



SPORTS

TENNIS

Gymnastics (3-5 yrs)

Instructors: Brihana Mosiehkko, Melissa Maisani

This preschool gymnastics program will cover bars, tumbling, beam and vault for all levels by our coaches. 13000.201KT \$75.00/10 sess
Tu Apr 14-Jun 16 9:30 am-10:15 am
Instructor: Nancy Lockington, Nicole Koeppl, Brihana Mosiehkko, Dior Isic
13000.202KT \$75.00/10 sess
Sa Apr 18-Jun 20 12:00 pm-12:45 pm

Gymnastics (6-12 yrs)

Instructors: Nancy Lockington, Nicole Koeppl, Brihana Mosiehkko, Dior Isic

This class includes beginners, intermediate and advanced levels. Children will advance at their own pace and learn varying levels of tumbling, beam and vault exercises. Evaluations will be done in the first and last class. This program is taught by certified coaches. 23000.201KT \$80.00/10 sess
Sa Apr 18-Jun 20 12:45 pm-1:45 pm

Parent & Tot Gym (1-5 yrs)

Join in this playtime created especially for families. Toddlers will have the opportunity to explore various climbing apparatus, sports equipment and other toys. Clean up will start 10 minutes prior to the end and requires parent participation. **Drop in \$3.00 per child and \$2.50 for additional child in the same family, 10 visit pass may be purchased for \$27.00 or \$40.00 book of 10 for two siblings. Pass may be used at any of the parent and tot gym sessions. No Class April 4 and 11.**

Elecia Chrunik
13001.201KT 11 sess
Tu Apr 14-Jun 23 10:30 am-12:00 pm
Brihana Mosiehkko
13001.202KT 12 sess
W Apr 08-Jun 24 10:30 am-12:00 pm
Rachel Lynch
13001.203KT 12 sess
Th Apr 09-Jun 25 10:30 am-12:00 pm
Nicolle Koeppl
13001.204KT 10 sess
Sa Apr 18-Jun 20 10:30 am-11:30 am

Run, Jump and Pump! (9-12yrs)

Instructor: Travis Hawton

It's time to get your kids fit, strong and healthy! This energetic class is all about introducing children to the basics of fitness. By mixing together active group games, safe instruction on stability ball, tubing and body weight exercises, this unique work out will get your kids excited about being fit and living healthy.

23004.202KT \$79.00/12 sess
F Apr 03-Jun 19 3:45 pm-4:45 pm

Mel Davis Basketball (7-10 yrs)

Instructor: Mel Davis

Learn from the best, Mel Davis, former Harlem Globetrotter. This class is for boys and girls who want to learn the fundamental knowledge and skills of basketball. Participants are expected to listen, focus and work hard. As players' skills develop so do their confidence and self-esteem. Mel uses basketball as a metaphor for life, teaching girls and boys basketball skills and abilities, while helping them develop high ideals of sportsmanship, healthy living, self-control, and respect for wise discipline and authority. Players must have a basic understanding of basketball rules and skills. **Please bring a basketball.**

23001.201KT \$56.00/10 sess
Sa Apr 18-Jun 20 2:00 pm-3:00 pm

Mel Davis Basketball (10-13 yrs)

23001.202KT \$56.00/10 sess
Sa Apr 18-Jun 20 3:00 pm-4:00 pm

NHL Floor Hockey (6-9yrs)



Instructor: Rachel Lynch

It's hockey night tonight! If your child has energy to burn, this sports program is perfect for him or her. They will be active and learn life-long hockey and sports skills while having fun. **\$7.00 drop in if there is space.**

23003.201KT \$60.00/10 sess
Th Apr 16-Jun 18 3:30 pm-5:00 pm

NHL Floor Hockey (8-10 yrs)

Instructor: Rachel Lynch

23003.202KT \$60.00/10 sess
F Apr 17-Jun 19 3:30 pm-5:00 pm

Soccer Ole (3-5yrs)

Instructor: Valentinos Dinglis

We will learn to drive a soccer ball through a maze through traffic, knock down obstacles and score goals and more goals. Players will receive a team t-shirt at the end of the session. The class will be held outside on nice days. **No class April 10.**

13300.201KT \$71.00/11 sess
F Apr 03-Jun 19 11:00 am-11:45 am
13300.202KT \$71.00/11 sess
F Apr 03-Jun 19 12:00 pm-12:45 pm

Mini Star Soccer (4-12yrs)

Instructor: Valentinos Dinglis

Experience the beautiful game, challenging team competition and cheerleading by amazed parents and fans. We are inviting boys and girls 4-12 to get energized with dribbling passing, shooting, running, falling, jumping, scoring goals and making a diving save. Location: Connaught Park East field. **No classes on April 11 or May 16.**



23305.201KT \$94.00/10 sess
Sa Apr 04-Jun 20 1:30 pm-3:00 pm

Tiny Tigers Tae Kwon Do (4-6 yrs)

Instructor: Eungsub Kim

A Martial Arts class designed for your little ones! A fun-filled, exciting class where children learn basic martial arts skills and develop focus and flexibility!

13409.201KT \$66.00/10 sess
F Apr 03-Jun 12 1:30 pm-2:10 pm
13409.202KT \$66.00/10 sess
F Apr 03-Jun 12 2:20 pm-3:00 pm

Taekwondo - Beginner (6-12 yrs)

Instructor: Eungsub Kim

FREE TRIAL CLASS April 6, 3:45pm

This fast-paced martial art combines athletic kicks, strong hand work, balance and speed. Emphasis is placed both on forms and sparring, and students are encouraged to participate in BC Taekwondo Federation events. All classes are taught by a junior champion coach from Korea. A great workout for all ages!

23409.201KT \$71.00/11 sess
M Th Apr 09-May 14 3:45 pm-4:30 pm
23409.202KT \$85.00/12 sess
M Th May 21-Jun 29 3:45 pm-4:30 pm

Taekwondo - Intermediate (6-12 yrs)

Instructor: Eungsub Kim

This level is for students that have taken one full session with Master Kim or have had equivalent experience. **Please contact vancouver.taekwondo@gmail.com for more information or approval.**

23409.203KT \$78.00/11 sess
M Th Apr 06-May 14 4:30 pm-5:15 pm
23409.204KT \$85.00/12 sess
M Th May 21-Jun 29 4:30 pm-5:15 pm

**Instructor: Gord Hauka's Tennis
Contact: gordhaukastennis@gmail.com**

Tennis Parent & Tot - Indoors (4-5 yrs)

Take part in the development of your child's social, motor and play skills while having a great time learning the fun of hitting a tennis ball. Lower nets, low compression tennis balls, a racquet that fits easily into a 4-5 and 5-7 year olds hands: **Parent attendance is required.**

13501.201KT \$61.00/6 sess
Su May 03-Jun 14 10:45 am-11:30 am

Tennis Indoors Parent and Child (5-7yrs)

This program introduces your child to the joy of running, chasing, and hitting a ball. All enjoyed with Mom and Dad. We provide the Racquets if required and many, many types of balls to hit and hit.

23500.201KT \$76.00/6 sess
Su May 03-Jun 14 11:45 am-12:45 pm

Progressive Tennis

This is the first step in Progressive Tennis. 1/2 Court Tennis programs will often need to be broken into two programs: one for experienced kids who have some basic exchanging ability and who will be able to begin competing and training at 1/2 court, and the other for kids who are just starting the game.

Progressive Tennis (5-9yrs) - Beginner

1/2-3/4 Court Tennis The first step in Progressive Tennis. Beginning with Mini 1/2 Court play and using easy to control low compression or foam balls, players develop ground stroke rally skills, coordination and court movement.

23501.201KT \$48.00/6 sess
W May 06-Jun 10 3:45 pm-4:40 pm
23501.202KT \$48.00/6 sess
Sa May 02-Jun 13 11:00 am-11:55 am
23501.203KT \$48.00/6 sess
W May 06-Jun 10 3:45 pm-4:40 pm
23501.204KT \$48.00/6 sess
Sa May 02-Jun 13 11:00 am-11:55 am

Progressive Tennis (10-14yrs) - Beginner

Beginner Level for those who have no little experience, Novice for those who have basic rally exchange ability at 3/4 Court. Children who have completed this level in previous sessions or have achieved the skills required.

23502.201KT \$48.00/6 sess
W May 06-Jun 10 4:45 pm-5:40 pm
23502.202KT \$48.00/6 sess
Sa May 02-Jun 13 12:00 pm-12:55 pm
23502.203KT \$48.00/6 sess
W May 06-Jun 10 4:45 pm-5:40 pm
23502.204KT \$48.00/6 sess
Sa May 02-Jun 13 12:00 pm-12:55 pm

Progressive Tennis (7-14yrs) - Advanced

Players wishing to register in this level will be able to successfully; cooperatively rally with a partner at 3/4 and full court with the regular ball; Serve with a full service motion; Volley on forehand; apply strategy and tactic during a competitive rally; display a positive attitude while competing; have the desire to play competitive singles and doubles.

23503.201KT \$50.00/6 sess
M May 04-Jun 15 4:00 pm-5:15 pm
23503.202KT \$50.00/6 sess
Sa May 02-Jun 13 1:00 pm-2:15 pm