

Spring Programs

April to
June, 2018



Toddlers

PARENT AND BABY

STROLLERFIT (2 - 12 months)

This is your chance to get fit with your baby! No matter how old, you and your baby can benefit from walking together. There are stroller exercises that can give you a cardiovascular workout and muscle-toning experience. This class will be held outdoors, please bring a water bottle, blanket, stroller and your baby.

Thursday, 11:00 am - 12:00 pm

April 19 - June 7

Registration Fee: \$44.00

0380

PARENT AND TOT ART TIME

(1 - 2 years)

Parent Participation

Experience creative expression tailored for younger learners. This fun class provides parents and children an opportunity to socialize with others through art, play, stories, movement and exploration. Ooey gooey art creations, paint, glue, build and play.

Tuesday, 9:30 - 10:30 am

April 10 - May 8

May 15 - June 12

Registration Fee: \$41.00

0394

0396

MUSIC SHAKERS

(1½ - 4 years)

Parent Participation

Explore sound, rhythm, stories and songs while developing listening skills and music appreciation. Taught by a qualified music teacher, toddlers are introduced to rhymes, songs and movement activities in this upbeat program. Music promotes cognitive development.

Saturday, 9:30 - 10:15 am (1½ - 3 yrs) 2211

Saturday, 10:30 - 11:15 am (3 - 4 yrs) 2212

April 7 - May 5

Saturday, 9:30 - 10:15 am (1½ - 3 yrs) 2475

Saturday, 10:30 - 11:15 am (3 - 4 yrs) 2542

May 12 - June 16 (no class May 19)

Registration Fee: \$35.00



PARENT AND TOT PRE-DANCE

(1 - 2 years)

Parent Participation

This program will have you moving, marching, clapping and dancing to a variety of children's music. Little ones are encouraged to go at their own pace as they enjoy music, movement and dance together. This class is for both new and returning participants and their caregivers.

Monday, 10:00 - 10:30 am

April 9 - June 25 (no class May 21) 0401

Saturday, 9:30 - 10:00 am

April 7 - June 23 (no class May 19) 2209

Registration Fee: \$42.90

Friday, 10:00 - 10:30 am

April 6 - June 22

2208

Registration Fee: \$46.80

PARENT AND TOT PRE-DANCE 2

(2 - 3 years) **Parent Participation**

This program will have you moving, marching, clapping and dancing to a variety of children's music. Little ones are encouraged to go at their own pace as they enjoy music, movement and dance together. This class is for both new and returning participants and their caregivers.

Monday, 11:00 - 11:30 am

April 9 - June 25 (no class May 21)

Registration Fee: \$42.90

0405

Preschool

PRESCHOOL BALLET INTRO

(3 - 4 years)

Here's an introductory ballet program for children ready to be with the instructor on their own. The basic movements of ballet - closed position, first position, pliés and bend and stretch are taught. Emphasis is on group participation and cooperation and having fun.

Monday, 10:30 - 11:00 am

April 9 - June 25 (no class May 21)

2478

Saturday, 10:00 - 10:30 am

April 7 - June 23 (no class May 19)

2476

Registration Fee: \$42.90

Friday, 9:30 - 10:00 am

April 6 - June 22

2477

Registration Fee: \$46.80

IMAGINATION STATION

(3 - 5 years)

Children can let their imaginations loose with this fun introductory drama class where they can explore make believe stories through play pretend and dress up. Children will have the opportunity to work with puppets and get crafty creating their own magical drama masks. Introduce your child to the magical world of theatre.

Monday, 4:30 - 5:15 pm

April 16 - June 11 (no class May 21)

Registration Fee: \$48.00

2557



MINI CHEFS (3 - 5 years)

You are never too young to learn your way around a kitchen. Prepare breakfast, lunch, desserts and other healthy snacks during this cooking program. Learn about food and kitchen safety.

Tuesday, 12:45 - 1:45 pm

April 10 - May 8

2559

May 15 - June 12

2560

Registration Fee: \$48.50



Children

ART OF MANY CULTURES

(5 - 10 years)

Get ready to discover Art from around the world. From Mexican bark painting to Inuit printmaking. Studying traditional arts helps us to realize the importance of multiculturalism while enabling kids to see how we all belong.

Monday, 3:30 - 5:00 pm

April 16 - June 11 (no class May 21)

Registration Fee: \$81.60

2569

ART WE HAVING FUN (5 - 10 years)

Discover the world of art through exploration and experimentation. Using a diverse range of materials students will create both 2D and 3D projects. Basic techniques in drawing, painting and sculpture will be emphasized while encouraging imagination, self-confidence and individual style. Art is both fun and messy, dress appropriately.

Thursday, 3:15 - 4:45 pm

April 19 - June 7

Registration Fee: \$81.60

2571

SPORTBALL OUTDOOR SOCCER

(5 - 7 years)

Kickstart your day! Sportball Outdoor Soccer programs introduce fundamental concepts of gameplay and teach the basic skills required to 'bend it like Beckham' in a supportive, non-competitive environment. Coaches zero in on skills like throws, dribbling, trapping and passing in fun, skill-focused games. Classes take place outdoors and parents are required to remain on the field for children's safety.

Moody Park South Field 604.777.5100

Tuesday, 7:15 - 8:15 pm

May 1 - June 19

2606

Thursday, 7:15 - 8:15 pm

May 3 - June 21

2607

Registration Fee: \$144.00

All classes take place at Centennial Community Centre unless otherwise noted. For information on any program, please call 604.777.5100.

PRIMARY HIGHLAND

(5 - 7 years)

Learn the basics of Highland and get your jumping out! Students will love the enthusiasm in this class as they learn new movements and steps. This class is for new and returning dancers. A bodysuit or tight fitting clothes must be worn in this class.

Friday, 3:30 - 4:15 pm

April 6 - June 22

Registration Fee: \$64.20

2572

PRIMARY BALLET AND JAZZ

(5 - 7 years)

Here is an exciting combination for children wanting to learn the funky moves of jazz and the finesse of ballet. Jazz turns, jazz splits, cross walks, side gallops, push turns and the basic ballet steps and positions will be taught while enjoying the pleasure of movement and musicality.

Wednesday, 4:15 - 5:00 pm

April 4 - June 20

Registration Fee: \$64.20

2574

Saturday, 12:15 - 1:00 pm

April 7 - June 23 (no class May 19)

Registration Fee: \$58.85

2575

BEGINNER HIGHLAND I

(7 - 10 years)

For new and returning dancers who will be working on the Fling, Sword dance and a variety of movements for the Lilt. A variety of traditional and modern Scottish music will be used as dancers do a warm up, barre work and movements across the floor. A bodysuit or tight fitting clothes must be worn in this class.

Wednesday, 5:00 - 5:45 pm

April 4 - June 20

Registration Fee: \$64.20

2573



INTERMEDIATE BALLET AND JAZZ (7 - 12 years)

For new and returning students who are looking to elaborate on the fundamentals of ballet and jazz. With a focus on strengthening muscles, increasing flexibility, body alignment and musical expression, dancers will enjoy fun exercises, short routines and choreography.

Wednesday, 6:30 - 7:15 pm

April 4 - June 20

Registration Fee: \$64.20

2578

HIP HOP & STREET JAZZ

(6 - 10 years)

Step and groove to a popular mixture of modern hip hop and jazz dance moves set to trendy music. This class uses improvisation, simple progressions and a breakdown of steps to give students the chance to learn great dance moves, develop a funky dance and boost confidence. Be inspired, get an awesome workout and learn some cool moves!

Wednesday, 3:30 - 4:15 pm

April 4 - June 20

Registration Fee: \$64.20

2582

Saturday, 1:00 - 1:45 pm

April 7 - June 23 (no class May 19)

Registration Fee: \$58.85

2583



ADVENTURES IN DRAMA

(6 - 12 years)

Discover new talents in this fun performing and acting introductory class. Join our creative, dynamic and lively confidence-building program full of games, improvisation and team work. Participants will have the opportunity to create their own scripts, work on their stage craft and discover the diversity that theatre offers.

Monday, 3:30 - 4:30 pm

April 16 - June 11 (no class May 21)

Registration Fee: \$60.00

2599

RAISE THE CURTAIN (6 - 12 years)

Come through and explore the wide world of drama! Through creative play, individuals with unique abilities are open to engage in activities that will exercise social awareness and build confidence with self-expression. In this new class we will be using activities such as drama games and puppetry to facilitate one to one and group interaction. Program is geared to children on the Autism Spectrum.

Monday, 5:30 - 6:30 pm

April 16 - June 11 (no class May 21)

Registration Fee: \$60.00

2600

BE ACTIVE & GET OUTDOORS

(6 - 12 years)

Children need to be engaged in daily active play so we are taking play, movement and art outdoors and indoors. The instructor will incorporate throwing, jumping, catching and running into fun games and activities. The group will explore plants, trees, bugs and nature-related crafts. A healthy snack will be made each week. This afterschool program is partially subsidized by British Columbia Recreation and Parks Association.

Wednesday, 3:15 - 5:15 pm

April 11 - June 13

Registration Fee: \$100.00

2603



Adult

KUNDALINI YOGA (18+ years)

Called "the yoga of awareness" Kundalini Yoga is unique and taught in "kriyas" actions aimed at purifying the mind and body while awakening and releasing your inner energies. Be prepared to chant, move, dance, hold poses longer, repeat them more often and learn a variety of deep and highly effective breathing techniques. Classes end with a deep relaxation and closing chant. Suitable for all skill levels. Please wear comfortable clothing you can move in and bring a blanket and water to class.

Tuesday, 7:00 - 8:30 pm **2649**

April 3 - June 19

Thursday, 9:30 - 11:00 am **2650**

Thursday, 6:45 - 8:15 pm **2651**

April 5 - June 21

Registration Fee: \$123.60

IYENGAR YOGA (18+ years)

Iyengar Yoga is a method of yoga instruction that focuses on adapting poses to the individual needs making it suitable for all levels. Breathing and alignment draw your attention inward to create 'moving meditation'. Quiet your mind while increasing flexibility, strength and mobility. Beginners work towards a solid foundation of the poses and technique while Level 1's do more complex poses. Previous Iyengar yoga practice, and instructor approval, is required for Level 1. Bring your own mat.

Monday, 8:00 - 9:30 pm **Beginners 0034**

Monday, 6:30 - 8:00 pm **Level 1 0025**

April 9 - June 18 (no class May 21)

Registration Fee: \$103.00

For information on any program, please call 604.777.5100.



TAI CHI (18+ years)

Embrace mind, body and spirit through the ancient exercise of Tai Chi. Learn and go through slow fluid movements that are gentle on the joints and ligaments to improve muscle strength, balance, flexibility and stress reduction.

Wednesday, 10:00 - 11:30 am

April 11 - June 13

Registration Fee: \$85.00 **3173**

All classes take place at Centennial Community Centre unless otherwise noted. For information on any program, please call 604.777.5100.

WINNING WITH WATERCOLOURS (19+ years)

This continuing watercolour class is for all levels of experience. Beginner painters are introduced to mixing colours and learning techniques such as applying salt, scratching, splattering and washes for painting landscapes to flora and fauna. Intermediate painters will benefit from hands on instructor assistance with advanced techniques. Photographs are supplied for painting. A basic supply list is made available for painters. Frank Townsley instructor.

Wednesday, 6:45 - 9:45 pm

April 4 - June 20

Registration Fee: \$185.00

2641

SWING (19+ years)

It's time to Rock & Roll! Swing dancing originated from Harlem, New York with Afro-American Roots and flows with the swing style of jazz music from the 1920s - 1950s. Characterized by dance patterns that are fun and interactive, swing promotes the social component of dancing in partnership and improves physical endurance. The progression from Charleston to Lindy Hop and finally Swing. Janice Stevens instructor.

Wednesday, 6:15 - 7:15 pm

April 11 - June 13

Registration Fee: \$81.50

2642

CENTENNIAL COMMUNITY CENTRE

65 East Sixth Avenue • New Westminster
604.777.5100

Monday - Thursday ... 8:30 am - 9:00 pm

Friday 9:00 am - 8:00 pm

Saturday & Sunday..... 8:30 am - 1:00 pm



NEW WESTMINSTER
Parks & Recreation

www.newwestcity.ca