

# North Shore Neighbourhood House Summer 2024 Recreation Programs



**Register NOW**

## **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](http://www.nvrc.perfectmind.com) for recreation programs only. Visit our website [www.nsnh.bc.ca](http://www.nsnh.bc.ca) for other programs and services.

- ▶ Unless otherwise noted, full payment of fees must be made at the 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](http://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 1<sup>st</sup> 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*

## ADULT

### Fitness

#### Stroll Fitness

Bring your baby(s) and Stroller and get a great workout. This is a specialty fitness class for Parents/Guardians to get back into shape and to socialize with other Parents while interacting with you and your baby/toddler. **If weather permitting Outside or Inman Room**

**Code: 273119 or 257263** 10:30–11:30 am

Fridays June 21 to July 19 Cost: **\$76**

**Instructor:** Christine



#### Family Time Yoga 3 y & Up

This class outlines muscle conditioning with traditional yoga poses while having fun with your family!

##### Inman Room

Tuesdays

**2291040** Jul 9 to July 30 6:00 - 7:00 pm

**2291041** Aug 6 to Aug 27 6:00 - 7:00 pm

Cost: Adults **\$30** Child **\$14**

**Instructor:** Bahareh E.

## SCHOOL AGE

### Music

#### Private Electric Bass Guitar 7 to 18 y

Looking for an awesome, experienced electric bass teacher? Alexander Holliday has 20 years of experience playing electric bass/fluent in music theory, also, years of experience teaching kids (5-14). He also has 18 years' experience playing bass/double bass in concert bands, symphonies, and in a successful punk band in high school. - Bachelor's Degree in Double Bass.

**Please bring your own guitar.**

##### Activity Room

Fridays **July 5 to July 25** Cost: **\$106.00**

**291013** 10:00-10:30 pm **291014** 10:30-11:00 pm

**291015** 11:00-11:30 pm **291016** 11:30-12:00 pm

Friday **Aug 9 to Aug 30** Cost: **\$106.00**

**291025** 10:00-10:30 pm **291026** 10:30-11:00 pm

**291027** 11:00-11:30 pm **291028** 11:30-12:00 pm

**Instructor:** Alexander Holliday

#### Private Guitar 7 to 14yrs -

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

**Please bring your own guitar.**

##### Activity Room

Fridays **July 5 to July 25** Cost: **\$106.00**

**290990** 12:30-1:00 pm **291021** 1:00-1:30 pm

**291023** 1:30-2:00 pm

Fridays **Aug 9 to Aug 30** Cost: **\$106.00**

**291030** 12:30-1:00 pm **291031** 1:00-1:30 pm

**291032** 1:30-2:00 pm

Saturday **July 6 to July 27** Cost: **\$106.00**

**291019** 12:30-1:00 pm **290991** 1:00-1:30 pm

**290992** 1:30-2:00 pm **290993** 2:00-2:30 pm

**290994** 2:30-3:00 pm

Saturdays **Aug 10 to Aug 24** Cost: **\$79.50**

**290995** 12:30-1:00 pm **290996** 1:00-1:30 pm

**290997** 1:30-2:00 pm **290998** 2:00-2:30 pm

**290999** 2:30-3:00 pm

#### Private Piano Lessons 5 to 14 y

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

##### Inman Room

Saturdays **July 6 to Aug 24** Cost: **\$212**

**291007** 9:30-10:00 am **291009** 10:00-10:30 am

**291010** 10:30-11:00 am **291011** 11:00-11:30 am

Tuesdays **July 9 to July 30** Cost: **\$106**

**291690** 4:00-4:30 pm **291693** 4:30-5:00 pm

**291698** 5:00-5:30 pm **291701** 5:30-6:00 pm

**291706** 6:00-6:30 pm **291709** 6:30-7:00 pm

Tuesdays **Aug 6 to Aug 27** Cost: **\$106**

**291713** 4:00-4:30 pm **291714** 4:30-5:00 pm

**291715** 5:00-5:30 pm **291716** 5:30-6:00 pm

**291717** 6:00-6:30 pm **291718** 6:30-7:00 pm

**Instructor:** Alexander Holliday

## NEW!

#### Afro-Brazilian Dance Camp 5 to 7 y

Learn the basic movement from North East Brazil. Afro-Brazilian dance is a compilation of different forms of dances.

This is musically rich, stemming from a solid drum rhythm.

This dance uses the feet, free and independent movements

of the arms, chest, head and hips. Each dance is broken

down so students can understand the movement. **Bring a**

**water bottle.**

##### Inman Room

Monday to Friday **Aug 12 to Aug 16** Cost: **\$37.50**

**291473** 9:30-10:15 am

**Instructor:** Chika Y.