

North Shore Neighbourhood House



WINTER 2025 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 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.nsnh.bc.ca **North Shore Neighbourhood House** for Recreation Programs for Adults/Families/Children/Seniors, as well as Seniors



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. 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 Jan 10 to Mar 14 10:30–11:30am

Cost: **\$100**

Instructor: Christine

Drop ins 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 Jan 7 to Mar 11 6:00-7:00pm

Cost: **Adults/Seniors \$66**

Child \$33

Instructor: Bahareh E.

Register ON LINE at www.nsnh.bc.ca

UNDER Recreation Programs

Adult/Senior/Family/ Child

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

Gentle 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. **Jan 10-Feb 7 9:15-10:15am**

Cost: **\$50.00**

Drop is 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 Jan 4 to Mar 15 10:30-11:30am

Instructor: Christine

Drop Ins: \$8.00 No Feb 15



adult programs

Martial Arts

A Beginner Tai Chi Qigong Fusion Programs - Gym

Join Sifu Josie, with the TQSpirit, for a 55 minute Tai Chi beginners class that will also include some Chinese Health Qigong exercises. Combining Tai Chi and Qigong provides a comprehensive workout that enhances physical health, mental clarity, emotional well-being, and overall vitality. The benefits are many: 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. The NSNH Gym, which now has mirrors along one entire wall, provides one of the best learning experiences in North Vancouver for tai chi beginners. The TQSpirit continues to train and teach at the NSNH since 2002.

Th Jan 9 to Mar 20 5:00-5:50pm
Costs: **\$154** 50 minutes



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Advanced Tai Chi & Qigong – Inman Room

Practitioners in this 60 minute TQSpirit class, taught by Sifu Josie, will already have intermediate skills in tai chi and qigong. Additionally, they will have already completed Section 1, 2 and 3 of a more complex Tai Chi form. All Tai Chi Players in this class have already developed a solid foundation and are ready to build on that experience. While not suitable for beginners, this class includes Qigong exercises so that all will build a deeper internal awareness along with more advanced tai chi choreography. If you wish to join this class, permission from the instructor is required.

Th Jan 9 to Mar 20 6:00-7:00pm
Cost: **\$159.50**



Dance

Belly Dance Workout Level 1 & 2 - Gym with Mirrors

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 + **It's BACK!**

Cost: **\$100**

M Jan 13 to Mar 24

Belly Dance Workout Level 1
6:15-7:00pm

Belly Dance Workout Level 2
7:00-7:45pm

No Feb 17

NEW DAY!



early years/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: **\$50**

Th Jan 9 to Mar 13 4:30-5:00pm

Age: 3 to 5 y Cost: **\$50**

Th Jan 9 to Mar 13 5:15-5:45 pm



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: **\$45 No class Feb 17**

M Jan 6 to Mar 10 3:45-4:15 pm

General **NEW**

Little Amigos 3 to 5 yrs

Versatile Building

Spanish Classes for Preschoolers. An ideal space for 3 to 5 year olds and parents or their caregivers to learn one of the top 3 languages worldwide! Engage in weekly classes to make new friends and have lots of fun while learning Spanish. **Instructor:** Ana Maria

F Jan 10-March 14 10:00am-11:00am

Sa Jan 11-March 15 10:00am-11:00am

Cost: \$65.00 10 classes



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: **\$234**

Sa Jan 11 to Mar 15 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: **\$234 No Class Feb 15**

Sa Jan 11 to Mar 15 1:00-1:30pm 1:30-2:00pm
2:00-2:30pm 2:30-3:00pm

Private Guitar - Versatile Building

113-111 East 3rd St.

Age: 8 to 14 y Cost: **\$208 No class Feb 17**

M Jan 13 to Mar 10 4:00-4:30pm 4:30-5:00pm
5:00-5:30pm 5:30-6:00pm

Instructor: Alexander Holliday

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.**

F Jan 17-Mar 14 Cost: **\$234**

3:30 - 4:00 pm

4:00 - 4:30 pm

4:30 - 5:00 pm

5:00 - 5:30 pm

Private Guitar - Versatile Building

W Jan 15-Mar 12 Cost: **\$234**

3:30 - 4:00 pm

4:00 - 4:30 pm

Private Piano Lessons - Marcino Room

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

Age: 6 to 14 y Cost: **\$234 No Class Feb 15**

Sa Jan 11 to Mar 15 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: **\$234**

T Jan 14 to Mar 11 3:30-4:00pm 4:00-4:30pm

4:30-5:00pm 5:00-5:30pm

5:30-6:00pm 6:00-6:30

6:30-7:00pm

Instructor: Alexander Holliday

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

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