



**STRATHCONA  
COMMUNITY CENTRE**

*We take care of each other*

# SUMMER 2024 RECREATION GUIDE



**SUMMER REGISTRATION BEGINS: Sat, Jun 8 @ 9:00am**

**DAY CAMP REGISTRATION: V6A Residents: May 11 @ 9AM | Public: May 18 @ 9AM**

601 Keefer Steet, Vancouver, BC, V6A 3V8 | 604-713-1838 | [strathcc@vancouver.ca](mailto:strathcc@vancouver.ca) | [www.strathconacc.ca](http://www.strathconacc.ca)

*Jointly operated by the Vancouver Board of Parks and Recreation & the Strathcona Community Centre Association*





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COMMUNITY CENTRE**

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## Mission Statement

To sustain, promote, and develop a resource that supports the changing social and recreational needs and aspirations of the Strathcona Community.

## Board of Directors

The Strathcona Community Centre Association (SCCA) and Vancouver Board of Parks and Recreation jointly operate the Strathcona Community Centre. The SCCA is governed by a locally elected Board of Directors made up of residents, community agency representatives and members at large. The SCCA is a provincially registered not-for-profit society and a federally registered charity. The SCCA Directors meet on the 3rd Tuesday of each month, and several times a year on active committees.

## Membership

SCCA membership is free. Sign up with the front desk to join the Strathcona Community Centre Association.

## Leisure Access Program

The Leisure Access Program provides Vancouver residents facing financial barriers access, at a reduced cost, to Park Board registered programs and services. Applications for Leisure Access Cards are available at our front office or at [vancouverparks.ca](http://vancouverparks.ca). For you or your family to qualify for the Leisure Access Card program, you must be a Vancouver resident and have a family income from all sources below the income guidelines of the application form. For more information, contact the front desk or visit [www.vancouver.ca/leisureaccess](http://www.vancouver.ca/leisureaccess).

# Message from the SCCA Board

Looking forward to another summer in Strathcona! This summer we are offering day camps for children, youth and older adults! Our Supershine Day Camp will be split into three groups this year: 5-7, 8-10, and 11-13 years old. This will allow our leaders to better plan age-appropriate activities and open more spaces overall.

Children's specialty camps for tennis, basketball, dance and coding will also be running to help keep kids active and engaged over the summer.

In addition, our amazing Community Youth Worker, Aneesh, is running Solar Explorers Youth Trips two days a week for youth 13-18 years old. This is a great way for older youth to build connections and have fun around the city with their peers.

Older adults can come and enjoy our Summer Cruisers program with out trips throughout Vancouver, the Lower Mainland and beyond. Last year the seniors went as far as Salt Spring Island and Whistler, made their own dumplings and had high tea. We look forward to many of these and other new activities this summer.

As in previous years, some programs, including Seniors Tai Chi and Zumba, move outside to take advantage of the great weather. If you're unsure, pop by or call the front desk to find out what's happening on any given day. Our playground team will also be in MacLean Park on weekdays all summer long with activities and crafts for kids.

Our food team will have a few low-cost canning workshops and a community kitchen happening this summer too. Come learn how to can strawberries and stone fruits and take home some jars of fruit to enjoy.

As always, our programming team does an excellent job introducing new programs which eventually become old favourites. We are always looking for new program ideas and want to hear from our community. Let us know what programs you would like to see at Strathcona Community Centre. Send your ideas to [strathconacc@gmail.com](mailto:strathconacc@gmail.com).

## Strathcona Recreation Subsidy

### Everyone should have access to recreation.

25%, 50% or 75% subsidies for Strathcona residents facing financial barriers.

#### The Strathcona Recreation Subsidy offers the following benefits:

##### 25% Subsidy Includes:

- Strathcona Community Centre Association Recreation Programs

##### 50% Subsidy Includes:

- Strathcona Community Centre Association Recreation Programs
- Leisure Access Program Pass

*Terms and conditions are subject to change.*

##### 75% Subsidy Includes:

- Strathcona Community Centre Association Recreation Programs
- Leisure Access Program Pass

##### Strathcona Recreation Subsidy does not include:

- Childcare
- Food programs and workshops
- Private lessons

## Hours of Operation

### Centre Hours

Mon-Fri ..... 9:00AM - 9:00PM  
 Sat ..... 9:00AM - 5:00PM  
 Sun ..... 10:00AM - 2:00PM  
 Aug 26-30 ..... 9:00AM - 4:45PM

### Fitness Centre

Mon-Fri ..... 9:00AM - 8:30PM  
 Sat ..... 9:00AM - 4:30PM  
 Sun ..... 10:00AM - 1:30PM  
 Aug 26-30 ..... 9:00AM - 4:15PM

### Holiday Closures

Jul 1, Aug 5, Sept 2 ..... CLOSED

## Day Camp Registration Dates


- V6A Residents: May 11 @ 9am
- General Public: May 18 @ 9am
- Please see page 9 for more information

## Contact Us


601 Keefer St.,  
 Vancouver, BC V6A 3V8

Phone: 604-713-1838  
 Fax: 604-713-1848

strathcc@vancouver.ca  
 www.strathconacc.ca

 Strathcona Community Centre  
 Association

 instagram.com/strathcc

 @strathcentre










 Strathcona CC



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**COMMUNITY CENTRE**

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## How to Register: Summer Registration Opens Saturday June 8 @ 9:00AM

 **In Person**  
 601 Keefer St.  
 Vancouver V6A 3V8

 **By Phone**  
 604-713-1838

 **Online**  
 vancouver.ca/  
 strathconarec

## General Information

### Payment

All programs, rentals and drop-in fees **do not** include taxes and must be paid at time of registration. Cash, Debit, Visa, MasterCard and cheques are accepted at Strathcona Community Centre. Please make cheques payable to the "City of Vancouver". There is a \$35 service fee on any returned cheques or declined credit card payments.

### Registering Late

Programs will be pro-rated on a class by class basis. Some classes will not accept registration after the 2nd class.

### Cancellation

We reserve the right to cancel a program due to insufficient enrollment and will attempt to notify you at least 2 days prior to the start date.

### Safe Access for Everyone

We are committed to creating welcoming parks and recreation services for all. We ask that our patrons treat each other and staff with dignity and respect.

### Refund Policy

All programs are subject to change or cancellation at any time due to unforeseen circumstances. Missed classes are not refundable.

- Refund requests made more than 48 business hours prior to the first class will receive a refund in full. Business days are deemed Mon-Fri.
- Refund requests made after this time will receive a pro-rated refund based on the number of sessions passed.

#### Day Camp Refund Policy:

- Refund requests must be received 10 working days (Mon-Fri) prior to the start date to receive a full refund.

### Personal Information Protection

Any personal information the Strathcona Community Centre Association asks you to provide is collected under the authority of the Freedom of Information and Protection of Privacy Act. The information will only be used for the purposes of administering parks and recreation services, informing you of our services and benefits and for statistical purposes.

# Licensed Child Care

## Strathcona Community Preschool

Our licensed preschool programs all share the same philosophy of learning through play. Our Early Childhood Educators encourage & facilitate the children's early education through our curriculum of fine arts, language acquisition, literature, cooking, math, science, physical education, and exploration as well as by building relationships of trust and security. Your children's growing capacity for empathy, creativity and critical thinking will be nurtured and encouraged.

During the school year, Strathcona Licensed Childcare operates two preschool rooms for 40 children ages 3-5 years through to kindergarten entry.

Program Details				
<i>The following prices are for 2023-2024. Prices are subject to change</i>				
Ages	# of days	Days of the week	Program Time	Monthly Fee
3-5 yrs	5 days	Mon-Fri	9:00 AM-12:00 PM	\$140

To register for the Strathcona Licensed Child Care Waitlist, please e-mail [strathconawaitlist@gmail.com](mailto:strathconawaitlist@gmail.com) or call 604-713-1838.

## Strathcona Licensed Child Care

The SCCA is proud to offer the Strathcona Licensed Child Care (SLC) service to the community.

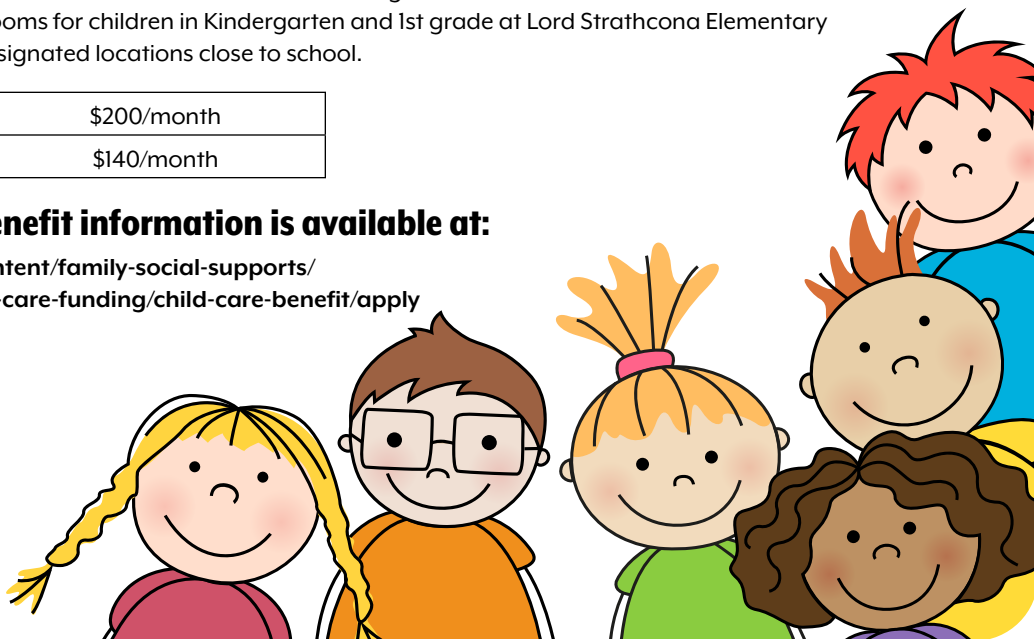
During the school year, SLC operates before school care for up to 60 school-aged children from 7:30 AM -9:00 AM. This includes access to the Breakfast Program in the Community Centre (see page 15), and an escort to the school at Lord Strathcona Elementary School.

During the school year, SLC operates after school care for 174 school-aged children from 3:00 PM-6:00 PM. This includes pick up from classrooms for children in Kindergarten and 1st grade at Lord Strathcona Elementary School. Older children meet in designated locations close to school.

Before & After School Care	\$200/month
After School Care	\$140/month

### Affordable Childcare Benefit information is available at:

<https://www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/child-care-funding/child-care-benefit/apply>



## Social

### Caregiver and Tot Playtime

Our tot playtime will take a break this summer and will return on Monday September 9th. Please look out for our Fall 2024 brochure in mid August for more information. Have a great summer!

## Arts

### Parent & Child Art Class

2-6 yrs | Annie Ting

Join us for a morning of fun and creativity in this interactive, supportive and inspiring environment. Build toddlers motor skills and develop their vocabulary while having a blast! Get messy with your toddler in these lovely bonding activities.

No Class Aug 3.

Sa Jul 6-Aug 24  
508096

9:15 AM-10:30 AM  
\$70/7 sess

### Little Ballerinas

3-5 yrs | Endorphin Rush Dance And Fitness

Young ballerinas explore the fun and beauty of ballet while learning the basic techniques. They will love playing with their creative expression in this fun class. Children must be able to participate without a parent in the room. More info: [www.kirbysnelldance.com](http://www.kirbysnelldance.com). No Session Aug 3.

Sa Jul 6-Aug 24  
508094

10:15 AM-11:00 AM  
\$77/7 sess

### Mini Hip Hop Breakers

3-5 yrs | Endorphin Rush Dance And Fitness

Get your groove on!! Calling all b-boys and girls! Let's move and groove! This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats! Children must be able to participate without a parent in the room. No class on Aug 3.

Sa Jul 6-Aug 24  
508095

11:00 AM-11:45 AM  
\$77/7 sess



## Sports

### Sportball - Parent & Tot Multisport

2-3 yrs | Sportball Vancouver

Sportball Parent & Child programs help pre-schoolers to refine their motor skills, such as balance and coordination, as well as develop their social skills such as confidence, following instructions, turn-taking and sharing. Coaches introduce a different sport each class using developmentally appropriate games and activities. Sportball maintains a one-parent-per-child ratio policy in all Parent Child programs to ensure that focus is kept on helping little ones practice and progress. No class Aug 4.

Su Jul 7-Aug 25  
508152

10:15 AM-11:00 AM  
\$105/7 sess

### Sportball - Indoor Multisport

3-5 yrs | Sportball Vancouver

Sportball lessons are packed with cooperative games and a variety of ball sports. Our trained and certified coaches emphasize confidence and competence building over competition. Laugh and learn skills for life! No class Aug 4.

Su Jul 7-Aug 25  
508150

11:00 AM-12:00 PM  
\$105/7 sess

### We don't want to cancel good programs, but...

Programs are cancelled if everyone waits until the last minute to register. The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed.

### Everyone should have access to recreation

Subsidies are available for Strathcona residents facing financial barriers.

See page 2.

## Arts

### Hip Hop Dance

5-8 yrs | Endorphin Rush Dance And Fitness

Get your groove on!! Calling all b-boys and girls! Let's move and groove! This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats! Children must be able to participate without a parent in the room.

No class on Aug 3.

Sa Jul 6-Aug 24

11:45 AM-12:45 PM

508087

\$77/7 sess

### Introduction to Draw Realism

7-12 yrs | Annie Ting

Do you want to learn how to make your drawings look real? Explore how to use line, shape, shading and proportion to create a wonderful realistic masterpiece. Introduction to basic drawing techniques in an encouraging and supportive environment. No class on Aug 3.

Sa Jul 6-Aug 24

10:30 AM-11:45 AM

508088

\$70/7 sess

## Education

### Red Cross At Home Alone

9-13 yrs | First Aid Hero

Do you or your parents want to feel confident knowing you are responsible on your own and have the skills to deal safely with an emergency situation?

#### Course Content

- Canadian Red Cross Principals
- My Family and Me
- My Time: Scheduled and Leisure Activities
- Expecting The Unexpected
- Healthy Choices
- First Aid (Handwashing, Check, Call, Care, Complete Choking - Alone, Anaphylaxis and Use of Epipen Auto-Injector, Life-Threatening External Bleeding)

Sa Jul 27

9:00 AM-3:00 PM

508145

\$65/1 sess

## Music

### Piano Lessons

6+ yrs | Alicia, Aydan, Christina, Kaya, & Megan

From the basic beginners to preparing Royal Conservatory Music exams, all students will be taught the fundamentals of music and are encouraged to build a strong foundation and develop good habits. While providing comprehensive music education, the 30 minute private lessons are tailored to each student's interests and goals. All music books and materials are purchased separately through the instructor. There are spaces available for new students. For further information about available space, please contact the Community Centre at 604-713-1838.

M Jul 8-Jul 22

\$48/3 sess

F Jul 5-Jul 19

\$48/3 sess

Sa Jul 6-Aug 24

\$128/8 sess

Su Jul 7-Aug 25

\$128/8 sess

### Ukulele & Guitar Private Lessons

8+ yrs | Rene Hugo-Sanchez

The 30 minute classes focus on technique, repertoire, basic theory and practicing skills. Participants work at their own level and pace. Books available for \$15.

Sa Jul 6-Aug 24

\$160/8 sess

3:00 PM-3:30 PM

508165

3:30 PM-4:00 PM

508166

4:00 PM-4:30 PM

508167

4:30 PM-5:00 PM

508168



## Martial Arts

### Axe Capoeira for Children

6-13 years | Kaj Rosberg

Capoeira is the perfect martial art for children and youth, combining dance, music, language, history, philosophy, fitness and acrobatics with martial arts in one class. Anyone can join! Classes cover all aspects of Capoeira: martial arts, dance, music, acrobatics, culture, language and more. Focus on developing rhythm, reflexes, balance, coordination and increasing strength and flexibility.

6-8 yrs

Tu Jul 2-Aug 20

4:00 PM-5:00 PM

508079

\$100/8 sess

Th Jul 4-Aug 22

4:00 PM-5:00 PM

511250

\$100/8 sess

9-13 yrs

Tu Jul 2-Aug 20

5:00 PM-6:00 PM

508080

\$100/8 sess

Th Jul 4-Aug 22

5:00 PM-6:00 PM

511251

\$100/8 sess

### Kung Fu: Choy Lee Fut

8-18 yrs | Amy Pon & Matthew Wing

Enjoy fitness and endurance with practical self defense techniques focusing on artistic forms of the Choy Lee Fut Style. Workouts start with stretching and flexibility, then speed training practice and forms. This class will be combined with the Adult class. Children can drop-in for \$5.

M/W Jul 3-Aug 21

6:30 PM-7:30 PM

508091

\$5/drop-in

## Sports

### Strathcona Basketball

6-14 yrs | Jadon, Josh & Billy

An introductory, skills and fun-based approach to the game of basketball for grades 3-5. This immersive and progressive program will teach players a variety of skills and concepts necessary to become a better basketball player. Strathcona Elementary children and children living in the V6A will have a 1 week priority to sign up beginning June 1 in person/by phone. The rest of the general public will register on June 8.

#### Grades K-2

Sa Jul 6-Aug 24 9:05 AM-10:05 AM  
509367 \$24/8 sess

#### Grades 3-5

Sa Jul 6-Aug 24 10:10 AM-11:10 AM  
509368 \$24/8 sess

#### Grades 6-8

Sa Jul 6-Aug 24 11:15 AM-12:15 PM  
509369 \$24/8 sess



### Tennis Lessons: Basics

5-12 yrs | Wilson Tan

Learn the basics of how to rally. Develop skills important to tennis through games in an open skills environment. You will learn about basic skills and competencies to play tennis. Suitable for first-timers those new to tennis. Our ambition is to help you rally 6-10+ balls consecutively. No class on Aug 3.

#### 5-6 yrs

Sa Jul 6-27 1:45 PM-3:00 PM  
508163 \$60/4 sess

Sa Aug 10-24 1:45 PM-3:00 PM  
511256 \$45/3 sess

#### 7-9 yrs

Sa Jul 6-27 1:45 PM-3:00 PM  
508164 \$60/4 sess

Sa Aug 10-24 1:45 PM-3:00 PM  
511257 \$45/3 sess

#### 10-12 yrs

Sa Jul 6-Jul 27 1:45 PM-3:00 PM  
508162 \$60/4 sess

Sa Aug 10-Aug 24 1:45 PM-3:00 PM  
511258 \$45/3 sess

## CAP-C PROGRAMS (Community Action Program for Children)

The Community Action Program for Children (Cap-C) program is designed for low-income families with children ages 6 and under. Financial contribution from Public Health Agency of Canada in agreement with the Province of BC. Please register in person or phone at 604.713.1838.



Government  
of Canada

Gouvernement  
du Canada

### Physical Literacy & Play More

5-6 yrs/Gr K-1

To increase their motor skills, hand eye coordination and receive overall health benefits to staying active. In addition to learning new skills, it fosters and teaches children to communicate and to learn and understand how to be part of the team.

Sa Jul 13-Aug 17 1:00 PM-2:00 PM  
509000 Free/6 sess

# Summer Day Camps – Specialty Camps

## Basketball Camp

5-12 yrs | TBD

Looking for your child to improve their skills in basketball and at the same time have fun doing it? Enroll in basketball camp and have fun practicing the fundamentals and playing various games involving: passing, shooting, dribbling, rebounding. Elements such as sportsmanship and team play will be greatly emphasized. Children must have completed kindergarten and be eligible for grade 1 in order to register for camp.

**5-8 yrs**

M-F Jul 15-19 10:15 AM-12:15 PM  
510569 \$50/5 sess

**9-12 yrs**

M-F Jul 15-19 12:30 PM-2:30 PM  
510570 \$50/5 sess

## Tennis Camp

5-12 yrs | Wilson Tan

Participate in this innovative program and develop tennis fundamentals with Wilson and his team of trained coaches. Players learn self-rally, cooperative rally, volley and serve. Scaled down courts, nets, racquets, foam and low compression balls are used to maximize success. Please bring your own racquet. Location: Gymnasium at Strathcona Community Centre.

**5-7 yrs**

M-F Aug 12-16 10:30 AM-12:30 PM  
511252 \$140/5 sess

M-F Aug 12-16 1:00 PM-3:00 PM  
511253 \$140/5 sess

**8-12 yrs**

M-F Aug 12-16 10:30 AM-12:30 PM  
511254 \$140/5 sess

M-F Aug 12-16 1:00 PM-3:00 PM  
511255 \$140/5 sess

## Frozen Ballet Camp

3-5 yrs | Endorphin Rush Dance & Fitness

A full week of morning movement for young dancers! 100% Frozen Soundtrack music is played in this creative ballet class designed to ignite young dancers imaginations. No experience required as dancers learn the basics of ballet and creative expression through movement. Children must be able to participate without guardian present. Costumes are welcome, but not required in this class. Beginner friendly. Presentation for parents on the last day!

M-F Jul 29-Aug 2 9:15 AM-10:30 AM  
511261 \$109/5 sess

## NEW! Creative Dance Camp

4-6 yrs | Endorphin Rush Dance & Fitness

Creative Dance: Fairies, Frogs, & Fire Breathing Dragons. Dancers are encouraged to let their imaginations run wild in this playful and expressive dance camp. In a warm and welcoming environment; children will make new friends while improving their dance technique, and exploring creative expression. Beginner friendly. Presentation for parents on the last day!

M-F Jul 29-Aug 2 10:45 AM-12:00 PM  
511262 \$109/5 sess

## Byte Camp – Introduction to Coding

9-12 yrs | Byte Camp

Discover how much fun it is to build your own game! Students will be introduced to basic coding skills with Scratch and get to use those skills to make their very own games. Students will learn how to create their own 2D vector artwork to make characters and levels that are entirely their own. The final project is a game that you can access and play or proudly share with friends.

M-F Aug 26-30 9:00 AM-4:00 PM  
513757 \$395/5 sess

## NEW! Swiftie Dance Party Camp

7-12 yrs | Endorphin Rush Dance & Fitness

Taylor Swift Fans Unite! This upbeat, empowering, and vibrant dance camp is set to 100% Taylor Swift tunes including Anti-Hero and Shake it Off. Dancers will improve jazz technique, play interactive dance games, and learn dynamic choreographies all while making new friends. Please wear comfortable clothing for movement, clean dance or running shoes, and bring a water bottle. Get ready to cheer; presentation on the last day of camp.

M-F Jul 29-Aug 2 1:45 PM-3:00 PM  
511264 \$109/5 sess

## NEW! Capoeira Camp

7-12 yrs | Kaj Rosberg

Capoeira is an Afro-Brazilian martial art that combines music, self-defense, dance, acrobatics and physical conditioning to create a unique, multidisciplinary experience. Modern capoeira is one of the most inherently diverse martial arts in the world today with creativity, music, self-expression and strategic thinking as much a part of the core curriculum as physical training and fitness. Kids will love this program.

Tu-F Aug 6-9 9:30 AM-12:00 PM  
511249 \$125/4 sess

## Mini Hip Hop Dance Camp

3-5 yrs | Endorphin Rush Dance & Fitness

This non-stop action-packed class includes hip hop, and dance games that will have your dancer moving to the beats. Through the week we will work on a choreographed dance. Get ready to cheer with gusto as there is a presentation for family on the last day! Please bring a filled water bottle each day.

M-F Jul 29-Aug 2 12:15 PM-1:30 PM  
511263 \$109/5 sess





## SUPERSHINE SUMMER DAY CAMP



### Supershine Summer Day Camp

5-13 yrs | Supershine Summer Day Camp

Come and join our Summer Day Camp staff team for an exciting summer program that includes arts & crafts, neighbourhood adventures, out-trips, and more! Child must have completed Kindergarten/going to Grade 1 and turning 6 years old by December 31, 2024 to attend. Day camp participants must bring a packed lunch and dress appropriately for the weather. A waiver form must be completed prior to the start of the week.

#### \*NEW CHANGES TO SUMMER DAY CAMPS @ STRATHCONA\*

- AGE GROUPS:** Due to the high demand and need for day camps in the summer, we have divided the camp into 3 age groups (5-7, 8-10, 11-13yrs) to provide more spots for children to attend.
- V6A PRIORITY:** To ensure we provide equitable access to our Strathcona Community, we provide 1 week priority registration for those living in the V6A postal code to sign up beginning May 11, 2024 @ 9am in-person only. Registration opens up to the general public in-person only on May 18, 2024 @ 9am. (Each day camp activity will be viewable online only to check for spots remaining on **Wednesday, May 15 at 12pm.**)

**Please note:** Residents living in V6A must provide both of the following items to register your child on May 11, 2024.

- Proof of address dated in the last 90 days (Hydro/Phone bill)
- Government Photo ID at time of registration

#### OH NO! IS THE WEEK YOU WANT FULL?

We highly suggest putting the child on the waitlist(s) as many spots open up throughout the summer.

**Time: 9:00 AM – 4:00 PM**

WEEKS	DATES	COST	ACTIVITY # (5-7 yrs)	ACTIVITY # (8-10 yrs)	ACTIVITY # (11-13 yrs)
WEEK 1*	Jul 2-5	\$105	479741	479756	479768
WEEK 2	Jul 8-12	\$130	479742	479757	479769
WEEK 3	Jul 15-19	\$130	479743	479758	479771
WEEK 4	Jul 22-26	\$130	479744	479759	479772
WEEK 5	Jul 29-Aug 2	\$130	479745	479761	479773
WEEK 6*	Aug 6-9	\$105	479746	479763	479774
WEEK 7	Aug 12-16	\$130	479747	479764	479775
WEEK 8	Aug 19-23	\$130	479748	479765	479776

\*4 day week

### Registration Dates

**V6A Residents:**  
May 11, 2024 @ 9AM

**General Public:**  
May 18, 2024 @ 9AM

### Supershine Summer Day Camp Refund Policy

Refund requests must be received a minimum 10 working days (Mon-Fri) before the first day of session to receive a full refund.

## Day Camp

### Solar Explorers Youth Trips

13-18 yrs | Youth Leaders

This camp is for those who want to do something during the summer and want to do it with a fun group of people! Solar Explorers Youth Trips emphasizes building connections with peers, community, and great resources around the city! This camp includes out-trips to Playland, swimming pools, community cleanups, cinemas, local neighbourhood adventures, and more! Camp will run on Tuesdays and Thursdays. A complete out-trip schedule is to be determined.

Tue/Thur 10:00AM – 4:00PM

Week	Activity #	Dates	Cost/2 days
1	508576	Jul 2-4	\$50
2	508478	Jul 9-11	\$50
3	508479	Jul 16-18	\$50
4	508480	Jul 23-25	\$50
5	508481	Jul 30-Aug 1	\$50
6	508482	Aug 6-8	\$50
7	508486	Aug 13-15	\$50
8	508487	Aug 20-22	\$50

## Sports

### Youth Gym Drop-In

9-18 yrs | Youth Leader

Looking for something to do on Friday nights? We've got a fun assortment of activities such as badminton, volleyball, and basketball. You can even talk to staff about getting an activity going depending on group interest. Younger youth, aged 11-13 years are welcome to join from 4:30pm – 5:30pm. Older youth, aged 13-18 years are welcome to join from 5:00pm - 8:30pm.

F Jul 5-Aug 30 4:30 PM-8:30 PM  
508470 Free

### Youth Volleyball Drop-In

13-18 yrs | Youth Leader

Need a space to play volleyball during the week? Come by for drop-in volleyball at Strathcona gym for high school students. This is a great chance to practice, play, and spend some time having fun. Bump, set, spike, or play a full game.

Tu Jul 2-Aug 20 4:30 PM-7:00 PM  
508709 Free

## Education

### Strathcona Youth Chess Club

12-18 yrs | Youth Volunteer

Are you interested in the world of chess? Learn to solve puzzles, play against others, and improve your skills in this programme. Run by a youth volunteer, this opportunity is great for young people to connect and challenge their skills. Free to join.

Sa Jul 6-Aug 24 1:15 PM-2:15 PM  
508471 Free



## Youth Leadership

### Friday Night Cooking Club

11-18 yrs | Youth Leader

Fridays are for fun! What better way to enjoy the start of the weekend than to eat a good meal that you cooked yourself? The Friday Night Cooking Club is meant to teach you the basics of cooking recipes with minimal ingredients, while tasting great. This program is like a community kitchen, and the Cooking Club prepares meals for all youth in the space. Cook, eat, and enjoy good company.

F Jul 12-Aug 23

6:00 PM-8:00 PM

508469

Free

### Games for Champions

12-18 yrs | Youth Leader

A series of competitions for those who want to test their skills. Come participate in NBA 2K, Super Smash Bros, table tennis, foosball, billiards tournaments, and more! Prizes are granted to the winners! Light snacks will be provided.

W Jul 10-Aug 21

4:30 PM-6:00 PM

508640

Free

### Strathcona Youth Council

13-18 yrs | Youth Leader

Do you want to make a difference in your community? Strathcona Youth Council is committed to provide youth a voice and want your help! Their goal is to build a group of young people who can work together toward improving youth opportunities and experiences. Members will earn volunteer hours, fundraise for great causes, gain employment training, go on out-trips, and plan events. This is a wonderful opportunity to learn about how non-profits function and experience how community collaboration works!

For more information, please contact [aneesh.vashisht@vancouver.ca](mailto:aneesh.vashisht@vancouver.ca).

Sa Jul 13-Aug 24

10:30 AM-12:00 PM

508463

Free

Follow us on Instagram for updates about events, workshops, and volunteer opportunities!



@STRATHYOUTH



## Education

### Sashiko Wagara: Hand Sewing Japanese Embroidery Stitching

19+ yrs | Suzan Lee

Japan has many long standing traditions. Embroidery is no exception. Sashiko is Japanese hand stitching technique. Wagara categorizes the many Japanese traditional stitch patterns. Learn to hand stitch in this beautiful and elegant way whether for purely a mindful practice, a decorative purpose or to visibly mend well loved items.

Su Aug 25 10:30 AM-1:30 PM  
508147 \$59.95/1 sess

### Bookbinding: Japanese Box

19+ yrs | Suzan Lee

Make a beautiful box using an historical Japanese method. Beautiful decorative paper and bookcloth are used to finish a box roughly 8" x 3" x 2" with a bone clasp closure. The box's historical purpose was to gift or house precious items. Today, it can hold a gift or household items elegantly to minimize everyday clutter. No prior bookbinding or box making experience is necessary. All materials and tools provided.

Sa Aug 3 10:00 AM-2:00 PM  
509336 \$79.95/1 sess

## Fitness & Health

### Adult Ballet for Beginners

19+ yrs | Endorphin Rush Dance and Fitness

Ballet enthusiasts and former dancers unite! An open level, beginner friendly, ballet program designed for adult dancers to reap the benefits of ballet through exercises to condition the body, creativity and to compliment short choreographies. Soft ballet shoes are recommended. Please wear comfortable clothing for movement and bring a water bottle. Drop in \$15.00, if space permits.

F Jul 5 5:30 PM-6:30 PM  
508072 FREE TRIAL/1 sess  
F Jul 12-Aug 23 5:30 PM-6:30 PM  
508071 \$91/7 sess

### Adult Intermediate Ballet

19+ yrs | Endorphin Rush Dance and Fitness

This welcoming and inclusive class will further expand the students knowledge of ballet terminology and while improving musicality and coordination. Ideal for ballet enthusiasts, and returning dancers, with at least 3 years of ballet experience. More info: www.kirbysnelldance.com. Drop in \$15.00, if space permits.

F Jul 5 6:30 PM-7:30 PM  
508074 FREE TRIAL/1 sess  
F Jul 12-Aug 23 6:30 PM-7:30 PM  
508073 \$91/7 sess

## Pilates

19+ yrs | Into Yoga

Pilates participants will learn the fundamentals of Pilates which promotes strength and stability while lengthening the muscles and supporting the spine. There will be a strong focus on connecting to the abdominal and pelvic floor muscles which is the key to strengthening the body's core muscles. Please bring your own mat. Drop in \$16, if space permits. For more info, visit [www.intoyoga.ca](http://www.intoyoga.ca)

W Jul 3-Aug 14 7:00 PM-8:00 PM  
508143 \$101.50/7 sess

### Vinyasa Flow Yoga

19+ yrs | Hannah Bruen

This is an all levels vinyasa flow yoga class where we will laugh, play, and move our wonderful bodies! We will work on meditation, breathing, and play around with some fun yoga postures and sequences. Our bodies will get a chance to build core strength, improve balance and get a cardio boost. Never tried yoga before? No need to worry as we will guide you step by step with helpful cueing and encouragement. This class can be as relaxing or challenging as you would like to make it. We will provide optional modifications and progressions to allow the class to meet you where you are at each week. Please bring your own yoga mat to class. Please bring any other equipment such as blocks or blankets to better support your body during our yoga practice. Drop-in \$11.43, space permitting.

Th Jul 4-Aug 15 7:00 PM-8:15 PM  
508170 \$70/7 sess

### Everyone should have access to recreation

Subsidies are available for Strathcona residents facing financial barriers.

See page 2.

## Zumba Outdoors at MacLean Park

19+ yrs | Edie Chang

This class fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It uses a variety of styles in its routines, including Cumbia, Soca, Merengue, Salsa, African, Reggaeton, Flamenco, Disco, and Bellydance. Zumba is a 'feel-happy' workout that is great for both the body and the mind. Drop-in \$11.00, if space permits. Class will be held in the community centre if the weather forces the class indoors. No class Aug 3.

Tu Jul 2	7:00 PM-8:00 PM
513011	FREE CLASS
Tu Jul 9-Aug 20	7:00 PM-8:00 PM
508174	\$63/7 sess
Sa Jul 6	10:00 AM-11:00 AM
513012	FREE CLASS
Sa Jul 13-Aug 24	10:00 AM-11:00 AM
508175	\$54/6 sess

## Strathcona Bootcamp

19+ yrs | Scovia Maeko

This high intensity interval training class will challenge your mind and body. Be prepared to sweat, train hard and release the stresses of the day. This will be a progressive class. Work out with Scovia, who is also a personal trainer and understands how to motivate you to attain your workout goals. Drop-in \$10.50, if space permits.

M Jul 8-Aug 19	6:30 PM-7:30 PM
509370	\$57/6 sess
Th Jul 4-Aug 22	5:15 PM-6:15 PM
509371	\$76/8 sess

## Martial Arts

### Aikido

19+ yrs | Tony Hind

Based on traditional Japanese hombu style, Aikido is a powerful, dynamic martial art that uses an attacker's momentum and energy and redirects it through fluid techniques that may involve joint locks, throws and pins. This class will include both basic and higher level techniques suitable for all participants, beginners and advanced students. Space permitting, \$15 drop-in. No Session Aug 3.

Sa Jul 6-Aug 24	11:30 AM-1:00 PM
508077	\$70/7 sess

### Axe Capoeira

13+ yrs | Sheila Recuenco

Capoeira is the perfect martial art that combines dance, music, language, history, philosophy, fitness and acrobatics. Anyone can join! This is a beginner class for adults, but youth aged 13 and up are welcome to join as well. Classes cover all aspects of Capoeira: martial arts, dance, music, acrobatics, culture, language and more. Focus on developing rhythm, reflexes, balance, coordination and increasing strength and flexibility. Drop-In also available at \$12/class.

Tu Jul 2-Aug 13	5:00 PM-6:00 PM
508078	\$70/7 sess

## Kung Fu: Choy Lee Fut

19+ yrs | Amy Pon & Matthew Wing

Enjoy fitness and endurance with practical self defense techniques focusing on artistic forms of the Choy Lee Fut Style. Workouts start with stretching and flexibility, then speed training practice and forms. Children can join at a reduced rate. All levels and new participants welcome! Drop in \$6.67, if space permits.

M/W Jul 3-31	6:30 PM-8:30 PM
508090	\$63/9 sess
M/W Aug 7-21	6:30 PM-8:30 PM
508092	\$35/5 sess



## Sports

### Adult Tennis Lessons at Andy Livingstone Park

19+ yrs | Wilson Tan

Suitable for beginners and novice seeking to learn basics of successful rallying - Expectations to consecutively rally 30-50 balls with a partner. Basic understanding of volleys and serving. Our programs take Progressive Tennis in an open skills environment, allowing developments important to improving your tennis. You will learn about basic skills and competencies to play tennis.

Su Jul 7-28	10:00 AM-11:45 AM	508075	\$175/4 sess
Su Aug 11-25	10:00 AM-11:45 AM	508076	\$131.25/3 sess
M Jul 8-29	7:00 PM-8:30 PM	511259	\$150/4 sess
M Aug 12-26	7:00 PM-8:30 PM	511260	\$112.50/3 sess

### Basketball - Recreation

19+ yrs | No Instructor

Recreational co-ed basketball with limited spaces. Registered participants must check in at the front desk in person no later than 5 minutes after start time to guarantee their spot, or spots will be sold to those on waitlist. Waitlist opens 30 minutes prior to time of play. Drop-in \$5.25, space permitting.

Tu Jul 2-Aug 20	7:15 PM-8:45 PM	508083	\$30/8 sess
Su Jul 7-Sep 1	12:10 PM-2:00 PM	508084	\$5.25/drop-in

### Pickleball - All Levels - Recreation

19+ yrs | No Instructor

Pickleball is a combination of Ping-Pong, tennis, and badminton. This mini-tennis game is played by 2 or 4 people on a badminton-sized court using wood paddle racquets and a plastic, poly baseball with holes. No experience necessary, players of various levels play each week. Participants try to match abilities when possible. Registered participants must check in at the front desk in person by 5:20pm to guarantee their spot, or spots will be sold to those on waitlist. Waitlist opens 30 minutes prior to time of play. Drop-in \$5.25, 4 available drop-in spots available weekly on first come-first served basis.

W Jul 3-Aug 21	5:15 PM-6:30 PM	508142	\$38.08/8 sess
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### Volleyball - Adult Recreation Play

19+ yrs | Non Instructional

Bump, set, spike and meet new people while enjoying some friendly, non-competitive games of recreational volleyball. Registered participants must check in at the front desk in person by 7:05pm to guarantee their spot, or spots will be sold to those on waitlist. Waitlist opens 30 minutes prior to time of play. Summer drop-in special \$3.50, space permitting.

W Jul 3-Aug 21	7:00 PM-8:45 PM	508172	\$24/8 sess
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### Badminton: Drop-In

13+ yrs | Non Instructional

Drop-in badminton play at Strathcona for all ages. Come as a family, or make new friends. Play is self-monitored, so please be ready to rotate, share, and have fun. Limited number of rackets and birdies available to borrow - if you have your own, please bring. Summer Drop-In special \$3.50.

Sa Jul 6-Aug 31	3:15 PM-4:45 PM	508082	\$3.50/drop-in
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### NEW! Badminton - Adult Recreation Play

19+ yrs | Non-Instructional

Play badminton on one of our 4 courts. Registered participants must check in at the front desk in person by 7:50pm to guarantee their spot, or spots will be sold to those on waitlist. Waitlist opens 30 minutes prior to time of play. Summer Special Drop-in \$3.00, space permitting.

M Jul 8-Aug 19	7:45 PM-9:00 PM	511265	\$15/6 sess
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### Table Tennis - Sunday Drop-In

19+ yrs | Non-Instructional

Everyone is welcome! Get your heart rate up by playing table tennis, which is a great form of low impact exercise. This is a great way to socialize and keep active. Come with your friends to spend some quality time playing table tennis! Drop-in to play for \$1 each visit.

M Jul 8-Aug 26	10:15 AM-1:45 PM	513209	\$1/Drop-in sess
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## We don't want to cancel good programs, but...

Programs are cancelled if everyone waits until the last minute to register. The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed.

## Food Programs

### Strathcona Backpack Program

The Backpack Program is a service for household with dependents 18 or under, who are living in the V6A postal code area and experiencing food insecurity. We provide a variety of produce, meat, meat alternatives and dry goods as per donation. Currently, the program is no longer accepting applications and the waitlist is closed. Please note: the program is closed between 12:00pm-1:00pm

F Jul 5-26

9:30 AM-12:00 PM

1:00 PM-3:00 PM

### Summer Community Kitchen

19+ yrs | Strathcona Food Security Team

Looking for a culinary adventure this summer? Or perhaps looking for a place to meet neighbours and share cooking? Then join our Summer Dinner time Community Kitchen. Our Summer Community Kitchen is the perfect opportunity to meet new friends, connect with neighbours and share in the joy of cooking and eating together. Participants will choose which recipes to cook each week and will have the chance to discover new flavour and dishes. Share your favourite recipes, cultural dishes and learn new techniques and flavour combinations from you neighbours. Extra food will be prepared and available to take home. Seasoned and beginner cooks are welcome.

Tu Jul 9-30

5:00 PM-7:00 PM

509002

Free/4 sess

Tu Aug 6-27

5:00 PM-7:00 PM

509028

Free/4 sess

### Canning Strawberries - Sugar Free

19+ yrs | Strathcona Food Security Team

Canning strawberries is a wonderful way to capture the warmth and abundance of the summer. In this hands-on class we'll can strawberries using their own juice - free of sugar! Canned strawberries can be enjoyed on their own, on oatmeal or in yogurt. Everyone will take home 2 jars of strawberries to enjoy at home. Adults 19+ yrs & Children 12+ yrs must be accompanied by an adult.

W Jul 10

5:00 PM-7:00 PM

508997

\$10/1 sess

### Canning Stone Fruit with Honey

19+ yrs | Strathcona Food Security Team

Canning is an excellent way to preserve fruit during its peak season so it can be enjoyed later. In this hands-on class, we'll take a seasonal stone fruit and can it using a light honey syrup. Canned fruit can be enjoyed on its own, on oatmeal or in yogurt. Everyone will take home 2 jars of fruit to enjoy at home. Adults 19+ yrs & children 12+ yrs must be accompanied by an adult.

Th Aug 22

5:00 PM-7:00 PM

509016

\$10/1 sess



## Arts

### Chinese Calligraphy

19+ yrs | Wai Yin Lau

Come and learn the ancient art of Chinese calligraphy. Participants will improve their writing skill through the use of ink, brush and paper.

F Jul 5-Sep 27

9:30 AM-11:30 AM

509001

\$30/13 sess

## Fitness & Health

### Seniors Tai Chi

50+ yrs | Volunteer Instructor

Join us for some easy and relaxing exercises. Our volunteer instructor will assist you to learn the different forms of Tai Chi movement. It helps to develop great mobility and balance. No experience necessary! No class July 1, Aug 5, Sept 2.

M-F Jul 2-Aug 30

9:00 AM-10:30 AM

509022

Free with Registration

### Table Tennis Drop-In for Seniors

50+ yrs | Non-Instructional

Everyone is welcome! This is a great way to socialize and keep active. Come by to the seniors room with your friends to spend some quality time playing table tennis! Drop-in to play for \$1 each visit. No class Aug 5.

M Jul 8-Aug 26

11:00 AM-1:00 PM

513043

\$1/Drop-in sess

### Wellness Program

50+ yrs | TBA

This program provides information to help you be healthy and safe. Learn more about nutrition, exercise, flu shot, fall prevention, home safety and more! You can also have a chance to try out the modified osteofit exercise.

Tu Jul 2-Aug 27

10:00 AM-12:00 PM

509008

Free with Registration/9 sess

### Wu's Tai Chi

50+ yrs | David Ho

A gentle art of health and well being for people of all ages and health conditions.

The Tai Chi exercise helps to develop strength and balance. No experience necessary!

Tu Jul 2-Aug 27

10:45 AM-11:45 AM

509009

Free with Registration/9 sess

### Strathcona Chinese Wellness Program for Stroke Survivors

19+ yrs | Volunteer Instructor

Come and join our wellness program designed for stroke survivors. Class entails light stretching and movement with time to meet and engage with other members. Fee for snacks not included but is optional for those who attend.

Th Jul 4-Aug 29

10:00 AM-12:30 PM

509007

Free/9 sess



Program: Wu's Tai Chi





# SUMMER CRUISERS

Come and join other older adults 50+ years in our Summer Cruisers program at Strathcona Community Centre! This out trip program will be offered starting at the end of June 2024 for 7 weeks.

The leaders of the program will organize exciting trips in and around Greater Vancouver! For more detailed information, schedules will be available at the front office starting mid-June.



## Summer Cruisers Opening Ceremony

50+ years | Summer Cruisers Leaders

Have a social lunch together where you can meet new people and chat over a nutritious delicious meal. Please purchase tickets in advance as space is limited.

This will be the first day of ticket sales for Summer Cruisers. Tickets are sold at 1:15pm on a first-come, first-served basis.

W Jun 12 11:00 AM-1:00 PM  
478394 \$11.43/ticket

## Summer Cruisers Closing Ceremony

50+ years | Summer Cruisers Leaders

Have a social lunch together where you can meet new people and chat over a nutritious delicious meal. Please purchase tickets in advance as space is limited.

This last luncheon for the summer will close out the Summer Cruisers program!

W Aug 7 11:00 AM-1:00 PM  
511038 \$9.52/ticket

# Fitness Centre

## Welcome to the Strathcona Fitness Centre!

### Fitness Centre Hours

Mon-Fri ..... 9:00AM - 8:30PM  
 Sat ..... 9:00AM - 4:30PM  
 Sun ..... 10:00AM - 1:30PM  
 Aug 26-30 ..... 9:00AM - 4:15PM

### Holiday Closures

Jul 1, Aug 5, Sep 2 ..... CLOSED

### Fitness Consultations

Book up to 3 sessions with our Fitness Centre Staff! Free with drop-in admission, a valid flexipass or a usage pass. 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. Please call the front desk to book a timeslot.

### Information

Stay home if you are sick. By entering our facilities you are declaring that you are in good health.

### Fitness Centre Fees

Flexipass (Monthly Passes)	Adults (19-64 years)	Seniors (65+ years)	Youth (13-18 years)
Single-visit admission	\$7.41	\$5.19	\$5.19
1 Month	\$59.95	\$41.96	\$41.96
3 Month	\$161.87	\$113.31	\$113.31
12 Month	\$517.97	\$362.58	\$362.58
10 Visit Usage Pass	\$66.69	\$46.71	\$46.71
Prices do not include GST. Prices subject to change without notice.			

### Personal Training/Semi Personal & Small Group Training

You can book 1, 3, 5, or 10 sessions, either privately or with a friend. Whether you are a beginner, over coming a plateau, rehabilitating from an injury or looking for a sport-specific workout, our Trainers will work with you to develop a customized plan designed to meet your goals.

Please visit <https://vancouver.ca/parks-recreation-culture/personal-training.aspx> to register and for more information.

Sessions	Private (1 person)	Semi-private (2 people)	Small group (3-4 people)
1	\$61.66	\$92.46	\$129.70
3	\$170.87	\$256.35	\$347.38
5	\$274.83	\$423.22	\$509.51
10	\$493.36	\$785.98	\$926.37
Prices do not include GST. Prices subject to change without notice.			



## Room Rentals

Strathcona Community Centre has rooms for all occasions and meetings. We have a great gym space for indoor sports play and meeting facilities as well. **Please contact Raymond (raymond.eng@vancouver.ca) or the front desk at 604.713.1838 to book your rental.**

ROOM	ROOM CAPACITY		OPERATING HOURS \$ per hour	AFTER HOURS \$ per hour & staff
	MAX	COMFORT		
Gymnasium – 96'x60' (Sport rentals only) Please note: Mandatory insurance required. Visit <a href="http://eventpolicy.ca">eventpolicy.ca</a>	N/A	N/A	\$65.00	\$90.00 2 hours minimum
Seniors Room – 48'x28'	80	60	\$45.00	\$70.00
Activity Room – 34'x28'	40	30	\$40.00	\$65.00
Community Room – 34'x28'	30	20	\$40.00	\$65.00
<b>DIGITAL EQUIPMENT</b> – For Workshops, Seminars, Meetings				
LCD Projector (Projector screen included)	\$25.00			

### Staff Charges

Rentals outside of regular operating hours or special circumstances require rental staff. Staffing charges are \$25 per hour with a minimum of 2 hours regardless of the duration of the rental. Full payment is due upon the confirmation of your rental with the Rental Coordinator

### Set-up and Take Down

All reservation times depicted on the Rental Agreement are inclusive to set up and clean up. All groups are responsible for their own set up, take down, and basic cleanup of the rented space. Cleaning supplies will be provided.

### Cancellation & Refund Policy

1. When cancellation of a rental booking is done 10 or more business days in advance of the booking, the rental group will receive a full refund.
2. When cancellation of a rental booking is done between 5 and 10 business days in advance of the booking, the rental group will receive a 50% refund excluding the damage deposit.
3. When 5 business days or less notice is given for cancellation, no refund will be given, excluding the damage deposit.

*\*Liability insurance is required for all sport and/or high risk activities.*



GYMNASIUM



SENIORS ROOM



ACTIVITY ROOM



COMMUNITY ROOM

Come and join our Park Board playground  
leaders this year!

# MacLean Park

## July 2 - August 30

11:30am - 5:30pm

Join in on arts & crafts, toys and  
games for everyone to enjoy!

MacLean Park will not be staffed on Saturdays and Sundays



Strathcona Community Centre

## SOLAR EXPLORERS YOUTH TRIPS

For grades 8 - 12  
July 2 - Aug 22  
Tues & Thurs



Please refer to page 10 for registration info

AGES 5-13  
YRS OLD

## SUPERSHINE SUMMER DAY CAMP



### REGISTRATION DATES:

- MAY 11, 2024 @ 9 AM :
  - V6A POSTAL CODE RESIDENTS ONLY
  - (PROOF OF ADDRESS REQUIRED)
- MAY 18, 2024 @ 9 AM:
  - REGISTRATION FOR GENERAL PUBLIC

**MORE INFORMATION ON PAGE 9**