

DUNBAR COMMUNITY CENTRE

Recreation
Guide



SPRING
2017

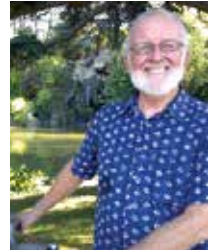


Dunbar Community Centre is jointly operated by the
Dunbar Community Centre Association and the Vancouver Board of Parks and Recreation



Onward into 2017!

I hope 2017 has started well for you and that it will be a year of success, enjoyable experiences, good health and wonderful company. I expect that you, like me, had an unusual Vancouver winter shoveling snow, shoveling water-laden snow, spreading salt or sand, breaking up ice and sharing social conversation with similarly engaged neighbours. However, that does not mean that your exercise and chatting are done. Fitness, wellness, education, recreation and even just plain relaxation await you at the Dunbar Community Centre. Please join us and try out some of our new offerings or carry on with your regular favourite programs as we will be offering a full slate again this season.



We started the New Year with continued discussions about a new relationship with Park Board and the City concerning operating the Centre. With a little luck, by the time you read this, those discussions will have successfully concluded and we can focus on providing programs and activities for the community.

Kristi, Roy, Brittany, Gogo and Krissy have worked hard to ensure that the regular mainstay programs continue this season and that we have new offerings to pique your interest and expand your portfolio of recreational or social activities. Thank you, Gang.

Have a great Spring session as we leave the dark days of winter behind us and gear up for the warm and sunny days of another beautiful summer in Vancouver.

Gerry Massing

PRESIDENT, DUNBAR COMMUNITY CENTRE ASSOCIATION



New Programs at Dunbar Community Centre

In addition to our popular existing programs, please look out for the “**NEW**” symbol beside all of the new programs being offered this Winter at Dunbar Community Centre.

Spring Registration

Dunbar Community Centre • 4747 Dunbar Street • Vancouver, BC V6S 2H2

Tel 604.222.6060 (Press 1 for Front Desk) • Fax 604.222.6066 • www.dunbarcentre.org

When to Register



IN-PERSON & ON-LINE

Tuesday, March 14, begins 9:00am



BY PHONE • CALL 604.222.6060 EXT 1

Wednesday, March 15, begins 9:00am

How to Register

ON-LINE REGISTRATION

- Go to www.recreation.vancouver.ca or dunbarcentre.org
- In order to use our on-line registration you **MUST** have an approved on-line account.
- Payment by **Visa or Mastercard only**.

IN PERSON REGISTRATION

- In-Person & On-line registration takes place at the same time: Tuesday, December 6th, 9:00am.
- Payment by VISA, MasterCard, cash or cheque (made payable to the City of Vancouver).

PHONE REGISTRATION

- Have your program selections and credit card ready when you call. Due to the volume of registration you may experience some delays.
- Call 604.222.6060 press “1” for front desk during operating hours.
- Payment by **Visa or Mastercard only**.

Cancellations, Transfers & Refunds

- \$10.00 processing fee per course will be charged for all course refunds.
- Refund requests must be made 48 hours prior to the 2nd class (**See Exceptions**).
- If we cancel a program we refund fully for the remaining classes (no processing fee).
- Unavoidable class cancellations will be made up at the end of the session.
- No processing fee will be charged for class transfers.

EXCEPTIONS

- For 1 and 2 day workshops, special events & outtrips, 48 hour cancellation notice is required to receive a refund.
- Outdoor Sports & Hikes one week cancellation notice is required.
- Birthday Parties require one week cancellation notice.
- Youth programs may have other exceptions in the course description.
- Changing Aging and Fit Over 50 medical note required for refund. See Page 27 for more information.

Contents

• Registration Info	1
• Preschool	2–9
• Children & Preteens	10–17
• Summer Daycamp	18–19
• Youth	20–21
• Group Fitness	22–23
• Indoor Cycling	24–25
• Fitness Centre Info	26
• Happy Hearts	27
• UBC Changing Aging	27
• Therapeutic Fitness	28
• Yoga & Pilates	29–30
• Adults	31–41
• Seniors	42–46
• Rental Information	46
• Centre Information	47
• Index	48

PRESCHOOL

Orff Music

**Baby Orff Music (12-18 mo)**

This is baby's first music class! Enjoy an opportunity for you and your baby to sing, play instruments and dance to the tunes. Lots of knee bouncing, hand-clapping fun. With guitar and many puppets and dancing scarves Tonia will keep the little ones singing and dancing. At the end of the term parents are given a handout of songs to take home. Come join the fun!

W Apr 5-Jun 21 9:30am-10:00am
99142 \$78/12 sess

Instructor: Tonia Allen

Orff Sibling Music (6 mo-4 yrs)

This class is for two children of the same family to learn music together. The little ones can laugh and bounce to the beat while the older ones will lead with actions and singing. This is the perfect class to share musical family fun together. Tonia has an unlimited amount of knee bouncing, hand clapping songs as well as movement songs and instruments to play! Price reflects registration for two siblings. For online registration, please register one child per family. Come join the fun!

W Apr 5-Jun 21 10:10am-10:40am
99145 \$105/12 sess

Instructor: Tonia Allen

The Orff Method

The Orff method is a fun-filled well established method for teaching the basics of music such as: reading notes, learning to match pitch, keeping the beat, playing in an ensemble etc. Orff philosophy combines the elements of speech, rhythm, movement, dance and song. Composer Carl Orff developed the method in the 1920s and it has gained worldwide popularity. Tonia has been teaching the Orff method at various schools and institutions around Vancouver for many years and she will keep your little ones singing and dancing!

Toddler Orff Music (18-24 months)

With a focus on fun and learning new musical skills as well as language development this class is perfect for those exploring toddlers. We have lots of instruments, drums, xylophones and props to keep your toddler dancing and singing. Come join Tonia with her guitar, puppets and dancing scarves for a rollicking good time. A handout of songs is given out at the last class. Come join the fun!

W Apr 5-Jun 21 10:50am-11:20am
99147 \$78/12 sess

Instructor: Tonia Allen

Toddler Orff Music (2-3 yrs)

As your child grows into preschool age, they are ready for new musical challenges. In this level children begin to actively participate in singing and playing the instruments. We will focus on fun and learning musical concepts such as keeping the beat, following the leader as well as various movement songs and learning how to name and play a variety of percussion instruments. Tonia has been teaching the Orff method for many years and works with all ages. She has lots of songs to keep your toddler movin' and groovin'. A handout of songs is given out at the last class. Come join the fun!

W Apr 5-Jun 21 11:30am-12:00pm
99148 \$78/12 sess

Instructor: Tonia Allen

Preschool Orff Music (3-4 yrs)

These classes offer preschoolers excellent musical training focusing on the basics of pitch, rhythm and beat. In a fun filled atmosphere, your child will play a variety of instruments including pitched percussion instruments such as xylophones, glockenspiels and metallophones. An opportunity to learn music independently from parents and with other children.

W Apr 5-Jun 21 1:00pm-1:45pm
99149 \$99/12 sess

Instructor: Tonia Allen



Piano

Kelly Kirby Piano Private Lessons (3.5-5 yrs)

This successful Canadian piano method has been taught in the Royal Conservatory of Music of Toronto for over 50 years, enabling young children to play the piano and enjoy music before going to school. Interest is stimulated through a variety of activities. Music books available to purchase from the instructor (approximately \$20). Please note: participants should have a good command of the English language.

Th Apr 6-Jun 22 9:00am-9:30am
100768 \$264/12 sess

Th Apr 6-Jun 22 9:30am-10:00am
100769 \$264/12 sess

Th Apr 6-Jun 22 10:00am-10:30am
100770 \$264/12 sess

Th Apr 6-Jun 22 10:30am-11:00am
100771 \$264/12 sess

Instructor: Kanako Takeda



Parent & Tot Gym (1-5 yrs)

An opportunity to play with all of our preschool equipment. Please pay at the front desk. Maximum (35 children) based on equipment and safety.

Apr 10-Jun 30
M-Th 11:00am-12:30pm
Fri 11:00am-12:00pm
\$3/Drop-in



Refund Reminder

The Preschool Program Refund Policy: to receive a full refund (less \$10 cancellation fee), cancellations must occur **48 HOURS** prior to the start of the second class.



Childminding

Mon–Fri • 8:45am–12:30pm • Newborn to 5 years

Parents & Guardians must remain in the Centre.

Drop-in Childminding: \$6/hr for first child, \$3/hr each additional child.
See pages 23-24 for Adult Fitness Classes.



PRESCHOOL

Dance

Movement & Music: Parent Participation (1.5-2.5 yrs)

Singing, dancing, fingerplay, and simple imagination games are all part of this fast moving and fun dance class for children and parents. Parent participation necessary.

Tu Apr 18-Jun 20 10:30am-11:00am
101154 \$60/10 sess

Instructor: Portia Favro

Ballerina Princesses (3-5 yrs)

This class is perfect for the young dancer who would like to learn the basics of Ballet in a fun, playful and enjoyable environment. Dancers will have the opportunity to explore movement through music and have the pleasure of making new friends, while learning body control & spacial awareness.

Tu Apr 18-Jun 20 11:15am-11:45am
101150 \$60/10 sess

Instructor: Portia Favro

**Hip Hop, Jazz & Ballet (3-5 yrs)**

Introduction to Jazz, Ballet and Hip Hop in a creative base. Presentation on the last day. Lots of fun!

Tu Apr 18-Jun 20 1:00pm-1:45pm
101153 \$70/10 sess

Instructor: Portia Favro

Hip Hop Minis (3-5 yrs)

Come and groove and move to your favourite tunes. Hip hop for little kids! Fun with rhythm and imagination games. Bring a water bottle. Presentation on the last day.

Tu Apr 18-Jun 20 2:30pm-3:30pm
101151 \$80/10 sess

Instructor: Portia Favro

Little Dancers • Parent Participation (2-3 yrs)

A parent participation class designed to introduce and encourage dance and movement. Classes will include songs, movement explorations, basic ballet steps, games and a variety of fun music. Wear something comfortable and get ready to dance.

Sa Apr 22-Jun 24 9:30am-10:00am
101445 \$60/10 sess

Instructor: Emma Tulp

Little Dancers (3-4 yrs)

Aspiring little dancers will explore coordination, rhythm, spatial awareness and cooperation. Classes will include songs, movement explorations, basic ballet steps, games and a variety of fun music. Wear comfortable clothing and get ready to dance!

Sa Apr 22-Jun 24 10:05am-10:50am
101444 \$70/10 sess

Instructor: Emma Tulp

Ballet Through Creative Dance (4.5-7 yrs)

An introduction to the foundations of ballet through creative dance. Aspiring young dancers will explore coordination, rhythm, spatial awareness and cooperation. Classes include songs, movement explorations, basic ballet steps, games and a variety of fun music. Wear comfortable clothing and get ready to dance!

Sa Apr 22-Jun 24 11:00am-11:45am
101441 \$70/10 sess

Instructor: Emma Tulp



Pottery

Pottery Parent and Child

Enjoy quality time together making memories with your child. In this class we will use basic hand building techniques to create pottery pieces for everyday use or as keepsakes. The Program fee is for two people. Please bring your own apron.

F Apr 21-Jun 23 10:00am-11:15am
101482 \$138/10 sess
Sa Apr 22-Jun 24 10:00am-11:15am
101241 \$138/10 sess
Sa Apr 22-Jun 24 11:45am-1:00pm
101243 \$138/10 sess



Refund Reminder

The Preschool Program Refund Policy: to receive a full refund (less \$10 cancellation fee), cancellations must occur **48 HOURS** prior to the start of the second class.

Dunbar VPL Branch • 4515 Dunbar St

Family Story Time

A program for parents and caregivers with young children. Songs, rhymes and stories are shared. Suitable for children of all ages and abilities to enjoy and learn together.

- Tuesdays, 11am
- Fridays, 11am
- Saturdays, 11am



Vancouver Public Library

Babytime

Rhymes, songs, bounces, fingerplays and stories for parents and caregivers with their babies. Recommended for newborns to approximately 18 months.

- Thursdays, 11am



Storytimes

FREE!

Craft Time for Kids

Drop in and join Mikaela in the lobby to create a fun and exciting craft every other Saturday! Your child will go home with a beautiful and unique masterpiece that they've made. Parent participation is required.

**Sa Apr 8, Apr 22, May 6,
May 20, June 3, June 17**
10:00am-11:30am
FREE



Wild Campfire Tales



**Get ready for the 2017
BC Summer Reading Club
"Walk on the Wild Side!"**

This June, bring the whole family and build a tent at Dunbar. Share stories together by flashlight—we've got great reads and supplies. All ages.

W Jun 14 6:30pm-7:30pm
109439

Education

Little Learners (3-5 yrs)

An educational, theme based program. Please bring a healthy snack and drink. Please note: this is not a parent participation class.

• **Transportation:** Play based learning time in a creative, active, educational environment, based on the theme of transportation.

M Apr 10-Jun 19 1:00pm-2:15pm
101431 \$105/9 sess

M Apr 10-Jun 19 2:20pm-3:35pm
101432 \$105/9 sess

• **Princess Art & Dragons:** A creative story theme based program including princess art and learning about dragons.

Tu Apr 11-Jun 20 1:00pm-2:15pm
101434 \$129/11 sess

Tu Apr 11-Jun 20 2:20pm-3:35pm
101435 \$129/11 sess

• **Dinosaurs:** Discover all about dinosaurs. Dig up bones, learn dino facts and more.

W Apr 12-Jun 21 1:00pm-2:15pm
101436 \$129/11 sess

Apr 12-Jun 21 2:20pm-3:35pm
101437 \$129/11 sess

• **Space Science:** Travel the solar system in this active educational program all about space.

Th Apr 13-Jun 22 1:00pm-2:15pm
101438 \$129/11 sess

Th Apr 13-Jun 22 2:20pm-3:35pm
101775 \$129/11 sess

Instructor: Cammy Nielsen



Let's Learn (3-5 yrs)

A skill-based program centered around a variety of themes and educational activities. Please bring a healthy snack and drink. Please note: this is not a parent participation class.

F Apr 21-Jun 23 9:00am-10:15am
101429 \$117/10 sess

F Apr 21-Jun 23 10:20am-11:35am
101430 \$117/10 sess

Instructor: Cammy Nielsen

Learning Through Play (2-3 yrs)

A skill-based program to foster independence. Skills include how to listen, share, take turns, and how to play well with others. The alphabet and numbers will also be explored. Please bring a snack. Please note: this is NOT a parent participation class and children must be able to stay on their own. Please note: diaper changes are the responsibility of the parent/caregiver. Maximum class size is 7. No class April 17 and May 22.

M Apr 10-Jun 19 9:00am-10:15am
101415 \$126/9 sess

M Apr 10-Jun 19 11:15am-12:30pm
101417 \$126/9 sess

Tu Apr 11-Jun 20 9:00am-10:15am
101418 \$154/11 sess

Tu Apr 11-Jun 20 11:15am-12:30pm
101419 \$154/11 sess

W Apr 12-Jun 21 9:00am-10:15am
101420 \$154/11 sess

W Apr 12-Jun 21 11:15am-12:30pm
101421 \$154/11 sess

Th Apr 13-Jun 22 9:00am-10:15am
101422 \$154/11 sess

Th Apr 13-Jun 22 11:15am-12:30pm
101423 \$154/11 sess

Instructor: Cammy Nielsen



Little Friends (1-3 yrs)

An active, creative class with weekly themes where you and your toddler can play, create simple crafts, sing songs, and listen to stories. No classes on April 17 and May 22.

M Apr 10-Jun 19 10:20am-11:05am
101424 \$83/9 sess

Tu Apr 11-Jun 20 10:20am-11:05am
101426 \$101/11 sess

W Apr 12-Jun 21 10:20am-11:05am
101427 \$101/11 sess

Th Apr 13-Jun 22 10:20am-11:05am
101428 \$101/11 sess

Instructor: Cammy Nielsen



Refund Reminder

The Preschool Program Refund Policy: to receive a full refund (less \$10 cancellation fee), cancellations must occur **48 HOURS** prior to the start of the second class.

Education

Dinosaur Digs (3-5 yrs)

Create and investigate those creatures from a long time ago! Using a variety of materials including paint, paper, cardboard tubes, boxes, glue, feathers and lots more, your child will have fun making dinosaurs whilst learning about them.

Th Apr 20-Jun 22 10:45am-12:00pm

101392 \$95/10 sess

Instructor: Sarah Hayes

Little Cooks (3-5 yrs)

Have a blast being creative in the kitchen. Sarah has all sorts of tasty treats to help introduce children to the creative world of cooking. Please inform your instructor of any food allergies.

Tu Apr 18-Jun 20 2:00pm-3:15pm

101387 \$100/10 sess

Th Apr 20-Jun 22 9:15am-10:30am

101391 \$100/10 sess

Instructor: Sarah Hayes

Scientifically Speaking (3-5 yrs)

An exciting class where children will explore the basics of science. Experiments will examine scientific concepts including chemistry, astronomy, magnets and much more.

Th Apr 20-Jun 22 2:00pm-3:15pm

101397 \$95/10 sess

Instructor: Sarah Hayes



Baby Sign Language

Using songs and games, learn basic American Sign Language (ASL) hand gestures, to facilitate communication with your hearing child. Research shows that babies who learn Sign Language learn quicker and talk earlier. Bring your baby 0-24 months old to class. Sleeping babies are welcome. No class April 17.

M Apr 10-May 15 1:15pm-2:00pm

96153 \$68/5 sess

Instructor: Sheri Kauhausen

Crocodile Mandarin Toddlers

This non-academic, play-based language class uses Crocodile's original songs and animation to teach basic Mandarin Chinese skills. Teachers also use finger play, poems, games, crafts. No prior Mandarin experience is necessary. The theme this spring is Home & Family. Each student may bring one parent or caregiver along to learn along with them.

• 2.5-3.5 YRS

F Apr 21-Jun 23 9:30am-10:30am

101494 \$220/10 sess

• 3-5 YRS

F Apr 21-Jun 23 10:30am-11:30am

101496 \$220/10 sess

Instructor: Crocodile Mandarin

Let's Learn Spanish (3-5 yrs)

Spend the morning with Yolanda learning Spanish with other preschoolers in a fun atmosphere. Children will learn basic Spanish vocabulary through stories, games, songs and crafts. Children do not need to have previous Spanish language knowledge in order to attend.

Th Apr 6-Jun 22 9:15am-11:15am

99140 \$174/12 sess

Instructor: Yolanda Korompai

Forest Explorers (3-5 yrs) NEW

Join us for an active educational, enjoyable adventure through our local forest habitat. Rain or shine, children will discover and learn about nature through exploring the park. Please bring a snack and wear weather appropriate gear.

F Apr 21-Jun 23 1:00pm-2:15pm

101639 \$138/10 sess

F Apr 21-Jun 23 2:30am-3:45am

101641 \$138/10 sess



Drama

Imagine That!

ABC Storytellers (4-6 yrs)

Miss Hannah is very excited to bring her storytelling adventures to the students of Dunbar. This multi-medium creative class takes students on a journey into their imaginations. Students will be taught the fundamentals of storytelling and story structure through various mediums that will not only build their confidence but also their knowledge—all in a fun and interesting way.

F Apr 21-Jun 23 3:45pm-4:45pm

99138 \$160/10 sess

Instructor: Hannah Honeybun

Physical Activity

Sportball

Floor Hockey (4-6 yrs)

A non-competitive introduction to floor hockey. This is a drop-off program and adult participation is not required.

F Apr 21-Jun 23 2:00pm-3:00pm

99349 \$192/10 sess

Instructor: Sportball Vancouver



Sportball Multisport (3-5 yrs)

A non-competitive introduction to basketball, baseball, hockey, soccer, volleyball, tennis, golf and football. A dynamic and unique sports program focusing on skill development in 8 different sports. This creative, noncompetitive and self-esteem building program prepares children for a future of confident sports participation. This is a drop-off program and adult participation is not required. To learn more please visit www.sportball.ca

Th Apr 13-May 18 3:30pm-4:30pm
99280 \$115/6 sess

Th May 25-Jun 29 3:30pm-4:30pm
99345 \$115/6 sess

F Apr 21-Jun 23 1:00pm-2:00pm
99348 \$192/10 sess

Instructor: Sportball Vancouver

HAPPY BIRTHDAY!

Birthday Parties! (1-12 yrs)

Team up with our leader for a fun-filled, action-packed birthday! You bring the supplies (food, decorations, etc.) and our leader will assist with the rest. Price includes use of the kitchen, party room, and one hour of organized gym time or crafts and games. One week required for cancellation (\$10 fee will be charged). Additional children are \$6.00 each, payable prior to the party.

Gym Time Party

- Saturdays 12:00-3:00pm with Gym Time 12:30-1:30pm • Jan 7-Apr 1
- Saturdays 12:00-3:00pm with Gym Time 1:45-2:45pm • Jan 7-Apr 1

The cost is \$90.00/party (based on 8 children) payable at registration.

Craft Party

- Saturdays 11:00am-1:00pm • Jan 7-Apr 1
- Saturdays 1:30-3:30pm • Jan 7-Apr 1

The cost is \$80.00/party (based on 8 children) payable at registration.

Physical Activity

Sportball Parent & Tot (2-3 yrs)

Parents can have a direct hand in a pre-schooler's development through 8 different ball sports. Multi-sport classes teach children important introductory physical skills and help children develop confidence in their abilities. The programs also help parents understand techniques that can be applied outside of Sportball classes. Parents must participate.

Th Apr 13-May 18 4:30pm-5:15pm
99346 \$115/6 sess

Th May 25-Jun 29 4:30pm-5:15pm
99342 \$115/6 sess

F Apr 21-Jun 23 12:15pm-1:00pm
99344 \$192/10 sess

Instructor: Sportball Vancouver

Sportball: Parent & Tot Outdoor Soccer (2-3 yrs)

These soccer classes provide children with the perfect opportunity to begin soccer early. Moms and Dads are able to take an active role in teaching their children the fundamentals of soccer including throw ins, passing, dribbling and goalie skills. Children are encouraged to interact with their parents in a non-competitive environment. Parents are required to stay at the field at all times. Each child will receive a Sportball soccer jersey. Classes run rain or shine!

Tu May 2-Jun 20 5:30pm-6:15pm
99454 \$168/8 sess

Th May 4-Jun 22 5:45pm-6:30pm
99465 \$168/8 sess

Instructor: Sportball Vancouver



Sportball Outdoor Soccer (3-5 yrs)

Learn and perfect the fundamental skills and rules of soccer. Sportball Soccer focuses on the fundamentals of soccer including throw ins, passing, dribbling and goalie skills. This program enables children to implement the soccer skills taught in order to play a soccer game with success and confidence. Parents are required to stay at the field at all times. Each child will receive a Sportball soccer jersey. Classes run rain or shine!

Tu May 2-Jun 20 6:15pm-7:15pm
99463 \$168/8 sess

Th May 4-Jun 22 6:30pm-7:30pm
99466 \$168/8 sess

Instructor: Sportball Vancouver

Grass Roots Soccer (3-5 yrs)

An introduction to soccer. Cooperative games and basic soccer skills will be taught. Grass Roots Soccer provides a safe environment for children to play soccer, to learn about fair play, tolerance, inclusion, and respect, and to build confidence. No class April 17 and May 22.

M Apr 10-Jun 26 2:45pm-3:30pm
100305 \$110/10 sess

W Apr 12-Jun 28 1:00pm-1:45pm
100306 \$132/12 sess

W Apr 12-Jun 28 1:45pm-2:30pm
100307 \$132/12 sess

Instructor: Glyn Roberts

Rookie Rugby (2-5 yrs)

Welcome to Rookie Rugby- A Safe, Non-contact variation of rugby which aims to introduce new players to our great sport, through a safe and fun environment. The game of Rookie Rugby is played with flags to replace the action of tackling. Flag rugby is the preferred method to introduce rugby. Rookie Rugby is played in schools, parks, recreation leagues, and community organizations across the country. The rules are simple, the game is easy to learn, and minimal equipment is required. The Game incorporates a range of skill development, applicable to all ages. The primary aim is to develop these skills through games and fun exercises. Everyone is welcome—boys and girls.

W Apr 19-Jun 21 2:45pm-3:15pm
101202 \$80/10 sess

Instructor: Rookie Rugby

Yoga and Art (3-5 yrs)

Sarah provides a fun environment using games, art and storytelling for children to explore yoga. Each class incorporates a yoga and visual art portion. We will work on postures, breathing and relaxation as well as drawing, painting, and other crafts.

Th Apr 20-Jun 22 12:30pm-1:45pm
101393 \$95/10 sess

Instructor: Sarah Hayes

CHILDREN & PRETEEN

Music

Flute (6+ yrs)

Enjoy a 30 minute private lesson and learn at your own pace. All levels welcome. Participants must supply their own flute. Additional cost for music books.

www.andreaminden.wordpress.com

100790	\$225/9 sess
Th Apr 20-Jun 15	4:00pm-4:30pm
100893	\$225/9 sess
Th Apr 20-Jun 15	4:30pm-5:00pm
100894	\$225/9 sess
Th Apr 20-Jun 15	5:00pm-5:30pm
100895	\$225/9 sess
Th Apr 20-Jun 15	5:30pm-6:00pm
100897	\$225/9 sess
Th Apr 20-Jun 15	6:00pm-6:30pm
100898	\$225/9 sess
Th Apr 20-Jun 15	6:30pm-7:00pm
100899	\$225/9 sess

Instructor: Andrea Minden

**Orff Music Class
Kindergarten-Grade 1 (5-7 yrs)**

The Orff method is a fun-filled well established method for teaching the basics of music such as: reading notes, learning to match pitch, keeping the beat, playing in an ensemble etc. Composer Carl Orff developed the method in the 1920s and it has gained worldwide popularity. Your child will play a variety of instruments including xylophones, metallophones and glockenspiels as well as singing, movement and learning to read and write musical notation.

W Apr 5-Jun 21	3:45pm-4:30pm
99152	\$99/12 sess

Instructor: Tonia Allen


Refund Reminder

The Children & Preteen Program Refund Policy: to receive a full refund (less \$10 cancellation fee), cancellations must occur **48 HOURS** prior to the start of the second class.


Guitar for Beginner (7-12 yrs)

Come learn the basics of guitar playing, both Classical style with notes and folk style with chords. We will do some folk songs, pop songs and other classics. Music will be provided. Students must bring their own guitars. No musical experience necessary. Class is limited to 7 maximum to ensure individual attention. Please leave your name and phone number at the front desk if you have questions about your child's level. Tonia will return your call.

W Apr 5-Jun 21	5:30pm-6:15pm
99155	\$156/12 sess

Instructor: Tonia Allen

Guitar Intermediate (8-12 yrs)

For students who have completed at least one term or three months of guitar. Music will be provided. Students must bring their own guitars. Class is limited to 7 maximum to ensure individual attention. Ongoing curriculum, but new students are welcome. Please leave your name and phone number at the front desk if you have questions about your child's level. Tonia will return your call.

W Apr 5-Jun 21	4:30pm-5:15pm
99154	\$156/12 sess

Instructor: Tonia Allen

Music

Private Piano Lessons (4-9 yrs)

Begin the journey into the wonderful world of music through private piano lessons. Students are introduced to the piano keyboard and musical notation. Music books must be purchased and a keyboard is required at home for daily practicing. No class April 14.

F Mar 31-Jun 16	3:00pm-3:30pm
99469	\$243/11 sess
F Mar 31-Jun 16	3:30pm-4:00pm
99470	\$243/11 sess
F Mar 31-Jun 16	4:00pm-4:30pm
99471	\$243/11 sess
F Mar 31-Jun 16	4:30pm-5:00pm
99472	\$243/11 sess
F Mar 31-Jun 16	5:00pm-5:30pm
99473	\$243/11 sess
F Mar 31-Jun 16	5:30pm-6:00pm
99475	\$243/11 sess
F Mar 31-Jun 16	6:00pm-6:30pm
99476	\$243/11 sess
F Mar 31-Jun 16	6:30pm-7:00pm
99477	\$243/11 sess

Instructor: Beth Carroll

Private Piano Lessons (4-9 yrs)

Come and learn to play piano! This course will teach the basic note reading and musical theory. By the end of the session students will be able to play basic pieces. Textbook will be available for purchase by the teacher (around \$20).

W Apr 5-Jun 21	1:30pm-2:00pm
100777	\$264/12 sess
W Apr 5-Jun 21	2:00pm-2:30pm
100779	\$264/12 sess
W Apr 5-Jun 21	2:30pm-3:00pm
100780	\$264/12 sess
W Apr 5-Jun 21	3:00pm-3:30pm
100781	\$264/12 sess
W Apr 5-Jun 21	3:30pm-4:00pm
100782	\$264/12 sess
W Apr 5-Jun 21	4:00pm-4:30pm
100783	\$264/12 sess
W Apr 5-Jun 21	4:30pm-5:00pm
100784	\$264/12 sess

Instructor: Kanako Takeda

Private Piano Lessons (4-11 yrs)

Come and explore the world of music! Beginners will be taught with the Kelly Kirby method, building skills in reading music and rhythmic notation. Learn how to play classical and popular songs! RCM prep is available as well. No class Apr 15, 29 & May 20.

Sa Apr 8-Jun 10	10:30am-11:00am
99491	\$154/7 sess
Sa Apr 8-Jun 10	11:00am-11:30am
99492	\$154/7 sess
Sa Apr 8-Jun 10	11:30am-12:00pm
99493	\$154/7 sess
Sa Apr 8-Jun 10	12:00pm-12:30pm
99494	\$154/7 sess

Instructor: Adrian Yung



Private Voice Lessons

Discover your voice! Lessons will include vocal training and repertoire coaching. Through musical games and singing songs Marina will help your voice to grow and encourage your confidence. Marina is professional, versatile and sensitive to the needs of each student. No class April 17 & May 22.

• Mondays

M Apr 3-Jun 5	4:00pm-4:30pm
99478	\$176/8 sess
M Apr 3-Jun 5	4:30pm-5:00pm
99479	\$176/8 sess
M Apr 3-Jun 5	5:00pm-5:30pm
99480	\$176/8 sess
M Apr 3-Jun 5	5:30pm-6:00pm
99481	\$176/8 sess
M Apr 3-Jun 5	6:00pm-6:30pm
99482	\$176/8 sess
M Apr 3-Jun 5	6:30pm-7:00pm
99483	\$176/8 sess

• Tuesdays

Tu Apr 4-Jun 6	3:30pm-4:00pm
99484	\$220/10 sess
Tu Apr 4-Jun 6	4:00pm-4:30pm
99485	\$220/10 sess
Tu Apr 4-Jun 6	4:30pm-5:00pm
99486	\$220/10 sess
Tu Apr 4-Jun 6	5:00pm-5:30pm
99487	\$220/10 sess
Tu Apr 4-Jun 6	5:30pm-6:00pm
99488	\$220/10 sess
Tu Apr 4-Jun 6	6:00pm-6:30pm
99489	\$220/10 sess

Instructor: Marina Osmolovska

CHILDREN & PRETEEN

Dance & Drama

Dance Sampler: Jazz, Ballet, Tap, Hip Hop (5-9 yrs)

A fun dance sampler for novice students. We will be practicing jazz, ballet, tap, and hip hop each class. Please bring a water bottle and your best groove. Presentation on the last day.

Tu Apr 18-Jun 20 4:15pm-5:30pm
101160 \$100/10 sess

Hip Hop (5-8 yrs)

We will dance to big beats, learn hip-hop choreography and steps, play dance games and have loads of fun in this class. Wear running shoes and bring a water bottle. Parents and friends are invited to a performance on the last day of class.

W Apr 19-Jun 21 3:30pm-4:30pm
101158 \$80/10 sess

Hip Hop (7-12 yrs)

We will dance to big beats, learn hip-hop choreography and steps, play dance games and have loads of fun in this class. Wear running shoes and bring a water bottle. Parents and friends are invited to a performance on the last day of class.

W Apr 19-Jun 21 4:30pm-5:30pm
101159 \$80/10 sess

Ballet Through Creative Dance (4.5-7 yrs)

An introduction to the foundations of ballet through creative dance. Aspiring young dancers will explore coordination, rhythm, spatial awareness and cooperation. Classes will include songs, movement explorations, basic ballet steps, games and a variety of fun music. Wear something comfortable and get ready to dance!

Sa Apr 22-Jun 24 11:00am-11:45am
101441 \$70/10 sess

Instructor: Emma Tulp

Jazz it Up (5-8 yrs)

An introductory jazz class focusing on flexibility, jazz technique and fun upbeat combos. We dance to happy, positive and toe tapping rhythms which will get you moving in style!

Sa Apr 22-Jun 24 12:10pm-12:55pm
101442 \$70/10 sess

Instructor: Emma Tulp

Rhythmic Gymnastics Beginners (5-9 yrs)

Designed for rhythmic gymnastics beginners. Learn basic rhythmic gymnastics skills such as using the hoop, ball and ribbon. Children will be able to learn and practice different simple movements with combination of elements from ballet, gymnastics and dance. This course will help to improve balance, control, posture and hand-eye coordination. With the accompaniment and rhythmic music, complete hand-held apparatus or unarmed movement combinations. No previous dance experience required. Come to class with flexible and comfortable clothes and ballet slippers.

W Apr 12-Jun 21 3:45pm-4:45pm
100997 \$77/11 sess

Instructor: Ye (Lana) Liu

BRIGHTSTARS Musical Theatre (5-8 yrs)

Learn to dance, sing and act in this exciting program exploring the wonderful world of the performing arts. Students will study musical routines from Broadway hits such as *Matilda*, *The Lion King*, and more! Developing confidence and skill, students will perform for family and friends on the last day of class. No classes April 17 and May 22.

M Apr 10-Jun 19 3:30pm-5:00pm
101505 \$135/9 sess

Instructor: Jordan Thomson

Page to Stage (7-12 yrs)

In this multi-medium creativity class students will explore their imaginations to create a play that is as unique as they are. Learning the basics of creative writing students will work together to write their own production. Taking their pages to the stage students will then learn the basics of dramatic direction and bring their words to life. The term culminates in a small performance of their work on the final class of the term.

F Apr 21-Jun 23 5:00pm-6:00pm
99139 \$160/10 sess

Instructor: Imagine That!

Kids Zumba (7-13 yrs)

Designed exclusively for children, classes are rockin, high energy dance parties packed with specially choreographed, kid-friendly routines and all the music kids love, like hip hop, reggaeton, cumbia and more. ZUMBA Kids inspire kids to express themselves through movement and play while effectively improving their overall health and well-being. Kids love it because it is on the cutting edge and fun, and parents love it because it's active, fun, and for the effects it has on kids increasing their focus and self-confidence, boosting metabolism, and enhancing coordination. The choreography is fun, and modifications are readily available to ensure the kids are neither bored nor overwhelmed. After my class your kids will leave happy, smiling and sweating! No class May 3.

W Apr 12-Jun 14 4:30pm-5:15pm
108841 \$90/9 sess

Instructor: Vanessa Forsythe

Visual Art

Pottery

Mixed Media Art (5-12 yrs)

Express yourself by experimenting with all forms of art materials and techniques including painting, sculpting, fabric art, paper mache, pastels and more. This class encourages creativity in a relaxed and fun atmosphere. Wait until you see what you can create!

Th Apr 20-Jun 22 3:30pm-5:00pm
101398 \$110/10 sess

Instructor: Sarah Hayes

Pottery Wheel Throwing (9-13 yrs)

A fun and exciting way to make bowls and cups! Explore new possibilities with clay using the potter's wheel. Work created will be fired with shiny, food-safe glazes. Register early; space is limited to 7 maximum to ensure individual attention and each a wheel. No class April 17 & May 22.

M Apr 10-Jun 19 4:30pm-7:30pm
100962 \$248/9 sess

W Apr 12-Jun 21 3:45pm-5:45pm
100958 \$242/11 sess

Instructor: James Kemp

**Refund Reminder****The Children & Preteen Program**

Refund Policy: to receive a full refund (less \$10 cancellation fee), cancellations must occur **48 HOURS** prior to the start of the second class.

Pottery (5-13 yrs)

Learn basic building techniques to create fun and creative works such as functional bowls, vases, mug, fantastic sculptures. Finished works will be fired with shiny, colourful, food-safe glazes. All levels welcome.

W Apr 12-Jun 21 6:00pm-7:00pm
100925 \$121/11 sess

Instructor: James Kemp

**Pottery Clay Create**

Join in on the fun of creating a selection of pottery projects using basic hand building techniques. Clay and colourful glazes are all included.

F Apr 21-Jun 23 3:30pm-4:45pm
101447 \$138/10 sess

Instructor: Suling Yuen

Pottery Fun with Clay (5-12 yrs) NEW

Learn to make 3D Clay Creatures of your favourite animation or cartoon character (or invent your own mythical animal). Learn to shape and mould creatures from clay and learn to apply textures and finish with colourful glazes.

Sa Apr 22-Jun 24 1:30pm-3:00pm
101380 \$115/10 sess

Instructor: Lisa Gardner



CHILDREN & PRETEEN

Education

Forest Explorers (5-7 yrs) NEW

Join us for an active educational, enjoyable adventure through our local forest habitat. Rain or shine, children will discover and learn about nature through exploring the park. Please bring a snack and wear weather appropriate gear.

F Apr 21-Jun 23 4:00pm-5:15pm
101645 \$138/10 sess

**Bricks 4 Kidz: Gizmos & Gadgets**

This unit is all about the fun of doing something with what you've built with LEGO® bricks! From a spinning top to a spinning optical illusion model, kids will love playing with their creations! But don't worry, we sneak in lots of learning, too—understanding probability in the “3-in-a-row” game model and learning about friction and symmetry with the spinning top lesson. Don't miss out!

W Apr 12-May 17 4:00pm-5:00pm
108819 \$89/6 sess

Instructor: Bricks 4 Kidz

**At Home Alone and First Aid (10-13 yrs)**

This fun and active workshop helps prepare children to be at home alone and to respond to medical emergencies. Important skills are learned through interactive lessons and role play that help make both you and your child more confident when they are at home alone.

Sa May 13 11:30am-4:00pm
101182 \$45/1 sess
Sa Jun 10 11:30am-4:00pm
101183 \$45/1 sess

Babysitting Training Program (10-13 yrs)

Designed to increase confidence and provide the hands on experience and skills needed to be a great Babysitter! This course is packed full of advice, guides, tips, and information based on real life experience. Includes a 2-hour First Aid component that teaches students how to handle emergencies, and treat minor injuries. Course includes a Babysitters Handbook and personalized wallet size completion card. Please bring a nut and candy free snack and lunch, doll or teddy bear, pen and paper.

Sa May 27 9:30am-4:00pm
101178 \$60/1 sess
Sa Jun 17 9:30am-4:00pm
101179 \$60/1 sess

Creative Cooks (7-12 yrs)

Have a blast being creative in the kitchen. Sarah has all sorts of tasty treats to help introduce children to the creative world of cooking. Please inform your instructor of any food allergies.

Tu Apr 18-Jun 20 3:30pm-5:00pm
101389 \$115/10 sess
Instructor: Sarah Hayes

**Wild
Campfire
Tales**

**Get ready for the 2017 BC Summer Reading Club
“Walk on the Wild Side!”**

This June, bring the whole family and build a tent at Dunbar. Share stories together by flashlight—we've got great reads and supplies. All ages.

W Jun 14 6:30pm-7:30pm
109439

Social

Crocodile Mandarin A-Class (5-10 yrs)

This non-academic, play-based language class uses Crocodile's original songs and animation to teach basic Mandarin Chinese skills. Teachers also use finger play, poems, games, crafts. No prior Mandarin experience is necessary. The theme this spring is Home & Family. Each student may bring one parent or caregiver along to learn with them.

F Apr 21-Jun 23 3:30pm-4:30pm
101492 \$220/10 sess
F Apr 21-Jun 23 5:00pm-6:00pm
101492 \$220/10 sess
F Apr 21-Jun 23 5:00pm-6:00pm
108817 \$220/10 sess

Instructor: Crocodile Mandarin

Crocodile Mandarin Writing (5-10 yrs)

Students will learn the principles of stroke order and to construct simple Chinese characters related to the theme "Animal Kingdom". Writing is not intended as a stand-alone class, but as a supplement to the Crocodile speaking classes.

F Apr 21-Jun 23 4:30pm-5:00pm
101499 \$110/10 sess

Instructor: Crocodile Mandarin

Girls Group (8-12 yrs) **NEW**

Have fun hanging out with your friends while making new ones! Activities include arts, crafts, games room fun, baking, and out trips. Registration is required and a consent form must be filled out.

Tu Apr 18-Jun 20 5:30pm-7:30pm
101681 \$100/10 sess

Guys Group (8-12 yrs) **NEW**

Have fun hanging out with your friends while making new ones! Activities include games room fun, art, sports, and out trips. Registration is required and consent forms must be filled out.

W Apr 19-Jun 21 5:30pm-7:30pm
101683 \$100/10 sess

Kids Night Out (6-12 yrs) **NEW**

Drop your kids off at Dunbar and enjoy a night to yourself. Our instructor will lead them through games, arts and crafts, and much more for an exciting night of fun!

F Apr 28 6:00pm-9:00pm
101407 \$25/1 sess
F May 19 6:00pm-9:00pm
101409 \$25/1 sess
F Jun 23 6:00pm-9:00pm
101410 \$25/1 sess

Instructor: Sarah Hayes



Refund Reminder

The Children & Preteen Program Refund Policy: to receive a full refund (less \$10 cancellation fee), cancellations must occur **48 HOURS** prior to the start of the second class.

CHILDREN & PRETEEN

Physical Activity

Badminton Lessons for Beginner/Int (8-12 yrs)

Join Christopher and make new friends while challenging yourself with fun, interactive lessons on the basics of badminton. Racquets available. No class May 21.

Su Apr 23-Jun 25 2:00pm-3:30pm
95837 \$72/9 sess

Instructor: Christopher Ryan Yu

Badminton Lessons for Intermediate/Adv (10-14 yrs)

Have fun making friends while further advancing your skills in badminton. Racquets available. No class May 21.

Su Apr 23-Jun 25 3:30pm-5:00pm
95911 \$72/9 sess

Instructor: Christopher Ryan Yu

Basketball Skills (9-12 yrs)

Learn the fundamentals of basketball. This program will consist of a warm up, drills and skills development in dribbling, passing, shooting and defense. There will also be time for scrimmages.

F Apr 21-Jun 23 3:45pm-5:00pm
99490 \$75/10 sess

Instructor: Anthony Thai

**Grass Roots Soccer**

An introduction to soccer. Cooperative games and basic soccer skills will be taught. Grass Roots Soccer provides a safe environment for children to play soccer, to learn about fair play, tolerance, inclusion, and respect, and to build confidence. No class April 17 & May 22.

• **5-6 yrs**

M Apr 10-Jun 26 3:45pm-4:30pm
100308 \$110/10 sess

• **7-10 yrs**

M Apr 10-Jun 26 4:30pm-5:30pm
100309 \$120/10 sess

• **9-12 yrs**

M Apr 10-Jun 26 5:30pm-6:30pm
100310 \$120/10 sess

Instructor: Glyn Roberts

Sportball Outdoor Soccer (5-8 yrs)

Learn and perfect the fundamental skills and rules of soccer. Sportball Soccer focuses on the fundamentals of soccer including throw ins, passing, dribbling and goalie skills. This program enables children to implement the soccer skills taught in order to play a soccer game with success and confidence. Each child will receive a Sportball soccer jersey. Classes run rain or shine!

Tu May 2-Jun 20 7:15pm-8:15pm
99464 \$168/8 sess

Instructor: Sportball Vancouver

**Rookie Rugby (6-12 yrs)**

Welcome to Rookie Rugby- A Safe, Non-contact variation of rugby which aims to introduce new players to our great sport, through a safe and fun environment. The game of Rookie Rugby is played with flags to replace the action of tackling. Flag rugby is the preferred method to introduce rugby. The rules are simple, the game is easy to learn, and minimal equipment is required. The game incorporates a range of skill development, applicable to all ages. The primary aim is to develop these skills through games and fun exercises. Everyone is welcome—boys and girls.

W Apr 19-Jun 21 3:30pm-4:15pm
101198 \$100/10 sess

Instructor: Rookie Rugby

* **Refund Reminder**

The Children & Preteen Program Refund Policy: to receive a full refund (less \$10 cancellation fee), cancellations must occur **48 HOURS** prior to the start of the second class.

Physical Activity

Family Yoga (6+ yrs)

Come use your imagination and sense of adventure in a fun and playful family yoga class. Classes bring all members of the family together to connect and explore through group and partner poses. Classes allow family members to become more centered and calm while increasing strength and flexibility. Communication is improved to help create a special environment to bond with your children.

Tu Apr 11-May 16 6:30pm-7:30pm
108921 \$38/6 sess

May 23-Jun 27
108933 \$38/6 sess

Instructor: Into Yoga

Kid's Yoga 5-8 yrs

Kid's Yoga challenges kids to have fun and explore the dimensions of yoga through breath, body movement, games and songs. This active yet focused class will help each child to become more centered and calm, while increasing or maintaining their flexibility. Concentration is enhanced, stress (kid's have stresses too) is reduced and posture is enhanced. No class April 17.

M Apr 10-May 15 4:00pm-5:00pm
108924 \$64/5 classes

May 29-Jun 26 4:00pm-5:00pm
108925 \$64/5 classes

Instructor: Into Yoga

Judo Beginner (8-13 yrs)

Students will learn basic holds, throws and falls from experienced masters. Please wear a judogi to class. Clothing will be discussed on the first class.

Th Apr 13-Jun 15 6:30pm-7:30pm
101512 \$60/10 sess

Instructor: Takao Izumi

Classical Fencing for Children (7-15 yrs)

Classical Fencing is a descendant of the past defensive martial arts of Europe. This class will explore the concepts of earlier sword play through the lens of Classical French Foil. Students will gain both a theoretical and physical foundation of the science. At Our Lady of Perpetual Help School gym, 2550 Camosun St. Bring clean runners in addition to street shoes. More info at www.renfencingclub.ca

Th May 4-May 25 5:30pm-6:15pm
101509 \$55/4 sess

Instructor: Renaissance Fencing Club



Tennis for Kids (5-6 years)

Tennis for kids has never been easier to learn or more fun to play. The benefits of Tennis are many. Getting your children into the sport at any age helps develop physical, social and mental skills. Skills that are not only for the Tennis Court but also carried out into real life. The benefit of a team environment in which the learning and play is shared in a cooperative coaching model provides a great foundation even more fun and fitness for life. No class May 20.

Th Apr 20-Jun 1 5:00pm-6:00pm
100378 \$91/7 sess

Sa Apr 22-Jun 10 2:45pm-3:45pm
100365 \$91/7 sess

Instructor: Gord Hauka

Tennis for Kids (7-16 yrs)

Try tennis in a safe, supportive, extracurricular setting. With tennis sized right for age and ability, it's easier and more fun than ever for kids to play—even if they've never picked up a racquet! Players may choose between the one day or two days per week options. Choosing the one day per week option players meet on Saturdays; choosing the two day option, players come on Wednesday and Saturday. Instruction and low key competition are part of both days. Coaches will divide the players into ages and skill levels during the first sessions. The Club format provides the opportunity for to players develop skills areas in Beginner; Novice and Competitive Players develop at their own pace as well are part of a team that is dedicated to having FUN! Parents will be encouraged to take part in the classes and in organizing competition between other Kid's Tennis Clubs from Vancouver Community Centre Teams. No class May 20. All skill levels.

Tu Apr 18-May 30 4:30pm-6:00pm
100408 \$105/7 sess

Sa Apr 22-Jun 10 1:15pm-2:45pm
100391 \$105/7 sess

Tu Sa Apr 18-Jun 10 4:30pm-6:00pm
100423 \$210/14 sess

Instructor: Gord Hauka

Tennis: Match Play Saturday **NEW**

Intention is to provide an option to tournaments where players are eliminated after one match. This give players more matches and play experience in a team setting; providing a fun, upbeat program with lots of court time.

Sa May 6-Jun 10 6:00pm-9:00pm
100761 \$40/6 sess

Instructor: Gord Hauka

Dunbar Community Centre Daycamps

Weekly from July 4–August 25

DAYCAMP

Dunbar Summer Daycamps offer exciting out-trips and engaging activities that promote friendship, teamwork, and an active lifestyle with friendly and lively daycamp leaders!

Camp Hours: 9:00am-4:00pm

T-Shirts, transportation and entrance fees are all included in the day camp fees.



- Children must be 6 at the start of camp and/or entering Grade 1 in Sept 2017.
- Detailed camp schedules will be available late May.

*No camp August 7th

Week 1 • July 4-Jul 7

THEME: Happy Birthday Canada

OUT TRIPS: Fly over Canada, BC Sports Hall of Fame, Watermania

• **JR Adventurers (6-8 yrs)**

9:00am-4:00pm

101522 \$120/4 sess

• **SR Adventurers (9-12 yrs)**

9:00am-4:00pm

101601 \$120/4 sess

Week 4 • July 24-28

THEME: Adventure World; **OUT TRIPS:** Glow in the dark mini golf, Rocky Mountain flat bread, Scavenger Hunt

• **JR Adventurers (6-8 yrs)**

9:00am-4:00pm

101590 \$150/5 sess

• **SR Adventurers (9-12 yrs)**

9:00am-4:00pm

101605 \$150/5 sess

Week 2 • July 10-14

THEME: Under the Sea

OUT TRIPS: Aquarium, Beach Day, Paddle Boating at Deer Lake

• **JR Adventurers (6-8 yrs)**

9:00am-4:00pm

101583 \$150/5 sess

• **SR Adventurers (9-12 yrs)**

9:00am-4:00pm

101603 \$150/5 sess

Week 5 • July 31-Aug 4

THEME: Mad Scientists; **OUT TRIPS:** Science World, Learn to make Volcanoes, Granville Island Waterpark

• **JR Adventurers (6-8 yrs)**

9:00am-4:00pm

101592 \$135/4 sess

• **SR Adventurers (9-12 yrs)**

9:00am-4:00pm

101606 \$135/4 sess

Week 7 • Aug 14-18

THEME: Fun in the Sun

OUT TRIPS: Playland, Lynn Canyon, Beach Day

• **JR Adventurers (6-8 yrs)**

9:00am-4:00pm

101598 \$150/5 sess

• **SR Adventurers (9-12 yrs)**

9:00am-4:00pm

101608 \$150/5 sess

Week 3 • July 17-21

THEME: Wild Wilderness

OUT TRIPS: Stanley Park, Grouse Mountain, Kitsilano Pool

• **JR Adventurers (6-8 yrs)**

9:00am-4:00pm

101588 \$150/5 sess

• **SR Adventurers (9-12 yrs)**

9:00am-4:00pm

101604 \$150/5 sess

Week 6 • Aug 8-11

THEME: Lions & Tigers & Bears Oh My!

OUT TRIPS: Greater Vancouver Zoo, Cinemazoo, Beach Day

• **JR Adventurers (6-8 yrs)**

9:00am-4:00pm

101594 \$150/5 sess

• **SR Adventurers (9-12 yrs)**

9:00am-4:00pm

101607 \$150/5 sess

Week 8 • Aug 21-25

THEME: The Last Hurrah!

OUT TRIPS: Splashdown, End of Summer Carnival, Second Beach Pool

• **JR Adventurers (6-8 yrs)**

9:00am-4:00pm

101599 \$150/5 sess

• **SR Adventurers (9-12 yrs)**

9:00am-4:00pm

101609 \$150/5 sess

Dunbar Community Centre Daycamps

Weekly from July 4–August 26

Adventurers

Juniors (6-8 yrs) | Seniors (9-12 yrs)

Adventure, discovery, environmental stewardship, diversity, friendship, and inclusion are central values to this camp.

The Adventurers camp can host up to 4 campers with additional needs. Please contact Dawn Livesley for more information 604.718.5853.

Sample activities: Beach play, games, swimming, fun with science and art with natural found materials. Don't forget all the summer favourites like Splashdown, Watermania and Grouse Mountain Adventure!



Daycamps General Information

Children should dress appropriately for the weather. Please remember:

- bathing suit
- hat
- sunscreen
- lunch & snack
- water

Children will be asked to wear their camp t-shirts as often as they can and especially on out trips so they can easily be identified. T-shirt included with registration.

Refunds

To receive a full refund (less \$10 cancellation fee), cancellation requests must be made by noon Monday one week prior to the week your child is registered for.

Risk Management

Parents/guardians are asked to complete waivers and medical forms prior to the first day of camp.

Inclusion Spaces

Volunteer Supported Summer Day Camps for children 6-12yrs: To facilitate inclusion for children with disabilities ages 6–12 years, an Inclusion Facilitator is available at the Dunbar Community Centre for the summer program. Four spaces a week will be reserved for participants who need extra volunteer support. Parents are required to meet with the Inclusion Facilitator (IF) before the camp. Contact Dawn Livesley for more info: 604.718.5853.

Volunteering

For information, please contact dunbar.volunteers@vancouver.ca

Games Room

Education

Sports

After School Hangout (9-12 yrs) NEW

Stop by the Dunbar Games Room afterschool to take part in our free games and activities. We have video games, foosball, a pool table, table tennis and dozens of board games! Bring your friends or come to make new ones. Parents please note that this hangout is a free drop-in run by youth volunteers.

M-F Apr 3-Jun 16
4:00pm-5:30pm
FREE Drop-In

GAMES ROOM!

Web Design, Digital Media & Blogging with WordPress (13-18 yrs)

Learn the basics of working with digital media to create a blog and website with WordPress. Topics include drawing a logo, Photoshop, embedding YouTube videos, social media, an introduction to HTML/CSS coding and web typography. A great overview for both creative and technical youth! Laptop required, digital camera optional.

F May 19-Jun 9 6:00-8:30pm

110091

\$100/4 sess

Instructor: James Neufeld

Basketball Drop-In (13-19 yrs)

Drop in to shoot hoops on Friday nights. Bring your friends or join a game with other players. All participants must check in at front desk and present receipt to gym attendant. No session Apr 14.

F Apr 7-Jun 23 5:00pm-7:45pm
 \$1.00/Drop-In

**Youth Week FREE Fitness Expo (13-18 yrs)**

In celebration of Youth Week, May 1st-7th, Dunbar Community Centre is offering youth the chance to try these free fitness classes all week long. Registration is required.



M May 1	Table Tennis Drop-In	5:00-7:00pm	108451
M May 1	Zumba	5:15-6:15pm	108472
Tu May 2	Group Power	5:00-6:00pm	108446
Tu May 2	T'ai Chi	6:00-7:00pm	108476
We May 3	Yoga	4:55-5:55pm	108479
We May 3	Spin	7:30-8:30pm	108484
Th May 4	Badminton Drop-In	5:30-7:30pm	108447
Th May 4	Pilates Plus Resistance	7:45-8:45pm	108452

**Youth Week**

Celebrate the City of Vancouver's Youth Week with the following events:

Dance • Friday, May 5 7-10pm
Basketball • Saturday, May 6 1-4pm
Skateboard • Saturday, May 6 1-4pm

Visit www.fb.me/vanyouthweek for more info!

YOUTH WEEK is an internationally celebrated event to promote awareness of youth, increase the positive public profile of youth and build stronger connections between youth and the community.

During YOUTH WEEK, young people around the world organize and participate in events, performances, forums and community projects.

Community Small Grants are available for you to get involved...plan events, promote activities, and attend events. Contact your Centre's Community Youth Worker to see how you can get involved!

The City of Vancouver, Vancouver Board of Parks & Recreation and contributing Community Centre Associations are proud to support Youth Week events.

Social

Martial Arts

Leadership



Preteen Movie Night Out (9-12 yrs)

Meet at Dunbar Community Centre and travel via public transit together with a youth leader to a Cineplex Theatre for a new movie every Friday night! A completed consent form is required for all out trips. Cost includes transportation, admission and supervision. Movie listings are subject to change. Register by Wed prior to confirm show time.

F Apr 7-Jun 16 5:45pm-9:45pm
\$18.00/1 sess

Instructor: Kabir Sandhu

Apr 7	Beauty and the Beast 105288
Apr 21	Power Rangers 105293
Apr 28	Smurfs: The Lost Village 105295
May 12	Spark 105296
May 19	Born in China 105298
May 26	Guardians of the Galaxy Vol.2 105299
Jun 2	Diary of a Wimpy Kid: The Long Haul 105300
Jun 9	Captain Underpants 105301
Jun 16	Cars 3 105303

Judo (13+ yrs)

Students will learn holds, throws, and falls from experienced masters. A judogi and membership to Judo BC are mandatory and will be discussed on the first class. Join anytime, try a free class! No session Apr 15.

Apr 6-Jun 24

Th 7:30pm-9:00pm

Sa 12:15pm-1:45pm

105308

\$150.00/25 sess

Instructor: Takao Izumi

Shotokan Karate (12-17 yrs)

Covers basic techniques, forms (Kata), and sparring (Kumite). Call 604.261.8844 for more info. Beginners welcome. Additional black & brown belts-only practices Sat 10:30am-12:00pm. All levels welcome before grading. No session Apr 17, May 22.

Apr 3-Jun 21

M 6:00pm-7:30pm

W 5:30pm-7:00pm

105318

\$125.00/28 sess

Instructor: Dunbar Karate Association

Special Events

Youth Group (13-17 yrs)

The Special Events Youth Group engages in local community events with support from the Community Youth Worker. This Spring, we will be working on Vancouver's annual citywide Youth Week celebration.

F Apr 7-Jun 9

105320

4:30pm-5:30pm

FREE

Free Recycling Drop-off

Dunbar Youth Group is helping you recycle! At the Free Zero Waste Reuse and Recycling Drop-off, you can donate old computers and monitors for reuse and recycle electronics, small appliances, power tools, light bulbs and more for free. If you still have end-of-life electronics lying around collecting dust—such as that VCR that hasn't worked since you recorded the final episode of *Dallas*—perhaps it's time to let them go. For a list of all acceptable items, visit vancouver.ca/kvs

Sa Apr 22

10:00am-1:00pm

Youth Volunteer Orientation (13-18 yrs)

This orientation session introduces new volunteers to our volunteering program and how to get involved. Learn about volunteer requirements and current opportunities. Discover how volunteering can be a great way to develop personal interests, learn new skills and gain experience working in the community. Please pre-register.

Sa Apr 8 10:00-11:30am

110089

FREE

Instructor: Krissy Golin

Day Camp Volunteer Orientation (16+ yrs)

Join us for this mandatory volunteer training for all Dunbar summer day camp volunteers. Active participation is required as this training session will include outdoor games and team building exercises. Volunteers will also sit a short interview with day camp leaders; please bring your July & August availability. Please note that all summer day camp volunteer placements are subject to the completion of this training session, along with a mandatory police record check.

Sa Jun 24

110102

10:00-11:30am

FREE

Instructor: Krissy Golin

Dunbar Fitness Classes

Class Descriptions

Athletic Conditioning — This moderate to intense class will challenge your cardiovascular and muscular endurance. You will experience intervals of basic step, muscle conditioning, balance work and anaerobic intervals in this full body athletic workout. Be prepared to sweat. We are all athletes!

Cardio Core — Athletic hi-low aerobic patterns and basic anaerobic intervals will challenge your cardiovascular system! Suitable for all levels as options to challenge your fitness and coordination will be provided throughout. Develop and strengthen your abdominal and back muscles with extended core training.

Circuit Training Bootcamp — Wake up and sweat! Bonnie will get you motivated with her infectious energy, cardio intervals, drills and muscle conditioning exercises to provide you with the ultimate circuit workout! No workout is the same!

Group Power — Group Power is your hour of power! This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power!

Hi/Low — Easy to follow, but a challenge for your cardiovascular system! Hand weights are also used to push you to the next level of fitness.

Low Impact — A moderate level class, where low impact exercises will be used to challenge your cardiovascular system. Weights, dynabands and a stretch will finish off this energizing workout.

Step N' Interval — A fun choreographed step class centered around challenging aerobic intervals. Use hand weights at the end for muscle conditioning.



Yoga For Fitness — Yoga offers many benefits in the areas of fitness, health, sports and post-rehabilitation. This introductory all-levels class will use a combination of postures derived from Hatha and Flow. It will incorporate core yoga values like awareness, breathing, focus, alignment, and movement in a drop-in fitness setting intended for healthy individuals.

Step N' Muscle — A moderate to challenging class using the step in choreographed patterns to get a great 40 minute cardio workout. Strength and endurance exercises round out this class.

Step Plus — This 75 minute class is an exciting blend of patterned choreography and athletic movements. Finish the class with muscular conditioning and a good stretch.

Strength Works — Train your body to perform everyday exercises with ease and confidence. Working with functional movements will lead to better joint mobility and stability as well as more efficient motor patterns.

Stretch Dynamics — Gain flexibility, stability and joint mobility using a range of stretching techniques. See results in your daily activities as your movements become more fluid and free. All welcome.

Tone and Flex — Improve your strength, flexibility, balance, and muscle tone using hand weights, tubing, body weight and small balls. No cardio component in this class makes it a good compliment to your other aerobic activities. Tone and Flex Plus on Saturdays offers an extra 15 minutes allowing more time for conditioning and a longer, relaxing stretch at the end of class.

Tone and Flex Plus — Improve your strength, flexibility, balance, and muscle tone using hand weights, tubing, body weight and small balls. No cardio component in this class makes it a good compliment to your other aerobic activities. Tone and Flex Plus on Saturdays offers an extra 15 minutes allowing more time for conditioning and a longer, relaxing stretch at the end of the class.

Total Body Conditioning with Stretch A moderate to challenging level strength and conditioning class that utilizes hand weights and bands. There is no cardio component in this class and it is followed by a 15-20 minute stretch.

Zumba — This Latin-inspired dance-fitness class incorporates Latin and international music and dance movements, creating a dynamic, exhilarating, and effective program. It combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. It is based on the principle that a workout should be "FUN AND EASY TO DO" allowing participants to stick to the program and achieve long-term health benefits.

Childminding available

See Page 3 for details

Group Fitness Schedule

Schedule subject to change. Visit us online for up-to-date schedules and instructor profiles: www.dunbarcentre.org

GROUP FITNESS SCHEDULE APRIL 1-JUNE 30							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30am–7:15am 8am–9am			Circuit Training Bootcamp 6:30–7:15AM Monika • Gym • 3		Circuit Training Bootcamp 6:30–7:15AM Bonnie • Gym • 3	Group Power 8:00–9:00AM Ella 208 • 2	
9:00am–10:00am			Zumba Tanya 208 • 2		Zumba Tanya 208 • 2		Tone & Flex Plus 9:00–10:15AM Connie 208 • 2
9:30am–10:30am	Group Power DJ 208 • 2	Group Power Michelle 208 • 2		Group Power Jen W. 208 • 2		Group Power Annie 208 • 2	
9:30am–10:30am		Athletic Conditioning 9:30-10:40AM Jen W. Gymnasium • 3	Hi / Low Casey Gymnasium • 2	Step n' Interval 9:15-10:30AM Indira Gymnasium • 2	Cardio Core Casey Gymnasium • 3	Step n' Muscle Bonnie Gymnasium • 3	Step Plus 9:30-10:45AM Indira Gymnasium • 3
10:35am–11:35am		Low Impact Rocio 10:45-11:45AM 208 • 2		Total Body Conditioning with Stretching 10:45–12:00PM Meg 208 • 2	Strength Works Rocio 10:15-11:15am 208 • 1	Stretch Dynamics Sharon 10:30-11:30am 202 • 1	
11:00am–12:00pm	No classes on Statutory Holidays Apr 14, 16, 17 May 21, 22 ----- Note: No classes for Gymnasium Fitness classes Apr 3-9, May 9					Low Impact Meg 10:45-11:45am 208 • 2	
Evening		Tone and Flex Connie 6:15-7:15PM 208 • 2	Group Power Michelle 6:15-7:15PM 208 • 2	Tone and Flex Connie 6:15-7:15PM 208 • 2	Yoga For Fitness Maureen 6:15-7:15PM 208 • 2		
		Zumba Vanessa 7:30-8:30PM 208 • 2		Zumba Vanessa 7:30-8:30PM 208 • 2			

Level 1	<i>Little to no impact if there is a cardio vascular component. Body weight, bands, tubing or light weights may be used for general strengthening. A variety of stretching techniques may be used focusing on joint mobility, balance and agility to improve activities of daily living.</i>
Level 2	<i>Alternating periods of higher and lower levels of intensity if there is a cardio component. A variety of equipment may be used for strength conditioning. Post workout, a variety of stretching techniques may be used to improve flexibility and restore calm.</i>
Level 3	<i>Geared towards higher intensity cardio vascular training and/or working with heavier weights to promote power development. Post workout, a variety of stretching techniques may be used to improve flexibility and restore calm.</i>

Includes GST	ADULT	FT STUDENT/YOUTH/SENIOR
Single Use	\$6.10	\$4.85
10-Usage Pass	\$46.50	\$37.00
Monthly Pass	\$34.00	\$27.50

PLEASE NOTE

- Wristbands are required to be worn on the wrist for group fitness classes.
- For 6:30am classes and Sunday classes, please enter through Fitness Centre entrance located off parking lot.

Group Indoor Cycling Schedule

Schedule subject to change. Visit us online for up-to-date schedules and instructor profiles: www.dunbarcentre.org

GROUP INDOOR CYCLING SCHEDULE SEPTEMBER 8 –DECEMBER 30

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Cycle Xpress 6:15–7:00am Doug	Cycle Core 6:15–7:15am Tracy	Cycle Xpress 6:15–7:00am Doug		Cycle Fit 8:30–9:30am Mike/Crystal	Cycle Core 7:30–8:30am Crystal
Cycle Core 9:30–10:30am Toni	Cycle Xpress 9:15–10:00am Sharon	Cycle Core 9:30–10:30am Toni	Cycle Xpress 9:15–10:00am Toni	Cycle Fit 9:15–10:15am Sharon	• Single Use: \$6.15 (adult) • 10-Usage Pass: \$49.20 (adult) <i>Fees and schedule are subject to change. Please call us or visit vancouver-parks.ca to confirm.</i>	
Cycle Xpress 6:30–7:15pm Ed		Cycle Xpress 6:30–7:15pm Mary				

FITNESS

Indoor Cycling Information

Burn calories, build muscle, relieve stress!

Indoor Cycling is a group exercise class performed on a specialized stationary bike. It is fun, accessible and effective! Come check out a class and receive many of the benefits:

- A motivating group environment
- Low impact on joints
- Improve cardiovascular fitness
- Improve anaerobic capacity
- Lose inches
- Have fun!

Fees

Prices do not include GST ADULT

Drop In	\$5.98
10 tickets	\$47.79

Indoor Cycling Information

Tips For a Successful Ride (Etiquette)

- Arrive early for bike set-up
- Stay alert, reduce the chatter
- Be scent free
- Keep it clean: wipe it up & wipe it down
- Be ready to sweat!
- Bring a water bottle and towel to every class.

Reservation Procedures

- Call the day before your class to reserve your bike at 604.222.6060 ext.1 between 12:00noon-8:30pm.
- Monday classes—call the Fitness Centre 604.222.6058 on Sundays between 12:00noon-7:45pm.
- Check in at reception to pay.
- For early morning classes, check in and enter through Fitness Centre, adjacent to the back parking lot.
- Classes start on time. Please arrive 5 minutes before class time, as your bike may be given to a waiting participant.
- No voicemail or e-mailed reservations are accepted.
- Participants can register only themselves.
- Waitlist spots will be released to the first waitlisted participant that is reached.

Class Descriptions

Cycle Xpress – 45 minutes of riding with quick warm & cool down

Cycle Core – 45 minutes of cycling, including the warm-up, followed by a 15 minutes of core training (abs and back) and stretching

Cycle Fit – 60 minutes of cycling, with a longer warm up and cool down.

Childminding available —See page 3 for more information

Exercise & Fitness

Fit 4 Two® • Mom and Baby Spin & Strength

This baby friendly class allows mom to get a great indoor cycle fit work out and attend to baby's needs at anytime. Your instructor will take you on a journey through intervals of hill climbs, speedwork, and endurance riding combined with intervals of muscular endurance work, post natal specific core work and flexibility. Benefit from increased energy, improved posture, and a stronger core. Pre-mobile babies only. Drop-in \$15.24. No class Apr 19.

W Apr 5-May17 1:00pm-2:00pm
92948 \$79.98/6 sess

W May 24-Jun 21 1:00pm-2:00pm
92949 \$66.65/5 sess

Instructor: Fit4Two Westside
Prices do not include GST



Childminding available

See Page 3 for details

Sun Run InTraining

Join the Sun Run InTraining Program and get in shape by learning to run 10k, run 10k stronger, walk 10k or Nordic Walk 10k the 2016 Vancouver Sun Run with SportMedBC's proven training programs! Whether you're a runner or a walker (of any ability level), a Vancouver Sun Run InTraining clinic can help you reach your fitness goal in a safe and supportive environment. The three 13-week InTraining programs designed by SportMedBC gradually builds strength and stamina and focuses on improving your overall health and fitness while staying injury free. Clinic participants receive: Weekly coaching, information and advice from guest speakers, a pocket InTraining guide, 13 weekly guided sessions with trained leaders, a New Balance technical shirt, Vancouver Sun Run race entry and more! No registration after the third week. Ages: 13 + years (Participants between the ages of 13 and 16 must be accompanied by an adult).

More info: <https://sportmedbc.com/content/sun-run-intraining-program>

Su Jan 15-Apr 9 9:00am-11:00am
77432 \$144/13 sess
Instructor: SportMed BC

Visit 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.



Fitness Centre Information

Hours of Operation

Mon–Thurs: 6am–10pm
 Friday: 6am–9pm
 Saturday: 7am–7pm
 Sunday: 7am–8pm
 Stat Holidays: 7am–7pm

Fitness Centre Admission

	ADULT	YOUTH/SENIOR
Drop In	\$5.98	\$4.27
10 tickets	\$47.79	\$34.19

Prices do not include GST

Whirlpool closes 15 minutes before Fitness Centre closes. Please check in at the front desk when you arrive.

Use the back parking lot entrance when the Community Centre is closed.

Monthly Flexipass Membership

Enjoy flexible and affordable recreation with our no contract all access pass. Purchase a monthly Flexipass at any Park Board fitness centre and receive unlimited access to our 21 fitness centres, 9 indoor pools, 4 outdoor pools and 8 ice rinks. For more information and locations visit vancouverparks.ca.

	ADULT	YOUTH/SENIOR
1 Month	\$46.18	\$32.33
3 Months	\$122.45	\$85.73
12 Months	\$390.32	\$273.21

Prices do not include GST • Fees subject to change



Squash Fees (45 minute court time)

<i>Prices do not include GST</i>	ADULT	YOUTH
Prime Time		
(2 Players) Drop-in	\$13.94	\$9.71
Strip of 10	\$125.22	
Non-Prime		
(2 Players) Drop-in	\$9.96	\$7.00
Strip of 10	\$89.62	

- Court fee includes Fitness Centre, Sauna and Whirlpool
- Advance bookings by phone 604.222.6060 with credit card
- Court cancellations must be 24 hours in advance
- Eyeguard and racquet rentals available
- Prime Time: Weekdays starting at 3:15pm, Weekends & Statutory Holidays
- Non-Prime time: Weekdays 6:15am–2:30pm
- Fees subject to change

Free Fitness Consultations

Reach your fitness goals with our new free consultation package. Call ahead to book up to 3 sessions with our highly trained Fitness Centre staff. Free with drop-in admission or included with your pass. In your first session, learn how to use the equipment, get a personalized fitness program, and receive a card to track your progress. At your next session, our staff will monitor your exercise technique and answer any questions about your fitness program. Book a third session if you need additional support or motivation.

Personal Training

Improve your health and wellness with support from our qualified and experienced personal trainers. Our trainers will work with you to develop a customized fitness plan designed to meet your fitness goals and fit your busy schedule. Whether you are a beginner, overcoming a plateau, rehabilitating from an injury or looking for sport-specific workouts, our trainers will motivate and support you in each one hour session.

Try our new Small Group Personal Training! Training as a group provides a comfortable support system where you can encourage one another and foster some healthy competition! A small group can consist of 2-3 friends/family members which can be very powerful in helping you stay on track as you achieve your fitness goals.

<i>Prices do not include GST</i>	PERSONAL TRAINING	SEMI-PRIVATE TRAINING	SMALL GROUP TRAINING
1 Session	\$49.73	\$74.56	\$108.80
3 Sessions	\$133.83	\$200.79	\$291.42
5 Sessions	\$223.79	\$348.08	\$427.43
10 Sessions	\$412.86	\$646.43	\$771.14

Happy Hearts Alliance

Happy Hearts Alliance

The VGH Centre for Cardiovascular Health and Vancouver Parks & Recreation have partnered to bring you a long term cardiac exercise program in the community. Individuals who have not graduated from a hospital-based rehabilitation program are encouraged to apply. (Application forms available at the Community Centre.) For further information please call 604.222.6058. Purchase of a monthly flexipass is required to participate in this program.



Participation in this program encompasses access to all Park Board pools & fitness centres.

Happy Hearts Plus

A twice-weekly medically supervised exercise and education program.

Tu Th Apr 4-Jun 29 10:30am-11:30am
M W Apr 3-Jun 28 5:00pm-6:00pm

Happy Hearts Maintenance

A once-per-week exercise maintenance class for graduates of cardiac rehab programs.

M Apr 3-Jun 28 8:00am-9:00am
M Apr 3-Jun 28 11:00am-12:00pm
Th Apr 6-Jun 29 8:00am-9:00am
F Apr 7-Jun 30 11:00am-12:00pm



Changing Aging

Changing Aging

This renowned evidence-based exercise program is delivered by specially trained Kinesiology students with advanced skills to work with aging and clinical populations. Designed for individuals age 65+, the program targets mobility and injury/disease prevention. Exercises focus on reducing cardiovascular disease risk factors and improving joint mobility and stability through strength, endurance, balance, coordination, agility and flexibility training. Prerequisite: stable health condition(s), moderate to high functional mobility. Refund policy: medical note required for refund. No session Apr 17, May 3, & 22.

M W Apr 10-Jun 28 9:00am-9:55am
 106040 \$150.48/23 sess
M W Apr 10-Jun 28 10:00am-10:55am
 106039 \$150.48/23 sess
 Instructor: UBC School Of Kinesiology



Fit over 50

This class is designed for baby boomers looking to maintain their health, strength and flexibility. Focused on the maintenance of joint mobility and stability, exercises are centered on functional movement and help you maintain & find fitness in your fifties and beyond. Refund policy: medical note required for refund. No session Apr 17, May 3, & 22.

M W Apr 10-Jun 28 8:00am-8:55am
 106041 \$150.48/23 sess
 Instructor: UBC School Of Kinesiology

Changing Aging & Fit Over 50 Registration Info

To confirm eligibility after registering into the program, NEW participants interested in the Changing Aging Program are required to submit a medical Referral Form and schedule an intake appointment with the School of Kinesiology staff: 604.822.0207 prior to the first class. Changing Aging AND Fit Over 50 Participants, please ensure the following forms are signed and submitted to your fitness instructor on the first day of class: Waiver and Membership Agreement Form. Referral Forms are required for (1) NEW Changing Aging participants and (2) anyone with health changes since the last time the form was submitted. Registration for the Changing Aging program will be open for ONLY the first 2 weeks of classes due to the safety policy reinstated from Bodyworks at UBC. Bodyworks instructors teach the program with a periodized structure- to increase mobility and safe movement mechanics in the first 3-4 weeks of the program. Without these 2 weeks of a baseline of movement the participant would increase their risk of improper movement patterns, therefore increasing their risk of injury.

REFUND POLICY: Medical note required for prorated refund.

Therapeutic Fitness

Joint Works • Arthritis

By taking this exercise class designed by the Arthritis Society, people with arthritis can experience such benefits as improved joint mobility and muscle endurance.

Tu Th Apr 6-Jun 29 1:30pm-2:30pm

106042 \$142.86/25 sess

Instructor: Keno Kinoshita

Osteofit 1

This class is an opportunity for people who have had fractures or are at risk for fracture, to exercise in a safe and supportive way. A qualified osteofit instructor provides both appropriate exercises and education for people with osteoporosis. This program was developed by BC Women's Hospital and the Osteoporosis Society of BC.

Tu Th Apr 6-Jun 29 12:30pm-1:30pm

106043 \$142.86/25 sess

Instructor: Keno Kinoshita

Osteofit For Life

This program is for those who have graduated from the Osteofit 1 program. There is a gentle warm-up, followed by exercises specifically designed to prevent falls

Tu Th Apr 6-Jun 29 11:30am-12:30pm

106044 \$142.86/25 sess

Tu Th Apr 6-Jun 29 2:30pm-3:30pm

106046 \$142.86/25 sess

Instructor: Keno Kinoshita

Steady Feet

Are you nervous about falling? Recommended by Doctors and Physiotherapists, this balance and mobility program will help improve your functional mobility, increase lower body strength, improve balance and reduce fall risk.

Tu Th Apr 6-Jun 29 3:30pm-4:30pm

106047 \$142.86/25 sess

Instructor: Keno Kinoshita



Therapeutic Weight Training

Improve your quality of life beyond chronic problems like diabetes, arthritis, bursitis, fibromyalgia, hypertension, asthma and lower back problems with a low intensity and educational program using exercise bands and low weights. A doctor or physiotherapist's referral is recommended. Suitable for those able to lift at least 10lbs.

Tu Apr 11-Jun 27 10:15am-11:15am

106048 \$137.14/12 sess

Instructor: Keno Kinoshita



Please Note: Adult & Senior Program fees are listed pre-tax.

Yoga

Hatha Yoga

Open to all levels. Strengthen, stretch, tone and relax. Whether you want to get in shape, improve range of motion, relieve muscle tightness, or reduce stress, Hatha yoga can benefit you. Hatha yoga is a multi-level class and teachers will offer variations and modifications to ensure that all students are working at their own fitness level. Drop in \$15. No session Apr 17 & May 22.

M Apr 10-Jun 26 6:30pm-7:45pm
106092 \$104.76/10 sess

Instructor: Kristiina Oinonen

Tu Apr 4-Jun 27 9:30am-10:45am
106093 \$136.19/13 sess

Tu Apr 4-Jun 27 6:00pm-7:15pm
106094 \$136.19/13 sess

Tu Apr 4-Jun 27 7:15pm-8:30pm
106095 \$136.19/13 sess

Th Apr 6-Jun 29 9:30am-10:45am
106096 \$136.19/13 sess

Instructor: Tina Grant



Gentle and Restorative Yoga

In this class, we will focus on gentle stretching and strengthening movement. Breathing practices, mindfulness in movement, meditation, and restorative yoga will also be integrated into each class. Drop in \$15. No session May 4.

Th Apr 6-Jun 15 6:00pm-7:15pm
106089 \$104.76/10 sess

Instructor: Barbara McDonald

Yes! Yoga: Cardio Mix

Say YES to all the benefits of yoga combined with dynamic cardio sets in this energizing and faster-paced class inspired by Kundalini yoga. Set to uplifting music, you will stretch, strengthen, tone and relax your entire body while increasing your metabolism, stamina and overall fitness and well-being as you release deeply held tensions and stress, bringing you more balance and peace to heart and mind. All levels welcome! Drop in \$15.

W Apr 12-May 31 9:30am-10:30am
106154 \$76.19/8 sess

Th Apr 13-Jun 1 7:30pm-8:30pm
106153 \$76.19/8 sess

Instructor: Linda Dom

Yin Yoga for Flexibility and Rest

Yin Yoga is a powerful but passive practice designed to bring more flexibility and deeper balance to the mind and body. The practice targets the connective tissues—ligaments, fascia, joints and bones—using a series of generally seated or reclining poses which are held for a particular length of time. Yin also improves the flow of energy, or Chi, within the body; stimulates organ health and encourages nourishment and repair of fascial tissues. Yin Yoga is a great de-stressor and practitioners often notice a sense of peace and restfulness. This is a fantastic complementary practice for any active style of physical exercise, including regular Yoga or sports. The use of props ensures accessibility for most practitioners and many modifications or options are available depending on individual needs. Drop-ins \$15. No session May 3.

W Apr 12-Jun 21 7:30pm-8:45pm
106155 \$104.76/10 sess

Instructor: Annabel Kershaw

Yoga for Health & Awareness

A yoga practice adapted for the beginner and those who are interested in a more gentle approach. The focus will include a combination of yoga postures, meditation and breath work. You will learn how to use this practice to help you deal with stress, become a more relaxed, aware person and keep your body moving with elegance and ease. Modifications will make this class attractive for those with restrictions due to health or injury. Drop-ins \$15.

Th Apr 6-Jun 29 9:15am-10:45am
106156 \$125.71/12 sess

Instructor: Bonnie Anderson



Yoga

Yoga for Men

A class for men to further develop their mobility, strength and flexibility. It is suitable for ongoing students and those with some background in Iyengar yoga. Grant is a Certified Iyengar Yoga Instructor. He has been offering Yoga for Men classes at Dunbar CC since 2006. Register early due to the increased demand. Drop-in with permission of the instructor, \$15. No session Apr 14, & May 22.

M Apr 10-Jun 26 7:15pm-8:45pm
106157 \$114.29/10 sess

Instructor: Grant Richards

Yoga for Men Beginners

A class geared for men!! Gain flexibility, reduce muscle aches and pains, achieve better posture and balance the stresses of daily life. The class will cover the basics of yoga in the Iyengar tradition. This tradition introduces students to the use of props to help students new to yoga and ongoing students who may choose to practice at this level. Grant is a Certified Iyengar Yoga Instructor. He has been offering Yoga for Men classes at Dunbar CC since 2006. Apr 14, & May 22. Drop-in \$15.

M Apr 10-Jun 26 5:45pm-7:15pm
106158 \$114.29/10 sess

Instructor: Grant Richards

Yoga for the Core

Yoga for the Core will address and improve common muscular imbalances and weakness in your back, glutes, waist, and abdominals. You will learn to use the breath to engage the deep core stabilizers of the pelvic floor and Transverse Abdominals. This class will improve your posture as well as strengthen and tone the whole body. All classes will start with a calming warm-up and end with a focus on deep stretches and relaxation. All levels are welcome. Drop-in \$15. No session May 3.

W Apr 5-Jun 28 6:00pm-7:15pm
106159 \$125.71/12 sess

Instructor: Tina Grant

Pilates



Pilates

Improve core strength and coordination, aid circulation, reduce stress, increase endurance, lessen chronic weaknesses, and prevent injury. Levels 1 & 2 classes may use body balls, flex bands and light weights. Please note; You must have completed an Introductory class to register for Levels 1 & 2, and no new registrations to the Intro class after the 2nd class. Drop-in \$13. No session Apr 17, 29 & May 4, 6, 22.

• Introductory

Tu Apr 13-Jun 29 6:30pm-7:30pm
106118 \$125.71/12 sess

Instructor: Karen Everall

Th Apr 13-Jun 29 10:30am-11:30am
106113 \$115.24/11 sess

Instructor: Linda Milne

• Level 1

Th Apr 13-Jun 29 9:30am-10:30am
106114 \$115.24/11 sess

Sa Apr 15-Jun 24 8:30am-9:30am
106115 \$94.29/9 sess

Instructor: Linda Milne

• Level 2

Th Apr 13-Jun 29 8:30am-9:30am
106116 \$115.24/11 sess

Instructor: Linda Milne

• Mixed Level

Th Apr 13-Jun 29 6:30pm-7:30pm
106117 \$115.24/11 sess

Instructor: Karen Everall



Sports

Spring Tennis • Beginner & Novice 1.0-2.5

Our Spring Beginner and Novice Program will get you out on the court, playing games, running hitting and have a GREAT time. The Spring Session will develop the fundamentals of all strokes and develop match play. Coaches will assess and group the players in Beginner and Novice skill groups with each group taking weekly themes for techniques and tactics while developing your game play. Our goal for this course is to give you the foundational skills to chase the yellow ball for the rest of your life. This course is for Beginner and Novice players. Players who can already serve and play must join the Lower Intermediate/Advanced Program. Players may join up to the 4th class. Coaching Ratio 6-1.

Tu Apr 25-May 30 6:00pm-8:00pm
106276 \$130.00/6 sess
Su May 7-Jun 18 10:00am-12:00pm
106283 \$130.00/6 sess

Instructor: Gord Hauka

Spring Tennis • Intermediate/Advanced 3.0-4.0

The Spring Program is designed to improve and advance present skills and develop your personal style of Match Play. Players in the Program must be able to serve and play at a 3.0 level. We will add speed and skill to your techniques and tactical planning. Our goal is to get you ready for the Summer Matches from Stanley Park Tournament to vanquishing the local court champ. Players may join anytime during the program. Fee prorated. Coaching Ratio 6-1. No Classes May 21.

Th Apr 27-Jun 1 6:00pm-8:00pm
106299 \$130.00/6 sess
Su May 7-Jun 18 12:00pm-2:00pm
106298 \$130.00/6 sess

Instructor: Gord Hauka

Co-Ed Community Tennis

Come enjoy some friendly volunteer-run community tennis on our outdoor courts. Co-Ed Community Tennis runs on stat holidays. Drop-in \$4, space permitting. Pay at front desk then show your receipt to the volunteer.

M Apr 3-Jun 26 9:00am-11:00am
106162 \$40/13 sess
W Apr 5-Jun 28 9:00am-11:00am
106267 \$40/13 sess
F Apr 7-Jun 30 9:00am-11:00am
106269 \$40/13 sess

Instructor: Dunbar Volunteer

* Outdoor Tennis is offered at Memorial Park West Tennis Courts

Badminton • Advanced Doubles Play

This is an advanced play, doubles only class. Players will be assessed during the first 2 weeks to determine level of play. If requirements are not met it will be suggested that you find a more suitable class and you will be refunded for the rest of the program. Advanced skills include: double strategy, smashing, clearing, line drives, finesse in placement, net play and maintenance of strong, fast, continuous rallies. EYE PROTECTION HIGHLY RECOMMENDED. Feather birds provided. Drop-in \$7.50. No session May 9.

Tu Apr 11-Jun 27 7:45pm-10:15pm
107986 \$62.86/11 sess
Instructor: Doug Johnson & Alex Chang

See p.32 for Disclaimer for Adult Indoor Sports

Badminton • Afternoon Intermediate/Advanced

Spend the afternoon smashing, clearing, and challenging other players. Bring your own racquet. Protective safety eye wear recommended. No instruction. Drop-in \$7.50. Fee includes use of feather birds. No session May 9.

• Intermediate

Tu Apr 11-Jun 27 1:00pm-3:00pm
107989 \$62.86/11 sess

• Advanced

Th Apr 13-Jun 29 1:00pm-3:00pm
107987 \$68.57/12 sess

Instructor: Alan Smith & Walter Lanz

Badminton • Family

This is a special time for parents and their children, the emphasis is on recreational play. All children must be accompanied by adults. Please bring your own racquet. Safety eye protection wear highly recommended. Plastic birds available. Please pay the drop-in at the Fitness Centre. Strip Ticket cards available for youth (\$40) & adults (\$55). The card must be punched each visit. Drop-in: Adult \$5.50, Youth \$4. No session Apr 9, 16, May 28.

Su Apr 2-Jun 25 5:30pm-6:30pm
108016 \$5.5/12 sess
Instructor: Alex Chang

Badminton • Intermediate and Advanced

Maximum of 24 players. Please bring your own racquet. Safety eye protection wear highly recommended. Feather birds provided. Please Note: Pay the drop-in at the Fitness Centre downstairs or buy a 10 strip card Mon to Sat which will be worth \$75 for ten drop-ins. The card must be punched each time you drop-in. Drop-in \$7.50. No session Apr 9, 16, May 28.

Su Apr 9-Jun 25 6:30pm-8:00pm
108021 \$57.14/10 sess
Instructor: Alex Chang



Sports

Badminton • Recreational All Levels

Enjoy a fun active morning playing badminton. This is an enjoyable and inclusive program for all ages and abilities; families welcome! Plastic birds and informal instruction are provided. Bring your racquet. Protective safety eye wear highly recommended. "Try before you buy!" first visit is free and register afterwards if you would like to continue. Registration is pro-rated so register anytime during the session. Please Note: There are NO DROP-INS, pre-registration is necessary. No session Apr 9, 16, May 28.

Su Apr 9-Jun 25 9:45am-12:30pm
108025 \$47.62/10 sess
Instructor: Walter Lanz

Beginner/Intermediate Senior & Adult Badminton

Badminton instruction from a certified coach. This program is designed to develop and enhance the skills of badminton players. Drop-in \$8. No session Apr 17, & May 22.

M Apr 10-Jun 26 12:30pm-2:00pm
106068 \$66.67/10 sess
Instructor: Derek Wong

Disclaimer for Adult Indoor Sports

Registered players: You always have priority over drop-ins, however, there is no guarantee that you will play if you show up 10 minutes after the class begins. Drop ins; You will be allowed to play 10 minutes after the class starts. No warm up time in the gym for drop ins. Some activities have sign-up sheets at the Front Desk which are made available 15 minutes prior to the start of class.

Basketball

Get some exercise and have fun playing pick-up. Games start at 8:15pm sharp. Registered players must arrive on time to ensure their spot. All players must sign-in at reception. Maximum 20 players. Drop-in \$6.00.

W Apr 12-Jun 28 8:15pm-10:15pm
106067 \$57.14/12 sess
Instructor: Ian St.Martin

Co-Ed Ball Hockey

Bring your own stick. Protective equipment strongly recommended. This is a non-contact program, zero tolerance for rough play. Participants are required to sign a waiver each week. Drop-in \$6.00

Th Apr 13-Jun 29 8:15pm-10:15pm
106073 \$57.14/12 sess
Instructor: Peter Coady

Pickleball Intermediate/Advanced

Come out, be active and try this exciting & popular sport. It is an easy-to-learn game that combines elements of badminton, tennis & table tennis. It is great for all skills & ability levels. Equipment provided. Drop in available, if space permits. Leisure Access does not apply to drop ins. Drop-in Tue & Wed \$4, Sat \$2.25. No session May 9.

• Intermediate/Advanced

Tu Apr 11-Jun 27 5:30pm-7:30pm
106110 \$41.90/11 sess

• Recreational/All Levels

W Apr 12-Jun 28 4:30pm-6:30pm
106111 \$45.71/12 sess

Sa Apr 8-Jun 24 11:00am-12:00pm
106112 \$20.95/11 sess

Instructor: Anke Harpe & Carole Sanders



Soccer • Master's Co-Ed

The Master's Co-Ed Soccer is a Recreational League for men over 40 and women over 35. The emphasis is on sportsmanship, fitness and fun! There is no instruction. Non-marking runners mandatory. Drop-in \$6.00.

F Apr 21-Jun 30 8:00pm-9:15pm
106132 \$57.62/11 sess
Instructor: Susan Boucher

Volleyball • Advanced

Advanced level volleyball. Players must have excellent and safe ball control, able to make clean and legal plays. Supervisor will determine if a player is deemed advanced. Drop-in \$7.00. No session Apr 17, & May 22.

M Apr 10-Jun 26 7:00pm-10:00pm
106148 \$47.62/10 sess
Instructor: Javier Tang & Seng Tsoi

Women's Indoor Soccer

Designed for those with soccer experience. Covers strategy and tactics. Indoor soccer shoes are mandatory for safety reasons. Drop-in \$7.50. Unsure if this program is right for you? You may drop in twice to see.

W Apr 12-May 31 6:45pm-8:00pm
106149 \$45.71/8 sess
Instructor: Cheryl McClynnch-Lee



Please Note: Adult & Senior Program fees are listed pre-tax.

Martial Arts

Classical Fencing

Classical Fencing is a descendant of the past defensive martial arts of Europe. This class will explore the concepts of earlier sword play through the lens of Classical French Foil. Students will gain both a theoretical and physical foundation of the science, which was once considered invaluable for surviving serious armed encounters. This course is held offsite at the Our Lady of Perpetual Help School Gym at 2550 Camosun St. Please bring a pair of clean runners in addition to street shoes. For more information, visit www.renfencingclub.ca

Th May 4-May 25 5:30pm-6:15pm
106072 \$52.38/4 sess

Instructor: Renaissance Fencing Club

Okinawa Weaponry

Learn the bo, sai, tonfu, kama, eku, nunchaku, tekko, and tinbe & rochin in a fun and challenging atmosphere. Classes taught by former Canadian National Weapons Champion. No session Apr 15, & May 20.

Sa Apr 1-Jun 24 10:00am-12:00pm
106109 \$107.9/11 sess

Instructor: William Chung

Shotokan Karate

Covers basic techniques, forms (Kata), and sparring (Kumite). Please phone 604.880.1559 or carmens_@shaw.ca for more information. Beginners and families welcome. Additional black and brown belts-only practices are on Saturdays 10:30am-12:00pm All levels welcome before grading. No session Apr 17, & May 22.

M W Sa Apr 3-Jun 21 6:00pm-7:30pm
106130 \$125/35 sess

Instructor: Dunbar Karate Association

T'ai Chi (Yang style Taijiquan) Beg/Int

Learn the traditional 108 movement Yang Style routine as well as push hands in this class. T'ai Chi ("taijiquan") is a meditative martial art which is ideal for all ages, and improves breathing, balance and flexibility. No previous experience required. Absolute beginners welcome! Drop-in fee \$16.

Tu Apr 11-Jun 27 7:00pm-9:00pm
106140 \$160/12 sess

Instructor: Michael Blackburn

Tai Chi with Nathan • Beginners

An ancient and unique system of health enhancement, emphasizing relaxation, balance, co-ordination and agility. Tai Chi is a total system of exercise incorporating mental as well as physical discipline. The class is conducted in a fun and relaxed manner, and is suitable for people of all ages and fitness levels. Drop-in \$9. No class Apr 14, May 5.

F Apr 7-Jun 23 9:30am-10:30am
106143 \$76.19/10 sess

Instructor: Nathan Szredni

Tai Chi with Nathan Intermediate

No class Apr 14, May 5.

F Apr 7-Jun 23 10:30am-11:30am
106144 \$76.19/10 sess

Instructor: Nathan Szredni



Dog Training

Dog Training • Advanced Cross Training

Canine cross-training classes work on a variety of activities (such as obedience, tricks, obstacles, freestyle moves, rally obedience exercises etc.) with a focus on increasing the owner-dog bond and improving practical obedience while having fun and learning new things. An excellent and fun way to provide mental stimulation and develop an attentive, happily obedient dog while enjoying some quality time together. This level is intended only for ongoing cross-training students experienced in working independently; instructor's permission is required to register; for more information or for late registration (after the first class) please contact Brenda at brenda@callingalldogs.org or at 604.224.2269. No session Mar 15.

W May 24-Jun 28 7:45pm-9:00pm
106077 \$136.19/6 sess

Instructor: Brenda Jagroop

Dog Training • Intermediate Cross-Training

Canine cross-training classes work on a variety of activities (such as obedience, tricks, obstacles, freestyle moves, rally obedience exercises etc.) with a focus on increasing the owner-dog bond and improving practical obedience while having fun and learning new things. An excellent and fun way to provide mental stimulation and develop an attentive, happily obedient dog while enjoying some quality time together. The Intermediate level is intended only for continuing cross-training students; pre-requisite is completion of at least one Novice Cross-training class; for more information or for late registration (after the first class) please contact Brenda at brenda@callingalldogs.org or at 604.224.2269. No session Mar 15.

W May 24-Jun 28 6:45pm-7:45pm
106078 \$136.19/6 sess

Instructor: Brenda Jagroop

Licensing Requirement

The standard Parks Board requirement is that dogs taking any community centre classes must hold a current license as required by the City of Vancouver regulations.



Dog Training • Novice Cross-Training

Canine cross-training classes work on a variety of activities (such as obedience, tricks, obstacles, freestyle moves, rally obedience exercises etc.) with a focus on increasing the owner-dog bond and improving practical obedience while having fun and learning new things. An excellent and fun way to provide mental stimulation and develop an attentive, happily obedient dog while enjoying some quality time together. Pre-requisite for the Novice level is completion of a Basic Obedience class; for more information or for late registration (after the first class) please contact Brenda at brenda@callingalldogs.org or at 604.224.2269.

M May 29-Jun 26 7:30pm-8:30pm
106079 \$136.19/5 sess

Instructor: Brenda Jagroop



Dance

Adult Ballet

Work on balance, rhythm and flexibility, all while getting a great workout. Every class will consist of 30 minutes of barre work, followed by a short mat session of stretch and conditioning, and then on to exercises in the centre and across the floor. No experience necessary. Drop-in Wed \$12, Fri \$17. No session Apr 14.

• Beginner

Free Trial: W Apr 19 7:00pm-8:00pm

106059 Free

W Apr 26-Jun 28 7:00pm-8:00pm

106058 \$123.81/10 sess

• Open Level

Free Trial: F Mar 31 10:30am-12:00pm

106053 FREE

F Apr 7-Jun 23 10:30am-12:00pm

106052 \$157.14/11 sess

Instructor: Laura Ross

Adult Beginner Jazz

Learn a variety of styles at a beginner's pace. Broadway, lyrical jazz and commercial styles will be worked on, all while developing strength, coordination, flexibility and confidence. We'll dance to upbeat music and get a great work-out. No dance experience required! Drop-in \$15.

Free Trial: W Apr 19 8:05pm-9:05pm

106055 FREE

W Apr 26-Jun 28 8:05pm-9:05pm

106054 \$123.81/10 sess

Instructor: Laura Ross



Adult Musical Theatre

From *Oklahoma* to *Puttin on the Ritz*, come strut your stuff and sing show tunes with us. This fun class will improve your vocal confidence and stage presence with encouraging and knowledgeable instructors. No experience necessary. Each class will start with a short physical and vocal warm up followed by learning and staging numbers for an optional performance at the end of the term. Opportunities for solo and duet vocal lines will also be available.

Free Trial: F Mar 31 12:15pm-1:45pm

106057 FREE

F Apr 21-Jun 23 12:15pm-1:45pm

106056 \$167.62/11 sess

Instructor: Laura Ross

Belly Dance • Beginner

Enjoy moving to the sensuous melodies and dance rhythms of the Middle East with Rahma. Rahma has the ability to break down dance into easily learn-able form stems and has a genuine desire for students to learn. Wear exercise clothes, bare feet or dance slippers and bring a scarf to tie around the hips. Drop-in \$13. No session May 4.

Free Trial: Th Apr 6 7:30pm-9:00pm

109018 FREE

Th Apr 13-Jun 29 7:30pm-9:00pm

106069 \$114.29/10 sess

Instructor: Rahma Haddad

Dance Shape for Women

This course is designed for the physical training of women based on ballet and Classical Chinese dancing. Using melodious music with a combination of various elegant and graceful movements this class helps you enjoy exercising, stretching, and coordinating different parts of the body. No dancing background required. Drop-in \$12. No session Apr 17, May 22.

M Apr 10-Jun 19 1:00pm-2:30pm

106076 \$85.71/9 sess

Instructor: Ye (Lana) Liu



Please Note: Adult & Senior Program fees are listed pre-tax.



Music

Guitar/Ukulele Private Lessons

Learn guitar with Harris Van Berkel of the award-winning Juno nominated group "Skywalk"! Beginner to advanced Harris will introduce you to the basics or take your playing to the next level. His credits as a session musician include recordings with Chicago, Rita McNeil, Paul Janz, Valdy, Shari Ulrich and Ann Mortifee to name a few. He has twice been voted guitarist of the year at the Annual Caras Awards and has won the Socan Award for composition in jazz.

Tu Apr 18-Jun 20	4:30pm-5:15pm
106090	\$414.29/10 sess
Tu Apr 18-Jun 20	5:15pm-6:00pm
109019	\$414.29/10 sess
Tu Apr 18-Jun 20	6:00pm-6:45pm
109020	\$414.29/10 sess
Tu Apr 18-Jun 20	6:45pm-7:30pm
109021	\$414.29/10 sess
Tu Apr 18-Jun 20	7:30pm-8:15pm
109022	\$414.29/10 sess

Instructor: Harris Van Berkel



Private Adult Piano Lessons

An introductory class for fun piano music. Students will learn to play simple tunes and hand co-ordination, while learning rhythm through clapping and music notation through singing. Fundamental theory also will be introduced. No session Apr 17 & May 22.

M Apr 10-Jun 26	12:00pm-12:30pm
106126	\$178.57/10 sess
M Apr 10-Jun 26	12:30pm-1:00pm
109023	\$178.57/10 sess
M Apr 10-Jun 26	1:00pm-1:30pm
109024	\$178.57/10 sess
M Apr 10-Jun 26	1:30pm-2:00pm
109025	\$178.57/10 sess
M Apr 10-Jun 26	2:00pm-2:30pm
109026	\$178.57/10 sess
M Apr 10-Jun 26	2:30pm-3:00pm
109027	\$178.57/10 sess
M Apr 10-Jun 26	3:00pm-3:30pm
109028	\$178.57/10 sess
M Apr 10-Jun 26	3:30pm-4:00pm
109029	\$178.57/10 sess

Instructor: Margaret T. S. Lai

Voice • Private Lessons

Embark on the adventure of learning to sing—or mastering the art of singing. Marina has been performing professionally on stage and teaching voice for over 15 years. Whether you are a beginner or experienced, young adult or a senior, Marina will help you to develop your voice and build your confidence through breathing and body awareness techniques, vocal warm-ups and a suitable repertoire. No session Apr 17, & May 22.

M Apr 3-Jun 5	7:00pm-7:30pm
106147	\$176.19/8 sess
M Apr 3-Jun 5	7:00pm-7:30pm
109030	\$176.19/8 sess

Instructor: Marina Osmolovska

Dunbar Choir

Passionate about singing? Come on out and join the Dunbar choir! Sing various styles of music (pop songs, folk songs and classical). Classes will cover vocal technique, breath control and much more. Bring your enthusiasm and be ready to have fun. Drop-in \$15. No session Apr 26.

W Apr 5-Jun 28	1:30pm-2:45pm
106081	\$142.86/12 sess

Instructor: Szu-Wen Wang

Private Voice with Szu-Wen

Open to students of all levels who are passionate about singing and want to perfect their skills. Developing a strong technique and musicianship that enables students to sing with ease, confidence and expression are the main objectives of the course. Instructions are customized to individual needs such as breath control, note reading, repertoire building and vocal technique development. Szu-Wen holds a Doctorate Degree in Voice Performance from UT at Austin. Lessons are available in both English and Mandarin. No session May 4.

Th Apr 6-Jun 29	1:30pm-2:00pm
106127	\$354.29/12 sess
Th Apr 6-Jun 29	2:00pm-2:30pm
109031	\$354.29/12 sess
Th Apr 6-Jun 29	2:30pm-3:00pm
109032	\$354.29/12 sess
Th Apr 6-Jun 29	3:00pm-3:30pm
109033	\$354.29/12 sess
Th Apr 6-Jun 29	3:30pm-4:00pm
109034	\$354.29/12 sess
Th Apr 6-Jun 29	4:00pm-4:30pm
10935	\$354.29/12 sess
Th oApr 6-Jun 29	4:30pm-5:00pm
109036	\$354.29/12 sess

Instructor: Szu-Wen Wang

Creative Arts

Creative Painting Using Acrylics

This program was designed to motivate the student using acrylics for the first time, as well as for those returning students to continue on their journey. First time students will complete one painting per week building self-confidence while learning how to use this amazing medium.

You will learn basic skills, techniques and more i.e. painting wet on wet and glazing. During the first class for beginners, supplies, color and composition will be discussed and a manual handed out along with a schedule of pictures you will paint over the following weeks (extra fee \$10). No session May 17. Drop-in \$19.

Tu Mar 28-Jun 6 9:30am-12:00pm
106074 \$178.10/11 sess

W Mar 29-Jun 7 9:30am-12:00pm
106075 \$161.9/10 sess

Instructor: Georgia Youngs

Fun with Water Colour All Levels

Learn how to paint still life, florals, land and sea scapes as well as animals. This course accommodates all levels from beginner to intermediate and Nassrin works with each person individually. Beginners can purchase supplies at art supply stores; Other levels, bring what supplies you have and Nassrin will discuss what you need at the first class. All levels welcome. Drop-in \$28.

Th Apr 13-Jun 1 12:30pm-3:00pm
106088 \$161.9/8 sess

Instructor: Nassrin Farquharson



Please Note: Adult & Senior Program fees are listed pre-tax.

Pottery Hand Building

Explore the many possibilities of hand build pottery! This course will cover various hand building techniques to create your own unique and beautiful pieces of art. One bag of clay is included with this course.

Fr Apr 21-Jun 23 12:30-2:30pm
106121 \$214.29/10 sess

Instructor: Suling Yuen

Jewelry Making • Intro to Lapidary

Do you have an interest in collecting, designing, and fashioning gem stones into jewelry? This is the club for you. No previous experience is needed to begin this rewarding hobby. Materials provided.

Sa Apr 22-Jun 3 10:00am-12:00pm
106100 \$73.33/7 sess

Instructor: Sid Austrom

Pottery Fundamentals

Liberate the potter within by understanding clay behaviour, and nurturing a calm meditative state that enhances creativity. This class focuses on the fundamentals of hand building and wheel throwing with emphasis on the potter's mindset to reach greater confidence and artistic abilities.

Tu Apr 11-Jun 13 7:00pm-9:30pm
106120 \$214.29/10 sess

Instructor: Abderrahmane Atbi



Pottery & Wine Night

Spend an wonderful evening with us in creativity and conversation. Drink a glass of wine, enjoy some appetizers, and create a masterful art piece in our Pottery Studio. Our instructor will be leading the night and assist you with hand build and you can also try your hand on the wheel. No pottery experience is required.

F Jun 30 6:30pm-9:00pm
106119 \$38.09/1 sess

Instructor: Suling Yuen

Pottery Wheel Throwing

Open to all skill levels. The instructor will start from the beginning and show you how to center, wedge clay, and how to create and finish basic pot shapes. If you're new or just want a brush up this is the class for you. Materials included. No session Apr 17, & May 22.

M Apr 3-Jun 19 7:30pm-10:00pm
106122 \$214.29/10 sess

W Apr 5-Jun 21 7:00pm-9:30pm
106123 \$257.14/12 sess

Instructor: James Kemp

Languages

English as a Second Language

Intermediate and Advanced Communication. Designed for students who would like to work on improving their conversation skills. The focus will be on improving listening strategies and speaking skills. Build your confidence in a supportive atmosphere by improving pronunciation skills and practicing presentations. Practice conversation strategies, learn new vocabulary and raise your cultural awareness. Topics for discussion will include current events, news and other subjects of interest to the class.

F Apr 21-Jun 30 12:00pm-2:30pm

106086

\$183.33/11 sess

Instructor: TBA

Mandarin • Beginner

Curiosity in Chinese culture and Mandarin are all you need to join this beginner class. This course is for students of any background! Come to Ms. Gong's class with a binder and a pen. She will provide useful class handouts. By the end of this course, you will be able to greet others, introduce yourself and handle basic daily conversation in authentic Mandarin! You will be able to count numbers in Mandarin, identify Chinese currency, know famous Chinese cities/ places and order food in Chinese restaurants, etc. As a bonus, you'll learn Mandarin Pinyin, the Chinese Phonetic System.

Tu Apr 4-Jun 13 8:00pm-9:30pm

106107

\$157.14/11 sess

Instructor: Victoria Gong

Mandarin • Intermediate

If you've already mastered Pinyin (the Chinese Phonetic system), you can now brush up your Mandarin conversational skills. In this class, you will build up your vocabulary and learn common expressions for daily living. You will learn the 12 animal signs in the Chinese calendar. Ms. Gong will teach you numerous synonyms and antonyms. Also, cross-culture training will help you to understand Chinese traditions, taboos, preferences and festivals. You will be taught how to deal with various special situations, for example market bargaining and asking for directions. Learn more practical travel phrases, and some Chinese characters to help make your visit to China more pleasurable.

Th Apr 6-Jun 15 8:00pm-9:30pm

106108

\$157.14/11 sess

Instructor: Victoria Gong



Spanish: Idioms and Special Phrases

We will learn the meaning and usage of some common idiomatic phrases (modismos) and popular sayings (refranes) in Spanish.

Tu Apr 4-May 9 1:15pm-2:45pm

106138

\$85.71/6 sess

Instructor: Yolanda Korompai

Spanish: At Full Speed! (A Toda Maquina!) Mexican Movie

We will watch this popular movie from Mexico's golden age of cinema in the 1960's. Two friends compete for a position in the famous Transit Police Motorcycle Squadron. We will practice listening comprehension as we watch their rivalry result in hilarious adventures. No session Jun 6.

Tu May 16-Jun 27 1:15pm-2:45pm

106137

\$85.71/6 sess

Instructor: Yolanda Korompai

Spanish Conversation Advanced

Stimulating discussions allow participants to review key words. Knowledge of basic Spanish grammar or completion of Spanish Lessons recommended. Drop-in \$10. No sessions Apr 14 & May 22.

M Apr 3-May 15 10:45am-12:15pm

106133

\$57.14/6 sess

M May 29-Jun 26 10:45am-12:15pm

106134

\$47.62/5 sess

Instructor: Yolanda Korompai

ADULT 18+



Please Note: Adult & Senior Program fees are listed pre-tax.

Education

WordPress Basics

Learn the basics of creating a website or blog with WordPress, a leading Content Management System (CMS) for many of today's websites. Explore both free & premium WordPress themes to change the appearance of your website. Topics include wordpress.com vs self-hosted wordpress.org, creating pages and posts; creating menus, adding images, video and text; creating links, changing colours, overview of domain names, web hosting, website planning tools, internet and social media marketing tips, and more. Prerequisite: Basic computer skills. Bring your own laptop and a USB memory stick. Basic Photoshop skills recommended but not required.

M Apr 24-May 15 6:00pm-9:00pm
106150 \$171.43/4 sess
Instructor: James Neufeld

Prenatal and Newborn Baby Class

This class is offered to pregnant mothers and new mothers with babies up to two months. The class will examine pregnancy, nutrition, labour, delivery and newborn baby care. Topics includes: labour pain management, breast feeding, changes of pregnancy and post-partum recovery. Partners and newborns welcome. Class is facilitated by a registered labour and delivery nurse. This class also offers a chance to meet other pregnant women and mothers in the neighbourhood.

Sa Apr 15, May 27, Jun 24
10:00am-12:00pm
106124 Free
Instructor: Sarah Desbiens

Book Club for Adults

Meets on the 1st Monday of each month. The group chooses the books to be read, and then discussions follow. You must register at the Front Desk.

M Apr 3-Jun 5 7:30pm-9:30pm
106070 FREE
Instructor: Volunteer

Sustainable Weaving

Hosted by the Vancouver Arts Colloquium Society (VACS), together with Debra Sparrow and Dawn Livera. Weaving is a way of life where we live more and more in debt sense. Please come learn to weave and create your own art, while deepening your sense of connection with your culture and community.

M Apr 3, *18 (Tu), May 1, 15, Jun 5, 19
4:00pm-6:00pm
106139 FREE
Instructor: Vancouver Arts Colloquium Society

Buying/Selling Real Estate: What You Need to Know

We all know that buying or selling real estate in Vancouver is a high-stakes enterprise. But it is also complex, so understanding the way it works and knowing what to watch out for are keys to making informed decisions. In this educational seminar, we'll review market conditions, the best markets for buying and selling, the steps in buying and selling a condo or a house, financing, all aspects of downsizing, and what you should expect from your Realtor® to ensure your interests are protected.

Tu May 16 7:00pm-9:00pm
106071 FREE
Instructor: Maureen Stout, PhD and Paul Richard, MBA

Earthquake Preparedness Personal & Family

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

Th May 18 7:00pm-8:30pm
106085 FREE
Instructor: Jackie Kloosterboer

Learn to Make Fresh Pasta NEW

You may not have an Italian Mamma, but now you can learn to make pasta like one! Professional cook, artisan pasta maker & sometime actor Peter Ciuffa (aka @pastaboypeter) provides all the ingredients, equipment & knowledge so that you can learn to make his family's recipes in this interactive demonstration. Afterwards you will get to sample Peter's pasta & sauce. www.pastafamiglia.ca

Sa Apr 8 11:00am-1:00pm
109071 \$60/1 sess

Sa Jun 10 11:00am-1:00pm
109072 \$60/1 sess

Instructor: Peter Ciuffa



Education

English Corner

English Corner is a FREE and informal way to improve English through conversation and building bonds of friendships. Participants have the opportunity to share their thoughts and feelings in English. They can also share ideas and discover ways to build community. All English language levels welcome!

Th Apr 13-Jun 8 3:30pm-5:30pm
106087 FREE

Instructor: Sahba Imani

Red Cross Emergency First Aid CPR C/AED

Simple First-Aid & CPR techniques taught in an interactive environment, for individuals who want an overview of First-Aid & CPR for home or in the workplace. The course covers skills needed to recognize and respond to cardiovascular emergencies for adults (CPR Level C) and other topics such as choking, airway and breathing emergencies in babies and children and AED certification. Canadian Red Cross certificate valid for 3 years upon completion.

Sa May 13 9:00am-5:00pm
106128 \$95.24/1 sess

Instructor: Community Care First Aid

Take Off Pounds Sensibly (TOPS)

We are committed to making healthy food choices and to engaging in regular exercise. We meet weekly to give and receive support; to learn about healthy life choices and to work towards our own personal weight goal. Members pay \$48/year plus \$5/month. Your first meeting is FREE. Come and check us out. Please contact Eva Murray 604.801.6642 for more information regarding meeting times.

Th Apr 6-Jun 29 9:30am-11:00am
106145 FREE

Repair Café

What is a Repair Café? It's part of a growing international network that began in the Netherlands and is now in 13 countries in Europe, North and South America and Australia. Repair cafés enlist volunteer fixers to help fix broken household items and teach basic repair skills. They help shift us from a throw-away to a fix-it society! Most of all, Repair Café just wants to show how much fun repairing things can be, and how easy it often is. We will also discuss ideas for general household self sufficiency and disaster preparedness. Also if time permits you can talk about your own hobbies, interests and environmentally sound habits. Please let the Community Center know if you can volunteer as a repair expert or just to help out with the event. The Repair Cafe will be on the second Saturday of the month. Apr 8, May 13, Jun 10.

Sa Apr 8-Jun 10 1:00pm-3:00pm
92749 FREE/3 sess

Instructor: Volunteer

What's Your Retirement Number? NEW

This workshop will answer the following questions: Do you know your number? Would you like to know the three areas to look at when considering retirement income? Are you paying too much for your investments? Are you protected against retirement income thieves?

Tu Apr 25 6:30pm-8:00pm
109070 FREE

Instructor: Nancy Lee & Scott Grant, Financial Advisors



Women: Retirement Ready

Our discussion is divided between financial planning "musts" for women and investment concepts. The first part of the presentation involves highlighting why women need to plan more than men; followed by a review of the sources of retirement income for Canadians. We then explore different asset classes (bonds vs. stocks), correlation and a variety of other concepts that are important to understand as you prepare to retire. The focus is on enhancing understanding of money and how it will serve them in their retirement years.

Th Apr 27 7:00pm-9:00pm
106215 FREE

Instructor: Angela T. Huck

WordPress

Workshops • Intermediate

Need help with your WordPress theme or plug-ins; planning your site or blog; finding or editing photos; using a complex page builder like Visual Composer; or optimizing your site for Google? Get one-on-one assistance and feedback as you work on your own self-hosted website in this instructor-assisted series of self-directed website building workshops. Laptops allowed. Prerequisite: WordPress Basics or equivalent.

M May 29-Jun 19 6:00pm-2:30pm
110090 \$171.43/3 sess

Instructor: James Neufeld



Please Note: Adult & Senior
Program fees are listed pre-tax.

Education

DUNBAR LIBRARY PARTNERSHIP WORKSHOPS NEW



Genealogy in England

Find out about key records for English genealogical research and how to locate your ancestors using Vancouver Public Library resources and the Internet.

F Apr 21 **2:30pm-4:00pm**
109073 FREE

Research Your Vancouver Home

Learn how to research the history of your Vancouver house using resources from the Vancouver Public Library's Special Collections, including city directories, historical photographs and more.

Tu May 16 **2:30pm-4:00pm**
109074 FREE



Watch for additional lectures this May & June at Dunbar Community Centre! Check back at www.dunbarcentre.org for updates and information.

Wild Campfire Tales



Get ready for the 2017 BC Summer Reading Club "Walk on the Wild Side!"

This June, bring the whole family and build a tent at Dunbar. Share stories together by flashlight—we've got great reads and supplies. All ages.

W Jun 14 **6:30pm-7:30pm**
109439

ADULT 18+

Things will be buzzzzzzing around here at Dunbar...

The Dunbar Community Centre, in partnership with **Hives for Humanity**, is installing and maintaining honeybee hives at the Centre, will the goal of the bees arriving in May 2017.

Through the partnership, we will be creating some exciting programs, workshops and opportunities, throughout 2017, for the Dunbar community to learn more about bees and the art of apiculture. Come join us in this buzzing adventure, as "we connect people to nature, to community and to themselves, and we do it through the bees".

The Wonder of the Bee

Want to learn more about bees? Ever wonder what are they all about? Why are they important to us? This will be a great workshop for you! An expert from Hives for Humanity will show you the wonder of the bee and its world. Scared or allergic to bees? No problem! You can discuss with the expert and find ways to help you to be more comfortable with them.

Sa Apr 22 **1:00pm-3:00pm**
110082 FREE

Instructor: Hives for Humanity



Physical Activity

Dunbar Walks!

Walking is more fun with others to chat with, and will do wonders for your fitness and outlook. Walk to Pacific Spirit Park, and various walks past the gardens in the Dunbar neighbourhood. Please meet at 9:45am in the Community Centre lobby.

Th Apr 6-Jun 29 9:45am-11:30am
106082 \$0/13 sess

Instructor: TBA Instructor



Hatha Yoga Beginner

Join our volunteer Susan to practice meditation, breathing techniques, and simple poses of yoga. The theme is harmonizing our energy with nature: focusing on breathing, concentration, balancing, strength and flexibility. Everyone welcome. The class will be conducted in English and Cantonese. Translation is available. Drop-in \$3.

F Apr 21-Jun 23 12:10pm-1:40pm
106097 \$12.86/9 sess

Instructor: Volunteer

Hatha Yoga Intermediate

Join our volunteer Lola to practice breathing techniques, calm the mind, release tension in the body, and improve balance and flexibility. This class will be conducted in Mandarin. Drop-in \$3.

W Apr 19-Jun 21 11:00am-12:30pm
106151 \$14.29/10 sess

Instructor: Volunteer

Line Dancing Wednesday

Join this class to practice basic step sequences, review old favourites, and learn several new dances. Drop-in \$3.

W Apr 19-Jun 21 1:00pm-2:30pm
106104 \$19.05/10 sess

Instructor: Volunteer

Line Dancing 1 • Beginner

Participants will learn the basic steps. No experience necessary for the beginner level. The class will be conducted in Mandarin. Everyone welcome. Drop-in \$3.

Tu Apr 18-Jun 20 10:10am-11:20am
106101 \$19.05/10 sess

Instructor: Volunteer

Line Dancing 2 • Beginner Plus

Join our volunteer Mandy for a simple, happy and lively line dancing to the tunes of the oldies and today's hits. This class will cover basic step sequences. The class will be conducted in Mandarin. Everyone welcome. Drop-in \$3.

Sa Apr 22-Jun 24 10:30am-12:00pm
106102 \$19.05/10 sess

Instructor: Volunteer

Line Dancing 3 • Intermediate

Join our volunteer Mandy for happy and lively line dancing to the tunes of the oldies and today's hits. This class is for those who have a basic knowledge of dance steps and terms. The class will be conducted in Mandarin. Drop-in \$3.

F Apr 21-Jun 23 2:00pm-3:30pm
106103 \$19.05/10 sess

Instructor: Volunteer

Tai Chi with Nathan • Beginners

An ancient and unique system of health enhancement, emphasizing relaxation, balance, co-ordination and agility. Tai Chi is a total system of exercise incorporating mental as well as physical discipline. The class is conducted in a fun and relaxed manner, and is suitable for people of all ages and fitness levels. Drop-in \$9. No class Apr 14, May 5.

F Apr 7-Jun 23 9:30am-10:30am
106143 \$76.19/10 sess

Instructor: Nathan Szredni

Tai Chi with Nathan Intermediate

No class Apr 14, May 5.

F Apr 7-Jun 23 10:30am-11:30am
106144 \$76.19/10 sess

Instructor: Nathan Szredni

Beginner/Intermediate Senior and Adult Badminton

Badminton instruction from a certified coach. This program is designed to develop and enhance the skills of badminton players. No sessions Apr 17, & May 22. Drop-in \$8.

M Apr 10-Jun 26 12:30pm-2:00pm
106068 \$66.67/10 sess

Instructor: Derek Wong



Please Note: Adult & Senior
Program fees are listed pre-tax.

Physical Activity Music

Social

**Pickleball
Intermediate/Advanced**

Come out, be active and try this exciting & popular sport. It is an easy-to-learn game that combines elements of badminton, tennis & table tennis. It is great for all skills & ability levels. Equipment provided. Drop in available, if space permits. Leisure Access does not apply to drop ins. Drop-in Tue & Wed \$4, Sat \$2.25. So session May 9.

• Intermediate/Advanced

Tu Apr 11-Jun 27 5:30pm-7:30pm
106110 \$41.90/11 sess

• Recreational/All Levels

W Apr 12-Jun 28 4:30pm-6:30pm
106111 \$45.71/12 sess
Sa Apr 8-Jun 24 11:00am-12:00pm
106112 \$20.95/11 sess

Instructor: Anke Harpe & Carole Sanders

Table Tennis

For a strategic, action-packed game try Table Tennis. Drop-in \$3. No sessions Apr 14, Apr 17 & May 22.

M W F Apr 5-Jun 30 1:00pm-3:00pm
106141 \$33.33/35 sess

Instructor: Instructional Non

Table Tennis

Friday session is 3-5pm. Drop-in \$3. No session Apr 14.

Tu F Apr 4-Jun 30 1:00pm-3:00pm
106142 \$23.81/25 sess

Instructor: Instructional Non

**Dunbar Choir**

Passionate about singing? Come on out and join the Dunbar choir! Sing various styles of music (pop songs, folk songs and classical). Classes will cover vocal technique, breath control and much more. Bring your enthusiasm and be ready to have fun. Drop-in \$15. No session Apr 26.

W Apr 5-Jun 28 1:30pm-2:45pm
106081 \$142.86/12 sess

Instructor: Szu-Wen Wang

Private Voice with Szu-Wen

Open to students of all levels who are passionate about singing and want to perfect their skills. Developing a strong technique and musicianship that enables students to sing with ease, confidence and expression are the main objectives of the course. Instructions are customized to individual needs such as breath control, note reading, repertoire building and vocal technique development. Szu-Wen holds a Doctorate Degree in Voice Performance from UT at Austin. Lessons are available in both English and Mandarin. No session May 4.

Th Apr 6-Jun 29 1:30pm-2:00pm
106127 \$354.29/12 sess

Th Apr 6-Jun 29 2:00pm-2:30pm
109031 \$354.29/12 sess

Th Apr 6-Jun 29 2:30pm-3:00pm
109032 \$354.29/12 sess

Th Apr 6-Jun 29 3:00pm-3:30pm
109033 \$354.29/12 sess

Th Apr 6-Jun 29 3:30pm-4:00pm
109034 \$354.29/12 sess

Th Apr 6-Jun 29 4:00pm-4:30pm
10935 \$354.29/12 sess

Th oApr 6-Jun 29 4:30pm-5:00pm
109036 \$354.29/12 sess

Instructor: Szu-Wen Wang

Sing-A-Long Nights

Love to sing? Come join our group every other Wednesday starting April 6th. Sing a wide range of pop music, traditional and current hits. Excellent guitar accompaniment provided. New members and musicians always welcome.

W Apr 12-Jun 14 7:00pm-9:00pm
106131 FREE

Duplicate Bridge

Partner required. Those who are new and interested in registering for this program, please contact 604.222.6052. Drop-in \$2. No session Apr 14.

F Apr 7-Jun 30 12:30pm-3:30pm
106083 \$9.52/12 sess

Instructor: Instructional Non

**Intermediate/Advanced
Chicago Style Bridge**

Intermediate Chicago style. No instruction given. No partner required. Drop-ins and new players must arrive at 12:45pm for play @ 1pm. Drop-in \$2. No session Apr 14, 17, May 22.

M F Apr 7-Jun 30 1:00pm-4:00pm
106099 \$9.52/22 sess

Instructor: Instructional Non

Mah Jongg

Drop in \$2.

Th Apr 6-Jun 29 1:00pm-4:00pm
106105 \$18.57/13 sess

Instructor: Instructional Non

Mah Jongg Lessons

Learn how to play this intriguing game. Then join in with other players for fun and practise from 2:00-4:00pm.

Th Apr 6-Jun 29 1:00pm-2:00pm
106106 \$18.57/13 sess

Instructor: Instructional Non

Education

Sustainable Weaving

Hosted by the Vancouver Arts Colloquium Society (VACS), together with Debra Sparrow and Dawn Livera. Weaving is a way of life where we live more and more in felt sense. Please come learn to weave and create your own art, while deepening your sense of connection with your culture and community.

M Apr 3, * 18 (Tu), May 1, 15, Jun 5, 19
4:00pm-6:00pm

106139 FREE

Instructor: Vancouver Arts Colloquium Society

Repair Café

What is a Repair Café? It's part of a growing international network that began in the Netherlands and is now in 13 countries in Europe, North and South America and Australia. Repair cafés enlist volunteer fixers to help fix broken household items and teach basic repair skills. They help shift us from a throw-away to a fix-it society! Most of all, Repair Café just wants to show how much fun repairing things can be, and how easy it often is. Why don't you give it a go? We will also discuss ideas for general household self sufficiency and disaster preparedness. Also if time permits you can talk about your own hobbies, interests and environmentally sound habits. Please let the Community Center know if you can volunteer as a repair expert or just to help out with the event. The Repair Cafe will be on the second Saturday of the month.

Sa Apr 8, May 13, Jun 10

1:00pm-3:00pm

106129 Free

Instructor: Volunteer

Women: Retirement Ready

Our discussion is divided between financial planning "musts" for women and investment concepts. We'll highlight why women need to plan more than men; followed by a review of the sources of retirement income for Canadians. We then explore different asset classes (bonds vs. stocks), correlation and a variety of other concepts that are important to understand as you prepare to retire. The focus is on enhancing ones overall understanding of money and how it will serve them in their retirement years.

Th Apr 27 **7:00pm-9:00pm**
106215 FREE

Instructor: Angela T. Huck

Earthquake Preparedness Personal & Family

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

Th May 18 **7:00pm-8:30pm**
106085 FREE

Instructor: Jackie Kloosterboer

Jewelry Making • Intro to Lapidary

Do you have an interest in collecting, designing, and fashioning gem stones into jewelry? This is the club for you. No previous experience is needed to begin this rewarding hobby. Materials provided.

Sa Apr 22-Jun 3 **10:00am-12:00pm**
106100 \$73.33/7 sess

Instructor: Sid Austrom

Spanish Lessons • Level 1

Hola Amigos! Learn the basics of speaking Spanish.

F Apr 28-Jun 2 **11:00am-12:00pm**
106135 \$57.14/6 sess

Instructor: Carlos Rabago

Spanish Lessons • Level 2

Hola Amigos! Learn the basics of speaking Spanish. Now that you have learned the basics you are ready for Level 2.

W Apr 26-May 31 **11:00am-12:00pm**
106136 \$57.14/6 sess

Instructor: Carlos Rabago

Spanish Conversation Advanced

Stimulating discussions allow participants to review key words. Knowledge of basic Spanish grammar or completion of Spanish Lessons recommended. Drop-in \$10. No sessions Apr 14 & May 22.

M Apr 3-May 15 **10:45am-12:15pm**
106133 \$57.14/6 sess

M May 29-Jun 26 **10:45am-12:15pm**
106134 \$47.62/5 sess

Instructor: Yolanda Korompai

Powers of Attorney, Joint Bank Accounts and Representation Agreements NEW

Presented by BC Centre for Elder Advocacy and Support, this workshop provides older adults with information to protect their finances, to recognize and respond to financial abuse, and to access resources for further assistance. We focus on the importance of advance planning, forms of financial abuse through joint bank accounts and powers of attorney.

W Apr 26 **1:00pm-2:30pm**
109067 FREE

Instructor: BC Centre for Elder Advocacy and Support

Please Note: Adult & Senior Program fees are listed pre-tax.

Education

Frauds and Scams **NEW**

Presented by BC Centre for Elder Advocacy and Support, this 90-minute workshop provides older adults with information to protect their finances, to recognize and respond to financial abuse, and to access resources for further assistance. We focus on common scams targeting older adults, and strategies to deal with scams and check for counterfeit bank notes.

W Jun 21 1:00pm-2:30pm
109068 FREE

Instructor: BC Centre for Elder Advocacy and Support

Whats Your Retirement Number? **NEW**

This workshop will answer the following questions: Do you know your number? Would you like to know the 3 areas to look at when considering retirement income? Are you paying too much for your investments? Are you protected against retirement income thieves?

Tu Apr 25 6:30pm-8:00pm
109070 FREE

Instructor: Nancy Lee & Scott Grant, Financial Advisors

Hot Topics in Finance for Retirees **NEW**

What's your "R" word? Are you retired, recreating and rejuvenating post-retirement? Come learn about the government programs available to seniors, how to apply for them and strategies to unlock other areas to fund your golden years in the go-go, slow-go and no-go phases of life.

W May 24 1:00pm-2:30pm
109069 FREE

Instructor: Nancy Lee & Scott Grant, Financial Advisors

Happy Feet Foot Care

A certified Foot Care Nurse will be at Dunbar for all your foot care needs. Please call 604.222.6060 for a 45 minute appointment. Must pay at time of booking. 24 hour cancellation policy.

Th Apr 13 11:30am-4:45pm
106091 \$42.86/1 sess

Th Apr 27 11:30am-4:45pm
109059 \$42.86/1 sess

Th May 11 11:30am-4:45pm
109060 \$42.86/1 sess

Th May 25 11:30am-4:45pm
109061 \$42.86/1 sess

Th Jun 8 11:30am-4:45pm
106092 \$42.86/1 sess

Th Jun 27 11:30am-4:45pm
109063 \$42.86/1 sess

Instructor: Maxine Wishart

Senior Peer Counselling Training

Learn how to be a Senior Peer Counsellor and offer support to others. Classes take place at the Jewish Seniors Alliance. Graduates may volunteer in the Dunbar area. For information and to sign up for the next training program, please call Grace at 604.267.1555.

Take Off Pounds Sensibly (TOPS)

We are a group of people committed to making healthy food choices and to engaging in regular exercise. We meet weekly to give and receive support; to learn about healthy life choices and to work towards our own personal weight goal. COST: Members pay \$48/year plus \$5/month. Your first meeting is FREE. Come and check us out. Please contact Eva Murray 604.801.6642 for information regarding meeting times.

Th Apr 6-Jun 29 9:30am-11:00am
106145 FREE

Health Drop-In

Bring your Healthy Living questions to our volunteer nurse (retired) at the Health Drop-in table in the Lobby. Have your blood pressure checked and find out about programs and services at Dunbar Community Centre and in the Community.

Th Apr 6-Jun 29 9:30am-11:00am
106098 \$0/12 sess

Instructor: TBA Instructor

Real Estate Planning Workshop

If you are planning on downsizing, looking to retire, or just planning on making a move in the near future, why not have 30+ years of expertise on your side? This workshop is planned to help you learn about the current Vancouver Real Estate Market from one of the best. We want you to be informed, give you some tips and tricks when looking for a home, answer any questions you may have, and most importantly help you make the right decision when it comes to your greatest asset. This workshop will provide information you can take home and discuss with your friends and family. This workshop is not intended to be a sales presentation, we are here to inform and answer questions for the community.

Sa Apr 29 10:00am-12:00pm
1100904 FREE

Instructor: The O'Brien Group, RE/MAX Select Properties

Travel & Tours

Circle Farm + Tulip Tour

Experience the best of the Fraser Valley on a Circle Farm Tour featuring the Abbotsford Tulip Festival with 10 acres of Tulip Fields! The Abbotsford Tulip Festival has an on-site flower market, photo cut out boards and U-Pick Tulip Field! This tour also includes a visit Campbell's Gold Honey Farm & Meadery for a Gold Floral Blend honey tasting, ice cream at Birchwood Dairy Farms and lunch at Bow & Stern Restaurant in Abbotsford.

Activity Level: Easy

Th Apr 6 8:00am-5:30pm

106493

\$94.29/1 sess

Instructor: Enjoy Tour And Travel

Galiano Island

Experience the magic of BC's Wild West Coast on the Gulf Island closest to Vancouver. Beautiful white shelled beaches, stunning views, marine park trails and local artisans await you on Galiano Island. This tour includes an escorted ocean side walk on Gray Peninsula, local artisans Glassworks Studio, Pottery Studio, lunch at the at the Hummingbird Inn and afternoon dessert at the Galiano Oceanfront Inn and Spa. Note: Additional \$20 ferry fee applies to those under the age of 65 and to non BC residents. Activity Level: Easy

M May 15

8:00am-7:00pm

106496

\$141.9/1 sess

Instructor: Enjoy Tour And Travel

Pemberton Strawberry Tour

It's that special time of the year again ... strawberry picking time in the Pemberton Valley! The local strawberry picking season generally lasts less than a month so visit Camel's Back Harvest for their lush strawberry fields and North Arm Farms 60 acre organic family owned farm and bakery. This tour includes a take home bag of fresh strawberries, a guided tour and strawberry field picnic lunch at North Arm Farms and sightseeing throughout the scenic Pemberton Valley. Activity Level: Easy

W Jun 7

7:45am-6:30pm

106498

\$103.81/1 sess

Instructor: Enjoy Tour And Travel

Room Rentals

Dunbar Community Centre is 46,000 ft² and is one of the largest community centres in Vancouver. Rental requests for May to Aug are available beginning Apr 1, Jan to Apr starting Dec 1 and Sept to Dec starting Aug 1. A staff fee of \$30/hr is charged on rentals that take place after closing time. SOCAN fees will be charged to all rental groups that play recorded music. Reduced rates are available for eligible not-for profit groups.



Visit dunbarcentre.org/dunbar/facilities-services/facility-rentals for photos and email dunbarccrentals@vancouver.ca for enquiries or to make a booking.

ROOM	SQUARE FOOTAGE	CAPACITY	HOURLY RATE
Multipurpose 006	4400	100	\$45.00
Gymnasium	5580	300	\$60.00
Multipurpose 102	585	30	\$25.00
Multipurpose 111	897	30	\$25.00
Multipurpose 112	1425	30	\$35.00
Kitchen 114	must rent 111/112		\$20.00
Kitchen 201	must rent 202		\$20.00
Multipurpose 202	1081	60	\$40.00
Meeting Room 204 with Kitchen		20	\$30.00
Aerobic Studio 208	1794	100	\$75.00
Dance Studio 209	920	60	\$35.00
Multipurpose 210	722	30	\$25.00
Multipurpose 212	1000	60	\$40.00

Centre Information

Hours of Operation • April 1–June 30, 2017

OFFICE HOURS

Monday–Friday: 8:45am–9pm
Saturday: 8:45am–4pm
Sunday: Office Closed

FITNESS CENTRE

Mon–Thurs: 6am–10pm
Friday: 6am–9pm
Saturday: 7am–7pm
Sunday: 7am–8pm
Stat Holidays: 7am–7pm

Front Office Closed Statutory Holidays.
604.222.6060 EXT 1.

When the office is closed, please enter
the Fitness Centre by the back parking lot
entrance. 604.222.6058.

Memberships

Association memberships are required for voting privileges at the AGM:

Youth (Up to 17 years)	\$4.00	Family (includes children under 17)	\$16.00
Adult (18 years and over)	\$8.00	Senior (65 years and older)	\$4.00

PROGRAM FEES

- Fees are payable at time of registration
- Handling fee of \$35.00 will be applied for all N.S.F. cheque replacements (cash or certified cheque only).
- GST is included in the cost of all programs and drop-in rates where applicable.

OneCard

With the OneCard you can access the entire network of Park Board pools, rinks and fitness centres.



Leisure Access Program

Program subsidies through the Leisure Access Program are available for those on limited income. For more info or to apply, contact our Front Desk, 311, or Vancouver.ca/parks/rec/lac.

Program Discounts

- Discounts of 25% off the listed adult program fee will be given to youth and full-time students (ID required).
- Discounts are not applicable to one or two day workshops or special events, all private lessons, golf lessons and outdoor adventures, Birthday Parties and where otherwise listed.

Privacy Policy

In the course of providing programs and services, the Dunbar Community Centre Association collects personal information of our members and other individuals participating in classes, workshops, projects, events, or renting the facility. This information may be used for communication purposes regarding current or upcoming events, matters affecting the operations of the Dunbar Community Centre or the Dunbar Community Centre Association or its members, processing payments, statistical or human resource purposes, or for the provision of programs or services. We respect the importance of protecting the personal information that we collect. For information on our privacy policies and practices or to contact our Privacy Officer, please call 604.222.6060 or contact the Front Desk.

Your Staff Centre Team

Recreation Supervisor:
Kristi Douglas, 604.222.6055

Acting Recreation Facility Clerk:
Beatriz Becerra, 604.222.6056

Programmers:
Roy Liu, 604.222.6052
Brittany Walsh, 604.222.6053

Fitness Programmer:
Bruce McLellan, 604.222.6058

Youth Worker:
Gogo Lalli, 604.222.6054

Volunteer Co-ordinator:
Krisly Golin, 604.222.6051

Dunbar Association Board of Directors

President: Gerry Massing

Vice Presidents: Kathy Mullen,
Jane Ingman Baker

Treasurer : Brian Crowther

Secretary: Jonathan Weisman

Board Members: Peggy Griesdale,
John Halldorson, Bill Hooker, Ann Knapp,
Colleen McGuinness, Elisabeth Van Assum,
Christina Yan-Lee

Community Groups

Dunbar Memorial Preschool
604.222.6065

Dunbar Garden Club
Jane Scherk: 604.732.1041

Dunbar Little League
Joe McDermott: 778.835.8135

Vancouver United Football Club
604.674.4109

Lapidary Club, Ray Hall
604.263.0247

Lawn Bowling, ClubHouse 604.228.8428

T.O.P.S (Taking off Pounds Sensibly)
Eva Murray: 604.801.6642

More information at
www.dunbarcentre.org



Index

General Information

Board of Directors: p.47
Childminding Hours: p.3
Leisure Access/Program Subsidies: p.47
Policies: p.1 & 47
Registration information: p.1

Infant & Preschool

Birthday Parties: p.8
Dance: p.4
Drama: p.8
Languages: p.7
Learning Through Play: p.6
Little Cooks: p.7
Little Learners: p.6
Orff Music: p.2
Parent & Tot: p.3
Piano: Private Lessons: p.3
Pottery: p.5
Rugby: p.9
Soccer: p.9
Summer Daycamps: p.18-19
Sportball: p.9
Visual Arts: p.5
Yoga: p.6

Children & Preteen

Babysitting Training Program: p.14
Badminton: p.16
Basketball: p.16
Creative Cooks: p.14
Dance: p.12
Fencing: p.17
First Aid: p.15
Guitar: p.10
Indoor Tennis: p.17
Judo: p.17
Mandarin: p.15
Orff Music: p.10
Pottery: p.13
Private Flute Lessons: p.10
Private Piano Lessons: p.11
Private Voice Lessons: p.11
Rhythmic Gymnastics: p.16
Rugby: p.17
Soccer: p.17
Summer Daycamps: p.18-19
Spring Break Programs: p.18-19
Video Game Design: p.16
Visual Arts: p.15

Youth

Basketball: p.20
Games Room: p.20
Homework Club: p.21
Karate: p.20
Pre-teen Movie Night: p.21
Youth Leadership: p.21

Adults

Badminton: p.32
Basketball: p.32
Book Club: p.39
Choir: p.36
Creative Arts: p.37
Dance: p.35
Dog Training: p.34
Earthquake Preparedness: p.39
Emergency First Aid: p.40
ESL: p.38
Fencing: p.33
Fit 4 Two Spin Class: p.25
Floor Hockey: p.32
Jewelry Making: p.44
Karate: p.33
Languages: p.38
Okinawa Weaponry: p.33
Pickleball: p.32
Pilates: p.30
Pottery: p.37
Private Music Lessons: p.36
Repair Café: p.40
Soccer: p.32
Sustainable Weaving: 39
Tai Chi: p.33
Take Off Pounds Sensibly (TOPS): p.40
Volleyball: Advanced: p.32
WordPress Basics: p.39
Workshops: p.39-40
Yoga: p.29-30

Older Adults & Seniors

Arm Chair Travel: p.46
Badminton: p.31 & 43
Bridge: p.43
Changing Aging: p.27
Choir: p.43
Dance: p.42
Dunbar Walks: p.42
Earthquake Preparedness: p.43
Fit Over 50: p.27
Happy Feet Foot Care: p.45
Happy Hearts: p.27
Health Drop In: p.45
Jewelry Making: p.44
Joint Works: Arthritis: p.28
Line Dancing: p.42
Mah Jong: p.43
Osteofit: p.28
Pickleball: p.32 & 43
Private Voice: p.43
Senior Peer Counselling Training: p.45
Sing Along Nights: p.43
Spanish: p.44
Steady Feet: p.28
Table Tennis: p.43
Tai Chi: p.33 & 42
Take Off Pounds Sensibly (TOPS): p.40
Therapeutic Weight Training: p.28
Workshops: p.40,41 & 44
Yoga: p.29-30 & 42

Fitness

Changing Aging: p.27
Fit 4 Two Spin Class: p.25
Fit over 50: p.27
Fitness Centre Information: p.26
Group Cycling Schedule: p.24
Group Fitness Schedule: p.23
Happy Hearts: p.27
Personal Training: p.26
Sun Run: p.25

EASTER EGG HUNT!

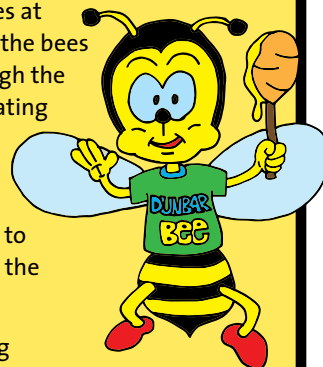
Join us for a morning of Easter Fun on Easter Sunday. We'll have fun games, creative crafts, and of course, an Easter Egg Hunt! If we're lucky, we might even see the Easter Bunny! Every child will take home a goodie bag after the egg hunt.

Su Apr 16 11:00am-12:30pm
98126 \$5/child



Things will be buzzzzzzing around here at Dunbar...

The Dunbar Community Centre, in partnership with **Hives for Humanity**, is installing and maintaining honeybee hives at the Centre, with the goal of the bees arriving in May 2017. Through the partnership, we will be creating some exciting programs, workshops and opportunities, throughout 2017, for the Dunbar community to learn more about bees and the art of apiculture.



Come join us in this buzzing adventure, as "we connect people to nature, to community and to themselves, and we do it through the bees".



Visit www.dunbarcentre.org for more information

'GAME ON' FRIDAYS

Friday nights are all about games at the Dunbar Community Centre! **Foosball, video games, basketball, board games and more**—we have something for everybody!

5:00pm-7:45pm

Basketball Drop-In • \$1/drop-in • 13-18 yrs

3:00pm-9:00pm

Youth Only Games Room • Free • 9-18 yrs

4:30pm-6:30pm

Playstation Party • Free
9-12 yrs

PASS THE BALL, ANDRÉ.

For more info please visit www.dunbarcentre.org or call 604.222.6060 ext.1



Sunday, May 28 • 11:00am-3:00pm



Salmonberry Days COMMUNITY FAIR

Sunday, May 28 • 11am–3pm

Memorial West Park,
Dunbar Community Centre grounds



- Inflatable Rides
- Umbrella Painting
- Crafts
- Family Fun
- Entertainment
- Community Displays
- Train
- Food Trucks

...and much more!



Dunbar Summer Daycamps!

A Summer Full of Fun!

Weekly themes, out trips, sports, games,
crafts & fun. See inside for details.

Junior Adventurers • 6-8 yrs | Senior Adventurers • 9-12 yrs
9:00am-4:00pm

Visit us online for themes, activities & more
at dunbarcentre.org