

ADULT LEVEL 4 (15+ years)

Focus is on refining both front and back crawl and increase propulsion for both strokes.

Canada Games Pool 604.526.4281

Tues. & Thurs. 6:30 pm **94527**

April 6 - May 6

Friday 7:30 pm **94714**

Saturday 10:30 am **94839**

April 2 - June 12 (no class May 21 & 22)

Tues. & Thurs. 6:30 pm **94932**

May 11 - June 10

Registration Fee: \$50.50

MODERATE TRAINING SWIMFIT (15+ years)

Designed to increase endurance in all strokes and introduce knowledge of swim workouts.

Canada Games Pool 604.526.4281

Tues. & Thurs. 7:00 pm **94528**

April 6 - May 6

Friday 7:30 pm **94715**

Saturday 8:30 am **94840**

April 2 - June 12 (no class May 21 & 22)

Tues. & Thurs. 7:00 pm **94933**

May 11 - June 10

Registration Fee: \$50.50



Fitness

QUEENSBOROUGH FITNESS CLUB

(13 - 18 years)

Hang out with Paolo and learn about weightlifting, exercise, body image and nutrition!

Queensborough Community Ctr. 604.525.7388

Mondays, 5:00 - 6:00 pm

Fridays, 5:00 - 6:00 pm

Registration Fee: \$10.00

102112

General

CSC BABYSITTER TRAINING COURSE

(11 - 15 years)

What would you do if a stranger came to the door while you were babysitting or you found a child choking? This *Canadian Safety Council* course teaches you the basics for providing effective, safe and knowledgeable childcare skills. Understanding child behavior, first aid and safety will help you to develop strong babysitting skills. Students are provided with all course materials and a certificate is issued upon successful program completion.

Centennial Community Centre 604.777.5100

Tuesday, 3:30 - 5:00 pm

March 30 - May 25

Registration Fee: \$75.00

102303



THEATRE PROGRAM (11 - 14 years)

Back by popular demand...Glenbrook Community Middle School presents *ENCORE Theatre Troupe*. If you are enthusiastic and would like to put your creative energy to use, then this fabulous theatre program is for you. Highlights include performance building techniques, theatre sports, improvisation and of course a live performance at the end. Wear comfy clothes and come prepared to move your bodies and your minds in new directions.

Glenbrook Middle School **604.777.5100**
 Tuesday, 5:30 - 7:30 pm
 March 30 - June 1
 Registration Fee: \$65.00 **102305**

AFTER SCHOOL CLUB (13 - 19 years)

The *After School Club* runs weekly for youth with disabilities to get together and hang out, play games, cook and do arts and crafts in a fun and social setting. Registered youth must provide their own 1-1 support if needed.

Western Society for Children **604.515.3775**
 Fridays, 3:30 - 5:30 pm
 April 23 - May 28
 Registration Fee: \$94.00 **102227**

THE EDGE FREE YOUTH DROP-IN

(13 - 18 years)
 Hang out with your friends in this casual environment where art supplies, games, music and videos are available weekly. Sponsored by Parks, Culture and Recreation, Family Services of Greater Vancouver and Fraser-side Community Services Society.

411 Seventh Street **604.515.3775**
 Thursday, 3:30 - 8:30 pm
 Friday, 3:30 - 10:00 pm
 Drop-in Fee: Free

YOUTH FIREFIGHTER PROGRAM

(Grade 11 & 12)
 Youth Services and Fire and Rescue Services have teamed up to offer this unique opportunity for youth to experience a condensed *Fire Academy* program. The weekend includes first aid training, fire fighting, auto extrication and other scenarios that fire fighters experience on a regular basis. Applications for this program can be picked up from any Parks, Culture and Recreation facility or the *Glenbrook Firehall*.

411 Seventh Street **604.515.3775**
 May 7 - 9
 Applications due March 19

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 Visit us at: www.urbanacademy.ca

**Junior Kindergarten
 to Grade 9**





Gymnastics

GYMNASTICS AND TRAMPOLINE

Gymnastic and trampoline classes are perfect for youth of all abilities. These 90 minutes programs will improve your strength and flexibility and help you build confidence and friendships. We accommodate all skill levels in this fun and dynamic program.

Queen's Park Arenex **604.777.5121**
GYMNASTICS **(13 - 15 years)**

Monday, 6:30 pm

March 22 - June 7 (no class April 5 & May 24)

Registration Fee: \$149.75

98432

TRAMPOLINE **(13 - 15 years)**

98433

Wednesday, 4:00 pm

March 24 - May 26

Saturday, 2:00 pm

98470

March 24 - June 19 (no class April 3, May 22 & 29)

Registration Fee: \$149.75

DROP-IN GYMNASTICS &

TRAMPOLINE **(13+ years)**

Monday, 8:00 - 9:30 pm

March 22 - June 7 (no drop-in April 5 & May 24)

Drop-in fee: \$6.00

PRIVATE GYMNASTIC & TRAMPOLINE INSTRUCTION

Whether you are a beginner or advanced participant, a private lesson may be for you! Whatever your level, give us a call or drop by the Arenex and we'll arrange your exclusive private lessons. Small group sessions are also available.

Queen's Park Arenex **604.777.5121**

Registration Fee: \$19.25 for 30 minutes (3 - 14 years)

\$28.75 for 45 minutes (3 - 14 years)

\$20.50 for 30 minutes (15+ years)

\$30.75 for 45 minutes (15+ years)

Intergenerational

YOUTH/SENIOR'S FORUM COMMITTEE

In September, Youth Services and Century House will be hosting an open forum for youth and seniors to discuss topics and events that impact their community. Interested and enthusiastic youth and seniors are needed to help plan this special event. Applications are available at Century House.

Youth Services Office **604.515.3775**
Applications due March 15

DINNER & MOVIE (Grades 7+)

Youth Services is partnering with Century House to offer a special youth & seniors dinner and movie night! We will cook a fantastic dinner, then enjoy a movie!

Century House **604.515.3775**

Wednesday, 4:30 - 8:30 pm

June 2

Free Registration (RSVP through Ivan)

Music

INTRODUCTION TO GUITAR (8+ years)

Are you looking to learn guitar or improve on your skills. Then you have found the right program. Our instructor can teach you on acoustic, electric as well as bass guitar. All ages and skill levels are welcome. Our teacher can teach all styles of music such as pop, rock, classical, blues, jazz, metal, country, funk and more. You can also take that next step and learn to compose and record your own music with our teacher's instruction. This program is designed to be fun and pressure free so you can learn at your own pace. Registrants must have their own guitar.

Centennial Community Centre **604.777.5100**

Sundays, call for available times

March 21 - June 6 (no class April 4 & May 23)

Registration Fee: \$162.50



I AM JAM (13 - 18 years)

The Imagination, Arts and Media program, in partnership with *Massey Theatre*, is designed to ignite and support the creativity of youth by developing their expressive and artistic abilities. The Tuesday jam session gives you the opportunity to bring your instrument and spend the afternoon learning new music and playing old favourites!

Massey Theatre - Plaskett Gallery 604.515.3775
 Tuesday, 3:00 - 4:30 pm
 April 6 - June 15
 Drop-in Fee: Free

I AM FILM WORKSHOP (13 - 18 years)

The Imagination, Arts and Media Youth Program is a joint partnership with *Parks, Culture and Recreation* and *Massey Theatre*. I AM will host a film making camp during spring break for youth aged 13 - 18. A technical video maker and a screen writer will team up as instructors to teach independent film making techniques from concept to the final product. Participants may choose to make films as individuals or in groups. To register, contact Massey Theatre.

Massey Theatre 604.517.5900
 Monday - Friday, 11:00 am - 4:00 pm
 March 8 - 12
 Registration Fee: \$40.00

YAM JAM (13 - 18 years)

This years Youth Arts Movement Jam will feature an artists village during the day that will showcase youth arts in the city. At night, youth bands will take over to celebrate youth art in New Westminister! To get involved or for more information, contact the Youth Services office.

Hyack Square 604.515.3775
 Saturday, 12:00 - 4:00 pm & 7:00 - 10:00 pm
 June 5
 Drop-in Fee: Free

Special Events

TEEN SWIMS (12+ years)

The last Friday of each month, Canada Games Pool is the place to be! Dive-in and splash around with the youth staff who will be on site with games, challenges and prizes!

Canada Games Pool 604.515.3775
 Friday, 8:30 - 10:00 pm
 April 30, May 28 & June 25
 Drop-in Fee: \$1.00

DANCES (Grades 6 - 8)

With a cool theme and professional DJ, these dances are always a blast! Get your tickets from your Youth Worker two-weeks before the dance.

Moody Park Youth Centre 604.515.3775
 Saturday, 7:00 -10:00 pm
 June 19
 Tickets: \$5.00 for members
 \$6.00 for non-members



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 www.stevengoodwin.ca

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Sports

HOOPS (Grades 6 - 8)

Hoops is a co-ed basketball program made possible by School District #40, Olivet Church, Young Life and Parks, Culture and Recreation. Hoops are open to all youth interested in basketball. Teams will practice one evening per week and play games on Friday nights against the other neighbourhood teams. Anyone can join any team based on geography and schedule. Game nights will alternate between Glenbrook and Queensborough Middle Schools and the registration fee includes transportation and a T-shirt! Volunteers in Grades 11 and 12 are needed to help coach.

Youth Services 604.515.3775

April 5 - 30

Glenbrook

Practices Tuesday, 5:30 - 7:00 pm

Games Friday, 6:30 - 8:30 pm

Registration Fee: \$15.00

102113

Lord Tweedsmuir

Practices Thursday, 5:00 - 6:30 pm

Games Fridays, 6:30 - 8:30 pm

Registration Fee: \$15.00

102114

Queensborough

Practices Monday, 5:00 - 6:15 pm

Games Friday, 6:30 - 8:30 pm

Registration Fee: \$15.00

102115

Lord Kelvin

Practices Wednesday, 5:30 - 7:00 pm

Games Friday, 6:30 - 8:30 pm

Registration Fee: \$15.00

102116

Youth Drop-in Sports see page 9.

TENNIS BC EZ-PLAY (10 - 15 years)

This Tennis BC program introduces beginner players to the fundamentals of tennis. The program uses progressive instruction and specialized Wilson EZ-Play balls to accelerate technical and tactical development. Basic rules, scoring and sportsmanship will also be covered. Instructors are Tennis BC certified. Also included is a Tennis BC membership and a subscription to Matchpoint Magazine. To purchase a tennis racket, also register for Tennis BC Tennis Raquet on the corresponding program week. Call the Parks Info Hotline 604.527.4634 one hour prior to scheduled lesson time for daily weather updates and class cancellations. To purchase a tennis racket, please call.

Queen's Park Courts 604.777.5121

Tues. & Thurs., 5:00 - 6:30 pm

May 4 - 20

102332

June 1 - 17

102333

Registration Fee: \$68.00

TENNIS (10 - 15 years)

This program develops basic ball control skills and the fundamentals of ground strokes, volleys and serves. Rules, scoring, tactics and sportsmanship are included. Please bring your own racquet. Call the Parks Info Hotline 604-527-4634 one hour prior to scheduled lesson time for daily weather updates and class cancellations.

Ryall Park Courts 604.777.5121

Saturday, 11:15 am - 12:45 pm

102334

June 5 - 26

Queen's Park Courts 604.777.5121

Saturday, 3:30 - 5:00pm

102335

June 5 - 26

Wednesday, 6:30 - 8:00 pm

102336

June 2 - 23

Registration Fee: \$48.25

Aquatics

ADULT WOMEN'S ONLY CLASS (15+ years)

This women's only class is taught by a female instructor in shallow water. The focus is on water orientation skills including front and back strokes; floats and glides.

Canada Games Pool 604.526.4281

Tues. & Thurs. 9:30 am **94529**

April 6 - May 6

Saturday 8:30 am **94841**

April 2 - June 12 (no class May 21 & 22)

Tues. & Thurs. 9:30 am **94934**

May 11 - June 10

Registration Fee: \$50.50

ADULT LEVEL 1 (15+ years)

For adults with little or no swimming experience. Lessons are taught in shallow water and focus on water orientation floats glides and breath control.

Canada Games Pool 604.526.4281

Tues. & Thurs. 9:00 am **94521** 6:00 pm **94522**

April 6 - May 6

Friday 6:00 pm **94708**

Saturday 8:30 am **94834**

April 2 - June 12 (no class May 21 & 22)

Tues. & Thurs. 9:00 am **94926** 6:00 pm **94927**

May 11 - June 10

Registration Fee: \$50.50

ADULT LEVEL 2 (15+ years)

For adults who can glide and kick on both front and back. Lessons are taught in the shallow or middle sections and focus on adding propulsion to both front and back swims.

Canada Games Pool 604.526.4281

Tues. & Thurs. 9:00 am **94523** 6:30 pm **94524**

April 2 - May 6

Friday 7:00 pm **94711**

Saturday 8:30 am **94836**

April 2 - June 12 (no class May 21 & 22)

Tues. & Thurs. 9:00 am **94929** 6:30 pm **94928**

May 11 - June 10

Registration Fee: \$50.50



ADULT LEVEL 3 (15+ years)

Over arm recovery is introduced for both front and back crawl with a focus on coordinating both strokes.

Canada Games Pool 604.526.4281

Tues. & Thurs. 7:00 pm **94525**

April 6 - May 6

Friday 6:30 pm **94713**

Saturday: 9:30 am **94838**

April 2 - June 12 (no class May 21 & 22)

Tues. & Thurs. 7:00 pm **94930**

May 11 - June 10

Registration Fee: \$50.50

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