

# Renfrew Park

## Spring 2025

**Community Centre**

**Swimming Pool**

**Fitness Centre**

### Spring 2025 Registration Dates

**Community Centre**

Online/In Person

Sun Mar 16, 9:00am

Phone In

Sun Mar 16, 10:00am

**Swimming Pool**

Online/In Person/Phone In

Tue Mar 18, 7:00pm



[www.renfrewcc.com](http://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

## Centre Hours of Operation

### Centre Office March 31-June 29

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

### Community Centre March 31-June 29

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

### Community Centre Holiday and Special Hours

Friday April 18 ..... Closed  
 Monday April 21 ..... Closed  
 Monday May 19 ..... Closed

## Contact Information

### Address

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

### Phone

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

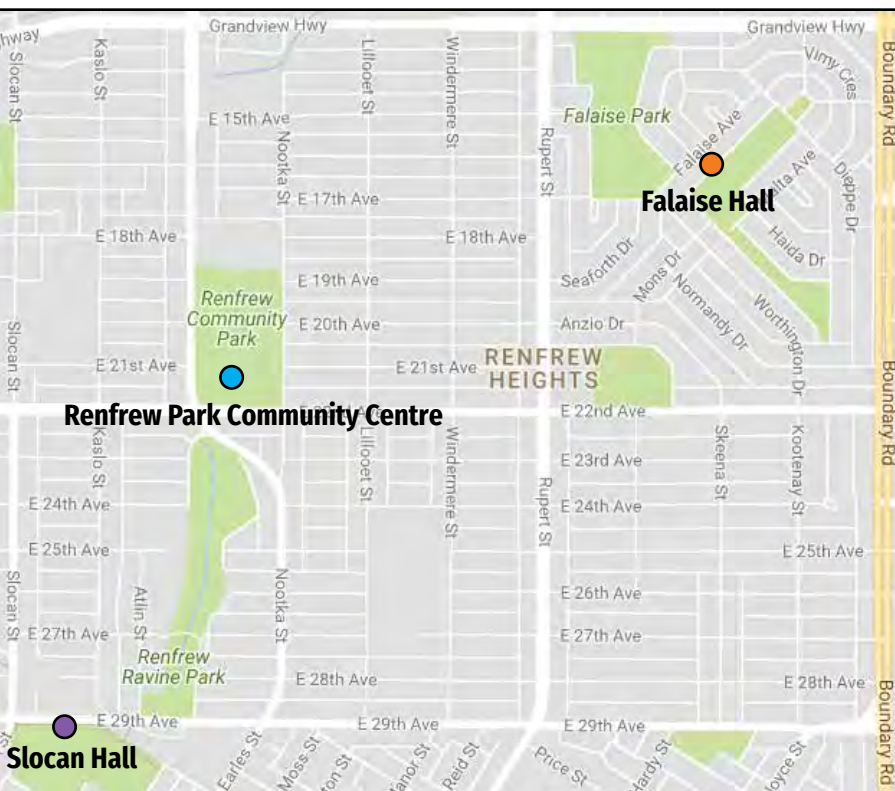
### Email

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/Andy Teoh ..... Community Recreation Supervisor  
 Nick Fong ..... Recreation Programmer  
 Abhinav Menon ..... Pool Programmer  
 Starla Bayley ..... Community Youth Worker  
 Don Doyle ..... Seniors' Worker  
 Marni McMullen, Kieran Sherestan ..... Program Assistant III  
 Monica Kochhar ..... Recreation Facility Clerk  
 Elizabeth Casaclang ..... Child Care Manager  
 Angela Lee ..... Community Association Administrator

Please see **page 30** for Pool and Fitness Holiday and Special Hours



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

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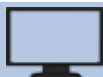
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## 3 Easy Ways to Register...

### Online

Starts **Sunday, March 16 at 9:00am**



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

### In Person

Starts **Sunday, March 16 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 16 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](https://twitter.com/renfrewparkcc)

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



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

## Registration Policy

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

## Cancellation, Transfers and Refunds

- Requests must be made through the Renfrew Park Community Centre office during our hours of operation.
- Please see page 2 for centre hours of operation.
- If paid by credit card, it can be credited back to the original credit card.
- If paid by debit card, you will be required to bring in your debit card to receive your refund.
- If paid by cash or cheque, refund can be issued back by cheque.
- Or, if you choose, a pro-rated credit for the remaining class(es) may be left on your registration account for future program registration use.
- All refunds are subject to an administration fee (fees vary based on program, see below).  
*For medical reasons:*
  - Please inform the office as soon as possible and a one time exception may be possible. Dated medical notes may also be required.

## Programs

### Notice given prior to the program start date

- A \$5 administration fee, per person, per program will be charged

### Notice given on or after the program start date and prior to third class

- A \$5 administration fee, per person, per program will be charged
- A pro-rated refund will be given as of the date of notification, regardless of class start time.
- Withdraw/refund requests must be made no later than 2 days prior to the third class. After this time, withdraw/refund requests will not be accepted.

## 1 to 3 Session Activities/Workshops

- A \$5 administration fee, per person, per program will be charged
- Withdraw/refund requests must be made no later than 14 days prior to the start of the activity. After this time, withdraw/refund requests will not be accepted.
- Badminton Court Rental refunds see p. 28.

## Weekly Camp Programs

- All requests are subject to \$10 administration fee, per person, per week.
- Withdraw/refund requests must be made no later than 14 days prior to the start date of each camp. After this time, withdraw/refund requests will not be accepted.

## Bus Trips/Special Luncheons

- A \$5 administration fee, per person, per program will be charged
- Withdraw/refund requests must be made no later than 14 business days prior to the start date. After this time, withdraw/refund requests will not be accepted.

## Special Events/Community Lunch Program

- Withdraw/refund requests made at least 3 days prior to the date of the event will eligible for a 50% refund.
- After this time, withdraw/refund requests will not be accepted.

## Birthday Parties

- Notice given 3 weeks prior to party date: \$25 administration fee applied.
- Notice given less than 3 weeks prior to the party date: \$50 administration fee applied.
- Notice given less than 1 week prior to party date: no refund will be provided.

## Room Rental and Licensed Child Care Programs

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

# Renfrew Park Community Association (RPCA)



## RPCA Board of Directors

### 2024-2025

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](mailto:board@renfrewcc.com)

## President's Message

As the days grow longer and the blossoms begin to bloom, we welcome you to an exciting spring season. Our team has been hard at work curating a fantastic lineup of programs and events to unite our community through celebration, learning, and connection with nature.

Here are just a few highlights coming up this season:

### Earth Day – Ravine Health Check-Up (Sunday, April 27)

Ever wondered about the health of our local greenspaces? Join an ecologist to assess the environment around Renfrew Park Community Centre and learn how you can make a positive impact on nature.

### Seniors Luncheons

- Viva La Mexico Luncheon (Wednesday, April 2)
- Festival of Dance Luncheon (Wednesday, May 7)

### Seniors Bus Trip to Fort Langley (Friday June 6)

### National Indigenous People's Month (June)

We're honoured to celebrate Indigenous culture and traditions with two special events this June:

- **Bannock Workshop with Elder Linda** (Wednesday, June 25)  
– Learn the art of making bannock in this hands-on workshop.
- **Guided Renfrew Ravine Walk with Elder Kanattio** (Sunday, June 8)  
– Experience the beauty and history of the ravine while enjoying a seasonal snack.

### Calling All Youth Volunteers

We seek enthusiastic youth volunteers to assist with our summer day camps. Gain valuable experience, build leadership skills, and give back to the community. A free training session will be held on June 19 for those interested in joining our team.

And remember to check out of **Friday Community Lunch Program**, where everyone is welcome to share a meal and connect with neighbours each week.

As always, our dedicated staff and volunteers are here to make your experience at Renfrew Park Community Centre meaningful and memorable. Thank you for being a part of our vibrant community—I look forward to seeing you this spring.

Warm wishes,

**Anthony Mehnert, Renfrew Park Community Association President**  
[board@renfrewcc.com](mailto:board@renfrewcc.com)

## RPCA Memberships

### September 1, 2024-August 31, 2025

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 and sports equipment rental, please register for the Equipment Rental Fee (info **p.19**).

## RPCA Affiliated Groups

<b>Aikido Club</b>	Wolfgang <a href="http://vancouveraikikai.com">vancouveraikikai.com</a>
<b>Happy Corner Preschool</b>	Nikki <a href="http://happycorner.ca">happycorner.ca</a>
<b>Judo Club</b>	Frank <a href="http://nakashimadojo.blogspot.com">nakashimadojo.blogspot.com</a>
<b>Renfrew Trojans Football</b>	Andrew <a href="http://vancouvertrojans.net">vancouvertrojans.net</a>
<b>Still Moon Arts</b>	Carmen <a href="https://stillmoonarts.ca/">https://stillmoonarts.ca/</a>

### ...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)

## 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**

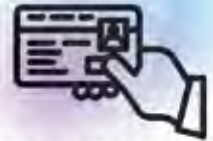


For more info email us at [board@renfrewcc.com](mailto:board@renfrewcc.com)

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.



## 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.

### 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



## SENIORS HEALTH & WELLNESS FAIR

Discover local health resources, enjoy refreshments, and connect with community members and new friends.

There will be opportunities to participate in interactive demos! Register early for this great event to learn, connect, and thrive.



**ADMIT ONE**

**FREE EVENT**  
**#540909**

**SATURDAY MARCH 22ND**  
**11AM-2PM**  
**GYMNASIUM**  
**FOR AGES 40+**



## EASTER EGGSTRAVAGANZA

**SAT. APRIL 19TH**

Rain or Shine the event runs from 12-3pm. Come before and stay after your egg hunt time. There will be face painting, crafts, games and our famous Egg Hunt. Come and enjoy the entire event. Children less than 8yrs must be accompanied by an adult. Limited number of tickets available.

**1:30PM-1:45PM - #534201**  
**2:00PM-2:15PM - #534202**  
**2:30PM-2:45PM - #534203**  
**\$7/participating child**  
**(Ages 10 and under)**




## RENFREW PARK PRESCHOOL OPEN HOUSE

Visit our preschool facility and speak to our ECE certified teachers.

- Bring your child and your questions
- Activities will be set up for children

**APRIL 29, 2025**  
**4PM-8PM**



## Earth Day Ravine Health Check Up

**Sun Apr 27th**  
**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  
**#557754**  
**\$2/person**



## Seniors Luncheon (55+ years)



**Viva La Mexico  
Luncheon**  
Wed. Apr 2nd  
\$13.33+tax  
#557462

Celebrate the vibrant spirit of Mexico at our Viva La México Luncheon! Enjoy delicious cuisine, lively music, and festive entertainment in a joyful atmosphere.

**Menu:**

- Horchata
- Roasted corn and quinoa salad
- Arroz con pollo (chicken rice)
- Spicy chocolate cookie



## Seniors Luncheon (55+ years)



**Festival of Dance**  
Wed. May 7th  
\$13.33+tax  
#557463

Join us for a delightful Seniors Luncheon featuring a Festival of Dance! Enjoy delicious food, lively music, and joyful performances celebrating movement, rhythm, and community.

**Menu:**

- Carrot and zucchini ribbon salad
- Lemongrass beef vermicelli
- Apple spring roll
- Mini lemon tart



## NATIONAL INDIGENOUS HISTORY MONTH BANNOCK SOCIAL

Learn to make Bannock with Elder Linda.  
19+yrs | 1-3pm | Wed Jun 25 | \$2 | #559086



## GUIDED RENFREW RAVINE WALK

Join us for a guided Renfrew Ravine walk with Elder Kanatlio. Enjoy a seasonal snack as we experience the natural environment, indigenous plant life and their many benefits within Renfrew Ravine.

All Ages | 1-3pm | Sun Jun 8 | Free |  
Pre-registration required | #559085

Children under the age of 18 must be accompanied by an adult.



## Seniors Bus Trip (55+ years)



**FRI JUNE 6th**  
9:00 AM - 4:00 PM  
\$64/person  
#558909



## Fort Langley

**Escape to Historic Fort Langley**– Hop on Board! And join us for a journey out to the famous Fort Langley Historical Site, birthplace of British Columbia. Spend the day exploring the shops, walking along the might Fraser River and having lunch at one the many restaurants and cafes. This trip goes rain or shine.

**Departs:** 9 AM Sharp | **Returns:** ~4 PM  
Dress for the weather – adventure awaits!  
Reserve your seat today!

# Programs Highlights



**Celebrating  
60 years of  
community!**




**YOUR  
RENFREW  
LIBRARY**

Renfrew Branch  
Phone 604.257.8705

Discover more  
at [VPL.ca](http://VPL.ca)

**VPL** VANCOUVER PUBLIC LIBRARY

## NOTICE

We will no longer be issuing refunds or credits for the following strip tickets:

**Ballroom Social Dance**

1	2	3	4	5
BALLROOM SOCIAL DANCE <small>NO Refunds, No Expiry Date Valid Only at Renfrew Park Community Centre 2929 E 22nd Ave, Van, 604-257-8388, ext 1</small>				
6	7	8	9	10

**Family Gym Time**

1	2	3	4	5
FAMILY GYM TIME <small>NO Refunds, No Expiry Date Valid Only at Renfrew Park Community Centre 2929 E 22nd Ave, Van, 604-257-8388, ext 1</small>				
6	7	8	9	10

**Adult Aerobics Tickets**

1	2	3	4	5
ADULT AEROBICS PASS <small>NO Refunds, No Expiry Date Valid Only for Aerobic Classes at Renfrew Park Community Centre 2929 E 22nd Ave, Van, 604-257-8388, ext 1</small>				
6	7	8	9	10

**Seniors Aerobics Tickets**

1	2	3	4	5
SENIORS AEROBICS PASS <small>NO Refunds, No Expiry Date Valid Only for Aerobic Classes at Renfrew Park Community Centre 2929 E 22nd Ave, Van, 604-257-8388, ext 1</small>				
6	7	8	9	10



## Birthday Parties



Saturdays 1pm-3pm  
Sundays 2pm-4pm



FOR UP TO 20 KIDS  
AND UP TO 40 ADULTS

PARTIES AVAILABLE  
SEASONALLY  
CONTACT FRONT DESK FOR  
MORE INFO

Basic - \$195  
Entertainer - \$85  
Bouncy Castle - \$90  
Full Package - \$355

Parties Suitable for children aged 0-7



REGISTRATION AVAILABLE @ [WWW.VANREC.CA](http://WWW.VANREC.CA)  
TECHNICAL SAFETY BC LICENSE NUMBER: LAM0207577  
For more info contact: [renfrewparkbirthday@vancouver.ca](mailto:renfrewparkbirthday@vancouver.ca)

# Preschool

## Dance

### Dance With Me

1.5-2yrs

Vancouver Performing Stars

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](http://www.performingstars.ca)

Sun 553640	Apr 6-Jun 15 9:15am-10:00am	No session Apr 20, May 18 \$144/9 sess
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### Dance-A-Story

3-5yrs

Vancouver Performing Stars

In this enchanted class for preschoolers, dancers will learn graceful movements and dance steps inspired by the stories they know and love. VPS Instructors will keep the magic flowing through movement, storytime, and creative play. Dancers will build coordination through playful dance games, and work together to create an end-of-term performance for parents. Bring your costumes and get ready to shine! Students must be able to attend class on their own. Visit [performingstars.ca](http://performingstars.ca) for more information.

Sun 553641	Apr 6-Jun 15 10:00am-10:45am	No session Apr 20, May 18 \$144/9 sess
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### Mini Hip Hop

3-4yrs

Vancouver Performing Stars

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](http://www.performingstars.ca)

Sun 553642	Apr 6-Jun 15 10:45am-11:30am	No session Apr 20, May 18 \$144/9 sess
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### Mini Ballet

3-4yrs

Vancouver Performing Stars

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](http://www.performingstars.ca).

Sun 553643	Apr 6-Jun 15 11:45am-12:30pm	No session Apr 20, May 18 \$144/9 sess
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### DANCEPL3Y Preschool

3-5yrs

The Play Brigade

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 558278	Apr 12-Jun 21 9:15am-10:00am	No session Apr 19, May 17, Jun 7 \$128/8 sess
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## 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! Please note that materials fees are non-refundable after the child's first class

Sun 558120	Apr 6-Jun 22 11:10am-12:10pm	No session Apr 20, May 18 \$190/10 sess
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### 123, ABCs - Phonics & Math

4-6yrs

Nicole Ng

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 558932	Apr 5-Jun 21 9:15am-10:00am	No session Apr 19, May 17, Jun 7 \$54/9 sess
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Sat 558933	Apr 5-Jun 21 10:00am-10:45am	No session Apr 19, May 17, Jun 7 \$54/9 sess
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Sat 558934	Apr 5-Jun 21 10:45am-11:30am	No session Apr 19, May 17, Jun 7 \$54/9 sess
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## 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.

<b>2-3yrs</b>		
Fri	Apr 11-Jun 13	No session Apr 18
556639	10:45am-11:30am	\$135/9 sess

<b>3-4yrs</b>		
Fri	Apr 11-Jun 13	No session Apr 18
556640	11:30am-12:15pm	\$135/9 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	Apr 5-Jun 21	No session Apr 19
557472	9:15am-10:00am	\$107.25/11 sess

### 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 6 years. All sessions are run by an experienced professional coach, Mohsen Hatamian, with an emphasis on fun, fitness, ball mastery skills, and teamwork.

Wed	Apr 9-Jun 18	
558533	4:00pm-4:45pm	\$110/11 sess

Sat	Apr 5-Jun 21	No session Apr 19
558536	1:15pm-2:00pm	\$110/11 sess

## Yoga

### YOGAPL3Y Preschool

3-5yrs

*The Play Brigade*

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. Always remembering the 3 rules of PL3Y: Be Positive, Be Fun, and Be Yourself! Please bring a yoga mat for this program.

Sat	Apr 12-Jun 21	No session Apr 19, May 17, Jun 7
558279	10:00am-10:45am	\$128/8 sess



## Music

### Kelly Kirby - Preschool Piano

4.5-5yrs

*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.

<b>Kelly Kirby I</b>		
Sun	Apr 6-Jun 22	No session Apr 20, May 18
556155	3:00pm-3:45pm	\$114/10 sess

<b>Kelly Kirby II</b>		
Sun	Apr 6-Jun 22	Pre-Req: Kelly Kirby I No session Apr 20, May 18
556154	2:15pm-3:00pm	\$114/10 sess

<b>Kelly Kirby III</b>		
Sun	Apr 6-Jun 22	Pre-Req: Kelly Kirby II No session Apr 20, May 18
556156	1:30pm-2:15pm	\$114/10 sess

<b>Kelly Kirby Private Lessons</b>		
Sun	Apr 6-Jun 22	No session Apr 20, May 18
556157	3:45pm-4:05pm	\$134/10 sess

Sun	Apr 6-Jun 22	No session Apr 20, May 18
556158	4:05pm-4:25pm	\$134/10 sess

Sun	Apr 6-Jun 22	No session Apr 20, May 18
556159	4:25pm-4:45pm	\$134/10 sess

**...Programs fill up quickly!**  
Register early to avoid disappointment

# Licensed Preschool



Our program fosters independence, self-help skills, cooperation, and positive social interactions. Each day is a learning experience, with structured and non-structured activities to prepare children for elementary school.

Activities include free play (sand and water play, playdough, dress-up, puzzles, manipulatives), arts & crafts, circle/story time, and physical activities (neighborhood walks, trail walks, playground time).

We provide an environment for optimal social, emotional, physical, and intellectual development for children aged 3-5 years. Children must be toilet trained and of age during the registration month.

Visit [www.renfrewcc.com](http://www.renfrewcc.com) for more information



## Program Details: The following prices are for September 2025-June 2026.

# days	Days of the Week	Time	Monthly Fee
2 days	Tue/Thu	8:30am-11:00am	\$78/month
2 days	Tue/Thu	12:00pm-2:30pm	\$78/month
3 days	Mon/Wed/Fri	8:30am-11:00am	\$117/month
3 days	Mon/Wed/Fri	12:00pm-2:30pm	\$117/month
5 days	Mon-Fri	8:30am-11:00am	\$195/month
5 days	Mon-Fri	12:00pm-2:30pm	\$195/month

*\*Monthly fees are subject to change; Pricing is made possible by Government of BC's Child Care Fee Reduction initiative*

**To be put on our waitlist: please register in activity #505506 or contact: [elizabeth.casaclang@renfrewcc.com](mailto:elizabeth.casaclang@renfrewcc.com)**

For more information:  
Phone: 604-257-8391, or Email: [renfrew.preschool@vancouver.ca](mailto:renfrew.preschool@vancouver.ca)

# Licensed Out of School Care

Renfrew Park Community Association is excited to offer a Licensed Out of School Care program. Our Licensed Out of School Care program offers After School Care for children 5 to 12 years old for children attending Nootka Elementary School.

- Children are picked up from Nootka Elementary School at 3pm
- Children will be walked via a walking school bus from Nootka Elementary School to Renfrew Park Community Centre (rooms 011 and 010).
- Hours are Mon to Fri, from 3pm to 6pm
- Operates September 2024 to June 2025
- Monthly fees:
  - \$346.25 (Grade 1-7)
  - \$243.65 (Kindergarten)

*\*Monthly Fees are subject to change; c Pricing is made possible by Government of BC's Child Care Fee Reduction initiative*

Visit [www.renfrewcc.com](http://www.renfrewcc.com) for more information



Our program offers a variety of activities, including:

- Outdoor play and nature walks
- Free play, exploration, and structured activities
- Individual and small group activities
- Active and quiet time

For more information:  
Phone: 604-257-8391, or  
Email: [outofschoolcare@renfrewcc.com](mailto:outofschoolcare@renfrewcc.com)

**Our Program is currently FULL.**  
Priority registration is given to siblings enrolled in Out of School Care as well as to children enrolled in our Preschool.  
As spaces become available, we will contact families on our waitlist

**To be put on the waitlist, please visit [www.vanrec.ca](http://www.vanrec.ca), register in activity #517787 or contact: [elizabeth.casaclang@renfrewcc.com](mailto:elizabeth.casaclang@renfrewcc.com)**

## 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	Apr 6-Jun 15	No session Apr 20, May 18
553644	12:30pm-1:15pm	\$144/9 sess

### 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	Apr 6-Jun 15	No session Apr 20, May 18
553704	1:15pm-2:00pm	\$144/9 sess

### Act Dance Sing FUN! Musical Theatre

6-12yrs

Illuma Studio

Learn the technical and artistic aspects of a musical theatre performance, including singing, acting and dancing. Students will learn choreographed routines set to the music of famous musicals. Learn teamwork while supporting classmates, have fun, and rise to a new challenge. No previous experience required. Learned skills showcasing will be announced throughout the course. Dress: dry indoor shoes with non-marking soles preferred (especially during rain/snow season), comfortable sports / loose / baggy clothing & face covering (as needed). Bring your water bottle and sufficient nut free snacks to fuel your student for an energetic workout! Find us on FB/IG @illumastudio

Fri	Apr 4-Jun 20	No session Apr 18
558976	4:30pm-5:45pm	\$220/11 sess

### Asian Pop/KPOP/Jazz Funk/Hip Hop Sampler

6-17yrs

Illuma Studio

You can be part of the exciting world of dance by possibly sampling Jazz Funk, Street and Korean Pop (KPOP) dance styles through cardio warm ups, strengthening, footwork, isolations, and stretches, and learn the importance of breathing. Embrace teamwork while supporting classmates, have fun, and rise to a new challenge! No previous experience required. Learned skills showcasing will be announced throughout the course. Class curriculum will be different between same-subject sessions throughout the year; we welcome repeat students at our classes! FB/IG @ illumastudio.

<b>6-9yrs</b>		
Fri	Apr 4-Jun 20	No session Apr 18
558978	5:45pm-6:45pm	\$176/11 sess

<b>10-17yrs</b>		
Fri	Apr 4-Jun 20	No session Apr 18
558979	6:45pm-7:45pm	\$176/11 sess

### DANCEPL3Y Kids

6-8yrs

The Play Brigade

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 12-Jun 21	No session Apr 19, May 17, Jun 7
558277	10:45am-11:30am	\$128/8 sess



### Hawaiian Polynesian Dance

6-18yrs

Jennifer Clado

Aloha! Come and learn the art of Hula Dance.

Learn how to dance and tell a story through hand motions. Sway your hips to island favourites like Pearly Shells, Tiny Bubbles, the Hukilau and much more.

**Note:** Please bring a sarong.



<b>6-12yrs</b>		
<b>Free Trial:</b>		
Mon	Mar 31	<b>Free,</b>
559260	3:45pm-4:45pm	<b>Pre-registration required</b>
Mon	Apr 7-Jun 23	No session Apr 21, May 19
558188	3:45pm-4:45pm	\$100/10 sess

<b>13-18yrs</b>		
<b>Free Trial:</b>		
Mon	Mar 31	<b>Free,</b>
559261	4:45pm-5:45pm	<b>Pre-registration required</b>
Mon	Apr 7-Jun 23	No session Apr 21, May 19
558189	4:45pm-5:45pm	\$100/10 sess

## Baking and Cooking

### Little Chefs

6-12yrs

Alison Chau

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

<b>6-8yrs</b>		
Sun	Apr 6-Jun 15	No session Apr 20, May 18
558866	9:45am-11:00am	\$99/9 sess

<b>9-12yrs</b>		
Sun	Apr 6-Jun 15	No session Apr 20, May 18
558867	11:15am-12:30pm	\$99/9 sess

## Professional Day Out Trip (9-13yrs)

see p.18

## 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.

<b>Grassroots</b>		<b>9-11yrs</b>
Thu	Apr 10-Jun 12	
556986	4:15pm-5:15pm	\$120/10 sess

<b>Level Up</b>		<b>12-16yrs</b>
Thu	Apr 10-Jun 12	
556987	5:15pm-6:15pm	\$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.

<b>Grassroots</b>		<b>9-11yrs</b>
Mon	Apr 7-Jun 9	No session Apr 21, May 19
556984	4:15pm-5:15pm	\$100/8 sess

<b>Level Up</b>		<b>12-16yrs</b>
Mon	Apr 7-Jun 9	No session Apr 21, May 19
556985	5:15pm-6:15pm	\$100/8 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.

<b>6-8yrs</b>		
Sat	Apr 5-Jun 21	No session Apr 19
557473	10:00am-11:00am	\$118.25/9 sess

<b>8-16yrs</b>		
Sat	Apr 5-Jun 21	No session Apr 19
557474	11:00am-12:00pm	\$118.25/9 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.

<b>6-8yrs</b>		
Wed	Apr 9-Jun 18	
558534	4:50pm-5:50pm	\$132/11 sess

Sat	Apr 5-Jun 21	No session Apr 19
558537	2:05pm-3:05pm	\$132/11 sess

<b>9-12yrs</b>		
Wed	Apr 9-Jun 18	
558535	5:55pm-6:55pm	\$132/11 sess

Sat	Apr 5-Jun 21	No session Apr 19
558538	3:10pm-4:10pm	\$132/11 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	Apr 1-Jun 26	
559397	6:30pm-7:30pm	\$234/26 sess



## 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

6-18yrs

##### Set 1

Sun	Apr 6-May 18	
558942	9:45am-10:40am	\$147/7 sess

Sun	Apr 6-May 18	
558943	10:45am-11:40am	\$147/7 sess

Tue	Apr 1-May 13	
558940	4:00pm-4:55pm	\$147/7 sess

Tue	Apr 1-May 13	
558941	5:00pm-5:55pm	\$147/7 sess

##### Set 2

Sun	May 25-Jun 29	
558946	9:45am-10:40am	\$126/6 sess

Sun	May 25-Jun 29	
558947	10:45am-11:40am	\$126/6 sess

Tue	May 20-Jun 24	
558944	4:00pm-4:55pm	\$126/6 sess

Tue	May 20-Jun 24	
558945	5:00pm-5:55pm	\$126/6 sess

#### Shuttle II/III/IV

6-18yrs

##### Set 1

Sun	Apr 6-May 18	
558948	11:45am-12:40pm	\$147/7 sess

##### Set 2

Sun	May 25-Jun 29	
558949	11:45am-12:40pm	\$126/6 sess

#### Shuttle III/IV/V

10-18yrs

##### Set 1

Tue	Apr 1-May 13	
558950	6:00pm-7:45pm	\$259/7 sess

##### Set 2

Tue	May 20-Jun 24	
558951	6:00pm-7:45pm	\$222/6 sess

### 3D Art Workshop

8-12yrs

Jenny Tang

Bring your ideas to life in our hands-on 3D Art Workshop! Explore sculpture, paper-mâché, wire art, and more while learning balance, form, and texture. Perfect for young artists who love to build, mold, and create! Let's turn imagination into reality—one masterpiece at a time!

Sat	May 17	
558958	1:00pm-3:00pm	\$33/person

## Art



### Comic, Manga and Cartoon Characters

8-12yrs

Jenny Tang

Tell your story through art! In our Comic & Sequential Art Workshop, students will create their own comics, graphic novel pages, and storyboards while mastering character design, paneling, and visual storytelling. Whether funny, adventurous, or dramatic, your ideas will jump off the page in this dynamic class!

Sat	Apr 5-Jun 21	No session Apr 19, May 17
558955	1:00pm-2:00pm	\$120/10 sess

### Watercolour

8-12yrs

Jenny Tang

Take your watercolor skills to the next level! Students will explore advanced techniques like glazing, wet-on-wet blending, and fine detail work. Learn to create depth, atmosphere, and movement while experimenting with color and composition. Ideal for artists looking to refine their skills and develop personal style!

Sat	Apr 5-Jun 21	No session Apr 19, May 17
558956	2:00pm-3:00pm	\$140/10 sess

### Mixed Media

8-12yrs

Jenny Tang

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

Sat	Apr 5-Jun 21	No session Apr 19, May 17
558957	3:00pm-4:00pm	\$140/10 sess

### Origami

8-12yrs

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.

#### Spring

Sat	Apr 26	
558843	3:30pm-4:30pm	\$15/person

...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

## 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 11-Jun 13		No session Apr 18 \$171/9 sess	
558990	4:00pm-4:30pm	558995	6:30pm-7:00pm
558991	4:30pm-5:00pm	558996	7:00pm-7:30pm
558992	5:00pm-5:30pm	558997	7:30pm-8:00pm
558993	5:30pm-6:00pm	558998	8:00pm-8:30pm
558994	6:00pm-6:30pm		

Jacqueline Li Sat Apr 12-Jun 21		No session Apr 19, May 17 \$171/9 sess	
558870	9:15am-9:45am	558877	1:15pm-1:45pm
558871	9:45am-10:15am	558878	1:45pm-2:15pm
558872	10:15am-10:45am	558879	2:15pm-2:45pm
558873	10:45am-11:15am	558880	2:45pm-3:15pm
558874	11:15am-11:45am	558881	3:15pm-3:45pm
558875	11:45am-12:15pm	558882	3:45pm-4:15pm
558876	12:45pm-1:15pm	558883	4:15pm-4:45pm

Dale Capistrano Sun Apr 13-Jun 22		No session Apr 20, May 18 \$171/9 sess	
558846	9:15am-9:45am	558853	1:15pm-1:45pm
558847	9:45am-10:15am	558854	1:45pm-2:15pm
558848	10:15am-10:45am	558855	2:15pm-2:45pm
558849	10:45am-11:15am	558856	2:45pm-3:15pm
558850	11:15am-11:45am	558857	3:15pm-3:45pm
558851	11:45am-12:15pm	558858	3:45pm-4:15pm
558852	12:45pm-1:15pm	558859	4:15pm-4:45pm

### Singing - Private Lessons

9+yrs

Gina Morel

Learn to Sing! Enjoy private singing lessons in a safe and supportive environment. No experience is necessary and all levels are welcome. 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 8-Jun 17		No session May 17 \$300/10 sess	
556972	5:00pm-5:30pm	556976	7:10pm-7:40pm
556973	5:30pm-6:00pm	556977	7:40pm-8:10pm
556974	6:00pm-6:30pm	556978	8:10pm-8:40pm
556975	6:30pm-7:00pm	556979	8:40pm-9:10pm

### Guitar - Private Lessons

7-16yrs

Eden Nerada

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 10-Jun 26		\$258/12 sess	
558980	3:30pm-4:00pm	558985	6:30pm-7:00pm
558981	4:00pm-4:30pm	558986	7:00pm-7:30pm
558982	4:30pm-5:00pm	558987	7:30pm-8:00pm
558983	5:00pm-5:30pm	558988	8:00pm-8:30pm
558984	5:30pm-6:00pm	558989	8:30pm-9:00pm

### 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 28-Jun 23		No session May 19 \$152/8 sess	
558210	4:00pm-4:30pm	558214	6:00pm-6:30pm
558211	4:30pm-5:00pm	558215	6:30pm-7:00pm
558212	5:00pm-5:30pm	558216	7:00pm-7:30pm
558213	5:30pm-6:00pm	558217	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 9-Jun 25		\$204/12 sess	
559660	7:15pm-7:45pm	559662	8:25pm-8:55pm
559661	7:50pm-8:20pm	559663	9:00pm-9:30pm
Thu Apr 10-Jun 26		\$204/12 sess	
559664	7:15pm-7:45pm	559666	8:25pm-8:55pm
559665	7:50pm-8:20pm	559667	9:00pm-9:30pm



## 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.

### Intermediate - Birthday and Food

6-12yrs

The goal of this level is able to read calendar, tell their date of birth, and food and drink they like.

Thu Apr 10-Jun 12  
558974 3:40pm-4:40pm

\$140/10 sess

### Advanced - Daily Life and Joy

6-12yrs

The Goal of this level is to be able to describe things and people in our daily life.

Thu Apr 10-Jun 12  
558973 4:45pm-5:45pm

\$140/10 sess

### Beginner - Family and I

6-9yrs

The goal is to focus on the first step of language communication, such as numbers, greeting, introducing themselves and family members etc.

Thu Apr 10-Jun 12  
558975 5:50pm-6:50pm

\$140/10 sess

### Little Bookworms - Reading and Writing

6-7yrs

Nicole Ng

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 5-Jun 21 No session Apr 19, May 17, Jun 7  
558935 12:00pm-1:00pm \$58.50/9 sess

### Mini Mathletes

6-7yrs

Nicole Ng

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 5-Jun 21 No session Apr 19, May 17, Jun 7  
558936 1:00pm-2:00pm \$58.50/9 sess

### Mathventures - Math

8-10yrs

Nicole Ng

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 5-Jun 21 No session Apr 19, May 17, Jun 7  
558937 2:00pm-3:00pm \$58.50/9 sess

## Youth Council

**Note:** No program on all VSB School Breaks (Winter and Spring)  
If you have any questions about the program, please email:  
[starla.bayley@vancouver.ca](mailto:starla.bayley@vancouver.ca)

### 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 provide a well-rounded experience.

**Please note:** reference letters for mini schools will only be provided to those who have attended a minimum of one full year of Junior Youth Council in previous years.

Thu Sep 12, 2024-Jun 19, 2025  
521704 4:00pm-5:15pm Free

### Senior Youth Council

13-17yrs

Starla Bayley

Senior Youth Council is run by the selected executive council with support from the Community Youth Worker. Working with your peers the group will be responsible for choosing and supporting a philanthropic organization, supporting and volunteering for community centres events and planning activities for the participants of the council. In addition, special presentations and workshops will help to round out the whole experience of youth council.

Thu Sep 12, 2024-Jun 12, 2025  
521706 5:30pm-7:00pm Free

## SUMMER DAY CAMP VOLUNTEER EXPERIENCE

LOOKING FOR A FUN AND REWARDING WAY TO SPEND YOUR TIME?  
JOIN US AS A YOUTH DAY CAMP VOLUNTEER AT RENFREW PARK CC!

- Gain leadership & teamwork experience
- Help run exciting activities for kids
- Make new friends & give back to your community

Register for Mandatory Training  
Thursday June 19  
5pm-7pm  
#553214

light refreshments provided

SIGN UP!

Volunteers older than 16yrs  
will require a police record  
check to be completed  
prior to volunteering

For more information contact:  
Starla Bayley  
[starla.bayley@vancouver.ca](mailto:starla.bayley@vancouver.ca)



# Pre-Teen/Youth

## Professional Day Trip - Bowling

9-13yrs

Emily Nguyen

Come with your friends or make friends on site. We will be going to bowling alley to play and have fun. 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	Apr 28	
555144	9:00am-3:00pm	\$25/person

## Social

### Pre-Teen & Teen Social

9-14yrs

Jesse Woolverton

Bring friends or make friends and enjoy different activities every week. Be ready to go ice-skating, swimming, the movies and more. 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	Apr 4-Jun 27	
553211	5:30pm-9:30pm	\$132/12 sess

### Games Room

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, ping-pong, and more. Onecard scan in will be required with the Youth Worker in the Computer Lab and wristbands must be worn in the centre.

If you have any questions about the program, please email:

[starla.bayley@vancouver.ca](mailto:starla.bayley@vancouver.ca)

Fri	Apr 4-Jun 27	
553208	3:00pm-9:30pm	Free with OneCard

## Cooking

### The Pressure Drop

11-16yrs

Marni McMullen

Designed for youth, this hands-on cooking class lets you explore the exciting world of pressure cooking while whipping up a meal to take home. While your meal cooks, enjoy a snack with your friends. By the end of the session, you'll not only have a flavorful meal ready to go but also newfound culinary skills and confidence. Bring your appetite and creativity—let's get cooking! For more information and to register, please contact Starla Bayley: [starla.bayley@vancouver.ca](mailto:starla.bayley@vancouver.ca)

Wed	Apr 9, May 14, Jun 11	
557281	3:30pm-5:30pm	Free



Renfrew acknowledges the generous contributions of Kids Up Front Canada

## Sports

### Pre-Teen Open Gym

Will Choi

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	Apr 4-Jun 27	
553209	4:05pm-5:05pm	Free with OneCard

### Open Gym

Will Choi

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](mailto:starla.bayley@vancouver.ca)

Fri	Apr 4-Jun 27	
553210	5:05pm-9:45pm	Free with OneCard

## Education

### Red Cross Babysitting Training

11+yrs

First Aid Hero

So you want to be a babysitter, or your parents want you to take this course so they feel confident leaving you at home alone? Babysitting with First Aid Hero emphasizes learning through real life scenarios. Covered in this course: Exploring the Business of Babysitting; Creating Safe Environments; Safely Caring for ages 0-12; First Aid Skills. Please bring a bag lunch (no nuts please), yoga mat, medium sized doll or stuffed animal, plenty of water and snacks.

Sun	Mar 30	
538795	9:15am-4:45pm	\$75/person

### Renfrew Youth Week Activity

Starla Bayley

12-17yrs



Sr. Youth Council will be hosting a Youth Week Talent Search. This contest will be used to scout out entertainment for our Summer GRILL & CHILL activity being hosted by the Building Safer Communities Program Grant. Successful performers will be asked to return for an opportunity

to perform in front of our community members while enjoying free food and games.

Additional questions can be emailed to [starla.bayley@vancouver.ca](mailto:starla.bayley@vancouver.ca)

Fri	May 2	Pre-registration is required
553212	5:30pm-9:30pm	Free

# Games Area and Table Tennis



## Equipment Rental Fee

All Ages

Valid for:

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

\$4.76/person/year

\$11.43/family/year

Valid Sep 1, 2024-Aug 31, 2025

## Games Area

6+yrs

Come and play 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

Mar 31-Jun 26

Sat 12:00pm-4:55pm

Apr 5-Jun 28

Sun 12:00pm-4:55pm

Apr 6-Jun 29

## 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 **10:30am**. 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 Mar 31-Jun 26

558886 Room 108 6:00pm-9:30pm

\$9.52/month pass

Room 010 7:15pm-9:45pm

\$3.81/30 minutes drop-in

## 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 Mar 31-Jun 27

558887 9:00am-11:45am

No session Apr 18, 21, May 19

Free with Equipment Rental Pass

**...Renfrew has rooms available for rent!**

email [renfrew.rentals@vancouver.ca](mailto:renfrew.rentals@vancouver.ca) for more information



Room 110, 2640sq ft, starting at \$45.45/hr



Gymnasium, 6000sq ft, starting at \$50.50/hr

## Dance

### Line Dance ABC

19+yrs

*Lisa (Baby) Blair*

Join for an exciting dance session that blends fun, fitness, and great music! Enjoy Line Dance and Modern Dance to the lively beats of Latin, Disco, and Country music, including styles like Cha Cha, Waltz, Samba, Tango, Jive, and Rumba. Dancing is a fantastic way to stay active, boost your health, and meet new friends. Lessons are available in English, Mandarin, and Cantonese. Come dance with us and experience the joy of movement! No experience necessary.

Tue	Apr 1-Jun 24	
558895	1:30pm-3:30pm	\$26/13 sess \$2.38+tax/drop-in, if space

### Belly Dance for Beginners

19+yrs

*Adalat Dance Company*

This low-impact introductory course promises to be fun while developing coordination, rhythm and muscle tone with percussive and fluid movements set to ethnic music. This class is suited for everybody and every body type. Comfortable clothes or workout wear recommended. 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.

Mon	Apr 28-Jun 23	No session May 19
551550	4:00pm-5:00pm	Adult - \$80/8 sess Senior - \$64/8 sess \$12+tax/adult, \$9.75+tax/senior drop-in, if space

### 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 6-Jun 29	
558884	10:00am-12:00pm	\$26/13 sess \$2.38+tax/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	Mar 31-Jun 23	No session Apr 21, May 19
557715	11:00am-12:30pm	\$16.50/11 sess \$1.90+tax/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 3-Jun 26	No session Jun 19
558582	1:30pm-3:00pm	\$18/12 sess \$2.38+tax/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 9-Jun 25	No session May 7
558845	12:30pm-2:30pm	\$22/11 sess \$2.38+tax/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 2-Jun 25	No session Apr 23
558844	12:45pm-2:45pm	\$24/12 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	Mar 31-Jun 23	No session Apr 21, May 19
557790	12:45pm-2:45pm	\$13.64/11 sess \$1.90+tax/drop-in, if space

Thu	Apr 3-Jun 26	
557789	11:15am-1:15pm	\$14.88/12 sess \$1.90+tax/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 3-Jun 26	No session Jun 19
558894	9:15am-11:00am	\$21/12 sess \$2.14+tax/drop-in, if space

## Dance



### Hula Along for Health

55+yrs

Ingrid Guo

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 3-Jun 19	
554393	2:00pm-3:00pm	\$24/12 sess

### Afrobeats, Latin, Bachata, Reggaeton, Urban Dance

Illuma Studio

19+yrs

Come experience a variety of exciting dance styles including Afrobeats, Latin, Bachata, Reggaeton, Urban Dance (Locking, Popping, House, Lite Feet, Hip Hop) and more! Students will broaden their dance knowledge and refine their technique of these variety dance styles throughout the season. No previous experience required. Bring your water bottle and come enjoy an energetic workout! Class curriculum will be different between same-subject sessions; we welcome repeat students at our classes! Follow us on FB/IG @illumastudio.

Fri	Apr 4-Jun 20	No session Apr 18
558977	7:45pm-9:00pm	\$220/11 sess

## Cooking and Baking

### Samosa Workshop

19+yrs

Marni McMullen

Come and prepare a Samosa Snack with our Chef Marni McMullen. Individuals will prepare 2 vegetable samosas and chai.

Wed	Apr 16	
559063	1:00pm-3:00pm	\$8/person

### Community Lunch Program

All Ages

Andy Woolverton

- Meals include a hot entree, salad or side dish, dessert, coffee or tea. Lunches will be served on a first come first served basis.
- Lunch can be bought in person with cash/credit card or online with credit card, limit of 4 per person.
- Last lunches are sold at 12:30pm. Registered meals are not guaranteed past this time.
- Limited number of lunches available, left overs may be sold at a discounted price.
- Vegetarian meals are available, but must be reserved at least 24 hours prior (please call 604-257-8390 to confirm).

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

Fri	Apr 4-Jun 27	No session Apr 18, Jun 20	
	0-18yrs: \$6.19+tax		
	19+yrs: \$7.62+tax	12:00pm-1:00pm	
544610	Apr 4	544617	May 23
544611	Apr 11	544618	May 30
544613	Apr 25	544619	Jun 6
544614	May 2	544620	Jun 13
544615	May 9	544622	Jun 27
544616	May 16		

Note: see page 3 for Refund Policy

## Cooking and Baking

### Delightful Dumplings

19+yrs

Souvik Ray

There are a plethora of dumplings from many cultures! Learn to make Nepalese Momos, Ukrainian Vareniki, Japanese gyoza and other varieties.

Mon	Apr 7-14	
557308	5:30pm-7:30pm	\$42.50/2 sess

### One Pot Wonders

19+yrs

Souvik Ray

These recipes are quick to make and don't require a lot of washing up after cooking! Let's feast on Thai stir fried noodles, Indian Lentil Curry and other delicious meals.

Mon	May 5-12	
557309	5:30pm-7:30pm	\$42.50/2 sess

### Simple (not) Sinful Desserts

19+yrs

Souvik Ray

Fix that sugar craving with easy to prepare desserts that are great to share with friends and family.

Mon	Jun 2-9	
557310	5:30pm-7:30pm	\$42.50/2 sess

### Soups and Stews with Andy

19+yrs

Andy Woolverton

Soups and Stews are not just for winter! Create steaming pots of comfort using seasonal ingredients with Community Chef, Andy Woolverton!

Tue	Apr 29	
558165	1:00pm-3:00pm	\$21.25/person

Tue	Jun 24	
558166	1:00pm-3:00pm	\$21.25/person

### Pressure Cooking with Savan - Kurdish Cuisine

19+yrs

Savan Ahmed

Learn about the rich and diverse culinary traditions of the Kurdish people, which span across regions in Iraq, Turkey, Iran, Syria, and Armenia. Create a meal to take home that incorporates a variety of fresh, fragrant, and often aromatic ingredients, bringing warmth and complexity to your table.

Wed	Apr 23	
558167	1:00pm-3:00pm	\$21.25/person

### Pressure Cooking with Savan - Seafood Edition

19+yrs

Savan Ahmed

This session highlights the practicality and deliciousness of seafood pressure cooking while emphasizing the convenience and versatility of using the pressure cooker.

Wed	May 21	
558168	1:00pm-3:00pm	\$21.25/person

Community Kitchens

see page 22

## Community Kitchens

### Community Kitchen for 2SLGBTQIA+ Adults 19+yrs

Community Kitchen for Two Spirit, Lesbian, Gay, Bisexual, Transgender, Questioning/Queer, Intersex, and Asexual Adults. Meet folks from the community, share recipes, and learn new cooking skills in a safer space at Renfrew Park's Community Kitchen for 2SLGBTQIA+ adults! For more information please contact Marni McMullen: [marni.mcmullen@vancouver.ca](mailto:marni.mcmullen@vancouver.ca) or (604) 257-8389.

Wed 557285	Apr 30 12:30pm-2:30pm	Free
Wed 557286	May 28 12:30pm-2:30pm	Free
Wed 557287	Jun 25 5:30pm-7:30pm	Free

### Community Kitchen for Newcomers to Canada All Ages

Are you new to Canada, or new to the neighbourhood, and looking for a way to build 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. Please note: Priority given to those in the Leisure Access Program. For people without a Leisure Access Pass, please email [marni.mcmullen@vancouver.ca](mailto:marni.mcmullen@vancouver.ca) no more than one month ahead of time. Leftover spots will be given out one week in advance.

For more information or to register please contact Marni McMullen: [marni.mcmullen@vancouver.ca](mailto:marni.mcmullen@vancouver.ca) or (604) 257-8389

Wed 557282	Apr 23 5:00pm-8:00pm	Free
Wed 557283	May 21 5:00pm-8:00pm	Free
Wed 557284	Jun 18 5:00pm-8:00pm	Free



## 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 554237	Apr 15-May 20 10:00am-10:55am	\$34.50/6 sess \$6.67/drop-in if space
Tue 554238	May 27-Jun 24 10:00am-10:55am	\$28.75/5 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.

Wed 559000	Apr 9-Jun 25 9:30am-11:00am	No session May 7, Jun 4 \$20/10 sess \$2.38+tax/drop-in if space
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### 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 12	\$47/30 min sess
557716	12:00pm-12:30pm	557720 2:00pm-2:30pm
557717	12:30pm-1:00pm	557721 2:30pm-3:00pm
557718	1:00pm-1:30pm	557722 3:00pm-3:30pm
557719	1:30pm-2:00pm	557723 3:30pm-4:00pm
Sat	May 17	\$47/30 min sess
557724	12:00pm-12:30pm	557728 2:00pm-2:30pm
557725	12:30pm-1:00pm	557729 2:30pm-3:00pm
557726	1:00pm-1:30pm	557730 3:00pm-3:30pm
557727	1:30pm-2:00pm	557731 3:30pm-4:00pm
Sat	Jun 21	\$47/30 min sess
557732	12:00pm-12:30pm	557736 2:00pm-2:30pm
557733	12:30pm-1:00pm	557737 2:30pm-3:00pm
557734	1:00pm-1:30pm	557738 3:00pm-3:30pm
557735	1:30pm-2:00pm	557739 3:30pm-4:00pm

## 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	\$6/Adult, \$3.75/Senior for drop-in, if space
559003	Apr 1-29	Adult - \$25/5 sess Senior - \$16.25/5 sess
559004	May 6-27	Adult - \$20/4 sess Senior - \$13/4 sess
559005	Jun 3-24	Adult - \$20/4 sess Senior - \$13/4 sess
Thu	9:05am-10:00am	\$6/Adult, \$3.75/Senior for drop-in, if space
559009	Apr 3-24	Adult - \$20/4 sess Senior - \$13/4 sess
559010	May 1-29	Adult - \$25/5 sess Senior - \$16.25/5 sess
559011	Jun 5-26	Adult - \$20/4 sess Senior - \$13/4 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 and bands.

Thu	6:45pm-7:40pm	\$6/Adult, \$3.75/Senior for drop-in, if space
558969	Apr 3-24	Adult - \$20/4 sess Senior - \$13/4 sess
558970	May 1-29	Adult - \$25/5 sess Senior - \$16.25/5 sess
558971	Jun 5-26	Adult - \$20/4 sess Senior - \$13/4 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	\$6/Adult, \$3.75/Senior for drop-in, if space
559006	Apr 4-25	No session Apr 18 Adult - \$15/3 sess Senior - \$9.75/3 sess
559007	May 2-30	Adult - \$25/5 sess Senior - \$16.25/5 sess
559008	Jun 6-27	Adult - \$20/4 sess Senior - \$13/4 sess

## Zumba

### Zumba Toning

19+yrs

Roslyn Bauyon

Participants are encouraged to work at their own pace. Lightweight maraca-like Toning Sticks (or light weights) enhance sense of rhythm and coordination, while toning target zones, including arms, core and lower body.

Mon	6:00pm-6:55pm	\$7.00/Adult, \$4.50/Senior for drop-in, if space
559023	Apr 7-28	No session Apr 21 Adult - \$17.25/3 sess Senior - \$11.25/3 sess
559024	May 5-26	No session May 19 Adult - \$17.25/3 sess Senior - \$11.25/3 sess
559025	Jun 2-23	Adult - \$23/4 sess Senior - \$15/4 sess

### 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	\$7.00/Adult, \$4.50/Senior for drop-in, if space
559020	Apr 7-28	No session Apr 21 Adult - \$17.25/3 sess Senior - \$11.25/3 sess
559021	May 5-26	No session May 19 Adult - \$17.25/3 sess Senior - \$11.25/3 sess
559022	Jun 2-23	Adult - \$23/4 sess Senior - \$15/4 sess
Wed	9:05am-10:00am	\$7.00/Adult, \$4.50/Senior for drop-in, if space
559014	Apr 2-30	Adult - \$28.75/5 sess Senior - \$18.75/5 sess
559015	May 7-28	Adult - \$23/4 sess Senior - \$15/4 sess
559016	Jun 4-25	Adult - \$23/4 sess Senior - \$15/4 sess
Wed	7:00pm-7:55pm	\$7.00/Adult, \$4.50/Senior for drop-in, if space
559020	Apr 7-28	Adult - \$17.25/3 sess Senior - \$11.25/3 sess
559018	May 7-28	Adult - \$23/4 sess Senior - \$15/4 sess
559019	Jun 4-25	Adult - \$23/4 sess Senior - \$15/4 sess

## Yoga and Pilates

### Hatha Yoga

19+ yrs

*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.

Sat 559262	Apr 5-May 10 9:15am-10:45am	Adult - \$63/6 sess Senior - \$58.50/6 sess
Sat 559263	May 17-Jun 28 9:15am-10:45am	No session May 24 Adult - \$63/6 sess Senior - \$58.50/6 sess

### Seniors Yoga for Flexibility and Strength

55+ yrs

*Bill Mercer*

The class is designed specifically for seniors seeking improved mobility, balance, and muscle tone. Our gentle yoga routines focus on enhancing flexibility and building strength at a comfortable pace. Perfect for all fitness levels, this class promotes relaxation while supporting your health and vitality.

Mon 558862	Apr 7-May 12 10:00am-11:15am	No session Apr 21 \$37.50/5 sess \$9+tax/drop-in if space
Mon 558863	May 26-Jun 23 10:00am-11:15am	\$37.50/5 sess \$9+tax/drop-in if space
Thu 558864	Apr 10-May 15 10:00am-11:15am	\$45/6 sess \$9+tax/drop-in if space
Thu 558865	May 22-Jun 26 10:00am-11:15am	\$45/6 sess \$9+tax/drop-in if space

### Yoga for Brain Health

55+ yrs

*Kiran Rampuri*

This class is designed to support cognitive function, mental clarity, and over all brain health through combination of mindful movement, breathwork and relaxation techniques. Participants will activate and balance brain's energy, reduce stress, and improve focus & concentration to prevent brain related health issues. Each session will focus on techniques to boost neuroplasticity, enhance memory and support emotional wellbeing. All levels are welcome!

Fri 558938	May 30-Jun 27 10:30am-11:45am	\$50/5 sess \$12+tax/drop-in if space.
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### Vinyasa Yoga

19+ yrs

*Kate Nguyen*

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

Sat 559266	Apr 5-May 17 3:30pm-4:30pm	\$40.25/7 sess \$6.66+tax/drop-in if space
Sat 559269	May 24-Jun 28 3:30pm-4:30pm	\$34.50/6 sess \$6.66+tax/drop-in if space
Sun 559264	Apr 6-May 11 9:20am-10:20am	\$34.50/6 sess \$6.66+tax/drop-in if space
Sun 559267	May 18-Jun 22 9:20am-10:20am	\$34.50/6 sess \$6.66+tax/drop-in if space
Sun 559265	Apr 6-May 11 10:50am-11:50am	\$34.50/6 sess \$6.66+tax/drop-in if space
Sun 559268	May 18-Jun 22 10:50am-11:50am	\$34.50/6 sess \$6.66+tax/drop-in if space

### Colour Energy Yoga

19+ yrs

*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. This class is taught in Cantonese. Please note participants are recommended to bring their own yoga mats and other equipment.

Wed 558868	Apr 2-May 7 10:30am-11:30am	\$34.50/6 sess \$7+tax/drop-in if space
Wed 558869	May 14-Jun 18 10:30am-11:30am	\$34.50/6 sess \$7+tax/drop-in if space

### Pilates

19+ yrs

*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 we move more fluidly from our center.

Mon 558860	Apr 7-May 12 7:15pm-8:15pm	No session Apr 21 \$60/5 sess \$14.29+tax/drop-in if space.
Mon 558861	May 26-Jun 23 7:15pm-8:15pm	\$60/5 sess \$14.29+tax/drop-in if space.



## Watercolour Paint Night - Cupcakes

19+yrs

Chloe Greenberg

Even if you have never held a brush before, you are in the right place to learn how to discover your inner artsy side. All skill levels are welcome, and all supplies are included but you are welcome to bring your own.

Mon	Jul 7	
559058	7:00pm-9:30pm	\$50/person

## Martial Arts

### Tai Chi and Health Qigong

19+yrs

Lai Chun Cheung

For more than two thousand years, The art 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 7-Jun 23	No session Apr 21, May 19
559270	9:05am-10:05am	\$70/10 sess \$7+tax/drop-in if space

### Tai Chi Chuan Beginner

19+yrs

Arsenio Chua

Explore Tai Chi Chuan in our beginner program, emphasizing fundamental hand and foot techniques for improved balance, flexibility and inner calm.

Wed	Apr 9-Jun 11	No session Apr 23, May 21
557447	7:30pm-9:00pm	\$80/8 sess \$12+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	Mar 31-Jun 27	No session Apr 18, 21, May 19
558302	7:30am-9:00am	\$24.80/62 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 1-Jun 26	
559396	7:30pm-9:00pm	\$260/26 sess

## Art

### Chinese Calligraphy

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.

#### Advanced - For returning students

Mon	Apr 7-Jun 23	No session Apr 21, May 19
559156	10:30am-12:30pm	\$102.50/10 sess

Wed	Apr 9-Jun 25	
559154	10:30am-12:30pm	\$123/12 sess

#### All Levels

Fri	Apr 11-Jun 23	No session Apr 18
559155	10:30am-12:30pm	\$112.75/11 sess

### Chinese Painting

55+yrs

Kevin Au

This is a traditional Chinese painting class for beginners, taught in Chinese. (Mandarin and Cantonese) Students will learn the basic skills, starting with landscape painting. They will be assigned homework which will be reviewed by the instructor. Some supplies are required to be purchased by students throughout the program. The instructor will provide a list.

Tue	Apr 8-Jun 17	
558233	9:45am-11:45am	\$99/11 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	Apr 9-Jun 18	
558285	10:00am-12:00pm	\$66/11 sess \$7.25+tax/drop-in if space

### Basic Drawing, Sketching, Watercolour

19+yrs

Yoko Tomita

Learn fundamental drawing techniques, sketching skills, and watercolor painting basics. Perfect for beginners, this hands-on course nurtures creativity and builds confidence in a relaxed, supportive environment. Participants should bring their own sketchbook, HB pencil, 3H pencil, 3B pencil, 6B pencil and eraser.

Thu	Apr 17-Jun 19	
558967	10:00am-12:00pm	\$90/10 sess

### Japanese Flower Arranging

19+yrs

Aggie Chan

Aggie will teach you how to do silk or fresh flower arranging. You will make one interesting and fashionable arrangement each session. Materials are provided.

Thu	May 8-29	
540912	2:00pm-4:00pm	\$38/4 sess



## 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	Apr 12	
558464	9:30am-11:00am	\$6/person

#### Classes taught in English

Sat	Apr 12	
558465	11:15am-12:45pm	\$6/person

### Introduction to Online Storage

55+yrs

Mary Leung

Bring your own device (mobile devices, tablets or PCs) to learn about Map Apps for Apple or Android Devices.

#### For Apple Devices:

#### Classes taught in Cantonese/Mandarin

Sat	Apr 26-May 3	
558466	9:30am-11:00am	\$12/2 sess

#### Classes taught in English

Sat	Apr 26-May 3	
558467	11:15am-12:45pm	\$12/2 sess

#### For Android Devices:

#### Classes taught in Cantonese/Mandarin

Sat	May 10-24	No session May 17
558468	9:30am-11:00am	\$12/2 sess

#### Classes taught in English

Sat	May 10-24	No session May 17
558469	11:15am-12:45pm	\$12/2 sess

...Singing Lessons  
see page 16

## Social

### Tuesday Social

55+yrs

Cecilia Vulama

Join us in this free social.

Tue	Apr 8-Jun 24	Pre-registration required
558939	11:00am-12:00pm	Free with OneCard

### Book Club

55+yrs

Janet Hodgson

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	Sep 2024-Jun 2025	2nd Tuesday of the month
525509	12:00pm-1:30pm	Free, Pre-registration is required

### 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 6, 2024-Aug 29, 2025	No session Jun 20
523333	2:00pm-3:30pm	\$7.62/Yearly

## Music and Singing

### Karaoke

55+yrs

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

<b>In Chinese:</b>		Siu Lau (Sue Chee) Chong
Fri	Apr 4-Jun 27	No session Apr 18
558953	12:15pm-2:45pm	\$6/12 sess

<b>In English:</b>		Dawn Chaplin
Mon	Apr 7-Jun 16	No session Apr 21, May 19
558954	1:00pm-3:30pm	\$4.50/9 sess

### Japanese Taiko Drumming - Miyake Style

19+yrs

Noriko Kobayashi

Learn traditional Japanese drumming (Taiko) on real Japanese drums! Get a full body workout in the low stance of Miyake traditional drumming. Beginners are welcome. Drumsticks and drums are provided.

Mon	Apr 14-Jun 23	No session Apr 21, May 19
559012	7:30pm-8:30pm	\$180/9 sess

## Workshops

Pre-registration required for free workshops

### Diabetes - What You Need to Know

55+yrs

Seniors First BC

Type 2 diabetes is now one of the most widespread chronic diseases worldwide and is most prevalent in people older than 40. Causes, possible preventative measures and management strategies are discussed.

Fri	Apr 4	Free
550990	10:00am-11:30am	

### Vision Health

55+yrs

Seniors First BC

The structure of the eye is described and major diseases that may affect older adults are explained. Prevention and possible treatments are stressed

Fri	Apr 25	Free
550993	10:00am-11:30am	

### Learn The Signs of Parkinson's Disease

55+yrs

Seniors First BC

This workshop provides a clear explanation of the changes in the brain which cause this disease. Signs and symptoms are discussed, and treatment options are examined

Fri	May 9	Free
551021	10:00am-11:30am	

### History of Dragon Boat Racing

55+yrs

Pull up a chair and join us and a knowledgeable speaker from Dragon Boat BC. For an informative talk on the History of Dragon Boat racing and the Dragon Boat Festival. Sign up early to avoid disappointment.

Fri	May 16	Free
558141	10:30am-12:00pm	

### Mindful Eating for Better Health (pt 1 & 2)

55+yrs

Vancouver OASIS

Do you struggle with behaviors, thoughts or emotions that affect your eating? Learn how to improve what you eat by changing your relationship with food and eating. This is a two-day workshop. Please attend both Fridays

Fri	Jun 13, 20	Free
558728	10:00am-12:00pm	

### Breakfast Speaker Series - Frauds and Scams

55+yrs

Seniors First BC

Pull up a chair and join us for a delicious Pancake breakfast with lots of toppings and of course, tea and coffee. Afterwards, sit back and listen to a knowledgeable speaker on interesting topics.

Wed	Jun 4	\$2.86/person
558908	9:00am-10:45am	

## Sports



### Beginner's Jump Start Tennis

19+yrs

Metro Vancouver Tennis

Note: Programs are held at Slocan Park Tennis Courts

Metro Van Tennis proudly presents its Jumpstart: Beginners Intro to Tennis Program, designed to provide a strong foundation in tennis for those new to the sport. Hosted by experienced and passionate instructors, this program is perfect for individuals who want to learn the fundamentals of tennis in a fun, supportive, and inclusive safe learning environment.

#### Program Features:

Introduction to Tennis Fundamentals: Learn the essential skills, including proper grip, basic strokes (forehand, backhand, volley), and footwork.  
 Fun & Engaging Lessons: Our coaches create an interactive and positive atmosphere where beginners feel comfortable and motivated to learn.  
 Personalized Attention: Small class sizes ensure you get plenty of one-on-one feedback from our experienced instructors.  
 Progressive Learning: We build upon each lesson, ensuring that as you develop confidence and skills, you're always moving forward in your tennis journey.

<b>Co-Ed:</b>		
Tue Thu	May 6-29	
559383	6:00pm-7:05pm	\$216/8 sess
Tue Thu	Jun 3-26	
559384	6:00pm-7:05pm	\$216/8 sess
<b>Womens:</b>		
Tue Thu	May 6-29	
559385	7:15pm-8:20pm	\$216/8 sess
Tue Thu	Jun 3-26	
559386	7:15pm-8:20pm	\$216/8 sess

...Senior Luncheons and Bus Trip  
see page 7

## Sports

### Drop-in Sports Procedures

- Programs are cancelled on stat holidays and for Special Events.
- 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)
- Some equipment may be available for borrow. Equipment Rental Pass is required

### Badminton

19+yrs

Enjoy recreational badminton.

Mon 559197	Apr 7-Jun 23 1:00pm-2:55pm	<i>No session Apr 21, May 19</i> Adult - \$40/10 sess Senior - \$30/10 sess \$4.75/Adult, \$3.50/Senior +tax/drop-in if space
Tue 559198	Apr 1-Jun 24 8:00pm-9:55pm	Adult - \$52/13 sess Senior - \$39/13 sess \$4.75/Adult, \$3.50/Senior +tax/drop-in if space
Wed 559199	Apr 2-Jun 25 1:00pm-2:55pm	Adult - \$52/13 sess Senior - \$39/13 sess \$4.75/Adult, \$3.50/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.

<b>19+yrs</b>		
Mon 559205	Apr 7-Jun 23 8:00pm-9:55pm	<i>No session Apr 21, May 19</i> Adult - \$40/10 sess Senior - \$30/10 sess \$4.29/Adult, \$3.50/Senior +tax/drop-in, if space
<b>55+yrs</b>		
Tue 559206	Apr 1-Jun 24 1:00pm-2:55pm	\$39/13 sess \$3.50+tax/drop-in if space
Thu 559207	Apr 3-Jun 26 10:45am-12:40pm	\$39/13 sess \$3.50+tax/drop-in if space
Thu 559208	Apr 3-Jun 26 1:00pm-2:55pm	\$39/13 sess \$3.50+tax/drop-in if space

### Basketball

19+yrs

Enjoy recreational basketball.

Sun 559195	Apr 6-Jun 29 3:00pm-4:55pm	\$52/13 sess \$4.75+tax/drop-in if space
Wed 559194	Apr 2-Jun 25 8:00pm-9:55pm	\$52/13 sess \$4.75+tax/drop-in if space

### Foamball Tennis

55+yrs

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

Fri 559212	Apr 4-Jun 27 1:00pm-2:55pm	<i>No session Apr 18</i> \$19.50/13 sess \$1.71+tax/drop-in if space
Tue 559211	Apr 1-Jun 24 10:45am-12:40pm	\$19.50/13 sess \$1.71+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 524299	Sep 3-Aug 26 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 3-Jun 26 \$12.38/court
Sun	12:45pm-2:45pm	Apr 6-Jun 29 \$12.38/court

### Adult Tennis Lessons

see p.27

## Fitness Centre Hours of Operation

March 31 - June 29

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

**Note:** Fitness admissions are available until 15 minutes prior to the Fitness Centre closing. See **page 30** for special hours of operation

## 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 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
<b>Adult</b> 19-64yrs	\$7.93	\$71.37	\$64.15	\$173.21	\$554.26
<b>Senior</b> 65+yrs	\$5.55	\$49.95	\$44.91	\$121.25	\$387.98
<b>Youth</b> 13-18yrs	\$5.55	\$49.95	\$44.91	\$121.25	\$387.98

## 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+, Consent and Release Form prior to the consultation appointment. Participants under the age of 18 must have the PAR-Q+, 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.



## 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
- Assisted Dip Chin
- Dual Adjustable Pulley - 2
- Smith Machine
- Half Rack
- Lat Pulldown
- Chest Press
- Row/Rear Deltoid

## Fitness Classes

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. Maximum 4 registered. Registration is required. Fee is a Fitness Centre drop-in admission, valid Flexi-pass or Usage pass.

### Fitness for Women

Fri 549864	Apr 4-25 3:00pm-4:00pm	Admission fee required
Fri 553385	May 9-30 3:00pm-4:00pm	Admission fee required
Fri 553386	Jun 6-27 3:00pm-4:00pm	Admission fee required

### Fitness for Youth

Wed 549861	Apr 9-30 4:00pm-5:00pm	Admission fee required
Wed 553387	May 7-28 4:00pm-5:00pm	Admission fee required
Wed 553389	Jun 4-25 4:00pm-5:00pm	Admission fee 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.

<b>Swimming Pool</b>	March 31 - June 22
Monday-Friday.....	6:30am-9:30pm
Saturday-Sunday.....	9:00am-5:00pm

<b>Fitness Centre</b>	March 31 - June 29
Monday-Friday.....	6:30am-9:30pm
Saturday-Sunday.....	9:00am-5:00pm

## Pool and Fitness Holiday and Special Hours

Friday April 18.....	1:00pm-5:00pm
Monday April 21.....	1:00pm-5:00pm
Monday May 19.....	1:00pm-5:00pm

**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 18 @ 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 Online:

- Go to [vanrec.ca](http://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.



## Spring 2025 Swimming Lesson Information

Swimming Lesson Registration begins on: **Tuesday March 18 at 7:00pm**

	Monday/Wednesday	Tuesday/Thursday	Friday	Saturday	Sunday
<b>Set 1</b>	Mar 31-May 7 11 lessons No lesson Apr 21	Apr 1-May 8 12 lessons	Apr 4-Jun 20 11 lessons No lesson Apr 18	Apr 5-Jun 21 10 lessons No lesson Apr 19, May 17	Apr 6-Jun 22 10 lessons No lesson Apr 20, May 18
<b>Set 2</b>	May 12-Jun 18 11 lessons No lesson May 19	May 13-Jun 19 12 lessons			

### Swim Lesson Pricing

# of Lessons	Parent & Tot/ Preschool (30 mins)	Swimmer 1 to 2 (30 mins)	Swimmer 3-6 (45 mins)	Swimmer 7-9 (60 mins)		Adults (45 mins)	
				Child	Youth	Youth/Senior	Adult
10	\$81.30	\$66.20	\$82.80	\$132.40	\$162.20	\$101.40	\$144.90
11	\$89.43	\$72.82	\$91.08	\$145.64	\$178.42	\$111.54	\$159.39
12	\$97.56	\$79.44	\$99.36	\$158.88	\$194.64	\$121.68	\$173.08

Note: All Lesson set fees ( - private/semi-private) include \$4.30 badge fee

## Vancouver Aquatics Academy



## 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 - 604-257-8397

Under 14yrs	First person	\$40.60/lesson
	Semi-private add on	\$28.42/lesson
14yrs and older	First person	\$40.60+GST/lesson
	Semi-private add on	\$28.42+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.

For inquiries about our Adapted lessons, please contact [AdaptedAquatics@vancouver.ca](mailto:AdaptedAquatics@vancouver.ca)

Please visit [vanrec.ca](http://vanrec.ca) and, in the Parks and Recreation tab, locate 'Register for Swimming Lessons' for more information

# Swimming Pool Schedule

March 31 - June 22

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lengths (slow, med & fast lane) 6:30am-7:30am					Please Note: Pool schedule is subject to change	
Group Lessons (Lengths Available) 7:30am-11:50am	Group Lessons (Lengths Available) 7:30am-11:50am	Group Lessons (Lengths Available) 7:30am-9:25am	Group Lessons (Lengths Available) 7:30am-11:50am	Group Lessons (Lengths Available) 7:30am-11:50am		
Aquafit (Shallow/Mod) 9:30am-10:30am		Aquafit (Shallow/Mod) 9:30am-10:30am			Aquafit (Shallow/Mod) 9:15am-10:15am	
Group Lessons (Lengths Available) 10:30am-11:50am		Group Lessons (Lengths Available) 10:30am-11:50am			Group Lessons (Whirlpool & Sauna only) 10:20am-2:30pm	
Lengths (slow, med & fast lane) 12:00pm-1:30pm					Public Swim (minimum 1 lane for lengths) 2:30pm-5:00pm	
Public Swim (minimum 1 lane for lengths) 1:30pm-3:30pm						
Group Lessons and Swim Clubs (Lengths Available) 3:30pm-7:30pm						
Public Swim (minimum 1 lane for lengths) 7:30pm-9:30pm						
<p><b>Note: 1 lane available during all schedule blocks unless indicated otherwise</b></p> <p>Wristbands are required for lesson swimmers using pool facility before or after lessons during the following times: Mon-Fri 3pm-7pm, Sat-Sun 10am-2pm</p>						

Session Descriptions	
<b>Public Swim</b>	Recreational swim for all ages. Minimum 1 lane available for lengths swim.
<b>Lengths</b>	Continuous lengths swim for all ages. Lanes are designated for specific speeds.
<b>Group Lessons (Lengths Available)</b>	Session typically comprises of School Board or internal lesson programs and can include external rental groups during these times. Minimum 1 lane available for length swimming.
<b>Group Lessons (Whirlpool &amp; Sauna only)</b>	Internal lesson programs only during this time. <b>No lanes available for the public.</b> Whirlpool and Sauna only.
<b>Aquafit (Shallow/Mod) Registered Program</b>	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. <b>Pre-registration opens 3 days in advance and closes 30 minutes before the session starts. Drop-in starts 30 minutes prior to session start.</b>
<p><b>Note:</b> Please bring your own lock. Limited wallet lockers (\$0.25) are available. Locks are available for purchase (\$16+tax - final sale). Please leave your valuables at home.</p>	

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
<b>Adult</b> 19-64yrs	\$7.93	\$71.37	\$64.15	\$173.21	\$554.26
<b>Senior</b> 65+yrs	\$5.55	\$49.95	\$44.91	\$121.25	\$387.98
<b>Youth</b> 13-18yrs	\$5.55	\$49.95	\$44.91	\$121.25	\$387.98
<b>Children</b> 5-12yrs	\$3.97	\$35.73	\$32.08	\$86.61	\$277.13
<b>Preschool</b> (0-4yrs)	FREE				
<b>Family</b>	at child rate	Minimum 2 people: \$7.94, \$3.97/additional member. Valid for 1-2 adults of same household and their children (5-18 years). All family members must be present at the time of admission			
<b>Admission Policy</b>	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.				