



Kensington Community Centre
Programs | Fitness Centre | Swimming Pool

5175 Dumfries Street, Vancouver, BC V5P 3A2
604-718-6200 | vancouver.ca/kensingtonrec

Fall 2024
Online Version



Kensington Community Centre

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604-718-6200 | vancouver.ca/kensingtonrec

Welcome to our Fall Guide

Operating Hours:

Sept 1- Dec 31, 2024

Mon-Fri	7:30 AM-9:30 PM
Sat-Sun.....	9:00 AM-4:00 PM
Mon, Sep 2 (Labour Day)	Closed
Mon, Sep 30 (Truth & Reconciliation Day).....	Closed
Mon, Oct 14 (Thanksgiving Day).....	Closed
Mon, Nov 11 (Remembrance Day)	Closed
Wed, Dec 25 (Christmas Day).....	Closed
Thu, Dec 26 (Boxing Day)	Closed

Program registration is available after 9:00 AM.
The cashier's office closes 30 minutes before the centre closes.

Register for Centre Programs:

Online registration	Fri, Aug 16, 7:00 PM
In-person registration.....	Fri, Aug 16, 7:00 PM
Phone registration	Fri, Aug 16, 8:00 PM

Register for Pool Programs:

Tue, Aug 27 at 7:00 PM

Our Facilities:

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

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

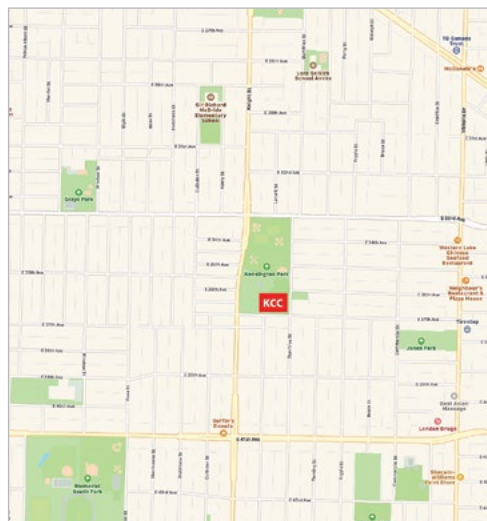
Fitness Centre: Our fitness centre includes three spaces: cardio, circuit training and weight room.

GST information:

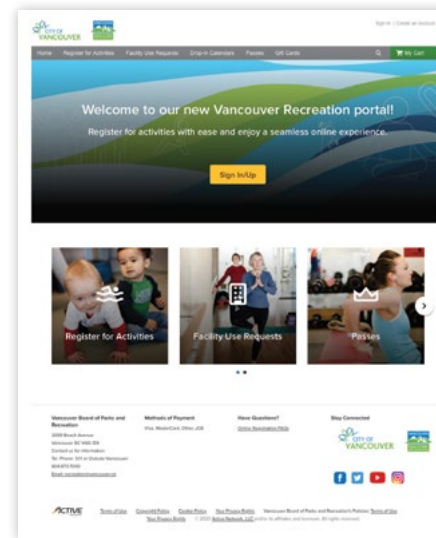
All prices for adult and senior programs/events are advertised excluding tax. Preschool/Children programs are non-taxable.

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About Online Registration:

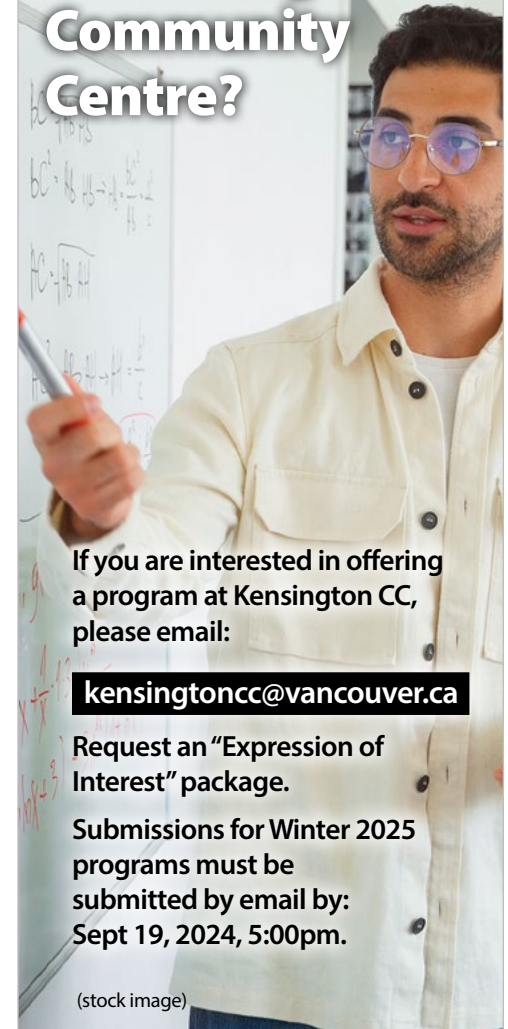


In 2023 the Vancouver Recreation sales portal was upgraded to provide a better customer experience. Upgrade features include a new portal with improvements to:

- Navigation
- Checkout process
- Account management
- Search functionality
- Mobile optimization
- Accessibility

For assistance navigating the improved portal, refer to our step-by-step guides online at: <https://vancouver.ca/parks-recreation-culture/vancouver-recreation-portal-upgrade.aspx> or contact 3-1-1.

Do you want to offer a program at Kensington Community Centre?



If you are interested in offering a program at Kensington CC, please email:

kensingtoncc@vancouver.ca

Request an "Expression of Interest" package.

Submissions for Winter 2025 programs must be submitted by email by: **Sept 19, 2024, 5:00pm.**

(stock image)

SPECIAL EVENTS



Introduction to Astronomy & Telescope Viewing

Learn more about our solar system. Come join for a new event hosted by the Royal Astronomical Society of Canada (Vancouver) as they teach you about constellations and everything you need to know when the next time you look up at the sky. You will also learn about light pollution and have a chance to make your own "star" wheel! There will also be a chance to go outside and look out at the sky using telescopes.

Instructor: Royal Astronomical Society of Canada - Vancouver
Fr Sep 13
523455
\$2/1 sess

Multipurpose Room
6:00 PM-8:00 PM



Ghouls Gala (Children Friendly)

(3-8yrs)

We'll be having a feast for young souls! Come join us for our sacrificial event where you'll have your souls scared in our miniature haunted house. This event will be a small scale haunted house set up in our Multipurpose Room. Registration is not needed and anyone can come into the haunted house during its operating hours.

Instructor: No Instructor
Sa Oct 26
523453

Gymnasium
1:00 PM-3:00 PM
FREE

SPECIAL EVENTS

Kensington Holiday Craft Fair

(All Ages)

Join us at the Annual Kensington Holiday Craft Fair and browse for gifts for family, friends, or yourself. Admission is free for the public. For crafters, the fee is \$35.00 per table. Crafters may apply to this juried craft fair by picking up an application form at the centre or by e-mailing kensingtoncc@vancouver.ca. Deadline for applications is September 27, 2024. Admission is free for attendees.

Sa Dec 7
516426

10:00 AM-4:00 PM
\$35/table



Breakfast with Santa

(4+yrs)

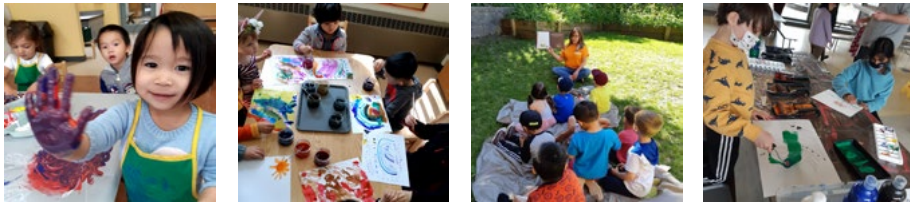
Come celebrate the holiday season with a simple but taste breakfast served by Kensington staff and experience a special visit with Santa. This event will allow your family a chance to get some simple family photos with Santa. All individuals attending over the age of 3 are required to register.

Instructor: No Instructor	Gymnasium
9:30am seating -	
Sa Dec 14 523112	9:30 AM-10:00 AM \$4/1 sess
11:00am seating -	
Sa Dec 14 523113	11:00 AM-11:30 AM \$4/1 sess

CHILDCARE

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

SOCIAL

Family Drop-In Gym

(0-5 yrs)

Join us at this playtime created especially for families. Toddlers will have the opportunity to explore slides, bikes, and other toys. Toddlers will meet new friends while developing their motor skills using gym equipment. This is a parent participation drop-in program. Parental supervision is required. Drop-in fee is \$3.00 for single child, \$5 for family (2 children). Drop-in only.

Instructor: Joshua Pan
Th Sep 05-Dec 19
515384 \$3 per child; \$5 per two children/16 sess

Gymnasium

9:30 AM-11:50 AM

ART, CULTURE & EDUCATION

Yoga Crafts for Kids

(2-5 yrs)

Explore your child's creativity and imagination through a combination of Arts and Crafts and Yoga. Each class is designed around a theme; bringing crafts to life through the practice of Yoga. Children will learn a wide range of movements to develop their motor skills in a playful learning environment. For more info visit www.intoyoga.ca. Parent participation is required. Drop in \$16, if space available.

Instructor: Into Yoga
Fr Sep 13-Oct 25
517395
Fr Nov 1-Dec 13
524928

Board Room

9:30 AM-10:30 AM

\$101/7 sess

9:30 AM-10:30 AM

\$101/7 sess

FITNESS & HEALTH

Stroller Yoga

(19+ yrs and their infant)

These indoor classes are a perfect way for parents and infants (up to 8 weeks old) to engage in fitness together while fostering a sense of calm and well-being. In our class, we will explore basic yoga poses with, and without, a stroller to help build strength, flexibility, and balance. Bond with your baby while enjoying gentle stretching, breathing exercises, and playful activities to keep the little ones engaged. Parents will benefit from the opportunity to practice mindfulness and relaxation techniques in a supportive community environment. Join us for a joyful and rejuvenating experience that strengthens both body and bond. Bring Yoga mat, water and stroller to class, along with a blanket and toys. Participants should be minimum 8 weeks postpartum. Doctor's approval is recommended. For more info visit www.intoyoga.ca. Drop-in \$16 + tax, if space is available.

Instructor: Into Yoga
W Sep 18-Oct 30
518496
W Nov 06-Dec 11
518498

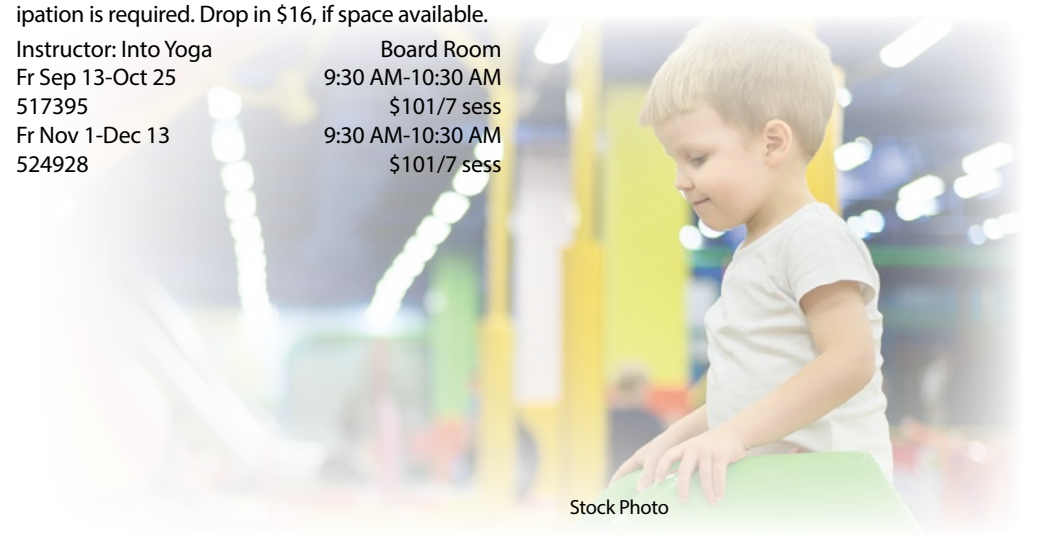
Gymnasium

9:30 AM-10:30 AM

\$101/7 sess

9:30 AM-10:30 AM

\$87/6 sess



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SPORTS

Sportball Parent & Toddler Multisport

(2-3 yrs)

This program is designed to guide parents and their children through the introductory skills in a variety of different ball sports. Games and skills are taught in a fun and creative manner by using story lines to encourage participation. All programs are non-competitive and focus on success while building confidence. Parent participation is required. No class Sep 28, Oct 12, Nov 9.

Instructor: Sportball Vancouver	Gymnasium
Sa Sep 07-Oct 26	9:15 AM-10:00 AM
515447	\$97.5/6 sess
Sa Nov 02-Nov 30	9:15 AM-10:00 AM
515448	\$65/4 sess

Sportball Parent & Toddler 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: throws, 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/guardian participation is required. No class Sep 29, Oct 13, Nov 10.

Instructor: Sportball Vancouver	Gymnasium
Su Sep 08-Oct 27	2:00 PM-2:45 PM
515449	\$97.50/6 sess
Su Nov 03-Dec 15	2:00 PM-2:45 PM
515450	\$97.50/6 sess

**Sportball Junior**

(16-24 Months)

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. Parent participation is required. No class Sep 28, Oct 12.

Instructor: Sportball Vancouver	Seniors Lounge
Sa Sep 07-Oct 19	11:15 AM-12:00 PM
525890	\$81.25/5 sess



Image from Vancouver Sportball (Leon Chai Photo)

PRESCHOOL

ART, CULTURE & EDUCATION

Giggle and Grow Mandarin Adventures

(3-5 yrs)

At every turn, our program unveils stepping stones towards linguistic proficiency, skillfully blending play and education. Led by seasoned educator (s), we go beyond conventional methods. From enhancing storytelling and game sessions, sparking young imaginations, to hands-on crafting and traditional Chinese writing activities reinforcing language concepts, our curriculum guarantees a positive and enjoyable learning experience! We firmly believe that nurturing children's curiosity early on fuels a lasting eagerness for language learning. Committed to creating a secure, valued, and expressive environment in Mandarin, we invite you to join us on a transformative journey of language exploration, creativity, and camaraderie! Your child's love for languages starts here! Each week features a different theme and topic. Material fee is not pro-rated if a student registers after the first class and non-refundable after first class. No class Sep 29, Oct 13.

Instructor: Kathy Leung	Board Room
Su Sep 23-Nov 03	9:30 AM-10:30 AM
516041	\$120/5 sess
Su Nov 17-Dec 15	9:30 AM-10:30 AM
517663	\$120/5 sess

Yoga Crafts for Kids

(2-5 yrs)

Explore your child's creativity and imagination through a combination of Arts and Crafts and Yoga. Each class is designed around a theme; bringing crafts to life through the practice of Yoga. Children will learn a wide range of movements to develop their motor skills in a playful learning environment. For more info visit www.intoyoga.ca. Parent participation is required. Drop in \$16, if space available.

Instructor: Into Yoga	Board Room
Fr Sep 13-Oct 25	9:30 AM-10:30 AM
517395	\$101/7 sess
Fr Nov 1-Dec 13	9:30 AM-10:30 AM
524928	\$101/7 sess

DANCEPL3Y Preschool

(3-5 yrs)

DANCEPL3Y Preschool is designed for children to discover dance in a playful and interACTIVE way through creative storylines and music that MOVES them. Building the foundations for dance through rhythms, fundamental movement skills and playful group formations, young movers discover a love of physical activity as they leap, hop, spin and jump. DANCEPL3Y gives a space for children to develop musicality, social skills and confidence with movement all while practicing the 3 rules of PL3Y: Be Positive. Be Fun. Be Yourself. No session Sep 28, Oct 12, Nov 9.

Instructor: The Play Brigade	Board Room
Sa Sep 14-Dec 07	1:15 PM-2:00 PM
515383	\$140/10 sess

YOGAPL3Y Preschool

(3-5 yrs)

YOGAPL3Y (yoga-play) is a fun, interactive, and playful introduction to the world of Yoga for kids! With a focus on physical literacy, students get to master their fundamental movement skills, exercise their creativity, interpersonal skills, and social and emotional skills! Using tools like breath and mindfulness, students find ways to self-regulate, listen and honour their cues. Weekly themes combine traditional yoga poses with FUN activities, games and music and include a balance between mindfulness and movement. Always remembering the 3 rules of PL3Y: Be positive. Be fun. Be yourself. No session Sep 28, Oct 12, Nov 9

Instructor: The Play Brigade	Board Room
Sa Sep 14-Dec 07	2:00 PM-2:45 PM
515455	\$140/10 sess



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Glow Kids - Pre-Ballet 1 and 2

(3-5yrs)

Through playful exercises and whimsical music, pre-ballet encourages creativity, fosters self-expression, and ignites a lifelong love for the elegance of ballet. Attire: pink leotard, pink ballet tights, pink ballet shoes purchased at a dance shop (no H&M slippers please), hair up away from face, don't forget your water bottle. Program runs from September to June to allow students to continue to build on their skills. Students will need to re-register during Winter and Spring to stay in the program. No session Oct 12.

Instructor: Lia Fletcher Dance Studio
Sa Sep 14-Nov 30 9:15 AM-9:55 AM
515393 \$110/11 sess



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Mini Ballet

(3-4 yrs)

Introduce your child to the world of ballet. These classes develop coordination, musicality and fluidity of movement while having fun. Increased ballet technique is expected at each progressive level. Appropriate dance shoes and attire please. Child must attend class on own. www.performingstars.ca. No session Sep 29, Oct 13, Nov 10

Instructor: Van. Performing Stars Dance Studio
Su Sep 15-Dec 08 12:30 PM-1:15 PM
515429 \$160/10 sess

Mini Hip Hop

(3-4 yrs)

Want to learn how to move to and groove to your favorite tunes? Learn the basic style of hip hop dance in this high energy program. Discover new and exciting moves while learning fun and challenging choreography. Beginners welcome! Leave feeling energized, confident and excited about dance. Child must be able to attend class on their own. No session Sep 29, Oct 13, Nov 10

Instructor: Van. Performing Stars Dance Studio
Su Sep 15-Dec 08 10:00 AM-10:45 AM
515430 \$160/10 sess

SPORTS

Sportball Multisport

(3.5-5 yrs)

This program is designed to guide parents and their children through the introductory skills in a variety of different ball sports. Games and skills are taught in a fun and creative manner by using story lines to encourage participation. All programs are non-competitive and focus on success while building confidence. No class Sep 28, Oct 12, Nov 9.

Instructor: Sportball Vancouver Gymnasium
Sa Sep 07-Oct 26 10:00 AM-11:00 AM
515445 \$97.5/6 sess
Sa Nov 02-Nov 30 10:00 AM-11:00 AM
515446 \$65/4 sess

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 Sep 29, Oct 13, Nov 10.

Instructor: Sportball Vancouver Gymnasium
Su Sep 08-Oct 27 2:45 PM-3:45 PM
515451 \$97.5/6 sess
Su Nov 03-Dec 15 2:45 PM-3:45 PM
515452 \$97.5/6 sess

Sportball Basketball

(4-6 yrs)

Slam-dunk! Sportball Basketball introduces fundamental concepts of gameplay and teaches the basic skills required to hit the court with confidence in a supportive, non-competitive environment. Coaches zero in on skills like dribbling, passing, catching, shooting and defense in fun, exciting, skill-focused play. No class Sep 30, Oct 14, Nov 11.

Instructor: Sportball Vancouver Gymnasium
Mo Sep 09-Oct 28 3:45 PM-4:45 PM
515443 \$97.5/6 sess
Mo Nov 04-Dec 16 3:45 PM-4:45 PM
523235 \$97.5/6 sess

CHILDREN

ARTS, CULTURE & EDUCATION

Creative Adventures: Arts & Crafts for Kids

(6-12 yrs)

Unleash your child's creativity and imagination with our exciting Arts & Crafts Program! Children will develop their artistic skills and self-expression in a supportive, collaborative and engaging environment. Each session is centered around a fun theme, encouraging kids to explore various art techniques and materials.

Instructor: Arshi Aggarwal	Multipurpose Room
We Sep 11-Oct 9	4:00 PM-5:00 PM
525571	\$125/5 sess
We Oct 23-Nov 20	4:00 PM-5:00 PM
525597	\$125/5 sess
We Sep 11-Oct 9	5:00 PM-6:00 PM
525572	\$125/5 sess
We Oct 23-Nov 20	5:00 PM-6:00 PM
525595	\$125/5 sess



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Creative Monsters+

(6-9 yrs)

Creative Monsters is an engaging and exciting art class designed to ignite the creative spark in young minds! Creative Monsters combines the joy of painting and drawing with imaginative exploration. We will explore various art techniques and styles, creating unique and whimsical characters, creatures and monsters. Unleash your Creative Monsters to create roaring art projects together!

Instructor: Gigi Puen	Board Room
Tu Sep 10-Oct 15	7:00 PM-8:30 PM
515381	\$144/6 sess
Tu Oct 22-Nov 26	7:00 PM-8:30 PM
517309	\$144/6 sess

Junior Chefs

(7-10 yrs)

Welcome to the kitchen Junior Chefs! Grab your apron, and let's start cooking and baking together! Junior Chefs is a 1.5hr long program that encourages students to explore new recipes by prepping and washing simple ingredients. Students will learn how to handle kitchen equipment safely and clean up, as well as learn basic food safety rules. Let's cook some yummy food Junior Chefs!

Instructor: Gigi Puen	Seniors Lounge
Su Sep 15-Oct 20	9:30 AM-11:00 AM
515414	\$156/6 sess
Su Sep 15-Oct 20	11:15 AM-12:45 PM
516080	\$156/6 sess
Sa Oct 26-Nov 30	9:30 AM-11:00 AM
517269	\$156/6 sess
Sa Oct 26-Nov 30	11:15 AM-12:45 PM
517301	\$156/6 sess

Glow Kids - Pre Ballet 3 and 4 (Kindy Ballet)

(6-7 yrs)

Designed specifically for budding ballerinas and ballerinos, pre-ballet is a magical introduction to the fundamental technique and expressive beauty of classical ballet. In this nurturing and imaginative environment, children cultivate poise, coordination, and musicality while exploring the foundations of ballet positions, leaps, and turns. Attire: pink leotard, pink ballet tights, pink ballet shoes purchased at a dance shop (no H&M slippers please), hair up away from face. Don't forget your water bottle. Program runs from September to June to allow students to continue to build on their skills. Students will need to re-register during Winter and Spring to stay in the program. No session Oct 12.

Instructor: Lia Fletcher	Dance Studio
Sa Sep 14-Nov 30	10:00 AM-10:40 AM
515391	\$110/11 sess

Glow Kids - Ballet 1 and 2

(8-12 yrs)

Ballet is known to provide grace, poise, and technique needed to be proficient in all other areas of dance, and it is best introduced at a young age. This class is designed to help young dancers with posture, flexibility, fitness, balance, self-discipline, and self-confidence. Attire: pink leotard, pink ballet tights, pink ballet shoes purchased at a dance shop (no H&M slippers please), and hair up away from face. Don't forget your water bottle! Program runs from September to June to allow students to continue to build on their skills. Students will need to re-register during Winter and Spring to stay in the program. No session Oct 12.

Instructor: Lia Fletcher Dance Studio
Sa Sep 14-Nov 30 10:45 AM-11:25 AM
515388 \$110/11 sess

Junior Ballet

(5-7 yrs)

Introduce your child to the world of ballet. These classes develop coordination, musicality and fluidity of movement while having fun. Increased ballet technique is expected at each progressive level. Appropriate dance shoes and attire please. See: performingstars.ca. Students must be able to participate on their own. No session Sep 29, Oct 13, Nov 10

Instructor: Van. Performing Stars Dance Studio
Su Sep 15-Dec 08 1:15 PM-2:00 PM
515413 \$160/10 sess

Junior Hip Hop

(5-7 yrs)

Want to learn how to move to and groove to your favorite tunes? Learn the basic style of hip hop dance in this high energy program. Discover new and exciting moves while learning fun and challenging choreography. Beginners welcome! Leave feeling energized, confident and excited about dance. Please wear clean, non-marking indoor runners. See: performingstars.ca. Students must be able to participate on their own. No session Sep 29, Oct 13, Nov 10

Instructor: Van. Performing Stars Dance Studio
Su Sep 15-Dec 08 10:45 AM-11:30 AM
515416 \$160/10 sess

Junior Hip Hop & Jazz Dance

(4-7 yrs)

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. This class consists of a 5 minute warm up, 20 minutes of Jazz Dance, and 20 minutes of Hip Hop Dance. Students must be able to participate on their own. See: performingstars.ca. No session Sep 29, Oct 13, Nov 10

Instructor: Van. Performing Stars Dance Studio
Su Sep 15-Dec 08 11:30 AM-12:15 PM
515431 \$160/10 sess



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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
Th Sep 12-Nov 21 4:15 PM-5:15 PM
515458 \$77/11 sess

MARTIAL ARTS

Karate

(6+ yrs)

Mushin Karate 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, women and children. Register in Full Month to attend twice per week; register in Half Month to attend once per week. No class Sep 30, Oct 14, Nov 11.

Instructor: Kim Fivelsdal Multipurpose Room
Beginner (Full Month) -

Mo Th Sep 05-Sep 26 5:30 PM-6:30 PM \$79.5/month
515423
Mo Th Oct 03-Oct 31 5:30 PM-6:30 PM \$79.5/month
515424
Mo Th Nov 04-Nov 28 5:30 PM-6:30 PM \$79.5/month
523168
Mo Th Dec 02-Dec 19 5:30 PM-6:30 PM \$79.5/month
515425

Beginner (Half Month) -

Mo Th Sep 05-Sep 26 5:30 PM-6:30 PM \$53/month
515426
Mo Th Oct 03-Oct 31 5:30 PM-6:30 PM \$53/month
515427
Mo Th Nov 04-Nov 28 5:30 PM-6:30 PM \$53/month
515428
Mo Th Dec 02-Dec 19 5:30 PM-6:30 PM \$53/month
520644

Advanced (Full Month) -

Mo Th Sep 05-Sep 30 6:30 PM-7:30 PM \$79.5/month
515417
Mo Th Oct 03-Oct 31 6:30 PM-7:30 PM \$79.5/month
515418
Mo Th Nov 04-Nov 28 6:30 PM-7:30 PM \$79.5/month
515419
Mo Th Dec 02-Dec 19 6:30 PM-7:30 PM \$79.5/month
519556

Advanced (Half Month) -

Mo Th Sep 05-Sep 30 6:30 PM-7:30 PM \$53/month
515420
Mo Th Oct 03-Oct 31 6:30 PM-7:30 PM \$53/month
515421
Mo Th Nov 04-Nov 28 6:30 PM-7:30 PM \$53/month
523170
Mo Th Dec 02-Dec 19 6:30 PM-7:30 PM \$53/month
515422

Capoeira

(5-7 yrs)

Capoeira is a martial arts that combines music, culture, dance, and self-defense. It is an excellent workout for all ages! Drop in \$20, if space available. No class Sep 30, Oct 14, Oct 10, Nov 11.

Instructor: Julio Monteiro Board Room
Mo Sep 23-Dec 16 5:00 PM-5:45 PM \$125/10 sess
520582
Th Sep 19-Dec 19 5:00 PM-5:45 PM \$162.50/13 sess
520589

Capoeira

(8-12 yrs)

Capoeira is a martial arts that combines music, culture, dance, and self-defense. It is an excellent workout for all ages! Drop in \$20, if space available. No class Sep 30, Oct 10, Oct 14, Nov 11

Instructor: Julio Monteiro Board Room
Mo Sep 23-Dec 16 5:45 PM-6:45 PM \$150/10 sess
520607
Th Sep 19-Dec 19 5:45 PM-6:45 PM \$195/13 sess
520593



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STEM PROGRAMS

Young Commander Chess - Novice (Starter)

(6-13 yrs)

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! Chess provides a mental armor "commander" self-image (TEAM leader), whereby kids can draw upon and develop a well-rounded discipline, amidst a friendly social setting where art meets science and math with fun. Chess folder kit included. Instructor's Mission Statement: Strategies now, leader tomorrow.

Instructor: Joe Soliven	Multipurpose Room
Tu Sep 10-Oct 22	4:00 PM-5:10 PM
515457	\$105/7 sess
Tu Oct 29-Dec 10	4:00 PM-5:10 PM
517464	\$105/7 sess

Young Commander Chess - Intermediate

(8-13 yrs)

This level of Young Commander Chess is for anyone new or with some knowledge of the art-of-chess basics.

Instructor: Joe Soliven	Multipurpose Room
Tu Sep 10-Oct 22	5:20 PM-6:30 PM
515456	\$105/7 sess
Tu Oct 29-Dec 10	5:20 PM-6:30 PM
517468	\$105/7 sess



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SPORTS

Sportball Basketball

(4-6 yrs)

Slam-dunk! Sportball Basketball introduces fundamental concepts of gameplay and teaches the basic skills required to hit the court with confidence in a supportive, non-competitive environment. Coaches zero in on skills like dribbling, passing, catching, shooting and defense in fun, exciting, skill-focused play. No class Sep 30, Oct 14, Nov 11.

Instructor: Sportball Vancouver	Gymnasium
Mo Sep 09-Oct 28	3:45 PM-4:45 PM
515443	\$97.5/6 sess
Mo Nov 04-Dec 16	3:45 PM-4:45 PM
523235	\$97.5/6 sess



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Sportball Basketball

(6-9 yrs)

Slam-dunk! Sportball Basketball introduces fundamental concepts of gameplay and teaches the basic skills required to hit the court with confidence in a supportive, non-competitive environment. Coaches zero in on skills like dribbling, passing, catching, shooting and defense in fun, exciting, skill-focused play. No class Sep 30, Oct 14, Nov 11.

Instructor: Sportball Vancouver	Gymnasium
Mo Sep 09-Oct 28	4:45 PM-5:45 PM
515444	\$97.5/6 sess
Mo Nov 04-Dec 16	4:45 PM-5:45 PM
517638	\$97.5/6 sess

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. No session Sep 29, Oct 13, Nov 10.

Instructor: Stanley Kita	Gymnasium
Su Sep 08-Dec 15	11:45 AM-12:45 PM
515367	\$120/12 sess
Su Sep 08-Dec 15	12:45 PM-1:45 PM
517488	\$120/12 sess

Saturday Ball Hockey

(6-8 yrs)

Come out and learn the fundamentals of hockey. Join us in this action packed non-contact game. Equipment supplied if needed. Drop in \$5.50, space permitting. Safety eye goggles are provided and must be worn.

Instructor: Edmond Leong	Gymnasium
Sa Sep 14-Nov 30	11:45 AM-12:45 PM
515376	\$60/12 sess

Saturday Ball Hockey

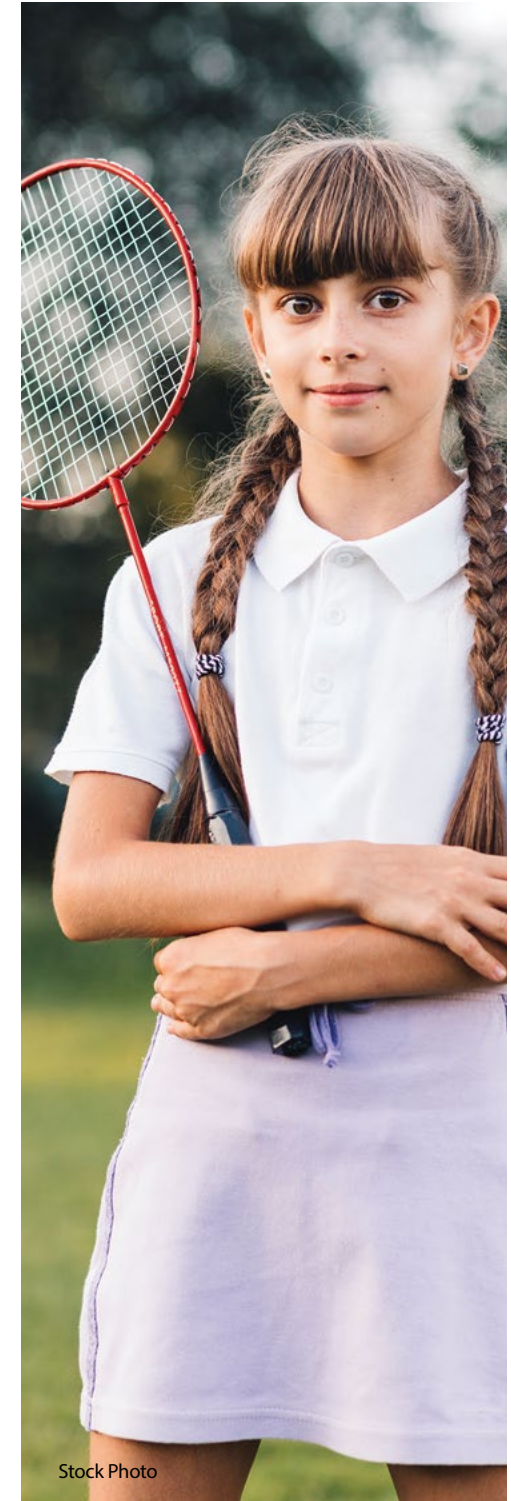
(9-17 yrs)

Come out and learn the fundamentals of hockey. Join us in this action packed non-contact game. Equipment supplied if needed. Drop in \$5.50, space permitting. Safety eye goggles are provided and must be worn.

Instructor: Edmond Leong	Gymnasium
Sa Sep 14-Nov 30	12:45 PM-1:45 PM
515377	\$60/12 sess



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WINTER BREAK PROGRAMS

Winter Break Young Commander Chess - Novice (Starter)

(5-10 yrs)

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. Join us this Winter Break for some fun and learning! Chess folder kit included.

Instructor: Joe Soliven Multipurpose Room
Mo Tu Th Fr Dec 30-Jan 3 10:00 AM-11:30 AM
525299 \$80/4 sess



String Art: Holiday Season Fun

(8-12 yrs)

Get ready to dive into a colorful world where art and geometry collide! Join us for an exciting String Art Workshop where Creativity knows no bounds. This workshop will guide you through the mesmerizing process of transforming simple strings into stunning designs.

Instructor: Arshi Aggarwal Seniors Lounge
Mo Dec 23 9:30 AM-11:00 AM
525874 \$65/1 sess
Mo Dec 23 11:00 AM-12:30 PM
525876 \$65/1 sess



Fluid Art: Color Craze

(8-12 yrs)

Discover the magic of fluid art techniques as you pour, tilt, and swirl vibrant paints to create stunning abstract designs on both vases and canvases. Each piece you create will be one-of-a-kind, reflecting your personal style and creativity. Watch as colors flow and blend in unexpected ways, turning ordinary objects into extraordinary works of art.

Instructor: Arshi Aggarwal Seniors Lounge
Fr Dec 27 9:30 AM-11:00 AM
525884 \$70/1 sess
Fr Dec 27 11:00 AM-12:30 PM
525879 \$70/1 sess

Canvas Art: Festive Creation

(8-12 yrs)

Get into the holiday spirit with our festive holiday season-themed Canvas Painting Workshop! Celebrate the season by creating vibrant, one-of-a-kind artwork that captures the magic of the holiday season using the dynamic techniques of fluid art.

Instructor: Arshi Aggarwal Seniors Lounge
Mo Dec 30 9:30 AM-11:00 AM
525878 \$65/1 sess
Mo Dec 30 11:00 AM-12:30 PM
525880 \$65/1 sess

Vase Decoration

(8-12 yrs)

Transform ordinary vases into stunning seasonal masterpieces that will bring festive flair to your home. Discover a variety of techniques, including stenciling, and hand painting, to make your vase truly unique. Experiment with textures, colors, and embellishments to craft a holiday masterpiece.

Instructor: Arshi Aggarwal Seniors Lounge
Tu Dec 31 9:30 AM-11:00 AM
525881 \$70/1 sess
Tu Dec 31 11:00 AM-12:30 PM
525882 \$70/1 sess

PRETEENS & YOUTH

SOCIAL

Adapted Social Time

(16+yrs)

This open social time is for individuals with complex disabilities and their support workers to socialize and relax in a safe, calm community space. Participants are welcome to use the space to exercise and connect with one another in a low stimulus environment. Drop-in \$3 + tax, space permitting. Max. 6 spots (+ 6 attendants). No session Oct 10.

Instructor: No Instructor Board Room
We Sep 04-Dec 18 9:30 AM-12:30 PM
515355 \$32/16 sess
Th Sep 05-Dec 19 9:30 AM-12:30 PM
515356 \$30/15 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. No session Sep 29, Oct 13, Nov 10.

Instructor: Stanley Kita Gymnasium
Su Sep 08-Dec 15 11:45 AM-12:45 PM
515367 \$120/12 sess
Su Sep 08-Dec 15 12:45 PM-1:45 PM
517488 \$120/12 sess

Saturday Ball Hockey

(9-17 yrs)

Come out and learn the fundamentals of hockey. Join us in this action packed non-contact game. Equipment supplied if needed. Drop in \$5.50, space permitting. Safety eye goggles are provided and must be worn.

Instructor: Edmond Leong Gymnasium
Sa Sep 14-Nov 30 12:45 PM-1:45 PM
515377 \$60/12 sess

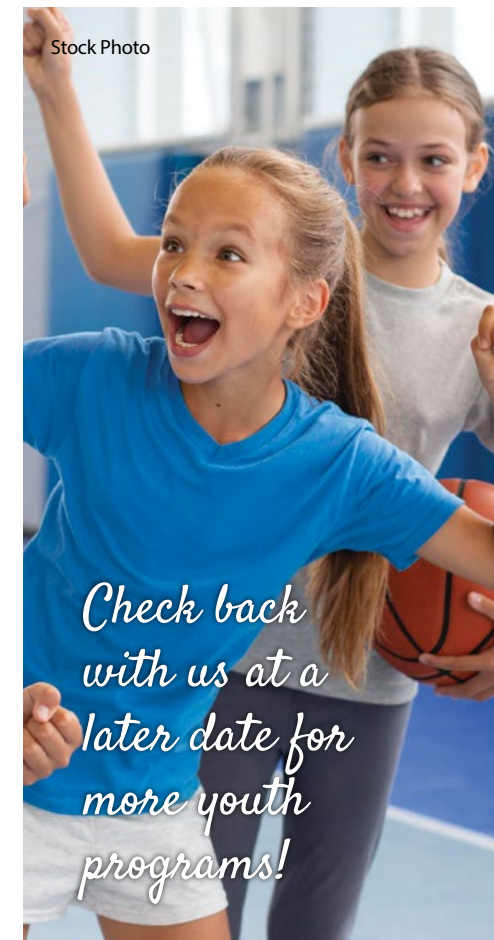
EDUCATION

Homework Club

(11-18 yrs)

If you want to receive tutoring help with your school work for Grades 5 to 12, please come to Kensington Centre. Angelina, our tutor, will be able to support you with your homework and assignments. Registration is required.

Instructor: Angelina Puen Board Room
We Sep 6-Dec 6 4:30 PM-6:00 PM
Fr Sep 8-Dec 8 4:30 PM-6:00 PM
517319 FREE



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Check back
with us at a
later date for
more youth
programs!

ADULTS & SENIORS

SOCIAL

Adapted Social Time

(16+ yrs)

This open social time is for individuals with complex disabilities and their support workers to socialize and relax in a safe, calm community space. Participants are welcome to use the space to exercise and connect with one another in a low stimulus environment. Drop-in \$3 + tax, space permitting. Maximum 6 spots (+ 6 attendants). No session Oct 10.

Instructor: No Instructor	Board Room
We Sep 04-Dec 18	9:30 AM-12:30 PM
515355	\$32/16 sess
Th Sep 05-Dec 19	9:30 AM-12:30 PM
515356	\$30/15 sess



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Pancake Tuesdays

(50+ yrs)

Kensington is trying out new programs with a new amateur chef in town! Come join us for a new food program hosted by Chef Emily where you will be able to taste the food of the new generation every month! This social activity is meant to get to know new people and learn more about the community. Come for some coffee, tea or water and have hot pancakes made in house! Every second Tuesday of the month at 10:30 AM-12:00 PM. Register to confirm your seat. Fee is \$2.86 + tax.

Instructor: No Instructor	Multipurpose Room	
Tu Sep 10	525141	10:30 AM-12:00 PM
Tu Oct 8	525142	10:30 AM-12:00 PM
Tu Nov 12	525143	10:30 AM-12:00 PM
Tu Dec 10	525144	10:30 AM-12:00 PM

Social Coffee/Tea and Mingle

(50+ yrs)

Join us for weekly socials with a nice warm cup of tea or coffee. Sit down, relax, and mingle with other like minded individuals or make new friends in the community. Coffee/tea and small pastries will be available. Drop-in \$2.38 + tax. No meeting every second Tuesday of the month and on Oct 15.

Instructor: No Instructor	Multipurpose Room
Tu Sep 17-Dec 17	10:30 AM-12:30 PM
525145	\$2.38/drop-in

Mah Jong & Big Two & Board Games

(55+ yrs)

Looking for an activity to meet new friends and learn to play a new game? Come join use for a game of mahjong or Big Two or board games. This event is community-led. It's a perfect place to make new friends, learn new games or have a chance to play with friends if you don't have the space at home! There are limited tables so we ask for everyone to share and take turns. No session Oct 13.

Instructor: No Instructor	Multipurpose Room
Su Sep 1-Dec 29	11:00 AM-2:30 PM
523444	\$0/17 sess



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Seniors Karaoke

(55+ yrs)

Sing your heart out with your favourite songs or songs from the past. This is a social environment where you may practice your singing skills while enjoying the company of fellow singers. The song library includes songs either in Mandarin or in English. Adults and Seniors are welcome! Drop-in \$3 + tax.

Instructor: Cam Fung	Board Room
Tu Sep 10-Dec 17	11:00 AM-3:00 PM
522543	\$37.50/15 sess

ART, CULTURE & EDUCATION

Cooking Oils 101

(19+ yrs)

Come learn from a Nutritionist as to why not all cooking oils are equal and some can be bad for your health! In this workshop you will learn: which cooking oils are better overall for your health; which oils should you use for frying; which oils to use on your salad. Great take away information to empower you to make better food choices for you and your family. Everyone goes home with a handy cooking oil 101 reference guide. **About The Instructor:** Samira is a Certified Nutritional Practitioner. Her knowledge comes from her extensive studies at the Institute for Holistic Nutrition in Vancouver, BC. Additionally, Samira has 22 years of nursing experience as a registered nurse in hospitals and long-term care. During her professional career, she led many educational workshops for hospital staff, new staff on-boarding, as well as patients and their families.

Instructor: Samira Tahvildari	Multipurpose Room
We Sep 18	7:00 APM-8:00 PM
523023	\$15/1 sess

How to Make Tastier & Healthier Pancakes

(19+ yrs)

Come learn from a Nutritionist on how to make tastier, healthier pancakes for your family! In this workshop you will learn healthier alternatives to store-bought pancake mixes. Starting from with a simple pancake recipe, we will explore together ways to make your pancakes way more nutritious and delicious. Everyone will get to sample some pancakes and go home with a recipe card. **About The Instructor:** Samira is a Certified Nutritional Practitioner. Her knowledge comes from her extensive studies at the Institute for Holistic Nutrition in Vancouver, BC. Additionally, Samira has 22 years of nursing experience as a registered nurse in hospitals and long-term care. During her professional career, she led many educational workshops for hospital staff, new staff on-boarding, as well as patients and their families.

Instructor: Samira Tahvildari	Multipurpose Room
We Oct 23	7:00 APM-8:00 PM
523076	\$15/1 sess

DIY Sugar Scrubs and Bath Salts

(19+ yrs)

In this Village Vancouver workshop, Rashmi GC will share recipes and show you how to make colourful and fragrant sugar scrubs and bath salts to pamper yourself. Each participant will make and take a jar of sugar scrub and a jar of bath salts home with them. We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds. Fee includes cost of all materials.

Instructor: Village Vancouver	Seniors Lounge
Tu Oct 15	6:30pm-8:30pm
525603	\$25/1 session

Holiday Workshop: Edible Holiday Gifts in Mason Jars

(19+ yrs)

In this Village Vancouver workshop with Rashmi GC, we'll be exploring edible sweet and savoury gifts in Mason jars for the holiday season, and participants will create a jar to take home with them. We'll also discuss the broader concepts of food as a gift and homemade gifts, as well as gift wrapping, utilizing family recipes, etc. We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds. Fee includes cost of all materials. Free for Seniors (50 and over; \$11 materials fee only).

Instructor: Village Vancouver	Seniors Lounge
Th Nov 28	6:30 PM-8:30 PM
525604	\$25/1 session



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Kensington Holiday Craft Fair

(All Ages)

Join us at the Annual Kensington Holiday Craft Fair and browse for gifts for family, friends, or yourself. Admission is free for the public. For crafters, the fee is \$35.00 per table. Crafters may apply to this juried craft fair by picking up an application form at the centre or by e-mailing kensingtoncc@vancouver.ca. Deadline for applications is September 27, 2024. Admission is free for attendees.

Sa Dec 7	10:00 AM-4:00 PM
516426	\$35/table

DANCE

ATS Bellydance Level 1

(19+yrs)

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

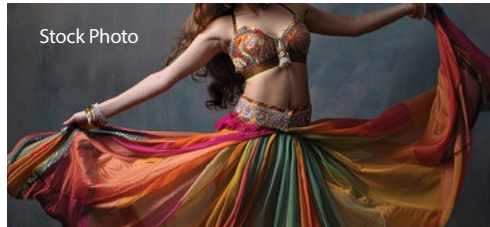
Instructor: Tonje Olson Dance Studio
Tu Sep 10-Nov 26 7:00 PM-8:00 PM
515362 \$132/12 sess

ATS Bellydance Level 2

(19+yrs)

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

Instructor: Tonje Olson Dance Studio
Tu Sep 10-Nov 26 8:10 PM-9:10 PM
515363 \$132/12 sess



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Chinese Classical Dance

(19+yrs)

The mission of Chinese Classical dance is to serve as a bridge to anyone who wishes to understand and appreciate the beauty of Chinese culture. It is not just about twisting the body, but expressing the inner world of artistic characters through basic dance techniques introduced (fundamental steps, movements, and flexibility). This class is open to adults who wants to stay fit and have fun in the enjoyment of music as well (the basic understanding is required). Come with comfortable dance/exercise wear (i.e. Lycra tops and dance/yoga pants or shorts), and dance practice soft shoes. \$12 drop-in, space permitting. No class Sep 30, Oct 14, Oct 28, Nov 4, Nov 11, Nov 18.

Instructor: Margaret Pan Dance Studio
Mo Sep 09-Dec 23 6:15 PM-7:45 PM
515379 \$100/10 sess

Chinese Folk Dance

(19+yrs)

This class starts from the beginner and focuses on the foundation, including basic position, basic movement, stretch and strength, based on ballet basics. No experience is required. This class is open to adults who wants to stay fit and have fun in the enjoyment of music. Come with comfortable dance/exercise wear (i.e. Lycra tops and dance/yoga pants or shorts), and dance practice shoes (the soft one). Drop in \$10 + tax, space permitting. No class Oct 26, Nov 2, Nov 9, Nov 16.

Instructor: Margaret Pan Dance Studio
Sa Sep 07-Dec 21 1:00 PM-2:30 PM
515380 \$108/12 sess

International Line Dance

(45+yrs)

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 + tax, space permitting.

Instructor: Jing Fung Dance Studio
Tu Sep 03-Dec 17 9:15 AM-10:15 AM
515395 \$60.8/16 sess
Tu Sep 03-Dec 17 10:20 AM-11:20 AM
515400 \$60.8/16 sess
We Sep 04-Dec 18 9:15 AM-10:15 AM
515396 \$60.8/16 sess
Th Sep 05-Dec 19 9:15 AM-10:15 AM
515397 \$60.8/16 sess
Th Sep 05-Dec 19 10:20 AM-11:20 AM
515398 \$60.8/16 sess

International Performance Dance

(45+yrs)

Various ethnic dance exercise taught in English and Chinese. Drop in \$5.00 + tax, space permitting. No class Sep 30, Oct 14, Nov 11

Instructor: Jing Fung Dance Studio
Mo Sep 09-Dec 23 9:15 AM-10:15 AM
515406 \$49.4/13 sess
We Sep 04-Dec 18 10:20 AM-11:20 AM
515405 \$60.8/16 sess

Social Dance - Partners with Lessons (Beginners)

(45+ yrs)

Course content includes: 1) Cha Cha with three steps; 2) Traditional Tango with beginning and intermediate; 3) Jive with four steps; 4) Jive with Six Steps; 5) Slow four steps; 6) Four steps (M); 7) Joyful of three steps = Festivals dance; 8) Hand to hand (Similar to Salsa style); 9) Mambo; 10) Easy three steps. Classes are taught in Cantonese, Mandarin and English. Drop in \$5.00 + tax, space permitting.

Instructor: Jing Fung Dance Studio
Th Sep 05-Dec 19 1:00 PM-2:30 PM
515409 \$60.8/16 sess

International Social Dance With Lessons

(45+yrs)

Courses content includes: 1) Cha Cha: Beginners & Intermediate & performance; 2) Rumba: Beginners & Intermediate & performance; 3) Waltz: Beginners & Intermediate & performance; 4) Tango: Beginners & Intermediate; 5) Paso doble: Beginners & Intermediate & performance; 6) Jive: Beginners & Intermediate & performance; 7) Foxtrot; 8) Samba: Beginner & Intermediate; 9) Quick step four; 10) Quick step three. Classes are taught in Cantonese, Mandarin and English. Drop in \$5.00 + tax, space permitting. No class Sep 30, Oct 14, Nov 11.

Instructor: Jing Fung Dance Studio
Mo Sep 09-Dec 23 10:30 AM-12:00 PM
515410 \$49.4/13 sess
Fr Sep 06-Dec 20 11:20 AM-12:50 PM
515441 \$60.8/16 sess

Social Dance with Partners

(19+yrs)

Join us for social dance and meet new friends! This program is non-instructional. Drop in \$2.00 + tax, space permitting. This program is free of charge if you drop-in for a "Social Dance - Partners" lesson or "International Social Dance" lesson in the same week, and it is free of charge for the entire season if you are registered in one of the above programs.

Instructor: Jing Fung Gymnasium
We Sep 04-Dec 18 1:00 PM-2:45 PM
515438 \$24/16 sess
Fr Sep 06-Dec 20 1:00 PM-2:45 PM
515437 \$24/16 sess

FITNESS & HEALTH

Beginners Yoga

(19+yrs)

If you have never tried yoga before or tried a few but found all-level classes too difficult / fast to follow, this Beginners Only Yoga class is the right place for you to begin in a safe, supportive environment. This will be a very slow paced class that focuses mainly on learning and repeating basic yoga postures and movements, practicing basic breathing/relaxation techniques, and helping our body and mind learn to relax and heal. This is not for you if you are not new to yoga or not a beginner. Participants are highly encouraged to bring their own yoga mats and blocks. If needed, a limited number of mats and blocks are available for lending. They will be designated for use for specific participants only for each session. They will be sanitized between classes. Drop-in \$15 + tax, space permitting.

Instructor: Nancy Kang Board Room
Sa Sep 7-Oct 12 10:00 AM-10:45 AM
523615 \$78/6 sess
Sa Nov 2-Nov 23 10:00 AM-10:45 AM
523617 \$52/4 sess



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Hatha Yoga

(19+yrs)

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. If needed, a limited number of mats and blocks are available for lending. They will be designated for use for specific participants only for each session. They will be sanitized between classes. Drop-in \$15+ tax, space permitting.

Instructor: Nancy Kang Board Room
Sa Sep 7-Oct 12 11:00 AM-12:00 PM
523619 \$78/6 sess
Sa Nov 2-Nov 23 11:00 AM-12:00 PM
523620 \$52/4 sess

Kundalini Yoga

(19+yrs)

Kundalini Yoga combines breath, rhythmic movement and postures to energize the body, calm the mind and improve overall well-being. Each class includes warm-up exercises, dynamic yoga set and relaxation. Jeremy has been teaching yoga since 1998. Drop-in \$12 + tax, space permitting.

Instructor: Jeremy Blaine	Dance Studio
We Oct 2-Oct 30	7:30 PM-9:00 PM
523630	\$56.75/5 sess
We Nov 6-Dec 11	7:30 PM-9:00 PM
523631	\$68.10/6 sess

Vinyasa Flow Yoga

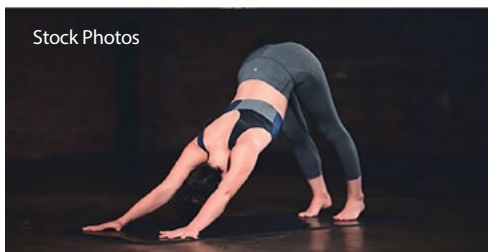
(19+yrs)

Vinyasa is a style of yoga characterized by stringing postures together, so that you move from one to another, seamlessly, using breath. Considered a moving meditation, this yoga style is a breath synchronized practice that cultivates heat in the body with creative sequences involving sun salutations, standing and seated postures, back bending, balancing postures, and a strong focus on the power of breath awareness. A variety of music and themes are used to create an exciting atmosphere in which students can awaken their strength, energy, and flexibility. Drop-in: \$13.50 + tax. No class Oct 31.

Instructor: Laura Arroyo	Dance Studio
Th Sep 12-Oct 17	6:50 PM-7:55 PM
523625	\$69/6 sess
Th Oct 24-Dec 12	6:50 PM-7:55 PM
523627	\$80.50/7 sess



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Stroller Yoga

(19+ yrs)

These indoor classes are a perfect way for parents and infants (up to 8 weeks old) to engage in fitness together while fostering a sense of calm and well-being. In our class, we will explore basic yoga poses with, and without, a stroller to help build strength, flexibility, and balance. Bond with your baby while enjoying gentle stretching, breathing exercises, and playful activities to keep the little ones engaged. Parents will benefit from the opportunity to practice mindfulness and relaxation techniques in a supportive community environment. Join us for a joyful and rejuvenating experience that strengthens both body and bond. Bring Yoga mat, water and stroller to class, along with a blanket and toys. Participants should be minimum 8 weeks postpartum. Doctor's approval is recommended. For more info visit www.intoyoga.ca. Drop-in \$16 + tax.

Instructor: Into Yoga	Gymnasium
We Sep 18-Oct 30	9:30 AM-10:30 AM
518496	\$101/7 sess
We Nov 06-Dec 11	9:30 AM-10:30 AM
518498	\$87/6 sess

Zumba Gold/ Gold Toning

(45+yrs)

This low-impact dance-fitness class is for beginners and seniors. Dance easy-to-follow moves to zesty Latin music like salsa, cha cha and merengue and Rock & Roll. Improve your balance, strength, flexibility and most importantly, heart in this "feel-happy" workout that is great for both the body and the mind. Drop-in \$7.50 + tax. Please register early to avoid cancellation of the class.

Instructor: Kayo Echizenya	Dance Studio
Set 1	
We Sep 4-Oct 23	11:30 AM-12:30 PM
523433	\$52/8 sess
Set 2	
We Oct 30-Dec 18	11:30 AM-12:30 PM
523434	\$52/8 sess

MARTIAL ARTS

Karate

(14+ yrs)

Mushin Karate 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, women and children. Register in Full Month to attend twice per week; register in Half Month to attend once per week. No class Sep 30, Oct 14, Nov 11.

Instructor: Kim Fivelsdal	Multipurpose Room
Beginner (Full Month) –	

Mo Th Sep 05-Sep 26	5:30 PM-6:30 PM
515423	\$90.10/month
Mo Th Oct 03-Oct 31	5:30 PM-6:30 PM
515424	\$90.10/month
Mo Th Nov 04-Nov 28	5:30 PM-6:30 PM
523168	\$90.10/month
Mo Th Dec 02-Dec 19	5:30 PM-6:30 PM
515425	\$90.10/month

Beginner (Half Month) –

Mo Th Sep 05-Sep 26	5:30 PM-6:30 PM
515426	\$58.30/month
Mo Th Oct 03-Oct 31	5:30 PM-6:30 PM
515427	\$58.30/month
Mo Th Nov 04-Nov 28	5:30 PM-6:30 PM
515428	\$58.30/month
Mo Th Dec 02-Dec 19	5:30 PM-6:30 PM
520644	\$58.30/month

Advanced (Full Month) –

Mo Th Sep 05-Sep 30	6:30 PM-7:30 PM
515417	\$90.10/month
Mo Th Oct 03-Oct 31	6:30 PM-7:30 PM
515418	\$90.10/month
Mo Th Nov 04-Nov 28	6:30 PM-7:30 PM
515419	\$90.10/month
Mo Th Dec 02-Dec 19	6:30 PM-7:30 PM
519556	\$90.10/month

Advanced (Half Month) –

Mo Th Sep 05-Sep 30	6:30 PM-7:30 PM
515420	\$58.30/month
Mo Th Oct 03-Oct 31	6:30 PM-7:30 PM
515421	\$58.30/month
Mo Th Nov 04-Nov 28	6:30 PM-7:30 PM
523170	\$58.30/month
Mo Th Dec 02-Dec 19	6:30 PM-7:30 PM
515422	\$58.30/month

Tai Chi Yang Style 1 & 2

(19+yrs)

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 Sep 01-Dec 15	9:15 AM-11:30 AM
515453	\$96/16 sess



Photo of Course Instructor

SPORTS

Adult Basketball*(19+ yrs)*

Join us for Adult Basketball. If full; waitlist registration begins at 5:45pm in person. Please note that registered participants have until 7:55pm to arrive or their spot will be sold to drop-in participants. Register for the season to guarantee your spot. Drop-in \$5.50 + tax. No session Sep 30, Oct 14, Nov 11. This program is non-instructional.

Instructor: No Instructor	Gymnasium
Mo Sep 09-Dec 23	7:45 PM-9:05 PM
515357	\$52/13 sess

Adult Open Gym Basketball*(19+ yrs)*

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

Instructor: No Instructor	Gymnasium
Tu Sep 03-Dec 17	7:45 PM-9:05 PM
Th Sep 05-Dec 19	12:30 PM-3:30 PM
Fr Sep 06-Dec 20	9:15 AM-12:45 PM
515358	\$3/drop-in

Adult Volleyball*(19-0 yrs)*

Looking to play volleyball recreationally or just want to have some fun? Join us for Adult Volleyball (2 x 44' courts). If full; waitlist registration begins at 5:45pm in person. Please note that registered participants have until 7:55pm 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. Please note: this program is meant for casual and not competitive play. Please bring your own volleyball as volleyballs will not be provided. No session Sep 30, Oct 14, Nov 11. This program is non-instructional.

Instructor: No Instructor	Gymnasium
Th Sep 05-Dec 19	7:45 PM-9:05 PM
515359	\$64/16 sess
Mo Sep 09-Dec 23	6:15 PM-7:30 PM
525602	\$52/13 sess

Pickleball*(19+ yrs)*

Get active playing this exciting and popular sport. Pickleball is an easy to learn game played on a badminton court with a lowered net, a whiffle ball and large hand held paddles. It is great for all skills and ability levels. This program is non-instructional. Drop in \$4 + tax, space permitting. No session Sep 30, Oct 14, Nov 11.

Volunteer: Gary Cummings	Gymnasium
Mo Sep 09-Dec 23	1:00 PM-3:30 PM
515432	\$39/13 sess
Tu Sep 03-Dec 17	12:30 PM-3:20 PM
515433	\$48/16 sess
We Sep 04-Dec 18	4:45 PM-6:45 PM
515434	\$48/16 sess



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Badminton Court Booking/Drop-in*(19+ yrs)*

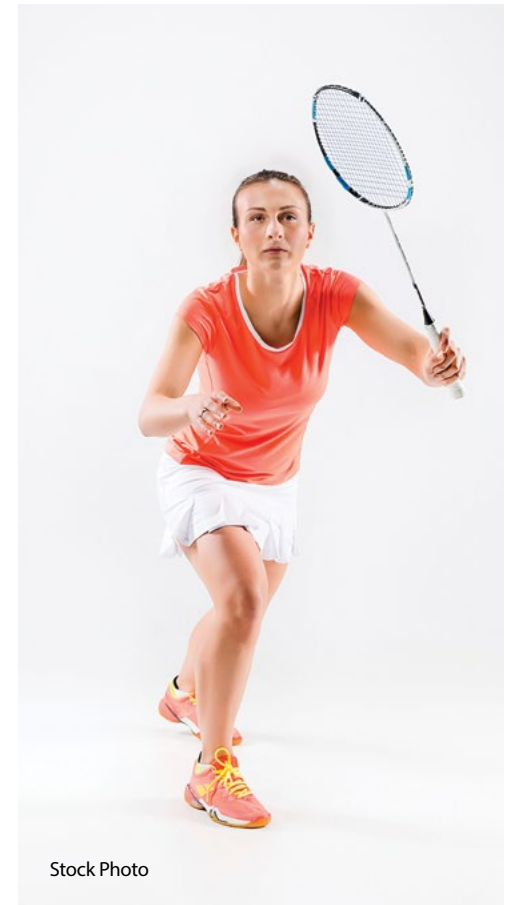
Badminton court booking for recreational badminton. This program is non-instructional. Three courts are available for booking. Registering for this activity guarantees you and your partner(s) a court, however, court choice are first come first serve. Please arrive no earlier than 10 minutes prior to your court booking time to choose the court you will use for the day. If any courts are not registered for, you are able to drop-in and book the court for the day and play, no earlier than 15 minutes before the booking time starts. Daily court drop-in \$8 + tax. No session Sep 30, Oct 14, Nov 11.

Instructor: No Instructor	Gymnasium
Mo Sep 09-Dec 23	9:10 AM-10:10 AM
515369	\$86.58/13 sess
Mo Sep 09-Dec 23	10:15 AM-11:15 AM
515371	\$86.58/13 sess
Mo Sep 09-Dec 23	11:20 AM-12:20 PM
519473	\$86.58/13 sess
Tu Sep 03-Dec 17	9:10 AM-10:10 AM
515370	\$106.56/16 sess
Tu Sep 03-Dec 17	10:15 AM-11:15 AM
515368	\$106.56/16 sess
Tu Sep 03-Dec 17	11:20 AM-12:20 PM
515374	\$106.56/16 sess
We Sep 04-Dec 18	7:00 PM-8:00 PM
515372	\$106.56/16 sess
We Sep 04-Dec 18	8:10 PM-9:10 PM
515373	\$106.56/16 sess

Saturday Ball Hockey*(18+ 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 + tax, space permitting. Eye protection is required for players under 19 years of age and is provided. For players over 19 years of age, eye protection is strongly recommended.

Instructor: Edmond Leong	Gymnasium
Sa Sep 14-Nov 30	2:00 PM-3:45 PM
515378	\$72/12 sess



Stock Photo



Stock Photo

ALL BODIES COMMUNITY RECREATION & FITNESS



ABC Group Photo

The ABC (All Bodies Community) Recreation & Fitness program provides guided physical activities, educational workshops, social connections, community outreach, and multiple choice-based entry points for fit and not so fit, adults and older-adults new to or returning to fitness and recreation. Welcoming all abilities, genders, ages, shapes, and sizes. Our workouts are never meant to be punishing; we offer scalable easy to follow exercises designed to help you develop confidence and a foundation for health, fitness, or performance. We teach skills and movements transferable to the "gym" and other activities. Our Learn to Play Sports are for folks wanting to return to or try a sport for the first time.

You can participate in ABC core programs by registering on the seasonal "Master Roster", and paying with one of the following methods: Purchase an ABC flexipass (providing access to the Vancouver Park Board's arenas, pools and fitness centres); purchase an ABC 10 visit usage card (good for 10 classes); or purchase and ABC Drop-in. Please be sure to scan your pass, give your receipt or bracelet to the instructor, and sign the attendance roster.

Stand Strong and Balance

(19+ yrs)

ABC Specialty Program – A workout for the wise – Want to be active but are afraid of falling? Join us 1 or 2 times per week (we recommend 2) to practice your balance and to build your strength and confidence in standing and walking. Please bring your walking aids. Class size is limited.

Instructor: Alexa Uhrich Dance Studio
We Sep 11-Dec 18 1:00 PM-2:00 PM
521858
Adult: \$111.15/15 sess
Senior: \$77.85/15 sess

Walk Strong and Balance

(19+ yrs)

ABC Core Program - please bring your walking aids. Join us to build your strength, balance and confidence while walking on an even surface. This class will warm you up and provide various walking challenges so you can gradually build your strength and endurance, and it will include rest and recovery stops. No class Sep 30, Oct 14, Nov 11.

Instructor: A. Uhrich/D. Gifford Dance Studio
Mo Sep 9-Dec 16 3:30 PM-4:30 PM
We Sep 11-Dec 18 2:15 PM-3:15 PM
Master Roster 521851 ABC Drop-in, ABC 10 Pass Card, or ABC Flexi-Pass

Stock Photo

For more info about these and other ABC programs, schedules, changes, and program updates scan the QR code:



Hip & Knee Strength and Mobility

(19+ yrs)

ABC Specialty Program - Helping you manage sore hips and knees. Join us 1 or 2 times per week (we recommend 2) and learn functional exercises designed to help you build strength in muscles supporting your joints. Special emphasis on technique and control will help you improve with each class. Related Osteoarthritis workshops with Vancouver Coastal Health, OASIS patient educators strongly recommended. For Schedule, Email kate.lee@vancouver.ca. No class on Sept 30, Oct 14, Nov 11

Instructor: Sara Doherty Dance Studio
Mo Sep 9-Dec 16 5:00 PM-6:00 PM
521847
Adult: \$88.92/12 sess
Senior: \$62.28/12 sess

Recumbent Group

(19+ yrs)

ABC Core Program by invitation only - for folks with very limited mobility or challenges requiring alternate workout options.

Instructor: Sara Doherty/Kate Lee Fitness Centre
Tu/Th Sep 10-Dec 19 5:00 PM-6:30 PM
Master Roster 521851 ABC Drop-in, ABC 10 Pass Card, or ABC Flexi-Pass

Recumbent Group – Circuit

(19+ yrs)

ABC Core Program by invitation only - for folks with very limited mobility or challenges requiring alternate workout options. No class Sep 29, Oct 13, Nov 10.

Instructor: ABC Instructor Fitness Centre
Su Sep 15-Dec 15 11:30 PM-12:30 PM
Master Roster 521851 ABC Drop-in, ABC 10 Pass Card, or ABC Flexi-Pass

Strength and Core

(19+ yrs)

ABC Core Program - Canadian guidelines recommend resistance training major muscle groups at least 2 times per week. Using a variety of equipment and bodyweight with an ongoing variety of exercises you'll develop and maintain a strong foundation for daily activities and challenges.

Instructor: Devon Gifford Board Room
Tu/Th Sep 10-Dec 19 6:00 PM-7:00 PM
Master Roster 521851 ABC Drop-in, 10 ABC Pass Card, or ABC Flexi-Pass

Qi Gong

(19+ yrs)

ABC Core program – Combining body movement, mental focus, and controlled breathing to improve strength, balance, flexibility and overall health.

Instructor: Sprina Fu Multi Purpose Room
We Sep 11-Dec 18 11:30 PM-12:30 PM
Master Roster 521851 ABC Drop-in, ABC 10 Pass Card, or ABC Flexi-Pass

Yoga and Relaxation

(19+ yrs)

ABC Core program - Safe, easy to follow yoga poses with guidelines and tips to continue or help you start your yoga practice.

Instructor: Sharon Babu Dance Studio
Fr Sep 13-Dec 20 5:30 PM-6:45 PM
Master Roster 521851 ABC Drop-in, ABC 10 Pass Card, or ABC Flexi-Pass

Sehatmand te Taqatvar (Active and Strong) in Punjabi & Hindi

(19+ yrs)

NEW! ABC Core Program - Pilot program designed for older adults and accommodating a range of fitness levels Active and Strong (Sehatmand te Taqatvar) is a group exercise class taught and led in Punjabi and Hindi with a focus on improved health and function. Using a culturally sensitive format it provides a gentle introduction to physical activity including functional exercises designed to help you stay strong for activities of daily living and build strength in muscles supporting your joints. Exercises to help improve balance and reduce risk for falls, with emphasis on technique and control to help you improve with each class. Thoughtful coaching provides various options in a welcoming and inclusive environment, including chair, allowing participants to connect and create community. Chair and standing options as needed. No class on Sept 30, Oct 14, Nov 11. **This class is taught in Punjabi and Hindi.**

Instructor: A. Dhaliwal/Kate Lee Board Room
Mo Sep 09-Dec 16 10:30 AM-11:30 AM
Master Roster 521851 ABC Drop-in, ABC 10 Pass Card, or ABC Flexi-Pass

FITNESS CENTRE

Kensington's fitness centre is well-equipped with the standard array of fitness equipment common to most Vancouver parks & rec facilities. Our equipment includes:

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, Life-Fitness); Strength circuit machines, ideal for adapted fitness (LifeFitness); Functional training props, weights, and machines, Stretching mats.

Fitness Centre Hours

Sept 1- Dec 31, 2024

Monday	7:30 AM-9:30 PM
Tuesday	7:30 AM-9:30 PM
Wednesday	7:30 AM-9:30 PM
Thursday	7:30 AM-9:30 PM
Friday	7:30 AM-9:30 PM
Saturday and Sunday	9:00 AM-4:00 PM

Fitness Centre Holiday & Special Hours

Mon Sep 2	Closed
Mon Sep 30	Closed
Mon Oct 14	Closed
Mon Nov 11	Closed
Wed Dec 25	Closed
Wed Dec 26	Closed

FITNESS CENTRE PROGRAMS

Fitness for Youth

(13-18 yrs)

Fitness staff will guide participants through a four week program teaching exercises to cover all components of a complete fitness program. At the end of the 4 weeks, participants will have a fitness program to follow and have the confidence to use the Fitness Centre on their own. Please note that a completed Par-Q and Consent & Release are required.

Fitness Centre

We Sep 18-Dec 11	5:00 PM-6:15 PM
524291	Valid Flexipass or Usage Pass Required

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 leaders. Registration is FREE but you must have a current Happy Hearts Flexi-pass to participate in the program.

Happy Hearts Maintenance:

523146	Mo Sep 9-Dec 23	8:30 AM-9:30 AM
523147	Mo Sep 9-Dec 23	11:00 AM-12:00 PM
523148	Tu Sep 3-Dec 17	8:30 AM-9:30 AM
523149	Sa Sep 7-Dec 21	11:00 AM-12:00 PM

Happy Hearts Plus:

523153	Mo Sep 9-Dec 23	9:45 AM-10:45 AM
523156	Th Sep 5-Dec 19	2:00 PM-3:00 PM

FREE FITNESS 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

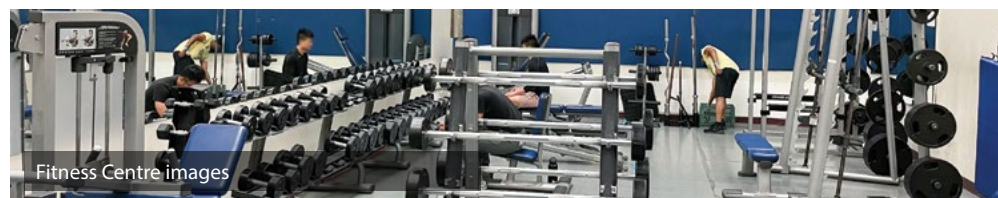
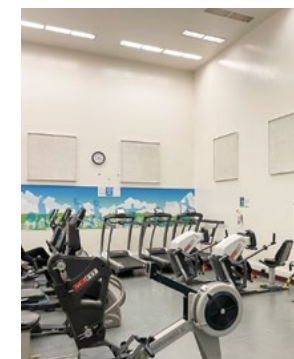
Try out our new small group personal training and enjoy the same intimate coaching experience as a personal training session but at a reduced cost. Training as a group provides a comfortable support system where you can encourage one another and foster some healthy competition!

Fitness Centre / Pool Fees

Type	Single-visit	10-visit pass	Flexipass 1 month	Flexipass 3 month	Flexipass 12 month
Adult (19-64 years)	\$7.41	\$66.69	\$59.95	\$161.87	\$517.97
Senior (65+ years)	\$5.19	\$46.71	\$41.96	\$113.31	\$362.58
Youth (13-18 years)	\$5.19	\$46.71	\$41.96	\$113.31	\$362.58
Child (5-12 years)	\$3.71	\$33.39	\$29.98	\$80.94	\$258.99
Preschool (0-4 years)	FREE	Please note: You must be 13 years or older to use the Fitness Centre			
Family	\$3.71/person, \$7.41 minimum				

Personal Training Rates

Duration	Private	Semi-private	Group
1 Session	\$61.66	\$92.46	\$129.70
3 Sessions	\$170.87	\$256.35	\$347.38
5 Sessions	\$274.83	\$423.22	\$509.51
10 Sessions	\$493.36	\$785.98	\$926.37



Fitness Centre images

POOL

Our leisure pool is shallow, small, warm and comfortable. It is a perfect pool for beginners of any age to learn and play. It is 15 metres long and the depth varies from 0.75 to 1.5 metres. Our facility also includes a hot tub, sauna, accessible showers, stair entry into the pool and the windows look out onto a patio garden. The 15-metre long pool does not include lanes for swimming lengths. Please note, Kensington Pool only offers Jellyfish to Orca, Swimmer 1-2, and Adult 1.

Pool Hours of Operation

September 9-December 15, 2024

Monday	10:00 AM-6:00 PM
Tuesday	12:00 PM-8:00 PM
Wednesday	10:00 AM-6:00 PM
Thursday	12:00 PM-8:00 PM
Friday	10:00 AM-6:00 PM
Saturday and Sunday	9:00 AM-4:00 PM

Pool Holiday & Special Hours

Mon Sep 2, 2024	Closed
Mon Sept 30, 2024	Closed
Mon Oct 14, 2024	Closed
Thu Nov 7, 2024	Closed at 4:30pm
Mon Nov 11, 2024	Closed
Wed Dec 25, 2024	Closed
Thu Dec 26, 2024	Closed

ONECARD

OneCard is a single card providing universal access to pools, rinks and fitness centres across the Park Board network of community centres, etc. One-Card can be loaded with any of the Park Board's Flexipass options and 10 visit passes, and also includes the built-in 50 percent subsidy, for those who qualify, as a part of the Park Board's Leisure Access program for those with financial barriers.

FLEXIPASS INFORMATION

Get unlimited admission to public sessions at Park Board fitness centres, indoor and outdoor pools and ice rinks with a monthly Flexipass.

LEISURE ACCESS POLICY

The Leisure Access Policy ensures residents of Vancouver access to Park Board sponsored programs and services regardless of ones ability to pay. For information contact the community centre office.

SWIM LESSON REGISTRATION

Registration for swimming lessons registration begins Tue Aug 27, 2024 @ 7:00pm

A Note on Refunds:

- Full refunds up to five days prior to program start
- Partial refund within four days of program start or before second class
- No refund after second class of the program or for single session programs
- Transfers possible prior to second class
- A cheque will be mailed in 3-6 weeks for cash payments.

POOL SCHEDULE DESCRIPTIONS

Please note the following access conditions relating to our pool programs. See schedule next page.

Public swim – Recreational swim for all ages.

Swim lessons – Public space in pool is limited during this time.

Hot tub and sauna only – Pool is unavailable. Reduced fees for sauna, and hot tub.

AquaFit – (Moderate intensity) is a pre-registered program. The majority of aquafit spaces will be pre-registered with some spaces held for drop-in. To avoid disappointment we encourage participants to pre-register. Pre-registration opens 3 days in advance and closes 30 minutes before the session starts. Drop-in starts 30 minutes prior to session start. Wristbands are required to be worn when participating in class.

AquaFit ROM – ROM (Range of Motion) is a gentle, no impact water workout to enhance joint mobility. Participants will receive instruction to move the joint through flexion, extension, and rotation in a controlled manner. Designed for participants who are rehabilitating and/or have minor mobility challenges. Participants must be independent in the water to participate in the class.

Kensington Pool Schedule | Fall 2024

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
9:00am						(Open 9:00am)	Swim lessons (Hot tub sauna only) 9:00am-1:00pm		
9:30am				Closed at 4:30pm, Nov 7		AquaFit 9:15-10:15am			
10:00am	Swim lessons (Hot tub sauna only) 10:00am-12:30pm		Swim lessons (Hot tub sauna only) 10:00am-12:30pm		Public swim 10:00am-2:00pm	Public space limited 10:30am-2:00pm	Public limited 1:00-2:00pm		
10:30am									
11:00am									
11:30am									
12:00pm	Public swim 12:30pm-3:30pm	Public swim 12:00pm-2:30pm	Public swim 12:30pm-3:30pm	Public swim 12:00pm-5:00pm	Swim lessons (Hot tub sauna only) 2:00pm-6:00pm	Public swim 2:00pm-4:00pm	Public swim 2:00pm-4:00pm		
1:00pm									
1:30pm									
2:00pm									
2:30pm	Public space limited 3:30pm-6:00pm	AquaFit ROM 2:30-3:30pm	Public space limited 3:30pm-6:00pm	Public space limited 5:00pm-7:00pm	Public space limited 5:00pm-7:00pm	Public swim 2:00pm-4:00pm	Public swim 2:00pm-4:00pm		
3:00pm									
3:30pm									
4:00pm									
4:30pm	Public space limited 5:00pm-7:00pm	Public swim 3:30pm-5:00pm	Public space limited 3:30pm-6:00pm	Public space limited 5:00pm-7:00pm	Public space limited 5:00pm-7:00pm	Public swim 2:00pm-4:00pm	Public swim 2:00pm-4:00pm		
5:00pm									
5:30pm									
6:00pm									
6:30pm	Public swim 7:00-8:00pm	Public swim 7:00-8:00pm	Public swim 7:00-8:00pm	AquaFit ROM 7:00-8:00pm	AquaFit ROM 7:00-8:00pm	Public swim 2:00pm-4:00pm	Public swim 2:00pm-4:00pm		
7:00pm									
7:30pm									
8:00pm									

Pool closed: Sep 30, Oct 14, Nov 11

Schedule is subject to change.

See page 23 for fitness centre and pool fees

Swim Lesson Sets & Fees

Set	Mon/Wed	Tue/Thu	Fri	Sat	Sun
1	9 lessons: Sep 9-Oct 9 (No lesson Sep 30)	10 lessons: Sep 10-Oct 10	7 lessons: Sep 13-Oct 25	11 lessons: Sep 14-Dec 14 (No lesson Sep 28, Oct 12, Nov 9)	11 lessons: Sep 15-Dec 15 (No lesson Sep 29, Oct 13, Nov 10)
2	8 lessons: Oct 16-Nov 13 (No lesson Nov 11)	10 lessons: Oct 15-Nov 14	7 lessons: Nov 1-Dec 13		
3	8 lessons: Nov 18-Dec 11	8 lessons: Nov 19-Dec 12			

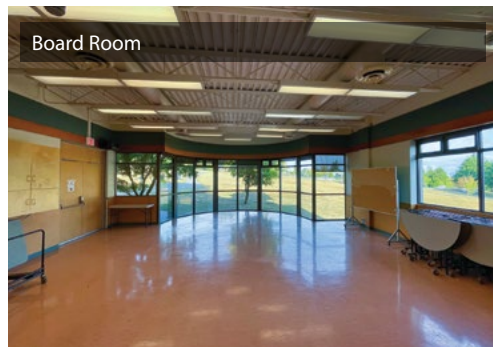
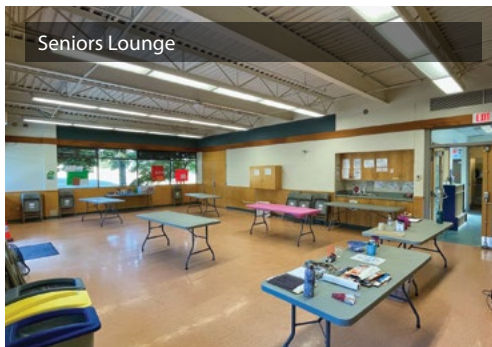
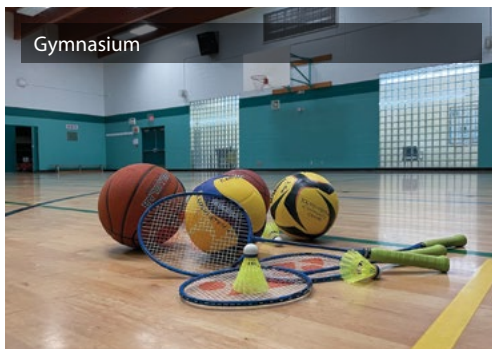
Number of lessons	7	8	9	10	11
Parent & Tot/Preschool (30 mins)	\$57.99	\$65.66	\$73.33	\$81.00	\$88.67
Swimmer 1, 2 (30 mins)	\$50.64	\$57.26	\$63.88	\$70.50	\$77.12
Adult 1 (45 mins)	\$99.08	\$112.62	\$126.16	\$139.70	\$153.24

ROOM RENTAL INFORMATION & RATES



Staffing charges, damage deposit fees, SOCAN and ReSound fees may apply. Rental request forms can be found online at Vancouver.ca/kensingtonrec. Please direct all inquiries to 604-718-6200.

Room	Features	Max Capacity	Area Sq-Ft	Rate per hour
Gymnasium	Full sized gymnasium perfect for sporting events and large events	200	3950	\$40
Multipurpose Room	Perfect for smaller events and meetings.	65	1000	\$45
Seniors Lounge	Accessible from 37th Avenue.	65	985	\$45
Board Room	Natural light, fantastic view.	60	775	\$40



KENSINGTON STAFF TEAM

Recreation SupervisorMichael Herrin
 Centre Programmer.....Jenny Yu
 Pool ProgrammerBradley Kuong
 Fitness Programmer Larry Turko
 Community Youth WorkerDavid Ng
 Seniors/Rentals/Special Events.....Emily Lam
 Recreation Facility Clerk.....Caroline Gee
 Maintenance.....Jimmy Norono & Rudy Pore

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.

WAIT LIST FOR CENTRE PROGRAMS

If a participant who is registered in a program withdraws, the first person on the wait list will be contacted to register.

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.

WHAT'S NEW AT KCC?

Visit www.vancouver.ca/kensingtonrec to learn more information about Kensington Community Centre!



Hours, location, contact info

Get Kensington Community Centre, Fitness Centre, and Pool hours. Find out where we are located and how to contact us.



Kensington Fitness Centre

Kensington Fitness Centre has treadmills, elliptical trainers, rowing machines, stairclimbers, stationary bikes, weights, and more.



Room rentals

Kensington Community Centre has a variety of spaces to suit your needs: wedding, corporate function, meeting or other event.



Summer recreation guide (11.31 MB)

Browse and download schedules and programs for all the leisure and fitness activities.



Kensington Pool

Kensington Pool is a small 15-metre indoor pool which includes a leisure pool, whirlpool, and sauna.



Recreation program instructors (204.14 KB)

Interested in providing a program at Kensington Community Centre? Download a Request for Expression of Interest (RFEOI) package.

Above: Screenshot from KCC website

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 Nhà 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 nhà 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 tái sản cá nhân.
- Xin hưởng thụ các giải trí hoạt động nhà hưu trong Thành Phố của bạn.
- Bộ Công Viên và Bộ Giải Trí Nhà Hưu giữ lại tất cả quyền lợi khi cần có hành động thích nghi để giải quyết mọi sự tranh chấp.

Check out weekly programs and special events for 2STGD and 2SLGBTQIA+ children, youth, adults, and seniors offered in various community centres across the city.

2STGD@vancouver.ca
queerinclusion@vancouver.ca
vancouver.ca/park-board-pride

