



Kensington Community Centre
Programs | Fitness Centre | Swimming Pool

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

Spring / Summer 2026



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Spring & Summer Recreation Guide

Operating Hours

From April 1 to August 31, 2026
 Mon-Fri 7:30 AM– 9:30 PM
 Sat-Sun.....9:00 AM – 4:00 PM
 Apr 3, 6; May 18; Jul 1; Aug 3; Sep 7 Closed
 Program registration is available after 9:00 AM
 Cashier's office closes 30 mins. before centre closes

Registration

For Centre Programs

In-person registration Sat, Mar 21, 10:00 AM
 Online registration Sat, Mar 21, 10:00 AM
 Phone registration Sat, Mar 21, 11:00 AM

For Week-Long Programs & Camps

In-person registration Wed, Apr 8, 7:00 PM
 Online registration Wed, Apr 8, 7:00 PM
 Phone registration Thu, Apr 9, 10:00 AM

For Pool Programs

Spring Tue, Mar 17, 7:00 PM
 Summer Tue, Jun 23, 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.

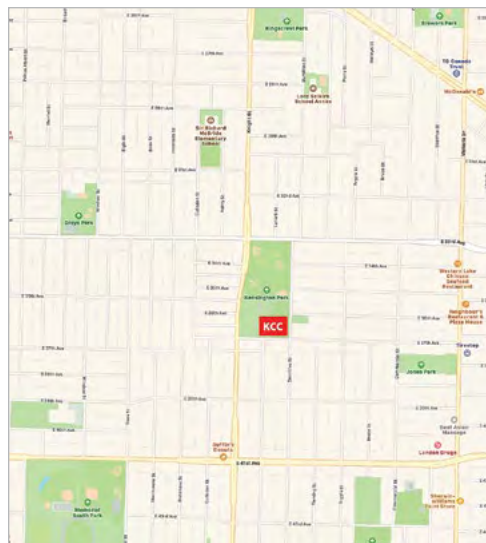
Fitness Centre: Our fitness centre includes three spaces: cardio, circuit training and weight room.

GST information:

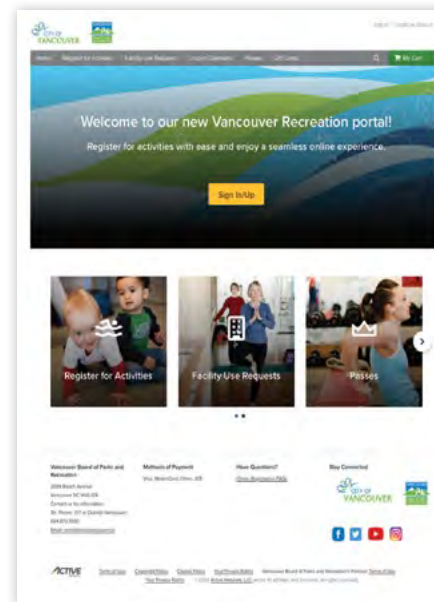
All prices for adult and senior programs/events are advertised excluding tax. Preschool/Children programs are non-taxable.

What's Inside

- Info 2
- Special Events..... 4
- Childcare..... 4
- Parent & Tot 5
- Preschool 6
- Children 8
- Preteen & Youth 15
- Adults & Seniors 16
- All Bodies Community (ABC) 24
- Fitness Centre..... 26
- Pool 28
- Room Rental Information 30
- KCC Staff Team 31
- Making Recreation Safe 32



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?



Interested in offering a program at Kensington? Please email: kensingtoncc@vancouver.ca
 Request an "Expression of Interest" package. Submissions for Fall 2026 programs must be received by email by: June 1, 2026, 5:00pm.

SPECIAL EVENTS

Easter Carnival

(4-9 yrs)

Join us for a fun-filled Easter celebration! Enjoy a variety of games hosted by Youth Council, along with arts and crafts, play gym toys, and a visit from the Easter Bunny! Activities are designed for children age 4-9yrs. Parent/guardian participation required. Free event, registration is required for participating children only.

Sa Apr 04 10:30 AM-12:30 PM Gymnasium
610387 FREE



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 emailing kensingtoncc@vancouver.ca. Deadline for applications is Aug 31, 2026.

Sa Dec 05 10:00 AM-4:00 PM Gymnasium



Check back for more special events, including Movie in the Park!

CHILDCARE

Kensington Licensed Preschool and Out-of-School Care Programs

Cedar Cottage Neighbourhood House is partnering with Kensington to offer quality Licensed Preschool and Out-of-School Care programs at Kensington Community Centre. These programs 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 AM-1:00 PM). Registration is now open for children ages 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.

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. Toddlers will meet new friends while developing their motor skills using gym equipment. Parental supervision is required. Drop-in fee is \$3.00 for single child, \$5 for family (2 children). Drop-in only. No session May 7, 14, 21, 28.

Instructor: Clara Regalado Gymnasium
Th Apr 02-Jun 25 9:30 AM-11:50 AM

ART, CULTURE & EDUCATION

Creative Arts & Singing for Parents & Toddlers

(6 mo-3 yrs)

This program is a joyful parent-toddler course combining music and arts & crafts to nurture creativity, coordination, and bonding. Each 45 min session features songs, sensory play, and hands-on projects that support motor skills, self-expression, and early learning- rooted in play-based, Montessori, and Reggio Emilia early education principles. Parent participation is required.

Instructor: Clara Regalado Multi Rm (Mo)/Sr Lounge (Sa)
Mo Apr 13-May 04 10:50 AM-11:35 AM
597597 \$40/4 sess
Mo Jun 01-Jun 29 10:50 AM-11:35 AM
616033 \$50/5 sess
Sa Apr 11-May 02 10:50 AM-11:35 AM
597598 \$40/4 sess
Sa May 30-Jun 27 10:50 AM-11:35 AM
616035 \$50/5 sess
Sa Jul 04-Jul 25 10:50 AM-11:35 AM
608111 \$40/4 sess

SPORTS

Sportball Junior

(1-2 yrs)

Focus on physical movements and social exploration; learn fundamental sport skills and participate in creative motor games, songs, stories, bubble time, etc. Children are challenged according to their skill level and Coaches help grownups understand proven teaching techniques that can be applied outside of Sportball classes. Parent participation is required. No class May 16, Aug 1.

Instructor: Sportball Vancouver Multi. Room
Sa Apr 11-Jun 20 11:15 AM-12:00 PM
597687 \$162.5/10 sess
Sa Jul 04-Aug 22 11:15 AM-12:00 PM
602678 \$113.75/7 sess

Sportball Parent & Toddler Multisport

(2-3 yrs)

Designed to guide parents and children through the introductory skills in a variety of 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 May 16, Aug 1.

Instructor: Sportball Vancouver Gymnasium
Sa Apr 11-Jun 20 9:15 AM-10:00 AM
597689 \$162.5/10 sess
Sa Jul 04-Aug 22 9:15 AM-10:00 AM
602676 \$113.75/7 sess

Sportball Parent & Toddler Soccer

(2-3 yrs)

Introducing fundamental concepts of soccer providing the basic skills required to score with confidence in fun, exciting, skills-focused games. Zero in on soccer skills including: throw-ins, dribbling, trapping, passing, goalie skills and more. Parent participation is required. No class May 17, Aug 2.

Instructor: Sportball Vancouver Gymnasium
Su Apr 12-Jun 21 2:00 PM-2:45 PM
597690 \$162.5/10 sess
Su Jul 5-Aug 23 2:00 PM-2:45 PM
602679 \$113.75/7 sess

PRESCHOOL

ART, CULTURE & EDUCATION

Little Hands, Big Art: Creative Journeys for Preschoolers

(3-5 yrs)

Preschoolers explore creativity through fun, hands-on art activities. Children build fine motor skills, confidence, and independence while discovering foundational art concepts like color and texture. With a focus on self-expression and sensory exploration, this course nurtures imagination and joy through the process of making art.

Instructor: Clara R.	Multi Rm (Mo)/Sr Lounge (Sa)
Mo Apr 13-May 04	10:00 AM-10:45 AM
597666	\$40/4 sess
Mo Jun 01-Jun 29	10:00 AM-10:45 AM
616026	\$50/5 sess
Sa Apr 11-May 02	10:00 AM-10:45 AM
597667	\$40/4 sess
Sa May 30-Jun 27	10:00 AM 10:45 AM
616032	\$50/5 sess
Sa Jul 4-Jul 25	10:00 AM-10:45 AM
608110	\$40/4 sess

Creative Ballet

Young ballerinas explore the fun and beauty of ballet while learning the basic techniques. They will love playing with their creative expression in this fun class. Children must be able to participate without a parent in the room. Please wear dance slippers or clean indoor shoes to class. Please no socked feet directly on the studio floors as they may be slippery. Presentation on last day of class.

Instructor: Endorphin Rush Dance	Dance Studio
3-5 yrs:	
Su Apr 12-Jun 21	9:15 AM-10:00 AM
597599	\$154/11 sess
Su Jul 05-Jul 26	9:15 AM-10:00 AM
603235	\$56/4 sess
4-6 yrs:	
Su Apr 12-Jun 21	10:05 AM-10:50 AM
597600	\$154/11 sess
Su Jul 05-Jul 26	10:05 AM-10:50 AM
603236	\$56/4 sess

Mini Hip Hop

(3.5-5 yrs)

Let's move and groove! This non-stop action-packed class includes hip hop, basic break-dancing, and dance games that will have your dancer moving to the beats. Through the season we will work on a choreographed dance. Please bring a filled water bottle each day. Get Ready to Cheer: There will be a presentation on the last day of class for dancers to showcase what they learned. Children attend class without a parent/guardian in the room.

Instructor: Endorphin Rush Dance	Dance Studio
Su Apr 12-Jun 21	10:55 AM-11:40 AM
597672	\$154/11 sess
Su Jul 05-Jul 26	10:55 AM-11:40 AM
603361	\$56/4 sess

Jazz/Hip Hop Fusion

(4-6 yrs)

Combine the style of hip-hop with the technical dance skills of jazz! Learn steps, jumps, turns, stretches and fun choreography to your favourite music. Please bring running shoes and wear comfortable stretchy clothing and non-marking shoes. Dancers attend without a guardian present. There will be a performance on the last day of class for friends and family.

Instructor: Endorphin Rush Dance	Dance Studio
Tu Apr 14-Jun 23	3:30 PM-4:15 PM
597643	\$154/11 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, young movers discover a love of physical activity as they leap, hop, spin and jump. No session May 17

Instructor: The Play Brigade	Board Room
Su Apr 12-May 31	9:10 AM-9:55 AM
597602	\$112/7 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 May 16, Aug 1.

Instructor: Sportball Vancouver	Gymnasium
Sa Apr 11-Jun 20	10:00 AM-11:00 AM
597688	\$162.5/10 sess
Sa Jul 04-Aug 22	10:00 AM-11:00 AM
602677	\$113.75/7 sess



Sportball Soccer

(3.5-5 yrs)

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 session May 17, Aug 2.

Instructor: Sportball Vancouver	Gymnasium
Su Apr 12-Jun 21	2:45 PM-3:45 PM
597691	\$162.5/10 sess
Su Jul 05-Aug 23	2:45 PM-3:45 PM
602761	\$113.75/7 sess



Sportball Basketball

(4-6 yrs)

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 May 18

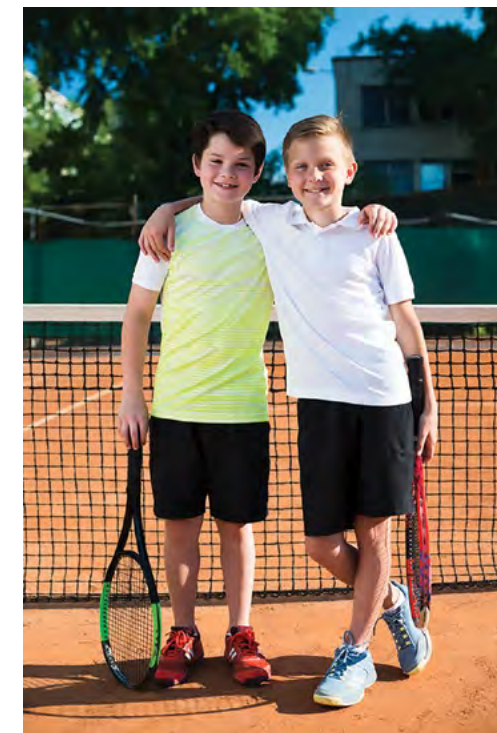
Instructor: Sportball Vancouver	Gymnasium
Mo Apr 13-Jun 22	3:45 PM-4:45 PM
597685	\$162.5/10 sess

Tennis

(4-6 yrs)

Your child will be introduced to the fundamentals of basic Forehand and Backhand while developing eye & hand coordination through a variety of fun games and activities. This program is held indoors, in the gymnasium. You are encouraged to bring your own tennis racquet if you have one but will be provided a racquet by the instructor if you don't.

Instructor: Break Point Sports	Gymnasium
We Apr 15-Jun 17	4:00 PM-5:00 PM
597693	\$150/10 sess



CHILDREN

ART, CULTURE & EDUCATION

Science and Craft Explorers

(6-12 yrs)

This program invites kids to explore the exciting world of science through fun crafts and hands-on making of simple scientific tools. Children will use everyday materials like paper, cardboard, straws, magnets, and bottles to create their own tools such as homemade compasses, sundials, rain gauges, and kaleidoscopes. While building, they'll learn the science behind how each tool works in a playful and creative way.

Instructor: Arshi Aggarwal	Board Room
Su Apr 12-May 10	11:15 AM-12:15 PM
597681	\$100/5 sess
Su May 24-Jun 21	11:15 AM-12:15 PM
606252	\$100/5 sess

DANCEPL3Y Kids

(6-9 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, Lyrical, Jazz/Funk as they get interACTIVE and play with dance. No class May 17

Instructor: The Play Brigade	Board Room
Su Apr 12-May 31	9:55 AM-10:40 AM
597695	\$112/7 sess

Hip Hop

(6-9 yrs)

Let's move and groove! This non-stop action-packed class includes hip hop, basic break-dancing, and dance games that will have your dancer moving to the beats. Through the season we will work on a choreographed dance. Dancers attend class without a guardian in the room. There will be a presentation on the last day of class.

Instructor: Endorphin Rush Dance	Dance Studio
Su Apr 12-Jun 21	11:45 AM-12:30 PM
597601	\$154/11 sess
Su Jul 05-Jul 26	11:45 AM-12:30 PM
603362	\$56/4 sess

K-Pop

Step into the spotlight and feel the energy at K-Pop, the ultimate dance party where your favourite K-pop hits come to life! This high-energy class is packed with iconic choreography, nonstop movement, and all the good vibes.

Instructor: Endorphin Rush Dance	Dance Studio
6-9 yrs:	
Tu Apr 14-Jun 23	4:15 PM-5:00 PM
597648	\$154/11 sess
9-14 yrs:	
Tu Apr 14-Jun 23	5:00 PM-5:45 PM
597649	\$154/11 sess

Junior Chefs

(7-10 yrs)

This hands-on cooking class will explore a variety of sweet and savoury recipes, including delicious dishes inspired by cultures from around the world. Every class is packed with fun, learning, and delicious treats from cheesy creations to sweet desserts. Please bring a container to take home your culinary creations. Recipes in this class may include meat, dairy, and eggs. Unfortunately, Junior Chefs cannot accommodate vegetarian or vegan diets.

Instructor: Gigi Puen	Seniors Lounge
Su Apr 12-May 10	9:30 AM-11:00 AM
597644	\$134.15/5 sess
Su Apr 12-May 10	11:15 AM-12:45 PM
597645	\$134.15/5 sess
May 24-Jun 21	9:30 AM-11:00 AM
597646	\$134.15/5 sess
May 24-Jun 21	11:15 AM-12:45 PM
597647	\$134.15/5 sess

Children's Pottery Class

(8-12 yrs)

Suitable for those with little or no pottery experience. Learn to wedge clay, create hand built pottery and glazing techniques. Create hand-built pieces to be bisque fired and glazed to take home. Course fee of \$180 includes a \$30 material fee that is non-refundable after the first class.

Instructor: Heather Hackman	Pottery Studio
Tu Apr 14-Jun 02	3:30 PM-5:30 PM
606575	\$180/8 sess

Guitar/Ukelele Private Lessons

(5+ yrs)

Join a private Guitar or Ukulele lesson with Tom Cheng! 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

Spring

Tu Apr 07-Jun 23	3:30 PM-4:00 PM
597619	\$312/12 sess
Tu Apr 07-Jun 23	4:00 PM-4:30 PM
597620	\$312/12 sess
Tu Apr 07-Jun 23	4:30 PM-5:00 PM
597621	\$312/12 sess
Tu Apr 07-Jun 23	5:00 PM-5:30 PM
597626	\$312/12 sess
Tu Apr 07-Jun 23	5:30 PM-6:00 PM
597622	\$312/12 sess
Tu Apr 07-Jun 23	6:00 PM-6:30 PM
597627	\$312/12 sess
Tu Apr 7-Jun 23	6:30 PM-7:00 PM
597623	\$312/12 sess
Apr 07-Jun 23	7:00 PM-7:30 PM
597624	\$312/12 sess
Tu Apr 07-Jun 23	7:30 PM-8:00 PM
597625	\$312/12 sess

Summer

Tu Jul 07-Jul 28	3:30 PM-4:00 PM
605974	\$104/4 sess
Tu Jul 07-Jul 28	4:00 PM-4:30 PM
605973	\$104/4 sess
Tu Jul 07-Jul 28	4:30 PM-5:00 PM
605972	\$104/4 sess
Tu Jul 07-Jul 28	5:00 PM-5:30 PM
605971	\$104/4 sess
Tu Jul 07-Jul 28	5:30 PM-6:00 PM
605965	\$104/4 sess
Tu Jul 07-Jul 28	6:00 PM-6:30 PM
605963	\$104/4 sess
Tu Jun 7-Jul 28	6:30 PM-7:00 PM
605953	\$104/sess
Tu Jul 07-Jul 28	7:00 PM-7:30 PM
605952	\$104/4 sess
Tu Jul 07-Jul 28	7:30 PM-8:00 PM
605951	\$104/4 sess

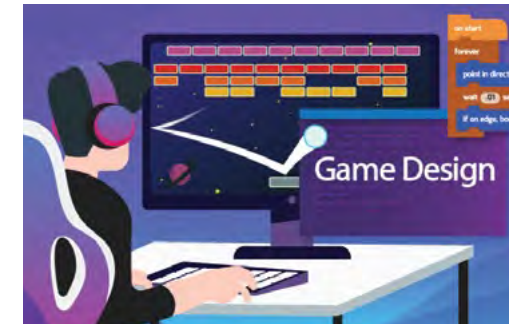
STEM PROGRAMS

Game Makers Jr: Coding Video Games

(7-13 yrs)

"Game Makers Jr" is a hands-on course for kids to learn the basics of coding through game creation. Students explore loops, conditionals, events, and variables while designing, coding, and testing their own interactive games, boosting creativity, logic, and problem-solving skills. Requirements: Participants must bring their own laptop, Chromebook, or tablet (no more than 10"). No cellphones.

Instructor: Clara Regalado	Multipurpose Room
We Apr 08-Apr 29	4:00 PM-5:00 PM
597610	\$68/4 sess
We Jun 03-Jun 24	4:00 PM-5:00 PM
608090	\$68/4 sess



Game Makers Jr: Coding Video Games, "Build & Play"

(7-13 yrs)

"Build & Play" introduces kids to coding fundamentals through interactive lessons and fun game design using Roblox. Children develop logic, problem solving, and creativity while designing their own mini-games, learning real programming concepts through engaging, project based, age appropriate challenges while playing. Requirements: Participants must bring their own laptop, Chromebook, or tablet (no more than 10"). No cellphones.

Instructor: Clara Regalado	Multipurpose Room
Mo Apr 13-Apr 29	4:00 PM-5:00 PM
597611	\$68/4 sess
Mo Jun 01-Jun 29	4:00 PM-5:00 PM
608097	\$85/5 sess

Young Commander Chess

There's a correlation between chess and academic achievement including math, spatial analysis and non-verbal reasoning ability. Donning a "commander" self-image, kids get trained in life-skills, goal setting. Free chess folder for new students.

Instructor: Joe Soliven Multipurpose Room
Novice/Beginner: 5-13yrs, anyone with limited knowledge of chess basics
 Tu Apr 14-Jun 23 4:00 PM-5:10 PM
 597697 \$165/11 sess

Intermediate: 8-13yrs, anyone proficient with chess tactics and advanced strategies
 Tu Apr 14-Jun 23 5:20 PM-6:30 PM
 597696 \$165/11 sess

MARTIAL ARTS

Karate

(6+ yrs)
 Mushin Karate is a martial art which teaches the traditional forms of Okinawan Karate, but also stays open to ideas from other styles. Classes are friendly and noncompetitive, suitable for men, women and children. Fees are on a per-month basis. Some months may have more or less classes than other months. No session Apr 6, May 18.

Instructor: Kim Fivelsdal Multipurpose Room

Beginner (Full Month)
 Mo Th Apr 02-Apr 30 5:30 PM-6:30 PM
 597657 \$79.5/month
 Mo Th May 04-May 28 5:30 PM-6:30 PM
 597656 \$79.5/month
 Mo Th Jun 01-Jun 29 6:30 PM-7:30 PM
 608718 \$79.5/month
 Mo Th Jul 02-Jul 30 5:30 PM-6:30 PM
 597658 \$79.5/month
 Mo Th Aug 06-Aug 31 5:30 PM-6:30 PM
 601094 \$79.5/month

Beginner (Half Month)
 Mo Th Apr 02-Apr 30 5:30 PM-6:30 PM
 597660 \$53/month
 Mo Th May 04-May 28 5:30 PM-6:30 PM
 597659 \$53/month
 Mo Th Jun 01-Jun 29 6:30 PM-7:30 PM
 597661 \$53/month
 Mo Th Jul 02-Jul 30 5:30 PM-6:30 PM
 601095 \$53/month
 Mo Th Aug 06-Aug 31 5:30 PM-6:30 PM
 601097 \$53/month

Advanced (Full Month)

Mo Th Apr 02-Apr 30 6:30 PM-7:30 PM
 597651 \$79.5/month
 Mo Th May 04-May 28 6:30 PM-7:30 PM
 597650 \$79.5/month
 Mo Th Jun 01-Jun 29 6:30 PM-7:30 PM
 597652 \$79.5/month
 Mo Th Jul 02-Jul 30 6:30 PM-7:30 PM
 601086 \$79.5/month
 Mo Th Aug 06-Aug 31 6:30 PM-7:30 PM
 601087 \$79.5/month

Advanced (Half Month)

Mo Th Apr 02-Apr 30 6:30 PM-7:30 PM
 597654 \$53/month
 Mo Th May 04-May 28 6:30 PM-7:30 PM
 597653 \$53/month
 Mo Th Jun 01-Jun 29 6:30 PM-7:30 PM
 597655 \$53/month
 Mo Th Jul 02-Jul 30 6:30 PM-7:30 PM
 601089 \$53/month
 Mo Th Aug 06-Aug 31 6:30 PM-7:30 PM
 601090 \$53/month



SPORTS

Tennis

(7-10 yrs)
 Your child will be introduced to the fundamentals of basic Forehand and Backhand while developing eye & hand coordination through a variety of fun games and activities. This program is held indoors, in the gymnasium. You are encouraged to bring your own tennis racquet if you have one but will be provided a racquet by the instructor if you don't.

Instructor: Break Point Sports Gymnasium
 We Apr 15-Jun 17 5:00 PM-6:00 PM
 597694 \$150/10 sess



Sportball Basketball

(6-10 yrs)
 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 May 18

Instructor: Sportball Vancouver Gymnasium
 Mo Apr 13-Jun 22 4:45 PM-5:45 PM
 597686 \$162.5/10 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 class May 17, Aug 2.

Instructor: Stanley Kita Gymnasium
 Su Apr 12-Jun 28 11:45 AM-12:45 PM
 597579 \$110/11 sess
 Su Apr 12-Jun 28 12:45 PM-1:45 PM
 597580 \$110/11 sess
 Su Jul 05-Aug 30 11:45 AM-12:45 PM
 606606 \$80/8 sess
 Su Jul 05-Aug 30 12:45 PM-1:45 PM
 606585 \$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 11-Jun 27 11:45 AM-12:45 PM
 597678 \$60/12 sess
9-17 yrs:
 Sa Apr 11-Jun 27 12:45 PM-1:45 PM
 597679 \$60/12 sess



Summer Camps & Week-Long Programs



Registration for week-long programs and camps:
Online & In-person: Wed, Apr 8, 7:00 PM
By Phone: Thu, Apr 9, 10:00 AM

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

Frozen Ballet (3-5 yrs)

100% Frozen Soundtrack Music is played in this creative ballet class designed to ignite your dancer's imagination. No experience required as dancers learn the basics of ballet and expression through movement. Costumes are welcome but not required. Beginner friendly. Presentation for parents on the last day! Children must be able to participate without a parent in the room.

Instructor: Endorphin Rush Dance Dance Studio
 Mo-Fr Jul 27-Jul 31 9:15 AM-10:30 AM
 603380 \$109/week

Hip Hop (6-9 yrs)

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

Instructor: Endorphin Rush Dance Dance Studio
 Mo-Fr Jul 27-Jul 31 10:45 AM-12:00 PM
 603387 \$109/week

K-Pop Demon Hunters (6-12 yrs)

Get ready to move like your favorite K-Pop idols with a fierce twist! In this high energy dance program, kids learn K-Pop inspired choreography while stepping into a world of fantasy and adventure as brave Demon Hunters. Each day combines dynamic dance training, fun games, and creative activities where campers design their own "hunter" persona, complete with special powers and dramatic flair.

Instructor: Endorphin Rush Dance Dance Studio
 Mo-Fr Jul 27-Jul 31 12:30 PM-3:00 PM
 603388 \$199/week

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 may include: talent shows, indoor/outdoor sports, scavenger hunts, obstacle courses, arts & crafts, games and other fun activities! While the structure of our camps will be similar from week to week, our activities will be different. Therefore, if you wish to register your child for multiple weeks, they would not be bored! 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 06-Jul 10	9:15 AM-3:00 PM
606015	\$250/week
Mo-Fr Jul 13-Jul 17	9:15 AM-3:00 PM
606018	\$250/week
Mo-Fr Jul 20-Jul 24	9:15 AM-3:00 PM
606019	\$250/week
Mo-Fr Jul 27-Jul 31	9:15 AM-3:00 PM
606021	\$250/week

Registration for week-long programs and camps ▶

Feature Film Making (9-14 yrs)

Working in small crews, they will learn about cinematography, script writing and editing on Final Cut Pro. Campers will then create, act in and edit a short film and movie trailer, adding special effects, music, voices, titles and sound effects. Participants will have the opportunity to use our latest technology, including Mac books, 4K cameras, tripods, boom microphones, green screens and the use of an aerial drone. Crews will also create their own promotions and advertising links to showcase their short film to the world. Movies will be presented at our red carpet, popcorn film festival and archived on our digital theatre. 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 Multi. Room
 Mo-Fr Aug 17-Aug 21 9:00 AM-4:00 PM
 602799 \$255/week

LEGO® Bricks Stopmotion Animation (7-12 yrs)

Working in small crews, they will learn about stop motion animation, set design, script writing and editing. Campers will then create their own stop motion animation and edit a short film. Movies will be presented at our red carpet, popcorn film festival and archived on our digital theatre. Please note we do provide Clay and all arts supplies along with a nominal amount of LEGO®. We do encourage participants to bring their own LEGO® and toys to supplement the creation of their film. 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 Multi. Room
 Mo-Fr Jul 13-Jul 17 9:00 AM-4:00 PM
 602796 \$255/week
 Mo-Fr Aug 04-Aug 07 9:00 AM-4:00 PM
 602800 \$204/week

Online & In-person: Wed, Apr 8, 7:00 PM
By Phone: Thu, Apr 9, 10:00 AM

Young Commander Chess

There's a strong correlation between chess and academic achievement including math, spatial analysis and non-verbal reasoning ability. Donning a "commander" self-image, kids get trained in life-skills goal setting: checkmate! Free chess folder for new students.

Instructor: Joe Soliven Multipurpose Room
Novice/Beginner: 5-13yrs, anyone with limited knowledge of chess basics
 Mo-Fr Jul 27-Jul 31 9:00 AM-10:10 AM
 602783 \$75/week
 Mo-Fr Aug 24-Aug 28 9:00 AM-10:10 AM
 602789 \$75/week
Intermediate: 8-13yrs, anyone proficient with chess tactics and advanced strategies
 Mo-Fr Jul 27-Jul 31 10:20 AM-11:30 AM
 602791 \$75/week
 Mo-Fr Aug 24-Aug 28 10:20 AM-11:30 AM
 602792 \$75/week

Sportball Multisport Camp (5-8 yrs)

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

Instructor: Sportball Vancouver Gymnasium
 Mo-Fr Jul 06-Jul 10 9:00 AM-12:00 PM
 602763 \$200/week
 Mo-Fr Aug 10-Aug 14 9:00 AM-12:00 PM
 602764 \$200/5 sess

Sportball Indoor Soccer Camp (5-8 yrs)

Children are taught the fundamental skills necessary to excel in soccer. These include throw-ins, dribbling, trapping, passing, goalie skills and more. Classes are dedicated to skills development and putting those skills to work in an exciting, non-competitive game. This program takes place in the Gymnasium. Depending on weather, breaks may take place outdoors in the grass field/playground adjacent to the community centre. Please bring a nut free snack, water bottle and sunscreen.

Sportball Vancouver Gymnasium
 Mo-Fr Jul 20-Jul 24 9:00 AM-12:00 PM
 602765 \$200/week



Tennis

Your child will be introduced to the fundamentals of basic Forehand and Backhand while developing eye & hand coordination through a variety of fun games and activities. This program is held indoors, in the gymnasium. You are encouraged to bring your own tennis racquet if you have one but will be provided a racquet by the instructor if you don't.

Instructor: Break Point Sports	Gymnasium
4-6 yrs:	
Mo-Fr Jul 13-Jul 17	9:00 AM-10:00 AM
605935	\$75/week
Mo-Fr Jul 27-Jul 31	9:00 AM-10:00 AM
605931	\$75/ week
Mo-Fr Aug 17-Aug 21	9:00 AM-10:00 AM
605936	\$75/week
Mo-Fr Aug 24-Aug28	9:00 AM-10:00 AM
605937	\$75/week
7-10yrs:	
Mo-Fr Jul 13-Jul 17	10:00 AM-11:00 AM
605932	\$75/week
Mo-Fr Jul 27-Jul 31	10:00 AM-11:00 AM
605934	\$75/week
Mo-Fr Aug 17-Aug 21	10:00 AM-11:00 AM
605933	\$75/week
Mo-Fr Aug 24-Aug 28	10:00 AM-11:00 AM
605938	\$75/week

Greenlight Basketball: Learn 2 Ball

(5-8 yrs)

Discover the joy of basketball with Greenlight Basketball! Kids will grasp the essentials of basketball through interactive drills and friendly games, fostering both skill development and fun in a positive, supportive atmosphere. All levels welcome.

Instructor: Greenlight Basketball	Gymnasium
Mo-Fr Jul 13-Jul 17	12:45 PM-1:45 PM
603593	\$75/ week
Mo-Fr Jul 20-Jul 24	12:45 PM-1:45 PM
603600	\$75/ week
Mo-Th Aug 04-Aug 07	12:45 PM-1:45 PM
605927	\$60/ week
Mo-Fr Aug 10-Aug 14	12:45 PM-1:45 PM
605928	\$75/week
Mo-Fr Aug 17-Aug 21	12:45 PM-1:45 PM
605929	\$75/week
Mo-Fr Aug 24-Aug 28	12:45 PM-1:45 PM
605930	\$75/week

Greenlight Basketball: Summer Hoops

(8-13 yrs)

Summer Hoops is 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. All levels welcome.

Instructor: Greenlight Basketball	Gymnasium
Mo-Fr Jul 13-Jul 17	1:45 PM-3:00 PM
603556	\$95/week
Mo-Fr Jul 20-Jul 24	1:45 PM-3:00 PM
603560	\$95/week
Mo-Th Aug 04-Aug 07	1:45 PM-3:00 PM
603564	\$76/week
Mo-Fr Aug 10-Aug 14	1:45 PM-3:00 PM
603566	\$95/week
Mo-Fr Aug 17-Aug 21	1:45 PM-3:00 PM
603575	\$95/week
Mo-Fr Aug 24-Aug 28	1:45 PM-3:00 PM
603579	\$95/week



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 \$3.50 + tax, space permitting. Maximum 6 spots (+ 6 attendants).

Instructor: No Instructor	Board Room
We Apr 01-Jun 24	9:30 AM-1:00 PM
597570	\$35.75/13 sess

ARTS, EDUCATION & CULTURE

Kensington Youth Council

(13-18 yrs)

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! Please register.

Instructor: TBA Instructor	Multipurpose Room
Sa Apr 4-Jun 27	12:10 PM-2:00 PM
597662	Free

SPORTS

Youth Learn to Play Volleyball




(12-18 yrs)

Come out and learn to play volleyball, a wonderful life sport, with David Ng! We will teach and review the skills of the game and play games! All levels are welcomed! Free!

Instructor: David Ng	Gymnasium
Tu Apr 07-Jun 30	3:45 PM-5:30 PM
597699	Free
Tu Jul 07-Aug 18	3:45 PM-5:30 PM
616104	Free

FREE DROP-IN SPORTS FRIDAYS

From April 10 to August 28.
No registration required.

-  Pre-teen Basketball Drop-in (11-14 yrs)
3:25 PM-4:40 PM
-  Youth Badminton Drop-in (12-18 yrs)
4:45 PM-6:05 PM
-  Youth Volleyball Drop-in (12-18.5 yrs)
6:15 PM- 7:45 PM
-  Youth Basketball Drop-in (12-18.5 yrs)
8:00 PM-9:30 PM



Please check in with Kensington for more youth programs!

ADULTS & SENIORS

ART, CULTURE & EDUCATION

Mah Jong, Big Two & Board Games

(55+yrs)

Looking for an activity to meet new friends and learn to play a new game? Come join use for a game of mahjong or Big Two or board games. This event is community-led. It's a perfect place to make new friends, learn new games or have a chance to play with friends if you don't have the space at home! There are limited tables so we ask for everyone to share and take turns.

Instructor: No Instructor	Multipurpose Room
Su Apr 05-Jun 28	12:00 PM-3:30 PM
597668	FREE
Su Jul 05-Aug 30	12:00 PM-3:30 PM
609283	FREE

Seniors Karaoke

(55+yrs)

Sing your heart out with your favourite songs or songs from the past. This is a social environment where you may practice your singing skills while enjoying the company of fellow singers. The song library includes songs either in Mandarin or in English. Adults and Seniors are welcome! Drop-in \$3 + tax.

Instructor: Cam Fung	Board Room
Tu Apr 07-Jun 30	11:00 AM-3:00 PM
597682	\$32.5/13 sess
Tu Jul 07-Jul 28	11:00 AM-3:00 PM
606253	\$10/4 sess

Ceramic Plate Workshop

(19+yrs)

This is a 1.5-hour workshop that will give participants a chance to decorate a bisque fired ceramic plate using underglazes and glazes to create their own unique handmade plate. Plates will be finished by instructor by adding a clear glaze and firing. Students will be contacted to pick up the finished plate at a later date.

Instructor: Heather Hackman	Pottery Studio
Su Apr 19	9:30 AM-11:30 AM
597594	\$25/1 sess

Guitar/Ukelele Private Lessons

(14+yrs)

For students of all skill levels. Each 30 min private lesson is tailored to your skill, age, ability and interests. Please bring own instrument. Students will be asked to purchase their own music book. Instructor Tom Cheng will let you know which book to purchase on the first class.

Instructor: Tom Cheng Board Room

Spring:

Tu Apr 07-Jun 23	3:30 PM-4:00 PM	597619	\$312/12 sess
Tu Apr 07-Jun 23	4:00 PM-4:30 PM	597620	\$312/12 sess
Tu Apr 07-Jun 23	4:30 PM-5:00 PM	597621	\$312/12 sess
Tu Apr 07-Jun 23	5:00 PM-5:30 PM	597626	\$312/12 sess
Tu Apr 07-Jun 23	5:30 PM-6:00 PM	597622	\$312/12 sess
Tu Apr 07-Jun 23	6:00 PM-6:30 PM	597627	\$312/12 sess
Tu Apr 07-Jun 23	6:30 PM-7:00 PM	597623	\$312/12 sess
Apr 07-Jun 23	7:00 PM-7:30 PM	597624	\$312/12 sess
Tu Apr 07-Jun 23	7:30 PM-8:00 PM	597625	\$312/12 sess

Summer:

Tu Jul 07-Jul 28	3:30 PM-4:00 PM	605974	\$104/4 sess
Tu Jul 07-Jul 28	4:00 PM-4:30 PM	605973	\$104/4 sess
Tu Jul 07-Jul 28	4:30 PM-5:00 PM	605972	\$104/4 sess
Tu Jul 07-Jul 28	5:00 PM-5:30 PM	605971	\$104/4 sess
Tu Jul 07-Jul 28	5:30 PM-6:00 PM	605965	\$104/4 sess
Tu Jul 07-Jul 28	6:00 PM-6:30 PM	605963	\$104/4 sess
Tu Jul 7-Jul 28	6:30 PM-7:00PM	605953	\$104/4 sess
Tu Jul 07-Jul 28	7:00 PM-7:30 PM	605952	\$104/4 sess
Tu Jul 07-Jul 28	7:30 PM-8:00 PM	605951	\$104/4 sess

DANCE

ATS Bellydance

(14+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. No Session May 19.

Instructor: Tonje Olson Dance Studio

Level 1:

Tu Apr 07-Jun 30	7:00 PM-8:00 PM	597577	\$132/12 sess
Tu Jul 07-Jul 28	7:00 PM-8:00 PM	607004	\$44/4 sess

Level 2:

Tu Apr 07-Jun 30	8:10 PM-9:10 PM	597578	\$132/12 sess
Tu Jul 07-Jul 28	8:10 PM-9:10 PM	607003	\$44/4 sess

Adult Hip Hop Fundamentals

(19+ yrs)

Dancers will refine their technique through Hip Hop fundamentals, learning choreography, footwork, isolations, stretches and more! Enjoy great tunes and good vibes while working up a sweat and meeting new friends along the way. Open level, beginner friendly. Drop in \$18, if space permits.

Instructor: Endorphin Rush Dance Dance Studio

Tu Apr 21-Jun 23	5:45 PM-6:45 PM	597572	\$150/10 sess
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Trial Session:

Tu Apr 14-Apr 14	5:45 PM-6:45 PM	597573	\$5/1 sess
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Ballet Flow: Grace in Motion

(19+yrs)

Grace in Motion Ease into elegance with Ballet Flow, a ballet-inspired movement class designed for adults of all levels. This 60-minute session blends fluid, dance-based sequences with gentle strength and stretch work to awaken your posture, core, and coordination all set to beautiful, inspiring music. Drop-in \$18, if space permits.

Instructor: Endorphin Rush Dance Dance Studio

Tu Apr 21-Jun 23	1:15 PM-2:15 PM	597589	\$150/10 sess
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Trial Session:

Tu Apr 14	1:15 PM-2:15 PM	597590	\$5/1 sess
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Latin Fusion

(19+yrs)

A perfect blend of dance training and feel good cardio! This class mixes Latin dance foundations with easy-to-follow choreography to help you build stamina, tone your core, and unleash your inner dancer! No experience required, beginner friendly. Please bring water, and wear clean, non-marking, shoes to class. Drop-in \$18, if space permits.

Instructor: Endorphin Rush Dance Dance Studio

Tu Apr 21-Jun 23	2:15 PM-3:15 PM	597641	\$150/10 sess
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Trial Session:

Tu Apr 14-Apr 14	2:15 PM-3:15 PM	597642	\$5/1 sess
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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. Come with comfortable dance/exercise wear and soft dance practice shoes Drop in \$11 + tax, space permitting.

Instructor: Chun (Margaret) Pan Dance Studio

Sa Apr 18-Jun 27	1:00 PM-2:30 PM	597596	\$99/11 sess
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Sa Jul 04-Jul 25	1:00 PM-2:30 PM	606581	\$36/4 sess
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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. Come with comfortable dance/exercise, and dance practice soft shoes. \$12 drop-in, space permitting. No class May 18.

Instructor: Chun (Margaret) Pan Dance Studio

Mo Apr 20-Jun 29	5:40 PM-7:10 PM	597595	\$100/10 sess
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Mo Jul 06-Jul 27	5:40 PM-7:10 PM	606582	\$40/4 sess
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CALLING ALL SENIORS!

Please check in with Kensington for more senior programs! Also, join us for Seniors Week, June 1-7, when we recognize our seniors and their contributions to our community! Please check vancouver.ca for special events & programs.

International Line Dance

(45+yrs)

This is a beginner level class. A combination of dances from various Chinese groups including: figure dance, ethnic dance, fan dance and aerobics. This mixed level exercise class is taught in English and Chinese. Drop in \$5.00 + tax, space permitting.

Instructor: Jing Fung	Dance Studio
Tu Apr 07-Jun 30 (Mixed Level)	9:15 AM-10:15 AM
597634	\$49.4/13 sess
Tu Jul 07-Jul 21 (Mixed Level)	9:15 AM-10:15 AM
608221	\$11.4/3 sess
Tu Apr 07-Jun 30 (Beg Level)	10:20 AM-11:20 AM
597633	\$49.4/13 sess
Tu Jul 07-Jul 21 (Beg Level)	10:20 AM-11:20 AM
608224	\$11.4/3 sess
We Apr 01-Jun 24 (Mixed Level)	9:15 AM-10:15 AM
597636	\$49.4/13 sess
We Jul 08-Jul 22 (Mixed Level)	9:15 AM-10:15 AM
608226	\$11.4/3 sess
Th Apr 02-Jun 25 (Mixed Level)	9:15 AM-10:15 AM
597635	\$49.4/13 sess
Th Jul 02-Jul 23 (Mixed Level)	9:15 AM-10:15 AM
608227	\$15.2/4 sess
Th Apr 02-Jun 25 (Beg Level)	10:20 AM-11:20 AM
597632	\$49.4/13 sess
Th Jul 02-Jul 23 (Mixed Level)	10:20 AM-11:20 AM
608228	\$15.2/4 sess



International Performance Dance

(45+yrs)

Various ethnic dance exercise taught in English and Chinese. Drop in \$5.00 + tax, space permitting. No class May 18

Instructor: Jing Fung	Dance Studio
We Apr 01-Jun 24	10:20 AM-11:20 AM
597637	\$49.4/13 sess
We Jul 08-Jul 22	10:20 AM-11:20 AM
608237	\$11.4/3 sess
Mo Apr 13-Jun 29 (Beg Level)	9:15 AM-10:15 AM
597638	\$41.8/11 sess
Mo Jul 06-Jul 20 (Beg Level)	9:15 AM-10:15 AM
608236	\$11.4/3 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.

Instructor: Jing Fung	Gym (Spr) / Dance St (Sum)
Fr Apr 10-Jun 26	1:00 PM-2:45 PM
597683	\$18/12 sess
Fr Jul 10-Jul 24	1:00 PM-2:45 PM
608242	\$4.5/3 sess

Social Dance: Partners with Lessons (Beginner)

(45+yrs)

Course content includes: Cha Cha with three steps; Traditional Tango Beg & Int; Jive with four steps; Jive with Six Steps; Slow four steps; Four steps (M); Joyful of three steps festivals dance; hand to hand. Similar to Salsa style; Mambo; Easy three steps. Drop in \$5.00 + tax, space permitting.

Instructor: Jing Fung	Dance Studio
Th Apr 02-Jun 25	1:00 PM-2:30 PM
597684	\$49.3/13 sess
Th Jul 02-Jul 23	1:00 PM-2:30 PM
608245	\$15.2/4 sess

International Social Dance with Lessons

(45+ yrs)

Course content includes Cha Cha - Beg and Int and performance; Rumba - Beg and Int and performance; Waltz - Beg and Int and performance; Tango- Beg and Int; Paso doble with beg and int with performance; Jive with beg and int and performance; Foxtrot; Samba with beg and int; Quick step four; Quick step three. Classes are taught in Cantonese, Mandarin and English. Drop in \$5.00 + tax, space permitting. No session May 18.

Instructor: Jing Fung	Dance Studio
Mo Apr 13-Jun 29	10:30 AM-12:00 PM
597639	\$41.8/11 sess
Mo Jul 06-Jul 20	10:30 AM-12:00 PM
608248	\$11.4/3 sess
Fr Apr 10-Jun 26	11:20 AM-12:50 PM
597640	\$45.6/12 sess
Fr Jul 03-Jul 24	11:20 AM-12:50 PM
608249	\$15.2/4 sess

International Dance and Line Dance with Lessons

(19+yrs)

This class will include Line Dance or Social Dance lessons. Drop in \$5, space permitting.

Instructor: Jing Fung	Gymnasium
We Apr 01-Jun 24	1:15 PM-3:00 PM
597631	\$49.4/13 sess

Line Dance with Winnie

(45+ yrs)

Come join Winnie Lui and have fun learning the latest dance steps in this energetic recreational class. No need for a partner all ability levels are welcome. Join this high spirited class and enjoy the social, fitness, and health benefits. Instructor can speak Canotese, Mandarin and English. Drop in \$4+ tax, space permitting. No session May 18.

Instructor: Winnie Lui	Dance Studio
Mo Apr 13-Jun 29	4:00 PM-5:30 PM
613994	\$33/11 sess
Mo Jul 06-Jul 27	4:00 PM-5:30 PM
614003	\$12/4 sess
Th Apr 09-Jun 25	4:00 PM-5:30 PM
614332	\$36/12 sess
Th Jul 02-Jul 30	4:00 PM-5:30 PM
614333	\$15/5 sess

FITNESS & HEALTH

Zumba Gold/ Gold Toning

(45+yrs)

A low-impact dance-fitness class designed for seniors and beginners. Enjoy upbeat Latin rhythms like salsa and merengue while using light toning sticks for a fun, full-body workout. The combination of easy dance moves and gentle strength training helps maintain healthy muscles, improve balance, flexibility, and heart health, and prevent the loss of muscle mass and strength. Come ready to have fun and tone your muscles. Registration required (drop-in \$8.50 + tax).

Instructor: Kayo Echizenya	Dance Studio
We Apr 08-Apr 29	11:30 AM-12:30 PM
597700	\$28/4 sess
We May 06-May 27	11:30 AM-12:30 PM
597701	\$28/4 sess
We Jun 03-Jun 24	11:30 AM-12:30 PM
597702	\$28/4 sess
We Jul 08-Jul 22	11:30 AM-12:30 PM
606274	\$21/3 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. Participants are highly encouraged to bring their own yoga mats and blocks. If needed, a limited number of mats and blocks are available for lending. Drop-in \$15+ tax, space permitting. No session May 16.

Instructor: Nancy Kang	Board Room
Sa Apr 11-May 30	11:00 AM-12:15 PM
597628	\$91/7 sess
Sa Jul 04-Jul 25	11:00 AM-12:15 PM
597629	\$52/4 sess

Beginners Yoga

(19+yrs)

If you have never tried yoga before or tried a few but found all-level classes too difficult / fast to follow, this Beginners Only Yoga class is the right place for you. Participants are highly encouraged to bring their own yoga mats and blocks. If needed, a limited number of mats and blocks are available for lending. Drop-in \$15 + tax, space permitting. No session May 16.

Instructor: Nancy Kang	Board Room
Sa Apr 11-May 30	10:00 AM-10:45 AM
597591	\$91/7 sess
Sa Jul 04-Jul 25	10:00 AM-10:45 AM
597592	\$52/4 sess

Flow/ Vinyasa 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. Drop-in: \$13.50 + tax.

Instructor: Laura Arroyo	Dance Studio
Th Apr 09-May 14	7:00 PM-8:00 PM
597604	\$69/6 sess
Th May 21-Jun 25	7:00 PM-8:00 PM
597605	\$69/6 sess

Outdoor Slow Flow Yoga

(19+yrs)

Gentle outdoor yoga flow for all levels while enjoying nature and the beautiful sunshine. Please bring your own mat and blocks if needed. Drop-in: \$13.50 + tax. Program takes place outdoors in the grass area outside of the gymnasium doors.

Instructor: Laura Arroyo Kensington Park North Field
Th Jul 16-Jul 30 6:00 PM-7:00 PM
606268 \$39/3 sess

MARTIAL ARTS

Karate

(14+ yrs)

Mushin Karate is a martial art which teaches the traditional forms of Okinawan Karate, but also stays open to ideas from other styles. Classes are friendly and noncompetitive, suitable for men, women and children. Fees are on a per-month basis. Some months may have more or less classes than other months. No session Apr 6, May 18.

Instructor: Kim Fivelsdal Multipurpose Room

Beginner (Full Month)

Mo Th Apr 02-Apr 30 \$90.1/month
5:30 PM-6:30 PM 597657
Mo Th May 04-May 28 \$90.1/month
597656
Mo Th Jun 01-Jun 29 \$90.1/month
608718
Mo Th Jul 02-Jul 30 \$90.1/month
597658
Mo Th Aug 06-Aug 31 \$90.1/month
601094

Beginner (Half Month)

Mo Th Apr 02-Apr 30 5:30 PM-6:30 PM \$58.3/month 597660
Mo Th May 04-May 28 5:30 PM-6:30 PM \$58.3/month 597659
Mo Th Jun 01-Jun 29 6:30 PM-7:30 PM \$58.3/month 597661
Mo Th Jul 02-Jul 30 5:30 PM-6:30 PM \$58.3/month 601095
Mo Th Aug 06-Aug 31 5:30 PM-6:30 PM \$58.3/month 601097

Advanced (Full Month)

Mo Th Apr 02-Apr 30 6:30 PM-7:30 PM \$90.1/month 597651
Mo Th May 04-May 28 6:30 PM-7:30 PM \$90.1/month 597650
Mo Th Jun 01-Jun 29 6:30 PM-7:30 PM \$90.1/month 597652
Mo Th Jul 02-Jul 30 6:30 PM-7:30 PM \$90.1/month 601086
Mo Th Aug 06-Aug 31 6:30 PM-7:30 PM \$90.1/month 601087

Advanced (Half Month)

Mo Th Apr 02-Apr 30 6:30 PM-7:30 PM \$58.3/month 597654
Mo Th May 04-May 28 6:30 PM-7:30 PM \$58.3/month 597653
Mo Th Jun 01-Jun 29 6:30 PM-7:30 PM \$58.3/month 597655
Mo Th Jul 02-Jul 30 6:30 PM-7:30 PM \$58.3/month 601089
Mo Th Aug 06-Aug 31 6:30 PM-7:30 PM \$58.3/month 601090

Tai Chi Yang Style 1 & 2

(19+yrs)

This class will introduce and expand on Tai Chi Yang Style, Tai Chi Sword and Kung Fu Fan. Another form of Chinese exercise, Qi Gong Ba Duan Jin, will also be taught. 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 Gym/Multi Rm
Su Apr 05-Jun 28 9:15 AM-11:30 AM \$84.5/13 sess 597692
Su Jul 05-Aug 30 9:15 AM-11:30 AM \$58.5/9 sess 606275



SPORTS

Adult Basketball

(19+yrs)

Join us for Adult Basketball. If 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. This program is non-instructional. Drop-in \$5.75 + tax. No session Aug 3.

Instructor: No Instructor Gymnasium
Mo Apr 13-Jun 29 7:45 PM-9:05 PM \$46.75/11 sess 597571
Mo Jul 06-Aug 31 7:45 PM-9:05 PM \$34/8 sess 599514

Adult Open Gym Basketball

(19+yrs)

Drop-in and shoot some hoops. Four hoops available. Please bring your own basketball. Drop-in \$3.25 + tax per session. No online registration; please call 604-718-6201 or visit the front desk. No session Apr 10.

Instructor: No Instructor Gymnasium
Tu Apr 07-Jun 30 7:45 PM-9:05 PM
Th Apr 09-Jun 25 12:30 PM-3:15 PM
Fr Apr 10-Jun 26 9:15 AM-12:45 PM
Tu Jul 07-Aug 25 7:45 PM-9:05 PM

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 2 hours before program start time, in person. Registered participants have until 10 min past program start time to arrive or their spot will be sold to drop-in participants. Drop-ins \$6.00 + tax. This program is meant for casual and not competitive play. Please bring your own volleyball as volleyballs will not be provided. No session May 18, Aug 3.

Instructor: No Instructor Gymnasium
Th Apr 09-Jun 25 7:45 PM-9:05 PM \$54/12 sess 597575
Th Jul 02-Aug 27 7:45 PM-9:05 PM \$40.5/9 sess 600216
Mo Apr 13-Jun 29 6:15 PM-7:30 PM \$49.5/11 sess 597576
Mo Jul 06-Aug 31 6:15 PM-7:30 PM \$36/8 sess 600217

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 \$4.50+ 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 May 18.

Instructor: Gary Cummings Gymnasium
Mo Apr 13-Jun 29 1:00 PM-3:30 PM \$38.50/11 sess 597673
Tu Apr 07-Jun 30 12:30 PM-3:20 PM \$45.50/13 sess 597674
Th Apr 02-Jun 25 3:30 PM-5:45 PM \$45.50/13 sess 597675
Th May 07-May 28 10:00 AM-12:00 PM \$14/4 sess 616265
Mo-Fr Jul 06-Jul 10 12:30PM-3:00PM \$17.50/5 sess 608732
Mo-Fr Jul 27-Jul 31 12:00PM-3:00PM \$17.5/5 sess 608735
Tu-Fr Aug 04-Aug 07 9:15AM-12:15PM \$14/4 sess 608738



Badminton Court Booking/Drop-in

(19+ yrs)

Badminton court booking for recreational badminton. This program is non-instructional. Three courts are available for booking. Registering for this activity guarantees you and your partner(s) a court, however, court choice are first come first serve. Please arrive no earlier than 10 minutes prior to your court booking time to choose the court you will use for the day. If any courts are not registered for, you are able to drop-in and book the court for the day and play, no earlier than 15 minutes before the booking time starts. Daily court drop-in \$9 + tax. If you are unable to attend a court booking session, please phone 604-718-6201 to let the front desk know so that the court can be opened up for drop in for the day. No session May 18.

Instructor: No Instructor	Gymnasium
Mo Apr 13-May 11 597588	9:10 AM-10:10 AM \$38.3/5 sess
Mo Apr 13-May 11 597583	10:15 AM-11:15 AM \$38.3/5 sess
Mo Apr 13-May 11 597587	11:20 AM-12:20 PM \$38.3/5 sess
Mo May 25-Jun 29 597727	9:10 AM-10:10 AM \$45.96/6 sess
Mo May 25-Jun 29 597729	10:15 AM-11:15 AM \$45.96/6 sess
Mo May 25-Jun 29 597730	11:20 AM-12:20 PM \$45.96/6 sess

Tu Apr 07-May 12 597582	9:10 AM-10:10 AM \$45.96/6 sess
Tu Apr 07-May 12 597581	10:15 AM-11:15 AM \$45.96/6 sess
Tu Apr 07-May 12 597586	11:20 AM-12:20 PM \$45.96/6 sess
Tu May 19-Jun 30 597735	9:10 AM-10:10 AM \$53.62/7 sess
Tu May 19-Jun 30 597736	10:15 AM-11:15 AM \$53.62/7 sess
Tu May 19-Jun 30 597737	11:20 AM-12:20 PM \$53.62/7 sess
We Apr 01-May 06 597584	7:00 PM-8:00 PM \$45.96/6 sess
We Apr 01-May 06 597585	8:10 PM-9:10 PM \$45.96/6 sess
We May 13-Jun 24 597738	7:00 PM-8:00 PM \$53.62/7 sess
We May 13-Jun 24 597739	8:10 PM-9:10 PM \$53.62/7 sess
We Jul 08-Jul 29 599489	7:00 PM-8:00 PM \$30.64/4 sess
We Jul 08-Jul 29 610170	8:10 PM-9:10 PM \$30.64/4 sess
We Aug 05-Aug 26 599491	7:00 PM-8:00 PM \$30.64/4 sess
We Aug 05-Aug 26 610176	8:10 PM-9:10 PM \$30.64/4 sess



Saturday Ball Hockey

(18+ yrs)

Join us for a fun game of hockey! Players will be divided into two teams and engage in a high intensity non-contact game. 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. Drop in \$6.50 + tax, space permitting.

Instructor: Edmond Leong	Gymnasium
Sa Apr 11-Jun 27 597680	2:00PM-3:45 PM \$72/12 sess



2.0 NTRP Women's Advanced Beginner Tennis

(18+ yrs)

For women who can reliably rally 5-10 shots from the service line using forehand or backhand. This class reinforces fundamentals from the Beginner level. Players will build rally consistency, improve basic serve technique and develop effective volley fundamentals. Participants must bring their own racket. No session Aug 1.

Instructor: Precision Tennis Inc.	Gymnasium
We Apr 01-May 13 597569	9:00 AM-10:00 AM \$276.5/7 sess
We May 20-Jun 24 606979	9:00 AM-10:00 AM \$237/6 sess
Sa Jul 04-Aug 29 607072	2:45 PM-3:45PM \$316/8 sess



1.0-1.5 NTRP Women's Beginner Tennis Lessons

(18+ yrs)

For women just starting to play. This class introduces the basics of rallying (forehand and backhand) with a heavy emphasis placed on the ability to hold a long exchange. Participants must bring their own racket. No session Aug 1.

Instructor: Precision Tennis Inc.	Gymnasium
We Apr 01-May 13 597564	10:00 AM-11:00 AM \$276.5/7 sess
We May 20-Jun 24 606984	10:00 AM-11:00 AM \$237/6 sess
Sa Jul 04-Aug 29 607060	12:45 PM-1:45 PM \$316/8 sess

1.0-1.5 NTRP Adult Beginner Tennis

(18+ yrs)

For players just starting to play. This class introduces the basics of rallying (forehand and backhand) with a heavy emphasis placed on the ability to hold a long exchange. Participants must bring their own racket. No session Aug 1.

Instructor: Precision Tennis Inc.	Gymnasium
We Apr 01-May 13 606987	11:00 AM-12:00 PM \$276.5/7 sess
We May 20-Jun 24 606986	11:00 AM-12:00 PM \$237/6 sess
Sa Jul 04-Aug 29 607068	1:45 PM-2:45 PM \$316/8 sess

2.0 NTRP Adult Advanced Beginner Tennis

(18+ yrs)

For players who can reliably rally 5-10 shots from half court using forehand or backhand. This class reinforces fundamentals from the Beginner level. Players will build rally consistency, improve basic serve technique and develop effective volley fundamentals. Participants must bring their own racket. No session Aug 1.

Instructor: Precision Tennis Inc.	
We Apr 01-May 13 597565	12:00 PM-1:00 PM \$276.5/7 sess
We May 20-Jun 24 606985	12:00 PM-1:00 PM \$237/6 sess
Sa Jul 04-Aug 29 606991	11:15 AM-12:45 PM \$474/8 sess

ALL BODIES COMMUNITY RECREATION & FITNESS

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.

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.

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.

Instructor: Kate with Volunteers Board Room
Mo Apr 08-Jun 08 11:15 AM-12:15 PM
Master Roster 607203 ABC Drop-in,
ABC10 Pass Card, or ABC Flexi-Pass



Recumbent Group

(19+ yrs)

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

Instructor: Sara Fitness Centre
Tu/Th Apr 07-Jun 25 5:00 PM-6:00 PM
Master Roster 607203 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.

Instructor: Sara Fitness Centre
Su Apr 12-Jun 28 11:30 AM-12:30 PM
Master Roster 607203 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 Fitness Centre
Tu/Th Apr 07-Jun 25 6:00 PM-7:00 PM
Master Roster 607203 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 Multi Purpose Room
We Apr 08-Jun 24 11:30 AM-12:30 PM
Master Roster 607203 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.

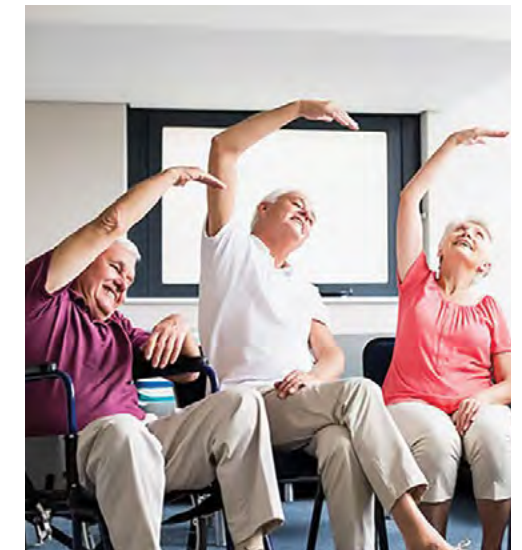
Instructor: Sharon Dance Studio
Fr Apr 10-Jun 26 5:30 PM-6:45 PM
Master Roster 607203 ABC Drop-in,
ABC 10 Pass Card, or ABC Flexi-Pass

Yoga with Osteoporosis

(19+ yrs)

ABC Specialty program - This gentle Yoga class supports people with osteoporosis in improving balance, strength, and mobility through accessible movements. Each session focuses on posture, stability, and mindful alignment to promote bone health and confidence in daily activities, as well as breathing and relaxation practices for overall well-being. For safety, it is important for participants to avoid forward bends, twists, and rapid transition. Please consult your healthcare provider before joining.

Instructor: Jaden Dance Studio
We Apr 08-Jun 24 2:45 PM-3:45 PM
607215 Seniors \$66.36/12 sess,
Adults \$95.16/12 sess



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

Mon-Fri 7:30 AM – 9:30 PM
 Sat, Sun 9:00 AM – 4:00 PM

Fitness Centre Holiday & Special Hours

Apr 3, 6; May 18; Jul 1; Aug 3; Sep 7 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

Monday	8:30 AM-9:30 AM
Monday	11:00 AM-12:00 PM
Tuesday	8:30 AM- 9:30 AM
Tuesday	9:45 AM-10:45 AM
Thursday	12:00 PM-1:00 PM
Saturday	9:45 AM-10:45 AM
Saturday	11:00 AM-12:00 PM

Happy Hearts - Plus

Monday	9:45 AM-10:45 AM
Thursday	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

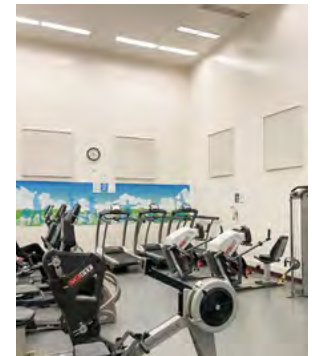
Try out our new small group personal training and enjoy the same intimate coaching experience as a personal training session but at a reduced cost. Training as a group provides a comfortable support system where you can encourage one another and foster some healthy competition!

Fitness Centre / Pool Fees

Type	Single-visit	10-visit pass	Flexipass 1 month	Flexipass 3 month	Flexipass 12 month
Adult (19-64 years)	\$7.93	\$71.37	\$64.15	\$173.21	\$554.26
Senior (65+ years)	\$5.55	\$49.95	\$44.91	\$121.25	\$387.98
Youth (13-18 years)	\$5.55	\$49.95	\$44.91	\$121.25	\$387.98
Child (5-12 years)	\$3.97	\$37.73	\$32.08	\$86.61	\$277.13
Preschool (0-4 years)	FREE	Please note: You must be 13 years or older to use the Fitness Centre			
Family	\$3.97/person, \$7.93 minimum				

Personal Training Rates

Duration	Private	Semi-private	Group
1 Session	\$65.98	\$98.93	\$138.78
3 Sessions	\$182.83	\$274.29	\$376.70
5 Sessions	\$294.07	\$452.85	\$545.18
10 Sessions	\$527.90	\$841.00	\$991.22



Fitness Centre images: pages 26, 27

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

Mon, Wed, Fri 10:00 AM – 6:00 PM
 Tue, Thu 9:00 AM – 8:00 PM
 Saturday and Sunday 9:00 AM – 4:00 PM

Pool Holiday & Special Hours

Apr 3, 6; May 18; Jul 1; Aug 3; Sep 7 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 17, 7:00 PM
 Summer Tue, Jun 23, 7:00 PM

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

See schedule next page.

Public swim: Recreational swim for all ages.

Public space limited: Public space is limited due to swim lessons 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 (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 2026

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

Spring: March 30-June 21
Summer: June 29-August 23
 (Schedule may change)

Pool & Fit. Centre Fees:
 See Page 27

Spring / Summer Swim Lesson Sets

Spring – Set 1:

- A. Mon / Wed Mar 30-May 06 11 lessons | No lesson Apr 06
- B. Wed Apr 01-Jun 17 12 lessons
- C. Tue / Thu Mar 31-May 07 12 lessons
- D. Sat Apr 11-Jun 20 10 lessons | No lesson May 16
- E. Sun Apr 12-Jun 21 10 lessons | No lesson May 17

Spring – Set 2:

- A. Mon / Wed May 11-Jun 17 11 lessons | No lesson May 18
- B. Tue / Thu May 12-Jun 18 12 lessons

Summer – Set 1:

- A. Mon / Wed Jun 29-Jul 22 07 lessons | No lesson Jul 01
- B. Wed Jul 08-Aug 19 07 lessons
- C. Tue / Thu Jun 30-Jul 23 08 lessons
- D. Fri Jul 03-Aug 21 08 lessons
- E. Sat Jul 04-Aug 22 07 lessons | No lesson Aug 01
- F. Sun Jul 05-Aug 23 07 lessons | No lesson Aug 02

Summer – Set 2:

- A. Mon / Wed Jul 27-Aug 19 07 lessons | No lesson Aug 03
- B. Tue / Thu Jul 28-Aug 20 08 lessons

Swim Lesson Fees

7 Lessons:

- Parent & Tot / Pre (30 mins) \$61.21
- Swimmer 1-2 (30 mins) \$50.64
- Adult 1 (40 mins) \$106.50

8 Lessons:

- Parent & Tot / Pre (30 mins) \$69.34
- Swimmer 1-2 (30 mins) \$57.26
- Adult 1 (40 mins) \$121.72

10 Lessons:

- Parent & Tot / Pre (30 mins) \$85.60
- Swimmer 1-2 (30 mins) \$70.50
- Adult 1 (40 mins) \$152.15

11 Lessons:

- Parent & Tot / Pre (30 mins) \$93.73
- Swimmer 1-2 (30 mins) \$77.12
- Adult 1 (40 mins) \$167.36

12 Lessons:

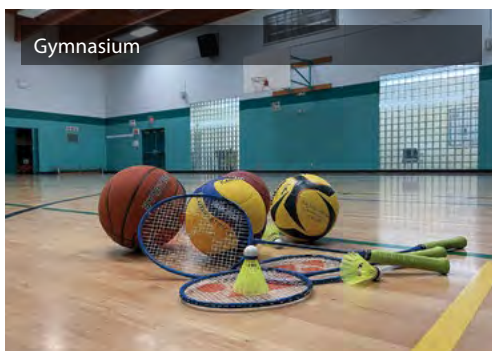
- Parent & Tot / Pre (30 mins) \$101.86
- Swimmer 1-2 (30 mins) \$83.74
- Adult 1 (40 mins) \$182.57

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.

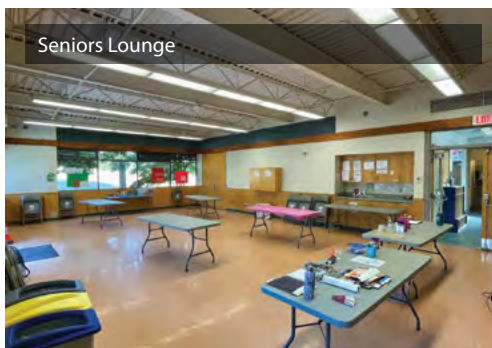
Room	Features	Max Capacity	Area Sq-Ft	Rate per hour
Gymnasium	Full sized gymnasium perfect for sporting events and large events	200	3950	\$40
Multipurpose Room	Perfect for smaller events and meetings.	65	1000	\$45
Seniors Lounge	Accessible from 37th Avenue.	65	985	\$45
Board Room	Natural light, fantastic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



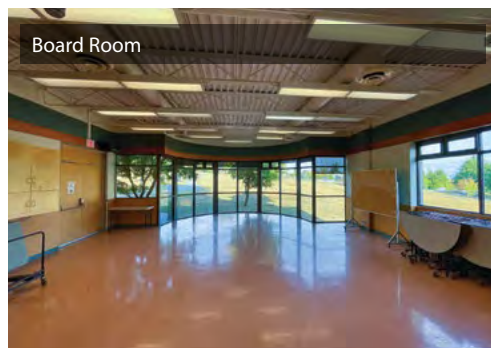
Gymnasium



Multipurpose Room



Seniors Lounge



Board Room

KENSINGTON STAFF TEAM

Recreation SupervisorMichael Herrin
 Centre Programmer.....Jenny Yu
 Pool ProgrammerPaige Roeske
 Fitness ProgrammerRegional
 Community Youth WorkerJosh Morabito
 Seniors/Rentals/Special Events.....TBA
 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 tài 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.

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