

Renfrew Park

Recreation Guide

Fall 2025

Community Centre

Swimming Pool

Fitness Centre

Fall 2025 Registration Dates

Community Centre

Online/In Person
Phone In

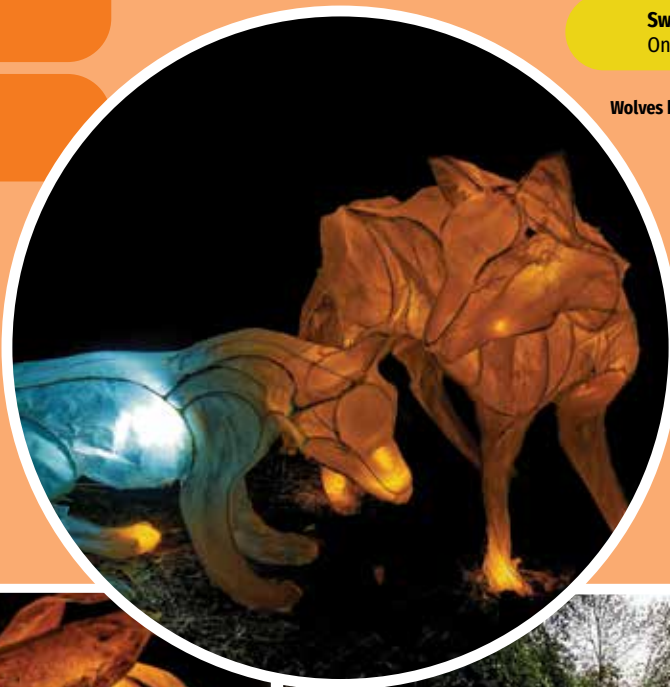
Sun Aug 10, 9:00am
Sun Aug 10, 10:00am

Swimming Pool

Online/In Person/Phone In

Tue Aug 26, 7:00pm

Wolves by Ben RP // Photo by Chao C



Lanterns By Yoko T. // Photo by Chao C



Full Moon Lantern Walk // Photo by Carmen R



Annual Pool Maintenance (closure)

September 2 - 28



www.renfrewcc.com | 604 257-8388
2929 East 22nd Avenue, Vancouver BC, V5M 2Y3
Jointly operated by the Vancouver Board of Parks and Recreation
and the Renfrew Park Community Association



Centre Information

Centre Hours of Operation

Centre Office		August 30-January 4
Monday-Friday	9:00am-9:30pm	
Saturday-Sunday	9:00am-4:45pm	

Community Centre		August 30-January 4
Monday-Friday	9:00am-10:00pm	
Saturday-Sunday	9:00am-5:00pm	

Community Centre Holiday and Special Hours

Saturday August 30	Closed
Sunday August 31	Closed
Monday September 1	Closed
Tuesday September 2	Closed
Wednesday September 3	Closed
Thursday September 25	9:00am-4:00pm
Tuesday September 30	Closed
Monday October 13	Closed
Tuesday November 11	Closed
Monday December 22-Sunday January 4	Closed

Please see **page 30** for Pool and Fitness Holiday and Special Hours

Contact Information

Address

2929 East 22nd Avenue, Vancouver BC, V5M 2Y3

Phone

Centre Office (604) 257-8388 ext 1
Fax (604) 257-8392

Email

Centre Email renfrewcc@vancouver.ca
Rental Inquiries renfrew.rentals@vancouver.ca
Birthday Party Inquiries renfrewparkbirthday@vancouver.ca
Swimming Pool Aquatic Leaders renfrew.al@vancouver.ca

Staff

Andy Teoh	Community Recreation Supervisor
Nick Fong	Recreation Programmer
Abhinav Menon	Pool Programmer
Starla Bayley	Community Youth Worker
TJ Elias	Program Assistant III - Seniors Worker
Marni McMullen, Kieran Sherestan	Program Assistant III
Monica Kochhar	Recreation Facility Clerk
Elizabeth Casaclang	Child Care Manager
Emily Lam	Community Association Administrator

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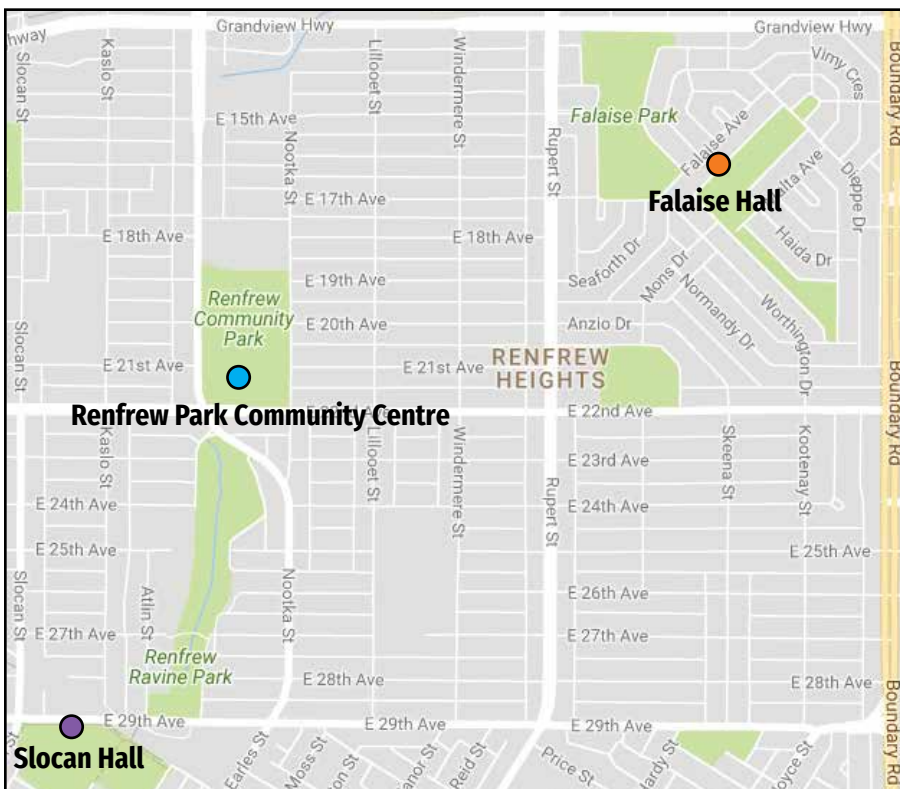
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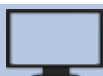


- Renfrew Park Community Centre 2929 East 22nd Avenue
- Falaise Community Hall 3434 Falaise Avenue
- Slocan Community Hall 2750 East 29th Avenue

3 Easy Ways to Register...

Online

Starts **Sunday, August 10 at 9:00am**



Register online at <http://vanrec.ca>

Pay by Visa, MasterCard or American Express.

In Person

Starts **Sunday, August 10 at 9:00am**



Registration in person continues during office hours. You can pay by cash, credit card or debit card. Please bring your OneCard to speed up registration.

By Phone

Starts **Sunday, August 10 at 10:00am**



(604) 257-8388 ext 1

Phone during office hours. Due to the volume of business you may experience some delays. Have credit card and course number/s ready.

Payment Methods

Online/Phone In



In Person



Cheques made payable to **City of Vancouver**
Please note \$35 charge for NSF cheques.

Personal Information Protection

In the course of providing programs and services, the Renfrew Park Community Association collects personal information of our members and other individuals participating in classes, workshops, projects, events, or renting the facility. This information may be used for communication purposes regarding current or upcoming events, processing payments, statistical or human resource purposes, or for the provision of programs or services. For information on our privacy policies and practices or to contact our Privacy Officer, at (604) 257-8388 or contact the Front Desk.

...connect with us on Social Media!

facebook.com/renfrewparkcc

twitter.com/renfrewparkcc

instagram.com/renfrewparkcc



Renfrew Park Community Centre
acknowledges the financial assistance of
the Province of British Columbia

Registration Policy

- Registrations are non-transferable to another program or person.
- NSF cheques will have a \$35 fee.
- Programs that do not reach minimum enrollment may be cancelled.

Cancellation, Transfers and Refunds

- Requests must be made through the Renfrew Park Community Centre office during our hours of operation.
- Please see page 2 for centre hours of operation.
- If paid by credit card, it can be credited back to the original credit card.
- If paid by debit card, you will be required to bring in your debit card to receive your refund.
- If paid by cash or cheque, refund can be issued back by cheque.
- Alternatively, a pro-rated credit for the remaining class(es) may be transferred to your registration account for future program registration use.
- All refunds are subject to an administration fee (fees vary based on program, see below).
- *For medical reasons:*
- Please inform the office as soon as possible and a one time exception may be possible. Dated medical notes may also be required.

Programs

Notice given prior to the program start date

- A \$5 administration fee, per person, per program will be charged

Notice given on or after the program start date and prior to third class

- A \$5 administration fee, per person, per program will be charged
- A pro-rated refund will be given as of the date of notification, regardless of class start time.
- Withdraw/refund requests must be made no later than 2 days prior to the third class. After this time, withdraw/refund requests will not be accepted.

1 to 3 Session Activities/Workshops

- A \$5 administration fee, per person, per program will be charged
- Withdraw/refund requests must be made no later than 14 days prior to the start of the activity. After this time, withdraw/refund requests will not be accepted.
- Badminton Court Rental refunds see p. 28.

Weekly Camp Programs

- All requests are subject to \$10 administration fee (\$15 for Licensed Preschool Camps), per person, per week.
- Withdraw/refund requests must be made no later than 14 days prior to the start date of each camp. After this time, withdraw/refund requests will not be accepted.

Bus Trips/Special Luncheons

- A \$5 administration fee, per person, per program will be charged
- Withdraw/refund requests must be made no later than 14 business days prior to the start date. After this time, withdraw/refund requests will not be accepted.

Special Events/Community Lunch Program

- Withdraw/refund requests made at least 3 days prior to the date of the event will eligible for a 50% refund.
- After this time, withdraw/refund requests will not be accepted.

Birthday Parties

- Notice given 3 weeks prior to party date: \$25 administration fee applied.
- Notice given less than 3 weeks prior to the party date: \$50 administration fee applied.
- Notice given less than 1 week prior to party date: no refund will be provided.

Room Rental and Licensed Preschool Program

- Please contact the Renfrew Park Community Centre office for details.

Renfrew Park Community Association (RPCA)



RPCA Board of Directors

2024-2025

President	Anthony Mehnert
1st Vice President	Henry Lee
2nd Vice President	Sari Lundberg
Treasurer	Julienne Liang
Secretary	Judy Egerton
Past President	Albert Lee
Members at Large	Chris Bayliss, Paul Cheng, Barbara Leung, Fay Lin, David Ng, Emily Tsang, Kepler Rotheisler, Gayle Uthoff

Renfrew Park Community Centre is jointly operated by the Vancouver Board of Parks & Recreation and the Renfrew Park Community Association. If you would like to become more involved in the direction of the centre, email: board@renfrewcc.com

President's Message

We hope you've had a joyful summer, enjoying the sunshine, splashing in the **wading pool**, and soaking up the tunes at **Music in the Park**. It's been a season full of connection, laughter, and community spirit.

As we turn the page into fall, we've got another exciting chapter ahead—one that continues to celebrate all the things that make our neighbourhood special.

We're kicking things off with the **RPCA Annual General Meeting on November 22**, taking place in **Room 110 from 12:00–2:00 PM**. Whether you're deeply involved or just getting to know us, this is your chance to connect, ask questions, and be part of the conversation that shapes our future.

This season also brings a rich lineup of events that reflect who we are and what we value. From the start of a new school year for many (including our preschoolers), to festive gatherings like **Halloween**, **Breakfast with Santa**, the **Christmas Luncheon for Seniors**, **Diwali**, and **Truth and Reconciliation**, there's no shortage of opportunities to come together, celebrate, and stay connected. The **Renfrew Ravine Moon Festival**, hosted by **Still Moon Arts Society**, is coming back with a new festival theme, Wetlands. Celebrations will be underway from Sept 8-Oct 4 with the **main festival happening on Oct 4**. **Please note that the pool will be closed from September 2 to 28 for annual maintenance and will reopen on September 29.**

And one more exciting update: our **new community reader board** has been installed! Keep an eye out for local happenings, updates, and celebrations—it's a long-awaited tool for keeping us all connected and informed.

Thank you for being such a vital part of this community. Whether you show up to an event, lend your time, or share a friendly hello, your presence matters. I look forward to seeing you this fall—there's so much to enjoy, and even more to build together.

Warmest regards,

Anthony Mehnert, Renfrew Park Community Association President
board@renfrewcc.com

RPCA Memberships

September 1, 2025–August 31, 2026

The Renfrew Park Community Association (RPCA) is vital to the operation of the facilities and programs at Renfrew Park Community Centre.

Benefits of Association Membership:

- Contributing to our ability to offer affordable recreation programming.
- Ability to influence the implementation of programs and services provided by RPCA.
- Have voting rights at our Annual General Meeting.
- Memberships improve and simplify the registration process.

Memberships are available for FREE, please come in to the Community Centre to load your membership onto your OneCard.

If you do not want to become a member of Renfrew Park Community Association, please notify our staff at the time of registration.

For games room, piano practice and sports equipment rental, please register for the Equipment Rental Fee (info **p.19**).

RPCA Affiliated Groups

Aikido Club	Wolfgang vancouveraikikai.com
Happy Corner Preschool	happycorner.ca
Judo Club	Frank nakashimadojo.blogspot.com
Renfrew Trojans Football	vancouvertrojans.net
Still Moon Arts	Carmen https://stillmoonarts.ca/

...did you know

The RPCA is a not-for-profit group that applies for grant funding that helps to offer programming at low costs!

Renfrew Park Community Association (RPCA)

SEEKING NOMINATIONS FOR BOARD OF DIRECTORS



Join our dedicated volunteers in shaping the policy and growth of the association. We're seeking members with ties to the Renfrew catchment area.

- Director's terms of office are two year
- Time commitment is 4-10 hours per month depending on your involvement on committees
- Directors should be at least 18 years of age by the date of our AGM, November 22, 2025

Exciting opportunity to help shape programs at Renfrew Park Community Centre! Get more info at the center's office or email board@renfrewcc.com.



Renfrew Park Community Association ANNUAL GENERAL MEETING



Join us at our AGM to meet our board members, elect new ones, and discover our achievements of the past year and exciting goals for the future. Voting is open to all members aged 16 and over. Don't forget to bring your RPCA membership card. If you don't have one, register for the AGM to receive your membership on the spot. Be part of shaping the future of RPCA!

570359
12:00pm-2:00pm

SAT, NOV 22

VOLUNTEER WITH THE BOARD

Powered by committed volunteers, the RPCA is the non-profit working in partnership with the Vancouver Parks Board to make this centre amazing!

Build skills & community connections while contributing by:

- Joining one of our committees
- Participating in organizing & executing of one our stellar events
- **Running for a position on the Board of Directors**



For more info email us at board@renfrewcc.com

**Be a part of the good
in your neighbourhood!
Join the RPCA**



FREE RPCA Membership

- Ability to influence the implementation of programs and services provided by RPCA.
- Contributing to our ability to offer affordable recreation programming.
- Have voting rights at our Annual General Meeting.
- Memberships improve and simplify the registration process.



Mission Statement

We aim to assist in developing and fostering community spirit and involvement and to work closely with the other groups in the Renfrew-Collingwood Neighbourhood. We aim to provide cultural, intellectual, and physical activities through affordable recreation and leisure.

Programs Highlights

Still Moon Arts Society - Moon Festival 2025



About Still Moon Arts Society

Still Moon Arts Society is a registered charity founded in 2004 whose mission is to inspire vibrant and connected communities through eco-arts and environmental stewardship. Still Moon hosts the annual Renfrew Ravine Moon Festival, which engages over 5,000 people each year, providing arts-related jobs, youth skills development, support for emerging and underrepresented artists, and opportunities for local businesses.

Learn more about Still Moon and the Moon Festival at www.StillMoonArts.ca

Experience the 23rd Annual Renfrew Ravine Moon Festival

Presenting the 23rd annual Renfrew Ravine Moon Festival, honouring the harvest moon, community, art and the diverse cultural traditions of Renfrew-Collingwood. You're invited on Oct 4th to experience enchanting live music, giant lanterns, performances and illuminated art set against a backdrop of towering trees and the flowing waters of Still Creek! The festival also features workshops and outings throughout September to connect you with local artists, nature, community and your creativity.

This year's festival theme, 'Wetlands', honours the bogs, marshes, and swamps that were once abundant in Renfrew-Collingwood, and imagines a future where we all benefit from expanded, healthy green spaces along the creek.

Learn more and register for events and workshops at: www.StillMoonArts.ca/Moon-Festival. Workshop space is limited

Main Festival Day | Sat, October 4

The Harvest Fair

4:00PM - 6:45PM

at Slocan Park (2750 E 29th Ave, Vancouver)

Kick off the Moon Festival's main day! Enjoy family-friendly activities, local performers, vendors, our hearty Harvest Soup, and more.

Twilight Lantern Procession

Starts at Sunset (6:45PM)

departs from from Slocan Park

Join the neighbourhood in this illuminated evening procession filled with performers and music, leading to the Streamside Lanterns.

Streamside Lanterns

7:15PM - 9:00PM

at Renfrew Community Park (2929 E 22nd Ave)

Renfrew Community Park is transformed with illuminated art and intriguing sounds set against a backdrop of towering trees and the flowing waters of Still Creek.



Windermere Leadership Students - Salmon Lanterns // Photo Cassandra L

Program Highlights

Still Moon Arts Society - Moon Festival 2025

Featured Moon Festival Events

Festival Make & Mend Workshop

Help us to build and repair lanterns and decorations for the festival. All skill levels are welcome!

Fri, September 12 4:00PM-7:00PM Slocan Community Hall (Slocan Park)

Ravine Nature & History Tour

Learn about the people, plants, animals and art of the beautiful Renfrew Ravine. A dual-language event delivered in English and Cantonese.

Sat, September 13 2:00PM-4:00PM Renfrew Ravine Park

Ravine Nature Scavenger Hunt

Journey through the ravine and search for birds, bugs & native plants. Compete to find the coolest natural treasures and complete the scavenger hunt list.

Sat, September 13 2:00PM-4:00PM Renfrew Ravine Park

Salmon Creek Mural Celebration

Enjoy live music & food. View the new Salmon Creek Mosaic Mural at Renfrew Community Centre, created with help from over 100 community volunteers!

Sat, September 13 4:00PM-6:00PM Renfrew Community Park

Wetland Art Panel Workshop

Create a personal art panel using natural materials. Connect with nature while exploring texture, pattern, and the beauty of wetlands. Led by artist Heather Woolley

Sun, September 14 1:00PM-2:00PM Colour-Me-Local Dye Garden
3958 Renfrew St

Wetland Lantern Workshop

Artist Yoko Tomita will guide you in creating a lantern that features wetland plants & animals. A fun activity for all ages—we encourage you to bring a grandparent or grandchild. You'll be ready for the Twilight Lantern Procession on Oct 4!

Wed, September 17 4:00PM-6:00PM Renfrew Collingwood Seniors Centre
2970 East 22nd Ave

Voices in the Garden

An intimate afternoon of music & poetry in the garden. Textiles created by the Still Moon Dyers' Guild will be on display, and you can try your hand at needle-felting on a wetland theme - create oversized fungi, slime molds, moss and lichen - with guidance from the Kick Off the Truck art collective.

Sat, September 20 3:00PM-7:00PM Colour-Me-Local Dye Garden
3958 Renfrew St

Full Moon Labyrinth Walk

Embrace the changing seasons with a mindful walking meditation accompanied by the Gracemote a capella choir.

Mon, September 22 6:00PM-8:00PM Renfrew Ravine Labyrinth
Intersection of Renfrew Ravine Park and E27th Ave

Natural Dye Truth & Reconciliation Workshop

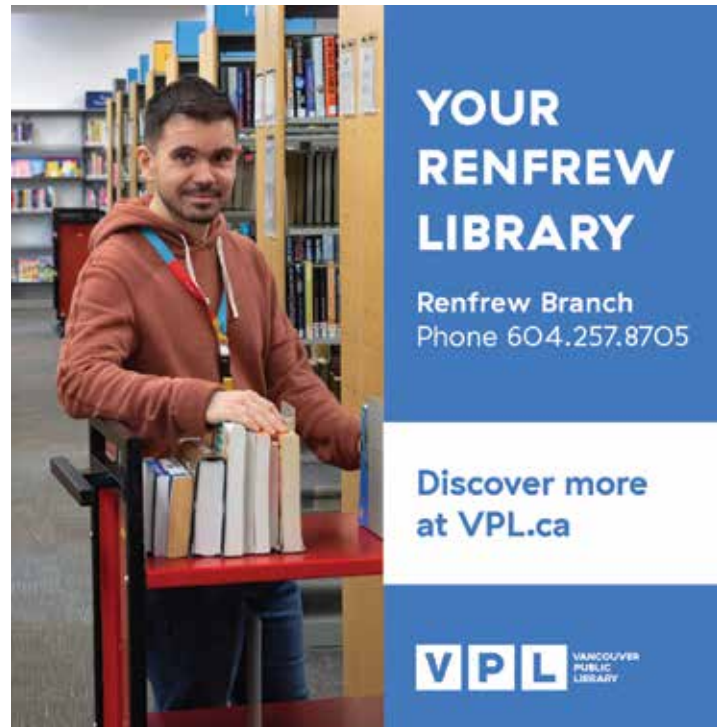
Learn to dye cloth with plants from our Colour Me Local Dye Garden, reflect on decolonization, and connect with the community.

Thu, September 25 6:00PM-8:30PM Slocan Community Hall (Slocan Park)

Batik Lantern Workshop

Design and dye a fabric lantern using batik and natural indigo, with Bernarda Antony of the Batik Library. You'll be ready for the Twilight Lantern Procession on Oct 4!

Sat, September 27 10:00AM-3:00PM Collingwood Neighbourhood House Annex
3690 Vanness Avenue



Flu Clinic

Stay tuned for information on a Flu Clinic at
Renfrew Park Community Centre
Wednesday November 12

Communicable Disease Health & Safety Practices

NOTE: The nature of the activities are such that you may interact with other people who are considered to be in good health, continuous physical distance between other people cannot be guaranteed, and, by participating in the activity, you are at risk of being infected by a pathogen, including but not limited to SARS-COV2, which causes the disease COVID-19

Communicable Disease Health & Safety Practices

- Participants are required to comply with the current orders of the Provincial Health Officer. For more information, please cut and paste into your web browser: <https://www2.gov.bc.ca/gov/content/covid-19/info/restrictions>
- Participants should assess themselves daily for symptoms of the Common Cold, Influenza, COVID-19, or other infectious respiratory disease before attending the facility.
- Participants who are ill, including participants of essential service providers, should not attend a program or access the community centre. If you are unsure, you should self-isolate and contact 8-1-1 or the local public health unit.
- They can also be advised to contact a family physician or nurse practitioner to be assessed for COVID-19 and other respiratory diseases.
- All participants are encouraged to practice proper hand hygiene and respiratory etiquette by covering coughs or sneezes.

Programs Highlights

NATIONAL DAY FOR TRUTH *and* RECONCILIATION

Beading Orange Shirt Pins

Create your own Orange Shirt Pin for yourself or a loved one with Elder Linda. Wear it in support of Residential School Survivors, their families, and in memory of the children who never came home. Supplies provided, while quantities last.

Wed Sept 17
3:30 pm - 5:30 pm
FREE

*All events will provide opportunities to voluntarily donate to the **Indian Residential School Survivors Society**



An Afternoon with Kanatiio

Join Kanatiio, community mentor and elder, for a screening of *The Secret Path*. Afterwards, we'll share bison burgers and light refreshments made with traditional ingredients — a chance to connect, reflect, and build community.

Tues Sept 30
1:30 pm - 3:30 pm
FREE - Registration required
#581059

The Secret Path - film screening

Join us for Gord Downie's *The Secret Path* — a moving film honouring Indigenous stories and resilience. Concession available. Two screenings available.



Tues Sept 30
3:00 pm - 5:00 pm
FREE

Diwali

The festival of Diwali is a unifying celebration with different significance, but equal importance in many communities. Please join us in celebrating this cultural event. There will be crafts and light refreshments while supplies last.

Space is limited.
Pre-registration is required.

#577592
Sun Oct 12
12:30 pm - 3:00 pm
\$5/person

SENIORS (55+) CHRISTMAS LUNCHEON

#579632
Wed Dec 10
12:00 pm - 2:30 pm
\$14.29 + tax/person

Celebrate this magical time of the year with old friends and new friends. Enjoy an amazing lunch with some fun entertainment and, of course, the door prizes.

Menu:

Main: Turkey with cornbread stuffing
Mashed potatoes with Southern gravy
Brussel sprouts and roasted carrots
Garden salad

Dessert: Fruit cake, shortbread cookies and cranberry tart



Program Highlights



SPOOKtacular Halloween Party

Bounce into Halloween with our festive bouncy castle, enjoy spooky games, and get creative with Halloween-themed crafts! Step into our Haunted House, featuring a lights-only display for younger children - and don't forget to come dressed in your favourite costume!

Sat Oct 25
12:00 pm - 3:00 pm
\$7/person
#577593

Tickets are limited - register early to secure your spot!
Registration required for children 13 years old and younger

Halloween Swap

Calling all kids and parents who plan to trick or treat this Halloween or attend a spooky party. Instead of buying a new costume that you will wear once or twice, visit our Halloween Free Swap at Renfrew Community Centre to find gently-used Halloween costumes, accessories, and decorations! Participants are welcome to leave two items per person and can take as many items as they like.

Sat Oct 25
12:00 pm - 3:00 pm
FREE

BOO!



Breakfast with Santa

Join us for a full breakfast with family and friends! Bring your family and friends for a delicious full breakfast, followed by fun crafts and games to enjoy together.

Breakfast seating: 11:00 am - 12:00 pm
All participants must be 2+ years
Adults must register and pay to attend

Sat Dec 13
9:30 am - 12:30 pm
\$7/Person
9:30 am Seating - #577591
11:00 am Seating - #577590



Birthday Parties

Saturdays & Sundays
2pm - 4pm

**PARTIES AVAILABLE SEASONALLY
CONTACT FRONT DESK FOR MORE INFO**

Parties Suitable for children aged 0-7

CAPACITY:
FOR UP TO 20 KIDS
AND UP TO 40 ADULTS

PACKAGES:
Basic - \$200
Entertainer - \$90
Bouncy Castle - \$95
Full Package - \$365



REGISTRATION AVAILABLE @ WWW.VANREC.CA | FOR MORE INFO CONTACT: RENFREWPARTYBIRTHDAY@VANCOUVER.CA | TECHNICAL SAFETY BC LICENSE NUMBER: LAM0207577

Preschool

Dance

1st Dance Sing Musical Theatre

3-5yrs

Illuma Studios

Learn the technical and artistic aspects of a musical theatre performance, including singing, acting and dancing. Students will learn choreographed routines set to the music of famous musicals. Learn teamwork while supporting classmates, have fun, and rise to a new challenge. No previous experience required. Learned skills showcasing will be announced throughout the course.

Mon	Sep 15-Dec 15	No session Oct 3
581237	9:30am-10:15am	\$162.50/13 sess

1st Ballet Time

3-5yrs

Illuma Studios

Come learn proper breathing, strengthening, stretching and all the fundamentals of ballet. Students will enjoy a better understanding of their body and develop muscle memory. No previous experience required. All genders preferred dress code: ballet attire (bodysuit, white leggings / black tights, ballet flats); hair: short, ballet bun or ponytail. Otherwise, comfortable tight top and bottom (legging / tights / yoga shorts) to allow for posture correction; and socks.

Mon	Sep 15-Dec 15	No session Oct 3
581238	10:15am-11:00am	\$162.50/13 sess

1st Tumble, Flex and Dance

3-5yrs

Illuma Studios

Through proper tumbling 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, have fun tumbling, increase flexibility and stand tall with confidence. Learned skills will be arranged into a dance routine so that students can showcase their acro skills! No previous experience required.

Mon	Sep 15-Dec 15	No session Oct 3
581239	11:00am-11:45am	\$162.50/13 sess

1st Urban Dance Hip Hop

3-5yrs

Illuma Studios

Learn Hip Hop, Locking, Popping, Street Dance and more! Students will broaden their dance knowledge and refine their technique of these variety dance styles throughout the season. Embrace teamwork while supporting classmates, have fun, and rise to a new challenge! Beginners welcome; content is accessible and adapted to the learner's level. Learned skills showcasing will be announced throughout the course.

Mon	Sep 15-Dec 15	No session Oct 3
581240	11:45am-12:30pm	\$162.50/13 sess

Dance-A-Story

3-5yrs

Vancouver Performing Stars

In this enchanted class for preschoolers, dancers will learn graceful movements and dance steps inspired by the stories they know and love. VPS Instructors will keep the magic flowing through movement, storytime, and creative play. Dancers will build coordination through playful dance games, and work together to create an end-of-term performance for parents. Bring your costumes and get ready to shine! Students must be able to attend class on their own. Visit performingstars.ca for more information.

Sun	Sep 21-Dec 14	No session Oct 12
577556	10:00am-10:45am	\$192/12 sess

Mini Hip Hop

3-5yrs

Vancouver Performing Stars

Want to learn how to move to and groove to your favourite tunes? Learn the basics of hip hop dance in this high energy program. Discover new and exciting moves while learning fun and challenging choreography. Leave feeling energized, confident and excited about dance. Clean indoor runners please. Children must attend class on their own. www.performingstars.ca.

Sun	Sep 21-Dec 14	No session Oct 12
577557	10:45am-11:30am	\$192/12 sess

Mini Ballet

3-5yrs

Vancouver Performing Stars

Introduce your child to the world of ballet. These classes develop coordination, musicality and fluidity of movement while having fun. Appropriate dance shoes and attire required. Child must attend class on their own. www.performingstars.ca.

Sun	Sep 21-Dec 14	No session Oct 12
577558	11:30am-12:15pm	\$192/12 sess

DANCEPL3Y Preschool

3-5yrs

The Play Brigade

The DANCEPL3Y Preschool program focuses on the development of physical literacy and Fundamental Movement Skills, which are the ABCs of healthy growth and development. Your child will explore a variety of dance genres through imaginative and engaging story lines that take them around the world as they develop musicality, social skills and confidence with movement!

Sat	Sep 27-Dec 13	No session Oct 4, 11, 25, Nov 8, 22
580461	9:15am-10:00am	\$112/7 sess

Yoga

YOGAPL3Y Preschool

3-5yrs

The Play Brigade

With a focus on physical literacy, students get to master their fundamental movement skills, exercise their creativity, interpersonal skills, and social and emotional skills! Weekly themes combine traditional yoga poses (asana) with FUN activities, games & music and include a balance between mindfulness and movement. Please bring a yoga mat for this program.

Sat	Sep 27-Dec 13	No session Oct 4, 11, 25, Nov 8, 22
580462	10:00am-10:45am	\$112/7 sess

Education

Giggle and Grow Cantonese Adventures

3-5yrs

Kathy Leung

Embark on a captivating linguistic journey with Giggle & Grow Cantonese Adventures! Our program is designed to guide children through the enchanting world of Cantonese language acquisition, skillfully blending play and education at every turn. Led by experienced educators, we venture beyond conventional methods, offering enchanting storytelling and game sessions that spark young imaginations. With hands-on crafting and traditional Chinese writing activities reinforcing language concepts, our curriculum ensures a positive and enjoyable learning experience for your little ones! Please note that materials fees are non-refundable after the child's first class.

Sun 580804	Sep 14-Dec 14 10:00am-11:00am	No session Oct 12 \$244/13 sess
Sun 580805	Sep 14-Dec 14 11:15am-12:15pm	No session Oct 12 \$244/13 sess

123, ABCs - Phonics & Math

4-6yrs

Olivia Lee

Ready, set, go! Get ready for school with this introductory class to basic phonics and math. We will learn how to print, recognize and sound letters and numbers in an interactive and fun environment. Recommended for Preschool and Kindergarten students.

Sat 581180	Sep 20-Dec 13 9:15am-10:00am	No session Oct 4 \$72/12 sess
Sat 581181	Sep 20-Dec 13 10:00am-10:45am	No session Oct 4 \$72/12 sess
Sat 581182	Sep 20-Dec 13 10:45am-11:30am	No session Oct 4 \$72/12 sess

Music

Kelly Kirby - Preschool Piano

4.5-5yrs

Cindy Leung

Using the Kelly Kirby Method, the Musical Family is introduced. Maximum 4 children/group class. Private lessons for 1 child and their caregiver. Kelly Kirby workbook is \$24 and payable at registration. Parent participation is required. Children and their caregivers should be able to complete focused tasks and simple details related to music reading. Modified workbooks are ineligible for refund.

Kelly Kirby I		
Sun 580841	Sep 21-Dec 7 1:30pm-2:15pm	No session Oct 12 \$123/11 sess
Sun 580842	Sep 21-Dec 7 3:00pm-3:45pm	No session Oct 12 \$123/11 sess
Kelly Kirby II		
Sun 580840	Sep 21-Dec 7 2:15pm-3:00pm	Pre-Req: Kelly Kirby I No session Oct 12 \$123/11 sess

Kelly Kirby Private Lessons		
Sun 580843	Sep 21-Dec 7 3:45pm-4:05pm	No session Oct 12 \$145/11 sess
Sun 580844	Sep 21-Dec 7 4:05pm-4:25pm	No session Oct 12 \$145/11 sess
Sun 580845	Sep 21-Dec 7 4:25pm-4:45pm	No session Oct 12 \$145/11 sess

Sports

Bear Cubs Gymnastics

2-4yrs

Bear Feet Gymnastics

Through the use of creative circuits and FUN, the children will have opportunities to learn and practice new gymnastics skills with the support of their caregiver. This class will encourage the children to develop their attention span as well as spatial/body awareness and to get strong as a bear! We focus on the fundamental movement patterns needed to play any sport, using gymnastics as a tool to teach these skills. Parent participation is required.

2-3yrs		
Fri 581178	Sep 12-Dec 12 10:45am-11:30am	\$210/14 sess
3-4yrs		
Fri 581179	Sep 12-Dec 12 11:30am-12:15pm	\$210/14 sess

Rhythmic Gymnastics

4-6yrs

Olympia Rhythmic Gymnastics

Come and join our Rhythmic Gymnastics program in a fun recreational format! Rhythmic Gymnastics is a beautiful combination of Gymnastics and Ballet, along with the self expression and rhythm of dance by using hand apparatus such as rope, hoop, ball, clubs or ribbon. Please note participants are to bring their own yoga mat for use during program. Other equipment may be available for participants to purchase.

Sat 580823	Sep 13-Dec 6 9:15am-10:00am	No session Oct 25 \$117/12 sess
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Indoor Soccer

4-6yrs

Mohsen Hatamian

An introduction to the game of soccer, and individual skill development, for both new and experienced players ages 4 to 6 years. All sessions are run by an experienced professional coach, Mohsen Hatamian, with an emphasis on fun, fitness, ball mastery skills, and teamwork.

Wed 580849	Sep 10-Dec 10 4:00pm-4:45pm	\$154/14 sess
Sat 580852	Sep 6-Dec 6 1:40pm-2:25pm	No session Oct 25 \$143/13 sess

Licensed Preschool 2025-2026



Our program fosters independence, self-help skills, cooperation, and positive social interactions. Each day is a learning experience, with structured and non-structured activities to prepare children for elementary school.

Activities include free play (sand and water play, playdough, dress-up, puzzles, manipulatives), arts & crafts, circle/story time, and physical activities (neighborhood walks, trail walks, playground time).

We provide an environment for optimal social, emotional, physical, and intellectual development for children aged 3-5 years. Children must be toilet trained and of age during the registration month.

Visit www.renfrewcc.com for more information

Program Details: The following prices are for September 2025-June 2026.

# days	Days of the Week	Time	Monthly Fee
2 days	Tue/Thu	8:30am-11:00am	\$78/month
2 days	Tue/Thu	12:00pm-2:30pm	\$78/month
3 days	Mon/Wed/Fri	8:30am-11:00am	\$117/month
3 days	Mon/Wed/Fri	12:00pm-2:30pm	\$117/month
5 days	Mon-Fri	8:30am-11:00am	\$195/month
5 days	Mon-Fri	12:00pm-2:30pm	\$195/month

**Monthly fees are subject to change;
Pricing is made possible by Government of BC's Child Care Fee Reduction initiative*

**To be put on our waitlist: please register in activity #578808
or contact: elizabeth.casaclang@renfrewcc.com**

For more information:
Phone: 604-257-8391, or Email: renfrew.preschool@vancouver.ca

Licensed Out of School Care 2025-2026

Renfrew Park Community Association is excited to offer a Licensed Out of School Care program. Our Licensed Out of School Care program offers After School Care for children 5 to 12 years old for children attending Nootka Elementary School.

- Children are picked up from Nootka Elementary School at 3pm
- Children will be walked via a walking school bus from Nootka Elementary School to Renfrew Park Community Centre (rooms 011 and 010).
- Hours are Mon to Fri, from 3pm to 6pm
- Operates September 2025 to June 2026
- Monthly fees:
 - \$346.15 (Grade 1-7)
 - \$243.65 (Kindergarten)

**Monthly Fees are subject to change; c
Pricing is made possible by Government of BC's
Child Care Fee Reduction initiative*

Visit www.renfrewcc.com for more information



Our program offers a variety of activities, including:

- Outdoor play and nature walks
- Free play, exploration, and structured activities
- Individual and small group activities
- Active and quiet time

For more information:
**Phone: 604-257-8391, or
Email: outofschoolcare@renfrewcc.com**

Our Program is currently FULL.

Priority registration is given to siblings enrolled in Out of School Care as well as to children enrolled in our Preschool.
As spaces become available, we will contact families on our waitlist

**To be put on the waitlist, please visit www.vanrec.ca,
register in activity #517787
or contact: elizabeth.casaclang@renfrewcc.com**

Dance

1-Active Ballet Time with Strength and Stretch

6-12yrs

Illuma Studios

Learn the technical and artistic aspects of a musical theatre performance, including singing, acting and dancing. Students will learn choreographed routines set to the music of famous musicals. No previous experience required.

Sun	Sep 14-Dec 14	No session Oct 12
581234	1:00pm-2:00pm	\$217.75/13 sess

1-Active Dance Sing Musical Theatre

6-12yrs

Illuma Studios

Learn the technical and artistic aspects of a musical theatre performance, including singing, acting and dancing. Students will learn choreographed routines set to the music of famous musicals. No previous experience required.

Sun	Sep 14-Dec 14	No session Oct 12
581235	2:00pm-3:00pm	\$217.75/13 sess

Extended Session

Fri	Sep 12-Dec 12	No session Oct 3
581230	4:30pm-5:45pm	\$273/13 sess

1-Active Tumble, Flex and Dance

6-12yrs

Illuma Studios

Through proper tumbling 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, have fun tumbling, increase flexibility and stand tall with confidence. No previous experience required.

Sun	Sep 14-Dec 14	No session Oct 12
581236	3:00pm-4:00pm	\$217.75/13 sess

Asian Pop/KPOP/Jazz Funk/Hip Hop Sampler

6-17yrs

Illuma Studio

Sampling from Jazz Funk, Street and Korean Pop (KPOP) dance styles through cardio warm ups, strengthening, footwork, isolations, and stretches, and learn the importance of breathing. No previous experience required. Class curriculum will be different between same-subject sessions throughout the year; we welcome repeat students at our classes!

6-9yrs

Fri	Sep 12-Dec 12	No session Oct 3
581231	5:45pm-6:45pm	\$217.75/13 sess

10-17yrs

Fri	Sep 12-Dec 12	No session Oct 3
581232	6:45pm-7:45pm	\$217.75/13 sess

Junior Ballet

5-7yrs

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. Previous dance experience is welcome, but not required. Appropriate ballet shoes and attire please. www.performingstars.ca.

Sun	Sep 21-Dec 14	No session Oct 12
577559	12:15pm-1:00pm	\$192/12 sess

Junior Hip Hop

5-7yrs

Vancouver Performing Stars

Want to learn how to move and groove to your favourite tunes? Learn the basic style of Hip Hop dance in this high energy program. Discover new and exciting moves through freestyle and fun and challenging choreography. Beginners welcome! Leave feeling energized, confident and excited about dance. Clean indoor runners or socks please. www.performingstars.ca.

Sun	Sep 21-Dec 14	No session Oct 12
577560	1:00pm-1:45pm	\$192/12 sess

DANCEPL3Y Kids

6-8yrs

The Play Brigade

DANCEPL3Y (dance-play) is a new kids fitness where your kids will learn simple moves from a variety of styles - Hip Hop, Urban, Ballroom, Bollywood, Lyrical, Jazz/Funk as they get interACTIVE and 'play' with dance. Watch self-confidence and positive attitudes grow each week thanks to our motivating coaching philosophy featuring the 3 Rules of PL3Y: Be positive. Be fun. Be yourself.

Sat	Sep 21-Dec 14	No session Oct 4, 11, 25, Nov 8, 22
580463	10:45am-11:30am	\$112/7 sess

Baking and Cooking

Little Chefs

6-12yrs

Alison Chau

Learn how to make delicious and healthy snacks and lunches in our kitchen and eat your creations.

6-8yrs

Sun	Oct 19-Dec 14	
581199	9:45am-11:00am	\$99/9 sess

9-12yrs

Sun	Oct 19-Dec 14	
581200	11:15am-12:30pm	\$99/9 sess

Music

Piano - Private Lessons

6+yrs

Private classes are tailored to the student's needs. Participants may be required to purchase piano books based on instructor recommendation.

TBA Instructor Fri Sep 12-Dec 12		No session Oct 3 \$247/13 sess	
578555	4:00pm-4:30pm	578560	6:30pm-7:00pm
578556	4:30pm-5:00pm	578561	7:00pm-7:30pm
578557	5:00pm-5:30pm	578562	7:30pm-8:00pm
578558	5:30pm-6:00pm	578563	8:00pm-8:30pm
578559	6:00pm-6:30pm		

Jacqueline Li Sat Sep 13-Dec 13		No session Oct 4 \$247/13 sess	
578541	9:15am-9:45am	578548	1:15pm-1:45pm
578542	9:45am-10:15am	578549	1:45pm-2:15pm
578543	10:15am-10:45am	578550	2:15pm-2:45pm
578544	10:45am-11:15am	578551	2:45pm-3:15pm
578545	11:15am-11:45am	578552	3:15pm-3:45pm
578546	11:45am-12:15pm	578553	3:45pm-4:15pm
578547	12:45pm-1:15pm	578554	4:15pm-4:45pm

Dale Capistrano Sun Sep 14-Dec 14		No session Oct 5 \$247/13 sess	
578527	9:15am-9:45am	578534	1:15pm-1:45pm
578528	9:45am-10:15am	578535	1:45pm-2:15pm
578529	10:15am-10:45am	578536	2:15pm-2:45pm
578530	10:45am-11:15am	578537	2:45pm-3:15pm
578531	11:15am-11:45am	578538	3:15pm-3:45pm
578532	11:45am-12:15pm	578539	3:45pm-4:15pm
578533	12:45pm-1:15pm	578540	4:15pm-4:45pm

Singing - Private Lessons

9+yrs

Gina Morel

Learn to Sing! Enjoy private singing lessons in a safe and supportive environment. No experience is necessary and all levels are welcome. Learn how to use your voice with healthy vocal techniques and express yourself through singing a wide variety of musical styles including Pop, Classical, Musical Theatre and Opera. RCM examination preparation available.

Tue Sep 9-Dec 9		\$360/12 sess	
578500	5:00pm-5:30pm	578504	7:10pm-7:40pm
578501	5:30pm-6:00pm	578505	7:40pm-8:10pm
578502	6:00pm-6:30pm	578506	8:10pm-8:40pm
578503	6:30pm-7:00pm	578507	8:40pm-9:10pm

Guitar - Private Lessons

7-16yrs

Eden Nerada

Learn and fine tune your guitar skills at your own pace. Students will be guided through a series of lessons to develop their skills. Guitars are provided for lessons or bring your own guitar.

Thu Sep 11-Dec 11		No session Sep 25 \$279.50/13 sess	
578517	3:30pm-4:00pm	578522	6:30pm-7:00pm
578518	4:00pm-4:30pm	578523	7:00pm-7:30pm
578519	4:30pm-5:00pm	578524	7:30pm-8:00pm
578520	5:00pm-5:30pm	578525	8:00pm-8:30pm
578521	5:30pm-6:00pm	578526	8:30pm-9:00pm

Violin - Private Lessons

7-12yrs

Shamel Zraik

Students will learn the basics of playing violin in a private one on one setting. Instruments will be available for lessons or bring your own instrument. Lesson material will be provided or, participants may also be required to purchase violin books based on instructor recommendation.

Mon Sep 8-Dec 8		No session Oct 13 \$247/13 sess	
578492	4:00pm-4:30pm	578496	6:00pm-6:30pm
578493	4:30pm-5:00pm	578497	6:30pm-7:00pm
578494	5:00pm-5:30pm	578498	7:00pm-7:30pm
578495	5:30pm-6:00pm	578499	7:30pm-8:00pm

Drum - Private Lessons

6-12yrs

Samuel Alexis George Delgado

Play to the rhythm and the beat! Lessons are private and are conducted on a full set of acoustic drums. Lesson material will be provided, or, participants may also be required to purchase drum books based on instructor recommendation. Lessons are 30 minutes in long.

Wed Sep 10-Dec 10		\$224/14 sess	
578508	3:20pm-3:50pm	578513	6:15pm-6:45pm
578509	3:55pm-4:25pm	578514	6:50pm-7:20pm
578510	4:30pm-5:00pm	578515	7:25pm-7:55pm
578511	5:05pm-5:35pm	578516	8:00pm-8:30pm
578512	5:40pm-6:10pm		

Sports



Ace Academy - Badminton Lessons

Gabriel Ip

6-16yrs

Beginner

6-12 yrs

Participants will learn and build the fundamental skills needed to play badminton with confidence. The program will focus on improving footwork, coordination, clearing, net drop shots, and serving techniques, with an introduction to smashing. Basic gameplay concepts will also be introduced and adapted to each participant's experience level.

Set 1		
Sun	Sep 14-Nov 2	No session Oct 12
581124	9:30am-10:25am	\$112/7 sess
Sun	Sep 14-Nov 2	No session Oct 12
581125	10:30am-11:25am	\$112/7 sess
Tue	Sep 9-Oct 28	No session Sep 30
581121	4:00pm-4:55pm	\$112/7 sess
Tue	Sep 9-Oct 28	No session Sep 30
581122	5:00pm-5:55pm	\$112/7 sess
Set 2		
Sun	Nov 9-Dec 21	
581130	9:30am-10:25am	\$112/7 sess
Sun	Nov 9-Dec 21	
581131	10:30am-11:25am	\$112/7 sess
Tue	Nov 4-Dec 16	
581127	4:00pm-4:55pm	\$96/6 sess
Tue	Nov 4-Dec 16	
581128	5:00pm-5:55pm	\$96/6 sess

Intermediate

8-16yrs

This class is designed to help participants elevate their game to the next level. Students will develop advanced skills, refine their footwork, and strengthen their strategies and competitive mindset for both singles and doubles play.

Set 1		
Sun	Sep 8-Oct 20	No session Oct 12
581126	11:30am-12:25pm	\$112/7 sess
Tue	Sep 9-Oct 28	No session Sep 30
581123	6:00pm-6:55pm	\$112/7 sess
Set 2		
Sun	Nov 9-Dec 21	
581132	11:30am-12:25pm	\$112/7 sess
Tue	Nov 4-Dec 16	
581129	6:00pm-6:55pm	\$96/7 sess

Instructor Bio: Gabriel Ip

Greetings! I've been a badminton enthusiast since I was in elementary school and first picked up a racquet. My passion is to help others realize their full potential, and build self-confidence in the game. I especially enjoy teaching those skills I missed being taught at a young age that I felt would have improved my competitive gameplay. I was fortunate enough to have the opportunity to learn everything I know from one of BC's top coaches at Hollyburn and have competed against some of the provinces and country's best and would love to share my learnings with future students here!



Finish Strong Basketball - Boys & Girls

9-16yrs

David Knight

"Grassroots" Skill development program is dedicated to promoting a healthy environment where players can grow on and off the court. Our programs skills focus on improving youth's basketball skills in dribbling, shooting, passing, and defence as well in other areas of the game, while increasing their self-esteem and self-confidence. "LEVEL UP" This program will be for teens age 12 and Up. This program is targeted for players with moderate experience to elite players to help raise their basketball skill level and IQ as well to improve their overall game.

Boys			Girls		
Grassroots			Grassroots		
Thu	Sep 11-Nov 13	No session Sep 25	Mon	Sep 8-Nov 3	
580638	4:15pm-5:15pm	\$120/9 sess	580636	4:15pm-5:15pm	\$100/8 sess
Level Up			Level Up		
Thu	Sep 11-Nov 13	No session Sep 25	Mon	Sep 8-Nov 3	
580639	5:15pm-6:15pm	\$120/9 sess	580637	5:15pm-6:15pm	\$100/8 sess

Children

Sports

Indoor Soccer

6-12yrs

Mohsen Hatamian

An introduction to the game of soccer, and individual skill development. All sessions are run by an experienced professional coach, Mohsen Hatamian, with an emphasis on fun, fitness, ball mastery skills, and teamwork.

6-8yrs

Wed	Sep 10-Dec 10	
580850	4:50pm-5:50pm	\$182/14 sess

Sat	Sep 6-Dec 6	No session Oct 25
580853	2:30pm-3:30pm	\$169/13 sess

9-12yrs

Wed	Sep 10-Dec 10	
580851	5:55pm-6:55pm	\$182/14 sess

Sat	Sep 6-Dec 6	No session Oct 25
580854	3:35pm-4:35pm	\$169/13 sess

Rhythmic Gymnastics

6-16yrs

Olympia Rhythmic Gymnastics

Rhythmic Gymnastics is a beautiful combination of gymnastics and ballet, along with the self expression and rhythm of dance by using hand apparatus such as rope, hoop, ball, clubs or ribbon. Please note participants are to bring their own yoga mat for use during program. Other equipment may be available for participants to purchase.

6-8yrs

Sat	Sep 13-Dec 6	No session Oct 25
580824	10:00am-11:00am	\$129/12 sess

8-16yrs

Sat	Sep 13-Dec 6	No session Oct 25
580825	11:00am-12:00pm	\$129/12 sess

Martial Arts

prices do not include tax if applicable

Karate - Children and Teen

6-18yrs

Alan Chan Karate BC

We stress the importance of three basic elements: Mind, Technique and Body, the importance of basic techniques, and paying attention to detail. They will gain confidence, and improve both physically and mentally through Karate in a friendly, supportive and safe environment. Additional fees are required for uniform/equipment and Karate BC Membership.

Tue Thu	Sep 9-Dec 18	No session Sep 23, 25, 30, Nov 11
580864	6:30pm-7:30pm	\$234/26 sess

Art

3D Art Workshop

8-12yrs

Jenny Tang

Bring your ideas to life in our hands-on 3D Art Workshop! Explore sculpture, paper-mâché, wire art, and more while learning balance, form, and texture. Perfect for young artists who love to build, mold, and create! Let's turn imagination into reality—one masterpiece at a time!

Sat	Oct 11	
580858	1:00pm-3:00pm	\$33/person

Comic, Manga and Cartoon Characters

8-12yrs

TBA Instructor

In our Comic & Sequential Art Workshop, students will create their own comics, graphic novel pages, and storyboards while mastering character design, paneling, and visual storytelling. Whether funny, adventurous, or dramatic, your ideas will jump off the page in this dynamic class!

Sat	Sep 20-Dec 13	No session Oct 11
580855	1:00pm-2:00pm	\$144/12 sess

Watercolour

8-12yrs

TBA Instructor

Students will explore advanced techniques like glazing, wet-on-wet blending, and fine detail work. Learn to create depth, atmosphere, and movement while experimenting with color and composition. Ideal for artists looking to refine their skills and develop personal style!

Sat	Sep 20-Dec 13	No session Oct 11
580857	2:00pm-3:00pm	\$168/12 sess

Mixed Media

8-12yrs

TBA Instructor

Combine drawing with painting and learn new techniques to create expressive mixed media art. Materials included: graphite pencils, charcoal, watercolour, pastels, paper and more!

Sat	Sep 20-Dec 13	No session Oct 11
580856	3:00pm-4:00pm	\$168/12 sess

Origami

8-12yrs

Aiko Matsushiba

Learn how to make beautiful themed origami models!

Halloween		
Sun	Oct 19	
580829	3:30pm-4:30pm	\$15/person

Christmas		
Sun	Dec 21	
580830	3:30pm-4:30pm	\$15/person

...Please note our programs are subject to change at anytime without notice.

call the Community Centre (604-257-8388 ext 1) if you have any questions

Education

Little Bookworms - Reading and Writing

6-7yrs

Nicole Ng

We will practice writing letters and words, expand vocabularies and construct basic sentences. Recommended for Grade 1 students.

Sat	Sep 20-Dec 13	No session Oct 4
581183	12:00pm-1:00pm	\$78/12 sess

Mini Mathletes

6-7yrs

Nicole Ng

We will focus on counting, simple addition, subtraction and other math concepts to begin your mathlete's training in the world of numbers. Recommended for Kindergarten and Grade 1 students.

Sat	Sep 20-Dec 13	No session Oct 4
581185	1:00pm-2:00pm	\$78/12 sess

Mathventures - Math

8-10yrs

Nicole Ng

Explore the wonderful world of math through games, puzzles, hands-on activities and group work. Recommended for Grades 3-5 students.

Sat	Sep 20-Dec 13	No session Oct 4
581184	2:00pm-3:00pm	\$78/12 sess



Chess Lessons

6-12yrs

Enrichmind Academy

The Fun Chess Program is a beginner-level course designed for children (age 6-12) with little to no prior experience in chess. Students will learn the basics of the chessboard, the different pieces, and the rules to play a complete game. By the end of the course, they will also be able to checkmate in simple game positions. In addition to learning chess strategies, students will develop good sportsmanship and learn to be respectful in competitive environments.

Level 1: Fun Chess

For those without any Chess experience

Wed	Sep 17-Nov 19	
580648	4:00pm-5:00pm	\$90/10 sess

Level 2: Pre-foundation

For children who have completed Fun Chess or have some experience playing chess.

Wed	Sep 17-Nov 19	
580649	5:15pm-6:15pm	\$149/10 sess

Red Cross Babysitting Training

11+yrs

First Aid Hero

Babysitting with First Aid Hero emphasizes learning through real life scenarios. Covered in this course: Exploring the Business of Babysitting; Creating Safe Environments; Safely Caring for ages 0-12; First Aid Skills. Please bring a bag lunch (no nuts please), yoga mat, medium sized doll or stuffed animal, plenty of water and snacks.

Sun	Dec 21	
581134	9:15am-4:45pm	\$75/person



Rubik's Cube For Beginners - Private Lessons

8-12yrs

Diedre Sportak

Unlock the mystery of the Rubik's Cube! Join us for a hands-on beginner's Rubik's cube workshop. Over the 2 50-minute sessions, you will learn the beginner's method for solving a Rubik's cube. Resources are included to help you practice at home and then show off your skills! A Rubik's Cube can be provided for use during the lesson. Semi-private lessons are available for an additional \$25 session. So bring a friend or learn as a family! Special requests for ages 6-7 are available, but must have a parent/guardian enroll as a semi-private lesson. Sign up today and let's start solving together!

Sat	Nov 15-22	\$110/2 sess
581162	10:00am-10:50am	+\$50 for a semi-private
Sat	Nov 15-22	\$110/2 sess
581163	11:00am-11:50am	+\$50 for a semi-private
Sat	Nov 29-Dec 6	\$110/2 sess
581165	10:00am-10:50am	+\$50 for a semi-private
Sat	Nov 29-Dec 6	\$110/2 sess
581164	11:00am-11:50am	+\$50 for a semi-private

Rubik's Cube Kids Social Club

7-12yrs

Diedre Sportak

Hone your cubing skills and connect with new friends! The Rubik's Cube Kids Social Club is designed for kids aged 8-12 who love all things cubing. Participants must already know how to solve a 3x3 Rubik's Cube, and bring their own cube. Some cube covers, timers and mats are provided for use within program time, but participants are also welcome to bring their own equipment. Sign up today and let's solve together!

Sat	Dec 13-20	
581166	10:00am-11:30am	\$30/2 sess



Mandarin Lessons - Go Chinese

6-12yrs

Vicky Hsu

The immersive teaching methods improve children's Mandarin speaking skills based on a serious book called "Go Chinese". Your children will thrive with us because our students will:

- have plenty of time to practice speaking Mandarin
- Teach in small classes and receive more personalized care from teachers
- Have fun learning in groups and pairs with peers
- Have the opportunity to interact with classmates to build friendships and practice Mandarin.

Go Chinese Book 1		6-12yrs
Thu	Oct 2-Dec 11	
580871	3:40pm-4:40pm	\$154/11 sess

Go Chinese Book 2		6-12yrs
For returning students with Vicky.		
Thu	Oct 2-Dec 11	
580872	4:45pm-5:45pm	\$154/11 sess

Pre-Teen/Youth

Youth Council

Note: No program on all VSB School Breaks (Winter and Spring)
If you have any questions about the program, please email:
starla.bayley@vancouver.ca

Junior Youth Council

10-12yrs

Starla Bayley

Join the Community Youth Worker and learn how to use your skills to be a leader in your community. You will be tasked with helping to organize your own event, assist with community centre events, and asked to support a philanthropic organization over the school year. On top of all this, we will have several workshops and special presentations to provide a well-rounded experience.

Please note: reference letters for mini schools will only be provided to those who have attended a minimum of one full year of Junior Youth Council in previous years.

Thu	Sep 11-Dec 18	No session Sep 25, Oct 9
581146	4:00pm-5:15pm	Free

Senior Youth Council

13-17yrs

Starla Bayley

Senior Youth Council is run by the selected executive council with support from the Community Youth Worker. Working with your peers, the group will be responsible for choosing and supporting a philanthropic organization, supporting and volunteering for community centres events and planning activities for the participants of the council. In addition, special presentations and workshops will help to round out the whole experience of youth council.

Thu	Sep 11-Dec 18	No session Sep 25, Oct 9
581147	5:30pm-7:00pm	Free

Sports

Open Gym

9-18yrs

Will Choi

You will need to check in with a OneCard scanner at the Youth Workers Desk in the Computer Lab and receive a wristband before heading into the gym.

Pre-Teen		9-12yrs
Fri	Sep 12-Dec 19	
581243	4:05pm-5:05pm	Free with OneCard
Teen		11-18yrs
Fri	Sep 12-Dec 19	
581148	5:05pm-9:45pm	Free with OneCard

Volunteering

Volunteer Training

13-17yrs

Starla Bayley

This training is for youth wanting to volunteer in Renfrew Park Community Centre programs/events. This training provides hands on experience, enhances your skills in problem solving, conflict resolution, and teaches you how to lead activities and games. Pre-registration required and age requirements are strictly adhered to.

Sat	Sep 20	
581150	10:00am-12:00pm	Free

Social

Pre-Teen & Teen Social

9-14yrs

Jesse Woolverton & Roxanna Wang

Bring friends or make friends and enjoy different activities every week. Be ready to go ice-skating, swimming, the movies and more. All activities will be planned in advance and shared with parents on the first day of the program. Consent forms will be required. When traveling we will be walking or taking public transit when necessary.

Fri	Sep 12-Dec 19	
581151	5:30pm-9:30pm	\$168/14 sess

Friday Teen Social

Youth Night Staff

Come Join the Games Room Host for some social activities with your peers.

Fri	7:00pm-9:30pm	Free
581152	Sep 19	Pizza's
581153	Oct 3	Mario Kart Tournament
581154	Oct 17	Baking Cookies
581155	Oct 24	Movie - Coraline (in house)
581156	Nov 14	Quesadillas
581157	Nov 28	Winter Gnomes
581158	Dec 12	Baking Cookies

Games Room

10-18yrs

Games room is just for youth on FRIDAYS! You will have access to the internet with our computers, you can play pool, foosball, ping-pong, and more. OneCard scan in will be required with the Youth Worker in the Computer Lab. If you have any questions about the program, please email:
starla.bayley@vancouver.ca

Fri	Sep 12-Dec 19	
581149	3:00pm-9:30pm	Free with OneCard



Renfrew acknowledges the generous contributions of Kids Up Front Canada

...Rubik's Cubes for Beginners
...Chess Lessons
...Babysitting Training
see p.17

Games Area and Table Tennis



Equipment Rental Fee

All Ages

Valid for:

- Use of Games Room Equipment: Billiards, Foosball, (table tennis excluded)
- Sports equipment for Renfrew Programs

\$4.76/person/year

\$11.43/family/year

Valid Sep 1, 2025-Aug 31, 2026

Games Area

6+yrs

Come and play Foosball or Billiards. All times are public and shared on a rotational basis of 15 minutes when there are people waiting to play. Please see centre office for detailed drop-in times. An annual community centre Equipment Rental Pass required for all participants who wish to use the games area. Please bring your "Equipment Rental Fee" pass with you. *No session on Stat Holidays*

Mon-Thu	3:30pm-9:55pm	Sep 4-Dec 18
Sat	12:00pm-4:55pm	Sep 6-Dec 20
Sun	12:00pm-4:55pm	Sep 7-Dec 21

Private Table Tennis Bookings

All Ages

All bookings are to be made on the SAME DAY, on a first come first served basis, in person or by phone (604 257-8388, ext 1) after **10:30am**. One 30 minute booking per pass with a maximum of 4 persons each booking. Bookings are subject to room/equipment availability (Room 108/010 only) Valid for one month from date of purchase. Please note equipment is not supplied. *No session on Stat Holidays*.

Mon-Thu	Sep 4-Dec 18	
581191	Room 108 6:00pm-9:30pm	\$11.43/month pass
	Room 010 7:15pm-9:45pm	\$4.29/30 minutes drop-in

Table Tennis for Seniors

55+yrs

Kathy Jang

Come and play Table Tennis. We will have a maximum of 10 players registered for these morning sessions. This is a non-instructional program. No drop-ins permitted. Please bring your "Equipment Rental Pass" with you.

Mon Wed Fri	Sep 5-Dec 19	No session Dec 10
581188	9:00am-11:45am	Free with Equipment Rental Pass

...Renfrew has rooms available for rent!

email renfrew.rentals@vancouver.ca for more information



Room 110, 2640sq ft, starting at \$47/hr



Gymnasium, 6000sq ft, starting at \$52/hr

Dance

Line Dance ABC

19+yrs

Lisa (Baby) Blair

Join for an exciting dance session that blends fun, fitness, and great music! Enjoy Line Dance and Modern Dance to the lively beats of Latin, Disco, and Country music, including styles like Cha Cha, Waltz, Samba, Tango, Jive, and Rumba. Lessons are available in English, Mandarin, and Cantonese.

Tue	Sep 9-Dec 16	No session Sep 30, Nov 11
580612	1:30pm-3:30pm	\$39/13 sess
		\$3.57+tax/drop-in, if space

Belly Dance for Beginners

19+yrs

Adalat Dance Company

This low-impact introductory course promises to be fun while developing coordination, rhythm and muscle tone with percussive and fluid movements set to ethnic music. This class is suited for everybody and every body type. Comfortable clothes or workout wear recommended. The dance movements in this workshop will involve the following: arms moving in a circular and wavy motion. Hips moving in a circular motion and there will be limited back and forth leg and feet movement.

Mon	Sep 8-Nov 24	No session Oct 13, 20
579635	4:00pm-5:00pm	Adult - \$100/10 sess
		Senior - \$80/8 sess
		\$12+tax/adult, \$9.76+tax/senior drop-in, if space

Line Dancing for Health and Wellness

55+yrs

Louisa Ho Pang

Line Dancing is a great way to exercise your body and mind while meeting new friends. This program is for intermediate level dancers. Class instruction is in Cantonese.

Sun	Sep 7-Dec 21	No session Oct 12
580751	10:00am-12:00pm	\$45/15 sess
		\$3.57+tax/drop-in, if space

Monday Line Dance Group

55+yrs

Judy Chuk Yee Ng

This group dances to a variety of songs. Come join us for this fun filled program, while having a good workout and meeting new people! Program is taught in Cantonese. English translation may be available.

Mon	Sep 8-Dec 15	No session Oct 13
580610	11:00am-12:30pm	\$31.50/14 sess
		\$2.62+tax/drop-in, if space

Line Dance Fitness

55+yrs

Linda Dee

Come join us for this fun filled, physical, mental and emotional wellness exercise. Dance your way to a healthy lifestyle. Program is taught in English.

Thu	Sep 4-Dec 18	No session Sep 25, Oct 2
580616	1:30pm-3:00pm	\$31.50/14 sess
		\$2.62+tax/drop-in, if space

Traditional Chinese Folk Dance

55+yrs

Pei Chun (Helen) Lin

This group dances to primarily Chinese music. Class is taught in Chinese.

Wed	Sep 10-Dec 17	No session Nov 12, Dec 10
581195	12:30pm-2:30pm	\$39/13 sess
		\$3.57+tax/drop-in, if space

Chinese Classical Dance

55+yrs

Vue Joan Ng

The dances include many forms with beautiful music and graceful movements. It is a great way to enjoy music, exercise your body and learn Chinese culture in a group. Some dance experience required.

Wed	Sep 10-Dec 17	No session Dec 10
579651	12:45pm-2:45pm	\$42/14 sess
		\$3.57+tax/drop-in, if space

Ballroom Dance Social

55+yrs

Siu Lau (Sue Chee) Chong

Have fun, meet new friends and dance. This is a non instructional program. Singles welcome.

Mon	Sep 8-Dec 15	No session Oct 13
581204	12:45pm-2:45pm	\$17.36/14 sess
		\$1.90+tax/drop-in, if space

Thu	Sep 11-Dec 18	\$18.60/15 sess
581203	11:15am-1:15pm	\$1.90+tax/drop-in, if space

Sequence Dance

19+yrs

May A. M. Wong

Sequence Dancing is a type of dancing in which couples dance around the floor in a fixed sequence of steps and movements simultaneously. Some dance experience is required and if possible participants should come with a partner (but not required). Classes taught in English and Cantonese.

Thu	Sep 4-Dec 18	\$42.40/16 sess
580608	9:15am-11:00am	\$3.10+tax/drop-in, if space

Hula Along for Health

55+yrs

Ingrid Guo

The exercises and gentle moves of the Hula Dance can improve strength, flexibility, balance and coordination, even when seated. Exercise both the mind and the body!

Thu	Sep 11-Dec 11	\$28/14 sess
580832	2:00pm-3:00pm	

Asian Pop / KPOP / Jazz Funk / Hip Hop Dance Sampler

19+yrs

Illuma Studio

Come experience a variety of exciting dance styles including KPOP, Jazz Funk, Hip Hop and other Urban Dance styles! Students will broaden their dance knowledge and refine their technique of these variety dance styles throughout the season. No previous experience required.

Fri	Sep 12-Dec 12	No session Oct 3
581233	7:45pm-9:00pm	\$273/13 sess

Cooking and Baking

Soups and Stews with Andy - Harvest Edition

19+yrs

Andy Woolverton

Fall offers a bounty of seasonal vegetables, and what better way to capture their flavours than a streaming pot of soup or stew to prepare for the cooler months to come. Combine root vegetables, fresh herbs, and house made broths to create your own nourishing meals.

Tue	Sep 16-23	
581055	1:00pm-3:00pm	\$42.50/2 sess

Cooking with Savan - East Meets Middle East

19+yrs

Savan Ahmed

A fusion session that combines fragrant flavours and innovative techniques that range all the way from Syria and Iraq to East Asia. Learn how to make dishes such as chicken and okra soup, and hummus and naan.

Sat	Oct 1-8	
580054	1:00pm-3:00pm	\$42.50/2 sess

Cooking with Souvik - Meal Prep Ready

19+yrs

Souvik Ray

Learn to make simple recipes that you can pack for the rest of the week or for lunch to take to school or work the next day. One pot meals that aren't too complicated to make can become staples for your weekly cooking repertoire.

Sat	Nov 22-29	
581070	9:30am-11:30am	\$42.50/2 sess

Cooking with Souvik - Holiday Make and Bake

19+yrs

Souvik Ray

Let's start the Holiday Season with an assortment of handmade cookies! Perfect for entertaining, gifting to loved ones, or to snack on while cozying up. Coffee and hot chocolate will be provided for this special session

Sat	Dec 6	
581071	9:30am-11:30am	\$15/person

2SLGBTQIA+ Safety Workshop

19+yrs

Vancouver Police Department

This unique workshop includes a safety seminar and a physical learning portion. The presentation and discussion section will focus on situational awareness, de-escalation, and reporting. The hands-on portion will teach self-protection tactics designed to be easily learned and remembered by individuals with no prior training in case they are ever faced with a situation of unavoidable violence. The goal of the workshop is to make participants feel confident and empowered in regards to their personal safety. Members of VPD's Diversity Section and Women's Personal Safety Team will present the workshop. Please note: VPD members will not be in police uniform at this event.

Please arrive by 5:10pm to fill out forms before the start of workshop.

Wed	Nov 26	
578006	5:30pm-8:30pm	Free, pre-registration required

Community Lunch Program

All Ages

Andy Woolverton

- Meals include a hot entree, salad or side dish, dessert, coffee or tea. Lunches will be served on a first come first served basis.
- Lunch can be bought in person with cash/credit card or online with credit card, limit of 4 per person.
- Last lunches are sold at 12:30pm. Registered meals are not guaranteed past this time.
- Limited number of lunches available, left overs may be sold at a discounted price.
- Vegetarian meals are available, but must be reserved at least 24 hours prior (please call 604-257-8389 to confirm).



Registration for Community Lunch Program open on the first Friday of the month for up to and including the following month.

Fri	Sep 5-Dec 12		
0-18yrs: \$6.19+tax			
19+yrs: \$7.62+tax			12:00pm-1:00pm
581021	Sep 5	581029	Oct 31
581022	Sep 12	581030	Nov 7
581023	Sep 19	581031	Nov 14
581024	Sep 26	581032	Nov 21
581025	Oct 3	581033	Nov 28
581026	Oct 10	581034	Dec 5
581027	Oct 17	581035	Dec 12
581028	Oct 24		

Note: see page 3 for Refund Policy

Community Kitchens

Community Kitchen for 2SLGBTQIA+ Adults

19+yrs

Meet folks from the community, share recipes, and learn new cooking skills in a safer space at Renfrew Park's new Community Kitchen for 2SLGBTQIA+ adults. For more information or to register please contact Marni McMullen: marni.mcmullen@vancouver.ca or (604) 257-8389

Wed	Oct 22	
581072	12:30pm-2:30pm	Free

Renfrew Community Kitchen

All Ages

Are you looking to cook and eat with others in a multigenerational environment? Are you excited about sharing culture and learning new skills? Then Renfrew's Community Kitchen is the right program for you! These are child friendly events, but there is no formal childcare provided. All children over the age of 5 must be registered (these must be done in person or over the phone). This program prioritizes community members who are enrolled in the Leisure Access Program, but if you are not enrolled in LAP and wish to be put on a waiting list, please contact marni.mcmullen@vancouver.ca or (604) 257-8389

Wed	Nov 5	
581073	5:00pm-8:00pm	Free

Fitness, Health and Wellness

Osteofit

55+yrs

Berdjis Bahrami

This class focuses on improving strength, posture, balance and agility through the use of functional exercises, agility activities, resistance training and appropriate stretches.

Tue 581197	Sep 9-Oct 28 10:00am-10:55am	No session Sep 30 \$40.25/7 sess \$6.90/drop-in if space
Tue 581198	Nov 4-Dec 16 10:00am-10:55am	No session Nov 11 \$34.50/6 sess \$6.90/drop-in if space

Mobility and Stretching for Seniors

55+yrs

Chin Ho Yeh

This class is taught in Mandarin or Cantonese.

Immerse yourself in the graceful movements of these ancient martial arts, promoting balance of mind and body. Participants will have improved flexibility, reduced stress, and enhanced well-being.

Wed 581229	Sep 10-Dec 3 9:30am-11:00am	\$26/13 sess \$2.38+tax/drop-in if space
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Foot Care Clinic

55+yrs

Nancy KF Lee

Note: Registration must be done one day prior to appointment date

Have your toe nails cleaned and cut safely by a registered and certified foot care nurse. Please bring a large towel and request a tax deductible receipt from the foot care nurse.

Sat	Sep 20	\$47/30 min sess
580874	12:00pm-12:30pm	580878 2:00pm-2:30pm
580875	12:30pm-1:00pm	580879 2:30pm-3:00pm
580876	1:00pm-1:30pm	580880 3:00pm-3:30pm
580877	1:30pm-2:00pm	580881 3:30pm-4:00pm
Sat	Oct 18	\$47/30 min sess
580882	12:00pm-12:30pm	580886 2:00pm-2:30pm
580883	12:30pm-1:00pm	580887 2:30pm-3:00pm
580884	1:00pm-1:30pm	580888 3:00pm-3:30pm
580885	1:30pm-2:00pm	580889 3:30pm-4:00pm
Sat	Nov 15	\$47/30 min sess
580890	12:00pm-12:30pm	580894 2:00pm-2:30pm
580891	12:30pm-1:00pm	580895 2:30pm-3:00pm
580892	1:00pm-1:30pm	580896 3:00pm-3:30pm
580893	1:30pm-2:00pm	580897 3:30pm-4:00pm

Martial Arts

Tai Chi and Health Qigong

19+yrs

Lai Chun Cheung

The art of Health Qigong and Tai Chi has enhanced the health of many people. It is now clinically proven that internal organs, exterior muscle joints and mental focus can be significantly strengthened through practice of these arts. Suitable for people of all ages.

Mon 580831	Sep 29-Dec 15 9:05am-10:05am	No session Oct 13 \$77/11 sess \$7+tax/drop-in if space
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Tai Chi - Yang Style

19+yrs

Arsenio Chua

Explore Tai Chi Yang Style in our beginner program, emphasizing fundamental hand and foot techniques for improved balance, flexibility and inner calm.

Wed 578792	Sep 17-Oct 22 7:30pm-9:00pm	\$60/6 sess \$12+tax/drop-in if space
Wed 578793	Oct 29-Dec 17 7:30pm-9:00pm	No session Nov 12, 26 \$60/6 sess \$12+tax/drop-in if space

Tai Chi Health and Exercise Group

55+yrs

Eddie K.K. Tang, Benny Lai

This program will be led in Cantonese and English. This time is dedicated for practice only, no instruction is provided. Program times: 7:45am-9:00am (Tue/Fri), 7:30am-9:00am (Mon/Wed/Thu).

Mon-Fri 577648	Sep 4-Dec 19 7:30am-9:00am	No session Sep 30, Oct 13, Nov 11. \$33.30/74 sess
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Karate - Adult

19+yrs

Alan Chan Karate BC

We follow the path of traditional Karate. We stress the importance of three basic elements: Mind, Technique and Body, the importance of basic techniques, and paying attention to detail. We also focus on the application of techniques in real life self-defense situations. Additional fees are required for Uniform/Equipment and Karate BC Membership.

Tue Thu 580863	Sep 9-Dec 18 7:30pm-9:00pm	No session Sep 23, 25, 30, Nov 11 \$260/26 sess
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Art

Chinese Calligraphy

55+yrs

Guoxin Lin

Learn the ancient art of Chinese Calligraphy through step-by-step instructions on writing Chinese characters. Program is taught in Cantonese and Mandarin. English translation will be available.

Advanced - For returning students

Mon	Sep 8-Dec 15	No session Oct 13
581223	10:00am-12:00pm	\$147/14 sess

Wed	Sep 10-Dec 17	
581222	10:00am-12:00pm	\$157.50/15 sess

All Levels

Fri	Sep 12-Dec 19	No session Oct 3
581224	10:00am-12:00pm	\$147/14 sess

Chinese Painting

55+yrs

Kevin Au

Learn the ancient art of Chinese Calligraphy through step-by-step instructions on writing Chinese characters. Program is taught in Cantonese and Mandarin. English translation will be available.

Tue	Sep 9-Dec 16	No session Sep 30, Nov 11
581225	9:45am-11:45am	\$117/13 sess

Thu	Sep 11-Dec 18	
581226	9:45am-11:45pm	\$135/15 sess

Renfrew Art Group

19+yrs

Yoko Tomita

Learn acrylic painting at your own pace. Together we will discover your artistic style in a fun, supportive and non-judgmental environment. Release your hidden passion for painting in this inclusive group.

Wed	Oct 15-Dec 17	
580614	10:00am-12:00pm	\$70/10 sess \$8.33+tax/drop-in if space

Basic Drawing, Sketching, Watercolour

19+yrs

Yoko Tomita

Learn fundamental drawing techniques, sketching skills, and watercolor painting basics. Perfect for beginners, this hands-on course nurtures creativity and builds confidence in a relaxed, supportive environment. Participants should bring their own sketchbook, HB pencil, 3H pencil, 3B pencil, 6B pencil and eraser.

Thu	Oct 16-Dec 18	
580613	10:00am-12:00pm	\$90/10 sess

Japanese Flower Arranging

19+yrs

Aggie Chan

Aggie will teach you how to do silk or fresh flower arranging. You will make one interesting and fashionable arrangement each session. Materials are provided.

Thu	Sep 11-Oct 2	
581040	2:00pm-4:00pm	\$40/4 sess

Thu	Oct 9-30	
581041	2:00pm-4:00pm	\$40/4 sess

Watercolour Paint Night - Winter

19+yrs

Chloe Greenberg

Even if you have never held a brush before, you are in the right place to learn how to discover your inner artsy side. All skill levels are welcome, and all supplies are included but you are welcome to bring your own.

Mon	Dec 1	
580806	7:00pm-9:30pm	\$55/person

Education and Technology



Fun Japanese for Beginners

19+yrs

Machie Matsuno

This is a fun, beginner-level Japanese class for anyone interested in Japanese language and culture. Through games, songs, and interactive activities, participants will learn basic Japanese words, phrases, and expressions used in daily life. No prior experience is necessary.

Wed	Sep 17-Nov 5	
580862	7:00pm-8:00pm	\$80/8 sess



Mandarin Lessons - Let's Learn Mandarin

19+yrs

Vicky Hsu

We have developed Mandarin learning materials for adult learners with minimal proficiency from different fields. The content of the materials incorporates basic daily conversation for adults. This lesson is also designed for TOCFL Level Novice.

Sat	Oct 2-Dec 11	
580873	6:00pm-7:00pm	\$110/11 sess

Technology Classes - Speech Functions

55+yrs

Mary Leung

Learn the basics about Text to Speech and Speech to Text for Android and Apple devices. Please bring your own device for this class

Apple**Classes taught in Cantonese/Mandarin**

Sat	Oct 18-25	
580898	9:30am-11:00am	\$12/person

Classes taught in English

Sat	Oct 18-25	
580899	11:15am-12:45pm	\$12/person

Android**Classes taught in Cantonese/Mandarin**

Sat	Nov 1-8	
580900	9:30am-11:00am	\$12/person

Classes taught in English

Sat	Nov 1-8	
580901	11:15am-12:45pm	\$12/person

Yoga and Pilates

Hatha Yoga

Hisae McMichael

We work on moderate to intermediate poses to relieve you from muscle pain and stiffness, to improve circulation and overall better health. Please note participants are recommended to bring their own yoga mats and other equipment.

19+yrs

Sat 580827	Sep 6-Oct 11 9:15am-10:45am	Adult - \$63/6 sess Senior - \$58.50/6 sess
Sat 580828	Nov 15-Dec 20 9:15am-10:45am	Adult - \$63/6 sess Senior - \$58.50/6 sess

Seniors Yoga for Flexibility and Strength

Bill Mercer

The class is designed specifically for seniors seeking improved mobility, balance, and muscle tone. Our gentle yoga routines focus on enhancing flexibility and building strength at a comfortable pace.

55+yrs

Mon 580833	Sep 8-Oct 6 10:00am-11:15am	\$37.50/5 sess \$9+tax/drop-in if space
Mon 580834	Oct 20-Nov 24 10:00am-11:15am	\$45/6 sess \$9+tax/drop-in if space
Thu 580835	Sep 11-Oct 16 10:00am-11:15am	\$45/6 sess \$9+tax/drop-in if space
Thu 580836	Oct 23-Nov 27 10:00am-11:15am	\$45/6 sess \$9+tax/drop-in if space

Yoga for Brain Health

Kiran Rampuri

Participants will activate and balance brain's energy, reduce stress, and improve focus & concentration to prevent brain related health issues. Each session will focus on techniques to boost neuroplasticity, enhance memory and support emotional wellbeing. All levels are welcome!

55+yrs

Fri 580859	Sep 12-Oct 17 10:30am-11:45am	\$60/6 sess \$12+tax/drop-in if space.
Fri 580560	Oct 24-Nov 28 10:30am-11:45am	\$60/6 sess \$12+tax/drop-in if space.

Vinyasa Yoga

Kate Nguyen

Vinyasa is a yoga style with a non-stop flow, where you can always focus on your breath, gaze, and posture. The Vinyasa style includes warm-up poses; Sun Salutation; standing poses; balancing poses; back/forward bend poses/hip opening; Inversion/Core; Cool down; Savasana.

19+yrs

Sat 580865	Sep 6-Oct 18 3:30pm-4:30pm	\$36/6 sess \$7.14+tax/drop-in if space
Sat 580870	Oct 25-Nov 29 3:30pm-4:30pm	\$36/6 sess \$7.14+tax/drop-in if space
Sun 580866	Sep 7-Oct 19 9:30am-10:30am	\$36/6 sess \$7.14+tax/drop-in if space
Sun 580868	Oct 26-Nov 30 9:30am-10:30am	\$36/6 sess \$7.14+tax/drop-in if space
Sun 580867	Sep 7-Oct 19 11:00am-12:00pm	\$36/6 sess \$7.14+tax/drop-in if space
Sun 580869	Oct 26-Nov 30 11:00am-12:00pm	\$36/6 sess \$7.14+tax/drop-in if space

Colour Energy Yoga

Li Na Chow

Colour Energy Yoga class consists of breathing, meditation, stretching and lifeline massages. It decreases tiredness and pressure while increasing blood circulation to get rid of toxins in the body. This class is taught in Cantonese. Please note participants are recommended to bring their own yoga mats and other equipment.

19+yrs

Wed 581211	Sep 10-Oct 29 10:30am-11:30am	\$46/8 sess \$7+tax/drop-in if space
Wed 581212	Nov 5-Dec 17 10:30am-11:30am	\$40.25/7 sess \$7+tax/drop-in if space

Pilates

Tracey Clark

This class begins with breath and stillness, to calm and balance the nervous system, softening the outer body in order to sense the inner body, our fluid center or core. We then progress into the structure of Pilates to train and strengthen the core so we move more fluidly from our center.

19+yrs

Mon 580620	Sep 8-Nov 3 7:15pm-8:15pm	No session Sep 29, Oct 6, 13 \$72/6 sess \$14.29+tax/drop-in if space.
Mon 580621	Nov 10-Dec 15 7:15pm-8:15pm	\$72/6 sess \$14.29+tax/drop-in if space.

Workshops

Pre-registration required for free workshops

Social Connectedness

55+yrs

COSCO

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

Fri	Sep 12	
581062	10:00am-11:30am	Free

Managing Hip and Knee

55+yrs

OASIS

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

Fri	Sep 19	
581063	10:00am-11:30am	Free

Exercise and Arthritis

55+yrs

OASIS

Learn about the benefits of exercise, the types of exercises you can do to support your joints, and signs that you are doing too much.

Fri	Oct 3	
581064	10:00am-11:30am	Free

VPL - Digital Library Tips and Tricks

19+yrs

VPL Librarian

Library staff will give a hands-on demo on how to get free access to thousands of free ebooks and audiobooks, and digital magazines and newspapers from all over the world.

Fri	Oct 17	
581066	10:00am-11:30am	Free

VPL - Genealogy Database Tips and Tricks

19+yrs

VPL Librarian

Learn about library resources to help you trace your family history. Library staff will share information about free genealogy programs and resources at the library, such as access to Ancestry Library Edition database.

Fri	Nov 14	
581067	10:00am-11:30am	Free

Pelvic Floor Workshop

19+yrs

Flo Physio

Pelvic floor physiotherapists assess the pelvic floor and work together with the patient to come up with a treatment plan to meet their goals. In this presentation we will be covering some common conditions, what to expect at a pelvic floor appointment, and some tips and exercises to keeping the pelvic floor healthy.

Fri	Nov 28	
581074	10:00am-11:30am	Free

Healthy Feet Workshop

19+yrs

Collingwood Physio

During this 1-hour workshop, you will learn about: Common causes of foot and ankle pain, The relationship between footwear and foot pain, Key exercises for healthy feet This workshop is ideal for adults of all age groups. Please wear comfortable clothes to 'move' in as this workshop is part information and part exercise based. Presented by Keane Leung

Fri	Dec 12	
581075	10:00am-11:00am	Free

Music and Singing

Karaoke

55+yrs

Sing and have fun! If you have some Karaoke music please bring it along.

In Chinese:

Siu Lau (Sue Chee) Chong

Fri	Sep 5-Dec 12	
581201	12:15pm-2:45pm	\$7/14 sess



Aerobics

Hi-Lo Aerobics

Sharon Chan

Participants are encouraged to work at their own pace. Hi-Lo is an all level class including warm-up, 35 minute cardio, 15 minute abdominal floor work, and stretch and relaxation.

19+yrs

Tue	9:05am-10:00am	\$6/Adult, \$3.75/Senior for drop-in, if space
580940	Sep 9-23	Adult - \$15/3 sess Senior - \$9.75/3 sess
580941	Oct 7-28	Adult - \$20/4 sess Senior - \$13/4 sess
580942	Nov 4-25	No session Nov 11 Adult - \$15/3 sess Senior - \$9.75/3 sess
580943	Dec 2-16	Adult - \$15/3 sess Senior - \$9.75/3 sess
Thu	9:05am-10:00am	\$6/Adult, \$3.75/Senior for drop-in, if space
580945	Sep 11-25	Adult - \$15/3 sess Senior - \$9.75/3 sess
580946	Oct 2-30	Adult - \$25/5 sess Senior - \$16.25/5 sess
580947	Nov 6-27	Adult - \$20/4 sess Senior - \$13/4 sess
580948	Dec 4-18	Adult - \$15/3 sess Senior - \$9.75/3 sess

Total Body Conditioning Aerobics

Denisse Hernandez

Participants are encouraged to work at their own pace. "Total Body Conditioning" is a total body workout integrating both strength and cardio. This class mixes plyometrics, circuit training, weights and bands.

19+yrs

Thu	6:45pm-7:40pm	\$6/Adult, \$3.75/Senior for drop-in, if space
580936	Sep 4-18	Adult - \$15/3 sess Senior - \$9.75/3 sess
580937	Oct 2-30	Adult - \$25/5 sess Senior - \$16.25/5 sess
580938	Nov 6-27	Adult - \$20/4 sess Senior - \$13/4 sess
580939	Dec 4-18	Adult - \$15/3 sess Senior - \$9.75/3 sess

Total Fitness Aerobics

Sharon Chan

Participants are encouraged to work at their own pace. Total Fitness is a mild to moderate class for people starting fitness activities and seniors. It has warm-up, aerobic, cool down, stretch and strength components.

40+yrs

Fri	9:05am-10:00am	\$6/Adult, \$3.75/Senior for drop-in, if space
580950	Sep 12-26	Adult - \$15/3 sess Senior - \$9.75/3 sess
580951	Oct 3-31	Adult - \$25/5 sess Senior - \$16.25/5 sess
580952	Nov 7-28	Adult - \$20/4 sess Senior - \$13/4 sess
580953	Dec 5-12	Adult - \$10/2 sess Senior - \$6.50/2 sess

Social

Tuesday Social

Cecilia Vulama

Join us in this free social.

55+yrs

Tue	Sep 9-Dec 16	Pre-registration required
580826	11:00am-12:00pm	Free with OneCard

Book Club

Janet Hodgson

This Book Club is a well established group that enjoys meeting monthly to have lively discussions. We jointly choose from book sets offered by Vancouver Public Library and try to cover a diverse selection of genres.

55+yrs

Tue	Sep-Jun	2nd Tuesday of the month
577634	12:00pm-1:30pm	Free, Pre-registration is required

Chinese Social Group in Cantonese

Albert Lee

Join us for talks, workshops, parties and other interesting activities. Mandarin speaking seniors are welcome. Non refundable annual fee.

55+yrs

Fri	Sep 5-Aug 28	\$7.62/Yearly
577636	2:00pm-3:30pm	



Zumba

Zumba

Roslyn Bauyon

Participants are encouraged to work at their own pace. Zumba is a fusion of Latin and International music--dance themes creating a dynamic, effective fitness system! It features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. The easy-to-follow steps are designed for any fitness level.

19+yrs

Mon	7:00pm-7:55pm	\$7.00/Adult, \$4.50/Senior for drop-in, if space
581011	Sep 8-29	Adult - \$23/4 sess Senior - \$15/4 sess
581012	Oct 6-27	No session Oct 13 Adult - \$17.25/3 sess Senior - \$11.25/3 sess
581013	Nov 3-24	Adult - \$23/4 sess Senior - \$15/4 sess
581012	Oct 6-27	Adult - \$17.25/3 sess Senior - \$11.25/3 sess

Wed	9:05am-10:00am	\$7.00/Adult, \$4.50/Senior for drop-in, if space
580960	Sep 10-24	Adult - \$17.25/3 sess Senior - \$11.25/3 sess
580961	Oct 1-29	Adult - \$28.75/5 sess Senior - \$18.75/5 sess
580962	Nov 5-26	Adult - \$23/4 sess Senior - \$15/4 sess
580963	Dec 3-17	Adult - \$17.25/3 sess Senior - \$11.25/3 sess

Wed	7:00pm-7:55pm	\$7.00/Adult, \$4.50/Senior for drop-in, if space
581001	Sep 10-24	Adult - \$17.25/3 sess Senior - \$11.25/3 sess
581002	Oct 1-29	Adult - \$28.75/5 sess Senior - \$18.75/5 sess
581003	Nov 5-26	Adult - \$23/4 sess Senior - \$15/4 sess
581005	Dec 3-17	Adult - \$17.25/3 sess Senior - \$11.25/3 sess

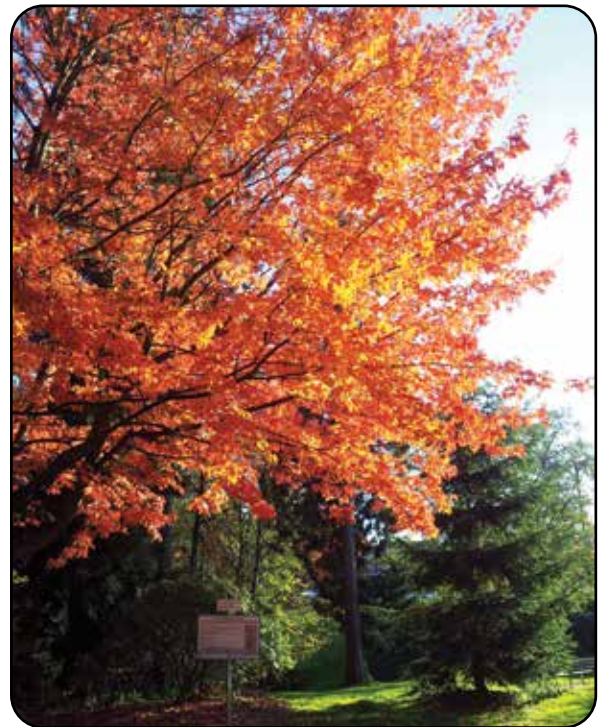
Zumba Toning

Roslyn Bauyon

Participants are encouraged to work at their own pace. Lightweight maraca-like Toning Sticks (or light weights) enhance sense of rhythm and coordination, while toning target zones, including arms, core and lower body.

19+yrs

Mon	6:00pm-6:55pm	\$7.00/Adult, \$4.50/Senior for drop-in, if space
581016	Sep 8-29	Adult - \$23/4 sess Senior - \$15/4 sess
581017	Oct 6-27	No session Oct 13 Adult - \$17.25/3 sess Senior - \$11.25/3 sess
581018	Nov 3-24	Adult - \$23/4 sess Senior - \$15/4 sess
581019	Dec 1-15	Adult - \$17.25/3 sess Senior - \$11.25/3 sess



...Programs fill up quickly!
Register early to avoid disappointment

Sports

Drop-in Sports Procedures

- Programs are cancelled on stat holidays and for Special Events.
- Minimum of 4 (Badminton, Pickleball, Foamball) and 2 (Basketball) drop-in spaces will be available 30 minutes before the start of the program on a first come, first serve basis.
- Drop-ins must register in person no earlier than 15 minutes prior to the start of the program. No phone or online drop-ins.
- Registered participants have up to 10 minutes to arrive for their programs. After that time, spots may be sold to drop-in participants.
- All times include setup and take down of equipment.
- Please, no spectators in sports programs. (This ensures the safety of instructors and participants)
- Some equipment may be available for borrow. Equipment Rental Pass is required

Badminton

19+yrs

Enjoy recreational badminton.

Mon 578483	Sep 8-Dec 15 1:00pm-2:55pm	No session Oct 13 Adult - \$63/14 sess Senior - \$49/14 sess \$5.40/Adult, \$4.20/Senior +tax/drop-in if space
Tue 578484	Sep 9-Dec 16 8:00pm-9:55pm	No session Sep 30, Nov 11 Adult - \$58.50/13 sess Senior - \$45.50/13 sess \$5.40/Adult, \$4.20/Senior +tax/drop-in if space
Wed 578485	Sep 10-Dec 17 1:00pm-2:55pm	Adult - \$67.50/15 sess Senior - \$52.50/15 sess \$5.40/Adult, \$4.20/Senior +tax/drop-in if space

Pickleball

19+yrs

Played with a paddle and a plastic ball with holes on a badminton-sized court.

19+yrs		
Mon 578488	Sep 8-Dec 15 8:00pm-9:55pm	No session Oct 13 Adult - \$63/14 sess Senior - \$49/14 sess \$5.40/Adult, \$4.20/Senior +tax/drop-in if space
55+yrs		
Tue 578489	Sep 9-Dec 16 1:00pm-2:55pm	\$45.50/13 sess \$4.20+tax/drop-in if space
Thu 578490	Sep 4-Dec 18 10:45am-12:40pm	\$56/16 sess \$4.20+tax/drop-in if space
Thu 578491	Sep 4-Dec 18 1:00pm-2:55pm	\$56/16 sess \$4.20+tax/drop-in if space

Badminton Court Rentals

All Ages

- Each court rental is for 55 minutes
- At least 1 adult must be present at each booking
- Booking court for instructional purposes is not permitted
- Please be respectful to players before and after your booking
- Maximum 8 people/court
- Partial refund given for cancellations with more than two business days notice at the RPCC office. No refunds thereafter.
- Players set-up and take-down nets

Thu	8:00pm-9:55pm	Jul 3-Aug 28 \$13.33/court
Sun	9:30am-2:30pm	Jul 6-Aug 24 \$13.33/court

Basketball

19+yrs

Enjoy recreational basketball.

Sun 578482	Sep 7-Dec 21 3:00pm-4:55pm	\$72/16 sess \$5.40+tax/drop-in if space
Wed 578481	Sep 10-Dec 17 8:00pm-9:55pm	\$67.50/15 sess \$5.40+tax/drop-in if space

Foamball Tennis

55+yrs

A fun, indoor game based on tennis. A good workout with minimal joint strain.

Fri 578487	Sep 5-Dec 12 1:00pm-2:55pm	\$30/15 sess \$2.40+tax/drop-in if space
Tue 578486	Sep 9-Dec 16 10:45am-12:40pm	\$26/13 sess \$2.40+tax/drop-in if space

Carpet Bowling Club

55+yrs

Come learn and enjoy a game of Carpet Bowling. A game in which wooden balls are pitched toward a white ball (the jack). Tea is served.

Tue 581529	Sep 9-Aug 25 11:00am-1:00pm	No session Sep 30, Nov 11, Dec 23, 30 \$7.61/year
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Beginners Jumpstart Tennis Program

19-65yrs

Metro Vancouver Tennis

Note: Programs are held at Slocan Park Tennis Courts

Metro Van Tennis proudly presents its Jumpstart: Beginners Intro to Tennis Program, designed to provide a strong foundation in tennis for those new to the sport. Hosted by experienced and passionate instructors, this program is perfect for individuals who want to learn the fundamentals of tennis in a fun, supportive, and inclusive safe learning environment.

Tue Thu 580861	Sep 4-Sep 25 5:30pm-6:35pm	\$189/7 sess
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Fitness Centre Hours of Operation

September 1 - December 21

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am-9:30pm	6:30am-9:30pm	6:30am-9:30pm	6:30am-9:30pm	6:30am-9:30pm	9:00am-5:00pm	9:00am-5:00pm

Note: Fitness admissions are available until 15 minutes prior to the Fitness Centre closing.
See **page 30** for special hours of operation

General Information



When visiting the fitness centre, please bring your own lock, towel and plastic water bottle (water only). Proper footwear is required at all times. Wristbands are required upon entry to the fitness centre. Please ensure that you obtain your wristband from the cashier upon admission.

Note: The minimum age to use the Fitness Centre is 13 years old.

Fitness Centre Admission Fees

all fees subject to change without notice

GST not included

	Drop In	10 Visit Pass	Flexi Passes		
			1 Month	3 Month	12 Month
Adult 19-64yrs	\$7.93	\$71.37	\$64.15	\$173.21	\$554.26
Senior 65+yrs	\$5.55	\$49.95	\$44.91	\$121.25	\$387.98
Youth 13-18yrs	\$5.55	\$49.95	\$44.91	\$121.25	\$387.98

Fitness Centre Orientations

13+yrs

Book your 30-minute orientation with one of our fitness center staff. During your orientation, you will be shown how to set up the cardio equipment and strength training machines with basic exercises, and proper technique. You must complete a PARQ, and Consent and Release Form prior to the orientation. If you are under the age of 18, these forms must be signed by a parent or guardian.

Note: The one-time orientation is included with your single paid admission or valid flexi-pass.



Fitness Centre Equipment

- Treadmills - 4
- Upright Bike - 1
- Cross Trainers - 4
- Stair Climber - 1
- Recumbent Bike - 2
- Keiser Bike - 1
- Incline Bench - 3 (adjustable)
- Flat Bench
- 5lb - 90lb Dumbbells
- Leg Press
- Pec Fly/Rear Deltoid
- Seated Leg Curl
- Assisted Dip Chin
- Dual Adjustable Pulley - 2
- Smith Machine
- Half Rack
- Lat Pulldown
- Chest Press
- Row/Rear Deltoid

Fitness Classes

Our knowledgeable fitness staff will guide participants through a 4-week program teaching exercises to cover all components of a complete fitness program. At the end of the 4 weeks, participants will have a fitness program to follow and have the confidence to use the Fitness Centre on their own. Each week will focus on a different component of the fitness program including; warm up and cool downs, strength, stretching, balance, and core. The program will consist of one day a week where the fitness staff will demonstrate different exercises.

Note: A completed Par-Q and Consent & Release are required.
Maximum 3 registered. Registration is required.
Fee is a Fitness Centre drop-in admission, valid Flexi-pass or Usage pass.

Fitness for Women

Admission fee required

Fri 572340	Sep 5-26 3:00pm-4:00pm
Fri 572341	Oct 3-24 3:00pm-4:00pm
Fri 572344	Nov 7-28 3:00pm-4:00pm

Fitness for Older Adults

Admission fee required

Wed 572348	Sep 10-Oct 1 3:00pm-4:00pm
Wed 572354	Oct 8-29 3:00pm-4:00pm
Wed 572355	Nov 5-26 3:00pm-4:00pm

Swimming Pool

Annual Pool Maintenance (closure)

September 2-28

Pool and Fitness Hours of Operation

Pool and Fitness admissions are available until 15 minutes prior to the Pool and Fitness Centre closing.

Swimming Pool

September 29 - December 14

Monday-Friday..... 6:30am-9:30pm
Saturday-Sunday..... 9:00am-5:00pm

Fitness Centre

September 1 - December 21

Monday-Friday..... 6:30am-9:30pm
Saturday-Sunday..... 9:00am-5:00pm

Pool and Fitness Holiday and Special Hours

Monday September 1..... 1:00pm-5:00pm
Tuesday September 2..... Closed
Wednesday September 3..... Closed
Thursday September 25 (Fitness only)..... 6:30am-4:00pm
Tuesday September 30..... 1:00pm-5:00pm
Monday October 13..... 1:00pm-5:00pm
Monday November 11..... 1:00pm-5:00pm

Note: Hours are subject to change

OneCard

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

Leisure Access Policy

The Leisure Access Policy ensures residents of Vancouver access to Park Board sponsored programs and services regardless of one's ability to pay. For information contact your nearest Community Centre office.

Flexipass Information

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



Swimming Lesson Registration

Note: Swimming Lesson Registration begins on
Tuesday August 26 @ 7:00pm

These guidelines try to provide equal opportunities for participation in our swim lesson programs.

- Please bring your current Lifesaving Society Swim for Life progress card or progress memo when registering
- If you are unsure of what level to register in, please come to a Public Swim session and ask at the Pool Front Desk to have a "Free" assessment prior to registering
- Class programming is based on demand, time constraints and pool space
- All program fees must be paid at the time of registration. In-person payment methods include: Cash, Amex, Visa, MasterCard, or Interac
- Proof of Leisure Access must be shown at time of registering if applicable

Vancouver Park Board Online Registration and Reservation System

How to Register Online:

- Go to vanrec.ca to update or create your account.

Do you currently have an online account and have forgotten your password? To reset your password:

- Click "Sign In", select "Forget your password?" and follow the steps to get your new password.
- Login with your email address and confirm your account information is correct.

Never registered online before?

- Click "Sign In" or "Create an Account" to set up your profile and password prior to registration start time.

Note: Call to inquire if there is space available
or if more classes have been added.

Classes are subject to cancellation if minimum enrollment is not met

Swimming Lesson Refund Policy

Full refund will be given if cancellation notice is received five or more days before the start of the program. If cancellation notice is received one to four days before the start of the program, participant can either transfer to a future lesson set, if available, or refund amount will be the activity fee minus the cost of one class. If cancellation notice is received after the first program date (class/lesson), and five or more days before the second program date (class/lesson), refund amount will be the activity fee minus the cost of one class. If cancellation notice is received less than four days before the start of the second program date (class/lesson), refund amount will be the activity fee minus the cost of two classes. No refunds are issued for requests received after the second scheduled date of the program.

Fees for one or two-day programs (private lessons) are non-refundable.



Fall 2025 Swimming Lesson Information

Swimming Lesson Registration begins on: **Tuesday August 26 at 7:00pm**

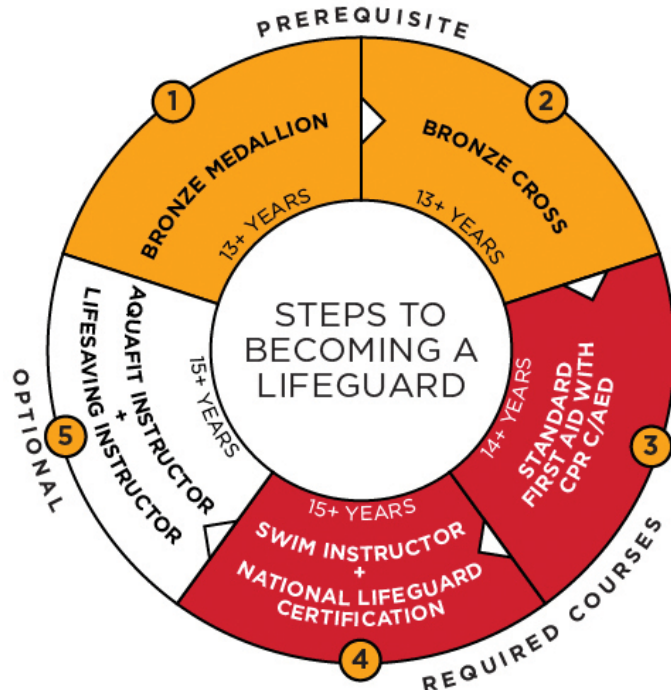
	Monday/Wednesday	Tuesday/Thursday	Friday	Saturday	Sunday
Set 1	Sep 29-Oct 29 9 lessons No lesson Oct 13	Oct 2-Oct 30 9 lessons	Oct 3-Dec 12 12 lessons	Oct 4-Dec 13 10 lessons No lesson Oct 11	Oct 5-Dec 14 10 lessons No lesson Oct 12
Set 2	Nov 3-Dec 10 12 lessons	Nov 4-Dec 11 11 lessons No lesson Nov 11			

Swim Lesson Pricing

# of Lessons	Parent & Tot/ Preschool (30 mins)	Swimmer 1 to 2 (30 mins)	Swimmer 3-6 (45 mins)	Swimmer 7-9 (60 mins)		Adults (45 mins)	
				Child	Youth	Youth/Senior	Adult
9	\$73.17	\$59.58	\$74.52	\$119.16	\$145.98	\$91.26	\$130.41
10	\$81.30	\$66.20	\$82.80	\$132.40	\$162.20	\$101.40	\$144.90
11	\$89.43	\$ 72.82	\$91.08	\$145.64	\$178.42	\$111.54	\$159.39
12	\$97.56	\$79.44	\$99.36	\$158.88	\$194.64	\$121.68	\$173.88

Note: All Lesson set fees (- private/semi-private) include \$4.30 badge fee

Vancouver Aquatics Academy



Private Lessons

All Ages

Private and Semi-Private Registration are now available online

Open to all ages and abilities. All lessons are 30 minutes. Pre-registration is required. Private lessons are for 1 person. Semi-private lessons are for 2 people minimum with similar swimming abilities. A third participant can be added upon request for additional fees. Please contact the Aquatic Programmer for more information - 604-257-8397

Under 14yrs	First person	\$40.60/lesson
	Semi-private add on	\$16.24/lesson
14yrs and older	First person	\$40.60+GST/lesson
	Semi-private add on	\$16.24+GST/lesson



Speciality Aquatics Courses

All Ages

Due to staffing challenges, Stroke Improvement, Junior Lifeguard Club, and Bronze courses will be put on hold during this time.

For inquiries about our Adapted lessons, please contact
AdaptedAquatics@vancouver.ca

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

Swimming Pool Schedule

September 29 - December 14

Annual Pool Maintenance (closure)

September 2-28

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lengths (2 lanes for length swim) 6:30am-10:30am	Lengths (2 lanes available) 6:30am-9:15am	Lengths (2 lanes available) 6:30am-9:15am	Lengths (2 lanes available) 6:30am-9:15am	Lengths (2 lanes available) 6:30am-10:30am	Please Note: Pool schedule is subject to change	
	Weekday Lessons (1 lane for length swim) 9:30am-1:30pm	AquaFit (Shallow/Mod) 9:30am-10:30am	Weekday Lessons (1 lane for length swim) 9:30am-1:30pm		Public Swim (Deep end only) 9:00am-10:15am	Public Swim (2 lanes for length swim) 9:00am-10:15am
		Public Swim (2 lanes for lengths) 11:00am-3:30pm			AquaFit (Shallow/Mod) 9:15am-10:15am	
Public Swim (2 lanes for length swim) 11:00am-1:00pm				Public Swim (2 lanes for length swim) 11:00am-1:00pm	Weekend Lessons (Whirlpool & Sauna only) 10:30am-2:30pm	
Lengths (3 lanes for length swim) 1:30pm-3:30pm	Lengths (3 lanes for length swim) 1:30pm-3:30pm	Public Swim (2 lanes for lengths) 11:00am-3:30pm	Lengths (3 lanes for length swim) 1:30pm-3:30pm	Lengths (3 lanes for length swim) 1:30pm-3:30pm	Public Swim (2 lanes available for length swim) 2:30pm-5:00pm	
Weekday Lessons (Whirlpool, Sauna & 1 lane for length swim only) 4:00pm-8:00pm						
Public Swim (2 lanes for lengths) 8:00pm-9:30pm						

Session Descriptions

Public Swim (2 lanes for lengths)	Recreational swim for all ages. 2 lanes available for lengths swim.
Lengths (3 lanes available)	Continuous lengths swim for all ages. Lanes (25m) are designated for specific speeds.
Weekday Lessons (1 lane available)	Main pool is reserved for School Board or internal lesson programs and can include external rental groups during these times. Only 1 lane available for public length swimming.
Weekend Lessons (Whirlpool & Sauna only)	Internal lesson programs only during this time. No lanes available for the public. Whirlpool and Sauna only.
AquaFit (Shallow/Mod) Registered Program	AquaFit (Moderate intensity) is a pre-registered program. The majority of aquaFit spaces will be pre-registered with some spaces held for drop-in. To avoid disappointment we encourage participants to pre-register. Pre-registration opens 3 days in advance and closes 30 minutes before the session starts. Drop-in starts 30 minutes prior to session start.

Pool Temperature: 28 degrees
Pool Length: 25 metres
Lockers: Please bring your own padlock

Pool Admission Fees

all fees subject to change without notice

GST not included

	Drop In	10 Visit Pass	Flexi Passes		
			1 Month	3 Month	12 Month
Adult 19-64yrs	\$7.93	\$71.37	\$64.15	\$173.21	\$554.26
Senior 65+yrs	\$5.55	\$49.95	\$44.91	\$121.25	\$387.98
Youth 13-18yrs	\$5.55	\$49.95	\$44.91	\$121.25	\$387.98
Children 5-12yrs	\$3.97	\$35.73	\$32.08	\$86.61	\$277.13
Preschool (0-4yrs)	FREE				
Family	at child rate	Minimum 2 people: \$7.94. \$3.97/additional member. Valid for 1-2 adults of same household and their children (5-18 years). All family members must be present at the time of admission			
Admission Policy	Children under 8 years of age must be accompanied in the water and be within arms reach of a responsible person at least 16 years of age.				