

North Shore Neighbourhood House



WINTER 2026 Recreation Programs



Registration starts Dec 4 | 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 ONLINE

www.nsnh.bc.ca for Recreation Programs for all Ages

Contact Recreation Programmer Christine at cpoole@nsnh.bc.ca 604-987-8138 for more information and for Facility Rentals.

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. No refunds for bus trips.

Programs are not held on statutory holidays.



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 while interacting with your baby/toddler. Stay after class and have playtime (bring own snacks).

Instructor: Christine

F Jan 9 to Mar 13 10:30–11:30am

Cost: \$90

Drop ins welcome \$10



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 have some quality time with their child(ren) while participating in this great class.

Instructor: Bahareh

Age: 3y +

Sa Jan 10 to Mar 14 10:00-11:00pm

Cost: Adults/Seniors \$60 Child \$30



Belly Dance Workout

Gym with Mirrors

FREE Try it class Jan 5 at 6:30 pm

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 others.

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

No class Feb 16

Instructor: Pooneh

M Jan 12 to Mar 9
6:30-7:30pm

Cost: \$96



Martial Arts

Tai Chi Forn | Returning Students

Gym

Join Sifu Josie, with the TQSpirit. This class continues the Tai Chi form for returning students who wish to review, refine, and complete their sequence. Gentle Health Qigong supports improved strength, balance, and relaxation. A steady, encouraging pace will move forward with confidence.

Th Jan 8 to Mar 26 5:15-6:10pm

Cost: \$158



Intermediate Tai Chi for Re-occurring Participants

Inman Room

Designed for intermediate students with experience in Tai Chi and Qigong. This class combines internal strengthening exercises with more complex Tai Chi choreography to enhance fluidity, focus, and skill. It's a fun, engaging challenge for those ready to grow.

Th Jan 8 to Mar 26 5:15-6:10pm

Cost: \$168



New to Tai Chi? This mid-winter class is the perfect place to begin.

Gym

In this gentle, beginner-friendly program, you'll learn the essential foundations of Tai Chi and experience "What is Qigong?"—a calming, energizing practice that supports balance, mobility, and overall well-being. Both arts are wonderfully accessible for adults and seniors, offering benefits that you'll feel right away. This February start will give you a strong introduction to the basics and sets you up beautifully to learn the new Tai Chi form coming in April.

Th Dates TBA 5:15-6:10pm

Contact Christine at cpoole@nsnh.bc.ca for more info

Register ONLINE at www.nsnh.bc.ca

UNDER Activity Registration

school age/youth/adult programs

Performing Arts

Private Electric Bass Lessons

Activity Room

What would music be without laying down the low end, harmonic and rhythmic foundation that is bass? Perfect for the student aspiring to play in a rock band, high school concert band, or learn funky solos for personal enjoyment. In this class we will delve into the basics of scales, rhythms, grooves and intervals, and sight-reading notation (or tablature), with the additional option of slap bass! **Please bring your own guitar.**

Instructor: Alexander

Age: 7 to 17y

Sa Jan 10 to Feb 7
12:00-12:30pm 12:30-1:00pm
Cost: \$130
Sa Feb 23 to Mar 14
12:00-12:30pm 12:30-1:00pm
Cost: \$104



Private Guitar Lessons

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.

Instructor: Alexander

Age: 6 to 15y

Sa Jan 10 to Feb 7
1:00-1:30pm 1:30-2:00pm 2:00-2:30pm
2:30-3:00pm
Cost: \$130
Sa Feb 21 to Mar 14
1:00-1:30pm 1:30-2:00pm 2:00-2:30pm
2:30 - 3:00 pm
Cost: \$104

Intermediate Guitar for Teens with JR

Inman Room

NEW

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 voice. We'll dive into tablature reading, explore basic music theory, and apply it all to playing diverse songs. Perfect for players who know the basics and are ready to grow their skills in a fun, collaborative environment. **No class Feb 16**

Instructor: JR

M Jan 12 to Mar 9 4:30-5:30pm **Cost:** \$112



Intermediate Adult Group Guitar with JR Inman Room

NEW

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. **No class Feb 16**

Instructor: JR

M Jan 12 to Mar 9 5:45-6:45pm

Cost: \$112

Intermediate Adult Group Ukulele with JR Inman Room

NEW

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. **No class Feb 16**

Instructor: JR

M Jan 12 to Mar 9 6:45-7:45pm

Cost: \$112



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 3y

Th Jan 8 to Mar 12 4:30-5:00pm

Cost: \$55

Age: 3 to 5y

Th Jan 8 to Mar 12 5:15-5:45pm

Cost: \$55

Zumba Fusion - Gym

Shake yourself silly in this fun friendly class. Creative movements will be explored. **No class Feb 16**

Instructor: Chika

Age: 4 to 6y

M Jan 12 to Mar 9 5:30-6:15pm **Cost:** \$65



General

Little Amigos - Inman Room

Spanish Classes for Preschoolers. An ideal space for 3 to 5 year olds and parents or 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

Age: 3 to 5y

Sa Sept 13 to Nov 29 11:15-12:15am

Cost: \$80

Family Special Events

Valentines Family Fun Day **NEW**

Come have lunch and a fun afternoon with your family and friends! Enjoy some fun Valentine activities, a craft table, and games. Space is limited, **must pre-register - No tickets at the door.**

Sa Feb 14 12:30-2:00pm

Cost: \$12 adult \$6 child

Easter Bunny Breakfast

Come have Breakfast!

Enjoy a pancake breakfast with sausages, fruit and juice.

Join the easter bunny for an

Easter Egg Hunt. Kids will love our craft table. Space is limited, **must pre-register - No tickets at the door.**

Sa Mar 28 9:30-11:00am

Cost: \$6 Child \$12 Adult



Music

Singing Lessons

Inman Room

NEW

A fun, supportive space where young singers discover their unique voice through exercises and breathing techniques.

Students build confidence while exploring diverse musical styles and are encouraged to bring their own song choices. **No class Feb 16**

Instructor: JR

Age: School Age

M Jan 12 to Mar 9 3:30-4:30pm

Cost: \$112



Private Piano Lessons

Marcino Room

Enrich your child's mind through the joy of piano playing! In this class we will learn scales, rhythm, melody and harmony, how to read notation and play simple songs with 1 or 2 hands together in a relaxed and flexible environment at your child's own pace.

Instructor: Alexander

Age: 6 to 15y

Sat Jan 10 to Feb 7
9:30-10:00am

10:00-10:30am

10:30-11:00am

11:00-11:30pm

Cost: \$130

Sat Feb 21 to Mar 14
9:30-10:00 am

10:00-10:30am

10:30-11:00 am

11:00-11:30pm

Cost: \$104



Private Piano Lessons

Activity Room

Age: 6 to 15y

Tue Jan 13-Mar 10

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

5:30 - 6:00pm 6:00-6:30pm 6:30-7:00pm

Cost: \$234

Register **ONLINE** at www.nsnh.bc.ca

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