

## 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

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### Badminton – All you can play drop in

Come out by yourself or with a group of friends. Courts are first come first serve. Please bring your own equipments: Racquet(s), birdies, towels and other personal items. This is ideal for those who want to play all day and hang out with their friends. Please read the following information.

Each court can host a maximum of 4 players, with up to 4 additional players to rotate after each game. If the GYM is full at 32 players, new arrivals will be put on a waitlist. When space becomes available, the waitlist will be call. If players decides to leave and return on the same day, they must put their name on the waitlist and wait for a space to become available (re-entry is NOT guaranteed). \*Parking spaces are free of charge at John Oliver High School\*

Sat Jan 23-Mar 13 12:00pm-4:00pm  
\$5/day

### Boot Camp

*Inderjit Waraich* 18 yrs+  
Inderjit is a certified Canadian Society of Exercise Physiology personal trainer. He has been a personal trainer at Sunset Community Centre for the past 2 years. Each week's circuit will provide a challenge and is guaranteed to make you work up a sweat.

Sat Jan 23-Mar 13 9:00am-10:15am  
44099.101SN \$110/8 sessions

### Drop-in Volleyball

18 yrs+

Bump! Set! Spike! Come out and play volleyball every Saturday. Full size court, weekly drop-ins are always welcome. Register to ensure a spot on the court. Max 16 participants (2 teams of 6 with 2 subs each team).

Sat Jan 23-Mar 13 10:00am-12:00pm  
43381.101SN \$40/8 sessions; \$4.50 drop-in

### Drop-in Indoor Soccer

18 yrs+

Indoor soccer will provide fun and fast paced action for all levels. Come score a goal every Saturday morning. Register to ensure a spot on the field. Max 15 participants (3 teams of 5).

Sat Jan 23-Mar 13 10:00am-12:00pm  
43382.101SN \$40/8 sessions; \$4.50 drop-in

### Just Ladies Fitness

*Naomi Bechingham*

18 yrs+

A women's exercise class geared towards all fitness levels. Class will incorporate cardio training, strength training an introduction to an assortment of fitness equipment and exercises. Participants should bring water, towel, yoga mat and 5lbs dumb bells if they have them. Be prepared to sweat, learn and have fun!

Sat Jan 23-Mar 13 2:30pm-4:00pm  
43380.101SN \$80/8 sessions

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