

North Shore Neighbourhood House



Westview Elementary

DROP-IN SPORTS AT JBCC 8-13YRS

A chance to play a variety of sports in the gym, supervised by an on-site leader. Please pay your \$1 drop-in fee at the front desk to receive a hand stamp.

Fridays April 4-June 27 3:30-5:30pm \$1 drop-in

SAVE THE DATE!!! COMMUNITY GARAGE SALE!

Get some great deals! For more information, please call 604-290-2384 or queenmarypac@gmail.com **Sat, April 5th 9:00am-12:00pm**

*Tables still available for purchase—Call Maria

HARRY JEROME PRE-TEEN DROP-IN (GRADES 5-7)

Located in the Lonsdale Youth Lounge: Table Tennis, Arts and Crafts, Pool, Video Games!

Thursdays 5:30-8:30pm

CONTACT SAMANTHA MOSCIPAN FOR MORE INFO: 604-868-7065



HOMEWORK CLUB AT THE CITY LIBRARY

CONTACT MARIA TO REGISTER
604-290-2384 OR MMORISSEAU@NSNH.BC.CA

For kids in Gr 4&5

TUESDAYS APR 8-JUN 10

3:30-4:30PM

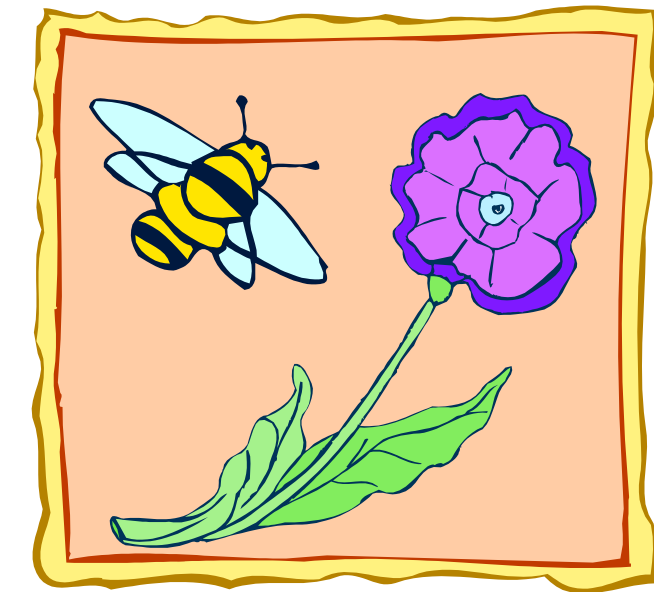
HOMEWORK CLUB AT THE CITY LIBRARY

NO REGISTRATION REQUIRED FOR:

Gr 6 & up

Tuesdays 3:30-5:00

Thursdays 4:00-5:30



SPRING 2014 RECREATION ACTIVITIES

“BUILDING OUR COMMUNITY ONE RELATIONSHIP AT A TIME”
PROGRAMS OFFERED BY THE NORTH SHORE NEIGHBOURHOOD HOUSE
IN PARTNERSHIP WITH THE NORTH VANCOUVER RECREATION COMMISSION.

For more information, please contact:

Maria Morisseau 604-290-2384 mmorisseau@nsnh.bc.ca
Community Project Coordinator - Wesview and Queen Mary Schools
or
Sylvia Martinz 604-982-8313



After School Programs for Grades 1-4

CRAFTS WITH KELLEY GR 1-4

New crafty class! Join artist and crafter extraordinaire, Kelley, for this FUN filled class! Spring inspired arty crafts for all kinds of kids! **No class on Apr 21 and May 19.**

Westview, Classroom 111 (Breakout Rm)

329304 Mondays Apr 14-Jun 16 3:05-4:15pm \$20

OUTDOOR ADVENTURES GR 1-4

Get moving afterschool! Play your favorite games outside in the sun!! Have fun with your friends!

329306 Thursday Apr 10-Jun 12 3:05-4:15pm \$12

After School Programs for Grades 5-7

AFTER HOURS WESTVIEW GR. 5-7

Something very cool for after school! Join us for 4 weeks of fun, activities, gym games, sports, crafts, field trips and more! Two sessions will run 3:05-5:00pm, and two will run til 7:00pm.

Schedule to be ready by the first class. Westview, Classroom 111 (Breakout Room)

329303 Thursday May 8-29 3:05-5:00pm/7:00pm \$10

***NEW REGISTRATION PROCESS!

Registration can only be done by phone 604-982-8300 or in person at JBCC or NSNH (North Shore Neighborhood House) Please have barcode and payment ready. You will be required to answer several questions regarding your child. Maria Morisseau will no longer be taking payment and forms.

CRAFTS FUN-TASTIC 6-12YRS

Discover the wonderful world of art in this drop-in class. Imaginations are encouraged to run wild with creative activities including painting, sponging, drawing, pastels, collage and more!

JBCC, Art Studio

Wednesdays 3:30-5:30pm \$3 per drop-in

Programs for Parents

NEW!!! ZUMBA! This class fuses hypnotic Latin and International rhythms with easy to follow moves to create a dynamic workout system that will blow you away. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. Zumba is a "feel happy" workout that is great for both the body and mind. Queen Mary Gym

329302 Wednesdays Apr 16-Jun 25 7:15-8:15pm \$22.00

Drop-in \$3

YOGA WITH RIO! Learn to let daily stress leave your body in this welcoming environment. Join Rio and focus on relaxation, breathing techniques, flexibility and health. Please bring a blanket or mat to sit on. To register call 604-982-8300. **No class Apr 21/May 19.** Queen Mary Gym

324076 Mondays Apr 7-Jun 30 6:15-7:30pm \$22.00

Drop-in \$3

\$1 FITNESS CLASSES

North Vancouver Recreation Commission

Tuesdays	10:30am	Moderate (Women Only)	\$1	JBCC
Wednesdays	7:30pm	Circuit Training	\$1	Harry Jerome
Fridays	9:15am	Moderate+ (Women Only)	\$1	JBCC
Saturdays	11:30am	Mild (Women Only)	\$1	Memorial Centre

Programs for Families

PARENT LUNCHEONS

Join us for an enjoyable and educational experience at no cost. Must RSVP to Maria Morisseau 604-290-2384.

Queen Mary School Multi-Purpose

Thursday Apr 24 12:00-2:00pm Free

\$2 PUBLIC SWIMMING (123 E 23rd and Lonsdale)

Harry Jerome POOL:

Tuesdays/Thursdays 7:30-9:00pm and Saturdays/Sundays 1:30-3:00pm

To REGISTER for the recreation programs with barcodes, please visit or call:

John Braithwaite Community Centre (JBCC) 145 West 1st Street 604-982-8300 or North Shore Neighbourhood House (NSNH) 225 East 2nd Street 604-987-8138