

Hastings Community Centre and Templeton Park Pool

SPRING SUMMER 2025 RECREATION GUIDE



Registration begins...

Saturday, Mar 15 at 9 AM for Spring Programs

Tuesday, Mar 18 at 7 PM for VPB Swim Lessons

Saturday, May 10 at 9 AM for Summer Camp Programs

Saturday, Jun 14 at 9 AM for Summer Programs



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

An Egg-stra Special Easter

APRIL 12, 2025

1ST SESSION: 10:30-11:30

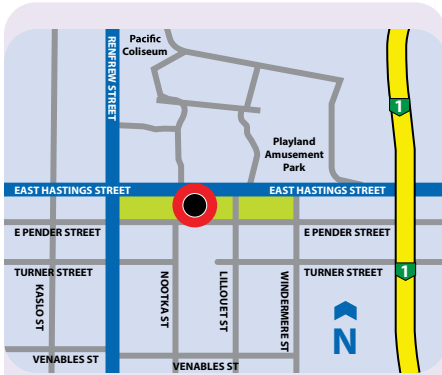
2ND SESSION: 11:45-12:45

\$8/PER CHILD



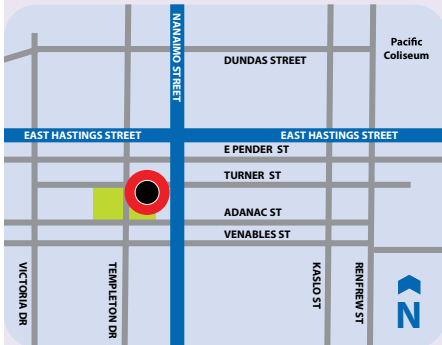
CELEBRATE EASTER WITH FESTIVE
ARTS AND CRAFTS, THEMED CARNIVAL
GAMES, FACE PAINTING AND A BOUNCY
CASTLE! ALSO, TAKE PART IN THE EGG-
STRA SPECIAL EASTER EGG HUNT!





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

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Hours of Operation

Hastings Community Centre

*Note: Front Office closes 15 minutes prior to the facility schedule.

April 1-June 30, 2025

| | |
|------------------|------------------|
| Monday to Friday | 9:00 AM-9:45 PM |
| Saturday | 9:00 AM-4:45 PM |
| Sunday | 10:00 AM-2:00 PM |

July 2-August 25, 2025 🌞

| | |
|--------------------|------------------|
| Monday to Thursday | 9:00 AM-9:45 PM |
| Friday | 9:00 AM-4:45 PM |
| Saturday to Sunday | 10:00 AM-2:00 PM |

Holiday Hours

| | | |
|--------------------|--------------|------------------|
| Good Friday | April 18 | 10:00 AM-2:00 PM |
| Easter Monday | April 21 | 10:00 AM-2:00 PM |
| Victoria Day | May 19 | 10:00 AM-2:00 PM |
| Canada Day | July 1 | 10:00 AM-2:00 PM |
| B.C. Day | Aug 4 | 10:00 AM-2:00 PM |
| Annual Maintenance | Aug 25-Sep 1 | Closed |

Templeton Park Pool & Fitness Centre

*Note: Front Office closes 15 minutes prior to the facility schedule; no access to facility.

March 2-March 23, 2025

Facility Closed for Annual Maintenance Refit

March 24-June 29, 2025

| | |
|--------------------|-----------------|
| Monday to Thursday | 6:30 AM-9:30 PM |
| Friday | 6:30 AM-8:00 PM |
| Saturday | 9:00 AM-7:30 PM |
| Sunday | 2:00 PM-7:30 PM |

June 30-Aug 31, 2025 🌞

| | |
|--------------------|-----------------|
| Monday to Thursday | 7:00 AM-9:00 PM |
| Friday | 7:00 AM-8:00 PM |
| Saturday to Sunday | 2:00 PM-7:30 PM |

Holiday Hours

| | | |
|---------------|--------|-----------------|
| Good Friday | Apr 18 | 6:30 AM-8:00 PM |
| Easter Monday | Apr 21 | 6:30 AM-2:00 PM |
| Victoria Day | May 19 | 6:30 AM-2:00 PM |
| Canada Day | July 1 | 7:00 AM-2:30 PM |
| BC Day | Aug 4 | 7:00 AM-2:30 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. The HCA has about 100 volunteers, and members of the public are encouraged to become involved.

Hastings Association Board

| | |
|-----------|---------------|
| President | Jukka Vuorma |
| 1st VP | Linda Dallow |
| 2nd VP | Jason McGarry |
| Treasurer | Curtis Rowe |
| Secretary | Linda Foy |

Directors

Rory Brown, Sarah Morreau, Gabe Mapa, Keith Stewart, 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.



HASTINGS
COMMUNITY
ASSOCIATION

Annual General Meeting

Wednesday, April 16 at 7pm

Join members of your community at the AGM for the Hastings Community Association.

RSVP to hastingscommunityassociation@gmail.com

- Meet other community members
- Review 2024 HCA Financial Statements
- Ask the Board any questions
- Elect in 2025 HCA directors*

**Members standing for election for office must have been members of HCA for at least 30 days*

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 2025 Spring/Summer recreation guide.

I'd like to announce Scott Jensen as our Park Board Liaison Commissioner for 2025. The role of the Liaison Commissioners is to relay information between the elected Park Board and the city's community centre associations, and to amplify our own advocacy role in the Park Board context while addressing city-wide issues of equity and community access.

Scott also serves as liaison and will be able to help us engage with the:

- Vancouver Skateboard Coalition
- Hastings Park Conservancy
- Park Board City Wide Youth Council
- Urban Indigenous Peoples' Advisory Committee
- Vancouver Food Policy Council

Thank you to our outgoing liaison commissioner, Laura Christensen for her ongoing help in advocacy and regular attendance at our meetings.

I would also like to invite you to the HCA's Annual General Meeting on Wednesday, April 16 at 7 pm. Meet members of your community and learn what's been happening at Hastings over the past year. We are looking for new directors and committee volunteers who represent the diversity of our neighbours in the Hastings-Sunrise community. If you have further questions or are interested in volunteering for the board contact us: hastingscommunityassociation@gmail.com or call 604-718-6222.

This year's highlights of Hastings Community Centre's spring and summer programs and events include:

- New painting programs for children, adults and seniors
- A new French class for adults
- Lots of fun weekly summer camps for children
- Indoor and outdoor tennis programs all spring and summer
- Our annual Summer Fun Event July 6

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 & In-Person

Spring Programs Saturday, March 15 at 9:00 AM

Summer Day Camps Saturday, May 10 at 9:00 AM

Summer Programs Saturday, June 14 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.
- Select "Forgot Your Password" if a previous account you used is not working. Call 3-1-1 if your account needs to be reset.
- On-going registration begins at 9:15 AM with Visa, MasterCard, American Express, cash, cheque or Debit during office hours.

Register By Phone

Spring Programs Saturday, March 15 at 10:00 AM

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

Summer Programs Saturday, June 14 at 10:00 AM

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

Excelleration Registration

Spring Seasonal Programs Saturday, March 8 at 9:00 AM

Online, in-person and phone-in. See page 39 for details.

Swim Lesson Registration

Spring Lesson Registration Tuesday, March 18 at 7:00 PM

Summer Lesson Registration Tuesday, June 24 at 7:00 PM

Ongoing in-person and online. See page 40 for instructions.

Community Association Memberships

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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 second 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 admin fee, regardless of when notice is given. No refunds will be issued with less than two weeks notice.

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 two weeks notice will receive a full refund. A \$10 admin fee will be charged for requests with less than two weeks 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.



@hastingscomcentre



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 hastings.rentals@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 | \$63.00 (2 hours minimum) |
| Auditorium – 41'x49' | 100 | 60-80 | \$52.50 | \$77.50 |
| Community Hall – 30'x42' | 70 | 40-60 | \$42.00 | \$67.00 |
| *Templeton Activity Room with kitchen – 27'x46' | 80 | 40 | \$36.75 | \$61.75 |
| MEETING ROOMS - Workshops, Seminars, Meetings | | | | |
| James Cork | 20-25 | 15 | \$21.00 | During Operational Hours Only |
| Board Room | 25 | 15 | \$21.00 | |
| Room 9 – 28'x30' | 40 | 30 | \$31.50 | See page 3. |
| Burrardview (St. James Hospice) | 30 | 15 | \$21.00 | |
| DIGITAL EQUIPMENT - For Workshops, Seminars, Meetings | | | | |
| LCD Projector (Projector screen included) | | | | \$25.00 |



Auditorium



Hastings Community Hall



Gymnasium

Hastings Centre Rockhounds

Contact: secretary.hcr@gmail.com
www.hastingscentrerockhounds.com



Hastings Community Partners

- Kiwassa Neighbourhood House**
2425 Oxford Street, Vancouver, BC V5K 1M7 604.254.5401
- 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 North Business Improvement Assoc.**
2620 E. Hastings Street, Vancouver, BC V5K 1Z6 604.215.2401
- Hastings Sunrise Community Policing Centre**
2620 E. Hastings St., Vancouver, BC V5K 1Z6 604.717.3584
- Vancouver Urban Food Forest Foundation (VUFFF)**
545 N. Slocan St. Vancouver, BC V5K 3M6 www.vufff.org

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.

Email angela.pardek@vancouver.ca to put your name on our information mailing list.

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. If you require any information regarding the Preschool, 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 | | | | |
|--|-----------|------------------|----------------|-------------|
| <i>The following prices are for 2025-2026. Prices are subject to change.</i> | | | | |
| Ages | # of days | Days of the week | Program Time | Monthly Fee |
| 3/4 yrs | 2 days | Tu/Th | 9:15 A-12:15 P | \$185 |
| 3/4 yrs | 3 days | M/W/F | 9:15 A-12:15 P | \$278 |
| 3/4 yrs | 5 days | M-F | 9:15 A-12:15 P | \$411 |
| 3/4 yrs | 3 day | Tu/W/Th | 9:15 A-12:15 P | \$278 |

Hastings preschool is part of the Child Care Fee Reduction Initiative.

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.

Meet the Staff

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 email betty.sacco@vancouver.ca.

OSC staff: Kathy, Catherine, Perla, Christina

| Program Hours and Fees | |
|-----------------------------|--|
| September 2025-June 2026 | |
| Before & After Care | |
| 7:30-9:00 AM & 3:00-6:00 PM | \$459/month <i>*Fees subject to change.</i> |

*Hastings Out of School Care is part of the Child Care Fee Reduction Initiative.
CCRFI Fee Reductions will be available as soon as the Ministry approves the 2025-2026 fees.*



Family Enrichment Centre

About Us...

The Family Enrichment Centre is proudly supported by a City of Vancouver Social Policy Grant and the Hastings Community Association.

We provide welcoming, safe spaces for families and caregivers with children from birth to age 5. Our programs are facilitated by a qualified Early Childhood Educator and offer a unique opportunity for families to connect, support one another, and build a strong community. Through a variety of age-appropriate activities designed to support children's development, our goal is to create an environment where families feel truly at home. We also offer information on local community resources and parenting support. For details about all our programs, please see below.

Mary Andreola, Family Enrichment Facilitator

Mary Andreola 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



Follow us on  

Family Enrichment Centre - Newborn to 5 years

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

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|------------------|------------------|-----------------|------------------|------------------|
| Mar 31-Jun 27 | 9:15 AM-12:15 PM | 12:30 PM-2:45 PM | 9:15 AM-2:45 PM | 12:30 PM-2:45 PM | 9:15 AM-12:15 PM |
|  Jun 30-Jul 25 | 9:00 AM-1:00 PM | | | | |
| <i>Subject to change without notice.</i> Spring Closure: Apr 18, Apr 21, and May 19 Summer Closure: Jul 1, Jul 28-Sep 1. Reopens Sep 2 | | | | | |

Parent & Tot Gym - 6 months to 5 years

Apr 01-Jun 28

Closed Apr 12

Let your tots burn off some energy by running and playing with a gym full of toys. There's lots of indoor fun in our gymnasium for young children. Foam modules, play area, infant area, hockey and riding cars are a few of the fun activities offered.

Parental supervision required.

Schedules are subject to change without notice.

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

| TUESDAY | THURSDAY | SATURDAY |
|-------------------|-------------------|-------------------|
| 10:30 AM-12:30 PM | 10:30 AM-12:30 PM | 10:30 AM-12:30 PM |

Childminding - 1 year to 5 years

Apr 01-Jun 26

Childminding with Jaida in the Family Drop-in. We provide a safe comfortable and quality environment for children 1-5 years of age to explore. Parent/guardian must remain in the building.

Pre-registration required, in person or phone-in only.

3 spots available per session.

\$5 child/hour
non-refundable without 48 hour notice.

| TUESDAY | THURSDAY |
|------------------|------------------|
| 9:45 AM-10:45 AM | 9:45 AM-10:45 AM |



PLAYGROUNDS Schedule (Jul 1-Aug 31)

NEW Now open on Statutory Holidays - July 1 & August 4

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------------------------|--|-----------------------|---|-----------------------|---|----------|--------|
| PANDORA PARK | Playground Leaders 11:30 AM-5:30 PM | | | | | | |
| | Spray Park Open Unsupervised 10:00 AM - 7:00 PM | | | | | | |
| CLINTON PARK | Playground Leaders 11:00 AM-5:30 PM | No Playground Leaders | | | Playground Leaders 11:00 AM-5:30 PM | | |
| | 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 | | |
| BURRARDVIEW PARK | Playground Leaders 11:30 AM-5:30 PM | No Playground Leaders | Playground Leaders 11:30 AM-5:30 PM | No Playground Leaders | Playground Leaders 11:00 AM-5:30 PM | | |
| | Wading Pool Open 11:30AM-4:00PM | 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 | | |

Schedule subject to change, including rainy days.



HASTINGS CC PRESENTS

Hastings Summer Fun

GAMES • BBQ • BOUNCY CASTLES • LIVE ENTERTAINMENT AND MORE!!

FREE EVENT

Sunday July, 6th
11am-2pm

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




Art

Art with Sun Rey



Art and Music

1-3 yrs | Sun Rey Han

This is a wonderful way to introduce your child to art and music. Art and music boosts creativity, builds confidence, increases concentration and improves hand-eye coordination. Experience finger painting, abstract art, collage, colouring, stickers, stamping, clay modelling and more. There will be time set aside for sing-a-longs and storytelling. Parent/caregiver participation is required. Drop-in \$20, if space available.

F Apr 25-Jun 13 9:45 AM-10:30 AM
553017 \$138/8 sess

F Apr 25-Jun 13 10:45 AM-11:30 AM
553031 \$138/8 sess

Art is Fun

3-5 yrs | Sun Rey Han

Have fun with Origami, clay modelling, stamping, collage to abstract, mixed media art, finger painting, crafting and more. There will be time set aside for sing-a-longs and storytelling. Child must be able to take class unaccompanied by an adult. Drop-in \$23, if space available.

F Apr 25-Jun 13 1:00 PM-2:00 PM
553032 \$163/8 sess

Dance

Dance with Me

1-2 yrs | Vancouver Performing Stars

Let your little one discover the joy of dance! These interactive parent-child classes blend movement basics, singing, and partner dance to create a fun-filled experience. Jive and bond together as your child explores rhythm and movement. Parent or guardian participation is required. Visit performingstars.ca for more information. No class April 19 and May 17.

Sa Apr 12-Jun 14 9:30 AM-10:15 AM
552775 \$128/8 sess

Dance-A-Story

3-4 yrs | Vancouver Performing Stars

In this enchanted class for preschoolers, dancers will learn graceful movements and dance steps inspired by the stories they know and love. VPS Instructors will keep the magic flowing through movement, storytime, and creative play. Dancers will build coordination through playful dance games, and work together to create an end-of-term performance for parents. Bring your costumes and get ready to shine! Students must be able to attend class on their own. Visit performingstars.ca for more information. No class April 19 and May 17.

Sa Apr 12-Jun 14 11:45 AM-12:30 PM
552777 \$128/8 sess

Mini Ballet

3-4 yrs | Vancouver Performing Stars

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

Tu Apr 08-Jun 10 4:00 PM-4:45 PM
552795 \$160/10 sess

Mini Hip Hop

3-4 yrs | Vancouver Performing Stars

In this high-energy hip hop class, you'll learn to move with style and swagger as we break down the fundamentals of hip hop dance. Dive into fresh, dynamic choreography that builds confidence and coordination. Join our supportive dance community and discover just how incredible it feels to express yourself through movement! Visit performingstars.ca for more information. No class April 19 and May 17.

Sa Apr 12-Jun 14 10:15 AM-11:00 AM
552780 \$128/8 sess

Tu Apr 08-Jun 10 4:45 PM-5:30 PM
552781 \$160/10 sess

Education

Baby Sign Language

0-2 yrs | Into Yoga

Babies understand and can communicate long before they are able to speak. Research shows that babies who learn Sign Language learn quicker and talk earlier. Using songs and games, learn how to teach your baby basic American Sign Language (ASL), so they can better convey their wants and needs and relieve unnecessary frustration. The instructor will teach you the signs and songs so you can practice at home. Babies can sleep during class or you can bring some toys. Newborn-24 months. Please bring your own mat or blanket to sit on. For more information visit www.intoyoga.ca. No drop-in.

Tu Apr 15-May 13 9:45 AM-10:30 AM
552804 \$77/5 sess

Music

Jump into Music

6 mos-4 yrs | Monica Lee

This one-of-a-kind music and movement program engages, educates, and entertains parents, guardians and children while on a musical journey through different styles and cultures. The research-based curriculum stimulates the whole brain and body via singing, dancing, drumming, parachuting, improvising, exploring instruments, jumping and playing - a family fun environment exploring 24 genres/cultures over two years. Our classes inspire creativity and build confidence in little ones six months to four years old. The instructor will provide everything needed for class. Siblings receive a 25% discount (but must register in person) and children under six months attend free with a registered sibling. Caregiver participation is required. Additional audio and video resources are available with registration. "Best part of our week!" For more information and reviews visit www.jumpintomusic.ca. Drop-in \$20, space permitting (if full, two drop-ins available first come, first serve).

Tu Apr 08-Jun 10 9:30 AM-10:20 AM
552817 \$180/10 sess

Tu Apr 08-Jun 10 10:30 AM-11:20 AM
552818 \$180/10 sess

Music with Jennifer Yamazaki



Adventures in Music - Babies

0-1 yrs | Jennifer Yamazaki

Welcome to Adventures In Music! 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 \$17, space permitting.

| | | | |
|-------|---------------|-------------------|----------------------|
| Th | Apr 10-Jun 12 | 10:30 AM-11:15 AM | |
| | | | 553655 \$150/10 sess |
| Th | Apr 10-Jun 12 | 11:30 AM-12:15 PM | |
| | | | 553657 \$150/10 sess |
| Th | Apr 10-Jun 12 | 12:30 PM-1:15 PM | |
| | | | 553658 \$150/10 sess |
| TPP F | Apr 11-Jun 13 | 11:30 AM-12:15 PM | |
| | | | 559293 \$150/10 sess |
| Th | Jul 10-Aug 14 | 11:15 AM-12:00 PM | |
| | | | 553676 \$90/6 sess |
| Th | Jul 10-Aug 14 | 12:15 PM-1:00 PM | |
| | | | 553678 \$90/6 sess |
| Th | Jul 10-Aug 14 | 1:15 PM-2:00 PM | |
| | | | 553679 \$90/6 sess |

Adventures in Music

1-5 yrs | Jennifer Yamazaki

Welcome to Adventures In Music! 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 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 \$17. No class Apr 19 or May 17.

| | | | |
|-------|---------------|-------------------|----------------------|
| Sa | Apr 05-Jun 14 | 9:15 AM-10:00 AM | |
| | | | 553650 \$135/9 sess |
| Sa | Apr 05-Jun 14 | 10:15 AM-11:00 AM | |
| | | | 553651 \$135/9 sess |
| Sa | Apr 05-Jun 14 | 11:15 AM-12:00 PM | |
| | | | 553652 \$135/9 sess |
| Th | Apr 10-Jun 12 | 9:30 AM-10:15 AM | |
| | | | 553653 \$150/10 sess |
| Th | Jul 10-Aug 14 | 9:15 AM-10:00 AM | |
| | | | 553674 \$90/6 sess |
| Th | Jul 10-Aug 14 | 10:15 AM-11:00 AM | |
| | | | 553675 \$90/6 sess |
| TPP F | Apr 11-Jun 13 | 10:30 AM-11:15 AM | |
| | | | 553660 \$150/10 sess |

FREE Mother Goose

0-3 yrs | Jennifer Yamazaki

"Zoom, Zoom, Zoom, We're Going to the Moon!" Learn songs, rhymes and stories to share with your little one in this interactive class. Have fun while developing their language, pre-literacy and social skills. This is an instrument/prop/book/toy free class, focusing on teaching songs and rhymes to parents and caregivers to use to engage, redirect, calm, distract, and bond with their child(ren). Caregiver participation is required.

Babies 0-1 yrs

| | | | |
|---|---------------|-------------------|-------------|
| W | Apr 09-Jun 11 | 11:00 AM-11:45 AM | |
| | | | 553664 Free |

Toddler 1-3 yrs

| | | | |
|---|---------------|-------------------|-------------|
| W | Apr 09-Jun 11 | 10:00 AM-10:45 AM | |
| | | | 553662 Free |

TPP Mixed Ages 0-3 yrs

| | | | |
|---|---------------|-----------------|-------------|
| W | Apr 09-Jun 11 | 1:00 PM-1:45 PM | |
| | | | 553665 Free |
| W | Apr 09-Jun 11 | 2:00 PM-2:45 PM | |
| | | | 553667 Free |

FREE 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 (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. Drop-ins will not be allowed. Check-in will begin 5 minutes prior to start time.

| | | | |
|---|---------------|-------------------|-------------|
| W | Jul 09-Aug 13 | 10:00 AM-10:45 AM | |
| | | | 553672 Free |
| W | Jul 09-Aug 13 | 11:00 AM-11:45 AM | |
| | | | 553673 Free |

MOTHER GOOSE REGISTRATION

No online registration. Priority is given to those who did not attend previous Winter 2025 season.

NEW PARTICIPANTS (Who did not attend Winter 2025): Register on March 15: In-person: 9am or Phone-in 10am

RETURNING PARTICIPANTS (Who did attend Winter 2025): Register on March 18: In-person: 9am or Phone-in 10am

Due to the popularity of the program, if you miss 2 or more classes your spot will be filled from the wait-list unless you notify the instructor in advance.

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

Sports



sportball
Vancouver & The Lower
Mainland



Sportball Junior Indoor

1-2 yrs | Sportball Vancouver

Toddlers and parents/caregivers focus on physical movements and social exploration, learn fundamental sport skills and participate in creative motor games, songs, stories, bubble time 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.

W Apr 02-May 07 9:15 AM-10:00 AM
553702 \$96/6 sess

W May 14-Jun 18 9:15 AM-10:00 AM
553703 \$96/6 sess

Sportball Multisport Indoor

3-5 yrs | Sportball Vancouver

Sportball lessons are packed with cooperative games and a variety of ball sports. Our trained and certified coaches emphasize confidence and competence building over competition. Laugh and learn skills for life! No class Apr 12 and Apr 19.

Sa Apr 05-May 10 10:00 AM-11:00 AM
553708 \$64/4 sess

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 May 07-Jun 18 4:00 PM-5:00 PM
553709 \$112/7 sess

☀️ W Jul 02-Aug 20 5:45 PM-6:45 PM
553719 \$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 2.

Sa May 24-Jun 21 10:15 AM-11:15 AM
553713 \$80/5 sess

☀️ Sa Jul 05-Aug 23 10:15 AM-11:15 AM
553715 \$112/7 sess

Sportball Parent and Tot Multisport Indoor

2-3 yrs | Sportball Vancouver

Sportball Parent & Tot programs help preschoolers to refine their motor skills, such as balance and coordination, as well as develop their social skills such as confidence, following instructions, turn-taking and sharing. Coaches introduce a different sport each class using developmentally appropriate games and activities. Sportball maintains a one-parent-per-child ratio policy in all Parent Tot programs to ensure that focus is kept on helping little ones practice and progress. No class Apr 12 and Apr 19.

W Apr 02-May 07 10:00 AM-10:45 AM
553705 \$96/6 sess

Sa Apr 05-May 10 9:15 AM-10:00 AM
553707 \$64/4 sess

W May 14-Jun 18 10:00 AM-10:45 AM
553706 \$96/6 sess

Sportball Parent and 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 May 07-Jun 18 5:00 PM-5:45 PM
553710 \$112/7 sess

☀️ W Jul 02-Aug 20 5:00 PM-5:45 PM
553718 \$128/8 sess

Sportball Parent and 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 2.

Sa May 24-Jun 21 9:30 AM-10:15 AM
553712 \$80/5 sess

☀️ Sa Jul 05-Aug 23 9:30 AM-10:15 AM
553714 \$112/7 sess

Yoga

FREE Family Yoga

3-6 yrs | Vivien Gomes

Yoga is a natural wellspring of health: helping with self awareness, as well as memory and concentration abilities. Yoga can nurture and inspire children about self regulating and self-care. Yoga class includes crafts, stories along yoga sequences and relaxation. Yoga can aid in children development and bring more harmony into one's life. The class is intended as a parent and child class and is an opportunity for family to practice yoga together. Register for 1 child for the parent/child. No class April 20 and May 18.

Su Apr 13-Jun 8 10:15 AM-10:45 AM
554525 Free

CHILDREN

Art

NEW Beginner Acrylic Painting for Kids

5-9 yrs | Marie Goulet

Join our fun kids' art classes and let creativity flow! In our Acrylic Painting class, young artists will explore landscape painting, capturing nature's beauty with vibrant colours and textures. They'll also experiment with surreal and abstract painting, creating bold compositions and dreamlike scenes. All supplies are included—just bring your imagination!

W Apr 09-Jun 25 4:00 PM-5:00 PM
559219 \$108/6 sess

NEW Beginner Watercolour Painting for Kids

5-9 yrs | Marie Goulet

Join our fun kids' art classes and let creativity flow! In our Watercolour Painting class, students will master the art of cityscape painting, using soft washes and intricate details to bring urban scenes to life. All supplies are included—just bring your imagination!

W Apr 09-Jun 25 4:00 PM-5:00 PM
559219 \$108/6 sess



NEW Creative Adventures

5-10 yrs | Arshi Aggarwal

This is a fun and interactive creative class for kids! Explore the world of arts and crafts by designing personalized greeting cards, colourful bookmarks, unique origami, and more. Enhance creativity, improve fine motor skills, and unleash your imagination in a supportive, hands-on environment. Perfect for young artists and crafty minds!

F Apr 04-Jun 06 4:00 PM-5:00 PM
559083 \$200/10 sess
 F Apr 04-Jun 06 5:00 PM-6:00 PM
559084 \$200/10 sess

Young Movie-makers

8-14 yrs | Young Movie-makers

Young Movie-makers 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 to a live audience and uploaded to the Young Movie-makers YouTube page to be shared and enjoyed. No class Apr 19 and May 17.

Sa Apr 12-May 31 12:30 PM-4:30 PM
559126 \$450/6 sess

Bouncy Castle Birthday Package (2-6 yrs)

Saturdays 11:30am-1:30pm or 2:30pm-4:30pm \$185/party

- Auditorium room use for 12 children (ages 2-6) and accompanying adults (Additional children will require an additional leader - see "Guests")
- Sound system with 3.5mm auxiliary input and Bluetooth
- Ride-on cars, plasma cars, building blocks and mats available
- Inflatable bouncy castle with slide - Technical Safety BC License #LAMO210833

**2025
Registration
opens three
months prior to
party month.**

General Information:

- The party group has 30 minutes before and after the reserved party time to set-up and take down all belongings. The party group is responsible for setting up and taking down tables and chairs, sweeping and taking out the garbage.
- The party leader is responsible for setting up and taking down the inflatable.
- The party group is welcome to hire a face painter or balloon twister.
- The party group can bring any decorations they wish, but must remove the decorations by the end of the birthday.
- Typically, the birthday cake is presented 30 minutes before the party ends.
- Please bring your own knife, plates, cups and cutlery as the Centre does not provide them.

Guests:
 Additional children welcome, up to a maximum of 24 (\$50 for an additional leader). Extra leader must be confirmed at least one week in advance of party date. Room capacity is 60 people.

Registration & Refunds:
 Register through phone, in-person or online. Each refund request will be charged a \$10 administration fee. Requests made more than two weeks prior to the party date will receive a refund. No refunds with less than two weeks notice.

Questions: If you have any questions, please call the Community Centre at 604-718-6222.

Dance

Active Hip Hop, Dance, Stretch & Strength

6-13 yrs | ILLUMA Studio

Come dance to hip hop music for cardio training! Then through proper breathing, strengthening, and stretching, students will have a better understanding of their bodies and develop proper muscle memory. Having learned the proper techniques, our goal is for the student to have better physical awareness, stronger core muscles, increase flexibility and stand tall with confidence. Maybe you'll even achieve your splits and back bends in this class!

F Apr 04-Jun 20 4:30 PM-5:30 PM
\$180/12 sess

555460

Active Jazz Funk and Pop Dance & KPOP Sampler

6-13 yrs | ILLUMA Studio

You can be part of the exciting world of dance by possibly sampling Jazz Funk, Street and Korean Pop (KPOP) dance styles through cardio warm ups, strengthening, footwork, isolations, and stretches, and learn the importance of breathing. Embrace teamwork while supporting classmates, have fun, and rise to a new challenge!

F Apr 04-Jun 20 5:30 PM-6:30 PM
\$180/12 sess

555464

TPP Hip Hop Breakers

4-7 yrs | Endorphin Rush Dance

This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats! 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 No class Apr 19.

Sa Apr 12-Jun 21 1:55 PM-2:40 PM
\$130/10 sess

553834

Sa Jul 05-Aug 23 1:55 PM-2:40 PM
\$91/7 sess

554023

Junior Hip Hop

5-7 yrs | Vancouver Performing Stars

In this high-energy hip hop class, you'll learn to move with style and swagger as we break down the fundamentals of hip hop dance.

Dive into fresh, dynamic choreography that builds confidence and coordination.

Join our supportive dance community and discover just how incredible it feels to express yourself through movement! Visit performingstars.ca for more information. No class Apr 19 and May 17.

Sa Apr 12-Jun 14 11:00 AM-11:45 AM
\$128/8 sess

552791

Tu Apr 08-Jun 10 5:30 PM-6:15 PM
\$160/10 sess

552792

TPP Little Ballerinas

3-5 yrs | Endorphin Rush Dance

Young ballerinas explore the fun and beauty of ballet while learning the basic techniques. They will love playing with their creative expression in this fun class. Children must be able to participate without a parent in the room. There will be a performance on the last day of class for friends and family. www.kirbySnellDance.com No class Apr 19, Aug 2

Sa Apr 12-Jun 21 12:15 PM-1:00 PM
\$130/10 sess

553839

Sa Apr 12-Jun 21 1:05 PM-1:50 PM
\$130/10 sess

553840

Sa Jul 05-Aug 23 12:15 PM-1:00 PM
\$91/7 sess

554024

Sa Jul 05-Aug 23 1:05 PM-1:50 PM
\$91/7 sess

554025

Education

Pro-D Day with EFK

6-12 yrs | Engineering For Kids Vancouver

Join us for an engaging one-day engineering camp, where excitement and discovery await! Campers will delve into core engineering principles, participating in hands-on activities in disciplines like mechanical and civil engineering during the first half of the day. In the second half, campers will collaborate, utilizing technology to apply their knowledge to a variety of build and design challenges. This camp will foster creativity, ignite a passion for engineering, and provide a valuable learning experience. Please send child with snacks, lunch, and water bottle each day and dress appropriately for the weather.

M Apr 28-Apr 28 9:30 AM-3:30 PM
\$95/1 sess

555414

Red Cross Babysitting

10-16 yrs | Foundations Safety

The Canadian Red Cross Babysitting course, refreshed and revised, now has a greater emphasis on First Aid skills. The course covers everything from managing difficult behaviours to essential content on leadership and professional conduct as a babysitter. Babysitting promises to deepen and enhance the responsibility that older youth feel when caring for younger children. This updated curriculum, complete with new science, also provides improved learning when it comes to giving the appropriate care in the event of an emergency.

Sa Apr 05 9:30 AM-4:30 PM
\$80/1 sess

554841

Sa Jun 07 9:30 AM-4:30 PM
\$80/1 sess

554843

NEW Red Cross Stay Safe

9-13 yrs | Foundations Safety

The Canadian Red Cross Stay Safe course offers basic first aid and safety skills for youth 9-13 years old. Participants learn about being safe when they are without direct supervision of a parent, guardian, or trusted adult, both at home and in their communities. The course covers the importance of responsibility and respect while being accountable for yourself, the importance of setting and following safety rules when on your own, how to stay safe at home and within the community, how to prepare for, recognize and respond to unexpected situations, and basic first aid skills. Children will receive a Stay Safe! Workbook and a completion certificate.

Sa May 03 9:30 AM-2:30 PM
\$80/1 sess

554890

Young-Commander Chess

5-13 yrs | Joe Soliven

Joining in this Sherlock-Holmes-world of tactics and strategies, where the chessmen become personified, kids get trained in life-skills goal-setting: checkmate! What's more, chess provides a mental armor (commander) self-image (TEAM leader) - whereby kids can draw upon and develop a well-rounded discipline, amidst a friends-learning-together classroom setting. Chess folder kit included. No class June 20.

Intermediate/Advance (8-13 yrs)

F Apr 25-Jun 27 5:30 PM-6:45 PM
\$135/9 sess

552877

Novice/Starter (5-13 yrs)

F Apr 25-Jun 27 4:00 PM-5:15 PM
\$135/9 sess

552876

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

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 Apr 18, 21 and May 19.

| | | |
|---------------|---------------|-----------------|
| M | Apr 07-Jun 23 | 5:00 PM-6:00 PM |
| 553807 | | \$70/10 sess |
| W F | Apr 02-Jun 27 | 5:00 PM-6:00 PM |
| 553808 | | \$175/25 sess |



Kendo Training

7-18 yrs | Renfrew Kendo Dojo Society

Kendo has its roots in traditional Japanese swordsmanship, known as kenjutsu. This physically and mentally demanding discipline blends strong martial arts principles with athletic elements. Kendo is a combative martial art that features controlled-contact sparring, conducted safely with all participants wearing full armor. Renfrew Kendo Dojo Society is registered with BC Kendo Federation, and its instructor is affiliated with the Canadian Kendo Federation. Beginners only need a shinai (bamboo sword) to begin their practice.

| | | |
|---------------|---------------|-------------------|
| Su | Apr 06-Jun 29 | 10:15 AM-11:15 AM |
| Tu | Apr 01-Jun 24 | 7:00 PM-8:00 PM |
| Th | Apr 03-Jun 26 | 6:45 PM-7:45 PM |
| 553559 | | \$75/3 mos |
| Su | Jul 06-Aug 24 | 10:15 AM-11:15 AM |
| Tu | Jul 08-Aug 19 | 7:00 PM-8:00 PM |
| Th | Jul 03-Aug 21 | 6:45 PM-7:45 PM |
| 553563 | | \$50/2 mos |

Music

Guitar/Ukulele - Private Lesson

6-0 yrs | Ching Yin (Justin) Wu

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.

| | | |
|-----------------------------|---------------|-----------------|
| Tu | Apr 08-Jun 24 | 4:00 PM-7:30 PM |
| View Online | | \$252/12 sess |
| Tu | Jul 08-Aug 19 | 4:00 PM-7:30 PM |
| View Online | | \$147/7 sess |

Piano - Private Lessons

5-0 yrs | Justin Wong

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. No lesson Apr 19 and May 17. Justin Wong is an experienced piano teacher with a decade of personal learning and a year of teaching experience. As a passionate musician, Justin strives to apply his musical knowledge to inspire the community through music and help students discover the joy of playing the piano. Throughout Justin's teaching career, his students have had the opportunity to engage in a positive and fun learning environment.

| | | |
|-----------------------------|---------------|------------------|
| Sa | Apr 05-Jun 21 | 10:00 AM-3:30 PM |
| View Online | | \$200/10 sess |
| Sa | Jul 05-Aug 23 | 10:15 AM-1:15 PM |
| View Online | | \$140/7 sess |

Piano - Private Lessons

5-0 yrs | Samuel Chan

Learn to play classical or pop music in a fun and encouraging environment. Lessons cover a variety of practical skills such as rhythm, dexterity, technique, theory, as well as musical appreciation and performance opportunities. Books are not included. No keyboard or piano is required, however encouraged. Students would acquire their own books upon instructor's advice. Sorry, no make ups for missed lessons and no refunds after the second class.

| | | |
|-----------------------------|---------------|-------------------|
| Su | Apr 06-Jun 29 | 10:15 AM-12:15 PM |
| View Online | | \$325/13 sess |

Piano - Private Lessons

5-0 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. No lessons on April 18 and Aug 4.

| | | |
|-----------------------------|---------------|-----------------|
| Th | Apr 03-Jun 26 | 3:30 PM-7:30 PM |
| View Online | | \$325/13 sess |
| F | Apr 04-Jun 27 | 3:30 PM-7:30 PM |
| View Online | | \$300/12 sess |
| M | Jul 07-Aug 18 | 3:30 PM-7:30 PM |
| View Online | | \$150/6 sess |
| Th | Jul 03-Aug 21 | 3:30 PM-7:30 PM |
| View Online | | \$200/8 sess |

Piano - Private Lessons

5-0 yrs | Wang Hei (Terry) Ng

A combination of the Suzuki method and a personalized teaching approach is used to make learning piano both effective and fun! With a focus on developing strong musical foundations through ear training, technique, and note reading, students build essential skills while enjoying the process of learning piano. Lessons are filled with engaging activities, playful exercises, and interactive games that make music come alive. By creating a positive and encouraging atmosphere, students will not only learn but also fall in love with playing the piano, making each lesson a joyful and rewarding experience.

| | | |
|-----------------------------|---------------|-----------------|
| W | Apr 02-Jun 25 | 3:30 PM-7:30 PM |
| View Online | | \$299/13 sess |
| W | Jul 02-Aug 20 | 3:30 PM-7:30 PM |
| View Online | | \$184/8 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.

Sports

TPP Excecleration

Excecleration triathlon club offers programs for ages 4 to 19. Participants are taught to improve their swimming, biking, and running skills. In our Adventure Tri & Kids of Steel programs, the initial focus is on the development of fundamental sport and movement skills, which provide a basis for lifelong participation in sports.

**Registration for Seasonal Programs:**

Saturday, March 8 at 9:00am

How to Register:

Register online or in-person/phone at Hastings Community Centre. For program descriptions and information, please visit their website www.ExceclerationTriClub.ca or scan the QR code below.

Programs (viewable at www.vanrec.ca):

Adventure Tri (pre-k, k, grade 1)

Kids of Steel (grades 2-5)

Adult Swimming & Running (16+ yrs)

**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.

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

Greenlight Basketball

**Greenlight Basketball - Foundations****8-13 yrs | Greenlight Basketball**

Grow your basketball skills with Greenlight Basketball this fall! Our Foundations Program is designed for players of all levels, offering structured skills training and engaging basketball games. Led by experienced coaches, our program focuses on developing fundamental basketball skills in a supportive, positive, and enjoyable environment.

| | | |
|---------------|---------------|-----------------|
| Tu | Apr 01-Jun 24 | 3:30 PM-4:15 PM |
| 552871 | | \$130/13 sess |

**Greenlight Basketball - Lil' Ballers****5-7 yrs | Greenlight Basketball**

Discover the joy of basketball with Greenlight Basketball! Designed for children of all skill levels, our dedicated community coaches provide dynamic and enjoyable lessons that ignite a passion for the game. Kids will grasp the essentials of basketball through interactive drills and friendly games, fostering both skill development and fun in a positive, supportive atmosphere.

| | | |
|---------------|---------------|-----------------|
| Tu | Apr 01-Jun 24 | 3:30 PM-4:15 PM |
| 552867 | | \$130/13 sess |

Sportball

Sports instruction **for kids**

Sportball Indoor Multisport**4-6 yrs | Sportball Vancouver**

Sportball lessons are packed with co-operative games and a variety of ball sports. Our trained and certified coaches emphasize confidence and competence building over competition. Laugh and learn skills for life! No class Apr 21 and Aug 4.

| | | |
|---------------|---------------|-----------------|
| M | Apr 07-May 12 | 4:00 PM-5:00 PM |
| 553698 | | \$80/5 sess |
| M | May 26-Jun 23 | 4:00 PM-5:00 PM |
| 553699 | | \$80/5 sess |
| M | Jul 07-Aug 18 | 4:00 PM-5:00 PM |
| 553716 | | \$96/6 sess |

Sportball Indoor Multisport**6-9 yrs | Sportball Vancouver**

Sportball lessons are packed with co-operative games and a variety of ball sports. Our trained and certified coaches emphasize confidence and competence building over competition. Laugh and learn skills for life! No class Apr 21 and Aug 4.

| | | |
|---------------|---------------|-----------------|
| M | Apr 07-May 12 | 5:00 PM-6:00 PM |
| 553700 | | \$80/5 sess |
| M | May 26-Jun 23 | 5:00 PM-6:00 PM |
| 553701 | | \$80/5 sess |
| M | Jul 07-Aug 18 | 5:00 PM-6:00 PM |
| 553717 | | \$96/6 sess |

Sportball Outdoor Soccer**6-9 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.

| | | |
|---------------|---------------|-----------------|
| W | May 07-Jun 18 | 5:45 PM-6:45 PM |
| 553711 | | \$112/7 sess |
| W | Jul 02-Aug 20 | 6:45 PM-7:45 PM |
| 553720 | | \$128/8 sess |

Tennis Lessons for Kids

5-6 yrs | Wilson Tan

Introduce your 5-6 year old to the exciting world of tennis! This program is designed for all skill levels, from first-timers to budding rally stars. We'll make learning fun with engaging games and activities, building a solid foundation in the basics and developing rally skills. Wilson's expert coaches will provide personalized guidance, fostering a love for the game and helping kids reach their full potential. No lesson Apr 12.

Indoors - Set One

| | | |
|---------------|---------------|------------------|
| Sa | Apr 05-May 10 | 1:00 PM-2:20 PM |
| 558599 | | \$112/5 sess |
| Sa | Jul 05-Jul 26 | 9:15 AM-10:00 AM |
| 558616 | | \$54/4 sess |

Indoors - Set Two

| | | |
|---------------|---------------|------------------|
| Sa | May 24-Jun 21 | 1:00 PM-2:20 PM |
| 558606 | | \$112/5 sess |
| Sa | Aug 09-Aug 23 | 9:15 AM-10:00 AM |
| 558619 | | \$40.50/3 sess |

Outdoors - Set One

| | | |
|---------------|---------------|-----------------|
| W | Apr 09-May 07 | 4:15 PM-5:00 PM |
| 558545 | | \$67.50/5 sess |
| W | Jul 09-Jul 30 | 4:15 PM-5:00 PM |
| 558609 | | \$54/4 sess |

Outdoors - Set Two

| | | |
|---------------|---------------|-----------------|
| W | May 21-Jun 18 | 4:15 PM-5:00 PM |
| 558549 | | \$67.50/5 sess |
| W | Aug 06-Aug 20 | 4:15 PM-5:00 PM |
| 558612 | | \$40.50/3 sess |

Tennis Lessons for Kids

7-9 yrs | Wilson Tan

Give your 7-9 year old the tennis experience they'll love! This program is designed for all skill levels, from first-timers to kids who can already rally. We'll make learning fun with exciting games and drills, developing skills from the basics to pre-competitive play. Wilson's expert coaches will be there every step of the way, helping kids improve their technique and understand the game. No lessons Apr 12.

Indoors - Set One

| | | |
|---------------|---------------|-------------------|
| Sa | Apr 05-May 10 | 1:00 PM-2:20 PM |
| 558601 | | \$112/5 sess |
| Sa | Jul 05-Jul 26 | 10:05 AM-11:25 AM |
| 558617 | | \$89.60/4 sess |

Indoors - Set Two

| | | |
|---------------|---------------|-------------------|
| Sa | May 24-Jun 21 | 1:00 PM-2:20 PM |
| 558607 | | \$112/5 sess |
| Sa | Aug 09-Aug 23 | 10:05 AM-11:25 AM |
| 558620 | | \$67.20/3 sess |

Outdoors - Set One

| | | |
|---------------|---------------|-----------------|
| W | Apr 09-May 07 | 5:10 PM-6:30 PM |
| 558546 | | \$112/5 sess |
| W | Jul 09-Jul 30 | 5:10 PM-6:30 PM |
| 558610 | | \$89.60/4 sess |

Outdoors - Set Two

| | | |
|---------------|---------------|-----------------|
| W | May 21-Jun 18 | 5:10 PM-6:30 PM |
| 558550 | | \$112/5 sess |
| W | Aug 06-Aug 20 | 5:10 PM-6:30 PM |
| 558613 | | \$67.50/3 sess |

Tennis Lessons for Kids Outdoors

10-13 yrs | Wilson Tan

Is your 10-13 year old ready to ace their tennis game? This program is perfect for beginners and more experienced players alike! We'll make learning fun with exciting drills and games, building skills from the basics to competitive play. Wilson's expert coaches will guide them every step of the way, improving technique and understanding the game. No lessons Apr 12.

Set One

| | | |
|---------------|---------------|-------------------|
| Sa | Apr 05-May 10 | 1:00 PM-2:20 PM |
| 558604 | | \$112/5 sess |
| W | Apr 09-May 07 | 5:10 PM-6:30 PM |
| 558548 | | \$112/5 sess |
| Sa | Jul 05-Jul 26 | 10:05 AM-11:25 AM |
| 558618 | | \$89.60/4 sess |
| W | Jul 09-Jul 30 | 5:10 PM-6:30 PM |
| 558611 | | \$89.60/4 sess |

Set Two

| | | |
|---------------|---------------|-------------------|
| W | May 21-Jun 18 | 5:10 PM-6:30 PM |
| 558553 | | \$112/5 sess |
| Sa | May 24-Jun 21 | 1:00 PM-2:20 PM |
| 558608 | | \$112/5 sess |
| W | Aug 06-Aug 20 | 5:10 PM-6:30 PM |
| 558614 | | \$67.50/3 sess |
| Sa | Aug 09-Aug 23 | 10:05 AM-11:25 AM |
| 558621 | | \$67.20/3 sess |

Yoga

FREE Family Yoga

7-13 yrs | Vivien Gomes

Yoga is a natural wellspring of health: helping with self awareness, as well as memory and concentration abilities. Yoga can nurture and inspire children about self regulating and self-care. Yoga class includes crafts, stories along yoga sequences and relaxation. Yoga can aid in children development and bring more harmony into one's life. The class is intended as a parent and child class and is an opportunity for family to practice yoga together. Register for 1 child for the parent/child. No class April 20 and May 18.

| | | |
|---------------|---------------|-------------------|
| Su | Apr 13-Jun 08 | 11:00 AM-11:45 AM |
| 554528 | | Free |



Registration for all Summer Day Camps begin May 10 at 9 AM

Day Camps @ Hastings

Byte Camp - 3D Animation

11-14 yrs | Byte Camp

Dreaming of a career with PIXAR? Ever wonder how those awesome 3D animated movies like Shrek, Toy Story and Frozen are made? Spend the week learning how by modeling, animating and telling your own stories in 3D. You'll use Blender, a wonderful (& free!) 3D software, to design characters that jump off the screen and then make them come alive by adding voices, soundtracks and completing a group-made short film.

M Tu W Th F Jul 28-Aug 01 9:15 AM-4:15 PM
552772 \$395/5 sess

Byte Camp - Claymation Movie Production

9-12 yrs | Byte Camp

Make your own clay characters come to life, just like Shaun the Sheep! Participants will work to build their own clay characters, sets and props; develop their own script; shoot their movie scenes; and then learn to edit and add sounds and special effects to complete the whole project. Don't worry parents, there will be plenty of time devoted to outdoor games and activities!

M Tu W Th F Aug 18-Aug 22 9:15 AM-4:15 PM
552774 \$395/5 sess

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 Scratch 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 21-Jul 25 9:15 AM-4:15 PM
552770 \$395/5 sess

Greenlight Basketball - Foundations Camp

8-12 yrs | Greenlight Basketball

Develop your skills with Greenlight Basketball this winter! Designed for players of every level, our camps combine structured skill training with exciting basketball games. Led by experienced coaches, our camps focus on developing fundamental skills in a supportive, positive, and engaging environment. Join us for a rewarding experience that fosters growth and enjoyment in basketball.

M Tu W Th F Jul 07-Jul 11 2:30 PM-3:30 PM
559227 \$75/5 sess
M Tu W Th F Jul 14-Jul 18 1:45 PM-2:45 PM
559228 \$75/5 sess
M Tu W Th F Aug 18-Aug 22 11:30 AM-12:30 PM
559229 \$75/5 sess

Greenlight Basketball - Lil' Ballers Camp

5-7 yrs | Greenlight Basketball

Have fun and learn the game of basketball with Greenlight Basketball! Perfect for children of all skill levels, our dedicated community coaches provide dynamic and interactive lessons that ignite a passion for the game. Kids will grasp the basics, engage in beginner-friendly drills, and enjoy fun camp games, all in a positive and encouraging atmosphere. Join us for an unforgettable exploration into the world of basketball!

M Tu W Th F Jul 07-Jul 11 1:30 PM-2:30 PM
559224 \$75/5 sess
M Tu W Th F Jul 14-Jul 18 12:45 PM-1:45 PM
559225 \$75/5 sess
M Tu W Th F Aug 18-Aug 22 10:30 AM-11:30 AM
559226 \$75/5 sess

LEGO Cinemateque

5-10 yrs | Reach Education Inc.

Lights, camera, LEGO! Step into the world of cinema and bring your favorite movies to life! From Transformers to Harry Potter, we're ready to help you build iconic scenes, characters, and more with LEGO. With Reach Education's building instructions, students will use LEGO Technic and electric motors to build 1 exciting project each session. On the final day, every camper can design and take home their very own mini-figure.

M Tu W Th F Jul 28-Aug 01 9:30 AM-12:30 PM
559061 \$220/5 sess
M Tu W Th F Jul 28-Aug 01 1:00 PM-4:00 PM
559062 \$220/5 sess

LEGO Ships & Sea Monsters

5-10 yrs | Reach Education Inc.

Set sail with LEGO as we dive into the world of the seas and explore the fascinating creatures of the deep. With Reach Education's building instructions, students will use LEGO Technic and electric motors to build 1 - 3 exciting projects each session. On the final day, every camper can design and take home their very own mini-figure.

M Tu W Th F Aug 11-Aug 15 9:30 AM-12:30 PM
559059 \$220/5 sess
M Tu W Th F Aug 11-Aug 15 1:00 PM-4:00 PM
559060 \$220/5 sess

LEGO Time Travel Tours

5-10 yrs | Reach Education Inc.

Embark on an epic adventure where dinosaurs roam the ancient world, knights defend kingdoms, and futuristic space explorers discover new galaxies. Using Reach Education's building instructions, campers use classic LEGO bricks, LEGO Technic, and electric motors to construct 1 - 3 projects per session. On the final day, every camper can design and take home their very own mini-figure.

M Tu W Th F Aug 18-Aug 22 9:30 AM-12:30 PM
559187 \$220/5 sess
M Tu W Th F Aug 18-Aug 22 1:00 PM-4:00 PM
559188 \$220/5 sess



HASTINGS CC PRESENTS

Hastings Summer Fun

GAMES · BBO · BOUNCY CASTLES · LIVE ENTERTAINMENT AND MORE!!

FREE EVENT

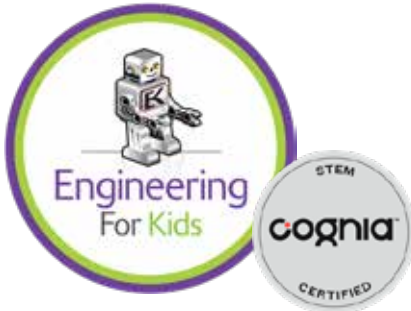
Sunday July, 6th 11am-2pm

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



Registration for all Summer Day Camps begin May 10 at 9 AM

Engineering For Kids®



EFK: Build 'n' Bash Camp

6-12 yrs | Engineering For Kids Vancouver

Discover how civil engineers build strong structures... and what it takes to make them break! In this week-long camp, students will design and construct structures and push them to their limits through thrilling experiments involving crushing, catapulting, collisions, and earthquakes. Experience the excitement of engineering as you design, build, and destroy what you've made, all guided by the EFK Engineering Design Process. Join us for a week of smashing innovation and engineering excitement! Please send child with snacks, lunch, and water bottle each day and dress appropriately for the weather. No camp July 1.

M Tu W Th F Jul 07-Jul 11 9:30 AM-3:30 PM
\$55437 \$420/5 sess

EFK: Esports League: Shifting Gears

8-14 yrs | Engineering For Kids Vancouver

Give this Summer a BOOST and take your gaming to the next level with Esports: Rocket League Edition from Engineering For Kids! Students will learn all the fundamentals of the exciting and competitive Esports game, Rocket League. They will also learn how everything in-game relates to the real-world through physics, aerodynamics, and more! Throughout the week, students will work in teams and compete against each other in a series of matches to progress to the final tournament. This camp is designed for new and experienced players. Please send child with snacks, lunch, and water bottle each day and dress appropriately for the weather.

M Tu W Th F Jul 21-Jul 25 9:30 AM-3:30 PM
\$58294 \$420/5 sess

EFK: Master Machines Camp

8-12 yrs | Engineering For Kids Vancouver

Gear up for exciting challenges in mechanical engineering! In this course, students will 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 thrilling hands-on projects that spin, cascade, launch, pivot, dig, and race. These projects will demonstrate fascinating concepts, such as hydraulics, friction, velocity, aerodynamics, acceleration, and mechanical advantage. Please send child with snacks, lunch, and water bottle each day and dress appropriately for the weather. No camp July 1.

M Tu W Th F Jun 30-Jul 04 9:30 AM-3:30 PM
\$55423 \$335/4 sess

EFK: Space Camp: Martian Engineering Expedition

6-12 yrs | Engineering For Kids Vancouver

Explore the wonders of Mars through the fascinating world of engineering, from mechanical marvels to aerospace wonders. Through hands-on challenges, students will learn about the technology and innovation required for human habitation on Mars while fostering collaboration, communication, and critical thinking skills. From designing spacecraft to creating sustainable habitats, they'll apply creativity, problem-solving, and EFK's Engineering Design process to tackle practical engineering problems inspired by NASA's groundbreaking missions. Please send child with snacks, lunch, and water bottle each day and dress appropriately for the weather.

M Tu W Th F Aug 11-Aug 15 9:30 AM-3:30 PM
\$58297 \$420/5 sess

EFK: Wired Wonders

6-12 yrs | Engineering For Kids Vancouver

Imagine building a piano using celery or powering video games with your body! With a little wire and a lot of fun, we fuse hardware and electrical engineering to unlock electrifying new ways to interact with technology. Students will explore engineering challenges in electricity, magnetism, and circuits and put their creations to the test using the EFK Engineering Design Process in a fun collaborative environment. Get ready to charge into an unforgettable week! Please send child with snacks, lunch, and water bottle each day and dress appropriately for the weather.

Tu W Th F Aug 05-Aug 08 9:30 AM-3:30 PM
\$58295 \$325/4 sess

EFK: World Game Engineering

6-12 yrs | Engineering For Kids Vancouver

The competition is heating up with the Engineering For Kids World Games! In this program, students will compete for the gold as they take on exciting engineering challenges related to the greatest athletic competitions. Students will explore a wide variety of science and engineering concepts related to various athletic events while applying EFK's Engineering Design Process. Get ready to step up to the podium as we declare victory in inspiring the next generation of engineers! Please send child with snacks, lunch, and water bottle each day and dress appropriately for the weather. No camp July 1.

M Tu W Th F Jul 14-Jul 18 9:30 AM-3:30 PM
\$58292 \$420/5 sess

Registration for all Summer Day Camps begin May 10 at 9 AM

Make-A-Musical Day Camp

7-14 yrs | Vancouver Performing Stars

Step into the spotlight in our full-day "create-a-musical" camp! Performers will create an original show together and be immersed in every aspect of musical theatre. We'll create a unique showcase for parents on the last day. Visit performingstars.ca for more information. Students should pack a lunch and water bottle.

M Tu W Th F Jul 28-Aug 01 9:30 AM-3:30 PM
552803 \$330/5 sess

Mindfulness & Movement for Kids Day Camp

5-10 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. No camp July 1.

5-7 yrs

M W Th F Jun 30-Jul 4 9:30 AM-3:30 PM
559189 \$274/4 sess

8-10 yrs

Tu W Th F Aug 05-Aug 08 9:30 AM-3:30 PM
559190 \$274/4 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.

M Tu W Th F Jul 14-Jul 18 10:30 AM-12:30 PM
558672 \$135/5 sess

M Tu W Th F Jul 21-Jul 25 1:30 PM-3:30 PM
558667 \$135/5 sess

M Tu W Th F Jul 28-Aug 01 10:30 AM-12:30 PM
558668 \$135/5 sess

M Tu W Th F Aug 11-Aug 15 10:30 AM-12:30 PM
558669 \$135/5 sess

M Tu W Th F Aug 18-Aug 22 1:30 PM-3:30 PM
558670 \$135/5 sess

Tennis Camp Indoors

5-6 yrs | Wilson Tan

Introduce your 5-6 year old to the exciting world of tennis! This program is designed for all skill levels, from first-timers to budding rally stars. We'll make learning fun with engaging games and activities, building a solid foundation in the basics and developing rally skills. Wilson's expert coaches will provide personalized guidance, fostering a love for the game and helping kids reach their full potential.

M Tu W Th F Jul 07-Jul 11 10:30 AM-11:30 AM
558622 \$95/5 sess

M Tu W Th F Jul 21-Jul 25 10:30 AM-11:30 AM
558627 \$95/5 sess

Tu W Th F Aug 05-Aug 08 10:30 AM-11:30 AM
558631 \$76/4 sess

Tennis Camp Indoors

7-9 yrs | Wilson Tan

Give your 7-9 year old the tennis experience they'll love! This program is designed for all skill levels, from first-timers to kids who can already rally. We'll make learning fun with exciting games and drills, developing skills from the basics to pre-competitive play. Wilson's expert coaches will be there every step of the way, helping kids improve their technique and understand the game.

M Tu W Th F Jul 07-Jul 11 11:45 AM-1:15 PM
558624 \$112.50/5 sess

M Tu W Th F Jul 21-Jul 25 11:45 AM-1:15 PM
558628 \$112.50/5 sess

Tu W Th F Aug 05-Aug 08 11:45 AM-1:15 PM
558632 \$90/4 sess

Tennis Camp Outdoors

10-13 yrs | Wilson Tan

Is your 10-13 year old ready to ace their tennis game? This program is perfect for beginners and more experienced players alike! We'll make learning fun with exciting drills and games, building skills from the basics to competitive play. Wilson's expert coaches will guide them every step of the way, improving technique and understanding the game.

M Tu W Th F Jul 07-Jul 11 1:30 PM-3:00 PM
558626 \$112.50/5 sess

M Tu W Th F Jul 21-Jul 25 1:30 PM-3:00 PM
558630 \$112.50/5 sess

Tu W Th F Aug 05-Aug 08 1:30 PM-3:00 PM
558633 \$90/4 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 to a live audience and uploaded to the Young Moviemakers YouTube page to be shared and enjoyed.

M Tu W Th F Jul 07-Jul 11 9:15 AM-3:15 PM
555446 \$450/5 sess

M Tu W Th F Jul 14-Jul 18 9:15 AM-3:15 PM
555450 \$450/5 sess

M Tu W Th F Jul 21-Jul 25 9:15 AM-3:15 PM
555451 \$450/5 sess

M Tu W Th F Jul 28-Aug 01 9:15 AM-3:15 PM
555454 \$450/5 sess



Young Rembrandts Cartoons Character Creation

6-12 yrs | Young Rembrandts

Learn the basics of cartooning and create your own characters! Each day students will learn techniques used in cartooning. Subjects like characteristics, features, exaggeration, action and personification will contribute to your child's artistic advancement! Young Rembrandts students will immediately apply their new skills in every class to create their own original cartoon characters. Sign up now!

M Tu W Th F Aug 11-Aug 15 12:45 PM-3:45 PM
552984 \$185/5 sess



Registration for all Summer Day Camps begin May 10 at 9 AM

Young Rembrandts 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 14-Jul 18 12:45 PM-3:45 PM
552982 \$185/5 sess

Young Rembrandts Furry Friends Drawing Workshop

6-12 yrs | Young Rembrandts

NEW! Join us for a wild and furry adventure! This fun-filled drawing camp is perfect for kids who love to draw and explore their creativity. Each day, artists will learn how to sketch and bring to life their favourite animals in a playful, cartoon style! Whether it's a fluffy dog, a silly fox, or a mighty dinosaur, our young artists will discover the joy of drawing all kinds of creatures. With step-by-step guidance and plenty of inspiration, this camp is sure to unleash your child's imagination! Sign up today!

M Tu W Th F Jul 14-Jul 18 9:15 AM-12:15 PM
552980 \$185/5 sess

Young Rembrandts Tropical Island Drawing Workshop

6-12 yrs | Young Rembrandts

NEW! Discover the beauty of Polynesia through drawing! In this 5-day workshop, children will create original characters like cheeky coconut creatures, spirited islanders, as well as traditional Polynesian flower crowns. Artists will also illustrate breathtaking ocean scenes with Wa'a Kaulua boats and the serene landscapes of island huts and native plants. This workshop blends realism with cartoons, using vibrant no-mess materials like coloured pencils and markers. Let the islands inspire your young artist!

M Tu W Th F Aug 11-Aug 15 9:15 AM-12:15 PM
552983 \$185/5 sess

DAY CAMPS @ TEMPLETON

Art and You Camp

6-10 yrs | Kelly Jimenez

It will be a fun and liberating week! 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 07-Jul 11 10:30 AM-12:00 PM
554018 \$155/5 sess



Frozen Ballet Dance Camp

3-5 yrs | Endorphin Rush Dance

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. Beginner friendly. Bring your cameras! Presentation for parents on the last day! More info: www.kirbysnelldance.com

M Tu W Th F Jul 21-Jul 25 9:15 AM-10:30 AM
553832 3-5 years old \$109/5 sess
M Tu W Th F Jul 21-Jul 25 10:45 AM-12:00 PM
553833 4-6 years old \$109/5 sess
M Tu W Th F Aug 25-Aug 29 9:15 AM-10:30 AM
554021 \$109/5 sess
M Tu W Th F Aug 25-Aug 29 10:45 AM-12:00 PM
554022 \$109/5 sess

Mindfulness & Movement for Kids Day Camp

5-10 yrs | The Yoga Buggy

Join the Yoga Buggy for a fun week of movement, mindfulness activities, music, games, arts & crafts and stories. Yoga encourages self-regulation, socio-emotional awareness, attention span, confidence and so much more! Bring a water bottle, snacks and lunch. Come play with us!

5-7 years

M Tu W Th F Jul 14-Jul 18 9:30 AM-3:30 PM
554026 \$342/5 sess

8-10 years

M Tu W Th F Aug 11-Aug 15 9:30 AM-3:30 PM
554027 \$342/5 sess

Mini Hip Hop Movers Dance Camp

3-5 yrs | Endorphin Rush Dance

This non-stop action-packed class includes hip hop, and dance games that will have your dancer moving to the beats. Through the week we will work on a choreographed dance. Get ready to cheer with gusto as there is a presentation for family on the last day! Please bring a filled water bottle each day, and wear clean indoor running shoes. More info: www.KirbySnellDance.com

M Tu W Th F Jul 21-Jul 25 12:15 PM-1:30 PM
553841 \$109/5 sess
M Tu W Th F Aug 25-Aug 29 12:15 PM-1:30 PM
554028 \$109/5 sess

Swiftie Dance Party

7-12 yrs | Endorphin Rush Dance

Taylor Swift Fans Unite! This upbeat, empowering, and vibrant dance camp is set to 100% Taylor Swift tunes including Anti-Hero and Shake it Off. Dancers will improve jazz technique, play interactive dance games, and learn dynamic choreographies all while making new friends. Please wear comfortable clothing for movement, clean dance or running shoes, and bring a water bottle. Get ready to cheer; there will be a presentation on the last day of camp. More info: www.kirbysnelldance.com

M Tu W Th F Jul 21-Jul 25 1:45 PM-3:00 PM
553816 \$109/5 sess
M Tu W Th F Aug 25-Aug 29 1:45 PM-3:00 PM
554029 \$109/5 sess

Registration for all Summer Day Camps begin May 10 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, 2025. | | 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 \$166/5 days, \$133/4 days* <i>Out-trips are subject to change</i> | | 8:00-9:00 AM \$26/5 days, \$21/4 days* | 3:30-5:30 PM \$46/5 days, \$37/4 days* |
| 1* | M W Th F Jun 30-Jul 04 | 555528 TBA | 555540 TBA | 555548 TBA | 555564 | 555526 |
| 2 | M Tu W Th F Jul 07-Jul 11 | 555529 TBA | 555541 TBA | 555549 BC Sports Hall of Fame | 555557 | 555527 |
| 3 | M Tu W Th F Jul 14-Jul 18 | 555530 Grouse Mountain | 555542 Grouse Mountain | 555550 Grouse Mountain | 555565 | 555528 |
| 4 | M Tu W Th F Jul 21-Jul 25 | 555531 Aquarium | 555543 Aquarium | 555551 Aquarium | 555566 | 555559 |
| 5 | M Tu W Th F Jul 28-Aug 01 | 555532 Kidropolis | 555544 Big Splash Waterpark | 555552 Big Splash Waterpark | 555567 | 555560 |
| 6* | Tu W Th F Aug 05-Aug 08 | 555533 Burnaby Village Museum | 555545 Burnaby Village Museum | 555553 Kayaking | 555568 | 555561 |
| 7 | M Tu W Th F Aug 11-Aug 15 | 555534 Science World | 555546 Science World | 555554 Science World | 555569 | 555562 |
| 8 | M Tu W Th F Aug 18-Aug 22 | 555535 Kerrisdale Play Palace | 555547 Kerrisdale Pay Palace | 555555 Playland | 555570 | 555563 |

Meet the Team!



Jeff, Manager

I'm super excited to take on this role again this summer! I can't wait to see all of the fun activities and crafts we have planned, to go on big out-trips and to help create an inclusive environment for all of our campers on a grander scale!

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.

Day Camp Refund Policy

Each refund request per camp week will be charged a \$10 administration fee, regardless of when notice is given. No refunds will be issued with less than two weeks notice.

NEW Ascenders Youth Camp


14-18 yrs - See Page 24


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.

Contact Kyla, Community Youth Worker



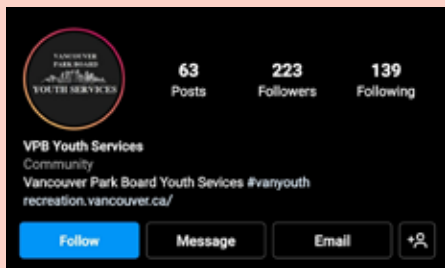
 Kyla.Sattler@vancouver.ca

 604.718.6230

 @HastingsYouth

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

Community Youth Development at Hastings Community Centre



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.

Social

Pro-D Day Camp - April 6-12 yrs

A day off from school?! Join our Youth Staff for a fun filled day! Pack a water bottle, snack and lunch; dress weather-appropriate including rubber boots. Pre-registration and consent forms are required. Register early, spaces are limited! Each refund request will be charged a \$10 administration fee. No refunds with less than two weeks notice.

| | | | |
|--------|--------|---------------|-------------|
| M | Apr 28 | 9:00am-3:00pm | |
| | | | \$40/1 sess |
| 547407 | | | |
| M | Apr 28 | 3:00pm-5:00pm | |
| | | | \$10/1 sess |
| 547409 | | | |

FREE! TGIF 9-12 yrs

This after school program provides a space for pre-teens to come and enjoy the scheduled activities. Youth leaders make it exciting and fun every Friday, starting in the Games Room, with scheduled activities to begin at approximately 3:15pm. Registration required! This program is FREE and made possible by the Hastings Community Association (HCA).

| | | | |
|--------|---------------|---------------|-------------|
| F | Apr 04-May 30 | 3:15pm-6:00pm | |
| | | | Free/8 sess |
| 547400 | | | |

FREE! Wednesday Star Friends 9-13 yrs

Wednesday Star Friends is for any pre-teen who identifies as a girl and/or non-binary and wants to take part! This Program is a great way to connect with other kids in the community while hanging out, playing games, baking, arts & craft, and much more! The staff will pick participants up outside the main entrance at Hastings Elementary & AR Lord Elementary after school. Please be ready to walk to Hastings CC by 3:15 PM. Participants to be picked up at Hastings CC after the program. ON EARLY DISMISSAL DAYS PLEASE FIND YOUR OWN WAY TO THE CENTRE. Participants can hang out in the games room until the program starts

| | | | |
|--------|---------------|---------------|-------------|
| W | Apr 09-May 28 | 3:15pm-6:00pm | |
| | | | Free/8 sess |
| 547406 | | | |

Education

Homework Club 9-12 yrs | Youth Volunteer

Need extra help with your homework? Our keen Youth Volunteers will be helping preteens in our community with their homework!

| | | |
|----|-----------------|--------|
| Th | 4:00 pm-5:00 pm | Free |
| | | Apr 10 |
| | | Apr 17 |
| | | Apr 24 |
| | | May 01 |
| | | May 08 |
| | | May 15 |
| | | May 22 |

Sports



VANCOUVER POLICE
FOUNDATION

Hastings Ball Hockey League (HBHL)

10-13 yrs

Calling all pre-teens in grades 5-7 looking for an after-school hockey program! Introducing the Hastings Ball Hockey League (HBHL)! This will be a fun, recreational ball hockey program supported by the Vancouver Police Department officers from the neighbourhood. Come connect with new friends taking part in this weekly co-ed session at Hastings Community Centre! Each session will begin with a healthy snack! All skill sets are welcome and the cost is FREE thanks to the Vancouver Police Foundation! This co-ed program (open to any pre-teen who identifies and/or non-binary) is for kids ages 10-12 (grades 5-7). Registration is required - no drop-ins.

| | | | |
|--------|---------------|---------------|-------------|
| Th | Apr 17-Jun 05 | 3:30pm-5:00pm | |
| | | | Free/8 sess |
| 551209 | | | |

Preteen Volleyball 11-12 yrs

This program is for any preteen looking to learn and play volleyball. Our Youth coaches will run drills & scrimmages each week! No session on April 19.

| | | | |
|--------|---------------|---------------|-------------|
| Sa | Apr 26-Jun 14 | 3:30pm-4:30pm | |
| | | | \$24/7 sess |
| 547390 | | | |

Volunteering/Leadership

Looking for Volunteer Hours?

Volunteers are able to gain valuable work experience, build relationships with the Youth Worker and staff team and meet other youth. Some of these opportunities include:

- Open House
- Halloween Carnival
- Breakfast with Santa
- Day Camps
- After-School Programs
- Community Clean-ups and more!

Feel free to drop-by the Youth Worker office at Hastings Community Centre to connect with Kyla, our Community Youth Worker.

Hastings Youth Council

14-17 yrs | Kyla Sattler

The Hastings Youth Council strives for youth to be leaders in their community and for their voices to be heard. This is a great opportunity to organize activities, special events, implement projects, and volunteer in the community. Meet new people, make new friends, get volunteers hours and give back to the community! Meetings are held on Saturdays from 1:30pm-3:30pm. For more information, contact Kyla.

PB City-Wide Youth Council

The City-Wide Youth Council connects youth from Vancouver's 20 diverse communities to work together on youth initiatives, local issues and Youth Week. Meetings are held at City Hall on the second Wednesday of the month.



VOLUNTEER FOR DAY CAMPS!

APPLICATION FORM AVAILABLE IN MAY!

Please contact Kyla for more info. and check our insta page for updates!



BENEFITS

- FUN OUT TRIPS!
- GET HOURS!
- MEET NEW FRIENDS!

HASTINGSYOUTH

KYLA.SATTLER@VANCOUVER.CA

Youth Summer Day Camps

Ascenders Youth Camp 14-18 yrs

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. *Schedule is subject to change* REFUND POLICY Each refund request per camp week will be charged a \$10 administration fee, regardless of when notice is given. No refunds will be issued with less than two weeks notice.

| | | |
|------------------|---------------|---------------|
| W Th - Week 1 | Jul 02-Jul 03 | 9:30am-4:00pm |
| 555650 | | \$54/2 sess |
| Tu W Th - Week 2 | Jul 08-Jul 10 | 9:30am-4:00pm |
| 555654 | | \$83/3 sess |
| Tu W Th - Week 3 | Jul 15-Jul 17 | 9:30am-4:00pm |
| 555657 | | \$83/3 sess |
| Tu W Th - Week 4 | Jul 22-Jul 24 | 9:30am-4:00pm |
| 555659 | | \$83/3 sess |
| Tu W Th - Week 5 | Jul 29-Jul 31 | 9:30am-4:00pm |
| 555662 | | \$83/3 sess |
| Tu W Th - Week 6 | Aug 05-Aug 07 | 9:30am-4:00pm |
| 555665 | | \$83/3 sess |
| Tu W Th - Week 7 | Aug 12-Aug 14 | 9:30am-4:00pm |
| 555669 | | \$83/3 sess |
| Tu W Th - Week 8 | Aug 19-Aug 21 | 9:30am-4:00pm |
| 555672 | | \$83/3 sess |

Greenlight Basketball - Youth Skills Camp

13-18 yrs | Greenlight Basketball

Take your skills to the next level with Greenlight Basketball's Youth Skills Camp! Each session provides the opportunity to learn new moves, develop your skills, and improve your game IQ from our experienced coaches. Designed for players of all levels, from beginners to elite, our tailored program focuses on maximizing player development and enhancing your performance on the court. Join us this winter for an outstanding basketball experience!

M Tu W Th F Jul 14-Jul 18 2:45 PM-3:45 PM
559230 \$75/5 sess



YOUTH SCHEDULE - Spring

| MON | TUE | WED | THU | FRI | SAT |
|---|---|--|---|---|--|
| Games Room Grades 8-12 3:00 P-9:00 P | Games Room Grades 8-12 6:00 P-9:00 P | Star Friends Grades 4-7 3:15 P-6:00 P | Games Room Grades 8-12 3:00 P-9:00 P | TGIF Grades 4-7 3:15 P-6:00 P | Games Room Grades 8-12 9:00 A-1:00 P |
| | | Games Room Grades 8-12 6:00 P-9:00 P | | Games Room Grades 8-12 6:30 P-9:00 P | |
| PARENTAL/GUARDIAN RESPONSIBILITY: All children under the age of 8 are required to have parental/guardian 16 years or older supervision when not attending a registered Hastings program. This applies to all drop-in programs such as the Games Room, Open Gym. The staff at Hastings are not responsible for children left unattended after programs have finished. Parents/ guardians are responsible for picking up their children as soon as programs have ended. Gymnasium and Games Room are a safe space for youth to use. No adults are allowed during drop in time. | | | | Volleyball Grades 8-12 3:30 P-6:30 P | Youth Council 14-17 yrs 1:30 P-3:30 P |
| | | | Basketball Grades 8-12 6:30 P-9:45 P | Preteen Volleyball 11-12 yrs 3:30 P-4:30 P | |

Please note: Schedule subject to change. No equipment will be handed out 15 minutes prior to closing.

Aerobics

NEW Cardio Fit

19+ yrs | Sharon Chan

For participants who want a cardio class with simple choreographed floor patterns followed by strength training with weights and core conditioning. Participants can go at their own pace and finish off with a full stretch.

| Aerobics Fees | | |
|--|-------------|-----------|
| Adult | 19-59 years | 60+ years |
| Drop-In | \$5.24 | \$2.88 |
| 10 Visit Pass | \$47.16 | \$25.92 |
| 3 Month Pass | \$92.00 | \$50.60 |
| <i>Prices listed do not include GST.</i> | | |

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.

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.

| Aerobics Schedule - Apr 01-Aug 21 | | | | |
|--|---|---------------------------------------|---|--|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
| DAYTIME | Step & Sculpt 9:15-10:15 AM Sharon | | Cardio Fit NEW 9:15-10:15 PM 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 | Cardio Fit 5:30-6:30 PM Sharon |
| <i>Schedule subject to change. No classes on Statutory Holidays.</i> | | | | |

Fitness & Health

TPP Circuit Training

19+ yrs | Kelly Howatson

This is an exercise program integrating all components of physical fitness: strength, endurance, flexibility and coordination. Weights, bands, and mats will be incorporated into this one hour class geared towards looking to improve strength.

| | | | |
|----|---------------|-----------------|---------------|
| Tu | Apr 01-Jun 17 | 8:30 AM-9:30 AM | \$102/12 sess |
| Th | Apr 03-Jun 19 | 8:30 AM-9:30 AM | \$102/12 sess |

| | | | |
|-------|---------------|------------------|---------|
| Tu Th | Apr 01-Apr 29 | 9:45 AM-10:45 AM | \$54905 |
| Tu Th | May 01-May 29 | 9:45 AM-10:45 AM | \$54907 |
| Tu Th | Jun 03-Jun 26 | 9:45 AM-10:45 AM | \$54910 |

Mission...FitPossible

19+ yrs | Romeo Mele

Start your mornings right. Better your functional movement. Increase cardio fitness & muscle strength endurance, Inspire weight loss. This class provides participants with a fun energetic workout. Mix different types of training such as HIIT, core stability, and functional movement to develop athleticism and inspire a happier, healthier you. Register at least one week in advance to allow our certified trainer enough time to discuss with you your goals and limitations. Drop-in \$20 if space permits.

| | | | |
|-------|---------------|------------------|---------|
| Tu Th | Apr 01-Apr 29 | 9:45 AM-10:45 AM | \$54905 |
| Tu Th | May 01-May 29 | 9:45 AM-10:45 AM | \$54907 |
| Tu Th | Jun 03-Jun 26 | 9:45 AM-10:45 AM | \$54910 |

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 \$7.50, space permitting.

| | | | |
|---|---------------|-------------------|---------|
| W | Apr 16-Jun 25 | 10:00 AM-11:00 AM | \$52807 |
| W | Jul 09-Aug 20 | 9:30 AM-10:30 AM | \$52811 |



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

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

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.

Strength and CIRCL Mobility™

19+ yrs | **Monika Schoenenberger**

This workout starts with 30 minutes of functional strength training followed by a 30 minute stretch flow that focuses on flexibility, breathwork and mobility to help you move better longer set to a soundtrack of healing tones (participants must be able to get down to the floor). Drop-in \$11. No class Apr 21, May 19 and Aug 4.

M Apr 14-Jun 23 10:30 AM-11:30 AM
 553861 \$81/9 sess
 M Jun 30-Aug 18 10:30 AM-11:30 AM
 558727 \$54/6 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.

Set One

Tu Apr 01-May 13 6:45 PM-7:45 PM
 552994 \$87.5/7 sess

Set Two

Tu May 20-Jun 24 6:45 PM-7:45 PM
 553000 \$75/6 sess
 Tu Jul 08-Aug 12 6:45 PM-7:45 PM
 558288 \$75/6 sess

Zumba® Gold

19+ yrs | **Zumba Vancouver**

ZUMBA® Gold is a low impact dance-fitness class for beginners and seniors that uses zesty Latin music, Salsa, Cha Cha, Cumbia, Merengue, Rock n Roll, (including Twist and Charleston), with easy to follow moves to create a dynamic and fun fitness class. ZUMBA® Gold strives to improve your balance, strength, flexibility and most importantly the heart. It is a “feel happy” workout that is great for both the body and the mind. www.zumbavancouver.ca. Drop-in \$14, space permitting. No class April 18 and Aug 1.

Set One

F Apr 04-May 16 10:30 AM-11:30 AM
 553001 \$75/6 sess

Set Two

F May 23-Jun 27 10:30 AM-11:30 AM
 553002 \$75/6 sess
 F Jul 04-Aug 15 10:30 AM-11:30 AM
 558289 \$75/6 sess

Dance / Fitness / Martial Arts / Yoga Spring Schedule

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

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------|--|--|---|--|--|
| DAYTIME | | TPP Circuit Training 8:30 AM-9:30 AM | | TPP Circuit Training 8:30 AM-9:30 AM | |
| | Strength and CIRCL Mobility™ 10:30 AM-11:30 AM | Mission FitPossible 9:45 AM-10:45 AM | Osteofit 10:00 AM-11:00 AM | Mission FitPossible 9:45 AM-10:45 AM | Zumba® Gold 10:30 AM-11:30 AM |
| | | Core and Strength Training for Seniors 10:30 AM-11:30 AM | Contemporary Line Dance with Irene 11:00 AM-12:30 PM | Core & Strength Training for Seniors 10:30 AM-11:30 AM | Line Dance Practice NEW 12:00 PM-1:15 PM |
| | Line Dance with Karen 1:30 PM-3:00 PM | TPP Tai Chi 12:45 PM-2:45 PM | | TPP Tai Chi 12:45 PM-2:45 PM | Ballroom Social Dance 50+ yrs 1:30 PM-3:30 PM |
| EVENING | | Iyengar Yoga 6:30 PM-8:00 PM | laido 6:15 PM-8:15 PM | TPP Xingiang Dance 3:00 PM-5:00 PM | TPP Xingiang Dance 3:00 PM-5:00 PM |
| | Karate/Self-Defense 6:15 PM-7:15 PM | | Karate/Self-Defense 6:15 PM-7:15 PM | Chinese Cultural Dance NEW 6:30 PM-8:00 PM | |
| | | Zumba® 6:45 PM-7:45 PM | Ballroom Dance - Beginners 6:30 PM-7:30 PM | TPP Creative Hatha Yoga Flow 6:45 PM-8:00 PM | |
| | TPP Tai Chi 7:00 PM-9:00 PM | Kendo 8:00 PM-9:00 PM | TPP Tai Chi 7:00 PM-9:00 PM | Kendo 8:00 PM-9:00 PM | |
| | | | Veg Yoga 7:30 PM-8:45 PM | Courses marked TPP take place at Templeton Park Pool | |
| | | | Ballroom Dance - Intermediate 7:30-8:30 PM/8:30-9:30 PM | | |

Art

NEW Abstract & Surreal Acrylic Painting

19+ yrs | Marie Goulet

Step into a world of imagination with this creative acrylic painting class, designed for all skill levels! Whether you're new to painting or an experienced artist, this class will guide you in exploring abstract and surreal themes on canvas. Each session will focus on expressive techniques, dreamlike compositions, and bold color play to create unique and thought-provoking artwork. Learn blending, layering, and brushwork while experimenting with form, texture, and movement to bring your vision to life. All supplies are included just bring your creativity! With step-by-step guidance and space for personal expression, this class is a welcoming place to explore new ideas and unleash your artistic potential. Drop-in \$35, if space available.

W May 07-May 28 6:30 PM-8:30 PM
559216 \$129/4 sess

NEW Acrylic Painting for Beginners: Landscapes

19+ yrs | Marie Goulet

Immerse yourself in the beauty of landscapes with this engaging acrylic painting class for all skill levels! Whether you're a beginner or an experienced artist, you'll be guided through the process of capturing stunning natural and urban scenes on canvas. Each session explores a different landscape theme majestic mountains, serene oceans, vibrant cityscapes, and tranquil beaches. Learn essential techniques like blending, layering, and brushwork to bring depth, light, and movement to your artwork. All supplies are included just bring your creativity! With step-by-step instruction and plenty of room for self-expression, this class offers a welcoming space to explore your artistic potential, one brushstroke at a time. Drop-in \$35, if space available.

W Apr 09-Apr 30 6:30 PM-8:30 PM
559214 \$129/4 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.



Knit Nights

19+ yrs | Non Instructional

Love to knit? Bring your latest project and join us! Ask advice or share purls of wisdom. New friends? Make one left, make one right! Share finished projects that other yarn addicts will appreciate. New to knitting? A perfect place to practice, ask questions, get inspired! Slip on shoes, slip on your sweater, knit on over!

W Apr 02-Jun 25 6:00 PM-8:00 PM
559644 \$2.38/drop-in

NEW Watercolour Cityscapes & Perspective Drawing

19+ yrs | Marie Goulet

Explore the art of watercolor cityscapes and 2D perspective in this dynamic class for all skill levels! Whether you're new to painting or looking to improve your drawing techniques, you'll learn how to combine watercolors with markers to create vibrant urban scenes. Each session will focus on different architectural styles, from bustling skylines to charming streetscapes. You'll develop essential skills in perspective drawing, line work, and watercolor techniques like washes, layering, and controlled blending to bring depth and detail to your artwork. All supplies are included just bring your creativity! With step-by-step guidance and room for self-expression, this class offers a fun and welcoming space to bring cityscapes to life, one brushstroke at a time. Drop-in \$35, if space available.

W Jun 04-Jun 25 6:30 PM-8:30 PM
559218 \$129/4 sess

Dance

Ballroom Dance - Beginner/ Bronze

19+ yrs | Faye Hung

The first few weeks will cover the basics of the dance, then we will progress to the next level (bronze) figures. No dancing experience required. Partners preferred but not required. Drop-in \$14, space permitting. No class April 16.

International Latin Jive

W May 21-Jun 25 6:30 PM-7:30 PM
553689 \$79.50/6 sess

International Quickstep

W Apr 09-May 14 6:30 PM-7:30 PM
553688 \$66.25/5 sess

Ballroom Dance - Silver International

19+ yrs | Faye Hung

Minimum 2 years of dancing experience required. Partners preferred. Drop-in \$14, space permitting. No class April 16.

Vienesse Waltz

W Apr 09-May 14 7:30 PM-8:30 PM
553691 \$66.25/5 sess

Waltz

W May 21-Jun 25 7:30 PM-8:30 PM
553692 \$79.50/6 sess

Latin Paso Doble

W Apr 09-May 14 8:30 PM-9:30 PM
553695 \$66.25/5 sess

Latin Samba

W May 21-Jun 25 8:30 PM-9:30 PM
553696 \$79.50/6 sess

Chinese Cultural Dance

19+ yrs | Anne Ang

This beginner class is open to adults and seniors who want to stay active and have fun with the enjoyment of Chinese songs and music. Come in and meet new friends while learning some basic cultural dance movements and techniques. There will be some stretching and warming up exercises before we start to dance. Some dance choreography may be involved. Wearing soft dance shoes is recommended. Drop-in \$6, if space permits.

Th Apr 10-Jun 26 6:30 PM-8:00 PM
554828 \$60/12 sess

☀️ Th Jul 03-Aug 21 6:30 PM-8:00 PM
555384 \$40/8 sess

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

Contemporary Line Dance

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 (5 spots available for drop-in). No class July 30.

| | | |
|---------------|---------------|-------------------|
| W | Apr 09-Jun 25 | 11:00 AM-12:30 PM |
| 552975 | | \$42/12 sess |
| W | Jul 02-Aug 20 | 11:00 AM-12:30 PM |
| 552978 | | \$24.50/7 sess |



NEW Contemporary Line Dance Practice

19+ yrs | Irene Loo

This is a non-instructional session to practice line dance routines together with Irene including Cha Cha, Tango, Rumba, Waltz, Mambo, Salsa, Cumbia, Hustle, Twist, Disco, Jitterbug and Electric Slide. Drop-in \$2.38 (5 spots available for drop-in). No class Aug 1.

| | | |
|---------------|---------------|------------------|
| F | Apr 11-Jun 27 | 12:00 PM-1:15 PM |
| 558355 | | \$24/12 sess |
| F | Jul 04-Aug 22 | 12:00 PM-1:15 PM |
| 558360 | | \$14/7 sess |

Line Dance

55+ 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. There will only be 5 spots open for drop-ins, Drop-ins = \$3.00. No class Apr 21, May 19, July 28, Aug 4

| | | |
|---------------|---------------|-----------------|
| M | May 05-Jun 23 | 1:30 PM-3:00 PM |
| 553771 | | \$17.50/7 sess |
| M | Jul 07-Aug 18 | 1:30 PM-3:00 PM |
| 553985 | | \$12.50/5 sess |

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

Education

East Vancouver Family Literacy - Beginner Learners

19+ yrs | Emily Hunter

Learn English, have fun and make friends! This class is for Beginner to Lower Intermediate learners. We plan to go on field trips together and will invite guest speakers to the class. The teacher is an experienced English teacher from Capilano University. Come join us! For more information, please contact Emily at EmilyHunter@capilanou.ca

| | | |
|---------------|----------------|-----------------|
| No class | Apr 21, May 19 | |
| M | Mar 31-Jun 16 | 1:00 PM-3:45 PM |
| 553741 | | FREE |

Emergency First Aid with CPR-C + AED (Basic)

13+ yrs | Foundations Safety

Basic one-day course offering lifesaving first aid and cardiopulmonary resuscitation (CPR) skills for the workplace or home. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines. 4 hour mandatory online component pre-requisite, 4.5 hours in class instruction.

| | | |
|---------------|--------|-----------------|
| Sa | Apr 19 | 9:15 AM-1:45 PM |
| 554845 | | \$93.75/1 sess |
| Sa | May 17 | 9:15 AM-1:45 PM |
| 554849 | | \$93.75/1 sess |
| Sa | Jun 21 | 9:15 AM-1:45 PM |
| 554850 | | \$93.75/1 sess |

Standard First Aid with CPR-C + AED (Intermediate)

13+ yrs | Foundations Safety

Comprehensive two-day course offering first aid and cardiopulmonary resuscitation (CPR) skills for those who need training due to work requirements or who want more knowledge to respond to emergencies at home. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines. 8 hour mandatory online component pre-requisite, 7.5 hours in class instruction.

| | | |
|---------------|--------|-----------------|
| Sa | Apr 19 | 9:15 AM-4:45 PM |
| 554851 | | \$137.50/1 sess |
| Sa | May 17 | 9:15 AM-4:45 PM |
| 554852 | | \$137.50/1 sess |
| Sa | Jun 21 | 9:15 AM-4:45 PM |
| 554853 | | \$137.50/1 sess |

NEW French

19+ yrs | Kathryn Harris

Bonjour! Welcome to French class! Do you have little to no prior French knowledge? Did you take high school French but never really learned how to speak the language? You're in the right place. I use the Accelerative Integrated Method (AIM) for teaching French, which incorporates hand gestures, storytelling, and a focus on authentic speaking and writing skills. The approach accelerates language acquisition by making the learning process very enjoyable as it is interactive and play-based. The two unique components that make these lessons so successful are 1) that it is a French Immersion experience (students will hear French almost exclusively each lesson) and 2) the Gesture Approach, which uses hand signs to help students learn and remember important vocabulary and expressions. Grammar is taught inductively (no huge worksheets on verb conjugation!) and emphasis is on oral communication (listening and speaking). Lessons quickly build on the four skills of listening, speaking, reading and writing. Activities are varied so that students have the opportunity to work individually, in partners, in small groups, and as a whole class. No registration after the 3rd class. Sorry no drop-ins permitted. See you in class! No class June 12.

Adult Beginner 1

| | | |
|---------------|---------------|-----------------|
| Tu Th | Apr 01-Apr 29 | 6:00 PM-7:30 PM |
| 559192 | | \$185/9 sess |

Adult Beginner 2

| | | |
|---------------|---------------|-----------------|
| Tu Th | May 01-May 29 | 6:00 PM-7:30 PM |
| 559193 | | \$185/9 sess |

Adult Beginner 3

| | | |
|---------------|---------------|-----------------|
| Tu Th | Jun 03-Jun 26 | 6:00 PM-8:00 PM |
| 559196 | | \$185/7 sess |

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 | Apr 02-Jun 25 | 6:15 PM-8:15 PM |
| 555485 | | \$90/13 sess |
| Su | Apr 06-Jun 29 | 10:15 AM-12:00 PM |
| 555488 | | \$90/13 sess |
| ☀️ W | Jul 02-Aug 20 | 6:15 PM-8:15 PM |
| 558290 | | \$60/8 sess |
| ☀️ Su | Jul 06-Aug 24 | 10:15 AM-12:00 PM |
| 558291 | | \$60/8 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 April 21 and May 19.

| | | |
|---------------|---------------|-----------------|
| MW | Apr 07-Jun 25 | 6:15 PM-7:15 PM |
| 553851 | | \$161/23 sess |



Kendo Training

19+ yrs | Renfrew Kendo Dojo Society

Kendo has its roots in traditional Japanese swordsmanship, known as kenjutsu. This physically and mentally demanding discipline blends strong martial arts principles with athletic elements. Kendo is a combative martial art that features controlled-contact sparring, conducted safely with all participants wearing full armor. Renfrew Kendo Dojo Society is registered with BC Kendo Federation, and its instructor is affiliated with the Canadian Kendo Federation. Beginners only need a shinai (bamboo sword) to begin their practice.

| | | |
|---------------|---------------|-------------------|
| Su | Apr 06-Jun 29 | 11:20 AM-12:20 PM |
| Tu | Apr 01-Jun 24 | 8:00 PM-9:00 PM |
| Th | Apr 03-Jun 26 | 8:00 PM-9:00 PM |
| 553562 | | \$165/3 mos |
| ☀️ Su | Jul 06-Aug 24 | 11:20 AM-12:20 PM |
| ☀️ Tu | Jul 08-Aug 19 | 8:00 PM-9:00 PM |
| ☀️ Th | Jul 03-Aug 21 | 8:00 PM-9:00 PM |
| 553583 | | \$110/2 mos |

Tai Chi Stretching

19+ yrs | Master Yip & Irene Loo

Come join Master Yip and his assistant, Irene Loo, for this beginner Tai Chi stretching class. All levels welcome. Use your 10-visit Seniors Activity Pass! Drop-in \$3.00, if space permits.

| | | |
|---------------|---------------|-----------------|
| Tu | Apr 01-Jun 24 | 1:00 PM-2:30 PM |
| 553804 | | \$26/13 sess |



TPP Tai Chi

19+ 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. No class April 21

AFTERNOON CLASSES

| | | |
|---------------|---------------|------------------|
| Tu Th | Apr 01-Apr 29 | 12:45 PM-2:45 PM |
| 553842 | | \$90/9 sess |
| Tu Th | May 01-May 29 | 12:45 PM-2:45 PM |
| 553846 | | \$90/9 sess |
| Tu Th | Jun 03-Jun 26 | 12:45 PM-2:45 PM |
| 556531 | | \$80/8 sess |

EVENING CLASSES

| | | |
|---------------|---------------|-----------------|
| MW | Apr 02-Apr 30 | 7:00 PM-9:00 PM |
| 553845 | | \$80/8 sess |
| MW | Jun 02-Jun 30 | 7:00 PM-9:00 PM |
| 553843 | | \$70/7 sess |
| MW | May 05-May 28 | 7:00 PM-9:00 PM |
| 553844 | | \$90/9 sess |
| ☀️ MW | Jul 02-Jul 30 | 7:00 PM-9:00 PM |
| 554031 | | \$90/9 sess |
| ☀️ MW | Aug 06-Aug 27 | 7:00 PM-9:00 PM |
| 554030 | | \$70/7 sess |

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

Gym Sports Spring Schedule

| | SUN | MON | TUE | WED | THURS | FRI |
|---------|---|--|-------------------------------------|---|--------------------------------------|--|
| DAYTIME | Pickleball - Beginner 10:10 AM-11:40 AM | | | Pickleball Intermediate 50+ yrs 10:30 AM-12:30 PM | | Pickleball - Beginner 50+ yrs 9:15 AM-11:05 AM |
| | Badminton Court Reservations 11:45 AM-2:00 PM | | | Pickleball Lessons 12:45 PM-3:15 PM | | Pickleball Intermediate 50+ yrs 11:15 AM-3:05 PM |
| EVENING | | Pickleball - Beginner Play 6:15 PM-7:45 PM | | Pickleball Lessons 6:45 PM-8:15 PM | | <i>Registration for Spring starts Mar 15 at 9 AM.</i> |
| | | Indoor Soccer 8:00 PM-9:45 PM | Badminton 8:00 PM-9:45 PM | Pickleball - Intermediate 8:20 PM-9:50 PM | Basketball 8:00 PM-9:45 PM | |

PLEASE NOTE: Spots will be held for registered participants for the first 10 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. Drop-in waitlist starts 10 minutes prior to the activity start time on the day of (in-person only, phone calls not accepted). Drop-in \$5.25, space permitting.

Pickleball

19+ yrs | Non Instructional

No session Apr 21, May 19 And Aug 4.

Beginner Play

| | | |
|---------------|---------------|-------------------|
| M | Apr 07-Jun 23 | 6:15 PM-7:45 PM |
| 555513 | | \$42.50/10 sess |
| Su | Apr 06-Jun 29 | 10:10 AM-11:40 AM |
| 555517 | | \$55.25/13 sess |
| M | Jul 07-Aug 18 | 6:15 PM-7:45 PM |
| 557333 | | \$25.50/6 sess |
| Su | Jul 13-Aug 24 | 10:10 AM-11:40 AM |
| 557340 | | \$29.75/7 sess |

Intermediate Play

| | | |
|---------------|---------------|-----------------|
| W | Apr 02-Jun 25 | 8:20 PM-9:50 PM |
| 555515 | | \$55.25/13 sess |
| W | Jul 02-Aug 20 | 8:20 PM-9:50 PM |
| 557338 | | \$34/8 sess |

Sports

Badminton Court Reservation

19+ yrs | Non Instructional

Book your 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 (\$12/court). Courts are numbered 4-1 starting from the gym entrance. Court #4 reserved for drop-in.

| | | |
|---------------|---------------|-------------------|
| Su | Apr 06-Jun 29 | \$130/13 sess |
| 557367 | 1a | 11:45 AM-12:30 PM |
| 557371 | 1b | 12:30 PM-1:15 PM |
| 557372 | 1c | 1:15 PM-2:00 PM |
| 557373 | 2a | 11:45 AM-12:30 PM |
| 557374 | 2b | 12:30 PM-1:15 PM |
| 557375 | 2c | 1:15 PM-2:00 PM |
| 557376 | 3a | 11:45 AM-12:30 PM |
| 557377 | 3b | 12:30 PM-1:15 PM |
| 557378 | 3c | 1:15 PM-2:00 PM |
| Su | Jul 13-Aug 24 | \$70/7 sess |
| 557383 | 1a | 11:45 AM-12:30 PM |
| 557384 | 1b | 12:30 PM-1:15 PM |
| 557385 | 1c | 1:15 PM-2:00 PM |
| 557387 | 2a | 11:45 AM-12:30 PM |
| 557388 | 2b | 12:30 PM-1:15 PM |
| 557390 | 2c | 1:15 PM-2:00 PM |
| 557391 | 3a | 11:45 AM-12:30 PM |
| 557392 | 3b | 12:30 PM-1:15 PM |
| 557394 | 3c | 1:15 PM-2:00 PM |

Badminton

19+ yrs | Non Instructional

Doubles play only.

| | | |
|---------------|---------------|-----------------|
| Tu | Apr 01-Jun 24 | 8:00 PM-9:45 PM |
| 555514 | | \$55.25/13 sess |
| Tu | Jul 08-Aug 19 | 8:00 PM-9:45 PM |
| 557335 | | \$29.75/7 sess |

Basketball: Full Court

19+ yrs | Non Instructional

Register to be guaranteed a spot every week.

| | | |
|---------------|---------------|-----------------|
| Th | Apr 03-Jun 26 | 8:00 PM-9:45 PM |
| 555516 | | \$55.25/13 sess |
| Th | Jul 03-Aug 21 | 8:00 PM-9:45 PM |
| 557331 | | \$34/8 sess |

Indoor Soccer

19+ yrs | Non Instructional

Register to be guaranteed a spot every week. No session Apr 21, May 19 and Aug 4.

| | | |
|---------------|---------------|-----------------|
| M | Apr 07-Jun 23 | 8:00 PM-9:45 PM |
| 555512 | | \$42.50/10 sess |
| M | Jul 07-Aug 18 | 8:00 PM-9:45 PM |
| 557329 | | \$25.50/6 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 Apr 21 and May 19.

| | | |
|---------------|---------------|------------------|
| F | Apr 04-Jun 27 | 9:00 AM-12:00 PM |
| 555519 | | \$29.90/13 sess |
| M | Apr 07-Jun 23 | 9:00 AM-12:00 PM |
| 555518 | | \$23/10 sess |

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

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.

Paradise Island Pickleball



Learn to Play Pickleball I

16+ yrs | Paradise Island Pickleball

An introduction from the very basics as we get you off to a good start with some strong fundamentals. Pickleball is easy to learn but hard to master and combines some elements of badminton, tennis & table tennis. You will learn about the ready position, how to serve, drop, volley and hit ground strokes. Learn from two certified pickleball instructors as proper technique is emphasized. Come to have fun and work hard. Introductory paddles and ball are provided. The level of play to advance to Learn to Pickleball II is 2.5.

W Apr 02-May 07 12:45 PM-1:45 PM
553786 \$99/6 sess

PIP Pandora Park Pickle Fest

19+ yrs | Paradise Island Pickleball

This is an event for ALL LEVELS - you will be split up accordingly. Challenge your way to Court 1 or play for fun. This may just be the ultimate and best (and ONLY) outdoor play series in Vancouver for the summer. If you're signed up on the Women's link, you're only playing women's doubles with women. If you're signed up on the Men's link, you're only playing men's doubles with men. Depending on our numbers, we may have couple of sessions of mixed doubles as well. You can choose to play for fun. This is Group A. You must be a newer player without a rating. We will always start the session with a couple of coaching pointers. Scores will be kept and recorded but NOT LOGGED onto DUPR. You can play to compete. This is for all levels. We will place you in groups according to your rating or your self assessed rating where you will be assigned matches for the session. Scores will be logged onto DUPR. There will be 2 groups of competitive play. Please contact us at piptourneys@gmail.com for more details.

MEN'S REGISTRATION

W 5:30 PM-8:00 PM \$14.28/1 sess

| | |
|--------|--------|
| 553989 | Jul 02 |
| 553990 | Jul 09 |
| 553991 | Jul 16 |
| 553992 | Jul 23 |
| 553993 | Jul 30 |
| 553994 | Aug 06 |
| 553995 | Aug 13 |
| 553996 | Aug 20 |

Learn to Play Pickleball II

16+ yrs | Paradise Island Pickleball

Building on Learn to Play Pickleball I? You are now ready to take the momentum to the next level! Develop the following skillets: net game, dinking strategies, 3rd shot drops & drives, court positioning and game strategy! Each week has a particular focus with supervised games to help reinforce the lesson. This is for players looking to advance to a pickleball level of 3.0.

SET ONE

W Apr 02-May 07 1:45 PM-3:15 PM
553787 \$148.50/6 sess

SET TWO

W May 14-Jun 18 12:45 PM-2:15 PM
553788 \$148.50/6 sess

Intermediate Pickleball - Level 3

16+ yrs | Paradise Island Pickleball

Earmarked for players at 3.0 to take their game towards 3.5- the drop is a regular part of your pickleball toolbox- you are also comfortable at the net taking the ball out of the air versus taking it off the bounce- ground strokes are deep and consistent: we are now combining these skills as we introduce volleys and resets into the mix as we become comfortable in the transition zone, mislabeled as no-man's land. Please communicate with the instructor via email at waltwoo@gmail.com if you are uncertain if this is the session for you.

SET ONE

W Apr 02-May 07 6:45 PM-8:15 PM
553784 \$155.40/6 sess

W Jul 02-Jul 23 6:45 PM-8:15 PM
553984 \$102.84/4 sess

SET TWO

W May 14-Jun 18 6:45 PM-8:15 PM
553785 \$155.40/6 sess

W Jul 30-Aug 20 6:45 PM-8:15 PM
553983 \$102.84/4 sess

Supervised Pickleball Play - Levels 2.5-3.0

16+ yrs | Paradise Island Pickleball

No drills in this session but you will be playing with a purpose! Play with more confidence as you mix in with your recreational or competitive games! Drop-in: \$15 Please communicate with the instructor via email at waltwoo@gmail.com if you are uncertain if this is the session for you.

W May 14-Jun 18 2:15 PM-3:15 PM
553789 \$81/6 sess

Pandora Park Pickle Fest

16+ yrs | Paradise Island Pickleball

Please communicate with the instructor via email at waltwoo@gmail.com if you are uncertain if this is the session for you.

W Jul 02-Aug 20 5:30 PM-8:00 PM
View Online \$14.28/1 sess



Tennis - Net Play Basics

19+ yrs | Wilson Tan

Own the Net! Ready to dominate at the net? This course focuses on the essentials of net play, from the basics to introductory strategies. We'll cover the volley, strategic positioning, and seamless transitions from the baseline. Learn the perfect grip, precise placement, and how to use the volley as a powerful weapon. This class is suitable for beginners and novice players, but may also explore more advanced concepts, introduce a tactical perspective, and engage in singles & doubles game play for those looking to level up. Elevate your net game and become a force to be reckoned with! No class May 17.

| | | | |
|---------------|---------------|-------------------|-----------------|
| W | May 07-May 28 | 6:35 PM-7:50 PM | |
| 558479 | | | \$135/4 sess |
| Sa | May 03-May 31 | 10:00 AM-11:15 AM | |
| 558482 | | | \$135/4 sess |
| ☀️ W | Aug 06-Aug 20 | 6:35 PM-7:50 PM | |
| 558539 | | | \$101.25/3 sess |
| ☀️ Sa | Aug 09-Aug 23 | 11:30 AM-12:45 PM | |
| 558543 | | | \$101.25/3 sess |

Tennis - Rally Basics

19+ yrs | Wilson Tan

Find Your Groove: Adult Rally Basics! Tired of erratic tennis shots? Find your groove and build consistency in this fun, outdoor rally class! We'll help you master the fundamentals so you can finally enjoy this amazing (and sometimes frustrating!) game. Discover your tennis potential, learn some tactics, and get ready to rally in singles and doubles. We'll help you build confidence in your game and start playing with a renewed sense of possibility. Let's get rallying! Perfect for beginners and novice players.

| | | | |
|---------------|---------------|-------------------|--------------|
| W | Apr 09-Apr 30 | 6:35 PM-7:50 PM | |
| 558478 | | | \$135/4 sess |
| Sa | Apr 05-Apr 26 | 10:00 AM-11:15 AM | |
| 558481 | | | \$135/4 sess |
| ☀️ W | Jul 09-Jul 30 | 6:35 PM-7:50 PM | |
| 558529 | | | \$135/4 sess |
| ☀️ Sa | Jul 05-Jul 26 | 11:30 AM-12:45 PM | |
| 558542 | | | \$135/4 sess |



Tennis - Review & Tactical Match Play

19+ yrs | Wilson Tan

Ready to take your tennis game to the next level? You've got the basics down? now it's time to refine your skills and strategize like a pro! This program builds on what you've learned, diving into tactical concepts, spins, positioning, and match preparation. Get ready for exciting drills, expert tips, and a whole new level of play! Perfect for adults who've completed our previous tennis programs. Let's keep the tennis journey going! No class May 17.

| | | | |
|---------------|---------------|-----------------|--------------|
| W | Jun 04-Jun 25 | 7:55 PM-9:10 PM | |
| 558484 | | | \$135/4 sess |
| Sa | Apr 05-Apr 26 | 3:00 PM-4:15 PM | |
| 558485 | | | \$135/4 sess |
| Sa | May 03-May 31 | 3:00 PM-4:15 PM | |
| 558486 | | | \$135/4 sess |
| Sa | Jun 07-Jun 28 | 3:00 PM-4:15 PM | |
| 558488 | | | \$135/4 sess |
| ☀️ W | Jul 09-Jul 30 | 7:55 PM-9:10 PM | |
| 558531 | | | \$135/4 sess |

Tennis - Serving & Play Basics

19+ yrs | Wilson Tan

Serve It Up & Play the Game: Adult Tennis (Beginner/Novice). Develop and refine the serve and overhead, and take your game to the next level! This class is designed for beginner and novice players, but may also explore more advanced concepts for those looking to improve. We'll cover stance, grip, toss, and the all-important racquet-ball connection, helping you find your unique rhythm and tempo for powerful serves and overheads. We'll also connect these skills with groundstrokes and volleys, bringing your entire game into harmony. Beyond the basics, we may introduce tactical perspectives and engage in singles and doubles gameplay. Get ready to dominate the court!

| | | | |
|---------------|---------------|-------------------|--------------|
| W | Jun 04-Jun 25 | 6:35 PM-7:50 PM | |
| 558483 | | | \$135/4 sess |
| Sa | Jun 07-Jun 28 | 10:00 AM-11:15 AM | |
| 558487 | | | \$135/4 sess |

Yoga

TPP Creative Hatha Flow Yoga

16+ yrs | Hana Hermanek

Hatha classes are great for improving focus, breathing, circulation, digestion, and flexibility. Many students say they feel more relaxed after class and sleep better at night. Classes begin with a short grounding exercise, followed by a variety of poses, and finishing with a relaxing savasana. Keep your body limber and come do yoga! Beginners welcome! Drop-in: \$15.50, if space. No class May 29

SET ONE

| | | | |
|---------------|---------------|-----------------|-------------|
| Th | Apr 03-May 08 | 6:45 PM-8:00 PM | |
| 553815 | | | \$84/6 sess |

SET TWO

| | | | |
|---------------|---------------|-----------------|-------------|
| Th | May 15-Jun 26 | 6:45 PM-8:00 PM | |
| 554665 | | | \$84/6 sess |

Iyengar Yoga

16+ yrs | Bridget Donald

Join us to increase your flexibility, strength and relaxation. The Iyengar method of yoga involves meditation in action: with its focus on the details of the yoga poses and conscious movement, it helps to bring the body and mind into healthy alignment. Beginners and ongoing students are welcome in the class. Drop-in \$20, if space permits. No class April 22.

| | | | |
|---------------|---------------|-----------------|---------------|
| Tu | Apr 01-Jun 24 | 6:30 PM-8:00 PM | |
| 553004 | | | \$204/12 sess |

Veg Yoga

19+ yrs | Vivien Gomes

Any time is a great time to start your yoga practice. Veg Yoga will introduce Hatha 26&2 yoga sequence, which consists of 26 poses and two breathing exercises, derived from the 84 classic Traditional Hatha Yoga. The therapeutic sequence has proven to increase flexibility and strength, improves circulation and reduce stress. The practice operates on the principles of maximum compression, extension, and relaxation, to create optimal health. The class is designed for all levels. In time, you will learn to focus your mind and control your breath, leading you to a deeper, and calmer state of being. Drop-in \$15, if space available.

| | | | |
|---------------|---------------|-----------------|--------------|
| W | Apr 16-Jun 11 | 7:30 PM-8:45 PM | |
| 554531 | | | \$117/9 sess |

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

Fitness Centre Hours of Operation

APR 1-JUN 30, 2025

| MONDAY TO FRIDAY | SATURDAY | SUNDAY | HOLIDAYS |
|---|-------------------|--------------------|-------------------------------------|
| 6:00 AM - 9:45 PM | 9:00 AM - 4:45 PM | 10:00 AM - 2:00 PM | Apr 18, 21, May 19 10:00 AM-2:00 PM |
| ☀️ JUL 1-AUG 24, 2025 Closed Aug 25-Sep 1. | | | |
| MONDAY TO THURSDAY | FRIDAY | SATURDAY TO SUNDAY | HOLIDAYS |
| 6:00 AM - 9:45 PM | 6:00 AM - 4:45 PM | 10:00 AM - 2:00 PM | Jul 1, Aug 4 10:00 AM-2:00 PM |
| <i>Hours subject to change.</i> | | | |

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 25% 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)

A free orientation is recommended but not mandatory. 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 | Scovia Maeko

Need motivation or fitness expertise to reach your health and fitness goals? Book a one hour session with one of our seasoned trainers! Training is held in the Fitness Centre. Please call 604.718.6222 to talk to a trainer first. No refunds or credits. \$46/1 sess

External Rehab Trainers

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

| FITNESS CENTRE FEES | | | |
|--|-----------|--------------------------|--------------|
| | Adult | *Discounted Fees | |
| | 19-59 yrs | Youth 13-18 & Adults 60+ | Students 19+ |
| Drop-In | \$5.24 | N/A | N/A |
| 10 visits | \$47.16 | N/A | N/A |
| 1 month | \$46.00 | \$23.00 | \$34.50 |
| 3 months | \$92.00 | \$46.00 | \$69.00 |
| 1 year | \$282.46 | \$141.23 | \$211.84 |
| <i>All passholders and drop-in have the option to obtain a HCA membership. Prices listed do not include GST.</i> | | | |

| RACQUETBALL DROP-IN | | |
|---|---------|------------------|
| Single Booking (45 mins) | Adult | Youth/Adults 65+ |
| Prime time | \$10.78 | \$7.58 |
| Non-Prime time | \$7.19 | \$5.00 |
| Single Player | \$5.40 | \$3.84 |
| 10-Court Strip | Adult | Youth/Adults 65+ |
| 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> | | |

Food, Cooking & 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.



Cooking Classes for Kids

7-11 yrs | Chef Karen

Join us and learn about food safety, nutrition, and the importance of preparing in a clean and nice cooking environment. Kids will have an amazing time socializing and sharing their creativity with our chef and will explore cooking habits from different cultures! Kids will write down and vote what kind of food they want to learn to make in their first class. Please, bring your own Tupperware. The classes will include recipes for finger food, school lunch, cookies, and a few jar mixes. No class Apr 19, April 26

| | | |
|--------|------------------|-------------|
| Sa | 9:30 AM-11:30 AM | \$40/4 sess |
| 553729 | Apr 05-May 03 | \$30/3 sess |
| 553730 | May 10-May 31 | \$40/4 sess |
| 553731 | Jun 07-Jun 28 | \$40/4 sess |

TPP Cooking Connections:

Cooking for the Active Senior

19+ yrs | Fung, Lily

Designed for seniors, this program focuses on eating well and staying active for overall health. It is designed to meet the needs of older adults and provides an opportunity to meet new friends and reinforces healthy eating habits. This program includes a number of versatile recipes like Roasted Root Vegetables which encourage participants to use a variety of ingredients. This is a free six weeks course. Participants must be able to attend all 6 weeks. No class on May 19.

| | | | |
|--------|---------------|------------------|------|
| M | May 05-Jun 16 | 10:30 AM-1:30 PM | FREE |
| 553814 | | | |

Community Kitchen

19+ yrs

Looking to socialize, learn new recipes, and eat great food after work? Check out Community Kitchen where we have various folks from the Hastings-Sunrise community come out to teach some of their favourite food! Remember to bring takeout containers to take extras with you!

| | | |
|--------|-----------------|-------------|
| M | 6:30 PM-8:30 PM | \$10/1 sess |
| 553726 | | Apr 14 |
| 553728 | | Jun 16 |
| 553727 | | May 12 |

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

Culinary Passport

19+ yrs | Chef Karen

Looking to try out some new international cuisines, while also taking part in making the food? Come check out Culinary Passport as we try a new flavour - and visit a new country - each month! Remember to bring takeout containers to take extras with you!

| | | |
|--------|------------------|-------------|
| F | 9:30 AM-11:30 AM | \$10/1 sess |
| 553738 | Apr 4 | Ireland |
| 553739 | May 16 | Egypt |
| 553740 | Jun 13 | Italy |

FREE Food Skills for Families - Healthy Cooking on a budget

19+ yrs | Lily Fung

Food Skills for Families is an enjoyable way to connect in the kitchen, learn hands-on cooking skills and make healthy eating, easy, quick and fun. Healthy eating is an important part of overall wellness and we hope this program inspires you to cook tasty meals for you and your family. Have fun in the kitchen and keep cooking! In the Food Skills for Families FOOD SENSE program, we will focus on ways to make healthy meals on a budget. It also includes a number of restaurant favourites recipes like homemade pizza and quesadillas! This is a free six week course. Students must be able to attend all 6 weeks. No class on May 25.

| | | | |
|--------|---------------|------------------|------|
| Su | May 04-Jun 15 | 10:30 AM-1:30 PM | FREE |
| 553743 | | | |

Easy Homemade Tofu & Recipes with Japanese Chef

19+ yrs | Sakura Nanami

Have you ever wanted to make fresh, natural tofu at home but thought it was too complicated? Join Japanese Chef Sakura for an exciting demo and tasting seminar, where you'll learn how easy homemade tofu can be! Discover step-by-step tofu-making techniques, explore unique factory-made tofu products, and get inspired with creative recipes. What You'll Learn: Tofu-Making Demo - Learn how to make tofu at home, Ingredient Guide - Where to find the best ingredients, especially natural coagulants ("nigari" in Japanese) in Vancouver, Taste & Compare - The difference between homemade and factory-made tofu, and how to enjoy both to elevate your tofu dishes Join us to transform the way you think about tofu; no more bland and boring tofu dishes!

| | | |
|--------|-----------------|-------------|
| Tu | 7:00 PM-9:00 PM | \$10/1 sess |
| 553974 | | Jun 03 |
| 559210 | | Jun 10 |

FREE Growing Kids

1-4 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). No class April 21

| | | |
|--------|-------------------|---------------|
| M | 11:00 AM-11:30 AM | FREE |
| 553745 | | Apr 07-May 12 |
| 558399 | | May 26-Jun 23 |
| 553980 | | Jul 07-Jul 28 |



Garden Work Party/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 12 | 11:00 AM-1:00 PM | FREE |
| 553982 | | | |

FREE 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 | Apr 02-Jun 25 | 11:00 AM-12:00 PM | FREE |
| 553744 | | | |
| ☀️ W | Jul 02-Jul 30 | 11:00 AM-12:00 PM | FREE |
| 553979 | | | |

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

Japanese Matcha Mastery: Taste, Whisk and Cook

19+ yrs | Sakura Nanami

Join us to explore the authentic world of Japanese matcha and understand what sets it apart from globalized versions like matcha lattes and sweets. In this informative session by Japanese chef Sakura, you'll learn how to properly whisk matcha and prepare easy home recipes like matcha lattes, ice cream & treats. This workshop is perfect for both matcha beginners and lovers, looking to enjoy matcha authentically and creatively.

| | | | |
|--------|--------|-----------------|-------------|
| Tu | May 13 | 7:00 PM-9:00 PM | \$10/1 sess |
| 558405 | | | |

TPP Lentils Are Life!

19+ yrs | Chef Karen

Join Food Educator and Chef Karen Curtis on a vegetarian journey. With a focus on vegetarian cuisine, you will learn how to maximize your food budget while cooking tasty, good for you vegetarian food from around the world. All the recipes can be made plant based as well! We can share a meal together at the end, and take home leftovers! Sign-up for one, two, or all three on the following dates!

Menu:

| | | |
|----------|---|-------------|
| Apr 23: | Sweet Potato Lentil Rolls Lentil Pocket Pies | |
| May 21: | Koshari-Traditional Egyptian Pasta, Tomato Sauce, & Fried Onions Moroccan Lentil Shepherd's Pie | |
| June 11: | 9:30 AM-11:30 AM | \$10/1 sess |
| W | 553836 | Apr 23 |
| | 553837 | May 21 |
| | 553838 | Jun 11 |

Mycelial Connections Mushroom and Plant Walk

19+ yrs | Willoughby Arevalo

Learn about local fungi and plants with local mycologist and author, Willoughby Arevalo. We will take a walk and learn about how fungi interact with other members of their ecosystems, including humans. Dress appropriately for the weather and meet in the Hastings Garden. Location: Garden

| | | | |
|--------|--------|-------------------|-------------|
| Su | Apr 13 | 10:00 AM-12:00 PM | \$10/1 sess |
| 553722 | | | |

Sack Gardens

19+ yrs | Peggy Coombes

Grow a garden in a burlap sack! Vertical gardening is the answer to all urban small-space gardening woes. You may have seen people growing potatoes in burlap sacks but this technique allows you to grow a whole garden in a sack pretty much anywhere where there is sun. Vertical gardens may not solve world hunger but growing edible plants from seed to food is a small step toward understanding our role in food justice and food sovereignty. It's a connection to the nature that surrounds us and is within us that we are never separate from but may sometimes seem far away when living in a city or inside our heads. Urban gardening is a small movement with big ripple effects in which absolutely everybody in any space is able to participate. This workshop will be demonstration-only but we will have some sacks and plant seedlings to give away if you would like to try this at home. Meet in the Hastings Garden.

| | | | |
|--------|--------|------------------|-------------|
| Sa | May 10 | 12:00 PM-2:00 PM | \$10/1 sess |
| 558404 | | | |

Sustainable DIY: Sewing with Rescued Umbrella Fabric

19+ yrs | Lisa Patterson

Save broken umbrellas from the landfill in this fun and creative workshop. We will each machine-sew a lunch bag using rescued umbrella fabric. You will take home a finished bag. All materials provided.

| | | | |
|--------|--------|-----------------|-------------|
| Tu | Apr 29 | 7:00 PM-9:00 PM | \$10/1 sess |
| 553723 | | | |

Sustainable DIY: The Thrifty Cook

19+ yrs | Lisa Patterson

Whether your concern is reducing food waste or reducing your food budget, this workshop is for you. We will discuss different ways to rescue food scraps from the garbage, as well as touch on a few nutritious foods that you can easily make at home. Come ready to taste!

| | | | |
|--------|--------|-----------------|-------------|
| Tu | Jun 24 | 7:00 PM-9:00 PM | \$10/1 sess |
| 553749 | | | |

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.

Art

NEW Abstract & Surreal Acrylic Painting**60+ yrs | Marie Goulet**

Step into a world of imagination with this creative acrylic painting class, designed for all skill levels! Whether you're new to painting or an experienced artist, this class will guide you in exploring abstract and surreal themes on canvas. Each session will focus on expressive techniques, dreamlike compositions, and bold color play to create unique and thought-provoking artwork. Learn blending, layering, and brushwork while experimenting with form, texture, and movement to bring your vision to life. All supplies are included, just bring your creativity! With step-by-step guidance and space for personal expression, this class is a welcoming place to explore new ideas and unleash your artistic potential. Drop-in \$35, if space available.

W May 07-May 28 1:30 PM-3:30 PM
559215 \$129/4 sess

NEW Acrylic Painting for Beginners: Landscapes**60+ yrs | Marie Goulet**

Immerse yourself in the beauty of landscapes with this engaging acrylic painting class for all skill levels! Whether you're a beginner or an experienced artist, you'll be guided through the process of capturing stunning natural and urban scenes on canvas. Each session explores a different landscape theme majestic mountains, serene oceans, vibrant cityscapes, and tranquil beaches. Learn essential techniques like blending, layering, and brushwork to bring depth, light, and movement to your artwork. All supplies are included, just bring your creativity! With step-by-step instruction and plenty of room for self-expression, this class offers a welcoming space to explore your artistic potential, one brushstroke at a time. Drop-in \$35, if space available.

W Apr 09-Apr 30 1:30 PM-3:30 PM
559213 \$129/4 sess

**NEW Watercolour Cityscapes & Perspective Drawing****60+ yrs | Marie Goulet**

Explore the art of watercolor cityscapes and 2D perspective in this dynamic class for all skill levels! Whether you're new to painting or looking to improve your drawing techniques, you'll learn how to combine watercolors with markers to create vibrant urban scenes. Each session will focus on different architectural styles, from bustling skylines to charming streetscapes. You'll develop essential skills in perspective drawing, line work, and watercolor techniques like washes, layering, and controlled blending to bring depth and detail to your artwork. All supplies are included, just bring your creativity! With step-by-step guidance and room for self-expression, this class offers a fun and welcoming space to bring cityscapes to life, one brushstroke at a time. Drop-in \$35, if space available.

W Jun 04-Jun 25 1:30 PM-3:30 PM
559217 \$129/4 sess

Dance

TPP Xinjiang Vancouver Dancing Group**55+ yrs | Alisha**

Traditional Xinjiang dancing is famous for its elegant and unique moves, as well as its vibrant energy. These dances display a style of passion and delicacy. They are also unique for the dancers fast rotation and dynamic movements such as neck-shifting, wrist-turning and repetitive knee-shaking. Drop-in \$3, space permitting.

Th F Apr 03-Jun 27 3:00 PM-4:00 PM
553847 \$30/26 sess

Education

FREE Arthritis Workshops**55+ yrs | Vancouver OASIS**

OsteoArthritis Service Integration System (OASIS) helps people with osteoarthritis self-manage their condition by providing free education sessions. Anyone with osteoarthritis can register to attend a class. Most classes are also appropriate for people with inflammatory arthritis. You do not need a referral from your physician to attend OASIS classes. Classes are taught by the OASIS education team, which consists of physiotherapists, occupational therapists, registered nurses, and dietitians.

Th 1:00 PM-3:00 PM FREE

Sleep & Stress Management

553778 May 1 1:00 PM-3:00 PM

Introduction to Meditation

553742 May 8 2:00 PM-3:00 PM

Gardening & Arthritis

559203 May 15 2:00 PM-3:00 PM

Nutrition, Supplements, & Arthritis

553777 Jun 5 1:00 PM-3:00 PM

Pole-Walking for Arthritis

553790 Jun 19 1:00 PM-2:30 PM

Fitness

**Core & Strength Training for Older Adults****50+ yrs | Kelly Howatson**

This exercise program integrates all components of physical fitness: strength, endurance, flexibility and coordination. Weights, bands, and mats will be incorporated into this one hour class geared toward older adults looking to improve their strength.

Tu Apr 01-Jun 17 10:30 AM-11:30 AM

553732 \$90/12 sess

Th Apr 03-Jun 19 10:30 AM-11:30 AM

553733 \$90/12 sess

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

Outdoor Activities

Seniors Jam – Bus Out Trips

55+ yrs | Captain Artie

Join us for adventure and fun on our out trips that take us all over the Metro Vancouver area and even Vancouver Island! Connect with fellow seniors and make new friends as we sightsee, explore and have lunch during each outing. Transportation provided with pick-up/drop-off at Hastings Community Centre. Please note that many trips involve considerable amount of walking, with each trip taking place rain or shine.

Th 9:15 AM-4:00 PM

Tulip Festival + Honey Store

553796 Apr 24 \$40

Naval Museum + Flyover

553797 May 22 \$40

Fort Langley+

553798 Jun 19 \$30

Tu 9:15 AM-4:00 PM

Aquarium+

554006 Jul 8 \$50

Grouse Mountain

554007 Jul 15 \$50

Victoria + BC Parliament

554008 Jul 22 \$90

Capilano Hatchery + Dam

554009 Jul 29 \$50

Whistler + Cultural Centre

554010 Aug 5 \$50

Harrison Hot Springs

554011 Aug 12 \$50

Nanaimo + Qualicum

554012 Aug 19 \$90

Th 9:15 AM-4:00 PM

BCIT Tour - Aerospace

559312 Jul 10 \$20

Steveston Village + Canary

559313 Jul 17 \$20

New Westminster Museum

559314 Jul 24 \$20

Maritime Museum

559315 Jul 31 \$20

Kruase Farms

559316 Aug 7 \$20

Granville Island

559317 Aug 14 \$20

Burnaby Village Museum

559318 Aug 21 \$20

Social



Ballroom Social Dance

55+ yrs | David Yuen

Come with friends or meet new ones and dance together. No partners required. This is a non-instructional, drop-in social dance program. Use your 10-visit Seniors Activity Pass! Drop-in \$3.00, if space permits.

F Apr 11-Jun 13 1:30 PM-3:30 PM

553721 \$3.00/drop-in

F Jul 04-Aug 22 1:30 PM-3:30 PM

553973 \$3.00/drop-in

Chinese Seniors Pop Karaoke

55+ yrs | Seniors Volunteer

A social program designed for Chinese speaking seniors from the neighborhood. Drop-ins only. Use your 10-visit Seniors Activity Pass! Drop-in = \$2.38. No session July 31

Th Apr 03-Jun 26 12:00 PM-4:00 PM

553725 \$2.38/1 sess

Th Jul 03-Aug 21 11:30 AM-2:30 PM

553975 \$2.38/1 sess

Games Room Drop-In - Adults

19+ yrs | Non Instructional

Adults 19+ can drop-in to play pool, foosball, watch TV, or play table tennis. Games Room availability is subject to change without notice. Drop-in \$1.

M Tu W Th F Apr 01-Jun 27 9:00 AM-2:45 PM

557405 \$1/drop-in

Lunch and Learn + Bingo

55+ yrs | Chef Karen

Come have lunch, learn, and then play bingo with us! The day starts off with a 45-minute nutritional workshop with a certified nutritionist, followed by lunch that is being prepared in the kitchen, followed by several rounds of bingo (including prizes!).

M 11:30 AM-1:30 PM \$5/1 sess

553772 Apr 14 Gnocchi with Caesar Salad

553774 Jun 16 Quesadillas with Tex-Mex Coleslaw

553773 May 12 Stuffed Zucchini with Foacaccia

FREE Mah Jong

55+ yrs | No Instructor

Come play Mah Jong in Room 11! No cost, drop-ins welcome! Equipment provided

F Apr 11-Jun 13 10:00 AM-3:00 PM

553775 FREE

FREE Seniors Painting

55+ yrs | No Instructor

Are you looking for a space to mingle with other inspiring artists and paint? Drop by our free seniors painting drop-in where you can connect with like-minded folks, paint and have a colourful time! Supplies are not provided - must bring your own

W Apr 09-Jun 11 10:00 AM-1:00 PM

553792 FREE

Sports



Pickleball Play – Recreational

55+ 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! No guaranteed drop-ins. Drop-in is \$4.00, space permitting. No session April 18.

BEGINNERS ONLY

F Apr 04-Jun 13 9:15 AM-11:05 AM

553780 \$35/10 sess

INTERMEDIATE

W Apr 02-Jun 11 10:30 AM-12:30 PM

553781 \$38.5/11 sess

F Apr 04-Jun 13 11:15 AM-1:05 PM

553782 \$35/10 sess

F Apr 04-Jun 13 1:15 PM-3:05 PM

553783 \$35/10 sess

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

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: Pages 42-43
- **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 & tot pool
- Universal changeroom available for everyone
- Dry cedar sauna and whirlpool
- 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)
- New outside running track and playground

Working Green...

Templeton has been retro fitted with:

- Solar panels that help heat the whirlpool
- UV filtration for the Teach Pool and whirlpool
- 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.

Aqua-Fit Led by a certified instructor, one hour class in shallow water designed to work at your own pace. 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 appropriate 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.

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

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. We also offer swim lessons during this session exclusively for 2STGD folks. For times & days or other information, please email 2STGD@vancouver.ca.



Club Contacts

Gators Swim Club

www.gatorsswimclub.ca
Email: gatorsswimclub@shaw.ca

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

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

Pace Makers Masters Swim Club

Albert Souza
Email: asouza66@gmail.com

Super Sharks Swim Club

Please see supersharks.ca for more info.

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.

Swim Boot Camp (19+ yrs)

Challenge your stamina and strength with fast paced swimming drills combined with a high intensity dry land body-weight workout. Using interval training techniques, this program is designed to progressively enhance your muscle tone and endurance. This is a great program to enhance fitness or prepare for a triathlon. Requirements: Be able to swim 400 metres continuously at a pace of 1 minute and 15 seconds per 50 meters, or better. Registration only, no drop-ins.

Tu Apr 1-Jun 24 6:45 PM-8:00 PM

558125 \$188.37/13 sess

Th Apr 3-Jun 26 6:45 PM-8:00 PM

558130 \$188.37/13 sess

Exceleration



Exceleration is a youth-focussed triathlon club. Participants are taught to improve their swimming, biking, and running skills. In our Adventure Tri & Kids of Steel programs, the initial focus is on the development of fundamental sport and movement skills, which provide a basis for lifelong participation in sports.

Spring Registration: Sat Mar 8, 9 AM

How to Register:

Register online or in-person/phone at Hastings Community Centre. For program descriptions and information, please visit their website www.ExcelerationTriClub.ca or scan the QR code below.



Rentals



Pool Rentals

Rent the Teach Pool or the Main Pool outside of our facility's operating hours for your own private function. Prices are PB standard fees and include two lifeguards.

Teach Pool \$91.11/hour

Main Pool \$291.82/hour



Room Rentals

Rent the Activity Room for meetings and small social gatherings. 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'.

Activity Room \$36.75/hour
+\$100 damage deposit

Please email templetonparkpool@vancouver.ca to enquire about available dates.

Hastings Community Association Programs at Templeton Park Pool Activity Room Schedule - Spring

Please see program description for exact dates and times.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|--|---|---|
| | Circuit Training 8:30 AM-9:30 AM | Mother Goose Toddler 1:00 PM-1:45 PM Baby 2:00 PM-2:45 PM | Circuit Training 8:30 AM-9:30 AM | Adventures in Music 10:30 AM-11:15 AM | Exceleration Tri Club 8:00 AM-12:00 PM |
| Cooking Program 10:00 AM-12:00 PM | Tai Chi 12:45 PM-6:30 PM | | Tai Chi 12:45 PM-6:30 PM | Xin Jiang Dance 3:00 PM-4:00 PM | Little Ballerinas 12:15 PM-1:00 PM 1:05 PM-1:50 PM |
| Exceleration Tri Club 4:30 PM-6:30 PM | | Exceleration Tri Club 4:30 PM-6:30 PM | Xin Jiang Dance 3:00 PM-4:00 PM | Exceleration Tri Club 4:30 PM-8:00 PM | Hip Hop Breakers 1:55 PM-2:40 PM |
| Tai Chi 7:00 PM-9:00 PM | | Tai Chi 7:00 PM-9:00 PM | Creative Hatha Flow Yoga 6:45 PM-8:00 PM | | |

Summer Break Camps See page 21

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.

SPRING LESSONS:
March 18 at 7:00 PM

SUMMER LESSONS:
June 24 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.

Adapted Swim Lessons

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

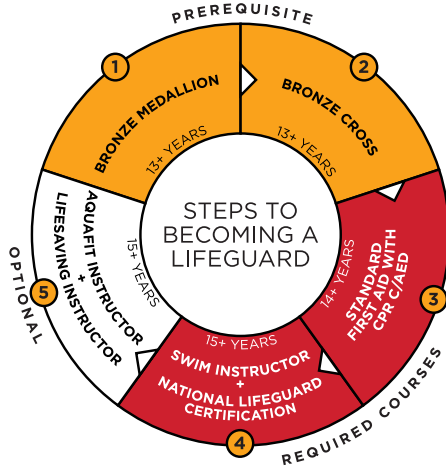
Spring Season:

Singles day/1x per week lessons March 31-June 22, 2025

No swim group lessons on STAT weekends May 17-19

Please visit website to view levels, dates and times of lessons being offered one time per week prior on March 11 to registration on March 18

Please put your name on a waitlist – and as we have new staff hired, we will offer /open more lessons through the season.



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.



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



Bronze Medallion

Prerequisite: Bronze Star or 13 years old

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.

Spring Break 2025 March 24 – 28 \$161.80



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.

M-F Mar 24-Mar28 11:00 AM-3:15 PM \$216.50

Junior Lifeguard Club

Prerequisites: Swim 7 or assessment. Min. 50 metres and one minute tread water.

Junior Lifeguard Club (JLC) stresses fun and aquatic skill development based on personal-best achievement. Building on skills they have from swimming lessons, JLC members work to develop and improve swimming and other aquatic skills with emphasis on swim and lifesaving knowledge, leadership and teamwork, community education, competition, at least 5 years, and personal fitness. **Prerequisite: Swim 4 or assessment. Min. 50 metres and one minute tread water.**

No class Apr 19 and May 17.

S Apr 12-Jun 14 \$63.70

| SWIM LESSON FEES <i>2025 fees at time of printing.</i> | Minutes | 7 lessons | 8 lessons | 9 lessons | 10 lessons |
|---|---------|-----------|-----------|-----------|------------|
| Preschool/Parent & Tot/Adapted | 30 | \$56.91 | \$65.04 | \$73.17 | \$81.30 |
| Swimmer 1 - 2 | 30 | \$46.34 | \$52.96 | \$59.58 | \$66.70 |
| Swimmer 3 - 6 | 45 | \$57.96 | \$66.24 | \$74.52 | \$82.80 |
| Swimmer 7 - 9 | 60 | \$92.68 | \$105.92 | \$119.16 | \$132.40 |
| Teens | 30 | \$70.98 | \$81.12 | \$91.26 | \$101.40 |
| Adult | 45 | \$106.47 | \$121.68 | \$136.89 | \$152.10 |
| Private | 30 | \$40.60 | | | |
| Semi-Private | 30 | \$28.42 | | | |
| <i>Please note: Programs for 14+ are subject to GST</i> | | | | | |

Schedule in effect: SPRING March 24-June 29, 2025

Online Schedule/Website: <https://vancouver.ca/parks-recreation-culture/templeton-pool.aspx>

MAIN POOL SCHEDULE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|----------------------------------|---------------------------------|----------------------------------|---------------------------------|--------------------------------|--------------------------------|
| Lengths 3 lanes - 6:30am - 9:00am | | | | | | 1 lane only 9:00am - 1:00pm |
| Public Swim 9:00am - 12:00pm | Public Swim 10:30am - 12:00pm | Public Swim 9:00am - 12:00pm | Public Swim 10:30am - 12:00pm | Public Swim 9:00am - 12:00pm | | |
| Lengths 6 lanes - 12:00pm - 1:00pm | | | | | | |
| Public Swim 1:00pm - 4:00pm | | | | Public Swim 1:00pm - 4:30pm | Public Swim 1:00pm - 4:30pm | Public Swim 2:00pm - 4:30pm |
| 1 lane only 4:00pm - 8:00pm | | | | 1 lane only 4:30pm - 6:30pm | Lengths 4:30pm - 5:30pm | |
| Public Swim (No Teach Pool) 8:00pm - 9:30pm | | | | Public Swim 6:30pm - 8:00pm | 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 |
|------------------|---------|-----------|----------|------------------|-----------------|-----------------|
| 11:00am - 3:30pm | | | | 11:00am - 8:00pm | 2:00pm - 7:30pm | 2:00pm - 7:30pm |

AQUAFIT (Shallow end, moderate level) (* indicates registered program see page 39)

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

FITNESS CENTRE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------|---------|-----------|----------|------------------|-----------------|-----------------|
| 6:30am - 9:30 pm | | | | 6:30am - 8:00 pm | 9:00am - 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 • Hot Tub • Fitness Centre • Universal Change Room • Activity Room with Kitchen

*Schedule and fees subject to change. Due to staffing issues, please call ahead.

Annual Maintenance Refit 2025: facility closed March 2 to 23.

| 2025 FEES <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) | \$8.33 | \$74.94 | \$67.36 | \$181.87 | \$581.97 |
| Youth (13-18 years) | \$5.83 | \$52.45 | \$47.16 | \$127.31 | \$407.38 |
| Senior (65+ years) | | | | | |
| Child (5-12 years) | \$4.17 | \$39.62 | \$33.68 | \$90.94 | \$290.99 |
| Preschool (0-4 years) | Free | | | | |
| Family | \$4.17 per person min, \$8.34 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



Schedule in effect: SUMMER - June 30 - August 31, 2025Online 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 | | | | | Jul 1 - Canada Day - 7:00am - 2:30pm Aug 5 - BC Day - 7:00am - 2:30pm Sep 2 - Labour Day - 7:00am - 2:30pm | |
| 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) <i>*Due to staffing, please call ahead to ensure teach pool is open.</i> | | | | | | |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| Please call Front Office - 604.718.6252 | | | | 12:00pm - 8:00pm | 2:00pm - 7:30pm | 2:00pm - 7:30pm |
| AQUAFIT (Shallow end, moderate level) (* indicates registered program see page 39) | | | | | | |
| 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 - 9:00pm | | | | 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 <i>*Due to staffing issues, please call ahead.</i> | | | | | | |

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 Recumbent 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



HASTINGS CC PRESENTS

Hastings Summer Fun

GAMES · BBQ · BOUNCY
CASTLES · LIVE ENTERTAINMENT
AND MORE!!

FREE
EVENT

Sunday July, 6th
11am-2pm

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

HASTINGS
COMMUNITY
ASSOCIATION

VANCOUVER
BOARD OF PARKS
AND RECREATION