



Fall 2020

Killarney Community Centre

Adult & Seniors Programs

Prices do not include GST

Chair Yoga (19+yrs)

Gentle yoga moves while in a seated position will benefit your joints and muscle areas and help reduce the pain from arthritis, osteoporosis, previous injury, stiff joints and so much more. Stretching, deep breathing & meditation techniques are incorporated into this workout and will leave you with a feeling of connected BODY+MIND+SOUL. Regular yogi's welcome to attend.

No drop-ins will be accepted at this time.

Program will take place in the 1/3 gym. Exit will be from the east gym door but there will be an Accessible Only Exit option for those that require it.

Gymnasium - 1/3	Keiko Murakami	
Sept 15-Oct 6 Tu	9:30M-10:30AM	282403
\$32/4 classes		
Oct 13-Nov 3 Tu	9:30M-10:30AM	282702
\$32/4 classes		
Nov 10- Dec 1 Tu	9:30M-10:30AM	282703
\$32/4 classes		

Zumba (55+yrs)

All Levels Welcome. Burn calories by mixing low-intensity and high-intensity moves, a real Latin and world dance fitness party.

Program will take place in the 1/3 gym. At this time, drop-in admission is not permitted.

Gymnasium - 1/3	Lesley Maranhao	
Oct 2-Oct 23 F	9:30AM-10:30AM	283490
\$13.80/4 classes		
Oct 30-Nov 20 F	9:30AM-10:30AM	283497
\$13.80/4 classes		
Nov 27-Dec 18 F	9:30AM-10:30AM	283498
\$13.80/4 classes		

Call or check the website for information on upcoming programs.
604-718-8201 or www.killarneycc.ca

Badminton - Lessons All Levels (19+yrs)

This program is designed for seniors to develop and enhance the skills of badminton players. Have fun playing games as well. Participants must bring their own racquet. Our instructor Derek Wong is a NCCP certified coach. Program will take place in the FULL gym. Exits will be from the east gym doors but there will be an Accessible Only Exit option for those that require it.

Gymnasium	Derek Wong	
Oct 6-Oct 27 Tu	1:45PM-3:15PM	283184
\$25.72/4 classes		
Nov 3-Nov 24 Tu	1:45PM-3:15PM	283186
\$25.72/4 classes		
Dec 1-Dec 8 Tu	1:45PM-3:15PM	283187
\$12.86/2 classes		

Line Dancing Beginners (19+yrs)

Come out and join our friendly group of dancers. It's good fun and great exercise with a wide variety of music; rumba, cha cha, waltz and 2-step. Learn and practice the dances in a friendly, social atmosphere.

Beginners: If joining the class after the 3rd week of lessons you must know some basic steps and terminology.

Program will take place in the 1/3 gym. Exit will be from the east gym doors but there will be an Accessible Only Exit option for those that require it. At this time, drop-in admission is not accepted.

Gymnasium - 1/3	Al Serfas	
Nov 2 -Dec 7 M	9:30AM-10:15AM	285259
Seniors \$24/6 classes		
Adults \$ 36/6 classes		



How to Register:

1. Visit: https://ca.apm.activecommunities.com/vancouver/Activity_Search
2. You will need a Vancouver Recreation online account. If you do not have one, you have to create one for yourself
3. Enter the Online Activity # for the activity you want to join, click the activity, click "Add to Cart", and sign up!
4. Register ASAP. Once the activity is full, we cannot accept drop-ins.





Fall 2020

Killarney Community Centre Adult & Seniors Programs

Prices do not include GST

Morning Flow Yoga (16+yrs)

This class is a great way to get yourself moving in the morning! Building on the classic sun salutation sequence, this practice will get the body warm and the mind focused enabling a more productive and fulfilling day. *Each class will end with a short guided meditation.*

Space Permitting - Drop-in fees: ADULT \$10.48 SENIOR \$ 8.57

Seniors Grand Hall 151	Maria Wolanski	
Oct 17-Nov 7 S	9:30AM-10:45AM	289618
Adults \$40/4 classes		
Seniors \$32/4 classes		
Nov 21-Dec 19 S	9:30AM-10:45AM	289720
Adults \$50/5 classes		
Seniors \$40/5classes		

Hi/Low Impact (13+yrs)

Moderate to advanced class. This class consists of cardio work, followed by body weight strength training and a cool down.

Adult Drop-in fees: \$4.57

Program will take place in the 2/3 gym

Gymnasium - 2/3	Angela Coughlan	
Nov 21-Dec 19 S	9:15AM-10:15AM	286797
Adults \$22.85/5 classes		
Youth & Seniors \$17.25/5 classes		

Tai Chi - Yang Style 24 Form (19+yrs)

The Yang Style 24 form is a simplified version of Yang Style Traditional Tai Chi. The traditional movements are condensed into 24 moves which can be completed in approximately 6 minutes.

The characteristics of the Yang Style Tai Chi are the larger sweeping, graceful and slow movements. This allows people of all ages and fitness levels to start easily and continue to practice safely to improve their health.

The lessons will incorporate the basic Yang Style movements with the goal of improving your flexibility, balance, and strength. The ultimate result of practicing tai chi will lead to better overall physical and mental wellbeing.

Space is limited to 12 participants. There will be no drop-ins permitted at this time.

Activity will take place in the Seniors Centre Room 151/152. Exiting from the program will take place via the east doors.

Seniors Grand Hall 2/3 (151 & 152) Margaret Lum

Oct 29-Nov 19 TH	9:15AM-10:45AM	290514
-------------------------	----------------	---------------

Adults \$12/4 classes

Seniors \$8/4 classes

Registration for Set Two Classes Nov 5th 1pm

On-line/in person/phone

Set Two

Nov 24-Dec 15 T	9:15AM-10:45AM	288050
------------------------	----------------	---------------

Nov 26-Dec 17 Thu	9:15AM-10:45AM	290518
--------------------------	----------------	---------------

Adults \$12/4 classes

Seniors \$8/4 classes

Call or check the website for information on upcoming programs.
604-718-8201 or www.killarneycc.ca



How to Register:

1. Visit: https://ca.apm.activecommunities.com/vancouver/Activity_Search
2. You will need a Vancouver Recreation online account. If you do not have one, you have to create one for yourself
3. Enter the Online Activity # for the activity you want to join, click the activity, click "Add to Cart", and sign up!
4. Register ASAP. Once the activity is full, we cannot accept drop-ins.

