

# North Shore Neighbourhood House



## FALL 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. **Contact:** [cpoole@nsnh.bc.ca](mailto: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.nsnh.bc.ca](http://www.nsnh.bc.ca) North Shore Neighbourhood House for Recreation Programs, Seniors Bus Trips and Programs.**

*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** Sept 13 to Nov 22 10:30–11:30am  
Cost: **\$110**

**Instructor:** Christine  
**Drop in welcome \$10.00**



### Family Time Yoga

#### 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.

Ages: 3 y +

**T** Sept 17 to Nov 19 6:00-7:00pm  
Cost: **Adults/Seniors \$60**  
**Child \$30**

**Instructor:** Bahareh E.

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Seniors Program and Bus Trips

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### 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** Sept 20 to Oct 18 9:15–10:15am  
Cost: **\$45.00**

**F** Oct Nov 1 to Nov 22 9:15–10:15am  
Cost: **\$45.00**

**Drop in welcome \$10.00**

### Step Class **NEW**

#### Gym

This class involves traditional step choreography. Different levels of intensity are provided to ensure everyone gets the most out of their Step workout. Class ends with a thorough cool-down and stretch.

**S** Sep 14 to Nov 23 10:30-11:30am

**Instructor:** Christine

**Drop Ins: \$8.00 No Class Oct 12**

### Zumba **NEW**

#### Inman Room

This class fuses hypnotic Latin and International rhythms with easy to follow moves to create a dynamic workout system that will blow you away. Zumba utilizes the principles of fitness interval training and resistance training to maximize total body toning. Zumba is a 'feel happy' workout that is great for both the body and mind. **No Class Oct 12**

**S** Starting Sept 14 **drop in \$12.00**

**Instructor:** TBA



# adult programs

## Martial Arts

### Introduction Tai Chi Qigong Fusion - Gym

Join Sifu Josie, with the TQSpirit, in learning the basics of tai chi along with a wide variety of Health Qigong. Combining Tai Chi and Qigong provides a comprehensive workout that enhances physical health, mental clarity, emotional well-being, and overall vitality. The benefits are numerous: Improved Balance and Coordination, Flexibility and Strength, Pain Relief, Stress Reduction and Emotional stabilization. Come join us! You will find community in this welcoming group.

**Th** Sept 12 to Nov 28 5:00-5:50pm

Costs: **\$162** 50 minutes

### Advanced Tai Chi & Qigong – Inman Room

Practitioners in this TQSpirit class will already have the basics of tai chi and qigong, as well as experience in a variety of tai chi forms. They will have already developed a solid foundation and are ready to build on that experience. While not suitable for beginners, this class will combine Qigong exercises that will help build a deeper internal awareness with more advanced tai chi choreography. In the September to December session students will start learning a more complex tai chi form that will challenge the skills and techniques they have already learned. It'll be fun!

**Th** Sept 12 to Nov 28 6:00-7:00pm

Cost: **\$168**



## 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: **\$105**

**W** Sept 18 to Nov 20

6:15-7:00pm

### Belly Dance Workout Level 2

7:00-7:45pm



## General

### Spanish Beginners

Versatile Building 113-111 East 2<sup>nd</sup> St.

Learn Spanish words, phrases, and dialogue. Enjoy fun activities with a focus on oral communication.

Extra cost for materials may apply.

**Instructor:**

**T** Sep 17 to Nov 19

6:15-7:30pm

Cost: **\$105.00**



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**North Shore Neighbourhood House  
Recreation Programs**

## school age programs

### Dancing

#### Creative Ballet - Inman Room

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

**Instructor:** Svetlana I

Age: 2 to 3 y Cost: **\$60**

Th Sept 12 to Nov 28 4:30-5:00pm

Age: 3 to 5 y Cost: **\$60**

Th Sept 12 to Nov 28 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.

**Instructor:** Svetlana I

Age: 6 to 9 y Cost: **\$77.30**

Th Sept 12 to Nov 28 6:15-7:00pm

#### Zumba Fusion - Inman Room

Shake yourself silly in this fun friendly class. Creative movements will be explored. **Instructor:** Chika

Age: 2.5 to 5 y Cost: **\$27 No class Sep 30, Oct 14 & Nov 11**

M Sept 9 to Oct 7 3:45-4:15 pm

M Oct 21 to Nov 25 3:45-4:15pm

#### Afro Brazilian Dance - Inman Room

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.

**Instructor:** Chika **No class Sep 30, Oct 14 & Nov 11**

Age: 6 to 9 y

M Sep 9 to Nov 25 4:30-5:30pm Cost **\$80**

### 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 Cost: **\$260 No Class Oct 12**

Sa Sept 14 to Nov 23 12:00-12:30pm  
12:30-1:00pm

#### Private Guitar - Activity Room

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

Age: 8 to 14 y Cost: **\$260 No Class Oct 12**

Sa Sept 14 to Nov 23 1:00-1:30pm 1:30-2:00pm  
2:00-2:30pm 2:30-3:00pm

#### Private Guitar - Versatile Building

113-111 East 2<sup>nd</sup> St.

Age: 8 to 14 y Cost: **\$234 No class Sep 30, Oct 14 & Nov 11**

M Sept 9 to Nov 25 4:00-4:30pm 4:30-5:00pm  
5:00-5:30pm 5:30-6:00pm

**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 Cost: **\$260.00 No Class Oct 12**

Sa Sept 14 to Nov 23 9:30-10:00am 10:00-10:30am  
10:30-11:00am 11:00-11:30am

#### Private Piano Lessons - Activity Room

Age: 6 to 14 y Cost: **\$260.00**

T Sept 17 to Nov 19 3:30-4:00pm 4:00-4:30pm  
4:30-5:00 pm 5:00-5:30pm  
5:30-6:00pm 6:00-6:30  
6:30-7:00pm

**Instructor:** Alexander Holliday

### Family Special Events

#### Breakfast With Santa

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

Sa Dec 7 9:30-11:00am Cost: **\$6 Child \$10 Adult**



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Neighbourhood House Recreation Programs**

**Visit our website for additional Workshops and up-  
coming Training Programs**

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