



## Programs at Hastings Community Centre Fall 2020

### Children's Programs

#### Jump into Music (0-4 yrs)

Come join us for a musical trip around the world! We offer a one of a kind music and movement program that engages, educates and entertains. Our classes inspire creativity and build confidence in little ones 6 months to 4 years old. Children under 6 months are free. Classes are designed for children 6 months to 4 yrs. 25% discount for siblings. Weather permitting we will be doing this class outside.

Covid Safety Plan: Please bring a blanket or yoga mats for your family space, your own maracas (home made are fine), peek-a-boo scarf (anything will do really) and a few jam instruments! We can provide sanitized maracas and jam instruments if you don't have any. Larger class space provided to ensure safe social distance between each family. Verbal Covid screening done before entering the community centre each class and hand sanitizer provided. Registered participants only - no drop-ins. Check out our website for detailed class guidelines, videos and more info on how we are staying connected online. [www.jumpintomusic.ca](http://www.jumpintomusic.ca) [jumpintomusic.ca]

*Instructor:* Lee, Monica

<b>M Nov 2-Dec 7</b>	<b>9:30 AM-10:20 AM</b>
282153	\$96/6 sess
<b>M Nov 2-Dec 7</b>	<b>11:00 AM-11:50 AM</b>
282154	\$96/6 sess

#### Mini Ballet (3-4 yrs)

Vancouver Performing Stars ballet classes develop coordination, musicality and fluidity of movement while having fun. Appropriate dance shoes and attire please. By enrolling in this program, you acknowledge and accept that no credits or refunds will be issued in the event that programs have to be moved online. This class is registration only. Drop-ins will not be allowed. This class is held in the Auditorium. Check-in will begin 10 minutes prior to start time. Please enter the building through the Hastings St entrance and check-in with the staff before class.

*Instructor:* Vancouver Performing Stars

<b>Tu Sep 22-Nov 24</b>	<b>3:15 PM-4:00 PM</b>
282168	\$110/10 sess

#### Sportball Parent & Child Multisport (2-3 yrs)

Sportball Parent & Child programs help pre-schoolers to refine their motor skills, such as balance and coordination, as well as develop their social skills such as confidence, following instructions, turn-taking and sharing. Coaches introduce a different sport each class using developmentally appropriate games and activities. Sportball maintains a one-parent-per-child ratio policy in all Parent-Child programs to ensure that focus is kept on helping little ones practice and progress. Equipment Package Fee will include a soccer ball or multisport ball, a tennis ball, a hoop and an equipment bag. This class is registration only. Drop-ins will not be allowed. Check-in will begin 10 minutes prior to start time.

**Instructor:** Vancouver, Sportball

<b>Tu Oct 20-Nov 24</b>	<b>9:30 AM-10:15 AM</b>
282241	\$116/6 sess
<b>Sa Oct 17-Nov 28</b>	<b>10:00 AM-10:45 AM</b>
282244	\$132/7 sess

### **Sportball Multisport (3-5yrs)**

Sportball lessons are packed with co-operative games, arts & crafts and a variety of ball sports. Our trained and certified coaches emphasize confidence and competence building over competition. Laugh and learn skills for life! Equipment Package Fee will include a soccer ball or multisport ball, a tennis ball, a hoop and an equipment bag. This class is registration only. Drop-ins will not be allowed. Check-in will begin 10 minutes prior to start time.

**Instructor:** Sportball Vancouver

<b>Tu Oct 20-Nov 24</b>	<b>10:30 AM-11:30 AM</b>
282243	\$116/6 sess
<b>Sa Oct 17-Nov 28</b>	<b>11:00 AM-12:00 PM</b>
282245	\$132/7 sess

### **Tennis Lessons (6-12 yrs)**

Participate in this innovative program and develop tennis fundamentals. Players learn self-rally, cooperative rally, volley and serve. Scaled down courts, nets, racquets, foam and low compression balls are used to maximize success. Please bring your own racquet. This class is registration only. Drop-ins will not be allowed. Check-in will begin 10 minutes prior to start time.

**Instructor:** Wilson Tan

<b>Sa Oct 17-Nov 14</b>	<b>12:15 PM-1:45 PM</b>
282202	\$105/5 sess
<b>Tu Nov 3-Dec 15</b>	<b>4:30 PM-6:00 PM</b>
282201	\$147/7 sess
<b>Sa Nov 21-Dec 19</b>	<b>12:15 PM-1:45 PM</b>
282203	\$105/5 sess

### **Beginner Computer Programming (9-13 yrs)**

Learn beginner programming with Tommy, a UBC undergrad in Cognitive Systems. Students will learn how to think like a programmer and create simple projects that they can be proud of. A laptop or keyboard with just access to the internet via WiFi will be required in class for learning and practicing. No experience is required. Please bring your own laptop. This class is registration only. Drop-ins will not be allowed.

**Instructor:** Nguyen, Tommy

<b>F Oct 2-Dec 4</b>	<b>3:30 PM-4:30 PM</b>
282645	\$90/10 sess

### **Young Moviemakers (8-14 yrs)**

Young Moviemakers is an award-winning acting and video production program for children and youth ages 8-14. Participants learn the importance of visual storytelling, scriptwriting, acting, editing and more, through the creation and production of a short film. With the help of our experienced film directors, participants work in groups to develop and produce their own film, which is then premiered in front of family, friends and the community. This class is registration only. Drop-ins will not be allowed. Check-in will begin 10 minutes prior to start time.

**Instructor:** Young Moviemakers

<b>Sa Oct 17-Nov 21</b>	<b>10:00 AM-2:00 PM</b>
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282190

\$450/6 sess

## Adult Programs

### Fitness - Cardio Fitness (19+ yrs)

This is a cardio circuit workout class. Please bring your own mat and water bottle. Pre-registration only. Drop-ins will not be allowed. This class is held in the Gymnasium. Check-in will begin 10 minutes prior to start time.

*Instructor:* Mele, Romeo

<b>M Oct 19-Oct 26</b>	<b>9:10 AM-10:10 AM</b>
287903	\$10/2 sess
<b>M Nov 2-Nov 30</b>	<b>9:10 AM-10:10 AM</b>
287904	\$25/5 sess

### Fitness - Core and More (19+ yrs)

This class is a combination of muscle building working on legs, abs and arms. Please bring your own mat and water bottle. Pre-registration only. Drop-ins will not be allowed. This class is held in the Gymnasium. Check-in will begin 10 minutes prior to start time.

*Instructor:* Mele, Romeo

<b>W Oct 14-Oct 28</b>	<b>9:10 AM-10:10 AM</b>
287912	\$15/3 sess
<b>W Nov 4-Nov 25</b>	<b>9:10 AM-10:10 AM</b>
287913	\$15/3 sess

### Fitness - Hastings Grind (19+ yrs)

This is a boot camp class. Please bring your own mat and water bottle. Pre-registration only. Drop-ins will not be allowed. This class is held in the Gymnasium. Check-in will begin 10 minutes prior to start time.

*Instructor:* Mele, Romeo

<b>F Oct 16-Oct 30</b>	<b>9:10 AM-10:10 AM</b>
287917	\$15/3 sess
<b>F Nov 6-Nov 27</b>	<b>9:10 AM-10:10 AM</b>
287918	\$20/4 sess

### Hastings Bootcamp (19+ yrs)

This high intensity interval training class will challenge your mind and body. Be prepared to sweat, train hard and release the stresses of the day. This will be a progressive class. Please bring a mat, weights (or soup cans) and water bottle. Please pre-register for the class online. Drop-ins will not be allowed. This class is held in the Gymnasium. Check-in will begin 10 minutes prior to start time.

*Instructor:* Maeko, Scovia

<b>M Nov 2-Nov 30</b>	<b>4:45 PM-6:00 PM</b>
282625	\$75/5 sess

### Personal Training sessions (19+ yrs)

Need motivation or fitness expertise to reach your health & fitness goals? Book your one hour session with one of our seasoned trainers now! Sessions take place Mon-Fri between 6:15am - 10:00am. Please call 604.718.6222 to book an appointment and purchase your 3, 5 or 10 visit card from the main office. \$90/3 sessions, \$150/5 sessions, or \$299/10 sessions. No refunds.

*Instructor:* 129 Instructor, TBA

M - F Oct 7-Dec 04  
287953

6:15 AM-7:15 AM, 7:30-8:30 AM or 9:00-10:00 AM  
\$90/3 sessions, \$150/5 sessions, or \$299/10 sessions

### Badminton (50+ yrs)

Get active on the court with Badminton. Limited to singles play. Please note that this program is non-instructional. Maximum of 8 players. Participants are expected to bring their own birdies and equipment. This class is registration only. Drop-ins will not be allowed. This class is held in the Gymnasium. Check-in will begin 10 minutes prior to start time.

*Instructor:* Non-instructional

M Nov 2-Dec 21 287770	10:30 AM-11:30 AM \$16/8 sess
M Nov 2-Dec 21 287771	11:45 AM-12:45 PM \$16/8 sess
M Nov 2-Dec 21 287827	1:00 PM-2:00 PM \$16/8 sess
M Nov 2-Dec 21 287828	2:15 PM-3:15 PM \$16/8 sess

### Tennis Lessons (19+ yrs)

Come and learn all fundamentals to play tennis while developing your match skills in a fun environment. Each session is designed to show you a different technique and to help you advance in your game. Lessons are held in the gymnasium. Please bring your own racquet. This class is registration only. Drop-ins will not be allowed. Check-in will begin 10 minutes prior to start time.

*Instructor:* Wilson Tan

F Oct 9-Nov 20 283272	10:30 AM-12:00 PM \$210/7 sess
Sa Oct 17-Nov 14 282204	10:00 AM-12:00 PM \$200/5 sess
W Nov 4-Dec 16 282375	4:30 PM-6:00 PM \$210/7 sess
Sa Nov 21-Dec 19 282205	10:00 AM-12:00 PM \$200/5 sess
F Oct 9-Nov 20 283272	10:30 AM-12:00 PM \$210/7 sess

### Table Tennis (50+ yrs)

Non-instructional, one hour table booking. Limited to singles play. Participants are expected to bring their own balls and equipment. Keep 2 metres apart at all times. Register one person from the group. Please bring your own pre-filled water bottle. This class is registration only. Drop-ins will not be allowed. Check-in will begin 10 minutes prior to start time.

*Instructor:* Non-instructional

#### October

Monday October	9:15 AM-10:15 AM, 10:30-11:30 AM, 11:45-12:45 PM \$8/2 sessions
Tuesday October	9:15 AM-10:15 AM, 10:30-11:30 AM, 11:45-12:45 PM \$12/ 3 sessions
Wednesday October	9:15 AM-10:15 AM, 10:30-11:30 AM, 11:45-12:45 PM \$12/ 3 sessions
Thursday October	9:15 AM-10:15 AM, 10:30-11:30 AM, 11:45-12:45 PM \$12/ 3 sessions

**Friday October**

**9:15 AM-10:15 AM, 10:30-11:30 AM, 11:45-12:45 PM**  
**\$8/2 sessions**

## **November**

**Monday November**

**9:15 AM-10:15 AM, 10:30-11:30 AM, 11:45-12:45 PM**  
**\$16/4 sessions**

**Tuesday November**

**9:15 AM-10:15 AM, 10:30-11:30 AM, 11:45-12:45 PM**  
**\$16/ 4 sessions**

**Wednesday November**

**9:15 AM-10:15 AM, 10:30-11:30 AM, 11:45-12:45 PM**  
**\$12/ 3 sessions**

**Thursday November**

**9:15 AM-10:15 AM, 10:30-11:30 AM, 11:45-12:45 PM**  
**\$16/ 4 sessions**

**Friday November**

**9:15 AM-10:15 AM, 10:30-11:30 AM, 11:45-12:45 PM**  
**\$16/4 sessions**