

## John Oliver Secondary— Get Up & Go Programs



**Get Up & Go! is a physical activity partnership between selected Vancouver schools, community centre's and Vancouver Park Board.** The aim is to help keep you active despite the weather. John Oliver Secondary School is located 530 East 41st Avenue Vancouver, B.C. V5W 1P3.



**Sensei Kenny Lim** is a highly trained instructor with more than 16 years of experience in the field of Karate. He has been a NCCP certified coach for the past 12 years. He coached with BC Provincial Karate Team and Canadian Karate Team. He is a former BC Provincial Karate Champion and a former Canadian National Karate Champion. Some of his current students are 2 time defending Canadian National Karate Champion and Pan-Am Championship Silver Medalist.



**Erica Wong** is a post secondary student in SFU. For the past 2 years, she has been working as a swimming instructor with a variety of age groups. Her passion remains teaching toddlers and children. She is dedicated to ensure a positive, fun filled experience for all her students. As an ambassador of fun at Killarney Pool, she is extremely creative. She has played soccer for over 10 years and holds her Competitive Coaching License.

### Karate Kid

*Kenny Lim*

5-9 yrs

This Karate class is perfect for children who are interested in learning a martial art but are unsure where to begin. Your child will be introduced to basic movements and techniques. Those who have little to no previous training will find this program a worthy challenge. No class on March 6 due to tournament.

Sat Jan 30-Mar 13  
23498.101SN

11:45am-12:45pm  
\$41/6 sessions

### Karate Parent & Tot

*Kenny Lim*

18-36mos

Develop your relationship with your toddler through basic movements in this class. Through a series of stretches with your assistance, your tot will learn to balance, improve hand-eye coordination and general motor skills. No class on March 6 due to tournament.

Sat Jan 30-Mar 13  
13499.101SN

12:45pm-1:30pm  
\$26/6 sessions

### Lil' Ninja

*Kenny Lim*

3-5 yrs

This Karate class is designed for the energetic pre-schooler. They will learn basic punches, kicks and Karate movements. No class on March 6 due to tournament.

Sat Jan 30-Mar 13  
13498.101SN

1:30pm-2:15pm  
\$26/6 sessions

### Multi Sports Fun

*Erica Wong*

5-10 yrs

This program will introduce your child to many different sports. From European Handball to California Kick Ball, your child will improve their hand-eye coordination in a fair and fun environment. The mix of different sports are design to challenge children at different active levels. This program ensures all the children have a fun filled experience incorporating fair play and sportsmanship.

Sat Jan 23-Mar 13  
23399.101SN

9:00am-10:00am  
\$60/8 sessions

### Adventure Time

*Erica Wong*

3-5 yrs

If you have a toddler who loves listening to stories, playing games, activities and is full of energy, this program is perfect for them. Each week, there will be a new story with interactive games and activities. Parent(s) participation is required.

Sat Jan 23-Mar 13  
15099.102SN

10:00am-10:45am  
\$33/8 sessions

### Mini Soccer

*Erica Wong*

4-5 yrs

Come out and play soccer every Saturday. Your pre-schooler will experience a wide variety of drills and fun filled games.

Sat Jan 23-Mar 13  
15099.101SN

10:45am-11:30am  
\$33/8 sessions

## Music



**Andrea Chang** has been teaching piano for 4 years to young children and adults. She has completed Grade 10 Royal Conservatory of requirements, including Rudiments preliminary, 1, 2, Harmony 3, 4, 5, counterpoint 4 and History 3, 4, 5. Andrea always tries to

create a positive and enthusiastic environment for her students. She caters her lessons to each individual student to make it enjoyable. Andrea is also able to converse in basic Mandarin.



### Piano

5 yrs+

Half hour lessons with a combination of music theory and practical piano playing. This is a good introduction for your child to learn to enjoy music.

*Andrea Chang*

Sun Jan 10-Mar 21 1:30pm-4:00pm  
21005.101SN-.106SN \$187/11-30 minute sessions

*Joanna Wan*

Mon Jan 11-Mar 22 2:30pm-7:00pm  
21002.101SN-.110SN \$187/11-30 minute sessions

Sun Jan 10-Mar 21 9:00am-12:30pm  
21004.101SN-.108SN \$187/11-30 minute sessions

Wed Jan 13-Mar 24 2:30pm-7:00pm  
21003.101SN-.110SN \$187/11-30 minute sessions

*Monika Oldershaw*

Sat Jan 9-Mar 27 9:30am-2:00pm  
21001.101SN-.110SN \$228/12-30 minute sessions

### Guitar Lessons

*Chris Wright*

8 yrs+

Express your creativity through music and learn to play your favourite songs on guitar! Learn theory, technique, tuning, basic chords, strumming and picking. Please bring your own guitar.

Tue Jan 12-Mar 23 3:30pm-7:30pm  
31001.101SN-.110SN \$187/11-30 minute sessions

Thu Jan 14-Mar 25 3:30pm-7:30pm  
31002.101SN-.109SN \$187/11-30 minute sessions

### Classical Indian Music

*Lakshmi Mudunoori*

6-12 yrs

Make the most out of your singing voice by strengthen your breathing, sound and range while learning traditional Indian songs. Songs may include ragas, khayal, bhajan, sanskrit and sanskrit shlokas. Bring a notebook and pen. No knowledge required.

Thu Jan 14-Mar 25 6:00pm-7:00pm  
21101.101SN \$75/11 sessions

## Dance

### Classical Indian Dance NEW

*Emy Nobert Ravishankar*

5-13yrs

Free demo class Jan 10, please pre-register.

Bharatanatyam is the classical Indian dance that will be presented in this class. Students will learn the fundamentals of this structured dance, which include facial expression and body movements.

Sun Jan 17-Mar 21 1:30pm-2:30pm  
21608.102SN \$80/10 sessions

### Ballet

*Desiree Dunbar*

6-8 yrs

This class is an introduction to ballet. Children will learn the importance of posture, musicality and movement. Basic ballet exercises and positions will be taught. Please come in a body suit and ballet slippers.

Tue Jan 12-Mar 16 6:00pm-6:45pm  
21601.101SN \$60/10 sessions

### Creative Dance NEW

*Julia Zennstrom*

5-7 yrs

Children will be introduced to the joy of dance in a playful, fun environment. They will learn elements of dance, develop movement skills, coordination, rhythm, spatial awareness and cooperation.

Wed Jan 20-Mar 24 4:00pm-4:45pm  
21606.101SN \$60/10 sessions

### Hip Hop

*Tanya Sanghera*

This program allows kids to play with the super funky rhythms, movements and style of Hip Hop dance! There is a steady progression throughout the session from grooving and feeling the beat in different styles to learning steps and then combining steps into a choreographed routine. Participants will have the opportunity to create their own steps and choreography which will be showcased at the end of the session. Participants are asked to come to class in clothing and footwear that is easy to move in and comfortable. No class Feb 27.

Sat Jan 16-Mar 20 11:15am-12:15pm  
21603.101SN 6-8 yrs \$50/9 sessions

Sat Jan 16-Mar 20 12:15pm-1:15pm  
21603.102SN 9-12 yrs \$50/9 sessions

## Dance

### Moberly Arts & Cultural Centre (MACC)

7646 Prince Albert Street, (1 block east of Fraser between 60<sup>th</sup> & 61<sup>st</sup>) Phone: (604) 718-6521

#### Modern Dance **NEW**

Donna Redlick

7-8 yrs

Personal expression is strongly encouraged while students learn to dance in an environment that is supportive, focused, creative and fun. Children will develop their movement vocabulary, body awareness, use of space, phrasing and rhythm. Lively percussive and world music will support dynamics and expressivity. Parents are asked to attend an information session the first ten minutes of the first class.

Sa Jan 30-Mar 6 9:30am-10:30am  
21701.101SN \$57/6 sessions

#### Dhol Drumming

Gurpreet Sian

9 yrs+

Come and feel the beat! Learn to play the Dhol, an Indian drum used in bhangra. Students will learn the basic techniques of playing, as well as the vocabulary required for reading different rhythmic beats. Please bring a drum if you have one. No classes Friday March 12 and February 12.

Fri Jan 15-Mar 26 4:00pm-5:00pm  
21801.101SN \$90/11 sessions  
Fri Jan 15-Mar 26 5:00pm-6:00pm  
21801.102SN \$90/11 sessions  
Fri Jan 15-Mar 26 6:00pm-7:00pm  
21801.103SN \$90/11 sessions  
Sun Jan 17-Mar 28 1:45pm-2:45pm  
21801.104SN \$100/11 sessions

#### Indo-Jazz

Indo Jazz Shiamak Davar

7-11yrs

This class is a unique form of fitness and dance that blends jazz and hip hop techniques with Indian folk and contemporary movement, done to Indian 'Bollywood' music and world rhythms. No class March 10. Drop in \$15.00

Wed Jan 13-Mar 24 5:00pm-6:00pm  
21691.101SN \$130/11 sessions

#### Bhangra Dance

Baljeet Pattar

6-14 yrs

Students will learn the fundamental techniques of bhangra, a folk dance from India. Learn proper hand movements and dance steps to both fast and slow beats.

Sun Jan 31-Mar 28 10:45am-11:30am  
21604.103SN *Intermediate* \$90/9 sessions  
Sun Jan 31-Mar 28 9:15am-10:00am  
21604.101SN *Advance* \$90/9 sessions  
Sun Jan 31-Mar 28 10:00am-10:45am  
21604.102SN *Beginner* \$90/9 sessions

#### Bhangra Dance

Gurpreet Sian

7-14 yrs

Intermediate students will learn the fundamental techniques of bhangra, proper hand movement, different positions, moves to both fast and slow beats, concentrating on energy and traditional bhangra moves. This class will instill the concepts of being on beat and learning to perform. No class March 11.

Thu Jan 14-Apr 1 4:30pm-5:20pm  
21602.101SN *Intermediate* \$115/12 sessions

## Educational

#### Hindi Language **NEW**

Lakshmi Mudunoori

6-13yrs

Learn the basics of the Hindi language in a relaxed atmosphere. Learn to speak, read and write Hindi. Class will introduce the alphabet, vocabulary words and sentence structure using picture books and printed materials. Participant should bring a binder, paper and pen. No knowledge required.

Wed Jan 13-Mar 24 6:00pm-7:00pm  
25001.101SN \$75/11 sessions

#### ESL Fun **NEW**

Alexa Fox

Still getting used to the English language? Sign-up for this fun and supportive class and continue to improve your language skills while meeting new people. Program will include activities such as discussions and worksheets to improve both oral and written skills. Also included will be some art, cooking and sports.

Mon Jan 18-Mar 22 3:30pm-5:00pm  
25802.101SN *6-8yrs* \$84/10 sessions  
Mon Jan 18-Mar 22 5:00pm-6:30pm  
25802.102SN *9-12yrs* \$84/10 sessions

## Educational

### Math Club

Ashley Lam

6-8 yrs

This is an inclusive program offering extra support to all who are interested with opportunities to work both individually and cooperatively, using classical tools, as well as math games and riddles. This course will focus on arithmetic (addition, subtraction, multiplication and division), patterns, geometry, successful problem-solving strategies and logical thinking. Please bring a scientific calculator.

Tue Jan 12-Mar 16 4:45pm-5:45pm  
25110.101SN \$70/10 sessions

### Math Club

Ashley Lam

9-12 yrs

This is an inclusive program offering extra support to all who are interested with opportunities to work both individually and cooperatively using classical tools, as well as math games and riddles. This course will focus on everyday math (percentages, fractions, ratios, divisibility and factoring, decimals, etc.) geometry, successful problem-solving strategies and logical thinking. Please bring a scientific calculator.

Tue Jan 12-Mar 16 5:45pm-6:45pm  
25110.102SN \$70/10 sessions

### Private Tutoring

NEW

Ashley Lam

6-12 yrs

Extra support, help with homework and test preparation. Subjects english, math and science.

\$20 per 30 minute time slot - private

\$30 per 30 minute time slot - semi-private

Mon Jan 11-Mar 15 5:45pm-6:15pm  
25110.104SN

Mon Jan 11-Mar 15 6:15pm-6:45pm  
25110.105SN

Mon Jan 11-Mar 15 6:45pm-7:15pm  
25110.106SN

Mon Jan 11-Mar 15 7:15pm-7:45pm  
25110.107SN

### Writing Club

NEW

Ashley Lam

8-12 yrs

Explore the world of writing. Students will learn to develop their ideas and write various compositions using appropriate language and sentence structure. Students will also learn to use more detailed, descriptive language and build their vocabulary.

Tue Jan 12-Mar 16 6:45pm-7:45pm  
25110.103SN \$70/10 sessions



**Ashley Lam** is a certified Elementary Teacher who graduated from UBC with a Bachelor of Education and a Bachelor of Human Kinetics. She has a passion for teaching and has been doing so in a community setting for the last four years. She has been working in the Sunset Community for the past year, teaching children's Math and English courses. She loves working with school-aged children and plans to continue her teaching career in the future.

### English Language Basics

Ashley Lam

6-8 yrs

Learn the basic grammar rules of the English language. Students will work on sentence structure, identifying parts of speech, punctuation, verb tenses and other language arts skills. This course includes reading, writing, and spelling skills. Students will learn comprehension and pronunciation both through individual and cooperative learning. Please bring a binder, paper and pen/pencil.

Tue Jan 12-Mar 16 3:45pm-4:45pm  
25103.101SN \$70/10 sessions



**Ronit Kabazo** is a registered paediatric Occupational Therapist with over ten years experience working with children to promote their sensory-motor and handwriting skills. Ronit is passionate about her profession and is constantly involved in the community, providing Occupational Therapy services to individuals, pre-schools and elementary schools.

### Handwriting Skills

Ronit Kabazo

5-8yrs

Children need a lot of practice when it comes to establishing good handwriting habits. This unique program focuses on correct letter formation and alignment, through a fun and playful experience that involves all the senses. Special attention will be provided for: correct pencil grasp, in-hand manipulation skills and upper body strength. Children and parents will be given practical tips to be used at home. Please note that 5 year old children must be currently attending Kindergarten.

Thu Jan 14-Mar 18 4:00pm-5:00pm  
25402.101SN \$120/10 sessions

## Culinary

### Young Chefs

*Darwin Vergara*

Cooking can be fun for all ages! Kids can learn a lot of valuable lessons from cooking, including math and measurements, reading and direction and cleanliness. Kids will learn the fundamentals of cooking in a fun and safe environment. Time spent in the kitchen also offers the opportunity for basic kitchen safety and basic knife handling. Each week will rotate from vegetable, fruit, meat(chicken or beef), fish and deserts.

|                   |          |                  |
|-------------------|----------|------------------|
| Thu Jan 14-Mar 18 |          | 3:45pm-4:45pm    |
| 22601.101SN       | 6-9 yrs  | \$85/10 sessions |
| Thu Jan 14-Mar 18 |          | 5:00pm-6:15pm    |
| 22601.102SN       | 9-12 yrs | \$99/10 sessions |

## Creative Arts

### Art Studio for Young Artists

*Nathalie Trudelle*

5-9yrs

Discover unique techniques and create! Using paints, charcoal and water-colour make fun creative projects. Have fun and experiment with all the elements of drawing and painting. Nathalie is a Fine Arts teacher, who loves working with children and helps them believe in themselves through art. She has many years experience in schools and at the Arts Umbrella.

|                   |                  |
|-------------------|------------------|
| Sat Jan 16-Mar 20 | 9:30am-11:00am   |
| 22302.101SN       | \$89/10 sessions |

## Martial Arts

### Taekwondo

*Ebrahim Saadati*

6-12 yrs



This class includes elements of Ultimate and Olympic style martial arts. Ultimate Martial arts training is designed to develop physical strength and teach practical self-defence techniques

in both stand up and ground positions. Combination of Brazilian Ju-Jitsu & Taekwondo.) Olympic style includes sparring training, which is introduced at intermediate and advanced levels. The goals of the program are to improve flexibility, power, agility, and improve mental discipline and self-confidence. Testing and/or competing is optional (extra fees will apply). Uniform required. [www.tetaekwondo.com](http://www.tetaekwondo.com) Beg: White, yellow and orange belts. Int: Green, purple and blue belts. Adv: Brown, red and black belts. No class Saturday Feb 6.

#### Beginner

|                   |                  |
|-------------------|------------------|
| Sat Jan 9-Mar 27  | 10:30am-11:30am  |
| 23401.101SN       | \$88/11 sessions |
| Mon Jan 11-Mar 29 | 5:00pm-6:00pm    |
| 23401.104SN       | \$96/12 sessions |

#### Intermediate/Advance

|                   |                  |
|-------------------|------------------|
| Mon Jan 11-Mar 29 | 4:00pm-5:00pm    |
| 23401.103SN       | \$96/12 sessions |
| Sat Jan 9-Mar 27  | 11:30am-12:30pm  |
| 23401.102SN       | \$88/11 sessions |

### Karate

*Kenny Lim*

5yrs+

Participants will learn the basics of karate; discipline, etiquette, flexibility, forms, punches and kicks. A uniform will be required for more advanced training. Beginner is little or no experience. All other levels require instructor's approval. No classes March 3, 4 and 7th.

#### Beginner

|                   |                    |
|-------------------|--------------------|
| Wed Jan 13-Feb 24 | 4:00pm-5:00pm      |
| 23410.101SN       | \$52.50/7 sessions |
| Thu Jan 14-Feb 25 | 4:30pm-5:30pm      |
| 23410.103SN       | \$52.50/7 sessions |

#### Novice

|                   |                    |
|-------------------|--------------------|
| Wed Jan 13-Mar 10 | 5:00pm-6:00pm      |
| 23411.101SN       | \$60/8 sessions    |
| Sun Jan 10-Mar 14 | 1:30pm-2:30pm      |
| 23411.102SN       | \$67.50/9 sessions |

#### Intermediate

|                   |                    |
|-------------------|--------------------|
| Wed Jan 13-Mar 10 | 6:00pm-7:00pm      |
| 23412.101SN       | \$60/8 sessions    |
| Sun Jan 10-Mar 14 | 2:30pm-4:00pm      |
| 23412.102SN       | \$85.50/9 sessions |

#### Advance

|                   |                    |
|-------------------|--------------------|
| Wed Jan 13-Mar 10 | 7:00pm-8:00pm      |
| 23413.101SN       | \$60/8 sessions    |
| Sun Jan 10-Mar 14 | 4:00pm-5:30pm      |
| 23413.102SN       | \$85.50/9 sessions |

See instructor bio see page 12.

## Sports

### Basketball

*Bal Dhillon*

6-12 yrs

Learn some fundamental skills while having fun. Children will be taught how to dribble, shoot and score their way into a game! Learn the rules about the sport on the court. No class Feb 6.

Sat Jan 9-Mar 20 10:00am-11:00am  
23002.101SN \$37.50/10 sessions

### Soccer

*Bal Dhillon*

6-12 yrs

Come out and learn the basic skills of the sport: dribbling, passing, kicking and heading. This dynamic class will teach you the rules of this popular sport. Join us and show off your skills while competing in our drills. No class Feb 6.

Sat Jan 9-Mar 20 11:00am-12:00pm  
23001.101SN \$37.50/10 sessions

### All Sorts of Sports

*Bal Dhillon*

6-12 yrs

Come out and play all your favourite sports; soccer, floor hockey, basketball and other exciting games in a fun environment. Learn the basic skills of each sport and make some new friends. No class Feb 6.

Sat Jan 9-Mar 20 12:00pm-1:00pm  
23003.101SN \$37.50/10 sessions

### Foot Skills Soccer

*Carrie Serwetnyk*

6-9 yrs

Around the world your touch on the ball is your signature and point of respect in the game of soccer. Skills, flair, finite passing and creativity is paramount. Your child will learn tons of creative ball touches. Improving foot skills will increase their confidence, decision making and their joyfulness with the ball. We will play lots of fun, dynamic skill enhancing games. Carrie is a former national team player and the first woman inductee in the Canadian Soccer Hall of fame. She is an 'A' license coach. No class March 11.

Thu Jan 14-Mar 25 4:45pm-5:45pm  
23001.102SN \$106/10 sessions

## Yoga

### Yoga: Mom & Daughter

*Jenny Booth*

8 yrs+

This class is an ideal way to balance your body and rejuvenate your energy while enjoying time with your daughter. Enhance your sense of body awareness and positive body image, improve balance, flexibility, strengthen muscles, learn new breathing techniques, reduce stress and fatigue.

Sat Jan 16-Mar 20 1:30pm-2:30pm  
24301.101SN \$90/10 sessions

**Coach, Richard Le** has competed in the Canadian Badminton Open twice, and has over 23 years of playing experience and over 8 years of coaching experience.



### Badminton Lessons Beginner

*Richard Le*

7-18 yrs

Learn the basic foundation of badminton techniques and footwork from a professional coach. The program introduces the basic racquet skills, movement, and coordination required. Participants will learn basic forehand, backhand, serve, and rules. One court will be available for practice from 3:40pm-5:55pm. No class March 8.

Mon Jan 11-Mar 22 3:40pm-4:25pm  
23004.101SN \$110/10 sessions

### Badminton: Inter/Adv Lessons

*Richard Le*

7-18 yrs

Learn the basic foundation of badminton techniques and footwork from professional badminton coach Richard Le. In this program children will learn the basic overhead strokes, clear, serves and net play. Half court games will improve court movement and basic strokes. More movement and consistency with the basics skills will be covered throughout the program. One court will be available for practice from 3:40pm-5:55pm. No class March 8.

Mon Jan 11-Mar 22 4:30pm-5:15pm  
23004.102SN \$110/10 sessions

### Rhythmic Gymnastics

*Club Elite*

7-12 yrs

Rhythmic gymnastics combines the grace of ballet and the strength of artistic gymnastics with the challenging manipulation of colourful hand apparatus. Participants will learn basic body movements of apparatus technique while moving to various musical rhythms. This is a wonderful sport to test hand-eye coordination, balance, agility, flexibility, and rhythm. Instructors are certified with the National Coaching Certification Program.

Fri Jan 15-Mar 19 4:00pm-5:00pm  
23010.101SN \$70/10 sessions

