

2011 2012

# access programs



## Participate today! We can help you get active

Do you have a limited budget for recreation? Are you a resident of North Vancouver?  
If you cannot afford the full fee to participate in a recreation program we can help you get active at a reduced rate.

### We make it easy. Here's how:

#### Step One

Just call us at 604-987-Play (7529) and ask for an Access appointment at your local Community Recreation Centre.

If your children or grandchildren need financial support to participate in amateur and community sports and recreation, consider these two community-based programs:

#### KidSport™

North Shore assists families with community sport registration fees to a maximum of \$150 for children and youth 6 to 18 years. To download a KidSport™ North Shore application form, go to [northvanrec.com](http://northvanrec.com)

#### Athletics for Kids (A4K)

works to make participation in organized amateur sports and recreation affordable for all for children and youth. For more information and an application form please go to [www.a4k.ca](http://www.a4k.ca)

#### Step Two

Please bring the following to your appointment:

1. Proof of residency in North Vancouver (example - BC Hyrdo, telephone, cable bill)
2. Please bring **one** of the following:
  - A referral letter from a North Shore social service agency
  - A tax assessment
  - Disability Benefits statement
  - Employment Insurance statement
  - Income Assistance statement

#### Step Three

Our staff will help you select opportunities to participate, depending on your goals and interests.

#### Fitness Pass

Adults and youth, 15 years and older, can drop-in to 9 weight rooms at 6 locations and over 200 fitness classes.

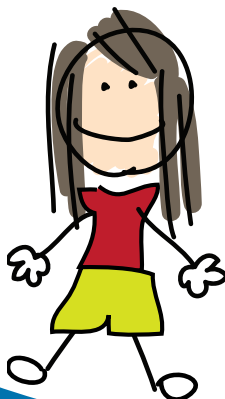
#### Swim and Skate Pass

Children, youth and adults can participate in public swim and skate sessions. Adults can participate in scheduled lane swimming sessions.

#### Registered Programs - arts, sports, swim and skate lessons and more

Children, youth, adults and seniors can participate in a registered program.

*We look forward to meeting with you!*



*need help?*

call our customer care centre  
**604-983-6388**



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**free programs**

**lower capilano**

**youth**

Youth Centre Griffin p.159

**adult 55+**

Keep Well Silver Harbour, Delbrook p.12&15

**lower lonsdale**

**family**

Breast Feeding Support JBCC p.99  
 Parent Education Series JBCC p.98  
 Polynesian Dance JBCC p.50  
 Young Parents Drop-In JBCC p.98

**early years 0-6yrs**

Circle of Care/Caregiver Support JBCC p.97  
 CNV Library Story Time JBCC p.99  
 Daddy & Me Drop-In JBCC p.97  
 Grandparent Connection JBCC p.97  
 Infant & Child Drop-In JBCC p.98  
 Lolo Family Drop-In JBCC p.97  
 Parent & Child Mother Goose JBCC p.99

**youth**

Pre-Teen & Teen Drop-In JBCC p.168  
 Polynesian Dance JBCC p.50

**adult**

Health Lecture Series JBCC p.97  
 Pilates-Intro JBCC p.118  
 Polynesian Dance JBCC p.50

**adult 55+**

Persian Women's Group JBCC p.17

**upper lonsdale**

**youth**

Basketball Drop-in McDougall p.160  
 Sunday Night Basketball McDougall p.160  
 Youth Centre HJ p.159

**lynn valley**

**family**

Bright Christmas Mollie Nye p.64  
 Cookies & Carols LVRC p.64  
 Lantern & Caroling Parade Magnussen p.64  
 Lantern Making Magnussen p.64

**youth**

LV Pre-Teen Drop-In LVRC p.159

**parkgate/deep cove**

**early years 0-6yrs**

Circle of Care for Nanny & Caregivers Parkgate p.97  
 Mother Goose Parkgate p.98

**youth**

Pre-Teen Drop-In Parkgate p.159  
 Youth Centre Parkgate p.159

**adult**

Sing Along Choir Parkgate p.22

**west seymour/inter-river**

**youth**

Youth Centres Seymour, Seycove p.159

**family**

Parent's Night Out Seymour Youth Centre p.98  
 Lynnmour Family Drop-in Jaycee House p.97  
 Halloween Party Jaycee House p.160



visit [northvanrec.com](http://northvanrec.com)  
 for more details!



## low cost programs

### capilano

#### everyone

Public Swimming Griffin \$1 p.C2

#### early years o-6yrs

Aqua Kids- Beginner & Advanced Griffin \$2.35/class p.29

(Must register for whole series, no drop-ins)  
Playday (1-4yrs) Delbrook \$3 p.77

#### schoolage

Aqua Kids- Beginner & Advanced Griffin \$2.35/class p.33

(Must register for whole series, no drop-ins)  
Back to Basics Bootcamp Griffin \$1 p.111

#### adult

Adapted Fitness Griffin \$4 p.12  
Noon Hour Basketball Delbrook \$2 p.C8

Open Gym Delbrook \$2 p.C8

#### adult 55+

Adapted Fitness Griffin \$4 p.107  
Badminton Delbrook \$2 p.12  
Bridge Duplicate Delbrook \$2 p.12

### lower lonsdale

#### everyone

Badminton Drop-In NSNH \$3 p.133  
Beginner Badminton NSNH \$3 p.133

#### family

Parent & Tot Art Drop-in JBCC \$2 p.77

Parent & Tot Gym Drop-in JBCC \$1 p.77

Polynesian Dance JBCC \$2 p.50

Sunday Family Drop-in JBCC \$1/\$3 p.98

### early years o-6yrs

Red Rover NSNH \$2 p.77

#### schoolage

Judo JBCC \$6/3 classes p.129

YogaDrops Yoga for Kids JBCC \$2 p.111

#### youth

Hapkido Self Defense JBCC \$6/3 classes p.131

Judo JBCC \$6/3 classes p.131

YogaDrops Yoga for Youth JBCC \$2 p.112

#### adult

Ballet Barre Fitness JBCC \$4/2 classes p.112

Drop-in Basketball NSNH \$4 p.C8

Hapkido Self Defense JBCC \$6/3 classes p.131

Judo JBCC \$6/3 classes p.131

Men's Yoga JBCC \$4/2 classes p.121

Noon Hour Badminton JBCC/NSNH \$3/\$2 p.133

Noon Hour Soccer JBCC \$2 p.C8

Pickleball JBCC \$3 p.17

#### adult 50-65

Badminton JBCC \$2 p.17

BrainRise Workout JBCC \$2 p.17

Nia Fitness JBCC \$2 p.121

Noon Hour Badminton JBCC/NSNH \$3/\$2 p.133

Nordic Pole Walking JBCC \$4 p.17

Zoomers Yoga JBCC \$2 p.121

#### adult 65+

Badminton JBCC \$2 p.17

Bridge Drop-in JBCC \$2 p.18

Golden Circle JBCC/NSNH \$2 p.19

Lunch Bunch JBCC \$6 p.19

Men's Club JBCC/NSNH \$6 p.19

Music Jam JBCC \$1 p.19

Nordic Pole Walking JBCC \$4 p.17

Pickleball JBCC \$3 p.17

Table Tennis JBCC \$2 p.18

### upper lonsdale

#### everyone

Public Skating HJ \$1 p.C6

Public Swimming HJ \$1 p.C2

#### family

Toddler & Me Drop-in McDougall \$2 p.77

Volleyball Drop-in McDougall \$2 p.C8

#### schoolage/youth

Open Gym Memorial \$1 p.C8

#### adult

Aerobic Mild/Women Memorial \$1 p.C4-5

Circuit Training HJ \$1 p.C4-5

### lynn valley

#### everyone

Public Skating Magnussen \$1 p.C2  
Public Swimming Magnussen \$1 p.C2

#### family

English Conversation Mollie Nye \$2 p.126

Hallowe'en Party LVRC \$5 p.160

Lynn Valley Drop-in LVRC \$2.50 p.160

Swim Lessons Magnussen \$5 p.38

#### schoolage

Kid's Night Out LVRC \$9.50 p.125

#### youth

Youth Event Nights Magnussen \$7 p.160

#### adult 55+

Arts & Crafts Mollie Nye \$2 p.20

Book Club Mollie Nye \$2 p.21

Hearty Lunches Mollie Nye \$5 p.21

Music Drop-In Mollie Nye \$2 p.20

Sewing Mollie Nye \$2 p.20

Stamp Club Mollie Nye \$2 p.21

Table Games Mollie Nye \$2 p.20

Walking Groups Mollie Nye \$2 p.21

### parkgate/deep cove

#### family

Open Gym Playgroup Parkgate \$5/family p.77  
Playgroup Parkgate \$5/family p.77

#### adult 55+

Badminton Parkgate \$3 p.22

Bridge Parkgate \$2 p.23

Chess Parkgate \$2 p.23

Craft Circle Parkgate \$2 p.22

Cribbage Parkgate \$2 p.23

Friday Afternoon Movies Parkgate \$2 p.23

Heart & Stroke Club Parkgate \$10/yr p.22

Keep Well Parkgate \$2 p.22

Mahjong Parkgate \$2 p.23

Quilting Parkgate \$2 p.22

Scrabble Parkgate \$2 p.23

### west seymour/inter-river

#### everyone

Public Skating Andrews \$1 p.C6

Public Swimming Andrews \$1 p.C2

#### early years o-6yrs

Parent & Tot Drop-In Gym Andrews \$1 p.77

#### schoolage

Kid's Night Out Andrews \$9.50 p.125

#### adult

Fitness Andrews \$1 p.C4-5



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## facility accessibility

### at your neighbourhood Community Recreation Centres

#### Karen Magnussen

- Adult-sized Change Tables
- Push-button Control Entrance Doors
- Push-button Control Family Changeroom Doors
- Aquatic Wheel Chairs
- Personal Transfer Lift
- Wheelchair Accessible Showers
- Fully Accessible Changerooms (2)
- Extra-wide Parking Stalls (for Ramped Accessible Vehicles)
- Zero Depth Pool Deck (Beach Entry)

#### Ron Andrews

- Aquatic Wheel Chair
- Aquatic Pool Lift (requires trunk control)
- Push-button Control Entrance Doors

#### Harry Jerome

- Aquatic Pool Lift (requires trunk control)
- Automatic Entrance Doors
- Elevator
- Extra Wide Parking Stalls (for Ramped Accessible Vehicles)

#### William Griffin

- Aquatic Wheelchair Pool Lift
- Aquatic Wheel Chairs
- Adapted Fitness Centre Equipment
- Fully Accessible Changeroom
- Extra-wide Parking Stalls (for Ramped Accessible Vehicles)
- Aquatic Pool Lift

#### Parkgate

- Adapted Fitness Centre Equipment
- Extra-wide Parking Stalls
- Wheelchair Accessible Showers

#### John Braithwaite

- Automatic Entrance Doors
- Elevator
- Handicap Washroom Emergency Call Button
- Hearing Assistance System
- Stand-alone Handicap Washrooms



## adapted programs

### early years

#### Learn to Swim Lessons 3-6yrs

Beginner learn-to-swim program designed for preschoolers with developmental or physical disabilities.

Magnussen, Pool

270958	W	5:30pm	Oct 12-Dec 14
270783	W	5:30pm	Jan 4-Mar 7

\$65



## schoolage

### Karate 6-13yrs

This program is for children 6-13 years old with developmental or physical disabilities. Get your muscles and minds moving with karate disciplines and techniques. A great way to learn a new sport and have fun too! (Kikai Karate)

Andrews, Windsor Rm

273316	W	Sep 7-28	4:00-5:00pm
273317	W	Oct 5-26	4:00-5:00pm
\$100			
273318	W	Nov 2-30	4:00-5:00pm
\$125			
273321	W	Dec 7-21	4:00-5:00pm
\$75			
273355	W	Jan 4-25	4:00-5:00pm
273356	W	Feb 8-29	4:00-5:00pm
273357	W	Mar 7-28	4:00-5:00pm
\$100			



### Musical Theatre 7-10yrs

This fun, engaging and high energy class is a cross between musical theater and physical expression. Participants will move to music, dress up in costumes and explore different rhythms. Encourages; independence, teamwork and listening skills.

(Kelsey T.)

JBCC, Harbourview Rm

268790	W	Sep 21-Oct 26	4:30-5:15pm
268796	W	Nov 2-Dec 7	4:30-5:15pm
\$40			
268799	W	Jan 18-Mar 7	4:30-5:15pm
\$53.36			



## Swim Lessons 6-12yrs

Beginner and advanced learn-to-swim program designed for children with developmental or physical disabilities.

**Andrews, Pool**

### Beginner

270945	M	6:30pm	Sep 26-Dec 12	\$51.15
270946	W	6:45pm	Sep 28-Dec 14	\$55.80
270947	Sa	12:30pm	Oct 1-Dec 3	\$46.50
270953	Sa	12:30pm	Jan 7-Mar 10	\$46.50
270951	M	6:30pm	Jan 9-Mar 12	\$46.50
270952	W	6:45pm	Jan 11-Mar 14	\$46.50

### Advanced

270948	M	7:00pm	Sep 26-Dec 12	\$51.15
270949	W	7:00pm	Sep 28-Dec 14	\$55.80
270950	Sa	12:30pm	Oct 1-Dec 3	\$46.50
270956	Sa	12:30pm	Jan 7-Mar 10	\$46.50
270954	M	7:00pm	Jan 9-Mar 12	\$46.50
270955	W	7:00pm	Jan 11-Mar 14	\$46.50

## youth

Interested in Learn to Swim lessons for children 13 yrs&up? Please contact Jackie Hamm at 604-982-8331 or email at jhamm@jbcc.ca.

## adult

### Adapted Fitness - Chair & Pool Exercise

This specialty class consists of self-paced chair and/or water exercises for people with mobility, coordination, strength and flexibility limitations due to disabilities or injury. Call 604-983-6534 for prices or referrals. Drop-ins available. Adapted Chair Class 1-2pm; Adapted Pool class 2-3pm

**Griffin, Edgemont Rm/Pool**

268433	M,W	Sep 12-28	1:00-2:00pm
268435	M,	Oct 3-31	1:00-2:00pm
268434	W,M	Nov 2-30	1:00-2:00pm
268436	M,	Dec 5-14	1:00-2:00pm
268758	M,	Jan 9-30	1:00-2:00pm
268760	W,M	Feb 1-29	1:00-2:00pm
268759	M,	Mar 5-28	1:00-2:00pm

\$4 per class

(Registration also available on a monthly basis)

### Mild Aquafit

Participants will be introduced to a variety of mild exercises and are encouraged to work at their own pace. Individuals who require 1:1 support are asked to be accompanied by their own support person. (Jan L.)

**Magnussen, Games Pool**

268779	Tu	Oct 11-Nov 29	1:30-2:30pm
268784	Tu	Jan 17-Mar 6	1:30-2:30pm

### ChairYoga 55+

Discover the benefits of gentle yoga and breathing with Jen D.

**Parkgate, Youth Centre**

272379	F	Sep 9-Oct 14	9:30-10:30am	\$66
272396	F	Oct 21-Nov 25	9:30-10:30am	\$55



## Chair Zumba

Focus is on providing people with limitations in movement and mobility a safe way to participate in an exercise class.

The benefits include maintaining and/or improving current flexibility, range of motion, and mental alertness. There is a chance to socialize and have fun while enjoying the exciting Latin and international dance rhythms used in all the Zumba programs. (Cathy T.)

**JBCC, Anchor Rm**

### Intro Sampler

275620	Th	Sep 8-15	10:45-11:30am
270973	M	Sep 12-19	9:30-10:15am
272170	Th	Jan 12-19	10:45-11:30am

\$4 (Must Register)

275619	Th	Sep 22-Nov 24	10:45-11:30am
270372	M	Sep 26-Nov 28	9:45-10:30am
272175	Th	Jan 26-Mar 29	10:45-11:30am

\$45



**pick up your Playcard key tag**

see p.4-5 for details



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