



LIFEGUARD

**Kensington Community Centre
Programs | Fitness Centre | Swimming Pool**

5175 Dumfries Street, Vancouver, BC. V5P 3A2
604-718-6200 | vancouver.ca/kensingtonrec

Spring & Summer 2025



Kensington Community Centre

Programs | Fitness Centre | Swimming Pool

5175 Dumfries Street, Vancouver, BC. V5P 3A2
604-718-6200 | vancouver.ca/kensingtonrec



Movie In The Park Friday, July 25 See Special Events, page 4

KCC Spring & Summer Guide

Operating Hours:

From April 1 to August 31, 2025

Mon-Fri	7:30 AM-9:30 PM
Sat-Sun	9:00 AM-4:00 PM
Fri, Apr 18	Closed
Mon, Apr 21	Closed
Mon, May 19	Closed
Tue, July 1	Closed
Mon, Aug 4	Closed

Program registration is available after 9:00 AM.
The cashier's office closes 30 minutes before the centre closes.

Register for Centre Programs:

Online registration	Sat, Mar 22, 10:00 AM
In-person registration	Sat, Mar 22, 10:00 AM
Phone registration	Sat, Mar 22, 11:00 AM

Register for Pool Programs:

Spring	March 18, 7:00 PM
Summer	June 24, 7:00 PM

Our Facilities:

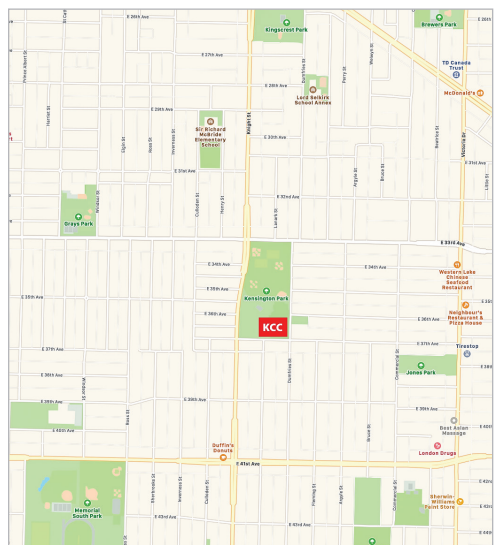
Community Centre: preschool, before and after childcare, youth, adults, seniors area, multipurpose rooms, dance studio, pottery studio, and gymnasium.
Pool: a warm, small pool with sauna and hot tub. Please see pool page for details.
Fitness Centre: Our fitness centre includes three spaces: cardio, circuit training and weight room.

GST information:

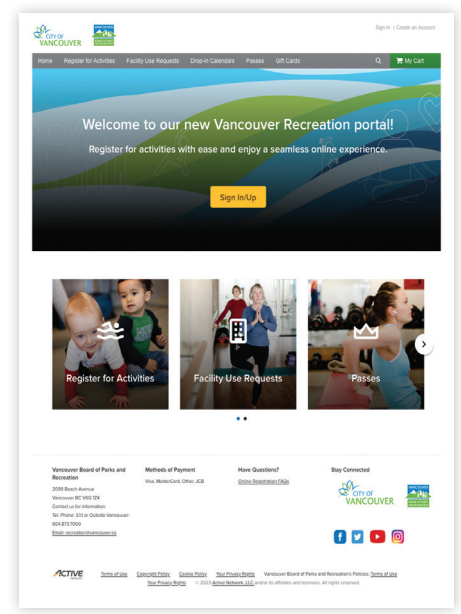
All prices for adult and senior programs/events are advertised excluding tax. Preschool/Children programs are non-taxable.

What's Inside

- Info 2
- Special Events..... 4
- Childcare..... 6
- Parent & Tot 7
- Preschool..... 8
- Children 10
- Preteen & Youth..... 18
- Adults & Seniors 20
- All Bodies Community (ABC) 28
- Fitness Centre..... 30
- Pool 32
- Room Rental Information 34
- KCC Staff Team 35
- Making Recreation Safe 36



About Online Registration:



In 2023 the Vancouver Recreation sales portal was upgraded to provide a better customer experience. Upgrade features include a new portal with improvements to:

- Navigation
- Checkout process
- Account management
- Search functionality
- Mobile optimization
- Accessibility

For assistance navigating the improved portal, refer to our step-by-step guides online at: <https://anc.ca.apm.activecommunities.com/vancouver/home> or contact 3-1-1.



Do you want to offer a program at Kensington Community Centre?

If you are interested in offering a program at Kensington, please email:

kensingtoncc@vancouver.ca

Request an "Expression of Interest" package. Submissions for Fall 2025 programs must be submitted by email by: June 1, 2025, 5:00pm.

SPECIAL EVENTS

Movie in the Park

Join us for an enchanting evening under the stars! Bring your blankets, chairs, and favorite snacks to enjoy a cinematic experience surrounded by friends and neighbors in the lush, green park. Admission is free, so gather your loved ones and join us for an unforgettable night of entertainment and camaraderie!

Fr Jul 25 at Kensington Park
 Movie and start time: TBA

Historical Walk: Kensington Cedar Cottage Neighbourhood (19+yrs)

This is a registered activity for a historical walk hosted by John Atkin. John does multiple walking tours for Vancouver Heritage Foundation and will be hosting this tour. The tour will meet in the Senior's Lounge at Kensington Community Centre and the group will leave shortly after. Please ensure that you wear appropriate gear as the group will be walking throughout the neighbourhood. Walks will be 2-hour long.

Instructor: No Instructor
 Sa May 10 553189

Seniors Lounge
 10:00 AM-12:00 PM
 Price TBA/1 sess



Kensington Holiday Craft Fair & Vendor Application

Join us at the Annual Kensington Holiday Craft Fair and browse for gifts for family, friends, or yourself. Admission is free for the public. For crafters, the fee is \$35.00 per table. Crafters may apply to this juried craft fair by picking up an application form at the centre or by e-mailing kensingtoncc@vancouver.ca. Deadline for applications is August 31, 2025.

Sa Dec 06 553172
 10:00 AM-4:00 PM
 \$35 per table



VPD's Women's Personal Safety Team Workshop (19+yrs)

A group of dedicated VPD female officers have been increasing women's safety and giving back to the community as part of the VPD Women's Personal Safety Team since 2013. Their goal is to educate, inspire, and empower women to take ownership of their personal safety. Their workshops teach tactics designed to be easily learned and remembered by women with no prior training in case they are ever faced with a situation of unavoidable violence. Please arrive by 5:40pm to fill out forms before the start of workshop.

Instructor: VPD
 We May 28 548395

Gymnasium
 6:00 PM-8:00 PM
 FREE/1 sess

Long Weekends: Drop-In & Registered Gym Programs:



Pickleball

Su Apr 20 558899 12:00PM-1:30PM \$3.25/sess
 Su May 18 558900 12:00PM-1:30PM \$3.25/sess
 Su Aug 3 558901 12:00PM-1:30PM \$3.25/sess

Adult Open Gym Basketball

Sa Apr 19, May 17, Aug 2 9:30AM-11:00AM \$3/sess
 Drop In Only

Badminton Court Booking

Su Apr 20 547884 1:45PM-2:45PM \$6.66/sess
 Su Apr 20 558902 2:50PM-3:50PM \$6.66/sess
 Su May 18 558904 1:45PM-2:45PM \$6.66/sess
 Su May 18 558903 2:50PM-3:50PM \$6.66/sess
 Su Aug 3 558905 1:45PM-2:45PM \$6.66/sess
 Su Aug 3 558906 2:50PM-3:50PM \$6.66/sess

----- Pickleball & Badminton drop-in available for the same price, space permitting -----

CHILDCARE



Kensington Licensed Preschool and Out-of- School Care Programs

Cedar Cottage Neighbourhood House is excited to embark on this new partnership with Kensington Community Centre to offer quality licensed preschool and Out-of-School Care Programs located at Kensington Community Centre. As a new member in our family of child care programs, these programs will build on our 50 year history of supporting children and families in our community.

PRESCHOOL:

Embracing the Reggio Emilia approach, Cedar Cottage has developed quality, innovative programs to enhance the childcare experience. Our licensed preschool only employs fully qualified early childhood educators who have a passion for their work and your children. Staff are here to support this important time of growth for your preschooler in a warm and nurturing environment. Classes take place from Monday-Friday (9:00-1:00). Registration is now open for children aged 3-4.

OUT-OF-SCHOOL CARE:

The licensed Out-of-School Care program serves children attending Tecumseh and Selkirk Annex and provides an enriching environment for school age children to foster a sense of well-being and belonging as they learn about and explore the world around them.

Registration is now open for both. Call 604.874.4231 or email, kensington@cedarcottage.org



PARENT & TOT

SOCIAL

Family Drop-In Gym

(0-5 yrs)

Join us at this playtime created especially for families. Toddlers will have the opportunity to explore slides, bikes, and other toys. This is a parent participation drop-in program. Parental supervision is required. Drop-in fee is \$3.00 for single child, \$5 for family (2 children). Drop-in only.

Instructor: Joshua Pan
Th Apr 03-Jun 26
547901

Gymnasium
9:30 AM-11:50 AM
\$3/session

ART, CULTURE & EDUCATION

Dance With Me

(1.5-3 yrs)

Introduce your little ones to the world of dance. Classes are designed to encourage little dancers to join in and have fun while dancing with mom or dad. Elements of ballet dancing, singing, and high energy movement to music will be included. Parent or guardian participation is required. No session Apr 20, May 18.

Instructor: Van. Performing Stars
Su Apr 06-Jun 15
547898

Dance Studio
10:00 AM-10:45 AM
\$144/9 sess

SPORTS

Sportball Junior

(16-24 mos)

Toddlers and parents/caregivers focus on physical movements and social exploration, learn fundamental sport skills and participate in creative motor games, songs, stories, bubble time and more. Parent participation is required. No class Apr 19, Aug 2.

Instructor: Sportball Vancouver
Sa Apr 12-May 10
547976
Sa May 24-Jun 21
549863
Sa Jul 05-Aug 23
549916

Multi. Room
11:15 AM-12:00 PM
\$65/4 sess
11:15 AM-12:00 PM
\$81.25/5 sess
11:15 AM-12:00 PM
\$113.75/7 sess

Sportball Parent & Toddler Multisport

(2-3 yrs)

This program is designed to guide parents and their children through the introductory skills in a variety of different ball sports. Games and skills are taught in a fun and creative manner by using story lines to encourage participation. All programs are non-competitive and focus on success while building confidence. Parent participation is required. No class Apr 19, Aug 2.

Instructor: Sportball Vancouver
Sa Apr 05-May 10
547980
Sa May 24-Jun 21
549851
Sa Jul 05-Aug 23
549893

Gymnasium
9:15 AM-10:00 AM
\$81.25/5 sess
9:15 AM-10:00 AM
\$81.25/5 sess
9:15 AM-10:00 AM
\$113.75/7 sess

Sportball Parent & Toddler Soccer

(2-3 yrs)

Get a kick out of Sportball Parent & Child Soccer programs! Participants are introduced to fundamental concepts of soccer and are provided the basic skills required to score with confidence in fun, exciting, skills-focused games. Parent/guardian participation is required. No class Apr 20 Aug 3.

Instructor: Sportball Vancouver
Su Apr 06-May 11
547981
Su May 25-Jun 22
549884
Su Jul 06-Aug 24
549933

Gymnasium
2:00 PM-2:45 PM
\$81.25/5 sess
2:00 PM-2:45 PM
\$81.25/5 sess
2:00 PM-2:45 PM
\$113.75/7 sess



Sportball Vancouver, Leon Chai Photo

PRESCHOOL

ART, CULTURE & EDUCATION

Giggle and Grow Mandarin Adventures

(3-5 yrs)

At every turn, our program unveils stepping stones towards linguistic proficiency, skillfully blending play and education. Led by seasoned educator (s), we go beyond conventional methods. From enhancing storytelling and game sessions, sparking young imaginations, to hands-on crafting and traditional Chinese writing activities reinforcing language concepts, our curriculum guarantees a positive and enjoyable learning experience! We firmly believe that nurturing children's curiosity early on fuels a lasting eagerness for language learning. Committed to creating a secure, valued, and expressive environment in Mandarin, we invite you to join us on a transformative journey of language exploration, creativity, and camaraderie! Your child's love for languages starts here! Each week will feature a different and fun theme/topic! Material fee is not pro-rated if a student registers after the first class and non-refundable after first class. No class Apr 20.

Instructor: Kathy Leung	Board Room
Su Apr 06-May 11	9:30 AM-10:30 AM
547902	\$120/5 sess
Su May 25-Jun 22	9:30 AM-10:30 AM
547903	\$120/5 sess

DANCEPL3Y Preschool

(3-5 yrs)

DANCEPL3Y Preschool is designed for children to discover dance in a playful and interACTIVE way through creative storylines and music that MOVES them. Building the foundations for dance through rhythms, fundamental movement skills and playful group formations. DANCEPL3Y gives a space for children to develop musicality, social skills and confidence with movement. No session Apr 19, May 17.

Instructor: The Play Brigade	Board Room
Sa Apr 05-Jun 07	1:15 PM-2:00 PM
547900	\$112/8 sess

YOGAPL3Y Preschool

(3-5 yrs)

YOGAPL3Y (yoga-play) is a fun, interactive, and playful introduction to the world of Yoga for kids! With a focus on physical literacy, students get to master their fundamental movement skills, exercise their creativity, interpersonal skills, and social and emotional skills! Using tools like breath and mindfulness, students find ways to self-regulate, listen and honour their cues. Weekly themes combine traditional yoga poses with FUN activities, games and music and include a balance between mindfulness and movement. No session Apr 19, May 17.

Instructor: The Play Brigade	Board Room
Sa Apr 05-Jun 07	2:00 PM-2:45 PM
547987	\$112/8 sess

Mini Ballet

(3-5 yrs)

Introduce your child to the world of ballet. These classes develop coordination, musicality and fluidity of movement while having fun. Appropriate dance shoes and attire required. Students must be able to attend class on their own. No session Apr 20, May 18.

Instructor: Van. Performing Stars	Dance Studio
Su Apr 06-Jun 15	10:45 AM-11:30 AM
547959	\$144/9 sess

Mini Hip Hop

(3-5 yrs)

Want to learn how to move to and groove to your favourite tunes? Learn the basic style of hip hop dance in this high energy program. Discover new and exciting moves while learning fun and challenging choreography. Leave feeling energized, confident and excited about dance. Students must be able to attend class on their own. No session Apr 20, May 18.

Instructor: Van. Performing Stars	Dance Studio
Su Apr 06-Jun 15	11:30 AM-12:15 PM
547960	\$144/9 sess

SPORTS

Sportball Multisport

(3.5-5 yrs)

This program is designed to guide parents and their children through the introductory skills in a variety of different ball sports. Games and skills are taught in a fun and creative manner by using story lines to encourage participation. All programs are non-competitive and focus on success while building confidence. No class Apr 19, Aug 2.

Instructor: Sportball Vancouver	Gymnasium
Sa Apr 05-May 10	10:00 AM-11:00 AM
547977	\$81.25/5 sess
Sa May 24-Jun 21	10:00 AM-11:00 AM
549852	\$81.25/5 sess
Sa Jul 05-Aug 23	10:00 AM-11:00 AM
549898	\$113.75/7 sess

Sportball Soccer

(3.5-5 yrs)

Kickstart your day! Sportball Soccer introduces fundamental concepts of gameplay and teaches the basic skills required to bend it like Beckham in a supportive, non-competitive environment. Coaches zero in on skills like throw-ins, dribbling, trapping and passing in fun, exciting, skill-focused play. No class Apr 20, Aug 3.

Instructor: Sportball Vancouver	Gymnasium
Su Apr 06-May 11	2:45 PM-3:45 PM
547982	\$81.25/5 sess
Su May 25-Jun 22	2:45 PM-3:45 PM
549889	\$81.25/5 sess
Su Jul 06-Aug 24	2:45 PM-3:45 PM
549936	\$113.75/7 sess



Sportball Image from web

Sportball Basketball

(4-6 yrs)

Slam-dunk! Sportball Basketball introduces fundamental concepts of gameplay and teaches the basic skills required to hit the court with confidence in a supportive, non-competitive environment. Coaches zero in on skills like dribbling, passing, catching, shooting and defense in fun, exciting, skill-focused play. No class Apr 21.

Instructor: Sportball Vancouver	Gymnasium
Mo Apr 07-May 12	3:45 PM-4:45 PM
547974	\$81.25/5 sess
Mo May 26-Jun 23	3:45 PM-4:45 PM
549848	\$81.25/5 sess



Sportball Image from web

CHILDREN

ART, CULTURE & EDUCATION

Creative Adventures: Arts & Crafts for Kids

(6-12 yrs)

Unleash your child's creativity and imagination with our exciting Arts & Crafts Program! Each session is centered around a fun theme, encouraging kids to explore various art techniques and materials. Children will develop their artistic skills and self-expression in a supportive, collaborative and engaging environment. No class Apr 20.

Instructor: Arshi Aggarwal	Board Room
Su Apr 06-May 11	11:15 AM-12:15 PM
547896	\$100/5 sess
Su May 25-Jun 22	11:15 AM-12:15 PM
547897	\$100/5 sess

Junior Chefs

(7-10 yrs)

Junior Chefs is a 1.5hr long program that encourages students to explore new recipes by prepping and washing simple ingredients. Learn how to handle kitchen equipment safely and clean up, as well as learn basic food safety rules. Let's cook some yummy food! No class Apr 13, Apr 20, May 18.

Instructor: Gigi Puen	Seniors Lounge
Su Mar 30-May 04	9:30 AM-11:00 AM
547935	\$104/4 sess
Su Mar 30-May 04	11:15 AM-12:45 PM
547936	\$104/4 sess
Su May 11-Jun 15	9:30 AM-11:00 AM
547937	\$130/5 sess
Su May 11-Jun 15	11:15 AM-12:45 PM
547938	\$130/5 sess

Junior Hip Hop

(5-7 yrs)

This high energy class will help dancers improve their flexibility, confidence, coordination, and free-style skills. Dancers will learn fun and creative choreography to show parents on the last day of class. No session Apr 20, May 18.

Instructor: Van. Performing Stars	Dance Studio
Su Apr 06-Jun 15	12:30 PM-1:15 PM
547940	\$144/9 sess

Junior Ballet

(5-7 yrs)

In this ballet class, dancers will learn essential ballet techniques every performer should know. Along with learning choreography, dancers will be encouraged to explore their own creative expression and learn how to dance with a fluid movement quality, while strengthening their flexibility and coordination skills. Previous dance experience is welcome, but not required. Ballet shoes and attire must be worn. No session Apr 20, May 18.

Instructor: Van. Performing Stars	Dance Studio
Su Apr 06-Jun 15	1:15 PM-2:00 PM
547934	\$144/9 sess



DANCEPL3Y Kids

(6-8 yrs)

DANCEPL3Y (dance-play) is a new kids fitness where your kids will learn simple moves from a variety of styles - Hip Hop, Urban, Ballroom, Bollywood, Lyrical, Jazz/Funk as they get interACTIVE and play with dance. No session Apr 19, May 17.

Instructor: The Play Brigade	Board Room
Sa Apr 05-Jun 07	2:45 PM-3:30 PM
547899	\$112/8 sess

Zumba Kids

(7-11 yrs)

Zumba Kids classes feature routines based on original choreography. We break down games, activities and cultural elements into the class structure. This class helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun.

Instructor: Suzette Lund	Dance Studio
Th Apr 03-Jun 26	4:15 PM-5:15 PM
547991	\$91/13 sess

Guitar/Ukelele - Private Lessons

(5+ yrs)

Tom is a local resident who is an experienced professional Guitar and Ukulele player and instructor. Students, all ages, of any skill level and beginner ukulele/guitar players are welcome! Each 30min private lesson will be tailored to your skill, age, ability and interests. Please bring your own instrument. For a child's first guitar, the instructor recommends a 1/2 size or 3/4 size classical guitar. Students will be asked to purchase their own music book. The instructor will let you know which book to purchase on the first class.

Instructor: Tom Cheng	Board Room
Set 1:	
Tu Apr 08-Jun 10	3:30 PM-4:00 PM
547913	\$260/10 sess
Tu Apr 08-Jun 10	4:00 PM-4:30 PM
547914	\$260/10 sess
Tu Apr 08-Jun 10	4:30 PM-5:00 PM
547915	\$260/10 sess
Tu Apr 08-Jun 10	5:00 PM-5:30 PM
547916	\$260/10 sess
Tu Apr 08-Jun 10	5:30 PM-6:00 PM
547917	\$260/10 sess
Tu Apr 8-Jun 10	6:00 PM-6:30 PM
547918	\$260/10 sess
Tu Apr 08-Jun 10	6:30 PM-7:00 PM
547919	\$260/10 sess
Tu Apr 08-Jun 10	7:00 PM-7:30 PM
547920	\$260/10 sess
Tu Apr 08-Jun 10	7:30 PM-8:00 PM
547921	\$260/10 sess
Set 2:	
Tu Jul 08-Aug 19	3:30 PM-4:00 PM
555251	\$182/7 sess
Tu Jul 08-Aug 19	4:00PM-4:30 PM
553052	\$182/7 sess
Tu Jul 08-Aug 19	4:30 PM-5:00 PM
553054	\$182/7 sess
Tu Jul 08-Aug 19	5:00 PM-5:30 PM
553055	\$182/7 sess
Tu Jul 08-Aug 19	5:30 PM-6:00 PM
553058	\$182/7 sess
Tu Jul 08-Aug 19	6:00 PM-6:30 PM
553069	\$182/7 sess
Tu Jul 08-Aug 19	6:30 PM-7:00 PM
553071	\$182/7 sess
Tu Jul 08-Aug 19	7:00 PM-7:30 PM
553075	\$182/7 sess
Tu Jul 08-Aug 19	7:30 PM-8:00 PM
553078	\$182/7 sess

Violin- Private Lessons

(6+ yrs)

Join as a complete beginner or tune up your violin skills. Students of all levels welcome! Learn the violin in a supportive environment with a dedicated teacher, who will also provide you with information on how to get the appropriate size and type of violin. Please bring your own instrument. Students will be asked to purchase their own music book, details at the first class. Lessons are 60 minutes.

Instructor: Ali Nourbakhsh	Cottage
Set 1:	
Sa Apr 05-May 17	9:15AM-10:15AM
558740	\$413/7sess
Sa Apr 05-May 17	10:15AM-11:15AM
558742	\$413/7sess
Sa Apr 05-May 17	11:15AM-12:15PM
558743	\$413/7sess
Sa Apr 05-May 17	12:45PM-1:45PM
558744	\$413/7sess
Sa Apr 05-May 17	1:45PM-2:45PM
558745	\$413/7sess
Sa Apr 05-May 17	2:45PM-3:45PM
558746	\$413/7sess
Set 2:	
Sa May 24-Jun 21	9:15AM-10:15AM
558750	\$413/7sess
Sa May 24-Jun 21	10:15AM-11:15AM
558755	\$413/7sess
Sa May 24-Jun 21	11:15AM-12:15PM
558757	\$413/7sess
Sa May 24-Jun 21	12:45PM-1:45PM
558758	\$413/7sess
Sa May 24-Jun 21	1:45PM-2:45PM
558759	\$413/7sess
Sa May 24-Jun 21	2:45PM-3:45PM
558760	\$413/7sess
Set 3:	
Sa Jul 05-Aug 23	9:15AM-10:15AM
558761	\$413/7sess
Sa Jul 05-Aug 23	10:15AM-11:15AM
558762	\$413/7sess
Sa Jul 05-Aug 23	11:15AM-12:15PM
558763	\$413/7sess
Sa Jul 05-Aug 23	12:45PM-1:45PM
558764	\$413/7sess
Sa Jul 05-Aug 23	1:45PM-2:45PM
558765	\$413/7sess
Sa Jul 05-Aug 23	2:45PM-3:45PM
558766	\$413/7sess

STEM PROGRAMS

Creative Coding for Kids

(7-9 yrs)

Unleash your child's creativity with our fun, beginner-friendly coding program! Through interactive games, storytelling, and hands-on projects, kids will learn to code in a playful, supportive environment. Perfect for young minds eager to explore technology while building problem-solving and critical-thinking skills. Participants must bring their own laptop or tablet (no more than 10"). No cell-phones. No class Apr 21. May 19.

Instructor: Clara Regalado Board Room
Mo Apr 07-Jun 09 4:00 PM-5:00 PM
550532 \$176/8 sess

Junior Coders

(10-12 yrs)

See above description. Perfect for young minds eager to explore technology while building problem-solving and critical-thinking skills. Let the coding adventure begin! No class Apr 21, May 19.

Instructor: Clara Regalado Board Room
Mo Apr 07-Jun 09 5:00PM-6:00PM
550533 \$176/8sess

Young Commander Chess

(5-13 yrs)

There's a strong correlation between chess and academic achievement including math, spatial analysis and non-verbal reasoning ability. Chess teaches higher level thinking skills such as visualization, analysis and critical thinking. Chess allows kids to connect with something in the real world which in turn, fires up their desire to learn. Joining in this Sherlock-Holmes-world of tactics and strategies, where the chessmen become personified, kids get trained in life-skills goal-setting: checkmate! Chess folder kit included.

Instructor: Joe Soliven Multipurpose Room
Starter/Beginner: 5-13 yrs; anyone proficient with limited knowledge of chess basics.
Tu Apr 15-Jun 24 4:00 PM-5:10 PM
547990 \$165/11 sess
Intermediate: 8-13 yrs; anyone proficient with chess tactics and advanced strategies.
Tu Apr 15-Jun 24 5:20 PM-6:30 PM
547989 \$165/11 sess

MARTIAL ARTS

Karate

(6+yrs)

Mushin Karate classes are friendly and noncompetitive, suitable for men, women and children. No session Apr 21, May 19.

Instructor: Kim Fivelsdal Multipurpose Room
Beginner (Full Month)
Mo Th Apr 03-Apr 28 5:30 PM-6:30 PM
547948 \$79.5/month
Mo Th May 01-May 29 5:30 PM-6:30 PM
547947 \$79.5/month
Mo Th Jun 02-Jun 30 5:30 PM-6:30 PM
556481 \$79.5/month
Mo Th Jul 03-Jul 31 5:30 PM-6:30 PM
547949 \$79.5/month
Mo Th Aug 07-Aug 28 5:30 PM-6:30 PM
549293 \$79.5/month

Beginner (Half Month)

Mo Th Apr 03-Apr 28 5:30 PM-6:30 PM
547951 \$53/month
Mo Th May 01-May 29 5:30 PM-6:30 PM
547950 \$53/month
M Th Jun 02-Jun 30 5:30 PM-6:30 PM
556482 \$53/month
Mo Th Jul 03-Jul 31 5:30 PM-6:30 PM
547952 \$53/ month
Mo Th Aug 07-Aug 28 5:30 PM-6:30 PM
549292 \$53/month

Advanced (Full Month)

Mo Th Apr 03-Apr 28 6:30 PM-7:30 PM
547942 \$79.5/month
Mo Th May 01-May 29 6:30 PM-7:30 PM
547941 \$79.5/month
Mo Th Jun 02-Jun 30 6:30 PM-7:30 PM
547943 \$79.5/month
Mo Th Jul 03-Jul 31 6:30 PM-7:30 PM
556484 \$79.5/month
Mo Th Aug 07-Aug 28 6:30 PM-7:30 PM
548110 \$79.5/month

Advanced (Half Month)

Mo Th Apr 03-Apr 28 6:30 PM-7:30 PM
547945 \$53/month
Mo Th May 01-May 29 6:30 PM-7:30 PM
547944 \$53/month
Mo Th Jun 02-Jun 30 6:30 PM-7:30 PM
547946 \$53/month
Mo Th Jul 03-Jul 31 6:30 PM-7:30 PM
556483 \$53/month
Mo Th Aug 07-Aug 28 6:30 PM-7:30 PM
549283 \$53/month

SPORTS

Sportball Basketball

(6-9 yrs)

Slam-dunk! Sportball Basketball introduces fundamental concepts of gameplay and teaches the basic skills required to hit the court with confidence in a supportive, non-competitive environment. Coaches zero in on skills like dribbling, passing, catching, shooting and defense in fun, exciting, skill-focused play. No class Apr 21

Instructor: Sportball Vancouver Gymnasium
Mo Apr 07-May 12 4:45 PM-5:45 PM
547975 \$81.25/5 sess
Mo May 26-Jun 23 4:45 PM-5:45 PM
549850 \$81.25/5 sess

Badminton Beginner & Intermediate

(8-14 yrs)

A qualified instructor teaches all badminton skills, from the rules, strokes and serves to advanced footwork and strategy. This class is for beginners & intermediates and the class pace will be adjusted according to the needs of the participants. No session Apr 20, May 18, Aug 3.

Instructor: Stanley Kita Gymnasium
Su Apr 06-Jun 29 11:45 AM-12:45 PM
547881 \$110/11 sess
Su Apr 06-Jun 29 12:45 PM-1:45 PM
547882 \$110/11 sess
Su Jul 06-Aug 31 11:45 AM-12:45 PM
553404 \$80/8 sess
Su Jul 06-Aug 31 12:45 PM-1:45 PM
553406 \$80/8 sess

Saturday Ball Hockey

Come out and learn the fundamentals of hockey. Join us in this action packed non-contact game. Equipment supplied if needed. Drop in \$5.50, space permitting. Safety eye goggles are provided and must be worn.

Instructor: Edmond Leong Gymnasium
6-8 yrs:
Sa Apr 05-Jun 21 11:45 AM-12:45 PM
547968 \$60/12 sess
9-17 yrs:
Sa Apr 05-Jun 21 12:45 PM-1:45 PM
547969 \$60/12 sess

Indoor Tennis Beginner Level 1.0-1.5

(7-12 yrs)

This beginner's class is an introduction to play tennis. Students are introduced to basic forehand and backhand while developing hand-eye coordination through a variety of fun games and activities. An emphasis is placed on inspiring a love for the game while building a strong technical foundation. Students need to bring own tennis racquet.

Instructor: Daniel Bustamante Gymnasium
We Apr 09-May 14 3:30 PM-4:30 PM
555315 \$60/6 sess
We May 21-Jun 25 3:30 PM-4:30 PM
555320 \$60/6 sess
Th Apr 10-May 15 3:30 PM-4:30 PM
555323 \$60/6 sess
Th May 22-Jun 26 3:30 PM-4:30 PM
555325 \$60/6 sess

Indoor Tennis Beginner / Intermediate Level 1.5-2.0

(9-14 yrs)

This intermediate class continues to develop tennis skills for those players who have been introduced to the game. Students will participate in a variety of fun drills and games to enhance their skills. Students will also have the opportunity to play games. Students need to bring their own tennis racquets.

Instructor: Daniel Bustamante Gymnasium
Th Apr 10-May 15 4:35 PM-5:35 PM
555337 \$60/6 sess
Th May 22-Jun 26 4:35 PM-5:35 PM
555341 \$60/6 sess



stock image

Summer Break Week-Long Programs

For week-long programs, refund requests must be made at least 7 days prior to start of program. No refunds thereafter.

3 VPS Dance-a Story "FROZEN" (3-5 yrs)

In this enchanted week for preschoolers, tiny dancers will learn graceful movements and simple ballet steps inspired by snowflakes and royal sisters. VPS instructors will keep the magic flowing through movement, storytime, and creative play. Dancers will build coordination through playful dance games and work together to create a sweet end-of-week "Royal Ballet" performance for parents. Bring your tutu and get ready to sparkle!

Instructor: Van. Performing Stars Dance Studio
Mo-Fr Aug 11-Aug 15 9:30 AM-10:45 AM
555263 \$91/5 sess

3 VPS Dance "My Little Pony" (3-5 yrs)

Gallop into a whimsical world of friendship and fun! Aspiring dancers will explore ballet, jazz and hip hop styles while gaining confidence, coordination, and creating memories. On the final day, dancers will dazzle parents with a final performance that captures the magic of My Little Pony!

Instructor: Van. Performing Stars Dance Studio
Mo-Fr Jul 07-Jul 11 9:30 AM-10:45 AM
555261 \$91/5 sess

3 VPS Dance "In My Dance Era" (6-10 yrs)

Dancers will learn fun choreography in hip hop, jazz, ballet and contemporary styles, inspired by the vibrant energy of pop music. On the final day, your dancer will shine in their final performance. With high-energy dancing and a celebration of friendship & creativity, this workshop is sure to be a blast- Swiftie style!

Instructor: Van. Performing Stars Dance Studio
Mo-Fr Aug 11-Aug 15 11:00 AM-3:00 PM
555262 \$250/5 sess

3 VPS Dance "Moana" (5-8 yrs)

Set sail on an unforgettable adventure while exploring the vibrant spirit of Moana through exciting choreography! Dancers will learn jazz, ballet, contemporary, and hip-hop styles. On the final day, they'll dazzle parents with a performance full of energy and heart. Through energetic dancing your child will build confidence, coordination, and unlock their creativity as they discover how far they'll go!

Instructor: Van. Performing Stars Dance Studio
Mo-Fr Jul 07-Jul 11 11:00 AM-3:00 PM
555260 \$250/5 sess

3 Summer Camp with the PL3Y Brigade (6-9 yrs)

Leap into an action-packed week with The Play Brigade! Games, arts & crafts, and fun-filled activities that encourage social and emotional learning and active team play! Paired with our high-energy dance and playful yoga sessions, everyone gets a chance to master their fundamental movement skills, build confidence, and self-expression all while practicing the 3 rules of PL3Y; Be Positive, Be Fun, and Be Yourself! Depending on weather, breaks may take place outdoors in the grass field/playground adjacent to the centre. Please bring a nut free lunch, snack, water bottle and sunscreen.

Instructor: The Play Brigade Seniors Lounge
Full Day Camp:
Mo-Fr Aug 25-Aug 29 9:00 AM-3:00 PM
556337 \$400/5 sess
Half Day Camp: AM
Mo-Fr Aug 25-Aug 29 9:00 AM-12:00 PM
556340 \$210/5 sess
Half Day Camp: PM
Mo-Fr Aug 25-Aug 29 12:00 PM-3:00 PM
556342 \$210/5 sess

3 GLOW KIDS Summer Fun Day Camp (6-12 yrs)

Join us in our week-long Summer camp! This fun filled camp is designed to maximize play time. Activities include: scavenger hunts, obstacle courses, arts & crafts, games and other fun activities! Some activities will take place outdoors in the grass area adjacent to the Kensington Community Centre. Lunch breaks will include visits to Tecumseh Annex School Playground. Outdoor activities are weather dependent. Please bring a nut-free lunch, snacks, water and sunscreen. If it is hot and sunny outside, we will include outdoor water activities, so please bring a bathing suit, a change of clothes, and a beach towel.

Instructor: Lia Fletcher Seniors Lounge
Mo-Fr Jul 14-Jul 18 9:15 AM-3:00 PM
553554 \$250/5 sess
Mo-Fr Jul 21-Jul 25 9:15 AM-3:00 PM
553555 \$250/5 sess
Mo-Fr Jul 28-Aug 01 9:15 AM-3:00 PM
553556 \$250/5 sess
Tu-Fr Aug 05-Aug 08 9:15 AM-3:00 PM
553557 \$200/4 sess
Mo-Fr Aug 11-Aug 15 9:15 AM-3:00 PM
553558 \$250/5 sess
Mo-Fr Aug 18-Aug 22 9:15 AM-3:00 PM
553560 \$250/5 sess

3 Film Camp in a Box Lego Animation Camp (7-12 yrs)

Bring your Lego creations to life in this exciting stop-motion animation camp! Guided by master filmmakers, campers will explore every stage of animation: from set design and scriptwriting to production and post-production. Working in small crews, participants will animate Lego characters and scenes, creating their own short film and trailer. Using tools like Canva and AI-powered soundtracks, they'll add music, sound effects, voiceovers, and special effects for a professional finish. The week wraps up with a red-carpet premiere on the final day, showcasing their animated masterpieces. Lunch breaks may take place outdoors. Please bring a nut free lunch, snack, water bottle and sunscreen.

Instructor: Film Camp In A Box Board Room
Mo-Fr Aug 05-Aug 08 9:00 AM-3:00 PM
555256 \$236/4 sess

3 Film Camp in a Box Hollywood Filmmaking (9-14 yrs)

Lights, camera, action! Step into the world of filmmaking with Film Camp in a Box. In this hands-on camp, young filmmakers will explore every stage of production: from scriptwriting and cinematography to digital editing, using tools like Final Cut, iMovie, and Canva. Equipped with 4K cameras, drones, green screens, and more, campers will create and star in their own short film and movie trailer. They'll enhance their projects with special effects, music, and AI-composed soundtracks. The week wraps up with a red-carpet premiere on the final day, showcasing their cinematic masterpieces. Unleash your creativity and experience the magic of filmmaking! Depending on weather, lunch breaks may take place outdoors in the grass field/playground adjacent to the centre. Please bring a nut free lunch, snack, water bottle and sunscreen.

Instructor: Film Camp In A Box
Mo-Fr Jul 21-Jul 25 9:00 AM-3:00 PM
555245 \$295/5 sess
Mo-Fr Aug 18-Aug 22 9:00 AM-3:00 PM
555255 \$295/5 sess

3 Junior Coders Summer Creative Coding (10-12 yrs)

Unleash your child's creativity with our fun, beginner-friendly coding program! Through interactive games, storytelling, and hands-on projects, kids will learn to code in a playful, supportive environment. This program is perfect for young minds eager to explore technology while building problem-solving and critical-thinking skills. Let the coding adventure begin! Requirements: Participants must bring their own laptop, Chromebook, or tablet (no more than 10"). No cellphones. Please check online description for topics.

Instructor: Clara Regalado Multipurpose Room
Mo-Fr Jul 07-Jul 11 10:00 AM-11:00 AM
550550 \$110/5 sess
Mo-Fr Jul 14-Jul 18 10:00 AM-11:00 AM
550551 \$110/5 sess
Tu-Fr Aug 05-Aug 08 10:00 AM-11:00 AM
550554 \$88/4 sess
Mo-Fr Aug 11-Aug 15 10:00 AM-11:00 AM
550555 \$110/5 sess

Summer Break Week-Long Programs

For week-long programs, refund requests must be made at least 7 days prior to start of program. No refunds thereafter.

5 Young Commander Chess Novice/Starter

(5-13 yrs)
There is a strong correlation between chess and academic achievement including math, spatial analysis and non-verbal reasoning ability. Joining in this Sherlock-Holmes-world of tactics and strategies, kids get trained in life-skills and goal-setting: checkmate! What's more, chess provides a mental armor- "commander" self-image (TEAM leader)- whereby kids can draw upon and develop a well-rounded discipline, amidst a friendly social setting where art meets science and math with fun. Chess folder kit included.

Instructor: Joe Soliven Multipurpose Room
Mo-Fr Aug 18-Aug 22 9:30 AM-11:00 AM
555277 \$100/5 sess

5 Sportball Multisport Summer Camp

(5-8 yrs)
Join us this summer and be introduced to a variety of ball sports, co-operative games and more! Depending on weather, breaks may take place outdoors in the grass field/playground adjacent to the centre. Please bring a nut free snack, water bottle and sunscreen.

Instructor: Sportball Vancouver	Gymnasium
Mo-Fr Jul 07-Jul 11	9:00 AM-12:00 PM
555284	\$200/5 sess
Mo-Fr Jul 14-Jul 18	9:00 AM-12:00 PM
555420	\$200/5 sess
Mo-Fr Jul 21-Jul 25	9:00 AM-12:00 PM
555425	\$200/5 sess
Mo-Fr Jul 28-Aug 01	9:00 AM-12:00 PM
555431	\$200/5 sess
Mo-Fr Aug 11-Aug 15	9:00 AM-12:00 PM
555434	\$200/5 sess
Mo-Fr Aug 18-Aug 22	9:00 AM-12:00 PM
555436	\$200/5 sess

5 Indoor Tennis Beginner Level 1.0-1.5

(7-12 yrs)
This beginner's class is an introduction to play tennis. Students are introduced to basic forehand and backhand while developing hand-eye coordination through a variety of fun games and activities. An emphasis is placed on inspiring a love for the game while building a strong technical foundation. Students need to bring their own tennis racquets.

Instructor: Daniel Bustamante	Gymnasium
Mo-Fr Jul 28-Aug 01	12:30 PM-1:45 PM
555370	\$67.5/5 sess
Tu- Fr Aug 05-Aug 08	9:15 AM-10:30 AM
555397	\$54/4 sess
Mo-Fr Aug 18-Aug 22	12:30 PM-1:45 PM
555399	\$67.5/5 sess

5 Indoor Tennis Beginner/Intermediate Level 1.5-2.0

(9-14 yrs)
This intermediate class continues to develop tennis skills for those players who have been introduced to the game. Students will participate in a variety of fun drills and games to enhance their skills. Students will also have the opportunity to play games. Students need to bring their own tennis racquets.

Instructor: Daniel Bustamante	Gymnasium
Mo-Fr Jul 28-Aug 01	1:50 PM-3:05 PM
555400	\$67.5/5 sess
Tu- Fr Aug 05-Aug 08	10:35 AM-11:50 PM
555407	\$54/4 sess
Mo-Fr Aug 18-Aug 22	1:50 PM-3:05 PM
555404	\$67.5/5 sess

5 Greenlight Basketball Learn 2 Ball

(5-8 yrs)
Discover the joy of basketball with Greenlight Basketball! Designed for children of all skill levels, our dedicated community coaches provide dynamic and enjoyable lessons that ignite a passion for the game. Kids will grasp the essentials of basketball through interactive drills and friendly games, fostering both skill development and fun in a positive, supportive atmosphere. No session Jul 1.

Instructor: Greenlight Basketball	Gymnasium
Mo We Th Fr Jun 30-Jul 04	12:45 PM-1:45 PM
556345	\$60/4 sess
Mo-Fr Jul 07-Jul 11	12:45 PM-1:45 PM
556346	\$75/5 sess
Mo-Fr Jul 14-Jul 18	12:45 PM-1:45 PM
556347	\$75/5 sess
Mo-Fr Jul 21-Jul 25	12:45 PM-1:45 PM
556348	\$75/5 sess
Tu-Fr Aug 05-Aug 08	12:45 PM-1:45 PM
556351	\$60/4 sess
Mo-Fr Aug 11-Aug 15	12:45 PM-1:45 PM
556349	\$75/5 sess
Mo-Fr Aug 25-Aug 29	12:45 PM-1:45 PM
556350	\$75/5 sess

5 Greenlight Basketball Summer Hoops

(9-14 yrs)
Grow your basketball skills with Greenlight Basketball this fall! Our Summer Hoops Camps are designed for players of all levels, offering structured skills training and engaging basketball games. Led by experienced coaches, our program focuses on developing fundamental basketball skills in a supportive, positive, and enjoyable environment. No session Jul 1.

Instructor: Greenlight Basketball	Gymnasium
Mo We Th Fr Jun 30-Jul 04	1:45 PM-2:45 PM
556352	\$75/4 sess
Mo-Fr Jul 07-Jul 11	1:45 PM-2:45 PM
556353	\$93.75/5 sess
Mo-Fr Jul 14-Jul 18	1:45 PM-2:45 PM
556354	\$93.75/5 sess
Mo-Fr Jul 21-Jul 25	1:45 PM-2:45 PM
556355	\$93.75/5 sess
Tu-Fr Aug 05-Aug 08	1:45 PM-2:45 PM
556358	\$75/4 sess
Mo-Fr Aug 11-Aug 15	1:45 PM-2:45 PM
556356	\$93.75/5 sess
Mo-Fr Aug 25-Aug 29	1:45 PM-2:45 PM
556357	\$93.75/5 sess



Greenlight Basketball image from website

PRETEENS & YOUTH

SOCIAL

Adapted Social Time

(16+ yrs)

This open social time is for individuals with complex disabilities and their support workers to socialize and relax in a safe, calm community space. Participants are welcome to use the space to exercise and connect with one another in a low stimulus environment. Drop-in \$3 + tax, space permitting. Maximum 6 spots (+ 6 attendants).

Instructor: No Instructor Board Room
We Apr 02-Jun 25 9:30 AM-1:00 PM
547860 \$20/13 sess

EDUCATION

Homework Club

(11-18 yrs)

If you want to receive tutoring help with your school work for Grades 5 to 12, please come to Kensington Centre. Angelina, our tutor, will be able to support you with your homework and assignments. Registration is required.

Instructor: Angelina Puen Board Room
We Apr 02-Jun 25 4:30 PM-6:00 PM
549943 FREE

LEADERSHIP

Kensington Youth Council

(13-18yrs)

Are you looking to be positively involved and wanting to make a difference in your community? Kensington's Youth Council wants you to join them in organizing youth activities at our Centre, offering community service to our Centre and community and making a difference in the Kensington area! We will be having our meetings in person at Kensington Community Centre and online for the ones who cannot come in person currently until Community Centre. Please register.

Instructor: Steven Chau Multipurpose Room
Sa Apr 12-Jun 28 12:10 PM-2:00 PM
556389 FREE

SPORTS

Badminton Beginner & Intermediate

(8-14 yrs)

A qualified instructor teaches all badminton skills, from the rules, strokes and serves to advanced footwork and strategy. This class is for beginners & intermediates and the class pace will be adjusted according to the needs of the participants. No session Apr 20, May 18.

Instructor: Stanley Kita Gymnasium
Su Apr 06-Jun 29 11:45 AM-12:45 PM
547881 \$110/11 sess
Su Apr 06-Jun 29 12:45 PM-1:45 PM
547882 \$110/11 sess
Su Jul 06-Aug 31 12:45 PM-1:45 PM
553406 \$80/8 sess

Saturday Ball Hockey

(9-17yrs)

Come out and learn the fundamentals of hockey. Join us in this action packed non-contact game. Equipment supplied if needed. Drop in \$5.50, space permitting. Safety eye goggles are provided and must be worn.

Instructor: Edmond Leong Gymnasium
Sa Apr 05-Jun 21 12:45 PM-1:45 PM
547969 \$60/12 sess



Friday Youth Drop-in Sports

Pre-teen Basketball Drop-in
(11-14.5yrs)
3:25PM-4:40PM

Youth Badminton Drop-in
(12-18.5yrs)
4:45PM-6:05pm

Youth Volleyball Drop-in
(12-18.5yrs)
6:15PM-7:45PM

Youth Basketball Drop-in
(12-18.5yrs)
8:00PM-9:30PM



Stock photo

ADULTS & SENIORS

SOCIAL

Seniors Karaoke

(55+ yrs)

Sing your heart out with your favourite songs! This is a social environment where you may practice your singing skills while enjoying the company of fellow singers. Song library includes songs in Mandarin or in English. Drop-in \$3+ tax. No class Aug 5, 19.

Instructor: Fung, Cam	Board Room
Tu Apr 08-Jun 10	11:00 AM-3:00 PM
549748	\$25/10 sess
Tu Jul 08-Aug 26	11:00 AM-3:00 PM
553176	\$22.50/9 sess

Mah Jong & Big Two & Board Games

(55+ yrs)

Join us for a game of mahjong or Big Two or board games. It's a perfect place to make new friends, learn new games or have a chance to play with friends!

Instructor: No Instructor	Multipurpose Room
Su Apr 06-Jun 29	12:00 PM-3:30 PM
549747	FREE/13 sess
Su Jul 06-Aug 31	12:00 PM-3:30 PM
558897	FREE/9 sess

ART, CULTURE & EDUCATION

Creating Sculptural Elements in Embroidery

(19+ yrs)

Work with beads to create raised elements on clothing or artwork. Add depth and creativity to your pieces and create new textures in your work. You will learn how to choose materials, how to execute the stitches, and get creative feedback on your pieces.

Instructor: Vancouver Tool Library	Multi. Room
We May 28	6:00 PM-8:30 PM
549743	\$40/1 sess
We Jun 04	6:00 PM-8:30 PM
549744	\$40/1 sess
We Jun 11	6:00 PM-8:30 PM
549745	\$40/1 sess
We Jun 18	6:00 PM-8:30 PM
549746	\$40/1 sess

Violin- Private Lessons

(5+ yrs)

Learn the violin in a supportive environment with a dedicated teacher, who will also provide you with information on how to get the appropriate size and type of violin. Students of all levels welcome! Bring your own instrument. Students will be asked to purchase their own music book, details at the first class.

Instructor: Ali Nourbakhsh Cottage

Set 1:		
Sa Apr 05-May 17	9:15AM-10:15AM	
558740	\$413/7sess	
Sa Apr 05-May 17	10:15AM-11:15AM	
558742	\$413/7sess	
Sa Apr 05-May 17	11:15AM-12:15PM	
558743	\$413/7sess	
Sa Apr 05-May 17	12:45PM-1:45PM	
558744	\$413/7sess	
Sa Apr 05-May 17	1:45PM-2:45PM	
558745	\$413/7sess	
Sa Apr 05-May 17	2:45PM-3:45PM	
558746	\$413/7sess	
Set 2:		
Sa May 24-Jun 21	9:15AM-10:15AM	
558750	\$413/7sess	
Sa May 24-Jun 21	10:15AM-11:15AM	
558755	\$413/7sess	
Sa May 24-Jun 21	11:15AM-12:15PM	
558757	\$413/7sess	
Sa May 24-Jun 21	12:45PM-1:45PM	
558758	\$413/7sess	
Sa May 24-Jun 21	1:45PM-2:45PM	
558759	\$413/7sess	
Sa May 24-Jun 21	2:45PM-3:45PM	
558760	\$413/7sess	
Set 3:		
Sa Jul 05-Aug 23	9:15AM-10:15AM	
558761	\$413/7sess	
Sa Jul 05-Aug 23	10:15AM-11:15AM	
558762	\$413/7sess	
Sa Jul 05-Aug 23	11:15AM-12:15PM	
558763	\$413/7sess	
Sa Jul 05-Aug 23	12:45PM-1:45PM	
558764	\$413/7sess	
Sa Jul 05-Aug 23	1:45PM-2:45PM	
558765	\$413/7sess	
Sa Jul 05-Aug 23	2:45PM-3:45PM	
558766	\$413/7sess	

Guitar/Ukelele- Private Lessons

(15+ yrs)

Tom is a local resident who is an experienced professional Guitar and Ukulele player and instructor. Students, all ages, of any skill level and beginner ukulele/guitar players are welcome! Each 30min private lesson will be tailored to your skill, age, ability and interests. Please bring your own instrument. For a child's first guitar, the instructor recommends a 1/2 size or 3/4 size classical guitar. Students will be asked to purchase their own music book. The instructor will let you know which book to purchase on the first class.

Instructor: Tom Cheng	Board Room
Set 1:	
Tu Apr 08-Jun 10	3:30 PM-4:00 PM
547913	\$260/10 sess
Tu Apr 08-Jun 10	4:00 PM-4:30 PM
547914	\$260/10 sess
Tu Apr 08-Jun 10	4:30 PM-5:00 PM
547915	\$260/10 sess
Tu Apr 08-Jun 10	5:00 PM-5:30 PM
547916	\$260/10 sess
Tu Apr 08-Jun 10	5:30 PM-6:00 PM
547917	\$260/10 sess
Tu Apr 8-Jun 10	6:00 PM-6:30 PM
547918	\$260/10 sess
Tu Apr 08-Jun 10	6:30 PM-7:00 PM
547919	\$260/10 sess
Tu Apr 08-Jun 10	7:00 PM-7:30 PM
547920	\$260/10 sess
Tu Apr 08-Jun 10	7:30 PM-8:00 PM
547921	\$260/10 sess
Set 2:	
Tu Jul 08-Aug 19	3:30 PM-4:00 PM
555251	\$182/7 sess
Tu Jul 08-Aug 19	4:00PM-4:30 PM
553052	\$182/7 sess
Tu Jul 08-Aug 19	4:30 PM-5:00 PM
553054	\$182/7 sess
Tu Jul 08-Aug 19	5:00 PM-5:30 PM
553055	\$182/7 sess
Tu Jul 08-Aug 19	5:30 PM-6:00 PM
553058	\$182/7 sess
Tu Jul 08-Aug 19	6:00 PM-6:30 PM
553069	\$182/7 sess
Tu Jul 08-Aug 19	6:30 PM-7:00 PM
553071	\$182/7 sess
Tu Jul 08-Aug 19	7:00 PM-7:30 PM
553075	\$182/7 sess
Tu Jul 08-Aug 19	7:30 PM-8:00 PM
553078	\$182/7 sess

DANCE

ATS Bellydance

(19+ yrs)

ATS is a group improvised style of belly dance fun for all ages and all body types! Come learn basic moves and concepts in a safe, supportive environment. Drop in \$13 + tax, space permitting.

Instructor: Tonje Olson	Dance Studio
Tu Apr 08-Jun 24 (Level 1)	7:00 PM-8:00 PM
547879	\$132/12 sess
Tu Apr 08-Jun 24 (Level 2)	8:10 PM-9:10 PM
547880	\$132/12 sess
Tu Jul 08-Jul 29 (Level 1)	7:00 PM-8:00 PM
549414	\$44/4 sess
Tu Jul 08-Jul 29 (Level 2)	8:10 PM-9:10 PM
549412	\$44/4 sess

Chinese Classical Dance

(19+ yrs)

The mission of Chinese Classical dance is to serve as a bridge to anyone who wishes to understand and appreciate the beauty of Chinese culture. It is not just about twisting the body, but expressing the inner world of artistic characters through basic dance techniques introduced (fundamental steps, movements, and flexibility). This class is open to adults who want to stay fit and have fun in the enjoyment of music as well (the basic understanding is required). Come with comfortable dance/exercise wear (i.e. Lycra tops and dance/yoga pants or shorts), and dance practice soft shoes. \$12 drop-in, space permitting. No class Apr 21, May 19., Aug 4.

Instructor: Chun (Margaret) Pan	Dance Studio
Mo Apr 14-Jun 30	6:15 PM-7:45 PM
553390	\$100/10 sess
Mo Jul 07-Aug 25	6:15 PM-7:45 PM
553391	\$70/7 sess



Stock photo

Chinese Folk Dance

(19+yrs)

This class starts from the beginner and focuses on the foundation, including basic position, basic movement, stretch and strength, based on ballet basics. No experience is required. This class is open to adults who wants to stay fit and have fun in the enjoyment of music. Drop in \$11 + tax, space permitting.

Instructor: Chun (Margaret) Pan	Dance Studio
Sa Apr 12-Jun 28	1:00 PM-2:30 PM
547895	\$108/12 sess
Sa Jul 05-Aug 30	1:00 PM-2:30 PM
553388	\$81/9 sess



International Line Dance

(45+yrs)

A combination of dances from various Chinese groups including: figure dance, ethnic dance, fan dance and aerobics. Drop in \$5.00 + tax, space permitting. No session May 7, 8, 13, 14, 15, Jun 10, 11, 12, 17, Jul 8, 9, 10, Aug 12, 13, 14.

Instructor: Jing Fung	Dance Studio
Tu Apr 01-Jun 24 (Mixed Level)	9:15 AM-10:15 AM
547925	\$38/10 sess
Tu Apr 01-Jun 24 (Beg Level)	10:20 AM-11:20 AM
547928	\$38/10 sess
We Apr 02-Jun 25 (Mixed Level)	9:15 AM-10:15 AM
556612	\$38/10 sess
Th Apr 03-Jun 26 (Mixed Level)	9:15 AM-10:15 AM
547926	\$38/10 sess
Th Apr 03-Jun 26 (Beg Level)	10:20 AM-11:20 AM
547927	\$38/10 sess
Tu Jul 15-Aug 26 (Mixed Level)	9:15 AM-10:15 AM
554882	\$22.8/6 sess
Tu Jul 15-Aug 26 (Beg Level)	10:20 AM-11:20 AM
554894	\$22.8/6 sess
W Jul 02-Aug 27 (Mixed Level)	9:15 AM-10:15 AM
547929	\$26.6/7 sess
Th Jul 03-Aug 28 (Mixed Level)	9:15 AM-10:15 AM
554897	\$26.6/7 sess
Th Jul 03-Aug 28 (Beg Level)	10:20 AM-11:20 AM
554902	\$26.6/7 sess

International Performance Dance

(45+yrs)

Various ethnic dance exercise taught in English and Chinese. Drop in \$5.00 + tax, space permitting. No session Apr 21, May 7, 12, 14, 19, Jun 11, Jun 16, Jul 9, Aug 4, 11, 13

Instructor: Jing Fung	Dance Studio
Mo Apr 07-Jun 30 (Beg Level)	9:15 AM-10:15 AM
556620	\$34.20/9 sess
We Apr 02-Jun 25 (Mixed Level)	10:20 AM-11:20 AM
547930	\$38/10 sess
Mo Jul 14-Aug 25 (Beg Level)	9:15 AM-10:15 AM
547931	\$19/5 sess
We Jul 02-Aug 27 (Mixed Level)	10:20 AM-11:20 AM
554868	\$26.60/7 sess

Social Dance With Partners

(19+yrs)

Join us for social ballroom dance and meet new friends! This program is non-instructional. Drop in \$2.00 + tax, space permitting. This program is drop in \$1 if you drop-in for a "Social Ballroom Dance - Partners (Beginners)" or "International Ballroom Dance" program in the same week, or if you are registered in one of the above programs. No session Apr 18, May 9, 16, Jun 13, Jul 11, Aug 15.

Instructor: Jing Fung	Gymnasium
Fr Apr 04-Jun 27	1:00 PM-2:45 PM
547971	\$13.5/9 sess
Fr Jul 04-Aug 29 1:00 PM-2:45 PM	* Dance Studio*
555207	\$10.5/7 sess

Social Dance Partners With Lessons (Beginners)

(45+yrs)

Course content includes 1) Cha Cha with three steps 2) Traditional Tango with beginning and intermediate 3) Jive with four steps 4) Jive with Six Steps 5) Slow four steps 6) Four steps (M) 7) Joyful of three steps=Festivals dance 8) Hand to hand (Similar to Salsa style) 9) Mambo 10) Easy three steps. Drop in \$5.00 + tax, space permitting. No session May 8, 15, Jun 12, Jul 10, Aug 14.

Instructor: Jing Fung	Dance Studio
Th Apr 03-Jun 26	1:00 PM-2:30 PM
547973	\$38/10 sess
Th Jul 03-Aug 28	1:00 PM-2:30 PM
554922	\$26.6/7 sess

International Social Dance With Lessons

(45+yrs)

Courses content includes:1) Cha Cha - Beginners and Intermediate and performance 2)Rumba - Beginners and Intermediate and performance 3) Waltz - Beginners and intermediate and performance 4)Tango- Beginners and Intermediate 5) Paso doble with beginners and intermediate with performance 6)Jive with beginners and intermediate and performance 7)Foxtrot 8)Samba with beginner and intermediate 9)Quick step four 10) Quick step three. Drop in \$5.00 + tax, space permitting. No class Apr 18, 21, May 9, 12, 16, 19, Jun 13, 16, Jul 11, Aug 4, 11, 15.

Instructor: Jing Fung	Dance Studio
Mo Apr 07-Jun 30	10:30 AM-12:00 PM
547932	\$34.2/9 sess
Fr Apr 04-Jun 27	11:20 AM-12:50 PM
547933	\$34.2/9 sess
Mo Jul 14-Aug 25	10:30 AM-12:00 PM
555006	\$19/5 sess
Fr Jul 04-Aug 29	11:20 AM-12:50 PM
555198	\$26.6/7 sess

International Dance or Social Dance with Lessons

(19+yrs)

See "International Social Dance With Lessons" for description. No session May 7, 14, Jun 11, Jul 23.

Instructor: Jing Fung	Gymnasium
We Apr 02-Jun 25	1:15 PM-3:00 PM
547972	\$15/10 sess
We Jul 02-Aug 27 1:15 PM-3:00 PM	* Multi Room*
555208	\$12/8 sess



Dance Instructor, Jing Fung

FITNESS & HEALTH

Beginners Yoga

(19+yrs)

This Beginners Only Yoga class is the right place for you to begin in a safe, supportive environment. This will be a very slow paced class that focuses mainly on learning and repeating basic yoga postures and movements, practicing basic breathing/relaxation techniques, and helping our body and mind learn to relax and heal. Drop-in \$15 + tax, space permitting.

Instructor: Nancy Kang	Board Room
Sa Apr 05-Jun 07	10:00 AM-10:45 AM
555618	\$104/8 sess
Sa Jul 05-Jul 19	10:00 AM-10:45 AM
558664	\$39/3 sess
Sa Aug 09-Aug 30	10:00 AM-10:45 AM
558682	\$52/4 sess

Hatha Yoga

(19+yrs)

Join Nancy in this all-level Hatha yoga class where we engage in a balanced practice of yoga postures, breathing exercises, and meditation to improve not only your flexibility, strength and muscle tone, but also a deep intimate connection to yourself. Drop-in \$15+ tax, space permitting.

Instructor: Nancy Kang	Board Room
Sa Apr 05-Jun 07	11:00 AM-12:10 PM
555630	\$104/8 sess
Sa Jul 05-Jul 19	11:00 AM-12:10 PM
558689	\$39/3 sess
Sa Aug 09-Aug 30	11:00 AM-12:10 PM
558693	\$52/4 sess

Kundalini Yoga

(19+yrs)

Kundalini Yoga combines breath, rhythmic movement and postures to energize the body, calm the mind and improve overall well-being. Each class includes warm-up exercises, dynamic yoga set and relaxation. Jeremy has been teaching yoga at Kensington Community Centre since 1998. Drop-in \$12 + tax, space permitting.

Instructor: Jeremy Blaine	Dance Studio
We Apr 02-Apr 30	7:30 PM-9:00 PM
555642	\$56.75/5 sess
We May 07-May 28	7:30 PM-9:00 PM
555647	\$45.40/4 sess
We Jun 04-Jun 25	7:30 PM-9:00 PM
555649	\$45.40/4 sess
We Jul 02-Jul 30	7:30 PM-9:00 PM
558713	\$56.75/5 sess
We Aug 6-Aug 27	7:30 PM-9:00 PM
558714	\$45.40/4 sess

Vinyasa Flow Yoga

(19+yrs)

Vinyasa is a style of yoga characterized by stringing postures together, so that you move from one to another, seamlessly, using breath. Vinyasa is about harmony, balance and fluidity. Considered a moving meditation, this yoga style is a breath synchronized practice that cultivates heat in the body with creative sequences involving sun salutations, standing and seated postures, back bending, balancing postures, and a strong focus on the power of breath awareness. A variety of music and themes are used to create an exciting atmosphere in which students can awaken their strength, energy, and flexibility. Drop-in: \$13.50 + tax.

Instructor: Laura Arroyo	Dance Studio
Th Apr 03-May 08	7:00 PM-8:10 PM
555635	\$69/6 sess
Th May 15-Jun 26	7:00 PM-8:10 PM
555637	\$80.50/7 sess
Th Jul 03-Jul 10	7:00 PM-8:10 PM
558711	\$23/2 sess
Th Aug 21-Aug 28	7:00 PM-8:10 PM
558712	\$23/2 sess
Instructor: Laura Arroyo	Board Room
Tu Apr 01-May 06	9:30 AM-10:30 AM
558280	\$69/6 sess
Tu May 13-Jun 24	9:30 AM-10:30 AM
558281	\$80.50/7 sess

Gentle Vinyasa Flow Yoga

(19+yrs)

This class is designed for beginners to Vinyasa Yoga style or if you want to have a more gentle flow practice and still enjoy a moving meditation while stringing postures, but with a slower pace. This yoga style is a breath synchronized practice that cultivates heat in the body with creative sequences involving sun salutations, standing and seated postures, back bending, balancing postures, and a strong focus on the power of breath awareness. Drop-in: \$13.50 + tax.

Instructor: Laura Arroyo	Dance Studio
Th Apr 03-May 08	6:00 PM-6:50 PM
558661	\$69/6 sess
Th May 15-Jun 26	6:00 PM-6:50 PM
558663	\$80.50/7 sess
Th Jul 03-Jul 10	6:00 PM-6:50 PM
558709	\$23/2 sess
Th Aug 21-Aug 28	6:00 PM-6:50 PM
558710	\$23/2 sess



Stock photo

Zumba Gold/ Gold Toning

(45+yrs)

This low-impact dance-fitness class is for beginners and seniors. Dance easy-to-follow moves to zesty Latin music like salsa, cha cha and merengue and Rock & Roll. Improve your balance, strength, flexibility and most importantly, heart in this "feel-happy" workout that is great for both the body and the mind. Drop-in \$8.50 + tax. Please register early to avoid cancellation of the class. No class Jul 9, Aug 13.

Instructor: Kayo Echizenya	Dance Studio
We Apr 02-Apr 30	11:30 AM-12:30 PM
549750	\$35/5 sess
We May 07-May 28	11:30 AM-12:30 PM
549751	\$28/4 sess
We Jun 04-Jun 25	11:30 AM-12:30 PM
555159	\$28/4 sess
We Jul 02-Jul 30	11:30 AM-12:30 PM
553178	\$28/4 sess
We Aug 06-Aug 27	11:30 AM-12:30 PM
553179	\$21/3 sess

MARTIAL ARTS

Karate

(14+yrs)

Mushin Karate classes are friendly and noncompetitive, suitable for men, women and children. No session Apr 21, May 19.

Instructor: Kim Fivelsdal	Multipurpose Room
Beginner (Full Month)	
Mo Th Apr 03-Apr 28	5:30 PM-6:30 PM
547948	\$79.5/month
Mo Th May 01-May 29	5:30 PM-6:30 PM
547947	\$79.5/month
Mo Th Jun 02-Jun 30	5:30 PM-6:30 PM
556481	\$79.5/month
Mo Th Jul 03-Jul 31	5:30 PM-6:30 PM
547949	\$79.5/month
Mo Th Aug 07-Aug 28	5:30 PM-6:30 PM
549293	\$79.5/month
Beginner (Half Month)	
Mo Th Apr 03-Apr 28	5:30 PM-6:30 PM
547951	\$53/month
Mo Th May 01-May 29	5:30 PM-6:30 PM
547950	\$53/month
M Th Jun 02-Jun 30	5:30 PM-6:30 PM
556482	\$53/month
Mo Th Jul 03-Jul 31	5:30 PM-6:30 PM
547952	\$53/month
Mo Th Aug 07-Aug 28	5:30 PM-6:30 PM
549292	\$53/month
Advanced (Full Month)	
Mo Th Apr 03-Apr 28	6:30 PM-7:30 PM
547942	\$79.5/month
Mo Th May 01-May 29	6:30 PM-7:30 PM
547941	\$79.5/month
Mo Th Jun 02-Jun 30	6:30 PM-7:30 PM
547943	\$79.5/month
Mo Th Jul 03-Jul 31	6:30 PM-7:30 PM
556484	\$79.5/month
Mo Th Aug 07-Aug 28	6:30 PM-7:30 PM
548110	\$79.5/month
Advanced (Half Month)	
Mo Th Apr 03-Apr 28	6:30 PM-7:30 PM
547945	\$53/month
Mo Th May 01-May 29	6:30 PM-7:30 PM
547944	\$53/month
Mo Th Jun 02-Jun 30	6:30 PM-7:30 PM
547946	\$53/month
Mo Th Jul 03-Jul 31	6:30 PM-7:30 PM
556483	\$53/month
Mo Th Aug 07-Aug 28	6:30 PM-7:30 PM
549283	\$53/month

Tai Chi Yang Style 1 & 2

(19+yrs)

Introduces Tai Chi Yang Style, Tai Chi Sword, Kung Fu Fan and Qi Gong Ba Duan Jin. Tai Chi improves strength, flexibility, balance and coordination. Slow and relaxing movements improve posture, breathing and energy flow. Suitable for all ages and fitness levels. Instructor speaks English and Chinese.

Instructor: Michael Chiao	Gymnasium
Su Apr 06-Jun 29	9:15 AM-11:30 AM
547986	\$78/13 sess
Su Apr 06-Aug 31	9:15 AM-11:30 AM
556736	\$54/9 sess

SPORTS



Stock photo

Adult Basketball

(19+yrs)

When full, waitlist registration begins at 5:45pm in person. Registered participants have until 7:55pm to arrive or their spot will be sold to drop-in participants. Register for the season to guarantee your spot. Drop-in \$5.50 + tax. No session Apr 21, May 19, Aug 4.

Instructor: No Instructor	Gymnasium
Mo Apr 07-Jun 30	7:45 PM-9:05 PM
547862	\$44/11 sess
Mo Jul 07-Aug 25	7:45 PM-9:05 PM
555236	\$32/8 sess

Adult Open Gym Basketball

(19+ yrs)

Drop-in and shoot some hoops. Four hoops available. Please bring your own basketball. Drop-in \$3 + tax per session. No online registration.

Instructor: No Instructor	Gymnasium
Tu Th F Apr 01-Jun 27	7:45 PM-12:45 PM
547871	\$3/39 sess
Tu Jul 08-Aug 26	7:45 PM-9:05 PM
555238	\$3/8 sess

Adult Volleyball

(19+yrs)

Looking to play volleyball recreationally or just want to have some fun? Join us for Adult Volleyball (2 x 44' courts). If full; waitlist registration begins at 4:15pm in person. Please note that registered participants have until 6:25pm to arrive or their spot will be sold to drop-in participants. Register for the season to guarantee your spot. Drop-ins \$5.50 + tax. Please note: this program is meant for casual and not competitive play. Please bring your own volleyball as volleyballs will not be provided. No session Apr 21, May 19, Aug 4.

Instructor: No Instructor	Gymnasium
Mo Apr 07-Jun 23	6:15 PM-7:30 PM
547878	\$40/10 sess
Th Apr 03-Jun 26	7:45 PM-9:05 PM
547877	\$52/13 sess
Mo Jul 07-Aug 25	6:15 PM-7:30 PM
555239	\$28/7 sess
Th Jul 03-Aug 28	7:45 PM-9:05 PM
555240	\$36/9 sess

Pickleball: All Skill Levels

(19+yrs)

Get active playing this exciting and popular sport. Pickleball is an easy to learn game played on a badminton court with a lowered net, a whiffle ball and large hand held paddles. This program is non-instructional. Drop in \$4.25+ tax, space permitting. Note: This is non-competitive activity in a supportive and inclusive environment. Participants of all skill and ability levels are welcome and encouraged to engage in the activity at their own pace and comfort level. No session Apr 21, May 19, May 28.

Instructor: Gary Cummings	Gymnasium
Mo Apr 07-Jun 23	1:00 PM-3:30 PM
547961	\$32.5/10 sess
Tu Apr 01-Jun 24	12:30 PM-3:20 PM
547962	\$42.25/13 sess
We Apr 02-Jun 25	4:45 PM-6:45 PM
547963	\$39/12 sess

Badminton Court Booking/Drop-in

(19+yrs)

Registering for this activity guarantees you and your partner(s) one of three courts, however, court choice are first come first serve. Arrive 10 minutes prior to your court booking time to choose a court. Drop-ins \$8 + tax are available for unregistered courts, 15 minutes before booking time starts. Unable to attend a court booking session? Please call 604-718-6201 to release the court for a drop-in use. No session Apr 21, May, 19, 28.

Instructor: No Instructor	Gymnasium
Mo Apr 07-May 26	9:10 AM-10:10 AM
547884	\$39.96/6 sess
Mo Apr 07-May 26	10:15 AM-11:15 AM
547886	\$39.96/6 sess
Mo Apr 07-May 26	11:20 AM-12:20 PM
547890	\$39.96/6 sess
Mo Jun 02-Jun 30	9:10 AM-10:10 AM
553970	\$33.3/5 sess
Mo Jun 02-Jun 30	10:15 AM-11:15 AM
554032	\$33.3/5 sess
Mo Jun 02-Jun 30	11:20 AM-12:20 PM
554034	\$33.3/5 sess
Tu Apr 01-May 06	9:10 AM-10:10 AM
547885	\$39.96/6 sess
Tu Apr 01-May 06	10:15 AM-11:15 AM
547883	\$39.96/6 sess
Tu Apr 01-May 06	11:20 AM-12:20 PM
547889	\$39.96/6 sess
Tu May 13-Jun 24	9:10 AM-10:10 AM
554035	\$46.62/7 sess
Tu May 13-Jun 24	10:15 AM-11:15 AM
554058	\$46.62/7 sess
Tu May 13-Jun 24	11:20 AM-12:20 PM
554062	\$46.62/7 sess
We Apr 02-May 07	7:00 PM-8:00 PM
547887	\$39.96/6 sess
We Apr 02-May 07	8:10 PM-9:10 PM
547888	\$39.96/6 sess
We May 14-Jun 25	7:00 PM-8:00 PM
554065	\$39.96/6 sess
We May 14-Jun 25	8:10 PM-9:10 PM
554067	\$39.96/6 sess
We Jul 02-Jul 30	7:00 PM-8:00 PM
555217	\$33.3/5 sess
We Jul 02-Jul 30	8:10 PM-9:10 PM
555218	\$33.3/5 sess
We Aug 06-Aug 27	7:00 PM-8:00 PM
555220	\$26.64/4 sess
W Aug 06-Aug 27	8:10 PM-9:10 PM
555219	\$26.64/4 sess

Saturday Ball Hockey

(18+yrs)

Players will be divided into two teams and engage in a high intensity non-contact game. Drop in \$6.50 + tax, space permitting. Eye protection is required for players under 19 years of age and is provided. For players over 19 years of age, eye protection is strongly recommended.

Instructor: Edmond Leong	Gymnasium
Sa Apr 05-Jun 21	2:00 PM-3:45 PM
547970	\$72/12 sess

1.0-1.5 NTRP: Adult Beginner Tennis Lessons (Level 1)

(18+yrs)

For players with little or no tennis experience. Players will learn the basics of rallying (forehand and backhand) with a heavy emphasis on consistency and the ability to hold a long exchange. Skills like volleys, serving, footwork, point-play, and the scoring system will be introduced. Classes are fun and engaging, with a "play to learn" approach. Students are encouraged to bring a tennis racquet. A limited number of racquets available for lending. No class Aug 2.

Instructor: Precision Tennis Inc.	Gymnasium
We Apr 02-May 14	9:00 AM-10:00 AM
547863	\$269.5/7 sess
We Apr 02-May 14	11:00 AM-12:00 PM
547864	\$269.5/7 sess
We May 21-Jun 25	9:00 AM-10:00 AM
547866	\$231/6 sess
We May 21-Jun 25	11:00 AM-12:00 PM
547865	\$231/6 sess
Sa Jul 05-Aug 30	11:45 AM-12:45 PM
550876	\$308/8 sess
Sa Jul 05-Aug 30	1:45 PM-2:45 PM
550877	\$308/8 sess

2.0-2.5 NTRP: Adult Beginner Tennis Lessons (Level 2)

(18+yrs)

Continue your tennis journey with our Beginner Level 2 course! This course is a step up from Level 1, catering to players who have mastered the basics and are ready to tackle more. This course further develops your technical and tactical understanding. You'll refine your strokes, learn more complex serving techniques, and start exploring basic game strategies. This course combines fun with challenge, setting you on a steady path of improvement in your tennis play. Students are encouraged to bring a tennis racquet. A limited number of racquets are available for lending. No class Aug 2.

Instructor: Precision Tennis Inc.	Gymnasium
We Apr 02-May 14	10:00 AM-11:00 AM
547867	\$269.5/7 sess
We Apr 02-May 14	12:00 PM-1:00 PM
547870	\$269.5/7 sess
We May 21-Jun 25	10:00 AM-11:00 AM
547868	\$231/6 sess
We May 21-Jun 25	12:00 PM-1:00 PM
547869	\$231/6 sess
Sa Jul 05-Aug 30	12:45 PM-1:45 PM
550878	\$308/8 sess
Sa Jul 05-Aug 30	2:45 PM-3:45 PM
550879	\$308/8 sess



Stock photo

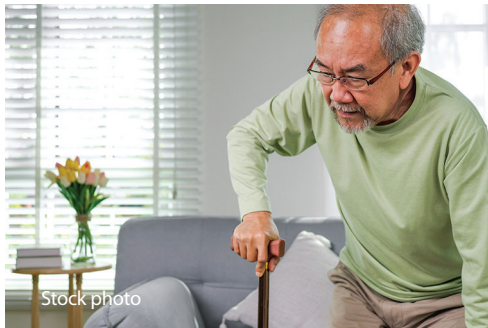
ALL BODIES COMMUNITY RECREATION & FITNESS



ABC Group Photo

We are an inclusive, choice-based, community-anchored, health and wellness program welcoming all abilities, genders, ages, shapes, and sizes. Our workouts are never meant to be punishing, we offer scalable easy to follow exercises designed to develop confidence and a foundation for health, fitness, or performance. We teach skills and movements transferable to the “gym” and other activities. Our Learn to Play Sports are for folks wanting to return to or try a sport for the first time.

You can participate in ABC core programs by registering on the seasonal “Master Roster”, and paying with one of the following methods: Purchase an ABC flexipass (providing access to the Vancouver Park Board’s arenas, pools and fitness centres); purchase an ABC 10 visit usage card (good for 10 classes); or purchase and ABC Drop-in. Please be sure to scan your pass, give your receipt or bracelet to the instructor, and sign the attendance roster. Program instructors are subject to change.



Stock photo

Stand Strong and Balance

(19+ yrs)

ABC Specialty Program – A workout for the wise – Want to be active but are afraid of falling? Join us 1 or 2 times per week (we recommend 2) to practice your balance and to build your strength and confidence in standing and walking. Please bring your walking aids. Class size is limited. No class Apr 23.

Instructor: Alexa Uhrich Dance Studio
We Apr 09-Jun 25 1:00 PM-2:00 PM
549535 Adult: \$87.23/11 sess
Senior: \$60.83/11 sess



Stock photo

Walk Strong and Balance

(19+ yrs)

ABC Core Program - please bring your walking aids. Join us to build your strength, balance and confidence while walking on an even surface. This class will warm you up and provide various walking challenges so you can gradually build your strength and endurance, and it will include rest and recovery stops. No class Apr 23.

Instructor: Alexa Uhrich Dance Studio
We Apr 09-Jun 25 2:15 PM-3:15 PM
Master Roster 549527 ABC Drop-in,
ABC10 Pass Card, or ABC Flexi-Pass

Hip & Knee Strength and Mobility

(19+ yrs)

ABC Specialty Program - Helping you manage sore hips and knees. Join us 1 or 2 times per week (we recommend 2) and learn functional exercises designed to help you build strength in muscles supporting your joints. Special emphasis on technique and control will help you improve with each class. Related Osteoarthritis workshops with Vancouver Coastal Health, OASIS patient educators strongly recommended. No class on April 21, May19

Instructor: Sara Doherty Dance Studio
Mo Apr 09 – Jun 23 5:00 PM-6:00 PM
549519 Adult: \$79.30/10 sess
Senior: \$55.30/10 sess

Recumbent Group

(19+ yrs)

ABC Core Program - by invitation only - for folks with very limited mobility or challenges requiring alternate workout options.

Instructor: Sara Doherty Fitness Centre
Tu/Th Apr 10 – Jun 26 5:00 PM-6:00 PM
Master Roster 549527 ABC Drop-in,
ABC 10 Pass Card, or ABC Flexi-Pass

Recumbent Group – Circuit

(19+ yrs)

ABC Core Program by invitation only - for folks with very limited mobility or challenges requiring alternate workout options. No class Feb 16.

Instructor: Sara Doherty Fitness Centre
Su Apr 13-Jun 22 11:30 AM-12:30 PM
Master Roster 549527 ABC Drop-in,
ABC 10 Pass Card, or ABC Flexi-Pass

Strength and Core

(19+ yrs)

ABC Core Program - Canadian guidelines recommend resistance training major muscle groups at least 2 times per week. Using a variety of equipment and bodyweight with an ongoing variety of exercises you’ll develop and maintain a strong foundation for daily activities and challenges.

Instructor: Devon Gifford Fitness Centre
Tu/Th Apr 8-Jun 26 6:00 PM-7:00 PM
Master Roster 549527 ABC Drop-in,
10 ABC Pass Card, or ABC Flexi-Pass

Qi Gong

(19+ yrs)

ABC Core program – Combining body movement, mental focus, and controlled breathing to improve strength, balance, flexibility and overall health.

Instructor: Sprina Fu Multi Purpose Room
We Apr 9-Jun 25 11:30 AM-12:30 PM
Master Roster 549527 ABC Drop-in,
ABC 10 Pass Card, or ABC Flexi-Pass

Yoga and Relaxation

(19+ yrs)

ABC Core program - Safe, easy to follow yoga poses with guidelines and tips to continue or help you start your yoga practice. 1st class of the month welcomes newcomers, please arrive 15 minutes early to meet the instructor.

Instructor: Sharon Babu Dance Studio
Fr Apr 11-Jun 20 5:30 PM-6:45 PM
Master Roster 549527 ABC Drop-in,
ABC 10 Pass Card, or ABC Flexi-Pass

Sehatmand te Taqatvar (Healthy and Strong)

in Punjabi & Hindi

(19+ yrs)

ABC Core Program - This class, led in Punjabi and Hindi is perfect for adults seeking a culturally supportive fitness experience for better health and function. Gentle Introduction to physical activity in an inclusive and welcoming environment. Thoughtful coaching offers various exercise options, including chair and standing options to ensure everyone feels included and supported. Includes exercises to improve balance and reduce fall risk while emphasizing technique and control. No class April 21, May 19.

Instructor: Kate Lee with Volunteers Board Room
Mo Apr 07-Jun 23 11:00 AM-12:00 PM
Master Roster 549527 ABC Drop-in,
ABC10 Pass Card, or ABC Flexi-Pass

For more info about these and other ABC programs, schedules, changes, and program updates scan the QR code:



FITNESS CENTRE

Kensington's fitness centre is well-equipped with the standard array of fitness equipment common to most Vancouver parks & rec facilities. Our equipment includes: 7 walk/run treadmills; 1 step/climb adjusting elliptical machine (Precor); 7 walk/run/step elliptical machines; 1 seated elliptical step machine for adapted fitness (Octane); 2 seated upper body/lower body machine for adapted fitness (SCIFIT, NuStep); 2 step/climb machine (LifeFitness); 3 rowing machines (Concept2); 2 indoor spin bicycles (Keiser); 3 indoor bicycles: upright position; 3 indoor bicycles: recumbent position; strength-training machines for upper and lower body (Hammer Strength, LifeFitness); strength circuit machines, ideal for adapted fitness (LifeFitness); functional training props, weights, and machines, stretching mats.

Fitness Centre Hours

April 1 to August 31, 2025

Monday	7:30 AM-9:30 PM
Tuesday	7:30 AM-9:30 PM
Wednesday	7:30 AM-9:30 PM
Thursday	7:30 AM-9:30 PM
Friday	7:30 AM-9:30 PM
Saturday and Sunday	9:00 AM-4:00 PM

Fitness Centre Holiday & Special Hours

Apr 18, 21; May 19; Jul 1; Aug 4 Closed

FREE FITNESS CONSULTATIONS

Take advantage of our free fitness consultations! Reach your fitness goals with our new consultation package. Call ahead to book up to 3 sessions with our highly trained Fitness Centre staff. FREE with drop-in admission or included with your pass. In your first session, learn how to use the equipment, get a personalized fitness 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 fitness program.



FITNESS CENTRE PROGRAMS

Happy Hearts Programs

Exercise programs for individuals who have recently completed a medically supervised cardiac rehab program and would like to benefit from ongoing peer support and guidance provided by experienced fitness leaders. Registration is FREE but you must have a current Happy Hearts Flexi-pass to participate in the program.

Happy Hearts - Maintenance

Spring:		
547328	Mo Apr 7-Jun 30	8:30 AM-9:30 AM
547335	Mo Apr 7-Jun 30	11:00 AM-12:00 PM
547336	Tu Apr 1-Jun 24	8:30 AM-9:30 AM
555241	Tu Apr 1-Jun 24	9:45 AM-10:45 AM
547337	Sa Apr 5-Jun 28	11:00 AM-12:00 PM

Summer:		
552470	Mo Jul 7-Aug 25	8:30 AM-9:30 AM
552484	Mo Jul 7-Aug 25	11:00 AM-12:00 PM
552489	Tu Jul 8-Aug 26	8:30 AM-9:30 AM
555242	Tu Jul 8-Aug 26	9:45 AM-10:45 AM
552494	Sa Jul 5-Aug 30	11:00 AM-12:00 PM

Happy Hearts - Plus

Spring:		
547338	Mo Apr 7-Jun 30	9:45 AM-10:45 AM
547340	Th Apr 3-Jun 26	2:00 PM- 3:00 PM

Summer:		
552570	Mo Jul 7-Aug 25	9:45 AM-10:45 AM
552571	Th Jul 3-Aug 28	2:00 PM- 3:00 PM

PERSONAL TRAINING

Improve your health and wellness with support from our qualified and experienced 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 and support you in each 1 hour session.

SMALL GROUP PERSONAL TRAINING

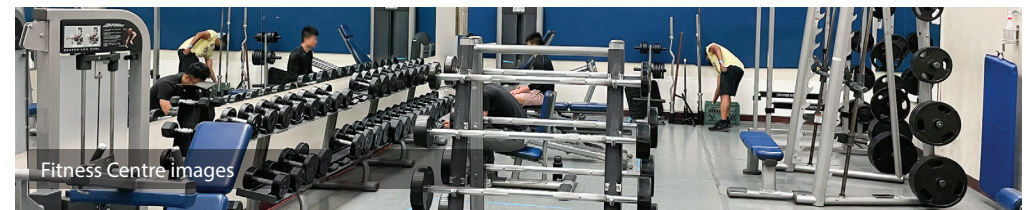
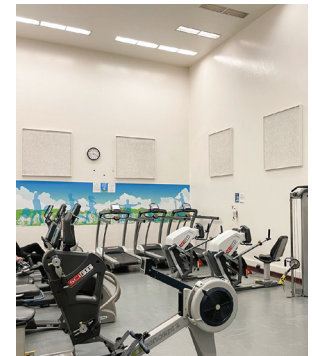
Try out our new small group personal training and enjoy the same intimate coaching experience as a personal training session but at a reduced cost. Training as a group provides a comfortable support system where you can encourage one another and foster some healthy competition!

Fitness Centre / Pool Fees

Type	Single-visit	10-visit pass	Flexipass 1 month	Flexipass 3 month	Flexipass 12 month
Adult (19-64 years)	\$7.41	\$66.69	\$59.95	\$161.87	\$517.97
Senior (65+ years)	\$5.19	\$46.71	\$41.96	\$113.31	\$362.58
Youth (13-18 years)	\$5.19	\$46.71	\$41.96	\$113.31	\$362.58
Child (5-12 years)	\$3.71	\$33.39	\$29.98	\$80.94	\$258.99
Preschool (0-4 years)	FREE	Please note: You must be 13 years or older to use the Fitness Centre			
Family	\$3.71/person, \$7.41 minimum				

Personal Training Rates

Duration	Private	Semi-private	Group
1 Session	\$61.66	\$92.46	\$129.70
3 Sessions	\$170.87	\$256.35	\$347.38
5 Sessions	\$274.83	\$423.22	\$509.51
10 Sessions	\$493.36	\$785.98	\$926.37



Fitness Centre Images

POOL

Our leisure pool is shallow, small, warm and comfortable. It is a perfect pool for beginners of any age to learn and play. It is 15 metres long and the depth varies from 0.75 to 1.5 metres. Our facility also includes a hot tub, sauna, accessible showers, stair entry into the pool and the windows look out onto a patio garden. The 15-metre long pool does not include lanes for swimming lengths. Please note, Kensington Pool only offers Jellyfish to Orca, Swimmer 1-2, and Adult 1.

Pool Hours of Operation

April 19, 2025 to August 24, 2025

Monday	10:00 AM-6:00 PM
Tuesday	9:00 AM-8:00 PM
Wednesday	10:00 AM-6:00 PM
Thursday	9:00 AM-8:00 PM
Friday	10:00 AM-6:00 PM
Saturday and Sunday	9:00 AM-4:00 PM

Pool Holiday & Special Hours

Mon Mar 31, 2025 to Apr 18, 2025	Closed
Mon Apr 21, 2025	Closed
Mon May 19, 2025	Closed
Tue Jul 1, 2025	Closed
Mon Aug 4, 2025	Closed

ONECARD

OneCard is a single card providing universal access to pools, rinks and fitness centres across the Park Board network of community centres, etc. One-Card can be loaded with any of the Park Board's Flexipass options and 10 visit passes, and also includes the built-in 50 percent subsidy, for those who qualify, as a part of the Park Board's Leisure Access program for those with financial barriers.

FLEXIPASS INFORMATION

Get unlimited admission to public sessions at Park Board fitness centres, indoor and outdoor pools and ice rinks with a monthly Flexipass.

LEISURE ACCESS POLICY

The Leisure Access Policy ensures residents of Vancouver access to Park Board sponsored programs and services regardless of ones ability to pay. For information contact the community centre office.

SWIM LESSON REGISTRATION

Registration for swimming lessons begins:
SPRING: Tue Mar 18, 2024 @ 7:00pm
SUMMER: Tue Jun 24, 2024 @ 7:00pm

A Note on Refunds:

- Full refunds up to five days prior to program start
- Partial refund within four days of program start or before second class
- No refund after second class of the program or for single session programs
- Transfers possible prior to second class
- A cheque will be mailed in 3-6 weeks for cash payments.

POOL SCHEDULE DESCRIPTIONS

Please note the following access conditions relating to our pool programs. See schedule next page.

Public swim– Recreational swim for all ages.

Swim lessons – Public space in pool is limited during this time.

Hot tub and sauna only – Pool is unavailable. Reduced fees for sauna, and hot tub.

AquaFit – (Moderate intensity) is a pre-registered program. The majority of aquafit spaces will be pre-registered with some spaces held for drop-in. To avoid disappointment we encourage participants to pre-register. Pre-registration opens 3 days in advance and closes 30 minutes before the session starts. Drop-in starts 30 minutes prior to session start. Wristbands are required to be worn when participating in class.

AquaFit ROM – ROM (Range of Motion) is a gentle, no impact water workout to enhance joint mobility. Participants will receive instruction to move the joint through flexion, extension, and rotation in a controlled manner. Designed for participants who are rehabilitating and/or have minor mobility challenges. Participants must be independent in the water to participate in the class.

Kensington Pool Schedule | Spring & Summer 2025

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00am						(Open 9:00am)	Swim lessons (Hot tub sauna only) 9:00-1:00pm
9:30am						AquaFit 9:15-10:15am	
10:00am	Swim lessons (Hot tub sauna only) 10:00-12:30pm	Public swim 9:00-2:30pm	Swim lessons (Hot tub sauna only) 10:00-12:30pm	Public swim 9:00-2:30pm	Public swim 10:00-2:00pm	Public space limited 10:30-2:00pm	
10:30am							
11:00am							
11:30am							
12:00pm							Public limited 1:00-2:00pm
12:30pm							
1:00pm	Public swim 12:30-3:30pm	Public swim 3:30-4:30pm	Public swim 12:30-3:30pm	Public swim 3:30-4:30pm	Public space limited 2:00-3:00pm	Public swim 2:00-4:00pm	Public swim 2:00-4:00pm
1:30pm							
2:00pm							
2:30pm							
3:00pm		AquaFit 2:30-3:30pm		AquaFit ROM 2:30-3:30pm			
3:30pm	Public space limited 3:30-6:00pm	Public swim 3:30-4:30pm	Public space limited 3:30-6:00pm	Public swim 3:30-4:30pm	Swim lessons (Hot tub sauna only) 3:00-6:00pm	Public swim 2:00-4:00pm	Public swim 2:00-4:00pm
4:00pm							
4:30pm							
5:00pm							
5:30pm		Public space limited 4:30-7:00pm		Public space limited 4:30-7:00pm			
6:00pm							
6:30pm							
7:00pm							
7:30pm		Public swim 7:00-8:00pm		Public swim 7:00-8:00pm			
8:00pm							

Spring: Apr 22-Jun 22
Summer: Jun 30-Aug 24
Schedule is subject to change.
See page 30 for fitness centre and pool fees

Swim Lesson Sets

Spring, set 1:

A. Mon / Wed	Apr 23-May 21	8 lessons	No lesson May 19
B. Wed	Apr 23-Jun 18	9 lessons	
C. Tue / Thu	Apr 22-May 20	9 lessons	
D. Fri	Apr 25-Jun 20	9 lessons	
E. Sat	Apr 26-Jun 21	8 lessons	No lesson May 17
F. Sun	Apr 27-Jun 22	8 lessons	No lesson May 18

Spring, set 2:

A. Mon / Wed	May 26-Jun 18	8 lessons
B. Tue / Thu	May 22-Jun 19	9 lessons

Summer, set 1:

A. Mon / Wed	Jun 30-Jul 23	8 lessons	
B. Wed	Jul 02-Aug 20	8 lessons	
C. Tue / Thu	Jul 3-Jul 24	7 lessons	
D. Fri	Jul 4-Aug 22	8 lessons	
E. Sat	Jul 5-Aug 23	7 lessons	No lesson Aug 2
F. Sun	Jul 6-Aug 24	7 lessons	No lesson Aug 3

Spring, set 2:

A. Mon / Wed	Jul 28-Aug 20	7 lessons	No lesson Aug 4
B. Tue / Thu	Jul 29-Aug 21	8 lessons	

Swim Lesson Fees

7 Lessons:

Parent & Tot / Pre	\$57.99
Swimmer 1-2	\$50.64
Adult 1 (45 mins)	\$99.08

8 Lessons:

Parent & Tot / Pre	\$65.66
Swimmer 1-2	\$57.26
Adult 1 (45 mins)	\$112.62

9 Lessons:

Parent & Tot / Pre	\$73.33
Swimmer 1-2	\$63.88
Adult 1 (45 mins)	\$126.16

Note: Lessons are 30 minutes unless noted otherwise.

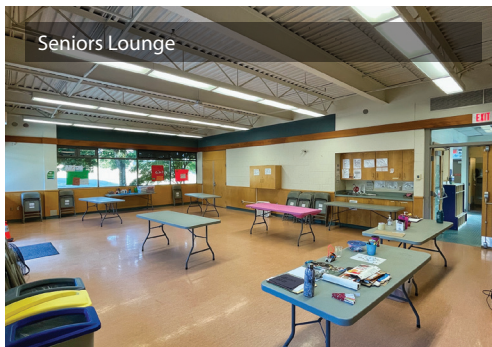
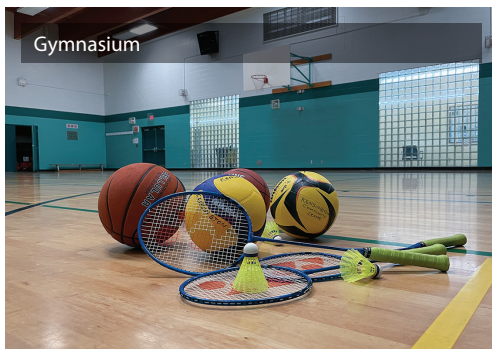
Please visit Vancouver.ca and, in the Parks and Recreation tab, locate 'Register for Swimming Lessons' for more information.

ROOM RENTAL INFORMATION & RATES



Staffing charges, damage deposit fees, SOCAN and ReSound fees may apply. Rental request forms can be found online at Vancouver.ca/kensingtonrec. Please direct all inquiries to 604-718-6200.

Room	Features	Max Capacity	Area Sq-Ft	Rate per hour
Gymnasium	Full sized gymnasium perfect for sporting events and large events	200	3950	\$40
Multipurpose Room	Perfect for smaller events and meetings.	65	1000	\$45
Seniors Lounge	Accessible from 37th Avenue.	65	985	\$45
Board Room	Natural light, fantastic view.	60	775	\$40



KENSINGTON STAFF TEAM

Recreation SupervisorMichael Herrin
 Centre Programmer.....Jenny Yu
 Pool ProgrammerBradley Kuong
 Fitness Programmer Larry Turko
 Community Youth WorkerDavid Ng
 Seniors/Rentals/Special Events.....Emily Lam
 Recreation Facility Clerk.....Caroline Gee
 Maintenance.....Jimmy Norono & Rudy Pore

REFUNDS FOR PROGRAMS

Refunds prorated from date of request. Please request refunds in-person or over the phone (604) 718-6200 only. Please do not request refunds via email. For week-long programs, refund requests must be made at least 7 days prior to start of program. No refunds thereafter.

WAIT LIST FOR PROGRAMS

If a participant who is registered in a program withdraws, the first person on the wait list will be contacted to register.

PERSONAL INFORMATION PROTECTION

In the course of providing programs and services, the Kensington Community Centre collects the personal information of our members and other individuals participating in classes, workshops, projects, events or in the renting of facilities. This information may be used for communication purposes regarding current processing payments, statistical or human resources purposes, or for the provision of program services. We respect the importance of protecting the personal information that we collect. For information on our privacy policies and practices, please call 604-718-6206.

WHAT'S NEW AT KCC?

Visit www.vancouver.ca/kensingtonrec for more info about Kensington Community Centre!



Making All Recreation Safe

All patrons, volunteers and staff have the right to be safe when in Park Board facilities. With this right comes the responsibility to be law abiding citizens and to be accountable for one's actions. Employee and volunteers of the Vancouver Park Board and affiliated partners as well as the public participating in programs and services are expected to adhere to a Code of Conduct which sets standards of behavior.

Behavioural Expectations

The Vancouver Park Board's commitment is to create welcoming parks and recreation services for all. We ask that our patrons treat each other and staff with dignity and respect.

The following is prohibited:

- Discriminatory conduct
- Use or possession of alcohol, drugs, or other intoxicating substances
- Criminal behaviour, including violent or aggressive acts
- Making threats, attempting to intimidate, inciting others to violence
- Possession of weapons
- Theft or vandalism of recreation or patron property

Behaviour that violates this Code of Conduct will lead to suspension or termination of privileges at our facilities. Help us make this a safe place!

發展全面運動安全

所有顧客, 義工和職員都有權安全地使用公園局的設備. 享受到這樣的權利必須遵守法例及負責個人行為. 公園局職員和義工以及附屬機構合夥人, 以致參加各項節目和服務的群眾都要堅持遵守品行規則亦即是標準行為規矩.

品行規則

- 對待顧客和職員/義工須要尊重和莊嚴.
- 不可容忍污辱和無禮言語.
- 重視節目和設備供給所有人士享用.
- 顧及公共資產以及他人的物資.
- 享用你的城市消遣!
- 公園局保留有權採取適當行動解決爭論.

Khiến Nơi Giải Trí Nhà Hưu Được An Toàn

Tất cả quý vị, nhân viên, nhân viên công tác tự nguyện đều có quyền lợi hoạt động dưới hoàn cảnh an toàn và thoải mái khi sử dụng nơi giải trí nhà hưu của Bộ Công Viên. Quyền lợi này đòi hỏi mọi người dân giữ trật tự và chịu trách nhiệm về hành vi của mình. Các tiêu chuẩn về hành vi của Quy Tắc Hành Vi được nêu ra và yêu cầu các nhân viên, nhân viên công tác tự nguyện của bộ Công Viên Vancouver, các cơ quan hợp tác khác với Bộ cũng như quý vị sử dụng chương trình và phục vụ này nên dựa vào và tuân theo.

Quy Tắc Hành Vi

- Quý vị, nhân viên, nhân viên công tác tự nguyện phải cư xử với nhau dưới sự tôn trọng và trang nghiêm.
- Không được phép có hành vi và ngôn ngữ vô lễ.
- Mang lòng cảm tạ các chương trình và phương tiện đã cung cấp cho mọi người hưởng dụng.
- Tôn trọng tài sản công cộng cũng như tái sản cá nhân.
- Xin hưởng thụ các giải trí hoạt động nhà hưu trong Thành Phố của bạn.
- Bộ Công Viên và Bộ Giải Trí Nhà Hưu giữ lại tất cả quyền lợi khi cần có hành động thích nghi để giải quyết mọi sự tranh chấp.

Check out weekly programs and special events for 2STGD and 2SLGBTQIA+ children, youth, adults, and seniors offered in various community centres across the city.

2STGD@vancouver.ca
queerincclusion@vancouver.ca
vancouver.ca/park-board-pride

