

Hastings Community Centre and Templeton Park Pool

SPRING 2023 RECREATION GUIDE

**SUMMER CAMPS
PREVIEW**
PAGE 11 to 15

Registration begins...

- March 11 at 9 AM for Excleration Spring programs
- March 14 at 7 PM for VPB Swim Lessons
- March 18 at 9 AM for Hastings Spring programs
- May 13 at 9 AM for Hastings Summer camps



*Jointly operated by the
Vancouver Board of Parks
& Recreation and the
Hastings Community
Association*

HASTINGS CENTRE
ROCKHOUDS CLUB
PRESENTS

ROCK INTO SPRING!

62ND ANNUAL ROCK, GEM & JEWELRY SHOW

MARCH 18-19, 2023
SATURDAY & SUNDAY | 10AM-5PM

KNOWLEDGEABLE VENDORS ACTIVITIES FOR CHILDREN
REFRESHMENTS DEMONSTRATIONS & DISPLAYS
PRIZES FUN FOR ALL AGES

ADMISSION BY DONATION

HASTINGS COMMUNITY CENTRE | 3096 EAST HASTINGS STREET | VANCOUVER, BC

HASTINGS YOUTH COUNCIL PRESENTS

AN EGG-STRASPECIAL EASTER

• 2 SESSIONS! •

10:30am - 11:30am #438758

11:45am - 12:45pm #438759

REGISTRATION ONLY, NO DROP-INS

SAT APRIL 1

FOR AGES 2-6 YRS

\$8 PER CHILD

HASTINGS COMMUNITY ASSOCIATION

HASTINGS COMMUNITY ASSOCIATION AGM

Annual General Meeting
Wednesday, April 19 at 7pm
via Zoom

Join the members of your community at the AGM for the Hastings Community Association

RSVP by April 14 to
hastingscommunityassociation@gmail.com

- Meet other community members
- Review 2022 HCA Financial Statements
- Ask the Board any questions
- Elect in 2023 HCA directors*

**Members standing for election for office must have been members of the HCA for at least 30 days prior to the meeting.*

ONE EARTH

Anuradha Rao

People of Color
Protecting
Our Planet

Earth Day Book Relaunch, Garden Party and Community Gathering!

Join us for a gathering of stories, learning from the plants, music, and art to celebrate Earth Day and our connections with nature!

Unceded Territories of the x̱m̱əθḵ'əy̱əm, Sḵw̱x̱w̱ú7mesh and sə̱llwətaʔ

Burrard View Park Fieldhouse
650 N. Penticton Street
Saturday, April 22, 2023
10am-12pm

Templeton Indigenous Welcome Garden, 700 Templeton Drive
Saturday, April 22, 2023
1pm to 5pm

- Origami Seed Envelope Making with Yoko Tomita
- Learn about local seed saving and take some home in your original envelope

- Storytelling by Anuradha Rao from One Earth: People of Color Protecting Our Planet
- Planting some native plants in the garden
- Music from Zimbabwe and beyond by Zhambai Trio
- Gift of Seeds
- Kids art-making activities, rock painting, and garden sign making

This event is organized by inHarmony inNature, Indigenous Welcome Garden, and Vancouver Urban Food Forest, with the Hastings Community Association, Hastings Community Centre, and Templeton Park and Pool. This partnership of organizations held a successful event at Templeton Park on September 30th for Orange Shirt Day, with more than 500 people in attendance. This Earth Day event builds on the success of that gathering and will bring together the arts and sciences for a celebration of diversity and our collective efforts to protect our planet.

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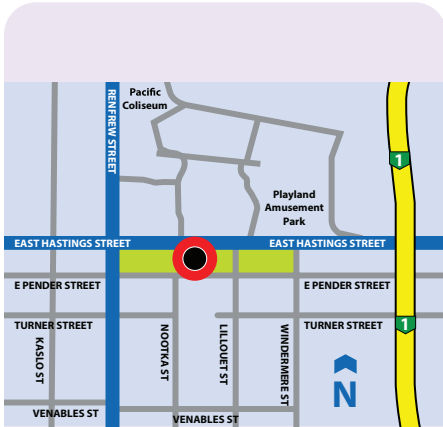
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Hastings Community Centre

3096 E. Hastings Street
 Vancouver, BC V5K 2A3
 P: 604.718.6222 F: 604.718.6226



Templeton Park Pool

700 Templeton Drive
 Vancouver, BC V5L 4N6
 604.718.6252

Hours of Operation

Hastings Community Centre

Monday to Friday	9:00 AM - 9:45 PM
Saturday	9:00 AM - 4:45 PM
Sunday	10:00 AM - 2:00 PM

**Note: Front Office closes 15 minutes prior to the facility schedule.*

Holiday Hours

Good Friday	Apr 7	Closed
Easter Sunday	Apr 9	10:00 AM - 2:00 PM
Easter Monday	Apr 10	Closed
Victoria Day	May 22	Closed

Templeton Park Pool & Fitness Centre

Monday to Thursday	6:30 AM - 9:30 PM
Friday	6:30 AM - 8:00 PM
Saturday	9:00 AM - 7:30 PM
Sunday	2:00 PM - 7:30 PM

**Note: Front Office closes 15 minutes prior to the facility schedule; no access to facility.*

Annual Maintenance Refit: Pool closed Feb 20-Mar 20

Holiday Hours

Good Friday	Apr 7	Closed
Easter Sunday	Apr 9	6:30 AM-2:00 PM
Victoria Day	May 22	6:30 AM-2:00 PM

Community Association Memberships

By registering for a program or event at Hastings Community Centre, you automatically receive a FREE membership to the Hastings Community Association.

Hastings Community Association

Incorporated as a non-profit society in 1935, the Hastings Community Association (HCA) works in partnership with the Vancouver Park Board to provide recreation, social, educational and cultural opportunities in the Hastings-Sunrise area. The HCA provides subsidies for low income users and financial support to community programs. Through its activities and committees, the Association ensures that the community is represented at the Centre, Templeton Park Pool and in local planning and development issues such as the redevelopment of Hastings Park. The HCA has about 100 volunteers, and members of the public are encouraged to become involved.

Hastings Association Board

President	<i>Jukka Vuorma</i>
1st VP	<i>Jason McGarry</i>
Treasurer	<i>Curtis Rowe</i>
Secretary	<i>Linda Foy</i>

Directors

Sherry Breshears, Linda Dallow, Marta Filipski, Cate Jones, Sarah Morreau, Ryan Moyer, Andrea Papineau, Adam Russell

Donations

The Hastings Community Association is a registered charity #107470411 RR0001. Your donation of cash or required supplies or equipment to one of our programs or services will be gratefully accepted and an official receipt for income tax purposes will be given.

Parking Lot

The Centre operates several parking lots for activities at Hastings Park. Your parking dollars subsidize programs & activities offered by the Association.

Room Rentals

Rooms are available for social occasions, meetings, and indoor sports. Please see page 6 for more information.



The **HCA** is run by an elected volunteer board. They are your neighbours.

HCA Membership Info

Please note that by signing up for a program or event at the Hastings Community Centre, you automatically receive a FREE membership to the Hastings Community Association (HCA), a non-profit society and registered charity that jointly operates the Hastings Community Centre in cooperation with the Vancouver Park Board. HCA relies on memberships to obtain social service grants that subsidize children, youth and seniors programs at the community centre. Memberships last until the end of the year and entitle you to voting rights at HCA's Annual General Meeting. We encourage you to support the community by becoming a member. However, when registering online, if you do not wish to become a member of HCA, you may opt-out by checking the box.

Your HCA membership gives you a chance to vote at our annual general meeting (AGM). Come in or call 604.718.6222 to register for your membership.

President's message

Welcome to the Hastings Community Centre 2023 Spring Recreation Guide. In recognition of Vancouver's Hastings-Sunrise neighbourhood I would like to congratulate the VSB and the Musqueam Nation on the renaming of Matthew Begbie Elementary School which is now called wəkw'aḥəs tə syaq'əm Elementary meaning "the sun rising over the horizon".

The Hastings Board met with Park Board Commissioner, Scott Jensen, and will work with him this coming year to address equity, access and the ongoing advocacy for Hastings Community Centre facility renewal.

This season's program and event highlights include:

- Easter event presented by the Hastings Youth Council
- Pickleball Tournaments
- Self Defense for Women by Wenlido WEST
- Adult Outdoor Tennis Lessons
- Community Yoga
- Dietician-led health workshops
- Community Garden Work Parties and Food & Garden Workshops (Sack Gardening, Flower Arranging, Natural Skin Care and Syntropic Farming)

In addition, we look forward to another year with enhanced Templeton Pool Indigenous Welcome Garden programs, led by Lori Snyder and Laura Cisneros. The garden stewardship program will include public workshops such as a special event commemorating Earth Day.

Finally, the Hastings Community Association Annual General Meeting will take place on Wed April 19th at 7:00pm. We are always looking for new Board/Committee volunteers who represent the broad diversity of participants in the Hastings-Sunrise community. If you have further questions or are interested in volunteering for the Board contact us: hastingscommunityassociation@gmail.com or alternatively call 604-718-6232.

With Respect,
Jukka Vuorma
President, Hastings Community Association

Additional info & Board Member Profiles available on www.Hastingscc.ca, then click on "About HCC"

Hastings Community Association Programs

at Hastings Community Centre & Templeton Park Pool

Register Online

Spring Programs Saturday, March 18 at 9:00 AM

Summer Day Camps Saturday, May 13 at 9:00 AM

Program Search:

- Visit vancouver.ca/hastingsrec
- Click on "Register for Activities"
- Search using our course names, course codes or available filters

Program Registration:

- Click "Sign In" or "Create an Account" to set up your profile and password before registration opens for Winter programs
- Select "Forgot Your Password" if a previous account you used is not working. Call 3-1-1 if your account needs to be reset.

Register In-Person

Spring Programs Saturday, March 18 at 9:00 AM

Summer Day Camps Saturday, May 13 at 9:00 AM

On-going registration begins at 9:15 AM with Visa, MasterCard, American Express, cash, cheque or Debit during office hours (see page 3).

Register By Phone

Spring Programs Saturday, March 18 at 10:00 AM

Summer Day Camps Saturday, May 13 at 10:00 AM

Ongoing phone-in registration is 30 minutes after regular opening hours.



Swim Lesson Registration

Spring Lesson Registration Tuesday, March 14 at 7:00 PM

Ongoing in-person and online. See page 38 for instructions.

Community Association Memberships

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Payment

All programs, rentals and drop-in fees include taxes and must be paid at time of registration. Cash, Debit, Visa, MasterCard, AMEX, and cheques are accepted at both Hastings Community Centre & Templeton Park Pool. Please make cheques payable to the "City of Vancouver". There is a \$20 service fee on any returned cheques or declined credit card payments.

Registering Late

Programs will be pro-rated on a class by class basis. Some classes will not accept registration after the 2nd class.

Cancellation

We reserve the right to cancel a program due to low enrollment and will attempt to notify you at least 48 hours prior to the start date.

Subsidy

For a member currently enrolled in the Leisure Access Program, you can apply for a reduction in fees of up to 50% off one program, per season, per person. Subsidies are not available for any HCA activity drop-ins, birthday party packages, private lessons or personal training. The Hastings Community Centre Association may be able to subsidize the costs of some programs, should you not qualify for the Leisure Access Program. Please contact the Recreation Programmer for more information. For summer day camp subsidies contact the Community Youth Worker or Day Camp Manager.

Refund Policy

Requests made more than 48 hours prior to start date will receive a full refund.

Requests made with less than 48 hours up to the first session will be charged a \$10 administration fee plus the cost of the first session. Requests made after the first session will receive a pro-rated refund based on the number of sessions passed and charged a \$10 admin fee.

Day Camps (including Specialized Camps - dance, education, etc)

Each refund request per camp week will be charged a \$10 administrative fee, regardless of when notice is given. No refunds will be issued with less than 10 working days notice.

Licensed Preschool and Out of School Care

Withdrawals require a 30 day written notice.

Private Lessons

No refund after second class.

Workshops/One-Day Classes/Room Rentals

Refund requests with 10 days notice will receive a full refund.

A \$10 administrative fee will be charged for requests with less than 10 days notice.

Personal Information Protection

Any personal information the Hastings Community Association asks you to provide is collected under the authority of the Freedom of Information and Protection of Privacy Act. The information will only be used for the purposes of administering parks and recreation services, informing you of our services and benefits and for statistical purposes.



www.facebook.com/HastingsCommunityCentreAndTempletonParkPool

Hastings Community Centre has rooms for all kinds of social occasions, large or small. We also have a great gym space for indoor sports play and wonderful meeting facilities as well. Contact Carmen (carmen.chen@vancouver.ca) to book your rental. *For Templeton Activity Room inquiries, call 604.718.6252, or email templetonparkpool@vancouver.ca

ROOM	ROOM CAPACITY		OPERATING HOURS \$ per hour	AFTER HOURS \$ per hour (includes staff fees)
	MAX	COMFORT		
LARGE GROUPS - Weddings, Birthdays, Receptions				
Gymnasium – 90'x66' Please note: Mandatory insurance required. Visit eventpolicy.ca	N/A	N/A	N/A	\$60 (2 hours minimum)
Auditorium – 41'x49'	100	60-80	\$50.00	\$75.00
Community Hall – 30'x42'	70	40-60	\$40.00	\$65.00
*Templeton Activity Room with kitchen – 27'x46'	80	40	\$35.00	\$65.00
MEETING ROOMS - Workshops, Seminars, Meetings				
James Cork	20-25	15	\$20.00	During Operational Hours Only See page 3.
Board Room	25	15	\$20.00	
Room 9 – 28'x30'	40	30	\$30.00	
Burrardview (<i>St. James Hospice</i>)	30	15	\$20.00	
DIGITAL EQUIPMENT - For Workshops, Seminars, Meetings				
LCD Projector (Projector screen included)				\$25.00



Auditorium



Hastings Community Hall



Gymnasium

Club Contacts and Programs

Contact clubs directly to confirm meeting dates.

Hasting Community Centre Club Contacts

Hastings Little League

Iaido Ken Maneker 604.254.1267 www.HCLL.ca

Renfrew Kendo Club Yoshiaki Taguchi 604.437.4378

Rockhounds Paul 604.266.9184

secretary.hcr@gmail.com
www.hastingsrockhounds.com

TOPS - Take Off Pounds Sensibly www.tops.org

Community Partners

Kiwassa Neighbourhood House

2425 Oxford Street, Vancouver, BC V5K 1M7 604.254.5401

Franklin Community School

250 S. Skeena Street, Vancouver, BC V5K 4N8 604.713.4709

Hastings Library

2674 E. Hastings Street, Vancouver, BC V5K 1Z6 604.665.3959

Frog Hollow Neighbourhood House

2131 Renfrew Street, Vancouver, BC V5M 4M5 604.251.1225

Hastings Community School

2625 Franklin Street, Vancouver, BC V5K 3W7 604.713.5268

Hastings North Business Improvement Assoc.

2160 E. Hastings Street, Vancouver, BC V5K 1Z6 604.251.2401

Hastings Sunrise Community Policing Centre

2620 E. Hastings St., Vancouver, BC V5K 1Z6 604.717.3584

Birthday Parties!

Bouncy Castle Birthday Package (2-6 yrs)

Sat	Apr 8-Jun 24	11:30am-1:30pm	\$185/party
Sat	Apr 8-Jun 24	2:30pm-4:30pm	\$185/party

- Auditorium room rental for 12 children (ages 2-6) and accompanying adults (Additional children will require an additional leader - see "Guests")
- Sound system with 3.5mm auxiliary input
- Ride-on cars, plasma cars, building blocks and mats will be available
- Inflatable bouncy castle with slide - Technical Safety BC License #LAM0210833

General Information:

- The party group has 30 minutes before and after the reserved party time to set-up and take down all belongings. The party group is responsible for setting up and taking down tables and chairs, sweeping and taking out the garbage.
- The party leader is responsible for setting up and taking down the inflatable.
- The party group is welcome to hire a face painter or balloon twister.
- The party group can bring any decorations they wish, but must remove the decorations by the end of the birthday.
- Typically, the birthday cake is presented 30 minutes before the party ends.
- Please bring your own knife, plates, cups and cutlery as the Centre does not provide them.

Guests:

Additional children welcome, up to a maximum of 24 (\$50 for an additional leader.)
 Extra leader must be confirmed at least one week in advance of party date.
 Room capacity is 60 people.

Registration & Refunds:

Register through phone, in-person or online.
 Each refund request will be charged a \$10 administration fee. Requests made more than 10 working days prior to the party date will receive a refund.
 No refunds with less than 10 working days notice.

Questions:

If you have any questions, please call the Community Centre at 604-718-6222.



Hastings Community Preschool

Our program is a high quality, inclusive, community based preschool for children aged 3 to 5 years. Experienced Early Childhood Educators create learning opportunities in an environment which celebrates music, art, social development, physical activity and play. Children will have opportunities to explore nature and learn respect for the environment. The caring teachers provide support and resources for all children and their families.

Visit our **VIRTUAL TOUR** at hastingscc.com



Preschool Open House

Monday, March 27
6:00-8:00 PM

Learn more about our new afternoon program curriculum

Meet the Staff

Angela Pardek, Preschool Supervisor

Angela Pardek has worked as a Preschool Teacher at Hastings for over 25 years. Currently, she proudly leads the Preschool team as a Supervisor of the program. Angela's passion is working with the children and families of this community.

For more information about the Preschool and ongoing registration, please contact Angela at 604.718.6234 or e-mail angela.pardek@vancouver.ca.

Preschool staff: Adelaida Ancheta, Lorraine Foth, Simone Harrop, Connie Hsieh

Program Details

The following prices are for 2023-2024. Prices are subject to change.

Ages	# of days	Days of the week	Program Time	Monthly Fee
3/4 yrs	2 days	Tu/Th	9:15 AM-11:15 AM	\$156
3/4 yrs	3 days	M/W/F	9:15 AM-11:15 AM	\$210
3/4 yrs	5 days	M-F	9:15 AM-11:15 AM	\$300
3/4 yrs	3 days	Tu/W/Th	9:00 AM-12:00 PM	\$260
3/4 yrs	4 days	Tu-F	12:45 PM-3:00 PM	\$260

Hastings Community out of School Care

The HCA is proud to offer the Licensed Out of School Care (OSC) service to the community. The OSC provides a safe drop off and pick up for children enrolled at A.R. Lord and Hastings Elementary schools. The program provides a stimulating environment for participants to be engaged in activities in a positive atmosphere. The program incorporates community field trips and Community Centre extras (i.e. outdoor use) wherever possible. Should your child be enrolled in another program in the Centre, staff are able to walk your child to the class.

ENROLLMENT

Registration is ongoing.
Contact us to have your child(ren)'s name(s)
put on a waitlist.

CONTACT

Betty Sacco, OSC Supervisor
HastingsOSC@vancouver.ca
604.718.6236

Meet the Staff

Staff are experienced school age and ECE trained staff. They do a fantastic job of creating a stimulating, interactive and cooperative environment to complement your child's school day.

Janice Manfron, Childcare and Association Manager

Janice loves living and working in the diverse community of Hastings-Sunrise. She started teaching Preschool at Hastings in 1999 and assisted in licensing the new OSC program in 2014. Janice continues to support the licensed childcare and family programs. Should you require additional information, contact Janice at 604.718.6232 or janice.manfron@vancouver.ca.

Betty Sacco, OSC Supervisor

Betty is a long time community member and has been a staff member of the Out of School Care program since its inception. Betty's genuine love for children and their families make her an amazing asset to the program. If you require any information regarding the OSC, please contact Betty at 604.718.6236 or betty.sacco@vancouver.ca.

Program Hours and Fees

September 2023-June 2024

Before & After Care

7:30-9:00 AM & 3:00-6:00 PM

\$432/month



About Us...

Family Enrichment Centre is funded by the City of Vancouver and Hastings Community Association.

We offer welcoming and safe spaces open to parents and caregivers with children newborn to 5 years of age where families will have the opportunity to connect with other families and support each other within their community. Parents and caregivers will have the chance to build skills, network, and learn from each other while they engage with their children on site with the support of an Early Childhood Educator. With a wide variety of age appropriate activities that support your child's development our goal is to make families feel like it's their home away from home. Information on community resources and parenting support are also available. Please see below for details on all our programs..

Mary Andreola, Family Enrichment Centre Facilitator

Mary is the facilitator of the Family Enrichment Centre. Prior to accepting this role, Mary was a long term team member of the Hastings Community Centre Preschool. With a background in integration and Early Childhood Education, she looks forward to creating a space that is warm, kind caring and inclusive of all.

For more information about the Family Enrichment Centre, please contact Mary at 604.718.6233 or email mary.andreola2@vancouver.ca



Family Enrichment Centre - Newborn to 5 years
Apr 3-Jun 30

\$3/child or \$27/10-Visit Pass

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:15 AM-12:15 PM	12:30 PM-2:45 PM	9:15 AM-2:45 PM	12:30 PM-2:45 PM	9:15 AM-12:15 PM

Check out our monthly calendar for specific activities when you visit our drop in.

Activities and scheduling are subject to change without notice.

Closed: Apr 7, Apr 10 and May 22

Parent & Tot Gym - 6 months to 5 years
Apr 3-Jun 30

Let your tot burn off energy by running and playing in a gym full of toys. There is lots of indoor fun in our gymnasium for young children. Foam modules, play areas, infant area, hockey and riding cars are a few of the fun activities offered. Parental supervision required.

\$3/child or \$27/10-Visit Pass

TUESDAY	THURSDAY	SATURDAY
10:30 AM-12:30 PM	10:30 AM-12:30 PM	10:30 AM-12:30 PM

Schedules are subject to change without notice.

Childminding - 1 year to 5 years
Apr 3-Jun 30

Childminding with Jaida in the Family Drop-in. We provide a safe comfortable and quality environment for children 1-5 years of age to explore. Parent/guardian must remain in the building. Pre-registration required, in person or phone-in only. 3 spots available per session. No childminding on Mar 21 and 23.

\$5 child/hour
non-refundable without 48 hour notice.

TUESDAY	THURSDAY
9:45 AM-10:45 AM	9:45 AM-10:45 AM

Day Camps

Registration for all Summer Day Camp programs begin May 13 at 9 AM.

Pro-D Camps

Mindfulness and Movement for Kids Pro D Camp

6-11 yrs | **The Yoga Buggy**

Join Yoga Buggy for fun classes that incorporate music, movement, mindfulness activities, games, arts & crafts, storytelling and more. Yoga encourages attention span, self-regulation, body positivity, confidence, strength, flexibility, balance, resilience, and social emotional awareness. Come play with us! Please bring lunch and a water bottle.

M Apr 24 9:30 AM-3:30 PM
449407 \$61/1 sess

Summer Day Camps

NEW Anime/Manga Fashion

Drawing Workshop

6-12 yrs | **Young Rembrandts**

If you love all things Manga and Fashion, sign up for this class. Join Young Rembrandts for a 5-day drawing workshop; we'll be drawing and coloring all things ANIME! Artists will learn to draw anime style fashion characters ranging from simple to elaborate? this is a great way to combine fashion designing skills and learn new manga tricks. Each day students will complete multiple pieces of artwork like manga hairstyles, school uniforms, fantasy costumes and more ARTastic drawings. Sign up today!

M Tu W Th F Jul 24-Jul 28 12:45 PM-3:45 PM
450273 \$175/5 sess

Bricks 4 Kidz - Brick Critters

5-10 yrs | **Bricks 4 Kidz Vancouver**

It's a zoo in here! Build various critters including buzzing bees, fluttering butterflies, and more. Using Bricks 4 Kidz® building instructions, campers use classic LEGO bricks, LEGO Technic, and electric motors to construct 1 - 3 projects per session. Campers will be given a break for an optional snack from home.

M Tu W Th F Jul 04-Jul 07 9:30 AM-12:30 PM
449374 \$176/4 sess

M Tu W Th F Jul 04-Jul 07 1:00 PM-4:00 PM
449375 \$176/4 sess

Bricks 4 Kidz - LEGO Arcade Adventures

5-10 yrs | **Bricks 4 Kidz Vancouver**

Revisit the time of 8-bit technology and interact with your favorite arcade and video game characters using LEGO. Using Bricks 4 Kidz® building instructions, campers use classic LEGO bricks, LEGO Technic, and electric motors to construct 1 - 3 projects per session. Campers will be given a break for an optional snack from home.

M Tu W Th F Jul 31-Aug 04 9:30 AM-12:30 PM
449379 \$220/5 sess

M Tu W Th F Jul 31-Aug 04 1:00 PM-4:00 PM
449380 \$220/5 sess

Byte Camp - 2D Video Game Design

11-14 yrs | **Byte Camp**

Learn how to build a 2D game from the ground up using Godot, an awesome free software that uses a coding language similar to python. This is a coding camp, so be prepared to challenge yourself and learn some new skills. Time will be spent learning how to create advanced 2D vector artwork and animated character sprites to make your game look great. Some coding experience or Byte Camp's - Intro to Coding is recommended as a prerequisite.

M Tu W Th F Aug 14-Aug 18 9:15 AM-4:15 PM
449585 \$365/5 sess

Byte Camp - Introduction to Coding

9-12 yrs | **Byte Camp**

Discover how much fun it is to build your own game! Students will be introduced to basic coding skills with easy to use drag-and-drop software, and get to use those skills to make their very own games. Students will also learn how to create their own 2D vector artwork to make characters and levels that are entirely their own. The final project is a game that you can access and play or proudly share with friends online.

M Tu W Th F Jul 10-Jul 14 9:15 AM-4:15 PM
449557 \$365/5 sess

Cartoon Adventures in Space

6-12 yrs | **Young Rembrandts**

Futuristic scenes of other worldly adventures highlight the spectacular drawings our students will produce. We will join our own colourful cast of cartoon characters, like Sketch the mouse, Shade the cat and Dave the elephant. Not only will our students learn how to illustrate science fiction-inspired characters and moments, but they will also strengthen their drawing and colouring skills. Get ready for five days of exciting, intergalactic imagery!

M Tu W Th F Jul 24-Jul 28 9:15 AM-12:15 PM
450270 \$175/5 sess

Character Creation: Anime/ Manga

6-12 yrs | **Young Rembrandts**

If you have Manga Mania, sign up for this class. Join Young Rembrandts for a 5-day drawing workshop; we'll be drawing and colouring all things ANIME! Artists will learn to draw their own anime style characters ranging from easy to challenging - this is a great way to perfect those skills and learn new manga tricks. Each day students will complete multiple pieces of artwork like customized faces, animals, sugoi action and more ARTastic drawings. Sign up today!

M Tu W Th F Jul 17-Jul 21 12:45 PM-3:45 PM
450266 \$175/5 sess

Fantasy Forest Drawing Workshop

6-12 yrs | **Young Rembrandts**

Magical, mythical, marvelous art is coming your way in this Young Rembrandts Drawing Workshop! Our workshop days will be filled with fun and creative thought as we explore deep in the Fantasy Forest. Students will tap into their imagination while learning to draw otherworldly creatures like fairies, trolls and a forest queen. Your child's talent will truly enchant you as they create beautiful scenery and new masterpieces every day. Register now to save your child's spot in this fanciful workshop focused on creativity and whimsy!

M Tu W Th F Jul 17-Jul 21 9:15 AM-12:15 PM
450261 \$175/5 sess

Registration for all Summer Day Camp programs begin May 13 at 9 AM.

Art and You Camp TPP

6-10 yrs | Kelly Jimenez

Children will participate in art activities for free flow of imagination, originality and unique expression through drawing, painting, movement and drama. Activities are designed to foster confidence and self-esteem. Materials fee is included. Dress for a mess! About the Instructor: Kelly Jimenez is an Expressive Arts Therapist, Visual Artist, Art Instructor and a children's book Author, providing children and adults with the means for creative freedom and connection with their imagination to facilitate self-expression, insight and transformation through art. You can learn more about Kelly and her work at www.kellyjimenez.art [kellyjimenez.art].

M Tu W Th F Jul 17-Jul 21 10:00 AM-11:30 AM

450614 \$155/5 sess

M Tu W Th F Aug 14-Aug 18 10:00 AM-11:30 AM

450615 \$155/5 sess

Make-A-Musical Day Camp

7-14 yrs | Vancouver Performing Stars

In this intensive create-a-musical full day camp, students will be immersed in the world of musical theatre. Sing, dance, act with our energetic instructors leading the way to create a mini production! Please pack a lunch, water bottle and craft supplies. www.performingstars.ca.

M Tu W Th F Jul 24-Jul 28 9:30 AM-3:30 PM

449233 \$315/5 sess

Mindfulness & Movement for Kids Day Camp

5-11 yrs | The Yoga Buggy

Join Yoga Buggy for fun classes that incorporate music, movement, mindfulness activities, games, arts & crafts, storytelling and more. Yoga encourages attention span, self-regulation, body positivity, confidence, strength, flexibility, balance, resilience, and social emotional awareness. Come play with us! Please bring lunch, snacks and a water bottle.

5-7 yrs

M Tu W Th F Jul 17-Jul 21 9:30 AM-3:30 PM

449419 \$269/5 sess

8-11 yrs

Tu W Th F Aug 08-Aug 11 9:30 AM-3:30 PM

449425 \$215.20/4 sess

6-11 yrs

M Tu W Th F Aug 21-Aug 25 9:30 AM-3:30 PM

453391 \$269/5 sess



Young Moviemakers Camp

8-14 yrs | Young Moviemakers

Young Moviemakers is an award-winning acting and video production program for children and youth ages 8-14. Participants learn the importance of visual storytelling, scriptwriting, acting, editing and more, through the creation and production of a short film. With the help of our experienced film directors, participants work in groups to develop and produce their own film, which is then premiered in front of family, friends and the community.

Tu W Th F Jul 04-Jul 07 9:15 AM-3:15 PM

451501 \$360/4 sess

M Tu W Th F Jul 10-Jul 14 9:15 AM-3:15 PM

451502 \$450/5 sess

M Tu W Th F Jul 17-Jul 21 9:15 AM-3:15 PM

451503 \$450/5 sess

M Tu W Th F Jul 24-Jul 28 9:15 AM-3:15 PM

451504 \$450/5 sess

Sportball Multisport Camp

4-6 yrs | Sportball Vancouver

Sportball's action-packed camps introduce children to a variety of ball sports and waterplay games and activities PLUS snack time, stories, music, co-operative games and more! Camps may run indoors and outdoors, depending on the location and weather. Please pack a labelled water bottle and nut free snack for each day of the camp.

M Tu W Th F Jul 10-Jul 14 10:30 AM-12:30 PM

450146 \$135/5 sess

M Tu W Th F Jul 24-Jul 28 1:30 PM-3:30 PM

450148 \$135/5 sess

Tu W Th F Aug 08-Aug 11 10:30 AM-12:30 PM

450147 \$108/4 sess

M Tu W Th F Aug 21-Aug 25 1:30 PM-3:30 PM

450149 \$135/5 sess

Check online for Tennis camps!

Young Commander Chess – Novice/Beginner

6-12 yrs | Joe Soliven

As school academics in a game, playing chess and being smart are interconnected. There's a strong correlation between chess and academic achievement including math, spatial analysis and non-verbal reasoning ability. Joining in this Sherlock-Holmes-world of tactics and strategies, kids get trained in life-skills goal-setting: checkmate! What's more, chess provides a mental armor – 'commander' (leader) self-image – whereby kids can draw upon and develop a well-rounded discipline, amidst a friendly social setting where art meets science and math with fun. For anyone new or with limited knowledge of chess basics. Chess folder kit included.

M Tu W Th F Jul 31-Aug 4 10:00 AM-12:00 PM

453375 \$75/5 sess

M Tu W Th F Aug 21-Aug 25 10:00 AM-11:30 AM

453880 \$67.50/5 sess

Young Commander Chess – Intermediate

8-16 yrs | Joe Soliven

As school academics in a game, playing chess and being smart are interconnected. There's a strong correlation between chess and academic achievement including math, spatial analysis and non-verbal reasoning ability. Joining in this Sherlock-Holmes-world of tactics and strategies, kids get trained in life-skills goal-setting: checkmate! What's more, chess provides a mental armor – 'commander' (leader) self-image – whereby kids can draw upon and develop a well-rounded discipline, amidst a friendly social setting where art meets science and math with fun. For anyone with knowledge of chess tactics and strategies. Chess folder kit included.

M Tu W Th F Aug 21-Aug 25 12:00 PM-1:30 PM

453882 \$67.50/5 sess



Registration for all Summer Day Camp programs begin May 13 at 9 AM.

Little Ballerinas TPP

3-5 yrs | Endorphin Rush Dance And Fitness

Young ballerinas explore the fun and beauty of ballet while learning the basic techniques. They will love playing with their creative expression in this fun class. Children must be able to participate without a parent in the room. There will be a performance on the last day of class for friends and family. www.kirbysnelldance.com.

Tu W Th F	Jul 04-Jul 7	1:45 PM-3:00 PM	
454102			\$79/4 sess
M Tu W Th F	Jul 10-Jul 14	10:45 AM-12:00 PM	
454104			\$99/5 sess
M Tu W Th F	Jul 31-Aug 04	10:45 AM-12:00 PM	
450781			\$99/5 sess
Tu W Th F	Aug 08-Aug 11	1:45 PM-3:00 PM	
450789			\$79/4 sess
M Tu W Th F	Aug 21-Aug 25	10:45 AM-12:00 PM	
450791			\$99/5 sess

Frozen Ballet Extravaganza

Camp TPP

3-5 yrs | Endorphin Rush Dance And Fitness

100% Frozen Soundtrack Music is played in this creative ballet class designed to ignite your dancers' imagination. No experience required as dancers learn the basics of ballet and expression through movement. Costumes are welcome, but not required. More info: www.kirbysnelldance.com

M Tu W Th F	Jul 24-Jul 28	9:15 AM-10:30 AM	
450756			\$99/5 sess

Frozen Ballet Extravaganza

Camp TPP

4-6 yrs | Endorphin Rush Dance And Fitness

100% Frozen Soundtrack Music is played in this creative ballet class designed to ignite your dancers' imagination. No experience required as dancers learn the basics of ballet and expression through movement. Costumes are welcome, but not required. More info: www.kirbysnelldance.com

M Tu W Th F	Jul 24-Jul 28	10:45 AM-12:00 PM	
450772			\$99/5 sess

Hip Hop Breakers Camp TPP

3-5 yrs | Endorphin Rush Dance And Fitness

This non-stop action-packed class includes hip-hop, basic breakdancing, and dance games that will have your dancer moving to the beats. Dancers will improve coordination, musicality, expression, and learn a dynamic choreography. More info: www.kirbysnelldance.com

Tu W Th F	Jul 04-Jul 07	9:15 AM-10:30 AM	
454099			\$79/4 sess
M Tu W Th F	Jul 10-Jul 14	12:15 PM-1:30 PM	
454105			\$99/5 sess
Tu W Th F	Aug 08-Aug 11	9:15 AM-10:30 AM	
450773			\$79/4 sess
M Tu W Th F	Jul 31-Aug 04	12:15 PM-1:30 PM	
450786			\$99/5 sess
M Tu W Th F	Aug 21-Aug 25	12:15 PM-1:30 PM	
450792			\$99/5 sess

Encanto Mini Movers Dance

Camp TPP

4-6 yrs | Endorphin Rush Dance And Fitness

Kids will salsa their way through this Encanto-themed camp: playing dance games, learning choreography, cultural references, and a few words in Spanish along the way! Kids will perform an upbeat dance for family and friends on the last day of camp! No experience required, all dancers welcome. More info: www.kirbysnelldance.com

M Tu W Th F	Jul 10-Jul 14	9:15 AM-10:30 AM	
454103			\$99/5 sess
M Tu W Th F	Jul 31-Aug 04	9:15 AM-10:30 AM	
450780			\$99/5 sess
M Tu W Th F	Aug 21-Aug 25	9:15 AM-10:30 AM	
450790			\$99/5 sess



Hip Hop Breakers Camp TPP

4-9 yrs | Endorphin Rush Dance And Fitness

This non-stop action-packed class includes hip-hop, basic breakdancing, and dance games that will have your dancer moving to the beats. Dancers will improve coordination, musicality, expression, and learn a dynamic choreography. More info: www.kirbysnelldance.com

4-6 yrs			
M Tu W Th F	Jul 24-Jul 28	12:15 PM-1:30 PM	
450785			\$99/5 sess
6-9 yrs			
Tu W Th F	Jul 04-Jul 07	10:45 AM-12:00 PM	
454100			\$79/4 sess
M Tu W Th F	Jul 10-Jul 14	1:45 PM-3:00 PM	
454106			\$99/5 sess
M Tu W Th F	Jul 24-Jul 28	1:45 PM-3:00 PM	
450774			\$99/5 sess
M Tu W Th F	Jul 31-Aug 04	1:45 PM-3:00 PM	
450784			\$99/5 sess
Tu W Th F	Aug 08-Aug 11	10:45 AM-12:00 PM	
450787			\$79/4 sess
M Tu W Th F	Aug 21-Aug 25	1:45 PM-3:00 PM	
450793			\$99/5 sess

Jazz/Ballet Camp TPP

4-7 yrs | Endorphin Rush Dance And Fitness

In this class children will learn a variety of ballet exercises as well as the basic fundamentals of jazz dance while developing their own creative expression. They will jump and turn with delight in this fun and high energy class. Children must be able to participate without parents in the room. More info: www.kirbysnelldance.com

Tu W Th F	Jul 04-Jul 07	12:15 PM-1:30 PM	
454101			\$79/4 sess
Tu W Th F	Aug 08-Aug 11	12:15 PM-1:30 PM	
450788			\$79/4 sess

Courses marked TPP take place at **Templeton Park Pool**

Registration for all Summer Day Camp programs begin May 13 at 9 AM.

NEW **EFK Camp: Jr. Engineering Club: FUNdamentals**

4-5 yrs | Engineering For Kids Vancouver

"What is engineering?". Welcome to Jr. Engineering Club: FUNdamentals! These lessons are designed to build foundational skills and confidence for students to accomplish these activities on their own. Students will build projects that float, fly, zoom, buzz and hopefully stand strong in this FUNdamentals course and we look forward to seeing what they can create!

Tu W Th F	Aug 08-Aug 11	1:00 PM-2:00 PM
453072		\$80/4 sess
Tu W Th F	Aug 08-Aug 11	2:15 PM-3:15 PM
453073		\$80/4 sess

NEW **EFK Camp: Jr. Aerospace Engineering: Sky Riders**

5-8 yrs | Engineering For Kids Vancouver

Fun and adventure will soar to new heights in this aerospace engineering camp. Students will discover the forces that make airplanes, helicopters, and rockets sophisticated flying machines. They will learn foundational concepts in aerospace engineering, such as propulsion, lift, thrust, and trajectory, while tackling exciting, hands-on engineering challenges using the EFK Engineering Design Process. When it comes to inspiring the next generation of engineers, the sky is the limit!

Tu W Th F	Jul 04-Jul 07	9:15 AM-12:15 PM
452994		\$200/4 sess
M Tu W Th F	Aug 14-Aug 18	9:15 AM-12:15 PM
453086		\$250/5 sess

NEW **EFK Camp: Aerospace Engineering: Up Up and Away**

9-14 yrs | Engineering For Kids Vancouver

Blast off for adventure in this exciting week of aerospace engineering! Students will learn about the forces of flight and the mechanical components of airplanes, rockets, helicopters, and landing gear. They will explore concepts such as inertia, propulsion, lift, thrust, drag, gravity, and trajectory. Students will apply the EFK Engineering Design Process as they soar through inspiring, hands-on engineering challenges. Join us for this fun-filled, high-flying adventure!

Tu W Th F	Jul 04-Jul 07	12:45 PM-3:45 PM
452996		\$208/4 sess
M Tu W Th F	Aug 14-Aug 18	12:45 PM-3:45 PM
453088		\$260/5 sess

EFK Camp: Jr. Electrical Engineering Electrified

5-8 yrs | Engineering For Kids Vancouver

Get charged up for this exciting week of electrical engineering! In this camp you will explore a wide range of foundational concepts related to electricity, such as magnetism, static electricity, circuitry, and more. We will spark your imagination as you tackle electrifying, hands-on engineering challenges using our EFK Engineering Design Process. Explore, discover, illuminate!

M Tu W Th F	Jul 10-Jul 14	9:15 AM-12:15 PM
452999		\$250/5 sess

EFK Camp: High Voltage Hijinks

9-14 yrs | Engineering For Kids Vancouver

Get powered-up for an energizing week of electrical engineering! In this camp you will learn how to generate power using electromagnets, electrical circuits, wind turbines, and solar panels. You will take on exciting, hands-on engineering challenges and put your creations to the test using the EFK Engineering Design Process. This is an illuminating experience you won't want to miss!

M Tu W Th F	Jul 10-Jul 14	12:45 PM-3:45 PM
453004		\$260/5 sess

NEW **EFK Camp: Jr. Civil Engineering: Fun Foundations**

5-8 yrs | Engineering For Kids Vancouver

Get ready to raise the skyline as we learn all about the exciting field of civil engineering. This camp will teach students the foundations of civil engineering as they explore concepts, such as tension and compression, structurally strong geometric shapes, and the importance of a strong foundation and core. Each day students will use the EFK Engineering Design Process to take on captivating challenges that lay the groundwork for understanding the essential principles of structural design and construction. This camp is sure to tower above the rest and inspire the next generation of civil engineers.

M Tu W Th F	Jul 24-Jul 28	9:15 AM-12:15 PM
453067		\$250/5 sess
M Tu W Th F	Aug 21-Aug 25	9:15 AM-12:15 PM
453089		\$250/5 sess

NEW **EFK Camp: Civil Engineering - Strategic Structures**

9-14 yrs | Engineering For Kids Vancouver

Put on your hardhat and get ready to raise the roof with the fun and excitement of civil engineering. Learn how to engineer for the forces acting upon a structures such as bending, compression, torsion, and shear. They will learn that shape and materials selection are critical to the success of towers, bridges, and highways. Students will use the EFK Engineering Design Process to engage in captivating civil engineering challenges. This camp is sure to take your curiosity and skills to new heights.

M Tu W Th F	Jul 24-Jul 28	12:45 PM-3:45 PM
453069		\$260/5 sess
M Tu W Th F	Aug 21-Aug 25	12:45 PM-3:45 PM
453090		\$260/5 sess

EFK Camp: Jr. Inventor's Workshop

5-8 yrs | Engineering For Kids Vancouver

Unleash your imagination, as you invent a variety of mechanical gadgets! Become mechanical engineers as you learn to use gears and components to make machines move. Learn new concepts and engineering-related vocabulary using colourful picture books and by completing hands-on engineering challenges following EFK's Engineering Design Process. Become true inventors and leave camp with a take-home project that will inspire them to continue inventing long into the future.

M Tu W Th F	Jul 31-Aug 04	9:15 AM-12:15 PM
453070		\$250/5 sess

EFK Camp: Master Machines

9-14 yrs | Engineering For Kids Vancouver

Gear up for an exciting week of mechanical engineering! Explore several of the mechanical forces that create movement in various machines. Students will work as mechanical engineers using EFK's Engineering Design Process to create exciting, hands-on projects that spin, cascade, launch, pivot, dig, and race. These projects will demonstrate concepts such as hydraulics, friction, velocity, aerodynamics, acceleration, and mechanical advantage.

M Tu W Th F	Jul 31-Aug 04	12:45 PM-3:45 PM
453071		\$260/5 sess

Registration for all Summer Day Camp programs begin May 13 at 9 AM.

NEW **EFK Camp: Urban Innovations - Gridlock Blocks with Minecraft**

8-14 yrs | Engineering For Kids Vancouver

Explore the theme of sustainable, innovative, and futuristic transportation systems that include public transportation, such as rails, busses, and taxis, as well as pedestrian and bicycle systems. Apply new, scientific understanding to design and create their very own city in Minecraft using the Engineering for Kids design process. On the last day, students will learn how to pitch their ideas and launch their designs to a larger audience to participate. Note: Laptops will be provided but it is strongly encouraged to purchase your child their own Minecraft Account (39.99 CA) at minecraft.net prior to start and to access our server. Children are reminded to behave respectfully and thoughtfully to each other in-game AND in real life!

Tu W Th F Aug 08-Aug 11 9:30 AM-12:30 PM
453080 \$208/4 sess

NEW **EFK: After Camp Care**

9-14 yrs | Engineering For Kids Vancouver

Children taking part in a EFK summer afternoon camp can register for After Camp Care for the same week. Activities may include free play, group games, mini-STEM projects, depending the group. Community Centre or EFK is not responsible for children not registered in our After Camp Care program and left unattended in the facility. Please pack additional snacks for your child's extended care and dress appropriately for the weather. On Friday please pick up your child at 4:30pm.

Tu W Th Jul 04-Jul 06 3:45 PM-5:00 PM
 F Jul 07 3:45 PM-4:30 PM
453991 \$40/4 sess

M Tu W Th Jul 10-Jul 13 3:45 PM-5:00 PM
 F Jul 14 3:45 PM-4:30 PM
453993 \$50/5 sess

M Tu W Th Jul 24-Jul 27 3:45 PM-5:00 PM
 F Jul 28 3:45 PM-4:30 PM
453996 \$50/5 sess

M Tu W Th Jul 31-Aug 03 3:45 PM-5:00 PM
 F Aug 04 3:45 PM-4:30 PM
454011 \$50/5 sess

M Tu W Th Aug 14-Aug 17 3:45 PM-5:00 PM
 F Aug 18 3:45 PM-4:30 PM
454010 \$50/5 sess

M Tu W Th Aug 21-Aug 24 3:45 PM-5:00 PM
 F Aug 25 3:45 PM-4:30 PM
454012 \$50/5 sess

SUMMER DAY CAMPS

		Safari & Voyages An exciting summer program that includes arts & crafts, games, trips to local parks, and more! <small>For Safari: Child must have completed Kindergarten/going into Grade 1 and turning 6 years old by December 31, 2023.</small>			Youth Adventures An exciting day camp for the pre-teens to develop and grow their leadership skills! With a youth-driven focus, leaders will engage and partake in fun activities and initiatives in the local area.		Before/After Care Before & After Care is available only for participants registered in Day Camp Safari, Voyages, Youth Adventures.	
Week	Dates	Safari (6-7 yrs)	Voyages (8-10 yrs)	Youth (11-14 yrs)	Before (6-12 yrs)	After (6-12 yrs)		
		9:00 AM-3:30 PM \$155/5 days, \$124/4 days* <i>Out-trips are subject to change</i>			8:00-9:00 AM \$40/5 days, \$32/4 days*		3:30-5:30 PM \$45/5 days, \$36/4 days*	
1*	Tu W Th F Jul 04-Jul 07	452405	452413	452422	452430	452439		
2	M Tu W Th F Jul 10-Jul 14	452406	452414	452423	452431	452440		
3	M Tu W Th F Jul 17-Jul 21	452407	452415	452424	452432	452441		
4	M Tu W Th F Jul 24-Jul 28	452408	452416	452425	452433	452442		
5	M Tu W Th F Jul 31-Aug 04	452409	452417	452426	452434	452443		
6*	Tu W Th F Aug 08-Aug 11	452410	452418	452427	452435	452444		
7	M Tu W Th F Aug 14-Aug 18	452411	452419	452428	452436	452445		
8	M Tu W Th F Aug 21-Aug 25	452412	452420	452429	452437	452446		

Summer Camps Info

- Parent/guardian must complete a waiver form with medical information prior to the start of the week. Downloadable waivers and forms can be found at our website - <https://hastingscc.ca>
- Each child should bring a backpack with a lunch, snack, water bottle, sunscreen, jacket and hat each day. It is strongly recommended that an additional snack be packed for participants in After Care.
- Weekly schedules will be available at the front office at the end of June & are subject to change.

Refunds

Requests must be at least 10 working days prior to the first day of session a \$10 per week administrative fee per week will be applied at the time of refund regardless of when notice is given. Requests less than 10 working days prior are non-refundable. Working days mean Mon-Fri.



Brandon, Manager

Hey Hastings, I am super excited for another fun filled summer! All of our leaders this year are awesome – we are looking forward to all the amazing out-trips such as Science World and the Aquarium. We cant wait to reconnect with the campers; old faces and new faces. We are counting down the days until the first day of camp! Hope to see you soon!

Dance

DANCEPL3Y Preschool

3-5 yrs | PL3Y Inc.

Introduce your child to dance in a fun and playful way! The DANCEPL3Y Preschool program focuses on the development of physical literacy and Fundamental Movement Skills, which are the ABCs of healthy growth and development. Your child will explore a variety of dance genres through imaginative and engaging story lines that take them around the world as they develop musicality, social skills and confidence with movement!

Th	Apr 06	2:45 PM-3:30 PM
449045		Free Trial Class
Th	Apr 13-Jun 22	2:45 PM-3:30 PM
449044		\$143/11 sess

Mini Ballet

3-4 yrs | Vancouver Performing Stars

Introduce your child to the world of ballet.

These classes develop coordination, musicality and fluidity of movement while having fun. Increased ballet technique is expected at each progressive level.

Appropriate dance shoes and attire please. Child must be able to attend class alone. No class May 20.

Tu	Apr 11-Jun 13	3:45 PM-4:30 PM
449078		\$135/10 sess

Mini Hip Hop

3-4 yrs | Vancouver Performing Stars

Want to learn how to move to and groove to your favourite tunes? Learn the basic style of hip hop dance in this high energy program. Discover new and exciting moves while learning fun and challenging choreography. Beginners welcome! Leave feeling energized, confident and excited about dance. No class May 20.

Sa	Apr 15-Jun 17	10:30 AM-11:15 AM
449079		\$121.50/9 sess

Parent & Tot Dance

1-3 yrs | Vancouver Performing Stars

Introduce your little ones to the world of dance. Classes are designed to encourage little dancers to join in and have fun while dancing with mom or dad. Parent or guardian participation is mandatory. Visit www.performingstars.ca for more information. No class May 20.

Sa	Apr 15-Jun 17	9:45 AM-10:30 AM
449082		\$121.50/9 sess

Little Ballerinas TPP

3-5 yrs | Endorphin Rush Dance And Fitness

Young ballerinas explore the fun and beauty of ballet while learning the basic techniques. They will love playing with their creative expression in this fun class. Children must be able to participate without a parent in the room. There will be a performance on the last day of class for friends and family. www.kirbySnelldance.com.

Sa	Apr 15-Jun 17	12:15 PM-1:00 PM
448698		\$120/10 sess
Sa	Apr 15-Jun 17	1:05 PM-1:50 PM
448700		\$120/10 sess

Education

Baby Sign Language

0-2 yrs | Into Yoga

Babies understand and can communicate long before they are able to speak. Research shows that babies who learn Sign Language learn quicker and talk earlier. Using songs and games, learn how to teach your baby basic American Sign Language (ASL), so they can better convey their wants and needs and relieve unnecessary frustration. The instructor will teach you the signs and songs so you can practice at home. Babies can sleep during class or you can bring some toys. Newborn-24 months. Please bring your own mat or blanket to sit on. For more information visit www.intoyoga.ca. No drop-in.

Tu	Apr 11-May 09	12:15 PM-1:00 PM
449016		\$77/5 sess

NEW EFK: Jr. Engineering Club: FUNDamentals

4-5 yrs | Engineering For Kids Vancouver

"What is engineering?": Welcome to Jr. Engineering Club: FUNDamentals! These lessons are designed to build foundational skills and confidence for students to accomplish these activities on their own. Students will build projects that float, fly, zoom, buzz and hopefully stand strong in this FUNDamentals course and we look forward to seeing what they can create! No class on Apr 9.

Su	Apr 02-May 07	10:15 AM-11:15 AM
452967		\$100/5 sess
Su	May 14-Jun 25	10:15 AM-11:15 AM
452971		\$120/6 sess

Growing Kids

1-6 yrs | Lisa Patterson

Get your kids excited about the world of growing things! Join us in the garden to learn about plants, soil, seeds and insects through fun and engaging activities.

We'll cover a different topic each week.

Caregivers must be present throughout the class. Meet in the garden (sessions will take place indoors or in the HCC Learning Garden).

M	Apr 17-May 15	11:00 AM-11:30 AM
450537		Free
M	May 29-Jun 26	11:00 AM-11:30 AM
450539		Free

Music

Jump into Music

0-4 yrs | Monica Lee

This one of a kind music and movement program engages, educates, and entertains parent and child while on a musical journey through different styles and cultures. Research based curriculum is designed to stimulate the whole brain and body via singing, dancing, drumming, parachuting, improvising, exploring instruments, jumping and playing. A family fun environment exploring 24 genres/culture over a two year period. The instructor will provide everything needed for class, but you are most welcome to bring your own set of Maracas for both the parent and child, a peek-a-boo scarf and a drum to jam along with Teacher Monica! Siblings receive a 25% discount (not available during online registration) and siblings under 6 months attend free. Supplementary audio materials and playlists for your enjoyment at home are included with registration. What parents are saying: "Best part of our week!" "Joyful Music!". Grandparent review: "4 kids, 5 grandchildren, never enjoyed a music class more!". See full reviews and videos on www.jumpintomusic.ca. Drop-in \$20, space permitting (if full, two drop ins available first come, first serve). No class May 23.

Tu	Apr 04-Jun 13	9:30 AM-10:15 AM
449063		\$180/10 sess
Tu	Apr 04-Jun 13	10:30 AM-11:15 AM
449064		\$180/10 sess
Tu	Apr 04-Jun 13	11:30 AM-12:15 PM
449065		\$180/10 sess
NEW Tu	Apr 04-Jun 13	3:30 PM-4:15 PM
449224		\$180/10 sess



Music with Jennifer Yamazaki

Adventures in Music

1-5 yrs | Jennifer Yamazaki

Welcome to Adventures In Music! These classes have been specially designed using my background in music education and music therapy. Activities in these classes target the learning of musical concepts & musicianship and also incorporate reaching goals in all other domains of child development, such as Language/speech, Social, Emotional, Physical (fine and gross motor), cognitive, spiritual/creative. We'll sing songs, chant rhymes, play instruments together, and dance, while exploring a variety of musical concepts such as rhythm, solfege/pitch, tempo, dynamics, improv, etc. Best of all your child will learn many fun ways to express themselves through music! Siblings may receive a 20% discount when registering by phone or in person (discount not available during online registration). Siblings under 1 year old attend free. Caregiver participation is required. Instructor will send out an email before the start of the first class, please be sure you have a current email on file. Drop-in \$16. No class Apr 8 and May 20.

W	Apr 05-Jun 14	9:15 AM-10:00 AM	
449002			\$165/11 sess
W	Apr 05-Jun 14	10:15 AM-11:00 AM	
449003			\$165/11 sess
Sa	Apr 01-Jun 17	9:15 AM-10:00 AM	
449004			\$150/10 sess
Sa	Apr 01-Jun 17	10:15 AM-11:00 AM	
449005			\$150/10 sess
Sa	Apr 01-Jun 17	11:15 AM-12:00 PM	
449006			\$150/10 sess
TPP F	Apr 14-Jun 16	10:30 AM-11:15 AM	
448701			\$150/10 sess



Adventures in Music for Babies

0-1 yrs | Jennifer Yamazaki

Welcome to Adventures In Music! These classes have been specially designed using my background in music education and music therapy. Adventures In Music for Babies is a music class that encourages different ways for caregivers to engage with their baby through musical activities. Each activity incorporates reaching goals in other domains of child development, such as Language/speech, Social, Emotional, Physical (fine and gross motor), cognitive, spiritual/creative. We'll sing songs, chant rhymes, play instruments together, and dance. Best of all you and your child will learn many fun ways to bond with each other through music. Caregiver participation is required. Instructor will send out an email before the start of the first class, please be sure you have a current email on file. Drop-in \$11, space permitting.

W	Apr 05-Jun 14	11:15 AM-11:45 AM	
449007			\$110/11 sess
W	Apr 05-Jun 14	12:00 PM-12:30 PM	
449008			\$110/11 sess



MOTHER GOOSE REGISTRATION

No online registration. Priority is given to those who did not attend previous Winter 2023 season.

NEW PARTICIPANTS (Who did not attend Winter 2023): Register on Mar 18: In-person: 9am or Phone-in: 9:45am
 RETURNING (Who did attend Winter 2023) Register Mar 22: In-person: 9am or Phone-in: 9:45am

Mother Goose - Baby

0-1 yrs | Jennifer Yamazaki

"Zoom, Zoom, Zoom, We're Going to the Moon!" Learn songs, rhymes and stories to share with your little one in this interactive class. Have fun while developing their language, pre-literacy and social skills. This is an instrument/prop/book/toy free class, focusing on teaching songs and rhymes to parents and caregivers to use to engage, redirect, calm, distract, and bond with their child(ren). Caregiver participation is required. Due to the popularity of the program, if you miss 2 or more classes your spot will be filled from the wait-list unless you notify the instructor in advance.

TPP Tu	Apr 04-Jun 13	11:30 AM-12:15 PM	
448702			Free
Th	Apr 06-Jun 15	10:15 AM-11:00 AM	
448688			Free

Mother Goose - Toddler

1-4 yrs | Jennifer Yamazaki

"Zoom, Zoom, Zoom, We're Going to the Moon!" Learn songs, rhymes and stories to share with your little one in this interactive class. Have fun while developing their language, pre-literacy and social skills. This is an instrument/prop/book/toy free class, focusing on teaching songs and rhymes to parents and caregivers to use to engage, redirect, calm, distract, and bond with their child(ren). Caregiver participation is required. Due to the popularity of the program, if you miss 2 or more classes your spot will be filled from the wait-list unless you notify the instructor in advance.

TPP Tu	Apr 04-Jun 13	10:30 AM-11:15 AM	
448703			Free
Th	Apr 06-Jun 15	9:15 AM-10:00 AM	
448689			Free

Courses marked **TPP** take place at **Templeton Park Pool**

Sports

Sportball Junior Indoor

1-2 yrs | Sportball Vancouver

Toddlers and parents/caregivers focus on physical movements and social exploration, learn fundamental sport skills and participate in creative motor games, songs, stories, bubble time and more. Children are challenged according to their individual skill level and Coaches help grownups understand proven teaching techniques that can be applied outside of Sportball classes.

Set One

W Apr 05-May 10 9:15 AM-10:00 AM
449095 \$96/6 sess

Set Two

W May 17-Jun 21 9:15 AM-10:00 AM
449283 \$96/6 sess

Sportball Indoor Multisport

3-5 yrs | Sportball Vancouver

Sportball lessons are packed with cooperative games and a variety of ball sports. Our trained and certified coaches emphasize confidence and competence building over competition. Laugh and learn skills for life!

Sa Apr 15-May 06 10:00 AM-10:45 AM
449098 \$64/4 sess

Sportball Indoor Multisport

4-6 yrs | Sportball Vancouver

Sportball lessons are packed with cooperative games and a variety of ball sports. Our trained and certified coaches emphasize confidence and competence building over competition. Laugh and learn skills for life! No class Apr 10 and May 22.

Set One

M Apr 03-May 08 4:00 PM-5:00 PM
449096 \$80/5 sess

Set Two

M May 15-Jun 19 4:00 PM-5:00 PM
449279 \$80/5 sess



Sportball Outdoor Soccer

4-6 yrs | Sportball Vancouver

Kickstart your day! Sportball Outdoor Soccer programs introduce fundamental concepts of gameplay and teach the basic skills required to bend it like Beckham in a supportive, non-competitive environment. Coaches zero in on skills like throw-ins, dribbling, trapping and passing in fun, exciting, skill-focused games. Classes take place outdoors rain or shine on the grassy field west of Hastings Community Centre. Parents are required to remain on the field for children's safety.

W May 03-Jun 21 4:00 PM-5:00 PM
449289 \$128/8 sess

Sportball Outdoor T-Ball

3-5 yrs | Sportball Vancouver

Big League Fun! Sportball T-Ball introduces fundamental concepts of gameplay and teaches the basic skills required to play ball with confidence in a supportive, non-competitive environment. Coaches zero in on skills like throwing, catching, batting form, running bases and fielding in fun, exciting, skill-focused play. Classes take place outdoors rain or shine on the grassy field west of Hastings Community Centre. Parents are required to remain on the field for children's safety. Bringing a glove is recommended but not required. No class May 20.

Sa May 13-Jun 24 10:15 AM-11:15 AM
449296 \$96/6 sess

Sportball Parent & Tot Outdoor Soccer

2-3 yrs | Sportball Vancouver

Participants are introduced to fundamental concepts of soccer and are provided the basic skills required to score with confidence in fun, exciting, skills-focused games. With the guidance and support of their Sportball Coach, parents and children zero in on soccer skills including: throw-ins, dribbling, trapping, passing, goalie skills and more. Children are challenged according to their individual skill level and Coaches help grownups understand proven teaching techniques that can be applied outside of Sportball classes. Classes take place outdoors rain or shine on the grassy field west of Hastings Community Centre. Parents are required to remain on the field for children's safety.

W May 03-Jun 21 5:00 PM-5:45 PM
449291 \$128/8 sess

Sportball Parent & Tot Outdoor T-Ball

2-3 yrs | Sportball Vancouver

Hit a home run with Sportball Parent & Child T-Ball programs! Participants are introduced to fundamental concepts of gameplay and are provided the basic skills required to play ball with confidence in fun, exciting, skills-focused games. With the guidance and support of their Sportball Coach, parents and children zero in on baseball skills including: throwing, catching, batting, running bases and fielding. Children are challenged according to their individual skill level and Coaches help grownups understand proven teaching techniques that can be applied outside of Sportball classes. Classes take place outdoors rain or shine on the grassy field west of Hastings Community Centre. Parents are required to remain on the field for children's safety. Bringing a glove is recommended but not required. No class May 20.

Sa May 13-Jun 24 9:30 AM-10:15 AM
449295 \$96/6 sess

Sportball Parent and Tot Multisport Indoor

2-3 yrs | Sportball Vancouver

Sportball Parent & Child programs help preschoolers to refine their motor skills, such as balance and coordination, as well as develop their social skills such as confidence, following instructions, turn-taking and sharing. Coaches introduce a different sport each class using developmentally appropriate games and activities. Sportball maintains a one-parent-per-child ratio policy in all Parent Child programs to ensure that focus is kept on helping little ones practice and progress.

Sa Apr 15-May 06 9:15 AM-10:00 AM
449100 \$64/4 sess

Set One

W Apr 05-May 10 10:00 AM-10:45 AM
449099 \$96/6 sess

Set Two

W May 17-Jun 21 10:00 AM-10:45 AM
449284 \$96/6 sess

Yoga**YOGAPL3Y Preschool****3-5 yrs | PL3Y Inc.**

YOGAPL3Y (yoga-play) is a fun, interactive, and playful introduction to the world of Yoga for kids! With a focus on physical literacy, students get to master their fundamental movement skills, exercise their creativity, interpersonal skills, and social and emotional skills! Using tools like breath and mindfulness, students find ways to self regulate, listen and honor their cues. Weekly themes combine traditional yoga poses (asana) with FUN activities, games & music and include a balance between mindfulness and movement. Always remembering the 3 rules of PL3Y: Be Positive, Be Fun, and Be Yourself!

Th	Apr 06	2:00 PM-2:45 PM	
449113		Free Trial Class	
Th	Apr 13-Jun 22	2:00 PM-2:45 PM	
449112		\$143/11 sess	

Family Yoga**3-18 yrs | Vivien Gomes**

Yoga is a natural wellspring of health: helping with self awareness, as well as memory and concentration abilities. Yoga can nurture and inspire children about self regulating and self-care. Yoga class includes crafts, stories along yoga sequences and relaxation. Yoga can aid in children development and bring more harmony into one's life. The class is intended as a parent and child class and is an opportunity for family to practice yoga together. Register for 1 child for the parent/child. No class May 14.

3-7 yrs

Su	Apr 16-Jun 04	10:15 AM-10:45 AM	
448961		Free	

7-18 yrs

Su	Apr 16-Jun 04	11:00 AM-11:45 AM	
448962		Free	

Art**Fun with Watercolours****6-11 yrs | Xinlin Wang**

An engaging, dynamic course that introduces children to the beauty of watercolour painting, a flexible medium that allows for joyful creative expression. We'll go through the basics of watercolour, such as techniques, tools, materials, colour with emphasis placed on creativity, imagination and storytelling. The main goal of the course is to have fun and to cultivate your inner budding artist. Xinlin believes that every child is an artist and has the highest creative potential. Xinlin Wang is an art educator and artist, who is versatile in a variety of mediums such as watercolours, oil pastels and ink. She has exhibited in various venues and believes that kids should enjoy themselves in the process of art making. She likes her lessons to maintain a fun and engaging atmosphere, while developing techniques and telling stories through the medium of art.

6-9 yrs

F	Apr 14-Jun 23	4:00 PM-5:00 PM	
449048		\$198/11 sess	

8-11 yrs

F	Apr 14-Jun 23	5:30 PM-6:30 PM	
450151		\$198/11 sess	

FUNDamental Drawing**6-12 yrs | Young Rembrandts**

It's springtime and that can mean only one thing, it's time to register for our new spring classes! If you think your student is wanting to be an architect, they will love our city skyline lesson. Later, our students will learn about cool and warm colours with the patterned flowers lesson and about realism with the tower bridge and our art history lesson focusing on Gustav Klimt. Of course, it wouldn't be spring without a drawing of new baby bunnies and a fawn. Hurry up and sign up today! New lessons every session!

W	Apr 19-Jun 07	4:15 PM-5:15 PM	
449041		\$144/8 sess	

Dance**DANCEPL3Y Kids****6-8 yrs | PL3Y Inc**

DANCEPL3Y (dance-play) is a new kids fitness where your kids will learn simple moves from a variety of styles - Hip Hop, Urban, Ballroom, Bollywood, Lyrical, Jazz/ Funk as they get interACTIVE and 'play' with dance. Watch self-confidence and positive attitudes grow each week thanks to our motivating coaching philosophy featuring the 3 Rules of PL3Y: Be positive. Be fun. Be yourself™.

Th	Apr 13-Jun 22	4:30 PM-5:30 PM	
449043		\$143/11 sess	

Junior Ballet**5-7 yrs | Vancouver Performing Stars**

Introduce your child to the world of ballet. These classes develop coordination, musicality and fluidity of movement while having fun. Increased ballet technique is expected at each progressive level. Appropriate dance shoes and attire please. No class May 20.

Tu	Apr 11-Jun 13	4:30 PM-5:15 PM	
449067		\$135/10 sess	

Sa	Apr 15-Jun 17	12:00 PM-12:45 PM	
449066		\$121.50/9 sess	

Junior Hip Hop**5-7 yrs | Vancouver Performing Stars**

Want to learn how to move to and groove to your favorite tunes? Learn the basic style of hip hop dance in this high energy program. Discover new and exciting moves while learning fun and challenging choreography. Beginners welcome! Leave feeling energized, confident and excited about dance. No class May 20.

Tu	Apr 11-Jun 13	5:15 PM-6:00 PM	
449069		\$135/10 sess	

Sa	Apr 15-Jun 17	11:15 AM-12:00 PM	
449068		\$121.50/9 sess	

Hip Hop Breakers TPP**4-7 yrs | Endorphin Rush Dance And Fitness**

This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats! Children must be able to participate without a parent in the room. We hope to have a showcase on the last day of class for families. www.kirbySnelldance.com

Sa	Apr 15-Jun 17	1:55 PM-2:40 PM	
448697		\$120/10 sess	

We don't want to cancel good programs, but...

Programs are cancelled if everyone waits until the last minute to register. The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed.

Registration for courses will begin Saturday, March 18 at 9 AM.

Education

Bricks 4 Kidz - LEGO Space Adventures

5-10 yrs | Bricks 4 Kidz Vancouver

Inspired by NASA and Star Wars, B4K's Space Adventures is packed full of models to make your imagination blast off! Using Bricks 4 Kidz® building instructions, students use LEGO Technic and electric motors to construct one project per session.

Tu Apr 11-Jun 13 4:00 PM-5:00 PM
449040 \$200/10 sess

Red Cross Babysitting Course 10-16 yrs | Foundations Safety & First Aid Training

The Canadian Red Cross Babysitting course, refreshed and revised, now has a greater emphasis on First Aid skills. The course covers everything from managing difficult behaviours to essential content on leadership and professional conduct as a babysitter. Babysitting promises to deepen and enhance the responsibility that older youth feel when caring for younger children. This updated curriculum, complete with new science, also provides improved learning when it comes to giving the appropriate care in the event of an emergency.

Sa Apr 01 9:30 AM-4:30 PM
449094 \$70/1 sess
Sa May 06 9:30 AM-4:30 PM
449435 \$70/1 sess
Sa Jun 03 9:30 AM-4:30 PM
449436 \$70/1 sess

Young Commander Chess - Intermediate

8-16 yrs | Joe Soliven

There's a strong correlation between chess and academic achievement including math, spatial analysis and non-verbal reasoning ability. Joining in this Sherlock-Holmes-world of tactics and strategies, kids get trained in life-skills goal-setting: checkmate! What's more, chess provides a mental armor - commander! (leader) self-image - whereby kids can draw upon and develop a well-rounded discipline, amidst a friendly social setting where art meets science and math with fun. For anyone with knowledge of chess tactics and combinations. No class June 9.

F Apr 14-Jun 23 7:00 PM-8:20 PM
449115 \$129/10 sess

Young Commander Chess - Novice

6-12 yrs | Joe Soliven

As school academics in a game, playing chess and being smart are interconnected. There's a strong correlation between chess and academic achievement including math, spatial analysis and non-verbal reasoning ability. Joining in this Sherlock-Holmes-world of tactics and strategies, kids get trained in life-skills goal-setting: checkmate! What's more, chess provides a mental armor - commander! (leader) self-image - whereby kids can draw upon and develop a well-rounded discipline, amidst a friendly social setting where art meets science and math with fun. For anyone with limited or no knowledge of chess basics. No class June 9.

F Apr 14-Jun 23 5:30 PM-6:50 PM
449114 \$129/10 sess

Growing Kids

1-6 yrs | Lisa Patterson

Get your kids excited about the world of growing things! Join us in the garden to learn about plants, soil, seeds and insects through fun and engaging activities. We'll cover a different topic each week. Caregivers must be present throughout the class. Meet in the garden (sessions will take place indoors or in the HCC Learning Garden).

M Apr 17-May 15 11:00 AM-11:30 AM
450537 Free
M May 29-Jun 26 11:00 AM-11:30 AM
450539 Free

Cooking Classes for Kids

7-11 yrs | Alexandros Papadopoulos

Join us and learn about food safety, nutrition, and the importance of preparing in a clean and nice cooking environment. Kids will have an amazing time socializing and sharing their creativity with our young chef Alexandros from Greece and will explore cooking habits from different cultures! Kids will write down and vote what kind of food they want to learn to make in their first class. Please, bring your own Tupperware. The classes will include recipes for finger food, school lunch, cookies, and a few jar mixes.

Sa Apr 15-May 13 9:30 AM-11:30 AM
448949 \$50/5 sess
Sa May 27-Jun 24 9:30 AM-11:30 AM
448948 \$50/5 sess

NEW EFK: Jr. Civil Engineering: Fun Foundations

5-8 yrs | Engineering For Kids Vancouver

Get ready to raise the skyline as we learn all about the exciting field of civil engineering. This camp will teach students the foundations of civil engineering as they explore concepts, such as tension and compression, structurally strong geometric shapes, and the importance of a strong foundation and core. Each day students will use the EFK Engineering Design Process to take on captivating challenges that lay the groundwork for understanding the essential principles of structural design and construction. This camp is sure to tower above the rest and inspire the next generation of civil engineers. No class on Apr 9.

Su Apr 02-May 07 11:30 AM-12:30 PM
452968 \$100/5 sess

NEW EFK: Strategic Structures 6-12 yrs | Engineering For Kids Vancouver

Put on your hardhat and get ready to raise the roof with the fun and excitement of civil engineering. In this camp students will learn how to engineer for the forces acting upon a structures such as bending, compression, torsion, and shear. They will learn that shape and materials selection are critical to the success of towers, bridges, and highways. Each day, students will use the EFK Engineering Design Process to engage in captivating civil engineering challenges. This camp is sure to take your curiosity and skills to new heights. No class on Apr 9.

Su Apr 02-May 07 12:30 PM-2:00 PM
452970 \$140/5 sess

NEW EFK: Jr. Marine Engineering 5-8 yrs | Engineering For Kids Vancouver

What causes something to sink or float? How can engineers help explore and protect the ocean below? These questions and more are all explored in Junior Marine. In this class, students explore the concepts of marine engineering and mechanics, harnessing the power of water, and discovering designs that help us make the impossible, possible. No class on May 21.

Su May 14-Jun 25 11:30 AM-12:30 PM
452972 \$120/6 sess

NEW EFK: Software**Engineering: Scratch Video Sensing****6-12 yrs | Engineering For Kids Vancouver**

What's more fun than playing an interactive video game? Writing one! Video sensing allows students to design and program their own video games and then test them by interacting with the program via webcam. In this Scratch program, students work together to create their own games, art, and musical instruments while exploring coding foundations. Get up and get moving with Engineering for Kids and Scratch: Video Sensing! No class on May 21.

Su	May 14-Jun 25	12:30 PM-2:00 PM
452980		\$170/6 sess

Martial Arts**Karate****5-17 yrs | Jan Stefanovic**

Participants will learn the basics of Goju Ryu Karate Do: discipline, etiquette, flexibility, forms (kata), punches and kicks. This program is for children with little or no experience. Karate uniform \$42-\$52 depending on size. Must purchase Karate BC insurance for \$35 on karatebc.org by second class otherwise the participant cannot participate in the class. This class is skill-based and no contact. No class Apr 7, Apr 10 and May 22.

M	Apr 03-Jun 26	5:00 PM-6:00 PM
449070		\$77/11 sess
W F	Apr 05-Jun 28	5:00 PM-6:00 PM
449071		\$168/24 sess

Kendo Training by Renfrew**Kendo Dojo****7-18 yrs | Renfrew Kendo Dojo Society**

Practice the traditional Japanese martial art of Kendo. Kendo is not only a good physical activity, it also trains your mind. All ages and levels of experience welcome. Beginners only need a shinai (bamboo sword) to start practicing.

Su	Apr 02-Jun 25	10:15 AM-11:15 AM
Tu	Apr 04-Jun 27	7:00 PM-8:00 PM
449075		\$60/26 sess

Sports**Hastings Basketball****7-9 yrs | TBA Instructor**

This basketball program provides an opportunity for children to participate and develop their basketball skills while developing themselves physically, emotionally, mentally, and cognitively.

Tu	Apr 04-Jun 27	4:00 PM-5:00 PM
449053		\$52/13 sess

Sportball Indoor Multisport**6-9 yrs | Sportball Vancouver**

Sportball lessons are packed with co-operative games and a variety of ball sports. Our trained and certified coaches emphasize confidence and competence building over competition. Laugh and learn skills for life! No class Apr 10 and May 22.

Set One

M	Apr 03-May 08	5:00 PM-6:00 PM
449097		\$80/5 sess

Set Two

M	May 15-Jun 19	5:00 PM-6:00 PM
449282		\$80/5 sess

Sportball Outdoor Soccer**6-9 yrs | Sportball Vancouver**

Kickstart your day! Sportball Outdoor Soccer programs introduce fundamental concepts of gameplay and teach the basic skills required to bend it like Beckham in a supportive, non-competitive environment. Coaches zero in on skills like throw-ins, dribbling, trapping and passing in fun, exciting, skill-focused games. Classes take place outdoors rain or shine on the grassy field west of Hastings Community Centre. Parents are required to remain on the field for children's safety.

W	May 03-Jun 21	5:45 PM-6:45 PM
449294		\$128/8 sess

**Tennis Lessons for Kids****5-13 yrs | Wilson Tan**

This program is suitable for first-timers new to tennis (more fun), and for those already capable of rallying looking for something to improve rally skills (more competitive fun) leading to competitive skills. Aside from a successful basics-to-rally skills development program, this program brings more skills, rally and pre-competitive games and more developmental activities which will be engaging and challenging. Wilson's team of Coaches under his tutelage and guidance are prepared to bring this to you. For those rally ready, they will explore improved techniques, a better understanding of competitive play. Lessons are held in the gym and when appropriate may be held outside. No class May 20.

5-6 yrs

W	Apr 05-Jun 21	6:45 PM-8:00 PM
449106		\$220/12 sess

Sa	Apr 15-Jun 24	1:00 PM-1:45 PM
449103		\$115/10 sess

Sa	Apr 15-Jun 24	1:00 PM-2:30 PM
454036		\$220/10 sess

7-9 yrs

W	Apr 05-Jun 21	6:45 PM-8:00 PM
449107		\$220/12 sess

Sa	Apr 15-Jun 24	1:00 PM-2:30 PM
449104		\$220/10 sess

10-13 yrs

W	Apr 05-Jun 21	6:45 PM-8:00 PM
449108		\$220/12 sess

Sa	Apr 15-Jun 24	1:00 PM-2:30 PM
449105		\$220/10 sess

Yoga**YOGAPL3Y Kids****6-8 yrs | PL3Y Inc**

YOGAPL3Y (yoga-play) is a fun, interactive, and playful introduction to the world of Yoga for kids! With a focus on physical literacy, students get to master their fundamental movement skills, exercise their creativity, interpersonal skills, and social and emotional skills! Using tools like breath and mindfulness, students find ways to self regulate, listen and honor their cues. Weekly themes combine traditional yoga poses (asana) with FUN activities, games & music and include a balance between mindfulness and movement. Always remembering the 3 rules of PL3Y: Be Positive, Be Fun, and Be Yourself!

Th	Apr 06	3:30 PM-4:30 PM
449111		Free Trial Class

Th	Apr 13-Jun 22	3:30 PM-4:30 PM
450356		\$143/11 sess

Music Lessons

Guitar/Ukulele - Private Lessons

6+ yrs | Nathaniel Caguiat

Study acoustic/electric guitar or ukulele with a patient and experienced teacher. These 30 minute lessons are for students of all levels, focusing on music that interests you and exploring topics in songwriting, improvisation, and harmony. Students provide their own instrument. Sorry, no refunds after the second class. Nathaniel is a 4th year Jazz Contemporary Guitar Major in the Bachelors of Applied Music Program at VCC. He is an upcoming recording guitarist and side-man for different bands in Vancouver. He also teaches Electric guitar, Acoustic Guitar, and Ukulele to all different ages and levels.

Tu	Apr 04-Jun 27	4:30 PM-5:00 PM	
449050			\$260/13 sess
Tu	Apr 04-Jun 27	5:00 PM-5:30 PM	
449051			\$260/13 sess
Tu	Apr 04-Jun 27	5:30 PM-6:00 PM	
450432			\$260/13 sess
Tu	Apr 04-Jun 27	6:00 PM-6:30 PM	
450433			\$260/13 sess
Tu	Apr 04-Jun 27	6:30 PM-7:00 PM	
450434			\$260/13 sess
Tu	Apr 04-Jun 27	7:00 PM-7:30 PM	
450435			\$260/13 sess
Tu	Apr 04-Jun 27	7:30 PM-8:00 PM	
450436			\$260/13 sess

Piano - Private Lessons

5+ yrs | Samuel Sang Chan Chan

Learn to play classical or pop music in a fun and encouraging environment. Lessons cover a variety of practical skills such as rhythm, dexterity, technique, theory, as well as musical appreciation and performance opportunities. Books are not included. No keyboard or piano is required, however encouraged. Students would acquire their own books upon instructor's advice. Sorry, no make ups for missed lessons and no refunds after the second class. No lesson May 14.

Su	Apr 02-Jun 18	10:15 AM-10:45 AM	
449086			\$253/11 sess
Su	Apr 02-Jun 18	10:45 AM-11:15 AM	
449206			\$253/11 sess
Su	Apr 02-Jun 18	11:15 AM-11:45 AM	
449207			\$253/11 sess
Su	Apr 02-Jun 18	11:45 AM-12:15 PM	
449208			\$253/11 sess
Su	Apr 02-Jun 18	12:15 PM-12:45 PM	
449210			\$253/11 sess

Piano - Private Lessons

5+ yrs | Xinlin Wang

A wonderful introduction to the world of piano playing and music. Lesson will focus on establishing a good musical foundation, such as rhythm, note reading, fingering and posture. We will go through both practical and general theory in these 30 minute private lessons. The aim of the class is to develop a better musical appreciation through piano, while encouraging students to explore their own musical interests, express themselves and be creative. Piano playing is a great way to develop good hand-eye coordination, while being a fun and stress free activity. Xinlin Wang is a music educator and pianist who has a love for teaching children. She is an experienced and dedicated educator and enjoys imparting the love of music to her students. No lesson Apr 8 and May 20.

Sa	Apr 01-Jun 24	10:00 AM-10:30 AM	
449087			\$253/11 sess
Sa	Apr 01-Jun 24	10:30 AM-11:00 AM	
450153			\$253/11 sess
Sa	Apr 01-Jun 24	11:00 AM-11:30 AM	
450154			\$253/11 sess
Sa	Apr 01-Jun 24	11:30 AM-12:00 PM	
450155			\$253/11 sess
Sa	Apr 01-Jun 24	12:00 PM-12:30 PM	
450156			\$253/11 sess
Sa	Apr 01-Jun 24	12:30 PM-1:00 PM	
450157			\$253/11 sess
Sa	Apr 01-Jun 24	1:30 PM-2:00 PM	
450158			\$253/11 sess
Sa	Apr 01-Jun 24	2:00 PM-2:30 PM	
450161			\$253/11 sess
Sa	Apr 01-Jun 24	2:30 PM-3:00 PM	
450162			\$253/11 sess
Sa	Apr 01-Jun 24	3:00 PM-3:30 PM	
450163			\$253/11 sess
Sa	Apr 01-Jun 24	3:30 PM-4:00 PM	
450165			\$253/11 sess
W	Apr 05-Jun 28	3:30 PM-4:00 PM	
449088			\$299/13 sess
W	Apr 05-Jun 28	4:00 PM-4:30 PM	
450171			\$299/13 sess
W	Apr 05-Jun 28	4:30 PM-5:00 PM	
450172			\$299/13 sess
W	Apr 05-Jun 28	5:00 PM-5:30 PM	
450174			\$299/13 sess
W	Apr 05-Jun 28	5:30 PM-6:00 PM	
450175			\$299/13 sess
W	Apr 05-Jun 28	6:00 PM-6:30 PM	
450176			\$299/13 sess
W	Apr 05-Jun 28	6:30 PM-7:00 PM	
450178			\$299/13 sess
W	Apr 05-Jun 28	7:00 PM-7:30 PM	
450179			\$299/13 sess
W	Apr 05-Jun 28	7:30 PM-8:00 PM	
450180			\$299/13 sess

Piano - Private Lessons

5+ yrs | Simone Ren

Piano lessons are an excellent way for anyone to cultivate focus, creativity and commitment. Students will acquire skills in identifying and playing notes, rhythms and dynamics, all while having fun and gaining a sense of confidence as they learn to play new pieces. Additional cost for books to be purchased. No make ups for missed lessons and no refunds after the second class.

Th	Apr 13-Jun 08	4:30 PM-5:00 PM	
449090			\$216/9 sess
Th	Apr 13-Jun 08	5:00 PM-5:30 PM	
454506			\$216/9 sess
Th	Apr 13-Jun 08	5:30 PM-6:00 PM	
454507			\$216/9 sess
Th	Apr 13-Jun 08	6:00 PM-6:30 PM	
454508			\$216/9 sess
Th	Apr 13-Jun 08	6:30 PM-7:00 PM	
454509			\$216/9 sess
Th	Apr 13-Jun 08	7:00 PM-7:30 PM	
454510			\$216/9 sess
Th	Apr 13-Jun 08	7:30 PM-8:00 PM	
454511			\$216/9 sess
F	Apr 14-Jun 09	4:30 PM-5:00 PM	
449089			\$216/9 sess
F	Apr 14-Jun 09	5:00 PM-5:30 PM	
454500			\$216/9 sess
F	Apr 14-Jun 09	5:30 PM-6:00 PM	
454501			\$216/9 sess
F	Apr 14-Jun 09	6:00 PM-6:30 PM	
454502			\$216/9 sess
F	Apr 14-Jun 09	6:30 PM-7:00 PM	
454503			\$216/9 sess
F	Apr 14-Jun 09	7:00 PM-7:30 PM	
454504			\$216/9 sess
F	Apr 14-Jun 09	7:30 PM-8:00 PM	
454505			\$216/9 sess





TGIF (9-12 yrs)

Fridays, Apr 21-Jun 9 6:00-9:00 PM - Meets in the Games Room

This evening program is all about having fun! Pre-teens joining JJ and company for an evening of fun activities, every Friday night!

Sign-in at the Games Room by 6:10pm. This program is FREE and made possible by the HCA.

Registration required - #452243.

DROP-IN SYSTEM: Spots will be held for registered participants for the first 10 minutes, after this time, spots will be offered to drop-ins.

For more information, please contact TJ, Community Youth Worker, at 604.718. 6231.



Pro-D Day Camp

6-12 yrs | Youth Leaders

A day off school?! Join our Youth Staff for a fun filled day! Pack a water bottle, snack and lunch; dress weather-appropriate including rubber boots. Pre-registration and consent forms are required. Register early, spaces are limited! Refunds require a minimum of 10 days notice BEFORE the start of camp. A \$10 administrative fee will be assessed for refunds.

CAMP	9:00 am-3:00 pm	\$35/1 sess
AFTER CARE	3:00 pm-5:30 pm	\$10/1 sess

M Apr 24

Camp - 452245 After Care - 452246

Jr Youth Council

11-12 yrs | JJ Xu

The Junior Youth Council helps introduce leadership skills and volunteerism to pre-teens who will look to make the jump into the Hastings Youth Council once they enter grade 8! Work with JJ to create projects, work on community initiatives, and have a role in special events working alongside the Hastings Youth Council! Meetings are on Fridays, before TGIF. This program is for grade 6 + 7 students only.

F	Apr 21-Jun 9	5:00 pm-6:00 pm	Free
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4452242

Ascenders Jr.

10-12 yrs | JJ Xu

Ascenders, Unite! Join this co-ed after-school program to go on weekly adventures with JJ & Rhea! Each week will involve the group going on an out trip to take part in various activities. Out trips will include bowling, skating, golfing, & more! A snack is also provided! Please meet in the Hastings CC Games Room by 3:30pm. The group leave promptly at 3:45pm.

Tu	Apr 18-Jun 06	3:00 pm-6:00 pm	\$45/8 sess
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452238

Wednesday Star



Friends

9-12 yrs | Rhea Omosura

Wednesday Star Friends is for any pre-teen who identifies as a girl and/or non-binary and wants to take part! This program is a great way to connect with other kids in the community while hanging out, playing games, baking, arts & crafts, and much more! The staff will pick participants up outside the main entrance at Hastings Elementary & AR Lord Elementary after school. Please be ready to walk to Hastings CC by 3:15 PM. Participants to be picked up at Hastings CC after the program.

W	Apr 19-Jun 07	3:00 pm-6:00 pm	\$0/8 sess
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452239

Hastings Ball Hockey League

10-12 yrs | Youth Leader
Calling all pre-teens in grades 5-7 looking for an after-school hockey program! This will be a fun, recreational ball hockey league supported by the Vancouver Police Department officers from the neighbourhood. Come connect with new friends, meet police officers, and meet youth volunteers taking part in this weekly co-ed session at Hastings Community Centre! All skill sets are welcome and the cost is FREE thanks to the Vancouver Police Foundation! This co-ed program (open to any pre-teen who identifies and/or non-binary) is for kids ages 10-12 (grades 5-7). Registration is required – no drop-ins

Th	Apr 20-Jun 08	3:30 PM-5:00 PM	Free
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452241



VANCOUVER POLICE FOUNDATION



EVERYONE IS

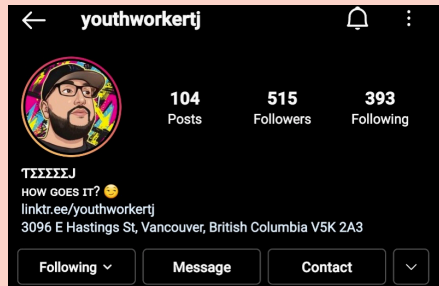


WELCOME!

All downloadable waivers/forms can be found at the hastingscc.ca website

Teens (13-18 yrs)

Contact TJ, Community Youth Worker



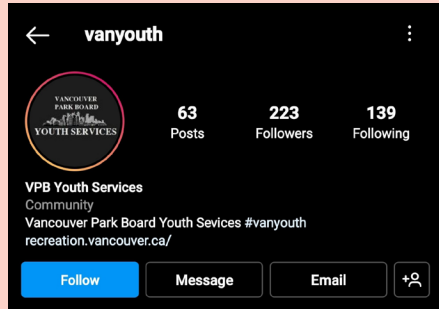
tj.shukla@vancouver.ca

604.718.6231

@YouthWorkerTJ

Follow or DM TJ on IG for any volunteering opportunities and youth initiatives.

Community Youth Development at Hastings CC



Youth Services at Hastings CC are a partnership between the Vancouver Board of Parks and Recreation and the Hastings Community Association.

Youth programs reflect the principles of CYD in the City of Vancouver: accessible, collaborative, and inclusive. Youth are respected, supported and involved in program planning, implementation and decision-making.



Sign up for a **FREE Youth Pass** to get access to **Open Gym, Games Room, & more!**

Volunteering/Leadership

Looking for Volunteer Hours?

Volunteers are able to gain valuable work experience, build relationships with the Youth Worker and staff team and meet other youth. Some of these opportunities include:

- Open House
- Halloween Carnival
- Breakfast with Santa
- Day Camps
- After-School Programs
- Community Clean-ups and more!

Feel free to drop-by the Youth Worker office at Hastings Community Centre to connect with TJ, Community Youth Worker.

Hastings Youth Council

12-17 yrs | TJ Shukla

The Hastings Youth Council strives for youth to be leaders in their community and for their voices to be heard. This is a great opportunity to organize activities, special events, implement projects, and volunteer in the community. Meet new people, make new friends, get volunteers hours and give back to the community! Meetings are held on Saturdays.

PB City-Wide Youth Council

The City-Wide Youth Council connects youth from Vancouver's 20 diverse communities to work together on youth initiatives, local issues and Youth Week. Meetings are held at City Hall on the second Wednesday of the month.



Hastings Hydras Youth Dragon Boat Team

13-18 yrs | Jeff Oro + Kobe Kung
Attention, please. Paddles up!

Coach Jeff + Kobe return to build off the super successful 2022 campaign!

We are once again looking for new paddlers for the 2023 season.

This year, we look to start in February with dryland training + workouts, followed by pool practices at Templeton Pool, and then hitting the water at Creekside!

If you are interested, please e-mail TJ Shukla at tj.shukla@vancouver.ca to register. Please note that priority is given to returning paddlers.

Practices (tentative):

Wed, 4:00pm - 5:30pm

W	Feb 13-Jun 25	4:00 pm-6:00 pm
438760		\$90/person



Youth Week is an internationally celebrated event to promote awareness of youth, increase positive public profile of youth and build stronger connections between youth and the community.





GAMES ROOM Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
All Ages – 9:15 AM - 2:00 PM					All Ages 9:15 AM-12:00 PM	All Ages 10:15 AM-1:30 PM
Youth Grades 8-12 3:00-9:00 PM	Ascenders Grades 5-7 3:00-4:00 PM (see page 23)	Star Friends Grades 4-7 3:00-6:00 PM (see page 23)	HBHL Grades 4-7 2:00-6:00 PM (see page 23)	Youth Grades 8-12 3:00-9:30 PM	Youth Grades 8-12 12:00-2:00 PM	
	Youth Grades 8-12 4:00-9:30 PM	Youth Grades 8-12 6:15-9:30 PM	Youth Grades 8-12 2:00-9:30 PM		HYC Grades 8-12 2:00-4:30 PM	

Please note: Schedule subject to change. No equipment will be handed out 15 minutes prior to closing.

Youth Programs & Open Gym Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Check @YouthWorkerTJ for weekly open gym schedules			Hastings Ball Hockey League Grades 5-7 3:30-5:00 PM	Basketball Grades 4-7 3:00-4:30 PM	Community Clean-Ups 12:30-1:45 PM	
	Volunteer Opportunity 3:30 PM-6:00 PM	Volunteer Opportunity 3:30 PM-6:00 PM	Volunteer Opportunity 3:30 PM-5:30 PM	Volleyball Grades 8-12 4:30-7:15 PM	Basketball Grades 8-12 7:30-10:00 PM	Hastings Youth Council 2:00 PM-3:30 PM

Schedule subject to change.

PARENTAL/GUARDIAN RESPONSIBILITY: According to provincial guidelines, all children under the age of 9 are required to have parental/guardian 16 years or older supervision when not attending a registered Hastings program. This applies to all drop-in programs such as the Games Room, Open Gym. The staff at Hastings are not responsible for children left unattended after programs have finished. Parents/ guardians are responsible for picking up their children as soon as programs have ended.



NEW Teen Yoga

13-18 yrs | Vivien Gomes

Yoga is a natural wellspring of health: helping with self-awareness, as well as memory and concentration abilities. Yoga can nurture and inspire youths about self-regulating and self-care. Improve your physical fitness without focus on their appearance. Incredible yoga benefits to youths as they develop; such as improving posture, learning about spine health, maintaining flexibility, developing balance and inner strength.

Traditional and therapeutic yoga sequences will be introduced and every session will end with proper relaxation. Yoga can aid in youth development and bring more harmony into one's life. First 3 sessions are FREE (sign up for each class)

Fr	4:00 pm-5:00 pm	
Fr Apr 14	452941	Free
Fr Apr 21	452942	Free
Fr Apr 28	452943	Free
Fr May 12-Jun 2	452944	\$20/4 sess



Aerobics

Mild & Total Fitness

19+ yrs | Nargis Jaffer

Beginner level class designed for older adults which includes warm up, cardio, strengthening, weights and bands, floor work and stretching. Drop-in, purchase a 10-visit pass or three month pass. No class on May 22.

M Apr 10-Jun 26 10:30 AM-11:25 AM

Aerobics Fees		
Adult	19-59 years	60+ years
Drop-In	\$5.00	\$2.50
10 Visit Pass	\$45.00	\$22.50
Three Month Pass	\$87.81	\$43.90
Prices listed do not include GST.		

Step

19+ yrs | Sharon Chan

All Fitness Levels - For participants who want a moderate cardio workout. Newcomers welcome. Choreographed patterns followed by strength training with weights and tubing. Drop-in, purchase a 10-visit pass or three month pass. No class on statutory holidays.

Tu Th Apr 04-Jun 29 5:30 PM-6:30 PM
W Apr 05-Jun 28 9:15 AM-10:15 AM

Step & Sculpt

19+ yrs | Sharon Chan

For moderately fit individuals who want to increase their muscular endurance as well as challenge their cardiovascular system. Cardio is alternated with strength training. Drop-in, purchase a 10-visit pass or three month pass. No class on statutory holidays.

M Apr 03-Jun 26 9:15 AM-10:15 AM
W Apr 05-Jun 28 5:30 PM-6:30 PM

Aerobics Schedule				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
MORNING	Step & Sculpt 9:15-10:15 AM Sharon		Step 9:15-10:15 AM Sharon	<i>No aerobic pass extensions for cancelled classes.</i>
	Mild & Total Fitness 10:30-11:25 AM Nargis			
EVENING		Step 5:30-6:30 PM Sharon	Step & Sculpt 5:30-6:30 PM Sharon	Step 5:30-6:30 PM Sharon

Fitness

Circuit Training TPP

19+ yrs | Kelly Howatson

This is an exercise program integrating all components of physical fitness: strength, endurance, flexibility and coordination. Weights, bands, and mats will be incorporated into this one hour class geared towards looking to improve strength. No class Apr 11 and May 5.

Set One

Tu Apr 04-May 16 9:00 AM-10:00 AM \$51/6 sess
449126
 F Apr 21-May 26 8:00 AM-9:00 AM \$42.50/5 sess
449127

Set Two

Tu May 23-Jun 27 9:00 AM-10:00 AM \$51/6 sess
449153
 F Jun 02-Jun 30 8:00 AM-9:00 AM \$42.50/5 sess
449154

Core & Strength Training for Older Adults

50+ yrs | Kelly Howatson

This exercise program integrates all components of physical fitness: strength, endurance, flexibility and coordination. Weights, bands, and mats will be incorporated into this one hour class geared toward older adults looking to improve their strength. No class Apr 11 and May 5.

Set One

Tu Apr 04-May 16 11:00 AM-12:00 PM \$45/6 sess
448951
 F Apr 21-May 26 10:00 AM-11:00 AM \$37.50/5 sess
448952

Set Two

Tu May 23-Jun 27 11:00 AM-12:00 PM \$45/6 sess
448953
 F Jun 02-Jun 30 10:00 AM-11:00 AM \$37.50/5 sess
448954

Self Defense for Women by Wenlido WEST

14+ yrs | Gaye Ferguson

Wenlido is a practical personal safety program designed to help women and girls learn (and remember) basic self defense. It combines discussions with hands on practice. This is a great follow-up program to the various one-time workshops available locally. It will give students the chance to go deeper into the techniques so, should the need arise, they are more likely to remember how to respond. We learn effective releases from different grabs and choking holds, how to target vulnerable areas of the attacker's body, how to respond to weapons and how to escape from being pinned on the ground. Mother-daughter groups encouraged to attend together, (age 14+). No experience necessary.

Tu May 09-30 6:15 PM-7:45 PM
453882
 19+ yrs \$60/4 sess
 14-18 yrs \$30/4 sess

Courses marked TPP take place at
Templeton Park Pool

Please note: Adult & Older Adult programs are subject to GST.

Mission...FitPossible

19+ yrs | Romeo Mele

Start your mornings right. Better your functional movement. Increase cardio fitness. Increase muscle strength endurance. Inspire weight loss. This class provides participants with a fun energetic workout. YOUR MISSION? To mix different types of training such as HIIT, core stability, and functional movement to develop athleticism and inspire a happier, healthier you. Register at least one week in advance to allow our certified trainer enough time to discuss with you your goals and limitations. Drop-in \$20 if space permits.

Tu Th	Apr 04-Apr 27	9:45 AM-10:45 AM
449080		\$80/8 sess
Tu Th	May 02-May 30	9:45 AM-10:45 AM
450682		\$90/9 sess
Tu Th	Jun 01-Jun 29	9:45 AM-10:45 AM
450684		\$90/9 sess

Osteofit

19+ yrs | Berdjis Bahrami

This is an exercise program designed specifically for people with osteoporosis who are at an increased risk for fracture. Beginners are welcome. Drop-in \$7, space permitting.

F Apr 14-Jun 30 12:00 PM-1:00 PM
449081 \$72/12 sess



Zumba®

19+ yrs | Zumba Vancouver

ZUMBA® fuses Latin rhythms and easy to follow moves to create a dynamic workout system designed for everyone at any fitness level. Using fitness principles of interval and resistance training to maximize caloric output, fat burning, and total body toning. It combines Salsa, Cumbia, Merengue, and more giving you a feel-happy workout that is great for both the body and the mind. www.zumbavancouver.ca. Drop-in \$14, space permitting.

Tu	Apr 04	6:45 PM-7:45 PM
449117		Free Trial Class
Set One		
Tu	Apr 11-May 16	6:45 PM-7:45 PM
449118		\$75/6 sess
Set Two		
Tu	May 23-Jun 27	6:45 PM-7:45 PM
449119		\$75/6 sess

Dance / Fitness / Martial Arts / Yoga Schedule

Please see program description for exact dates and times. Program may be cancelled due to low enrolment.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAYTIME		TPP Circuit Training 9:00-10:00 AM			TPP Circuit Training 8:00-9:00 AM
		Mission FitPossible 9:45 AM-10:45 AM		Mission FitPossible 9:45-10:45 AM	Core and Strength Training for Seniors 10:00-11:00 AM
		Core and Strength Training for Seniors 11:00 AM-12:00 PM	Contemporary Line Dance with Irene 11:00 AM-12:30 PM		Osteofit 12:00-1:00 PM
	Line Dance with Karen 50+ yrs 1:30-3:00 PM				Ballroom Social Dance 50+ yrs 1:30-3:30 PM
EVENING	Yogaflex 6:15-7:15 PM	Iyengar Yoga (Mix Lvl) 6:30-8:00 PM	Iaido 6:15-8:15 PM	Iyengar Yoga 6:30-8:00 PM	
	Karate/Self-Defense 6:15-7:15 PM	TPP Creative Hatha Yoga Flow 6:45 - 8:00 PM	Karate/Self-Defense 6:15-7:15 PM		
		Zumba® 6:45-7:45 PM	Ballroom Dance - Beginners 6:30-7:30 PM		
	TPP Tai Chi 7:00 - 9:00 PM	Kendo 7:00-9:00 PM	TPP Tai Chi 7:00 - 9:00 PM	Kendo 8:15-9:30 PM	
			Ballroom Dance - Intermediate 7:30-8:30 PM	Courses marked TPP take place at Templeton Park Pool	
			Ballroom Dance - Intermediate 8:30-9:30 PM		

Dance

Ballroom Dance - Beginner**19+ yrs | Faye Hung**

Come learn the basics of ballroom dancing. Enjoy social company while learning to dance. No partner is required. No prior dancing experience is required. Drop-in \$14, space permitting.

Beginner/Bronze Tango

W Apr 05-May 10 6:30 PM-7:30 PM
449031 \$67.50/6 sess

Beginner/Bronze Waltz

W Jun 07-Jun 28 6:30 PM-7:30 PM
449032 \$45/4 sess

Ballroom Dance - Intermediate**19+ yrs | Faye Hung**

Expand your technical knowledge of your ballroom dancing with these Open Silver routines. A minimum of 2 years of dancing experience is required. Partner preferred. Drop-in \$14, space permitting.

Intermediate/Open Silver Rumba

W Apr 05-May 10 8:30 PM-9:30 PM
449034 \$67.50/6 sess

Intermediate/Open Silver Slow Foxtrot

W Apr 05-May 10 7:30 PM-8:30 PM
449036 \$67.50/6 sess

Intermediate Samba

W Jun 07-Jun 28 8:30 PM-9:30 PM
449033 \$45/4 sess

Intermediate/Open Silver Quickstep

W Jun 07-Jun 28 7:30 PM-8:30 PM
449035 \$45/4 sess

Contemporary Line Dance w/ Irene**19+ yrs | Irene Loo**

This modern line dance class incorporates contemporary music and dance steps including Cha Cha, Tango, Rumba, Waltz, Mambo, Salsa, Cumbia, Hustle, Twist, Disco, Jitterbug and Electric Slide. Drop-in \$5, if space permits. No class Apr 10, May 22, May 24 and May 31.

M Apr 03-Jun 26 7:30 PM-9:00 PM
454795 \$35/10 sess

W Apr 05-Jun 21 11:00 AM-12:30 PM
449042 \$35/10 sess

Yoga

Creative Hatha Flow Yoga TPP**16+ yrs | Hana Hermanek**

Hatha classes are great for improving focus, breathing, circulation, digestion, and flexibility. Many students say they feel more relaxed after class and sleep better at night. Classes begin with a short grounding exercise, followed by a variety of poses, and finishing with a relaxing savasana. Keep your body limber and come do yoga!

Beginners welcome. Drop-in \$15, if space permits.

Set One

Tu Apr 04-May 16 6:45 PM-8:00 PM
449124 \$94.50/7 sess

Set Two

Tu May 23-Jun 27 6:45 PM-8:00 PM
449125 \$81/6 sess

Iyengar Yoga**16+ yrs | Bridget Donald**

Join us to increase your flexibility, strength and relaxation. The Iyengar method of yoga involves meditation in action: with its focus on the details of the yoga poses and conscious movement, it helps to bring the body and mind into healthy alignment. Beginners and ongoing students are welcome in the class. Drop-in \$20, if space permits.

Th Apr 06-Jun 22 6:30 PM-8:00 PM
449061 \$204/12 sess

Iyengar Yoga - Mixed Level**16+ yrs | Bridget Donald**

This yoga course will review all basics and go deeper. Iyengar yoga adapts to your personal needs, regardless of your age or state of health. In this class, you'll increase your flexibility, strength and body awareness. Drop-in \$20, space permitting, with instructor approval.

Tu Apr 04-Jun 20 6:30 PM-8:00 PM
449062 \$204/12 sess

**NEW Veg Yoga - Community program****19+ yrs | Vivien Gomes**

Veg Yoga is about breaking patterns of bad habits and planting seeds of positivity. The 26/2 sequence will be guided and it's derived from the traditional Hatha classic 84 yoga asanas. The therapeutic sequence is practiced all around the world. Veg Yoga sequence increases flexibility, strength, and balance within the body. It improves circulation and reduces stress, to provide an infinite number of benefits. The practice works on the principles of maximum compression, extension, and relaxation in every pose to create optimal health. The class is designed for all levels -- beginners and experienced practitioners alike. In time, you will learn to focus your mind and control your breath, leading you to work harder, deeper, yet calmer. The true meaning of yoga will be realized. No class on May 10.

W Apr 19 7:30 PM-8:45 PM
454082 Free Trial

W Apr 26-Jun 07 7:30 PM-8:45 PM
453450 \$40/6 sess

Yogaflex**19+ yrs | Alex Hughes**

This flowing yoga class will focus on core strength and how to get connected with it. The core work will be incorporated into yoga postures. This class ends with deep stretching and relaxation. You will leave feeling supple and strong. Visit www.alexvanderster.ca for more information. Please bring your own mat to this class. Drop-in \$15. No class Apr 10 and May 22.

M Apr 03-Jun 12 6:15 PM-7:15 PM
449129 \$108/9 sess

Please note: Adult & Older Adult programs are subject to GST.

Courses marked TPP take place at
Templeton Park Pool

Martial Arts

Iaido

19+ yrs | Shin Ken Kai

Iaido is the traditional use of the Japanese sword. The techniques help focus and develop your body, mind, and spirit. The practice will improve your flexibility and situational awareness. We train in two koryu (old schools) both of which are over 400 years old. Our practice includes traditional individual as well as two person Kenjutsu forms. Drop-in \$10, if space permits.

W	Apr 05-Jun 28	6:15 PM-8:15 PM
449058		\$75/13 sess
Su	Apr 09-Jun 25	10:15 AM-12:15 PM
449059		\$75/13 sess

Karate/Self-Defense

19+ yrs | Jan Stefanovic

Karate is a high-aerobic activity that utilizes virtually every muscle in your body. Your endurance, muscle tone, flexibility and your overall strength will improve quickly. Karate training with Ippon Goju Ryu Karate Club is not only effective regarding self-defense, but it will rapidly transform your whole body as well. Imagine how powerful a one-hour training session with non-stop punching, kicking, blocking, dodging and moving can be. Karate uniform \$42-\$52 depending on size. Must purchase Karate BC insurance for \$35 on karatebc.org by second class otherwise the participant cannot participate in the class. This class is skill-based and no contact. No class Apr 10 and May 22.

MW	Apr 03-Jun 28	6:15 PM-7:15 PM
449073		\$168/24 sess



Kendo Training by Renfrew Kendo Dojo

19+ yrs | Renfrew Kendo Dojo Society

Practice the traditional Japanese martial art of Kendo. Kendo is not only a good physical activity, it also trains your mind. All ages and levels of experience welcome. Beginners only need a shinai (bamboo sword) to start practicing.

Tu	Apr 04-Jun 27	7:00 PM-8:00 PM
Th	Apr 06-Jun 29	8:15 PM-9:30 PM
Su	Apr 02-Jun 25	10:15 AM-11:15 AM
449077		\$120/39 sess

Tai Chi TPP

16+ yrs | Guy Tomash

Yang style Tai Chi is known for its benefits of health, meditation and self-defense. This is an ongoing class which teaches the traditional 108 movement long form, stresses correct body posturing and whole body movement. Drop-in \$12, space permitting. No class Apr 10 and May 22.

MW	Apr 03-Apr 26	7:00 PM-9:00 PM
449121		\$70/7 sess
MW	May 01-May 31	7:00 PM-9:00 PM
449122		\$90/9 sess
MW	Jun 05-Jun 28	7:20 PM-9:20 PM
449123		\$80/8 sess

Education

East Vancouver Family Literacy - Beginner Learners

19+ yrs | Emily Hunter

Learn English, have fun and make friends! This class is for Beginner to Lower Intermediate learners. We plan to go on field trips together and will invite guest speakers to the class. The teacher is an experienced English teacher from Capilano University. Come join us! For more information, please contact Emily at emilyhunter@capilano.ca. No class on Fri, Apr 7.

F	Mar 31-Jun 02	9:15 AM-12:15 PM
448778		Free

NEW Speaking Dog 101: Talking it over with your aggressive dog

16+ yrs | Julie Emery

How can you help your dog who has high anxiety, leash reactivity, aggression towards other dogs or humans? In this 5 day workshop you will learn valuable tips on how to:

- Understand your dog better
- Communicate with your dog using their language
- Help your dog feel less anxious
- Reduce embarrassing incidents of aggression and leash reactivity
- Teach your dog how to cope with separation anxiety
- Avoid getting bitten by dogs
- Teach your dog to work for you, not for treats

For safety reasons, dogs are not be permitted to attend the workshop. You will be invited share recordings of your completed homework assignments with your dog for group discussion purposes.

W	May 03-May 31	7:00 PM-8:00 PM
454463		\$112.50/5 sess

Please note: Adult & Older Adult programs are subject to GST.

Food & Garden Programs



Look forward to Community Work Days, In-Garden Workshops, Garden to Table Cooking Workshops, and more!

Check out our Facebook Page at Hastings Community Centre Food & Garden Programs for up to date information! Email seasonsoffoodhcc@gmail.com to join our Mailing List!

Seasons of Food

- A collection of hands-on cooking and nutrition workshops for all ages, facilitated by community food and nutrition experts
- Varying prices

Hastings Community Learning Garden

- A community garden space in which fruits, vegetables, and herbs are grown and used within programming at the Community Centre
- Community Work Days and various workshops take place regularly from March through November

Comments, questions, or concerns can be directed to the Food & Garden Coordinator at seasonsoffoodhcc@gmail.com.



Community Kitchen

19+ | Alexandros Papadopoulos

Come prepare some delicious dishes to take home to your family while your children are cared for on-site. We will prepare different dishes each month depending on the season. Participants MUST register for each session by the Wednesday before the class to allow us to plan for childminding and food shopping. Childminding provided for children over 12 months.

Tu	Apr 11	9:30 AM-11:30 AM	
448946			\$20/sess
Tu	May 09	9:30 AM-11:30 AM	
448945			\$20/sess
Tu	Jun 06	9:30 AM-11:30 AM	
448947			\$20/sess

Gardening Corner

19+ yrs | Lisa Patterson

Are you interested in gardening and natural food preparation, but not sure where to start? Join us in the garden to learn about nutrition, plants, soil, seeds and insects through fun and engaging activities. We'll cover a different topic each week. Increase your knowledge and become comfortable working in your own kitchen and garden.

We will meet indoors in case of bad weather.

W	Apr 05-May 10	11:00 AM-12:00 PM	
450536			Free
W	May 24-Jun 28	11:00 AM-12:00 PM	
450542			Free

Garden Volunteer Days

19+ yrs | Lisa Patterson

Come meet other people in your community by working on an outdoor project in our Community Garden. Enjoy the sunshine and bring your enthusiasm to this small outdoor gardening gathering.

Sa	May 13	11:00 AM-1:00 PM	
450572			Free
Sa	Jun 10	11:00 AM-1:00 PM	
450575			Free

Food Skills for Families - Healthy Cooking on a budget

19+ yrs | Lily Fung

Food Skills for Families is an enjoyable way to connect in the kitchen, learn hands-on cooking skills and make healthy eating, easy, quick and fun. Healthy eating is an important part of overall wellness and we hope this program inspires you to cook tasty meals for you and your family. Have fun in the kitchen and keep cooking! In the Food Skills for Families FOOD SENSE program, we will focus on ways to make healthy meals on a budget. It also includes a number of restaurant favourites recipes like homemade pizza and quesadillas! This is a free six week course. Students must be able to attend all 6 weeks. No class Apr 9.

Su	Apr 2-May 14	10:30 AM-1:30 PM	
451542			Free

REUSE AND RECYCLING DROP-OFF EVENT



Saturday, May 27, 2023 | 10 am - 1 pm

Dr. A.R. Lord Elementary School
555 Lillooet Street (in parking lot off E Pender)

Donate or Recycle



For accepted items and event details, visit vancouver.ca/drop-off



Growing Kids

1-6 yrs | Lisa Patterson

Get your kids excited about the world of growing things! Join us in the garden to learn about plants, soil, seeds and insects through fun and engaging activities.

We'll cover a different topic each week.

Caregivers must be present throughout the class. Meet in the garden (sessions will take place indoors or in the HCC Learning Garden).

M Apr 17-May 15 11:00 AM-11:30 AM
450537 Free

M May 29-Jun 26 11:00 AM-11:30 AM
450539 Free

Cooking Classes for Kids

7-11 yrs | Alexandros Papadopoulos

Join us and learn about food safety, nutrition, and the importance of preparing in a clean and nice cooking environment.

Kids will have an amazing time socializing and sharing their creativity with our young chef Alexandros from Greece and will explore cooking habits from different cultures! Kids will write down and vote what kind of food they want to learn to make in their first class. Please, bring your own Tupperware. The classes will include recipes for finger food, school lunch, cookies, and a few jar mixes.

Sa Apr 15-May 13 9:30 AM-11:30 AM
448949 \$50/5 sess

Sa May 27-Jun 24 9:30 AM-11:30 AM
448948 \$50/5 sess

NEW Japanese Comfort Food: Home-Style Sushi and Inari

19+ yrs | Lisa Patterson

Many Japanese dishes have become popular in Canada as delicious healthy food. Sakura, authentic Japanese vegetarian/vegan chef, will demonstrate the steps and have samples to offer. The recipes will be plant-based with optional add-ons of animal proteins. Enjoy healthy home-made cooking with no MSG, and low in chemicals and gluten. You will learn to make recipes in small portions for 1-2 health-conscious individuals.

Tu Apr 18 7:00 PM-9:00 PM
450535 \$5/sess

NEW Cosmetics for Better Skin

19+ yrs | Lisa Patterson

Good skincare is not all about luxury cosmetics. We can make equally good ones in your kitchen and garden. It's easy and natural, and better for those with sensitive skin. Learn a secret technique to make your skin smooth and dewy. It's simple and easy, yet effective! At this workshop, you will get:

- How To Skincare Blueprint

- Healthy Eating for Skin list

- Sample moisturizing lotion

Instructor: Yumie Takahashi Fouquet,

Certified Wellness Coach

Tu Apr 25 7:00 PM-8:30 PM
450556 \$5/sess

Garden Workshop: Sack Gardening

19+ yrs | Lisa Patterson

Grow a garden in a burlap sack! Vertical gardening is the answer to all urban small-space gardening woes. You may have seen people growing potatoes in burlap sacks but this technique allows you to grow a whole garden in a sack pretty much anywhere where there is sun. Vertical gardens may not solve world hunger but growing edible plants from seed to food is a small step toward understanding our role in food justice and food sovereignty. It's a connection to the nature that surrounds us and is within us that we are never separate from but may sometimes seem far away when living in a city or inside our heads. Urban gardening is a small movement with big ripple effects in which absolutely everybody in any space is able to participate. This workshop will be demonstration-only but we will have some sacks and plant seedlings to give away if you would like to try this at home. Meet in the Hastings Garden.

Sa May 06 12:00 PM-2:00 PM
450593 \$5/sess

Pop Bottle Vertical Gardening

19+ yrs | Lisa Patterson

Recycled Pop Bottle Garden Towers are a great way to vertically grow shallow rooted edible plants like herbs, lettuce, strawberries, chives and lots of other things without spending much time or money.

They are ideal on balconies, against the side of a building, windowsills or the corner of a small garden where you need to save space. MP Bilodeau will take you through the steps to create your own vertical garden. You will take home a couple of pop bottle planters of your own. All equipment is provided.

Sa May 06 2:00 PM-4:00 PM
453402 \$5/sess

NEW Moroccan Cooking

19+ yrs | Lisa Patterson

Join Najia on this trip to the other side of the world to experience the cuisine of Morocco. We will cover traditional spice blends and techniques, and of course there will be lots and lots of samples!

W May 10 7:00 PM-8:30 PM
453404 \$5/sess

NEW Intro to Syntropic Farming

19+ yrs | Lisa Patterson

Syntropic farming restores degraded soil biodiversity by imitating the natural regeneration of forests and provides a harmonious integration of our food production systems. Joseph will teach you how to stop fighting nature and learn to embrace it in your own garden.

Sa Jun 03 12:00 PM-2:00 PM
453403 \$5/sess

Become Your Own Home Florist

19+ yrs | Lisa Patterson

Do you love the look of fresh flowers in your home, but don't love the expense? Would you like to arrange flowers yourself, but have no idea where to start? Would you like to learn how to make your cut flowers last longer? Japanese flower artist Sakura will share with you her professional tips to shop and care for flowers. Make your own simple mini-bouquet in a mason jar to take home. We will provide instructions to maintain and rearrange it at home, keeping it to enjoy longer up to two weeks! All materials will be provided. Enjoy living with flowers in your home. Flowers donated by BB Florist

Tu Jun 06 7:00 PM-8:30 PM
450566 \$5/sess

Sports

Please note: Spots will be held for registered participants for the first 15 minutes; after this time, spots will be sold to drop-in players. In the event that you are unable to attend any particular session, your registered spot is non-transferable. Please call us if you are unable to attend your registered session at 604-718-6222. Drop-in waitlist starts 30 minutes prior to the activity start time on the day of (in-person only, phone calls not accepted).

Badminton**19+ yrs | Non Instructional**

Doubles play only. Register for the entire set and guarantee your spot each week. Maximum combined drop-in and registration is 20 players. Drop-in \$4.25, space permitting.

Tu Apr 04-Jun 27 8:00 PM-9:45 PM
449017 \$48.75/13 sess

Basketball: Full Court**19+ yrs | Non Instructional**

Register to be guaranteed a spot every week. Maximum combined drop-in and registration is 15 players for 3 teams of 5 playing full court. Drop-in \$4.25, space permitting.

Th Apr 06-Jun 22 8:00 PM-9:45 PM
449037 \$45/12 sess

Indoor Soccer**19+ yrs | Non Instructional**

Register to be guaranteed a spot every week. Maximum combined drop-in and registration is 15. Drop-in \$4.25, space permitting. No session Apr 10 and May 22.

M Apr 03-Jun 19 8:00 PM-9:45 PM
449060 \$37.50/10 sess

Pickleball - Beginner Play**19+ yrs | Non Instructional**

Get active on the court with Pickleball. This sport combines elements of badminton, tennis and table tennis. It is a fun and easy to learn sport which will have you coming back for more! Maximum of 20 players.

Drop-in \$4.25, space permitting. No session Apr 10 or May 22.

M Apr 03-Jun 19 6:15 PM-7:45 PM
449092 \$37.50/10 sess

Su Apr 02-Jun 25 10:10 AM-11:40 AM
449093 \$48.75/13 sess

Badminton Court Reservations**19+ yrs | Non Instructional**

Come and play badminton with family or friends during this 45 minute court reservation. Book your court for the season, bring your racquet, birdie and have a great time. Courts not booked in advance can be used on a drop-in basis (\$10/court). Courts are numbered 4-1 starting from the gym entrance. Court #4 reserved for drop-in.

Badminton Court Reservation 1a

Su Apr 02-Jun 25 11:45 AM-12:30 PM
449022 \$117/13 sess

Badminton Court Reservation 1b

Su Apr 02-Jun 25 12:30 PM-1:15 PM
449023 \$117/13 sess

Badminton Court Reservation 1c

Su Apr 02-Jun 25 1:15 PM-2:00 PM
449024 \$117/13 sess

Badminton Court Reservation 2a

Su Apr 02-Jun 25 11:45 AM-12:30 PM
449025 \$117/13 sess

Badminton Court Reservation 2b

Su Apr 02-Jun 25 12:30 PM-1:15 PM
449026 \$117/13 sess

Badminton Court Reservation 2c

Su Apr 02-Jun 25 1:15 PM-2:00 PM
449027 \$117/13 sess

Badminton Court Reservation 3a

Su Apr 02-Jun 25 11:45 AM-12:30 PM
449028 \$117/13 sess

Badminton Court Reservation 3b

Su Apr 02-Jun 25 12:30 PM-1:15 PM
449029 \$117/13 sess

Badminton Court Reservation 3c

Su Apr 02-Jun 25 1:15 PM-2:00 PM
449030 \$117/13 sess

Learn to Play Pickleball I**19+ yrs | Walt Woo**

An introduction from the very basics as we get you off to a good start with some strong fundamentals. Pickleball is easy to learn but hard to master and combines some elements of badminton, tennis & ping pong. You will learn about the ready position, how to serve, dink, drop, volley and hit ground strokes. Learn from two certified pickleball instructors as proper technique is emphasized. Come to have fun and work hard. Introductory paddles and balls are provided. The level of play to advance to Learn to Play Pickleball II is 2.5.

W Apr 05-May 17 12:45 PM-1:45 PM
448964 \$115.50/7 sess

W May 24-Jun 28 12:45 PM-1:45 PM
448963 \$99/6 sess

Learn to Play Pickleball II**19 yrs | Walt Woo**

Building on Learn to Play Pickleball I, you are not ready to take the momentum to the next level:- net game: dinking strategies- coming to the net: 3rd shot drops & drives- when to drop & drive- volleys & forehand roll shots- court positioning and game strategy Each week has a particular focus with supervised games to help reinforce the lesson. This is for players looking to advance to a pickleball level of 3.0.

W Apr 05-May 17 1:45 PM-3:15 PM
448965 \$173.25/7 sess

W May 24-Jun 28 1:45 PM-3:15 PM
448966 \$148.50/6 sess

Gym Sports Schedule

	SUN	MON	TUE	WED	THURS	FRI
DAYTIME	Pickleball - Beginner Play 10:10 AM-11:40 AM			Pickleball 50+ yrs 10:30 AM-12:30 PM		Badminton 50+ 10:15 AM-12:45 PM
	Badminton Court Reservations 11:45 AM-2:00 PM			Pickleball Lessons 12:45 PM-3:15 PM		Registration for Gym Sports starts March 18 at 9 AM.
EVENING		Pickleball - Beginner Play 6:15 PM-7:45 PM				
		Indoor Soccer 8:00 PM-9:45 PM		Badminton 8:00 PM-9:45 PM		Basketball 8:00 PM-9:45 PM

Intermediate Pickleball - Level 3

19+ yrs | Walt Woo

Earmarked for players at 3.0 to take their game towards 3.5- the drop is a regular part of your pickleball toolbox- you are also comfortable at the net taking the ball out of the air versus taking it off the bounce-ground strokes are deep and consistent: we are now combining these skills as we introduce volleys and resets into the mix as we become comfortable in the transition zone, mislabeled as no-man's land. Please communicate with the instructor via email at waltwoo@gmail.com if you are uncertain if this is the session for you.

W	Apr 05-May 10	8:15 PM-9:45 PM
454022		\$154.25/6 sess
W	May 17-Jun 21	8:15 PM-9:45 PM
454023		\$154.25/6 sess

PIP-2023 Summer Fling Pickleball Tournament

45+ yrs | Walt Woo

Foray into competitive pickleball- an emphasis towards sportsmanship- where grace meets pressure - level MUST be between 2.75 - 3.25. Any questions, please contact Walt Woo via email at waltwoo@gmail.com. Round Robin followed by a tournament draw- Guaranteed 5 games. We will continue to encourage games to be rated. Waitlist will be made available. IF the session is full, please register on the waitlist as we may require last minute fill in or individuals to fill up teams. Please email Walt after you have been registered along with the name of your registered partner. If you require a partner, please indicate that a partner is required. If you have any doubt about your current level, please message Walt directly.

Women's Doubles

M	Jun 26	6:45 PM-9:45 PM
454026		\$25.50/sess

Men's Doubles

W	Jun 28	6:45 PM-9:45 PM
454024		\$25.50/sess

Mixed Doubles

Th	Jun 29	6:45 PM-9:45 PM
454025		\$25.50/sess

Table Tennis

19+ yrs | Non Instructional

Everyone is welcome! This is a great way to socialize and keep active. Sign up and play some quality table tennis. This is a registered program. Sorry no drop-ins. No session Apr 10, Apr 24 and May 22.

M	Apr 03-Jun 26	9:00 AM-12:00 PM
449101		\$22.50/10 sess
Th	Apr 06-Jun 29	9:00 AM-12:00 PM
449102		\$29.25/13 sess

Tennis Lessons - Adult Outdoor

19+ yrs | Wilson Tan

Suitable for those looking for something basic or a little beyond the basics of successful rallying. Our program continues your evolution in the open skills environment, allowing development and understanding important to improving your tennis. We seek to develop your competencies toward competitive play. Meet at the courts west of Hastings Community Centre. No class Apr 8.

Sa	Apr 01-Apr 29	2:45 PM-4:15 PM
451162		\$160/4 sess
Sa	May 06-May 27	2:45 PM-4:15 PM
451168		\$160/4 sess
Sa	Jun 03-Jun 24	2:45 PM-4:15 PM
451169		\$160/4 sess



Dance

Ballroom Social Dance

50+ yrs | No instructor

Come with friends or meet new ones and dance together. No partners required. This is a non-instructional social dance program. Register to reserve a spot. Drop-in \$2.38 if space permits. No class March 17 and 24.

F	Apr 14-Jun 30	1:30 PM-3:30 PM
448660		\$20/12 sess

Line Dance

50+ yrs | No instructor

Come join us and have fun learning the latest dance steps in this energetic recreational class. No need for a partner all ability levels are welcome. Join this high spirited class and enjoy the social, fitness, and health benefits. Drop-in \$2.25, if space permits. No class Apr 10 and May 22.

M	Apr 03-Jun 26	1:30 PM-3:00 PM
448950		\$22/11 sess

Education

Food Skills for Families - Healthy Cooking on a budget

19+ yrs | Lily Fung

Food Skills for Families is an enjoyable way to connect in the kitchen, learn hands-on cooking skills and make healthy eating, easy, quick and fun. Healthy eating is an important part of overall wellness and we hope this program inspires you to cook tasty meals for you and your family. Have fun in the kitchen and keep cooking! In the Food Skills for Families FOOD SENSE program, we will focus on ways to make healthy meals on a budget. It also includes a number of restaurant favourites recipes like homemade pizza and quesadillas! This is a free six week course. Students must be able to attend all 6 weeks. No class Apr 9.

Su	Apr 02-May 14	10:30 AM-1:30 PM
451542		Free

We don't want to cancel good programs, but...

Programs are cancelled if everyone waits until the last minute to register. The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed.

Registration for courses will begin Saturday, March 18 at 9 AM.

East Vancouver Family Literacy - Beginner Learners

19+ yrs | Emily Hunter

Learn English, have fun and make friends! This class is for Beginner to Lower Intermediate learners. We plan to go on field trips together and will invite guest speakers to the class. The teacher is an experienced English teacher from Capilano University. Come join us! For more information, please contact Emily at emilyhunter@capilano.ca. No class on Fri, Apr 7.

F Mar 31-Jun 02 9:15 AM-12:15 PM
Free
448778

Technology Workshop for Older Adults

50+ yrs | Youth Leader

Are you having trouble with your electronic devices, or simply want to learn more about the functionality behind your phone and tablet? Sign up for a free session and have our very own Hastings Youth Leaders show you tips and tricks on how to make connecting with family and friends online easier than ever! When registering, if you have your own device, please specify the one you'll bring in.

Sa Apr 15 12:00 PM-1:00 PM
Free
448969
Sa May 13 12:00 PM-1:00 PM
Free
448967
Sa Jun 10 12:00 PM-1:00 PM
Free
448968

NEW Gut Health

19+ yrs | Wendy Wells

How can you create a healthy gut by tailoring the foods you eat? This workshop offers practical dietary and lifestyle tips to nourish and support your gut microbiome, supporting good health, wellbeing and productivity.

Tu May 16 11:00 AM-12:00 PM
Free
450693

NEW Heart-Healthy Eating

19+ yrs | Wendy Wells

Learn with Wendy, Registered Dietitian about heart-healthy eating and get the facts on fat, cholesterol, fiber and salt.

Tu Apr 18 11:00 AM-12:00 PM
Free
450695

Fitness

Core & Strength Training for Older Adults

50+ yrs | Kelly Howatson

This exercise program integrates all components of physical fitness: strength, endurance, flexibility and coordination. Weights, bands, and mats will be incorporated into this one hour class geared toward older adults looking to improve their strength. No class Apr 11 and May 5.

Set One

Tu Apr 04-May 16 11:00 AM-12:00 PM
448951 \$45/6 sess

F Apr 21-May 26 10:00 AM-11:00 AM
448952 \$37.50/5 sess

Set Two

Tu May 23-Jun 27 11:00 AM-12:00 PM
448953 \$45/6 sess

F Jun 02-Jun 30 10:00 AM-11:00 AM
448954 \$37.50/5 sess

Chair / Core Yoga

50+ yrs | Vivien Gomes

We will be focusing on building strength, flexibility and balance. Therapeutic yoga sequence is designed to heal the body inside and out. There are many benefits for mature people by using a chair for support. Chair/Core yoga benefits may include developing mental strength, loosening painful muscles, relieves chronic pain, reduce stress, increase energy, detoxifying and improve circulation. Therapeutic yoga sequence will be introduced followed by final relaxation. Participants will feel renew, revitalize every class. Get ready for Spring! Drop in \$10. No class on May 9.

Tu Apr 18 9:10 AM-10:15 AM
450641 Free Trial

Tu Apr 25-Jun 06 9:10 AM-10:15 AM
450646 \$40/6 sess

Mild & Total Fitness

19+ yrs | Nargis Jaffer

Beginner level class designed for older adults which includes warm up, cardio, strengthening, weights and bands, floor work and stretching. Drop-in, purchase a 10-visit pass or three month pass. No class on May 22.

M Apr 10-Jun 26 10:30 AM-11:25 AM

Osteofit

19+ yrs | Berdjis Bahrami

This is an exercise program designed specifically for people with osteoporosis who are at an increased risk for fracture. Beginners are welcome. Drop-in \$7, space permitting.

F Apr 14-Jun 30 12:00 PM-1:00 PM
449081 \$72/12 sess

Social

Chinese Seniors Social Karaoke

50+ yrs | No Instructor

A social program designed for Chinese speaking seniors from the neighborhood. Join us for Karaoke on Apr 6 and 20, May 4 and 18, Jun 1 and 15.

Th Apr 06-Jun 15 11:30 AM-3:30 PM
448955 \$2.38/sess

Games Room Drop-In

19+ yrs | Non Instructional

Play pool, foosball, table tennis or watch TV. Games Room availability is subject to change without notice.

M Tu W Th Apr 03-Jun 29 9:15 AM-2:45 PM
449049 \$1/drop-in

Sports

Badminton - Older Adults

50+ yrs | Non Instructional

Come with friends and get active with badminton. All levels welcome. Bring your own equipment. Maximum of 20 players. Drop-in \$3.50, if space permits.

F Apr 14-Jun 30 10:15 AM-12:45 PM
448958 \$36/12 sess

Pickleball - Intermediate Play

50+ yrs | Non Instructional

Get active on the court with Pickleball. This sport combines elements of badminton, tennis and table tennis. Maximum of 20 players. Please, check the Sunday option for Beginner Play. Drop-in is \$3.50, space permitting. PLEASE NOTE: Spots will be held for registered participants for the first 15 minutes; after this time, spots will be sold to drop-in players. In the event that you are unable to attend any particular session your registered spot is non-transferable. Drop-in \$3.50, if space permits.

W Apr 05-Jun 28 10:30 AM-12:30 PM
448959 \$39/13 sess

Fitness Centre Hours of Operation

Hours subject to change.

MONDAY TO FRIDAY	SATURDAY	SUNDAY	HOLIDAYS
6:00 AM - 9:45 PM	9:00 AM - 4:45 PM	10:00 AM - 2:00 PM	Closed Apr 7, Apr 10 & May 22

Fitness Centre Passes

Passes are non-transferable and non-refundable. Patrons may receive one extension per year from 2 weeks up to 3 months due to illness, injury or travel. Please ask for more details about our pass extension guidelines.

*Discounted Fees

Youth (13-18 years), Older Adults (60+) years, and Leisure Access Card holders receive a 50% discount on monthly passes. Students currently attending school full-time receive a 30% discount on passes. Adult students must present course transcript that they are currently taking a minimum of 3 courses at a local post-secondary institution that is listed with the Hastings Community Centre (UBC, SFU, Langara, Capilano, Douglas, and others - full list available at the Front Office).

Fitness Centre Early Entry

Mon – Fri 6:00 AM-9:00 AM

Due to the City of Vancouver Park Board cash compliance policy, cash cannot be accepted for early morning entrance to the fitness centre. Entrance to the Fitness Centre during these hours is restricted to only monthly or 10 visit pass holders. If you intend to work out during these hours, please purchase a pass during regular office operating hours.

Fitness Centre & Cardio Room

- Large selection of Lifefitness and Hammer Strength Pin-Select, Cable and plate-load machines
- Large selection of free weights
- Physio balls & medicine balls
- Body bars
- Bosu balls & balance boards
- Cardio Room
- Concept 2 Rowing Machines
- Elliptical trainers
- Upright and recumbant computerized bikes
- Treadmills
- Power Step Mill
- Keiser Spin Bike
- Precor AMT

Fitness Centre Etiquette

- Respectful behaviour, following Making All Recreation Safe (M.A.R.S.) guidelines
- Follow posted signage
- Chalk use not permitted

Orientation for Youth (13-16 yrs)

Youth may have a free orientation with one of our fitness attendants before working out on their own. Pick up a health screening and parental/guardian consent form from the main office. Once your form is completed, please call 604.718.6222 to book your appointment.

Fitness Attendants on Duty

Monday - Friday 6:00 AM-10:00 AM
Tue/Wed/Fri 3:45 PM-8:45 PM

Note: No attendants on duty Saturday.

Scovia Maeko BCRPA Certified Weight Training Leader

Romeo Mele BCRPA Strength Training, Exercise to Music, Personal Training, Special Core Stretching Certificate, Sports Specific Training Certificate

Personal Training

19+ yrs | Romeo Mele

Need motivation or fitness expertise to reach your health and fitness goals? Book your one hour session with one of our seasoned trainers now! Training is held in the Fitness Centre. Please call 604.718.6222 to book an appointment. No refunds or credits. Please talk to Romeo before booking. \$39/1 sess

External Rehab Trainers

Hastings Community Association will only accept external rehabilitation specialists registered with the Vancouver Park Board. Contact jaine.priest@vancouver.ca

FITNESS CENTRE FEES			
	Adult	*Discounted Fees	
	19-59 yrs	Youth 13-18 & Adults 60+	Students 19+
Drop-In	\$5	N/A	N/A
10 visits	\$45	N/A	N/A
1 month	\$43.90	\$22.06	\$30.73
3 months	\$87.81	\$43.90	\$61.47
1 year	\$269.52	\$134.76	\$188.66
<i>All passholders and drop-in have the option to obtain a HCA membership. Prices listed do not include GST.</i>			

RACQUETBALL DROP-IN		
	Adult	Youth/Adults 65+
Single Booking (45 mins)		
Prime time	\$10.78	\$7.58
Non-Prime time	\$7.19	\$5.00
Single Player	\$5.40	\$3.84
10-Court Strip		
Prime-Time	\$97.48	-
Non-Prime time	\$64.56	-
<i>Prime time: After 3:00pm weekdays and all day weekends Prices listed do include GST. Prices subject to change.</i>		

welcome to... TEMPLETON PARK POOL

Location

700 Templeton Dr., Vancouver, BC
Phone: 604-718-6252

Hours Of Operation

- Facility Hours and Stat Holidays: Page 3
- Pool Schedule: Page 42
- The office closes 15 minutes prior to the facility schedule and there is no entry to the pool.

Something for everyone!

Templeton Park Pool offers a variety of programs in and out of the water!

- Main pool (25 m) with slide, rope and 1m diving board
- Warm shallow pool
- Universal changeroom available for everyone
- Dry cedar sauna and hot tub
- Fitness Centre – air conditioned
- Swim programs for all ages and levels
- Recreational programs and fitness classes offered
- Activity room with kitchen available to rent for birthdays or events (templetonparkpool@vancouver.ca)
- NEWLY RENOVATED outside running track and playground

Working Green...

Templeton has been retro fitted with:

- Solar panels that heat the hot tub
- UV filtration for the Teach Pool and hot tub
- High efficiency boilers



SWIM SESSION DEFINITIONS

Public Swim Everyone is welcome and the pool is available for various aquatic activities including minimum one lane for lengths swimming. This is the best time to come with children or groups

Lengths Swim Open to all swimming abilities - number of lanes may vary (3 lanes min.)

1 Lane Only Pool space shared and only one lane is available to swim lengths continuously.

Trans Swim Designated swim for trans gender and gender variant individuals, family & friends. See page 31.

Aqua-Fit Led by a certified instructor, one hour class in shallow water designed to work at your own pace. See page 31. Please pre-register.

Hot tub, sauna and Fitness Centre are available during Swim Sessions.

Admission policy for children

Children under 8 years of age must be within arms' reach of a responsible person at least 16 years of age. Infants & strollers cannot be left unattended on the pool deck. For groups with children, the following ratios apply:

- 1 adult: 10 children 8 years old and older
 - 1 adult: 3 children 7 years old or younger
- *Please call ahead to ensure we can accommodate your group.

To keep our facility safe & clean for everyone:

- 1) Wipe your street shoes on the door mats
- 2) Bring "pool shoes"/take-off street shoes if going on deck
- 3) Park strollers in the lobby in stroller zone
- 4) Use plastic containers/bottles - no glass!
- 5) Shower with soap before using pool

Lockers

To secure your personal items while swimming or working out, please bring a quarter or your own lock. Lockers use quarters which are returnable and are also outfitted with hasps for padlocks. Leave your valuables at home. Locks cannot be left on over night to "reserve a locker" and will be cut off. Locker keys cannot be taken home to reserve lockers.

Leisure Access Program (LAP)

The LAP provides Vancouver residents who are in financial need with basic recreation opportunities. Ask at any Pool or Community Centre office for more information on how to apply.

Swimming Assessments

If you are unsure of which level to register in, we offer swim assessments during our public swims. If your child is under 8 years, we require a parent/guardian to assist in the water during the assessment. Children registered in an inappropriate level will be moved to the proper level if space is available or refunded from the lesson. Call the front desk for best times to come in for an assessment at 604.718.6252.

Accessibility Features

Equipment available: Accessibility lift, portable pool stair case, shower wheelchair, universal change area, hand held showers and 2 designated parking spaces.

Lost and Found

Please call the front desk 604.718.6252 or visit the office to enquire about your belongings that you left behind and to see if they were turned in. We have so much Lost and Found that we can only keep items for 7 days and then we donate them.

Program Information

Trans, Gender Diverse & Two Spirit Swim

Templeton is proud to host a weekly Trans Swim and Fitness Centre. This swim is for folks who identify as trans, gender diverse, Two-Spirit, gender non-conforming, and/or questioning, as well as their friends and family. All ages and abilities welcome! For times & days or other information, please email TGD2S@vancouver.ca

Swim Lessons and Leadership Training for Two-Spirit, Trans & Gender Diverse People

We will be offering 30 minute child, youth, and adult swim lessons during the weekly Trans Swim for members of the 2STGV community. If spaces are available, we will accommodate cis gender children of 2STGV adults. Leadership programs (Bronze Medallion, Bronze Cross, National Lifeguard, etc.) may be offered for 2STGV youth if there is sufficient interest. For time and location details, and to register your interest, please email queerinclusion@vancouver.ca

Swim Lesson Change From Red Cross to Lifesaving Society Swim for Life

As of January 1, 2023 the Canadian Red Cross will no longer be providing swimming lessons programming as they focus all their efforts as an organization on humanitarian aid. They have endorsed the Lifesaving Society's SWIM FOR LIFE program and the Vancouver Board of Parks and Recreation will be implementing this program as we continue to offer swimming lessons. See changes on page 32. For additional information, visit <https://vancouver.ca/parks-recreationculture/child-and-youth-swim-lessons.aspx>. Detailed information regarding Swim for Life and the next steps ahead of the winter lesson registration will be available in December.

Fitness Classes

Aqua-fit

Aqua-fit continues to be a pre-registered program. The majority of aqua-fit spaces will be pre-registered with some spaces held for drop-in. To avoid disappointment we encourage participants to pre-register. Registration open 3 days in advance, starting at noon. Register for one session at a time. Online refund is possible as currently available. Max class size is 30 at this time of printing.

Class dates and times are:

Tu/Th 9:30 AM-10:30 AM

*Classes may be cancelled due to staffing issues.



Swim Boot Camp (19+ yrs)

Challenge your stamina and strength with fast paced swimming drills combined with a high intensity dry land body-weight workout. Using interval training techniques, this program is designed to progressively enhance your muscle ton and endurance. This is a great program to enhance fitness or prepare for a triathlon. Requirements: Be able to swim 400 metres continuously at a pace of 1 minute and 15 seconds per 50 meters, or better. Registration only, no drop-ins.

Tu/Th

7:15 PM-8:30 PM

Party Time!

Pool Rentals

Rent the Teach Pool or the Main Pool outside of our facility's operating hours for your own private function. Please call the Pool Programmer at 604.718.6252 to find out what dates are available. Prices are PB standard fees and include two lifeguards. Rates for the Teach Pool \$125.60/hour and the Main Pool \$252.66/hour (tax included). Please email templetonparkpool@vancouver.ca

Room Rentals

Templeton's Activity Room is available to rent and is suitable for meetings and small social gatherings. This room features a hardwood floor, opens on to the playground and has an adjoining kitchen. Max capacity is 80 people. Room size is 27' x 46'. Please call 604.718.6252 to enquire about available dates. \$35.00 per hour during facility hours. Damage deposit \$100.00. Please email templetonparkpool@vancouver.ca

We sell a variety of goggles, swim caps and accessories.



Registration

Registration for swimming lessons is on-going. We run swim lessons 4 times a year: spring, summer, fall and winter. Please check for registration date online or at the pool for each season. You can register online or in-person for the next available set of lessons. We open more lessons based on waitlists and pool space.

SPRING LESSONS:

Tue, Mar 14 at 7:00 PM

How to Register On-line:

- Go to recreation.vancouver.ca to update or create your account.
- Click "Sign In".
- Login with your email address and confirm your account information is correct.

Never registered online before?

Go to:


- recreation.vancouver.ca
- Click "Sign In" or "Create an Account" to set up your profile and password before you register.

Swim Lesson Refunds & Cancellations

- Full refund five days or more prior to program start.
- Partial refund within four days of program start or before second class.
- No refund after second class.
- No refunds on single session programs.
- Transfers are possible prior to second class the same administrative fees and policy for refunds apply to class transfers.
- *Refunds from Debit card payment must be done in person. Customers have the option to refund to PB account or by PB cheque.*

Transitioning to Swim for Life Lessons Registration Guide

Switching from Red Cross Swim to Swim for Life Level Guide

Retired Preschool Program	NEW PRESCHOOL	Retired Children Program	NEW CHILDREN'S
SWIM PRESCHOOL AGES 4 MONTHS-5 YEARS	 AGES 4 MONTHS-5 YEARS	SWIM KIDS AGES 5-12 YEARS	 AGES 5-12 YEARS
Parent and Tot 1 4-12 months (Parented) Starfish	Parent & Tot 1 4-12 months Jellyfish	Swim Kids Level 1 <i>Incomplete</i> ; register into Swimmer 1 <i>Complete</i> ; register into Swimmer 2	Swimmer 1
Parent and Tot 2 12-24 months (Parented) Duck	Parent & Tot 2 12-24 months Goldfish	Swim Kids Level 2 <i>Incomplete</i> ; register into Swimmer 2 <i>Complete</i> ; register into Swimmer 2	Swimmer 2
Parent and Tot 3 24-36 months (Parented) Sea Turtle	Parent & Tot 3 24-36 months Seahorse	Swim Kids Level 3 <i>Incomplete</i> ; register into Swimmer 2 <i>Complete</i> ; register into Swimmer 3	Swimmer 3
Preschool 1 3-5 years <i>Incomplete</i> ; register into Preschool 1 Sea Otter <i>Complete</i> ; register into Preschool 2	Preschool 1 3-5 years Octopus	Swim Kids Level 4 <i>Incomplete</i> ; register into Swimmer 3 <i>Complete</i> ; register into Swimmer 3	
Preschool 2 3-5 years <i>Incomplete</i> ; register into Preschool 2 Salamander <i>Complete</i> ; register into Preschool 3	Preschool 2 3-5 years Crab	Swim Kids Level 5 <i>Incomplete</i> ; register into Swimmer 3 <i>Complete</i> ; register into Swimmer 4	Swimmer 4
Preschool 3 3-5 years <i>Incomplete</i> ; register into Preschool 3 Sunfish <i>Complete</i> ; register into Preschool 4	Preschool 3 3-5 years Orca	Swim Kids Level 6 <i>Incomplete</i> ; register into Swimmer 4 <i>Complete</i> ; register into Swimmer 5	Swimmer 5
Preschool 4 3-5 years <i>Incomplete</i> ; register into Preschool 4 Crocodile <i>Complete</i> ; register into Preschool 5	Preschool 4 3-5 years Sea Lion	Swim Kids Level 7 <i>Incomplete</i> ; register into Swimmer 5 <i>Complete</i> ; register into Swimmer 6	Swimmer 6
Preschool 5 3-5 years <i>Incomplete</i> ; register into Preschool 5 Whale <i>Complete</i> ; register into Preschool 5	Preschool 5 3-5 years Narwhal	Swim Kids Level 8 <i>Incomplete</i> ; register into Swimmer 6 <i>Complete</i> ; register into Swimmer 7	Swimmer 7 Rookie
		Swim Kids Level 9 <i>Incomplete</i> ; register into Swimmer 7 <i>Complete</i> ; register into Swimmer 8	Swimmer 8 Ranger
		Swim Kids Level 10 <i>Incomplete</i> ; register into Swimmer 8 <i>Complete</i> ; register into Swimmer 9	Swimmer 9 Star Patrol



vancouver.ca/swimminglessons



*Not sure which swim level to register your child?
Call the Front Office to inquire about swim assessment at 604-718-6252.*

Swim Assessments / Lesson Level

If you are unsure of which level to register in, we offer swim assessments during our public swims. If your child is under 8 years, we require a parent/guardian to assist in the water during the assessment. Children registered in an incorrect swim lesson level will be moved to the correct level if space is available or else refunded from the lesson sets, as per refund policy. This is for child and class safety.

Swim Lessons

Parents at this time will not need to be in the water with children for any levels except for Parent and Tot lessons. Parents are able to view from the lobby. Please kindly check in with cashier to access pool deck or changerooms.

Private Swim Lessons

We offer Private lessons packages that are 30 minutes long and are available on a first come first serve basis. Register early to avoid disappointment! You can now register on-line or call the front office.

Should classes be full, please call to add your name to waitlist - we may be able to add more private lesson times.

LESSON PACKAGES:

PRIVATE - Child/Youth/Adult lesson	\$33.32/person/class
SEMI-PRIVATE (2-3 people in class)	\$22.40/person/class; Additional \$11.48/person/class

*Instructor request/preference can not be guaranteed as scheduling is based on staff availability & pool space. *Does not include applicable taxes.*

Advanced Lifesaving

Life Saving Bronze Star Camp

10-12 yrs | Park Board Staff

Learn basic first aid and improve your strokes and water safety activity. Bring your snacks, bathing suit, 2 towels, water bottle and...ENERGY! A great preparation for Bronze Medallion. Recommended: Swim Kids 5 - must be able to swim 25 meters easily and tread water for at least 2 mins.

Bronze Medallion

This is a program where students learn how to safely perform a water or land rescue. Techniques taught will include, but are not limited to, first aid skills on land and water, water rescues and CPR. It is a pre-requisite for Bronze Cross and for those interested in becoming Lifeguards. Pre-requisite: 13 years old and swim 500 metres in 14 minutes or Bronze Star. Must purchase manual. Dates TBD

Bronze Cross

This course is designed for lifesavers who want the challenge of more advanced training, including an introduction to safety supervision. Pre-requisite: Bronze Medallion. *Worth 2 Grade 11 high school credits.

Adapted Swim

Adapted Swim Lessons

Lessons for people with disabilities who have been challenged in mainstream lessons. Please contact access.services@vancouver.ca for registration package and information.



Please note:

Programs for 14+ are subject to GST

Fitness Centre

13 + yrs

A small but functional fitness centre – a great place to meet your neighbours. Please wear proper work out attire, leave your bag in the lockers provided and sign up for cardio equipment is 30 minutes. Closed-toe shoes must be worn in the Fitness Centre - no bare feet, slippers or crocs. Please see Hours of Operation on page 3.

Equipment

CARDIO

- 2 Treadmills
- 1 Elliptical Trainer
- 1 Rowing machine
- 1 Stairmaster
- 1 Keiser spin bike
- 1 Recumbent bike
- 1 Lifecycle bike

STRENGTH MACHINES

- Leg press
- Duplex pulley
- Assorted weighted dumbbells, bars and medicine balls
- Mats, fitness balls and wobble/balance boards
- Shoulder press
- Leg extension/curl



Templeton Park Pool Club Contacts

N.I.F.T.Y. Family Swim-Socials

Clothing-optional, usually monthly, September to June.
See www.niftynude.org

Gators Swim Club

604.789.2819

www.gatorsswimclub.ca

Email: gatorsswimclub@shaw.ca

Pace Makers Masters Swim Club

Albert Souza

Email: asouza66@gmail.com

Super Sharks Swim Club

Super Sharks is a summer swim club and offers a flexible and manageable time commitment and a balance between achievement and fun

Hastings Community Association Programs at Templeton Park Pool Activity Room Schedule

Please see program description for exact dates and times.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Circuit Training 9:00-10:00 AM			Circuit Training 8:00-9:00 AM	Excelleration Tri Club 8:00 AM-12:00 PM
	Mother Goose Toddler 10:30-11:15 AM			Adventures in Music 10:30-11:15 AM	Little Ballerinas 12:15 PM-1:00 PM 1:05 PM-1:50 PM
Excelleration Tri Club 4:30 PM-6:30 PM	Mother Goose Baby 11:30 AM-12:15 PM	Excelleration Tri Club 4:30 PM-8:00 PM		Excelleration Tri Club 4:30 PM-8:00 PM	Hip Hop Breakers 1:55 PM-2:40 PM
Tai Chi 7:00-9:00 PM	Creative Hatha Flow Yoga 6:45-8:00 PM	Tai Chi 7:00-9:00 PM			
Excelleration Triathlon and Multisport Club programs See page 41					

Excelleration Activities

Excelleration Triathlon and Multisport Club is a youth-focused triathlon club. Participants are taught to improve swimming, biking and running skills. Many of our older participants compete locally and regionally in triathlon. Our program is based out of Templeton Park Pool.

Excelleration's programs emphasize respect for others and oneself, the inclusion of others, generosity, gratitude, the spirit of sport, and healthy competition.

Spring Registration

March 27 to June 17 (12 weeks)

**Registration: Saturday, March 11, 9 AM (online/in-person)
Saturday, March 11, 10 AM (phone-in)**

We offer programs for all ages:

- Adventure Tri (Pre-K, K, Grade 1) Kids of Steel (Grades 2-5)
- Friends and Fitness (Special Program – Grades 6-12)
- Youth of Steel (Grades 6-7) Youth (Grades 8-10)
- Senior (Grades 11-12+) Adult (Ages 16+)

How to Register

Step 1: Register online through Vancouver Recreation or in-person/phone at Templeton Pool or Hastings CC

Step 2: Sign up for your required FREE Membership to Excelleration Triathlon and Multisport Club at www.excellerationtriclub.ca* If you and your family registered for an Excelleration membership in Sep 2022, then you do not need another membership. Your membership and Excelleration waivers are valid until Aug 30, 2023.

Step 3: Get ready to swim, bike, run and have fun!

Adventure Tri (Pre-K – Grade 1) Choose from classes on Monday, Wednesday and Friday evenings and/or Saturday mornings.	Kids of Steel® (Grades 2-5) Choose from classes on Monday, Wednesday and Friday evenings and/or Saturday mornings.	Adult Swimming Sessions are Saturday mornings.	Adult Running Sessions are Saturday mornings.
<p>Adventure Tri & Kids of Steel pre-requisite: All athletes are required to be able to swim for 5 meters (able to go under water, blow bubbles, swim a little bit!) to register for this session. No restrictions on bike or run.</p> <p>All practices include swimming, biking and running / outdoor games. Athletes need a bike, bike lock, helmet, outdoor clothing, swimsuit and towel at every practice.</p>		<ul style="list-style-type: none"> Adults focus on fitness, health and developing skills with the help of triathlon coaches. Parents can swim on Saturdays at the same time as their kids 	<ul style="list-style-type: none"> Adults focus on fitness, health and developing skills with the help of triathlon coaches. Parents can train on Saturdays at the same time as their kids: convenient & inspiring
<ul style="list-style-type: none"> A fun, movement-based group where energetic youngsters will learn fundamental movement skills in swimming, cycling, and running. Learn physical literacy through games, activities, and cooperative challenges. Focus on caring for others, developing basic respect and the spirit of sport. 	<ul style="list-style-type: none"> Action-packed experience for children who love challenge, adventure, and sport. Sport-specific technical skills in swimming, cycling, and running. Overall sport skill development through games and team sports. Introduction to basic core and fitness training. Personal-social responsibility and positive behavior in a sports setting. Need to be comfortable in deep water. 	<p>*Excelleration Membership Information You must register for a free membership with Excelleration at www.excellerationtriclub.ca to participate in the program. Athletes without a membership will be withdrawn and refunded before the first session.</p>	
<p><i>Please see www.excellerationtriclub.ca for more information.</i></p>			

Schedule in effect: SPRING - March 20-June 30

Online Schedule/Website: <https://vancouver.ca/parks-recreation-culture/templeton-pool.aspx>

MAIN POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lengths 3 lanes - 6:30am - 9:00am						1 lane 9:00am - 1:00pm
Public Swim 9:00am - 12:00pm	Public Swim 10:00am - 12:00pm	Public Swim 9:00am - 12:00pm	Public Swim 10:00am - 12:00pm	Public Swim 9:00am - 12:00pm		
Lengths 6 lanes - 12:00pm - 1:00pm						
Public Swim 1:00pm - 3:30pm				Public Swim 1:00pm - 4:30pm	Public Swim 2:00pm - 4:30pm	
1 lane 3:30pm - 8:00pm				1 lane 4:30pm - 6:30pm	Lengths 4:30pm - 5:30pm	
Public Swim (No Teach Pool) 8:00pm - 9:30pm				Public Swim 6:30pm - 8:00pm	Public Swim 5:30pm - 7:30pm	

TEACH POOL (TEMP 32° C (90° F), DEPTH 0.60 - 0.75 METRES)

*Due to staffing, please call ahead to ensure teach pool is open.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10am - 2pm	10am - 3:30pm	10am - 3:30pm	10am - 2:30pm	10:00am - 8:00pm	2:00pm - 7:30pm	2:00pm - 7:30pm

AQUAFIT (Shallow end, moderate level) (* indicates registered program see page 31)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9:30am-10:00am *		9:30am-10:00am *			

FITNESS CENTRE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am - 9:30 pm				6:30am - 8:00 pm	9:00am - 7:30pm	2:00pm - 7:30pm

AMENITIES / INFORMATION

Main Pool: 6 Lanes – 25 Meters – Temp 28°C (83°F) – Depth 1.0-3.3 Meters

Teach Pool: Temp 32°C (90°F) - Depth 0.60-0.75 meters

Main Pool • Teach Pool • Slide Diving Board • Swing Rope • Dry Sauna • Hot Tub • Fitness Centre • Universal Change Room • Activity Room with Kitchen

*Schedule and fees subject to change. Due to staffing issues, please call ahead.

2023 FEES INCLUDING TAX <i>Fees at time of printing. Subject to change.</i>	DROP-IN (Single)	USAGE PASS (10 visits)	FLEXIPASS		
			1 Month	3 Month	12 Month
Adult (19-64 years)	\$7.20	\$63.39	\$55.44	\$149.69	\$479.00
Youth (13-18 years)	\$5.04	\$44.37	\$38.81	\$104.78	\$335.30
Senior (65+ years)	\$3.60	\$31.70	\$27.72	\$74.84	\$239.51
Child (5-12 years)					
Preschool (0-4 years)	Free				
Family	\$3.60 per person min, \$7.20 1-2 adults of the same household and their children under 19 All family members must be present at time of admission				
AquaFit Admission Included with regular admission. **Specialty Fitness Classes registration fees required.					

The Vancouver Board of Parks and Recreation maintains 200 parks and 40 major facilities throughout the City of Vancouver. The Park Board's mission is to provide, preserve and advocate for parks and recreation services to benefit people, communities and the environment.

For more information visit vancouverparks.ca

