



**Get Up & Go! at King George**

This unique partnership between the Vancouver School Board and the Vancouver Park Board provides our community with added gym space to keep our community active and healthy. These programs are for all ages. Register at the West End Community Centre or just drop in to the King George gym. All programs will be supervised by a friendly and helpful staff person. All sports are non-instructional.

For more information, contact the West End Community Centre at 604-257-8333 (local 3); please note: no sessions on March 22<sup>nd</sup>.

<b>Saturdays in King George Secondary School March 1 – April 26</b>		
Schedule and fees are subject to change without notice		
9:15am – 10:00am	Children’s All Sport (7-9 yrs) \$20/8 sess or \$2.50 drop in	
10:15am - 11:00am	Children’s All Sport (10-12 yrs) \$20/8 sess or \$2.50 drop in	
11:15am-12:45pm	Cosom Hockey (13+) \$24/8 sess or \$3 drop in	Indoor Soccer (13+) \$24/8 sess or \$3 drop in
1:00pm-2:30pm	Basketball drop in (13+) \$24/8 sess or \$3 drop in	Volleyball (13+) \$24/8 sess or \$3 drop in
2:45pm-4:15pm	55+ Badminton \$24/8 sess or \$3 drop in	Badminton (13+) \$24/8 sess or \$3 drop in

# Get Up & Go!

Putting Life Back In Your Community

## WINDERMERE SATURDAY PROGRAMS



Windermere Secondary School,  
3155 East 27th Ave., Vancouver, BC, V5R 1P3

**MARCH** (No session March 8 & 22)

*VS*

GYM A	GYM B	GYM C
<b>BADMINTON COURT RENTAL</b> 9:00 am - 10:00 am \$10/hr	<b>PARENT AND TOT TENNIS (3-5 YRS)</b> 9:00 am - 9:40 am Mar 15-Apr 26 \$39/6 sessions	<b>SOCCER ACADEMY (5-7 YRS)</b> 9:00 am - 9:45 am \$40/13 sessions
<b>BADMINTON COURT RENTAL</b> 10:00 am - 11:00 am \$10/hr	<b>MINI ACES TENNIS (5-9 YRS)</b> 9:45 am - 10:25 am Mar 15-Apr 26 \$33/6 sessions	<b>SOCCER ACADEMY (8-12 YRS)</b> 9:45 am - 10:30 am \$40/13 sessions
<b>BADMINTON COURT RENTAL</b> 10:00 am - 11:00 am \$10/hr	<b>JUNIOR SMASHERS TENNIS (10-13 YRS)</b> 10:30 am - 11:10 am Mar 15-Apr 26 \$33/6 sessions	<b>YOUTH VOLLEYBALL DROP-IN (13-16 YRS)</b> 10:30 am - 12:30 pm FREE
<b>BADMINTON COURT RENTAL</b> 12:00 pm - 1:00 pm \$10/hr	<b>ADULT BEGINNER TENNIS (1.0-1.5)</b> 11:15 am - 11:55 am Mar 15-Apr 26 \$61/6 sessions	<b>YOUTH BASKETBALL DROP-IN (13-16 YRS)</b> 12:30 pm - 2:15 pm FREE
<b>BADMINTON COURT RENTAL</b> 1:00 pm - 2:00 pm \$10/hr	<b>FOAMBALL TENNIS DROP-IN (55+ YRS)</b> 12:30 pm - 2:15 pm FREE	<b>SITTING VOLLEYBALL (16+ YRS)</b> Mar 15-Apr 26 2:15 pm - 4:00 pm \$20/6 sessions \$5/drop-in <b>Free trial session on Mar 1<sup>st</sup></b>
<b>BASKETBALL DROP-IN (16+ YRS)</b> 2:15 pm - 4:00 pm \$2/drop-in	<b>BASKETBALL (6-9 YRS)</b> 2:30 pm - 4:00 pm \$40/13 sessions	<i>*registration must be done through Renfrew Park Community Centre (604)257-8388</i>
	<i>*drop-ins can only be done in cash</i>	<b>TABLE TENNIS DROP-IN (ALL AGES)</b> 9:30 am - 2:00 pm \$2/adult \$1/child/youth/senior

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## WINDERMERE SATURDAY PROGRAMS



Windermere Secondary School,  
3155 East 27th Ave., Vancouver, BC, V5R 1P3

**APRIL**

*JSB*

GYM A	GYM B	GYM C
<b>BADMINTON COURT RENTAL</b> 9:00 am - 10:00 am \$10/hr	<b>PARENT AND TOT TENNIS (3-5 YRS)</b> 9:00 am - 9:40 am Mar 15-Apr 26 \$39/6 sessions	<b>SOCCER ACADEMY (5-7 YRS)</b> 9:00 am - 9:45 am \$40/13 sessions
<b>BADMINTON COURT RENTAL</b> 10:00 am - 11:00 am \$10/hr	<b>MINI ACES TENNIS LESSONS (5-9 YRS)</b> 9:45 am - 10:25 am Mar 15-Apr 26 \$33/6 sessions	<b>SOCCER ACADEMY (8-12 YRS)</b> 9:45 am - 10:30 am \$40/13 sessions
<b>BADMINTON COURT RENTAL</b> 10:00 am - 11:00 am \$10/hr	<b>JUNIOR SMASHERS TENNIS LESSONS (10-13 YRS)</b> 10:30 am - 11:10 am Mar 15-Apr 26 \$33/6 sessions	<b>VOLLEYBALL LEVEL 2 CLINIC (16+ YRS)</b> Apr 5 – Apr 26 10:45 am - 12:30 pm \$40/4 sessions \$12/drop-in
<b>BADMINTON COURT RENTAL</b> 12:00 pm - 1:00 pm \$10/hr	<b>ADULT BEGINNER TENNIS (1.0-1.5)</b> 11:15 am – 11:55 am Mar 15-Apr 26 \$61/6 sessions	<b>VOLLEYBALL LEVEL 3 CLINIC (16+ YRS)</b> Apr 5 – Apr 26 12:30 pm - 2:15 pm \$40/4 sessions \$12/drop-in
<b>BADMINTON COURT RENTAL</b> 1:00 pm - 2:00 pm \$10/hr	<b>FOAMBALL TENNIS DROP-IN (55+ YRS)</b> 12:30 pm - 2:15 pm FREE	<b>SITTING VOLLEYBALL (16+ YRS)</b> Mar 15-Apr 26 2:15 pm - 4:00 pm \$20/6 sessions \$5/drop-in
<b>BASKETBALL DROP-IN (16+ YRS)</b> 2:15 pm - 4:00 pm \$2/drop-in	<b>BASKETBALL (6-9 YRS)</b> 2:30 pm - 4:00 pm \$40/13 sessions	<i>*registration must be done through Renfrew Park Community Centre (604)257-8388</i>
	<i>*drop-ins can only be done in cash</i>	<b>TABLE TENNIS DROP-IN (ALL AGES)</b> 9:30 am - 2:00 pm \$2/adult \$1/child/youth/senior