

North Shore Neighbourhood House FALL 2026 Recreation Programs



Registration starts Aug 13 | 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

www.nsnh.bc.ca North Shore Neighbourhood House for Recreation Programs all Ages

Visit our website for more information.

Contact: Christine Cameron at 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.

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 & Health

Afroletics Dance - Gym **NEW**

One Rhythm For Every Body! **All Are Welcome!**

Join us in a joyful, grounding and uplifting dance experience of somatic awareness through movement. With breath and rhythms of African Dance connection, and fitness for ALL (babies must be worn in a secure baby carrier, wrap, or sling throughout the class).

Instructor: Felicity from Zimbabwe

Professional Dancer, Dance Educator, and Certified Afroletics

Sa Sep 12 to Nov 14 10:30-11:30pm **Cost:** \$85



Family 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 or Grandparents can come and have some quality time with their child(ren), or baby, while participating in this great class.

Instructor: Bahareh

Ages: All are Welcome

Sa Sep 19 to Oct 24 11:15-12:00pm

Cost: Adults \$48 Child/Senior \$30

Sa Nov 7 to Nov 28 11:15-12:00pm

Cost: Adults \$32 Child/Senior \$20

Infants FREE

Drop ins welcome Adult \$9 Child/Seniors \$6

Mindfulness Meditation - Inman Room

Mindfulness meditation is an evidence-based practice that helps to manage stress, build resilience, and enhance well-being. This supportive and experiential program will introduce you to the basics of mindfulness practice.

Through guided practices, you will learn ways to settle the mind, calm anxiety, foster self-compassion, and cultivate gratitude. You will also learn simple mindfulness techniques that you can integrate into your day-to-day life.

Whether you are brand new to meditation or are seeking a supportive community for your mindfulness practice, all are welcome to join.

Instructor: Patricia

Th Oct 15 to Dec 3 6:30-7:45pm

Cost: \$84



Visual Arts

Art Studio

Versatile Building 111-113 East 3rd St. **NEW**

These 8 sessions will create a relaxed, supportive environment where you can build confidence, strengthen your observation skills, and explore different artistic techniques and mediums. Each 2.5 hour session will include time dedicated to introducing tools and materials, guided practice, and individualized support.

Instructor: Hamid

Adult

W Oct 7 to Dec 16 6:00-8:30pm **Cost:** \$234

No class on Nov 11 and on the 4th Wed of the month



Language

Spanish

Beginners Level 1

Activity Room **NEW**

This introductory class is perfect for beginners. It focuses on learning Spanish through simple, everyday conversations. You'll build your vocabulary and confidence while developing practical Spanish skills for travel and real-life situations, all in a relaxed, friendly, and supportive environment.

Instructor: Rosario

Adult

M Sept 14 to Nov 30 6:15-7:45pm **Cost:** \$108

No class Oct 12



English Conversation Cafe

Beginners Level 1

Activity Room **NEW**

Practice and improve your English skills in a warm and supportive environment, guided by a certified English language teacher. Connect with your community and make new friends as you chat about a variety of topics over a cup of tea or coffee. All levels are welcome. Refreshments provided.

Instructor: Devin

Th Sept 17-Nov 19 5:30-6:30

Cost: \$85

adult/seniors/school age programs

Performing Arts

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.

Instructor: JR

M Sep 14 to Nov 23 4:15-5:15pm **Cost:** \$160

Intermediate Guitar for Adults 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.

Instructor: JR

M Sep 14 to Nov 23 5:30-6:30pm **Cost:** \$160

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 Oct 12

Instructor: JR

M Sep 14 to Nov 23
6:45-7:45pm **Cost:** \$160



Music

Private Piano or Guitar Lessons

Activity Room

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

Piano: 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 own pace.

Please indicate to cpoole@nsnh.bc.ca whether it's guitar or piano. Thanks. **Please bring your own guitar.**

Instructor: Alexander

Age: 6 to 14 y

Th Sep 17-Nov 19 **Cost:** \$260
4:00-4:30pm 4:30-5:00pm



Private Piano or Guitar Lessons

Marcino Room

Instructor: Alexander

Age: 6 to 14 y

Sa Sep 12 to Nov 14 **Cost:** \$260
9:30-10:00am 10:00-10:30am
10:30-11:00am 11:00-11:30am
12:30-1:00pm 1:00-1:30pm
1:30-2:00pm



Private Piano Lessons

Activity Room

Age: 6 to 14y

Tu **Sep** 15 to Nov 17 **Cost:** \$260
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

Register ON LINE www.nsnh.bc.ca

NSNH Recreation Programs

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 **Cost:** \$60

Th Sep 10 to Nov 26 4:30-5:00pm

Age: 4 to 5y **Cost:** \$60

Th Sep 10 to Nov 26 5:15-5:45pm



Language

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 Sep 19 to Oct 24 10:00-11:00pm **Cost:** \$48

Sa Nov 7 to Nov 28 10:00-11:00pm **Cost:** \$32

Family 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 or Grandparents can come and have some quality time with their child(ren), or baby, while participating in this great class.

Instructor: Bahareh

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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 5 9:30-11:00am

Cost: \$6 Child \$12 Adult



Register ON LINE at www.nsnh.bc.ca

North Shore Neighbourhood

House Recreation Programs

Art Workshops for school age

Coming for Halloween

Oct 23 Pro-D Day 1:00-3:30pm

Christmas Break Dec 21, 22, 23

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

***Come to our House
for your next party or
celebration!***



Nestled in the vibrant Lower Lonsdale historic city of North Vancouver, the North Shore Neighbourhood House is walking distance from the seabus terminal and Lonsdale Quay market. We have been hosting birthday parties and celebrations for over 85 years! Come celebrate at one of our locations. To learn more about booking:

Christine Cameron Poole 225 East 2nd Street, North Vancouver, BC www.nsnh.bc.ca

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