



Riley Park

COMMUNITY CENTRE

"The Heart of Vancouver"

Program Guide

www.rileypark.ca

AUTUMN 2010





RileyPark

COMMUNITY CENTRE

50 East 30th Avenue
Vancouver, BC V5V 2T9

Centre & Rink . . 604-257-8545
Pool 604-257-8680
Fax 604-257-8639
Email rileyparkcc@vancouver.ca
Website www.rileypark.ca

Operating Hours

AUTUMN HOURS

Community Centre

Monday - Friday 8:30am - 9:30pm
Saturday & Sunday . . . 9:00am - 5:00pm

Rink

Rentals available call 604-257-8644

Membership

The Riley Park Community Association as a registered non-profit organization is required to maintain a membership inventory. The membership entitles persons to register for programs and to vote at the Association's AGM, provided they are of legal voting age.

Membership fees are incorporated into the costs of all Association programs.

For drop-in or non-registered programs, an annual membership fee is required:

Adult	\$10
Senior	\$5
Youth / Child	\$5
Family	\$15

TABLE OF CONTENTS

STAFF	4
FACILITIES	5
PROGRAMS	6
FITNESS CENTRE	25
AQUATIC CENTRE	26
ICE RINK	28
COMMUNITY PAGES	31



Registration

In-person & online registration: Thursday August 5 9:00am
Phone registration: Friday August 6 9:00am

How to Register:

REGISTER IN PERSON

Cash, cheque, debit card, VISA or MasterCard. A maximum of two families can be registered by one person at a time.

REGISTER BY PHONE: 604-257-8545

VISA or Mastercard

REGISTER ONLINE at rileypark.ca

1. Browse for programs, go to online registration
2. All online registrations take place on the Park Board website, where you will need to set up and activate an account. Upon approval, you will receive confirmation with your ID#.

Refunds

Refunds will be provided for any cancelled or altered program made by the Community Centre. Refund requests must be made at least 48 hours prior to the 2nd class and will not be issued after this time unless accompanied by a medical note. A \$4 admin fee for each program will be charged for refunds within these guidelines. Refunds for payment made by cheque may take up to 14 days to process.

Special Needs

The facilities and programs offered in this guide are considered opportunities for people of all ages and abilities. Volunteer support may be available should you or a family member require support to participate in any of our programs. Before registering, please call the Integration Program Assistant at 604-257- 8500 for more information.

Financial Assistance

Riley Park Community Association may be able to assist members, with a current Leisure Access Card, who are in need by subsidizing one seasonal program per year up to 50% up to \$50.00. Please complete a Financial Assistance Request form available from the office. The requests will be processed within one week by the Recreation Programmer responsible for that area of programs.

Leisure Access Cards

Vancouver Park Board discount admission cards are available for individuals and families on limited income. Please inquire at the Centre or Pool office.

Programs at a glance...

Workshops & Special Events

Effective Parenting of 6-12 year old	6
Children & Temperament: Implications for Parenting	6
Breakfast With Santa	6
Diapering Alternatives 101	6
Baby Carriers Galore	6
Healthy Home: Greening Your Home for Kids	6
Halloween Howl	6
Community Gym	6
Remembrance Day	6
Thanksgiving Day	6

Preschool

CHILD CARE

Child Care	7
------------	---

SPECIAL EVENTS

Kids Just Wanna Have Fun	7
--------------------------	---

PARENT & TOT DROP-IN

Family Open Gym	7
Parent and Tot Gym	7
Parent and Tot Gym: Stat Holidays	7

MUSIC

Cradle Club	7
Mini Music Makers	7
Music Circle	7
Music Maestros	8

DANCE

Acro Dance	8
Ballet - Bouncing Ballerinas	8
Ballet - Mommy and Me	8
Ballet I: 3 years	8
Ballet II: 4 years	8
Ballet III: 5 years	8
Preschool Pop	9

ART & PLAY

Paint and Play with Sylvia	9
----------------------------	---

SPORT, HEALTH & FITNESS

Sunshine Mini Soccer Development	9
Family Yoga	9

LANGUAGE & SCIENCE

ABC's for You and Me	9
Moving Math	9
Silly Science	9
Baby Sign Language	10
French for your Preschooler	10
French for your Toddler	10

GENERAL INTEREST

Mother Goose	10
--------------	----

BIRTHDAYS

10

Children

SPECIAL EVENTS

Kids Just Wanna Have Fun	11
--------------------------	----

MUSIC

Guitar Lessons	11
Piano Lessons	11
Senior Fiddle Club	11
Violin Lessons	11

DANCE

Bharatanatyam Dance	12
Dance Unlimited	12
Ballet Primary	12
Beginner Highland Dance	12
D'Hercy Hip Hop Dance Co	12
Hip Hop & Street Funk	12
Tap & Jazz	12
Stage Theatre	12

ART & PLAY

Calling All Young Artists	12
---------------------------	----

COOKING

Chef in the Kitchen	13
---------------------	----

SPORT, HEALTH & FITNESS

Family Yoga	13
Butokukan Karate	13
Kobudo - Beginners	13
Yoga for Children	13
Basketball Jam for Kids	13
NHL Street Hockey	13
Badminton Lessons for Kids	13

Youth

DANCE

Bharatanatyam Dance	14
Play Building	14
The Audition	14

DAY TRIPS

Your Space-Youth Space @ Riley	14
Winter Break Excursion	14

SOCIAL RECREATION & LEADERSHIP

Duke of Edinburgh Award	14
So You Want to be a Babysitter	14
Youth Leadership Team	14
Friday Night Unlimited	14
GO! Girls	14

SPORT, HEALTH & FITNESS

Over Board Dragon Boat Team	15
Kobudo - Beginners	15
Butokukan Karate - Teens & Adults	15
Basketball Jam for Youth	15
Badminton Drop-in	15
Youth Open Gym	15

Adults

WORKSHOPS & SPECIAL EVENTS

Effective Parenting of 6-12 year olds	16
Children & Temperament	16

MUSIC

Chinese Opera	16
---------------	----

DANCE

Belly Dancing for Beginners	16
Line Dancing	16
Latin Ballroom	17
Latin Funk Dance	17

ART

Nature Loves to Hide: Exploring Drawing	17
---	----

GENERAL INTEREST

Love that Chef	17
Baby Sign Language	17

GENERAL INTEREST

Beginner Mandarin for Adults	18
SEE.YA - Special Events & Extras	18

SPORT, HEALTH & FITNESS

Core Work and Stretch on the Ball	18
Energizer Gentle	18
EZ Does it Riley Boot Camp	18
Early Energy Boot Camp	18
Intencity Boot Camp	18
Hockey Conditioning Boot Camp	19
Pedal 'n Power	19
Riley Boot Camp - Evening	19
Women's Kick Start - Cardio Kickboxing	19
Riley Power Core Boot Camp	19
Cardio Box - Fit for Ladies	19
Women's Soccer for Health & Fitness	19
Fit 4 Two Prenatal Fitness	20
Fit 4 Two Stroller Fitness In/Outside	20
Fit4Two Prenatal Fit	20
Nordic Poling	20
Osteofit	20
Butokukan Karate - Teens & Adults	20
Goju-ryu Karate	20
Kobudo - Beginners	20
Healthy Morning Tai Chi	21
Capoeira	21
Tai Chi	21
Tai Chi - Yang Style	21
Pilates - Introduction to Matwork	21
Athletic Yoga	21
Mike Dennison's Runner's Yoga	21
Runner's Yoga - Early Riser Edition	22
Prenatal Yoga	22
Yoga - Beginner	22
Yoga that Fits!	22
Intermediate Volleyball	22
Badminton - Reserve	22

Older Adults

DANCE

Line Dancing 55+years	23
-----------------------	----

SPECIAL EVENTS & DAY TRIPS

Whistler Day Trip	23
Grouse Mountain Skyride	23
Britannia Beach Museum of Mining	23
The BIG Vancouver Christmas Lights Tour	23
Christmas Luncheon	23

GENERAL INTEREST

Senior's Advisory Committee & Social	23
Pancake Brunch	23
Bridge	23
Carpet Bowling	24

SPORT, HEALTH & FITNESS

Senior Walkers	24
----------------	----

SPECIAL EVENTS

Flu Shot	24
----------	----

SPORT, HEALTH & FITNESS

Table Tennis Games Room Drop-in	24
Table Tennis Weekend Drop-in	24
Older Adults Drop-in Program	24

Welcome!



PRESIDENT'S MESSAGE

Welcome to Autumn 2010!

In June we celebrated one of our most successful and well attended community events on a spectacular sunny day at our annual Little Mountain We celebrated our annual Riley Park/Little Mountain festival in June and it was very successful. Even though the summer weather didn't grace us, the neighbourhood sure did with many people in attendance. Thanks to all the volunteers and organizers who made it a great day!

There have been two artists working with our community busy gathering people's stories from the past and present within our neighbourhood. You can see some of there work at www.rileyparkstories.blogspot.com We look forward to enjoying what everyone shared and a glimpse of people's experience and memories over the years.

With the pool and fitness centre now open at Hillcrest, we warmly welcome everyone to come out and enjoy the amazing new facility. We look forward to moving in to the community centre Fall 2011.

Coming up we have our Halloween Howl in October and Breakfast with Santa in December. These events are filled with fun and the whole family can come together. The Board of Director's has some vacancies if you have four hours a month to contribute. We value your commitment and feed back to help us deliver what you want.

Marion Waterston

President, RPCA, marion@rileypark.ca

First developed in 1964, the Riley Park Community Centre philosophy is to encourage, develop and facilitate leisure opportunities for all ages in the Riley Park Neighbourhood. Programs and services include sports, visual arts, performing arts, health and fitness, an indoor swimming pool, skating rink, and fitness centre along with numerous special interest programs. Construction is currently underway for facilities that will house the 2010 Olympic Curling venue. Following The 2010 Games, this short term facility will be converted to a legacy facility that will house a new community centre, ice rink, aquatic centre, preschool, library and curling rink. Drop by and see what Riley Park Community Centre can offer you and your family, and feel free to talk to any of the friendly staff who will help you connect with a vibrant community at the heart of Vancouver.

Community Centre Staff



Tony
RECREATION PROGRAMMER
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Christine
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Personal Information Protection

In the course of providing programs and services, Riley Park 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, processing payments, statistical or human resource purposes, or for the provision of programs or services. We respect the importance of protecting the personal information that we collect. For information on our privacy policies and practices or to contact our Privacy Officer, please call: 604 257-8545 or drop by the Front Desk.


Room Rentals

General Information Telephone: 604 257-8545


If you need space for your next meeting, or a place for a group gathering, we have rooms available for rent. Whether it's for some private play time in our Gymnasium or a closed-door get-together in The Solarium, our facilities offer affordable choices to fit almost any sized group. For more information, call 604-257-8545 to arrange a booking.




Assembly Room capacity: 135 people
square footage: 1643 ft/sq
rental rate: \$42/hour




Solarium capacity: 45 people
square footage: 927 ft/sq
rental rate: \$32/hour



Multipurpose Room capacity: 60 people
square footage: 1080 ft/sq
rental rate: \$37/hour



Lounge capacity: 35 people
square footage: 607 ft/sq
rental rate: \$32/hour



Games Room capacity: 40 people
square footage: 924 ft/sq
rental rate: \$32/hour



Gymnasium capacity: 285 people
square footage: 3450 ft/sq
rental rate: \$53/\$39 hr

ROOM	CAPACITY	DIMENSIONS	SQ/FT	Rental Rate (hourly)
Gym (General)	285	68' X 50'	3450	\$53
Gym (Sports)	285	68' X 50'	3450	\$39
Assembly Room*	135	58' x 28'	1643	\$42
Multipurpose Room*	60	37' x 26'	1080	\$37
Lounge*	35	27' x 23'	607	\$32
Games Room	40	33' x 30'	924	\$32
Solarium	45	31' x 21'	927	\$32

* includes kitchen | 25% discount for non-profit groups | more details and photos at rileypark.ca

Workshops & Special Events

Program Coordinator: Tony Syskakis
tony@rileypark.ca

WORKSHOPS & SPECIAL EVENTS

Effective Parenting of 6-12 year old



18+ | Family Services of Greater Vancouver

Being a parent can be both rewarding and challenging. During these four sessions parents will learn techniques and skills that will foster their child's self-esteem and improve their relationship. These will include setting reasonable limits, giving clear messages, inspiring cooperation, and teaching children decision-making and problem solving skills. Instructor: Lyndsay Sieger, BA (Hon.), MA (cand.) is a therapist and group facilitator in private practice who has worked with adults, youth and families for the past 12 years. Lyndsay's work focuses on the healing of trauma, attachment issues, depression, stress, disordered eating and body image concerns. She brings personal experience as a parent to her work as well as her interests in all things creative. No session on Oct 11.

T 7:15pm-9:15pm Oct 5 – Oct 26 \$60.00/4 sessions 45501.401RP

WORKSHOPS & SPECIAL EVENTS

Children & Temperament: Implications for Parenting

18+ | Family Services of Greater Vancouver

Description: Broadly defined, temperament refers to individual differences in children's behavioral styles, and assumes they are inborn and perceptible from the earliest months of a child's life. For example: Some children are more intense than others in their reactions to people and situations, or more active, or much more sensitive to light or noise. Some children plunge right in, but others are "slow to warm", (take their time with new situations and new people). Some children can exhibit a very challenging combination of traits! We will look at the basic temperament styles (connected to how active, social, emotional and even impulsive a child is), how this knowledge can influence our interactions with and our expectations for our children, and ways to adapt ourselves and the environment to meet children's needs and nurture relationships.

Sa 1:45pm-3:15pm Nov 13 – Nov 20 \$30.00/2 sessions 45502.401RP

WORKSHOPS & SPECIAL EVENTS

Breakfast With Santa

Don't miss out on this annual tradition at Riley Park – it's always an exciting event for the whole family! The morning includes breakfast, and show courtesy of the Purple Pirate and a special visit from Santa! Space is limited so please register early to avoid disappointment.

Sa 10:00am-12:00pm Dec 11 \$4.25 (child)/1 sessions 65602.401RP
\$4.75 (adult)/1 sessions

WORKSHOPS & SPECIAL EVENTS

Diapering Alternatives 101

18+ | Tanis Frame

So many alternatives, TOO much information. Learn about ALL of your diapering options and how they compare from an environmental, health, cost, and convenience perspective. Modern cloth diapers; chlorine free, compostable or 'flushable' disposables; diaper service; diaper free; EC and more! See, touch and feel the options available. Leave with information you need to decide what will work for your family, and where to find it here in Vancouver. Couple price must be processed by registering in-person or contacting the Riley Park front desk at 604-257-8545.

Th 6:30pm – 9:00pm Oct 14 \$30.00/1 session 45550.401RP
\$45.00/1 session for couples

WORKSHOPS & SPECIAL EVENTS

Baby Carriers Galore: 'wearing' baby in comfort and style

18+ | Tanis Frame

A baby carrier often rises high on the list of "essential" baby gear, but which one? Come see touch and try the wide array of 'baby wearing' options available. Learn:

- how they compare
- how to use them
- how to position your baby
- benefits for parent & baby

Leave with the knowledge to choose what will work for you, and where to find it. Couple price must be processed by registering in-person or contacting the Riley Park front desk at 604-257-8545.

Th 7:00pm – 9:00pm Dec 2 \$30.00/1 session 45550.402RP
\$45.00/1 session for couples

WORKSHOPS & SPECIAL EVENTS

Healthy Home: Greening Your Home for Kids

18+ | Tanis Frame

Curious about the hype and research on chemicals in our homes? You won't need a chemistry degree, or to turn your world upside down! Join us for a fun interactive two-part series. Find easy alternatives available to keep our growing little ones out of the chemistry lab.

The scoop on: Plastics, Cleaners, Food & Containers, Bottles & Sippy Cups, Toiletries for the whole family, Toys, Healthy Sleep Spaces, Décor and more!

Leave with easy solutions you can feel good about, and where to get them.

Great for expectant parents right through to parents of school age kids! Couple price must be processed by registering in-person or contacting the Riley Park front desk at 604-257-8545.

Th 7:00pm – 9:00pm Nov 4-Nov 11 \$30.00/1 session 45550.403RP
\$45.00/1 session for couples

WORKSHOPS & SPECIAL EVENTS

Halloween Howl

FREE Halloween event! Calling all ghosts and goblins! Dress up in your costume and enjoy spooky face painting, crafts, games & more! Lots of scary fun for everyone!

F 7:00pm-8:30pm Oct 29 Free 65603.401RP

WORKSHOPS & SPECIAL EVENTS

Community Gym

1-5 years

Shoot some hoops, play a little volleyball, get the kids to run off some of that wonderful energy. Our gym is at your disposal. Grab a neighbour or two and come play.

Remembrance Day

M 12:15pm-1:45pm Nov 11 15816.407RP

Thanksgiving Day

M 12:15pm-1:45pm Oct 11 15816.406RP

Preschool

Program Coordinator: Tony Syskakis
tony@rileypark.ca

Child Care

PRESCHOOL | CHILD CARE

Child Care

0-5 years | Christine Lashin

Child care provides an opportunity for your child to play while you visit an aerobics class, fitness centre, pool, arena, sauna, whirlpool, or other programs. Pre-registration fees are non-transferable. Second sibling can register at a reduced cost but you must register in person or by phone. Parents must remain on site. Drop-in available. Space limited. \$5.00 for your first child and \$3.50 per additional sibling.

0-18 months

F	9:00am-10:30am	Sep 17 - Dec 10	\$57.50/13 sessions	16310.407RP
M	9:00am-10:30am	Sep 13 - Dec 6	\$53.00/12 sessions	16310.401RP
W	9:00am-10:30am	Sep 15 - Dec 8	\$57.50/13 sessions	16310.404RP

18+ months

W	9:00am-10:30am	Sep 15 - Dec 8	\$57.50/13 sessions	16315.404RP
F	9:00am-10:30am	Sep 17 - Dec 10	\$57.50/13 sessions	16315.407RP
M	9:00am-10:30am	Sep 13 - Dec 6	\$53.00/12 sessions	16315.401RP

PRESCHOOL | SPECIAL EVENTS

Kids Just Wanna Have Fun

4-8 years

Wanna night out? Bring your children to Riley Park's Youth Council's night out for kids. Kids will enjoy crafts, sports and much more. \$14 for one child or \$20 for two children. Space is limited! Call Chapman for details 604-257-8645. Please register in person or over the phone.

F	6:00pm-9:00pm	Sep 24	25606.401RP
F	6:00pm-9:00pm	Nov 26	25606.403RP

Parent & Tot Drop-in

PRESCHOOL | PARENT & TOT DROP-IN

Family Open Gym

1-5 years | Christine Lashin

A great chance to play together and socialize with other families! There is gym equipment, cosom hockey sticks, balls, tricycles and lots more to explore.

Have a bite to eat before burning off energy in the gym: coffee, tea, juice and a light snack provided. No session on statutory holiday long weekends

Su	10:15am-12:30pm	Sep 19 - Dec 12	65815.401RP
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INSTRUCTOR PROFILE

Barb Duncan



Barb Duncan comes from an early childhood education background and was a pre-school teacher for over ten years. During this time she taught herself how to play the guitar and four years ago decided to focus on music for preschoolers. She has developed a program that takes into account the different learning styles and personalities of the children. It's very hands on and adapts to be age specific. Song requests are always welcome, she knows hundreds of them!

PRESCHOOL | PARENT & TOT DROP-IN

Parent and Tot Gym

1-5 years | Christine Lashin

An opportunity for your child to socialize with other children and to play with a variety of equipment. Parent participation. Great for rainy days! Sessions on statutory holidays may have different hours.

M W F	10:45am-12:15pm	Sep 13 - Dec 17	\$3.75/41 sessions	15816.401RP
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PRESCHOOL | PARENT & TOT DROP-IN

Parent and Tot Gym: Stat Holidays

1-5 years | Christine Lashin

Extra chances to come and play. Bring a friend and roll, hide, run and giggle in our gym full of equipment. Parent participation. Great for rainy days!

Remembrance Day

Th	10:15am-12:00pm	Nov 11	15816.404RP
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Thanksgiving Weekend

Sa Su M	10:15am-12:00pm	Oct 9 - Oct 11	15816.403RP
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Music

PRESCHOOL | MUSIC

Cradle Club

0-1 years | Barbara Duncan

Music is a beautiful way to enhance your child's brain development while providing a happy social aspect to their lives. This interactive class includes movement songs, fingerplays, puppets and felts. Children will also be introduced to instruments (guitar, recorder...) and play along with percussion instruments (shakers, drums...) As a parent you will learn how to use music as a transition tool and how to incorporate it into everyday activities (bath songs, meal songs...)

Tu	9:30am-10:00am	Sep 21 - Nov 30	\$77.00/11 sessions	11021.401RP
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PRESCHOOL | MUSIC

Mini Music Makers

3-5 years | Barbara Duncan

In this lively music class, children will explore tone, tempo, rhythm and rhyme. Puppets and felts that the children manipulate give a visual focus to the songs. This class is a great way to prepare children for kindergarten as basic concepts are taught through the songs. Parents are not required to stay. A concert is given on the last day of class.

W	1:00pm-2:00pm	Sep 22 - Dec 1	\$77.00/11 sessions	11024.401RP
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PRESCHOOL | MUSIC

Music Circle

1-2 years | Barbara Duncan

A fun filled class for toddlers and parents/caregivers to dance, sing, play music and have a great time together. Join Barb and her guitar for a rousing, interactive time that includes puppets and felts and a wide range of percussion instruments for the children to use. You will also get information on easy instruments that you can make with your child at home and song sheets are provided.

M	1:00pm-1:40pm	Sep 20 - Nov 29	\$70.50/10 sessions	11022.410RP
W	2:00pm-2:40pm	Sep 22 - Dec 1	\$77.00/11 sessions	11022.402RP
Tu	10:15am-10:55am	Sep 21 - Nov 30	\$77.00/11 sessions	11022.401RP

Preschool

Program Coordinator: Tony Syskakis
tony@rileypark.ca

PRESCHOOL | MUSIC

Music Maestros

2-3 years | Barbara Duncan

Children at this age are starting to master basic concepts (colour, shape, numbers...) so this class is designed to teach these concepts through music. It also has an emphasis on social, physical and language development. Children will be introduced to a wide range of percussion instruments as well as be able to strum the guitar. A very fun, interactive class that will have everyone singing and dancing. Parent participation is required.

Tu 11:00am-11:50am Sep 21 - Nov 30 \$77.00/11 sessions 11023.401RP
M 1:45pm-2:30pm Sep 20 - Nov 29 \$70.50/10 sessions 11023.410RP

INSTRUCTOR PROFILE

Kirsten Hawson



Kirsten has been performing since the age of 3, when she began singing solo in her church choir. She has since been on London's West End, which is the UK equivalent to Broadway. She has been a professional actress/singer since the age of 13 and later moved into musical theatre, film and television. She has taught children ages 3-18 for the past 10 years of all different nationalities and in many countries such as England, Italy, France, Germany, Kuwait, and recently Korea. She is an active voice artist who has voiced many animation characters, radio clips, and children books. She recently co-wrote a series of musical theatre audio books for children to help them learn English.

PRESCHOOL | MUSIC

Music and Theatre

2-5 years | Kirsten Hawson

Explore the artistic development of your child through singing and movement. Children will learn skills to give them more confidence through musical theatre. Physical and verbal coordination can be improved by rhythm games and chants. Simple singing skills will empower your child to express themselves through sound. Communication being the key, a singing sensation your child will be! Each child will receive a CD with lyrics sheet. A recital for parents and friends will take place on the last day of the class!

2-3 years

W 11:15am-12:00pm Nov 10 - Dec 15 \$51.00/6 sessions 11101.424RP
W 11:15am-12:00pm Sep 22 - Oct 27 \$51.00/6 sessions 11101.423RP
M 10:45am-11:30am Sep 20 - Nov 1 \$51.00/6 sessions 11101.420RP
M 10:45am-11:30am Nov 8 - Dec 13 \$51.00/6 sessions 11101.421RP

4-5 years

W 12:30pm-1:15pm Sep 22 - Oct 27 \$51.00/6 sessions 11101.430RP
M 12:30pm-1:15pm Sep 20 - Nov 1 \$51.00/6 sessions 11101.431RP
M 12:30pm-1:15pm Nov 8 - Dec 13 \$51.00/6 sessions 11101.432RP
W 12:30pm-1:15pm Nov 10 - Dec 15 \$51.00/6 sessions 11101.433RP

INSTRUCTOR PROFILE

Madelena Vidi

Madelena Vidi of Toronto, Ontario began her ballet training at the age of 3 which branched into the studies of tap, jazz, hip hop and modern. She was then accepted into a performing arts high school and began to teach for various Toronto dance studios. Madelena is now beginning her second year at the University of British Columbia and is a member of the UBC Dance Team.

Dance

PRESCHOOL | DANCE

Acro Dance

4-5 years

Acrobatic dance class that incorporates dance with gymnastics elements.
M 3:45pm-4:30pm Sep 20 - Dec 13 \$79.00/12 sessions 11625.401RP

PRESCHOOL | DANCE

Ballet - Bouncing Ballerinas

2-3 years

Introduce your child to the basics of ballet. Classes designed to develop coordination, group cooperation and participation while encouraging creativity. Parents wishing to watch are to do so from outside the ballet room.

Tu 9:30am-10:00am Sep 21 - Dec 7 \$72.00/12 sessions 11610.401RP
Tu 10:30am-11:00am Sep 21 - Dec 7 \$72.00/12 sessions 11610.402RP

PRESCHOOL | DANCE

Ballet - Mommy and Me

1-2 years

Introduce your little ones to the world of dance. Classes are designed to encourage little dancers to join in and have fun while dancing with mom or dad.

Tu 10:00am-10:30am Sep 21 - Dec 7 \$72.00/12 sessions 11609.401RP

PRESCHOOL | DANCE

Ballet 1: 3 years

3 years

Introduce your child to the world of ballet. These classes develop coordination, musicality and fluidity of movement while having fun. Increased ballet technique is expected at each progressive level. Appropriate dance shoes and attire please. Child must be able to attend class alone. Children will dance for parents on the last day of class.

Tu 11:00am-11:30am Sep 21 - Dec 7 \$67.00/12 sessions 11605.401RP
Sa 10:30am-11:00am Sep 18 - Dec 11 \$67.00/12 sessions 11605.402RP
Sa 10:00am-10:30am Sep 18 - Dec 11 \$67.00/12 sessions 11605.403RP

PRESCHOOL | DANCE

Ballet II: 4 years

4 years

Introduce your child to the world of ballet. These classes develop coordination, musicality and fluidity of movement while having fun. Increased ballet technique is expected at each progressive level. Dance shoes and attire, please. Child must be able to attend class alone. Children will dance for parents on the last day of class.

Sa 11:00am-11:45am Sep 18 - Dec 11 \$79.00/12 sessions 11606.402RP
Sa 9:15am-10:00am Sep 18 - Dec 11 \$79.00/12 sessions 11606.403RP
Tu 11:30am-12:15pm Sep 21 - Dec 7 \$79.00/12 sessions 11606.401RP

PRESCHOOL | DANCE

Ballet III: 5 years

5 years

Introduce your child to the world of ballet. These classes develop coordination, musicality and fluidity of movement while having fun. Increased ballet technique is expected at each progressive level. Dance shoes and attire, please. Child must be able to attend class alone. Children will dance for parents on the last day of class.

Sa 11:45am-12:30pm Sep 18 - Dec 11 \$79.00/12 sessions 11607.402RP

Preschool

Program Coordinator: Tony Syskakis
tony@rileypark.ca

PRESCHOOL | DANCE

Preschool Pop

2-3 years | Madelena Vidi

Get in the groove and learn to move! A movement class for those little dancers who love to bounce, stomp, leap and shimmy. Loose clothes, hard soled shoes and a bundle of energy is all that is needed.

M 3:15pm-3:45pm Sep 20 - Dec 13 \$67.00/12 sessions 11640.401RP

Art & Play

PRESCHOOL | ART & CRAFTS

Paint and Play with Sylvia

1-2 years | Sylvia Richman

This is a great, fun way to introduce your child to artmaking without tears. Sylvia has been working with little ones for the past several years and has established a routine that works well for them. She introduces them to peeling stickers, colouring with markers, stamping with different stamps and coloured inks, and most delightfully, - fingerpainting with hands and brushes, using only non-toxic, water soluble materials. At the end of the session, each child will have a scrapbook (featuring a photo of the tot on the cover), filled with his/her art made in the classes. We usually have 120 pieces of art accumulated during our sessions which everyone loves looking at later on. Music is for enjoying too and sometimes we make our own tambourines for a little more music. We build in time to play with toys provided by the Centre for the little ones during the last 10 minutes so the adults can glue the artwork into the scrapbooks after each session. Each child must have an adult present and all materials are provided.

1-2 ½ years

Th 11:30am-12:15pm Sep 16 - Nov 25 \$67.00/11 sessions 12020.402RP

Th 9:30am-10:15am Sep 16 - Nov 25 \$67.00/10 sessions 12020.401RP

2 - 3 ½ years

Th 10:30am-11:15am Sep 16 - Nov 25 \$67.00/10 sessions 12020.403RP

INSTRUCTOR PROFILE

Sylvia Richman

Sylvia has a bachelor of fine arts degree from the University of Calgary, and a teaching certificate from Simon Fraser. She participated in workshops at the Scottsdale Artists School, Forum Art Institute, and Emma Lake. She is currently teaching art at VSB Continuing Ed and Vancouver community centres to a full range of students from 1 to 85 year olds. Her artwork can be found in numerous private, public and corporate collections.



INSTRUCTOR PROFILE

Sydney Vickers

Sydney is a literature and international education student at Simon Fraser University and has spent the past year studying in and traveling around Europe. She has been working with children and youth alike since she wasn't one herself and is on her way to completing her teaching certificate. As a child herself, Sydney filled most of her time with competitive gymnastics and running science experiments in her kitchen.



Sport, Health & Fitness

PRESCHOOL | SPORT, HEALTH & FITNESS

Sunshine Mini Soccer Development

3-5 years | Shine Sun

The program inspires children's interest and enthusiasm for soccer. Through soccer training, they can strengthen their sense of belonging, develop teamwork spirit and group activity abilities. Through games and fun time, the program provides a playground for children and parents to make friends and improve the children's social skills and physical fitness level.

Tu 1:30pm-2:30pm Sep 21 - Oct 26 \$49.00/6 sessions 13301.401RP

Tu 1:30pm-2:30pm Nov 9 - Dec 14 \$49.00/6 sessions 13301.402RP

PRESCHOOL | SPORT, HEALTH & FITNESS

Family Yoga

3-9 years | Jenny Booth

Roar like a lion...fly like a butterfly....travel to far away places by learning yoga combined with songs and family teamwork. We will stretch your child's imagination by exploring breath work, yoga postures and relaxation techniques presented in a fun and relaxing manner. Parents take an active role in this class by being a role model to their child, learning new songs and doing the yoga poses. \$56/parent and child or \$78.50/3 family members.

Sa 11:15am-12:00pm Sep 25 - Dec 4 \$90.00/11 sessions 14310.410RP

Language & science

PRESCHOOL | LANGUAGE & SCIENCE

ABC's for You and Me

3-5 years | Sydney Vickers

Reading opens up the whole world to your children. Come and join to hear stories and learn the letters and words that make the magic happen.

Tu 9:55am-10:25am Sep 21 - Oct 26 \$34.50/6 sessions 15410.401RP

Tu 9:55am-10:25am Nov 2 - Dec 7 \$34.50/6 sessions 15410.402RP

PRESCHOOL | LANGUAGE & SCIENCE

Moving Math

3-5 years | Sydney Vickers

Jump, draw, wiggle and giggle while you learn your numbers and start to add and subtract. This class will introduce the basics of numbers, counting and simple math concepts.

Tu 9:20am-9:50am Sep 21 - Oct 26 \$34.50/6 sessions 15110.401RP

Tu 9:20am-9:50am Nov 2 - Dec 7 \$34.50/6 sessions 15110.402RP

PRESCHOOL | LANGUAGE & SCIENCE

Silly Science

3-5 years | Sydney Vickers

Why is the sky blue? Why do the leaves change colour in the fall? Why do cars have wheels? Bring your favourite 'Why?' questions and we will find out the answers through hands-on science experiments.

Tu 10:30am-11:15am Sep 21 - Oct 26 \$53.00/6 sessions 15145.401RP

Tu 10:30am-11:15am Nov 2 - Dec 7 \$53.00/6 sessions 15145.402RP

Preschool

Program Coordinator: Tony Syskakis
tony@rileypark.ca



Birthday Parties!

ADULT | GENERAL INTEREST

Baby Sign Language

0-1 years | Into Yoga

Did you know that babies understand and can communicate long before they are able to speak? Using songs and games, learn basic American Sign Language (ASL) hand gestures, to facilitate this communication with your hearing child. Increase understanding of your child's needs and wants; alleviating much unneeded frustration. Research shows that babies who learn Sign Language learn quicker and talk earlier. Bring your baby to class. Sleeping babies welcome.

M 9:45am-10:30am Sep 20 - Oct 25 \$63.00/6 sessions 44810.401RP

PRESCHOOL | LANGUAGE & SCIENCE

French for your Preschooler

3-4 years | Helene Roy

The French language will be introduced to your child in a fun and interactive manner that will help your little one understand the language and be better prepared for the possibility of a future French Immersion education. Stories along with rhymes, games and some crafts, drawings and singing are all part of this entertaining class. Parent participation optional.

F 1:00pm-2:30pm Sep 24 - Nov 26 \$83.00/10 sessions 15001.402RP

PRESCHOOL | LANGUAGE & SCIENCE

French for your Toddler

2-3 years | Helene Roy

Enjoy the French language with your toddler. French will be introduced to your child in a fun and interactive manner that will help your little one understand the language and be better prepared for the possibility of a future French Immersion education. Stories along with rhymes, games and some crafts, drawings and singing are all part of this entertaining class. Parent participation required.

F 10:00am-11:30am Sep 24 - Nov 26 \$83.00/10 sessions 15001.401RP

General Interest

PRESCHOOL | GENERAL INTEREST

Mother Goose

0-1 years | Orah Chaye

ON-LINE registration NOT AVAILABLE for this course. Learn to extend and adapt rhymes, songs, marching games and stories to meet your child's ever-changing needs. Bring the songs of your childhood to share along with your enthusiasm and ideas for discussion. A great way to extend your network of like minded young families. Orah is an energetic licensed Early Childhood Educator as well as a Certified Doula and Breastfeeding Counsellor with 20 years experience working with children and families and two young children of her own. This program fills fast. In-person or phone in PRE-REGISTRATION IS REQUIRED. Partnered with LMNH and MCFD. No session on Nov 11

0 - 1 year

Th 12:30pm-2:00pm Sep 23 - Dec 9 \$25.00/11 sessions 65415.403RP

Th 10:30am-12:00pm Sep 23 - Dec 9 \$25.00/11 sessions 65415.404RP

1 - 2 years

Th 9:40am-10:20am Sep 23 - Dec 9 \$25.00/11 sessions 65415.401RP



3-12 years

Are you feeling energetic? Do you want the space to run around and burn off some of that wonderful energy? Book early as availability is limited. A room decorated with balloons, streamers, tables and chairs along with a leader to help with preparation, games and supervision. A half hour running in the gym with fun games and lots of laughs, time for your food, cake and presents, followed by a wrap up game to say goodbye. The cost of the party is based on up to 15 children taking part. There is an additional charge of \$56.00 for an extra leader for groups of 16 - 25. The extra leader must be confirmed at least one week in advance.

Su	12:30pm-2:30pm	Sep 12	\$97.00/1 sessions	25601.401RP
Su	2:45pm-4:45pm	Sep 12	\$97.00/1 sessions	25602.401RP
Su	12:30pm-2:30pm	Sep 19	\$97.00/1 sessions	25601.402RP
Su	2:45pm-4:45pm	Sep 19	\$97.00/1 sessions	25602.402RP
Su	12:30pm-2:30pm	Sep 26	\$97.00/1 sessions	25601.403RP
Su	2:45pm-4:45pm	Sep 26	\$97.00/1 sessions	25602.403RP
Su	12:30pm-2:30pm	Oct 3	\$97.00/1 sessions	25601.404RP
Su	2:45pm-4:45pm	Oct 3	\$97.00/1 sessions	25602.404RP
Su	12:30pm-2:30pm	Oct 10	\$97.00/1 sessions	25601.405RP
Su	2:45pm-4:45pm	Oct 10	\$97.00/1 sessions	25602.405RP
Su	12:30pm-2:30pm	Oct 17	\$97.00/1 sessions	25601.406RP
Su	2:45pm-4:45pm	Oct 17	\$97.00/1 sessions	25602.406RP
Su	12:30pm-2:30pm	Oct 24	\$97.00/1 sessions	25601.407RP
Su	2:45pm-4:45pm	Oct 24	\$97.00/1 sessions	25602.407RP
Su	12:30pm-2:30pm	Oct 31	\$97.00/1 sessions	25601.408RP
Su	2:45pm-4:45pm	Oct 31	\$97.00/1 sessions	25602.408RP
Su	12:30pm-2:30pm	Nov 7	\$97.00/1 sessions	25601.409RP
Su	2:45pm-4:45pm	Nov 7	\$97.00/1 sessions	25602.409RP
Su	12:30pm-2:30pm	Nov 14	\$97.00/1 sessions	25601.410RP
Su	2:45pm-4:45pm	Nov 14	\$97.00/1 sessions	25602.410RP
Su	12:30pm-2:30pm	Nov 21	\$97.00/1 sessions	25601.411RP
Su	2:45pm-4:45pm	Nov 21	\$97.00/1 sessions	25602.411RP
Su	12:30pm-2:30pm	Nov 28	\$97.00/1 sessions	25601.412RP
Su	2:45pm-4:45pm	Nov 28	\$97.00/1 sessions	25602.412RP
Su	12:30pm-2:30pm	Dec 5	\$97.00/1 sessions	25601.413RP
Su	2:45pm-4:45pm	Dec 5	\$97.00/1 sessions	25602.413RP
Su	12:30pm-2:30pm	Dec 12	\$97.00/1 sessions	25601.414RP
Su	2:45pm-4:45pm	Dec 12	\$97.00/1 sessions	25602.414RP

Children

Program Coordinator: Tony Syskakis
tony@rileypark.ca

INSTRUCTOR PROFILE

Shannon Saunders

Shannon Saunders is a professional fiddle player, teacher and recording artist. She has performed concerts and taught workshops in North America and around the world. Her work with the Canadian folk band "The Paperboys" has earned her a Juno Award, two West Coast Music Awards and appearances in two major motion pictures.



Special Events

CHILDREN | SPECIAL EVENTS

Kids Just Wanna Have Fun

4-8 years

Wanna night out? Bring your children to Riley Park's Youth Council's night out for kids. Kids will enjoy crafts, sports and much more. \$14 for one child or \$20 for two children. Space is limited! Call Chapman for details 604-257-8645. Please register in person or over the phone.

F 6:00pm-9:00pm Sep 24 25606.401RP
F 6:00pm-9:00pm Nov 26 25606.403RP

Music

CHILDREN | MUSIC

Guitar Lessons

6+ years | Dennis Henderson

Basic skills will be taught to students in a fun, relaxed environment. Focus on playing music with others as well as tuning the guitar, basic chords, strumming and picking. Please bring your own instrument.

Th 8:00pm-8:30pm Sep 16 - Dec 9 \$253.00/12 sessions 21060.410RP
Th 8:30pm-9:00pm Sep 16 - Dec 9 \$253.00/13 sessions 21060.411RP
Th 6:30pm-7:00pm Sep 16 - Dec 9 \$253.00/12 sessions 21060.407RP
Th 7:00pm-7:30pm Sep 16 - Dec 9 \$253.00/13 sessions 21060.408RP
Th 7:30pm-8:00pm Sep 16 - Dec 9 \$253.00/12 sessions 21060.409RP
Th 4:00pm-4:30pm Sep 16 - Dec 9 \$253.00/12 sessions 21060.402RP
Th 4:30pm-5:00pm Sep 16 - Dec 9 \$253.00/12 sessions 21060.403RP
Th 5:00pm-5:30pm Sep 16 - Dec 9 \$253.00/13 sessions 21060.404RP
Th 5:30pm-6:00pm Sep 16 - Dec 9 \$253.00/13 sessions 21060.405RP
Th 6:00pm-6:30pm Sep 16 - Dec 9 \$253.00/12 sessions 21060.406RP

CHILDREN | MUSIC

Piano Lessons

6+ years

A comprehensive practical approach, where students learn both the theoretical and practical sides of piano through a variety of styles from classical to pop. Lessons are 30 minutes long. Limited Saturday classes available as students' times are confirmed for the school year. Seasonal registration for weekday classes. Please be on time; classes cannot be extended. No Sessions October 9, 11

Monday - Erika Galinskaya

M 3:30pm-4:00pm Sep 20 - Dec 13 \$204.00/12 sessions 21032.401RP
M 4:00pm-4:30pm Sep 20 - Dec 13 \$204.00/12 sessions 21032.402RP
M 4:30pm-5:00pm Sep 20 - Dec 13 \$204.00/12 sessions 21032.403RP
M 5:00pm-5:30pm Sep 20 - Dec 13 \$204.00/12 sessions 21032.404RP
M 5:45pm-6:15pm Sep 20 - Dec 13 \$204.00/12 sessions 21032.405RP
M 6:15pm-6:45pm Sep 20 - Dec 13 \$204.00/13 sessions 21032.406RP

Saturday

Sa 10:00am-10:30am Sep 18 - Dec 11 \$204.00/12 sessions 21033.403RP
Sa 10:30am-11:00am Sep 18 - Dec 11 \$204.00/12 sessions 21033.404RP
Sa 11:00am-11:30am Sep 18 - Dec 11 \$204.00/12 sessions 21033.405RP
Sa 11:30am-12:00pm Sep 18 - Dec 11 \$204.00/12 sessions 21033.406RP
Sa 12:00pm-12:30pm Sep 18 - Dec 11 \$204.00/12 sessions 21033.407RP
Sa 1:00pm-1:30pm Sep 18 - Dec 11 \$204.00/12 sessions 21033.409RP
Sa 1:30pm-2:00pm Sep 18 - Dec 11 \$204.00/12 sessions 21033.410RP
Sa 2:00pm-2:30pm Sep 18 - Dec 11 \$204.00/12 sessions 21033.411RP
Sa 2:30pm-3:00pm Sep 18 - Dec 11 \$204.00/12 sessions 21033.412RP
Sa 3:00pm-3:30pm Sep 18 - Dec 11 \$204.00/12 sessions 21033.413RP

Wednesday - Doreen Yung

W 3:30pm-4:00pm Sep 22 - Dec 15 \$221.00/13 sessions 21034.401RP
W 4:00pm-4:30pm Sep 22 - Dec 15 \$221.00/13 sessions 21034.402RP
W 4:30pm-5:00pm Sep 22 - Dec 15 \$221.00/13 sessions 21034.403RP
W 5:00pm-5:30pm Sep 22 - Dec 15 \$221.00/13 sessions 21034.404RP
W 5:30pm-6:00pm Sep 22 - Dec 15 \$221.00/13 sessions 21034.405RP
W 6:00pm-6:30pm Sep 22 - Dec 15 \$221.00/13 sessions 21034.406RP
W 6:30pm-7:00pm Sep 22 - Dec 15 \$221.00/13 sessions 21034.407RP
W 7:00pm-8:00pm Sep 22 - Dec 15 \$221.00/13 sessions 21034.408RP

CHILDREN | MUSIC

Senior Fiddle Club

6+ years | Shannon Saunders

The Vancouver Fiddle Club is a fiddle group open to children aged 6 to 18 who play the violin. The group will play fiddle music of all styles and offers students a fun opportunity to experience ensemble playing and performing.

The Vancouver Fiddle Club will be divided into two groups according to playing ability. Once the group has a sufficient repertoire, performances will be arranged at local fairs and community events. For more information visit <http://www.vancouverfiddleclub.com> or email info@vancouverfiddleclub.com. The Senior Fiddle Club is for students who are currently playing at or above Suzuki book 2 or RCM grade 3 level. No classes on Oct 9, Nov 6 & 13

Sa 3:45pm-4:45pm Sep 18 - Dec 11 \$84.00/10 sessions 21065.402RP

CHILDREN | MUSIC

Violin Lessons

6+ years | Shannon Saunders

30 minute private lessons. Shannon is offering Suzuki private violin lessons. This method of teaching is based on the fact that children the world over learn to speak their native language with ease. The basic principles of language acquisition are applied to the learning of music, called 'the mother-tongue' approach. Ear training is emphasized so that children become comfortable with the instrument before learning to read music.

Tu 3:30pm-4:00pm Sep 14 - Dec 14 \$317.00/14 sessions 21050.401RP
Tu 4:00pm-4:30pm Sep 14 - Dec 14 \$317.00/14 sessions 21050.402RP
Tu 4:30pm-5:00pm Sep 14 - Dec 14 \$317.00/14 sessions 21050.403RP
Tu 5:00pm-5:30pm Sep 14 - Dec 14 \$317.00/14 sessions 21050.404RP
Tu 5:30pm-6:00pm Sep 14 - Dec 14 \$317.00/14 sessions 21050.405RP
Tu 6:00pm-6:30pm Sep 14 - Dec 14 \$317.00/14 sessions 21050.406RP
Tu 6:30pm-7:00pm Sep 14 - Dec 14 \$317.00/14 sessions 21050.407RP
Tu 7:00pm-7:30pm Sep 14 - Dec 14 \$317.00/14 sessions 21050.408RP
Tu 7:30pm-8:00pm Sep 14 - Dec 14 \$31.00/7 sessions 21050.409RP
Tu 8:00pm-8:30pm Sep 14 - Dec 14 \$317.00/14 sessions 21050.410RP
Tu 8:30pm-9:00pm Sep 14 - Dec 14 \$317.00/14 sessions 21050.411RP

Dance

CHILDREN | DANCE

Bharatanatyam Dance**6+ years | Esha Singh**

Bharatanatyam is a traditional Indian style of dance well known for its beautiful facial expressions, intricate footwork, and sculptural poses. We will learn both technique and a small dance piece in this class. Please wear comfortable clothing and bare feet/dance slippers.

Sa 12:30pm-1:30pm Sep 18 - Nov 27 \$102.00/10 sessions 31740.401RP

CHILDREN | DANCE

Dance Unlimited**6-11 years | Bevin Poole**

Come explore the many different ways we can express ourselves through motion - Feel the beat of the music and move your body! A creative movement dance class designed to encourage successful participation for youth with special needs. Learn basic dance steps, enjoy creative movement games and activities and help create a dance number to perform for your family and friends! Wear comfortable clothing, bring water and any music you wish to share with the class. Subsidies available. No sessions April 3 & May 22

Sa 3:50pm-4:50pm Sep 18 - Nov 27 \$129.00/10 sessions 31720.401RP

CHILDREN | DANCE

Ballet Primary**6-8 years | Madelina Vidi**

A creative yet disciplined approach to learning ballet. The classes will enhance coordination, musicality, fluidity of movement and poise. Beginners are welcome. Parents wishing to watch are to do so from outside of the ballet room. Introduce your child to the world of ballet. Children will dance for parents on the last day of class. An optional spring performance will also be arranged by the teacher. No session Oct 9

Sa 12:45pm-1:45pm Sep 18 - Dec 11 \$79.00/12 sessions 21609.401RP

CHILDREN | DANCE

Beginner Highland Dance**6-12 years | Emma Pierce**

Introducing Scottish culture through the enjoyable atmosphere of Highland dance class. Learn the fundamentals; including positions of the arms, feet, hands and legs to exciting Bagpipe music. Join us to release some energy with fun choreography to show off to friends and family!! No session on Nov 11

Th 4:00pm-4:45pm Sep 23 - Dec 9 \$81.00/11 sessions 21710.401RP

Th 4:50pm-5:35pm Sep 23 - Dec 9 \$81.00/11 sessions 21710.402RP

INSTRUCTOR PROFILE

Emma Pierce

Emma has been dancing since the age of 4 and has experience in many types of dance including; Ballet, Tap, Jazz, Musical Theater, Riverdance and Highland. She has taught Highland dancing to various age groups and skill levels at the Canadian School of Ballet in Kelowna, where she received her teaching certificate. She has performed on stages all around British Columbia and was one of two dancers in Canada to be invited to dance in Japan at a Canadian festival. Through years of competition she completed all the levels to become a championship Highland dancer. Currently she continues training for fun and exercise with Angus Mackenzie Studios.



CHILDREN | DANCE

D'Hercy Hip Hop Dance Co**7-12 years | Michelle Hersey**

Hip Hop is explored in a modern and creative base. Dances are created and performed throughout various venues in the city. For students who enjoy creating and performing their own work. Last semester Youth Co performed at Circle Craft Christmas market at the Pan Pacific. For the Winter semester we are performing in the St. Patrick's Day parade, and in the Tom Lee Music Theatre. In the Spring we are performing at the Kitsano Show Boat. No sessions Oct 9

Sa 3:50pm-4:50pm Sep 18 - Dec 11 \$103.00/12 sessions 21720.401RP

CHILDREN | DANCE

Hip Hop & Street Funk**7-11 years | Lauren Frayne**

Get in the groove and learn to move! Hip Hop is a funky and energetic street dance. We will learn the latest moves to the greatest beats. Join our group and be prepared to sweat while having fun. No session Oct 9

Sa 2:45pm-3:45pm Sep 18 - Dec 11 \$90.00/12 sessions 21625.403RP

M 4:30pm-5:30pm Sep 20 - Dec 13 \$90.00/12 sessions 21625.402RP

CHILDREN | DANCE

Tap & Jazz**4-6 years | Lauren Frayne**

Have a stompin' good time discovering tap steps like shuffle, ball change, flap and more. This dance class will help develop listening skills, balance and rhythm while having loads of fun. Tap shoes are required for class. Jazz is an energetic and up-beat class. Students will learn to stretch, jump, and turn to hip and lively music. Have fun learning different dance combinations every week. No session Oct 9

Sa 1:45pm-2:45pm Sep 18 - Dec 11 \$90.00/12 sessions 21645.401RP

CHILDREN | PERFORMING ARTS

Stage Theatre**8-13 years | Debbie Mah**

Think you're a funny person? Or maybe you know what it's like to perform on a stage. If you enjoy acting and want to have some fun with words, come join us for some theatrical entertainment!! With a focus on improvisation and random skits, this program has been designed to show just how much fun it can be to just be a kid. Last class will be a performance/improv night!

Tu 6:00pm-7:00pm Sep 28 - Nov 30 \$50.00/10 sessions 31801.401RP

Art & Play

CHILDREN | ART & CRAFTS

Calling All Young Artists**9-12 years | Erin Green & Calla Power**

Are you ready to learn creative techniques that the professionals use? Are you ready to express your creativity in exciting new ways? In this enlightening and fun class two practicing artists will share their skills while supporting your creativity. Through unique projects we'll show you the nature of composition and colour theory, how to plan out art projects with brainstorming techniques, think conceptually, and get in touch with your inner wild artist! Come and create with us!

Th 4:00pm-5:30pm Sep 23 - Nov 11 \$118.00/8 sessions 22401.401RP

Cooking

CHILDREN | COOKING

Chef in the Kitchen 8-12 years

Love to eat...then you must cook! Impress your family and friends by learning to cook like a real chef by a real chef. As well as doing the usual cookies, muffins and cupcakes, also learn how to make sushi, pizza, empanadas and so much more. Expect to make healthy, fun and always delicious snacks and treats that never disappoint. Bring containers every week to take home any leftovers, if there are any!

W 3:45pm-5:15pm Oct 20 – Dec 8 \$47.00/8 sessions 32601.403RP

Sport, Health & Fitness

CHILDREN | SPORT, HEALTH & FITNESS

Family Yoga 3-9 years | Jenny Booth

Roar like a lion...fly like a butterfly....travel to far away places by learning yoga combined with songs and family teamwork. We will stretch your child's imagination by exploring breath work, yoga postures and relaxation techniques presented in a fun and relaxing manner. Parents take an active role in this class by being a role model to their child, learning new songs and doing the yoga poses. \$56/parent and child or \$78.50/3 family members.

Sa 11:15am-12:00pm Sep 25 - Dec 4 \$90.00/11 sessions 14310.410RP

CHILDREN | SPORT, HEALTH & FITNESS

Butokukan Karate 5-12 years | Harry Charalambous

Butokukan Canada, serving Riley Park patrons since 1980 is fun fitness for mind and body. Butokukan meaning Training Hall of the Virtues of the Martial Arts encompasses the best from both traditional and modern Martial Arts. Available all year round this program offers you a fun and safe environment to train in. You will enjoy physical and mental exercise and develop your poise, balance, concentration and self-confidence. Special introductory course: \$59 includes uniform and 2 weeks of classes. New Member special is valid for 4 classes from September 15-24. 3 month and 1 year terms are valid from date of purchase. Students to confirm dates and times with instructor. Please call 604 299-5061 for more information.

Beginners

W F 5:30pm-6:30pm \$167.00/3 months 23405.401RP
\$547.00/12 months

Intermediate

W F 6:30pm-7:30pm \$167.00/3 months 23405.402RP
\$547.00/12 months

INSTRUCTOR PROFILE

Erin Green/Calla Power



Emily Carr graduates Calla Power and Erin Green have a passion for teaching art and have created a curriculum that celebrates their diverse creative backgrounds. Erin Green, who holds her bachelor degree in design, focuses on creating structure, framing projects, brainstorming, and seeing projects through to completion. Calla Power, holding her BFA, illuminates the importance of intuition, observation and the exploration of various mediums.

CHILDREN | SPORT, HEALTH & FITNESS

Kobudo - Beginners 14+ years | Mario McKenna

Kobudo is a generic term coined in the 20th century, which can be used to describe collectively all Okinawan weapons traditions. These include the use of the staff, truncheon, and other implements to deliver various strikes and parries. This class will introduce students to the techniques of the bo (six foot staff). You will learn one of the traditional solo forms (kata) along with the two-person fighting set that goes with it. This class is respectful, safe and fun for women and men alike. Wear gym clothing and expect a workout. Must be 14 years or older to participate. All students are expected to register with Karate BC.

Sa 11:00am-12:30pm Sep 18 - Dec 4 \$83.00/11 sessions 23505.401RP

CHILDREN | SPORT, HEALTH & FITNESS

Yoga for Children 7-12 years | Jenny Booth

This class is an ideal way to balance your body and rejuvenate your energy. Enhance your sense of body awareness and positive body image, improve balance, flexibility, strengthen muscles, learn new breathing techniques, reduce stress and fatigue.

Sa 10:30am-11:10am Sep 18 - Nov 13 \$73.00/9 sessions 24310.410RP

CHILDREN | SPORT, HEALTH & FITNESS

Basketball Jam for Kids 7-10 years | Jonny Greve

This program is designed to teach the fundamentals of basketball, focusing on the skills needed and the rules of the game to prepare both boys and girls for team play. All levels welcome.

Tu 4:45pm-5:15pm Sep 28 - Nov 30 \$51.00/10 sessions 23101.401RP

CHILDREN | SPORT, HEALTH & FITNESS

NHL Street Hockey 8-13 years | Jonny Greve

NHL street hockey is the name of this game and if you haven't gotten started it's easy to learn. All levels welcome.

F 4:00pm-5:00pm Sep 24 - Nov 26 \$61.00/10 sessions 33005.402RP
Su 1:30pm-2:30pm Sep 19 - Dec 12 \$60.00/12 sessions 33005.403RP

CHILDREN | SPORT, HEALTH & FITNESS

Badminton Lessons for Kids 7-12 years | Jonny Greve

Develop your skills in this fun-filled badminton program. Includes: drills, games, singles and doubles play. Best suited for beginner to intermediate levels. No classes on October 11 due to Thanksgiving.

M 4:45pm-5:45pm Oct 4 - Dec 6 \$41.00/10 sessions 32201.406RP



Youth

Program Coordinator: Tony Syskakis
tony@rileypark.ca

Dance

YOUTH | DANCE

Bharatanatyam Dance

6+ years | Esha Singh

Bharatanatyam is a traditional Indian style of dance well known for its beautiful facial expressions, intricate footwork, and sculptural poses. We will learn both technique and a small dance piece in this class. Please wear comfortable clothing and bare feet/dance slippers.

Sa 12:30pm-1:30pm Sep 18 - Nov 27 \$102.00/10 sessions 31740.401RP

INSTRUCTOR PROFILE

Esha Singh

Esha Singh is a locally based Bharatanatyam dancer who has trained in both Vancouver and India under various Gurus and instructors. She currently holds a Bachelors degree in Kinesiology from SFU, and is a BCRPA certified Weight Trainer and Third Age instructor.



YOUTH / DANCE

Play Building

10-12 | Christine Stringer

Want to learn techniques to improve your theatre skills? Want to build a play? Bring a friend and join this program. Have fun through improv, mime, movement, mask work, games and much much more!! No class on November 22, 2010

M 5:00pm - 6:00pm Oct 25 - Dec 13 \$37.00/7 session 31802.402RP

YOUTH / DANCE

The Audition

7-9 | Christine Stringer

Want to become a superstar? Like to act and improv? This is the program for you. Children will learn tools and techniques needed for an audition. The program consist of Drama games, scene reading, scene analysis, projection and much much more. No class on November 22, 2010

M 4:00pm - 5:00pm Oct 25 - Dec 13 \$37.00/7 session 31802.402RP

Day Trips

YOUTH | SPECIAL EVENTS & DAY TRIPS

Your Space-Youth Space @ Riley

Come and join us in our youth space on Friday nights. Youth socials, games, sports, video gaming, out trips and a whole lot more fun stuff. Chill with other youth and find out what why the youth around Main Street are talking about Youth Space @ Riley. For more information, contact Chapman (604.257.8645) or Josh (604.257.8646).

Fridays on-going

YOUTH | SPECIAL EVENTS & DAY TRIPS

Winter Break Excursion

14-18 years | Chapman Ng and Josh Hensman

Bored? Stuck at home? Channel surfing with nothing good to watch? Come and join us for an adventurous journey. For the past two years, we have ventured off to Big White and Sun Peaks Ski Resort. Fundraising opportunities available. There is only limited space available so call now and contact Chapman Ng at 604.257.8645 for more information.

Social Recreation & Leadership

YOUTH | SOCIAL RECREATION & LEADERSHIP

Duke of Edinburgh Award

13-18 years

The Duke of Edinburgh Award is an internationally recognized leadership program that encourages youth to challenge themselves in a fun and active environment. Participants must be self motivated, willingness to learn and is focused to complete the four components of this program; Service, Skill, Physical Fitness and Expedition. Some fees may apply for log book and expeditions. For more information, please contact Chapman Ng at 604 257 8645.

F Sep 10 - Dec 10

35410.401RP

YOUTH | SOCIAL RECREATION & LEADERSHIP

So You Want to be a Babysitter

11-18 years | Maggie Chao

This St. John Ambulance course will emphasize keeping children safe, first aid, and coping with emergencies. Includes a student workbook and a certificate upon successful completion. Register while there is still space!!

Sa 10:30am-12:30pm Oct 16 - Nov 6 \$48.00/4 sessions 35406.405RP

Sa 12:45pm-2:45pm Oct 16 - Nov 6 \$48.00/4 sessions 35406.406RP

YOUTH | SOCIAL RECREATION & LEADERSHIP

Youth Leadership Team

13-18 years | Chapman Ng and Joshua Hensman

Join the Youth Team to organize and develop your youth voice in our community. Volunteer activities, city-wide youth initiatives and special events are some of the things we do together. If you are interested in developing life skills and resume experience or just want to meet new friends, feel free to drop-in on one of our Friday meetings. Call ahead of time to get a meeting schedule

F Sep 17 - Dec 17

35401.401RP

YOUTH | SOCIAL RECREATION & LEADERSHIP

Friday Night Unlimited

12-16 years

Join us for a fun social night out at Riley Park Community Centre. Activities may include crafts, movies, baking, bingo, karaoke, swimming, skating and much, much more! You can help plan the activities. Friday Night Unlimited for 12 to 16 years with a developmental disability.

F 6:00pm-8:30pm Sep 24 - Dec 3 \$156.00/11 sessions 35910.401RP

YOUTH | SOCIAL RECREATION & LEADERSHIP

GO! Girls

9-12 years | Linda Toch

GIRLS ONLY! Learn who you are and meet other girls to be friends with. We will look at serious topics in a fun way - things like body image, health and peer pressure. Activities will include workshops, guest speakers, cool trips and special events.

Tu 5:00pm-7:00pm Oct 8 - Dec 10 \$25.00/19 sessions 35902.401RP



Sport, Health & Fitness

YOUTH | SPORT, HEALTH & FITNESS

Over Board Dragon Boat Team 14-18years | Chapman Ng

Paddles up, attention please. . . Want to be a part of a recreational dragon boat team? This is the team you want. We paddle once a week with team socials, BBQs and even theme days during festivals. First time paddling, want to have fun and meet new people . . . this is for you. If interested, please contact Chapman Ng @ 604.257.8645 for more information. Please note that previous paddlers will have first priority.

Wednesdays	4:00pm-6:15pm	October –August
Saturdays	9:30am-11:45am	October-August



YOUTH | SPORT, HEALTH & FITNESS

Basketball Jam for Youth 10-14 years | Jonny Greve

The program is designed to teach the fundamentals of basketball, focusing on the skills needed and the rules of the game to prepare both boys and girls for team play. All levels welcome!

Tu 5:30pm-6:15pm Sep 28 - Nov 30 \$51.00/10 sessions 33101.401RP

YOUTH | SPORT, HEALTH & FITNESS

Badminton Drop-in 14-18 years

Youth Drop-in Badminton - \$1.50 with a Go Card. Come smash some birdies with your friends! We welcome beginner and advanced players, so don't be shy. Please bring your own equipment (racquet and birdies).

F 5:30pm-8:00pm Sep 10 - Dec 17 \$1.50/ drop-in 33201.401RP

YOUTH | SPORT HEALTH & FITNESS

Youth Open Gym 13-18 years

Looking for something to do? Want to just shoot some hoops or hit the volleyball around? Come to Riley Park Community Centre and use our gym to do what you like!!! Our open gym times are For more information, please contact Chapman Ng at 604 257 8645.

M-T	3-4:30PM	ongoing
F	1:30-4:00PM	ongoing

(schedules may change due to program needs)



INSTRUCTOR PROFILE

Mario McKenna



Mario received his Bachelor's degree in psychology at the University of Lethbridge, and his Master's degree in Sports Psychology from the University of Saskatchewan. He has practiced Karate and Kobudo for more than 20 years - including living in Japan from 1994 to 2002 to further his studies. He is currently ranked 4th degree in kobudo and 5th degree in Karate.

YOUTH | SPORT, HEALTH & FITNESS

Kobudo - Beginners 14+ years | Mario McKenna

Kobudo is a generic term coined in the 20th century, which can be used to describe collectively all Okinawan weapons traditions. These include the use of the staff, truncheon, and other implements to deliver various strikes and parries. This class will introduce students to the techniques of the bo (six foot staff). You will learn one of the traditional solo forms (kata) along with the two-person fighting set that goes with it. This class is respectful, safe and fun for women and men alike. Wear gym clothing and expect a workout. Must be 14 years or older to participate. All students are expected to register with Karate BC.

Sa 11:00am-12:30pm Sep 18 - Dec 4 \$83.00/11 sessions 23505.401RP

ADULT | SPORT, HEALTH & FITNESS

Butokukan Karate - Teens & Adults 13+ years | Harry Charalambous

Butokukan Canada, serving Riley Park patrons since 1980 is fun fitness for mind and body. Butokukan meaning Training Hall of the Virtues of the Martial Arts encompasses the best from both traditional and modern Martial Arts. Available all year round this program offers you a fun and safe environment to train in. You will enjoy physical and mental exercise and develop your poise, balance, concentration and self-confidence. Special introductory course: \$59 includes uniform and 2 weeks of classes. New Member special is valid for 4 classes from September 15-24. 3 month and 1 year terms are valid from date of purchase. Students to confirm dates and times with instructor. Please call 604 299-5061 for more information.

W F	7:30pm-9:00pm	\$189.00/3 months	43406.401RP
		\$614.00/12 months	

Adults

Program Coordinator: Chapman Ng
chapman@rileypark.ca

Workshops & Special Events

WORKSHOPS & SPECIAL EVENTS

Effective Parenting of 6-12 year olds 18+ | Family Services of Greater Vancouver

Being a parent can be both rewarding and challenging. During these four sessions parents will learn techniques and skills that will foster their child's self-esteem and improve their relationship. These will include setting reasonable limits, giving clear messages, inspiring cooperation, and teaching children decision-making and problem solving skills. Instructor: Lyndsay Sieger, BA (Hon.), MA (cand.) is a therapist and group facilitator in private practice who has worked with adults, youth and families for the past 12 years. Lyndsay's work focuses on the healing of trauma, attachment issues, depression, stress and disordered eating and body image concerns. She brings personal experience as a parent to her work as well as her interests in all things creative. No session on Oct 11.

M 7:00pm-9:00pm Sep 27 - Oct 25 \$60.00/4 sessions 45501.401RP

WORKSHOPS & SPECIAL EVENTS

Children & Temperament: Implications for Parenting 18+ | Family Services of Greater Vancouver

Description: Broadly defined, temperament refers to individual differences in children's behavioral styles, and assumes they are inborn and perceptible from the earliest months of a child's life. For example: Some children are more intense than others in their reactions to people and situations, or more active, or much more sensitive to light or noise. Some children plunge right in, but others are "slow to warm", (take their time with new situations and new people). Some children can exhibit a very challenging combination of traits! We will look at the basic temperament styles (connected to how active, social, emotional and even impulsive a child is), how this knowledge can influence our interactions with and our expectations for our children, and ways to adapt ourselves and the environment to meet children's needs and nurture relationships.

Sa 1:45pm-3:15pm Nov 13 - Nov 20 \$30.00/2 sessions 45502.401RP

Music

ADULT | MUSIC

Chinese Opera

19+ years | David Tam

Learn the beautiful art of Chinese Opera. Mr. Lam will teach you Chinese poems, words and stories to help you understand the historical background of the songs. You will learn to perform a Chinese opera from the introductory to advanced levels.

W 10:00am-12:00pm Sep 8 - Dec 15 \$33.00/15 sessions 61001.401RP

Dance

ADULT | DANCE

Belly Dancing for Beginners 16+ years | Ashley Kirkham

Dating back to 5000 B.C., Belly Dance has been called the oldest dance and it's more popular than ever! Learn the steps and rhythms basic to all styles from earthy folkloric to glamorous Egyptian. This ancient women's dance is a fun way to exercise and improve coordination while exploring personal expression and sensuality through dance. Wear dance tights, t-shirts and a hip scarf. Bring a water bottle.

W 6:30pm-8:00pm Sep 22 - Nov 24 \$81.00/10 sessions 41701.401RP

INSTRUCTOR PROFILE

Ashley Kirkham

Ashley has been involved in Middle Eastern Dance for 14 years, and has been teaching bellydance for 7 years. She is a seasoned entertainer who can be seen performing all over the Lower Mainland in various venues either solo or with her dance company "The Harem Dancers". For more information see haremdancers.com



ADULT | DANCE

Line Dancing

16+ years | Mila Sioson

Join the fun of an exciting activity where you can exercise and enjoy learning line dances without a partner - Cha Cha, Mambo, Tango, Swing, Rumba, Salsa, Waltz, Samba, Cumbia, Boogie, Twist, Bachata and other dances choreographed by experienced instructors.

Beginner

Tu 6:30pm-7:30pm Sep 21 - Dec 7 \$80.00/12 sessions 61635.401RP

Intermediate

Tu 7:30pm-8:30pm Sep 21 - Dec 7 \$80.00/12 sessions 61635.402RP

Advanced

Tu 8:30pm-9:30pm Sep 21 - Dec 7 \$80.00/12 sessions 61635.403RP

INSTRUCTOR PROFILE

Mila Sioson

Mila is a full-time Registered Nurse at a long-term care facility during the day and a Line Dance Instructor/Choreographer at night. She got interested in line dancing in 1998 and began teaching regular classes at Riley Park in early 1999. Mila is always energetic, fun-loving and happy to share a few steps or two.



Adults

Program Coordinator: Chapman Ng
chapman@rileypark.ca

INSTRUCTOR PROFILE

Catherine Kwong



Catherine Kwong is a professional Latin dance instructor, qualified with the Canadian Dancesport Federation. She has been involved in ballroom dancing for over 20 years, specializing in Latin American dances. She was an amateur Latin dance competitor before she turned professional, having won numerous competitions in Canada and US. At times, she also performs for charity purposes. She has a strong passion for dancing, and is a strong believer that dancing is beneficial to both the body and mind and is wonderful for all ages.

ADULT | DANCE

Latin Ballroom

18+ years | Catherine Kwong

Singles and couples welcome. Learn a routine and become the champion of the floor. Each program focuses on one (or two dances) to help you master the steps. Styling and technique are included in the dance. So if you have already known the dances, or you want to do a revision of the dances, this is a good chance for you to pick up the dance again. The instructor has a comprehensive knowledge of the dance, its history and the fun it brings to our lives, and will bring it to the class. She will make the dance easy to pick up, and you will learn a routine incorporating interesting steps. Sign up as a couple and get a discount on your fees. Suitable for beginner and intermediate level students who like to learn a nice routine to dance on the floor. Catherine Kwong is a professional latin dance instructor, certified with the Canadian Dancesport Federation.

Paso Doble

Th 7:15pm-8:30pm Nov 18 - Dec 16 \$36.00/5 sessions 41710.402RP
\$31.00/6 sessions per dancer in couples

Rumba & Cha Cha Cha

Th 7:15pm-8:15pm Sep 23 - Nov 4 \$41.00/7 sessions 41710.401RP
\$35.00/7 sessions per dancer in couples



Art

ADULT | ART & CRAFTS

Nature Loves to Hide: Exploring Drawing

16+ years | Calla Power

This drawing and painting class explores the mystery, intrigue and excitement of the present moment. Our subject matter: the natural world. We are going to go outside, relax and draw whatever catches our attention. In one class we may focus on the wind and it's movement through trees, plants and birds' flight, in another we may use the drizzly rain to wet our paper and palates and make inky impressions or on a sunny day we might attempt to master the colours that surround us (keeping in mind if there is a torrential downpour, watching it intently from indoors might be more comfortable...!). This class is intended to put some of our fears associated with art-making aside such as perfectionism and subject matter and just paint! Who better to guide us through drawing than mother-nature herself? Art making while outside has a meditative effect on the mind and body and encourages a focus unlike working indoors. Many people tend to draw small and with apprehension so students will be encouraged to explore

Th 6:00pm-7:30pm Sep 23 - Oct 28 \$107.00/6 sessions 42401.401RP

General Interest

ADULT | GENERAL INTEREST

Love that Chef

16+ years | Lilloet Fox

Have fun learning the easy steps to recipes such as Thai panang chicken, or the best egg plant parmesan. Chef Lilloet will show you the secret is in the sauce and the dressings. Healthy food tips will also be featured in this exciting cooking class party atmosphere and wine pairings will be suggested with each course. After this 6 session course you will have dinners to cook for your friends and family that will have them saying wow, I just Love That Chef! Lilloet is also a singing chef, and if you ask her she will sing a song! visit www.lovethatchef for more info about Chef Lilloet

M 7:30pm-9:00pm Sep 20 - Nov 1 \$214.00/6 sessions 42601.401RP
M 7:30pm-9:00pm Nov 8 - Dec 13 \$214.00/6 sessions 42601.402RP

ADULT | GENERAL INTEREST

Baby Sign Language

0-1 years | Into Yoga

Did you know that babies understand and can communicate long before they are able to speak? Using songs and games, learn basic American Sign Language (ASL) hand gestures, to facilitate this communication with your hearing child. Increase understanding of your child's needs and wants; alleviating much unneeded frustration. Research shows that babies who learn Sign Language learn quicker and talk earlier. Bring your baby to class. Sleeping babies welcome.

M 9:45am-10:30am Sep 20 - Oct 25 \$63.00/6 sessions 44810.401RP

Adults

Program Coordinator: Tony Syskakis
tony@rileypark.ca

ADULT | GENERAL INTEREST

Beginner Mandarin for Adults

16+ years | Juying Yang

This class is for learners without any Mandarin language background. It will focus on developing the learners' listening and speaking of the Chinese language. It includes phonetic and pronunciation skills, daily conversation, grammar and culture. By the end of the course students will become comfortable with Mandarin pronunciation, basic sentence patterns and grammar and be able to make simple conversation with the native speaker.

Tu 7:15pm-8:30pm Sep 21 - Nov 30 \$98.00/11 sessions 45002.401RP

ADULT | GENERAL INTEREST

SEE.YA.- Special Events & Extras for Young Adults

19-25 years | La Barratt

Join us for a fun social day at Riley Park Community Centre. Activities may include crafts, movies, baking, bingo, karaoke, swimming, skating and much, much more! You can help plan the activities. SEEYA is for young adults from 19 to 25 years with a developmental disability. No session on Oct 9

Sa 1:30pm-4:30pm Sep 25 - Dec 4 \$154.00/10 sessions 45910.401RP

INSTRUCTOR PROFILE

Diana Vanderveen

Diana is an exercise specialist with over 20 years experience and a certificated Yoga instructor and a BCRPA Fitness instructor, Pilates instructor and Personal Trainer. She teaches & trains over 10 classes per week throughout Vancouver.



Sport, Health & Fitness

ADULT | SPORT, HEALTH & FITNESS

Core Work and Stretch on the Ball

18+ years | Diana VanderVeen

Join Diana ; Yoga Instructor, Personal Trainer and Fitness Instructor, for 1 hour sessions on strengthening your inner core. Disciplines from yoga, sports conditioning, pilates and martial arts will be incorporated into this fusion type fitness class. Learn how to make movement and fitness a part of your lifestyle. Register early to avoid disappointment - no drop ins.

Th 6:15pm-7:15pm Oct 28 - Dec 2 \$47.00/5 sessions 44002.402RP

Th 6:15pm-7:15pm Sep 16 - Oct 21 \$64.00/6 sessions 44002.401RP

ADULT | SPORT, HEALTH & FITNESS

Energizer Gentle

16+ years | Kathy Feay

A gentle but invigorating workout that is ideal for seniors, people rehabilitating from injury or those new to fitness. * Note: it is recommended that individuals starting a new fitness program consult with their physician.

Th 11:00am-12:00pm Apr 1 - Jun 24 \$2.50/ Drop-in 44405.407RP

ADULT | SPORT, HEALTH & FITNESS

EZ Does it Riley Boot Camp

16+ years | Kate Lee

Attention people who have not exercised in years! It's time to boost your energy, get fit and feel great. Gradually improve your strength, stamina and posture in this progressive and encouraging class that includes cardiovascular and weight training components. Progressively work from low to moderate impact training while focusing on proper technique and safety. Look great, feel great! No boots required!!!

Sa 9:00am-10:15am Sep 11 - Oct 16 \$57.00/6 sessions 44409.401RP

Sa 9:00am-10:15am Oct 23 - Nov 27 \$52.00/6 sessions 44409.402RP

Sa 9:00am-10:15am Dec 4 - Dec 18 \$28.00/3 sessions 44409.403RP

ADULT | SPORT, HEALTH & FITNESS

Early Energy Boot Camp

16+ years | Josh Hensman

For all of you who need to be up early so you can get to work on time - this whole body workout will leave you feeling energized and successful. Burn calories and tone your muscles in a fun, encouraging and supportive environment! Get your heart rate up while challenging yourself with a huge variety of functional exercises that will work all major muscle groups. Classes will be indoors during inclement weather.

M W 5:30am-6:30am Sep 8 - Sep 29 \$63.00/7 sessions 44412.401RP

M W 5:30am-6:30am Oct 4 - Oct 27 \$63.00/7 sessions 44412.402RP

M W 5:30am-6:30am Nov 1 - Nov 24 \$69.00/8 sessions 44412.403RP

M W 5:30am-6:30am Nov 29 - Dec 20 \$63.00/7 sessions 44412.404RP

ADULT | SPORT, HEALTH & FITNESS

Intensity Boot Camp

16+ years | Josh Hensman

Burn calories and tone your muscles in a fun, encouraging and supportive environment! Get your heart rate up while challenging yourself with a variety of functional exercises that will work all major muscle groups. Classes will include cardiovascular training, endurance games, resistance training, intervals and circuits. This whole body workout will leave you feeling energized and successful. Classes will move indoors when the weather is poor. Registration is for 3 days a week, but if you only want to register for 2 days a week, please call or come in to register. Register 3 days a week for the whole season and receive 10 percent off!

M W F 6:30am-7:30am Sep 8 - Oct 1 \$99.00/11 sessions 44407.401RP

M W F 6:30am-7:30am Oct 4 - Oct 29 \$99.00/12 sessions 44407.402RP

M W F 6:30am-7:30am Nov 1 - Nov 26 \$99.00/12 sessions 44407.403RP

M W F 6:30am-7:30am Nov 29 - Dec 22 \$99.00/11 sessions 44407.404RP

INSTRUCTOR PROFILE

Josh Hensman

Josh from Intensity Fitness has a passion for instructing, teaching, and training people searching for a healthier, fitter lifestyle.

From a strong sports and Physical Education background in New Zealand and Thailand, he has developed into one of the best boot camp instructors in Vancouver. Don't expect a drill sergeant though, as encouragement and constructive feedback are the tools he uses to motivate you to strive for your best. www.intensityfitness.ca



Adults

Program Coordinator: Tony Syskakis
tony@rileypark.ca

ADULT | SPORT, HEALTH & FITNESS

Hockey Conditioning Boot Camp

19-35 years | Josh Hensman

Hockey season is just around the corner and you need to be ready! Come down to Riley Park to get your butt kicked into shape on and off the ice. Intensity fitness will have you sweat it out on the ice for 30 minutes, then bring you rink-side for an intense workout to build strength to ensure you are still standing after that bodycheck your opponent throws at you and your lungs aren't screaming at the end of your shift. On the ice focus: speed work and aerobic capacity; rink-side focus: strength, explosive power, and core stability (using resistance exercises, plyometrics, core control).

Tu Th 7:30am-8:30am Sep 7 - Sep 30 \$79.00/8 sessions 43309.401RP

Tu Th 7:30am-8:30am Oct 5 - Oct 28 \$79.00/8 sessions 43309.402RP

Tu Th 7:30am-8:30am Nov 2 - Nov 25 \$79.00/8 sessions 43309.403RP

ADULT | SPORT, HEALTH & FITNESS

Pedal 'n Power

16+ years | Josh Hensman

Why just pedal your way to fitness, when you can mix it up and build your strength as well?! This action packed and fun class is a fusion of indoor cycling and boot camp style circuit training. Intensity fitness brings you one of the best trainers in the business to help you get the most of this unique class. So get down to Riley for a fun, new experience that will make you work, and because you're going to love it so much we are bringing it twice a week! Drop-in available if class is not full.

M Tu 9:30am-10:30am Sep 7 - Sep 28 44413.401RP

M Tu 9:30am-10:30am Oct 4 - Oct 26 44413.402RP

M Tu 9:30am-10:30am Nov 1 - Nov 23 44413.403RP

M Tu 9:30am-10:30am Nov 29 - Dec 21 44413.404RP

ADULT | SPORT, HEALTH & FITNESS

Riley Boot Camp - Evening

16+ years | Josh Hensman

It's time to boost your energy, get fit and feel great. Gradually improve your strength, stamina and posture in this progressive and encouraging class that includes cardiovascular and weight training components. Progressively work from low to moderate impact training while focusing on proper technique and safety. Look great, feel great! Drop-ins welcome

M Th 7:00pm-8:00pm Oct 14 - Nov 11 \$70.00/8 sessions 44411.402RP

M Th 7:00pm-8:00pm Nov 15 - Dec 9 \$64.00/8 sessions 44411.403RP

M Th 7:00pm-8:00pm Sep 13 - Oct 7 \$70.00/8 sessions 44411.401RP

ADULT | SPORT, HEALTH & FITNESS

Women's Kick Start - Cardio Kickboxing

16+ years | Josh Hensman

Life isn't boring, so why should your exercise be?! Check out Women's Kick Start to get the most out of your workout with one of the highest calorie burning classes available. Suitable for all fitness levels, Intensity fitness's instructors will help adapt exercises to suit you. This hour long class focuses on body weight training and of course kickboxing with pads, focus mitts and gloves! Bring your own gloves and wraps. Drop-ins available if class is not full.

M F 6:00pm-7:00pm Sep 10 - Oct 1 \$67.00/7 sessions 44416.401RP

M F 6:00pm-7:00pm Oct 4 - Oct 25 \$76.00/6 sessions 44416.402RP

M F 6:00pm-7:00pm Oct 29 - Nov 15 \$76.00/6 sessions 44416.403RP

M F 6:00pm-7:00pm Nov 19 - Dec 6 \$76.00/6 sessions 44416.404RP

ADULT | SPORT, HEALTH & FITNESS

Riley Power Core Boot Camp

16+ years | Jonny Greve

Attention people who have not exercised in years! It's time to boost your energy, get fit and feel great. Gradually improve your strength, stamina and posture in this progressive and encouraging class that includes cardiovascular and weight training components. Progressively work from low to moderate impact training while focusing on proper technique and safety. Look great, feel great! No boots required!!!

Tu F 6:30am-7:30am Sep 15 - Oct 16 \$64.00/10 sessions 44408.401RP

ADULT | SPORT, HEALTH & FITNESS

Cardio Box-Fit for Ladies

16+ years | Warriors Boxing

Gain strength, build confidence, enhance endurance and get into your best shape ever! Learn proper boxing techniques while getting the workout of a lifetime. Boxing season has started, and that means that our boxing fit classes have started as well and this time they are better than ever! Learn proper punching techniques and combinations, proper foot work and cross training like competitive boxer. You can do all this without getting hit!

Su 3:45pm-4:45pm Sep 19 - Dec 5 \$94.00/11 sessions 44050.401RP

INSTRUCTOR PROFILE

David Schuck

David started boxing competitively in 1986 and has been coaching teams and amateur and professional boxers for over ten years. He has established boxing gyms in Washington, USA as well as volunteered his expertise and time at the Action Boxing Club, North Burnaby Boxing Club and the Astoria Fraser Arms Boxing Club. His certificates include; Level 3 USA Boxing certificate, Level 1 Canadian Amateur Boxing Association certificate as well as his Professional Boxing Coach certificate.



ADULT | SPORT, HEALTH & FITNESS

Women's Soccer for Health & Fitness

16+ years | Shine Sun

This program helps provide a wonderful fitness workout by taking part in soccer drills and game play, creating an opportunity for women aged 18-55 to keep in shape, lose weight, improve overall health, make friends and share health tips. No soccer skills are required. We all know soccer moms are the best!

Sa 3:30pm-4:45pm Sep 18 - Oct 30 \$79.00/6 sessions 43301.401RP

Sa 3:30pm-4:45pm Nov 6 - Dec 11 \$79.00/6 sessions 43301.402RP

INSTRUCTOR PROFILE

Shine Sun

Shine specializes in improving player's physical fitness, teamwork spirit, social cohesion, soccer skills and tactics through recreational soccer activities. Shine believes that children with soccer potential should not be receiving coaching methods learned from training video tapes. Shine has trained many outstanding national youth players in China, and many of them are still active in China's national youth team as main forces.



INSTRUCTOR PROFILE

Callie - Fit4Two



A BCRPA-Certified Group Fitness and Yoga Instructor for 10 years, Callie joined the Fit 4 Two® team during her first pregnancy, and has been instructing East Vancouver moms and moms-to-be since 2006! Having experienced two dramatically different pregnancies and births herself, she knows firsthand the importance of women coming together as a community to share resources, and to support and motivate one another in the continuing journey as mothers.

ADULT | SPORT, HEALTH & FITNESS

Fit 4 Two Prenatal Fitness**16+ years | Fit4Two Prenatal Fit**

Enjoy the many benefits of exercising through your pregnancy! Connect with other moms-to-be in your community while reducing prenatal discomforts like lower backache, fatigue and swelling. Your certified pre and postnatal fitness specialists will lead you through pregnancy safe cardiovascular exercise, functional strength training, flexibility and relaxation. Please note; A ParMED-X for Pregnancy form must be signed out by your healthcare provider prior to participating in class, forms available at the front desk or at www.csep.ca. More info at www.fit4two.ca \$16.00 drop in.

W 6:50pm-8:05pm Sep 15 - Oct 27 \$103.00/7 sessions 44320.401RP
W 6:50pm-8:05pm Nov 3 - Dec 15 \$103.00/7 sessions 44320.402RP

ADULT | SPORT, HEALTH & FITNESS

Fit 4 Two Stroller Fitness In/Outside**Fit4Two Prenatal Fit**

Fit 4 Two Stroller Fitness Indoor/Outdoor is ideal for those who love the outdoors but like having an indoor location as a back up. Each class includes intervals of power walking, functional strength training and cardio drills followed by postnatal specific core work and flexibility. Our mobile intervals are ideal for babies/tots who like to be on the move. Benefit from connecting with other moms in your community. Women should be 4+ weeks postpartum (6 weeks for caesareans). All fitness levels are welcome. You do not need a jogging stroller. Classes take place outdoors unless weather is extreme. More info at www.fit4two.ca. No class Oct 11.

M 11:00am-12:00pm Sep 13 - Oct 25 \$77.50/6 sessions 44321.401RP
M 11:00am-12:00pm Nov 1 - Dec 13 \$89.75/7 sessions 44321.402RP

ADULT | SPORT, HEALTH & FITNESS

Nordic Poling**Coastal Health Vancouver**

This workshop introduces basic Nordic pole walking to individuals with OA, along with deep breathing, stretching and relaxation exercises.

Th 9:00am-11:00am Aug 19 - Aug 19 \$0/1 sessions 44426.401RP
Th 9:00am-11:00am Sep 23 - Sep 23 \$0/1 sessions 44426.402RP
Th 9:00am-11:00am Oct 21 - Oct 21 \$0/1 sessions 44426.403RP
Tu 9:00am-11:00am Nov 23 - Nov 23 \$0/1 sessions 44426.404RP

ADULT | SPORT, HEALTH & FITNESS

Osteofit**21+ years | Gail DiBernardo**

Osteofit improves bone health, posture, strength, endurance, and decreases the risk of falls. The net result is increased confidence and independence! The program aims to help reach fitness goals while respecting the limitations of each participant. Osteofit instructors receive specialized training in a course designed by researchers and clinical specialists from BC Women's Osteoporosis Program. Osteofit reflects best-practices based on the latest research.

Tu Th 6:00pm-7:00pm Sep 21 - Nov 30 \$55.00/10 sessions 44410.401RP

ADULT | SPORT, HEALTH & FITNESS

Butokukan Karate - Teens & Adults**13+ years | Harry Charalambous**

Butokukan Canada, serving Riley Park patrons since 1980 is fun fitness for mind and body. Butokukan meaning Training Hall of the Virtues of the Martial Arts encompasses the best from both traditional and modern Martial Arts. Available all year round this program offers you a fun and safe environment to train in. You will enjoy physical and mental exercise and develop your poise, balance, concentration and self-confidence. Special introductory course: \$59 includes uniform and 2 weeks of classes. New Member special is valid for 4 classes from September 15-24. 3 month and 1 year terms are valid from date of purchase. Students to confirm dates and times with instructor. Please call 604 299-5061 for more information.

W F 7:30pm-9:00pm \$189.00/3 months 43406.401RP
\$614.00/12 months

ADULT | SPORT, HEALTH & FITNESS

Goju-ryu Karate**18+ years | Mario McKenna**

Goju-ryu arate is a defensive art of self-protection. In a class you will practice individual and combination techniques solo and with a partner. The focus of class will be on the physical and mental aspects of Karate including developing self-control.

M W 8:15pm-9:45pm Sep 13 - Dec 8 \$142.00/25 sessions 43410.401RP

ADULT | SPORT, HEALTH & FITNESS

Kobudo - Beginners**14+ years | Mario McKenna**

Kobudo is a generic term coined in the 20th century, which can be used to describe collectively all Okinawan weapons traditions. These include the use of the staff, truncheon, and other implements to deliver various strikes and parries. This class will introduce students to the techniques of the bo (six foot staff). You will learn one of the traditional solo forms (kata) along with the two-person fighting set that goes with it. This class is respectful, safe and fun for women and men alike. Wear gym clothing and expect a workout. Must be 14 years or older to participate. All students are expected to register with Karate BC.

Sa 11:00am-12:30pm Sep 18 - Dec 4 \$83.00/11 sessions 23505.401RP

ADULT | SPORT, HEALTH & FITNESS

Healthy Morning Tai Chi

16+ years | Kwok Ying Wong-Chan

Come join us for healthy morning exercise. Tai Chi, a moving meditation, is a soft martial art enhancing balance, coordination, and concentration. The slow and graceful movements of Tai Chi promote correct posture, good alignment, deep breathing, and the flow of 'qi' in the body. This class is taught in Chinese but all are welcome to participate. No class Oct 11

M W F 9:00am-10:00am Aug 30 - Dec 17 \$53.00/47 sessions 61500.401RP

ADULT | SPORT, HEALTH & FITNESS

Capoeira

10+ years | Davi Maranhao

Capoeira is a Brazilian martial art developed by African slaves in Brazil over 500 years ago. It is unique because of the music and dance-like movements. Students enjoy the cultural experience and physical challenge simultaneously. They will learn songs in Portuguese, foster positive energy, and support each other. No class on Nov 11

Th 7:30pm-8:45pm Sep 23 - Dec 16 \$82.00/12 sessions 63450.401RP

INSTRUCTOR PROFILE

Davi Maranhao

Davi Maranhao (Instructor Mala) grew up in Brazil and started learning Capoeira at the age of 9. When he became an instructor, he taught in the community and for projects in Brazil aimed towards keeping kids off the streets. He now shares his skills and culture with others in Canada.



ADULT | SPORT, HEALTH & FITNESS

Tai Chi

16+ years | Chung Ho

The traditional Tai Chi practice can strengthen your muscles, improve body balance and release stress. It can also enhance your spiritual development and self defense capabilities. Suitable for adults of all ages. Beginners welcome. Taught in English, Cantonese and Mandarin. Seniors can register at \$10/month over the phone or in person.

Su 10:30am-12:00pm Sep 12 - Oct 3 \$24.00/4 sessions 63421.401RP
 Su 10:30am-12:00pm Oct 10 - Oct 31 \$24.00/4 sessions 63421.402RP
 Su 10:30am-12:00pm Nov 7 - Nov 28 \$24.00/4 sessions 63421.403RP
 Su 10:30am-12:00pm Dec 5 - Jan 2 \$24.00/4 sessions 63421.404RP

ADULT | SPORT, HEALTH & FITNESS

Tai Chi - Yang Style

16+ years | Michael Chiao

Tai Chi improves the flow of internal energy within the body, promoting strength, stamina and flexibility. Because the whole body moves as one, Tai Chi cultivates the link between mind and body, enhancing balance and coordination. Slow and relaxing movements improve posture, deep breathing and the flow of energy in the body. The benefits of Tai Chi are endless, including stronger muscles and joints. This class will also introduce and expand on sword, fan and Qi Gong Ba Duan Jin techniques for interested students. Suitable for all ages and fitness levels. Instructor speaks both English and Chinese. No class Oct 9

Sa 9:15am-10:30am Sep 18 - Dec 4 \$70.00/11 sessions 63420.402RP
 M 7:00pm-8:30pm Sep 20 - Dec 13 \$76.00/12 sessions 63420.401RP

ADULT | SPORT, HEALTH & FITNESS

Pilates - Introduction to Matwork

16+ years | Mary Craig

Pilates Matwork is part of a unique exercise method that was developed by Joseph H. Pilates over 90 years ago. It tones and strengthens muscles, increases flexibility, improves posture and balance, integrates body and mind; and with regular practice develops a more streamlined shape. "The mind, when housed within a healthful body, possesses a glorious sense of power!" Joseph Pilates, 1939. Mary Craig is a certified Pilates instructor. As a former professional dancer and recreation therapist, Mary brings to her clients more than 25 years of expertise about movement and the body. Go to www.purepilatesvancouver.ca for more info about Pilates and Mary Craig.

W 9:30am-10:30am Sep 15 - Oct 27 \$113.00/7 sessions 44206.401RP

ADULT | SPORT, HEALTH & FITNESS

Athletic Yoga

Jenny Booth

Some athletes today are turning to yoga for both an edge in their game and for some relief from soreness the next day. The yoga classes will incorporate therapeutic postures along with traditional yoga postures. Areas of special interest will be improving core strength, hip flexibility, lower back, torso rotation, hamstrings, breathing, relaxation, and posture. Physical activity is both a physical and mental game. Drop ins welcome.

Tu 5:00pm-6:00pm Sep 21 - Oct 26 \$65.00/6 sessions 44308.401RP
 Tu 5:00pm-6:00pm Nov 9 - Dec 14 \$65.00/6 sessions 44308.402RP

INSTRUCTOR PROFILE

Jenny Booth

Jenny Booth has been practicing yoga since she was 19 years old. A few years ago she was in an accident that rendered her unable to swim, run or bike which were physical activities she loved. After many months of rehabilitating yoga, she slowly started to recover, build up muscle strength and get back to feeling like her old self. Jenny teaches students of all ages and is continually going to workshops to further her knowledge & skills. Jenny has an enthusiastic outlook on life and teaches her students with that same enthusiasm and energy.



ADULT | SPORT, HEALTH & FITNESS

Mike Dennison's Runner's Yoga

Mike Dennison

Runners' Yoga is a dynamic stretching and strengthening program designed to help runners and other athletes prevent or overcome injuries. The Runners' Yoga system will restore balance to our body's musculature, return flexibility and suppleness to the muscles, open tight, compressed joints and engage and strengthen our core muscles. For more information please visit www.yogarunners.net. Runners' Yoga is appropriate for everyone, from first-timers to experienced practitioners. Yoga mats are provided

M 5:45pm-7:00pm Sep 13 - Dec 6 \$134.00/12 sessions 44319.401RP

Adults

Program Coordinator: Tony Syskakis
tony@rileypark.ca

ADULT | SPORT, HEALTH & FITNESS

Runner's Yoga - Early Riser Edition

Mike Dennison

This is the early weekday edition of our popular Runners' Yoga class. It is a dynamic stretching and strengthening program designed to help runners and other athletes prevent or overcome injuries. The Runners' Yoga system will restore balance to our body's musculature, return flexibility and suppleness to the muscles, open tight, compressed joints and engage and strengthen our core muscles. For more information please visit www.yogarunners.net. Runners' Yoga is appropriate for everyone, from first-timers to experienced practitioners. Yoga mats are provided

Th 6:30am-7:35am Sep 16 - Dec 9 \$134.00/12 sessions 44318.401RP

ADULT | SPORT, HEALTH & FITNESS

Prenatal Yoga

16+ years | Into Yoga

Enjoy a gentle relaxing yoga session to help prepare for a wonderful birthing experience.

Su 10:30am-11:30am Sep 19 - Oct 17 \$63.00/5 sessions 44306.401RP

Su 10:30am-11:30am Oct 24 - Nov 21 \$63.00/5 sessions 44306.402RP

ADULT | SPORT, HEALTH & FITNESS

Yoga - Beginner

16+ years | Into Yoga

This ancient tradition promotes flexibility, strength, stamina and balance. Use movement (asana) and breath (pranayama) to create the ultimate transition into feeling both relaxed and energized. All levels of fitness are invited to attend.

Su 9:15am-10:15am Sep 19 - Oct 17 \$63.00/5 sessions 44305.401RP

Su 9:15am-10:15am Oct 24 - Nov 21 \$63.00/5 sessions 44305.402RP

ADULT | SPORT, HEALTH & FITNESS

Yoga that Fits!

16+ years | Into Yoga

Women Like Us: Yoga That Fits - Finally! A yoga class tailored to fit you Yoga is the perfect exercise to keep larger bodies fit and flexible. It can be practiced by anyone, regardless of age, size or ability; yet many people have a hard time finding a yoga class that accommodates them. "Women Like Us: Yoga that Fits" classes are taught by certified, mature Hatha Yoga instructors who know first hand the challenges of living large, who will challenge you to make the most of your bodacious body and support you in discovering the many physical and mental benefits of yoga.

Tu 6:00pm-7:00pm Sep 21 - Oct 26 \$63.00/6 sessions 44307.401RP

Tu 6:00pm-7:00pm Nov 2 - Dec 7 \$63.00/6 sessions 44307.402RP

ADULT | SPORT, HEALTH & FITNESS

Intermediate Volleyball

16+ years | Volunteer

For players who have developed basic skills and are able to pass, set and serve with consistency. There is some friendly competition and players are expected to maintain consistent rallies. First priority is for registered players. Drop in fee is \$5.00

W 8:15pm-9:45pm Sep 15 - Dec 15 \$58.00/14 sessions 43201.401RP

ADULT | SPORT, HEALTH & FITNESS

Badminton - Reserve

16+ years

A great opportunity for family and friends to play together. Please bring your own birds and racquets. Your payment secures exclusive court time for the program session.

Sep

Su 2:45pm-4:00pm Sep 12 - Oct 3 \$44/4 sessions 63011.401RP

Th 8:15pm-10:00pm Sep 9 - Sep 30 \$44/4 sessions 63011.406RP

Oct

Th 8:15pm-10:00pm Oct 7 - Oct 28 \$44/4 sessions 63011.407RP

Su 2:45pm-4:00pm Oct 10 - Oct 31 \$44/4 sessions 63011.403RP

Nov

Su 2:45pm-4:00pm Nov 7 - Nov 28 \$44.00/4 sessions 63011.404RP

Th 8:15pm-10:00pm Nov 4 - Nov 25 \$34.00/3 sessions 63011.408RP

Dec

Su 2:45pm-4:00pm Dec 5 - Dec 19 \$34/3 sessions 63011.405RP

Th 8:15pm-10:00pm Dec 2 - Dec 23 \$44.00/4 sessions 63011.409RP

Get Active - Eat Well – Be Healthy Be a Healthiest Winner!

Try out safe, physical activities like brisk walking, indoor cycling, swimming or light circuit training. Find out how to get the best results in the weight room.

Attend free workshops on topics like healthy eating, goal setting and managing stress. All activities led by friendly and supportive Certified Fitness Leaders or health professionals, Choose from morning and afternoon/evening sessions Monday, Wednesday, and Friday.

For more information contact Bruce McLellan at 604-257-8644 or email: healthiestwinner@vancouver.ca

Riley Park Community Centre
50 East 30th Avenue
Vancouver, BC V5V 2T9



Interested?

1. Registration begins August 5th, at Riley Park in person or online.
2. Come to an introductory session to get your program package, take part in health measurements (i.e. blood pressure) and sign up for free educational workshops.
Tuesday Sept. 14th 5:00-7:00pm
Wednesday Sept. 15th 5:00-7:00pm
Thursday Sept. 16th 5:00-7:00pm
3. Program starts Sept. 20th and ends Dec. 20th (Leisure Access Card Policy in effect).

If you're a returning HW member, be sure to attend an introductory session to pick up your updated calendar, re-test your health measures and sign up for workshops that interest you.

Price: \$120 (Includes a 3 month flexipass for use of Pools, Fitness Centres and Ice Rinks (during public skating sessions))

Older Adults

Program Coordinator: Brittany Wong
brit@rileypark.ca

Dance

OLDER ADULTS | DANCE

Line Dancing 55+years

55+ years | Phillis Lim

Join this lively group to learn simple dance routines in lines, circles and squares. No classes on Statutory Holidays. Drop-in \$4.

M 10:45am-12:15pm Sep 13 - Nov 22 \$33.00/10 sessions 51637.401RP

Special Events & Day Trips

OLDER ADULTS | SPECIAL EVENTS & DAY TRIPS

Whistler Day Trip

55+ years

Travel the SEA TO SKY highway to the base of Blackcomb Mountain and prepare for incredible 360 degree views. Experience Whistler's Peak-2-Peak, the world's longest unsupported lift span, linking together Blackcomb and Whistler Mountains. Take free time for lunch in the village. Lunch is not included so pack a lunch or plan to dine out.

W 9:00am-6:00pm Sep 22 \$50.00/1 sessions 55701.401RP

OLDER ADULTS | SPECIAL EVENTS & DAY TRIPS

Grouse Mountain Skyride

The Grouse Mountain Skyride is your departure point for a mountaintop of adventure. Experience the theatre in the sky, the lumberjack show, scenic chairlift rides, and a wildlife refuge. Lunch is not included so please pack a lunch or be prepared to purchase a lunch on the mountain.

W 9:00am-6:00pm Oct 20 \$50.00/1 sessions 55714.401RP

OLDER ADULTS | SPECIAL EVENTS & DAY TRIPS

Britannia Beach Museum of Mining

Experience the underground in a real mining tunnel on a guided tour, enjoy a train ride deep inside a mining tunnel, pan for and keep REAL gold, see inside the Mill - a National Historic Site and measure up against the giant tires of the Super-Haul Truck. Lunch is not included so please pack a lunch or be prepared to purchase a lunch on location.

W 9:00am-6:00pm Nov 24 \$30.00/1 sessions 55714.402RP

OLDER ADULTS | SPECIAL EVENTS & DAY TRIPS

The BIG Vancouver Christmas Lights Tour

A holiday tradition! See all the major light displays in Vancouver including... Canucks Place Children's Hospice, St. Paul's Hospital Lights of Hope, Bright Nights in Stanley Park, Lost Lagoon Fountain (Jubilee Fountain) Stanley Park, Lights at Coal Harbour, The Elm Grove, **Big Finish** Annual Trinity Streets Lights Competition. Includes delicious hot cocoa and treat at Tim Horton's.

W 6:00pm-9:00pm Dec: Date TBA \$40.00/1 sessions 55714.403RP

OLDER ADULTS | SPECIAL EVENTS

Christmas Luncheon

55+

Join us for our annual Christmas Luncheon complete with entertainment and turkey with all the fixings. Please sign up early as we need to determine how much food we need to order 2 weeks in advance.

F 11:00AM-1:00PM Dec 3 \$15.00/1session 55601.401RP

General Interest

OLDER ADULTS | GENERAL INTEREST

Senior's Advisory Committee & Social 55+ years | Brittany Wong

Here's your chance to give input into the seniors' programs at Riley Park and to discuss issues that affect you and your community. We meet the third Friday of most months. Please join us at our meeting to socialize with snacks and coffee.

F 10:30am-12:00pm Sep 17, Oct 15 & Nov 19 65005.401RP

OLDER ADULTS | GENERAL INTEREST

Pancake Brunch

55+ years

Enjoy hot cakes fresh off of the griddle, coffee, treats and socializing with friendly neighbours. Really nice after an invigorating workout in our Pool! Please bring \$2.50 the day of brunch.

F 10:45am-12:00pm Sep 24, Oct 22 & Nov 26 55631.401RP

OLDER ADULTS | GENERAL INTEREST

Bridge

50+ years

Come and play this game in a fun and social atmosphere. New players welcome. Membership required.

Th 2:00pm-4:00pm Sep 2 - Dec 23 Free 55805.401RP
Tu W F 6:30pm-9:30pm Sep 1 - Dec 22 Free 55805.402RP



Older Adults

Program Coordinator: Brittany Wong
brit@rileypark.ca

OLDER ADULTS | GENERAL INTEREST

Carpet Bowling

50+ years

This active group loves to teach new players so come for the gentle exercise, learn something new and meet some new people. Membership required.

Tu Th 1:15pm-2:30pm Sep 2 - Dec 23 Free 55810.401RP

Sport, Health & Fitness

OLDER ADULTS | SPORT, HEALTH & FITNESS

Senior Walkers

50+ years

Meet at Riley Park lobby (north doors) at 9:30am for walks to local parks, attractions and trails. Rain or shine. Return time depends on destination.

Tu 9:30am-12:00pm Apr 6 - Jun 29 Free 55820.401RP

OLDER ADULTS | SPECIAL EVENTS

Flu Shot

Don't let the flu bug get you! Public Health Nurses from Vancouver Coastal Health will be providing free influenza vaccines to protect individuals & families at risk. These include infants 6-23 months of age and their immediate family members, children and adults with chronic health problems and seniors 65 years or over.

F 12:00pm-3:00pm Nov 19 54801.401RP

OLDER ADULTS | SPORT, HEALTH & FITNESS

Table Tennis Games Room Drop-in

Enjoy a morning of table tennis with your friends. Drop-in only - \$0.50. Space is limited. Call 604-257-8642 for more information. No sessions on statutory Holidays.

M Tu W Th F 9:00am-2:30pm Aug 30-Dec 23 \$0.55/drop-in 53301.402RP

OLDER ADULTS | SPORT, HEALTH & FITNESS

Table Tennis Weekend Drop-in

Enjoy table tennis with your friends. Drop-in only - \$1.00. Space is limited.

Sa 9:00am-1:00pm Sep 11 - Dec 18 \$1/drop-in 53301.401RP
Su 12:00pm-4:00pm Sep 12 - Dec 19 \$1/drop-in 53301.403RP

Older Adults Drop-in Program

55+ yrs

Are you looking to make new friends? Bored of your regular routine? Come join us for a variety of drop-in programs such as:

- Line Dancing
- Mahjong
- Cultural Cuisine
- Arts & Crafts
- And more!

This program is conducted in both English & Chinese.

英文與中文為活動主要語言。

Valid Riley Park Membership required (\$5).

參加者需成為懷麗園社區中心會員（一年5元）

When: Every Wednesday starting September 8 – December 15 9:30 AM-11:30 AM

時間：逢星期三上午九時半至十一時半

**Where: Riley Park Community Centre
50 East 30th Avenue, Vancouver, BC,
V5V 2T9**

地點 懷麗園社區中心
溫哥華東三十街50號近銘街

For more information, please contact:

查詢 請致電 604-408-7274 內線 1083

與李丹卉小姐(Danny Li)聯絡

**Lycia Rodrigues @ Little Mountain
Neighbourhood 604-879-7104**



The Metabolic Syndrome Program



Join in this new medically-based Healthy Lifestyle program to lower your risk for heart disease and diabetes.

A staff team based out of St. Paul's Hospital; consisting of a nurse, exercise specialist, dietician and physician, help people to lower their risk factors for Metabolic Syndrome (a cluster of symptoms: waist or "belly fat", high blood pressure, high blood sugar and/ or cholesterol. Our specialty health team supports you towards making lifestyle changes in exercise, healthy eating, body weight, motivation and more. Please call the St. Paul's Hospital Healthy Heart Program @ 604 806-9813 for further information and community centre locations.



Fitness Centre & Aerobics

Program Coordinator: Bruce McLellan
bruce@rileypark.ca

INDOOR CYCLING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Regular Spin 9:30am to 10:30am	Regular Spin 9:30am to 10:30am	Regular Spin 9:30am to 10:30am	Regular Spin 9:30am to 10:30am		Regular Spin 9:30am to 10:30am	
Newbie Spin 5:15pm to 5:45pm FREE			Newbie Spin 5:15pm to 5:45pm FREE			
Regular Spin 6:15pm to 7:15pm	Regular Spin 6:15pm to 7:15pm	Regular Spin 6:15pm to 7:15pm	Regular Spin 6:15pm to 7:15pm			

COST: TBA

GAMES ROOM SCHEDULE FALL 2010

Valid Community Centre Membership required for all sessions*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TABLE TENNIS	9:00am - 2:30pm	9:00am - 2:30pm	9:00am - 2:30pm	9:00am - 2:30pm	9:00am - 12:00pm	Drop-in for all ages and families.	
YOUTH DROP-IN	Ages: 13-18 8:30-10:00pm	Ages: 13-18 8:30-10:00pm	Ages: 13-18 8:30-10:00pm	Ages: 13-18 8:30-10:00pm	Ages: 13-18 8:30-10:00pm		

AEROBICS SCHEDULE - FALL

Fitness Fees: Drop-in: \$5.25 | 10-strip tickets: \$41.00 | Aerobic Pass: \$43/month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ATHLETIC STEP 9:15am - 10:15am	CHOREO STEP 9:15am - 10:15am	HI.LO 9:15am - 10:15am	CHOREO STEP 9:15am - 10:15am	ATHLETIC STEP 9:15am - 10:15am

Specialized Fitness

ADULT | SPORT, HEALTH & FITNESS

Osteofit

21+ years | Gail DiBernardo

Osteofit improves bone health, posture, strength, endurance, and decreases the risk of falls. The net result is increased confidence and independence! The program aims to help reach fitness goals while respecting the limitations of each participant. Osteofit instructors receive specialized training in a course designed by researchers and clinical specialists from BC Women's Osteoporosis Program. Osteofit reflects best-practices based on the latest research.

Tu Th 6:00 PM-7:00 PM Jan 12 - Apr 1 \$98.00/20sessions 44410.401RP

Drop In Aerobics

All classes will use tubing and weights to enhance your workout experience

Athletic Step

A basic step class with easy to follow patterns. Your instructor will demonstrate more challenging moves for those looking for a higher intensity workout.

ChoreoStep

More challenging Step patterns, important in improvement of balance and coordination.

Hi/Lo

Exercise at your own pace with high and low impact fitness moves



AQUATIC CENTRE AT

HILLCREST PARK : *a place for you and your family to enjoy a fabulous leisure experience*

THE LATEST LEISURE AQUATIC TECHNOLOGY

Our magnificently designed centre has something for everyone. Hit the leisure pool & lazy river, experience the excitement of the sprays, bubble & water jets, & hot pool while sharing in the fun with the kids in our wonderful fun pools.

Our Formal Pool caters for all types of aquatic activities including swim lessons, aquafit classes, learn to dive and length swimming.

We have 2 versatile bulkheads to create 2 x 25m pools or a 50m pool, along with the fabulous moveable floor that creates an excellent teaching pool while maintaining space for 25m length swimming.



STATE OF THE ART FITNESS CENTRE

Our health & fitness centre overlooks the magnificent QE Park and offers the latest in cardio vascular exercise with its Life Fitness equipment.

Make your exercise more fun with great audio visual equipment installed to complement all types of classes and fitness centre programs.



THE PERFECT DAY OUT

Set in a sub tropical environment, the new aquatic centre at Hillcrest Park is the ideal escape for all seasons. Feel the ambience and warmth as you visit in Winter and enjoy a balmy 28 degrees.

This is also the perfect choice for a Summer's day out. Our Indoor & Outdoor facilities offer a full day of leisure and special events, with lounge areas providing a pleasant social setting for your family.

And if you just wish to relax, the Hot Pool, large Sauna & Steam Rooms is the place to be.

EVERYWHERE ACCESSIBLE

Age and ability is no barrier for all our facilities. A great range of programs for young, and young at heart will be offered that experience the benefits of healthier living.

Our staff are committed to providing friendly and professional service to your experience worth repeating.

IMAGINE

Length Swimming always available - when YOU want to.

Open 110 Hours per Week : 365 Days a Year



AQUATIC CENTRE AT HILLCREST PARK

Aquatic Actives – come and relax in the latest innovations in indoor aquatic technology. The aquatic facilities provide something for everyone including beach entries, wheelchair access, bubble jets, sprays and a water cannon.

Formal Pool – our formal pool is so versatile and you will find a great range of programs on offer. two bulkheads enable us to convert the pool into 2 x 25m pools, a 50m pool or even a pool suitable to conduct swimming lessons, aquafit and length swimming all at the same time.

Hot Pool, Sauna & Steam Room – we also provide spacious sauna and steam rooms along with a fabulous 70 person hot pool to relax and smooth out those weary days.

Fitness Centre – our spacious health and fitness centre provides the latest in cardio fitness equipment, pin-loaded and free weights, all serviced by highly qualified and friendly professional staff, always with a smile.

Aquafit & Deep Water Aqua Classes – it's a great alternative for healthy exercise and you can choose between a deep water class (flotation belts) or several other classes ranging from gentle exercise in the leisure pool to a more strenuous workout in the formal pool.

Lessons for Life – swim lessons at Hillcrest Park offer all members of the community an efficient, challenging and rewarding program. Highly qualified and friendly swimming instructors will ensure our safe and educational program is delivered in a professional manner.

Birthday Parties – have your child's next birthday party at Hillcrest Park. We provide a great room and staff for fun activities in the leisure pool, on the inflatable or even in the outdoor pool during the summer.

Summer Time Outdoor Pool – we have a great outdoor leisure pool with sprays, water cannon, and bubble jets for those hot summer days. Laze around on the grassy bank or on a pool deck lounge and relax with the whole family.

Special events – throughout the year look out for fantastic special events guaranteed to keep the kids occupied.

Pro Shop – if you need a new pair of goggles, swim cap or even if you have forgotten the razor, check in at Reception so they can help you out with the latest swim accessory or simply help you on your way.

OUR
RESORT
STYLE
CENTRE
CREATES
A
SUB-TROPICAL
ENVIRONMENT
FOR
ALL
YOUR
LEISURE

CENTRE OPENING HOURS

Aquatic Centre

Monday to Friday 6.00 am to 10.00 pm

Saturday, Sunday & Statutory Holidays 6.00 am to 8.00 pm

Fitness Centre

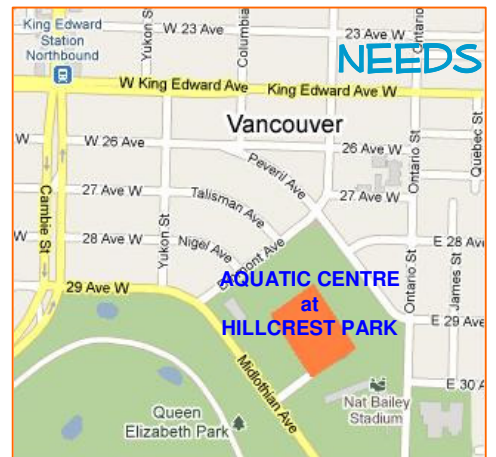
Monday to Friday 6.00 am to 9.00 pm

Saturday, Sunday & Statutory Holidays 6.00 am to 7.00 pm

WHERE TO FIND US

4575 Clancy Loranger Way, Vancouver BC V5Y 2M4

Tel: 604 257 8680 www.vancouverparks.ca



Ice Rink

Program Coordinator: Bruce McLellan
bruce@rileypark.ca

ICE RINK SCHEDULE Schedule effective from September 20 to December 17, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Parent & Tot Loonie/Toonie Skate 10:15-11:30am	Adult Drop-in Hockey 12:00-1:30pm	Skating Lessons 3:45-5:45pm	Adult Drop-in Hockey 12:00-1:30pm	Public Loonie/Toonie Skate 3:30-5:00pm	No public sessions	Skating Lessons 10:45am-12:45pm
Public Loonie/Toonie Skate 11:45 - 1:00pm		Public Skate 5:30-7:30pm Note: with Cosom Hockey 5:30-6:15pm		Public Skate 8:00-9:30pm		Public Skate 1:00-2:30pm
		Adult Lessons 7:45-8:30pm				Skating Lessons 2:45-4:45pm

ICE RINK FEES

NOTE: prices are subject to change without notice.

Description	Single Fee	10-Ticket Fee
Adult (19-64 years)	\$5.70	\$45.60
Adult Drop-in Hockey	\$5.70	\$45.60
Youth (13-18 years)	\$4.00	\$32.00
Children (6-12 years)	\$2.85	\$22.80
Senior (65 + years)	\$4.00	\$32.00
Preschool (3-5 years)	free with adult	free with adult
Family*	\$2.85 (min \$5.70)	n/a
<small>*1-2 adults of the same household & their children under 19 years. All family members must be present at time of admission.</small>		
Parent & Tot Toonie Skate	\$2.00	\$1.50 (each extra tot)
Toonie Skate (adult)		\$2.00
Loonie Skate (senior/youth/child)		\$1.00

Skate Rental	Tickets	10 Tickets
Public	\$2.90	\$23.20
Skate Rental	\$1.50	
Skate Sharpening	\$5.90	
<small>NOTE: Special rates for schools and community associations. Enquire at rink office about available ice time.</small>		

Ice Rentals

Do you have a group of friends who want to play hockey or broomball or just have a skating party? For on-going ice rentals please call Central Booking at (604) 257- 8124 or for a one-time ice booking requiring skate rentals and skate shop staff, please call Bruce McLellan, Riley Rink Programmer at (604) 257- 8644.

Ice Rentals

For Only \$99 + HST | Dec 18 - Jan 2

Check out the Park Board website (www.vancouverparks.ca) and click on the 'Rink' link to check availability. One time rentals only! Great for casual Hockey Games, Christmas break skate party or Family get together. Prices include GST.

Preseason Ice | Sep 7 – Sep 12

Hockey

Vancouver Girls Hockey

(also known as Killarney Girls Ice Hockey Association).

GIRLS PLAY HOCKEY

Girls, learn to play hockey. Non-contact all girls league. Great ice times, great team mates, great coaches. Experienced players or rookies are welcome in all age groups (5 to 17yrs). Full hockey gear is required. Call Michael Joy at (604) 263-7052 for more information or check the website: vancouvergirlshockey@hotmail.com

Cosom Hockey

During the public skate a small area of the ice will be set aside for parents and children for cosom hockey - with plastic sticks and soft hockey pucks provided. Helmets are recommended.

Wednesdays 5:30 - 6:15pm

Adult Drop-in Hockey

Same day reservations. Reserve your spot by calling (604) 257-8545 after 8:30am on the day of the program. To keep your reservation, you must sign in by 11:50am.

Season begins: September 15 - December 17

Tuesday & Thursday 12:00 - 1:30pm

\$5.65/drop-in or Admission Strip Tickets \$45.60/10tickets



Ice Rink

Program Coordinator: Bruce McLellan
bruce@rileypark.ca

Learn to Skate

The Park Board Learn to Skate program focuses on skill development through games and activities. For your convenience, we offer ongoing registration. If a class is full, you can register immediately in the next available class. You may register in only one set of lessons at a time. If you are unsure about which level to register in, one of our rink instructors can assess your skills during one of our Public Skate sessions. No refunds will be accepted after the second class of a session. An administration fee of \$4 will be charged for customer requested refunds. Please arrive 15 minutes before your lesson to allow time to put on skates. Children should wear warm clothes, gloves, and long socks. An extra pair of socks may be helpful as we do not have half sizes in rental skates. Skate rentals are not included in the lesson fee.

Skate Lesson Assessment

During the sessions listed on the following page, one of our staff will assess your skating level and recommend which class to enroll in. You must pay admission if you are staying for the entire public session.

Assessments are done during the following public sessions:

Monday	10:15am - 1:00pm
Wednesday	5:30 - 7:30pm
Friday	3:30 - 5:00pm, 8-9:30pm
Sunday	1:00 - 2:30pm

Power Skating 8-12 years

This program is an introduction to basic hockey skating and puck-handling skills. It will provide young hockey players with the chance to improve and increase their strength, speed, power and technique for more effective skating during games. This course is for those with previous skating experience: registrants should have finished the Learn to Skate program or equivalent. Full hockey gear is recommended but helmet, gloves and a stick are mandatory.

\$53 – 6/45 minute sessions

Sundays	4:00pm-4:45pm
Session 1	Sept 26-Oct 31
Session 2	Nov 7-Dec 12

Adult & Youth Learn to Skate 13+ years

Students divided into beginner, intermediate, and advanced on the first night of lessons. Power skating will be taught in the advanced level. Our maximum student/instructor ratio is 10/1. Youth are welcome to participate.

\$57 / 6 - 45 minute lessons

Wednesdays	7:45pm - 8:30pm
Session I	September 29 - November 3
Session II	November 10 - December 15

Children Skate Lessons 6-12 years

\$35 / six-30 minute lesson. Maximum student/instructor ratio for level 1-2 is 8/1

Maximum student/instructor ratio for levels 3-7 is 12/1

Level 1	Has very limited experience; has little confidence on the ice.
Level 2	Can skate across the width of the rink without assistance.
Level 3	Can glide on one foot, forward scull and snowplow stop with both feet.
Level 4	Can skate backwards, scull backwards with both feet and scull forwards with one foot.
Level 5	Can glide backwards on both feet; complete a hockey stop and forward circle thrust.
Level 6+	Can do forward crossovers; backward circle thrusts;

Children Skate Lessons cont'd Wednesdays 4:15 - 5:45pm

Session I	September 29 – November 3
Session II	November 10 – December 15
Level 1, 2	4:15pm - 4:45pm 4:45pm - 5:15pm
Level 3	4:15pm - 4:45pm 5:15pm - 5:45pm
Level 4, 5, 6, 7	5:15pm - 5:45pm

Sundays 10:45am - 12:45pm 2:45pm - 4:45pm

Session I	Sept 26 – Oct 31
Session II	Nov 7 – Dec 12
Level 1,2,3	10:45am - 11:15am 11:45am - 12:15pm 2:45pm - 3:15pm 3:45pm - 4:15pm
Level 4, 5	11:15am - 11:45am 12:15pm - 12:45pm 3:15pm - 3:45p 4:15pm - 4:45pm
Level 6, 7	12:15pm - 12:45pm 4:15pm - 4:45pm

Lessons

Preschool Skate Lessons 3-5 years

(Level 1-2) \$35 / six-20 min lessons Max. student/instructor ratio for level 1-2 is 6/1.

(Levels 3-6) \$35 / six-30 min lessons Max. student/instructor ratio for levels 3-6 is 8/1.

Level 1	No previous skating experience; may have trouble standing on the ice in skates.
Level 2	Can stand on the ice in skates unassisted; can walk on the ice in skates.
Level 3	Can skate across the rink and glide on two feet.
Level 4	Can scull forwards and stop without assistance.
Level 5+	Can glide on one foot forwards and skate backwards

Wednesdays

Session I	Sept 29 - Nov 3
Session II	Nov 10 - Dec 15
Level 1-2,	3:45pm, 4:15pm, 5:15pm - 5:45pm
Level 3, 4, 5/6	3:45pm - 4:15pm 4:45pm-5:15pm

Sundays

Session I	Sept 26 - Oct 31
Session II	Nov 7 - Dec 12
Level 1-2,	10:45am - 11:15am 11:15am - 11:45am 12:15pm - 12:45pm 2:45pm - 3:15pm 3:15pm - 3:45pm 4:15pm - 4:45pm
Level 3	10:45am - 11:15am 11:45am - 12:15pm 2:45pm - 3:15pm 3:45pm - 4:15pm
Level 4	11:15am - 11:45am 11:45am - 12:15pm 3:15pm - 3:45pm 3:45pm - 4:15pm
Level 5/6	11:45am - 12:15pm 3:45pm - 4:15pm

Ice Rink

Program Coordinator: Bruce McLellan
bruce@rileypark.ca

Ice Rink Associated Groups

Riley Park Figure Skating Club

Come learn to skate with the Riley Park Figure Skating Club! We offer the CanSkate, learn-to-skate programs, for children 3 years and older, as well as junior, intermediate and senior development programs for more experienced skaters. Beginner lessons are 45 minutes in length, constant movement, coaching included throughout the lesson. Our programs are sanctioned by Skate Canada and lessons are taught by professional coaches. For more information, e-mail us at rpfscinfo@yahoo.ca or call us at 604-878-0077. Thanks for your help with this.

Vancouver Ringette

Vancouver Ringette invites girls and boys age 4 years and up to join our association. The season runs from September thru March. Games are played throughout the Lower Mainland. Minimum of two ice times per week. Ice Hockey equipment is required along with a Ringette specific face cage. Develop excellent skating skills and have the fun of a team experience. For registration info please call Cyndi at (604) 682-8160 or email our registrar, Mabel at jmchao@telus.net. Online registration is available at www.vancouverringette.com

Vancouver Thunderbird Minor Hockey

The Vancouver Thunderbird Minor Hockey Association is a non-profit society whose objectives are to provide an opportunity for youngsters aged 5 - 20 years to play hockey, and through their involvement in the sport, develop good citizenship and sportsmanship practices. For more information please phone Sandra Mills at (604) 224-5891 or refer to our website: www.vancouverbirds.ca

Greater Vancouver Blind Hockey Assoc.

This group of visually impaired adults get together every Friday (noon - 1:00pm) to enjoy some pick-up hockey. For more info call Gary Steeves at (604) 874-9159 or email g.steeves@telus.net.

Adult Co-ed Hockey League (VACHL)

Check the website: www.vachl.com

Special Events

Regular admission rates are in effect and do not include skate rental.

School Pro-D Day

Loonie/Toonie Skate & Cosom Hockey

Come join us for some thrilling action where staff will provide plastic sticks and pucks for mini games and shoot outs. Bring your helmet; limited size number available. Helmets definitely recommended.

Friday October 8th 1:30pm - 3:00pm

Ho! Ho! Ho! Skate with Santa

For that perfect holiday picture bring your Digital camera and enjoy hot chocolate and festive tunes.

Sunday December 12th 1:00pm - 2:30pm

Boxing Day Skate

Get off the couch, bring your friends and skate off some of the Holiday energy to your favorite music tunes!!!

Sunday December 26th 12:30pm - 2:00pm

New Year's Day Tropical Skate

Yo Mon! Come and experience the Calypso breeze during this very festive Caribbean Skate.

Saturday January 1st, 2010 2:15pm - 3:45pm



Community Pages

Riley Park Community Association Board of Directors | 2010

The staff at Riley Park Community Centre would like to acknowledge the hard work and dedication of the Riley Park Board of Directors who volunteer their time to assist in the development of community programs and services.

Surrinder Bring	Wendy Tupling Guest
Steph Frolek	Keerti Walia
Claudia Laroye	Ann Warrender
Erik Lees	Marion Waterston
Steve Mah	Matthew Wing
Lisa Pratt	Lilian Wong
Ed Shum	Dan Xue
Greg Tucker	Clay Yandle

About Your Community Association

The Vancouver Park Board operates, along with community-based Associations, a community centre in each of Vancouver's 23 neighbourhoods. Community Centre Associations are comprised of volunteers from the community that organize to form a Board of Directors that meets monthly to provide direction, develop programs and build policy to reflect the wishes, needs and concerns of the neighbourhood.

As with all of Vancouver's community-based Associations, the Riley Park Community Association (RPCA) operates under a Joint Operating Agreement with the Vancouver Park Board.

The Joint Operating Agreement is intended to define the working partnership between the Vancouver Board of Parks and Recreation and each neighbourhood's Community Association with the common goal to provide recreation and leisure opportunities and to facilitate provision of community services to the residents of each community.

Have ideas for YOUR community?

We would love to hear them!

The RPCA is actively seeking committed individuals who are interested in volunteering on our Board of Directors and help shape the direction of our Community Centre and its programs.

If you have strong ideas, good organizational skills and a passion for your community, we encourage you to join this active and engaging group.

Interested applicants can get more information at the Community Centre or download a Board Application Form at RileyPark.ca.

Search programs online at
RileyPark.ca!



It's easy to find all of your favourite programs!

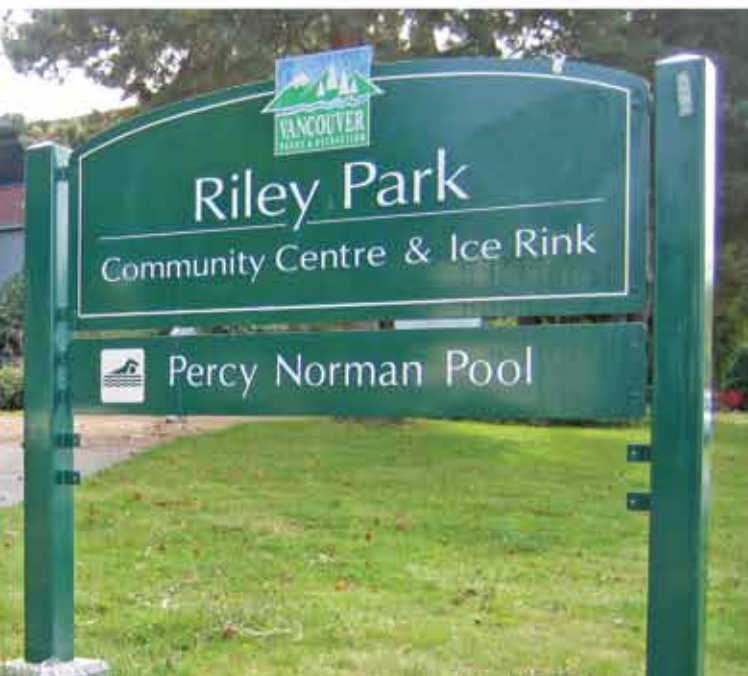
Everything you see in this brochure is available online. You can even check to see how many of your friends have already registered! While you're visiting, check out the events calendar, community pages, instructor profiles and more!

Program Instructors and Performers Wanted!

Vancouver Park Board (VPB) Community Centres are always looking for instructors to teach and lead programs as well as community performers - and Riley Park is no exception.

Our Community Centre actively searches for qualified, experienced individuals with good people skills and a passion for the thing they love to do best.

If you would like to submit a proposal, or for more information, please email info@rileypark.ca or visit us online at rileypark.ca.



AUTUMN 2010



RileyPark
COMMUNITY CENTRE

"The Heart of Vancouver"

Program Guide

- PERCY NORMAN POOL
- ICE RINK
- FITNESS CENTRE
- COMMUNITY CENTRE

www.rileypark.ca