

Hillcrest Community Centre Recreation Guide

Registration
starts
THURSDAY
AUGUST 21
at 7pm

Fall 2025

▶ ABC Program-----	42-45	▶ Music Lessons -----	26
▶ Adult Programs -----	28-37	▶ Pool & Aquatics Programs -----	49-51
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vancouver.ca/hillcrestrec

hillcrestcommunitycentre.com

HILLCREST CENTRE - AQUATIC | RINK | FITNESS | COMMUNITY

Message from Ken Charko, the President of the Riley Park Hillcrest Community Association

Dear Community Members,

I'm delighted to share highlights from an incredible summer at Hillcrest. Our **Summer Festival this past June** was a vibrant celebration of our diverse and connected community. It was made possible by the enthusiasm and participation of everyone involved.

On behalf of the Board of Directors, I extend heartfelt thanks to our **volunteers, Park Board staff, employees, contractors, vendors, sponsors**, and especially our **Association staff**. Your dedication truly makes a difference.

A special thank-you goes to our partner and sponsor, **Blue Parrot Café**. Their continued support enriches our programs—and we're excited to announce that new services are being added to this partnership, including **direct support for families in our Summer Camps and Birthday Parties**. This collaboration continues to grow and benefit our community.

I am also proud to share that Hillcrest has been voted **Vancouver's #1 Community Centre in previous years**, and we're excited to be **in the running again for 2025**. Nominations will be opening soon, and we're hopeful for your continued support in the upcoming voting process. Thank you in advance for cheering us on and helping us shine as a true community hub! Stay tuned to our **website and social media channels** to learn how and when to vote.

As we continue to grow, we've welcomed new voices to our **Board of Directors**, including **Dan Kalitowski and Diane Fredrikson**.



Dan is a first-generation Canadian with Ukrainian roots, born and raised in B.C. He's a licensed REALTOR® and a member of the Greater Vancouver REALTORS®, with experience spanning marketing and real estate development. A graduate of **UBC Sauder School of Business**, Dan also hosts free real estate education seminars. At Hillcrest, he's focused on ensuring the next generation is heard and represented in our decision-making.



Diane is excited to contribute to the ongoing efforts of strengthening our local community and providing quality programming for our residents and families. She has a **strong background in Mental Health and Education**, looks forward to supporting the Hillcrest Community Centre mission of building a stronger, healthier, and happier community.

Looking ahead, we're excited to welcome you to our upcoming **Halloween celebration** and other fall events. We also offer rooms for meetings, events, and birthday parties—so book early to secure your spot.

We're happy to share that **our pool has now reopened** and is available for all to enjoy. At the same time, we know some of you have questions about upcoming changes to **parking fees**. Please know that the Board is actively working with the **City of Vancouver**—advocating for fair outcomes and requesting enhanced transit service if new parking fees are introduced. Accessibility and inclusion remain top priorities.

As always, we value your feedback. Please visit our website to share suggestions and stay informed. You can also follow us on **Instagram and Facebook** for the latest news, event updates, and community highlights.

We appreciate your continued involvement in our programs and community life. Thank you for being part of what makes Hillcrest such a special place.



Sincerely,

Ken Charko, President,
Riley Park Hillcrest Community Association
4575 Clancy Loranger Way, Vancouver, BC V5Y 2M4



Keep updated on
our website!

Thank you to our Sponsors



School of Rock: With over 350 62,000 students worldwide, School of Rock knows how to make incredible musicians. helped us bring the magic of music to the event. They supported us with sound and stage, making it possible to enjoy some amazing live performances!



For Juno Clinic: Juno Veterinary Main Street clinic offers convenient and comfortable care for pets and their caregivers. With unlimited 24/7 virtual care, same day urgent-care appointments, upfront pricing, and easy-to-use app, Juno is stress-free vet care — right here in our neighbourhood and they are happy to be accepting new patients!



Blue Parrot Cafe: Nestled inside the Hillcrest Community Centre, Blue Parrot Coffee offers a cozy atmosphere with friendly service and a menu full of comforting favorites like grilled sandwiches, shepherd's pie, and toffee nut lattes.



Hillcrest Community Centre

4575 Clancy Loranger Way Vancouver, BC V5Y 2M4
Centre, Pool & Rink.....604-257-8680
Fax604-257-8639

Hours of Operation



www.vancouver.ca/parks-recreation-culture/recreation-facility-hours.aspx



@rileyparkhillcrestcc



Riley Park Hillcrest Community Association (RPHCA)

Riley Park Hillcrest Community Association
Email..... RPHCA@vancouver.ca
The RPHCA is a partner with the Vancouver Park Board in the delivery of community programs at the Hillcrest Centre. The RPHCA is also an important voice of the local community providing an integral piece in the overall development of programs and activities offered at the centre. In addition, as advocates within the community, the Hillcrest Centre welcomes the opportunity to connect with other local members and organizations through the RPHCA, which ensures we remain relevant to the wider community needs.

Membership

Membership in the RPHCA gives the local community and users a say in the governance of the association, providing members with a voice and voting rights at the Annual General Meeting. Annual membership is valid from September 1st to August 31st.

- Family \$15.00
- Adult \$10.00
- Senior/Youth/Child \$5.00

Memberships can be purchased at the front desk.

Fall 2025 Registration Dates

community centre programs

**Online, In-person & Phone-in at 7pm
Thursday, August 21**
hillcrestcommunitycentre.com

swim lessons

**Online, In-person & Phone-in at 7pm
Fall 2025: Tuesday, August 26
Winter 2026: Tuesday, December 16**
vancouver.ca/hillcrestpool

skate lessons

**Online, In-person & Phone-in at 7pm
Fall Set 1: Thursday September 18
Fall Set 2: Thursday November 6**
vancouver.ca/hillcrestrink

Financial Assistance

Discounts are available to LAP (Leisure Access Program) members at time of registration. Patrons that qualify for the Vancouver Park Board's LAP receive a 50% discount on registration of select community centre programs, with a limit of one program per person per season. LAP is not applicable on workshops, private lessons, one-day events and CCA program drop-ins.


Leisure Access

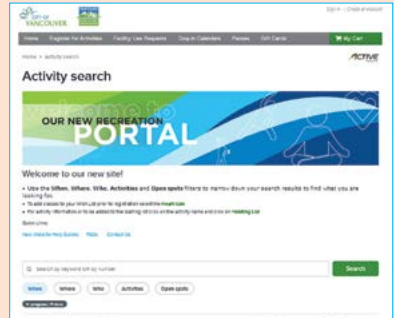
Park Board discount admission cards are available for individuals and families on limited income. Please check out the Leisure Access Program website at www.vancouver.ca/leisureaccess for more information.


Refunds and Cancellations for Park Board Programs


- Full refund five days or more prior to program start.
- Partial refund within four days of program start or before second class.
- No refund after second class.

How to Register For Hillcrest Centre Programs

 **ONLINE at vanrec.ca**



 **BY PHONE: 604-257-8680**

 **IN PERSON: At our front desk**

*Payment: Cash, debit card, Visa or Mastercard.
a maximum of two families can be registered by one person at a time.*



Refunds for Community Centre Programs

- Full refunds will be provided for any cancelled or altered Community Centre programs.
- Refund requests must be made at least 48 hours prior to the 2nd class. Refunds are prorated. No refunds thereafter.
- For one-day sessions, private music lessons, and week-long programs (such as day camps), refund requests must be made at least 7 days prior to start of program. No refunds thereafter.
- A \$4.00 administration fee for each program will be charged for all refunds within these guidelines.
- Refunds for payment made by cheque may take up to 14 days to process.



Hillcrest Centre Fees and Passes 2025*

Rink, Pool & Fitness Centre

Single Visit Drop-in Fees

Type	Price
Adult(19-64 years)	\$7.93
Youth(13-18 years)	\$5.55
Child(5-12 years)	\$3.97
Senior(65+ years)	\$5.55
Toddler under 5 with an adult	FREE

Flexipass

Flexipass gives you 1, 3 or 12-month access to Park Board and participating Association fitness centres, swimming pools, and ice rinks. Some conditions apply.
If you need to adjust, correct or refund your Flexipass, bring it to the facility where you purchased it.

10-visit passes

Save money on 10 visits to Vancouver Park Board and participating Association fitness centres, swimming pools, and ice rinks.

10-Visit Pass Fees

Type	10 visits
Adult(19-64 years)	\$71.37
Youth(13-18 years)	\$49.95
Child(5-12 years)	\$35.73
Senior(65+ years)	\$49.95
Toddler under 5 with an adult	FREE

Pool Special Rates

Family: \$3.97/person (minimum charge \$7.94), 1-2 adults of the same household and their children 5-18 years.

Rink Special Rates

Discount Skate: Half price admission during applicable times.
Family: \$3.97/person (minimum charge \$7.94), 1-2 adults of the same household and their children, 5-18 years.

Monthly Pass(Flexipass) Fees

Type	1 month	3 month	12 month
Adult(19-64 years)	\$64.15	\$173.21	\$554.26
Youth(13-18 years)	\$44.91	\$121.25	\$387.98
Child(5-12 years)	\$32.08	\$86.61	\$277.13
Senior(65+ years)	\$44.91	\$121.25	\$387.98

**Prices subject to change. Applicable taxes apply.*

Planning a birthday party, meeting or private sports play?

We have a space that meets your needs!

► Staff Charges

Rentals outside of regular operating hours or special circumstances require rental staff. Staffing charges are \$25.71+GST per hour with a minimum of 2 hours regardless of the duration of the rental.

► Music Royalty Fees

Rentals that play pre-recorded music are subject to fees dependent on group size and activity.

► Set-up and Take Down

Set-up, take down and clean-up are the responsibility of the renter. This includes tables, chairs, decorations, food, etc. are to be stored/cleared out of the room at the end of the rental.

► Cancellations

Cancellation requests must be received in writing or by email to rphca@vancouver.ca. All transfers and cancellation requests MUST be in person, over the phone or delivered in writing to rphca@vancouver.ca.

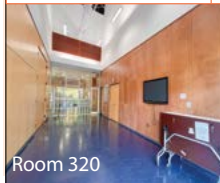
► Refund policy

Minimum of 14 days notice prior to your rental date, you will receive a refund of fees paid, less a \$25.00 administrative fee. Refunds of rental fees will not be issued for event cancellations received less than 14 days prior to the event

Search, view, and reserve online by visiting recreation.vancouver.ca.

Hillcrest Centre Room Rental Information and Rates

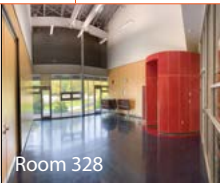
Room Name	Seated Capacity	Dimension (approx.)	Square Footage	Features	Room Rate
Multipurpose 320	24	15 x 33	538	Natural lighting, kitchen, balcony	\$45/hour
Multipurpose 328	40	29 x 33	958	Natural lighting, balcony	\$45/hour
Arts & Crafts	32	24 x 33	815	Natural lighting, sink, balcony	\$45/hour
Gymnasium (Full) Sport	N/A	106 x 71	7579	Full sized gymnasium	\$65/hour
Gymnasium (2/3)	N/A	71 x 71	5076	2/3 sized	\$45/hour
Gymnasium (1/3)	N/A	35 x 71	2502	1/3 sized	\$35/hour



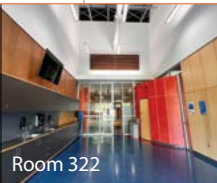
Room 320



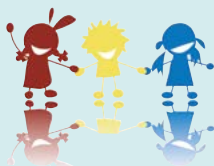
Gymnasium



Room 328



Room 322



Riley Park Preschool

3-5 years | Michelle Noel

Riley Park is an inclusive centre licensed by the Provincial Government's Community Care Facilities Licensed Board. Our preschool has professional, experienced and dedicated staff utilizing a wide variety of equipment and program supplies allowing for quality activities in a safe and secure environment. We combine both 3 & 4 year old children in our classes. This combination provides for a wide range of individual abilities within the preschool classroom, proven to be beneficial for all children. Staff plan for the range of individual differences found in any group of children.

Combining the age groups allows for peer tutoring and modeling by the four year olds who are able and eager to demonstrate their preschool experience. We believe that a child's social, emotional, cognitive and physical skill can develop to their full potential in a high quality Early Childhood Educational setting. We believe that a high quality setting includes:

- Warm, nurturing and caring staff
- A rich and stimulating environment
- A predictable yet flexible daily routine
- Ongoing communication between a child's parents & our staff

Subsidy: All fees must be paid in full prior to Affordable Childcare Benefit Approval.
If you have any questions regarding registration or subsidy please contact Michelle Noel at 604-257-8652. michelle.noel@vancouver.ca

Fees*	9:00-11:30am Morning Class	12:15-2:45pm Afternoon Class	Registration Fee Non-refundable
M W F	\$166/month		\$113
Tu Th	\$118/month		\$82
Tu Th		\$118/month	\$82
W F		\$118/month	\$82
*Fees subject to change.			





Birthday Party with Gym

Sundays, Sep 28-Dec 14 \$305/party

(2-13 yrs) | Hillcrest Party Leader

Run, play and celebrate your birthday with us!

Book early as availability is limited.

A party room for 2 hours and access to a Gym with toys for 45 minutes of the party. The party room will be decorated with streamers, birthday banner and table cloths.

Party leaders will be available to assist with preparation and supervision. Upon registration, please complete the Gym Birthday Registration Form.

To obtain this form please email: hillcrest.party@vancouver.ca.

PLEASE NOTE: At this time we can only provide one additional service (balloon twisting, cotton candy or popcorn machine) for an added fee. Bouncy Castles and other major set up is not permitted.

► **9:30 AM-11:30 AM** Gym & Room 320 Max 20 Guests

► **10:45 AM-12:45 AM** Gym & Room 322 Max 30 Guests

► **12:00 PM-2:00 PM** Gym & Room 320 Max 20 Guests

► **1:15 PM-3:15 PM** Gym & Room 322 Max 30 Guest

View available dates and times online

ARTS

►Art and Music with Sun Rey
(1-3 yrs) | Sun Rey Han

This is a wonderful way to introduce your child to art and music. Art and music boosts creativity, builds confidence, increases concentration and improves hand-eye coordination. Experience finger painting, abstract art, collage, colouring, stickers, stamping, clay modelling and more. There will be time set aside for sing a longs and storytelling time. Parent/caregiver participation is required. Drop-in if space available \$20.No Class Oct 8 & Nov 12

W	9:45 AM-10:30 AM	Sep 17-Nov 26
\$157.5/9 sess		569071
W	10:45 AM-11:30 AM	Sep 17-Nov 26
\$157.5/9 sess		569073



►Art is Fun
(3-5 yrs) | Sun Rey Han

Have fun with Origami, clay modeling, stamping, collage to abstract, mixed media art, finger painting, crafting and more. There will be time set aside for sing-along and storytelling. Drop-in if space available. Drop-in \$23.00. No Class Oct 8 & Nov 12

W	1:00 PM-2:00 PM	Sep 17-Nov 26
\$184.5/9 sess		569075

►Dance with Me
(1-2 yrs) | Vancouver Performing Stars

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 their parent or guardian! Parent or guardian participation is mandatory. www.performingstars.ca

W	9:15 AM-10:00 AM	Sep 17-Dec 10
\$208/13 sess		570906
Sa	9:15 AM-9:45 AM	Sep 20-Dec 6
\$165/11 sess		570911
Sa	9:45 AM-10:30 AM	Sep 20-Dec 6
\$176/11 sess		570912

►Jump into Music
(0-4 yrs) | Monica Lee

This one of a kind music and movement program engages, educates, and entertains parent and child while on a musical journey through different styles and cultures. Research based curriculum is designed to stimulate the whole brain and body via singing, dancing, drumming, parachuting, improvising, exploring instruments, jumping and playing. A family fun environment exploring 24 genres/culture over a two year period. Our classes inspire creativity and build confidence in little ones six months to four years old.The instructor will provide everything needed for class. Siblings attend at a 25% discount (but must register in person) and children under 6 months attend free with a registered sibling.Drop-in \$22, space permitting including two spots over a fully registered class.

Th	9:30 AM-10:20 AM	Sep 25-Oct 30
\$120/6 sess		567918
Th	9:30 AM-10:20 AM	Nov 6-Dec 18
\$140/7 sess		567924
Th	10:30 AM-11:20 AM	Sep 25-Oct 30
\$120/6 sess		567921
Th	10:30 AM-11:20 AM	Nov 6-Dec 18
\$140/7 sess		567925
Th	11:30 AM-12:20 PM	Sep 25-Oct 30
\$120/6 sess		567923
Th	11:30 AM-12:20 PM	Nov 6-Dec 18
\$140/7 sess		567926

►Junior Stars Musical Theatre
(5-7 yrs) | Vancouver Performing Stars

Dance and sing along to your favourite show tunes! Your young performer will develop rhythm, characterization, coordination, and musicality through movement and song. Sing with confidence, while learning fun choreography and the acting skills of a star!

Th	5:15 PM-6:00 PM	Sep 18-Dec 11
\$208/13 sess		571609

►Mini Ballet
(4 yrs) | Vancouver Performing Stars

Introduce your child to the world of ballet. These classes develop coordination, musicality and fluidity of movement while having fun. Increased ballet technique is expected at each progressive level. Appropriate dance shoes and attire please. Child must be able to attend class alone. No Class Oct 11

Sa	11:15 AM-12:00 PM	Sep 20-Dec 6
\$176/12 sess		571606

Mini Hip Hop

(3-4 yrs) | Vancouver Performing Stars

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. Clean indoor runners or socks please. www.performingstars.ca. Please note new Class Dates April 14-June 23 No Class April 21 & May 19

M	3:15 PM-4:00 PM	Sep 15-Dec 8
\$192/12 sess		570886
W	10:00 AM-10:45 AM	Sep 17-Dec 10
\$208/13 sess		570887

Mini Stars Musical Theatre

(3-5 yrs) | Vancouver Performing Stars

Dance and sing along to their favourite show tunes! Your little performers will develop rhythm, characterization, coordination, and musicality through movement and song. Students must be able to participate on their own.

Th	4:30 PM-5:15 PM	Sep 18-Dec 11
\$208/13 sess		571608

Performing Princesses

(3-5 yrs) | Vancouver Performing Stars

Introduce your child to the world of ballet. These classes develop coordination, musicality and fluidity of movement while having fun. Increased ballet technique is expected at each progressive level. Appropriate dance shoes and attire please. Child must be able to attend class alone.

W	10:45 AM-11:30 AM	Sep 17-Dec 10
\$208/13 sess		571604

Tiny Ballet

(3 yrs) | Vancouver Performing Stars

Introduce your child to the world of ballet. These classes develop coordination, musicality and fluidity of movement while having fun. Increased ballet technique is expected at each progressive level. Appropriate dance shoes and attire please. Child must be able to attend class alone.

www.performingstars.ca. No Class Oct 11

Sa	10:30 AM-11:15 AM	Sep 20-Dec 6
\$176/11 sess		571605

Click on the **BLUE LINKS**
to view programs online
and to register.

Uke and Me

(3-5 yrs) | Musical Expressions

Explore this fun instrument through colours, numbers, jamming and singing along to your favourite tunes. No experience is required. Ukuleles are provided for use in class (though you may bring your own if you prefer). Parent participation required. This program is facilitated by a Musical Expressions instructor. No Class Oct 4 & 11

Sa	9:00 AM-9:30 AM	Sep 20-Nov 1
\$97.2/6 sess		570067
Sa	9:00 AM-9:30 AM	Nov 8-Dec 6
\$81/5 sess		570108
Sa	9:35 AM-10:05 AM	Sep 20-Nov 1
\$97.2/6 sess		570107
Sa	9:35 AM-10:05 AM	Nov 8-Dec 6
\$81/5 sess		570075

Zumbini®

(0-4 yrs) | Maayan Amitov

Sing, dance and play as you bond with your child! Created by Zumba® and BabyFirst for kids ages 0-5, the Zumbini® program combines music, dance and playing instruments for 45 minutes of can't-stop, won't-stop bonding, learning and fun! Zumbini® is the 1st early childhood education program to create a true "360°" experience, with live classes and the "Zumbini Time" interactive TV show on BabyFirst TV. In this session we will be doing 'No Way! Jose'. Come and join the Zumbini family! Parent participation is required. Children 6 months and under can attend free with a registered sibling

F	11:30 AM-12:15 PM	Sep-12-Oct 24
\$120/7 sess		570053
F	11:30 AM-12:15 PM	Nov 7-Dec 12
\$120/6 sess		570063
F	12:30 PM-1:15 PM	Sep-12-Oct 24
\$120/7 sess		570057
F	12:30 PM-1:15 PM	Nov 7-Dec 12
\$120/6 sess		570064

SOCIAL

Parent and Tot Gym

(0-5 yrs) | Christine Lashin

An opportunity for your child to socialize with other children and to play with a variety of equipment. Parent/Caregiver participation and supervision is required. Great for rainy days! This program is drop-in, registration is not necessary. Drop-in \$4.00 Children under 6 months are free.

M W F	10:45 AM-12:15 PM	Sep-15-Dec 15
\$4/39 sess		570610

SPORTS

►Gymnastics Preparation Program

| Bing Zhao

This program will focus on flexibility, stretching, coordination, balance, posture, strength, self-confidence and all of the foundational training required for a gymnastics program. No Class Oct 11.

(2-4 yrs) Parent/Caregiver Participation required

Sa	9:00 AM-9:45 AM	Sep 27-Dec 6
\$250/10 sess		568812
Sa	9:45 AM-10:30 AM	Sep 27-Dec 6
\$250/10 sess		568813

(4-6 yrs)

Th	3:45 PM-4:45 PM	Sep 25-Dec 11
\$324/12 sess		568808
Sa	10:30 AM-11:30 AM	Sep 27-Dec 6
\$270/10 sess		568814



►Parent and Tot Tennis Indoor

(4-6 yrs) | Juan Carlos Maldonado

This is a fun relaxed environment for all toddler participants. It gives them the opportunity to establish a base for growth of motor and athletic skill development. The fundamentals of general agility is more important for kids at this age than tennis specific skills. We will use fun games to teach kids how to throw, catch and increase hand and eye co-ordination. Learn to move with good balance and posture. As players progress we will use modified tennis equipment to begin to apply these skills in a more tennis specific way. Parent/caregiver participation is required. Only child registration is required. No Class Oct 11

Sa	9:15 AM-10:00 AM	Sep 20-Dec 6
\$275/11 sess		574738

Sportball Programs

| Sportball Vancouver

Our children's sport programs provide a dynamic introduction to a variety of sports in a fun, inclusive setting. These programs are designed for preschool and primary-aged children, offering weekly sessions that focus on developing essential motor skills, teamwork, and sportsmanship. Using age-appropriate techniques, each program helps children practice and enhance their physical abilities while fostering confidence and a positive attitude toward physical activity. Emphasizing personal growth and collaboration over competition, our programs aim to inspire a lifelong love for sports and active living.

►Sportball Indoor Floor Hockey

(4-6 yrs) | Sportball Vancouver

Tu	3:30 PM-4:30 PM	Sep 16-Oct 28
\$108/6 sess		569140
Tu	3:30 PM-4:30 PM	Nov 4-Dec 9
\$90/5 sess		569141

(6-9 yrs) | Sportball Vancouver

Tu	4:30 PM-5:30 PM	Sep 16-Oct 28
\$108/6 sess		569145
Tu	4:30 PM-5:30 PM	Nov 4-Dec 9
\$90/5 sess		569146

►Sportball Junior

(1-2 yrs) | Sportball Vancouver

F	9:30 AM-10:15 AM	Sep 19-Oct 31
\$126/7 sess		569150
F	9:30 AM-10:15 AM	Nov 7-Dec 12
\$108/6 sess		569151
Sa	9:30 AM-10:15 AM	Sep 20-Nov 1
\$108/6 sess		569154
Sa	9:30 AM-10:15 AM	Nov 8-Dec 6
\$90/5 sess		569155

►Sportball Multi-Sport

(3-5 yrs) | Sportball Vancouver

Tu	11:15 AM-12:15 PM	Sep 16-Oct 28
\$108/6 sess		569129
Tu	11:15 AM-12:15 PM	Nov 4-Dec 9
\$90/5 sess		569130
Sa	11:00 AM-11:45 AM	Sep 20-Nov 1
\$108/6 sess		569158
Sa	11:00 AM-11:45 AM	Nov 8-Dec 6
\$90/5 sess		569159

►Sportball Multi-Sport Parent and Tot (2-3 yrs) | Sportball Vancouver - Parent/Care-giver Participation required

Tu	10:30 AM-11:15 AM	Sep 16-Oct 28
\$108/6 sess		569127
Tu	10:30 AM-11:15 AM	Nov 4-Dec 9
\$90/5 sess		569128
F	10:15 AM-11:00 AM	Sep 19-Oct 31
\$126/7 sess		569152
F	10:15 AM-11:00 AM	Nov 7-Dec 12
\$108/6 sess		569153
Sa	10:15 AM-11:00 AM	Sep 20-Nov 1
\$108/6 sess		569156
Sa	10:15 AM-11:00 AM	Nov 8-Dec 6
\$90/5 sess		569157

►Sportball Outdoor Soccer Parent and Tot

(2-3 yrs) | Sportball Vancouver - Parent/Caregiver Participation required

Th	5:30 PM-6:15 PM	Sep 18-Oct 16
\$90/5 sess		569149
Sa	3:00 PM-3:45 PM	Sep 20-Oct 18
\$72/4 sess		569220

►Sportball Outdoor Soccer

(3-5 yrs) | Sportball Vancouver

Sa	2:00 PM-3:00 PM	Sep 20-Oct 18
\$72/4 sess		569218

(5-7 yrs)

Sa	1:00 PM-2:00 PM	Sep 20-Oct 18
\$72/4 sess		569216

(6-9 yrs) | Sportball Vancouver

Th	3:30 PM-4:30 PM	Sep 18-Oct 16
\$90/5 sess		569147
Th	4:30 PM-5:30 PM	Sep 18-Oct 16
\$90/5 sess		569148

►Sportball Outdoor T-Ball

(4-6 yrs) | Sportball Vancouver

Su	10:15 AM-11:15 AM	Sep 21-Oct 19
\$72/4 sess		569222

►Sportball Outdoor T-Ball

Parent and Tot

(2-3 yrs) | Sportball Vancouver - Parent/Care-giver Participation required.

Su	9:30 AM-10:15 AM	Sep 21-Oct 19
\$72/4 sess		569221

High 5 Sports

| Hai Doan

High 5 Sports programs are designed to introduce children to the excitement of active play while building their physical literacy. Through fun and engaging activities, kids will explore essential skills like running, jumping, throwing, and catching, all while learning the importance of teamwork and sportsmanship. Each session fosters motor skill development and coordination in an encouraging environment, helping children build confidence and a love for staying active.

►High 5 Sports - Floor Hockey

(3-5 yrs) | Hai Doan

M	1:45 PM-2:45 PM	Sep 15-Oct 27
\$150/6 sess		571743
M	1:45 PM-2:45 PM	Nov 3-Dec 8
\$150/6 sess		572242
W	1:45 PM-2:45 PM	Oct 29-Dec 10
\$175/7 sess		572215
W	1:45 PM-2:45 PM	Sep 17-Oct 22
\$150/6 sess		572213

►High 5 Sports - Indoor Soccer

(3-5 yrs) | Hai Doan

M	12:45 PM-1:45 PM	Sep 15-Oct 27
\$150/6 sess		571740
M	12:45 PM-1:45 PM	Nov 3-Dec 8
\$150/6 sess		572239
W	12:45 PM-1:45 PM	Sep 17-Oct 22
\$150/6 sess		572199
W	12:45 PM-1:45 PM	Oct 29-Dec 10
\$175/7 sess		572204
Th	11:15 AM-12:00 PM	Sep 25-Oct 30
\$150/6 sess		572221
Th	11:15 AM-12:00 PM	Nov 6-Dec 11
\$150/6 sess		572224

►High 5 Sports - Parent and Tot

(2-3 yrs) | Hai Doan Parent/Caregiver Participation required.

Th	10:30 AM-11:15 AM	Sep 25-Oct 30
\$150/6 sess		572217
Th	10:30 AM-11:15 AM	Nov 6-Dec 11
\$150/6 sess		572219

Click on the **BLUE LINKS**
to view programs online
and to register.

ART

Artists, Architects and Engineers
(6-11 yrs) | Carolina Andrade

We are going to explore artists, architects and engineers around the world! Come, create and innovate while we learn about different art and architectures! Join us to spark your inner artist and planner! We will explore 2D techniques and 3D hands-on models that you can bring home! All supplies will be provided. Children and youth will enjoy using their creativity! We are Small Creative Lab!

W 5:30 PM-6:30 PM Sep 17-Nov 19
\$250/10 sess 569502



Colour Your Ideas -
Art Knowledge & Creativity
(7-11 yrs) | Selinna Hsiao

Colour Your Ideas is a series of creative art lessons that focus on developing students' understanding and application of fundamental colour theory, drawing and collage techniques, and the elements and principles of art that will spark artistic ideas, spontaneous curiosity, lively imaginations, and unique personal styles. *Bring your coloured pencils set of 12 colours! Additional materials will be prepared by the instructor for each class. Drop-in fee: \$30. Instructor's website: selinnahsiao.com.

Sa 10:00 AM-11:00 AM Oct 18-Nov 29
\$175/7 sess 567928
Sa 11:15 AM-12:15 PM Oct 18-Nov 29
\$175/7 sess 567932

Design and Architecture

| Petit Architect Design For Kids Ltd.

Embark on a journey of architectural discovery with our engaging and playful hands-on classes! Every week, young architects explore the fascinating worlds of famous architects, design concepts, and captivating buildings, unleashing their creativity through the creation of 2D drawings and 3D models. We transform learning into an exciting adventure, encouraging children to observe and appreciate their built and natural surroundings. As they delve into fresh concepts, their vocabulary blossoms, and their fine motor skills thrive through the exciting process of drawing and model-making just like real architects in the making! No Class Sep 30 & Nov 11

(6-9 yrs)
Tu 4:00 PM-5:15 PM Sep 23-Dec 16
\$330/11 sess 568804
(10-13 yrs)
Tu 5:30 PM-6:45 PM Sep 23-Dec 16
\$330/11 sess 568805

DANCE & PERFORMING ARTS

Asian Pop / KPOP / Jazz Funk / Hip
Hop Sampler
(6-12 yrs) | ILLUMA Studio

Learn Hip Hop, Locking, Popping, Street Dance and more! Students will broaden their dance knowledge and refine their technique of these variety dance styles throughout the season. Embrace teamwork while supporting classmates, have fun, and rise to a new challenge! Beginners welcome; content is accessible and adapted to the learner's level. Learned skills showcasing will be announced throughout the course. Dress: dry indoor shoes with non-marking soles preferred (especially during rain/snow season), comfortable sports / loose / baggy clothing & face covering (as needed). Bring your water bottle and sufficient nut free snacks to fuel your student for an energetic workout!

Sa 11:30 AM-12:30 PM Sep 20-Dec 6
\$176/12 sess 571539
Sa 12:30 PM-1:30 PM Sep 20-Dec 6
\$176/12 sess 571542

Intermediate Hip Hop

(8-12 yrs) | **Vancouver Performing Stars**

This high energy class will help dancers improve their flexibility, confidence, coordination, and freestyle skills. Dancers will learn fun and creative choreography to show parents on the last day of class. www.performingstars.ca No Class Oct 13

M 4:45 PM-5:30 PM Sep 15-Dec 8
\$192/12 sess **570902**



Junior Ballet

(5-7 yrs) | **Vancouver Performing Stars**

Introduce your child to the world of ballet. These classes develop coordination, musicality and fluidity of movement while having fun. Increased ballet technique is expected at each progressive level. Appropriate dance shoes and attire please. www.performingstars.ca. No Class Oct 11

Sa 12:15 PM-1:00 PM Sep 20-Dec 6
\$176/11 sess **571607**

Junior Hip Hop

(5-7 yrs) | **Vancouver Performing Stars**

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. Beginners welcome! Leave feeling energized, confident and excited about dance. Clean indoor runners or socks please. www.performingstars.ca. No Class Oct 13

M 4:15 PM-5:00 PM Sep 15-Dec 8
\$192/12 sess **570898**

Senior Stars Musical Theatre

(8-12 yrs) | **Vancouver Performing Stars**

Dance and sing along to your favourite show tunes! Your young performer will develop rhythm, characterization, coordination, and musicality through movement and song. Sing with confidence, while learning fun choreography and the acting skills of a star!

Th 3:45 PM-4:30 PM Sep 18-Dec 11
\$208/13 sess **571610**

EDUCATION

EFK: Playful Playground Engineers

(5-7 yrs) | **Engineering For Kids Vancouver**

Students will learn about mechanical engineering and the EFK Engineering Design Process through this playful camp about playgrounds. Playgrounds have many simple machines in them. Levers, wheels and axles, inclines, planes, and pulleys are just a few. Through books and the design process, students will learn about these simple machines and explore what it takes to design them. They will ask questions, brainstorm, design, build, test and improve playground equipment in order to create their dream playground for their town. We can't wait to play! No Class Oct 11

Sa 2:00 PM-3:00 PM Sep 20-Oct 25
\$112.5/5 sess **570589**

EFK: After-School Engineering Club - Technology and Coding

(8-14 yrs) | **Engineering For Kids Vancouver**

Spark your child's curiosity and ignite their passion for technology with an unforgettable journey into the exciting world of coding and machine learning. Through engaging projects and hands-on activities, students will explore the fundamentals of Python programming and discover the power of machine learning. From building simple games to training smart algorithms, they'll experience the thrill of creating technology that thinks and learns. With a perfect blend of creativity and logic, learning to code has never been more fun!

Th 3:45 PM-5:45 PM Sep 18-Nov 20
\$360/10 sess **570587**

EDUCATION CONT'D

DEFK: Robotics Engineering: RoboBattles

(8-12 yrs) | Engineering For Kids Vancouver
It's time for robot basic training! Soldier bots need to be able to follow precise instructions to make it home from battle. In this camp, students will build, modify, and program a robot using the LEGO Spike Prime® kit. They will learn to use motors and sensors to detect objects and assist in navigation. Then, they will use the EFK Engineering Design Process to complete a variety of basic training boot camp challenges with their soldier bots. No class Oct 11
Sa 3:15 PM-4:45 PM Sep 20-Oct 25
\$187.5/5 sess [570595](#)



DEFK: Junior Environmental Engineering: Thinking Green
(5-7 yrs) | Engineering For Kids Vancouver
Are you ready to dive into solving some of our biggest environmental challenges? In Junior Environmental, students explore exciting and important environmental issues. They help protect endangered animals, support plant growth, and create protection from the sun's heat. By investigating erosion, animal adaptations, and plant development, students discover how engineering can be inspired by the natural world around us.
Sa 2:00 PM-3:00 PM Nov 01-Dec 06
\$135/6 sess [570593](#)



DEFK: Aerospace Engineering: Up, Up, And Away!
(8-12 yrs) | Engineering For Kids Vancouver
Blast-off For adventure in this exciting week of aerospace engineering. Students will learn about the Forces of Flight and the mechanical components of airplanes, rockets, helicopters, and landing gear. They will explore concepts such as inertia, propulsion, lift, thrust, drag, gravity, and trajectory. Students will apply the EFK Engineering Design Process as they soar through inspiring hands-on engineering challenges. Join us for this Fun-Filled, high Flying adventure.
Sa 3:15 PM-4:45 PM Nov 01-Dec 06
\$225/6 sess [570597](#)

DEFK: Reading Lessons - One to One
(6-8 yrs) | Helen Jung
A 27 minute private reading lesson to boost literacy and have fun doing it. Students aged 6-8 years old will learn phonemic skills, letter recognition and develop fluency. Using fiction and non-fiction illustrated books we will sound out words, read together, read aloud and talk about the stories. All this will build confident readers that will enjoy books and comprehend stories with ease. Please register for only one time slot. No Class Oct 13
M 3:30 PM-4:57 PM Sep 15-Nov 24
\$340/10 sess [VIEW ONLINE](#)
Tu 3:30 PM-4:57 PM Sep 16-Nov 25
\$306/9 sess [VIEW ONLINE](#)
Th 3:30 PM-4:57 PM Sep 18-Nov 27
\$374/11 sess [VIEW ONLINE](#)

Red Cross Babysitting Course

(11-16 yrs) | **First Aid Pro**

The Babysitting Course refreshed and revised, now has a greater emphasis on First Aid skills. The Canadian Red Cross Babysitting course covers everything from managing difficult behaviors to essential content on leadership and professional conduct as a babysitter. Babysitting promises to deepen and enhance the responsibility that older youth feel when caring for younger children. This updated curriculum, complete with new science, also provides improved learning when it comes to giving the appropriate care in the event of an emergency.

Course Content:

- How to be responsible and demonstrate leadership
- How to make good decisions and manage difficult behaviors
- Information on children's developmental stages, and specific strategies for each stage.
- How to feed, diaper, dress, and play with children and babies
- How to recognize and prevent unsafe situations, make safe choices and promote safe behaviors and first aid skills

The business of babysitting comes with a course manual and certificate of completion from the Canadian Red Cross. Please bring a nut free lunch, snacks, water bottle and a teddy or doll to practice with.

Sa	9:30 AM-4:30 PM	Sep 20
\$75/1 sess		571611
Sa	9:30 AM-4:30 PM	Oct 18
\$75/1 sess		571612
Sa	9:30 AM-4:30 PM	Nov 22
\$75/1 sess		571613

WEDO 1 Robotics

(6-12 yrs) | **Tomorrow's Playground**

Exciting and Fun introduction to Robotics with Lego® Education WeDo 1 software. In this exciting STEM-based program, students will develop their skills in science, technology, engineering, and mathematics. Using LEGO elements, teams of students will build various robots featuring a working motor, sensors, and gears, and then program their models using block coding, and engage in fun theme-based activities!

Tu	4:00 PM-5:30 PM	Sep 16-Oct 14
\$100/4 sess		570625

WEDO 2 Robotics

(6-12 yrs) | **Tomorrow's Playground**

The LEGO Education WEDO 2.0 system provides an exciting experience into the world of Robotics! WEDO 2.0 supports a hands-on, minds on learning experience. Using LEGO elements, and experimentation, and incorporates activities across science, engineering, and technology with STEM education. No prior robotics experience necessary. Students will be assigned projects according to their abilities and returning students will be given new projects. This class includes an introduction to the EV3 Mindstorms System. All equipment is provided.

Tu	4:00 PM-5:30 PM	Oct 21-Nov 18
\$100/4 sess		570627



Young Commander Chess

(6-12 yrs) | **Joe Soliven**

Intermediate/Advance: 6-12 yrs old; anyone with knowledge of chess tactics and combinations. As a school academic in a game, playing chess and being smart are interconnected. There's 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 goal-setting, teamwork. Chess provides a mental armor, commander (leader) and self-image 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.

Intermediate

Su	9:35 AM-10:45 AM	Sep 21-Dec 7
\$180/12 sess		571015

Novice/Starter

W	6:00 PM-7:10 PM	Sep 17-Dec 10
\$195/13 sess		569503

SPORTS

Children's Pickleball Lessons **NEW**
(8-10 yrs) | Westcoast Pickleball Academy

Westcoast Pickleball Academy is a program designed for children to learn and build their foundational knowledge of pickleball. In addition to learning fundamental skills, such as proper grip and swing technique, students will also learn how to serve, drive, dink, and volley. Students will gain a new technical skill set, grow their fundamental movement skills, build connections, all while having fun and learning to play pickleball! Westcoast Pickleball Academy strives to provide the best environment for students to learn and develop dynamic pickleball skills, emphasizing techniques and tactics for success on the court.

W	5:45 PM-7:00 PM	Sep 17-Oct 29
\$175/7 sess		571614
W	5:45 PM-7:00 PM	Nov 5-Dec 10
\$150/6 sess		572958

Future Bounce Basketball League
| Future Bounce Athletic Association

Future Bounce Basketball is Vancouver's first female-run and female-focused subsidized basketball program - founded and coached by the women of today to empower the women of tomorrow. Our goal is to give all self-identified girls the chance to play basketball, build connections, and enhance their skills. We know that basketball is about more than just what happens on the court. It's about developing confidence, teamwork, leadership, and life skills. Games! Games! Games! Each week players will be divided into different teams and will play games. No Class Oct 11

(8-11 yrs)		
Sa	12:15 PM-1:35 PM	Sep 20-Dec 6
\$143/11 sess		569557
(12-15 yrs)		
Sa	1:40 PM-3:05 PM	Sep 20-Dec 6
\$143/11 sess		569559

Gymnastics - Preparation Program
| Bing Zhao

This program will focus on flexibility, stretching, coordination, balance, posture, strength, self-confidence and all of the foundational training required for a gymnastics program. For the safety of the participant, the Acknowledgement of Risk, Waiver, Release & Indemnity Form must be completed. This form will be available at the Program Assistant desk located on the 2nd floor at Hillcrest Centre. Children will not be permitted in the program until the completed form is received.

(7-12 yrs)		
Th	4:45 PM-5:45 PM	Sep 25-Dec 11
\$324/12 sess		568810
Sa	11:30 AM-12:30 PM	Sep 27-Dec 6
\$270/10 sess		568816

Journey Basketball Grassroots
Journey Basketball

Journey Basketball is designed to provide children & youth of all abilities with organized and skill appropriate basketball training programs. We aim to help youth develop their skills as a basketball player while also showing them the importance of hard work, the power of confidence and the value of respect.

(6-8 yrs) JR Ballers		
Tu	3:30 PM-4:30 PM	Sep 16-Dec 9
\$154/11 sess		569541
Sa	3:15 PM-4:00 PM	Sep 20-Dec 6
\$154/11 sess		569549
(9-12 yrs) Female identifying		
Tu	4:30 PM-5:30 PM	Sep 16-Dec 9
\$154/11 sess		569546
(9-12 yrs) Male identifying		
Sa	4:00 PM-5:00 PM	Sep 20-Dec 6
\$178.75/11 sess		569550

Junior Tennis Indoor
(9-13 yrs) | Juan Carlos Maldonado

This children's intermediate/advanced class continues to develop tennis skills for those students who have already learned basic tennis. Students will participate in a variety of fun drills and games to enhance their skills. Students will also be given the opportunity for game play. Please bring your own racquet and water to the courts. No Class Oct 11

Th	4:45 PM-5:45 PM	Sep 18-Dec 11
\$325/13 sess		574745
Sa	11:00 AM-12:00 PM	Sep 20-Dec 6
\$275/11 sess		574743

Click on the **BLUE LINKS**
to view programs online
and to register.

Mini Tennis Indoor

(6-8 yrs) | Juan Carlos Maldonado

This children's beginners class is an introduction to tennis. Students are introduced to basic forehand and backhand while developing hand-eye coordination through a variety of fun games and activities. Please bring your own racquet and water to the courts.

Th	3:45 PM-4:45 PM	Sep 18-Dec 11
\$325/13 sess		574744
Sa	10:00 AM-11:00 AM	Sep 20-Dec 6
\$275/11 sess		574740

Co-mmunity Sports Nights

(12-15+ yrs) | Co-leidoscopes

Co-leidoscopes is a not-for-profit organization that supports young adults with disabilities find meaningful life opportunities and navigate the complexities of "growing up." Led by Co-leidoscopes members and staff, this dynamic multi-sport program is designed to keep youth engaged and active. Participants explore a variety of sports, build physical activity into their routines, connect with peers, and enjoy meaningful movement in a fun, supportive setting.

W	5:45 PM-7:00 PM	Sep 17-Nov 5
\$150/8 sess		580798

DEFK - Pro-D Day with Engineering For Kids

(6-12 yrs) | Engineering For Kids Vancouver

Join us for an engaging one-day engineering camp, where excitement and discovery await! Campers will delve into core engineering principles, participating in hands-on activities in disciplines like mechanical and civil engineering during the first half of the day. In the second half, campers will collaborate, utilizing technology to apply their knowledge to a variety of build and design challenges. This camp will foster creativity, ignite a passion for engineering, and provide a valuable learning experience. Please send child with snacks, lunch, and water bottle each day and dress appropriately for the weather.

F	9:00 AM-3:00 PM	Oct 24
\$95/1 sess		580214
F	9:00 AM-3:00 PM	Nov 21
\$95/1 sess		580215

Haunted Houses with Petit Architect Pro-D Day Camp

(7-12 yrs) | Petit Architect Design For Kids Ltd.

Design and build your own haunted house, make it spooky or funny:) All supplies will be provided and you will be able to bring your model home with you! Bring a nut free lunch, snack and water bottle as well as an outdoor outfit as we will be taking lunch and breaks outside.

F	9:30 AM-3:00 PM	Oct 24-Oct 24
\$119/1 sess		580213



PRO D DAY CAMPS

Explorers Pro-D Day Camp

(6-12 yrs) | Day Camp Staff

Each Pro-D Day Camp will be filled with fun and exciting activities to keep your child moving and engaged during this time out of school. Please pack nut-free snacks, lunch, a bottle of water and dress appropriately for the weather. A welcome e-mail will be sent to families, along with consent forms, one-week prior with detailed information for the program. For the safety of your child, a Parent/ Guardian Consent Form must be completed. Children will not be permitted in the program until the completed form is received. To be eligible for registration, your child must be 6 years of age and have already completed kindergarten. IMPORTANT NOTE: All day camp programs will not be accepting waitlists. Registration is available on a first-come, first-served basis only. If the program is full, please check back for future openings.

F	9:30 AM-3:30 PM	Oct 24
\$42/1 sess		578766
F	9:30 AM-3:30 PM	Nov 21
\$42/1 sess		578767

WINTER CAMPS

EFK Camp: Build ‘n’ Bash
(6-12 yrs) | **Engineering For Kids Vancouver**
Discover how civil engineers build strong structures... and what it takes to make them break! Students will design and construct structures and push them to their limits through thrilling experiments involving crushing, catapulting, collisions, and earthquakes. Experience the excitement of engineering as you design, build, and destroy what you’ve made, all guided by the EFK Engineering Design Process. Join us for a week of smashing innovation and engineering excitement!
M Tu W 9:00 AM-3:00 PM Dec 22-Dec 24
\$252/3 sess **572973**

Journey Basketball Winter Camp
Grassroots Ages 9-12yrs
(9-12 yrs) | **Journey Basketball Association**
Journey Basketball camps are designed to provide children & youth of all abilities with organized and skill appropriate basketball training. We aim to help them develop their skills as basketball players while also showing them the importance of hard work, the power of confidence and the value of respect. Join our camp this winter if you’d like to further your basketball skills. No Class Jan 1.
M Tu W 12:00 PM-2:00 PM Dec 22-Dec 24
\$90/3 sess **572968**
M Tu W F 12:00 PM-2:00 PM Dec 29-Jan 2
\$120/4 sess **572969**

Sportball Multisport Day Camp
(5-8 yrs) | **Sportball Vancouver**
Multi-sport classes teach children methods to practice and refine gross motor skills through 8 core ball sports. This program reinforces benefits of teamwork and skill development enabling children to gain confidence and develop social skills to succeed in sport and life. Please bring a water bottle and a nut free snack. Sportball’s action-packed multisport camps introduce children to a variety of ball sports and activities PLUS snack time, stories, co-operative games and more!
M Tu W 9:00 AM-12:00 PM Dec 22-Dec 24
\$138/3 sess **580230**

Explorers Winter Break Day Camp
(6-12 yrs) | **Youth Leader**
Join us this winter break at Hillcrest! Camp Leaders will provide a variety of age-appropriate activities designed to engage, educate and entertain campers. Each day will be filled with fun and new activities to keep your children engaged over the break. Don’t forget to dress for the weather, wear comfortable shoes, pack a nut-free lunch, snack and a water bottle every day. A welcome e-mail will be sent to families, along with consent forms, one-week prior with detailed information of the camp. For the safety of your child, a Parent/Guardian Consent Form must be completed. Children will not be permitted in the program until the completed form is received. NO SESSION ON JANUARY 1 To be eligible for registration, your child must be 6 years of age and have already completed kindergarten. IMPORTANT NOTE: All day camp programs will not be accepting waitlists. Registration is available on a first-come, first-served basis only. If the program is full, please check back for future openings.
M Tu W F 9:30 AM-3:30 PM Dec 29-Jan 02
\$168/4 sess **578768**



Winter Wonderland Architecture Camp
(7-12 yrs) | **Petit Architect Design For Kids Ltd.**
Join us for a frosty week of winter-themed architecture! Explore the art of designing cozy A-frame cabins, enchanting winter landscapes, and glowing lanterns. From sketching 2D blueprints to crafting intricate 3D models, students will discover the creativity and engineering behind winter architecture. Bundle up and unleash your inner architect in this hands-on, snowy adventure!
M Tu W 9:30 AM-3:00 PM Dec 22-Dec 24
\$285/3 sess **580228**

Become A Youth Volunteer At Hillcrest!

- **Are you between the ages of 14-18?**
- **Want to meet new friends and try something different?**
- **Join our fantastic group of dedicated youth volunteers and make a difference in your community!**
- **Volunteer opportunities include assisting in our various children's programs, day camps, skating lessons, special events, birthday parties and more.**

Register for the next Volunteer Orientation

Sat Sep 13 1:00 PM-3:00 PM

FREE 578756



- * For youth ages 14-18 yrs
- * Give back to your community
- * Learn & develop your leadership skills
- * Build your resume & gain volunteer hours
- * Become eligible for the Hillcrest Youth Leadership Scholarship



- Pick up a Volunteer Application Form at Hillcrest, or download it here:

hillcrestcommunitycentre.com/wp-content/uploads/2024/06/Hillcrest-Youth-Volunteer-Application-Form-Updated-July-2024.pdf

- All new volunteers will be required to attend a mandatory volunteer orientation – see date/time above for the next session.

Questions? Contact our Community Youth Worker – sally.chan@vancouver.ca.

Meet Sally, our Community Youth Worker!



Hi everyone!

My name is Sally and I'm the Community Youth Worker at Hillcrest! Youth play such an important part in the community, so please don't be shy and come by the Hillcrest Youth Office to say hello! If you have any questions about volunteering, looking for youth resources, or have an awesome program idea - be sure to let me or any of the Youth Staff know.

We're here to make Hillcrest a better place!

You can also reach me by e-mail: Sally.Chan@vancouver.ca

Games Room Drop-in

The Games Room is available for drop-in during scheduled times.

To drop-in and use the Games Room, please check-in with a staff during the designated time and pay a fee (if applicable). Pool table and table tennis equipment is available for loan. Please note: the Family Drop-In time is specifically for adults along with children. Schedule may change unexpectedly to accommodate programs and user groups.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Reserved for Programs					Family All Ages 9:00-4:00pm FREE	
Pre-teen/Youth (8-18 yrs) 3:30-5:45pm FREE				Friday Youth Night (12-18 yrs) 3:30-8:30pm FREE		
Adult (19+ yrs) 6:00-8:15pm \$5/month						

► Games Room Drop-in - Youth (8-18 yrs) | No Instructor

This free designated Games Room drop-in time is for pre-teens and youth ages 8-18. Come by afterschool and check out the Games Room with your friends! We have a pool table, table tennis, and foosball available! Please ask a staff member for equipment. No sessions on statutory holidays.

M Tu W Th 3:30 PM-6:00 PM Sep 02-Dec 18
FREE [578754](tel:578754)

► Games Room Drop-In - Friday Youth Night (13-18 yrs) | Youth Leader

Welcome to Friday Youth Extravaganza! A free weekly drop-in for youth ages 13-18 to come and hang out at the Hillcrest Friday nights! Bring your friends and play pool, table tennis, board games, and video games! Get to know the Youth Staff and share what you'd like to see - we'll try to make it happen! For more info, contact the Community Youth Worker at sally.chan@vancouver.ca No sessions on statutory holidays.

F 3:30 PM-8:30 PM Sep 05-Dec 19
FREE [578752](tel:578752)

Games Room Drop-In - Family

All Ages | No Instructor

Games Room is available for families (children along with their parents) to drop-in for free. Note: Games Room drop-in schedule may be subject to change without notice due to programming needs. Please contact the Program Assistant's Desk for up-to-date status.

Su Sa 9:00 AM-4:00 PM Sep 06-Dec 28
FREE **578750**

SPORTS

Pre-teen & Youth Basketball Drop-In

(12-18 yrs) | Youth Leader

Dribble and shoot! An after school favourite, this free basketball drop-in is for pre-teens & youth (ages 12-18) to come and play basketball in a relaxed setting. Any player of any skill level is welcome to come and participate. No registration necessary. Be sure to sign-in with a Youth Staff upon arrival. No drop-in sessions on statutory holidays.

M 3:30 PM-5:30 PM Sep 15-Dec 15
FREE **578764**



Friday Youth Cooking Club

(13-18 yrs) | Youth Leader

Join us every Friday at Hillcrest to test out different food dishes and recipes, just for fun! Whether it's baking or cooking, youth are invited to share the latest trendy recipes and give it try. No prior kitchen skills necessary - just come with an appetite and be open to trying something new! No session on Oct 31. Please notify staff of any food allergies or dietary restrictions. For more information, please contact the Community Youth Worker at sally.chan@vancouver.ca.

F 6:00 PM-8:00 PM Sep 26-Dec 05
\$44/11 sess **578747**

Youth Hip Hop Dance Drop-In

(13-18 yrs) | Youth Leader

This free drop-in is for youth ages 13-18 who are interested in hip-hop dance and want to practice in our Dance Studio. All skill levels welcome - whether you're a beginner or already choreographing away, this is an inclusive space for all dancers to share, learn, and have fun! No registration necessary. Please check-in with a Youth Staff upon arrival. No session on statutory holidays. No session on Sept 12.

F 3:30 PM-6:00 PM Sep 05-Dec 19
FREE **578761**

Pre-teen & Youth Volleyball Drop-In

(12-18 yrs) | Youth Leader

Bump, set, spike! An after school favourite, this free volleyball drop-in is for pre-teens & youth (ages 12-18) to come and play volleyball in a relaxed setting. Any player of any skill level is welcome to come and participate. No registration necessary. Be sure to sign-in with a Youth Staff upon arrival. No drop-in sessions on statutory holidays.

W 3:30 PM-5:30 PM Sep 17-Dec 17
FREE **578765**

Friday Youth Badminton Drop-In

(13-18 yrs) | Youth Leader

NEW THIS SEASON! Come play a friendly match of badminton Friday after school! This free badminton drop-in is for youth (ages 13-18) with 3 courts available. Any player of any skill level is welcome to come and participate. No registration necessary. Be sure to sign-in with a Youth Staff upon arrival. Please bring your own racket - limited spare rackets will be available for loan. No Drop-In Session on Sept 12. No drop-in sessions on statutory holidays.

F 3:30 PM-5:00 PM Sep 05-Dec 19
FREE **578724**



Follow Hillcrest
Youth Programs on
Instagram
@hillcrestccyouth
for the latest updates!

SPORTS CONT'D

►Friday Youth Basketball Drop-In
(13-18 yrs) | Youth Leader

Dribble and shoot! A Friday afternoon favourite, this free basketball drop-in is for youth (ages 13-18) to come and play basketball in a relaxed setting. Any player of any skill level is welcome to come and participate. No registration necessary. Be sure to sign-in with a Youth Staff upon arrival. No Drop-In Session on Sept 12. No drop-in sessions on statutory holidays.

F 5:15 PM-6:45 PM Sep 05-Dec 19
FREE 578726

►Friday Youth Volleyball Drop-In
(13-18 yrs) | Youth Leader

Bump, serve, volley! A Friday-night favourite, this free-drop in is for youth (ages 13-18) to come and play volleyball in a relaxed setting. Any player of any skill level is welcome to come and participate. Two volleyball courts will be set-up. No registration necessary. Please check-in with a Youth Staff upon arrival. No Drop-In Session on Sept 12. No drop-in sessions on statutory holidays.

F 7:00 PM-8:30 PM Sep 05-Dec 19
FREE 578727



Check out our weekly programs
and activities for 2STGD and
2SLGBTQIA+ folks of all ages.
vancouver.ca/Queer-Inclusion



Sports Drop-in Schedule

September to December

The Gymnasium and Dance Studio will be CLOSED for floor re-finishing from Sep 8 to 14.
No drop-in programs during this time.

Monday	Wednesday	Friday
<p>Pre-teen/Youth Volleyball (12-18 yrs) 3:30-5:30pm FREE</p>	<p>Pre-teen/Youth Basketball (12-18 yrs) 3:30-5:30pm FREE</p>	<p>Youth Badminton (13-18 yrs) 3:30-5:00pm FREE</p> <p>Youth Basketball (13-18 yrs) 5:15-6:45pm FREE</p> <p>Youth Volleyball (13-18 yrs) 7:00-8:30pm FREE</p>

View dates and times online

ADAPTED ACCESS

Freestyle - Adapted Youth Program
(13-18 yrs) | Youth Leader

Freestyle is an adaptive youth-driven social program. This program is designed for 13-18 year olds with mild to moderate needs (behavioral and developmental) who are able to work independently in a group setting. Participants have the opportunity to meet new friends and take part in exciting weekly activities in a safe and fun environment. Activities and out-trips may include seasonal special events, neighbourhood walks, baking, crafts, bowling and more depending on what the youth suggest! A completed out-trip waiver/consent form must be returned prior to participation. NEW PARTICIPANTS - Please book a pre-registration interview for in-take. Contact the Community Youth Worker at sally.chan@vancouver.ca for more info. No session on Oct 31.

F 4:00 PM-6:00 PM Oct 03-Nov 28
\$144/8 sess **578721**

Frontier - Adapted Young Adult Program

(19-25 yrs) | Youth Leader

Frontier is an adaptive young-adult-driven social program. This program is designed for 19-25 year old young adults with mild to moderate needs (behavioral and developmental) who are able to work independently in a group setting. Participants have the opportunity to meet new friends and take part in exciting weekly activities in a safe and fun environment. Activities and out-trips may include seasonal special events, neighbourhood walks, baking, crafts, bowling and more depending on what the young adults suggest! A completed out-trip waiver/consent form must be returned prior to participation. NEW PARTICIPANTS - Please book a pre-registration interview for in-take. Contact the Community Youth Worker at sally.chan@vancouver.ca for more info. No session Oct 31.

F 6:30 PM-8:30 PM Oct 03-Nov 28
\$192/8 sess **578722**

YOUTH LEADERSHIP

Hillcrest Youth Council
(14-18 yrs) | Youth Leader

The Hillcrest Youth Council is a group of dedicated high school youth (ages 14-18) who are interested in developing their leadership skills and to give back to their community. Examples of youth-led projects include starting new initiatives in the neighbourhood and supporting special events in the community centre. If you are looking to be apart of a fun, positive group in making meaningful impact in your neighbourhood, come and join us! Participants will be able to earn volunteer service hours for their community contribution. PRE-REQUISITES ARE REQUIRED. PLEASE ONLY REGISTER IF YOU HAVE COMPLETED THE FOLLOWING: Submitted a Youth Volunteer Application Form and have attended a Hillcrest Youth Volunteer Orientation. If not, please look-up "Hillcrest Youth Volunteer Orientation" in the activity search and register for the next available session. Those who have not completed the above, or those who miss 3 or more meetings without notice will be withdrawn from the program automatically.

F 4:00 PM-5:30 PM Sep 26-Dec 19
FREE **578759**

Hillcrest Youth Volunteer Orientation
(14-18 yrs) | Youth Leader

A Youth Volunteer Application Form must be completed and returned back to Hillcrest Centre prior to attending this mandatory volunteer orientation. Please note: Youth who are 16 and older will be required to complete a Police Information Check prior to becoming a volunteer. Please contact the Community Youth Worker at sally.chan@vancouver.ca for further instructions.

Sa 1:00 PM-3:00 PM Sep 13
FREE **578756**



Follow Hillcrest
Youth Programs on
Instagram
@hillcrestccyouth
for the latest updates!

MUSIC – ALL AGES

Guitar, Ukulele Drum - Private Lessons

(5yrs and up) | Musical Expressions
Have you always wanted to learn an instrument? We offer private guitar, ukulele, or even drum lessons to get you started. This program is based on special interests and fundamental goals that serve the humble of beginners all the way to tomorrow's prodigies. All classes are set in a fun, stress free environment. All participants must bring their own instruments except for drum but must bring your own drum sticks, books/music they have been using, binder, notebook and writing tools (pencils, eraser and pencil crayons). If you don't have any music books, the instructor will assess and let you know which ones to purchase after your first lesson.

Guitar, Ukulele - Private Lessons		
Th	3:30 PM-8:30 PM	Sep 11-Dec 18
\$487.5/15 sess		VIEW ONLINE

Guitar, Ukulele Drum - Private Lessons		
Sa	11:30 AM-5:00 PM	Sep13-Dec 6
\$390/12 sess		VIEW ONLINE

Adult Group Ukulele NEW		
(18+ yrs) Musical Expressions		
Strum, sing, and smile your way through our fun and relaxed group ukulele classes! While open to all, this program is primarily geared toward beginners and those looking to build a solid foundation. You'll learn chords, play songs, and enjoy the joy of making music together in a supportive group setting. No experience needed, just bring your enthusiasm! This program is facilitated by a Musical Expressions instructor.		
Sa	10:15 AM-11:00 AM	20-Sep-1-Nov
\$108/6 sess		570123

Piano - Private Lessons		
(5yrs and up) Musical Expressions		
Musical Expressions takes on a creative and intuitive approach to music learning. We help you first determine what you want to achieve, so we can make it our goal to get you there! From the basic beginners to preparing exams, all students will be encouraged to tap into their creative sides and be taught to express themselves through improvisation. Each class session is 30 minutes long. If you're learning at a grade 5 level or above, please book two half hour sessions to ensure enough time for the lesson. All music books and materials purchased separately and ordered through teachers. Visit www.musicaexpressions.ca for more info.		
M	3:30 PM-8:00 PM	15-Sep-15-Dec
\$422.5/13 sess		
Su	3:30 PM-8:00 PM	14-Sep-14-Dec
\$422.5/13 sess		



Violin - Private Lessons		
(6yrs and up) Ali Noubakhsh		
Join as a complete beginner or tune up your violin skills. Students of all levels are 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. Lessons are 60 minutes duration.		
F	3:30 PM-8:30 PM	Sep 5-Oct 24
\$520/8 sess		VIEW ONLINE
F	3:30 PM-8:30 PM	Nov 7-Dec 19
\$455/7 sess		VIEW ONLINE

Music Lessons Schedule				
All private music programs are 30 minutes sessions.				
Monday	Thursday	Friday	Saturday	Sunday
Piano Lessons (5+yrs) 3:30-8:30pm	Guitar/ Ukulele (5+yrs) 3:30-8:30pm	Violin Lessons (6+yrs) 3:30-8:30pm	Guitar/ Ukelele/ Drums (5+yrs) 11:30-5:00pm	Piano Lessons (5+yrs) 9:30-4:00pm

Martial Arts Programs

For the safety of the participant, the Acknowledgement of Risk, Waiver, Release & Indemnity Form must be completed. Children will not be permitted in the program until the completed form is received.

►Axe Capoeira - Super Mini Kids

(2-4 yrs) | Julie Ali

This starter course will cover basic kicks, movements, and acrobatics, as well as teach you basic music skills and about the history of Capoeira. We will also cover the correct techniques to prepare you physically to transition into the next level of classes. Drop in \$20 (space permitting).

Su	11:00 AM-11:45 AM	Sep 7-Oct 26
\$144/8 sess		573139
Su	11:00 AM-11:45 AM	Nov 2-Dec 21
\$144/8 sess		573140

►Axe Capoeira - Mini Kids

(5-7 yrs) | Julie Ali

This starter course will cover basic kicks, movements, and acrobatics, as well as teach you basic music skills and about the history of Capoeira. We will also cover the correct techniques to prepare you physically to transition into the next level of classes. Drop in \$20 (space permitting).

Su	11:45 AM-12:30 PM	Sep 7-Oct 26
\$144/8 sess		573141
Su	11:45 AM-12:30 PM	Nov 2-Dec 21
\$144/8 sess		573144

►Axe Capoeira - Youth and Adult

(8+ yrs) | Julie Ali

This starter course will cover basic kicks, movements, and acrobatics, as well as teach you basic music skills and about the history of Capoeira. We will also cover the correct techniques to prepare you physically to transition into the next level of classes. Drop in \$20 (space permitting).

Su	12:45 PM-1:45 PM	Sep 7-Oct 26
\$144/8 sess		573142
Su	12:45 PM-1:45 PM	Nov 2-Dec 21
\$144/8 sess		573143

►Tae Kwon Do

(5-18 yrs) | Dragon Temple

Join us to learn Korean martial arts and have fun! Participants will learn Tae Kwon Do, the most powerful kickboxing art, punching and blocking techniques, poomsaes (patterns) and nanchaku (weaponry). There is an additional \$100 cost (mandatory) for nanchaku and uniforms. See the Tae Kwon Do Instructor regarding additional costs for the belt promotion test. For more info, please call 604-321-3454. No class Oct 13.

M	5:30 PM-6:20 PM	Sep 15-Dec 15
\$260/13 sess		571012
W	5:30 PM-6:20 PM	Sep 17-Dec 17
\$280/14 sess		571020

►Strikewell Boxing - Youth Non Contact

(12-18 yrs) | Strikewell Boxing

Introducing youth boxing to Hillcrest Community Centre! Strikewell Boxing proudly presents a dynamic non-contact program for youth. Join us in developing essential motor skills, enhancing physical fitness, fostering teamwork, and instilling lifelong healthy habits. Led by our experienced Boxing Canada Certified coach, participants will learn the foundational elements of boxing in a safe and supportive environment. Empower the next generation with Strikewell Boxing, where fitness meets fun and personal growth! Drop in \$22 (space permitting).

F	6:15 PM-7:15 PM	Sep 19-Nov 28
\$201.63/11 sess		577841

►Strikewell Boxing - Adult Group Fitness

(19+ yrs) | Strikewell Boxing

Introducing Strikewell Boxing, a beginner friendly non-contact program at Hillcrest Community Center. Elevate your fitness through dynamic workouts, camaraderie, and mental fortitude. Our Boxing Canada Certified coach leads engaging sessions through "The Sweet Science". Strikewell is more than a workout; it's a community-driven journey fostering strength. Punch, sweat, and grow together, experience fitness with us. Join for fun, connection, and empowerment. Drop in \$24 (space permitting).

F	7:30 PM-8:30 PM	Sep 19-Nov 28
\$220/11 sess		577842

MARTIAL ARTS

▷ Ryukyu Kobudo -
Weapons Tradition of Okinawa

(19+ yrs) | **Mario Mckenna**
Ryukyu Kobudo is the classical weapon tradition of Okinawa including the bo, sai, tonfa and a variety of other weapons. Students will learn the fundamental postures, deflections, strikes, solo forms, and two-person sets for each weapon. Students registration with Karate BC is required.
Su 2:30 PM-4:30 PM Sep 21-Dec 21
\$168/14 sess **571720**

ART

▷ Acrylic Painting
(19+ yrs) | **M. Reza Atashzad**
Relax and enjoy with acrylic painting as an expressive and vibrant medium. You will learn how to use the brushes to achieve a variety of techniques including blending, glazing, lifting, wet on wet and over dry to create different textures and brush strokes on your artwork. We will focus on beautiful landscapes, flowers and figures. Supplies are not included. Supply list available on receipt.
See www.atashzad.com for more information.
Drop in \$39 (space permitting). No class Sept 30, Nov 11 and 25.
Tu 11:00 AM-1:00 PM Sep 2-Oct 21
\$230/8 sess **576605**
Tu 11:00 AM-1:00 PM Oct 28-Dec 16
\$197/6 sess **576606**

▷ Drawing and Painting
(19+ yrs) | **M. Reza Atashzad**
You will learn how to draw, shape and form images in perspective while creating compositional structures. We will explore topics including landscapes, still lives, flowers, figures and more. Please bring any drawing and colouring material (coloured pencils, watercolours, pastels, acrylics, etc) to the first class. Supplies not included. Supplies list available on receipt.
See www.atashzad.com for more information.
Drop in \$39 (space permitting). No class Sept 30, Nov 11 and 25.
Tu 9:00 AM-11:00 AM Sep 2-Oct 21
\$230/7 sess **576598**

▷ Drawing Landscapes, Flowers and Figures
(19+ yrs) | **M. Reza Atashzad**
You will learn how to draw, shape and form images in perspective while creating compositional structures. We will explore topics including landscape, flowers, figures and more. Throughout the course, you will experiment with various textures, lines, tones, lights and shadows, as well as linear and atmospheric perspectives. Supplies are not included, supply list available upon registration. See www.atashzad.com for more information. Drop in \$42 (space permitting). No class Oct 13.
M 5:00 PM-6:30 PM Sep 8-Dec 15
\$294/14 sess **576485**

▷ Watercolour Painting
(19+ yrs) | **M. Reza Atashzad**
This program will give you the chance to learn to apply watercolour painting by exploring the medium's full potential. Learn to use water, paper, colour and brushes to create an endless variety of tones and atmosphere in your painting. We will focus on landscape painting, techniques and studies of nature (flowers). Supplies not included. Supplies list available on receipt. See www.atashzad.com for more information. Drop in \$39 (space permitting). No class Oct 13
M 6:30 PM-8:30 PM Sep 8-Oct 27
\$230/7 sess **576487**
M 6:30 PM-8:30 PM Nov 3-Dec 15
\$230/7 sess **576609**

MUSIC

▷ Adult Group Ukulele **NEW**
(18+ yrs) | **Musical Expressions**
Strum, sing, and smile your way through our fun and relaxed group ukulele classes! While open to all, this program is primarily geared toward beginners and those looking to build a solid foundation. You'll learn chords, play songs, and enjoy the joy of making music together in a supportive group setting. No experience needed, just bring your enthusiasm! This program is facilitated by a Musical Expressions instructor.
Sa 10:15 AM-11:00 AM 20-Sep-1-Nov
\$108/6 sess **570123**

DANCE

►Contemporary Dance

Intro & Improvisation

(19+ yrs) | Miriam Esquitin

Contemporary dance and improvisation class for those with no or little previous dance experience. Class consists of 75 minutes of progressive technique training and 45 minutes of improvisation and performance preparation. Register to participate in our performances throughout the year. Class is accompanied by a live musician.

For more info, visit polymerdance.com. Drop-in available only for the 75 minute technique portion of the class. Drop-in \$23.54. No class Oct 12 and Nov 9.

Su 10:30 AM-12:30 PM Sep 21-Nov 30
\$180.86/9 sess 571001

►International Line Dance w/ Ewena - Beginner to Improver

(19+ yrs) | Ewena Chow

Dancing is a unique form of exercise because it provides the heart-healthy benefits of an aerobic exercise while also allowing you to engage in a social activity. Line dancing is exactly what its name implies: people dancing in lines to music. Its choreographed dances with a repeating series of steps. Basic line dances focus on movements of the legs and feet, with more advanced dances including the arms and hands. Its easy to learn. Come to join us! Drop in \$8 (space permitting). No class Nov 1.

Sa 3:30 PM-5:00 PM Sep 20-Dec 20
\$91/13 sess 575083

►International Line Dancing w/ Regina - Beginner Plus

(19+ yrs) | Regina Chen

Come dance to a variety of styles and popular music! For dancers who have line danced for some time and have a strong knowledge of steps and terminology. The dances will have interesting combinations, step patterns and movements. Drop in \$10 (space permitting). No class Sept 12.

F 11:45 AM-1:15 PM Sep 5-Nov 28
\$84/12 sess 578988

►International Line Dancing

w/ Regina - Improver/Intermediate (19+ yrs) | Regina Chen

Dancers who have line danced for some time and who have a strong knowledge of steps and terminology. Able to pick up beginner and improver dances without any trouble. The dances will have interesting combinations, step patterns and movements. Dance to a variety of styles and popular music. Instruction in English. Drop in \$10 (space permitting). No class Sept 12.

F 1:30 PM-3:00 PM Sep 5-Nov 28
\$84/12 sess 578989

EDUCATION

►Baby Sign Language

(19+ yrs) | Into Yoga

Babies understand and can communicate long before they are able to speak. Research shows that babies who learn Sign Language learn quicker and talk earlier. Using songs and games, learn how to teach your baby basic American Sign Language (ASL) so they can better convey their wants and needs and relieve unnecessary frustration. The instructor will teach you the signs and songs so you can practice at home. Babies can sleep during class or you can bring some toys. For babies newborn to 24 months with only one parent/caregiver. Please bring a mat or blanket to sit on. For more info visit www.intoyoga.ca. Registration required, no drop-in. No class Oct 13.

M 11:30 AM-12:15 PM Sep 15-Oct 20
\$77/5 sess 571710

►Introduction to Brain Health

(19+ yrs) | Alzheimer Society Of BC

It's never too late to make changes for a healthier brain. Learn how to maintain or improve your brain health by exploring topics including natural aging changes, dementia, risk reduction, memory, brain training and more.

Tu 1:30 PM-3:00 PM Nov 18
FREE 577475

Click on the **BLUE LINKS**
to view programs online
and to register.

FITNESS & HEALTH

►Ageless Training

(19+ yrs) | **Monika Schoenenberger**

Ageless training is a solution to living with less pain, more vitality, and a true solution to a better life. It will give you methods of movement to achieve more energy, funtionality, flexibility, mobility and strength. This method is easy to follow, a few tools like a Bender Ball TM, gliding disc, massage ball and resistance band will be the keys to unlock an ageless, strong body. All tools will be provided. All levels of fitness can benefit from this workout. Drop-in \$10.48. No class Sept 30, Oct 13 and Nov 11

Set One

M	1:00 PM-2:00 PM	Sep 15-Oct 27
\$54/6 sess		575131

Set Two

M	1:00 PM-2:00 PM	Nov 3-Dec 8
\$54/6 sess		575132

Two Sets

M	1:00 PM-2:00 PM	Sep 15-Dec 8
\$86.4/12 sess		575129

Set One

Tu	6:30 PM-7:30 PM	Sep 16-Oct 28
\$54/6 sess		575115

Set Two

Tu	6:30 PM-7:30 PM	Nov 4-Dec 9
\$45/5 sess		575116

Two Sets

Tu	6:30 PM-7:30 PM	Sep 16-Dec 9
\$79.2/11 sess		575110

►Beginner Yoga

(19+ yrs) | **Into Yoga**

Beginner Yoga is suitable for all levels of experience. Work on balance, strength, flexibility and relaxation as you build your self-awareness. A more profound connection with the body is developed, releasing tension and anxiety. For more info visit www.intoyoga.ca. Drop-in \$18 (space permitting). No class Oct 12.

Su	9:15 AM-10:15 AM	Sep 21-Nov 2
\$92/6 sess		571712

Su	9:15 AM-10:15 AM	Nov 9-Dec 14
\$92/6 sess		571713

►Body Balance - Core and More

(19+ yrs) | **Diane Menzes**

Train your core muscles to work in harmony in this non-cardio, pilates influenced core strength & more class. This mat & stability ball class will integrate components of a full body workout focusing on core-strength through the use of stability balls, hand weights & body weight exercises. Build strength, stability and endurance in the muscles that support your core and increase lean muscle mass to take on the physiological demands of real life activity. Modifications are provided to accommodate different abilities and limitations. All levels welcome. Drop in \$7.20 (space permitting). No class Oct 13 and Nov 10.

M	9:15 AM-10:15 AM	Sep 22-Dec 15
\$71.5/11 sess		578002



►Body Balance - Core and More

(19+ yrs) | **Diane Menzes**

Train your core muscles to work in harmony in this non-cardio, pilates influenced core strength and more class. This mat class will integrate components of a full body workout focusing on core-strength through the use of hand weights & body weight exercises. Build strength, stability and endurance in the muscles that support your core and increase lean muscle mass to take on the physiological demands of real life activity. Modifications are provided to accommodate different abilities and limitations. All levels welcome. Drop in \$7.20 (space permitting).

W	9:15 AM-10:15 AM	Sep 24-Dec 17
\$84.5/13 sess		578004

◀CIRCL Mobility

(19+ yrs) | Monika Schoenenberger

Based on the science of functional movement, CIRCL Mobility focuses on flexibility, breathwork, and mobility exercises to help your students move better, longer. Set to a soundtrack of healing tones and sound frequencies to help your mind focus and release stress. Drop-in \$5.72

Set One

W	8:30 PM-9:00 PM	Sep 17-Oct 29
\$35/7 sess		575137

Set Two

W	8:30 PM-9:00 PM	Nov 5-Dec 10
\$30/6 sess		575139

Two Sets

W	8:30 PM-9:00 PM	Sep 17-Dec 10
\$52/13 sess		575135

◀Five Animal Play Exercise

(16+ yrs) | Thomas Yu Ting Cheng

Five Animal Play, also known as Wu Qin Xi, is an exercise developed by an ancient Chinese doctor. The exercise focuses on cultivating the whole body from various forms of movement and breathing. Drop in \$12 (space permitting).

W	6:45 PM-8:45 PM	Sep 17-Dec 10
\$117/13 sess		569878

◀Flow Yoga

(19+ yrs) | Into Yoga

This class incorporates Hatha postures in a vinyasa (flow) style, designed to bring about an inner connection and calm. Focus on the breath allows the student to let go of tension and anxiety, and helps with re-connecting to the body on a more profound level. At the same time, the body is stretched, toned, and massaged, releasing trapped toxins in the tissues and increasing energy levels. It will be your time to relax, become more present and connect to yourself. For more info visit www.intoyoga.ca.

Drop-in \$18 (space permitting). No class Oct 13.

M	6:45 PM-7:45 PM	Sep 8-Oct 27
\$108/7 sess		571715

M	6:45 PM-7:45 PM	Nov 3-Dec 15
\$108/7 sess		571717

◀Pilates

(19+ yrs) | Into Yoga

Participants will learn the fundamentals of Pilates which promotes strength and stability while lengthening the muscles and supporting the spine. There will be a strong focus on connecting to the abdominal and pelvic floor muscles which is the key to strengthening the core muscles of the body. Bring a mat to class. For more info visit www.intoyoga.ca. Drop-in \$18 (space permitting).

Th	6:30 PM-7:30 PM	Sep 11-Oct 30
\$123/8 sess		571718

Th	6:30 PM-7:30 PM	Nov 6-Dec 18
\$108/7 sess		571719



◀Jump Rope Remix

(19+ yrs) | Jacqueline Alexander

This is an eight-week cardio-party that turns a single rope into your personal dance floor. Each 55-minute class blends rhythm-based jump rope footwork, guided coaching and mobility flows that build coordination, stamina, and skipping confidence. Layered progressions keep beginners and seasoned skippers moving together alike. Expect high energy playlists, purposeful rest breaks, plenty of cues, and a supportive crew that makes fitness feel like play. Finish every session with new skills you can take anywhere! Drop in \$19 (space permitting).

FREE TRIAL

Th	11:30 AM-12:30 PM	Sep 18
FREE		581193

Ongoing

Th	11:30 AM-12:30 PM	Sep 25-Nov 13
\$120/8 sess		580678

◀Strength & Conditioning

(19+ yrs) | Christine Joe

Strength & Conditioning focus on total body strength using resistance equipment and body weight. Drop in \$7.20 (space permitting).

F	10:30 AM-11:30 AM	Sep 19-Dec 19
\$91/14 sess		576763

FITNESS AND HEALTH CONT'D

Strong HIIT Conditioning

(19+ yrs) | Monika Schoenenberger

This is a high-intensity interval workout combining cardio and strength training that will improve your fitness level whether you're a newbie or a seasoned fitness enthusiast. Be prepared to sweat, work hard and get stronger. Drop-in \$11.43 (space permitting).

Set One	7:20 PM-8:20 PM	Sep 17-Oct 29
\$70/7 sess		575165

Set Two	7:20 PM-8:20 PM	Nov 5-Dec 10
\$60/6 sess		575166

Two Sets	7:20 PM-8:20 PM	Sep 17-Dec 10
\$104/13 sess		575163

Tai Chi 108 Yang Style - All Levels

(19+ yrs) | Michael Blackburn

Learn the traditional 108 posture Yang style. Qigong and tuishou (push hands) are also explored. Tai Chi is a meditative martial art which improves breathing, balance and flexibility. Michael is a patient and passionate teacher with over 30 years experience. All levels, beginners welcome. Drop-in \$14 (space permitting). No class Sept 30 and Nov 11.

Tu	7:00 PM-9:00 PM	Sep 9-Dec 16
\$143/13 sess		571005

Yoga and Qi Gong

(19+ yrs) | Jenny Soares

This class combines Yoga and Qigong and will be conducted mainly in English. Cantonese or simple Mandarin can also be accommodated when needed. Yin and Yang Yoga focus on gentle and deep stretches to increase muscle strength and flexibility as well as poses to improve postures, core strength and stability. Gentle movements are integrated through Qigong and yoga. Deep breathing allows the Qi to flow freely, resulting in a release of stress and calming of the mind, improving the immune system and general well-being. Simple movements are easy to follow for both beginners and intermediate adults and seniors. Join us to experience a gentle and calming transformation. Drop-in \$12 (space permitting).

Th	10:05 AM-11:15 AM	Sep 18-Dec 4
\$120/12 sess		571722

Yoga for Self Care

(19+ yrs) | Rosaria Faust

This gentle class will combine yoga, Qi Gong and meditation to relax and energize the body, and focus the mind. Through movement and breath we will release tension to allow energy to flow through the body. We will tone and strengthen muscles, improve balance, and access greater range of movement. This class for beginners/intermediate adults and seniors will increase your sense of well-being, improve your immune system and help you to age gracefully. Drop-in \$16.50 (space permitting). No class Sept 30 and Nov 11.

Tu	10:00 AM-11:15 AM	Sep 16-Dec 9
\$154/11 sess		576230

Yoga Made for Runners

(19+ yrs) | Mike Dennison

Yoga Made For Runners is a dynamic and challenging yoga program created specifically for runners. The class will build strength, increase the range of motion in tight joints, and return flexibility to stiff, sore muscles. Expect to work hard and breath deeply. For more info, visit www.yogamadeforrunners.com. Appropriate for everyone, from first timers to experienced practitioners. Drop-in \$20 (space permitting). No class Oct 13.

M	5:30 PM-6:45 PM	Sep 15-Dec 15
\$190/13 sess		577282

Yoga4Stiff Guys

(18+ yrs) | Yoga4Stiff People

Brand new to yoga or looking for a refresher of the yoga basics? This Yoga4Stiff Guys introductory series is designed just for you. Poses are demonstrated, broken down and instructed in easy sequential steps to set the foundation of your practice from the ground up. Our classes are not men's only classes but do focus on the needs of the male body in practice with an emphasis on poses to open hips, quadriceps, hamstrings and lower back. Drop in \$16 (space permitting). No class Sept 30 and Nov 11.

Th	7:45 PM-8:45 PM	Sep 18-Oct 30
\$98/7 sess		575979

Th	7:45 PM-8:45 PM	Nov 6-Dec 18
\$98/7 sess		575980

The Basics	7:45 PM-8:45 PM	Sep 16-Oct 28
Tu		575976
\$84/6 sess		
Tu	7:45 PM-8:45 PM	Nov 4-Dec 16
\$84/6 sess		575978

►Pelvic Floor Yoga

(19+ yrs) | Emma Friedenstab

Everyone benefits from a healthy pelvic floor, yet we often don't notice it until something goes wrong. These muscles stabilize your core and support bladder, bowel, and sexual function. Strengthen and connect with your body through yoga-based movement that target the pelvic floor. This class is for all genders and ages. In this evidence-informed class, discover how pelvic floor health can improve digestion, sleep, posture, and help ease symptoms related to pelvic floor imbalances. We have mats available for you. Drop-in \$21 (space permitting). No class Oct 13.

M	12:00 PM-1:00 PM	Sep 8-Dec 8
\$247/13 sess		579495

►Zumba

(19+ yrs) | Monika Schoenenberger

This class fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It uses a variety of styles in its routines, including Cumbia, Soca, Merengue, Salsa, African, Reggaeton, Flamenco, Disco, and Bellydance. Zumba is a 'feel-happy' workout that is great for both the body and the mind. Drop-in \$11.43. No class Oct 13.

Set One

M	8:00 PM-9:00 PM	Sep 15-Oct 27
\$60/6 sess		575174

Set Two

M	8:00 PM-9:00 PM	Nov 3-Dec 08
\$60/6 sess		575177

Two Sets

M	8:00 PM-9:00 PM	Sep 15-Dec 08
\$96/12 sess		575170

►Zumba / Zumba Toning

(19+ yrs) | Monika Schoenenberger

This one hour workout will combine 30 minutes of the infectious, feel-happy dance fitness workout we all love with another 30 minutes where we add the Zumba Toning sticks to the mix. With these maraca-style hand-weights we add upper body strengthening and toning moves and throw in some squats and lunges here and there for good measure. Combined we have a full hour of dancing fun to all the spicy rhythms from around the world, but especially your Latin hots like Salsa, Cumbia, Merengue and Reggaeton. No experience necessary, just show up, sweat, shake and have fun!! Drop-in \$11.43.

Set One

Th	6:15 PM-7:15 PM	Sep 18-Oct 30
\$70/7 sess		575183

Set Two

Th	6:15 PM-7:15 PM	Nov 6-Dec 11
\$60/6 sess		575186

Two Sets

Th	6:15 PM-7:15 PM	Sep 18-Dec 11
\$104/13 sess		575180



►Minds in Motion

(19+ yrs) | Edouard Beaudry

Minds in Motion® is a fitness and social program for people living with any form of early-stage dementia along with a care partner or friend. The program is offered in partnership with the Alzheimer Society of B.C. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Care partners must attend. You may bring a water bottle. Registration fees include the cost of the person living with dementia and one care partner. Start at any time and pay a pro-rated registration fee. No class Oct 22.

W	1:30 PM-3:00 PM	Sep 17-Oct 29
\$48/12 sess		573147

W	1:30 PM-3:00 PM	Nov 5-Dec 17
\$56/14 sess		573148

PARK BOARD PRIDE

Check out our weekly programs and activities for 2STGD and 2SLGBTQIA+ folks of all ages.
vancouver.ca/park-board-pride



SOCIAL

►Games Room and Table Tennis Pass
(19+ yrs) | No Instructor

The Games Room and Table Tennis Pass allows users to participate in social recreational activities, such as the Games Room and Table Tennis drop-in sessions. Fees allows for maintenance and replacement of equipment so we can continue to offer these services at minimal costs to the public. For the Games Room and Table Tennis drop-in schedule, please pick up a schedule at the front desk. Schedule may be changed without prior notice. \$4.76/ calendar month, non-refundable, non-prorated.

Sept		
M-Th	6:00 PM-8:00 PM	Sep 2-Sep 29
\$4.76/Month		569881

Oct		
M-Th	6:00 PM-8:00 PM	Oct 1-Oct 27
\$4.76/Month		569882

Nov		
M-Th	6:00 PM-8:00 PM	Nov 3-Nov 27
\$4.76/Month		569884

Dec		
M-Th	6:00 PM-8:00 PM	Dec 1-Dec 23
\$4.76/Month		569885



SPORTS

►Badminton
(19+ yrs) | No Instructor

Please bring your own racquet and shuttles. Register to guarantee a spot. NOTE NEW REGISTRATION PROCESS. Registration opens at 12:00pm 3 days in advance of the program date. Registration closes online 15 minutes before program start time. In person and phone in registration will be accepted until the program is full.Registered spaces are non-transferable. Refund requests will be accepted until 15 minute before program start time.

Su	11:00 AM-12:30 PM	Sep 21-Dec 21
\$6.19/1 sess		578997-579010
M	7:30 PM-9:30 PM	Sep 15-Dec 15
\$6.19/1 sess		579331-579348

►Basketball - Full Court
(19+ yrs) | No Instructor

Playing on our pro-ball size court is a challenge... are you up to it? Fast moving quality play is expected and your stamina, skills and sportsmanship will make it a great night. With a max. of three teams of 6 you will have time to play and catch your breath. To allow for equal play for all participants we have a 2 games on; 1 game off rule. NOTE NEW REGISTRATION PROCESS. Registration opens at 12:00pm 3 days in advance of the program date. Registration closes online 15 minutes before program start time. In person and phone in registration will be accepted until the program is full. Registered spaces are non-transferable. Refund requests will be accepted until 15 minute before program start time.

Tu	7:30 PM-9:00 PM	Sep 16-Dec 16
\$6.19/1 sess		577916-577937

►Basketball - Half Court
(19+ yrs) | No Instructor

Basketball is bigger than ever at the Hillcrest gymnasium. Maximum 24 spots for play. NOTE NEW REGISTRATION PROCESS. Registration opens at 12:00pm 3 days in advance of the program date. Registration closes online 15 minutes before program start time. In person and phone in registration will be accepted until the program is full.Registered spaces are non-transferableRefund requests will be accepted until 15 minute before program start time.

Th	7:30 PM-9:00 PM	Sep 18-Dec 18
\$6.19/1 sess		577919-577955

Indoor Tennis Beginner

(19+ yrs) | **Juan Carlos Maldonado**

The beginner classes provide a way for adults to learn the basic skills of the game in a welcoming non-competitive environment. Players who have completed the beginner course and feel ready for more advanced coaching can move into the intermediate & advanced programs. Please bring your own racquet and water to the courts. No class Sept 28, Oct 12 and Nov 9.

Su 12:45 PM-1:45 PM Sep 21-Dec 14
\$357.5/13 sess **577883**

Indoor Tennis Intermediate

(19+ yrs) | **Juan Carlos Maldonado**

This course is designed for adults who want to further refine the fundamental skills of tennis. This class focuses more on development of basic technique with footwork and long rally game lessons. No class Sept 28, Oct 12 and Nov 9.

Su 1:45 PM-2:45 PM Sep 21-Dec 14
\$357.5/13 sess **577885**
Th 6:00 PM-7:00 PM Sep 18-Dec 11
\$357.5/13 sess **577890**

Pickleball Lesson: Consistent and Persistent Novice Series

(19+ yrs) | **Richard Lee**

Positively Pickleball - A welcoming, upbeat class designed for players who know the basics and want to build a rock-solid foundation. Over the weeks, you'll develop the consistency to keep rallies going and the persistence to overcome common beginner hurdles. Expect fun drills, clear step-by-step guidance, and supportive coaching that will help you master scoring, grip, and positioning. Whether you're looking to play more confidently with friends or join your first social league, this class will set you up for success and keep you smiling every step of the way! For levels 2.0-2.75

F 9:00 AM-10:45 AM Sep 19-Oct 10
\$120/4 sess **577992**
F 9:00 AM-10:45 AM Oct 17-Nov 7
\$120/4 sess **577994**
F 9:00 AM-10:45 AM Nov 14-Dec 5
\$120/4 sess **577995**

Pickleball Lesson: Gaining that Intermediate Edge

(19+ yrs) | **Richard Lee**

Positively Pickleball - This program is crafted for players ready to move beyond the basics and sharpen their skills with advanced drills, strategic doubles play, and pro-inspired techniques. Each session is packed with actionable tips to boost your consistency, court awareness, and mental focus, plus fresh strategies to help you play both offensively and all-around. If you're eager to win more points, play smarter, and enjoy the thrill of improvement alongside a supportive community, this class will give you the edge you've been looking for! For levels 3.0-3.5

F 10:45 AM-12:30 PM Sep 19-Oct 10
\$120/4 sess **577996**
F 10:45 AM-12:30 PM Oct 17-Nov 07
\$120/4 sess **577997**
F 10:45 AM-12:30 PM Nov 14-Dec 05
\$120/4 sess **577998**



Pickleball - Mixed Levels Play

(19+ yrs) | **No Instructor**

This game is played by 2 or 4 people on a badminton-sized court. No experience necessary, all skill levels and abilities welcome.**NOTE NEW REGISTRATION PROCESS** Registration opens at 12:00pm 3 days in advance of the program date. Registration closes online 15 minutes before program start time. In person and phone in registration will be accepted until the program is full. Registered spaces are non-transferable. Refund requests will be accepted until 15 minute before program start time.

Su 9:15 AM-10:45 AM Sep 21-Dec 21
\$6.19/1 sess **577895-577910**

PARK BOARD PRIDE

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vancouver.ca/park-board-pride



SPORTS CONT'D

Pickleball Lesson: Learn to Play

(19+ yrs) | Richard Lee

Positively Pickleball - This is a great way to get introduced to the sport of pickleball. Learn all the basic shots and techniques with helpful and easy drills. Also learn the basic rules and gameplay so you are ready to play with your friends and family.

F	9:15 AM-12:15 PM	Dec 12
\$60/1 sess		578000

Pickleball Lessons - Fun Round Robin

(19+ yrs) | Mona Lee

Join us for a fun round robin! Timed play where you'll play with a new partner against a new opponent every round. Before each round, we'll go over proven strategies to win more games as well as mistakes to avoid.

Stage 1

W	1:15 PM-3:15 PM	Sep 17
\$28/1 sess		577988
W	1:15 PM-3:15 PM	Sep 24
\$28/1 sess		577987

Stage 2

W	11:15 AM-1:00 PM	Sep 17
\$28/1 sess		577985
W	11:15 AM-1:00 PM	Sep 24
\$28/1 sess		577986

Pickleball Lessons - Stage 1 - Learn to Play

(19+ yrs) | Mona Lee

Come try out this popular, easy-to-learn, and exciting sport that combines elements of badminton, tennis & table tennis. This class is designed for beginner players or intermediate beginners who have never played or have only played a few times. Learn the foundation of the game. Proper grip, basic rules, scoring and court positioning from a Certified Pickleball Instructor. You will be able to hit the ball correctly and move safely and efficiently around the court. Paddles, balls & all equipment will be provided. All you need is your water bottle!

W	1:15 PM-3:15 PM	Oct 1-Oct 22
\$112/4 sess		577977
W	1:15 PM-3:15 PM	Oct 29-Nov 19
\$112/4 sess		577978
W	1:15 PM-3:15 PM	Nov 26-Dec 17
\$112/4 sess		577979

Pickleball Lessons - Stage 2 - How to Beat Bangers

(19+ yrs) | Mona Lee

For players who have ideally completed Stage 1: Learn to Play. This course is designed for players looking for a higher level of competition. You will learn how to beat bangers by pushing them back, blocking their volleys, keeping the ball low, and learning how to spin the ball. Paddles, balls & all equipment will be provided.

W	11:15 AM-1:00 PM	Oct 29-Nov 19
\$112/4 sess		577974



Pickleball Lessons - Stage 2 - Play Not to Lose Round Robin

(19+ yrs) | Mona Lee

For players ideally who have completed Stage 1. If you would like to win your games, let's first change our mindset from playing to win to playing NOT TO LOSE. Pickleball is a game errors, let your opponent's make them! We'll explore double strategies tips & plays to cause your opponents to make the errors, not you. Paddles, balls & all equipment will be provided.

W	11:15 AM-1:00 PM	Oct 1-Oct 22
\$112/4 sess		577973

Pickleball Lessons - Stage 2 - Skills and Drills

(19+ yrs) | Mona Lee

This class is the next progression from those who completed Stage 1: Learn to Play lesson. This course is designed for beginner & mid-level players. In addition to fine tuning your strokes and shot selection choices, you will learn how to do the third shot, drive, block, smash, lob as well as move safely around the court. This course is taught by a Certified Pickleball Instructor. Paddles, balls & all equipment will be provided.

W	11:15 AM-1:00 PM	Nov 26-Dec 17
\$112/4 sess		577975

►Pickleball Lessons - Stage 3 - Doubles Strategy

(19+ yrs) | **Mona Lee**

Strategy is so important in the game of pickleball, as pickleball is not only a physical game, but also a mental game. If you are looking for pickleball strategies on how to win, then you have come to the right place! We'll breakdown strategies and tips to help you win on the pickleball court! Paddles, balls & all equipment will be provided.

W 9:15 AM-11:15 AM Nov 26-Dec 17
\$112/4 sess **577970**

►Pickleball Lessons - Stage 3 - Eliminating Unforced Errors

(19+ yrs) | **Mona Lee**

For players who have ideally completed STAGE 1 & 2 and would like to work on the mental side of the game. What are unforced errors in Pickleball? Unforced errors are faults made on easy and playable shots that give points to your opponents without earning them. Some examples are hitting the ball out of bounds, hitting the net, or hitting the ball too softly. In this class we will evaluate each unforced error and learn what happened and how to eliminate that error when you missed a serve, return, groundstroke, volley, or dink shot. Paddles, balls & all equipment will be provided.

W 9:15 AM-11:15 AM Oct 1-Oct 22
\$112/4 sess **577965**

►Pickleball Lessons - Stage 3 - Fun Round Robin

(19+ yrs) | **Mona Lee**

Join us for a fun round robin! Timed play where you'll play with a new partner against a new opponent every round. Before each round, we'll go over proven strategies to win more games as well as mistakes to avoid. Hurry and grab your spot today!

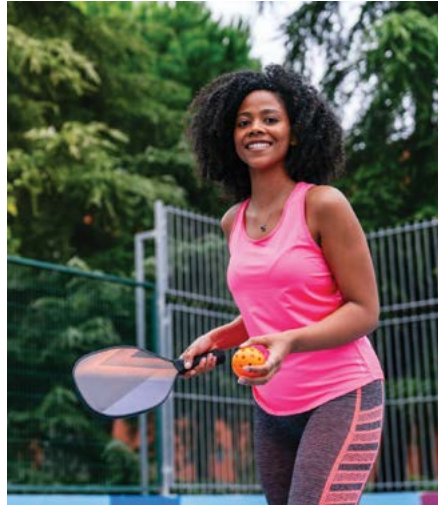
W 9:15 AM-11:15 AM Sep 17
\$28/1 sess **577981**
W 9:15 AM-11:15 AM Sep 24
\$28/1 sess **577983**

►Pickleball Lessons - Stage 3 - Tune in to Win

(19+ yrs) | **Mona Lee**

We are going to make elevating your game FUN! We'll tune into 5 pickleball jingles to help you improve your game! Paddles, balls & all equipment will be provided.

W 9:15 AM-11:15 AM Oct 29-Nov 19
\$112/4 sess **577969**



►Volleyball - Intermediate

(19+ yrs) | **No Instructor**

Players must be able to maintain strong rallies, serves and understand positioning and team play. This is not an instructional program and there is friendly, recreational competition where players are expected to maintain consistent rallies. Registration opens at 12:00pm 3 days in advance of the program date. Registration closes online 15 minutes before program start time. In person and phone in registration will be accepted until the program is full. Registered spaces are non-transferable. Refund requests will be accepted until 15 minute before program start time.

W 7:15 PM-8:45 PM Sep 17-Dec 17
\$6.19/1 sess **570087-570106**

Click on the **BLUE LINKS**
to view programs online
and to register.

DANCE

►Ballroom Dance for Seniors

(50+ yrs) | Non Instructional

Come with your friends or meet new ones and dance together. A dance partner is not required. Non-instructional social dance. Registration recommended as limited spots available. Drop-in \$3.10.

F 1:00 PM-3:00 PM Sep 19-Dec 19
\$35/14 sess 571236



►Seniors Social Line Dance w/ Agnes

(50+ yrs) | Agnes Lo

Come with your friends or meet new ones and dance! Registration recommended as limited spots available. Drop-in \$3.57 (space permitting). No class Sept 30

Beginner

Tu 1:00 PM-2:30 PM Sep 16-Oct 14
\$12/4 sess 575222
Tu 1:00 PM-2:30 PM Nov 18-Dec 16
\$15/5 sess 575224

Beginner Plus

Th 1:00 PM-2:30 PM Sep 18-Oct 9
\$12/4 sess 575225
Th 1:00 PM-2:30 PM Nov 13-Dec 18
\$18/6 sess 575227

►Traditional Chinese Dance

(50+ yrs) | Helen Zhou

Traditional Chinese Dance for beginners. Facilitated in Chinese. Drop-in \$2.86 (space permitting). No classes Sept 9, Sept 30 and Nov 11.

Tu 11:00 AM-12:30 PM Sep 2-Dec 16
\$32.5/13 sess 571410

FITNESS AND HEALTH

►Bootcamp for Older Adults

(50+ yrs) | Kate Lee

Specifically designed for older adults, this boot camp uses intervals, drills and resistance to improve your cardio, strength, balance agility and more. Special attention on strengthening the muscles supporting your joints, helping you move more comfortably and feel more confident. Instructor Kate Lee is a BCRPA registered Personal Trainer and Group Fitness Leader. Drop-in \$13.50. No class Sept 30, Nov 11 and Nov 13.

Tu 9:00 AM-10:00 AM Sep 16-Dec 09
\$126.5/11 sess 577173
Th 9:00 AM-10:00 AM Sep 25-Dec 11
\$126.5/11 sess 577174

►Footcare Clinic

(50+ yrs) | Francine Johnson

Foot and toenail health is essential for our overall health, especially for people with fungal nails, other foot issues, and diabetes. Treatments may include management of calluses, corns, fungal nails, thickened or deformed nails, ingrown toenails, and care for diabetic feet. A detailed foot assessment and healthy foot education is also provided. Please no wounds. All supplies are medical grade and conform to the highest level of BC Standards for Cleaning and Sterilization. Sessions are 45 minutes in length

W 10:30 AM-3:00 PM Sep 17
\$62/1 sess 577845-577850
W 10:30 AM-3:00 PM Oct 15
\$62/1 sess 577851-577856
W 10:30 AM-3:00 PM Nov 12
\$62/1 sess 577857-577862
W 10:30 AM-3:00 PM Dec 17
\$62/1 sess 577864-577869

►Fun Exercise for Parkinson's

(19+ yrs) | **Debbie Shum**

This hour will incorporate Parkinson's Disease specific moves that are building blocks for everyday movements. The exercises will help improve mobility, posture and balance for everyday life, developed by Dr. Becky Farley. Drop-in \$11. No class Oct 13.

MW	11:00 AM-12:00 PM	Sep 15-Oct 29
\$113.75/13 sess		577272
MW	11:00 AM-12:00 PM	Nov 3-Dec 17
\$122.5/14 sess		577273



►Social Tai Chi - Yang 108 Style

(55+ yrs) | **David Wong**

Join us for some easy and relaxing Tai Chi! This is a social group that covers the Yang 108 Style. No formal instruction will be provided, however we have a volunteer instructor that can assist with your form. This is a fun social setting! Drop-in \$3.33. No class Sept 30, Oct 13 and Nov 11

M	9:30 AM-10:45 AM	Sep 15-Dec 15
\$35.75/13 sess		571629
Tu	9:30 AM-10:45 AM	Sep 16-Dec 16
\$33/12 sess		571633
Th	9:30 AM-10:45 AM	Sep 25-Dec 18
\$35.75/13 sess		571636



►Zumba Gold (Beginner)

(19+ yrs) | **Monika Schoenenberger**

Zumba Gold for the beginner targets the largest growing segment of the population: baby boomers. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. Drop-in \$10.48. No class Sept 30 and Nov 11.

Set One

Tu	5:20 PM-6:20 PM	Sep 16-Oct 28
\$54/6 sess		575195

Set Two

Tu	5:20 PM-6:20 PM	Nov 4-Dec 9
\$45/5 sess		575197

Two Sets

Tu	5:20 PM-6:20 PM	Sep 16-Dec 9
\$79.2/11 sess		575194

Set One

F	9:15 AM-10:15 AM	Sep 19-Oct 31
\$63/7 sess		575190

Set Two

F	9:15 AM-10:15 AM	Nov 7-Dec 12
\$54/6 sess		575192

Two Sets

F	9:15 AM-10:15 AM	Sep 19-Dec 12
\$93.6/13 sess		575189

SOCIAL

Hot Lunch
(50+ yrs) | Teresa Chan

Enjoy a delicious hot lunch served with tea, coffee, and a dessert. Space is limited and advance registration is recommended to confirm your spot. This event is sponsored by the Blue Parrot Cafe.

Th	12:00 PM-1:30 PM	Oct 9
\$9/1 sess		579023
Th	12:00 PM-1:30 PM	Nov 6
\$9/1 sess		579024
Th	12:00 PM-1:30 PM	Dec 4
\$9/1 sess		579025

Karaoke Drop-In
(50+ yrs) | William Chou

Come with your friends or meet new ones and sing songs together. Prior singing experience recommended. Please bring your own karaoke VCD/DVD. All languages are welcome. No class Sept 30 and Nov 11.

Tu	12:00 PM-3:00 PM	Sep 9-Dec 16
\$3/13 sess		577269

Pancake Brunch
(50+ yrs) | Teresa Chan

Come and enjoy hot pancakes fresh off the griddle served with butter, syrup, berries and whipped cream! A selection of seasonal fruit, coffee, tea and orange juice will be served. Space is limited and advance registration is recommended to confirm your spot. This event is sponsored by the Blue Parrot Cafe.

Th	10:45 AM-12:15 PM	Sep 25
\$5/1 sess		579026
Th	10:45 AM-12:15 PM	Oct 23
\$5/1 sess		579027
Th	10:45 AM-12:15 PM	Nov 20
\$5/1 sess		579028

Click on the **BLUE LINKS**
to view programs online
and to register.

SUCCESS Senior Knitting Group
(55+ yrs) | May Keung

Gathering and meeting some new friends with Chinese immigrants (Seniors 55+), Social activities including a celebration of holidays and festivals, and arts & crafts. Feel free to contact S.U.C.C.E.S.S. 604-408-7274 ext.1088 for more details.

W	11:00 AM-2:00 PM	Sep 3-Dec 17
FREE		576018

SPORTS

Badminton - Seniors
(50+ yrs) | No Instructor

3 courts available. Please bring your own racquet and shuttles. Register to guarantee a spot. Any registered participant who is not present by 1:05pm will have their spot given away for the afternoon. There are 12 registered spots and 4 additional drop-in spots. Drop-in participants can purchase their ticket 30 minutes prior to the session at the Front Desk. Drop-in \$4.29 (space permitting).

Th	1:00 PM-3:00 PM	Sep 25-Dec 18
\$49.53/13 sess		576479

Pickleball - Seniors Mixed Level Play
(50+ yrs) | No Instructor

This game is played by 2 or 4 people on a badminton-sized court. No experience necessary, players of various levels play each week. Participants try to match abilities when possible. Please bring your own paddle and ball. 3 courts available. Registration opens at 12:00pm 3 days in advance of the program date. Registration closes online 15 minutes before program start time. In person and phone in registration will be accepted until the program is full. Registered spaces are non-transferable. Refund requests will be accepted until 15 minute before program start time.

M	1:00 PM-3:00 PM	Sep 15-Dec 15
\$4.05/1 sess		570109-570122
Tu	1:00 PM-3:00 PM	Sep 16-Dec 16
\$4.05/1 sess		570124-570139



START CURLING AT HILLCREST

TRY CURLING



One Hour with equipment and coaching.

EVENT RENTALS



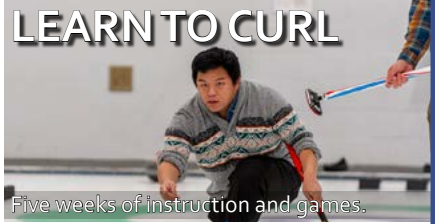
Great for team building or parties!

YOUTH PROGRAMS



Little Rocks, Juniors & Teens. Ages 5-20.

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Terry Salman Branch
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All Bodies Community Recreation and Fitness Group at Hillcrest Fall 2025



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 help you 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 an **ABC** Drop-in

***Please be sure to scan your pass, give your receipt or bracelet to the instructor, and sign the attendance roster.**

►Active & Strong (19+ yrs)

An ABC core program. Accommodating a range of fitness levels Active and Strong is group exercise class led by registered fitness professionals. Using a non-choreographed format with a focus on improved health and function, classes include strength, mobility and cardiovascular training as well as balance, coordination and agility. Thoughtful coaching provides various options in a welcoming and inclusive environment.

Th	10:15 AM-11:15 AM	Sep 11-Dec 18
Tu	10:15 AM-11:15 AM	Sep 16-Dec 16
Master Roster		573548

►Indigenous Soccer - Revitalizing Orca (19+ yrs)

Welcoming those returning or new to soccer - come and play with other First Nation, Metis, Inuit and others in a culturally supportive sport environment.

M	5:45 PM-6:45 PM	Sep 15-Dec 15
Specialty		573544

►ABC - Indigenous Women's Basketball (18+ yrs)

Play basket ball with other First Nation, Metis, &Inuit women in a culturally supportive sport for recreation environment.

Th	6:15 PM-7:15 PM	Sep 18-Dec 18
Specialty		573535

►Indigenous Woman Strong (19+ yrs)

Workout together with other First Nation, Metis, &Inuit women in a culturally supportive fitness environment designed for better health, strength and function. Learn easy to follow exercises using bodyweight and various equipment. It's always OK to choose not to do an exercise if it doesn't feel right for you. Running behind? Don't let that stop you, even 10 minutes makes a difference. Join is when you can.

Tu	6:00 PM-7:15 PM	Sep 16-Dec 16
Specialty		573545

ABC Specialty Programs

(Require additional & specific Registration)

► Indigenous Woman Wellness

(19+ yrs)

Meet with other First Nation, Metis, & Inuit women in a culturally supportive community environment, Workshops and Activity TBA*

Th 6:00 PM-7:30 PM Sep 18-Dec 04
Specialty [573546](#)

►BCRPA Fitness Theory Course

(19+ yrs)

Learn the theory and science behind safe and efficient fitness training. This course is a prerequisite for Group Fitness, Weight Training, Older Adult, Aqua fit, Yoga, and Pilates Instructor Courses. Topics include anatomy, physiology, biomechanics, movement analysis, exercise technique, training principles, program planning, training for cardio, strength, endurance and flexibility, nutrition, weight management and safety. Approved for BCRPA registration and CFES certification. \$345 plus GST*Manual (\$60) and Workbook (\$35) required

Su F 9:15 PM-4:45 PM Sep 12-Sep 21
\$345/4 sess [578183](#)

►Yoga for Amputees (& other mobility challenges)

(19+ yrs)

This yoga group is designed for people with limb loss or variance, focusing on yoga and mindfulness to improve balance, strength, and provide stress relief, while building community in a supportive environment. Classes are guided by yoga instructors who understand through working with amputees or living with amputation themselves the unique benefits of adapting yoga for all bodies. Open to both beginners and those with experience! New Participants are encouraged to arrive 15 minutes before class to introduce themselves to the instructor.

M 9:30 AM-10:45 AM Sep 08-Dec 15
Specialty [573561](#)

►Free Wksp HC - Community Problem Solving Series Introduction

(18+ yrs)

Join us as we introduce and explain this new series. We'll have a general discussion with our lead facilitator, Mr. Eli Mina. Attendees are requested to consider issues that can benefit from this initiative. The first series of 2 community conversations will cover SCREEN TIME, a complex and challenging community concern.

W 6:00 PM-7:30 PM Sep 10-Sep 10
FREE [574047](#)

►Free Wksp HC - Knit2gether

(18+ yrs)

New to knitting? Experienced knitter looking to connect with others? Maybe somewhere in between. Either way this knitting club is for you. Come learn a new skill, practice your craft or get help with a project. All are welcome, no experience necessary. Supplies not included.

M 6:00 PM-7:30 PM Sep 22-Dec 08
FREE [573536](#)

► Free Wksp HC - Managing Screen Time

(18+ yrs)

Managing Screen Time, a complex and challenging community concern. In recent times, substantial technological advances have benefited our community. Individuals and corporations gain almost instant access to valuable information. However, these benefits can come with a substantial price: Increased interactions with an electronic device can come at the cost of diminished direct interactions with families, co-workers, and communities. This situation can diminish the cohesion and human connectedness which have been so essential to the human race. In 2 interactive discussions we'll explore ideas for harnessing the benefits of fast emerging technology without diminishing quality human interactions.

W 6:00 PM-8:00 PM Sep 17-Sep 24
FREE [574048](#)

For more information about
All Bodies Community
Recreation and Fitness Group
at Hillcrest scan the QR code.



ABC Specialty Programs

(Require additional & specific Registration)

► Free Workshop HC -
Early Prep for Total Joint Replacement

(18+ yrs) | OASIS Vancouver Coastal Health
Early Preparation for Total Joint Replacement.
Learn what you can do to prepare for a
Total Joint ReplacementClasses taught by a
Vancouver Coastal Health OASIS Educator
- a Physiotherapist, Occupational therapist
Dietitian or Registered Nurse.
W 10:00 AM-12:00 PM Oct 29-Oct 29
FREE 577717

► Free Workshop HC -
Exercise and Arthritis
(18+ yrs) | OASIS Vancouver Coastal Health
Exercise and Arthritis - Learn about the
benefits of exercise, the types of exercises you
can do to support your joints, and the signs
you are doing too much.Classes taught by
a Vancouver Coastal Health OASIS Educator
- a Physiotherapist, Occupational therapist
Dietitian or Registered Nurse.
W 10:00 AM-12:00 PM Oct 08-Oct 08
FREE 577715

► Free Workshop HC -
Hand Arthritis Management
(18+ yrs) | OASIS Vancouver Coastal Health
Hand Arthritis Management- Individual
class for osteoarthritis in your hands with
focus on specific strategies for management,
including joint protection, exercise and
pain management. Classes taught by a
Vancouver Coastal Health OASIS Educator - a
Physiotherapist.
W 10:00 AM-12:00 PM Oct 22-Oct 22
FREE 577716

► Free Workshop HC -
Nutrition and Arthritis
(18+ yrs) | OASIS Vancouver Coastal Health
Nutrition and Arthritis Learn about the impact of
diet on arthritis and strategies for healthy eating.
2 hours Classes taught by a Vancouver Coastal
Health OASIS Educator - a Dietitian.
W 10:00 AM-12:00 PM Nov 05-Nov 05
FREE 580505

► Free Workshop HC -
Pain Management
(18+ yrs) | OASIS Vancouver Coastal Health
Pain ManagementLearn evidence based
strategies to manage arthritic pain so that you
can exercise, rest and have a function centered
life.Classes taught by a Vancouver Coastal Health
OASIS Educator - a Registered Nurse
W 10:00 AM-12:00 PM Nov 26-Nov 26
FREE 576158

► Hip & Knee Strength and Mobility
(19+ yrs)
Hip & Knee Strength and Mobility**Specialty
Program - Registration Required **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.
Th 11:30 AM-12:30 PM Sep 25-Dec 18
\$71.89/13 sess 573541
Tu 11:30 AM-12:30 PM Sep 09-Dec 16
\$71.89/13 sess 573542

►ABC - Master Fall 2025 program
Registration Roster
Activity number 573548

► Stand Strong & Balance (Th)
(19+ yrs)
Stand Strong and Balance - Registration
Required - ABC Specialty ProgramWe welcome
your walking aids.A workout for the wise. Want
to be active but want to be safe? Join us to build
your strength and confidence in standing and
walking. Practice your balance in a safe space.
Contact program coordinator Kate Lee by email
kate.lee@vancouver.ca for your invitation.
Th 12:45 PM-1:45 PM Sep 25-Dec 18
\$71.89/13 sess 573553
Tu 12:45 PM-2:15 PM Sep 09-Dec 16
\$71.89/13 sess 573554

ABC Specialty Programs

(Require additional & specific Registration)

► ABC - BCRPA FitnessTheory Course (19+ yrs)

Learn the theory and science behind safe and effective fitness training. This course is a prerequisite for Group Fitness, Weight Training, Older Adult, Aqua fit, Yoga, and Pilates Instructor Courses. It is designed to appeal to different learning styles by including visual aids and fun activities. Topics include anatomy, physiology, biomechanics, movement analysis, exercise technique, training principles, program planning, training for cardio, strength, endurance and flexibility, nutrition, weight management and safety. Approved for BCRPA registration and CFES certification. \$345 plus GST*Manual (\$60) and Workbook (\$35) required

F	4:30 PM-8:45 PM	Sep 12-Sep 21
Su	9:15AM-4:15pm	

\$345/4 sess **578183**

► ABC – Indoor Cycling Introduction 20-20-20

(19+ yrs)

ABC Specialty Program - Intimidated when you think of indoor cycling? Join ABC for an introduction for a 20 minute Ride, 20 minute Resistance and a so minute Stretch. Not just for beginner's this class is also suitable for maintenance and recovery. Monthly reservations or drop in as space permits with an All Bodies (ABC) 10 pass usage card or an All Bodies (ABC) Drop in

Tu	6:00 PM-7:00 PM	Sep 09-Sep 23
	\$16.59/3 sess	580446
Tu	6:00 PM-7:00 PM	Oct 07-Oct 28
	\$16.59/4 sess	580447
Tu	6:00 PM-7:00 PM	Nov 04-Nov 25
	\$22.12/4 sess	580448
Tu	6:00 PM-7:00 PM	Dec 02-Dec 16
	\$16.59/3 sess	580451
Th	6:00 PM-7:00 PM	Sep 11-Sep 25
	\$16.59/3 sess	580443
Th	6:00 PM-7:00 PM	Oct 02-Oct 30
	\$27.65/5 sess	580444
Th	6:00 PM-7:00 PM	Nov 06-Nov 27
	\$22.12/4 sess	580445

► ABC - Free Workshop HC - Supplements and Arthritis

(18+ yrs)

Supplements and Arthritis Learn about the impact of supplements and the ones that can help arthritis. Classes taught by a Vancouver Coastal Health OASIS Educator - Registered Dietitian

W	10:00 AM-12:00 PM	Nov 05-Nov 05
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FREE **577718**

► ABC - Free Workshop HC - Strong at any Age

(18+ yrs)

Strong at Any Age - The Power of Strength Training for Healthy Aging Discover how strength training can support your health, and independence, and vitality as you age. This informative workshop will explore the science backed benefits of building and maintaining muscle mass, improving bone density, boosting metabolism, and enhancing balance and mobility. Whether you're new to exercise or looking to refine your routine, you'll leave empowered with practical tips, and techniques to safely incorporate strength training into your lifestyle no matter you age or fitness level. Physiotherapist Heather Camenzind

M	6:00 PM-7:30 PM	Oct 20-Oct 20
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FREE **579920**

For more information about these and other ABC programs, schedules changes, and program updates scan here or contact kate.lee@vancouver.ca



Vancouver Board of Parks and Recreation and
Vancouver Coastal Health Partnership Program



Our Equipment Includes:

- LAT X Octane
- Concept II Rowers
- Sci Fit Recumbents
- Cybex Arc Trainers
- Keiser Upright Bikes
- Elliptical Cross Trainers
- FREE Weights & Benches
- TRX Functional Training Base
- Life Fitness Machines
- Hammer Strength
- Treadmills
- Power Mill
- Upright Bikes
- Recumbent Bikes

Fitness Centre Consultations

We offer FREE fitness consultations!

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.

Indoor Cycling Classes

Drop-ins \$7.41 | 10 visit pass \$66.69

Monday	Tuesday	Wednesday	Sunday
CycleXpress 6:30am-7:15am	Cycle Fit 9:30am-10:30am	CycleXpress 6:30am-7:15am	Cycle Fit 10:00am-11:00am
Schedule subject to change.		Cycle Fit 6:00pm-7:00pm	

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

Sign up for 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. A small group can include you and 2-3 of your friends/family members which can be very powerful in helping you stay on track when trying to attain your fitness goals. Training as a group provides a comfortable support system where you can encourage one another and foster some healthy competition!

PROGRAM	PRIVATE	SEMI PRIVATE	SMALL GROUP
1 Session	\$65.98	\$98.93	\$138.78
3 Sessions	\$182.83	\$274.29	\$371.70
5 Sessions	\$294.07	\$452.85	\$545.18
10 Sessions	\$527.90	\$841.00	\$991.22
Prices subject to change.			

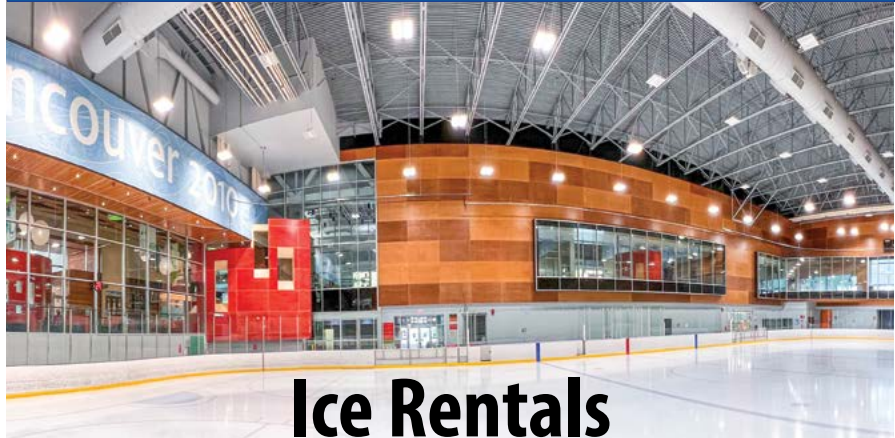
Ice Rink Schedule

September 27-December 19



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Public Skate 9:45-11:15am	Parent & Preschool 9:30-11:00am	Stick, Puck, & Ring 10:00-11:30am	Public Figure Skate 10:00-11:30am	Stick, Puck, & Ring 12:00-1:30pm	Public Figure Skate 10:00-11:30am	Public Skate 1:15-3:00pm
Skating Lessons 11:30am-2:00pm	Discount Skate 11:15-12:45pm	Public Figure Skate 11:45-1:15pm	Public Hockey 11:45am-1:15pm	Public Hockey 1:45-3:15pm	Public Hockey 11:45-1:15pm	Public Skate 3:15-4:45pm
Public Skate 2:15-3:45pm			Skating Lessons 3:45-5:45pm		Discount Skate 3:30-5:00pm	
			Public Skate 6:00-7:30pm		Para Ice Hockey Beginner 5:15-6:30pm	
			Adult Skating Lessons 7:45-8:30pm		Public Skate 6:45-8:00pm	
					Para Ice Hockey Int/Adv Scrim 8:15-9:30pm	
Rink Admission Pass Rates See page 5. <i>Program subject to change</i>						

7 year olds and younger must be accompanied by a parent or guardian. Schedule subject to change.



Ice Rentals

Go to vancouver.ca/rink-rentals to find more information.
Look under 'before you book'.

A rental request can be submitted for birthday parties, hockey rentals and group events online-use or create your Park Board online account to do this and follow the instructions closely.

After your request is complete, an email providing further instructions will follow.



Skating Lessons

Register online for skating lessons and sessions

- Fall Set 1 is opening Thursday, September 18 @ 7pm
- Fall Set 2 is opening Thursday, November 6 @ 7pm



Go to vanrec.ca for Hillcrest Rink Skating Lesson information.

Associated Groups

Riley Park Figure Skating Club

Learn to skate with the Riley Park Figure Skating Club which is taught by Skate Canada certified coaches. For more information, visit our website at www.rpfsc.ca

Vancouver Ringette

Looking for a fast-paced, inclusive team sport? Vancouver Ringette welcomes players of all genders ages 4 and up to join our fun, supportive community. Learn to skate, build confidence, and enjoy the excitement of playing ringette! For more information visit www.vancouverringette.ca or email vraregistrar@gmail.com.

Vancouver Thunderbird Minor Hockey

Vancouver Thunderbirds provides opportunities for youth to be involved in Canada's most popular sport. We aim to provide an unparalleled hockey experience for our Thunderbird players and members. Programming and skill development is offered for ages 4 through 20. For more information, visit our website at www.vancouverbirds.ca/registration or email thunderbirds@vancouverbirds.ca

Vancouver Female Ice Hockey Association

Vancouver's only female hockey association since 1972. We offer recreational and competitive non-contact ice hockey in a fun and safe environment for girls ages 5-20. Teams practice and play home games at Vancouver-area arenas. Beginners through advanced welcome. For more information visit www.vfiha.com

Hillcrest Aquatic Centre



Pool Schedule

Go to: vancouver.ca/parks-recreation-culture/hillcrest-pool-hours-location.aspx

Plan Your Visit

What you need to know before you arrive: Pool Admission & Pass Rates

- Capacity at the pool is limited and demand is high so you may need to wait to enter.
- **Please see page 6.**

Drop-ins

- All session times are drop in with the exception of Aquafit.

Main Pool Closed

- Bulkhead Move
Monday-Friday closed 9:00am to 9:30am
Saturday-Sunday closed 8:30am to 9:00am

Aquafit

Please go to: vancouver.ca/parks-recreation-culture/hillcrest-pool-hours-location.aspx

Swim Assessments / Lesson Level

If you are unsure of which level to register in, we offer swim assessments during our public swims. If your child is under 8 years, we require a parent/guardian to assist in the water during the assessment. Children registered in an inappropriate level will be moved to the proper level if space is available or refunded from the lesson.

For more information about the Lifesaving Society Lessons, please refer to the next page or check our website at www.vancouver.ca/swimminglessons.



SWIM FOR LIFE

The Lifesaving Society Swim for Life® program is a comprehensive swim lesson program that focuses on the development of fundamental swim strokes and skills for learners of all ages and abilities.

Swim for Life includes fun, hands on activities that focus on teaching Water Smart education for the whole family.

Parent and Tot

Ages 4 months – 3 years

Parent and Tot structures in-water interaction between parent/caregiver and child to stress the importance of play in developing water-positive attitudes and skills. Activities and progressions are based on child development allowing parents to register in the level appropriate for their child's age: 4-12 months, 12-24 months, or 2-3 years.

- ▶ Jellyfish (4-12 months)
- ▶ Goldfish (12-24 months)
- ▶ Seahorse (2-3 years)



Swimming Lesson Registration

▶ Online, in-person & phone-in at 7pm

▶ **Fall 2025**

Tuesday, August 26

▶ **Winter 2026:**

Tuesday, December 16

Preschool Program

Ages 3 – 5 years

The Swim for Life Preschool Program gives children a head start on learning to swim. They'll have fun developing the basics to be safe and confident little swimmers. Water Smart® education is part of every Preschool level. There are 5 levels progressive levels.



Swimmer Program

Swimmer 1 - 6

Ages 5 – 14 years

The Swimmer levels make sure your child learns how to swim before they get in too deep. Each level challenges children to develop safe entries, deep water support, underwater skills, and swimming strokes. Kids learn everlasting healthy habits by getting and staying fit. Swimmer levels include fun, hands on teaching activities that focus on teaching water safety — lessons that will last a lifetime!

Swimmer 7 - 9 (Canadian Swim Patrol)

Ages 8 – 15 years

Canadian Swim Patrol provides enriched training for young swimmers who are ready to go beyond learn-to-swim with introduction to water proficiency, first aid and recognition and rescue skills. They are the springboard to lifesaving, lifesaving sport and lifeguarding!



Bronze Program



Bronze Medallion

Prerequisite: Bronze Star or 13 years

Teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill and fitness. Rescuers learn advanced lifesaving techniques for challenging rescues of increased risk involving conscious and unconscious victims in varying water depths



Bronze Cross

Prerequisite: Bronze Medallion

Designed for lifesavers who want the challenge of more advanced training, including an introduction to safety supervision. As the Lifesaving Society's Assistance Lifeguard program, Bronze Cross hones judgment, knowledge, skill and fitness to prepare candidates for success in National Lifeguard (NL) and instructor certifications. It is also worth two Grade 11 credits.

Adult & Teen Program

Ages 13 years +

Whether you're just starting out or just want help with your strokes, the Adult and Teen swim program is for you no matter what your age! Work with certified instructors to learn to swim or improve your current swimming ability and fitness. You'll develop confidence in the water and smooth, recognizable strokes. You'll be able to set your own goals in consultation with your instructor. There are 3 progressive levels.

► Unsure of What Level to Register In?

Please check our website for more details on the specific levels

vancouver.ca/swimminglessons



If you are still unsure of what level to register in, or it has been more than 6 months, please contact your local pool about having a swim assessment with an instructor.

Private / Semi Private Swim Lessons

Ages 3 years +

Work at your own pace with a qualified instructor, one-on-one or two-on-one for a set of lessons to improve specific skills. Each lesson is 30 minutes in duration. Participants in Semi Private Lessons must be within a maximum of one skill level apart.

National Lifeguard Pool (NL Pool)

Prerequisites: Bronze Cross, Standard First Aid, and 15 years old

The Lifesaving Society's NL Pool is a demanding program designed to develop the fundamental values, judgement, knowledge, skills, and fitness required by professional lifeguards. NL Pool is worth two Grade 12 credits.



Vancouver Aquatics Academy

This is a lifeguard and swim instructor training program where Aquatics staff foster positive, long-term relationships with swim lesson participants in Vancouver facilities and their families, swim club members, and community members showing interest in these roles. This program aims to educate on the advantages of being a lifeguard and the positive impact this role has within a community and for the development of life skills. For more information about lifeguarding, certification, and course dates or to apply visit vancouver.ca/lifeguard.



CALENDAR

Fall Upcoming Events



►Pint Size Pumpkin Decorating (1-8 yrs)

Join us for a night of pumpkin decorating. Each registered child will receive their very own mini pumpkin to decorate using kid-safe supplies like stickers, paint, and fun craft materials - no carving involved! Costumes are welcome (and encouraged!) for extra festive fun. Parents and caregivers are asked to stay and enjoy the fun alongside their little ones. Adult supervision is required for the duration of the event. Important

Note: No waitlist will be available.

Please check back for future openings.

Tu	4:30 PM-5:15 PM	Oct 28
\$5/ child	Registration required.	578684
Tu	5:30 PM-6:15 PM	Oct 28
\$5/ child	Registration required.	578711
Tu	6:30 PM-7:15 PM	Oct 28
\$5/ child	Registration required.	578712



►Boo Bash Movie Night - Hotel Transylvania (1-8 yrs)

Join us for a fun-filled, family-friendly evening as we celebrate the Halloween season with a special movie night! We'll be showing a lighthearted, spooky (but not too scary!) film that everyone can enjoy, from little ones to the young at heart. Costumes are welcome and encouraged, so feel free to dress up and get into the spirit! Popcorn and Halloween treats will be provided per registered participant. Adult supervision is required for the duration of the event. Important Note: No waitlist will be available.

Please check back for future openings.

Th	5:30 PM-7:30 PM	Oct 30
\$2/child	Registration required.	578690



►Build a Ghostly Smore's Kit & Scavenger Hunt (1-8 yrs)

You're invited to build a ghostly smores kit with marshmallow ghosts, chocolate, and graham crackers, then join a spooky scavenger hunt full of surprises! Costumes welcome and encouraged! Fun, treats, and giggles guaranteed! Adult supervision is required for the duration of the event. Important Note: No waitlist will be available.

Please check back for future openings.

Sa	1:30 PM-2:15 PM	Oct 25
\$5/child	Registration required.	578714
Sa	2:30 PM-3:15 PM	Oct 25
\$5/child	Registration required.	578715
Sa	3:30 PM-4:15 PM	Oct 25
\$5/child	Registration required.	578716



►Holly Jolly Holidays at Hillcrest (0-12 yrs)

It's an exciting time for the whole family that you don't want to miss! This holiday event includes entertainment, crafts, games, hot chocolate and more! There will also be a visit from a very special guest (ho ho ho!). Space is limited so please register early. This event is made possible by the volunteers of Hillcrest Youth Council. Only children participating in the event require registration. Adult supervision is required at all times.

Sa	1:00 PM-3:00 PM	Dec 13
\$8/child		578769