Hastings Community Centre and Templeton Park Pool

FALL 2026 RECREATION GUIDE

Registration begins...
Saturday, August 15 at 9 AM for Fall Programs
Tuesday, August 25 at 7 PM for VPB Swim Lessons

HASTINGS COMMUNITY ASSOCIATION

VANCOUVER BOARD OF PARKS AND RECREATION

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

HASTINGS HALLOWEEN CARNIVAL

OCT 24TH | 10:30AM-12:30PM

Celebrate Halloween with festive arts and crafts, themed carnival games, photo booth and a bouncy castle!
This event is geared towards children ages 2-6!

Activity #: 628577
$7/child

A youth-driven event, coordinated by the Youth Council. All proceeds go back to Youth Programs.

BREAKFAST With Santa

Saturday, Dec 12

Registration required. Under 12 months old can attend for free. $8/adult, $5/child.
Each family member over 12 months of age must be registered.
Enjoy a delicious breakfast in our auditorium followed by festive crafts & gym activities along with a visit from Santa!

Session 1: 10am–11:45am
Activity #628576

Session 2: 11:15am–1pm
Activity #637337

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Hastings Community Centre

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

Hours of Operation

**Fitness Centre opens at 6AM Monday to Friday*
**Front Office closes 15 minutes prior to the facility schedule.*

September 8 to December 31, 2026

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

Holiday Hours

Labour Day	Sept 7	CLOSED
Day for Truth and Reconciliation	Sept 30	10:00AM-2:00PM
Thanksgiving Day	Oct 12	10:00AM-2:00PM
Remembrance Day	Nov 11	10:00AM-2:00PM
Christmas Eve	Dec 24	9:00AM-4:45PM
Christmas Day	Dec 25	10:00AM-2:00PM
Boxing Day	Dec 26	9:00AM-4:45PM
Boxing Day (observed)	Dec 28	9:00AM-4:45PM
New Years Eve	Dec 31	9:00AM-4:45PM
New Years Day	Jan 1	10:00AM-2:00PM

Closed for Maintenance Aug 31-Sep 07

Templeton Park Pool

700 Templeton Drive, Vancouver, BC V5L 4N6
604.718.6252

Hours of Operation

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

September 8 to December 31, 2026

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

Holiday Hours

Labour Day	Sept 7	6:30AM-2:00PM
Day for Truth and Reconciliation	Sept 30	6:30AM-2:00PM
Thanksgiving Day	Oct 12	6:30AM-2:00PM
Remembrance Day	Nov 11	6:30AM-2:00PM
Christmas Eve	Dec 24	6:30AM-4:30PM
Christmas Day	Dec 25	CLOSED
Boxing Day	Dec 26	9:00AM-7:30PM
Boxing Day (observed)	Dec 28	6:30AM-2:00PM
New Years Eve	Dec 31	6:30AM-4:30PM
New Years Day	Jan 1	CLOSED

About the 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.

Membership
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. 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. Come in or call 604.718.6222 to register for your membership. However, when registering online, if you do not wish to become a member of HCA, you may opt-out by checking the box.

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.

Hastings Community Association

President's message

As the President of the Hastings Community Association, I'm delighted to welcome you to our exciting Fall programming!

Before we dive into the fantastic activities we have planned, I want to take a moment to acknowledge that the Hastings Community Centre is located on the traditional, ancestral, and unceded territories of the xʷməθkʷəy̓əm (Musqueam), Sḵwx̱wú7mesh (Squamish), and səlilwətaɬ (Tsleil-Waututh) Nations. We are grateful for the opportunity to live, work, and play on these lands.

This fall, we're proud to offer a diverse range of programs designed to engage and enrich our vibrant community. None of this would be possible without the incredible support and strong partnerships we share with the City of Vancouver and the Vancouver Park Board. Their ongoing commitment allows us to provide high-quality programs and maintain our wonderful facilities for everyone to enjoy.

We encourage you to explore the pages that follow and discover all the opportunities to connect, learn, and have fun. We look forward to seeing you around the centre!

Warmly,

Curtis Rowe
Board President Hastings Community Association

Hastings Association Board

President	*Curtis Rowe*
Past President	*Jukka Vuorma*
1st VP	*Linda Dallow*
2nd VP	*Sarah Morreau*
Treasurer	*Hugh Baker*
Secretary	*Linda Foy*

Directors at Large
Devi Ramachandran
Gabe Mapa
Myles Constable

HASTINGS COMMUNITY ASSOCIATION

A Heartfelt Thank You to LoriAnn Bird and Laura Cisneros

The Hastings Community Association, along with the staff at Hastings Community Centre and Templeton Pool, extends our sincere gratitude to LoriAnn and Laura as they move on to new opportunities.

Since 2020, they have been instrumental in creating and caring for the Indigenous Welcome Garden at Templeton Pool and supporting the Chénchenstway Healing Garden and Indigenous Food Forest at Oxford Park. Their work created welcoming spaces for learning, reflection, and connection.

They also played a leading role in community events, including Truth and Reconciliation observances, Day of the Dead, and Earth Day celebrations. Their passion, creativity, and commitment brought people together and strengthened our community.

Their dedication to Truth and Reconciliation has left a lasting legacy. While we will continue to honour this important work, future events will look different. Rather than trying to recreate what LoriAnn and Laura built, we will carry their legacy forward in new and meaningful ways.

Thank you, LoriAnn and Laura, for your leadership, generosity, and friendship. Your contributions have made a lasting impact on our community, and we wish you both every success and happiness in your next chapter. You will be greatly missed.

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

online @ vanrec.ca

Register Online & In-Person
Hastings Fall Programs Saturday, August 15 at 9:00 AM

Register By Phone
Hastings Fall Programs Saturday, August 15 at 10:00 AM

Exceleration Registration
Fall Seasonal Programs Saturday, August 15 at 9:00 AM
Online, in-person and phone-in.

Swim Lesson Registration
Fall Lesson Registration Tuesday, August 25 at 7:00 PM
Ongoing in-person and online.

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	$66.15 (2 hours minimum)
Auditorium – 41'x49'	80	50-70	$55.15	$82.15
Community Hall – 30'x42'	55	30-45	$44.10	$71.10
*Templeton Activity Room with kitchen – 27'x46'	80	40	$38.60	$65.60
MEETING ROOMS - Workshops, Seminars, Meetings				
James Cork	20	15	$22.05	During Operational Hours Only See page 3.
Board Room	25	15	$22.05	
Room 9 – 28'x30'	30	20	$33.10	
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

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.

Meet the Staff

Angela Pardek, Preschool Supervisor
Angela Pardek has worked as a Preschool Teacher at Hastings for over 25 years. Currently, she proudly leads the Preschool team as a Supervisor of the program. Angela's passion is working with the children and families of this community.
For more information about the Preschool and ongoing registration, please contact Angela at 604.718.6234 or e-mail angela.pardek@vancouver.ca.

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

Program Details
The following prices are for 2026-2027. Prices are subject to change.

Ages	# of days	Days of the week	Program Time	Monthly Fee
3/4 yrs	2 days	Tu/Th	9:15 A-12:15 P	$190
3/4 yrs	3 days	M/W/F	9:15 A-12:15 P	$286
3/4 yrs	5 days	M-F	9:15 A-12:15 P	$423
3/4 yrs	3 day	Tu/W/Th	9:15 A-12:15 P	$286

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, Melissa, Elif, Serina, Tia, Annalisa

Program Hours and Fees
September 2026-June 2027

Before & After Care	
7:30-9:00 AM & 3:00-6:00 PM	$472/month

Hastings Out of School Care is part of the Child Care Fee Reduction Initative.

Family Enrichment Centre

About Us...

The Family Enrichment Centre is funded by The City of Vancouver Social Policy and The Hastings Community Association. We offer welcoming and safe spaces facilitated by an Early Childhood Educator that are open to families and caregivers with children that are newborn to 5 years of age. Families have the opportunity to connect and support one and other, network and learn from each other as they engage with their children on site. With a wide variety of age-appropriate activities that support children's development, our goal is to make families feel like it is their home away from home. Information on community resources and parenting support are also available. Please see below for details on all of our programs.

Mary Andreola, Family Enrichment Centre Facilitator

Mary is the facilitator of the Family Enrichment Centre. Prior to accepting this role, Mary was a long term team member of the Hastings Community Centre Preschool. With a background in inclusion 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: **Facebook** **Instagram**

Family Enrichment Centre - Newborn to 5 years					
$3.50/child or $31.50/10-Visit Pass					
	MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
Sep 08-Dec 18	**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**
Scheduling subject to change without notice. Closed Sept 30, Oct 12, Nov 11 and Dec 21-Jan 3.					

Parent and Tot Gym

6 mo-5 yrs

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. Schedule subject to change without notice. No gym on Oct 3, 10, 13, 17, 24 and Dec 12, 24, 26.

Tu Th Sa Sep 08-Dec 29 10:30 AM-12:30 PM
$3.50/drop-in or $31.50/10 visit pass

Childminding

1-5 yrs

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. 6 spots available per day. Parent/guardian must remain in the building. Please register in-person or over the phone. Online registration not available.

Tu Th Sep 08-Dec 17 9:45 AM-10:45 AM
$5/1 sess

Dance

TPP Creative Ballet Ages

4-7 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 program. Children must be able to participate without a parent in the room. We hope to have a showcase during the last session for families.

Set One

Sa	Sep 12-Oct 31	1:50 PM-2:35 PM
636265		$108/8 sess

Set Two

Sa	Nov 07-Dec 12	1:50 PM-2:35 PM
636267		$81/6 sess

TPP Frozen Ballet Winter 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. Presentation for parents on the last day.

M Tu W Th	Dec 21-Dec 24	9:15 AM-10:30 AM
636268		$92/4 sess

TPP Hip Hop Moves

3-5 yrs | Endorphin Rush Dance

This non-stop action-packed program 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 during the last session for families.

Set One

Sa	Sep 12-Oct 31	1:00 PM-1:45 PM
636264		$108/8 sess

Set Two

Sa	Nov 07-Dec 12	1:00 PM-1:45 PM
636266		$81/6 sess Day Camp

Mini Ballet

3-5 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. No class Oct 10.

Sa	Sep 19-Dec 05	11:00 AM-11:45 AM
633588		$187/11 sess

Mini Hip Hop

3-5 yrs | Vancouver Performing Stars

Get ready to wiggle, jump, and dance! This fun and energetic hip hop class introduces little movers to basic dance steps and groovy moves set to their favourite songs. Through playful choreography and creative movement activities, young dancers will build confidence, coordination, and a love of dance. Each class is packed with energy and smiles! No class Oct 10.

Sa	Sep 19-Dec 05	10:15 AM-11:00 AM
633586		$187/11 sess

TPP Mini Hip Hop Dancers Winter Camp

4-6 yrs | Endorphin Rush Dance

Calling all b-boys and girls! Let's move and groove! This non-stop action-packed class includes hip hop, basic breakdancing, 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.

M Tu W Th	Dec 21-Dec 24	10:45 AM-12:00 PM
636269		$92/4 sess

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

Education

Baby Sign Language

0-2 yrs | Into Yoga

Babies understand and can communicate long before they are able to speak. 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. www.intoyoga.ca. Drop-in not available. No class Sept 29.

Tu	Sep 15-Oct 20	9:45 AM-10:30 AM
631169		$77/5 sess

NEW Story and Art Studio

3-5 yrs | Connie Hsieh

Children are invited to explore stories, art, and creative play in a calm and welcoming environment. Each class includes storytelling, hands-on art experiences, and opportunities for children to imagine, create, and express themselves at their own pace. The focus is on creativity, confidence, and enjoying the process of making. Drop-in $25, if space available.No class Sep 30 and Oct 12.

M	Sep 14-Oct 26	10:00 AM-11:30 AM
633761		$148/6 sess
W	Sep 16-Oct 28	1:00 PM-2:30 PM
638164		$148/6 sess

Music with Jennifer Yamazaki

Adventures in Music

1-4 yrs | Jennifer Yamazaki

In this fun & interactive class we'll sing songs, learn rhymes, play instruments together, and explore movement. We'll learn a variety of musical concepts such as rhythm, solfege/pitch, tempo, dynamics, improv, etc. Activities also help with your child's development in Language/Speech, Social, Physical, Cognitive, Spiritual/Creative. Best of all your child will learn many fun ways to express themselves through music! Caregiver participation is required. Drop-in $17, space permitting. No class Oct 10.

Set One

Tu	Sep 08-Oct 13	9:15 AM-10:00 AM
631459		$90/6 sess
Tu	Sep 08-Oct 13	10:15 AM-11:00 AM
631466		$90/6 sess
Sa	Sep 12-Oct 17	9:15 AM-10:00 AM
631482		$75/5 sess
Sa	Sep 12-Oct 17	10:15 AM-11:00 AM
631485		$75/5 sess
Sa	Sep 12-Oct 17	11:15 AM-12:00 PM
631486		$75/5 sess

Set Two

Tu	Nov 10-Dec 15	9:15 AM-10:00 AM
631462		$90/6 sess
Tu	Nov 10-Dec 15	10:15 AM-11:00 AM
631468		$90/6 sess
Sa	Nov 14-Dec 19	9:15 AM-10:00 AM
631489		$90/6 sess
Sa	Nov 14-Dec 19	10:15 AM-11:00 AM
631490		$90/6 sess
Sa	Nov 14-Dec 19	11:15 AM-12:00 PM
631491		$90/6 sess

TPP

Set One

F	Sep 11-Oct 16	10:30 AM-11:15 AM
631493		$90/6 sess

Set Two

F	Nov 13-Dec 18	10:30 AM-11:15 AM
631494		$90/6 sess

Adventures in Music for Babies

0-1 yrs | Jennifer Yamazaki

This class encourages different ways for caregivers to engage with their baby through various musical activities. Activities incorporate reaching goals in other domains of development, such as Language/Speech, Social, Emotional, Physical, Cognitive, Spiritual/Creative. We'll sing songs, chant rhymes, play instruments, dance with bubbles and more. Best of all you and your child will learn many fun ways to bond with each other. Drop-in $17, space permitting.

Set One

Tu	Sep 08-Oct 13	11:15 AM-12:00 PM
631471		$90/6 sess
Tu	Sep 08-Oct 13	12:15 PM-1:00 PM
631474		$90/6 sess

Set Two

Tu	Nov 10-Dec 15	11:15 AM-12:00 PM
631476		$90/6 sess
Tu	Nov 10-Dec 15	12:15 PM-1:00 PM
631479		$90/6 sess

TPP

Set One

F	Sep 11-Oct 16	11:30 AM-12:15 PM
631495		$90/6 sess

Set Two

F	Nov 13-Dec 18	11:30 AM-12:15 PM
631497		$90/6 sess

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

FREE Mother Goose

0-3 yrs | Jennifer Yamazaki

"Zoom, Zoom, Zoom, We're Going to the Moon!" Learn songs & rhymes 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/book/toy free class, focusing on teaching songs and rhymes to caregivers to use to engage, redirect, calm, distract, and bond with their child(ren). Caregiver participation is required. No class Sept 30.

Babies 0-1 yrs

Set One

W	Sep 09-Oct 14	10:15 AM-11:00 AM
631498		Free

Set Two

W	Nov 18-Dec 16	10:15 AM-11:00 AM
631499		Free

Toddler 1-3 yrs

Set One

W	Sep 09-Oct 14	9:15 AM-10:00 AM
631500		Free

Set Two

W	Nov 18-Dec 16	9:15 AM-10:00 AM
631501		Free

TPP

Set One

W	Sep 09-Oct 14	12:30 PM-1:15 PM
631506		Free
W	Sep 09-Oct 14	1:30 PM-2:15 PM
631507		Free

Set Two

W	Nov 18-Dec 16	12:30 PM-1:15 PM
631508		Free
W	Nov 18-Dec 16	1:30 PM-2:15 PM
631509		Free

MOTHER GOOSE REGISTRATION

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

NEW PARTICIPANTS

Register on Aug 15. In-person 9am or Phone-in 10am.

RETURNING PARTICIPANTS

Register Aug 18. In-person 9am or Phone-in 10am..

Sports

Sportball Multisport Indoor

3-5 yrs | Sportball Vancouver

Classes focus on the basic skills common to all sports, like balance, coordination, and timing in a fun, supportive, non-competitive environment. Each class focuses on one of eight different sports: hockey, soccer, football, baseball, basketball, volleyball, golf and tennis. No class Oct 10 and Dec 12.

Set One

Sa	Sep 12-Oct 31	10:00 AM-11:00 AM
632039		$112/7 sess

Set Two

Sa	Nov 07-Dec 19	10:00 AM-11:00 AM
632041		$96/6 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. No class Sept 30.

W	Sep 09-Oct 14	4:00 PM-5:00 PM
632021		$80/5 sess

Sportball Parent and Tot Multisport Indoor

2-3 yrs | Sportball Vancouver

Sportball Parent & Child programs focus on physical literacy and social exploration as toddlers learn basic sport skills and participate in creative motor games, songs, rhymes, and more. Programs maintain a one-parent-per-child ratio to ensure that focus is kept on helping little ones progress. 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 Oct 10 and Dec 12.

Set One

Sa	Sep 12-Oct 31	9:10 AM-9:55 AM
632025		$112/7 sess

Set Two

Sa	Nov 07-Dec 19	9:10 AM-9:55 AM
632037		$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. No class Sept 30.

W	Sep 09-Oct 14	5:00 PM-5:45 PM
632023		$80/5 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. The class is intended as a parent and child class and is an opportunity for family to practice yoga together. Register one child per parent. No class Oct 11.

3-6 yrs

Su	Sep 20-Nov 29	10:15 AM-10:45 AM
633584		Free

Bouncy Castle Birthday Package (2-6 yrs)

Saturdays 11:30am-1:30pm or 2:30pm-4:30pm $195/party
Sundays 12:30pm-2:30pm $195/party

Registration opens three months prior to party month.

- 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 Bluethooth
- Ride-on cars, plasma cars, building blocks and mats available
- Inflatable bouncy castle with slide - Technical Safety BC License #LAM0210833

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 can bring any decorations they wish, but must remove the decorations by the end of the birthday.
- 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.

Art

Creative Adventures

5-10 yrs | Arshi Aggarwal

Engaging in craft activities helps kids boost creativity, fine motor skills, and imagination. From painting and paper folding to making fun DIY projects with recycled materials, crafting offers hands-on learning and endless fun. It encourages self-expression, builds confidence, and is a great way for children to explore colours, shapes, and textures while developing focus and patience in a playful way.

F	Sep 11-Nov 13	5:00 PM-6:00 PM
629129		$200/10 sess

NEW DIY Spider Making with the Rockhounds

6+ yrs | Hastings Rockhounds

This is open to all ages and all levels of skill. We will supply everything that is required to make some wonderful little creatures to show off during the Halloween season.

Tu	Sep 15	6:00 PM-8:00 PM
634369		$30/1 sess

NEW Improv for Confidence and Social Skills

6-12 yrs | TBA Instructor

This is a playful, structured program designed to help children build confidence, communication skills, and social connection through age-appropriate improvisational games and storytelling. Participants practice listening, expressing ideas, collaborating with peers, and navigating social interactions in a supportive, low-pressure environment. No prior theatre or performance experience is required.

6-8 yrs

Th	Sep 17-Oct 29	3:30 PM-4:30 PM
636221		$105/7 sess
Th	Nov 05-Dec 17	3:30 PM-4:30 PM
638263		$105/7 sess

9-12 yrs

Th	Sep 17-Oct 29	4:45 PM-5:45 PM
636222		$105/7 sess
Th	Nov 05-Dec 17	4:45 PM-5:45 PM
638264		$105/7 sess

Young Moviemakers

8-14 yrs | Young Moviemakers

Young Moviemakers is an award-winning program for ages 8-14, where participants learn acting, scriptwriting, and video production by creating a short film. Guided by experienced directors, students work in groups to produce a film, premiered live and shared on YouTube. No class Oct 10.

Sa	Sep 19-Oct 31	12:30 PM-4:30 PM
633595		$450/6 sess

Dance

Act Dance Sing FUN! Musical Theatre

8-16 yrs | ILLUMA Studio

Come learn the technical and artistic aspects of a musical theatre performance, including singing, acting and dancing. Students will learn choreographed routines set to the music of famous musicals. We recommend taking our dance training before this class to enhance your learning. Learn teamwork while supporting classmates, have fun, and rise to a new challenge. Find us on FB/IG @illumastudio. No class Sept 30 and Nov 11.

W	Sep 16-Dec 02	3:50 PM-4:45 PM
631158		$160/10 sess

Active Jazz Funk and Pop Dance & KPOP Sampler

6-13 yrs | ILLUMA Studio

Come experience high dynamics cardio dance and Jazz Funk and Hip Hop fundamentals while vibing to Korean and Asian Pop Music! Dancers will refine their technique through choreography, strengthening, footwork, isolations, stretches and more! We recommend taking our dance training before this class to enhance your learning. Learn teamwork while supporting classmates, have fun, and rise to a new challenge. Find us on FB/IG @ illumastudio. No class Sept 30 and Nov 11.

W	Sep 16-Dec 02	4:45 PM-5:45 PM
631159		$160/10 sess

Junior Ballet

5-7 yrs | Vancouver Performing Stars

Discover the art of ballet in this dynamic class designed for dancers of all experience levels. Students will build a strong foundation in classical technique while developing musicality, coordination, and flexibility. Beyond the steps, dancers are encouraged to find their own artistic voice ? learning to move with grace, intention, and fluid expression. Whether you're brand new to dance or bringing prior experience to the floor, all are welcome. Ballet shoes and appropriate attire required. No class Oct 10.

Sa	Sep 19-Dec 05	11:45 AM-12:30 PM
633592		$187/11 sess

Day Camp

Cinematic Crossovers

5-10 yrs | Reach Education Inc.

Revisit your favourite movies through LEGO! Construct up to three projects per session using classic Lego® bricks, Lego® Technic and electric motors. Reach Education® offers Lego® brick-building activities that engage curiosity and creativity and provide an extraordinary atmosphere for children. Campers will be given a break for an optional snack from home. Supplies included.

M Tu W	Dec 21-Dec 23	9:30 AM-12:30 PM
633661		$144/3 sess
M Tu W	Dec 21-Dec 23	1:00 PM-4:00 PM
633663		$144/3 sess

DIY Legoland

5-10 yrs | Reach Education Inc.

Imagine your perfect amusement park and go on a thrilling adventure as we turn games, food, rides, and attractions into models! Construct up to three projects per session using classic Lego® bricks, Lego® Technic and electric motors. Reach Education® offers Lego® brick-building activities that engage curiosity and creativity and provide an extraordinary atmosphere for children. Campers will be given a break for an optional snack from home. Supplies included.

M Tu W	Dec 28-Dec 30	9:30 AM-12:30 PM
633665		$144/3 sess
M Tu W	Dec 28-Dec 30	1:00 PM-4:00 PM
633666		$144/3 sess

EFK: Missions and Mechanics: Mission to Mars

6-12 yrs | Engineering For Kids Vancouver

Explore the engineering behind NASA's Mars rovers. Students investigate rover landings, design features, scientific tools, and technologies while participating in hands-on STEM challenges that connect space exploration, mechanical engineering, and real-world problem-solving.

M Tu W Th	Dec 21-Dec 24	9:30 AM-3:30 PM
636513		$336/4 sess

EFK: Pro-D Day with Engineering for Kids

6-14 yrs | Engineering For Kids Vancouver

Join a fun-filled engineering camp packed with hands-on learning. Campers explore core engineering concepts through mechanical and civil engineering activities, then collaborate on technology-based design and build challenges. The experience encourages creativity, teamwork, problem-solving, and a passion for engineering.

M	Sep 21-Sep 21	9:30 AM-3:30 PM
636511		$95/1 sess
F	Oct 23-Oct 23	9:30 AM-3:30 PM
636512		$95/1 sess

EFK: Wired Wonders

6-12 yrs | Engineering For Kids Vancouver

Explore electricity, magnetism, and circuits through creative engineering challenges. Students use hardware engineering concepts to build interactive inventions, test their creations, and discover new ways to interact with technology while applying the EFK Engineering Design Process.

M Tu W Th	Dec 28-Dec 31	9:30 AM-3:30 PM
636514		$336/4 sess

Fine Arts Winter Camp

5-7 yrs | Ready Set Play

Through dance, visual art, yoga and drama children learn to recognize and manage different emotions, regulate their bodies and develop their self-confidence. The classes are carefully crafted by B.C certified teachers, keeping the whole child in mind. We develop meaningful programs that give children an opportunity to connect with their peers, the community and develop a positive self-image. Please bring a nut-free snack, nut-free lunch and water bottles.

M Tu W Th	Dec 21-Dec 24	9:15 AM-3:15 PM
629125		$200/4 sess
M Tu W Th	Dec 28-Dec 31	9:15 AM-3:15 PM
629126		$200/4 sess

TPP K-Pop Demon Hunters Half Day Camp

6-12 yrs | Endorphin Rush Dance

Get ready to move like your favourite K-Pop idols with a fierce twist! In this high energy dance camp, kids learn K-Pop inspired choreography while stepping into a world of fantasy and adventure as brave Demon Hunters. Each day combines dynamic dance training, fun games, and creative activities where campers design their own hunter persona, complete with special powers and dramatic flair. Perfect for friendship making! Designed for kids who love music, dance, and a little bit of magic! This camp will leave them feeling confident, powerful, and ready to take on any challenge. More info: www.KirbySnellDance.com

M Tu W Th	Dec 21-Dec 24	12:30 PM-3:00 PM
636270		$176/4 sess

Mindfulness & Movement for Kids Day Camp

6-8 yrs | The Yoga Buggy

Join the Yoga Buggy for mindful movement, playful activities and calming relaxation. Along with music, games, storytelling and crafts, children learn tools for self-confidence, kindness, and managing emotions. We hold an inclusive space to encourage exploration and connection. Perfect for children to move, play and feel calm and confident every day!

M Tu W Th	Dec 21-Dec 24	9:30 AM-3:30 PM
632911		$300/4 sess

TPP 5-7yrs

M Tu W Th	Dec 28-Dec 31	9:30 AM-3:30 PM
634362		$300/4 sess

Pro-D Day Camp

6-12 yrs | Youth Leader

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.

$44/1 sess		9:00 AM-3:00 PM
628600	M	Sep 21
628599	F	Oct 23
628597	F	Nov 20

Pro-D Day Camp - Aftercare

$10/1 sess		3:00 PM-5:30 PM
628590	M	Sep 21
628596	F	Oct 23
628594	F	Nov 20

Winter Safari Day Camp

5-12 yrs | TBA Instructor

Celebrate the winter break with indoor and outdoor sports, cooperative games, arts & crafts, and much more! This fun filled camp will have your kids jumping around the gym, making crafty creations, and more. Each day will be filled with fun and activities that promote social connection, adventure and physical activity.

Week 1

M Tu W Th	Dec 21-Dec 24	9:00 AM-4:00 PM
628603		$140/4 sess

Week 2

M Tu W Th	Dec 28-Dec 31	9:00 AM-4:00 PM
628605		$140/4 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	Dec 21-Dec 24	9:15 AM-3:15 PM
633597		$360/4 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.

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

Education

Engineering for Kids

EFK: Chemical Engineering: Mysteries of Matter
7-14 yrs | Engineering For Kids Vancouver
Explore molecules, reactions, states of matter, physical properties, chemical changes, and acidity through engaging projects. Students use the EFK Engineering Design Process to investigate the science behind matter while building curiosity, discovery, and problem-solving skills. No class Oct 11.

Su	Sep 13-Oct 25	11:30 AM-1:00 PM
636508		$195.75/6 sess

EFK: Jr Chemical Engineering: Chem Kids!
4-6 yrs | Engineering For Kids Vancouver
Spark curiosity through playful chemical engineering experiments. Students investigate atoms, molecules, and reactions while exploring fizzing chemical processes, colourful transformations, and the fascinating properties of matter in a fun, hands-on learning environment. No class Oct 11.

Su	Sep 13-Oct 25	10:15 AM-11:15 AM
636507		$130.50/6 sess

EFK: Jr Robotics: Play Soccer
4-6 yrs | Engineering For Kids Vancouver
Combine robotics and soccer using LEGO® Spike Robotics. Students build a goal kicker, goalkeeper, and cheering fans while learning how to program and control their creations through fun, hands-on engineering and coding activities.

Su	Nov 08-Dec 13	10:15 AM-11:15 AM
636509		$130.50/6 sess

EFK: Robotics: World Games Engineering
7-14 yrs | Engineering For Kids Vancouver
Build and code robots to compete in athletic events inspired by the World Games. Using LEGO® Spike Prime and the EFK Engineering Design Process, students tackle exciting challenges while developing robotics, coding, teamwork, and problem-solving skills.

Su	Nov 08-Dec 13	11:30 AM-1:00 PM
636510		$195.75/6 sess

Young-Commander Chess: Intermediate/Advanced
5-13 yrs | Joe Soliven
As school academics in a game and leadership training model, playing chess and being smart are interconnected. Chess teaches higher level thinking skills such as visualization, analysis and critical/ logical thinking and analysis. Garbed with a ?commander? (leader) self-image, kids get trained in life-skills goal-setting: checkmate! For anyone proficient with basic tactics and advanced strategies.

5-12 yrs Novice/Beginner I & II

F	Sep 11-Dec 18	4:00 PM-5:00 PM
631295		$195/15 sess

8-13 yrs Intermediate/Advanced

F	Sep 11-Dec 18	5:10 PM-6:20 PM
631301		$225/15 sess

NEW From Idea to Online Store: Young Entrepreneurs
8-13 yrs | Kid Entrepreneurs Academy
Kid Entrepreneurs Academy offers an engaging, hands-on program that introduces children and youth to entrepreneurship, financial literacy, business, and marketing through interactive, project-based learning. Our goal is to equip young learners with practical life skills and a growth mindset that prepares them for future academic, personal, and career success.

Tu	Sep 15-Oct 27	4:00 PM-5:30 PM
638216		$210/7 sess
Tu	Nov 03-Dec 15	4:00 PM-5:30 PM
638232		$210/7 sess

Red Cross Babysitting
11-15 yrs | Foundations Safety & First Aid
The Canadian Red Cross Babysitting course focuses on First Aid, leadership, and professional conduct. It teaches managing difficult behaviours, responsibility, and emergency care for young children, preparing older youth for safe and responsible babysitting.

Sa	Oct 17	9:30 AM-4:30 PM
633701		$80/1 sess
Sa	Nov 21	9:30 AM-4:30 PM
633702		$80/1 sess

Red Cross Stay Safe
9-14 yrs | Foundations Safety & First Aid
This Canadian Red Cross course teaches youth basic first aid and personal safety skills when alone at home or in the community. It covers responsibility, emergency preparedness, and safety rules. Participants receive a Stay Safe! Workbook and completion certificate.

Sa	Sep 26	9:30 AM-2:30 PM
633703		$80/1 sess
Sa	Nov 28	9:30 AM-2:30 PM
633705		$80/1 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.

Martial Arts

Karate

5-17 yrs | Jan Stefanovic

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 $60 - $70 depending on size. Must purchase Karate BC insurance for $55 on karatebc.org (valid 1 year) as well. This class is skill-based and no contact. Participants can reach the black belt level after 5 years. No class Sept 30, Oct 12 and Nov 11.

M	Sep 14-Dec 14	5:00 PM-6:00 PM
631217		$95.55/13 sess
W F	Sep 09-Dec 18	5:00 PM-6:00 PM
631220		$205.80/28 sess

Kendo Training by Renfrew Kendo Dojo

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 armour. 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.

Tu	Sep 08-Dec 29	7:00 PM-8:00 PM
Th	Sep 10-Dec 17	6:45 PM-7:45 PM
Su	Sep 13-Dec 27	10:15 AM-11:15 AM
633043		$100/4 mos

Music

Guitar/Ukulele - Private Lessons

6+ yrs | Nathaniel Caguiat

Study acoustic/electric guitar or ukulele with a patient and experienced teacher. These 30 minute lessons are for students of all levels, focusing on music that interests you and exploring topics in songwriting, improvisation, and harmony. Students provide their own instrument. Sorry, no refunds after the second class.Nathaniel Caguiat is a Vancouver based session guitarist, music instructor, and is a multi-instrumentalist. He teaches guitar, piano, bass, ukulele, drums, and vocals. Nathaniel is also a graduate of the Vancouver Community College School of Music, and holds a bachelors of applied music majoring in Jazz/Contemporary Guitar.

Tu	Sep 15-Oct 27	4:00 PM-7:30 PM
Tu	Nov 3-Dec 15	4:00 PM-7:30 PM
View Online		$154/7 sess

Private Voice Lessons

5+ yrs | Kathleen O'Connor

Private one on one-voice lessons with an emphasis on techniques such as vocal projection, pitch accuracy, tone quality, breath control and repertoire. Cultivates students? passion for singing through musical games and fun activities. Caters to the student's skill level and desired genre including but not limited to musical theatre, pop, classical, etc. Sorry, no refunds after the second class. No lessons Sept 30 and Nov 11.

M	Sep 14-Oct 26	1:00 PM-7:30 PM
W	Sep 16-Oct 28	1:00 PM-7:30 PM
M	Nov 02-Dec 07	1:00 PM-7:30 PM
W	Nov 04-Dec 16	1:00 PM-7:30 PM
View Online		$132/6 sess

Piano - Private Lessons

5+ yrs | Kaya Warner

A wonderful introduction to the world of piano playing and music. These 30-minute lessons will focus on establishing a good musical foundation, such as learning rhythm, note reading, fingering, and posture. The goal is to develop a better musical appreciation through piano while fostering creativity. Piano playing can help develop better hand-eye coordination while being a fun and stress-free activity. No lessons Oct 10.

Sa	Sep 12-Dec 12	10:00 AM-3:30 PM
View Online		$286/13 sess

Piano - Private Lessons

5+ yrs | Kaya Warner

Learn to play piano with confidence while developing strong fundamentals in musical reading, rhythm, technique, and expression. Each 30-minute lesson is tailored to the student?s goals in a supportive environment. Students will be advised by their instructor on lesson books to purchase separately.

F	Sep 11-Dec 11	3:30 PM-7:30 PM
View Online		$294/14 sess

Piano - Private Lessons

5+ yrs | Samuel Sang 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.

Su	Sep 13-Dec 13	10:15 AM-12:15 PM
View Online		$308/14 sess

Piano - Private Lessons

7+ yrs | Simone Ren

Piano lessons are a great way to build focus, creativity, and discipline. Students learn to play notes, rhythms, and dynamics while having fun and gaining confidence. Simone is a pianist, organist, and composer in Vancouver who enjoys teaching all levels. Book costs are extra. No make-ups for missed lessons and no refunds after the second class. No class Oct 12.

M	Sep 14-Dec 14	3:30 PM-7:00 PM
View Online		$341.25/13 sess
Th	Sep 10-Dec 10	3:30 PM-7:00 PM
View Online		$367.50/14 sess

Sports

Boys World Cup Micro Footie Indoor Development

6-9 yrs | Jason Kyle

A combination of skills and development alongside small sided World Cup micro footie games. Professional coaching with micro footie founder and FIFA coaches Jason Kyle, Talisen Kyle and Brolin Musuhura.

6-7 yrs

Th	Sep 17-Dec 03	3:15 PM-4:15 PM
631257		$202.80/12 sess

8-9 yrs

Th	Sep 17-Dec 03	4:15 PM-5:15 PM
631266		$202.80/12 sess

Flygym Kids Recreational Gymnastics

5-10 yrs | Flygym Vancouver

This kids program focuses on building the foundations of gymnastics in a fun and supportive environment. Children will develop balance, coordination and flexibility through age-appropriate exercises and activities. With our experienced coaches, we guide them step by step to gain confidence in various gymnastic skills such as rolls, handstands, cartwheels, and basic routines on the bars and beams.

Th	Sep 10-Nov 26	4:15 PM-5:30 PM
631048		$288/12 sess

Greenlight Basketball - Foundations

8-13 yrs | Greenlight Basketball

Grow your game with Greenlight Basketball this fall! Our Foundations Program offers skill training and fun games for all levels. Led by experienced coaches, we focus on building fundamentals in a positive, supportive environment. No class Oct 13.

Tu	Sep 15-Nov 24	4:15 PM-5:15 PM
631082		$150/10 sess

Greenlight Basketball - Lil' Ballers

5-7 yrs | Greenlight Basketball

Discover the joy of basketball with Greenlight! Our program welcomes kids of all skill levels, offering fun, interactive lessons led by passionate coaches. Through engaging drills and games, players build skills and confidence in a supportive, positive environment. No class Oct 13.

Tu	Sep 15-Nov 24	3:30 PM-4:15 PM
631065		$100/10 sess

Sportball Indoor Multisport

4-9 yrs | Sportball Vancouver

Classes focus on the basic skills common to all sports, like balance, coordination, and timing in a fun, supportive, non-competitive environment. Each class focuses on one of eight different sports: hockey, soccer, football, baseball, basketball, volleyball, golf and tennis. No class Oct 12.

Set One

4-6 yrs

M	Sep 14-Oct 26	4:00 PM-5:00 PM
632015		$96/6 sess

6-9yrs

M	Sep 14-Oct 26	5:00 PM-6:00 PM
632017		$96/6 sess

Set Two

4-6 yrs

M	Nov 02-Dec 14	4:00 PM-5:00 PM
632018		$112/7 sess

6-9 yrs

M	Nov 02-Dec 14	5:00 PM-6:00 PM
632020		$112/7 sess

NEW Gym Sports Birthday Party (6-12 yrs)

Saturdays 1:00 PM-3:00 PM $280/party

This popular birthday party for up to 10 children (ages 6-12) includes a gym leader with up to one hour of cooperative games and/or sports in the gym, and use of a party room for the full duration of the party. Additional children, up to a maximum of 20, will require an additional leader for a $75 fee. View dates and details online! Registration opens three months prior to party month.

Tennis Lessons for Kids Outdoors

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 class Sept 30.

W	Sep 09-Oct 21	4:15 PM-5:00 PM
633608	$81/6 sess	

Tennis Lessons for Kids Outdoors

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. Join us in the gym or outdoors and watch their tennis skills take off! No class Sept 30.

W	Sep 09-Oct 21	5:00 PM-6:30 PM
633609	$134.40/6 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. Get ready for rallies, challenges, and a whole lot of fun in the gym or outdoors! No class Sept 30.

W	Sep 09-Oct 21	5:00 PM-6:30 PM
633611	$134.40/6 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. The class is intended as a parent and child class and is an opportunity for family to practice yoga together. Register one child per parent. No class Oct 11.

Su	Sep 20-Nov 29	11:00 AM-11:45 AM
633585		Free

Social

Art + Drawing
10-14 yrs | Youth Leader
Come join our Youth Staff on Thursdays nights in the Arts and Crafts Room for an educational and engaging program that shows you the basics of drawing and other art mediums. Practice and learn new skills such as shading, sketching, and much more! Enjoy trying new styles of with peers while developing your confidence in your artistic expression.

Th	Oct 08-Dec 03	3:30 PM-6:00 PM
628629		$49.50/9 sess

Cooking + Baking Club
10-13 yrs | Youth Leader
Come join our Youth Staff on Tuesday nights in the Kitchen for an educational and engaging program that shows you the basics of cooking and baking. Practice and learn new skills such as knife handling, ingredient measuring, and much more! Enjoy trying new foods with peers while developing your confidence in a kitchen.

Tu	Oct 06-Dec 01	3:30 PM-6:00 PM
628630		$60.75/9 sess

Wednesday Star Friends
9-13 yrs | Youth Leader
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 of AR Lord Elementary after school.No program Nov 11.

W	Oct 07-Dec 02	3:15 PM-6:00 PM
628602		Free

TGIF
9-12 yrs | Youth Leader
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. No session Oct 23 and Nov 20.

F	Oct 02-Dec 04	3:15 PM-6:00 PM
628601		Free

Sports

Preteen Volleyball
11-12 yrs | Youth Leader
This program is for any preteen looking to learn and play volleyball. Our Youth coaches will run drills & scrimmages each week!

Sa	Oct 24-Dec 05	3:30 PM-4:30 PM
628582		$28/7 sess

Community Youth Worker

Katarina.Lewis@vancouver.ca
604 . 718 . 6230
@HastingsYouth

Follow us on IG for any volunteering opportunities and youth initiatives.

Volunteer/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:
- 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 our Community Youth Worker.

Hastings Youth Council
14-17 yrs | Community Youth Worker
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.

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.

Social

Friday Night Movies
13-18 yrs | Youth Leader

Looking for a fun and relaxing way to kick off your weekend? Join us every Friday night in the auditorium were we?ll be screening a different movie, from the latest blockbusters to fan favorites, so there's always something new and exciting to enjoy. A free drop-in program for youth in Grades 8-12. One cards are required for participation. Hours subject to change during Spring Break. Please contact the Community Youth Worker, Katarina Lewis with any questions! katarina.lewis@vancouver.ca or 604-345-1746

F | Oct 2-Dec 18 | 6:30 PM-9:00 PM
635372 | Free

Sport

Winter Break Youth Co-ed Volleyball Tournament
13-18 yrs | Youth Leader

Are you in grades 8-12 and like to play volleyball with friends? Join us to celebrate the end of school in a round-robin tournament. You and 6 friends can sign up together to compete against other teams for prizes and more. Spots are limited so if interested, please contact the Community Youth Worker, Katarina Lewis if you want to register or have any questions. One cards required to participate. katarina.lewis@vancouver.ca or 604-345-1746

Dec 29 | 4:00 PM-6:00 PM
635354 | Free

Winter Break Youth 3V3 Basketball Tournament
13-18 yrs | Youth Leader

Are you in grades 8/9 or 10-12 and like to play basketball with friends? Join us to celebrate the last week of winter break in a 3V3 tournament! You and 2 friends can sign up together to compete against other teams for prizes and more. Spots are limited so if interested, please contact the Community Youth Worker, Katarina Lewis if you want to register or have any questions. One cards required to participate. katarina.lewis@vancouver.ca or 604-345-1746

There are two age brackets:

Dec 30 | 4:00 PM-8:00 PM
635346 | Grade 8/9
635347 | Grade 10-12

YOUTH SCHEDULE

MON	TUE	WED	THU	FRI	SAT
Games Room Grades 8-12 3:00 P-9:00 P	**Cooking & Baking Club** Grades 5-7 3:30 P-6:00 P	**Star Friends** Grades 4-7 3:15 P-6:00 P	**Art & Drawing** Grades 5-7 3:30 P-6:00 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 3:00 P-9:00 P	**Games Room** Grades 8-12 6:00 P-9:00 P	**Games Room** Grades 8-12 3:00 P-9:00 P	**Games Room** Grades 8-12 6:00 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

Cardio Combo
19+ yrs | Sharon Chan
This class has it all! A warm up followed by a short banded leg workout and then a hi-lo aerobic workout followed with an elevated simple basic step up routine. Also includes strength training with weights for total body and finishing off with floor exercises and stretching!

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.

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 Fees

Adult	19-59 yrs	60+ yrs
Drop-In	$5.48	-
10 Visit Pass	$49.32	$32.06
Season Pass Sep 08-Dec 23	$119.00	$78.00

Prices listed do not include GST.

Aerobics Schedule - Sep 08-Dec 23

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
MORNING	**Step & Sculpt** 9:15-10:15 AM		**Cardio Combo** 5:30-6:30 PM	*No aerobic pass extensions for cancelled classes.*
EVENING		**Step** 5:30-6:30 PM No Class Oct 13	**Step & Sculpt** 5:30-6:30 PM No Class Oct 7	**Cardio Fit** 5:30-6:30 PM

Schedule subject to change. No classes on Statutory Holidays.

Fitness & Health

TPP Core 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 core strength.

Tu	Sep 08-Dec 15	8:30 AM-9:30 AM
634269		$127.50/15 sess
Th	Sep 10-Dec 17	8:30 AM-9:30 AM
634274		$127.50/15 sess

Jump Rope HIIT
19+ yrs | Allison Goldberg
Level up your cardio routine with this one hour Jump Rope HIIT class. This high-energy session pairs basic jump rope skills and strength training for a full-body, high-intensity interval workout using only a jump rope. Suitable for all fitness levels and first-timers. Build endurance, strength, coordination, and confidence. Jump ropes are provided just bring your energy and a water bottle! Drop-in $12, if space available. No class Oct 12.

Set One

M	Sep 07-Oct 19	7:00 PM-7:50 PM
629127		$60/6 sess

Set Two

M	Nov 02-Dec 07	7:00 PM-7:50 PM
629517		$60/6 sess

Mission...FitPossible
19+ yrs | Romeo Mele
Start your mornings right. This class provides participants with a fun energetic workout. Romeo will mix different types of training such as HIIT, core stability, and functional movement to develop athleticism and inspire a happier, healthier you. YOUR MISSION? Enhance your functional movement, improve cardio fitness, increase muscle strength endurance, and inspire weight loss.

Tu Th	Sep 08-Oct 01	9:45 AM-10:45 AM
633053		$96/8 sess
Tu Th	Oct 06-Oct 29	9:45 AM-10:45 AM
633056		$96/8 sess
Tu Th	Nov 03-Nov 26	9:45 AM-10:45 AM
633058		$96/8 sess
Tu Th	Dec 01-Dec 24	9:45 AM-10:45 AM
633059		$96/8 sess

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

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

Osteofit

19+ yrs | Berdjis Bahrami

Osteofit is a certified, evidence-based, training program for older adults who may be frail, have osteoporosis, low bone density or who are at risk of fractures and falls. Osteofit aims to provide safe and gentle exercises for individuals with minimal previous exercise experience. Drop-in $7.50, space permitting. No class Sep 30 and Nov 11.

W	Sep 09-Dec 16	9:30 AM-10:30 AM
629131		$84.50/13 sess

Zumba®

19+ yrs | Zumba Vancouver

ZUMBA® blends Latin rhythms with easy-to-follow dance moves for a fun, high-energy workout. Designed for all fitness levels, it uses interval and resistance training to burn calories, tone your body, and boost your mood. With styles like salsa, cumbia, and merengue, Zumba is a feel-good way to get fit and energized. www.zumbavancouver.ca. Drop-in $15, space permitting. No class Oct 13.

FREE **Free Trial**

Tu	Sep 08	6:45 PM-7:45 PM
631424		Free

Set One

Tu	Sep 15-Oct 27	6:45 PM-7:45 PM
631413		$81/6 sess

Set Two

Tu	Nov 03-Dec 15	6:45 PM-7:45 PM
631416		$94.50/7 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. www.zumbavancouver.ca. Drop-in $15, space permitting.

FREE **Free Trial**

F	Sep 11	10:30 AM-11:30 AM
631426		Free

Set One

F	Sep 18-Oct 30	10:30 AM-11:30 AM
631418		$94.50/7 sess

Set Two

F	Nov 06-Dec 18	10:30 AM-11:30 AM
631422		$94.50/7 sess

Dance / Fitness / Martial Arts / Yoga Schedule

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAYTIME		TPP **Core Circuit Training** 8:30 AM-9:30 AM		TPP **Core Circuit Training** 8:30 AM-9:30 AM	
		Mission FitPossible 9:45 AM-10:45 AM	**Osteofit** 9:30 AM-10:30 AM	**Mission FitPossible** 9:45 AM-10:45 AM	**Zumba® Gold** 10:30 AM-11:30 AM
		Older Adult Fitness 10:30 AM-11:30 AM	**Contemporary Line Dance w/ Irene** 11:00 AM-12:30 PM	**Older Adult Fitness** 10:30 AM-11:30 AM	**Tai Chi Stretching** 12:00 PM-1:30 PM
	Line Dance with Winnie 1:30 PM-3:00 PM	TPP **Tai Chi** 12:00 PM-2:00 PM		TPP **Tai Chi** 12:00 PM-2:00 PM	**Ballroom Social Dance 60+ yrs** 1:45 PM-3:45 PM
		Sequence Dance 2:00 PM-4:00 PM	**Iaido** 6:15 PM-8:15 PM	TPP **Xinjiang Dance** 3:00 PM-5:00 PM	TPP **Xinjiang Dance** 2:00 PM-4:00 PM
EVENING	**Karate/Self-Defense** 6:15 PM-7:15 PM	**Iyengar Yoga** 6:30 PM-8:00 PM	**Karate/Self-Defense** 6:15 PM-7:15 PM	**Yoga Flex** 6:15 PM-7:15 PM	
	TPP **Tai Chi** 7:00 PM-9:00 PM	**Zumba®** 6:45 PM-7:45 PM	**Ballroom Dance - Beginners** 6:30 PM-7:30 PM	**Chinese Cultural Dance** 6:30 PM-8:00 PM	
	Jump Rope Hiit 7:00 PM-7:50 PM	**Kendo** 8:00 PM-9:00 PM	TPP **Tai Chi** 7:00 PM-9:00 PM	TPP **Creative Hatha Yoga Flow** 6:45 PM-8:00 PM	
	Drumming for Wellness 7:00 PM-9:00 PM		**Hatha Yoga** 7:30 PM-8:45 PM	**Kendo** 8:00 PM-9:00 PM	
			Ballroom Dance - Intermediate 7:30-8:30 PM/8:30-9:30 PM	Courses marked TPP take place at **Templeton Park Pool**	

Art

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! No session Sept 30 and Nov 11.

W	Sep 09-Dec 30	6:00 PM-8:00 PM
634052		$2.86/drop-in

NEW The Natural Way to Draw
19+ yrs | Broderick Wong
Bring your world to life using the tool you already have: your eyes. Skip the rulers, grids, and lengthy preparation to learn a remarkably effective way to translate what you see onto paper. This approach aligns how you naturally see with a relaxed, fluid way to draw, making it easy to capture your subjects with organic accuracy and fewer corrections. Students are required to bring their own supplies.

Tu	Sep 15-Oct 27	6:00 PM-8:00 PM
637357		$238/7 sess
Tu	Nov 03-Dec 15	6:00 PM-8:00 PM
637359		$238/7 sess

NEW Watercolour Made Simple
19+ yrs | Broderick Wong
Experience a modern, simplified approach to watercolour painting. You'll skip the heavy theory and exhausting three-hour sessions, jumping straight into hands-on painting. Using minimal supplies, traceable templates, and gradual, bite-sized lessons, this course makes watercolour simple, predictable, and incredibly fun. Best of all, you'll walk away with a painting you can be proud of, every single week. No class Sept 30 and Nov 11.

W	Sep 16-Oct 28	10:00 AM-12:00 PM
637365		$210/6 sess
W	Nov 04-Dec 16	10:00 AM-12:00 PM
637366		$210/6 sess

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

Dance

Chinese Cultural Dance
19+ yrs | Anne Ang
A beginner class open to all who want to stay active and have fun with Chinese songs and music. Meet new friends while learning some basic cultural dance movements and techniques. There will be some stretching and warm 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	Sep 10-Dec 17	6:30 PM-8:00 PM
629128		$75/15 sess

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 $5.25 (5 spots available for drop-in). No class Sep 23, 30, and Nov 11.

W	Sep 09-Dec 09	11:00 AM-12:30 PM
631186	$40.70/11 sess	

International Ballroom Dancing – 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 $16.75, space permitting. No class Oct 14.

Tango

W	Oct 07-Nov 04	6:30 PM-7:30 PM
629136		$57/4 sess

Waltz

W	Nov 18-Dec 16	6:30 PM-7:30 PM
629137		$71.25/5 sess

International Ballroom Dancing – Silver
19+ yrs | Faye Hung
International Silver level and above. Minimum 2 years of dancing experience preferred. Partners preferred but not required. Drop-in $16.75, space permitting.

Rumba

W	Oct 07-Nov 04	7:30 PM-8:30 PM
629138		$57/4 sess

Paso Doble

W	Nov 18-Dec 16	7:30 PM-8:30 PM
629139		$71.25/5 sess

Viennese Waltz

W	Oct 07-Nov 04	8:30 PM-9:30 PM
629140		$57/4 sess

Waltz

W	Nov 18-Dec 16	8:30 PM-9:30 PM
629142		$71.25/5 sess

Sequence Dance
19+ yrs | May A. M. Wong
Sequence Dancing is a type of dancing in which couples dance around the floor in a fixed sequence of steps and movements simultaneously. Some dance experience is required and - if possible - participants should come with a partner (not required). Classes taught in English & Cantonese.

Tu	Sep 08-Dec 15	2:00 PM-4:00 PM
634141		$31.50/15 sess

Education

FREE 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 Oct 12.

M	Sep 14-Dec 14	1:00 PM-3:45 PM
634297		Free

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

13+ yrs | Foundations Safety & First Aid

A one-day course covering lifesaving first aid and CPR skills for home or workplace emergencies. Meets provincial/territorial safety regulations and follows the latest CPR guidelines. Includes a 4-hour online prerequisite and 4.5-hour in-class training.

Th	Sep 24	9:15 AM-1:45 PM
633710		$100/1 sess
Th	Oct 22	9:15 AM-1:45 PM
633711		$100/1 sess
Sa	Dec 05	9:15 AM-1:45 PM
633712		$100/1 sess

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

13+ yrs | Foundations Safety & First Aid

A two-day comprehensive course in first aid and CPR for workplace requirements or personal knowledge. Meets provincial/territorial safety regulations and follows updated guidelines. Includes an 8-hour online prerequisite and 7.5-hour in-class training.

Th	Sep 24	9:15 AM-4:45 PM
633706		$145/1 sess
Th	Oct 22	9:15 AM-4:45 PM
633708		$145/1 sess
Sa	Dec 05	9:15 AM-4:45 PM
633709		$145/1 sess

Emergency Preparedness Workshops

Sing up for a free, virtual emergency preparedness workshop offered by COV. For more information and registration, visit https://vancouver.ca/home-property-development/emergency-preparedness-education.aspx or scan the below QR code.

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. No class Sept 30 and Nov 11.

W	Sep 09-Dec 30	6:15 PM-8:15 PM
631309		$120/17 sess
Su	Sep 13-Dec 27	10:15 AM-11:45 AM
631338		$100/16 sess

Karate/Self-Defence

19+ yrs | Jan Stefanovic

Karate training is not only effective regarding self-defence, 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 $60 - $70 depending on size. Must purchase Karate BC insurance for $70 on karatebc.org (valid 1 year) as well. Participants can reach the black belt level after 5 years. No class Sept 30, Oct 12, and Nov 11.

M W	Sep 09-Dec 16	6:15 PM-7:15 PM
631225		$191.10/26 sess

Kendo Training by Renfrew Kendo Dojo

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 armour. 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. No session Dec 24.

Tu	Sep 08-Dec 17	8:00 PM-9:00 PM
Th	Sep 10-Dec 29	8:00 PM-9:00 PM
Su	Sep 13-Dec 27	11:20 AM-12:20 PM
633047		$220/4 mos

Qigong with Rachel Rocco: Flowing with the Seasons

30+ yrs | Rachel Rocco

Over 12 weeks, this series builds steadiness, presence, and vitality. We begin with the Earth Element and Spleen System, cultivating grounding and stability, then move through the Metal Element and Lung System, refining and releasing, and into the Water Element and Kidney System, nourishing rest and deep resilience. Each class includes breath work, gentle movement, and self-massage practices.

Th	Sep 10-Nov 26	10:30 AM-11:45 AM
636252		$145/12 sess

TPP Tai Chi

19+ yrs | Guy Tomash

Yang style Tai Chi is known for its benefits of health, meditation, and self-defence. This is an ongoing class which teaches the traditional 108 movement long form, stresses correct body postures and whole body movement. New students can start during the first week of the month. Drop-in $12, space permitting. No class Sept 7, Oct 12 and Nov 11.

Tu Th	Sep 01-Sep 29	12:00 PM-2:00 PM
634321		$90/9 sess
M W	Sep 02-Sep 28	7:00 PM-9:00 PM
634322		$70/7 sess
Tu Th	Oct 01-Oct 29	12:00 PM-2:00 PM
634324		$90/9 sess
M W	Oct 05-Oct 28	7:00 PM-9:00 PM
634323		$70/7 sess
Tu Th	Nov 03-Nov 26	12:00 PM-2:00 PM
634326		$80/8 sess
M W	Nov 02-Nov 30	7:00 PM-9:00 PM
634325		$80/8 sess
Tu Th	Dec 01-Dec 17	12:00 PM-2:00 PM
634327		$60/6 sess
M W	Dec 02-Dec 16	7:00 PM-9:00 PM
634328		$50/5 sess

Tai Chi Stretching with Master Yeh

19+ yrs | Irene Loo

Come join Master Yeh and his assistant, Irene Loo, for this beginner Tai Chi stretching class. All levels welcome. Drop-in $3.15, if space permits. 10 visit pass $21.50.

F	Sep 11-Dec 18	12:00 PM-1:30 PM
634159		$32.25/15 sess
Tu	Sep 08-Dec 15	12:00 PM-1:30 PM
634160		$32.25/15 sess

Music

Drum Circle

19+ yrs | Ronald Radar Stelting

A community Drum Circle is a FUN open event for people of all ages to come together and share. No experience required! Drums will be provided. Drumming is one of the easiest and most universal ways to communicate. It cuts through cultural, racial and gender differences. Participating in a drum circle is a healing experience for the mind, body and spirit. Drum provided if needed. Drop-in $20, if space available.

Sa	Oct 17	2:00 PM-4:00 PM
636154		$18/1 sess
Sa	Nov 21	2:00 PM-4:00 PM
636155		$18/1 sess
Sa	Dec 19	2:00 PM-4:00 PM
636156		$18/1 sess

Drumming for Wellness

19+ yrs | Ronald Radar Stelting

Mindfulness drumming is a simple way to calm the mind, remove stress and heal. Participating in a drum circle is known to improve mood, create connection with community and a feeling of wellbeing. If you have always wanted to learn to play a drum or have some experience and want to brush up on your technique, this class is for you. You will learn basic universal rhythms - simple patterns that can be used at any rhythm event. Come explore the power of rhythm in a safe, encouraging, sacred space. Drum provided if needed. Drop-in $22, if space available. No session Oct 12.

M	Sep 28-Nov 09	7:00 PM-9:00 PM
636158		$120/6 sess
M	Nov 16-Dec 21	7:00 PM-9:00 PM
636159		$120/6 sess

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

Gym Sports Schedule

	SUN	MON	TUE	WED	THURS	FRI
DAYTIME	**Pickleball - Beginner** 10:10 AM-11:40 AM			**Pickleball Intermediate 60+ yrs** 10:30 AM-12:30 PM		**Pickleball - Beginner 60+ 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 60+ yrs** 11:15 AM-1:05 PM
EVENING		**Pickleball - Beginner Play** 6:15 PM-7:45 PM		**Pickleball Lessons** 6:45 PM-8:15 PM		**Pickleball Intermediate 19+ yrs** 1:15 PM-3:05 PM
		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	

Registration for Fall starts August 15 at 9 AM.

Sports

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 $5.48, space permitting.

Badminton

19+ yrs | Non Instructional

Doubles play only. No session Oct 13.

Set One

Tu	Sep 08-Oct 27	8:00 PM-9:45 PM
633840		$31.50/7 sess

Set Two

Tu	Nov 03-Dec 22	8:00 PM-9:45 PM
633841		$36/8 sess

Badminton Court Reservation

19+ yrs | Non Instructional

Come and play badminton with family or friends during this 45 minute court reservation. Book a court for the session, 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.

Set One

Su	Sep 13-Oct 25	11:45 AM-12:30 PM
634089		$73.50/7 sess
Su	Sep 13-Oct 25	12:30 PM-1:15 PM
634090		$73.50/7 sess
Su	Sep 13-Oct 25	1:15 PM-2:00 PM
634091		$73.50/7 sess

Set Two

Su	Nov 01-Dec 20	11:45 AM-12:30 PM
634092		$84/8 sess
Su	Nov 01-Dec 20	12:30 PM-1:15 PM
634093		$84/8 sess
Su	Nov 01-Dec 20	1:15 PM-2:00 PM
634094		$84/8 sess

Basketball: Full Court

19+ yrs | Non Instructional

Set One

Th	Sep 10-Oct 29	8:00 PM-9:45 PM
633842		$36/8 sess

Set Two

Th	Nov 05-Dec 17	8:00 PM-9:45 PM
633843		$31.50/7 sess

Indoor Soccer

19+ yrs | Non Instructional

No session Oct 12.

Set One

M	Sep 14-Oct 26	8:00 PM-9:45 PM
633827		$27/6 sess

Set Two

M	Nov 02-Dec 21	8:00 PM-9:45 PM
633829		$36/8 sess

Pickleball - Beginner Play

19+ yrs | Non Instructional

No session Sept 30 and Oct 7.

Set One

M	Sep 14-Oct 26	6:15 PM-7:45 PM
633831		$27/6 sess
Su	Sep 13-Oct 25	10:10 AM-11:40 AM
633836		$31.50/7 sess

Set Two

M	Nov 02-Dec 21	6:15 PM-7:45 PM
633834		$36/8 sess
Su	Nov 01-Dec 20	10:10 AM-11:40 AM
633837		$36/8 sess

Pickleball - Intermediate Play

19+ yrs | Non Instructional

No session Sept 30 and Oct 7.

Set One

W	Sep 09-Oct 28	8:20 PM-9:50 PM
633838		$27/6 sess
F	Sep 11-Oct 30	1:15 PM-3:05 PM
634085		$36/8 sess

Set Two

W	Nov 04-Dec 23	8:20 PM-9:50 PM
633839		$31.50/7 sess
F	Nov 06-Dec 18	1:15 PM-3:05 PM
634087		$31.50/7 sess

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

Outdoor Adult Tennis - Tactical Basics

19+ yrs | Wilson Tan

This clinic is designed for novice and intermediate players who want to start making smarter decisions on the court. Instead of worrying about mastering every single shot, we're going to focus on improving how you read the game. We'll explore basic positioning for both singles and doubles, helping you recognize open space and anticipate where the ball is going next. Through live gameplay drills, you'll learn how to construct points and make smarter choices under pressure.

Sa	Sep 12-Oct 03	9:45 AM-11:15 AM
633614		$135/4 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 Oct 12.

F	Sep 11-Dec 18	9:00 AM-12:00 PM
634051		$36/15 sess
M	Sep 14-Dec 14	9:00 AM-12:00 PM
634049		$31.20/13 sess

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

Pickleball Instruction and Lessons

PIP - Learn to Play Pickleball I - Beginner Pickleball

16+ yrs | Paradise Island Pickleball

Pickleball is one of the fastest-growing sports in the Lower Mainland, across Canada, and around the world. It's easy to learn, social, active, and fun for all ages and athletic backgrounds. While the game is simple to start, learning the proper fundamentals from the beginning will help you improve faster and enjoy the game even more. By the end of the program, you'll understand the fundamentals of pickleball, feel comfortable joining recreational games, and most importantly have fun on the court! No lessons Sep 30 and Oct 7.

W	Sep 09-Oct 28	12:45 PM-2:00 PM
634378		$131.40/6 sess

PIP - Learn to Play Pickleball II - Early Intermediate

16+ yrs | Paradise Island Pickleball

This program is designed for players who understand the basics of pickleball and are ready to build consistency, control, and confidence in game situations. Players at this level are beginning to move beyond just keeping the ball in play and are learning how to play with intention. Prerequisites: Learn to Play I - Beginner Pickleball or equivalent course. No lessons Sep 30, Oct 7 and Nov 11.

W	Sep 09-Oct 28	2:00 PM-3:15 PM
634379		$131.40/6 sess
W	Nov 04-Dec 16	12:45 PM-2:00 PM
635826		$131.40/6 sess

PIP - Learn to Play Pickleball III - Intermediate

16+ yrs | Paradise Island Pickleball

This program is for players who already have a solid foundation and are ready to refine strategy, improve shot precision, and play more competitive and structured games. The focus shifts from how to play to how to win points more consistently. We will help pave a way towards 3.5+. Prerequisites: Learn to Play Pickleball I & II. No lessons Nov 11.

W	Nov 04-Dec 16	2:00 PM-3:15 PM
635827		$131.40/6 sess

PIP - Learn to Play Pickleball III - Intermediate

16+ yrs | Paradise Island Pickleball

This program is designed for players who have developed a solid foundation and are ready to elevate their game through greater consistency, strategy, and execution. Players at this level are comfortable with the fundamental shots and are looking to improve their decision-making, court awareness, and ability to adapt during competitive play. Whether your goal is to play more competitive recreational pickleball or begin participating in tournaments, this program will help you develop the skills, confidence, and strategic mindset to continue advancing your game in a fun, supportive, and engaging environment. Prerequisite: Learn to Play II - Early Intermediate or equivalent playing experience. No class Sept 30, Oct 7 and Nov 11.

W	Sep 09-Oct 28	6:45 PM-8:15 PM
636262		$151.50/6 sess
W	Nov 04-Dec 16	6:45 PM-8:15 PM
636263		$151.50/6 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 permits.

Set One

Th	Sep 10-Oct 22	6:45 PM-8:00 PM
636259		$98/7 sess

Set Two

Th	Nov 05-Dec 17	6:45 PM-8:00 PM
636260		$98/7 sess

Hatha Yoga
19+ yrs | Vivien Gomes
Designed for all levels, this wellness-focused program integrates mindful movement, breath work, meditation, and relaxation to cultivate strength, flexibility, balance, and inner calm. We'll explore a variety of progressive Hatha Yoga sequences that build confidence, deepen body awareness, and support a sustainable practice. Regular sessions help reduce stress, improve focus and sleep, regulate the nervous system, and promote lasting physical, mental, and emotional well-being in a welcoming and supportive environment. Drop-in $18, if space available. No class Sept 30 and Nov 11.

W	Sep 16-Nov 25	7:30 PM-8:45 PM
636215		$144/9 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.

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

Iyengar Yoga - Mixed Levels
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 Sept 15 and Oct 27.

Tu	Sep 08-Dec 15	6:30 PM-8:00 PM
629132		$221/13 sess

Yogaflex
18+ yrs | Alex Hughes
This flowing yoga class will focus on core strength and how to get connected with it. The core work will be incorporated into yoga postures. This class ends with deep stretching and relaxation. You will leave feeling supple and strong. Visit www.yogawithalex.ca for more information. Drop-in $17. No class Oct 8, Oct 29 and Nov 12.

Th	Sep 17-Dec 10	6:15 PM-7:15 PM
629122		$140/10 sess

MAKE YOUR VOICE HEARD THIS FALL!

Voting in the 2026 Vancouver Election is easier than ever.

VOTE BY MAIL
Request your ballot by October 5.

ADVANCE VOTING
Vote early on October 3, 7, 10 or 13.

ELECTION DAY
Cast your vote on October 17.

QUESTIONS?
Call **3-1-1** or visit **vancouver.ca/vote** to plan your vote.

CITY OF VANCOUVER | VANCOUVER VOTES

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Food/Garden

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.

HSCFN
HASTINGS SUNRISE COMMUNITY FOOD NETWORK

Art Sushi Workshop

6+ yrs | Motoko Eto

A fun and creative session where families learn the art of Decorated Sushi. We will create beautiful patterns that appear when the sushi roll is sliced.* Safety Note: Parental supervision is required as we will be using knives for slicing.

Sa	Oct 10	11:00 AM-12:30 PM
634223		$60/1 sess

Beeswax Herbal Salves

19+ yrs | Lisa Patterson

Join Lisa and Peggy in the HCC kitchen to learn about the healing properties of herbs you can grow in your own garden, such as lemon balm, calendula, comfrey, and more. We will use them in an easy-to-make olive oil and beeswax salve. You will take home a tin of salve.

Tu	Dec 08	7:00 PM-9:00 PM
634436		$10/1 sess

Cooking Classes for Kids

7-11 yrs | Karen Curtis

Cooking classes this season will repeat menu cycles each month. 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! Please bring your own Tupperware (roughly three 8-10 cup containers). The classes will include recipes to make meals!

Sa	Sep 12-Sep 26	9:30 AM-11:30 AM
635877		$30/3 sess
Sa	Oct 03-Oct 31	9:30 AM-11:30 AM
635878		$40/4 sess
Sa	Nov 07-Nov 28	9:30 AM-11:30 AM
635879		$40/4 sess
Sa	Dec 05-Dec 19	9:30 AM-11:30 AM
636223		$30/3 sess

Empowered Nutrition

19+ yrs | Katie Indovina

Join this eight-week series designed to help you build energy and confidence through simple, science-based nutrition education. Each class offers a new topic, hands-on activities, group discussions, and myth-busting in a welcoming, judgment free environment. Bring your questions and curiosity, and leave feeling more empowered in your health.

Tu	Sep 22-Nov 10	6:30 PM-7:30 PM
637984		$55/8 sess

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

Culinary Passport

19+ yrs | Karen Curtis

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!

Ethiopia

F	Sep 11	9:30 AM-11:30 AM
636228		$10/1 sess

Phillipines

F	Oct 09	9:30 AM-11:30 AM
636230		$10/1 sess

Brazil

F	Nov 13	9:30 AM-11:30 AM
636232		$10/1 sess

Scotland

F	Dec 11	9:30 AM-11:30 AM
636234		$10/1 sess

Cute Character Bento Workshop (Knife Free)

6-12 yrs | Motoko Eto

A fun and highly creative hands-on workshop where kids learn to transform simple ingredients into edible art. Using rice and bread, we will create famous character-themed lunch items. This class focuses on shaping and decorating techniques that kids can easily recreate at home. Safety Note: This is a 100% knife-free and fire-free session, designed for children to participate independently and safely.

Sa	Nov 21	11:00 AM-12:30 PM
634224		$60/1 sess

Dosa Making for Beginners

19+ yrs | Frances McLafferty

The dosa is a giant, paper-thin, naturally gluten-free flatbread from south India. It?s become popular in Vancouver in recent years, and is easier to make at home than you think! Join Frances as we learn the secret to this delicious savoury dish.

M	Sep 28	7:00 PM-9:00 PM
634439		$10/1 sess

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. No class Sept 30 and Nov 11.

W	Sep 09-Oct 28	11:00 AM-12:00 PM
634415		Free
W	Nov 04-Dec 09	11:00 AM-12:00 PM
634416		Free

FREE Growing Kids

1-5 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 Oct 12.

M	Sep 14-Oct 26	11:00 AM-11:30 AM
634404		Free
M	Nov 02-Dec 07	11:00 AM-11:30 AM
634405		Free

Ivy Basket Weaving

19+ yrs | Joe Boyd

Join us for a hands-on session to learn how to weave baskets with invasive English ivy. This workshop will walk you through the basics of gathering and preparing ivy and introduce the twining method of weaving. We'll teach the basic techniques of twining and provide plenty of time for you to work on your basket. It is suitable for beginners and those who already have some experience with weaving. All materials provided.

M	Nov 09	7:00 PM-9:00 PM
634432		$10/1 sess

KALE - King of Vegetables

19+ yrs | Eva Aboud

Discover why kale is considered the king of vegetables! This nutrient-dense superfood is loaded with antioxidants, making it excellent for boosting your immune system, and it?s rich in vitamin K and calcium. Plus, it adds delicious flavour to smoothies and salads. Join us for an engaging learning experience where you'll explore tasting, prepping, and learning how to harvest and preserve kale for the months to come. Don't forget to grab your take-home seeds!

Sa	Sep 12	1:00 PM-3:00 PM
634422		$10/1 sess

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

Mooncake Workshop

16+ yrs | Abraham Wong

Hong Kong-born, CBC Vancouver-featured chef Abraham Wong teaches the full traditional baked mooncake - golden lotus-seed paste, salted egg yolk, and the classic wooden mold that presses each pattern by hand. Cantonese culinary heritage meets hands-on technique. All ingredients and equipment provided. Each participant takes home what they make. Ages 16+.

Adult Traditional 16+ yrs

M	Sep 14	6:30 PM-8:30 PM
635829		$65/1 sess

Seniors Traditional 55+ yrs

M	Sep 14	4:00 PM-6:00 PM
635828		$65/1 sess

Natto Reimagined: The Japanese Superfood Tasting

19+ yrs | Sakura Nanami

Back by Popular Demand! Join Vancouver's ONLY!? natto tasting seminar by Japanese Chef Sakura! Think natto is healthy but get put off by the slimy texture and scent? You are just missing the right ways to enjoy it. Learn delicious traditional styles and creative fusion recipes that reduce the unique aroma. Experience fermented soybeans to stay healthy, youthful, and find your perfect flavour!

Tu	Oct 27	7:00 PM-9:00 PM
634429		$10/1 sess

New Year Mochi Explorer: Taste Japanese Traditions & Local Trends

19+ yrs | Sakura Nanami

Join Chef Sakura to discover the exciting world of Mochi! Taste traditional Japanese New Year mochi—originally a sacred offering to the gods—and compare it with trendy North American gluten-free Mochi sweets. You will learn simple homemade recipes from both cultures to celebrate the upcoming New Year and enrich your daily life with delicious, chewy treats!

Tu	Oct 20	7:00 PM-9:00 PM
634430		$10/1 sess
Th	Oct 29	7:00 PM-9:00 PM
634431		$10/1 sess

Preserving the Harvest with a Food Dehydrator

19+ yrs | Lisa Patterson

Food dehydration is a simple, nutritious, and delicious way to preserve fresh food. Many of the methods we will talk about can also be used in a regular oven. We will be discussing and sampling kale chips, fruit leather, un-sundried tomatoes and more!

M	Sep 21	7:00 PM-9:00 PM
634426		$10/1 sess

Single Ingredient Cooking

19+ yrs | Karen Curtis

Do you want to learn to cook what's in season? Utilize more locally grown food? This class is for you! Every month we will choose a seasonal ingredient and explore 3-4 different ways to prepare it. Fresh corn in September? Carrots in October? Squash in November? With the help of Chef Karen, you will explore the bounty we have in BC and learn to use it to its fullest potential. Taste the difference locally grown makes! All recipes and ingredients are provided. Bring 3-4 8-10 cup covered containers to take your bounty home! Ingredients are subject to change depending on availability!

Cabbage

Th	Dec 10	9:30 AM-11:30 AM
636581		$10/1 sess

Carrots

Th	Oct 08	9:30 AM-11:30 AM
636579		$10/1 sess

Fresh Corn

Th	Sep 10	9:30 AM-11:30 AM
636578		$10/1 sess

Squash

Th	Nov 12	9:30 AM-11:30 AM
636580		$10/1 sess

TPP Vegetarian Passport

19+ yrs | Karen Curtis

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!

Ethiopia

W	Sep 16	9:30 AM-11:30 AM
636229		$10/1 sess

Phillipines

W	Oct 21	9:30 AM-11:30 AM
636231		$10/1 sess

Brazil

W	Nov 18	9:30 AM-11:30 AM
636233		$10/1 sess

Scotland

W	Dec 16	9:30 AM-11:30 AM
636235		$10/1 sess

Yogurt & Kombucha

19+ yrs | Lisa Patterson

Join Lisa & Peggy in the HCC kitchen to learn how easy and economical it is to make your own cultured foods, yogurt and kombucha. Take home your own scoby to get started!

Tu	Nov 17	7:00 PM-9:00 PM
634556		$10/1 sess

Dance

Ballroom Social Dance
60+ yrs | Ronnie Yin Hui
Come with friends or meet new ones and dance together. No partners required. This is a non-instructional, drop-in social dance program. 10 visit pass $21.50

F	Sep 11-Dec 18	1:45 PM-3:45 PM
634133		$3.15/drop-in

Line Dance with Winnie
60+ yrs | CCA Volunteer
Come join Winnie Lui 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-in $3.15. Drop-in spots open at 1:00pm. No class on Sept 7 and Oct 12.

M	Sep 14-Dec 14	1:30 PM-3:00 PM
634144		$27.95/13 sess

TPP Xinjiang Vancouver Dancing Group
50+ yrs | TBA Instructor
Traditional Xinjiang dancing is famous for its elegant and unique moves such as neck-shifting, wrist-turning, fast rotation as well as it's vibrant energy, lively music, colourful costumes. The dances display a style of passion and delicacy. Xinjiang dances is seen as a symbol of resilience and pride. Drop-in $3.00, space permitting

Th F	Sep 10-Dec 18	3:00 PM-4:00 PM
634363		$25/30 sess

Education

FREE Seniors Technology Workshop
60+ yrs | Youth Leader
Looking to learn more about your technology devices? This is a great opportunity to connect with youth volunteers who will be able to answer any questions you may have about your tech! Please bring the device(s) you are needing assistance with.

Sa	Oct 03	11:00 AM-12:00 PM
637310		Free
Sa	Nov 14	11:00 AM-12:00 PM
637311		Free
Sa	Dec 12	11:00 AM-12:00 PM
637312		Free

Fitness

Older Adult Fitness
50+ yrs | Kelly Howatson
This exercise program integrates all components of physical fitness: strength, endurance, flexibility and coordination. Weights, bands, and mats and some chair exercises will be incorporated into this one hour class geared toward older adults looking to improve their strength.

Tu	Sep 08-Dec 15	10:30 AM-11:30 AM
634281		$112.50/15 sess
Th	Sep 10-Dec 17	10:30 AM-11:30 AM
634282		$112.50/15 sess

Out Trips

Seniors Fall Jam Out Trip
60+ yrs | TBA Instructor
TBA

Th	Oct 08	10:00 AM-3:00 PM
636243		$40/1 sess
Th	Nov 19	10:00 AM-3:00 PM
636242		$40/1 sess
Th	Dec 17	10:00 AM-3:00 PM
636244		$40/1 sess

Social

Chinese Seniors Pop Karaoke
50+ yrs | TBA Instructor
A social drop-in program designed for Chinese speaking seniors from the neighbourhood. 10 visit pass $21.50

Th	Sep 10-Dec 17	12:00 PM-3:00 PM
634170		$3.15/drop-in

Games Room Drop-In
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	Sept 08-Dec 18	9:00 AM-2:30 PM

PLEASE NOTE: Pickleball 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 $4.20, space permitting.

Lunch and Learn + Bingo
60+ yrs | Karen Curtis
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	Sep 14	11:30 AM-1:30 PM
636224		$5/1 sess
M	Nov 09	11:30 AM-1:30 PM
636226		$5/1 sess
M	Dec 14	11:30 AM-1:30 PM
636227		$5/1 sess

FREE Mah Jong
55+ yrs | No Instructor
Come play Mah Jong! No cost, drop-ins welcome! Equipment provided.

F	Sep 11-Dec 18	10:00 AM-3:00 PM
634808		Free

Seniors Painting Drop-In
60+ yrs | No Instructor
This is a non-instructional space for folks to drop-in and paint. No supplies provided.

W	Sep 09-Dec 16	10:00 AM-1:00 PM
634123		Free

Sports

Pickleball
60+ 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!

Beginner Play - Set One

F	Sep 11-Oct 30	9:15 AM-11:05 AM
634080		$29.60/8 sess

Beginner Play - Set Two

F	Nov 06-Dec 18	9:15 AM-11:05 AM
634081		$25.90/7 sess

Intermediate Play - Set One

W	Sep 09-Oct 28	10:30 AM-12:30 PM
634077		$22.20/6 sess
F	Sep 11-Oct 30	11:15 AM-1:05 PM
634082		$29.60/8 sess

Intermediate Play - Set Two

W	Nov 04-Dec 16	10:30 AM-12:30 PM
634078		$22.20/6 sess
F	Nov 06-Dec 18	11:15 AM-1:05 PM
634083		$25.90/7 sess

Pick up your copy of the Seniors Fall Snapshot in Mid August!

Fitness Centre Hours of Operation

SEP 8-DEC 31, 2026

MONDAY TO FRIDAY	SATURDAY	SUNDAY	HOLIDAYS
6:00 AM - 9:45 PM	9:00 AM - 4:45 PM	10:00 AM - 2:00 PM	10:00 AM-2:00 PM

** Hours subject to change. Closed Aug 31-Sep 7 for Maintenance.*

Fitness Centre Passes

Passes are non-transferable and non-refundable. Patrons may receive one extension per calendar year from 2 weeks up to 3 months due to illness, injury or travel.

*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 Machine
- 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-9:45 AM
Tue 3:00 PM-7:00 PM
Wed 3:00 PM-7:00 PM
Fri 3:00 PM-7:00 PM

Note: No attendants on duty Saturday or Sunday.

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/Brano Zadubenec

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. Email hastings.communitycentre@vancouver.ca for more information. No refunds or credits.

External Rehab Trainers

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

FITNESS CENTRE FEES

	Adult	*Discounted Fees	
	19-59 yrs	Youth 13-18 & Adults 60+	Students 19+
Drop-In	$5.48	N/A	N/A
10 visits	$49.32	N/A	N/A
1 month	$48.30	$24.15	$36.25
3 months	$96.60	$48.30	$72.45
1 year	$296.58	$148.29	$222.45

All passholders and drop-in have the option to obtain a HCA membership. Prices listed do not include GST.

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	-

Prime time: After 3:00pm weekdays and all day weekends
Prices listed do include GST. Prices subject to change.

welcome to...

TEMPLETON PARK POOL

Location

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

Hours Of Operation Page 3

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, available during all swim sessions
- 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

Accessibility Features

- Accessibility lift
- Portable pool stair case
- Shower wheelchair
- Universal change area
- Hand held showers
- 2 designated parking spaces

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.

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

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.

Fitness Centre 13 + yrs

A small but functional fitness centre. 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. 8 cardio equipments and various strength machines.

Hastings Community Association Programs at Templeton Park Pool Activity Room Schedule

Please see program description for exact dates and times.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Core Circuit Training 8:30 AM-9:30 AM	Mother Goose Toddler 1:00 PM-1:45 PM Baby 2:00 PM-2:45 PM	Core Circuit Training 8:30 AM-9:30 AM	Adventures in Music 10:30 AM-11:15 AM 11:30 AM-12:15 AM	Exceleration Tri Club 8:00 AM-12:00 PM
	Tai Chi 12:00 PM-2:00 PM		Tai Chi 12:00 PM-2:00 PM	Xin Jiang Dance 2:00 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-5:00 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		

Winter Break Camps See page 9, 12-13

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

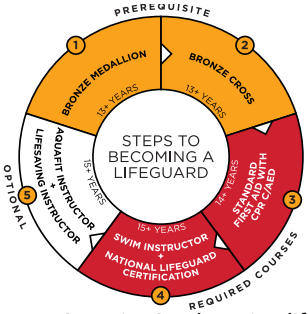
Room Rentals

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	$38.60/hour
	+$100 damage deposit

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

Vancouver Aquatics Academy



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.

Scan the QR code for more information about lifeguarding, certification, and course dates or to apply.

Junior Lifeguard Club

Prerequisites: Swim 7 & or 9-12 years old, Roll into Deep Water/ Tread Water 1 minute and Swim 50 meters/2 lengths of the pool

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, and personal fitness.

National Lifeguard Pool (Pool)

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

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

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.

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.

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.

Aquafit

The majority of aqua-fit spaces will be pre-registered with some spaces held for drop-in. Registration open 3 days in advance, starting at noon. Register for one session at a time. Online refund is possible as currently available. **Classes may be cancelled due to staffing.*

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

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 triathalon. 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	Sep 08-Dec 08	6:45 PM-8:00 PM
Th	Sep 10-Dec 10	6:45 PM-8:00 PM

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. **Must have completed Swimmer 3 or Swim 25 meters of the pool independently.**

Fall Registration: Sat, Aug 15, 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.

Registration

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

FALL LESSONS:
August 25 at 7:00 PM

Swimimming 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.

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.*

Lifesaving Society Swim for Life®

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 access.services@vancouver.ca for registration package and information.

Fall Lessons September 8-December 13

Fall Lesson Registration: Tuesday, August 25 at 7 PM

Please visit website to view levels, dates and times of lessons being offered one week prior to registration. Please put your name on a waitlist. We may offer /open more lessons through the season.

*No swim lessons Sep 30, Oct 10-12, Nov 11