

# 2011 2012 general

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## schoolage cooking

### Chefs in Training 8-10yrs

Learn how to make delicious and healthy meals. Take home recipes you can share with your family. Bring your appetite because you will eat what you make in class.

Memorial, Kitchen

275428	W	Oct 5-26	5:30-7:00pm
275429	W	Nov 9-30	5:30-7:00pm
275438	W	Jan 25-Feb 15	5:30-7:00pm

\$50

### Stormy Chefs 8-12yrs

The course is to equip our kids with this very important life skill in a fun and participative manner. Our experienced Chef Coach will lead the kids through this food creative journey - from ingredients to appetizing edibles.

Neighbourhood House, Kitchen

269172	M	Sep 12-Oct 24	4:00-5:30pm
269173	M	Nov 7-Dec 12	4:00-5:30pm

\$50

269174	M	Jan 9-Feb 13	4:00-5:30pm
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\$52

269175	M	Feb 20-Mar 26	4:00-5:30pm
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\$48

### Swimming Chefs in Training Camp 9-12yrs

Enjoy a dip in the pool before planning and cooking a delicious and nutritious supper. Bring your appetite as you will eat what you make. Parents please drop at Harry Jerome Pool and pick up at Memorial, Kitchen at the back of the building.

Harry Jerome, Pool

275448	M-F	Mar 12-16	2:45-6:15pm
275449	M-F	Mar 19-23	2:45-6:15pm

\$85

## Thrills & Spills in the Kitchen

### 10-12yrs

An experienced instructor will coach kids in a fun and participative manner the important life skill of cooking. Will learn practical cooking tips, nutrition, hygiene and etiquette.

Memorial, Kitchen

275433	Tu	Oct 4-25	5:30-7:00pm
275434	Tu	Nov 8-29	5:30-7:00pm
275437	Tu	Jan 24-Feb 14	5:30-7:00pm

\$50

## One Day Cooking Classes

Memorial, Capilano Rm

### Crazy Cupcakes 6-9yrs

Have fun learning how to bake cupcakes as well as decorating them.

275432	Sa	Oct 22	10:00-11:30am
275439	Sa	Jan 28	10:00-11:30am

### Christmas Cookies 6-9yrs

Create delicious Christmas treats that you and your family can enjoy during the holiday season.

275435	Sa	Dec 3	10:00-11:30am
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### Gingerbread House Decorating 6-9yrs

Come join us and make your very own gingerbread house to decorate and take home.

275436	Sa	Dec 10	10:00-11:30am
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### Halloween Treats 6-9yrs

Come join us and make your very own Haunted House to decorate and take home.

275431	Sa	Oct 29	10:00-11:30am
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### Sushi for kids 6-9yrs

Have fun learning how to make sushi.

275430	Sa	Oct 1	11:00-12:30pm
275444	Sa	Mar 3	11:00-12:30pm

### Valentine Treats 6-9yrs

Come join us and make your very own Valentine treats.

275442	Sa	Feb 11	10:00-11:30am
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\$19

let's be friends!



search  
northvanrec  
on facebook and  
stay up-to-date!



## Kids' Night Out 3-12yrs

Parents, this is your opportunity for a quiet night out. Kids enjoy crafts, silly games, movies and interactive play. We offer a variety of activities for all age groups.

Andrews, Windridge Rm (Peanut Free Rm)

273551	Sa	Sep 17	6:45-9:30pm
273552	Sa	Oct 1	6:45-9:30pm
273553	Sa	Oct 15	6:45-9:30pm
273554	Sa	Oct 29	6:45-9:30pm
273555	Sa	Nov 19	6:45-9:30pm
273556	Sa	Dec 3	6:45-9:30pm
273559	Sa	Jan 14	6:45-9:30pm
273558	Sa	Jan 28	6:45-9:30pm
273557	Sa	Feb 11	6:45-9:30pm
273560	Sa	Feb 25	6:45-9:30pm
273561	Sa	Mar 3	6:45-9:30pm
273562	Sa	Mar 31	6:45-9:30pm

Lynn Valley, Cardinal Hall

275203	F	Sep 9	6:45-9:30pm
275204	F	Sep 23	6:45-9:30pm
275205	F	Oct 7	6:45-9:30pm
275206	F	Oct 21	6:45-9:30pm
275207	F	Nov 4	6:45-9:30pm
275208	F	Nov 25	6:45-9:30pm
275209	F	Dec 9	6:45-9:30pm
275210	F	Dec 16	6:45-9:30pm
275250	F	Jan 6	6:45-9:30pm
275251	F	Jan 20	6:45-9:30pm
275252	F	Feb 3	6:45-9:30pm
275253	F	Feb 17	6:45-9:30pm
275254	F	Mar 2	6:45-9:30pm
275255	F	Mar 30	6:45-9:30pm

\$9.50

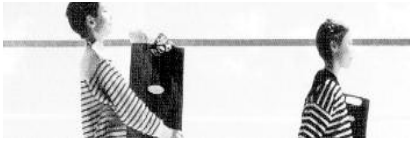
## Winter Break Kids' Night Out 3-12yrs

Ron Andrews, Windridge Rm (Peanut Free Rm)

273565	F	Dec 16	6:15-9:15pm
273566	Sa	Dec 17	6:15-9:15pm
273567	Su	Dec 18	4:45-7:45pm
273568	M	Dec 19	6:15-9:15pm
273569	Tu	Dec 20	6:15-9:15pm
273570	W	Dec 21	6:15-9:15pm
273571	Th	Dec 22	6:15-9:15pm
273572	F	Dec 23	6:15-9:15pm

\$9.50

# general



## language

### French and Skating 6-12yrs

Start with a beginner skating class. Then head to Ron Andrews for a French lesson where we'll cover the basics of reading and writing enriched with music and art activities.

Ice Sports, Arena 2/Andrews, Kitchen

274432	W	Sep 21-Oct 26	3:45-6:30pm	\$79.20
274435	W	Nov 2-Dec 14	3:45-6:30pm	\$92.40
274436	W	Jan 11-Feb 1	3:45-6:30pm	\$52.80
274441	W	Feb 8-Mar 7	3:45-6:30pm	\$66

### First Say Hello

Feel more confident about going shopping, taking transit, talking to the school or your doctor. Find out about recreation opportunities and community happenings. Call 604.987.5820 for info. By donation.

Mollie Nye

F 1:00-2:30pm

## science

### Boys & Girls Science Adventures 5-8yrs

Have fun with magnets, slime and loads of experiments. We'll create fossils, mini volcanoes, sand candles, personalized science books with recipes included, and much more! (Cherie S.)

JBCC, Art Studio

271845	M	Sep 12	3:30-5:00pm	
271849	M	Jan 9	3:30-5:00pm	\$2
271846	M	Sep 19-Oct 31	3:30-5:00pm	
271847	M	Nov 7-Dec 12	3:30-5:00pm	\$63.12
271850	M	Jan 16-Mar 5	3:30-5:00pm	\$85.84



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## adult

### coaching workshops Coaching Fundamental Movement Skills

The goal of the NCCP Fundamental Movement Skills (FMS) workshop is to expose participants to a process that will teach and improve fundamental movement skills in children. Fundamental Movement Skills are integral in child development as they are the basis of movements across a full range of sports and leisure activities they will be involved with in their lifetime.

Magnussen, Eagle Rm

274563	Su	Sep 18	9:00-5:00pm
274564	Su	Jan 8	9:00-5:00pm

## cooking

### Heart Smart Cooking

Thinking about heart health and want to make a change? Join clinical Exercise Specialist, Matt Conway, to learn new ways of cooking delicious meals in this hands-on class.

JBCC, Anchor Room

276152	Sa	Sep 10-Oct 1	10:00-11:30am
276153	Sa	Feb 4-25	10:00-11:30am

## How to Feed a Vegan

Stop global warming one bite at a time. Come join Gina Kuizema and learn the benefits of a vegan lifestyle. She will showcase 12 easy recipes, such as Moroccan Roasted Vegetables with Garlic Mashed Potatoes YUM!

Neighbourhood House, Kitchen

273067	Th	Sep 15-Oct 20	7:30-9:00pm
273068	Th	Oct 27-Nov 17	7:30-9:00pm
273078	Th	Jan 12-Feb 16	7:30-9:00pm
273079	Th	Feb 23-Mar 15	7:30-9:00pm

## games

### Contract Bridge 19yrs&up

Modified Chicago-style bridge for advanced beginners. Players organize themselves into tables. Drop-ins pay at the Delbrook Front Desk prior to play.

Delbrook, Cedar Rm

M,Th 12:30-3:00pm  
\$2

### Duplicate Bridge 19yrs&up

A competitive game without master points for advanced players. Enjoy the company of others in this exciting afternoon of play. Please contact the Delbrook Front Desk if you need a partner.

Delbrook, Tamarack Rm

Tu,Th 12:45-4:00pm  
\$2

BIRTHDAY PARTIES TOO!



## AFTER SCHOOL COOKING PROGRAM FOR KIDS

visit  
[www.kidcooks.ca](http://www.kidcooks.ca)  
for a complete schedule of classes  
starting September, 2011



**2260 Philip Ave, North Vancouver**  
(Capilano United Church)  
778-838-0605 • [www.kidcooks.ca](http://www.kidcooks.ca)



## language

### French

This class will help to improve oral skills in French, and in full will be able to effectively communicate in French.

Neighbourhood House, Activity Rm

274423	Tu	Sep 13-Oct 18	7:00-8:30pm
274424	Tu	Oct 25-Nov 29	7:00-8:30pm
274425	Tu	Jan 10-Feb 14	7:00-8:30pm
274426	Tu	Feb 21-Mar 27	7:00-8:30pm

\$50

### Spanish

Learn Spanish words, phrases and dialogue. Enjoy fun activities with a focus on oral communication. Manual available for an additional fee.

Neighbourhood House, Activity Rm

#### Beginners 1

269169	W	Sep 14-Nov 30	7:30-9:00pm
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\$75

269171	W	Jan 11-Mar 28	7:30-9:00pm
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\$80

#### Beginners 2

269168	W	Sep 14-Nov 30	6:00-7:30pm
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\$75

269170	W	Jan 11-Mar 28	6:00-7:30pm
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\$80

## learning workshops

### Soaps Galore!

Learn to make high quality vegetable based soaps for all skin types. (Cheryl T.)

JBCC, Art Studio

270734	Su	Oct 16	10:00-3:00pm
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\$54.46

### Stocking Stuffer Skincare

Create all your stocking stuffer gifts in this hands-on class! Supplies included in fee. (Cheryl T.)

JBCC, Art Studio

270737	Tu	Nov 22	6:30-9:30pm
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\$45.04

### Baby & Me Skincare

Make a baby barrier cream, chamomile powder, dreamtime massage oil and a toning body lotion (great for stretch marks). Recipes on bedtime calming mist and aloe wipes. (Cheryl T.)

JBCC, Art Studio

275977	Tu	Feb 21	7:00-9:00pm
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\$42.32

### HJ CARE Garden Project

A community and recreation engagement garden. Help us grow our garden and our community connections.

Call 604-983-6420 for info.

## In House Spa Treatments

In this hands-on class, make gratifying spa treatments at home. Make a Himalayan body scrub, dead sea mineral mud body wrap, cellulite lotion, and toning oil. (Cheryl T.)

JBCC, Art Studio

275978	Tu	Mar 20	6:30-9:30pm
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\$41.96

## Lantern Making Workshop

Make a glass jar lantern at one of our workshops and then join us on December 1st (Time TBA) at Karen Magnussen Community Recreation Centre for the annual parade up to Mollie Nye House.

Magnussen, Eagle Rm

275983	Su	Nov 27	12:30-5:00pm
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Free-must register

## pet obedience

### HJ Dog Obedience Beginners

#### 6mos&up

A 10-week on-leash training course for dogs over 6 months of age. Adult handlers are taught to analyze their dog's personalities and then to teach the 5 basic obedience commands by the most appropriate method for their particular dog. First night is lecture only, dogs do not attend. Trainer must be 16yrs or older (Denise H.)

Memorial, Capilano Rm

275194	M	Sep 19-Nov 28	8:15-9:15pm
275195	M	Jan 23-Mar 26	8:15-9:15pm

\$86.50/\$122.50 two handlers

### Dog Obedience with Denise

Adult handlers are taught to analyze their dogs' personalities and then to teach them the five basic obedience commands by the most appropriate method for their particular dog. First night is a lecture - dogs DO NOT attend. (Denise H.)

Neighbourhood House, Gym

#### Beginners

270316	W	Sep 14-Nov 23	7:40-8:40pm
270356	W	Jan 11-Mar 21	7:40-8:40pm
270318	F	Sep 16-Dec 2	1:00-2:00pm
270357	F	Jan 13-Mar 23	1:00-2:00pm

#### Intermediate

For owners and their dogs who have completed a beginners level obedience class.

270251	Tu	Sep 13-Nov 22	8:10-9:10pm
270308	Tu	Jan 10-Mar 20	8:10-9:10pm

\$85



## Distraction Training with Denise

For owners and their dogs that have completed basic obedience classes and need to work on performance with distractions. Include moving stand, drop on recall, finishes, obstacle work. Additional handler pay extra and they MUST be 16 yrs or older. Dogs DO attend the first class. (Denise H.)

Neighbourhood House, Gym

270252	W	Sep 14-Nov 23	8:45-9:45pm
270309	W	Jan 11-Mar 21	8:45-9:45pm

\$85

## Intro to RALLY-O

This is an 11 week class introducing Rally-OI, a fun, individual dog/handler sport open to all types of dogs. While it is competition oriented, blending obstacle work with activities based on the heeling exercise, the focus is on a positive partnership. Previous obedience work is a prerequisite. Handlers must be over 16 years. Dogs do attend the first session.

Neighbourhood House, Gym

272938	F	Sep 16-Dec 2	2:15-3:15pm
272948	F	Jan 13-Mar 23	2:15-3:15pm

\$85

## Puppy Kindergarten 3-5 mos

A 10-week course designed to get and keep the attention of young puppies 3-5 months of age. Adult handlers teach manners and introduce non-precision obedience exercises through structured play and social interaction. First night is lecture only, puppies do not attend. Trainer must be 16yrs or older (Denise H.)

Memorial, Capilano Rm

275197	M	Sep 19-Nov 28	7:00-8:00pm
275196	Th	Sep 22-Nov 24	10:30-11:30am
275198	M	Jan 23-Mar 26	7:00-8:00pm
275199	Th	Jan 26-Mar 29	10:30-11:30am

\$86.50/\$122.50 two handlers

## Puppy Training with Denise

Designed to get and keep the attention of young puppies 3-5 months of age. Adult handlers teach manners and introduce non-precision obedience exercises through structured play and social interaction. First night is lecture only, puppies do not attend. Trainer must yrs or older. (Denise H.)

Neighbourhood House, Gym

270159	M	Sep 12-Nov 28	1:00-2:00pm
270157	W	Sep 14-Nov 23	6:30-7:30pm
270192	M	Jan 9-Mar 19	1:00-2:00pm
270191	W	Jan 11-Mar 21	6:30-7:30pm

\$85