

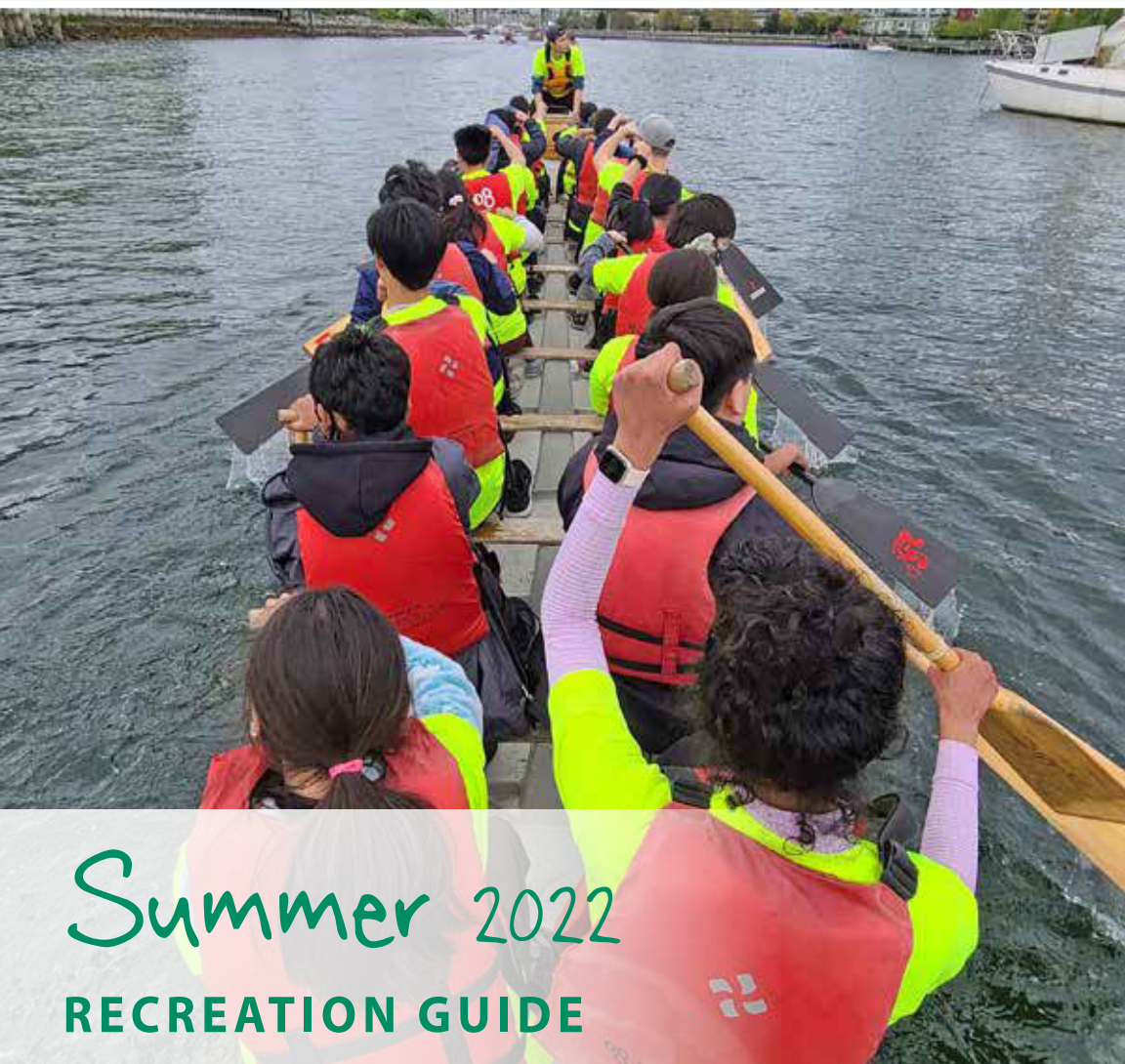


Kensington Community Centre

Fitness Centre | Programs | Swimming Pool

5175 Dumfries St. Vancouver, BC V5P 3A2

Phone: 604-718-6200 | www.vancouver.ca/kensingtonrec



Summer 2022

RECREATION GUIDE

Want to offer a program at Kensington CC?

If you are interested in offering a particular program, please email kensingtoncc@vancouver.ca for a "Request for Expression of Interest" package. Expressions of Interest for Fall 2022 programs must be submitted by email by July 15, 2022 at 5:00pm.

Welcome

to Kensington Community Centre

5175 Dumfries St. Vancouver, BC V5P 3A2 | Phone: 604-718-6200 | Fax: 604-718-6215
e-mail: kensingtoncc@vancouver.ca | web: www.vancouver.ca/kensingtonrec

Register for Programs:

**Saturday, June 18, 2022
at 9:00am**

recreation.vancouver.ca
Allow 24 hours for account set-up!

Cash, debit, Visa and Mastercard are accepted.
For faster service, please have all your
information ready. All pricing includes
applicable taxes where noted.

Operating Hours

July 2 – August 31, 2022

*Please note operating hours are subject to change
without notice.*

Monday – Friday: 7:30am-9:30pm*

Saturday: 9:00am-4:00pm

Sunday: 9:00am-4:00pm

**Program Registration is available after 9:00am.
The cashier's office closes 30 minutes before the
centre closes.*

Holiday Hours

Canada Day, Jul 1Closed

BC Day, Aug 1Closed

Our Facilities

Community Centre: preschool, before and after childcare, youth, adults, seniors areas, multipurpose rooms, dance studio, pottery studio and gymnasium.

Pool: a warm, small pool with sauna and hot tub. Please see pool page for details.

Fitness Centre: Our fitness centre encompasses 3 spaces: cardio, circuit training and weight room.

*All prices in the Kensington Summer 2022 Brochure for adult and senior programs/events are
advertisted excluding tax. Preschool/Children programs are non taxable.*

Register Online!

In July 2015, Vancouver upgraded its registration and reservation system for recreation programs across the city.

The new system now allows you to:

- Register for programs.
- Create a wish list of your preferred programs.
- Create or update your profile.
- Purchase and renew your pass (e.g. Flexipass).
- Check your Flexipass expiry date.

If you have not used your online account since July 2015:

1. Go to recreation.vancouver.ca.
2. Click "Sign In", select "Forgot your password?" and follow the steps to get your new password.
3. Login with your email address and confirm your account information is correct.

Never registered online before?

1. Go to recreation.vancouver.ca.
2. Click "Sign In" or "Create an Account" to set up your profile and password before registration opens for spring programs.

If you used your online account to register for spring 2016 programs (e.g. Summer Day Camps) or to renew/purchase passes (e.g. Flexipass), please continue to use your account as before.

All Vancouver Park Board community centres are currently using the new system. We hope that you will find it easy to use, convenient and efficient in meeting your needs.



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Kensington Community Centre
would like to know which
additional programs you would
like to see in Fall 2022!

Email your request to
kensingtoncc@vancouver.ca or
fill out a request form in person.

What's new at KCC?

For latest program updates,
including cancelled or newly
added programs, please
refer to [www.vancouver.ca/
kensingtonrec](http://www.vancouver.ca/kensingtonrec).

Where to Find Us:



MOVIE -IN THE- PARK

Friday, July 29 at Dusk

Bring the family and enjoy a FREE movie in the park.

Movie will be held in scenic Kensington Park,
located at E. 33rd & Knight Street.



**Space Jam:
A New Legacy**

Introducing the Kensington Licensed Preschool and Out-of-School Care Programs

Cedar Cottage Neighbourhood House is excited to embark on this new partnership with Kensington Community Centre to offer quality licensed preschool and Out-of-School Care Programs located at Kensington Community Centre. As a new member in our family of child care programs, these programs will build on our 50 year history of supporting children and families in our community.



Preschool:
Embracing the Reggio Emilia approach, Cedar Cottage has developed quality, innovative programs to enhance the childcare experience. Our licensed preschool only employs fully qualified early childhood educators who have a passion for their work and your children. Staff are here to support this important time of growth for your preschooler in a warm and nurturing environment. Classes take place from Monday -Friday (9:00-1:00). Registration is now open for children aged 3-4.

Out-of-School Care:
The licensed Out-of-School Care program serves children attending Tecumseh and Selkirk Annex and provides an enriching environment for school age children to foster a sense of well-being and belonging as they learn about and explore the world around them.

Registration is now open for both programs:
call 604.874.4231 or email kensington@cedarcottage.org



Parent & Tot

SPORTS

Sportball Parent & Child Soccer

(2-3 yrs)
Get a kick out of Sportball Parent & Child Soccer programs! Participants are introduced to fundamental concepts of soccer and are provided the basic skills required to score with confidence in fun, exciting, skills-focused games. With the guidance and support of their Sportball Coach, parents and children zero in on soccer skills including: throw-ins, dribbling, trapping, passing, goalie skills and more. Children are challenged according to their individual skill level and Coaches help grownups understand proven teaching techniques that can be applied outside of Sportball classes. Parent participation is required. No class Jul 31.

Instructor: Sportball
Su 10-Jul-21-Aug
415446

Gymnasium
2:00 PM-2:45 PM
\$93.6/6 sess

Preschool Programs

SUMMER FUN

DANCEPL3Y - Ready, Set, Play! Preschool Camp

(3-5 yrs)
Come join us for a fun week of movement, art, empowerment and reflection! Ready, Set, Go Camps are created by certified teachers who use the BC Curriculum to create fun and engaging activities! This program is a combination of physical activities and classroom activities. Physical activities will include dance and yoga. Classroom activities will include arts & crafts, story time and more!

Instructor: DANCEPL3Y	Board Room
M-F 25-Jul-29-Jul	9:00 AM-10:15 AM
411880	\$75/5 sess
Senior's Lounge	
M-F 15-Aug-19-Aug	9:00 AM-10:15 AM
411882	\$75/5 sess
Multipurpose Room	
M-F 22-Aug-26-Aug	9:00 AM-10:15 AM
411883	\$75/5 sess

Birthday Parties

Birthday parties are currently on hold without a return date. Please contact (604) 718-6209 for updates. We apologize for the inconvenience.



SPORTS

Sportball Soccer

(3.5-5 yrs)
Kickstart your day! Sportball Soccer introduces fundamental concepts of gameplay and teaches the basic skills required to bend it like Beckham in a supportive, non-competitive environment. Coaches zero in on skills like throw-ins, dribbling, trapping and passing in fun, exciting, skill-focused play. No class Jul 31.

Instructor: Sportball	Gymnasium
Su 10-Jul- 21-Aug	2:45 PM-3:45 PM
415443	\$93.6/6 sess

Sportball Half Day Indoor Multisport Summer Camp

(3.5-5 yrs)
Sportball's action-packed summer camps introduce children to a variety of ball sports and activities, stories, team building co-operative games and more! Camp will run indoors in gymnasium. Please bring water and a nut-free snack.

Instructor: Sportball	Gymnasium
M-F 11-Jul-15-Jul	10:45 AM-12:00 PM
411895	\$89/5 sess
M-F 15-Aug-19-Aug	10:45 AM-12:00 PM
411896	\$89/5 sess



Children's Programs

ART

Creative Monsters Summer Camp

(6-8 yrs)
Are you interested in getting your hands on fun materials? Come join us for Arts and Crafts that follow themes such as kindness, diversity, health, and being sustainable with the materials we have in the community to create awesome art! Let your creative monsters out and create roaring art projects together!

Instructor: Gigi Puen	Multipurpose Room
M-F 15-Aug-19-Aug	9:00 AM-12:00 PM
412071	\$130/5 sess

Creative Monsters Summer Camp

(9-12 yrs)
Are you interested in getting your hands on fun materials? Come join us for Arts and Crafts that follow themes such as kindness, diversity, health, and being sustainable with the materials we have in the community to create awesome art! Let your creative monsters out and create roaring art projects together!

Instructor: Gigi Puen	Multipurpose Room
M-F 15-Aug-19-Aug	1:00 PM-4:00 PM
412072	\$130/5 sess

Drawing & Cartooning with Christache

(7-14 yrs)
Join us for fun, foundational drawing classes led by a professional illustrator! Each class will include warm ups and drawing exercises along with a new theme to focus our learning. Themes will be cartoony and fun, including characters familiar to the students (e.g., aliens, robots, dragons, pets, dinosaurs, cute food, skeletons, etc.).

Instructor: Christache Ross	Board Room
M-F 11-Jul-15-Jul	9:00 AM-12:00 PM
411866	\$175/5 sess
	Senior's Lounge
M-F 22-Aug-26-Aug	9:00 AM-12:00 PM
411867	\$175/5 sess

Acting & Improv Drama with Christache

(8-14 yrs)

Join us for a week of fun and foundational acting where we will play theatre games, create and perform skits, and plays. We will focus on fostering a love of acting and build confidence in performing in front of others by creating a fun and safe environment that allows students to flourish. A typical class will include warm up games, theatre exercises in small groups and performance practice.

Instructor: Christache Ross	Board Room
M-F 11-Jul-15-Jul	1:00 PM-4:00 PM
411868	\$155/5 sess
	Senior's Lounge
M-F 22-Aug-26-Aug	1:00 PM-4:00 PM
411869	\$155/5 sess

EDUCATION

3D Modelling and Printing

(8-12 yrs)

3D design and printing teaches important STEAM (Science, Technology, Engineering, Art & Math) concepts and design thinking. It helps unlock children's natural drive to create, share and explore. Students learn how to design simple 3D models and prepare them for 3D printing. As part of the projects, kids learn to create prototypes, perform 3D modelling and see an actual product getting printed (created). They make things from scratch and get to take their creations home! Refunds for activity fee prorated from date of request. Material fees non refundable once class has started. Students must bring their own: 1) Laptop (Windows PC or Macbook or Chromebook) 2) Web Browser - Chrome or Safari 3) A 3-button mouse with a scroll wheel is recommended.

Instructor: Wize Computing Academy	Multipurpose Room
M-F 18-Jul-22-Jul	9:00 AM-12:00 PM
411827	\$280/5 sess

Adventures Coding and Modding in Minecraft

(8-12 yrs)

Students get to go beyond just playing Minecraft, they get to program it! They imagine, create and share amazing mods in Minecraft by learning programming concepts and applying them to realize their ideas. Students are challenged to think logically and apply their critical reasoning skills to create mods by learning to write and deploy code in the Minecraft environment. No prior coding experience needed. Refunds for activity fee prorated from date of request. Material fees non refundable once class has started. Students must bring their own: 1) Laptop (Windows PC or Macbook or Chromebook) 2) Web Browser - Chrome or Safari 3) A 3-button mouse with a scroll wheel is recommended.

Instructor: Wize Computing Academy	Multipurpose Room
M-F 4-Jul-8-Jul	1:00 PM-4:00 PM
411822	\$270/5 sess
M-F 8-Aug-12-Aug	9:00 AM-12:00 PM
412091	\$270/5 sess

Animation and Game Development in MIT Scratch

(8-12 yrs)

Project-Based program for young learners, provides an exposure to the Scratch programming language, creating different levels and themes with interactive media. Students will learn and create projects, games and animation using block-based visual programming language. As children create with Scratch, they learn to think creatively, work collaboratively and reason systematically. Refunds for activity fee prorated from date of request. Material fees non refundable once class has started. Students must bring their own: 1) Laptop (Windows PC or Macbook or Chromebook) 2) Web Browser - Chrome or Safari 3) A 3-button mouse with a scroll wheel is recommended.

Instructor: Wize Computing Academy	Multipurpose Room
M-F 4-Jul-8-Jul	9:00 AM-12:00 PM
411821	\$270/5 sess

Animation, Games and Storytelling in MIT Scratch Jr

(6-9 yrs)

Learn to Code - Adventures with Star Wars and Super Heroes. Build your favorite Games and Animations. Learn to code using Scratch. Students will learn and create projects, games and animation using block-based visual programming language. Refunds for activity fee prorated from date of request. Material fees non refundable once class has started. Students must bring their own tablet or ipad.

Instructor: Wize Computing Academy	Multipurpose Room
M-F 25-Jul-29-Jul	1:00 PM-3:00 PM
411829	\$265/5 sess

Engineering and Robotics using VEX and LEGO Mindstorms

(8-12 yrs)

Build and Code your robots and bring them to action - Engineering & Robotics using Vex & Lego Mindstorms. Working with motors and sensors and seeing them rolling to do the chores makes this camp so fun!! Come have FUN with us as we harness the opportunity to think, to imagine, to create and to explore! Refunds for activity fee prorated from date of request. Material fees non refundable once class has started. Students must bring their own: 1) laptop (Windows/Mac/Chromebook)- blue-tooth preferred 2) Web Browser - Chrome or Safari 3) A 3-button mouse with a scroll wheel is recommended.

Instructor: Wize Computing Academy	Multipurpose Room
Tu-F 2-Aug-5-Aug	9:00 AM-12:00 PM
411830	\$245/4 sess

Engineering and Robotics – LEGO WeDo

(6-8 yrs)

Build and Code your robots and bring them to action - Engineering & Robotics using Lego WeDo. Working with motors and sensors and seeing them rolling according to your story makes this camp so much fun!! Refunds for activity fee prorated from date of request. Material fees non refundable once class has started. Students must bring their own: 1) A Tablet or an iPad with Bluetooth

Instructor: Wize Computing Academy	Multipurpose Room
M-F 11-Jul-15-Jul	1:00 PM-3:00 PM
411825	\$265/5 sess
M-F 8-Aug-12-Aug	1:00 PM-3:00 PM
411824	\$265/5 sess

Game Design & Development with Roblox

(10-12 yrs)

Roblox is a game-creation website where users design and upload their own games and play games that other people have created in a multiplayer environment. Wize Computing Academy's Roblox coding courses for ages 10+ provides the perfect way to learn programming, 3D modeling & game design with Roblox Studio. Refunds for activity fee prorated from date of request. Material fees non refundable once class has started. Students must bring their own: 1) Laptop (Windows PC or Macbook or Chromebook) 2) Web Browser - Chrome or Safari 3) A mouse is required (preferably a 3-button mouse with a scroll wheel).

Instructor: Wize Computing Academy	Multipurpose Room
M-F 11-Jul-15-Jul	9:00 AM-12:00 PM
411826	\$270/5 sess

Mobile App Development

(8-12 yrs)

Learn to build Mobile Apps and publish them to test them real time. Build your app by simply dragging and dropping your favorite components and connecting them together with blocks. Bring your idea and we will teach you to put it together. No prior coding experience needed. Refunds for activity fee prorated from date of request. Material fees non refundable once class has started. Students must bring their own: 1) laptop (Windows/Mac/Chromebook) 2) A Tablet or an iPad 3) Web Browser - Chrome or Safari

Instructor: Wize Computing Academy	Multipurpose Room
M-F 18-Jul-22-Jul	1:00 PM-4:00 PM
411828	\$270/5 sess



Programming with Python

(8-12 yrs)
 Learn to draw animations applying the concepts of loops and variables in the worlds popular programming languages. No prior coding experience is needed. Python is a high-level, interpreted, interactive and object-oriented scripting language. Python is designed to be highly readable and easy to interpret. In this Project-Based learning program, kids are exposed to basics of programming concepts and get to apply them in exciting games/projects. Refunds for activity fee prorated from date of request. Material fees non refundable once class has started. Students must bring their own: 1) laptop (Windows/Mac/Chromebook) 2) Web Browser - Chrome or Safari 3) A 3-button mouse with a scroll wheel is recommended.

Instructor: Wize Computing Academy Multipurpose Room
 Tu-F 2-Aug-5-Aug 1:00 PM-4:00 PM
 411832 \$245/4 sess

Young-Commander Chess

(5-12 yrs)
 Anyone with little or some knowledge of tactics and strategies. When there's connection, there's protection! Chess is 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 affords kids to connect with something in the real world which in turn, fire up their desire to learn. Joining in this Sherlock-Holmes-world of tactics and strategies, where the chessmen come personified, kids get trained in life-skills goal-setting: checkmate! What's more, chess clothes them as Commanders, leaders of their chess army in a friendly social setting where art meets science and math with fun.

BEGINNER
 Instructor: Joe Soliven Senior's Lounge
 M-F 4-Jul-8-Jul 9:30 AM-10:50 AM
 411870 \$62.50/5 sess
 Board Room
 M-F 18-Jul-22-Jul 9:30 AM-10:50 AM
 395158 \$62.50/5 sess

BEGINNER/INTERMEDIATE
 Instructor: Joe Soliven Senior's Lounge
 M-F 4-Jul-8-Jul 11:00 AM-12:20 PM
 411877 \$62.50/5 sess
 Board Room
 M-F 18-Jul-22-Jul 11:00 AM-12:20 PM
 411876 \$62.50/5 sess

DANCE

DANCEPL3Y- Ready, Set, Play! Kids Camp

(6-9 yrs)
 Come join us for a fun week of movement, art, empowerment and reflection! Ready, Set, Go Camps are created by certified teachers who use the BC Curriculum to create fun and engaging activities! This program is a combination of physical activities and classroom activities. Physical activities will include dance and yoga. Classroom activities will include arts & crafts, story time and more!

Instructor: DANCEPL3Y Vancouver Board Room
 M-F 25-Jul-29-Jul 10:30 AM-12:30 PM
 411886 \$120/5 sess
 Senior's Lounge
 M-F 15-Aug-19-Aug 10:30 AM-12:30 PM
 411887 \$120/5 sess
 Multipurpose Room
 M-F 22-Aug-26-Aug 10:30 AM-12:30 PM
 411885 \$120/5 sess

Zumba Kids

(7-11 yrs)
 Zumba Kids classes feature routines based on original choreography. We break down games, activities and cultural elements into the class structure. This class helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun.

Instructor: Suzette Lund Dance Studio
FREE TRIAL CLASS- registration required
 Th 7-Jul 4:15 PM-5:15 PM
 415458 FREE
 Th 14-Jul-25-Aug 4:15 PM-5:15 PM
 415459 \$49/7 sess



MARTIAL ARTS

Karate

(6-13yrs)

Nisei Karate Do is a martial art which teaches the traditional forms of Okinawan Karate, but also stays open to ideas from other styles. Classes are friendly and noncompetitive.

Instructor: Kim Fivelsdal
BEGINNERS
Multipurpose Room
\$79.50/ \$53.00/
month half month

M Th 4-Jul-28-Jul 5:30 PM-6:30 PM 415461 415463
M Th 4-Aug-29-Aug 5:30 PM-6:30 PM 415462 415464

ADVANCED

M Th 4-Jul-28-Jul 6:30 PM-8:00 PM 415791 415798
M Th 4-Aug-29-Aug 6:30 PM-8:00 PM 415797 415800

SPORTS

Canucks Street Hockey

(6-8yrs)

Come out and learn the fundamentals of hockey. Join us in this action packed non-contact game. Equipment supplied if needed. Thank you to Canucks for Kids Fund for the donation of equipment. Drop in \$5.50, space permitting. No class Jul 30.

Instructor: Raymond Li
Sa 9-Jul-27-Aug 9:15 AM-10:30 PM
415437 \$35/7 sess
Gymnasium

Canucks Street Hockey

(9-15yrs)

Come out and learn the fundamentals of hockey. Join us in this action packed non-contact game. Equipment supplied if needed. Thank you to Canucks for Kids Fund for the donation of equipment. Drop in \$5.50, space permitting. No class Jul 30.

Instructor: Raymond Li
Sa 9-Jul-27-Aug 10:30 AM-11:45 AM
415438 \$35/7 sess
Gymnasium



Badminton Beginner & Intermediate

(8-14 yrs)

A qualified instructor teaches all badminton skills, from the rules, strokes and serves to advanced footwork and strategy. This class is for beginners & intermediates and the class pace will be adjusted according to the needs of the participants.

Instructor: Stanley Kita
Sa 2-Jul-27-Aug 1:45 PM-2:45 PM
415449 \$90/9 sess
Sa 2-Jul-27-Aug 2:45 PM-3:45 PM
415450 \$90/9 sess
Gymnasium

Sportball Multisport Indoor/ Outdoor Summer Camp

(6-9 yrs)

Sportball's action-packed summer camps introduce children to a variety of ball sports and activities PLUS lunch/snack time, stories, team building co-operative games and more! Camp will run indoors in gymnasium and outdoors at Kensington Field (weather dependent). Lunch breaks may include visits to the playground adjacent to the community centre. Please be sure to pack a hat, sunscreen, a labelled water bottle and a nut free lunch and snack.

Instructor: Sportball Vancouver Gymnasium/Kensington Field
M -F 4-Jul-8-Jul 9:30 AM-3:00 PM
411888 \$340/5 sess
M -F 8-Aug-12-Aug 9:30 AM-3:00 PM
411890 \$340/5 sess

Sportball Half Day Indoor Multisport Summer Camp

(5-8 yrs)

Sportball's action-packed summer camps introduce children to a variety of ball sports and activities, stories, team building co-operative games and more! Camp will run indoors in gymnasium. Please pack water and a nut-free snack.

Instructor: Sportball Vancouver
M-F 11-Jul-15-Jul 1:00 PM-4:00 PM
411891 \$214/5 sess
M-F 15-Aug-19-Aug 1:00 PM-4:00 PM
411892 \$214/5 sess
Gymnasium

Summer Heat Basketball – Junior

(8-10 yrs)

Beat the heat with Summer Heat Basketball Skills at KCC! Camps will focus on fundamental skill development and athletic ability in a fun, games-based learning approach. Each camp is tailored to the age and abilities of our campers. Our coaches are ready to help athletes improve their game, make friends and play without limits!

Instructor: Kenny Andaya	Gymnasium
M-F 18-Jul-22-Jul	10:30 AM-11:45 AM
412051	\$40/5 sess
M-F 18-Jul-22-Jul	11:45 AM-1:00 PM
412060	\$40/5 sess
M-F 25-Jul-29-Jul	10:30 AM-11:45 AM
412055	\$40/5 sess
M-F 25-Jul-29-Jul	11:45 AM-1:00 PM
412061	\$40/5 sess
Tu-F 2-Aug-5-Aug	10:30 AM-11:45 AM
412056	\$32/4 sess
Tu-F 2-Aug-5-Aug	11:45 AM-1:00 PM
412062	\$32/4 sess
M-F 22-Aug-26-Aug	10:30 AM-11:45 AM
412058	\$40/5 sess
M-F 22-Aug-26-Aug	11:45 AM-1:00 PM
412059	\$40/5 sess

Summer Heat Basketball – U12

(11-12 yrs)

Beat the heat with Summer Heat Basketball at KCC! This clinic is designed for young athletes looking to train and improve their basketball skills. In a fun games based learning approach we will be concentrating on creating space, reading layers of defense and helping you use your own strengths to use to your advantage. Learn how to make quicker, smarter decisions and take your game to the next level!

Instructor: Kenny Andaya	Gymnasium
M-F 18-Jul-22-Jul	1:30 PM-3:00 PM
412067	\$40/5 sess
M-F 25-Jul-29-Jul	1:30 PM-3:00 PM
412065	\$40/5 sess
Tu-F 2-Aug-5-Aug	1:30 PM-3:00 PM
412063	\$32/4 sess
M-F 22-Aug-26-Aug	1:30 PM-3:00 PM
412064	\$40/5 sess

SUMMER FUN

Craft and Cook Summer Camp

(6-8 yrs)

Come learn new art techniques this summer with different materials as well as learn the safety of the kitchen with simple tasty nutritious recipes. Get excited to discover your creative side this summer by partaking in crafts and cooking! Unleash your inner Picasso and become a junior chef!

Instructor: Gigi Puen	Senior's Lounge
Tu-F 2-Aug-5-Aug	9:00 AM-12:00 PM
412076	\$110/4 sess

Craft and Cook Summer Camp

(9-12 yrs)

Come learn new art techniques this summer with different materials as well as learn the safety of the kitchen with simple tasty nutritious recipes. Get excited to discover your creative side this summer by partaking in crafts and cooking! Unleash your inner Picasso and become a junior chef!

Instructor: Gigi Puen	Senior's Lounge
M-F 4-Jul-8-Jul	1:00 PM-4:00 PM
412074	\$130/5 sess
Tu-F 2-Aug-5-Aug	1:00 PM-4:00 PM
412075	\$110/4 sess

Summer Fun!

(6-12 yrs)

Join us in our week-long summer camp! This fun filled camp is designed to maximize play time. Activities include: scavenger hunts, obstacle courses, arts and crafts, games and other fun activities!Important Notes:Some activities will take place outdoors in the grass area adjacent to the Kensington Community Centre. Lunch breaks will include visits to Tecumseh Annex School Playground. Please bring nut-free lunch, snacks, water and sunscreen.

Instructor: Lia Fletcher	Senior's Lounge
M-F 11-Jul-15-Jul	9:15 AM-3:00 PM
411856	\$225/5 sess
M-F 18-Jul-22-Jul	9:15 AM-3:00 PM
411857	\$225/5 sess
M-F 25-Jul-29-Jul	9:15 AM-3:00 PM
411858	\$225/5 sess

Preteen Programs

ART

Drawing & Cartooning with Christache

(7-14 yrs)

Join us for fun, foundational drawing classes led by a professional illustrator! Each class will include warm ups and drawing exercises along with a new theme to focus our learning. Themes will be cartoony and fun, including characters familiar to the students (e.g., aliens, robots, dragons, pets, dinosaurs, cute food, skeletons, etc.). About Christache: As a teacher my goal is to share the tips and techniques that I've found the most useful - the things I wish someone had told me much younger! Instead of using gimmicks or crafty things, we'll focus on foundational skills with simple supplies- pencils, paper, erasers, and our own creativity. Learning to draw is a lifelong pursuit; my hope is to teach technical skills in a fun way that will help class participants enjoy drawing for life.

Instructor: Christache Ross	Board Room
M-F 11-Jul-15-Jul	9:00 AM-12:00 PM
411866	\$175/5 sess

M-F 22-Aug-26-Aug	Senior's Lounge
411867	9:00 AM-12:00 PM
	\$175/5 sess

Acting & Improv Drama with Christache

(8-14 yrs)

Join us for a week of fun and foundational acting where we will play theatre games, create and perform skits, and plays. We will focus on fostering a love of acting and build confidence in performing in front of others by creating a fun and safe environment that allows students to flourish. A typical class will include warm up games, theatre exercises in small groups and performance practice. About Christache: I bring to the class my many years as an actor, improv comic, clown, writer, and director of children's theatre, along with over a decade of drama class instruction for children of all ages.

Instructor: Christache Ross	Board Room
M-F 11-Jul-15-Jul	1:00 PM-4:00 PM
411868	\$155/5 sess

M-F 22-Aug-26-Aug	Senior's Lounge
411869	1:00 PM-4:00 PM
	\$155/5 sess

SPORTS

Badminton Beginner & Intermediate

(8-14 yrs)

A qualified instructor teaches all badminton skills, from the rules, strokes and serves to advanced footwork and strategy. This class is for beginners & intermediates and the class pace will be adjusted according to the needs of the participants.

Instructor: Stanley Kita	Gymnasium
Sa 2-Jul-27-Aug	1:45 PM-2:45 PM
415449	\$90/9 sess
Sa 2-Jul-27-Aug	2:45 PM-3:45 PM
415450	\$90/9 sess

Summer Heat Basketball- U12

(11-12 yrs)

Beat the heat with Summer Heat Basketball at KCC! This clinic is designed for young athletes looking to train and improve their basketball skills. In a fun games based learning approach we will be concentrating on creating space, reading layers of defense and helping you use your own strengths to use to your advantage. Learn how to make quicker, smarter decisions and take your game to the next level!

Instructor: Kenny Andaya	Gymnasium
M-F 18-Jul-22-Jul	1:30 PM-3:00 PM
412067	\$40/5 sess
M-F 25-Jul-29-Jul	1:30 PM-3:00 PM
412065	\$40/5 sess
Tu-F 2-Aug-5-Aug	1:30 PM-3:00 PM
412063	\$32/4 sess
M-F 22-Aug-26-Aug	1:30 PM-3:00 PM
412064	\$40/5 sess



Summer at Grays Park

(Grades 6-10 or Ages 11-15)

Grays Park (4850 Catherines Street, Vancouver; by E.33rd Avenue and St. Catherines)

Date	Sport	Time	Cost
July 4 – 8	Youth Ultimate Frisbee (#412093)	10:30am-12:30pm	Free
July 11-15	Youth Basketball (#412097)	10:30am-12:30pm	Free
July 18-22	Youth Volleyball (#412099)	10:30am-12:30pm	Free
July 25-29	Youth Tennis and Badminton (#412101)	10:30am-12:30pm	Free
Aug. 2-5	Youth Basketball (#412098)	10:30am-12:30pm	Free
Aug. 8-12	Youth Ultimate Frisbee (#412094)	10:30am-12:30pm	Free
Aug. 15-19	Youth Volleyball (#412100)	10:30am-12:30pm	Free
Aug. 22-26	Youth Tennis and Badminton (#412102)	10:30am-12:30pm	Free



Grays Park Youth Volunteers Needed

If you have finished Grade 8 and are between the ages of 13 and 17, we are looking for enthusiastic, positive, reliable Playground Volunteers! Volunteers will be helping our Playground Leaders with set-up, clean-up, arts and craft, games activities and special events at Grays Park.

Our Grays Park will be running on Mondays to Sundays from July 5 – August 28, 2022.

Mondays-Fridays: 11:30 am – 5:00 pm

Saturdays-Sundays: 11:30 am – 3:30 pm

If you are interested, please email David Ng, Kensington Community Centre Youth Worker at david.ng@vancouver.ca.



Youth Summer Gym Programs

(12-18yrs)

Kensington Community Centre’s Youth Staff are hosting FREE open gym times during the Summer! The goal is to inspire more youths to be active in sports and connect with fellow members of the community. Free.

Instructor:David Ng and Youth Staff

Gymnasium

JULY 4 – AUGUST 26, 2022		
Day	Sport	Time
Mondays	Youth Basketball (Ages 12-18)	4:00 – 5:30 pm
Tuesdays	Youth Volleyball (Ages 12 – 18)	4:00 – 5:30 pm
Wednesdays	Youth Badminton (Ages 12-18)	4:00 – 5:30 pm
Thursdays	Youth Basketball (Ages 12 – 18)	4:00 – 5:30 pm
Fridays	Youth Badminton (Ages 12 – 18)	4:00 – 5:30 pm
Fridays	Youth Volleyball (Ages 13 -18)	5:45 – 7:30 pm
Fridays	Youth Basketball (Ages 13-18)	7:45 - 9:30 pm

Youth Programs

Friday Summer Youth Badminton

(13-18 yrs)

Sign up for our Friday Youth Badminton with your friends for fun and fitness! We will be splitting participants up into novice and advance players to play round robin games.

Instructor: David Ng

F 8-Jul-19-Aug

412117

Gymnasium

4:00 PM-5:30 PM

FREE

Friday Summer Youth Basketball

(12-18 yrs)

Sign Up for our Friday Youth Basketball with your friends and form teams to play King/Queen of the Court format games.

Instructor: David Ng

F 8-Jul-26-Aug

412121

Gymnasium

7:45 PM-9:30 PM

FREE

Friday Summer Youth Volleyball

(12-18 yrs)

Sign up for our Friday Youth Volleyball with your friends for some skill development and games!

Instructor: David Ng

F 8-Jul-19-Aug

412115

Gymnasium

5:45 PM-7:30 PM

FREE



Monday Summer Youth Basketball

(12-18 yrs)

Sign up for our Monday Youth Basketball with your friends for some fun and fitness! We may play full court games or half court games with the other half being available for a shoot around. No class Aug 1.

Instructor: David Ng

M 4-Jul-22-Aug

412112

Gymnasium

4:00 PM-5:30 PM

FREE

Thursday Summer Youth Basketball

(12-18 yrs)

Sign up for our Thursday Youth Basketball with your friends for some fun and fitness! We may play full court games or half court games with the other half being available for a shoot around.

Instructor: David Ng

Th 14-Jul-25-Aug

412113

Gymnasium

4:00 PM-5:30 PM

FREE

Tuesday Summer Youth Volleyball

(12-18 yrs)

Sign up for our Tuesday Youth Volleyball with your friends for some skill development and games!

Instructor: David Ng

Tu 5-Jul-23-Aug

412114

Gymnasium

4:00 PM-5:30 PM

FREE

Wednesday Summer Youth Badminton

(13-18 yrs)

Sign up for our Wednesday Youth Badminton with your friends for fun and fitness! We will be splitting participants up into novice and advance players to play round robin games.

Instructor: David Ng

W 6-Jul-24-Aug

412116

Gymnasium

4:00 PM-5:30 PM

FREE

Volunteer Opportunities

We are always looking for enthusiastic, responsible, and motivated volunteers to assist with our Special Events and Day Camps. For more information, please call David Ng our Community Youth Worker at 604-718-6249 or david.ng@vancover.ca

SUMMER YOUTH PROGRAMS AT GRAY'S PARK

Youth Ultimate Frisbee at Grays Park July 4-8

(11-14 yrs)

Summer Youth Ultimate Frisbee will be a fun and instructional novice program that will help youth (aged 12-15) with their skill development in the sport. We will do drills and skills with Covid guidelines to make sure all participants will be safe, learning and having fun. We may also do other related sports. Please meet at Grays Park, 4850 St. Catherines Street, Vancouver. At times, we will be walking over to Kensington Park. Please dress for the weather and bring proper active and shoe wear as we will be outdoors!

Instructor: David Ng

M - F 4-Jul-8-Jul

412093

Gray's Park

10:30 AM-12:30 PM

FREE

Youth Basketball at Grays Park July 11-15

(11-14 yrs)

Summer Youth Basketball will be a fun and instructional beginners program that will help youth (aged 12-15) with their skill development in the sport. We will do drills and skills with Covid guidelines to make sure all participants will be safe, learning and having fun. We may also do other related sports. Please meet at Grays Park, 4850 St. Catherines Street, Vancouver. At times, we will be walking over to Kensington Park. Please dress for the weather and bring proper active and shoe wear as we will be outdoors!

Instructor: David Ng

M-F 11-Jul-15-Jul

412097

Gray's Park

10:30 AM-12:30 PM

FREE

Youth Volleyball at Grays Park July 18-22

(11-14 yrs)

Summer Youth Volleyball will be a fun and instructional beginners program that will help youth (aged 12-15) with their skill development in the sport. We will do drills and skills with Covid guidelines to make sure all participants will be safe, learning and having fun. We may also do other related sports. Please meet at Grays Park, 4850 St. Catherines Street, Vancouver. At times, we will be walking over to Kensington Park. Please dress for the weather and bring proper active and shoe wear as we will be outdoors!

Instructor: David Ng

M-F 18-Jul-22-Jul

412099

Gray's Park

10:30 AM-12:30 PM

FREE

Youth Tennis and Badminton at Grays Park July 25-29

(11-14 yrs)

Summer Youth Tennis and Badminton will be a fun and instructional beginners program that will help youth (aged 12-15) with their skill development in the sport. We will do drills and skills with Covid guidelines to make sure all participants will be safe, learning and having fun. We may also do other related sports. Please meet at Grays Park, 4850 St. Catherines Street, Vancouver. At times, we will be walking over to Kensington Park. Please dress for the weather and bring proper active and shoe wear as we will be outdoors!

Instructor: David Ng

M - F 25-Jul-29-Jul

412101

Gray's Park

10:30 AM-12:30 PM

FREE



Youth Ultimate Frisbee

August 8-12

(11-14 yrs)

Summer Youth Ultimate Frisbee will be a fun and instructional novice program that will help youth (aged 12-15) with their skill development in the sport. We will do drills and skills with Covid guidelines to make sure all participants will be safe, learning and having fun. We may also do other related sports. Please meet at Grays Park, 4850 St. Catherines Street, Vancouver. At times, we will be walking over to Kensington Park. Please dress for the weather and bring proper active and shoe wear as we will be outdoors!

Instructor: David Ng
M-F 8-Aug-12-Aug
412094

Gray's Park
10:30 AM-12:30 PM
FREE

Youth Volleyball

at Grays Park August 15-19

(11-14 yrs)

Summer Youth Volleyball will be a fun and instructional beginners program that will help youth (aged 12-15) with their skill development in the sport. We will do drills and skills with Covid guidelines to make sure all participants will be safe, learning and having fun. We may also do other related sports. Please meet at Grays Park, 4850 St. Catherines Street, Vancouver. At times, we will be walking over to Kensington Park. Please dress for the weather and bring proper active and shoe wear as we will be outdoors!

Instructor: David Ng
M-F 15-Aug-19-Aug
412100

Gray's Park
10:30 AM-12:30 PM
FREE

Youth Tennis and Badminton

at Grays Park August 22-26

(11-14 yrs)

Summer Youth Tennis and Badminton will be a fun and instructional beginners program that will help youth (aged 12-15) with their skill development in the sport. We will do drills and skills with Covid guidelines to make sure all participants will be safe, learning and having fun. We may also do other related sports. Please meet at Grays Park, 4850 St. Catherines Street, Vancouver. At times, we will be walking over to Kensington Park. Please dress for the weather and bring proper active and shoe wear as we will be outdoors!

Instructor: David Ng
M-F 22-Aug-26-Aug
412102

Gray's Park
10:30 AM-12:30 PM
FREE

Youth Basketball

at Grays Park August 2-5

(11-14 yrs)

Summer Youth Basketball will be a fun and instructional beginners program that will help youth (aged 12-15) with their skill development in the sport. We will do drills and skills with Covid guidelines to make sure all participants will be safe, learning and having fun. We may also do other related sports. Please meet at Grays Park, 4850 St. Catherines Street, Vancouver. At times, we will be walking over to Kensington Park. Please dress for the weather and bring proper active and shoe wear as we will be outdoors!

Instructor: David Ng
Tu-F 2-Aug-5-Aug
412098

Gray's Park
10:30 AM-12:30 PM
FREE



Adult Programs

ART

The Joy of Acrylic Painting

(19+ yrs)

The students will learn the painting knowledge and technique in step by step to paint landscapes, still life, animals or portraits. Demonstration at every sessions with a new painting subject. Philip has taught Art and Design in Vancouver Training institute, VSB RSB continuing, and he speaks English, Mandarin, Cantonese and Taiwanese. Program cost includes art supplies (\$10). If you own your own art supplies, please contact our front desk for price adjustment. Art supplies are non-refundable once used.

Instructor: Philip Tsang

Su 3-Jul-31-Jul
415441

Senior's Lounge

11:30 AM-1:00 PM
\$110/5 sess

The Joy of Drawing and Sketching

(19+ yrs)

Learn and Improve your drawing skill and techniques such as still lifes, landscapes, animals, portraits and many more. We will focus on a new subject every session. Drawing demonstrated will be provided. Philip has taught Art and Design in Vancouver Training institute, VSB RSB continuing, and he speaks English, Mandarin, Cantonese and Taiwanese. Program cost includes art supplies.

Instructor: Philip Tsang

Su 3-Jul-31-Jul
415442

Senior's Lounge

10:00 AM-11:30 AM
\$100/5 sess

Phone for updates:

Drop-ins may be suspended and capacity limits imposed by Provincial Health Orders. Please phone 604-718-6201 for latest update.

DANCE

ATS Bellydance Level 1

(19+ yrs)

ATS is a group improvised style of bellydance fun for all ages and all body types! Come learn basic moves and concepts in a safe, supportive environment. \$13 drop in, space permitting

Instructor: Tonje Olsen

Tu 12-Jul-30-Aug
415435

Dance Studio

7:00 PM-8:00 PM
\$88/8 sess

ATS Bellydance Level 2

(19+ yrs)

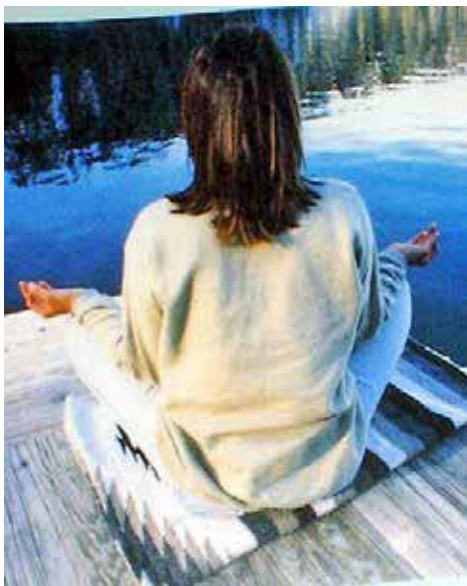
ATS is a group improvised style of bellydance fun for all ages and all body types! Learn more advanced Group Improv Bellydance concepts! Intermediate builds on the movements and formations learned in the beginner level. \$13 drop in, space permitting.

Instructor: Tonje Olsen

12-Jul-30-Aug
415436

Dance Studio

8:10 PM-9:10 PM
\$88/8 sess



All prices for adult and senior programs/events are advertised excluding tax.

Chinese Line Dance with Jing Fung

(19yrs+)

A combination of dances from various Chinese groups including: figure dance, ethnic dance, fan dance and aerobics. This mixed level exercise class is taught in English and Chinese. Drop in \$5.00, space permitting.

Instructor: Jing Fung	Dance Studio
Tu 5-Jul-30-Aug	9:10 AM-10:10 AM
415488	\$34.2/9 sess
Tu 5-Jul-30-Aug	10:20 AM-11:20 AM
415489	\$34.2/9 sess
W 6-Jul-31-Aug	9:10 AM-10:10 AM
415490	\$34.2/9 sess
Th 7-Jul-25-Aug	9:10 AM-10:10 AM
415491	\$30.4/8 sess
Th 7-Jul-25-Aug	10:20 AM-11:20 AM
415492	\$30.4/8 sess

Chinese Performance Dance with Jing Fung

(19yrs+)

Various ethnic dance exercise taught in Cantonese & Mandarin. Drop in \$4.04 + tax, Various ethnic dance exercise taught in English and Chinese. Drop in \$5.00, space permitting. No class Aug 1.

Instructor: Jing Fung	Dance Studio
M 4-Jul-29-Aug	9:10 AM-10:10 AM
415486	\$30.4/8 sess
W 6-Jul-31-Aug	10:20 AM-11:20 AM
415487	\$34.2/9 sess

International Ballroom Dance with Jing fung

(19+ yrs)

Ballroom Classes includes: Cha cha, Rumba, Waltz, Jive, Samba, Tango, Quick steps three, Quick step four, Foxtrot, Paso double, slow four step, Mambo. Classes are taught in English and Chinese. Drop in \$5.00, space permitting.

Instructor: Jing Fung	Dance Studio
Th 7-Jul-25-Aug	11:30 AM-1:00 PM
415494	\$30.4/8 sess

HEALTH & FITNESS

Hatha Yoga

(19yrs+)

Join Nancy in this all-level Hatha yoga class where we engage in a balanced practice of yoga postures, breathing exercises, and meditation to improve not only your flexibility, strength and muscle tone, but also a deep intimate connection to yourself. Participants are highly encouraged to bring their own yoga mats and blocks. Drop in \$11.43, space permitting. No class Jul 30.

Instructor: Nancy Kang	Board Room
Sa 9-Jul-27-Aug	11:00 AM-12:00 PM
415434	\$77/7 sess

Kundalini Yoga

(19yrs+)

Kundalini Yoga combines posture, breath and movement to bring the mind, body and spirit into balance. It builds physical vitality and leads to greater self-awareness. Each class includes warm-up exercises, dynamic yoga set and relaxation. Jeremy has been teaching yoga at Kensington Community Centre since 1998. Drop-ins \$12+ tax, space permitting

Instructor: Jeremy Blaine	Dance Studio
W 6-Jul-27-Jul	7:30 PM-9:00 PM
415452	\$44.52/4 sess
W 3-Aug-31-Aug	7:30 PM-9:00 PM
415454	\$55.65/5 sess



All prices for adult and senior programs/events are advertised excluding tax.

MARTIAL ARTS

Karate

(14yrs+)

Nisei Karate Do is a martial art which teaches the traditional forms of Okinawan Karate, but also stays open to ideas from other styles. Classes are friendly and noncompetitive, suitable for men and women.

Instructor: Kim Fivelsdal	Multipurpose Room
BEGINNERS	\$90.10/ \$58.30/ month half month

M Th 4-Jul-28-Jul	5:30 PM-6:30 PM	415461	415463
M Th 4-Aug-29-Aug	5:30 PM-6:30 PM	415462	415464

ADVANCED

M Th 4-Jul-28-Jul	6:30 PM-8:00 PM	415791	415798
M Th 4-Aug-29-Aug	6:30 PM-8:00 PM	415797	415800

Tai Chi Yang Style 1&2

(19yrs+)

This class will introduce and expand on Tai Chi Yang Style, Tai Chi Sword and Kung Fu Fan. Another form of Chinese exercise, Qi Gong Ba Duan Jin, will also be taught. Tai Chi improves strength, flexibility, balance and coordination. Slow and relaxing movements improve posture, breathing and energy flow. Suitable for all ages and fitness levels. Instructor speaks English and Chinese.

Instructor: Michael Chiao	Gymnasium
Su 3-Jul-28-Aug	9:15 AM-11:30 AM
415451	\$45/9 sess

SPORTS

Adult Open Gym Basketball

(19yrs+)

Drop-in and shoot some hoops. Six hoops available. Please bring your own basketball. Drop-ins \$3 + tax per session. No online registration; please call 604-718-6201 or visit the front desk. No program Aug 1.

No Instructor	Gymnasium
M Th 4-Jul-29-Aug	6:00 PM-8:00 PM
415496	\$3/16 sess

Adult Basketball

(19yrs+)

Join us for Adult Basketball. If full; waitlist registration begins at 6:00pm in person. Please note that registered participants have until 8:10pm to arrive or their spot will be sold to drop-in participants. Register for the season to guarantee your spot. Drop-ins \$5.50 + tax. No program Aug 1.

No Instructor	Gymnasium
M 4-Jul-29-Aug	8:00 PM-9:20 PM
415497	\$32/8 sess
Th 7-Jul-25-Aug	8:00 PM-9:20 PM
415498	\$32/8 sess

Badminton Court Booking

(19+ yrs)

Badminton court booking for recreational badminton. This program is non-instructional. Three courts are available for booking. Registering for this activity guarantees you and your partner(s) a court, however, court choice are first come first serve. Please arrive no earlier than 10 minutes prior to your court booking time to choose the court you will use for the day.

No Instructor	Gymnasium
Tu 5-Jul-30-Aug	6:00 PM-7:00 PM
415505	\$84.69/9 sess
Tu 5-Jul-30-Aug	7:00 PM-8:00 PM
415504	\$84.69/9 sess
Tu 5-Jul-30-Aug	8:00 PM-9:00 PM
415502	\$84.69/9 sess
W 6-Jul-31-Aug	6:00 PM-7:00 PM
415499	\$84.69/9 sess
W 6-Jul-31-Aug	7:00 PM-8:00 PM
415500	\$84.69/9 sess
W 6-Jul-31-Aug	8:00 PM-9:00 PM
415501	\$84.69/9 sess

Canucks Street Hockey

(19+ yrs)

Join us for a fun game of hockey! Players will be divided into two teams and engage in a high intensity non-contact game. Drop in \$6.50, space permitting. Refunds prorated from the date requested. No class Jul 30.

Instructor: Raymond Li	Gymnasium
Sa 9-Jul-27-Aug	11:45 AM-1:30 PM
415439	\$42/7 sess

All prices for adult and senior programs/events are advertised excluding tax.

SOCIAL

Social Ballroom Dance

(19+ yrs)
Join us for social ballroom dance and meet new friends! This program is non-instructional. Drop in \$2.00, space permitting.

No Instructor	Gymnasium
F 8-Jul-26-Aug	11:30 AM-1:00 PM
415493	\$12/8 sess

Senior Programs

HEALTH & FITNESS

Fitness for Older Adults

(45+yrs)
Bring your personalized fitness program to these self-lead sessions and workout in a supported environment. Our knowledgeable fitness staff are available to answer questions, suggest alternate exercises, teach you proper technique, and provide support. Please note that a completed Consultation, Par-Q and Consent & Release are required. Free with drop-in admission, a valid flexipass or a usage pass; no registration required. Please note that the program format is subject to change.

Instructor: Park Board Trainer	Fitness Centre
F 8-Jul-26-Aug	11:30 AM-12:30 PM
412750	Free with drop-in admission, a valid flexipass or a usage pass



SOCIAL

Seniors Saturday Social Drop in

(55yrs+)
On the first Saturday of the month spend your Saturday at Kensington. Drop in and socialize with some local Seniors. Free coffee and Tea. Bingo and more. No registration required

Instructor: No Instructor	11:00 AM-4:00 PM
Sa 2-Jul-6-Aug	FREE
415766	

Seniors Karaoke

(55yrs+)
Karaoke Singing with an excellent sound system and a spacious environment, you may practice your singing skills while enjoying an afternoon of Karaoke in either Mandarin or English. Adults and Seniors are welcome! \$4.25 + tax for drop-in. No session Jul 12, 19, 26, Aug 16, 23

Volunteer: Cam Fung	Board Room
Tu 5-Jul-30-Aug	11:00 AM-3:00 PM
414024	\$17/4 sess

Phone for updates:

Drop-ins may be suspended and capacity limits imposed by Provincial Health Orders. Please phone 604-718-6201 for latest update.

All prices for adult and senior programs/events are advertised excluding tax.

KENSINGTON FITNESS CENTRE

Welcome Back. We missed you!

Fitness Centre Hours

Monday to Friday 7:30am-9:30pm
 Saturday and Sunday 9:00am-4:00pm
 Canada Day Jul 1..... Closed
 BC Day Aug 1 Closed

Fitness Centre Admission

Single-visit admission fees	
Adult (19-64 years)	\$6.66
Youth (13-18 years)	\$4.66
Senior (65+ years)	\$4.66

10-visit pass fees	
Adult (19-64 years)	\$57.28
Youth (13-18 years)	\$40.01
Senior (65+ years)	\$40.01

Flexipass monthly pass fees			
	Adult	Youth	Senior
1 month	\$51.28	\$35.90	\$35.90
3 months	\$138.46	\$96.92	\$96.92
12 months	\$443.06	\$310.14	\$310.14

Happy Hearts

The Support You Need to Fight and Prevent Heart Disease
 The Happy Hearts Maintenance exercise program is for individuals who have recently completed a medically supervised cardiac rehab program and would like to benefit from ongoing peer support and guidance provided by experienced fitness leadders. Registration is FREE but you must have a current Happy Hearts Flexi-pass to participate in the program.

Happy Hearts Maintenance:
 Mon 9:00-10:00 AM
 Mon 11:00-12:00 PM

Fitness Centre Consultations

Take advantage of our free fitness consultations!

Reach your fitness goals with our new consultation package. Call ahead to book up to 3 sessions with our highly trained Fitness Centre staff. FREE with drop-in admission or included with your pass. In your first session, learn how to use the equipment, get a personalized fitness program, and receive a card to track your progress. At your next session, our staff will monitor your exercise technique and answer any questions about your fitness program.

Personal Training

Improve your health and wellness with support from our qualified and experienced personal trainers. Our trainers will work with you to develop a customized fitness plan designed to meet your fitness goals and fit your busy schedule. Whether you are a beginner, overcoming a plateau, rehabilitating from an injury or looking for sport-specific workouts, our trainers will motivate and support you in each 1 hour session.

Small Group Personal Training

Sign up for group personal training. Try out our new small group personal training and enjoy the same intimate coaching experience as a personal training session but at a reduced cost. A small group can include you and 2-3 of your friends/family members which can be very powerful in helping you stay on track when trying to attain your fitness goas. Training as a group provides a comfortable support system where you can encourage one another and foster some healthy competition!

Package	Private	Semi-Private	Group
1 Session	\$55.40	\$83.08	\$116.53
3 Sessions	\$153.52	\$230.32	\$312.11
5 Sessions	\$246.92	\$380.25	\$457.78
10 Sessions	\$443.27	\$806.18	\$823.31

Kensington Pool is closed until further notice.
Please refer to the Vancouver Park Board website for updates:
www.vancouverparks.ca

KENSINGTON FITNESS CENTRE

Equipment available at Kensington Fitness Centre:

- 7 walk/run treadmills
- 1 step/climb adjusting elliptical machine (Precor)
- 7 walk/run/step elliptical machines
- 1 seated elliptical step machine for adapted fitness (Octane)
- 2 seated upper body/lower body machine for adapted fitness (SCIFIT, NuStep)
- 2 step/climb machine (LifeFitness)
- 3 rowing machines (Concept2)
- 2 indoor spin bicycles (Keiser)
- 3 indoor bicycles, upright position
- 3 indoor bicycles, recumbent position
- Strength-training machines for upper and lower body (Hammer Strength, LifeFitness)
- Strength circuit machines, ideal for adapted fitness (LifeFitness)
- Functional training props, weights, and machines
- Stretching mats



Making All Recreation Safe

All patrons, volunteers and staff have the right to be safe when in Park Board facilities. With this right comes the responsibility to be law abiding citizens and to be accountable for one's actions. Employee and volunteers of the Vancouver Park Board and affiliated partners as well as the public participating in programs and services are expected to adhere to a Code of Conduct which sets standards of behavior.

Behavioural Expectations

The Vancouver Park Board's commitment is to create welcoming parks and recreation services for all. We ask that our patrons treat each other and staff with dignity and respect.

The following is prohibited:

- Discriminatory conduct
- Use or possession of alcohol, drugs, or other intoxicating substances
- Criminal behaviour, including violent or aggressive acts
- Making threats, attempting to intimidate, inciting others to violence
- Possession of weapons
- Theft or vandalism of recreation or patron property

Behaviour that violates this Code of Conduct will lead to suspension or termination of privileges at our facilities.

Help us make this a safe place!

發展全面運動安全

所有顧客、義工和職員都有權安全地使用公園局的設備。享受到這樣的權利必須遵守法例及負責個人行為。公園局職員和義工以及附屬機構合夥人，以致參加各項節目和服務的群眾都要堅持遵守品行規則亦即是標準行為規矩。

品行規則

- 對待顧客和職員/義工須要尊重和莊嚴。
- 不可容忍污辱和無禮言語。
- 重視節目和設備供給所有人士享用。
- 顧及公共資產以及他人的物資。
- 享用你的城市消遣！
- 公園局保留有權採取適當行動解決爭論。

Khiến Nơi Giải Trí Nhàn Hưu Được An Toàn

Tất cả quý vị, nhân viên, nhân viên công tác tự nguyện đều có quyền lợi hoạt động dưới hoàn cảnh an toàn và thoải mái khi sử dụng nơi giải trí nhàn hưu của Bộ Công Viên. Quyền lợi này đòi hỏi mọi người dân giữ trật tự và chịu trách nhiệm về hành vi của mình. Các tiêu chuẩn về hành vi của Quy Tắc Hành Vi được nêu ra và yêu cầu các nhân viên, nhân viên công tác tự nguyện của bộ Công Viên Vancouver, các cơ quan hợp tác khác với Bộ cũng như quý vị sử dụng chương trình và phục vụ này nên dựa vào và tuân theo.

Quy Tắc Hành Vi

- Quý vị, nhân viên, nhân viên công tác tự nguyện phải cư xử với nhau dưới sự tôn trọng và trang nghiêm.
- Không được phép có hành vi và ngôn ngữ vô lễ.
- Mang lòng cảm tạ các chương trình và phương tiện đã cung cấp cho mọi người hưởng dụng.
- Tôn trọng tài sản công cộng cũng như tài sản cá nhân.
- Xin hưởng thụ các giải trí hoạt động nhàn hưu trong Thành Phố của bạn.
- Bộ Công Viên và Bộ Giải Trí Nhàn Hưu giữ lại tất cả quyền lợi khi cần có hành động thích nghi để giải quyết mọi sự tranh chấp.

Refunds for Centre Programs

Refunds prorated from date of request. Please request refunds in-person or over the phone (604) 718-6200 only. Please do not request refunds via email.

Facility Rentals

Facility rental requests are currently on hold without a return date. Please contact (604) 718-6209 for updates. We apologize for the inconvenience.

Personal Information Protection

In the course of providing programs and services, the Kensington Community Centre collects the personal information of our members and other individuals participating in classes, workshops, projects, events or in the renting of facilities. This information may be used for communication purposes regarding current processing payments, statistical or human resources purposes, or for the provision of program services. We respect the importance of protecting the personal information that we collect. For information on our privacy policies and practices, please call 604-718-6206.

Kensington Staff Team

Recreation Supervisor Michael Herrin
Centre Programmer Dilpreet Parmar
Pool Programmer TBA
Fitness Programmer Larry Turko
Community Youth Worker David Ng
Seniors/Rentals/Special Events Brian Hooles
Recreation Facility Clerk Caroline Gee
Maintenance Jimmy Norono & Rudy Pore



Scan this QR Code to learn more information about Kensington Community Centre!

What's new
at KCC?

For latest program updates, including cancelled or newly added programs, please refer to www.vancouver.ca/kensingtonrec

Visit recreation.vancouver.ca

An online account offers you 24/7 access to registering for a variety of programs. In addition, you can view your schedules, rental agreements, payment receipts, pass usage and pass expiry dates.

Get active, get healthy! With 24 community centres, 9 indoor pools and 8 ice rinks with a variety of events and lessons, there's something for everyone! Search by activity number, keyword or use the many filter options available.

Flexible options Many activities offer drop-ins so you can get involved without registering. Check out what's available today on our drop-in calendar.

Host an event at one of our locations Planning a sporting event, social gathering or wedding? Submit your request for use of a community centre room, outdoor park or field, ice rink and more.

Save with a Pass If you regularly visit a pool, rink or fitness centre, a pass is a great option to help you save money. Many city-wide and location specific passes are available for purchase or renewal online.

@ParkBoard

/ParkBoard

#ParkBoardReg



Room Rental Information & Rates

Room	Maximum Capacity	Features	Rate/Hr	
Gymnasium	250	Full sized gymnasium	\$70 Sat / Sun Holidays	<p>Staffing charges, damage depoist fees, SOCAN and ReSound fees may apply.</p> <p>Rental request forms can be found online at Vancouver.ca/kensingtonrec</p> <p>Requests can be faxed to 604-718-6215 or emailed to brian.hooles@vancouver.ca</p> <p>Please direct all inquiries to 604-718-6209</p>
Seniors Lounge & Board Room	125	Room joined by double doors	\$85	
Multipurpose Room	75	Natural light, doors to outside, kitchen attached	\$55	
Seniors Lounge	75	Natural light, doors to patio, kitchen attached	\$60	
Board Room	50	Natural light, view, concrete floor	\$55	
Dance Studio	30	Hardwood floors, sound system, natural light	\$55	
Swimming Pool	50	Rate includes 2 lifeguards	\$194.04 (+ tax)	

GST not included in these rental rates unless otherwise indicated. 2022 prices subject to change without notice.



MOVIE -IN THE- PARK

Friday, July 29 at Dusk

Bring the family and enjoy a FREE movie in the park.

Movie will be held in scenic Kensington Park,
located at E. 33rd & Knight Street.

**Space Jam:
A New Legacy**

