



Spring & Summer 2010 Program Guide

Table of Contents

•Community Centre Information	2
•Community Centre Policies	3
•UNA Membership and Community Services Card	4
•Room Rentals & Birthday Parties	5
•Sporting Equipment Rentals	6
•Preschool Programming (A-Z)	7-9
•Children's Programming (A-Z)	10-16
•Children's and Youth Programming (A-Z)	17-19
•Family Programming (A-Z)	20
•Youth Programming (A-Z)	21-23
•Summer Camps Programming	24-27
•Pacific Spirit Park Programming (A-Z)	28-29
•Adult & Senior Programming (A-Z)	30-41
•Senior Programming (A-Z)	42-43
•Community Events & Volunteering	43-45
•Community Centre Map	48

Registration Opens at
The Old Barn Community Centre

Wednesday, April 7th

Spring Shopping Week April 26 - May 2

Community Centre Information

UNA Office Hours

Monday to Friday	8:30 am - 4:30 pm
Saturday & Sunday	Closed
Holidays	Closed

Old Barn Community Centre Hours

Monday to Sunday	7:00 am - 10:00 pm
Holidays	12:00 pm - 6:00 pm
Charlie's Visiting Hours	11:00 am - 4:00 pm

Exercise Room Hours

Monday to Sunday	7:00 am - 10:00 pm
Holidays	12:00 pm - 6:00 pm

The Old Barn Exercise Room, located on the ground floor of the Community Centre, is a bright cheerful facility that has all the basics to meet your training needs.

Exercise Room Membership Fees

Anyone 13 years* and over is welcome to enjoy The Old Barn Exercise Room. You can buy a membership for up to a year or enjoy exercise room drop-in rates. Special membership rates are available for UNA residents and UBC students, faculty and staff. Identification is required to qualify for a discounted membership rate and to provide proof of age. You are welcome to bring a personal trainer to the gym. Please note that they will be required to pay the drop-in fee.

*Youth 13 -16 years old are able to use the exercise room only after the completion of The Old Barn Youth Gym Program.

	UNA/Student/ Faculty/Staff	Youth (13 - 16 yrs)	General Public
Drop-in	\$4	\$4	\$7
Weekly	\$10	\$10	\$15
Monthly	\$25	\$18.75	\$40
Punch Card	\$30	\$22.50	\$45
Yearly	\$200	\$150	\$300

*GST not included

Community Centre Policies:

Drop-in: All participants must pay the drop-in/registration fee and either have a SRC drop-in wrist band visible to the instructor or hand an Old Barn drop-in receipt to the instructor.

Living Room Schedule: When indicated the living room will be available only to specific user groups during that time slot. The Old Barn Community Centre reserves the right to alter schedules at its discretion.

Make-up Classes: Any cancelled classes will first be re-scheduled for the end of the session in the same time slot. If that time is not available, then the class will be re-scheduled by The Old Barn Programmer and SRC Programmer (if applicable).

Participation: Only registered participants are able to join the session – drop-ins must pay before the start of each class.

Photos: Photos may be taken of participants in programs for use by The Old Barn for its marketing and promotions. Photos may appear in the recreation guide, within The Old Barn or on The Old Barn website. Should a participant or parent have concerns about their own or their child's photo being taken, please inform The Old Barn Programmer.

Program Cancellation: Programs may be cancelled if a minimum number of registrants are not met one week prior to the start date. Register early to ensure a program proceeds. A full refund will be made for any cancelled programs.

Pro-rating: Classes will be pro-rated until the end of the session unless the program does not allow registration after the start date.

Refunds:

Old Barn programs:

Pro-rated refunds will be given until 1 hour after the end of the second class by The Old Barn Front Desk staff (there is \$5 non-refundable administration fee). Following the second class, refunds may be considered on a case-by-case basis by The Old Barn Programmer.

SRC programs: please contact Student Recreation Centre for further details.

Registration: Registration will remain open until the program is full unless otherwise agreed upon by The Old Barn Programmer and the Instructor.

Waivers: Each participant must sign a waiver before participating in the class (SRC & The Old Barn programmed classes).

GST:

All children's programs for ages 14 and under are not charged GST.

Adult Old Barn programs: Pricing does not include GST.

Adult SRC programs: Pricing includes GST.

HST will come into effect July 1
for all applicable programs.
Register early!

UNA Membership & Community Services Card



Membership and Community Services Card

How to become a UNA member and receive our weekly email newsletter

To become a UNA member you must live in one of the University Neighbourhoods: Hampton Place, Hawthorn Place, Chancellor Place, East Campus or Wesbrook Place. All residents age 18 years or older are eligible for free membership in the UNA. To apply for membership fill out an application form and return it to the University Neighbourhoods Association at 6308 Thunderbird Blvd., Vancouver B.C., V6T 1Z4. Application forms can be downloaded at www.myuna.ca or completed in person at the UNA office.

Sign up to receive the weekly e-mail newsletter by emailing reception@myuna.ca or by calling 604-827-5158.

How to obtain a UNA Community Services Card (CSC)

Fill out the UNA Community Services Card application attached to the UNA membership form and return it to the UNA. All UNA residents are eligible regardless of age.

Services available with your CSC

Community Services Cards provide UNA residents with free access to

- The Vancouver Public Library
- UBC Libraries
- The UBC Botanical Garden
- The Nitobe Garden

plus preferred rates at the following UBC Athletic and Recreational facilities. For programs and schedules for each of these facilities, please check out their web sites:

- UBC Aquatic Centre and Empire Pool (<http://www.aquatics.ubc.ca/>)
- Doug Mitchell Thunderbird Winter Sports Centre rinks (<http://www.icerink.ubc.ca/>)
- Tennis Centre Outdoor courts (<http://www.tennis.ubc.ca/>)

Planning an Event?



Birthdays • Anniversaries • Workshops • Receptions
Graduations, Conferences • Business Meetings

Rooms 7:00am-10:00pm	Capacity		Room size	Rates
	standing (max)	sitting (max)		
Meeting Room 1	60	45	986 sq.ft.	4hr/\$175
Meeting Room 2	90	35	725 sq.ft.	8hr/\$275
Meeting Room 1&2	150	80	1711 sq.ft.	8hr/\$550

The above prices do not include applicable taxes.

Equipment Available: Chairs, tables, microphones, flip charts with markers, wireless internet connection, projector and screen (w/ lap top outlets)*, dvd/vhs equipment* **Equipment Available only in Meeting Room 1*

To inquire about booking meetings, events and birthday parties contact:

The Old Barn
Community Centre
6308 Thunderbird Blvd.
Vancouver, BC
V6T 1Z4

Laura Tennant
Bookings Coordinator
T: 604-822-9675
F: 604-827-5375
bookings@oldbarn.ca

The Old Barn Community Centre

Available Equipment

Sporting equipment is available for use from the community centre front desk in exchange for a piece of ID. Parents/guardians must accompany their child under the age of 12 when borrowing equipment. For the giant chess set we ask that a credit card be left at the front desk while the set is in use.

Equipment includes:

- Soccer balls
- Badminton net and rackets
- Basketballs
- Volleyballs
- Foosball
- Table Tennis
- Giant Chess Set
- And more!



Sporting Facilities

Available for your enjoyment and use around UBC campus:

- Outdoor Basketball Court (located on Thunderbird Blvd across from Osborne)
- Running Track (located at Wesbrook Mall and 16th Avenue)
- Artificial and Grass Fields (Spencer Field)



Neighbourhood Living Room

The Community Centre Living Room is just that—a room for community members to enjoy as they would their own living room. The Living Room’s bright generous space includes comfortable seating, tables suitable for studying or playing board games, a children’s play area—complete with toys, books and puzzles— and a small circulating library. The Living Room’s main function, however, is to provide a public space that all members of our community can enjoy together. Part of this enjoyment, of course, is to respect others who are also using the space by putting away any toys, books, or board games you have used before you leave and keeping noise to a reasonable level.

Preschool Programming

Creative Dance & Movement

Open up your child to the world of dance. These programs are designed to give your child the opportunity to creatively explore the movements of their body. In a nurturing environment they will learn technique, body awareness, and self expression through music, imagery, and games.

Instructor: Kay Huang Barnes

Location: Meeting Room 1

Registration Method: By phone at 604-827-4469 or in person at The Old Barn.

Parent & Tot Wednesdays	Apr 28 - June 23 12:15 pm - 1:00 pm	UNA/UBC: \$67.50 Public: \$81.00
3 - 4 yr olds Wednesdays	Apr 28 - June 23 1:15 pm - 2:00 pm	UNA/UBC: \$67.50 Public: \$81.00

Music Together® (birth - 4 yrs)

Our Music Together classes build on your child's natural enthusiasm for music and movement. We'll help you provide your child with the basic musical skills needed to enjoy school and social musical activities, and to study an instrument should he or she choose to do so. The class is for children from birth to kindergarten age with a grown-up's accompaniment. Siblings 8 months and younger are free. Application forms are available at the community centre front desk.

Instructor: Anna King

Location: Meeting Room 2

Registration Method: Online at www.mtphoenixsong.com or by phone (604-327-5165), or by mail to 5750 Ontario Street, Vancouver BC, V5W 2L6.

Mondays (no class May 24)	Apr 26 - June 21 9:30 am - 10:15 am 10:30 am - 11:15 am 11:30 am - 12:15 pm	1st Child (new): \$125.00 1st Child (returning): \$117.00 Sibling: \$80.00
Tuesdays	Apr 27 - June 15 11:15 am - 12:00 pm 12:15 pm - 1:00 pm 1:15 pm - 2:00 pm	
Saturdays (no class May 8)	May 1 - June 26 10:00 am - 10:45 am 11:00 am - 11:45 am	

Preschool Programming

Orff and Kodaly Music Class (3 -4 yrs) New!

Orff music instruction for young children developed by Carl Orff, German composer and educator, stresses the development of inherent musicality. The spontaneous rhythms for 3 year old children is created in their rhymes, chants, and games through songs and movement and some percussive instruments. In the 4 year old class children begin to play soprano, alto, and tenor recorders, and a wide range of percussion instruments, some with and some without pitch. These classes are an excellent preparation for entrance into private music instruction.

Instructor: Ko Chu Mo, faculty member at Mozart School of Music
 Location: Meeting Room 2

Registration Method: By phone at 604-827-4469 or in person at The Old Barn

Thursdays 3 yr olds	May 6 - June 27 10:15 am - 10:55 am	UNA/UBC: \$135.00 Public: \$148.50
Thursdays 4 yr olds	May 6 - June 27 11:00 am - 11:45 am	UNA/UBC: \$180.00 Public: \$198.00



Preschool Programming

Parent and Tot (18 mths - 3 yrs)

An introduction for you and your child to gymnastics and movement education. Music, hand-held equipment (balls, hoops, ribbons) and some gym exploration time enhance your experience in the gym. Instructors guide you through various circuits in the gym for 45 minutes. NOTE: Only one parent on the floor for each child. Ratio: 1 instructor for every 8 parents/tots combination.

Instructor: UBC gymnastic coach
 Location: Robert F. Osborne Centre, 6108 Thunderbird Blvd.

Registration Method: By phone at 604-822-0207 or in person at the Robert F. Osborne Centre.

Thursdays	Apr 29 - June 24 11:00 am - 11:45 am	UNA/UBC: \$50.00
-----------	---	------------------



The Wonder & Challenge of Being Two (18 mths - 3 yrs)

A group for parents to share experiences and gain information and strategies about parenting toddlers. Bring your child (18 months to 3 years old) for a fun playtime with other toddlers. Facilitated by Public Health Nurses.

Instructor: Martha Lewis, Public Health Nurse
 Location: Meeting Room 2

Registration Method: Registration required. Phone Pacific Spirit Community Health Centre 604-261-6366 x 3341.

Wednesdays	Apr 14 - May 26 10:00 am - 11:30 am	Free
------------	--	------

Children's Programming

Basketball for Boys & Girls (9 - 12 yrs)

Join our neighbourhood basketball program for an hour and a half of non-stop games for eight weeks in total. A supervisor will be present but no specific skill instruction will be provided. It's all about having fun and staying fit. All skill levels are welcome.

Location: Robert F. Osborne Centre, 6108 Thunderbird Blvd.

Registration Method: By phone at 604-822-0207 or in person at the Robert F. Osborne Centre.

Thursdays	May 6 - June 24 4:30 pm - 6:00 pm	UNA/UBC: \$50.00
-----------	--------------------------------------	------------------

Chess Club (5 yrs+)

Besides being a lot of fun, chess helps develop logical thinking, concentration and problem solving. All skill levels are welcome to test their wit at this weekly club where young people can play friendly games of chess. Participants have a chance to learn strategy, skill and patience and make new friends along the way.

Beginners will learn the basic rules, terminology, value of pieces, recording moves and basic strategy.

Intermediate level players will also learn basic opening theory, basic checkmates and simple end games. Children may bring their own chess set to each class.

Instructor: Lior Sitkovsky

Location: Meeting Room 2

Registration Method: By phone at 604-827-4469 or in person at The Old Barn.

Beginners Sunday (no class May 23)	May 2 - June 27 10:00 am - 11:00 am	Free
Intermediates Sunday (no class May 23)	May 2 - June 27 11:00 am - 12:00 pm	Free
Beginners Sunday (no class Aug 1)	July 11 - Aug 22 10:00 am - 11:00 am	Free
Intermediates Sunday (no class Aug 1)	July 11 - Aug 22 11:00 am - 12:00 pm	Free

Children's Programming

Children's Drawing Classes (7 yrs+)

Children will learn fundamentals in drawing including composition, perspective, line drawing, layering and shading while drawing from still life, or drawing portrait and life drawing. The Monday class will focus on still life drawing, perspective and landscape while the Saturday class will concentrate on drawing people, animals and portraits. Children need to bring a sketch book, a set of drawing pencils, and a set of colour pencils. Please don't forget an eraser and sharpener.

Instructor: Mehran Madarres-Sadeghi

Location: Meeting Room 1 or 2

Registration Method: By phone at 604-827-4469 or in person at The Old Barn.

Mondays (no class May 24)	Apr 26 - June 14 4:30 pm - 6:00 pm	UNA/UBC: \$100.00 Public: \$108.00
Saturdays	May 1 - June 12 3:00 pm - 4:30 pm	UNA/UBC: \$100.00 Public: \$108.00

Children's Cooking Classes (7 yrs+) New!

The Old Barn Community Centre is excited to offer their first ever cooking class through The Dizzy Whisk. Flavours, textures and ingredients are the basis of every recipe. The Dizzy Whisk instructor teaches children how to read recipes and follow them from beginning to end. They learn the skills and methods of the culinary arts, and end each lesson by eating what they have prepared. The chef teaches children that food does not originate in the supermarket, but in the earth, and to promote this the class studies the uses and origins of herbs and vegetables. www.dizzywhisk.com

Instructor: Hilit Nurick

Location: Meeting Room 2

Registration Method: By phone at 604-827-4469 or in person at The Old Barn.

Wednesdays	Apr 28 - May 19 5:15 pm - 6:30 pm	UNA/UBC: \$100.00 Public: \$110.00
Wednesdays (no class June 9)	May 26 - June 16 5:15 pm - 6:30 pm	UNA/UBC: \$75.00 Public: \$82.50

Children's Programming

Chinese Language Class (7 - 11 yrs)

The Old Barn is offering Mandarin speaking and traditional Chinese writing class. This class is an entry level class. All levels welcome.

Instructor: Hong Yang
Location: Meeting Room 2

Registration Method: By phone at 604-827-4469 or in person at The Old Barn.

Thursdays	May 6 - June 24 5:00 pm - 6:00 pm	UNA/UBC: \$56.00 Public: \$62.00
-----------	--------------------------------------	-------------------------------------

DTPI Math Program (gr 1- 7) New!

This program is divided into three levels in order to provide variety to suit a child's changing interests or to attract children whose ways of learning or levels of attainment may differ. Each level has different learning objectives and achievement goals. An assessment test will be given in the first class to place students appropriately. This program is run by BC certified Math teachers.

Instructor: Jane Zhao
Location: Meeting Room 1

Registration Method: By phone at 604-827-4469 or in person at The Old Barn.

Wednesdays	Apr 28 - June 23 3:30 pm - 4:55 pm	UNA/UBC: \$148.00 Public: \$178.00
------------	---------------------------------------	---------------------------------------

Chinese Ribbon & Silk Fan Dance Workshop

This is a great opportunity for children to learn a basic Chinese folk dance using traditional Chinese silk ribbons. The dance will be accompanied by Chinese musical instruments including a Erhu and a Pipa. Instruction for this program is available in English, Cantonese and Mandarin.

Instructor: Jessica Yue
Location: Meeting Room 1

Registration Method: By phone at 604-827-4469 or in person at The Old Barn.

4 - 6 yr olds Fridays	May 7 - May 28 4:00 pm - 5:00 pm	UNA/UBC/Public: \$40.00
7 - 12 yr olds Fridays	May 7 - May 28 5:00 pm - 6:00 pm	UNA/UBC/Public: \$40.00

Children's Programming



Field Hockey Skills (8 - 13 yrs) New!

Learn from the best! Members of the Canadian Womens Field Hockey Team will be teaching the skills of field hockey including dribbling, shooting, passing and mini games. This is for girls and boys, beginner to intermediate players. Everyone will need to bring their own stick, shin pads and mouth guard. Please note this program takes place on field hockey turf therefore cleats are not permitted.

Instructor: National Field Hockey Team Members

Location: Wright Field UBC

Registration Method: By phone at 604-827-4469 or in person at The Old Barn.

Tuesdays	Apr 27 - June 22 5:00 pm - 6:00 pm	UNA/UBC: \$80.00 Public: \$90.00
----------	---------------------------------------	-------------------------------------

Hip Hop for Kids (6 - 12 yrs)

Move with the music and have a blast as you learn some funky new steps and moves that are challenging and fun. The Old Barn is now offering two levels. Both classes combine energy and style with the rhythm of the music so that you are sure to get your groove on.

Instructor: Andrea Rabinovitch

Location: Meeting Room 1

Registration Method: Online at www.oldbarn.ca/registration or in person at the Student Recreation Centre (6000 Student Union Blvd) or by phoning 604-822-6000.

Wednesdays	Apr 28 - June 23 5:00 pm - 6:00 pm	UNA/UBC: \$63.00 Public: \$76.50
------------	---------------------------------------	-------------------------------------

Children's Programming

Homework Help for Elementary Students

Quiet study time will be in effect at The Old Barn Community Centre during the school year. "Homework Help" will be available Mondays, Wednesdays, and Thursdays from 4:00 pm to 5:30 pm during Study Time in the Neighbourhood Living Room and Tuesdays 4:00 pm to 5:30 pm upstairs in Meeting Room 2. High school volunteers will help children in grades 1 through 7 with their homework.

Instructor: High School Volunteers

Location: Neighbourhood Living Room & Meeting Room 2

Mondays - Thursdays (no session May 24)	Apr 12 - June 17 4:00 pm - 5:30 pm	Free
--	---------------------------------------	------

Indoor Soccer for Boys & Girls (9 - 12 yrs)

In a fun and safe environment children will have the opportunity to develop their soccer skills. Through focus on group games and individual skills, children will have fun while improving their game understanding and abilities. All skill levels are welcome.

Instructor: TBA

Location: Robert F. Osborne Centre, 6108 Thunderbird Blvd.

Registration Method: By phone at 604-822-0207 or in person at the Robert F. Osborne Centre.

Tuesdays	May 4 - June 22 4:30 pm - 6:00 pm	UNA/UBC: \$50.00
----------	--------------------------------------	------------------

Kinder Gym (4 - 6 yrs)

This is a fun and interactive class for kindergarten aged children. They use all the equipment in the gym and enhance their experience with music-based activities and hand-held equipment. The ratio of child to instructor is 6:1.

Instructor: UBC Gymnastics Coach

Location: Robert F. Osborne Centre, 6108 Thunderbird Blvd.

Registration Method: By phone at 604-822-0207 or in person at the Robert F. Osborne Centre

Wednesdays	Apr 28 - June 23 11:00 am - 12:00 pm	UNA/UBC: \$50.00
------------	---	------------------

Children's Programming

Soccer Skills (5 - 12 yrs)

In a fun and safe environment boys and girls will have the opportunity to develop their soccer skills. This program will focus on passing, dribbling, control of the ball, support, kicking, and heading. Beginners to intermediates.

Instructor: TBA

Location: Wolfson East Field or McInnes Field

Registration Method: By phone at 604-827-4469 or in person at The Old Barn.

Saturdays (no class May 22)	May 1 - June 26 9:30 am - 10:30 am	UNA/UBC: \$65.00 Public: \$75.00
--------------------------------	---------------------------------------	-------------------------------------



Through Picasso's eyes (6 - 12 yrs)

New!

Get ready for a creative mindstorm experience, with an artistic apprenticeship relying on hands-on experience combined with creativity exercises. Within several projects, children will make drawings, collages, paintings. Stepping through Picasso's different styles and periods, children will experience his vision through making their own artwork. It is simply FUN!

Instructor: Irene Cretu

Location: Meeting Room 2

Registration Method: By phone at 604-827-4469 or in person at The Old Barn.

Thursdays	Apr 29 - June 24 3:30 pm - 4:45 pm	UNA/UBC: \$128.00 Public: \$140.00
-----------	---------------------------------------	---------------------------------------

Children's Programming

UNA Children's Choir (8 - 14 yrs)

The UNA children's choir continues and new participants are welcome. The choir is dedicated to providing boys and girls with excellent choral experience. Through carefully chosen choral literature, choristers will expand their knowledge of music theory and vocal culture and share with audiences the beauty and power of choral music.

The children's choir will seek to nurture the love of music in study, preparation and performance in a variety of styles. Development will occur in vocal acuity, vocal range, rhythmic acuity, and pitch and reading skills. Finally, the community, at large, will be enriched through the cultural life of this choir.

Father's Day Concert: Sunday, June 20th 4:00 pm - 5:00 pm.

Conductor: Evgeny Shcherbakov Accompanist: Irina Shcherbakov

Location: Meeting Room 1

Registration Method: By phone at 604-827-4469 or in person at The Old Barn.

Sundays	May 2 - June 20 3:00 pm - 4:00 pm	UNA/UBC: \$58.00 Public: \$63.00
---------	--------------------------------------	-------------------------------------



Wildlife Art for Kids (6 - 12 yrs)

This interactive class encourages kids to connect with nature through art. Students will develop drawing, painting, and multi-media techniques that will enable them to portray their favourite wildlife animals. In order to bring animals to life through visual arts, kids will learn about the behaviour, expression, movement, and ecological role of different species. Each class will focus on a specific technique and a certain aspect of wildlife.

Instructor: Elke Van Breemen

Location: Meeting Room 2

Registration Method: By phone at 604-827-4469 or in person at The Old Barn.

Wednesdays	Apr 28 - June 23 3:30 pm - 5:00 pm	UNA/UBC: \$117.00 Public: \$128.00
------------	---------------------------------------	---------------------------------------

Children's and Youth Programming

4-H Club (9 - 19 yrs)

Have you ever wanted to grow foot long carrots? Are you interested in how to fix your bike? Want to make your own prom dress? Do you like taking pictures? Do you like to learn-to-do by doing? If you answered yes to any of these questions then the UBC 4-H club is for you!



Instructor: Michael Poon
Location: Meeting Room 2

Registration method: Contact Michael Poon at 604-221-4204 or kimnoop@interchange.ubc.ca for more information.

2nd Wednesday of the month	Runs all year 7:00 pm - 8:30 pm	Yearly Fee: \$120.00
----------------------------	------------------------------------	----------------------

Chinese Reading and Writing (5 - 17 yrs) New!

Introduction to Chinese Characters

Come and learn the Chinese characters, one of the most ancient and artistic writing systems among all languages in the world. This class introduces Pinyin, stroke orders and focuses on the recognition of Chinese characters. Basic knowledge of speaking and listening Mandarin recommended. Students will be assessed in the first class.

Advanced Chinese Writing

This class teaches you how to write sentences, paragraphs, and articles using the Chinese characters. This is an advanced level class. Same level as Grade 5 Chinese in Mainland China. Knowledge of minimum 800 Chinese characters recommended. www.xgxschool.com

Instructor: Wendy Huang
Location: Meeting Room 2

Registration method: By phone at 604-827-4469 or in person at The Old Barn.

Introduction Class Sundays (no class May 23)	May 2 - June 27 1:00 pm - 2:30 pm	UNA/UBC: \$144.00 Public: \$160.00
Advanced Class Sundays (no class May 23)	May 2 - June 27 2:30 pm - 4:40 pm	UNA/UBC: \$200.00 Public: \$216.00

Children's and Youth Programming

Kung Fu (7 yrs+)

Hung Gar is a style of Kung Fu that is characterized by strong hand movements with very strong stances and footwork. Participants can expect to learn the fundamentals of traditional Hung Gar fighting philosophy, basic training techniques, and traditional methods - while enjoying a fun oriented atmosphere. All levels are welcome.

Instructor: Daniel Pugh

Location: Robert F. Osborne Centre, 6108 Thunderbird Blvd.

Registration method: Phone at 604-822-0207 or in person at the Robert F. Osborne Centre.

Thursdays	Apr 29 - June 24 7:00 pm - 8:30 pm	UNA/UBC: \$50.00
Saturdays	May 1 - June 26 9:00 am - 10:30 am	UNA/UBC: \$50.00

Taekwondo (6 - 15 yrs)

Join us to learn Taekwondo - the fun starts here! Our experienced instructor Nathan Ma will teach you the proper kicking, punching and blocking techniques, poomsaes (patterns) and nanchaku (weaponry).

Instructor: Nathan Ma

Location: Meeting Room 1 or 2

Registration Method: By phone at 604-827-4469 or in person at The Old Barn.

Sec I: Beginner Fridays & Sundays	Apr 30 - May 23 5:00 pm - 6:30 pm	UNA/UBC: \$64.00 Public: \$72.00
Sec II: Beginner Fridays & Sundays	May 28 - June 27 5:00 pm - 6:30 pm	UNA/UBC: \$80.00 Public: \$90.00
Sec III: Beginner Fridays & Sundays	July 9 - Aug 1 5:00 pm - 6:30 pm	UNA/UBC: \$64.00 Public: \$72.00
Sec IIII: Beginner Fridays & Sundays	Aug 6 - Aug 28 5:00 pm - 6:30 pm	UNA/UBC: \$64.00 Public: \$72.00

Children's and Youth Programming

Taekwondo (6 - 15 yrs)cont' d

Sec I: Intermediate Mondays, Thursdays & Saturdays	Apr 26 - May 22 Mon 4:30 pm - 6:00 pm Thurs 3:30 pm - 5:00 pm Sat 4:30 pm - 6:00 pm	UNA/UBC: \$96.00 Public: \$108.00
Sec II: Intermediate Mondays, Thursdays & Saturdays	May 27 - June 26 Mon 4:30 pm - 6:00 pm Thurs 3:30 pm - 5:00 pm Sat 4:30 pm - 6:00 pm	UNA/UBC: \$112.00 Public: \$126.00
Sec III: Intermediate Mondays, Thursdays & Saturdays	July 5 - July 31 Mon 4:30 pm - 6:00 pm Thurs 3:30 pm - 5:00 pm Sat 4:30 pm - 6:00 pm	UNA/UBC: \$96.00 Public: \$108.00
Sec IIII: Intermediate Mondays, Thursdays & Saturdays	Aug 5 - Aug 28 Mon 4:30 pm - 6:00 pm Thurs 3:30 pm - 5:00 pm Sat 4:30 pm - 6:00 pm	UNA/UBC: \$88.00 Public: \$99.00



Family Programming

Family Movie Night

Bring the family to watch family movies free of charge on the first Saturday of every month at The Old Barn. Popcorn and drinks will be available for \$1 each. Chairs will be provided, but feel free to bring your own comfortable chairs, blankets and pillows. Parents must accompany their children. Movies are listed in our weekly email newsletter.

Facilitator: Alan Wai

Location: Meeting Room 1 & 2

1st Saturday of the month Apr 10, May 1, June 5, July 3, Aug 7	Doors open at 6:00 pm Movie starts at 6:30 pm	Free
--	--	------

Story Time

Now every Saturday! Join local UNA residents as they read some of the most popular children's books. Check in at The Old Barn front desk for the story of the week. If you are interested in reading to the children please contact Jim Taylor at judyandjim@shaw.ca

Location: Neighbourhood Living Room

Saturdays (no story May 22 or July 31)	May 1 - Aug 28 11:00 am - 12:00 pm	Free
--	---------------------------------------	------

Table Tennis

Come play on our new Giant Dragon table. All are welcome and sign up is available on the day of play at The Old Barn Community Centre front desk.

Location: Meeting Room 2

Mondays (no table tennis May 24 or Aug 2)	Apr 26 - Aug 30 7:30 pm - 9:30 pm	Free
Wednesdays	Apr 28 - Aug 25 12:00 pm - 3:00 pm	Free
Fridays (no table tennis May 28)	Apr 30 - Aug 27 7:30 pm - 9:30 pm	Free

Youth Programming

Basketball for Boys & Girls (13 - 16 yrs)

Join our neighbourhood basketball program for an hour and a half of non-stop games for eight weeks in total. A supervisor will be present but no specific skill instruction will be provided. It's all about having fun and staying fit. All skill levels are welcome.

Location: Robert F. Osborne Centre, 6108 Thunderbird Blvd.

Registration Method: By phone at 604-822-0207 or in person at the Robert F. Osborne Centre.

Thursdays	May 6 - June 24 4:30 pm - 6:00 pm	UNA/UBC: \$50.00
-----------	--------------------------------------	------------------



Indoor Soccer for Boys & Girls (13 - 16 yrs)

Love soccer but don't love the rain? Then come inside and play. Through alternating weeks of skill development and game play, players will improve their tactical understanding of the game and their individual skills. All skill levels are welcome.

Instructor: TBA

Location: Robert F. Osborne Centre, 6108 Thunderbird Blvd.

Registration Method: By phone at 604-822-0207 or in person at the Robert F. Osborne Centre.

Tuesdays	May 4 - June 22 4:30 pm - 6:00 pm	UNA/UBC: \$50.00
----------	--------------------------------------	------------------

Youth Programming

St. John Babysitting Course (11 yrs +)

This course is designed to teach young people how to care for children and infants while babysitting. The course will enhance awareness and safety, responsible babysitting and will develop skills to cope with common emergencies. Students who successfully complete the program will be issued a certificate of completion.

Instructor: St. John first aid instructor
 Location: Neighbourhood Living Room

Registration Method: By phone at 604-827-4469 or in person at The Old Barn.

Sec I: Saturday	May 15 10:00 am - 4:00 pm	UNA/UBC/Public:\$55.00
Sec II: Saturday	Aug 28 10:00 am - 4:00 pm	UNA/UBC/Public:\$55.00

St. John Standard First Aid & CPR with AED (14 yrs +)

New!

This is a comprehensive two day certification Standard First Aid CPR course that will also provide instruction on how to use an Automated External Defibrillator. This course will provide basic first aid knowledge to care for adults, children and infants in case of an emergency. Some of the core contents of this course include emergency scene management, choking, cardiovascular emergencies, child/infant resuscitation, burns, poison, bites, stings, bone and joint injuries and more. At the conclusion of this course, there is a multiple choice written exam. Upon successful completion, participants will receive a national St. John Ambulance first aid certificate valid for 3 years.

Instructor: St. John first aid instructor
 Location: Neighbourhood Living Room

Registration Method: By phone at 604-827-4469 or in person at The Old Barn.

Saturday & Sunday (must attend both days)	June 12 & 13 8:30 am - 5:30 pm	UNA/UBC/Public \$170.00 + GST
--	-----------------------------------	----------------------------------

Youth Programming

Teen Nights (13 - 17 yrs)

Friday night and looking for something to do? Are you between the ages of 13 and 17? Come to The Old Barn with your friends and enjoy one of our bi-weekly teen movies, a game of table tennis or foosball. Refreshments available for purchase.

Location: Neighbourhood Living Room

Every other Friday (no teen night May 21)	Apr 23 - June 4 7:00 pm - 9:00 pm	Free
--	--------------------------------------	------



Youth Gym Program (13 - 16 yrs)

Youth ages 13 - 16 can have access to our exercise room after completing this mandatory gym program. Our instructor will teach you proper weight and fitness training techniques, as well as help create a training program for you. Classes will be taught with a maximum of 4 participants, so sign up early as space is limited. Parental consent is required.

Instructor: Michael Okech

Location: The Old Barn Exercise Room

Registration Method: By phone at 604-827-4469 or in person at The Old Barn.

Sec I: Mondays & Wednesdays	May 3 - May 12 3:45 pm - 4:45 pm or 5:00 pm - 6:00 pm	UNA/UBC: \$20.00 Public: \$24.00 + GST
Sec II: Mondays & Wednesdays	July 5 - July 14 3:45 pm - 4:45 pm or 5:00 pm - 6:00 pm	UNA/UBC: \$20.00 Public: \$24.00 + GST

Summer Camps

The Barn Summer Camp (7 - 12 yrs)

New!

The Old Barn is excited to be able to offer a variety of week long summer camps for children aged 7 - 12. The theme for the camps as well as the activities and locations will change each week. The instructor will lead the children in different crafts, games, activities and short field trips may be taken.

*Themes are subject to change.

Instructor: TBA

Location: Outside and Meeting Room 1

Registration Method: By phone at 604-827-4469 or in person at The Old Barn.

Treasure Hunters Monday to Friday	July 5 - July 9 1:00 pm - 4:00 pm	UNA/UBC: \$120.00 Public: \$130.00
It's a Rainforest out there! Monday to Friday	July 12 - July 16 1:00 pm - 4:00 pm	UNA/UBC: \$120.00 Public: \$130.00
Around the World Monday to Friday	July 19 - July 23 1:00 pm - 4:00 pm	UNA/UBC: \$120.00 Public: \$130.00
Under the Sea Monday to Friday	July 26 - July 30 1:00 pm - 4:00 pm	UNA/UBC: \$120.00 Public: \$130.00
Abracadabra! Tuesday to Friday	Aug 3 - Aug 6 1:00 pm - 4:00 pm	UNA/UBC: \$96.00 Public: \$104.00
Nature Discovery Monday to Friday	Aug 9 - Aug 13 1:00 pm - 4:00 pm	UNA/UBC: \$120.00 Public: \$130.00
On a String Monday to Friday	Aug 16 - Aug 20 1:00 pm - 4:00 pm	UNA/UBC: \$120.00 Public: \$130.00
It's Alive! Science Camp Monday to Friday	Aug 23 - Aug 27 1:00 pm - 4:00 pm	UNA/UBC: \$120.00 Public: \$130.00



Summer Camps

Dance Summer Camp (6 - 11 yrs)

At the Barn's Dance Camp, children learn the joy of movement within different styles learning technique, ensemble work and creating their own dances using compositional skills. Fundamentals, hip hop, and contemporary are covered using tried and true methods designed to spark a child's love of dance and the skill to fulfill their vision.

Instructor: Andrea Rabinovitch

Location: Meeting Room 1

Registration Method: By phone at 604-827-4469 or in person at The Old Barn.

Monday to Friday	Aug 23 - Aug 27 9:00 am - 12:00 pm	UNA/UBC: \$120.00 Public: \$130.00
------------------	---------------------------------------	---------------------------------------



Drum & Guitar Summer Camp (10 - 15 yrs)

Enjoy music and interact with group members in a creative and artistic way. Playing the guitar will be the focus of these sessions as well as developing and designing percussion instruments. All skill levels are welcome with instruction ranging from beginner to intermediate. Guitar tuning, finger picking techniques, chords and strumming, as well as various styles of music and songs will be covered. *Guitar rental arranged by The Old Barn for an additional \$10 or bring your own.

Instructor: Kevin Hayes

Location: Meeting Room 1

Registration Method: By phone at 604-827-4469 or in person at The Old Barn.

Monday to Friday	July 12 - July 16 9:00 am - 12:00 pm	UNA/UBC: \$120.00 Public: \$130.00
------------------	---	---------------------------------------

Summer Camps

Family Ukulele Folk Camp (7 - 100 yrs +) New!

This camp is for kids, grown-ups, teens, moms, dads, brothers, sisters, uncles, aunts and grandparents. Long ago, in the days before karaoke and Guitar Hero, people would gather together in kitchens, living rooms, back porches and around campfires to sing fun familiar songs. With just a few simple techniques on the ukulele this camp will teach families to make music together. The ukulele is an easy to learn instrument that is enjoying a renaissance of interest. Teaching videos, websites and digital tuners make it easy to learn and fun to play. Come discover the joy of making music with your family. No prior musical knowledge is required. Assistance in purchasing ukes and/or renting instruments will be provided.

Instructor: Danny Bakan
 Location: Meeting Room 1

Registration Method: By phone at 604-827-4469 or in person at The Old Barn.

Monday to Friday	July 26 - July 30 9:00 am - 12:00 pm	UNA/UBC: \$120.00 Public: \$130.00
------------------	---	---------------------------------------

Movie Making Summer Camp (9 - 15 yrs) New!

Lets make a film! Learn the ins and outs of making a movie. This will be a fun filled hands on chance to work with others on a group film project that we write, shoot, act in, direct and edit to completion.

Together we will create an original script, learn about character and plot, develop a story board, act, direct, film and edit our group project. Learn how digital editing works, how to develop a concept, film techniques, how to use sound and theme music and more. Easy to use digital movie cameras and video editing software will be used. File formats, creative considerations, titles and credits will be taught.

Instructor: Danny Bakan
 Location: Meeting Room 1

Registration Method: By phone at 604-827-4469 or in person at The Old Barn.

Monday to Friday	Aug 9 - Aug 13 9:00 am - 12:00 pm	UNA/UBC: \$120.00 Public: \$130.00
------------------	--------------------------------------	---------------------------------------

Summer Camps

Music Together® Family Favourites Camp (birth - 4 yrs)

Our Music Together classes build on your child's natural enthusiasm for music and movement. We'll help you provide your child with the basic musical skills needed to enjoy school and social musical activities, and to study an instrument should he or she choose to do so. The class is for children from birth to kindergarten age with accompanying grown-ups. Siblings 8 months and younger are free. Application forms are available at the community centre front desk.

Instructor: Anna King

Location: Meeting Room 1

Registration Method: Online at www.mtphoenixsong.com or by phone (604-327-5165), or by mailing the application form to 5750 Ontario Street, Vancouver BC, V5W 2L6.

Tuesday to Friday	Aug 3 - Aug 6 9:15 am - 10:00 am	1st Child (new): \$70.00 1st Child (returning): \$65.00 Sibling: \$50.00
Tuesday to Friday	Aug 3 - Aug 6 10:15 am - 11:00 am	
Tuesday to Friday	Aug 3 - Aug 6 11:15 am - 12:00 pm	

Taekwondo Summer Camp

This camp is for both new and experienced martial art students. It provides guidance and skills in a safe, positive and fun environment. Students will learn self-defence, discipline, spacial awareness, balance, coordination and creativity. Students will learn basic blocking, kicking, and striking techniques with much emphasis on using verbal communication to avoid/resolve physical conflict. Taekwondo challenges the mind and body while building confidence, coordination, physical fitness, and a good attitude. All equipment is provided and no experience is necessary.

Instructor: Nathan Ma

Location: Meeting Room 1

Registration Method: By phone at 604-827-4469 or in person at The Old Barn.

Monday to Friday	July 5 - July 9 9:00 am - 12:00 pm	UNA/UBC: \$120.00 Public: \$135.00
------------------	---------------------------------------	---------------------------------------

Pacific Spirit Park Programming

Pacific Spirit Park Talks & Walks

New!

The Pacific Spirit Park Society offers interesting talks followed by topic specific walks. These events are both free and everyone is welcome to attend. It is a great way to become acquainted with the park and learn more about your surroundings. No registration is required. For more information please contact the Pacific Spirit Park Society at 604 224-5739, or visit www.pacificspiritparksociety.org

Talk Location: Fireside Room, St. Philips Church 3737 W. 27th Ave.

Walk Location: Pacific Spirit Park

Talk: Feathered Lives	Thursday, May 13 7:00 pm	Free
Walk: Look & Listen – Birds in the park	Sunday, May 16 7:00 am	Free

UNA Community Day in Pacific Spirit Park

Come out and join us on Saturday August 14 from 1:00 pm – 3:00 pm while we help to clean ivy out of Pacific Spirit Park. Ivy is not a native species in this area and if left undisturbed can endanger other plants in the park. This group will be led by Tom Nichols of the Pacific Spirit Park Society. Make sure to dress for the weather and prepare to have fun!

Location: Pacific Spirit Park

Registration Method: By phone at 604-827-4469 or in person at The Old Barn.

Saturday	Aug 14 1:00 pm - 3:00 pm	Free
----------	-----------------------------	------

UNA Nature Enthusiasts

Are you interested in becoming more involved with Pacific Spirit Park? The Old Barn Community Centre is looking for volunteers that would like to help lead programs that involve the park. If this sounds like something you would enjoy, please contact The Old Barn at 604-822-9295.

Pacific Spirit Park Programming

Pacific Spirit Park - Take Another Look

New!

Now you see it, now you don't! Take another look and see where the little creatures who live in the forest eat, sleep and just hang out. For children this is a game of finding the spot where the deer mouse has been; for adults it's a game of locating the habitats of various small park creatures. You will be given a page of picture clues; see how many matches you can make. For the youngest kids, we have a simple game of "can you see the toy?" Come and join the fun, and learn to look anew! (See the PSPS website for photos from last year's event!) Everyone welcome, registration not required.

Location: Meet at 29th Ave and Imperial Drive. Parking is available along 29th Avenue.

For more information please call 604-224-5739, or visit www.pacificspiritparksociety.org Presented by: Pacific Spirit Park Society and Metro Vancouver

Sunday	May 2 1:30 pm - 4:00 pm	Free
--------	----------------------------	------



Adult & Senior Programming

Adult ESL Classes

Looking for more than just conversation? This program is designed for intermediate level ESL speakers who would like to continue to improve their listening and speaking skills, as well as their reading, writing and grammar. Topics will vary and be related to group experiences.

Instructor: Su-an Yun (TESOL certified)

Location: Meeting Room 1

Registration Method: By phone at 604-827-4469 or in person at The Old Barn.

Tuesdays	May 4 - June 22 10:00 am - 11:00 am	UNA/UBC: \$64.00 Public: \$70.40 + GST
----------	--	--

Barn Bootcamp

Get in shape today with Bootcamp at The Old Barn! Our program combines cardio, strength training, agility exercises and more to get you fit. This exciting cross-disciplinary approach to fitness will get you moving, seeing results and having more fun than you would at the gym. The perfect preparation for summer!

Instructor: Christina Longo

Location: Outside or Meeting Rooms 1 & 2

Registration Method: By phone at 604-827-4469 or in person at The Old Barn.

Sec I: Mondays & Wednesdays (no class May 24)	Apr 26 - June 23 6:45 am - 7:45 am	UNA/UBC: \$204.00 Public: \$221.00 + GST
Sec II: Mondays & Wednesdays (no class Aug 2)	July 5 - Aug 25 6:45 am - 7:45 am	UNA/UBC: \$180.00 Public: \$195.00 + HST

Book Club

Enjoy a monthly meeting to discuss the book of choice with your neighbours. The book club meets on the 3rd Sunday of each month in the John Young Room at The Old Barn. Refreshments will be arranged by the group. New members are always welcome.

3rd Sunday of the Month	Apr 18, May 16, June 20 1:00 pm - 3:00 pm	Free
-------------------------	--	------

Adult & Senior Programming

Classic Movie Night

You can't go wrong with classic movies. Beloved by critics and fans alike, these old movies have earned a well-deserved place in the ranks of the most influential classic films ever to come out of Hollywood. Leave the kids at home and take a journey to the past! Ages 18+.

Location: Meeting Room 1

Friday	May 28 7:30 pm - 9:00 pm	Free
--------	-----------------------------	------

Conversation Club

Looking to improve your English? Come join our Conversation Club. You will meet new people and have the opportunity to practice communicating your thoughts and ideas in English with the help of your classmates and our knowledgeable teacher. All English levels are welcome. Ages 18+.

Instructors: Kay Trenker & Kathy Regelous

Location: Meeting Room 2

Registration Method: By phone at 604-827-4469 or in person at The Old Barn.

Mondays (no class May 24)	Apr 26 - June 21 1:00 pm - 3:00 pm	Free
------------------------------	---------------------------------------	------

Drop-in Badminton (13 yrs+)

Come by and have some fun with your friends! The program is open to anyone interested in drop-in for recreational play. All skill levels are welcome and we encourage you to invite your friends!

Instructor: No instructor

Location: Robert F. Osborne Centre, 6108 Thunderbird Blvd.

Tuesdays	May 4 - June 29 6:30 pm - 8:00 pm	UNA/UBC Drop In: \$3.00 Public Drop In: \$5.00
----------	--------------------------------------	---

Adult & Senior Programming

Fit 4 Two® Baby Free Bootcamp

Have you reached the point of needing a baby-free workout? Do you still crave the camaraderie of your fellow moms? Our participants are telling us that they would like an evening Bootcamp just for them. This class will focus on cardio, agility, power, strength, balance and flexibility. Expect a full-body workout. Come on out and join us. You deserve it! All fitness levels, moms and non moms welcome.

Instructor: Dee Clarke
Location: Meeting Room 1

Registration Method: Online at www.ldbarn.ca/registration, in person at the Student Recreation Centre (6000 Student Union Blvd) or by phoning 604-822-6000.

Spr. Sec I: Wednesdays	May 5 - June 23 7:15 pm - 8:15 pm	UNA/UBC: \$105.00 Public: \$113.50
Sum. Sec I: Wednesdays	July 7 - Aug 25 7:15 pm - 8:15 pm	UNA/UBC: \$112.00 Public: \$121.00

Fit 4 Two® Stroller Fitness (multi-level)

Fit 4 Two® Stroller Fitness is a mobile way for you to get a full body work out and still be able to attend to your baby's needs. Each outdoor class includes intervals of power walking, functional strength training and cardio drills followed by postnatal-specific core work and flexibility. Women should be 4+ weeks postpartum (6 weeks for caesareans). All fitness levels are welcome. Please bring a yoga mat, water and any weather specific needs. You do not need a jogging stroller. Both pre-mobile and mobile* babies/tots are welcome. Class takes place indoors on extreme weather days. (*For safety reasons, mobile babies/tots should remain in their strollers until core work)

Instructor: Dee Clarke
Location: Outside or Meeting Room 1

Registration Method: Online at www.ldbarn.ca/registration, in person at the Student Recreation Centre (6000 Student Union Blvd) or by phoning 604-822-6000.

Spr. Sec I: Mondays (no class May 24)	Apr 26 - June 21 11:00 am - 12:00 pm	UNA/UBC: \$88.50 Public: \$97.00
Spr. Sec II: Wednesdays	Apr 28 - June 23 11:00 am - 12:00 pm	UNA/UBC: \$99.50 Public: \$109.00

Adult & Senior Programming

Fit 4 Two® Stroller Bootcamp



Stroller Bootcamp for moms & babies/tots includes a variety of drills that focus on strength, power, agility, balance, cardio and core. Benefit from the camaraderie of other moms in your community while getting in a full body workout. This class is designed for postnatal women who have already eased back into fitness. Please bring a yoga mat, water bottle and any weather specific items needed. You do not need a jogging stroller. Pre-mobile and mobile* babies and tots are welcome. Class takes place indoors on extreme weather days. (*For safety reasons, mobile babies/tots should remain in their strollers/carriers/mom's arms until core exercises)

Instructor: Dee Clarke
 Location: Outside or Meeting Room 1

Registration Method: Online at www.oldbarn.ca/registration, in person at the Student Recreation Centre (6000 Student Union Blvd) or by phoning 604-822-6000.

Spr. Sec I: Mondays & Wednesdays	Apr 26 - May 19 10:00 am - 11:00 am	UNA/UBC: \$105.00 Public: \$113.50
Spr. Sec II: Mondays & Wednesdays	May 31 - June 23 10:00 am - 11:00 am	UNA/UBC: \$105.00 Public: \$113.50

Fit Flow 2 Run New!

A workout program that combines yoga to improve balance, core strength and flexibility while gaining endurance from running in a neat little package. Great for anyone who wants to improve their cardiovascular health and reduce stress. Participants will begin with a dynamic warm up, followed by fast walking/jogging to get the blood flowing and the heart pumping. The session will finish with basic yoga flow to release tight muscles. **Free drop-in for the first class.**

Instructor: Sin Wun-Chey
 Location: Outside or Meeting Room 1 or 2

Registration Method: By phone at 604-827-4469 or in person at The Old Barn.

Sec I: Thursdays	May 6 - June 24 9:30 am - 10:30 am	UNA/UBC/Public: \$40.00 + GST
Sec II: Thursdays	July 8 - Aug 26 9:30 am - 10:30 am	UNA/UBC/Public: \$35.00 + HST

Adult & Senior Programming

Fitness Assessment & Personal Training

These Personal Training packages include a fitness assessment and consultation at the UBC BodyWorks Fitness Centre. Your exercise program is created and prescribed to you at The Old Barn Community Centre. Each session is 1 hour in length. All UBC BodyWorks Personal Trainers are certified to perform fitness assessments and provide exercise programming advice for healthy, clinical and older populations.

1 Session: \$50.00 Pack of 3: \$125.00 Pack of 5: \$200.00

The UBC BodyWorks Fitness Centre is located in Osborne Centre, Unit 1 at 6108 Thunderbird Blvd (between the UBC Tennis Centre and the UBC Doug Mitchell Thunderbird Winter Sports Centre). For more information, please contact the registration office at 604-822-0207, or email us at hkin.outreach@ubc.ca.

Girls Night Out Bootcamp New!

Have fun meeting other women from your community as your instructor motivates you through an intense full-body workout. Class will focus on: cardio, strength, power, agility, balance and flexibility. Bring a yoga mat, 5 lb dumbbells and a bottle of water. Dress for the weather as this class is outside rain or shine.

Instructor: Dee Clarke

Location: Outside

Registration Method: Online at www.oldbarn.ca/registration, in person at the Student Recreation Centre (6000 Student Union Blvd) or by phoning 604-822-6000.

Spr. Sec I: Mondays (no class May 24)	May 3 - June 21 6:00 pm - 7:00 pm	UNA/UBC: \$92.00 Public: \$99.50
Sum. Sec I: Mondays (no class Aug 2)	July 5 - Aug 23 6:00 pm - 7:00 pm	UNA/UBC: \$98.00 Public: \$106.00

Hatha Yoga

This class is excellent for those looking to learn the basics of yoga. Focus is on stretching, breathing, and posture to help increase flexibility, strength and reduce stress. Please wear clothing that moves with your body, and bring a sweater or a blanket. See page 35 for registration and class times.

Instructor: Lydia or Naomi

Location: Meeting Room 1

Adult & Senior Programming

Hatha Yoga cont'd

Registration Method: Online at www.oldbarn.ca/registration, in person at the Student Recreation Centre (6000 Student Union Blvd) or by phoning 604-822-6000.

Spr. Sec I: Mondays (no class May 24)	Apr 26 - June 21 6:00 pm - 7:00 pm	UNA/UBC: \$52.00 Public: \$60.00
Spr. Sec II: Wednesdays	Apr 28 - June 23 6:00 pm - 7:00 pm	UNA/UBC: \$58.50 Public: \$67.50
Sum. Sec I: Mondays (no class Aug 2)	July 5 - Aug 23 6:00 pm - 7:00 pm	UNA/UBC: \$45.50 Public: \$52.50
Sum. Sec II: Wednesdays	July 7 - Aug 25 6:00 pm - 7:00 pm	UNA/UBC: \$56.00 Public: \$64.00
Sum. Sec III: Saturdays (no class July 31)	July 7 - Aug 28 9:00 am - 10:00 am	UNA/UBC: \$49.00 Public: \$56.00

Knitting and Crochet Workshops

Knitting for Beginners: Kick start yourself into knitting! In just a couple of hours, learn basic knitting skills, including: cast on and off, knit, purl and combinations of knit and purl. One set of knitting needles and sample yarn included. See www.knittingAstor.com

Crochet for Beginners: Get hooked on crochet! Whether you want to make the very cute amigurumi animals or add another dimension to knitting, hooking is what you want to do. In just a couple of hours, learn basic crochet skill, including: foundation chain, single to triple crochet, turn and crochet in the round.

Instructor: Astor

Location: Neighbourhood Living Room

Registration Method: By phone at 604-827-4469 or in person at The Old Barn.

Knitting for Beginners: Monday	May 10 7:00 pm - 9:00 pm	UNA/UBC/Public: \$34.00 + GST
Crochet for Beginners: Monday	June 14 7:00 pm - 9:00 pm	UNA/UBC/Public: \$34.00 + GST

Adult & Senior Programming



Lawn Bowling

Kerrisdale Lawn Bowling Club - Learn the basics from nationally certified coaches. The course covers delivery, basic rules and strategy. With this course you'll be able to join any of the 23 bowls clubs in Metro Vancouver and play the game. Open to anyone 10 years and over. Kerrisdale offers coaches who have won Provincial and Canadian Championships as well as a current member of the Canadian National team. www.kerrisdalebowlsclub.webs.com

Instructor: John Aveline

Location: Kerrisdale Bowls Club, 5870 Elm St.

West Point Grey Lawn Bowling Club - Bowls is a young people's sport that older people can play. Discover a new sport and find out that Lawn Bowls is not just a past-time for seniors, but an addiction for a life-time. Join them at their Open House Sunday May 2nd, 1:00 pm - 4:00 pm at the West Point Grey Lawn Bowling Club.

Instructor: Bill Parker and the WPG coaching committee

Location: West Point Grey Bowls Club, 4376 West 6th Ave at Trimble

Registration Method: By phone at 604-827-4469 or in person at The Old Barn.

Tuesdays Kerrisdale Bowls Club	May 4 - June 1 7:00 pm - 9:00 pm	UNA/UBC: \$25.00 Public: \$35.00 + GST
Saturdays West Point Grey Club	May 8 - May 29 7:00 pm - 9:00 pm	UNA/UBC: \$25.00 Public: \$35.00 + GST
Sundays West Point Grey Club	May 9 - May 30 2:00 pm - 4:00 pm	UNA/UBC: \$25.00 Public: \$35.00 + GST

Adult & Senior Programming

Mat Pilates

Mat Pilates focuses on connecting the breath with physical movement, originating from the deep abdominal muscles and spine. This foundational principle is required throughout all Pilates exercises which helps to improve your posture, flexibility, and balance while increasing your total body strength and muscle tone. Wear clothing that moves with your body.

Instructor: TBA

Location: Meeting Room 2

Registration Method: Online at www.oldbarn.ca/registration, in person at the Student Recreation Centre (6000 Student Union Blvd) or by phoning 604-822-6000.

Spr. Sec I: Thursdays	Apr 29 - June 24 7:00 pm - 8:00 pm	UNA/UBC: \$63.00 Public: \$72.00
Sum. Sec I: Thursdays	July 8 - Aug 26 7:00 pm - 8:00 pm	UNA/UBC: \$56.00 Public: \$64.00

Nia

Nia is a fun and energizing dance movement practice that teaches you to be more joyful, expressive, and alive in your body. Nia is instructor-led fusion fitness drawing from dance, martial and healing arts, and is done to diverse and inspiring music. Nia is practiced by people of all walks of life, ages, and fitness levels. www.nianow.com.

Instructor: Julie Ann Panneton

Location: Meeting Room 1 or 2

Registration Method: By phone at 604-827-4469 or in person at The Old Barn.

Sec I: Fridays (no class June 4)	May 7 - June 25 9:30 am - 10:30 am	UNA/UBC: \$84.00 Public: \$91.00 + GST
Sec II: Fridays	July 9 - Aug 27 9:00 am - 10:00 am	UNA/UBC: \$96.00 Public: \$104.00 + HST

Adult & Senior Programming

Spanish Conversation Club

Hola! Looking to improve your vocabulary and understanding of Spanish? The Old Barn is now offering Spanish conversation club for those interested in practicing and keeping up their understanding. All levels welcome.

Instructor: Rocio Escalona

Location: Meeting Room 2

Registration Method: By phone at 604-827-4469 or in person at The Old Barn.

Wednesdays	Apr 28 - June 23 7:30 pm - 8:30 pm	Free
------------	---------------------------------------	------

UNA Community Choir (15 yrs+)

The UNA Community Choir continues and new participants are welcome. This choir is dedicated to providing youth and adults with excellent choral experience. Through carefully chosen choral literature, choristers will expand their knowledge of music theory and vocal culture and share with audiences the beauty and power of choral music.

The choir will seek to nurture the love of music in study, preparation and performance in a variety of styles. Development will occur in vocal acuity, vocal range, rhythmic acuity, pitch and reading skills. Finally, the community, at large, will be enriched through the cultural life of this choir.

Father's Day Concert: Sunday, June 20th 4:00 pm - 5:00 pm.

Conductor: Evgeny Shcherbakov Accompanist: Irina Shcherbakov

Location: Meeting Room 1

Registration Method: By phone at 604-827-4469 or in person at The Old Barn.

Sundays	May 2 - June 20 4:00 pm - 5:00 pm	UNA/UBC: \$58.00 Public: \$63.00 + GST
---------	--------------------------------------	--

Adult & Senior Programming

Vinyasa Yoga

Vinyasa Yoga is an active, flowing style of yoga class proven to improve strength, cardiovascular health, and flexibility. This class is appropriate for all levels. You will be given options in each pose so that you feel challenged, yet successful. Without breaking the natural flow from pose to pose, the focus will be on alignment and breath. Wear clothing that moves with your body and bring a sweater or blanket for cool down.

Instructor: Tracey McAfee

Location: Meeting Room 1 or 2

Registration Method: Online at www.oldbarn.ca/registration, in person at the Student Recreation Centre (6000 Student Union Blvd) or by phoning 604-822-6000.

Spr. Sec I: Thursdays	Apr 29 - June 24 5:00 pm - 6:00 pm	UNA/UBC: \$58.50 Public: \$67.50
Spr. Sec II: Sundays (no class May 23)	May 2 - June 27 7:00 pm - 8:00 pm	UNA/UBC: \$52.00 Public: \$60.00
Sum. Sec I: Thursdays	July 8 - Aug 26 5:00 pm - 6:00 pm	UNA/UBC: \$56.00 Public: \$64.00
Sum. Sec II: Sundays (no class Aug 1)	July 11 - Aug 29 7:00 pm - 8:00 pm	UNA/UBC: \$49.00 Public: \$56.00

Walk Now!

Walk Now! – Tuesdays

This is a leader led walking program for those looking to increase their walking speed and distance. During this program walkers will visit different locations around UBC and even venture into Pacific Spirit Park while building their strength and endurance. Registration is required for this program.

Walk Now! – Sundays

This walking program is participant led and is for the casual walker looking for a social outing. So gather with your friends and neighbours and enjoy the beautiful scenery. Registration is required for this program.

Location: Meet at The Old Barn Community Centre

Registration Method: By phone at 604-827-4469 or in person at The Old Barn.

See next page for dates.

Adult & Senior Programming

Walk Now! cont'd

Sec I: Tuesdays	Apr 27 - June 22 9:30 am - 11:00 am	Free
Sec I: Sundays (no walk May 23)	May 2 - June 27 10:00 am - 11:30 am	Free
Sec II: Tuesdays	July 6 - Aug 24 9:30 am - 11:00 am	Free
Sec II: Sundays (no walk Aug 1)	July 11 - Aug 29 10:00 am - 11:30 am	Free

Yoga Fundamentals



Learn the fundamental techniques of yoga asana (poses) with step-by-step instructions, focusing on proper alignment and safe movement. In an informal, supportive environment, we will approach poses one by one, in careful detail. Students will receive personal corrections and modifications, and they should feel free to ask questions during class.

Instructor: Luci Yamamoto

Location: Meeting Room 1 or 2

Registration Method: Online at www.oldbarn.ca/registration, in person at the Student Recreation Centre (6000 Student Union Blvd) or by phoning 604-822-6000.

Spr. Sec I: Mondays (no class May 24)	Apr 26 - June 21 12:45 pm - 2:00 pm	UNA/UBC: \$65.00 Public: \$74.00
Spr. Sec II: Saturdays (no class May 22)	May 1 - June 19 9:00 am - 10:15 am	UNA/UBC: \$57.00 Public: \$65.00
Spr. Sec III: Sundays (no class May 23)	May 2 - June 20 10:15 am - 11:30 am	UNA/UBC: \$57.00 Public: \$65.00
Sum. Sec I: Mondays (no class July 19 & Aug 2)	July 5 - Aug 16 12:45 pm - 2:00 pm	UNA/UBC: \$43.50 Public: \$49.50
Sum. Sec II: Sundays (no class July 18 & Aug 1)	July 11 - Aug 15 9:00 am - 10:15 am	UNA/UBC: \$34.80 Public: \$39.60
Sum. Sec III: Sundays (no class July 18 & Aug 1)	July 11 - Aug 15 10:15 am - 11:30 am	UNA/UBC: \$34.80 Public: \$39.60

Adult & Senior Programming

Yoga Fundamentals Special Series New!

Spring into Sun Salutations

Learn the fundamental techniques of yoga asana (poses) with step-by-step instructions, focusing on proper alignment and safe movement into and out of poses. In an informal, supportive environment, we will approach poses one by one, in careful detail. Students will receive personal attention and hands-on adjustments, and they should feel free to ask questions during class. The instructor has been a keen student of yoga, primarily Iyengar yoga, since 1997. For more information, email her at luciyogi@gmail.com

Instructor: Luci Yamamoto

Location: Meeting Room 1 or 2

Registration Method: Online at www.oldbarn.ca/registration, in person at the Student Recreation Centre (6000 Student Union Blvd) or by phoning 604-822-6000.

Sundays (no class May 23)	May 2 - June 20 9:00 am - 10:15 am	UNA/UBC: \$57.00 Public: \$65.00
------------------------------	---------------------------------------	-------------------------------------



Yoga-in-the-Park New!

This program combines the relaxation of yoga with the great outdoors. All yoga sessions will be taking place in the beauty of the park, weather permitting. Participants will be encouraged to learn at their own comfort level so that those who have done yoga previously and beginners are welcome to experience the joy of yoga. Please wear clothing that moves with your body, and bring a sweater or a blanket.

Instructor: TBA

Location: Michael Smith Park, Wesbrook Place

Registration Method: Online at www.oldbarn.ca/registration, in person at the Student Recreation Centre (6000 Student Union Blvd) or by phoning 604-822-6000.

Tuesdays	July 6 - Aug 24 5:00 pm - 6:00 pm	UNA/UBC: \$56.00 Public: \$64.00
----------	--------------------------------------	-------------------------------------

Senior Programming

The UBC Changing Aging Program @ Osborne

This program would be of interest to any older adults (60+). The Changing Aging™ individual programs are designed to provide prevention of the common problems of aging: osteoporosis, cardiovascular disease, dependent living, falls etc. Osborne's select group of personal trainers are all certified to prescribe fitness programs and take extensive training on the contraindications of clinical conditions. The exercises prescribed are similar to those given to athletes, but are toned down to the individual's abilities.

This is an older adult's all-inclusive program that provides:

- 1) Comprehensive fitness testing
- 2) Individualized programs that are specifically geared towards your goals and needs
- 3) Unlimited access to Osborne's SUPERVISED fitness centre
- 4) Unlimited access to Osborne's FREE specialty fitness classes which are group oriented and instructor led:

Cycle "Spin" Classes- for cardiovascular health

Functional Conditioning- for balance, stability, agility and core strength

For more information, please contact the registration office at 604-822-0207, or email us at hkin.outreach@ubc.ca. Office hours are Monday to Friday 8:30 am to 4:30 pm.



Sudoku Club

Come over to The Old Barn Community Centre and exercise your brain! Sudoku is a logic based puzzle that all can enjoy. No experience necessary as our instructor, Jim Taylor, will be available to answer your questions. All levels of puzzles will be provided. This is a great way to meet new people and try something new.

Location: Neighbourhood Living Room

1st Thursday of the month (no sudoku July 1)	May 6 - Aug 5 2:00 pm - 3:00 pm	Free
---	------------------------------------	------

Senior Programming & Community Events

Off the Beaten Path with Joy Brown of New! Galiano Tours - Mayne Island Tour

Among the earliest-settled of the Gulf Islands, Mayne offers a tranquil countryside, forested hills, and century-old buildings. A knowledgeable guide will introduce you to unique people and experiences. Lunch will be at the Springwater Inn and afternoon tea at the Wild Fennel cafe is included as well. On this tour you will enjoy a scenic cruise on a comfortable ferry, a walk through an arbutus grove, visits to art and crafts studios as well as to the Mayne Island Lighthouse overlooking Active Pass. Please note that this tour is not suitable for people with walkers.

Instructor: Joy Brown
Location: Meet at The Old Barn

Registration Method: By phone at 604-827-4469 or in person at The Old Barn Community Centre.

Wednesday	May 12 Departs 8:00 am Returns 7:40 pm	UNA/UBC/Public:\$120.00 (for those 65 yrs +)
-----------	--	---



An Evening in the Park

For three Fridays throughout the summer The Old Barn Community Centre will be providing live music in Jim Taylor Park. This was a very successful event last summer and it is anticipated that it will be once again. So gather with your family, friends and neighbours, bring a picnic dinner down to the grass at The Old Barn Community Centre and enjoy the music in the park.

Location: The Old Barn Community Centre

Friday	July 16 5:00 pm - 6:30 pm	Free
Friday	Aug 6 5:00 pm - 6:30 pm	Free
Friday	Aug 27 5:00 pm - 6:30 pm	Free

Community Events

Earth Day

UNA Community Clean-Up

Let's make our neighbourhood beautiful! Organize a clean-up group, challenge your neighbours and come by The Old Barn Community Centre for your clean-up supplies including biodegradable bags and tongs.

Thursday	Apr 22 7:00 am - 7:00 pm	Free
----------	-----------------------------	------

E-Waste Drop-off

Don't toss out your E-Waste this year! Bring your old computers, monitors, printers, cell phones, used ink and laser jet cartridges and small batteries to our community garage sale location for drop-off. They will be appropriately recycled or re-used, locally where possible.

UNA Community Garage Sale

As part of our 2010 Earth Day activities, the UNA is holding a community garage sale for residents. This is a chance to do your spring cleaning and reduce and reuse locally by sharing no longer needed items with your neighbours. We will provide two parking stalls, one for a vehicle (if needed) and one for a table (you provide your own). Used items only please, no commercial sales. Set up from 8am – 9am and take down at 1pm sharp. Event is rain or shine! For more details or to reserve a spot please contact Ralph Wells at 604-822-3263 or rwells@myuna.ca

Location: Parking Lot at Agronomy and East Mall

Sunday	Apr 25 9:00 am - 1:00 pm	\$20.00 for parking stall
--------	-----------------------------	---------------------------

Father's Day Concert

Bring your dad and come and enjoy a free concert by our University Neighbourhoods choirs. A great way to celebrate your dad's special day and enjoy time with your family and friends. All ages welcome.

Location: The Old Barn Community Centre

Sunday	June 20 4:00 pm - 5:00 pm	Free
--------	------------------------------	------

Community Events & Volunteering

Canada Day

This year Canada will be celebrating its 143rd Birthday and The Old Barn going to be taking part in the festivities! Live music, food and face painting are all going to be a part of the merriment at The Old Barn so come over and be a part of the celebration!

Location: The Old Barn

Thursday	July 1 11:00 am - 1:00 pm	Free
----------	------------------------------	------

4th Annual Barn Raising

The Old Barn Community Centre is very excited to be celebrating the 4th Annual Barn Raising! Come join us for an afternoon of your favourite barn raising activities including entertainment, barbeque, artisan market, community mingling and look out for some new additions.

If you are interested in taking part in the Artisan Market and selling your wares please contact bookings@oldbarn.ca. Amateur and professional artists welcome.

Location: The Old Barn Community Centre

Saturday	Sept 11 1:00 pm - 5:00 pm	Free
----------	------------------------------	------

Volunteering

Looking to share your skills, talents and time? Want to make a difference in the community? Then come out and volunteer at The Old Barn Community Centre. Volunteering is a great way to get involved in the community, meet new friends and learn new skills.

Whatever your reason, volunteering at the community centre is an ideal opportunity to become part of a fun and friendly team and to make a big difference in your community. Everyone has something to offer, so go on line to www.oldbarn.ca/joinus or stop by the Old Barn Community Centre and pick up an application and tell us about your skills and interests. Once we have received your application we will try to match your interests with a volunteer vacancy at the centre.

Upcoming volunteer opportunities:

- Summer camp helpers
- Walking Leaders

We look forward to working with you in the near future!

UBC SPORT CAMPS

Registration Opens Thursday, April 1st!



- Soccer • Speed Development • Hockey • Volleyball •
- Basketball • Track and Field • Multi Sport • Bike Hike •
- Football • Skateboard and BMX • Arcade Bunker •
- Adventures Aboard • Junior Leadership • Tennis •
- Fencing • Sailing • Windsurfing • Skimboarding •
- Badminton • Baseball • Ropes Course • Field Hockey •
- Aquatics • Uniquely You • Martial Arts • Dance •
- Table Tennis • Tri Du • Musical Theatre •
- Ultimate Frisbee • Golf • Rugby •

Register by phone: 604.822.6121 or online:

www.ubccamps.ca



Birthday Parties at The Old Barn

Team up with our fun and energetic leader for an action packed party! She will assist you with set-up, clean-up, activities and decorating ideas.

Cost:

\$125 (up to 12 kids)

\$160 (13-20 kids)

All Parties include:

Party Time!

- A party leader for 2 hours (Saturdays only) that will lead the activities and assist you with the party preparation
- A room at The Old Barn decorated with balloons and banners.

Party Time!

- Access to the fridge and kitchen area (Please be advised that the kitchen consists of a refrigerator and counter space, no cooking equipment).

To book, contact our
Bookings Coordinator
604-822-9675
bookings@oldbarn.ca



Community Centre Map

Spring and Summer 2010 Program Guide