

North Shore Neighbourhood House



SPRING 2025 Recreation Programs

Registration Starts March 6th 9:00am



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 ON LINE at www.nsnh.bc.ca **North Shore Neighbourhood House** for Recreation Programs for Adults/Families/Children/Seniors

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.

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.

[Recreation & Activities - North Shore Neighbourhood House](#)



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 April 11 to Jun 20 10:30–11:30 am

Cost: **\$90**

Instructor: Christine

Drop ins welcome **\$10**



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.

Sa OnGoing 10:30-11:30am

Instructor: Sandy/Christine

Drop Ins: **\$8**



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 +

Apr 8 to Jun 17 6:00-7:00pm

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

Child \$33

Instructor: Bahareh E.



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.

F Apr 25 to Jun 13 9:15–10:15am

Cost: **\$80.00**

Drop is welcome **\$9**

Belly Dance Workout

Gym with Mirrors

“Join Us for Fun and High-Energy Dance Cardio!”

Dance to dynamic pop Persian songs and get moving to energetic beats that uplift your spirit.

Arabic Belly dance Rhythms where you will enjoy captivating movements combined with a full-body workout. An engaging routine designed to improve your fitness, cardiovascular health, build strength, and boost flexibility. All levels are welcome, whether you're a beginner or seasoned dancer, everyone can follow the moves and have fun. Enjoy the social connection and dance your way to fitness while connecting with like-minded people in a supportive and joyful environment.

Goal-Oriented Results: Promote health benefits such as weight loss, increased energy, and better coordination, all while having fun.

Instructor: Pooneh

M Apr 14 to Jun 23
6:30-7:30pm

Cost: **\$90**



Register **ON LINE** at www.nsnh.bc.ca

UNDER Recreation Programs

Adult/Senior/Family/ Child

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

adult programs

Martial Arts

Beginner Tai Chi Qigong Fusion Programs - Gym

Continue your Tai Chi journey with Sifu Josie and the TQSpirit! This class is for returning students from the NSNH January – March 2025 session, dedicated to completing their first-ever short Tai Chi form—a milestone achievement in their practice.

Do not register if you are a Newbie to Tai Chi

Each session begins with gentle warm-ups and a few minutes of Chinese health Qigong to cultivate energy and focus, followed by at least 30 minutes of Tai Chi. As the form nears completion, students will refine their movements, deepen their sense of balance and flow, and experience the harmony of breath, body, and mind in motion.

Th April 10 to Jun 26 5:00-5:55pm
Costs: **\$168** 55 minutes 12 sessions



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Advanced Tai Chi & Qigong – Inman Room

Spring into Summer with the TQ Spirit: In this dynamic 60-minute TQSpirit class, guided by Sifu Josie, dedicated practitioners are entering the final stretch of a profound Tai Chi journey that began in September 2024. With intermediate-level skills, they have cultivated balance, strength, and internal awareness—each stance, shift, and breath bringing them closer to embodying the full expression of this intricate form.

While this class is not suited for beginners, it offers a powerful path for those who seek to deepen their practice in the future. The journey is transformative, strengthening both body and spirit, with Tai Chi and Qigong weaving together to refine movement, connection, and flow.

If this level of practice inspires you, there will be other opportunities to begin your own Tai Chi Qigong journey with the TQSpirit.

Th April 10 to Jun 26 6:00-7:00pm
Cost: **\$174**



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: **\$55**

Th Apr 10 to Jun 19 4:30-5:00pm

Age: 3 to 5 y Cost: **\$55**

Th Apr 10 to Jun 19 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: **\$50** No classes Apr 21 & May 19

M Apr 7 to Jun 23 3:45-4:15 pm

General **NEW**

Little Amigos 3 to 5 yrs - Versatile Building

113-111 East 3rd St.

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 Apr 11 to Jun 13 10:00am-11:00am

Cost: **\$58.50**

Sa Apr 12 to Jun 14 10:00am-11:00am

Cost: **\$65**



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 Apr 12 to Jun 7 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: 7 to 14 y Cost: **\$234**

Sa Apr 12 to Jun 7 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: 7 to 14 y Cost: **\$234** No classes Apr 21 & May 19

M Apr 7 to Jun 16 Cost: **\$234**

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: 7 to 14 y **Please bring your own guitar.**

F Apr 11 to Jun 13 Cost: **\$234**

3:30-4:00pm 4:00-4:30pm

4:30-5:00pm

Private Guitar - Versatile Building

W Apr 16 to Jun 11 Cost: **\$234**

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

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

Private Piano Lessons - Marcino Room

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

Age: 6 to 14 y Cost: **\$234**

Sa Apr 12 to Jun 7

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 Apr 15 to Jun 10 4:00-4:30pm 4:30-5:00pm

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

6:00-6:30pm 6:30-7:00pm

Instructor: Alexander Holliday

Family Special Events

Easter Bunny Breakfast

Come have Breakfast! Enjoy pancakes, fruit, juice, coffee, and tea. Kids will love our craft table. The Easter Bunny will take you to an Easter Egg hunt! Please pre-register as space is limited. **must pre-register - No tickets at the door.**

Sa Apr 5 9:30-11:00am

Cost: **\$6 Child \$10 Adult**



Register ON LINE at www.nsnh.bc.ca

North Shore Neighbourhood House Recreation Programs

Visit our website for additional Workshops and upcoming Training Programs

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