

North Shore Neighbourhood House



SPRING 2024 Recreation Programs

Registration Starts March 7th



MISSION

To enhance the lives of our neighbours especially our most vulnerable.

VISION

A safe, healthy and strong community, welcoming all ages, abilities and cultures – one where everyone has access to support, everyone is included, and where everyone matters.

REGISTRATION

Register online at www.nvrc.perfectmind.com for recreation programs only. Visit our website www.nsnh.bc.ca for other programs and services. **Contact:** cpoole@nsnh.bc.ca for more information

- ▶ Unless otherwise noted, full payment of fees must be made at time of registration.
- ▶ GST will be added to most programs at time of registration.
- ▶ 72 hours' notice is required to receive a refund for programs. We don't offer refunds for bus trips. The Seniors Program Coordinator may authorize a refund due to exceptional circumstances.
- ▶ Programs are not held on statutory holidays or weekends of statutory holidays, unless otherwise indicated. **Register ON LINE at www.nvrc.perfectmind.com under North Shore Neighbourhood House** for Recreation Programs and Seniors Bus Trips, or, visit John Braithwaite Community Centre at 145 West 1st St.

North Shore Neighbourhood House respectfully honours and acknowledges that we live, work and play on the ancestral, traditional and unceded territories of the Squamish and the Tsleil-Waututh Nations.

Fitness

Stroller Fitness

Inman Room

Bring your baby(s) and Stroller and get a great workout. Outside options weather permitting. This is a specialty fitness class for Parents/Guardians to get back into shape and to socialize with other Parents/Guardians while interacting with you and your baby/toddler. Stay after class and have playtime (bring own snacks)

Instructor: Christine Cameron Poole

F **Apr 12 to May 10** Cost: **\$57.10**

273118 10:30 – 11:30 am

F **May 17 to Jun 14** Cost: **\$57.10**

257263 10:30 - 11:30 am



Family Time Yoga

NEW!

Inman Room

This class is ideal for all Families. It's a great way to increase your flexibility through the forms of Yoga. Parents can come and get to have some quality time with their child(ren) while participating in this great class.

Instructor: Bahareh E

Ages: 3 y +

Sa **Apr 13 to May 11**

273310 10:30 – 11:30 am

Cost: Adults **\$25** Child **\$12.5**

Sa **May 25 to Jun 22**

273311 10:30 - 11:30 am

Cost: Adults **\$25** Child **\$12.5**

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under **North Shore Neighbourhood House** for
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John Braithwaite Community Centre at 145 West 1st St.
Contact: cpoole@nsnh.bc.ca for more

Yoga Flex

Inman Room

Friday R&R for the brain and body. End your week and start the weekend feeling refreshed physically and mentally. This class will use a mix of gentle hatha and yin yoga in a slow-flowing practice that combines movement and breath to permit deep opening. **Instructor:** Barbara Tomlin

F **Apr 12 to May 10** Cost: **\$75.15**

272990 9:15 – 10:15 am

F **May 17 to Jun 14** Cost: **\$75.15**

272992 9:15 – 10:15 am



Pre-Natal Yoga **NEW DAY & TIME**

Inman Room

This class outlines muscle conditioning with traditional yoga poses while develop muscle tone, improve flexibility and endurance.

Instructor: Anastasiia K.

Tu **Apr 9 to May 7** Cost: **\$75.15**

272978 5:00 – 6:00 pm

Tu **May 14 to Jun 18** Cost: **\$90.81**

272979 5:00 – 6:00 pm

Baby and Me Yoga **NEW DAY & TIME**

Inman Room

This class is designed to introduce a well-rounded yoga practice that includes posture, breathing and relaxation and to meet other parents/caregivers while interacting with your baby 6 weeks -12 months of age. Please bring a blanket for your baby, a baby carrier and mat.

Instructor: Anastasiia K.

Tu **Apr 9 to May 7** Cost: **\$75.15**

272969 3:45 – 4:45 pm

Tu **May 14 to Jun 18** Cost: **\$90.1**

272973 3:45 – 4:45 pm

adult programs

Dance

Belly Dance Workout Level 1 & 2 Inman Room

An ideal exercise for all. Learn the graceful movements of the Middle Eastern Belly Dancer. Make your body fit and strong. Burn fat, build muscle, beat stress and have lots of fun.

Instructor: Pooneh

Age: 14 +

Cost: **\$115**

W **Apr 10 to Jun 12**
273611 6:15 - 7:00 pm

Belly Dance Workout Level 2
W **Apr 10 to Jun 12**
273614 7:00 - 7:45 pm



Martial Arts

Qigong-Tai Chi Fusion with TQSpirit - Intermediate Level - Gym

Learn a wide variety of Qi Gong & Tai Chi style sets of exercises, stances, and meditations that will help improve flexibility, strength and peace of mind. No need to memorize unless you want to. Just follow the leader, enjoy and relax. This class will help reduce stress, increase a state of peacefulness and vitality, improve mental sharpness, physical health and balance, which all leads in increased stamina and joy in the conduct of your everyday life.

Instructor: Josie L

Age: 16 +

Th **Apr 18 to Jun 27**
273610 6:15 - 7:15 pm

Cost: **\$147.95**

Beginners (Newbies)

Th **Apr 18 to Jun 27**
273609 5:15 - 6:05 pm

Cost: **\$143.55**



General

Puppy to Teens classes - Inman Room

This Training is for Puppies 4 to 18 months. It is taught using force free, positive reinforcement training methods. This class teaches the essentials from loose leash walking, touch, sit, down, and find it. Calm greetings to people and dogs will also be covered. Puppies and teenagers can be a challenge, we will learn the skills to help them cope with excitement, anxiety, and fear. We will also cover issues like barking, lunging, nipping/mouthing and destructive behaviors. This class is for dog friendly dogs only.

Instructor: Mallory H

Cost: **\$90**

Tu **Apr 9 to May 7**
273114 6:15 - 7:00 pm

Tu **May 14 to Jun 11**
273116 6:15 - 7:00 pm

Dog Training Refresher - Marcino Room

This is a Refresher Dog Training course for dogs 18 months and up. It is taught using force free, positive reinforcement training methods. We will focus on perfecting your skills in basic obedience. Sit, down, leave it and take it, loose leash walking skills, heel and recall will be covered. We will also learn about enrichment, decompression and helping our dogs learn to regulate their emotions through pattern games. All dogs must be dog friendly. **Instructor:** Mallory H

Cost: **\$90**

Tu **Apr 9 to May 7**
273115 7:00 - 7:45 pm

Tu **May 14 to Jun 11**
273117 7:00 - 7:45 pm



Register ON LINE at www.nvrc.perfectmind.com
under North Shore Neighbourhood House Social Programs Adults or, visit John Braithwaite Community Centre at 145 West 1st St, or call 604-987-7529.

Easter Bunny Breakfast

267117 Sa Mar 23 9:30-11:00 am Cost: **\$6 Child \$10 Adult** must pre-register at www.nvrc.perfectmind.com

Come have Breakfast! Enjoy pancakes, fruit, juice, coffee, and tea. Kids will love our craft table. Following a visit from the Easter Bunny and egg Hunt. Please pre-register as space is limited. **No tickets at the door.**

school age programs

Dancing

Creative Ballet - Inman Room

Dance yourself silly in this fun friendly class. Ballet basics and creative movements will be explored.

Age: 2 to 3 y Cost: \$60

Th **Apr 11 to Jun 13**
273120 4:30 - 5:00 pm

Age: 3 to 4 y Cost: \$60

Th **Apr 11 to Jun 13**
273121 5:15 - 5:45 pm



Jazz & Hip Hop - Inman Room

Includes a variety of dance styles including jazz & hip hop with learning short compositions in each style.

Age: 6 to 9 y

Th **Apr 11 to Jun 13** Cost: \$77.30

273122 6:15 - 7:00 pm

Instructor: Svetlana I

Zumba Fusion - Inman Room **Instructor:** Chika

Shake yourself silly in this fun friendly class. Creative movements will be explored.

Age: 2 to 5 y

M **Apr 8 to May 6** Cost: \$27.50

273312 3:45 - 4:15 pm

M **May 13 to Jun 17** Cost: \$27.50

273314 3:45 - 4:15 pm

F **Apr 12 to May 10** Cost: \$27.50

273327 1:00 - 1:30 pm

F **May 17 to Jun 14** Cost: \$27.50

273330 1:00 - 1:30 pm

Music

Private Electric Bass Lessons - Activity Room

You can learn with the best! **Alexander Holiday** - Bachelor's Degree in Double Bass. **Please bring your own guitar.**

Age: 7 to 14 y

Sa **Apr 13 to May 11** Cost: \$132.50

273337 12:00 - 12:30 pm 273342 12:30 - 1:00 pm

Sa **May 25 to Jun 22** Cost: \$132.50

273340 12:00 - 12:30 pm 273345 12:30 - 1:00 pm

Private Guitar - Activity Room

This is a class that requires no previous experience on guitar. We will learn basic chords, and scales.

Age: 8 to 14 y **Please bring your own guitar.**

Sa **Apr 13 to May 11** Cost: \$132.50

273346 1:00 - 1:30 pm 273353 1:30 - 2:00 pm

273358 2:00 - 2:30 pm 273362 2:30 - 3:00 pm

Sa **May 25 to Jun 22** Cost: \$132.50

273366 1:00 - 1:30 pm 273367 1:30 - 2:00 pm

273368 2:00 - 2:30 pm 273409 2:30 - 3:00 pm

Private Guitar - Activity Room

M **Apr 8 to May 13** Cost: \$159 6 sessions

273508 4:45 - 5:15 pm 273509 5:15 - 5:45 pm

273510 5:45 - 6:15 pm 273511 6:15 - 6:45 pm

M **May 27 to Jun 24** Cost: \$132.50 5 sessions

273512 4:45 - 5:15 pm 273513 5:15 - 5:45 pm

273515 5:45 - 6:15 pm 273516 6:15 - 6:45 pm

Please bring your own guitar

Instructor: Alexander Holliday

Private Piano Lessons - Marcino Room

Learn the Fundamentals of playing including reading, basic technique, and music appreciation.

Age: 6 to 14 y **No Class May 18**

Sa **Apr 13 to Jun 22** Cost: \$265 10 sessions

273525 9:30 - 10:00 am

273526 10:00 - 10:30 am

273527 10:30 - 11:00 am

273528 11:00 - 11:30 pm

Private Piano Lessons - Activity Room

Age: 6 to 14 y

Tu **Apr 9 to Jun 11** Cost: \$265 10 sessions

273517 3:30 - 4:00 pm

273519 4:00 - 4:30 pm

273520 4:30 - 5:00 pm

273521 5:00 - 5:30 pm

273522 5:30 - 6:00 pm

273523 6:00 - 6:30 pm

273524 6:30 - 7:00 pm

Instructor: Alexander Holliday

SPRING BREAK ACTING WORKSHOPS

4 Amazing Improve Sessions

Unleashing Creativity 8-12 y

Session 1: Introduction to Improve

Session 2: Character Building

Session 3: Scene Building

Session 4: Performance and Showcase.

Contact Christine cpoole@nsh.bc.ca for more details on each session. **Instructor:** Diandra L

Tu & Thu **Mar 19 to Mar 28** Cost: \$88.80

273099 1:00 - 3:00 pm

Classes will be held in the Versatile Building 113-111 East 3rd St.

Register **ON LINE** at www.nvrc.perfectmind.com under

North Shore Neighbourhood House Social Programs

Early Years, School Age or Private Music Lessons. You

can also visit John Braithwaite Community Centre at 145

West 1st St, or call 604-987-7529.

Contact: cpoole@nsh.bc.ca for more information