

Hastings Community Centre and Templeton Park Pool

SUMMER 2023 RECREATION GUIDE



Registration begins...

- May 13 at 9 AM for Hastings Summer camps**
- June 10 at 9 AM for Hastings Summer programs**
- June 27 at 7 PM for VPB Swim Lessons**



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

HASTINGS COMMUNITY
CENTRE

HASTINGS SUMMER FUN!!!

FREE
EVENT

SUNDAY, JULY 9TH
11:00AM-2:00PM

GAMES, BBQ,
BOUNCY CASTLES,
LIVE ENTERTAINMENT
AND MUCH MORE!!

GRASSY AREA WEST OF
HASTINGS COMMUNITY CENTRE
BUILDING (BESIDE SPRAY PARK)

3096 EAST HASTINGS STREET



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Hastings Community Centre

3096 E. Hastings Street
 Vancouver, BC V5K 2A3
 P: 604.718.6222 F: 604.718.6226



Templeton Park Pool

700 Templeton Drive
 Vancouver, BC V5L 4N6
 604.718.6252

Hours of Operation

Hastings Community Centre

Monday to Thursday 9:00 AM - 9:45 PM
 Friday 9:00 AM - 4:45 PM
 Saturday 9:00 AM - 12:45 PM
 Sunday Closed
**Note: Front Office closes 15 minutes prior to the facility schedule.*

Holiday Hours

Canada Day (Observed)	July 3	Closed
B.C. Day	Aug 7	Closed
Labour Day	Sep 4	Closed
Annual Maintenance	Aug 27-Sep 3	Closed

Templeton Park Pool & Fitness Centre

Monday to Thursday 7:00 AM - 9:00 PM
 Friday 7:00 AM - 8:00 PM
 Saturday & Sunday 2:00 PM - 7:30 PM
**Note: Front Office closes 15 minutes prior to the facility schedule; no access to facility.*

Holiday Hours

Canada Day (Observed)	July 3	7:00 AM - 2:00 PM
B.C. Day	Aug 7	7:00 AM - 2:00 PM

Community Association Memberships

By registering for a program or event at Hastings Community Centre, you automatically receive a FREE membership to the Hastings Community Association.

Hastings Community Association

Incorporated as a non-profit society in 1934, the Hastings Community Association (HCA) works in partnership with the Vancouver Park Board to provide recreation, social, educational and cultural opportunities in the Hastings-Sunrise area. The HCA provides subsidies for low income users and financial support to community programs. Through its activities and committees, the Association ensures that the community is represented at the Centre, Templeton Park Pool and in local planning and development issues such as the redevelopment of Hastings Park. The HCA has about 100 volunteers, and members of the public are encouraged to become involved.

Hastings Association Board

President	<i>Jukka Vuorma</i>
1st VP	<i>Jason McGarry</i>
2nd VP	<i>Marta Filipski</i>
Treasurer	<i>Curtis Rowe</i>
Secretary	<i>Linda Foy</i>

Directors

Sherry Breshears, Richard Blanchard, Linda Dallow, Sarah Morreau, Ryan Moyer, Adam Russell, Shawna Sanderson

Donations

The Hastings Community Association is a registered charity #107470411 RR0001. Your donation of cash or required supplies or equipment to one of our programs or services will be gratefully accepted and an official receipt for income tax purposes will be given.

Parking Lot

The Centre operates a parking lot for activities at Hastings Park. Your parking dollars subsidize programs & activities offered by the Association.

Room Rentals

Rooms are available for social occasions, meetings, and indoor sports. Please see page 6 for more information.



The HCA is run by an elected volunteer board. They are your neighbours.

HCA Membership Info

Please note that by signing up for a program or event at the Hastings Community Centre, you automatically receive a FREE membership to the Hastings Community Association (HCA), a non-profit society and registered charity that jointly operates the Hastings Community Centre in cooperation with the Vancouver Park Board. HCA relies on memberships to obtain social service grants that subsidize children, youth and seniors programs at the community centre. Memberships last until the end of the year and entitle you to voting rights at HCA's Annual General Meeting. We encourage you to support the community by becoming a member. However, when registering online, if you do not wish to become a member of HCA, you may opt-out by checking the box.

Your HCA membership gives you a chance to vote at our annual general meeting (AGM). Come in or call 604.718.6222 to register for your membership.

President's message

Welcome to the Hastings Community Centre 2023 Summer Recreation Guide. I acknowledge that we are on the unceded territories of the Coast Salish Nation, the xʷməθkʷəy̓əm (Musqueam), sḵw̓xw̓7mesh (Squamish) and səliwətaʔ (Tsleil-Waututh).

I'm thrilled to announce that the Hastings Community Association held their first in-person Annual General Meeting since 2019 on April 19th. Honoured guests included Scott Jensen (Park Board Chair & liaison commissioner) and Rebecca Savory (PNE Manager, Communication & Community Engagement) who both gave updates on working with the new Hastings Community Association Board of Directors.

This summer's programming highlights include:

- The Family Enrichment Centre will be open Monday to Friday 9am-1pm for the month of July
- Mother Goose in the Park at Burrardview Park on Wednesdays
- A wide variety of weekly summer camps for all ages
- A new Ascenders Youth Camp for ages 15 to 18 years
- New pickleball programs at Pandora Park
- Tea Making in the Garden on Aug 24

Mark on your calendar this year's "Hastings Summer Fun" event being planned for Sunday, July 9!

To volunteer for the HCA Board/Committees please contact us: hastingscommunityassociation@gmail.com or phone 604-718-6232.

With respect,
Jukka Vuorma
President, Hastings Community Association

Additional info & Board Member Profiles available on www.Hastingscc.ca, then click on "About HCC"

Hastings Community Association Programs

at Hastings Community Centre & Templeton Park Pool

Register Online

Summer Day Camps Saturday, May 13 at 9:00 AM

Summer Programs Saturday, June 10 at 9:00 AM

Program Search:

- Visit vancouver.ca/hastingsrec
- Click on "Register for Activities"
- Search using our course names, course codes or available filters

Program Registration:

- Click "Sign In" or "Create an Account" to set up your profile and password before registration opens for Winter programs
- Select "Forgot Your Password" if a previous account you used is not working. Call 3-1-1 if your account needs to be reset.

Register In-Person

Summer Day Camps Saturday, May 13 at 9:00 AM

Summer Programs Saturday, June 10 at 9:00 AM

On-going registration begins at 9:15 AM with Visa, MasterCard, American Express, cash, cheque or Debit during office hours (see page 3).

Register By Phone

Summer Day Camps Saturday, May 13 at 10:00 AM

Summer Programs Saturday, June 10 at 10:00 AM

Ongoing phone-in registration is 30 minutes after regular opening hours.



Swim Lesson Registration

Summer Lesson Registration Tuesday, June 27 at 7:00 PM

Ongoing in-person and online. See page 30 for instructions.

Community Association Memberships

Please note that by signing up for a program or event at the Hastings Community Centre, you automatically receive a FREE membership to the Hastings Community Association (HCA), a non-profit society and registered charity that jointly operates the Hastings Community Centre in cooperation with the Vancouver Park Board. HCA relies on memberships to obtain social service grants that subsidize children, youth and seniors programs at the community centre. Memberships last until the end of the year and entitle you to voting rights at HCA's Annual General Meeting. We encourage you to support the community by becoming a member. However, when registering online, if you do not wish to become a member of HCA, you may opt-out by checking the box.

Payment

All programs, rentals and drop-in fees include taxes and must be paid at time of registration. Cash, Debit, Visa, MasterCard, AMEX, and cheques are accepted at both Hastings Community Centre & Templeton Park Pool. Please make cheques payable to the "City of Vancouver". There is a \$20 service fee on any returned cheques or declined credit card payments.

Registering Late

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

Cancellation

We reserve the right to cancel a program due to low enrollment and will attempt to notify you at least 48 hours prior to the start date.

Subsidy

For a member currently enrolled in the Leisure Access Program, you can apply for a reduction in fees of up to 50% off one program, per season, per person. Subsidies are not available for any HCA activity drop-ins, birthday party packages, private lessons or personal training. The Hastings Community Centre Association may be able to subsidize the costs of some programs, should you not qualify for the Leisure Access Program. Please contact the Recreation Programmer for more information. For summer day camp subsidies contact the Community Youth Worker or Day Camp Manager.

Refund Policy

Requests made more than 48 hours prior to start date will receive a full refund.

Requests made with less than 48 hours up to the first session will be charged a \$10 administration fee plus the cost of the first session. Requests made after the first session will receive a pro-rated refund based on the number of sessions passed and charged a \$10 admin fee.

Day Camps (including Specialized Camps - dance, education, etc)

Each refund request per camp week will be charged a \$10 administrative fee, regardless of when notice is given. No refunds will be issued with less than 10 working days notice (working days means Monday to Friday).

Licensed Preschool and Out of School Care

Withdrawals require a 30 day written notice.

Private Lessons

No refund after second class.

Workshops/One-Day Classes/Room Rentals

Refund requests with 10 days notice will receive a full refund.

A \$10 administrative fee will be charged for requests with less than 10 days notice.

Personal Information Protection

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



www.facebook.com/HastingsCommunityCentreAndTempletonParkPool

Hastings Community Centre has rooms for all kinds of social occasions, large or small. We also have a great gym space for indoor sports play and wonderful meeting facilities as well. Contact Brandon (Brandon.Semilla-Regan@vancouver.ca) to book your rental. *For Templeton Activity Room inquiries, call 604.718.6252, or email templetonparkpool@vancouver.ca

ROOM	ROOM CAPACITY		OPERATING HOURS \$ per hour	AFTER HOURS \$ per hour (includes staff fees)
	MAX	COMFORT		
LARGE GROUPS - Weddings, Birthdays, Receptions				
Gymnasium – 90'x66' Please note: Mandatory insurance required. Visit eventpolicy.ca	N/A	N/A	N/A	\$60.00 (2 hours minimum)
Auditorium – 41'x49'	100	60-80	\$50.00	\$75.00
Community Hall – 30'x42'	70	40-60	\$40.00	\$65.00
*Templeton Activity Room with kitchen – 27'x46'	80	40	\$35.00	\$65.00
MEETING ROOMS - Workshops, Seminars, Meetings				
James Cork	20-25	15	\$20.00	During Operational Hours Only See page 3.
Board Room	25	15	\$20.00	
Room 9 – 28'x30'	40	30	\$30.00	
Burrardview (<i>St. James Hospice</i>)	30	15	\$20.00	
DIGITAL EQUIPMENT - For Workshops, Seminars, Meetings				
LCD Projector (Projector screen included)				\$25.00



Auditorium



Hastings Community Hall



Gymnasium

Club Contacts and Programs

Contact clubs directly to confirm meeting dates.

Hasting Community Centre Club Contacts

Hastings Little League		www.HCLL.ca
Iaido	Ken Maneker	604.254.1267
Renfrew Kendo Club	Yoshiaki Taguchi	604.437.4378
Rockhounds	Paul	604.266.9184
		secretary.hcr@gmail.com
		www.hastingsrockhounds.com
TOPS - Take Off Pounds Sensibly		www.tops.org

Community Partners

Kiwassa Neighbourhood House	2425 Oxford Street, Vancouver, BC V5K 1M7	604.254.5401
Franklin Community School	250 S. Skeena Street, Vancouver, BC V5K 4N8	604.713.4709
Hastings Library	2674 E. Hastings Street, Vancouver, BC V5K 1Z6	604.665.3959
Frog Hollow Neighbourhood House	2131 Renfrew Street, Vancouver, BC V5M 4M5	604.251.1225
Hastings Community School	2625 Franklin Street, Vancouver, BC V5K 3W7	604.713.5268
Hastings North Business Improvement Assoc.	2160 E. Hastings Street, Vancouver, BC V5K 1Z6	604.251.2401
Hastings Sunrise Community Policing Centre	2620 E. Hastings St., Vancouver, BC V5K 1Z6	604.717.3584

PLAYGROUNDS Schedule (Jul 1-Sep 2)

NEW Now open on Statutory Holidays - July 1 & August 7

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PANDORA PARK	Playground Leaders 11:30 AM-5:30 PM					No Playground Leaders	
	Spray Park Open 10:00 AM - 7:00 PM						
CLINTON PARK	Playground Leaders 11:30 AM-7:30 PM	No Playground Leaders			Playground Leaders 11:30 AM-5:30 PM		
	Wading Pool Open 11:30AM-2:30PM	Wading Pool Closed			Wading Pool Open 11:30 AM-2:30 PM Wading pool to begin draining at 2:30 PM		
BURRARDVIEW PARK	No Playground Leaders		Playground Leaders 11:30 AM-5:30 PM	No Playground Leaders		Playground Leaders 11:30 AM-5:30 PM	
	Wading Pool Closed		Wading Pool Open 11:30AM-4:00PM	Wading Pool Closed		Wading Pool Open 11:30 AM-4:00 PM Wading pool to begin draining at 4:00 PM	
<i>Schedule subject to change, including rainy days.</i>							



SUMMER

VOLUNTEER OPPORTUNITY

3 CHOICES FOR PLAYGROUNDS

- PANDORA PARK
- CLINTON PARK
- BURRARDVIEW PARK

TJ.SHUKLA@VANCOUVER.CA

Hastings Community Preschool

Our program is a high quality, inclusive, community based preschool for children aged 3 to 5 years. Experienced Early Childhood Educators create learning opportunities in an environment which celebrates music, art, social development, physical activity and play. Children will have opportunities to explore nature and learn respect for the environment. The caring teachers provide support and resources for all children and their families.

Visit our **VIRTUAL TOUR** at hastingscc.com



Meet the Staff

Angela Pardek, Preschool Supervisor

Angela Pardek has worked as a Preschool Teacher at Hastings for over 25 years. Currently, she proudly leads the Preschool team as a Supervisor of the program. Angela's passion is working with the children and families of this community.

For more information about the Preschool and ongoing registration, please contact Angela at 604.718.6234 or e-mail angela.pardek@vancouver.ca.

Preschool staff: Adelaida Ancheta, Lorraine Foth, Simone Harrop, Connie Hsieh

Program Details

The following prices are for 2023-2024. Prices are subject to change.

Ages	# of days	Days of the week	Program Time	Monthly Fee
3/4 yrs	2 days	Tu/Th	9:15 AM-11:15 AM	\$156
3/4 yrs	3 days	M/W/F	9:15 AM-11:15 AM	\$210
3/4 yrs	5 days	M-F	9:15 AM-11:15 AM	\$300
3/4 yrs	3 days	Tu/W/Th	9:00 AM-12:00 PM	\$260
3/4 yrs	4 days	Tu-F	12:45 PM-3:00 PM	\$260

Hastings Community out of School Care

The HCA is proud to offer the Licensed Out of School Care (OSC) service to the community. The OSC provides a safe drop off and pick up for children enrolled at A.R. Lord and Hastings Elementary schools. The program provides a stimulating environment for participants to be engaged in activities in a positive atmosphere. The program incorporates community field trips and Community Centre extras (i.e. outdoor use) wherever possible. Should your child be enrolled in another program in the Centre, staff are able to walk your child to the class.

ENROLLMENT

Registration is ongoing.
Contact us to have your child(ren)'s name(s)
put on a waitlist.

CONTACT

Betty Sacco, OSC Supervisor
HastingsOSC@vancouver.ca
604.718.6236

Meet the Staff

Staff are experienced school age and ECE trained staff. They do a fantastic job of creating a stimulating, interactive and cooperative environment to complement your child's school day.

Janice Manfron, Childcare and Association Manager

Janice loves living and working in the diverse community of Hastings-Sunrise. She started teaching Preschool at Hastings in 1999 and assisted in licensing the new OSC program in 2014. Janice continues to support the licensed childcare and family programs. Should you require additional information, contact Janice at 604.718.6232 or janice.manfron@vancouver.ca.

Betty Sacco, OSC Supervisor

Betty is a long time community member and has been a staff member of the Out of School Care program since its inception. Betty's genuine love for children and their families make her an amazing asset to the program. If you require any information regarding the OSC, please contact Betty at 604.718.6236 or betty.sacco@vancouver.ca.

Program Hours and Fees

September 2023-June 2024

Before & After Care

7:30-9:00 AM & 3:00-6:00 PM

\$432/month



About Us...

Family Enrichment Centre is funded by the City of Vancouver and Hastings Community Association.

We offer welcoming and safe spaces open to parents and caregivers with children newborn to 5 years of age where families will have the opportunity to connect with other families and support each other within their community. Parents and caregivers will have the chance to build skills, network, and learn from each other while they engage with their children on site with the support of an Early Childhood Educator. With a wide variety of age appropriate activities that support your child's development our goal is to make families feel like it's their home away from home. Information on community resources and parenting support are also available. Please see below for details on all our programs..

Mary Andreola, Family Enrichment Centre Facilitator

Mary is the facilitator of the Family Enrichment Centre. Prior to accepting this role, Mary was a long term team member of the Hastings Community Centre Preschool. With a background in integration and Early Childhood Education, she looks forward to creating a space that is warm, kind caring and inclusive of all.

For more information about the Family Enrichment Centre, please contact Mary at 604.718.6233 or email mary.andreola2@vancouver.ca



Family Enrichment Centre - Newborn to 5 years
July 4-July 28

\$3/child or \$27/10-Visit Pass

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 AM-1:00 PM	9:00 AM-1:00 PM	9:00 AM-1:00 PM	9:00 AM-1:00 PM	9:00 AM-1:00 PM

Check out our monthly calendar for specific activities when you visit our drop in.
Activities and scheduling are subject to change without notice.

Closed in August. Re-opens September 7.

Parent & Tot Gym - 6 months to 5 years
 Closed for the summer

Childminding - 1 year to 5 years
 Closed for the summer



Dance

Little Ballerinas **TPP**

3-5 yrs | Endorphin Rush Dance And Fitness

Young ballerinas explore the fun and beauty of ballet while learning the basic techniques. They will love playing with their creative expression in this fun class. Children must be able to participate without a parent in the room. There will be a performance on the last day of class for friends and family. www.kirbySnelldance.com.

Sa	Jul 08-Aug 26	12:15 PM-1:00 PM
450741		\$96/8 sess
Sa	Jul 08-Aug 26	1:05 PM-1:50 PM
450742		\$96/8 sess

Hip Hop Breakers **TPP**

4-7 yrs | Endorphin Rush Dance And Fitness

This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats! Children must be able to participate without a parent in the room. We hope to have a showcase on the last day of class for families. www.kirbySnelldance.com

Sa	Jul 08-Aug 26	1:55 PM-2:40 PM
450740		\$96/8 sess

Education

Growing Kids

1-6 yrs | Lisa Patterson

Get your kids excited about the world of growing things! Join us in the garden to learn about plants, soil, seeds and insects through fun and engaging activities. We'll cover a different topic each week.

Caregivers must be present throughout the class. Meet in the garden (sessions will take place indoors or in the HCC Learning Garden).

M	Jul 10-Jul 31	10:00 AM-10:30 AM
461199		Free
M	Jul 10-Jul 31	11:00 AM-11:30 AM
461201		Free

Music



Adventures in Music

1-5 yrs | Jennifer Yamazaki

These classes have been specially designed using my background in music education and music therapy. Activities in these classes target the learning of musical concepts & musicianship and also incorporate reaching goals in all other domains of child development, such as Language/speech, Social, Emotional, Physical (fine and gross motor), cognitive, spiritual/creative. We'll sing songs, chant rhymes, play instruments together, and dance, while exploring a variety of musical concepts such as rhythm, solfege/pitch, tempo, dynamics, improv, etc. Best of all your child will learn many fun ways to express themselves through music!

Siblings may receive a 20% discount when registering by phone or in person (discount not available during online registration). Siblings under 1 year old attend free. Caregiver participation is required. Instructor will send out an email before the start of the first class, please be sure you have a current email on file. Drop-in \$16.

Th	Jul 13-Aug 17	9:15 AM-10:00 AM
450317		\$90/6 sess
Th	Jul 13-Aug 17	10:15 AM-11:00 AM
450318		\$90/6 sess



Adventures in Music for Babies

0-1 yrs | Jennifer Yamazaki

These classes have been specially designed using my background in music education and music therapy. Adventures In Music for Babies is a music class that encourages different ways for caregivers to engage with their baby through musical activities. Each activity incorporates reaching goals in other domains of child development, such as Language/speech, Social, Emotional, Physical (fine and gross motor), cognitive, spiritual/creative. We'll sing songs, chant rhymes, play instruments together, and dance. Best of all you and your child will learn many fun ways to bond with each other through music. Caregiver participation is required. Instructor will send out an email before the start of the first class, please be sure you have a current email on file. Drop-in \$11, space permitting.

Th	Jul 13-Aug 17	11:15 AM-11:45 AM
450319		\$60/6 sess
Th	Jul 13-Aug 17	12:00 PM-12:30 PM
450321		\$60/6 sess

Mother Goose In The Park

0-4 yrs | Jennifer Yamazaki

Join Jennifer for Mother Goose at Burrardview. Meet with old friends or make some new ones while learning and singing songs, rhymes, finger plays, lap bounces and more! Caregivers must accompany their children. Please note that this program takes place at Burrardview Park - 650 North Penticton Street. If it is raining, we will meet in the Community Room underneath the St. James Cottage Hospice (entrance is on the north side of the building, bottom floor). Pre-registration required.

Caregiver participation required & siblings welcome. Please note: Due to the popularity of this program and free cost, there is a limit of 1 class/child/season. Participants are expected to bring their own mats.

This class is registration only. Drop-ins will not be allowed. Check-in will begin 5 minutes prior to start time.

W	Jul 12-Aug 16	9:30 AM-10:15 AM
448739		Free
W	Jul 12-Aug 16	10:30 AM-11:15 AM
448738		Free

Courses marked **TPP** take place at
Templeton Park Pool

Sports

Sportball Outdoor Soccer

4-6 yrs | Sportball Vancouver

Kickstart your day! Sportball Outdoor Soccer programs introduce fundamental concepts of gameplay and teach the basic skills required to bend it like Beckham in a supportive, non-competitive environment. Coaches zero in on skills like throw-ins, dribbling, trapping and passing in fun, exciting, skill-focused games. Classes take place outdoors rain or shine on the grassy field west of Hastings Community Centre. Parents are required to remain on the field for children's safety.

W Jul 05-Aug 23 5:45 PM-6:45 PM
449301 \$128/8 sess

Sportball Outdoor T-Ball

3-5 yrs | Sportball Vancouver

Big League Fun! Sportball T-Ball introduces fundamental concepts of gameplay and teaches the basic skills required to play ball with confidence in a supportive, non-competitive environment. Coaches zero in on skills like throwing, catching, batting form, running bases and fielding in fun, exciting, skill-focused play. Classes take place outdoors rain or shine on the grassy field west of Hastings Community Centre. Parents are required to remain on the field for children's safety. Bringing a glove is recommended but not required. No class Aug 5.

Sa Jul 08-Aug 19 10:15 AM-11:15 AM
449298 \$96/6 sess



Sportball Parent & Tot Outdoor Soccer

2-3 yrs | Sportball Vancouver

Get a kick out of Sportball Parent & Child Outdoor Soccer programs! Participants are introduced to fundamental concepts of soccer and are provided the basic skills required to score with confidence in fun, exciting, skills-focused games. With the guidance and support of their Sportball Coach, parents and children zero in on soccer skills including: throw-ins, dribbling, trapping, passing, goalie skills and more. Children are challenged according to their individual skill level and Coaches help grownups understand proven teaching techniques that can be applied outside of Sportball classes. Classes take place outdoors rain or shine on the grassy field west of Hastings Community Centre. Parents are required to remain on the field for children's safety.

W Jul 05-Aug 23 5:00 PM-5:45 PM
449300 \$128/8 sess

Sportball Parent & Tot Outdoor T-Ball

2-3 yrs | Sportball Vancouver

Hit a home run with Sportball Parent & Child T-Ball programs! Participants are introduced to fundamental concepts of gameplay and are provided the basic skills required to play ball with confidence in fun, exciting, skills-focused games. With the guidance and support of their Sportball Coach, parents and children zero in on baseball skills including: throwing, catching, batting, running bases and fielding. Children are challenged according to their individual skill level and Coaches help grownups understand proven teaching techniques that can be applied outside of Sportball classes. Classes take place outdoors rain or shine on the grassy field west of Hastings Community Centre. Parents are required to remain on the field for children's safety. Bringing a glove is recommended but not required. No class Aug 5.

Sa Jul 08-Aug 19 9:30 AM-10:15 AM
449297 \$96/6 sess

Registration for all Summer Day Camp programs begin May 13 at 9 AM.

Little Ballerinas ^{TPP}

3-5 yrs | Endorphin Rush Dance And Fitness

Young ballerinas explore the fun and beauty of ballet while learning the basic techniques. They will love playing with their creative expression in this fun class. Children must be able to participate without a parent in the room. There will be a performance on the last day of class for friends and family. www.kirbySnelldance.com.

Tu W Th F	Jul 04-Jul 7	1:45 PM-3:00 PM
454102		\$79/4 sess
M Tu W Th F	Jul 10-Jul 14	10:45 AM-12:00 PM
454104		\$99/5 sess
M Tu W Th F	Jul 31-Aug 04	10:45 AM-12:00 PM
450781		\$99/5 sess
Tu W Th F	Aug 08-Aug 11	1:45 PM-3:00 PM
450789		\$79/4 sess
M Tu W Th F	Aug 21-Aug 25	10:45 AM-12:00 PM
450791		\$99/5 sess

Frozen Ballet Extravaganza

Camp ^{TPP}

3-5 yrs | Endorphin Rush Dance And Fitness

100% Frozen Soundtrack Music is played in this creative ballet class designed to ignite your dancers' imagination. No experience required as dancers learn the basics of ballet and expression through movement. Costumes are welcome, but not required. More info: www.kirbysnelldance.com

M Tu W Th F Jul 24-Jul 28 9:15 AM-10:30 AM
450756 \$99/5 sess

Frozen Ballet Extravaganza

Camp ^{TPP}

4-6 yrs | Endorphin Rush Dance And Fitness

100% Frozen Soundtrack Music is played in this creative ballet class designed to ignite your dancers' imagination. No experience required as dancers learn the basics of ballet and expression through movement. Costumes are welcome, but not required. More info: www.kirbysnelldance.com

M Tu W Th F Jul 24-Jul 28 10:45 AM-12:00 PM
450772 \$99/5 sess

Registration for all Summer Day Camp programs begin May 13 at 9 AM.

Hip Hop Breakers Camp TPP

3-5 yrs | Endorphin Rush Dance And Fitness

This non-stop action-packed class includes hip-hop, basic breakdancing, and dance games that will have your dancer moving to the beats. Dancers will improve coordination, musicality, expression, and learn a dynamic choreography. More info: www.kirbysnelldance.com

Tu W Th F	Jul 04-Jul 07	9:15 AM-10:30 AM	
454099			\$79/4 sess
M Tu W Th F	Jul 10-Jul 14	12:15 PM-1:30 PM	
454105			\$99/5 sess
Tu W Th F	Aug 08-Aug 11	9:15 AM-10:30 AM	
450773			\$79/4 sess
M Tu W Th F	Jul 31-Aug 04	12:15 PM-1:30 PM	
450786			\$99/5 sess
M Tu W Th F	Aug 21-Aug 25	12:15 PM-1:30 PM	
450792			\$99/5 sess

Encanto Mini Movers Dance Camp TPP

4-6 yrs | Endorphin Rush Dance And Fitness

Kids will salsa their way through this Encanto-themed camp: playing dance games, learning choreography, cultural references, and a few words in Spanish along the way! Kids will perform an upbeat dance for family and friends on the last day of camp! No experience required, all dancers welcome. More info: www.kirbysnelldance.com

M Tu W Th F	Jul 10-Jul 14	9:15 AM-10:30 AM	
454103			\$99/5 sess
M Tu W Th F	Jul 31-Aug 04	9:15 AM-10:30 AM	
450780			\$99/5 sess
M Tu W Th F	Aug 21-Aug 25	9:15 AM-10:30 AM	
450790			\$99/5 sess



Hip Hop Breakers Camp TPP

4-9 yrs | Endorphin Rush Dance And Fitness

This non-stop action-packed class includes hip-hop, basic breakdancing, and dance games that will have your dancer moving to the beats. Dancers will improve coordination, musicality, expression, and learn a dynamic choreography. More info: www.kirbysnelldance.com

4-6 yrs			
M Tu W Th F	Jul 24-Jul 28	12:15 PM-1:30 PM	
450785			\$99/5 sess
6-9 yrs			
Tu W Th F	Jul 04-Jul 07	10:45 AM-12:00 PM	
454100			\$79/4 sess
M Tu W Th F	Jul 10-Jul 14	1:45 PM-3:00 PM	
454106			\$99/5 sess
M Tu W Th F	Jul 24-Jul 28	1:45 PM-3:00 PM	
450774			\$99/5 sess
M Tu W Th F	Jul 31-Aug 04	1:45 PM-3:00 PM	
450784			\$99/5 sess
Tu W Th F	Aug 08-Aug 11	10:45 AM-12:00 PM	
450787			\$79/4 sess
M Tu W Th F	Aug 21-Aug 25	1:45 PM-3:00 PM	
450793			\$99/5 sess

Jazz/Ballet Camp TPP

4-7 yrs | Endorphin Rush Dance And Fitness

In this class children will learn a variety of ballet exercises as well as the basic fundamentals of jazz dance while developing their own creative expression. They will jump and turn with delight in this fun and high energy class. Children must be able to participate without parents in the room. More info: www.kirbysnelldance.com

Tu W Th F	Jul 04-Jul 07	12:15 PM-1:30 PM	
454101			\$79/4 sess
Tu W Th F	Aug 08-Aug 11	12:15 PM-1:30 PM	
450788			\$79/4 sess

NEW Anime/Manga Fashion Drawing Workshop

6-12 yrs | Young Rembrandts

If you love all things Manga and Fashion, sign up for this class. Join Young Rembrandts for a 5-day drawing workshop; we'll be drawing and coloring all things ANIME! Artists will learn to draw anime style fashion characters ranging from simple to elaborate? this is a great way to combine fashion designing skills and learn new manga tricks. Each day students will complete multiple pieces of artwork like manga hairstyles, school uniforms, fantasy costumes and more ARTastic drawings. Sign up today!

M Tu W Th F	Jul 24-Jul 28	12:45 PM-3:45 PM	
450273			\$175/5 sess

Bricks 4 Kidz - Brick Critters

5-10 yrs | Bricks 4 Kidz Vancouver

It's a zoo in here! Build various critters including buzzing bees, fluttering butterflies, and more. Using Bricks 4 Kidz® building instructions, campers use classic LEGO bricks, LEGO Technic, and electric motors to construct 1 - 3 projects per session. Campers will be given a break for an optional snack from home.

M Tu W Th F	Jul 04-Jul 07	9:30 AM-12:30 PM	
449374			\$176/4 sess
M Tu W Th F	Jul 04-Jul 07	1:00 PM-4:00 PM	
449375			\$176/4 sess

Bricks 4 Kidz - LEGO Arcade Adventures

5-10 yrs | Bricks 4 Kidz Vancouver

Revisit the time of 8-bit technology and interact with your favorite arcade and video game characters using LEGO. Using Bricks 4 Kidz® building instructions, campers use classic LEGO bricks, LEGO Technic, and electric motors to construct 1 - 3 projects per session. Campers will be given a break for an optional snack from home.

M Tu W Th F	Jul 31-Aug 04	9:30 AM-12:30 PM	
449379			\$220/5 sess
M Tu W Th F	Jul 31-Aug 04	1:00 PM-4:00 PM	
449380			\$220/5 sess

Courses marked TPP take place at **Templeton Park Pool**

Registration for all Summer Day Camp programs begin May 13 at 9 AM.

NEW Byte Camp - 2D Video Game Design

11-14 yrs | Byte Camp

Learn how to build a 2D game from the ground up using Godot, an awesome free software that uses a coding language similar to python. This is a coding camp, so be prepared to challenge yourself and learn some new skills. Time will be spent learning how to create advanced 2D vector artwork and animated character sprites to make your game look great. Some coding experience or Byte Camp's - Intro to Coding is recommended as a prerequisite.

M Tu W Th F Aug 14-Aug 18 9:15 AM-4:15 PM
449585 \$365/5 sess

NEW Byte Camp - Introduction to Coding

9-12 yrs | Byte Camp

Discover how much fun it is to build your own game! Students will be introduced to basic coding skills with easy to use drag-and-drop software, and get to use those skills to make their very own games. Students will also learn how to create their own 2D vector artwork to make characters and levels that are entirely their own. The final project is a game that you can access and play or proudly share with friends online.

M Tu W Th F Jul 10-Jul 14 9:15 AM-4:15 PM
449557 \$365/5 sess

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

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

Registration for Day Camp programs begins Saturday, May 13 at 9 AM and all other Summer programs on Saturday, June 10 at 9 AM.

Cartoon Adventures in Space

6-12 yrs | Young Rembrandts

Futuristic scenes of other worldly adventures highlight the spectacular drawings our students will produce. We will join our own colourful cast of cartoon characters, like Sketch the mouse, Shade the cat and Dave the elephant. Not only will our students learn how to illustrate science fiction-inspired characters and moments, but they will also strengthen their drawing and colouring skills. Get ready for five days of exciting, intergalactic imagery!

M Tu W Th F Jul 24-Jul 28 9:15 AM-12:15 PM
450270 \$175/5 sess

Character Creation: Anime/ Manga

6-12 yrs | Young Rembrandts

If you have Manga Mania, sign up for this class. Join Young Rembrandts for a 5-day drawing workshop; we'll be drawing and colouring all things ANIME! Artists will learn to draw their own anime style characters ranging from easy to challenging - this is a great way to perfect those skills and learn new manga tricks. Each day students will complete multiple pieces of artwork like customized faces, animals, sugoi action and more ARTastic drawings. Sign up today!

M Tu W Th F Jul 17-Jul 21 12:45 PM-3:45 PM
450266 \$175/5 sess

Fantasy Forest Drawing Workshop

6-12 yrs | Young Rembrandts

Magical, mythical, marvelous art is coming your way in this Young Rembrandts Drawing Workshop! Our workshop days will be filled with fun and creative thought as we explore deep in the Fantasy Forest. Students will tap into their imagination while learning to draw otherworldly creatures like fairies, trolls and a forest queen. Your child's talent will truly enchant you as they create beautiful scenery and new masterpieces every day. Register now to save your child's spot in this fanciful workshop focused on creativity and whimsy!

M Tu W Th F Jul 17-Jul 21 9:15 AM-12:15 PM
450261 \$175/5 sess

NEW EFK Camp: Jr. Engineering Club: FUNdamentals

4-5 yrs | Engineering For Kids Vancouver

"What is engineering?!. Welcome to Jr. Engineering Club: FUNdamentals! These lessons are designed to build foundational skills and confidence for students to accomplish these activities on their own. Students will build projects that float, fly, zoom, buzz and hopefully stand strong in this FUNdamentals course and we look forward to seeing what they can create!

Tu W Th F Aug 08-Aug 11 1:00 PM-2:00 PM
453072 \$80/4 sess
Tu W Th F Aug 08-Aug 11 2:15 PM-3:15 PM
453073 \$80/4 sess

NEW EFK Camp: Jr. Aerospace Engineering: Sky Riders

5-8 yrs | Engineering For Kids Vancouver

Fun and adventure will soar to new heights in this aerospace engineering camp. Students will discover the forces that make airplanes, helicopters, and rockets sophisticated flying machines. They will learn foundational concepts in aerospace engineering, such as propulsion, lift, thrust, and trajectory, while tackling exciting, hands-on engineering challenges using the EFK Engineering Design Process. When it comes to inspiring the next generation of engineers, the sky is the limit!

Tu W Th F Jul 04-Jul 07 9:15 AM-12:15 PM
452994 \$200/4 sess
M Tu W Th F Aug 14-Aug 18 9:15 AM-12:15 PM
453086 \$250/5 sess

NEW EFK Camp: Aerospace Engineering: Up Up and Away

9-14 yrs | Engineering For Kids Vancouver

Blast off for adventure in this exciting week of aerospace engineering! Students will learn about the forces of flight and the mechanical components of airplanes, rockets, helicopters, and landing gear. They will explore concepts such as inertia, propulsion, lift, thrust, drag, gravity, and trajectory. Students will apply the EFK Engineering Design Process as they soar through inspiring, hands-on engineering challenges. Join us for this fun-filled, high-flying adventure!

Tu W Th F Jul 04-Jul 07 12:45 PM-3:45 PM
452996 \$208/4 sess
M Tu W Th F Aug 14-Aug 18 12:45 PM-3:45 PM
453088 \$260/5 sess

Registration for all Summer Day Camp programs begin May 13 at 9 AM.

EFK Camp: Jr. Electrical Engineering Electrified

5-8 yrs | Engineering For Kids Vancouver

Get charged up for this exciting week of electrical engineering! In this camp you will explore a wide range of foundational concepts related to electricity, such as magnetism, static electricity, circuitry, and more. We will spark your imagination as you tackle electrifying, hands-on engineering challenges using our EFK Engineering Design Process. Explore, discover, illuminate!
M Tu W Th F Jul 10-Jul 14 9:15 AM-12:15 PM
452999 \$250/5 sess

EFK Camp: High Voltage Hijinks

9-14 yrs | Engineering For Kids Vancouver

Get powered-up for an energizing week of electrical engineering! In this camp you will learn how to generate power using electromagnets, electrical circuits, wind turbines, and solar panels. You will take on exciting, hands-on engineering challenges and put your creations to the test using the EFK Engineering Design Process. This is an illuminating experience you won't want to miss!
M Tu W Th F Jul 10-Jul 14 12:45 PM-3:45 PM
453004 \$260/5 sess

NEW EFK Camp: Jr. Civil Engineering: Fun Foundations

5-8 yrs | Engineering For Kids Vancouver

Get ready to raise the skyline as we learn all about the exciting field of civil engineering. This camp will teach students the foundations of civil engineering as they explore concepts, such as tension and compression, structurally strong geometric shapes, and the importance of a strong foundation and core. Each day students will use the EFK Engineering Design Process to take on captivating challenges that lay the groundwork for understanding the essential principles of structural design and construction. This camp is sure to tower above the rest and inspire the next generation of civil engineers.

M Tu W Th F Jul 24-Jul 28 9:15 AM-12:15 PM
453067 \$250/5 sess
M Tu W Th F Aug 21-Aug 25 9:15 AM-12:15 PM
453089 \$250/5 sess

NEW EFK Camp: Civil Engineering - Strategic Structures

9-14 yrs | Engineering For Kids Vancouver

Put on your hardhat and get ready to raise the roof with the fun and excitement of civil engineering. Learn how to engineer for the forces acting upon a structures such as bending, compression, torsion, and shear. They will learn that shape and materials selection are critical to the success of towers, bridges, and highways. Students will use the EFK Engineering Design Process to engage in captivating civil engineering challenges. This camp is sure to take your curiosity and skills to new heights.

M Tu W Th F Jul 24-Jul 28 12:45 PM-3:45 PM
453069 \$260/5 sess
M Tu W Th F Aug 21-Aug 25 12:45 PM-3:45 PM
453090 \$260/5 sess

EFK Camp: Jr. Inventor's Workshop

5-8 yrs | Engineering For Kids Vancouver

Unleash your imagination, as you invent a variety of mechanical gadgets! Become mechanical engineers as you learn to use gears and components to make machines move. Learn new concepts and engineering-related vocabulary using colourful picture books and by completing hands-on engineering challenges following EFK's Engineering Design Process. Become true inventors and leave camp with a take-home project that will inspire them to continue inventing long into the future.

M Tu W Th F Jul 31-Aug 04 9:15 AM-12:15 PM
453070 \$250/5 sess

EFK Camp: Master Machines

9-14 yrs | Engineering For Kids Vancouver

Gear up for an exciting week of mechanical engineering! Explore several of the mechanical forces that create movement in various machines. Students will work as mechanical engineers using EFK's Engineering Design Process to create exciting, hands-on projects that spin, cascade, launch, pivot, dig, and race. These projects will demonstrate concepts such as hydraulics, friction, velocity, aerodynamics, acceleration, and mechanical advantage.

M Tu W Th F Jul 31-Aug 04 12:45 PM-3:45 PM
453071 \$260/5 sess

NEW EFK Camp: Urban Innovations - Gridlock Blocks with Minecraft

8-14 yrs | Engineering For Kids Vancouver

Explore the theme of sustainable, innovative, and futuristic transportation systems that include public transportation, such as rails, busses, and taxis, as well as pedestrian and bicycle systems. Apply new, scientific understanding to design and create their very own city in Minecraft using the Engineering for Kids design process. On the last day, students will learn how to pitch their ideas and launch their designs to a larger audience to participate. Note: Laptops will be provided but it is strongly encouraged to purchase your child their own Minecraft Account (39.99 CA) at minecraft.net prior to start and to access our server. Children are reminded to behave respectfully and thoughtfully to each other in-game AND in real life!

Tu W Th F Aug 08-Aug 11 9:30 AM-12:30 PM
453080 \$208/4 sess

NEW EFK: After Camp Care

9-14 yrs | Engineering For Kids Vancouver

Children taking part in a EFK summer afternoon camp can register for After Camp Care for the same week. Activities may include free play, group games, mini-STEM projects, depending the group. Community Centre or EFK is not responsible for children not registered in our After Camp Care program and left unattended in the facility. Please pack additional snacks for your child's extended care and dress appropriately for the weather. On Friday please pick up your child at 4:30pm.

Tu W Th F Jul 04-Jul 06 3:45 PM-5:00 PM
Jul 07 3:45 PM-4:30 PM
453991 \$40/4 sess
M Tu W Th F Jul 10-Jul 13 3:45 PM-5:00 PM
Jul 14 3:45 PM-4:30 PM
453993 \$50/5 sess
M Tu W Th F Jul 24-Jul 27 3:45 PM-5:00 PM
Jul 28 3:45 PM-4:30 PM
453996 \$50/5 sess
M Tu W Th F Jul 31-Aug 03 3:45 PM-5:00 PM
Aug 04 3:45 PM-4:30 PM
454011 \$50/5 sess
M Tu W Th F Aug 14-Aug 17 3:45 PM-5:00 PM
Aug 18 3:45 PM-4:30 PM
454010 \$50/5 sess
M Tu W Th F Aug 21-Aug 24 3:45 PM-5:00 PM
Aug 25 3:45 PM-4:30 PM
454012 \$50/5 sess

Registration for all Summer | Day Camp programs begin May 13 at 9 AM.

Art and You Camp TPP

6-10 yrs | Kelly Jimenez

Children will participate in art activities for free flow of imagination, originality and unique expression through drawing, painting, movement and drama. Activities are designed to foster confidence and self-esteem. Materials fee is included. Dress for a mess! About the Instructor: Kelly Jimenez is an Expressive Arts Therapist, Visual Artist, Art Instructor and a children's book Author, providing children and adults with the means for creative freedom and connection with their imagination to facilitate self-expression, insight and transformation through art. You can learn more about Kelly and her work at www.kellyjimenez.art.

M Tu W Th F	Jul 17-Jul 21	10:00 AM-11:30 AM	
450614			\$155/5 sess
M Tu W Th F	Aug 14-Aug 18	10:00 AM-11:30 AM	
450615			\$155/5 sess

Make-A-Musical Day Camp

7-14 yrs | Vancouver Performing Stars

In this intensive create-a-musical full day camp, students will be immersed in the world of musical theatre. Sing, dance, act with our energetic instructors leading the way to create a mini production! Please pack a lunch, water bottle and craft supplies.

www.performingstars.ca.

M Tu W Th F	Jul 24-Jul 28	9:30 AM-3:30 PM	
449233			\$315/5 sess

Mindfulness & Movement for Kids Day Camp

6-11 yrs | The Yoga Buggy

Join Yoga Buggy for fun classes that incorporate music, movement, mindfulness activities, games, arts & crafts, storytelling and more. Yoga encourages attention span, self-regulation, body positivity, confidence, strength, flexibility, balance, resilience, and social emotional awareness. Come play with us! Please bring lunch, snacks and a water bottle.

6-7 yrs

M Tu W Th F	Jul 17-Jul 21	9:30 AM-3:30 PM	
449419			\$269/5 sess

8-11 yrs

Tu W Th F	Aug 08-Aug 11	9:30 AM-3:30 PM	
449425			\$215.20/4 sess

6-11 yrs

M Tu W Th F	Aug 21-Aug 25	9:30 AM-3:30 PM	
453391			\$269/5 sess



Young Moviemakers Camp

8-14 yrs | Young Moviemakers

Young Moviemakers is an award-winning acting and video production program for children and youth ages 8-14. Participants learn the importance of visual storytelling, scriptwriting, acting, editing and more, through the creation and production of a short film. With the help of our experienced film directors, participants work in groups to develop and produce their own film, which is then premiered in front of family, friends and the community.

Tu W Th F	Jul 04-Jul 07	9:15 AM-3:15 PM	
451501			\$360/4 sess
M Tu W Th F	Jul 10-Jul 14	9:15 AM-3:15 PM	
451502			\$450/5 sess
M Tu W Th F	Jul 17-Jul 21	9:15 AM-3:15 PM	
451503			\$450/5 sess
M Tu W Th F	Jul 24-Jul 28	9:15 AM-3:15 PM	
451504			\$450/5 sess

Sportball Multisport Camp

4-6 yrs | Sportball Vancouver

Sportball's action-packed camps introduce children to a variety of ball sports and waterplay games and activities PLUS snack time, stories, music, co-operative games and more! Camps may run indoors and outdoors, depending on the location and weather. Please pack a labelled water bottle and nut free snack for each day of the camp.

M Tu W Th F	Jul 10-Jul 14	10:30 AM-12:30 PM	
450146			\$135/5 sess
M Tu W Th F	Jul 24-Jul 28	1:30 PM-3:30 PM	
450148			\$135/5 sess
Tu W Th F	Aug 08-Aug 11	10:30 AM-12:30 PM	
450147			\$108/4 sess
M Tu W Th F	Aug 21-Aug 25	1:30 PM-3:30 PM	
450149			\$135/5 sess

Young Commander Chess – Novice/Beginner

6-12 yrs | Joe Soliven

As school academics in a game, playing chess and being smart are interconnected. There's a strong correlation between chess and academic achievement including math, spatial analysis and non-verbal reasoning ability. Joining in this Sherlock-Holmes-world of tactics and strategies, kids get trained in life-skills goal-setting: checkmate! What's more, chess provides a mental armor – 'commander' (leader) self-image – whereby kids can draw upon and develop a well-rounded discipline, amidst a friendly social setting where art meets science and math with fun. For anyone new or with limited knowledge of chess basics. Chess folder kit included.

M Tu W Th F	Jul 31-Aug 4	10:00 AM-12:00 PM	
453375			\$75/5 sess
M Tu W Th F	Aug 21-Aug 25	10:00 AM-11:30 AM	
453880			\$67.50/5 sess

Young Commander Chess – Intermediate

8-16 yrs | Joe Soliven

As school academics in a game, playing chess and being smart are interconnected. There's a strong correlation between chess and academic achievement including math, spatial analysis and non-verbal reasoning ability. Joining in this Sherlock-Holmes-world of tactics and strategies, kids get trained in life-skills goal-setting: checkmate! What's more, chess provides a mental armor – 'commander' (leader) self-image – whereby kids can draw upon and develop a well-rounded discipline, amidst a friendly social setting where art meets science and math with fun. For anyone with knowledge of chess tactics and strategies. Chess folder kit included.

M Tu W Th F	Aug 21-Aug 25	12:00 PM-1:30 PM	
453882			\$67.50/5 sess

Courses marked TPP take place at
Templeton Park Pool

Registration for all Summer Day Camp programs begin May 13 at 9 AM.

SUMMER DAY CAMPS						
Safari & Voyages An exciting summer program that includes arts & crafts, games, trips to local parks, and more! For Safari: Child must have completed Kindergarten/going into Grade 1 and turning 6 years old by December 31, 2023.		Youth Adventures An exciting day camp for the pre-teens to develop and grow their leadership skills! With a youth-driven focus, leaders will engage and partake in fun activities and initiatives in the local area.			Before/After Care Before & After Care is available only for participants registered in Day Camp Safari, Voyages, Youth Adventures.	
Week	Dates	Safari (6-7 yrs)	Voyages (8-10 yrs)	Youth (11-14 yrs)	Before (6-12 yrs)	After (6-12 yrs)
			9:00 AM-3:30 PM \$155/5 days, \$124/4 days* <i>Out-trips are subject to change</i>		8:00-9:00 AM \$25/5 days, \$20/4 days*	3:30-5:30 PM \$45/5 days, \$36/4 days*
1*	Tu W Th F Jul 04-Jul 07	452405 TBA	452413 TBA	452422 TBA	452430	452439
2	M Tu W Th F Jul 10-Jul 14	452406 TBA	452414 TBA	452423 BC Sports Hall of Fame	452431	452440
3	M Tu W Th F Jul 17-Jul 21	452407 Grouse Mountain	452415 Grouse Mountain	452424 Grouse Mountain	452432	452441
4	M Tu W Th F Jul 24-Jul 28	452408 Aquarium	452416 Aquarium	452425 Aquarium	452433	452442
5	M Tu W Th F Jul 31-Aug 04	452409 Kidtropolis	452417 Big Splash Waterpark	452426 Big Splash Waterpark	452434	452443
6*	Tu W Th F Aug 08-Aug 11	452410 Burnaby Village Museum	452418 Burnaby Village Museum	452427 Kayaking	452435	452444
7	M Tu W Th F Aug 14-Aug 18	452411 Science World	452419 Science World	452428 Science World	452436	452445
8	M Tu W Th F Aug 21-Aug 25	452412 Kerrisdale Play Palace	452420 Playland	452429 Playland	452437	452446

NEW Ascenders Youth Camp (14-18 yrs) - See Page 20



Brandon, Manager

Meet the Team!

Hey Hastings, I am super excited for another fun filled summer! All of our leaders this year are awesome – we are looking forward to all the amazing out-trips such as Science World and the Aquarium. We cant wait to reconnect with the campers; old faces and new faces. We are counting down the days until the first day of camp! Hope to see you soon!

Summer Camps Info

- Parent/guardian must complete a waiver form with medical information prior to the start of the week. Downloadable waivers and forms can be found at our website - <https://hastingscc.ca>
- Each child should bring a backpack with a lunch, snack, water bottle, sunscreen, jacket and hat each day. It is strongly recommended that an additional snack be packed for participants in After Care.
- Weekly schedules will be available at the front office at the end of June & are subject to change.

Refunds

Requests must be at least 10 working days prior to the first day of session a \$10 per week administrative fee per week will be applied at the time of refund regardless of when notice is given. Requests less than 10 working days prior are non-refundable. Working days mean Mon-Fri.



Helena, Senior Leader



Jeff, Senior Leader



Jake, Senior Leader

Education

Growing Kids

1-6 yrs | Lisa Patterson

Get your kids excited about the world of growing things! Join us in the garden to learn about plants, soil, seeds and insects through fun and engaging activities.

We'll cover a different topic each week.

Caregivers must be present throughout the class. Meet in the garden (sessions will take place indoors or in the HCC Learning Garden).

M	Jul 10-Jul 31	10:00 AM-10:30 AM	Free
461199			
M	Jul 10-Jul 31	11:00 AM-11:30 AM	Free
461201			



Martial Arts



Karate

5-17 yrs | Jan Stefanovic

Participants will learn the basics of Goju Ryu Karate Do: discipline, etiquette, flexibility, forms (kata), punches and kicks. This program is for children with little or no experience. Karate uniform \$42-\$52 depending on size. Must purchase Karate BC insurance for \$35 on karatebc.org by second class otherwise the participant cannot participate in the class. This class is skill-based and no contact. No class Aug 7.

MW	Jul 05-Aug 23	5:00 PM-6:00 PM	
460067			\$98/14 sess

Kendo Training by Renfrew Kendo Dojo

7-18 yrs | Renfrew Kendo Dojo Society

Practice the traditional Japanese martial art of Kendo. Kendo is not only a good physical activity, it also trains your mind. All ages and levels of experience welcome. Beginners only need a shinai (bamboo sword) to start practicing.

Tu	Jul 04-Aug 22	7:00 PM-8:00PM	
Thu	Jul 06-Aug 24	6:45 PM-7:45 PM	
460040			\$40/16 sess

Sports

Sportball Outdoor Soccer

4-9 yrs | Sportball Vancouver

Kickstart your day! Sportball Outdoor Soccer programs introduce fundamental concepts of gameplay and teach the basic skills required to bend it like Beckham in a supportive, non-competitive environment. Coaches zero in on skills like throw-ins, dribbling, trapping and passing in fun, exciting, skill-focused games. Classes take place outdoors rain or shine on the grassy field west of Hastings Community Centre. Parents are required to remain on the field for children's safety.

4-6 yrs

W	Jul 05-Aug 23	5:45 PM-6:45 PM	
449301			\$128/8 sess

6-9 yrs

W	Jul 05-Aug 23	6:45 PM-7:45 PM	
449302			\$128/8 sess



Youth Pickleball

13-18 yrs | Walt Woo

TBA

W	Jul 05-Aug 23	8:20 PM-9:50 PM	
462898			\$TBA

*Check out our Summer
Playgrounds Programs*

**Beat the heat and have fun
with the playground leaders
at one of our three parks!**

More information on page 7.

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

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

Registration for courses will begin Saturday, June 10 at 9 AM.

Music



Guitar/Ukulele - Private Lessons

6+ yrs | Nathaniel Caguiat

Study acoustic/electric guitar or ukulele with a patient and experienced teacher. These 30 minute lessons are for students of all levels, focusing on music that interests you and exploring topics in songwriting, improvisation, and harmony. Students provide their own instrument. Sorry, no refunds after the second class. Nathaniel is a 4th year Jazz Contemporary Guitar Major in the Bachelors of Applied Music Program at VCC. He is an upcoming recording guitarist and side-man for different bands in Vancouver. He also teaches Electric guitar, Acoustic Guitar, and Ukulele to all different ages and levels.

Tu	Jul 04-Aug 22	4:30 PM-5:00 PM
460298		\$160/8 sess
Tu	Jul 04-Aug 22	5:00 PM-5:30 PM
460299		\$160/8 sess
Tu	Jul 04-Aug 22	5:30 PM-6:00 PM
460300		\$160/8 sess
Tu	Jul 04-Aug 22	6:00 PM-6:30 PM
460301		\$160/8 sess
Tu	Jul 04-Aug 22	6:30 PM-7:00 PM
460302		\$160/8 sess
Tu	Jul 04-Aug 22	7:00 PM-7:30 PM
460303		\$160/8 sess
Tu	Jul 04-Aug 22	7:30 PM-8:00 PM
460304		\$160/8 sess

Piano - Private Lessons

5+ yrs | Xinlin Wang

A wonderful introduction to the world of piano playing and music. Lesson will focus on establishing a good musical foundation, such as rhythm, note reading, fingering and posture. We will go through both practical and general theory in these 30 minute private lessons. The aim of the class is to develop a better musical appreciation through piano, while encouraging students to explore their own musical interests, express themselves and be creative. Piano playing is a great way to develop good hand-eye coordination, while being a fun and stress free activity. Xinlin Wang is a music educator and pianist who has a love for teaching children. She is an experienced and dedicated educator and enjoys imparting the love of music to her students.

Sa	Jul 08-Aug 19	9:30 AM-10:00 AM
460060		\$161/7 sess
Sa	Jul 08-Aug 19	10:00 AM-10:30 AM
460061		\$161/7 sess
Sa	Jul 08-Aug 19	10:30 AM-11:00 AM
460062		\$161/7 sess
Sa	Jul 08-Aug 19	11:00 AM-11:30 AM
460063		\$161/7 sess
Sa	Jul 08-Aug 19	11:30 AM-12:00 PM
460064		\$161/7 sess
Sa	Jul 08-Aug 19	12:00 PM-12:30 PM
460065		\$161/7 sess
W	Jul 12-Aug 16	3:30 PM-4:00 PM
460051		\$138/6 sess
W	Jul 12-Aug 16	4:00 PM-4:30 PM
460052		\$138/6 sess
W	Jul 12-Aug 16	4:30 PM-5:00 PM
460053		\$138/6 sess
W	Jul 12-Aug 16	5:00 PM-5:30 PM
460054		\$138/6 sess
W	Jul 12-Aug 16	5:30 PM-6:00 PM
460055		\$138/6 sess
W	Jul 12-Aug 16	6:00 PM-6:30 PM
460056		\$138/6 sess
W	Jul 12-Aug 16	6:30 PM-7:00 PM
460057		\$138/6 sess
W	Jul 12-Aug 16	7:00 PM-7:30 PM
460058		\$138/6 sess

Piano - Private Lessons

5+ yrs | Simone Ren

Piano lessons are an excellent way for anyone to cultivate focus, creativity and commitment. Students will acquire skills in identifying and playing notes, rhythms and dynamics, all while having fun and gaining a sense of confidence as they learn to play new pieces. Simone is an active pianist, organist and composer in Vancouver and the greater Vancouver area working as both a performer and teacher. Simone enjoys working with students at all levels of experience to create a positive and inspiring connection with music! Additional cost for books to be purchased. No make ups for missed lessons and no refunds after the second class.

Th	Jul 06-Aug 24	4:00 PM-4:30 PM
460849		\$192/8 sess
Th	Jul 06-Aug 24	4:30 PM-5:00 PM
460850		\$192/8 sess
Th	Jul 06-Aug 24	5:00 PM-5:30 PM
460851		\$192/8 sess
Th	Jul 06-Aug 24	5:30 PM-6:00 PM
460852		\$192/8 sess
Th	Jul 06-Aug 24	6:00 PM-6:30 PM
460854		\$192/8 sess
Th	Jul 06-Aug 24	6:30 PM-7:00 PM
460855		\$192/8 sess
Th	Jul 06-Aug 24	7:00 PM-7:30 PM
460856		\$192/8 sess
Th	Jul 06-Aug 24	7:30 PM-8:00 PM
460857		\$192/8 sess
F	Jul 07-Aug 25	12:30 PM-1:00 PM
460858		\$192/8 sess
F	Jul 07-Aug 25	1:00 PM-5:00 PM
460859		\$192/8 sess
F	Jul 07-Aug 25	1:30 PM-2:00 PM
460860		\$192/8 sess
F	Jul 07-Aug 25	2:00 PM-2:30 PM
460861		\$192/8 sess
F	Jul 07-Aug 25	2:30 PM-3:00 PM
460862		\$192/8 sess
F	Jul 07-Aug 25	3:00 PM-3:30 PM
460863		\$192/8 sess
F	Jul 07-Aug 25	3:30 PM-4:00 PM
460864		\$192/8 sess
F	Jul 07-Aug 25	4:00 PM-4:30 PM
460865		\$192/8 sess

Teens (13-18 yrs)

Contact Carmen, Community Youth Worker



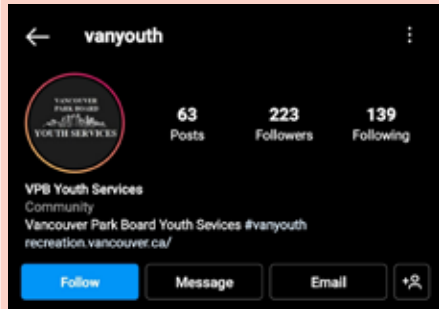
Carmen.Chen@vancouver.ca

604.718.6230

@HastingsYouth

Follow or DM Carmen on IG for any volunteering opportunities and youth initiatives.

Community Youth



Development at Hastings CC

Youth Services at Hastings CC are a partnership between the Vancouver Board of Parks and Recreation and the Hastings Community Association.

Youth programs reflect the principles of CYD in the City of Vancouver: accessible, collaborative, and inclusive. Youth are respected, supported and involved in program planning, implementation and decision-making.

Community Youth Development at Hastings CC

Youth Services at Hastings CC is a partnership between the Vancouver Board of Parks and Recreation and the Hastings Community Association.

Youth programs reflect the principles of CYD in the City of Vancouver: accessible, collaborative, and inclusive. Youth are respected, supported and involved in program planning, implementation and decision-making.

Volunteering Opportunities

Special events at the Community Centre are supported by a lot of volunteers. Volunteers are able to gain valuable work experience, build relationships with the Youth Worker and event staff and meet other youth. Some of these opportunities include:

- Summer Carnivals (Sunday, July 9)
 - Summer Day Camps/Playgrounds
- Please contact the Youth Worker for more info or to sign up. 604.718.6230

NEW Ascenders Youth Camp

14-18 yrs | Youth Leaders

ASCENDERS YOUTH CAMP! Join us for an exciting summer program to connect with other youth across the city and take part in some summer fun with hikes to Grouse Mountain and activities such as Sea Kayaking, WildPlay Ropes Course and much more! This program is to promote youth outdoor recreations as participants will meet on Tuesday, Wednesday, and Thursday to take part in fun outdoor activities with youth leaders.

Tu W Th	Jul 04-Jul 06	9:30 AM-3:30 PM
461281		\$75/3 sess
Tu W Th	Jul 11-Jul 13	9:30 AM-3:30 PM
461282		\$75/3 sess
Tu W Th	Jul 18-Jul 20	9:30 AM-3:30 PM
461283		\$75/3 sess
Tu W Th	Jul 25-Jul 27	9:30 AM-3:30 PM
461284		\$75/3 sess
Tu W Th	Aug 08-Aug 10	9:30 AM-3:30 PM
461286		\$75/3 sess
Tu W Th	Aug 15-Aug 17	9:30 AM-3:30 PM
461287		\$75/3 sess
Tu W Th	Aug 15-Aug 17	9:30 AM-3:30 PM
461288		\$75/3 sess



Summer Volunteering - Orientation on June 22 at 3:30pm

Hastings Community Centre summer programs depend on volunteers to make every summer fun, safe & exciting! Volunteers are able to gain valuable work experience and build relationships with staff and participants, while having a lot of fun!

Aerobics

Mild & Total Fitness

19+ yrs | Nargis Jaffer

Beginner level class designed for older adults which includes warm up, cardio, strengthening, weights and bands, floor work and stretching. Drop-in, purchase a 10-visit pass or three month pass. No class on July 24 & Aug 7.

M Jul 10-Aug 21 10:30 AM-11:25 AM

Step

19+ yrs | Sharon Chan

All Fitness Levels - For participants who want a moderate cardio workout. Newcomers welcome. Choreographed patterns followed by strength training with weights and tubing. Drop-in, purchase a 10-visit pass or three month pass. No class on statutory holidays.

Tu Th Jul 04-Aug 24 5:30 PM-6:30 PM
W Jul 05-Aug 23 9:15 AM-10:15 AM

Step & Sculpt

19+ yrs | Sharon Chan

For moderately fit individuals who want to increase their muscular endurance as well as challenge their cardiovascular system. Cardio is alternated with strength training. Drop-in, purchase a 10-visit pass or three month pass. No class on statutory holidays.

M Jul 10-Aug 21 9:15 AM-10:15 AM
W Jul 05-Aug 23 5:30 PM-6:30 PM

Aerobics Fees

Adult	19-59 years	60+ years
Drop-In	\$5.00	\$2.50
10 Visit Pass	\$45.00	\$22.50
Three Month Pass	\$87.81	\$43.90
<i>Prices listed do not include GST.</i>		

Aerobics Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
MORNING	Step & Sculpt 9:15-10:15 AM Sharon Mild & Total Fitness 10:30-11:25 AM Nargis		Step 9:15-10:15 AM Sharon	<i>No aerobic pass extensions for cancelled classes.</i>
EVENING		Step 5:30-6:30 PM Sharon	Step & Sculpt 5:30-6:30 PM Sharon	Step 5:30-6:30 PM Sharon

Dance

Ballroom Dance - Advanced Line Figures in Waltz and Tango

19+ yrs | Faye Hung

Learn how to use body movement to create a more dynamic Waltz and Tango. This is an advanced class (Gold level and above). A minimum of 2 years of dancing experience is required. Partner preferred. Drop-in \$14, space permitting.

W Jul 05-Jul 26 7:30 PM-8:30 PM
460029 \$45/4 sess

Ballroom Dance - Beginner/ Bronze Jive

19+ yrs | Faye Hung

Come learn the basics of ballroom dancing. Enjoy social company while learning to dance. No partner is required. No prior dancing experience is required. Drop-in \$14, space permitting.

W Jul 05-Jul 26 6:30 PM-7:30 PM
460028 \$45/4 sess

Ballroom Dance - Intermediate Jive

19+ yrs | Faye Hung

Expand your technical knowledge of your ballroom dancing with these Open Silver routines. A minimum of 2 years of dancing experience is preferred. Partner preferred. Drop-in \$14, space permitting.

W Jul 05-Jul 26 8:30 PM-9:30 PM
460030 \$45/4 sess

Contemporary Line Dance w/ Irene

19+ yrs | Irene Loo

This modern line dance class incorporates contemporary music and dance steps including Cha Cha, Tango, Rumba, Waltz, Mambo, Salsa, Cumbia, Hustle, Twist, Disco, Jitterbug and Electric Slide. Drop-in \$5, if space permits. No class July 26 and Aug 7.

W Jul 05-Aug 16 11:00 AM-12:30 PM
449245 \$21/6 sess
M Jul 10-Aug 21 7:30 PM-9:00 PM
460999 \$21/6 sess

Fitness

Osteofit

19+ yrs | Berdjis Bahrami

This is an exercise program designed specifically for people with osteoporosis who are at an increased risk for fracture. Beginners are welcome. Drop-in \$7, space permitting. No class July 28.

F Jul 07-Aug 18 12:00 PM-1:00 PM
459959 \$36/6 sess

Zumba®

19+ yrs | Zumba Vancouver

ZUMBA® fuses Latin rhythms and easy to follow moves to create a dynamic workout system designed for everyone at any fitness level. Using fitness principles of interval and resistance training to maximize caloric output, fat burning, and total body toning. It combines Salsa, Cumbia, Merengue, and more giving you a feel-happy workout that is great for both the body and the mind. www.zumbavancouver.ca. Drop-in \$14, space permitting.

Tu Jul 04-Jul 25 6:45 PM-7:45 PM
449275 \$50/4 sess

Please note: Adult & Older Adult programs are subject to GST.

Martial Arts

Iaido

19+ yrs | Shin Ken Kai

Iaido is the traditional use of the Japanese sword. The techniques help focus and develop your body, mind, and spirit. The practice will improve your flexibility and situational awareness. We train in two koryu (old schools) both of which are over 400 years old. Our practice includes traditional individual as well as two person Kenjutsu forms. Drop-in \$10, if space permits.

W	Jul 05-Aug 23	6:15 PM-8:15 PM
460031		\$50/8 sess
Sa	Jul 08-Aug 26	9:15 AM-11:15 AM
460032		\$50/8 sess

Karate/Self-Defense

19+ yrs | Jan Stefanovic

Karate is a high-aerobic activity that utilizes virtually every muscle in your body. Your endurance, muscle tone, flexibility and your overall strength will improve quickly. Karate training with Ippon Goju Ryu Karate Club is not only effective regarding self-defense, but it will rapidly transform your whole body as well. Imagine how powerful a one-hour training session with non-stop punching, kicking, blocking, dodging and moving can be. Karate uniform \$42-\$52 depending on size. Must purchase Karate BC insurance for \$35 on karatebc.org by second class otherwise the participant cannot participate in the class. This class is skill-based and no contact. No class Aug 7.

MW	Jul 05-Aug 23	6:15 PM-7:15 PM
460070		\$98/14 sess

Kendo Training by Renfrew Kendo Dojo

19+ yrs | Renfrew Kendo Dojo Society

Practice the traditional Japanese martial art of Kendo. Kendo is not only a good physical activity, it also trains your mind. All ages and levels of experience welcome. Beginners only need a shinai (bamboo sword) to start practicing.

Tu	Jul 04-Aug 22	8:00 PM-9:00 PM
Th	Jul 06-Aug 24	8:00 PM-9:00 PM
460041		\$80/16 sess



Dance / Fitness / Martial Arts / Yoga Schedule

Please see program description for exact dates and times. Program may be cancelled due to low enrolment.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAYTIME			Contemporary Line Dance with Irene 11:00 AM-12:30 PM		Osteofit 12:00-1:00 PM
	Line Dance with Karen 50+ yrs 1:30-3:00 PM				Ballroom Social Dance 50+ yrs 1:30-3:30 PM
EVENING		Iyengar Yoga (Mix Lvl) 6:30-8:00 PM	Iaido 6:15-8:15 PM		
	Karate/Self-Defense 6:15-7:15 PM		Karate/Self-Defense 6:15-7:15 PM		
		Zumba® 6:45-7:45 PM	Ballroom Dance - Beginners 6:30-7:30 PM		
	TPP Tai Chi 7:00 - 9:00 PM	Kendo 8:00-9:00 PM	TPP Tai Chi 7:00 - 9:00 PM	Kendo 8:00-9:00 PM	
	Contemporary Line Dance 7:30-9:00 PM		Ballroom Dance - Advanced 7:30-8:30 PM		
			Ballroom Dance - Intermediate 8:30-9:30 PM		

Tai Chi TPP**16+ yrs | Guy Tomash**

Yang style Tai Chi is known for its benefits of health, meditation and self-defense. This is an ongoing class which teaches the traditional 108 movement long form, stresses correct body posturing and whole body movement. Drop-in \$12, space permitting.

MW 7:20 PM-9:20 PM
\$80/8 sess

450617 Jul 5-Jul 31

450619 Aug 2-Aug 30

Self Defense for Women by Wenlido WEST**14+ yrs | Jennifer Kirkey**

Wenlido is a practical personal safety program designed to help women and girls learn (and remember) basic self defense. It combines discussions with hands on practice. This is a great follow-up program to the various one-time workshops available locally. It will give students the chance to go deeper into the techniques so, should the need arise, they are more likely to remember how to respond. We learn effective releases from different grabs and choking holds, how to target vulnerable areas of the attacker's body, how to respond to weapons and how to escape from being pinned on the ground. Mother-daughter groups encouraged to attend together, (age 14+). No experience necessary.

Tu Jul 04-Jul 25 6:15 PM-7:45 PM
460170 \$60/4 sess

Yoga**Iyengar Yoga - Mixed Level****16+ yrs | Bridget Donald**

This yoga course will review all basics and go deeper. Iyengar yoga adapts to your personal needs, regardless of your age or state of health. In this class, you'll increase your flexibility, strength and body awareness. Drop-in \$20, space permitting, with instructor approval.

Tu Jul 04-Aug 22 6:30 PM-8:00 PM
460088 \$136/8 sess

Sports

Please note: Spots will be held for registered participants for the first 15 minutes; after this time, spots will be sold to drop-in players.

In the event that you are unable to attend any particular session, your registered spot is non-transferable. Please call us if you are unable to attend your registered session at 604-718-6222. Drop-in waitlist starts 30 minutes prior to the activity start time on the day of (in-person only, phone calls not accepted).

Badminton**19+ yrs | Non Instructional**

Doubles play only. Register for the entire set and guarantee your spot each week. Maximum combined drop-in and registration is 20 players. Drop-in \$4.25, space permitting.

Tu Jul 04-Aug 22 8:00 PM-9:45 PM
460576 \$30/8 sess

Basketball: Full Court**19+ yrs | Non Instructional**

Register to be guaranteed a spot every week. Maximum combined drop-in and registration is 15 players for 3 teams of 5 playing full court. Drop-in \$4.25, space permitting.

Th Jul 06-Aug 24 8:00 PM-9:45 PM
460577 \$30/8 sess

Indoor Soccer**19+ yrs | Non Instructional**

Register to be guaranteed a spot every week. Maximum combined drop-in and registration is 15. Drop-in \$4.25, space permitting. No session Aug 7.

M Jul 10-Aug 21 8:00 PM-9:45 PM
460570 \$22.50/6 sess

Pickleball - Beginner Play**19+ yrs | Non Instructional**

Get active on the court with Pickleball. This sport combines elements of badminton, tennis and table tennis. It is a fun and easy to learn sport which will have you coming back for more! Maximum of 20 players. Drop-in \$4.25, space permitting. No session Aug 7.

M Jul 10-Aug 21 6:15 PM-7:45 PM
460847 \$22.50/6 sess

Badminton Court Reservations**19+ yrs | Non Instructional**

Come and play badminton with family or friends during this 45 minute court reservation. Book a court for the season, bring your racquet, birdie and have a great time. Courts not booked in advance can be used on a drop-in basis (\$10/court). Courts are numbered 4-1 starting from the gym entrance. Court #4 held for drop-in.

Badminton Court Reservations 1a

Sa Jul 08-Aug 26 9:30 AM-10:15 AM
460095 \$72/8 sess

Badminton Court Reservation 1b

Sa Jul 08-Aug 26 10:15 AM-11:00 AM
460096 \$72/8 sess

Badminton Court Reservation 1c

Sa Jul 08-Aug 26 11:00 AM-11:45 AM
460097 \$72/8 sess

Badminton Court Reservation 1d

Sa Jul 08-Aug 26 11:45 AM-12:30 PM
460098 \$72/8 sess

Badminton Court Reservation 2a

Sa Jul 08-Aug 26 9:30 AM-10:15 AM
460099 \$72/8 sess

Badminton Court Reservation 2b

Sa Jul 08-Aug 26 10:15 AM-11:00 AM
460100 \$72/8 sess

Badminton Court Reservation 2c

Sa Jul 08-Aug 26 11:00 AM-11:45 AM
460101 \$72/8 sess

Badminton Court Reservation 2d

Sa Jul 08-Aug 26 11:45 AM-12:30 PM
460102 \$72/8 sess

Badminton Court Reservation 3a

Sa Jul 08-Aug 26 9:30 AM-10:15 AM
460103 \$72/8 sess

Badminton Court Reservation 3b

Sa Jul 08-Aug 26 10:15 AM-11:00 AM
460104 \$72/8 sess

Badminton Court Reservation 3c

Sa Jul 08-Aug 26 11:00 AM-11:45 AM
460105 \$72/8 sess

Badminton Court Reservation 3d

Sa Jul 08-Aug 26 11:45 AM-12:30 PM
460106 \$72/8 sess

Table Tennis**19+ yrs | Non Instructional**

Everyone is welcome! This is a great way to socialize and keep active. Sign up and play some quality table tennis. This is a registered program. Sorry no drop-ins. No session Jul 25.

Tu Jul 04-Aug 22 9:00 AM-12:00 PM
460995 \$15.75/7 sess

Courses marked TPP take place at
Templeton Park Pool

Gym Sports Schedule

MON	TUE	WED	THURS	FRI	SAT
Pickleball - Beginner Play 6:15 PM-7:45 PM				<i>Registration for Gym Sports starts June 10 at 9 AM.</i>	
Indoor Soccer 8:00 PM-9:45 PM	Badminton 8:00 PM-9:45 PM	Indoor Pickleball Lessons 6:45 PM-8:00 PM	Basketball 8:00 PM-9:45 PM		

Youth Pickleball

13-18 yrs | Walt Woo

TBA

W Jul 05-Aug 23 8:20 PM-9:50 PM
462898 \$TBA

Intermediate Pickleball

19+ yrs | Walt Woo

TBA

We Jul 05-Aug 23 6:45 PM-8:00 PM
462897 \$TBA

OUTDOOR COMPLETE INSTRUCTIONAL - DESIGNATED PICKLEBALL AT PANDORA PARK

Pandora Cup

19+ yrs | Walt Woo

You won't want to miss this! The Pandora Cup is an outdoor TEAM pickleball event to take place at Pandora Park!

- You will learn about the structure of Team Pickleball
- Learn how to score in Team Pickleball
- Face off against one other team to earn points towards the final team show down
- Compete for best team, MVP and best team swag & spirit

Team construction

- Form your own teams of 4 or join teams
- Room for a total of 6 teams of 4 players per team
- Max 2 men per team
- Each team member must register
- Weekly substitutions allowed (substitutions must be within skill rating and must not exceed the number of men per team limit)
- Please email your teams to waltwoo@gmail.com

Bring your paddles! Court reservations have been taken care of and balls will be provided. Any questions, please reach out to waltwoo@gmail.com

Suitable for newer players that are comfortable with the rules and scoring of pickleball

Level 2.5-3.0

- Up to level 3.0 pickleball rating
- Suitable for those having participated in Learn to Play Pickleball 1/2 through HCC

Level 3.0-3.5

- Up to level 3.5 pickleball rating
- Suitable for those having participated in Learn to Play Pickleball 1/2 through HCC

	Tu	Jul 04-Aug 22		
Level 2.5 – 3.0	4:00 PM-6:00 PM		462505	
Level 3.0 – 3.5	6:05 PM-8:05 PM		462506	



Please note: Adult & Older Adult programs are subject to GST.

Food & Garden Programs



Look forward to Community Work Days, In-Garden Workshops, Garden to Table Cooking Workshops, and more!

Check out our Facebook Page at Hastings Community Centre Food & Garden Programs for up to date information! Email seasonsoffoodhcc@gmail.com to join our Mailing List!

Seasons of Food

- A collection of hands-on cooking and nutrition workshops for all ages, facilitated by community food and nutrition experts
- Varying prices

Hastings Community Learning Garden

- A community garden space in which fruits, vegetables, and herbs are grown and used within programming at the Community Centre
- Community Work Days and various workshops take place regularly from March through November

Comments, questions, or concerns can be directed to the Food & Garden Coordinator at seasonsoffoodhcc@gmail.com.

Growing Kids

1-6 yrs | Lisa Patterson

Get your kids excited about the world of growing things! Join us in the garden to learn about plants, soil, seeds and insects through fun and engaging activities. We'll cover a different topic each week. Caregivers must be present throughout the class. Meet in the garden (sessions will take place indoors or in the HCC Learning Garden).

M	Jul 10-Jul 31	10:00 AM-10:30 AM	Free
461199			
M	Jul 10-Jul 31	11:00 AM-11:30 AM	Free
461201			



Garden Volunteer Day

19+ yrs | Lisa Patterson

Come meet other people in your community by working on an outdoor project in our Community Garden. Enjoy the sunshine and bring your enthusiasm to this small outdoor gardening gathering.

Sa	Jul 15	11:00 AM-1:00 PM	Free
461197			

Gardening Corner

19+ yrs | Lisa Patterson

Are you interested in gardening and natural food preparation, but not sure where to start? Join us in the garden to learn about nutrition, plants, soil, seeds and insects through fun and engaging activities. We'll cover a different topic each week. Increase your knowledge and become comfortable working in your own kitchen and garden. We will meet indoors in case of bad weather.

W	Jul 5-Jul 26	11:00 AM-12:00 PM	Free
461194			

Wild Herb Tea Making

19+ yrs | Lisa Patterson

How do we show love for the plants growing in our gardens, yards and urban areas? Would you like to learn how to make tea from the plants growing in your community garden? Do you know that many plants that can be used to make teas and tisanes can be grown in pots on a patio, an apartment balcony or even in a sunny window? Share some time - in the garden - with Laura Cisneros, learning from the plants, co-creating tea blends, and enhancing our creativity in community.

Th	Aug 24	10:30 AM-12:00 PM	Free
461203			

Dance

Line Dance with Karen

50+ yrs | Karen Lin

Come join Karen Lin and have fun learning the latest dance steps in this energetic recreational class. No need for a partner all ability levels are welcome. Join this high spirited class and enjoy the social, fitness, and health benefits. Drop-in \$2.25, if space permits. No session on Aug 7

M	Jul 03-Aug 21	11:00 AM-12:30 PM	\$14/7 sess
462896			

Fitness

Mild & Total Fitness

19+ yrs | Nargis Jaffer

Beginner level class designed for older adults which includes warm up, cardio, strengthening, weights and bands, floor work and stretching. Drop-in, purchase a 10-visit pass or three month pass. No class on July 24 & Aug 7.

M	Jul 10-Aug 21	10:30 AM-11:25 AM	
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Osteofit

19+ yrs | Berdjis Bahrami

This is an exercise program designed specifically for people with osteoporosis who are at an increased risk for fracture. Beginners are welcome. Drop-in \$7, space permitting. No class July 28.

F	Jul 07-Aug 18	12:00 PM-1:00 PM	\$36/6 sess
459959			

Social

Chinese Seniors Social Karaoke

50+ yrs | Dana Ng

A social program designed for Chinese speaking seniors from the neighborhood. Join us on June 29, July 6, & Aug 24.

Th	Jun 29-Aug 24	11:30 AM-3:30 PM	\$2.38 /drop-in
462895			

Sports

Table Tennis

19+ yrs | Non Instructional

Everyone is welcome! This is a great way to socialize and keep active. Sign up and play some quality table tennis. This is a registered program. Sorry no drop-ins. No session Jul 25.

Tu	Jul 04-Aug 22	9:00 AM-12:00 PM	\$15.75/7 sess
460995			

SENIORS SUMMER JAM OUT TRIPS

OUT
TRIPS

TUESDAYS, 9:30AM - 3:30PM

\$15 PER TRIP
INCLUDES LUNCH &
TRANSPORTATION

TULIP FESTIVAL
 STEVESTON VILLAGE
 & MORE!

JULY 11 #462498 AUG 8 #462500

JULY 25 #462499 AUG 22 #462501

CONTACT TJ SHUKLA FOR MORE INFORMATION: tj.shukla@vancouver.ca

Fitness Centre Hours of Operation

Hours subject to change. Closed Aug 27 to Sep 4.

MONDAY TO THURSDAY	FRIDAY	SATURDAY	SUNDAY & HOLIDAYS
6:00 AM - 9:45 PM	6:00 AM - 4:45 PM	9:00 AM - 12:45 PM	Closed

Fitness Centre Passes

Passes are non-transferable and non-refundable. Patrons may receive one extension per year from 2 weeks up to 3 months due to illness, injury or travel. Please ask for more details about our pass extension guidelines.

*Discounted Fees

Youth (13-18 years), Older Adults (60+) years, and Leisure Access Card holders receive a 50% discount on monthly passes. Students currently attending school full-time receive a 30% discount on passes. Adult students must present course transcript that they are currently taking a minimum of 3 courses at a local post-secondary institution that is listed with the Hastings Community Centre (UBC, SFU, Langara, Capilano, Douglas, and others - full list available at the Front Office).

Fitness Centre Early Entry

Mon – Fri 6:00 AM-9:00 AM

Due to the City of Vancouver Park Board cash compliance policy, cash cannot be accepted for early morning entrance to the fitness centre. Entrance to the Fitness Centre during these hours is restricted to only monthly or 10 visit pass holders. If you intend to work out during these hours, please purchase a pass during regular office operating hours.

Fitness Centre & Cardio Room

- Large selection of Lifefitness and Hammer Strength Pin-Select, Cable and plate-load machines
- Large selection of free weights
- Physio balls & medicine balls
- Body bars
- Bosu balls & balance boards
- Cardio Room
- Concept 2 Rowing Machines
- Elliptical trainers
- Upright and recumbant computerized bikes
- Treadmills
- Power Step Mill
- Keiser Spin Bike
- Precor AMT

Fitness Centre Etiquette

- Respectful behaviour, following Making All Recreation Safe (M.A.R.S.) guidelines
- Follow posted signage
- Chalk use not permitted

Orientation for Youth (13-16 yrs)

Youth may have a free orientation with one of our fitness attendants before working out on their own. Pick up a health screening and parental/guardian consent form from the main office. Once your form is completed, please call 604.718.6222 to book your appointment.

Fitness Attendants on Duty

Monday - Friday 6:00 AM-10:00 AM
Tue/Wed/Fri 3:45 PM-8:45 PM

Note: No attendants on duty Saturday.

Scovia Maeko BCRPA Certified Weight Training Leader

Romeo Mele BCRPA Strength Training, Exercise to Music, Personal Training, Special Core Stretching Certificate, Sports Specific Training Certificate

Personal Training

19+ yrs | Romeo Mele/Scovia Maeko
 Need motivation or fitness expertise to reach your health and fitness goals? Book your one hour session with one of our seasoned trainers now! Training is held in the Fitness Centre. Please call 604.718.6222 to book an appointment. No refunds or credits. Please talk to Romeo before booking. \$39/1 sess

External Rehab Trainers

Hastings Community Association will only accept external rehabilitation specialists registered with the Vancouver Park Board. Contact jaine.priest@vancouver.ca

FITNESS CENTRE FEES			
	Adult	*Discounted Fees	
	19-59 yrs	Youth 13-18 & Adults 60+	Students 19+
Drop-In	\$5	N/A	N/A
10 visits	\$45	N/A	N/A
1 month	\$43.90	\$22.06	\$30.73
3 months	\$87.81	\$43.90	\$61.47
1 year	\$269.52	\$134.76	\$188.66
<i>All passholders and drop-in have the option to obtain a HCA membership. Prices listed do not include GST.</i>			

RACQUETBALL DROP-IN		
	Adult	Youth/Adults 65+
Single Booking (45 mins)		
Prime time	\$10.78	\$7.58
Non-Prime time	\$7.19	\$5.00
Single Player	\$5.40	\$3.84
10-Court Strip		
Prime-Time	\$97.48	-
Non-Prime time	\$64.56	-
<i>Prime time: After 3:00pm weekdays and all day weekends Prices listed do include GST. Prices subject to change.</i>		
<i>You can book a 45 min. time slot up to two weeks in advance of your game.</i>		

welcome to... TEMPLETON PARK POOL

Location

700 Templeton Dr., Vancouver, BC
Phone: 604-718-6252

Hours Of Operation

- Facility Hours and Stat Holidays: Page 3
- Pool Schedule: Page 33
- The office closes 15 minutes prior to the facility schedule and there is no entry to the pool.

Something for everyone!

Templeton Park Pool offers a variety of programs in and out of the water!

- Main pool (25 m) with slide, rope and 1m diving board
- Warm shallow pool
- Universal changeroom available for everyone
- Dry cedar sauna and hot tub
- Fitness Centre – air conditioned
- Swim programs for all ages and levels
- Recreational programs and fitness classes offered
- Activity room with kitchen available to rent for birthdays or events (templetonparkpool@vancouver.ca)
- Renovated outside running track and playground

Working Green...

Templeton has been retro fitted with:

- Solar panels that heat the hot tub
- UV filtration for the Teach Pool and hot tub
- High efficiency boilers



SWIM SESSION DEFINITIONS

Public Swim Everyone is welcome and the pool is available for various aquatic activities including minimum one lane for lengths swimming. This is the best time to come with children or groups

Lengths Swim Open to all swimming abilities - number of lanes may vary (3 lanes min.)

1 Lane Only Pool space shared and only one lane is available to swim lengths continuously.

2STGD Swim Designated swim for Two Spirit, Trans, and Gender Diverse folks. See page 29.

Aqua-Fit Led by a certified instructor, one hour class in shallow water designed to work at your own pace. See page 29. Please pre-register.

Hot tub, sauna and Fitness Centre are available during all Swim Sessions.

Admission policy for children

Children under 8 years of age must be within arms' reach of a responsible person at least 16 years of age. Infants & strollers cannot be left unattended on the pool deck. For groups with children, the following ratios apply:

- 1 adult: 10 children 8 years old and older
 - 1 adult: 3 children 7 years old or younger
- *Please call ahead to ensure we can accommodate your group.

To keep our facility safe & clean for everyone:

- 1) Wipe your street shoes on the door mats
- 2) Bring "pool shoes"/take-off street shoes if going on deck
- 3) Park strollers in the lobby in stroller zone
- 4) Use plastic containers/bottles - no glass!
- 5) Shower with soap before using pool (no soap in deck shower)

Lockers

To secure your personal items while swimming or working out, please bring a quarter or your own lock. Lockers use quarters which are returnable and are also outfitted with hasps for padlocks. Leave your valuables at home. Locks cannot be left on over night to "reserve a locker" and will be cut off. Locker keys cannot be taken home to reserve lockers.

Leisure Access Program (LAP)

The LAP provides Vancouver residents who are in financial need with basic recreation opportunities. Ask at any Pool or Community Centre office for more information on how to apply.

Swimming Assessments

If you are unsure of which level to register in, we offer swim assessments during our public swims. If your child is under 8 years, we require a parent/guardian to assist in the water during the assessment. Children registered in an inappropriate level will be moved to the proper level if space is available or refunded from the lesson. Call the front desk for best times to come in for an assessment at 604.718.6252.

Accessibility Features

Equipment available: Accessibility lift, portable pool stair case, shower wheelchair, universal change area, hand held showers and 2 designated parking spaces.

Lost and Found

Please call the front desk 604.718.6252 or visit the office to enquire about your belongings that you left behind and to see if they were turned in. We have so much Lost and Found that we can only keep items for 7 days and then we donate them.

Program Information

Two Spirit, Trans, and Gender Diverse Swim

Templeton is proud to host a weekly session for Two Spirit, trans, and gender diverse (2STGD) folks to have exclusive use of the pool and fitness centre. All ages and abilities welcome. For times & days or other information, please email 2STGD@vancouver.ca We also offer swim lessons during this session exclusively for 2STGD folks, email queerinclusion@vancouver.ca for registration information.

Swim Lesson Change From Red Cross to Lifesaving Society Swim for Life

As of January 1, 2023 the Canadian Red Cross will no longer be providing swimming lessons programming as they focus all their efforts as an organization on humanitarian aid. They have endorsed the Lifesaving Society's SWIM FOR LIFE program and the Vancouver Board of Parks and Recreation will be implementing this program as we continue to offer swimming lessons. Check out the QR code below and see NEW levels on page 30. For additional information, visit <https://vancouver.ca/parks-recreation-culture/child-and-youth-swim-lessons.aspx>.



Swim Assessments / Lesson Level

If you are unsure of which level to register in, we offer swim assessments during our public swims. If your child is under 8 years, we require a parent/guardian to assist in the water during the assessment. Children registered in an incorrect swim lesson level will be moved to the correct level if space is available or else refunded from the lesson sets, as per refund policy. This is for child and class safety. Call the Front Office to inquire about swim assessments at 604-718-6252.

Adapted Swim

Adapted Swim Lessons

Lessons for people with disabilities who have been challenged in mainstream lessons. Please contact access.services@vancouver.ca for registration package and information.

Fitness Classes

AquaFit

AquaFit continues to be a pre-registered program. The majority of aqua-fit spaces will be pre-registered with some spaces held for drop-in. To avoid disappointment we encourage participants to pre-register. Registration open 3 days in advance, starting at noon. Register for one session at a time. Online refund is possible as currently available. Max class size is 40 at this time of printing.

Class dates and times are:

Tu/Th 9:30 AM-10:30 AM

*Classes may be cancelled due to staffing issues.

Party Time!

Pool Rentals

Rent the Teach Pool or the Main Pool outside of our facility's operating hours for your own private function. Please call the Pool Programmer at 604.718.6252 to find out what dates are available. Prices are PB standard fees and include two lifeguards. Rates for the Teach Pool \$125.60/hour and the Main Pool \$252.66/hour (tax included). Please email templetonparkpool@vancouver.ca

Room Rentals

Templeton's Activity Room is available to rent and is suitable for meetings and small social gatherings. This room features a hardwood floor, opens on to the playground and has an adjoining kitchen. Max capacity is 80 people. Room size is 27' x 46'. Please call 604.718.6252 to enquire about available dates. \$35.00 per hour during facility hours. Damage deposit \$100.00. Please email templetonparkpool@vancouver.ca

We sell a variety of goggles, swim caps and accessories.



Registration

Registration for swimming lessons is on-going. We run swim lessons 4 times a year: spring, summer, fall and winter. Please check for registration date online or at the pool for each season. You can register online or in-person for the next available set of lessons. We open more lessons based on waitlists and pool space.

SUMMER LESSONS:

Tue, June 27 at 7:00 PM

How to Register On-line:

- Go to recreation.vancouver.ca to update or create your account.
- Click "Sign In".
- Login with your email address and confirm your account information is correct.

Never registered online before?

Go to:

- recreation.vancouver.ca
- Click "Sign In" or "Create an Account" to set up your profile and password before you register.

Swim Lesson Refunds & Cancellations

- Full refund five days or more prior to program start.
- Partial refund within four days of program start or before second class.
- No refund after second class.
- No refunds on single session programs.
- Transfers are possible prior to second class the same administrative fees and policy for refunds apply to class transfers.
- *Refunds from Debit card payment must be done in person. Customers have the option to refund to PB account or by PB cheque.*

Swim for Life

The Lifesaving Society Swim for Life® program is a comprehensive swim lesson program that focuses on the development of fundamental swim strokes and skills for learners of all ages and abilities. Instructors ensure swimmers get lots of in-water practice in every lesson. Swim for Life includes fun, hands on activities that focus on teaching Water Smart education for the whole family. Please check our website for more details on the specific levels vancouver.ca/swimminglessons. If you are still unsure of what level to register in, or it has been more than 6 months, please contact your local pool about having a swim assessment with an instructor.



Parent and Tot (4 mo-3 yrs)

Swim for Life Parent and Tot structures in-water interaction between parent/caregiver and child to stress the importance of play in developing water-positive attitudes and skills.



Based on the principle "Within Arms Reach", these classes focus on close playful interaction and shared fun between child, parent and water. Activities and progressions are based on child development allowing parents to register in the level appropriate for their child's age: Jellyfish (4-12 mo), Goldfish (12-24 mo), or Seahorse (2-3 yrs).

Preschool Program (3-5 yrs)

The Swim for Life Preschool Program gives children a head start on learning to swim. They'll have fun developing the basics to be safe and confident little swimmers. Water Smart® education is part of every Preschool level. There are 5 levels: Octopus, Crab, Orca, Sea Lion, Narwhal



Swimmer 1-6 (5-16 yrs)

Swim for Life Swimmer levels make sure your child learns how to swim before they get in too deep. Each level challenges school aged children 5 years and older to develop safe entries, deep water support, underwater skills, and swimming strokes. Kids learn everlasting healthy habits by getting and staying fit. Swimmer levels include fun, hands on teaching activities that focus on teaching water safety — lessons that will last a lifetime!

Swimmer 7-9 (Canadian Swim Patrol) (8-16 yrs)

Canadian Swim Patrol provides enriched training for young swimmers who are ready to go beyond learn-to-swim with introduction to water proficiency, first aid and recognition and rescue skills. They are the springboard to lifesaving, lifesaving sport and lifeguarding!



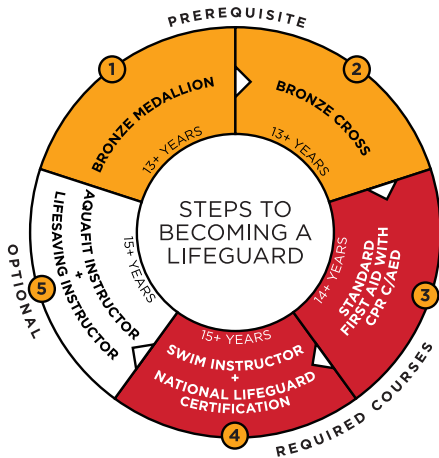
Adult and Teen Program (12+ yrs)

Whether you're just starting out or just want help with your strokes, the Adult and Teen swim program is for you no matter what your age! Work with certified instructors to learn to swim or improve your current swimming ability and fitness. You'll develop confidence in the water and smooth, recognizable strokes. You'll be able to set your own goals in consultation with your instructor. There are 3 levels.

Private / Semi Private Swim Lessons (3+ yrs)

Work at your own pace with a qualified instructor, one-on-one or one-on-two for a set of lessons to improve specific skills. Each lesson is 30 minutes in duration. Semi Private Lessons must be within a skill level apart at a maximum. **Fees on page 31.**

Swimming Lesson Information					
	MON/WED	TUE/THU	FRI	SAT	SUN
SET 1	Jul 5-Jul 26 (7)	Jul 4-Jul 27 (8)	Jul 7-Jul 28 (4)	Jul 8-Jul 29 (4)	Jul 9-Jul 30 (4)
SET 2	Jul 31-Aug 23 (7)	Aug 1-Aug 24 (8)	Aug 5-Aug 26 (4)	Aug 5-Aug 26 (4)	Aug 6-Aug 27 (4)
Specific time slots	9:00am-11:30am	10:00am-11:30am	9:00am-11:30am	12:30pm-2:30pm	-
TBD	4:00pm-7:00pm	4:00pm-7:00pm	4:00pm-4:45pm	5:00pm-6:00pm	2:00pm-5:00pm
<i>If you are still unsure of what level to register in, or it has been more than 6 months, please contact your local pool</i>					



Vancouver Aquatics Academy is a lifeguard and swim instructor training program where Aquatics staff foster positive, long-term relationships with swim lesson participants in Vancouver facilities and their families, swim club members, and community members showing interest in these roles. This program aims to educate on the advantages of being a lifeguard and the positive impact this role has within a community and for the development of life skills.



For more information about lifeguarding, certification, and course dates or to apply visit vancouver.ca/lifeguard.



Bronze Medallion

Prerequisite: Bronze Star or 13 years

Teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill and fitness. Rescuers learn advanced lifesaving techniques for challenging rescues of increased risk involving conscious and unconscious victims in varying water depths.



Bronze Cross

Prerequisite: Bronze Medallion

Designed for lifesavers who want the challenge of more advanced training, including an introduction to safety supervision. As the Lifesaving Society's Assistant Lifeguard program, Bronze Cross hones judgment, knowledge, skill and fitness to prepare candidates for success in National Lifeguard (NL) and instructor certifications. It is also worth two Grade 11 credits.

National Lifeguard Pool (Pool)

Prerequisites: Bronze Cross, Standard First Aid, 15 years old

The Lifesaving Society's NL Pool is a demanding program designed to develop the fundamental values, judgement, knowledge, skills, and fitness required by professional lifeguards. NL Pool is worth two Grade 12 credits.



Scan the QR code to visit the Park Board website for more information.

SWIM LESSON FEES	4	7	8
Preschool/Parent & Tot/Adapted	\$34.74	\$57.57	\$65.18
Swimmer 1 - 2	-	\$50.64	\$57.26
Swimmer 3 - 6	-	\$57.50	\$65.10
Swimmer 7 - 9	-	\$96.98	\$110.22
Teens	35.90	\$59.60	\$67.50
Adult	53.34	\$90.12	\$102.38
Private	137.28	-	-
Semi-Private	47.28	-	-

Please note: Programs for 14+ are subject to GST

Fitness Centre

13 + yrs

A small but functional fitness centre – a great place to meet your neighbours. Please wear proper work out attire and leave your bag in the lockers provided. Cardio equipment is limited to 30 minutes; all other equipment is 20 minute limit; no sign up required, please share equipment. Shoes attached at the heel must be worn in the Fitness Centre - no bare feet or slippers. Please see Hours of Operation on page 3.

Equipment

CARDIO

- 2 Treadmills
- 1 Elliptical Trainer
- 1 Rowing machine
- 1 Stairmaster
- 1 Keiser spin bike
- 1 Recumbant bike
- 1 Lifecycle bike

STRENGTH MACHINES

- Leg press
- Duplex pulley
- Assorted weighted dumbbells, bars and medicine balls
- Mats, fitness balls and wobble/balance boards
- Shoulder press
- Leg curl



Templeton Park Pool Club Contacts

N.I.F.T.Y. Family Swim-Socials

Clothing-optional, usually monthly, September to June.
See www.niftynude.org

Gators Swim Club

604.789.2819

www.gatorsswimclub.ca

Email: gatorsswimclub@shaw.ca

Excelleration Triathlon & Multisport Club

www.excellerationtriclub.ca

Pace Makers Masters Swim Club

Albert Souza

Email: asouza66@gmail.com

Super Sharks Swim Club

The Super Sharks are a competitive speed swimming club based in East Vancouver for youth swimmers. Our aim is to offer a competitive summer swimming program that will encourage and enable each member to attain their optimal level of achievement. Please see supersharks.ca for more information.



Schedule in effect: SUMMER - July 4 - September 3, 2023Online Schedule/Website: <https://vancouver.ca/parks-recreation-culture/templeton-pool.aspx>**MAIN POOL SCHEDULE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lengths 3 lanes - 7:00am - 9:00am						
1 Lane & Lessons 9:00am - 12:00pm	1 Lane & Lessons 10:30am - 12:00pm	1 Lane & Lessons 9:00am - 12:00pm	1 Lane & Lessons 10:30am - 12:00pm	1 Lane & Lessons 9:00am - 12:00pm		
Lengths 4 lanes - 12:00pm - 1:00pm						
Public Swim 1:00pm - 4:00pm					Public Swim 2:00pm - 4:30pm	Public Swim 2:00pm - 4:30pm
1 Lane & Lessons 4:00pm - 7:30pm				1 Lane/Swim Clubs 4:00pm - 6:30pm	Lengths 4:30pm - 5:30pm	Lengths 4:30pm - 5:30pm
Public Swim 7:30pm - 9:00pm				Public Swim 6:30pm - 8:00pm	Public Swim 5:30pm - 7:30pm	Public Swim 5:30pm - 7:30pm

TEACH POOL (TEMP 32° C (90° F), DEPTH 0.60 - 0.75 METRES)**Due to staffing, please call ahead to ensure teach pool is open.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Please call Front Office				10:00am - 8:00pm	2:00pm - 7:30pm	2:00pm - 7:30pm

AQUAFIT (Shallow end, moderate level) (* indicates registered program see page 28)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9:30am-10:30am *		9:30am-10:30am *			

FITNESS CENTRE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00am - 9:00 pm				7:00am - 8:00pm	2:00pm - 7:30pm	2:00pm - 7:30pm

AMENITIES / INFORMATION**Main Pool:** 6 Lanes – 25 Meters – Temp 28°C (83°F) – Depth 1.0-3.3 Meters**Teach Pool:** Temp 32°C (90°F) - Depth 0.60-0.75 meters

Main Pool • Teach Pool • Slide • Diving Board • Swing Rope • Dry Sauna • Whirlpool • Fitness Centre • Universal Change Room • Activity Room with Kitchen

**Due to staffing issues, please call ahead.*

2023 FEES INCLUDING TAX <i>Fees at time of printing. Subject to change.</i>	DROP-IN (Single)	USAGE PASS (10 visits)	FLEXIPASS		
			1 Month	3 Month	12 Month
Adult (19-64 years)	\$7.34	\$64.59	\$56.52	\$152.61	\$488.34
Youth (13-18 years)	\$5.13	\$45.21	\$39.56	\$106.83	\$341.84
Senior (65+ years)	\$3.68	\$32.30	\$28.27	\$76.30	\$244.18
Child (5-12 years)					
Preschool (0-4 years)	Free				
Family	\$3.68 per person min, \$7.36 1-2 adults of the same household and their children under 19 All family members must be present at time of admission				
AquaFit Admission Included with regular admission. **Specialty Fitness Classes registration fees required.					

The Vancouver Board of Parks and Recreation maintains 200 parks and 40 major facilities throughout the City of Vancouver. The Park Board's mission is to provide, preserve and advocate for parks and recreation services to benefit people, communities and the environment.

For more information visit vancouverparks.ca