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| North Shore Neighbourhood House  Summer 2022 Recreation Programs  S:\Communications\NSNH Logo\Current Logo\NSNH logo_pantone.jpg  Register NOW |
| ***MISSION***  *To enhance the lives of our neighbours especially our most vulnerable.*  ***VISION***  *A safe, healthy and strong community, welcoming all ages, abilities and cultures – one where everyone has access to support, everyone is included, and where everyone matters.*  **REGISTRATION**  Register online at www.nvrc.perfectmind.com for recreation programs only. Visit our website www.nsnh.bc.ca for other programs and services.  Unless otherwise noted, full payment of fees must be made at time of registration.  GST will be added to most programs at time of registration.  72 hours’ notice is required to receive a refund for programs. We don’t offer refunds for bus trips. The Seniors Program Coordinator may authorize a refund due to exceptional circumstances.  Programs are not held on statutory holidays or weekends of statutory holidays, unless otherwise indicated. **Register ON LINE at www.nvrc.perfectmind.com for Recreation Programs and Seniors Bus Trips, or, visit John Braithwaite Community Centre at 145 West 1st St.** |

**225 East 2nd St, North Vancouver, BC tele 604-987-8138**

*North Shore Neighbourhood House respectfully honours and acknowledges that we live, work and play on the ancestral, traditional and unceded territories of the St'at'imc, Sḵwxwú7mesh (Squamish), xʷməθkʷəy̓əm (Musqueam) and səl̓ilwətaɁɬ (Tsleil-Waututh) Nations.*

## A picture containing text, screenshot Description automatically generatedadult/school age programs

## SCHOOL AGE

## Music

## Guitar Beg with JR Age: 6 to 12 y – Marcino Room

This is a class that requires no previous experience on guitar. We will learn basic chords, scales and "Rock Riffs", so you can strut your stuff with the drummer in your neighbourhood or simply just do it for yourself because playing guitar rocks, trust me on that one!

**$41.76** Sa Jul 2 - Jul 23

**151801** 9:30 am - 10:30 am

**Singing with JR** **Ages 6 to 12 y**

Sing current songs and "old school" music which is most likely on your very own playlist. We all look at proper breathing and warm-up techniques that will open up you voice and expand your range!

**$41.76** Sa Jul 2 - Jul 23

**152211** 10:30 am - 11:30 am

**Private Piano Lessons Age: 5 to 12 y**

Learn the Fundamentals of playing including reading, basic technique and music appreciation. **Marcino Room Saturdays**

**Jul 2 to 23 $106.00**

**153127** 12:00 - 12:30 pm **153130** 1:30 - 2:00 pm

**153128** 12:30 - 1:00 pm **153131** 2:00 - 2:30 pm

**153129** 1:00 - 1:30 pm **135131** 2:30 - 3:00 pm

**Aug 13 to 27 $79.50**

**153137** 12:00 - 12:30 pm **156126** 1:30 - 2:00 pm

**156124** 12:30 - 1:00 pm **156127** 2:00 - 2:30 pm

**156125** 1:00 - 1:30 pm **156128** 2:30 - 3:00 pm

**Inman Room Tuesdays**

**July 5 to Aug 23 $159.** **No class July 26 & Aug 2**

**158873** 1:00 – 1:30 pm

**158878** 1:30 – 2:00 pm

**158881** 2:00 – 2:30 pm

**158884** 2:30 – 3:00 pm

**158886** 3:00 – 3:30 pm

**158887** 4:00 – 4:30 pm

**158890** 4:30 – 5:00 pm

**158894** 5:00 – 5:30 pm

**158897** 5:30 – 6:00 pm

## ADULT

## Dance

**Belly Dance Workout Level 1 & 2**

An ideal exercise for all. Learn the graceful movements of the Middle Eastern Belly Dancer. Make your body fit and strong. Burn fat, build muscle, beat stress and have lots of fun. Find your inner goddess with the Award Winning Pooneh.

Age: 14 + **$97.92 Marcino Room**

**156122** 6:30 pm - 7:30 pm

M Jul 4 - Aug 29

**\*No Classes on Aug 1st**

## General

**Puppy Start**

This class is for Puppies **under three months old**. Humane, force free training teaches essential social skills such as, feeling confident, and learning impulse control. Puppies will learn how to feel comfortable with body handling, nail trims, skateboards/cyclists and vacuums. We also tackle puppy biting and mouthing and how to cope. Matched playtime with other puppies in included in each class.

Age: 16 + **$80.50 Marcino Room**

**15306** 7:30 pm - 8:15 pm

Tu Jul 5 – Aug 16

## Visual Arts

**Arts Studio with Svetlana**

Love to paint? Join us whether you’re experienced, a dabbler, or just starting out. Students will be encouraged to explore and enjoy the freedom of expression. Provide your own materials and Medium and join us!

Age: 14+ **$137.12**

**156075** 1**:**00 pm – 3:00 pm

Jul 4 – Aug 22

**\*No Classes on Aug 1st**

A person holding a dog

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