

Recreation Guide

Winter 2020



**WINTER
REGISTRATION
BEGINS**
SATURDAY
DECEMBER 14



4397 West 2nd Avenue, Vancouver, BC V6R 1K4 604.257.8140

westpointgrey.org | vancouver.ca/westpointgreyrec

@westpointgreycc



Our Facilities



West Point Grey Community Centre



Facilities and Neighbourhood Map
604-257-8140 | www.westpointgrey.org



Front Cover Photos: Licensed Preschool at Aberthau (Preschool), Breakfast with Bunny (Family), Pottery (Adult & Older Adults) and Wine and Paint Night (Adult & Older Adults).
Photography on the cover and throughout the brochure by Natalie Vermaas, Erik Price and Miranda Tagliafierro.



Winter 2020 Registration starts

Saturday December 14 Online and In-Person at 9:00am. Sunday December 15 by Phone at 9:00am.

The West Point Grey Community Centre (WPGCC) consists of six buildings including Aberthau Mansion, the Gymnasium/Fitness Centre, Pottery Studio, Jericho Hill Centre, which is located at 4196 West 4th Avenue, and the cooperatively-operated Jericho Arts Centre.

Our neighbourhood pool, Lord Byng is located on 3990 West 14th Avenue.

If you would like a tour of Aberthau Mansion, please contact us at 604.257.8140.

Getting to West Point Grey

Community Centre by Public Transit

West Point Grey Community Centre is located at 4397 West 2nd Avenue and is now easily accessible by public transit. The #4 UBC and #84 UBC express bus stops at West 4th Ave and North West Marine Drive. When you get off the bus head northeast on West 4th Ave towards NW Marine Dr, turn left on NW Marine Dr, and turn left again on West 2nd to the community centre.

Getting to Jericho Hill Centre

by Public Transit

Jericho Hill Centre is located at 4196 West 4th Avenue and is also easily accessible by public transit. The #4 UBC bus stops at West 4th Ave and 4100 Block. When you get off the bus cross the street heading south and follow the driveway up to Jericho Hill Centre.

Free PARKING Available!

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Staff

We are here to ensure your recreation experience is a positive one, please feel free to contact us.

- TBAActing Community Recreation Supervisor
- TBARecreation Programmer II
- Erik Price.....Recreation Programmer II
- Angela Lamb Recreation Facility Clerk
- Joe Oliveira Program Assistant III
- Danita Noyes.....City Wide Arts Programmer
- Eduardo Manzano..... Building Worker
- Danny Hui Lord Byng Pool Programmer II

Hours of Operation

WPG Main Office and Fitness Centre

The Office & Fitness Centre close 15 minutes prior to the time listed below.

Jan 6-Apr 30

Mon-Th.....	6:00am-10:00pm
Fri.....	6:00am-7:45pm
Sat	9:00am-9:00pm
.....	Fitness Centre open at 10:00am
Sun	9:00am-5:00pm

Holiday Hours

Jan 1	Closed
Jan 2-5.....	9:00am-5:00pm
Feb 17	9:00am-3:00pm
Apr 10 & 13.....	9:00am-1:00pm

Aberthau

Jan 6-Apr 30

Mon-Th.....	9:00am-10:00pm
Fri.....	9:00am-6:00pm
Sat	9:00am-5:00pm
Sun	9:00am-5:00pm

Holiday Hours

Jan 1, Feb 17, Apr 10 & 13	Closed
Jan 2-5.....	9:00am-5:00pm

107 Years of Aberthau Giveaway

West Point Grey Community Centre wants to thank you for your excitement in registering for our classes, programs and special events. To thank you, our patrons, and at the same time celebrate the fact that Aberthau is 107 years old, we will be awarding a \$100 credit towards a program at our centre to the 107th person that registers for one of our Winter programs. It's simple all you have to do is register and if you are the 107th person, you win. So register now!

President's Message

Happy New Year!

Change is in the air as we bring you a new season of Winter programming. We say goodbye and many thanks to staff members Kathryn Sweetapple, our Recreation Supervisor and Natalie Vermaas, our Recreation Programmer. Kathryn and Natalie served at the Centre for 5 and 7 years respectively and will continue to work with the Vancouver Park Board at the Roundhouse Community Centre. We greatly appreciate their time with us and all that they contributed—programs, events, leadership and more. We wish them all the best in their future endeavours.

Starting with our Winter programming, Leisure Access Program cardholders can receive an unlimited discount of 50% off program fees. This policy, designed to better support low-income patrons, lifts the previous restriction of 50% off one program per person per season, which are still in effect at most other community centres.

To celebrate 107 years of Aberthau, we are offering \$100 off a program fee to the 107th person that registers for one of our Winter programs. See page 43 for full contest details and to find out how you can enter.

We invite you to attend our Annual General Meeting on Wednesday February 5, 2020 starting at 7pm at Aberthau. The new WPGCC Association Board of Directors will be elected and guests will hear a special presentation by Professor Patrick M. Condon, an urban designer, planner and UBC professor, and the author of several planning books in the field of sustainability and public engagement. Professor Condon will speak on the topic of the Broadway subway - what to expect and what to do about it. We are also recruiting Association Board of Directors for 2020-2021. Please apply on our website at westpointgrey.org/get-involved/volunteer.

A few reminders for our patrons: some of our winter classes are offered in two sessions that run either before or after Spring Break, while other programs run the full four months with a pause for Spring Break. Our Pottery workshops for intermediate and advanced students are back for the month of April and are extremely popular and therefore sell out fast so register early. Our Family Day Celebration returns on Monday February 17 and will once again feature free activities, games and entertainment for the whole family while paying tribute to the 10 year anniversary of the Winter Olympics in Vancouver. Pickleball also returns this season with offerings for different levels and private lessons too. Lastly, our gymnasium and change rooms will undergo renovations this upcoming Spring and Summer, which could impact some activities as early as April, more information will be available in the new year so stay tuned.

We appreciate your continued patronage and interest in our Centre.

David Dolphin
President
West Point Grey Community Centre Association

Our Mission Statement

To promote individual and community development by providing quality leisure services.

2019 – 2020 Board of Directors

David Abichahine	Ruizhi Liu
David Dolphin	Bruno Moure dos Reis Vieira
Parviz Cordwell	Elizabeth Murphy
Ross Fahrni	J. Myers
Susan Fraser-Hughes	Ai Nakano
Gayle Gavin	Rory Sanderson
Murray Hendren	Shamim Shivji (Past President)
Janina Kon	Terence Wong
Keta Kosman	



West Point Grey Community Association Annual General Meeting

Wednesday February 5, 2020 7:00pm

Agenda

7:00pm Association Presentation – President, Committee and Staff Reports, Park Board Reports and the Election of the Board of Directors

8:00pm Guest Presentation

Guest Presentation

The Broadway Subway - What To Expect and What To About It.

The Broadway subway and associated Broadway Corridor Planning will extend the definition of “the regional metro core” to include all of Kits and Point Grey out to UBC. None of this will happen overnight but with the public investment in the subway and the change in land values that brings with it, change is inevitable.



Guest presentation is by Professor Patrick M. Condon, James Taylor Chair in Landscape and Liveable Environments at the University of British Columbia.

Professor Patrick M. Condon has over 25 years of experience in sustainable urban design: first as a professional city planner and then as a teacher and researcher.

Patrick started his academic career in 1985 at the University of Minnesota before moving to the University of British Columbia in 1992. After acting as the director of the landscape architecture program, he became the James Taylor Chair in Landscape and Liveable Environments. In that capacity he has worked to advance sustainable urban design in scores of jurisdictions in the US, Canada, and Australia.

Recognizing the need for collaboration as a fundamental part of designing sustainable communities, Patrick has pioneered public engagement methods. He has successfully focused attention on how to make systemic change in the way cities are built and operated, notably in his East Clayton project in Surrey, BC. More recently, he and his research partners collaborated with the City of North Vancouver to produce a 100-year plan to make the city carbon-neutral by 2107. Patrick and his partners received the Canadian Institute of Planners Award for Planning Excellence and the BC Union of Municipalities Award of Excellence for this work.

West Point Grey



Community Centre

WPGCCA Board of Directors Nomination Form 2020

Nominator

I, _____ (print name) _____ (signature) being an active member of the West Point Grey Community Association (WPGCA), nominate the following person to be on the Board of Directors of the West Point Grey Community Association.

Nominee

Name: _____

Address: _____

Phone: (H) _____ (W) _____ (C) _____

Email: _____ WPGCC Member? Yes No

What are your reasons for wanting to become a Board member?

What previous experience do you have that could be relevant to the Board of Directors, Committees, or Community Centre?

What interests/strengths would you bring to the Board of Directors?

What is your occupation? _____

Please provide names and contact information (including telephone number[s] and email address) of 2 references below (who are not family members):

I, _____ (print name), consent to having my name placed in nomination. I confirm that I am eligible to act as a Director under the Society Act. I consent to this form being published for the information to members of the Association prior to and at the Annual General Meeting.
Signature: _____

Applications must be submitted to the main office by 5pm Wednesday January 29, 2020 for election at the Annual General Meeting on Wednesday February 5, 2020 at 7pm at West Point Grey Community Centre (Aberthau Mansion).

4397 West 2nd Ave Vancouver, BC V6R 1K4 604-257-8140
www.westpointgrey.org @westpointgreyc

Download the Board Nomination Form at www.westpointgrey.org

Get Involved

If you would like to be involved in your community and contribute to the West Point Grey Community Centre, you might wish to consider joining the Board of Directors. Board members believe in the importance of neighbourhood-based community centres and have a desire to work in a team to develop and foster community engagement throughout the West Point Grey community. Board members apply their skills and experience at monthly board meetings and participate in at least one committee while also representing the Association at several events throughout the year.



Community Arts & Culture

West Point Grey Community Centre Artist Residencies Working With Our Communities

Music Off The Page

West Point Grey Community Centre
Aberthau Mansion (4397 West 2nd Ave)

As practicing musicians, Róisín Adams and Emily Best hope to inspire collaborations between musicians (from beginner to professional), stimulate the community through contemporary music and discourse and offer accessible programming that explore sound and music for participants of practices to develop music appreciation and musical collaborations connecting Vancouver's vibrant musical community to the public at large. For workshops and events visit www.musicoffthepageblog.weebly.com



Dezza Dance Residency

West Point Grey Community Centre
Aberthau Mansion 4397 W 2nd Ave.

This residency facilitates the creation and performance of new contemporary dance works with emerging and midcareer dancers. Under the direction of dancer/choreographer, Desirée Dunbar, dancers develop their own vocabulary and express themselves with peer support, as well as develop skills in administration, production and teaching. These dancers then collaborate with other community dance groups and professional artists, creating performances for the public. Patrons are welcome to peek in and view open rehearsals. No rehearsals Mar 18 & 25 and Fri Apr 10.

Su	Jan 5-Apr 26	12:00pm-4:00pm
W	Jan 8-Apr 29	11:00am-3:00pm

Collaborative Creative Dance

An arts program that uses the collaborative creative strategies developed in the Arts and Health Project, encouraging and supporting seniors to express their life experience and knowledge creatively in groups working with professional artists who have training to work with the older populations. Based on the foundation of collaboration, the project builds community and strengthens cultural and social understandings.

Oak Room

Intro

253263		Free
F	Jan 10-Mar 13	12:30pm-2:00pm

Level 2

Participants will build strength, focusing more on skill, technique and enhanced choreography. Participants will also have the option to perform at Aberthau and other locations. Some collaborative dance experience necessary. Drop in \$6 if space permits.

Oak Room

253264		\$50/10 sess
F	Jan 10-Mar 13	10:45am-12:15pm

INSTRUCTOR: DESIREE DUNBAR

Gush Dance

Desirée Dunbar, Creator of Dezza Dance guides you in a unique transformational movement practice blending Martha Graham Modern Dance, Mindfulness and Authentic Movement. This unique dance workshop integrates body/mind/spirit and leaves you feeling stronger and more balanced. Suitable for adults of all levels. Previous dance experience an asset but not necessary. Class runs 6-8pm followed by tea/social from 8-9pm. Drop in \$26 if space permits. No class Feb 5.

Dining Room

253262		\$250/10 sess
W	Jan 15-Mar 25	6:00pm-9:00pm

INSTRUCTOR: DESIREE DUNBAR

Experiments in Living – Elm Park Fieldhouse Studio Residency

Experiments in Living is a project designed to question our surroundings and better understand the things we take for granted in our daily lives. Through a series of dynamic collaborations with artists, community members, recreation centres, and local businesses we hope to re-imagine objects and activities found within a typical home. To find out about workshops and events visit <http://experimentsinliving.tumblr.com/>



Vancouver Cherry Blossom Festival

We are pleased to announce a new cultural residency partnership with the Vancouver Cherry Blossom Festival Society (VCBF) for arts and cultural programming/events at Aberthau/West Point Grey. This partnership will open the doors to unique arts and cultural programming and diverse new audiences for the community. The society is passionate about making opportunities to explore the creative process and new cross-cultural collaborations with local emerging and professional artists and sharing the resulting new work with the public. VCBF will be collaborating with existing user groups, resident artists and garden stewards and tap into current special events happening here. In 2020 programming such as tree talks & walks, haiku workshops, social teas for seniors, plein-air painting, etc. will be offered. Check out events and workshops here <https://www.vcbf.ca/community-events>



Artists, Food and Garden Experts in our Neighbourhood

Aberthau Community and Eco Art Garden

NW Marine Drive between Discovery and Trimble Street
Located behind the Mansion and hosted by Village Vancouver (VV), the garden includes VV's collaborative demonstration permaculture garden, the WPG Preschool Garden and art/garden projects by our artist residencies. Emphasizing permaculture design elements, it offers fun, inclusive social, educational, culinary and cultural activities for community members. Enjoy cooking, fermenting, preserving and DIY demonstrations, including canning, fermented sodas, and making tofu and paneer, timely gardening workshops such as early summer gardening, vertical gardening and growing herbs, the seed savers club, and a native edible walk, as well as Saturday morning gardening. For more information, visit Village Vancouver www.villagevancouver.ca or email Ross Moster at ross@villagevancouver.ca. The garden is a member of West Point Grey Village Vancouver and the Westside Neighbourhood Food Network. See page 26-27 for workshops.



McBride Park Fieldhouse Studio Residency

3350 W 4th Avenue @ Waterloo Street

This residency will have a food, gardening and environmental focus with partnerships by artist collectives like Loco Moto Art whose work has an ecological focus. Happenings in the community will include seed sharing libraries, plant swaps, pollinator walks and indigenous plant walks, events about producing, preserving, and preparing food, neighbourhood village potlucks and work parties at the Aberthau Eco Art Permaculture Demonstration Garden at West Point Grey. Other park activations will include partnerships by artist collectives like Loco Moto Art whose work has an ecological focus. Our hope is to create positive local responses to our climate change and food system challenges. Village Vancouver has a long history of inspiring individuals, neighbourhoods, and organizations to build sustainable communities while having fun. For more information visit www.villagevancouver.ca/page/mcbride-park-fieldhouse

About the Artist Studio Residencies in Parks and Park Facilities

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



Visual Art Displays in the foyer for every show

January 24 - February 16

AN ENEMY OF THE PEOPLE
after Ibsen



A small town has recently become famous for the Kirsten Springs that lure visitors with their promise of health and vitality. Dr. Stockmann discovered that the springs are seriously contaminated and should be closed down. Stockmann's brother,

the mayor, violently opposes him.

UNITED PLAYERS OF VANCOUVER

March 27 - April 19

A FLEA IN HER EAR
by Georges Feydeau, adapted by David Ives

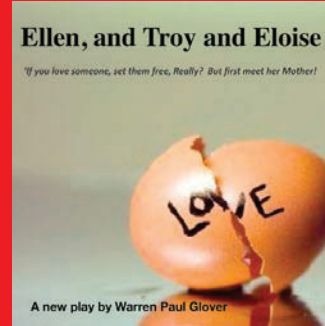


Perhaps the greatest farce ever written. Sexual innuendo, colourful characters, slamming doors and Paris's most notorious hotel, The Frisky Puss. There the bourgeoisie let their peccadilloes out to play. Result: Comic chaos!

UNITED PLAYERS OF VANCOUVER

February 17 - March 9

ELLEN AND TROY AN ELOISE
by Warren Paul Glover



A play about relationships; Meeting your future ex-girlfriend's mother at the worst possible time. Your girlfriend is breaking up with you & the mother is hot!

INFUSION ARTS

April 23 - 25

SCREWBALL COMEDY (Western Premiere)
by Norm Foster



Fast talking, gag cracking hilarity that had them rolling in the aisles back in the day, is now given an update and made even funnier by bringing to life all the larger-than-life, wise-cracking and iconic characters of Hollywood's most quirky comedies.

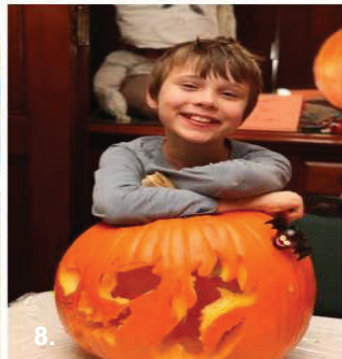
THE ROYAL CANADIAN THEATRE COMPANY

For additional performance information, see www.jerichoartscentre.com

Tickets/Rsvns: jerichoartscentre.com or phone 604.224.8007 ext 2 for United Players, ext 3 for guest shows

Want to volunteer?

Complete the form on our websites: www.jerichoartscentre.com www.unitedplayers.com
info@jerichoartscentre.com or info@unitedplayers.com or call 604-224-8007



Pic. 1. Movie at Trimble Park
Pic. 2. Halloween Carnival
Pic. 3. Family Pumpkin Carving Night
Pic. 4. Family Pumpkin Carving Night

Pic. 5. Murder Mystery with Mardi Gras Theme
Pic. 6. Halloween Carnival
Pic. 7. Movie at Trimble Park
Pic. 8. Family Pumpkin Carving Night

Pic. 9. Halloween Carnival
Pic. 10. Movie at Trimble Park
Pic. 11. Halloween at WPG
Pic. 12. Licensed Preschool Halloween Celebration

Special Events



Wine and Paint Night

We invite you to come and discover the beauty of your own expression in this social, wine and painting evening at Aberthau Mansion. Our WPG instructor, Davide, will be on hand to guide you through the evening of abstract painting. We will provide the canvas, paints, brushes, appetizers and of course, wine. At the end of the evening you will get to take home your new masterpiece, that everyone had a hand in creating! This is not your typical Wine and Paint night. No painting experience is required.

260523		\$35/1 sess
Sa	Feb 1	6:30pm-8:30pm
261000		\$35/1 sess
Sa	Apr 4	6:30pm-8:30pm

INSTRUCTOR: DAVIDE MERINO

Family Day with West Point Grey

British Columbia is celebrating it's annual Family Day and West Point Grey Community Centre is inviting you and your family to come spend it with us. The day will start off with a morning Zumba class for all ages, followed by entertainment, games, face painting, Bouncy Castle, Playtime equipment in the gym for children and families and class demonstration for adults and seniors in Aberthau. The fitness centre will also be open for extended holiday hours. This year's theme will be the Olympics to commemorate the 10 year anniversary of the Vancouver 2010 Olympics. Wear your red mittens and be ready for a fun filled day. Exact details announced in mid January.

WPG Gym and Aberthau Mansion

259485		Free
M	Feb 17	9:30am-2:30pm

Licensed Preschool at Aberthau Open House

Our Open House is the opportunity to find out everything that you need to know about our Licensed Preschool at Aberthau. This preschool operates three different programs for the following age groups - 30 months, 3 years old and 4 years old. Meet the Preschool teachers, Miranda and Alissa, learn about the program and the curriculum, see the classroom with the daily set up of toys and equipment and ask any questions that you might have about the program. Children are welcome and encouraged to attend the Open House.

Conservatory

259457		Free
Th	Feb 20	4:30pm-6:30pm

Kids Clothing, Toys, Books & More Sale

Formerly known as the Kids Swap Meet, don't miss this fabulous opportunity to buy & sell children's clothing, toys, sports equipment and more! Please call the main office at 604-257-8140 to pick your table for the event. Free admission for buyers on the day of the sale.

WPG Gym

252785		\$20/table
Sa	Mar 7	10:00am-1:00pm

Breakfast with Bunny (1+ yrs)

Bring the whole family to celebrate Easter with the Easter Bunny while enjoying a continental breakfast, crafts and the ever popular Easter Egg Hunt that happens on the grounds of Aberthau Mansion. This event is an annual sell-out so hippity hop your way to us and purchase your tickets. Tickets are required for both children and adults.

Aberthau Main Floor

253323		\$10/1 sess
Sa	Apr 4	10:00am-12:00pm

Follow us on SOCIAL MEDIA

@westpointgreyc



@westpointgreyc



Arts & Pottery

Pottery - Parent and Child (3-8 yrs)

Spend some bonding time with your child while creating pottery. You will make different projects in each class such as a print of your little one's hand. This class is perfect for the parent and child that want to experience Pottery together. Children must be accompanied by one adult and only siblings who are registered may attend. All supplies included. No registration after the 3rd class. No class Feb 16. **Pottery Studio**

254567 \$120/8 sess
Su Jan 12-Mar 8 9:30am-11:00am
INSTRUCTOR: ARIEL ELISE

Ariel Elise

Ariel has been naturally drawn to the arts, particularly pottery and film photography since childhood and pursued her passion with becoming a BFA Honours Visual Arts/English graduate from the University of British Columbia. Her art practice consists of studying the nature of pottery and photography and how they communicate with one another. Her art and style can be described as inquisitive, experimental, and creatively deliberate. Over the years, she has gained experience in teaching both children and adults in a multitude of different art studios and she plans to follow her biggest dreams, which is to continue to educate others by one day becoming a Professor of Fine Art.

Pottery Spring Fun! - Parent and Child (3-5 yrs)

This special Pottery workshop will be themed around Spring. We will be making fun, simple to create yet delightfully creative planters and miniature garden scenes. In the last class of the workshop, you will be given a succulent to plant in your homemade planters. All supplies included. No class Apr 12. **Pottery Studio**

259486 \$65/3 sess
Su Apr 5-Apr 26 9:30am-11:00am
INSTRUCTOR: ARIEL ELISE

Birthday Parties

Bouncy Castle Party Time - Birthday Party (1-12 yrs)

Have fun in the gym with our Playtime toys, sports equipment and our large Bouncy Castle. Party includes 30mins for set-up, 2hrs for the party, 30mins for clean-up and two birthday party leaders-one to supervise the bouncy castle and one to assist with activities. You bring everything else including decorations, food and cake. Max 24 children. Additional flat rate of \$60 for more than 24 children (two weeks notice must be provided or the max of 24 children must be upheld). No party Feb 15, 16 and Mar 7.

WPG Gym
254777-254786 \$180/1 sess
Sa Jan 11-Mar 28 11:00am-2:00pm
254787-254796 \$180/1 sess
Sa Jan 11-Mar 28 2:00pm-5:00pm
254797-254807 \$180/1 sess
Su Jan 12-Mar 29 11:00am-2:00pm
254808-254818 \$180/1 sess
Su Jan 12-Mar 29 2:00pm-5:00pm
INSTRUCTOR: BIRTHDAY PARTY LEADERS

Family Playtime

Family Playtime (1-8 yrs)

Climb, slide, ride, roll, jump, play with the sports equipment (soccer, floor hockey and basketball) or just bounce away in the Bouncy Castle. There is something for every child. Parents must stay with their child(ren) during Family Playtime. No session Feb 15, 16 and Mar 7. **WPG Gym**

253324 \$3.25/1 sess or \$30/10-visit pass
Sa Jan 11-Mar 28 9:30am-11:00am
253325 \$3.25/1 sess or \$30/10-visit pass
Su Jan 12-Mar 29 9:30am-11:00am

Dance

Hip Hop Breakers (4-7 yrs)

This non-stop action packed class including hip hop, basic breakdancing and dance games that will have your dancer dancing to the beats. Family and friends be ready to cheer during the final day performance. More information can be found at www.kirbysnelldance.com No class Feb 16.

Dining Room

259487 \$80/8 sess
Su Jan 12-Mar 8 12:00pm-12:45pm
INSTRUCTOR: ENDORPHIN RUSH DANCE AND FITNESS

Little Ballerinas (3-6 yrs)

Young ballerinas explore the fun and beauty of ballet while learning the basic techniques. They will love playing with their creative expression in this fun class. Children must be able to participate without a parent in the room. There will be a presentation on the last day for families. More information can be found at www.kirbysnelldance.com. No class Feb 16.

Dining Room

3-5 yrs
259488 \$80/8 sess
Su Jan 12-Mar 8 11:00am-11:45am

4-6 yrs

259489 \$80/8 sess
Su Jan 12-Mar 8 12:45pm-1:30pm
INSTRUCTOR: ENDORPHIN RUSH DANCE AND FITNESS

My First Dance Class (2-4 yrs)

An introduction to creative dance. Aspiring little dancers will use songs, movement explorations and games to explore coordination, rhythm, spatial awareness and cooperation. This class for the youngest of dancers to experience a playful class with the support of their parents being present. More information can be found at www.kirbysnelldance.com No class Feb 16.

Dining Room

259490 \$80/8 sess
Su Jan 12-Mar 8 10:15am-11:00am
INSTRUCTOR: ENDORPHIN RUSH DANCE AND FITNESS

Gym Renovations

The West Point Grey Gymnasium and change rooms will be undergoing an extensive renovation in the Spring/Summer of 2020 to address ongoing storage issues and changing room accessibility. The renovations are tentatively scheduled to start in mid April 2020. Due to this renovation, gym programming could be impacted however the extent of the impact is currently unknown. More information will be posted at the Centre and online once it becomes available. Please note that because of this, we have not currently programmed birthday parties in the gym past the end of March. Please check back in the new year for more details.

Day Camps



Spring Break Day Camp - Licensed (3-5 yrs)

This Spring Break camp is the perfect camp for a Preschooler and guarantees a great time. Activities in the camp include crafts, stories, games, baking and more.

Conservatory

253328 \$145/5 sess
M Tu W Th F Mar 16-Mar 20 9:00am-1:00pm
INSTRUCTOR: WPG PRESCHOOL TEACHER



Education

Mad Science for Preschoolers (3-5 yrs)

Enjoy engaging demonstrations, perform simple experiments and discover how science can help you better understand the world around you! Mad Science preschool programs are engaging hands-on learning experiences for children. Each session provides an interactive, age-appropriate exploration of a specific science topic. Topics include che-mystery, current events, fundamental forces, science of magic, stunt planes, super structures, under pressure and wacky waves. No class Feb 15. **Craft Room**

260984 \$140/8 sess
Sa Jan 11-Mar 7 9:30am-10:30am
INSTRUCTOR: MAD SCIENCE

Languages

Japanese programs take place at Jericho Hill Centre (JHC) located at 4196 West 4th Avenue.

Japanese (3-5 yrs)

This Japanese program has been in operation at WPG for over 20 years and continues to emphasize the importance of creativity and social development in the acquisition of language skills. Children will learn the Japanese language through activity based methods including reading, writing and crafts. The 9:15am class focuses on language (word play) and music and the 10:45am class focuses on arts and crafts and traditional Japanese games. It is recommended but not required that children enroll for both time slots. If enrolling for both timeslots, it is mandatory for parents to pick up their children in between the two classes. Please note that these classes are Japanese immersion based which means they are in Japanese. However, children do not need to have experience with the Japanese language to register. No class Feb 17, Mar 16, 17, 18, 19, 21, 23, 24, 25, 26, and April 11 & 13.

JHC Preschool Room

3 yrs

254159 \$280/28 sess
Tu Th Jan 7-Apr 23 9:15am-10:30am
254160 \$280/28 sess
Tu Th Jan 7-Apr 23 10:45am-12:00pm

Japanese

4 yrs

254161 \$260/26 sess
M W Jan 6-Apr 22 9:15am-10:30am

254162 \$260/26 sess
M W Jan 6-Apr 22 10:45am-12:00pm

5 yrs

254163 \$130/13 sess
Sa Jan 11-Apr 25 9:15am-10:30am

254164 \$130/13 sess
Sa Jan 11-Apr 25 10:45am-12:00pm
INSTRUCTOR: HIROKO KASHIHARA

Music

Orff Music for Babies (12-18 months)



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!

Meeting Room

Session 1

254554 \$72/9 sess
Tu Jan 14-Mar 10 9:30am-10:00am

Session 2

254555 \$40/5 sess
Tu Mar 31-Apr 28 9:30am-10:00am
INSTRUCTOR: TONIA ALLEN

Orff Music for Toddlers (18 months-2 yrs)



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 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. **Meeting Room**

Session 1

254557 \$72/9 sess
Tu Jan 14-Mar 10 10:10am-10:40am

Session 2

254559 \$40/5 sess
Tu Mar 31-Apr 28 10:10am-10:40am
INSTRUCTOR: TONIA ALLEN



Orff Music for Toddlers and Preschoolers (2-3 yrs) NEW

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!

Meeting Room

Session 1

254560 \$72/9 sess
Tu Jan 14-Mar 10 10:50am-11:20am

Session 2

254561 \$40/5 sess
Tu Mar 31-Apr 28 10:50am-11:20am
INSTRUCTOR: TONIA ALLEN

Orff Music for Siblings (6 months-4 yrs) NEW

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!

Meeting Room

Session 1

254563 \$81/9 sess
Tu Jan 14-Mar 10 11:30am-12:00pm

Session 2

254564 \$45/5 sess
Tu Mar 31-Apr 28 11:30am-12:00pm
INSTRUCTOR: TONIA ALLEN

The Leisure Access Program (LAP)

West Point Grey Community Centre NEW
Association supports a 50% discount off unlimited programs each season.
See page 18 for more details.

Quoted price for private music lessons is for 30 minutes unless otherwise noted.

Piano Lessons with June (3+ yrs)

June's lessons for the young beginners includes various fun activities such as alphabet games, playing and singing using props and musical theory books. No class Feb 15, 16, Apr 10, 11 and 12.

Music Room

30 mins

253281-253288 \$520/16 sess
Tu Jan 7-Apr 21 5:30pm-9:30pm

253291-253304 \$520/16 sess
Th Jan 9-Apr 23 1:00pm-9:30pm

253307-253315 \$455/14 sess
Sa Jan 11-Apr 25 9:15am-1:45pm

253316-253322 \$455/14 sess
Su Jan 12-Apr 26 9:15am-12:45pm

45 mins

253280 \$780/16 sess
Tu Jan 7-Apr 21 4:30pm-5:15pm

253289-253290 \$780/16 sess
Th Jan 9-Apr 23 3:30pm-5:00pm

1 hour

253279 \$1040/16 sess
Tu Jan 7-Apr 21 3:30pm-4:30pm

253305-253306 \$975/15 sess
F Jan 10-Apr 24 4:00pm-6:00pm
INSTRUCTOR: JUNE LAM

Piano Lessons with Victoria (3+ yrs)

Participants develop a basic understanding of music theory and technique in a relaxed and creative atmosphere. More advanced students will learn the skill of performing, preparing for the RCM exams and festivals. Students benefit from personalized attention and have fun learning at their own pace. No class Feb 17, Mar 2, 4, 16, 18, 23, 25 and Apr 13.

Music Room

258663-258667 \$600/12 sess
M Jan 6-Apr 27 12:00pm-2:00pm

258669-258678 \$700/14 sess
W Jan 8-Apr 29 2:00pm-7:30pm
INSTRUCTOR: VICTORIA GOMON

Special Events

Family Day with West Point Grey

British Columbia is celebrating it's annual Family Day and West Point Grey Community Centre is inviting you and your family to come spend it with us. The day will start off with a morning Zumba class for all ages, followed by entertainment, games, face painting, Bouncy Castle, Playtime equipment in the gym for children and families and class demonstration for adults and seniors in Aberthau. The fitness centre will also be open for extended holiday hours. This year's theme will be the Olympics to commemorate the 10 year anniversary of the Vancouver 2010 Olympics. Wear your red mittens and be ready for a fun filled day. Exact details announced in mid January.

WPG Gym and Aberthau Mansion

259485 Free
M Feb 17 9:30am-2:30pm

Kids Clothing, Toys, Books & More Sale

Formerly known as the Kids Swap Meet, don't miss this fabulous opportunity to buy & sell children's clothing, toys, sports equipment and more! . Please call the main office at 604-257-8140 to pick your table for the event. Free admission on the day of the sale.

WPG Gym

252785 \$20/table
Sa Mar 7 10:00am-1:00pm

Breakfast with Bunny (1+ yrs)

Bring the whole family to celebrate Easter with the Easter Bunny while enjoying a continental breakfast, crafts and the ever popular Easter Egg Hunt that happens on the grounds of Aberthau Mansion. This event is an annual sell-out so hippity hop your way to us and purchase your tickets. Tickets are required for both children and adults.

Aberthau Main Floor

253323 \$10/1 sess
Sa Apr 4 10:00am-12:00pm

Sports & Martial Arts

Tae Kwon Do takes place at Jericho Hill Centre (JHC) located at 4196 West 4th Avenue.

Soccer - GrassRoots - Preschool (3-5 yrs)

GrassRoots Soccer it's more than just improving children's Soccer skills. It's based on a unique coaching model that helps boys and girls of all abilities to grow, develop their skills and reach their potential. This program uses the four corner model that encompasses four key attributes that are vital for development physical, technique, psychological and social, all which help children to develop more than just their football skills. They will gain confidence, self esteem, learn to work in teams and improve their decision making. Drop in \$15 if space permits. **WPG Gym**

254551 \$140/10 sess
 W Jan 8-Mar 11 3:20pm-4:05pm
 INSTRUCTOR: GLYN ROBERTS

Tae Kwon Do (4-6 yrs)

Join us to learn Korean martial arts and have fun! Participants will learn kicking, punching and blocking techniques, poomsaes (patterns) and nanchaku (weaponry). There is an additional \$70 mandatory cost for nanchaku and uniforms. See the Tae Kwon Do Instructor regarding additional cost for the belt promotion test. No class Mar 22 and 29. **JHC North Room**

259589 \$160/16 sess
 Su Jan 12-Apr 26 10:00am-10:50am
 INSTRUCTOR: DRAGON TEMPLE

Yoga

Mello Kids Yoga for Preschoolers (3-5 yrs) NEW

A fun and imaginative movement-based practice that is experiential, community driven and inspired by nature. We aim to provide insightful Yoga teachings in an easily deconstructed way using - stories, games, yoga props, music and dance. Parents are welcome to stay and play if they choose. Every class includes breath work, postures and relaxation. **Oak Room**

258586 \$65/5 sess
 Th Apr 2-Apr 30 11:30am-12:15pm
 INSTRUCTOR: DIANA MELLO

Licensed Preschool Open House

Our Open House is the opportunity to find out everything that you need to know about our Licensed Preschool at Aberthau. This preschool operates three different programs for the following age groups - 30 months, 3 years old and 4 years old. Meet the Preschool teachers, Miranda and Alissa, learn about the program and the curriculum, see the classroom with the daily set up of toys and equipment and ask any questions that you might have about the program. Children are welcome and encouraged to attend the Open House.

Conservatory and Dining Room
 259457 Free
 Th Feb 20 4:30pm-6:30pm



West Point Grey Licensed Preschool at Aberthau

Our Licensed Preschool offers care for children ages 30 months-5 years in the West Point Grey Community within a "Learning through Play" environment.

Limited spots still available for 2019-2020 school year.

This program provides a stimulating environment while enabling children to develop creative, social, emotional, physical and intellectual skills. The curriculum includes structured and non-structured activities which allow children to make individual choices, experience group activities and meet the unique needs and abilities of each child. Themes are developmentally appropriate and are expanded on based on each specific age group.



30 Month Old Program

Tues and Thurs 9:15am-11:15am \$170/month

3 Year Old Program

Mon, Wed and Fri 9:00am-11:30am \$190/month

4 Year Old Program

Mon, Tues, Wed and Thurs 12:15pm-3:15pm \$296/month

This age group includes the weekly family fun phonics program

TEACHERS: MIRANDA TAGLIAFIERRO & ALISSA REDER



Children & Preteen

Arts

Children's Art Therapy – Private Lessons (6-12 yrs)

Children's Art Therapy offers a safe, creative space for children to process their emotions in one-to-one art-making sessions. Professional art therapist Colleen provides support and encouragement, along with fun and inviting art materials, to facilitate a wonderfully gentle way for children to express their feelings through the creative process. Appropriate for children who are experiencing mild emotional or behavioural challenges or life transitions. For more information visit www.truecolourarttherapy.com

			\$150/2 sess
260276	Th Jan 16-Jan 23	3:20pm-4:20pm	
260277	Th Jan 30-Feb 6	3:20pm-4:20pm	\$150/2 sess
260278	Th Feb 13-Feb 20	3:20pm-4:20pm	\$150/2 sess
260279	Th Feb 27-Mar 5	3:20pm-4:20pm	\$150/2 sess
260280	Th Jan 16-Jan 23	4:30pm-5:20pm	\$150/2 sess
260281	Th Jan 30-Feb 6	4:30pm-5:20pm	\$150/2 sess
260282	Th Feb 13-Feb 20	4:30pm-5:20pm	\$150/2 sess
260283	Th Feb 27-Mar 5	4:30pm-5:20pm	\$150/2 sess
	INSTRUCTOR: COLLEEN SHERIDAN		

Gym Renovations

The West Point Grey Gymnasium and change rooms will be undergoing an extensive renovation in the Spring/Summer of 2020 to address ongoing storage issues and changing room accessibility. The renovations are tentatively scheduled to start in mid April 2020. Due to this renovation, gym programming could be impacted however the extent of the impact is currently unknown. More information will be posted at the Centre and online once it becomes available. Please note that because of this, we have not currently programmed birthday parties in the gym past the end of March.

Pottery

Pottery - Parent and Child (5-8 yrs)

Spend some bonding time with your child while creating pottery. You will make different projects in each class such as a print of your little one's hand. This class is perfect for the parent and child that want to experience Pottery together. Children must be accompanied by one adult and only siblings who are registered may attend. All supplies included. No registration after the 3rd class. No class Feb 16.

Pottery Studio			\$120/8 sess
254567	Su Jan 12-Mar 8	9:30am-11:00am	
	INSTRUCTOR: ARIEL ELISE		

Pottery Spring Fun! - NEW Parent and Child (5-8 yrs)

This special Pottery workshop will be themed around Spring. We will be making fun, simple to create yet delightfully creative planters and miniature garden scenes. In the last class of the workshop, you will be given a succulent to plant in your homemade planters. All supplies included. No class Apr 12. **Pottery Studio**

259486	Su Apr 5-Apr 26	9:30am-11:00am	\$65/3 sess
	INSTRUCTOR: ARIEL ELISE		

Pottery - Clay Works (9-16 yrs)

Children will be introduced to the basics of ceramic hand-building techniques in this class. The focus will be on developing skills used for sculptural and functional hand built objects. Creative problem solving, visual coordination and self-expression is developed and encouraged. Please note there is no wheel throwing in this class. All supplies included. No registration after the 3rd class. **Pottery Studio**

Session 1			\$216/9 sess
254821	Th Jan 16-Mar 12	4:00pm-6:00pm	
Session 2			\$120/5 sess
254822	Th Apr 2-Apr 30	4:00pm-6:00pm	
	INSTRUCTOR: ARIEL ELISE		

Birthday Parties

Bouncy Castle Party Time - Birthday Party (1-12 yrs)

Have fun in the gym with our Playtime toys, sports equipment and our large Bouncy Castle. Party includes 30mins for set-up, 2hrs for the party, 30mins for clean-up and two birthday party leaders - one to supervise the bouncy castle and one to assist with activities. You bring everything else including decorations, food and cake. Max 24 children. Additional flat rate of \$60 for more than 24 children (two weeks notice must be provided or the max of 24 children must be upheld). No parties Feb 15 & 16 and Mar 7. **WPG Gym**

254777-254786	Sa Jan 11-Mar 28	11:00am-2:00pm	\$180/1 sess
254787-254796	Sa Jan 11-Mar 28	2:00pm-5:00pm	\$180/1 sess
254797-254807	Su Jan 12-Mar 29	11:00am-2:00pm	\$180/1 sess
254808-254818	Su Jan 12-Mar 29	2:00pm-5:00pm	\$180/1 sess
	INSTRUCTOR: BIRTHDAY PARTY LEADERS		

Day Camps and Pro-D Days

Pro-D Day Adventures (6-12 yrs)

Spend your Pro-D day with West Point Grey Community Centre for an action packed day of fun and excitement! These days are not to be missed so register now, tell some friends about it and don't miss out! Please pack a lunch and bring a water bottle. **Meeting Room**

254820	M Jan 20	9:00am-4:00pm	\$40/1 sess
254685	F Feb 14	9:00am-4:00pm	\$40/1 sess
	INSTRUCTOR: NIKI MOSHIRI		

Hip Hop and Ballet programs for up to age 7 see page 12.

Day Camps and Pro-D Days cont'd

Spring Break Day Camp (5-12 yrs)

Come spend Spring Break with us! Activities could include pottery, baking, bowling, movies and trips to local attractions! Please bring a packed lunch and a water bottle and dress for the weather. If your child is in Kindergarten they are able to register. Please note there is no before and after care available for this camp.

Youth Room

Week 1

253326 \$145/5 sess
M Tu W Th F Mar 16-Mar 20 9:00am-4:00pm

Week 2

53327 \$145/5 sess
M Tu W Th F Mar 23-Mar 27 9:00am-4:00pm
INSTRUCTOR: DAY CAMP LEADERS

Bricks 4 Kidz - LEGO Out Of This World Day Camp (5-10 yrs)

Explore the universe with Bricks4Kidz! Our master builders will be learning about space science and exploration as they think about the possibilities of extraterrestrial life. Children will work on their STEM skills as they build shuttles, planets and more while also getting some outside time, weather permitting. Please note there is no before and after care available for this camp.

Dining Room

259107 \$300/5 sess
M Tu W Th F Mar 16-Mar 20 9:00am-3:00pm
INSTRUCTOR: BRICKS 4 KIDZ VANCOUVER

Bricks 4 Kidz - Brick City Engineering Day Camp (5-10 yrs)

Discover the world with Bricks4Kidz! Build transport vehicles and cityscapes using your engineering skills and learn the history of transportation while having fun. Children will also get some outside time, weather permitting. Please note there is no before and after care available for this program.

Library

259108 \$300/5 sess
M Tu W Th F Mar 23-Mar 27 9:00am-3:00pm
INSTRUCTOR: BRICKS 4 KIDZ VANCOUVER



Fire and Flower Empowerment Day Camp

A specialty Day Camp to empower girls in their awesome transition into young womanhood. This is a place where you can be real - about your passions, curiosities, joys and challenges - and be accepted and celebrated for who you are. Learning about body positivity, physical changes, media literacy, anxiety, etc. are balanced with time in nature, games and crafts. It's like a sleepover (during the day) for 5 days! Parents and guardians are invited to join on Friday afternoon. More info at www.fireandflowergirls.org

Craft Room

261125 \$300/5 sess
M Tu W Th F Mar 16-Mar 20 9:00am-3:00pm
INSTRUCTOR: ELISA LEE

Mad Science - 3, 2, 1...Blast Off! Day Camp (6-11 yrs)

This is your chance to be a rocket scientist! Discover the science needed for rockets and learn what it takes to study space from the ground and from the air. Investigate the four forces of flight, learn the Rocket Safety Code, and explore the science involved in rocket design. In addition, experience the life of an astronaut as you suit up for a space flight. **Craft Room**

260982 \$317/5 sess
M u W Th F Mar 16-Mar 20 9:00am-3:00pm
INSTRUCTOR: MAD SCIENCE

Mad Science - Red Hot Robots Day Camp (7-12 yrs)

Red Hot Robots is a week-long camp that explores robotics and electrical engineering. Participants will learn about the uses of robots in our world and spend time experimenting with super cool robots! Children will spend each day exploring a different area of robotics and then apply that knowledge to the building of their own robot to take home at the end of the week.

Craft Room

260983 \$330/5 sess
M u W Th F Mar 23-Mar 27 9:00am-3:00pm
INSTRUCTOR: MAD SCIENCE

Education

Bricks 4 Kidz - LEGO Valentine's Workshop (5-10 yrs)

Create LEGO machines to help you design your own Valentine! Each child will be creating one card for home as well as engage in LEGO figure and mosaic builds. Everyone will go home with a self-made card and Minifigure.

Craft Room

259104 \$30/1 sess
Su Feb 9 10:00am-12:00pm
INSTRUCTOR: BRICKS 4 KIDZ VANCOUVER

Bricks 4 Kidz - LEGO Spring Time Workshop (5-10 yrs)

Flowers, Bunnies, and Hatching Chicks! Celebrate the coming of the season with motorized LEGO models, LEGO mosaics, and a plethora of LEGO bricks! All go home with a customized Minifigure. **Craft Room**

259105 \$30/1 sess
Su Apr 5 10:00am-12:00pm
INSTRUCTOR: BRICKS 4 KIDZ VANCOUVER

Bricks 4 Kidz - LEGO May the 4th Workshop (5-10 yrs)

May the Fourth be with you! Join us on an adventurous journey through space as you pilot your LEGO spacecraft to the great beyond. All go home with a customized Minifigure.

Craft Room

259106 \$30/1 sess
Su May 3 10:00am-12:00pm
INSTRUCTOR: BRICKS 4 KIDZ VANCOUVER

Fire and Flower - Girls Empowerment Program (10-12 yrs)

Have tons of fun, feel awesome in who you are, and learn about the transition into young womanhood. Together we build positive friendships and celebrate each other's strength and beauty. Body positivity, self-esteem, media literacy, physical changes and anxiety explored through games, movement, crafts, and discussions. Parents are invited to attend the last session. For more information visit www.fireandflowergirls.org

Craft Room

Session 1

257275 \$150/5 sess
Tu Jan 14-Feb 11 4:00pm-6:00pm

Session 2

257276 \$150/5 sess
Tu Mar 31-Apr 28 4:00pm-6:00pm
INSTRUCTOR: ELISA LEE



Mad Science for Kids (6-11 yrs)

Mad Science sparks imaginative learning! These hands-on science programs are themed around a particular area of science. Children engage in exciting hands-on activities, watch spectacular demonstrations, and take home things that relate to what they learnt that day. Topics include che-mystery, current events, fundamental forces, science of magic, stunt planes, super structures, under pressure and wacky waves. No class Feb 15. **Craft Room**

260985 \$140/8 sess
Sa Jan 11-Mar 7 11:00am-12:00pm
INSTRUCTOR: MAD SCIENCE

Speech and Drama (7-18 yrs)

Have fun learning to use your voice clearly & expressively for presentations and performances. Gain confidence and develop skills for acting, public speaking, debating, social interaction and etiquette. Participate in performance, auditions, recital, festivals, and Royal Conservatory of Music exams (Fine Arts credits for Grade 11 & 12 High School graduation). Diplomas for performing and teaching may be attained. Lessons are 30 minutes - private (\$150) or semi private (\$175).

Library

260262-260266 \$150/5 sess
W Apr 1-Apr 29 3:30pm-5:30pm

260267-260274 \$150/5 sess
Th Apr 2-Apr 30 3:30pm-7:00pm
INSTRUCTOR: LISA OPPENHEIM

Lisa Oppenheim will be on maternity leave from January to March; therefore, her Speech and Drama will not be offered during that time and will be back for a shorter session in April.

Language

Japanese programs take place at Jericho Hill Centre (JHC) located at 4196 West 4th Avenue.

Japanese - Beginners (6-15 yrs)

This Japanese program has been in operation at WPG for over 20 years and continues to emphasize the importance of creativity and social development in the acquisition of language skills. Children will learn the Japanese language through activity based methods such as reading, writing and crafts. Children need to have experience with the Japanese language to attend this class. No class Feb 17, Mar 16, 23 and Apr 13.

JHC West Art Room

254174 \$221/13 sess
M Jan 6-Apr 20 4:15pm-6:00pm
INSTRUCTOR: HIROKO KASHIHARA

Red Cross Babysitting (11-16 yrs) see page 20.

Japanese (Grades 1-10)

This Japanese program has been in operation at WPG for over 20 years and continues to emphasize the importance of creativity and social development in the acquisition of language skills. Children will learn the Japanese language through activity based methods such as reading, writing and crafts. Children need previous experience in the Japanese language to attend this class. No class Feb 17, Mar 16, 17, 18, 19, 20, 23, 24, 25, 26, 27, Apr 10 and 13.

Grade 1

JHC Preschool Room

254165 \$238/14 sess
Th Jan 9-Apr 23 3:45pm-5:30pm

Grade 2A

JHC Preschool Room

254166 \$238/14 sess
W Jan 8-Apr 22 3:45pm-5:30pm

Grade 2B

JHC Preschool Room

254167 \$238/14 sess
Tu Jan 7-Apr 21 4:00pm-5:45pm

Grade 3

JHC West Art Room

254168 \$238/14 sess
Th Jan 9-Apr 23 4:00pm-5:45pm

Grade 5

JHC West Art Room

254169 \$221/13 sess
F Jan 10-Apr 24 4:00pm-5:45pm

Grade 6

JHC West Art Room

254170 \$221/13 sess
F Jan 10-Apr 24 4:00pm-5:45pm

Grade 7

JHC West Art Room

254171 \$221/13 sess
M Jan 6-Apr 20 4:15pm-6:00pm

Grade 9-12

JHC West Art Room

254172 \$238/13 sess
W Jan 15-Apr 22 4:15pm-6:00pm

Grades 1-6

Dates for this class are Jan 11 & 25, Feb 8 & 22, Mar 7 and Apr 4 & 18.

JHC Preschool Room

254173 \$147/7 sess
Sa Jan 11-Apr 25 1:00pm-4:00pm
INSTRUCTOR: HIROKO KASHIHARA

Music & Singing

Quoted price for private music lessons is for 30 minutes unless otherwise noted.

Guitar or Voice Lessons with Iain (6-18 yrs)

Students have the opportunity to choose the songs they want to learn on the Guitar as Iain teaches the basics or takes students to the next level of playing. No class Feb 13, Mar 18, 19, 25 and 26.

Meeting Room

258616-258625		\$378/14 sess
W	Jan 15-Apr 29	3:30pm-8:30pm
258626-258633		\$351/13 sess
Th	Jan 16-Apr 30	4:30pm-8:30pm

INSTRUCTOR: IAIN MCLAREN

Piano Lessons with June (3+ yrs)

June's lessons for the young beginners includes various fun activities such as alphabet games, playing and singing using props and musical theory books. No class Feb 15, 16, Apr 10, 11 and 12.

Music Room

30 mins

253281-253288		\$520/16 sess
Tu	Jan 7-Apr 21	5:30pm-9:30pm
253291-253304		\$520/16 sess
Th	Jan 9-Apr 23	1:00pm-9:30pm
253307-253315		\$455/14 sess
Sa	Jan 11-Apr 25	9:15am-1:45pm
253316-253322		\$455/14 sess
Su	Jan 12-Apr 26	9:15am-12:45pm

45 mins

253280		\$780/16 sess
Tu	Jan 7-Apr 21	4:30pm-5:15pm
253289-253290		\$780/16 sess
Th	Jan 9-Apr 23	3:30pm-5:00pm

1 hour

253279		\$1040/16 sess
Tu	Jan 7-Apr 21	3:30pm-4:30pm
253305-253306		\$975/15 sess
F	Jan 10-Apr 24	4:00pm-6:00pm

INSTRUCTOR: JUNE LAM

Piano Lessons with Victoria (3+ yrs)

Participants develop a basic understanding of music theory and technique in a relaxed and creative atmosphere. More advanced students will learn the skill of performing, preparing for the RCM exams and festivals. Students benefit from personalized attention and have fun learning at their own pace. No class Feb 17, Mar 2, 4, 16, 18, 23, 25 and Apr 13.

Music Room

258663-258667		\$600/12 sess
M	Jan 6-Apr 27	12:00pm-2:00pm
258669-258678		\$700/14 sess
W	Jan 8-Apr 29	2:00pm-7:30pm

INSTRUCTOR: VICTORIA GOMON

Sports & Martial Arts

Fencing, Karate, Kung Fu and Tae Kwon Do take place at Jericho Hill Centre (JHC) located at 4196 West 4th Avenue.

Fencing for Beginners (10-13 yrs)

Dodge, parry and lunge your way to a healthier body. All equipment is provided. Wear a t-shirt, sweatpants and running shoes. Beginners must purchase a manual from the instructor for \$20.

JHC North Room

252274		\$53/7 sess
M	Jan 6-Feb 24	6:30pm-7:30pm

INSTRUCTOR: BAC TAU

The Leisure Access Program (LAP)

The Leisure Access Program (LAP) provides low-income Vancouver residents with access to basic recreation programs and services at Park Board facilities at a reduced cost.

Upon qualifying, the subsidy is loaded on a OneCard for discounted access to all Park Board pools, rinks, and participating fitness and community centres. See www.vancouver.ca/leisureaccess or call the front desk at 604-257-8140 for more information.

West Point Grey Community Centre **NEW** Association supports a 50% discount off unlimited programs each season.

Jr. NBA Basketball (5-8 yrs) **NEW**

This program in partnership with Basketball BC and the NBA provides age-appropriate lesson plans and equipment for young children to develop their skills in the game of Basketball. NBA Basketball Operations and a team of experts in child development, physical literacy and Basketball fundamentals, have developed the curriculum, for the 8 weeks and seek to provide a fun, active and healthy learning environment. Each participant will receive a Spalding Rookie Gear Basketball and NBA team branded t-shirt.

260522		\$120/8 sess
Th	Jan 16-Mar 5	4:00pm-5:00pm

INSTRUCTOR: WPG INSTRUCTOR



Follow us on SOCIAL MEDIA

@westpointgreycc





Karate – Shotokan (6+ yrs)

Join us at Shubukan and train Shotokan karate with an emphasis on personal well-being, self-improvement and self-defense. Classes cater to a wide range of abilities and experiences as we train kihon (basics), kata (forms), and kumite (sparring). Classes are open to all levels, beginner and advanced alike. No uniform is required for new students just comfortable clothes and a positive attitude and a desire to learn. For more information go to www.shubukan.ca. No class Feb 17 and Apr 13.

JHC Gym Stage

254344 \$90/15 sess
M Jan 6-Apr 27 6:30pm-8:00pm
INSTRUCTOR: SHOBUKAN KARATE ASSOCIATION

Kung Fu - Wing Chun (6-13 yrs)

This famous style of Kung Fu uses gentle and fast movements. This practical self-defense style focuses on turning the opponent's energy to your advantage. The instructor has over thirty years of Kung Fu experience and has taught Grandmaster Yip Man style for more than twenty years. Please wear comfortable clothes that allow for easy movement. No class Jan 24, 31 and Apr 10. **JHC Gym Stage**

252216 \$66/5 sess
F Jan 10-Feb 21 5:45pm-6:45pm
INSTRUCTOR: TONG SIU SHUN

Soccer - GrassRoots (5-11 yrs)

GrassRoots Soccer it's more than just improving children's Soccer skills. It's based on a unique coaching model that helps boys and girls of all abilities to grow, develop their skills and reach their potential. This program uses the four corner model that encompasses four key attributes that are vital for development physical, technique, psychological and social, all which help children to develop more than just their football skills. They will gain confidence, self esteem, learn to work in teams and improve their decision making. Drop in \$18 if space permits. **WPG Gym**

254552 \$155/10 sess
W Jan 8-Mar 11 4:10pm-5:10pm
INSTRUCTOR: GLYN ROBERTS

Tae Kwon Do (7-14 yrs)

For course description see page 14. No class Mar 22 and 29. **JHC North Room**

259589 \$160/16 sess
Su Jan 12-Apr 26 10:00am-10:50am
INSTRUCTOR: DRAGON TEMPLE

Saturday Night Madness (8-12 yrs) 5:00pm-8:30pm

Our Saturday night out-trips will give you somethin' to talk about. Every Saturday night consists of a different activity/outing while meeting other preteens and having fun. Transportation will be by public transit. Please make sure to arrive by 5:00pm unless otherwise noted as it's important that activities start on time.

INSTRUCTOR: Niki Moshiri

Jan 11	Pancakes and Movie Night	\$20	260509
Jan 18	Bob Ross Painting Extravaganza!	\$20	260510
Jan 25	Iron Chef Cooking Night	\$20	260511
Feb 1	Glow in the Dark Bowling and Ice Cream	\$20	260512
Feb 8	Valentine's Day Baking	\$20	260513
Feb 15	No Saturday Night Madness due to Family Day Long Weekend		
Feb 22	Slime, Slime and Slime!	\$20	260514
Feb 29	Games Night Mania with an Olympic Theme	\$20	260515
Mar 7	Tie Dye T-Shirts	\$20	260516
Mar 14	Spring Awakening – Craft Night	\$20	260517
Mar 21	No Saturday Night Madness due to Spring Break		
Mar 28	The Great WPG Bake Off	\$20	260518
Apr 4	Cineplex Movie Night Out	\$20	260519
Apr 11	No Saturday Night Madness due to Easter Long Weekend		
Apr 18	UBC Pool Night	\$20	260520
Apr 25	Pizza Party and Bouncy Castle Fun	\$20	260521



Yoga

Mello Kids Yoga (6-12 yrs)

A fun and imaginative movement-based practice that is experiential, community driven and inspired by nature. We aim to provide insightful Yoga teachings in an easily deconstructed way using - stories, games, yoga props, music and dance. Classes are built so that the child can experience Yoga through partner yoga, obstacle courses, sculpting postures, games, dance and mandala art. Every class includes breath work, postures and relaxation.

Oak Room

258587 \$70/5 sess
Th Apr 2-Apr 30 3:45pm-4:45pm
INSTRUCTOR: DIANA MELLO

Gym Renovations

The West Point Grey Gymnasium and change rooms will be undergoing an extensive renovation in the Spring/Summer of 2020 to address ongoing storage issues and changing room accessibility. See page 15 for more information.

First Aid

Red Cross Babysitting (11-16 yrs)

The Red Cross Babysitting course includes all the useful and reliable educational features parents would choose for their preteen or teen. This course is a nationally recognized program designed to help course participants develop self-assurance, knowledge and skills required for babysitting duties and when caring for themselves alone. Completion card with no expiry date will be provided at the end of the course.

Dining Room

257210		\$80/1 sess
Sa	Jan 18	9:30am-4:30pm
257212		\$80/1 sess
Sa	Feb 22	9:30am-4:30pm
257214		\$80/1 sess
Su	Mar 29	9:30am-4:30pm
257215		\$80/1 sess
Su	Apr 26	9:30am-4:30pm
INSTRUCTOR: COMMUNITY CARE FIRST AID		

Leadership

Volunteer Opportunities for Youth (13-18 yrs)

If you are between the ages of 13-18 and are looking for volunteer opportunities, West Point Grey Community Centre wants you. Volunteering is a great way to build your resume and can be used for community service hours at school. Some of the volunteer opportunities coming up this season, include Spring Break Day Camps, Breakfast with Bunny and much more. Contact the WPG Youth Leader at 604-257-8140 for more information.

Youth Scholarships

Check out our Spring & Summer Guide for information on how to apply for our 2020 Youth Scholarships.

For our 2019 Youth Scholarship recipients see page 43.

Follow us on SOCIAL MEDIA

@westpointgreyc



Sports and Martial Arts

Fencing, Karate, Kung Fu and Tae Kwon Do take place at Jericho Hill Centre (JHC) located at 4196 West 4th Avenue.

Ball Hockey for Young Adults

Come join the 'West Point Grey Canucks', a youth ball hockey program designed to provide a fun, safe and supportive environment for youth with developmental disabilities. Please contact Norah Flaherty at norahflaherty@gmail.com to discuss the suitability of potential players. Each player must be able work independently and use the hockey stick in a safe manner. No drop ins.

WPG Gym

259458		\$48/12 sess
F	Jan 10-Mar 27	6:00pm-7:15pm
FACILITATOR: JIM DIGGINS & NORAH FLAHERTY		

Fencing for Beginners (14+ yrs)

Dodge, parry and lunge your way to a healthier body. All equipment is provided. Wear a t-shirt, sweatpants and running shoes. Beginners must purchase a manual from the instructor for \$20.

JHC North Room

252278		\$60/8 sess
W	Jan 8-Feb 26	6:30pm-7:30pm
INSTRUCTOR: BAC TAU		

Karate – Shotokan (14+ yrs)

Join us at Shubukan and train Shotokan karate with an emphasis on personal well-being, self-improvement and self-defense. Classes cater to a wide range of abilities and experiences as we train kihon (basics), kata (forms), and kumite (sparring). Classes are open to all levels, beginner and advanced alike. No uniform is required for new students just comfortable clothes and bring a positive attitude and a desire to learn. Visit us online at www.shubukan.ca for more information. No class Feb 17 and Apr 13.

JHC Gym Stage

254344		\$90/15 sess
M	Jan 6-Apr 27	6:30pm-8:00pm
INSTRUCTOR: SHOBUKAN KARATE ASSOCIATION		

Kung Fu - Wing Chun (14+ yrs)

This famous style of Kung Fu uses gentle and fast movements. This practical self-defense style focuses on turning the opponent's energy to your advantage. The instructor has over thirty years of Kung Fu experience and has taught Grandmaster Yip Man style for more than twenty years. Please wear comfortable clothes that allow for easy movement. No class Jan 24, 31 and Apr 10.

JHC Gym Stage

252217		\$182/13 sess
F	Jan 10-Apr 24	6:45pm-7:45pm
INSTRUCTOR: TONG SIU SHUN		

Tae Kwon Do (14-18 yrs)

Join us to learn Korean martial arts and have fun! Participants will learn kicking, punching and blocking techniques, poomsaes (patterns) and nanchaku (weaponry). There is an additional \$70 mandatory cost for nanchaku and uniforms. See the Tae Kwon Do Instructor regarding additional cost for the belt promotion test. The black belt certification is recorded at the World Tae Kwon Do Federation headquarters in Korea. No class Mar 22 and 29. JHC North Room

259589		\$160/16 sess
Su	Jan 12-Apr 26	10:00am-10:50am
INSTRUCTOR: DRAGON TEMPLE		

Youth in the Fitness Centre

Did you know that starting a fitness program now is not only safe but can put you on a lifetime path to better health & fitness?! Our qualified fitness professionals would love to show you the ropes! Free orientation for individuals or groups (max 4).

Fitness Centre





Adult & Seniors

Arts

Some Art programs take place at Jericho Hill Centre (JHC) located at 4196 West 4th Ave.

ABC Acrylics - Beginners Colour

With acrylics there is never a mistake - it's just another layer! Fast drying, water based acrylics has few rules and is a perfect medium for beginners to delve into painting. Colour mixing, theory and brush technique will be clearly demonstrated and will ultimately lead you into a juicy loose landscape. No fear of getting lost - experienced navigator of colour and composition - instructor, Niina, will lead you through to the other side! This is a class suited for beginners or for those who need a refresher in colour theory and brush technique. Acrylic paint supplies available upon request. \$55 art kit includes paint, canvas and brushes.

JHC North Room

254327		\$165/6 sess
Tu	Jan 14-Feb 18	11:30am-1:30pm
	INSTRUCTOR: NIINA CHEBRY	

Abstract Painting - Introduction

Express with colours and textures, combining traditional and non-traditional ways, applying colour and variety of materials onto canvas, paper, or wooden panels. Use different media with brushes, knives and other tools made of wood, plastics, metal, paper or cardboard. Learn the use of colour (acrylics or oils), pastels, charcoal, and pencils. We will start with continuous exercises, then move onto exploring and developing individual ideas. Drop in \$32. No class Feb 17.

JHC North Room

Session 1

252312		\$210/7 sess
M	Jan 6-Feb 24	1:30pm-4:30pm

Session 2

252313		\$210/7 sess
M	Mar 2-Apr 20	1:30pm-4:30pm
	INSTRUCTOR: DAVIDE MERINO	

Abstract and Mixed Media Painting

Students will learn the fundamentals of contrast, space and textures. Study expressions within lines, shapes, colours, acrylics, oils, volumes and composition and do experimental drawing and painting, including textures with basic colours all on different types of paper, canvas and wood panel. Drop in \$32. **JHC North Room**

Session 1

252320		\$240/8 sess
Th	Jan 9-Feb 27	1:30pm-4:30pm

Session 2

252330		\$240/8 sess
Th	Mar 5-Apr 23	1:30pm-4:30pm
	INSTRUCTOR: DAVIDE MERINO	

Wine and Paint Night

Our WPG instructor, Davide, will be on hand to guide you through this social evening of abstract painting. We will provide the canvas, paints, brushes, appetizers and of course, wine. At the end of the evening you will get to take home your new masterpiece, that everyone had a hand in creating! This is not your typical Wine and Paint night. No painting experience is required. **Aberthau Main Floor**

260523		\$35/1 sess
Sa	Feb 1	6:30pm-8:30pm
261000		\$35/1 sess
Sa	Apr 4	6:30pm-8:30pm
	INSTRUCTOR: DAVIDE MERINO	

Acrylic Painting

You will learn how to use the brushes to achieve a variety of techniques including blending, glazing, lifting, wet on wet and over dry to create different textures and brush strokes on your artwork. We will focus on beautiful landscapes, flowers and figures. Supply list available upon registration. www.atashzad.com. Drop in \$29. No class Apr 10 and 17. **JHC North Room**

Session 1

252743		\$195/8 sess
F	Jan 10-Feb 28	9:30am-12:00pm

Session 2

252744		\$150/6 sess
F	Mar 6-Apr 24	9:30am-12:00pm
	INSTRUCTOR: M. R. ATASHZAD	

Art For Wellness - Creativity, Happiness and You

Discover how to tap into your natural creativity for an increased sense of happiness and wellbeing. In a safe and encouraging space, you will be guided through simple art-making activities that in addition to being fun and playful, foster creative exploration, joy, and personal insight. No experience needed! Easy to use art supplies provided. No class Feb 17. **Craft Room**

Trial Class

251804		Free
M	Jan 13	1:00pm-3:00pm

Ongoing

251803		\$176/9 sess
M	Jan 20-Mar 16	1:00pm-3:00pm
	INSTRUCTOR: COLLEEN SHERIDAN	

Drawing and Painting

Before being able to paint with individual style, you will learn how to draw, shape and form images in perspective while creating compositional structures. You will experiment with a variety of painting materials such as colour pencils, pastels, watercolour, acrylic, etc. We will explore topics including landscape, still life, flowers, figures and more. Supplies are not included. Please bring any drawing and colour materials that you may want for the first class. Supply list available upon registration. www.atashzad.com. Drop in \$29. No class Apr 10 and 17. **JHC North Room**

Session 1

252745		\$195/8 sess
F	Jan 10-Feb 28	12:30pm-3:00pm

Session 2

252746		\$150/6 sess
F	Mar 6-Apr 24	12:30pm-3:00pm
	INSTRUCTOR: M. R. ATASHZAD	

Jericho Hill Centre Drop-in Fees

If you are dropping in for a class at Jericho Hill, call the West Point Grey front desk 604.257.8140 at least 30 minutes prior to the start of your class and pay over the phone by credit card. The front desk staff will also be able to verify drop-in payments directly with the Instructor.

Arts cont'd

Life Drawing Sessions

These three-hour sessions are an opportunity to draw from a nude model in a relaxed but serious environment. All levels welcome. Please bring your own drawing materials. Coordinated by artist Tracey Vath. Drop in \$18 or \$75 for a 5 visit card. No class Feb 17 and Apr 13.

JHC North Room

252279 \$210/15 sess
M Jan 6-Apr 27 10:00am-1:00pm
INSTRUCTOR: TRACEY VATH

Painter's Art Studio

Bring your own paints, paper or canvas and do your own thing in the company of other people who enjoy painting. There is no instruction provided, so painters must be experienced enough to draw/paint on their own. Easels provided. Contact liaison, Gwynneth Moriarty, at gwynned@telus.net for further information Drop in \$9.

JHC North Room

252781 \$105/17 sess
W Jan 8-Apr 29 1:00pm-4:00pm
FACILITATOR: VANCOUVER ART GUILD

Painting - Be Bold and Go Big

No room at home? We have a beautiful big space for you to spread out and paint big! Here you can expand an idea you have been working on with a variety of painting tools including brooms, squeegees and more. House paint welcome. Unstretched canvases will give you more freedom. Artist and instructor, Niina, will be your personal coach. Limited to 5 students who are experienced painters.

JHC North Room

254338 \$165/6 sess
Tu Jan 14-Feb 18 12:00pm-4:00pm
INSTRUCTOR: NIINA CHEBRY

Jericho Hill Centre Drop-in Fees

If you are dropping in for a class at Jericho Hill, call the West Point Grey front desk 604.257.8140 at least 30 minutes prior to the start of your class and pay over the phone by credit card. The front desk staff will also be able to verify drop-in payments directly with the instructor.

Painting for Somewhat Experienced and Slightly Lost

If you are a little lost or stuck in the mud with your painting, this class is for you! Bring paintings you have been working on or start something new. Here you can work out the challenges of composition and technique in the atmosphere of a studio filled with other creative people.

JHC North Room

254328 \$165/6 sess
Tu Jan 14-Feb 18 1:30pm-3:30pm
INSTRUCTOR: NIINA CHEBRY



Watercolour Painting

This program for adults will give you the chance to learn to apply watercolour painting by exploring the medium's full potential. Learn to use water, paper, colour, and brushes to create an endless variety of tones and atmosphere in your painting. We will focus on landscape painting techniques and studies of nature (flowers). Supply list available upon registration. www.atashzad.com. Drop in \$29 if space permits. No class Apr 10 and 17.

JHC North Room

Session 1
252776 \$195/8 sess
F Jan 10-Feb 28 3:00pm-5:30pm

Session 2
252777 \$150/6 sess
F Mar 6-Apr 24 3:00pm-5:30pm
INSTRUCTOR: M. R. ATASHZAD

The Leisure Access Program (LAP)

The Leisure Access Program (LAP) provides low-income Vancouver residents with access to basic recreation programs and services at Park Board facilities at a reduced cost.

Upon qualifying, the subsidy is loaded on a OneCard for discounted access to all Park Board pools, rinks, and participating fitness and community centres. See www.vancouver.ca/leisureaccess or call the front desk at 604-257-8140 for more information.

West Point Grey Community Centre **NEW**
Association supports a 50% discount off unlimited programs each season.

Day Trips

Enjoy the Journey - Queen of Peace Monastery

The Dominican Nun's first sisters came to Canada in 1999 to form Queen of Peace Monastery located at the base of Cloudburst Mountain in the Upper Squamish Valley. Witness the sisters fill the air singing their daily hymns at 11:30am, tour of the scenic monastery with Sister Claire and visit the chapel and unique gift shop. Activity level is moderate but note there are stairs to gift shop.

Pick up and drop off West Point Grey Community Centre

259718 \$109/1 sess
Tu Apr 21 7:45am-5:00pm
INSTRUCTOR: ENJOY TOUR & TRAVEL





Dance

Ballroom Dance - Level 1 and 2

Poise confidence and exercise are some of the benefits of ballroom dance. Feel at ease on the floor with any partner whether at a dance party, night club or wedding. Singles and couples welcome. Learn to Foxtrot, Waltz, Swing and Rumba. Choreography for wedding couples available. Discount for additional person if signing up as a pair. Drop in \$14 if space permits.

Oak Room

258436 \$120/10 sess
Tu Jan 21-Mar 24 7:00pm-8:15pm
INSTRUCTOR: LINDA SHORT

Ballroom Dance - Level 2 and 3

For returning students or those who have had at least 2 years of previous dance experience. This is a great opportunity to review basic skills. You will be introduced to the more rhythmical dances, Cha Cha, Samba as well as the very passionate Tango. Drop in \$14 if space permits.

Oak Room

258437 \$120/10 sess
Tu Jan 21-Mar 24 8:15pm-9:30pm
INSTRUCTOR: LINDA SHORT

Collaborative Creative Dance

An arts program that uses the collaborative creative strategies developed in the Arts and Health Project, encouraging and supporting seniors to express their life experience and knowledge creatively in groups working with professional artists who have training to work with the older populations. Based on the foundation of collaboration, the project builds community and strengthens cultural and social understandings.

Oak Room

Intro

253263 Free
F Jan 10-Mar 13 12:30pm-2:00pm

Level 2

Participants will build strength, focusing more on skill, technique and enhanced choreography. Participants will also have the option to perform at Aberthau and other locations. Some collaborative dance experience necessary. Drop in \$6 if space permits.

Oak Room

253264 \$50/10 sess
F Jan 10-Mar 13 10:45am-12:15pm
INSTRUCTOR: DESIREE DUNBAR

Gush Dance

Desirée guides you in a unique transformational movement practice blending Martha Graham Modern Dance, Mindfulness and Authentic Movement. This unique dance workshop integrates body/mind/spirit and leaves you feeling stronger and more balanced. Suitable for adults of all levels. Previous dance experience an asset but not necessary. Class runs 6-8pm followed by tea/social from 8-9pm. Drop in \$26 if space permits. No class Feb 5.

Dining Room

253262 \$250/10 sess
W Jan 15-Mar 25 6:00pm-9:00pm
INSTRUCTOR: DESIREE DUNBAR

Folk Dancing

Join us for an informal evening of unique dances from various countries. Beginners welcome. Come by yourself or with a friend. Instruction provided for beginners. Drop in \$4. No class Feb 17 and Apr 13.

Oak Room

249003 \$45/15 sess
M Jan 6-Apr 27 7:45pm-9:45pm
INSTRUCTOR: BILL THOMPSON

Scottish Country Dance

This is an intermediate level social class there some dancing experience required. Drop in \$4.

Oak Room

258382 \$42/12 sess
W Jan 8-Mar 25 7:30pm-9:30pm
INSTRUCTOR: IRENE VAVASOUR

107 Years of Aberthau Giveaway

West Point Grey Community Centre wants to thank you for your excitement in registering for our classes, programs and special events. To thank you, our patrons, and at the same time celebrate the fact that Aberthau is 107 years old, we will be awarding a \$100 credit towards a program at our centre to the 107th person that registers for one of our Winter programs. It's simple all you have to do is register and if you are the 107th person, you win. So register now!

Education

For all 1 day workshops pre-registration is required.

NEPP Earthquake Preparedness - Personal and Family

We have all witnessed earthquakes throughout the world and have seen the devastation caused. Living in Vancouver we are overdue for 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, what supplies you and your family will need and what to do when an earthquake strikes. Please register in advance!

Library
251802 Free
W Jan 15 7:00pm-8:30pm
INSTRUCTOR: COV NEPP PROGRAM

Financial Workshops

For all 1 day workshops pre-registration is required.

Buying & Selling Real Estate

We all know that buying or selling real estate in Vancouver is a high-stakes enterprise. In this seminar, we'll review current market conditions, 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 not only ensure an optimum outcome, but also to ensure your interests are protected. Please note that this is an educational seminar, not a sales seminar. Maureen Stout, Ph.D., is a Realtor with Sutton Group West Coast Realty. Paul Richard, MBA, is a former CEO and business coach. **Dining Room**

253242 Free
Th Feb 6 7:00pm-9:00pm
INSTRUCTOR: MAUREEN STOUT & PAUL RICHARD

Preparing for Retirement

Thinking about Retirement? In this interactive workshop show we will be discussing the different financial aspects when considering retirement.

Library
251799 Free
Th Feb 20 7:00pm-8:30pm
INSTRUCTOR: G&F FINANCIAL GROUP

Photography

Photography - Level 1 Basics for Beginners

This course will introduce beginners to: essential terminology, basic functions of a digital SLR, image composition and, what I call, the "Light Triangle." Through discussions, feedback and hands-on experience we will learn to take better images. Please note, this course is not recommended for students with point-and-shoot cameras.

Library
251800 \$129/4 sess
Tu Jan 14-Feb 4 6:30pm-8:45pm
INSTRUCTOR: KARL SCHMIDT



Photography - Level 2

This course is a continuation of level 1 and students require a DSLR camera. If you are not familiar with terms like: exposure, aperture and ISO it is recommended that you take level 1 first. After a quick review of the basics, students will have the opportunity to learn more about composition, taking photos in more difficult lighting conditions, using settings outside of the "green square" as well as some fun, creative ways to enjoy photography as an art.

Library
251801 \$129/4 sess
Tu Feb 18-Mar 10 6:30pm-8:45pm
INSTRUCTOR: KARL SCHMIDT



Get Involved

If you would like to be involved in your community and contribute to the West Point Grey Community Centre, you might wish to consider joining the Board of Directors. Board members believe in the importance of neighbourhood-based community centres and have a desire to work in a team to develop and foster community engagement throughout the West Point Grey community. Board members apply their skills and experience at monthly board meetings and participate in at least one committee while also representing the Association at several events throughout the year.



Pottery



Pottery - Hand & Wheel - Beginner

This class is specifically geared towards the beginner Pottery students. Make mugs, bowls, plates and related objects that are functional or decorative. Some handbuilding techniques will also be covered. Clay must be purchased through the centre and pottery tools can be purchased for an additional \$30. Please note that registration after 2nd class must be approved by the instructor. **Pottery Studio**

253329		\$250/10 sess
Tu	Jan 7-Mar 10	6:30pm-9:30pm
	INSTRUCTOR: DANIELLE GAGNIER	

Pottery - Hand & Wheel - Beginner and Intermediate

Make mugs, bowls, plates and related objects that are functional or decorative. Some handbuilding techniques will also be covered. All classes are suitable for beginner to intermediate learners. Clay must be purchased through the centre and pottery tools can be purchased for an additional \$30. Please note that registration after 2nd class must be approved by the instructor. No class Feb 15, 17, Mar 21, 28 and Apr 11.

Pottery Studio

253330		\$225/9 sess
M	Jan 6-Mar 9	9:00am-12:00pm
	INSTRUCTOR: ANGELIQUE CORALIE KENDALL	

253331		\$225/9 sess
M	Jan 6-Mar 9	6:30pm-9:30pm
	INSTRUCTOR: NORA VAILLANT	

253332		\$250/10 sess
W	Jan 8-Mar 11	3:00pm-6:00pm
	INSTRUCTOR: CHERYL STAPLETON	

253333		\$250/10 sess
W	Jan 8-Mar 11	6:30pm-9:30pm
	INSTRUCTOR: CHERYL STAPLETON	

253334		\$300/12 sess
Sa	Jan 11-Apr 25	10:00am-1:00pm
	INSTRUCTOR: WENDY BERRY	

Pottery - Hand & Wheel - Intermediate and Advanced

Make mugs, bowls, plates and related objects that are functional or decorative while your handbuilding and wheel throwing is taken to the next level. This class is for students who have experience, taken beginning classes for a while now and are either at or want to be at the intermediate and advanced level. Clay must be purchased through the centre and pottery tools can be purchased for an additional \$30. Please note that registration after 2nd class must be approved by the instructor.

Pottery Studio

253335		\$250/10 sess
Th	Jan 9-Mar 12	6:30pm-9:30pm
	INSTRUCTOR: CHARMIAN NIMMO	



Pottery Workshops for Intermediate and Advanced Students

Pottery Workshop - Ceramic Candelabras

Nora will share styles and techniques for making candelabras learned while she was a resident artist in Mexico. Students will make their own candelabra and also learn the history of this elegant form and its symbolism. In the first class we will find inspiration with a slideshow presentation, have a chance to look at a variety of examples in person, and begin constructing our own designs. We will also explore slips, overglazes, and incorporate post-firing decorative features. The last class will focus on finishing and glazing. No class Apr 13.

Pottery Studio

254774		\$100/4 sess
M	Mar 30-Apr 27	6:30pm-9:30pm
	INSTRUCTOR: NORA VAILLANT	



Making Pots for Raku

Students will learn the history, making, glazing and firing of raku in this workshop. The first class will give students an inside look into raku with the following class making and glazing and the last class will involve the firing in the raku kiln. Please note that the last class will be held between 2pm-8pm and more details will be discussed on the first day. Clay and all materials will be provided. No class Apr 15 but students can use the class time as a work day.

Pottery Studio

254775		\$125/4 sess
W	Apr 1-Apr 29	3:00pm-6:00pm
254776		\$125/4 sess
W	Apr 1-Apr 29	6:30pm-9:30pm
	INSTRUCTOR: CHERYL STAPLETON	

Aberthau Community and Eco Art Garden



Aberthau Community Garden

Located behind the Mansion and hosted by Village Vancouver (VV), the garden includes a demonstration permaculture garden, the WPG Preschool Garden and art/garden projects by artist residencies. It offers fun, inclusive, and topical social, educational, culinary and cultural activities for community members. These include fermenting, preserving and DIY demonstrations, basket making, nutrition, responding to the climate emergency, and a native edibles talk/walk. Timely gardening workshops include growing microgreens, tomatoes, and superfoods, and vertical gardening and gardening for beginners, as well as seed saving and regular family friendly, intercultural garden parties. For more information, visit Village Vancouver at www.villagevancouver.ca or email Ross Moster at ross@villagevancouver.ca. The garden is a member of West Point Grey Village Vancouver, the Westside Neighbourhood Food Network, and the Westside Seniors Urban Garden Club. **WPG Gardens**

259271

Sa Mar 7-Apr 18

10:00am-12:30pm

Grow your own Microgreens

Microgreens are tasty and nutritious greens that can be eaten as a fresh snack or added to salads, smoothies, soups and more. In this Village Vancouver Westside Neighbourhood Food Network workshop with Dr. Yael Stav, you'll learn how to grow your own trays of microgreens at home year-round. We'll look at the difference between sprouts and microgreens, review the many possible seeds that can be used for starting microgreens, and look into troubleshooting common problems. You'll prepare your own microgreen tray to take home! Supplies included.

Dining Room and Kitchen

258841

\$13/1 sess

Th Jan 30

6:30pm-8:30pm



Exploring Responses to the Climate Emergency

Join Village Vancouver and Westside Neighbourhood Food Network in discussing practical responses to the climate emergency. For this gathering, we're particularly interested in actions you're taking, especially ones which others can also take. Facilitated by Ross Moster.

Dining Room and Kitchen

258842

Free

Th Feb 6

6:30pm-8:30pm

Community and Collaborative Gardening Opportunities

Looking for a place to garden this year? Learn about our family friendly, cross cultural collaborative community gardens in Kits, Strathcona, and West Point Grey (in West Point Grey Community Centre also known as Aberthau) at this info session. Applications will be available for anyone interested in gardening with us. All levels of experience welcome. Hosted by Village Vancouver and Westside Neighbourhood Food Network.

Dining Room

258839

Free

Th Feb 13

6:00pm-6:45pm

Follow us on SOCIAL MEDIA

@westpointgreyc



Make Your Own Kimchi

In this Village Vancouver Westside Neighbourhood Food Network workshop, you'll learn how to make kimchi, a traditional fermented Korean side dish, and take home a jar of your own creation! Bring a wide-mouth 500ml mason jar, cutting board, large knife, and large bowl (optional).

Dining Room and Kitchen

258840

\$13/1 sess

Th Feb 13

7:00pm-9:00pm



Workshops hosted by Village Vancouver

The West Point Grey Village Vancouver community seed library will be present at the workshops so you can pick up some free seeds for your garden, swap or donate seeds. Please note the workshops are free for seniors (50+ years). Advance registration is recommended.

Growing Superfoods

Enhance your health by adding home-grown superfoods to your plate! In this Village Vancouver Westside Neighbourhood Food Network workshop with Rhiannon Johnson, you'll learn how to grow your own superfoods such as kale, ginger, turmeric, sprouts, and blueberries. Some superfoods are best grown indoors, and others outdoors, which equally flourish in a garden or in containers. We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds.

[Dining Room and Kitchen](#)

258843 \$13/1 sess
Th Feb 27 6:30pm-8:30pm

Growing Tasty Tomatoes

With the right conditions, tomatoes are easy to grow and taste terrific homegrown! Learn how to grow tomatoes in your sunny garden or containers. In this Village Vancouver Westside Neighbourhood Food Network workshop with Rhiannon Johnson, we'll cover different types of tomatoes, starting from seed vs. buying a start, soil, care, and what to expect. To keep your tomatoes healthy, we'll talk about tomato diseases and how to avoid them. You'll learn how and when to harvest the tomatoes and how to ripen the green ones in the fall.

[Dining Room and Kitchen](#)

258844 \$13/1 sess
Th Mar 5 6:30pm-8:30pm

Make your own Twined Small Basket

Learn the basics of weaving using jute and wool in this Village Vancouver Westside Neighbourhood Food Network workshop. Using techniques such as twining we will make a small basket or water bottle carrier. This can be applied to any natural and fabric fibres and made into bigger baskets for later experiments.

[Library](#)

258845 \$13/1 sess
W Mar 11 6:30pm-8:30pm

Veggie Gardening for Beginners

Have you always wanted to learn how to grow your own food, but don't know where to start? Did you try, only to meet with frustration? This Village Vancouver Westside Neighbourhood Food Network beginners-level gardening workshop, with Mik Turje, will go over all the basics you need to know to start growing your own vegetables. Soil health basics, planting (from seed and transplanting), watering, fertility, harvesting, plant health, troubleshooting, and information about the most common vegetable plant families and what they need to thrive!

[Dining Room and Kitchen](#)

258846 \$13/1 sess
Th Mar 19 6:30pm-8:30pm

Plant Families – Understanding Connections in the Garden

Learn about the eight plant families that most garden vegetables fall into. Knowing plant families and their characteristics simplifies garden planning, plant identification as well as pest, disease and soil health management. Join Karen Ageson of Farmers on 57th for this Village Vancouver Westside Neighbourhood Food Network workshop, and learn more about growing your own food and the world of gardening.

[Dining Room and Kitchen](#)

258847 \$13/1 sess
W Apr 8 6:30pm-8:30pm

Native Edibles Talk and Walk

It can be easy to forget about the wealth of food that grows all around us. In this Village Vancouver Westside Neighbourhood Food Network offering, you'll learn about edible plants that call our region home. Lori Snyder from the Métis Nation will discuss how to identify and harvest wild, edible, and medicinal plants in an ethical way, and more!

[Dining Room and Kitchen](#)

258849 \$13/1 sess
W Apr 22 6:00pm-8:00pm

Building An Herb Spiral

Herb spirals are a classic permaculture component that is efficient in space and has a unique organic form. In this Westside Neighbourhood Food Network workshop with Dr. Yael Stav, we'll learn how to plan and set up an Herb Spiral, creating a compact garden with microclimates for a diversity of plants. We'll practice by re-building and planting an existing herb spiral at Village Vancouver's Collaborative Demonstration Permaculture garden.

[Dining Room and Kitchen](#)

258848 \$13/1 sess
Sa Apr 25 10:00am-12:30pm



Health & Wellness

Iyengar Yoga takes place at Jericho Hill Centre (JHC) located at 4196 West 4th Ave.

Balance Yoga - Embody your Essence

An excellent way to restore your balance is to practice embodiment. Practice Balance yoga weekly in a safe nurturing group environment by supporting the body's innate responses towards homeostasis and health. Moving through the yoga poses allows you to reconnect to your centers, develop your core strength to restore your balance. Connect your body and mind at your natural rhythm. In this expanded state of body-mind awareness, you experience your embodied nature, more joy, balance and flow in your life. Other benefits include balance doing and being, improved flexibility and deep relaxation. Beginner to advanced levels welcome. Drop in \$20 if space permits. No class Jan 25, Feb 1, 8, 15, Apr 4 and 11.

Oak Room

258681		\$60/5 sess
Sa	Jan 11-Mar 7	11:00am-12:00pm
258683		\$48/4 sess
Sa	Mar 14-Apr 18	11:00am-12:00pm

INSTRUCTOR: CHEW-NYET LEE

Feldenkrais Awareness through Movement

Discover your potential for effortless, efficient, elegant movement! Feldenkrais classes are composed of gentle innovative exercises which help you improve posture, release excess tension and develop greater flexibility and ease in your movement. For more information go to www.mlstanley.com/feldenkrais-classes. Drop in \$23 if space permits. No class Mar 18, 19, 21, 25, 26, 28 and Apr 4.

Oak Room

253273		\$204/12 sess
W	Jan 15-Apr 15	6:15pm-7:15pm
253274		\$204/12 sess
Th	Jan 16-Apr 16	1:30pm-2:30pm
253275		\$187/11 sess
Sa	Jan 18-Apr 18	9:15am-10:15am

INSTRUCTOR: MARY LOU STANLEY

Iyengar Yoga - Mixed Levels

Iyengar yoga focuses on precise alignment, step-by-step instruction, and individualized feedback. In this class, you will learn essential yoga poses, use props, and hold poses longer. The method is adapted for all ages and abilities. For more information visit www.sharonfriesen.com. Drop in \$15 if space permits. Please pay the drop in 30 minutes prior to the start of the class over the phone at 604.257.8140 or in person.

JHC North Room

252203		\$108/9 sess
Th	Mar 5-Apr 30	9:30am-11:00am
252202		\$96/8 sess
Th	Jan 9-Feb 27	9:30am-11:00am

INSTRUCTOR: SHARON FRIESEN

LeBlond Technique

This class offers slow stretching, core strengthening, deep relaxation and intelligent body awareness. Experience the fusion of modern and classical dance techniques with pilates and yoga. You will learn techniques based on good alignment of the skeletal system, muscular development to support the skeletal system, deep breathing, and healthy body mechanics. This is a class for anyone who wants to be healthy, fit and active for the rest of their lives. Exercises are executed on floor mats. This is a physical meditation at its best. Drop in \$24 if space permits.

Oak Room Beginners

253270		\$144/8 sess
Th	Jan 9-Feb 27	6:30pm-8:30pm
253271		\$162/9 sess
Th	Mar 5-Apr 30	6:30pm-8:30pm

Intermediate

253268		\$144/8 sess
Tu	Jan 7-Feb 25	6:30pm-8:30pm
253269		\$162/9 sess
Tu	Mar 3-Apr 28	6:30pm-8:30pm

INSTRUCTOR: JANICE LEBLOND

Movement Meditation NEW Creating Flow

We will learn different meditation techniques together. Create and develop energy flow through movement to evolve our whole body intelligence. Meditation through movement has many benefits. Some examples are reduces stress, improves flexibility, improves sleep quality, quiets the mind, reduces blood pressure, improves clarity, rejuvenates, improves brain health, improves memory, creates a sense of well being to name a few. Suitable for anyone who wants to benefit from meditation but struggles to sit still, and wish to practice in a real community environment. Please wear layers and stretchy clothes for easy movements. Drop in \$10 if space permits. No class Jan 28, Feb 4, 11 and Apr 14.

Oak Room

258679		\$48/6 sess
Tu	Jan 7-Mar 3	2:30pm-3:30pm
258680		\$48/6 sess
Tu	Mar 10-Apr 21	2:30pm-3:30pm

INSTRUCTOR: CHEW-NYET LEE



107 Years of Aberthau Giveaway

West Point Grey Community Centre wants to thank you for your excitement in registering for our classes, programs and special events. To thank you, our patrons, and at the same time celebrate the fact that Aberthau is 107 years old, we will be awarding a \$100 credit towards a program at our centre to the 107th person that registers for one of our Winter programs. It's simple all you have to do is register and if you are the 107th person, you win. So register now!

Follow us on SOCIAL MEDIA

@westpointgreyc





Pilates Matwork - Mixed Levels

This class is for those who have previously taken a Pilates Mixed Level or a Beginner's course. This moderate paced class will build on exercises and principles of Pilates in order to challenge your muscles even more. Previous experience or instructor's consent to take this class is required. Drop in \$15 if space permits.

Oak Room

253272 \$110/10 sess
Th Jan 16-Mar 19 5:00pm-6:00pm
INSTRUCTOR: KAREN EVERALL

Yoga - Beginner - Vijnana Tradition

Ginnie will provide you with a gentle and safe introduction to the principals of Hatha Yoga and the flow of movement in the body. Learn how to strengthen the inner core of the body to bring increased flexibility, groundedness and joy in your yoga practice. This program uses the practice of yoga postures, breath work and meditation. Drop in \$15 (first 3 classes only without prior Yoga experience). No class Feb 10, 17 and Apr 20.

Dining Room

258444 \$136.19/11 sess
M Jan 6-Mar 30 6:30pm-8:00pm
INSTRUCTOR: GINNIE CRAMER

Free Flow Pilates and Stretch

Want to energize, strengthen and align? Desirée will guide you to enhanced vitality. Flow with gentle stretching, breathing and core exercises crafted for all levels and abilities. Desirée Dunbar is a professional dancer and wellness expert. Drop in \$16 if space permits. **Library**

Trial Class

258403 Free
Tu Jan 7 9:15am-10:15am

258404 Free
Th Jan 9 9:15am-10:15am

Ongoing

253265 \$224/14 sess
Tu Jan 14-Apr 14 9:15am-10:15am

253266 \$224/14 sess
Th Jan 16-Apr 16 9:15am-10:15am

6 Class Pass

253267 \$96/6 sess
Tu Th Jan 7-Apr 16 9:15am-10:15am
INSTRUCTOR: DESIREE DUNBAR



Kundalini Yoga NEW

Kundalini is different from other kinds of Yoga. Everything is in a state of motion and vibration; and everything vibrates at different frequencies. The goal of Yoga is to elevate awareness, increase vibration, and connect to the universal consciousness. Powerful, yet simple breath and movement practices that take you out of your monkey brain and into your body and the present moment to help increase your awareness, and raise your Kundalini energy! Kriyas, Breathing Techniques, philosophy, and benefits will be explained and practiced. Drop in \$15 if space permits.

Oak Room

259912 \$180/12 sess
Th Jan 9-Mar 26 10:30-11:30am
INSTRUCTOR: DENISE KAINZ

The Leisure Access Program (LAP)

The Leisure Access Program (LAP) provides low-income Vancouver residents with access to basic recreation programs and services at Park Board facilities at a reduced cost.

Upon qualifying, the subsidy is loaded on a OneCard for discounted access to all Park Board pools, rinks, and participating fitness and community centres. See www.vancouver.ca/leisureaccess or call the front desk at 604-257-8140 for more information.

West Point Grey Community Centre NEW
Association supports a 50% discount off unlimited programs each season.



Winter Health & Wellness and Fitness Classes At a Glance

Always check availability with the front desk. Schedule subject to change. *Classes with an asterik are aerobics classes. Registration, advance sign-up and drop-in options may be required. See program guide for details.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes					
Ball & Body Blast* 8:00am-9:00am Alesya (WPG Gym)			My Fit Friends* 9:00am-10:00am Lynne (WPG Gym)		
Zumba* 9:00am-10:00am Alesya (WPG Gym)	My Fit Friends* 9:00am-10:00am Lynne (WPG Gym)	Zumba* 9:00am-10:00am Alesya (WPG Gym)	Free Flow Pilates & Stretch 9:15am-10:15am Desiree Dunbar (Oak Room)	Zumba Sculpt* 9:00am-10:00am Alesya (WPG Gym)	Circuit Training* 9:00am-10:00am Mike (Fitness Centre)
	Free Flow Pilates & Stretch 9:15am-10:15am Desiree Dunbar (Oak Room)		Iyengar Yoga - Mixed Levels 9:30am-11:00am Sharon (JHC North Room)		Feldenkrais 9:15am-10:15am Mary Lou (Oak Room)
Dance & Stretch* 10:15am-11:15am Gayl (WPG Gym)	Refit* 10:15am-11:30am Maggi (WPG Gym)	Stretch & Flex* 10:00am-11:00am Alesya (WPG Gym)	Refit* 10:15-11:30am Maggi (WPG Gym)	Ballet Barre* 10:00am-11:00am Alesya (WPG Gym)	
			Kundalini Yoga 10:30-11:30am, Denise (Oak Room)		
		BollyLatin Fitness 11:30am-12:30pm Yeshvi (WPG Gym)	Dance & Stretch* 11:45am-12:45pm Gayl (WPG Gym)	BollyLatin Fitness 11:30am-12:30pm Yeshvi (WPG Gym)	
	Active Meditation 2:30pm-3:30pm Chew-Nyet (Oak Room)		Feldenkrais 1:30pm-2:30pm Mary Lou (Oak Room)		
Evening Classes					
		Stability, Mobility & Stretch 4:30pm-5:30pm Maggi (Oak Room)	Pilates Matwork - Mixed Levels 5:00pm-6:00pm Karen (Oak Room)	<div style="text-align: center;"> <p>Registration, advance sign up or drop-in options apply for all classes.</p> <p>*Classes with an asterik* are aerobics classes. Always check availability with the front office.</p> <p>Schedule subject to change.</p> </div>	
		Feldenkrais 6:15pm-7:15pm Mary Lou (Oak Room)			
Vijnana Yoga 6:30pm-8:00pm Ginnie (Dining Room)	LeBlond Technique 6:30pm-8:30pm Janice (Dining Room)		LeBlond Technique 6:30pm-8:30pm Janice (Oak Room)		

Intensity Levels

Gentle/Rehab	Primary focus is improving balance, flexibility and general strengthening while maintaining and/or improving fitness levels.
Light	Little to no impact if there is a cardio vascular component. Body weight, bands, tubing or light weights may be used for general strengthening.
Moderate	Alternating periods of higher and lower levels of intensity. Various equipment may be used for strength conditioning.



Languages

Registration after the 2nd class for Languages must be approved by the instructor.

Spanish - Beginner

Hola! Welcome to the Spanish language! This beginner's course will emphasize conversation with some instruction in basic grammar, vocabulary and writing. Classes cover proper phonetics and will focus on the verb to be and the simple present tense. This course will teach you to converse simple travel phrases. No class Feb 17 and Apr 13.

Library
253276 \$190/13 sess
M Jan 13-Apr 20 7:15pm-8:30pm
INSTRUCTOR: ELIANA ROLANDO

Spanish - Beginner II

Amigos! This course will build on the foundation established in the Beginner I Spanish class. The focus will be on conversation plus the introduction of the past tense. We will utilize audio material as we learn new grammar. No class Feb 17 and Apr 13.

Library
253277 \$190/13 sess
M Jan 13-Apr 20 6:00pm-7:15pm
INSTRUCTOR: ELIANA ROLANDO

Spanish - Intermediate

Hola Amigos! Increase your vocabulary and grammar skills in this intermediate level Spanish course. This course is for those that can converse at an upper-basic level. Participants must have completed Beginners I and II level Spanish. This course will focus on direct and indirect pronouns, the imperative tense and future tense as we learn more advance grammar skills. You will acquire good pronunciation and conversation skills to enable you to communicate well in Spain and Latin America. No class Feb 17 and Apr 13.

Library
253278 \$190/13 sess
M Jan 13-Apr 20 8:30pm-9:45pm
INSTRUCTOR: ELIANA ROLANDO

Martial Arts

Fencing, Karate, Kung Fu and Tae Kwon Do take place at Jericho Hill Centre (JHC) located at 4196 West 4th Avenue.

Fencing for Beginners

Dodge, parry and lunge your way to a healthier body. All equipment is provided. Wear a t-shirt, sweatpants and running shoes. Beginners must purchase a manual from the instructor for \$20.

JHC North Room
252278 \$60/8 sess
W Jan 8-Feb 26 6:30pm-7:30pm
INSTRUCTOR: BAC TAU



Karate – Shotokan

Join us at Shubukan and train Shotokan karate with an emphasis on personal well-being, self-improvement and self-defense. Classes cater to a wide range of abilities and experiences as we train kihon (basics), kata (forms), and kumite (sparing). Classes are open to all levels, beginner and advanced alike. No uniform is required for new students just comfortable clothes and bring a positive attitude and a desire to learn. For more information go to www.shubukan.ca. No class Feb 17 and Apr 13.

JHC Gym Stage
254344 \$90/15 sess
M Jan 6-Apr 27 6:30pm-8:00pm
INSTRUCTOR: SHOBUKAN KARATE ASSOCIATION

Kung Fu - Wing Chun

This famous style of Kung Fu uses gentle and fast movements. This practical self-defense style focuses on turning the opponent's energy to your advantage. The instructor has over thirty years of Kung Fu experience and has taught Grandmaster Yip Man style for more than twenty years. Please wear comfortable clothes that allow for easy movement. No class Jan 24, 31 and Apr 10.

JHC Gym Stage
252217 \$182/13 sess
F Jan 10-Apr 24 6:45pm-7:45pm
INSTRUCTOR: TONG SIU SHUN

Special Events

Kids Clothing, Toys, Books & More Sale

Formerly known as the Kids Swap Meet, don't miss this fabulous opportunity to buy & sell children's clothing, toys, sports equipment and more! Please call the main office at 604-257-8140 to pick your table for the event. Free admission for buyers on the day of the sale. **WPG Gym**

252785 \$20/table Sa Mar 7 10:00am-1:00pm



Music & Singing

Quoted price for private music lessons is for 30 minutes unless otherwise noted.

Piano Lessons with June

Have you ever thought about wanting to learn how to read music and play the piano, or be able to help your children with their piano and theory work at home? This course is for beginners, students with some music knowledge, or parents who want to be able to supervise and motivate their children to learn music. Participants will increase their musical knowledge and playing technique through pedagogical learning. No class Feb 15, 16, Apr 10, 11 and 12.

Music Room

30 mins

253281-253288 \$520/16 sess
Tu Jan 7-Apr 21 5:30pm-9:30pm

253291-253304 \$520/16 sess
Th Jan 9-Apr 23 1:00pm-9:30pm

253307-253315 \$455/14 sess
Sa Jan 11-Apr 25 9:15am-1:45pm

253316-253322 \$455/14 sess
Su Jan 12-Apr 26 9:15am-12:45pm

45 mins

253280 \$780/16 sess
Tu Jan 7-Apr 21 4:30pm-5:15pm

253289-253290 \$780/16 sess
Th Jan 9-Apr 23 3:30pm-5:00pm

1 hour

253279 \$1040/16 sess
Tu Jan 7-Apr 21 3:30pm-4:30pm

253305-253306 \$975/15 sess
F Jan 10-Apr 24 4:00pm-6:00pm
INSTRUCTOR: JUNE LAM

Piano Lessons with Victoria

Participants develop a basic understanding of music theory and technique in a relaxed and creative atmosphere. More advanced students will learn the skill of performing, preparing for the RCM exams and festivals. Students benefit from personalized attention and have fun learning at their own pace. No class Feb 17, Mar 2, 4, 16, 18, 23, 25 and Apr 13.

Music Room

258663-258667 \$600/12 sess
M Jan 6-Apr 27 12:00pm-2:00pm

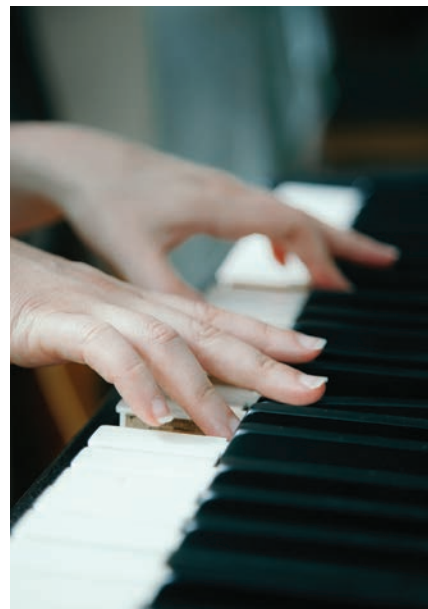
258669-258678 \$700/14 sess
W Jan 8-Apr 29 2:00pm-7:30pm
INSTRUCTOR: VICTORIA GOMON

Rogue Folkies Jam Session

Do you enjoy traditional folk music, such as Bluegrass, Old Tyme, and Canadian? If so, please join us on Sundays for an instrumental/vocal jam session. Musicians must have a firm understanding of their instrument, be able to change chords and play in different keys, and understand the Nashville Numbering System and jam etiquette. We take turns leading songs, so it's helpful if you come prepared to lead a song or two. Musicians from the Rogue Folk Club lead the jam sessions. For more information visit www.roguefolk.com. No class Feb 16.

Library

258434 Free
Su Jan 5-Apr 19 11:00am-1:00pm
INSTRUCTOR: ROGUE FOLK CLUB



Sports

All Sports programs are recreational and Co-Ed.

Ball Hockey

Bring your own hockey stick, wooden blades must have white tape. Protective equipment strongly recommended. Non-contact, zero tolerance for rough play. No class Feb 17 and Apr 13. Drop-in \$5.45 if space permits.

WPG Gym

248998 \$68/15 sess
M Jan 6-Apr 27 7:30pm-9:30pm

Basketball

Looking for some fun? Come on down for a little recreational basketball. Drop-in \$5.45 if space permits. **WPG Gym**

249001 \$77/17 sess
Th Jan 9-Apr 30 7:30pm-9:30pm

Pickleball - Beginner

Get active playing this exciting, easy to learn and popular sport. This sport combines elements of badminton, tennis and table tennis. This game is played on a badminton sized court with a lowered net, a whiffle ball and large hand held paddles. It is great for all skills and ability levels. No prior experience necessary. Paddles will be provided if you don't have your own. No class Feb 17.

WPG Gym

258394 \$135/6 sess
M Jan 13-Feb 24 12:00pm-1:30pm

258399 \$135/6 sess
M Mar 2-Apr 6 12:00pm-1:30pm
INSTRUCTOR: CHARLES NEUFELDT

Pickleball - Advanced

Players should be ranked 3.0 or be entering tournaments at 3.0+. Level 3.5+ players may sign up with a partner to insure you have the best experience possible. We will work on drills covering strategy (including how to beat bangers, third shot drops, blocking), placement and positioning. Basic technique will not be a focus but will correct improper technique as we go. No class Feb 17. **WPG Gym**

258397 \$180/6 sess
M Jan 13-Feb 24 5:00pm-6:55pm

258398 \$180/6 sess
M Mar 2-Apr 6 5:00pm-6:55pm
INSTRUCTOR: CHARLES NEUFELDT
[@westpointgreycc](https://twitter.com/westpointgreycc)

Looking to teach a program at West Point Grey CC?

If you're interested in teaching a program or workshop please download our program proposal form at www.westpointgrey.org pick up a copy at the main office.



Pickleball – Drop In

One of the fastest growing sports. Pickleball combines the elements of badminton, tennis, squash and ping-pong. If you haven't tried this sport this is a good chance to come out and give it a try, learn the rules and how to play safe. Equipment provided. Indoor court shoes recommended. No class Feb 17.

WPG Gym

258395		\$21/6 sess
M	Jan 13-Feb 24	1:35pm-3:35pm
258400		\$21/6 sess
M	Mar 2-Apr 6	1:35pm-3:35pm
INSTRUCTOR: CHARLES NEUFELDT		

Pickleball Private Lessons

One of the fastest growing sports is Pickelball. It combines the elements of badminton, tennis, squash and ping pong. Private pickleball lessons are available for one hour and the equipment will be provided. No class Feb 17. **WPG Gym**

258396		\$390/6 sess
M	Jan 13-Feb 24	4:00pm-5:00pm
258401		\$390/6 sess
M	Mar 2-Apr 6	4:00pm-5:00pm
INSTRUCTOR: CHARLES NEUFELDT		

Soccer - Indoor

A fun way to get in shape or maintain your soccer skills. Come in and give it a kick. Drop-in \$5.45 if space permits. **WPG Gym**

248999		\$77/17 sess
Tu	Jan 7-Apr 28	7:30pm-9:30pm

Volleyball

There will be one full court: for beginners/non-competitive players and intermediate players. Drop-in \$5.45 if space permits.

WPG Gym

249000		\$77/17 sess
W	Jan 8-Apr 29	7:30pm-9:30pm

Volleyball Skills & Training Clinic (19+ yrs)

Taught by NCCP level 2 Coach. All skill levels welcome. Each session will introduce a new skill and end in game play. No class Jan 30.

JHC Gym

252215		\$200/8 sess
Th	Jan 16-Mar 12	7:00pm-9:00pm
INSTRUCTOR: VOLLEYBALL BC		

Gym Renovations

The West Point Grey Gymnasium and change rooms will be undergoing an extensive renovation in the Spring/Summer of 2020 to address ongoing storage issues and changing room accessibility. The renovations are tentatively scheduled to start in mid April 2020. Due to this renovation, gym programming could be impacted however the extent of the impact is currently unknown. More information will be posted at the Centre and online once it becomes available. Please note that because of this, we have not currently programmed birthday parties in the gym past the end of March. Please check back in the new year for more details.

Sports Program & Gym Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Drop-in Fees Family Playtime.....\$3.25 or 10 visits for \$30 Preschool & Children's Sports & Birthday Parties.....pages 11, 14, 15 & 18 Adults Sports.....\$5.45					9:30am-11:00am Family Playtime (1-8 yrs)		
12:00pm-1:30pm Pickleball Beginner (19+ yrs)		3:20pm-4:05pm Soccer – GrassRoots (3-5 yrs)			11:00am-2:00pm Bouncy Castle Birthday Parties (1-12 yrs)		
1:35pm-3:35pm Pickleball Drop in (19+ yrs)		4:10pm-5:10pm Soccer – GrassRoots (5-11 yrs)			4:00pm-5:00pm Jr. NBA Basketball (5-8 yrs)	2:00pm-5:00pm Bouncy Castle Birthday Parties (1-12 yrs)	
5:00pm-6:55pm Pickleball Int/Adv (19+ yrs)							
7:30pm-9:30pm Ball Hockey (19+ yrs)	7:30pm-9:30pm Indoor Soccer (19+ yrs)	7:30pm-9:30pm Volleyball (19+ yrs)	7:30pm-9:30pm Basketball (19+ yrs)	6:00pm-7:15pm Ball Hockey for Young Adults (16+ yrs)			

*Please see individual programs for exact dates and prices within the brochure. Open time may indicate open gym however please call 604.257.8140 to confirm.

Fitness



Hours of Operation

WPG Main Office and Fitness Centre

The Office & Fitness Centre close 15 minutes prior to the time listed below.

Jan 6-Apr 30

Mon-Th.....	6:00am-10:00pm
Fri.....	6:00am-7:45pm
Sat.....	9:00am-9:00pm
.....	Fitness Centre open at 10:00am
Sun.....	9:00am-5:00pm

Holiday Hours

Jan 1.....	Closed
Jan 2-5.....	9:00am-5:00pm
Feb 17.....	9:00am-3:00pm
Apr 10 & 13.....	9:00am-1:00pm

Fitness Centre Orientation

New to fitness or unfamiliar with our equipment? With the purchase of a fitness centre pass you can book a free orientation with one of our knowledgeable staff.

Youth in the Fitness Centre (13-18 yrs)

Did you know that starting a fitness program now is not only safe but can put you on a lifetime path to better health & fitness? Our qualified fitness professionals would love to show you the ropes. Free orientation for individuals or groups (max 4). Inquire within.



Personal Training

For the very beginner who has never set foot in a gym to the weekend warrior and the most elite athlete. Personal training is available for all levels and abilities. Please see front desk for trainer request forms.

Private Sessions

1 Session.....	\$52
5 Sessions.....	\$239
10 Sessions.....	\$413

*Personal Training Sessions expire 3 months after date of purchase.

Small Group Sessions

Additional \$25 per session up to 6 people.

*Drop in Fitness Centre fee is not reflected in price.



Free PARKING Available!

All listed prices for Adult, Older Adult & Seniors' Programs do not include tax.

West Point Grey Fitness Centre & Aerobics Fees

	Adult 19+ yrs	Youth/Student/Senior
Drop in	\$5.24	\$4.05
10 Visit Card	\$43.00	\$31.00
1 Month	\$38.20	\$28.55
3 Months (Fitness Centre only)	\$92.00	\$66.00
6 Months (Fitness Centre only)	\$170.00	\$120.50
1 Year (Fitness Centre only)	\$299.20	\$214.00

Please note above fees are only for WPGCC. The Leisure Access Program (LAP) program is accepted at WPGCC. LAP holders eligible for a 50% discount on Fitness & Aerobics drop-in and monthly passes. WPG 10 visit cards expire two years from date of issue.

Park Board OneCard Flexipasses

	Adult	Child	Youth/Senior
10 Visit Card	\$46.86	\$23.62	\$33.52
1 Month	\$46.18	\$23.09	\$32.33
3 Month	\$122.45	\$61.25	\$85.73
12 Month	\$390.32	\$195.16	\$273.21

Please note 10 visit card & Flexipasses are eligible at all Vancouver Park Board facilities. (Includes fitness centre, ice rink and pools).

Corporate rates only apply to PB flexipasses, not 10 visit passes. Senior and Youth are considered already discounted within PB, therefore the corporate discount can not be applied.

Separate Fee Structure

Outside Trainer Fee	\$95.25 from 10 visit card Or \$11.43 Drop in*
External Rehab Specialists *In addition to Fitness Centre drop-in fee	\$5.37 Drop in*



Group Fitness Class Schedule

Jan 6-Apr 30

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BALL & BODY BLAST 8:00am-9:00am Alesya WPG Gym					
ZUMBA 9:00am-10:00am Alesya WPG Gym	MY FIT FRIENDS 9:00am-10:00am Lynne WPG Gym	ZUMBA 9:00am-10:00am Alesya WPG Gym	MY FIT FRIENDS 9:00am-10:00am Lynne WPG Gym	ZUMBA SCULPTING 9:00am-10:00am Alesya WPG Gym	CIRCUIT TRAINING 9:00am-10:00am Mike Fitness Centre
DANCE & STRETCH 10:15am-11:15am Gayl WPG Gym	REFIT 10:15am-11:30am Maggi WPG Gym	STRETCH & FLEX 10:00am-11:00am Alesya WPG Gym	REFIT 10:15am-11:30am Maggi WPG Gym	BALLET BARRE 10:00am-11:00am Alesya WPG Gym	
		BOLLYLATIN FITNESS <small>Class starts Feb 19.</small> 11:30am-12:30pm Yeshvi WPG Gym	DANCE & STRETCH 11:45am-12:45pm Gayl WPG Gym	BOLLYLATIN FITNESS <small>Class starts Feb 21.</small> 11:30am-12:30pm Yeshvi WPG Gym	
		STABILITY, MOBILITY & STRETCH 4:30pm-5:30pm Maggi Oak Room			

Gym Renovations

The West Point Grey Gymnasium and change rooms will be undergoing an extensive renovation in the Spring/Summer of 2020 to address ongoing storage issues and changing room accessibility. The renovations are tentatively scheduled to start in mid April 2020. Due to this renovation, gym programming could be impacted however the extent of the impact is currently unknown. More information will be posted at the Centre and online once it becomes available. Please note that because of this, we have not currently programmed birthday parties in the gym past the end of March. Please check back in the new year for more details.

Group Fitness Fees

Drop in \$5.24 Adults & \$4.05 Youth/Students & Seniors
No class Feb 17, Apr 10 & 13.
Schedule subject to change. Please check online or call to confirm.

Group Fitness Class Descriptions

Ball & Body Blast

This class combines cardio and strength training in an easy to follow program with smooth low-impact exercises. Come join us and have a blast! No class Jan 6.

Ballet Barre

The Ballet Barre Workout is designed to train you like a dancer, developing long lean muscles, flexibility, increased stamina and improved posture. Everyone can do it, you don't need to be a dancer! No class Jan 10.

BollyLatin Fitness Class NEW

This dance fitness class brings together the flair of Bollywood and the sizzle of Latin dances together. Each song is choreographed to accommodate all dance and fitness abilities so you can go at your own pace. Class starts Feb 19.

Circuit Training

This energetic class is held in the Fitness Centre, combining weight training and cardio stations.

Dance & Stretch

Great world music, easy to follow routines and a fun group of participants. Includes a gentle stretch portion.

My Fit Friends

This is a fusion program which combines circuit training with a Tai Chi warm up and Qi gong or yoga cool down.

Refit

A mild level class great for older adults & people who are new or returning to fitness after experiencing medical problems. While focusing on good posture & good movement patterns we work carefully to increase aerobic fitness, strength, flexibility, coordination, agility, balance and body awareness.

Stability, Mobility & Stretch

This class we will address the concepts of good posture & alignment. We will explore through movement, bodyweight strength & stretch/relaxing, how these concepts combined create stability and optimal movement patterns in our joints. **Oak Room**

Stretch & Flex

Stand taller, feel thinner and be strong. This class will benefit any fitness level with dance inspired deep stretching, strengthening and lengthening of the whole body! No class Jan 8.

Zumba

Get fit salsa style! Includes Latin music and moves for the hottest workout around.

Zumba Sculpting

Zumba Sculpting is fantastic! A great way to sculpt and tone your body all over! This high energy class blends body-sculpting techniques and specific Zumba dance moves into one calorie burning, strength-training class. We use one to three pound dumbbells to enhance rhythm, build strength and tone all the target zones.



Rentals



ROOM	CAPACITY	HOURLY RATE	DAILY RATE
Oak Room	60	\$46	Daily Rates available upon request. Please enquire for more information.
Library	20-25	\$36	
Lounge	30	\$46	
Dining Room	60	\$46	
Gardens	90	\$36	
WPG Gym	300	\$55	n/a

Aberthau Mansion

Aberthau Mansion is a 1912 heritage house on the west side of Vancouver near Jericho Park and Jericho Beach.

The Mansion is surrounded by beautiful gardens with a stunning view of the North Shore mountains. The classic decor with intimate yet comfortable rooms makes it the perfect venue for your meeting, wedding or private event.



*Non-profit and commercial rates are available. Contact the Rental Supervisor at 604.257.8140 for details.

FUNCTION	ROOMS	CAPACITY	RATE
Social, Wedding Party	Lounge, Dining Room, Oak Room & Kitchen	90 sit down dinner 125 buffet/cocktail	\$1115 Low Season* \$1315 High Season**
Memorial Service, Recital, Birthday Party	Lounge, Dining Room & Kitchen	90	\$128/hour
	Oak Room & Kitchen	60	\$80/hour

*Low Season: January 1 to May 31 and post Labour Day to December 31. **High Season: June 1 to Labour Day.
 Staff supervision is required at \$25 per hour outside of operational hours and on weekends.
 Additional fees may apply. Rates are subject to change without notice.
 Hourly rentals only accepted 8 weeks in advance.

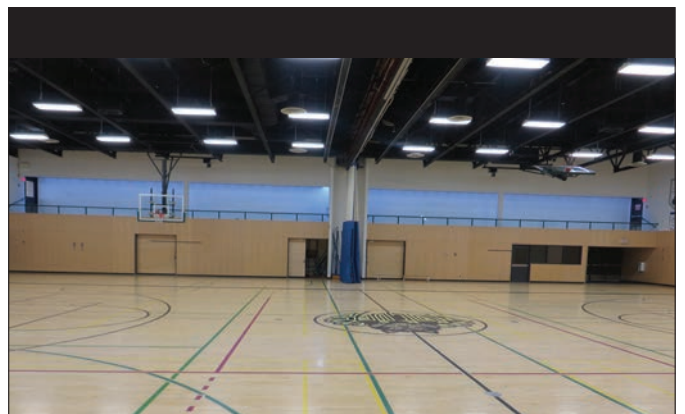
EQUIPMENT AVAILABLE	QUANTITY	RATE
Round Tables (60")	12	\$10/table
White Resin Ceremony Chairs	90	\$4/chair
Banquet Chairs (interior use only)	90	included
Rectangular (30" x 72") tables	18	included

Jericho Hill Centre & Gymnasium

Located at 4196 West 4th Ave.
 See location map on page 2.

Hourly rentals only accepted 8 weeks in advance.
 All rentals are paid in full at the time of booking. Staff supervision is required at \$25 per hour outside of operational hours.
 Please note we only permit sports rentals in the gym.

ROOM	CAPACITY	HOURLY RATE
West Art Room I	90	\$41
North Room	180	\$65
1/2 Gym	Sport Rentals Only	\$53
Full Gym		\$88
Stage	40	\$25
1/2 Gym & Stage	390	\$71



Jericho Hill Gym

@westpointgreycc



A Look Inside our Facilities Available for Rentals



Oak Room



Jericho Hill North Room



Lounge



Gardens



Dining Room



Gym



Library

Aberthau Mansion is available virtually!

Take a 360 degree tour of the mansion. Check out our programming spaces and those rooms that may be just perfect for your rental needs. Follow the link on our website at www.westpointgrey.org.

For additional pictures and more detailed information visit www.westpointgrey.org

West Point Grey Community Directory

Churches		
OLPH	604-224-4344	www.olphchurch.ca
St. Helens Anglican	604-224-0212	www.sthelensanglican.org
University Chapel	604-222-0800	www.universitychapel.org
West Point Grey Baptist	604-228-9747	www.wpgbc.org
West Point Grey Presbyterian	604-224-7744	www.vcn.bc.ca/wpgpc
West Point Grey United Church	604-224-4388	www.wpguc.com
Community Groups		
Fiesta		www.pointgreyfiesta.org
West Point Grey Branch Library, VPL	604-665-3982	www.vpl.ca
Point Grey BIA		www.pointgreyvillage.com
WPG Residents Association	604-228-0302	www.wpgra.ca
Day Cares		
ABC University Day Care	604-228-5885	abcdaycarevancouver.com
Quadra Day Care	604-224-5911	www.quadradaycare.com
Preschools		
Family Montessori at Jericho Hill	604-224-2643	www.familymontessori.com
Sunflower Academy	604-222-1114	www.sunfloweracademy.com
West Point Grey Preschool at Aberthau	604-257-8140	www.westpointgrey.org/programs/licensed-preschool
Westbrook Parent Participation	604-928-0831	www.wesbrookpreschool.com
Recreation Facilities		
Atlantis Swimming Programs	604-874-6464	www.pedalheads.com
Brock House Society- Seniors Activity Centre	604-228-1461	www.brockhousesociety.com
Jericho Sailing Centre	604-224-4177	www.jsca.bc.ca
Lord Byng Pool	604-222-6090	www.vancouver.ca
Pacific Spirit Park	604-224-5739	www.pacificspiritparksociety.org
Tapestry at Westbrook Village	604-225-5000	www.discovertapestry.com
West Point Grey Lawn Bowlers	604-224-6556	www.wpglawnbowling.ca
Recreation Sport Organizations		
Vancouver United FC	604-261-7232	www.vanufc.com
RBL Basketball	604-269-0221	www.rblbasketball.ca
Jericho Baseball	778-239-7286	www.jerichobaseball.com
Vancouver Pacific Swim Club	604-736-0411	www.vancouverpacificswimclub.com
Schools- Elementary		
Jules Quesnel	604-713-4577	go.vsb.bc.ca/quesnel
Our Lady of Perpetual Help	604-228-8811	www.olphbc.ca
Queen Elizabeth	604-713-5408	go.vsb.bc.ca/schools/qe
Queen Mary	604-713-5464	go.vsb.bc.ca/schools/queenmary
West Point Grey Academy	604-222-8750	www.wpga.ca
Schools- Secondary		
Lord Byng	604-713-8171	go.vsb.bc.ca/schools/byng
West Point Grey Academy	604-222-8750	www.wpga.ca
West Point Grey CC Affiliated & User Groups		
Aberthau Pottery Club	604-257-8140	www.aberthauptotters.com
Jericho Arts Centre	604-224-8007	www.jerichoartscentre.com
Vancouver Guild of Fibre Arts		www.vgfa.org

If you would like to be included in our community directory call 604.257.8140



3 Easy Ways to Register

1. Register on-line on the Parks Board site at vancouver.ca/westpointgreyrec
2. In Person: Payment can be made by Cash, Cheque, Debit, Visa or Mastercard.
3. By Phone: Payable by Visa or MasterCard 604.257.8140. *Press 1 to speak with a staff person.*

Refunds, Cancellations and Program Changes

Registration

- Program receipts can be obtained from the office or by email.
- Register early or the Community Centre may need to cancel or postpone programs due to insufficient registration.
- Programs are subject to change or cancellation on short notice.

Membership

- Once you register for a program you become a WPG member and have voting rights at the AGM.

Refunds and Cancellations

- Please note an administrative fee of \$5 will be charged for all requested course refunds or transfers.
- Full refunds will be issued for all programs cancelled prior to the start date of the program. Pro-rated refunds, based upon the number of classes that have passed, will be provided for classes cancelled after the start date and where instruction has been provided. Anyone who is unable to attend a program due to a change of date or time will be provided with a full refund for that class.
- If you withdraw from a course, we are pleased to give you a refund. Refunds will be pro-rated from the date you request the refund.
- Refunds for Birthday Parties and Private Music classes are only given with two weeks' notice prior to the start date.
- Refunds for Day Camps (Pro-D Days included) will be provided with one weeks' notice (7 days).
- Refunds for 1-2 Day Workshops and Programs, Special Events and Day Trips are given with 48 hours' notice prior to the start date.
- WPG 10 visit cards expire two years after date of purchase.
- Personal Training packages expire 6 months after date of purchase.

OneCard

With the OneCard you can access the entire network of Park Board pools, rinks and fitness centres. You also have access to rooms during non-programmed time, please inquire at the front desk.

Leisure Access/Program Subsidies

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/leisureaccess.

Making All Recreation Safe (M.A.R.S)

We promote the values of the M.A.R.S. Code of Conduct:

- Treat all patrons with respect
- Do not tolerate abusive or disrespectful language
- Appreciate that programs and facilities are provided for the enjoyment of everyone
- Respect public property and the property of others
- Enjoy recreation in your City

Jericho Hill Centre Drop-in Fees

If you are dropping in for a class at Jericho Hill, you can call the West Point Grey front desk at 604.257.8140 at least 30 minutes prior to the start of your class and pay over the phone by credit card. The receipt can be emailed to you; just show it to the instructor from your phone or printed copy before the class starts to show proof of payment. The front office staff will also be able to verify drop-in payments directly with the Instructor.

Stay Connected with West Point Grey!

Canada's New Anti-Spam Legislation (CASL) came into effect on July 1, 2014 and requires that you provide your consent to receive any emailed publication. We value our relationship with you and would like to continue providing relevant information such as:

- Upcoming Promotions
- Exciting Events
- New Programs
- Discounts and more!

To continue receiving electronic communications from us, please provide your email address when registering on line or in person. If you should change your mind at any time, just let us know and we'll delete your address from our list.

Personal Information Protection Policy

In the course of providing programs and services, the West Point Grey Community 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 West Point Grey Community Centre or the West Point Grey Community 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, please call our front desk at 604.257.8140.

Looking to teach a program at West Point Grey CC?

If you're interested in teaching a program or workshop please download our program proposal form at www.westpointgrey.org or pick up a form at the main office.



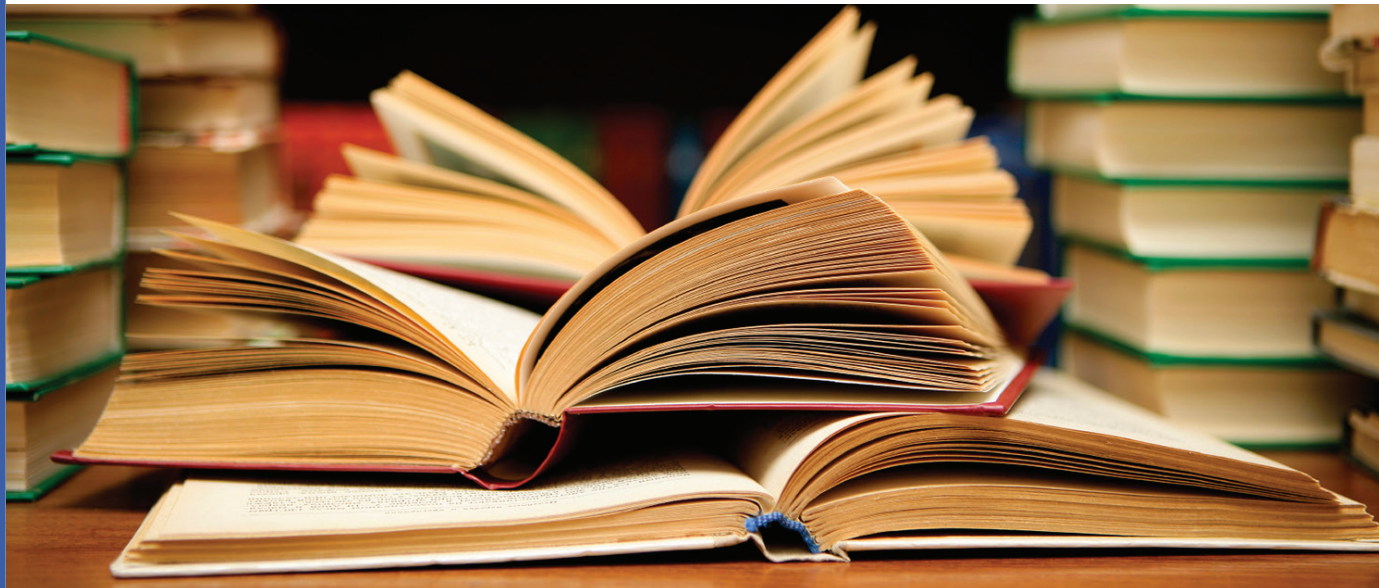
Vancouver Public Library

West Point Grey Branch - Vancouver Public Library

4480 West 10th Avenue, Vancouver, B.C. V6R 2H9

604-665-3982

www.vpl.ca/location/west-point-grey-branch



Babytime (Ages 0-18 months)

Meet to learn and enjoy stories and activities that support key early literacy practices – singing, talking, reading, writing and playing.

Free. Drop-in. Check for events at www.vpl.ca for dates.

Tuesdays, 11:15 a.m.

Toddler Storytime (Ages 18 months to 3 years)

Rhymes, songs, fingerplays and simple stories for parents and caregivers with their toddlers.

Free. Drop-in. Check for events at www.vpl.ca for dates.

Fridays, 11:15 a.m.

Family Storytime (All ages)

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

Free. Drop-in. Check for events at www.vpl.ca for dates.

Saturdays, 11:15 a.m.

Kidzone (For Grades K-7)

Meet other kids and share books, crafts, and fun activities at the library.

Free. Drop-in. Check for events at www.vpl.ca for dates and times.

SFU Philosophers' Café

SFU Philosophers' Café is your chance to discuss philosophical issues with members of your community.

Check for events at www.vpl.ca for dates and times.

One to One Computer Help

Need help with eBooks or other computer topics? Let us help you get started. Tuesdays/Wednesdays/Saturdays: book ahead for your 30 minute one to one session.

Free. Registration required.





Lord Byng Pool



Lord Byng Pool Schedule

3990 West 14th Avenue (at Crown Street) 604.222.6090

FLEXI LAC

Winter Schedule 2020 January 2 – March 15, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Length Swim 6:00 - 9:00am	Length Swim 6:00 - 7:15am Swim Club 2L	Length Swim 6:00 - 9:00am	Length Swim 6:00 - 7:15am Swim Club 2L	Length Swim 6:00 - 9:00am	Rental Available 6:00 - 9:00am	Rental Available 6:00 - 10:00am
Swim Club 2L 6:00 - 7:30am	L School/Lengths 7:15 - 9:15am	Swim Club 2L 6:00 - 7:30am	L School/Lengths 7:15 - 9:15am	Swim Club 2L 6:00 - 7:30am		
S School Use 9:00 - 11:15am	Aquafit L 9:20 - 10:15am	S School Use 9:00 - 11:15am	Aquafit L 9:20 - 10:15am	S School Use 9:00 - 11:00am	Aquafit L 9:05 - 10:00am	Aquafit L 10:05 - 11:00am
	Lesson L 10:30 - 12:00pm		Lesson L 10:30 - 12:00pm		L Adult Workout 10:00 - 11:00am	
Length Swim 11:15 - 1:00pm	Parent L & Tot Swim 11 - 11:30am	Discount Dip 50% off Length Swim 11:15 - 1:00pm	Parent L & Tot Swim 11 - 11:30am	Length Swim 11:00 - 2:00pm	Lesson L 11:00 - 2:00pm	
	Length Swim 12:00 - 1:00pm		Length Swim 12:00 - 1:00pm			
S School Use 1:00 - 3:00pm				Senior L Aquafit 2:00 - 3:00pm	L Public Swim 2:00 - 5:00pm	
L Lessons 3:00 - 5:00pm	Public L Swim 3:00 - 5:00pm	L Lessons 3:00 - 5:00pm	L Lessons 3:00 - 5:00pm	L Public Swim 3:00 - 4:30pm		
L Swim Club/Lessons 5:00 - 6:00pm				L Swim Club 4:30 - 6:00pm	Rental Available 5:00 - 9:00pm	
L Swim Club/Lessons 6:00 - 8:00pm				L Discount Dip 50% off Public Swim 6:00 - 8:00pm		
Aquafit L 8:05 - 9:00pm	Public L Swim 7:00 - 9:00pm	Aquafit L 8:05 - 9:00pm	Public L Swim 7:00 - 9:00pm	Drop-in S Kayak Practice 8:00 - 9:00pm	L Denotes minimum 1 lane available S Pool closed (sauna, whirlpool and weight room open) U For pool rental call 604-222-6090 U Schedule subject to change	
Adult Workout 9:00 - 10:00pm		Adult Workout 9:00 - 10:00pm				

AMENITIES/ INFORMATION

25 metres - temp 28°C (83°F) ♦ 1 metre Diving Board ♦ Sauna ♦ Whirlpool ♦ Weight Room

Weight Room closed for programs Mon 2-3pm Tues 2-3pm Fri 9-10am/12:45-1:45pm

Sauna and Whirlpool Only rate applies only when there is no pool available.

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Follow us on SOCIAL MEDIA

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Goodbye to two of our Staff - Natalie Vermaas and Kathryn Sweetapple

Natalie has been the Recreation Programmer at our centre for the past 7 years and is transferring to the Roundhouse Community Centre in the middle of December. She started as the Special Events Coordinator in the Summer of 2012 organizing the 100th year celebration of Aberthau Mansion and that Fall became our Programmer for the areas of Preschool, Children, Youth, Day Camps, Playgrounds, Pottery, Special Events and Marketing. Natalie has an extreme amount of passion, commitment and pride for the work that she does and has created some amazing programs, events and relationships here over the years that will certainly be a part of her legacy. Some of Natalie's fondest memories and proudest accomplishments are the licensing of the Preschool, the introduction of Birthday Parties with a Bouncy Castle, Summer Day Camps, the renovations of the Pottery Studio and April workshops, Family Fun Nights at Trimble Park, the introduction of the Afternoon Teas, Pottery and Wine, Wine and Paint Nights, the Movie in the Park, the 100th year celebration of Aberthau, Fiesta, really just all of the Special Events, taking pictures for all of WPG's marketing and placing WPG on the web with a brand new website and social media. But the relationships made with the children, youth, families and members of the community and helping to create a community within our community will be what Natalie will miss the most.



Natalie

Kathryn has been the Recreation Supervisor for the past 4 years and will also be transferring to the Roundhouse Community Centre. Kathryn has truly found this facility and its location to be one of a kind. She has grown both professionally and personally during her time here and will greatly miss this centre, the staff team, the board and patrons that make this centre what it is. Kathryn played a role in the improvements that the centre saw during her time most notably the completion of our accessibility pathway back in 2015, a full Aberthau Mansion exterior rejuvenation in 2018 and Youth Room Renovation wrapping up this Fall. Kathryn is proud to have been a part of enhancing Arts and Culture at this facility and supporting staff and board in creating the foundation for future Arts and Culture opportunities at West Point Grey. She is excited for what the future holds for the centre and although under new leadership, Kathryn knows the staff and board of West Point Grey will continue to thrive and grow and offer excellent services to our community.



Kathryn

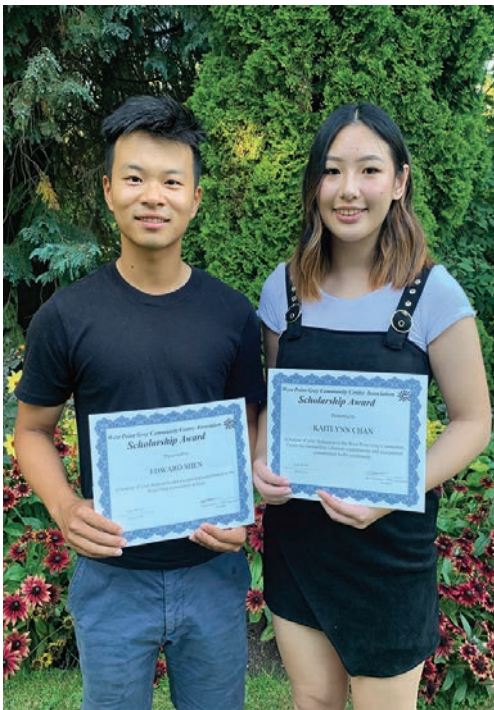
We will wish both Natalie and Kathryn the very best at the Roundhouse Community Centre and will miss them and all of their work at the centre.

West Point Grey Community Centre Association Scholarship Recipients

Congratulations to Kaitlynn Chan and Edward Shen who are recipients of the 2019 West Point Grey Community Centre Association Scholarship - Kaitlynn Chan and Edward Shen.

Kaitlynn has dedicated numerous hours to our community centre as a volunteer helping with all the Special Events and Day Camps over the past two years. This experience helped Kaitlynn build her confidence and specifically found an interest in working with children in her field of interest, which is computer science and technology and the next generation of girls. Noticing there was a gap in females in the computer science field Kaitlynn started a Tech Opportunities Club for females at her school. Kaitlynn will be attending Simon Fraser University starting this Fall in the field of Computer Science. She plans on obtaining a major in Computing Science and Minor in Business.

Edward has devoted his volunteering efforts to the community at large. He has committed over 150 hours to Air Cadets and has proudly completed his glider pilot license and enjoys helping the younger cadets experience glider flights and training with them. However Edward feels that his biggest impact and most memorable volunteer work was the Alzheimer's Society of BC. This volunteer work hit to close to home for Edward as his grandma unfortunately has Alzheimer's. Through his work, Edward learned more about the incurable and fatal disease and formed a stronger and more understanding and loving bond with his Grandma. This fall, Edward will be attending the University of Toronto majoring in Business. His goal is to become a CFA (Chartered Financial Analyst) and work in the business of Aviation industry.



This scholarship is given away every Summer to two youth in the community who have made a difference in their community and specifically in the West Point Grey Community Centre. Applications and more information can be found on our website each April and through our Spring and Summer brochure.

SPECIAL EVENTS

Wine and Paint Night

Saturday February 1
Saturday April 4
6:30pm-8:30pm

Annual General Meeting

Wednesday February 5
7:00pm-9:00pm

Family Day with West Point Grey

Monday February 17
9:30am-2:30pm

Licensed Preschool Open House

Thursday February 20
4:30pm-6:30pm

Kids Clothing, Toys, Books & More Sale

Saturday March 7
10:00am-2:00pm

Breakfast with Bunny

Saturday April 4
10:00am-12:00pm

West Point Grey
Community Centre



FOR MORE EVENTS AND DETAILS SEE OUR SPECIAL EVENTS PAGE 10.

westpointgrey.org | vancouver.ca/westpointgreyrec | [@westpointgreycc](https://www.instagram.com/westpointgreycc)

