

Hillcrest Community Centre Recreation Guide

Registration
starts
THURSDAY
AUGUST 22
at 7pm

Fall 2024

▶ ABC Program -----	43-47	▶ Music Lessons -----	26
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vancouver.ca/hillcrestec

hillcrestcommunitycentre.com

HILLCREST CENTRE - AQUATIC | RINK | FITNESS | COMMUNITY

President's Message

To our Riley Park, Hillcrest Community

Welcome to Fall 2024!

On behalf of the Board, Staff, and Volunteers at Hillcrest Community Centre, I am delighted to share some exciting news and updates with our vibrant community.

Firstly, I am proud to announce that Hillcrest Community Centre has been nominated as the Best Community Centre and Best Swimming Pool by the Georgia Straight. The Centre was awarded under the title of Best Community Centre in the city for several years running. These honors are a testament to our unwavering commitment to providing top-notch facilities and programs to our community.

Our annual Summer Festival was a resounding success, filled with a variety of cultural activities for all ages, especially families. The event featured community booths that provided valuable information and resources, making it a true celebration of community spirit. I extend my heartfelt thanks to the Parks Board staff and our dedicated association team for their hard work and commitment in making this event a triumph.

In other significant news, Hillcrest Community Centre has reached a new agreement with the City and Park Board. This collaboration ensures that we will work even closer together on behalf of our community, enhancing our ability to serve you.

We encourage everyone to discover the diverse programs available on our new website: hillcrestcommunitycentre.com. From young children to seniors, we offer activities for all ages and interests. Recognizing the needs of our expanding community, we are diligently working to increase the number of programs and spaces.

I want to thank the Hillcrest community for your ongoing support. As President of the RPHC Board of Directors, I also extend my gratitude to our administrative staff, volunteers, and our partners at the Vancouver Board of Parks and Recreation. It is through our collective efforts that we can offer a wide range of activities and programs for everyone.

In closing, we welcome your ideas and suggestions on how we can better serve our community. Please feel free to email president@rphca.ca or connect with us through our website or social media.

Best Wishes



Ken Charko, President,
Riley Park Hillcrest Community Association
4575 Clancy Loranger Way, Vancouver, BC V5Y 2M4
he/him (*xe/xem/xyrs)

Vancouver Park Board Commissioner's Message

I would like to extend my heartfelt thanks to Ken Charko for his tireless efforts in reaching a settlement with the Parks Board on the Joint Operating Agreement. This achievement marks a significant step forward for the Hillcrest Community Centre and our entire community.

Under the dedicated leadership of Ken Charko and the Board, the Hillcrest Community Centre has been recognized among the best community centers in Vancouver for the past seven years. This remarkable accomplishment is a testament to their unwavering commitment and hard work.

Congratulations to Ken and the Board. Your dedication and vision have created a space that not only serves but also uplifts our community. Your efforts have made a lasting impact, and for that, we are deeply grateful.



Angela Kate Haer
Vancouver Park Board Commissioner





Hillcrest Community Centre

4575 Clancy Loranger Way Vancouver, BC V5Y 2M4
Centre, Pool & Rink604-257-8680
Fax604-257-8639

Hours of Operation



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



@RPHCA.ca



Riley Park Hillcrest Community Association (RPHCA)

Riley Park Hillcrest Community Association
EmailRPHCA@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 2024

Registration Dates

community centre programs

Online, In-person & Phone-in at 7pm
Thursday, August 22

hillcrestcommunitycentre.com

swim lessons

Online, In-person & Phone-in at 7pm
Fall: Tuesday, August 27

Winter 2025: Tuesday, December 17

vancouver.ca/hillcrestpool

skate lessons

Online, In-person & Phone-in at 7pm
Fall Set 1: Thursday, September 19

Fall Set 2: Thursday, November 7

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 2024*

Rink, Pool & Fitness Centre

Single Visit Drop-in Fees

Type	Price
Adult(19-64 years)	\$7.41
Youth(13-18 years)	\$5.19
Child(5-12 years)	\$3.71
Senior(65+ years)	\$5.19
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)	\$66.69
Youth(13-18 years)	\$46.71
Child(5-12 years)	\$33.39
Senior(65+ years)	\$46.71
Toddler under 5 with an adult	FREE

Pool Special Rates

Family: \$3.71/person (minimum charge \$7.41), 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: \$3.71/person (minimum charge \$7.41), 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)	\$59.95	\$161.87	\$517.97
Youth(13-18 years)	\$41.96	\$113.31	\$362.58
Child(5-12 years)	\$29.98	\$80.94	\$258.99
Senior(65+ years)	\$41.96	\$113.31	\$362.58

**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

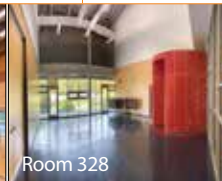
Room Name	Seated Capacity	Dimension (approx.)	Square Footage	Features	Room Rate
Multipurpose 320	24	15 x 33	538	Natural lighting, kitchen, balcony	\$45/hour
Multipurpose 328	40	29 x 33	958	Natural lighting, balcony	\$45/hour
Arts & Crafts	32	24 x 33	815	Natural lighting, sink, balcony	\$45/hour
Gymnasium (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



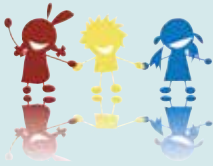
Gymnasium



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	\$161/month		\$110
Tu Th	\$115/month		\$80
Tu Th		\$115/month	\$80
W F		\$115/month	\$80

*Fees subject to change.



Birthday Parties



► Birthday Party with Gym

(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.

\$305/1 sess	Sep 22-Dec 15
Su	9:30 AM-11:30 AM Gym & Room 320 Max
20 Guests	VIEW ONLINE
Su	10:45 AM-12:45 AM Gym & Room 322
Max 30 Guests	VIEW ONLINE
Su	11:45 AM-1:45 PM Gym & Room 320 Max
20 Guests	VIEW ONLINE
Su	1:15 PM-3:15 PM Gym & Room 322 Max
30 Guests	VIEW ONLINE



Halloween Haunted House at Hillcrest

All ages

Friday October 25

Dress up in your costume and come enjoy our kid friendly haunted house at Hillcrest, brought to you by the Hillcrest Youth Council!

While children wait for their assigned time in the haunted house, families can enjoy spooktacular crafts, batty carnival games and go trick-o-treat!

Register by timeslot	4:00 PM-5:00 PM	516446
	5:00 PM-6:00 PM	516439
	6:00 PM-7:00 PM	516445

Lots of scary fun for everyone!



Please register as this event will sell out! Only children participating in the event require registration. For children under 8 years old, adult supervision is required at all times.

ARTS

Art and Music with Sun Rey

(1-4 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 on Oct 16

W	10:00 AM-10:45 AM	Sep 18-Nov 13	
			522112
\$138/8 sess			
W	11:00 AM-11:45 AM	Sep 18-Nov 13	
			522113
\$138/8 sess			

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 on Oct 16

W	1:00 PM-2:00 PM	Sep 18-Nov 13	
			522117
\$163/8 sess			

Holiday Art and Music with Sun Rey

(2-4 yrs) | Sun Rey Han

Jingle bells, jingle bells and ho ho fun. You will make many holiday decorations and gifts to take home or to give to someone special. There will be time set aside for sing a longs and storytelling time. Parent/caregiver participation is required. Drop-in if space available.\$24.00

W	10:00 AM-10:45 AM	Dec 04-Dec 18	
			522132
\$49.5/3 sess			
W	11:00 AM-11:45 AM	Dec 04-Dec 18	
			522134
\$49.5/3 sess			

Holiday Art is Fun

(3-5 yrs) | Sun Rey Han

Dashing through the snow and making your special holiday gift craft. Have fun with claymodelling, painting, collage to abstract, mixed media art, crafting and more. Drop-in if space available.\$26.50

W	1:00 PM-2:00 PM	Dec 04-Dec 18	
			522144
\$67.5/3 sess			

Boogie Buddies

(3-5 yrs) | Vancouver Performing Stars

In this high energy dance class, your active little one will discover new and exciting moves while learning about body control and strength. Our high-energy & creative approach focuses on developing agility & coordination, through fun movement and music, in support of their development. Leave feeling energized and confident!

W	10:15 AM-11:00 AM	Sep 18-Dec 04	
			519579
\$192/12 sess			

Dance A Story

(3-5 yrs) | Vancouver Performing Stars

Let your little ones lose themselves in the world of make believe. Children will be immersed in magical stories they love as they sing and dance to their favourite songs. Music and dance technique will compliment the class to help your little star improve their coordination and confidence. www.performingstars.caNo class Sep 30, Oct 14 & Nov 11

M	10:15 AM-11:00 AM	Sep 16-Dec 09	
			519368
\$150/10 sess			

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 No Class Sep 28, 30, Oct 12, 14, Nov 9, 11.

Sa	9:15 AM-9:45 AM	Sep 14-Dec 07	
			519430
\$150/10 sess			
Sa	9:45 AM-10:15 AM	Sep 14-Dec 07	
			519454
\$160/10 sess			
M	9:15 AM-10:00 AM	Sep 16-Dec 09	
			519457
\$160/10 sess			
W	9:15 AM-10:00 AM	Sep 18-Dec 04	
			519459
\$192/12 sess			

Tiny Ballet

(3-3 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 Sep 28, Oct 12 & Nov 9

Sa	10:30 AM-11:15 AM	Sep 14-Dec 07	
			519462
\$160/10 sess			



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 26-Oct 31	
\$120/6 sess			522151
Th	10:30 AM-11:20 AM	Sep 26-Oct 31	
\$120/6 sess			522155
Th	11:30 AM-12:20 PM	Sep 26-Oct 31	
\$120/6 sess			522156
Th	9:30 AM-10:20 AM	Nov 07-Dec 19	
\$140/7 sess			522180
Th	10:30 AM-11:20 PM	Nov 07-Dec 19	
\$140/7 sess			522181
Th	11:30 AM-12:20 PM	Nov 07-Dec 19	
\$140/7 sess			522182

Mini Ballet

(3-4 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

<p>Sep 28, 30, Oct 12, 14, Nov 9, 11.</p> <p>M 11:00 AM-11:45 AM Sep 16-Dec 09</p> <p>\$160/10 sess 519466</p> <p>M 11:45 AM-12:30 PM Sep 16-Dec 09</p> <p>\$160/10 sess 519468</p> <p>Sa 11:15 AM-12:00 PM Sep 14-Dec 07</p> <p>\$160/10 sess 519470</p>

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.

<p>No Class Sep 28, 30, Oct 12, 14, Nov 9, 11</p> <p>M 3:00 PM-3:45 PM Sep 16-Dec 09</p> <p>\$160/10 sess 519521</p> <p>M 12:30 PM-1:15 PM Sep 16-Dec 09</p> <p>\$160/10 sess 519536</p> <p>W 11:00 AM-11:45 AM Sep 18-Dec 04</p> <p>\$192/12 sess 519540</p> <p>W 11:45 AM-12:30 PM Sep 18-Dec 04</p> <p>\$192/12 sess 519547</p> <p>Sa 1:45 PM-2:30 PM Sep 14-Dec 07</p> <p>\$160/10 sess 519550</p>

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 or 10 tickets for \$36.00. Children under 6 months are free.

<p>M W F 10:45 AM-12:15 PM Sep 16-Dec 20</p> <p>\$4/39 sess 522580</p>

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

ARTS CONT'D

Zumbini® **NEW**

(0-4 yrs) | Maayan Amitov

Sing, dance and play as you bond with your child! Created by Zumba® and Baby First 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 Baby First TV. Come and join the Zumbini family! Parent participation is required. Children 6 months and under can attend free with a registered sibling. www.zumbini.com No class: Oct 11th

Kalino Finds The Music

F	9:30 AM-10:15 AM	Sep 13-Nov 01
\$152/7 sess		522395
F	10:30 AM-11:15 AM	Sep 13-Nov 01
\$152/7 sess		522396

Hili And The Dance

F	9:30 AM-10:15 AM	Nov 08-Dec 20
\$152/7 sess		522397
F	10:30 AM-11:15 AM	Nov 08-Dec 20
\$152/7 sess		522398

SPORTS

Gymnastics Preparation Program - Parent & Tot

(2-4 yrs) | 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. Parent/caregiver participation is required. 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. No Class Sep 28, Oct 12, Nov 9 & Dec 7

Th	3:00 PM-3:45 PM	Sep 12-Dec 05
\$300/12 sess		522242
Sa	9:00 AM-9:45 AM	Sep 14-Dec 14
\$250/10 sess		522277
Sa	9:45 AM-10:30 AM	Sep 14-Dec 14
\$250/10 sess		522280

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 Sep 28, Oct 12, Nov 9, Dec 7

Sa	9:15 AM-10:00 AM	Sep 21-Dec 14
\$202.5/9 sess		522440

Sportball Indoor Floor Hockey

| Sportball Vancouver

Sportball Indoor Floor Hockey programs introduce fundamental concepts of gameplay and teach the basic skills required to shoot it like Crosby in a supportive, non-competitive environment.

(4-6 yrs)

Tu	3:30 PM-4:30 PM	Sep 10-Oct 22
\$122.5/7 sess		519284
Tu	3:30 PM-4:30 PM	Oct 29-Dec 10
\$122.5/7 sess		519285

(6-9 yrs)

Tu	4:30 PM-5:30 PM	Sep 10-Oct 22
\$122.5/7 sess		519290
Tu	4:30 PM-5:30 PM	Oct 29-Dec 10
\$122.5/7 sess		519293

Sportball Multi-Sport

(3-5 yrs) | Sportball Vancouver

Sportball Multi-Sport skills development programs introduce preschool and primary school children to the concepts and skills involved in the eight core sports of the Sportball methodology.

Tu	11:15 AM-12:15 PM	Sep 10-Oct 22
\$122.5/7 sess		519271
Tu	11:15 AM-12:15 PM	Oct 29-Dec 10
\$122.5/7 sess		519279

(2-3 yrs) Parent & Tot – Parent Participation required

Tu	10:30 AM-11:15 AM	Sep 10-Oct 22
\$122.5/7 sess		519251
Tu	10:30 AM-11:15 AM	Oct 29-Dec 10
\$122.5/7 sess		519265

▶ Sportball Outdoor Soccer

| Sportball Vancouver

Kickstart your day! Sportball Outdoor Soccer programs introduce fundamental concepts of gameplay and teach the basic skills required to bend it like Beckham in a supportive, non-competitive environment. This program is held outdoor; on the north field behind the preschool room and community centre. No class Sep 28 and Oct 12

(3-5 yrs)

Th	4:30 PM-5:30 PM	Sep 12-Oct 17
\$105/6 sess		519323
Sa	2:00 PM-3:00 PM	Sep 07-Oct 19
\$87.5/5 sess		519333

(5-7 yrs)

Sa	1:00 PM-2:00 PM	Sep 07-Oct 19
\$87.5/5 sess		519328

(6-9 yrs)

Th	3:30 PM-4:30 PM	Sep 12-Oct 17
\$105/6 sess		519322

(2-3 yrs) Parent & Tot – Parent Participation required

Th	5:30 PM-6:15 PM	Sep 12-Oct 17
\$105/6 sess		519326
Sa	3:00 PM-3:45 PM	Sep 07-Oct 19
\$87.5/5 sess		519338

▶ Sportball Outdoor T-Ball

Parent and Tot

(2-3 yrs) | Sportball Vancouver

Hit a home run with Sportball Parent & Child T-Ball programs! Participants are introduced to fundamental concepts of gameplay and are provided the basic skills required to play ball with confidence in fun, exciting, skills-focused games. Classes take place outdoors, and are rain or shine. Camps are held outdoor; on the field behind the preschool room and community centre. No class Sep 29 and Oct 13

(2-3 yrs) Parent & Tot – Parent Participation required

Su	9:30 AM-10:15 AM	Sep 08-Oct 20
\$87.5/5 sess		519346

(3-5 yrs)

Su	10:15 AM-11:15 AM	Sep 8-Oct 20
\$87.5/5 sess		519350

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

▶ Instructor Profile



Coach Hai Doan

These programs prioritizes the development of physical literacy. The goal is to motivate children to be active for life and unleashing the power of play.

▶ Sports with Coach Hai - Floor Hockey

(3-5 yrs) | Hai Doan

We'll create unforgettable moments of play and learning together. Our sessions include engaging floor hockey activities, where kids can stickhandle, pass, and score their way to developing essential skills. They'll learn teamwork, strategy, and the excitement of the game of hockey!

No Class on Sep 30, Oct 14 and Nov 11

M	1:45 PM-2:45 PM	Sep 23-Dec 02
\$200/8 sess		522674
W	1:45 PM-2:45 PM	Sep 25-Nov 27
\$250/10 sess		522723

▶ Sports with Coach Hai - Indoor Soccer

(3-5 yrs) | Hai Doan

Our sessions include engaging soccer activities, where kids can dribble, pass, and score their way to developing essential skills. They'll learn teamwork, strategy, and the excitement of the beautiful game. No class Sep 30, Oct 14, Nov 11

M	12:45 PM-1:45 PM	Sep 23-Dec 02
\$200/8 sess		522671
W	12:45 PM-1:45 PM	Sep 25-Nov 27
\$250/10 sess		522722
Th	11:15 AM-12:00 PM	Sep 26-Nov 28
\$250/10 sess		522721

▶ Sports with Coach Hai - Parent and Tot

(2-3 yrs) | Hai Doan

Join us for an exciting adventure where your child can discover the joy of movement and the magic of play! We will go through multiple sports and learn to move together! Parent/Caregiver Participation required.

Th	10:30 AM-11:15 AM	Sep 26-Nov 28
\$250/10 sess		522703

ART

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!

(6-9 yrs)

Tu 4:00 PM-5:00 PM Sep 17-Dec 10
\$368/13 sess **522229**

(10-13 yrs)

Tu 5:30 PM-6:30 PM Sep 17-Dec 10
\$368/13 sess **522236**

Colour Your Ideas - **NEW**

Creative Drawing & Collage!

(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. No Class Nov 9 and Dec 7.

Sa 10:00 AM-11:10 AM Oct 19-Dec 14
\$200/7 sess **522380**

Sa 11:15 AM-12:25 PM Oct 19-Dec 14
\$200/7 sess **522383**

Making a Textile Product **NEW**

(6-12 yrs) | **TBA Instructor**

Create and make your own textile product! You can create a frame, a cushion, a purse, etc. Use your creativity and create a final project to bring home by the end of the activity! We will explore textile techniques, materials and know the artists! All supplies will be provided and students will be able to take their products home. Children and youths will enjoy using their creativity! We are Small Creative Lab!

W 3:45 PM-5:00 PM Sep 18-Dec 04
\$300/12 sess **522384**

Watercolour Painting for Kids and Youth

(7-17 yrs) | **Mohammad Reza Atashzad**

Explore the world of watercolour painting. This program is for youth who want to learn how to use water, paper, colour and brushes to create an endless variety of tones in their paintings. Supplies not included. Supplies list available on receipt. See www.atashzad.com for more information. Drop in \$39 (space permitting). No class Sept 30, Oct 14 and Nov 11.

M 3:30 PM-5:30 PM Sep 16-Dec 16
\$363/11 sess **523040**

DANCE

Asian Pop Popstar **NEW**

Street Dance Sampler for Families

(6+yrs) | **ILLUMA Studio**

As a family, come experience high dynamics cardio dance and Hip Hop fundamentals while vibing to Korean and Asian Pop Music! Dancers will refine their technique through choreography, strengthening, footwork, isolations, stretches and more! No previous experience required. Bring shoes with non-marking soles and comfortable sports clothing. Bring your water bottle! Please note that a parent/guardian 19yrs+ participations is required. Registration fee includes child and caregiver. No Class Sep 28, Oct 12, Nov 9

Sa 9:30 AM-10:30 AM Sep 14-Nov 30
\$236.25/9 sess **522297**

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

Active Hip Hop **NEW**
Dance Stretch & Strength
 (6-14 yrs) | **ILLUMA Studio**

Come dance to hip hop music for cardio training! Then through proper breathing, strengthening, and stretching, students will have a better understanding of their bodies and develop proper muscle memory. Having learned the proper techniques, our goal is for the student to have better physical awareness, stronger core muscles, increase flexibility and stand tall with confidence. No previous experience required. Bring dry indoor shoes with non-marking soles preferred (especially during rain/snow season), comfortable clothing. Bring your water bottle and a nut free snack. Bring Your Shine! No Class Sep 28, Oct 12, Nov 9

Sa 12:30 PM-1:30 PM Sep 14-Nov 30
 \$144/9 sess **522314**

Bollywood Hip Hop / KPOP **NEW**
 | **ILLUMA Studio**

Come experience high dynamics cardio dance and Hip Hop fundamentals while vibing to Korean and Bollywood Hip Hop Music! Dancers will refine their technique through choreography, strengthening, footwork, isolations, stretches and more! Bring dry indoor shoes with non-marking soles preferred (especially during rain/snow season), comfortable clothing. Bring your water bottle and a nut free snack. Bring Your Shine! No Class Sep 28, Oct 12, Nov 9

(6-12 yrs)
 Sa 10:30 AM-11:30 AM Sep 14-Nov 30
 \$144/9 sess **522306**

(9-17 yrs) | **ILLUMA Studio**
 Sa 11:30 AM-12:30 PM Sep 14-Nov 30
 \$144/9 sess **522310**

Intermediate Ballet
 (7-10 yrs) | **Vancouver Performing Stars**

In this ballet class, dancers will learn essential ballet techniques every performer should know. Along with learning choreography, dancers will be encouraged to explore their own creative expression and learn how to dance with a fluid movement quality, while strengthening their flexibility and coordination skills. Appropriate ballet shoes and attire please.

www.performingstars.ca No Class Sep 28, Oct 12 & Nov 9
 Sa 1:00 PM-1:45 PM Sep 14-Dec 07
 \$160/10 sess **519507**

Intermediate Hip Hop
 (7-10 yrs) | **Vancouver Performing Stars**

This high energy hip hop class will help dancers improve their flexibility, develop body balance, confidence, and coordination. Dancers will learn how to cleanly execute challenging choreography at a fast pace. Together, they will gain the work ethic, commitment and strength it takes to be a dynamic performer. www.performingstars.ca No Class Sep 30, Oct 14 & Nov 11

M 4:30 PM-5:15 PM Sep 16-Dec 09
 \$160/10 sess **519577**



Junior Ballet
 (5-6 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 Sep 28, Oct 12 & Nov 9

Sa 12:15 PM-1:00 PM Sep 14-Dec 07
 \$160/10 sess **519474**

Junior Hip Hop
 (5-6 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 Sep 28, 30, Oct 12, 14, Nov 9, 11.

M 3:45 PM-4:30 PM Sep 16-Dec 09
 \$160/10 sess **519564**
 Sa 2:30 PM-3:15 PM Sep 14-Dec 07
 \$160/10 sess **519572**

EDUCATION

Strong and Confident Minds **NEW**

(6-9 yrs) | Sarah Adams

This program helps children build confidence, self-awareness and compassion through yoga, art, literacy and mindfulness. We will introduce strategies to enhance mental and emotional well being by using simple tools and doing fun activities. Come dressed to move and participate in art activities. Each participant will receive a kit with affirmation cards and other tools to use at home (valued at \$39). Sarah is a Montessori teacher and mom in Vancouver - she loves books and nature!

W 4:00 PM-5:00 PM Sep 25-Nov 27
\$250/10 sess [524342](#)

EFK After-School Club - Technology and Coding

(8-12 yrs) | Engineering For Kids Vancouver

From 3D modeling to video game design, these after-school activities will allow your child to develop their problem-solving skills while they learn the basics of programming and computer science. Each week, students are welcomed for open discussion and group activities for the first 30 minutes, followed by a 60 minutes lesson and building time. The last 30 minutes will be free time for continue building and further development of their design, group discussions, fun group activities. Please ensure to send child with snacks, water bottle, and dressed according to the weather.

Th 3:45 PM-5:45 PM Sep 19-Nov 21
\$360/10 sess [522588](#)

EFK: Aerospace Engineering: **NEW** Up Up and Away

(7-10 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!

No Class on Sep 30, Oct 12 & Nov 9

Sa 3:15 PM-4:15 PM Sep 21-Nov 30
\$240/8 sess [522865](#)

EFK: Playful Playground **NEW**

(4-6 yrs) | Engineering For Kids Vancouver

In this camp, students will become mechanical engineers that have been hired to design the ultimate playground in their community. Playgrounds are packed full of simple machines such as levers, wheels and axles, inclined planes, and pulleys. In these lessons students will learn about the simple machines they encounter every day at the playground, while advancing their literacy skills through a variety of read alouds. They will tackle fun and engaging challenges while using the EFK Engineering Design Process. We can't wait to play! No Class on Sep 30, Oct 12 & Nov 9

Sa 2:00 PM-3:00 PM Sep 21-Nov 30
\$174/8 sess [522589](#)



EFK: 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 6-8years 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.

Tu 3:30 PM-4:57 PM Sep 24-Dec 03 [VIEW ONLINE](#)
W 3:30 PM-4:57 PM Sep 25-Dec 04 [VIEW ONLINE](#)
Th 3:30 PM-4:57 PM Sep 26-Dec 05 [VIEW ONLINE](#)
\$374/11 sess



▶Red Cross Babysitting Course

(11-15 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	Oct 05
\$75/1 sess		522471
Sa	9:30 AM-4:30 PM	Nov 23
\$75/1 sess		522472

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

▶Young Commander Chess Intermediate

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

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 checkmate. 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.

Novice/Starter

W	4:00 PM-5:10 PM	Sep 11-Dec 11
\$210/14 sess		519191

Intermediate

W	5:20 PM-6:30 PM	Sep 11-Dec 11
\$210/14 sess		519210

▶WEDO 1 Robotics

(6-11 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 17-Oct 15
\$125/5 sess		524600

▶WEDO 2 Robotics

(6-11 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 22-Nov 19
\$125/5 sess		524603

WORKSHOPS

Artist: Rita (Point) Kompst

xʷməθkʷəyəm Artist: Cedar Weaver and Natural Wool Dye Facilitator

Rita was born and raised in Musqueam. Her late Father, Joe Becker, a former Musqueam Chief, was mainly a carver and a fisherman. Rita started cedar weaving once her Father passed as per her Cultural teachings. She experienced several personal losses over the next 7 years and continued weaving on her healing journey.

Her Mentor Todd Devries, a Haida Weaver, encouraged her to begin teaching cedar weaving several years ago. Now she teaches cedar weaving full-time.

► Cedar Weaving Workshop – Cedar Hearts

(6-13 yrs) | Rita (Point) Kompst

This is an educational workshop for children and preteens to learn from an Indigenous cedar weaver, the process of traditional cedar weaving. Participants will experience weaving a cedar heart to take home, with the option of writing a private and personal message to place inside the pouch before twining the two sides together. The artist will prepare the cedar and through storytelling explain the traditional way for harvesting all materials.

S 10:00 AM-12:00 PM Sep 28
\$30/1 sess [524547](#)



SPORTS



► Future Bounce Basketball League

| Future Bounce Athletics 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. This program is designed for grade 4 to 6 players of all skill levels to work on their game play. No Class on Sep 28, Oct 12, Nov 9 & Dec 7.

(8-11 yrs) - Gr. 4-6

Sa 12:15 PM-1:35 PM Sep 14-Dec 14
\$135/10 sess [522203](#)

(12-14 yrs) - Gr. 7-9

Sa 1:40 PM-3:05 PM Sep 14-Dec 14
\$135/10 sess [522220](#)

► 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. No Class Sep 28, Oct 12, Nov 9 & Dec 7 For

(4-6 yrs)

Th 3:45 PM-4:45 PM Sep 12-Dec 05
\$324/12 sess [522257](#)

Sa 10:30 AM-11:30 AM Sep 14-Dec 14
\$270/10 sess [522284](#)

(7-12 yrs)

Th 4:45 PM-5:45 PM Sep 12-Dec 05
\$324/12 sess [522262](#)

Sa 11:30 AM-12:30 PM Sep 14-Dec 14
\$270/10 sess [522285](#)

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. No Class Sep 28, Oct 12, Nov 9, Dec 7

(6-8 yrs) | JR Ballers

Tu	3:30 PM-4:30 PM	Sep 10-Nov 05	
	\$126/9 sess		522291
Tu	3:30 PM-4:30 PM	Nov 12-Dec 17	
	\$84/6 sess		522867
Sa	3:15 PM-4:00 PM	Sep 14-Dec 14	
	\$140/10 sess		522294

(9-12 yrs) Female identifying

Tu	4:30 PM-5:30 PM	Sep 10-Nov 05	
	\$126/9 sess		522293
Tu	4:30 PM-5:30 PM	Nov 12-Dec 17	
	\$84/6 sess		522868

(9-12 yrs) Male identifying

Sa	4:00 PM-5:00 PM	Sep 14-Dec 14	
	\$162.5/10 sess		522295



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 Sep 28, Oct 12, Nov 9, Dec 7

Th	4:45 PM-5:45 PM	Sep 19-Dec 12	
	\$292.5/13 sess		522439
Sa	11:00 AM-12:00 PM	Sep 21-Dec 14	
	\$202.5/9 sess		522442

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. No Class Sep 28, Oct 12, Nov 9, Dec 7

Th	3:45 PM-4:45 PM	Sep 19-Dec 12	
	\$292.5/13 sess		522438
Sa	10:00 AM-11:00 AM	Sep 21-Dec 14	
	\$202.5/9 sess		522441

All ages
Holly Jolly Holidays at Hillcrest

It's an exciting time for the whole family that you don't want to miss!

This event includes entertainment, crafts, games, hot chocolate and more!

Organized by the Hillcrest Youth Council.

There will also be a visit from a very special guest (ho ho ho!).

Saturday, December 7

1:00 PM-3:00 PM

\$8/child

516427



DAY CAMP

Design a Classroom with Petit Architect Pro-D Day Camp

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

Back to school! Image your own classroom design, plan it in 2D and build it in a 3D model. 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 Sep 20-Sep 20
\$109/1 sess [523021](#)



Design a Passive House with Petit Architect Pro-D Day Camp

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

Description: Learn about the impact of our homes on climate change, energy efficiency in buildings, and design your own passive house model! 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 Nov 22-Nov 22
\$109/1 sess [523022](#)

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 25-Oct 25
\$109/1 sess [523025](#)

Explorers Pro-D Day Camp

(6-12 yrs) | Day Camp Leaders

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 by December 31, 2024 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-4:00 PM Nov 22
\$42/1 sess [522882](#)

Explorers Winter Break Day Camp

(6-12 yrs) | Day Camp Leaders

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. To be eligible for registration, your child must be 6 years of age by December 31, 2024 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. No camp on Jan 1.

M T Th F 9:30 AM-4:00 PM Dec 30-Jan 03
\$168/4 sess [522883](#)

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.**

- * 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.
- To sign up for the next volunteer orientation – see page 24 for more information.

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.

We apologize for any inconvenience in advance.

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

Games Room Drop-in Pre-teen/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 drop-in sessions on statutory holidays.

M Tu W Th 3:30 PM-5:45 PM Sep 03-Jan 02
Free **516451**

Games Room Drop-In - Family (8-0 yrs) | 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.

Sa Su 9:00 AM-4:00 PM Sep 07-Dec 29
Free **516454**

**Games Room Drop-In
Friday Youth Night**

(13-18 yrs) | Youth Leader

Welcome to Friday Youth Extravaganza! A free weekly drop-in to come and hang out at the Hillcrest every Friday night! 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! No drop-in sessions on statutory holidays.

F 3:30 PM-8:30 PM Sep 06-Dec 20
Free 516452



SOCIAL

Friday Night 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! 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! Please notify staff of any food allergies or dietary restrictions. No session on October 25 & December 6

F 6:00 PM-8:00 PM Sep 20-Dec 13
\$33/11 sess 522869

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.

F 3:30 PM-6:00 PM Sep 06-Dec 20
Free 522871



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



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

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.

W 3:30 PM-5:30 PM Sep 04-Dec 18
Free [516461](#)

► **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.

M 3:30 PM-5:30 PM Sep 09-Dec 30
Free [516457](#)

► **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 sessions on statutory holidays.

F 3:30 PM-5:45 PM Sep 06-Dec 20
Free [516462](#)

► **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 sessions on statutory holidays.

F 6:00 PM-8:30 PM Sep 06-Dec 20
Free [516459](#)



Sports Drop-In Schedule

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 Basketball (13-18 yrs) 3:30-5:45pm FREE</p> <p>Youth Volleyball (13-18 yrs) 6:00-8:30pm FREE</p>

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 contact the Community Youth Worker at sally.chan@vancouver.ca for more details.

F 4:00 PM-5:30 PM Sep 13-Dec 13
Free **516456**

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

Want to become a volunteer and give back to your community? Sign-up for this orientation to become a volunteer for Hillcrest Community Centre programs and special events! We will cover important information including volunteer responsibilities, expectations, safety procedures, and have a chance to sign up for upcoming volunteer shifts. We accept youth volunteers ages 14-18 to help with assisting in our programs and keep the fun going with all our participants! A Youth Volunteer Application Form must be completed and returned back to Hillcrest Centre prior to attending this mandatory volunteer orientation. Available for download here: www.hillcrestcommunitycentre.com/wp-content/uploads/2024/06/Hillcrest-Youth-Volunteer-Application-Form-Updated-July-2024.pdf.

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 14
Free **516449**

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. For more information and to book a pre-registration interview, please contact the Community Youth Worker at sally.chan@vancouver.ca

F 4:00 PM-6:00 PM Sep 20-Dec 13
\$216/12 sess **522872**

▶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. For more information and to schedule a pre-registration interview, please contact the Community Youth Worker at sally.chan@vancouver.ca

F 6:30 PM-8:30 PM Sep 20-Dec 13
\$288/12 sess **522873**

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

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.

Th	3:30 PM-8:00 PM	Sep 12-Dec 19
		VIEW ONLINE

\$455/14 sess

►Piano - Private Lessons

(5yrs and up) | Musical Expressions

Musical Expressions takes on a creative and intuitive approach to music learning. With goals and learning styles varying from student to student, 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.musicalexpressions.ca for more info. No lesson on Sept 30, Oct 14, Nov 11.

M	3:30 PM-8:30PM	Sep 09-Dec 16
		VIEW ONLINE
Sa	9:30 AM-4:00 PM	Sep 14-Dec 21
		VIEW ONLINE

\$390/12 sess

►Semi Private Group Trio Guitar/ Ukulele-Lessons

(8-10 yrs) | Musical Expressions

This group Guitar/Ukulele lesson is for those who have worked with our Musical Expressions Guitar/ Ukulele instructors, and have familiarity working with Guitar or Ukulele Notation, Rhythm, Tabs, and Chords. All classes are set in a fun, stress free environment, with opportunities for group/trio playing of pieces done together. All students are required to bring their own instrument. Music books are purchased separately. No lesson Sept 28, Oct 12, Nov 9

Sa	4:00 PM-4:45 PM	Sep 14-Dec 21
		521239

\$420/12 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 13-Oct 25
		VIEW ONLINE

\$406/7 sess

Music Lessons Schedule

All private music programs are 30 minutes sessions.

Monday	Thursday	Friday	Saturday
Piano Lessons (5+yrs) 3:30-8:30pm	Guitar/Ukulele/ Drums Lessons (5+yrs) 3:30-8:30pm	Violin Lessons (5+yrs) 3:30-8:30pm	Guitar/Ukulele/Drums Lessons (5+yrs) 12:30-3:30pm/3:30-8:00pm
			Piano Lessons (5+yrs) 9:30am-3:10pm

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.

▶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 \$70 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 Sept 30, Oct 14 and Nov 11

M	5:30 PM-6:20 PM	Sep 9-Dec 16
		515638
W	5:30 PM-6:20 PM	Sep 4-Dec 18
		515639

▶Strikewell Boxing -

Youth Non Contact

(12-18 yrs) | **Strikewell Boxing**

Introducing youth boxing to Hillcrest Community Centre! Strikewell Boxing proudly presents a dynamic 12-week 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! No class Oct 4 and 11.

FREE TRIAL CLASS

F	6:15 PM-7:15 PM	Sep 6
		517368

Ongoing

F	6:15 PM-7:15 PM	Sep 13-Dec 13
		517366

▶Strikewell Boxing - Adult Group Fitness

(19+ yrs) | **Strikewell Boxing**

Introducing Strikewell Boxing, a beginner friendly 12-week 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. No class Oct 4 and 11.

FREE TRIAL CLASS

F	7:30 PM-8:30 PM	Sep 6
		517369

Ongoing

F	7:30 PM-8:30 PM	Sep 13-Dec 13
		517364

▶Okinawa Karate-do

(19+ yrs) | **Mario Mckenna**

This class instructs students in traditional Okinawa Karate do. Classes consist of junbi-undo (stretching & calisthenics), hojo-undo (basic blocks, punches & kicks), kata (solo forms) and kumite (pre-arranged and free sparring). Annual registration with Karate BC is required. No class Sept 29 and Nov 10.

Su	1:30 PM-3:00 PM	Sep 8-Dec 15
		521883

▶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. No class Sept 29 and Nov 10.

Su	3:00 PM-4:30 PM	Sep 8-Dec 15
		521884
		517364

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

MARTIAL ARTS

►Axe Capoeira - Mini Kids

(3-6 yrs) | Julie Ali

We are now excited to offer a Capoeira course to introduce your child to the basic fundamentals of the art form. 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	11:15 AM-12:00 PM	Sep 8-Oct 27
\$144/8 sess		521901
Su	11:15 AM-12:00 PM	Nov 3-Dec 15
\$126/7 sess		521903



►Axe Capoeira - Youth

(7-14 yrs) | Julie Ali

We are now excited to offer a Capoeira course to introduce your child to the basic fundamentals of the art form. 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	12:00 PM-12:45 PM	Sep 8-Oct 27
\$144/8 sess		521904
Su	12:00 PM-12:45 PM	Nov 3-Dec 15
\$126/7 sess		521905

Click on the [BLUE LINKS](#)
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and to register.



►Instructor Profile

Marcus Aurelio Axé Capoeira

Marcus is a Capoeirista, a stunt actor, an MMA fighter and an inspiration to those who know of him. Establishing himself as a rising capoeira star in the 90s, he competed internationally and won several awards and competitions as a teenager. Over the last two decades he has brought capoeira to the forefront in MMA with his viral knockouts. In 2011, he created and curated the Afro-Brazilian Carnival street festival, which ran for 7 years straight in Downtown Vancouver. He has over 20+ years of teaching experience and oversees 7 locations in the Lower Mainland. He is known across the globe for his stunt work in Arrow, The Last of Us, and The Adam Project to name a few. His next endeavour is sure to build a lasting legacy for Axe Capoeira Vancouver and ensure that capoeira is accessible to all families in the Lower Mainland.

ART

► Acrylic Painting**(19+ yrs) | Mohammad 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, Oct 14 and Nov 11.

M 10:30 AM-12:30 PM Sep 16-Dec 16
\$363/11 sess **523024**

► Drawing Landscapes, Flowers and Figures**(19+ yrs) | Mohammad 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 \$39 (space permitting). No class Sept 30, Oct 14 and Nov 11.

M 1:30 PM-3:30 PM Sep 16-Dec 16
\$363/11 sess **523038**

► Watercolour Painting**(19+ yrs) | Mohammad 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 Sept 30, Oct 14 and Nov 11.

M 5:30 PM-7:30 PM Sep 16-Dec 16
\$363/11 sess **523041**

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. More information at polymerdance.com. Drop-in available only for the 75 minute technique portion of the class. Drop-in \$23.15. No class Oct 13 and Nov 10.

Su 10:30 AM-12:30 PM Sep 15-Dec 1
\$197.57/10 sess **519402**

► International Line Dance w/ Ewena - Absolute Beginner**(19+ yrs) | Ewena Chow**

Line Dance is not only a form of dance, it is also an aerobic exercise that helps your heart. Learning the movements and the level of concentration involved help maintain your mental alertness. Being benefited both physically and mentally, the dancers dance to a song that they love while happily swinging their bodies and moving their steps in great enjoyment. This class is for brand new student for those who have not been dancing before. You will learning the basic steps. Please come to join us! Drop-in \$8 (space permitting). No class Nov 7, 14 and 21.

Th 7:30 PM-9:00 PM Sep 12-Dec 19
\$84/12 sess **522057**

► 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 Oct 12, Nov 9, 16 and 23.

Sa 3:30 PM-5:00 PM Sep 14-Dec 21
\$77/11 sess **522058**

DANCE CONT'D

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 13.

F 11:45 AM-1:15 PM Sep 6-Nov 22
\$77/11 sess **515587**

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 13.

F 1:30 PM-3:00 PM Sep 6-Nov 22
\$77/11 sess **515602**

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 Sept 30 and Oct 14.

M 11:30 AM-12:15 PM Sep 16-Oct 28
\$77/5 sess **520000**

Finding your Dream Career

(16+ yrs) | Katie Wong

Do you feel like you would like a more fulfilling career? Do you ever feel like you're not sure what career to go into or the one you are currently does not quite feel aligned or fulfill you the way you want? Join certified coach Katie on a session on how to discover your strengths and passions to find your career path that aligns with your purpose and values. Participants will complete exercises and learn strategies on how to proceed in the direction they want.

Sa 1:00 PM-3:00 PM Sep 7
\$15/1 sess **523065**
Sa 1:00 PM-3:00 PM Sep 28
\$15/1 sess **523066**

Eco-Voyage: Sustainable Journeys for All

(16+ yrs) | BEST (Better Environmentally Sound Transportation)

Are you a newcomer learning to navigate the city? Build your knowledge and confidence on sustainable transportation options in Vancouver through a FREE Eco-Voyage workshop! Learn about the benefits of multimodal transportation and practical information on modes like walking, cycling, and public transit around the city. You will also get to learn about bike-sharing and car-sharing services available in Vancouver and receive promo codes to help you become a sustainable travel expert!

W 6:30 PM-8:30 PM Nov 6
Free **526924**

FITNESS AND HEALTH

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 Sept 29, Oct 13 and Nov 10.

Su 9:15 AM-10:15 AM Sep 15-Oct 27
\$78/5 sess **519995**
Su 9:15 AM-10:15 AM Nov 3-Dec 15
\$94/6 sess **519998**

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, functionality, flexibility, mobility and strength. This method is easy to follow, a few tools like a Bender Ball™, gliding disc, massage ball and resistance band will be the keys to unlock an ageless, strong body. All tools will be provided. Drop-in \$10.48. No class Sept 30, Oct 14 and Nov 11.

Set One

M	1:00 PM-2:00 PM	Sep 9-Oct 28
\$54/6 sess		522028

Set Two

M	1:00 PM-2:00 PM	Nov 4-Dec 16
\$54/6 sess		522029

Two Sets

M	1:00 PM-2:00 PM	Sep 9-Dec 16
\$86.4/12 sess		522027

Set One

Tu	6:30 PM-7:30 PM	Sep 10-Oct 29
\$72/8 sess		522023

Set Two

Tu	6:30 PM-7:30 PM	Nov 5-Dec 17
\$63/7 sess		522024

Two Sets

Tu	6:30 PM-7:30 PM	Sep 10-Dec 17
\$108/15 sess		522022

Belly Dance for Fun and Fitness

(19+ yrs) | **Sylvie Royer**

The ancient art of getting together and celebrating life to middle eastern, Egyptian and North African music and drum beats. Learn the movements that help strengthen your core, your pelvic floor, and your self confidence while increasing your circle of friends and general happiness. Drop-in \$14 (space permitting).

Th	7:00 PM-8:00 PM	Sep 12-Dec 12
\$168/14 sess		523099

Queer Inclusion:

All Ages Circus Drop-In

All Ages | **2SLGBTQAI+ Inclusion**

Join us in the 2nd floor gymnasium to hoop, juggle, spin, twirl, flow, and play in an accessible, body positive environment. No experience required, beginners welcome. We provide hoops, juggling balls and clubs, poi, diabolo and more. Children under the age of 8 must be accompanied by a responsible person (babysitter, parent, guardian).

This is a free, drop-in program.

W	5:45 PM-7:00 PM	Sep 11-Dec 18
Free		521901

Belly Dance for Fun and Fitness With Baby

(19+ yrs) | **Sylvie Royer**

Focusing on fun and fundamentals we explore the basics of different styles of belly dance, mainly Saidi and American. This baby friendly class will help rehabilitate your abs, strengthen your pelvic floor, work out your quads and spend time with other moms. With a carrier or a stroller, come and dance while baby sleeps or plays with finger cymbals. All welcome, nursing friendly. Drop-in \$14 (space permitting). No class Oct 25.

F	10:30 AM-11:30 AM	Sep 13-Dec 13
\$168/14 sess		523430

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 Sept 30, Oct 14 and Nov 11.

M	9:15 AM-10:15 AM	Sep 9-Dec 16
\$78/12 sess		522354

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 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 11-Dec 18
\$97.5/15 sess		522355

FITNESS AND HEALTH CONT'D

▷ 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 11-Oct 30	
			522040

Set Two

W	8:30 PM-9:00 PM	Nov 6-Dec 18	
			522041

Two Sets

W	8:30 PM-9:00 PM	Sep 11-Dec 18	
			522039

▷ 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 Sept 30, Oct 14 and Nov 11.

M	6:45 PM-7:45 PM	Sep 16-Oct 28	
			520004

M	6:45 PM-7:45 PM	Nov 4-Dec 16	
			520005

▷ Functional Strength

(19+ yrs) | **Christine Joe**

Functional Strength is a form of exercise that focuses on developing strength in patterns that are used in everyday life. This type of training involves free weights, resistance bands, mats, gymnastic moves, and aerobic training. The benefits of these exercises improve mood, increase metabolism, and ability to burn fat, and supporting bone health. Drop in \$7.20 (space permitting).

F	10:30 AM-11:30 AM	Sep 20-Dec 13	
			521682

▷ 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.

W	1:45 PM-3:15 PM	Sep 11-Oct 16	
			522319

W	1:45 PM-3:15 PM	Oct 30-Dec 11	
			522324

▷ Strong Nation

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

This powered by Zumba program revolutionizes high-intensity interval workouts as you know them, combining strong, upbeat rhythms with powerful, high-intensity cardio and strength conditioning moves to ratchet your fitness potential up a notch. Optimize your workout and make every minute count as you push beyond your limits. Discover the athlete within you, feel the force and get fit! Drop-in \$11.43.

Set One

W	7:20 PM-8:20 PM	Sep 11-Oct 30	
			522043

Set Two

W	7:20 PM-8:20 PM	Nov 6-Dec 18	
			522044

Two Sets

W	7:20 PM-8:20 PM	Sep 11-Dec 18	
			522042

▷ 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 \$15 (space permitting).

Tu	10:00 AM-11:15 AM	Sep 10-Oct 22	
			525512

Tu	10:00 AM-11:15 AM	Oct 29-Dec 10	
			525514

▷ 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).

Tu 7:00 PM-9:00 PM Sep 10-Dec 10
\$154/14 sess [515629](#)

▷ 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. Yoga poses for Back and Sciatica Pain Relief with modifications, assistance and consultation when needed. Meditation and breathing techniques will also be incorporated. Engaging in this class will bring a more heightened awareness to your body and mind as well as knowledge of major organs functions and benefits. 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 12-Dec 5
\$130/13 sess [515682](#)

▷ 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 Sept 30, Oct 14 and Nov 11.

M 5:30 PM-6:45 PM Sep 9-Dec 16
\$190/12 sess [515656](#)

▷ Yoga4Stiff Guys - The Basics

(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).

Tu 7:45 PM-8:45 PM Sep 10-Oct 29
\$112/8 sess [519992](#)
Tu 7:45 PM-8:45 PM Nov 5-Dec 17
\$98/7 sess [519993](#)

▷ 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 Sept 30, Oct 14 and Nov 11.

Set One
M 8:00 PM-9:00 PM Sep 9-Oct 28
\$60/6 sess [522046](#)

Set Two
M 8:00 PM-9:00 PM Nov 4-Dec 16
\$60/6 sess [522047](#)

Two Sets
M 8:00 PM-9:00 PM Sep 9-Dec 16
\$96/12 sess [522045](#)

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

FITNESS AND HEALTH CONT'D

► 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 hits 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 12-Oct 31
\$80/8 sess		522049

Set Two

Th	6:15 PM-7:15 PM	Nov 7-Dec 19
\$70/7 sess		522050

Two Sets

Th	6:15 PM-7:15 PM	Sep 12-Dec 19
\$120/15 sess		522048

SOCIAL

► Games Room and Table Tennis Pass

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

This 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.

September

M Tu W Th	6:00 PM-8:00 PM	Sep 3-Sep 26
\$4.76/14 sess		520317

October

M Tu W Th	6:00 PM-8:00 PM	Oct 1-Oct 31
\$4.76/18 sess		520319

November

M Tu W Th	6:00 PM-8:00 PM	Nov 4-Nov 28
\$4.76/15 sess		520320

December

M Tu W Th	6:00 PM-8:00 PM	Dec 2-Dec 19
\$4.76/12 sess		520333

SPORTS

► Badminton

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

6 courts available. Please bring your own racquet and shuttles. Register to guarantee a spot. Any registered participant who is not present by 7:35pm will have their spot given away for the evening. There are 24 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 \$7.14 (space permitting). No class Sept 30, Oct 14 and Nov 11.

M	7:30 PM-9:00 PM	Sep 9-Dec 16
\$74.28/12 sess		519426



► Badminton

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

6 courts available. Please bring your own racquet and shuttles. Register to guarantee a spot. Any registered participant who is not present by 11:05am 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 \$7.14 (space permitting).

Su	11:00 AM-12:30 PM	Sep 8-Dec 15
\$92.85/15 sess		520268

▶Badminton Court Rental

(16+ yrs) | No Instructor

Reserve your own badminton court for guaranteed fun for up to four players. There are six courts available for play each day. Each registration is a booking for one court.

Sa	9:15 AM-10:45 AM	Sep 7
\$20/1 sess		523071
Sa	11:00 AM-12:30 PM	Sep 7
\$20/1 sess		523072
Sa	12:45 PM-2:15 PM	Sep 7
\$20/1 sess		523073
Sa	2:30 PM-4:00 PM	Sep 7
\$20/1 sess		523074
Sa	9:15 AM-10:45 AM	Oct 12
\$20/1 sess		523075
Sa	11:00 AM-12:30 PM	Oct 12
\$20/1 sess		523077
Sa	12:45 PM-2:15 PM	Oct 12
\$20/1 sess		523078
Sa	2:30 PM-4:00 PM	Oct 12
\$20/1 sess		523079
Sa	9:15 AM-10:45 AM	Nov 9
\$20/1 sess		523080
Sa	11:00 AM-12:30 PM	Nov 9
\$20/1 sess		523081
Sa	12:45 PM-2:15 PM	Nov 9
\$20/1 sess		523082
Sa	2:30 PM-4:00 PM	Nov 9
\$20/1 sess		523083

▶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. As this is a busy program we will have a waitlist. Any registered participant who is not present by 7:35PM will have their spot given away for the evening. Maximum 18 participants, drop-in available if space permits. Drop-in \$7.14.

Tu	7:30 PM-9:00 PM	Sep 3-Dec 17
\$99.04/16 sess		515663

▶Basketball - Half Court

(19+ yrs) | No Instructor

Basketball is bigger than ever at the Hillcrest gymnasium. Register for all sessions to guarantee your spot. Any registered participant who is not present by 7:35PM will have their spot given away for the evening. Maximum 18 registered spots and 6 additional spots reserved for drop-ins. Drop-in participants can purchase their ticket 30 minutes prior to the session at the Front Desk. Drop-in \$7.14.

Th	7:30 PM-9:00 PM	Sep 12-Dec 19
\$92.85/15 sess		515662

▶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 29, Oct 13 and Nov 10.

Su	12:45 PM-1:45 PM	Sep 15-Dec 15
\$224.95/11 sess		522358

▶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 29, Oct 13 and Nov 10.

Su	1:45 PM-2:45 PM	Sep 15-Dec 15
\$224.95/11 sess		522359
Th	6:00 PM-7:00 PM	Sep 19-Dec 12
\$265.85/13 sess		522360

▶Volleyball - Intermediate

(19+ yrs) | No Instructor

Players must be at least intermediate players and be able to maintain strong rallies, serves and understand positioning and team play. This is not an instructional program and there is friendly competition where players are expected to maintain consistent rallies. First priority is for registered players. Any registered participant who is not present by 7:20PM will have their spot given away for the evening. There are 24 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 \$7.14.

W	7:15 PM-8:45 PM	Sep 4-Dec 18
\$99.04/16 sess		515664

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

PICKLEBALL

►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, players of various levels play each week. Participants try to match abilities when possible. Please bring your own paddle and ball. 3 courts available. Register to guarantee a spot. Any registered participant who is not present by 9:20am will have their spot given away for the day. 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 \$5.71.

Su 9:15 AM-10:45 AM Sep 8-Dec 15
\$75/15 sess [520279](#)

►Pickleball - Round Robin Supervised Game Play 2.0-2.5

(19+ yrs) | Richard Lee

This is a Round robin supervised game play format where some lessons will be given. Novice levels 2.0-2.5. Refund Requests For one-day sessions, 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.

F	9:00 AM-10:30 AM	Sep 6
\$20/1 sess		521978
F	9:00 AM-10:30 AM	Sep 20
\$20/1 sess		521979
F	9:00 AM-10:30 AM	Oct 4
\$20/1 sess		521980
F	9:00 AM-10:30 AM	Oct 18
\$20/1 sess		521981
F	9:00 AM-10:30 AM	Nov 1
\$20/1 sess		521982
F	9:00 AM-10:30 AM	Nov 15
\$20/1 sess		521983
F	9:00 AM-10:30 AM	Nov 29
\$20/1 sess		521984
F	9:00 AM-10:30 AM	Dec 13
\$20/1 sess		521986

►Pickleball - Round Robin Supervised Game Play 3-3.5

(19+ yrs) | Richard Lee

This is a Round robin supervised game play format where some lessons will be given. Refund Requests for one-day sessions, 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.

F	9:00 AM-10:30 AM	Sep 13
\$20/1 sess		521991
F	9:00 AM-10:30 AM	Sep 27
\$20/1 sess		521992
F	9:00 AM-10:30 AM	Oct 11
\$20/1 sess		521993
F	9:00 AM-10:30 AM	Oct 25
\$20/1 sess		521994
F	9:00 AM-10:30 AM	Nov 8
\$20/1 sess		521995
F	9:00 AM-10:30 AM	Nov 22
\$20/1 sess		521996
F	9:00 AM-10:30 AM	Dec 6
\$20/1 sess		521997
F	9:00 AM-10:30 AM	Dec 20
\$20/1 sess		521998



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



**► Pickleball Lessons -
Action/Reaction Series for Int. Players
(19+ yrs) | Richard Lee**

There are always 2 sides to a Pickleball court. Every lesson group is broken up into 2 classes. Class 1 will elaborate on what to do when playing as the antagonist i.e. to perform an action to create a certain outcome. Then, on the following class we deal with the protagonist side of the court; how to combat the last week's session of in-coming shots to best serve our team.

Session 1: The serve Vs. The return of serve: There's more than just getting the ball in play when serving. Learn more aggressive serves to put your team on the offense. As the returning team, learn to apply pressure to maintain your pre-given offensive position.

F	10:30 AM-12:30 PM	Sep 6-Sep 13
\$70/2 sess		522009
F	10:30 AM-12:30 PM	Nov 15-Nov 22
\$70/2 sess		522015

Session 2: Third shot options Vs. Standing your ground at the NVL: What is the optimal 3rd shot execution and how to do it? What is the corresponding shot from the Kitchen line players and how to do it?

F	10:30 AM-12:30 PM	Sep 20-Sep 27
\$70/2 sess		522011
F	10:30 AM-12:30 PM	Nov 29-Dec 6
\$70/2 sess		522016

Session 3: Playing at/through the Transition zone Vs. Keep pressuring the other side: Learn to comfortably play at the transition zone; recognizing when to reset and when to attack. As the NVL team, learn where & how to hit shots to keep your edge.

F	10:30 AM-12:30 PM	Oct 4-Oct 11
\$70/2 sess		522012
F	10:30 AM-12:30 PM	Dec 13-Dec 20
\$70/2 sess		522017

Session 4: Striving for the perfect 4! Many rallies end before the first 4 shots. When we really focus on the quality placement of the first 4 shots, great Pickleball games will follow. The serving team is responsible for the first & third shots. The returning team will focus on the return of serves and the 4th shot.

F	10:30 AM-12:30 PM	Oct 18-Oct 25
\$70/2 sess		522013

Session 5: How and when to Lob Vs. Overhead smash and running down the lob. Learn the right time and place to lob your opponents. When you get lobbed do you get the lob or does your partner? And how?

F	10:30 AM-12:30 PM	Nov 1-Nov 08
\$70/2 sess		522014

**► Pickleball Lessons -
Stage 1 - Learn To Play
(19+ yrs) | Mona Lee**

Come try this fun, 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. You will learn the correct form & technique to execute shots as well as to move safely and efficiently around the court. This course is taught Certified Pickleball Instructor Coach Mona. It is NOT necessary to purchase a paddle for this class. Paddles & all equipment will be provided. Please wear proper footwear. Drop-in \$28 (space permitting).

W	1:15 PM-3:15 PM	Sep 11-Oct 9
\$140/5 sess		519731
W	1:15 PM-3:15 PM	Oct 16-Nov 13
\$140/5 sess		519732
W	1:15 PM-3:15 PM	Nov 20-Dec 18
\$140/5 sess		519733

**► Pickleball Lessons -
Stage 2 - Skills & Drills
(19+ yrs) | Mona Lee**

This class is the next progression from those who completed STAGE 1. This fun, focused & fast-paced session is perfectly suited for intermediate players who are looking to move to the next level. Participants will be put through a wide range of cooperative and competitive drills that will be both challenging and fun. You'll learn new skills & then we'll apply those skills into our games! This course is taught Certified Pickleball Instructor Coach Mona. Paddles, balls & all equipment will be provided. Please wear proper footwear. Drop-in \$28 (space permitting).

W	11:15 AM-1:00 PM	Sep 11-Oct 9
\$140/5 sess		519736
W	11:15 AM-1:00 PM	Oct 16-Nov 13
\$140/5 sess		519737
W	11:15 AM-1:00 PM	Nov 20-Dec 18
\$140/5 sess		519738

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

PICKLEBALL CONT'D

► Pickleball Lessons - Stage 3 - Competitive Team Strategy

(19+ yrs) | Mona Lee

Want to play smart? Whether it's for a fun round robin or upcoming tournament, learn strategic & tactical decision making in play-based scenarios. Register as a team, foursome or on your own. This course is taught Certified Pickleball Instructor Coach Mona. Please wear proper footwear. Drop in \$28 (space permitting).

W	9:15 AM-11:15 AM	Sep 11-Oct 9
\$140/5 sess		519739
W	9:15 AM-11:15 AM	Nov 20-Dec 18
\$140/5 sess		519740

► Pickleball Lessons - Stage 3 - Super 3rd Shots

(19+ yrs) | Mona Lee

For players who have ideally completed STAGE 1 & 2. Let's explore the concept of the third shot in Pickleball, how it can help you to play better, & some tips to master it. It's not just about the drops, don't forget about the drives, lobs & the cross-court shots! We'll have so much fun doing the 3rd shots together. We'll also cover the transition zone and approaching the net. This course is taught Certified Pickleball Instructor Coach Mona. Paddles, balls & all equipment will be provided. Drop in \$28 (space permitting).

W	9:15 AM-11:15 AM	Oct 16-Nov 13
\$140/5 sess		519744



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 6-Dec 13

\$37.50/15 sess **519404**

Su 3:00 PM-5:00 PM Sep 8-Dec 15

\$37.50/15 sess **515659**



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 Oct 8, 10, 15, 17 and 22

Beginner

Tu 1:00 PM-2:30 PM Sep 10-Dec 17

\$36/12 sess **517349**

Beginner Plus

Th 1:00 PM-2:30 PM Sep 12-Dec 19

\$39/13 sess **517351**

Traditional Chinese Dance

(50+ yrs) | Helen Zhou

Traditional Chinese Dance for beginners. Facilitated in Chinese. Drop-in \$2.86 (space permitting). No class Oct 8, 15 and 22.

Tu 11:00 AM-12:30 PM Sep 10-Dec 17

\$30/12 sess **517529**

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 19, Nov 12 and Nov 14.

Tu 9:00 AM-10:00 AM Sep 10-Dec 17

\$161/14 sess **522333**

Th 9:00 AM-10:00 AM Sep 12-Dec 19

\$149.5/13 sess **522334**

Breathing Exercise For Longevity

(40+ yrs) | Sum Hung

Join Master Hung to learn simple deep breathing techniques that rejuvenate the body. Deep breathing helps optimize how oxygen enters and is utilized by the body, replenishing all the cells and organs with improved function. Combined with controlling the breath, you will learn gentle, relaxing, chair-based upper body exercises to help improve blood circulation, manage stress and neck, upper shoulders and lower back pain. *Cantonese with English translation. No class Sept 19

Th 2:15 PM-3:15 PM Sep 12-Dec 12

\$32.50/13 sess **515661**

Fun Exercise for Parkinson's

(19+ yrs) | Debbie Shum

Learn 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 Sept 30, Oct 14 and Nov 11.

MW 11:00 AM-12:00 PM Sep 4-Oct 28

\$122.5/14 sess **515686**

MW 11:00 AM-12:00 PM Oct 30-Dec 18

\$122.5/14 sess **515687**

FITNESS AND HEALTH CONT'D

► Social Tai Chi - Yang 108 Style

(55+ yrs) | David Wong

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 19, 30, Oct 14 and Nov 11.

M	9:30 AM-10:45 AM	Sep 9-Dec 16	
			\$33/12 sess 517337
Tu	9:30 AM-10:45 AM	Sep 3-Dec 17	
			\$44/16 sess 517339
Th	9:30 AM-10:45 AM	Sep 5-Dec 19	
			\$41.25/15 sess 517340

► Zumba Gold (Beginner)

(19+ yrs) | Monika Schoenenberger

Zumba Gold 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.

Set One

Tu	5:20 PM-6:20 PM	Sep 10-Oct 29	
			\$72/8 sess 522055

Set Two

Tu	5:20 PM-6:20 PM	Nov 5-Dec 17	
			\$63/7 sess 522056

Two Sets

Tu	5:20 PM-6:20 PM	Sep 10-Dec 17	
			\$108/15 sess 522054

Set One

F	9:15 AM-10:15 AM	Sep 13-Nov 1	
			\$72/8 sess 522052

Set Two

F	9:15 AM-10:15 AM	Nov 8-Dec 20	
			\$63/7 sess 522053

Two Sets

F	9:15 AM-10:15 AM	Sep 13-Dec 20	
			\$108/15 sess 522051

SOCIAL

► 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.

Tu	12:00 PM-3:00 PM	Sep 10-Dec 17	
			\$3/drop in 522364



► 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	Sep 26	
			\$9/1 sess 522198
Th	12:00 PM-1:30 PM	Oct 24	
			\$9/1 sess 522199
Th	12:00 PM-1:30 PM	Nov 21	
			\$9/1 sess 522200

PARK BOARD PRIDE

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



SOCIAL CONT'D

▶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 12
\$5/1 sess		522194
Th	10:45 AM-12:15 PM	Oct 10
\$5/1 sess		522195
Th	10:45 AM-12:15 PM	Nov 7
\$5/1 sess		522196
Th	10:45 AM-12:15 PM	Dec 5
\$5/1 sess		522197

▶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.E.S.S. 604-408-7274 ext.1088 for more details.

W	11:00 AM-2:00 PM	Sep 4-Dec 18
Free/16 sess		519699

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. No class Sept 19. Drop-in \$4.29 (space permitting).

Th	1:00 PM-3:00 PM	Sep 12-Dec 19
\$53.34/14 sess		515635

▶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. 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). No class Sept 30, Oct 14, and Nov 11.

M	1:00 PM-3:00 PM	Sep 9-Dec 16
\$45.72/12 sess		515636
Tu	1:00 PM-3:00 PM	Sep 10-Dec 17
\$57.15/15 sess		515637

▶Walking Soccer for Seniors 55+

(55+ yrs) | ICFDS Canada Limited

Walking Soccer is a fun, low-impact version of soccer designed for those who prefer not to play the game traditionally. It's a non-competitive, self-refereed game focusing on walking, enhancing fitness, health, and social connections. The program includes warm-ups, skill training, a game, and cool-down exercises, using smaller nets and keeping the ball below knee height. It offers seniors a chance to expand their social circle, enjoy physical activity, and experience the mental, emotional, and cognitive benefits of team sports, all within a supportive community environment.

FREE TRIAL

Tu	1:00 PM-2:00 PM	Sep 10
Free/1 sess		523238

Ongoing

Tu	1:00 PM-2:00 PM	Sep 17-Dec 17
\$210/14 sess		523131



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All Bodies Community Recreation and Fitness Group at Hillcrest Fall 2024

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.**

Introduction to **NEW**

Athletic Interval Training (19+ yrs)

Instructor: ABC Instructor

Welcoming all ages but designed for younger adults. ABC Core program - Learn how to workout in a welcoming and inclusive environment. Using timed intervals of easy-to-follow exercises, take recovery as needed and gradually increase the intensity as you get more fit.

Mon Sep 9-Dec 16 5:45 PM-6:45 PM GYM
ABC Drop-in, ABC 10 Pass Card, or ABC Flexi-Pass [521851](#)

Active and Strong (19+ yrs)

Instructor: ABC Instructor

Welcoming all ages but designed for older adults 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.

Tue/Thu Sep 10-Dec 17 10:15 AM-11:15 PM GYM
ABC Drop-in, ABC 10 Pass Card, or ABC Flexi-Pass [521851](#)

Multi Sports (19+ yrs)

Instructor: ABC Instructor

ABC Core Program – Introductions to, or variations of traditional sports aimed at introducing or keeping people playing and involved with sports. All abilities welcome and great for those with lack of mobility or for other reasons they are unable to play.

Tue Sep 9-Dec 15 6:15 PM-7:15 PM Gymnasium
ABC Drop-in, ABC 10 Pass Card, or ABC Flexi-Pass [521851](#)

Walking Soccer (19+ yrs)

Instructor: ABC Volunteer

ABC Core Program - a variation on traditional soccer aimed at keeping people playing and involved with soccer. All abilities welcome and great for those with lack of mobility or for other reasons they are unable to play. ABC plays indoors but it can also be played outdoors

Instructor: ABC Volunteer

Thu Sep 11-Dec 17 2:45 PM-3:45 PM Gymnasium
ABC Drop-in, ABC 10 Pass Card, or ABC Flexi-Pass [521851](#)

ABC Specialty Programs

(Require additional & specific Registration)

Stand Strong and Balance (19+ yrs)

Instructor: ABC Instructor

ABC Specialty Program – A workout for the wise – Want to be active but are afraid of falling? Join us 1 or 2 times per week (we recommend 2) to practice your balance and to build your strength and confidence in standing and walking. Please bring your walking aids. Class size is limited

Tue Sep 10-Dec 15 12:45 PM-1:45 PM (Rm 328)

Adult: \$111.15/15 sess; Senior: \$77.85/15 sess **521857**

Thu Sep 12-Dec 17 12:45 PM-1:45 PM (Rm 328)

Adult: \$96.33/13 sess; Senior: \$67.47/13 sess **521856**

Introduction to

Indoor Cycling (19+ yrs)

Instructor: ABC Instructor

Welcoming all ages. ABC Specialty Program – Are you intimidated when you think of indoor cycling? Try our 20-20-20 Ride-Resist and Stretch workout that includes setting up your bike, learning about cycling & exercise technique, intensity and finishing with a well deserved stretch. Not just for beginners this class is also suitable for maintenance and recovery. Register by the month – ABC drop ins space permitting!

Tuesdays

Tue 6:00 PM-7:00 PM (Cycle Studio)

Adult: \$22.23/3 sess; Senior: \$15.57/3 sess Sep **521897**

Adult: \$37.05/5 sess; Senior: \$25.95/5 sess Oct **521899**

Adult: \$29.64/4 sess; Senior: \$20.76/4 sess Nov **521900**

Adult: \$22.23/3 sess; Senior: \$15.57/3 sess Dec **523805**

Thursdays

Thu 6:00 PM-7:00 PM (Cycle Studio)

Adult: \$22.23/3 sess; Senior: \$15.57/3 sess Sep **521829**

Adult: \$37.05/5 sess; Senior: \$25.95/5 sess Oct **521831**

Adult: \$29.64/4 sess; Senior: \$20.76/4 sess Nov **521830**

Adult: \$22.23/3 sess; Senior: \$15.57/3 sess Dec **523807**

Saturdays

Sat 10:00 AM-11:00 AM (Cycle Studio)

Adult: \$22.23/3 sess; Senior: \$15.57/3 sess Sep **521902**

Adult: \$29.64/4 sess; Senior: \$20.76/4 sess Oct **521908**

Adult: \$37.05/5 sess; Senior: \$25.95/5 sess Nov **521906**

Adult: \$22.23/3 sess; Senior: \$15.57/3 sess Dec **523834**

Strength and Mobility (19+ yrs)

Instructor: ABC Instructor

ABC Specialty Program - Helping you manage sore hips and knees. Join us 1 or 2 times per week (we recommend 2) and learn functional exercises designed to help you build strength (and) conditioning 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.

For Schedule, Email kate.lee@vancouver.ca.

Tue Sep 10-Dec 15 11:30 AM-12:30 PM (Rm 328)

Adult: \$111.15/15 sess; Senior: \$77.85/15 sess **521849**

Thu Sep 12-Dec 17 11:30 AM-12:30 PM (Rm 328)

Adult: \$96.33/13 sess; Senior: \$67.47/13 sess **521848**



ABC Free Workshops

Knit2Gether (19+ yrs)

Instructor: Janet Haines

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. Meeting 2nd and 4th Mondays

Mon 2nd and 4th Mondays 6:00 PM Rm 322

Free **521833**



ABC Specialty Programs

(Require additional & specific Registration)

Managing Hip & Knee Arthritis (19+ yrs)

Instructor: OASIS Educator – a physiotherapist, Occupational therapist, Dietitian, or Registered Nurse

Learn about osteoarthritis in these commonly affected joints, ways of managing without surgery and what happens if you need joint replacement surgery.

Mon Sep 23 6:00 PM Rm 322
Free **521842**



Managing Spine Arthritis (19+ yrs)

Instructor: OASIS Educator – a physiotherapist, Occupational therapist, Dietitian, or Registered Nurse

Learn about osteoarthritis in your spine, and specific strategies for management including protection, exercise and pain management.

Mon Oct 28 6:00 PM Rm 322
Free **521841**

Sleep and Stress Management (19+ yrs)

Instructor: OASIS Educator – a physiotherapist, Occupational therapist, Dietitian, or Registered Nurse

Learn about the benefits of sleep, the relationship between sleep and stress, and strategies for improving your sleep.

Mon Nov 25 6:00 PM Rm 322
Free **521835**



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

Nutrition, Supplements, and Arthritis (19+ yrs)

Instructor: OASIS Educator – a physiotherapist, Occupational therapist, Dietitian, or Registered Nurse

Learn about the impact of diet on Arthritis, nutrients and supplements that can help, and strategies for healthy eating.

Mon Dec 9 6:00 PM Rm 322
Free **521834**



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

All Bodies Community Recreation and Fitness Group at Hillcrest Fall 2024

ABC Core Programs

Use ABC Flexipass, ABC Dropin or ABC 10 pass Card

September 9 - December 20

For all ABC programs please register first on the master roster 521851

MON	TUE	WED	THU	FRI	SUN
Unison Circuit Online 9:15-10:15am	Core & Balance Online 11am-12pm	Unison Circuit Online 9:15-10:15am	Roll & Stretch Online 11am-12pm	Online classes are currently complimentary, to attend join our elist & get zoom links and program updates Ask kate.lee@vancouver.ca	
Active & Strong Trout 11:00-12:00pm	Active & Strong Hillcrest 10:15-11:15am	Active & Strong Trout 11:00-12:00pm	Active & Strong Hillcrest 10:15-11:15am	Active & Strong Trout 11:00-12:00pm	Active & Strong Douglas 10:00-11:00am
Active & Strong Sehatmand te Taqatvar In Punjabi & Hindi Kensington 10:30-11:30		Qi Gong Kensington 11:30-12:30pm			Recumbent Kensington 11:30-12:30pm Invitation only
Walk/Strong Balance Kensington 3:30-4:30 pm		Walk Strong & Balance Kensington 2:15-3:15pm			
	Recumbent Kensington 5:00-7:00pm Invitation only	Introduction to Walking Soccer Douglas Park 2:45-3:45pm	Recumbent Kensington 5:00-7:00pm Invitation only	Yoga & Relax- ation Kensington 5:30-6:45pm	
Intro Athletic Intervals Hillcrest 5:45-6:45pm	Strength & Core Kensington 6:00-7:00pm	Intro Athletic Intervals Douglas Park 6:00-7:00pm	Strength & Core Kensington 6:00-7:00pm		
	Multi-Sports Hillcrest 6:15-7:15pm		Walking soccer Hillcrest 6:15-7:15pm		
HILLCREST	TROUT LAKE	FALSE CREEK	KENSINGTON	DOUGLAS PARK	ONLINE



All Bodies Community Recreation and Fitness Group at Hillcrest Fall 2024

ABC Specialty Program

September 9 - December 20

Additional registration required (some select drop ins)

No classes stat holidays or stat weekends

MON	TUE	WED	THU	FRI	SAT
	Hip & Knee Hillcrest 11:30-12:30pm Register- 521849		Hip & Knee Hillcrest 11:30-12:30pm Register- 521848		Cycle Intro Hillcrest 10:00-11:00pm Reg Monthly Drop space permitting
Hip & Knee False Creek 1:00-2:00pm Register- 521846	Stand/Strong & Balance Hillcrest 12:45-1:45pm Register- 521857	Hip & Knee False Creek 1:00-2:00pm Register- 521934	Stand/Strong & Balance Hillcrest 12:45-1:45pm Register- 521856		
		Stand/Strong & Balance Kensington 1:00-2:00 pm Register- 521858			
Hip & Knee Kensington 5:00-6:00pm Register- 521847			  Vancouver Board of Parks and Recreation and Vancouver Coastal Health Partnership Program		
Free Workshops Hillcrest 6:00-7:30pm Register by topic	Cycle Intro Hillcrest 6:00-7:00pm Reg Monthly Drop space permitting		Cycle Intro Hillcrest 6:00-7:00pm Reg Monthly Drop space permitting	Learn to Play Sledge Hockey 5:15-6:40pm Reg Weekly	
HILLCREST	TROUT LAKE	FALSE CREEK	KENSINGTON	DOUGLAS PARK	MOUNT PLEASANT

Online classes are currently complimentary, to attend join our elist

For more ABC information contact kate.lee@vancouver.ca

Led by qualified, fitness, yoga and other professionals specializing in making your exercise experience positive.



Fitness Centre Programs



Go to vancouver.ca/parks-recreation-culture/hillcrest-fitness-centre for all Hillcrest Fitness Centre info and hours.

Our Equipment Includes:

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

Fitness Centre Consultations

We offer FREE fitness consultations!

Reach your fitness goals with our new consultation package. Call ahead to book up to 3 sessions with our highly trained Fitness Centre staff. FREE with drop-in admission or included with your pass. In your first session, learn how to use the equipment, get a personalized fitness program, and receive a card to track your progress. At your next session, our staff will monitor your exercise technique and answer any questions about your fitness program.

Indoor Cycling Classes

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

Tuesday	Wednesday	Sunday
Cycle Fit 9:30am-10:30am	CycleXpress 6:30am-7:30am	Cycle Fit 10:00am-11:00am
	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	\$61.66	\$92.46	\$129.70
3 Sessions	\$170.87	\$256.35	\$347.38
5 Sessions	\$274.83	\$423.22	\$509.51
10 Sessions	\$493.36	\$785.98	\$926.37



Ice Rink Schedule

September 28-December 20

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Skating Lessons 9:45-12:45pm	Parent & Preschool 9:30-11:00am	Stick, Puck, & Ring 10:00-11:30am	50 & Better 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
Public Skate 1:00-2:15pm	Discount Skate 11:15-12:45pm	Public Hockey 11:45am-1:15pm	Public Hockey 11:45am-1:15pm	45 & Better Hockey 1:45-3:15pm	Public Hockey 11:45-1:15pm	Public Skate 3:15-4:45pm
Public Skate 2:30-3:45pm			Skating Lessons 3:45-5:45pm		Discount Skate 3:30-5:00pm	
			Public Skate 6:00-7:30pm		Learn to Play Para Hockey Beginner 5:15-6:30pm	
			Adult Skating Lessons 7:45-8:30pm		Public Skate 6:45-8:00pm	
			Rink Admission Pass Rates See page 5! <i>Program subject to change</i>		Learn to Play Para Hockey Int/Adv 8:15-9:30pm	

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 19 @ 7pm
- Fall Set 2 is opening Thursday, November 7 @ 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

Our league invites girls and boys age 4 years and up to join our association to develop skating skills and have fun playing ringette. For more information go to www.vancouverringette.ca or www.cometryringette.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.vancouvertbirds.ca/registration or email thunderbirds@vancouvertbirds.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:

- Capacity at the pool is limited and demand is high so you may need to wait to enter.

Drop-ins

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

Pool Admission & Pass Rates

- **Please see page 6.**

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 page 52 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 2024:**

Tuesday, August 27

▶ **Winter 2025:**

Tuesday, December 17

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 – 16 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 – 16 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.



Halloween Haunted House at Hillcrest *All ages*

Friday October 25

Dress up in your costume and come enjoy our kid friendly haunted house at Hillcrest, brought to you by the Hillcrest Youth Council!

While children wait for their assigned time in the haunted house, families can enjoy spooktacular crafts, batty carnival games and go trick-o-treat!

Register by
timeslot

4:00 PM-5:00 PM **516446**

5:00 PM-6:00 PM **516439**

6:00 PM-7:00 PM **516445**

Lots of scary fun for everyone!



Please register as this event will sell out! Only children participating in the event require registration. For children under 8 years old, adult supervision is required at all times.

Holly Jolly Holidays at Hillcrest *All ages*

It's an exciting time for the whole family that you don't want to miss!

This event includes entertainment, crafts, games, hot chocolate and more!

Organized by the Hillcrest Youth Council.

There will also be a visit from a very special guest (ho ho ho!).

Saturday, December 7

1:00 PM-3:00 PM



516427



Hillcrest Community Centre

4575 Clancy Loranger Way Vancouver, BC | V5Y 2M4

604-257-8680 ext. 1

