

Bumblebee Music

Explore music and movement with your child in this interactive class with Miss Irene, an Early Childhood Educator and music specialist. All classes held at the Community Room

Bouncin' Babes 0-18mos

You and your baby will explore music through baby massage, lap-bouncing games, dancing, instruments exploration and much more! Dress comfortably and bring a baby blanket or towel. Parents Participate.

288431 Tu	Sep 11-Oct 2	9:15-10:00am
289714 Th	Sep 13-Oct 4	9:15-10:00am
288433 Tu	Oct 16-Nov 6	9:15-10:00am
\$40		
289715 Th	Oct 18-Nov 8	9:15-10:00am
\$30		
289716 Tu	Nov 20-Dec 11	9:15-10:00am
289717 Th	Nov 22-Dec 13	9:15-10:00am
\$50		



Dancin' Todds 18mos-36mos

Make music with your child in a fun-filled class of musical activities that include creative movement, playing instruments dancing, singing, storytime & so much more! Parents Participate.

289704 Tu	Sep 11-Oct 2	10:15-11:00am
288432 Th	Sep 13-Oct 4	10:15-11:00am
\$40		
288430 Tu	Oct 16-Nov 6	10:15-11:00am
\$30		
289708 Th	Oct 18-Nov 8	10:15-11:00am
289709 Tu	Nov 20-Dec 11	10:15-11:00am
289713 Th	Nov 22-Dec 13	10:15-11:00am

Singing Siblings 0-5yrs

You and your child will explore music through a variety of activities that involve baby massage, lap bouncing games, dancing, creative movement, playing instruments, scarf exploration and so much more! Dress comfortably and be prepared to involve the WHOLE family! Everyone participates. (Children must be siblings in the same household.)

289706 Tu	Sep 11-Oct 2	11:15-12:00pm
289707 Th	Sep 13-Oct 4	11:15-12:00pm
289718 Tu	Oct 16-Nov 6	11:15-12:00pm
\$40 first and second child, 3 rd child \$20		
289719 Th	Oct 18-Nov 8	11:15-12:00pm
289720 Tu	Nov 20-Dec 11	11:15-12:00pm
289721 Th	Nov 22-Dec 13	11:15-12:00pm
\$50 first and second child, 3 rd child \$25		



Are you looking for a room to book?

The Community Room at Lynn Valley Plaza

CAPACITY:	* LARGE MULTI-PURPOSE ROOM
80 ROW SEATING	* FLOOR TO CEILING WINDOWS
50 WITH TABLES & CHAIRS	* ADJOINING KITCHEN
ROOM SIZE:	* ACCESS TO PLAZA
1000 SQ FT	* HARDWOOD FLOORS
	* WIRELESS INTERNET

CALL 604.983.6395 TO BOOK OR recrentals@northvanrec.com

FALL 2012 PROGRAMS

CFES Fitness Knowledge Course

The CFES Fitness Knowledge (Fitness Theory) classroom course prerequisite to all CFES instructor courses and is the first step in becoming a nationally-recognized Weight Training Instructor, Group Fitness Instructor, Aquafit Instructor, Active Aging Instructor or Personal Trainer..

Lynn Valley Village, Community Rm
296399 Su Oct 14-Nov 25 12:30-5:30pm
\$325



Bootcamp & Stretch

A great way to start the day. This class will include a 40 minute cardio circuit workout ending with a 20 minute stretch using yoga moves.

Lynn Valley Village, Community Rm
290540 M,W Sep 17-Oct 24 6:00-7:00am
290541 M,W Oct 29-Dec 5 6:00-7:00am
\$99

H.I.T. High Intensity Training - Launch Your Morning

This challenging 45 minute workout incorporates cardiovascular, muscular and core training. Utilizing an array of equipment and integrating training principles to achieve optimal performance, this invigorating workout puts emphasis on endurance, strength, and stability!!

Lynn Valley Village, Community Rm
289765 Tu,Th Sep 18-Oct 25 6:00-6:45am
289766 Tu,Th Oct 30-Dec 6 6:00-6:45am

Valley Walkers

Join us for a walk in and around the Lynn Valley area. Focus is on fun, fitness & friendships. If you're interested in becoming a volunteer leader, please contact Donna@robertsondl@northvanrec.com

Lynn Valley Village, Community Rm
289807 Tu Sep 4-Dec 11 10:00-11:30am
\$30

L.I.T - Low Impact Training

A low impact full body workout for all levels.

Lynn Valley Village, Community Rm
291287 M Sep 10-Oct 22 9:00-10:00am
291288 W Sep 12-Oct 17 10:30-11:30am
291290 W Oct 31-Dec 5 10:30-11:30am
291289 M Nov 5-Dec 10 9:00-10:00am
\$54

For program information or if you'd like to suggest a program you'd like to see at the Community Room, please contact Donna Robertson at robertsondl@northvanrec.com

The Community Room at Lynn Valley Village



Bike Bootcamp

This creative outdoor boot camp involves bicycling for cardio with strength station circuits along the way. This program meets at the Rice Lake Gate in the Lower Seymour Conservation Reserve - 4900 Lillooet Road

290535 Sa	Sep 8-22	1:00-2:00pm
290536 Sa	Oct 6-27	1:00-2:00pm
290538 Sa	Nov 3-24	1:00-2:00pm
\$40		
290539 Sa	Dec 1-15	1:00-2:00pm

Trail Athletes

Join our group of fearless nature loving warriors on this outdoor boot camp as we hike and jog through the North Shore woods stopping at various strength stations along the way. This program meets at the Rice Lake Gate in the Lower Seymour Conservation Reserve - 4900 Lillooet RoadLynn Valley Village, Community Rm

290509 W	Sep 12-Oct 17	9:15-10:15am
290510 W	Oct 31-Dec 5	9:15-10:15am
\$54		

Dance Workout 16yrs&up

Any BODY, fitness level, or age can use belly dance movements to create an amazing, strong, healthy body and have fun while doing so. Wear your yoga pants and tops, bare feet or runners. Lynn Valley Village, Community Rm

288379 F	Sep 21	9:30-10:30am
Free – must register		
288378 F	Oct 5-Dec 13	9:30-10:30am
\$90		

S.O.S. Fitness (Staving Off Stiffness)

Are you stiff after sitting for awhile, do your joints creak and muscles feel tight and sore? Through functional flexibility movements, stretching and mat work we can increase mind body connection again and strive to minimize stiffness and discomfort. Lynn Valley Village, Community Rm

291295 F	Sep 21	10:30-11:30am
Free – must register		
291296 F	Oct 5-Dec 14	10:30-11:30am
\$90		

Stretch into Your Day

This 45 minute full body flexibility session is the perfect addition to your strength and cardio routines. Lynn Valley Village, Community Rm

289769 Tu,Th	Sep 18-Oct 25	6:50-7:35am
289770 Tu,Th	Oct 30-Dec 6	6:50-7:35am
\$90		

Saturday Martial Arts Workout

Enjoy this fun full body workout combining that will develop strength, flexibility and confidence using a combination of martial arts moves. Ideal for all levels. (Paul G.)

Lynn Valley Village, Community Rm		
288367 Sa	Sep 8-22	10:45-11:45am
289783 Sa	Oct 6-20	10:45-11:45am
\$30		
289784 Sa	Nov 3-24	10:45-11:45am
\$40		
289785 Sa	Dec 5-19	10:45-11:45am
\$30		

Tae Kwon Do Pee Wee 4-6yrs

Children are challenged to improve their coordination, balance, strength and flexibility as they learn basic forms. This high energy, modern class helps develop confidence, concentration and self awareness. (Paul G.)

Lynn Valley Village, Community Rm		
288461 Sa	Sep 8-22	9:15-9:45am
289788 Sa	Sep 8-22	10:00-10:30am
289789 Sa	Oct 6-20	9:15-9:45am
289790 Sa	Oct 6-20	10:00-10:30am
\$18		
289791 Sa	Nov 3-24	9:15-9:45am
289792 Sa	Nov 3-24	10:00-10:30am
\$24		
289794 Sa	Dec 1-15	9:15-9:45am
289802 Sa	Dec 1-15	10:00-10:30am
\$18		

Wellness Mothers Group

Are you a new Mom? Come join a supportive community of Mom's and gain new skills, tips and understanding during your transition to motherhood. A must do class for all new Moms and their babies (non walking, 10 months and under)!

Lynn Valley Village, Community Rm		
291283 M	Sep 10-Oct 22	10:15-11:45am
291284 M	Nov 5-Dec 17	10:15-11:45am
\$90		

I Can Dance!

Designed by Marni Robson, I Can Dance! creative dance programs are fun and delightful! Parents are welcome to watch or participate. See www.icandance.ca for more info.

Lynn Valley Village, Community Rm

Butterfly Ballet 4-5yrs

294985 Sa	Sep 22-Dec 8	1:00-1:45pm
\$115		

Mini-Munchkin Tap 4-5yrs

294987 Tu	Sep 25-Nov 27	4:30-5:00pm
\$85		

Mini-Munchkin Tap 5-7yrs

295029 Tu	Sep 25-Nov 27	5:00-5:30pm
\$85		

Dance Chance Sampler 5-8yrs

Dancers, here's your chance to sample ballet, modern, tap, jazz/hip hop and STOMPnKIDZ all in one class.

295028 Tu	Sep 25-Nov 27	3:45-4:30pm
\$115		

Dragonfly Ballet 5-7yrs

295026 Sa	Sep 22-Dec 8	1:45-2:30pm
\$115		

Firefly Ballet 7-9yrs

This class builds on the foundations introduced in Dragonfly Ballet.

295027 Sa	Sep 22-Dec 08	2:30-3:30pm
\$125		



The Community Room at Lynn Valley Village

www.northvanrec.com/communityroom
northvanrec.com 604-987-PLAY (7529)