

## Badminton

Supervisor: Jimmy To

Thursdays, Jan 5 – Ongoing

6:45 – 8:20pm

Sundays, Jan 8 – Ongoing

10:15 – 12:15pm

\$51.00/12 sessions; \$5 Drop-in

A Collingwood Neighbourhood favourite, badminton will help sharpen your reflexes and develop your racquet skills! The gym can be divided into four courts, so we'll be playing doubles throughout the program. People of all skill levels are welcome.

Maximum number: 24



## Women's & Men's Drop-In Soccer

Supervisor: Omid Azarpendar

Tuesdays, Jan 10 – Ongoing

Thursdays, Jan 5 – Ongoing

8:30 - 10:15pm

\$51.00/12 sessions; \$5 Drop-in

This recreational soccer program is a great way to stay in shape and meet new friends in your community. The program promises to be popular so register early to ensure your spot. People of all skill levels are welcome.

Maximum Number: 18

# Collingwood Neighbourhood House ADULT RECREATION PROGRAMS



SCAN  
CNH Program Registration



All participants **MUST** purchase a program pass to participate:

**Fitness Program Pass: \$61.00/12 sessions**

**Sport Program pass: \$51.00/12 sessions**

**Changes will be made as we start reopening our programs and additional fitness and sport programs will be added as we slowly open our facilities.**

NOTE: The dates are subject to change depending on the BC health authorities protocol and guidelines

For more information about our programs & safety concerns please visit our website at [www.cnh.bc.ca](http://www.cnh.bc.ca) or contact our recreation coordinators:

Carmen Correal (Main House)

604-435-0323 Ext. 257

Amir Sabbaghan (Annex)

604-428-9142 Ext. 104

## Winter 2023



Programs with this symbol take place at Collingwood Neighbourhood House Annex, 3690 Vanness Ave, V5R 5B6. | 604-428-9142



Please call Collingwood Neighbourhood House for more information. Staff are able to speak with you in a variety of languages including Mandarin and Cantonese.

想要獲得更多資料，請致電高靈活鄰舍中心 604-435-0323  
工作人員能夠說各種語言，包括國語和廣東話。

**Collingwood Neighbourhood House**  
5288 Joyce St, Vancouver, BC, V5R6C9  
[www.cnh.bc.ca](http://www.cnh.bc.ca) | 604-435-0323

## Hatha Yoga

Instructor: Vicky Kenny

Tuesdays, Jan 10 – Ongoing

Thursdays, Jan 5 – Ongoing

7:00 – 8:15 pm

\$60.00/12 sessions; \$6 Drop-in

Slow your life down and join us for a relaxing yoga class. Increased strength, balance, stamina and body awareness are some benefits you can attain from Hatha Yoga. Please wear loose, comfortable clothing. Maximum number: 16

## Yoga & Movement Therapy

Instructor: Eda Ertan

Wednesdays, 5:30 – 6:30 pm  
Jan 11 – Ongoing

\$60.00/12 sessions; \$6 Drop-in

The Power Flow is anchored into music, breath, and fluid movements, and centred in meridian yoga therapy and vinyasa yoga with the focus on breath, flow, movement, and holding poses in intelligent ways—all to activate the healer within

Maximum number: 16

## Zumba

Instructors: Kayo Echizenya & Mika Laguerta

Wednesdays, 7:15 – 8:15 pm  
Jan 4 – Ongoing

Thursdays, 5:30 – 6:30pm   
Jan 5 – Ongoing

Saturdays, 11:15 – 12:15pm  
Jan 7 – Ongoing

## ZUMBA TONING

Tuesdays, 7:15 – 8:15pm  
Jan 10 - Ongoing

Thursdays, 9:30 – 10:30am  
Jan 5 - Ongoing

\$60.00/12 sessions; \$6 Drop-in

A typical Zumba session lasts an hour and incorporates several international dance styles (cumbia, bachata merengue, salsa, reggaeton, mambo, and bellydance). It includes both fast and slow rhythms, allowing for a great cardio workout as well as body sculpting exercises. Zumba classes are for all ages, and fitness levels, no experience necessary. Maximum number: 16 (Annex), 20

## Beginner's Modern Line Dance

Instructor: Sunny Wang 

Wednesdays, 7:00 – 8:30pm

Jan 4 – Mar 22

\$70.00/12 Sessions

A program of exercise and enthusiasm where we dance in lines to music without requiring a partner. Modern Line dancing is a combination of multiple dance steps including Salsa, Waltz, Bachata, Hip-Hop supported with contemporary songs.

Maximum number: 18

## Improval Plus Modern Line Dance

Instructor: Sunny Wang 

Mondays, 7:00 – 8:30pm  
Jan 9 – April 3

(No Class on Feb 20)

\$70.00/12 Sessions

\*\*\* The Intermediate Line Dance Program requires past line dance experience, and is most suitable for young adults to seniors.

Maximum number: 18

## Dance Fusion

Instructor: Andrea (Jenny) Ayala

Mondays, 7:00 – 8:00 pm

Jan 9 – Ongoing

(No class on Feb 20)

\$60.00/12 sessions; \$6 Drop-in

The easy-to-follow dance-fitness choreography to popular Latin and radio hits in this high-energy dance-fitness fusion class will get your heart pumping and sweat dripping while having a blast. These routines incorporate interval training, alternating fast and slow rhythm to help improve cardiovascular fitness PLUS using weights with some routines for toning. All ages and levels of fitness are welcome.

Maximum Number: 20

## Women's & Men's Drop-In Volleyball

Supervisor: Omid Azarpendar

\$51.00/12 sessions; \$5 Drop-in

Mondays, Jan 9 – Ongoing

Wednesdays, Jan 4 – Ongoing  
8:30 - 10:15pm

Join us in a social game of volleyball where you can bump, set and spike to your heart's content. Join Friends and meet new people from your community while enjoying friendly games of volleyball. Players of all skill levels are welcome.

Maximum Number: 36

## Pilates

Instructor: Carolina Bergonzoni

Thursdays, Jan 12 – Ongoing

12:30 – 1:20 pm

\$60.00/12 sessions; \$6 Drop-in

Pilates is a method that focuses on both lengthening and building strength. The classes focus on breath, strength, mobility, and a strong connection to your body.

It's suitable for all levels. These classes are based on a trauma-informed, holistic, inclusive approach and, as such, each unique individual body's is celebrated.

Maximum number: 16



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