

Renfrew Park

Recreation Guide

Summer 2025

Community Centre

Swimming Pool

Fitness Centre

Summer 2025 Registration Dates

Community Centre

Online/In Person
Phone In

Sun May 25, 9:00am
Sun May 25, 10:00am

Swimming Pool

Online/In Person/Phone In

Tue Jun 24, 7:00pm



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

Centre Hours of Operation

Centre Office June 30-August 29

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

Community Centre June 30-August 29

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

Community Centre Holiday and Special Hours

Tuesday July 1 Closed
Monday August 4 Closed
Saturday August 30 Closed
Sunday August 31 Closed

Please see **pages** 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/Andy Teoh Community Recreation Supervisor
Nick Fong Recreation Programmer
Abhinav Menon Pool Programmer
Starla Bayley Community Youth Worker
Marni McMullen, Kieran Sherestan Program Assistant III
Monica Kochhar Recreation Facility Clerk
Elizabeth Casacang Child Care Manager
Emily Lam Community Association Administrator

Table of Contents

Centre Information

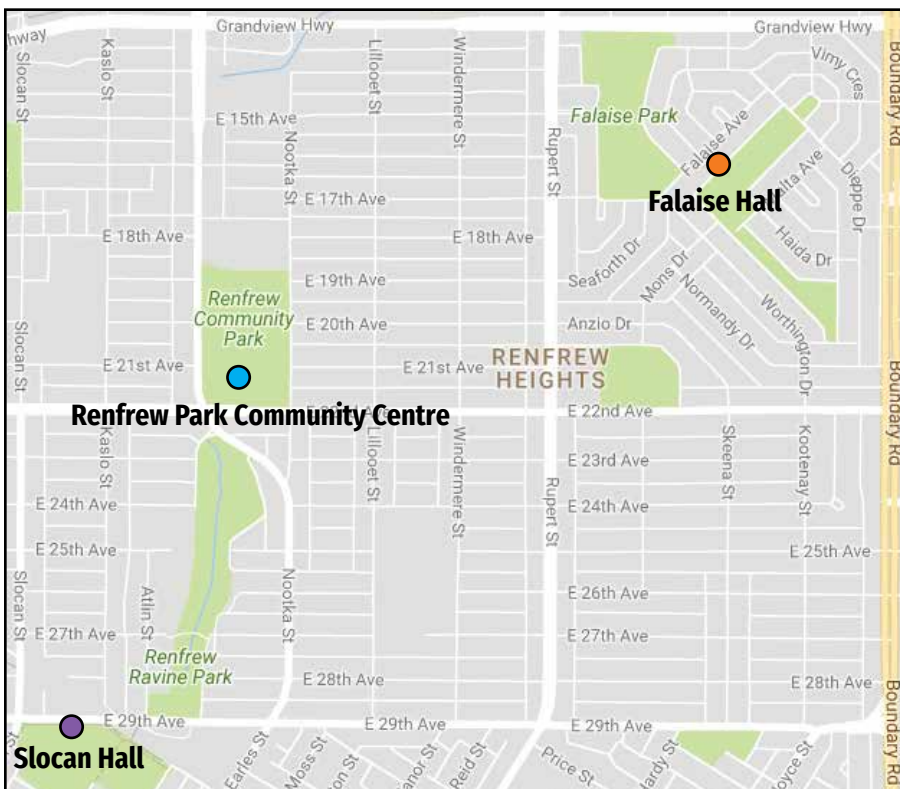
Hours of Operation & Contact Info	2
Registration Information	3
Community Association Information	4, 5
Program Highlights	5, 6, 7, 8
Licensed Preschool	8
Preschool Programs	8, 9
Birthday Parties	7
Licensed Out of School Care	8
Children & Youth Programs	10-14
Games Area and Table Tennis	15
Adult & Senior Programs	15-20
Senior Workshops	16

Fitness Centre Information

Fitness Programs & Schedule	21
-----------------------------------	----

Pool Information

Registration Information	22
Swimming Lessons & Information	23
Swimming Schedule	24



● Renfrew Park Community Centre

● Falaise Community Hall

● Slocan Community Hall

2929 East 22nd Avenue

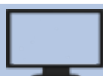
3434 Falaise Avenue

2750 East 29th Avenue

3 Easy Ways to Register...

Online

Starts **Sunday, May 25 at 9:00am**



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

Pay by Visa, MasterCard or American Express.

In Person

Starts **Sunday, May 25 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 25 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



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.
- Alternatively, a pro-rated credit for the remaining class(es) may be transferred to 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. 20.

Weekly Camp Programs

- All requests are subject to \$10 administration fee (\$15 for Licensed Preschool Camps), 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 Preschool Program

- 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

President's Message

As we step into the summer season, we're wrapping up a wonderful year of 60th anniversary celebrations at Renfrew Park Community Centre. Thank you to everyone who joined us in marking this special milestone—we're proud of our past and excited for the future.

This summer, we're thrilled to bring the community together with **Music in the Park**, a free family-friendly outdoor concert series happening on **July 10th and 17th** near the wading pool at Renfrew Park. Bring a blanket, pack a picnic, enjoy live music, and connect with neighbours in the sunshine.

Families can look forward to summer fun with our **wading pools and playgrounds** open at **Renfrew Park, Slocan Park**, and the **newly renovated Collingwood Park** perfect for cooling off and enjoying time outdoors.

Our **summer day camps** are back at Renfrew Park Community Centre and Falaise Hall, with engaging programs for children of all ages. For older youth, our **Leadership Action Camp** offers a chance to build skills, make friends, and take on new challenges.

Please note that the **Renfrew Pool will be closed for annual maintenance from September 2 to 28, reopening on September 29**. We appreciate your patience as we complete these important upgrades.

We hope you make the most of the summer and enjoy everything the centre and our beautiful parks have to offer.

Warm wishes,

Anthony Mehnert, Renfrew Park Community Association President
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.15**).

RPCA Affiliated Groups

Aikido Club	Wolfgang vancouveraikikai.com
Happy Corner Preschool	Nikki happycorner.ca
Judo Club	Frank nakashimadojo.blogspot.com
Renfrew Trojans Football	Andrew vancouvertrojans.net
Still Moon Arts	Carmen https://stillmoonarts.ca/

...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 of our stellar events
- Running for a position on the Board of Directors



For more info email us at board@renfrewcc.com

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

FREE RPCA Membership

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



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.

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	Jul 4-Aug 22		
0-18yrs:	\$6.19+tax		
19+yrs:	\$7.62+tax		
			12:00pm-1:00pm
565297	Jul 4	565301	Aug 1
565298	Jul 11	565302	Aug 8
565299	Jul 18	565303	Aug 15
565300	Jul 25	565304	Aug 22

Note: see page 3 for Refund Policy

Programs Highlights

... **SR. YOUTH COUNCIL SUMMER KICK OFF** ...

GRILL & CHILL

FACE PAINTING **BALLOON TWISTING**

LIVE MUSIC **FREE FOOD***
*while supplies last

Thurs, Jul 3 **ALL AGES**

3:00pm-7:00pm **FREE ENTRY**

Sponsored by the City of Vancouver Building Safer Communities Program Grant



YOUR RENFREW LIBRARY

Renfrew Branch
Phone 604.257.8705


Discover more
at VPL.ca

VPL VANCOUVER PUBLIC LIBRARY

Collingwood Days 2025

Save the date!
July 11-19

7 Grandfather teachings



Gaston Park

How to get involved:

- Volunteers
- Food Trucks
- Community Groups
- Vendors
- Sponsors
- Performers

Scan QR code to sign up, and email info@shopcollingwood.ca or call 604-639-4403 for more information

Music In The Park

ALL AGES

THURSDAY JULY 10TH 6PM-7PM - JEFF BRYANT

THURSDAY JULY 17TH 6PM-7PM - ROCK N' BEAU

@ RENFREW PARK PLAYGROUND

Come join us for some Music in the Park for fun, games, & various performers throughout the month of July. Concession stand will be open for cash purchases.



SENIORS SCOOTER RODEO

(55+ YRS)

Join in on the fun at our exciting Scooter Rodeo geared towards Transportation, Mobility & Safety.

Reserve your spot NOW and be guaranteed to receive your passport to travel through the event activities. Ride the obstacle course, complete with traffic police, radar and a few surprises along the way. Then travel to the Personal or Pedestrian Safety Workshops and static and interactive displays.

Registration is required to ride the Scooter Obstacle course, scooters will be provided.

WED, JUL 16
10:30AM - 2:30 PM
#562833

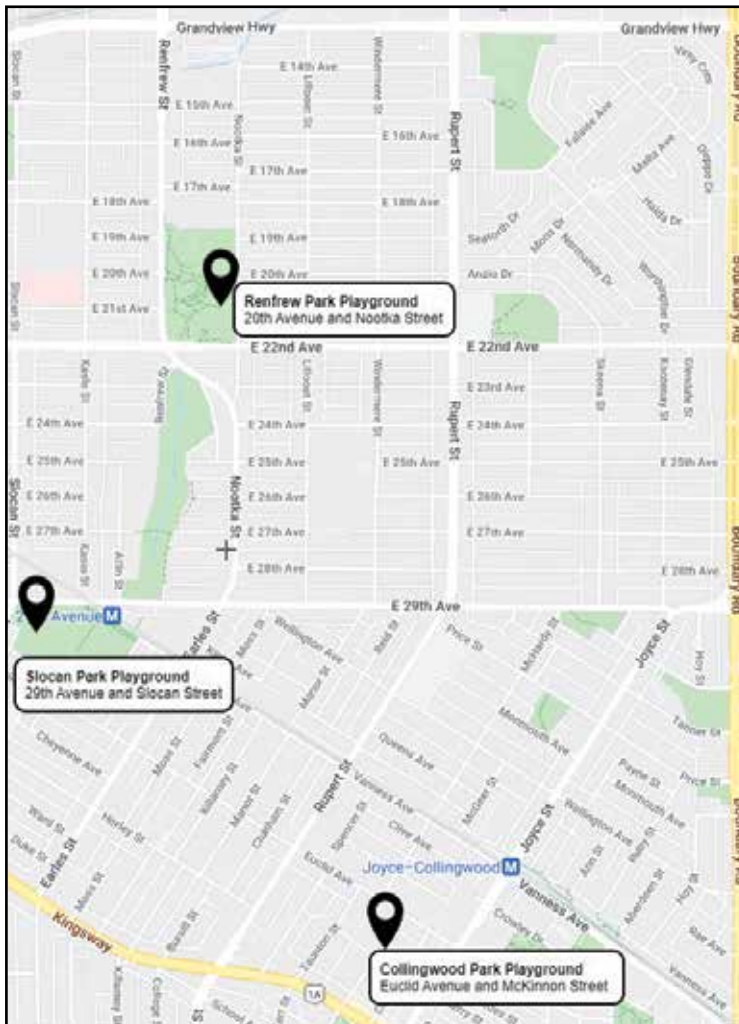
FREE



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.



	Renfrew Park Jul 3-Aug 28	Collingwood Park Jul 2-Sep 1	Slocan Park Jul 2-Sep 1
Sunday	11:00am-5:00pm	11:00am-5:30pm	11:00am-6:00pm
Monday		11:00am-5:30pm	11:00am-6:00pm
Tuesday	11:30am-5:30pm	11:00am-5:30pm	
Wednesday		11:00am-5:30pm	11:00am-6:00pm
Thursday	11:00am-5:30pm	11:00am-5:30pm	
Friday		11:00am-5:30pm	11:00am-6:00pm
Saturday	11:00am-5:00pm	11:00am-5:30pm	11:00am-6:00pm
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 day Stat Holidays are dependant on staffing			



Birthday Parties

Saturdays & Sundays
2pm - 4pm

PARTIES AVAILABLE
SEASONALLY
CONTACT FRONT DESK FOR
MORE INFO

CAPACITY:
FOR UP TO 20 KIDS
AND UP TO 40 ADULTS

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

Parties Suitable for children aged 0-7

Notice: Both Parties will now run from 2pm-4pm



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 the following to each day of class: sunscreen, hat, healthy lunch (nut free environment) and re-usable water bottle. **Existing Renfrew Park Preschool students have priority registration for Summer 2025 Camp Programs from May 11-19.**

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

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

Mon-Fri 559065	Jun 30-Jul 4 9:30am-1:30pm	No session Jul 1 \$83.80/4 day week
Mon-Fri 559066	Jul 7-11 9:30am-1:30pm	\$104.75/5 day week
Mon-Fri 559067	Jul 14-18 9:30am-1:30pm	\$104.75/5 day week
Mon-Fri 559068	Jul 21-25 9:30am-1:30pm	\$104.75/5 day week
Mon-Fri 559069	Jul 28-Aug 1 9:30am-1:30pm	\$104.75/5 day week
Tue-Fri 559070	Aug 5-8 9:30am-1:30pm	\$83.80/4 day week
Mon-Fri 559071	Aug 11-15 9:30am-1:30pm	\$104.75/5 day week
Mon-Fri 559072	Aug 18-22 9:30am-1:30pm	\$104.75/5 day week

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

Dance-A-Story Ballet Camp: Tangled

3-5yrs

Vancouver Performing Stars

Let your hair down and twirl with Rapunzel! Young dancers will discover the magic of song and dance, experiencing the grace of ballet, the energy of jazz, and the fun of hip hop - all while building confidence, coordination, and friendships. The term culminates in a studio performance where dancers will show off their new moves and shine bright! Visit performingstars.ca for more information

Mon-Fri 554041	Aug 25-29 9:45am-11:00am	\$91/5 day week
-------------------	-----------------------------	-----------------

Balance Bike Camps

2-5yrs

BC Cycling Coalition

Introduce your child to the joy of cycling with our balance bike summer camps! Designed for beginners and intermediate riders, our camps focus on essential skills on their balance bikes. Through fun and games, riders will learn safety etiquette, gliding, turning, stopping and balancing. Prepare your children for a smooth transition to pedal bikes.

Parent and Toddler (Parent/Caregiver participation required) Mon-Fri 25-29		2-4yrs Aug
563956	10:00am-11:00am	\$140/5 day week
Preschool Mon-Fri		3-5yrs
563957	Aug 25-29 11:15am-12:35pm	\$220/5 day week

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 565881	Jul 5-Aug 23 9:15am-10:00am	No session Aug 2 \$42/7 sess
Sat 565882	Jul 5-Aug 23 10:00am-10:45am	No session Aug 2 \$42/7 sess
Sat 565883	Jul 5-Aug 23 10:45am-11:30am	No session Aug 2 \$42/7 sess

Licensed Child Care Programs

Programs operate September - June
Programs are enrolled in the Government's Child Care Fee Reduction Initiative
More information on program and fees: www.renfrewcc.com

- **Play-based learning:** stories, crafts, physical play
- **Supports social, emotional, and early academic development**
- **Choose from 2 days, 3 days or 5 days a week**

Licensed Preschool (3-5yrs)
Registration On Now!

Out of School Care (Grades K-7)

Program is full, please enroll in our waitlist

- **Supervised after school care for children attending Nootka Elementary**
- **Walking school bus; light snack included**
- **Activities include outdoor play, games, and quiet time.**
- **To be put on our waitlist, please register in activity # 517787.**

Dance

1st Dance Sing Musical Theatre

3-5yrs

Illuma Studios

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.

Mon	Jul 7-Aug 18	No session Aug 4
567209	9:30am-10:15am	\$75/6 sess

1st Ballet Time

3-5yrs

Illuma Studios

Come learn proper breathing, strengthening, stretching and all the fundamentals of ballet. Students will enjoy a better understanding of their body and develop muscle memory. Having learned the essentials of ballet, our goal is for the student to improve physical awareness, have stronger core muscles, increase flexibility and stand tall with confidence. No previous experience required. All genders preferred dress code: ballet attire (bodysuit, white leggings / black tights, ballet flats); hair: short, ballet bun or ponytail. Otherwise, comfortable tight top and bottom (legging / tights / yoga shorts) to allow for posture correction; and socks.

Mon	Jul 7-Aug 18	No session Aug 4
567210	10:15am-11:00am	\$75/6 sess

1st Tumble, Flex and Dance

3-5yrs

Illuma Studios

Through proper tumbling and stretching, students will have a better understanding of their bodies and develop proper muscle memory. Having learned the proper techniques, our goal is for the student to have better physical awareness, stronger core muscles, have fun tumbling, increase flexibility and stand tall with confidence. Learned skills will be arranged into a dance routine so that students can showcase their acro skills! No previous experience required.

Mon	Jul 7-Aug 18	No session Aug 4
567211	11:00am-11:45am	\$75/6 sess

1st Urban Dance Hip Hop

3-5yrs

Illuma Studios

Learn Hip Hop, Locking, Popping, Street Dance and more! Students will broaden their dance knowledge and refine their technique of these variety dance styles throughout the season. Embrace teamwork while supporting classmates, have fun, and rise to a new challenge! Beginners welcome; content is accessible and adapted to the learner's level. Learned skills showcasing will be announced throughout the course.

Mon	Jul 7-Aug 18	No session Aug 4
567212	11:45am-12:30pm	\$75/6 sess

Sports

Bear Cubs Gymnastics

2-4yrs

Bear Feet Gymnastics

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

2-3yrs		
Fri	Jul 11-Aug 29	
566195	10:45am-11:30am	\$120/8 sess

3-4yrs		
Fri	Jul 11-Aug 29	
566196	11:30am-12:15pm	\$120/8 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	Jul 9-Aug 27	
567002	4:00pm-4:45pm	\$80/8 sess

Sat	Jul 5-Aug 23	
567005	1:40pm-2:25pm	\$80/8 sess

Music

Kelly Kirby - Preschool Piano

4.5-5yrs

Rachelle Ng

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 \$24 and payable at registration. Parent participation is required. Children and their caregivers should be able to complete focused tasks and simple details related to music reading. Modified workbooks are ineligible for refund.

Kelly Kirby I		
Sun	Jul 6-Aug 24	
566460	1:30pm-2:15pm	\$96/8 sess

Sun	Jul 6-Aug 24	
566459	2:15pm-3:00pm	\$96/8 sess

Kelly Kirby II		Pre-Req: Kelly Kirby I
Sun	Jul 6-Aug 24	
566458	3:00pm-3:45pm	\$96/8 sess

Kelly Kirby Private Lessons		
Sun	Jul 6-Aug 24	
566461	3:45pm-4:05pm	\$112/8 sess

Sun	Jul 6-Aug 24	
566462	4:05pm-4:25pm	\$112/8 sess

Sun	Jul 6-Aug 24	
566463	4:25pm-4:45pm	\$112/8 sess

Children

Day Camps

Day Camp Reminders!

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

Refund Policy

- 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

Falaise Fun Finders Day Camp

6-12yrs

Day Camp Staff

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

Wed-Fri 562560	Jul 2-4 9:00am-3:00pm	\$87/3 day week
Mon-Fri 562561	Jul 7-11 9:00am-3:00pm	\$145/5 day week
Mon-Fri 562562	Jul 14-18 9:00am-3:00pm	\$145/5 day week
Mon-Fri 562563	Jul 21-25 9:00am-3:00pm	\$145/5 day week
Mon-Fri 562564	Jul 28-Aug 1 9:00am-3:00pm	\$145/5 day week
Tue-Fri 562565	Aug 5-8 9:00am-3:00pm	\$116/4 day week
Mon-Fri 562566	Aug 11-15 9:00am-3:00pm	\$145/5 day week
Mon-Fri 562567	Aug 18-22 9:00am-3:00pm	\$145/5 day week

Finish Strong Basketball Camp

10-16yrs

David Knight

Finish Strong Basketball program is designed and focused on developing players basketball fundamentals. We teach basic to advance training in all areas to develop your basketball game. Campers will receive a camp shirt, and receive 15 hours of camp instruction in a positive and empowering environment. Come join us this summer and have a chance to win some really cool prizes !!!! Please bring a water bottle, a basketball, and proper gym wear to class. "It's not how you start, It's how you FINISH! For more information about Finish Strong Basketball, please email Team@finishstrongbasketball.ca

Mo We Th Fr	Jun 30-Jul 4	No session Jul 1
565474	9:15am-12:15pm	\$130/4 day week

Renfrew Summer Adventures Day Camp

6-12yrs

Day Camp Staff

Note: Location for this camp is Renfrew Park Community Centre
2929 East 22nd Avenue
<https://goo.gl/maps/s79BLKHjJpXG95Ku7>

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

Wed-Fri 562667	Jul 2-4 9:00am-3:00pm	\$87/3 day week
Mon-Fri 562668	Jul 7-11 9:00am-3:00pm	\$145/5 day week
Mon-Fri 562669	Jul 14-18 9:00am-3:00pm	\$145/5 day week
Mon-Fri 562670	Jul 21-25 9:00am-3:00pm	\$145/5 day week
Mon-Fri 562671	Jul 28-Aug 1 9:00am-3:00pm	\$145/5 day week
Tue-Fri 562672	Aug 5-8 9:00am-3:00pm	\$116/4 day week
Mon-Fri 562673	Aug 11-15 9:00am-3:00pm	\$145/5 day week
Mon-Fri 562674	Aug 18-22 9:00am-3:00pm	\$145/5 day week
Mon-Fri 562675	Aug 25-29 9:00am-3:00pm	\$145/5 day week

VPS Dance Camp - Trolls

6-10yrs

Vancouver Performing Stars

Unleash your child's inner Troll as they jump, groove, and explore the colorful Trolls universe through fun choreography. Dancers will learn jazz, ballet, contemporary, and hip hop styles, and on the final day, they will dazzle parents with a vibrant performance. Through high-energy dancing, your child will gain confidence, coordination, and explore their creativity. Visit performingstars.ca for more information.

Mon-Fri 554045	Aug 25-29 11:30am-3:30pm	\$250/5 day week
-------------------	-----------------------------	------------------

Sports

Finish Strong Basketball - Boys & Girls

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. "LEVEL UP" This program will be for teens age 12 and Up. 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.

Boys			
Grassroots		9-11yrs	
Tue	Jul 8-29		
565478	10:30am-11:30am		\$50/4 sess
Level Up		12-16yrs	
Tue	Jul 8-29		
565479	11:30am-12:30pm		\$50/4 sess
Girls			
Grassroots		9-11yrs	
Mon	Jul 7-28		
565476	10:30am-11:30am		\$50/4 sess
Level Up		12-16yrs	
Mon	Jul 7-28		
565477	11:30am-12:30pm		\$50/4 sess

Indoor Soccer

6-12yrs

Mohsen Hatamian

An introduction to the game of soccer, and individual skill development. 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 9-Aug 27		
567003	4:50pm-5:50pm		\$96/8 sess
Sat	Jul 5-Aug 23		
567006	2:30pm-3:30pm		\$96/8 sess
9-12yrs			
Wed	Jul 9-Aug 27		
567004	5:55pm-6:55pm		\$96/8 sess
Sat	Jul 5-Aug 23		
567007	3:35pm-4:35pm		\$96/8 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 8-Aug 28		
565918	6:30pm-7:30pm		\$144/16 sess

Rhythmic Gymnastics

6-16yrs

Olympia Rhythmic Gymnastics

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

6-8yrs			
Sat	Jul 5-Aug 23		
565861	10:00am-11:00am		\$86/8 sess
8-16yrs			
Sat	Jul 5-Aug 23		
565862	11:00am-12:00pm		\$86/8 sess



Red Cross Babysitting Training

11+yrs

First Aid Hero

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 24		
558172	9:15am-4:45pm		\$75/person

Baking and Cooking

Little Chefs

6-12yrs

Alison Chau/Amanda Tom

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

6-8yrs			
Sun	Jul 6-Aug 24		
566249	9:45am-11:00am	No session Aug 3	\$77/7 sess
9-12yrs			
Sun	Jul 6-Aug 24		
566251	11:15am-12:30pm	No session Aug 3	\$77/7 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 4-Aug 22		\$152/8 sess
566918	4:00pm-4:30pm	566923	6:30pm-7:00pm
566919	4:30pm-5:00pm	566924	7:00pm-7:30pm
566920	5:00pm-5:30pm	566925	7:30pm-8:00pm
566921	5:30pm-6:00pm	566926	8:00pm-8:30pm
566922	6:00pm-6:30pm		

Jacqueline Li			
Sat	Jul 5-Aug 23		\$152/8 sess
566904	9:15am-9:45am	566911	1:15pm-1:45pm
566905	9:45am-10:15am	566912	1:45pm-2:15pm
566906	10:15am-10:45am	566913	2:15pm-2:45pm
566907	10:45am-11:15am	566914	2:45pm-3:15pm
566908	11:15am-11:45am	566915	3:15pm-3:45pm
566909	11:45am-12:15pm	566916	3:45pm-4:15pm
566910	12:45pm-1:15pm	566917	4:15pm-4:45pm

Dale Capistrano			
Sun	Jul 6-Aug 24		\$152/8 sess
566890	9:15am-9:45am	566897	1:15pm-1:45pm
566891	9:45am-10:15am	566898	1:45pm-2:15pm
566892	10:15am-10:45am	566899	2:15pm-2:45pm
566893	10:45am-11:15am	566900	2:45pm-3:15pm
566894	11:15am-11:45am	566901	3:15pm-3:45pm
566895	11:45am-12:15pm	566902	3:45pm-4:15pm
566896	12:45pm-1:15pm	566903	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	Jul 8-29		\$124/4 sess
564674	4:00pm-4:30pm	564678	6:10pm-6:40pm
564675	4:30pm-5:00pm	564679	6:40pm-7:10pm
564676	5:00pm-5:30pm	564680	7:10pm-7:40pm
564677	5:30pm-6:00pm	564681	7:40pm-8:10pm

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	Jul 3-Aug 28		\$193.50/9 sess
566873	3:30pm-4:00pm	566878	6:30pm-7:00pm
566874	4:00pm-4:30pm	566879	7:00pm-7:30pm
566875	4:30pm-5:00pm	566880	7:30pm-8:00pm
566876	5:00pm-5:30pm	566881	8:00pm-8:30pm
566877	5:30pm-6:00pm	566882	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 7-Aug 25		No session Aug 4 \$133/7 sess
566929	4:00pm-4:30pm	566933	6:00pm-6:30pm
566930	4:30pm-5:00pm	566934	6:30pm-7:00pm
566931	5:00pm-5:30pm	566935	7:00pm-7:30pm
566932	5:30pm-6:00pm	566936	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 long.

Wed	Jul 9-Jul 30		\$68/4 sess
567118	7:15pm-7:45pm	567120	8:25pm-8:55pm
567119	7:50pm-8:20pm	567121	9:00pm-9:30pm

Wed	Aug 6-27		\$68/4 sess
567126	7:15pm-7:45pm	567128	8:25pm-8:55pm
567127	7:50pm-8:20pm	567129	9:00pm-9:30pm

Thu	Jul 10-31		\$68/4 sess
567122	7:15pm-7:45pm	567124	8:25pm-8:55pm
567123	7:50pm-8:20pm	567125	9:00pm-9:30pm

Thu	Aug 7-28		\$68/4 sess
567130	7:15pm-7:45pm	567132	8:25pm-8:55pm
567131	7:50pm-8:20pm	567133	9:00pm-9:30pm

Dance

1-Active Ballet Time with Strength and Stretch 6-12yrs

Illuma Studios

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. No previous experience required.

Sun	Jul 6-Aug 24	
567221	1:00pm-2:00pm	\$128/8 sess

1-Active Dance Sing Musical Theatre 6-12yrs

Illuma Studios

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. No previous experience required.

Sun	Jul 6-Aug 24	
567222	2:00pm-3:00pm	\$128/8 sess
Fri	Jul 4-Aug 29	
565872	4:30pm-5:45pm	\$189/9 sess

1-Active Tumble, Flex and Dance 6-12yrs

Illuma Studios

Through proper tumbling and stretching, students will have a better understanding of their bodies and develop proper muscle memory. Having learned the proper techniques, our goal is for the student to have better physical awareness, stronger core muscles, have fun tumbling, increase flexibility and stand tall with confidence. No previous experience required.

Sun	Jul 6-Aug 24	
567223	3:00pm-4:00pm	\$128/8 sess

Asian Pop/KPOP/Jazz Funk/Hip Hop Sampler 6-17yrs

Illuma Studio

Sampling from Jazz Funk, Street and Korean Pop (KPOP) dance styles through cardio warm ups, strengthening, footwork, isolations, and stretches, and learn the importance of breathing. No previous experience required. Class curriculum will be different between same-subject sessions throughout the year; we welcome repeat students at our classes!

6-9yrs		
Fri	Jul 4-Aug 29	
565874	5:45pm-6:45pm	\$150.75/9 sess
10-17yrs		
Fri	Jul 4-Aug 29	
565875	6:45pm-7:45pm	\$150.75/9 sess

Hawaiian Polynesian Dance 6-12yrs

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.

Mon	Jul 7-Aug 18	No session Aug 4
565954	3:30pm-4:30pm	\$60/6 sess

Art

Comic, Manga and Cartoon Characters 8-12yrs

Jenny Tang

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	Jul 12-Aug 23	
567008	1:00pm-2:00pm	\$84/7 sess

Watercolour 8-12yrs

Jenny Tang

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	Jul 12-Aug 23	
567010	2:00pm-3:00pm	\$84/7 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	Jul 12-Aug 23	
567009	3:00pm-4:00pm	\$84/7 sess

Origami - Summer 8-12yrs

Aiko Matsushiba

Learn how to make beautiful themed origami models!

Sat	Aug 9	
567011	3:30pm-4:30pm	\$15/person

Education



Fun Chess

Enrichmind Academy

The Fun Chess program will be a beginner course designed for children with little to no experience in chess. Students will learn about the chessboard, pieces, and rules to play a game. They will understand how to checkmate in simple positions to finish a game.

Wed	Jul 2-Aug 20	
565904	3:45pm-4:45pm	\$72/8 sess
Wed	Jul 2-Aug 20	
565905	4:45pm-5:45pm	\$72/8 sess



Rubik's Cube Kids Social Club

Diedre Sportak

Master your cubing skills and connect with new friends! The Rubik's Cube Kids Social Club is designed for kids aged 7-12 who love all things cubing! All levels welcome. Cubes, cube covers, timers, and mats are provided for use within the program time. Or children can bring their own equipment.

Wed	Jul 9-30	
567460	7:00pm-8:30pm	\$22.50/4 sess

Pre-Teen/Youth

Leadership Day Camp / Camp

Leadership Activity Camp

10-14yrs

Day Camp Staff

We will be going on a different adventures everyday of the week. This camp is designed for those who like to have variety and new experiences. In each week we will have teachable moments regarding many aspects of being a leader and leadership skills. All camp activities will happen outdoors-in extreme weather scenarios we have a small indoor space. 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

Wed-Fri 564247	Jul 2-4 9:30am-3:30pm	\$87/3 day week
Mon-Fri 564248	Jul 7-11 9:30am-3:30pm	\$145/5 day week
Mon-Fri 564249	Jul 14-18 9:30am-3:30pm	\$145/5 day week
Mon-Fri 564250	Jul 21-25 9:30am-3:30pm	\$145/5 day week
Mon-Fri 564251	Jul 28-Aug 1 9:30am-3:30pm	\$145/5 day week
Tue-Fri 564252	Aug 5-8 9:30am-3:30pm	\$116/4 day week
Mon-Fri 564253	Aug 11-15 9:30am-3:30pm	\$145/5 day week
Mon-Fri 564254	Aug 18-22 9:30am-3:30pm	\$145/5 day week

Education

Little Bookworms - Reading and Writing

6-7yrs

We will practice writing letters and words, expand vocabularies and construct basic sentences. Recommended for Grade 1 students.

Sat 565884	Jul 5-Aug 23 12:00pm-1:00pm	No session Aug 2 \$45.50/7 sess
---------------	--------------------------------	------------------------------------

Mini Mathletes

6-7yrs

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 565885	Jul 5-Aug 23 1:00pm-2:00pm	No session Aug 2 \$45.50/7 sess
---------------	-------------------------------	------------------------------------

Mathventures - Math

8-10yrs

Explore the wonderful world of math through games, puzzles, hands-on activities and group work. Recommended for Grades 3-5 students.

Sat 565886	Jul 5-Aug 23 2:00pm-3:00pm	No session Aug 2 \$45.50/7 sess
---------------	-------------------------------	------------------------------------

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. The standard meeting schedule will be 4:00-5:30 Tuesdays and Thursdays with the exceptions of July 10 and July 17 where they will be setting up, running and cleaning up the concession for Music in the Park from 4:00pm-8:00pm (youth will be fed dinner this evening). 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! ***Only youth who have not participated before will be approved for the 2025 camp.**

Camp Sasamat will be August 26th to August 28th, 2025

For more information, please contact

Community Youth Worker: starla.bayley@vancouver.ca

564256 Tu Th	Jul 8-Aug 21 4:00pm-5:30pm	\$100/person
-----------------	-------------------------------	--------------

Social

Pre-Teen & Teen Social

9-14yrs

Jesse Woolverton & Roxanna Wang

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 564266	Jul 4-Aug 22 5:30pm-9:30pm	\$105/7 sess
---------------	-------------------------------	--------------

Games Room

10-18yrs

Rhea Omosura

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. If you have any questions about the program, please email: starla.bayley@vancouver.ca

Fri 564259	Jul 4-Aug 22 3:00pm-9:30pm	Free with OneCard
---------------	-------------------------------	-------------------

Sports

Open Gym

9-18yrs

Will Choi

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.

Pre-Teen		9-12yrs
Fri 564261	Jul 4-Aug 22 4:05pm-5:05pm	Free with OneCard
Teen		11-18yrs
Fri 564262	Jul 4-Aug 22 5:05pm-9:45pm	Free with OneCard

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

\$2.38/person/year

\$5.71/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
Sat 12:00pm-4:55pm
Sun 12:00pm-4:55pm

Jul 7-Aug 25
Jul 5-Aug 23
Jul 6-Aug 24

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 Jun 30-Aug 28

566395 Room 108 6:00pm-9:30pm

\$9.52/month pass

Room 010 6:00pm-9:30pm

\$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 Jun 30-Aug 29

566396 9:00am-11:45am

No session Aug 4

Free with Equipment Rental Pass

Adult and Senior

Art

Chinese Calligraphy

55+yrs

Guoxin Lin

Learn the ancient art of Chinese Calligraphy through step-by-step instructions on writing Chinese characters. Program is taught in Cantonese and Mandarin. English translation will be available.

Advanced - For returning students

Mon Jul 7-Aug 25

No session Aug 4

566137 10:30am-12:30pm

\$73.50/7 sess

Wed Jul 2-Aug 27

566136 10:30am-12:30pm

\$94.50/9 sess

All Levels

Fri Jul 4-Aug 29

566138 10:30am-12:30pm

\$94.50/9 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 Jul 9-30

566298 10:00am-12:00pm

\$26/4 sess

\$7.75+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 Jul 10-31

566297 10:00am-12:00pm

\$36/4 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 Jul 10-31

566963 2:00pm-4:00pm

\$40/4 sess

Thu Aug 7-28

566964 2:00pm-4:00pm

\$40/4 sess

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

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 8-Aug 19	
566851	10:00am-10:55am	\$40.25/7 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.

Immerse yourself in the graceful movements of these ancient martial arts, promoting balance of mind and body. Participants will have improved flexibility, reduced stress, and enhanced well-being.

Wed	Jul 2-Aug 20	
566962	9:30am-11:00am	\$16/8 sess \$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 26		\$47/30 min sess
566141	12:00pm-12:30pm	566145	2:00pm-2:30pm
566142	12:30pm-1:00pm	566146	2:30pm-3:00pm
566143	1:00pm-1:30pm	566147	3:00pm-3:30pm
566144	1:30pm-2:00pm	566148	3:30pm-4:00pm
Sat	Aug 23		\$47/30 min sess
566149	12:00pm-12:30pm	566153	2:00pm-2:30pm
566150	12:30pm-1:00pm	566154	2:30pm-3:00pm
566151	1:00pm-1:30pm	566155	3:00pm-3:30pm
566152	1:30pm-2:00pm	566156	3:30pm-4:00pm

Summer 55+yrs Free Workshops

Pre-registration is required for free workshops

Frauds and Scams

567187 Fri Jul 11 10:00am-11:30am

Vision Health

567200 Fri Jul 25 10:00am-11:30am

Diabetes

567197 Fri Aug 8 10:00am-11:30am

Cooking and Baking

Brunch Recipes

19+yrs

Souvik Ray

Learn to make recipes for brunch that go beyond the basic Eggs Benedict. We will be making Shakshuka, a middle eastern classic, as well as Mexican chilaquiles a comfort food that Sundays are made for.

Sat	Jul 12-19	
566852	9:30am-11:30am	\$42.50/2 sess

Healthy Snacks on the Go

19+yrs

Souvik Ray

We'll make easy to prepare snacks to make for the kids or for yourself while you're out and about. This will include granola bars, cookies, bars, muffins and sandwiches, that are healthy, simple and easy to make.

Sat	Aug 9-23	
566853	9:30am-11:30am	\$42.50/2 sess

Martial Arts

Tai Chi and Health Qigong

19+yrs

Lai Chun Cheung

The art of Health Qigong and Tai Chi has 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.

Mon	Jul 7-Aug 18	No session Aug 4
567268	9:05am-10:05am	\$42/6 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	Jul 2-Aug 27	
566259	7:30pm-9:00pm	\$90/9 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	Jun 30-Aug 29	No session Jul 1, Aug 4
567012	7:30am-9:00am	\$17.20/43 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. 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	Jul 8-Aug 28	
565917	7:30pm-9:00pm	\$160/18 sess

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. Lessons are available in English, Mandarin, and Cantonese.

Tue	Jul 8-Aug 19	
567134	1:30pm-3:30pm	\$14/7 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	Jul 7-Aug 18	No session Aug 4
567013	4:00pm-5:00pm	Adult - \$60/6 sess
		Senior - \$48/6 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	Jul 6-Aug 24	
567136	10:00am-12:00pm	\$16/8 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	Jul 7-Aug 18	No session Aug 4
567014	11:00am-12:30pm	\$9/6 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	Jul 3-Aug 21	
567015	1:30pm-3:00pm	\$16/8 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	Jul 2-Aug 20	
567207	12:30pm-2:30pm	\$16/8 sess
\$2.38+tax/drop-in, if space		

Chinese Classical Dance

55+yrs

Vue Joan Ng

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 2-Aug 20	
567235	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	Jul 7-Aug 18	No session Aug 4
567138	12:45pm-2:45pm	\$7.44/6 sess
\$1.90+tax/drop-in, if space		

Thu	Jul 10-Aug 21	
567137	11:15am-1:15pm	\$8.68/7 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. 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 3-Aug 21	
567253	9:15am-11:00am	\$14/8 sess
\$2.14+tax/drop-in, if space		

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	Jul 3-Aug 21	
566260	2:00pm-3:00pm	\$16/8 sess

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

19+yrs

Illuma Studio

Come experience a variety of exciting dance styles including KPOP, Jazz Funk, Hip Hop and other Urban Dance styles! Students will broaden their dance knowledge and refine their technique of these variety dance styles throughout the season. Meet friends, have fun, and rise to a new challenge! No previous experience required.

Fri	Jul 4-Aug 29	
565873	7:45pm-9:00pm	\$189/9 sess

Yoga and Pilates

Hatha Yoga

19+yrs

Hisae McMichael

We work on moderate to intermediate poses to relieve you from muscle pain and stiffness, to improve circulation and overall better health. Please note participants are recommended to bring their own yoga mats and other equipment.

Sat	Jul 5-Aug 23	
566858	9:15am-10:45am	Adult - \$84/8 sess Senior - \$78/8 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.

Mon	Jul 7-Aug 25	No session Aug 4
566854	10:00am-11:15am	\$52.50/7 sess \$9+tax/drop-in if space

Thu	Jul 10-Aug 28	
566855	10:00am-11:15am	\$60/8 sess \$9+tax/drop-in if space

Yoga for Brain Health

55+yrs

Kiran Rampuri

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	Jul 11-Aug 29	
567267	10:30am-11:45am	\$80/8 sess \$12+tax/drop-in if space.

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. The Vinyasa style includes warm-up poses; Sun Salutation; standing poses; balancing poses; back/forward bend poses/hip opening; Inversion/Core; Cool down; Savasana.

Sat	Jul 5-Aug 23	
566269	3:30pm-4:30pm	\$46/8 sess \$6.66+tax/drop-in if space

Sun	Jul 6-Aug 24	
566267	9:20am-10:20am	\$46/8 sess \$6.66+tax/drop-in if space

Sun	Jul 6-Aug 24	
566268	10:50am-11:50am	\$46/8 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	Jul 2-Jul 30	
567185	10:30am-11:30am	\$28.75/5 sess \$7+tax/drop-in if space

Wed	Aug 6-27	
567186	10:30am-11:30am	\$23/4 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	Jul 7-28	
566198	7:15pm-8:15pm	\$48/4 sess \$14.29+tax/drop-in if space.

Social

Tuesday Social

55+yrs

Cecilia Vulama

Join us in this free social.

Tue	Jul 8-Aug 19	Pre-registration required
567188	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-Jun	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-Aug 29	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.

In Chinese:		Siu Lau (Sue Chee) Chong
Fri	Jul 4-Aug 22	
567189	12:15pm-2:45pm	\$4/8 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	\$6/Adult, \$3.75/Senior for drop-in, if space
567139	Jul 8-29	Adult - \$20/4 sess Senior - \$13/4 sess
567140	Aug 5-19	Adult - \$15/3 sess Senior - \$9.75/3 sess
Thu	9:05am-10:00am	\$6/Adult, \$3.75/Senior for drop-in, if space
567141	Jul 10-31	Adult - \$20/4 sess Senior - \$13/4 sess
567142	Aug 7-21	Adult - \$15/3 sess Senior - \$9.75/3 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
567146	Jul 24-Aug 28	Adult - \$30/6 sess Senior - \$19.50/6 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
567144	Jul 11-25	Adult - \$15/3 sess Senior - \$9.75/3 sess
567145	Aug 1-22	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
567153	Jul 7-28	Adult - \$23/4 sess Senior - \$15/4 sess
567154	Aug 11-25	Adult - \$17.25/3 sess Senior - \$11.25/3 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
567151	Jul 7-28	Adult - \$23/4 sess Senior - \$15/4 sess
567152	Aug 11-25	Adult - \$17.25/3 sess Senior - \$11.25/3 sess
Wed	9:05am-10:00am	\$7.00/Adult, \$4.50/Senior for drop-in, if space
567147	Jul 9-30	Adult - \$23/4 sess Senior - \$15/4 sess
567148	Aug 6-27	Adult - \$23/4 sess Senior - \$15/4 sess
Wed	7:00pm-7:55pm	\$7.00/Adult, \$4.50/Senior for drop-in, if space
567149	Jul 9-30	Adult - \$23/4 sess Senior - \$15/4 sess
567150	Aug 6-27	Adult - \$23/4 sess Senior - \$15/4 sess

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 566805	Jul 7-Aug 25 1:00pm-2:55pm	No session Aug 4 Adult - \$28/7 sess Senior - \$21/7 sess \$4.75/Adult, \$3.50/Senior +tax/drop-in if space
Tue 566806	Jul 8-Aug 26 8:00pm-9:55pm	Adult - \$32/8 sess Senior - \$24/8 sess \$4.75/Adult, \$3.50/Senior +tax/drop-in if space
Wed 566807	Jul 9-Aug 27 1:00pm-2:55pm	Adult - \$28/7 sess Senior - \$21/7 sess \$4.75/Adult, \$3.50/Senior +tax/drop-in if space

Pickleball

19+yrs

Played with a paddle and a plastic ball with holes on a badminton-sized court.

19+yrs		
Mon 566808	Jul 7-Aug 25 8:00pm-9:55pm	No session Aug 4 Adult - \$28/7 sess Senior - \$21/7 sess \$4.75/Adult, \$3.50/Senior +tax/drop-in, if space
55+yrs		
Tue 566809	Jul 8-Aug 26 1:00pm-2:55pm	\$24/8 sess \$3.50+tax/drop-in if space
Thu 566810	Jul 10-Aug 28 10:45am-12:40pm	\$24/8 sess \$3.50+tax/drop-in if space
Thu 566811	Jul 10-Aug 28 1:00pm-2:55pm	\$24/8 sess \$3.50+tax/drop-in if space

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 thereafter.
- Players set-up and take-down nets

Thu	8:00pm-9:55pm	Jul 3-Aug 28 \$12.38/court
Sun	9:30am-2:30pm	Jul 6-Aug 24 \$12.38/court

Basketball

19+yrs

Enjoy recreational basketball.

Sun 566813	Jul 6-Aug 24 3:00pm-4:55pm	\$32/8 sess \$4.75+tax/drop-in if space
Wed 566812	Jul 2-Aug 27 8:00pm-9:55pm	\$36/9 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 566815	Jul 4-Aug 29 1:00pm-2:55pm	\$13.50/9 sess \$1.71+tax/drop-in if space
Tue 566814	Aug 5-26 10:45am-12:40pm	\$6/4 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
---------------	--------------------------------	-------------

Beginner's Jump Start Tennis

19-65yrs

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.

Co-Ed	Tue Thu 567244	Jul 8-31 6:00pm-7:05pm	\$216/8 sess
	Tue Thu 567245	Aug 5-28 6:00pm-7:05pm	\$216/8 sess
Womens	Tue Thu 567246	Jul 8-31 7:15pm-8:20pm	\$216/8 sess
	Tue Thu 567247	Aug 5-28 7:15pm-8:20pm	\$216/8 sess

Fitness Centre Hours of Operation

June 30 - August 31

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 22** for special hours of operation

General Information



When visiting the fitness centre, please bring your own lock, towel and plastic water bottle (water only). Proper footwear is required at all times. 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
Adult 19-64yrs	\$7.93	\$71.37	\$64.15	\$173.21	\$554.26
Senior 65+yrs	\$5.55	\$49.95	\$44.91	\$121.25	\$387.98
Youth 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 3 registered. Registration is required.

Fee is a Fitness Centre drop-in admission, valid Flexi-pass or Usage pass.

Fitness for Women

Fri 563978	Jul 4-25 3:00pm-4:00pm	Admission fee required
Fri 563979	Aug 8-29 3:00pm-4:00pm	Admission fee required

Fitness for Youth (Co-Ed)

Wed 563980	Jul 9-30 4:00pm-5:00pm	Admission fee required
Wed 563981	Aug 6-27 4:00pm-5:00pm	Admission fee 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

June 30 - August 31

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

Fitness Centre

June 30 - August 31

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

Pool and Fitness Holiday and Special Hours

Tuesday July 1..... 1:00pm-5:00pm
Monday August 4..... 1:00pm-5:00pm
Monday September 1..... 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 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 24 @ 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 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.

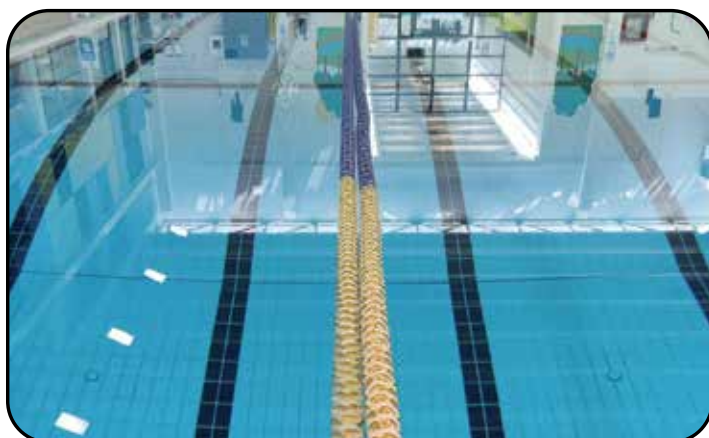
Note: Call to inquire if there is space available
or if more classes have been added.

Classes are subject to cancellation if minimum enrollment is not met

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 2025 Swimming Lesson Information

Swimming Lesson Registration begins on: **Tuesday June 24 at 7:00pm**

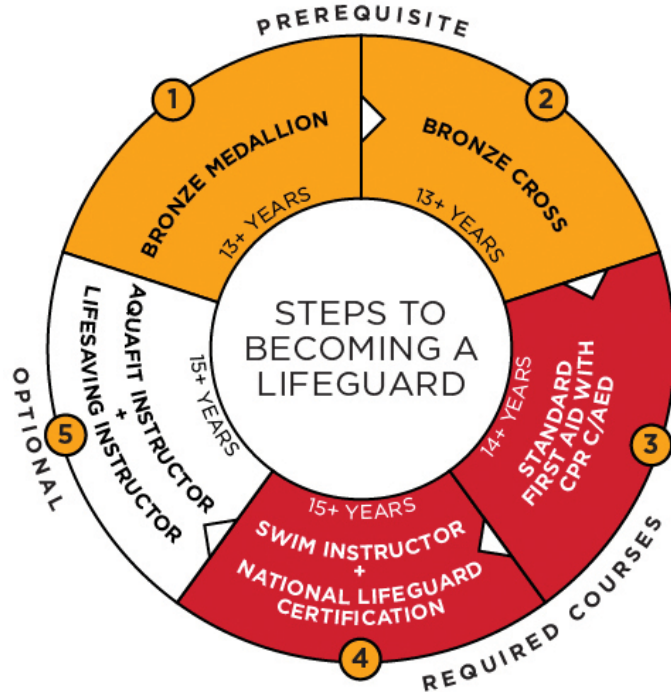
	Monday/Wednesday	Tuesday/Thursday	Friday	Saturday	Sunday
Set 1	Jul 2-23 7 lessons	Jul 3-24 7 lessons	Jul 4-Aug 22 8 lessons	Jul 5-Aug 23 7 lessons No lesson Aug 2	Jul 6-Aug 24 7 lessons No lesson Aug 3
Set 2	Jul 29-Aug 20 7 lessons No lesson Aug 4	Jul 29-Aug 21 8 lessons			

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
7	\$56.91	\$46.34	\$57.96	\$92.68	\$113.54	\$70.98	\$101.43
8	\$65.04	\$52.96	\$66.24	\$105.92	\$129.76	\$81.12	\$115.92

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

Vancouver Aquatics Academy



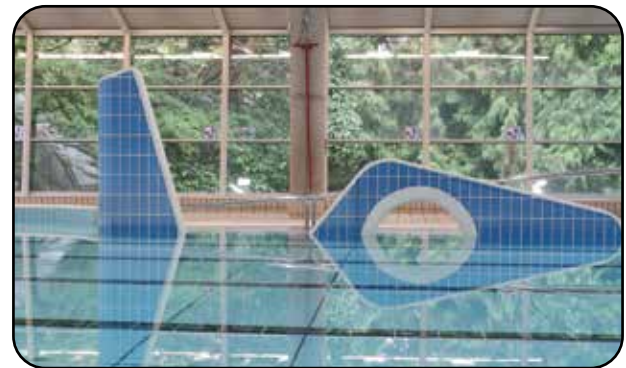
Private Lessons

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



Specialty 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

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

Swimming Pool Schedule

June 30- September 1

Annual Pool Maintenance (closure)

September 2-28

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lengths (3 lanes available) 6:30am-10:30am	Lengths (3 lanes available) 6:30am-10:30am	Lengths (3 lanes available) 6:30am-9:30am	Lengths (3 lanes available) 6:30am-10:30am	Lengths (3 lanes available) 6:30am-10:30am	Please Note: Pool schedule is subject to change	
					Public Swim (Deep end only) 9:00am-10:15am	Public Swim (2 lanes for length swim) 9:00am-10:15am
Aquafit (Shallow/Mod) 9:30am-10:30am	Aquafit (Shallow/Mod) 9:15am-10:15am					
Public Swim (2 lanes for lengths) 11:00am-3:30pm	Public Swim (2 lanes for lengths) 11:00am-3:30pm	Public Swim (2 lanes for lengths) 11:00am-3:30pm	Public Swim (2 lanes for lengths) 11:00am-3:30pm	Public Swim (2 lanes for lengths) 11:00am-3:30pm	Weekend Lessons (Whirlpool & Sauna only) 10:30am-2:30pm	
Weekday Lessons (Whirlpool, Sauna & 1 lane for length swim only) 4:00pm-8:00pm					Public Swim (2 lanes available for length swim) 2:30pm-5:00pm	
Public Swim (2 lanes for lengths) 8:00pm-9:30pm						

Session Descriptions

Public Swim (2 lanes for lengths)	Recreational swim for all ages. 2 lanes available for lengths swim.
Lengths (3 lanes available)	Continuous lengths swim for all ages. Lanes (25m) are designated for specific speeds.
Weekday Lessons (1 lane available)	Main pool is reserved for School Board or internal lesson programs and can include external rental groups during these times. Only 1 lane available for public length swimming.
Weekend Lessons (Whirlpool & Sauna only)	Internal lesson programs only during this time. No lanes available for the public. Whirlpool and Sauna only.
Aquafit (Shallow/Mod) Registered Program	Aquafit (Moderate intensity) is a pre-registered program. The majority of aquafit spaces will be pre-registered with some spaces held for drop-in. To avoid disappointment we encourage participants to pre-register. Pre-registration opens 3 days in advance and closes 30 minutes before the session starts. Drop-in starts 30 minutes prior to session start.

Note: 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.

Pool Admission Fees

all fees subject to change without notice

GST not included

	Drop In	10 Visit Pass	Flexi Passes		
			1 Month	3 Month	12 Month
Adult 19-64yrs	\$7.93	\$71.37	\$64.15	\$173.21	\$554.26
Senior 65+yrs	\$5.55	\$49.95	\$44.91	\$121.25	\$387.98
Youth 13-18yrs	\$5.55	\$49.95	\$44.91	\$121.25	\$387.98
Children 5-12yrs	\$3.97	\$35.73	\$32.08	\$86.61	\$277.13
Preschool (0-4yrs)	FREE				
Family	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			
Admission Policy	Children under 8 years of age must be accompanied in the water and be within arms reach of a responsible person at least 16 years of age.				