



SPRING 2021 PROGRAMS

Registration opens **Sunday, Mar 14**
In-person/Online at 9AM **Over the phone at 10AM**

REGISTRATION INSTRUCTIONS

1. Go to https://ca.apm.activecommunities.com/vancouver/Activity_Search
2. Insert the program code (e.g. **325642**) and press "**Enter**" or click on "**Search**"

A screenshot of a search bar on a website. The search bar contains the text "325642" and a small "x" icon to its right. To the right of the search bar is a green button with the word "Search" in white text.

3. Click on the program
4. To Register, click on "Add to Cart"

Price: \$120.00 (Standard charge)
LA Discount: 50.00% for Customer

Ages: At least 6 but less than 12y 11m

Gender: Coed

Spaces: 12 openings remaining

Registration Dates: Standard registration opens: Mar 14, 2021 9am
Internet registration opens: Mar 14, 2021 9am

A screenshot of two buttons. The first button is blue with the text "Add to Wish List" in white. The second button is white with a red border and the text "Add to Cart" in black.

COVID-19 INFORMATION

A parent/guardian must accompany a child, ages 0-12yrs, to the child's classroom at Killarney Community Centre and make a verbal health declaration to staff.

No spectators are allowed during programs (this includes parents*) - all seating has been removed from the gymnasium and common areas of the community centre.

***Note:** the only exception to this is **PeeWee Popstars**.

MASK WEARING

- Masks are now required to be worn in many indoor settings by those 12yrs+
- People who cannot wear a mask or who cannot put on or remove a masks without the assistance of others are exempt.
- Masks can be removed temporarily to consume food/beverage, or while participating in a sport or fitness activity in a sport facility.



SPRING 2021 PROGRAMS

ADULT & OLDER ADULT

VIRTUAL PROGRAMS



Virtual Bingo

The first ever Killarney Seniors Centre Virtual Bingo. Log-on through WebEx and join the fun of playing on-line Bingo. Prizes will consist of bragging rights and surprise gifts in the mail.

WebEx Virtual

Tu Apr 6-Jun 29

1:00 PM-3:00 PM **322326**

FREE/13 sess

Virtual Coffee Chat

Join Michelle & Jennifer, Seniors Programmers at the Killarney Seniors Centre for a lively conversation discussing deep questions with passion, sincerity and humour.

WebEx Virtual

Th Apr 8-Jun 10

9:30 AM-11:00 AM **322332**

FREE/3 sess

Virtual Tea Time Trivia

Join this Virtual Tea Time Trivia and test your knowledge on a variety of Trivia about, things, places and people.

Note: sessions occur on the 5th week of each month.

WebEx Virtual

M Apr 26-Jun 28

2:00 PM-3:30 PM **322329**

\$FREE/3 sess

Within 48hrs of the virtual class starting, you will receive an invitation link via email to join the program being hosted on WebEx.

Ensure that a current email address has been provided at time of registration.

VIRTUAL COOKING CLASSES



Char Siu BBQ Pork/Chicken Legs

Join this Chef-led Virtual Cooking Workshop with Billy from the Killarney Seniors Centre Kitchen. Billy will be sharing his Char Siu BBQ Pork and Chicken Legs recipes with you.

WebEx Virtual

W May 5

1:00 PM-3:00 PM **325124**

\$6.00/sess

Stir Fry Rice/Chow Mein

Join this Chef-Led Virtual Cooking Workshop with Billy from the Killarney Seniors Centre Kitchen. Billy will be sharing his homemade BBQ Pork Stir Fry Rice and Chicken Chow Mein recipes with you.

WebEx Virtual

W Jun 2

1:00 PM-3:00 PM **325194**

\$6.00/sess

VIRTUAL ART CLASSES



Virtual Acrylic Painting

Students learn basic color theory, use of mediums, techniques, including mixed media, photo imagery, and tools, and will explore the visual world through Acrylic Paint. No class May 24.

WebEx Virtual

M Apr 26-Jun 21

1:00 PM-3:00 PM **325673**

\$160/8 sess

Note: Prices may not reflect GST.



SPRING 2021 PROGRAMS

ADULT & OLDER ADULT

LOW-INTENSITY FITNESS

Staying Young (55+yrs)

Sometimes we need to react quickly as possible to avoid falls caused by a slight misstep. Are you ready physically and mentally? "Staying Young" can help!

1/3 Gymnasium

Tu Apr 6-May 11 (Set One)

9:45 AM-10:45 AM **323360**

Tu May 18-Jun 22 (Set Two)

9:45 AM-10:45 AM **323361**

\$48/6 sess

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

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.

Seniors Grand Hall

Tuesdays

Apr 20-May 18 (Set One)

9:15 AM-10:45 AM **322529**

May 25-Jun 22 (Set Two)

9:15 AM-10:45 AM **322535**

Thursdays

Apr 22-May 20 (Set One)

9:15 AM-10:45 AM **322537**

May 27-Jun 24 (Set Two)

9:15 AM-10:45 AM **322541**

\$15/6 sess (19-55yrs)

\$10/6 sess (55+yrs)

Full Body Sculpt

This 75 minute Low Intensity class is designed for the individual who wishes to build strength and flexibility through toning, firming, and stretching each major muscle group.

2/3 Gymnasium

W Apr 7-Apr 28 (Set One)

9:15 AM-10:30 AM **322294**

W May 5-May 26 (Set Two)

9:15 AM-10:30 AM **322312**

W Jun 2-Jun 30 (Set Three)

9:15 AM-10:30 AM **322313**

\$21.55/5 sess (13-18yrs & 65+yrs)

\$28.55/5 sess (19-64yrs)

Low Impact Body Conditioning

A low intensity body conditioning class that will focus on strength, balance and flexibility, where everyone will work at their own pace. This class will challenge your entire body through the use of your body weight. There is no cardio component in this class.

2/3 Gymnasium

Sa Apr 10-May 1 (Set One)

9:15 AM-10:15 AM **323139**

Sa May 8-May 29 (Set Two)

9:15 AM-10:15 AM **323140**

Sa Jun 5-Jun 26 (Set Three)

9:15 AM-10:30 AM **323141**

\$13.80/4 sess (13-18yrs & 65+yrs)

\$18.28/4 sess (19-64yrs)



SPRING 2021 PROGRAMS

ADULT & OLDER ADULT

PERSONAL TRAINING



Personal Training with Zlata (13+yrs)

Book your time slot now for a 1 on 1 Personal Training session with Killarney's very own Fitness Centre Attendant/Personal Trainer Zlata. Personal Training Packages include the option of 1, 3, 5 or 10 1-hour sessions.

Fitness Centre

Su Apr 11 \$52.76/1 sess

9:45 AM-10:45 AM **324108**

3:15 PM-4:15 PM **324127**

Su Apr 18 \$52.76/1 sess

9:45 AM-10:45 AM **324110**

3:15 PM-4:15 PM **324128**

Su Apr 25 \$52.76/1 sess

9:45 AM-10:45 AM **324112**

3:15 PM-4:15 PM **324129**

Su May 2 \$52.76/1 sess

9:45 AM-10:45 AM **324113**

3:15 PM-4:15 PM **324130**

Su May 9 \$52.76/1 sess

9:45 AM-10:45 AM **324115**

3:15 PM-4:15 PM **324131**

Su May 16 \$52.76/1 sess

9:45 AM-10:45 AM **324116**

3:15 PM-4:15 PM **324132**

Su May 23 \$52.76/1 sess

9:45 AM-10:45 AM **324118**

3:15 PM-4:15 PM **324134**

Before your first session, download & complete the following Required KFC Personal Training Forms:

*Killarney Fitness Centre Consent & Release

*A Personal Trainer Health & Fitness Questionnaire

*A Physical Activity Readiness Questionnaire form (PAR-Q+)

*If you are pregnant: PARmed-X

*If you answered "YES" to any of the questions on the PAR-Q+ form, a note from your doctor or physiotherapist is required.

The note must confirm that you can proceed with fitness training.

Su May 30 \$52.76/1 sess

9:45 AM-10:45 AM **324119**

3:15 PM-4:15 PM **324135**

Su Jun 6 \$52.76/1 sess

9:45 AM-10:45 AM **324120**

3:15 PM-4:15 PM **324136**

Su Jun 13 \$52.76/1 sess

9:45 AM-10:45 AM **324122**

3:15 PM-4:15 PM **324137**

Su Jun 20 \$52.76/1 sess

9:45 AM-10:45 AM **324123**

3:15 PM-4:15 PM **324138**

Su Jun 27 \$52.76/1 sess

9:45 AM-10:45 AM **324124**

3:15 PM-4:15 PM **324139**



SPRING 2021 PROGRAMS

ADULT & OLDER ADULT

FAMILY WORKSHOPS

Acrylic Paint Pouring (8+yrs)

Acrylic paint pouring is also known as fluid art. It's a fun and creative way to make abstract art. Learn basic techniques including a dirty pour and a simple pour, as well as how to create a flow and beautiful cells throughout your painting.

Children must be registered with an adult.

2/3 Gymnasium

Su May 30

10:30 AM-12:00 PM

\$30/1 sess
325718

Su June 13

10:30 AM-12:00 PM

\$30/1 sess
325732

Just a note...

The nature of the activity is such that you may interact with other people who are considered to be in good health, continuous physical distance between other people cannot be guaranteed, and, by participating in the activity, you are at risk of being infected by a pathogen, including but not limited to SARS-COV-2. SARS-COV-2, which causes the disease COVID-19, may exacerbate other health issues and is the cause of an ongoing global pandemic. SARS-COV-2 is highly communicable and dangerous. If you become infected with SARS-COV2, you may transmit it to other people even if you are not exhibiting symptoms of illness.

BADMINTON COURT RENTALS

Limited to single play with NO rotation of players or courts. Max. 2 players per court. This class is registration only. Register one person from the group. Participants are expected to bring their own birdies and equipment.

April Court Rentals (19+yrs)

Apr 6-Apr 27

1/3 Gymnasium

Court 1

1:15 PM-2:00 PM

323613

2/3 Gymnasium

Court 2

1:15 PM-2:00 PM

323614

\$28/4 sess

May Court Rentals (19+yrs)

May 4-May 25

1/3 Gymnasium

Court 1

1:15 PM-2:00 PM

323362

2/3 Gymnasium

Court 2

1:15 PM-2:00 PM

323364

\$28/4 sess

June Court Rentals (19+yrs)

Jun 1-Jun 22

1/3 Gymnasium

Court 1

1:15 PM-2:00 PM

323363

2/3 Gymnasium

Court 2

1:15 PM-2:00 PM

323365

\$28/4 sess



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YOGA

Chair Yoga (55+yrs)

Good for Yoga beginners. 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.

1/3 Gymnasium

Tuesdays

Apr 6-May 11 (Set One)

11:00 AM-12:00 PM **323358**

May 18-Jun 22 (Set Two)

11:00 AM-12:00 PM **323359**

Fridays

Apr 9-May 14 (Set One)

11:00 AM-12:00 PM **322482**

May 21-Jun 25 (Set Two)

11:00 AM-12:00 PM **322486**

\$48/6 sess

Slow Flow Yoga (16+yrs)

Good for Yoga beginners. 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.

Seniors Grand Hall

Mondays

Apr 12-May 17 (Set One)

9:30 AM-10:30 AM **323579**

May 31-Jun 21 (Set Two)

9:30 AM-10:30 AM **323580**

\$48/6 sess (16-64yrs)

\$42/6 sess (64+yrs)

Thursdays

Apr 15-May 20 (Set One)

9:30 AM-10:30 AM **323613**

Jun 3-Jun 24 (Set Two)

9:30 AM-10:30 AM **323614**

\$32/4 sess (16-64yrs)

\$28/4 sess (64+yrs)

Recreation Staff

Recreation Supervisor	Jayne Loutit
Childcare Coordinator	Carolyn Silva
Preschool & Children	Cindy Gulbransen
Fitness Centre	Michelle Stebnicki
Community Youth Worker	Riya Talwar
Aquatics	Denise Yeh
Adult & Seniors	Michelle Stebnicki/Jennifer Takai
Offices Administrator	Maryla Samruj
Maintenance Technician	Jamie Cole