representatives from post-secondary schools and potential employers who are working in B.C.'s creative industry.

## EGGS-TACULAR EASTER EGG HUNT

APR 8

*A Roundhouse special event*

Sat Apr 8, 9:30am-1:30pm

Exhibition Hall

TICKETS \$12/child, Ages 1-12, 60 min sessions

REGISTER Call the front desk 604-713-1800

Ages 1-3, 9:30-10:30am, 436970

Ages 1-6, 11am-12pm, 436994

Ages 1-12, 12:30-1:30pm, 436998

Hippity hoppity to the Roundhouse for our annual Eggs-tacular Easter Egg Hunt.

The event includes an egg hunt, arts and crafts, games, face painting, live animals, and a visit from the Easter Bunny! Caregiver supervision is required for all children. Call to register. Drop-ins are welcome on the day if space is available.





Community Panel Project – Painting with Jimmy Joseph / lisa g nielsen.



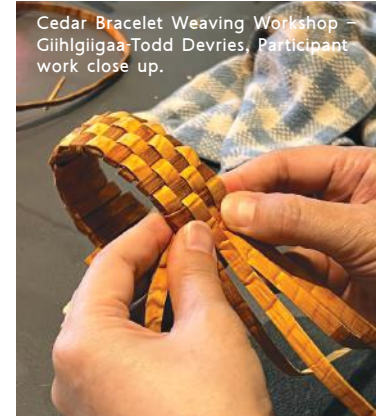
# AT THE CENTRE OF COMMUNITY

AN EXHIBITION OF  
INDIGENOUS CULTURAL PRACTICES

## A Vancouver Park Board Residency Project

In September/October 2022, the Roundhouse was honoured to host a free exhibition and series of events in celebration of xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish) and səlilwətał (Tseil-Waututh) Nations, Coast Salish and Urban Indigenous artists working in community.

Cedar Bracelet Weaving Workshop – Giihligaa Todd Devries, Participant work close up.

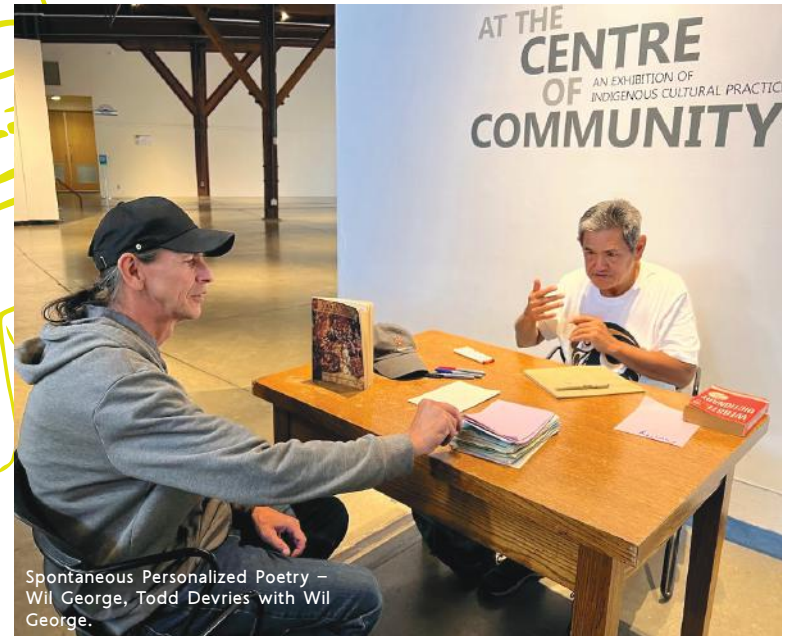


Opening Reception, Travis Angus performs



Beadsoup Button Patch Workshop – Adele L'abbe / Arseneau.

DRAWING BY JIMMY JOSEPH



Spontaneous Personalized Poetry – Will George, Todd Devries with Will George.

## PRENATAL & POSTNATAL PROGRAMS

Prenatal and Postnatal programs encourage healthy and active living in the months during and after your pregnancy. Please ensure that you consult your family physician before starting any prenatal or postnatal fitness program. If you are unsure if a particular program is suitable for you, please stop by before the beginning of any class and have a quick chat with the instructor. They will recommend some options for you. All instructors have the appropriate training/certifications for providing specialized instruction for their programs.

### PRENATAL FITNESS

#### **FIT4TWO®**

All Fit4Two® Instructors are Certified Pre & Postnatal Fitness Specialists and follow the guidelines of Society of Obstetricians and Gynecologists of Canada (SOGC). Please note: because we care about you and your baby, please complete the Get Active Questionnaire for Pregnancy prior to your first class. (Available at the Roundhouse or at [csep.ca](http://csep.ca)). Please complete online intake form before your first class [fit4two.ca](http://fit4two.ca) forms.

#### **FIT 4 TWO® PRENATAL FITNESS**

**\$16/DROP-IN**

Connect with other moms-to-be in your community while reducing prenatal discomforts like lower back ache, fatigue, and swelling. Certified pre and postnatal fitness specialists will lead you through pregnancy-safe cardiovascular exercise, functional strength training, flexibility, and relaxation.

We | Jan 4-Feb 1 | 7:15-8:15pm | \$70/5 sess | 433461 | 19+ | Dance St

We | Feb 8-Mar 8 | 7:15-8:15pm | \$70/5 sess | 433462 | 19+ | Dance St

Instructor: [Fit4Two Van Downtown/False Creek](http://Fit4Two Van Downtown/False Creek), [www.fit4two.ca](http://www.fit4two.ca)

#### **PRENATAL YOGA**

**\$18/DROP-IN**

Prenatal Yoga invites expecting moms to combine exercise and thoughts with each other. With an emphasis on breath, relaxation and postures that will increase strength and endurance, this class focuses on relieving comdiscomforts of pregnancy and techniques to reduce pain contributing to an easier delivery. Doctor's approval is recommended.

Tu | Jan 10-Feb 14 | 6-7pm | \$92/6 sess | 432250 | 19+ | Rm C

Tu | Feb 21-Mar 28 | 6-7pm | \$92/6 sess | 432251 | 19+ | Rm C

Instructor: [Into Yoga](http://Into Yoga), [www.intoyoga.ca](http://www.intoyoga.ca)



Please note that course prices do not include taxes.



### POSTNATAL EDUCATION

#### **BABY SIGN LANGUAGE**

Using songs and games, learn how to teach your baby basic American Sign Language (ASL) so they can better convey their wants and needs, and relieve unnecessary frustration.

Mo | Feb 27-Mar 27 | 10-10:45am | \$77/5 sess | 432252 | 19+ | Dance St

Instructor: [Into Yoga](http://Into Yoga), [www.intoyoga.ca](http://www.intoyoga.ca)

POSTNATAL FITNESS

#### **FIT 4 TWO® BABY AND ME FITNESS**

**\$16/DROP-IN**

Benefit from increased energy, improved posture, fewer aches and pains, and a stronger core. Each class provides a full body workout including cardio, muscular endurance, postnatal specific core work, and flexibility. No sess Jan 11.

We | Jan 4-Mar 8 | 10:45-11:45am | \$126/9 sess | 433460 | 19+ | Dance St

Instructor: [Fit4Two Van Downtown/False Creek](http://Fit4Two Van Downtown/False Creek), [www.fit4two.ca](http://www.fit4two.ca)

#### **BABY AND MOMMY DANCE TIME!**

This is a baby-friendly class, where you'll dance a variety of upbeat songs, socialize with other moms, and get the well-deserved dance time you need. This is a beginner-friendly class, no dance experience required. No sess Feb 20.

Mo | Jan 9-Mar 6 | 12-12:45pm | \$128/8 sess | 432324 | 19+ | Rm B

Instructor: [Maira Daiha](http://Maira Daiha)



Please note that course prices do not include taxes.





## EDUCATION

### EARLY MATH MATTERS

This program is designed to be fun, creative and helps young children make sense of the world around them as well as teaching children important problem-solving strategies—crucial for critical thinking and problem solving abilities. Topics include number sense, patterns, classifying objects, measurement, sequences, estimation, and problem solving. No sess Feb 18.

Sa | Jan 14-Mar 11 | 12:30-1:15pm | \$112/8 sess | 434683 | 4-5 | Arts & Crafts Rm

Sa | Jan 14-Mar 11 | 1:30-2:15pm | \$112/8 sess | 434684 | 3-4 | Arts & Crafts Rm

*Instructor: Branka Bajgoric*

### SCIENCE FOR PRESCHOOLERS

Enjoy engaging demonstrations, perform simple experiments, and discover how science can help you better understand the world around you! Mad Science preschool programs are engaging, hands-on learning experiences for children. Each session provides an interactive, age-appropriate exploration of a specific science topic. No sess Feb 18.

Sa | Jan 14-Mar 11 | 10-10:45am | \$155/8 sess | 432500 | 3-5 | Board Rm

*Instructor: STEAM 4 KIDS*

## ART

### ART AND MUSIC WITH SUN REY

**\$15.50/DROP-IN**

Participate in fingerpainting, abstract art, collage, colouring, stickers, stamping and clay modeling, as well as sing-a-longs, movement, storytelling, and play time. Parent/caregiver participation is required.

Tu | Jan 10-Feb 28 | 10-10:45am | \$112/8 sess | 432464 | 1-4 | Arts & Crafts Rm

Tu | Jan 10-Feb 28 | 11-11:45am | \$112/8 sess | 432465 | 1-4 | Arts & Crafts Rm

*Instructor: Sun Rey Han*

### ART IS FUN

**\$18/DROP-IN**

Have fun with origami, clay modelling, stamping, collage to abstract, mixed media art, finger painting, crafting, and more. There will be time set aside for sing-a-longs and storytelling.

Tu | Jan 10-Feb 28 | 1-2pm | \$128/8 sess | 432466 | 3-5 | Arts & Crafts Rm

*Instructor: Sun Rey Han*

## MUSIC

### MUSIC TOGETHER WITH MAURA

Participate at your own level and nurture your natural musicality through singing, dancing, listening, watching, and exploring musical instruments. The whole family is welcome for this musical experience!

We | Jan 11-Mar 8 | 9:30-10:15am | \$185/9 sess | 433097 | 0-5 | Multimedia Rm

We | Jan 11-Mar 8 | 10:30-11:15am | \$185/9 sess | 433098 | 0-5 | Multimedia Rm

We | Jan 11-Mar 8 | 11:30am-12:15pm | \$185/9 sess | 433099 | 0-5 | Multimedia Rm

We | Jan 11-Mar 8 | 12:30-1:15pm | \$185/9 sess | 433100 | 0-5 | Multimedia Rm

Sa | Jan 14-Mar 11 | 9:30-10:15am | \$185/9 sess | 433104 | 0-5 | Multimedia Rm

Sa | Jan 14-Mar 11 | 10:30-11:15am | \$185/9 sess | 433105 | 0-5 | Multimedia Rm

Sa | Jan 14-Mar 11 | 11:30am-12:15pm | \$185/9 sess | 433106 | 0-5 | Multimedia Rm

Tu | Jan 10-Mar 7 | 3:15-4pm | \$185/9 sess | 434653 | 0-5 | Rm C

Tu | Jan 10-Mar 7 | 4:15-5pm | \$185/9 sess | 434655 | 0-5 | Rm C

*Instructor: Music Together*

### MUSIC TOGETHER WITH MONICA

Participate at your own level and nurture your natural musicality through singing, dancing, listening, watching, and exploring musical instruments. The whole family is welcome for this musical experience!

Fr | Jan 13-Mar 10 | 9:30-10:15am | \$185/9 sess | 433101 | 0-5 | Multimedia Rm

Fr | Jan 13-Mar 10 | 10:30-11:15am | \$185/9 sess | 433102 | 0-5 | Multimedia Rm

Fr | Jan 13-Mar 10 | 11:30am-12:15pm | \$185/9 sess | 433103 | 0-5 | Multimedia Rm

*Instructor: Music Together*

### ORFF MUSIC

**\$11/DROP-IN**

The Orff method stresses musical basics like pitch, rhythm, and beat using children's songs and rhymes in exciting and innovative ways. Taught by the former head of the Orff department at the Vancouver Academy of Music, sing songs using a variety of instruments including drums and bells, and explore movement with puppets and scarves.

Th | Jan 12-Mar 9 | 9:30-10am | \$99/9 sess | 432255 | 1-1.5 | Rm C

Th | Jan 12-Mar 9 | 10:10-10:40am | \$99/9 sess | 432256 | 1.5-2 | Rm C

Th | Jan 12-Mar 9 | 10:50-11:20am | \$99/9 sess | 432257 | 2-3 | Rm C

Th | Jan 12-Mar 9 | 11:30am-12pm | \$99/9 sess | 432258 | 3-4 | Rm C

*Instructor: Tonia Allen*

### SOMETIMES GREAT CLASSES ARE CANCELLED

Don't wait until the last minute to register... or you may be disappointed to hear that the class was cancelled. Program decisions to run or cancel a program are generally made 3-5 days prior to the start date. Programs are cancelled or postponed if there are not enough registered participants.

### ONECARD

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

Parent and Tot Gym  
Group Fitness  
Racquet Sports  
Bridge

Adult Sports

Please sign up for your free OneCard at the front desk (replacement cards are \$2).



Please note that course prices do not include taxes.

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## INFANT & PRESCHOOL

### OUR PARTNERS IN CHILDHOOD DEVELOPMENT WEST COAST CHILDCARE RESOURCE CENTRE

WCCRC supports the healthy development of children, families and their communities by providing child development and child care information, referrals, training, support with subsidy applications, and resources for parents, caregivers, and others who provide services to children and families. INFO 604-709-5661 | wstcoast.org

### VANCOUVER SOCIETY OF CHILDREN'S CENTRES

VSOC's mission is to design, develop, and deliver an integrated and comprehensive continuum of high quality child and family services that reflect community, family, and children's values, needs, and interests. They offer a variety of licensed child-care and family programs in the downtown peninsula. INFO vsocc.org

### VANCOUVER COASTAL HEALTH

VCH provides a full range of health care services ranging from hospital treatment to community-based residential, home health, mental health and public health services. VCH operates the Three Bridges Community Health Centre at 1292 Hornby St, which offers a variety of community health programs. INFO vch.ca

## DANCE AND MOVEMENT

### CREATIVE BALLET - LEVEL 1

**\$16/DROP-IN**

Use ballet steps and positioning to learn about musicality, motor skills and coordination, and express yourself through creative movement. No sess Feb 18.

Sa | Jan 21-Mar 11 | 9-9:45am | \$105/7 sess | 433197 | 3-3 | Dance St

Instructor: Serena Morphy

### CREATIVE BALLET - LEVEL 2

**\$16/DROP-IN**

Students are introduced to barre work, including positioning, posture and terminology, with a balance of play through creative movement. Ballet shoes and stretchy fitted clothing such as tights and a bodysuit are preferred. No sess Feb 18.

Sa | Jan 21-Mar 11 | 10:40-11:25am | \$105/7 sess | 433198 | 4-4 | Dance St

Instructor: Serena Morphy

### DANCEPL3Y PRESCHOOL

Introduce your child to dance in a fun and playful way! Focus on the development of physical literacy and fundamental movement skills, which are the ABCs of healthy growth and development. Your child will explore a variety of dance genres through imaginative and engaging storytelling.

Th | Jan 12-Mar 9 | 3:45-4:30pm | \$117/9 sess | 433125 | 3-5 | Dance St

Instructor: Tohfa Services Inc.

### PRESCHOOL BALLET

**\$20/DROP-IN**

Learn basic ballet vocabulary. Attention to creativity, lightness, musicality, posture and the joy of expression is part of this fun class. A showing will be held on the last class. Ballet suit and slippers are preferred.

We | Jan 4-Mar 8 | 3-3:45pm | \$175/10 sess | 434660 | 3-4 | Dance St

Instructor: Espirito Santo Mauricio

### PRESCHOOL HIP HOP

**\$20/DROP-IN**

Learn cool hip hop moves and how to dance to beats. Create dance sequences and learn choreography. A showing will be held on the last class. Wear comfortable clothes and running shoes.

We | Jan 4-Mar 8 | 2:15-3pm | \$175/10 sess | 434658 | 3-4 | Dance St

Instructor: Espirito Santo Mauricio

### YOGAPL3Y PRESCHOOL

A physical literacy, mindfulness and social-emotional learning program where kids PLAY with yoga poses, movement and breath. Participants build flexibility, strength, balance, coordination and focus. Kids get active through a variety of fun & interactive yoga & mindfulness activities that allow them to develop self-regulation strategies. No sess Jan 17.

Tu | Jan 10-Mar 7 | 3:345-4:30pm | \$96/8 sess | 434735 | 3-5 | Rm B

Instructor: Tohfa Services Inc.



## SPORTS

### PARENT AND TOT GYM TIME

**\$3.50/DROP-IN OR \$25/10 VISIT PASS**

Make new friends, tumble on mats, ride on toys, and jump in our bouncy castle in this supervised indoor play environment. Caregiver participation required. No sess Feb 18.

Gym	Tuesday	Wednesday	Thursday	Saturday
Jan 10-Mar 11	9:15-11:45am	12:30-2:30pm	9:15-11:45am	9:15-11:45am

### RHYTHMIC GYMNASTICS

Join this fun recreational format! Rhythmic gymnastics is a beautiful combination of gymnastics and ballet, combining with the self expression and rhythm of dance by using hand apparatus such as rope, hoop, ball, clubs or ribbon. Parent supervision required in the room. No sess Feb 20.

Mo | Jan 16-Mar 6 | 1:15-2pm | \$101.50/7 sess | 434787 | 3-4 | Gym

Mo | Jan 16-Mar 6 | 2-3pm | \$126/7 sess | 434788 | 4-5 | Gym

Instructor: Olympia Rhythmic Gymnastics

### SPORTBALL PROGRAMS

All Sportball programs are run by Sportball Vancouver.

#### SPORTBALL BASKETBALL

Learn fundamental concepts of gameplay and basic skills required to 'shoot it like Lebron' in a supportive, non-competitive environment. Coaches zero in on skills like shooting, dribbling, and passing in fun, exciting, skill-focussed games.

Th | Jan 19-Mar 9 | 1-2pm | \$154/8 sess | 432361 | 3-5 | Gym

#### SPORTBALL FLOOR HOCKEY

Learn fundamental concepts of gameplay and the basic skills required to 'shoot it like Crosby' in a supportive, non-competitive environment. Coaches zero in on skills like shooting, stick handling, and passing, in fun, exciting, skill-focussed games.

Th | Jan 19-Mar 9 | 2-3pm | \$154/8 sess | 432362 | 3-5 | Gym

#### SPORTBALL INDOOR SOCCER

Learn fundamental concepts of gameplay and basic skills including throw-ins, dribbling, trapping and passing, in a supportive, non-competitive environment.

Tu | Jan 17-Mar 7 | 2:15-3:15pm | \$154/8 sess | 432327 | 3-5 | Gym

#### SPORTBALL INDOOR SOCCER PARENT AND CHILD

Learn the basic skills required to score with confidence including throw-ins, dribbling, trapping, passing, goal tending and more, through fun and exciting games.

Tu | Jan 17-Mar 7 | 1:30-2:15pm | \$154/8 sess | 432326 | 2-3 | Gym

#### SPORTBALL MULTISPORT

Develop basic sport skills like balance, coordination, stamina and timing in a fun, non-competitive setting. Each class introduces one of these sports: hockey, soccer, football, baseball, basketball, volleyball, golf or tennis. No sess Feb 12, 19.

Su | Jan 15-Mar 12 | 10-10:45am | \$134.75/7 sess | 432356 | 3-5 | Gym

#### SPORTBALL MULTISPORT PARENT AND CHILD

Refine motor skills and develop social skills such as following instructions, taking turns, and sharing. Coaches introduce a different sport each class using games and activities. No sess Feb 12, 19.

Su | Jan 15-Mar 12 | 9:15-10am | \$134.75/7 sess | 432331 | 2-3 | Gym

#### TENNIS: INDOOR

**\$12/DROP-IN**

Organized to help develop children's athletic and tennis skills.

We | Jan 4-Jan 25 | 3:15-3:45pm | \$44/4 sess | 432456 | 4-5 | Gym

We | Feb 8-Mar 1 | 3:15-3:45pm | \$44/4 sess | 432459 | 4-5 | Gym

Instructor: G & G Tennis

## INFANT & PRESCHOOL

Please note that course prices do not include taxes.

## EDUCATION

## AROUND THE WORLD

\$17/DROP-IN

Get your backpack! Travel around the world and explore the continents, getting to know other countries, and cultures through stories, music and art. Start the journey with a storybook and finish with a craft.

Sa | Jan 7-Feb 11 | 10:30-11:15am | \$90/6 sess | 433225 | 5-10 | Arts & Crafts Rm

Instructor: Samira Adab

## BRICKS 4 KIDZ: STEAM SUNDAYS WITH LEGO

STEAM up your Sundays with LEGO! Work on two to three LEGO Projects using a variety of LEGO Technic, LEGO Bricks, and LEGO Mosaics. Expand your creativity with LEGO free play and build a motorized model using gears, axles, and electric motors. No sess Feb 12, 19.

Su | Jan 15-Feb 26 | 1:30-3:30pm | \$180/6 sess | 432467 | 5-10 | Multimedia Rm

Instructor: Bricks 4 Kidz Vancouver

## DOLPHIN KIDS: STEAMERS

Explore science with curiosity, creativity and in a fun, hands-on, learning environment. Learn key skills like inventing, problem-solving, and technology literacy that today's students need to succeed in our modern, fast-paced world.

Sa | Jan 14-Mar 4 | 11:15am-12:45pm | \$320/8 sess | 433409 | 6-8 | Rm C

Instructor: Dolphin Kids, [dolphinkids.ca](http://dolphinkids.ca)

## DOLPHIN KIDS: TED-STYLE PUBLIC SPEAKING

For young leaders who want to build their public speaking skills with interactive activities, personalized coaching, and fun speech exercises, leading to their very own TED-style talk.

Sa | Jan 14-Mar 4 | 9:30-11am | \$320/8 sess | 433407 | 9-13 | Rm C

Instructor: Dolphin Kids, [dolphinkids.ca](http://dolphinkids.ca)

## NEW NOWRUZ FOR KIDS

Get to know and celebrate Nowruz (Persian New Year) together with songs, stories, crafts and more.

Sa | Mar 18 | 11:30am-12:15pm | \$16 | 433227 | 4-9 | Arts & Crafts Rm

Instructor: Samira Adab

## NEW PROGRAMMING AND MATH FOR KIDS

Learn how to solve basic math problems using Python in this beginner-level course. Use math concepts for kids not taught in the BC curriculum, accompanied by the basics of the Python programming language. Computers provided. No sess Feb 12, 19.

Su | Jan 15-Mar 5 | 10-11:15am | \$240/6 sess | 434796 | 9-12 | Multimedia Rm

Instructor: Luka Spasojevic



Please note that course prices do not include taxes.

## RED CROSS BABYSITTING

Feel confident knowing you are responsible on your own, and have the skills to deal safely with an emergency situation by practicing through active role-play in an interactive and fun environment.

Su | Feb 26 | 9:15am-4:15pm | \$72 | 434794 | 11-15 | Rm B

Instructor: First Aid Hero, [www.firstaidhero.com](http://www.firstaidhero.com)

## RED CROSS STAYSAFE!

Feel confident knowing you are responsible on your own, and have the skills to deal safely with an emergency situation by practicing through active role-play in an interactive and fun environment.

Su | Jan 29 | 10:30am-4:30pm | \$72 | 435157 | 9-13 | Rm B

Instructor: First Aid Hero, [www.firstaidhero.com](http://www.firstaidhero.com)

## SCIENCE FOR KIDS

Get your science hats on! Themed around a particular area of science, children engage in exciting hands-on activities, watch spectacular demonstrations, and take home items that relate to what they learnt that day. No sess Feb 18.

Sa | Jan 14-Mar 11 | 11-12pm | \$155/8 sess | 432503 | 6-11 | Board Rm

Instructor: STEAM 4 KIDS

## YOUNG-COMMANDER CHESS - NOVICE

Gain skills such as tenacity and leadership abilities. There's a strong correlation between chess and academic achievement including math, spatial analysis, and non-verbal reasoning ability. Chess teaches higher level thinking skills such as visualization, analysis and critical thinking. No sess Feb 20.

Mo | Jan 16-Mar 6 | 4-5:20pm | \$87.50/7 sess | 433130 | 6-12 | Music Rm

Instructor: Joe Soliven

## YOUNG-COMMANDER CHESS - NOVICE/INTERMEDIATE

Mo | Jan 16-Mar 6 | 5:30-6:50pm | \$87.50/7 sess | 433136 | 6-12 | Music Rm

Instructor: Joe Soliven

## NEW YOUNG-COMMANDER CHESS: PARENT AND KID DUO - NOVICE

How often do we hear the phrase parental guidance? What about parental involvement? In this program, children have the chance to sit and learn chess with their parent/caregiver. For one child and one caregiver. Please register child only. No sess Feb 20.

Mo | Jan 16-Mar 6 | 7-8pm | \$63/7 sess | 433184 | 6-12 | Music Rm

Instructor: Joe Soliven

## LANGUAGE

## FARSI CLUB

\$17/DROP-IN

Learn Farsi (Persian) in a fun atmosphere through storytelling (folk tales), songs, books, arts and craft. Explore the Farsi alphabet through fun games.

Sa | Jan 7-Mar 4 | 11:30am-12:15pm | \$135/9 sess | 433226 | 4-9 | Arts & Crafts Rm

Instructor: Samira Adab

## SPANISH BEGINNER FOR CHILDREN - LEVEL 1

Learn the basics of this beautiful language through games, songs and crafts in a familiar environment. No sess Feb 20.

Mo | Jan 9-Mar 13 | 3:15-4:15pm | \$155.25/9 sess | 433120 | 5-8 | Rm C

Instructor: Gloria Alonso

## SPANISH BEGINNER FOR CHILDREN - LEVEL 2

For those with a basic command of Spanish, continue learning this beautiful language through songs, games and crafts. No sess Feb 20.

Mo | Jan 9-Mar 13 | 4:30-5:30pm | \$155.25/9 sess | 433121 | 5-8 | Rm C

Instructor: Gloria Alonso

Please note that course prices do not include taxes.

## CREATIVE ARTS

## PAINTING AND ART WORKS

A fun atmosphere for young children to explore and progress their creativity in painting. Use simple and innovative ideas to paint and make art works.

Su | Feb 19-Mar 26 | 10:30-11:30am | \$120/6 sess | 432365 | 5-10 | Rm A  
 Su | Feb 19-Mar 26 | 11:45am-12:45pm | \$120/6 sess | 433228 | 5-10 | Rm A

*Instructor: Roshanak Beheshti*

## MUSIC

## MUSIC LESSONS

Private lessons are 30 minutes in length. There will be no make-up classes for any lessons that the student is not able to attend. Music refund requests must be made no later than two days before the class starts in order to receive a full refund minus the \$10 admin fee.

## PRACTICE PIANO

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

## PIANO: MUSICAL EXPRESSIONS

A creative and intuitive approach to music learning. Develop your skills in piano, voice (singing), or a mixture of the two. With goals and learning styles varying from student to student, we help determine what you want to achieve. No sess Feb 18, Mar 15-7, 22-24.

Sa | Jan 7-Mar 11 | 9:30am-4:30pm | \$270/9 sess | 30 min sess | 5+ | Practice Rm  
 Fr | Jan 6-Mar 31 | 3:30-8:30pm | \$330/11 sess | 30 min sess | 5+ | Practice Rm  
 We | Jan 11-Mar 29 | 3:30-8:30pm | \$300/10 sess | 30 min sess | 5+ | Practice Rm  
 Th | Jan 12-Mar 30 | 3:30-8:30pm | \$300/10 sess | 30 min sess | 5+ | Practice Rm

*Instructor: Musical Expressions*

## VOCAL EXPRESSIONS: INDIVIDUAL VOICE LESSONS

Understand your voice and how to use it to express music for yourself and others. Work on improving and/or maintaining your abilities. Practice consistently and mindfully, and quickly see results with your performance. No sess Feb 20.

Mo | Jan 9-Mar 6 | 3-6pm | \$240/8 sess | 432306 | 30 min sess | 5+ | Practice Rm  
 Tu | Jan 10-Mar 7 | 3-6pm | \$270/9 sess | 432312 | 30 min sess | 5+ | Practice Rm

*Instructor: Martin Wilson*

## VIOLIN LESSONS WITH HANNAH

Hannah is an expert in teaching beginners and intermediate students to enhance their foundation techniques which can become crucial to move on to the next level. Students learn music theory and sight-reading in accordance with their experience. Please bring your own violin to class. No sess Jan 30, Feb 20.

Mo | Jan 9-Mar 6 | 3:30-4pm | \$210/7 sess | 434789 | 6+ | Board Rm  
 Mo | Jan 9-Mar 6 | 4-4:30pm | \$210/7 sess | 434790 | 6+ | Board Rm  
 Mo | Jan 9-Mar 6 | 4:30-5pm | \$210/7 sess | 434791 | 6+ | Board Rm  
 Mo | Jan 9-Mar 6 | 5-5:30pm | \$210/7 sess | 434792 | 6+ | Board Rm  
 Mo | Jan 9-Mar 6 | 5:30-6pm | \$210/7 sess | 434793 | 6+ | Board Rm

*Instructor: Hyunah Kim*

## DANCE AND FITNESS

## CREATIVE BALLET - LEVEL 3

**\$20/DROP-IN**

Build flexibility, strength, poise, and discipline with loads of fun! Focus on ballet technique and terminology through barre work, centre practice, and across-the-floor exercises. Learn to coordinate movement through short, choreographed routines. No sess Feb 18.

Sa | Jan 21-Mar 11 | 11:30am-12:30pm | \$140/7 sess | 433199 | 5-8 | Dance St

*Instructor: Serena Morphy*

## CREATIVE JAZZ AND HIP HOP

**\$16/DROP-IN**

Take the two most popular forms of dance in one class with fun, upbeat music! Students learn the necessary elements of jazz which are crucial to success in hip hop, but also get to learn hip hop moves which require the coordination and balance learned from jazz. No sess Feb 18.

Sa | Jan 21-Mar 11 | 9:50-10:35am | \$105/7 sess | 433201 | 5-8 | Dance St

*Instructor: Serena Morphy*

## DANCEPL3Y

Learn simple moves from a variety of styles: hip hop, urban, ballroom, Bollywood, lyrical, jazz/funk. Get active, build social skills, and boost mental health through the three rules of PL3Y: Be positive. Be fun. Be yourself.

Th | Jan 12-Mar 9 | 4:30-5:30pm | \$117/9 sess | 433126 | 6-8 | Dance St

*Instructor: Tohfa Services Inc.*

## CHILDREN BALLET

**\$20/DROP-IN**

Learn basic ballet vocabulary. Attention to creativity, lightness, musicality, posture and the joy of expression is part of this fun class. A Showing will be held on the last class. Ballet suit and slippers are preferred.

We | Jan 4-Mar 8 | 3:45-4:30pm | \$175/10 sess | 434661 | 5-8 | Dance St

*Instructor: Espirito Santo Mauricio*

## CHILDREN HIP HOP

**\$20/DROP-IN**

Learn cool, hip hop moves and to dance to beats. Create dance sequences and learn choreography. A showing will be held on the last class. Wear comfortable clothes and running shoes.

We | Jan 4-Mar 8 | 4:30-5:15pm | \$175/10 sess | 434662 | 5-8 | Dance St

*Instructor: Espirito Santo Mauricio*

## NEW YOGAPL3Y

A physical literacy, mindfulness and social-emotional learning program where kids PLAY with yoga poses, movement and breath. Build flexibility, strength, balance, coordination and focus with a variety of fun, interactive yoga and mindfulness activities that allow them to develop self-regulation strategies. No sess Jan 17.

Tu | Jan 10-Mar 7 | 4:30-5:30pm | \$96/8 sess | 434739 | 6-8 | Rm B

*Instructor: Tohfa Services Inc.*





## MARTIAL ARTS

## KARATE

Please note that there are additional fees for Karate BC membership and the purchase of a uniform and testing for belts. Program fees are due on the first class of each month.

Learn discipline, gain confidence, increase flexibility, develop cooperation, and have fun. Please note that some classes may be taught by accredited senior instructors. No drop-ins. No sess Feb 20.

## KARATE TINY TIGERS

Mo Fr | Jan 6-Jan 30 | 3:30-4:15pm | \$90/8 sess | 433231 | 3-6 | Rm B  
 Mo Fr | Feb 3-Feb 27 | 3:30-4:15pm | \$90/7 sess | 433232 | 3-6 | Rm B  
 Mo Fr | Mar 3-Mar 31 | 3:30-4:15pm | \$90/9 sess | 433233 | 3-6 | Rm B  
 Mo Fr | Jan 6-Jan 30 | 4:15-5pm | \$90/8 sess | 433234 | 3-6 | Rm B  
 Mo Fr | Feb 3-Feb 27 | 4:15-5pm | \$90/7 sess | 433235 | 3-6 | Rm B  
 Mo Fr | Mar 3-Mar 31 | 4:15-5pm | \$90/9 sess | 433237 | 3-6 | Rm B

## KARATE JUNIOR - BEGINNER/INTERMEDIATE

Mo Fr | Jan 6-Jan 30 | 5-6pm | \$80/8 sess | 433238 | 7-9 | Rm B  
 Mo Fr | Feb 3-Feb 27 | 5-6pm | \$90/7 sess | 433239 | 7-9 | Rm B  
 Mo Fr | Mar 3-Mar 31 | 5-6pm | \$90/9 sess | 433240 | 7-9 | Rm B

## KARATE SENIOR - BEGINNER/INTERMEDIATE/ADVANCED

Mo Fr | Jan 6-Jan 30 | 6-7pm | \$90/8 sess | 433241 | 10-18 | Rm B  
 Mo Fr | Feb 3-Feb 27 | 6-7pm | \$90/7 sess | 433242 | 10-18 | Rm B  
 Mo Fr | Mar 3-Mar 31 | 6-7pm | \$90/9 sess | 433243 | 10-18 | Rm B

*Instructor: Tigers Eye Karate*

## CAPOEIRA

Improve your flexibility, condition your body and discipline your mind in this fun and eclectic sport. Capoeira is a game played to music. Known as the secret dance of Brazil, it is a display of self-defence, and is an excellent workout for all ages.

Sa | Jan 21-Mar 11 | 3:30-4:15pm | \$84/8 sess | 434773 | 5-11 | Rm B

*Instructor: Julio Monteiro*

**\$20/DROP-IN**



Please note that course prices do not include taxes.

## SPORTS

## RAINCITY BASKETBALL SKILLS SESSIONS

Learn teamwork and the fundamentals of basketball including dribbling, shooting, defence, proper nutrition, and sportsmanship. No sess Feb 20.

Mo | Jan 9-Mar 6 | 3:35-4:35pm | \$104/8 sess | 433211 | 6-8 | Gym

Mo | Jan 9-Mar 6 | 3:35-5:35pm | \$140/8 sess | 433212 | 9-13 | Gym

*Instructor: Raincity Basketball Club*

## SPORTBALL INDOOR SOCCER

Sportball soccer introduces fundamental concepts of gameplay, and teaches the basic skills in a supportive, non-competitive environment. Coaches zero in on skills like throw-ins, dribbling, trapping, and passing in fun, exciting, skill-focussed play.

Tu | Jan 17-Mar 7 | 3:30-4:30pm | \$154/8 sess | 432329 | 6-9 | Gym

*Instructor: Sportball Vancouver*

## SPORTBALL MULTISPORT

Develop basic sport skills like balance, coordination, stamina, and timing in a fun, non-competitive setting. Each class introduces one of these sports: hockey, soccer, football, baseball, basketball, volleyball, golf, or tennis. No sess Feb 12, 19.

Su | Jan 15-Mar 12 | 10:45-11:45am | \$134.75/7 sess | 432359 | 6-9 | Gym

*Instructor: Sportball Vancouver*

## TENNIS: INDOOR

For all levels, covering basic tennis skills through drills and games.

We | Jan 4-Jan 25 | 3:45-4:45pm | \$72/4 sess | 432460 | 6-8 | Gym

We | Feb 8-Mar 1 | 3:45-4:45pm | \$72/4 sess | 432461 | 6-8 | Gym

We | Jan 4-Jan 25 | 4:45-5:45pm | \$72/4 sess | 432462 | 9-13 | Gym

We | Feb 8-Mar 1 | 4:45-5:45pm | \$72/4 sess | 432463 | 9-13 | Gym

*Instructor: G & G Tennis*

**\$19/DROP-IN**



Please note that course prices do not include taxes.

## ELSIE ROY NOON HOUR PROGRAMS

### ELSIE ROY NOON HOUR - ALL STARS PERFORMERS

Learn songs and dances from popular musicals like Frozen, Wicked, Annie or The Sound of Music. Build confidence and learn music expression, drama, and choreography.  
 Tu | Jan 17-Mar 7 | 12:10-12:50pm | \$80/8 sess | 434466 | 5-12 | Dance St  
*Instructor: Jordan Thomson*

### ELSIE ROY NOON HOUR - BADMINTON

Build your badminton skills through practice. Each class includes a fun, team-building game. No sess Feb 17.  
 Fr | Jan 20-Mar 10 | 12:10-12:50pm | \$63/7 sess | 434478 | 7-12 | Gym  
*Instructor: Youth Leader*

### ELSIE ROY NOON HOUR - PLAYMAKERS BASKETBALL

Build your basketball skills through drills and practice. Each class includes fun, team-building games. No sess Feb 20.  
 Mo | Jan 23-Mar 6 | 12:10-12:50pm | \$72/6 sess | 434477 | 7-12 | Gym  
*Instructor: Playmakers Basketball Training Inc*

### ELSIE ROY NOON HOUR - CARTOON MANIA

Invent stories, paint, and learn to draw your favourite Disney characters. No sess Feb 20.  
 Mo | Jan 23-Mar 6 | 12:10-12:50pm | \$69/6 sess | 434474 | 5-10 | Arts & Crafts Rm  
*Instructor: Édouard Beaudry*

### ELSIE ROY NOON HOUR - CHESS

Explore the strategic world of chess, where beginners learn the fundamentals, and advanced players learn new strategies. Hone your skills by playing against more experienced players. No sess Feb 20.  
 Th | Jan 19-Mar 9 | 12:10-12:50pm | \$80/8 sess | 434472 | 6-12 | Multimedia Rm  
 Mo | Jan 23-Mar 6 | 12:10-12:50pm | \$60/6 sess | 434475 | 6-12 | Multimedia Rm  
*Instructor: Joe Soliven*

### ELSIE ROY NOON HOUR - HOCKEY

Build your hockey skills through practice. Each class includes a fun, team-building game.  
 Th | Jan 19-Mar 9 | 12:10-12:50pm | \$72/8 sess | 434473 | 7-12 | Gym  
*Instructor: Youth Leader*

### ELSIE ROY NOON HOUR - KARATE

Learn discipline, gain confidence, increase flexibility, develop cooperation, and have fun. No sess Feb 17.  
 Fr | Jan 20-Mar 10 | 12:10-12:50pm | \$84/7 sess | 434479 | 6-12 | Rm B  
*Instructor: Hamid Tarighatbin*



Please note that course prices do not include taxes.

## ELSIE ROY NOON HOUR - LIONS MMA KIDS MARTIAL ARTS

Learn simple and effective kickboxing and grappling techniques, as well as basic conflict resolution skills.  
 We | Jan 18-Mar 8 | 12:10-12:50pm | \$88/8 sess | 434468 | 7-12 | Rm B  
*Instructor: Lions MMA Inc*

### ELSIE ROY NOON HOUR - SMART KIDZ

Learn math, language, science, and more through art! Art builds life long skills such as the importance of focus, experimentation, taking risks, and making mistakes. Take home a piece of art each session! No sess Feb 17.  
 Fr | Jan 20-Mar 10 | 12:10-12:50pm | \$105/7 sess | 434487 | 5-12 | Arts & Crafts Rm  
*Instructor: Skye Lintott*

### ELSIE ROY NOON HOUR - SOCCER

Build soccer skills through drills and practice. Finish each day with a fun, team-building game.  
 Tu | Jan 17-Mar 7 | 12:10-12:50pm | \$72/8 sess | 434467 | 7-12 | Gym  
*Instructor: Youth Leader*

### ELSIE ROY NOON HOUR - UNIQUE CREATIONS

Have fun and discover the freedom of creative self-expression as you explore your imagination through drawing, painting, storytelling, and play. Make your creations be as unique as you are. Dress for a mess.  
 We | Jan 18-Mar 8 | 12:10-12:50pm | \$92/8 sess | 434469 | 6-12 | Arts & Crafts Rm  
*Instructor: Kelly Jimenez, kellyjimenez.art*

### ELSIE ROY NOON HOUR - YOGA

Cultivate greater self-esteem, awareness, and confidence. Each class incorporates individual, partner, and group activities, as well as music and even some yoga dance moves!  
 We | Jan 18-Mar 8 | 12:10-12:50pm | \$96/8 sess | 434471 | 5-12 | Rm C  
*Instructor: Rachel Beasley*

## SOCIAL RECREATION

### AFTERSCHOOL KIDS CLUB

For students of Elsie Roy Elementary, keep busy after school in a safe, fun, and supervised environment. Activities include games, arts and crafts, sports, and general play. Speak with Silvia Rubino before registering. No sess Jan 16, Feb 17, 20, Mar 13-17, 20-24.  
 Mo-Fr | Jan 3-Jan 31, Feb 1-Feb 28, Mar 1-Mar 31 | 3-5:45pm | 5-12 | Arts & Crafts Rm  
*Instructor: Silvia Rubino*

## DAYCAMPS

### PRO D DAY CAMP

Turn Pro D into a day of sports, arts and crafts and more, including an out trip to a local attraction. Register early!  
 Mo | Jan 16 | 9-3:30pm | \$35 | 430907 | 6-12 | Games Rm  
 Fr | Feb 17 | 9-3:30pm | \$35 | 430908 | 6-12 | Games Rm  
*Instructor: Roundhouse Day Camp Leaders*

Please note that course prices do not include taxes.

## SPRING BREAK DAYCAMPS

## SPRING BREAK DAY CAMP

Discover the fun and excitement of winter with arts & crafts, science, drama, sports, games, songs, and trips to local attractions.

Mo-Fr | Mar 13-Mar 17 | 9am-3:30pm | \$175/5 sess | 430901 | 6-12 | Gym

Mo-Fr | Mar 20-Mar 24 | 9am-3:30pm | \$175/5 sess | 430902 | 6-12 | Gym

*Instructor: Roundhouse Day Camp Leaders*

## SPRING BREAK AFTER CAMP

For those families requiring extended hours of supervision, the fun continues! This program is only for children registered in the Spring Break Day Camp.

Mo-Fr | Mar 13-Mar 17 | 3:30-6pm | \$65/5 sess | 430903 | 6-12 | Arts & Crafts Rm

Mo-Fr | Mar 20-Mar 24 | 3:30-6pm | \$65/5 sess | 430905 | 6-12 | Arts & Crafts Rm

*Instructor: Roundhouse Day Camp Leaders*

## BRICKS 4 KIDZ: LEGO POCKET BRICK MONSTERS

Adventure in the world of Pokemon! Using Bricks 4 Kidz® building instructions, campers use classic LEGO bricks, LEGO Technic, and electric motors to construct 1-3 projects per session. Campers will be given a break for an optional snack from home.

Mo-Fr | Mar 13-Mar 17 | 9am-12pm | \$200/5 sess | 432468 | 5-10 | Multimedia Rm

Mo-Fr | Mar 20-Mar 24 | 9am-12pm | \$200/5 sess | 432471 | 5-10 | Multimedia Rm

*Instructor: Bricks 4 Kidz Vancouver*

## BRICKS 4 KIDZ: LEGO SHIPS &amp; SEA MONSTERS

Set sail with LEGO and discover the Maritime World! Our master builders will be exploring the seas and thinking about the creatures of the deep. Using Bricks 4 Kidz® building instructions, campers use classic LEGO bricks, LEGO Technic, and electric motors to construct 1-3 projects per session. Campers will be given a break for an optional snack from home.

Mo-Fr | Mar 13-Mar 17 | 12:30-3:30pm | \$200/5 sess | 432470 | 5-10 | Multimedia Rm

Mo-Fr | Mar 20-Mar 24 | 12:30-3:30pm | \$200/5 sess | 432469 | 5-10 | Multimedia Rm

*Instructor: Bricks 4 Kidz Vancouver*

## CSI LAB CAMP

Enter the mysterious and multifaceted world of CSI Lab. Discover detection: use decoding skills to analyze evidence, and become a mystery solver. Have fun with case-breaking science!

Mo-Fr | Mar 13-Mar 17 | 9am-3pm | \$255/5 sess | 434685 | 6-11 | Rm B

*Instructor: STEAM 4 KIDS*

## SCIENCE EXPLORER CAMP

Explore the inside of your body. Learn about the organ systems and the cells that compose them. Discover cool chemical reactions, and how to solve a crime in this hands-on, science adventure!

Mo-Fr | Mar 20-Mar 24 | 9am-3pm | \$255/5 sess | 434686 | 5-10 | Rm B

*Instructor: STEAM 4 KIDS*

## DOLPHIN KIDS: STEAMERS CAMP

Explore science with curiosity, creativity and in a fun, hands-on, learning environment. Learn key skills like inventing, problem-solving, and technology literacy that today's students need to succeed in our modern, fast-paced world.

Mo-Fr | Mar 13-Mar 17 | 9am-12pm | \$250/5 sess | 433441 | 6-8 | Music Rm

*Instructor: Dolphin Kids, dolphinkids.ca*

## DOLPHIN KIDS: TED-STYLE PUBLIC SPEAKING CAMP

Gain confidence to express your big ideas! For young leaders who want to build their public speaking skills with interactive activities, personalized coaching, and fun speech exercises, leading to their very own TED-style talk.

Mo-Fr | Mar 13-Mar 17 | 1-4pm | \$250/5 sess | 433442 | 9-12 | Music Rm

*Instructor: Dolphin Kids, dolphinkids.ca*

## DOLPHIN KIDS: ENTREPRENEUR MINDSET CAMP

For young leaders who want to practice their creativity and critical thinking skills by designing, testing, and pitching their innovative business ideas in a Shark Tank-style presentation.

Mo-Fr | Mar 20-Mar 24 | 1-4pm | \$250/5 sess | 433444 | 9-12 | Music Rm

*Instructor: Dolphin Kids, dolphinkids.ca*

## DOLPHIN KIDS: MINDSET MASTERS CAMP

This program allows young leaders to explore brain science, mindfulness exercises, personal goals, and positive mindset tools to help them develop an "I CAN DO IT!" attitude.

Mo-Fr | Mar 20-Mar 24 | 9am-12pm | \$250/5 sess | 433443 | 6-8 | Music Rm

*Instructor: Dolphin Kids, dolphinkids.ca*

## RAINCITY BASKETBALL CAMP OUTDOORS

Learn teamwork and the fundamentals of basketball including dribbling, shooting, defence, proper nutrition, and sportsmanship. This camp will be held outdoors at a local park.

Mo | Mar 13-Mar 17 | 10:30am-12:30pm | \$131.40/5 sess | 436028 | 6-12 | Coopers Park

Mo | Mar 20-Mar 24 | 10:30am-12:30pm | \$131.40/5 sess | 436029 | 6-12 | Coopers Park

*Instructor: Raincity Basketball Club*

## BIRTHDAY PARTIES

## PLAYTIME BIRTHDAY PARTY (AGES 2-12)

Have your birthday party at the Roundhouse! Party packages include a fun and energetic leader(s), basic decorations, balloons, an arts and crafts project, 45 minutes (Sundays) of gym time with a bouncy castle, play equipment, sports equipment, and access to the Engine 374 Pavilion. Fire and general safety prohibits compressed gas and containers (no helium balloons) and piñatas. Maximum 14 children. Cancellations are required 10 days in advance to avoid charges. Caregiver participation is required.

Su | Jan 15-Mar 26 | 11:30am-1:30pm | \$160/small party | 2-12 | Arts & Crafts Rm

*Instructor: Birthday Party Leader*

## GAMES ROOM SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
9am-12pm Seniors 50+ Only	9am-12pm Seniors 50+ Only	9am-12pm Seniors 50+ Only	9am-12pm Seniors 50+ Only	9am-12pm Seniors 50+ Only	9am-4:30pm All Ages	9am-4:30pm All Ages
12-3pm Families	12-3pm Families	12-3pm Families	12-3pm Families	12-3pm Families		
3-6pm Pre-teens/ Youth Only (9-18)	3-6pm Pre-teens/ Youth Only (9-18)	3-6pm Pre-teens/ Youth Only (9-18)	3-6pm Pre-teens/ Youth Only (9-18)	3-9:45pm Pre-teens/ Youth Only (9-18)		
6-8:45pm All Ages	6-8:45pm All Ages	6-8:45pm All Ages	6-8:45pm All Ages			

*\*Schedule is subject to change without notice*

Games Room closed Jan 16, Feb 17, 20.

Family Games Room Drop-in is intended for children (under 18) and their parent(s)/caregiver(s).

## GENERAL EQUIPMENT USE POLICY

- All users must have their own OneCard. Cards may not be shared to borrow equipment.
- Any children 8 or under who wish to borrow equipment must be supervised by an adult.
- All equipment is expected to be treated with respect and for its intended purposes—no play-fighting, vandalism, or misuse.
- All equipment is expected to be returned back to the front desk immediately after use. Any new users must go to the Front Desk to provide their OneCard to borrow any equipment.

Please note that course prices do not include taxes.

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## Visit [recreation.vancouver.ca](https://recreation.vancouver.ca)

An online account offers you 24/7 access to registering for a variety of programs. In addition, you can view your schedules, rental agreements, payment receipts, pass usage and pass expiry dates.

### Get active, get healthy!

With 24 community centres, 9 indoor pools and 8 ice rinks with a variety of events and lessons, there's something for everyone! Search by activity number, keyword or use the many filter options available.

### Flexible options

Many activities offer drop-ins so you can get involved without registering. Check out what's available today on our drop-in calendar.

### Host an event at one of our locations

Planning a sporting event, social gathering or wedding? Submit your request for use of a community centre room, outdoor park or field, ice rink and more.

### Save with a Pass

If you regularly visit a pool, rink or fitness centre, a pass is a great option to help you save money. Many city-wide and location specific passes are available for purchase or renewal online.



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## EDUCATION

### DOLPHIN KIDS: TED-STYLE PUBLIC SPEAKING

A great program for young leaders who want to build their public speaking skills with interactive activities, personalized coaching, and fun speech exercises, leading to their very own TED-style talk.  
Sa | Jan 14-Mar 4 | 9:30-11am | \$320/8 sess | 433407 | 9-13 | Rm C  
Instructor: Dolphin Kids, [dolphinkids.ca](http://dolphinkids.ca)

### RED CROSS BABYSITTING

Feel confident knowing you are responsible on your own, and have the skills to deal safely with an emergency situation by practicing through active role-play in an interactive and fun environment.  
Su | Feb 26 | 9:15am-4:15pm | \$72 | 434794 | 11-15 | Rm B  
Instructor: First Aid Hero, [www.firstaidhero.com](http://www.firstaidhero.com)

### RED CROSS STAYSAFE!

Feel confident knowing you are responsible on your own, and have the skills to deal safely with an emergency situation by practicing through active role-play in an interactive and fun environment.  
Su | Jan 29 | 10:30am-4:30pm | \$72 | 435157 | 9-13 | Rm B  
Instructor: First Aid Hero, [www.firstaidhero.com](http://www.firstaidhero.com)

## ARTS

### PRE-TEEN JFK (JAZZ /FUNK /HIP HOP) DANCE

Learn to dance the cool and current moves of hip hop and funk with the technique and structure of jazz. Have fun dancing to popular music with choreography, lots of energy, physical activity and fun. If you're new to dancing, or already grooving around, this is a great class for you!  
Tu | 10-Jan-7-Mar | 4:15-5:15pm | \$144/9 sess | 431908 | 10-13 | Dance St  
Instructor: Jordan Thomson

### FREE READY DANCE YOUTH PROJECT: ALL BODIES DANCE

Ready Dance is a project by All Bodies Dance for youth with, and without, disabilities. Explore contemporary dance, improvisation, and choreography in a fun and creative environment. Participants experience the joy of moving, making, and performing in an inclusive space where individuality and diversity are celebrated. Funded by the Canada Council for the Arts and the Vancouver Park Board. No sess Feb 19.  
Su | Jan 15-Mar 19 | 12:30-2pm | Free | 434643 | 15-30 | Dance St  
Instructor: All Bodies Dance Project

### FREE SOME ASSEMBLY THEATRE DESIGN WORKSHOPS WITH YOUTH

Youth are invited to work with professional theatre artists with set/props creation for Some Assembly's new theatre project *Exploring the Importance of One's Identity*. Contact Valerie if interested: [info@someassembly.ca](mailto:info@someassembly.ca)  
Some Assembly Theatre Company's yearly Roundhouse Youth Theatre Action Group (RHYTAG) project brings together professional artists and youth to create a new theatre production that promotes awareness, dialogue and positive social change regarding issues facing youth.  
Mo | Feb 6 | 6-8pm | Mezzanine Room  
Th | Mar 16 | 6-8pm | Room B

## YOUTH LEADERSHIP

### FREE ROUNDHOUSE YOUTH COUNCIL

Want to take part in the community and gain leadership skills? Join us each week along with other youth Gr. 8-12 to discuss topics that are important to you! The focus of this program will be on community projects and on the health & well-being of youth in the Roundhouse neighbourhood.  
We | 18-Jan-8-Mar | 4:15-5:15pm | Free | 430146 | 13-18 | Room B  
Instructor: Youth Leader

## YOUTH



Please note that course prices do not include taxes.

## SOCIAL RECREATION

**FREE GAMES ROOM - PRE-TEEN/YOUTH ONLY**

Monday-Thursday from 3-6pm and Friday 3-9:45pm is designated Pre-Teen/Youth time (ages 9-18) for the Games Room.

Mo-Th | Jan 3-Mar 30 | 3-6pm | Free | 9-18 | Games Rm

Fr | Jan 6-Mar 31 | 3-9:45pm | Free | 9-18 | Games Rm

*Instructor: No Instructor*

**FREE PRE-TEEN CLUB**

Bring your friends and hang out with our Youth Staff every Thursday! Let us know what you'd like to do each week — ranging from art projects, crafts, group activities, board games, video games, snacks, and more! Be sure to register.

Th | Jan 5-Mar 9 | 3:15-4:45pm | Free | 431907 | 10-12 | Room C

*Instructor: Youth Leader*

**FREE YOUTH FRIDAY NIGHT HANGOUT**

Spend your Friday night at the Roundhouse with our fun Youth Leaders! Get to know your community with gym sports, tournaments, crafts, movie nights, pizza parties, and more. Let us know what you'd like to do and we can make it happen. Weekly activity schedules are posted in the Games Room and on our Instagram page @RoundhouseYouth. Registration is required for Friday Youth Night activities & events with (\*\*), as space/supplies are limited.

Fr | Jan 6-Mar 31 | 6:30-8pm | Free | 13-18 | Games Rm

*Instructor: Youth Leader*

## PHYSICAL RECREATION

**KARATE - SENIOR BEGINNER/INTERMEDIATE/ADVANCED**

See Karate on page 28 for details.

**RAINCITY BASKETBALL SKILLS SESSIONS**

Learn teamwork and the fundamentals of basketball including dribbling, shooting, defence, proper nutrition, and sportsmanship. No sess Feb 20.

Mo | Jan 9-Mar 6 | 3:35-5:35pm | \$140/8 sess | 433212 | 9-13 | Gym

*Instructor: Raincity Basketball Club*

## OPEN GYM/DROP-IN SPORTS

**FREE PRE-TEEN OPEN GYM**

This non-instructional pre-teen open gym session is strictly for recreational play only. No group training allowed. Sports equipment available for use – please ask a Youth Leader for assistance. This program does not have an instructor. Activities will be supervised by a Youth Leader.

Sa | Jan 7-Mar 25 | 12:00-2:45pm | Free | 10-12 | Gym

*Instructor: Youth Leader*

**FREE PRE-TEEN & YOUTH BASKETBALL**

This non-instructional basketball session is strictly for recreational play only. No group training allowed. Basketballs available for use – please ask a Youth Leader for assistance. This program does not have an instructor. Activities will be supervised by a Youth Leader.

Th | Jan 5-Mar 30 | 3:15-4:30pm | Free | 10-18 | Gym

Sa | Jan 7-Mar 25 | 1-2:45pm | Free | 10-18 | Gym

*Instructor: Youth Leader*

**FREE PRE-TEEN & YOUTH OPEN GYM**

This open gym session is for all pre-teens & youth to participate in sports activities. Equipment is available for loan – please ask a Youth Leader for assistance. This program does not have an instructor. Activities will be supervised by a Youth Leader.

Tu | Jan 3-Mar 28 | 4:30-6pm | Free | 10-18 | Gym

Fr | Jan 6-Mar 31 | 3:30-5pm | Free | 10-18 | Gym

*Instructor: Youth Leader*

**FREE PRE-TEEN & YOUTH VOLLEYBALL**

This non-instructional volleyball session is strictly for recreational play only. No group training allowed. Two courts will be set-up. Volleyballs available for use – please ask a Youth Leader for assistance. This program does not have an instructor. Activities will be supervised by a Youth Leader.

Th | Jan 5-Mar 30 | 4:30-5:45pm | Free | 10-18 | Gym

Sa | Jan 7-Mar 25 | 3-4:45pm | Free | 10-18 | Gym

*Instructor: Youth Leader*

**FREE YOUTH BASKETBALL**

This non-instructional basketball session is strictly for recreational play only. No group training allowed. Basketballs available for use – please ask a Youth Leader for assistance. This program does not have an instructor. Activities will be supervised by a Youth Leader.

Fr | Jan 6-Mar 31 | 5-7pm | Free | 13-18 | Gym

*Instructor: Youth Leader*

**FREE YOUTH VOLLEYBALL**

This non-instructional volleyball session is strictly for recreational play only. No group training allowed. Two courts will be set-up. Volleyballs available for use – please ask a Youth Leader for assistance. This program does not have an instructor. Activities will be supervised by a Youth Leader.

Fr | Jan 6-Mar 31 | 7:15-9:30pm | Free | 13-18 | Gym

*Instructor: Youth Leader*

**FREE PRE-TEEN FRIDAY NIGHT HANGOUT**

Spend your Friday night at the Roundhouse with our fun Youth Leaders! Get to know your community with art & science fun, board games, pizza parties, and more. Let us know what you'd like to do and we can make it happen. Weekly activity schedules are posted in the Games Room.

January		February	
Jan 6	Pizza & Games	Feb 3	V-Day Cards & Crafts
Jan 13	Origami Fun	Feb 10	Cookie Decorating
Jan 20	Pixel Art	Feb 17	Mini 3v3 Tourney
Jan 27	Mini Canvas Art	Feb 24	Board Games Extravaganza
March			
Mar 3	DIY Crafts	Mar 17	Pool Contest
Mar 10	Movie & Popcorn	Mar 24	Ping Pong Contest
Mar 17	Pool Contest	Mar 31	Smoothie Night

\*\* Registration required (space/supplies limited)

Fr | 6-Jan-31-Mar | 5-6pm | Free | 10-12 | Games Rm

*Instructor: Youth Leader*



## EDUCATION

**FREE CHRONIC CONDITIONS SELF-MANAGEMENT PROGRAM (19+)**

This community-based program is offered over six sessions, 2.5 hours per week for 6 weeks as a 6-12 persons group workshop. These interactive sessions provide opportunities for someone living with a chronic condition, or a caregiver, to put life back into your life.

Th | Jan 12-Feb 16 | 6-8:30pm | Free | 432699 | 19+ | Rm A

Instructor: Self-Management BC, [selfmanagementbc.ca](http://selfmanagementbc.ca)

**FREE CHRONIC PAIN SELF-MANAGEMENT PROGRAM (19+)**

This community-based program is offered over six sessions, 2.5 hours per week for 6 weeks as a 6-12 persons group workshop. These interactive sessions provide opportunities for someone living with a chronic pain, or a caregiver, to put life back into your life.

Sa | Feb 18-Mar 25 | 10am-12:30pm | Free | 432700 | 19+ | Rm A

Instructor: Self-Management BC, [selfmanagementbc.ca](http://selfmanagementbc.ca)

**MINDFULNESS MEDITATION (19+)**

Meditation allows us to realize and address our own inner causes that hinder our life. We meditate not only for ourselves but also for others. You are welcome to bring difficulties in your meditation. Session includes meditation, a talk, and Q&A.

Mo | Mar 6 | 7:30-8:30pm | \$15 | 432127 | 19+ | Multimedia Room

Instructor: Sung Yang, [lifen.me](http://lifen.me)

**SELF-PROTECTION FROM KNIVES (19+)**

Ensure your personal security and empower yourself. Learn foundational knowledge about tactical defence with a weapon. For the safety of participants, please do not bring your own equipment.

Th | Feb 2 | 6-7:30pm | \$80 | 432218 | 19+ | Room B

Instructor: Jennifer Bajus

**F.I.R.E. PERSONAL SAFETY AND SELF-DEFENCE (19+)**

Learn the Israeli-based system that teaches how to manage safety concerns, process fear, and turn it into a tool. All tactics are based on a person's natural ability to respond and react regardless of age, size or fitness. Understand the importance of situational awareness, and learn to avoid, de-escalate and disengage from a threat.

Tu | Feb 21 | 6-8pm | \$55 | 432213 | 19+ | Room B

Instructor: Jennifer Bajus

## LANGUAGE

**SPANISH - CONVERSATIONAL (19+)**

For those with basic command of Spanish.

We | Jan 25-Mar 22 | 7:30-9pm | \$185/9 sess | 432508 | 19+ | Room C

Instructor: Gloria Alonso

**SPANISH FOR BEGINNERS - LEVEL 1 (19+)**

Enjoy learning Spanish with practical day-to-day situations to help you when travelling to Spanish-speaking countries. Learn why Spanish is simultaneously one of the most beautiful and logical languages. At the end of the program, you will be able to express your ideas in present and present continuous tense.

We | Jan 25-Mar 22 | 6-7:30pm | \$185/9 sess | 432513 | 19+ | Room C

Instructor: Gloria Alonso

**ESL FOR ADULTS (19+)**

Improve your English speaking skills in this ESL class for adults through activities and conversation. The focus is on speaking English, not on writing it.

Tu | Jan 10-Mar 14 | 10-11:30am | \$200/10 sess | 432694 | 19+ | Music Rm

Instructor: Veronica Chum

Please note that course prices do not include taxes.

## ART

**WATERCOLOUR PAINTING (19+)****\$35/DROP-IN**

Learn to apply watercolour painting by exploring the medium's full potential. Use water, paper, colour, and brushes to create an endless variety of tones and atmosphere in your painting. Focus on landscape painting techniques and studies of nature (flowers). Supplies are not included, supply list available upon registration. Master M. Reza Atashzad has over 30 years in teaching experience, and teaches at several community centres.

Th | Jan 5-Feb 16 | 9:15am-12:15pm | \$210/7 sess | 432118 | 19+ | Arts & Crafts Rm

Th | Feb 23-Mar 23 | 9:15am-12:15pm | \$150/5 sess | 432119 | 19+ | Arts & Crafts Rm

Instructor: Mohammad Atashzad, [atashzad.com](http://atashzad.com)

**DRAWING: SIX ESSENTIAL TOOLS TO QUICKLY IMPROVE YOUR DRAWING (19+)****\$20/DROP-IN**

The most important skill when it comes to drawing is the act of observing. Participants develop their analytical skill of seeing, and then interpret that on paper. Learn the six most important tools an artist can use to enhance their drawing skills. Suitable for beginners and established artists.

Tu | Jan 10-Feb 14 | 6:30-8pm | \$131.76/6 sess | 432225 | 19+ | Arts & Crafts Rm

Tu | Feb 21-Mar 28 | 6:30-8pm | \$131.76/6 sess | 432226 | 19+ | Arts & Crafts Rm

Instructor: Bernadine Fox

**CHINESE CALLIGRAPHY - ADVANCED (25+)**

Acquire and improve writing skills through the use of Chinese ink, brush, and paper while practicing the stress-relieving ancient art of Chinese handwriting. Must have taken previous classes with Pansy to join this class.

Tu | Jan 17-Mar 21 | 11am-1pm | \$110/10 sess | 429926 | 25+ | Rm C

Instructor: Pansy Poon

**WATERCOLOUR PAINTING (19+)**

Gain experience working with watercolours in a loosely structured and supportive studio setting. Participants are encouraged to work on personal projects to develop their style.

We | Jan 11-Feb 8 | 9:45-11:45am | \$77.50/5 sess | 429886 | 19+ | Arts & Crafts Rm

We | Feb 15-Mar 22 | 9:45-11:45am | \$93/6 sess | 429887 | 19+ | Arts & Crafts Rm

Instructor: Sonia Mocnik



Please note that course prices do not include taxes.



## ADULT

### POTTERY DROP-IN FEES

Public \$11.42/2hrs

Volunteer \$5.71/2 hrs

Student \$5.71/2 hrs

### POTTERY FEES AND MATERIALS

No Leisure Access Discounted accepted. Online and in person registration. Materials included in programs include slips, glazes, and firing. Not included are drop-in fees, clay, and tool kits.

**Clay** Varily priced clays can be purchased from the front desk.

**Tool Kit** \$37

### REFUNDS

- For a full refund minus a \$10 admin fee, 48-hour notice by phone or in person is required before the start of the first class.

- For a pro-rated refund minus a \$10 admin fee, 24-hour notice by phone or in person is required before the start of the second class.

- Material fees are non-refundable after the first class.

- Registrations not accepted after the second class.

### POTTERY WAITLIST

To add your name to the drop-in waitlist, contact our front desk at 604-713-1800 ext 1.

### MINDFUL ARTIST (55+)

Combine painting, sketching, and meditation to boost your creativity in a calm environment. The natural flow of your breath will help you to use a variety of techniques to experiment with abstraction in colour. Édouard brings in live-modelling, music, social media, humour, and fashion to the session. Supply list: 9 X 12 or bigger sketchbook, graphite pencils 2H to 5B, graphite stick or wood-less pencil (2B), rubber, kneadable eraser, marker, fine liner (not a gel pen), pen.

**Mo | Feb 27-Mar 27 | 1-3pm | \$62/4 sess | 429890 | 55+ | Arts & Crafts Rm**

**Instructor: Édouard Beaudry**

### SKETCHING AND DRAWING (25+)

With an emphasis on drawing still lifes, learn to understand the fundamentals of perspective. From basic shapes to a refined outline, use different techniques to render light and shadow. Relax in a supportive environment. No sess Feb 20.

**Mo | Jan 9-Feb 13 | 1-3pm | \$93/6 sess | 429889 | 25+ | Arts & Crafts Rm**

**Instructor: Édouard Beaudry**

## POTTERY

### POTTERY - HAND AND WHEEL WITH NORA (19+)

Nora will take you to the next stage of your skills in centring, altering, trimming, decorating, and glazing pots. For students who have taken at least one clay class. You do not need to know how to centre to take this class. Clay and toolkits are not included in fees, and can be purchased on the first day of classes. Included with the fees are slips, glazes, firing. No sess Feb 20.

**Mo | Jan 9-Mar 6 | 6:30-9:30pm | \$360.50/8 sess | 432704 | 19+ | Pottery St**

**Instructor: Nora Vaillant**

### POTTERY - HAND AND WHEEL THROWING WITH SUE (19+)

Come play with clay in these multi-level classes. Learn the basic of hand-building, wheel throwing, glazing and firing techniques. Those continuing, work at your own pace with assistance for new techniques and challenges. Clay and toolkits are not included in fees, and can be purchased on the first day of classes. Included with the fees are slips, glazes, firing.

**Tu | Jan 10-Mar 14 | 1:30-4:30pm | \$395/10 sess | 432702 | 19+ | Pottery St**

**Tu | Jan 10-Mar 14 | 6:30-9:30pm | \$395/10 sess | 432703 | 19+ | Pottery St**

**Instructor: Sue Griese**

### POTTERY - HAND AND WHEEL WITH CHERYL (19+)

Get creative with clay! Good for beginners, and those wishing to move forward with the basic techniques, both on the wheel and hand-building. Clay and toolkits are not included in fees, and can be purchased on the first day of classes. Included with the fees are slips, glazes, firing.

**Tu | Jan 10-Mar 14 | 9:30am-12:30pm | \$395/10 sess | 432248 | 19+ | Pottery St**

**Tu | Jan 12-Mar 16 | 9:30am-12:30pm | \$395/10 sess | 432249 | 19+ | Pottery St**

**Instructor: Cheryl Stapleton**



### \$15/DROP-IN

### \$15/DROP-IN

## WOODWORKING

### WOODWORKING - LEVEL 1 PROGRAMS

For those who have never done any woodworking, or it was a long time ago. Completing Woodworking Primer or Woodworking Joinery Basics gives you the admission requirements for Woodworking Studio Session Time Evaluations. Successful completion of the evaluation allows you to participate in Woodworking Studio Session Times. Topics covered: introduction to lumber classification, grain and moisture related movement, shop and machine safety, power tool milling, basic assembly methods, bandsaw shaping, and edge routing. Materials supplied.

### WOODWORKING PRIMER - LEVEL 1 (19+)

Make a multi-coloured, premium hardwood cutting board.

**Mo | Mar 6-27 | 6:30-9:30pm | \$355/4 sess | 432674 | 19+ | Barry Cogswell Woodworking St**

**Tu | Jan 10-31 | 6:30-9:30pm | \$355/4 sess | 432678 | 19+ | Barry Cogswell Woodworking St**

**Th | Jan 12-Feb 2 | 6:30-9:30pm | \$355/4 sess | 432681 | 19+ | Barry Cogswell Woodworking St**

**Th | Mar 9-30 | 6:30-9:30pm | \$355/4 sess | 432683 | 19+ | Barry Cogswell Woodworking St**

**Th | Feb 9-Mar 2 | 6:30-9:30pm | \$355/4 sess | 432688 | 19+ | Barry Cogswell Woodworking St**

**Instructor: Urban Woodworker, urbanwoodworker.com**

### WOODWORKING JOINERY BASICS - LEVEL 1 (19+)

Learn basic joinery, assembly methods, and a format for project planning. No sess Feb 20.

**Mo | Jan 9-Feb 27 | 6:30-9:30pm | \$495/7 sess | 432673 | 19+ | Barry Cogswell Woodworking St**

**Tu | Feb 7-Mar 21 | 6:30-9:30pm | \$495/7 sess | 432675 | 19+ | Barry Cogswell Woodworking St**

**Instructor: Urban Woodworker, urbanwoodworker.com**

### WOODWORKING BASICS - LEVEL 1 WITH WOOD TURNING (19+)

Learn lumber classification, designing for wood movement, basic milling with jointer, planer, table-saw and the basics of wood turning. Prepare a bowl blank of hardwood for a bowl made on a wood turning lathe using chisels held and controlled by hand. In addition, turn a spindle such as a woodworking mallet, honey dipper, fish bonker, or rolling pin.

**Fr | Mar 3-24 | 9:30am-2:30pm | \$495/4 sess | 432684 | 19+ | Barry Cogswell Woodworking St**

**Sa | Jan 7-28 | 9:30am-2:30pm | \$495/4 sess | 432685 | 19+ | Barry Cogswell Woodworking St**

**Sa | Feb 4-25 | 9:30am-2:30pm | \$495/4 sess | 432686 | 19+ | Barry Cogswell Woodworking St**

**Sa | Mar 4-25 | 9:30am-2:30pm | \$495/4 sess | 432687 | 19+ | Barry Cogswell Woodworking St**

**Instructor: Urban Woodworker, urbanwoodworker.com**

### WOODWORKING - LEVEL 1 UNPLUGGED (19+)

Unplugged Woodworking is the perfect solution for woodworking in small spaces — think apartments or anyone who believes 'less is more'. A great primer to woodworking in general, and in particular, if you prefer the serenity of working with sharp hand tools as opposed to the noise and stress of machines. Learn sharpening, use of various hand planes, joinery basics, and spoon carving. Make a hand carved spoon and small, lidded box. No sess Feb 20.

**Mo | Feb 6-Mar 20 | 6:30-9:30pm | \$395/6 sess | 432671 | 19+ | Rm A**

**We | Jan 11-Feb 15 | 6:30-9:30pm | \$395/6 sess | 432676 | 19+ | Rm A**

**Instructor: Urban Woodworker, urbanwoodworker.com**

### WOODWORKING CARVING BASICS - CARVING SPOONS (19+)

Learn the basics of carving form using hand tools, including planning, reading the wood, layout, visualizing form, and choosing the right tools. Learn in-depth sharpening methods for straight and curved blades, and making and using honing stropps.

**Mo | Jan 9-Jan 30 | 6:30-9:30pm | \$295/4 sess | 432670 | 19+ | Rm A**

**We | Feb 22-Mar 15 | 6:30-9:30pm | \$295/4 sess | 432677 | 19+ | Rm A**

**Instructor: Urban Woodworker, urbanwoodworker.com**

## ADULT

### WOODWORKING IMPORTANT INFORMATION

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

**FIRST CLASS** is mandatory for all levels. Refunds will not be issued for missed first classes.

**CANCELLATIONS** must be requested 72 hours in advance of the start date.

**REFUNDS** No refunds after start date.

### PREREQUISITES

Level 1 — none

### MATERIALS

Level 1 — included

### WOODWORKING STUDIO SESSION TIME

Registration system now in place — each drop-in session must be registered for at least 24 hours\* before the stated date/time.

\*Additional registrations within 24 hours will be accepted if there are other registered participants (must be done through the front desk)

Please note that course prices do not include taxes.

## ADULT

### WOODWORKING IMPORTANT INFORMATION

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

**FIRST CLASS** is mandatory for all levels.

**CANCELLATIONS** must be requested 72 hours in advance of the start date.

**REFUNDS** No refunds after start date.

**PREREQUISITES** Level 1 – none

**MATERIALS** Level 1 – included

### WOODWORKING STUDIO SESSION TIME

Registration system now in place – each drop-in session must be registered for at least 24 hours\* before the stated date/time.

\*Additional registrations within 24 hours will be accepted if there are other registered participants (must be done through the front desk)

### WOODWORKING STUDIO SESSION TIME EVALUATIONS (19+)

Woodworking Studio Session Time Evaluations are for those who have completed Woodworking Primer/Woodworking Joinery Basics, or for those who have considerable knowledge and experience in a woodworking studio. Those who successfully pass the evaluation can register and participate in Woodworking Studio Session Times. Evaluation decisions are final. No refunds.

Su | Jan 29 | 1-4pm | \$35 | 432988 | 19+ | Barry Cogswell Woodworking St  
Su | Feb 26 | 1-4pm | \$35 | 432989 | 19+ | Barry Cogswell Woodworking St  
Su | Mar 26 | 1-4pm | \$35 | 432991 | 19+ | Barry Cogswell Woodworking St  
*Instructor: Urban Woodworker, urbanwoodworking.com*

### WOODWORKING STUDIO SESSION TIME (19+)

**\$35/SESSION**

Woodworking Studio Session Times are available for those who have completed Woodworking Primer/Woodworking Joinery Basics, and have completed an evaluation. Also available to those who can demonstrate considerable knowledge and experience in a Woodworking Studio Session Time Evaluation.

Registration only. Participants must have completed a Woodworking Studio Session Time Evaluation in order to register for this program. Registration closes 24 hours before the program date and time. No refunds within 24 of the program start date and time. Registrations accepted over the phone and in person within 24 hours of the program start date and time, if another participant is registered.

Jan 4   432065	Feb 1   432069	Mar 1   432073
Jan 11   432066	Feb 8   432070	Mar 8   432074
Jan 18   432067	Feb 15   432071	Mar 15   432075
Jan 25   432068	Feb 22   432072	Mar 22   432076
		Mar 29   432077

*Instructor: Urban Woodworker, urbanwoodworker.com*

## MUSIC

### UKE INVESTIGATE - BEGINNER UKULELE GROUP LESSONS (19+)

An introduction to the world of ukulele. We will learn to strum & sing your favourite songs – pop, folk and rock, and will explore some basic music theory. Emphasis is on participation and fun! For absolute beginners or those who want to revisit and review. Bring your own ukulele.

We | Jan 11-Feb 15 | 7-8pm | \$77/6 sess | 437089 | 19+ | Multimedia Rm  
*Instructor: Heather Stubbs*

### NEW UKE INVESTIGATE - FAMILIAR & FUN 3-CHORD SONGS (19+) \$17/DROP-IN

For continuing beginner, novice or intermediate players, something for everyone. We will learn many uke standards, including folk, pop, bluegrass & rock, and also cover some basic theory. Emphasis is on fun, participation, and building confidence with strumming and singing skills. Students should already know basic chords C, F, G, Am, Dm C7, G7 and D7. Bring your own ukulele and folding music stand.

We | Jan 11-Feb 15 | 8:10-9:10pm | \$82/6 sess | 437102 | 19+ | Multimedia Rm  
*Instructor: Heather Stubbs*

### NEW UKE INVESTIGATE - BASICS OF BLUES (19+)

**\$17/DROP-IN**

Review and revisit 12-Bar Blues. Songs by BB King, Ledbetter, Johnny Cash, Paulo Nutini, The Beatles, U2, Muddy Waters, Elvis Presley & more. Also includes an introduction to singing harmonies. Students should already know basic chords C, F, G, Am, Dm C7, G7 and D7. Bring your own ukulele and folding music stand.

We | Mar 1-15 | 7-8pm | \$46/3 sess | 437106 | 19+ | Multimedia Rm  
*Instructor: Heather Stubbs*

### NEW UKE INVESTIGATE - BASICS OF BLUES (19+)

**\$17/DROP-IN**

Explore music hits made popular in the last 23 years by Jason Mraz, Mumford & Sons, Bruno Mars, Vance Joy, Elle King, Train, 21 Pilots, Feist, Walk the Moon, Eddie Vedder, George Ezra, Maroon 5, and more. Students should already know chords C, G, D, A, F Am, Cm, Dm Em, F#m and C7, G7, D7, A7 and E7. Bring your own ukulele and folding music stand.

We | Mar 1-15 | 8:10-9:10pm | \$46/3 sess | 437111 | 19+ | Multimedia Rm  
*Instructor: Heather Stubbs*

### VOCAL EXPRESSIONS (19+)

**\$25/DROP-IN**

Understand your voice and how to use it to express music for yourself and others. Work on improving and/or maintaining your abilities. Practice consistently and mindfully, and quickly see results with your performance.

Tu | Jan 10-Mar 7 | 7-8pm | \$171/9 sess | 432980 | 19+ | Music Rm  
*Instructor: Martin Wilson*

### PIANO: MUSICAL EXPRESSIONS

See page 26 for program details

### VIOLIN LESSONS WITH HANNAH

See page 26 for program details

### VOCAL EXPRESSIONS: INDIVIDUAL VOICE LESSONS

See page 26 for program details

## DANCE

### FREE ROUNDHOUSE AGELESS DANCERS (55+)

Follow your imagination and discover creative movement with dance artist –in-residence Heather Myers. This art project weaves together improvisation, composition, rhythm, experience and story to co-create community dance. No dance experience is necessary but registration is required. Funded by the Vancouver Park Board.

We | Jan 11-Mar 15 | 12-2pm | Free/10 sess | 434635 | 55+ | Dance St  
*Lead Artist: Heather Myers*

### FREE ALL BODIES DANCE PROJECT

All Bodies Dance Project brings together artists with, and without, disabilities to explore movement as a means of creative expression. These accessible classes are for people of all abilities, genders, sizes, and backgrounds. Classes explore improvisation in an open, safe, and fun environment. Absolutely no experience or skill required. ASL interpretation is available for this program upon request at info@allbodiesdance.ca. Participants who require one-to-one support must provide their own assistant. Funded by Vancouver Park Board, City of Vancouver, BC Arts Council. No sess Feb 18.

Sa | Jan 14-Mar 18 | 2:30-4pm | Free/9 sess | 434641 | 18+ | Dance St  
*Lead Artists: All Bodies Dance Project*

### FREE ROUNDHOUSE COMMUNITY DANCERS

Join dance artist Luciana D'Anunção in the exploration of creative movement and collaborative creation of performance. Experiment with improvisation, composition, and creative ways of exploring movement. No dance experience is necessary, but registration is required. Funded by the Vancouver Park Board.

Su | Jan 22-Mar 26 | 2:30-4:30pm | Free/10 sess | 434632 | 19+ | Dance St  
*Lead Artist: Luciana D'Anunção*

### INTRODUCTION TO VERTICAL DANCE WITH AERIOSA (19+)

Join Aeriosa dance artists for this beginner level class designed to introduce the exhilaration of vertical dance while developing safety awareness and practicing rope and harness systems. Learn fundamental vertical dance skills through choreography and creative movement exercises. Build core strength while hovering, sliding, swinging, tilting, rotating and tipping upside down. No pre-requisites. No sess Feb 19.

Su | Jan 15-Mar 12 | 10am-12pm | \$240/8 sess | 432125 | 19+ | Dance St  
*Instructor: Aeriosa Dance Society*

Courses, prices, registration information may change without notice. Please contact the Roundhouse to confirm.

## ADULT

Please note that course prices do not include taxes.

Please note that course prices do not include taxes.

**INTERMEDIATE VERTICAL DANCE WITH AERIOSA (19+)**

Join Aeriosa dance artists for a fun class that playfully adds challenges to fundamental vertical dance skills learned through our introductory series. Try some Aeriosa Dance Company repertoire and continue to explore your technical and creative expression through improvisation and collaboration. Pre-requisite: completion of Introduction to Vertical Dance with Aeriosa, or with instructors' permission.

Fr | Jan 27-Mar 10 | 5:30-7:30pm | \$210/7 sess | 432126 | 19+ | Dance St  
Instructor: Aeriosa Dance Society

**BRAZILIAN RHYTHMS (19+)****\$20/DROP-IN**

Explore the Brazilian culture through dance. Classes are for all levels of experience where you can expect to push your limits and gain physical strength. Learn new rhythms by diving into the Brazilian culture. No sess Feb 20.

Mo | Jan 9-Mar 6 | 6-6:45pm | \$112/8 sess | 432701 | 19+ | Dance St

**LATIN FUNK (19+)****\$18/DROP-IN**

A original spicy dance mix of eight Latin dance styles with a splash of groovy funky moves. Gustavo shows you proper authentic hip movements and techniques for salsa, mambo, cha-cha-cha, bachata, rumba, and more! No sess Feb 18.

Sa | Jan 7-Mar 18 | 12:45-1:45pm | \$150/10 sess | 432247 | 19+ | Dance St

Instructor: Latin Funk Dance

**LINDY HOP - LEVEL 1 (19+)****\$18.75/DROP-IN**

This fun and lively dance is the progenitor of all the swing dances, and has a large community of dancers here, and all over the world. Taught by two experienced instructors in a fun and safe environment, the course emphasizes connection, leading and following skills, and focusses on six-count step patterns. No experience needed, and you do not need to sign up with a partner.

We | Jan 11-Feb 15 | 8:30-9:45pm | \$100/6 sess | 429858 | 19+ | Dance St

Instructor: Barney Alfred Lee, K. Lani

**LINDY HOP - LEVEL 2 (19+)****\$18.75/DROP-IN**

Continuing from Lindy Hop — Level 1. Learn to dance to the music of the big band era!

We | Feb 22-Mar 29 | 8:30-9:45pm | \$100/6 sess | 429872 | 19+ | Dance St

Instructor: Barney Alfred Lee, K. Lani

**DANCE FITNESS****ZUMBA® (19+)****\$15/DROP-IN**

ZUMBA® fuses Latin rhythms and easy to follow moves to create a dynamic workout system designed for everyone at any fitness level. ZUMBA® uses fitness principles of interval and resistance training to maximize caloric output, fat burning, and total body toning. It combines salsa, cumbia, merengue, and more giving you a feel-happy workout for both body and mind.

Tu | Jan 10-Feb 14 | 7-8pm | \$82.50/6 sess | 432188 | 19+ | Dance St

Fr | Jan 13-Feb 17 | 12-1pm | \$82.50/6 sess | 432203 | 19+ | Dance St

Tu | Feb 21-Mar 28 | 7-8pm | \$82.50/6 sess | 432195 | 19+ | Dance St

Fr | Feb 24-Mar 31 | 12-1pm | \$82.50/6 sess | 432207 | 19+ | Dance St

Instructor: Zumba Vancouver, zumbavancouver.ca

**FITNESS****BODY INTERVAL CONDITIONING TRAINING (19+)****\$20/DROP-IN**

Build your strength and stamina. Start with a body weight warm up, moving to interval conditioning with cardio moves inspired by martial arts, and weights strength training. Mix movement work with equipment to promote muscle build, and finish with floor core conditioning intervals and stretching. All fitness levels welcome.

Th | Jan 12-Mar 30 | 7-8pm | \$216/12 sess | 432246 | 19+ | Dance St

Instructor: Valentina Petrovic

**MOBILITY AND CORE TRAINING (19+)****\$20/DROP-IN**

Work on mobility, core strength, and reinforcing stability muscles. Improve functional range of motion and elongate muscles using a combination of Pilates, yoga, and body bar techniques as well as low weight strength training. End each session with stretching and mindfulness. For all fitness levels. No sess Feb 20.

Mo | Jan 9-Mar 27 | 7-8pm | \$198/11 sess | 432245 | 19+ | Dance St

Instructor: Valentina Petrovic

**BOOTY BARRE WORKOUT (19+)****\$14/DROP-IN**

A ballet-, Pilates- and yoga-inspired workout that will make you sweat and smile while building core strength, lean muscle, and killer glutes. This class includes a cardio component and offers options for all levels.

We | Jan 11-Feb 15 | 6-7pm | \$60/6 sess | 432224 | 19+ | Dance St

We | Feb 22-Mar 29 | 6-7pm | \$60/6 sess | 433382 | 19+ | Dance St

Instructor: Alesya Bogaevskaya

**GROUP FITNESS****CARDIO CORE - DROP-IN FITNESS (19+)**

Brings your heart rate up and work your core through muscle conditioning while listening to groovy new beats. A low-impact class geared towards active and fit older adults. No sess Feb 20.

Mo | Jan 9-Mar 27 | 11-11:45am | 432984 | 19+ | Dance St

Instructor: Edouard Beaudry

**POSTURE PERFECT - DROP-IN FITNESS (19+)**

Geared towards older adults, this co-ed class includes a cardio warmup, weights, stability ball, spine work, and stretches, while strengthening the body to improve balance, agility, core strength, and posture.

Tu | Jan 3-Mar 28 | 11-11:45am | 432985 | 19+ | Dance St

Instructor: Sarah Groberman

**STRENGTH AND STRETCH - DROP-IN FITNESS (19+)**

Get yourself moving, burn calories, build muscle mass, strengthen your core, and make yourself feel good all around. A low-impact class geared towards older adults.

Th | Jan 5-Mar 30 | 11-11:45am | 432986 | 19+ | Dance St

Instructor: Harry Wong

**CARDIO COMBO - DROP-IN FITNESS (19+)**

Geared towards older adults looking for a low-impact fitness class providing cardio, balance and strength training for an overall body workout. Increase fitness confidence and strength working with bands.

Fr | Jan 6-Mar 31 | 11-11:45am | 432983 | 19+ | Dance St

Instructor: Bitia Farid

**JOINT MOBILITY (55+)**

For those with arthritis, osteoporosis and mobility issues, those starting an exercise program or recovering from an injury or joint surgery, keep your body moving and limber. No sess Feb 20.

Mo | Jan 9-Mar 27 | 3:30-4:30pm | \$69.63/11 sess | 429913 | 55+ | Dance St

Instructor: Keno Kinoshita

**OSTEOFIT (19+)**

For those with osteoporosis, arthritis, joint-mobility problems or anyone who wants to improve agility, balance, coordination exercise and strength to prevent falls. This is a progressive class, and there are no drop-ins.

Fr | Jan 13-Mar 31 | 9:15-10:15am | \$75.96/12 sess | 429893 | 19+ | Dance St

Instructor: Keno Kinoshita



## ADULT

### GROUP FITNESS PRICING

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

[roundhouse.ca/forms](http://roundhouse.ca/forms)

Drop-ins are welcome if the class is not full.

#### ADULT

\$6.67/drop-in

\$50/10-class pass

#### OLDER ADULT 55+

\$4.29/drop-in

\$30/10-class pass

### ONECARD

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

Parent and Tot Gym

Group Fitness

Racquet Sports

Bridge

Adult Sports

Please sign up for your free OneCard at the front desk (replacement cards are \$2)..

## YOGA AND PILATES

### IYENGAR YOGA (19+)

**\$20.95/DROP-IN**

Physically energizing, deeply relaxing, and emotionally uplifting. Instruction in classical yoga with an emphasis on self-awareness and development of strength, stamina, flexibility, balance, breath and body awareness, postural alignment, and relaxation. No sess Feb 12.

Su | Jan 8-Mar 26 | 9:15-10:45am | \$178.10/11 sess | 432128 | 19+ | Room C

*Instructor: Lise Guyaz*

Mo | Jan 9-Mar 27 | 6-7:30pm | \$178.10/11 sess | 432979 | 19+ | Room C

Tu | Jan 10-Mar 28 | 9:15 AM-10:45 AM | \$194.29/12 sess | 437112 | 19+ | Dance St

*Instructor: Renee Bruinsma*

### PILATES PLUS (19+)

**\$15/DROP-IN**

Increase core strength and flexibility with this classic Pilates workout. Release tight muscles and knots with easy foam-rolling techniques, and reduce stress through stretches and guided relaxation. Feel long, lean and strong, inside and out!

Th | Jan 11-Mar 22 | 7-8pm | \$159.50/11 sess | 432110 | 19+ | Room C

Th | Jan 9-Mar 20 | 7-8pm | \$145/10 sess | 432111 | 19+ | Room C

*Instructor: Alannah Lori*

### YOGA4STIFF PEOPLE (19+)

**\$16/DROP-IN**

Accessible yoga for every body! Improve flexibility, increase strength, and connect the mind and body. Our personalized workshop-style approach provides those 'aha!' moments to inspire your practice to the next level. Beginners welcome.

Th | Jan 12-Mar 30 | 7-8pm | \$168/12 sess | 432121 | 19+ | Multimedia Room

*Instructor: Yoga4Stiff People*

## MARTIAL ARTS

### CLASSICAL FENCING (19+)

**\$25/DROP-IN**

Explore classical fencing, a descendant of the past defensive martial arts of Europe. Gain both a theoretical and physical foundation, once considered invaluable for surviving serious armed encounters. French foils provided for beginners; more experienced participants should arrange the purchase or rental of long-term practise equipment with the instructor. No experience necessary.

Th | Jan 12-Feb 2 | 8:30-9:30pm | \$76/4 sess | 432696 | 19+ | Dance St

Th | Mar 9-30 | 8:30-9:30pm | \$76/4 sess | 432697 | 19+ | Dance St

*Instructor: Renaissance Fencing Club, renfencingclub.ca*

### SCI-FI & FANTASY WEAPONS (19+)

**\$25/DROP-IN**

For those with a passion for science fiction and fantasy weapons from across the universe, join us in exploring the science of fantasy fencing through the structure of classical fencing. Handle the iconic laser sword from George Lucas' galaxy far, far away and how one would use it against a skilled opponent. Be prepared for encounters which are no longer limited to your imagination. All experience levels welcome. No sess Feb 16.

Th | Feb 9-Mar 2 | 8:30-9:30pm | \$56.25/3 sess | 432698 | 19+ | Dance St

*Instructor: Renaissance Fencing Club, renfencingclub.ca*

### TAI CHI CHUAN - BEGINNERS (19+)

**\$15/DROP-IN**

Learn traditional Chinese exercises for self-defence and health. The movements emphasize softness, slow motion, concentration, and relaxation. The exercises relieve stress and improve health. No experience necessary. No sess Mar 18

Sa | Jan 7-Mar 22 11:30am-1pm | \$159.50/11 sess | 432133 | 19+ | Room B

Sa | Jan 9-Mar 25 | 11:30am-1pm | \$145/10 sess | 432137 | 19+ | Room B

*Instructor: Laurens Lee*

### TAI CHI CHUAN - INTERMEDIATE (19+)

**\$15/DROP-IN**

Build on skills learned in the beginner class. The movements emphasize softness, slow motion, concentration, and relaxation. The exercises relieve stress and improve your health. No sess Mar 18.

Sa | Jan 7-Mar 22 | 9:30-11am | \$159.50/11 sess | 432144 | 19+ | Room B

*Instructor: Laurens Lee*

### SELF-PROTECTION FROM KNIVES (19+)

Ensure your personal security and empower yourself. Learn foundational knowledge about tactical defence with a weapon. For the safety of participants, please do not bring your own equipment.

Th | Feb 2 | 6-7:30pm | \$80 | 432218 | 19+ | Room B

*Instructor: Jennifer Bajus*

### F.I.R.E. PERSONAL SAFETY AND SELF-DEFENCE (19+)

Learn the Israeli-based system that teaches how to manage safety concerns, process fear, and turn it into a tool. All tactics are based on a person's natural ability to respond and react regardless of age, size or fitness. Understand the importance of situational awareness, and learn to avoid, de-escalate and disengage from a threat.

Tu | Feb 21 | 6-8pm | \$55 | 432213 | 19+ | Room B

*Instructor: Jennifer Bajus*

## SPORTS

### BADMINTON (19+)

**\$5.95/DROP-IN**

All levels welcome. Four courts and equipment available. No sess Feb 20.

Mo | Jan 9-Mar 27 | 8-9:45pm | \$62.86/11 sess | 431934 | 19+ | Gym

*Instructor: No Instructor*

### BALL HOCKEY - RECREATIONAL (19+)

**\$5.95/DROP-IN**

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

Su | Jan 8-Mar 26 | 3-4:45pm | \$68.57/12 sess | 431935 | 19+ | Gym

*Instructor: No Instructor*

### **FREE** BALL HOCKEY - RECREATIONAL - GOALIE (19+)

Su | Jan 8-Mar 26 | 3-4:45pm | Free | 431936 | 19+ | Gym

*Instructor: No Instructor*

### BASKETBALL - RECREATIONAL (19+)

**\$5.95/DROP-IN**

Full court recreational basketball. 11 minute games with 3 teams of 6.

Tu | Jan 3-Mar 28 | 6-7:45pm | \$74.29/13 sess | 431937 | 19+ | Gym

Th | Jan 5-Mar 30 | 8-9:45pm | \$74.29/13 sess | 431938 | 19+ | Gym

*Instructor: No Instructor*

### INDOOR SOCCER - RECREATIONAL (19+)

**\$5.95/DROP-IN**

For players who want to improve their skills and have fun in a non-competitive environment. Not suitable for those looking to play in a competitive environment.

Tu | Jan 3-Mar 28 | 8-9:45pm | \$74.29/13 sess | 431939 | 19+ | Gym

Su | Jan 8-Mar 26 | 1-2:45pm | \$68.57/12 sess | 431941 | 19+ | Gym

*Instructor: No Instructor*

### INDOOR SOCCER - INTERMEDIATE (19+)

**\$5.95/DROP-IN**

For players with intermediate to advanced skills and knowledge of the game. Not suitable for beginners.

Th | Jan 5-Mar 30 | 10-11:45pm | \$74.29/13 sess | 431940 | 19+ | Gym

*Instructor: No Instructor*

Please note that course prices do not include taxes.

Please note that course prices do not include taxes.

## ADULT

## ADULT

### ROUNDHOUSE ADULT SPORTS CODE OF CONDUCT

#### Be a good sport

no excessive arguing or complaining

#### Control your temper

no yelling, ridiculing or criticizing another player or staff member

#### Be respectful

no foul language, no touching another player or staff member (exception: incidental sport contact)

#### Play fair

no aggressive or dirty play

#### Govern yourself

fouls called on you by the opposing team must be respected



### ADULT GYM SPORTS REGISTRATION

#### ADULT SPORTS DROP-IN AND CHECK-IN PROCESS

- Registered participants have exactly 10 minutes after the program start time to check in with the Gym Supervisor, or risk forfeiting their spot on the roster for that day.
- 10 minutes before the program start time, the front desk puts out slips of paper for prospective drop-ins to write their names on.
- Prospective drop-ins put their slips into a "hat".
- At the program start time, the names are written in order of when they are drawn
- Names on this list can be added to the day's roster for empty slots — if a registered participant checks in within the allotted time, the lowest person on the waitlist who is on the roster gets removed.
- Any drop-in who comes after the draw will be written on the list in the order they check in.
- If a registered participant checks in 10 minutes after the start time of the program, they will be put on the same waiting list as drop-ins, in the order that they check in; they do not have to pay a drop-in fee if there is space for them to participate.
- 10 minutes after the program start time, drop-in participants who fill vacant spots on the roster for that day are guaranteed their spot, and pay the drop-in fee.

#### EXAMPLE

- Basketball starts at 6pm.
- Names can be written on slips to be put in a hat at 5:50pm.
- Names are drawn at 6pm (drop-in names added to the roster to fill unclaimed spots).
- At 6:10pm, empty spots are filled and guaranteed for drop-in participants.

#### PLEASE NOTE THE FOLLOWING

- Prospective drop-in participants must be present to put their name in the hat.
- Prospective drop-ins can only put their own name into the "hat".
- Registered participants must be here in person to check in. They have 10 minutes after the start time of the program to check in or risk forfeiting their spot on the roster for that day.
- Registered participants can only check in themselves; they cannot:
  - Check in other registered participants
  - Write names on slips to be put into the "hat"

#### \*AFTER-HOURS SPORTS ONECARD PAYMENT

A OneCard is mandatory for after-hours sports. Please load drop-ins (denominations of 3, 5 or 10) onto your OneCard during office hours (Mo-Fr 9am-9:45pm, Sa Su 9am-4:45pm) prior to paying for your after-hours program. Staff will scan your card. Passes are non-refundable.

Please note that course prices do not include taxes.

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### PICKLEBALL - DOUBLES (30+)

Basic knowledge and experience of Pickleball required. If you are a registered participant and are more than 15 minutes, your spot will be given to a drop-in. We will be taking drop-ins via phone at 10am and not sooner, on Friday mornings. This program is run by the Roundhouse Codes of Ethics. Please see side bar for more details. No sess Mar 17, 24.

#### ROUNDHOUSE PICKLEBALL DROP-IN LIST

- Drop-in list opens at 10am on the day of the class
- The number of drop-in spots available is determined by how many registered players have informed the facilitators that they will not be in attendance before 9am on the day of the class
- Call 604-713-1800 press 1 to put your name on the list. You will be told at the time of call if you have been successful in getting a drop-in spot
- Only one person's name per phone call
- Voicemails are not accepted; speak to a cashier directly
- To guarantee your spot, register for the entire program

Fr | Jan 13-Mar 31 | 1:10-3:10pm | \$46/10 sess | 429725 | 30+ | Gym

Instructor: RH Volunteer

### TENNIS - INTERMEDIATE PRACTICE FOR LEVEL 2.5+ (19+)

Modified tennis in the gymnasium for intermediate NTRP (National Tennis Rating Program) level 2.5 + players. Review and practice all of the tennis strokes. The ratio is 1:6 for coach to students. No sess Jan 30, Feb 20.

Mo | Jan 9-Feb 27 | 6:45-7:45pm | \$171.43/6 sess | 432117 | 19+ | Gym

Instructor: G & G Tennis, g-g@telus.net

### TENNIS - BEGINNERS PLUS (1.5 NTRP) (19+)

Improve basic skills and game knowledge, at NTRP level 1.5. The ratio is 1:6 for coach to students. No sess Jan 30, Feb 20.

Mo | Jan 9-Feb 27 | 5:45-6:45pm | \$171.43/6 sess | 432114 | 19+ | Gym

Instructor: G & G Tennis, g-g@telus.net

### VOLLEYBALL - RECREATIONAL (19+)

\$5.95/DROP-IN

For players of all levels who want to have fun in a non-competitive and friendly environment.

We | Jan 4-Mar 29 | 6-7:45pm | \$74.29/13 sess | 431945 | 19+ | Gym

Instructor: No Instructor

### VOLLEYBALL - INTERMEDIATE (19+)

\$5.95/DROP-IN

For players with intermediate to advanced skills and knowledge of the game. Not for beginners.

Su | Jan 8-Mar 26 | 5-6:45pm | \$68.57/12 sess | 431944 | 19+ | Gym

Su | Jan 8-Mar 26 | 7-8:45pm | \$68.57/12 sess | 431943 | 19+ | Gym

Instructor: No Instructor

### VOLLEYBALL - ADVANCED (19+)

\$5.95/DROP-IN

Advanced and co-ed. At least one female per team each game. For experienced players only. Must have a solid volleyball foundation, be able to pass, set, serve, spike, and block with proficiency. Players need to show that they can be competitive in this advanced level. No class Oct 5.

We | Jan 4-Mar 29 | 8-9:45pm | \$74.29/13 sess | 431942 | 19+ | Gym

We | Jan 4-Mar 29 | 10-11:45pm | \$74.29/13 sess | 438885 | 19+ | Gym

Instructor: No Instructor

### WHEELCHAIR FLOORBALL (19+)

\$5.95/DROP-IN

Wheelchair Floorball is the adapted form of the internationally recognized game of Floorball. It is much like the game of floor hockey, combined with the rules of other sports like soccer and basketball. Five players per side plus a goalkeeper. Unlimited substitutions are allowed at any stoppage or during game-play. Wheelchair Floorball is not limited to wheelchair users or people with disabilities. Everybody is encouraged to play. Limited wheelchairs available.

Th | Jan 5-Mar 30 | 6-7:45pm | \$74.29/13 sess | 431946 | 19+ | Gym

Instructor: No Instructor

Please note that course prices do not include taxes.

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## ACCESSIBLE IN-PERSON REGISTRATION

### TUESDAY, DECEMBER 6, 11AM-1PM

This registration time slot is for those who have challenges with access to computers and/or the internet, or have trouble with the online registration system.

- Accessible registration is available for one third of the program participant total of eligible programs (see below). For example, if an eligible program has 30 spots, 10 spots are available for accessible registration. For example, (429856/10) indicates 10 accessible spots are available for that specific program timeslot.
- Only one person can register per program. You can only register yourself, not other people, as spots are limited.
- Indoor seating is available for those who need it.

Eligible programs: Ageless Dancers (434635/10), Ballroom Dance Instruction and Social (429856/10), Chinese Calligraphy (429926/2), Gentle Yoga (429921/4, 429923/4, 429924/4, 429925/4), Hawaiian Dance Lessons (429920/4), Joint Mobility (429913/4), Lindy Hop Level 1 (429858/6), Lindy Hop Level 2 (429872/6), Line Dance (429905/8), Mindful Artist (429890/3), Morning Tai Chi/Yuen Gi Dance (429894/10, 429895/10, 429896/10), Osteofit (429893/4), Pickleball (429725/8), Spanish Advanced (55+) (429883/3, 429884/3), Spanish for Beginners (55+) (429880/3, 429882/3), Spanish for Beginners Level 2 (55+) (429879/2), Virtual Improv Theatre (429733/5), Virtual Sound and Song (429888/5), Watercolour Painting (429886/4, 429887/4), Sketching and Drawing (429889/3)

## EDUCATION

### **FREE** CHRONIC CONDITIONS SELF-MANAGEMENT PROGRAM (19+)

This community-based program is offered over six sessions, 2.5 hours per week for 6 weeks as a 6-12 persons group workshop. These interactive sessions provide opportunities for someone living with a chronic condition, or a caregiver, to put life back into your life.

Th | Jan 12-Feb 16 | 6-8:30pm | Free | 432699 | 19+ | Rm A

*Instructor: Self-Management BC, selfmanagementbc.ca*

### **FREE** CHRONIC PAIN SELF-MANAGEMENT PROGRAM (19+)

This community based program is offered over six sessions, 2.5 hours per week for 6 weeks as a 6-12 persons group workshop. These interactive sessions provide opportunities for someone living with a chronic pain, or a caregiver, to put life back into your life.

Sa | Feb 18-Mar 25 | 10am-12:30pm | Free | 432700 | 19+ | Rm A

*Instructor: Self-Management BC, selfmanagementbc.ca*

## F.I.R.E. PERSONAL SAFETY AND SELF-DEFENCE (19+)

Learn the Israeli-based system that teaches how to manage safety concerns, process fear, and turn it into a tool. All tactics are based on a person's natural ability to respond and react regardless of age, size or fitness. Understand the importance of situational awareness, and learn to avoid, de-escalate and disengage from a threat.

Tu | Feb 21 | 6-8pm | \$55 | 432213 | 19+ | Room B

## MINDFULNESS MEDITATION (19+)

Meditation allows us to realize and address our own inner causes that hinder our life. We meditate not only for ourselves, but also for others. You are welcome to bring difficulties in your meditation. Session includes meditation, a talk, and Q&A.

Mo | Mar 6 | 7:30-8:30pm | \$15 | 432127 | 19+ | Multimedia Room

*Instructor: Sung Yang, lifen.me*

## LANGUAGE

### ESL FOR ADULTS (19+)

Improve your English speaking skills in this ESL class for adults through activities and in-class conversations. The focus is on speaking English, not writing it.

Tu | Jan 10-Mar 14 | 10-11:30am | \$200/10 sess | 432694 | 19+ | Music Rm

*Instructor: Veronica Chum*

### SPANISH - ADVANCED (55+)

Improve your conversational Spanish skills by practicing existing knowledge, applying simple tenses, and learning new tenses, which will help you express yourself when travelling to Spanish-speaking countries, and meeting new people.

We | Jan 11-Mar 22 | 1-2pm | \$159.50/11 sess | 429883 | 55+ | Rm C

Mo | Jan 9-Mar 20 | 1-2pm | \$145/10 sess | 429884 | 55+ | Rm C

*Instructor: Gloria Alonso*

### SPANISH BEGINNER FOR SENIORS - LEVEL 1 (55+)

Improve your brain functionality, and make your travels less stressful by learning a new language! Interact with others as you learn basic, conversational Spanish set in practical day-to-day situations, which will help you when travelling to Spanish-speaking countries.

We | Jan 11-Mar 22 | 11:30am-12:45pm | \$159.50/11 sess | 429880 | 55+ | Rm A

Mo | Jan 9-Mar 27 | 11:30am-12:45pm | \$145/10 sess | 429882 | 55+ | Rm C

*Instructor: Gloria Alonso*

### SPANISH BEGINNER FOR SENIORS - LEVEL 2 (55+)

Improve your conversational Spanish skills by practicing the skills you already have, and learning past and future tenses to help you express yourself when travelling to Spanish-speaking countries, and meeting new people.

We | Jan 11-Mar 22 | 10-11:15am | \$159.50/11 sess | 429738 | 55+ | Rm A

*Instructor: Gloria Alonso*



ARTS

**CHINESE CALLIGRAPHY - ADVANCED (25+)**

Acquire and improve writing skills through the use of Chinese ink, brush, and paper while practicing the stress-relieving ancient art of Chinese handwriting. Must have taken previous classes with Pansy to join this class.

Tu | Jan 17-Mar 21 | 11am-1pm | \$110/10 sess | 429926 | 25+ | Rm C

*Instructor: Pansy Poon*

**FREE VIRTUAL IMPROV THEATRE (55+)**

Using improvisation games and techniques, create spontaneous theatre and share stories in this online workshop. The content will come from you, but there's nothing to prepare—just be ready to play, collaborate and have fun! Facilitated by theatre artists Jeff Gladstone and Amy Shostak. No experience necessary. All abilities welcome. You will need internet access and a computing device (desktop computer, laptop, tablet, or smart phone). Once you're registered, we'll e-mail you the login details, and you can participate from home. Part of Arts & Health: Healthy Aging Through the Arts, which brings together artists, seniors and Elders for collaborative art-making of all kinds.

We | Jan 11-Mar 29 | 9:30-11am | Free | 429733 | 55+ | Online

*Lead Artists: Amy Shostak, Jeff Gladstone, artsandhealth.ca*

**WATERCOLOUR PAINTING (19+)**

Gain experience working with watercolours in a loosely structured and supportive studio setting. Participants are encouraged to work on personal projects to develop their style.

We | Jan 11-Feb 8 | 9:45-11:45am | \$77.50/5 sess | 429886 | 19+ | Arts & Crafts Rm

We | Feb 15-Mar 22 | 9:45-11:45am | \$93/6 sess | 429887 | 19+ | Arts & Crafts Rm

*Instructor: Sonia Mocnik*

MUSIC

**FREE VIRTUAL SOUND AND SONG FOR OLDER ADULTS (55+)**

Explore the sounds around us through the collaborative writing of new choral works. In this online workshop, singer/songwriter/composer Leah Abramson introduces deep listening practices, while you apply new experiences to collective songwriting. No experience necessary. All abilities are welcome. This is a hybrid program — partially online and partially in-person. You will need internet access and a computing device (desktop computer, laptop, tablet or smart phone). Once you're registered, we'll e-mail you the login details, and you can participate from home. Virtual Part of Arts & Health: Healthy Aging Through the Arts, which brings together artists, seniors and Elders for collaborative art-making of all kinds.

We | Jan 11-Mar 29 | 11:30am-12:45pm | Free | 429888 | 55+ | Online

*Lead Artist: Leah Abramson, artsandhealth.ca*

**MINDFUL ARTIST (55+)**

**\$15/DROP-IN**

Combine painting, sketching, and meditation to boost your creativity in a calm environment. The natural flow of your breath will help you to use a variety of techniques to experiment with abstraction in colour. Édouard brings in live-modelling, music, social media, humour, and fashion to the session. Supply list: 9 X 12 or bigger sketchbook, graphite pencils 2H to 5B, graphite stick or woodless pencil (2B), rubber, kneadable eraser, marker, fine liner (not a gel pen), pen.

Mo | Feb 27-Mar 27 | 1-3pm | \$62/4 sess | 429890 | 55+ | Arts & Crafts Rm

*Instructor: Édouard Beaudry*

**SKETCHING AND DRAWING (25+)**

**\$15/DROP-IN**

With an emphasis on drawing still lifes, learn to understand the fundamentals of perspective. From basic shapes to a refined outline, use different techniques to render light and shadow. Relax in a supportive environment. No sess Feb 20.

Mo | Jan 9-Feb 13 | 1-3pm | \$93/6 sess | 429889 | 25+ | Arts & Crafts Rm

*Instructor: Édouard Beaudry*

DANCE

**BALLROOM DANCE INSTRUCTION & SOCIAL (55+) \$4.25/DROP-IN**

Improve balance, increase motivation, boost memory, and meet new friends in a relaxed and social setting. No partner or experience necessary. Includes 45-minute dance social after class.

Fr | Jan 13-Mar 31 | 1:45-3pm | \$44.28/12 sess | 429856 | 55+ | Dance St

*Instructor: Barney Alfred Lee, K. Lani*

**LINDY HOP - LEVEL 1 (19+)**

**\$18.75/DROP-IN**

This fun and lively dance is the progenitor of all the swing dances, and has a large community of dancers here, and all over the world. Taught by two experienced instructors in a fun and safe environment, this course emphasizes connection, and leading and following skills, and focusses on six-count step patterns. No experience necessary, and you do not need to sign up with a partner.

We | Jan 11-Feb 15 | 8:30-9:45pm | \$100/6 sess | 429858 | 19+ | Dance St

*Instructor: Barney Alfred Lee, K. Lani*

**LINDY HOP - LEVEL 2 (19+)**

**\$18.75/DROP-IN**

Continuing from Lindy Hop — Level 1. Learn to dance to the music of the big band era!

We | Feb 22-Mar 29 | 8:30-9:45pm | \$100/6 sess | 429872 | 19+ | Dance St

*Instructor: Barney Alfred Lee, K. Lani*

**LINE DANCING (55+)**

**\$11/DROP-IN**

Learn the elements of line dancing, a wonderful form of dance and fitness. Wear comfortable cloths and dancing shoes. No experience necessary.

Th | Jan 12-Mar 23 | 12:45-2pm | \$88/11 sess | 429905 | 55+ | Dance St

*Instructor: Phillis Lim*

**HAWAIIAN DANCE LESSONS (55+)**

**\$8.50/DROP-IN**

Aloha! Join Hula, or Hawaiian dance, and beat the Vancouver greys with a dose of Hawaiian fun.

Fr | Jan 13-Mar 31 | 4-5pm | \$78/12 sess | 429920 | 55+ | Dance St

*Instructor: Yoshiteru Yamamoto*

## OLDER ADULT

### **FREE** ROUNDDHOUSE AGELESS DANCERS (55+)

Follow your imagination and discover creative movement with dance artist -in-residence Heather Myers. This art project weaves together improvisation, composition, rhythm, experience and story to co-create community dance. No dance experience is necessary but registration is required. Funded by the Vancouver Park Board.

We | Jan 11-Mar 15 | 12-2pm | Free/10 sess | 434635 | 55+ | Dance St  
Lead Artist: Heather Myers

## FITNESS

### TAI CHI CHUAN - BEGINNERS (19+)

**\$15/DROP-IN**

Learn traditional Chinese exercises for self-defence and health. The movements emphasize softness, slow motion, concentration, and relaxation. The exercises relieve stress and improve health. All ages welcome, no experience necessary. No sess Mar 18

Sa | Jan 7-Feb 11 | 11:30am-1pm | \$78/6 sess | 432133 | 19+ | Room B  
Sa | Feb 18-Mar 25 | 11:30am-1pm | \$65/5 sess | 432137 | 19+ | Room B  
Instructor: Laurens Lee

### TAI CHI CHUAN - INTERMEDIATE (19+)

**\$15/DROP-IN**

This course builds on skills learned in the beginner class and encourages further development. The movements emphasize softness, slow motion, concentration, and relaxation. The exercises relieve stress and improve your health. No sess Mar 18.

Sa | Jan 7-Feb 11 | 9:30-11am | \$78/6 sess | 432144 | 19+ | Room B  
Sa | Feb 18-Mar 25 | 9:30-11am | \$65/5 sess | 432145 | 19+ | Room B  
Instructor: Laurens Lee

### **FREE** MORNING TAI CHI EXERCISE/YUEN GI DANCE (55+)

Energize your morning with gentle exercise and dance in this friendly, morning movement group. Volunteer instructors teach in Cantonese and English in a cultural experience, which doubles as exercise. Registration is required. No sess Feb 20.

We | Jan 4-Mar 8 | 10-11:30am | Free | 429895 | 55+ | Rm B  
Fr | Jan 6-Mar 10 | 10-11:30am | Free | 429896 | 55+ | Rm B  
Mo | Jan 9-Mar 6 | 10-11:30am | Free | 429894 | 55+ | Rm B  
Instructor: RH Volunteer



Please note that course prices do not include taxes.

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## GROUP FITNESS

### CARDIO CORE - DROP-IN FITNESS (19+)

Cardio Core brings your heart rate up and works your core through muscle conditioning while listening to groovy new beats. A low impact class geared towards active and fit older adults. No sess Feb 20.

Mo | Jan 9-Mar 27 | 11-11:45am | 432984 | 19+ | Dance St  
Instructor: Édouard Beaudry

### POSTURE PERFECT - DROP-IN FITNESS (19+)

Geared towards older adults, this co-ed class includes a cardio warmup, weights, stability ball, spine work, and stretches, while strengthening the body to improve balance, agility, core strength, and posture.

Tu | Jan 3-Mar 28 | 11-11:45am | 432985 | 19+ | Dance St  
Instructor: Sarah Groberman

### STRENGTH AND STRETCH - DROP-IN FITNESS (19+)

Get yourself moving, burn calories, build muscle mass, strengthen your core, and make yourself feel good all around. A low-impact class is geared towards older adults.

Th | Jan 5-Mar 30 | 11-11:45am | 432986 | 19+ | Dance St  
Instructor: Harry Wong

### CARDIO COMBO - DROP-IN FITNESS (19+)

Geared towards older adults looking for a lower-impact fitness class providing cardio, balance and strength training for an overall body workout. Increase fitness confidence and strength working with bands.

Fr | Jan 6-Mar 31 | 11-11:45am | 432983 | 19+ | Dance St  
Instructor: Bita Farid

### JOINT MOBILITY (55+)

For those with arthritis, osteoporosis and mobility issues, those starting an exercise program or recovering from an injury or joint surgery, keep your body moving and limber. No sess Feb 20.

Mo | Jan 9-Mar 27 | 3:30-4:30pm | \$69.63/11 sess | 429913 | 55+ | Dance St  
Instructor: Keno Kinoshita

### OSTEOFIT (19+)

For those with osteoporosis, arthritis, joint-mobility problems or anyone who wants to improve agility, balance, coordination exercise and strength to prevent falls. This is a progressive class, and there are no drop-ins.

Fr | Jan 13-Mar 31 | 9:15-10:15am | \$75.96/12 sess | 429893 | 19+ | Dance St  
Instructor: Keno Kinoshita

## OLDER ADULT

### GROUP FITNESS PRICING

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

[roundhouse.ca/forms](http://roundhouse.ca/forms)

Drop-ins are welcome if the class is not full.

### ADULT

\$6.67/drop-in

\$50/10-class pass

### OLDER ADULT 55+

\$4.29/drop-in

\$30/10-class pass

Passes are non-refundable.

### ONECARD

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

Parent and Tot Gym

Group Fitness

Racquet Sports

Bridge

Adult Sports

Please sign up for your free OneCard at the front desk (replacement cards are \$2).

Please note that course prices do not include taxes.

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Courses, prices, registration information may change without notice. Please contact the Roundhouse to confirm.

## OLDER ADULT

### YOGA AND PILATES

#### GENTLE YOGA (55+)

**\$15/DROP-IN**

Experience the joy of gentle Hatha with a balanced and creative approach. Focus on breath and meditation in poses, while stretching and experiencing freedom of movement for improved body awareness, flexibility, and core strength. Participants should bring their own mat and any other items they feel they may need. No sess Feb 20.

Mo | Jan 9-Feb 6 | 9:30-11am | \$70/5 sess | 429921 | 55+ | Rm C  
We | Jan 11-Feb 8 | 9:30-11am | \$70/5 sess | 429924 | 55+ | Rm C  
Mo | Feb 13-Mar 20 | 9:30-11am | \$70/5 sess | 429923 | 55+ | Rm C  
We | Feb 15-Mar 22 | 9:30-11am | \$84/6 sess | 429925 | 55+ | Rm C  
*Instructor: Natalia Nimetz*

### SOCIAL ACTIVITIES

#### FREE WALK AND SOCIAL (55+)

Get outdoors and walk with leader and life coach, Sage. This is a great way to meet new people and learn about the Yaletown neighbourhood. This is not a strenuous class and has a large social component. Wear walking shoes, and dress for the weather. We will not be walking on heavy rain days. Please register for the class.

Tu | Jan 10-Mar 28 | 11-11:55am | Free | 429723 | 55+ | Foyer  
*Instructor: Sage Waserman*

### SOCIAL ACTIVITIES – GAMES

#### FREE MAH JONG (55+)

Originating in China, Mah Jong is played with a set of 136 tiles based on Chinese characters and symbols. Tables and pieces are included, and experience is required. Tables are available on a first come, first served basis. No sess Feb 20.

M Tu | Jan 9-Mar 28 | 9am-12:45pm | Free | 429667 | 55+ | Rm A  
*Instructor: RH Volunteer*

#### FREE BRIDGE (55+)

Join our group on Tuesdays, and enjoy duplicate bridge. Please note that no instruction is provided. New players are always welcome. Tables are available on a first come, first served basis.

Tu | Jan 10-Mar 28 | 1-4:45pm | Free | 429671 | 55+ | Rm A  
*Instructor: RH Volunteer*

#### CHESS - SOCIAL DROP-IN (55+)

**\$3/DROP-IN OR \$20/10 VISIT PASS**

Play chess in a social and friendly atmosphere. Basic knowledge of chess is required, and some boards will be provided.

Tu | Jan 10-Mar 28 | 10am-12pm | \$2.86/12 sess | 429673 | 55+ | Board Rm  
*Instructor: Guy Dugas*

### SPORTS

#### PICKLEBALL - DOUBLES (30+)

**\$6/DROP-IN**

Basic knowledge and experience of Pickleball required. If you are a registered participant and are more than 15 minutes, your spot will be given to a drop-in. We will be taking drop-ins via phone at 10am and not sooner, on Friday mornings. This program is run by the Roundhouse Codes of Ethics. Please see side bar for more details. No sess Mar 17, 24.

#### ROUNDHOUSE PICKLEBALL DROP-IN LIST

- Drop-in list opens at 10am on the day of the class
- The number of drop-in spots available is determined by how many registered players have informed the facilitators that they will not be in attendance before 9am on the day of the class
- Call 604-713-1800 press 1 to put your name on the list. You will be told at the time of call if you have been successful in getting a drop-in spot
- Only one person's name per phone call
- Voicemails are not accepted; speak to a cashier directly
- To guarantee your spot, register for the entire program

Fr | Jan 13-Mar 31 | 1:10-3:10pm | \$46/10 sess | 429725 | 30+ | Gym - Full  
*Instructor: RH Volunteer*

#### SENIORS RACQUET SPORT (55+)

**\$2.86/DROP-IN**

Bring your racquet and enjoy table tennis and badminton. Some knowledge and experience required, and mixed-ages play on Mondays. This program is run by the Roundhouse Codes of Ethics; see side bar for more details. No sess Feb 10, Mar 13, 15, 17, 20, 22, 24.

Mo We Fr | Jan 9-Mar 31 | 9-11:55am | 2.86/drop-in | 429674 | 55+ | Gym - Full  
*Instructor: RH Volunteer*

#### BADMINTON (19+)

**\$5.95/DROP-IN**

All levels welcome. Four courts and equipment available. No sess Feb 20.

Mo | Jan 9-Mar 27 | 8-9:45pm | \$62.86/11 sess | 431934 | 19+ | Gym  
*Instructor: No Instructor*

### SPECIAL EVENTS

#### LUNAR (CHINESE) NEW YEAR AND KARAOKE (25+)

Join a fun afternoon of karaoke and Hawaiian dance performance and lessons – with friends new and old. The afternoon includes a light lunch and refreshments.

We | Jan 18 | 12-2:30pm | \$15 | 429730 | 25+ | Exhibition Hall



## OLDER ADULT

### TABLE TENNIS RULES

- Any person can play on any table
- Tables are shared
- This is a social game, not competitive
- Singles: 20 min limit, everyone leaves the table to let others play
- Doubles: 30 min limit, everyone leaves the table to let others play
- Questions? Ask Roundhouse staff or the volunteer instructor

Please note that course prices do not include taxes.

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Information [roundhouse.ca](http://roundhouse.ca) 604.713.1800 ext 1

Registration [recreation.vancouver.ca](http://recreation.vancouver.ca)

Please note that course prices do not include taxes.

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## REGISTRATION REFUNDS

### HOURS OF OPERATION

Mon to Fri, 9am–10pm  
Sat & Sun, 9am–5pm

### ONLINE ACCOUNT

If this is your first time registering online, please create an account at the time you register.

Visit [roundhouse.ca/programs/registration-policies](http://roundhouse.ca/programs/registration-policies) or call the front desk to help you set up an online account in advance at 604-713-1800 ex 1. Front desk closes 15 minutes prior to building closure.

### PAYMENT

Fees are payable at the time of registration. Roundhouse accepts Visa, MasterCard, Amex, debit, cash, and cheques.

All phone registrations are payable at the time of registration. Receipts can be emailed to you, held for you at the front desk at your request, or accessed online by logging into your Park Board account. Please make cheques payable to City of Vancouver. You must show valid ID for all cheque payments. A \$35 fee will be charged for all NSF (not sufficient funds) cheques.

All refunds are made in the method of payment, or you can be issued a credit to your account.

Cheque refunds may take up to 30 days to clear and another 30 days to process.

## REGISTRATION—ONLINE, IN-PERSON, PHONE

### TUESDAY, DECEMBER 6

#### 11AM-1PM OLDER ADULTS ACCESSIBLE IN-PERSON REGISTRATION

For those who have challenges with access to computers, internet, or have trouble with the online registration system. Available for one third of the program participant total of eligible programs. You can only register yourself, not other people, as spots are limited. Indoor seating available for those who need it. Please see page 50 for eligible programs.

#### 7PM ALL AGES ONLINE AND IN-PERSON REGISTRATION

No online registration for the following programs: Afterschool Kids Club.

### WEDNESDAY, DECEMBER 7

#### 9AM ALL AGES PHONE REGISTRATION

Register for all programs. Call 604-713-1800 and press 1.

**New!**  
Older Adult  
Accessible In-person  
Registration  
11am-1pm

## REFUNDS, WAITLISTS, CANCELLATIONS, PROGRAM CHANGES

The following applies to all types of programs and policies.

- Before processing, all refunds must be approved by a programmer.
- \$10 RECEIPT REPRINT FEE applies to all receipt reprint requests.
- \$35 FEE will be charged for all NSF (not sufficient funds) cheques.
- \$10 ADMINISTRATION FEE applies to all refunds for courses that cost more than \$20.
- \$5 TRANSFER FEE applies to all course transfers.
- All refunds must be applied for by phone or in person: no email, fax or voice message.
- Full refunds are issued for courses that are cancelled by the Roundhouse.
- Materials fees are non-refundable unless the course is cancelled.
- All refunds are counted from the start date of the first class at the beginning of the course. No refunds for late registrations.
- For courses that have already started, you will be given a pro-rated refund (full amount minus the classes that have gone by) **only when approved by programmers**. Instructors and frontline staff cannot make this decision. Classes need to reach minimum enrollment before refunds are issued.
- If you must withdraw for medical reasons after the normal refund deadline has passed, a doctor's note and a programmer's permission are required for a pro-rated refund. The refund will be granted only from the date when the programmer has the doctor's note in hand.
- All waiting lists are on a first-come, first-served basis.

#### Regular Program Refunds

- For a full refund minus a \$10 admin fee, 48-hour notice by phone or in person is required before the start of the first class.
- For a pro-rated refund minus a \$10 admin fee, 24-hour notice by phone or in person is required before the start of the second class.

#### Specialized Program Cancellation and Refunds:

- **Woodworking:** 72-hour notice by phone or in person is required before the start of the class, plus a \$10 admin fee. First class is mandatory for all levels. There are no refunds or registrations once the class has started.
- **Pottery:** Full refund minus a \$10 admin fee, 48-hour notice by phone/in person required before the start of the first class. Pro-rated refund minus a \$10 admin fee, 24-hour notice by phone/in person required before start of the second class. Material fees are non-refundable after first class. Registrations not accepted after second class.
- **Tennis:** 7-day notice is required before the first class, plus a \$10 admin fee.
- **Day Camps:** 10-day notice by phone or in person is required prior to the week the child is registered in, plus \$10 admin fee for each refund request per child, and/or \$5 transfer fee for each transfer request per child.
- **Workshops, Special Events, Cooking, Knitting:** 72-hour notice before the class starts, plus a \$10 admin fee if over \$20.
- **Karate:** 48-hour notice by phone or in person is required before the start of the class, plus a \$10 admin fee. No refunds once the class has started.
- **Birthday Parties:** All refunds require a 10-day notice before the party starts. Fewer than 10-days' notice will be charged a \$50 refund fee.

## ROUNDHOUSE MEMBER ROOM USE POLICY

Roundhouse patrons can drop in and use an available room for a **MAXIMUM OF 2 CONSECUTIVE HOURS PER DAY**. The first hour is free, and the second hour, or portion thereof, is \$5. Room use is **not** for the purposes of financial gain, to provide instruction, establish or promote outside activities or programs, or to run large group meetings. Room use is for activities such as rehearsals, studying, or small meetings. Designated member rooms: Rooms A, B & C, Dance Studio, Multimedia Room, Board Room, Music Room, Arts & Crafts Room.

The following conditions apply:

- Room use is **limited to three (3) people only**. Four or more is considered a rental.
- **A room cannot be reserved in advance**. Use is on a first-come, first-served basis.
- You must sign up for a OneCard and hand it in to the front desk before using the room.
- You must leave the room clean and organized the way you found it. Also:
  - Roundhouse staff will not provide or set up equipment.
  - You cannot leave or store materials or artwork in the Roundhouse.
  - Your use of the space must not disturb or conflict with other programming or rentals.
- You will be responsible for the financial cost of replacing any equipment that is lost, or repairing any damage that occurs while you use the room.
- The room is to be vacated at least 30 minutes before Roundhouse closes.
- Your use of the space must not contravene the Human Rights Code.
- Roundhouse staff reserves the right to ask patrons to vacate the space if the above regulations are not met, or if the staff has any unforeseen or emergency needs for programming space.
- Failure to comply with this policy or follow the directions given by Roundhouse staff will result in immediate loss of access to Roundhouse rooms and may lead to cancellation of room use in the future.

**Common areas:** (Mezzanine, Foyer, Great Hall, Exhibition Hall) These areas are for all patrons to use during Roundhouse open hours. Please refrain from using them as a member room use space (rehearsals, etc.). The Mezzanine is designated as a Quiet Area. Please turn off the sound on your electronic devices and keep noise/activity to a minimum.

## RENT THE ROUNDHOUSE

Located in downtown Vancouver, close to hotels, parks, the Seawall, shopping, theatres, restaurants and more, the Roundhouse offers a unique venue for hosting a variety of events, from casual and private to formal and public.

Our experienced and professional staff give us the flexibility to host a wide range of events such as: meetings, birthday parties, weddings, private parties, conferences, festivals, and professional theatre, dance and music performances. Rental spaces include a variety of multi-purpose rooms, a 200-seat theatre, a versatile 7,200 sq ft exhibition/festival hall, a dance studio, and a gymnasium.

For information, rental rates, and space availability, contact our Rental Coordinator at 604-713-1811, or visit [roundhouse.ca/facilities-rentals](http://roundhouse.ca/facilities-rentals).

### EXHIBITION HALL



## ROOMS AND RENTALS

### TURNTABLE PLAZA



### PERFORMANCE CENTRE



## ONECARD, FEES, POLICIES

### PROGRAM PROPOSAL DEADLINES

Winter:  
September 15

Spring/Summer:  
December 15

Fall:  
May 15

Recreation programs offered at the Roundhouse include: prenatal, postnatal, infant, pre-school, children, youth, adults, older adults, and seasonal events. All proposals must be submitted via an online form.

Go to [roundhouse.ca](http://roundhouse.ca) select Programs select Program Proposals

## ONECARD

Pick up your free Vancouver Park Board OneCard at any community centre. Your OneCard gives you access to all centre programs, facilities and equipment. Picture ID is required to issue a OneCard. Pictures are taken for our records and are not displayed on the OneCard.

## ROUNDHOUSE MEMBERSHIP

Roundhouse memberships are complimentary when you register for a program. However, for voting privileges at the AGM, you may purchase an annual membership at the front desk. Info at [roundhouse.ca/get-involved/membership](http://roundhouse.ca/get-involved/membership)

## PROGRAM SUBSIDIES

The Leisure Access (LA) Program is provided by the Vancouver Park Board to help Vancouver residents with limited income access Park Board programs and services. The Roundhouse will provide a subsidy of up to 50% off registration or drop-in fees for one program, per season, per person, to LA holders. Some programs that are exempt from the subsidy include pottery, woodworking, private music lessons and birthday parties. To learn more about the LA Program, visit the Park Board website at [vancouverparks.ca](http://vancouverparks.ca) and click on the "Access Services" link or call the LA office at 604-257-8497. If you require an additional subsidy beyond what is available, contact the front desk to make an appointment with a programmer.

## EQUIPMENT USE POLICY

For rental clients, certain equipment can be booked for a fee with the Rental Coordinator. An office supplies kit (flip chart stand and paper) is available for rent at \$10. All equipment is dependent on availability. For patrons, requests for equipment must be made through the front desk on a first-come, first-served basis and may not be pre-booked. If the equipment you are requesting is available, it will be issued in exchange for your OneCard and the applicable fee. Your card will be returned when you bring the equipment back to the front desk. **Patrons are responsible for any loss or damage.** Games Room equipment—such as table tennis racquets and balls, foosball, air hockey, and pool cues and balls—is available free with a OneCard.

## ACCESS AND SPECIAL NEEDS

All of the facilities and programs offered in this guide are designed for people of all ages and abilities. To help us give you better service, we encourage you to let us know your support needs in advance. Before registering, call the front desk and ask to speak to a programmer.

## BICYCLES

Bicycles are not permitted in the building. Bicycle racks are located at Roundhouse's main entrances off Pacific Boulevard or Roundhouse Mews.

## ANIMALS

Animals are not permitted in the building unless they are service dogs certified under the British Columbia Guide Animal Act.

## FREEDOM OF INFORMATION PRIVACY ACT

Your information will only be used for the purpose of administering programs, informing you of our services, and for statistical purposes. For information on our privacy policies and practices, or to contact our Privacy Officer, please call 604-713-1800.

## LOST & FOUND ITEMS

The Roundhouse is not responsible for lost and found items. All lost and found items turned into the front desk will be kept for 30 days. After 30 days, all items will be donated to a local charity.

## GYM SCHEDULE: JANUARY – MARCH 2023

MON	TUE	WED	THU	FRI	SAT	SUN
Seniors Racquet Sports* 9-11:45am	Parent & Tot Gym* 9:15-11:45am	Seniors Racquet Sports* 9-11:45am	Parent & Tot Gym* 9:15-11:45am	Seniors Racquet Sports* 9-11:45am	Parent & Tot Gym* 9:15-11:45am	Sportball Multisport Ages 2-3 9:15-10am Ages 3.5-5 10-10:45am Ages 6-9 10:45-11:45am
Elsie Roy Basketball 12:10-12:50pm	Elsie Roy Soccer 12:10-12:50pm	Parent & Tot Gym* 12:30-2:30pm	Elsie Roy Hockey 12:10-12:50pm	Elsie Roy Badminton 12:10-12:50pm		Birthday Party 12-12:45pm
Rhythmic Gymnastics 2-3pm	Sportball Soccer Ages 2-3 1:30-2:15pm Ages 3.5-5 2:15-3:15pm Ages 6-9 3:30-4:30pm		Sportball Multisport 1-2pm Floor Hockey 2-3pm	Pickleball Doubles* 1:10-3:10pm	Pre-Teen & Youth Basketball Open Gym 1-2:45pm	Indoor Soccer REC* 1-2:45pm
Raincity Basketball* 3:35-5:35pm		Indoor Tennis* 3:15-3:45pm 3:45-4:45pm 4:45-5:45pm	Pre-Teen & Youth Basketball 3:15-4:30pm	Pre-Teen & Youth Open Gym 3:30-5pm	Pre-Teen & Youth Volleyball Open Gym 3-4:30pm	Ball Hockey REC* 3-4:45pm
Tennis - Beginners Plus 1.5 5:45-6:45pm	Pre-Teen & Youth Basketball 4:30-6pm		Pre-Teen & Youth Volleyball 4:30-5:45pm	Youth Basketball 5-7pm		Volleyball INT†* 5-6:45pm
Intermediate Tennis Practice for Level 2.5+ Plus 1.5 6:45-7:45pm	Basketball REC* 6-7:45pm	Volleyball REC* 6-7:45pm	Wheelchair Floorball* 6-7:45pm	Youth Volleyball 7:15-9:30pm		Volleyball INT†* 7-8:45pm
Badminton* 8-9:45pm	Indoor Soccer REC* 8-9:45pm	Volleyball COM†* 8-9:45pm	Basketball REC* 8-9:45pm			
		Volleyball COM†* 10-11:45pm	Indoor Soccer INT†* 10-11:45pm			

## GYM SCHEDULE

### CLOSURES

Dec 22-Jan 1

Feb 20

### NO CLASS DATES

Please check program descriptions for seasonal dates and no class dates.

### DROP-INS

(\*) Programs with an asterisk accept drop-ins. All drop-ins require a fee; please pay at the front desk. You must pay with a OneCard after hours.

### AFTER-HOURS SPORTS PAYMENT

(†) A 3-, 5- or 10-visit pass loaded onto your OneCard is mandatory for after-hours (after 10pm Mo-Fr, after 5pm Su) adult gym drop-in programs. Load your OneCard during office hours only (Mo-Fr 9am-9:30pm, Sa Su 9am-4:30pm). Passes are non-refundable.

### CO-ED

All programs are co-ed unless otherwise indicated.

### GYM SET-UP

At times, the gym will be divided 1/3 and 2/3 to accommodate activities.

### SCHEDULE KEY

REC Recreational  
BEG Beginner  
NT Intermediate  
COM Competitive

# DANCE STUDIO SCHEDULE

## DANCE STUDIO SCHEDULE: JANUARY – MARCH 2023

### COURSE INDEX

#### CLOSURES

Dec 22-Jan 1

Feb 20

#### NO CLASS DATES

Please check program descriptions for seasonal dates and no class dates.

#### DROP-INS

(\*) Programs with an asterisk accept drop-ins.

All drop-ins require a fee; please pay at the front desk.

MON	TUE	WED	THU	FRI	SAT	SUN
	Iyengar Yoga 9:15-10:45am			Osteofit 9:15-10:15am	Creative Ballet Level 1* 9-9:45am	
Baby Sign Language 10-10:45am					Creative Jazz and Hip Hop* 9:50-10:35am	Introduction to Vertical Dance with Aeriosa 10am-12pm
Group Fitness Cardio Core* 11:30am-12:15pm	Group Fitness Posture Perfect* 11-11:45am	Fit 4 Two* Baby and Me Fitness* 11am-12pm	Group Fitness Strength & Stretch* 11-11:55am	Group Fitness Cardio Combo* 11-11:45am	Creative Ballet Level 2* 10:40-11:25am Level 3* 11:30am-12:30pm	
	Elsie Roy All Star Performers 12:10-12:50pm	Roundhouse Ageless Dancers 12-2pm	Line Dancing* 12:45-2pm	Zumba Noon* 12-1pm	Latin Funk* 12:45-1:45pm	Ready Dance Youth Project 12:30-2pm
		Preschool Hip Hop* 2:15-3pm		Seniors Ballroom Dance* 1:45-3pm	All Bodies Dance 2:30-4pm	Roundhouse Community Dancers 2:30-4:30pm
Joint Mobility 3:30-4:30pm		Preschool Ballet* 3-3:30pm Children Ballet* 3:30-4:15pm	Dance3ly Preschool 3:45-4:30pm			
	Pre-Teen JFK (Jazz /Funk /Hip Hop) Dance 4:15-5:15pm	Children Hip Hop* 4:30-5:15pm	Dance3ly 4:30-5:30pm	Hawaiian Dance Lessons* 4-5pm		
Brazilian Rhythms 6-6:45pm		Booty Barre Workout* 6-7pm		Intermediate Vertical Dance with Aeriosa 5:15-7:45pm		
Mobility and Core Training* 7-8pm	Zumba* 7-8pm	Fit 4 Two Prenatal Fitness* 7:15-8:15pm	Body Interval Conditioning Training* 7-8pm			
		Lindy Hop* 8:30-9:45pm	Classical Fencing* Jan 12-Feb 2 Mar 9-30 Sci-Fi & Fantasy Weapons* Feb 9-Mar 2 8:30-9:30pm			

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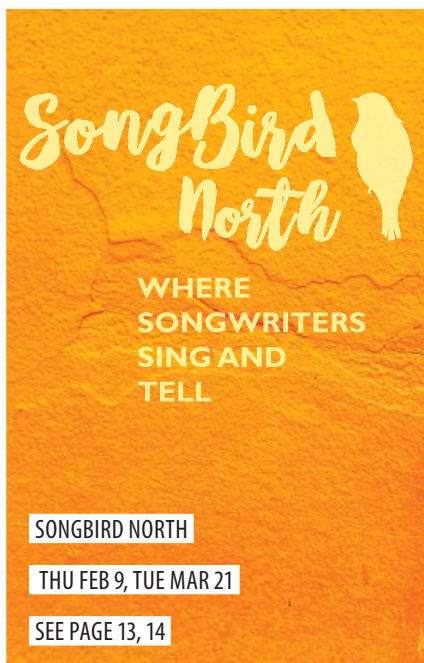




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**SongBird North**

**WHERE SONGWRITERS SING AND TELL**

**SONGBIRD NORTH**

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**SOLDIERS OF TOMORROW**

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