

Renfrew Park

Recreation Guide

Fall 2024

Community Centre

Swimming Pool

Fitness Centre

Fall 2024 Registration Dates

Community Centre

Online/In Person
Phone In

Sun Aug 11, 9:00am
Sun Aug 11, 10:00am

Swimming Pool

Online/In Person/Phone In

Tue Aug 27, 7:00pm



Eda Ertan of Quantum Care performs at the 2023 Renfrew Ravine Moon Festival, Photo by Chaotic Images



Lanterns by Yoko Tomita at the 2023 Renfrew Ravine Moon Festival. Photo by Chaotic Images



FREE HOTDOG BBQ **COMMUNITY SHOWCASE PERFORMANCES**

CAR SHOW **HISTORY ROOM**

WADING POOL **KIDS ZONE WITH BOUNCE HOUSE**

RENFREW PARK CC 60TH ANNIVERSARY

SAT. SEP. 7TH, 2024 11AM-4PM

Celebrate with a full day of festivities! We are hosting family friendly activities for all ages indoors and outdoors. Looking to participate, volunteer or have something to share? Email: association@renfrewcc.com.



Annual Pool Maintenance (closure)

September 3 - 27



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

Hours of Operation

Centre Office September 1-December 29

Monday-Friday 9:00am-9:30pm
 Saturday-Sunday 9:00am-4:45pm

Community Centre September 1-December 29

Monday-Friday 9:00am-10:00pm
 Saturday-Sunday 9:00am-5:00pm

Community Centre Holiday and Special Hours

Monday September 2 Closed
 Monday September 30 Closed
 Monday October 14 Closed
 Monday November 11 Closed
 Monday December 23 - Sunday December 29 Closed

Please see **page 29** for Pool and Fitness Holiday and Special Hours

Contact Information

Address

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

Phone

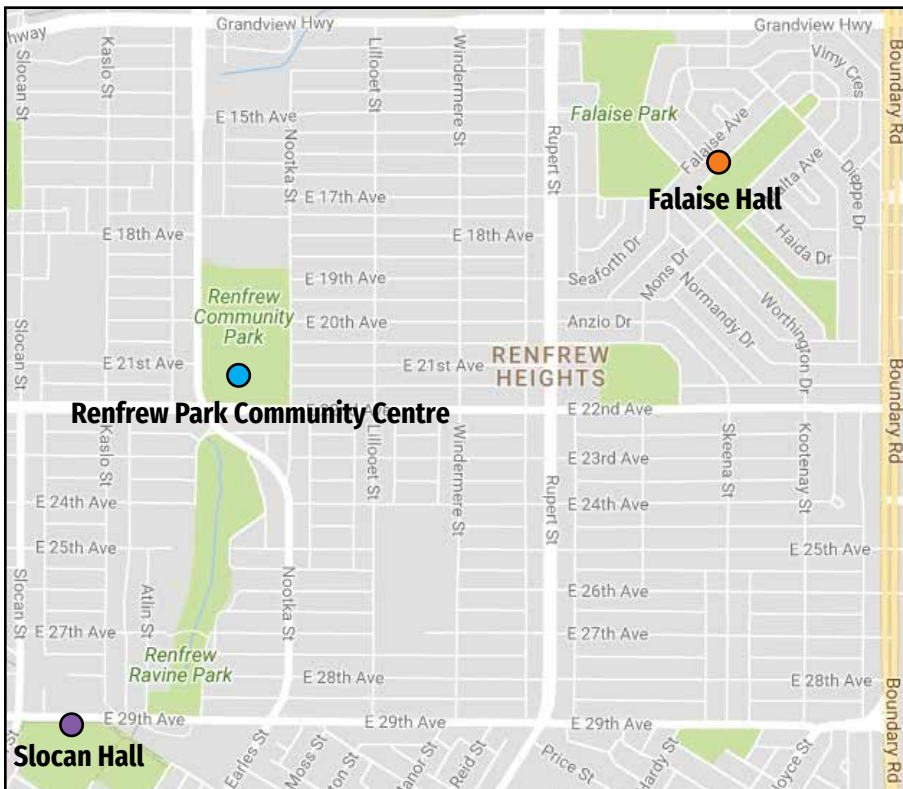
Centre Office 604 257-8388 ext 1
 Fax 604 257-8392

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

Suzanne Liddle/Andy Teoh Community Recreation Supervisor
 Nick Fong Recreation Programmer
 TBA Pool Programmer
 Starla Bayley Community Youth Worker
 Don Doyle Seniors' Worker
 Marni McMullen, Kieran Sherestan Program Assistant III
 Monica Kochhar Recreation Facility Clerk
 Elizabeth Casaclang Child Care Manager
 Angela Lee Community Association Administrator



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

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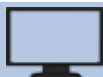
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3 Easy Ways to Register...

Online

Starts **Sunday, August 11 at 9:00am**



Register online at <http://vanrec.ca>
Pay by Visa, MasterCard or American Express.

In Person

Starts **Sunday, August 11 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 11 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](https://www.facebook.com/renfrewparkcc)



twitter.com/renfrewparkcc



[instagram.com/renfrewparkcc](https://www.instagram.com/renfrewparkcc)



Registration Policy

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

Cancellation, Transfers and Refunds

- Must be made during Renfrew Park Community Centre office hours of operation
- Please see page 2 for centre hours of operation.
- All refunds are subject to a \$5 administration fee.

Programs

Notice given prior to the program start date

- All refunds and transfers must be made directly to the Renfrew Park Community Centre office.
- We will process requests as of the date of notification as received at the Centre Office.

Notice given on or after the program start date

- Withdraw/refund requests received on or after the start date of the program, regardless of class start time, will be pro-rated as of the date of notification.

Notice given prior to the third class after the program start date

- Withdraw/refund requests must be made no later than two days prior to the third class.
- A pro-rated credit for the remaining class can be left on your Registration Account for future program registration use.
- Refund requests will be pro-rated as of the date of notification.
- If paid by credit card, it can be credited back to the original credit card.
- If paid by cash or cheque, refund can be issued back by cheque

For medical reasons:

- Please inform the office as soon as possible and 1 time exceptions may be possible. Dated medical notes may also be required.

Bus Trips, Workshops, Weekly Camps

- Withdraw/refund requests must be made no later than 7 open business days prior to the start of the course.
- All requests are subject to \$5 administration fee per person per bus tour, workshop, or weekly camp program.

Birthday Parties

- If more than 14 days notice is given prior to the party date a \$5 administration fee will be deducted.
- If 14 days or less notice is given prior to the party date a \$50 administration fee will be deducted.
- No refunds within 48 hours notice.

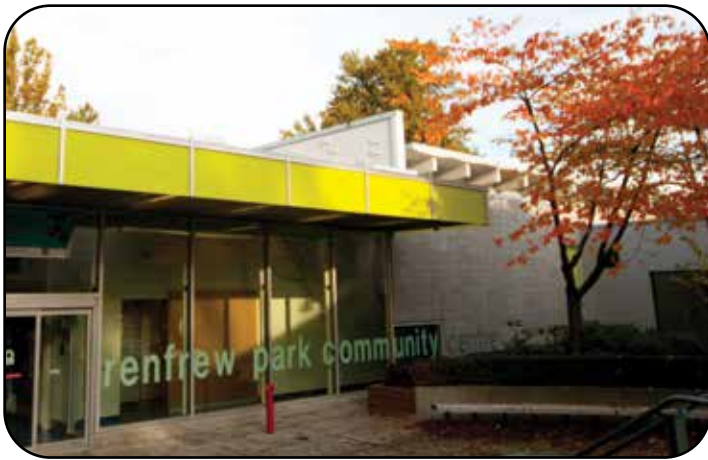
Room Rental and Licensed Child Care Programs

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



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

Renfrew Park Community Association (RPCA)



RPCA Board of Directors

2023-2024

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, Connie Chan Barbara Leung, Fay Lin, David Ng, Eddie Tang, 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

As we welcome the fall season, I am thrilled to share that 2024 marks the 60th anniversary of Renfrew Park Community Centre! For six decades, our centre has been a cornerstone of community, connection, and celebration. We are incredibly proud of our rich history and the vibrant future that lies ahead.

This fall, we have an exciting lineup of events and programs designed to bring our community together and create lasting memories:

Moon Festival: Join us for this enchanting celebration, where we will enjoy cultural performances, mooncakes, and the beauty of the autumn moon.

Spooktacular Halloween: Get ready for a spooktacular time with fun-filled activities, games, and treats for the little ones.

Breakfast with Santa: Start the holiday season with a magical morning, complete with a delicious breakfast and a special visit from Santa Claus.

Our senior programs continue to offer enriching experiences with bus trips to exciting destinations and seniors luncheons that provide opportunities to connect and share stories.

Additionally, we have several important events this fall:

Our **Annual General Meeting (AGM)** will be held on November 23rd. This is a great opportunity for members to get involved and stay informed about our community centre's operations and future plans.

We are currently seeking nominations for our Board of Directors. If you are passionate about our community and want to make a difference, we encourage you to consider joining our board. Contact us via email: board@renfrewcc.com

This October, Renfrew Park will serve as a host site for Elections. In preparation, we will hold an all candidates debate, on October 9th, to help our community make informed decisions before heading to the polls.

As we celebrate our 60th anniversary, I want to extend my heartfelt gratitude to all of you – our members, volunteers, staff, and supporters. Your dedication and enthusiasm make Renfrew Park Community Centre the special place it is today.

We look forward to celebrating this milestone year with you and continuing to build a strong, vibrant community together.

Sincerely,

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

RPCA Memberships

September 1, 2024-August 31, 2025

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, drop-in computer use and sports equipment rental, please register for the Equipment Rental Fee (info **p.17**).

RPCA Affiliated Groups

Aikido Club	Wolfgang vancouveraikikai.com
Happy Corner Preschool	Nikki happycorner.ca
Judo Club	Frank nakashimadojo.blogspot.com
Lions Gate Camera Club	Judith lionsgatecameraclub.com
Renfrew Trojans Football	Andrew vancouvertrojans.net

...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 existing group of dedicated volunteers to help shape the policy, growth, and direction of the association. We are looking for Association 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 23, 2024

Exciting opportunity to shape programs at Renfrew Park Community Centre and its community. Get info at the center's office or by emailing board@renfrewcc.com



Renfrew Park
Community Association
Annual General Meeting
Saturday November 23, 2024



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!

Sat Nov 23
522335 12:00pm-2:00pm

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



About Still Moon Arts Society

Still Moon Arts Society is a non-profit registered charity founded in 2004 whose mission is to inspire vibrant and connected communities through eco-arts and environmental stewardship programming, majorly serving equity-denied communities. Still Moon hosts the Annual Renfrew Ravine Moon Festival, which has engaged over 100,000 people over the last two decades by 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 22nd Annual Renfrew Ravine Moon Festival this September

Presenting the 22nd annual Renfrew Ravine Moon Festival, honouring the harvest moon, Still Creek, community, art and the diverse cultural traditions of Renfrew-Collingwood. You're invited 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 nature, community and your own creativity.

Learn more and register for events and workshops through the Moon Festival website www.StillMoonArts.ca/Moon-Festival. Workshop space is limited

Main Festival Day | Sat, September 21

The Harvest Fair **4:00 PM - 7:00 PM**
at Slocan Park (2750 E 29th Ave, Vancouver)

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

Twilight Lantern Procession **Starts at Sunset (7:00 PM)**
from Slocan Park

Join the neighborhood in this illuminated evening parade filled with performers and music, leading into the Streamside Lantern Installation.

Streamside Lantern Installation **7:30 PM - 9:30 PM**
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.

Consciousness of Streams **8:30 PM - 9:30 PM**
at Renfrew Community Park Field (2929 E 22nd Ave)

Witness the final performance in this three-year series, which contemplates the lost streams buried beneath the Renfrew-Collingwood neighbourhood. The performance will feature dance, stilt performers, shadow theatre, and live music.



Featured Moon Festival Events

Make a Salmon Lantern Workshop

Can fish fly? See for yourself at our Salmon Lantern Workshop with Yoko Tomita, celebrating Renfrew Park Community Centre's 60th Anniversary.

Sat, September 7 11:00 AM - 2:00 PM Renfrew Park Community Centre

Birds of Renfrew Ravine Tour

What's chirping in your neighbourhood? Join our Dusk Chorus Bird Walk to learn more about the rich diversity of birds in the Renfrew Ravine.

Sat, September 14 10:00 AM - 12:00 PM Renfrew Ravine Park

Mooncake Workshop with Renfrew Collingwood Food Justice

A cherished tradition of the Mid-Autumn Festival, mooncakes are a delicious treat to share with loved ones. Bring your own container!

Thu, September 12 5:00 PM - 8:00 PM Collingwood Neighbourhood House

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.

Fri, September 13 6:00 PM - 8:30 PM at Slocan Park Fieldhouse

Renfrew Ravine Nature & History Tour

Why are we called the "Renfrew Ravine" Moon Festival? Learn about the people, plants and animals of this beautiful hidden refuge in the heart of Renfrew-Collingwood.

Sat, September 7 2:00 PM - 4:00 PM Renfrew Ravine Park

Tea, Tunes, and Verse in the Garden

Join us in the Colour Me Local Dye Garden for an artistic evening of music, poetry, performance and a free cup of tea, along with a showcase from Still Moon's Dyer's Guild.

Sat, September 14 4:30 PM - 7:30 PM Colour Me Local Dye Garden
3958 Renfrew Street

Full Moon Labyrinth Walk

Embrace the changing seasons with Quantum Care's mindful walking meditation and the healing frequencies of earth-based instruments.

Tue, September 17 6:00 PM - 8:00 PM Renfrew Ravine Labyrinth
Intersection of Renfrew Ravine Park and E27th Ave



Spooktacular Halloween Party

Saturday, October 26th
12:00pm - 3:00 pm
#525092

\$7/child

Join us for some scary fun! Bounce your way into Halloween with our bouncy castle! Dress up in your costume and join us for some Halloween games and crafts.

Haunted house in Room 108.
(Lights only display for younger children)
Tickets are limited, buy them early.

Spaces are limited, so secure your spot by registering early.
Registration required for children 13 years old and younger



Breakfast with Santa

Saturday, December 14th
9:30 am - 12:30 pm

Join us for a full breakfast, fun crafts, and games with family and friends! All participants must be 2+ years. Attending adults must pay and register for this event.

Breakfast seatings:

- 9:30 am - 10:30 am #525091
- 11:00 am - 12:00 pm #525090

\$7/person



Truth & Reconciliation Day

Join us on Truth and Reconciliation Day as we honor Indigenous resilience and storytelling through film. We will screen "Rabbit Proof Fence," - An Australian film relevant to Canadian residential school history, and Gord Downie's "The Secret Path."

These films highlight cultural heritage, promote understanding, and foster dialogue on the path to reconciliation in Canada.

Don't miss this opportunity to reflect and learn together. A concession will be available, with proceeds supporting the Residential Schools Survivors Society.

Monday, September 30th
1:30-4:00pm
#525089



Diwali Festival

Saturday, November 9th
12:30pm - 3:00 pm
#525093
pre-registration required

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 entertainment, crafts, and light refreshments while supplies last. Space is limited.

\$5/person

Programs Highlights

Seniors Luncheon (55+ years)

Oktober Fest

Oct 2nd 12:00-230pm

\$13/person (GST Included)

#522169

Join us for Oktoberfest a raucous celebration of Bavarian culture. Enjoy traditional German food, entertainment and fun. Sign up early, you don't want to miss this event.

Menu:

Sauteed German Sausages with Bacon with Apple Sauerkraut German Coleslaw, Spaetzle German Schinkennudeln, Black Forest Cake



REMEMBRANCE DAY

You are invited to join the Royal Canadian Legion Brand 179 at Renfrew Park Community Centre. For a special Remembrance Day Service. This event will feature an Honour Guard, a piper, presentations and a tribute to those who fell during all wars. Light refreshment will be served.

November 2nd

10:00am-1:00pm

#522915

PRE-REGISTRATION REQUIRED



Seniors Bus Trip (55+ years)

Heritage Christmas at Burnaby Village Museum



TUE DECEMBER 10

4:00pm - 7:30pm

\$36/person (tax included)

#522106



Enjoy the special atmosphere at Heritage Christmas with festive lights and the traditional decorations. Wander the museum's 10 acre venue and take in all the seasonal entertainment, demonstrations and activities. This is a great way to start your holiday season. The village is outside, please dress for the weather. Registration required.

Trip Itinerary

Leave Renfrew	4:00pm
Burnaby Village	4:30pm-7:00pm
Return to Renfrew	7:30pm



Seniors Luncheon (55+ years)

Christmas Luncheon

Dec 11th 12:00-230pm

\$15/person (GST Included)

#522667


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:

Sage and Onion Roast Turkey, Classic Stuffing with corn and cranberry, Garlic Mash Potatoes. Glazed Brussel Sprouts and Carrots, Gravy and Cranberry Sauce, Chocolate Gingerbread Cupcakes with Cream Cheese Frosting, and Assorted Artisanal Christmas Cookies



Program Highlights



**YOUR
RENFREW
LIBRARY**

Renfrew Branch
Phone 604.257.8705

Discover more
at VPL.ca

VPL VANCOUVER
PUBLIC
LIBRARY

NOTICE

We are informing you that after December 31, 2024, we will no longer be issuing refunds or credits for the following strip tickets:

Ballroom Social Dance



Family Gym Time



Adult Aerobics Tickets



Seniors Aerobics Tickets



prices do not include tax

Birthday Parties

FALL PACKAGES

Birthday Parties

Saturdays 1pm-3pm
Sundays 2pm-4pm

FALL PARTIES Available now

FOR UP TO 20 KIDS

Basic	\$195
Entertainer	\$85
Bouncy Castle	\$90
Full Package	\$355

For more info contact: renfrewparkbirthday@vancouver.ca

Preschool

Dance

Dance With Me

1.5-2yrs

Vancouver Performing Stars

Introduce your little ones to the world of dance. Classes are designed to encourage young dancers to join in and have fun while dancing with their parent or guardian! Parent or guardian participation is mandatory. www.performingstars.ca

Sun 522184	Sep 15-Dec 8 9:15am-10:00am	No session Sep 29, Oct 13, Nov 10 \$160/10 sess
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Dance-A-Story

3-5yrs

Vancouver Performing Stars

Let your little ones lose themselves in the world of make believe. Children will be immersed in magical stories they love as they sing and dance to their favourite songs. Music and dance technique will compliment the class to help your little star improve their coordination and confidence. Students must be able to attend class on their own. www.performingstars.ca.

Sun 522185	Sep 15-Dec 8 10:00am-10:45am	No session Sep 29, Oct 13, Nov 10 \$160/10 sess
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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 522186	Sep 15-Dec 8 10:45am-11:30am	No session Sep 29, Oct 13, Nov 10 \$160/10 sess
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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 522187	Sep 15-Dec 8 11:45am-12:30pm	No session Sep 29, Oct 13, Nov 10 \$160/10 sess
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Boogie Buddies

3-5yrs

Vancouver Performing Stars

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

www.performingstars.ca

Sun 522190	Sep 15-Dec 8 2:00pm-2:45pm	No session Sep 29, Oct 13, Nov 10 \$160/10 sess
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Creative Dance

3-5yrs

Buffy Sherreitt

Bring your child to class where their creativity can blossom. Learn new moves, fun dances and make new friends all while building confidence, honing motor control skills and learning to work together.

3-4yrs Mon 525007	Sep 16-Dec 16 10:15am-11:00am	No session Sep 30, Oct 14, Nov 11 \$60.50/11 sess
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Thu 525011	Sep 19-Dec 19 1:15pm-2:00pm	No session Oct 10 \$71.50/13 sess
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4-5yrs Mon 525009	Sep 16-Dec 16 11:45am-12:30pm	No session Sep 30, Oct 14, Nov 11 \$60.50/11 sess
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Thu 525013	Sep 19-Dec 19 2:45pm-3:30pm	No session Oct 10 \$71.50/13 sess
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Ballet

3-5yrs

Buffy Sherreitt

Participants can look forward to learning the fundamentals of dance. With an introduction to barre, centre and across the floor work, students will learn to articulate and express themselves with the grace and fluidity of ballet movement through imaginary characters and more!

3-4yrs Mon 525006	Sep 16-Dec 16 9:30am-10:15am	No session Sep 30, Oct 14, Nov 11 \$60.50/11 sess
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Thu 525010	Sep 19-Dec 19 12:30pm-1:15pm	No session Oct 10 \$71.50/13 sess
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4-5yrs Mon 525008	Sep 16-Dec 16 11:00am-11:45am	No session Sep 30, Oct 14, Nov 11 \$60.50/11 sess
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Thu 525012	Sep 19-Dec 19 2:00pm-2:45pm	No session Oct 10 \$71.50/13 sess
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Special Events

see p. 7

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	Sep 13-Dec 13	
525893	10:45am-11:30am	\$210/14 sess
3-4yrs		
Fri	Sep 13-Dec 13	
525894	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	Sep 14-Dec 7	No session Oct 26
525096	9:15am-10:00am	\$117/12 sess

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 12 years. All sessions are run by an experienced professional coach, Mohsen Hatamian, with an emphasis on fun, fitness, ball mastery skills, and teamwork.

Wed	Sep 11-Dec 11	
525286	4:00pm-4:45pm	\$140/14 sess
Sat	Sep 14-Dec 7	No session Oct 26
525290	1:45pm-4:45pm	\$120/12 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

Sat	Sep 15-Dec 15	No session Sep 29, Oct 13, Nov 10
525877	11:10am-12:10pm	\$164/11 sess

123, ABCs - Phonics & Math

4-6yrs

TBA Instructor

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	Sep 14-Dec 14	No session Sep 21, Oct 12, 19, Nov 9
525115	9:15am-10:00am	\$60/10 sess
Sat	Sep 14-Dec 14	No session Sep 21, Oct 12, 19, Nov 9
525116	10:00am-10:45am	\$60/10 sess
Sat	Sep 14-Dec 14	No session Sep 21, Oct 12, 19, Nov 9
525117	10:45am-11:30am	\$60/10 sess

Music

Kelly Kirby - Preschool Piano

4.5-6yrs

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 \$20 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	Sep 15-Dec 8	No session Sep 29, Oct 13, Nov 10
525052	1:30pm-2:15pm	\$100/10 sess
Sun	Sep 15-Dec 8	No session Sep 29, Oct 13, Nov 10
525053	2:15pm-3:00pm	\$100/10 sess
Kelly Kirby II		
Pre-Req: Kelly Kirby I		
Sun	Sep 15-Dec 8	No session Sep 29, Oct 13, Nov 10
525054	3:00pm-3:45pm	\$100/10 sess
Kelly Kirby Private Lessons		
Sun	Sep 15-Dec 8	No session Sep 29, Oct 13, Nov 10
525055	3:45pm-4:05pm	\$110/10 sess
Sun	Sep 15-Dec 8	No session Sep 29, Oct 13, Nov 10
525056	4:05pm-4:25pm	\$110/10 sess
Sun	Sep 15-Dec 8	No session Sep 29, Oct 13, Nov 10
525057	4:25pm-4:45pm	\$110/10 sess

Licensed Preschool 2024-2025



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 2024-June 2025.

# days	Days of the Week	Time	Monthly Fee
2 days	Tue/Thu	8:30am-11:00am	\$74/month
2 days	Tue/Thu	12:00pm-2:30pm	\$74/month
3 days	Mon/Wed/Fri	8:30am-11:00am	\$111/month
3 days	Mon/Wed/Fri	12:00pm-2:30pm	\$111/month
5 days	Mon-Fri	8:30am-11:00am	\$185/month
5 days	Mon-Fri	12:00pm-2:30pm	\$185/month

Pricing is made possible by Government of BC's Child Care Fee Reduction initiative

To be put on our waitlist for the current year, please register in activity #505506 or contact: elizabeth.casaclang@renfrewcc.com

For more information:

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

Licensed Out of School Care 2024-2025

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 2024 to June 2025
- Monthly fee is \$395.65/month

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

Register Online at www.vanrec.ca activity #517790

To be put on our waitlist for the current year, please register in activity #517787 or contact: elizabeth.casaclang@renfrewcc.com

Day Camps

Winter Break Day Camp

6-12yrs

Day Camp Staff

Activities will include sports, cooperative games, arts & crafts, theatre, dance parties, entertainers and special guests! We will also go on out trips throughout the week. Please note: Activities will be held indoors and outdoors. Please dress accordingly. Parents/Guardians will receive an email of the Parent Communication/Policy manual and forms prior to camp, outlining camp expectations and guidelines. Children must have completed kindergarten and be eligible for grade 1 in order to register for camp.

Mon Tue Thu Fri	Dec 30-Jan 3	No session Jan 1
525071	9:00am-3:00pm	\$112/4 day week

Day Camp Reminders!

- Please hand in completed original waiver forms before the program begins.
- Please have children please keep electronic devices at home, or in their bags unless it is an emergency.
- Ensure your child has a backpack with lunch, snacks, water bottle, sunscreen, and other appropriate clothing

Refund Policy

- Withdraw/refund requests must be made no later than 7 open business days prior to the start of the course.
- All requests are subject to \$5 administration fee per person, per weekly program.

Dance

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 15-Dec 8	No session Sep 29, Oct 13, Nov 10
522188	12:30pm-1:15pm	\$160/10 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 15-Dec 8	No session Sep 29, Oct 13, Nov 10
499671	1:15pm-2:00pm	\$160/10 sess

Dance

Asian Pop / KPOP / Jazz Funk / Hip Hop Sampler

6-15yrs

Illuma Studio

You can be part of the exciting world of dance by possibly sampling Jazz Funk, Street and Korean Pop (KPOP) dance styles through cardio warm ups, strengthening, footwork, isolations, and stretches, and learn the importance of breathing. Embrace 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. Class curriculum will be different between same-subject sessions throughout the year; we welcome repeat students at our classes! FB/IG @illumastudio.

Fri	Sep 6-Dec 6	No session Oct 11, 18
525310	5:45pm-6:45pm	\$192/12 sess

Fri	Sep 6-Dec 6	No session Oct 11, 18
525311	6:45pm-7:45pm	\$192/12 sess

Family Dance Sampler: Jazz Funk, MTV Pop Star, Asian Pop

6-18yrs

Illuma Studio

As a family, come experience high dynamics cardio dance and Jazz Funk and Hip Hop fundamentals while vibing to Korean and Asian Pop Music! Dancers will refine their technique through choreography, strengthening, footwork, isolations, stretches and more! Meet friends, have fun, and rise to a new challenge. No previous experience required; content is accessible and adapted to the learner's level. Please note that a parent/guardian/family member 19yrs+ is required to be a full participant in this program along with a child. The fee for the adult participant is included in the program fee (for TWO students). Additional siblings register for half price.

Fri	Sep 6-Dec 6	No session Oct 11, 18
525312	7:45pm-8:45pm	\$360/12 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	Sep 15-Dec 15	No session Sep 29, Oct 13, Nov 10
526070	9:45am-11:00am	\$99/11 sess

9-12yrs		
Sun	Sep 15-Dec 15	No session Sep 29, Oct 13, Nov 10
526071	11:15am-12:30pm	\$99/11 sess

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

Sports

Finish Strong Basketball - Boys

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. We hope to see you on the court!

"LEVEL UP" This program will be for teens age 12 and up Level up will be the next step after coming out of our grassroots programs. 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. All participants in the Level Up program will receive a T-Shirt.

Grassroots		9-11yrs
Thu	Sep 12-Nov 7 4:15pm-5:15pm	No session Oct 31 \$120/8 sess
Level Up		12-16yrs
Thu	Sep 12-Nov 7 5:15pm-6:15pm	No session Oct 31 \$120/8 sess

Finish Strong Basketball - Girls

9-16yrs

David Knight

Our new GIRLS ONLY "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. We hope to see you on the court!

"LEVEL UP" This program will be for teens age 12 and up Level up will be the next step after coming out of our grassroots programs. 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. All participants in the Level Up program will receive a T-Shirt.

Grassroots		9-11yrs
Mon	Sep 9-Nov 4 4:15pm-5:15pm	No session Sep 30, Oct 14 \$100/7 sess
Level Up		12-16yrs
Mon	Sep 9-Nov 4 5:15pm-6:15pm	No session Sep 30, Oct 14 \$100/7 sess

Rhythmic Gymnastics

6-16yrs

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.

6-8yrs		6-16yrs
Sat	Sep 14-Dec 7 10:00am-11:00am	No session Oct 26 \$129/12 sess
Sat	Sep 14-Dec 7 11:00am-12:00pm	No session Oct 26 \$129/12 sess

Indoor Soccer

6-12yrs

Mohsen Hatamian

An introduction to the game of soccer, and individual skill development, for both new and experienced players ages 4 to 12 years. All sessions are run by an experienced professional coach, Mohsen Hatamian, with an emphasis on fun, fitness, ball mastery skills, and teamwork.

6-8yrs		9-12yrs
Wed	Sep 11-Dec 11 4:50pm-5:50pm	\$168/14 sess
Sat	Sep 14-Dec 7 1:50pm-2:50pm	No session Oct 26 \$144/12 sess
Wed	Sep 11-Dec 11 5:55pm-6:55pm	\$168/14 sess
Sat	Sep 14-Dec 7 2:55pm-3:55pm	No session Oct 26 \$144/12 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 10-Dec 19 6:30pm-7:30pm	\$217.50/30 sess
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Sports

Shuttle Badminton Lessons

6-18yrs

Richard Le

Participants will focus on their movement and coordination required for Badminton. This will help improve their clearing, net drop shot, serve techniques, while introducing smashing. Rules on how to play half court single game will be reviewed. Please note participants are encouraged to bring their own Badminton racquet.

Shuttle I/II

Set 1

Sun Sep 8-Oct 20
526155 9:45am-10:40am \$133/7 sess

Sun Sep 8-Oct 20
526156 10:45am-11:40am \$133/7 sess

Tue Sep 10-Oct 22
526152 4:00pm-4:55pm \$133/7 sess

Tue Sep 10-Oct 22
526153 5:00pm-5:55pm \$133/7 sess

Set 2

Sun Oct 27-Dec 8
526161 9:45am-10:40am \$133/7 sess

Sun Oct 27-Dec 8
526162 10:45am-11:40am \$133/7 sess

Tue Oct 29-Dec 10
526158 4:00pm-4:55pm \$133/7 sess

Tue Oct 29-Dec 10
526159 5:00pm-5:55pm \$133/7 sess

Shuttle II/III/IV

Set 1

Sun Sep 8-Oct 20
526157 11:45am-12:40pm \$133/7 sess

Set 2

Sun Oct 27-Dec 8
526163 11:45am-12:40pm \$133/7 sess

Shuttle III/IV/V

Set 1

Tue Sep 10-Oct 22
526154 6:00pm-7:30pm \$196/7 sess

Set 2

Tue Oct 29-Dec 10
526160 6:00pm-7:30pm \$196/7 sess

Art

Drawing 101

8-12yrs

Kathryn Wadel

The instructor will teach drawing techniques and principles of design using graphite and charcoal on paper. Learning about the basics doesn't have to be boring; in these sessions Chloe will encourage your child's artistic expression through creative drawing exercises!

Sat 526166	Sep 21-Dec 14 1:00pm-2:00pm	No session Sep 28, Oct 12, Nov 9. \$140/10 sess
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Watercolour 101

8-12yrs

Kathryn Wadel

Students will learn a variety of techniques using watercolour paints to create texture effects, colour mixing and practice their skills through creative painting exercises!

Sat 526168	Sep 21-Dec 14 2:00pm-3:00pm	No session Sep 28, Oct 12, Nov 9. \$140/10 sess
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Mixed Media 101

8-12yrs

Kathryn Wadel

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 526167	Sep 21-Dec 14 3:00pm-4:00pm	No session Sep 28, Oct 12, Nov 9. \$140/10 sess
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Origami

8-12yrs

Aiko Matsushiba

Learn how to make beautiful themed origami models! Origami is one of the traditional Japanese folk arts. Over the centuries it was spread from person to person and has become an important part of Japanese culture. Origami is mentally stimulating activity for all ages.

Halloween

Sat 525308	Oct 27	3:30pm-4:30pm \$15/person
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Christmas

Sun 525309	Dec 21	3:30pm-4:30pm \$15/person
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...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

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.

Amanda Tom Fri Sep 13-Dec 13		No session Sep 20, Nov 15 \$228/12 sess	
525905	4:00pm-4:30pm	525910	6:30pm-7:00pm
525906	4:30pm-5:00pm	525911	7:00pm-7:30pm
525907	5:00pm-5:30pm	525912	7:30pm-8:00pm
525908	5:30pm-6:00pm	525913	8:00pm-8:30pm
525909	6:00pm-6:30pm		
Felix Chan Sat Sep 14-Dec 14		No session Sep 21 \$247/13 sess	
526169	9:15am-9:45am	526176	1:15pm-1:45pm
526170	9:45am-10:15am	526177	1:45pm-2:15pm
526171	10:15am-10:45am	526178	2:15pm-2:45pm
526172	10:45am-11:15am	526179	2:45pm-3:15pm
526173	11:15am-11:45am	526180	3:15pm-3:45pm
526174	11:45am-12:15pm	526181	3:45pm-4:15pm
526175	12:45pm-1:15pm	526182	4:15pm-4:45pm
Dale Capistrano Sun Sep 15-Dec 15		No session Sep 22 \$247/13 sess	
525917	9:15am-9:45am	525924	1:15pm-1:45pm
525918	9:45am-10:15am	525925	1:45pm-2:15pm
525919	10:15am-10:45am	525926	2:15pm-2:45pm
525920	10:45am-11:15am	525927	2:45pm-3:15pm
525921	11:15am-11:45am	525928	3:15pm-3:45pm
525922	11:45am-12:15pm	525929	3:45pm-4:15pm
525923	12:45pm-1:15pm	525930	4:15pm-4:45pm

Singing - Private Lessons

9+yrs

Gina Morel

Learn to sing! Enjoy private, one-on-one singing lessons for students of all ages, beginner to advanced, no experience necessary. 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 17-Dec 10		No session Oct 15 \$360/12 sess	
525941	5:00pm-5:30pm	525945	7:10pm-7:40pm
525942	5:30pm-6:00pm	525946	7:40pm-8:10pm
525943	6:00pm-6:30pm	525939	8:10pm-8:40pm
525944	6:30pm-7:00pm	525940	8:40pm-9:10pm

Guitar - Private Lessons

7-16yrs

Nadim Kmeid

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 12-Dec 12		\$301/14 sess	
526137	3:30pm-4:00pm	526143	6:30pm-7:00pm
526138	4:00pm-4:30pm	526144	7:00pm-7:30pm
526139	4:30pm-5:00pm	526145	7:30pm-8:00pm
526141	5:00pm-5:30pm	526146	8:00pm-8:30pm
526142	5:30pm-6:00pm	526147	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 6-Dec 9		No session Sep 30, Oct 14, Nov 11 \$190/10 sess	
525954	4:00pm-4:30pm	525958	6:00pm-6:30pm
525955	4:30pm-5:00pm	525959	6:30pm-7:00pm
525956	5:00pm-5:30pm	525960	7:00pm-7:30pm
525957	5:30pm-6:00pm	525961	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 18-Dec 11		No session Oct 9, 16 \$176/11 sess	
525987	3:20pm-3:50pm	525994	6:15pm-6:45pm
525988	3:55pm-4:25pm	525995	6:50pm-7:20pm
525991	4:30pm-5:00pm	525996	7:25pm-7:55pm
525992	5:05pm-5:35pm	526183	8:00pm-8:30pm
525993	5:40pm-6:10pm		

Education

Let's Learn Mandarin

6-12yrs

Vicky Hsu

Through games, play and songs, we focus on Chinese literacy, listening and speaking. Children will learn simple words/phrases to combine in basic conversation. We also use appropriate songs to enhance learning and memory.

Beginner - Body and Function

6-9yrs

Through games, play and song, we focus on learning about the five senses, the body and its functions.

Thu	Sep 19-Dec 12	No session Oct 10
525307	5:50pm-6:50pm	\$168/12 sess

Advanced - Daily Life and Joy

6-12yrs

The Goal of this level is to be able to tell a typical daily routine, and share the joyful moments.

Thu	Sep 19-Dec 12	No session Oct 10
525306	4:45pm-5:45pm	\$168/12 sess

Intermediate - Birthday and Food

6-12yrs

Learn to tell the date and time, food and drink. The goal of this level is to be able to read the calendar, tell time and tell what food they like.

Thu	Sep 19-Dec 12	No session Oct 10
525305	3:40pm-4:40pm	\$168/12 sess

Mini Mathletes

6-7yrs

TBA Instructor

Learn the fundamentals of mathematics in this class. 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 14-Dec 14	No session Sep 21, Oct 12, 19, Nov 9
525120	1:00pm-2:00pm	\$65/10 sess

Little Bookworms - Reading and Writing

6-7yrs

TBA Instructor

It's storytime! Come share and listen to stories. We will practice writing letters and words, expand vocabularies and construct basic sentences. Recommended for Grade 1 students.

Sat	Sep 14-Dec 14	No session Sep 21, Oct 12, 19, Nov 9
525118	12:00pm-1:00pm	\$65/10 sess

Mathventures - Math

8-10yrs

TBA Instructor

Explore the wonderful world of math through games, puzzles, hands-on activities and group work. We will learn addition, subtraction, division and fractions in this fun atmosphere. Recommended for Grades 3-5 students.

Sat	Sep 14-Dec 14	No session Sep 21, Oct 12, 19, Nov 9
525119	2:00pm-3:00pm	\$65/10 sess

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 12-Jun 19	
521704	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 12-Jun 12	
521706	5:30pm-7:00pm	Free

Leadership

Volunteer Training

13-17yrs

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.

If you have questions please email
[Starla Bayley at starla.bayley@vancouver.ca](mailto:Starla.Bayley@vancouver.ca).

Sat	Sep 14	
521707	10:00am-12:00pm	Free with OneCard

Red Cross Babysitting Training

11+yrs

First Aid Hero

So you want to be a babysitter, or your parents want you to take this course so they feel confident leaving you at home alone? 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 22	
517484	9:30am-4:30pm	\$70/person

Pre-Teen/Youth

Social

Lego Club

Starla Bayley

This is a fun social program where we will build together, solve problems and challenge each other in our building projects. Each week you will have the choice to work on the weekly challenge or just come with your own ideas. Working on your creative thinking and story telling while building friendships. No prior building skills are required, just a desire to have fun and work with others. Drop in fee can be waived with the donation of a food item for our community pantry.

8-11yrs

Queer Lounge

Kennedy Arbor

9-14yrs

Queer Lounge at Renfrew Park is a safe space for youth to connect with other youth in the 2SLGBTQIA+ group. Welcoming staff will provide an open space for young people to connect with their peers and do various activities from arts and crafts, cooking to workshops and movies. If you have any questions about the program, please email:

starla.bayley@vancouver.ca

Mon 524918	Sep 16-Dec 9 4:30pm-6:30pm	No session Sep 30, Oct 14, Nov 11 Free
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Sat 521708	Sep 14-Dec 14 2:00pm-3:30pm	No session Oct 12, Nov 9, Dec 7 \$2/drop-in, or donation to Community Pantry
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Cooking

Snack and Pack

Marni McMullen

11-16yrs

Come and eat a delicious snack chosen by yourself and your peers, and work together to cook a meal to take home for your family! For more information or to register please contact Starla Bayley,

starla.bayley@vancouver.ca

Wed 525169	Sep 11, Oct 9, Nov 13 3:30pm-5:30pm	Free
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Pre-Teen & Teen Social

Shukari Mohammed & Emily Nguyen

9-14yrs

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 521709	Sep 13-Dec 13 5:30pm-9:30pm	\$140/14 sess
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Sports

Pre-Teen Open Gym

9-12yrs

This time is specifically for pre-teens. Grade 4, 5, 6 and 7's. You can use the gym to play volleyball or basketball or you can even organize your own game of tag or dodgeball. 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.

Fri 521711	Sep 6-Dec 20 4:05pm-5:05pm	Free with OneCard
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Games Room

10-17yrs

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 and wristbands must be worn in the centre.

If you have any questions about the program, please email:

starla.bayley@vancouver.ca

Fri 521710	Sep 6-Dec 20 3:00pm-9:30pm	Free with OneCard
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Open Gym

Will Choi

11-18yrs

Come hang out in our gym after school. You will need to scan your OneCard and receive a wristband to gain entry into the gym. Please contact Starla Bayley for more information at: starla.bayley@vancouver.ca

Fri 524917	Sep 6-Dec 20 5:05pm-9:45pm	Free with OneCard
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Renfrew acknowledges the generous contributions of Kids Up Front Canada



Check out our weekly programs and activities for 2STGD and 2SLGBTQIA+ folks of all ages.

vancouver.ca/park-board-pride



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, 2024-Aug 31, 2025

Games Area

6+yrs

Come and play Air Hockey, 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 3-Dec 19
Sat	12:00pm-4:55pm	Sep 1-Dec 22
Sun	12:00pm-4:55pm	Sep 14-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 3-Dec 19	
524915	Room 108 6:00pm-9:30pm	\$9.52/month pass
	Room 010 7:15pm-9:45pm	\$3.81/30 minutes drop-in sess

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 4-Dec 20	No session Sep 30, Oct 14, Nov 11
524916	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 \$45.45/hr



Gymnasium, 6000sq ft, starting at \$50.50/hr

Dance



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 524041	Sep 16-Nov 25 3:30pm-4:30pm	No session Sep 30, Oct 14, Nov 11 Adult - \$80/8 sess Senior - \$64/8 sess
\$12+tax/adult , \$9.75+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 525822	Sep 8-Dec 15 10:00am-12:00pm	\$30/15 sess \$2.38+tax/drop-in, if space
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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 524926	Sep 9-Dec 16 11:00am-12:30pm	No session Sep 30, Oct 14, Nov 11 \$18/12 sess \$1.90+tax/drop-in, if space
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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 525820	Sep 26-Nov 28 1:30pm-3:30pm	\$20/10 sess \$2.38+tax/drop-in, if space
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Traditional Chinese Folk Dance

55+yrs

Pei Chun (Helen) Lin

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

Wed 525823	Sep 4, Dec 18 12:30pm-2:30pm	No session Oct 2, Dec 11 \$28/14 sess \$2.38+tax/drop-in, if space
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Chinese Classical Dance

55+yrs

Vue Joan Ng

Rooted strongly in Chinese culture and history, Chinese classical dances are popular dances in China and around the world. 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 525095	Sep 11-Dec 18 12:45pm-2:45pm	No session Oct 16, Nov 20, 27 \$24/12 sess
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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 525825	Sep 9-Dec 16 12:45pm-2:45pm	No session Sep 30, Oct 14, Nov 11 \$14.88/12 sess \$1.90+tax/drop-in, if space
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Thu 525824	Sep 5-Dec 19 11:15am-1:15pm	\$19.84/16 sess \$1.90+tax/drop-in, if space
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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, so the dancers follow each other around the dance floor and everyone starts and stops at the same time. Dance to various dance beats like the Cha Cha, Rumba, Tango, Jive, etc.,. Come join this class for fun and fitness. Some dance experience is required and if possible participants should come with a partner (but not required). Classes taught in English and Cantonese.

Thu 525827	Sep 5-Dec 19 9:15am-11:00am	\$28/16 sess \$2.14+tax/drop-in, if space
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Line Dance ABC

19+yrs

Lisa (Baby) Blair

Have fun dancing to the beats of Latin, Disco and Country music while having a good workout. Lessons taught in English, Mandarin and Cantonese.

Tue 525828	Sep 3-Dec 17 1:30pm-3:30pm	\$32/16 sess \$2.38+tax/drop-in, if space
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Hula Dance For Health

55+yrs

Marji Wallace

Taught by an experienced instructor. 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 525829	Sep 19-Dec 12 10:30am-11:30am	No session Oct 10 \$24/12 sess
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Cooking and Baking

NEW! **Food Sense, Healthy Cooking on a Budget** 19+yrs
 Come join Food Skills for Families, presented by the BCCDC, in a healthy eating program offered to participants who want to share and learn more about food, food knowledge, skills, practices and ideally make a new friend or two! It combines discussions for group knowledge sharing and hands-on cooking in the kitchen. This particular curriculum focuses on creating healthy meals at a low cost, and includes tips on how to modify recipes and cook from scratch.

Mon	Sep 9-Oct 28	No session Oct 14
525819	5:00pm-8:00pm	Free/6 sessions

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	Sep 25	Free
525170	12:30pm-2:30pm	
Wed	Oct 30	Free
525171	12:30pm-2:30pm	
Wed	Nov 27	Free
525172	12:30pm-2:30pm	

Community Kitchen for Newcomers to Canada

Are you new to Canada and looking for a way to build community connections? Come together and cook with other folks where you will have a chance to learn new skills as well as share your own recipes and ideas. For more information or to register please contact Marni McMullen: marni.mcmullen@vancouver.ca or (604) 257-8389

Wed	Sep 18	Free
525173	5:00pm-8:00pm	
Wed	Oct 23	Free
525174	5:00pm-8:00pm	
Wed	Nov 20	Free
525175	5:00pm-8:00pm	



...Seniors Luncheons
 see page 27

African and Middle Eastern Cooking

Fatima Kheraj
 Explore the rich and diverse cuisines of these regions.

Tue	Sep 10-24	\$27/3 sess
525816	1:00pm-3:00pm	

Cooking with Eggs

Fatima Kheraj
 Recipes for Breakfast, Lunch and Dinner using this versatile and affordable ingredient.

Tue	Oct 8-22	\$27/3 sess
525817	1:00pm-3:00pm	

Cooking Pies

Fatima Kheraj 19+yrs
 A selection of recipes of both sweet and savoury pies that are both comforting and delicious.

Tue	Nov 12-26	\$27/3 sess
525818	1:00pm-3:00pm	

Community Lunch Program

All Ages



Andy Woolverton
 Meals include a hot entree, salad or side dish, dessert, coffee or tea. Pre-registration is required, but additional lunches can be bought in person with

cash/credit card on the day of lunch pending availability. Limit of 4 per person. Limited number of lunches available.

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

Fri	Sep 6-Dec 13		
	\$7.62/Adults/Seniors		
	\$6.19/Children/Youth		12:00pm-1:00pm
525150	Sep 6	525158	Nov 1
525151	Sep 13	525159	Nov 8
525152	Sep 20	525160	Nov 15
525153	Sep 27	525161	Nov 22
525154	Oct 4	525162	Nov 29
525155	Oct 11	525164	Dec 6
525156	Oct 18	525165	Dec 13
525157	Oct 25		

Note: Community Lunch Program fees are non-refundable and non-transferrable

Yoga and Pilates

Hatha Yoga

Hisae McMichael

For people who have moderate experience doing Yoga and are looking to build on previous class work. We work on moderate to intermediate poses to relieve you from muscle pain and stiffness, to improve circulation and overall better health. Many students find they sleep better at night and have increased energy levels during the day. Please note participants are recommended to bring their own yoga mats and other equipment.

19+yrs

Sat 512608	Sep 7-21 9:15am-10:45am	Adult - \$31.50/3 sess Senior - \$29.25/3 sess
Sat 512609	Nov 23-Dec 14 9:15am-10:45am	Adult - \$42/4 sess Senior - \$39/4 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. Perfect for all fitness levels, this class promotes relaxation while supporting your health and vitality.

55+yrs

Mon 525830	Sep 9-Oct 28 10:00am-11:15am	No session Sep 30, Oct 14 \$45/6 sess \$9+tax/drop-in if space
Mon 525831	Nov 4-Dec 16 10:00am-11:15am	No session Nov 11 \$45/6 sess \$9+tax/drop-in if space
Thu 525832	Sep 12-Oct 31 10:00am-11:15am	\$60/8 sess \$9+tax/drop-in if space
Thu 525833	Nov 7-Dec 19 10:00am-11:15am	\$52.50/7 sess \$9+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. It also relaxes the body, mind and nerves, making your body energetic, healthy and happy. This class is taught in Cantonese. Please note participants are recommended to bring their own yoga mats and other equipment.

19+yrs

Wed 525834	Sep 11-Oct 23 10:30am-11:30am	\$40.25/7 sess \$7+tax/drop-in if space
Wed 525835	Oct 30-Dec 11 10:30am-11:30am	\$40.25/7 sess \$7+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. It will help to improve your flexibility and the feeling inside your body. We will practice the Vinyasa style in a one hour class, which will include warm-up poses; Sun Salutation; standing poses; balancing poses; back bend/forward bend poses/hip opening; Inversion/Core; Cool down; Savasana.

19+yrs

Sat 526196	Sep 14-Nov 9 3:30pm-4:30pm	\$51.75/9 sess \$6.66+tax/drop-in if space
Sun 526194	Sep 8-Nov 10 9:30am-10:30am	\$57.50/10 sess \$6.66+tax/drop-in if space
Sun 526195	Sep 8-Nov 10 10:50am-11:50am	\$57.50/10 sess \$6.66+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 that we move more fluidly from our center, helping to organize our mind body experience so that we move with less effort in our lives.

19+yrs

Mon 525836	Sep 9-Oct 28 7:15pm-8:15pm	No session Sep 30, Oct 14 \$72/6 sess \$14.29+tax/drop-in if space.
Mon 525837	Nov 4-Dec 16 7:15pm-8:15pm	No session Nov 11 \$72/6 sess \$14.29+tax/drop-in if space.

Zumba

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
526199	Sep 9-23	Adult - \$17.25/3 sess Senior - \$11.25/3 sess
526203	Oct 7-28	No session Oct 14 Adult - \$17.25/3 sess Senior - \$11.25/3 sess
526205	Nov 4-25	No session Nov 11 Adult - \$17.25/3 sess Senior - \$11.25/3 sess
526209	Dec 2-16	Adult - \$17.25/3 sess Senior - \$11.25/3 sess

Zumba

Zumba

19+yrs

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.

Mon	7:00pm-7:55pm	\$7.00/Adult, \$4.50/Senior for drop-in, if space
526213	Sep 9-23	Adult - \$17.25/3 sess Senior - \$11.25/3 sess
526204	Oct 7-28	No session Oct 14 Adult - \$17.25/3 sess Senior - \$11.25/3 sess
526206	Nov 4-25	No session Nov 11 Adult - \$17.25/3 sess Senior - \$11.25/3 sess
526210	Dec 2-16	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
526197	Sep 4-25	Adult - \$23/4 sess Senior - \$15/4 sess
526201	Oct 2-30	Adult - \$28.75/5 sess Senior - \$18.75/5 sess
526207	Nov 6-27	Adult - \$23/4 sess Senior - \$15/4 sess
526211	Dec 4-18	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
526198	Sep 4-25	Adult - \$23/4 sess Senior - \$15/4 sess
526202	Oct 2-30	Adult - \$28.75/5 sess Senior - \$18.75/5 sess
526208	Nov 6-27	Adult - \$23/4 sess Senior - \$15/4 sess
526212	Dec 4-18	Adult - \$17.25/3 sess Senior - \$11.25/3 sess

Please see page 9 regarding important information on 10 strip tickets purchased prior to 2020.



Aerobics

Hi-Lo Aerobics

19+yrs

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.

Tue	9:05am-10:00am	\$6/Adult, \$3.75/Senior for drop-in, if space
525492	Sep 10-24	Adult - \$15/3 sess Senior - \$9.75/3 sess
525493	Oct 1-29	Adult - \$25/5 sess Senior - \$16.25/5 sess
525494	Nov 4-26	Adult - \$20/4 sess Senior - \$13/4 sess
525494	Dec 3-17	Adult - \$15/3 sess Senior - \$9.75/3 sess

Total Body Conditioning Aerobics

19+yrs

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 bands, steps and much more.

Thu	6:30pm-7:25pm	\$6/Adult, \$3.75/Senior for drop-in, if space
525500	Sep 5-26	Adult - \$20/4 sess Senior - \$13/4 sess
525501	Oct 3-24	Adult - \$20/4 sess Senior - \$13/4 sess
525502	Nov 7-28	Adult - \$20/4 sess Senior - \$13/4 sess
525503	Dec 5-19	Adult - \$15/3 sess Senior - \$9.75/3 sess

Total Fitness Aerobics

40+yrs

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.

Fri	9:05am-10:00am	\$6/Adult, \$3.75/Senior for drop-in, if space
525496	Sep 13-27	Adult - \$15/3 sess Senior - \$9.75/3 sess
525497	Oct 11-25	Adult - \$15/3 sess Senior - \$9.75/3 sess
525498	Nov 1-29	Adult - \$25/5 sess Senior - \$16.25/5 sess
525499	Dec 6-13	Adult - \$10/2 sess Senior - \$6.50/2 sess

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 525844	Sep 10-Oct 22 10:00am-10:55am	\$40.25/7 sess \$6.67/drop-in if space
Tue 525845	Oct 29-Dec 17 10:00am-10:55am	\$46/8 sess \$6.67/drop-in if space

Mobility and Stretching for Seniors

55+yrs

Chin Ho Yeh

This class is taught in Mandarin or Cantonese.

Based on a variety of influences such as Tai Chi, Taekwondo focusing on stretching and mobility. Immerse yourself in the grace movements of these ancient martial arts, promoting balance of mind and body. Participants will have improved flexibility, reduced stress, and enhanced well-being.

Wed 525515	Sep 11-Dec 18 9:30am-11:00am	No session Sep 25, Oct 2, 23, Dec 11 \$22/11 sess
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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 14		\$47/30 min sess
525846	12:00pm-12:30pm	525850	2:00pm-2:30pm
525847	12:30pm-1:00pm	525851	2:30pm-3:00pm
525848	1:00pm-1:30pm	525852	3:00pm-3:30pm
525849	1:30pm-2:00pm	525853	3:30pm-4:00pm
Sat	Oct 12		\$47/30 min sess
525854	12:00pm-12:30pm	525858	2:00pm-2:30pm
525855	12:30pm-1:00pm	525859	2:30pm-3:00pm
525856	1:00pm-1:30pm	525860	3:00pm-3:30pm
525857	1:30pm-2:00pm	525861	3:30pm-4:00pm
Sat	Nov 16		\$47/30 min sess
525862	12:00pm-12:30pm	525866	2:00pm-2:30pm
525863	12:30pm-1:00pm	525867	2:30pm-3:00pm
525864	1:00pm-1:30pm	525868	3:00pm-3:30pm
525865	1:30pm-2:00pm	525869	3:30pm-4:00pm

Martial Arts

Tai Chi and Health Qigong

19+yrs

Lai Chun Cheung

For more than two thousand years, The Arts of Health Qigong and Tai Chi have 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. The instructor, Sifu Lisa Low, is officially recognized as a Master Instructor by the International Health Qigong Federation, an organization that is comprised of thousands of members from 54 countries.

Mon 526149	Sep 16-Dec 16 9:05am-10:05am	No session Sep 30, Oct 14, Nov 11 \$77/11 sess \$7+tax/drop-in if space
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Tai Chi Chuan Beginner

19+yrs

Arsenio Chua

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

Wed 525821	Sep 11-Dec 11 7:30pm-9:00pm	No session Sep 18, Oct 9, 23, Nov 20 \$100/10 sess \$12+tax/drop-in if space
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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 525887	Oct 1-Dec 20 7:30am-9:00am	No session Oct 14, Nov 11 \$23.60/57 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. You will be learning all aspects of traditional Karate: Kihon (basic techniques), Kata (forms) and Kumite (sparring). 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 526164	Sep 10-Dec 19 7:30pm-9:00pm	\$240/30 sess
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Music and Singing

Karaoke

55+yrs

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

In Chinese:		<i>Siu Lau (Sue Chee) Chong</i>
Fri 525826	Sep 6-Dec 20 12:15pm-2:45pm	No session Oct 11 \$7.50/15 sess
In English:		<i>Dawn Chaplin</i>
Mon 526151	Sep 9-Dec 9 1:00pm-3:30pm	No session Sep 30, Oct 14, Nov 11 \$5.50/11 sess

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 525483	Sep 9-Dec 16 1:00pm-2:55pm	<i>No session Sep 30, Oct 14, Nov 11</i> Adult - \$48/12 sess Senior - \$36/12 sess \$4.75/Adult, \$3.50/Senior +tax/drop-in if space
Tue 525484	Sep 3-Dec 17 8:00pm-9:55pm	Adult - \$64/16 sess Senior - \$48/16 sess \$4.75/Adult, \$3.50/Senior +tax/drop-in if space
Wed 525485	Sep 4-Jun 26 1:00pm-2:55pm	Adult - \$64/16 sess Senior - \$48/16 sess \$4.75/Adult, \$3.50/Senior +tax/drop-in if space

Pickleball

19+yrs

This popular racquet sport combines many elements of Tennis, Badminton and Ping Pong. Played with a paddle and a plastic ball with holes on a badminton-sized court.

19+yrs		
Mon 525486	Sep 9-Dec 16 8:00pm-9:55pm	<i>No session Sep 30, Oct 14, Nov 11</i> Adult - \$48/12 sess Senior - \$36/12 sess \$4.29/Adult, \$3.50/Senior +tax/drop-in, if space
55+yrs		
Tue 525487	Sep 3-Dec 17 1:00pm-2:55pm	\$48/16 sess \$3.50+tax/drop-in if space
Thu 525488	Sep 5-Dec 19 10:45am-12:40pm	\$48/16 sess \$3.50+tax/drop-in if space
Thu 525489	Sep 5-Dec 19 1:00pm-2:55pm	\$48/16 sess \$3.50+tax/drop-in if space

Basketball

19+yrs

Enjoy recreational basketball.

Sun 525482	Sep 8-Dec 15 3:00pm-4:55pm	\$60/15 sess \$4.75+tax/drop-in if space
Wed 525481	Sep 4-Dec 18 8:00pm-9:55pm	\$64/16 sess \$4.75+tax/drop-in if space

Foamball Tennis

55+yrs

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

Fri 525491	Sep 6-Dec 13 1:00pm-2:55pm	\$22.50/15 sess \$1.71+tax/drop-in if space
Tue 525490	Sep 3-Dec 17 10:45am-12:40pm	\$24/16 sess \$1.71+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 524299	Sep 3-Aug 26 11:00am-1:00pm	\$5.71/year
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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 with less than two business days notice at the RPCC office
- Players set-up and take-down nets

Thu	8:00pm-9:55pm	Sep 5-Dec 19 \$12.38/court
Sun	12:45pm-2:45pm	Sep 1-Dec 15 \$12.38/court

Art

Chinese Calligraphy - All Levels

55+yrs

Guoxin Lin

Learn the ancient art of Chinese Calligraphy through step-by-step instructions on writing Chinese characters. Students are encouraged to experience the rhythm and sense of design in Chinese writing, thereby bringing an aesthetic dimension to their understanding of the Chinese language. Program is taught in Cantonese and Mandarin. English translation will be available.

Mon 524959	Sep 9-Dec 16 10:30am-12:30pm	No session Sep 30, Oct 14, Nov 11 \$84/12 sess
Wed 524957	Sep 11-Dec 18 10:30am-12:30pm	\$105/15 sess
Fri 524958	Sep 13-Dec 20 10:30am-12:30pm	\$105/15 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 520093	Oct 2-Dec 11 10:00am-12:00pm	No session Oct 16 \$60/10 sess \$7.25+tax/drop-in if space
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Watercolour Paint Night - Winter Trees

19+yrs

Chloe Greenberg

Join this beginner-level watercolour clas to learn basic watercolour techniques and paint a Winter Tree scene! All supplies are included (except - please bring painters tape and table salt - the more fine the better!) Watercolour can be a tricky medium, but you will be walked through the process with step-by-step instructions and you will get the attention and support you need along the way.



Mon 525892	Dec 2 6:00pm-8:30pm	\$50/person
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Japanese Flower Arranging

55+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 526316	Sep 5-26 2:00pm-4:00pm	\$34/4 sess
Thu 526318	Oct 3-31 2:00pm-4:00pm	\$42.50/5 sess

Computers and Technology

Introduction to Mobile Technology

55+yrs

Mary Leung

Get an overview of the fundamentals behind different operating systems and software and their operation. Such as system settings, Home Screen, wallpaper, language, keyboard and system storage, etc. Participants may borrow an android tablet to learn with.

Classes taught in Cantonese/Mandarin

Sat 526124	Oct 5 9:30am-11:00am	\$5/person
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Classes taught in English

Sat 526125	Oct 5 11:15am-12:45pm	\$5/person
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Introduction to Media Sharing

55+yrs

Mary Leung

Bring your own device (mobile devices, tablets or PCs) to learn the basics of media sharing for Apple or Android Devices.

For Apple Devices:

Classes taught in Cantonese/Mandarin

Sat 526120	Oct 19-26 9:30am-11:00am	\$10/2 sess
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Classes taught in English

Sat 526122	Oct 19-26 11:15am-12:45pm	\$10/2 sess
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For Android Devices:

Classes taught in Cantonese/Mandarin

Sat 526121	Nov 2-9 9:30am-11:00am	\$10/2 sess
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Classes taught in English

Sat 526123	Nov 2-9 11:15am-12:45pm	\$10/2 sess
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Introduction to iCloud or Google Drive

Bring your own device (iPhones, iPad, Mac Books) to learn the basics of iCloud or Google Drive

For Apple Devices: (icloud)

Classes taught in Cantonese/Mandarin

Sat 526126	Nov 16-23 9:30am-11:00am	\$10/2 sess
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Classes taught in English

Sat 526127	Nov 16-23 11:15am-12:45pm	\$10/2 sess
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For Android Devices: (Google Drive)

Classes taught in Cantonese/Mandarin

Sat 526128	Nov 30-Dec 7 9:30am-11:00am	\$10/2 sess
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Classes taught in English

Sat 526129	Nov 30-Dec 7 11:15am-12:45pm	\$10/2 sess
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Workshops

Pre-registration required for free workshops

Breakfast Speakers Series 55+yrs

Pull up a chair and join us for a delicious Pancake breakfast with lots of toppings and of course, tea and coffee. Afterwards, sit back and listen to a knowledgeable speaker on interesting topics.

Safe Driving Tips for Seniors

Wed	Sep 25	
523540	9:00am-10:45am	\$2.86/person

Dealing with Memory Loss

Tue	Oct 23	
525184	9:00am-10:45am	\$2.86/person

Sleep and Stress Management 55+yrs

Vancouver OASIS

Learn about the health benefits of sleep, the relationship between sleep and stress, and strategies for improving your sleep and managing your stress. Light Refreshments Provided

Wed	Sep 4	
521507	10:00am-12:00pm	Free

Pole-Walking for Beginners 55+yrs

Vancouver OASIS

Learn about the benefits of using poles while walking and practice the correct technique to support your joints. Borrow our walking poles or bring your own! Please wear comfortable clothes to "move" in as this workshop is part information and part exercise-based. This program will be inside and first then move outside. Dress for the weather.

Fri	Sep 13	
521575	10:00am-11:30am	Free

Introduction to Meditation 55+yrs

Vancouver OASIS

Interested in learning meditation skills to help manage pain and stress? This information and practice session will get you started on your wellness path! This workshop is led by a knowledgeable instructor from Vancouver Oasis.

Wed	Sep 18	
521566	10:00am-12:00pm	Free

Introduction to Journaling 55+yrs

Journaling is a form of writing that not only records our thoughts, feelings, and experiences, but allows us the opportunity to process. Different from a diary, a journal contains details about your reactions, patterns, and perceptions, allowing opportunities for you to reflect and grow. This fun and entertaining workshop is led by a knowledgeable instructor.

Tue	Oct 8	
522126	11:15am-12:45pm	Free

Demonstration of Japanese Karate 55+yrs

Join Raymond Fujino from UBC Nihon Goju Karate. For a demonstration of Japanese Karate. Learn how other cultures exercise to keep they mind and body fit. Participants will be observing this activity and will not be taking part. Light refreshment will be served afterwards

Fri	Oct 25	
523608	10:00am-12:00pm	Free

Staying Connected 55+yrs

Seniors First BC

This interactive presentation introduces the importance of staying connected. It discusses issues of social isolation and loneliness, the correlation between social isolation and decreased well-being, and how we can do our part to stay connected with loved ones in our lives.

Fri	Nov 22	
523555	10:00am-12:00pm	Free

Learn the Basics of Ping Pong 55+yrs

Join the gang for this fun and informative workshop. A knowledgeable instructor will show you the basics of Ping Pong. Sign up early for sure this will sell out.

Fri	Nov 29	
526079	10:00am-12:00pm	Free

Social

Tuesday Social 55+yrs

Cecilia Vulama

Join us in this free social.

Tue	Sep 10-Dec 17	Pre-registration required
526119	11:00am-12:00pm	Free with OneCard

Book Club 55+yrs

Jennifer Radford

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.

Tue	Sep-Jun, 2nd Tuesday of the month	Free, Pre-registration is required
525509	12:00pm-1:30pm	

Chinese Social Group in Cantonese 55+yrs

Albert Lee

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

Fri	Sep 6-Aug 29	No session Dec 27
523333	2:00pm-3:30pm	\$7.62/Yearly

...Senior Luncheons and Bus Trip
see page 8

Temporary Fitness Centre Hours of Operation						September 3 - September 27	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
8:30am-9:30pm	8:30am-9:30pm	8:30am-9:30pm	8:30am-9:30pm	8:30am-9:30pm	9:00am-5:00pm	9:00am-5:00pm	
Fitness Centre Hours of Operation						September 28 - December 22	
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 29** for special hours of operation

General Information



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

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	\$7.41	\$66.09	\$59.95	\$161.87	\$517.97
Senior 65+yrs	\$5.19	\$46.71	\$41.96	\$113.31	\$362.58
Youth 13-18yrs	\$5.19	\$46.71	\$41.96	\$113.31	\$362.58

Fitness Centre Orientations

13+yrs

Book up to 3 free sessions with our Fitness Centre Staff! In your first session, learn how to use the equipment, get a personalized program and receive a card to track your progress. At your next session, our staff will monitor your exercise technique and answer any questions about your program. Book a third session if you need additional support or motivation. Book in person or over the phone at 604-257-8388 (ext 1). Plan for 1 hour. All participants must complete a PAR-Q+ and Consent and Release Form prior to the consultation appointment. Participants under the age of 18 must have the PAR-Q+ and Consent and Release Form signed by their parent or guardian. Forms can be picked up at the Pool Office. Free with admission!

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



Fitness Centre Equipment

- Treadmills - 4
- Upright Bike - 1
- 47.7ross Trainers - 47.7.
- 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 for Youth

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 for all sessions and must be signed by a parent or guardian. Maximum of four and Registration is free, but you need to have a valid Flexi-pass, usage card or pay a drop in fee.

Girls

Fri 525149	Sep 6-27 4:00pm-5:00pm	Admission fee required
Fri 525163	Oct 4-25 4:00pm-5:00pm	Admission fee required
Fri 525168	Nov 1-22 4:00pm-5:00pm	Admission fee required

Boys

Wed 525146	Sep 4-25 4:00pm-5:00pm	Admission fee required
Wed 525147	Oct 2-23 4:00pm-5:00pm	Admission fee required
Wed 525148	Nov 6-27 4:00pm-5:00pm	Admission fee required

Swimming Pool

Annual Pool Maintenance (closure)

September 3 - September 27

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 28 - December 22

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

Fitness Centre Sep 3-Sep 27 Sep 28-Dec 22

Monday-Friday..... 8:30am-9:30pm 6:30am-9:30pm
 Saturday-Sunday..... 9:00am-5:00pm 9:00am-5:00pm

Pool and Fitness Holiday and Special Hours

For Christmas Break Hours, please contact the office

Monday September 30 1:00pm-5:00pm
 Monday October 14 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 ones 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 27 @ 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 On-line:

- 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 enquire if there is space available or if more classes have been added.

Classes are subject to cancellation if not enough enrollment.

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.



Swimming Pool

Fall 2024 Swimming Lesson Information

Swimming Lesson Registration begins on: **Tuesday August 27 at 7:00pm**

	Monday/Wednesday	Tuesday/Thursday	Friday	Saturday	Sunday
Set 1	Oct 2-Nov 6 10 lessons No session Oct 14	Oct 1-Nov 7 12 lessons	Oct 4-Dec 20 12 lessons	Oct 5-Dec 21 11 lessons No lesson Oct 12	Oct 6-Dec 22 11 lessons No lesson Oct 13
Set 2	Nov 13-Dec 18 11 lessons	Nov 12-Dec 18 12 lessons			

Swim Lesson Pricing

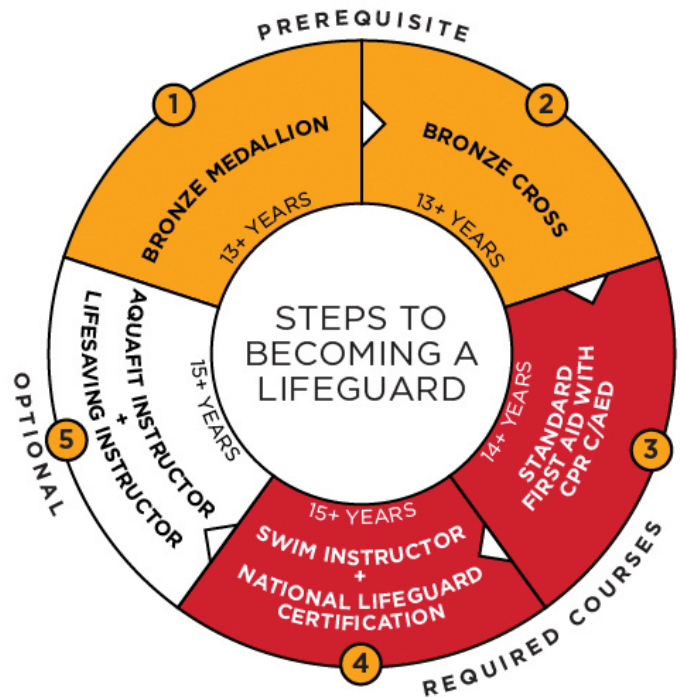
# of Lessons	Parent & Tot/ Preschool (30 mins)	Swimmer 1 to 3 (30 mins)	Swimmer 4-6 (45 mins)	Swimmer 7-9 (60 mins)	Adults (45 mins)
10	\$76.70	\$66.20	\$82.10	\$132.40	\$135.40
11	\$84.37	\$72.82	\$91.08	\$145.64	\$148.94
12	\$92.04	\$79.44	\$99.36	\$158.88	\$162.48

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

Vancouver Aquatics Academy



Scan here for more information about becoming a lifeguard



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 - 604-257-8388 ext 1.

Under 14yrs	First person	\$37.90/lesson	14yrs and older	First person	\$37.90+GST/lesson
	Semi-private add on	\$15.16/lesson		Semi-private add on	\$15.16+GST/lesson

Swim For Life Class Conversions

Canadian Red Cross Swim		Swim for Life (Lifesaving Society)	Canadian Red Cross Swim	Swim for Life (Lifesaving Society)	
Parent & Tot 1 - Starfish 4-12 months (Parented)	Direct Transfer	Parent & Tot 1 - Jellyfish 4-12 months (Parented)	Swim Kids Level 1	Incomplete	Swimmer 1
				Complete	
Parent & Tot 2 - Duck 12-24 months (Parented)	Direct Transfer	Parent & Tot 2 - Goldfish 12-24 months (Parented)	Swim Kids Level 2	Incomplete	Swimmer 2
				Complete	
Parent & Tot 3 - Sea Turtle 24-36 months (Parented)	Direct Transfer	Parent & Tot 3 - Seahorse 24-36 months (Parented)	Swim Kids Level 3	Incomplete	
				Complete	
Preschool 1 - Sea Otter	Incomplete	Preschool 1 - Octopus Preschool, 3-5yrs, 30mins	Swim Kids Level 4	Incomplete	Swimmer 3
	Complete			Complete	
Preschool 2 - Salamander	Incomplete	Preschool 2 - Crab	Swim Kids Level 5	Incomplete	
	Complete			Complete	
Preschool 3 - Sunfish	Incomplete	Preschool 3 - Orca	Swim Kids Level 6	Incomplete	Swimmer 4
	Complete			Complete	
Preschool 4 - Crocodile	Incomplete	Preschool 4 - Sea Lion	Swim Kids Level 7	Incomplete	Swimmer 5
	Complete			Complete	
Preschool 5 - Whale	Incomplete	Preschool 5 - Narwhal	Swim Kids Level 8	Incomplete	Swimmer 6
	Complete			Complete	
		Swimmer 1 or 2	Swim Kids Level 9	Incomplete	Swimmer 7 - Rookie
				Complete	
			Swim Kids Level 10	Incomplete	Swimmer 8 - Ranger
				Complete	
				Incomplete	Swimmer 9 - Star Patrol
				Complete	



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

Swimming Pool Schedule

September 28 - December 22

Annual Pool Maintenance (closure)

September 3 - September 27

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lengths (min. slow, med & fast lane) 6:30am-7:30am					Please Note: Pool schedule is subject to change	
Lengths (Group Lessons) 7:30am-11:50am	Lengths (Group Lessons) 7:30am-11:50am	Lengths (Group Lessons) 7:30am-9:25am	Lengths (Group Lessons) 7:30am-11:50am	Lengths (Group Lessons) 7:30am-9:25am		
		Aquafit (Shallow/Mod) 9:30am-10:30am		Aquafit (Shallow/Mod) 9:30am-10:30am	Aquafit (Shallow/Mod) 9:15am-10:15am	
		Lengths (Group Lessons) 10:30am-11:50am		Lengths (Group Lessons) 10:30am-11:50am	Lengths (min. slow, med & fast lane) 12:00pm-1:30pm	
Public Swim (1 lane for lengths) 1:30pm-3:30pm					Public Swim (1 lane for lengths) 2:30pm-5:00pm	
Lengths (Group Lessons) 3:30pm-7:30pm						
Public Swim (1 lane for lengths) 7:30pm-9:30pm						

Note: Always minimum 1 lane for length swim

*Wristbands are required for lesson swimmers using pool facility after lessons during the following times: Mon-Fri 3pm-7pm, Sat-Sun 10am-2pm

Session Descriptions

Public Swim	Recreational swim for all ages. Minimum 1 lane available for lengths swim.
Lengths	Continuous lengths swim for all ages. Lanes are designated for specific speeds. 3 lanes available.
Lengths (Group Lessons)	Continuous lengths swim for all ages. Minimum 1 lane available for lengths swim. Session typically comprises of School Board and or internal lesson programs and external rentals during these times. Wristbands are required for all pool users during these sessions.
Aquafit (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.

Note: Please bring your own lock. Limited wallet lockers (\$0.25) are available. Locks are available for purchase (\$13 - final sale). Please leave your valuables at home.

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	\$7.41	\$66.09	\$59.95	\$161.87	\$517.97
Senior 65+yrs	\$5.19	\$46.71	\$41.96	\$113.31	\$362.58
Youth 13-18yrs	\$5.19	\$46.71	\$41.96	\$113.31	\$362.58
Children 5-12yrs	\$3.71	\$35.06	\$29.98	\$80.94	\$258.99
Preschool (0-4yrs)	FREE				
Family	at child rate	Minimum 2 people: \$7.00. \$3.71/additional member. Valid for 1-2 adults of same household and their children (3-12 years) or youth (13-18 years)			
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.				