Renfrew Park
Recreation Guide

Fall 2026

- Community Centre
- Swimming Pool
- Fitness Centre

Fall 2026 Registration Dates

Community Centre		
Online/In Person		Sun Aug 9, 9:00am
Phone In		Sun Aug 9, 10:00am
Swimming Pool		
Online/In Person/Phone In		Tue Aug 25 7:00pm



Lanterns by Y. Tomita // Photo by Choatic Images



Ripple Effect by K. Wadel // Photo by P. Yeung



Mystery of the Deep by A.Neuman // Photo by C. Cheng

VANCOUVER BOARD OF PARKS AND RECREATION

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

Renfrew Park community centre

Centre Information

Centre Hours of Operation

Centre Office — September 7-December 20

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

Community Centre — September 7-December 20

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

Community Centre Holiday and Special Hours

Friday September 4	9:00am-12:30pm
Monday September 7	Closed
Wednesday September 30	Closed
Monday October 12	Closed
Wednesday November 11	Closed
Monday December 21-January 3	Closed

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

Contact Information

Address

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

Phone

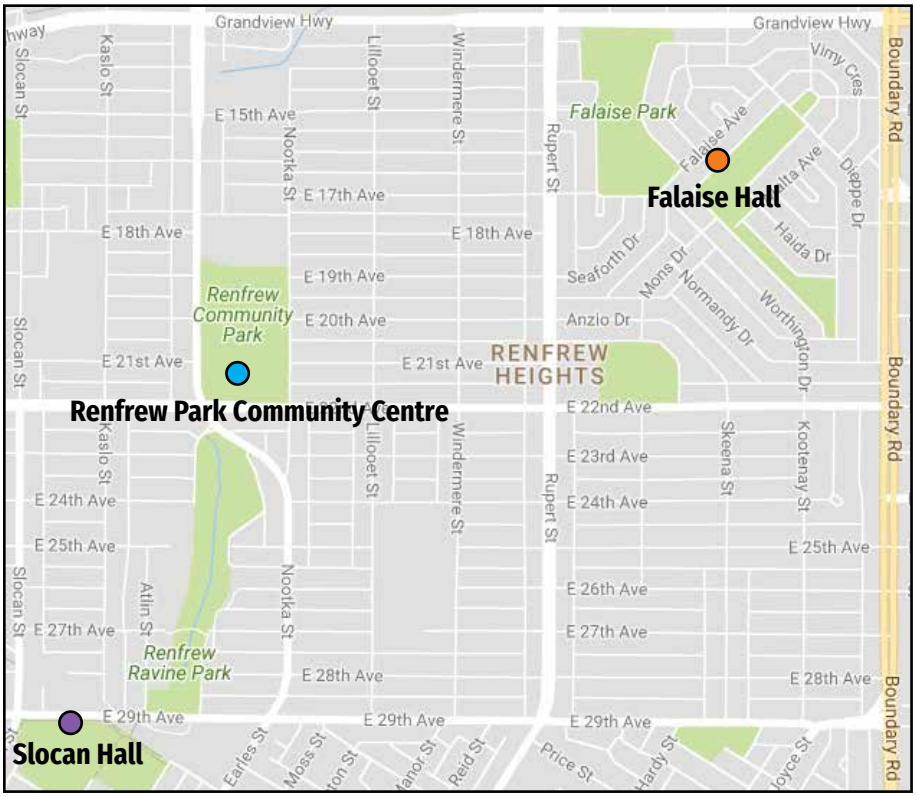
Centre Office	(604) 257-8388 ext 1
Fax	(604) 257-8392

Email

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

Staff

Andy Teoh	Community Recreation Supervisor
Nick Fong	Recreation Programmer- Centre
TBA	Recreation Programmer - Pool
Patrick Wong	Recreation Programmer - Fitness Centre
Starla Bayley	Community Youth Worker
TJ Elias	Program Assistant III - Seniors
Marni McMullen, Kieran Sherestan	Program Assistant III
Monica Kochhar	Recreation Facility Clerk
TBA	Head Cashier
Elizabeth Casaclang	Child Care Manager
Angela Lee	Community Association Adminstrator



- 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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3 Easy Ways to Register...

Online
Starts **Sunday, Aug 9 at 9:00am**

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

In Person
Starts **Sunday, Aug 9 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, Aug 9 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 activity number(s) ready.

Payment Methods

Online/Phone In

In Person

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

Personal Information Protection

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

...connect with us on Social Media!
facebook.com/renfrewparkcc
twitter.com/renfrewparkcc
instagram.com/renfrewparkcc

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

Registration Policy

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

Cancellation, Transfers and Refunds

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

Programs

Notice given prior to the program start date
- A $5 administration fee, per person, per program will be charged

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

1 to 3 Session Activities/Workshops

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

Weekly Camp & Licensed Preschool Camp Programs

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

Bus Trips/Special Luncheons

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

Special Events/Community Lunch Program

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

Birthday Parties

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

Room Rentals and Licensed Child Care

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

Renfrew Park Community Association (RPCA)



President's Message

As fall settles in, we're excited to welcome our community back for a season full of connection, celebration, and important conversations about the future of our centre.

This fall brings some wonderful events for the whole family, from our Diwali celebration and the always-popular Children's Halloween Event, to an early taste of the holidays with Breakfast with Santa.

We also have some important dates to share. We want to especially highlight our **Townhall Meeting on Wednesday, August 26th**, where we'll discuss the funding renewal that supports our community centre and the surrounding neighbourhood. This is a critical conversation, and the strength of our community centre depends on neighbours showing up, sharing their voices, and standing behind the programs and spaces they value. We hope you'll join us and help make the case for why this centre matters. In September, we'll also host an **All Candidates Meeting, on September 16th**, so residents can hear from those seeking to represent our community.

Finally, mark your calendars for our **AGM on November 21st**. Nominations for our Board of Directors are now open, and we warmly invite anyone interested in helping shape the future of our association to put their name forward. Our board thrives on the energy and ideas of community members like you.

On behalf of the entire association, thank you for being part of our community. We look forward to seeing you this fall.

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

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

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

RPCA Board of Directors

2025-2026

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

RPCA Memberships

September 1, 2026-August 31, 2027

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

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

Memberships are available for FREE, please come in to the Community Centre to load your membership onto your OneCard.
If you do not want to become a member of Renfrew Park Community Association, please notify our staff at the time of registration.
For games room, piano practice and sports equipment rental, please register for the Equipment Rental Fee (info **p.19**).

RPCA Affiliated Groups

Aikido Club	Wolfgang vancouveraikikai.com
Happy Corner Preschool	Nikki happycorner.ca
Judo Club	Frank nakashimadojo.blogspot.com
Still Moon Arts	Carmen https://stillmoonarts.ca/

SEEKING NOMINATIONS FOR BOARD OF DIRECTORS

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

- Director's terms of office are two year
- Time commitment is 4-10 hours per month depending on your involvement on committees
- Directors should be at least 18 years of age by the date of our AGM, November 21, 2026

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

Renfrew Park Community Association ANNUAL GENERAL MEETING



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

#628648
12:00pm-2:00pm

SAT, NOV 21

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

Learn more about Still Moon at www.StillMoonArts.ca.

Experience the 24th Annual Renfrew Ravine Moon Festival

Presenting the 24th annual Renfrew Ravine Moon Festival, honouring the harvest moon, community, art and the diverse cultural traditions of Renfrew-Collingwood. You're invited on September 26th to experience enchanting live music, giant lanterns, performances and illuminated art set against a backdrop of towering trees and the flowing waters of Still Creek! The festival also features workshops and outings throughout September to connect you with local artists, nature, community and your creativity.

This year's festival theme, 'Tiny Life', invites artists and festival-goers to slow down, look closely, and celebrate the small, often overlooked wonders that thrive in Renfrew Ravine and our local greenspaces.

See the full festival schedule and register for events and workshops at www.StillMoonArts.ca/Moon-Festival. Workshop space is limited.

Main Festival Day | Saturday, September 26

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

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

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

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

Streamside Lanterns — **7:15PM - 9:15PM**
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.

Featured Moon Festival Events

Festive Decorations Make & Mend Workshop
Help us to build and repair lanterns and other decorations for the festival. All skill levels are welcome!

Mon, September 7	12:00PM-4:00PM	Slocan Community Hall Slocan Park

Voices in the Garden
An intimate, lantern-lit evening of music & poetry in the garden, showcasing local vocalists.

Sat, September 12	6:00PM-8:00PM	Colour-Me-Local Dye Garden 3958 Renfrew St

Mooncake-Making Workshop
Learn the art of making mooncakes. A cherished tradition of the Mid-Autumn Festival, mooncakes are a delicious treat to share.

Thu, September 17	5:00PM-8:00PM	Collingwood Neighbourhood House 5288 Joyce St

Renfrew Ravine Tree and Leaf Walk
Come for a walk in the woods and learn to identify local trees. We'll hear about their ecology, history, how humans use them – and reflecting the theme of 'Tiny Life' we'll pay special attention to the incredible structure and function of their leaves.

Sat, September 19	10:00AM-12:00PM	Renfrew Ravine Park North Entrance

Equinox Labyrinth Walk
Embrace the changing seasons with a mindful walking meditation accompanied by the live music.

Tue, September 22	6:00PM-8:00PM	Renfrew Ravine Labryinth 3958 Renfrew St

SPOOKTACULAR HALLOWEEN PARTY

Saturday, October 31st
12:00pm - 3:00 pm
#631573

TRICK or TREAT

$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 19th
9:30 am - 12:30 pm

Join us for a full breakfast with family and friends! Enjoy fun crafts and games from 9:30am-12:30pm to complete your visit. All participants must be 2+ years. Attending adults must pay and register for this event.

Breakfast seatings:

- 9:30 am Seating #631570
- 11:00 am Seating #631571

$7/person

NATIONAL DAY FOR TRUTH and RECONCILIATION

BANNOCK & ORANGE SHIRT PINS

Drop by on Sunday September 27th to visit with Elder and survivor Linda Tallio. Buy some delicious housemade bannock, or make or purchase an Orange Shirt Pin to wear in support of Residential School Survivors, their families, and in memory of the children who never came home. Supplies provided, while quantities last.
Sunday Sept 27th 1:00 - 4:00 PM

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



KAHKWA COOKING WITH KANATIIO

Inspired by the Kanienkehaka (commonly referred to as Mohawk) word, **Kakhwi:io** (Gak-wee-yo), meaning good food, these workshops will help us learn to cook while inviting us to think about how we are connecting to the land. We will utilise fresh, seasonal ingredients to make simple, nourishing food.

Wednesday September 30 | 1:30-4:30 | #636236 | $10.00

Free for those who identify and First Nations, Inuit, or Metis. Register by phone or at the Front Desk.

Join us on September 30th for a special day of Bison, Truth, and walking together on the path to Reconcilliation.

We will explore the connection between the near extermination of the North American Bison, often referred to as Buffalo, and the residential school system—two devastating acts that sought to eradicate Indigenous Peoples, cultures, and ways of life. Through two short films, we'll learn how the Bison has become a powerful symbol of Indigenous resilience, cultural renewal, and reconciliation.

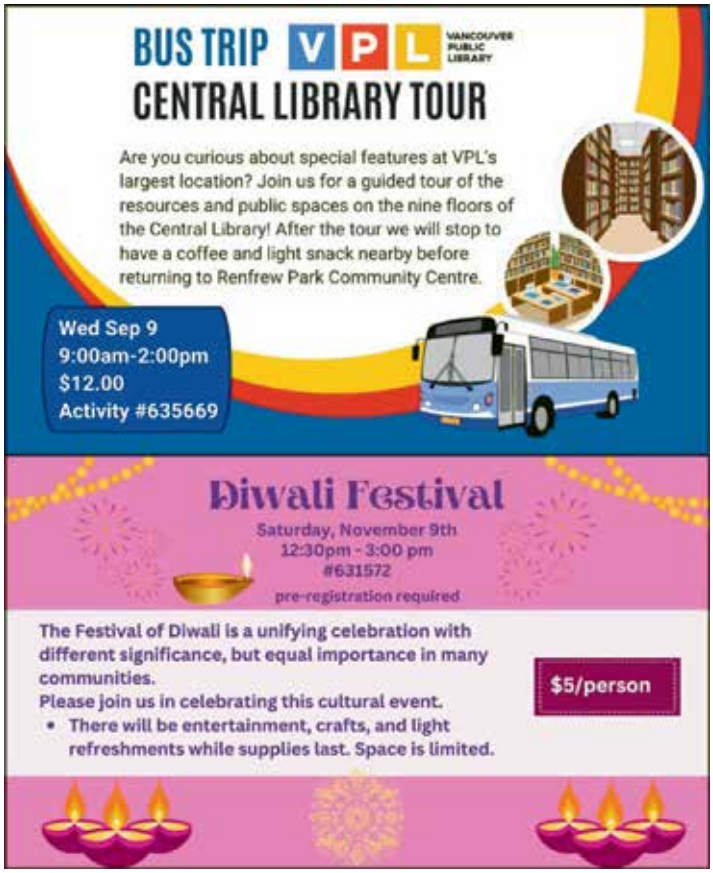
Participants will prepare and share a bison meal together and make an additional dish to take home.

Renfrew Park Community Centre

VANCOUVER BOARD OF PARKS AND RECREATION

Programs Highlights





Marbling Art Workshop

by Amir Khatami

Marbling art is an ancient aqueous surface design technique where paint or ink is floated on a thickened liquid bath, and manipulated into intricate patterns. This workshop includes guided, hands-on marbling instruction where you will create your very own pattern to take home.

Sat Nov 14
11:00am-1:00pm
$15.00/person
19+yrs

Watercolour Workshop

Loose Winter Landscape

Chloe Greenberg

Join this beginner-level watercolour workshop to create your very own Loose Winter Landscape painting!
All skill levels are welcome, and all supplies are included, but you are welcome to bring your own.

Mon Nov 16
5:30pm-8:00pm
$55.00/person
19+yrs

Acrylic Workshop

Snowy Mountain Scene

Chloe Greenberg

First, practice the fundamentals of acrylics to build confidence. Then, bring it all together as you paint your very own Snowy Mountain Scene artwork to take home. Ideal for beginners and supplies are included.

Mon Dec 7
5:30pm-8:00pm
$55.00/person
19+yrs

2026 Vancouver Election

ALL CANDIDATES MEETING

LOCATION:

Collingwood Neighbourhood House Annex

3690 VANNESS AVE, VANCOUVER, BC



WED, SEPTEMBER 16

6:30 PM

Join us as election candidates discuss issues facing our community.

BIRTHDAY PARTIES



RECCOMENDED FOR CHILDREN AGED 0-7

BASIC PARTY PACKAGE (2 LEADERS) - $210

PARTY ADD ONS:

ENTERTAINER - $90

BOUNCY CASTLE - $100

FULL PACKAGE COMBO - $375



SATURDAY OR SUNDAY

2:00PM-4:00PM

REGISTRATION:

ONLINE (WWW.VANREC.CA)

OR IN PERSON

TECHNICAL SAFETY BC LICENSE NUMBER: LAM0207577

Preschool

Sports

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 12-Dec 12	*No session Oct 3, 10, 17, 31*
636325	9:15am-10:00am	$105/10 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 6 years. All sessions are run by an experienced professional coach, Mohsen Hatamian, with an emphasis on fun, fitness, ball mastery skills, and teamwork.

Tue	Sep 15-Dec 15	*No session Oct 13*
636717	4:00pm-4:45pm	$169/13 sess
Sat	Sep 12-Dec 12	*No session Oct 3, 10, 17, 31*
636720	2:00pm-2:45pm	$130/10 sess

Education

123, ABCs - Phonics & Math — 4-6yrs

Olivia Lee

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

Sat	Sep 12-Dec 12	*No session Sep 26, Oct 10, 31, Nov 7*
637743	9:15am-10:00am	$60/10 sess
Sat	Sep 12-Dec 12	*No session Sep 26, Oct 10, 31, Nov 7*
637744	10:00am-10:45am	$60/10 sess
Sat	Sep 12-Dec 12	*No session Sep 26, Oct 10, 31, Nov 7*
637745	10:45am-11:30am	$60/10 sess

Giggle and Grow Cantonese Adventures — 3-5yrs

Kathy Leung

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

Sun	Sep 13-Dec 13	*No session Oct 11*
635589	10:00am-11:00am	$270/13 sess
Sun	Sep 13-Dec 13	*No session Oct 11*
635590	11:15am-12:15pm	$270/13 sess

Music

Kelly Kirby - Preschool Piano — 4.5-5yrs

Cindy Leung

Using the Kelly Kirby Method, the Musical Family is introduced. Maximum 4 children/group class. Private lessons for 1 child and their caregiver. Kelly Kirby workbook is $25 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 13-Nov 29	*No session Sep 27, Oct 11*
636411	1:45pm-2:30pm	$115/10 sess
Sun	Sep 13-Nov 29	*No session Sep 27, Oct 11*
636410	2:30pm-3:15pm	$115/10 sess
Kelly Kirby II		*Pre-Req: Kelly Kirby I*
Sun	Sep 13-Nov 29	*No session Sep 27, Oct 11*
636412	1:15pm-1:45pm	$115/10 sess
Preschool Piano IV		*Pre-Req: Kelly Kirby II*
Sun	Sep 13-Nov 29	*No session Sep 27, Oct 11*
636413	3:15pm-3:45pm	$115/10 sess
Kelly Kirby Private Lessons		
Sun	Sep 13-Nov 29	*No session Sep 27, Oct 11*
636414	3:45pm-4:05pm	$135/10 sess
Sun	Sep 13-Nov 29	*No session Sep 27, Oct 11*
636415	4:05pm-4:25pm	$135/10 sess
Sun	Sep 13-Nov 29	*No session Sep 27, Oct 11*
636416	4:25pm-4:45pm	$135/10 sess



Dance

1st Jazz and Dance Sing Musical Theatre — 3-5yrs

Illuma Studios

Learn the technical and artistic aspects of a musical theatre performance, including singing, acting and dancing. Students will learn choreographed routines set to the music of famous musicals. Learn teamwork while supporting classmates, have fun, and rise to a new challenge. Learned skills showcasing will be announced throughout the course.

Mon	Sep 14-Dec 14	*No session Oct 12*
637759	9:30am-10:15am	$201.50/13 sess

1st Ballet Time — 3-5yrs

Illuma Studios

Come learn proper breathing, strengthening, stretching and all the fundamentals of ballet. Students will enjoy a better understanding of their body and develop muscle memory. All genders preferred dress code: ballet attire (bodysuit, white leggings / black tights, ballet flats); hair: short, ballet bun or ponytail. Otherwise, comfortable tight top and bottom (legging / tights / yoga shorts) to allow for posture correction; and socks.

Mon	Sep 14-Dec 14	*No session Oct 12*
637758	10:15am-11:00am	$201.50/13 sess

1st Tumble, Flex and Dance — 3-5yrs

Illuma Studios

Through proper tumbling and stretching, students will have a better understanding of their bodies and develop proper muscle memory. Having learned the proper techniques, our goal is for the student to have better physical awareness, stronger core muscles, have fun tumbling, increase flexibility and stand tall with confidence. Learned skills will be arranged into a dance routine so that students case showcase their acro skills!

Mon	Sep 14-Dec 14	*No session Oct 12*
637760	11:00am-11:45am	$201.50/13 sess
Sun	Sep 13-Dec 13	*No session Oct 11*
637768	2:00pm-2:45pm	$201.50/13 sess

1st Urban Dance Hip Hop — 3-5yrs

Illuma Studios

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

Mon	Sep 14-Dec 14	*No session Oct 12*
637761	11:45am-12:30pm	$201.50/13 sess

1st Hip Hop / KPOP / Jazz Funk Dance Sampler — 3-5yrs

Illuma Studios

Learn Hip Hop, Locking, Popping, Street Dance and more! Students will broaden their dance knowledge and refine their technique of these variety dance styles throughout the season. Embrace teamwork while supporting classmates, have fun, and rise to a new challenge!

Sun	Sep 14-Dec 14	*No session Oct 11*
637762	1:15pm-2:00pm	$201.50/13 sess

Mini Hip Hop — 3-4yrs

Vancouver Performing Stars

Get ready to wiggle, jump, and dance! This fun and energetic hip hop class introduces little movers to basic dance steps and groovy moves set to their favorite songs. Through playful choreography and creative movement activities, young dancers will build confidence, coordination, and a love of dance. Each class is packed with energy and smiles! For more details, visit www.performingstars.ca.

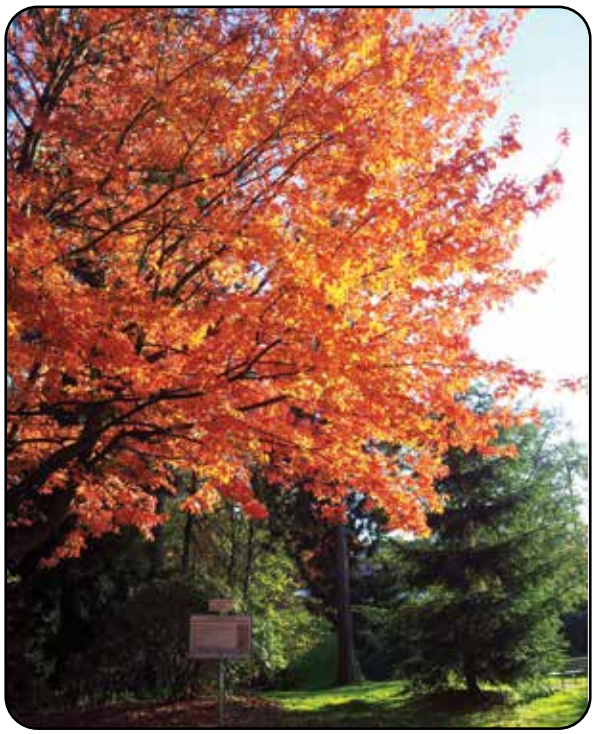
Sun	Sep 20-Dec 6	*No session Oct 11*
637086	10:45am-11:30am	$181.50/11 sess

Mini Ballet — 3-4yrs

Vancouver Performing Stars

VPS Ballet Classes lay the foundation for graceful movement for young dancers while sparking their imagination! Dancers will work on developing coordination, rhythm, and musical expression. Through playful exercises and creative movement, dancers learn ballet fundamentals in an encouraging environment. Students gain confidence and independence as they attend class on their own. Ballet shoes and attire required. Visit performingstars.ca for more information.

Sun	Sep 20-Dec 6	*No session Oct 11*
637084	10:00am-10:45am	$181.50/11 sess
Sun	Sep 20-Dec 6	*No session Oct 11*
637085	11:30am-12:15pm	$181.50/11 sess



Licensed Preschool 2026-2027







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 2026-June 2027.

# days	Days of the Week	Time	Monthly Fee
2 days	Tue/Thu	8:30am-11:00am	$84.40/month
2 days	Tue/Thu	12:00pm-2:30pm	$84.40/month
3 days	Mon/Wed/Fri	8:30am-11:00am	$126.60/month
3 days	Mon/Wed/Fri	12:00pm-2:30pm	$126.60/month
5 days	Mon-Fri	8:30am-11:00am	$211.00/month
5 days	Mon-Fri	12:00pm-2:30pm	$211.00/month

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

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

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

Licensed Out of School Care 2026-2027

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 2026 to June 2027
- Monthly fees:
  - $354.65 (Grade 1-7)
  - $252.15 (Kindergarten)

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

Visit www.renfrewcc.com for more information



Our program offers a variety of activities, including:

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

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

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

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

Day Camp

Winter Break Day Camp
6-12yrs

Day Camp Staff

Activities will include sports, cooperative games, arts & crafts, theatre, dance parties, entertainers and special guests! **Please note that this camp will not have any out trips, but will have exciting activities for children.**

Mon-Wed	Dec 21-23	
636426	9:00am-3:00pm	$75/3 day week

Day Camp Reminders!

- Submit 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 14 open business days prior to the start of the course.
- All requests are subject to $15 administration fee per person, per weekly program.

Education

Mandarin Lessons - Go Chinese
6-12yrs

Vicky Hsu

The immersive teaching methods improve children's Mandarin speaking skills based on a serious book called "Go Chinese".
Your children will thrive with us because our students will:
- have plenty of time to practice speaking Mandarin
-Teach in small classes and receive more personalized care from teachers
-Have fun learning in groups and pairs with peers
-Have the opportunity to interact with classmates to build friendships and practice Mandarin.

Please note: There is a small fee for supplies for this program. If you are a returning student and have your materials from a previous session, the instructor can authorize your supplies fee to be refunded to you. Modified workbooks that cannot be re-used are non-refundable.

Go Chinese Book 1

Thu	Sep 17-Dec 10	
637722	3:40pm-4:40pm	$192/13 sess

Go Chinese Book 2/3

For returning students with Vicky.

Thu	Sep 17-Dec 10	
637723	4:45pm-5:45pm	$192/13 sess

Education

Little Bookworms - Reading and Writing
6-7yrs

Olivia Lee

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

Sat	Sep 12-Dec 12	*No session Sep 26, Oct 10, 31, Nov 7.*
637746	12:00pm-1:00pm	$65/10 sess

Mini Mathletes
6-7yrs

Olivia Lee

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 12-Dec 12	*No session Sep 26, Oct 10, 31, Nov 7.*
637747	1:00pm-2:00pm	$65/10 sess

Mathventures - Math
8-10yrs

Olivia Lee

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 12-Dec 12	*No session Sep 26, Oct 10, 31, Nov 7.*
637748	2:00pm-3:00pm	$65/10 sess

Math Enrichment
Grades 6, 7, 8

Lynn Huang

Through engaging challenges, problem-solving and guidance, this activity aims to help build confidence and foster a love for learning among young math enthusiasts, and encourage them to think critically and grow!

Grade 6

Sun	Sep 13-Dec 13	*No session Oct 11, Nov 1*
637393	1:30pm-2:30pm	$132/12 sess

Grade 7

Sun	Sep 13-Dec 13	*No session Oct 11, Nov 1*
637394	2:30pm-3:30pm	$132/12 sess

Grade 8

Sun	Sep 13-Dec 13	*No session Oct 11, Nov 1*
637395	3:30pm-4:30pm	$132/12 sess

Chess Lessons
6-12yrs

Enrichmind Academy

Students will learn the basics of the chessboard, the different pieces, and the rules to play a complete game. By the end of the course, they will also be able to checkmate in simple game positions.

Level 1: Fun Chess

For those without any Chess experience

Wed	Sep 16-Dec 2	*No session Sep 30, Nov 11*
636055	4:00pm-5:00pm	$90/10 sess

Level 2: Pre-foundation

For children who have completed Fun Chess/experience playing chess.

Wed	Sep 16-Dec 2	*No session Sep 30, Nov 11*
636056	5:15pm-6:15pm	$149/10 sess

Music

Piano - Private Lessons

6+yrs

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

Fiona Wen			*No session Sep 25*
Fri	Sep 11-Dec 11		$280/14 sess
637634	4:00pm-4:30pm	637639	6:30pm-7:00pm
637635	4:30pm-5:00pm	637640	7:00pm-7:30pm
637636	5:00pm-5:30pm	637641	7:30pm-8:00pm
637637	5:30pm-6:00pm	637642	8:00pm-8:30pm
637638	6:00pm-6:30pm	637643	8:30pm-9:00pm

Jacqueline Li			*No session Sep 26*
Sat	Sep 12-Dec 19		$280/14 sess
637644	9:15am-9:45am	637651	1:15pm-1:45pm
637645	9:45am-10:15am	637652	1:45pm-2:15pm
637646	10:15am-10:45am	637653	2:15pm-2:45pm
637647	10:45am-11:15am	637654	2:45pm-3:15pm
637648	11:15am-11:45am	637655	3:15pm-3:45pm
637649	11:45am-12:15pm	637656	3:45pm-4:15pm
637650	12:45pm-1:15pm	637657	4:15pm-4:45pm

TBA Instructor			*No session Sep 27*
Sun	Sep 13-Dec 20		$280/14 sess
637658	9:15am-9:45am	637665	1:15pm-1:45pm
637659	9:45am-10:15am	637666	1:45pm-2:15pm
637660	10:15am-10:45am	637667	2:15pm-2:45pm
637661	10:45am-11:15am	637668	2:45pm-3:15pm
637662	11:15am-11:45am	637669	3:15pm-3:45pm
637663	11:45am-12:15pm	637670	3:45pm-4:15pm
637664	12:45pm-1:15pm	637671	4:15pm-4:45pm

Singing - Private Lessons

9+yrs

Gina Morel

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

Tue	Sep 15-Dec 15		*No session Nov 10* $403/13 sess
637672	5:00pm-5:30pm	637676	7:10pm-7:40pm
637673	5:30pm-6:00pm	637677	7:40pm-8:10pm
637674	6:00pm-6:30pm	637678	8:10pm-7:40pm
637675	6:30pm-7:00pm	637679	8:40pm-9:10pm

Guitar - Private Lessons

7+yrs

Eden Nerada

Learn and fine tune your guitar skills at your own pace. Students will be guided through a series of lessons to develop their skills. Guitars are provided for lessons or bring your own guitar. Participants may also be required to purchase guitar books based on instructor recommendation

Thu	Sep 10-Dec 17		$337.50/15 sess
637624	3:30pm-4:00pm	637629	6:30pm-7:00pm
637625	4:00pm-4:30pm	637630	7:00pm-7:30pm
637626	4:30pm-5:00pm	637631	7:30pm-8:00pm
637627	5:00pm-5:30pm	637632	8:00pm-8:30pm
637628	5:30pm-6:00pm	637633	8:30pm-9:00pm

Violin - Private Lessons

7+yrs

Shamel Zraik

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 14-Dec 14		*No session Oct 12* $260/13 sess
637680	5:30pm-6:00pm	637684	7:30pm-8:00pm
637681	6:00pm-6:30pm	637685	8:00pm-8:30pm
637682	6:30pm-7:00pm	637686	8:30pm-9:00pm
623391	7:00pm-7:30pm	637687	9:00pm-9:30pm

Drum - Private Lessons

6+yrs

Samuel Alexis George Delgado

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 9-Dec 16		*No session Sep 30, Nov 11* $234/13 sess
637614	3:30pm-4:00pm	637619	6:30pm-7:00pm
637615	4:00pm-4:30pm	637620	7:00pm-7:30pm
637616	4:30pm-5:00pm	637621	7:30pm-8:00pm
637617	5:00pm-5:30pm	637622	8:00pm-8:30pm
637618	6:00pm-6:30pm	637623	8:30pm-9:00pm

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 must be worn. Visit www.performingstars.ca for more information.

Sun	Sep 20-Dec 6	*No session Oct 11*
637083	12:15pm-1:00pm	$181.50/11 sess

1-Active Ballet Time with Strength and Stretch
6-12yrs

Illuma Studios

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

6-9yrs

Sun	Sep 13-Dec 13	*No session Oct 11*
637763	2:00pm-3:00pm	$217.75/13 sess

10-14yrs

Sun	Sep 13-Dec 13	*No session Oct 11*
637764	3:00pm-4:00pm	$217.75/13 sess

1-Active Dance Sing Musical Theatre
6-12yrs

Illuma Studios

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

Sun	Sep 13-Dec 13	*No session Oct 11*
637767	1:00pm-2:00pm	$217.75/13 sess
Fri	Sep 11-Dec 18	*No session Sep 25*
637754	4:45pm-5:45pm	$234.50/14 sess

1-Active Tumble, Flex and Dance
6-12yrs

Illuma Studios

Through proper tumbling and stretching, students will have a better understanding of their bodies and develop proper muscle memory. Having learned the proper techniques, our goal is for the student to have better physical awareness, stronger core muscles, have fun tumbling, increase flexibility and stand tall with confidence. No previous experience required.

6-9yrs

Sun	Sep 13-Dec 13	*No session Oct 11*
637769	2:45pm-3:45pm	$217.75/13 sess

10-14yrs

Sun	Sep 13-Dec 13	*No session Oct 11*
637770	3:45pm-4:45pm	$217.75/13 sess

Asian Pop/KPOP/Jazz Funk/Hip Hop Sampler
6-17yrs

Illuma Studio

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

6-9yrs

Fri	Sep 11-Dec 18	*No session Sep 26*
637755	5:45pm-6:45pm	$234.50/14 sess

10-17yrs

Fri	Sep 11-Dec 18	*No session Sep 26*
637756	6:45pm-7:45pm	$234.50/14 sess

Afrobeats / Hip Hop / KPop - Spanish Bilingual
6-12yrs

Illuma Studio

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

Sun	Sep 13-Dec 13	*No session Oct 12*
637765	4:00pm-5:00pm	$217.75/13 sess

Rubik's Cube Classes
8-12yrs

Diedre Sportak - Cubing BC

Private Lessons

Over the 2 50-minute sessions, you will learn the beginner's method for solving a Rubik's cube. Resources are included to help you practice at home and then show off your skills!

Sat	Sep 19-26	
637979	10:00am-10:50am	$110/2 sess +$50 for a semi-private

Social Club 8-12yrs

Hone your cubing skills and connect with new friends! The Rubik's Cube Kids Social Club is designed for kids aged 8-12 who love all things cubing. Participants must already know how to solve a 3x3 Rubik's Cube, and bring their own cube.

Sat	Sep 19-Oct 10	
637983	11:00am-12:00pm	$48/4 sess

Children

Sports

prices do not include tax if applicable

Ace Academy - Badminton Lessons

Gabriel Ip

Beginner **7-12yrs**

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

Sun 637065	Sep 13-Nov 1 9:30am-10:25am	*No session Oct 11* $133/7 sess
Wed 637063	Sep 9-Oct 28 3:45pm-4:40pm	*No session Sep 30, Oct 7* $114/6 sess
Wed 637064	Sep 9-Oct 28 4:45pm-5:40pm	*No session Sep 30, Oct 7* $114/6 sess
Sun 637071	Nov 15-Dec 13 9:30am-10:25am	 $95/5 sess
Wed 637069	Nov 18-Dec 16 3:45pm-4:40pm	 $95/5 sess
Wed 637070	Nov 18-Dec 16 4:45pm-5:40pm	 $95/5 sess

Intermediate **8-16yrs**

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

Sun 637066	Sep 13-Nov 1 10:30am-11:25am	*No session Oct 11* $133/7 sess
Sun 637068	Sep 13-Nov 1 11:30am-12:25pm	*No session Oct 11* $133/7 sess
Wed 637067	Sep 9-Oct 28 5:45pm-6:40pm	*No session Sep 30, Oct 7* $114/6 sess
Sun 637072	Nov 15-Dec 16 10:30am-11:25am	 $95/5 sess
Sun 637074	Nov 15-Dec 16 11:30am-12:25pm	 $95/5 sess
Wed 637073	Nov 18-Dec 16 5:45pm-6:40pm	 $95/5 sess

Renfrew acknowledges the generous contributions of Kids Up Front Canada

Rhythmic Gymnastics

6-16yrs

Olympia Rhythmic Gymnastics

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

6-8yrs		
Sat 636326	Sep 12-Dec 12 10:00am-11:00am	*No session Oct 3, 10, 17, 31* $120/10 sess
8-16yrs		
Sat 636327	Sep 12-Dec 12 11:00am-12:00pm	*No session Oct 3, 10, 17, 31* $120/10 sess

Indoor Soccer

6-12yrs

Mohsen Hatamian

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

6-8yrs		
Tue 636718	Sep 15-Dec 15 4:50pm-5:50pm	*No session Oct 13* $195/13 sess
Sat 636721	Sep 12-Dec 12 2:50pm-3:50pm	*No session Oct 3, 10, 17, 31* $150/10 sess
9-12yrs		
Tue 636719	Sep 15-Dec 15 5:55pm-6:55pm	*No session Oct 13* $195/13 sess
Sat 636722	Sep 12-Dec 12 3:55pm-4:55pm	*No session Oct 3, 10, 17, 31* $150/10 sess

Martial Arts

prices do not include tax if applicable

Karate - Children and Teen

7-18yrs

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 637415	Sep 8-Dec 17 6:30pm-7:30pm	 $270/30 sess



Sports

prices do not include tax if applicable

Finish Strong Basketball - Grassroots

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. All participants in the Grassroots program will receive a T-Shirt.

Boys

Grassroots 9-11yrs

Thu	Sep 10-Nov 12	
637081	4:15pm-5:15pm	$125/10 sess

Girls

Grassroots 9-11yrs

Mon	Sep 14-Nov 23	*No session Oct 10*
637079	4:15pm-5:15pm	$125/10 sess

Finish Strong Basketball - Level Up

9-16yrs

David Knight

"It's not how you start, it's how you FINISH!" "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 participant`s in the Level Up program will receive a T-Shirt.

Boys

Level Up 12-16yrs

Thu	Sep 10-Nov 12	
637082	5:15pm-6:15pm	$125/10 sess

Girls

Level Up 12-16yrs

Mon	Sep 14-Nov 23	*No session Oct 10*
637080	5:15pm-6:15pm	$125/10 sess

Professional Day

Finish Strong Basketball

9-12yrs

David Knight

Turn your child's day off from school into an action-packed day of basketball! Our Finish Strong Basketball Pro-D Day program is designed for youth players of all skill levels to improve their game, build confidence, and stay active in a safe, fun, and highly competitive environment.

What We Offer:

- Skill Development: Focused instruction on shooting, ball handling, passing, and footwork.
- Live Game Play: Small-sided games (2v2, 3v3, and 5v5) and competitions to apply new skills in real-game situations.
- Experienced Coaching: Instruction from experienced coaches who foster teamwork, sportsmanship, and a love for the sport

Fri	Oct 23	
637189	10:15am-12:45pm	$65/person
Fri	Nov 20	
637192	10:15am-12:45pm	$65/person

Baking and Cooking

Little Chefs

6-12yrs

Olivia Lee

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

6-8yrs

Sun	Oct 4-Nov 29	
637735	9:30am-10:45am	$108/9 sess

Holiday Special

Sun	Dec 20	
637741	9:30am-10:45am	$15/person

9-12yrs

Sun	Oct 4-Nov 29	
637736	11:00am-12:15pm	$108/9 sess

Holiday Special

Sun	Dec 20	
637742	11:00am-12:15pm	$15/person

Art

Basic Drawing

6-12yrs

Lynn Huang

The instructor will teach the fundamentals of drawing using both graphite and charcoal. The lessons taught in these sessions aim to give your child's artistic expression a solid foundation to build off of, to further grow and improve as an artist through creative, engaging exercises!

6-8yrs

Sat	Sep 19-Dec 12	*No session Oct 10, 31*
637390	1:00pm-2:00pm	$132/11 sess

9-12yrs

Sat	Sep 19-Dec 12	*No session Oct 10, 31*
637391	2:00pm-3:00pm	$132/11 sess

Cartooning, Anime and Manga

9-12yrs

Lynn Huang

Want to get started on making your very own comic, anime or manga? These sessions will teach the basic framework that goes into making your favourite comics, anime and mangas! Fundamentals such as posing, expressions, storyboarding and inking will be taught through exercises that will encourage your own unique drawing style!

Sat	Sep 19-Dec 12	*No session Oct 10, 31*
637392	3:00pm-4:00pm	$132/11 sess

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 on important of Japanese culture. Origami is mentally stimulating activity for all ages.

Sun	Oct 11	
637714	3:30pm-4:30pm	$15/person
Sun	Dec 20	
637715	3:30pm-4:30pm	$15/person

Pre-Teen/Youth

Youth Council

Note: No program on all VSB School Breaks (Winter and Spring) 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. 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.

Thu	Sep 17-Dec 17	*No session Oct 8*
636803	4:00pm-5:15pm	Free

Senior Youth Council — 13-17yrs

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.

Thu	Sep 17-Dec 17	*No session Oct 8*
636804	5:30pm-7:00pm	Free

Sports

Open Gym — 10-19yrs

Emily Tsang

Come hang out in our gym Friday afternoons and evenings. 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	Sep 11-Dec 18	
636788	4:10pm-9:40pm	Free with OneCard

Red Cross Babysitting Training — 11-17yrs

First Aid Hero

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

Sun	Oct 11	
637287	9:15am-4:45pm	$80/person
Sun	Dec 20	
637288	9:15am-4:45pm	$80/person

Education

Home Alone Training — 10-13yrs

Starla Bayley

The Home Alone Program is designed to provide children 10 years of age and older with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time. It will help them understand how to prevent problems, handle real-life situations, and keep them safe and constructively occupied.

Sat	Oct 3	
636813	10:00am-2:00pm	$40/person

Volunteering

Volunteer Training — 15-17yrs

Starla Bayley

This training is for youth wanting to volunteer in Renfrew Park Community Centre programs/events. This training provides you a full safety orientation for the building, some problem solving discussions and an opportunity to ask any questions that you might have. Pre-registration required and age requirements are strictly adhered to. Those over the age of 16 looking to volunteer will be required to complete a Police Information Check prior to being scheduled. If you have questions please email Starla Bayley at starla.bayley@vancouver.ca.

Tue	Sep 15	
636796	4:00pm-6:00pm	Free

Social

The Social — 9-14yrs

Jesse Woolverton and Emily Nguyen

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

Fri	Sep 11-Dec 18	*No session Oct 9*
636780	5:30pm-9:30pm	$182/14 sess

Teen Time — 13-18rs

Harshitaa Unnikrishnan

Come out Friday nights to do something social with the games room staff. Each Friday will be different from cooking and baking to games, crafts and maybe even a swim night. Show up for the first Friday and help plan out the following Fridays.

Fri	Sep 11-Dec 18	*No session Oct 9*
636786	7:00pm-9:30pm	Free with OneCard

Games Room — 10-17yrs

Harshitaa Unnikrishnan

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

Fri	Sep 11-Dec 18	
636791	3:00pm-9:30pm	Free with OneCard

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, 2026-Aug 31, 2027

Games Area

6+yrs

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

Mon-Thu	3:30pm-9:55pm	Sep 8-Dec 17
Sat	12:00pm-4:55pm	Sep 12-Dec 19
Sun	12:00pm-4:55pm	Sep 13-Dec 20

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 8-Dec 17	
637123	Room 108 6:00pm-9:30pm	$11.43/month pass
	Room 010 7:15pm-9:45pm	$4.29/30 minutes drop-in

Table Tennis for Seniors

55+yrs

Kathy Jang

Come and play Table Tennis. We will have a maximum of 10 players registered for these morning sessions. This is a non-instructional program. No drop-ins permitted. Please bring your "Equipment Rental Pass" with you. **Registration is limited to one day per week per person unless space avaiable on the first day of session.**

Mon	Sep 14-Dec 14	*No session Oct 12*
635517	9:00am-11:45am	Free with Equipment Rental Pass
Wed	Sep 2-Dec 9	*No session Sep 23, 30, Oct 7, Nov 11*
635518	9:00am-11:45am	Free with Equipment Rental Pass
Fri	Sep 4-Dec 11	
635519	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 $48/hr



Gymnasium, 6000sq ft, starting at $53/hr

Dance

Line Dance ABC
19+yrs

Lisa (Baby) Blair

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

Tue	Sep 8-Dec 15	
635892	1:30pm-3:30pm	$52.50/15 sess
		$4.20+tax/drop-in, if space

Belly Dance for Beginners
19+yrs

Adalat Dance Company

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

Mon	Sep 14-Nov 30	*No session Oct 12*
637716	4:00pm-5:00pm	Adult - $110/11 sess
		Senior - $88/11 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	Sep 13-Dec 13	
635896	10:00am-12:00pm	$49/14 sess
		$4.20+tax/drop-in, if space

Monday Line Dance Group
55+yrs

Judy Chuk Yee Ng

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

Mon	Sep 14-Dec 14	*No session Oct 12*
635876	11:00am-12:30pm	$34.45/13 sess
		$3.20+tax/drop-in, if space

Line Dance Fitness
55+yrs

Linda Dee

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

Thu	Sep 10-Dec 17	
635897	1:30pm-3:00pm	$39.75/15 sess
		$3.20+tax/drop-in, if space

Traditional Chinese Folk Dance
55+yrs

Pei Chun (Helen) Lin

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

Wed	Sep 9-Dec 9	*No session Sep 23, 30, Nov 11*
635898	12:30pm-2:30pm	$38.50/11 sess
		$4.20+tax/drop-in, if space

Chinese Classical Dance
55+yrs

Vue Joan Ng

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

Wed	Sep 9-Dec 16	*No session Sep 30, Nov 11*
635906	12:45pm-2:45pm	$45..50/13 sess
		$4.20+tax/drop-in, if space

Ballroom Dance Social
55+yrs

Siu Lau (Sue Chee) Chong

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

Mon	Sep 14-Dec 14	*No session Oct 11*
637458	12:45pm-2:45pm	$16.12/13 sess
		$1.90+tax/drop-in, if space
Thu	Sep 10-Dec 17	
637459	11:15am-1:15pm	$18.60/15 sess
		$1.90+tax/drop-in, if space

Sequence Dance
19+yrs

May A. M. Wong

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

Thu	Sep 10-Dec 17	
636328	9:10am-11:10am	$52.50/15 sess
		$4.20+tax/drop-in, if space

Hula Along for Health
55+yrs

Ingrid Guo

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

Thu	Sep 17-Dec 3	
637827	2:00pm-3:00pm	$24/12 sess

Asian Pop / KPOP / Jazz Funk / Hip Hop Dance Sampler
19+yrs

Illuma Studio

Come experience a variety of exciting dance styles including KPOP, Jazz Funk, Hip Hop and other Urban Dance styles! Students will broaden their dance knowledge and refine their technique of these variety dance styles throughout the season.

Fri	Sep 11-Dec 18	*No session Sep 25*
637757	7:45pm-9:00pm	$264/14 sess

Cooking up Culture

Mid-Autumn Mooncake Making Workshop — 12+yrs

Abraham Wong

Celebrate the Moon Festival with Hong Kong-born, CBC Vancouver-featured chef Abraham Wong. In this hands-on 2-hour class, you'll make traditional Cantonese mooncakes from scratch — filled with lotus paste, black sesame, or milky custard, each with a salted egg yolk. All ingredients, molds, gloves, and take-home boxes included. No experience needed. All participants must be age 12 years and over, and registered. All participants under the age of 19 must be accompanied by a legal guardian.

Wed	Sep 9	
636520	6:30pm-8:30pm	$35/person

Kahkwa with Kanatiio: Bison, Truth, and Reconciliation — 19+yrs

Kanatiio

Inspired by the Kanienkehaka (commonly referred to as Mohawk) word, Kakhwí:io (Gak-wee-yo), meaning good food, this program will help us learn to cook while inviting us to think about how we are connecting to the land. **More information on page 7.**

Wed	Sep 30	
636236	1:30pm-4:30pm	$10/person

Chinese Scallion Pancakes — 19+yrs

Lisa Hao

Learn how to make Chinese scallion pancakes that are crispy on the outside and soft on the inside — from kneading the dough to creating dough flaky layers, with step-by-step hands-on instruction. Taste your creation on site and take some home to share!

Wed	Oct 14	
635536	1:00pm-3:00pm	$15/person

Pão De Queijo — 19+yrs

Ariadne Armond

Come make simple, naturally gluten-free, cheese buns that are as addictive as they are easy to make! This brazilian snack is made with yuca flour and stuffed with lots of cheese that melts in your mouth! The outside is both soft and crunchy and can be filled in different ways.

Wed	Nov 4	
635537	1:00pm-3:00pm	$15/person

Food Skills for Active Adults

see p. 23

Cooking with Souvik

A Taste of Autumn — 19+yrs

Souvik Ray

Celebrate the arrival of fall with a cozy cooking class featuring a seasonal soup, a delicious pasta, and a simple dessert. Enjoy a morning of comforting flavors, hands-on learning, and a lunch to savor together with leftovers to take home!

Sun	Sep 20	
635540	10:30am-12:30pm	$21.25/person

Cooking with Souvik - Holiday Bake and Take — 19+yrs

Souvik Ray

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

Sun	Dec 6	
635539	10:30am-12:30pm	$15/person

Community Lunch Program — All Ages

Andy Woolverton

- Meals include a hot entree, salad or side dish, dessert, coffee or tea. Lunches will be served on a first come first served basis.
- Lunch can be bought in person with cash/credit card or online with credit card, limit of 4 per person.
- Last lunches are sold at 12:30pm. Registered meals are not guaranteed past this time.
- Limited number of lunches available, left overs may be sold at a discounted price.
- Vegetarian meals are available, but must be reserved at least 24 hours prior (please call 604-257-8390 to confirm).

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

Fri Sep 11-Dec 11
0-18yrs: $6.19+tax
19+yrs: $7.62+tax
12:00pm-1:00pm

635522	Sep 11	635529	Oct 30
635523	Sep 18	635530	Nov 6
635524	Sep 25	635531	Nov 13
635525	Oct 2	635532	Nov 20
635526	Oct 9	635533	Nov 27
635527	Oct 16	635534	Dec 4
635528	Oct 23	635535	Dec 11

Note: see page 3 for Refund Policy

Community Kitchens

Renfrew's Community Kitchen — All Ages

Are you looking to cook and eat with other families? Are you excited about sharing culture and learning new skills? Then Renfrew's Community Kitchen is the right program for you! These are child friendly events, but there is no formal childcare provided. This program prioritizes community members and families who are enrolled in the Leisure Access Program. Enrollment is done through email or over the phone. Please contact marni.mcmullen@vancouver.ca or call (604) 257-8389.

Wed	Oct 28	
635538	5:30pm-8:00pm	Free

2SLGBTQIA+ Adults: Holiday Bake & Take — All Ages

Community Kitchen for Two Spirit, Lesbian, Gay, Bisexual, Transgender, Questioning/Queer, Intersex, and Asexual Adults. Meet folks from the community, share recipes, and learn new cooking skills in a safer space at Renfrew Park's Community Kitchen for 2SLGBTQIA+ adults! For support with registration, and any other information, please contact Marni McMullen at marni.mcmullen@vancouver.ca or call (604) 257-8389.

Sun	Dec 13	
636261	10:30am-12:30pm	Free

Art

Chinese Calligraphy — 55+yrs

Guoxin Lin

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

Advanced - For returning students

Mon	Sep 14-Dec 14	*No session Oct 12*
636108	10:00am-12:00pm	$143/13 sess
Wed	Sep 9-Dec 16	*No session Sep 30, Nov 11*
636107	10:00am-12:00pm	$143/13 sess

All Levels

Fri	Sep 11-Dec 18	
636109	10:00am-12:00pm	$154/14 sess

Chinese Painting — 55+yrs

Kevin Au

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

Advanced - For returning students

Tue	Sep 15-Dec 15	
636114	9:45am-11:45am	$140/14 sess

All Levels

Thu	Sep 17-Dec 17	
636113	9:45am-11:45pm	$140/14 sess

Renfrew Art Group — 19+yrs

Yoko Tomita

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

Wed	Oct 14-Dec 16	
637399	10:00am-12:00pm	$72/9 sess $9.50+tax/drop-in if space

Basic Drawing, Sketching, Watercolour — 19+yrs

Yoko Tomita

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

Thu	Oct 15-Dec 17	
637398	10:00am-12:00pm	$90/10 sess $11+tax/drop-in if space

Japanese Flower Arranging — 19+yrs

Aggie Chan

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

Thu	Oct 8-15	
637411	2:00pm-4:00pm	$20/2 sess
Thu	Oct 22-29	
637412	2:00pm-4:00pm	$20/2 sess

Education and Technology

Seniors Technology Classes — 55+yrs

Mary Leung

Introduction to Mobile Technology — 55+yrs

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	Oct 17	
637986	9:30am-11:00am	$6/person

Classes taught in English

Sat	Oct 17	
637987	11:15am-12:45pm	$6/person

Online Cloud Storage

Learn about the popular cloud storage apps. How do I keep track of my cloud storage? What should I be aware of when sharing content on the cloud?

Classes taught in Cantonese/Mandarin

Sat	Oct 24, 31	
637989	9:30am-11:00am	$12/person

Classes taught in English

Sat	Oct 24, 31	
637988	11:15am-12:45pm	$12/person

Chat GPT

Introduction to ChatGPT for seniors on Different Devices. What is it? How does it work? And how can seniors utilize it?

Classes taught in Cantonese/Mandarin

Sat	Nov 7, 14	
637990	9:30am-11:00am	$12/person

Classes taught in English

Sat	Nov 7, 14	
637991	11:15am-12:45pm	$12/person

One Day Art Workshops

Marbling Artwork Workshop
Watercolour Workshop-Loose Winter Landscape
Acrylic Workshop - Snowy Mountain Scene

see p.8

Seniors Out Trip and Luncheons

see p.8

Education and Technology

Fun Japanese - Beginner

19+yrs

Machie Matsuno

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

Tue	Sep 15-Dec 15	
637828	7:00pm-8:00pm	$168/14 sess

Fun Japanese - Writing Hiragana

19+yrs

Machie Matsuno

Discover the beauty of Japanese writing through hiragana — the foundation of the language. This beginner-friendly class is designed for anyone curious about Japanese, with no prior experience required. Through engaging activities, guided practice, and interactive learning, you'll quickly gain confidence in reading and writing hiragana. By the end of the course, you'll be able to recognize characters and start forming simple words on your own. Come join us and take your first step into the world of Japanese!

Wed	Sep 16-Dec 16	*No session Sep 30, Nov 11*
637829	7:00pm-8:00pm	$144/12 sess

Mandarin Lessons - Let's Learn Mandarin

19+yrs

Vicky Hsu

We have developed Mandarin learning materials for adult learners with minimal proficiency from different fields. The content of the materials incorporates basic daily conversation for adults. This lesson is also designed for TOCFL Level Novice. **Please note:** There is a small fee for supplies for this program. If you are a returning student and have your materials from a previous session, the instructor can authorize your supplies fee to be refunded to you. Modified workbooks that cannot be re-used are non-refundable.

Thu	Sep 17-Dec 10	
616930	6:00pm-7:00pm	$166/13 sess

Music and Singing

Piano - Private Lessons

55+yrs

Jennifer Lee

These 25-minute basic private lessons are meant for seniors who want to start or refresh their skills with the piano. Participants may be required to purchase piano books based on instructor recommendations.

Thu	Sep 3-Nov 19		$180/12 sess
637463	9:15am-9:40am	637467	10:45am-11:10am
637465	9:45am-10:10am	637468	11:15am-11:40m
637466	10:15am-10:40am	637469	11:45am-12:10pm

Karaoke in Chinese

55+yrs

Siu Lau (Sue Chee) Chong

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

Fri	Sep 11-Dec 18	*No session Sep 25*
637425	12:15pm-2:45pm	$7/14 sess

Food Skills for Active Adults

19-54+yrs

Andy Woolverton

Come join Food Skills for Active Adults, sponsored by the BCCDC in partnership with Renfrew Park Community Association, in a healthy eating program offered to participants who want to share and learn more about food and connect with others. These programs aim to teach and encourage healthy cooking in a fun relaxed atmosphere while building confidence, skills, and healthy habits. This particular curriculum focuses on creating balanced meals for active adults that include tips for increasing daily fibre and protein, as well as strategies for maintaining healthy habits during the holiday season!

Note: Registration is limited to one Food Skills Session per person. This includes sessions coming up in January and February 2027. You may register for additional days if space
Coming January 2027: Food Skills for Families
Coming February 2027: Food Skills for Seniors

635554	Wed	Nov 18-Dec 2	5:00pm-8:00pm	Free

Social

Games Social

55+yrs

Robert Wang

Join our group on Wednesdays and enjoy playing games such as Bridge and Mah Jong. Games played to be decided by who is in attendance. Bring your friends! All levels and new players are welcome. Bridge and other games have been shown to improve mood and cognition. Come, play, and meet new friends!

Wed	Sep 2-Dec 9	*No session Sep 23, 30, Oct 7, 14, Nov 4, 11*
637264	12:30pm-2:30pm	Free, Pre-registration required

Tuesday Social

55+yrs

Cecilia Vulama

Join us in this free social.

Tue	Sep 1-Dec 15	*No session Oct 13*
637426	11:00am-12:00pm	Free with OneCard, Pre-registration required

Book Club

55+yrs

Janet Hodgson

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

Tue	Sep-Jun	2nd Tuesday of the month
633414	12:00pm-1:30pm	Free, Pre-registration is required

Chinese Social Group in Cantonese

55+yrs

Albert Lee

Join us for talks, workshops, parties and other interesting activities. Cantonese and Mandarin speaking seniors are welcome. No session on stat holidays or during facility closures. Non refundable annual fee. Dates and activities are subject to change.

Fri	Sep 11-Aug 27	
633410	2:00pm-3:30pm	$9.52/Yearly

Adult and Senior

prices do not include tax

Health & 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 634117	Sep 8-Oct 27 10:00am-10:55am	$40.25/7 sess $6.67/drop-in if space
Tue 634118	Nov 3-Dec 15 10:00am-10:55am	$40.25/7 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.
Immerse yourself in the graceful movements of these ancient martial arts, promoting balance of mind and body. Participants will have improved flexibility, reduced stress, and enhanced well-being.

Wed 637791	Sep 9-Dec 9 9:30am-11:00am	*No session Sep 23, 30, Nov 11* $33/11 sess $3.57+tax/drop-in if space

Martial Arts

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 637447	Sep 8-Dec 17 7:30am-9:00am	*No session Sep 30, Oct 7, 12, 13, Nov 11* $30.60/68 sess

Karate - Adult

19+yrs

Alan Chan Karate BC

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

Tue Thu 637413	Sep 8-Dec 17 7:30pm-9:00pm	$300/30 sess

Tai Chi and Health Qigong

19+yrs

Lai Chun Cheung

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

Mon 637792	Sep 14-Dec 14 9:05am-10:05am	*No session Oct 12* $91/13 sess $7+tax/drop-in if space

Foot Care Clinic

55+yrs

Nancy KF Lee

Note: Registration must be done no later than 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 19		$47/30 min sess
637087	12:45pm-1:15pm	637091	2:45pm-3:15pm
637088	1:15pm-1:45pm	637092	3:15pm-3:45pm
637089	1:45pm-2:15pm	637093	3:45pm-4:15pm
637090	2:15pm-2:45pm	637094	4:15pm-4:45pm

Sat	Oct 24		$47/30 min sess
637095	12:45pm-1:15pm	637099	2:45pm-3:15pm
637096	1:15pm-1:45pm	637100	3:15pm-3:45pm
637097	1:45pm-2:15pm	637101	3:45pm-4:15pm
637098	2:15pm-2:45pm	637102	4:15pm-4:45pm

Sat	Nov 14		$47/30 min sess
637103	12:45pm-1:15pm	637107	2:45pm-3:15pm
637104	1:15pm-1:45pm	637108	3:15pm-3:45pm
637105	1:45pm-2:15pm	637109	3:45pm-4:15pm
637106	2:15pm-2:45pm	637110	4:15pm-4:45pm

Sat	Dec 12		$47/30 min sess
637111	12:45pm-1:15pm	637115	2:45pm-3:15pm
637112	1:15pm-1:45pm	637116	3:15pm-3:45pm
637113	1:45pm-2:15pm	637117	3:45pm-4:15pm
637114	2:15pm-2:45pm	637118	4:15pm-4:45pm

Aerobics

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 and bands.

Thu	6:45pm-7:40pm	$6/Adult, $3.75/Senior for drop-in, if space
635314	Sep 10-Oct 8	Adult - $25/5 sess Senior - $16.25/5 sess
635322	Oct 15-Nov 12	Adult - $25/5 sess Senior - $16.25/5 sess
635323	Nov 19-Dec 17	Adult - $25/5 sess Senior - $16.25/5 sess

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	
635312	Sep 8-29		Adult - $20/4 sess Senior - $13/4 sess
635318	Oct 6-27		Adult - $15/3 sess Senior - $9.75/3 sess
635319	Nov 3-24		Adult - $20/4 sess Senior - $13/4 sess
637475	Dec 1-15		Adult - $15/3 sess Senior - $9.75/3 sess
Thu	9:05am-10:00am	$6/Adult, $3.75/Senior for drop-in, if space	
635313	Sep 10-Sep 24		Adult - $15/3 sess Senior - $9.75/3 sess
635320	Oct 1-29		Adult - $25/5 sess Senior - $16.25/5 sess
635321	Nov 5-26		Adult - $20/4 sess Senior - $13/4 sess
637476	Dec 3-17		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	
635316	Sep 11-25		Adult - $15/3 sess Senior - $9.75/3 sess
635324	Oct 2-30		Adult - $25/5 sess Senior - $16.25/5 sess
635325	Nov 6-27		Adult - $20/4 sess Senior - $13/4 sess
637477	Dec 4-11		Adult - $10/2 sess Senior - $6.50/2 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 $7.62/Adult, $4.76/Senior for drop-in, if space	
635183	Sep 14-28	Adult - $18/3 sess Senior - $11.40/3 sess
635187	Oct 5-26	*No session Oct 12* Adult - $18/3 sess Senior - $11.40/3 sess
635201	Nov 2-23	Adult - $24/4 sess Senior - $15.20/4 sess
635213	Nov 30-Dec 14	Adult - $18/3 sess Senior - $11.40/3 sess
Wed	9:05am-10:00am $7.62/Adult, $4.76/Senior for drop-in, if space	
635185	Sep 9-23	Adult - $18/3 sess Senior - $11.40/3 sess
635195	Oct 14-28	Adult - $18/3 sess Senior - $11.40/3 sess
635203	Nov 4-25	Adult - $24/4 sess Senior - $15.20/4 sess
635220	Dec 2-16	Adult - $18/3 sess Senior - $11.40/3 sess
Wed	7:00pm-7:55pm $7.62/Adult, $4.76/Senior for drop-in, if space	
635186	Sep 9-23	Adult - $18/3 sess Senior - $11.40/3 sess
635198	Oct 14-28	Adult - $18/3 sess Senior - $11.40/3 sess
635205	Nov 4-25	Adult - $18/3 sess Senior - $11.40/3 sess
635224	Dec 2-16	Adult - $18/3 sess Senior - $11.40/3 sess

Zumba

Zumba Toning

19+yrs

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. ***No session Oct 12*

Mon	6:00pm-6:55pm					$7.62/Adult, $4.76/Senior for drop-in, if space	
635184	Sep 14-28	Adult - $18/3 sess	Senior - $11.40/3 sess	635202	Nov 2-23	Adult - $24/4 sess	Senior - $15.20/4 sess
635189	Oct 5-26**	Adult - $18/3 sess	Senior - $11.40/3 sess	635216	Nov 30-Dec 14	Adult - $18/3 sess	Senior - $11.40/3 sess

Yoga and Pilates

Yoga for Brain Health

19+yrs

Kiran Rampuri

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

Mon 635140	Sep 14-28 3:30pm-4:30pm	 $30/3 sess $12+tax/drop-in if space.
Mon 635141	Oct 5-26 3:30pm-4:30pm	*No session Oct 12* $30/3 sess $12+tax/drop-in if space.
Mon 635143	Nov 2-23 3:30pm-4:30pm	 $40/4 sess $12+tax/drop-in if space.
Mon 635144	Nov 30-Dec 14 3:30pm-4:30pm	 $30/3 sess $12+tax/drop-in if space.

Chair Yoga for Mobility

55+yrs

Kiran Rampuri

This activity will focus on enhancing mobility and health through controlled breath work, seated movement and relaxation techniques. Participants will learn about the yoga poses, breathing exercises, and how that connects to your mobility, supported by scientific research.

Mon 637749	Sep 14-28 4:45pm-5:45pm	 $22.50/3 sess $9+tax/drop-in if space
Mon 637750	Oct 5-26 4:45pm-5:45pm	*No session Oct 12* $22.50/3 sess $9+tax/drop-in if space
Mon 637751	Nov 2-30 4:45pm-5:45pm	 $37.50/5 sess $9+tax/drop-in if space
Thu 637752	Dec 7-14 4:45pm-5:45pm	 $15/2 sess $9+tax/drop-in if space

Hatha Yoga

19+yrs

Hisae McMichael

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

Sat 637807	Sep 12-Oct 31 9:15am-10:45am	 Adult - $84/8 sess Senior - $78/8 sess
Sat 637808	Nov 7-Dec 19 9:15am-10:45am	 Adult - $73.50/7 sess Senior - $68.25/7 sess

Seniors Yoga for Flexibility and Strength

55+yrs

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.

Mon 637813	Sep 14-Oct 26 10:00am-11:15am	*No session Oct 12* $45/6 sess $9+tax/drop-in if space
Mon 637814	Nov 2-Dec 7 10:00am-11:15am	 $45/6 sess $9+tax/drop-in if space
Thu 637816	Sep 17-Oct 29 10:00am-11:15am	 $52.50/7 sess $9+tax/drop-in if space
Thu 637817	Nov 5-Dec 10 10:00am-11:15am	 $45/6 sess $9+tax/drop-in if space

Colour Energy Yoga

19+yrs

Li Na Chow

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

Wed 637801	Sep 9-Oct 28 10:30am-11:30am	*No session Sep 30* $42/7 sess $7.25+tax/drop-in if space
Wed 637802	Nov 4-Dec 16 10:30am-11:30am	*No session Nov 11* $36/6 sess $7.25+tax/drop-in if space

Pilates

19+yrs

Tracey Clark

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

Mon 637821	Sep 14-Nov 2 7:15pm-8:15pm	*No session Oct 12* $84/7 sess $14.29+tax/drop-in if space.
Mon 637822	Nov 9-Dec 14 7:15pm-8:15pm	 $72/6 sess $14.29+tax/drop-in if space.

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

Yoga and Pilates

Vinyasa Yoga

19+yrs

Kate Nguyen

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

Sat 637448	Sep 12-Oct 10 3:30pm-4:30pm	$30/5 sess $7.25+tax/drop-in if space
Sat 637449	Oct 17-Nov 7 3:30pm-4:30pm	$24/4 sess $7.25+tax/drop-in if space
Sat 637450	Dec 5-19 3:30pm-4:30pm	$18/3 sess $7.25+tax/drop-in if space
Sun 637451	Sep 13-Oct 11 9:30am-10:30am	$30/5 sess $7.25+tax/drop-in if space
Sun 637452	Oct 18-Nov 8 9:30am-10:30am	$24/4 sess $7.25+tax/drop-in if space
Sun 637453	Dec 6-20 9:30am-10:30am	$18/3 sess $7.25+tax/drop-in if space
Sun 637454	Sep 13-Oct 11 11:00am-12:00pm	$30/5 sess $7.25+tax/drop-in if space
Sun 637455	Oct 18-Nov 8 11:00am-12:00pm	$24/4 sess $7.25+tax/drop-in if space
Sun 637456	Dec 6-20 11:00am-12:00pm	$18/3 sess $7.25+tax/drop-in if space

Workshops

Pre-registration required for free workshops

Healthy Feet Workshop

55+yrs

Collingwood Physio (Keane Leung)

Learn about common causes of foot/ankle pain, the relationship between footwear and foot pain, Key exercises for healthy feet This workshop is ideal for adults of all age groups. Please wear comfortable clothes to 'move' in as this workshop is part information and part exercise based.

636668	Fri	Sep 8	10:00am-11:00am	Free

Managing Hip and Knee Arthritis

55+yrs

OASIS (Vancouver Coastal Health)

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

636679	Fri	Sep 18	10:00am-11:30am	Free

Hearing Health

55+yrs

Ears to You

Discussion topics will include how the ear works, effects of untreated hearing loss, social and interpersonal effects on every day, technology changes through history, and more.

636670	Tue	Sep 22	10:00am-11:30am	Free

Workshops

Pre-registration required for free workshops

Pelvic Floor Health Workshop

55+yrs

Flo Physio

In this presentation we will be covering some common conditions, what to expect at a pelvic floor appointment, and some tips and exercises to keeping the pelvic floor healthy.

636671	Fri	Oct 2	10:00am-11:30am	Free

Balance and Mobility Workshop

55+yrs

Collingwood Physio (Keane Leung)

Learn why falls occur, their risks and how maintaining mobility, balance, and muscle strength plays a key role in prevention. Participants will also take part in a guided exercise component featuring safe, targeted exercises to improve strength, balance, and proper movement patterns.

636669	Fri	Oct 16	10:00am-11:30am	Free

Exercise and Arthritis

55+yrs

OASIS (Vancouver Coastal Health)

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

636673	Fri	Oct 23	10:00am-11:30am	Free

Residential Tenancy Info Session

55+yrs

Seniors First BC

Residential Tenancy Law in British Columbia: rights and responsibilities of landlords and tenants, dispute resolutions (Residential Tenancy Branch)

637794	Fri	Nov 6	10:00am-12:00pm	Free

Pain Management for Arthritis

55+yrs

OASIS (Vancouver Coastal Health)

Learn evidence-based strategies to manage arthritic pain so that you can exercise, rest and have a function-centred life.

636677	Tue	Nov 17	10:00am-11:30am	Free

Government Benefits for Older Adults

55+yrs

Seniors First BC

Learn about several federal and provincial government benefits for seniors such as: Old Age Security (OAS), Guaranteed Income Supplement (GIS), etc

637793	Mon	Nov 23	6:00pm-8:00pm	Free

Navigating Road Safety

55+yrs

ICBC Road Safety

Learn tips to help support older drivers understand how to do a self-assessment, navigate driver's fitness test and stay safe.

637919	Fri	Nov 27	10:00am-11:00am	Free

Frauds and Scams Awareness

55+yrs

Seniors First BC

Learn about common methods and schemes targeting Canadian seniors, safety strategies, and resources to consult as a victim of frauds/scams

637916	Fri	Dec 11	10:00am-12:00pm	Free

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 634099	Sep 14-Dec 14 1:00pm-2:55pm	*No session Oct 12* Adult - $58.50/13 sess Senior - $45.50/13 sess $5.40/Adult, $4.20/Senior +tax/drop-in if space
Tue 634098	Sep 8-Dec 15 8:00pm-9:55pm	*No session Oct 13* Adult - $63/14 sess Senior - $49/14 sess $5.40/Adult, $4.20/Senior +tax/drop-in if space
Wed 634101	Sep 9-Dec 16 1:00pm-2:55pm	*No session Sep 30, Oct 7, Nov 11* Adult - $54/12 sess Senior - $42/12 sess $5.40/Adult, $4.20/Senior +tax/drop-in if space

Pickleball — 19+yrs

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

19+yrs

Mon 634066	Sep 14-Dec 14 8:00pm-9:55pm	*No session Oct 12* Adult - $58.50/13 sess Senior - $45.50/13 sess $5.40/Adult, $4.20/Senior +tax/drop-in if space

55+yrs

Tue 634067	Sep 8-Dec 15 1:00pm-2:55pm	*No session Oct 13* $49/14 sess $4.20+tax/drop-in if space
Thu 634072	Sep 10-Dec 17 10:45am-12:40pm	$52.50/15 sess $4.20+tax/drop-in if space
Thu 634086	Sep 10-Dec 17 1:00pm-2:55pm	$52.50/15 sess $4.20+tax/drop-in if space

Sports

Beginners Jumpstart Tennis Program — 19-64yrs

Metro Vancouver Tennis

Note: Programs are held at Slocan Park Tennis Courts

Designed to provide a strong foundation in tennis for those new to the sport. This program is perfect for individuals who want to learn the fundamentals of tennis in a fun, supportive, and inclusive safe learning environment.

Tue Thu 637075	Sep 8-24 6:00pm-7:05pm	$192/6 sess

Basketball — 19+yrs

Enjoy recreational basketball.

Sun 634060	Sep 13-Dec 20 3:00pm-4:55pm	$67.50/15 sess $5.40+tax/drop-in if space
Wed 634056	Sep 9-Dec 16 8:00pm-9:55pm	No session Sep 30, Oct 7, Nov 11 $54/12 sess $5.40+tax/drop-in if space

Foamball Tennis — 55+yrs

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

Fri 634048	Sep 11-Dec 11 1:00pm-2:55pm	$29.96/14 sess $2.62+tax/drop-in if space
Tue 633420	Sep 8-Dec 15 10:45am-12:40pm	No session Oct 13 $29.96/14 sess $2.62+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 630681	Sep 8-Aug 31 11:00am-1:00pm	$9.05/year

Badminton Court Rentals — All Ages

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

Thu	8:00pm-9:55pm	Sep 10-Dec 17 $13.33/court
Sun	12:30pm-2:30pm	Sep 6-Dec 20 $13.33/court
	1:30pm-4:30pm	Sep 7, Oct 12, Nov 11 $13.33/court
Mon/Tue/Wed	9:30am-12:30pm	Dec 21-23 $13.33/court

Fitness Centre Hours of Operation

September 8-January 3

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

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

General Information



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

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

Fitness Centre Consultations 13+yrs

Consultations are available by appointment only. Please see a fitness centre staff or ask the front desk for more details.

Note: Par Q+ and consent & release forms required (available at the front desk).

Flexipass Membership & Admission Fees 13+yrs

Enjoy flexible and affordable recreation with our no contract all access pass. Purchase a monthly Flexi-pass at any Park Board fitness centre and receive unlimited access to our 15 fitness centres, 9 indoor pools and 8 ice rinks. For more information and locations, visit vancouverparks.ca

Admission Fees	Adult	Youth/Senior
Drop-in	$7.93	$5.55
10-visit pass	$71.37	$49.95
Monthly Flexipass	**Adult**	**Youth/Senior**
1 Month	$64.15	$44.91
3 Month	$173.21	$121.25
12 Month	$554.26	$387.98

All fees above subject to change without notice — Prices do not include tax



Fitness Centre Equipment

- Life Fitness Treadmills (4)
- Life FItness Upright Bike (1)
- Life FItness Recumbent Bike (2)
- Life FItness Cross Trainers (4)
- Matrix Stair Climber (1)
- Keiser Bike (1)
- Various Benches
- Various Free Weights (Dumbbells, Barbells)
- Leg Press
- Seated Leg Curl
- Pec Fly/Rear Deltoid
- Assisted Dip Chin
- Lat Pulldown
- Chest Press
- Row/Rear Deltoid
- Dual Adjudstable Pulley (2)
- Smith Machine (1)





Swimming Pool

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 8-January 3

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

Fitness Centre — September 8-January 3

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

Pool and Fitness Holiday and Special Hours

Wednesday September 30	1:00pm-5:00pm
Monday October 12	1:00pm-5:00pm
Wednesday November 11	1:00pm-5:00pm
Thursday December 24	9:00am-4:30pm
Friday December 25	11:00am-3:00pm
Thursday December 31	9:00am-4:30pm
Friday January 1	11:00am-3:00pm

Note: Hours are subject to change

Swimming Lesson Registration

Note: Swimming Lesson Registration begins on **Tuesday August 25 @ 7:00pm**

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

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

Vancouver Park Board Online Registration and Reservation System

How to Register Online:

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

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

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

Never registered online before?

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

Note: Call to inquire if there is space available or if more classes have been added.
Classes are subject to cancellation if minimum enrollment is not met

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 Lesiure 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.

Please note updated refund, suspension and expiry date policies as of Jan 1, 2026

1. Refund Eligibility

A refund shall be considered only where the Flexipass holder experiences a medical condition that renders them unable to utilize the Flexipass. Valid proof may be required.
The Flexipass must be active and unexpired at the time the refund request is submitted. Any approved refund shall be calculated effective the date on which the refund application is received, not retroactively.

2. Suspension (Account Freeze) for 12-Month Passes

Holders of a 12-month Flexipass are entitled to two (2) suspension period per Flexipass term, unless additional suspensions are expressly authorized by a Supervisor.
The suspension period shall be no less than two (2) consecutive weeks and no more than six (6) consecutive weeks, or for the duration of an extended planned facility closure, as applicable.
All suspension periods shall commence on the date the suspension request is submitted and must fall within the effective dates of the current membership term.

3. 10-Visit Pass Expiry

All 10-Visit Pass purchases will automatically expire after two (2) years

Flexipass Duration	Suspension (Account Freeze)	Refund
1 month	Not Permitted	Permitted (medical only)
3 month	Permitted (planned faciility closure only)	Permitted (medical only)
12 month	Permitted - 1 per flexipass term (or 2 for a planned facility closure)	Permitted (contact the office for details)

Swimming Lesson Refund Policy

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

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

Fall 2026 Swimming Lesson Information

Swimming Lesson Registration begins on: **Tuesday August 25 at 7:00pm**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Set 1	Sep 14-Dec 7 *12 lessons* *No lessons Oct 12*	Sep 8-Dec 8 *14 lessons*	Sep 9-Dec 9 *12 lessons* *No lessons Sep 30, Nov 11*	Sep 10-Dec 10 *14 lessons*	Sep 11-Dec 11 *14 lessons*	Sep 12-Dec 12 *13 lessons* *No lesson Oct 10*	Sep 13-Dec 13 *13 lessons* *No lesson Oct 11*

Swim Lesson Pricing

# of Lessons	Parent & Tot/ Preschool (30 mins)	Swimmer 1 to 2 (30 mins)	Swimmer 3-6 (40 mins)	Swimmer 7-9 (55 mins)		Adults (40 mins)	
				Child	Youth	Youth/Senior	Adult
12	$97.56	$79.44	$99.36	$158.88	$194.64	$121.68	$173.88
13	$105.69	$86.06	$107.64	$172.12	$210.86	$131.82	$188.37
14	$113.82	$92.68	$115.92	$185.36	$227.08	$141.96	$202.86

Note: All Lesson set fees posted before tax and will include a $4.30 badge fee

Vancouver Aquatics Academy

VANCOUVER Aquatics Academy



Private Lessons

All Ages

Private and Semi-Private Registration are now available online

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

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



Speciality Aquatics Courses

All Ages

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

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

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

Swimming Pool Schedule

September 8-January 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lengths 6:30am-10:00am	**Lengths** 6:30am-10:00am	**Lengths** 6:30am-10:00am	**Lengths** 6:30am-8:30am **Aquafit** (Shallow/Moderate) 8:45am-9:45am	**Lengths** 6:30am-10:00am	**Please Note:** Pool schedule is subject to change Stat Holidays hours on **p.22** Opens at 9am **Aquafit** (Shallow/Moderate) 9:15am-10:15am	**Lengths** 9:00am-10:15am
Public Swim 10:00am-3:30pm					**Group Lessons** 10:30am-2:30pm **Public Swim** 2:30pm-5:00pm	
Group Lessons 4:00pm-8:00pm						
Public Swim 8:00pm-9:30pm						



Session Descriptions

Public Swim (1-2 lanes for lengths)	Recreational swim for all ages. 1-2 lanes available for lengths swim.
Lengths (2-3 lanes available)	Continuous lengths swim for all ages. Lanes (25m) are designated for specific speeds.
Group Lessons (1 lane available)	Main pool is reserved for School Board or internal lesson programs and can include external rental groups during these times. Only 1 lane available for public length swimming.
Aquafit (Shallow/Moderate)	Aquafit (Moderate intensity) is a pre-registered program. The majority of aquafit spaces will be pre-registered with some spaces held for drop-in. To avoid disappointment we encourage participants to pre-register. **Pre-registration opens 3 days in advance and closes 30 minutes before the session starts. Drop-in starts 30 minutes prior to session start.**



Pool Admission Fees

all fees subject to change without notice — GST not included

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

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