



**STRATHCONA  
COMMUNITY CENTRE**

*We take care of each other*

# FALL 2024 RECREATION GUIDE



**FALL REGISTRATION BEGINS: Sat, Aug 17 @ 9:00am**

601 Keefer Steet, Vancouver, BC, V6A 3V8 | 604-713-1838 | [strathcc@vancouver.ca](mailto:strathcc@vancouver.ca) | [www.strathconacc.ca](http://www.strathconacc.ca)

*Jointly operated by the Vancouver Board of Parks and Recreation & the Strathcona Community Centre Association*





## Mission Statement

To sustain, promote, and develop a resource that supports the changing social and recreational needs and aspirations of the Strathcona Community.

## Board of Directors

The Strathcona Community Centre Association (SCCA) and Vancouver Board of Parks and Recreation jointly operate the Strathcona Community Centre. The SCCA is governed by a locally elected Board of Directors made up of residents, community agency representatives and members at large. The SCCA is a provincially registered not-for-profit society and a federally registered charity. The SCCA Directors meet on the 3rd Tuesday of each month, and several times a year on active committees.

## Membership

SCCA membership is free. Sign up with the front desk to join the Strathcona Community Centre Association.

## Leisure Access Program

The Leisure Access Program provides Vancouver residents facing financial barriers access, at a reduced cost, to Park Board registered programs and services. Applications for Leisure Access Cards are available at our front office or at [vancouverparks.ca](http://vancouverparks.ca). For you or your family to qualify for the Leisure Access Card program, you must be a Vancouver resident and have a family income from all sources below the income guidelines of the application form. For more information, contact the front desk or visit [www.vancouver.ca/leisureaccess](http://www.vancouver.ca/leisureaccess).

# Message from the SCCA Board

Fall 2024 is shaping up to be another busy season at Strathcona Community Centre!

Come out and try popular adult programs including pickleball, volleyball, bootcamp and Seniors Tai Chi, or children's favourites like gymnastics, Capoeira, basketball and Little Chefs. These programs fill up fast, so secure your space on registration day.

Our food team is hosting a number of exciting workshops this Fall including Afghani and Kurdish cooking, canning (both single workshops and a community canning group), and Dirt Detectives a composting workshop facilitated by Science World.

Youth programming continues to grow, including after school youth lounge, youth council, Friday night open gym, and youth cooking. Our youth council will be busy planning our yearly Halloween event and supporting Breakfast with Santa too. Santa's visit is one of the highlights of the year for many families.

Finally, a huge thank you to everyone who filled out our program survey last season, we will be using the information gathered to plan for 2025. We always like to hear from our community about what programs they would like to see at the Strathcona Community Centre. Please send your ideas to [strathconacc@gmail.com](mailto:strathconacc@gmail.com).



### DO YOU

- Live and/or work in Strathcona?
- Want to improve our centre and support staff?
- Like providing input on programs and the future of the centre?

FIND OUT MORE  
[strathconacc@gmail.com](mailto:strathconacc@gmail.com)

### JOIN OUR BOARD!

Share your experience as a member of our community and help us make Strathcona Community Centre better than ever!

## Strathcona Recreation Subsidy

### Everyone should have access to recreation.

25%, 50% or 75% subsidies for Strathcona residents facing financial barriers.

#### The Strathcona Recreation Subsidy offers the following benefits:

##### 25% Subsidy Includes:

- Strathcona Community Centre Association Recreation Programs

##### 50% Subsidy Includes:

- Strathcona Community Centre Association Recreation Programs
- Leisure Access Program Pass

*Terms and conditions are subject to change.*

##### 75% Subsidy Includes:

- Strathcona Community Centre Association Recreation Programs
- Leisure Access Program Pass

##### Strathcona Recreation Subsidy does not include:

- Childcare
- Food programs and workshops
- Private lessons

## Hours of Operation

### Centre Hours

Mon-Fri ..... 9:00AM - 9:00PM  
 Sat ..... 9:00AM - 5:00PM  
 Sun ..... 10:00AM - 2:00PM  
 Sept 30 ..... 10:00AM - 2:00PM  
 Dec 23-24, 27, 30-31,  
 Jan 2-3 ..... 9:00AM - 5:00PM

### Fitness Centre

Mon-Fri ..... 9:00AM - 8:30PM  
 Sat ..... 9:00AM - 4:30PM  
 Sun ..... 10:00AM - 1:30PM  
 Sept 30 ..... 10:00AM - 1:30PM  
 Dec 23-24, 27, 30-31,  
 Jan 2-3 ..... 9:00AM - 4:30PM

### Holiday Closures


Sept 2, Oct 14, Nov 11 ..... CLOSED  
 Dec 25, 26, Jan 1 ..... CLOSED

## Contact Us


601 Keefer St.,  
 Vancouver, BC V6A 3V8

Phone: 604-713-1838  
 Fax: 604-713-1848

strathcc@vancouver.ca  
 www.strathconacc.ca

 Strathcona Community Centre  
 Association

 instagram.com/strathcc

 @strathcentre

 Strathcona CC



**STRATHCONA**  
**COMMUNITY CENTRE**

*We take care of each other*

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## How to Register:

### Fall Registration Opens

Saturday August 17 @ 9:00AM



**In Person**

601 Keefer St.

Vancouver V6A 3V8



**By Phone**

604-713-1838



**Online**

vancouver.ca/

strathconarec

## General Information

### Payment

All programs, rentals and drop-in fees **do not** include taxes and must be paid at time of registration. Cash, Debit, Visa, MasterCard and cheques are accepted at Strathcona Community Centre. Please make cheques payable to the "City of Vancouver". There is a \$35 service fee on any returned cheques or declined credit card payments.

### Registering Late

Programs will be pro-rated on a class by class basis. Some classes will not accept registration after the 2nd class.

### Cancellation

We reserve the right to cancel a program due to insufficient enrollment and will attempt to notify you at least 2 days prior to the start date.

### Safe Access for Everyone

We are committed to creating welcoming parks and recreation services for all. We ask that our patrons treat each other and staff with dignity and respect.

### Refund Policy

All programs are subject to change or cancellation at any time due to unforeseen circumstances. Missed classes are not refundable.

- Refund requests made more than 48 business hours prior to the first class will receive a refund in full. Business days are deemed Mon-Fri.
- Refund requests made after this time will receive a pro-rated refund based on the number of sessions passed.

#### Day Camp Refund Policy:

- Refund requests must be received 10 working days (Mon-Fri) prior to the start date to receive a full refund.

### Personal Information Protection

Any personal information the Strathcona Community Centre Association asks you to provide is collected under the authority of the Freedom of Information and Protection of Privacy Act. The information will only be used for the purposes of administering parks and recreation services, informing you of our services and benefits and for statistical purposes.



# Licensed Child Care

## Strathcona Community Preschool

Our licensed preschool programs all share the same philosophy of learning through play. Our Early Childhood Educators encourage & facilitate the children's early education through our curriculum of fine arts, language acquisition, literature, cooking, math, science, physical education, and exploration as well as by building relationships of trust and security. Your children's growing capacity for empathy, creativity and critical thinking will be nurtured and encouraged.

During the school year, Strathcona Licensed Childcare operates two preschool rooms for 20 children ages 3-5 years through to kindergarten entry.

### Program Details

*The following prices are for 2024-2025. Prices are subject to change*

Ages	# of days	Days of the week	Program Time	Monthly Fee
3-5 yrs	5 days	Mon-Fri	9:00 AM-12:00 PM	\$140

To register for the Strathcona Licensed Child Care Waitlist, please e-mail [strathconawaitlist@gmail.com](mailto:strathconawaitlist@gmail.com) or call 604-713-1838.

## Strathcona Licensed Child Care

The SCCA is proud to offer the Strathcona Licensed Child Care (SLC) service to the community.

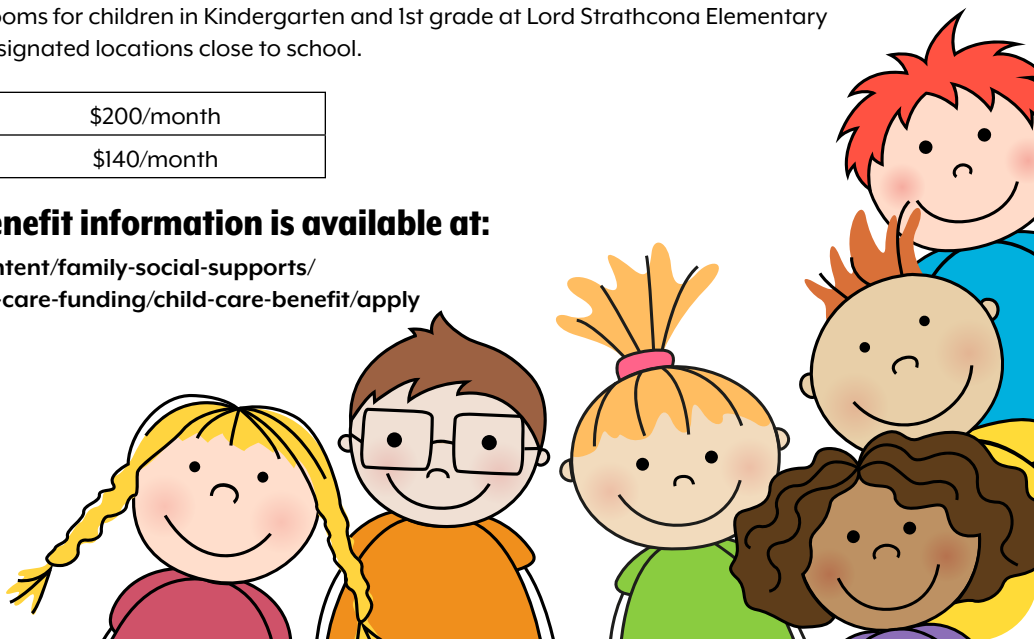
During the school year, SLC operates before school care for up to 60 school-aged children from 7:30 AM -9:00 AM. This includes access to the Breakfast Program in the Community Centre (see page 15), and an escort to the school at Lord Strathcona Elementary School.

During the school year, SLC operates after school care for roughly 170 school-aged children from 3:00 PM-6:00 PM. This includes pick up from classrooms for children in Kindergarten and 1st grade at Lord Strathcona Elementary School. Older children meet in designated locations close to school.

Before & After School Care	\$200/month
After School Care	\$140/month

### Affordable Childcare Benefit information is available at:

<https://www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/child-care-funding/child-care-benefit/apply>



## Social

### Caregiver and Tot Playtime

0-3 yrs | Strathcona Staff

Come and join our tot playtime with your family. We have lots of toys and books available for your young one to enjoy! This is a great way to meet your neighbors and make new friends! Drop-in program only; spaces are limited. Drop-in \$1.50.

No class Sept 30, Oct 14, Nov 11 due to stat holidays.

No class Sept 20, Oct 25, & Nov 22 due to Pro-D Days.

M/W/F Sep 9-Dec 13	10:30 AM-12:00 PM
515115	\$1.50/Drop-in

## Arts

### Mini Hip Hop Movers

3-5 yrs | Endorphin Rush Dance

Get your groove on!! Calling all b-boys and girls! Let's move and groove! This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats! Children must be able to participate without a parent in the room.

Sa Sep 14-Oct 26	11:00 AM-11:45 AM
515135	\$77/7 sess
Sa Nov 2-Dec 14	11:00 AM-11:45 AM
521689	\$77/7 sess

### Little Ballerinas

3-5 yrs | Endorphin Rush Dance

Young ballerinas explore the fun and beauty of ballet while learning the basic techniques. They will love playing with their creative expression in this fun class. Children must be able to participate without a parent in the room. More info: [www.kirbysnellldance.com](http://www.kirbysnellldance.com).

Sa Sep 14-Oct 26	10:15 AM-11:00 AM
515133	\$77/7 sess
Sa Nov 2-Dec 14	10:15 AM-11:00 AM
521688	\$77/7 sess

## Sports

### Baby Bears Gymnastics

1-2 yrs | Bear Feet Gymnastics

Watch your little one gain confidence in their movement skills! This class will provide you and your child the opportunity to explore a wide variety of activities that focus on fostering appropriate physical development. It will also give you a chance to socialize and be a part of a supportive group of parents. In Baby Bears we like to have fun, so get ready to move around, do some dancing and some singing! The children will enjoy songs, games, circle time and of course bonding time with you! For more info, please visit [www.bearfeetgymnastics.com](http://www.bearfeetgymnastics.com). Parent participation is required. No class Sept 29, Oct 13 & Nov 10.

Su Sep 15-Dec 15	10:30 AM-11:15 AM
522171	\$121/11 sess
Su Sep 15-Dec 15	11:30 AM-12:15 PM
522176	\$121/11 sess

### Rainbow Bear Gymnastics

3-5 yrs | Bear Feet Gymnastics

Through the use of creative circuits the children will have the opportunity to learn and practice new gymnastic skills with the support of their coach! This class will encourage the children to develop their attention span as well as their spatial/body awareness and will no doubt get strong as a bear! This class provides a great mix of play and skill building all rolled into one. We focus on fundamentals of gymnastics in this high energy super engaging class! The children will enjoy warm up games, circuits and creative strength building exercises all disguised as play! Parent participation mandatory. For more info, please visit [www.bearfeetgymnastics.com](http://www.bearfeetgymnastics.com). No class Sept 29, Oct 13 & Nov 10.

Su Sep 15-Dec 15	12:30 PM-1:15 PM
522178	\$121/11 sess

### Sportball - Parent & Tot Multisport

2-3 yrs | Sportball Vancouver

Sportball Parent & Child programs help pre-schoolers to refine their motor skills, such as balance and coordination, as well as develop their social skills such as confidence, following instructions, turn-taking and sharing. Coaches introduce a different sport each class using developmentally appropriate games and activities. Sportball maintains a one-parent-per-child ratio policy in all Parent Child programs to ensure that focus is kept on helping little ones practice and progress. No class Sept 29 & Oct 13.

Su Sep 15-Nov 3	10:15 AM-11:00 AM
515218	\$96/6 sess
Su Nov 17-Dec 15	10:15 AM-11:00 AM
515219	\$80/5 sess

### Sportball - Indoor Multisport

3-5 yrs | Sportball Vancouver

Sportball lessons are packed with cooperative games and a variety of ball sports. Our trained and certified coaches emphasize confidence and competence building over competition. Laugh and learn skills for life! No class Sept 29 & Oct 13.

Su Sep 15-Nov 3	11:00 AM-12:00 PM
515216	\$96/6 sess
Su Nov 17-Dec 15	11:00 AM-12:00 PM
515217	\$80/5 sess

# Special Events

## Special Events

### Orange Shirt Walk for Truth and Reconciliation

All Ages

You're invited to join us in on Orange Shirt Day and honour the residential school survivors, their families, and those who did not survive. There will be refreshments and opening speeches before we embark on a community walk towards Grandview Park. Please remember to wear your orange shirts.

M Sep 30 10:00 AM-12:00 PM  
524458 Free



### Strathcona Youth Council Presents: Halloween at Strathcona!



1-15 yrs

Register to join in on the Haunted House, as organized by our very own Youth Council! Walk through the haunted house and get spooked, then join in on the fun for the carnival. Come in costume or plain clothes. There will be goodie bags for those who survive the scare!

Sa Oct 26 10:30AM -12:30 PM  
522210 Free with Registration

### Breakfast with Santa

All Ages

Enjoy a pancake breakfast, crafty fun, photo booth and a special visit from Santa! Bring a camera if you wish to take a picture with the jolly fellow. Pre-registration only. \$5/adult, \$3/child. Please call 604-713-1838 to register over phone or in person. No online registration. Please ensure every member of your family is registered. Children under 12 months are free, please register child in program.

Sa Dec 7 10:30 AM-12:30 PM  
518495 \$5 per Adult  
\$3 per Child



## Arts

### **NEW!** Dance Extreme

5-7 yrs | Endorphin Rush Dance

Explore different styles of dances! Enjoy an energetic exploration of movement in a warm, safe, inspiring environment. Styles may include Hip Hop, Latin Dance, Creative Movement, and Bollywood! No class Sep 30 & Oct 14.

M Sep 16-Oct 28	3:15 PM-4:10 PM
515120	\$55/5 sess
M Nov 4-Dec 16	3:15 PM-4:10 PM
522207	\$66/6 sess

### Cartooning & Creativity!

5-15 yrs | Devan Dirocco

This program is for anyone who loves drawing or wants to improve their skills! Do you love cartoons? Comics? Video games? Let's pull from our favourite stuff to make a new story! We'll learn how to make appealing cartoon characters, how to start comics, and learn how to make your art even better! With our pencil and paper, we'll follow instructions and make things up as we go. The Instructor is happy to transform the days based on the student's interests. Creating is all about expression, join if you'd like to learn and have fun! All skill levels are welcome. No Class Oct 13 & Nov 10.

**5-10 yrs**

Su Oct 6-Dec 8	10:30 AM-11:30 AM
515117	\$80/8 sess

**10-15 yrs**

Su Oct 62-Dec 8	11:45 AM-12:45 PM
515116	\$80/8 sess

### Hip Hop Dance

5-8 yrs | Endorphin Rush Dance

Get your groove on!! Calling all b-boys and girls! Let's move and groove! This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats! Children must be able to participate without a parent in the room.

Sa Sep 14-Oct 26	11:45 AM-12:45 PM
515125	\$77/7 sess
Sa Nov 2-Dec 14	11:45 AM-12:45 PM
521705	\$77/7 sess

### **NEW!** Afterschool Hip Hop

8-11 yrs | Endorphin Rush Dance

This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats! Make new friends while learning new hip hop skills. There will be a presentation on the last day of class for friends and family. No class Sept 30 & Oct 14.

M Sep 16-Oct 28	4:15 PM-5:00 PM
515121	\$55/5 sess
M Nov 4-Dec 16	4:15 PM-5:00 PM
522214	\$66/6 sess

### Open Stage Program

9-12 yrs | Arts Umbrella

Open to Strathcona Elementary students in Grades 4-7. If your child is not a student of Strathcona Elementary, but you live in the area – we are happy to have them join us! Students should have an interest in acting. This is a 1 year long commitment from October 2024 - June 2025. *\*Classes runs from 3:00-4:45pm* **\*please note this is a new end time for 2024-25\***

A small snack will be provided but students should bring an additional snack if needed and a water bottle that can be refilled.

Be curious, be bold, and be yourself. Students will explore a variety of age-appropriate acting tools and techniques such as the relationship between the physical body and character. The Arts Umbrella Open Stage program is a perfect way to develop imagination, creativity, self-confidence, and empathy in a fun and expressive way. Throughout the year, Arts Umbrella will find opportunities to share work with others which will help students gain confidence using their voices in a safe environment. Please enroll child to attend only one of the days, either Tuesday or Thursday. No class Oct 31.

**Tuesdays:**

Fall: Oct 8-Dec 10, 2024	
Winter: Jan 14-Mar 11, 2025	
Spring: Apr 8-Jun 10, 2025	
*Dates are subject to change	
Tu Oct 8-Jun 10	3:00 PM-4:45 PM
521820	Free with Registration/29 sess

**Thursdays:**

Fall: Oct 10-Dec 12, 2024	
Winter: Jan 9-Mar 13, 2025	
Spring: Apr 10-Jun 12, 2025	
*Dates are subject to change	
Th Oct 10-Jun 12	3:00 PM-4:45 PM
521821	Free with Registration/29 sess



## Day Camp

### Pro-D Day Camp

5-12 yrs | Supershine Day Camp Team

Come and join the day camp leaders in our single-day, recreation based day camp! Your child will be expected to remain on site for the duration of the program day. Children should bring a lunch, water, and snacks. Daily activities will include arts & crafts, sports and games, and other activities in and around the Community Centre. A waiver for each student will need to be filled out prior to or start of camp.

F Sep 20 515203	9:00 AM-3:00 PM \$25/1 sess
F Oct 25 522154	9:00 AM-3:00 PM \$25/1 sess
F Nov 22 522158	9:00 AM-3:00 PM \$25/1 sess

### Winter Break Day Camp

5-12 yrs | Supershine Day Camp Team

Come and join our day camp staff team for an exciting Winter Break program that includes arts & crafts, neighbourhood adventures, out-trips, and more! Child must be currently in Kindergarten and turning 6 years old by December 31, 2024 to attend day camp. Day camp participants must bring a packed lunch and dress appropriately for the weather. A waiver form must be completed prior to the start of the week. Refund requests must be received a minimum 10 working days (Mon-Fri) before the first day of session to receive a full refund. No class Dec 25, 26 & Jan 1.

#### WEEK 1:

M/Tu/F Dec 23, 24, Dec 27 522160	9:00 AM-3:00 PM \$75/3 sess
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#### WEEK 2:

M/Tu/Th/F Dec 30-31, Jan 2, 3 522163	9:00 AM-3:00 PM \$100/4 sess
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## Education

### Little Chefs

7-11 yrs | TBA

Come let your child in on some kitchen fun. Children will alternate cooking a small meal or baking treats. The children will obtain kitchen skills and at the end of each class, they will be sitting with their kitchen mates and enjoying their creations. No experience required! **Due to limited spacing, please only sign up for 1 set in the season.** No class Dec 7.

Sa Sep 14-Oct 19 515134	10:30 AM-12:00 PM \$72/6 sess
Sa Nov 2-Dec 14 522093	10:30 AM-12:00 PM \$72/6 sess

### Afterschool Cooking for Kids!

9-12 yrs | Shaista Alami

Join Shaista in exploring the wonderful world of cooking! Learn new cooking and kitchen skills. Recipes will include making pizza, baking and delicious recipes that kids love to cook, and eat. No experience required! Due to limited spacing, please only sign up for 1 set in the season.

Th Sep 12-Oct 24 515094	3:15 PM-5:15 PM \$56/7 sess
Th Nov 7-Dec 19 518903	3:15 PM-5:15 PM \$56/7 sess

## Red Cross At Home Alone

9-13 yrs | ProSafe First Aid

Do you or your parents want to feel confident knowing you are responsible on your own and have the skills to deal safely with an emergency situation?

#### Course Content:

- Canadian Red Cross Principals
- My Family and Me
- My Time: Scheduled and Leisure Activities
- Expecting The Unexpected
- Healthy Choices
- First Aid (Handwashing, Check, Call, Care, Complete Choking Alone, Anaphylaxis and Use of Epipen Auto-Injector, Life-Threatening External Bleeding)

Sa Oct 5 515205	9:00 AM-3:00 PM \$65/1 sess
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## Red Cross Babysitting Training

11-17 yrs | ProSafe First Aid

So you want to be a Babysitter? Or your parents want you to take this course to feel confident they could leave you home with your younger siblings. Babysitting with First Aid Hero emphasizes learning through real life scenarios covered in this course. Topics include Exploring this business of First Aid, Creating Safe Environments, Self Caring for ages 0-12, and First Aid Skills. Please bring lunch, snacks, plenty of water, med sized stuffed animal or baby doll, small blanket or medium sized towel.

Sa Nov 2 515206	9:15 AM-4:15 PM \$65/1 sess
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### Day Camp Refund Policy

Refund requests must be received 10 working days (Mon-Fri) prior to the start date to receive a full refund.



## Fitness & Health

### Yoga Buggy!

5-9 yrs | Yoga Buggy

Join The Yoga Buggy for a fun class that incorporates music, yoga poses, games, mindfulness activities, storytelling, and dance. We are so excited to play Yoga with you!

**5-6 yrs**

W Oct 2-Dec 4 3:30 PM-4:00 PM  
515260 \$80/10 sess

**7-9 yrs**

W Oct 2-Dec 4 4:05 PM-4:50 PM  
515261 \$90/10 sess

## Martial Arts

### Axe Capoeira for Children

6-13 yrs | Kaj Rosberg

Capoeira is the perfect martial art for children and youth, combining dance, music, language, history, philosophy, fitness and acrobatics with martial arts in one class. Anyone can join! Classes cover all aspects of Capoeira: martial arts, dance, music, acrobatics, culture, language and more. Focus on developing rhythm, reflexes, balance, coordination and increasing strength and flexibility.

**6-8 yrs**

Sept-Oct  
Tu/F Sep 17-Oct 29 3:15 PM-4:10 PM  
522183 \$162.50/13 sess

Nov-Dec  
Tu/F Nov 1-Dec 13 3:15 PM-4:10 PM  
522201 \$162.50/13 sess

**9-13 yrs**

Sept-Oct  
Tu/F Sep 17-Oct 29 4:15 PM-5:10 PM  
522191 \$162.50/13 sess

Nov-Dec  
Tu/F Nov 1-Dec 13 4:15 PM-5:10 PM  
522204 \$162.50/13 sess

### Kung Fu: Choy Lee Fut (Children & Youth)

8-18 yrs | Amy P & Matthew W

Enjoy fitness and endurance with practical self defense techniques focusing on artistic forms of the Choy Lee Fut Style. Workouts start with stretching and flexibility, then speed training practice and forms. This class will be combined with the Adult class. Children can drop-in for \$5.

M/W Sep 4-Dec 18 6:30 PM-7:30 PM  
515129 \$5/drop-in

## Music

### Piano Lessons

6+ yrs | Alicia, Aydan, Christina, Kaya, & Megan

From the basic beginners to preparing Royal Conservatory Music exams, all students will be taught the fundamentals of music and are encouraged to build a strong foundation and develop good habits. While providing comprehensive music education, the 30 minute private lessons are tailored to each student's interests and goals. All music books and materials are purchased separately through the instructor. There are spaces available for new students. For further information about available space, please contact the Community Centre at 604-713-1838.

### Ukulele & Guitar Private Lessons

8+ yrs | Rene Hugo-Sanchez

The 30 minute classes focus on technique, repertoire, basic theory and practicing skills. Participants work at their own level and pace. Books available for \$15.

Sa Oct 5-Dec 14 \$200/11 sess  
3:00 PM-3:30 PM 515244  
3:30 PM-4:00 PM 515245  
4:00 PM-4:30 PM 515246  
4:30 PM-5:00 PM 515247

## Sports

### Spirit Bears Gymnastics

6-9 yrs | Bear Feet Gymnastics

Get ready to roll, jump, cartwheel and Bear walk your way through this fun and engaging class! This class will focus on building a solid foundation on which the children can grow on and continue to build their gymnastic skills. We work on fundamental movement patterns activities, some stretching/conditioning then on to some gymnastics circuits and always ends with a fun game! They will come out feeling strong as a Bear! For more info, please visit [www.bearfeetgymnastics.com](http://www.bearfeetgymnastics.com). No class Sept 28, Oct 12 & Nov 9.

**6-7 yrs**

Sa Sep 14-Dec 14 2:00 PM-3:00 PM  
515214 \$154/11 sess

**8-9 yrs**

Sa Sep 14-Dec 14 3:15 PM-4:15 PM  
515215 \$154/11 sess

### We don't want to cancel good programs, but...

Programs are cancelled if everyone waits until the last minute to register. The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed.

## Strathcona Basketball for Grades K-8 Coed

5-13 yrs | Jadon W, Josh K, Billy G

An introductory, skills and fun-based approach to basketball for grades K-2. This immersive and progressive program will teach players a variety of skills and concepts necessary to become a better basketball player.

No class on Oct 19 (Elections), Oct 26 (Halloween Event) & Dec 7 (Breakfast with Santa).

This basketball program is geared for children in the Strathcona Community. Strathcona Elementary children and children living in V6A postal code will have 1 week priority and can register on Aug 10 in person/by phone. The rest of the general public can register on Aug 17 for the remaining spots.

### Kindergarten-Grade 2

Sa Sep 14-Dec 21 9:05 AM-10:05 AM  
515224 \$36/12 sess

### Grade 3-5

Sa Sep 14-Dec 21 10:10 AM-11:10 AM  
522105 \$36/12 sess

### Grade 6-8

Sa Sep 14-Dec 21 11:15 AM-12:15 PM  
515223 \$36/12 sess

## Tennis Lessons: Basics

5-12 yrs | Wilson Tan

Learn the basics of how to rally. Develop skills important to tennis through games in an open skills environment. You will learn about basic skills and competencies to play tennis. Suitable for first-timers those new to tennis. Our ambition is to help you rally 6-10+ balls consecutively. No class on Sept 28, Oct 12, Oct 19, and Nov 9.

### 5-6 yrs

Sa Sep 14-Dec 14 1:45 PM-3:00 PM  
515239 \$150/10 sess

### 7-9 yrs

Sa Sep 14-Dec 14 1:45 PM-3:00 PM  
515240 \$150/10 sess

### 10-12 yrs

Sa Sep 14-Dec 14 1:45 PM-3:00 PM  
515238 \$150/10 sess

## CAP-C PROGRAMS (Community Action Program for Children)

The Community Action Program for Children (Cap-C) program is designed for low-income families with children ages 6 and under. Financial contribution from Public Health Agency of Canada in agreement with the Province of BC. Please register in person or phone at 604.713.1838.



Government  
of Canada

Gouvernement  
du Canada

### Baby & Me Time

0-2 yrs

Throughout the season, we'll explore different music from around the world, sing songs, play instruments, read stories & work with puppets etc. We also explore the essential sign language hand signs to help communication between parents & children. This will enable families to enjoy bonding with having fun with other families.

F Oct 4-Nov 15 1:00 PM-2:00 PM  
515107 Free with Registration/7 sess

### Physical Literacy & Play More

4-6 yrs

To increase their motor skills, hand eye coordination and receive overall health benefits to staying active. In addition to learning new skills, it fosters and teaches children to communicate and to learn and understand how to be part of the team. No class Nov 9 & 16.

Sa Sep 28-Nov 30 11:00 AM-12:00 PM  
515113 Free with Registration/8 sess

### Family Art

2-4 yrs

To develop children's capacities for thinking and creative expression, also to enhance their motor coordination through participation.

Tu Sep 24-Nov 12 12:30 PM-1:30 PM  
515108 Free with Registration/8 sess

### Parenting Workshop

19+ yrs

A source of support for parents and offering the opportunity to share parenting experience as well as to develop a greater understanding of child development.

Tu Sep 24, Oct 29, Nov 26 10:30 AM-12:00 PM  
515112 Free with Registration/3 sess

### Moving Stories for Moms

19+ yrs

To provide parents a safe place where they can nourish themselves, build community and leave their daily worries, responsibilities and caring for others outside for our 1 hour session.

F Oct 4-Nov 15 11:30 AM-1:00 PM  
515111 Free with Registration/7 sess

### English Conversation

19+ yrs

To provide parents a safe place where they can nourish themselves through music & movement, build community and leave their daily worries, responsibilities and caring for others outside for one hour session. No class Oct 29 & Nov 26.

Tu Oct 1-Dec 10 10:30 AM-12:00 PM  
515109 Free with Registration/9 sess

### Food & Culture

19+ yrs

Parents of various cultural backgrounds connect to one another through sharing cooking skills & recipes.

Tu Nov 19-Dec 10 12:30 PM-2:00 PM  
515110 Free with Registration/4sess

## Education

### Strathcona Preteen and Youth Chess Club

11-17 yrs | Youth Volunteer

Are you interested in the world of chess? Learn to solve puzzles, play against others, and improve your skills in this programme. Run by a youth volunteer, this opportunity is great for young people to connect and challenge their skills. Free to join.

W Sep 18-Nov 27  
515235

3:15 PM-4:30 PM  
Free with Registration

## Martial Arts

### Strathcona Police Judo Jrs.

12-15 yrs

Strathcona Youth Judo Club is for young preteens and youth who want to learn judo techniques and movements from experienced blackbelt instructors. Strathcona Judo Youth Club strive to build confidence, skill and discipline in Judo. All 12-15yrs youth welcome! For more information contact aneesh.vashisht@vancouver.ca or call 604-713-1851.

Sep 18- Nov 29

W

5:00 PM-6:30 PM

F

5:30 PM-7:00 PM

515234

Free/22 sess

Follow us on Instagram for updates about events, workshops, and volunteer opportunities!



@STRATHYOUTH

## Social

### Youth Lounge

9-18 yrs | Youth Leader

Got some free time after school and looking for somewhere to hang out? Come by our youth lounge to relax, socialize, and play some games. We've got Ping-Pong, pool, foosball, and an assortment of games. No class Sept 30, Oct 14, & Nov 11.

Sep 5-Dec 20

515263

M/Th

F

3:30pm - 7:30 PM

3:30pm - 8:30 PM

## Sports

### Youth Gym Drop-In

9-18 yrs | Youth Leader

Looking for something to do on Friday nights? We've got a fun assortment of activities such as badminton, volleyball, and basketball. You can even talk to staff about getting an activity going depending on group interest. Younger youth, ages 9-13 years are welcome to join from 3:30pm-5pm. Older youth, ages 13-18 years are welcome to join from 5:00pm - 8:30pm.

F Sep 6-Dec 20

515262

3:30 PM-8:30 PM

Free

## Youth Leadership

### Friday Night Cooking Club

12-18 yrs | Youth Leader

Fridays are for fun! What better way to enjoy the start of the weekend than to eat a good meal that you cooked yourself? The Friday Night Cooking Club is meant to teach you the basics of cooking recipes with minimal ingredients, while tasting great. Cook, eat, and enjoy good company.

F Sep 13-Dec 13

515124

6:00 PM-8:00 PM

Free/14 sess

### Strathcona Youth Council

13-18 yrs | Community Youth Worker

Do you want to make a difference in your community? Strathcona Youth Council is committed to provide youth a voice and wants your help! Their goal is to build a group of young people who can work together toward improving youth opportunities and experiences. Members will earn volunteer hours, fundraise for great causes, gain employment training, and plan events. This is a wonderful opportunity to learn about how non-profits function and experience how community collaboration works! For more information, please contact aneesh.vashisht@vancouver.ca.

Sa Sep 14-Dec 14

522136

10:30 AM-12:00 PM

Free with Registration



## Strathcona Jr Youth Council (Gr. 5-7)

10-12 yrs | Community Youth Worker

Do you want to make a difference in your community? Strathcona Junior Youth Council is committed to provide youth a voice and want your help! Their goal is to build a group of young people who can work together toward improving youth opportunities and experiences. Members will earn volunteer hours, fundraise, gain employment training, and learn everyday life skills, such as baking, crafting, and team work. This is a wonderful opportunity to learn about how non-profits function and experience how community collaboration works! For more information, please contact the front desk at 604.713.1838 or email [aneesh.vashisht@vancouver.ca](mailto:aneesh.vashisht@vancouver.ca)

Tu Sep 17-Nov 26

3:30 PM-4:45 PM

515232

Free/11 sess

## Strathcona Jr. Leadership (Gr. 8-9)

12-15 yrs | Community Youth Worker

Strathcona Youth Leadership is for youth who want to learn leadership skills and community building through skill-building workshops, open discussion about social issues, and volunteer opportunities. Join for some great topics and opportunities to connect with community resources in the Strathcona area and learn new skills! For more information contact [aneesh.vashisht@vancouver.ca](mailto:aneesh.vashisht@vancouver.ca) or call 604-713-1851.

W Oct 9-Nov 13

4:45 PM-6:00 PM

515233

Free/6 sess

## Everyone should have access to recreation

Subsidies are available for Strathcona residents facing financial barriers.

See page 2.

## We don't want to cancel good programs, but...

Programs are cancelled if everyone waits until the last minute to register. The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed.

## Youth Programs and Open Gym Schedule

*\*Please connect with the youth worker if you are interested in signing up for volunteer opportunities. Volunteer opportunities include helping out with after school kids programs on Tuesdays and Wednesdays.*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Youth Lounge 3:30PM – 7:30PM	Jr Youth Council* Gr 5-7 3:30PM - 4:45PM	Pre-Teen & Youth Chess* Gr 6-12 3:15PM-4:15PM	Youth Lounge 3:30PM-7:30PM	Pre-Teen Open Gym Gr. 5-7 3:30PM-4:30PM	Youth Council* Gr 8-12 10:30AM – 12:00PM
		Jr Leadership* Gr 8-9 4:45PM-6:00PM		Youth Lounge Gr. 8-12 3:30PM - 8:30PM	
		Police Judo* 12-15yrs 5:00PM-6:30PM		Youth Open Gym Gr. 8-12 3:30PM - 8:30PM	
	Police Judo* 12-15yrs 5:30PM – 6:30pm				
				Cooking Club* Gr. 8-12 6:00PM – 8:00pm	

Please note: Schedule subject to change. \*Requires registration. Contact [aneesh.vashisht@vancouver.ca](mailto:aneesh.vashisht@vancouver.ca)



## Education

### Caterpillar Stitch Bookbinding

19+ yrs | Suzan Lee

Learn to make a contemporary hardcover book that cleverly uses stitches to bind pages to its covers. The stitching looks remarkably like a caterpillar/ centipede resulting in a very organic aesthetic. Your choice of colourful linen thread will make your hardcover book pop! No prior experience. All materials and tools are provided

Su Oct 27 10:30 AM-1:30 PM  
522104 \$59.95/1 sess

### Sashiko Wagara: Hand Sewing Japanese Embroidery Stitching

19+ yrs | Suzan Lee

Japan has many long standing traditions. Embroidery is no exception. Sashiko is Japanese hand stitching technique. Wagara categorizes the many Japanese traditional stitch patterns. Learn to hand stitch in this beautiful and elegant way whether for purely a mindful practice, a decorative purpose or to visibly mend well loved items.

Su Nov 17 10:30 AM-1:30 PM  
515207 \$59.95/1 sess

### Learning through Literacy

19+ yrs | Capilano University English for Academic Purposes

This program is a successful collaboration of the Lord Strathcona Elementary School, the Strathcona Community Centre, the Strathcona Public Library, and Capilano University! In addition to enhancing one's English skills participants will be introduced to many resources and services in their community! Online classes occur once a month and a schedule will be handed out at the first class.

W Sep 4-Dec 18 9:30 AM-12:30 PM  
515132 \$30/16 sess

## Fitness & Health

### Adult Ballet - Open Level

19+ yrs | Endorphin Rush Dance

Ballet enthusiasts and former dancers unite! An open level, beginner friendly, ballet program designed for adult dancers to reap the benefits of ballet through exercises to condition the body, creativity and to compliment short choreographies. Soft ballet shoes are recommended. Please wear comfortable clothing for movement and bring a water bottle. Drop in \$15.00, if space permits.

F Sep 6 6:00 PM-7:00 PM  
515088 FREE TRIAL/1 sess  
F Sep 13-Oct 25 6:00 PM-7:00 PM  
515087 \$98/7 sess

### Pilates

19+ yrs | Into Yoga

Pilates participants will learn the fundamentals of Pilates which promotes strength and stability while lengthening the muscles and supporting the spine. There will be a strong focus on connecting to the abdominal and pelvic floor muscles which is the key to strengthening the body's core muscles. Please bring your own mat. Drop in \$16, if space permits. For more info, visit [www.intoyoga.ca](http://www.intoyoga.ca).

W Sep 18-Oct 30 7:00 PM-8:00 PM  
515201 \$101.50/7 sess  
W Nov 6-Dec 11 7:00 PM-8:00 PM  
515202 \$87/6 sess

### Strathcona Bootcamp

19+ yrs | Scovia Maeko

This high intensity interval training class will challenge your mind and body. Be prepared to sweat, train hard and release the stresses of the day. This will be a progressive class. Work out with Scovia, who is also a personal trainer and understands how to motivate you to attain your workout goals. Drop-in \$10.50, if space permits. No class Sept 30, Oct 14 & Nov 11.

M Sep 9-Oct 28 6:15 PM-7:15 PM  
515225 \$57/6 sess  
M Nov 4-Dec 16 6:15 PM-7:15 PM  
515226 \$57/6 sess  
Th Sep 12-Oct 24 5:15 PM-6:15 PM  
515227 \$66.50/7 sess  
Th Nov 7-Dec 19 5:15 PM-6:15 PM  
515228 \$66.50/7 sess

### Vinyasa Flow Yoga

19+ yrs | Hannah Bruen

This is an all levels vinyasa flow yoga class where we will laugh, play, and move our wonderful bodies! We will work on meditation, breathing, and play around with some fun yoga postures and sequences. Our bodies will get a chance to build core strength, improve balance and get a cardio boost. Never tried yoga before? No need to worry as we will guide you step by step with helpful cueing and encouragement. This class can be as relaxing or challenging as you would like to make it. We will provide optional modifications and progressions to allow the class to meet you where you are at each week. Please bring your own yoga mat to class. Please bring any other equipment such as blocks or blankets to better support your body during our yoga practice. Drop-in \$11.43, if space permits.

Th Sep 19-Oct 24 7:00 PM-8:15 PM  
515249 \$57/6 sess  
Th Nov 7-Dec 12 7:00 PM-8:15 PM  
515250 \$57/6 sess

## Zumba

19+ yrs | Edie Chang

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 \$11.00, if space permits. No class Oct 12 & Nov 9.

Tu Sep 10-Oct 29	7:00 PM-8:00 PM
515265	\$72/8 sess
Tu Nov 5-Dec 17	7:00 PM-8:00 PM
515267	\$63/7 sess
Sa Sep 14-Oct 26	10:00 AM-11:00 AM
515266	\$54/6 sess
Sa Nov 2-Dec 14	10:00 AM-11:00 AM
515268	\$54/6 sess

## Martial Arts

### Aikido for Men and Women

19+ yrs | Tony Hind

Based on traditional Japanese hombu style, Aikido is a powerful, dynamic martial art that uses an attacker's momentum and energy and redirects it through fluid techniques that may involve joint locks, throws and pins. This class will include both basic and higher level techniques suitable for all participants, beginners and advanced students. Drop-in \$15, if space permits. No class Oct 12 & Nov 9.

Sa Sep 14-Dec 14	11:30 AM-1:00 PM
515095	\$120/12 sess

## Axe Capoeira

19+ yrs | Sheila Recuenco

Capoeira is the perfect martial art that combines dance, music, language, history, philosophy, fitness and acrobatics. Anyone can join! This is a beginner class for Adults, but youth aged 13 and up are welcome to join as well. Classes cover all aspects of Capoeira: martial arts, dance, music, acrobatics, culture, language and more. Focus on developing rhythm, reflexes, balance, coordination and increasing strength and flexibility. Drop-In \$12, if space permits.

Tu Sep 17-Oct 29	5:30 PM-6:30 PM
515096	\$77/7 sess
Tu Nov 5-Dec 17	5:30 PM-6:30 PM
522088	\$77/7 sess

## Kung Fu: Choy Lee Fut

19+ yrs | Amy P & Matthew W

Enjoy fitness and endurance with practical self defense techniques focusing on artistic forms of the Choy Lee Fut Style. Workouts start with stretching and flexibility, then speed training practice and forms. Children can join at a reduced rate. All levels and new participants welcome! Drop in \$6.67, if space permits. No class on Sept 30, Oct 14 & Nov 11.

M/W Sep 9-Sep 25	6:30 PM-8:30 PM
515128	\$49/6 sess
M/W Oct 2-Oct 30	6:30 PM-8:30 PM
515131	\$56/8 sess
M/W Nov 4-Nov 27	6:30 PM-8:30 PM
515130	\$49/7 sess
M/W Dec 2-Dec 18	6:30 PM-8:30 PM
522092	\$42/6 sess

## Sports

### Adult Tennis Lessons

19+ yrs | Wilson Tan

Suitable for beginners and novice seeking to learn basics of successful rallying - Expectations to consecutively rally 30-50 balls with a partner. Basic understanding of volleys and serving. Our programs take Progressive Tennis in an open skills environment, allowing developments important to improving your tennis. You will learn about basic skills and competencies to play tennis. No class on Sept 29, Oct 13, & Nov 10.

Su Sep 8-22	10:00 AM-11:45 AM
515091	\$131.25/3 sess
Su Oct 6-27	10:00 AM-11:45 AM
515093	\$131.25/3 sess
Su Nov 3-24	10:00 AM-11:45 AM
515092	\$131.25/3 sess
Su Dec 1-15	10:00 AM-11:45 AM
522087	\$131.25/3 sess



## Basketball - Recreation

19+ yrs | Non-Instructional

Recreational co-ed basketball with limited spaces. Registered participants must check in at the front desk in person no later than 5 minutes after start time to guarantee their spot, or spots will be sold to those on waitlist. Waitlist opens 30 minutes prior to time of play. Drop-in \$5.25, if space permits.

Tu Sep 3-Dec 17	7:15 PM-8:45 PM
515102	\$60/16 sess
Su Sep 1-Dec 29	12:10 PM-2:00 PM
515103	\$5.25/drop-in

## Badminton: Drop-In

All Ages | Non-Instructional

Drop-in badminton play at Strathcona for all ages. Come as a family, or make new friends. Play is self-monitored, so please be ready to rotate, share, and have fun. Limited number of rackets and birdies available to borrow - if you have your own, please bring. No class Oct 19 & Oct 26.

Sa Sep 7-Dec 28	3:15 PM-4:45 PM
515101	\$5/drop-in

## Badminton - Adult Recreation Play

19+ yrs | Non-Instructional

Play badminton on one of our 4 courts. Registered participants must check in at the front desk, in person, by 7:35pm to guarantee their spot, or spots will be sold to those on waitlist. Waitlist opens 30 minutes prior to time of play. Drop-in available \$4.00, space permitting. No session on Sept 30, Oct 14 and Nov 11.

M Sep 9-Oct 28	7:30 PM-8:55 PM
526775	\$19.50/6 sess
M Nov 4-Dec 16	7:30 PM-8:55 PM
526776	\$19.50/6 sess

## Volleyball - Adult Recreation Play

19+ yrs | Non-Instructional

Bump, set, spike and meet new people while enjoying some friendly, non-competitive games of recreational volleyball. Registered participants must check in at the front desk in person by 7:05pm to guarantee their spot, or spots will be sold to those on waitlist. Waitlist opens 30 minutes prior to time of play.

Drop-in \$5.00, if space permits.

W Sep 4-Oct 30	7:00 PM-8:45 PM
515256	\$40.5/9 sess
W Nov 6-Dec 18	7:00 PM-8:45 PM
515257	\$31.50/7 sess

## Table Tennis - Saturday Drop-In

19+ yrs | Non-Instructional

Everyone is welcome! This is a great way to socialize and keep active. Sign up and play some quality table tennis. Drop-in to play for \$1 each visit.

Sa Sep 7-Dec 21	9:30 AM-11:30 AM
515237	\$1/drop-in

## Pickleball - All Levels - Recreation

19+ yrs | Non-Instructional

Pickleball is a combination of Ping-Pong, tennis, and badminton. This mini-tennis game is played by 2 or 4 people on a badminton-sized court using wood paddle racquets and a plastic, poly baseball with holes. No experience necessary, players of various levels play each week. Participants try to match abilities when possible. Registered participants must check in at the front desk in person no later than 5 minutes after start time to guarantee their spot, or spots will be sold to those on waitlist. Waitlist opens 30 minutes prior to time of play. Drop-in \$5.25, 4 available drop-in spots available weekly on first come-first served basis.

W Sep 4-Oct 30	5:15 PM-6:30 PM
515199	\$42.84/9 sess
W Nov 6-Dec 18	5:15 PM-6:30 PM
515200	\$33.32/7 sess

### We don't want to cancel good programs, but...

Programs are cancelled if everyone waits until the last minute to register. The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed.

### Everyone should have access to recreation

Subsidies are available for Strathcona residents facing financial barriers.

See page 2.

## Food Programs

### Afghani Cooking

19+ yrs | Shaista Alami

Learn to make delicious Afghani dishes in this 4-part cooking series. Each week you'll cook a delicious meal together and sit down to enjoy the food together. Adults 19+ & children 12+yrs accompanied by an adult. 1 child per adult. Please ensure both child and adult names are registered.

W Oct 9-Oct 30 6:30 PM-8:30 PM  
519535 \$80/4 sess

### Dirt Detectives

Adults 19+ yrs/Children 5+ yrs

Get ready to uncover the wonders beneath our feet as we explore soil, worms, and compost and learn the indispensable role worms play in enhancing our soil's health. Join Science World facilitators with our mobile vermicomposter, Holly's Composter! During this workshop, dirt detectives will roll up their sleeves and dive into the dirt to see the intricate anatomy of these underground heroes and understand how these wrigglers turn food scraps into nourishing compost. But our investigation doesn't stop there! Participants will then harvest compost and create their own seed bombs to take home and transform green spaces into vibrant pollinator gardens. With hands-on activities and fascinating discoveries awaiting, prepare to be captivated by the magic of soil, worms, and compost, and to unleash your inner Dirt Detective in the process. Each child must be accompanied by an adult. Please ensure each individual is registered.

Sa Sep 21 1:00 PM-2:00 PM  
520281 Free with Registration/1 sess

### Kurdish Cooking

19+ yrs | Strathcona Food Security Team

Join Shireen for a night of Kurdish cooking. Learn to make Shlay Baynjan, a famous Kurdish lamb dish. After preparing the meal everyone will sit down and share the food together. Adults 19+ & children 12+yrs accompanied by an adult. 1 child per adult. Please ensure both child and adult names are registered.

W Nov 20 6:30 PM-8:30 PM  
519546 \$15/1 sess

### Canning

19+ yrs | Strathcona Food Security Team

Join us for a hands-on workshop where you'll learn to can delicious seasonal foods using the hot water bath method. Everyone will take home 2 jars of food. No canning experience required. Adults 19+ & children 12+yrs accompanied by an adult. 1 child per adult. Please ensure both child and adult names are registered.

Tu Sep 10 6:30 PM-8:30 PM  
515106 \$10/1 sess  
Th Oct 17 6:30 PM-8:30 PM  
519427 \$10/1 sess

### Community Canning Group

19+yrs | Strathcona Food Security Team

This is the regular group of canners that get together to can. This class teaches new canning skills, give participants a space to practice and contributes to stocking people's pantries.

W Sep 18, Nov 13, Dec 18  
Tu Oct 22 6:30 PM-8:30 PM  
515105 Free with Registration/4 sess

### Strathcona Breakfast Program

Strathcona Breakfast Program welcomes all Strathcona Elementary School students to enjoy a balanced breakfast of fresh and nutritious food each weekday morning before school starts. No registration necessary. Children attending the school can pick up their breakfast by the North entrance off Pender St. The Breakfast Program is closed during school closures (professional development days, stat holidays, spring, summer and winter breaks).

### Strathcona Backpack Program

The Backpack Program is a service for household with dependents 18 or under, who are living in the V6A postal code area and experiencing food insecurity. We provide a variety of produce, meat, meat alternatives and dry goods as per donation. Currently, the program is no longer accepting applications and the waitlist is closed. Please note: the program is closed between 12:00pm-1:00pm

F Sep 13-Dec 20 9:30 AM-12:00 PM  
1:00 PM-3:00 PM





## Art

### Chinese Calligraphy

19+ yrs | Wai Yin Lau

Come and learn the ancient art of Chinese calligraphy. Participants will improve their writing skill through the use of ink, brush and paper.

F Oct 4-Dec 20 9:30 AM-11:30 AM  
515118 \$30/12 sess

## Fitness & Health

### Seniors Tai Chi

50+ yrs | May Fung

Join us for some easy and relaxing exercise. Our volunteer instructor will assist you to learn the different forms of Tai Chi movement. It helps to develop great mobility and balance. No experience necessary! No class Sept 30, Oct 14, & Nov 11.

M-F Sep 3-Dec 20 9:00 AM-10:30 AM  
515213 Free with Registration/76 sess

### Wellness Program

50+ yrs | Anne Yue

This program provides information to help you be healthy and safe. Learn more about nutrition, exercise, flu shot, fall prevention, home safety and more! You can also have a chance to try out the modified osteofit exercise.

Tu Sep 3-Dec 17 10:00 AM-12:00 PM  
515258 Free with Registration/16 sess

### Wu's Tai Chi

50+ yrs | David Ho

A gentle art of health and well being for people of all ages and health conditions. The Tai Chi exercise helps to develop strength and balance. No experience necessary!

Tu Sep 3-Dec 17 10:45 AM-11:45 AM  
515259 Free with Registration/16 sess

### Strathcona Chinese Wellness Program for Stroke Survivors

19+ yrs

Come and join our wellness program designed for stroke survivors. Class entails light stretching and movement with time to meet and engage with other members. Fee for snacks not included but is optional for those who attend.

Th Sep 5-Dec 19 10:00 AM-12:30 PM  
515231 Free with Registration/16 sess

## Social

### NEW! Mah Jong

50+ yrs | Volunteer

Come and learn how to play Mah-Jong with others! We have volunteer instructors who will be able to teach you how to play or help facilitate a game. No experience required. No class Sept 30, Oct 14, & Nov 11.

M Sep 16-Dec 16 1:30 PM-4:00 PM  
521960 Free/11 sess

### NEW! Indoor Curling

50+ yrs | Strathcona Staff

Come and socialize with other seniors in the seniors room and learn how to play curling! No class Sept 30, Oct 14, & Nov 11.

M Sep 16-Dec 9 11:00 AM-1:00 PM  
521957 Free with Registration/10 sess

### NEW! Senior's Karaoke (English)

50+ yrs | Non-Instructional

Come and socialize with other seniors in the seniors room on Mondays at 1pm where we will sing fan favourites. Songs will be in English. Registration required and non instructional. No class Sept 30, Oct 14, Nov 11 due to stat holiday.

M Sep 16-Dec 9 1:30 PM-3:00 PM  
515211 Free with Registration/10 sess

### Senior's Singing Group (Cantonese)

50+ yrs | Su Qiong Wang

Come and join others in singing songs with one another and to meet others! Singing done in cantonese. No class Sept 30, Oct 14, & Nov 11.

M Sep 9-Dec 16 10:00 AM-12:00 PM  
515212 Free with Registrtaion/12 sess

### Senior Social Luncheon

50+ yrs

Have a social lunch together where you can meet new people and chat over a nutritious meal. Please purchase tickets in advance as space is limited.

11:30 AM-1:00 PM  
W Sep 11 (Mid Autumn Festival) 515208 \$11.43/1 sess  
W Oct 9 515209 \$9.52/1 sess  
W Nov 6 515210 \$9.52/1 sess  
W Dec 11 (Christmas Celebration) 518539 \$11.43/1 sess



# Fitness Centre

## Welcome to the Strathcona Fitness Centre!

### Fitness Centre Hours

Mon-Fri ..... 9:00AM - 8:30PM  
 Sat ..... 9:00AM - 4:30PM  
 Sun ..... 10:00AM - 1:30PM  
 Sept 30 ..... 10:00AM - 1:30PM  
 Dec 23-24, 27, 30-31,  
 Jan 2-3 ..... 9:00AM - 4:30PM

### Holiday Closures

Sept 2, Oct 14, Nov 11 ..... CLOSED  
 Dec 25, 26, Jan 1 ..... CLOSED

### Fitness Consultations

Book up to 3 sessions with our Fitness Centre Staff! Free with drop-in admission, a valid flexipass or a usage pass. In your first session, learn how to use the equipment, get a personalized 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 program. Book a third session if you need additional support or motivation. Please call the front desk to book a timeslot.

### Information

Stay home if you are sick. By entering our facilities you are declaring that you are in good health.

### Fitness Centre Fees

Flexipass (Monthly Passes)	Adults (19-64 years)	Seniors (65+ years)	Youth (13-18 years)
Single-visit admission	\$7.41	\$5.19	\$5.19
1 Month	\$59.95	\$41.96	\$41.96
3 Month	\$161.87	\$113.31	\$113.31
12 Month	\$517.97	\$362.58	\$362.58
10 Visit Usage Pass	\$66.69	\$46.71	\$46.71

Prices do not include GST.  
 Prices subject to change without notice.

### Personal Training/Semi Personal & Small Group Training

You can book 1, 3, 5, or 10 sessions, either privately or with a friend. Whether you are a beginner, over coming a plateau, rehabilitating from an injury or looking for a sport-specific workout, our Trainers will work with you to develop a customized plan designed to meet your goals.

Please visit <https://vancouver.ca/parks-recreation-culture/personal-training.aspx> to register and for more information.

Sessions	Private (1 person)	Semi-private (2 people)	Small group (3-4 people)
1	\$61.66	\$92.46	\$129.70
3	\$170.87	\$256.35	\$347.38
5	\$274.83	\$423.22	\$509.51
10	\$493.36	\$785.98	\$926.37

Prices do not include GST.  
 Prices subject to change without notice.



## Room Rentals

Strathcona Community Centre has rooms for all occasions and meetings. We have a great gym space for indoor sports play and meeting facilities as well. **Please contact Raymond (raymond.eng@vancouver.ca) or the front desk at 604.713.1838 to book your rental.**

ROOM	ROOM CAPACITY		OPERATING HOURS \$ per hour	AFTER HOURS \$ per hour & staff
	MAX	COMFORT		
Gymnasium – 96'x60' (Sport rentals only) Please note: Mandatory insurance required. Visit <a href="http://eventpolicy.ca">eventpolicy.ca</a>	N/A	N/A	\$65.00	\$90.00 2 hours minimum
Seniors Room – 48'x28'	80	60	\$45.00	\$70.00
Activity Room – 34'x28'	40	30	\$40.00	\$65.00
Community Room – 34'x28'	30	20	\$40.00	\$65.00

### Staff Charges

Rentals outside of regular operating hours or special circumstances require rental staff. Staffing charges are \$25 per hour with a minimum of 2 hours regardless of the duration of the rental. Full payment is due upon the confirmation of your rental with the Rental Coordinator

### Set-up and Take Down

All reservation times depicted on the Rental Agreement are inclusive to set up and clean up. All groups are responsible for their own set up, take down, and basic cleanup of the rented space. Cleaning supplies will be provided.

### Cancellation & Refund Policy

1. When cancellation of a rental booking is done 10 or more business days in advance of the booking, the rental group will receive a full refund.
2. When cancellation of a rental booking is done between 5 and 10 business days in advance of the booking, the rental group will receive a 50% refund excluding the damage deposit.
3. When 5 business days or less notice is given for cancellation, no refund will be given, excluding the damage deposit.

*\*Liability insurance is required for all sport and/or high risk activities.*



GYMNASIUM



SENIORS ROOM



ACTIVITY ROOM



COMMUNITY ROOM



# Halloween at Strathcona

Presented by Youth Council



**Free Haunted House and Carnival!**

Register for the Haunted House with code 522210

This is a family event. Feel free to come dressed up!

## BREAKFAST WITH SANTA



DEC 7<sup>TH</sup>  
10:30AM-  
12:30PM

\$5/adult, \$3/child  
#518495

ENJOY A PANCAKE BREAKFAST, CRAFTY FUN, PHOTO BOOTH AND A SPECIAL VISIT FROM SANTA! BRING A CAMERA IF YOU WISH TO TAKE A PICTURE WITH THE JOLLY FELLOW.

UNDER 12 MONTHS=ATTEND FOR FREE.

PRE-REGISTRATION ONLY BY PHONE OR IN PERSON.

NO ONLINE REGISTRATION.

PLEASE ENSURE EVERY MEMBER ATTENDING IS REGISTERED.

## ORANGE SHIRT WALK FOR TRUTH & RECONCILIATION

Monday, September 30, 2024

10:00 AM - Meet at Strathcona Community Centre for light refreshments and opening remarks

10:30-10:45 AM - Begin Walk to Grandview Park

11:00 AM - Grandview Park Event Begins

