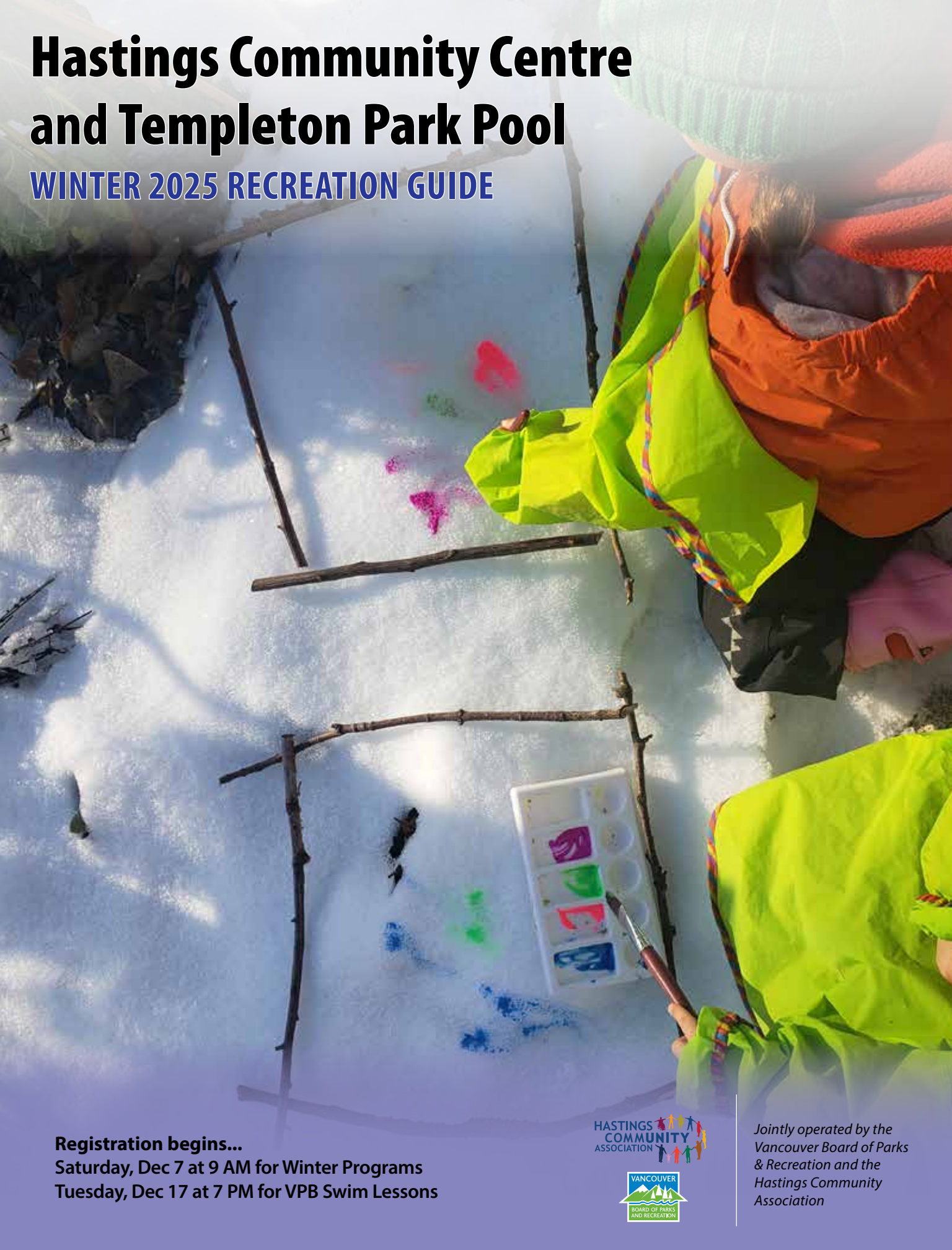


Hastings Community Centre and Templeton Park Pool

WINTER 2025 RECREATION GUIDE



Registration begins...

Saturday, Dec 7 at 9 AM for Winter Programs

Tuesday, Dec 17 at 7 PM for VPB Swim Lessons



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

FAMILY DAY

At Hastings Community Centre

MONDAY, FEB 17

11:00 AM - 1:00 PM

**EXCITING YOUTH LED GAMES,
ARTS AND CRAFTS,
SNACKS & REFRESHMENTS,
PRIZES, ENTERTAINMENT,
PARENT AND TOT GYM**

**Join us for a
spectacular
Family Fun
Day!**

**No Registration
Required
Free Event
Come drop-in!**

A FAMILY EVENT CATERED TOWARDS AGES 0-6



FREE REPAIR CAFÉ

Book an appointment to receive FREE in person repair help from our volunteer repairers

One repair item per person

Where: Hastings Community Centre - Auditorium
3096 E Hastings St

When: Saturday February 15 2025
9:30 am to 1:30pm

Register: Scan the QR code or visit
spec.bc.ca/repair-cafe



VOLUNTEERS NEEDED

FIXERS APPRENTICE FIXERS GREETERS EVENT SUPPORT

BIKES ELECTRONICS COMPUTERS SMALL APPLIANCES TEXTILES

Hastings Centre Rockhounds Club

64th Annual Rock INTO SPRING!

GEM & JEWELRY SHOW

MARCH

15 & 16, 2025
(Sat & Sun)

10:00 AM - 5:00 PM

KNOWLEDGABLE VENDORS | ACTIVITIES FOR CHILDREN
| REFRESHMENTS PRIZES | DEMONSTRATIONS & DISPLAYS

ADMISSION BY DONATION

FUN FOR ALL AGES!

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

Hastings Centre
Rockhounds Club Website
hastingscentrerockhounds.com/

Hastings Centre
Rockhounds Club Facebook
facebook.com/groups/hastingsrockhounds



YOUTH DRAGON BOAT TEAM:

HASTINGS HYDRAS

**NEW
SEASON!**

**WE ARE ONCE AGAIN LOOKING FOR NEW
PADDLERS FOR THE 2025 SEASON!
TRAINING STARTS IN FEBRUARY -
DRYLAND TRAINING, FOLLOWED BY POOL
PRACTICES AT TEMPLETON POOL, & THEN
WEEKLY PRACTICES AT CREEKSIDE!**



**IF YOU ARE INTERESTED, PLEASE EMAIL
KYLA.SATTLER@VANCOUVER.CA!**



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

Table of Contents

- About Us / Registration & General Information..... 4-5
- Room Rentals 6
- Rockhounds / Partners..... 6

Hastings Community Centre

- Licensed Childcare 7
- Family Enrichment Centre 8
- Preschool & Children 9-17
- Youth 18-19
- Adults..... 20-27
- Older Adults..... 28
- Fitness Centre 29

Templeton Park Pool

- General Information 30
- Special Events and Programs..... 31
- Swim Lessons / Registration information 32
- Aquatics Academy..... 33
- Club Contacts 34
- Exceleation 34
- Fitness Centre Information..... 34
- Pool schedule 35

Hours of Operation

Hastings Community Centre

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

January 1 to March 31, 2025

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

Holiday Hours

Christmas Eve	Dec 24	9:00AM-4:45PM
Christmas Day	Dec 25	CLOSED
Boxing Day	Dec 26	CLOSED
New Years Eve	Dec 31	9:00AM-4:45PM
New Years Day	Jan 1	CLOSED
Family Day	Feb 17	10:00 AM-2:00 PM

Templeton Park Pool & Fitness Centre

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

January 6 to March 1, 2025

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

Annual Maintenance Refit 2025 facility closed March 2 to 23.

Holiday Hours

Christmas Eve	Dec 24	6:30 AM-5:00 PM
Christmas Day	Dec 25	CLOSED
New Years Eve	Dec 31	6:30 AM-5:00 PM
New Years Day	Jan 1	CLOSED
Family Day	Feb 17	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 1934, 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. 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>Linda Dallow</i>
2nd VP	<i>Jason McGarry</i>
Treasurer	<i>Curtis Rowe</i>
Secretary	<i>Linda Foy</i>

Directors

Rory Brown, Sarah Morreau, Gabe Mapa, Keith Stewart, Shawna Sanderson

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 a parking lot 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.

HCA Membership Info



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

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 2025 Winter Recreation Guide. The Hastings Community Association continues the important work of reconciliation through funding special events such as Earth Day, Day of Truth and Reconciliation, Dia de los Muertos, and projects such as the Eagles Inspirit Protecting Indigenous Fathers Society's Sacred Fire Project. This project will support Indigenous fathers through cultural practices and ceremonies to reconnect with the land, family members and their important role in the community.

As we look ahead, the HCA will continue to increase community outreach and inclusion, programming, and board and staff development in the following areas:

- To aim for representation on the PNE Community Advisory Group and to participate in the Neighbourhood Focus Groups.
- To collaborate on local food initiatives with community partners such as Vancouver Urban Food Forest Foundation (VUFFF) and Hastings-Sunrise Community Food Network (HSCFN)
- To support the HCA Board Development and Community Outreach Committees.

Finally, the Hastings Community Association's Annual General Meeting will be taking place in April 2025, when we elect our board for the year. We are always looking for new board members and committee volunteers who make up our diverse Hastings-Sunrise neighbourhood.

Here is a sample of Winter program highlights:

- New Art and Music with Sun Rey for preschoolers
- A variety of spring break camps for children
- New Music Theory for RCM prep classes
- New Zumba Gold on Fridays for older adults
- New cooking classes and workshops
- Income Tax clinics for seniors

A special shout out to all the Hastings Park Board and Association staff and volunteers who make recreation a welcoming experience at Hastings Community Centre and Templeton Park Pool.

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 & In-Person

Winter Programs Saturday, December 7 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.
- Select "Forgot Your Password" if a previous account you used is not working. Call 3-1-1 if your account needs to be reset.
- On-going registration begins at 9:15 AM with Visa, MasterCard, American Express, cash, cheque or Debit during office hours.

Register By Phone

Winter Programs Saturday, December 7 at 10:00 AM

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

Excelleration Registration

Winter Seasonal Programs Saturday, December 14 at 9:00 AM

Online, in-person and phone-in. See page 34 for details.

Swim Lesson Registration

Winter Lesson Registration Tuesday, December 17 at 7:00 PM

Ongoing in-person and online. See page 32 for instructions.

Community Association Memberships

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.

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 second 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 admin fee, regardless of when notice is given. No refunds will be issued with less than two weeks 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 two weeks notice will receive a full refund. A \$10 admin fee will be charged for requests with less than two weeks 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.



@hastingscomcentre



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 hastings.rentals@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	\$63.00 (2 hours minimum)
Auditorium – 41'x49'	100	60-80	\$52.50	\$77.50
Community Hall – 30'x42'	70	40-60	\$42.00	\$67.00
*Templeton Activity Room with kitchen – 27'x46'	80	40	\$36.75	\$61.75
MEETING ROOMS - Workshops, Seminars, Meetings				
James Cork	20-25	15	\$21.00	During Operational Hours Only
Board Room	25	15	\$21.00	
Room 9 – 28'x30'	40	30	\$31.50	See page 3.
Burrardview (St. James Hospice)	30	15	\$21.00	
DIGITAL EQUIPMENT - For Workshops, Seminars, Meetings				
LCD Projector (Projector screen included)				\$25.00



Auditorium



Hastings Community Hall



Gymnasium

Hastings Centre Rockhounds

Contact: secretary.hcr@gmail.com
www.hastingscentrerockhounds.com



Hastings Community Partners

Kiwassa Neighbourhood House

2425 Oxford Street, Vancouver, BC V5K 1M7

604.254.5401

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 North Business Improvement Assoc.

2620 E. Hastings Street, Vancouver, BC V5K 1Z6

604.215.2401

Hastings Sunrise Community Policing Centre

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

604.717.3584

Vancouver Urban Food Forest Foundation (VUFFF)

545 N. Slocan St. Vancouver, BC V5K 3M6

www.vufff.org

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.

Email angela.pardek@vancouver.ca to put your name on our information mailing list.

PRESCHOOL OPEN HOUSE

Saturday, January 25 10:00 AM-1:00 PM

Drop-in and check out the classroom and outdoor playground area. Meet our teachers and learn about the new programs for our 2025-2026 school year.

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. If you require any information regarding the Preschool, please contact Angela at 604.718.6234 or e-mail angela.pardek@vancouver.ca.

Preschool staff: Adelaida Ancheta, Lorraine Foth, Simone Harrop

Register for 2025/2026 School Term	
TWO STEP REGISTRATION	
1. TIME CARD PICK UP: Downstairs Preschool	
Sa Feb 1	9:00am-12:00pm
Pick up a time saver card in the Downstairs Preschool. Cards will be handed out in order, one card per family. Each card will have a designated time for registration day.	
2. REGISTRATION DAY: Games Room	
Th Feb 6	9:00am-2:00pm
Arrive at your designated time as per timesaver card. You must present your timesaver card at time of registration. If you lose or didn't pick-up your card, you must wait until the next available time.	
<i>Program days/times/fees are subject to change. Program information available online.</i>	



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.

Meet the Staff

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 email betty.sacco@vancouver.ca.

OSC staff: Kathy, Janine, Catherine, Perla, Christina

Program Hours and Fees	
September 2024-June 2025	
Before & After Care	
7:30-9:00 AM & 3:00-6:00 PM	\$446/month <i>*Fees subject to change.</i>
<i>Hastings Out of School Care is part of the Child Care Fee Reduction Initiative.</i>	

Family Enrichment Centre

About Us...

The Family Enrichment Centre is proudly supported by a City of Vancouver Social Policy Grant and the Hastings Community Association.

We provide welcoming, safe spaces for families and caregivers with children from birth to age 5. Our programs are facilitated by a qualified Early Childhood Educator and offer a unique opportunity for families to connect, support one another, and build a strong community. Through a variety of age-appropriate activities designed to support children's development, our goal is to create an environment where families feel truly at home. We also offer information on local community resources and parenting support. For details about all our programs, please see below.

Mary Andreola, Family Enrichment Facilitator

Mary Andreola 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

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jan 06-Mar 21	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: Feb 17

Parent & Tot Gym - 6 months to 5 years

Jan 07-Mar 20

Closed Mar 15

Let your tots burn off some energy by running and playing with a gym full of toys. There's lots of indoor fun in our gymnasium for young children. Foam modules, play area, infant area, hockey and riding cars are a few of the fun activities offered.

Parental supervision required.

Schedules are subject to change without notice.

\$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

Childminding - 1 year to 5 years

Jan 07-Mar 20

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.

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

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

Art

Art with Sun Rey



Sun Rey Han has been working with children for more than 30 years at daycares, community centres and at her own art academy. She has a diploma in craft art and has completed courses in art and physical education for children.

Art and Music with Sun Rey NEW

1-3 yrs | Sun Rey Han

This is a wonderful way to introduce your child to art and music. Art and music boosts creativity, builds confidence, increases concentration and improves hand-eye coordination. Experience finger painting, abstract art, collage, colouring, stickers, stamping, clay modelling and more. There will be time set aside for sing-a-longs and storytelling. Parent/caregiver participation is required. Drop-in \$21, if space available. No class Feb 14.

F	Jan 17-Mar 07	10:00 AM-10:45 AM	
			\$126/7 sess
536052			
F	Jan 17-Mar 07	11:00 AM-11:45 AM	
			\$126/7 sess
536053			

Art is Fun NEW

3-5 yrs | Sun Rey Han

Have fun with Origami, clay modelling, stamping, collage to abstract, mixed media art, finger painting, crafting and more. There will be time set aside for sing-a-longs and storytelling. Child must be able to take class unaccompanied by an adult. Drop-in \$23, if space available. No class Feb 14.

F	Jan 17-Mar 07	1:00 PM-2:00 PM	
			\$147/7 sess
536054			

Dance

Dance with Me

1-2 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 their parent or guardian! Elements of ballet dancing, singing, and high energy movement to music will be included. Parent or guardian participation is required. www.performingstars.ca No class Feb 15.

Sa	Jan 04-Mar 08	9:30 AM-10:15 AM	
			\$144/9 sess
535140			

Dance-A-Story "Moana" NEW

3-4 yrs | Vancouver Performing Stars

Let your little ones lose themselves in the world of make believe. Children will be immersed in the magical stories of Moana as they sing and dance to their favourite songs. Music and dance technique will compliment the class to help your little star improve their coordination and confidence. Students must be able to attend class on their own. No class Feb 15.

Sa	Jan 04-Mar 08	11:45 AM-12:30 PM	
			\$144/9 sess
535156			

TPP **Hip Hop Breakers**

4-7 yrs | Endorphin Rush Dance

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	Jan 11-Mar 11	1:55 PM-2:40 PM	
			\$104/8 sess
539322			

TPP **Little Ballerinas**

3-5 yrs | Endorphin Rush Dance

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	Jan 11-Mar 1	12:15 PM-1:00 PM	
			\$104/8 sess
539323			

Sa	Jan 11-Mar 1	1:05 PM-1:50 PM	
			\$104/8 sess
539324			

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. Appropriate dance shoes and attire required. Students must be able to attend class on their own. www.performingstars.ca.

Tu	Jan 07-Mar 11	4:00 PM-4:45 PM	
			\$160/10 sess
535159			

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. Leave feeling energized, confident and excited about dance. Students must be able to attend class on their own. No class Feb 15.

Sa	Jan 04-Mar 08	10:15 AM-11:00 AM	
			\$144/9 sess
535142			

Tu	Jan 07-Mar 11	4:45 PM-5:30 PM	
			\$160/10 sess
535163			

Day Camp

TPP **Frozen Ballet Dance Camp**

3-5 yrs | Endorphin Rush Dance

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. Beginner friendly. Bring your cameras! Presentation for parents on the last day! More info: www.kirbysnellDance.com

3-5 Years

M Tu Th F	Mar 24-Mar 28	9:15 AM-10:30 AM	
			\$109/4 sess
539331			

4-6 Years

M Tu Th F	Mar 24-Mar 28	10:35 AM-11:50 AM	
			\$109/4 sess
539332			

TPP **Mini Hip Hop Movers**

Dance Camp

3-5 yrs | Endorphin Rush Dance

This non-stop action-packed class includes hip hop, and dance games that will have your dancer moving to the beats. Through the week we will work on a choreographed dance. Get ready to cheer with gusto as there is a presentation for family on the last day! Please bring a filled water bottle each day, and wear clean indoor running shoes. More info: www.KirbySnellDance.com

M Tu Th F	Mar 24-Mar 28	11:55 AM-1:10 PM	
			\$109/4 sess
539333			

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

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 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 \$17. No class Feb 15.

Sa	Jan 11-Mar 08	9:15 AM-10:00 AM	
537404			\$120/8 sess
Sa	Jan 11-Mar 08	10:15 AM-11:00 AM	
537405			\$120/8 sess
Sa	Jan 11-Mar 08	11:15 AM-12:00 PM	
537406			\$120/8 sess
Th	Jan 16-Mar 06	10:15 AM-11:00 AM	
537403			\$120/8 sess
TPP F	Jan 17-Feb 28	10:30 AM-11:15 AM	
537411			\$105/7 sess

MOTHER GOOSE REGISTRATION

No online registration. Priority is given to those who did not attend previous Fall 2024 season.

NEW PARTICIPANTS (Who did not attend Fall 2024):

Register on Dec 7: In-person: 9am or Phone-in 10am

RETURNING (Who did attend Fall 2024) Register: Dec 10:

In-person: 9am or Phone-in 10am

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.

Adventures in Music - 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 \$12, space permitting.

Th	Jan 16-Mar 06	11:15 AM-11:45 AM	
537407			\$80/8 sess
Th	Jan 16-Mar 06	12:00 PM-12:30 PM	
537408			\$80/8 sess
Th	Jan 16-Mar 06	12:45 PM-1:15 PM	
537409			\$80/8 sess

Mother Goose **FREE**

0-3 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.

Babies 0-1 yrs

W	Jan 15-Mar 05	11:15 AM-12:00 PM	
537418			Free

Toddlers 1-3 yrs

W	Jan 15-Mar 05	10:15 AM-11:00 AM	
537416			Free

TPP Mixed ages 0-3 yrs

W	Jan 15-Feb 26	1:00 PM-1:45 PM	
537434			Free

W	Jan 15-Feb 26	2:00 PM-2:45 PM	
537435			Free

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

Music



Jump into Music

6 mos-4 yrs | Monica Lee

This one-of-a-kind music and movement program engages, educates, and entertains parents and children while on a musical journey through different styles and cultures. The research-based curriculum stimulates the whole brain and body via singing, dancing, drumming, parachuting, improvising, exploring instruments, jumping and playing - a family fun environment exploring 24 genres/cultures over two years. Our classes inspire creativity and build confidence in little ones six months to four years old. The instructor will provide everything needed for class. Siblings attend at a 25% discount (but must register in person) and children under six months attend free with a registered sibling. Caregiver participation is required. Additional audio and video resources are available with registration. "Best part of our week!" For more information and reviews visit www.jumpintomusic.ca. Drop-in \$20, space permitting (including two spots over a fully registered class).

Tu	Jan 07-Mar 11	9:30 AM-10:20 AM	
535289			\$180/10 sess
Tu	Jan 07-Mar 11	10:30 AM-11:20 AM	
535290			\$180/10 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.

Education

Explore with Laida

Laida has been working as a licensed Early Childhood Educator at Hastings Preschool for 20 years. She is passionate about helping children reach their full potential through exploration, educational resources and fun experiences.

Alphabet Explorers

4-5 yrs | Laida Ancheta

Children will learn basic skills such as the sounds of the alphabet, recognize and write letters and numbers, explore colors, sizes and shapes and develop early literacy skills. No class Feb 15.

Sa Jan 11-Mar 08 11:00 AM-12:15 PM
538848 \$88/8 sess

Art Explorers

4-5 yrs | Laida Ancheta

Children will engage in fun art projects, including painting, paper crafts, and other creative activities. Through these projects, they will learn hand eye coordination, imagination and experimentation, focus and develop fine motor skills. No class Feb 15.

Sa Jan 11-Mar 08 1:00 PM-2:15 PM
538849 \$88/8 sess

Story Explorers

4-5 yrs | Laida Ancheta

Children will play rhythm games and dance while exploring classic rhymes and felt stories. These activities help develop cognitive and language skills and regulate emotions. No class Feb 15.

Sa Jan 11-Mar 08 9:30 AM-10:45 AM
538847 \$88/8 sess

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 Jan 14-Feb 11 9:45 AM-10:30 AM
535251 \$77/5 sess

Sports

Sportball Junior

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.

W Jan 15-Mar 12 9:15 AM-10:00 AM
535310 \$144/9 sess

Sportball Multisport

3-6 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 Feb 15 and Feb 17.

Sa Jan 18-Mar 15 9:55 AM-10:55 AM
535317 \$128/8 sess

4-6 yrs

M Jan 13-Mar 10 4:00 PM-5:00 PM
535293 \$128/8 sess

Sportball Parent and Tot Multisport

2-3 yrs | Sportball Vancouver

Sportball Parent & Tot programs help preschoolers to refine their motor skills as well as develop their social skills. 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 Tot programs to ensure that focus is kept on helping little ones practice and progress. No class Feb 15.

W Jan 15-Mar 12 10:00 AM-10:45 AM
535312 \$144/9 sess
Sa Jan 18-Mar 15 9:10 AM-9:55 AM
535314 \$128/8 sess

Yoga

Family Yoga FREE

3-6 yrs | Vivien Gomes

Yoga can nurture and inspire children about self regulating and self-care. Yoga class includes crafts, stories along yoga sequences and relaxation. 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 Feb 17.

Su Jan 12-Mar 02 10:15 AM-10:45 AM
538825 Free

Bouncy Castle Birthday Package (2-6 yrs)

Saturdays 11:30am-1:30pm or 2:30pm-4:30pm \$185/party

- Auditorium room use 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 and Bluetooth
- Ride-on cars, plasma cars, building blocks and mats 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 two weeks prior to the party date will receive a refund. No refunds with less than two weeks notice.

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

**2025
Registration
opens three
months prior to
party month.**

Art

Young Moviemakers**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 to a live audience and uploaded to the Young Moviemakers YouTube page to be shared and enjoyed. No class Feb 15.

Sa Jan 11-Feb 22 12:30 PM-4:30 PM
539009 \$450/6 sess



Day Camp

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 drawing workshop; we'll be drawing and colouring 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 Mar 24-Mar 28 12:45 PM-3:45 PM
535261 \$180/5 sess

Engineering for Kids Day Camp

**EFK Camp: Software Engineering: The Sky is NOT the limit!****6-12 yrs | Engineering For Kids Vancouver**

Are you ready to go to infinity and beyond? This course goes from learning the basics of 3D modeling software to creating an original rocketship! With the use of Tinkercad, students will build planets and create space habitats all on their own. Sign up your student today and get ready to push their creativity into warp speed with The Sky is NOT the Limit!

M Tu W Th F Mar 24-Mar 28 9:30 AM-3:00 PM
538845 \$400/5 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.

EFK Space Camp: Martian Engineering Expedition**6-12 yrs | Engineering For Kids Vancouver**

Explore the wonders of Mars through the fascinating world of engineering, from mechanical marvels to aerospace wonders. Through hands-on challenges, students will learn about the technology and innovation required for human habitation on Mars while fostering collaboration, communication, and critical thinking skills. From designing spacecraft to creating sustainable habitats, they'll apply creativity, problem-solving, and EFK's Engineering Design process to tackle practical engineering problems inspired by NASA's groundbreaking missions. Get ready to build, create, and collaborate, as we empower the next generation of engineers to shape the future of space exploration!

M Tu W Th F Mar 17-Mar 21 9:30 AM-3:00 PM
538844 \$400/5 sess

EFK: Pro-D Day with Engineering for Kids**6-12 yrs | Engineering For Kids Vancouver**

Join us for an engaging one-day engineering camp, where excitement and discovery await! Campers will delve into core engineering principles, participating in hands-on activities in disciplines like mechanical and civil engineering during the first half of the day. In the second half, campers will collaborate, utilizing technology to apply their knowledge to a variety of build and design challenges. This camp will foster creativity, ignite a passion for engineering, and provide a valuable learning experience. Please send child with snacks, lunch, and water bottle each day and dress appropriately for the weather.

F Feb 14 9:30 AM-3:00 PM
538843 \$95/1 sess



TPP Endorphin Rush: Swiftie Dance Party

6-12 yrs | Endorphin Rush Dance

Taylor Swift Fans Unite! This upbeat, empowering, and vibrant dance class is set to 100% Taylor Swift tunes including Anti-Hero and Shake it Off. Dancers will improve jazz technique, play interactive dance games, and learn dynamic choreographies all while making new friends. Please wear comfortable clothing for movement, clean dance or running shoes, and bring a water bottle. Get ready to cheer; there will be a presentation on the last day of class. More info: www.KirbySnellDance.com

M Tu Th F Mar 24-Mar 28 2:35 PM-3:50 PM
539334 \$109/4 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 Mar 24-Mar 28 9:15 AM-12:15 PM
535266 \$180/5 sess



Greenlight Basketball - Foundations Camp

8-12 yrs | Greenlight Basketball

Develop your skills with Greenlight Basketball this winter! Designed for players of every level, our camps combine structured skill training with exciting basketball games. Led by experienced coaches, our camps focus on developing fundamental skills in a supportive, positive, and engaging environment. Join us for a rewarding experience that fosters growth and enjoyment in basketball.

M Tu W Th F Mar 24-Mar 28 2:00 PM-3:00 PM
538944 \$50/5 sess

Greenlight Basketball - Lil' Ballers Camp

5-7 yrs | Greenlight Basketball

Have fun and learn the game of basketball with Greenlight Basketball! Perfect for children of all skill levels, our dedicated community coaches provide dynamic and interactive lessons that ignite a passion for the game. Kids will grasp the basics, engage in beginner-friendly drills, and enjoy fun camp games, all in a positive and encouraging atmosphere. Join us for an unforgettable exploration into the world of basketball!

M Tu W Th F Mar 24-Mar 28 1:00 PM-2:00 PM
538943 \$50/5 sess

Make-A-Musical Day Camp

7-14 yrs | Vancouver Performing Stars

Step into the spotlight in our full-day "create-a-musical" camp! Performers will create an original show together and be immersed in every aspect of musical theatre. Parents will be treated to a special performance on the last day.

M Tu W Th F Mar 17-Mar 21 9:30 AM-3:30 PM
538939 \$345/5 sess



Mindfulness & Movement for Kids Day Camp

5-8 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.

M Tu W Th F Mar 24-Mar 28 9:30 AM-3:30 PM
538941 \$342.50/5 sess

Safari Spring Break Day Camp

5-7 yrs | TBA Instructor

Children must be turning 5 by Dec 31, 2024 and currently attending Kindergarten. Come celebrate the Spring break with games, sports, arts, and much more! This fun filled camp will have your kids jumping around the gym, making crafty creations, and more. Each day will be filled with fun and activities to keep your children moving and grooving. Don't forget to pack a lunch every day. Waiver forms must be filled in for this program.

M Tu W Th F Mar 17-Mar 21 9:00 AM-4:00 PM
536819 \$175/5 sess

M Tu W Th F Mar 24-Mar 28 9:00 AM-4:00 PM
536821 \$175/5 sess

Voyages Spring Break Day Camp

8-12 yrs | TBA Instructor

Come celebrate the Spring break with games, sports, arts, and much more! This fun filled camp will have your kids jumping around the gym, making crafty creations, and more. Each day will be filled with fun and activities to keep your children moving and grooving. Don't forget to pack a lunch every day. Waiver forms must be filled in for this program.

M Tu W Th F Mar 17-Mar 21 9:00 AM-4:00 PM
536823 \$175/5 sess

M Tu W Th F Mar 24-Mar 28 9:00 AM-4:00 PM
536824 \$175/5 sess

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

Dance

Active Hip Hop, Dance, Stretch & Strength

6-13 yrs | ILLUMA Studio

Come dance to hip hop music for cardio training! Then through proper breathing, strengthening, and stretching, students will have a better understanding of their bodies and develop proper muscle memory. Having learned the proper techniques, our goal is for the student to have better physical awareness, stronger core muscles, increase flexibility and stand tall with confidence. Maybe you'll even achieve your splits and back bends in this class!

F Jan 10-Mar 14 4:30 PM-5:30 PM
538915 \$150/10 sess

Active Jazz Funk and Pop Dance & KPOP Sampler

6-13 yrs | ILLUMA Studio

You can be part of the exciting world of dance by possibly sampling Jazz Funk, Street and Korean Pop (KPOP) dance styles through cardio warm ups, strengthening, footwork, isolations, and stretches, and learn the importance of breathing. Embrace teamwork while supporting classmates, have fun, and rise to a new challenge!

F Jan 10-Mar 14 5:30 PM-6:30 PM
538916 \$150/10 sess



Junior Hip Hop

5-7 yrs | Vancouver Performing Stars

This high energy class will help dancers improve their flexibility, confidence, coordination, and freestyle skills. Dancers will learn fun and creative choreography to show parents on the last day of class. www.performingstars.ca No class Feb 15.

Sa Jan 04-Mar 08 11:00 AM-11:45 AM
535147 \$144/9 sess
Tu Jan 07-Mar 11 5:30 PM-6:15 PM
535167 \$160/10 sess

Education

Cooking Classes for Kids

7-11 yrs | Chef Karen

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 chef 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 9:30 AM-11:30 AM \$40/4 sess
532704 Jan 11-Feb 01
532705 Feb 08-Mar 01
532706 Mar 08-Mar 29



Engineering for Kids



EFK: Chem Kids

4-6 yrs | Engineering For Kids Vancouver

Spark your child's curiosity and ignite their passion for science with an unforgettable journey through the captivating world of chemical engineering. Through playful activities and creative experiments, students will unravel the mysteries of matter. From fizzing chemical reactions to dazzling color changes, they'll delight in the magic of transformation as they learn about atoms, molecules, and the forces that drive these reactions. Learning about chemical engineering has never been more fun! No class Feb 16.

Su Jan 12-Feb 23 11:00 AM-12:00 PM
538841 \$130/6 sess

EFK: Mysteries of Matter

7-12 yrs | Engineering For Kids Vancouver

Join us for an exciting expedition through the world of molecules and reactions. This program is designed to ignite curiosity and inspire discovery while exploring topics such as chemical engineering, states of matter, physical properties, chemical change, and acidity. Using hands-on projects and the EFK Engineering Design Process, students will unravel the mysteries of matter and discover the underlying principles shaping our universe. No class Feb 16.

Su Jan 12-Feb 23 12:15 PM-1:45 PM
538842 \$240/6 sess



Red Cross Babysitting Course
10-16 yrs | Foundations Safety

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	Feb 01	9:30 AM-4:30 PM
536525		\$80/1 sess
Sa	Mar 01	9:30 AM-4:30 PM
536527		\$80/1 sess



Young-Commander Chess
5-13 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. Chess teaches higher level thinking skills such as visualization, analysis and critical thinking. Chess allows kids to connect with something in the real world which in turn, fires up their desire to learn. Joining in this Sherlock-Holmes-world of tactics and strategies, where the chessmen become personified, kids get trained in life-skills goal-setting: checkmate! What's more, chess provides a mental armor (commander) self-image (TEAM leader), whereby kids can draw upon and develop a well-rounded discipline, amidst a friends-learning-together classroom setting. Chess folder kit included.

Intermediate/Advanced (8-13 yrs)		
F	Jan 10-Mar 14	6:35 PM-7:35 PM
535254		\$130/10 sess
Novice/Starter (5-10 yrs)		
F	Jan 10-Mar 14	5:30 PM-6:30 PM
535253		\$130/10 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 Feb 17.

M	Jan 06-Mar 31	5:00 PM-6:00 PM
535270		\$84/12 sess
WF	Jan 08-Mar 28	5:00 PM-6:00 PM
535272		\$168/24 sess

Kendo Training by Renfrew Kendo Dojo

7-18 yrs | Renfrew Kendo Dojo Society

Kendo has its roots in traditional Japanese swordsmanship, known as kenjutsu. This physically and mentally demanding discipline blends strong martial arts principles with athletic elements. Kendo is a combative martial art that features controlled-contact sparring, conducted safely with all participants wearing full armor. Renfrew Kendo Dojo Society is registered with BC Kendo Federation, and its instructor is affiliated with the Canadian Kendo Federation. Beginners only need a shinai (bamboo sword) to begin their practice.

Su	Jan 05-Mar 30	10:15AM-11:15 AM
Tu	Jan 07-Mar 25	7:00 PM-8:00 PM
Th	Jan 02-Mar 27	6:45 PM-7:45 PM
536619		\$75/3 mos



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.

Music

Guitar/Ukulele - Private Lessons

6+ yrs | Ching Yin (Justin) Wu

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. No refunds after the second class.

Tu Jan 07-Mar 11 \$210/10 sess
4:00 PM-7:30 PM

[View Online](#)

Intermediate Music Theory for RCM Level 5 NEW

10-18 yrs | Wang Hei (Terry) Ng

Prepare for success in the Royal Conservatory of Music (RCM) Level 5 theory exam with this focused group class. Students will explore essential topics outlined in the RCM Level 5 theory curriculum, including major and minor scales, intervals, triads, simple and compound time signatures, key signatures, etc. This class is perfect for students aiming to enhance their music theory knowledge in alignment with RCM standards. By the end of the course, participants will be well-prepared to tackle the Level 5 theory exam with confidence. All course materials will be provided to students. No prior music theory knowledge is required. However, it is recommended that students have prior music backgrounds. Students will need to bring a binder and writing utensils.

Tu Th Jan 07-Mar 13 4:00 PM-5:30 PM
\$360/20 sess

[537131](#)

Intermediate Music Theory for RCM Level 8 NEW

10-18 yrs | Wang Hei (Terry) Ng

Prepare for success in the Royal Conservatory of Music (RCM) Level 8 theory exam with this focused group class. Students will explore essential topics outlined in the RCM Level 8 theory curriculum, including major and minor scales, intervals, triads, simple and compound time signatures, key signatures, etc. This class is perfect for students aiming to enhance their music theory knowledge in alignment with RCM standards. By the end of the course, participants will be well-prepared to tackle the Level 8 theory exam with confidence. All course materials will be provided to students. No prior music theory knowledge is required. However, it is recommended that students have prior music backgrounds. Students will need to bring a binder and writing utensils.

Tu Th Jan 07-Mar 13 5:30 PM-7:00 PM
\$360/20 sess

[537135](#)

Piano - Private Lessons



Piano - Private Lessons

5+ yrs | Samuel Chan

Learn to play classical or pop music in a fun and encouraging environment. These 30 min 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.

Su Jan 05-Mar 23 \$300/12 sess
10:15 AM-12:15 PM

[View Online](#)

Piano - Private Lessons

5+ yrs | Wang Hei (Terry) Ng

A combination of the Suzuki method and a personalized teaching approach is used to make learning piano both effective and fun! With a focus on developing strong musical foundations through ear training, technique, and note reading, students build essential skills while enjoying the process of learning piano. These 30 min lessons are filled with engaging activities, playful exercises, and interactive games that make music come alive. By creating a positive and encouraging atmosphere, students will not only learn but also fall in love with playing the piano, making each lesson a joyful and rewarding experience.

W Jan 08-Mar 19 \$253/11 sess
3:30 PM-7:30 PM

[View Online](#)

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. Simone is an active pianist, organist and composer in Vancouver and the greater Vancouver area working as both a performer and teacher. Simone enjoys working with students at all levels of experience to create a positive and inspiring connection with music! Additional cost for books to be purchased. No make ups for missed lessons and no refunds after the second class.

Th Jan 09-Mar 20 \$275/11 sess
3:30 PM-7:30 PM

[View Online](#)

F Jan 10-Mar 21 \$275/11 sess
3:30 PM-7:30 PM

[View Online](#)

Piano - Private Lessons

5+ yrs | Justin Wong

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. No lesson Feb 15. Justin Wong is an experienced piano teacher with a decade of personal learning and a year of teaching experience. As a passionate musician, Justin strives to apply his musical knowledge to inspire the community through music and help students discover the joy of playing the piano. Throughout Justin's teaching career, his students have had the opportunity to engage in a positive and fun learning environment.

Sa Jan 11-Mar 15 \$180/9 sess
10:00 AM-3:30 PM

[View Online](#)

All lessons are 30 minutes. Individual times are viewable online.

Sports

Greenlight Basketball - Foundations

8-13 yrs | Greenlight Basketball

Grow your basketball skills with Greenlight Basketball this fall! Our Foundations Program is designed for players of all levels, offering structured skills training and engaging basketball games. Led by experienced coaches, our program focuses on developing fundamental basketball skills in a supportive, positive, and enjoyable environment.

Tu Jan 07-Mar 04 4:15 PM-5:15 PM
535125 \$135/9 sess

Greenlight Basketball - Lil' Ballers

5-7 yrs | Greenlight Basketball

Discover the joy of basketball with Greenlight Basketball! Designed for children of all skill levels, our dedicated community coaches provide dynamic and enjoyable lessons that ignite a passion for the game. Kids will grasp the essentials of basketball through interactive drills and friendly games, fostering both skill development and fun in a positive, supportive atmosphere.

Tu Jan 07-Mar 04 3:30 PM-4:15 PM
535124 \$90/9 sess

Soccer for Kids

5-10 yrs | Mohsen Hatamian

Learn the basic skills of the most popular game in the world through games and scrimmages that allow all participants to develop and learn team play.

5-7 yrs

Th Jan 09-Mar 13 3:30 PM-4:15 PM
538949 \$90/10 sess

8-10 yrs

Th Jan 09-Mar 13 4:15 PM-5:15 PM
540906 \$120/10 sess

Sportball Multisport

4-9 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 Feb 17.

4-6 yrs

M Jan 13-Mar 10 4:00 PM-5:00 PM
535293 \$128/8 sess

6-9 yrs

M Jan 13-Mar 10 5:00 PM-6:00 PM
535309 \$128/8 sess

Tennis Lessons for Kids

5-9 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. Classes are combined with ages 5 to 9 years old. No class March 15.

Set One

5-6 yrs

Sa Jan 04-Feb 08 1:00 PM-2:30 PM
537110 \$144/6 sess

7-9 yrs

Sa Jan 04-Feb 08 1:00 PM-2:30 PM
537113 \$144/6 sess

Set Two

5-6 yrs

Sa Feb 22-Mar 29 1:00 PM-2:30 PM
537117 \$120/5 sess

7-9 yrs

Sa Feb 22-Mar 29 1:00 PM-2:30 PM
537119 \$120/5 sess



Yoga



Family Yoga **FREE**

3-13 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 Feb 16.

3-6 yrs

Su Jan 12-Mar 02 10:15 AM-10:45 AM
538825 Free

7-13 yrs

Su Jan 12-Mar 02 11:00 AM-11:45 AM
538828 Free

TPP Exceleration exce|leration triathlon and multisport

Registration for Seasonal Programs:

Saturday, December 14 at 9:00am

How to Register:

Register online through Vancouver Recreation or in-person/phone at Hastings Community Centre. For program descriptions and more information about Exceleration, please visit their website www.ExcelerationTriClub.ca or scan the QR code below.



Programs (viewable at www.vanrec.ca):

Adventure Tri (pre-k, k, grade 1)

Kids of Steel (grades 2-5)

Adult Swimming & Running (16+ yrs)



Contact Kyla, Community Youth Worker



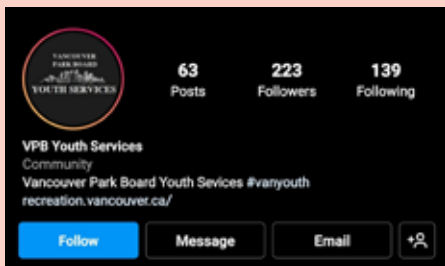
Kyla.Sattler@vancouver.ca

604.718.6230

@HastingsYouth

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

Community Youth Development at Hastings Community Centre



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.

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

Ascenders Jr.

10-13 yrs | Youth Leader

Ascenders, Unite! Join this co-ed after-school program with our youth leaders! Each week will involve the group taking part in various activities. Some out trips may include bowling, skating, golfing, & more! A snack is also provided! 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. On early dismissal days please find your own way to the centre. Participants can hang out in the games room until the program starts.

Tu Jan 14-Mar 04 3:15 PM-6:00 PM
533066 \$48/8 sess

Preteen Volleyball

11-12 yrs | Youth Leader

This program is for any preteen looking to learn and play volleyball! Our youth leaders will run drills & run scrimmages each week! No session Feb 15.

Sa Jan 18-Mar 08 3:30 PM-4:30 PM
533068 \$24/8 sess

Pro-D Day Camp

6-12 yrs | Youth Leader

A day off from 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! Each refund request will be charged a \$10 administration fee. No refunds with less than two weeks notice.

Camp

F Feb 14 9:00 AM-3:00 PM
533238 \$40/1 sess

After Care

F Feb 14 3:00 PM-5:30 PM
533240 \$10/1 sess



FREE! TGIF

9-12 yrs | Youth Leader

This after school program provides a space for pre-teens to come and enjoy the scheduled activities. Youth leaders make it exciting and fun every Friday, starting in the Games Room, with scheduled activities to begin at approximately 3:15pm. Registration required! NO SESSION ON FEB 14 - on early dismissal days please find your own way to the centre. This program is FREE and made possible by the Hastings Community Association (HCA).

F Jan 17-Mar 07 3:15pm-6:00pm
533071 Free

FREE! Wednesday Star Friends

9-13 yrs | Youth Leader

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 & craft, 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. On early dismissal days please find your own way to the centre. Participants can hang out in the games room until the program starts.

W Jan 15-Mar 05 3:15 PM-6:00 PM
533072 Free



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 Kyla, our Community Youth Worker.

Hastings Youth Council

14-17 yrs | Kyla Sattler

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 from 1:30pm-3:30pm. For more information, contact Kyla.

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.



Sports

Greenlight Basketball - Skills Camp

13-18 yrs | Greenlight Basketball

Take your skills to the next level with Greenlight Basketball's Youth Skills Camp! Each session provides the opportunity to learn new moves, develop your skills, and improve your game IQ from our experienced coaches. Designed for players of all levels, from beginners to elite, our tailored program focuses on maximizing player development and enhancing your performance on the court. Join us this winter for an outstanding basketball experience!

M Tu W Th F Mar 24-Mar 28 3:00 PM-4:00 PM
538945 \$50/5 sess

Hastings Hydras Youth Dragon Boat Team

13-18 yrs | Youth Leader

Attention, please. Paddles up! Coach Jeff return to build off the super successful 2024 campaign! We are once again looking for new paddlers for the 2025 season. If you are interested, please e-mail Kyla. Please note that priority is given to returning paddlers.

M Feb 10-Jul 14 4:00 PM-5:30 PM
539265 \$90/23 sess

YOUTH SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Games Room Grades 8-12 3:00-9:00 PM	Ascenders Jr. Grades 5-7 2:30-6:00 PM (see page 18)	Star Friends Grades 4-7 2:30-6:00 PM (see page 18)	Games Room Grades 8-12 3:00-9:00 PM	TGIF Grades 4-7 3:15-6:00 PM (see page 18)	Games Room Grades 8-12 9:00 AM-1:00 PM
	Games Room Grades 8-12 6:00-9:00 PM	Games Room Grades 8-12 6:00-9:00 PM		Games Room Grades 8-12 6:30-9:00 PM	
<i>Please note: Schedule subject to change. No equipment will be handed out 15 minutes prior to closing.</i>				Basketball Grades 4-7 3:00-4:00 PM	Community Clean-Ups 11:30 AM-1:00 PM
PARENTAL/GUARDIAN RESPONSIBILITY: All children under the age of 8 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. Gymnasium and Games Room are a safe space for youth to use. No adults are allowed during drop in time.				Volleyball Grades 8-12 4:00-7:00 PM	Hastings Youth Council 14-17 yrs 1:30-3:30 PM
				Basketball Grades 8-12 7:00-10:00 PM	Preteen Volleyball 11-12 yrs 3:30-4:30 PM (see page 18)

Aerobics

Cardio Fit NEW

19+ yrs | Sharon Chan

For participants who want a cardio class with simple choreographed floor patterns followed by strength training with weights and core conditioning. Participants can go at their own pace and finish off with a full stretch.

Aerobics Fees		
Adult	19-59 years	60+ years
Drop-In	\$5.24	\$3.41
10 Visit Pass	\$47.16	\$30.69
Three Month Pass	\$92.00	\$59.80
<i>Prices listed do not include GST.</i>		

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.

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.

Aerobics Schedule - Jan 06-Mar 31				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
MORNING	Step & Sculpt 9:15-10:15 AM Sharon			<i>No aerobic pass extensions for cancelled classes.</i>
EVENING		Step 5:30-6:30 PM Sharon	Step & Sculpt 5:30-6:30 PM Sharon	Cardio Fit NEW 5:30-6:30 PM Sharon
<i>Schedule subject to change. No classes on Statutory Holidays.</i>				

Fitness & Health

TPP Circuit Training

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.

Tu	Jan 07-Feb 25	8:30 AM-9:30 AM
539307		\$68/8 sess
Th	Jan 09-Feb 27	8:30 AM-9:30 AM
539308		\$68/8 sess



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

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.

Tu	Jan 07-Feb 25	10:30 AM-11:30 AM
532707		\$52.5/8 sess
Th	Jan 09-Feb 27	10:30 AM-11:30 AM
532708		\$52.5/8 sess



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

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	Jan 07-Feb 06	9:45 AM-10:45 AM
535946		\$115/10 sess
Tu Th	Feb 11-Mar 13	9:45 AM-10:45 AM
535948		\$115/10 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.

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 \$7.50, space permitting.

W Jan 08-Mar 12 10:00 AM-11:00 AM
 535943 \$62.50/10 sess

Strength and CIRCL Mobility™

19+ yrs| **Monika Schoenenberger**

This workout starts with 30 minutes of functional strength training followed by a 30 minute stretch flow that focuses on flexibility, breathwork and mobility to help you move better longer set to a soundtrack of healing tones (participants must be able to get down to the floor). Drop-in \$11. No class Feb 17.

M Jan 13-Mar 10 10:30 AM-11:30 AM
 538930 \$72/8 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.

Free Trial

Tu Jan 07 6:45 PM-7:45 PM
 535221 Free

Set One

Tu Jan 14-Feb 11 6:45 PM-7:45 PM
 535216 \$62.50/5 sess

Set Two

Tu Feb 18-Mar 18 6:45 PM-7:45 PM
 535219 \$62.50/5 sess

Zumba® Gold NEW

19+ yrs| **Zumba Vancouver**

ZUMBA® Gold is a low impact dance-fitness class for beginners and seniors that uses zesty Latin music, Salsa, Cha Cha, Cumbia, Merengue, Rock n Roll, (including Twist and Charleston), with easy to follow moves to create a dynamic and fun fitness class. ZUMBA® Gold strives to improve your balance, strength, flexibility and most importantly the heart. It is a “feel happy” workout that is great for both the body and the mind. Drop-in \$14 space permitting.

Free Trial

F Jan 10 10:30 AM-11:30 AM
 540967 Free

Set One

F Jan 17-Feb 14 10:30 AM-11:30 AM
 540965 \$62.50/5 sess

Set Two

F Feb 21-Mar 28 10:30 AM-11:30 AM
 540966 \$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 8:30 AM-9:30 AM		TPP Circuit Training 8:30 AM-9:30 AM	
	Strength and CIRCL Mobility™ NEW 10:30 AM-11:30 AM	Mission FitPossible 9:45 AM-10:45 AM	Osteofit 10:00 AM-11:00 AM	Mission FitPossible 9:45 AM-10:45 AM	Zumba® Gold 10:30 AM-11:30 AM
		Core and Strength Training for Seniors 10:30 AM-11:30 AM	Contemporary Line Dance with Irene 11:00 AM-12:30 PM	Core & Strength Training for Seniors 10:30 AM-11:30 AM	Tai Chi NEW 11:45 AM-1:15 PM
	Line Dance with Karen 1:30 PM-3:00 PM	TPP Tai Chi 12:45 PM-2:45 PM		TPP Tai Chi 12:45 PM-2:45 PM	Ballroom Social Dance 50+ yrs 1:30 PM-3:30 PM
EVENING	Yogaflex 6:15 PM-7:15 PM	Iyengar Yoga 6:30 PM-8:00 PM	Iaido 6:15 PM-8:15 PM		
	Karate/Self-Defense 6:15 PM-7:15 PM	Chinese Cultural Dance NEW 6:30 PM-8:00 PM	Karate/Self-Defense 6:15 PM-7:15 PM	Qigong 6:00 PM-7:15 PM	
		Zumba® 6:45 PM-7:45 PM	Ballroom Dance - Beginners 6:30 PM-7:30 PM	TPP Creative Hatha Yoga Flow 6:45 PM-8:00 PM	
	TPP Tai Chi 7:00 PM-9:00 PM	Kendo 8:00 PM-9:00 PM	TPP Tai Chi 7:00 PM-9:00 PM	Kendo 8:00 PM-9:00 PM	
			Veg Yoga 7:30 PM-8:45 PM	Courses marked TPP take place at Templeton Park Pool	
			Ballroom Dance - Intermediate 7:30-8:30 PM/8:30-9:30 PM		

Dance



Ballroom Dance - Beginner/ Bronze

19+ yrs | Faye Hung

The first few weeks will cover the basics, then we will progress to the next level (bronze) figures. No dancing experience required. Partners preferred but not required. Drop-in \$14, space permitting.

International Tango

W	Jan 08-Feb 05	6:30 PM-7:30 PM
		\$66.25/5 sess

535276

International Waltz

W	Feb 12-Mar 12	6:30 PM-7:30 PM
		\$66.25/5 sess

535279

Ballroom Dance - Intermediate

19+ yrs | Faye Hung

International Silver level and above. Minimum 2 years of dancing experience required. Partners preferred. Drop-in \$14, space permitting.

International Cha Cha

W	Jan 08-Feb 05	8:30 PM-9:30 PM
		\$66.25/5 sess

535278

International Rumba

W	Feb 12-Mar 12	8:30 PM-9:30 PM
		\$66.25/5 sess

535283

International Slow Foxtrot

W	Jan 08-Feb 05	7:30 PM-8:30 PM
		\$66.25/5 sess

535277

International Tango

W	Feb 12-Mar 12	7:30 PM-8:30 PM
		\$66.25/5 sess

535280

Chinese Cultural Dance NEW

19+ yrs | Anne Ang

This beginner class is open to adults and seniors who want to stay active and have fun with the enjoyment of Chinese songs and music. Come in and meet new friends while learning some basic cultural dance movements and techniques. There will be some stretching and warming up exercises before we start to dance. Some dance choreography may be involved. Wearing soft dance shoes is recommended. Drop-in \$6, if space permits.

Free Trial

Tu	Jan 07-Jan 07	6:30 PM-8:00 PM	Free
			536533
Tu	Jan 14-Mar 11	6:30 PM-8:00 PM	\$45/9 sess
			536536

TPP Xinjiang Vancouver Dancing Group NEW

19+ yrs | Alisha

Traditional Xinjiang dancing is famous for its elegant and unique moves, as well as its vibrant energy. These dances display a style of passion and delicacy. They are also unique for the dancers fast rotation and dynamic movements such as neck-shifting, wrist-turning and repetitive knee-shaking. Drop-in \$2, space permitting.

F	Jan 10-Feb 23	1:00 PM-3:00 PM
		\$16/8 sess

540821

Contemporary Line Dance

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.

W	Jan 08-Mar 12	11:00 AM-12:30 PM
		\$35/10 sess

535286

Line Dance

19+ yrs | Karen Lin

Come join Karen Lin 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. No Drop-Ins. No class Feb 17

M	Jan 06-Mar 10	1:30 PM-3:00 PM
		\$22.50/9 sess

532721

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@capilanou.ca No class Feb 17

M	Jan 06-Mar 10	1:00 PM-3:45 PM
		Free

532712

Emergency First Aid with CPR-C + AED (Basic)

13+ yrs | Foundations Safety

Basic one-day course offering lifesaving first aid and cardiopulmonary resuscitation (CPR) skills for the workplace or home. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines. 4 hour mandatory online component pre-requisite, 4.5 hours in class instruction.

Sa	Feb 15	9:15 AM-1:45 PM
		\$93.75/1 sess

539002

Sa	Mar 22	9:15 AM-1:45 PM
		\$93.75/1 sess

539003

Standard First Aid with CPR-C + AED (Intermediate)

13+ yrs | Foundations Safety

Comprehensive two-day course offering first aid and cardiopulmonary resuscitation (CPR) skills for those who need training due to work requirements or who want more knowledge to respond to emergencies at home. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines. 8 hour mandatory online component pre-requisite, 7.5 hours in class instruction.

Sa	Feb 15	9:15 AM-4:45 PM
		\$137.50/1 sess

539004

Sa	Mar 22	9:15 AM-4:45 PM
		\$137.50/1 sess

539005

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	Jan 08-Mar 26	6:15 PM-8:15 PM
536774		\$90/12 sess
Su	Jan 05-Mar 30	10:15 AM-12:00 PM
536776		\$90/13 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 Feb 17.

MW	Jan 06-Mar 26	6:15 PM-7:15 PM
535274		\$161/23 sess



Kendo Training by Renfrew Kendo Dojo

19+ yrs | Renfrew Kendo Dojo Society

Kendo has its roots in traditional Japanese swordsmanship, known as kenjutsu. This physically and mentally demanding discipline blends strong martial arts principles with athletic elements. Kendo is a combative martial art that features controlled-contact sparring, conducted safely with all participants wearing full armor. Renfrew Kendo Dojo Society is registered with BC Kendo Federation, and its instructor is affiliated with the Canadian Kendo Federation. Beginners only need a shinai (bamboo sword) to begin their practice.

Th	Jan 02-Mar 27	8:00 PM-9:00 PM
Su	Jan 05-Mar 30	11:20 AM-12:20 PM
Tu	Jan 07-Mar 25	8:00 PM-12:20 PM
536623		\$165/38 sess

Qigong Fundamentals

19+ yrs | Rachel Rocco

Qigong was developed in China thousands of years ago. In this six-week introductory series we will explore the basics of this mind and body energy practice to strengthen your natural resilience, balance your nervous system and transform worry, anxiety and fear into inner strength. Classes include meditation, breath-work, gentle, fluid movements, sound therapy and self-massage techniques designed to purge stagnation and circulate energy to nourish, replenish, invigorate and balance the systems of the body. Wear loose comfortable clothing, indoor shoes or bare feet. Typically done standing, this practice can be adapted for sitting.

Th	Feb 13-Mar 20	6:00 PM-7:15 PM
532733		\$100/6 sess

TPP Tai Chi

19+ 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 on Feb 17

AFTERNOON CLASSES

Tu Th	Jan 07-Jan 30	12:45 PM-2:45 PM
539329		\$80/8 sess
Tu Th	Feb 04-Feb 27	12:45 PM-2:45 PM
539327		\$80/8 sess

EVENING CLASSES

MW	Jan 06-Jan 29	7:00 PM-9:00 PM
539330		\$80/8 sess
MW	Feb 03-Feb 26	7:00 PM-9:00 PM
539328		\$70/7 sess



Tai Chi Stretching with Master Yip

19+ yrs | Irene Loo

Come join Master Yip and his assistant, Irene Loo, for this beginner Tai Chi stretching class. All levels welcome. Drop-in \$3.00, if space permits.

F	Jan 10-Mar 14	11:45 AM-1:15 PM
532745		\$12/10 sess

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

Gym Sports Schedule

	SUN	MON	TUE	WED	THURS	FRI
DAYTIME	Pickleball - Beginner 10:10 AM-11:40 AM			Pickleball Intermediate 50+ yrs 10:30 AM-12:30 PM		Pickleball - Beginner 50+ yrs 9:15 AM-11:05 AM
	Badminton Court Reservations 11:45 AM-2:00 PM			Pickleball Lessons 12:45 PM-3:15 PM		Pickleball Intermediate 50+ yrs 11:15 AM-3:05 PM
EVENING		Pickleball - Beginner Play 6:15 PM-7:45 PM		Pickleball Lessons 6:45 PM-8:15 PM		<i>Registration for Winter starts Dec 7 at 9 AM.</i>
		Indoor Soccer 8:00 PM-9:45 PM	Badminton 8:00 PM-9:45 PM	Pickleball - Intermediate 8:20 PM-9:50 PM	Basketball 8:00 PM-9:45 PM	

PLEASE NOTE: Spots will be held for registered participants for the first 10 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 waitlist starts 10 minutes prior to the activity start time on the day of (in-person only, phone calls not accepted). Drop-in \$5.25, space permitting.

Pickleball

19+ yrs| Non Instructional Beginner Play

Set One

Su	Jan 05-Feb 09	10:10 AM-11:40 AM \$25.50/6 sess
M	Jan 06-Feb 10	6:15 PM-7:45 PM \$25.50/6 sess

Set Two

Su	Feb 16-Mar 30	10:10 AM-11:40 AM \$25.50/6 sess
M	Feb 24-Mar 31	6:15 PM-7:45 PM \$25.50/6 sess

Intermediate Play

Set One

W	Jan 08-Feb 12	8:20 PM-9:50 PM \$25.50/6 sess
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Set Two

W	Feb 19-Mar 19	8:20 PM-9:50 PM \$21.25/5 sess
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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 Feb 17.

M	Jan 06-Mar 10	9:00 AM-12:00 PM \$20.70/9 sess
F	Jan 10-Mar 14	9:00 AM-12:00 PM \$23/10 sess

Sports

Badminton Court Reservation

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 (\$12/court). Courts are numbered 4-1 starting from the gym entrance. Court #4 reserved for drop-in. No session March 16.

Su	Feb 16-Mar 30	\$60/6 sess
538962	1a	11:45 AM-12:30 PM
538966	1b	12:30 PM-1:15 PM
538970	1c	1:15 PM-2:00 PM
538963	2a	11:45 AM-12:30 PM
538967	2b	12:30 PM-1:15 PM
538971	2c	1:15 PM-2:00 PM
538964	3a	11:45 AM-12:30 PM
538968	3b	12:30 PM-1:15 PM
538972	3c	1:15 PM-2:00 PM
Su	Jan 05-Feb 09	\$60/6 sess
538950	1a	11:45 AM-12:30 PM
538954	1b	12:30 PM-1:15 PM
538958	1c	1:15 PM-2:00 PM
538951	2a	11:45 AM-12:30 PM
538955	2b	12:30 PM-1:15 PM
538959	2c	1:15 PM-2:00 PM
538952	3a	11:45 AM-12:30 PM
538956	3b	12:30 PM-1:15 PM
538960	3c	1:15 PM-2:00 PM

Badminton

19+ yrs| Non Instructional

Doubles play only.

Set One

Tu	Jan 07-Feb 11	8:00 PM-9:45 PM \$25.50/6 sess
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Set Two

Tu	Feb 18-Mar 18	8:00 PM-9:45 PM \$21.25/5 sess
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Basketball: Full Court

19+ yrs| Non Instructional

Set One

Th	Jan 02-Feb 13	8:00 PM-9:45 PM \$29.75/7 sess
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Set Two

Th	Feb 20-Mar 20	8:00 PM-9:45 PM \$21.25/5 sess
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Indoor Soccer

19+ yrs| Non Instructional

Set One

M	Jan 06-Feb 10	8:00 PM-9:45 PM \$25.50/6 sess
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Set Two

M	Feb 24-Mar 31	8:00 PM-9:45 PM \$25.50/6 sess
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Please note: Adult & Older Adult programs are subject to GST.

PIP - Learn to Play Pickleball I**19+ yrs | Paradise Island Pickleball**

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 Jan 08-Feb 12 12:45 PM-1:45 PM
532730 \$99/6 sess

PIP - Learn to Play Pickleball II**19+ yrs | Paradise Island Pickleball**

Building on Learn to Play Pickleball, 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 Jan 08-Feb 12 1:45 PM-3:15 PM
532731 \$148.50/6 sess

W Feb 19-Mar 19 12:45 PM-2:15 PM
539602 \$123.75/5 sess

PIP - Intermediate Pickleball - Level 3**19+ yrs | Paradise Island Pickleball**

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 Jan 08-Feb 12 6:45 PM-8:15 PM
532729 \$155.40/6 sess

W Feb 19-Mar 19 6:45 PM-8:15 PM
539603 \$129.50/5 sess

**PIP - Supervised Pickleball Play - Levels 2.5-3.0****19+ yrs | Paradise Island Pickleball**

No drills in this session but you will be playing with a purpose! Play with more confidence as you mix in with your recreational or competitive games! Please communicate with the instructor via email at waltwoo@gmail.com if you are uncertain if this is the session for you. Drop-in: \$15

W Feb 19-Mar 19 2:15 PM-3:15 PM
539604 \$67.50/5 sess

Social**Games Room Drop-In****19+ yrs | Non Instructional**

Adults 19+ can drop-in to play pool, foosball, watch TV, or play table tennis. Games Room availability is subject to change without notice. Drop-in \$1.

M Tu W Th F Jan 06-Mar 14 9:00 AM-2:45 PM
536811 \$1/drop-in

Yoga**TPP Creative Hatha Flow Yoga****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.

Th Jan 09-Feb 27 6:45 PM-8:00 PM
539310 \$108/8 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.

Tu Jan 07-Mar 11 6:30 PM-8:00 PM
537401 \$170/10 sess

**Veg Yoga****19+ yrs | Vivien Gomes**

Any time is a great time to start your yoga practice. Veg Yoga will introduce the Hatha yoga sequence, which consists of 26 poses and two breathing exercises, derived from the 84 classic Hatha Yoga. The therapeutic sequence has proven to increase flexibility, and strength, improve circulation, and reduce stress. The practice operates on the principles of maximum compression, extension, and relaxation, to create optimal health. The class is designed for all levels. In time, you will learn to focus your mind and control your breath, leading you to deeper, and calmer state of being. Drop-in \$15, if space available.

W Jan 22-Mar 05 7:30 PM-8:45 PM
538829 \$77/7 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.yogawithalex.ca for more information. Please bring your own mat to this class. Drop-in \$17. No class Feb 17.

M Jan 13-Mar 10 6:15 PM-7:15 PM
535940 \$112/8 sess

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

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

Food, Cooking & 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.



Canning 101

19+ yrs | Lisa Patterson

Yes you can! Learn about the art & science of canning as we make jam together. Included: what can safely be water-bath canned & why, how to can according to modern food science, and what recipes to use.

W Mar 05 7:00 PM-9:00 PM
532702 \$10/1 sess

Community Kitchen

19+ yrs |

Looking to socialize, learn new recipes, and eat great food after work? Check out Community Kitchen where we have various folks from the Hastings-Sunrise community come out to teach some of their favourite food! Remember to bring takeout containers to take extras with you!

Paula is a fitness enthusiast and local mom of two who graduated with a degree in Gastronomy. Her culinary background is Brazilian, Portuguese & Italian Food. She also ran a coffee shop in Brazil for 20 years making many kinds of sweet pies, cakes, and snacks. For this workshop, Paula will be making a food that originates from Portugal and popular in Brazil: Emphadinha (stuffed pie). This dish will be made with chicken filling and there will also be cheese buns!

M Jan 20 6:30 PM-8:30 PM
539556 \$10/1 sess

Babita has a passion for cooking and learned to prepare delicious Indian dishes from her mother at age 12. She loves replicating all different kinds of food that she tries at different restaurants. Babita is a mother of two and has lived in Vancouver for the past 25 years! For this workshop, Babita will be making a food that originates from India: Dhal (yellow lentils), Palak Paneer (spinach & Indian cheese) & Tandoori (flatbread)

M Feb 24 6:30 PM-8:30 PM
539914 \$10/1 sess

Cooking Classes for Kids

7-11 yrs | Chef Karen

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 chef 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 9:30 AM-11:30 AM \$40/4 sess
532704 Jan 11-Feb 01
532705 Feb 08-Mar 01
532706 Mar 08-Mar 29

TPP

Cooking Connections: Cooking for the Active Senior

19+ yrs | Lily Fung

Designed for seniors, this program focuses on eating well and staying active for overall health. It is designed to meet the needs of older adults and provides an opportunity to meet new friends and reinforces healthy eating habits. This program includes a number of versatile recipes like Roasted Root Vegetables which encourage participants to use a variety of ingredients. This is a free six weeks course. Participants must be able to attend all 6 weeks.

M Jan 20-Feb 24 10:30 AM-1:30 PM
539309 Free

Culinary Connections – Intergenerational Cooking NEW

55+ yrs | Chef Karen

Join us for fun, intergenerational cook-off as a group of youth & seniors gets together to cook some delicious food! Learn some new recipes, interact with new folks, and enjoy a delicious meal together at the end! This program is open to seniors and youth only. 4 spots for seniors and 4 spots for youth. Please bring your own utensils & containers.

Menu:

Feb 8: Monte Cristo Sandwiches
Home Fries
Caesar Salad
No Bake Peanut Butter Coconut Bites
Sour Cream Beef Noodle Casserole
Mar 8: Hot Honey Zucchini Chickpea Crunch Bars
Sa 12:30 PM-2:30 PM \$10/1 sess
533073 Feb 08 Seniors
533069 Feb 08 Youth
533074 Mar 08 Seniors
533070 Mar 08 Youth

Culinary Passport

19+ yrs | Chef Karen

Looking to try out some new international cuisines, while also taking part in making the food? Come check out Culinary Passport as we try a new flavour - and visit a new country - each month! Remember to bring takeout containers to take extras with you!

F	9:30 AM-11:30 AM	\$10/1 sess
532711	Jan 17	Afghanistan
532710	Feb 14	Indonesia
532709	Mar 14	Germany

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.

Su	Jan 19-Feb 23	10:30 AM-1:30 PM	Free
532713			

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	Jan 08-Mar 12	11:00 AM-12:00 PM	Free
532714			

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.

Growing Kids

1-4 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). No class Feb 17

M	Jan 13-Mar 10	11:00 AM-11:30 AM	Free
532716			



Indigenous Herbal Salves with Leona Brown

19+ yrs | Lisa Patterson

Learn about making salves using indigenous herbal ingredients with Leona Brown. Leona is a Gitksan and Nisga'a mother of 3, Fireweed House, Killerwhale Clan. As a Gitksan refugee in the unceded territories of Musqueam, Squamish, and Tsleil-waututh, she is an Indigenous Cultural Programmer who trained for three years in Land and Lives around Indigenous Culture with the Resurfacing History program.

M	Mar 10	7:00 PM-9:00 PM	\$10/1 sess
539189			

Japanese Matcha Mastery: Taste, Whisk and Cook

19+ yrs | Sakura Nanami

Join us to explore the authentic world of Japanese matcha and understand what sets it apart from globalized versions like matcha lattes and sweets. In this informative session by Japanese chef Sakura, you'll learn how to properly whisk matcha and prepare easy home recipes like matcha lattes, ice cream & treats. This workshop is perfect for both matcha beginners and lovers, looking to enjoy matcha authentically and creatively.

Tu	Feb 11	7:00 PM-9:00 PM	\$10/1 sess
532720			
Tu	Feb 25	7:00 PM-9:00 PM	\$10/1 sess
539188			

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

TPP Lentils Are Life! **NEW**

19+ yrs | Chef Karen

Join Food Educator and Chef Karen Curtis on a vegetarian journey. With a focus on vegetarian cuisine, you will learn how to maximize your food budget while cooking tasty, good for you vegetarian food from around the world. All the recipes can be made plant based as well! We can share a meal together at the end, and take home leftovers!

W	9:30 AM-11:30 AM	\$10/1 sess
539191	Jan 22	Korean Lentils
539192	Feb 19	Tofu Lentil Meatballs

Making Devil's Club Bracelets with Leona Brown

19+ yrs | Lisa Patterson

Make devil's club bead bracelets while learning about decolonization in today's world with Leona Brown. Leona is a Gitksan and Nisga'a mother of 3, Fireweed House, Killerwhale Clan. As a Gitksan refugee in the unceded territories of Musqueam, Squamish, and Tsleil-waututh, she is an Indigenous Cultural Programmer who trained for three years in Land and Lives around Indigenous Culture with the Resurfacing History program.

M	Jan 20	7:00 PM-9:00 PM	\$10/1 sess
539185			

Planning Your Spring Garden

19+ yrs | Lisa Patterson

Join us to learn about what you can plant in your garden now. We will cover soil temperature, why crops bolt, what works best in our climate and why we wait to plant certain crops.

W	Mar 19	7:00 PM-9:00 PM	\$10/1 sess
539190			



Yogurt & Kombucha

19+ yrs | Lisa Patterson

Join Lisa & Peggy in the HCC kitchen to learn how easy and economical it is to make your own cultured foods, yogurt and kombucha. Take home your own scoby to get started!

W	Feb 05	7:00 PM-8:30 PM	\$10/1 sess
539187			

Dance



Ballroom Social Dance

50+ yrs | David Yuen

Come with friends or meet new ones and dance together. No partners required. This is a non-instructional, drop-in social dance program. Register to reserve a spot. Drop-in \$3.00, if space permits. Seniors 10-visit Activity Card = \$20
 F Jan 10-Mar 14 1:30 PM-3:30 PM
532700 \$26/10 sess

Education

Income Tax Clinic for Low Income Seniors

50+ yrs | CRA Volunteer
 This free income tax clinic is for low income seniors only (no self-employment income, small business or interest income over \$1000 accepted). Please bring your T4s and Government-issued ID to the tax clinic. Registration only, no drop-in. If you are coming with your spouse to the tax clinic, please only register for one person. Register for one 20-minute session.
 F Mar 07 9:20 AM-3:00 PM
 View Online Free

Seniors Technology Workshop

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 12:00 PM-1:00 PM Free
532741 Jan 11
532742 Feb 08
532743 Mar 08

Vancouver OASIS Workshops

19+ yrs | Vancouver OASIS
 OsteoArthritis Service Integration System (OASIS) helps people with osteoarthritis self-manage their condition by providing free education sessions. Anyone with osteoarthritis can register to attend a class. Most classes are also appropriate for people with inflammatory arthritis. You do not need a referral from your physician to attend OASIS classes. Classes are taught by the OASIS education team, which consists of physiotherapists, occupational therapists, registered nurses, and dietitians.

- Nutrition and Supplements for Arthritis**
 Tu Jan 21 10:00 AM-12:30 PM
540515 Free
- Exercise and Arthritis**
 Tu Jan 28 10:00 AM-12:00 PM
540854 Free
- Hand Arthritis**
 Tu Feb 4 10:00 AM-12:00 PM
540856 Free
- Managing Hip and Knee Arthritis**
 Tu Feb 11 10:00 AM-12:00 PM
540858 Free
- Pain Management**
 Tu Feb 25 10:00 AM-12:00 PM
540859 Free
- Pole-Walking for Arthritis**
 Tu Mar 4 10:00 AM-11:30 AM
540861 Free

Fitness & Health

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.
 Tu Jan 07-Feb 25 10:30 AM-11:30 AM
532707 \$52.50/8 sess
 Th Jan 09-Feb 27 10:30 AM-11:30 AM
532708 \$52.50/8 sess

Outdoor Activities

Seniors Winter Jam Out Trip

60+ yrs | TJ Shukla
 Join us as we check out the New Westminster Quay & Irving House! Lunch will be provided! Irving House remains as a symbol of New Westminster's prosperity and optimism during a time of rapid change and uncertainty in the colony. Irving House is the oldest intact house in the Lower Mainland. It is still on the original property where Captain William Irving had it built in 1865. Since 1950 the City of New Westminster has owned the house and it has been operated has a local heritage centre.
More Out Trips will be announced in December. Email TJ at TJ.Shukla@vancouver.ca to join Hastings Seniors Newsletter.
 Th Jan 23 9:30 AM-4:30 PM
532735 \$25/1 sess

Social

Chinese Seniors Karaoke

50+ yrs | Dana Yuen & Sam Law
 A social program designed for Chinese speaking seniors from the neighborhood.
 Th Jan 09-Mar 13 12:00 PM-4:00 PM
532703 \$2.38/1 sess

Lunch & Learn + Bingo

55+ yrs | Chef Karen
 Come have lunch, learn, and then play bingo with us! The day starts off with a 45-minute nutritional workshop with a certified nutritionist, followed by lunch that is being prepared in the kitchen, followed by several rounds of bingo (including prizes!). Coffee & Tea included, along with snacks such as cookies & biscuits.
 M \$5/1 sess 11:30 AM-1:30 PM
532722 Jan 20 Veggie Burgers with Sweet & Spicy Baked Cauliflower, Lemon Coconut Macarons
532723 Feb 10 Savory Muffins, Apple Broccoli Salad, Fudge Crispies
532746 Mar 10 Pumpkin Chilli, Cornbread, Apple Pie

Mah Jong

55+ yrs | No Instructor
 Come play Mah Jong in Room 11! No cost, drop-ins welcome! Equipment provided.
 F Jan 10-Mar 14 10:00 AM-3:00 PM
532724 Free

Seniors Painting - Drop In

55+ yrs | TBA Instructor
 Drop-in Painting Session - Must bring your own supplies
 Tu Jan 14-Mar 11 9:30 AM-12:30 PM
532740 Free

Sports

Pickleball Play

50+ 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! No guaranteed drop-ins. Drop-in is \$4.00, space permitting. PLEASE NOTE: Spots will be held for registered participants for the first 10 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.

Beginner

F Jan 10-Mar 14 9:15 AM-11:05 AM
532725 \$35/10 sess

Intermedaite

W Jan 08-Mar 12 10:30 AM-12:30 PM
532726 \$35/10 sess
 F Jan 10-Mar 14 11:15 AM-1:05 PM
532727 \$35/10 sess
 F Jan 10-Mar 14 1:15 PM-3:05 PM
532728 \$35/10 sess

Fitness Centre Hours of Operation

JAN 02 - MAR 31, 2025 Closed Jan 1.

MONDAY TO FRIDAY	SATURDAY	SUNDAY	HOLIDAYS
6:00 AM - 9:45 PM	9:00 AM - 4:45 PM	10:00 AM - 2:00 PM	10:00 AM-2:00 PM
<i>Hours subject to change. See page 3 for all Holiday Hours.</i>			

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 25% 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 recumbent 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)

A free orientation is recommended but not mandatory. 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 | Scovia Maeko

Need motivation or fitness expertise to reach your health and fitness goals? Book a one hour session with one of our seasoned trainers! Training is held in the Fitness Centre. Please call 604.718.6222 to talk to a trainer first. No refunds or credits. \$46/1 sess

External Rehab Trainers

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

FITNESS CENTRE FEES			
	Adult	*Discounted Fees	
	19-59 yrs	Youth 13-18 & Adults 60+	Students 19+
Drop-In	\$5.24	N/A	N/A
10 visits	\$47.16	N/A	N/A
1 month	\$46.00	\$23.00	\$34.50
3 months	\$92.00	\$46.00	\$69.00
1 year	\$282.46	\$141.23	\$211.84
<i>All passholders and drop-in have the option to obtain a HCA membership. Prices listed do not include GST.</i>			

RACQUETBALL DROP-IN		
Single Booking (45 mins)	Adult	Youth/Adults 65+
Prime time	\$10.78	\$7.58
Non-Prime time	\$7.19	\$5.00
Single Player	\$5.40	\$3.84
10-Court Strip	Adult	Youth/Adults 65+
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 35
- **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 & tot pool
- Universal changeroom available for everyone
- Dry cedar sauna and whirlpool
- 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)
- New outside running track and playground

Working Green...

Templeton has been retro fitted with:

- Solar panels that help heat the whirlpool
- UV filtration for the Teach Pool and whirlpool
- 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.

2STGD Swim Designated swim for Two Spirit, Trans, and Gender Diverse folks.

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

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

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

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 (no soap in deck shower)

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 appropriate 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

Two Spirit, Trans, and Gender Diverse Swim

Templeton is proud to host a weekly session for Two Spirit, trans, and gender diverse (2STGD) folks to have exclusive use of the pool and fitness centre. All ages and abilities welcome. We also offer swim lessons during this session exclusively for 2STGD folks. For times & days or other information, please email 2STGD@vancouver.ca.



Templeton Tot Pool

Small Tot Pool is available exclusively for you and your guests for up to 30 people max. Saturdays 12:00-1:00 pm
Best suited to families with small children that prefer a smaller warm pool.

Saturdays 12:00-1:00 pm only \$83.30+ gst includes lifeguard and one hour of swim time with toys/PFDs.

**Regular admission policies regarding ages/adult to child ratios apply... see page 30.*

Fitness Classes

Aquafit

Aquafit 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 40 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 tone 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 Jan 07-Mar 04 6:45 PM-8:00 PM

540802 \$126.90/8 sess

Th Jan 09-Mar 06 6:45 PM-8:00 PM

540803 \$126.90/8 sess

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. Call the Front Office to inquire about swim assessments at 604-718-6252.



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

Party Time!

POOL RENTALS		ROOM RENTALS	
Rent the Teach Pool or the Main Pool outside of our facility's operating hours for your own private function. Prices are PB standard fees and include two lifeguards.		Rent the Activity Room for meetings and small social gatherings. 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'.	
Teach Pool	\$135.81/hour	Activity Room	\$36.75/hour \$100 damage deposit
Main Pool	\$227.28/hour		
Please email templetonparkpool@vancouver.ca to enquire about available dates.			
<i>*The above rates are 2024 rates. Please contact Templeton for 2025 rates. Includes GST</i>			



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.

WINTER LESSONS:

December 17 at 7:00 PM

SPRING LESSONS:

March 18 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.*

Swim for Life

The Lifesaving Society Swim for Life® program is a comprehensive swim lesson program that focuses on the development of fundamental swim strokes and skills for learners of all ages and abilities. Instructors ensure swimmers get lots of in-water practice in every lesson. Swim for Life includes fun, hands on activities that focus on teaching Water Smart education for the whole family. Please check our website for more details on the specific levels vancouver.ca/swimminglessons. If you are still unsure of what level to register in, or it has been more than 6 months, please contact your local pool about having a swim assessment with an instructor.



Parent and Tot (4 mo-3 yrs)



Swim for Life Parent and Tot structures in-water interaction between parent/caregiver and child to stress the importance of play in developing water-positive attitudes and skills.

Based on the principle "Within Arms Reach", these classes focus on close playful interaction and shared fun between child, parent and water. Activities and progressions are based on child development allowing parents to register in the level appropriate for their child's age: Jellyfish (4-12 mo), Goldfish (12-24 mo), or Seahorse (2-3 yrs).

Preschool Program (3-5 yrs)

The Swim for Life Preschool Program gives children a head start on learning to swim. They'll have fun developing the basics to be safe and confident little swimmers. Water Smart® education is part of every Preschool level. There are 5 levels: Octopus, Crab, Orca, Sea Lion, Narwhal



Swimmer 1-6 (5-16 yrs)

Swim for Life Swimmer levels make sure your child learns how to swim before they get in too deep. Each level challenges school aged children 5 years and older to develop safe entries, deep water support, underwater skills, and swimming strokes. Kids learn everlasting healthy habits by getting and staying fit. Swimmer levels include fun, hands on teaching activities that focus on teaching water safety — lessons that will last a lifetime!

Swimmer 7-9 (Canadian Swim Patrol) (8-16 yrs)

Canadian Swim Patrol provides enriched training for young swimmers who are ready to go beyond learn-to-swim with introduction to water proficiency, first aid and recognition and rescue skills. They are the springboard to lifesaving, lifesaving sport and lifeguarding!



Adult and Teen Program (12+ yrs)

Whether you're just starting out or just want help with your strokes, the Adult and Teen swim program is for you no matter what your age! Work with certified instructors to learn to swim or improve your current swimming ability and fitness. You'll develop confidence in the water and smooth, recognizable strokes. You'll be able to set your own goals in consultation with your instructor. There are 3 levels.

Private / Semi Private Swim Lessons (3+ yrs)

Work at your own pace with a qualified instructor, one-on-one or one-on-two for a set of lessons to improve specific skills. Each lesson is 30 minutes in duration. Semi Private Lessons must be within a skill level apart at a maximum.

Adapted Swim Lessons

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

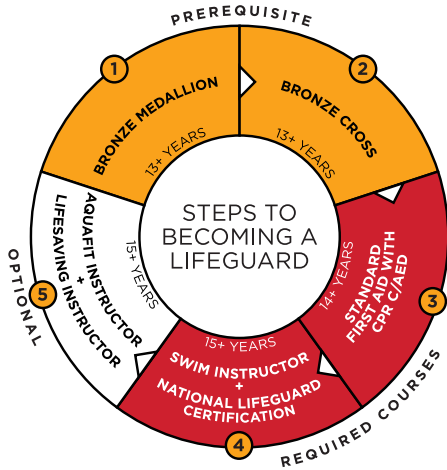
Winter Season:

Singles day/1x per week lessons January 6 - March 2, 2025

No swim lessons on STAT weekends February 15 - 17

Please visit website to view levels, dates and times of lessons being offered one time per week prior on Dec 10 to registration on Dec 17

Please put your name on a waitlist – and as we have new staff hired, we will offer /open more lessons through the season.



Vancouver Aquatics Academy is a lifeguard and swim instructor training program where Aquatics staff foster positive, long-term relationships with swim lesson participants in Vancouver facilities and their families, swim club members, and community members showing interest in these roles. This program aims to educate on the advantages of being a lifeguard and the positive impact this role has within a community and for the development of life skills.

For more information about lifeguarding, certification, and course dates or to apply visit vancouver.ca/lifeguard.



Scan the QR code to visit the Park Board website for more information.



Bronze Medallion

Prerequisite: Bronze Star or 13 years old

Teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill and fitness. Rescuers learn advanced lifesaving techniques for challenging rescues of increased risk involving conscious and unconscious victims in varying water depths.

Spring Break 2025 TBC March 24 – 28

\$161.80



Bronze Cross

Prerequisite: Bronze Medallion

Designed for lifesavers who want the challenge of more advanced training, including an introduction to safety supervision. As the Lifesaving Society's Assistant Lifeguard program, Bronze Cross hones judgment, knowledge, skill and fitness to prepare candidates for success in National Lifeguard (NL) and instructor certifications. It is also worth two Grade 11 credits.

December during the winter break 2024 – please check in with the front office. 604 718 6252

Junior Lifeguard Club

Prerequisites: Swim 7 or assessment. Min. 50 metres and one minute tread water.

Junior Lifeguard Club (JLC) stresses fun and aquatic skill development based on personal-best achievement. Building on skills they have from swimming lessons, JLC members work to develop and improve swimming and other aquatic skills with emphasis on swim and lifesaving knowledge, leadership and teamwork, community education, competition, and personal fitness. Prerequisite: Swim 7 or assessment. Min. 50 metres and one minute tread water.

Saturdays TBD

SWIM LESSON FEES <i>2024 fees at time of printing.</i>	Minutes	7 lessons	8 lessons	9 lessons	10 lessons
Preschool/Parent & Tot/Adapted	30	\$57.99	\$65.66	\$73.33	\$81.00
Swimmer 1 - 2	30	\$50.64	\$57.26	\$63.88	\$70.50
Swimmer 3 - 6	45	\$62.26	\$70.54	\$78.82	\$87.10
Swimmer 7 - 9	60	\$96.98	\$110.22	\$123.46	\$136.70
Teens	30	\$70.66	\$80.14	\$89.62	\$99.10
Adult	45	\$99.08	\$112.62	\$126.16	\$139.70
Private	30	\$37.90			
Semi-Private	30	\$15.16			
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 and leave your bag in the lockers provided. Cardio equipment is limited to 30 minutes; all other equipment is 20 minute limit; no sign up required, please share equipment. Shoes attached at the heel must be worn in the Fitness Centre - no bare feet or slippers. 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 Recumbant 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 curl



Exceleation triathlon and multisport

Registration for Seasonal Programs:

Saturday, December 14 at 9:00am

How to Register:

Register online through Vancouver Recreation or in-person/phone at Hastings Community Centre. For program descriptions and more information about Exceleation, please visit their website www.ExceleationTriClub.ca or scan the QR code below.



Programs (viewable at www.vanrec.ca):

- Adventure Tri (pre-k, k, grade 1)
- Kids of Steel (grades 2-5)
- Adult Swimming & Running (16+ yrs)



Templeton Park Pool Club Contacts

Gators Swim Club

604.789.2819
www.gatorsswimclub.ca
 Email: gatorsswimclub@shaw.ca

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

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

Pace Makers Masters Swim Club

Albert Souza
 Email: asouza66@gmail.com

Super Sharks Swim Club

Visit supersharks.ca for more information.

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 8:30 AM-9:30 AM		Circuit Training 8:30 AM-9:30 AM		Exceleation Tri Club 8:00 AM-12:00 PM
Cooking Program 10:00 AM-12:00 PM		Mother Goose Toddler 1:00 PM-1:45 PM Baby 2:00 PM-2:45 PM	Tai Chi 12:45 PM-6:30 PM	Adventures in Music 10:30 AM-11:15 AM Qigong 11:30 AM-12:45 PM	Little Ballerinas 12:15 PM-1:00 PM 1:05 PM-1:50 PM
Exceleation Tri Club 4:30 PM-6:30 PM	Tai Chi 12:45 PM-6:30 PM	Exceleation Tri Club 4:30 PM-6:30 PM		Exceleation Tri Club 4:30 PM-8:00 PM	Hip Hop Breakers 1:55 PM-2:40 PM
Tai Chi 7:00 PM-9:00 PM	Iyengar Yoga NEW 6:00 PM-7:30 PM	Tai Chi 7:00 PM-9:00 PM	Creative Hatha Flow Yoga 6:45 PM-8:00 PM		

Spring Break Camps See page 11-13

Schedule in effect: WINTER January 6-March 1, 2025

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 only 9:00am - 1:00pm	
Public Swim 9:00am - 12:00pm	Public Swim 10:30am - 12:00pm	Public Swim 9:00am - 12:00pm	Public Swim 10:30am - 12:00pm	Public Swim 9:00am - 12:00pm		
Lengths 6 lanes - 12:00pm - 1:00pm						
Public Swim 1:00pm - 4:00pm			Public Swim 1:00pm - 4:30pm		Public Swim 1:00pm - 4:30pm	Public Swim 2:00pm - 4:30pm
1 lane only 4:00pm - 8:00pm			1 lane only 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
11:00am - 3:30pm				11:00am - 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-10:30am *		9:30am-10:30am *			

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						
<p>Main Pool: 6 Lanes – 25 Meters – Temp 28°C (83°F) – Depth 1.0-3.3 Meters</p> <p>Teach Pool: Temp 32°C (90°F) - Depth 0.60-0.75 meters</p> <p>Main Pool • Teach Pool • Slide Diving Board • Swing Rope • Dry Sauna • Hot Tub • Fitness Centre • Universal Change Room • Activity Room with Kitchen</p> <p>*Schedule and fees subject to change. Due to staffing issues, please call ahead.</p> <p>Annual Maintenance Refit 2025: facility closed March 2 to 23.</p>						

2024 FEES <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)	\$7.78	\$70.02	\$62.95	\$169.96	\$543.87
Youth (13-18 years)	\$5.45	\$49.05	\$44.06	\$118.98	\$380.70
Senior (65+ years)					
Child (5-12 years)	\$3.90	\$35.06	\$31.48	\$84.99	\$271.94
Preschool (0-4 years)	Free				
Family	\$3.90 per person min, \$7.80 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



CHINESE KARAOKE PARTY



THURSDAYS,
12:00PM - 4:00PM

JAN 9 - MAR 13

\$3.00 DROP-IN /
\$20 10-VISIT CARD

Painting Drop-in



TUESDAYS

9:30AM - 12:30PM

SUPPLIES NOT INCLUDED

SOCIAL PROGRAMS

MAH JONG




Fridays,

10:00am - 3:00pm

Free Drop-in

JAN 10 - MAR 14

BALLROOM SOCIAL DANCE



FRIDAYS,
JAN 10 - MAR 14

1:30 - 3:30PM

\$3.00 DROP-IN
\$20 10-VISIT CARD