REGISTRATION

Registration begins Dec 4 at 9am

On-line: www.nsnh.bc.ca

In-person: North Shore Neighbourhood House

225 E 2nd St on Wed, Thu, Fri & Sat

9:00-1:00pm

More information: cpoole@nsnh.bc.ca



CANCELLATIONS

A program may be cancelled one week before the start date if not enough people have registered. Unless otherwise indicated, programs take place at the North Shore Neighbourhood House (NSNH) 225 East 2nd St, North Van

A full refund will be given for any trip cancelled by the NSNH. 72 hours' notice is required prior to the start of the first class in order to recieve a refund for programs. **NSNH does not offer refunds for bus trips or special events. NSNH is closed on statutory holidays.**

NSNH RECREATION PROGRAMS

WINTER 2027

Registration begins Dec 4 at 9am



North Shore Neighbourhood house offers programs for all ages. Everyone Welcome.

city of north vancouver

North Shore Neighbourhood House

MUSIC LESSONS

Private Piano or Guitar | School Age

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.
Instructor: Alexander

Thu 4:00-4:30pm 4:30-5:00pm 5:00-5:30pm
5:30-6:00pm 6:00-6:30pm
Jan 7 - Mar 11 **Cost:** $260

Tue 4:30-5:00 5:00-5:30 5:30-6:00
6:00-6:30 6:30-7:00
Jan 12 - Mar 9 **Cost:** $234







Group Ukulele | Adults | Intermediate
Thu 6:30-7:45pm | Jan 7 to Mar 11

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
Cost: $180

HEALTH & WELLNESS

Mindfulness Meditation | Adults | Tue 6:30-7:45pm
Jan 26 to Mar 23 | No Class Mar 9th

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 W.
Cost: $84



HEALTH & WELLNESS

Gentle Stretch Yoga | Adults | Thu 6:15-7:15pm
Jan 14 to Mar 11

Gentle Deep Stretch and Relaxation on Yoga. This class will focus on releasing tension, gentle stretching, and relaxation to help unwind after a busy day. Also will include: Gentle breathing and relaxation; Seated yoga poses and spinal stretches; Gentle hip and hamstring stretches. A few deeper stretching poses such as Frog or Pigeon Pose, and final; relaxation (Savasana).
Instructor: Bahareh
Cost: $90

Family Yoga | Families | Sat 11:15-12:00pm
Jan 9 to Feb 6 and Feb 20 to Mar 13

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. **Babies FREE**
Instructor: Bahareh
Cost: $32 Adults $20 Children/Seniors for each series



Family Day FREE Yoga Families | Sat 11:15-12:00pm
Feb 13

This class is ideal for all families. Parents or Grandparents can come and have some quality time with their child(ren), or baby, while participating in this great class!
Instructor: Bahareh



FACILITY BOOKING

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 Programs Facility bookings
We also rent out space for Meeting, Workshops, etc..
Email: cpoole@nsnh.bc.ca for more information

PERFORMING ARTS & LANGUAGE

Creative Ballet | Ages 2 & 3 yr | Thu 4:30-5:00pm
Jan 7 to Mar 11

Dance yourself silly in this fun friendly class. Ballet basics and creative movement will be explored.
Instructor: Svetlana I
Cost: $55



Creative Ballet | Ages 4 & 5 yr | Thu 5:15-5:45pm
Jan 7 to Mar 11

Dance yourself silly in this fun friendly class. Ballet basics and technics with creative movement will be explored.
Instructor: Svetlana I
Cost: $55

Spanish Conversation | Adults | Mon 6:15-7:45pm
Jan 11 to Mar 8 | No Class Feb 15th

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
Cost: $75



SPECIAL EVENTS

Easter Bunny Breakfast | Families
Sat Mar 13 9:30-11:30am

Come have Breakfast! Enjoy pancakes and sausages, 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.
Cost: Adults $15 Children/Seniors $8

