



# YOUTH & MARTIAL ARTS



## SPORTS

### Badminton 13-18 yrs

There is no formal instruction, but the instructor will advise on playing and rules. Racquets are provided or bring your own. Drop-in players allowed, space permitting: \$4.

W 5:00 pm-7:00 pm Jul 04-Aug 29  
 ▶167427 \$31.50/9 sess  
 Instructor: Richard Tai

### Basketball Drop-in 13-18 yrs

Drop-in for friendly games of pick up basketball. Participants are required to sign in at the front desk before playing and supply their own basketballs. A KCC Membership is required. NEW: Sign up ahead of time and get 9 sessions/\$9 or drop-in \$1.50/session.

F 7:00 pm-9:30 pm Jul 06-Aug 31  
 ▶167420 \$9/9 sess  
 Instructor: Raymond Siu

**JUN 8**

## Youth Volunteer Orientation



13-18 yrs

Learn about opportunities and work with staff and other volunteers making a safe and fun community. We will play some games and discuss volunteering opportunities at the centre. Registration required.

F 5:00 PM-6:00 PM June 8  
 Free

## DANCE

### Ballet Choreography **NEW** Camp 12-16 yrs

Come and enjoy this fun and expressive dance class that gets you to really dance! Each class will begin with a quick barre and centre to warm up, followed by choreography that the group will learn throughout the week. At the end, students will get a chance to hone their own creative skills! This class is perfect for students who want to move! Please come to class wearing tight stretchy clothing such as ballet tights, leotard, leggings, or tank tops. Ballet shoes are required.

M-F 3:45 pm-4:45 pm Aug 27-Aug 31  
 ▶167937 \$45/5 sess  
 Instructor: Miranda Kyle

### Ballet Technique **NEW** Camp 12-16 yrs

Come and enjoy this ballet technique class that will focus greatly at establishing clean technique, building strength and flexibility, and expanding your ballet vocabulary. This class is great for those getting ready to go back to dance class after the summer or newer students that are open to a challenge. Miss Miranda always teaches with humour and fun so that every student is comfortable with trying something new. Please come to class wearing tight stretchy clothing such as ballet tights, leotard, leggings, or tank tops. Ballet shoes are required.

M-F 2:45 pm-3:45 pm Aug 27-Aug 31  
 ▶167936 \$45/5 sess  
 Instructor: Miranda Kyle

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## ALL AGES

### AAA Karate, Butokukan Style

Fun fitness for mind and body. Develop poise, balance, concentration, and confidence in a safe environment. This is an ongoing karate program. Students may register directly into this program or complete the New Member Special program first, and register for the ongoing program at a pro-rated fee rate to continue. For more info, call 604 299-5061. No class Aug 6.

**Advanced** 5-12 yrs  
 M Th 6:30 pm-7:30 pm Jul 9-Aug 23  
 ▶168824 \$156/13 sess

**Novice/Intermediate**  
 M Th 5:30 pm-6:30 pm Jul 9-Aug 23  
 ▶168823 \$156/13 sess

**New Member Special**  
 M Th 5:30 pm-6:30 pm Jul 9-Jul 19  
 ▶168820 \$39/4 sess

**All Levels** 13-18 yrs  
 M Th 6:30 pm-8:00 pm Jul 9-Aug 23  
 ▶168825 \$156/13 sess  
 M Th 6:30 pm-8:00 pm Jul 9-Jul 19  
 ▶168821 \$39/4 sess

**All Levels** 19+ yrs  
 ▶168827 \$163.80/13 sess  
 M Th 6:30 pm-8:00 pm Jul 9-Jul 19  
 ▶168822 \$40.95/4 sess  
 Instructor: Harry Charalambous

### Jiu Jitsu 13+yrs

This class is offered exclusively to KenShinDojo Kickboxing or laido students and includes a 40% discount. Learn the essential techniques such as takedowns, chokeholds, joint-locks and immobilization. Suitable for men & women of all fitness levels. No drop-ins.

[www.KenShinDojo.ca](http://www.KenShinDojo.ca)  
 Sa 2:00 pm-3:00 pm Jul 07-Aug 25  
 ▶168126 \$88/8 sess

Instructor: Bahman Ebrahim

## ALL AGES

### Iaido

18+ yrs

Iaido is the art of drawing and cutting with the samurai katana (sword). The purpose of Iaido is to develop awareness, calmness, and mental & physical harmony through the practice of traditional katana techniques. Iaidoka develops the mind to a peaceful and active state, ready to react and deal with any life situation. Students begin practicing with a bokken (wooden sword), provided by the school. In future, the bokken is replaced by a Japanese training sword. Financial assistance will be provided for the purchase of this sword. Ken Shin Dojo is certified by Whole Japan Iaido Kokusai Federation.

[www.kenshindojo.ca](http://www.kenshindojo.ca)

Sa 10:00 am-11:30 am Jul 07-Aug 25  
 ▶168125 \$168/8 sess

Instructor: Bahman Ebrahimi

### Kickboxing

13+yrs

This high energy non-contact sparring martial art will enhance your cardio-fitness, flexibility, speed, strength and endurance. You will learn standing techniques through a combination of target practice, kicking and punch bag drills. This is the ultimate combination in practical self defense. This class is suitable for all fitness levels. Course includes uniform for new members. Belt testing optional. For more info, please visit [kenshindojo.ca](http://kenshindojo.ca). Certificates in Kickboxing offered. Drop-ins approved by instructor and if space permits.

W 6:00 pm-7:00 pm Jul 4-Aug 29

▶168128 \$153/9 sess

Sa 1:00 pm-2:00 pm Jul 7-Aug 25

▶168127 \$136/8 sess

Instructor: Bahman Ebrahimi

### Shaolin Kung Fu for Families

19+yrs

The kung fu classes for families are a way to learn and grow together. It is not just a great way to stay fit, but to get to know yourself and your child better. The classes consist in conditioning, stretching, forms and their application, meditation and much more. At the same time, you learn self-defense.

Su 10:00 am-11:30 am Jul 8-Aug 26

▶168833 \$178.50/8 sess

Instructor: Matthias Klenk

### Shaolin Kung Fu for Kids & Youth

Beyond the ability to defend themselves, the training provides them with skills such as the ability to focus on tasks, self-confidence, good character, respect, great health, problem solving, coordination, ability to use mind and body, and a whole lot more. All of these abilities provide a good foundation for them and lead a child to a more successful future as they grow into adults.

5-12 yrs

Tu F 4:00 pm-5:00 pm Jul 03-Aug 31

▶168831 \$250/18 sess

13-18 yrs

Tu F 5:00 pm-6:00 pm Jul 03-Aug 31

▶168832 \$250/18 sess

Instructor: Matthias Klenk

### Taekwondo:

This martial art combines elements of flexibility, power, agility, and improves mental discipline and self-confidence. Ultimate martial arts training is designed to develop physical strength and teach practical self-defense techniques. Another aspect of Taekwondo is Olympic sport sparring training, which is introduced at intermediate and advanced levels. Black belts will receive their certificates from the World Taekwondo Headquarters (Kukkiwon). All tests are conducted by Master E.Saadati, black belt (7th degree) and world Taekwondo champion. Testing is optional (belt fee extra). Uniform required.

Beginner

W 5:30 pm-6:30 pm

▶168815 \$153/9 sess

F 5:30 pm-6:30 pm

▶168816 \$153/9 sess

Intermediate

W 4:30 pm-5:30 pm

▶168817 \$153/9 sess

F 4:30 pm-5:30 pm

▶168818 \$153/9 sess

All Levels

W 6:30 pm-7:30 pm

▶168813 \$153/9 sess

All Levels

F 6:30 pm-7:30 pm

▶168814 \$153/9 sess

Instructor: Third Eye Martial Arts

### Wushu: Level 1-2

Novice

6+yrs

Wushu, a form of Chinese Martial Arts, is an exciting and modern way of performing the art of fighting. This style has gained recognition through the Hollywood action films. Our classes will focus on developing a positive attitude, discipline, and respect. Wushu helps develop co-ordination, balance, strength, stamina, and flexibility while learning the fundamentals of basic fighting concepts such as punching, kicking, blocking, and weapons training. Wushu experience is required to attend this class. Drop in \$18 (space permitting).

W 5:00 pm-6:30 pm Jul 4-Aug 15

▶168471 \$68/7 sess

Level 3+ Novice/Intermediate

W F 5:00 pm-7:00 pm Jul 4-Aug 17

▶168472 \$135/14 sess

Level 4+ Intermediate/Advanced

W F 5:00 pm-7:00 pm Jul 4-Aug 17

▶168473 \$135/14 sess

### Wushu: Intensive

5+yrs

An additional class, intended for serious and competitive Wushu participants. You must have instructor approval and be registered in the Wed/Fri Wushu program. This extra class will provide more personal attention from the instructor, detailed routines, intensive cardio, weapons, and strict training.

F 7:00 pm-8:00 pm Jul 6-Aug 17

▶168474 \$83/7 sess

Instructor: Candice Wong

## RENTAL SPACE AVAILABLE

Do you need a facility suitable for wedding receptions, birthday parties, meetings or sports?

Kerrisdale Community Centre has rooms available to meet your needs!

For more info, please phone 604-257-8100 or visit

[www.kerrisdalecc.com/room-rentals](http://www.kerrisdalecc.com/room-rentals)

View instructor profiles at [www.kerrisdalecc.com](http://www.kerrisdalecc.com)