

North Shore Neighbourhood House



FALL 2025 Recreation Programs

Registration Starts August 14 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.

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 Sep 5 to Nov 28 10:30–11:30 am

Cost: **\$117**

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 Starting Sep 6 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 +

T Sep 16 to Nov 25 5:00-6:00pm

No Class Sept 30 & Nov 11

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 Sep 12 to Nov 21 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 Sep 8 to Nov 24 **No class Oct 13**

6:30-7:30pm Cost: **\$108**



Performing Arts

Intermediate Guitar with JR

Inman Room **NEW**

Ready to grow your skills and enjoy your guitar even more? This class is designed for adults who have the basics down and want to build confidence with chords, improve rhythm, and learn how to accompany their own singing. We'll cover tablature, touch on essential music theory, and apply it all by playing well-loved rock, pop, and contemporary songs. A relaxed, supportive environment where progress and enjoyment go hand in hand. **Instructor: JR**

M Sep 8 to Nov 25 5:45-6:45pm Cost: \$150

No class Oct 13

Intermediate Ukulele with JR **NEW**

Inman Room

We all need music in our lives—and playing it together builds connection, joy, and confidence. This fun and supportive class is for adult learners with some prior ukulele experience who are ready to grow. You'll develop rhythm skills, learn to sing while you play, and explore tablature and basic music theory. Together, we'll expand our song repertoire across a variety of styles, with plenty of room for student song suggestions. Each session includes ensemble playing, helping you deepen your musicality while being part of a creative, welcoming community. **Instructor: JR**

M Sep 8 to Nov 25 6:45-7:45pm Cost: \$150

No class Oct 13

youth/adult/senior programs

Performing Arts **NEW**

Intermediate Guitar for Teens with JR Inman Room

Take your guitar playing to the next level! In this class, teens will expand their chord knowledge, develop rhythm skills, and learn how to accompany their own singing. We'll dive into tablature reading, explore basic music theory, and apply it all to playing rock, pop, and contemporary songs. Perfect for players who know the basics and are ready to grow their skills in a fun, collaborative environment. **No class Oct 13**

Instructor: JR

M Sep 8 to Nov 25

4:30-5:30pm

Cost: **\$150**



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: 6 to 17 yrs Cost: **\$260**

Sa Sep 13 to Nov 15 12:00-12:30pm 12:30-1:00pm

Martial Arts **NEW**

Taekwondo Basic Techniques 16 yrs and Up

Taekwondo-based fitness and weight loss class focused on improving cardiovascular endurance — suitable for all age groups.

T **DATES TBA** 6:30-7:30 pm Cost: \$100

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Martial Arts

Tai Chi Basics plus Tai Chi form 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 Sep 11 to Dec 4 5:15-6:10pm

13 classes

Costs: **\$182**



Intermediate Tai Chi for Re-occurring Participants - 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 Sep 11 to Dec 4 5:15-6:10pm

13 classes

Costs: **\$182**



Drop ins are welcome

early years/school age/youth 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 Sep 11 to Nov 27 4:30-5:00pm

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

Th Sep 11 to Nov 27 19 5:15-5:45 pm



Zumba Fusion - Gym

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

Age: 2.5 to 5 y Cost: **\$55 No class Oct 13**

M Sep 8 to Nov 24 3:45-4:15 pm

Afro Brazilian Dance - Gym **NEW**

Learn the basic movement from Northeast 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.**

Instructor: Chika

Age: 5 to 7 y Cost: **\$66 No class Oct 13**

M Sep 8 to Nov 24 5:30-6:15 pm

General

Little Amigos 3 to 5 yrs

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

Sa Sept 13 to Nov 29

10:00-11:00 am Cost: \$80



Martial Arts **NEW Dates TBA**

Taekwondo – Learn the Basics

Music

Singing Lessons **NEW**

A fun, supportive space where young singers discover their unique voice through vocal exercises and breathing techniques. Students build confidence while exploring diverse musical styles, from pop to world music, and are encouraged to bring their own song choices. Whether you're new to singing or love to perform, this workshop celebrates every voice and the joy of making music together

M Sep 8 to Nov 25 3:30-4:30pm Cost: **\$150**



Private Piano Lessons - Marcino Room

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

Age: 6 to 15 y Cost: **\$260**

Sa Sep 13 to Nov 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 15 y Cost: **\$260**

T Sep 9 to Nov 25 4:00–4:30pm
4:30–5:00pm 5:00–5:30pm
5:30–6:00pm 6:00–6:30pm
6:30–7:00pm **No Class Sept 30 & Nov 11**

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. **Please bring your own guitar.**

Age: 6 to 15 y Cost: **\$260**

Sa Sep 13 to Nov 15 1:00-1:30pm 1:30-2:00pm
2:00-2:30pm 2:30-3:00pm

Family Special Events

Breakfast With Santa

Come have Breakfast!

A visit with Santa. Enjoy a pancake breakfast with sausages, fruit and juice. Kids will love our craft table, and Santa. Please pre-register as space is limited. **Must pre-register - No tickets at the door.**

Sa Dec 6 9:30-11:00am
Cost: **\$6 Child \$12 Adult**

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