

ARTS-VISUAL

Oil Painting

Come and discover your inner artist! This class will provide a fun atmosphere for beginners and beyond. Basic theory of colour mixing and basic brush and knife techniques are covered.

All levels welcome. (Maria V.)

270860	Jan 10-Feb 14	Tu	6:30-9:00pm
270859	Jan 11-Feb 15	W	12:30-3:00pm
270858	Feb 21-Mar 27	Tu	6:30-9:00pm
270861	Feb 22-Mar 28	W	12:30-3:00pm
\$113.97			

Art Studio With Maria Velazquez

Maria is originally from Mexico where she studied painting and graphic art design. She is a certified Bob Ross instructor in landscapes and floral painting. She loves to help people discover their inner artist, so join her during studio time. All levels welcome.

268652	Jan 11-Feb 15	W	9:00am-12:00pm
268653	Feb 22-Mar 28	W	9:00am-12:00pm
\$132.79			

ARTS-VISUAL

Open Art Studio Drop-in

Our art studio is open for artists of all levels to drop-in and use the space. There is room to spread out, work and spend time with fellow artists. Please bring your own equipment and supplies. Access to the printing press is available for experienced print makers.

Jan 1-Mar 31	Sa	9:00am-5:00pm
Jan 2-Apr 1	Su	9:00am-12:00pm
\$5 drop-in		



Spring Arts Courses at JBCC

Brought to you by Capilano University
Continuing Education

Portraiture: Basics and Beyond

This self-paced, guided course is for students of all levels and abilities. Begins February 1 - \$249 + \$35 model fee

Art History Studio: Impressionist Painting Techniques

Learn the Impressionist style through a combination of theory and studio practice. Begins February 3 - \$299 + \$40 supply fee

Metallica: For Painting, Collage and Assemblage

Learn antiquing, embossing, and faux finishing, and explore a variety of paint and metallic treatments. Begins February 11 - \$149 + \$40 supply fee

Painting with Plaster

Create paintings that will dance off the wall with 3-D texture. Begins February 12 - \$149 + \$40 supply fee

Paper Clay Art Dolls

Merge memory and material to create an expressive and unique art doll. Begins March 5 - \$149 + \$40 supply fee

Mixed Media Art from Digital Images

Turn photos and prints into lush hand-painted watercolour, acrylic, pastel, and mixed media paintings. Begins April 14 - \$149 + \$40 supply fee

Experimental Acrylics

Explore the remarkable variety of applications of both high viscosity and fluid acrylic paints. Begins April 15 - \$149 + \$40 supply fee



For complete course descriptions and to register visit
www.capilanou.ca/jbcc-arts or call 604.984.4901



ADULT

ARTS-VISUAL

Acrylics for the Absolute Beginner

If you've always wanted to paint but are scared to, then this is the class for you! Maureen will guide you step by step through the whole painting process. Learn how to use colours beautifully, understand composition rules and more to create a painting you will be proud of. Come and discover your creative side in this fun, relaxing and self-paced class.

270854	Jan 12-Feb 16	Th	9:30am-11:30pm
270850	Feb 23-Mar 29	Th	9:30am-11:30pm
\$132.79			

Acrylic Painting All Levels

Discover the flexibility and creativity of the medium of acrylics. Maureen's class is a studio concept - you work at your own pace, on a project of your choice. She will support and guide you while you enjoy this fun and relaxing class.

270856	Jan 12-Feb 16	Th	1:00-4:00pm
\$132.76			
270855	Jan 12-Feb	Th	6:30-8:30pm
\$91.19			
270852	Feb 23-Mar 29	Th	1:00-4:00pm
\$132.76			
270855	Feb 23-Mar 29	Th	6:30-8:30pm
\$91.19			



English Bay; Acrylic on Canvas by Maureen Coles



I HAVE BEEN CREATING ART OF ONE KIND OR ANOTHER FOR MOST OF MY LIFE, WHETHER IT BE FLORAL DESIGN, POTTERY, PAPER CASTING, OR DRAWING. I NOW FOCUS ON PAINTING WITH ACRYLICS, ALTHOUGH I'VE USED WATER-COLOURS AND OIL PASTELS IN THE PAST, ACRYLICS ALLOW ME THE FLEXIBILITY TO FOCUS ON THE TECHNIQUE AND IN THE EXPRESSION OF IT. MUCH OF MY WORK HAS APPEARED IN VARIOUS SHOWS AND EVENTS AROUND NORTH VANCOUVER WHERE I LIVE. SURROUNDED BY SOME OF THE MOST BEAUTIFUL FORESTS AND SEASHORES IN CANADA, I FIND INSPIRATION IN IT.
MAUREEN COLES; ARTIST

Classical Drawing 3

Mastercopy Drawing. Enjoy learning to draw like the masters: da Vinci, Michelangelo, Raphael, Degas & others. This 4 part program compliments the Renaissance Drawing program at Parkgate. Using this tactile method of learning students analyze and explore how the masters solved the illusion of 3 dimensional form and the poetic beauty of classical realism. This rich program is equally cultural, educational and creative and suited FOR ALL LEVELS. Instructor: Mark Anthony Sekrijer (director of the Portrait Workshop School of Classical Drawing).

274536	Jan 27-Mar 2	F	1:00-4:00pm
\$136.75			

PRINTMAKING

Linocut

Linocut is an exciting method of printmaking where the cut lines create the negative space and areas left uncut hold the ink.

275937	Jan 23	M	6:30-8:30pm
Sample class \$2—must pre register			
275938	Jan 30-Feb 27	M	6:30-8:30pm
\$88.20			

Monoprinting

This is an exciting and free way of working that many people will find an accessible form of printmaking. Monoprinting uses a single impression to produce a one of a kind piece of art work.

275936	Mar 5-Apr 5	M	6:30-8:30pm
\$88.20			

ACRYLIC PAINTING WORKSHOP

In this workshops you will learn how to paint a sunset on small sample boards, bring your own supplies and brushes. Some acrylic painting experience is required.

Bring your own lunch. Supply list for the course can be picked up at the John Braithwaite Front Desk. (Maureen C.)

Sunsets

273625	Feb 4	Sa	11:00am-2:00pm
\$23.49			

DANCE

Ballroom, Latin & Swing

Definitely fun and high energy! Novice dancers wanting to learn basic skills to a variety of rhythms will enjoy easy lessons in a fun, friendly learning environment. Classes focus on partnering skills, body movement, basic steps, simple turns and easy combinations. Enough to get you hooked and loving it! Couples and singles of all ages are welcome. Taught by Easy Dancing BC instructors.

Beginner Level 1

Foxtrot & Waltz

271713 Jan 31-Feb 21 Tu 7:10-8:25pm
\$59

West Coast Swing

271714 Feb 1-22 W 7:15-8:30pm
\$59

Cha Cha & Rumba

271715 Feb 28-Mar 20 Tu 7:10-8:25pm
\$59

Salsa & Merengue

271716 Feb 29-Mar 21 W 7:15-8:30pm
\$59



Level 2

Suitable if you have attended beginner's classes. Move beyond the basics, improve partnering skills, and add new elements, turns, plus exciting combinations and styling. Couples & singles of all ages are welcome to a fun, friendly learning environment. New material in each course keeps frequent repeaters challenged. Taught by Easy Dancing BC instructors.

Tango

271718 Jan 31-Feb 21 Tu 8:30-9:45pm
\$59

Waltz & Viennese Waltz

271717 Feb 1-22 W 8:35-9:50pm
\$59

Foxtrot & Waltz

271719 Feb 28-Mar 20 Tu 8:30-9:45pm
\$59

West Coast Swing & Night Club 2-Step

271729 Feb 29-Mar 21 W 8:35-9:45pm
\$59

Adult Urban Dance

This high energy Urban Dance workout combines the Urban Dance styles of Hip Hop House, Old School, Funk and many more with a great cardio and toning workout! Combined with the Urban Dance styles music this is a fun alternative to aerobics. Taught by a Perform Art Studios instructor.

274503 Jan 16-Mar 5 M 6:40-7:40pm
\$89.60

Polynesian Dance Beginner 13yrs & up

Dance to the rhythms of the South Seas! The drums of Tahiti beckon, as we tamare in our grass skirts to the excitement and beat of the drums. Join us for this cultural experience. (Marji W)

274918 Jan 8 Su 10:40-11:40am

Free sample class- must register

274919 Jan 15-Mar 25 Su 10:40-11:40am
\$70.22

Polynesian Dance Int/Adv 13yrs & up

Have you completed the beginner Polynesian class and feel you're ready to advance your skills? Sign up for this intermediate/advanced class and push your skills further! (Marji W)

274921 Jan 15-Mar 25 Su 11:45am-12:45pm

274920 Jan 16-Mar 26 M 7:45-8:45pm
\$70.22

ADULT

DANCE – FITNESS

Zumba Workout

This class fuses hypnotic Latin and International rhythms with easy to follow moves creating a dynamic workout system that will blow you away! Join this "feel-happy" workout that is great for both the body and the mind. (Ira G./ Cathy T.)

\$12 drop-in available if class not full.

280701	Jan 5	Th	9:20-10:20am
\$2; intro class—must register			
273130	Jan 12-Feb 16	Th	9:20-10:20am
\$60			
273131	Mar 8-29	Th	9:20-10:20am
\$40			
273132	Jan 12-Feb 16	Th	7:30-8:30pm
273128	Feb 23-Mar 29	Th	7:30-8:30pm
\$60			

Zumba Chair Workout

Fuse hypnotic Latin and international rhythms with easy to follow moves to create a dynamic **chair** workout. (C Taylor)

280698	Jan 5	Th	10:45-11:30am
277815	Jan 12	Th	10:45-11:30am
\$2; intro class—must register			
277816	Jan 19-Feb 16	Th	10:45-11:30am
\$45			
277817	Mar 8-29	Th	10:45-11:30am
\$36			

Ballet Bar Workout

Seeking a body with long, lean powerful muscles? This class is based on a dancer's training routine to maintain strong muscles, focus on core muscles and legs and challenge your individual muscles. (This is not a dance class). (Kelsey T.)

\$12 drop-in available if class not full.

278312	Jan 5	Th	6:00-6:55pm
278311	Jan 12	Th	6:00-6:55pm
\$2; intro class—must register			
278313	Jan 19-Feb 23	Th	6:00-6:55pm
\$48			
278314	Mar 1-29	Th	6:00-6:55pm
\$40			



FITNESS CYCLE

Spin & Core

This self paced core circuit will ensure you've worked everything from head to toe!

272780	Jan 9-Feb 13	M	6:00-6:50pm
272778	Feb 20-Mar 26	M	6:00-6:50pm
\$43			



Financial Access

Financial access is available to any North Vancouver resident who is unable to afford the full fees for a program.

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Vida Sandoughdar

Vida works for the North Vancouver Recreation Commission as a Leisure Access Councillor. She has worked for the NVRC for almost 20yrs in various roles. She has helped hundreds of people in North Van access recreation. Vida is passionate about helping people and seeing a smile on their face. She can speak 2 languages and is currently learning Spanish!

WORKSHOPS

Mineral Make Me Up

Are you curious about the ingredients in your cosmetics? Using an array of earth elements, butters, oils, waxes, and pre blended bases, make and take home a mineral face powder, concealer stick, mascara, eye shadow, lip gloss, cosmetic pencil, and a moisturizing lipstick. Supplies included (Cheryl Theilade).

287079 Feb 4 Sa 10:00am-4:00pm
\$110

Soap Making Advanced

Are you ready to further explore your soap making skills and kick it up a notch? Learn to work with various natural ingredients and essential oils to create swirls and layers. Previous soap making knowledge is helpful, however, not a prerequisite. Supplies included (Cheryl Theilade).

287080 Mar 13 Tu 6:30-9:30pm
\$42.32



Mommy and Me Skincare

Get your botanical baby off to a great start, naturally, and pamper yourself too! Easy, affordable, chemical and petroleum free! Make a baby barrier cream, chamomile powder, dreamtime massage oil and a toning body lotion. Recipes on bedtime calming mist and aloe wipes. Supplies included (Cheryl Thielade).

275977 Feb 21 Su 10:00am-3:00pm
\$47.40

In House Spa Treatments

In this hands-on class, make gratifying spa treatments at home. Make a Himalayan body scrub, dead sea mineral mud body wrap, cellulite lotion, and toning oil. Recipes for creams, foot scrubs and nail salves. Supplies included in fee (Cheryl Thielade).

275978 Mar 20 Tu 6:30-9:30pm
\$47

Mindfulness Meditation for Stress Reduction

Are you burned-out, agitated, unable to concentrate or sleep? Learn clinically shown effective mindfulness practices in a step-by-step way. Results experienced by many include: an ability to relax, decreases in insomnia and greater enthusiasm for life. The instructor, Brian Ruhe, was a monk in Thailand and has taught mindfulness for 15 years.

275980 Feb 15-Mar 14 W 7:00-9:00pm
\$42.84

Buddist Philosophy & Vipassana Meditation

This is an interactive course which aims to elucidate some of the main doctrines of Buddhism, such as mindfulness, karma & the round of rebirth, ethics, reducing stress and anger, enlightenment, plus social teaching. Expect some fun too! Includes short periods of breath, walking and loving kindness meditation taught in a clear, step-by-step way. The instructor, Brian Ruhe, trained as a monk in Thailand and is a leading teacher of the Theravada tradition in Vancouver.

275979 Mar 19-Apr 2 M 7:00-9:15pm
\$42.84

Heart Smart Cooking

Thinking about heart health and want to make a change? Join clinical Exercise Specialist, Matt Conway, to learn new ways of cooking delicious meals in this hands on class!

276153 Feb 4-25 Sa 10:00-11:30am
\$67.20



ADULT

MARTIAL ARTS

Judo

Learn this self defense martial art that teaches you to gain control over an attacker without striking him. Learn respect (for self and others), discipline, responsibility and control while reducing stress and increasing fitness! (Jon C)

275592	Jan 11-Jan 25	W	7:30-8:15pm
\$6			
275593	Feb 1-Mar 7	W	7:30-8:15pm
\$38.75			

Tai-Chi-Yang Style

This class will introduce the basic principles and movements of Tai Chi. Simple and easy, yet requiring mindfulness, you will learn all the basic postures, correct alignment, terms, and movements; 5 section 24 form.

Shoreline Rm, JBCC

275786	Jan 11-Mar 28	W	10:30-11:30am
\$78.40			

\$6 senior drop-in/ \$7 adult drop-in

Qi Gong

Bring harmony and balance to your body, mind and soul, through Qi Gong techniques. This course which is similar to Tai Chi will teach you several techniques which you can take home to practice and experience the benefits for yourself. (Lynne C.)

275627	Jan 11-Mar 28	W	9:00-10:00am
275628	Jan 13-Mar 30	F	9:30-10:30am
\$67.20			

\$6 senior drop-in/ \$7 adult drop-in

Ki Aikido

A form of self defense that teaches without aggression, tension or competition. Suitable for all levels of fitness and ability. Calm your mind and relax your body. (Strvan K)

280842	Jan 10-Feb 21	Tu	7:00-8:15pm
\$44			
280849	Feb 28-Mar 27	Tu	7:00-8:15pm
\$37			



PERFORMING ARTS

Group Guitar Lessons

Join instructor Don Strom for lessons that will have you playing some of your favourite songs right away. Basic chord structure, single note reading and strums in the open position. Please bring your own guitar.

All Levels

267341	Jan 10-Feb 14	Tu	8:00-9:00pm
267342	Feb 21-Mar 27	Tu	8:00-9:00pm
\$78.96			

Private Piano Lessons

A great opportunity to explore your interest in musical expression in a fun and friendly environment. Learn the fundamentals of playing including reading, basic technique and music appreciation. No previous background in piano is required.

280879	Jan 5-Feb 2	Th	3:00-3:30pm
280877	Jan 5-Feb 2	Th	5:00-5:30pm
\$90			
287081	Feb 9-Mar 8	Th	3:00-3:30pm
287087	Feb 9-Mar 8	Th	5:00-5:30pm
\$72			



Good programs get cancelled if everyone waits until the last minute to register. Please don't let your favourite class disappear, register early!

NIA

Nia

Nia is suitable for everyone! This holistic fitness class incorporates movements and techniques from dance, martial arts and the healing arts (yoga & feldenkrais). Move your body to music, stimulate your nervous system and leave the class feeling rejuvenated and alive. (Carol C.)

\$12 drop-in available if class not full.

273293	Jan 9-Feb 13	M	7:15-8:15pm
273294	Feb 20-Mar 26	M	7:15-8:15pm

\$43

YOGA

Men's Yoga

This class is designed specifically for men. Hatha yoga helps you find mental and physical balance, increases core and upper body strength and helps alleviate stress. This class was created and is taught by a male instructor. (Ram in C.)

268769	Jan 11	W	7:30-8:30pm
\$2 Intro Session-Must Register			
275570	Jan 18-Feb 15	W	7:30-8:45pm
275545	Feb 22-Mar 21	W	7:30-8:45pm

\$56

Hatha Yoga Beginner

Explore the body-mind connection through an introductory yoga class incorporating various yoga styles for people with little or no experience. This class may not be suitable if you have chronic joint discomfort. (Rio C.)

273490	Jan 14-Feb 18	Sa	11:00am-12:15pm
273491	Feb 25-Mar 31	Sa	11:00am-12:15pm

\$71.06

275573	Jan 11	W	6:00-7:15pm
\$2.24; intro class—must register			
275574	Jan 18-Feb 15	W	6:00-7:15pm
275575	Feb 22-Mar 21	W	6:00-7:15pm

\$52.88



PILATES

Pilates with Patricia

Learn the mat technique principles that safely and effectively strengthen deep abdominals, pelvic floor and back musculature. Intended for healthy individuals-not suitable for those with osteoporosis, spinal-disc problems or head injuries. Please bring your own non-slip mat.

Pilates Introductory Level

275613	Jan 3	Tu	7:30-8:30pm
FREE Sample Class-must register			
275614	Jan 4	W	10:15-11:15am
FREE Sample Class-must register			
275611	Jan 10-Jan 31	Tu	7:30-8:30pm
275612	Jan 11-Feb 1	W	10:15-11:15am

\$54.07

275609	Feb 14-Mar 13	Tu	7:30-8:30pm
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\$67.59

275610	Feb 15-Mar 7	W	10:15-11:15am
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\$54.07

Pilates Level 1

For those who have completed 20 Introductory Level Pilates classes. Please bring your own mat.

275895	Jan 3-31	Tu	6:30-7:30pm
275896	Jan 4-Feb 1	W	9:15-10:15am
275897	Feb 14-Mar 13	Tu	6:30-7:30pm

\$67.59

275898	Feb 15-Mar 7	W	9:15-10:15am
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\$54.07

Pilates Level 2 Advanced

For those with 40 previous classes in Pilates Mat exercise.

275907	Jan 3-Jan 31	Tu	5:30-6:30pm
275908	Feb 14-Mar 13	Tu	5:30-6:30pm

\$67.59

Pilates Introductory Level in Farsi

277154	Jan 4-Feb 1	W	11:30am-12:30pm
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\$70.97

277155	Feb 15-Mar 7	W	11:30am-12:30pm
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\$54.07



ADULT

SPORTS

Netball - All Levels

Netball is a sport for women, similar to basketball but with freestanding hoops and smaller baskets. Very popular in the UK, South Africa, Australia and New Zealand, it's a great opportunity to play a team sport and stay fit. (Casey P.)

272321	Jan 5	Th	7:45-9:15pm
\$2 sample class-must register			
272322	Jan 12-Mar 29	Th	7:45-9:15pm
\$73.25; Drop-ins may be available			



Drop-in Co-ed Soccer 18yrs+

Take advantage of your break to get fit and burn off some work day stress with a bit of exercise and friendly competition. Players organize themselves. Must obtain a hand stamp from the front desk.

Jan 2-Mar 30	M, Tu, Th, F	12:00-1:00pm
Jan 5-Mar 29	Th	4:45-5:45pm

\$2 drop-in (not included in membership)

Men's Floor Hockey 18yrs+

A night of floor hockey with the guys. Please bring your own stick; plastic blades are required. (Naz)

274051	Jan 10-Feb 14	Tu	8:00-10:00pm
274052	Feb 21-Mar 27	Tu	8:00-10:00pm

\$40.99; \$7 drop-in may be available



BADMINTON

This fun get-together is a great way to keep fit and meet new badminton-loving people! Racquets available or bring your own. Be prepared to play with players of all skill levels.

268689	Jan 2-Mar 26	M	7:00-9:00pm
\$60			
268687	Jan 4-Mar 8	W	8:15-10:15pm
\$68			

Drop-in Badminton

Non-competitive, social badminton on 4 courts. Please bring your own racquet. All players welcome.

Jan 2-Mar 26	M	7:00-9:00pm
Jan 4-Mar 28	W	8:15-10:15pm
\$5.45 drop-in		
Jan 4-Mar 28	W	12:00-2:00pm
Jan 6-Mar 30	F	1:15-3:15pm
\$3 drop-in		



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