



STRATHCONA
COMMUNITY CENTRE

We take care of each other

WINTER 2022 RECREATION GUIDE



We Take Care of Each Other Mural - Ann Marie Slater, Scott Chan & Coleman Webb

Registration begins **December 11, 2021** for Winter programs

www.strathconacc.ca

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





**STRATHCONA
COMMUNITY CENTRE**

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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 Thursday of each month, and several times a year on active committees, including:

- Executive Committee
- Program Committee
- Food Security Committee
- Childcare Committee
- Facilities Committee
- Human Resources and Governance Committee
- Finance and Fundraising Committee
- Sustainable Funding Strategy Working Group

If you would like to contact the SCCA Board, please email strathconacc@gmail.com or visit www.strathconacc.ca

The Strathcona Community Centre is grateful to live, work and play on the unceded, ancestral territories of the Musqueam, Squamish and Tsleil Waututh Nations.

Message from the SCCA Board

Transitioning into winter brings with it the changing of seasons — shifts in light, trees, and recreational activities! During the changing of the seasons we are excited to be welcoming new staff onto our core team, along with a full program of fun activities. The SCCA has the pleasure of building a stronger centre together in 2022 with Lindsay Yuasa joining us on a full time basis as Association Manager. We are thrilled to have Karen Chow back as our Community Recreation Supervisor. Also, a warm welcome to Amy Weeks who has joined us in the position of Food Security Manager.

Staff have been rallying hard during the transition back to programming since the interruption to recreation and arts in 2020-2021 due to COVID-19 public health orders. We are proud to have such a strong group of talented and dedicated individuals supporting our many programs. We look forward to celebrating the Strathcona Community Centre Association's 50th anniversary together as a staff, board, and community with more info on exciting events forthcoming!

Respectfully,
SCCA Board of Directors

Our Mission Statement

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

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

75% Subsidy Includes:

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



Strathcona Recreation Subsidy does not include:

- Childcare
- Food programs
- Private lessons
- Workshops



Terms and conditions are subject to change.

Contact Us

601 Keefer St., Vancouver, BC V6A 3V8
Phone: 604-713-1838 | Fax: 604-713-1848

 Strathcona Community Centre Association
 [instagram.com/strathcc](https://www.instagram.com/strathcc)

www.strathconacc.ca
strathcc@vancouver.ca

 @strathcentre
 Strathcona CC

Centre Hours

Mon-Fri 9:00AM - 9:00PM
Sat 9:00AM - 5:00PM
Sun 10:00AM - 2:00PM

Fitness Centre

Mon-Fri 9:00AM - 8:30PM
Sat 9:00AM - 4:30PM
Sun 10:00AM - 1:45PM

Holiday Closures

Dec 20-24 9:00AM-5:00PM
Dec 25-28 CLOSED
Dec 29-31 9:00AM-5:00PM
Jan 1-3 CLOSED
Jan 4 Back to regular hours
Feb 21 Family Day CLOSED

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 programs and services offered at its pools, rinks, participating fitness centres and community centres.

Program Information

Taxes not included in listed program fees. See program details for holiday weekend cancellations.

Want to Volunteer?

Please contact strathcc@vancouver.ca to find out how you can get involved in programs, events, and activities at the Strathcona Community Centre.

Rent a Room

Strathcona Community Centre is proud to provide a welcoming space with competitive rental prices. Each room is unique and can be used for a variety of activities. Please contact the front desk for availability and rates.



STRATHCONA COMMUNITY CENTRE

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How to Register:

Winter Registration Opens

Saturday December 11 @ 9:00AM

Online

[vancouver.ca/
strathconarec](http://vancouver.ca/strathconarec)

By Phone

604-713-1838

In Person

601 Keefer St.
Vancouver V6A 3V8

General Information

Payment

All programs, rentals and drop-in fees 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.

Refund Policy

Requests made more than 48 hours prior to the first class will receive a refund in full. Requests after this time will receive a pro-rated refund based on the number of sessions passed.

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.

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. Please note, preschool is not offered in July & August.

Program Details

The following prices are for 2021-2022. Prices are subject to change

Ages	# of days	Days of the week	Program Time	Monthly Fee
3-5 yrs	5 days	Mon-Fri	9:30 AM-12:00 PM	\$265

Strathcona Licensed Child Care Waitlist is closed during Kindergarten registration starting November 1st, 2021.
After February 1st, 2022, please e-mail strathconawaitlist@gmail.com

Affordable Childcare Benefit information is available at:

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



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 14), 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 School Care	
7:30 AM-9:00 AM	\$50/month
After School Care	
3:00-6:00 PM	\$265/month
Pro-D Days	
7:30 AM-6:00 PM	\$50/day
School Closures (Winter/Spring/Summer)	
Options available. Please see page 7 for Day Camps.	

Strathcona Licensed Child Care Waitlist is closed during Kindergarten registration starting November 1st, 2021. After February 1st, 2022, please e-mail strathconawaitlist@gmail.com

Affordable Childcare Benefit information is available at:

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



Social

Caregiver and Tot Playtime

0-3 yrs

Come and join our tot playtime with your family. We have lots of toys and books available for your young one to enjoy! This is a great way to meet your neighbours and make new friends!

Drop-in \$1.50, spaces are limited. No registration required. No class Feb 21.

M/W/F Jan 10-Mar 11

10:30 AM-12:00 PM

387900

\$1.50/drop-in

Special Events

Family Day Event

All Ages

Join us for our Family Day Event! This event will feature an Arts & Crafts, Face Painting and a Movie Screening for the whole family to enjoy! Put on your slippers, robes and pajamas because it's a pajama party! Snacks will be available for purchase by donation.

Sa Feb 19

10:30 AM-12:30 PM

387893

Free



Arts

DANCEPL3Y Preschool

3-5 yrs | DANCEPL3Y Vancouver

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

W Jan 12

2:15 PM-3:00 PM

387905

FREE TRIAL

W Jan 19-Mar 9

2:15 PM-3:00 PM

387904

\$80/8 sess

Preschool Ballet

3-5 yrs | Endorphin Rush Dance And Fitness

Explore the fundamental principals of ballet, balancing, and creativity in a very fun environment. Children will develop strength, flexibility, and body awareness all to inspiring music!!

Sa Jan 15-Mar 12

10:15 AM-11:00 AM

387974

\$90/9 sess

Education

Baby Sign Language

Newborn-24 months | Into Yoga

Babies understand and can communicate long before they are able to speak. Research shows that babies who learn Sign Language learn quicker and talk earlier. Using songs and games learn how to teach your baby basic American Sign Language (ASL) so they can better convey their wants and needs and relieve unnecessary frustration.

The instructor will teach you the signs and songs so you can practice at home. Babies can sleep during class or you can bring some toys. Please bring your own mat or blanket to sit on. Mats from the centre will not be provided. We will be emailing the curriculum for Baby Sign Language prior to the first class. We've also been allowing only one parent/caregiver per registered child for Baby Sign Language.

Tu Feb 22-Mar 22

12:15 PM-1:00 PM

387883

\$72/5 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.

Registration begins December 11, 2021 at 9:00 AM

Arts

Hip Hop Dance

5-8 yrs | Endorphin Rush Dance And Fitness

Students do what comes naturally, this is a fun movement program with hip hop moves and rhythmic action games! No previous dance experience required!

Sa Jan 15-Mar 12 11:15 AM-12:15 PM
387911 \$99/9 sess

DANCEPL3Y Kids

6-12 yrs | DANCEPL3Y Vancouver

Grab your fav pair of kicks – it's time to get active with dance! DANCEPL3Y (dance-play) is a new dance program where kids ages 9-12 learn simple moves from a variety of styles - Hip Hop, Urban, Ballroom, Bollywood, Lyrical, Jazz/Funk. Forget 5-6-7-8 or technical routines, these classes are designed to prepare kids to perform a fun and engaging final dance while also focusing on getting active, building social skills and boosting mental health through the 3 Rules of PL3Y: Be positive. Be fun. Be yourself.

6-8 yrs

W Jan 12 3:10 PM-4:10 PM
389565 FREE TRIAL
W Jan 19-Mar 9 3:10 PM-4:10 PM
389567 \$80/8 sess

9-12 yrs

W Jan 12 4:15 PM-5:15 PM
389566 FREE TRIAL
W Jan 19-Mar 9 4:15 PM-5:15 PM
389568 \$80/8 sess

Day Camp

Pro-D Day Camp

5-12 yrs | Supershine Day Camp Team

Come and join the day camp leaders in our single-day, recreation-based day camp! Your child will be expected to remain on site for the duration of the program day. Children should bring a lunch, water and snacks. Daily activities will include arts & crafts, sports/games, and other activities in and around the Community Centre.

M Jan 17 9:00 AM-3:00 PM
387987 \$25
F Feb 18 9:00 AM-3:00 PM
387988 \$25

Spring Break Day Camp

5-12 yrs | Supershine Day Camp Team

Join our Spring Break Day Camp where our activities will include sports, cooperative games, arts & crafts, fun out trips and much more! We will also go on walking out-trips to explore nature and the great outdoors. Children must currently be in kindergarten in order to register for camp. Please ensure child has a lunch, water and a snack.

Week 1

M-F Mar 14-18 9:00 AM-3:00 PM
387998 \$110/5 sess

Week 2

M-F Mar 21-25 9:00 AM-3:00 PM
387999 \$110/5 sess

Music

Piano Lessons

5+ yrs | Christina & Alicia

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. For further information about available space please contact the Community Centre at 604-713-1838.

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 Jan 15-Mar 19 3:00 PM-5:00 PM
387990-387993 \$220/10 sess

Open Stage Theatre Program

Be curious, be bold, and be yourself. Students will explore a variety of age-appropriate acting tools and techniques such as the relationship between the physical body and character. The Arts Umbrella Open Stage program is a perfect way to develop imagination, creativity, self-confidence, and empathy in a fun and expressive way. Open to Strathcona Elementary students in Grades 4-7. Students should have an interest in acting. Students should eat a snack prior to coming to the program. Snacks will not be provided at this time. Students should bring a filled water bottle. Registration will close January 31st, 2022 for this program.

Tu Jan 4-Jun 14 3:15 PM-5:00 PM
387911 Free



Education

Afterschool Cooking for Kids

9-13 yrs | Shaista Alami

Join us in exploring the wonderful world of cooking! Get your creative juices flowing as you learn new kitchen skills and try new recipes that will wow you, your friends, and your family. No experience required!

W Feb 2-Mar 9 3:05 PM-5:05 PM
387881 \$90/6 sess

Red Cross Staysafe!

9-11 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? First Aid. Active role-play! Interactive and fun! Please bring lunch, snacks, plenty of water, med sized stuffed animal or baby doll, small blanket or medium sized towel.

Sa Mar 12 9:00 AM-3:00 PM
387980 \$65

Red Cross Babysitting Training

11-17 yrs | First Aid Hero

So you want to be a Babysitter? Or your parents want you to take this course to feel confident they could leave you home with your younger siblings. Babysitting with First Aid Hero emphasizes learning through real life scenarios covered in this course. Topics include Exploring this business of First Aid, Creating Safe Environments, Self Caring for ages 0-12, and First Aid Skills. Please bring lunch, snacks, plenty of water, med sized stuffed animal or baby doll, small blanket or medium sized towel.

Sa Feb 12 9:00 AM-4:00 PM
387976 \$65

Sports

Basketball for Beginners

Gr K-7 | William Grayer

An introductory, skills and fun-based approach to the game of basketball for children and youth. This immersive and progressive program will teach players a variety of skills and concepts necessary to become a better basketball player. No class Feb 19.

Grades K-3

Sa Jan 15-Mar 26 9:05 AM-10:05 AM
387889 \$80/10 sess

Grades 4-7

Sa Jan 15-Mar 26 10:10 AM-11:10 AM
387888 \$80/10 sess

Grades 8-12

Sa Jan 15-Mar 26 11:15 AM-12:15 PM
387890 \$80/10 sess
Sa Jan 15-Mar 26 12:20 PM-1:20 PM
387891 \$80/10 sess

Tennis Lessons: Basics

5-13 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 Feb 19.

5-6 yrs

Sa Jan 15-Mar 19 1:30 PM-2:00 PM
389623 \$54/9 sess

7-9 yrs

Sa Jan 15-Mar 19 1:45 PM-2:45 PM
389624 \$108/9 sess

10-13 yrs

Sa Jan 15-Mar 19 1:45 PM-2:45 PM
389633 \$108/9 sess

Tennis Lessons: Beyond the Basics

5-13 yrs | Wilson Tan

Suitable for those looking for something beyond the basics of successful rallying and can consecutively rally 15-25 balls with a partner. The next step to our basics skills program. Our programs continue your evolution in the open skills environment, allowing developments and understandings important to improving your tennis. We seek to develop your competencies towards competitive play. Includes conditioning, footwork, speed, reaction, focus.

5-6 yrs

Tu Jan 11-Mar 22 5:00 PM-7:00 PM
389587 \$264/11 sess

7-9 yrs

Tu Jan 11-Mar 22 5:00 PM-7:00 PM
389588 \$264/11 sess

10-13 yrs

Tu Jan 11-Mar 22 5:00 PM-7:00 PM
389589 \$264/11 sess

Soccer Stars

5-12 yrs | TBD Instructor

Come and join Dennis along with new and experienced coaches to run your hearts out to a sport you enjoy! Learn new skills and enjoy playing soccer games. Please meet your instructor in front of the gymnasium entrance. No experience necessary!

W Jan 12-Mar 9 3:15 PM-5:00 PM
389570 \$49.50/9 sess

Yoga Buggy!

5-8 yrs | TBD Instructor

Yoga for Kids! Join The Yoga Buggy for a fun class that incorporates music, yoga poses, games, mindfulness activities, storytelling, and dance. This program is generously subsidised by the Province of B.C. We are so excited to play Yoga with you!

5-6 yrs

W Jan 12-Mar 9 3:10 PM-3:40 PM
389642 \$35/9 sess

7-8 yrs

W Jan 12-Mar 9 3:45 PM-4:15 PM
389643 \$35/9 sess

CAP-C (Community Action Program for Children)

The Community Action Program for Children (CAP-C) program provides funding to community groups that promote the healthy development of young children from birth to age 6. Financial contribution from the Public Health Agency of Canada in partnership with the Province of BC. For more information, please visit: <https://www.canada.ca/en/public-health/services/health-promotion/childhood-adolescence/programs-initiatives/community-action-program-children-capc.html>

Goals of this program includes improving healthy child development by:

- Improving parenting skills and parent-child relationships
- Decreasing social isolation
- Increasing child self-esteem
- Providing child-focused activities, such as preschool programs and play groups



Government
of Canada

Gouvernement
du Canada

Family Drop-In

0-4 yrs | CAP-C Team

To connect with families and to promote healthy family & community life as well. Parents/caregivers with their young children (age 0-4 yrs) come together to have fun & support. It's a child friendly environment where toys, puzzles, books & crafts are provided.

Th Jan 13-Mar 10 10:30 AM-12:00 PM
387896 Free/9 sess

Mother Goose (Chinese)

0-3 yrs | CAP-C Team

To introduce parents to a simple and natural approach where they can develop a closer bond with their young children (3yrs & under) through songs, rhymes, and stories together.

Tu Jan 18-Mar 8 11:00 AM-11:30 AM
387898 Free/8 sess

Music Band Wagon

3-4 yrs | CAP-C Team

This program provides parents & young children (ages 3-4 yrs) with a wide variety of activities such as arts & crafts, music & movements, toys & games during sessions with the music instructor.

W Jan 12-Mar 9 1:30 PM-2:45 PM
387899 Free/9 sess

Children Art

4-6 yrs | CAP-C Team

This class will help develop children's capacities for thinking and creative expression through participation. Parent & child will both need to be registered.

Tu Jan 25-Mar 8 3:15 PM-4:00 PM
387894 Free/7 sess

Children Calligraphy

4-6 yrs | CAP-C Team

This program will allow children to focus on their fine motor skills allowing them to increase memory retention.

Tu Jan 25-Mar 8 4:15 PM-5:00 PM
387895 Free/7 sess

Chinese New Year Craft Workshop

All ages | CAP-C Team

Outreach to new families through cultural celebrations. During sessions, parents will learn to make New Year Lanterns and connect with their community members and enjoy learning together.

Tu Jan 18-Feb 1 1:00 PM-1:45 PM
388728 Free/3 sess

Cooking Fun

All Ages | CAP-C Team

Parents are exposed to food from different cultures. This makes them enjoy while connecting with one another through cooking skills & sharing recipes.

Tu Jan 11-Mar 8 1:45 PM-2:30 PM
388733 Free/9 sess

Food & Culture

All Ages | CAP-C Team

Parents of various cultural backgrounds connect to one another through sharing cooking skills & recipes.

Tu Feb 8-Mar 8 1:00 PM-1:45 PM
387897 Free/5 sess

Women's Support Group

All Ages | CAP-C Team

A source of support for parents where it's safe to share parental & personal experience. This safe space provides them with resources to meet their needs.

F Jan 14-Mar 11 11:15 AM-12:30 PM
388730 Free/9 sess

Strathcona Youth Judo

8-13 yrs | Larry Govinthatasamy

Strathcona Youth Judo is for young preteens and youth who want to learn judo techniques and movements from experienced blackbelt instructors. Strathcona Judo Youth Club strive to build confidence, skill and discipline in Judo. Youth who are involved will be provided a Gi top and belt for the class duration. All experience levels welcome!

Tu Jan 11-Mar 29

6:00 PM-7:00 PM

388421

Free/12 sess

New Kids on the Block

9-13 yrs | Gloria Lai

Join us for fun and exciting activities on Saturdays at Strathcona Community Centre. We plan a broad range of activities from arts & crafts to cooking and fun games in the gym. This program provides opportunities to make new friends, grow confidence, exercise, and build creativity! All youth are welcome to this program!

Sa Jan 15-Mar 19

11:30 AM-1:30 PM

388223

Free/10 sess

Just the Guys

9-13 yrs | Muhaned Shalash

Join us for fun and exciting activities on Mondays at Strathcona Community Centre. In this program we plan a broad range of activities such as sports, leadership games, cooking and outdoor activities. Additionally, youth are encouraged to engage with us throughout the planning process so that the program is for youth by youth. This program provides opportunities to make new friends, grow confidence, and exercise creativity! All youth who self-identify as boys are welcome.

M Jan 17-Mar 14

3:30 PM-5:40 PM

388854

Free/8 sess

Girls Night

9-13 yrs | Maura & Donna

Join us for fun and exciting activities on Wednesdays at Strathcona Community Centre. In this program we plan a broad range of activities such as arts & crafts, cooking, do it yourself spa days, and outdoor activities. Additionally, youth are encouraged to engage with us throughout the planning process so that the program is for youth by youth. This program provides opportunities to make new friends, grow confidence, and exercise creativity! All youth who self-identify as girls welcome.

W Jan 12-Mar 16

6:00 PM-8:10 PM

388848

Free/10 sess

Strathcona Jr Youth Council

10-18 yrs | Larry Govinthatasamy

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

F Jan 14-Mar 25

3:45 PM-6:15 PM

387438

Free/11 sess

For more information, please contact the Community Youth Worker at 604-713-1851 or larry.govinthatasamy@vancouver.ca

Strathcona Youth Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Youth Lounge (3PM-9PM)	Youth Lounge (3PM-9PM)	Youth Lounge (3PM-9PM)	Youth Lounge (3PM-9PM)	Youth Lounge (3PM-9PM)
				Youth Gym (3PM-9PM)
<p>Come hang out in the Youth Lounge after school and play pool, foosball, ping pong, cards, or just chill with your friends. Get to know the Youth Staff, obtain resources, information, and learn about volunteer and work opportunities.</p> <p>Free with OneCard. Must be enrolled in our Youth Participation Program.</p> <p><i>Youth Lounge hours may be subject to change without notice.</i></p>				

Education

Income Tax Clinic

19+ yrs | CVITP Volunteers

This free community volunteer run income tax clinic is for low income individuals and families. Please bring last years notice of assessment/tax return, T4s and Government-issued ID to the tax clinic. Must make an appointment. If you are coming with another family member, please register in the timeslot following yours. Timeslots every 30 minutes with 11:30am as the last timeslot. Registration only. Drop-ins will not be allowed.

Every Tu Mar 8-Apr 26 9:30 AM-12:00 PM
388784 Free

Baby Sign Language

Newborn-24 months | Into Yoga

Babies understand and can communicate long before they are able to speak. Research shows that babies who learn Sign Language learn quicker and talk earlier. Using songs and games learn how to teach your baby basic American Sign Language (ASL) so they can better convey their wants and needs and relieve unnecessary frustration. The instructor will teach you the signs and songs so you can practice at home. Babies can sleep during class or you can bring some toys. Please bring your own mat or blanket to sit on. Mats from the centre will not be provided. We will be emailing the curriculum for Baby Sign Language prior to the first class. We've also been allowing only one parent/caregiver per registered child for Baby Sign Language.

Tu Feb 22-Mar 22 12:15 PM-1:00 PM
387883 \$72/5 sess

Learning through Literacy

18+ yrs | Capilano University English For

Academic Purposes

This program is a successful collaboration of Lord Strathcona Elementary School, Strathcona Community Centre, Strathcona Public Library, and Capilano University! In addition to enhancing one's English skills, participants will be introduced to many resources and services in their community! Registration for this program takes place through Capilano University. Please contact Vilien Chen at vchen@capilanou.ca for further information.

Th Jan 6-Jun 23 9:30 AM-12:30 PM
367348 \$19.05

Classic Hardcover Bookbinding Workshop (2 days)

19+ yrs | Suzan Lee

In this 6 hour workshop, students will learn to make a familiar and popular form of hardcover book known as case binding. This particular hardcover book merges British and French influences into its construction. Please bring plenty of discarded magazines and catalogues (about 100 sheets); not newspapers. We will trim these down to single sheets and use them to protect your book and work surfaces from glue stains. No handouts will be provided. Students are encouraged to take notes and photos. No prior bookbinding experience is necessary. All materials, tools and equipment provided.

Sa Feb 19 1:00 PM-4:00 PM
Su Feb 20 10:30 AM-1:30 PM
387903 \$98/2 sess

Japanese Bookbinding

19+ yrs | Suzan Lee

Make up to 3 books using a historical technique common in Asia. Japan preferred the four-hole stab binding. Over the centuries, four stitch patterns have surfaced as the most traditional. Whether these books hold poetry, pictures or personal thoughts; this historical bookbinding will showcase them beautifully. No prior experience is necessary. All materials and tools will be provided.

Su Feb 13 10:30 AM-1:30 PM
387913 \$49

Medieval Bookbinding

19+ yrs | Suzan Lee

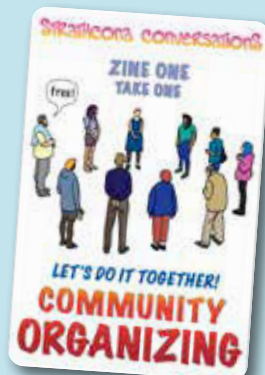
Many of the bound books during the medieval period had a practical business purpose: to record profits. Medieval merchants travelled far and wide, so their account books had to endure plenty of wear and tear. Run out of pages? No problem! You can remove old pages and add fresh ones. Whether it's for sketching, journaling or traveling, your medieval-style book will make a lasting companion for you or a gift. No prior experience is necessary. All tools and materials will be supplied.

Su Mar 13 10:30 AM-1:30 PM
387918 \$49

About Strathcona Conversations

Strathcona Conversations is a series of printed zines, initiated by Amy Walker, to engage neighbours in discussion and creative activity. It's supported through the volunteer time contributed by neighbours, as well as a grant from the City of Vancouver's Neighbourhood Matching Fund received through the Strathcona Community Centre Association.

If you want to contribute art or writing to the next issue - or if you want to comment or help with production or distribution, please contact strathconvo@gmail.com



Help Make Our Next Zine!

Email strathconvo@gmail.com and ask to be added to the contributors email list. Help choose the topic for our next issue! Vote with the QR code below - or by emailing your choice to us.

What should our next topic be?

- TREES
- CEREMONY
- LOCAL CLIMATE ACTION
- INEQUALITY
- HOME
- STUDYING STRUCTURES
- or SOMETHING ELSE?



Vinyasa Flow Yoga

19+ yrs | Estefani Osorio

In this all level class, together we will flow, play, laugh and challenge ourselves. You can expect meditation, mantra, lots of movement and deep breaths. It will be your time to relax, become more present and connect to yourself. We encourage participants to please bring their own mats and equipment if possible. Drop-in \$9.52, space permitting.

Th Jan 13-Mar 31

7:00 PM-8:15 PM

387994

\$114/12 sess

Zumba

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.

Tu Jan 11-Mar 29

7:00 PM-8:00 PM

388004

\$108/12 sess

Sa Jan 15-Mar 26

10:30 AM-11:30 AM

388005

\$99/11 sess

Fitness & Health

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. Drop-in \$10.00, if space permits.

Tu Jan 11-Jan 25

5:30 PM-6:30 PM

387984

\$27/3 sess

Tu Feb 1-22

5:30 PM-6:30 PM

388900

\$36/4 sess

Tu Mar 1-29

5:30 PM-6:30 PM

388901

\$45/5 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.

W Jan 19-Feb 23

6:00 PM-7:00 PM

387972

\$84/6 sess

W Mar 2-30

6:00 PM-7:00 PM

387973

\$69/5 sess

Aikido for Men and Women

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. Drop-in \$15, space permitting. No class Feb 19.

Sa Jan 15-Mar 26

11:30 AM-1:00 PM

387882

\$100/10 sess

Kung Fu: Choy Lee Fut

19+ yrs | Amy & Matthew

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.

No class Feb 21.

M/W Jan 10-31	6:30 PM-8:30 PM
387914	\$49/7 sess
M/W Feb 2-28	6:30 PM-8:30 PM
387915	\$49/7 sess
M/W Mar 2-30	6:30 PM-8:30 PM
387916	\$63/9 sess

Body Tuning: Fit to the Core

19+ yrs | Harry Wong

This class uses primarily body-weight and core-controlled exercises. A warm up of the major muscle groups will lead into a progressive sequence of movements developing strength, flexibility and balance. This strength-focused class activates abdominals, hips & legs, and is an excellent companion to your regular cardio workouts! Accessible and challenging for all levels of participants. Please bring your own mat if you have one. Drop in \$7.00 if space permits.

Sa Jan 8-Mar 26	9:15 AM-10:15 AM
387892	\$68.75/12 sess

Classic Stretch

19+ yrs | Caroline MacGillivray

Start your day off with a yawn and stretch! We will explore different types of stretching. Classes will include proprioceptive neuromuscular facilitation (PNF), dynamic & static stretching to build strength and flexibility. We encourage you to bring your own mat. Registration not required. Drop-in \$4.76, space permitting.

M Jan 17-Mar 14	2:00 PM-3:00 PM
387909	\$4.76/drop-in

Sports

Badminton: Drop-In

5+ 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.

Sa Jan 15-Mar 26	3:15 PM-4:45 PM
387884	\$5/drop-in

Basketball - Recreation

19+ yrs | Non-Instructional

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 Jan 11-Mar 29	7:15 PM-8:45 PM
387886	\$45/12 sess
Su Jan 9-Mar 27	12:00 PM-2:00 PM
387887	\$57/12/12 sess

Pickleball - All Levels

19+ yrs | Non-Instructional

Pickleball is a combination of Ping-Pong, tennis, and badminton and has been enjoyed for over 20 years by people of all ages. 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. Drop-in \$5.25, space permitting.

W Jan 12-Mar 23	5:15 PM-6:30 PM
387969	\$65/11 sess

Adult Tennis Lessons

19+ yrs | Wilson Tan

Suitable for beginners and novices 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.

No class Feb 20.

Su Jan 9-Mar 27	10:00 AM-11:45 PM
389584	\$481.75/11 sess

Adult Tennis Lessons: Beyond the Basics

19+ yrs | Wilson Tan

Suitable for those looking for something beyond the basics of successful rallying and can consecutively rally 30-50 balls with a partner. The next step to our basics skills program. Our programs continue your evolution in the open skills environment, allowing developments and understandings important to improving your tennis. We seek to develop your competencies towards competitive play. No class Feb 21.

M Jan 10-Mar 28	5:00 PM-6:45 PM
389586	\$481.75/11 sess

Volleyball - Recreation

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 no later than 7:05pm 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.

W Jan 12-Mar 30	7:00 PM-8:45 PM
387996	\$54/12 sess

Food & Cooking

Cooking Fun For Families

19+ yrs | Jane Newton-Moss

Get to know other parents as you cook together and share your recipes and food knowledge. Participants take turns leading the recipes for each session. The program is jointly run by the Strathcona Community Centre and Lord Strathcona Elementary School for parents of children in the school. Registration is through the community centre front desk. Please call to register. No class Feb 21.

M Jan 10-Mar 7 12:00 PM-2:00 PM
387902 Free/8 sess

Food Preservation Workshops

19+ yrs | Strathcona Food Security Team

Do you want to learn how to preserve fresh local foods? Do you have a favorite canning recipe you want to share? Join us each month for a 3 hour hands on food preservation workshop. Methods will include canning, freezing, pickling, dehydrating & fermenting. Whatever the group preserves that day the group will split to take home. Foods and methods will be based on what is seasonally available.

Sa Jan 22	10:30 AM-1:30 PM
388735	Free
Sa Feb 26	10:30 AM-1:30 PM
388737	Free
Sa Mar 26	10:30 AM-1:30 PM
388738	Free

Everyone should have access to recreation

Subsidies are available for Strathcona residents facing financial barriers.

See page 2.

Strathcona Breakfast Program

Welcomes all Strathcona Elementary School students and their families to enjoy a balanced breakfast of fresh and nutritious food each weekday morning before school starts. No registration necessary. Pick up your breakfast by the North entrance off Pender St. The Breakfast Program is closed during school closures (professional development days, stat holidays, spring, summer, and winter break).



Strathcona Backpack Program

All ages | Strathcona Food Security Team

The Backpack Program is a service for households with dependents under the age of 18 who are living in the V6A postal code area and experiencing food insecurity. We provide a variety of produce, meat and meat alternatives and dry goods as per donation. Forms to apply are at the front desk of the Strathcona Community Centre or on Friday's at the Strathcona Backpack Program. NEW Community Engagement: Participants are now welcome to visit the Backpack Program to engage in activities prior to or after their appointment on Fridays.



Visit the Strathcona Community Centre front desk for more information!

Education

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 Jan 14-Mar 25 9:30 AM-11:30 AM
387901 \$30/11 sess

Wellness Program

50+ yrs | Anne Yue

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 Jan 4-Mar 29 10:00 AM-12:00 PM
387997 Free/13 sess

Income Tax Clinic

19+ yrs | CVITP Volunteers

This free community volunteer run income tax clinic is for low income individuals and families. Please bring last years notice of assessment/tax return, T4s and Government-issued ID to the tax clinic. Must make an appointment. If you are coming with another family member, please register in the timeslot following yours. Timeslots every 30 minutes with 11:30am as the last timeslot. This class is registration only. Drop-ins will not be allowed.

Every Tu Mar 8-Apr 26 9:30 AM-12:00 PM
388784 Free

Fitness & Health

Seniors Tai Chi

50+ yrs

Join us for some easy and relaxing exercise. Our volunteer instructor will assist you to learn the different forms of Tai Chi movement. It helps to develop to great mobility and balance. No experience necessary! No class Feb 21.

M-F Jan 4-Mar 31 9:00 AM-10:00 AM
387982 Free

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 Jan 11-Mar 29 10:45 AM-11:45 AM
388001 Free/12 sess

Classic Stretch

19+ yrs | Caroline MacGillivray

Start your day off with a yawn and stretch! We will explore different types of stretching. Classes will include proprioceptive neuromuscular facilitation (PNF), dynamic & static stretching to build strength and flexibility. We encourage you to bring your own mat. Registration not required. Drop-in \$4.76, space permitting.

M Jan 17-Mar 14 2:00 PM-3:00 PM
387909 \$4.76/drop-in

Social



Healthy Luncheon - Chinese New Year Luncheon

50+ yrs

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

W Jan 19 11:30 AM-1:00 PM
387910 \$9.52/person

Strathcona Chinese Wellness Program for Stroke Survivors

19+ yrs

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 Jan 6-Mar 24 10:00 AM-12:30 PM
388593 Free/12 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.

Registration begins December 11, 2021 at 9:00 AM

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-1:45PM

Holiday Closures

Dec 25-28CLOSED
 Dec 29-31 9:00AM-4:30PM
 Jan 1-3CLOSED
 Jan 4 Back to regular hours
 Feb 21 Family DayCLOSED

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 front desk to book a timeslot.

Fitness for Youth & Older Adults

Youth (13-18 yrs) & Older Adults (55+ yrs)

Bring your personalized fitness program to these self-lead sessions and workout in a supported environment. Our knowledgeable fitness staff are available to answer questions, suggest alternate exercises, teach you proper technique, and provide support.

Please note that a completed Consultation, Par-Q and Consent & Release are required. Free with drop-in admission, a valid flexipass or a usage pass; please contact front desk for more information. *Program format is subject to change.*

Youth (13-18yrs)

Wed Jan 12-Mar 30 4:00PM-5:00PM

Older Adults (55+)

Tu Jan 11-Mar 29 10:00AM-11:00AM

Fitness Centre Fees

Flexipass (Monthly Passes)	Adults (19-64 years)	Seniors (65+ years)	Youth (13-18 years)
Single-visit admission	\$6.34	\$4.44	\$4.44
1 Month	\$49.01	\$34.31	\$34.31
3 Month	\$132.33	\$92.63	\$92.63
12 Month	\$423.45	\$296.42	\$296.42
10 Visit Usage Pass	\$53.26	\$37.28	\$37.28
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.

Sessions	Private (1 person)	Semi-private (2 people)	Small group (3-4 people)
1	\$52.76	\$79.12	\$110.98
3	\$146.21	\$219.35	\$297.25
5	\$235.16	\$362.14	\$435.98
10	\$438.13	\$672.55	\$792.68
Prices do not include GST. Prices subject to change without notice.			



COVID-19 Information

NOTE: The nature of the activity is 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-COV-2. SARS-COV-2, which causes the disease COVID-19, may exacerbate other health issues and is the cause of an ongoing global pandemic. SARS-COV-2 is highly communicable and dangerous. If you become infected with SARS-COV-2, you may transmit it to other people even if you are not exhibiting symptoms of illness.

Proof Of Vaccination

- Effective September 13, people will need to show proof of vaccination and government ID to get into certain programs, events, and services at this facility.
- Exemptions are in place for children and youth programs and activities. Adults 22+ will need to show proof of vaccination. (Young people 12+ will need proof of vaccination for fitness centres and weight room facilities.)
- For acceptable proof of vaccination and for all other information, please cut and paste into your web browser: <https://www2.gov.bc.ca/vaccinecard.html>.
- It is recommended that you arrive early for your activity in order to show proof of vaccination if required.

Please have these items ready prior to checking into your program:

- Vaccine Passport/QR code
- Government ID

MASKS ARE MANDATORY

In this facility at all times



With the exception of those under the age of 5

If you do not have a mask,
one will be provided at the front desk

Communicable Disease Health & Safety Practices

- Participants are required to comply with the current Face Coverings Order 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 common cold, influenza, COVID-19, or other infectious respiratory disease before attending a program.
- 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.
- Registration and payment is required for most programs to help reduce the capacity to allow for physical distancing. Limited drop-ins may be permitted, depending on the facility.
- All participants are encouraged to practice proper hand hygiene and respiratory etiquette by covering coughs or sneezes.

Mask Wearing in Fitness Centres

Masks are mandatory when you are



Waiting to enter
fitness centre or
in common areas



Interacting with
staff or others



Transitioning between
exercises and pods

Masks are optional when you are



Using exercise
equipment



Exercising in
your pod



Stretching in
your pod

Family Day Event

Saturday, February 19



Join us for our Free Family Day Event!

This event will feature an Arts & Crafts, Face Painting and a Movie Screening for the whole family to enjoy!

Put on your slippers, robes and pajamas because it's a pajama party! Snacks will be available for purchase by donation.

10:30 AM-12:30 PM | 387893

All Ages Welcome!



Spring Break Day Camp

5-12 yrs | Supershine Day Camp Team

Join our Spring Break Day Camp where our activities will include sports, cooperative games, arts & crafts, fun out trips and much more! We will also go on walking out-trips to explore nature and the great outdoors. Children must have completed kindergarten and be eligible for grade 1 in order to register for camp. This is not a drop-in program; therefore, your child will be expected to remain on site for the duration of the program day.

Week 1

M-F Mar 14-18
387998

9:00 AM-3:00 PM
\$110/5 sess

Week 2

M-F Mar 21-25
387999

9:00 AM-3:00 PM
\$110/5 sess

DENTAL CLINIC

The Strathcona Community Dental Clinic is currently serving the dental needs of children, and their families. We accept all dental plans as well as the Healthy Kids Program.

The clinic offers a **20% discount** to those patients who do not have dental insurance.

**Monday to Friday:
9:00 AM-5:00 PM**

Located in the Strathcona Elementary School next to the Community Centre. Entrance through the gate of the playground.

**Please call the clinic at
604.713.4485 to book
an appointment.**



We look forward to seeing you!!