Together, we’re changing lives.
Recreation and arts are vital to North Vancouver becoming the most vibrant, diverse, active, creative and connected community.

Our mission is to help individuals, families and communities lead healthy, inspired and connected lives through recreation and culture.

We do this by ensuring our programs and services are focused on improving health and wellness, inspiring creativity, connecting our community and creating inclusion.

This is our story ... told through the voices of our participants, staff and volunteers.

It is the story of how together we help community members discover new interests, pursue their passions and realize their personal health and creativity goals.

Read on to see how Together, we're changing lives.
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Building a healthier life

When Stuart Cameron retired at the age of 60 he was 300 pounds. When he ran out of breath walking a block to the bus, Stuart knew he needed to take action.

Stuart committed to doing something active every day and eating better, so he joined a weight loss group, started playing pickle ball and then added swimming and working out in the fitness centre.

Sixteen months and almost 150 pounds lighter, he’s training for a triathlon and feeling better than ever.

“Delbrook Community Recreation Centre got me moving and I’ll keep going. I feel so much better, stronger,” Stuart said. “It’s more than just being fit. It’s about wellness. I feel content.”

Stuart’s advice for others is to find something you love and do it. “The key is to move,” he said. “Just get started.”

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Read the full story and watch the video: nvrc.ca/stuart
Artas Story

Encouraged to learn & lead

When Arta was younger, she was scared of the water and ice but with the help of NVRC instructors, she overcame her fears and learned to swim and skate.

Now at 12 years old she loves sports, “adores” swimming and can’t wait to train to become a lifeguard.

Drawing inspiration from her mother and NVRC staff, she understands it takes a positive mindset, hard work and perseverance to achieve her goals.

An excellent student, Arta also values community and giving back. Last summer she raised money for Lions Gate Hospital’s capital campaign.

Arta is an inspiration to all those around her, including NVRC staff who are proud to be part of her journey.

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Read the full story and watch the video: nvrc.ca/arta

COMMUNITY STORIES 2019
North Vancouver is one of the healthiest communities in Canada.

And yet, many residents struggle with health issues, social isolation and financial disparity.

At NVRC, we challenge ourselves to deliver affordable, quality recreation and culture programs to address these issues and improve our community's health and well-being.

We don’t do it alone. We work with our residents, partners and networks to provide inclusive spaces, programs, services and events that welcome everyone and result in positive social and health outcomes.
Insights into a healthy community

As Vancouver Coastal Health's Medical Health Officer for the North Shore, Dr. Mark Lysyshyn believes that many residents are spending too much time tuned into screens and not enough time connecting with each other and the nature that surrounds us.

"Everyone would benefit by getting out there and being active with people they enjoy and connect with."

He knows that this supports good mental and physical health and contributes to healthier communities.

There are many options for being active on the North Shore, including trails for hiking and biking, urban pathways for walking and talking.

Dr. Lysyshyn believes North Vancouver Recreation & Culture also plays a big role in facilitating stronger community connections and improved population health by offering programs and services that are accessible to everyone.

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Read the full story and watch the video: nvrc.ca/mark
Gail’s Story

A passion for mind & body health

Meet Gail Roxburgh, a local leader and educator on brain health who is making a difference on the North Shore. At 77 years young, she is a busy fitness instructor with both North Vancouver Recreation & Culture and North Shore Neighbourhood House and a tireless advocate for active aging and brain fitness.

When her close friend developed dementia, Gail learned everything she could about Alzheimer’s and dementia and the role exercise and activities play in helping to preserve and sharpen mental function.

Her journey led to her becoming a certified Cognitive Fitness Facilitator and to develop and lead special classes for brain health and exercise at a number of community centres across the North Shore including Mind & Body Fitness for North Shore Neighbourhood House at John Braithwaite Community Centre.

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Our Partners

The NVRC is proud to work with North Shore Neighbourhood House (NSNH) and Parkgate Community Services Society and others to create a healthy, caring and connected community.

Together, we are stronger and better able to provide a wide range of social, recreation and culture programs and services at John Braithwaite Community Centre (NSNH) and Parkgate Community Centre (PCSS).

Serving the North Shore community since 1939, North Shore Neighbourhood House (NSNH) is celebrating its 80th anniversary in 2019.

NSNH believes that working together to meet the grassroots needs of our neighbours, especially our most vulnerable residents, is essential to building a safe, healthy and strong community.

The House values and promotes cooperation, respect and empowerment through the provision of programs and services designed to meet the needs of individuals and the community as a whole. Visit nsnh.bc.ca for more information.
Ali's Story

Growing up at Parkgate

With more than 15 years’ experience as a participant and volunteer at Parkgate, 21 year-old Ali Vickers has unique insight into the important role a community centre plays in a young person’s life. Ali was three years old when she first started in the daycare at Parkgate. From there she transitioned through childcare programs, enjoyed summer day camps and learned new skills through a variety of Parkgate programs and services.

“I remember what it meant to have older kids to play with and take an interest in you,” Ali said. “Now I can be that volunteer. I feel like I’ve come full circle.”

The skills she’s acquired and volunteer experience she’s gained during her time at Parkgate has helped Ali overcome shyness and provided new experiences and opportunities.

Today, this dedicated and dynamic university student remains an active Parkgate volunteer and fitness enthusiast who credits her confidence and future career as a speech pathologist to her time spent “growing-up” at Parkgate Community Centre.

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Read the full story: nvrc.ca/ali-v

COMMUNITY STORIES 2019
Building Physical Literacy

PL4U’s story

In 2015, NVRC’s Samantha Morrison (pictured 3rd from left) and her colleague Jo-Anne Burleigh (4th from right) from Vancouver Coastal Health were shocked to learn that only 17% of high school students are getting the recommended daily physical activity to achieve health benefits.

Inspired to improve the health of youth in our community, Samantha & Jo-Anne, together with other community leaders and a grant from the RBC Learn to Play Project, established Physical Literacy for You (PL4U) in 2017. Workshops were offered, conferences organized and other tools and resources made available to support teachers, recreation instructors, coaches, parents and caregivers.

PL4U’s goal is to build awareness for physical literacy, why it’s important and how teaching physical literacy supports improved community health.

Together, we’re changing lives. Read the full story: nvrc.ca/PL4U-story
Creating a dementia friendly community

"Why are we here, if we don't try to make a difference?"

This is the call to action from Helen Murphy, one of our community’s finest champions for making the North Shore an inclusive and dementia-friendly place. Municipalities on the North Shore also recognize the importance of this goal and have begun implementing a Dementia-Friendly North Shore Action Plan.

Through awareness programs and education and training of front-line municipal staff including North Vancouver Recreation & Culture staff, the goal is to keep community members with memory issues engaged, connected and active for as long as possible.

Helen works, teaches and volunteers tirelessly to make our communities more dementia-friendly. Helen has also started the “Dementia Friendly Neighbour” project and plans to start an Alzheimer’s Café on the North Shore.

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Read the full story: nvrc.ca/helen
Jordy's story

Born to swim & save lives

Jordy McIntosh's future as a NVRC lifeguard and swim instructor began when he was six months old and took his first swim lesson in Ron Andrews pool. Approximately 16,000 swim sessions later, Jordy is inspiring other kids to learn to swim and stay safe in and out of the pool.

"Swimming has given me skills that I can apply in the rest of my life," Jordy said. "I've learned teamwork, leadership, communications, concentration and the ability to multi-task." Jordyn also emphasizes the more serious benefits of swimming lessons, not just to change lives but to save them. He helped save a person's life early in his teens when he provided CPR to a woman who was not breathing and kept her alive until the paramedics arrived. Jordy was grateful he had the skills and training to make a difference when needed. "It's very empowering to know how to save lives," he said.

Jordy currently teaches swimming and works as a lifeguard at Ron Andrews Pool while pursuing his dream to become a music teacher and professional drummer.

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Read the full story: nvrc.ca/jordy

COMMUNITY STORIES 2019
Karen Harmon’s passion for fitness helped her overcome her own struggles and now she works to bring the transformative power of fitness to residents who need it most.

Karen is very proud of her work with NVRC teaching the Active Living Fitness Program for community members who are marginalized and not comfortable in a regular fitness class.

Karen does outreach in the community to connect with residents and invite them to participate. When they come to the class, Karen “meets them where they’re at” and provides gentle support and instruction.

“I have witnessed healing, gratitude, increased self-esteem and confidence. Everyone who attends has seen changes in their mental, emotional, social and physical well-being,” says Karen.

“My hope is that every community centre in Canada could have some fitness classes like the ones NVRC has. I think it would change the world.”

Together, we’re changing lives.
Read the full story and watch the video: nvrc.ca/karen
Carolyne’s Story

From a young age, Carolyne understood the power of role models who inspire and encourage. She remembers looking up to her instructors and the volunteers in her skating, swimming and ballet classes at North Vancouver Recreation & Culture (NVRC).

Today, she gives back to her community through her own volunteer work at NVRC providing one-on-one skating support to an eight-year-old boy on the autism spectrum.

She helps him focus in class so he can pay attention to instruction while having fun. It’s been a challenging role for Carolyne as she’s developed the skills to work with children with special needs. “He’s always excited and motivates me to bring the same energy.”

She has now become a positive role model like the ones she once looked up to. Carolyne encourages everyone to volunteer in their community, saying, “Even the smallest contributions make the biggest differences.”

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Read the full story and watch the video: nvrc.ca/carolyne

COMMUNITY STORIES 2019
Our Programs

NVRC offers a wide variety of indoor and outdoor recreation, arts and culture opportunities for all ages. These are provided at our community recreation centres, Centennial Theatre, North Vancouver Tennis Centre and various indoor and outdoor community spaces. From registered programs to drop-in classes and special events, we provide opportunities to participate in:

**Arts & Culture**
We offer hundreds of exciting visual and performing arts programs designed to help you discover the artist and performer within.

**Camps**
NVRC camps are a fun, safe and meaningful way to spend the summer, school breaks and professional days.

**Fitness**
From boot camp to Zumba to weight training and pre- and post-natal fitness, our registered fitness programs, drop-in classes and fitness centres help residents achieve their fitness goals.

**General**
NVRC offers great programs where community members can learn a new language, take a specialty cooking class, play bridge and develop their leadership skills.

**Health Management**
Health management programs can help people get back in motion when dealing with a chronic condition or recovering from an injury, surgery or stroke.

**Outdoor Recreation**
Our community loves the outdoors and NVRC offers outdoor play opportunities for kids and youth, hiking and walking programs and outdoor fitness classes so residents can stay active outside.

**Sports**
From badminton and tennis, to pickle ball, basketball and floor hockey, there are many learn-to and recreational sport programs at our facilities.

**Swimming & Skating**
NVRC supports many residents to learn to swim and skate. Our rinks and pools provide a wide range of aquatic and skating opportunities for families and individuals of all ages.
Andrea’s Story

For the love of art

Andrea Bruhns is passionate about the power of the arts to nurture self awareness and personal healing.

Whether it is drawing, painting, photography, pottery, quilting or woodworking, Andrea believes all art forms provide a “playground for creativity”.

One of the talented art instructors at Parkgate Community Centre, Andrea teaches art exploration and mixed media to all age groups.

Andrea loves helping her students “let go” of their fear of judgement and discover their own voice and creative freedom.

Together, we’re changing lives.
Read the full story and watch the video: nvrc.ca/andrea
From tragedy to triumph

In 2015 Peter suffered a stroke and had little hope of ever walking again. Through perseverance, the loving devotion of his wife Hege and NVRC’s life-changing Aquatic Stroke Rehab Program, Peter has gradually regained his mobility.

The couple is able to enjoy life outside the house once again. "I can’t praise the Stroke Rehab staff and volunteer team enough."

Hege is convinced that Peter will walk by himself again someday, saying, "If it’s impossible, it just takes a little bit longer."

Together, we’re changing lives.
Read the full story and watch the video: nvrc.ca/peter-hege
Raising resilient kids

When Alix Dunham became aware of the growing rates of anxiety and depression among youth in our community, she knew something needed to be done.

Motivated by other parents and concerns for her own children, Alix developed Girls with Grit, a program that uses yoga, meditation (which Alix calls Brain Train), crafts and conversation to teach girls soul resilience and provide the tools they need to slow down their brains and deal with challenging life experiences.

“Our goal is to prevent mental health issues before they take hold,” Alix explained.

Alix appreciates the support she’s received from NVRC and said, “We approached NVRC about doing the program and they said yes right away and jumped in. Since it began in 2016, Girls with Grit has helped almost 1,000 girls grow and build resilience through programs offered at NVRC, in schools and privately in the community.

Together, we’re changing lives.
Read the full story and watch the video: nvrc.ca/alix
Diane and Janice are two mothers behind Inclusion Works, a group of families with adult children with disabilities.

Together with community partners like NVRC, Inclusion Works supports their adult children by providing them with diverse programs and experiences such as life skills training, fitness, recreational and arts pursuits, volunteering and work experience.

"NVRC staff have been fantastic, accommodating and welcoming to our kids," Diane and Janice say. "They are also very supportive to us parents." The results over the past 5 years have been incredible, as these young adults grow their skills and flourish with self-confidence and social connections.

Together we're changing lives.
Read the full story: nvrc.ca/diane-janice
Our Events

We bring the community together through the many special events we present, host and facilitate throughout the year. Our Community Events Team facilitates, supports and produces over 130 community events every year.

**Live & Local Concerts & Culture Series**
Live & Local includes the popular concert series (formerly the Friday Night Summer Concerts Series) and free cultural experiences at five locations for families, residents and visitors all summer long.

**North Van STRONG**
North Van STRONG is an annual event for kids and youth in grades 3-10 that feature a two kilometer course with fun and challenging obstacles. The event supports young people getting active and having memorable experiences that will lead to a lifetime of active living.

**Centennial Theatre events and performances**
For over 50 years, Centennial Theatre has been facilitating and presenting cultural and performing arts experiences that contribute to the cultural fabric of North Vancouver. As the largest performing arts venue on the North Shore, Centennial Theatre strives to empower the community to be creative, connected and entertained.

The theatre has also been the place where generations of residents have discovered their performer within, having taken their first steps on stage at Centennial Theatre.
Our Facilities

On behalf of the City & District of North Vancouver, we operate 10 community recreation centres, the North Vancouver Tennis Centre and Centennial Theatre.

We manage places where everyone is welcome to gather, learn, play, create and connect.

We also support recreation and culture outdoors through walking and hiking programs, outdoor fitness classes, children's camps and play activities in parks, community events and public art installations.
Building a vibrant cultural community

Ali loves his community and its cultural diversity. Originally from Iran, he has established a successful business here and says of the North Shore, “Here, I’ve experienced the best quality of life for me and my family.”

Ali has helped to bring Persian culture to life on the North Shore. Through promoting musical acts and other cultural events at Centennial Theatre, Ali has enriched the whole community.

He believes the Centennial Theatre, operated by NVRC, has brought his community closer.

He has come to know the theatre’s staff well, praising everyone who works there and says, “We are a team!”

Ali can’t imagine his community without Centennial Theatre. He knows how much it means for people to be able to enjoy live music and cultural events at a reasonable cost.

He says, “Centennial will always be my home.”

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Read the full story: nvrc.ca/ali
Aaron's Story

Pursuing a dream

Aaron has a dream: To play professional lacrosse in the National Lacrosse League.

It's a dream inspired by a long family legacy. From his maternal great grandfather to his father and cousins, lacrosse is a huge part of Aaron's heritage.

Aaron has dedicated himself to being the best player he can be, by training hard and taking his fitness seriously. He works out five times a week at the John Braithwaite Community Centre, something he finds really enjoyable because of the friendly environment and people: "It feels like home."

Fitness has greatly helped Aaron with his confidence and ambitions, and he encourages others to follow his lead. Aaron also coaches young players, continuing the lacrosse legacy for the next generation.

"I think young people should get into fitness, get active, see the progress and keep going."

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Read the full story and watch the video: nvrc.ca/aaron
Our Participation

2,172,000
Visitors to our facilities

53,202
Hours of operation at facilities

2,587
Individuals assisted through our financial assistance program

8,734
Volunteer hours from 189 volunteers

13,600+
Recreation and culture programs offered

576,558
Recreation and culture program participants

21,667
Active members (fitness, access, pool & play, personal training)

751,371
Scans from members

11,000+
Audience/participants in the Live & Local Concerts & Culture Series

100,000+
Audience members at Centennial Theatre

13
New public art installations

35
Arts and culture grants awarded

3,000+
Room, pool, arena, gym, park and field bookings and rentals

850+
Park and school field bookings

All statistics are from 2018
Our NVRC team remains committed to our vision to help individuals, families and communities lead healthy, inspired and connected lives.

We will continue to conduct research with residents, keep informed of industry trends and work collaboratively with others to ensure we proactively and intentionally respond to our community’s indoor and outdoor recreation and culture needs.

Our staff work closely with the City and District of North Vancouver and community service organizations on initiatives related to building healthy communities. The near future includes new facilities in planning or development (Lions Gate Community Centre, Harry Jerome Community Recreation Centre and Lynn Creek Community Centre), more outdoor recreation services and a continued emphasis on reaching youth and those who are under-served and face barriers to participation.

North Vancouver Recreation & Culture will continue to be an innovative leader in municipal recreation and culture as we serve our community now and in the future.
We welcome you to get active and creative with us and to connect with the community. Here's how to get started:

1. **Come see us at our Community Recreation Centres, Tennis Centre or Theatre**
   Did you know? We operate ten community recreation centres, one indoor tennis centre and Centennial Theatre. Our staff will welcome you and fill you in on all the happenings at our facilities.

2. **Drop-in for a swim, skate, fitness class or sport session**
   See all our drop-in schedules at nvrca.ca/schedules.

3. **Speak to our staff on the phone at 604.987.7529**
   Our call centre staff know almost everything! They can help answer all your questions and give you suggestions for programs and activities you may want to try.

4. **Register for one of our thousands of programs**
   Art, painting, music lessons, dance, martial arts, sports, swimming, skating, fitness, yoga, parent participation, early years, school age, adult and seniors programs – there’s lots to choose from! View our leisure guide and see what sparks your interest nvrca.ca/leisure-guide.

5. **Attend one of our community events**
   Don’t miss our Live & Local Concerts & Culture Series in five neighbourhoods every summer (over 30 free events!) and check our website for other NVRC and community events. nvrca.ca/events

6. **Apply to Volunteer with NVRC**
   We're always looking for more community members to join our volunteer team. Apply today at nvrca.ca/volunteer.

7. **Explore our website**
   There's so much to discover. From our public art collection (over 150 artworks in North Vancouver) and what's on at Centennial Theatre to volunteering with NVRC and all our programs, services and facilities – you can start browsing now at nvrca.ca.

8. **Sign up for our email newsletters and stay informed about programs, events and activities**
   Get the inside scoop on what’s going on with our RecNews, ArtsNews, TennisNews and our weekly Community Events News. Sign up at nvrca.ca/newsletters.

9. **Follow us on social media**
   Join our over 8,000 followers on Facebook plus our Twitter, Instagram and YouTube channels for cool pics, video sand stories about what’s going on here at NVRC.

10. **Read our Active Living Blog**
    Our blog features weekly articles on health, wellness, arts and culture, as well as profiles on our staff and community members. nvrca.ca/blog

11. **Send us your ideas and feedback**
    We want to hear from you! Call, visit or contact us online with your ideas, program suggestions and feedback. 604.987.PLAY(7529) nvrca.ca
Everyone has a story and we’ve been speaking with our participants, staff and volunteers to capture their stories of how together, we’re changing lives.

Visit our website at nvrc.ca/stories to read all the stories and watch the videos.