

# Renfrew Park

## Recreation Guide

## Summer 2024

**Community Centre**

**Swimming Pool**

**Fitness Centre**



### Summer 2024 Registration Dates

#### Community Centre

Online/In Person  
Phone In

Sun May 26, 9:00am  
Sun May 26, 10:00am

#### Swimming Pool

Online/In Person/Phone In

Tue Jun 25, 7:00pm

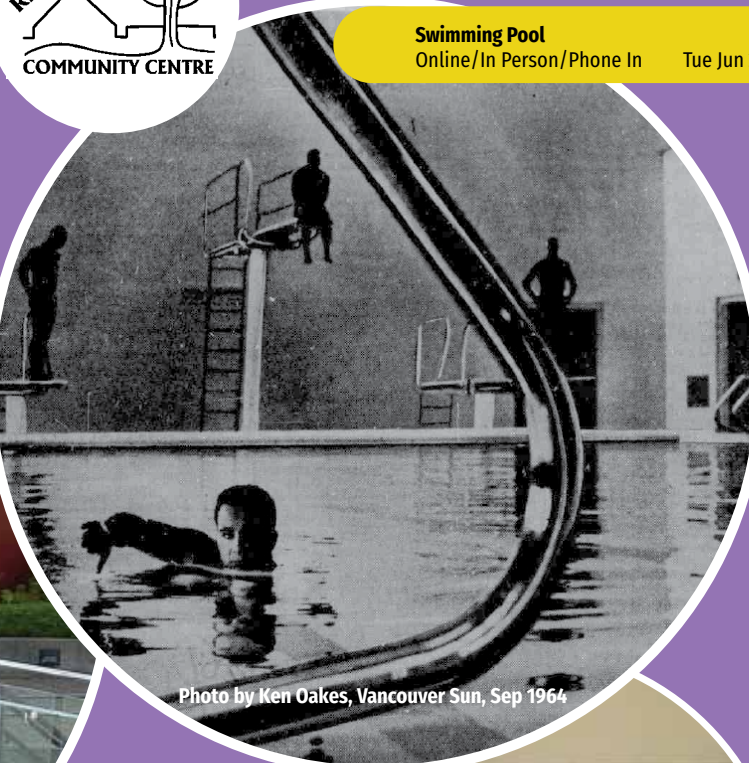


Photo by Ken Oakes, Vancouver Sun, Sep 1964



## Celebrating 60 Years September 2024

**Annual Pool Maintenance (closure)**

**September 2-28**



**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



## Hours of Operation

Centre Office	July 1-August 31
Monday-Friday .....	9:30am-9:30pm
Saturday-Sunday .....	9:00am-4:45pm
Community Centre	July 1-August 31
Monday-Friday .....	9:00am-10:00pm
Saturday-Sunday .....	9:00am-5:00pm
Community Centre Holiday and Special Hours	
Thursday June 27 .....	9:00am-3:00pm
Monday July 1 .....	Closed
Monday August 5 .....	Closed

Please see **page 22** for Pool and Fitness Holiday and Special Hours

## Contact Information

### Address

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

### Phone

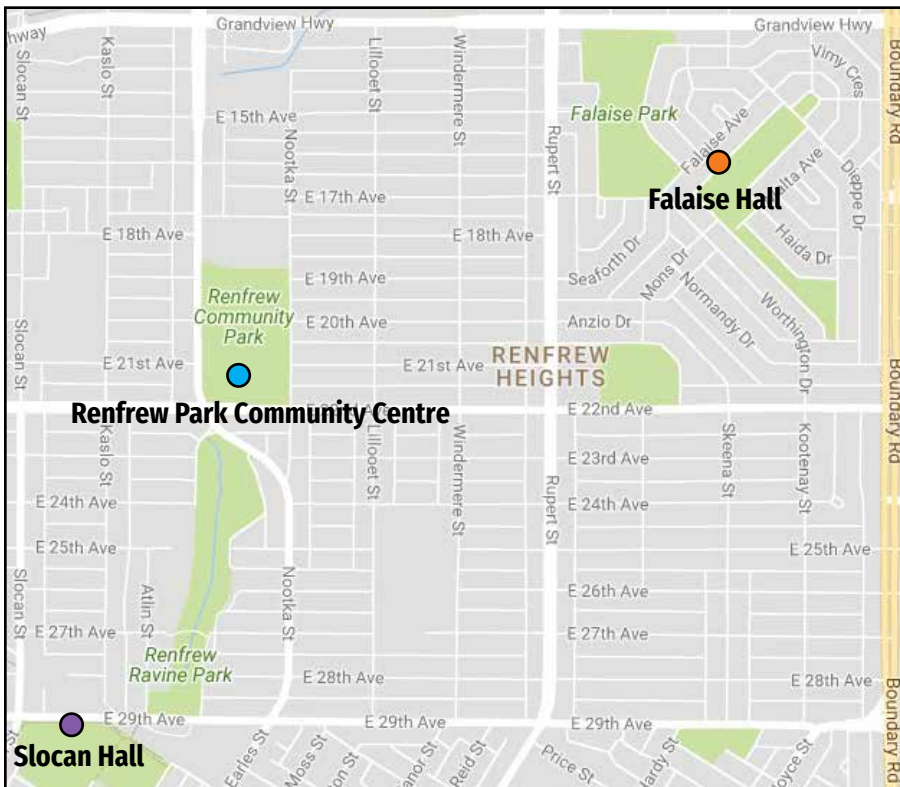
Centre Office ..... 604 257-8388 ext 1  
Fax ..... 604 257-8392

### Email

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

## Staff

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



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

## 3 Easy Ways to Register...

### Online

Starts **Sunday, May 26 at 9:00am**



Register online at <http://vanrec.ca>

Pay by Visa, MasterCard or American Express.

### In Person

Starts **Sunday, May 26 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, May 26 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

twitter.com/renfrewparkcc

instagram.com/renfrewparkcc



## Registration Policy

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

## Cancellation, Transfers and Refunds

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

### Programs

#### Notice given prior to the program start date

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

#### Notice given on or after the program start date

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

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

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

#### For medical reasons:

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

### Bus Trips, Workshops, Weekly Camps

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

### Birthday Parties

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

### Room Rental and Licensed Preschool Program

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



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



# Renfrew Park Community Association (RPCA)



## President's Message

We are thrilled to announce our upcoming community anniversary party on Saturday, September 7th. Please mark your calendars for a day filled with fun and festivities as we celebrate 60 incredible years of community and connection. As we gear up for this momentous occasion, we invite you to share your cherished memories and images with us for our history room display. Email us your stories, and let's create a nostalgic journey through six decades of community excellence.

Our vibrant summer lineup is sure to keep you entertained all season long. Join us for our renowned Music in the Park series, featuring talented performers on the following dates:

Thu July 4th - Penny Pom Pom @ Renfrew Park, 6-7pm

Thu July 11th - Illuma Studios @ Renfrew Park, 6-7pm

Thu July 18th - Jeff Bryant @ Renfrew Park, 6-7pm

Thu July 25th - Rock'N'Beau @ Renfrew Park, 6-7pm

Save the date for Collingwood Days on July 20th from 11 am to 3 pm, where we'll come together for a day of local festivities. Plus, beat the summer heat at our refreshing wading pools, open from July 2nd to September 2nd. Be sure to check our social media channels for pool hours and locations, except for Collingwood Park wading pool, which is currently undergoing renovations.

In addition to our summer programming, we're excited to be working towards the launch of our after-school care program this fall. Stay tuned for more details as we continue to enhance our offerings for the benefit of our beloved community.

Thank you to all our patrons and community members for contributing to making Renfrew Park Community Centre the heart of this amazing neighborhood for the past 60 years. Here's to many more years of shared memories, laughter, and community spirit!

Sincerely,

**Anthony Mehnert, Renfrew Park Community Association President**

[board@renfrewcc.com](mailto:board@renfrewcc.com)

## RPCA Board of Directors

### 2023-2024

President ..... Anthony Mehnert  
1st Vice President ..... Henry Lee  
2nd Vice President ..... Sari Lundberg  
Treasurer ..... Julianne 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)

## RPCA Memberships

### September 1, 2023-August 31, 2024

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

Benefits of Association Membership:

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

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

If you do not want to become a member of Renfrew Park Community Association, please notify our staff at the time of registration. For games room, piano practice, and sports equipment rental, please register for the Equipment Rental Pass (info **p.15**).

## 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>Lions Gate Camera Club</b>	Judith <a href="http://lionsgatecameraclub.com">lionsgatecameraclub.com</a>
<b>Renfrew Trojans Football</b>	Andrew <a href="http://vancouvertrojans.net">vancouvertrojans.net</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)



**60<sup>th</sup>** Announcing Renfrew Park Community Centre's 60th Anniversary Celebrations!  
**Saturday, September 7th, 2024**

Join us for a full day of festivities. We are hosting family friendly activities for all ages indoors and outdoors. Enjoy a free hot dog during our lunch BBQ. Stay tuned and save the date with more announcements to come!

[www.renfrewcc.com/community/60thanniversary](http://www.renfrewcc.com/community/60thanniversary)

Illustrations include: people celebrating, a hot dog, a microphone, musical notes, and a cup.



Contribute their thoughts and suggestions on how we can unite in celebration of this significant milestone. We are curating a collection of stories, historical artifacts, and photographs from Renfrew Park CC's past.

Looking to participate, volunteer or have something to share?  
Email: [angela.lee@renfrewcc.com](mailto:angela.lee@renfrewcc.com).



## Mission Statement

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

## Volunteer With Our Board

**Build skills & community connections while contributing by:**

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



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

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

## 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

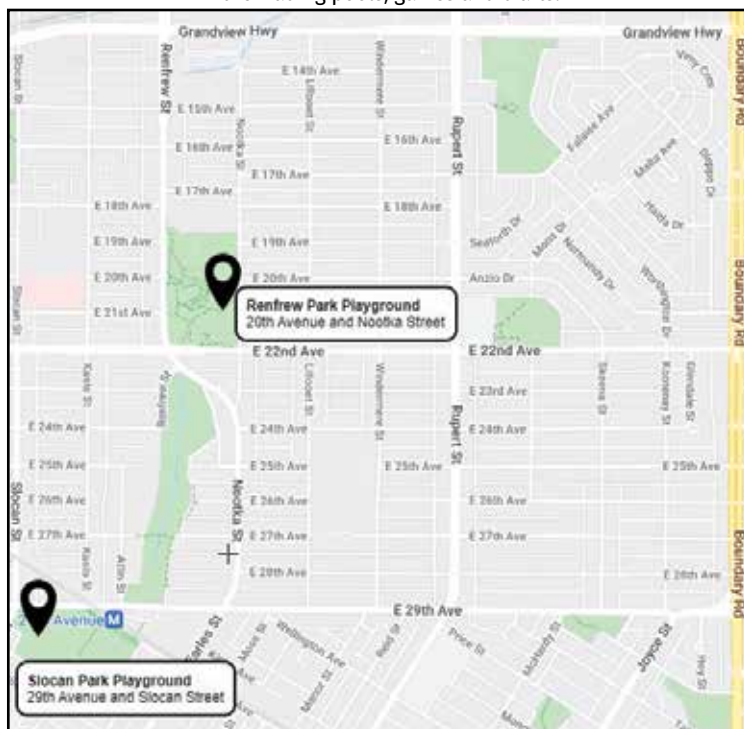
- Participants are required to comply with the current Orders of the Provincial Health Officer. For more information, please cut and paste into your web browser: <https://www2.gov.bc.ca/gov/content/covid-19/info/restrictions>
- Participants should assess themselves daily for symptoms of the common cold, 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.



# Program Highlights

## Playgrounds and Wading Pools

Looking for a cooling off spot or even just something fun to do?  
Join us at any of the below parks for an afternoon of fun  
in the wading pools, games and crafts.



Wading pool will begin draining 30-60 minutes before closing and will be closed once the water is drained.

(Programs may be cancelled on poor weather days, Stat Holidays are dependant on staffing)

	Renfrew Park Jul 2-Sep 2	Slocan Park Jul 2-Sep 2
<b>Sunday</b>	11:30am-5:00pm	11:30am-6:00pm
<b>Monday</b>	11:30am-6:00pm	11:30am-6:00pm
<b>Tuesday</b>	11:30am-6:00pm	11:30am-6:00pm
<b>Wednesday</b>	11:30am-6:00pm	11:30am-6:00pm
<b>Thursday</b>	11:30am-6:00pm	11:30am-6:00pm
<b>Friday</b>	11:30am-6:00pm	11:30am-6:00pm
<b>Saturday</b>	11:30am-5:00pm	11:30am-6:00pm

**Note:** Collingwood Park is closed this summer due to renovations



## Music in THE PARK

OPEN FOR ALL AGES

**JOIN US FOR OUR MUSIC IN THE PARK CONCERT SERIES  
LOCATED AT RENFREW PARK PLAYGROUND**

- FROM 6-7PM EVERY THURSDAY IN JULY
- FREE FOR ALL PARTICIPANTS
- FAMILY FRIENDLY ENTERTAINMENT AND MUSIC
- WADING POOL WILL BE OPEN UNTIL 6PM
- CASH CONSESSION SUPPORTED BY THE RENFREW YOUTH

**JULY 4 - Penny Pom Pom      JULY 18 - Jeff Bryant**  
**JULY 11 - Illuma Studios      JULY 25 - Rock n' Beau**

RENFREW PARK COMMUNITY CENTRE  
2929 E 22ND AVENUE  
604-257-8388 EXT. 1

## Summer Birthday Parties

**SUMMER PARTY REGISTRATION ONGOING**

**SUMMER PACKAGES**

FOR UP TO 12 KIDS  
BASIC - \$190  
ENTERTAINER - \$65  
BOUNCY CASTLE - \$65

FOR UP TO 20 KIDS  
BASIC PLUS - \$190  
ENTERTAINER - \$95  
BOUNCY CASTLE - \$65

**STAY TUNED FOR UPDATED BIRTHDAY PARTIES IN FALL 2024  
FALL REGISTRATION JUNE 30TH @ 9AM**

FOR MORE INFORMATION CONTACT - [RENFREWPARKBIRTHDAY@VANCOUVER.CA](mailto:RENFREWPARKBIRTHDAY@VANCOUVER.CA)

Jointly operated by Renfrew Park Community Association and Vancouver Board of Parks and Recreation

## Renfrew Park Preschool Registration Now Open!



Registration for our Licensed Preschool Sept 2024-June 2025 is now open! Choose from 2 days, 3 days, or 5 days a week! For more information, please go to [www.renfrewcc.com](http://www.renfrewcc.com) or register online <http://vanrec.ca>



## Renfrew Park Out of School Care...Coming Soon!

Renfrew Park Community Centre is looking forward to opening our After School Care Program servicing Nootka Elementary School soon...more info to come. If you are interested in this service, please register your child on our call list, activity #512695

For further enquiries, please contact [elizabeth.casaclang@renfrewcc.com](mailto:elizabeth.casaclang@renfrewcc.com)

# Program Highlights

## Seniors (55 years+)

### Swinging Summer BBQ Luncheon

Put on your summer hat and your coolest sunglasses. Then, join us for an afternoon BBQ and toe tapping entertainment.

**Menu:** Gourmet BBQ beef hamburgers with all the trimmings, cool summer salads and cool refreshing drinks.  
(Contact us if you need alternative to beef burgers)

**Wed Aug 7**

**511654 12:00pm-2:00pm \$12.38/person**

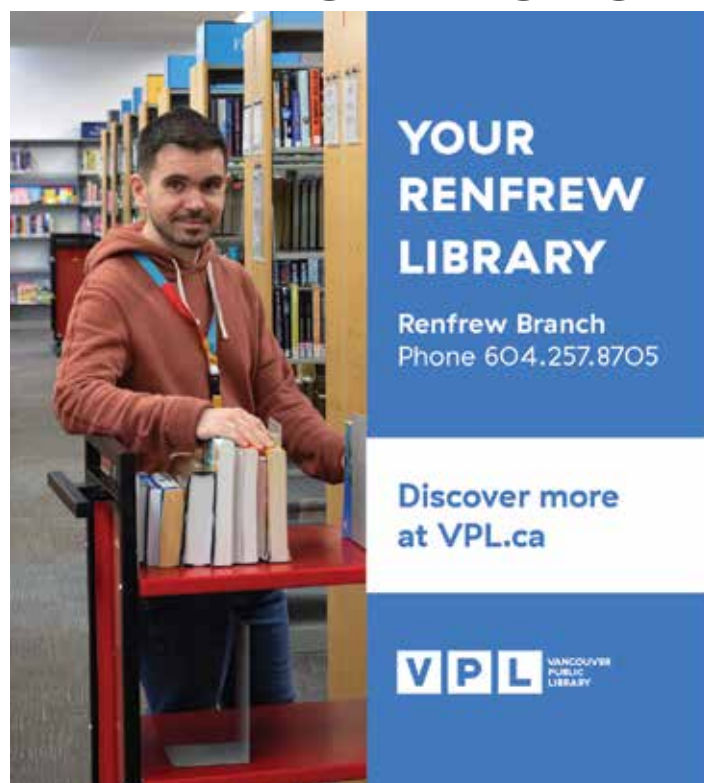


### Bus Trip - Squamish Logger's Show-Squamish BC

Travel along the Sea to Sky Highway to picturesque Squamish, BC. Here we will take in, the annual Logger's Show. An annual event that showcases lumberjack skills such as pole climbing races, axe throwing, log rolling and so much more. A stop will be made at Shannon Fall to see the falls and to stretch your legs. Before the Logger's Show we will watch the Squamish Days parade. Dress for the weather and wear comfy shoes.

**Sun Aug 4**

**512158 9:00am-5:00pm \$34.29/person**



## Preschool

### Preschool Camp

#### Licensed Preschool Camp

3-5yrs

Alice Shiu

Come join us for some summer fun in the sun for preschoolers. Learn and play through a variety of activities including arts and crafts, music, storytime, outdoor play and more. Please bring each day to class the following: sunscreen, hat, healthy lunch (nut free environment) and re-usable water bottle. **Existing Renfrew Park Preschool students have priority registration for Summer 2024 Camp Programs from May 12-20.**

Parents/Guardians will receive an email of the Parent Communication/ Policy manual and forms prior to camp. Please complete and return original waiver forms prior to the start of the program. Forms will also be available on our website: [www.renfrewcc.com](http://www.renfrewcc.com)

**Note:** This program is not suitable for students in kindergarten.



Tue-Fri 503861	Jul 2-5 9:30am-1:30pm	\$100/4 day week	Mon-Fri 503865	Jul 29-Aug 2 9:30am-1:30pm	\$125/5 day week
Mon-Fri 503862	Jul 8-12 9:30am-1:30pm	\$125/5 day week	Tue-Fri 503866	Aug 6-9 9:30am-1:30pm	\$100/4 day week
Mon-Fri 503863	Jul 15-19 9:30am-1:30pm	\$125/5 day week	Mon-Fri 503867	Aug 12-16 9:30am-1:30pm	\$125/5 day week
Mon-Fri 503864	Jul 22-26 9:30am-1:30pm	\$125/5 day week	Mon-Fri 503868	Aug 19-23 9:30am-1:30pm	\$125/5 day week



# Preschool

## Dance

### Creative Dance

3-5yrs

*Buffy Sherreitt*

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

#### 3-4yrs

Mon	Jul 8-Aug 19	No session Aug 5
511450	10:15am-11:00am	\$30/6 sess

Thu	Jul 11-Aug 22	
511454	1:15pm-2:00pm	\$35/7 sess

#### 4-5yrs

Mon	Jul 8-Aug 19	No session Aug 5
511452	11:45am-12:30pm	\$30/6 sess

Thu	Jul 11-Aug 22	
511456	2:45pm-3:30pm	\$35/7 sess

### Ballet

3-5yrs

*Buffy Sherreitt*

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

#### 3-4yrs

Mon	Jul 8-Aug 19	No session Aug 5
511449	9:30am-10:15am	\$30/6 sess

Thu	Jul 11-Aug 22	
511453	12:30pm-1:15pm	\$35/7 sess

Sun	Jul 7-Aug 18	No session Aug 4
511457	9:30am-10:15am	\$30/6 sess

#### 4-5yrs

Mon	Jul 8-Aug 19	No session Aug 5
511451	11:00am-11:45am	\$30/6 sess

Thu	Jul 11-Aug 22	
511453	12:30pm-1:15pm	\$35/7 sess

Sun	Jul 7-Aug 18	No session Aug 4
511458	10:15am-11:00am	\$30/6 sess

### Dance-A-Story Ballet Camp: Tangled

3-5yrs

*Vancouver Performing Stars*

Dance your way to the ballet! In this 'Tangled' themed dance camp, children will discover the magic behind ballet through story time, arts & crafts, music, and dancing. All children must be able to participate without an adult present and should bring a small snack, water, and coloring supplies. There will be a small presentation for parents on the final day of camp. [www.performingstars.ca](http://www.performingstars.ca)

Mon-Fri	Aug 26-30	
509307	9:45am-11:00am	\$91/5 day week

## Sports

### Bear Cubs Gymnastics

2-4yrs

*Bear Feet Gymnastics*

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

#### 2-3yrs

Fri	Jul 5-Aug 2	
512083	10:45am-11:30am	\$150/10 sess

#### 3-4yrs

Fri	Jul 5-Aug 2	
512084	11:30am-12:15pm	\$150/10 sess

### Rhythmic Gymnastics

4-6yrs

*Olympia Rhythmic Gymnastics*

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

Sat	Jul 6-Aug 24	No session Aug 3
510604	10:15am-11:00am	\$68.25/7 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 12 years. All sessions are run by an experienced professional coach, Mohsen Hatamian, with an emphasis on fun, fitness, ball mastery skills, and teamwork.

Wed	Jul 3-Aug 28	
510606	4:00pm-4:45pm	\$87.75/9 sess

Sat	Jul 6-Aug 24	No session Aug 3
510609	1:00pm-1:45pm	\$78/8 sess

## Education

### 123, ABCs - Phonics & Math

4-6yrs

*TBA Instructor*

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	Jul 6-Aug 24	
510509	9:15am-10:00am	\$44/8 sess

Sat	Jul 6-Aug 24	
510510	10:00am-10:45am	\$44/8 sess

Sat	Jul 6-Aug 24	
510511	10:45am-11:30am	\$44/8 sess



## Day Camps

### Falaise Fun Finders Day Camp

Day Camp Staff

6-12yrs

**Note:** Location for this camp is Falaise Hall  
3434 Falaise Avenue  
<https://goo.gl/maps/a8rskm4znA4S8o3r7>

Enjoy summer at Falaise Park Hall! There will be out trips and other fun events and activities throughout the summer. Activities will include sports, cooperative games, arts & crafts, theatre, dance parties, entertainers and special guests! Children must have completed kindergarten and be eligible for grade 1 in order to register for camp.

Parents/Guardians will receive an email of the Parent Communication/Policy manual and forms prior to camp.

Please complete and return original waiver forms prior to the start of the program. Forms will also be available on our website: [www.renfrewcc.com](http://www.renfrewcc.com)

Tue-Fri 509272	Jul 2-5 9:00am-3:00pm	\$112/4 day week
Mon-Fri 509273	Jul 8-12 9:00am-3:00pm	\$140/5 day week
Mon-Fri 509274	Jul 15-19 9:00am-3:00pm	\$140/5 day week
Mon-Fri 509275	Jul 22-26 9:00am-3:00pm	\$140/5 day week
Mon-Fri 509276	Jul 29-Aug 2 9:00am-3:00pm	\$140/5 day week
Tue-Fri 509277	Aug 6-9 9:00am-3:00pm	\$112/4 day week
Mon-Fri 509278	Aug 12-16 9:00am-3:00pm	\$140/5 day week
Mon-Fri 509279	Aug 19-23 9:00am-3:00pm	\$140/5 day week

### Stemming from STEAM

9-12yrs

Come join Angela, Chloe, Joyann and Rhea in their love of STEAM. Each day the leaders will be involving the participants in fun activities that all link to Science, Technology & Engineering, English, Arts and Math. This fast paced group will keep you thinking and moving throughout the day, completing experiments and using your problem solving skills.

Mon-Fri 511197	Aug 19-23 9:00am-3:00pm	\$80/5 day week
Mon-Fri 511198	Aug 26-30 9:00am-3:00pm	\$80/5 day week

### Renfrew Summer Adventures Day Camp

Day Camp Staff

6-12yrs

**Note:** Location for this camp is Renfrew Park Community Centre  
2929 East 22nd Avenue  
<https://goo.gl/maps/s79BLKHjYpXG95Ku7>

Enjoy summer at Renfrew Park Community Centre! There will be out trips and other fun events and activities throughout the summer. Activities will include sports, cooperative games, arts & crafts, theatre, dance parties, entertainers and special guests! Children must have completed kindergarten and be eligible for grade 1 in order to register for camp.

Parents/Guardians will receive an email of the Parent Communication/Policy manual and forms prior to camp.

Please complete and return original waiver forms prior to the start of the program. Forms will also be available on our website: [www.renfrewcc.com](http://www.renfrewcc.com)

Tue-Fri 509280	Jul 2-5 9:00am-3:00pm	\$112/4 day week
Mon-Fri 509281	Jul 8-12 9:00am-3:00pm	\$140/5 day week
Mon-Fri 509282	Jul 15-19 9:00am-3:00pm	\$140/5 day week
Mon-Fri 509283	Jul 22-26 9:00am-3:00pm	\$140/5 day week
Mon-Fri 509284	Jul 29-Aug 2 9:00am-3:00pm	\$140/5 day week
Tue-Fri 509285	Aug 6-9 9:00am-3:00pm	\$112/4 day week
Mon-Fri 509286	Aug 12-16 9:00am-3:00pm	\$140/5 day week
Mon-Fri 509287	Aug 19-23 9:00am-3:00pm	\$140/5 day week
Mon-Fri 509288	Aug 26-30 9:00am-3:00pm	\$140/5 day week

### Day Camp Reminders!

- Please hand in completed original waiver forms before the program begins.
- Ensure your child has a backpack with lunch, snacks, water bottle, sunscreen, and other appropriate clothing

### Refund Policy

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

...For Youth Leadership Camps (10-14yrs)

Please see p. 14

...For Children's Specialty Sports Camps (6-17yrs)

Please see p. 10, 11

...For Preschool/Children Dance Camps

Please see p. 8

# Children

## Dance

### Ballet

Buffey Sherreitt

6-8yrs

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

Sun 511458	Jul 7-Aug 18 11:00am-12:00pm	No session Aug 4 \$36/6 sess
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### Asian Pop / KPOP / Jazz Funk / Hip Hop Sampler

Illuma Studio

6-17yrs

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.

Fri 511441	Jul 5-Aug 23 5:45pm-6:45pm	6-14yrs \$128/8 sess
Fri 511440	Jul 5-Aug 23 6:45pm-7:45pm	10-17yrs \$128/8 sess

### Family Dance Sampler: Jazz Funk, MTV Pop Star, Asian Pop

Illuma Studio

6-18yrs

As a family, come experience high dynamics cardio dance and Jazz Funk and Hip Hop fundamentals while vibing to Korean and Asian Pop Music! Dancers will refine their technique through choreography, strengthening, footwork, isolations, stretches and more! Meet friends, have fun, and rise to a new challenge. No previous experience required; content is accessible and adapted to the learner's level. Please note that a parent/guardian/family member 19yrs+ is required to be a full participant in this program along with a child. The fee for the adult participant is included in the program fee (for TWO students). Additional siblings register for half price.

Fri 511439	Jul 5-Aug 23 7:45pm-8:45pm	(for 2 participants, only register the child) \$240/8 sess
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### Dance-A-Story Ballet Camp: Trolls

6-10yrs

Vancouver Performing Stars

Step into the world of dance! In this 'Trolls' themed dance camp, we will explore the foundations of multiple dance disciplines, including ballet, jazz, contemporary, and hip hop. Throughout the week the dancers will dive into learning proper technique and fun, creative choreography to different pieces of music. Students should bring lunch, water, and craft supplies. There will be a small presentation for parents on the final day of camp. [www.performingstars.ca](http://www.performingstars.ca)

Mon-Fri 509306	Aug 26-30 11:30am-3:30pm	\$250/5 day week
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## Art

### Drawing 101

Kathryn Wadel

8-12yrs

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

Mon 511500	Jul 8-Aug 19 3:30pm-4:30pm	No session Aug 5 \$84/6 sess
Sat 511503	Jul 5-Aug 24 1:00pm-2:00pm	No session Aug 3 \$98/7 sess

### Watercolour 101

Kathryn Wadel

8-12yrs

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

Mon 511502	Jul 8-Aug 19 4:30pm-5:30pm	No session Aug 5 \$84/6 sess
Sat 511505	Jul 5-Aug 24 2:00pm-3:00pm	No session Aug 3 \$98/7 sess

### Mixed Media 101

Kathryn Wadel

8-12yrs

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

Mon 511501	Jul 8-Aug 19 5:30pm-6:30pm	No session Aug 5 \$84/6 sess
Sat 511504	Jul 5-Aug 24 3:00pm-4:00pm	No session Aug 3 \$98/7 sess

### Origami

Aiko Matsushiba

8-12yrs

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 of Japanese culture. Origami is mentally stimulating activity for all ages.

Sun 512220	Jul 21	3:30pm-4:30pm \$15/person
Nature Sat 512221	Aug 17	3:30pm-4:30pm \$15/person

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



## Education

### Home Alone Training

10-13yrs

Starla Bayley

The Home Alone Program is designed to provide children 10 years of age and older with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time. It will help them understand how to prevent problems, handle real-life situations, and keep them safe and constructively occupied.

Mon	Aug 26	
511357	12:00pm-4:00pm	\$25/person

### 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	Aug 25	
493375	9:30am-4:30pm	\$70/person

### Little Bookworms - Reading and Writing

6-7yrs

TBA Instructor

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	Jul 6-Aug 24	
510512	12:00pm-1:00pm	\$48/8 sess

### Mini Mathletes

6-7yrs

TBA Instructor

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	Jul 6-Aug 24	
510513	1:00pm-2:00pm	\$48/8 sess

### Mathventures - Math

8-10yrs

TBA Instructor

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	Jul 6-Aug 24	
510514	2:00pm-3:00pm	\$48/8 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	Jul 2-Aug 29	
512676	6:30pm-7:30pm	\$76.50/18 sess

## Baking and Cooking

### Little Chefs

6-12yrs

TBA Instructor

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

<b>6-8yrs</b>		
Sun	Jul 7-Aug 25	No session Aug 4
511685	9:45am-11:00am	\$77/7 sess

<b>9-12yrs</b>		
Sun	Jul 7-Aug 25	No session Aug 4
511686	11:15am-12:30pm	\$77/7 sess

### Shuttle Badminton Camps

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

Tue-Thu	Aug 6-8	
512231	9:15am-10:45am	\$84/3 day week

Mon-Fri	Aug 12-16	
512232	9:15am-10:45am	\$140/5 day week

Mon-Fri	Aug 19-23	
512235	9:15am-10:45am	\$140/5 day week

Mon-Thu	Aug 26-30	
512236	9:15am-10:45am	\$140/5 day week

#### Shuttle II/III/IV

Tue-Thu	Aug 6-8	
512233	10:50am-12:20pm	\$84/3 day week

Mon-Fri	Aug 12-16	
512234	10:50am-12:20pm	\$140/5 day week

Mon-Fri	Aug 19-23	
512237	10:50am-12:20pm	\$140/5 day week

Mon-Thu	Aug 26-30	
512238	10:50am-12:20pm	\$140/5 day week

## 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.

Grassroots		9-11yrs
Wed	Jul 10-31	
510631	10:45am-11:45am	\$80/4 sess
Level Up		12-16yrs
Wed	Jul 10-31	
510632	11:45am-12:45pm	\$80/4 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.

Grassroots		9-11yrs
Mon	Jul 8-29	
510629	10:45am-11:45am	\$80/4 sess
Level Up		12-16yrs
Mon	Jul 8-29	
510630	11:45am-12:45pm	\$80/4 sess

### Indoor Soccer

6-12yrs

Mohsen Hatamian

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

6-8yrs		
Wed	Jul 3-Aug 28	
510607	4:50pm-5:50pm	\$108/9 sess
Sat	Jul 6-Aug 24	No session Aug 3
510610	1:50pm-2:50pm	\$96/8 sess
9-12yrs		
Wed	Jul 3-Aug 28	
510608	5:55pm-6:55pm	\$108/9 sess
Sat	Jul 6-Aug 24	No session Aug 3
510611	2:55pm-3:55pm	\$96/8 sess

### Rhythmic Gymnastics

7-13yrs

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	Jul 6-Aug 24	No session Aug 3
510605	11:00am-12:00pm	\$75.25/7 sess

### Shuttle Badminton Lessons

6-18yrs

Richard Le

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

Shuttle I/II		
Set 1		
Sun	Jul 7-Aug 28	No session Jul 14, Aug 11
512225	9:45am-10:40am	\$114/6 sess
Sun	Jul 7-Aug 28	No session Jul 14, Aug 11
512226	10:45am-11:40am	\$114/6 sess
Tue	Jul 2-30	
512222	4:00pm-4:55pm	\$95/5 sess
Tue	Jul 2-30	
512223	5:00pm-5:55pm	\$95/5 sess
Tue	Aug 6-27	
512228	4:00pm-4:55pm	\$76/4 sess
Tue	Aug 6-27	
512229	5:00pm-5:55pm	\$76/4 sess

### Shuttle II/III/IV

Set 1		
Sun	Jul 7-Aug 28	No session Jul 14, Aug 11
512227	11:45am-12:40pm	\$114/6 sess

### Shuttle III/IV/V

Set 1		
Tue	Jul 2-30	
503036	6:00pm-7:30pm	\$140/5 sess
Set 2		
Tue	Aug 6-27	
512230	6:00pm-7:30pm	\$112/4 sess



## 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	Jul 5-26	\$76/4 sess	
512355	4:00pm-4:30pm	512360	6:30pm-7:00pm
512356	4:30pm-5:00pm	512361	7:00pm-7:30pm
512357	5:00pm-5:30pm	512362	7:30pm-8:00pm
512358	5:30pm-6:00pm	512363	8:00pm-8:30pm
512359	6:00pm-6:30pm		

Felix Chan		No session Aug 3	
Sat	Jul 6-Aug 24	\$133/7 sess	
512364	9:15am-9:45am	512371	1:15pm-1:45pm
512365	9:45am-10:15am	512372	1:45pm-2:15pm
512366	10:15am-10:45am	512373	2:15pm-2:45pm
512367	10:45am-11:15am	512374	2:45pm-3:15pm
512368	11:15am-11:45am	512375	3:15pm-3:45pm
512369	11:45am-12:15pm	512376	3:45pm-4:15pm
512370	12:45pm-1:15pm	512377	4:15pm-4:45pm

Dale Capistrano		No session Aug 4	
Sun	Jul 7-Aug 25	\$133/7 sess	
512413	9:15am-9:45am	512420	1:15pm-1:45pm
512414	9:45am-10:15am	512421	1:45pm-2:15pm
512415	10:15am-10:45am	512422	2:15pm-2:45pm
512416	10:45am-11:15am	512423	2:45pm-3:15pm
512417	11:15am-11:45am	512424	3:15pm-3:45pm
512418	11:45am-12:15pm	512425	3:45pm-4:15pm
512419	12:45pm-1:15pm	512426	4:15pm-4:45pm

### Singing - Private Lessons

9+yrs

Gina Morel

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

Tue		Jul 9-Aug 6	
		\$150/5 sess	
512347	4:00pm-4:30pm	512351	6:10pm-6:40pm
512348	4:30pm-5:00pm	512352	6:40pm-7:10pm
512349	5:00pm-5:30pm	512353	7:10pm-7:40pm
512350	5:30pm-6:00pm	512354	7:40pm-8:10pm

### Guitar - Private Lessons

8+yrs

Nadim Kmeid

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

Thu		Jul 4-Aug 29	
		\$189/9 sess	
512853	1:30pm-2:00pm	512861	5:30pm-6:00pm
512854	2:00pm-2:30pm	512862	6:00pm-6:30pm
512855	2:30pm-3:00pm	512863	6:30pm-7:00pm
512856	3:00pm-3:30pm	512864	7:00pm-7:30pm
512857	3:30pm-4:00pm	512865	7:30pm-8:00pm
512858	4:00pm-4:30pm	512866	8:00pm-8:30pm
512860	5:00pm-5:30pm	512867	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		Jul 8-Aug 26	
		No session Aug 5	
		\$133/7 sess	
512303	4:00pm-4:30pm	512307	6:00pm-6:30pm
512304	4:30pm-5:00pm	512308	6:30pm-7:00pm
512305	5:00pm-5:30pm	512309	7:00pm-7:30pm
512306	5:30pm-6:00pm	512310	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		Jul 10-31	
		\$60/4 sess	
512610	5:05pm-5:35pm	512613	6:50pm-7:20pm
512611	5:40pm-6:10pm	512614	7:25pm-7:55pm
512612	6:15pm-6:45pm	512616	8:00pm-8:30pm

Wed		Aug 7-28	
		\$60/4 sess	
512617	5:05pm-5:35pm	512620	6:50pm-7:20pm
512618	5:40pm-6:10pm	512621	7:25pm-7:55pm
512619	6:15pm-6:45pm	512622	8:00pm-8:30pm

# Pre-Teen/Youth

## Leadership Day Camp / Camp

### Leadership Activity Camp

10-14yrs

Day Camp Staff

This is a camp that will keep you on the move! We will be going a different adventures everyday of the week. From hiking through the Ravine to exploring downtown; this camp is designed for those who like to have variety and new experiences. Interspersed in each week will be teachable moments regarding many aspects of being a leader and leadership skills. Participants will be required to dress for the weather and to wear proper footwear as we will be walking and hiking daily.

Waiver forms are required before the start of the program and are available on our website: [www.renfrewcc.com](http://www.renfrewcc.com)

Tue-Fri 511199	Jul 2-5 9:30am-3:30pm	\$112/4 day week
Mon-Fri 511200	Jul 8-12 9:30am-3:30pm	\$140/5 day week
Mon-Fri 511201	Jul 15-19 9:30am-3:30pm	\$140/5 day week
Mon-Fri 511202	Jul 22-26 9:30am-3:30pm	\$140/5 day week
Mon-Fri 511203	Jul 29-Aug 2 9:30am-3:30pm	\$140/5 day week
Tue-Fri 511204	Aug 6-9 9:30am-3:30pm	\$112/4 day week
Mon-Fri 511205	Aug 12-16 9:30am-3:30pm	\$140/5 day week
Mon-Fri 511206	Aug 19-23 9:30am-3:30pm	\$140/5 day week

### Sasamat Outdoor Camp - LEADERSHIP

13-18yrs

Join the Community Youth Worker, two afternoons a week, over the summer to complete various leadership activities from workshops to volunteering and help to organize and implement a weekly FUNDRAISING activities.

Youth will be responsible for running the Music in the Park concession on Thursdays in the month of July with supporting meetings on the Tuesday from 4:00pm to 5:30pm and then come August our meeting times will be Tuesdays and Thursdays 4:00pm-5:30pm.

At the end of the summer - we will be going away to Sasamat Outdoor Camp for a wilderness adventure! Explore local trails, learn and enjoy outdoor activities such as kayaking, ropes course, and archery, and have fun while meeting new friends!

This trip is in collaboration with other community centres across the city.

Camp will be August 27th to August 29th, 2024

A welcome e-mail containing a Parent/Guardian Information Package will be sent to all participants prior to the trip with a detailed itinerary for each day. Completed parent/guardian consent forms will be required to participate in the camping trip.

Activities and schedule may change without notice. Registered participants are asked to please check their e-mails for any updates.

For more information, please contact the Community Youth Worker:

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

511215	Jul 2-Aug 22	
Tue	4:00pm-5:30pm	
Thu	4:00pm-8:00pm	\$50/person

## Out Trips

### Friday Socials

10-14yrs

Come join our staff for various activities over the summer months. Alternating between in-house activities to larger out-trips every other week. Price is dependent on which week you are registering for. This summer will be sure to create friendships, laughter and great memories. Each week is registered individually allowing for flexibility over the summer months. Join for one or come for all.

\*activities may change depending on weather, \*consent forms are required

<b>Barbeque and Swimming</b>		
Fri	Jul 5	
511188	5:30pm-9:30pm	\$5/person
<b>Capital City Arcades</b>		
Fri	Jul 12	
511190	5:30pm-9:30pm	\$20/person
<b>Cooking and In-house Movie</b>		
Fri	Jul 19	
511191	5:30pm-9:30pm	\$5/person
<b>Cineplex Movie</b>		
Fri	Jul 26	
511192	5:30pm-9:30pm	\$20/person

<b>Out-door Games and Swimming</b>		
Fri	Aug 2	
511193	5:30pm-9:30pm	\$5/person
<b>Golf</b>		
Fri	Aug 9	
511194	5:30pm-9:30pm	\$20/person
<b>Tournaments and Swimming</b>		
Fri	Aug 16	
511195	5:30pm-9:30pm	\$5/person
<b>6 Pack Beach Party</b>		
Fri	Aug 23	
511196	5:30pm-9:30pm	\$20/person

...For Babysitting and Home Alone Training  
see p. 11



## Sports

### Pre-Teen Open Gym

9-12yrs

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

Fri	Jul 5-Aug 23	
511210	4:05pm-5:05pm	Free with OneCard

### Open Gym

11-17yrs

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	Jul 4-Aug 23	
511209	5:05pm-9:45pm	Free with OneCard



Renfrew acknowledges the generous contributions of Kids Up Front Canada

## Social

### Games Room

10-17yrs

Ruben Anthony

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

Fri	Jul 5-Aug 23	
511207	3:00pm-9:30pm	Free with OneCard

### Snack and Pack

11-16yrs

Marni McMullen

Come and eat a delicious snack chosen by yourself and your peers, and work together to cook a meal to take home for your family! For more information or to register please contact Starla Bayley, [starla.bayley@vancouver.ca](mailto:starla.bayley@vancouver.ca)

Wed	Jul 10, Aug 14	
512065	3:30pm-5:30pm	Free

prices do not include tax

## Games Area and Table Tennis

### Equipment Rental Fee

All Ages

Valid for:

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

\$2.38/person/year	\$5.71/family/year
Valid Sep 1, 2023-Aug 31, 2024	

### 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	Jul 2-Aug 29
Sat-Sun	12:00pm-4:55pm	Jul 6-Aug 31

### Private Table Tennis Bookings

All Ages

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

Mon-Thu	Jul 2-Aug 29	
512239	6:00pm-9:30pm	
		\$9.52/month pass
		\$3.81/30 minutes drop-in session

### 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	Jul 3-Aug 30	No session Aug 5
512240	9:00am-11:45am	Free with Equipment Rental Pass



## Dance

### Line Dancing for Health and Wellness

55+yrs

Louisa Ho Pang

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

Sun	Jul 7-Aug 25	
512473	10:00am-12:00pm	\$16/8 sess \$2.38/drop-in, if space

### Monday Line Dance Group

55+yrs

Judy Chuk Yee Ng

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

Mon	Jul 8-Aug 26	No session Jul 22, 29 Aug 5
511317	11:00am-12:30pm	\$7.50/5 sess \$1.90/drop-in, if space

### Line Dance Fitness

55+yrs

Linda Dee

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

Thu	Jul 4-Aug 29	
510674	1:30pm-3:30pm	\$18/9 sess \$2.38/drop-in, if space

### Traditional Chinese Folk Dance

55+yrs

Pei Chun (Helen) Lin

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

Wed	Jul 3-Aug 28	No session Aug 7
510752	12:30pm-2:30pm	\$16/8 sess \$2.38/drop-in, if space

### Chinese Classical Dance

55+yrs

Vue Joan Ng

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

Wed	Jul 3-Aug 21	
510732	12:45pm-2:45pm	\$16/8 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	Jul 8-Aug 26	No session Aug 5
510676	12:45pm-2:45pm	\$8.68/7 sess \$1.90/drop-in, if space
Thu	Jul 4-Aug 29	
510675	11:15am-1:15pm	\$11.16/9 sess \$1.90/drop-in, if space

### Sequence Dance

19+yrs

May A. M. Wong

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

Thu	Jul 4-Aug 29	
511308	9:15am-11:00am	\$15.75/9 sess \$2.14/drop-in, if space

### Line Dance ABC

19+yrs

Lisa (Baby) Blair

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

Tue	Jul 2-Aug 27	
511268	1:30pm-3:30pm	\$18/9 sess \$2.38/drop-in, if space

### Hula Dance For Health

55+yrs

Marji Wallace

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

Thu	Jul 11-Aug 22	
510628	10:30am-11:30am	\$14/7 sess

## Music and Singing

### Karaoke

55+yrs

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

In Chinese:	Siu Lau (Sue Chee) Chong
Fri	Jul 5-Aug 23
510677	12:15pm-2:45pm
	\$4/8 sess

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

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

## Community Kitchens

## Community Kitchen for 2SLGBTQIA+ Adults

19+yrs

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

Wed 512068	Jul 31 12:30pm-2:30pm	Free
Wed 512069	Aug 28 12:30pm-2:30pm	Free

## Community Kitchen for Newcomer Families

19+yrs

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

Wed 512066	Jul 17 4:30pm-7:30pm	Free
Wed 512067	Aug 21 4:30pm-7:30pm	Free

## Community Lunch Program

All Ages

Andy Woolverton



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

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

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

Fri	Jul 5-Aug 30		
	\$7.62/Adults/Seniors		
	\$6.19/Children/Youth		12:00pm-1:00pm
512044	Jul 5	512049	Aug 9
512045	Jul 12	512050	Aug 16
512046	Jul 19	512051	Aug 23
512047	Jul 26	512052	Aug 30
512048	Aug 2		

## ...Seniors Bus Trip and Luncheon

see p. 7

## Art

## Chinese Calligraphy - All Levels

55+yrs

Guoxin Lin

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

Mon 512316	Jul 8-Aug 26 10:30am-12:30pm	No session Aug 5 \$49/7 sess
Wed 512314	Jul 3-Aug 28 10:30am-12:30pm	\$63/9 sess
Fri 512315	Jul 5-Aug 30 10:30am-12:30pm	\$63/9 sess

## Japanese Flower Arranging

55+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 501600	Jul 4-25 2:00pm-4:00pm	\$34/4 sess
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## Social

## Tuesday Social

55+yrs

Cecilia Vulama

Join us in this free social.

Tue 511631	Jul 2-Aug 20 11:00am-12:00pm	Pre-registration required Free with OneCard
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## 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 472914	Sep 8-Aug 30 1:45pm-3:00pm	\$5.71/Yearly
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## Summer 55+yrs Free Workshops

Pre-registration is required for free workshops

## Curious About Cannabis

510600 Fri Jul 12 10:00am-11:00am

## Fire Safety for Seniors

510598 Fri Jul 26 10:00am-11:30am

## Introduction to Juggling

510597 Fri Aug 9, 23 10:00am-11:30am

## Sleep and Stress Management

510599 Wed Aug 28 10:00am-12:00pm



## Yoga and Pilates

### Hatha Yoga

Hisae McMichael

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

19+yrs

Sat 512606	Jul 6-27 9:15am-10:45am	Adult - \$42/4 sess Senior - \$39/4 sess
Sat 512607	Aug 17-31 9:15am-10:45am	Adult - \$31.50/3 sess Senior - \$29.25/3 sess

### Seniors Yoga for Flexibility and Strength

Bill Mercer

55+yrs

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. Please note participants are recommended to bring their own yoga mats and other equipment.

Mon 511679	Jul 8-Aug 26 10:00am-11:15am	No session Aug 5 \$52.50/7 sess \$9+tax/drop-in if space
Thu 511680	Jul 4-Aug 29 10:00am-11:15am	\$67.50/9 sess \$9+tax/drop-in if space

### Colour Energy Yoga

Li Na Chow

19+yrs

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

Wed 511681	Jul 3-Aug 28 10:30am-11:30am	\$51.75/9 sess \$6.66+tax/drop-in if space
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### Vinyasa Yoga

Kate Nguyen

19+yrs

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

Sat 512294	Jul 6-Aug 24 3:30pm-4:30pm	No session Jul 13 \$40.25/7 sess \$6.66+tax/drop-in if space
Sun 512292	Jul 7-Aug 25 9:30am-10:30am	No session Jul 14 \$40.25/7 sess \$6.66+tax/drop-in if space
Sun 512293	Jul 7-Aug 25 10:50am-11:50am	No session Jul 14 \$40.25/7 sess \$6.66+tax/drop-in if space

## Martial Arts

### Tai Chi and Health Qigong

Lai Chun Cheung

19+yrs

For more than two thousand years, The Arts of Health Qigong and Tai Chi have enhanced the health of many people. Suitable for people of all ages.

Mon 511514	Jul 8-Aug 26 9:05am-10:05am	No session Aug 5 \$49.7 sess \$7+tax/drop-in if space
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### Tai Chi Health and Exercise Group

Eddie K.K. Tang, Benny Lai

55+yrs

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 511478	Jul 2-Aug 30 7:30am-9:00am	No session Aug 5 \$17.20/43 sess
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### Karate - Adult

Alan Chan Karate BC

19+yrs

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 512675	Jul 2-Aug 29 7:30pm-9:00pm	\$85.50/18 sess
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## Zumba

## Zumba

19+yrs

Roslyn Bauyon

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

Mon	7:00pm-7:55pm	\$6.75/Adult, \$4.25/Senior for drop-in, if space
512122	Jul 8-29	Adult - \$22/4 sess Senior - \$14/4 sess
512123	Aug 12-26	Adult - \$16.50/3 sess Senior - \$10.50/3 sess
Wed	9:05am-10:00am	\$6.75/Adult, \$4.25/Senior for drop-in, if space
512120	Jul 3-31	Adult - \$27.50/5 sess Senior - \$17.50/5 sess
Wed	7:00pm-7:55pm	\$6.75/Adult, \$4.25/Senior for drop-in, if space
512121	Jul 3-31	Adult - \$27.50/5 sess Senior - \$17.50/5 sess
512124	Aug 7-28	Adult - \$22/4 sess Senior - \$14/4 sess

## Aerobics

## Hi-Lo Aerobics

19+yrs

Sharon Chan

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

Tue	9:05am-10:00am	\$5.75/Adult, \$3.50/Senior for drop-in, if space
511422	Jul 9-30	Adult - \$19/4 sess Senior - \$12/4 sess

## Total Body Conditioning Aerobics

19+yrs

Denisse Hernandez

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

Thu	6:30pm-7:25pm	\$5.75/Adult, \$3.50/Senior for drop-in, if space
512039	Jul 4-25	Adult - \$19/4 sess Senior - \$12/4 sess
512040	Aug 1-29	Adult - \$23.75/5 sess Senior - \$15/5 sess

## Fitness, Health and Wellness

## Osteofit

55+yrs

Berdjis Bahrami

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

Tue	Jul 2-Aug 20	\$46/8 sess
511520	10:00am-10:55am	\$6.67/drop-in if space

## Mobility and Stretching for Seniors

55+yrs

Chin Ho Yeh

This class is taught in Mandarin or Cantonese.

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

Tue	Jul 2-Aug 20	\$16/8 sess
511902	1:00pm-2:55pm	\$2.38+tax/drop-in, if space.

## 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	Jul 13	\$47/30 min sess
512623	12:00pm-12:30pm	512627 2:00pm-2:30pm
512624	12:30pm-1:00pm	512628 2:30pm-3:00pm
512625	1:00pm-1:30pm	512629 3:00pm-3:30pm
512626	1:30pm-2:00pm	512630 3:30pm-4:00pm

Sat	Aug 10	\$47/30 min sess
512631	12:00pm-12:30pm	512635 2:00pm-2:30pm
512632	12:30pm-1:00pm	512636 2:30pm-3:00pm
512633	1:00pm-1:30pm	512637 3:00pm-3:30pm
512634	1:30pm-2:00pm	512638 3:30pm-4:00pm

## Aerobics

## Total Fitness Aerobics

40+yrs

Sharon Chan

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

Fri	9:05am-10:00am	\$5.75/Adult, \$3.50/Senior for drop-in, if space
511423	Jul 5-26	Adult - \$19/4 sess Senior - \$12/4 sess

# Adult and Senior

prices do not include tax

## Drop-in Sports Procedures

- Minimum of 4 (Badminton, Pickleball, Foamball) and 2 (Basketball) drop-in spaces will be available no earlier than 15 minutes before the start of the program on a first come, first serve basis. In person only. 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.
- No spectators in sports programs.  
(This ensures the safety of instructors and participants)

## Sports

### Badminton

19+yrs

Enjoy recreational badminton.

Mon 512677	Jul 8-Aug 26 1:00pm-2:55pm	No session Aug 5 Adult - \$24.50/7 sess Senior - \$17.50/7 sess \$4.29/Adult, \$3.09/Senior +tax/drop-in if space
Tue 512678	Jul 2-Aug 27 8:00pm-9:55pm	Adult - \$31.50/9 sess Senior - \$22.50/9 sess \$4.29/Adult, \$3.09/Senior +tax/drop-in, if space
Wed 512679	Jul 3-Aug 28 1:00pm-2:55pm	Adult - \$31.50/9 sess Senior - \$22.50/9 sess \$4.29/Adult, \$3.09/Senior +tax/drop-in, if space

### Pickleball

19+yrs

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

<b>19+yrs</b>		
Mon 512680	Jul 8-Aug 26 8:00pm-9:55pm	No session Aug 5 Adult - \$24.50/7 sess Senior - \$17.50/7 sess \$4.29/Adult, \$2.62/Senior +tax/drop-in, if space
<b>55+yrs</b>		
Tue 512681	Jul 2-Aug 27 1:00pm-2:55pm	\$20.25/9 sess \$2.62+tax/drop-in if space
Thu 512682	Jul 4-Aug 1 10:45am-12:40pm	\$11.25/5 sess \$2.62+tax/drop-in if space
Thu 512683	Jul 4-Aug 29 1:00pm-2:55pm	\$20.25/9 sess \$2.62+tax/drop-in if space

### Carpet Bowling Club

55+yrs

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

Tue 425932	Sep 6-Aug 29 11:00am-1:00pm	\$5.71/year
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## Sports

### Basketball

19+yrs

Enjoy recreational basketball.

Sun 512684	Jul 7-Aug 25 3:00pm-4:55pm	\$28/8 sess \$4.29+tax/drop-in if space
Wed 512684	Jul 3-Aug 28 8:00pm-9:55pm	\$31.50/9 sess \$4.29+tax/drop-in if space

### Foamball Tennis

55+yrs

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

Fri 503067	Jul 5-Aug 30 1:00pm-2:55pm	\$9/9 sess \$1.19+tax/drop-in if space
Tue 503066	Jul 2-30 10:45am-12:40pm	\$5/5 sess \$1.19+tax/drop-in if space

### Tennis - Womens

19-64yrs

Programs are held at Slocan Park Tennis Courts

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

Thu 511658	Jul 4-Aug 29 6:00pm-8:00pm	\$184.50/9 sess
Tue 511659	Jul 2-Aug 27 6:00pm-8:00pm	\$184.50/9 sess

## 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	Jul 4-Aug 29 \$11.90/court
Sun	12:45pm-2:45pm	Jul 7-Aug 25 \$11.90/court



## Fitness Centre Hours of Operation

July 2 - September 1

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

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

See page 22 for special hours of operation

## Fitness Centre Admission Fees

all fees subject to change without notice

GST not included

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

## Fitness Centre Orientations

13+yrs

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

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



## General Information



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

## Fitness Centre Equipment

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

## Fitness for Youth

13-18yrs

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. Trans and non-binary individuals are welcomed.

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

### Girls

Fri	Jul 5-26	
510501	4:00pm-5:00pm	Admission required

### Boys

Wed	Jul 10-31	
510503	4:00pm-5:00pm	Admission required

# Swimming Pool

## Annual Pool Maintenance (closure)

September 2-28

### Pool and Fitness Hours of Operation

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

#### Swimming Pool

July 2 - September 2

Monday-Friday..... 6:30am-9:30pm  
Saturday-Sunday..... 9:00am-5:00pm

#### Fitness Centre

July 2 - September 2

Monday-Friday..... 6:30am-9:30pm  
Saturday-Sunday..... 9:00am-5:00pm

### Pool and Fitness Holiday and Special Hours

Thursday June 27..... 6:30am-3:00pm  
Monday July 1..... 1:00pm-5:00pm  
Monday August 5..... 1:00pm-5:00pm  
Monday September 2 - Saturday September 28..... Pool Closed

**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 one's 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, June 25 @ 7:00pm

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

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

#### Vancouver Park Board Online Registration and Reservation System

How to Register On-line:

- Go to [vanrec.ca](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.



## Summer 2024 Swimming Lesson Information

Swimming Lesson Registration begins on: Tuesday June 25 at 7:00pm					
	Monday/Wednesday	Tuesday/Thursday	Friday	Saturday	Sunday
<b>Set 1</b>	Jul 3-Jul 24 7 lessons	Jul 2-25 8 lessons	Jul 5-Aug 23 8 lessons	Jul 6-Aug 24 8 lessons	Jul 7-Aug 25 8 lessons
	Jul 29-Aug 21 7 lessons No lesson Aug 5	Jul 30-Aug 22 8 lessons			

### Swim Lesson Pricing

# of Lessons	Parent & Tot/ Preschool (30 mins)	Swimmer 1 to 3 (30 mins)	Swimmer 4-6 (45 mins)	Swimmer 7-9 (60 mins)	Adults (45 mins)
7	\$53.69	\$46.34	\$57.96	\$92.68	\$94.78
8	\$61.36	\$52.96	\$66.24	\$105.92	\$108.32

\*All lesson set fees ( -private/semi-private) include \$4.30 badge fee

### Private Lessons

All Ages

Private and Semi-Private Registration are now available online

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

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

### Speciality Aquatics Courses

All Ages

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

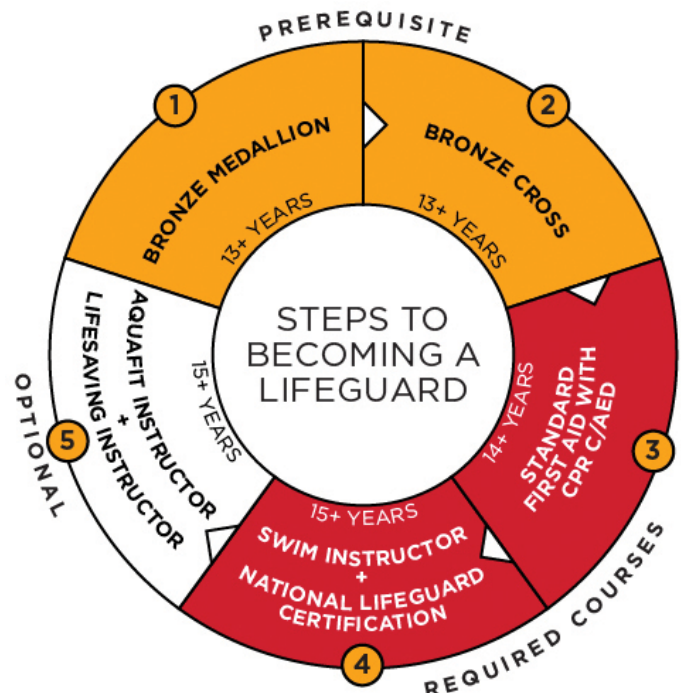
Adaptive lessons will be offered  
(number of adaptive lessons subject to change)

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

## Vancouver Aquatics Academy



Scan here for more information about becoming a lifeguard





# Swimming Pool Schedule

July 2 - September 1

## Annual Pool Maintenance (closure)

September 2-28

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday										
<b>Lengths</b> (min. Slow, Med & Fast Lane) 6:30am-7:30am																
					<b>Please Note:</b> Pool schedule is subject to change											
<b>Lengths</b> (Group Lessons) 7:30am-11:50am	<b>Lengths</b> (Group Lessons) 7:30am-11:50am	<b>Lengths</b> (Group Lessons) 7:30am-9:25am	<b>Lengths</b> (Group Lessons) 7:30am-11:50am	<b>Lengths</b> (Group Lessons) 7:30am-9:25am												
		<b>AquaFit</b> (Shallow/Moderate) 9:30am-10:30am		<b>AquaFit</b> (Shallow/Moderate) 9:30am-10:30am	Open at 9am	<b>Lengths</b> (min. Slow, Med & Fast Lane) 9:00am-10:15am										
		<b>Lengths</b> (Group Lessons) 10:30am-11:50am		<b>Lengths</b> (Group Lessons) 10:30am-11:50am	<b>AquaFit</b> (Shallow/Moderate) 9:15am-10:15am											
		<b>Lengths</b> (min. Slow, Med & Fast Lane) 12:00pm-1:30pm					<b>*Lengths</b> (Group Lessons) 10:20am-2:30pm									
<b>Public Swim</b> (1 lane for lengths) 1:30pm-3:30pm																
									<b>*Lengths</b> (Group Lessons) 3:30pm-7:30pm							
														<b>Public Swim</b> (1 lane for lengths) 7:30pm-9:30pm		
<b>Public Swim</b> (1 lane for lengths) 2:30pm-5:00pm																
<b>Note:</b> Always minimum 1 lane for length swim <b>*Wristbands are required for all pool users during: Mon-Fri 3pm-7pm, Sat-Sun 10am-2pm</b>																

## Session Descriptions

Public Swim	Recreational swim for all ages. Minimum 1 lane available for lengths swim.
Lengths	Continuous lengths swim for all ages. Minimum of 3 lanes available at all times consisting of slow, medium and fast.
Lengths (Group Lessons)	Continuous lengths swim for all ages. Minimum 1 lane available for lengths swim. Session typically comprises of School Board and or internal lesson programs and external rentals during these times. Wristbands are required for all pool users during these sessions.
AquaFit (Shallow/Moderate) Registered Program	AquaFit (Moderate intensity) is a pre-registered program. The majority of aquaFit spaces will be pre-registered with some spaces held for drop-in. To avoid disappointment we encourage participants to pre-register. <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>

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

## 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	\$7.41	\$66.09	\$59.95	\$161.87	\$517.97
<b>Senior</b> 65+yrs	\$5.19	\$46.71	\$41.96	\$113.31	\$362.58
<b>Youth</b> 13-18yrs	\$5.19	\$46.71	\$41.96	\$113.31	\$362.58
<b>Children</b> 5-12yrs	\$3.71	\$35.06	\$29.98	\$80.94	\$258.99
<b>Preschool</b> (0-4yrs)	FREE				
<b>Family</b>	at child rate	Minimum 2 people: \$7.00. \$3.71/additional member. Valid for 1-2 adults of same household and their children (3-12 years) or youth (13-18 years)			
<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.				