



### Active Aging Chair Yoga

A practice that adapts simple yoga postures to the support and stability of a chair, allowing everybody access to the benefits of yoga. Suitable for people of all fitness levels, especially those who have difficulty getting down to and up off the floor. Breath awareness and relaxation techniques calm and balance the body and mind. Everyone moves within their own level of comfort. We provide the chairs! Participants must be able to get onto the chair independently.

### Active Aging Yoga: Gentle

Yoga for seniors is a unique combination of gentle stretching and strengthening exercises, plus dynamic breathing and relaxation techniques that reduce stress. This class is for seniors who are just beginning yoga or are looking for a mild level, gentle class.

### 1:1 Support Camp for Exclusively...ARTS!

A one-stop art experience! Dance, music and visual arts all in one jam-packed camp. Whether your child is exploring various dance styles, designing their own instrument or letting their creative spirit go wild in our visual art studio, one thing is for sure - they are embarking on a totally fun and creative discovery. Children must have completed Kindergarten to participate in this program.

This program is only for children who require extra one to one support to participate in our summer camp. Our Access Coordinator will contact you to discuss the support needed for your camper. If space is full please register/add your child to the 1:1 support waitlist. Burnaby provides a 1:1 support staff person up to 4 weeks per year per participant.

### 1:1 Support for All Out Adventures

Join us for a day of fun activities, crafts and more. Activities will include outside games and sports, indoor gym time and much more.

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### 1:1 Support for Art Adventures

Discover new artists, find hidden treasures in the gallery's art vault, and learn all about the gallery's permanent art collection. Artworks are brought into the studio each day, providing inspiration for young artists as they explore similar themes, materials and techniques in their own works of art.

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### 1:1 Support for Art Quake: Theme

In this action-packed arts adventure, children are introduced to a wide range of experiences in Visual Arts such as drawing, painting, sketching and collage. Children also explore basic improve techniques and develop creativity and imagination with theatre games.

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### 1:1 Support for Arts Jam Camp

Make some cool plans and check out the Bolt's multi-disciplinary Summer Arts camp for children. Kids will participate in a variety of activities including learning dance moves, learning pottery techniques, participating in a drama workshop and drawing and painting. Arts Jam demos on the last day.

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### 1:1 Support for Backyard Buddies

Young campers are invited to join us as we celebrate and explore all the wonders our neighbourhood has to offer. Each week, using a learning-through-play model, we cook one weekly hot lunch and connect with a special guest. All this combined with a variety of indoor and outdoor activities—arts, crafts, cooperative games, science experiments and visits to the wading pool—makes our camp 'play central' this summer! Children must have completed Kindergarten to participate in this program.

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### 1:1 Support for Burnaby Summer Camp

Burnaby Summer Camps are designed to be safe, fun, exciting and include games, sports, arts and crafts and adventure as part of each week long camp. Camps follow health and safety guidelines. Children must have completed Kindergarten to participate in this program.

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### 1:1 Support for Byrne Creek Outdoor Camp

Campers experience the great outdoors in the heart of southeast Burnaby. Archery, outdoor cooking, shelter building and crafts are just part of the adventures that await. Please pack a lunch and snacks for your child. A water bottle and sunscreen are strongly recommended. Please dress for the weather and close toed shoes are required to be worn during camp activities.

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### 1:1 Support for Byte Camp

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### 1:1 Support for Camp Adventure

Designed to keep your child active and stimulated the whole day, each action-packed week features games, crafts, playground and spray park visits, swimming in our pool and a day trip. Join in these fun filled themed weeks with games, crafts, activities, playground and spray park visits, a Wednesday afternoon swim in our pool and an all day out trip each Friday. (Out trips are subject to change). Children must have completed Kindergarten to participate in this program.

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### 1:1 Support for Camp Kaleidoscope

Kids enjoy an action packed week that includes inside and outdoor activities, creative arts & games and a walk to the wading pool to cool off. Children must have completed Kindergarten to participate in this program.

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### 1:1 Support for Camp Madawaska

Campers experience the great outdoors in the heart of Burnaby. Canoeing at Deer Lake, archery, outdoor cooking, orienteering and camp songs are just part of the fun outdoor adventures at Camp Madawaska. Families are invited to attend Family Night each Thursday evening 5:30-7:30 pm. Campers must be accompanied by an adult.

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### 1:1 Support for Camps ALIVE!

This camp serves up a new adventure every day and runs mostly outside. With a different theme each week, highly qualified staff, and special guests, we create a fun and safe learning environment. Children engage in high-energy sports, play games and make new friends while using their imaginations to explore the world around them. Each week includes a walking trip to McGill Park wading pool and a visit from a special guest. Burn tons of energy during this action packed week with lots of games, sports, activities and movement. We will play traditional ball sports like soccer, and also learn a few new ones! We will also visit McGill Park wading pool and have a visit from a special guest! Children must have completed Kindergarten to participate in this program.

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### 1:1 Support for Crazy About Canoeing

Go canoe-crazy! Kids learn and improve on their paddling skills while playing fun outdoor nature games at beautiful Deer Lake led by enthusiastic, qualified canoe instructors.

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### 1:1 Support for Dance Camp

This dance camp offers a fabulous and rare opportunity to experience various dance disciplines. The emphasis is on fun, personal development and working toward a small presentation to wrap it all up.

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### 1:1 Support for Game Designer Camp

Bring your passion for play and creative mind to this full-day camp and become a master game designer! In partnership with UME Academy, kids learn how to build video games, create board games and go outside to design your own physical games. Your instructor will teach you how to think, design and create like a professional game developer and teach you how to use Unity, the software that game developers, scientists and engineers use to create interactive games and explore ideas. Pack your lunch and brain snacks, we'll bring the laptops, art supplies and slime building toolkit to keep you energized for an awesome week!

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### 1:1 Support for Gotta Sing, Gotta Dance!

Kids ignite their imaginations while they dance and sing their way through this action-packed camp. They flourish in this non-competitive, inspiring environment that develops self-expression, body awareness, social skills and pure joy. Developing skill and confidence in front of an audience, young performers learn how to hit their mark and collaborate on an adaptation of a popular musical.

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### 1:1 Support for Heritage Camp

This summer camp experience at Burnaby Village Museum and Deer Lake Park features crafts, games, heritage activities and visits to the museum's exhibits. Kids travel back in time to experience life as it was in the 1920s through a variety of hands-on activities. We have made changes in order to keep participant and staff safe including smaller groups, focus on outdoor activities, dedicated camp spaces and increased cleaning and procedures. Participants requiring 1:1 support must register for Heritage Adventures 1:1 Support, if space is full please add your name to the waitlist. No early arrivals. Please ensure you pick up your child promptly at 3 pm or register for the After-Camp program.

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### 1:1 Support for Sportacular Camp

This well-supervised camp is a great adventure that combines both indoor and outdoor activities in a safe environment. Girls and boys enjoy basketball, floor hockey, volleyball, lacrosse, outdoor games, soccer, in-line skating and swimming. Please wear running shoes, pack a snack, lunch and bring a water bottle. Children must have completed Kindergarten to participate in this program.

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### 1:1 Support for Sports Camp

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### 1:1 Support for Sun Ventures: Theme

This fun-filled week includes arts, games and a variety of creative activities inside and outdoors, weekly surprises as well as supervised playground and wading pool visits to Willingdon Park. Please bring lunch, 2 snacks, sunhat, swimsuit and water bottle in a labelled backpack. Children must have completed Kindergarten to participate in this program.

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### 1:1 Support for Xzone Jr. Camp: Theme

Daily indoor and outdoor activities include arts and crafts, cooperative games, science experiments, sports, swimming at Bonsor Pool and special guest presenters. Children must have completed Kindergarten to participate in this program.

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### 1:1 Support for Youth Zone

For older campers looking for fun neighbourhood excitement. We walk to a local adventure, cook one weekly hot lunch and connect with a special guest. Indoor and outdoor activities such as arts, crafts, games, science experiments and visits to the wading pool keep us active and inspired.

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### 55 + Acrylic Painting

Playfully explore how to use the palette knife to mix your paints, make a variety of textures and strokes, as well as how to use the palette knife to further add boldness and dimension to your painting. Learn how to palette-knife paint with confidence and gusto as you create impasto, impressionist and abstract paintings. Please see supply list. For the first class all students need to bring is 1 stretched canvas or a canvas board - that is primed (already painted white). The instructor will go over all other supplies on the first class with suggestions for where you can purchase for discounted prices.

### 55 + Line Dance Beginner

It's a knee-slappin', heel-tappin' good time. Learn line dance in this beginner class.

### 55+ Belly Dance

Expand your horizons and explore the exotic art of belly dancing. Improve your general level of fitness, flexibility and strength while developing the ability to isolate movements in various parts of the body. All Levels Welcome.

### 55+ Line Dance Beginner Plus

It's a knee-slappin', heel-tappin' good time. Learn line dance in this class for continuing beginners.

### 55+ Line Dance Intermediate

It's a knee-slappin', heel-tappin' good time. Learn line dance in this intermediate class.

### 55+ Line Dance Intermediate Plus

It's a knee-slappin', heel-tappin' good time. Learn line dance in this intermediate plus class.

### 55+ Mindful Meditation

Relax, restore and relieve stress with mindfulness. Cultivate inner peace, happiness and liberating insight. Transform your mind and life. Class includes practice and new lessons. Taught by an experienced mindfulness teacher. Welcome new and returning participants. Info: [LearnMindfulness.org](http://LearnMindfulness.org)

### 55+ Munchies and a Movie

Join us for a movie and snacks. Popcorn and beverages included.

### 55+ Oil Painting: Beginner

In this introductory course, the students will learn a quick wet in wet loose brush stroke style of oil painting. It is an enjoyable and fun way of painting and the students will finish a painting at the end of each session.





## 55+ Oil Painting: Intermediate

For those with some previous experience with oil painting. Learn techniques such as wet on dry, wet in wet, chiaroscuro, grisaille and painting on black canvas. We'll discuss painting principles such as developing the focal point and atmospheric perspective.

## 55+ Palette Knife Painting

Artists are invited to explore techniques and develop their painting skills. Each class includes an instructor demonstration, Q/A and individualized assistance. Students may choose to work on personal projects or focus on mini projects introduced by the instructor. Palette Knife painting is a wonderful method of painting as it has its own surprises and discoveries. We'll create original artworks adding textures to painted subjects and adding a visual tactile feeling. Supplies not included - please see supply list.

## 55+ Qigong

Learn the basic principles and techniques of authentic qigong. This practice teaches how to align the body, breath and mind for health, meditation and martial art training. Through slow flowing movements combined with deep rhythmic breathing, you create more balance in your life and in turn have more energy.

## 55+ Spanish

Learning Spanish can make your Latin-America holidays that much more enjoyable! Join our native speaker and experienced instructor to learn the basics and some grammar.

## 55+ Workshop Series

Come and enjoy a variety of fun and interesting workshops. Choose from a variety of workshops that suits your needs. All supplies are included

## A is for Art, F is for Family

In this fun family program, parents and children work together to create simple artworks using techniques such as: painting, drawing, clay and collage, to name a few! Not only will your child learn about the world of visual art, they will also have an opportunity to strengthen their social skills through explorative play! Adult participation required.

## A Salmon Oasis in the City

Nature walks with local experts exploring Burnaby's parks and natural areas. Salmon will be returning to Byrne Creek this fall. Join us on World River's Day for a nature walk, learn about the salmon life cycle, and where and how to observe them, while respecting their habitat. This walk is suitable for all ages who are capable of a moderate hike.

## A taste of Acro Dance

Come and try out our acro dance program with a taste of what this program has to offer. Children learn the basics of tumbling, back flexibility/strength, balances and choreography to music.

## Abstract Painting

Gain an understanding of abstract painting and non-representational painting principles using acrylic paint. Skill development and personal self-expression are emphasized as you experiment with materials and a variety of concepts and techniques in abstract painting. Explore the use of colour, form, line and texture through the elements of art and principles of design. Develop your own abstract imagery in painting in a supportive atmosphere, with demonstrations and individual attention. Supplies not included, print your receipt to view supply list.

## Acro Dance - Introduction

This class is for new students with no previous experience. Acro Dance - Introduction combines acrobatics & dance and is a pre-requisite to taking Acro Dance I. Children learn the basics of tumbling, back flexibility/strength, balances and choreography to music.

## Acro Dance 1 (Mid Term)

A combination of dance and gymnastics. Children learn balances, the beginning elements of gymnastics and the basic steps of dance. These are put together to music, and the children learn a routine. All students will be assessed in the first weeks of classes and may be moved to a different level. Children must have completed at least 1 session of Acro Dance - Introduction. Bodysuit and shorts are preferred. Students will dance barefoot. Costume fee & Performance fee applicable. Scheduled payment available.

## Acro Dance 2 (Long-Term)

A combination of dance and gymnastics. Children learn balances, the beginning elements of gymnastics and the basic steps of dance. These are put together to music, and the children learn a routine. Classes culminate in a performance at the Michael J. Fox Theatre (Bonsor) and James Cowan Theatre (Edmonds). All students will be assessed in the first weeks of classes and may be moved to a different level. Bodysuit and shorts are preferred. Students will dance barefoot. Extra fees for rehearsal, performance, and costume. Payment plan option (via credit card payments) available. Inquiry about extra fees with front desk staff.

## Acrylic Painting - Beginning & Continuing

For those new to painting and those with some experience, this course covers a different aspect of painting each week as well as techniques to help you build a solid foundation of knowledge and experience. Learn basic colour theory, tonal scale, and texture and their application in a variety of painting projects.

## Acrylic Painting - Forests & Mountains

Learn to paint powerful landscapes defined by trees, rocks, water and snow-capped mountains. Each step is clearly demonstrated and explained. Though some prior experience in painting is recommended, the motivated novice is also welcome. Videos are provided for viewing during the course if you have to miss a session. Print receipt to view the supply list.

## Acrylic Painting for Beginners

Explore the process of painting with acrylics as you learn about this diverse and flexible medium. In this class you will discover how to paint with acrylic paints, whether as a wash or thickly applied to create texture on your canvas. The instructor will guide and support you through your creative process as you chart your progress with each finished painting.

## Active Aging Balance & Stability

For those who have balance, stability, or mobility challenges. This progressive exercise class includes balance assessment and strengthening, and postural restructuring.

## Active Aging Strength & Conditioning for Healthy Bones

Improve strength, posture, and balance through the use of functional exercises. Participants will use dumbbells, resistance bands, bender balls, and other weight training equipment to build muscles and strengthen bones.

## Active Aging Week: Weight Room Orientation

Let us teach you the basics of using the weight room! Learn basic exercises, ask questions and become familiar with the equipment.

## Active Aging Yoga: Chair

A practice that adapts simple yoga postures to the support and stability of a chair, allowing everybody access to the benefits of yoga. Suitable for people of all fitness levels, especially those who have difficulty getting down to and up off the floor. Breath awareness and relaxation techniques calm and balance the body and mind. Everyone moves within their own level of comfort. We provide the chairs! Participants must be able to get onto the chair independently.



## Active Aging Yoga: Hatha

Yoga for seniors is a unique combination of gentle stretching and strengthening exercises, plus dynamic breathing and relaxation techniques that reduce stress. This is a hatha yoga class.

## Adult Paint & Sketch

In this beginner level course students experience different mediums with a focus on sketching and painting. Explore acrylics, watercolour, and drawing techniques in fun relaxed atmosphere.

## After Camp Club

The Burnaby Village Museum is pleased to offer an extended day program for parents who need a bit more time before picking up their children from camp. Your child will be able to participate in relaxed activities and games supervised by camp staff. They may also bring a book to enjoy during this time. Please consider packing an extra snack as well. Pick up time is by 5 pm sharp. If you would like to pick up your child before 5 pm, you are welcome to do so.

## After-Camp Club

Join us as we make the most of our summer afternoons between camp and supper!

## After-Camp Fun

Supervised after-camp activities accommodate families unable to pick up students from the Shadbolt Centre's camps at 3 pm. Children can join in the fun with casual games, crafts and play until 5 pm Pack a snack and be sure they're dressed for the weather. Students must be registered in Shadbolt Arts Jam day camp or Burnaby Art Gallery Art Adventure camps.

## After-Camp Stay & Play

We offer extended hours for campers who enroll in our day camp/art camp and want to stay longer. During this time, they take part in relaxed activities such as playing board games, doing crafts, etc. Participant MUST be registered in the Camp Adventure or Exclusively...ARTS! @ Edmonds to register for this program. Children must have completed Kindergarten to participate in this program.

## All Out Adventures: Theme

Join us for a day of fun activities, crafts and more. Activities will include outside games and sports, indoor gym time and much more.

## Anchor's Away with Freedom95

Edmonds Community Centre transforms into a cruise ship setting for this immersive, themed luncheon. On board you'll be entertained by Freedom95, performing songs from the 50s to the 70s, from Elvis to Elton John! Their energetic stage show, humour and special style will have you dancing the afternoon away!

## Art Adventures: Theme

Discover new artists, find hidden treasures in the gallery's art vault, and learn all about the gallery's permanent art collection. Artworks are brought into the studio each day, providing inspiration for young artists as they explore similar themes, materials and techniques in their own works of art.

## Art Quake: Theme

In this action-packed arts adventure, children are introduced to a wide range of experiences in Visual Arts such as drawing, painting, sketching and collage. Children also explore basic improve techniques and develop creativity and imagination with theatre games.

## Art Sampler (Parent & Tot)

This parent and tot art sampler program invites parents and children to make art together. Explore various materials and creative ways to use them. Sampling new art techniques will inspire the creativity, confidence, and concentration of your little one. Try a different project every week. Brought to you by Shadbolt in your Community.

## Art Social

Take the time to relax with our evening Art Social series. Explore different art techniques with our expert instructors while sipping on your choice of drink and munching a variety of snacks. Art supply and refreshment fees added at payment. Inquire with the front desk staff about fees.

## Art Studio for Kids

Experience a studio environment where exploration of art materials and processes are encouraged. Emphasis is on individual expression within traditional practices of drawing, painting, sculpture and collage. A good balance between exercises and take home projects coupled with a friendly atmosphere make Art Studio for Kids a great choice for developing creative thinking skills.

## Artist's Continuum

Using mentorship as an inspiration, this continuing course starts students with the basics and provides individual support for their artistic growth. Begin with exercises that develop visual perception and drawing techniques in pencil, charcoal and chalk pastels. Building confidence and skill students progress at their own pace towards painting in oil. Study a variety of pictorial approaches to realism using still life, photo references, and the outdoors. Returning students work on a continuum of skill development. No experience required. Supplies not included. Print receipt to view supply list.

## Arts Jam Camp

Make some cool plans and check out the Bolt's multi-disciplinary Summer Arts camp for children. Kids will participate in a variety of activities including learning dance moves, learning pottery techniques, participating in a drama workshop and drawing and painting. Arts Jam demos on the last day.

## Baby 'n' Toes: Holiday Adult Participation

This is an opportunity to create a precious keepsake that immortalizes your baby on canvas! Using your baby's feet, toes, hands and more mothers, fathers and caregivers will create works of art. The canvases, paint and other supplies are included. Bring an extra parent/caregiver as another set of hands, to take pictures or to join in on the fun! Adult participation required. Child and adult should wear clothes that can get paint on them - paint is permanent. No refunds with less than 7 days notice.

## Baby Signing & Song Level 1:

Adults and babies learn sign language through music and movement in a fun and supportive atmosphere. Signing stimulates intellectual development, provides a strong foundation for early literacy and boosts spoken vocabulary. Babies use signs before they speak (waving bye-bye), and signing enables them to communicate more effectively from a young age. The Level 2 class is a further exploration of concepts and introduces more vocabulary.

## Baby Signing & Song Level 2:

Parents and babies learn sign language through music and movement in a fun and supportive atmosphere. Signing stimulates intellectual development, provides a strong foundation for early literacy and boosts spoken vocabulary. Babies use signs before they speak (waving bye-bye), and signing enables them to communicate more effectively from a young age. The Level 2 class is a further exploration of concepts and introduces more vocabulary. Adult participation required.

## Babysitter's Training

Children learn valuable skills, emergency procedures and tips on childcare. Certificates are awarded to those who successfully complete the course, which uses Canada Safety Council Babysitter's Guidelines. They recommend that children under 12 not babysit without adult supervision.

## Babytime Music & Movement

A growing and bonding experience for you and your young child. Lap babies, crawlers and walkers each work at their own pace. We sing, touch, move, dance and play with baby to stimulate both vestibular (ear and balance) and visceral (body and heart) development. Adult participation required.



### Backyard Buddies: Theme

Young campers are invited to join us as we celebrate and explore all the wonders our neighbourhood has to offer. Each week, using a learning-through-play model, we cook one weekly hot lunch and connect with a special guest. All this combined with a variety of indoor and outdoor activities—arts, crafts, cooperative games, science experiments and visits to the wading pool—makes our camp 'play central' this summer! Children must have completed Kindergarten to participate in this program.

### Badminton Lessons - Teen

Learn the fundamentals of this lively game, including basic strokes taught in the Level 1 (Introduction) by qualified instructors. In Level 2 (Intermediate-Advanced), participants refine their current skill set by working on their technique. All equipment supplied for use

### Balance & Stability Fitness

For those who have balance, stability or mobility challenges, this progressive exercise class includes gait-precision skills and activities, static and dynamic balance assessment and training, strengthening and postural re-structuring exercises. It is designed to improve balance, stability, strength, and mobility. No drop-ins.

### Ballet 1 (Long-Term)

Ballet classes focus on dynamic alignment and technique to develop full-body integration. There is an added focus on phrasing and musicality to develop expression in performance. Classes are taught in a self-disciplined yet supportive environment. At Shadbolt, Fee includes cost of accompanist. Extra fees for performance and costume apply. Scheduled payment available.

### Ballet 2 (Long-Term)

Ballet classes focus on dynamic alignment and technique to develop full-body integration. There is an added focus on phrasing and musicality to develop expression in performance. Classes are taught in a self-disciplined yet supportive environment. Please see long term dance handbook. At Shadbolt, live music accompanist cost included. Costume and performance fee applicable. Scheduled payment available.

### Ballet Advanced (Adult)

Ballet classes focus on dynamic alignment and technique in order to develop full-body integration, coordination, strength and control. An added focus is on phrasing and musicality to develop expressivity. Taught in a self-disciplined yet supportive environment with live musical accompaniment. Advanced level is for those with more than three years of experience. Inquire with the front desk about informal showings, technical rehearsals, performances and any additional fees.

### 55+ Ballet

This fun program designed for seniors touches on the basics of ballet technique at the barre and in the centre. Each class will focus on stretching and strengthening the body while improving balance. No previous ballet experience necessary. It is advised that participants wear clothing that stretches.

### Ballet Beginner (Adult)

Ballet classes focus on developing alignment, strength, coordination and expressivity using the fundamentals of dance technique. Classes are taught in a supportive environment with live musical accompaniment.

### Ballet Dance

Young students discover the magical world of ballet, focusing on dynamic alignment and technique in a self-disciplined yet supportive environment. Child must be in Grade 1.

### Ballet Dance for Grade 1

Young students discover the magical world of ballet, focusing on dynamic alignment and technique in a self-disciplined yet supportive environment. Ballet slippers and leotards not required. Flexible clothing which is non-restrictive, yet not baggy. (No jeans). Please tie long hair back. Students must be in Grade 1 to register.

### Ballet for Beginners

This class is for students with no previous ballet experience, and is an opportunity to try out ballet in a welcoming and supportive environment. Classes will focus on dynamic alignment, poise and technique in order to develop full-body integration. There is an added focus on phrasing and musicality to develop expression in performance.

### Ballet Intermediate (Adult)

Ballet classes focus on developing alignment, strength, coordination and expressivity using the fundamentals of dance technique. Classes are taught in a supportive environment with live musical accompaniment. Geared to dancers with a minimum of two to three years of experience. No drop-in. Please note that the spring session includes an informal showing, a technical rehearsal and performance in June.

### Ballet Technique (Child)

These ballet classes will focus on meeting the student where they are - and there is no prior ballet experience necessary. Classes will focus on dynamic alignment and technique in order to develop full-body integration. There is an added focus on phrasing and musicality to develop expression in performance. This class is meant as an introduction to ballet for older students looking to join the Ballet program.

### Hoo is Hunting?

Nature walks with local experts exploring Burnaby's parks and natural areas. Have you ever wondered who is out hunting at night in your local park? Join us for an educational evening and learn more about our nocturnal owls living at Burnaby Fraser Foreshore Park. Survey for owls and if you are lucky, you may be able to hear and see some of them.

### Beginning to Draw (Adult)

Drawing is the foundation for all visual art disciplines. This introductory course will cover the basic principles of drawing; line, texture, composition, value, volume, gesture and perspective in a variety of media: pencil, conte, and charcoal. Exercises and practice will hone your perceptive skills and help you draw what you see from observation and in your own mind's eye. Supply list will be printed on receipt.

### Beyond Boot Camp

Our motivating instructor trains you to challenge your muscles. Everyone, from beginner to advanced, is welcome to join this fun, energizing workout. Moderate paced class using amenities of the outdoors and indoors. Challenge your muscles. Using a variety of equipment such as TRX, Bosu, weights and bands. Everyone, from beginner to advanced, is welcome to join this fun, energizing workout.

### Blossoming Artists

Children are given the opportunity to thrive by developing and building upon their innate artistic instincts and imagination. Instructors provide guidance and encouragement with fun projects and tons of different art materials to explore. Our goal is to build creative skills and confidence so that children feel comfortable to take risks in their art making.

### Body Sculpt

This class will help you to strengthen your muscles and become confident with weights. Join other seniors in a weight-training-based fitness class that will complement your workouts nicely!



## **Body Sculpt: Beginner**

This class will help you to strengthen your muscles and become confident with weights. Join other seniors in a weight-training-based fitness class that will complement your workouts nicely!

## **Body Sculpt: Intermediate**

This class will help you to strengthen your muscles and become confident with weights. Join other seniors in a weight-training-based fitness class that will complement your workouts nicely!

## **Book Time for ART**

This unique class offers young learners an opportunity to merge literacy comprehension with fun and colourful visual art exploration. Students will hear stories selected by the Burnaby Public Library, examine the theme, character, plot and setting and then be guided through an art project which compliments that story. Different techniques including textured backgrounds, printmaking, and paper-weaving will be introduced weekly. On the last day of class, students and their families will meet at the Christine Sinclair Centre where you can enjoy the art by the students in an art display and a short story. This program is brought to you by Shadbolt in your Community.

## **Boomer Boot Camp**

To improve and maintain muscular, bone, joint and functional health, regular resistance training is recommended for older adults. This circuit fitness class is designed for those who want to improve their muscular and functional strength, cardio, flexibility and balance/coordination. Each class introduces a new group of circuit exercises focusing on strength in major muscle groups and for functional activities. Cardio-boosters are integrated between resistance exercises to elevate heart rates, calorie-burning metabolism and fun! Outdoor activities will be incorporated (weather permitting). Fitness Level: Moderate - Intense.

## **Botanicals in Ink & Watercolour**

Visually describe the natural world around you with ink and watercolour techniques. This class will have a loosely, experimental approach, encouraging the student to illustrate botanicals references through personal and artistic expression, nurturing the development of your own style. Students use a sketchbook to practice line drawing and colour mixing, drawing from observation and collecting visual notes. Returning students welcome. Supplies not included. Print receipt to view supply list.

## **Budding Artists**

Children take their first steps into the fulfilling world of visual arts in a relaxed, friendly, social atmosphere. This class encourages self-expression, imagination, fun, natural creativity and introduces children to a wide variety of art materials.

## **Budding Artists (Parent & Tot)**

Help your child take their first steps into the fulfilling world of visual arts in a relaxed and friendly atmosphere. This fun class nurtures your child's natural artistic instincts for self-expression, imagination and creativity by introducing them to a wide variety of art materials and possibilities. Parent/Adult participation & registration required. Phone in registration only 604-297-4440

## **Burlesque Jazz**

A combination of traditional Jazz dance, with a sassy twist. Dancers will learn kicks, jumps, and turns, while developing their confidence and bringing out their inner performer. No experience necessary.

## **Burnaby Pro-D Day Camp**

A fun way for your child to enjoy their day out of school! Burnaby Pro-D Day Camps encourage kids to play and include lots of activities, games, crafts and adventure both indoors and outdoors. These full-day camps will keep your child engaged and safe. Camps follow health and safety guidelines. For participants requiring 1:1 support, please register in our Burnaby Pro-D Day Camp 1:1 Support spaces.

Participants MUST be turning 6 years old in the calendar year the camp is being offered. A Camp Participant Package, will be emailed to you by the Camp Coordinator, please review and return the forms before the start of camp. Program requires completion of the Camp Participant Package.

## **Burnaby Pro-D Day Camp**

This designated registration is for children who require additional support in order to participate in our camp. Burnaby provides 1:1 support staff for up to 4 weeks per year per participant. Once registered, our Access Coordinator will contact you to discuss the support needed for your child and will email you the Camp Participant Package and Support Package. Please place your child on the 1:1 Support waitlist if program is full. Your child and our designated support staff will participate together in the camp which includes safe, fun and exciting games, sports, arts and crafts and adventure. Our camps follow health and safety guidelines and include both indoor and outdoor activities. For more information about our 1:1 support program please call our Access Coordinator 604 297-4529. Participants MUST be turning 6 years old in the calendar year the camp is being offered. Program requires completion of the Camp Participant Package and Program Support Package.

## **Burnaby Summer Camp**

Burnaby Summer Camps are designed to be safe, fun, exciting and include games, sports, arts and crafts and adventure as part of each week long camp. Camps follow health and safety guidelines. Children must have completed Kindergarten to participate in this program.

## **Byrne Creek Outdoor Camp**

Campers experience the great outdoors in the heart of southeast Burnaby. Archery, outdoor cooking, shelter building and crafts are just part of the adventures that await. Please pack a lunch and snacks for your child. A water bottle and sunscreen are strongly recommended. Please dress for the weather and close toed shoes MUST be worn during camp activities.

## **Camera...Action!**

Working on improvised sketches, scripted scenes, and commercial auditions students perform and present in front of the camera. The students are introduced to the basics of on-camera acting techniques for film and television in a fun and creative atmosphere.

## **Camp Adventure Junior: Theme**

Designed to keep your child active and stimulated the whole day, each action-packed week features games, crafts, playground and spray park visits, swimming in our pool and a day trip. Join in these fun filled themed weeks with games, crafts, activities, playground and spray park visits, a Wednesday afternoon swim in our pool and an all day out trip each Friday. (Out trips are subject to change). Children must have completed Kindergarten to participate in this program.

## **Camp Adventure Senior: Theme**

Designed to keep your child active and stimulated the whole day, each action-packed week features games, crafts, playground and spray park visits, swimming in our pool and a day trip. Join in these fun filled themed weeks with games, crafts, activities, playground and spray park visits, a Wednesday afternoon swim in our pool and an all day out trip each Friday. (Out trips are subject to change). Children must have completed Kindergarten to participate in this program.





### Camp ALIVE!: Theme

This camp serves up a new adventure every day and runs mostly outside. With a different theme each week, highly qualified staff, and special guests, we create a fun and safe learning environment. Children engage in high-energy sports, play games and make new friends while using their imaginations to explore the world around them. Each week includes a walking trip to McGill Park wading pool and a visit from a special guest. Burn tons of energy during this action packed week with lots of games, sports, activities and movement. We will play traditional ball sports like soccer, and also learn a few new ones! We will also visit McGill Park wading pool and have a visit from a special guest! Children must have completed Kindergarten to participate in this program.

### Camp Cardboard

A large space, 30 empty refrigerator boxes, and children...imagine the endless possibilities for creative construction, play and fun. Drawing, painting, building and sculpture are some of the skills used with a focus on the creative process, idea development and imagination. Children work together to develop a theme and construct a walk-through set. Inspired by the theme, they use materials to create their personal character through costumes, masks and props, ending with a playful presentation of the week's activities. New camp format for popular summer class. Supervised lunch break with games and activities.

### Camp Kaleidoscope: Theme

Kids enjoy an action packed week that includes inside and outdoor activities, creative arts & games and a walk to the wading pool to cool off. Children must have completed Kindergarten to participate in this program.

### Camp Madawaska: Leadership Camp

Campers experience the great outdoors in the heart of Burnaby. Canoeing at Deer Lake, archery, outdoor cooking, orienteering and camp songs are just part of the fun outdoor adventures at Camp Madawaska. Families are invited to attend Family Night each Thursday evening 5:30-7:30 pm. Campers must be accompanied by an adult.

### Camp Madawaska: Theme

Campers experience the great outdoors in the heart of Burnaby. Canoeing at Deer Lake, archery, outdoor cooking, orienteering and camp songs are just part of the fun outdoor adventures at Camp Madawaska. Families are invited to attend Family Night each Thursday evening 5:30-7:30 pm. Campers must be accompanied by an adult.

### Canoeing at Deer Lake 55+

Learn basic canoeing techniques over two sessions and keep your eyes open for great blue herons, bald eagles, beavers and marsh hawks along the way. No experience necessary; qualified guides, canoes and equipment included. Canoes sit two people per boat, no exceptions.

### Cartooning

Students learn the fundamentals of drawing people, animals and props with an abundance of personality. Incorporate characters into a background to bring out the 'Zoom! Wow! Zing! & Whoosh!' of great visual story telling. Facial expressions, comic strips, animation flipbook-style drawn projects, interactive moving paper cartoon characters and dozens of other techniques are explored. Materials include pen and ink, watercolour, Sculpey and or Plasticine.

### Cartooning & Character Design for Adults

Cartooning is not just for kids! If you have ever wanted to learn how to draw your own cartoon characters, this is the class for you! Learn the fundamentals of traditional cartooning/illustration arts while developing your drawing and storytelling skills. Exercise your imagination by giving personality to people and animals in basic cartoon forms, and add face and hand expressions to bring your characters to life. Finishing techniques such as inking, pencil crayon and watercolour rendering will be covered. Cartooning is a fun and exciting art form to share with others. Supplies not included. Print receipt to view supply list.

### Cartooning: Summer

In this five-day course students learn the fundamentals of drawing people, animals and props with an abundance of personality. Incorporate characters into a background to bring out the 'Zoom! Wow! Zing! & Whoosh!' of great visual story telling. Facial expressions, comic strips, animation flipbook-style drawn projects, interactive moving paper cartoon characters and dozens of other techniques are explored. Materials include pen and ink, watercolour, Sculpey and or Plasticine. Dress for art activities and bring a water bottle labelled with child's name.

### Ceramics Open Workshop

If you have old Open Workshop tickets, you will be permitted to redeem them in person to register, while complying with the new Open Workshop registration timeline. Physical tickets will no longer be redeemed after Summer 2023. Open Workshop spaces are available to students and non-students with some pottery experience to work on and practice ceramic art. Clay for use in our studios must be purchased at the Shadbolt (includes glaze and firing costs). If you have never attended an Open Workshop or ceramics program at the Shadbolt, please see the tech on duty for a quick orientation when you arrive.

### Children's Basketball

Keep your kids active in this basketball program. Basic skills and drills will be taught as well as fun games. Focus on fun and fitness! Skills development and practice are coordinated by our experienced leader. All equipment provided. Please wear non-marking shoes.

### Children's Soccer

Children experience the non-stop, action-packed game that some consider to be the most popular sport in the world. Through drills children will learn the fundamentals of soccer in a friendly, pressure-free environment. This program takes place indoors. Please note this program is skills and drills only, no game like play will occur.

### Chinese Brush Painting & Watercolours Beg. & Cont.

Children explore the exciting and challenging world of Chinese brush painting. They learn this ancient art in various demonstrations and exercises that emphasize basic technique, including correct brush holding, moving, inking and watercolour mixing. Additional \$10 fee for artist quality supplies added when registering.

### Chinese New Year Lunch

Gung Hay Fat Choi. Join friends at Edmonds celebrating the year of the pig. This special lunch features an array of Asian delicacies followed by an afternoon of dancing. Valentine's Day inspired entertainment is provided by Ronnie Scott and Angela E. White (Elvis and Marilyn).





## Choose to Move™

This six-month, personal planning and support program is designed to encourage inactive older adults to engage in physical activity of their choice (i.e. an organized physical activity program such as ActivAge™ or individual physical activity such as gardening, walking, swimming). Offered in partnership by BCRPA, the Centre for Hip Health and Mobility and the City of Burnaby. Although the class is 12 weeks long, only 5 weeks are on site.

Participants are eligible if they are over 65 yrs and consider themselves inactive (definition of inactive is less than 150 minutes (2.5 hrs) of physical activity per week). Participants signing up for a second round may only do so after the first week of class if there is space.

## Choose to Move™ Information Session

This six-month, personal planning and support program is designed to encourage inactive older adults to engage in physical activity of their choice (i.e. an organized physical activity program such as ActivAge™ or individual physical activity such as gardening, walking, swimming). Offered in partnership by BCRPA, the Centre for Hip Health and Mobility and the City of Burnaby. Although the class is 12 weeks long, only 5 weeks are on site.

Want to learn if Choose to Move is right for you? Join us at this informative information session.

Choose to Move is a 6 month, personal planning and support program designed to encourage inactive older adults to engage in physical activity of their choice (i.e. an organized physical activity program such as ActivAge™ or individual physical activity such as gardening, walking, swimming). Offered in partnership by BCRPA, the Centre for Hip Health and Mobility and the City of Burnaby.

Participants are eligible if they are 65 yrs + and consider themselves inactive.

## Cinco De Mayo Lunch

Come and enjoy a mouth-watering themed lunch—an unique experience with friends! Registration and refund cut off date is a week before the event. You don't have to go south-of-the border to enjoy Cinco de Mayo. Join us for a delicious lunch and a little bit of Mexican culture.

## Circuit Strength Blast

This small group circuit training class uses the Synergy unit. Alternate intervals of strength exercises with cardio using the TRX and Synergy unit. All exercises will be in the weight room focusing on this multi-use apparatus. This class is suitable for the moderate/intense exerciser.

## Clayworks

Children learn basic hand-building techniques such as slab work, coiling and wedging. The process of firing then glazing completes each creation.

## Clayworks Preschool 4-5 yrs

Pound, poke, roll and build. Young students create and build with clay. Work is fired and then painted with their choice of colours.

## Coastal Western Painted Turtle Recovery

Nature walks with local experts exploring Burnaby's parks and natural areas. The Western Painted Turtle (*Chrysemys picta bellii*) is the only remaining native freshwater turtle in BC. Coastal populations are federally threatened and many historical sites no longer support populations due to several factors including habitat loss, road mortality, pollution, and poaching. To mitigate these issues and increase populations of Western Painted Turtles, the Coastal Painted Turtle Project (CPTP) has successfully carried out many recovery activities since 2009. Learn about the steps the CPTP has taken to help the Western Painted Turtle Population at Deer Lake, and if you're lucky, maybe you will see some basking turtles!

## Continuing Pottery - Intermediate

In a student-led approach, explore advanced techniques in wheel-throwing, hand-building and surface decoration. Returning students welcome. Prerequisite: Introduction to Pottery.

## Continuing to Draw

Further develop your drawing skills by focusing on shading, composition, perspective, line, tone and gesture in still-life, landscape, abstract and the human form. Returning students welcome. Prerequisite: previous drawing experience or completion of Beginning to Draw or Drawing for Absolute Beginners. Supplies not included. Print receipt to view supply list.

## Continuing to Paint- Acrylic or Oils

Pursue the development of your painting in this intermediate course. Work in acrylic or oils in a supportive atmosphere with demonstrations and individual attention. Skill development, problem-solving and personal self-expression are emphasized as you experiment with materials and a variety of concepts and techniques. Develop your own imagery in painting and learn about movements in art history, with group critiques to help inform your artistic growth. Supplies not included. Print receipt to view supply list.

## Cooking Time for Toddlers

Very young children and an adult caregiver can join us as we explore the wonderful world of food. Each week we create a child-friendly snack and have fun together.

## Core Strength

Good core strength is important at every age and fitness level. Whatever your goals, you should include core conditioning in your routine. Our staff share core exercises you can add to your current workout. All levels welcome.

## Crazy About Canoeing

Go canoe-crazy! Kids learn and improve on their paddling skills while playing fun outdoor nature games at beautiful Deer Lake led by enthusiastic, qualified canoe instructors.

## Creative Ballet (Preschool)

Children are introduced to the joy of dance in a positive and encouraging environment. Imagination, motor skills, self-esteem and social interaction are developed while using props and moving to music.

## Creative Ballet (Child)

Children are introduced to the joy of dance in a positive and encouraging environment. While using props and moving to music, imagination, motor skills, self-esteem and social interaction are developed. Children must have completed Kindergarten.

## Creative Ballet + Adult

Children are introduced to the joy of dance in a positive and encouraging environment with the help of their parent or guardian. Imagination, motor skills, self-esteem and social interaction are developed while using props and moving to music. At Bonsor children cannot take the class if they are in Kindergarten.

## Creative Dance (Child)

Children will learn about creative movement, basic and intermediate dance techniques, and begin work on their first dance composition in a fun, supportive and encouraging atmosphere. Students build artistic confidence and strong self-esteem through weekly explorations of musicality, rhythm, integrative dance technique, creative expression, and playful props.

## Creative Dance (Preschool)

Children are introduced to the joy of dance in a positive and encouraging environment. Imagination, motor skills, self-esteem and social interaction are developed while using props and moving to music. Children must be able to use the toilet independently. Wear comfortable clothing, bare feet or soft ballet-type slippers. No jeans please! This is a ballet-based dance program. Children participate independently in this program, please only enter the room if your child requires support.



### **Creative Dance to Live Music 4 yrs**

Girls and boys are introduced to the joy of dance in a supportive and creative environment. They learn the elements of dance, develop movement skills, and respond creatively to movement suggestions through the exploration of songs, games and stories. Child must be the required age at the start of the first class. Cost includes accompanist fee.

### **Creative Dance to Live Music 5 yrs**

Girls and boys are introduced to the joy of dance in a supportive and creative environment. They learn the elements of dance, develop movement skills, and respond creatively to movement suggestions through the exploration of songs, games and stories. Child must be the required age at the start of the first class. Cost includes accompanist fee.

### **Creative Dance: Adult Participation**

In a fun and encouraging environment, you and your toddler explore movement through rhymes, rhythms, music and creative play. Adult Participation required. Wear comfortable clothing, bare feet or ballet slippers.

### **Creative Drama**

Through creative drama games, exercises, stories of their own creation or other forms, dramas may be explored, acted out and enjoyed. Must be in Grade 1. Children should come to class with clothes they can move in and possibility get dirty with art supplies.

### **Creative Drama (Child)**

Through creative drama games, exercises, stories of their own creation or other forms, dramas may be explored, acted out and enjoyed.

### **Cycle & Core**

Go the distance with this 60 minute cycle and core conditioning workout. This class combines 30 minutes of cardiovascular training on the indoor cycling bikes and core conditioning off the bike. Finish the class with a satisfying stretch session targeting your major muscle groups.

### **Cycle to the Barre**

This innovative class fuses the intensity of cycle with the burn and toning of Barre. Start with a calorie-torching 30-minute session on the bike. Then, hop off and head to the floor for 30 minutes of full-body toning sculpting and stretching. You'll leave Cycle to the Barre feeling strong, lean and worked!

### **Dance Camp**

This dance camp offers a fabulous and rare opportunity to experience various dance disciplines. The emphasis is on fun, personal development and working toward a small presentation to wrap it all up.

### **Dance with Me, Baby! + Adult**

These parent participation classes are full of magical pathways through space and music. Featuring playful songs, it's a gentle way to introduce young children to dance. Children must be able to walk.

### **Dance with Me, Daddy! + Male or gender non-conforming adult**

These parent participation classes are full of magical pathways through space and music. Featuring playful songs, it's a gentle way to introduce young children to dance. Children must be able to walk.

### **Dance With Me, Baby!**

These adult participation classes are full of magical pathways through space and music. Featuring playful songs, it's a gentle way to introduce young children to dance. Child must be walking to take class. A parent or other adult is required to participate in all classes with the child.

### **Dancing Darlings + Adult**

Children learn to dance side by side with their parent/guardian (one parent/guardian per child only). Children are introduced to the wonderful world of movement. Returning students welcome. Parent participation required.

### **Daytime Modern Dance-Open Level**

These short-term morning class series are contemporary dance based. Geared to intermediate to advanced dancers wishing to attend class during the day. Each session is taught by a guest instructor. Course includes an accompanist fee. No drop-in. Please note that the spring session includes an informal showing, a technical rehearsal and performance in June.

### **Daytime Pottery - Intermediate**

Suitable for a variety of skill levels. However, beginners must have taken one introductory-level pottery course. Some basic instruction in handbuilding, wheel work and glazing is offered, while returning students are challenged with more advanced projects.

### **Daytime Watercolours**

Develop your own approach to this versatile medium in a relaxed friendly atmosphere. Through demonstration and follow along instruction, this class accommodates individual skill levels and includes a variety of subject matter from photo references and still life. Expect to do a new painting each class! Suitable for students with some watercolour experience. Returning students welcome. Supplies not included. Print receipt to view supply list.

### **Deer Lake Heron Colony Tour**

Nature walks with local experts exploring Burnaby's parks and natural areas. Join a local expert for a walk to view the Deer Lake Heron Colony. View the heron nests and listen to a brief talk about habitat, behavior, reproduction, and why it is important to conserve this species at risk (Some props will be shown like photos, a model of a great blue heron egg, etc.).

### **Drama Games & Improv**

Students are introduced to confidence-building drama games or group improvisations that challenge them to think quickly, act spontaneously and make bold choices. An exciting way to develop basic acting skills and have fun with friends.

### **Drama: Adventures**

Through drama games and theatre exercises, children venture into play that can be explored, acted out and enjoyed. Structure is given to these developing dramas through simple props, costumes and music. Returning students welcome.

### **Drama: Games & Improv**

Students are introduced to confidence-building drama games or group improvisations that challenge them to think quickly, act spontaneously and make bold choices. An exciting way to develop basic acting skills and have fun with friends.

### **Drawing**

Drawing is the foundation of all art disciplines. Students are introduced to various drawing techniques using charcoal, graphite, conte as well as oil and chalk pastels. Drawing skill development, creativity, fun and self-expression are emphasized.

### **Drawing & Cartooning**

Students discover new drawing skills as they learn to create expressive characters and bring them to life in comic books or cartoon strips. They explore traditional drawing techniques as well as those of manga and anime.



## Drawing & Painting

Students explore their own artistic language by learning colour theory, composition, texture, line and form. Working from observation and imagination, skills are developed using a wide variety of mediums such as acrylics, watercolour, oil and chalk pastels, charcoal, ink, collage and mixed-media. All supplies included. No experience necessary.

## Drawing & Painting Birds in Watercolours

Birds have fascinated people across all cultures for thousands of years. Hone your observational skills and by drawing and developing your watercolour painting techniques to allow you to truly see and illustrate the unique qualities of these magical creatures of the air. Suitable for intermediate w/c students or those with some w/c experience. Supplies not included, print receipt to view supply list.

## Drawing & Painting Drapery

Study the nature of drapery--how it conforms to the shapes underneath and falls from various supports including the human form. Increase your awareness of tone, value, form, light and shade by examining the traditional seven folds of drapery and working on a number of fast, monochrome sketches. Model fee for one class included. \$10 extra fee for some shared supplies. Additional supplies needed. Print receipt to view supply list.

## Drawing for Absolute Beginners

Build confidence in your drawing ability by learning the foundations of drawing and seeing in a supportive and gentle atmosphere. You receive individual attention and advice with problem solving and creative development. At Shadbolt, parking passes will be handed out at beginning of class. Supplies not included - please see supply list. For Shadbolt art store hours check [Shadboltcentre.com](http://Shadboltcentre.com) or phone 604-297-4440. At Edmonds, supply fee added.

## Drawing for Manga & Anime

Develop your drawing and story making skills as you create your own manga and anime 'style' characters.

## Drawing the City

Learn the essentials of 1 and 2 point perspective drawing then move on to shade, shadow and reflection on wall surfaces and windows. Draw figures in scale to add life to city scenes in traditional villages and urban streets including Vancouver. A great class for travelers, urban sketchers, and general interest artists. All steps are clearly presented and demonstrated. Videos are provided for viewing during the course for review or a class is missed. No prior experience is required, students with some experience will also benefit. Print receipt to view supply list.

## Drawing the Figure

Instruction, demonstration and encouraging guidance will help you to gain confidence in your ability to draw the figure. Explore gesture, line, shading, form and proportion and how they combine to describe the essence of the human form. Open to all levels. Undraped model included for four sessions. A variety of media will be used. Supplies not included, print receipt to view supply list.

## Drawing with Water Based Media.

Graphite, pastels, pencil crayons, watercolours, so many materials dissolve with water! Water-soluble materials can be used wet or dry, on their own or together, to create marvelous masterpieces. This series teaches you techniques to help use these tools confidently and creatively, allowing you to take your drawing to a whole different level. Beginners welcome. Print receipt to view supply list.

## Drawing, Painting & Collage

Children are introduced to composition, colour and collage techniques. They are encouraged to explore a variety of materials for their creations.

## Drawing, Painting & Collage - Child

Children are introduced to the basics of composition, mark making, colour and collage techniques. They are encouraged to explore their creative side with a variety of materials and methods.

## Drawing, Painting & Printmaking

In this hands-on mixed-media art course, students learn drawing, painting, and printmaking techniques with an emphasis on encouraging creativity and experimentation.

## Dungeons & Dragons

Whether you are a D&D player, or you have never heard of the game, this class will be loads of fun! Students learn drawing skills, miniature set/prop design, and interactive story-telling. The class emphasizes drawing and sculpture but will also focus on character role-play and developing your own characters, monsters and set pieces to play in a modified/simplified version of Dungeons and Dragons.

## Dyeing to Wear

Wear your art! Learn hand dyeing techniques to create colourful designs to add to your wardrobe. Transform wearable items such as scarves, sarongs and repurposed clothing to suit your style. \$20 extra fee added upon registration to cover dyeing supplies. Student will need to purchase blank scarves and sarongs from Shadbolt art supply shop in advance of the course start date. Please try to register 10 days in prior to the start date.

## Edible Gifts Workshop

In this hands-on, adults only workshop you will prepare recipes that are perfect gifts for the holiday season. In addition to baking and cooking, we will also package your creations so they are ready to be gifted. Each week you will take home at least three items, plus the recipes for everything made in the course.

## Exclusively...ARTS!

A one-stop art experience! Dance, music and visual arts all in one jam-packed camp. Whether your child is exploring various dance styles, designing their own instrument or letting their creative spirit go wild in our visual art studio, one thing is for sure - they are embarking on a totally fun and creative discovery. Children must have completed Kindergarten to participate in this program.

## Exclusively...ARTS! (1 Day)

A one-stop art experience! Dance, music and visual arts all in one jam-packed camp. Whether your child is exploring various dance styles, designing their own instrument or letting their creative spirit go wild in our visual art studio, one thing is for sure - they are embarking on a totally fun and creative discovery.

## Fabric Dyeing for Art Making

In this course you will learn to dye a quantity of cotton or other fabric in colours you have created and then use the dyed fabric to develop both an art piece through continued painting and textile piece through methods such as applique and stitching. \$30 supply fee added upon registration.

## Family Artworks

Explore drawing, painting, sculpture and collage in the same classroom with your family. Learn about the elements of art: line, composition, shape, texture and colour, while working with chalk and oil pastels, paints and a variety of other materials. The creative process is emphasized. Children and adults must enroll and attend together. Price is per person.

## Family Canoeing (8-15 yrs + Adult)

Enjoy some quality time with your family canoeing at Deer Lake. Look for great blue herons, bald eagles and maybe a turtle or marsh hawk during the trip. No experience necessary; qualified guides and all equipment included. 2 participants per canoe, best to register in pairs. Each family member must be registered, and all children must be accompanied by an adult.



## Family Paint Night + Adult

A fun filled painting class for the entire family to enjoy! Our talented instructor will guide you and your family step-by-step through a unique painting - with a new painting to enjoy each time. Older siblings may be welcome but must be with programmer approval. No painting experience required.

## Fantasy Art

Learn how to draw the worlds you see in your head! This class focuses on creating these lands and characters, how to draw detailed textures and the details of armor, how to draw different fantasy races and characters, and how to create interesting fantasy worlds. Mediums used will include pens, pastels, pencils and paints.

## Functional Strength & Stretch

A full body strength conditioning class utilizing a variety of exercises and exercise equipment. This class will target every muscle group while maintaining proper posture and technique followed by floor work and a complete body stretch.

## Game Designer Camp

Bring your passion for play and creative mind to this full-day camp and become a master game designer! In partnership with UME Academy, kids learn how to build video games, create board games and go outside to design your own physical games. Your instructor will teach you how to think, design and create like a professional game developer and teach you how to use Unity, the software that game developers, scientists and engineers use to create interactive games and explore ideas. Pack your lunch and brain snacks, we'll bring the laptops, art supplies and slime building toolkit to keep you energized for an awesome week!

## Get Ready for Kindergarten

Get ready, get set for kindergarten! This class is designed to help your child prepare for kindergarten. The alphabet, numbers, calendar, weather, shapes, colours and much more are explored. Best suited to children with previous preschool experience who can attend on their own. Programs that take place in winter, spring, summer of 2023 are intended for children going to kindergarten in fall 2023. Children must be fully potty trained.

## Gotta Sing, Gotta Dance!

Kids ignite their imaginations while they dance and sing their way through this action-packed camp. They flourish in this non-competitive, inspiring environment that develops self-expression, body awareness, social skills and pure joy. Developing skill and confidence in front of an audience, young performers learn how to hit their mark and collaborate on an adaptation of a popular musical.

## Groovaroo - Babywearing Dance

Shadbolt in your Community in partnership with iCanDance! This babywearing dance class allows you to Dance heart-to-heart with your little one! Bond with your baby and community. Joyfully move in this safe, bright and beautiful space. Groovaroo is for parents and caregivers. Please obtain your care provider's approval. Bring your own ergonomic baby carrier.

## Groovie Sports & Crafts Camp

This activity is intended for children that identify as female. Action-packed activities are led by qualified staff in a safe environment. Female leaders emphasize fitness and fun. Swimming, games, sports, arts and crafts and more! Please wear running shoes; pack a snack, a lunch and a water bottle. Five-year-olds must have completed kindergarten. Action-packed activities are led by qualified staff in a safe environment. Female leaders emphasize fitness and fun. In-line skating, swimming, games, sports, arts and crafts and more! Please wear running shoes, pack a snack, lunch and bring a water bottle. Children must be currently attending or have completed Kindergarten to participate in this program.

## Guitar

Learn to play in a fun and enjoyable environment. Participants must bring their own guitar.

## Guitar (Group Lessons) Level 1 (Teen)

An introduction to guitar for beginners. Students must provide their own acoustic guitar. Note: no refund after the second class.

## Guitar (Group Lessons) Level 1 (Adult)

In these group classes of 4, students will learn basic guitar techniques: strumming, picking, note reading and playing simple songs. Students must provide their own guitar.

## Guitar Level 2

A continuation of guitar for beginners. Prerequisite: Group Guitar (Adult) Level 1 or 8 weeks of guitar lessons. Students must provide their own acoustic guitar. Class size limited to 4. Required book: Hal Leonard Guitar Method, Book 1.

## Guitar or Bass Guitar:

### Private Lesson (Long-Term)

Private Guitar, Bass Guitar, Upright Bass, Cello, Ukulele, or Piano lessons run from fall through spring. Students must provide their own instrument. Scheduled payment available.

### Guitar or Ukulele: Private (Short Term)

In these private guitar or ukulele lessons, beginners to advanced students learn at their own pace (student must decide on one instrument ahead of time). These private lessons are tailored to the expectations of the student while at the same time learning theory, ear training and receiving technical assistance. Students must have their own instrument. Please contact program staff to confirm if it is a ukulele or guitar lesson prior to first class.

### Guitar: Level 1

In these group classes of 4, students will learn basic guitar techniques: strumming, picking, note reading and playing simple songs. Students must provide their own guitar.

### Guitar: Private Lesson (Long-Term)

Children learn the basics of their instrument, as well as reading basic music notation. Must have own instrument. Scheduled payment available.

### Guitar: Semi-Private Lesson Level 1 (Long-Term)

In these semi-private classes of two students, children learn the basics of tuning, chords, picking and strumming, as well as reading basic music notation. Guitar I is for those with no guitar experience. Guitar II is for those who can read basic tablature and standard notation and are comfortable with five to 10 basic chords. Students must bring their own guitar to class. Extra classes can be added upon request. Scheduled payment available.

### Guitar: Semi-Private Lesson Level 2 (Long-Term)

In these semi-private classes of two students, children learn the basics of tuning, chords, picking and strumming, as well as reading basic music notation. Guitar I is for those with no guitar experience. Guitar II is for those who can read basic tablature and standard notation and are comfortable with five to 10 basic chords. Students must bring their own guitar to class. Scheduled payment options available.





### Guitar: Semi-Private Lesson (Long-Term)

In these semi-private beginner classes of two students, children learn the basics of their instrument, as well as reading basic music notation. No on-line registration as students need to be appropriately paired. Must have own instrument. Classes can be converted to private lessons upon request. Scheduled payment options available.

### Handbuilt Sculptural Techniques - Beginner/Returning

Expand your pottery skills toolbox! Learn several techniques for hand-building sculptural forms in clay. Combine methods such as slabs, coils and pinching to create sculptural works of your own vision. Previous work with clay is an asset.

### Heighton Your Hiking Skills

Embrace outdoor basics and learn how to prepare for and be safe while hiking in a fun and hands-on way. The program includes such topics as the 10 essentials, hiking etiquette, Leave No Trace principles and environmental awareness. After taking this course, the novice hiker will be more confident and ready to go on the trail.

### Heritage Adventure Camps: Theme

This summer camp experience at Burnaby Village Museum and Deer Lake Park features crafts, games, heritage activities and visits to the museum's exhibits. Kids travel back in time to experience life as it was in the 1920s through a variety of hands-on activities. We have made changes in order to keep participant and staff safe including smaller groups, focus on outdoor activities, dedicated camp spaces and increased cleaning and procedures. Participants requiring 1:1 support must register for Heritage Adventures 1:1 Support, if space is full, please add your name to the waitlist. No early arrivals. Please ensure you pick up your child promptly at 3 pm or register for the After-Camp program.

### Heritage Adventure Pro-D Day Camp

Kids make the most of Pro-D Days in this action packed day camp. Children must be currently attending or have completed Kindergarten to participate in this program.

### Hike Hike Baby!

Get outdoors and introduce your child to the joy of hiking. You and your baby will bond while taking in the beautiful scenery, and get plenty of fresh air naturally promoting early language development and healthy sleep. This program will visit various locations within Burnaby, explore various trails gradually increasing in difficulty. No hiking experience necessary, child must be comfortably non-mobile for the program.

### Holiday Art Cards

Adults enjoy creating their own festive holiday cards and gift labels using printmaking, painting and mixed media techniques. Great for keeping or giving as gifts. \$10.00 extra visual arts material fee applicable.

### Holiday Art Cards

Get Ready for the Holidays! Children have fun creating their very own festive holiday art cards and gift tags using printmaking, painting and mixed media methods. Great for keeping or giving as gifts. \$5.00 extra visual arts material fee applicable.

### Holiday Chocolates & Crafts

Get ready for the Holidays! Join us to make delicious chocolate treats, very special crafts to keep or give as gifts, plus we've also planned fun holiday games to play. It is the responsibility of the parent/guardian to ensure their children are dropped off and picked up from the program.

### Holiday Tunes

Young singers develop their voices and listening skills with poems, finger plays, musical games and action songs to go along with the season. Percussion instruments and movement help them understand music rhythms and beats. Returning students welcome. Adult participation required for 18 month- and 5-year-old classes.

### Holiday Workshop

Join us to celebrate the upcoming holiday with exciting crafts and activities. It is the responsibility of the parent/guardian to ensure children are dropped off and picked up from the program.

### Illustrative Drawing

Does 'I can't even draw a straight line' sound familiar? This class will add fun to learning the fundamentals of drawing and help you draw all kind of lines even straight ones. Basic drawing principles are covered using shapes, line, colour, texture, shading, & perspective with an emphasis on illustrative and cartooning styles. Starting with 3 basic shapes, boost your confidence to render various subjects including people, animals, places and things with a narrative approach. An introductory level course for beginners or those who haven't drawn for a while.

### Imagination Station

Combine fun art projects with creative play in this collaborative program for parents and tots. Experiment with different themes from popular rhymes, songs and storybooks to create art together while encouraging play and fine motor skills through monoprinting, painting and collage. An additional \$5 will be added to total for supplies.

### In beTWEEN art

Young artists between the ages 9-13, will learn a variety of artistic techniques, improve their self-confidence and self-expression, get familiar with professional artists and also learn how to use different mediums to create artistic works using their imagination. The students will learn to incorporate step-by-step techniques that will help strengthen their creative practice. New art projects every week. Brought to you by Shadbolt in your Community.

### In the BAG

In the BAG family Program: Come and make art! Get your minds humming with a visit to the gallery and then into the studio for family - friendly art projects. A different project is featured each month. Please register by calling 604-297-4422. Sponsored by ABC recycling.

### In Your Own Words: Creative Writing

This long-term writing circle for youth is an extended program which will offer our young writers an opportunity to balance guided writing exercises with time to work independently on their own projects. Time will be provided for individual feedback, advice, support and exploration in a range of writing forms and techniques.

### Indoor Cycling: Introduction

Join this introduction to spinning and learn how to get set up on an indoor cycle. This class will take you through 10-15 minutes of set up on the bikes and 30 minutes of cycling. Join this introduction to spinning and learn how to get set up on an indoor cycle bike. This class will take you through 1-15 minutes of set up on the bikes and 45 minutes of cycling.

### Instrument Sampler

Do you want to play an instrument but can't decide which one? Do you want to learn music but want to make sure it's the right match? Or maybe you just wants to have fun! In this class of 2 students you will explore piano, drums, ukulele and guitar in 5 one hour classes - and the instruments are all supplied!



## Introduction to Oil Painting

Experience the luminous potential of oil paints in this introductory class. We will cover use of mediums, colour mixing, composition, paint application and texture as we explore the rich tradition of oil painting. You can work with solvents or solvent-free if you prefer. Classes will include exercises leading to larger projects as you grow in confidence using oil colours. \$30 fee added upon registration to cover the cost of oil paint and mediums. Students will need to purchase additional supplies. Print receipt to view student supply list.

## Introduction to Photography

Designed for serious beginners who want to go beyond the auto mode and use the camera as an artist to better control their images. Photography is centered on the recording of light, looking at two characteristics of light: colour and quantity, and how the camera can be set appropriately to accommodate different light conditions and creative outcomes. This course helps you better understand the functions and settings of your camera and how to adjust them. Must have your own Digital Single Lens Reflex or Mirrorless camera.

## Introduction to Pottery - Beginner

Designed for absolute beginners to discover a range of basic methods used in making clay forms by hand and on the wheel. Early registration recommended.

## Jazz - Continuing

These lively and faster paced classes are for those students who have some Jazz dance experience. Students focus on rhythm, coordination, body isolations and keeping up their skills while exploring various styles of jazz dance to an assortment of upbeat music.

## Jazz for Absolute Beginners

Students explore a warm-up, centre practice and moving through space. The focus is on developing technique, rhythm, co-ordination, and expression in a fun and supportive environment. Safe body mechanics are stressed to support strength, flexibility and endurance.

## Jazz Intermediate (Adult)

The focus is on developing technique, rhythm, co-ordination, and expression in a fun and supportive environment. Safe body mechanics are stressed to support strength, flexibility and endurance. Intermediate level is for those with three or more years of jazz experience. No drop-in. Inquire with the front desk about informal showing, technical rehearsal and performance dates.

## Jazz Intermediate/Advanced

Students explore a warm up, centre practice and moving through space. The focus is on developing technique, rhythm, co-ordination, and expression in a fun and supportive environment. Safe body mechanics are stressed to support strength, flexibility and endurance. Intermediate/Advanced level is for those with three or more years jazz experience. No drop-in. Please note that the spring session includes an informal showing, a technical rehearsal and performance in June.

## Jingle Bell Lunch

What better way to catch the spirit of the season than by sharing lunch and entertainment with friends? Enjoy the familiar favourites of slow-roasted turkey with stuffing, potatoes and gravy, along with a fancy dessert and seasonal entertainment. .

## Kayak at Barnet

Come join our guided kayak tour around beautiful Barnet Marine Park in the picturesque waters of the Burrard Inlet. Soak in the rays and enjoy all the delicious treats at the new concession area before or after your paddle as well! No experience needed. All equipment included, all kids under 16yrs need to be in a double kayak with an adult, best to register in pairs.

## Kayak Instructor Certification Course

Take your affection of kayaking to the next level. This multi-course program is designed for students to achieve the skills and knowledge to become a certified Kayak Instructor. You may take all courses in succession or register for individual programs to gain specific knowledge and skills to build confidence and safely navigate adverse conditions.

## Keen for Kayaks

During this action-packed day camp, kids learn and improve on their kayaking skills while playing fun outdoor nature games at beautiful Deer Lake. Led by enthusiastic, qualified kayak instructors.

## Kickboxing for Fitness

Achieve endurance, balance, strength and stability with this class based on kickboxing techniques. Strengthen your arms, abs, and legs with punches, kicks, and knees, along with body conditioning moves like squats and push ups. Gloves and pads provided.

## Kids & Canoes

Looking for a better way to spend the day? Our fun, experienced guides introduce you to Canoeing and group games!

## Kids Art Connect

Inspired by the permanent collection and current exhibition featured in the gallery, students engage in creative art-making using various themes and artistic mediums. \$5 supply fee added at payment.

## K-Pop Beginner (Adult)

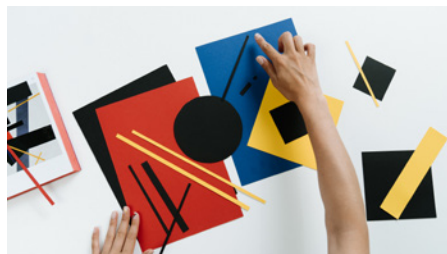
What started as a small genre of music, has now become a global phenomenon. In turn, K-pop fans from all over the world are now eager to learn their favourite group's choreography. In this course, dancers will learn a variety of K-pop choreographies from groups such as BTS, BlackPink, Enhypen, and many more. This class is for students who have little to no dance experience and are looking for a slower pace class.

## K-Pop Beginner (Teen)

What started as a small genre of music, has now become a global phenomenon with Kpop fans from all over the world eager to learn choreographies from their favourite groups. Dancers will learn a variety of Kpop choreographies from groups such as, BTS, BlackPink, Twice, and Enhypen. This class is for students who have little to no dance experience.

## K-Pop Intermediate

What started as a small genre of music, has now become a global phenomenon. In turn, K-pop fans from all over the world are now eager to learn their favourite group's choreography. In this course, dancers will learn a variety of K-pop choreographies from groups such as BTS, BlackPink, Enhypen, and many more. This class is for dancers who have had a couple of years of dance experience and are looking for a faster pace class.



## Landscape in Watercolour

This workshop will focus on capturing the light and atmosphere of the natural environment while developing fundamental skills of watercolour painting. Break down this challenging medium into manageable steps to gain confidence in applying clean washes and quickly suggesting detail with various textural effects. Emphasis will be placed on improving your observational and compositional skills and use of tonal value. You will learn strategies to translate your personal interpretation of a reference photo into a convincing watercolour landscape. Suitable for intermediate painters.

## Landscape Painting

Explore the historical context of landscape painting and create a series of studies and paintings in acrylic or oil. Composition, design and colour theory along with various painting techniques are taught with demonstrations and critiques. Weather permitting, time is spent outdoors painting in beautiful Deer Lake Park. Print receipt to view supply list.

## Lego Program

Children are given the space and resources to build, create, learn and use their imagination while exploring structural concepts using Lego®.

## Lifeguard School

A fun avenue for extra practice in your lifesaving and lifeguarding skills. Register for Burnaby Lifeguard School to prepare yourself for the hiring process. Course includes: NL skills review, fitness training and other important NL skills. Prerequisite: National Lifeguard certification.

## Lifesaving Instructor Recertification

This is the in-person portion of the LSI recert. Candidates who have not completed it will not be accepted into the course and will not receive a refund. This clinic is for individuals wishing to re-certify their Lifesaving Instructor Award. Candidates must bring old LSI card to course. There is a non-refundable exam fee of \$42.00. 100% attendance is required.

## Lil' Picassos!

Help your little artist discover the inner Picasso in them, while also allowing their unique personality to thrive! In this class, children will dabble in various mixed media materials to create unique works of art. Children must be able to use the toilet independently and have turned 3 within one month of program start date. Children participate independently in this program.

## Local Plant Guided Walk

Nature walks with local experts exploring Burnaby's parks and natural areas. Ever wondered what plants live in your neighbourhood and local parks? Want to learn to identify some of Burnaby's native and introduced plant species found at Deer Lake and commonly around Burnaby? Walk around Deer Lake with a local expert and celebrate Invasive Species Action Month. Participants must be able to walk 4km. Please bring water and any plant guides you may have.

## Making Stories: Creative Writing

Mysteries, fantasies and stories of the everyday world provide the frameworks that help young writers learn about the elements of story and how to play with language. They discover the styles they like best, develop confidence and share in collaborative and individual writing exercises.

## Midnight Raku - Intermediate

Raku fire your pottery at a time of day that really shows off this traditional process! Glazes such as white crackle and metallic copper are provided; bring your own brushes and up to three six-inch diameter pieces, made out of sculpture clay. Glazing begins at 6pm and firing begins at 8pm.

## Mini Hip Hoppers

In this fun, upbeat and dynamic class, preschoolers learn the basics of hip hop moves: drops, popping and locking and so much more. A great opportunity for your child to move and groove!

## Modern Dance Beginner (Adult)

Beginner level is for those with little or no modern dance experience. Modern dance classes are contemporary based. Using the fundamentals of dance technique students will develop strength, alignment, coordination and expressivity. Each class will consist of floor work, level changing, and movement exploration through improvisation in a supportive environment with live accompaniment.

## Modern Dance for Beginners (Child)

In this Shadbolt in your Community Program, students are introduced to the joy of dance in a positive and encouraging environment. Modern dance is a free style class with focus on technique, self expression, movement invention and musicality in a supported creative environment.

## Modern Dance Intermediate (Adult)

Modern dance classes are contemporary based. Using the fundamentals of dance technique students will develop strength, alignment, coordination and expressivity. Each class will consist of floor work, level changing, and movement exploration through improvisation in a supportive environment with live accompaniment. Intermediate level is for those with two to three years of experience. No drop-in. Inquire with the front desk about informal showing, technical rehearsal and performance dates.

## Modern Dance: Summer

Modern dance is distinguished by its use of expression, exploration and movement invention and focuses on dynamic alignment, full use of spine (curves and spirals) and the architecture of the body. It also explores floor work and the use of gravity (level changes) and plays with movement through momentum. Together we move three-dimensionally through space in a fun and supportive environment. Live musical accompanist included. Students will learn a short choreography. Must have some previous modern dance experience. No drop-in.

## Music Explorations 18+ (Music Therapy)

For those with a developmental disability. Everyone enjoys music in their own special way. A music therapist helps students sing along, dance or keep the beat with a variety of instruments.

## Music Explorations 5-12 yrs (Music Therapy)

For those with a developmental disability. Everyone enjoys music in their own special way. A music therapist helps students sing along, dance or keep the beat with a variety of instruments.

## Musical Rascals

Open up and experience the magic of music with your child through movement, & and percussion. Adult participation required.



## National Lifeguard Pool

The NL Pool certification is designed to develop the fundamental values, judgment, knowledge, skills and fitness required by lifeguards. This course emphasizes the lifeguarding skills, principles and practices, and the decision-making processes that assist the lifeguard in providing effective safety supervision in swimming pool environments. Alert Manual (\$33.00) is required and not included in fee. There is a non-refundable exam fee of \$58.00.

Students need to bring bathing suit, manual and paper for each class. Prerequisite: Bronze Cross (does not need to be current), Standard First Aid or (current award recommended) and you must be 15 years old by the last day of the course. Candidates will need to provide proof of the prerequisites on the 1st day of the course to the instructor or be sent home with no refund. Emergency First Aid certificates obtained in high school are not accepted. Recognized agencies for Standard First Aid are: any Canadian branch of the Lifesaving Society, Canadian Red Cross, St. John Ambulance, Canadian Heart and Stroke Foundation or Canadian Ski Patrol.

## Nature Photography Tour

Nature walks with local experts exploring Burnaby's parks and natural areas. Come on a tour through various habitats, home to many plant and wildlife species. On this guided walk, we will walk through Ron Mclean Park into the trails at Byrne Creek Ravine to see forest, riparian, and creek habitat, and then enter Taylor Park to see a more open forest and meadow habitat. Along the way we will chat about what sorts of animals and birds can be seen in different habitats. Bring a camera to take photos of plants and any wildlife you may see!

## Nature Restoration

Nature walks with local experts exploring Burnaby's parks and natural areas. Join us on this guided walk around Central Park to view the nature restoration efforts of the City, partners, and volunteers that are helping to protect this urban park. On this walk you will learn about the first-hand problems impacting the survival of native plants and animals.

## Nordic Pole Walking Challenge

Designed for those who have taken Nordic Pole Walking - the Basics. We improve technique, learn how to make the exercise more challenging and on the last class head out for a walk to try out some of the new techniques.

## Oktoberfest

Salute Oktoberfest with a German-inspired lunch, then polka the afternoon away! Lederhosen and dirndl skirts optional.

## Open Art Studio

Allow yourself the time and space to create in our large art studio!! Bring your enthusiasm, ideas and supplies to work on your own art projects in the company of others. Open Art Studio Drop-in is also available please check website for more information. Studio is not wheelchair accessible. No Instructor. Supplies not included - please see supply list. Participants must clean up after themselves.

## Open Level Ballet - (Adult)

Ballet classes focus on developing alignment, strength, coordination and expressivity using the fundamentals of dance technique. Classes are taught in a supportive environment with live musical accompaniment. This open level class is geared to dancers with at least one to two years of ballet experience. No drop-in. Please note that the spring session includes an informal showing, a technical rehearsal and performance in June.

## Outdoor Bootcamp

Looking for something fun, active, and different to do this season? Need an extra push? Our boot camps are designed to keep you on your toes! We want to keep you guessing - each class is designed to be different and push you out of your comfort zone! We will challenge you every class! Our goal is to offer encouragement rather than intimidation. We want you to have tons of fun - but be prepared for some high intensity training! (All levels welcome) Please bring a pre filled water bottle, MAT and Towel!

## Outdoor Explorers

You and your child can get into outdoor exploration with our Hiking Instructor! Get practical learning opportunities while being in nature and doing outdoor crafts. One parent to accompany registered child, dress appropriately for the days weather. Program changes theme seasonly.

## Outdoor Parent & Preschoolers Science Adventures

Each week you and your preschooler will explore the nature in the park in an exciting and playful way. Children must be accompanied by an adult.

## Outdoor Photography: Smartphone Workshop

If taking pictures is a passion of yours then join us as we dive deeper into the art of creating beautiful photographs using smartphone cameras. This introductory course is composed of lectures, outdoor photo walks, and constructive photo critiques focusing on the fundamentals of photography. Bring your smartphone to each class.

## Outdoor Yoga Cameron

Join one of our out door yoga classes to improve your posture, balance, and coordination. Bring your own yoga mat and props, water bottle with water and towel. Come dressed for the weather.

## Paint Night (Adult)

A fun filled painting class dedicated to adults only! Our talented instructor will guide you step-by-step through a unique painting - with a new painting to enjoy each time. No painting experience is necessary and we'll provide all the supplies. All you have to do is sit back, paint and have a good time! No refund if less then one weeks notice.

## Paint Night (child)

Students join our talented instructor for an evening of creativity and a glass of (non-alcoholic) bubbly! In a fun and relaxed atmosphere the instructor will walk teens through a series of steps to paint their very own masterpiece to keep or to give as a Mother's Day gift! This is a class for everyone, but it is especially designed for those with no painting experience. The class is intended to be repeatable, so each one will feature a different painting.

## Paint Night (teen)

Children join our talented instructor for an evening of creativity! In a fun and relaxed atmosphere, the instructor walks students through a series of steps to paint their very own masterpiece. No painting experience required. Each session features a different painting.





## Painting

Students explore painting techniques and materials, especially designed to develop creative ability through a blend of instruction, freedom of expression and individual attention. Additional \$15 fee for artist quality supplies added when registering.

## Painting Studio

This class supports the development of your own personal art practice, working in the studio with instructor guidance. Exploring the versatility of acrylic and oil paint; material demonstrations, group talks and one on one creative discussion will help enrich your creative vision.

## Painting with Smoke - Intermediate

Form pots by hand or on the wheel, then burnish or apply terra sigillata to the surfaces. After bisquing, the pots are raku-fired using various techniques including 'naked' and 'foil saggar' firing. Some throwing experience is recommended. Course includes raku and pit firings. See alert/confirmation text for program schedule.

## Painting: Summer Landscaping

Explore the historical context of landscape painting and create a series of studies and paintings in acrylic or oil. Composition, drawing strategies, colour theory and various painting techniques are covered in this week long course. Weather permitting, time will be spent outdoors painting in beautiful Deer Lake Park. Parking passes will be given out on the first day of classes. Supplies not included - please see supply list. Watercolour, acrylic, or oil paint can be used. For Shadbolt art store hours check Shadboltcentre.com or phone 604-297-4440. Dress appropriately for weather, bring water bottle, and be prepared to carry your own supplies and equipment to outdoor painting location. 30 minute break for lunch (not included in fee).

## Parent & Preschooler - Easter Special

This one time holiday special will give you and your child an opportunity to engage in a variety of holiday related crafts and activities. One adult permitted per child; unfortunately no younger or older siblings.

## Parent & Preschooler - Mother's Day Special

This one time holiday special will give you and your child an opportunity to engage in a variety of holiday related crafts and activities. One adult permitted per child; unfortunately no younger or older siblings.

## Parent & Preschooler Sports - Soccer

Parent and child can have an exciting time developing gross motor and physical literacy skills through activities, sports and play. One adult only per child (unfortunately no younger or older siblings). Please add an email address for important program information.

## Parent & Preschooler Sports - Variety

Parent and child can have an exciting time developing gross motor and physical literacy skills through activities, sports and play. One adult only per child (unfortunately no younger or older siblings). Please add an email address for important program information.

## Parent & Tot Clay-Time

Create beautiful objects with your child. Work together to design, sculpt, and paint a new object every week. Caregiver participation required. Please bring a smock. Supplies included in fee. This program is brought to you by Shadbolt in your Community.

## Parent & Tot: Adventures In Art

Introduce your little artist to the fascinating world of color, texture and various mediums. During each class you are guided through an art activity while experimenting with paint, collage and sculpture to create original works of art! Adult participation required.

## Pencils, Paints & Plasticine

Young artists work with plasticine, collage and recyclables in unusual and creative ways. Imagination, expression, fun and the creative process are emphasized. Children should wear play clothes. All supplies are included. Adult Participation Required.

## Perfect Posture

A 2 hour session practicing perfect posture techniques. To develop an understanding to strengthen and lengthen your posture muscles, for a better alignment and performance in life. You will leave with a workout routine to add to your weekly exercise commitments. Please come to class in comfortable workout clothes and runners.

## Performance Fit Camp

This varied class challenges you with strength and interval training, calisthenics and circuits, leaving you with a great total body workout and feeling energized. This small-sized class takes place both inside and outside.

Petal to Pencil Inspired by the beauty of Century Gardens surrounding the Burnaby Art Gallery, students learn a variety of drawing techniques with flora as subject. A session on flower arranging is included. Bring your own lunch. Supplies included in fees.

## Petal to Pencil

Inspired by the beauty of Century Gardens surrounding the Burnaby Art Gallery, students learn a variety of drawing techniques with flora as subject. A session on flower arranging is included. Bring your own lunch. Supplies included in fees.

## Photography: A Visual Language

This 4 session course looks at some the elements of visual language that artists can use to make compelling images and compositions. The classes will look at the structures that both painters and photographers have used throughout their histories to convey a sense of depth, symbolic representations and meanings in these two dimensional visual art forms. Course requirements: Curiosity. This class is suitable for ether brush or lens based artists.

## Piano Basics: Level 1 (Long-Term)

Students are introduced to the piano keyboard and musical notation mostly through group musical activities with limited individual instruction on the piano. Note: no refund after the fourth class. Music books must be purchased at a music store and a keyboard is required at home for daily practicing. Pianos are provided in class. Registered children only during class. The following 3 books must be purchased:

1. Faber & Faber: Piano Adventures, Lesson Book, Primer Level (2nd Edition) (purple).
2. Alfred's Basic Piano Library: Prep Course for the Young Beginner, Activity & Ear Training Book, Level A (orange).
3. Alfred's Basic Piano Library: Prep Course for the Young Beginner, Activity & Ear Training Book, Level B (blue).

\*Can be purchased at the following stores: Long & McQuade Music or Tom Lee Music.



## Piano: Private Lesson

Private piano lessons for beginners to advanced. Students also learn theory and ear training and receive technical assistance. Royal Conservatory Exam preparation is available upon request as well as coaching for festivals and competitions. Instructor will suggest a music book after the first lesson. Students who are not new to the instrument should bring the last books they were working on to their first lesson.

## Piano: Private Lesson (Long-Term)

In these private piano lessons, beginners to advanced students learn at their own pace. These private lessons are tailored to the expectations of the student while at the same time learning theory, ear training and receiving technical assistance. Private lessons are available for people of all age groups - children, youth, and adults. If two people from the same family wish to take a lesson together please register one family member to hold the spot and then contact the programmer. They will change the class to semi-private and facilitate the change of registration. A piano is supplied for in class use.

## Piano: Private Lesson (Short-Term)

In these private piano lessons, beginners to advanced students learn at their own pace. These private lessons are tailored to the expectations of the student while at the same time learning theory, ear training and receiving technical assistance. A piano is supplied for in class use.

## Piano: Semi-Private Lesson (Adult)

In these semi-private classes of two, beginners will learn the basics of piano - including theory, rhythm, and notation.

## Piano: Semi-Private Lesson (Child)

These semi-private lessons are an opportunity for your child to be introduced to musical concepts such as: rhythm, notation and note naming. This program is meant to be a sampler of our long term programs in the fall and is for students with no previous experience.

## Piano: Semi-Private Lesson Year 1 (Long-Term)

These semi-private lessons (two students) incorporate learning a repertoire through ear development and sight-reading. Students learn how to play the piano through the development of a variety of skills: note reading, beat, rhythm, technique, singing and theory. Games reinforce concepts taught in class and create an enjoyable and encouraging learning atmosphere. Scheduled payment available.

## Piano: Semi-Private Lesson Year 2 (Long-Term)

Learn how to play the piano through the development of a variety of skills: note reading, beat, rhythm, technique, singing and theory. The focus incorporates learning a repertoire through ear development and sight reading. Games reinforce concepts taught in class and create an enjoyable and encouraging learning atmosphere.

## Piano: Semi-Private Lesson Year 3 (Long-Term)

Learn how to play the piano through the development of a variety of skills: note reading, beat, rhythm, technique, singing and theory. The focus incorporates learning a repertoire through ear development and sight reading. Games reinforce concepts taught in class and create an enjoyable and encouraging learning atmosphere.

## Portrait Drawing

The beauty of the human face forms the basis of this hands-on course. Strikingly different results are achieved through the learning and application of the principles of proportion, shading, shadow construction and the use of various media such as charcoal, graphite and ink. This in-depth exploration of the portrait enhances the students' understanding of composition and technique as they pertain to the human face. Model fee for 4 sessions included. Print receipt to view supply list.

## Pots for the Home and Garden - Intermediate

For those with some previous clay experience, this course encourages further exploration into ceramic design and production. Students are challenged with more complicated projects that can be used in the home and garden. Must be able to throw a 4-inch cylinder.

## Pottery Basics

These lessons further develop skills in ceramic arts. Hand-building and wheel-throwing are covered as well as techniques for thrown work, such as trimming, assembling and glazing. Returning students welcome.

## Pottery Wheel: Beginner

Suitable for students who have taken an intro level pottery course and would like to focus on wheel-throwing. You will learn the basic techniques of centering, opening and pulling the clay to form simple shapes such as cylinders, plates and bowls. Later sessions will focus on trimming and glazing to finish your pieces. Recommended pre-requisites: Introduction to Pottery or Handbuilt Sculptural Techniques.

## Power Camp

This activity is intended for children that identify as female. A fun filled five days full of play, sports, teamwork and friendship! Art, cooking, games, crafts, sports & more! Led by energetic female instructors in a safe space. Children must be currently attending or have completed Kindergarten to participate in this program.

## Pre & Postnatal Yoga

This class provides a safe and supportive environment to prepare, through yoga and breathing techniques, for the pre/post birth and new motherhood. Postures are modified to accommodate the changing needs of a mother-to-be and new mom. Postnatal moms are welcome to bring pre-mobile babies.

## Preschool Messy Makers

Create a messy masterpiece in this independent preschool art program! Each week the Messy Makers are inspired by a story book for the art project of the day. Children explore their imagination with paints, pastels, collage materials, stamping, plasticine and much more. Children must be able to use the washroom independently. Brought to you by Shadbolt in your Community.

## Preschool Sports & Games - Soccer

Your child learns the FUNdamentals of playing soccer: the soccer ball, running, following directions and working with others through explorative play and games. Children must be able to attend on their own and use the toilet independently. Please wear comfortable cloths and bring a water bottle.

## Preschool Sports & Games - T-ball

Your child learns the FUNdamentals of T-Ball: running, catching, throwing, batting from a tee, following directions and working with others through explorative play. Children must be able to attend on their own and use the toilet independently. Please wear comfortable cloths and bring a water bottle.



## Preschool Sports & Games - Variety

Preschoolers enjoy a variety of sports, games and gym activities through explorative play using a wide range of age-appropriate equipment. Children must be able to attend on their own and use the toilet independently. Please wear comfortable cloths and bring a water bottle.

## Preschool Sports & More Variety

Preschoolers enjoy a variety of sports, games and gym activities through explorative play using a wide range of age-appropriate equipment. Children must be able to attend on their own and use the toilet independently. Program requires completion of the Participant Profile Form.

## Pre-teen Pro-D Day Camp

Youth 10-12 years of age make the most of Pro-D Days in this action packed day camp and out-trip. This camp's Out-trip: Bowling  
This camp's Out-trip: Ninja Warrior Gym

## Pro-D Day Camp: Adventures in Art

Kids make the most of Pro-D Days in this action packed day camp. Children must be currently attending or have completed Kindergarten to participate in this program.

## Put Back Pain Behind You

Learn the benefits of good posture and safe exercise techniques to prevent low back pain injuries, to relieve and potentially eliminate existing pain.

## Quilt Expo

Back by popular demand! Whether a seasoned quilter, a novice or just curious to learn more about the craft, all quilting buffs will thoroughly enjoy this opportunity to learn, laugh and draw inspiration from quilting masters sharing their ideas and expertise. Stroll through a beautiful exhibit of quilts on loan from the Pacific Spirit Quilters Guild, observe quilters in action and do some hands-on creating of small projects to take home.

## Raku Firing Workshop - Intermediate

Finish your work using the ancient method of raku firing. Traditional glazes such as white crackle and metallic copper are provided, but bring your own brushes and up to three six-inch diameter bisqued pieces, made of heavily grogged sculpture clay. Senior discount does not apply. Students will have an opportunity to glaze their work from 10 am-noon.

## Remembrance Day Service

Join us for this service honouring the men and women who have served in wartime. Refreshments available following the service.

## Robbie Burns Lunch

Welcoming all lads and lassies to a celebration honouring the Scottish poet, Robbie Burns. Enjoy a roast beef meal preceded by a parading of the haggis and playing of the pipes.

## ROBO Girls (10-14 yrs)

We know you're out there; girls that think about machines and how they work. Here's a chance to meet others like you and build some amazing mechanical designs: robots that will move and lift and push their way into new ways of thinking about the world and the future. Join us in a friendly lab environment with all you need to explore the tech engineer inside of you. \$15 extra fee added upon registration for Robotix equipment maintenance.

## Robotix for Youth

Children who love Robot Wars or dream of driving a Mars Rover for NASA have a great time designing, building and testing their mobile creations. Solving problems, sharing ideas and exploring the motorized Robotix construction system are all part of the fun. Additional \$15 fee for equipment maintenance added when registering.

## Robotix: Summer

Futuristic fun for budding inventors! They build amazing motorized creations that can climb, lift, maneuver and battle. A great way for mechanically minded youth to exercise their problem-solving skills, learning the basics of engineering hands-on with the incredible 'Robotix' building system.

## Round the World Travel Talks: A Safari in Kenya

Join Canada's own travel specialist, Ron Booiman, as he shares tales of adventure and tips for traveling overseas.

## Sculptooning

Combining cartooning and sculpture; students draw, paint and build their own unique character from imagination or real life. Cartooning assists development of their characters personality and story while sculpting with a wide assortment of fun materials brings their character to life. Additional \$10 fee for supplies added when registering.

## Sculpture

Move your art into the 3rd dimension! This class explores the wide possibilities of sculpture using additive and reductive methods. Students learn the proper use of real hand tools to create 3-D works out of clay, wire, soapstone, plaster and more. Returning students welcome. Additional \$15 fee for artist quality supplies added when registering.

## Shadbolt Teen Clay

Learn pottery and sculpture techniques in our professionally equipped studios. Wheel-work, hand-building, and glazing for our high-fire gas kiln are covered. After being introduced to various building techniques, students are encouraged to explore their own ideas through individual projects. Returning students welcome.

## Shall We Dance? - Adapted

For those with a developmental disability. Join us for a fun time and learn some new dance skills. Learn how to invite someone to dance as well as the basics of the waltz, cha-cha, salsa, foxtrot, tango and merengue. All you need is a pair of flat shoes, comfy clothes, water and a smile! Offered in cooperation with Burnaby Association for Community Inclusion.

## Singing: Summertime

Focusing on self-expression through song, children learn to sing using a fun repertoire while learning basic vocal techniques, breath control, voice projection and simple harmonies. Ensemble techniques are developed through songs from Disney films, Broadway shows and other popular tunes.

## Sizzling Summer Lunch

Come and enjoy a mouth-watering themed lunch—an unique experience with friends! Registration cut off date is a week before the event.

## Sketching in Nature

Capture the beauty and diversity of nature by creating quick sketches and more detailed paintings. This course will offer tips and techniques for sketching outdoors with pencil, pen, and watercolour, and help build confidence working from nature. Quiet observation will allow you to discover a sense of wonder and deep appreciation for the natural environment. Your sketchbook becomes a place to experiment, practice, and document experiences and feelings. The class is suitable for all skill levels and customized instruction will be provided.

## Small Group Training for Strength

Get motivated with a like minded group of 3-6 people and a registered Personal Trainer. Our small group training sessions provide the following benefits; a specific focus, social support, use of specialized equipment, fitness assessments & pre-set days & times.



## Smart Fit

Functional fitness exercises train your muscles to work together and prepare them for daily tasks by simulating common movements you might do at home, work or in sports. This class incorporates balance, agility, strength and cardio as well as fun brain activities to help keep the mind and body, sharp and strong.

## Soda Firing Reservation List

This is not a course, rather an expression of interest in a soda firing. In order to improve equal access to a limited number of spots in soda firings, class lists for firings will be constructed based on individuals' preferred firing dates. All students will receive an email once the window for registration is closed asking for their preferences. Once the firings are filled, regular registration and waitlist procedures resume with priority to those without a space in another firing. Please ensure we have your email address on file.

## Soda Firing Workshop - Intermediate

\*Registration for this course takes place 1 season in advance to give students time to create work. To get into the next season's soda firing, please register for the 'Soda Firing Reservation List' first. \*\* Please print your receipt for specific course information

Give your work a unique finish by firing it in the soda kiln, 'The Vault.' Soda-fired work is recognizable by its orange peel texture and brilliant flashes of colour, brought about by the introduction of soda near the end of the firing. Bring bisqued cone 10 pots to fill two cubic feet of kiln space.

## Songwriting 101

In this class you learn about blues and jazz changes, modal chord theory, melodic vocal lines, hooks and riffs. We explore lyric development and sources of lyrical inspiration. We will study the music of various artists and look at different styles of music such as pop, rock and roll, reggae, blues and jazz. In the end you will have written a song to perform, if you wish, on the last day! Participants must be able to play an instrument well, understand theory (how chords are built) and read music.

## Sportacular Camp

This well-supervised camp is a great adventure that combines both indoor and outdoor activities in a safe environment. Girls and boys enjoy basketball, floor hockey, volleyball, lacrosse, outdoor games, soccer, in-line skating and swimming. Please wear running shoes, pack a snack, lunch and bring a water bottle. Children must have completed Kindergarten to participate in this program.

## Sports Camp

Kids can set foot on the pitch where the pros play! This unique camp experience includes coaching from guest soccer, lacrosse and ultimate professionals. Campers also receive an official Swagard Stadium Sports Camp t-shirt.

## Sports Mania - Adapted

Adults with developmental disabilities engage in a variety of gym sports like soccer, basketball, floor hockey, badminton, etc. Includes skill development and playing time in a social environment. Offered in cooperation with Burnaby Association for Community Inclusion.

## Spring Crystalline Madness - Intermediate

Discover the magic of crystalline glazes. Work through the whole process; from creating forms and catchers that best lend themselves to this unique finish, to the glazing, firing and, finally, critiquing and analyzing of the end results. For students who are proficient at wheel throwing.

## St. Patrick's Day Lunch

Everyone is Irish on St. Paddy's Day! Come and celebrate St. Patrick's Day with a savoury Irish lunch, a lucky leprechaun's dessert followed by great Irish entertainment!

## Storybuilding

Storybuilding combines visual art, creative writing and storytelling. Among other things, students learn about narrative arc, build characters and imaginary worlds, and develop their own story. This course emphasizes creative thinking and writing skills, and gives young writers the tools they need to continue building the stories that are important to them.

## Strength & Conditioning for Teen Girls

Build self confidence in the weight room while improving well-being and enhancing a healthy lifestyle. Structured around the fitness components of cardiovascular health, muscle strength/ endurance, and flexibility, these sessions will give teens the tools they need to achieve their fitness goals.

## Strength & Stretch

Developing and maintaining muscular strength, bone density and optimal joint health is key for older adults. For those who want to improve in these areas, plus balance, range of motion and flexibility, this chair-based strength exercise program teaches how to use resistance bands, weights and body-weight exercises safely and effectively. Developing and maintaining muscular strength, bone density and optimal joint health is key for older adults. For those who want to improve in these areas, plus balance, range of motion and flexibility, this chair-based strength exercise program teaches how to use resistance bands, weights and body-weight exercises safely and effectively.

## Sun Ventures: Theme

This fun-filled week includes arts, games and a variety of creative activities inside and outdoors, weekly surprises as well as supervised playground and wading pool visits to Willingdon Park. Please bring lunch, 2 snacks, sunhat, swimsuit and water bottle in a labelled backpack. Children must have completed Kindergarten to participate in this program.

## Sunday Morning Pottery - Intermediate

Intermediate level course. Bring your ideas and projects. Demos will be tailored to students' interests: handbuilding, throwing, and surface decoration techniques will be covered. Expect lively discussions about aesthetics, utility, and process.

## SUP Instructor Certification Course

The Basic Flatwater Instructor Course is aimed at reviewing the basic and advanced Stand Up Paddle skills and safety knowledge for paddling on flatwater. If you are a passionate flatwater paddler looking to grow your paddling progression and learn tactics to reach your passion then this is the course for you.

## Swimmer 7: Rookie Patrol

Rookie Patrol features timed 100-metre swims, 350-metre workouts and swimming while wearing clothes. A work-hard, play-hard approach develops swimming strength and efficiency with emphasis on 'Water Smart' behaviour.

Prerequisite: Completed Swimmer 6. Swimmers continue developing front crawl, back crawl and breaststroke. Swimmers develop individual fitness to meet a timed 100 m swim and 350 m workout. Water proficiency skills include swimming with clothes, ready position, and feet-first/head-first surface dives. Demonstrating the ability to conduct a primary assessment and calling EMS are included as first aid skills. Victim recognition and throwing assists are other key elements of the program. A non-refundable exam/admin fee of \$3.00 is applicable.





## Swimmer 8: Ranger Patrol

Ranger Patrol features timed 200-metre swims, 100-metre fitness medley and the support of a 2.5 kg weight. Skill drills, including a non-contact rescue, enhance swimmers' capabilities in the water.

Prerequisite: Completed Swimmer 7 – Rookie Patrol. Ranger Patrol enhances capability in the water including stride entries and underwater, forward and backward somersaults. Swimmers learn lifesaving sport skills with a lifesaving stroke medley, timed object support and a non-contact rescue with a buoyant aid. Eggbeater kick and increased fitness levels are developed to meet a 200 m timed swim. First aid focuses on unconscious victims and obstructed airway procedures. A non-refundable exam/admin fee of \$3.00 is applicable.

## Swimmer 9: Star Patrol

Star Patrol features times 300-metre swims, 600-metre workouts, lifeguard whistle signals and airway and bleeding first aid priorities. This level demands good physical condition and lifesaving judgment.

Pre-requisite: Completed Swimmer 8 – Ranger Patrol. Star Patrol challenges swimmers with a 300 m timed swim, 600 m workout and a 25 m object carry. Strokes are continued to be refined. Lifesaving skills include use of rescue aids, defense methods, victim removals and supporting a victim in shallow water. First aid focuses on treatment of bone or joint injuries and respiratory emergencies. Once complete, swimmers register into Bronze Star. A non-refundable exam/admin fee of \$3.00 is applicable.

## Swimming: Private Lesson

Private, one on one lessons are available for people of all ages and abilities. Private lessons are great for anyone who needs some extra help to complete their level or focus on a specific skill. For semi-private lessons, participants must be at the same level. Please bring progress card to each lesson.

## Swimming: Semi-Private Lesson

Semi-private lessons allow for a one to two instructor to student ratio. Ideal for two with similar skill levels who need some extra help to complete their level or focus on a specific skill. For semi-private lessons, participants must be at the same level. Please bring progress card to each lesson.

## Swimming: Skills & Drills

Designed to increase endurance in all strokes and to introduce knowledge of swim workouts. Swimmers learn a variety of swimming drills that will help them improve their swimming strokes. Must be able to swim a minimum of 150 meters (6 lengths). This is intended for children who have completed the Swimmer 1 to 9 program and would like more practice.

## Tap Dance - Beginner (Adult)

Tap develops coordination, rhythm and musicality through various rhythmic patterns and phrasings. This class is geared to dancers with little or no experience wishing to explore rhythm tap in a fun and supportive environment to the sounds of live percussion. Footwear is discussed at the first class. No drop-in. Live accompaniment fee included in the price.

## Tap Dance - Intermediate (Adult)

Tap classes focus on rhythm tap, developing coordination and musicality to live musical accompaniment. Dancers explore the basics of tap vocabulary through a variety of tap combinations practiced in the centre and across the floor. This class is for those with at least two years experience. No drop-in. Tap shoes required. Please note that the spring session includes an informal showing, a technical rehearsal and performance in June.

## Tap Dance for Absolute Beginners

For those who have always wanted to learn to tap dance, our beginner class is an exciting opportunity. Tap dance lets you be dancer and musician at the same time as your feet drum out percussive rhythms to a range of music. You explore a variety of styles (including classical, Broadway and rhythm tap) and improve your coordination and musicality while having lots of fun! Instructors discuss shoes during the first class.

## Teen Drawing Studio

Investigate technical aspects of drawing and work on specific projects designed to challenge and inspire. Develop your abilities with graphite, pencil crayons, pen and ink, pastels and other dry media. All levels welcome and students work at their own pace. The goal is to get you to your next level through consistent practice. \$10 extra supply fee for sketchbook included in course fee.

## Teen Stroke Improvement & Fitness

A fun approach to fitness through stroke improvement. Excellent for lifeguard training or as an alternative to the weight room. Teens use goal setting, aiming at improving or maintaining their stroke performance, strength and endurance as well as lifesaving support skills. We recommend students be able to swim continuously for a minimum of 250 metres (10 lengths).

## Tennis Lessons - Adult

The level 1.0 course is excellent for new players or those that have limited to basic experience and will work on basic stroke fundamentals. The focus is on skill development and supervised play with a Tennis BC certified instructor. Learn the fundamentals of groundstrokes, volley, serves, rules and scoring.

## Tennis Lessons - PeeWee 1.0

PeeWee Level I introduces beginners to the fundamentals of tennis using progressive instruction and specialized EZ Play balls to accelerate technical and tactical development.

## Tennis Lessons - Teen 1.0-1.5

This fun and interactive class introduces beginner players to the fundamentals of tennis using progressive instruction and specialized EZ Play balls to accelerate technical and tactical development.

## Tennis Lessons - Youth 1.0

Introduces young players to skills such as basic ball control and the fundamentals of groundstrokes.

## Tie dye & Fabric Printing for Youth

Using tie-dye and Japanese Shibori resist dyeing techniques; children create unique designs on paper, fabric, T-shirts and canvas bags. Different ways of folding, pleating, wrapping, tying, and clamping fabrics produce beautiful surprising effects! Children also learn about patterns and colour mixing by layering dye colours to produce many different colour combinations and designs. Additional \$20 extra fee added when registering to cover all supplies.

## Tiny Toes Dance - Parent & Tot

Parents and Toddlers can interact in this high energy class that allows you and your little one to explore movement together. Our Tiny Toes class focuses on Pre-Ballet and Creative movement. It's a great way for young dancers to learn about class structure, learn the basic ballet terminology and have lots of fun!



## Tiny Tot Soccer 4-5 yrs

Kick off spring with this action-packed program. A qualified leader uses games and activities to teach basic soccer skills to your child in a safe environment. Please ensure your child is wearing running shoes and pack them a water bottle. Children must be able to use a toilet independently.

## Tot School of Rock

In this Shadbolt in your Community program, future rock stars try their hands out on a variety of musical instruments. Through music and movement your child will be encouraged to learn and explore their own creative self-expression. The participating parent/guardian will help their child to experiment with various elements of music!

## 55+ Ukelele

Develop your musical sense and learn technique and theory in a fun and friendly environment. You will learn to play popular songs as you improve your skills for fretting, thumb picking, and strumming. Must bring your own ukulele.

## Ukulele (Adult)

For beginners, returning students and anyone else who wants to have fun with this four-string instrument. Prerequisite for Level 2: Ukulele Level 1 or 8 weeks of ukulele lessons. Students learn melody, harmony and rhythm as well as techniques for singing, picking and strumming. Bring your own uke.

## Ukulele (Child)

A great first instrument for kids! In this beginner group class of up to eight students, they learn picking and strumming techniques. Instruments not provided. No experience necessary for the Level 1 class. Prerequisite for the Level 2 class: Ukulele, Level 1 or 28 weeks of ukulele lessons. In the summer session, this class is intended for beginner students. A ukulele will be supplied for in class use.

## Violin Basics: Summer Intro Adult Participation

Students learn to identify the parts of the violin and take part in games and activities. Note reading is introduced. Students must provide their own violin. Adult participation required.

## Violin: Private Lesson (Short Term)

It's never too late to discover the joy of music! Taught by our experienced instructor, this class offers the opportunity to learn the fundamentals of this beautiful string instrument.

## Violin: Private Lesson (Long-Term)

Students can sign up for violin lessons. Scheduled payment available.

## Visual Arts Open Studio Full session

Allow yourself the time and space to create in our large art studio!! Bring your enthusiasm, ideas and supplies to work on your own art projects in the company of others. Visual Arts Open Studio is also available for individual days, please check website for more information. No Instructor.

## Voice: Semi-Private Lesson (Child)

In these semi-private classes of two students, students will learn proper vocal technique, projection as well as enjoy singing some popular favourites.

## Voice: Private Lesson (Adult)

Discover your unique voice, learn how to release your sound and build confidence in this gentle but structured class. Whether you're headed for the opera or you refuse to sing in the shower because of negative singing experiences, our instructors instruct, guide and support you.

## Voice: Private Lesson (Child)

Discover your unique voice, learn how to release your sound and build confidence in this gentle but structured class. Whether you're headed for the opera or you refuse to sing in the shower because of negative singing experiences, our instructors instruct, guide and support you.

## Voice: Semi-Private Lesson (Adult)

In these semi-private classes of two students, students will learn proper vocal technique, projection as well as enjoy singing some popular favourites.

## Watercolour for Absolute Beginners

Learn watercolour basics in a fun and interactive way with activities and exercises designed to reinforce and build upon skills taught in previous weeks. Demonstrations, hands-on painting, individual feedback and an encouraging environment will support you in your skill development. This class is for those with little or no watercolour experience. Supplies not included, print receipt to view the supply list.

## Watercolour Fundamentals

Focus on the fundamentals of watercolour painting through demonstrations and exercises in value, colour mixing and paint application, including wet on dry, wet on wet, glazing. The goal of this course is to give students an understanding of the inherent qualities and capabilities of watercolour paint so that the artist learns skills and techniques to work with the paint's natural characteristics not against them. Suitable for beginner and experienced students who want to reinforce their foundational skills to paint with more confidence. Supplies not included, print receipt to view supply list.

## Watercolour Painting

Develop your ideas for paintings by referring to photos, sketches and still-life subjects. Learn techniques for planning and creating watercolour paintings. Beginner and Intermediate students are welcome. Supplies not included - please see supply list. Students will need to bring supplies to the first class.

## Watercolour Studio

This intermediate watercolour class will support the development of your own personal art practice. Watercolour technique demonstrations, exercises and slide show presentations are offered based on the interests and needs of the participants. Majority of time will be spent working on your own watercolour painting with instructor guidance as required. Group critiques may also be used to benefit artistic growth.

## Watercolour: Summer

Develop your own approach to this versatile medium. Designed to accommodate individual levels and interests. This class includes painting from photo references, still life, painting outdoors - weather permitting, and time to work on subjects of your choice. For those with some watercolour experience. Supplies not included - please see supply list. For Shadbolt art store hours check Shadboltcentre.com or phone 604-297-4440. 30 minute break for lunch (not included in fee).

## Watercolours - Continuing

Watercolour is unlike any other medium. This course takes the beginner student to the next level. Fundamental techniques will be reinforced and new, extended techniques will be explored as we work through in class painting projects. Pre-requisite: Watercolours for Absolute Beginners, Watercolour Fundamentals or any other beginning to intermediate level watercolour course. Supplies not included, print receipt to view supply list.



## Weight training for Healthy Bones

Our knowledgeable instructor guides you through a strength program that includes weight training, cardio and flexibility conditioning geared to promote Bone health as you age. This class is in the weight room. Focus is on enhancing your health and well-being through balance, posture and form to make every day movement easier.

## Weight Training for Youth

Learn the basics of weight room etiquette, exercise technique and program design.

## Western Lunch

Come and enjoy a mouth-watering themed lunch—a unique experience with friends! Registration and refund cut off date is a week before the event. Come and enjoy a western inspired lunch in our dreamed-up country barn. Menu and entertainment is announced closer to the date.

## Wheel Throwing & Altering - Intermediate

Learn to use the potter's wheel to make forms that are anything but round! By altering, cutting and pasting, carving, paddling and faceting, you can add a dynamic quality to thrown pots. You will also learn to construct more complex objects, such as baking dishes and teapots, from thrown and slab-built parts. Strategies for glazing and surface decoration are also demonstrated. Suitable for students with previous wheel-throwing experience.

## Women With Weights

This progressive strength training series is for women looking to expand on their weight training knowledge and get a focused workout in a supportive environment. Get the individual attention from our female instructor, as well as the motivation of training with a group of like minded women for an effective training session. Gain confidence in the weight room and boost your fitness level.

## Women's Kickboxing for Fitness

Achieve endurance, balance, strength and stability with this class based on kickboxing techniques. Shape your arms, abs, and legs with punches, kicks, and knees, along with body conditioning moves like squats and push ups. Gloves and pads provided.

## Wood Firing Workshop

\* Registration for this course takes place 1 season in advance to give students time to create work. Please put your name on the waitlist - you never know!

\*\* Please print your receipt for a list of supplies specific to this course.

There is no finish for ceramic work quite like the warmth of wood firing. Experience the complete wood firing process first-hand, from glazing, loading and firing, to the final unloading. You must sign up for specific shifts and be physically involved. Bring bisqued cone 10 pots to fill three cubic feet of kiln space (one-third of work taller than 6 inches). Register for Glazing Workshop (optional, barcodes in receipt).

## Word Play: Creative Writing

Young writers are introduced to a range of techniques that support emerging language and story making skills and open up the possibilities of playful, creative process. Through various writing exercises, students explore language as an artistic medium and create story in a range of forms, including cut ups, collage, character making and monologue.

Writing Stories Mysteries, fantasies and stories of the everyday world provide the frameworks that help young writers learn about the elements of story and how to play with language. They discover the styles they like best, develop confidence and share in collaborative and individual writing exercises.

## Xzone Junior Camp: Theme

Daily indoor and outdoor activities include arts and crafts, cooperative games, science experiments, sports, swimming at Bonsor Pool and special guest presenters. Children must have completed Kindergarten to participate in this program.

## Xzone Senior Camp: Theme

Daily indoor and outdoor activities include arts and crafts, cooperative games, science experiments, sports, swimming at Bonsor Pool and special guest presenters.

## Yoga - Parent & Child

Together, you and your child experience the benefits of yoga through fun and exciting stretches and poses. Yoga develops a sense of body awareness, balance and coordination.

## Young Artist's Studio - Teen

Work independently on your own projects and follow your artistic instincts using whatever mediums and forms that interest you the most. Lots of individual feedback, advice and support of young artists' development. Artist quality supplies provided; Additional \$20 fee for artist quality supplies added when registering.

## Young Tunes for Families

Now the entire family can come to class! Young singers develop their voices and listening skills with poems, finger plays, musical games and action songs. Percussion instruments and movement help them understand music rhythms and beats. A 2-3 year old child must be registered in order for a younger or older sibling (6 mos-5 yrs) to register. Pre-walking children with older sibling(s) in class are free, and more than one caregiver is welcome.

## Young Tunes

Young singers develop their voices and listening skills with poems, finger plays, musical games and action songs. Percussion instruments and movement help them understand music rhythms and beats. Returning students welcome. Adult participation is required.

## Youth Canoeing

Our fun, experienced guides will introduce you to canoeing at easily accessible Deer Lake. In this class, we work on our canoeing skills, paddle around the lake and play group games too.

## Youth Cycle and Strength Conditioning

Go the distance with this 60 minute full-body workout. This class combines cardiovascular training on the indoor cycling bikes and strength conditioning exercises off the bike. Finish the class with a satisfying stretch session targeting your major muscle groups.

## Youth Zone: Theme

For older campers looking for fun neighbourhood excitement. We walk to a local adventure, cook one weekly hot lunch and connect with a special guest. Indoor and outdoor activities such as arts, crafts, games, science experiments and visits to the wading pool keep us active and inspired.