

Renfrew Park

Recreation Guide

Spring 2024

Community Centre

Swimming Pool

Fitness Centre

Spring 2024 Registration Dates

Community Centre

Online/In Person

Sun Mar 10, 9:00am

Phone In

Sun Mar 10, 10:00am

Swimming Pool

Online/In Person/Phone In

Tue Mar 19, 7:00pm



www.renfrewcc.com | 604 257-8388
2929 East 22nd Avenue, Vancouver BC, V5M 2Y3
Jointly operated by the Vancouver Board of Parks and Recreation
and the Renfrew Park Community Association



Centre Information



Contact Information

Address

2929 East 22nd Avenue, Vancouver BC, V5M 2Y3

Phone

Centre Office 604 257-8388 ext 1
 Fax 604 257-8392

Email

Centre Email renfrewcc@vancouver.ca
 Rental Inquiries renfrew.rentals@vancouver.ca
 Birthday Party Inquiries renfrewparkbirthday@vancouver.ca
 Swimming Pool Aquatic Leaders renfrew.al@vancouver.ca

Staff

Suzanne Liddle Community Recreation Supervisor
 Nick Fong Recreation Programmer
 Christopher Delahunty Pool Programmer
 Starla Bayley Community Youth Worker
 Don Doyle Seniors' Worker
 Marni McMullen, Kieran Sherestan Program Assistant III
 Elizabeth Casaclang Child Care Manager
 Angela Lee Community Association Administrator

Hours of Operation

Centre Office April 1-June 30

Monday-Friday 9:30am-9:30pm
 Saturday-Sunday 9:00am-4:45pm

Community Centre April 1-June 30

Monday-Friday 9:00am-10:00pm
 Saturday-Sunday 9:00am-5:00pm

Community Centre Holiday and Special Hours

Monday May 20 Closed
 Thursday June 27 9:00am-4:00pm

Please see **page 29** for Pool and Fitness Holiday and Special Hours

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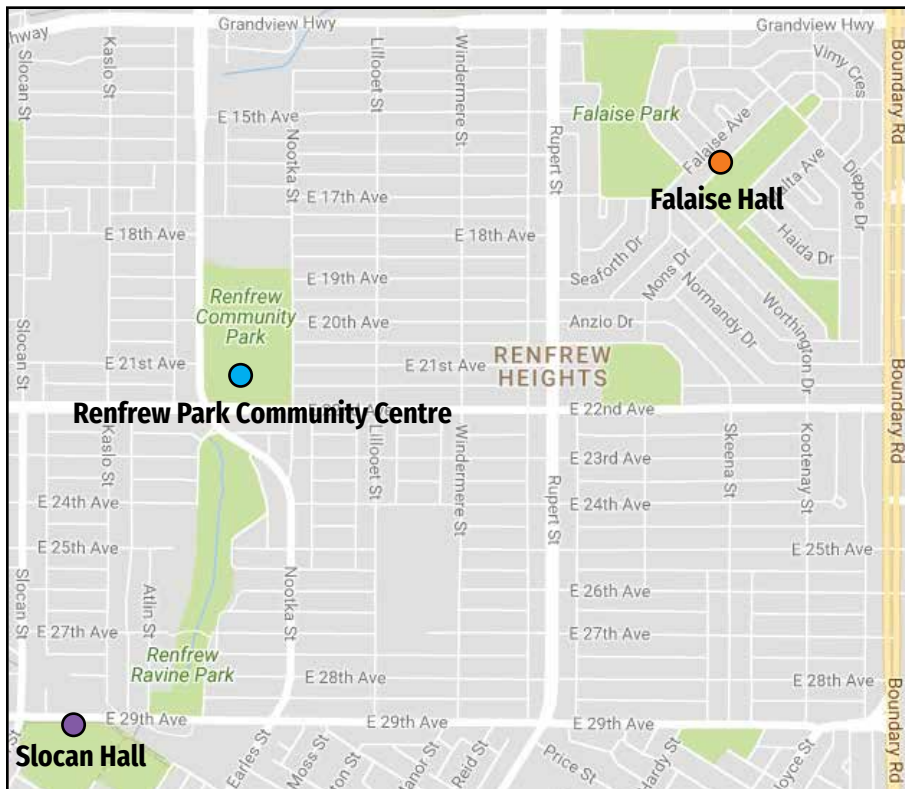
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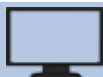


- Renfrew Park Community Centre 2929 East 22nd Avenue
- Falaise Community Hall 3434 Falaise Avenue
- Slocan Community Hall 2750 East 29th Avenue

3 Easy Ways to Register...

Online

Starts **Sunday, March 10 at 9:00am**



Register online at <http://vanrec.ca>
Pay by Visa, MasterCard or American Express.

In Person

Starts **Sunday, March 10 at 9:00am**



Registration in person continues during office hours. You can pay by cash, credit card or debit card. Please bring your OneCard to speed up registration.

By Phone

Starts **Sunday, March 10 at 10:00am**



604 257-8388 ext 1

Phone during office hours. Due to the volume of business you may experience some delays. Have credit card and course number/s ready.

Payment Methods

Online/Phone In



In Person



Cheques made payable to **City of Vancouver**
Please note \$35 charge for NSF cheques.

Personal Information Protection

In the course of providing programs and services, the Renfrew Park Community Association collects personal information of our members and other individuals participating in classes, workshops, projects, events, or renting the facility. This information may be used for communication purposes regarding current or upcoming events, processing payments, statistical or human resource purposes, or for the provision of programs or services. For information on our privacy policies and practices or to contact our Privacy Officer, at (604) 257-8388 or contact the Front Desk.

...connect with us on Social Media!

[facebook.com/renfrewparkcc](https://www.facebook.com/renfrewparkcc)



twitter.com/renfrewparkcc



[instagram.com/renfrewparkcc](https://www.instagram.com/renfrewparkcc)



Registration Policy

- Registrations are non-transferable to another person.
- NSF cheques will have a \$35 fee.
- Programs that do not reach minimum may be cancelled

Cancellation, Transfers and Refunds

- Must be made during Renfrew Park Community Centre office hours of operation
- Please see page 2 for centre hours of operation.
- All refunds are subject to a \$5 administration fee.

Programs

Notice given prior to the program start date

- All refunds and transfers must be made directly to the Renfrew Park Community Centre office.
- We will process requests as of the date of notification as received at the Centre Office.

Notice given on or after the program start date

- Withdraw/refund requests received on or after the start date of the program, regardless of class start time, will be pro-rated as of the date of notification.

Notice given prior to the third class after the program start date

- Withdraw/refund requests must be made no later than two days prior to the third class.
- A pro-rated credit for the remaining class can be left on your Registration Account for future program registration use.
- Refund requests will be pro-rated as of the date of notification.
- If paid by credit card, it can be credited back to the original credit card.
- If paid by cash or cheque, refund can be issued back by cheque

For medical reasons:

- Please inform the office as soon as possible and 1 time exceptions may be possible. Dated medical notes may also be required.

Bus Trips, Workshops, Weekly Camps

- Withdraw/refund requests must be made no later than 7 open business days prior to the start of the course.
- All requests are subject to \$5 administration fee per person per bus tour, workshop, or weekly camp program.

Birthday Parties

- If more than 14 days notice is given prior to the party date a \$5 administration fee will be deducted.
- If 14 days or less notice is given prior to the party date a \$50 administration fee will be deducted.
- No refunds within 48 hours notice.

Room Rental and Licensed Preschool Program

- Please contact the Renfrew Park Community Centre office for details.



Renfrew Park Community Centre
acknowledges the financial assistance of
the Province of British Columbia

Renfrew Park Community Association (RPCA)



President's Message

I'm delighted to welcome you to the 60th anniversary year of the Renfrew Park Community Centre! We are excited to celebrate this milestone with a special event planned for the end of this summer.

I would like to introduce our new RPCA board members: Chris Bayliss, Connie Chan, Barbara Leung and David Ng. We also have some returning members in new roles, including Julienne as Treasurer and Sari as 2nd Vice President.

A warm welcome to Elizabeth Casaclang, our new Child Care Manager, who will be instrumental in expanding our child care offerings to include after school care.

We are immensely grateful to our local community and patrons for their unwavering support and patronage. Our community thrives because of the dedication of our patrons, staff and volunteers.

Here's a sneak peek of some exciting events we have planned:

- Seniors Luncheons
- Seniors Bus Trip
- Earth Day Events
- Licensed Preschool Open House
- Children's Professional Day Out Trip
- And don't forget to treat yourself to a delicious lunch on Fridays!

Sincerely,

Anthony Mehnert, Renfrew Park Community Association President
board@renfrewcc.com

RPCA Board of Directors

2023-2024

President Anthony Mehnert
 1st Vice President Henry Lee
 2nd Vice President Sari Lundberg
 Treasurer Julienne Liang
 Secretary Judy Egerton
 Past President Albert Lee
 Members at Large Chris Bayliss, Connie Chan
 Barbara Leung, Fay Lin, David Ng, Eddie Tang, Gayle Uthoff

Renfrew Park Community Centre is jointly operated by the Vancouver Board of Parks & Recreation and the Renfrew Park Community Association. If you would like to become more involved in the direction of the centre, email: board@renfrewcc.com

RPCA Memberships

September 1, 2023-August 31, 2024

The Renfrew Park Community Association (RPCA) is vital to the operation of the facilities and programs at Renfrew Park Community Centre.

Benefits of Association Membership:

- Contributing to our ability to offer affordable recreation programming.
- Ability to influence the implementation of programs and services provided by RPCA.
- Have voting rights at our Annual General Meeting.
- Memberships improve and simplify the registration process.

Memberships are available for FREE, please come in to the Community Centre to load your membership onto your OneCard.

If you do not want to become a member of Renfrew Park Community Association, please notify our staff at the time of registration. For games room, piano practice, drop-in computer use and sports equipment rental, please register for the Equipment Rental Fee (info **p.17**).

RPCA Affiliated Groups

Aikido Club	Wolfgang vancouveraikikai.com
Happy Corner Preschool	Nikki happycorner.ca
Judo Club	Frank nakashimadojo.blogspot.com
Lions Gate Camera Club	Judith lionsgatecameraclub.com
Renfrew Trojans Football	Andrew vancouvertrojans.net

...did you know

The RPCA is a not-for-profit group that applies for Grant funding that helps to offer programming at low costs!

Renfrew Park Community Association (RPCA)



Mission Statement

We aim to assist in developing and fostering community spirit and involvement and to work closely with the other groups in the Renfrew-Collingwood Neighbourhood. We aim to provide cultural, intellectual, and physical activities through affordable recreation and leisure.

VOLUNTEER WITH THE BOARD

Powered by committed volunteers, the RPCA is the non-profit working in partnership with the Vancouver Parks Board to make this centre amazing!

Build skills & community connections while contributing by:

- Joining one of our committees
- Participating in organizing & executing of one our stellar events
- **Running for a position on the Board of Directors**



For more info email us at board@renfrewcc.com

**Be a part of the good
in your neighbourhood!
Join the RPCA**



FREE RPCA Membership

- Ability to influence the implementation of programs and services provided by RPCA.
- Contributing to our ability to offer affordable recreation programming.
- Have voting rights at our Annual General Meeting.
- Memberships improve and simplify the registration process.

Communicable Disease Health & Safety Practices

NOTE: The nature of the activities are such that you may interact with other people who are considered to be in good health, continuous physical distance between other people cannot be guaranteed, and, by participating in the activity, you are at risk of being infected by a pathogen, including but not limited to SARS-COV2, which causes the disease COVID-19

Communicable Disease Health & Safety Practices

- Participants are required to comply with the current Orders of the Provincial Health Officer. For more information, please cut and paste into your web browser: <https://www2.gov.bc.ca/gov/content/covid-19/info/restrictions>
- Participants should assess themselves daily for symptoms of the common cold, influenza, COVID-19, or other infectious respiratory disease before attending the facility.
- Participants who are ill, including participants of essential service providers, should not attend a program or access the Community Centre. If you are unsure, you should self-isolate and contact 8-1-1 or the local public health unit.
- They can also be advised to contact a family physician or nurse practitioner to be assessed for COVID-19 and other respiratory diseases.
- All participants are encouraged to practice proper hand hygiene and respiratory etiquette by covering coughs or sneezes.

Programs Highlights



Easter Eggstravaganza

Saturday, March 30th, 2024
All Ages \$5 per participating child
Activities in gym open from 12-3pm

Register for egg hunt times

Session 1 – 1:30pm-1:45pm #485924
Session 2 – 2:00pm-2:15pm #485925
Session 3 – 2:30pm-2:45pm #485926



Earth Day Ravine Health Check Up

Sun Apr 21st
2pm-4pm
A great family event for all ages!

Come join the team at **Science For**, for a wonderful afternoon exploring the Renfrew Ravine. We will be using a variety of scientific methods to do a 'check up' on the Ravine's health. Checking in on the trees and the stream itself are key components you will investigate!

All children under 18 yrs should be accompanied with an adult. Please ensure you dress for the weather as you will be outdoors in the ravine. Event will occur rain or shine!

Registration required
#504768
\$2/person



Seniors Bus Trip (55+ years)

TUE JUN 18
9:30am - 3:00pm
Registration required
\$34.29+tax



Climb on board! For a guided tour of the Gulf of Georgia Cannery. This National historic site of Canada, is located in Steveston Village. This museum, celebrates the importance of the West Coast fishing industry, through film, interactive exhibits and other fun activities. Afterwards, enjoy the sights and sounds of the village and lunch on your own at one of many restaurants.

Trip Itinerary

Leave Renfrew	9:30am
Cannery Tour	10:30am-12 noon
Village and Lunch	12noon- 2pm
Return to Renfrew	3:00pm



Seniors Luncheon (55+ years)



Viva La Mexico Luncheon

Wed April 3rd from 12-230pm

\$12.38/person

500340

Immerse yourself in the rich culture and exquisite cuisine of Mexico at Casa Renfrew! Delight in the mouthwatering flavors of traditional Mexican dishes for lunch. After your meal, let the captivating sounds of Spanish guitar music by Diego Kohl enchant you.

Menu:

Mexican Red Rice, Beef Enchiladas, Refried Beans, Tres Leches Cake



Flashback Luncheon

June 5th from 12-230pm

\$12.38/person

500341

Journey back to the 50's, 60's, and 70's. It was a simpler time when rock and roll was new, being cool was a trend. And one had to get up to change the channel on your TV. Enjoy a tasty lunch before kicking up your heels, to hits from the 50's to 70's, performed by the Jason Mathney Band. Dress up in a period costume for chance to win a special prize!!

Menu:

Hot Potato Salad, Apple Stuffed Pork Tenderloin, Roasted Brussel Sprouts, Carrot Cake

New to You Sale

Saturday, June 29th from 10am - 3pm

#503044 \$25/table



Clear the clutter and grab a table at the Spring New to You Sale, Renfrew Park Community Centre. Act fast – \$25 per table for sellers, contract and seller's rules and responsibilities will be available at registration.

Don't miss out! Find special treasures for yourself or gifts for family/friends. Explore 40+ tables filled with unique items.

Free admission to the sale.

Licensed Preschool 2023-2024



Our program develops independence, self-help skills, co-operation and positive social interactions. We believe that each day is a learning experience for the child. Our daily schedule consists of both structured and non-structured activities, preparing each child to become confident and ready for entry into the elementary school system.

Daily activities include free play where children have a choice of activities (ie. sand and water play, play-dough, dress up, puzzles, manipulatives), arts & crafts, structured group circle time/story time and physical activities (ie. walks in the neighbourhood, walks in the trails and activities in our playground).

We encourage all children to reach their full potential within an environment that provides opportunities for optimal social, emotional, physical and intellectual development.

For children 3-5 years old. Children must be toilet trained and of age during the month they register.

Program Details

The following prices are for September 2024-June 2025

# days	Days of the Week	Time	Monthly Fee
2 days	Tue/Thu	8:30am-11:00am	*\$74/month
3 days	Mon/Wed/Fri	8:30am-11:00am	*\$111/month
2 days	Tue/Thu	12:00pm-2:30pm	*\$74/month
3 days	Mon/Wed/Fri	12:00pm-2:30pm	*\$111/month

*Pricing is made possible because of the Government of BC's Child Care Fee Reduction Initiative

5 day options are available.

For information phone: 604 257-8391

email: renfrew.preschool@vancouver.ca

or goto www.renfrewcc.com for more information

Preschool Open House Tue. April 23rd, 2024 from 4-8pm

This is the time to come and check out our preschool facility and speak to our ECE certified teachers. Bring your child, and your questions. Activities will be set up for children. Vacancy information will be available during the open house.

Preschool Registration Wed. April 24th, 2024 starting at 9am

- Registration will begin at 9am online. If you prefer in person registration please contact the Preschool staff in advance.
- After registering online, a registration package will be sent to you via email to complete.
- Forms are then to be completed along with a photocopy of your child's birth certificate and immunization shots.
- We will also require 2 passport size pictures of the child's face.
- Forms must be returned to the Preschool Staff (and verified) by the deadline given to you or else your child's registration will be cancelled and the spot offered to another waitlisted family.
- An in-person parent orientation will be scheduled prior to the new school year for all parents.

Licensed Preschool 2024-2025





CHILDREN'S BIRTHDAY PARTY RENTAL PACKAGES



Book your child's unforgettable birthday celebration now at Renfrew Park Community Centre and create memories that will last a lifetime. Don't miss out – rentals are available on weekends. Contact us today to secure your preferred date!

Saturdays 1-3 PM
Sundays 2-4 PM

Basic Birthday party \$140

- up to 12 children, 1 staff

Basic Birthday PLUS party \$190

- up to 20 children, 2 staff



Select Add-ons

- Entertainment Package \$65 (up to 12 children)
- Entertainment Package \$85 (up to 20 children)
- Bouncy Castle \$65 - add on for Basic & Basic PLUS party 1 staff to supervise bouncy castle at all times for 2 hours during party

Preschool

Dance



Dance With Me

Vancouver Performing Stars

1.5-2yrs

Introduce your little ones to the world of dance. Classes are designed to encourage young dancers to join in and have fun while dancing with their parent or guardian! Parent or guardian participation is mandatory. www.performingstars.ca

Sun	Apr 7-Jun 9	No session May 19
499666	9:15am-10:00am	\$135/9 sess



Dance-A-Story - Wish

Vancouver Performing Stars

3-5yrs

Let your little ones lose themselves in the world of make believe. Children will be immersed in magical stories they love as they sing and dance to their favourite songs. Dance technique will compliment the class to help your little star improve their coordination and confidence. Students must be able to attend class on their own. www.performingstars.ca.

Sun	Apr 7-Jun 9	No session May 19
499667	10:00am-10:45am	\$135/9 sess

Mini Ballet

Vancouver Performing Stars

3-5yrs

Introduce your child to the world of ballet. These classes develop coordination, musicality and fluidity of movement while having fun. Appropriate dance shoes and attire required. Child must attend class on their own. www.performingstars.ca.

Sun	Apr 7-Jun 9	No session May 19
499669	11:45am-12:30pm	\$135/9 sess

Mini Hip Hop

Vancouver Performing Stars

3-5yrs

Want to learn how to move to and groove to your favourite tunes? Learn the basics of hip hop dance in this high energy program. Discover new and exciting moves while learning fun and challenging choreography. Leave feeling energized, confident and excited about dance. Clean indoor runners please. Children must attend class on their own. www.performingstars.ca

Sun	Apr 7-Jun 9	No session May 19
499668	10:45am-11:30am	\$135/9 sess

Boogie Buddies

Vancouver Performing Stars

3-5yrs

In this high energy dance class, your active little one will discover new and exciting moves while learning about body awareness and strength. Our high-energy and creative approach focuses on developing agility and coordination, through fun movement and music, in support of their development. Leave feeling energized and confident! Students must be able to attend class on their own. www.performingstars.ca

Sun	Apr 7-Jun 9	No session May 19
499672	2:00pm-2:45pm	\$135/9 sess

Creative Dance

Buffy Sherreitt

3-5yrs

Bring your child to class where their creativity can blossom. Learn new moves, fun dances and make new friends all while building confidence, honing motor control skills and learning to work together.

3-4yrs		
Mon	Apr 15-Jun 17	No session May 20
499704	10:15am-11:00am	\$45/9 sess

Thu	Apr 18-Jun 20	\$50/10 sess
499708	1:15pm-2:00pm	

4-5yrs		
Mon	Apr 15-Jun 17	No session May 20
499704	11:45am-12:30pm	\$45/9 sess

Thu	Apr 18-Jun 20	\$50/10 sess
499710	2:45pm-3:30pm	

Ballet

Buffy Sherreitt

3-5yrs

Participants can look forward to learning the fundamentals of dance. With an introduction to barre, centre and across the floor work, students will learn to articulate and express themselves with the grace and fluidity of ballet movement through imaginary characters and more!

3-4yrs		
Mon	Apr 15-Jun 17	No session May 20
499703	9:30am-10:15am	\$45/9 sess

Thu	Apr 18-Jun 20	\$50/10 sess
499707	12:30pm-1:15pm	

4-5yrs		
Mon	Apr 15-Jun 17	No session May 20
499705	11:00am-11:45am	\$45/9 sess

Thu	Apr 18-Jun 20	\$50/10 sess
499709	2:00pm-2:45pm	

DANCEPL3Y Preschool

PL3Y Inc.

3-5yrs

Introduce your child to dance in a fun and playful way! The DANCEPL3Y Preschool program focuses on the development of physical literacy and Fundamental Movement Skills, which are the ABCs of healthy growth and development. Your child will explore a variety of dance genres through imaginative and engaging story lines that take them around the world as they develop musicality, social skills and confidence with movement!

Sat	Apr 20-Jun 22	No session Jun 8
500018	9:15am-10:00am	\$135/9 sess

Yoga

YOGAPL3Y Preschool

3-5yrs

PL3Y Inc.

YOGAPL3Y (yoga-play) is a fun, interactive, and playful introduction to the world of Yoga for kids! With a focus on physical literacy, students get to master their fundamental movement skills, exercise their creativity, interpersonal skills, and social and emotional skills! Using tools like breath and mindfulness, students find ways to self regulate, listen and honor their cues. Weekly themes combine traditional yoga poses (asana) with FUN activities, games & music and include a balance between mindfulness and movement.

Free Trial		Pre-registration required
Sat 500016	Apr 13 10:00am-10:45am	Free
Sat 500019	Apr 20-Jun 22 10:00am-10:45am	No session Jun 8 \$135/9 sess

Sports

Bear Cubs Gymnastics

2-4yrs

Bear Feet Gymnastics

Through the use of creative circuits and FUN, the children will have opportunities to learn and practice new gymnastics skills with the support of their caregiver. This class will encourage the children to develop their attention span as well as spatial/body awareness and to get strong as a Bear! We focus on the fundamental movement patterns needed to play any sport, using gymnastics as a tool to teach these skills. Parent participation is required.

2-3yrs		
Fri 501637	Apr 12-Jun 14 10:45am-11:30am	\$150/10 sess
3-4yrs		
Fri 501638	Apr 12-Jun 14 11:30am-12:15pm	\$150/10 sess

Rhythmic Gymnastics

4-6yrs

Olympia Rhythmic Gymnastics

Come and join our Rhythmic Gymnastics program in a fun recreational format! Rhythmic Gymnastics is a beautiful combination of Gymnastics and Ballet, along with the self expression and rhythm of dance by using hand apparatus such as rope, hoop, ball, clubs or ribbon. Please note participants are to bring their own yoga mat for use during program. Other equipment may be available for participants to purchase.

Sat 503157	Apr 6-Jun 15 9:15am-10:00am	No session Apr 20 \$97.50/10 sess
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Indoor Soccer

4-6yrs

Mohsen Hatamian

An introduction to the game of soccer, and individual skill development, for both new and experienced players ages 4 to 12 years. All sessions are run by an experienced professional coach, Mohsen Hatamian, with an emphasis on fun, fitness, ball mastery skills, and teamwork.

Wed 501480	Apr 10-Jun 19 4:00pm-4:45pm	\$99/11 sess
Sat 501483	Apr 13-Jun 22 4:00pm-4:45pm	No session Apr 20 \$90/10 sess

Education



Giggle and Grow Cantonese Adventures

3-5yrs

Kathy Leung

Embark on a captivating linguistic journey with Giggle & Grow Cantonese Adventures! Our program is designed to guide children through the enchanting world of Cantonese language acquisition, skillfully blending play and education at every turn. Led by experienced educators, we venture beyond conventional methods, offering enchanting storytelling and game sessions that spark young imaginations. With hands-on crafting and traditional Chinese writing activities reinforcing language concepts, our curriculum ensures a positive and enjoyable learning experience for your little ones!

Sat 499757	Apr 7-May 26 11:10am-12:10pm	No session May 19 \$98/7 sess
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123, ABCs - Phonics & Math

4-6yrs

Keanna Mah

Ready, set, go! Get ready for school with this introductory class to basic phonics and math. We will learn how to print, recognize and sound letters and numbers in an interactive and fun environment. Recommended for Preschool and Kindergarten students.

Sat 503588	Apr 13-Jun 22 9:15am-10:00am	No session May 18, Jun 8 \$49.50/9 sess
Sat 503589	Apr 13-Jun 22 10:00am-10:45am	No session May 18, Jun 8 \$49.50/9 sess
Sat 503590	Apr 13-Jun 22 10:45am-11:30am	No session May 18, Jun 8 \$49.50/9 sess

Music

Kelly Kirby - Preschool Piano

4.5-6yrs

Cindy Leung

Using the Kelly Kirby Method, the Musical Family is introduced. Maximum 4 children/group class. Private lessons for 1 child and their caregiver. Kelly Kirby workbook is \$20 and payable at registration. Parent participation is required. Children and their caregivers should be able to complete focused tasks and simple details related to music reading. Modified workbooks are ineligible for refund.

Kelly Kirby I		
Sun 503599	Apr 7-Jun 9 1:30pm-2:15pm	\$100/10 sess
Kelly Kirby II		Pre-Req: Kelly Kirby I
Sun 503600	Apr 7-Jun 9 2:15pm-3:00pm	\$100/10 sess
Sun 503601	Apr 7-Jun 9 3:00pm-3:45pm	\$100/10 sess
Kelly Kirby Private Lessons		
Sun 503602	Apr 7-Jun 9 3:45pm-4:05pm	\$110/10 sess
Sun 503603	Apr 7-Jun 9 4:05pm-4:25pm	\$110/10 sess
Sun 503604	Apr 7-Jun 9 4:25pm-4:45pm	\$110/10 sess

Children

Professional Day Out Trips

Professional Day - Rec Room

9-12yrs

Starla Bayley

Come with your friends or make friends on site. We will be going to Brentwood to play and have fun in their Rec Room. Please be sure to dress for the weather, pack a lunch, snacks and water bottle. Consent forms will be required before leaving on the day of.

Mon 499438	Apr 22 9:00am-3:00pm	\$20/person
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Dance

Junior Ballet

5-7yrs

Vancouver Performing Stars

In this ballet class, dancers will learn essential ballet techniques every performer should know. Along with learning choreography, dancers will be encouraged to explore their own creative expression and learn how to dance with a fluid movement quality, while strengthening their flexibility and coordination skills. Previous dance experience is welcome, but not required. Appropriate ballet shoes and attire please.

www.performingstars.ca

Sun 499670	Apr 7-Jun 9 12:30pm-1:15pm	No session May 19 \$135/9 sess
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Junior Hip Hop

5-7yrs

Vancouver Performing Stars

Want to learn how to move and groove to your favourite tunes? Learn the basic style of Hip Hop dance in this high energy program. Discover new and exciting moves through freestyle and fun and challenging choreography. Beginners welcome! Leave feeling energized, confident and excited about dance. Clean indoor runners or socks please.

www.performingstars.ca.

Sun 499671	Apr 7-Jun 9 1:15pm-2:00pm	No session May 19 \$135/9 sess
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DANCEPL3Y Kids

6-8yrs

PL3Y Inc.

DANCEPL3Y (dance-play) is a new kids fitness where your kids will learn simple moves from a variety of styles - Hip Hop, Urban, Ballroom, Bollywood, Lyrical, Jazz/Funk as they get interACTIVE and ?play? with dance. Watch self-confidence and positive attitudes grow each week thanks to our motivating coaching philosophy featuring the 3 Rules of PL3Y: Be positive. Be fun. Be yourself.

Free Trial		Pre-registration required
Sat 500017	Apr 13 10:45am-11:30am	Free

Sat 500020	Apr 20-Jun 22 10:45am-11:30am	No session Jun 8 \$135/9 sess
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Art

Drawing 101

8-12yrs

Kathryn Wadel

The instructor will teach drawing techniques and principles of design using graphite and charcoal on paper. Learning about the basics doesn't have to be boring; in these sessions Chloe will encourage your child's artistic expression through creative drawing exercises!

Mon 503179	Apr 15-Jun 17 3:30pm-4:30pm	No session May 20 \$126/9 sess
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Watercolour 101

8-12yrs

Kathryn Wadel

Students will learn a variety of techniques using watercolour paints to create texture effects, colour mixing and practice their skills through creative painting exercises!

Mon 503181	Apr 15-Jun 17 4:30pm-5:30pm	No session May 20 \$126/9 sess
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Mixed Media 101

8-12yrs

NEW! Kathryn Wadel

Combine drawing with painting and learn new techniques to create expressive mixed media art. Materials included: graphite pencils, charcoal, watercolour, pastels, paper and more!

Mon 503180	Apr 15-Jun 17 5:30pm-6:30pm	No session May 20 \$126/9 sess
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Origami

8-12yrs

NEW! Aiko Matsushiba

Learn how to make beautiful themed origami models! Origami is one of the traditional Japanese folk arts. Over the centuries it was spread from person to person and has become an important part of Japanese culture. Origami is a mentally stimulating activity for all ages.

Earth Day		
Sat 503501	Apr 21	3:30pm-4:30pm \$15/person

Mother's Day		
Sun 503503	May 4	3:30pm-4:30pm \$15/person



Education

Let's Learn Mandarin

6-12yrs

Vicky Hsu

Through games, play and songs, we focus on Chinese literacy, listening and speaking. Children will learn simple words/phrases to combine in basic conversation. We also use appropriate songs to enhance learning and memory.

Beginner - My Family and I

6-9yrs

Focus on the first step of language communication, such as numbers, greetings, introducing myself and family members etc.

Thu Apr 18-Jun 20
500758 5:50pm-6:50pm \$140/10 sess

Advanced - Clothing and Shopping

6-12yrs

Through games, play, and songs, we will learn about naming clothing, choosing clothing based on different weather conditions and basic shopping vocabulary.

Thu Apr 18-Jun 20
500757 4:45pm-5:45pm \$140/10 sess

Intermediate - Body and Functions

6-12yrs

Through games, play, and songs, we focus on learning about the five senses, the body and it's functions.

Thu Apr 18-Jun 20
500759 3:40pm-4:40pm \$140/10 sess

Mini Mathletes

6-7yrs

Keanna Mah

Learn the fundamentals of mathematics in this class. We will focus on counting, simple addition, subtraction and other math concepts to begin your mathlete's training in the world of numbers. Recommended for Kindergarten and Grade 1 students.

Sat Apr 13-Jun 22 *No session May 18, Jun 8*
503593 1:00pm-2:00pm \$54/9 sess

Little Bookworms - Reading and Writing

6-7yrs

Keanna Mah

It's storytime! Come share and listen to stories. We will practice writing letters and words, expand vocabularies and construct basic sentences. Recommended for Grade 1 students.

Sat Apr 13-Jun 22 *No session May 18, Jun 8*
503591 12:00pm-1:00pm \$54/9 sess

Mathventures - Math

8-10yrs

Keanna Mah

Explore the wonderful world of math through games, puzzles, hands-on activities and group work. We will learn addition, subtraction, division and fractions in this fun atmosphere. Recommended for Grades 3-5 students.

Sat Apr 13-Jun 22 *No session May 18, Jun 8*
503592 2:00pm-3:00pm \$54/9 sess

WEDO Robotics

6-12yrs

Tomorrow's Playground

The LEGO® Education WEDO Robotics system provides an exciting experience into the world of Robotics! Using LEGO® elements, WEDO combines coding and robotics, while encouraging teamwork, and incorporating activities across science, engineering, and technology with STEM Education. All equipment is provided. Previous Robotics experience is not required. Returning students will be given new projects.

WEDO 1.0

Fri May 10-May 31
498976 4:00pm-5:30pm \$100/4 sess

WEDO 2.0

Fri Jun 7-Jun 28
498977 4:00pm-5:30pm \$100/4 sess

EV3 MINDSTORMS

6-12yrs

Tomorrow's Playground

This program is an introduction to the Lego Mindstorms EV3 system. Students aged 7-12 will learn to design, program, and control the robots. They will explore a series of cross-curricular, theme-based activities while developing their skills in STEM (Science, Technology, Engineering, and Math)

Fri Apr 12-May 3
498975 4:00pm-5:30pm \$100/4 sess

ARTex Python Coding

12-16yrs



ARTex Society

Python language is not only one of the easiest languages to learn, but also allows easy access to a number of novel and fundamental skill sets used today: data science, machine learning, system automation, game development, and scientific and mathematical computing, just to name a few. This course teaches how to write fundamental programming constructs, such as loops and decisions. By the end of the course, students will have a firm grasp of not just the Python language, but a comprehensive understanding of computer science principles that will be useful if the student pursues further education in the subject. Please note this program is taught by high school students.

Sun Apr 14-May 26 *No session May 19*
501628 2:00pm-4:00pm \$30/6 sess

Special Events

see p. 6, 7

Sports

Finish Strong Basketball - Boys

9-16yrs

David Knight

"Grassroots" Skill development program is dedicated to promoting a healthy environment where players can grow on and off the court. Our programs skills focus on improving youth's basketball skills in dribbling, shooting, passing, and defence as well in other areas of the game, while increasing their self-esteem and self-confidence. We hope to see you on the court!

"LEVEL UP" This program will be for teens age 12 and up Level up will be the next step after coming out of our grassroots programs. This program is targeted for players with moderate experience to elite players to help raise their basketball skill level and IQ as well to improve their overall game. All participants in the Level Up program will receive a T-Shirt.

Grassroots		9-11yrs
Thu	Apr 11-Jun 13	
498986	4:15pm-5:15pm	\$120/10 sess

Level Up		12-16yrs
Thu	Apr 11-Jun 13	No session May 20
498987	4:15pm-5:15pm	\$120/10 sess



Finish Strong Basketball - Girls

9-16yrs

David Knight

Our new GIRLS ONLY "Grassroots" Skill development program is dedicated to promoting a healthy environment where players can grow on and off the court. Our programs skills focus on improving youth's basketball skills in dribbling, shooting, passing, and defence as well in other areas of the game, while increasing their self-esteem and self-confidence. We hope to see you on the court!

"LEVEL UP" This program will be for teens age 12 and up Level up will be the next step after coming out of our grassroots programs. This program is targeted for players with moderate experience to elite players to help raise their basketball skill level and IQ as well to improve their overall game. All participants in the Level Up program will receive a T-Shirt.

Grassroots		9-11yrs
Mon	Apr 8-Jun 17	No session May 20
498988	4:15pm-5:15pm	\$120/10 sess

Level Up		12-16yrs
Mon	Apr 8-Jun 17	No session May 20
498989	5:15pm-6:15pm	\$120/10 sess

Rhythmic Gymnastics

6-16yrs

Olympia Rhythmic Gymnastics

Come and join our Rhythmic Gymnastics program in a fun recreational format! Rhythmic Gymnastics is a beautiful combination of Gymnastics and Ballet, along with the self expression and rhythm of dance by using hand apparatus such as rope, hoop, ball, clubs or ribbon. Please note participants are to bring their own yoga mat for use during program. Other equipment may be available for participants to purchase.

6-8yrs		
Sat	Apr 6-Jun 15	No session Apr 20
503158	10:00am-11:00am	\$107.50/10 sess

8-16yrs		
Sat	Apr 6-Jun 15	No session Apr 20
503159	11:00am-12:00pm	\$107.50/10 sess

Indoor Soccer

6-12yrs

Mohsen Hatamian

An introduction to the game of soccer, and individual skill development, for both new and experienced players ages 4 to 12 years. All sessions are run by an experienced professional coach, Mohsen Hatamian, with an emphasis on fun, fitness, ball mastery skills, and teamwork.

6-8yrs		
Wed	Apr 10-Jun 19	
501481	4:50pm-5:50pm	\$121/11 sess

Sat	Apr 13-Jun 22	No session Apr 20
501484	1:50pm-2:50pm	\$110/10 sess

9-12yrs		
Wed	Apr 10-Jun 19	
501482	5:55pm-6:55pm	\$100/10 sess

Sat	Apr 13-Jun 22	No session Apr 20
501485	2:55pm-3:55pm	\$110/10 sess

...Please note our programs are subject to change at anytime without notice.

call the Community Centre (604-257-8388 ext 1) if you have any questions

Sports

Shuttle Badminton Lessons

6-18yrs

Richard Le

Participants will focus on their movement and coordination required for Badminton. This will help improve their clearing, net drop shot, serve techniques, while introducing smashing. Rules on how to play half court single game will be reviewed. Please note participants are encouraged to bring their own Badminton racquet.

Shuttle I/II

Set 1

Sun Apr 7-May 12
503031 9:45am-10:40am \$114/6 sess

Sun Apr 7-May 12
503032 10:45am-11:40am \$114/6 sess

Tue Apr 2-May 7
503034 4:00pm-4:55pm \$114/6 sess

Tue Apr 2-May 7
503035 5:00pm-5:55pm \$114/6 sess

Set 2

Sun May 19-Jun 30 *No session Jun 16*
503037 9:45am-10:40am \$114/6 sess

Sun May 19-Jun 30 *No session Jun 16*
503038 10:45am-11:40am \$114/6 sess

Tue May 14-Jun 18
503040 4:00pm-4:55pm \$114/6 sess

Tue May 14-Jun 18
503041 5:00pm-5:55pm \$114/6 sess

Shuttle II/III/IV

Set 1

Sun Apr 7-May 12
503033 11:45am-12:40pm \$114/6 sess

Set 2

Sun May 19-Jun 30 *No session Jun 16*
503039 11:45am-12:40pm \$114/6 sess

Shuttle III/IV/V

Set 1

Tue Apr 2-May 7
503036 6:00pm-7:20pm \$144/6 sess

Set 2

Tue May 14-Jun 18
503042 6:00pm-7:20pm \$144/6 sess

Martial Arts

prices do not include tax if applicable

Karate - Children and Teen

6-18yrs

Alan Chan Karate BC

We stress the importance of three basic elements: Mind, Technique and Body, the importance of basic techniques, and paying attention to detail. They will gain confidence, and improve both physically and mentally through Karate in a friendly, supportive and safe environment. Additional fees are required for uniform/equipment and Karate BC Membership.

Tue Thu 504776	Apr 2-Jun 25 6:30pm-7:30pm	\$106.25/25 sess
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Baking and Cooking

Little Chefs

6-12yrs

TBA Instructor

Learn how to make delicious and healthy snacks and lunches in our kitchen and eat your creations.

6-8yrs

Sun 501643	Apr 14-Jun 16 9:45am-11:00am	<i>No session May 19</i> \$99/9 sess
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9-12yrs

Sun 501644	Apr 14-Jun 16 11:15am-12:30pm	<i>No session May 19</i> \$99/9 sess
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...Programs fill up quickly!
Register early to avoid disappointment

Music

Piano - Private Lessons

6+yrs

Private classes are tailored to the student's needs. Participants may be required to purchase piano books based on instructor recommendation.

Amanda Tom Fri Apr 5-Jun 21		No session May 3 \$209/11 sess	
504745	4:00pm-4:30pm	504750	6:30pm-7:00pm
504746	4:30pm-5:00pm	504751	7:00pm-7:30pm
504747	5:00pm-5:30pm	504752	7:30pm-8:00pm
504748	5:30pm-6:00pm	504753	8:00pm-8:30pm
504749	6:00pm-6:30pm		
Felix Chan Sat Apr 6-Jun 22		No session May 25, Jun 1 \$190/10 sess	
504731	9:15am-9:45am	504738	1:15pm-1:45pm
504732	9:45am-10:15am	504739	1:45pm-2:15pm
504733	10:15am-10:45am	504740	2:15pm-2:45pm
504734	10:45am-11:15am	504741	2:45pm-3:15pm
504735	11:15am-11:45am	504742	3:15pm-3:45pm
504736	11:45am-12:15pm	504743	3:45pm-4:15pm
504737	12:45pm-1:15pm	504744	4:15pm-4:45pm
TBA Instructor Sun Apr 7-Jun 23		\$228/12 sess	
504754	9:15am-9:45am	504761	1:15pm-1:45pm
504755	9:45am-10:15am	504762	1:45pm-2:15pm
504756	10:15am-10:45am	504763	2:15pm-2:45pm
504757	10:45am-11:15am	504764	2:45pm-3:15pm
504758	11:15am-11:45am	504765	3:15pm-3:45pm
504759	11:45am-12:15pm	504766	3:45pm-4:15pm
504760	12:45pm-1:15pm	504767	4:15pm-4:45pm

Singing - Private Lessons

9+yrs

Gina Morel

Learn to sing! Enjoy private, one-on-one singing lessons for students of all ages, beginner to advanced, no experience necessary. Learn how to use your voice with healthy vocal techniques and express yourself through singing a wide variety of musical styles including Pop, Classical, Musical Theatre and Opera. RCM examination preparation available.

Tue Apr 9-Jun 18		No session May 14 \$300/10 sess	
487204	5:00pm-5:30pm	487208	7:10pm-7:40pm
487205	5:30pm-6:00pm	487209	7:40pm-8:10pm
487206	6:00pm-6:30pm	487210	8:10pm-8:40pm
487207	6:30pm-7:00pm	487211	8:40pm-9:10pm

Guitar - Private Lessons

7-16yrs

Nadim Kmeid

Learn and fine tune your guitar skills at your own pace. Students will be guided through a series of lessons to develop their skills. Guitars are provided for lessons or bring your own guitar.

Thu Apr 4-Jun 20		\$252/12 sess	
504683	3:30pm-4:00pm	504689	6:30pm-7:00pm
504684	4:00pm-4:30pm	504690	7:00pm-7:30pm
504685	4:30pm-5:00pm	504691	7:30pm-8:00pm
504686	5:00pm-5:30pm	504692	8:00pm-8:30pm
504687	5:30pm-6:00pm	504693	8:30pm-9:00pm
Sun Apr 7-Jun 23		\$252/12 sess	
504674	9:30am-10:00am	504679	12:00pm-12:30pm
504675	10:00am-10:30am	504680	12:30pm-1:00pm
504676	10:30am-11:00am	504681	1:00pm-1:30pm
504677	11:00am-11:30am	504682	1:30pm-2:00pm
504678	11:30am-12:00pm		

Violin - Private Lessons

7-12yrs

Shamel Zraik

Students will learn the basics of playing violin in a private one on one setting. Instruments will be available for lessons or bring your own instrument. Lesson material will be provided or, participants may also be required to purchase violin books based on instructor recommendation.

Mon Apr 8-Jun 17		No session May 20 \$190/10 sess	
504656	4:00pm-4:30pm	504660	6:00pm-6:30pm
504657	4:30pm-5:00pm	504661	6:30pm-7:00pm
504658	5:00pm-5:30pm	504662	7:00pm-7:30pm
504659	5:30pm-6:00pm	504663	7:30pm-8:00pm

Drum - Private Lessons

6-12yrs

Samuel Alexis George Delgado

Play to the rhythm and the beat! Lessons are private and are conducted on a full set of acoustic drums. Lesson material will be provided, or, participants may also be required to purchase drum books based on instructor recommendation. Lessons are 30 minutes in long.

Wed Apr 3-Jun 19		\$180/12 sess	
504665	3:20pm-3:50pm	504670	6:15pm-6:45pm
504666	3:55pm-4:25pm	504671	6:50pm-7:20pm
504667	4:30pm-5:00pm	504672	7:25pm-7:55pm
504668	5:05pm-5:35pm	504673	8:00pm-8:30pm
504669	5:40pm-6:10pm		



Leadership

Junior Youth Council

10-12yrs

Starla Bayley

Join the Community Youth Worker and learn how to use your skills to be a leader in your community. You will be tasked with helping to organize your own event, assist with community centre events, and asked to support a philanthropic organization over the school year. On top of all this, we will have several workshops and special presentations to ensure you are well informed on personal achievement and social development. If you have any questions about the program, please email:

starla.bayley@vancouver.ca

Thu 499415	Apr 4-Jun 20 4:00pm-5:15pm	Free
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Senior Youth Council

13-17yrs

Starla Bayley

Join your peers and learn how to use your skills to be a leader in your community. You will be tasked with helping to organize your own event, assist with community centre events, and asked to support a philanthropic organization of the councils choosing, over the school year. We will have workshops and guest speakers to ensure everyone is provided the skills they need to excel both academically and socially. This program is youth lead with support from the Community Youth Worker. If you have any questions about the program, please email: starla.bayley@vancouver.ca

Thu 499416	Apr 4-Jun 20 5:30pm-7:00pm	Free
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Sports

Pre-Teen Open Gym

9-12yrs

This time is specifically for pre-teens. Grade 4, 5, 6 and 7's. You can use the gym to play volleyball or basketball or you can even organize your own game of tag or dodgeball. You will need to check in with a OneCard scanner at the Youth Workers Desk in the Computer Lab and receive a wristband before heading into the gym.

Fri 499431	Apr 5-Jun 28 4:05pm-5:05pm	Free with OneCard
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Open Gym

11-18yrs

Come hang out in our gym after school. You will need to scan your OneCard and receive a wristband to gain entry into the gym. Please contact Starla Bayley for more information at: starla.bayley@vancouver.ca

Fri 499428	Apr 5-Jun 28 5:05pm-9:45pm	Free with OneCard
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Queer Prom (Ages 13-18) - Free event

Friday, May 3rd, 6:00-8:30pm

Inviting 2SLGBTQAI+ youth and their allies to join in on an evening of fun to celebrate youth in a safe and inclusive space. There will be dancing, music, refreshments, photo booth, and more.

For more information contact queerincclusion@vancouver.ca

Skate Jam (Ages 9-18)

Saturday, May 4th, 1:00-4:00pm

Activity # 496786

Annual skate event and demos at the Downtown Skate Plaza. All levels welcome.

Contact Jannet Cincoleon at jannet.cincoleon.vancouver.ca

Free event in partnership with the Vancouver Skate Coalition



Volleyball Tournament (Ages 13-18)

Tuesday, May 7th, 3:30-8:30pm

Activity # 496677

Register as a team or individual. Teams must have a mixed-gender component. Prizes!

All abilities welcome. Contact Emily Hoang at emily.hoang@vancouver.ca



Renfrew acknowledges the generous contributions of Kids Up Front Canada

For up-to-date info and other events visit

bcyouthweek.com

Pre-Teen/Youth

Social

Lego Club

Starla Bayley

8-11yrs

This is a fun social program where we will build together, solve problems and challenge each other in our building projects. Each week we will be challenged in our building with various tasks to complete. Working on your creative thinking and story telling while building friendships. No prior building skills are required, just a desire to have fun and work with others.

Sat 499435	Apr 6-27 12:30pm-1:45pm	\$28/4 sess
Sat 499437	May 25-Jun 15 12:30pm-1:45pm	\$28/4 sess

Games Room

Ruben Anthony

10-18yrs

Games room is just for youth on FRIDAYS! You will have access to the internet with our computers, you can play pool, foosball, and ping-pong along with many board games to choose from. You can also come in and join one of the many activities organized by staff - think tournaments! Onecard scan in will be required with the Youth Worker in the Computer Lab. If you have any questions about the program please email:

starla.bayley@vancouver.ca

Fri 499424	Apr 5-Jun 28 3:00pm-9:30pm	Free with OneCard
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Pre-Teen & Teen Social

Jesse Woolverton & Shervin Hajami

9-14yrs

Bring friends or make friends and enjoy different activities every week. Be ready to experience various activities from in-house days cooking and games to heading on an array of activities in the community. All activities will be planned in advance and shared with parents on the first day of the program. Consent forms will be required. When traveling we will be walking or taking public transit when necessary.

Fri 499420	Apr 5-Jun 21 5:30pm-9:30pm	\$120/12 sess
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NEW! Snack Attack - Teens

Starla Bayley

13-18yrs

Sign up on Fridays when you scan your OneCard with the Youth Worker. Maximum 6 youth a night can sign up to help make a healthy snack for yourselves and participants in the gym. Program will run from 7pm to 9pm and include cooking and clean up, ending with eating.

Fri 499451	Apr 5-Jun 28 7:00pm-9:00pm	Free/13 sess
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NEW! Snack and Pack

Marni McMullen

11-16yrs

Come and eat a delicious snack chosen by yourself and your peers, and work together to cook a meal to take home for your family! For more information or to register please contact Starla Bayley,

starla.bayley@vancouver.ca

Wed 501567	Apr 10, May 8, Jun 12 3:30pm-5:30pm	Free
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Professional Day Out Trip
see p.12



Check out our weekly programs and activities for 2STGD and 2SLGBTQIA+ folks of all ages.

vancouver.ca/park-board-pride



Games Area and Table Tennis



Equipment Rental Fee

All Ages

Valid for:

- Use of Games Room Equipment: Billiards, Foosball, Air Hockey (table tennis excluded)
- Sports equipment for Renfrew Programs

\$4.76/person/year

\$11.43/family/year

Valid Sep 1, 2023-Aug 31, 2024

Games Area

6+yrs

Come and play Air Hockey, Foosball or Billiards. All times are public and shared on a rotational basis of 15 minutes when there are people waiting to play. Please see centre office for detailed drop-in times. An annual community centre Equipment Rental Pass required for all participants who wish to use the games area. Please bring your "Equipment Rental Fee" pass with you. *No session on Stat Holidays*

Mon-Thu	3:30pm-9:55pm	Apr 2-Jun 27
Sat	12:00pm-4:55pm	Apr 6-Jun 29
Sun	12:00pm-4:55pm	Apr 7-Jun 30

Private Table Tennis Bookings

All Ages

All bookings are to be made on the SAME DAY, on a first come first served basis, in person or by phone (604 257-8388, ext 1) after 9:30am. One 30 minute booking per pass with a maximum of 4 persons each booking. Bookings are subject to room/equipment availability (Room 108/010 only) Valid for one month from date of purchase. Please note equipment is not supplied. *No session on Stat Holidays.*

Mon-Thu	Apr 2-Jun 27	\$9.52/month pass \$3.81/30 minutes drop-in session
500698	6:00pm-9:30pm	

Table Tennis for Seniors

55+yrs

Kathy Jang

Come and play Table Tennis. We will have a maximum of 10 players registered for these morning sessions. This is a non-instructional program. No drop-ins permitted. Please bring your "Equipment Rental Pass" with you.

Mon Wed Fri	Apr 3-Jun 28	No session May 20
500699	9:00am-11:45am	Free with Equipment Rental Pass

...Renfrew has rooms available for rent!

email renfrew.rentals@vancouver.ca for more information



Room 110, 2640sq ft, starting at \$45.00/hr



Gymnasium, 6000sq ft, starting at \$50.00/hr

Dance

Line Dancing for Health and Wellness

55+yrs

Louisa Ho Pang

Line Dancing is a great way to exercise your body and mind while meeting new friends. This program is for intermediate level dancers. Class instruction is in Cantonese.

Sun	Apr 7-Jun 23	
501490	10:00am-12:00pm	\$24/12 sess \$2.38/drop-in, if space

Monday Line Dance Group

55+yrs

Judy Chuk Yee Ng

This group dances to a variety of songs. Come join us for this fun filled program, while having a good workout and meeting new people! Program is taught in Cantonese. English translation may be available.

Mon	Apr 8-Jun 24	No session May 20
501478	11:00am-12:30pm	\$16.50/11 sess \$1.90/drop-in, if space

Line Dance Fitness

55+yrs

Linda Dee

Come join us for this fun filled, physical, mental and emotional wellness exercise. Dance your way to a healthy lifestyle. Program is taught in English.

Thu	Apr 4-Jun 27	No session May 9
501528	1:30pm-3:30pm	\$24/12 sess \$2.38/drop-in, if space

Traditional Chinese Folk Dance

55+yrs

Pei Chun (Helen) Lin

This group dances to primarily Chinese music. Class is taught in Chinese.

Wed	Apr 10-Jun 26	No session May 8, Jun 5
501492	12:30pm-2:30pm	\$20/10 sess \$2.38/drop-in, if space

Chinese Classical Dance

55+yrs

Vue Joan Ng

Rooted strongly in Chinese culture and history, Chinese classical dances are popular dances in China and around the world. The dances include many forms with beautiful music and graceful movements. It is a great way to enjoy music, exercise your body and learn Chinese culture in a group. Some dance experience required.

Wed	Apr 3-Jun 26	
503741	12:45pm-2:45pm	\$26/13 sess

Ballroom Dance Social

55+yrs

Siu Lau (Sue Chee) Chong

Have fun, meet new friends and dance. This is a non instructional program. Singles welcome.

Mon	Apr 8-Jun 24	No session May 20
501533	12:45pm-2:45pm	\$13.64/11 sess \$1.90/drop-in, if space

Thu	Apr 4-Jun 20	No session May 9
501532	11:15am-1:15pm	\$13.64/11 sess \$1.90/drop-in, if space

Sequence Dance

19+yrs

May A. M. Wong

Sequence Dancing is a type of dancing in which couples dance around the floor in a fixed sequence of steps and movements simultaneously, so the dancers follow each other around the dance floor and everyone starts and stops at the same time. Dance to various dance beats like the Cha Cha, Rumba, Tango, Jive, etc.,. Come join this class for fun and fitness. Some dance experience is required and if possible participants should come with a partner (but not required). Classes taught in English and Cantonese.

Thu	Apr 4-Jun 20	No session May 9
501479	9:15am-11:00am	\$19.25/11 sess \$2.14/drop-in, if space

Line Dance ABC

19+yrs

Lisa (Baby) Blair

Have fun dancing to the beats of Latin, Disco and Country music while having a good workout. Lessons taught in English, Mandarin and Cantonese.

Tue	Apr 2-Jun 25	
501531	1:30pm-3:30pm	\$26/13 sess \$2.38/drop-in, if space

Hula Dance For Health

55+yrs

Marji Wallace

Taught by an experienced instructor. The exercises and gentle moves of the Hula Dance can improve strength, flexibility, balance and coordination, even when seated. Exercise both the mind and the body!

Thu	Apr 11-Jun 13	
503014	10:30am-11:30am	\$20/10 sess

Music and Singing

Karaoke

55+yrs

Sing and have fun! If you have some Karaoke music please bring it along.

In Chinese:		Siu Lau (Sue Chee) Chong
Fri	Apr 5-Jun 28	
501534	12:15pm-2:45pm	\$6.50/13 sess

In English:		Dawn Chaplin
Mon	Apr 8-Jun 17	No session May 20
501591	1:00pm-3:30pm	\$5/10 sess

...Renfrew has rooms available for rent!
email renfrew.rentals@vancouver.ca for more information

Cooking and Baking

Eastern European Cooking

19+yrs

Fatima Kheraj

Embark on a culinary journey through Eastern Europe in our immersive cooking program. Discover rich traditions, authentic flavors, and master the art of Eastern European cuisine together!

Tue	Apr 9-Jun 25	
501558	1:00pm-3:00pm	\$25.50/3 sess

Seafood Cooking

19+yrs

Fatima Kheraj

Dive into the world of seafood excellence with our cooking program. Learn to create delectable dishes, master seafood techniques, and savor ocean-inspired flavors in every bite.

Tue	May 14-28	
501560	1:00pm-3:00pm	\$25.50/3 sess

Cooking with Whole Grains, Legumes and Fermented Foods

19+yrs

Fatima Kheraj

Explore the wholesome world of whole grains, legumes, and fermented foods in our cooking program. Elevate your culinary skills with nutritious, flavorful, and sustainable ingredients.

Tue	Jun 11-25	
501559	1:00pm-3:00pm	\$25.50/3 sess

Community Kitchens



Community Kitchen for 2SLGBTQIA+ Adults

19+yrs

Meet folks from the community, share recipes, and learn new cooking skills in a safer space at Renfrew Park's new Community Kitchen for 2SLGBTQIA+ adults. For more information or to register please contact Marni McMullen: marni.mcmullen@vancouver.ca or (604) 257-8390

Wed	Apr 24	
501569	12:30pm-2:30pm	Free

Wed	May 29	
501573	12:30pm-2:30pm	Free

Wed	Jun 26	
501576	12:30pm-2:30pm	Free



Community Kitchen for Newcomer Families

19+yrs

Are you new to Canada and looking for a way to build community connections? Come together and cook with other folks where you will have a chance to learn new skills as well as share your own recipes and ideas. For more information or to register please contact Marni McMullen: marni.mcmullen@vancouver.ca or (604) 257-8390

Wed	Apr 17	
501570	5:30pm-8:00pm	Free

Wed	May 22	
501572	5:30pm-8:00pm	Free

Wed	Jun 19	
501575	5:30pm-8:00pm	Free

Community Lunch Program

All Ages

Andy Woolverton



Meals include a hot entree, salad or side dish, dessert, coffee or tea. We try our best to use locally grown seasonal vegetables and fruit from community gardens! Pre-registration is

required, but additional lunches can be bought in person with cash/credit card on the day of lunch pending availability. Limit of 4 per person. Limited number of lunches available.

Registration for Community Lunch Program open on the first Friday of the month for up to and including the following month.

Fri	Apr 5-Jun 28		No session Jun 21
	\$7.62/Adults/Seniors		
	\$6.19/Children/Youth		12:00pm-1:00pm
501542	Apr 5	501548	May 17
501543	Apr 12	501549	May 24
501544	Apr 19	501550	May 31
501545	Apr 26	501551	Jun 7
501546	May 3	501552	Jun 14
501547	May 10	501554	Jun 28

Note: Community Lunch Program fees are non-refundable and non-transferrable

Seniors Luncheons

Viva La Mexico Luncheon

55+yrs

Fatima Kheraj

Immerse yourself in the rich culture and exquisite cuisine of Mexico at Casa Renfrew. Delight in the mouthwatering flavours of traditional Mexican dishes for Lunch. After your meal, let the captivating sounds of live Spanish guitar music enchant you.

Menu: Mexican Red Rice, Beef Enchiladas, Refried Beans, Tres Leches Cake

Wed	Apr 3	
500340	12:00pm-2:00pm	\$12.38/person

Flashback Luncheon

55+yrs

Fatima Kheraj

Journey back to the 50's, 60's, and 70's. It was a simpler time when rock and roll was new, being cool was a trend. And one had to get up to change the channel on your TV. Enjoy a tasty lunch before kicking up your heels, to hits from the 50's to 70's, performed by the Jason Mathney Band. Dress up in a period costume for chance to win a special prize!!

Menu: Hot Potato Salad, Apple Stuffed Pork Tenderloin, Roasted Brussel Sprouts, Carrot Cake

Wed	Jun 5	
500341	12:00pm-2:00pm	\$12.38/person

Yoga and Pilates

Hatha Yoga

Hisae McMichael

For people who have moderate experience doing Yoga and are looking to build on previous class work. We work on moderate to intermediate poses to relieve you from muscle pain and stiffness, to improve circulation and overall better health. Many students find they sleep better at night and have increased energy levels during the day. Please note participants are recommended to bring their own yoga mats and other equipment.

19+yrs

Sat 501608	Apr 6-May 18 9:15am-10:45am	Adult - \$73.50/7 sess Senior - \$68.25/7 sess
Sat 501609	May 25-Jun 29 9:15am-10:45am	Adult - \$63/6 sess Senior - \$58.50/6 sess

Gentle Yoga Beginner

Bill Mercer

Gentle movement and stretching through beginner yoga poses can reduce swelling in joints while increasing joint mobility and improving balance which helps in reducing falls. Please note participants are recommended to bring their own yoga mats and other equipment.

55+yrs

Mon 503643	Apr 8-May 13 10:00am-11:15am	\$45/6 sess \$9+tax/drop-in if space
Mon 503644	May 27-Jun 24 10:00am-11:15am	\$37.50/5 sess \$9+tax/drop-in if space
Thu 503645	Apr 11-May 16 10:00am-11:15am	\$45/6 sess \$9+tax/drop-in if space
Thu 503646	May 23-Jun 27 10:00am-11:15am	\$45/6 sess \$9+tax/drop-in if space

Colour Energy Yoga

Li Na Chow

Colour Energy Yoga class consists of breathing, meditation, stretching and lifeline massages. It decreases tiredness and pressure while increasing blood circulation to get rid of toxins in the body. It also relaxes the body, mind and nerves, making your body energetic, healthy and happy. This class is taught in Cantonese. Please note participants are recommended to bring their own yoga mats and other equipment.

19+yrs

Wed 501529	Apr 3-May 8 10:30am-11:30am	\$34.50/6 sess \$6.66+tax/drop-in if space
Wed 501530	May 15-Jun 19 10:30am-11:30am	\$34.50/6 sess \$6.66+tax/drop-in if space

Vinyasa Yoga

Kate Nguyen

Vinyasa is a yoga style with a non-stop flow, where you can always focus on your breath, gaze, and posture. It will help to improve your flexibility and the feeling inside your body. We will practice the Vinyasa style in a one hour class, which will include warm-up poses; Sun Salutation; standing poses; balancing poses; back bend/forward bend poses/hip opening; Inversion/Core; Cool down; Savasana.

19+yrs

Sat 501604	Apr 6-May 18 3:30pm-4:30pm	\$40.25/7 sess \$6.66+tax/drop-in if space
Sat 501605	May 25-Jun 29 3:30pm-4:30pm	\$34.50/6 sess \$6.66+tax/drop-in if space
Sun 501503	Apr 7-May 19 9:30am-10:30am	\$40.25/7 sess \$6.66+tax/drop-in if space
Sun 501505	May 26-Jun 30 9:30am-10:30am	\$34.50/6 sess \$6.66+tax/drop-in if space
Sun 501504	Apr 7-May 19 10:50am-11:50am	\$40.25/7 sess \$6.66+tax/drop-in if space
Sun 501506	May 26-Jun 30 10:50am-11:50am	\$34.50/6 sess \$6.66+tax/drop-in if space

Pilates

Tracey Clark

This class begins with breath and stillness, to calm and balance the nervous system, softening the outer body in order to sense the inner body, our fluid center or core. We then progress into the structure of Pilates to train and strengthen the core, so that we move more fluidly from our center, helping to organize our mind body experience so that we move with less effort in our lives.

19+yrs

Mon 503029	Apr 8-May 13 6:10pm-7:10pm	\$60/5 sess \$14.29+tax/drop-in if space.
Mon 503030	May 27-Jun 24 6:10pm-7:10pm	\$60/5 sess \$14.29+tax/drop-in if space.
Mon 501657	Apr 8-May 13 7:15pm-8:15pm	\$60/5 sess \$14.29+tax/drop-in if space.
Mon 501658	May 27-Jun 24 7:15pm-8:15pm	\$60/5 sess \$14.29+tax/drop-in if space.

...have a skill you want to share?

go to our website: www.renfrewcc.com and submit a program proposal!

Aerobics

Hi-Lo Aerobics

19+yrs

Sharon Chan

Participants are encouraged to work at their own pace. Hi-Lo is an all level class including warm-up, 35 minute cardio, 15 minute abdominal floor work, and stretch and relaxation.

Tue	9:05am-10:00am	\$5.75/Adult, \$3.50/Senior for drop-in, if space
504646	Apr 9-30	Adult - \$19/4 sess Senior - \$12/4 sess
504647	May 7-28	Adult - \$19/4 sess Senior - \$12/4 sess
504648	Jun 4-25	Adult - \$19/4 sess Senior - \$12/4 sess



Total Body Conditioning Aerobics

19+yrs

Denisse Hernandez

Participants are encouraged to work at their own pace. "Total Body Conditioning" is a total body workout integrating both strength and cardio. This class mixes plyometrics, circuit training, weights bands, steps and much more.

Thu	6:30pm-7:25pm	\$5.75/Adult, \$3.50/Senior for drop-in, if space
504649	Apr 4-25	Adult - \$19/4 sess Senior - \$12/4 sess
504650	May 2-23	Adult - \$19/4 sess Senior - \$12/4 sess
504651	Jun 6-20	Adult - \$14.25/3 sess Senior - \$9/3 sess

Total Fitness Aerobics

40+yrs

Sharon Chan

Participants are encouraged to work at their own pace. Total Fitness is a mild to moderate class for people starting fitness activities and seniors. It has warm-up, aerobic, cool down, stretch and strength components.

Fri	9:05am-10:00am	\$5.75/Adult, \$3.50/Senior for drop-in, if space
504652	Apr 12-26	Adult - \$14.25/3 sess Senior - \$9/3 sess
504653	May 3-31	Adult - \$23.75/5 sess Senior - \$15/5 sess
504654	Jun 7-28	No session Jun 21 Adult - \$14.25/3 sess Senior - \$9/3 sess

Zumba

Zumba

19+yrs

Roslyn Bauyon

Participants are encouraged to work at their own pace. Zumba is a fusion of Latin and International music--dance themes creating a dynamic, effective fitness system! It features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. The easy-to-follow steps are designed for any fitness level.

Mon	7:00pm-7:55pm	\$6.75/Adult, \$4.25/Senior for drop-in, if space
504637	Apr 8-29	Adult - \$22/4 sess Senior - \$14/4 sess
504639	May 6-27	No session May 20 Adult - \$16.50/3 sess Senior - \$10.50/3 sess
504643	Jun 3-24	Adult - \$22/4 sess Senior - \$14/4 sess

Wed	9:05am-10:00am	\$6.75/Adult, \$4.25/Senior for drop-in, if space
504634	Apr 3-24	Adult - \$22/4 sess Senior - \$14/4 sess
504640	May 1-29	Adult - \$27.50/4 sess Senior - \$17.50/5 sess
504644	Jun 5-26	Adult - \$22/4 sess Senior - \$14/4 sess

Wed	7:00pm-7:55pm	\$6.75/Adult, \$4.25/Senior for drop-in, if space
504635	Apr 3-24	Adult - \$22/4 sess Senior - \$14/4 sess
504641	May 1-29	Adult - \$27.50/5 sess Senior - \$17.50/5 sess
504645	Jun 5-26	Adult - \$22/4 sess Senior - \$14/4 sess

Zumba Toning

19+yrs

Roslyn Bauyon

Participants are encouraged to work at their own pace. The challenge of adding resistance by using Zumba® Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged! ... Lightweight maraca-like Toning Sticks enhance sense of rhythm and coordination, while toning target zones, including arms, core and lower body.

Mon	6:00pm-6:55pm	\$6.75/Adult, \$4.25/Senior for drop-in, if space
504637	Apr 8-29	Adult - \$22/4 sess Senior - \$14/4 sess
504638	May 6-27	No session May 20 Adult - \$16.50/3 sess Senior - \$10.50/3 sess
504642	Jun 3-24	Adult - \$22/4 sess Senior - \$14/4 sess

Fitness, Health and Wellness

Osteofit

55+yrs

Berdjis Bahrami

This class focuses on improving strength, posture, balance and agility through the use of functional exercises, agility activities, resistance training and appropriate stretches.

Tue	Apr 2-May 14		
503707	10:00am-10:55am	\$40.25/7 sess	\$6.67/drop-in if space
Tue	May 21-Jun 25		
503708	10:00am-10:55am	\$34.50/6 sess	\$6.67/drop-in if space



Mobility and Stretching for Seniors

55+yrs

Chin Ho Yeh

This class is taught in Mandarin or Cantonese.

Based on a variety of influences such as Tai Chi, Taekwondo focusing on stretching and mobility. Immerse yourself in the grace movements of these ancient martial arts, promoting balance of mind and body. Participants will have improved flexibility, reduced stress, and enhanced well-being.

Tue	Apr 9-Jun 11		
504631	1:00pm-2:55pm	\$20/10 sess	

Foot Care Clinic

55+yrs

Nancy KF Lee

Note: Registration must be done one day prior to appointment date

Have your toe nails cleaned and cut safely by a registered and certified foot care nurse. Please bring a large towel and request a tax deductible receipt from the foot care nurse.

Sat	Apr 20		\$47/30 min sess
502470	12:00pm-12:30pm	502474	2:00pm-2:30pm
502471	12:30pm-1:00pm	502475	2:30pm-3:00pm
502472	1:00pm-1:30pm	502476	3:00pm-3:30pm
502473	1:30pm-2:00pm	502477	3:30pm-4:00pm
Sat	May 18		\$47/30 min sess
502479	12:00pm-12:30pm	502483	2:00pm-2:30pm
502480	12:30pm-1:00pm	502484	2:30pm-3:00pm
502481	1:00pm-1:30pm	502485	3:00pm-3:30pm
502482	1:30pm-2:00pm	502486	3:30pm-4:00pm
Sat	Jun 15		\$47/30 min sess
502487	12:00pm-12:30pm	502491	2:00pm-2:30pm
502488	12:30pm-1:00pm	502492	2:30pm-3:00pm
502489	1:00pm-1:30pm	502493	3:00pm-3:30pm
502490	1:30pm-2:00pm	502494	3:30pm-4:00pm

Hearing Screening

55+yrs

HearingLife

Routine hearing assessments are so important and so rarely considered as part of people's annual health checkups. Join Ashley Maddix, Registered Hearing Instrument Practitioner, for a complimentary hearing screening. Registration is required to reserve your 30 minutes hearing screening time slot. Please arrive on time for your scheduled session.

Fri	May 3		Free
503053	1:00pm-1:30pm	503055	2:00pm-2:30pm
503054	1:30pm-2:00pm	503056	2:30pm-3:00pm
Fri	Jun 7		Free
503057	1:00pm-1:30pm	503059	2:00pm-2:30pm
503058	1:30pm-2:00pm	503060	2:30pm-3:00pm

Martial Arts

Tai Chi and Health Qigong

19+yrs

Lai Chun Cheung

For more than two thousand years, The Arts of Health Qigong and Tai Chi have enhanced the health of many people. It is now clinically proven that internal organs, exterior muscle joints and mental focus can be significantly strengthened through practice of these arts. Suitable for people of all ages. The instructor, Sifu Lisa Low, is officially recognized as a Master Instructor by the International Health Qigong Federation, an organization that is comprised of thousands of members from 54 countries.

Mon	Apr 8-Jun 10		No session May 20
502505	9:15am-10:15am		\$63/9 sess
			\$7+tax/drop-in if space

Tai Chi Health and Exercise Group

55+yrs

Eddie K.K. Tang, Benny Lai

This program will be led in Cantonese and English. This time is dedicated for practice only, no instruction is provided. Program times: 7:45am-9:00am (Tue/Fri), 7:30am-9:00am (Mon/Wed/Thu).

Mon-Fri	Apr 2-Jun 28		No session May 20
502037	7:30am-9:00am		\$25.20/63 sess

Karate - Adult

19+yrs

Alan Chan Karate BC

We follow the path of traditional Karate. We stress the importance of three basic elements: Mind, Technique and Body, the importance of basic techniques, and paying attention to detail. You will be learning all aspects of traditional Karate: Kihon (basic techniques), Kata (forms) and Kumite (sparring). We also focus on the application of techniques in real life self-defense situations. Additional fees are required for Uniform/Equipment and Karate BC Membership.

Tue Thu	Apr 2-Jun 25		
504775	7:30pm-9:00pm		\$118.75/25 sess

Sports

Drop-in Sports Procedures

- Minimum of 4 (Badminton, Pickleball, Foamball) and 2 (Basketball) drop-in spaces will be available 30 minutes before the start of the program on a first come, first serve basis.
- Drop-ins must register in person no earlier than 15 minutes prior to the start of the program. No phone or online drop-ins.
- Registered participants have up to 10 minutes to arrive for their programs. After that time, spots may be sold to drop-in participants.
- All times include setup and take down of equipment.
- Please, no spectators in sports programs. (This ensures the safety of instructors and participants)
- Programs are cancelled on stat holidays and for Special Events.

Badminton

19+yrs

Enjoy recreational badminton.

Mon 503063	Apr 8-Jun 24 1:00pm-2:55pm	No session May 20 Adult - \$38.50/11 sess Senior - \$27.50/11 sess \$4.29/Adult, \$3.09/Senior +tax/drop-in if space
Tue 503064	Apr 2-Jun 26 8:00pm-9:55pm	Adult - \$45.50/13 sess Senior - \$32.50/13 sess \$4.29/Adult, \$3.09/Senior +tax/drop-in, if space
Wed 503065	Apr 3-Jun 26 1:00pm-2:55pm	Adult - \$45.50/13 sess Senior - \$32.50/13 sess \$4.29/Adult, \$3.09/Senior +tax/drop-in, if space

Pickleball

19+yrs

This popular racquet sport combines many elements of Tennis, Badminton and Ping Pong. Played with a paddle and a plastic ball with holes on a badminton-sized court.

19+yrs		
Mon 503068	Apr 8-Jun 24 8:00pm-9:55pm	No session May 20 Adult - \$38.50/11 sess Senior - \$24.75/11 sess \$4.29/Adult, \$2.62/Senior +tax/drop-in, if space
55+yrs		
Tue 503069	Apr 2-Jun 25 1:00pm-2:55pm	\$29.25/13 sess \$2.62+tax/drop-in if space
Thu 503070	Apr 4-Jun 27 10:45am-12:40pm	No session Jun 20 \$27/12 sess \$2.62+tax/drop-in if space
Thu 503071	Apr 4-Jun 27 1:00pm-2:55pm	No session Jun 20 \$27/12 sess \$2.62+tax/drop-in if space

Basketball

19+yrs

Enjoy recreational basketball.

Sun 503062	Apr 7-Jun 30 3:00pm-4:55pm	\$45.50/13 sess \$4.29+tax/drop-in if space
Wed 503061	Apr 3-Jun 26 8:00pm-9:55pm	\$45.50/13 sess \$4.29+tax/drop-in if space

Foamball Tennis

55+yrs

A fun, indoor game based on tennis. A good workout with minimal joint strain.

Fri 503067	Apr 5-Jun 28 1:00pm-2:55pm	No session Jun 21 \$12/12 sess \$1.19+tax/drop-in if space
Tue 503066	Apr 2-Jun 25 10:45am-12:40pm	\$13/13 sess \$1.19+tax/drop-in if space

Carpet Bowling Club

55+yrs

Come learn and enjoy a game of Carpet Bowling. A game in which wooden balls are pitched toward a white ball (the jack). Tea is served.

Tue 425932	Sep 6-Aug 29 11:00am-1:00pm	\$5.71/year
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Badminton Court Rentals

All Ages

- Each court rental is for 55 minutes
- At least 1 adult must be present at each booking
- Booking court for instructional purposes is not permitted
- Please be respectful to players before and after your booking
- Maximum 8 people/court
- Partial refund given for cancellations with more than two business days notice at the RPCC office
- No refunds with less than two business days notice at the RPCC office
- Players set-up and take-down nets

Thu	8:00pm-9:55pm	Apr 4-Jun 20 \$11.90/court
Sun	12:45pm-2:45pm	Apr 7-Jun 30 \$11.90/court

Art

Chinese Calligraphy - All Levels

55+yrs

Guoxin Lin

Learn the ancient art of Chinese Calligraphy through step-by-step instructions on writing Chinese characters. Students are encouraged to experience the rhythm and sense of design in Chinese writing, thereby bringing an aesthetic dimension to their understanding of the Chinese language. Program is taught in Cantonese and Mandarin. English translation will be available.

Mon 501486	Apr 8-Jun 17 10:30am-12:30pm	No session May 20 \$70/10 sess
Wed 501487	Apr 10-Jun 19 10:30am-12:30pm	\$77/11 sess
Fri 501488	Apr 12-Jun 21 10:30am-12:30pm	\$77/11 sess

Renfrew Art Group

19+yrs

Yoko Tomita

Learn acrylic painting at your own pace. Together we will discover your artistic style in a fun, supportive and non-judgmental environment. Release your hidden passion for painting in this inclusive group.

Wed 503028	Apr 10-Jun 19 10:00am-12:00pm	\$66/11 sess \$7.25+tax/drop-in if space
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Watercolour Paint Night

19+yrs



Chloe Greenberg

Join this beginner-level watercolour class to learn basic watercolour techniques and paint a picture of coffee and a croissant! All supplies are included. Watercolour can be a tricky medium, but you will be walked through the process with step-by-step instructions and you will get

the attention and support you need along the way.

Mon 504633	Apr 29 6:45pm-9:15pm	\$50/person
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Education

ESL - Basic English Conversations

55+yrs

Laura Tang

Basic English conversations help beginners learn to build English skills. Each conversation group includes a few short conversations introducing basic English phrases.

Wed 503161	Apr 9-Jun 11 10:00am-11:30am	\$40/10 sess
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Computers and Technology

Introduction to Mobile Technology

55+yrs

Mary Leung

Get an overview of the fundamentals behind different operating systems and software and their operation. Such as system settings, Home Screen, wallpaper, language, keyboard and system storage, etc. Participants may borrow an android tablet to learn with.

Classes taught in Cantonese/Mandarin

Sat 504773	Apr 13 9:30am-11:00am	\$5/person
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Classes taught in English

Sat 504774	Apr 13 11:15am-12:45pm	\$5/person
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Introduction to Photos for Android

55+yrs

Mary Leung

Bring your own device (mobile devices, tablets or PCs) to learn the basics of photos for Android devices.

For Android Devices:

Classes taught in Cantonese/Mandarin

Sat 504769	Apr 20-May 4 9:30am-11:00am	\$15/3 sess
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Classes taught in English

Sat 504770	Apr 20-May 4 11:15am-12:45pm	\$15/3 sess
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Introduction to Photos Apple Devices

Bring your own device (iPhones, iPad, Mac Books) to learn the basics of photos for Apple devices.

For Apple Devices:

Classes taught in Cantonese/Mandarin

Sat 504771	May 11-25 9:30am-11:00am	\$15/3 sess
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Classes taught in English

Sat 504772	May 11-25 11:15am-12:45pm	\$15/3 sess
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Sports

Tennis - Womens

19-64yrs

Programs are held at Slocan Park Tennis Courts

Come join Metro Vancouver Tennis for organized game play with skill development in improving consistency and technique. Rain out information will be given on a day to day basis. Games may occur on Wed as well as your registered date. Designated play time for women and will be scheduled based on skill level. Scheduled skills sessions days will not be made up or rescheduled. Exact matches and skills schedule will be available to participants when the program starts.

Thu 499674	May 2-Jun 27 6:00pm-8:00pm	\$184.50/9 sess
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Tue 499675	May 7-Jun 25 6:00pm-8:00pm	\$164/8 sess
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Social

Tuesday Social

55+yrs

Cecilia Vulama

Join us in this free social.

Tue	Apr 2-Jun 25	Pre-registration required
502467	11:00am-12:00pm	Free with OneCard

Book Club

55+yrs

Jennifer Radford

This Book Club is a well established group that enjoys meeting monthly to have lively discussions. We jointly choose from book sets offered by Vancouver Public Library and try to cover a diverse selection of genres.

Tue	Jan 9, Feb 13, Mar 12	Pre-registration is required
486795	12:00pm-1:30pm	Free with OneCard

Chinese Social Group in Cantonese

55+yrs

Albert Lee

Join us for talks, workshops, parties and other interesting activities. Mandarin speaking seniors are welcome. Non refundable annual fee.

Fri	Sep 8-Aug 30	No session Mar 29, Jun 21
472914	1:45pm-3:00pm	\$5.71/Yearly

Workshops

Pre-registration required for free workshops

Optimize Your Shoulder Health

19+yrs

Champlain Square Physiotherapy

During this 1-hour workshop, you will learn about: Common causes of shoulder pain, Proper postures to help prevent shoulder pain, Key exercises for the shoulder muscles to "bulletproof" it for all of life's activities. This workshop is ideal for adults of all age groups. Please wear comfortable clothes to "move" in as this workshop is part information and part exercise-based.

Tue	May 7	Free
503015	11:15am-12:15pm	

Healthy Feet Workshop

19+yrs

Champlain Square Physiotherapy

During this 1-hour workshop, you will learn about: Common causes of foot and ankle pain, The relationship between footwear and foot pain, Key exercises for healthy feet. This workshop is ideal for adults of all age groups. Please wear comfortable clothes to "move" in as this workshop is part information and part exercise-based.

Tue	Jun 4	Free
503016	11:15am-12:15pm	

Workshops

Pre-registration required for free workshops

Staying Connected

55+yrs

Seniors First BC

This interactive presentation introduces the importance of staying connected. It discusses issues of social isolation and loneliness, the correlation between social isolation and decreased well-being, and how we can do our part to stay connected with loved ones in our lives.

Fri	Apr 12	Free
503045	10:00am-12:00pm	

Belly Dance Workshop

55+yrs

Melody Jones

The dance movements in this workshop will involve the following: arms moving in a circular and wavy motion. Hips moving in a circular motion and there will be limited back and forth leg and feet movement.

Fri	Apr 26	Free
503046	11:00am-1:00pm	

Scams and Frauds Workshop

55+yrs

Better Business Bureau

Join Aaron Guillen from the Better Business Bureau of Vancouver for this interesting and informative workshop. Topics include: introduction to the BBB, telephone, email, text, rental, vacation/sweepstakes and many other scams to keep a eye out for.

Fri	May 10	Free
503047	10:00am-12:00pm	

Medicine Wheel Workshop

55+yrs

Dawn Cranmer

Workshop consists of healing teas made of Alder bark, Balsam Bark and Spruce trees, plus other natural healing plants.

Fri	May 24	Free
503048	9:30am-11:00am	

Introduction to Brain Health

55+yrs

Alzheimers Society BC

It's never too late to make changes for a healthier brain. Learn how to maintain or improve you brain health by exploring topics including, natural aging changes, dementia, risk of reduction, memory brain training and much more. Join Allison Korte from the Alzheimer Society of BC for this interesting and educational workshop.

Fri	Jun 14	Free
503049	10:00am-12:00pm	

Seniors Bus Trip

Bus Trip - Steveston (Gulf of Georgia Cannery)

55+yrs

Don Doyle

Climb on board! For a guided tour of the Gulf of Georgia Cannery. This National historic site of Canada, is located in Steveston Village. This museum, celebrates the importance of the West Coast fishing industry, through film, interactive exhibits and other fun activities. Afterwards, enjoy the sights and sounds of the village and lunch on your own at one of many restaurants. Dress for the weather and wear comfy shoes.

Departure from Renfrew Park CC @ 9:30am to Steveston Gulf of Georgia Cannery

Departure from Steveston @ 2:00pm due back to Renfrew Park CC by 3:00pm

Tue	Jun 18	504876	9:30am-3:30pm	\$34.29/person
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Fitness Centre Hours of Operation

April 1 - June 30

Note: Fitness admissions are available until 15 minutes prior to the Fitness Centre closing.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am-9:30pm	6:30am-9:30pm	6:30am-9:30pm	6:30am-9:30pm	6:30am-9:30pm	9:00am-5:00pm	9:00am-5:00pm

See page 29 for special hours of operation

Fitness Centre Admission Fees

all fees subject to change without notice

GST not included

	Drop In	10 Visit Pass	Flexi Passes		
			1 Month	3 Month	12 Month
Adult 19-64yrs	\$7.41	\$66.09	\$59.95	\$161.87	\$517.97
Senior 65+yrs	\$5.19	\$46.71	\$41.96	\$113.31	\$362.58
Youth 13-18yrs	\$5.19	\$46.71	\$41.96	\$113.31	\$362.58

Fitness Centre Orientations

13+yrs

Book up to 3 free sessions with our Fitness Centre Staff! In your first session, learn how to use the equipment, get a personalized 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 program. Book a third session if you need additional support or motivation. Book in person or over the phone at 604-257-8388 (ext 1). Plan for 1 hour. All participants must complete a PAR-Q+ and Consent and Release Form prior to the consultation appointment. Participants under the age of 18 must have the PAR-Q+ and Consent and Release Form signed by their parent or guardian. Forms can be picked up at the Pool Office. Free with admission!

Note: The minimum age to use the Fitness Centre is 13 years old.



General Information



When visiting the fitness centre, please bring your own lock, towel and plastic water bottle (water only). Wristbands are required upon entry to the fitness centre. Please ensure that you obtain your wristband from the cashier upon admission.

Fitness Centre Equipment

- Treadmills - 4
- Upright Bike - 1
- Cross Trainers - 4
- Stair Climber - 1
- Recumbent Bike - 2
- Keiser Bike - 1
- Incline Bench - 3 (adjustable)
- Flat Bench
- 5lb - 90lb Dumbbells
- Leg Press
- Pec Fly/Rear Deltoid
- Seated Leg Curl
- Assist Dip Chin
- Dual Adjustable Pulley - 2
- Smith Machine
- Half Rack
- Lat Pulldown
- Chest Press
- Row/Rear Deltoid

Fitness for Youth

Our knowledgeable fitness staff will guide participants through a 4-week program teaching exercises to cover all components of a complete fitness program. At the end of the 4 weeks, participants will have a fitness program to follow and have the confidence to use the Fitness Centre on their own. Each week will focus on a different component of the fitness program including; warm up and cool downs, strength, stretching, balance, and core. The program will consist of one day a week where the fitness staff will demonstrate different exercises.

Note: A completed Par-Q and Consent & Release are required for all sessions and must be signed by a parent or guardian. Maximum of four and Registration is free, but you need to have a valid Flexi-pass, usage card or pay a drop in fee.

Girls

Fri 500674 Apr 12-May 3 4:00pm-5:00pm Admission required

Fri 500676 May 17-Jun 7 4:00pm-5:00pm Admission required

Boys

Tue 501304 Apr 9-30 4:00pm-5:00pm Admission required

Tue 501305 May 14-Jun 4 4:00pm-5:00pm Admission required

Swimming Pool

Pool and Fitness Hours of Operation

Pool and Fitness admissions are available until 15 minutes prior to the Pool and Fitness Centre closing.

Swimming Pool	April 2 - June 23
Monday-Friday.....	6:30am-9:30pm
Saturday-Sunday.....	9:00am-5:00pm

Fitness Centre	April 2 - June 23
Monday-Friday.....	6:30am-9:30pm
Saturday-Sunday.....	9:00am-5:00pm

Pool and Fitness Holiday and Special Hours

For Spring Break Hours, please contact the office

Monday April 1.....	1:00pm-5:00pm
Monday May 20.....	1:00pm-5:00pm
Thursday June 27.....	6:30am-4:00pm

Note: Hours are subject to change

OneCard

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

Leisure Access Policy

The Leisure Access Policy ensures residents of Vancouver access to Park Board sponsored programs and services regardless of ones ability to pay. For information contact your nearest Community Centre office.

Flexipass Information

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



Swimming Lesson Registration

Note: Swimming Lesson Registration begins on **Tuesday, March 19 @ 7:00pm**

These guidelines try to provide equal opportunities for participation in our swim lesson programs.

- Please bring your current Lifesaving Society Swim for Life progress card or progress memo when registering
- If you are unsure of what level to register in, please come to a Public Swim session and ask at the Pool Front Desk to have a "Free" assessment prior to registering
- Class programming is based on demand, time constraints and pool space
- All program fees must be paid at the time of registration. In-person payment methods include: Cash, Amex, Visa, MasterCard, or Interac
- Proof of Leisure Access must be shown at time of registering if applicable

Vancouver Park Board Online Registration and Reservation System

How to Register On-line:

- Go to vanrec.ca to update or create your account.

Do you currently have an online account and have forgotten your password? To reset your password:

- Click "Sign In", select "Forget your password?" and follow the steps to get your new password.
- Login with your email address and confirm your account information is correct.

Never registered online before?

- Click "Sign In" or "Create an Account" to set up your profile and password prior to registration start time.

Note: Call to enquire if there is space available or if more classes have been added.

Classes are subject to cancellation if not enough enrollment.

Swimming Lesson Refund Policy

Full refund will be given if cancellation notice is received five or more days before the start of the program. If cancellation notice is received one to four days before the start of the program, participant can either transfer to a future lesson set, if available, or refund amount will be the activity fee minus the cost of one class. If cancellation notice is received after the first program date (class/lesson), and five or more days before the second program date (class/lesson), refund amount will be the activity fee minus the cost of one class. If cancellation notice is received less than four days before the start of the second program date (class/lesson), refund amount will be the activity fee minus the cost of two classes. No refunds are issued for requests received after the second scheduled date of the program.

Fees for one or two-day programs (private lessons) are non-refundable.



Swimming Pool

Spring 2024 Swimming Lesson Information



Please see below for more information on Lifesaving Society's Swim for Life Program that operate at the Vancouver Park Board's swimming pools.

Swimming Lesson Registration begins on: **Tuesday March 19 at 7:00pm**

	Monday/Wednesday	Tuesday/Thursday	Friday	Saturday	Sunday
Set 1	Apr 3-May 8 11 lessons	Apr 2-May 9 12 lessons	Apr 5-May 10 6 lessons	Apr 6-May 11 6 lessons	Apr 7-May 12 6 lessons
Set 2	May 13-Jun 19 11 lessons No lesson May 20	May 14-Jun 20 12 lessons	May 17-Jun 21 6 lessons	May 18-Jun 22 5 lessons No lesson May 18	May 19-Jun 23 5 lessons No lesson May 19

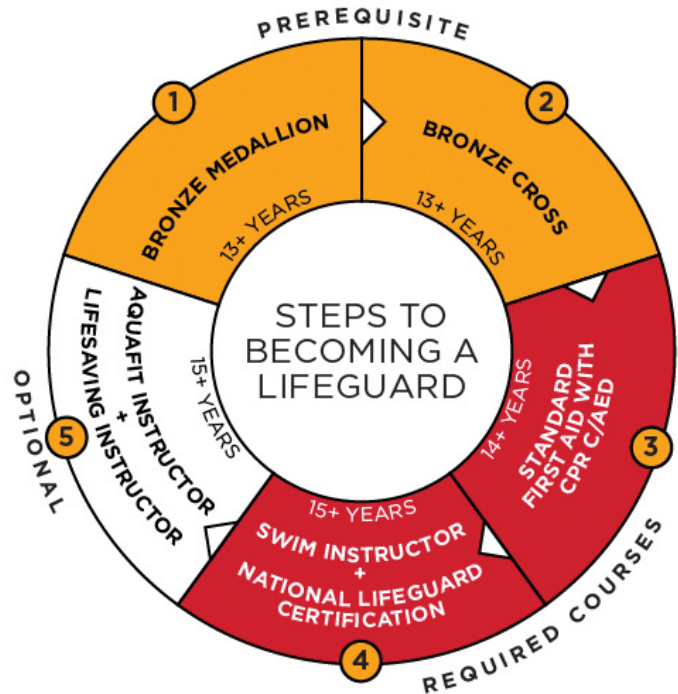
Swim Lesson Pricing

# of Lessons	Parent & Tot/ Preschool (30 mins)	Swimmer 1 to 3 (30 mins)	Swimmer 4-6 (45 mins)	Swimmer 7-9 (60 mins)	Adults (45 mins)
5	\$38.35	\$33.10	\$41.40	\$66.20	\$67.70
6	\$46.02	\$39.72	\$49.68	\$79.44	\$81.24
11	\$84.37	\$72.82	\$91.08	\$145.64	\$148.94
12	\$92.04	\$79.44	\$99.36	\$158.88	\$162.48

Vancouver Aquatics Academy



Scan here for more information about becoming a lifeguard



Swimming Pool

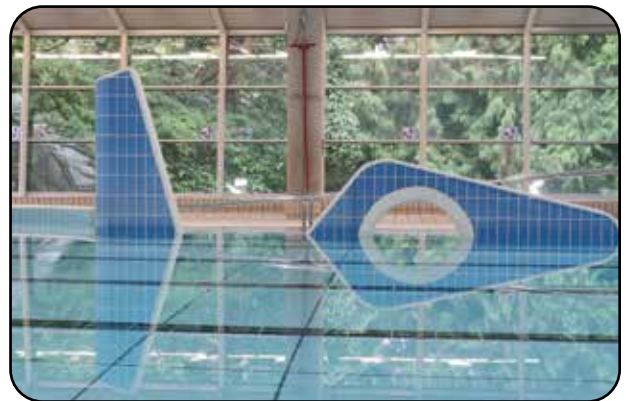
Swim For Life Class Conversions

Canadian Red Cross Swim		Swim for Life (Lifesaving Society)
Parent & Tot 1 - Starfish 4-12 months (Parented)	Direct Transfer	Parent & Tot 1 - Jellyfish 4-12 months (Parented)
Parent & Tot 2 - Duck 12-24 months (Parented)	Direct Transfer	Parent & Tot 2 - Goldfish 12-24 months (Parented)
Parent & Tot 3 - Sea Turtle 24-36 months (Parented)	Direct Transfer	Parent & Tot 3 - Seahorse 24-36 months (Parented)
Preschool 1 - Sea Otter	Incomplete	Preschool 1 - Octopus Preschool, 3-5yrs, 30mins
	Complete	Preschool 2 - Crab
Preschool 2 - Salamander	Incomplete	
	Complete	Preschool 3 - Orca
Preschool 3 - Sunfish	Incomplete	Preschool 4 - Sea Lion
	Complete	
Preschool 4 - Crocodile	Incomplete	Preschool 5 - Narwhal
	Complete	
Preschool 5 - Whale	Incomplete	Swimmer 1 or 2
	Complete	
Swim Kids Level 1	Incomplete	Swimmer 1
	Complete	
Swim Kids Level 2	Incomplete	Swimmer 2
	Complete	
Swim Kids Level 3	Incomplete	Swimmer 3
	Complete	
Swim Kids Level 4	Incomplete	Swimmer 4
	Complete	
Swim Kids Level 5	Incomplete	Swimmer 5
	Complete	
Swim Kids Level 6	Incomplete	Swimmer 6
	Complete	
Swim Kids Level 7	Incomplete	Swimmer 7 - Rookie
	Complete	
Swim Kids Level 8	Incomplete	Swimmer 8 - Ranger
	Complete	
Swim Kids Level 9	Incomplete	Swimmer 9 - Star Patrol
	Complete	
Swim Kids Level 10	Complete	



SCAN ME

If you have any questions about the new program please check out the Lifesaving Society website by scanning the QR code



Private Lessons

All Ages

Private and Semi-Private Registration are now available online Open to all ages and abilities. All lessons are 30 minutes. Pre-registration is required. Private lessons are for 1 person. Semi-private lessons are for 2 people minimum with similar swimming abilities A third participant can be added upon request for additional fees. Please contact the Aquatic Programmer for more information - 604-257-8388 ext 1.

Under 14yrs	First person	\$37.90/lesson
	Semi-private add on	\$15.16/lesson
14yrs and older	First person	\$37.90+GST/lesson
	Semi-private add on	\$15.16+GST/lesson

Speciality Aquatics Courses

All Ages

Due to staffing challenges, Stroke Improvement, Junior Lifeguard Club, and Bronze courses will be put on hold during this time.

Adaptive lessons will be offered
(number of adaptive lessons subject to change)

Please visit Vancouver.ca and, in the Parks and Recreation tab, locate 'Register for Swimming Lessons' for more information

Swimming Pool Schedule

April 2 - June 23

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Lengths 6:30am-7:30am								
					Please Note: Pool schedule is subject to change			
Lengths (1 lane only) 7:30am-11:50am	Lengths (1 lane only) 7:30am-11:50am	Lengths (1 lane only) 7:30am-9:25am	Lengths (1 lane only) 7:30am-11:50am	Lengths (1 lane only) 7:30am-9:25am	Open at 9am	Lengths 9:00am-10:15am		
		Aquafit (Mod) (Registered Program) 9:30am-10:30am		Aquafit (Mod) (Registered Program) 9:30am-10:30am			Aquafit (Mod) (Registered Program) 9:15am-10:15am	
		Lengths (1 lane only) 10:30am-11:50am		Lengths (1 lane only) 10:30am-11:50am	Lengths (1 lane only) 10:20am-2:30pm			
Lengths 12:00pm-1:30pm								
Public Swim (1 lane for lengths) 1:30pm-3:30pm								
Lengths (1 lane only) 3:30pm-7:30pm								
Public Swim (1 lane for lengths) 7:30pm-9:30pm					Public Swim (1 lane for lengths) 2:30pm-5:00pm			

Session Descriptions	
Public Swim	Recreational swim for all ages. Minimum 1 lane available for lengths swim.
Lengths	Continuous lengths swim for all ages. Lanes are designated for specific speeds. 3 lanes available.
Lengths (1 lane only)	Continuous lengths swim for all ages. 1 lane available for lengths swim.
Aquafit (Mod) Registered Program	Aquafit (Moderate intensity) is a pre-registered program. The majority of aquafit spaces will be pre-registered with some spaces held for drop-in. To avoid disappointment we encourage participants to pre-register. Pre-registration opens 3 days in advance and closes 30 minutes before the session starts. Drop-in starts 30 minutes prior to session start. Wristbands are required to be worn when participating in class

Pool Admission Fees					
all fees subject to change without notice					GST not included
	Drop In	10 Visit Pass	Flexi Passes		
			1 Month	3 Month	12 Month
Adult 19-64yrs	\$7.41	\$66.09	\$59.95	\$161.87	\$517.97
Senior 65+yrs	\$5.19	\$46.71	\$41.96	\$113.31	\$362.58
Youth 13-18yrs	\$5.19	\$46.71	\$41.96	\$113.31	\$362.58
Children 5-12yrs	\$3.71	\$35.06	\$29.98	\$80.94	\$258.99
Preschool (0-4yrs)	FREE				
Family	at child rate	Minimum 2 people: \$7.00. \$3.71/additional member. Valid for 1-2 adults of same household and their children (3-12 years) or youth (13-18 years)			
Admission Policy	Children under 8 years of age must be accompanied in the water and be within arms reach of a responsible person at least 16 years of age.				

Note: Please bring your own lock. Locks are available for purchase (\$13 - final sale). Limited wallet lockers (\$0.25) are available. Please leave your valuables at home.