



Kensington Community Centre

Fitness Centre | Programs | Swimming Pool

5175 Dumfries St. Vancouver, BC V5P 3A2

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



Fall 2019 RECREATION GUIDE

REGISTER FOR SWIM LESSONS! *See page 30 - 31*

COME TO OUR SPECIAL EVENTS! *See pages 4 - 5*

REGISTRATION BEGINS THURSDAY, AUGUST 8 @ 7:00 PM *See next page...*

用國、粵語講授課程資訊，請參閱第 18, 19, 23, 25, 26, 27 頁。

Jointly Operated by Kensington Community Centre Association & Vancouver Board of Parks and Recreation.



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

*Jointly Operated by Kensington Community Centre Association &
Vancouver Board of Parks and Recreation.*

Register for Programs: Thursday, August 8, 2019 at 7:00pm

*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.

**For information on Swim Lesson
Registration see page 38.**

Operating Hours

September 1-December 31, 2019

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

September 2: Closed; **October 14:** 12:00pm-4:00pm

November 11: 12:00pm-4:00pm;

December 24: 9:00am-4:00pm; **December 25:** Closed; **December 26:** 12:00pm-4:00pm;

December 31: 9:00am-4:00pm

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 Fall 2019 Brochure for adult and senior programs/events are advertised
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.



Kensington Community Centre Association Membership

A current membership card is **required to drop-in or register for all Centre facilities and programs**, with the exception of swimming pool and fitness centre programs. Memberships are non-refundable and non-transferable. The OneCard will not be accepted as a valid CCA membership. Memberships may be purchased in person, or by phone. Your membership fee funds equipment, program expenses, administrative costs, and building upgrades. KCC Association membership makes you a member of our non-profit society.

Membership Fees:

Child/Youth	\$4
Adult (19-64)	\$6
Senior (65+)	\$3
Family	\$10
<i>(2 guardians + 18 years & under)</i>	
Replacement membership	\$1

Your membership fee funds:

- Equipment
- Program expenses
- Administrative costs
- Building upgrades

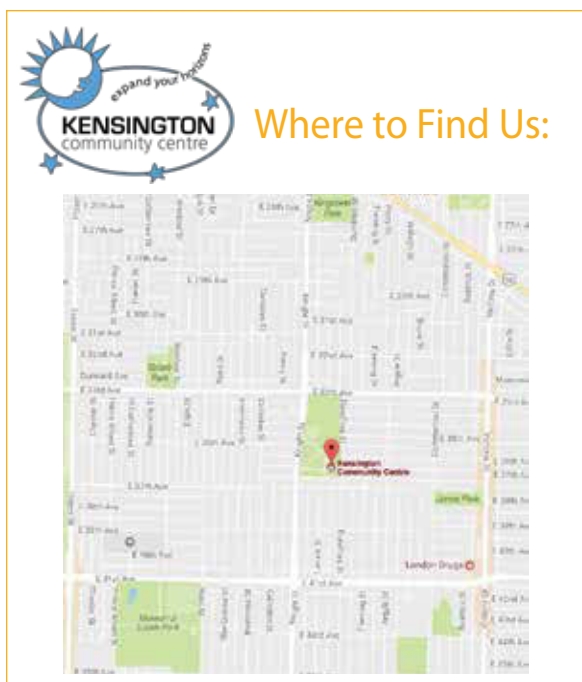
KCC Association membership makes you a member of our non-profit society.

don't be disappointed!

Make sure to save yourself a spot!
Some programs are extremely popular and fill quickly while others are cancelled when insufficient advanced registration is shown.

What's inside

■ Message from the Kensington Community Centre Assoc . .	2
■ Room Rental Information	3
■ Special Events	4
■ Licensed Preschool & Out of School Care	6
■ Parent & Tot Programs	7
■ Preschool Programs.	8
■ Birthday Parties	9
■ Children's Programs.	10
■ Winter Day Camps.	13
■ Preteen Programs.	14
■ Youth Programs	16
■ Adult Programs.	18
■ Active Aging.	26
■ Programs in Cantonese or Mandarin . 18, 19, 23, 25, 26, 27	
■ Fitness Centre	28
■ Kensington Pool	29
■ Kensington Community Centre Information	33



Message from the Kensington Community Centre Association

Welcome to Fall 2019 at Kensington Community Centre!

As we start another season at the Centre, we have new programs and offerings to entice every age group. Make sure to check out the special events that have been planned for the next few months. Our goal is to ensure that recreation is a part of everyone's regular schedule. We hope you enjoy the new and exciting programs this Fall with your friends and families.

Did you know that the Kensington Community Centre Association is a volunteer-driven organization with a Board of Directors whose mandate is to ensure that the Centre is meeting the needs of local residents? We are always looking for engaged community members to join our Board and help us achieve our goals. Please check in at the Association office or email kccaoffice@gmail.com if this is of interest to you.

And as always, we would like to send a huge thank you to our dedicated team of staff and volunteers for all their hard work!

We look forward to seeing all our neighbours at the Centre!
Kensington Community Centre Association Board of Directors

Join our Email List

We are compiling a KCC Association email list to ensure that the neighbourhood is in touch with what is happening at the Centre. This list will never to be shared/used for any other purpose other than to send out notices and reminders of programs/events that are happening at Kensington Community Centre. If you would like to be added to the list, please email kccaoffice@gmail.com. Thanks!



KCCA Mission Statement:

To develop and maintain programs of a recreational, educational, cultural, social and economic nature that will improve the quality of life for the Kensington Community.

Room Rental Information & Rates

Room	Maximum Capacity	Features	During Operating Hours (Rate/Hr)	After Hours (Rate/Hr) (includes staffing costs)	Deposit for Parties	Music Royalty Fees (SOCAN & ReSound)
Gymnasium	250	Full sized gymnasium	\$45	\$70 Sat / Sun Holidays	\$250	SOCAN & ReSound are Government of Canada Tariffs that we are required to charge. 1-100 Guests with Music \$31.04 (+Tax) 1-100 Guests with Dancing \$62.10 (+Tax) 101-250 Guests with Music \$48.80 (+Tax) 101-250 Guests with Dancing \$86.63 (+Tax) Rental request forms can be found online at Vancouver.ca/kensingtonrec Requests can be faxed to 604-718-6215 or emailed to brian.hooles@vancouver.ca Please direct all inquiries to 604-718-6209
Seniors Lounge & Board Room	125	Room joined by double doors	\$60	\$85	\$200	
Multipurpose Room	75	Natural light, doors to outside, kitchen attached	\$30	\$55	\$100	
Seniors Lounge	75	Natural light, doors to patio, kitchen attached	\$35	\$60	\$100	
Board Room	50	Natural light, view, concrete floor	\$30	\$55	\$100	
Dance Studio	30	Hardwood floors, sound system, natural light	\$30	\$55	\$100	
Swimming Pool	50	Rate includes 2 lifeguards	–	\$185.20 (+ tax)		

GST not included in these rental rates unless otherwise indicated. 2019 prices subject to change without notice.





A Halloween-themed poster with a black background. At the top, there's a large orange full moon with a face, surrounded by silhouettes of bats and a ghost. Below the moon is a black silhouette of a haunted house with multiple towers and a graveyard with tombstones. The title "HALLOWEEN PUMPKIN DECORATING" is written in large, white, hand-drawn, distressed capital letters. Below the title, the text "(2-12yrs)" is in a smaller font. The main description reads: "Join us for all of the chills and thrills this Halloween to decorate your small pumpkin with the scariest face and then you can take it home along with a candy bag." The location "Multipurpose Room" is listed. The dates and times are: "Sa Oct 26" with two sessions: "230021 10:00 AM-11:30 AM" and "230022 12:00 PM-1:30 PM". The cost is "\$5/1 sess".

HALLOWEEN PUMPKIN DECORATING

(2-12yrs)

Join us for all of the chills and thrills this Halloween to decorate your small pumpkin with the scariest face and then you can take it home along with a candy bag.

Multipurpose Room

Sa Oct 26

230021 10:00 AM-11:30 AM

230022 12:00 PM-1:30 PM

\$5/1 sess



A holiday-themed poster with a light green background. The title "Kensington Holiday Craft Fair" is written in a large, teal, cursive font. Below the title, the text reads: "Join us at the Annual Kensington Holiday Craft Fair and browse for gifts for family, friends and 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 kcc_craft_fair@yahoo.com. Deadline for applications is September 30, 2019." The location "Gymnasium" is listed. The date and time are: "Sa Dec 7" with the time "10:00 AM-4:00 PM". The cost is "\$33.33 + tax per table". The bottom of the poster features a winter scene illustration with two children in winter gear, a snowman, penguins, and evergreen trees.

Kensington Holiday Craft Fair

Join us at the Annual Kensington Holiday Craft Fair and browse for gifts for family, friends and 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 kcc_craft_fair@yahoo.com. Deadline for applications is September 30, 2019.

Gymnasium

Sa Dec 7

221089

10:00 AM-4:00 PM

\$33.33 + tax per table

Breakfast with Santa

All Ages
Join your neighbours and friends from the Kensington Community for Breakfast with Santa. There will be a pancake breakfast, arts & crafts, entertainment, and a visit from Santa. Registration is available in person at Kensington Community Centre (5175 Dumfries Street, Vancouver, B.C.), or by phone at 604-718-6228.

Gymnasium
Sa Dec 14 9:30 AM-11:30 AM 221088
KCCA Members - Family \$12, Adult \$5,
Children (4-18) \$3, Children 3 and under Free.
Non-members: add \$1.00 each.
(Family is defined as up to 2 adults and 2 children under 18 yrs. living in one household.)



Kensington Christmas Lunch

(25yrs+)
Join us this month for our Annual Christmas Lunch with turkey and all of the trimmings followed by Italian Pastries for dessert.
Instructor: Brian Hooles
F Dec 20 11:30 AM-1:30 PM
221081 \$11.43/1 sess



Licensed Preschool

Kensington Preschool is an energetic and fun enriched environment filled with many opportunities for your child's development. Through play-based programming, themes and activities are directed by the children's interests. Our teachers support children through language, art, science, math, dramatic play and physical activities, giving every child a chance to nourish their individuality. Our classroom is both fun and educational, so every child can feel safe and comfortable, assisting them to reach their full potential. This program meets the needs of developing preschoolers in preparation for Kindergarten. Through purposeful play children grow, learn and explore!

2019-2020 School Year Fees:

3 year old AM Class (2 days/week)

Tuesday & Thursday 9:15-11:15 AM
\$105/month

4 year old AM Class (3 days/week)

Monday/Wednesday/Friday 9:05-11:35 AM
\$160/month

3 & 4 year olds PM Classes

Monday/Wednesday/Friday 12:15-2:45 PM
\$160/month

- Fees are based on an equal monthly rate, based on 10 months.
- Withdrawal requests in writing can only be accepted up until Nov. 1, 2019 for the 2019-2020 school year. September 2019 fees and June 2020 fees are non-refundable deposits, no exceptions.
- When contacted, the parents will receive their registration package to be completed and returned to site by specified date. A non-refundable deposit for the first (September) and last (June) months of the preschool program is required.
- Kensington Preschool Call List for September 2020-June 2021 is also available online (Activity #125936). Please note being on the call list does not guarantee a spot in the preschool.
- We are currently not offering the 3 & 4 year olds Tuesday/Thursday PM class (12:15pm to 2:45pm). Program may be opened for registration pending number of registrations and interests. A Call List for this class is available online (Activity #215039). Please note being on the call list does not guarantee a spot in the preschool.



Out of School Care

Our Out of School Care program is only available to students enrolled in neighbouring schools. Our experienced staff provides a variety of activities, learning opportunities and a snack.

2019-2020 School Year Fees:

Before & After School Care

Monday-Friday 7:30-9:00 AM/3:00-6:00 PM
\$335/month

After School Care 3:00-6:00 PM
\$270/month

Before School Care 7:30-9:00 AM
\$120/month

- Fees are based on an equal monthly rate, based on 10 months.
- Monthly fees DO NOT include District Closure days/Pro D Days. Care on District Closure days/Pro D days is from 9pm to 3pm for children enrolled in the Out of School Care program. Care is \$22 per day.
- Children will be walked to and from school, and community centre.
- Withdrawal requests in writing can only be accepted up until Nov. 1, 2019 for the 2019-2020 school year. June 2020 deposit is nonrefundable, no exceptions.
- When contacted, the parents will receive their registration package to be completed and returned to site by specified date. A non-refundable June deposit is also required.

Parent & Tot

DANCE

Parent and Tot Dance

(1-2yrs)

Introduce your little ones to the world of dance. Classes are designed to encourage little dancers to join in and have fun while dancing with mom or dad. No class Oct 12 and Nov 9.

Instructor: Vancouver Performing Stars

Su Sep 22-Dec 8

232991

1:30 PM-2:00 PM

\$85/9 sess



SOCIAL

Family Drop-in Gym

(0-5yrs)

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 \$3.71 for single child, \$5.83 for family (2 children).

Instructor: Elleen Chan

Tu Sep10-Dec17

228687

Th Sep12-Dec19

228688

10:00 AM-11:30 AM

\$39.75/15 sess

10:00 AM-11:30 AM

\$39.75/15 sess

SPORT

Sportball Junior

(16-24months)

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. www.sportball.ca. No class Oct 12 and Nov 9.

Instructor: Sportball

Sa Sep14-Nov 30

233271

9:10 AM-9:55 AM

\$156/10 sess

Sportball Parent & Tot Multisport

(2-3yrs)

Sportball Parent & Child programs help preschoolers to refine their motor skills, such as balance and coordination, as well as develop their social skills such as confidence, following instructions, turn-taking and sharing. Coaches introduce a different sport each class using developmentally appropriate games and activities. www.sportball.ca. No class Oct 12 and Nov 9.

Instructor: Sportball

Sa Sep14-Nov 30

233272

9:55 AM-10:40 AM

\$156/10 sess

Kensington Flu Clinic

(All Ages)

Don't Let the Flu Bug Get You! Public Health Nurses from Vancouver Coastal Health will be providing free influenza vaccines to protect individuals and families at risk (for example infants 6-59 months of age and their immediate family members, as well as children and adults with chronic health problems and seniors over age 65). To determine if you are eligible for free vaccine, please contact Raven Song Community Health Centre at 604-709-6400. For other clinic times and locations please visit www.immunizebc.ca.

Instructor: Raven Song Community Health

W Nov 6

9:00 AM-12:30 PM

Preschool Programs

COOKING

Healthy Cooking

Around the World

(3-5yrs)

In our healthy cooking classes, kids learn fundamental cooking skills that they will use their whole life. Each week, we follow a healthy recipe that we share at the end of class. Our vegetarian recipes are carefully selected by holistic nutritionists, so we can focus on fruits, vegetables, nuts, seeds and other wholesome yumminess. Our focus is on seasonal, local and organic whole foods rather than processed foods. Recipes can further be adapted to meet specific needs such as food allergies and sensitivities. No special skills required; bring your appetite and curiosity for new food! Please note children must be accompanied by an adult.

Instructor: Graines de Chefs

Th Oct 3-Nov 21

233215

1:45 PM-2:30 PM

\$128/8 sess

DANCE

Glow Kids Pre-Ballet

(3-5yrs)

This is a fun class to introduce ballerinas to the artform of ballet. 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. Children will dance for parents on the last class. No class Oct 12 and Nov 9.

Instructor: Glow Kids

Sa Sep 21-Nov 30

233158

9:30 AM-10:15 AM

\$72/9 sess



Mini Hip Hop

(3-5yrs)

Want to learn how to move to and groove to your favourite tunes? Learn the basic style of hip hop dance in this high energy program. Discover new and exciting moves while learning fun and challenging choreography. Beginners welcome! Leave feeling energized, confident and excited about dance. Dancers will perform in class for their parents on the last day. No class Oct 12 and Nov 9.

Instructor: Vancouver Performing Stars

Sa Sep 21-Dec 7

232994

1:30 PM-2:15 PM

\$110/10 sess

Mini Ballet

(3-5yrs)

Introduce your child to the world of dance. 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. Children will dance for parents on the last class. Visit performingstars.ca for more info. No class Oct 13, Nov 10 and Dec 1.

Instructor: Vancouver Performing Stars

Su Sep 22-Dec 8

232992

2:00 PM-2:45 PM

\$99/9 sess

EDUCATION

Parent-Child Relationship
Parenting Workshop **NEW!**

(19yrs+)
A different approach to understanding and managing behaviour. Explore how family dynamics can affect your parenting practices and your child's behaviour. Learn evidence-based strategies to develop resilience and self-regulation in your child.

Instructor: Milo Wu
Su Oct 20, Oct 21, Nov 3
236101
1:00 PM-2:30 PM
\$60/person or \$100/couple

SPORT

Multisport Sportball **NEW!**
(3-5yrs)

Refine, rehearse, and repeat. Multi-Sport classes are the heart of Sportball programming. Coaches focus on the basic skills common to all sports, such as balance, coordination, stamina and timing, in a fun, supportive, and non-competitive setting that emphasizes teamwork. Each class focuses on one of the seven different popular sports; hockey, soccer, football, basketball, volleyball, golf and tennis.

Instructor: Sportball
W Sep 18-Nov 20
233558
3:30 PM-4:30 PM
\$156/10 sess

Soccer Indoor
(4-6yrs)

Want to develop some soccer skills, have fun and learn more about the beautiful game? Join us! Taught by community coaches who understand the important of encouragement, safety, fun and team work. Excellent exercise too!

Instructor: Pinnacle Soccer Academy
Tu Sep10-Nov 26
228689
4:00 PM-5:00 PM
\$76.20/12 sess

Soccer Outdoor
(4-6yrs)

Want to develop some soccer skills, have fun and learn more about the beautiful game? Join us! Taught by community coaches who understand the importance of encouragement, safety, fun and team work. Excellent exercise too! This is an outdoor program so please dress accordingly. Program held at Grays Park. No class Oct 12 and Nov 9.

Instructor: Pinnacle Soccer Academy
Sa Sep14-Nov 30
230044
10:00 AM-11:00 AM
\$56.50/10 sess

don't be
disappointed!

Make sure to save yourself a spot! Some programs are extremely popular and fill quickly while others are cancelled when insufficient advanced registration is shown.

Birthday Parties

You provide the children, cake, and goodies and we will provide the room. Parties are booked for Saturday and Sunday afternoons pending availability. You can rent the room and take care of the details yourself, or we can provide a Birthday Party Leader to help with games and activities for a fee of \$25/hour for minimum of 2 hours. Please contact 604-718-6209 for more information.

Ask us about our Bouncy Castle!

It is available for rent when you book your party or events here! 604-718-6209.
\$110/2 hrs (cost includes staff support)

INFORMATION
SPECIAL EVENTS
LICENSED CHILD CARE
PARENT & TOT
PRESCHOOL
CHILDREN
CAMPS
PRETEEN
YOUTH
ADULT
ACTIVE AGING
FITNESS CENTRE
POOL

Children's Programs

ART

Explore with Clay

(6-9yrs)

Have fun discovering the amazing possibilities of Mother Nature's most marvelous material! Clay, firing and glazing costs included in course fee. No class Oct 12.

Instructor: Linda Lohaura

Sa Sep7-Nov2

230046

9:30 AM-10:30 AM

\$72/8 sess

COOKING

Healthy Cooking

Around the World

(6-12yrs)

In our healthy cooking classes, kids learn fundamental cooking skills that they will use their whole life. Each week, we follow a healthy recipe that we share at the end of class. Our vegetarian recipes are carefully selected by holistic nutritionists, so we can focus on fruits, vegetables, nuts, seeds and other wholesome yumminess. Our focus is on seasonal, local and organic whole foods rather than processed food. Recipes can further be adapted to meet specific needs such as food allergies and sensitivities. No special skills required, just bring your appetite and curiosity for new food!

Instructor: Graines de Chefs

Th Oct 3-Nov 21

233212

3:45 PM-5:00 PM

\$145/8 sess

Looking for
something to do during
Winter Break?

See page 13 for camp details...

DANCE

Junior Hip Hop

(5-7yrs)

Want to learn how to move to and groove to your favourite tunes? Learn the basic style of hip hop dance in this high energy program. Discover new and exciting moves while learning fun and challenging choreography. Beginners welcome! Leave feeling energized, confident and excited about dance. Dancers will perform for their parents on the last day of class. Visit performingstars.ca for more info. No class Oct 12 and Nov 9.

Instructor: Vancouver Performing Stars

Sa Sep 21-Dec 7

232995

2:15 PM-3:00 PM

\$110/10 sess

Junior Ballet

(5-7yrs)

Introduce your child to the world of dance. 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. Children will dance for parents on the last class. Visit performingstars.ca for more info. No class Oct 13, Nov 10 and Dec 1.

Instructor: Vancouver Performing Stars

Su Sep 22-Dec 8

233000

2:45 PM-3:30 PM

\$99/9 sess

EDUCATION

Brick Animation

(6-12yrs)

Create your own stop-motion Brick Animation using LEGO elements! Students will learn the basic techniques of Brick Animation with LEGO Movie Maker, including movement, timing, effects, editing, voice overs, and more! Students will create a short LEGO Brick Animation Mini-movie. Use our LEGO sets, including Star Wars, Friends, City, or bring your own!

Instructor: Tomorrow's Playground

Tu Sep17-Oct 8

234042

3:45 PM-5:15 PM

\$100/4 sess

WEDO 1.0 Robotics

(6-12yrs)

Introduction to Robotics with Lego Education WeDo Software. Students will be able to build Robots featuring working motors and sensors, program their models, and explore a series of cross-curricular theme based activities. Teamwork is encouraged in the STEM based program, as students develop their skills in science, technology, engineering and mathematics.

Instructor: Tomorrow's Playground

Tu Oct15-Nov 5

234044

3:45 PM-5:15 PM

\$100/4 sess

MARTIAL ARTS

Karate

(6-12yrs)

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, women and children.

Instructor: Kim Fivelsdal

Beginners

M Th Sep 5-Sep 30	5:30 PM-6:30 PM	229995
M Th Oct 3-Oct 31	5:30 PM-6:30 PM	229996
M Th Nov 4-Nov 28	5:30 PM-6:30 PM	229997
M Th Dec 2-Dec 23	5:30 PM-6:30 PM	229998

Advanced

M Th Sep 5-Sep 30	6:30 PM-8:00 PM	230000
M Th Oct 3-Oct 31	6:30 PM-8:00 PM	230001
M Th Nov 4-Nov 28	6:30 PM-8:00 PM	230002
M Th Dec 2-Dec 23	6:30 PM-8:00 PM	230003
\$72.08+tax/month		\$47.70+tax/half month

Karate Bo Staff **NEW!**

(6-12yrs)

Classes will consist of the basic knowledge of handling a Bo staff, fundamentals, hand positioning, proper blocking, counter attacks and striking. You will learn these basic forms in partner situations.

Instructor: Kim Fivelsdal

Tu Sep 3-Sep 24	6:00 PM-7:00 PM	238177
Tu Oct 1-Oct 29	6:00 PM-7:00 PM	238178
Tu Nov 5-Nov 26	6:00 PM-7:00 PM	238179
Tu Dec 3-Dec 17	6:00 PM-7:00 PM	238180

\$60.00/month

MUSIC



Piano

(6yrs+)

Learn piano pieces, ear training and sight reading. One half hour private lessons open to children and adults. 30 minute lessons includes warm-up, review of lesson, discussion of practice instructions for the week, quick reflection and lesson completion. No class Oct 12, Oct 31 and Nov 12.

Instructor: Fiona Lai

Th Sep 12-Nov 28	6:00PM-9:30PM	\$220/11 sess
Sa Sep 7-Nov 30	9:30 AM-4:00 PM	\$220/11 sess

SPORTS

Mini Tennis

(6-9yrs)

This class is an introduction to tennis for children. Students are introduced to basic forehand and backhand skills, while developing hand eye coordination through a variety of fun games and activities. No class Oct 14 and Nov 11.

Instructor: The Art of Tennis Academy

M Sep16-Dec 9	3:30 PM-4:30 PM
234185	\$130/10 sess

Future Stars Tennis

(10-13yrs)

This class is an introduction to tennis for children. Students are introduced to basic forehand and backhand skills, while developing hand eye coordination through a variety of fun games and activities. No class Oct 14, Oct 21 and Nov 11.

Instructor: The Art of Tennis Academy

M Sep16-Dec 9	4:30 PM-5:30 PM
234191	\$130/10 sess

Soccer Indoor

(7-10yrs)

Want to develop some soccer skills, have fun and learn more about the beautiful game? Join us! Taught by community coaches who understand the importance of encouragement, safety, fun and team work. Excellent exercise too!

Instructor: Pinnacle Soccer Academy

Tu Sep10-Nov 26
228690

5:00 PM-6:00 PM
\$76.20/12 sess

Soccer Outdoor

(7-10yrs)

Want to develop some soccer skills, have fun and learn more about the beautiful game? Join us! Taught by community coaches who understand the importance of encouragement, safety, fun and team work. Excellent exercise too! This is an outdoor program so please dress accordingly. Program held at Grays Park. No class Oct 12 and Nov 9.

Instructor: Pinnacle Soccer Academy

Sa Sep14-Nov 30
230045

11:00 AM-12:00 PM
\$56.50/10 sess

Multisport Sportball

(6-8yrs)

Refine, rehearse, and repeat. Multi-Sport classes are the heart of Sportball programming. Coaches focus on the basic skills common to all sports, such as balance, coordination, stamina and timing, in a fun, supportive, and non-competitive setting that emphasizes teamwork. Each class focuses on one of the seven different popular sports; hockey, soccer, football, basketball, volleyball, golf and tennis.

Instructor: Sportball

W Sep18-Nov 20
233559

4:30 PM-5:30 PM
\$156/10 sess

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-ins \$4.24. No class Oct 12 and Nov 9.

Instructor: Jerry Chan

Sa Sep14-Nov 30
234226

10:50 AM-11:50 AM
\$30/10 sess

The Mobile Produce Market at Kensington Community Centre!

The Mobile Markets are continuing through the winter at Kensington Community Centre! Cedar Cottage Food Network, a neighbourhood-based non-profit organization, visits twice per month with their mobile produce market program: every Saturday from 12:30-1:30pm. This program helps break down barriers to accessing fresh, healthy food such as price, mobility, and distance from stores. That's why almost all items are \$1 and they bring the food to you! Cedar Cottage Food Network sources local and organic food wherever possible, including from Fresh Roots Urban Farm, based right here in Vancouver. For a list of veggies available each week, go to cedarcottagefoodnetwork.wordpress.com. More information can also be found at vancouver.ca/kensingtoncc.



Winter Day Camps

(5-12yrs)

Kensington Day Camp is a high energy, theme based program that is organized by our qualified staff. These days will provide full day care in a safe fun environment while children can participate in group activities.

Week #1

M Tu F Dec 23-Dec 27
228693

9:00 AM-3:00 PM
\$66.60/3 days

Before & After Care

M F Dec 23-Dec 27
229922

8:00 AM-6:00 PM
\$20/2 days

Week #2

M Tu Th F Dec 30-Jan 3
228696

9:00 AM-3:00 PM
\$88.80/4 days

Before & After Care

M Th F Dec 30-Jan 3
229923

8:00 AM-6:00 PM
\$30/3 days

Reminder!

- Please send your child with a nutritious lunch, snack, appropriate clothing, bathing suit and towel.
- Parents must complete a waiver form prior to the first day of camp.

Refund Policy:

- An administration fee of \$5 will be charged for refunds. No refunds will be issued with less than 7 days' notice before program starts.

Preteen Programs

ART

Explore with Clay

(9-16yrs)

Have fun discovering the amazing possibilities of Mother Nature's most marvelous material! Clay, firing and glazing costs included in course fee. No class. No class Oct 12 and Nov 9.

Instructor: Linda Lohaura

Sa Sep 14-Nov 16

230047

10:45 AM-12:15 PM

\$72/8 sess

DANCE

Senior Hip Hop

(8-12yrs)

Want to learn how to move to and groove to your favourite tunes? Learn the basic style of hip hop dance in this high energy program. Discover new and exciting moves while learning fun and challenging choreography. Beginners welcome! Leave feeling energized, confident and excited about dance. Dancers will perform for their parents on the last class. Visit performingstars.ca for more info. No class Oct 12 and Nov 9.

Instructor: Vancouver Performing Stars

Sa Sep 21-Dec 7

232996

3:00 PM-4:00 PM

\$120/10 sess

EDUCATION

Homework Club

(10-18yrs)

If you need help with your homework and assignments, we will have a tutor to assist you. Bring your homework, finish your assignments and develop some good study habits.

Instructor: Gigi Puen

MW Sep 9-Dec 18

234963

M 4:00 PM-6:00 PM

W 4:00 PM-7:00 PM

FREE WITH MEMBERSHIP

HEALTH & FITNESS

Moresports Fun Fitness for Youth

(11-18yrs)

Come out and learn more about how to get fit and strong with your new Kensington Community Centre Youth Worker, David Ng! We will do cardio, core and strength training in a fun and supportive environment! We meet in the Dance Studio and we will also use the Fitness Centre!

Instructor: David Ng

Tu Sep 10-Dec 17

234966

4:00 PM-5:30 PM

FREE WITH MEMBERSHIP

LEADERSHIP

Leadership 6/7

(11-12yrs)

Calling all grade 6 and 7 students who want to develop Leadership skills! We will do workshops and activities that will help you to develop communication skills, problem solving skills, self-help skills, knowledge about health and effectiveness, and event and activity planning skills.

Instructor: David Ng

Sa Sep 14-Oct 26

234955

2:00 PM-3:30 PM

FREE WITH MEMBERSHIP

Leadership 8/9

(12-14yrs)

Calling all grade 8 and 9 students who want to develop Leadership skills! We will do workshops and activities that will help you to develop communication skills, problem solving skills, self-help skills, knowledge about health and effectiveness, and event and activity planning skills. No class Nov 9.

Instructor: David Ng

Sa Nov 2-Dec 14

234957

2:00 PM-3:30 PM

FREE WITH MEMBERSHIP

SOCIAL

Boys on the Move

(9-15yrs)

The program goal is to nurture a passion for physical and recreational activities. All activities will promote skill development, confidence building with the aim to promote healthy, active and well-rounded lifestyles. No class Oct 14 and 11.

Instructor: TBA

M Sep 9-Dec 16
234988

6:30 PM-8:00 PM
FREE WITH MEMBERSHIP

Girls on the Move

(9-15yrs)

The program goal is to nurture a passion for physical activity and sport involvement for girls by trying new sports and recreational activities. All activities will promote skill development, confidence building with the aim to promote healthy and active lifestyles. No class Oct 14 and Nov 11.

Instructor: Gigi Puen

M Sep 9-Dec 16
234962

6:30 PM-8:00 PM
FREE WITH MEMBERSHIP

SPORTS

Basketball Clinic Gr 5 and Up Boys & Girls

(10-15yrs)

This basketball clinic is designed for Grade 5 and older Boys and Girls who want to develop some essential skills of basketball. Kenny, our fun and engaging instructor, will work with our preteens to understand and practice the fundamentals of Basketball! No class Oct 14, Oct 21 and Nov 11.

Instructor: Kenny Andaya

M Sep 9-Dec 16
234952

6:00 PM-7:15 PM
\$52/12 sess

Wednesday Youth Drop-in Basketball

(11-18yrs)

Come on out to our Wednesday Youth Basketball for some fun and fitness!

Instructor: David Ng

W Sep 11-Dec 18
234967

5:30 PM-6:30 PM
FREE WITH MEMBERSHIP

Learn to Play Volleyball

(11-18yrs)

Come out and learn to play volleyball, a wonderful life sport, with Kensington's new Community Youth Worker, David Ng! We will teach and review the skills of the game and play games! All levels are welcomed!

Instructor: David Ng

Th Sep 12-Dec 19
234965

3:45 PM-5:30 PM
FREE WITH MEMBERSHIP

Badminton Beginner & Intermediate

(8-18yrs)

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

Th Sep 5-Dec 19
228691

5:30 PM-6:30 PM
\$127.04/16 sess

Th Sep 5-Dec 19
228692

6:30 PM-7:30 PM
\$127.04/16 sess

Friday Preteen Volleyball

(11-12yrs)

Drop in to our Friday Preteen Open with your friends for skill development, fun and fitness! Bring your elementary school friends, meet other pre-teens from the area and play Volleyball!

Instructor: David Ng

F Sep 6-Dec 20
234958

3:30 PM-5:00 PM
FREE WITH MEMBERSHIP

Canucks Street Hockey

(9-12yrs)

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-ins \$4.24. No class Oct 12 and Nov 9.

Instructor: Jerry Chan

Sa Sep 14-Nov 30
234228

11:50 AM-1:20 PM
\$35/10 sess

Youth Programs

ART

Epoch Youth Project

(14-24yrs)

Youth ages 12-19 are invited to join the Epoch Youth Project, a multi-disciplinary, collaborative performance creation process and workshop. The project combines contemporary dance, theatre, film, writing, visual art, music and crafts to explore themes related to the environment. With the mentorship of professional artists Kelly McInnes, Sophie Wolfe and Laura Avery, youth participants are invited to experience the artistic process involved in the creation of performance. Goals of the workshop are for participants to gain skills in communication and collaboration in an artist setting, to take creative risks using imagination and embodiment, to build a sense of community and to explore important issue within our society. The project creates a space where youth feel empowered to share their stories and perspectives. In addition to the in studio creation process, there will be performance opportunities throughout the season, which allows the participants to build upon their developing collaborative and creation skills and to share their work is necessary! The project is free of charge and snacks are provided. No experience is necessary!

Instructor: Kelly McInnes

W Oct 2-Dec 4
229919

5:30 PM-7:30 PM

Pottery

(13-19yrs)

Emphasizing creativity and enjoyment, this class is great for teenagers that are new to pottery as well as those that are further developing their skills. Classes will include hand-building, slip decorating, and glazing. These classes are a great chance for students to learn a variety of techniques, ask questions and play with clay! No class Oct 11 and Nov. 8.

Instructor: Ilana Lee Cramer

F Sep 13-Dec 13
234987

6:00 PM-8:00 PM
\$48/12 sess

LEADERSHIP



Youth Dragon Boat Team

(13-18yrs)

Our Kensington CC Knights Youth Dragon Boat Team is looking for enthusiastic and energetic youths to join us in our great sport! We will be spending the Fall Season doing strength, core and cardio training for the goal of getting fit for the 2020 paddling season and the goal of doing very well at the Concord Pacific Vancouver Dragon Boat Festival in June 2020! If you are interested in joining this very healthy and wonderful team sport, please sign up!

Instructor: David Ng

Sa Sep 14-Dec 21
234968

9:30 AM-11:30 AM
FREE WITH MEMBERSHIP

Kensington Youth Council

(13-19yrs)

Are you looking to be positively involved and wanting to make a difference in your community? Kensington's Youth Council wants you to join them in organizing youth activities at our Centre, offering community service to our Centre and community and making a difference in the Kensington area!

Instructor: David Ng

Sa Sep 14-Dec 21
234964

12:00 PM-2:00 PM
FREE WITH MEMBERSHIP



Friday Youth Volleyball

(13-18yrs)
Drop in to our Friday Youth Volleyball with your friends for some skill development and games! Depending on how many youths attend each week, we may play on the full court or the modified smaller courts.
Instructor: David Ng
F Sep 6-Dec 20 234959 5:00 PM-7:00 PM
FREE WITH MEMBERSHIP

Friday Youth Basketball

(13-18yrs)
Drop in to our Friday Youth Basketball with your friends for games! Come on your own or with friends and we will form teams to play King/Queen of the Court format games. No class Nov 23, Nov 30 and Dec 7.
Instructor: David Ng
F Sep 6-Dec 20 234961 7:00 PM-9:30 PM
FREE WITH MEMBERSHIP

Canucks Street Hockey

(13-15yrs)
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-ins \$4.24. No class Oct 12 and Nov 9.
Instructor: Jerry Chan
Sa Sep14-Nov 30 234229 1:20 PM-2:30 PM
\$35/10 sess

Canucks Street Hockey

(15-19yrs)
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-ins \$4.24. No class Oct 12 and Nov 9.
Instructor: Jerry Chan
Sa Sep14-Nov 30 234230 2:30 PM-4:00 PM
\$35/10 sess



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@vancouver.ca

Adult Programs

BUS TRIPS

Bowen Island leaving from Kensington CC

(19yrs+)

Located 20 minutes from Horseshoe Bay, Bowen Island is a scenic, forested retreat with a rich history and unique shops. Additional \$10.00 ferry fee for people 64 years and younger.

Package includes: Bowen Island Museum, lunch at Artisan Eats, Village Square, Killarney Lake escorted walk, Snug Cove, Orchard Historical Society, all fees and taxes.

Instructor: Enjoy Tour & Travel

Th Sep 26

231872

8:10 AM-6:15 PM

\$119/1 sess

Westham Island leaving from Kensington CC

(19yrs+)

Discover a hidden gem. Travel across the Fraser River over a one lane wooden bridge to a tiny island with its own world class bird sanctuary. Also visit Garry Point Park's Sturgeon Estuary and London Farms for a High Tea Lunch.

Package includes: Reifel Migratory Bird Sanctuary, educational Lesser Snow Geese guided tour, lunch at London Heritage Farm, Garry Point Park Sturgeon Banks Estuary, Angel Estate Winery tasting, all fees and taxes.

Instructor: Enjoy Tour & Travel

Tu Oct 29

231891

10:15 AM-4:30 PM

\$99/1 sess

Whistler Arts Holiday Market from Kensington CC

(19yrs+)

Whistler's original Artisan Market has built a reputation of presenting unique, quality, handmade arts and crafts featuring over 100 artisans.

Package includes: Squamish Adventure Centre, escorted entry to Artisan Market, admission donation, Arts Whistler Holiday Market, 3 hours of free time, all fees and taxes.

Instructor: Enjoy Tour & Travel

Su Dec 1

231912

8:00 AM-5:10 PM

\$79/1 sess

Lights at Lafarge Lake leaving from Kensington CC

(19yrs+)

Step back in time at this year's Heritage Christmas. Stroll through the village and take a ride on the Carousel. After dinner take a stroll around Lake Lafarge where illuminated tunnels and spectacular light displays comprise the biggest Christmas display in the Lower Mainland.

Package includes: escorted entry, Heritage Museum tour, carousel ride, dinner in Port Moody, lights at Lafarge Lake, all fees and taxes.

Instructor: Enjoy Tour & Travel

Th Dec 19

231933

1:25 PM-9:30 PM

\$109/1 sess

DANCE

Waikiki Hula

(19yrs+)

Come experience Aloha while learning The Hula. Take a mini tropical vacation while dancing to classics by Elvis and Don Ho. This is a fun, gentle low-impact exercise to help strengthen your core and lower back. No coconut bras or hula hoops required. Taught by Lehualani. Drop-ins \$7.50+ tax.

Instructor: Lehualani Mulder

M Sep 16-Dec 9

234218

10:15 AM-11:15 AM

\$71.50/11 sess

Chinese Performance Exercise

(45yrs+)

Various ethnic dance exercise taught in Cantonese & Mandarin. Drop-ins \$4.04 + tax. Sign up for the season and save 10 percent!

Instructor: Jing Fung

Tu Sep 3-Sep 24

234070

9:05 AM-10:05 AM

\$12.80/4 sess

Tu Oct 1-Oct 29

234077

9:05 AM-10:05 AM

\$16/5 sess

Tu Nov 5-Nov 26

234079

9:05 AM-10:05 AM

\$12.80/4 sess

Tu Dec 3-Dec 31

234083

9:05 AM-10:05 AM

\$16/5 sess

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

Chinese Line Dance

(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 Cantonese & Mandarin. Monday classes are held in the gymnasium. Drop-ins \$4.41 + tax. Sign up for the season and save 10 percent!

Instructor: Jing Fung

M W Th F Sep 4-Sep 30	9:00 AM-10:00 AM
234359	\$46.08/16 sess
M W Th F Oct 2-Oct 31	9:00 AM-10:00 AM
234360	\$48.96/17 sess
M W Th F Nov 1-Nov 29	9:00 AM-10:00 AM
234361	\$46.08/16 sess
M W Th F Dec 2-Dec 30	9:00 AM-10:00 AM
234362	\$43.2/15 sess
M Tu W Th F Sep 3-Sep 30	10:10 AM-11:10 AM
234363	\$57.60/20 sess
M Tu W Th F Oct 1-Oct 31	10:10 AM-11:10 AM
234365	\$63.36/22 sess
M Tu W Th F Nov 1-Nov 29	10:10 AM-11:10 AM
234366	\$57.60/20 sess
M Tu W Th F Dec 2-Dec 31	10:10 AM-11:10 AM
234367	\$57.60/20 sess
M F Sep 5-Sep 30	8:00 PM-9:00 PM
234368	\$25.44/8 sess
M F Oct 3-Oct 31	8:00 PM-9:00 PM
234369	\$22.26/7 sess
M F Nov 1-Nov 29	8:00 PM-9:00 PM
234370	\$25.44/8 sess
M F Dec 2-Dec 30	8:00 PM-9:00 PM
234371	\$28.62/9 sess

Ballroom Dancing

(55yrs+)

This class is taught in Cantonese. Drop-ins \$5.08 + tax. Registered participants get priority. A Kensington Community Centre Association membership is required to participate in this program.

Instructor: Mei Kin (Jenny) Chong

W Sep 4-Sep 25	11:20 AM-1:20 PM
235054	\$16.48/4 sess
W Oct 2-Oct 30	11:20 AM-1:20 PM
235055	\$20.60/5 sess
W Nov 6-Nov 27	11:20 AM-1:20 PM
235056	\$16.48/4 sess
W Dec 4-Dec 18	11:20 AM-1:20 PM
235057	\$12.36/3 sess

International Ballroom Dance

(45yrs+)

Cha cha, jive, samba, mamba, quick step 3 & 4, pas double, waltz, rumba, tango, foxtrot and slow 4 step will be taught. Classes are taught in Cantonese & Mandarin. Drop-ins \$4.04 + tax.

Instructor: Jing Fung

F Sep 6-Sep 27	2:00 PM-3:30 PM
234052	\$14/4 sess
F Oct 4-Oct 25	2:00 PM-3:30 PM
234060	\$14/4 sess
F Nov 1-Nov 29	2:00 PM-3:30 PM
234062	\$17.50/5 sess
F Dec 6-Dec 27	2:00 PM-3:30 PM
234064	\$14/4 sess

EDUCATION

A Cultural History (and a Future) of Dreams

(19yrs+)

How often have you wondered what our dreams are for? Have people always dreamed the way that we do today? Do dreams play a role in our waking lives? This six-session course taught by cultural dream historian and PhD candidate John Hughes tackles these questions and more. Approaches toward ancient dreams, dreams and politics, present-day theories of dreams, along with current uses of dreams will be considered. Drop-ins \$15.00 + tax.

Instructor: John Hughes

Th Sep 5-Oct 10	7:00 PM-8:30 PM
230667	\$75/6 sess

don't be disappointed!

Make sure to save yourself a spot! Some programs are extremely popular and fill quickly while others are cancelled when insufficient advanced registration is shown.

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

Earthquake Preparedness - Apartment Living

(19yrs+)
Many sessions offered for emergency preparedness focus on people who live in houses - not this session. This session is for the apartment/condo dwellers - who have unique challenges when preparing for emergencies or disasters. We have all witnessed many earthquakes around the world and have seen the devastation caused. Living in Vancouver, we too could be faced with an earthquake- yet few of us take the steps to ensure we are prepared. This session will ensure you and your family are prepared. It covers the basics of what is required to develop your emergency plan, how to conduct a Hazard Hunt and what to do when an earthquake strikes when you live in an apartment or strata.

Instructor: City of Vancouver Emergency Preparedness
W Oct 16 7:00 PM-8:30 PM 233509

Parent-Child Relationship Parenting Workshop NEW!

(19yrs+)
A different approach to understanding and managing behaviour. Explore how family dynamics can affect your parenting practices and your child's behaviour. Learn evidence-based strategies to develop resilience and self-regulation in your child.

Instructor: Milo Wu
Su Oct 20, Oct 21, Nov 3 1:00 PM-2:30 PM
236101 \$60/person or \$100/couple

HEALTH & FITNESS

Fit for All

(19yrs+)
Come and be ready to move at your own pace to the upbeat tempo of our Circuit workout. Strengthen your body, improve core ability and balance, learn corrective techniques for posture and move easier through proper stretching. \$4.55 + tax Drop in.

Instructor: Shelly Mollinari
M F Sep 6-Sep 30 11:30 AM-12:30 PM
221082 \$30.28/month
M F Oct 4-Oct 28 11:30 AM-12:30 PM
221083 \$30.28/month
M F Nov 1-Nov 29 11:30 AM-12:30 PM
221084 \$30.28/ month
M F Dec 2-Dec 30 11:30 AM-12:30 PM
221085 \$30.28/ month

Zumba Beginners Gold

(19yrs+)
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 (including the Twist and Charleston). 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-ins \$6.25 + tax . Please register early to avoid cancellation of the class.

Instructor: Kathy Wang
Tu Sep 17-Oct 15 11:15 AM-12:15 PM
230026 \$29.33/5 sess
Tu Oct 22-Nov 12 11:15 AM-12:15 PM
230027 \$23.46/4 sess
Tu Nov 26-Dec 17 11:15 AM-12:15 PM
230029 \$23.46/4 sess

ATS Bellydance

(19yrs+)
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. Drop-ins are available, space permitting. Drop-ins \$11.11 + tax.

Instructor: Tonje Olsen
Level 1
Tu Sep10-Nov 12 6:30 PM-7:30 PM
234231 \$80.80/10 sess
Level 2
Tu Sep10-Nov 12 7:30 PM-8:30 PM
234233 \$80.80/10 sess

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

Fall 2019 Fitness Schedule

September-December, 2019. Centre closed Sept 2..

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Hatha Yoga 10:00- 11:00am
Fit for All 11:30am- 12:30pm	Zumba Gold 11:15am- 12:15pm			Fit for All 11:30am- 12:30pm	
Zumba 5:30pm- 6:30pm			Zumba 5:00pm- 6:00pm		Chair Yoga 2:30pm- 3:30pm
Vinyasa Flow Yoga 6:30pm- 7:30pm	ATS Belly Dance Level 1 6:30pm- 7:30pm		Vinyasa Flow Yoga 6:00pm- 7:00pm		
	ATS Belly Dance Level 2 7:30pm- 8:30pm	Kundalini Yoga 8:00pm- 9:30pm			

Zumba

(19yrs+)

ZUMBA is a fusion of Latin and International music, involving dance themes that create a dynamic and effective fitness system. Routines feature aerobic/fitness interval training with a combination of fast and slow rhythms to maximize caloric output, fat burning, and total body toning. Drop-ins \$6.90+ tax. No class Oct 14, Nov 11.

Instructor: Laura Arroyo

M Sep 9-Oct 21	5:30 PM-6:30 PM
232005	\$36/6 sess
M Oct 28-Dec 16	5:30 PM-6:30 PM
232006	\$42/7 sess
Th Sep 5-Sep 26	5:00 PM-6:00 PM
233784	\$24/4 sess
Th Oct 3-Oct 24	5:00 PM-6:00 PM
233785	\$24/4 sess
Th Oct 31-Nov 21	5:00 PM-6:00 PM
233786	\$24/4 sess
Th Nov 28-Dec 19	5:00 PM-6:00 PM
233787	\$24/4 sess

Vinyasa Flow Yoga

(19yrs+)

Vinyasa is a style of yoga characterized by stringing postures together, so that you move from one to another, seamlessly, using breath. Vinyasa is about harmony, balance and fluidity. 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-ins \$10.45 + tax. No class Oct 14, Nov 11.

Instructor: Laura Arroyo

M Sep 9-Oct 21	6:30 PM-7:30 PM
232001	\$54/6 sess
M Oct 28-Dec 16	6:30 PM-7:30 PM
232004	\$63/7 sess
Th Sep 5-Sep 26	6:00 PM-7:00 PM
233788	\$36/4 sess
Th Oct 3-Oct 24	6:00 PM-7:00 PM
233789	\$36/4 sess
Th Oct 31-Nov 21	6:00 PM-7:00 PM
233790	\$36/4 sess
Th Nov 28-Dec 19	6:00 PM-7:00 PM
233791	\$36/4 sess

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

Kundalini Yoga

(19yrs+)

Kundalini Yoga combines posture, breath and movement to bring the mind, body and spirit into balance. Each class includes warm-up exercises, dynamic yoga set and relaxation. Drop-ins \$11.43+ tax.

Instructor: Jeremy Blaine

W Sep 4-Sep 25	8:00 PM-9:30 PM
231980	\$44.52/4 sess
W Oct 2-Oct 30	8:00 PM-9:30 PM
231981	\$55.65/5 sess
W Nov 6-Nov 27	8:00 PM-9:30 PM
231982	\$44.52/4 sess
W Dec 4-Dec 18	8:00 PM-9:30 PM
231983	\$33.39/3 sess

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. Drop-Ins \$11.43 + tax. No class Oct 12.

Instructor: Nancy Kang

Sa Sep 7-Sep 28	10:00 AM-11:00 AM
231991	\$40/4 sess
Sa Oct 5-Nov 2	10:00 AM-11:00 AM
231993	\$40/4 sess
Sa Nov 16-Dec 14	10:00 AM-11:00 AM
231994	\$50/5 sess



Chair Yoga

(19yrs+)

Gentle yoga moves while in a seated position will benefit your joints and muscles, helping to reduce the pain from arthritis, osteoporosis, injuries, stiff joints, and so much more! Stretching, deep breathing, and meditation techniques are incorporated into this workout, leaving you with a feeling of connected BODY+MIND+SOUL. Drop-ins \$10.00 + tax. No class Nov 9.

Instructor: Keiko Murakami

Sa Sep 7-Oct 5	2:30 PM-3:30 PM
232639	\$45/5 sess
Sa Oct 19-Nov 16	2:30 PM-3:30 PM
232642	\$36/4 sess
Sa Nov 23-Dec 14	2:30 PM-3:30 PM
232644	\$36/4 sess

MARTIAL ARTS

Karate

(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, suitable for men, women and children.

Instructor: Kim Fivelsdal

Beginners

M Th Sep 5-Sep 30	5:30 PM-6:30 PM	229995
M Th Oct 3-Oct 31	5:30 PM-6:30 PM	229996
M Th Nov 4-Nov 28	5:30 PM-6:30 PM	229997
M Th Dec 2-Dec 23	5:30 PM-6:30 PM	229998

Advanced

M Th Sep 5-Sep 30	6:30 PM-8:00 PM	230000
M Th Oct 3-Oct 31	6:30 PM-8:00 PM	230001
M Th Nov 4-Nov 28	6:30 PM-8:00 PM	230002
M Th Dec 2-Dec 23	6:30 PM-8:00 PM	230003
\$79.50+tax/month	\$50.00+tax/half month	

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

Karate Bo Staff NEW!

(13yrs+)

Classes will consist of the basic knowledge of handling a Bo staff, fundamentals, hand positioning, proper blocking, counter attacks and striking. You will learn these basic forms in partner situations.

Instructor: Kim Fivelsdal

Tu Sep 3-Sep 24	6:00 PM-7:00 PM	238177
Tu Oct 1-Oct 29	6:00 PM-7:00 PM	238178
Tu Nov 5-Nov 26	6:00 PM-7:00 PM	238179
Tu Dec 3-Dec 17	6:00 PM-7:00 PM	238180
\$60.00+tax/month		

Capoeira Cultura

(19yrs+)

Capoeira is a martial art hidden in dance. You will learn to combine elements of martial arts, dance, acrobatics, and music. Capoeira allows you to explore the movements of your body, giving you full body exercises, and increasing your range of motion; benefiting your health and well-being. This class is suitable for all levels from beginners to advanced. All are welcome! Drop-ins \$10.09+tax.

Instructor: Mastre Indio

W Th Sep 4-Sep 26	6:30 PM-8:00 PM	229915
W Th Oct 2-Oct 31	6:30 PM-8:00 PM	229916
W Th Nov 6-Nov 28	6:30 PM-8:00 PM	229917
W Th Dec 4-Dec 19	6:30 PM-8:00 PM	229918
\$84.80/month		

Kung Fu

(6yrs+)

Join Instructor Raymond Cheung and his popular Martial Arts program that strengthens the mind and body and develops coordination, confidence, and self-discipline through the Hung Gar style. The Chinese Lion Dance is also taught as part of the class. Tuesdays 6:00-8:00 pm and Sundays 10:00 am - 12:00 pm.

Instructor: Raymond Cheung

Su Tu Sep 1-Sep 29	221074
Su Tu Oct 01-Oct 29	221075
Su Tu Nov 03-Nov 26	221076
Su Tu Dec 01-Dec 29	221077
\$47.70/month	

Tai Chi

(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

Yang Style

Th Sep 5-Dec 5	7:00 PM-8:15 PM
234028	\$56/14 sess

Yang Style 1 & 2

Su Sep 8-Dec 8	9:00 AM-11:15 AM
234031	\$56/14 sess



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

POTTERY

Mud for Millennials

(22-38yrs)

Put down your devices and come play with some clay! This pottery class will teach the basics of hand building with an introduction to the wheel. Clay and firing costs included in course fee. No class Oct 14 and Nov 11.

Instructor: Linda Lohuaru

M Sep 16-Nov 18

229985

7:00 PM-9:00 PM

\$160/8 sess

SOCIAL

Kensington Friday Lunch

(45yrs+)

Join us on the 3rd Friday of each month for our Kensington Lunch. Each month will be a different menu.

Instructor: Brian Hooles

This month we will be having Chicken and Salad followed by Dessert

F Sep 20

11:30 AM-2:30 PM

221078

\$6/1 sess

This month we will be having Lasagna followed by Dessert

F Oct 18

11:30 AM-2:30 PM

221079

\$6/1 sess

This month we will be having Roast Beef and Mashed Potatoes followed by Dessert

F Nov 15

11:30 AM-2:30 PM

221080

\$6/1 sess

SPORTS

Adult Open Gym Basketball

(19yrs+)

Drop-in and shoot some hoops. Six hoops available. Please bring your own basketball. Drop-ins \$1.90 + tax per session. No online registration; please call 604-718-6200 or visit the front desk. No class Oct 14, Oct 21 and Nov 11.

Instructor: No Instructor

M F Sep 6-Dec 20

229924

11:15 AM-12:45 PM

\$1.90/sess



Basketball

(19yrs+)

Join us for Adult Basketball. If full; waitlist registration begins at 6:00pm in person at the front desk. Please note that registered participants have until 8:25pm 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 class Oct 14, Oct 21 and Nov 11.

Instructor: No Instructor

M Sep 9-Dec 23

229912

8:10 PM-9:40 PM

\$52/13 sess

Pickleball

(19yrs+)

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. Drop-ins \$3.00 + tax; space permitting. No class Oct 14, Oct 21 and Nov 11.

Instructor: Volunteer – Gary Cummings

M Sep 9-Dec 16

229913

1:00 PM-3:00 PM

\$28.44/12 sess

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

Badminton Court Booking

(16yrs+)

A Kensington Community Centre Association membership is required to participate in this program.

Instructor: No Instructor

W Sep 4-Dec 18	12:30 PM-1:30 PM
235898	\$106.56/16 sess
W Sep 4-Dec 18	1:30 PM-2:30 PM
236030	\$105.56/16 sess
Th Sep 5-Dec 19	7:30 PM-8:30 PM
236031	\$112.96/16 sess
Th Sep 5-Dec 19	8:30 PM-9:30 PM
236032	\$112.96/16 sess

Badminton Group Lessons

(16yrs+)

This class is for intermediate level players who are looking to improve their skills. Class size is limited to a maximum of 8, so sign up early to avoid disappointment. A Kensington Community Centre Association membership is required to participate in this program.

Instructor: Double J Sports

Su Sep 8-Oct 27	2:30 PM-4:00 PM
235894	\$68.72/8 sess
Su Nov 3-Dec 22	2:30 PM-4:00 PM
235895	\$68.72/8 sess

Badminton - Drop In

(19yrs+)

No advance booking. First come first serve. Private teaching NOT permitted. All badminton players must have a current Kensington Community Centre Membership. Drop-in \$3.03 + tax.

Instructor: No Instructor

W Sep 4-Dec 18	10:30 AM-12:30 PM	235892
Su Sep 8-Dec 22	11:30 AM-2:30 PM	235893
\$3.03/drop-in		



Badminton Private Lessons

(14yrs+)

The ultimate way to improve your skill through private, exclusive lessons, customized just for you. Jeff Chen is a well-respected badminton coach and can teach in English, Mandarin or Cantonese. We recommend you book multiple sets to guarantee the same consecutive time slot. An Association Membership is required to participate in the program. Each lesson is 1 hour long.

Instructor: Double J Sports

Gymnasium

W Sep 4-Sep 25	\$114.28 /4 sess
238191	10:30 AM-11:30 AM
238192	11:30 AM-12:30 PM
238193	12:30 PM-1:30 PM
238194	1:30 PM-2:30 PM
W Oct 2-Oct 30	\$142.85/5 sess
238195	10:30 AM-11:30 AM
238196	11:30 AM-12:30 PM
238197	12:30 PM-1:30 PM
238198	1:30 PM-2:30 PM
W Nov 6-Nov 27	\$114.28 /4 sess
238200	10:30 AM-11:30 AM
238201	11:30 AM-12:30 PM
238202	12:30 PM-1:30 PM
238203	1:30 PM-2:30 PM
W Dec 4-Dec 18	\$85.71 /3 sess
238206	10:30 AM-11:30 AM
238207	11:30 AM-12:30 PM
238208	12:30 PM-1:30 PM
238209	1:30 PM-2:30 PM
Su Sep 8-Sep 29	\$130.48/4 sess
238225	11:30 AM-12:30 PM
238226	12:30 PM-1:30 PM
238227	1:30 PM-2:30 PM
Su Oct 6-Oct 27	\$130.48/4 sess
238228	11:30 AM-12:30 PM
238229	12:30 PM-1:30 PM
238230	1:30 PM-2:30 PM
Su Nov 3-Nov 24	\$130.48/4 sess
238231	11:30 AM-12:30 PM
238232	12:30 PM-1:30 PM
238233	1:30 PM-2:30 PM
Su Dec 1-Dec 22	\$130.48/4 sess
238234	11:30 AM-12:30 PM
238235	12:30 PM-1:30 PM
238236	1:30 PM-2:30 PM

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

Active Aging Programs

DANCE

Senior Casual Ballroom

(55yrs+)

This class is taught in Cantonese. Drop-ins \$4.08 + tax. A Kensington Community Membership is required to participate in this program.

Instructor: Mei Kin (Jenny) Chong

Tu Sep 3-Sep 24	12:00 PM-1:45 PM
235886	\$14/4 sess
Tu Oct 1-Oct 29	12:00 PM-1:45 PM
235888	\$17.50/5 sess
Tu Nov 5-Nov 26	12:00 PM-1:45 PM
235889	\$14/4 sess
Tu Dec 3-Dec 24	12:00 PM-1:45 PM
235891	\$14/4 sess

Zumba Beginners Gold

(19yrs+)

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 (including the Twist and Charleston). 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-ins \$6.25 + tax. Please register early to avoid cancellation of the class.

Instructor: Kathy Wang

Tu Sep 17-Oct 15	11:15 AM-12:15 PM
230026	\$29.33/5 sess
Tu Oct 22-Nov 12	11:15 AM-12:15 PM
230027	\$23.46/4 sess
Tu Nov 26-Dec 17	11:15 AM-12:15 PM
230029	\$23.46/4 sess

Chair Yoga

(19yrs+)

Gentle yoga moves while in a seated position will benefit your joints and muscles, helping to reduce the pain from arthritis, osteoporosis, injuries, stiff joints, and so much more! Stretching, deep breathing, and meditation techniques are incorporated into this workout, leaving you with a feeling of connected BODY+MIND+SOUL. Drop-ins \$10.00 + tax.

Instructor: Keiko Murakami

Sa Sep 7-Oct 5	2:30 PM-3:30 PM
232639	\$45/5 sess
Sa Oct 19-Nov 9	2:30 PM-3:30 PM
232642	\$36/4 sess
Sa Nov 23-Dec 14	2:30 PM-3:30 PM
232644	\$36/4 sess

HEALTH & FITNESS

Fit for All

(19yrs+)

Come and be ready to move at your own pace to the upbeat tempo of our Circuit workout. Strengthen your body, improve core ability and balance, learn corrective techniques for posture and move easier through proper stretching. \$4.55 + tax Drop in.

Instructor: Shelly Mollinari

M F Sep 6-Sep 30	11:30 AM-12:30 PM
221082	\$30.28/month
M F Oct 4-Oct 28	11:30 AM-12:30 PM
221083	\$30.28/month
M F Nov 1-Nov 29	11:30 AM-12:30 PM
221084	\$30.28/ month
M F Dec 2-Dec 30	11:30 AM-12:30 PM
221085	\$30.28/ month

Kensington Flu Clinic

(All Ages)

Don't Let the Flu Bug Get You! Public Health Nurses from Vancouver Coastal Health will be providing free influenza vaccines to protect individuals and families at risk (for example infants 6-59 months of age and their immediate family members, as well as children and adults with chronic health problems and seniors over age 65). To determine if you are eligible for free vaccine, please contact Raven Song Community Health Centre at 604-709-6400. For other clinic times and locations please visit www.immunizebc.ca.

Instructor: Raven Song Community Health

W Nov 6 9:00 AM-12:30 PM

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

MUSIC

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! \$3.81 +tax per class if registered and \$4.25 + tax for drop-in.

Instructor: Volunteer – Cam Fung

Tu Sep 3-Dec 17

221086

11:00 AM-3:00 PM

\$60.96/16 sess

SOCIAL

Kensington Friday Lunch

(45yrs+)

Join us on the 3rd Friday of each month for our Kensington Lunch. Each month will be a different menu.

Instructor: Brian Hooles

This month we will be having Chicken and Salad followed by Dessert

F Sep 20

11:30 AM-2:30 PM

221078

\$6/1 sess

This month we will be having Lasagna followed by Dessert

F Oct 18

11:30 AM-2:30 PM

221079

\$6/1 sess

This month we will be having Roast Beef and Mashed Potatoes followed by Dessert

F Nov 15

11:30 AM-2:30 PM

221080

\$6/1 sess

Kensington Chinese Seniors Club

Participants must have a KCC Association Membership and a Kensington Chinese Seniors Club Membership. For more information, please contact Wei Jie Zhang 604.729.2812 and Susana Chong 604.876.2281.



KCSC Seniors Tai Chi

(55+ yrs)

Taught in Cantonese. This class is held in the gym. 以廣東話授課。這節課在體育館或老年室內召開。參加者必須有一個協會會員和肯辛頓中國老年俱樂部會員。

Su 9:30 AM-11:00 AM

KCSC Seniors Tea Party and Talks

Join us every 2nd and 4th Friday of the month to celebrate, socialize, and learn. This class is held in the Board Room.

每第二和第四個星期五,請加入我們的慶祝,社交,學習。這個聚會會在老年人室舉行。

F 1:00 PM-4:00 PM

KCSC Seniors Happy Hour

(55yrs+)

Choose dance to enhance your confidence and passion for life. This class is held in the Multipurpose Room.

W 10:00 AM-12:00 PM

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

Fitness Centre Hours

Monday to Friday 7:30am-9:30pm
Saturday and Sunday 9:00am-4:00pm
July 1 12:00pm-4:00pm
September 2..... Closed

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. Book a third session if you need additional support or motivation. Please call ahead to make an appointment for a fitness orientation: 604-718-6228. All participants must fill out a PAR-Q+ form and a consent and release. Participants under the age of 18 must have the PAR-Q and consent and release signed by their parent or guardian. The minimum age to use the Fitness Centre is 13.

Happy Hearts

The Support You Need to Fight and Prevent Heart Disease

Do you want to prevent cardiac conditions and make a healthy lifestyle change? Register for the Happy Hearts program and enjoy community-based exercise for people with heart disease and those at risk. Participation fees are the same as fitness centre monthly fees. Application form available at the centre or online at vancouverparks.ca

Happy Hearts Plus:

Mon & Wed	12:30pm-1:30pm
Tue & Thu	9:00am-10:00am
Mon Seminars	1:45pm-2:45pm
Tue Seminars	10:15am-11:15am

Happy Hearts Maintenance:

Mon & Wed	9:30am-10:30am
Mon & Wed	11:00am-12:00pm

Program in partnership with the Vancouver Park Board, The Kensington Community Centre Association, Providence Health Care, Vancouver Coastal Health and the Heart Centre at St-Paul's Hospital.

Personal Training Services

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.

New! Small Group Personal Training

Friends and family can be very powerful in helping you stay on track when trying to attain your fitness goals. A small group training setting provides a comfortable support system where you can encourage one another and foster some healthy competition. Group sessions offer the same intimate coaching experience as a personal training session, but at a reduced cost. You may register as a group of three up to a maximum group of four.

Package	Private Personal Training	Semi-Private Personal Training	Small Group Personal Training
1 Session	\$54.32	\$81.45	\$114.24
3 Sessions	\$150.51	\$225.80	\$306.00
5 Sessions	\$242.08	\$372.79	\$448.80
10 Sessions	\$434.57	\$692.33	\$816.00
<i>Prices do not include GST. Prices subject to change without notice.</i>			

The Flexipass Membership

Enjoy flexible and affordable recreation with our no contract, all access pass. Purchase a monthly Flexipass at any Park Board fitness centre and receive unlimited access to our 15 fitness centres, 9 indoor pools, 4 outdoor pools and 8 ice rinks. For more information and locations visit vancouverparks.ca.

In effect April 1	Adult	Youth/Seniors
Drop-in	\$6.41	\$4.48
10 Visit Pass	\$52.08	\$36.46
1 Month	\$49.47	\$34.63
3 Months	\$133.35	\$93.35
12 Months	\$427.33	\$299.13
<i>GST is not included in the above fees. Prices subject to change without notice. Personal Training services to be provided by Park Board staff only.</i>		

Kensington Fall 2019 Pool Schedule

September 3-December 15, 2019

Sep 2, Sep 30-Oct 20, Dec 25: Closed; Nov 11, Dec 26: 12:00 PM-4:00 PM; Dec 24, Dec 31: 9:00 AM-4:00PM

Interim and holiday schedules will be available on-site and on-line at recreation.vancouver.ca. Schedule subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AquaFit 9:05-9:50am					Healthiest Winner Basic Training 9:00-10:00am	AquaFit 9:05-9:50am
Public Swim 9:50am-1:15pm					Swim Lessons▲ 10:00am-2:00pm	
Range of Motion 1:15-2:00pm						
Public Swim 2:00-4:00pm	Discount Dip 2:00-4:00pm	Public Swim 2:00-4:00pm	Public Swim 2:00-4:00pm	Public Swim 2:00-6:00pm	Public Swim 2:00-4:00pm	Public Swim 2:00-4:00pm
Swim Lessons▲ 4:00-7:00pm	Swim Lessons▲ 4:00-7:30pm	Swim Lessons▲ 4:00-7:00pm	Swim Lessons▲ 4:00-7:30pm	Discount Dip 6:00-8:00pm	▲ = During Swim Lessons the Sauna and Whirlpool is open to paid public swim patrons only.	
Public Swim 7:00-8:00pm	Public Swim 7:30-9:30pm	Public Swim 7:00-8:00pm	Public Swim 7:30-9:30pm			
AquaFit 8:05-8:50pm		AquaFit 8:05-8:50pm				
Public Swim 8:50-9:30pm		Public Swim 8:50-9:30pm		Public Swim 8:50-9:30pm		

PLEASE NOTE: POOL MAINTENANCE CLOSURE: SEPT 30-OCT 20.

Swim Descriptions

Public Swim: Everyone welcome

Discount Dip: Admission is half price.

Family Rate: 1-2 Adults of the same household and their children under 19 yrs. Each person pays the child rate, single admission ineligible for the family rate. Infants cannot be left unattended on the pool deck.

AquaFit Descriptions

AquaFit: Moderately paced 25-30 minute cardio workout in the shallow end. Designed for participants who want to increase their fitness and muscular endurance.

Range of Motion: This program is suitable for people with limited mobility such as conditions of arthritis. If needed, participants are responsible to bring someone for assistance.

Basic Training H2O: Basic Training H2O, just like its land based cousin, welcomes all genders, shapes, sizes and abilities. This fun water based workout includes intervals of work and recovery whether focusing on cardio, strength, endurance or range of motion. Appropriate as an introduction to water based workouts, active recovery or as a regular part of your workout program.

Pool Rentals

Rent the pool from 4:00-5:00pm on Saturday & Sunday. Call 604-718-6202 for more information.

SWIM LESSONS

Our 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 whirlpool, sauna and the windows look out onto a patio garden.

All pool charges subject to change.

REFUND & CANCELLATION POLICY FOR SWIM LESSONS

- Full refund: five or more days prior to the start of the program
- Partial refund: four days prior to the start of the program up to the first day of lesson will be subject to a prorated refund for the first class.
- No refund after the second class
- No refunds for one or two day programs
- Transfer to another current or future session may be possible if requested four days prior to the start date of the program.

HOW TO REGISTER

- If you have taken a break from swim lessons for more than 6 months, please come to any Public Swim session and ask for a free swim assessment at the front desk.
- If your child is 7 years or under, a parent or guardian must enter the pool during the evaluation.

ADMISSION POLICY FOR CHILDREN

During times other than swim lessons, children under 8 years of age must be accompanied into the water by a responsible person at least 16 years of age and remain within arms reach. Infants cannot be left unattended on the pool deck.

For groups with children, please respect the following ratios

- 1 adult:10 children (over 8 yrs old)
- 1 adult: 5 children (7 yrs old and under)

Please call ahead to ensure we can accommodate you.

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



Pool Party!

Looking for something simple and unique for your child's birthday party? We have the perfect pool party just for you!

For private pool party rental reservations, please contact 604-718-6202

Time: Saturdays & Sundays, 4:00pm-5:00pm

Cost: \$187.27/hour + tax (includes pool and 2 lifeguards)

*50 children maximum in the pools. Birthday party rooms are also available at an additional cost.

FALL 2019 SWIM LESSONS

Registration opens Tuesday, August 27 @ 7pm for Fall 2019 lessons

No lessons Sept 30 – Oct 20 (Pool Maintenance Closure), Nov 9, 10, 11

	Start	End	# of Lessons
Monday & Wednesday			
Set 1	Sept. 4	Sept. 25	7
Set 2	Oct. 21	Nov. 13	7
Set 3	Nov. 18	Dec. 11	8
Tuesday & Thursday			
Set 1	Sept. 3	Sept. 26	8
Set 2	Oct. 22	Nov. 14	8
Set 3	Nov. 19	Dec. 12	8
Monday	Oct. 21	Dec. 9	7
Friday	Oct. 25	Dec. 13	8
Saturday	Sep. 7	Dec. 14	11
Sunday	Sep. 8	Dec. 15	11

# of Lessons	Parent & Tot/Preschool (30 min)	Swim Kids 1 to 4 (30 min)	Adults (45 min)
7 Lesson Set	\$51.22	\$45.55	\$80.46
8 Lesson Set	\$57.98	\$51.50	\$91.37
11 Lesson Set	\$78.26	\$69.35	\$124.10

Prices subject to change without notice.

Want private swim lessons?

Private lessons are taught on a 1:1 instructor to student ratio. Semi-private lessons are taught on a 1:2 or 1:3 instructor to student ratio. Registration for private lessons is now available online.

	Child Private	Child Semi-Private	Adult Private	Adult Semi-Private
Price per 30-min lesson per person	\$30.50	\$30.50 + \$10.50 / additional child	\$30.50 + tax	\$30.50 + \$10.50 / additional adult (+ tax)

Prices subject to change without notice.

Pool & Fitness Centre Admission Fees				
Rates subject to change. Tax excluded for Adult and Senior fees.				
	Adult 19-64 yrs	Youth 13-18 yrs	Senior 65+ yrs	Child 5-12 yrs
Drop-In	\$6.41	\$4.48	\$4.48	\$3.20
Family Rate	Child rate. Minimum two people.			
^Adult Only Sauna/Whirlpool	\$3.20	N/A	\$2.24	N/A
Discount Dip	\$3.20	\$2.24	\$2.29	\$1.60
10 Usage Card	\$52.08	\$36.46	\$36.46	\$26.04
1 Month	\$49.47	\$34.63	\$34.63	\$24.74
3 Month	\$133.35	\$93.35	\$93.35	\$66.68
12 Month	\$427.33	\$299.13	\$299.13	\$213.66

For most accurate fees and charges, please visit vancouver.ca/parks-recreation-culture/fees-charges.aspx

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.

Code of Conduct

- Treat patrons and staff/volunteers with respect and dignity.
- Do not tolerate abusive or disrespectful language.
- Appreciate that programs and facilities are provided for the enjoyment of everyone.
- Respect public property and the property of others.
- Enjoy recreation in your city!
- The Board of Parks and Recreation reserves the right to take appropriate steps to resolve issues or concerns.

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.

Kensington Community Centre Association

Board of Directors

President	Jesse Johl
Vice President.....	Brad Tamplin
Treasurer	TBA
Secretary	Margaret Law

Directors

Eddie Wong, Joyce Wong, Virginia Lew, Bev Gajsek, John Hughes, Milan Kljajic

Committees Chairs

Special Events	Joyce Wong / Virginia Lew
Programs	Brad Tamplin
Public Relations & Marketing	TBA
Youth Development.....	TBA
Building Chair.....	Brad Tamplin
Fundraising Chair	Jesse Johl

Refunds for Centre Programs

- Full refunds are issued for all cancelled programs.
- Personally requested program refunds are prorated and charges \$5 processing fee per activity.
- Refund requests will only be accepted up to 48 hours prior to the 3rd class.
- 48 hour's notice is required for all workshops, out trips and special events in order to receive a refund.
- You must bring your original registration receipt. Visa, and MasterCard payments will be credited to the card originally used. A cheque will be mailed in 3 - 6 weeks for cash payments.
- Some exceptions to this refund policy may apply.
- Childcare Programs: please refer to your registration receipt.
- **Daycamp refund policy:** An administration fee of \$5 will be charged for refunds. No refunds will be issued with less than 7 days before program starts.

Facility Rentals

We have facilities to rent for meetings, parties, swim parties, dances or receptions. Some rooms have kitchen spaces included. Please call 604-718-6228 or 604-718-6209 for information on rates and availability, or go to the "Rental Information" form at vancouver.ca/kensingtonrec. For more info please see page 3.

Kensington Staff Team

Recreation Supervisor.....	Michael Herrin
Centre Programmer.....	TBA
Pool Programmer.....	Anson Siu
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
Association Office Manager	Carolyn Silva

Community Groups

Kensington Chinese Seniors Club

.....	Wei Jie Zhang 604-729-2812
.....	Susana Chong 604-876-2281

Pottery Club.... Pres. Doug Smarden 604-255-4264
.....Membership Rona Hatherall 604-224-6550

Scouts CanadaJeremy Tam 604-505-6709

Kensington Badminton Club

..... Patrick Fung 604-290-8924

Kensington Little Mountain (KLM) Soccer Club

We offer soccer for youth aged 5-17. For registration information, visit our website at klmsoccer.org or contact us at 604-265-9422.

Personal Information Protection

In the course of providing programs and services, the Kensington Community Association 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 or upcoming events, 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.



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



**HALLOWEEN
PUMPKIN DECORATING**

(2-12yrs)

Join us for all of the chills and thrills this Halloween to decorate your small pumpkin with the scariest face and then you can take it home along with a candy bag.

Multipurpose Room
Sa Oct 26
230021
230022

\$5/1 sess
10:00 AM-11:30 AM
12:00 PM-1:30 PM

Kensington Holiday Craft Fair

Join us at the Annual Kensington Holiday Craft Fair and browse for gifts for family, friends and 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 kcc_craft_fair@yahoo.com. Deadline for applications is September 30, 2019.

Gymnasium
Sa Dec 7
221089

10:00 AM-4:00 PM
\$33.33 + tax per table



Breakfast with Santa

All Ages

Join your neighbours and friends from the Kensington Community for Breakfast with Santa. There will be a pancake breakfast, arts & crafts, entertainment, and a visit from Santa. Registration is available in person at Kensington Community Centre (5175 Dumfries Street, Vancouver, B.C.), or by phone at 604-718-6228.

KCCA Members - Family \$12, Adult \$5, Children (4-18) \$3, Children 3 and under Free. Non-members: add \$1.00 each.

(Family is defined as up to 2 adults and 2 children under 18 yrs. living in one household.)

Gymnasium
Sa Dec 14
9:30 AM-11:30 AM
221088



Kensington Christmas Lunch

(25yrs+)

Join us this month for our Annual Christmas Lunch with turkey and all of the trimmings followed by Italian Pastries for dessert.

Instructor: Brian Hooles
F Dec 20
221081

11:30 AM-1:30 PM
\$11.43/1 sess

