

THURSDAY

Zumba / Zumba Toning

Monika Schoenenberger 16+yrs
6:25 PM-7:25 PM

\$51.43/6 sess Jan 9-Feb 13 **259184**
\$51.43/6 sess Feb 20-Mar 26 **259185**
\$60/7 sess Apr 2-May 14 **259186**
\$51.43/6 sess May 21-Jun 25 **259187**
\$10.48/Drop-in

Two Sets

\$102.86/12 sess Jan 9-Mar 26 **259198**
\$111.43/13 sess Apr 2-Jun 25 **259199**

Yoga4Stiff People

Misurka Yoga Ltd. 16+yrs
6:30 PM-7:30 PM

\$72/6 sess Jan 9-Feb 13 **260145**
\$72/6 sess Feb 20-Mar 26 **260146**
\$84/7 sess Apr 2-May 14 **260148**
\$72/6 sess May 21-Jun 25 **260149**
\$15.24/Drop-in

Pilates Fusion

Into Yoga 16+yrs
6:45 PM-7:45 PM

\$73.33/6 sess Jan 16-Feb 20 **255968**
\$60.95/5 sess Feb 27-Mar 26 **255969**
\$73.33/6 sess Apr 9-May 14 **255971**
\$73.33/6 sess May 21-Jun 25 **255972**
\$15.24/Drop-in

La Femme Fitness Kickboxing

Forge Fitness and Martial Arts 16+yrs
6:45 PM-7:45 PM

\$68.57/12 sess Jan 9-Feb 13 **256371**
\$68.57/12 sess Feb 20-Mar 26 **256372**
\$80/14 sess Apr 2-May 14 **256373**
\$68.57/12 sess May 21-Jun 25 **256374**
\$13.33/Drop-in

Earthquake Preparedness

City of Vancouver NEPP 16+yrs
7:00 PM-8:30 PM

Personal & Family

FREE Feb 6 **251007**
FREE Apr 16 **257398**

Apartments

FREE Mar 26 **251009**
FREE Jun 4 **257399**

FRIDAY

Fitness Forge Boot Camp

Forge Fitness and Martial Arts 16+yrs
6:00 AM-7:00 AM

\$68.57/6 sess Jan 10-Feb 14 **256363**
\$68.57/6 sess Feb 21-Mar 27 **256364**
\$68.57/6 sess Apr 3-May 15 **256365**
\$68.57/6 sess May 22-Jun 26 **256366**
\$13.33/Drop-in

Boot Camp Trio (Mon + Wed + Fri)

\$180/18 sess Jan 6-Feb 14 **256367**
\$180/18 sess Feb 19-Mar 30 **256368**
\$180/18 sess Apr 1-May 15 **256369**
\$170/17 sess May 20-Jun 26 **256370**

Foam Rolling and Relaxation

Kate Lee 16+yrs
9:00 AM-10:15 AM

\$95.24/10 sess Jan 10-Mar 13 **260150**
\$123.81/13 sess Apr 3-Jun 26 **260151**
\$11.43/Drop-in

Pickleball Lessons - Drills and Strategies Intermediate

Richard Lee 18+yrs
10:30 AM-12:00 PM

\$120/10 sess Jan 10-Mar 13 **259888**
\$144/12 sess Apr 3-Jun 26 **259891**

Butokukan Karate

15+yrs
6:30 PM-8:00 PM

New Member's Special (see Wednesday)

Wednesday & Friday

\$240/20 sess Jan 8-Mar 13 **258742**
\$264/24 sess Apr 1-Jun 19 **258743**

Meditation and Mindfulness

Enrique Estrada 16+yrs
8:15 PM-9:15 PM

\$104.76/11 sess Apr 3-Jun 19 **261045**
\$10.48/Drop-in

Zumba

Edie Chang 16+yrs
8:15 PM-9:15 PM

\$51.43/6 sess Jan 10-Feb 14 **259216**
\$51.43/6 sess Feb 21-Mar 27 **259217**
\$51.43/6 sess Apr 3-May 15 **259218**
\$51.43/6 sess May 22-Jun 26 **259219**
\$10.48/Drop-in

SATURDAY

Get Golf Ready

Fraserview Golf 16+yrs

Level 1 Welcome to Golf

10:30 AM-11:30 AM
\$145/5 sess Feb 15-Mar 14 **261234**

9:30 AM-10:30 AM

\$145/5 sess Mar 7-Apr 4 **261235**

Level 2 Build Skills & Confidence

11:45 AM-12:45 PM
\$165/5 sess Feb 22-Mar 21 **261236**

10:30 AM-11:30 AM

\$165/5 sess Mar 21-Apr 18 **261237**

Fit4Two Prenatal Fitness

Fit4Two Van East 16+yrs
12:30 PM-1:30 PM

\$106.68/7 sess Jan 11-Feb 29 **248675**
\$106.68/7 sess Mar 7-Apr 25 **248676**
\$106.67/7 sess May 42-Jun 20 **248677**
\$17.14/Drop-in

Rhythmic Gymnastics

Bing Zhao 16+yrs
1:00 PM-2:30 PM

\$225/9 sess Jan 11-Mar 14 **261141**
\$250/10 sess Apr 4-Jun 20 **261144**

Chinese Folk Dance

Chun (Margaret) Pan 16+yrs
1:45 PM-3:00 PM

\$42/7 sess Jan 11-Mar 14 **251242**
\$60/10 sess Apr 4-Jun 20 **251243**
\$7.62/Drop-in

Modern Chinese Dance

Chun (Margaret) Pan 16+yrs
3:15 PM-4:45 PM

\$42/7 sess Jan 11-Mar 14 **251244**
\$60/10 sess Apr 4-Jun 20 **251245**
\$7.62/Drop-in

Kung Fu

Lily Lau Eagle Claw 15+yrs
4:00 PM-4:55 PM

\$90/9 sess Jan 11-Mar 14 **258806**
\$100/10 sess Apr 18-Jun 27 **258807**

See page 2 for Mon + Sat Discount Rate

RILEY PARK HILLCREST COMMUNITY ASSOCIATION

4575 Clancy Loranger Way, Vancouver BC V5Y 2M4
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Fax: (604) 257-8639

Adult Programs

January to June 2020

This is an overview of adult programs (over 16 years old) at Hillcrest Centre. For course descriptions and class cancellations, and additional programs, please visit vancouver.ca or browse our program guide.

DANCE

ART

FITNESS & HEALTH

MARTIAL ARTS

MUSIC

SPORTS

EDUCATION

MUSIC LESSONS

Drum Lessons

Musical Expressions 7+yrs
Sundays 1:00 PM-2:30 PM

\$216/9 sess Jan 12-Mar 15
\$240/10 sess Apr 5-Jun 21

Piano Lessons

Musical Expressions 6+yrs

Mondays 3:30 PM-8:00 PM

\$216/9 sess Jan 6-Mar 9
\$240/10 sess Apr 6-Jun 22

Wednesdays 3:30 PM-8:00 PM

\$240/10 sess Jan 8-Mar 11
\$288/12 sess Apr 1-Jun 17

Saturdays 9:30 AM-4:00 PM

\$216/9 sess Jan 11-Mar 14
\$240/10 sess Apr 4-Jun 20

Guitar Lessons

Musical Expressions 6+yrs

Thursdays 3:30 PM-8:00 PM

\$240/10 sess Jan 9-Mar 12
\$288/12 sess Apr 2-Jun 18

Fridays 3:30 PM-8:00 PM

\$240/10 sess Jan 10-Mar 13
\$264/11 sess Apr 3-Jun 19

Violin and Fiddle Lessons

Shannon Saunders 6+yrs

Tuesdays 3:30 PM-7:00 PM

\$240/10 sess Jan 7-Mar 10
\$312/12 sess Mar 31-Jun 23

Vancouver Fiddle Club

Tuesdays 7:00 PM-8:30 PM
\$170/10 sess Jan 7-Mar 10
\$221/12 sess Mar 31-Jun 23

All private music programs are 30 minutes. Please check online for activity numbers.

SUNDAY

Beginner Yoga

Into Yoga 16+yrs
9:15 AM-10:15 AM

\$60.95/5 sess Jan 12-Feb 9 **255976**
\$73.33/6 sess Feb 23-Mar 29 **255978**

\$60.95/5 sess Apr 5-May 10 **255979**
\$73.33/6 sess May 24-Jun 28 **255980**
\$15.24/Drop-in

Zumba Fitness

Silva Abkarian 18+yrs
9:15 AM-10:15 AM

\$42.86/5 sess Jan 12-Feb 9 **259212**
\$42.86/5 sess Feb 23-Mar 22 **259213**

\$51.43/6 sess Mar 29-May 10 **259214**
\$42.86/5 sess May 24-Jun 21 **259215**
\$10.48/Drop-in

Contemporary Dance Level 1

Miriam Esquitin 16+yrs
10:30 AM-12:30 PM

\$175.32/11 sess Jan 12-Mar 29 **255267**
\$19.38/10 sess Apr 19-Jun 28 **255268**
\$17.14/Drop-in

Tae Kwon Do

Dragon Temple 15+yrs
12:45 PM-1:35 PM

\$120/10 sess Jan 12-Mar 22 **258793**
\$120/10 sess Apr 19-Jun 28 **258795**

Tennis

Juan Carlos Maldonado 16+yrs

1:45 PM-2:45 PM Beginner
\$112/8 sess Jan 12-Mar 8 **259525**
\$140/10 sess Apr 5-Jun 21 **259526**

2:45 PM-3:45 PM Intermediate
\$112/8 sess Jan 12-Mar 8 **259527**
\$140/10 sess Apr 5-Jun 21 **259528**

Karate Uechi-Ryu

15+yrs
2:00 PM-3:30 PM

\$132/12 sess Jan 12-Mar 29 **258823**
\$132/12 sess Apr 5-Jun 21 **258824**

The Parent-Child Relationship

Milo Wu 16+yrs
2:00 PM-4:00 PM

\$50/2 sess Mar 1-Mar 8 **256538**
\$50/2 sess May 24-May 31 **256539**

Ryukyu Kobudo Weapons Tradition of Okinawa

19+yrs
3:30 PM-5:00 PM

\$132/12 sess Jan 12-Mar 29 **258821**
\$132/12 sess Apr 5-Jun 21 **258826**

Sunday + Wednesday Discount Rate
\$200/20 sess Jan 15-Mar 22 **258798**
\$220/22 sess Apr 8-Jun 28 **258799**

MONDAY

Fitness Forge Boot Camp

Forge Fitness and Martial Arts 16+yrs
6:00 AM-7:00 AM

\$68.57/6 sess Jan 6-Feb 10 **256356**
\$68.57/6 sess Feb 24-Mar 30 **256357**

\$57.14/5 sess Apr 6-May 11 **256358**
\$57.14/6 sess May 25-Jun 22 **256375**
\$13.33/Drop-in

See Friday for MWF trio discount rate

Rhythmic Gymnastics

Bing Zhao 16+yrs
9:45 AM-10:45 AM

\$144/9 sess Jan 6-Mar 9 **261316**
\$160/10 sess Apr 6-Jun 22 **261317**

This publication includes programs January to June.
Save this publication for both seasons.

MONDAY

Fit4Two Stroller Fitness

Fit4Two Van East 16+yrs
1:00 PM-2:00 PM

\$93.33/7 sess Jan 6-Feb 24 **248680**
\$106.64/8 sess Mar 2-Apr 27 **248681**
\$93.33/7 sess May 4-Jun 22 **248682**
\$15.24/Drop-in

Kung Fu

Lily Lau Eagle Claw 6-14yrs
5:20 PM-6:15 PM

\$90/9 sess Jan 6-Mar 9 **258814**
\$90/9 sess Apr 20-Jun 22 **258813**

Monday + Saturday Discount Rate

\$144/18 sess Jan 6-Mar 14 **258818**
\$152/19 sess Apr 18-Jun 27 **258819**

Yoga Made for Runners

Mike Dennison 16+yrs
5:30 PM-6:45 PM

\$154/11 sess Jan 6-Mar 23 **260153**
\$154/11 sess Mar 30-Jun 22 **260154**
\$16/Drop-in

Power Yoga

Pauline Kuhn 16+yrs
5:45 PM-6:30 PM

\$64/8 sess Jan 13-Mar 9 **259118**
\$64/8 sess Apr 20-Jun 22 **261310**
\$9.52/Drop-in

Tennis

Juan Carlos Maldonado 16+yrs

Outdoor Beginner at QE Tennis Courts

6:00 PM-7:00 PM Mon + Wed
\$128/8 sess Jun 1-Jun 24 **259532**

Outdoor Intermediate at QE Tennis Courts

7:00 PM-8:30 PM Mon + Wed
\$144/8 sess Jun 1-Jun 24 **259533**

Pilates Fusion

Into Yoga 16+yrs
6:45 PM-7:45 PM

\$60.95/5 sess Jan 13-Feb 10 **255948**
\$73.33/6 sess Feb 24-Mar 30 **255951**
\$60.95/5 sess Apr 6-May 11 **255956**
\$73.33/6 sess May 25-Jun 29 **255957**
\$15.24/Drop-in

Fit4Two Prenatal Barre

Fit4Two Van East 16+yrs
7:00 PM-8:00 PM

\$106.67/7 sess Jan 6-Feb 24 **248684**
\$121.92/8 sess Mar 2-Apr 27 **248685**
\$106.67/7 sess May 4-Jun 22 **248686**
\$17.14/Drop-in

Acrylic Painting

M. Reza Atashzad 16+yrs
7:30 PM-9:30 PM

\$156/8 sess Jan 13-Mar 9 **258769**
\$156/8 sess Apr 20-Jun 15 **258775**
\$25/Drop-in

Zumba

Monika Schoenenberger 16+yrs
8:15 PM-9:15 PM

\$51.43/6 sess Jan 6-Feb 10 **259180**
\$42.86/5 sess Feb 24-Mar 23 **259181**
\$51.43/6 sess Mar 30-May 11 **259182**
\$51.43/6 sess May 18-Jun 22 **259183**

Two Sets

\$94.29/12 sess Jan 6-Mar 23 **259196**
\$94.29/11 sess Mar 30-Jun 22 **259197**

TUESDAY

Rhythmic Gymnastics

Bing Zhao 16+yrs
11:00 AM-12:30 PM

\$250/10 sess Jan 7-Mar 10 **261313**
\$300/12 sess Apr 7-Jun 23 **261314**

Pickleball Lessons - Beginner

Mona Lee 18+yrs
12:30 PM-2:00 PM

\$120/10 sess Jan 7-Mar 10 **259885**
\$156/13 sess Mar 31-Jun 23 **259889**

Pilates Fusion

Daniel Eby 16+yrs
12:45 PM-1:45 PM

\$60.95/5 sess Jan 7-Feb 4 **261238**
\$60.95/5 sess Feb 11-Mar 10 **261239**
\$73.33/6 sess Apr 7-May 12 **261240**
\$73.33/6 sess May 19-Jun 23 **261241**
\$15.24/Drop-in

Pickleball Lessons - Skills and Drills Intermediate

Mona Lee 18+yrs
2:00 PM-3:30 PM

\$120/10 sess Jan 7-Mar 10 **259887**
\$156/13 sess Mar 31-Jun 23 **259890**

Yoga4Stiff Guys - All Levels

Misurka Yoga Ltd. 16+yrs
5:30 PM-6:30 PM

\$72/6 sess Jan 7-Feb 11 **260140**
\$72/6 sess Feb 18-Mar 24 **260141**
\$84/7 sess Mar 31-May 12 **260143**
\$72/6 sess May 19-Jun 23 **260144**
\$15.24/Drop-in

Health Workshops

Cheryl Devine 19+yrs
6:00 PM-7:00 PM

The Power of Habits: Start Good Ones, Break Bad Ones

\$9.52/1 sess Jan 14 **257694**

How to Heal with Food

\$9.52/1 sess Jan 21 **257703**

Fabulous over 50

\$9.52/1 sess Jan 28 **257704**

Reduce your Stress and Sleep Better

\$9.52/1 sess Jun 9 **257708**

Kick the Sugar Habit

\$9.52/1 sess Jun 16 **257709**

Mindful Eating for Better Digestion

\$9.52/1 sess Jun 23 **257710**

Penalty Box Athletic Conditioning

Bonnie Kramer 16+yrs
6:15 PM-7:00 PM

FREE Jan 7 **259521**
\$46.67/7 sess Jan 14-Feb 25 **259518**
FREE Mar 3 **259522**
\$53.33/8 sess Mar 10-Apr 28 **259519**
\$53.33/8 sess May 5-Jun 23 **259520**

*New programs are added all the time.
Go to recreation.vancouver.ca to
search all programs.*

TUESDAY

Pound

Monika Schoenenberger 16+yrs
6:45 PM-7:30 PM

FREE Jan 7 **259289**
\$33.33/5 sess Jan 14-Feb 11 **259250**
\$40/6 sess Feb 18-Mar 24 **259251**
FREE Mar 31 **259290**
\$40/6 sess Apr 7-May 12 **259252**
\$40/6 sess May 19-Jun 23 **259253**
\$10.48/Drop-in

Two Sets

\$80/12 sess Jan 7-Mar 24 **259255**
\$86.67/13 sess Mar 31-Jun 23 **259256**

Anat Baniel Method Neuromovement

Tanya Shklanka 19+yrs
7:00 PM-8:00 PM

FREE Jan 7 **260990**
\$60/4 sess Jan 21-Feb 11 **260986**
\$60/4 sess Feb 18-Mar 10 **260989**
FREE Apr 7 **260991**
\$75/5 sess Apr 14-May 12 **260987**
\$75/5 sess May 19-Jun 16 **260988**
\$17.14/Drop-in

New Members Special

Includes FREE uniform (\$60 value)
\$39/4 sess Jan 8-Jan 17 **258734**
\$39/4 sess Apr 1-Apr 15 **258737**

DIY

Nancy Wallace 16+yrs
Natural Lotion & Aromatherapy

7:00 PM-9:00 PM
\$40/session Feb 4 **261331**
\$40/session Apr 28 **261332**

Natural Soaps & Aromatherapy

7:00 PM-9:30 PM
\$55/session Feb 18 **261333**
\$55/session May 12 **261334**

WEDNESDAY

Fitness Forge Boot Camp

Forge Fitness and Martial Arts 16+yrs
6:00 AM-7:00 AM

\$68.57/6 sess Jan 8-Feb 12 **256359**
\$68.57/6 sess Feb 19-Mar 25 **256360**
\$80/7 sess Apr 1-May 13 **256361**
\$68.57/6 sess May 20-Jun 24 **256362**
\$13.33/Drop-in
See Friday for MWF trio discount

WEDNESDAY

Sunrise Qi Gong

Wesley Salter 16+yrs
7:15 AM-8:15 AM

\$76.19/10 sess Jan 8-Mar 11 **251230**
\$60.95/8 sess Apr 1-May 27 **251235**
\$10/Drop-in

CALLANETICS

Linda Shedden 16+yrs
5:45 PM-6:45 PM

\$165/11 sess Jan 8-Mar 18 **260124**
\$165/11 sess Apr 8-Jun 17 **260125**

Tae Kwon Do

Dragon Temple 15+yrs
6:30 PM-7:20 PM

\$120/10 sess Jan 15-Mar 18 **258786**
\$144/12 sess Apr 8-Jun 24 **258787**

See page 1 for Sun + Wed discount rate

Butokukan Karate

15+yrs
6:30 PM-8:00 PM

Wednesday & Friday

\$240/20 sess Jan 8-Mar 13 **258742**
\$264/24 sess Apr 1-Jun 19 **258743**

Five Animal Play Exercise

Thomas Yu Ting Cheng 16+yrs
7:00 PM-9:00 PM

\$108/12 sess Apr 8-Jun 24 **259715**

SportMedBC 10K InTraining Program

SportMedBC 13+yrs
7:00 PM-9:00 PM

\$99/13 sess Jan 22-Apr 15 **240394**

Tennis

Juan Carlos Maldonado 16+yrs

7:00 PM-8:00 PM
\$140/10 sess Jan 8-Mar 11 **259523**
\$168/12 sess Apr 1-Jun 17 **259524**

Outdoor Beginner at QE Tennis Courts

6:00 PM-7:00 PM Mon + Wed
\$128/8 sess Jun 1-Jun 24 **259532**

Outdoor Intermediate at QE Tennis Courts

7:00 PM-8:30 PM Mon + Wed
\$144/8 sess Jun 1-Jun 24 **259533**

Watercolour Painting

M. Reza Atashzad 16+yrs
7:30 PM-9:30 PM

\$234/12 sess Jan 8-Mar 25 **258773**
\$195/10 sess Apr 22-Jun 24 **258774**
\$25/Drop-in

Strong by Zumba

Monika Schoenenberger 16+yrs
7:45 PM-8:45 PM

FREE Jan 8 **259248**
\$42.86/5 sess Jan 15-Feb 12 **259174**
\$51.43/6 sess Feb 19-Mar 25 **259175**
FREE Apr 1 **259249**
\$51.43/6 sess Apr 8-May 13 **259176**
\$51.43/6 sess May 20-Jun 24 **259177**
\$10.48/Drop-in

Two Sets

\$102.86/12 sess Jan 8-Mar 25 **259178**
\$111.43/13 sess Apr 1-Jun 24 **259179**

THURSDAY

Yoga and Qi Gong

Jenny Soares 16+yrs
10:10 AM-11:10 AM

FREE Jan 16 **259402**
\$80/8 adult sess Jan 23-Mar 12 **259237**
\$56/8 sr. sess Jan 23-Mar 12 **259237**
FREE Apr 9 **259403**
\$90/8 adult sess Apr 16-Jun 18 **259239**
\$63/8 sr. sess Apr 16-Jun 18 **259239**
\$13/Adult drop-in; \$10/Senior drop-in

Gentle Hatha Yoga

Amanda Drage 16+yrs
11:30 AM-12:30 PM

\$72/9 sess Jan 16-Mar 12 **256376**
\$48/6 sess Apr 9-May 14 **256377**
\$48/6 sess May 21-Jun 25 **256378**
\$9.52/Drop-in

Tennis

Juan Carlos Maldonado 16+yrs
6:00 PM-8:00 PM

Outdoor Advanced at QE Courts

\$80/4 sess Jun 4-Jun 25 **259531**

Check out our drop-in sports
schedule online!