



**KITSILANO
COMMUNITY
CENTRE**

SUMMER 2022

Hours of Operation

Community Centre

Monday-Friday 7:00 AM-10:00 PM
 Saturday/Sunday 8:30 AM-12:00 PM
 *Front office closes 30 mins. prior to building closure
 Fri, Jul 1 Closed
 Sun, Jul 31 Closed
 Mon, Aug 1 Closed
 Aug 28-Sep 5 Closed

Fitness Centre

Monday-Friday 6:00 AM-10:00 PM
 Saturday/Sunday 7:00 AM-8:00 PM
 Statutory Holiday 7:00 AM-8:00 PM

Please note - when the Community Centre is closed, enter the Fitness Centre through the lower back entrance, located at the back of the Community Centre, by the playground.

- **Preschool**..... 2
- **Children**..... 3-4
- **Youth**..... 5
- **Adults**..... 6-9
- **Fitness Centre**..... 10
- **Room Rentals**..... 11
- **Special Event**..... 12

Registration

Online

Registration online begins **Saturday, June 11 at 9am**. Logging into your account at www.vanrec.ca prior to registration day may minimize any unexpected errors.

In-Person

Registration in-person begins Saturday, June 11 at 9am. We accept Visa, Mastercard, American Express or debit cards, cash, and cheques.

Phone

Registration by phone begins Saturday, June 11 at 12pm. On-going registration by phone is available during office hours.

Refund Policy

All refunds are subject to a \$5 administrative fee, unless the program is cancelled by the Community Centre.

Requests for refunds must be received by phone or in-person to the Front Office:

- 2 days prior to the 3rd scheduled class,
- 2 days prior for workshops,
- 7 days prior for camps, luncheons and private lessons,
- 30 days prior for birthday parties for full refund, 14 days prior for 50% refund, and no refund for less than one week.

Looking for
program
descriptions?



Visit kitscc.com or scan the QR code and click on "View All Summer 2022 Programs"

Financial Subsidies

Discounts are available on some programs at time of registration. Patrons that qualify for the Vancouver Park Board's Leisure Access Program may receive a 50% discount on registration of select programs. (Workshops, private lessons and one-day events do not apply.)

Seniors over 65 years may receive a 15% discount on adult programs (registration only, drop-ins not applicable).

If you are a senior and qualify for the Leisure Access program, any applicable discounts will be calculated based on the adult rate and not with the senior's discount.

COVID-19 INFORMATION

(As of time of printing, may change with new Health Orders)

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-COV2, you may transmit it to other people even if you are not exhibiting symptoms of illness.

Communicable Disease Health & Safety Practices:

- 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.
- All participants are encouraged to practice proper hand hygiene and respiratory etiquette by covering coughs or sneezes.



PRESCHOOL

Music

Music Together Outdoors (Birth-5 yrs)

Instructor: Donalyn

W/F Aug 3-Aug 26 9:30 AM-10:15 AM

\$154/8 sess 413789

W/F Aug 3-Aug 26 10:30 AM-11:15 AM

\$154/8 sess 413790

Music With Marnie Summer Camp Babies (2 mo-17 mo)

Instructor: Marnie Grey

M-Th Jul 18-Jul 21 11:30 AM-12:00 PM

\$68/4 sess 414966

M-Th Jul 18-Jul 21 12:15 PM-12:45 PM

\$68/4 sess 414969

M-Th Jul 25-Jul 28 11:30 AM-12:00 PM

\$68/4 sess 414967

M-Th Jul 25-Jul 28 12:15 PM-12:45 PM

\$68/4 sess 414970

M-Th Aug 22-25 11:30 AM-12:00 PM

\$68/4 sess 414968

M-Th Aug 22-25 12:15 PM-12:45 PM

\$68/4 sess 414971

Music With Marnie Summer Camp Toddlers (18 mo-3 yrs)

Instructor: Marnie Grey

M-Th Jul 18-Jul 21 9:30 AM-10:15 AM

\$75/4 sess 414954

M-Th Jul 25-Jul 28 9:30 AM-10:15 AM

\$75/4 sess 414957

M-Th Aug 22-25 9:30 AM-10:15 AM

\$75/4 sess 414960

Music with Marnie Summer Camp All Ages (12 mo-6 yrs)

Instructor: Marnie Grey

M-Th Jul 18-Jul 21 10:30 AM-11:15 AM

\$75/4 sess 414963

M-Th Jul 25-Jul 28 10:30 AM-11:15 AM

\$75/4 sess 414964

M-Th Aug 22-25 10:30 AM-11:15 AM

\$75/4 sess 414965

Refund Policy

For all week-long programs/camps, refund requests must be received by the Front Office by phone or in-person 7 days prior to the program's start date and time.

Dance

Frozen Themed Ballet Camp (3-5 yrs)

Instructor: Endorphin Rush Dance

M-F Jul 11-Jul 15 9:15 AM-10:30 AM

\$99/5 sess 415356

M-F Aug 8-Aug 12 12:30 PM-1:45 PM

\$99/5 sess 415381

Frozen Themed Ballet Camp (4-6 yrs)

Instructor: Endorphin Rush Dance

M-F Jul 11-Jul 15 10:45 AM-12:00 PM

\$99/5 sess 415363

M-F Aug 8-Aug 12 2:00 PM-3:15 PM

\$99/5 sess 415382

Hip Hop Dancers Camp (3-5 yrs)

Instructor: Endorphin Rush Dance

M-F Jul 11-Jul 15 12:30 PM-1:45 PM

\$99/5 sess 415366

M-F Jul 25-Jul 29 12:30 PM-1:45 PM

\$99/5 sess 415377

Little Ballerinas Dance Camp (3-5 yrs)

Instructor: Endorphin Rush Dance

M-F Jul 25-Jul 29 9:15 AM-10:30 AM

\$99/5 sess 415375

Jazz/Ballet Dance Camp (4-6 yrs)

Instructor: Endorphin Rush Dance

M-F Jul 25-Jul 29 10:45 AM-12:00 PM

\$99/5 sess 415376

Encanto Mini-Movers Dance Camp (3-5 yrs)

Instructor: Endorphin Rush Dance

M-F Aug 8-Aug 12 9:15 AM-10:30 AM

\$99/5 sess 415379

Sports

Kids on Wheels: Junior Balance Bike Camp – Parent Participation (2-3 yrs)

Instructor: BC Cycling Coalition

M-F Aug 8-Aug 12 3:30 PM-4:15 PM

\$125/5 sess 415275

Kids on Wheels: Advanced Balance Bike Camp (3-5 yrs)

Instructor: BC Cycling Coalition

M-F Aug 8-Aug 12 2:00 PM-3:15 PM

\$200/5 sess 415279

Sportball Parent and Tot Outdoor Soccer (2-3 yrs)

Instructor: Sportball Vancouver

W Jul 6-Aug 24 5:15 PM-6:00 PM

\$146/8 sess 415349

Sa Jul 9-Aug 20 9:30 AM-10:15 AM

\$110/6 sess 415350

Sportball Outdoor Soccer (3.5-5 yrs)

Instructor: Sportball Vancouver

Sa Jul 9-Aug 20 10:15 AM-11:15 AM

\$110/6 sess 415351

Sportball Outdoor Soccer (4-6 yrs)

Instructor: Sportball Vancouver

W Jul 6-Aug 24 6:00 PM-7:00 PM

\$146/8 sess 415352

Sportball Parent and Tot Outdoor T-Ball (2-3 yrs)

Instructor: Sportball Vancouver

Th Jul 7-Aug 25 5:15 PM-6:00 PM

\$146/8 sess 415354

Sportball Outdoor T-Ball (4-6 yrs)

Instructor: Sportball Vancouver

Th Jul 7-Aug 25 6:00 PM-7:00 PM

\$146/8 sess 415355





CHILDREN

Dance

Hip Hop Dancers Camp (6-9 yrs)

Instructor: Endorphin Rush Dance

M-F Jul 11-Jul 15 2:00 PM-3:15 PM
\$99/5 sess 415367

M-F Jul 25-Jul 29 2:00 PM-3:15 PM
\$99/5 sess 415378

Encanto Dance Camp (6-8 yrs)

Instructor: Endorphin Rush Dance

M-F Aug 8-Aug 12 10:45 AM-12:00 PM
\$99/5 sess 415380

Sports

Sportball Outdoor Soccer (5-7 yrs)

Instructor: Sportball Vancouver

Sa Jul 9-Aug 20 11:15 AM-12:15 PM
\$110/6 sess 415353

Sportball Multi Sport Camp Indoors (5-8 yrs)

Instructor: Sportball Vancouver

M-F Jul 18-Jul 22 1:00 PM-4:00 PM
\$199/5 sess 415338

M-F Jul 25-Jul 29 1:00 PM-4:00 PM
\$199/5 sess 415343

M-F Aug 15-19 1:00 PM-4:00 PM
\$199/5 sess 415344

M-F Aug 22-26 1:00 PM-4:00 PM
\$199/5 sess 415345

Outdoor Tennis Camps at McBride Park

Instructor: Mauro Liceaga Garcia

5-6 Year

Tu-F Aug 2-5 9:00 AM-10:00 AM
\$112/4 sess 413003

M-F Aug 22- 26 9:00 AM-10:00 AM
\$140/5 sess 412996

7-11 Year

Tu-F Aug 2-Aug 5 10:15 AM-11:15 AM
\$112/4 sess 413004

M-F Aug 22- 26 10:15 AM-11:15 AM
\$140/5 sess 412998

9-12 Year

Tu-F Aug 2-Aug 5 11:30 AM-12:30 PM
\$112/4 sess 413005

M-F Aug 22- 26 11:30 AM-12:30 PM
\$140/5 sess 413001

13-16 Year Camp

Tu-F Aug 2-Aug 5 1:00 PM-2:30 PM
\$168/4 sess 413002

M-F Aug 22-26 1:00 PM-2:30 PM
\$210/5 sess 412997

Outdoor Tennis Lessons with Summer Smash Tennis

Lessons at McBride Park Tennis Courts

	Mini Fundamentals 4.6-5.11 yrs 8:45 AM-10:45 AM \$280/5 sess	Mini Aces 6-7.6 yrs 11:00 AM-1:00 PM \$280/5 sess	Junior Fundamentals 7.6-10.11 yrs 4:30 PM-5:45 PM	Junior Aces 7.6-10.11 yrs 9:00 AM-11:30 AM \$350/5 sess	Youth Fundamentals 11-15.11 yrs 6:00 PM-7:15 PM	Youth Aces 11-15.11 yrs 1:00 PM-3:30 PM \$350/5 sess
M-F Jul 4-Jul 8	410659	410658		410654		410662
M-F Jul 11-Jul 15	410682	410700		410707		410713
M-F Jul 18-Jul 22	410683	410702		410708		410714
M-F Jul 25-Jul 29	410685	410704		410709		410715
M-F Aug 8-Aug 12	410686	410705		410710		410718
M-F Aug 15-Aug 19	410687	410706		410711		410717
M/W Jul 4-Jul 27				410656 \$350/8 sess		
M/W Aug 8-17			410719 \$175/4 sess		410663 \$175/4 sess	

Outdoor Tennis Notes:

- Please meet the instructor at the McBride Park tennis courts located at 4th Ave and Waterloo Street
- All tennis lessons are taught by a Tennis Canada Certified Instructor and/or a BC Ministry Certified Teacher
- Students are expected to bring their own racquets and filled water bottle to the lesson, and to come dressed in athletic clothing with athletic shoes
- **Refund policy:** Requests for refunds must be received by the Front Office 7 days prior to the start of camp. A \$5 refund administration fee will be assessed.



Kits Kids - Summer Day Camps

Get ready for a summer of fun and adventure! Activities will include sports, cooperative games, arts & crafts, dance parties, entertainers and special guests! We will also go on out-trips to explore local popular attractions. There will be a mixture of indoor and outdoor activities. Out trips will be within walking distance of the camps home base. There may also be out trips each week using public transit or charter buses. Parents/Guardians will receive an email prior to camp, outlining camp expectations, guidelines and forms.

Children must have completed Kindergarten and be eligible for Grade 1 in order to register for camp.

Week	Dates	Kits Kids 6-8 yrs	Kits Kids 8-12 yrs	After Care 6-12 yrs
		9:00am-3:30pm \$150/5 days \$125/4 days*		3:30-5:30pm \$50/5days \$40/4 days*
1	M-F Jul 4-Jul 8	406405	406406	407506
2	M-F Jul 11-Jul 15	406407	406408	407507
3	M-F Jul 18-Jul 22	406409	406410	407508
4	M-F Jul 25-Jul 29	406411	406412	407509
5*	Tu-F Aug 2-5* (No camp Aug 1)	406413	406414	407510
6	M-F Aug 8-12	406416	406417	407511
7	M-F Aug 15-19	406418	406419	407512
8	M-F Aug 22-26	406420	406422	407513

Summer Day Camp Information:

- On the first day of camp, parents must provide TWO completed waiver forms (Association and Park Board) forms
- Please attach a recent picture of your child to the waiver forms for easy identification
- All camps must pack a snack, lunch, water bottle, sunscreen, swimsuit, hat and jacket daily
- **Refunds are only given with one full week notice**
- All refunds are subject to a \$5 administrative fee, unless the program is cancelled by the Community Centre



YOUTH 13-18 yrs

Registered Youth Programs

Kits Youth Council

T Jul 5-Aug 23 3:30PM-5:30PM
free 416222

Youth Out-Trip – Kayaking

M Jul 11 12:00PM-4:00PM
\$40.00 416229

Youth Out-Trip – Nature Walk

M Jul 25 12:00PM – 4:00PM
\$10.00 416231

Youth Out-Trip – Clip N Climb

M Aug 8 12:00PM – 4:00PM
\$40.00 416245

Youth Dungeons and Dragons

Date/Time TBD
Please contact Katie for more information.

Pre-Teen Dungeons and Dragons

Th Jul 7-Aug 25 3:00PM-7:00PM
\$40.00 416654

New Grade 8s Welcome Tour – Kits

Secondary
Th Aug 25 12:00PM-4:00PM
Free 416225

Drop-In Youth Programs

Drop-In Youth Lounge

Mondays 12:00PM-4:00PM*
Tuesdays 12:00PM-3:30PM
Wednesdays 12:00PM-8:00PM
Thursdays 12:00PM-8:00PM
Fridays 2:00PM-9:30PM
Free

*Monday drop-in times will vary depending on out trips and other scheduling needs.

Youth Basketball Open Gym

Wednesdays 5:30PM-6:30PM
Fridays 5:30PM-9:30PM
Free

Youth Soccer Open Gym

Wednesdays 4:30PM-5:30PM
Free

Youth Badminton Open Gym

Fridays 4:30PM-5:30PM
Free

Youth Volleyball Open Gym

Thursdays 4:15PM-5:15PM
Free

Got a program suggestion or request?

Send it to Katie, the Youth Worker, at katie.meredith@vancouver.ca or call at 604-257-6991.

TLC Summer Program 13-18 yrs

TLC youth program is an exciting program for high functioning youth with special needs, funded by the Ministry of Children and Families Development. The main program goals are to foster a positive, social environment for youth and exposure to a range of recreation opportunities, while encouraging and reinforcing day to day life-skills.

Registration for a program like this, starts with discussing your child's needs with your Social Worker contact at MCFD - to determine best suitability from their range of funded programs. For maximum fairness, clients are referred (in request order and related to program suitability) from the Ministry.

Call out for youth volunteers!

Summer Camp

Youth ages 16-18

Register for volunteer training June 22 & 23

Activity # 415729.

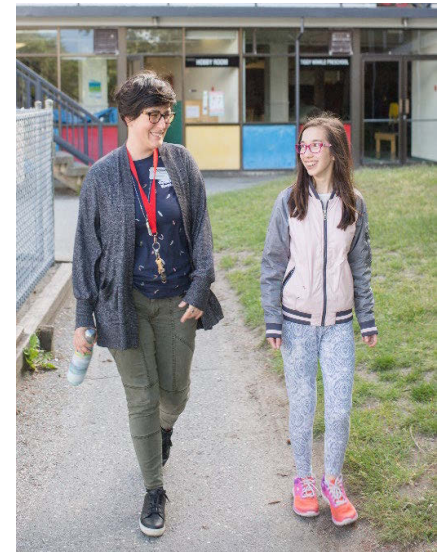
Music and Movie in the Park

Youth ages 13-18

Saturday, August 27

1 PM-5 PM and/or 4:30 PM-9:00 PM

Email katie.meredith@vancouver.ca to sign up





ADULT (19+)

Adults over 65 may receive a 15% discount by registering in qualifying programs.

Pilates & Yoga

Baby & Me Yoga with Brenlie

Instructor: Brenlie Nagy

Wednesday

W Jul 6-Aug 24 12:30 PM-1:30 PM
\$128/8 sess 414361

Friday

F Jul 8-Aug 26 12:30 PM-1:30 PM
\$128/8 sess 414362

Creative Yoga

Instructor: Natalia Nimetz

Tu Jul 12-Aug 23 4:45 PM-6:15 PM
\$97.09/7 sess 415339

Gentle Flow Yoga with Brenlie

Instructor: Brenlie Nagy

Tu Jul 5-Jul 26 6:00 PM-7:00 PM
\$64/4 sess 415807

Tu Aug 2-Aug 23 6:00 PM-7:00 PM
\$64/4 sess 415808

Gentle Yoga

Instructor: Natalia Nimetz

F Jul 15-Aug 26 10:30 AM-12:00 PM
\$97.09/7 sess 415337

Hatha+Yin Yoga with Pamela

Instructor: Pamela Ferman

M Jul 11-Aug 22 6:00 PM-7:15 PM
\$96/6 sess 414324

Iyengar Yoga with Linda

Instructor: Linda Shevloff

Tu Jun 21-Jul 12 10:30 AM-12:00 PM
\$100/4 sess 414374

Iyengar Yoga with Luci

Instructor: Luci Yamamoto

Sunday

Su Jul 3-Aug 21 9:00 AM-10:30 AM
\$150/6 sess 415837

Thursday

Th Jul 7-Aug 25 10:30 AM-12:00 PM
\$150/6 sess 415836

Mat Pilates

Instructor: Vienna Luke

Tu Jul 5-Jul 26 6:30 PM-7:30 PM
\$55/4 sess 415347

Tu Aug 2-Aug 23 6:30 PM-7:30 PM
\$55/4 sess 415348

Prenatal Yoga with Brenlie

Instructor: Brenlie Nagy

Wednesday

W Jul 6-Aug 24 6:00 PM-7:00 PM
\$128/8 sess 414364

Saturday

Sa Jul 9-Aug 20 10:00 AM-11:00 AM
\$112/7 sess 414363

Vinyasa Flow Yoga - All Levels

Instructor: Estefani Osorio

W Jul 6-Jul 27 7:30 PM-8:45 PM

Yoga4Stiff Guys - All Levels

Instructor: Yoga4Stiff People

W Jul 6-Jul 27 3:45 PM-4:45 PM
\$56/4 sess 415291

Th Jul 7-Jul 28 4:45 PM-5:45 PM
\$56/4 sess 415292

Sports – Drop-In



SUMMER RATES:

Join our drop-in sports during July & August at a discounted rate (reflected below).

Please note: Participants can check-in up to 30 minutes before at the Front Office. Space will be held for registered participants for 5 minutes after the start of the program; after this time, spots will be sold to drop-in players. In the event that you are unable to attend any particular session, your registered spot is non-transferable.

These programs are non-instructional.

Drop-ins: To be put on the waitlist, please call the Front Office starting at 8:15AM on game day (8:30AM on Sat/Sun) – 604.257.6976

Badminton - All Levels

W Jul 6-Aug 24 8:00 PM-10:00 PM
\$32/8 sess 412939

Basketball - Recreational

M Jul 4-Aug 22 8:00 PM-10:00 PM
\$28/7 sess 412940

Soccer - Masters (40+ yrs)

Tu Jul 5-Aug 23 6:00 PM-7:45 PM
\$28/8 sess 412942

Volleyball - Recreational

Tu Jul 5-Aug 23 8:00 PM-10:00 PM
\$32/8 sess 412943

Pickleball - All Levels

Thursday

Th Jul 7-Aug 25 8:00 PM-10:00 PM
\$32/8 sess 412941

Saturday

Sa Jul 9-Aug 20 10:00 AM-12:00 PM
\$28/7 sess 415320

Single Sessions

1:00 PM-3:00 PM \$4/person

F Jul 8 415318

M Jul 11 415384

W Jul 13 415385

F Jul 15 415383

5:15 PM-7:15 PM \$4/person

M Jul 18 415743

M Jul 25 415744





Sports - Instructional

**Pickleball: Learn to Play
Beginners Lessons (Indoors)**

Instructor: *Mona Lee*

Monday

M Jul 4-Aug 22 5:00 PM-7:00 PM
\$125/5 sess 415742

Sunday

Su Aug 7-21 10:00 AM-12:00 PM
\$75/3 sess 415233



Outdoor Tennis Lessons with Summer Smash Tennis

	Beginner Clinic <i>McBride Park</i>	Beginner Clinic <i>Tatlow Park</i>	Intermediate Clinic 2.0-3.0 <i>Tatlow Park</i>	Intermediate Clinic 3.0-4.0 <i>Tatlow Park</i>
	6:00 PM-7:30 PM	7:00 AM-8:30 AM	8:30 AM-10:00 AM	10:00 AM-11:30 AM
Tu/Th Jul 5-28	410653 \$384/8 sess	410728 \$420/7 sess		
M/W Jul 4-27			410742 \$420/8 sess	410744 \$420/8 sess
M/W Aug 8-17			410743 \$210/4 sess	410745 \$210/4 sess
Tu/Th Aug 9-18	410721 \$192/4 sess	410729 \$210/4 sess		

**Outdoor Tennis Lessons at
Kitsilano Beach Tennis Courts**

Instructor: *Mauro Liceaga Garcia*

Beginner

M W Jul 4-18 5:30 PM-6:30 PM
\$150/4 sess 412536

M W Aug 10-22 5:30 PM-6:30 PM
\$150/4 sess 412541

Novice

M W Jul 4-Jul 18 6:45 PM-8:00 PM
\$187.50/4 sess 412537

Novice Plus & Intermediate

M W Aug 10-22 6:45 PM-8:00 PM
\$187.50/4 sess 412538

Outdoor Tennis Notes:

- Please meet the instructor at the tennis courts at the park indicated above
- All tennis lessons are taught by a Tennis Canada Certified Instructor and/or a BC Ministry Certified Teacher
- Students are expected to bring their own racquets and filled water bottle to the lesson, and to come dressed in athletic clothing with athletic shoes
- Refund policy: Requests for refunds must be received by the Front Office 2 days prior to the third session of the program. A \$5 refund administration Fee will be assessed.

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 for courses will begin Saturday, June 11 at 9 AM (online/in-person).



Dance

Ballet - Introduction/Beginner

Instructor: Sally Laing Hulme
Su Jul 10-Aug 14 9:00 AM-10:30 AM
\$58.75/5 sess 415838

Recreational Line Dancing

Instructor: Lisa Dong
Sa Jul 9-Aug 20 10:30 AM-12:00 PM
\$43.75/7 sess 414319

Food & Gardening

Kitsilano Community Garden

Facilitator: Village Vancouver
Sa Jul 2-Aug 27 1:30 PM-3:30 PM
Free 415397

NEW Indian Style Summer Cool Drinks

Instructor: Village Vancouver
F Jul 8 6:30 PM-8:30 PM
\$14/person 415401

NEW DIY Yoghurt and Paneer (Indian Cottage Cheese) at Home

Instructor: Village Vancouver
F Jul 22 6:30 PM-8:30 PM
\$14/person 415400

Social

Duplicate Bridge

Facilitator: Carrie Beavington
Tu F Jul 5-Aug 26 6:15 PM-9:45 PM
\$1.90/drop-in 414317

Kitsilano MS Support Group for Those Living with MS and their Caregivers

Instructor: Daina Balodis
New members must e-mail Daina prior to registration: brucedaina@shaw.ca
F Jul 8-Aug 26 1:00 PM-3:00 PM
Free 416134

NEW Senior's BBQ & Bocce

Come and join us for a fun summer barbecue, followed by a bocce game. Meet on 12th and Larch.

F Jul 29 4:00 PM-6:00 PM
\$6/person 415983

F Aug 26 4:00 PM-6:00 PM
\$6/person 415984



Martial Arts

Tai Chi - Traditional Yang 108 Form Part Three

Instructor: Kelly Maclean
Th Jul 7-Aug 11 6:00 PM-7:00 PM
\$96/6 sess 415296

Tai Chi Sword - 32 Form Part Two

Instructor: Kelly Maclean
Th Jul 7-Aug 11 7:05 PM-8:05 PM
\$96/6 sess 415299

Qigong

Instructor: Kelly Maclean
Su Jul 10-Aug 14 9:00 AM-10:00 AM
\$80/5 sess 415293

Tai Chi - 24 Form Review

Instructor: Kelly Maclean
Su Jul 10-Aug 14 10:05 AM-11:05 AM
\$80/5 sess 415294

Plastics Recycling Depot

Instructor: Village Vancouver
Th Jul 14 6:00 PM-7:00 PM
Th Aug 18 6:00 PM-7:00 PM

Drop off your clean, pre-sorted plastics at our free Kits Village recycling depot located on the south patio, immediately north of 12th Ave. and Larch Street. Please arrive no later than 6:45pm. No registration required. **For more info, please visit villagevancouver.ca**

Fitness & Health

BeMoved

Instructor: Anita Siu
W Jul 6-Aug 24 11:30 AM-12:30 PM
\$112/8 sess 414330

Callanetics

Instructor: Linda Shedden
M Jul 4-Aug 22 7:45 PM-8:45 PM
\$113.33/7 sess 414393

Group Power®

Instructor: Ella Wong
M Jul 4-Aug 22 8:00 AM-9:00 AM
\$5.71/drop-in 414349

Instructor: Jennifer Wick
W Jul 6-Aug 24 9:15 AM-10:15 AM
\$5.71/drop-in 414348

Instructor: Karen Di Venanzo
F Jul 8-Aug 26 8:00 AM-9:00 AM
\$5.71/drop-in 414350

ZUMBA®

Instructor: Zumba Vancouver (Eric)
W Jul 6-Aug 17 6:45 PM-7:45 PM
\$96.25/7 sess 414320

ZUMBA® Gold - Beginners & Seniors

Instructor: Zumba Vancouver (Eric)
Tu Jul 5-Aug 16 10:30 AM-11:30 AM
\$96.25/7 sess 415750

Instructor: Zumba Vancouver (Denise)
Th Jul 7-Aug 4 11:45 AM-12:45 PM
\$68.75/5 sess 414321



Group Fitness Class Schedule

July 4 – August 26, 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Interval 9:00-10:00 AM <i>Bita</i>	Classic Stretch 9:00-10:00 AM <i>Rae</i>		Step Plus 8:30-9:30 AM <i>Richard</i>	Step Interval 9:00-10:00 AM <i>Rilla</i>	Classic Stretch 9:15-10:15 AM <i>Alannah</i>	
Gentle Fit 10:15-11:15 AM <i>Audrey</i>		Gentle Fit 10:15-11:15 AM <i>Audrey</i>		Gentle Fit 10:15-11:15 AM <i>Berdjis</i>	Please note the following: <ul style="list-style-type: none"> Schedule and fees are subject to change Classes with insufficient attendance will be subject to cancellation Classes are not scheduled on Statutory Holidays (Aug 1). 	
No classes from August 27 to September 5. Please check our Fall Guide for Group Fitness Classes from September 6 onwards.			Total Body Conditioning 5:30-6:30 PM <i>Bita</i>			

Class		Description
Mild	Gentle Fit	Perfect for beginners, those returning to fitness or recovering for an injury. Gentle movements to start your day. Class may use mats, chairs, light weights and bands. Talk to the instructors about any concerns.
	Classic Stretch	This no cardio class will focus on increasing flexibility and calming the mind.
Moderate to Challenging	Cardio Interval	A mix of cardio training and weight training work every 10 minutes. This class is of moderate to challenging intensity.
	Total Body Conditioning (TBC)	Come and join this class to build your power, speed, coordination and improve your overall fitness. A varied class that will hit those areas that other workouts miss. All levels are welcome.
	Step Interval	Low-impact step cardio with strength training intervals followed by core work and a relaxing stretch.

Fees - FitCard allows unlimited number of classes on schedule above

<small>Prices do not include tax. Fees are subject to change.</small>	Drop-in	10-visit Pass	1-month Fit Card	2 months Fit Card	3 months Fit Card	6 months Fit Card	12 months Fit Card
Adult (19-64 yrs)	\$5.71	\$50.28	\$45.05	\$80.66	\$112.09	\$211.62	\$368.76
Senior (65+ yrs)	\$4.28	\$37.71	\$33.79	\$60.50	\$84.07	\$158.72	\$276.57

Table Tennis (Ping Pong)

Table Tennis is available when the Lobby or Multi-Purpose Room is not being used for scheduled classes or rentals, on a first-come, first-served basis. Participants will need a Casual Room Use loaded onto their OneCard. A ball and paddles may be provided by leaving your OneCard at the Front Office. Maximum time per group is up to 2 hours, or until a program/rental is scheduled.

Call 604.257.6967 on the day you wish to play to inquire about room availability.

\$2/adult; Free for children and youth



**Fitness
Centre**

Hours of Operation

Monday-Friday 6:00 AM-10:00 PM
Saturday/Sunday 7:00 AM-8:00 PM
Statutory Holiday 7:00 AM-8:00 PM

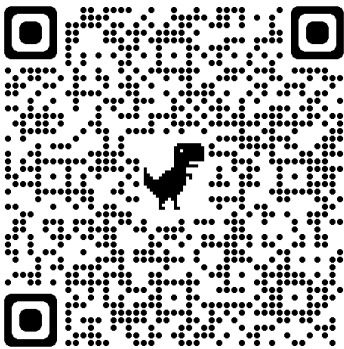
Please note - when the Community Centre is closed, enter the Fitness Centre through the lower back entrance, located at the back of the Community Centre, by the playground.

Minimum age

You need to be 13 years and older to use a fitness centre operated by the Park Board.

QR Code

Scanning the code will direct you to a Vancouver Park Board (VPB) site that will provide you with information on all VPB Fitness Centres. If you need information on a specific Fitness Centre such as facility hours, fitness session schedules, programs and class details etc, please click on the corresponding link.



You can also go to <https://vancouver.ca/home-property-development/covid-19-coronavirus-within-vancouver.aspx> for safety protocols and updated information

Admission Fees

Type	Single drop-in	10-visit pass fee
Adult (19-64 years)	\$6.66	\$57.28
Youth (13-18 years)	\$4.66	\$40.10
Senior (65+ years)	\$4.66	\$40.10

Prices do not include tax. Fees are subject to change.

Monthly Pass Fees

Type	1 mth	3 mth	12 mth
Adult (19-64 yrs)	\$51.28	\$138.46	\$443.06
Youth (13-18 yrs)	\$35.90	\$96.92	\$310.14
Senior (65+ yrs)	\$35.90	\$96.92	\$310.14

Prices do not include tax. Fees are subject to change.

i Some passes are not accepted at Hastings, Kerrisdale, Killarney and Sunset Fitness Centres as they are operated by the CCA.

Fitness Centre Consultations

Take advantage of our fitness consultations! Reach your fitness goals with our consultation package. Call ahead to book up to 3 sessions with our highly trained fitness centre staff.

With the price of admission or included in your membership pass, our Fitness Centre staff will show you in the initial session how to use equipMent, create a personalized fitness program, and you will receive a card to track your progress. At the next session, our staff will monitor your exercise technique and answer any questions about your fitness program. Book a third session for additional support, motivation or a change in your program!

Personal Training

Improve your health and wellness with support from our certified personal trainers. Our trainers will work with you to develop a customized fitness plan designed to meet your fitness goals and fit your busy schedule. Whether you are a beginner, overcoming a plateau, rehabilitating from an injury or looking for sport-specific workouts, our trainers will motivate you in each 1 hour session.

Personal Training Fees

Sessions	Private	Semi-private	Small Group
1	\$55.40	\$83.08	\$116.53
3	\$153.52	\$230.32	\$312.11
5	\$246.92	\$380.25	\$457.78
10	\$443.27	\$706.18	\$832.31

Prices do not include tax. Fees are subject to change.

EquipMent

- 5 treadmills
- 5 crosstrainer/ellipticals
- 1 adaptive motion machine (AMT)
- 1 lateral step machine
- 2 Powermill steppers
- 1 stairclimber machine
- 3 recumbent bikes
- 3 upright bikes
- 3 indoor spin bikes
- 1 air-dyne bike
- 1 ski-erg
- 2 rowers (Concept2)
- 1 adapted stepper (Scifit)
- Upper and lower body selectorized strength machines
- Free weights and benches
- 3 squat racks
- Functional training props

NEW!

WHEELCHAIR ASSESSIBLE STRENGTH EQUIPMENT

- Cybex Prestige Chest Press
- Cybex Prestige Lat Pull Down



Casual Room Use

Kitsilano Community Centre allows casual room use for those who have a current Kitsilano membership and have completed the Casual Room Use Agreement. While our priority is to registered programs, if a room is not being used, then a member is welcome to use it under the following provisions:

- Rooms are available on a first come/first serve basis only, the day of and cannot be reserved in advance.
- Room use is for a maximum of 2 hours per day, with a maximum capacity of 3 users
- Users must be 13+ years of age. Anyone under this age must be accompanied by an adult.
- Casual room use is provided for free only for category one low risk activities
- There is to be no monetary exchange or financial gain to the individual or group.

For our full Casual Room usage policy, speak with the front desk 604-257-6976.

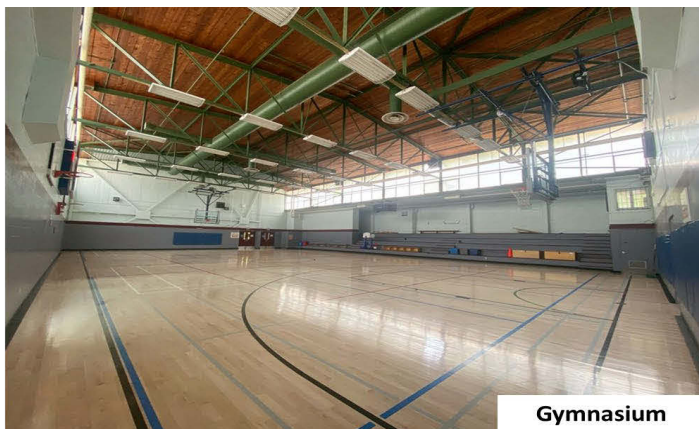
Room Rentals

We have several rooms available to rent for meetings, parties and personal special events.

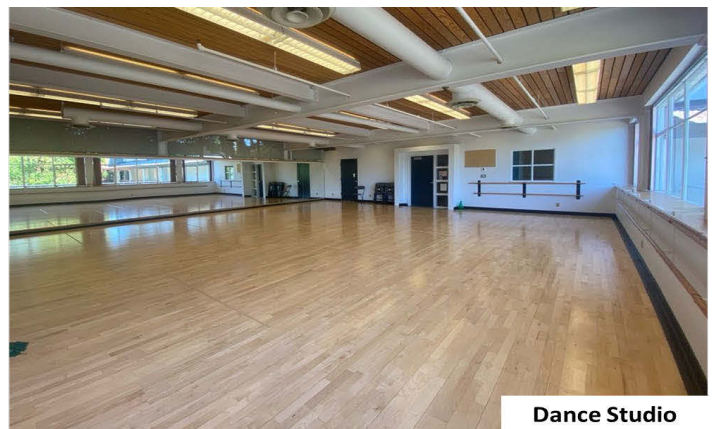
Contact **604-257-8607** or kcca.vancouver@gmail.com if you have any inquiries.

Snowy's Lounge 1824 sq. ft. (57 ft. x 32 ft.) 100 people \$50/hr	Lobby Room 896 sq. ft. (32 ft x 28 ft) 50 people \$50/hr	Dance Studio 792 sq. ft. (36ft x 22 ft) 50 people \$50/hr	Gymnasium 4950 sq. ft. (90 ft x 55 ft) 400 people \$50/hr
Multi-Purpose 1156 sq. ft. (34 ft x 34 ft) 40 people \$40/hr	Board Room 308 sq. ft. (22 ft x 14 ft) 18 people \$20/hr	Meeting Room 210 sq. ft. (15 ft x 14 ft) 10 people \$20/hr	Maddie's Lounge 308 sq. ft. (22 ft x 14 ft) 12 people \$20/hr

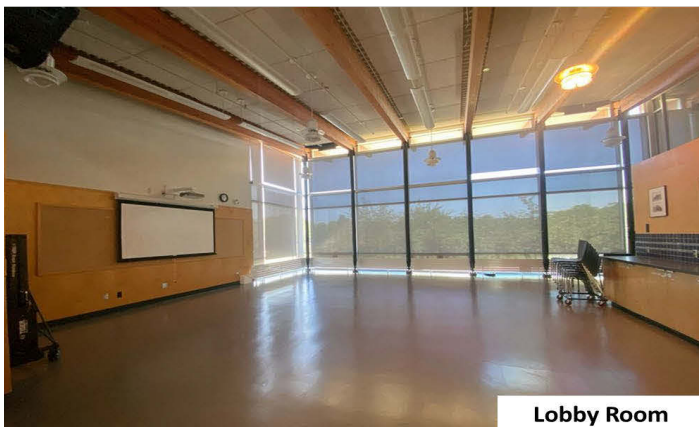
*Additional staffing, audiovisual usage or music licensing fees may apply. All sport rentals require insurance.
Information is subject to change with any Health Orders.*



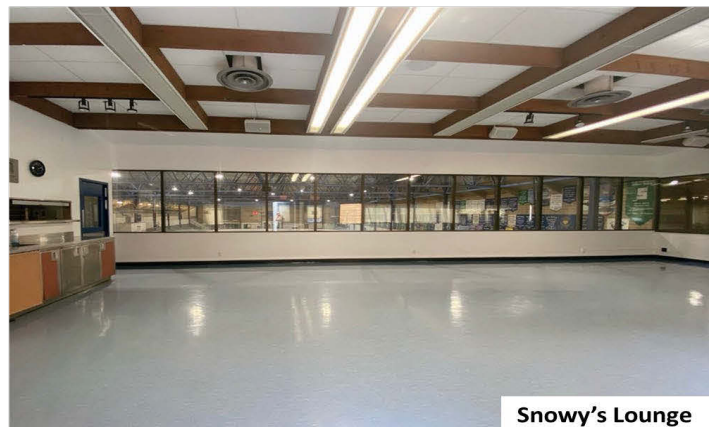
Gymnasium



Dance Studio



Lobby Room



Snowy's Lounge

@KITSONBROADWAY AND @KITSCC PRESENT:

MUSIC AND A MOVIE!



SATURDAY, AUGUST 27 | 5PM PRE SHOW ACTIVITIES
MOVIE AT DUSK | CONNAUGHT PARK | FREE EVENT!

FEATURING SPIDER-MAN: NO WAY HOME AND MUSIC BY WILL'S JAMS,
MUSIC WITH MARNIE AND ROCK'N'BEAU DANCE PARTY AND MORE!
COMMUNITY EXHIBITS AND TREATS, PHOTO BOOTH AND MERCHANT PRIZES!