



SPRING 2023

Hours of Operation

Community Centre

Monday-Friday 7:00 AM-10:00 PM
 Saturday 8:30 AM-5:00 PM
 Sunday 8:30 AM-9:30 PM
 Statutory Holiday Closed
 *Front office closes 30 min. prior to building closure

Fitness Centre

Monday-Friday 6:00 AM-10:00 PM
 Saturday/Sunday 7:00 AM-8:00 PM
 Statutory Holiday 7:00 AM-8:00 PM

Please note - when the Community Centre is closed, enter the Fitness Centre through the lower back entrance, located at the back of the Community Centre, by the playground.

Click on the **Activity #** to register or learn more



Ice Rink

Dry floor rental requests are submitted through the online process at Vancouver.ca. Spring and Summer Learn to Skate Lessons are available at Hillcrest, Britannia, and Sunset rinks. Lesson schedules and registrations are available online at vancouver.ca or call 3-1-1.

Registration

Online

Registration online begins **Saturday, March 11 at 9 AM**. Logging into your account at www.vanrec.ca prior to registration day may minimize any unexpected errors.

In-Person

Registration in-person begins **Saturday, March 11 at 9 AM**. We accept Visa, Mastercard, American Express or debit cards, cash, and cheques.

Phone

Registration by phone begins **Saturday, March 11 at 12 PM**. Ongoing registration by phone is available during office hours.

Refund Policy

All refunds are subject to a \$5 administrative fee, unless the program is cancelled by the Community Centre.

Requests for refunds must be received by phone or in-person to the Front Office:

- 2 days prior to the 2nd scheduled class,
- 2 days prior for workshops,
- 7 days prior for camps, luncheons and private lessons.
- 30 days prior for birthday parties for full refund, 14 days prior for 50% refund, and no refund for less than one week.

Financial Subsidies

Discounts are available on some programs at time of registration. Patrons that qualify for the Vancouver Park Board's Leisure Access Program (LAP) may receive a 50% discount on registration of select programs. LAP is not applicable on workshops, private lessons, one-day events and CCA program drop-ins. Seniors over 65 years may receive a 15% discount on qualifying adult programs (registration only, drop-ins not applicable). If you are a senior and a program qualifies for the LAP discount, the applicable discounts will be calculated based on the adult rate and not with the senior's discount.

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PRESCHOOL

Music Together

Music Together (Birth-5 yrs)

Instructor: Donalyn

W Apr 5-Jun 7 9:30 AM-10:15 AM
 \$200/10 sess [445281](#)
 W Apr 5-Jun 7 10:30 AM-11:15 AM
 \$200/10 sess [445282](#)
 W Apr 5-Jun 7 11:30 AM-12:15 PM
 \$200/10 sess [445283](#)

Music Together (Birth-5 yrs)

Instructor: Donalyn

F Apr 14-Jun 16 9:30 AM-10:15 AM
 \$200/10 sess [445284](#)
 F Apr 14-Jun 16 10:30 AM-11:15 AM
 \$200/10 sess [445285](#)
 F Apr 14-Jun 16 11:30 AM-12:15 PM
 \$200/10 sess [445286](#)

Music With Marnie

Music With Marnie Babies (2 mo-17 mo)

Instructor: Marnie Grey

Tu Apr 18-Jun 13 11:30 AM-12:00 PM
 \$139/8 sess [445037](#)
 Tu Apr 18-Jun 13 12:15 PM-12:45 PM
 \$139/8 sess [445040](#)
 Th Apr 20-Jun 15 11:30 AM-12:00 PM
 \$139/8 sess [445042](#)
 Th Apr 20-Jun 15 12:15 PM-12:45 PM
 \$139/8 sess [445043](#)

Music with Marnie - BeTweenies (12 mo-20 mo)

Instructor: Marnie Grey

Tu Apr 18-Jun 13 10:30 AM-11:15 AM
 \$155/8 sess [445046](#)

Music With Marnie Toddlers (18 mo-3 yrs)

Instructor: Marnie Grey

Tu Apr 18-Jun 13 9:30 AM-10:15 AM
 \$155/8 sess [445051](#)
 Th Apr 20-Jun 15 10:30 AM-11:15 AM
 \$155/8 sess [445052](#)

Music with Marnie - Tots (2.5-5 yrs)

Instructor: Marnie Grey

Th Apr 20-Jun 15 9:30 AM-10:15 AM
 \$155/8 sess [445058](#)

Dance

Baby Dance (3 months-pre-walking)

Instructor: Lorraine White-Wilkinson

Tu Apr 18-Jun 6 11:25 AM-12:00 PM
 \$100/8 sess [447813](#)

Parent and Tot Creative Dance (2-3 yrs)

Instructor: Lorraine White-Wilkinson

Tu Apr 11-Jun 13 10:30 AM-11:15 AM
 \$125/10 sess [447815](#)
 Sa Apr 15-Jun 17 10:30 AM-11:15 AM
 \$125/10 sess [447816](#)

Creative Dance (3-4 yrs)

Instructor: Lorraine White-Wilkinson

Tu Apr 11-Jun 13 9:30 AM-10:15 AM
 \$125/10 sess [447822](#)
 Sa Apr 15-Jun 17 9:30 AM-10:15 AM
 \$125/10 sess [447823](#)

Pre-Ballet Creative Dance (3-4 yrs)

Instructor: Lorraine White-Wilkinson

Sa Apr 15-Jun 17 12:30 PM-1:15 PM
 \$125/10 sess [447824](#)

Pre-Ballet Creative Dance (4.5-6 yrs)

Instructor: Lorraine White-Wilkinson

Sa Apr 15-Jun 17 11:30 AM-12:15 PM
 \$125/10 sess [447825](#)

Hip Hop Dancers (3-5 yrs)

Instructor: Endorphin Rush Dance

M Apr 17-Jun 19 10:00 AM-10:45 AM
 \$117/9 sess [448920](#)

Little Ballerinas (3-5 yrs)

Instructor: Endorphin Rush Dance

M Apr 17-Jun 19 11:00 AM-11:45 AM
 \$117/9 sess [448921](#)

DancePl3y Preschool (3-5 yrs)

Instructor: Pl3y Inc. - The Play Brigade

F Apr 21-Jun 9 3:30 PM-4:15 PM
 \$104/8 sess [449482](#)

Birthday Parties

Birthday Party Package (up to 8 yrs)

- Staff to assist with set-up (30 min before), and clean-up (up to 30 min after)
- 60 minutes of play gym time, with toys and a large bouncy castle
- Access to a microwave and refrigerator

Lobby Room: 12:15-2:30PM
Gym: 12:30-1:30PM

Snowy's Lounge: 1:30-3:45PM
Gym: 1:45-2:45PM

Sa Apr 1-Jun 17 \$160/party
Refund policy: 1 months' notice = 100%
 2 weeks notice = 50% refund and less
 than two weeks = no refund.

Education

Beginner Baby Signing (Birth-1.5 yrs)

Instructor: Signing Babies Vancouver

W Apr 5-Apr 26 11:30 AM-12:00 PM
 \$52/4 sess [449549](#)
 W Apr 5-Apr 26 12:30 PM-1:00 PM
 \$52/4 sess [449550](#)
 W May 31-Jun 22 11:30 AM-12:00 PM
 \$52/4 sess [451026](#)
 W May 31-Jun 22 12:30 PM-1:00 PM
 \$52/4 sess [451028](#)

Baby Sing & Sign (Birth-2 yrs)

Instructor: Signing Babies Vancouver

W Apr 5-Apr 26 10:30 AM-11:00 AM
 \$52/4 sess [449552](#)
 W May 31-Jun 22 10:30 AM-11:00 AM
 \$52/4 sess [451005](#)

Baby Sleep & Sign Workshop (Birth-1.5 yrs)

Instructor: Desiree Russell- Rockababy.ca,

Lee Ann Steyns -Signing Babies Vancouver
 W Apr 5 2:30 PM-4:00 PM
 \$125/1 sess [450972](#)
 W May 3 2:30 PM-4:00 PM
 \$125/1 sess [450979](#)
 W Jun 7 2:30 PM-4:00 PM
 \$125/1 sess [450984](#)

Parent and Tot Gym (6mo-5 yrs)

Tu Apr 4-Jun 13 9:30 AM-11:00 AM
 Th Apr 6-Jun 15 10:30 AM-12:00 PM
 Sa Apr 1-Jun 17 10:30 AM-12:00 PM

\$3/child and \$2/additional child
 \$27/10 visit pass
 \$45/sibling 10 visit pass



Sportball

Sportball Parent and Child Multi Sport (2-3 yrs)

Instructor: Sportball Vancouver

M Apr 17-Jun 12 4:30 PM-5:15 PM
\$148/8 sess [445068](#)
W Apr 5-May 10 4:30 PM-5:15 PM
\$111/6 sess [446097](#)
W May 17-Jun 21 4:30 PM-5:15 PM
\$111/6 sess [446098](#)

Sportball Indoor Multi Sport (4-6 yrs)

Instructor: Sportball Vancouver

M Apr 17-Jun 12 3:30 PM-4:30 PM
\$148/8 sess [445069](#)

Sportball Parent and Tot Outdoor T-Ball (2-3 yrs)

Instructor: Sportball Vancouver

W May 3-Jun 21 5:30 PM-6:15 PM
\$146/8 sess [448176](#)

Sportball Outdoor T-Ball (4-6 yrs)

Instructor: Sportball Vancouver

W May 3-Jun 21 6:15 PM-7:15 PM
\$148/8 sess [448183](#)

Sportball Parent and Tot Outdoor Soccer (2-3 yrs)

Instructor: Sportball Vancouver

Th May 4-Jun 22 5:00 PM-5:45 PM
\$146/8 sess [448185](#)
Sa May 6-Jun 24 9:30 AM-10:15 AM
\$128/7 sess [448190](#)

Sportball Outdoor Soccer (3.5-5 yrs)

Instructor: Sportball Vancouver

Th May 4-Jun 22 4:00 PM-5:00 PM
\$148/8 sess [448188](#)
Sa May 6-Jun 24 10:15 AM-11:15 AM
\$130/7 sess [448192](#)



Kids Paint Pouring Canvases

Saturday, May 27
11:00 AM-12:00 PM
\$38/1 sess
[449795](#)

Instructor: Valerie Ferrar

CHILDREN

Dance

Hip Hop Zumba Kids (5-7 yrs)

Instructor: Endorphin Rush Dance

M Apr 17-Jun 19 3:30 PM-4:15 PM
\$117/9 sess [448922](#)

Hip Hop Zumba Kids (8-12 yrs)

Instructor: Endorphin Rush Dance

M Apr 17-Jun 19 4:30 PM-5:15 PM
\$117/9 sess [448924](#)

Dance Extreme (7-12 yrs)

Instructor: Endorphin Rush Dance

Th Apr 13-Jun 15 4:00 PM-5:00 PM
\$130/10 sess [448925](#)

Dancepl3y Kids (6-9 yrs)

Instructor: Pl3y Inc. - The Play Brigade

F Apr 21-Jun 9 4:30 PM-5:30 PM
\$104/8 sess [449486](#)

Violin Lessons

Private Violin Lessons (5+ yrs)

Instructor: Ali Nourbakhsh

Tu Apr 4-May 9 3:30 PM-4:30 PM
\$336/6 sess [445932](#)
Tu Apr 4-May 9 4:30 PM-5:30 PM
\$336/6 sess [445933](#)
Tu Apr 4-May 9 5:30 PM-6:30 PM
\$336/6 sess [445934](#)
Tu Apr 4-May 9 6:30 PM-7:30 PM
\$336/6 sess [445935](#)
Tu Apr 4-May 9 7:30 PM-8:30 PM
\$336/6 sess [445936](#)
Tu Apr 4-May 9 8:30 PM-9:30 PM
\$336/6 sess [445937](#)

Private Violin Lessons (5+ yrs)

Instructor: Ali Nourbakhsh

Tu May 16-Jun 20 3:30 PM-4:30 PM
\$336/6 sess [446117](#)
Tu May 16-Jun 20 4:30 PM-5:30 PM
\$336/6 sess [446118](#)
Tu May 16-Jun 20 5:30 PM-6:30 PM
\$336/6 sess [446119](#)
Tu May 16-Jun 20 6:30 PM-7:30 PM
\$336/6 sess [446120](#)
Tu May 16-Jun 20 7:30 PM-8:30 PM
\$336/6 sess [446121](#)
Tu May 16-Jun 20 8:30 PM-9:30 PM
\$336/6 sess [446122](#)

Group Guitar

Guitar For Beginners (8-12 yrs)

Instructor: Tonia Allen

Th Apr 13-Jun 15 3:45 PM-4:30 PM
\$135/10 sess [447059](#)

Guitar For Intermediate (8-13 yrs)

Instructor: Tonia Allen

Th Apr 13-Jun 15 4:30 PM-5:15 PM
\$135/10 sess [447064](#)

Guitar For Advanced (11-15 yrs)

Instructor: Tonia Allen

Th Apr 13-Jun 15 5:15 PM-6:00 PM
\$135/10 sess [447065](#)

Piano Lessons

Piano Lessons Private (5+ yrs)

Instructor: Mary Friesen

Tuesday

Tu Apr 4-Jun 13 3:10 PM-3:40 PM
\$265/11 sess [446189](#)
Tu Apr 4-Jun 13 3:45 PM-4:15 PM
\$265/11 sess [446190](#)
Tu Apr 4-Jun 13 4:20 PM-4:50 PM
\$265/11 sess [446191](#)
Tu Apr 4-Jun 13 4:55 PM-5:25 PM
\$265/11 sess [446192](#)
Tu Apr 4-Jun 13 5:30 PM-6:00 PM
\$265/11 sess [446195](#)
Tu Apr 4-Jun 13 6:05 PM-6:35 PM
\$265/11 sess [446196](#)
Tu Apr 4-Jun 13 6:40 PM-7:10 PM
\$265/11 sess [446198](#)
Tu Apr 4-Jun 13 7:15 PM-7:45 PM
\$265/11 sess [446199](#)

Piano Lessons Private (5+ yrs)

Instructor: Mary Friesen

Friday

F Apr 14-Jun 9 3:10 PM-3:40 PM
\$216/9 sess [446200](#)
F Apr 14-Jun 9 3:45 PM-4:15 PM
\$216/9 sess [446203](#)
F Apr 14-Jun 9 4:20 PM-4:50 PM
\$216/9 sess [446204](#)
F Apr 14-Jun 9 4:55 PM-5:25 PM
\$216/9 sess [446205](#)
F Apr 14-Jun 9 5:30 PM-6:00 PM
\$216/9 sess [446207](#)
F Apr 14-Jun 9 6:05 PM-6:35 PM
\$216/9 sess [446210](#)
F Apr 14-Jun 9 6:40 PM-7:10 PM
\$216/9 sess [446212](#)
F Apr 14-Jun 9 7:15 PM-7:45 PM
\$216/9 sess [446214](#)
F Apr 14-Jun 9 7:50 PM-8:20 PM
\$216/9 sess [447764](#)

Martial Arts

Taekwondo Beginner (5-7 yrs)

Instructor: Port Moody Taekwondo
 Tu Th Apr 4-Jun 15 3:30 PM-4:10 PM
 \$275/22 sess [445379](#)

Taekwondo Beginner (8-12 yrs)

Instructor: Port Moody Taekwondo
 Tu Th Apr 4-Jun 15 4:15 PM-5:00 PM
 \$275/22 sess [445380](#)

Taekwondo Intermediate/Advanced (8-12 yrs)

Instructor: Port Moody Taekwondo
 Tu Th Apr 4-Jun 15 5:00 PM-5:45 PM
 \$275/22 sess [445381](#)

Sportball

Sportball Indoor

Multi Sport (4-6 yrs)
 Instructor: Sportball Vancouver
 M Apr 17-Jun 12 3:30 PM-4:30 PM
 \$148/8 sess 445069

Sportball Indoor

Multi Sport (5-8 yrs)
 W Apr 5-May 10 3:30 PM-4:30 PM
 \$111/6 sess [446095](#)
 W May 17-Jun 21 3:30 PM-4:30 PM
 \$111/6 sess [446096](#)

Sportball Outdoor T-Ball (4-6 yrs)

W May 3-Jun 21 6:15 PM-7:15 PM
 \$148/8 sess [448183](#)

Sportball Outdoor Soccer (5-7 yrs)

Th May 4-Jun 22 5:45 PM-6:45 PM
 \$148/8 sess [448195](#)
 Sa May 6-Jun 24 11:15 AM-12:15 PM
 \$130/7 sess [448196](#)

Indoor Tennis

Summer Smash Tennis indoors at
 Kitsilano CC Gymnasium

Mini Aces (6-7.6 yrs)

Instructor: Summer Smash Tennis
 Th Mar 30-Apr 27 3:30 PM-4:15 PM
 \$105/5 sess [448823](#)

Junior Fundamentals (7.6-11 yrs)

Instructor: Summer Smash Tennis
 Th Mar 30-Apr 27 4:15 PM-5:15 PM
 \$140/5 sess [448915](#)

Junior Aces

(7.6-11 yrs)

Instructor: Summer Smash Tennis
 Tu Mar 28-Apr 25 3:30 PM-4:30 PM
 \$140/5 sess [448914](#)

Youth Aces (11-15 yrs)

Instructor: Summer Smash Tennis
 Tu Mar 28-Apr 25 4:30 PM-5:30 PM
 \$140/5 sess [448918](#)

Kits Kids Summer Day Camps (6-12 yrs)

Get ready for a summer of fun and adventure! Activities will include sports, cooperative games, arts & crafts, theatre, dance parties, entertainers and special guests! We will also go on walking out-trips to explore nature and the great outdoors. Please note: Children will be divided into smaller groups and will have designated leaders all week. There will be a mixture of indoor and outdoor activities. Out trips will be within walking distance of the camp's home base. There may also be out trips each week using public transit or charter buses. Parents/Guardians will receive an email prior to camp, outlining camp expectations, guidelines and forms. Children must have completed Kindergarten and be eligible for Grade 1 in order to register for camp.

Week	Dates	Kits Kids (6-12 yrs)	After Care (6-12 yrs) (Must be registered in camp)
		9:00am-3:30pm \$155/5 days \$130/4 days*	3:30pm-5:30pm \$55/5 days \$44/4 days*
1	Tu-F Jul 4-Jul 7 (No camp Jul 3)	445317	451361
2	M-F Jul 10-Jul 14	445321	451362
3	M-F Jul 17-Jul 21	445322	451364
4	M-F Jul 24-Jul 28	445323	451365
5	M-F Jul 31-Aug 4	445324	451366
6	Tu-F Aug 8-Aug 11 (No camp Aug 7)	445325	451367
7	M-F Aug 14-Aug 18	445326	451369
8	M-F Aug 21-Aug 25	445327	451370

Summer Day Camp Information:

- On the first day of camp, parents must provide TWO completed waiver forms (Association and Park Board).
- Please attach a recent picture of your child to the waiver for easy identification.
- Pack a snack, lunch, water bottle, sunscreen, swimsuit, hat and jacket daily.
- Refunds are only given with one full week notice.
- All refunds are subject to a \$5 administrative fee, unless the program is cancelled by the Community Centre.

Spring: Outdoor Tennis
Summer Smash Tennis at McBride Park

**Outdoor Tennis: Mini Fundamentals
(4.6-5.11 yrs)**

Instructor: Summer Smash Tennis

McBride

M May 8-Jun 19 3:15 PM-3:45 PM
\$75/6 sess [451749](#)

Outdoor Tennis: Mini Aces (6-7.6yrs)

McBride

W May 3-May 24 3:30 PM-4:15 PM
\$75/4 sess [451752](#)
W May 31-Jun 21 3:30 PM-4:15 PM
\$75/4 sess [451753](#)

**Outdoor Tennis: Junior Aces
(7.6-10.11 yrs)**

McBride

W May 3-May 24 4:15 PM-5:15 PM
\$120/4 sess [451786](#)
W May 31-Jun 21 4:15 PM-5:15 PM
\$120/4 sess [451787](#)

**Outdoor Tennis: Junior
Fundamentals (7.6-10.11 yrs)**

McBride

M May 8-Jun 19 3:45 PM-4:45 PM
\$180/6 sess [452966](#)
Th May 4-May 25 4:00 PM-5:00 PM
\$120/4 sess [452965](#)
Th Jun 1-Jun 22 4:00 PM-5:00 PM
\$120/4 sess [451779](#)

Outdoor Tennis: Youth Aces (11-14.11 yrs)

McBride

M May 8-Jun 19 4:45 PM-6:00 PM
\$187.50/6 sess [451788](#)
Tu May 2-May 23 4:00 PM-5:00 PM
\$100/4 sess [451790](#)
Tu May 30-Jun 20 4:00 PM-5:00 PM
\$100/4 sess [451792](#)
W May 3-May 24 5:15 PM-6:15 PM
\$100/4 sess [451793](#)
W May 31-Jun 21 5:15 PM-6:15 PM
\$100/4 sess [451795](#)

Summer: Outdoor Tennis
Summer Smash Tennis at McBride Park

**Outdoor Tennis: Mini Fundamentals
Development (4.6-5.11 yrs)**

Instructor: Summer Smash Tennis

McBride

Tu-F Jul 4-Jul 7 8:00 AM-9:00 AM
\$84/4 sess [451913](#)
M-F Jul 10-Jul 14 8:00 AM-9:00 AM
\$105/5 sess [451914](#)
M-F Jul 17-Jul 21 8:00 AM-9:00 AM
\$105/5 sess [451915](#)
M-F Jul 24-Jul 28 8:00 AM-9:00 AM
\$105/5 sess [451916](#)
M-F Jul 31-Aug 4 8:00 AM-9:00 AM
\$105/5 sess [451917](#)
Tu-F Aug 8-Aug 11 8:00 AM-9:00 AM
\$84/4 sess [451918](#)
M-F Aug 14-Aug 18 8:00 AM-9:00 AM
\$105/5 sess [451919](#)
M-F Aug 21-Aug 25 8:00 AM-9:00 AM
\$105/5 sess [451920](#)

**Outdoor Tennis: Mini Aces
Development (6.0-7.6yrs)**

McBride

Tu-F Jul 4-Jul 7 9:00 AM-11:00 AM
\$168/4 sess [451921](#)
M-F Jul 10-Jul 14 9:00 AM-11:00 AM
\$210/5 sess [451927](#)
M-F Jul 17-Jul 21 9:00 AM-11:00 AM
\$210/5 sess [451928](#)
M-F Jul 24-Jul 28 9:00 AM-11:00 AM
\$210/5 sess [451929](#)
M-F Jul 31-Aug 4 9:00 AM-11:00 AM
\$210/5 sess [451930](#)
Tu-F Aug 8-Aug 11 9:00 AM-11:00 AM
\$168/4 sess [451931](#)
M-F Aug 14-Aug 18 9:00 AM-11:00 AM
\$210/5 sess [451934](#)
M-F Aug 21-Aug 25 9:00 AM-11:00 AM
\$210/5 sess [451935](#)

**Outdoor Tennis: Junior Aces
Development (7.6-10.11 yrs)**

McBride

Tu-F Jul 4-Jul 7 1:15 PM-4:15 PM
\$210/4 sess [451951](#)
M-F Jul 10-Jul 14 1:15 PM-4:15 PM
\$262.50/5 sess [451953](#)
M-F Jul 17-Jul 21 1:15 PM-4:15 PM
\$262.50/5 sess [451954](#)
M-F Jul 24-Jul 28 1:15 PM-4:15 PM
\$262.50/5 sess [451955](#)

**Outdoor Tennis: Junior
Fundamentals (7.6-10.11 yrs)**

Instructor: Summer Smash Tennis

McBride

MW Jul 5-Jul 26 4:30 PM-5:30 PM
\$196/7 sess [451962](#)
MW Jul 31-Aug 23 4:30 PM-5:30 PM
\$196/7 sess [451963](#)

**Outdoor Tennis: Youth Aces
Development (11-14.11 yrs)**

McBride

Tu-F Jul 4-Jul 7 9:30 AM-12:00 PM
\$210/4 sess [451938](#)
M-F Jul 10-Jul 14 9:30 AM-12:00 PM
\$262.50/5 sess [451939](#)
M-F Jul 17-Jul 21 9:30 AM-12:00 PM
\$262.50/5 sess [451941](#)
M-F Jul 24-Jul 28 9:30 AM-12:00 PM
\$262.50/5 sess [451942](#)
M-F Jul 31-Aug 4 9:30 AM-12:00 PM
\$262.50/5 sess [451943](#)
Tu-F Aug 8-Aug 11 9:30 AM-12:00 PM
\$210/4 sess [451946](#)
M-F Aug 14-Aug 18 9:30 AM-12:00 PM
\$262.50/5 sess [451947](#)
M-F Aug 21-Aug 25 9:30 AM-12:00 PM
\$262.50/5 sess [451948](#)

**Outdoor Tennis: Youth
Fundamentals (11-14.11 yrs)**

McBride

MW Jul 5-Jul 26 5:30 PM-6:30 PM
\$196/7 sess [451970](#)
MW Jul 31-Aug 23 5:30 PM-6:30 PM
\$196/7 sess [451971](#)



PRE-TEEN 10-12 yrs

Social

Pre-Teen Dungeons and Dragons (10-13 yrs)

Instructor: Lochhead Will

W Apr 5-Jun 21 3:30 PM-5:30 PM
 \$110/11 sess [451902](#)
 Th Apr 6-Jun 29 3:30 PM-5:30 PM
 \$110/11 sess [451908](#)

YOUTH 13-18 yrs

Social

Youth Dungeons and Dragons (14-18 yrs)

Instructor: Lochhead Will

W Apr 5-Jun 21 5:30 PM-8:30 PM
 \$165/11 sess [451905](#)
 Th Apr 6-Jun 29 5:30 PM-8:30 PM
 \$165/11 sess [451909](#)

Guitar

Please see page 3.

City Wide Youth Pass!



Starting April 1st, all Youth using the Kitsilano facility are required to register for a FREE City Wide Youth Pass. Please have your parent or guardian complete a One Card consent form and return it to a Youth Leader or the Community Youth Worker. Forms can be retrieved in the Youth Lounge.

YOUTH 13-18 yrs

Youth Leadership

Kits Youth Council

Instructor: Leader Youth

Bringing youth voices to the table to talk and share ideas about ways we can engage in our community in meaningful ways. This is a great opportunity for youth to earn volunteer hours, fundraise for great causes, gain employment training, and plan community events.
 M Apr 3-Jun 26 4:00 PM-6:00 PM
 Free [451898](#)

Kits Youth Volunteer Orientation

Instructor: Leader Youth

Do you want to volunteer this season and give back to your community? Sign-up for this orientation to become a volunteer for Kitsilano Community Centre programs and special events! During this session we will go over, expectations, safety protocols event sign-up and more!
 M Apr 24 4:00 PM-6:00 PM
 Free [452283](#)

Do you have a question about our youth programs?

Send it to Keani, the Community Youth Worker, at keani.pratt@vancouver.ca or call at 604-257-6991.

TLC Adapted Youth Programming 13-18 yrs

TLC is an exciting adaptive program for teens with mild to moderate needs (behavioural and developmental). Join us two or three times a week for fun, challenging activities in a safe recreational environment. Youth have an opportunity to learn and form long lasting friendships. Note: Youth must first be registered with a CYSN through the Ministry of Children and Family Development before registering for TLC. For more information, please contact Keani the Community Youth Worker at 604.257.6991 or Keani.pratt@vancouver.ca.



Youth Lounge Schedule Spring						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Youth Lounge Drop-In 3:00pm-8:00pm	Youth Lounge Drop-In 3:00pm-8:00pm	Youth Lounge Drop-In 3:00pm-8:00pm	Youth Lounge Drop-In 3:00pm-8:00pm	Youth Night Drop-In 3:00pm-9:30pm	Youth Lounge Drop-In 1:00pm-4:30pm	
Youth/Preteen Open Gym						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	Lunch Break Open Gym 11:30am-12:10pm After School Open Gym 3:05pm-5:15pm (May 2-June 27)	Lunch Break Open Gym 11:30am-12:10pm		After School Open Gym 3:05pm-5:15pm (May 4-June 29)	Youth Night Open Gym 3:00pm-9:30pm	Preteen (Grade 6,7) Open Gym 3:30pm-4:45pm



ADULT (19+)

Adults over 65 may receive a 15% discount by registering in qualifying programs. *Drop-ins not applicable.

Social

Bridge Lessons - Beginners Level 1

Instructor: Glenda Affleck
Th Apr 13-Jun 15 6:30 PM-8:30 PM
\$99/18 sess [446280](#)

Languages

English Corner

Instructor: Fay Mottahed
Su Apr 16-Jun 18 7:00 PM-9:00 PM
\$3/10 sess [447348](#)

Spanish for Beginners - Level 1

Instructor: Gloria Alonso
Tu Apr 11-Jun 20 6:15 PM-7:45 PM
\$180/10 sess [446364](#)

Spanish for Beginners - Level 2

Instructor: Gloria Alonso
Tu Apr 11-Jun 20 7:45 PM-9:15 PM
\$180/10 sess [446366](#)

Music

Ukulele Group Lessons: Beginner Level 1

Instructor: Joseph Young
Su Apr 16-Jun 18 10:30 AM-11:30 AM
\$90/10 sess [447435](#)

Ukulele Group Lessons: Beginner Level 2

Instructor: Joseph Young
Su Apr 16-Jun 18 11:45 AM-12:45 PM
\$90/10 sess [447436](#)

Ukulele Group Lessons: Beginner Level 3

Instructor: Joseph Young
Su Apr 16-Jun 18 1:00 PM-2:00 PM
\$90/10 sess [448151](#)

Pasta Making with Peter

Italian Cooking Class Hands on Gnocchi Making

Instructor: Pasta Boy Peter Inc.
Su Apr 23 2:45 PM-5:15 PM
\$100/1 sess [452959](#)

Italian Cooking Class Hands on Pasta

Instructor: Pasta Boy Peter Inc.
Su Apr 23 10:30 AM-1:45 PM
\$100/1 sess [452954](#)
Su May 28 10:30 AM-1:45 PM
\$100/1 sess [452955](#)
Su Jun 11 10:30 AM-1:45 PM
\$100/1 sess [452956](#)

Italian Cooking Class Hands on Ravioli

Instructor: Pasta Boy Peter Inc.
Su May 28 2:45 PM-5:15 PM
\$100/1 sess [452957](#)

Italian Cooking Class Hands on Roman Pizza

Instructor: Pasta Boy Peter Inc.
Su Apr 2 10:30 AM-1:45 PM
\$100/1 sess [452947](#)
Su May 7 10:30 AM-1:45 PM
\$100/1 sess [452948](#)
Su Jun 4 10:30 AM-1:45 PM
\$100/1 sess [452949](#)

Italian Cooking Class - Pasta 2 Puglia Pasta

Instructor: Pasta Boy Peter Inc.
Su Apr 2 2:45 PM-5:15 PM
\$100/1 sess [452950](#)
Su May 7 2:45 PM-5:15 PM
\$100/1 sess [452951](#)
Su Jun 4 2:45 PM-5:15 PM
\$100/1 sess [452952](#)

Italian Cooking Class Roman Sauces & Pasta Tasting

Instructor: Pasta Boy Peter Inc.
Su Jun 11 2:45 PM-5:15 PM
\$79/1 sess [452958](#)

Food & Gardening Workshops by Village Vancouver

Kitsilano Community Garden

Kits Community Garden is an inclusive and equitable family friendly, cross cultural collaborative community garden. All levels of gardening experience are welcome
Sa Apr 1-Jun 24 1:45 PM-3:45 PM
Free 13 sess [452908](#)

Gardening with Lori Snyder

Th May 25 6:30 PM-8:30 PM
\$15/1 sess [452868](#)

Growing Superfoods

Su Jun 18 6:30 PM-8:30 PM
\$16/1 sess [452877](#)

Indian Style Cool Summer Drinks

M Jun 26 6:30 PM-8:30 PM
\$29/1 sess [452887](#)

Introduction to Organic Gardening

W May 10 6:30 PM-8:30 PM
\$16/1 sess [452865](#)

Introduction to Seed Saving

Th Jun 22 6:30 PM-8:30 PM
\$16/1 sess [452881](#)

Making Beeswax Salves with Lori Snyder

W Jun 28-Jun 28 6:30 PM-8:30 PM
\$25/1 sess [452883](#)

Native Edibles Talk and Walk

W Apr 26 6:30 PM-8:30 PM
\$15/1 sess [452863](#)

Wild Herbal and Mineral Vinegars

Th Jun 8 6:30 PM-8:30 PM
\$25/1 sess [452875](#)

Kits Village Plastic Recycling Depot

Drop off your clean, pre-sorted plastics at our free Kits Village recycling depot located on the south patio, immediately north of 12th Ave. and Larch Street. Please arrive no later than 6:45PM. No registration required. For more information, please visit villagevancouver.ca.

Th Apr 13 6:00 PM-7:00 PM
Free [452976](#)

Th May 18 6:00 PM-7:00 PM
Free [452867](#)

Art

NEW Acrylic Paint Pouring on Canvas

Workshop

Instructor: Valerie Ferrar

Sa May 27-May 27 1:30 PM-3:30 PM
 \$80/1 sess [449789](#)

NEW Exposed Stitch Hand Bound

Book

Sa May 6 10:00 AM-4:00 PM
 \$65/1 sess [452946](#)

NEW Paint Night!

Tu Apr 25 6:00 PM-8:00 PM
 \$20/1 sess [452792](#)

NEW Photography Basics in One Day

Sa Apr 15 10:00 AM-4:00 PM
 \$50/1 sess [452945](#)

NEW The Joy of Acrylic Painting

Instructor: Philip Tsang

Tu Apr 18-Jun 20 10:30 AM-12:30 PM
 \$250/10 sess [449777](#)

NEW Watercolour Painting

Instructor: Mohammad Atashzad

F Apr 14-Jun 30 10:00 AM-12:00 PM
 \$195/10 sess [449778](#)

Dance

Ballet - Introduction/Beginner

Instructor: Sally Laing Hulme

Su Apr 2-Jun 11 1:00 PM-2:30 PM
 \$103.50/9 sess [447111](#)

Ballet - Intermediate

Instructor: Sally Laing Hulme

Su Apr 2-Jun 11 2:45 PM-4:15 PM
 \$103.50/9 sess [447113](#)

Belly Dance - Beginner

Instructor: Gail (Rahma) Haddad

Su Apr 2 4:30 PM-6:00 PM
 Free [446909](#)

Su Apr 23-Jun 25 4:30 PM-6:00 PM
 \$130/10 sess [446678](#)

Belly Dance - Intermediate

Instructor: Gail (Rahma) Haddad

Su Apr 23-Jun 25 6:00 PM-7:30 PM
 \$130/10 sess [446680](#)

Dance

Latin Funk Dance

Instructor: Latin Funk Dance

M Apr 17-Jun 26 8:00 PM-9:00 PM
 \$130/10 sess [446634](#)

Recreational Line Dancing

Instructor: Lisa Dong

Sa Apr 15-Jun 17 10:30 AM-12:00 PM
 \$67/10 sess [446555](#)

Martial Arts

Qigong

Instructor: Kelly Maclean

Su Apr 16-Jun 25 9:30 AM-10:30 AM
 \$160/10 sess [448524](#)

Tai Chi - 24 Form Review

Instructor: Kelly Maclean

Su Apr 16-Jun 25 11:40 AM-12:40 PM
 \$160/10 sess [448542](#)

Tai Chi - 48 Form Part Three

Instructor: Kelly Maclean

Su Apr 16-Jun 25 10:35 AM-11:35 AM
 \$160/10 sess [448539](#)

Tai Chi - Sun Style Part I

Instructor: Kelly Maclean

Th Apr 13-Jun 29 6:00 PM-7:00 PM
 \$192/12 sess [448508](#)

Tai Chi Sword - 42 Form Part Three

Instructor: Kelly Maclean

Th Apr 13-Jun 29 7:05 PM-8:05 PM
 \$192/12 sess [448512](#)

Fitness & Health

ABM NeuroMovement® Healthy Back, Neck and Shoulders

Instructor: Claire Sandham

W Apr 19-Jun 21 7:30 PM-8:30 PM
 \$160/10 sess [447374](#)

Th Apr 20-Jun 22 10:00 AM-11:00 AM
 \$160/10 sess [447375](#)

BeMoved

Instructor: Anita Siu

W Apr 5-May 10 1:00 PM-2:00 PM
 \$84/6 sess [447433](#)

W May 17-Jun 28 1:00 PM-2:00 PM
 \$98/7 sess [447434](#)

Fitness & Health

CALLANETICS

Instructor: Linda Shedden

M Apr 24-Jun 26 7:45 PM-8:45 PM
 \$145.71/9 sess [447418](#)

Kitsilano MS Support Group

Instructor: Daina Balodis

F Apr 21-Jun 23 1:00 PM-3:00 PM
 Free [446381](#)

Group Power®

Instructor: Ella Wong

M Apr 3-Jun 26 8:00 AM-9:00 AM
 Instructor: Jennifer Wick

W Apr 5-Jun 28 9:15 AM-10:15 AM
 Instructor: Andrew Gurerra

W Apr 5-Apr 26 7:30 PM-8:30 PM
 Instructor: Karen DiVenanzo

Th Apr 6-Jun 29 1:30 PM-2:30 PM
 Instructor: Karen DiVenanzo

F Apr 14-Jun 30 8:00 AM-9:00 AM
 Drop in: \$5.71/ class

Group Power 10 Visit Pass: \$55

Stretch Therapy

Instructor: Rob Cole

Th Apr 6-Jun 1 7:15 PM-8:25 PM
 \$175/7 sess [446528](#)

ZUMBA®

Instructor: Zumba Vancouver

M Apr 3 6:45 PM-7:45 PM
 Free [447380](#)

W Apr 5 6:45 PM-7:45 PM
 Free [447390](#)

M Apr 17-May 15 6:45 PM-7:45 PM
 \$68.75/5 sess [447378](#)

M May 29-Jun 26 6:45 PM-7:45 PM
 \$68.75/5 sess [447379](#)

W Apr 12-May 17 6:45 PM-7:45 PM
 \$82.50/6 sess [447385](#)

W May 24-Jun 28 6:45 PM-7:45 PM
 \$82.50/6 sess [447388](#)

ZUMBA® Gold - Beginners & Seniors

Instructor: Zumba Vancouver

Tu Apr 4 1:30 PM-2:30 PM
 Free [447383](#)

Th Apr 6 1:00 PM-2:00 PM
 Free [447394](#)

Tu Apr 11-May 16 1:30 PM-2:30 PM
 \$82.50/6 sess [447381](#)

Tu May 23-Jun 27 1:30 PM-2:30 PM
 \$82.50/6 sess [447382](#)

Th Apr 13-May 18 1:00 PM-2:00 PM
 \$82.50/6 sess [447392](#)

Th May 25-Jun 29 1:00 PM-2:00 PM
 \$82.50/6 sess [447393](#)



Yoga

Creative Yoga

Instructor: Natalia Nimetz

Tu Apr 11-May 16 4:45 PM-6:15 PM

\$84/6 sess [447349](#)

Tu May 23-Jun 20 4:45 PM-6:15 PM

\$70/5 sess [447353](#)

everyBODYyoga with Klara Kroupa

Instructor: Klara Kroupa

W Mar 29-May 17 4:30 PM-5:30 PM

\$128/8 sess [447085](#)

Gentle Yoga

Instructor: Natalia Nimetz

F Apr 14-May 19 10:30 AM-12:00 PM

\$84/6 sess [447354](#)

F May 26-Jun 23 10:30 AM-12:00 PM

\$70/5 sess [447355](#)

Hatha Flow Yoga

Instructor: Nadine Agosti

Tu Apr 11-May 16 8:00 PM-9:00 PM

\$96/6 sess [446337](#)

Tu May 23-Jun 27 8:00 PM-9:00 PM

\$96/6 sess [446338](#)

Hatha+Yin Yoga with Pamela

Instructor: Pamela Ferman

M Apr 3-May 15 6:00 PM-7:15 PM

\$80/5 sess [446580](#)

M May 29-Jun 26 6:00 PM-7:15 PM

\$80/5 sess [446582](#)

Iyengar Yoga Monthly Tune-Up

Instructor: Luci Yamamoto

Sa May 6-May 6 2:00 PM-4:00 PM

\$36/1 sess [450609](#)

Sa Jun 10-Jun 10 2:00 PM-4:00 PM

\$36/1 sess [450610](#)

Iyengar Yoga with Linda

Instructor: Linda Shevloff

W Apr 5 10:45 AM-12:15 PM

Free [448153](#)

W Apr 12-May 17 10:45 AM-12:15 PM

\$150/6 sess [447424](#)

W May 24-Jun 28 10:45 AM-12:15 PM

\$150/6 sess [447425](#)

Iyengar Yoga with Luci

Instructor: Luci Yamamoto

Th Apr 20-May 25 10:30 AM-12:00 PM

\$150/6 sess [450596](#)

Th Jun 1-Jun 29 10:30 AM-12:00 PM

\$125/5 sess [450598](#)

Su Apr 23-May 21 9:00 AM-10:30 AM

\$125/5 sess [450605](#)

Su May 28-Jun 25 9:00 AM-10:30 AM

\$125/5 sess [450607](#)



Restorative Yin Yoga Workshop

Instructor: Pamela Ferman

Sa Apr 15 2:00 PM-4:00 PM

\$35/1 sess [446584](#)

Sa May 13 2:00 PM-4:00 PM

\$35/1 sess [446587](#)

Sa Jun 17 2:00 PM-4:00 PM

\$35/1 sess [446588](#)

Yoga4Stiff Guys' - All Levels

Instructor: Yoga4Stiff People

M Apr 17-Jun 12 5:30 PM-6:30 PM

\$112/8 sess [447360](#)

Baby & Me Yoga

Baby & Me Yoga with Brenlie

Instructor: Brenlie Nagy

W Apr 12-May 24 12:30 PM-1:30 PM

\$126/7 sess [447412](#)

F Apr 14-May 26 12:30 PM-1:30 PM

\$126/7 sess [447413](#)

Prenatal Yoga

Prenatal Birth Partner Workshop

Instructor: Brenlie Nagy

Su Apr 23 2:30 PM-5:30 PM

\$150/1 sess [447414](#)

Prenatal Yoga with Brenlie

Instructor: Brenlie Nagy

Tu Apr 11-May 23 6:30 PM-7:30 PM

\$126/7 sess [447408](#)

W Apr 12-May 24 6:00 PM-7:00 PM

\$126/7 sess [447409](#)

Sa Apr 15-May 27 10:00 AM-11:00 AM

\$126/7 sess [447411](#)

Yoga for Older Adults

Yoga for Older Adults

Instructor: Nadine Agosti

W Apr 12-May 17 11:30 AM-12:30 PM

\$90/6 sess [446339](#)

M May 29-Jun 26 11:30 AM-12:30 PM

\$75/5 sess [446341](#)

Pilates

Mat Pilates

Instructor: Vienna Luke

M Apr 17-May 15 10:00 AM-11:00 AM

\$68.75/5 sess [447335](#)

M May 29-Jun 26 10:00 AM-11:00 AM

\$68.75/5 sess [453017](#)

Tu Apr 18-May 23 6:30 PM-7:30 PM

\$68.75/5 sess [447336](#)

Tu May 30-Jun 27 6:30 PM-7:30 PM

\$68.75/5 sess [453021](#)

Pilates Plus

Instructor: Alannah Lori

W Apr 19-Jun 21 7:00 PM-8:00 PM

\$135/10 sess [447334](#)

Sports – Drop-In

Please note: Participants can check-in up to 30 minutes before at the Front Office. Space will be held for registered participants for 5 minutes after the start of the program; after this time, spots will be sold to drop-in players. In the event that you are unable to attend any particular session, your registered spot is non-transferable.

These programs are non-instructional. Drop-ins: To be put on the waitlist, please call the Front Office starting at 8:15AM on game day (8:30AM on Sat/Sun) – 604.257.6976

Badminton - All Levels

W Apr 5-Apr 26 8:00 PM-10:00 PM
 \$20/4 sess [446868](#)
 W May 3-May 31 8:00 PM-10:00 PM
 \$25/5 sess [446869](#)
 W Jun 7-Jun 28 8:00 PM-10:00 PM
 \$20/4 sess [446870](#)

Basketball - Recreational

M Apr 3-Apr 24 8:00 PM-10:00 PM
 \$15/3 sess [446871](#)
 M May 1-May 29 8:00 PM-10:00 PM
 \$20/4 sess [446872](#)
 M Jun 5-Jun 26 8:00 PM-10:00 PM
 \$20/4 sess [446873](#)

Pickleball - All Levels

M Apr 3-Apr 24 11:45 AM-1:45 PM
 \$20/4 sess [446875](#)
 M May 1-May 29 11:45 AM-1:45 PM
 \$20/4 sess [446874](#)
 M Jun 5-Jun 26 11:45 AM-1:45 PM
 \$20/4 sess [446876](#)
 Th Apr 6-Apr 27 8:00 PM-10:00 PM
 \$20/4 sess [446878](#)
 Th May 4-May 25 8:00 PM-10:00 PM
 \$20/4 sess [446877](#)
 Th Jun 1-Jun 29 8:00 PM-10:00 PM
 \$25/5 sess [446879](#)

Soccer - Masters

Tu Apr 4-Apr 25 6:00 PM-7:45 PM
 \$17.60/4 sess [446880](#)
 Tu May 2-May 30 6:00 PM-7:45 PM
 \$22/5 sess [446881](#)
 Tu Jun 6-Jun 27 6:00 PM-7:45 PM
 \$17.60/4 sess [446882](#)

Volleyball - Recreational

Tu Apr 4-Apr 25 8:00 PM-10:00 PM
 \$20/4 sess [446883](#)
 Tu May 2-May 30 8:00 PM-10:00 PM
 \$25/5 sess [446884](#)
 Tu Jun 6-Jun 27 8:00 PM-10:00 PM
 \$20/4 sess [446885](#)

KBL Co-Ed Basketball League

Instructor: Biraj Bora
 Su May 28-Jun 25 3:00 PM-9:00 PM
 \$35/5 sess [449856](#)
 Looking to join a team? Register under activity # [449857](#) and the team administrator will contact you for more information.

Sports – Instructional

Indoor Tennis

at Kitsilano CC Gymnasium

Adult Beginner Plus + Clinic

Su Apr 9-Apr 30 10:30 AM-12:00 PM
 \$180/4 sess [451904](#)

Adult Beginner Tennis Clinic

F Mar 31-Apr 28 11:30 AM-1:00 PM
 \$225/5 sess [451903](#)

Pickleball

Pickleball Lessons Skills & Drills: Ready Set Win

Instructor: Mona Lee
 F Apr 21-May 19 1:30 PM-3:00 PM
 \$125/5 sess [447328](#)
 F May 26-Jun 23 1:30 PM-3:00 PM
 \$125/5 sess [447329](#)

Pickleball Lessons: Learn to Play (Beginners)

Instructor: Mona Lee
 Su Apr 16-May 14 12:30 PM-2:30 PM
 \$125/5 sess [447326](#)
 Su May 21-Jun 18 12:30 PM-2:30 PM
 \$125/5 sess [447327](#)



Spring Outdoor Tennis: Adult

Instructor: Summer Smash Tennis

Outdoor Tennis: Adult Beginner

Tatlow

M May 8-Jun 19 8:30 AM-9:30 AM
\$180/6 sess [451807](#)

Kitsilano Beach

Tu May 2-May 23 7:30 AM-8:30 AM
\$120/4 sess [451874](#)
Tu May 30-Jun 20 7:30 AM-8:30 AM
\$120/4 sess [451875](#)

McBride

Tu May 2-May 23 5:00 PM-6:15 PM
\$150/4 sess [451877](#)
Tu May 30-Jun 20 5:00 PM-6:15 PM
\$150/4 sess [451879](#)
Th May 4-May 25 5:00 PM-6:15 PM
\$150/4 sess [451881](#)
Th Jun 1-Jun 22 5:00 PM-6:15 PM
\$150/4 sess [451882](#)
Sa May 6-May 27 1:15 PM-2:30 PM
\$150/4 sess [451883](#)
Sa Jun 3-Jun 24 1:15 PM-2:30 PM
\$150/4 sess [451884](#)

Outdoor Tennis: Adult Beginner Plus+ (2.0)

Tatlow

M May 8-Jun 19 7:30 AM-8:30 AM
\$180/6 sess [451885](#)

Kitsilano Beach

Th May 4-May 25 7:30 AM-8:30 AM
\$120/4 sess [451888](#)
Th Jun 1-Jun 22 7:30 AM-8:30 AM
\$120/4 sess [451889](#)

McBride

Tu May 2-May 23 6:15 PM-7:30 PM
\$150/4 sess [451886](#)
Tu May 30-Jun 20 6:15 PM-7:30 PM
\$150/4 sess [451887](#)
Th May 4-May 25 6:15 PM-7:30 PM
\$150/4 sess [451890](#)
Th Jun 1-Jun 22 6:15 PM-7:30 PM
\$150/4 sess [451891](#)
Sa May 6-May 27 2:30 PM-3:45 PM
\$150/4 sess [451892](#)
Sa Jun 3-Jun 24 2:30 PM-3:45 PM
\$150/4 sess [451893](#)

Outdoor Tennis: Adult Live Ball (3.0-4.0)

Kitsilano Beach

Sa Jun 10-Jun 10 10:15 AM-11:45 AM
\$50/1 sess [451900](#)
Sa Jun 24-Jun 24 10:15 AM-11:45 AM
\$50/1 sess [451901](#)



Outdoor Tennis: Adult Intermediate (2.5-3.0)

Kitsilano Beach

Tu May 2-May 23 8:30 AM-9:30 AM
\$120/4 sess [451897](#)
Tu May 30-Jun 20 8:30 AM-9:30 AM
\$120/4 sess [451899](#)
Th May 4-May 25 8:30 AM-9:30 AM
\$120/4 sess [451895](#)
Th Jun 1-Jun 22 8:30 AM-9:30 AM
\$120/4 sess [451896](#)

Summer Outdoor Tennis: Adult

Instructor: Summer Smash Tennis

Outdoor Tennis: Adult Beginner

Tatlow

MW Jul 5-Jul 12 7:30 AM-8:45 AM
\$112.5/3 sess [452093](#)
MW Jul 17-Jul 26 7:30 AM-8:45 AM
\$150/4 sess [452096](#)
MW Aug 14-Aug 23 7:30 AM-8:45 AM
\$150/4 sess [452098](#)

McBride

TuTh Jul 4-Jul 13 5:15 PM-6:15 PM
\$180/4 sess [452057](#)
TuTh Aug 1-Aug 10 5:15 PM-6:45 PM
\$180/4 sess [452058](#)

Outdoor Tennis: Adult Beginner Accelerated

McBride

M-F Jul 31-Aug 4 2:15 PM-4:15 PM
\$280/5 sess [452050](#)
Tu-F Aug 8-Aug 11 2:15 PM-4:15 PM
\$224/4 sess [452053](#)
M-F Aug 14-Aug 18 2:15 PM-4:15 PM
\$280/5 sess [452054](#)
M-F Aug 21-Aug 25 2:15 PM-4:15 PM
\$280/5 sess [452055](#)

Outdoor Tennis: Adult Beginner Plus+ (2.0)

McBride

TuTh Jul 18-Jul 27 5:15 PM-6:45 PM
\$180/4 sess [452063](#)
TuTh Aug 15-Aug 24 5:15 PM-6:45 PM
\$180/4 sess [452064](#)

Outdoor Tennis: Adult Intermediate (2.5-3.0)

Tatlow

MW Jul 5-Jul 12 8:45 AM-10:15 AM
\$148.5/3 sess [452106](#)
MW Jul 17-Jul 26 8:45 AM-10:15 AM
\$198/4 sess [452108](#)
MW Aug 14-Aug 23 8:45 AM-10:15 AM
\$198/4 sess [452110](#)

Outdoor Tennis: Adult Intermediate Clinic (3.0-4.0)

Tatlow

MW Jul 5-Jul 12 2:00 PM-3:15 PM
\$123.75/3 sess [452125](#)
MW Jul 17-Jul 26 2:00 PM-3:15 PM
\$165/4 sess [452126](#)
MW Jul 31-Aug 9 2:00 PM-3:15 PM
\$123.75/3 sess [452127](#)
MW Aug 14-Aug 23 2:00 PM-3:15 PM
\$165/4 sess [452128](#)

Outdoor Tennis: Tennis + Pickle FIT

Tatlow

MW Jul 5-Jul 12 1:00 PM-2:00 PM
\$90/3 sess [452111](#)
MW Jul 17-Jul 26 1:00 PM-2:00 PM
\$120/4 sess [452113](#)
MW Jul 31-Aug 9 1:00 PM-2:00 PM
\$90/3 sess [452114](#)
MW Aug 14-Aug 23 1:00 PM-2:00 PM
\$120/4 sess [452119](#)



Group Fitness Class Schedule

April 1 – June 30, 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Interval 9:00-10:00 AM <i>Bita</i>	Classic Stretch 9:00-10:00 AM <i>Caroline</i>	Cardio Combo 9:00-10:00 AM <i>Ferial</i>	Step Plus 8:30-9:30 AM <i>Richard</i>	Step Interval 9:00-10:00 AM <i>Rilla</i>	Step Interval 8:45-10:00 AM <i>Suzanne</i> No class Apr 8	Core & Balance 9:00-10:00 AM <i>Ferial</i>
Gentle Fit 10:15-11:15 AM <i>Audrey</i>		Gentle Fit 10:15-11:15 AM <i>Audrey</i>		Classic Stretch 9:15-10:15 AM <i>Sharon</i>	Classic Stretch 9:15-10:15 AM <i>Alannah</i> No class Apr 8	
		Strength & Core 5:30-6:30 PM <i>Andrew</i>	Total Body Conditioning 5:30-6:30 PM <i>Bita</i>		Please note the following: Schedule and fees are subject to change (i.e. cancellation due to instructor illness, insufficient attendance) *Classes are not scheduled on Stat Holidays, Apr 10, May 22	

Class		Description
Mild	Gentle Fit	Perfect for beginners, those returning to fitness or recovering for an injury. Gentle movements to start your day. Class may use mats, chairs, light weights and bands. Talk to the instructors about any concerns.
	Stretch Classes	This no cardio class will focus on increasing flexibility and calming the mind.
Moderate to Challenging	Cardio Interval	A mix of cardio training and weight training work every 10 minutes. This class is of moderate to challenging intensity.
	Total Body Conditioning (TBC)	Come and join this class to build your power, speed, coordination and improve your overall fitness. A varied class that will hit those areas that other workouts miss. All levels are welcome.
	Step Interval	Low-impact step cardio with strength training intervals followed by core work and a relaxing stretch.
	Step Plus	Challenging step aerobics with some choreography and strength and core training using hand weights, resistance bands and body weight. Approximately 30 minutes of cardio.
	Strength & Core	Using own bodyweight, dumbbells and steps for a full body workout that includes a variety of weight training exercises to build muscles; support back and abdominal strength. A powerful class that will leave you feeling great and accomplished.

Fees - FitCard allows unlimited number of classes on schedule above

<small>Prices do not include tax. Fees are subject to change.</small>	Drop-in	10-visit Pass	1-month Fit Card	2 months Fit Card	3 months Fit Card	6 months Fit Card	12 months Fit Card
Adult (19-64 yrs)	\$5.71	\$50.28	\$45.05	\$80.66	\$112.09	\$211.62	\$368.76
Senior (65+ yrs)	\$4.28	\$37.71	\$33.79	\$60.50	\$84.07	\$158.72	\$276.57



SENIORS

Ping Pong

Seniors' Ping Pong (50yrs +)

Th Apr 6-Jun 29 11:15 AM-1:15 PM

Drop in fee: \$2.00

Groups must sign in for their chosen time slot. After your time slot, if there is a group waiting to play, you may finish that point, but must provide access to the next participants so they can play. If there is no one waiting, you are welcome to continue playing.

Movement Based Fitness

ABM NeuroMovement® Healthy Back, Neck and Shoulders

Instructor: Claire Sandham

See Page 8

Gentle Yoga

Instructor: Natalia Nimetz

See Page 9

Yoga for Older Adults

Instructor: Nadine Agosti

W Apr 12-May 17 11:30 AM-12:30 PM

\$90/6 sess [446339](#)

M May 29-Jun 26 11:30 AM-12:30 PM

\$75/5 sess [446341](#)

ZUMBA® Gold - Beginners &

Seniors

See Page 8



Grandmother's Day High Tea

All Ages Welcome

F May 12 12:30 PM-2:30 PM

\$11.43/2 sess [453448](#)

Social

Duplicate Bridge

Instructor: Carrie Beavington (Facilitator)

Tu F Apr 4-Jun 30 6:15 PM-9:45 PM

\$1.90/52 sess [446495](#)

Seniors' Monthly Recreation

Meeting and Lunch

Join us for an inexpensive, light lunch and discuss the future of seniors' recreation programming.

Fri Apr 7 12:00 PM-2:00 PM

\$4.05/1 session [453966](#)

Fri May 5 12:00 PM-2:00 PM

\$4.05/1 session [453973](#)

Fri Jun 9 12:00 PM-2:00 PM

\$4.05/1 session [453975](#)

Education

Kitsilano Community - Fire and Fall Safety Presentation

Instructor: Vancouver Fire Department

Tu Apr 18 1:00 PM-2:30 PM

Free [453183](#)

Tax Benefits and Credits

Presentation

Instructor: TBA

W Apr 12 11:00 AM-12:00 PM

Free [453129](#)

Multicultural Events - April

Brazil: Presentation

W Apr 5 1:00 PM-2:30 PM

\$4.05/1 sess [452790](#)

Brazil: Cooking Class

W Apr 12 1:00 PM-2:30 PM

\$4.05/1 sess [452802](#)

Brazil: Dance Class

W Apr 19 1:00 PM-2:30 PM

\$4.05/1 sess [452806](#)

Brazil: Luncheon

W Apr 26 12:30 PM-3:00 PM

\$11.43/1 sess [452829](#)

Multicultural Events - May

Lebanese: Presentation

W May 3 1:00 PM-2:30 PM

\$4.05/1 sess [452793](#)

Lebanese: Cooking Class

W May 10 1:00 PM-2:30 PM

\$4.05/1 sess [452803](#)

Lebanese: Dance Class

W May 17 1:00 PM-2:30 PM

\$4.05/1 sess [452809](#)

Lebanese: Luncheon

W May 24 12:30 PM-3:00 PM

\$11.43/1 sess [452831](#)

Multicultural Events - June

Caribbean Presentation

W Jun 7 1:00 PM-2:30 PM

\$4.05/1 sess [452795](#)

Caribbean: Cooking Class

W Jun 14 1:00 PM-2:30 PM

\$4.05/1 sess [452804](#)

Caribbean: Dance Class

W Jun 21 1:00 PM-2:30 PM

\$4.05/1 sess [452811](#)

Caribbean: Luncheon

W Jun 28 12:30 PM-3:00 PM

\$11.43/1 sess [452832](#)



Hours of Operation

Monday-Friday	6:00 AM-10:00 PM
Saturday/Sunday	7:00 AM-8:00 PM
Statutory Holiday	7:00 AM-8:00 PM

Please note - when the Community Centre is closed, enter the Fitness Centre through the lower back entrance, located at the back of the Community Centre, by the playground.

Minimum age

You need to be 13 years and older to use a fitness centre operated by the Park Board.

Admission Fees

Type	Single drop-in	10-visit pass fee
Adult (19-64 years)	\$6.99	\$61.51
Youth (13-18 years)	\$4.89	\$43.06
Senior (65+ years)	\$4.89	\$43.06

Prices do not include tax. Fees are subject to change.

Monthly Pass Fees

Type	1 mth	3 mth	12 mth
Adult (19-64 yrs)	\$53.83	\$145.34	\$465.09
Youth (13-18 yrs)	\$37.68	\$101.74	\$325.56
Senior (65+ yrs)	\$37.68	\$101.74	\$325.56

Prices do not include tax. Fees are subject to change.

Some passes are not accepted at Kerrisdale, Killarney and Sunset Fitness Centres as they are operated by the CCA.

Leisure Access Program

Patrons enrolled in the Leisure Access Program may receive 50% discount on single drop-in and monthly pass fees. More information: <https://vancouver.ca/parks-recreation-culture/leisure-access-card.aspx>

Fitness Centre Consultations

Take advantage of our fitness consultations!

Reach your fitness goals with our consultation package. Call ahead to book up to 3 sessions with our highly trained fitness centre staff.

With the price of admission or included in your membership pass, our Fitness Centre staff will show you in the initial session how to use equipment, create a personalized fitness program, and you will receive a card to track your progress. At the next session, our staff will monitor your exercise technique and answer any questions about your fitness program. Book a third session for additional support, motivation or a change in your program!

Please note a completed PAR-Q+ and consent & release forms are needed for a personalized fitness program.

Personal Training

Improve your health and wellness with support from our certified 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 you in each 1-hour session!

Personal Training Fees

Sessions	Private	Semi-private	Small Group
1	\$58.17	\$87.23	\$122.36
3	\$161.20	\$241.84	\$327.72
5	\$259.27	\$399.26	\$480.67
10	\$465.43	\$741.49	\$873.93

Prices do not include tax. Fees are subject to change.



Scan the QR code for more information regarding personal training.



Equipment

- 5 treadmills
- 5 cross-trainer/ellipticals
- 1 adaptive motion machine (AMT)
- 2 Powermill steppers
- 1 stair climber machine
- 3 recumbent bikes
- 3 upright bikes
- 3 indoor spin bikes
- 1 airdyne bike
- 1 ski-erg
- 2 rowers (Concept2)
- 1 adapted stepper (Scifit)
- Upper and lower body selectorized strength machines
- Free weights and benches
- 3 squat racks
- Functional training props

Wheelchair Accessible Strength Equipment

- Cybex Prestige Chest Press
- Cybex Prestige Lat Pull Down
- Cybex Bravo Adjustable Pulleys
- Scifit StepOne

Casual Room Use

Kitsilano Community Centre allows casual room use for those who have a current Kitsilano membership and have completed the Casual Room Use Agreement. While our priority is to registered programs, if a room is not being used, then a member is welcome to use it under the following provisions:

- Rooms are available on a first come/first serve basis only, the day of and cannot be reserved in advance.
- Room use is for a maximum of 2 hours per day, with a maximum capacity of 3 users
- Users must be 13+ years of age. Anyone under this age must be accompanied by an adult.
- Casual room use is provided for free only for category one low risk activities
- There is to be no monetary exchange or financial gain to the individual or group.

For our full Casual Room usage policy, speak with the front desk or call **604-257-6976**.

Room Rentals

We have several rooms available to rent for meetings, parties and personal special events. Contact **604-257-8607** or kcca.vancouver@gmail.com if you have any inquiries.

Snowy's Lounge 1824 sq. ft. (57 ft. x 32 ft.) 100 people \$50/hr	Lobby Room 896 sq. ft. (32 ft x 28 ft) 50 people \$50/hr	Dance Studio 792 sq. ft. (36 ft x 22 ft) 50 people \$50/hr	Gymnasium 4950 sq. ft. (90 ft x 55 ft) 400 people \$50/hr
Multi-Purpose 1156 sq. ft. (34 ft x 34 ft) 40 people \$40/hr	Board Room 308 sq. ft. (22 ft x 14 ft) 18 people \$20/hr	Meeting Room 210 sq. ft. (15 ft x 14 ft) 10 people \$20/hr	Maddie's Lounge 308 sq. ft. (22 ft x 14 ft) 12 people \$20/hr

Additional staffing, audiovisual usage or music licensing fees may apply. All sport rentals require insurance.
Information is subject to change with any Health Orders.



Gymnasium



Dance Studio



Lobby Room



Snowy's Lounge



Want to Get Involved in Your Community?

If you would like to be involved in your community and contribute to the Kitsilano Community Centre, consider joining the Board of Directors as a volunteer Board member.

Board members believe in the importance of neighbourhood-based community centres and have a desire to work in a team to develop and foster community engagement throughout the Kitsilano community.

The Kitsilano War Memorial Community Centre Association Board of Directors jointly operates the Kitsilano Community Centre with the Vancouver Park Board under the Joint Operating Agreement.

The main responsibility of Directors is to work with the Park Board staff to provide direct input into the selection of programming offered at the Centre.

Programming must respond to the needs of our community, and our job as Directors is to identify and respond to those needs. Other responsibilities of the Board include approving an annual budget, developing policies and strategic direction, monitoring financial assets, making decisions on membership issues, and strengthening personal and business relationships with the community.

Community members are welcome to volunteer as committee members, or they can be elected to the Board at the Annual General Meeting in April, or during the year as space permits.

For more information, email kcca.vancouver@gmail.com.

KITSILANO COMMUNITY CENTRE ASSOCIATION

We invite our members(*) to attend the

Annual General Meeting

THURS | APR 20 | 7 PM - 9 PM | SNOWY'S LOUNGE

**Board of Directors: Nominations for new members close March 19th at 5 pm
(Nomination Form available at kcca.vancouver@gmail.com)**

*Persons who opted to become a member of the Association on or after Sept 1, 2022

AGENDA

- Adoption of the audited Financial Statements for 2022
- Appointment of the auditors for 2023
- Association Committee Reports
- Park Board Staff Reports
- Election of Directors
- Q & A session

REGISTER TO ATTEND

Go to kitscc.com or email kcca.vancouver@gmail.com