

Hastings Community Centre and Templeton Park Pool

FALL 2025 RECREATION GUIDE



Registration begins...

Saturday, Aug 9 at 9 AM for Fall Programs

Tuesday, Aug 26 at 7 PM for VPB Swim Lessons



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



TEMPLETON INDIGENOUS
WELCOME GARDEN
PRESENTS A COMMEMORATION OF:

ORANGE SHIRT DAY

DRUMMING | EARTH ART
INDIGENOUS SPEAKERS
TEA | DANCING | MUSIC

SEP 30
2:00 - 5:00PM
FREE EVENT

WE WELCOME ALL TO GATHER, REMEMBER
AND PLAY WITH OUR PRECIOUS LOVED ONES
PLEASE BRING YOUR OWN TEA CUP

HASTINGS HALLOWEEN CARNIVAL

OCT 25TH | 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! Parent participation required. Please Note: Each attending family member 1+ years must be registered. No cost or registration for those under 12 months.

Registration Cost: \$7

This event is a youth-driven event, coordinated by the Youth Special Events Committee. All proceeds go back to Youth Programs.

ACTIVITY #:
567230

BREAKFAST WITH SANTA

DEC 13
10:30AM-
12:30PM

ENJOY A PANCAKE
BREAKFAST, CRAFTY FUN,
PHOTO BOOTH AND A
SPECIAL VISIT FROM
SANTA. UNDER 12
MONTHS OLD CAN ATTEND
FOR FREE. \$8/ADULT,
\$5/CHILD. EACH FAMILY
MEMBER OVER 12
MONTHS OF AGE MUST BE
REGISTERED.

ACTIVITY #: 567229



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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 2 to December 30, 2025

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

Holiday Hours

Labour Day	Sep 1	CLOSED
Day for Truth and Reconciliation	Sep 30	10:00AM-2:00PM
Thanksgiving Day	Oct 13	10:00AM-2:00PM
Remembrance Day	Nov 11	10:00AM-2:00PM
Christmas Eve	Dec 24	9:00AM-4:45PM
Christmas Day	Dec 25	CLOSED
Boxing Day	Dec 26	CLOSED
New Years Eve	Dec 31	9:00AM-4:45PM
New Years Day	Jan 1	CLOSED



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 2 – December 30, 2025

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

Holiday Hours

Labour Day	Sep 1	6:30 AM-2:00 PM
Day for Truth and Reconciliation	Sep 30	6:30 AM-2:00 PM
Thanksgiving Day	Oct 13	6:30 AM-2:00 PM
Remembrance Day	Nov 11	6:30 AM-2:00 PM
Christmas Eve	Dec 24	6:30 AM-5:00 PM
Christmas Day	Dec 25	CLOSED
New Years Eve	Dec 31	6:30 AM-5:00 PM
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



Hastings Association Board

President	Curtis Rowe
Past President	Jukka Vuorma
1st VP	Linda Dallow
2nd VP	Sarah Morreau
Treasurer	Keith Stewart
Secretary	Linda Foy

Directors at Large

Hugh Baker
Rory Brown
Myles Constable
Gabe Mapa
Jason McGarry
Devi Ramachandran



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), Skwxwú7mesh (Squamish), and səliwətał (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

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

Hastings Community Association Programs

at Hastings Community Centre & Templeton Park Pool

Register Online & In-Person

Saturday, August 9 at 9:00 AM

Register By Phone

Saturday, August 9 at 10:00 AM

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

Excelleration Registration

Fall Seasonal Programs Saturday, August 16 at 9:00 AM

Online, in-person and phone-in. See page 36 for details.

Swim Lesson Registration

Fall Lesson Registration Tuesday, August 26 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	\$63.00 (2 hours minimum)
Auditorium – 41'x49'	100	60-80	\$52.50	\$77.50
Community Hall – 30'x42'	70	40-60	\$42.00	\$67.00
*Templeton Activity Room with kitchen – 27'x46'	80	40	\$36.75	\$61.75
MEETING ROOMS - Workshops, Seminars, Meetings				
James Cork	20-25	15	\$21.00	During Operational Hours Only
Board Room	25	15	\$21.00	
Room 9 – 28'x30'	40	30	\$31.50	
Burrardview (St. James Hospice)	30	15	\$21.00	See page 3.
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.

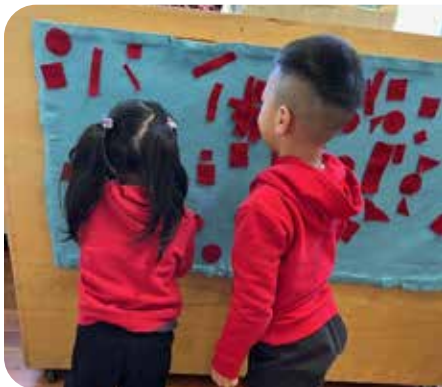
Preschool staff: Adelaida Ancheta, Lorraine Foth, Simone Harrop, Connie Hsieh

Program Details

The following prices are for 2025-2026. Prices are subject to change.

Ages	# of days	Days of the week	Program Time	Monthly Fee
3/4 yrs	2 days	Tu/Th	9:15 AM-12:15 PM	\$185
3/4 yrs	3 days	M/W/F	9:15 AM-12:15 PM	\$278
3/4 yrs	5 days	M-F	9:15 AM-12:15 PM	\$411
3/4 yrs	3 days	Tu/W/Th	9:15 AM-12:15 PM	\$278

Hastings Preschool is part of the 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

Program Hours and Fees

September 2025-June 2026

Before & After Care

7:30-9:00 AM & 3:00-6:00 PM	\$459/month
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Hastings Out of School Care is part of the Child Care Fee Reduction Initiative.

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 another, 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 integration and Early Childhood Education, she looks forward to creating a space that is warm, kind caring and inclusive of all.

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



Follow us on:



Facebook



Instagram

Family Enrichment Centre - Newborn to 5 years

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sep 02-Dec 19	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

Check out our monthly calendar for specific activities when you visit our drop in.

Activities and scheduling are subject to change without notice.

Closed Sept 30, Oct 13, Nov 11 and Dec 22-Jan 4.

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 Sep 30, Oct 25, Nov 11, Dec 13, Dec 23, Dec 25 and Jan 1.

Tu Th Sa Sep 09-Dec 30 10:30 AM-12:30 PM
\$3/drop-in or \$27/10 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. 3 spots available per day. Parent/guardian must remain in the building. Please register in-person or over the phone.

Tu Sep 09-Dec 16 9:45 AM-10:45 AM
Th Sep 11-Dec 18 9:45 AM-10:45 AM
\$5/1 sess



Art

Art and Music with Sun Rey

1-3 yrs | Sun Rey Han

Art and music boosts creativity, builds confidence, increases concentration and improves hand-eye coordination. Experience finger painting, abstract art, collage, colouring, stickers, stamping, clay modelling and more. There will be time set aside for sing a longs and storytelling. Art supplies included. Parent/caregiver participation is required. Drop-in \$20, if space available. No class Oct 10 and Nov 7.

F	Sep 19-Nov 28	9:45 AM-10:30 AM	
			\$156/9 sess
F	Sep 19-Nov 28	10:45 AM-11:30 AM	
			\$156/9 sess

Art is Fun

3-5 yrs | Sun Rey Han

Have fun with Origami, clay modelling, stamping, collage to abstract, mixed media art, finger painting, crafting and more. There will be time set aside for sing a longs and storytelling. Child must be able to take class unaccompanied by an adult. Art supplies included. Drop-in \$23, if space available. No class Oct 10 and Nov 7.

F	Sep 19-Nov 28	1:00 PM-2:00 PM	
			\$184/9 sess

Dance

Hip Hop Moves & Grooves TPP

4-7 yrs | Endorphin Rush Dance

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

Set One

Sa	Sep 06-Oct 25	1:55 PM-2:40 PM	
			\$104/8 sess

Set Two

Sa	Nov 01-Dec 13	1:55 PM-2:40 PM	
			\$91/7 sess

Little Ballerinas TPP

3-5 yrs | Endorphin Rush Dance

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

Set One

Sa	Sep 06-Oct 25	12:15 PM-1:00 PM	
			\$104/8 sess

Sa	Sep 06-Oct 25	1:05 PM-1:50 PM	
			\$104/8 sess

Set Two

Sa	Nov 01-Dec 13	12:15 PM-1:00 PM	
			\$91/7 sess

Sa	Nov 01-Dec 13	1:05 PM-1:50 PM	
			\$91/7 sess



Mini Hip Hop

3-4 yrs | Vancouver Performing Stars

In this high-energy hip hop class, you'll learn to move with style and swagger as we break down the fundamentals of hip hop dance. Dive into fresh, dynamic choreography that builds confidence and coordination. Join our supportive dance community and discover just how incredible it feels to express yourself through movement! Visit performingstars.ca for more information. No class Oct 11.

Sa	Sep 20-Dec 13	10:15 AM-11:00 AM	
			\$192/12 sess

Mini Ballet

3-4 yrs | Vancouver Performing Stars

VPS Ballet Classes lay the foundation for graceful movement for young dancers while sparking their imagination! Dancers will work on developing coordination, rhythm, and musical expression. Through playful exercises and creative movement, dancers learn ballet fundamentals in an encouraging environment. Students gain confidence and independence as they attend class on their own. Ballet shoes and attire required. Visit performingstars.ca for more information. No class Oct 11.

Sa	Sep 20-Dec 13	11:00 AM-11:45 AM	
			\$192/12 sess

Bouncy Castle Birthday Package (2-6 yrs)

Saturdays 11:30am-1:30pm or 2:30pm-4:30pm \$190/party
Sundays 12:30pm-2:30pm \$190/party

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

Registration opens three months prior to party month.

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. For more information visit www.intoyoga.ca. No drop-in. No class Sept 30.

Tu Sep 16-Oct 21 9:45 AM-10:30 AM
570652 \$77/5 sess

Music

Jump into Music

6 mos-4 yrs | Monica Lee

This one-of-a-kind music and movement program engages, educates, and entertains parents, guardians and children while on a musical journey through different styles and cultures. The research-based curriculum stimulates the whole brain and body via singing, dancing, drumming, parachuting, improvising, exploring instruments, jumping and playing. Our classes inspire creativity and build confidence in little ones six months to four years old. Drop-in \$20, space permitting (if full, two drop-ins available first come, first serve). No class Nov 11.

Set One

Tu Sep 16-Oct 28 9:30 AM-10:20 AM
570642 \$126/7 sess

Tu Sep 16-Oct 28 10:30 AM-11:20 AM
570644 \$126/7 sess

Set Two

Tu Nov 04-Dec 16 9:30 AM-10:20 AM
570643 \$108/6 sess

Tu Nov 04-Dec 16 10:30 AM-11:20 AM
570645 \$108/6 sess



Music with Jennifer Yamazaki



Adventures in Music

1-5 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 11.

Sa Sep 06-Dec 06 9:15 AM-10:00 AM
572155 \$195/13 sess

Sa Sep 06-Dec 06 10:15 AM-11:00 AM
572159 \$195/13 sess

Sa Sep 06-Dec 06 11:15 AM-12:00 PM
572162 \$195/13 sess

Th Sep 11-Dec 04 9:15 AM-10:00 AM
572171 \$195/13 sess

Th Sep 11-Dec 04 10:15 AM-11:00 AM
572172 \$195/13 sess

TPP F Sep 12-Dec 05 10:30 AM-11:15 AM
572189 \$195/13 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.

Th Sep 11-Dec 04 11:15 AM-12:00 PM
572176 \$195/13 sess

Th Sep 11-Dec 04 12:15 PM-1:00 PM
572178 \$195/13 sess

Th Sep 11-Dec 04 1:15 PM-2:00 PM
572179 \$195/13 sess

TPP F Sep 12-Dec 05 11:30 AM-12:15 PM
572184 \$195/13 sess

Mother Goose FREE

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.

Toddlers 1-3 yrs

W Sep 17-Dec 03 9:15 AM-10:00 AM
572197 Free

Babies 0-1 yrs

W Sep 17-Dec 03 10:15 AM-11:00 AM
572191 Free

TPP Mixed ages 0-3 yrs

W Sep 17-Dec 03 1:00 PM-1:45 PM
572207 Free

W Sep 17-Dec 03 2:00 PM-2:45 PM
572209 Free

MOTHER GOOSE REGISTRATION

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

NEW PARTICIPANTS (Who did not attend Summer 2025):

Register on Aug 9 in-person at 9am or phone-in at 10am.

RETURNING PARTICIPANTS (Who attended Summer 2025):

Register on Aug 12 in-person at 9am or phone-in at 10am.

Courses marked TPP take place at
Templeton Park Pool

Sportball

Sportball Junior Indoor

1-2 yrs | Sportball Vancouver

Toddlers and parents/caregivers focus on physical movements and social exploration, learn fundamental sport skills and participate in creative motor games, songs, stories, bubble time and more. Children are challenged according to their individual skill level and Coaches help grownups understand proven teaching techniques that can be applied outside of Sportball classes.

Set One

W	Sep 17-Oct 29	9:15 AM-10:00 AM
570992		\$112/7 sess

Set Two

W	Nov 05-Dec 17	9:15 AM-10:00 AM
570993		\$112/7 sess

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 11.

Set One

Sa	Sep 13-Oct 25	10:00 AM-11:00 AM
571019		\$96/6 sess

Set Two

Sa	Nov 01-Dec 13	10:00 AM-11:00 AM
571027		\$112/7 sess

Sportball Outdoor Soccer

4-6 yrs | Sportball Vancouver

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

W	Sep 10-Oct 15	4:00 PM-5:00 PM
571000		\$96/6 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 11.

Set One

Sa	Sep 13-Oct 25	9:15 AM-10:00 AM
571010		\$96/6 sess

W	Sep 17-Oct 29	10:00 AM-10:45 AM
570994		\$112/7 sess

Set Two

Sa	Nov 01-Dec 13	9:15 AM-10:00 AM
571014		\$112/7 sess

W	Nov 05-Dec 17	10:00 AM-10:45 AM
570995		\$112/7 sess

Sportball Parent and Tot Outdoor Soccer

2-3 yrs | Sportball Vancouver

Sportball Parent and Child Soccer classes focus on 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, passing, and goalie skills. Classes take place outdoors rain or shine on the grassy field west of Hastings Community Centre. Parents are required to remain on the field for children's safety.

W	Sep 10-Oct 15	5:00 PM-5:45 PM
571002		\$96/6 sess



Yoga

Family Yoga FREE

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 for 1 child for the parent/child. No class Oct 12.

Su	Sep 14-Dec 07	10:15 AM-10:45 AM
572074		Free



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

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

Art

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 colors, shapes, and textures while developing focus and patience in a playful way. No class Oct 31.

F Sep 19-Dec 12 5:00 PM-6:00 PM
570688 \$240/12 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 13.

Sa Sep 20-Nov 01 12:30 PM-4:30 PM
573423 \$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

W Sep 10-Nov 26 3:50 PM-4:45 PM
572497 \$192/12 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.

W Sep 10-Nov 26 4:45 PM-5:45 PM
572501 \$192/12 sess

Junior Hip Hop & Jazz

5-7 yrs | Vancouver Performing Stars

Groove with us in this high-energy combo class that blends jazz technique with hip hop! Dancers will build confidence and coordination while learning choreography that celebrates self-expression. Visit performingstars.ca for more information. No class Oct 11.

Sa Sep 20-Dec 13 11:45 AM-12:30 PM
579865 \$192/12 sess

Day Camp

EFK CAMP: Chemical Engineering: Mix It Up!

6-14 yrs | Engineering For Kids Vancouver

In Chemical Engineering, students use the Engineering Design Process to explore mixtures and solutions with unique properties. They'll tackle challenges like cleaning oil spills, creating rocket fuel, and uncovering the science of color pigmentation. Through hands-on experiments, students test, refine, and innovate, building a strong foundation in chemistry, problem-solving, and critical thinking in a fun and engaging environment. No camp on Jan 1.

M Tu W F Dec 29-Jan 02 9:30 AM-3:30 PM
579037 \$336/4 sess

EFK: Pro-D Day with Engineering for Kids

6-12 yrs | Engineering For Kids Vancouver

Join our dynamic one-day camp to explore mechanical and civil engineering through fun, hands-on challenges. In the afternoon, campers apply their knowledge in collaborative tech-based builds. Our six-week program continues the excitement as students form an engineering club, tackling real-world problems with innovative solutions. Each session builds STEM, coding, and teamwork skills through engaging, creative, and entrepreneurial activities. Please send child with snacks, lunch, and water bottle each day and dress appropriately for the weather.

F Sep 19 9:30 AM-3:30 PM
579034 \$95/1 sess
F Oct 24 9:30 AM-3:30 PM
579035 \$95/1 sess
F Nov 21 9:30 AM-3:30 PM
579036 \$95/1 sess

Mindfulness & Movement for Kids Day Camp

8-10 yrs | The Yoga Buggy

Join the Yoga Buggy for mindful movement, playful yoga and calming relaxation. Through yoga & mindfulness, 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 with our feelings and experiences. Perfect for young explorers to move, play and feel calm and confident every day! No camp Jan 1.

M Tu W F Dec 29-Jan 02 9:30 AM-3:30 PM
575310 \$288/4 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. Pre-registration and consent forms are required. Register early, spaces are limited!

F Sep 19 9:00 AM-3:00 PM
568900 \$40/1 sess
F Oct 24 9:00 AM-3:00 PM
567231 \$40/1 sess
F Nov 21 9:00 AM-3:00 PM
567232 \$40/1 sess

Pro-D Day Camp - After Care

6-12 yrs | Youth Leader

After Care provides parents/guardians an extended window to pick-up their child, till 5:30pm. This option is available for participants in Pro-D Day Camps only. No drop-ins.

F	Sep 1	3:00 PM-5:30 PM
568899		\$10/1 sess
F	Oct 24	3:00 PM-5:30 PM
567233		\$10/1 sess
F	Nov 21	3:00 PM-5:30 PM
567234		\$10/1 sess

Winter Safari Day Camp

5-12 yrs | TBA Instructor

Child must be attending Kindergarten and turning 5 years old by December 31, 2025 to attend this camp. 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. Camp is held in the community centre and will generally include 1-2 fun and engaging outings traveling by public transit. No camp Jan 1.

Week 1

M Tu W	Dec 22-Dec 24	9:00 AM-4:00 PM
574739		\$105/3 sess

Week 2

M Tu W F	Dec 29-Jan 02	9:00 AM-4:00 PM
574742		\$140/4 sess

Day Camp @ Templeton

Frozen Winter Camp TPP

3-5 yrs | Endorphin Rush Dance

100% Frozen Soundtrack Music is played in this creative ballet class designed to ignite your dancers imagination. No experience required as dancers learn the basics of ballet and expression through movement. Costumes are welcome, but not required. Beginner friendly. Bring your cameras! Presentation for parents on the last day! More info: www.kirbysnellldance.com

3-5 yrs

M Tu W	Dec 22-Dec 24	9:15 AM-10:30 AM
579402		\$66/3 sess

4-6 yrs

M Tu W	Dec 22-Dec 24	10:35 AM-11:50 AM
579405		\$66/3 sess

Mini Hip Hop Movers Winter Camp TPP

3-5 yrs | Endorphin Rush Dance

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

M Tu W	Dec 22-Dec 24	11:55 AM-1:10 PM
579408		\$66/3 sess

Mindfulness & Movement for

Kids Winter Camp TPP

5-7 yrs | The Yoga Buggy

Join the Yoga Buggy for mindful movement, playful yoga and calming relaxation. Through yoga & mindfulness, 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 with our feelings and experiences. Perfect for young explorers to move, play and feel calm and confident every day! No session on Jan 1

M Tu W F	Dec 29-Jan 02	9:30 AM-3:30 PM
579418		\$287/4 sess

Education

EFK: Environmental Engineering: EcoForce

8-13 yrs | Engineering For Kids Vancouver

Join EcoForce for an exciting adventure in environmental engineering! Young engineers will tackle real-world challenges through hands-on experiments and creative projects. They'll explore renewable energy, sustainable design, and eco-friendly technology. This program sparks curiosity, inspires action, and builds essential skills. Get ready to empower the next generation of innovators working toward a cleaner, greener, and more sustainable future for all.

Su	Sep 14-Oct 19	11:30 AM-1:00 PM
579031		\$195.75/6 sess

EFK: Junior Marine Engineering

4-6 yrs | Engineering For Kids Vancouver

In this program, students explore prehistoric creatures using today's robotics. Daily hands-on challenges help mini-figure paleontologists find fossils with the LEGO® Spike Prime Essentials kit. Students learn coding concepts like sequences, loops, and debugging. They apply the Engineering Design Process to innovate and improve. This exciting adventure blends past and future, sparking creativity, problem-solving, and fun learning through STEM exploration.

Su	Sep 14-Oct 19	10:15 AM-11:15 AM
579029		\$130.50/6 sess

EFK: Junior Software Engineering: Space Pioneers

4-6 yrs | Engineering For Kids Vancouver

Embark on a fun space journey with Scratch! Program an astronaut's moon mission and defend your base from space rocks. Learn to create and code sprites, backdrops, and basic scripts. Each day features a new project, fueling creativity and skill-building. Leave with proof of your adventure and be inspired to continue exploring the exciting universe of programming as a Space Pioneer.

Su	Nov 02-Dec 07	10:15 AM-11:15 AM
579032		\$144/6 sess

EFK: Mechanical Engineering: 3D Printing Minecraft Creations

8-13 yrs | Engineering For Kids Vancouver

In 3D Printing: Minecraft Creations, students explore 3D printing and CAD to bring Minecraft ideas to life! They'll design in Minecraft, then transform those creations into 3D models ready for printing. This hands-on program builds creativity, technical skills, and imagination as students learn how to turn virtual designs into real-world objects using modern 3D printing technology.

Su	Nov 02-Dec 07	11:30 AM-1:00 PM
579033		\$216/6 sess

Courses marked TPP take place at
Templeton Park Pool

Red Cross Babysitting

10-16 yrs | Foundations Safety & First Aid

The Canadian Red Cross Babysitting course focuses on First Aid, leadership, and professional conduct. It teaches managing difficult behaviors, responsibility, and emergency care for young children, preparing older youth for safe and responsible babysitting.

Sa	Oct 04	9:30 AM-4:30 PM
572428		\$80/1 sess
Sa	Dec 06	9:30 AM-4:30 PM
572429		\$80/1 sess

Red Cross Stay Safe

9-13 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 06	9:30 AM-2:30 PM
572430		\$80/1 sess
Sa	Nov 01	9:30 AM-2:30 PM
572431		\$80/1 sess

Young-Commander Chess

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 thinking. Clothed with a 'commander' self-image amidst a 'friends-learning-together' classroom setting, kids get trained in life-skills goal-setting: checkmate! No class Oct 31.

5-13 yrs Novice/Starter

F	Sep 12-Dec 12	4:00 PM-5:10 PM
570978		\$195/13 sess

8-13 yrs Intermediate/Advanced

F	Sep 12-Dec 12	5:20 PM-6:30 PM
570981		\$195/13 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 Oct 13.

M	Sep 08-Dec 22	5:00 PM-6:00 PM
570632		\$105/15 sess
W F	Sep 10-Dec 19	5:00 PM-6:00 PM
570636		\$210/30 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 armor. Renfrew Kendo Dojo Society is registered with BC Kendo Federation, and its instructor is affiliated with the Canadian Kendo Federation. Beginners only need a shinai (bamboo sword) to begin their practice. No session Sept 30, Nov 11 or Dec 25.

Tu	Sep 02-Dec 30	7:00 PM-8:00 PM
Th	Sep 04-Dec 18	6:45 PM-7:45 PM
Su	Sep 07-Dec 28	10:15 AM-11:15 AM
571413		\$100/4 mos

Music

Guitar/Ukulele - Private Lessons with Justin

6+ yrs | Ching Yin (Justin) Wu

Study acoustic/electric guitar or ukulele with a patient and experienced teacher. These 30 minute lessons are for students of all levels, focusing on music that interests you and exploring topics in songwriting, improvisation, and harmony. Students provide their own instrument. Sorry, no refunds after the second class. No class Sept 30 and Nov 11.

Tu	Sep 09-Dec 16	4:00 PM-7:30 PM
View online		\$273/13 sess

Piano - Private Lessons with Justin

5+ yrs | Justin Wong

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 11.

Sa	Sep 13-Dec 13	10:00 AM-4:00 PM
View Online		\$260/13 sess

Piano - Private Lessons with Samuel

5+ yrs | Samuel Chan

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

Su	Sep 07-Dec 21	10:15 AM-12:15 PM
View Online		\$400/16 sess

Piano - Private Lessons with Simone

5+ 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 13.

M	Sep 08-Dec 15	3:30 PM-7:30 PM
View Online		\$350/14 sess
Th	Sep 11-Dec 18	3:30 PM-7:30 PM
View Online		\$375/15 sess

Piano - Private Lessons with Terry

5+ yrs | Wang Hei (Terry) Ng

Terry offers lessons that combine Suzuki method with a personalized approach to build strong musical foundations through ear training, classical technique, and note reading. Lessons include engaging activities, music games, and a supportive atmosphere that make learning piano fun and effective. Book costs are extra. No make-ups for missed lessons and no refunds after the second class.

W	Sep 10-Dec 10	3:30 PM-7:30 PM
View Online		\$322/14 sess

Sports

Boys World Cup Micro Footie Indoor Development NEW

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. No class Oct 9 and Oct 30.

6-7 yrs		
Th	Sep 18-Dec 04	3:15 PM-4:15 PM
572057		\$169/10 sess
8-9 yrs		
Th	Sep 18-Dec 04	4:15 PM-5:15 PM
572059		\$169/10 sess

Girls World Cup Micro Footie Indoor Development NEW

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, Tanisha Everton and Freya Richter. No class Oct 11 and 25.

6-7 yrs		
Sa	Sep 20-Dec 06	1:00 PM-2:00 PM
572066		\$169/10 sess
8-9 yrs		
Sa	Sep 20-Dec 06	2:00 PM-3:00 PM
572067		\$169/10 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.

Tu	Sep 09-Dec 09	4:15 PM-5:15 PM
570663		\$210/14 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.

Tu	Sep 09-Dec 09	3:30 PM-4:15 PM
570665		\$140/14 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 13.

Set One

4-6 yrs

M	Sep 15-Oct 27	4:00 PM-5:00 PM
570985		\$96/6 sess

6-9 yrs

M	Sep 15-Oct 27	5:00 PM-6:00 PM
570988		\$96/6 sess

Set Two

4-6 yrs

M	Nov 03-Dec 15	4:00 PM-5:00 PM
570987		\$112/7 sess

6-9 yrs

M	Nov 03-Dec 15	5:00 PM-6:00 PM
570989		\$112/7 sess



Yoga

Family Yoga FREE

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 for 1 child for the parent/child. No class Oct 12.

7-13 yrs

Su	Sep 14-Dec 07	11:00 AM-11:45 AM
572076		Free

Community Youth Worker



604.718.6230

@HastingsYouth

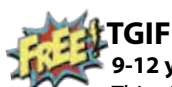
Follow us on IG for any volunteering opportunities and youth initiatives.

Community Youth Development at Hastings Community Centre

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

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

Social - Preteen



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. Registration required! No session Oct 24 and Nov 21.
F Oct 03-Dec 05 3:15 PM-6:00 PM
567227 Free



Wednesday Star Friends

9-13 yrs | Youth Leader

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!
W Oct 08-Nov 26 3:15 PM-6:00 PM
567228 Free

Sports - Preteen

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! No session on October 11.
Sa Sep 27-Nov 22 3:30 PM-4:30 PM
567226 \$24/8 sess

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:

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

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



YOUTH SCHEDULE

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

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

Fitness Centre Hours of Operation

SEP 03-DEC 31, 2025 Closed Dec 25 and Dec 26. Closed Aug 25-Sep 02 for maintenance.

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. See page 3 for all Holiday Hours.			

Fitness Centre Passes

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

*Discounted Fees

Youth (13-18 years), Older Adults (60+) years, and Leisure Access Card holders receive a 50% discount on monthly passes. Students currently attending school full-time receive a 25% discount on passes. Adult students must present course transcript that they are currently taking a minimum of 3 courses at a local post-secondary institution that is listed with the Hastings Community Centre (UBC, SFU, Langara, Capilano, Douglas, and others - full list available at the Front Office).

Fitness Centre Early Entry

Mon – Fri 6:00 AM-9:00 AM

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

Fitness Centre & Cardio Room

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

Fitness Centre Etiquette

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

Orientation for Youth (13-16 yrs)

A free orientation is recommended but not mandatory. Pick up a health screening and parental/guardian consent form from the main office. Once your form is completed, please call 604.718.6222 to book your appointment.

Fitness Attendants on Duty

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

Note: No attendants on duty Saturday.

Scovia Maeko BCRPA Certified Weight Training Leader

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

Personal Training

19+ yrs | Scovia Maeko

Need motivation or fitness expertise to reach your health and fitness goals? Book a one hour session with one of our seasoned trainers! Training is held in the Fitness Centre. Please call 604.718.6222 to talk to a trainer first. No refunds or credits. \$42/1 sess

External Rehab Trainers

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

FITNESS CENTRE FEES			
	Adult	*Discounted Fees	
	19-59 yrs	Youth 13-18 & Adults 60+	Students 19+
Drop-In	\$5.24	N/A	N/A
10 visits	\$47.16	N/A	N/A
1 month	\$46.00	\$23.00	\$34.50
3 months	\$92.00	\$46.00	\$69.00
1 year	\$282.46	\$141.23	\$211.84
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.		

Aerobics

Cardio Fit

19+ yrs | Sharon Chan

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

Aerobics Fees

Adult	19-59 years	60+ years
Drop-In	\$5.24	\$3.15
10 Visit Pass	\$47.16	\$28.30
Season Pass Sept 08-Dec 18	\$115.00	\$69.00
Prices listed do not include GST.		

Step

19+ yrs | Sharon Chan

All Fitness Levels - For participants who want a moderate cardio workout. Newcomers welcome. Choreographed patterns followed by strength training with weights and tubing.

Step & Sculpt

19+ yrs | Sharon Chan

For moderately fit individuals who want to increase their muscular endurance as well as challenge their cardiovascular system. Cardio is alternated with strength training.

Aerobics Schedule - Sep 08-Dec 18

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
MORNING	Step & Sculpt 9:15-10:15 AM		Cardio Fit 5:30-6:30 PM	No aerobic pass extensions for cancelled classes.
EVENING		Step 5:30-6:30 PM	Step & Sculpt 5:30-6:30 PM	Cardio Fit 5:30-6:30 PM
Schedule subject to change. No classes on Statutory Holidays.				

Fitness & Health

Core Circuit Training TPP

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.

Set One

Tu	Sep 16-Oct 28	8:30 AM-9:30 AM
572861		\$59.50/7 sess
Th	Sep 18-Oct 30	8:30 AM-9:30 AM
572866		\$59.50/7 sess

Set Two

Tu	Nov 04-Dec 16	8:30 AM-9:30 AM
572865		\$59.50/7 sess
Th	Nov 06-Dec 18	8:30 AM-9:30 AM
572880		\$59.50/7 sess

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

Courses marked TPP take place at
Templeton Park Pool

Jump Rope HIIT NEW

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! No class Oct 13. Drop in \$12.

FREE Free Trial

M	Sep 08	7:00 PM-8:00 PM
579159		Free

Set One

M	Sep 15-Oct 27	7:00 PM-8:00 PM
579044		\$60/6 sess

Set Two

M	Nov 03-Dec 08	7:00 PM-8:00 PM
579158		\$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 09-Oct 02	9:45 AM-10:45 AM
574731		\$92/8 sess
Tu Th	Oct 07-Oct 30	9:45 AM-10:45 AM
574733		\$92/8 sess
Tu Th	Nov 04-Nov 27	9:45 AM-10:45 AM
574734		\$80.50/7 sess
Tu Th	Dec 02-Dec 18	9:45 AM-10:45 AM
574735		\$69/6 sess

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.

W	Sep 10-Dec 17	10:00 AM-11:00 AM
570615		\$93.75/15 sess

Strength and CIRCL Mobility™**19+ yrs| Monika Schoenenberger**

This workout starts with 30 minutes of functional strength training followed by a 30 minute stretch flow that focuses on flexibility, breathwork and mobility to help you move better longer set to a soundtrack of healing tones (participants must be able to get down to the floor). Drop-in \$11. No class Oct 13.

Set One

M Sep 08-Oct 27 10:30 AM-11:30 AM
573415 \$63/7 sess

Set Two

M Nov 03-Dec 08 10:30 AM-11:30 AM
573418 \$54/6 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 \$14, space permitting. No class Sept 30 and Nov 11.

FREE Free Trial

Tu Sep 02 6:45 PM-7:45 PM
570684 Free

Set One

Tu Sep 09-Oct 28 6:45 PM-7:45 PM
570682 \$87.50/7 sess

Set Two

Tu Nov 04-Dec 16 6:45 PM-7:45 PM
570683 \$75/6 sess

Zumba® Gold**19+ yrs| Zumba Vancouver**

ZUMBA® Gold is a low impact dance-fitness class for beginners and seniors that uses zesty Latin music, Salsa, Cha Cha, Cumbia, Merengue, Rock n Roll, (including Twist and Charleston), with easy to follow moves to create a dynamic and fun fitness class. ZUMBA® Gold strives to improve your balance, strength, flexibility and most importantly the heart. www.zumbavancouver.ca. Drop-in \$14, space permitting.

FREE Free Trial

F Sep 05 10:30 AM-11:30 AM
570687 Free

Set One

F Sep 12-Oct 31 10:30 AM-11:30 AM
570685 \$100/8 sess

Set Two

F Nov 07-Dec 19 10:30 AM-11:30 AM
570686 \$87.50/7 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	
	Strength and CIRCL Mobility (TM) 10:30 AM-11:30 AM	Mission FitPossible 9:45 AM-10:45 AM	Osteofit 10:00 AM-11:00 AM	Mission FitPossible 9:45 AM-10:45 AM	Zumba® Gold 10:30 AM-11:30 AM
		Older Adult Fitness 10:30 AM-11:30 AM	Contemporary Line Dance 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 Karen 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-3:30 PM
EVENING		Sequence Dance 3:00 PM-5:00 PM	Iaido 6:15 PM-8:15 PM	Yogaflex 6:15 AM-7:15 AM	
	Karate/Self-Defense 6:15 PM-7:15 PM		Karate/Seslf-Defense 6:15 PM-7:15 PM		
		Iyengar Yoga 6:00 PM-7:30 PM	Ballroom Dance - Beginners 6:30 PM-7:30 PM	TPP Creative Hatha Yoga Flow 6:45 PM-8:00 PM	
	TPP Tai Chi 7:00 PM-9:00 PM	Zumba® 6:45 PM-7:45 PM	TPP Tai Chi 7:00 PM-9:00 PM	Kendo 8:00 PM-9:00 PM	
	NEW Jump Rope Hiit 7:00 PM-8:00 PM	NEW Iyengar Yoga 7:45 PM-8:45 PM	Veg Yoga 7:30 PM-8:45 PM	Courses marked TPP take place at Templeton Park Pool	
		Kendo 8:00 PM-9:00 PM	Ballroom Dance - Intermediate 7:30-8:30 PM/8:30-9:30 PM		

Dance

Ballroom Dance – Beginner/ Bronze

19+ yrs| Faye Hung

The first few weeks will cover the basics of the dance, then we will progress to the next level (bronze) figures. No dancing experience required. Partners preferred but not required. Drop-in \$14, space permitting. No class Sept 24, Oct 1 and Oct 15.

International Cha Cha Cha

W Sep 03-Oct 29 6:30 PM-7:30 PM
570667 \$79.50/6 sess

International Tango

W Nov 05-Dec 17 6:30 PM-7:30 PM
570668 \$92.75/7 sess

Ballroom Dance - Intermediate International

19+ yrs| Faye Hung

International Silver level and above. Minimum 2 years of dancing experience required. Partners preferred. Drop-in \$14, space permitting. No class Sept 24, Oct 1 and Oct 15.

Jive

W Sep 03-Oct 29 8:30 PM-9:30 PM
570675 \$79.50/6 sess

Slow Foxtrot

W Sep 03-Oct 29 7:30 PM-8:30 PM
570669 \$79.50/6 sess

Cha Cha Cha

W Nov 05-Dec 17 8:30 PM-9:30 PM
570677 \$92.75/7 sess

International Tango

W Nov 05-Dec 17 7:30 PM-8:30 PM
570673 \$92.75/7 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 (5 spots available for drop-in).

W Oct 15-Dec 17 11:00 AM-12:30 PM
570646 \$35/10 sess

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

Education

East Vancouver Family Literacy - Beginner Learners **FREE**

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@capilano.ca. No class Oct 13.

M Sep 08-Dec 15 1:00 PM-3:45 PM
573070 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.

Sa Oct 11 9:15 AM-1:45 PM
572441 \$93.75/1 sess

Sa Dec 20 9:15 AM-1:45 PM
572445 \$93.75/1 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.

Sa Oct 11 9:15 AM-4:45 PM
572447 \$137.50/1 sess

Sa Dec 20 9:15 AM-4:45 PM
572448 \$137.50/1 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

Iaido

19+ yrs| Shin Ken Kai

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

W Sep 03-Dec 17 6:15 PM-8:15 PM
572455 \$120/16 sess
Su Sep 07-Dec 28 10:15 AM-11:45 AM
572458 \$100/17 sess

Karate/Self-Defense

19+ yrs| Jan Stefanovic

Karate training is not only effective regarding self-defense, but it will rapidly transform your whole body as well. Imagine how powerful a one-hour training session with non-stop punching, kicking, blocking, dodging and moving can be. Karate uniform \$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 Oct 13.

M W Sep 08-Dec 22 6:15 PM-7:15 PM
570638 \$210/30 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 armor. Renfrew Kendo Dojo Society is registered with BC Kendo Federation, and its instructor is affiliated with the Canadian Kendo Federation. Beginners only need a shinai (bamboo sword) to begin their practice. No session Sept 4, Sept 30, Nov 11 or Dec 25.

Su Sep 07-Dec 28 11:20 AM-12:20 PM
Tu Sep 02-Dec 30 8:00 PM-9:00 PM
Th Sep 04-Dec 18 8:00 PM-9:00 PM
571414 \$220/4 mos

Qigong with Rachel Rocco: Cultivating Courage & Vitality

19+ yrs | Rachel Rocco

Qigong is a meditative movement practice from China that steadies the nervous system and builds resilience. This 10-class series explores the courage of the Lung System (Metal) and the deep vitality of the Kidney System (Water). With breath, movement, and sound, we release stagnation and restore balance. All levels and abilities welcome. Chairs provided. No class Nov 11.

Tu Sep 23-Dec 02 12:30 PM-1:45 PM
\$150/10 sess

Tai Chi TPP

19+ yrs | Guy Tomash

Yang style Tai Chi is known for its benefits of health, meditation, and self-defense. This is an ongoing class which teaches the traditional 108 movement long form, stresses correct body postures and whole body movement. New students can start during the first week of the month. Drop-in \$12.00, space permitting

September

Tu Th Sep 02-Sep 25 12:00 PM-2:00 PM
\$73004 \$80/8 sess

MW Sep 03-Sep 24 7:00 PM-9:00 PM
\$73005 \$80/7 sess

October

Tu Th Oct 02-Oct 30 12:00 PM-2:00 PM
\$73006 \$90/9 sess

MW Oct 01-Oct 29 7:00 PM-9:00 PM
\$73007 \$80/9 sess

November

Tu Th Nov 04-Nov 27 12:00 PM-2:00 PM
\$73009 \$70/8 sess

MW Nov 03-Nov 26 7:00 PM-9:00 PM
\$73008 \$80/8 sess

December

Tu Th Dec 02-Dec 18 12:00 PM-2:00 PM
\$73011 \$60/6 sess

MW Dec 01-Dec 17 7:00 PM-9:00 PM
\$73010 \$60/6 sess

Tai Chi Stretching

19+ yrs | Master Yeh & Irene Loo

Come join Master Yeh and his assistant, Irene Loo, for this beginner Tai Chi stretching class. All levels welcome. Drop-in \$3.00, if space permits.

Tu Sep 09-Dec 09 1:00 PM-1:30 PM
\$77444 \$28/14 sess

F Sep 12-Dec 12 1:00 PM-1:30 PM
\$80184 \$26/13 sess

Music

Drumming for Wellness NEW

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. No session Oct 13. Drop-in \$22, if space available.

M Sep 29-Oct 27 7:00 PM-9:00 PM
\$79875 \$80/4 sess

M Nov 03-Nov 24 7:00 PM-9:00 PM
\$79878 \$80/4 sess

M Dec 01-Dec 22 7:00 PM-9:00 PM
\$79879 \$80/4 sess

Ron Radar Stelting:

A respected drum circle facilitator and teacher as well as professional hand drum and kit player for almost 50 years, Ron Radar Stelting has been facilitating rhythm events for over half of his musical career. He studied with Babatunde Olatuje, Arthur Hull, Pepe Danza, Russel Shumsky, Mamady Keïta, Famadou Konté and continues to grow as a drummer.

Sports

Outdoor Adult Tennis

19+ yrs | Wilson Tan

Last bit of tennis in the open outdoors environment, adult tennis for beginners/ novice players, the basics of rally, basics of serving, basics of net play, basics of the game. our program is ideally suited for beginners/novice players all in one package. Get an overall perspective of tennis - a great start to your tennis experience.

W Sep 03-Sep 24 5:30 PM-7:00 PM
\$79869 \$160/4 sess

W Oct 08-Oct 29 4:30 PM-6:00 PM
\$79870 \$160/4 sess

Sa Sep 06-Sep 27 10:00 AM-11:30 AM
\$79871 \$160/4 sess

Sa Oct 04-Oct 25 10:00 AM-11:30 AM
\$79872 \$160/4 sess

PIP - Learn to Play Pickleball I 16+ yrs | Paradise Island Pickleball

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

Set One

W Sep 03-Oct 22 12:45 PM-1:45 PM
\$75042 \$132/8 sess

Set Two

W Oct 29-Dec 17 12:45 PM-1:45 PM
\$75045 \$132/8 sess

PIP - Learn to Play Pickleball II 16+ yrs | Paradise Island Pickleball

Building on 'Learn to Play Pickleball I', you are not ready to take the momentum to the next level:- net game: dinking strategies- coming to the net: 3rd shot drops & drives- when to drop & drive- volleys & forehand roll shots- court positioning and game strategy. Each week has a particular focus with supervised games to help reinforce the lesson. This is for players looking to advance to a pickleball level of 3.0.

W Sep 03-Oct 22 1:45 PM-3:15 PM
\$75043 \$198/8 sess

PIP - Supervised Pickleball Play - Levels 2.5-3.0

16+ yrs | Paradise Island Pickleball

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

W Oct 29-Dec 17 1:45 PM-3:15 PM
\$75046 \$108/8 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	<i>Registration for Fall starts August 9 at 9 AM.</i>

Badminton Court Reservation 19+ yrs | Non Instructional

Come and play badminton with family or friends during this 45 minute court reservation. Book your court for the season, bring your racquet, birdie and have a great time. Courts not booked in advance can be used on a drop-in basis (\$12/court). Courts are numbered 4-1 starting from the gym entrance. Court #4 reserved for drop-in.

Set One

Su Sep 07-Oct 26 11:45 AM-1:15 PM
\$80/8 sess

[View Online](#)

Set Two

Su Nov 02-Dec 14 11:45 AM-1:15 PM
\$70/7 sess

[View Online](#)

Badminton

19+ yrs | Non Instructional

Doubles play only. No session Sep 30 and Nov 11.

Set One

Tu Sep 02-Oct 28 8:00 PM-9:45 PM
\$73574 \$34/8 sess

Set Two

Tu Nov 04-Dec 16 8:00 PM-9:45 PM
\$73576 \$25.50/6 sess

Basketball: Full Court 19+ yrs | Non Instructional

Set One

Th Sep 04-Oct 30 8:00 PM-9:45 PM
\$73579 \$38.25/9 sess

Set Two

Th Nov 06-Dec 18 8:00 PM-9:45 PM
\$73581 \$29.75/7 sess

Indoor Soccer

19+ yrs | Non Instructional

No session Oct 13.

Set One

M Sep 08-Oct 27 8:00 PM-9:45 PM
\$73563 \$29.75/7 sess

Set Two

M Nov 03-Dec 15 8:00 PM-9:45 PM
\$73564 \$29.75/7 sess



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. Please call us if you are unable to attend your registered session at 604-718-6222. Drop-in waitlist starts 10 minutes prior to the activity start time on the day of (in-person only, phone calls not accepted). Drop-in \$5.25, space permitting.

Pickleball - Beginner Play 19+ yrs | Non Instructional

No session Oct 13.

Set One

M Sep 08-Oct 27 6:15 PM-7:45 PM
\$73565 \$29.75/7 sess

Su Sep 07-Oct 26 10:10 AM-11:40 AM
\$73571 \$34/8 sess

Set Two

M Nov 03-Dec 15 6:15 PM-7:45 PM
\$73567 \$29.75/7 sess

Su Nov 02-Dec 14 10:10 AM-11:40 AM
\$73573 \$29.75/7 sess

Pickleball - Intermediate Play 19+ yrs | Non Instructional

Set One

W Sep 03-Oct 29 8:20 PM-9:50 PM
\$73568 \$38.25/9 sess

F Sep 05-Oct 24 1:15 PM-3:05 PM
\$73058 \$28/8 sess

Set Two

W Nov 05-Dec 17 8:20 PM-9:50 PM
\$73569 \$29.75/7 sess

F Oct 31-Dec 19 1:15 PM-3:05 PM
\$73066 \$28/8 sess

Table Tennis

19+ yrs | Non Instructional

Everyone is welcome! This is a great way to socialize and keep active. Sign up and play some quality table tennis. This is a registered program. Sorry no drop-ins. No session Oct 13.

F Sep 05-Dec 19 9:00 AM-12:00 PM
\$73584 \$36.80/16 sess

M Sep 08-Dec 15 9:00 AM-12:00 PM
\$73583 \$32.20/14 sess

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



Yoga

Creative Hatha Flow Yoga TPP

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 18-Oct 30	6:45 PM-8:00 PM
		\$98/7 sess

Set Two

Th	Nov 06-Dec 18	6:45 PM-8:00 PM
		\$98/7 sess

Iyengar Yoga - Fundamentals

16+ yrs | Bridget Donald NEW

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 \$14, if space permits. No class Sept 30 and Nov 11.

Tu	Sep 09-Oct 14	7:45 PM-8:45 PM
		\$60/5 sess

Tu	Oct 28-Dec 02	7:45 PM-8:45 PM
		\$60/5 sess

Iyengar Yoga - Intermediate

16+ yrs | Bridget Donald

An intermediate level course for those who are interested in continuing and deepening their study of Iyengar Yoga. 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. Drop-in \$20, if space permits. No class Sept 30 and Nov 11.

Tu	Sep 09-Dec 16	6:00 PM-7:30 PM
		\$221/13 sess

Parent and Baby Yoga NEW

19+ yrs | Lynda Sing

Replenish your energy, strength, flexibility, and balance from your parenthood demands. An engaging class of yoga and playful songs, this gentle flow class is perfect for your postnatal body (4+ weeks), and your baby aged 1 month to crawling slowly enough to catch. Come away feeling more ease for you and baby. Please bring a blanket for baby to class. Drop-in \$20, if space available. No class Dec 3.

Set One

W	Sep 10-Oct 15	1:00 PM-2:00 PM
		\$108/6 sess

Set Two

W	Oct 29-Dec 17	1:00 PM-2:00 PM
		\$126/7 sess

Veg Yoga

19+ yrs | Vivien Gomes

This class will introduce Hatha 26&2 yoga sequence, which consists of 26 poses and two breathing exercises, derived from the 84 classic Traditional Hatha Yoga. The therapeutic sequence has proven to increase flexibility and strength, improve circulation and reduce stress. The class is designed for all levels. Drop-in \$15, if space available.

W	Sep 17-Dec 10	7:30 PM-8:45 PM
		\$156/13 sess

Yogaflex

19+ 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.

Set One

Th	Sep 11-Oct 30	6:15 PM-7:15 PM
		\$112/8 sess

Set Two

Th	Nov 06-Dec 18	6:15 PM-7:15 PM
		\$98/7 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

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

Food, Cooking & Garden Programs



Look forward to Community Work Days, In-Garden Workshops, Garden to Table Cooking Workshops, and more! Check out our Facebook Page at Hastings Community Centre Food & Garden Programs for up to date information! Email seasonsoffoodhcc@gmail.com to join our Mailing List!

Seasons of Food

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

Hastings Community Learning Garden

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

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



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.

M	Nov 17	7:00 PM-8:30 PM
575012		\$10/1 sess

Canning Zucchini Relish

19+ yrs | Lisa Patterson

Yes you can! Demystify this traditional form of food preservation and learn how to safely practice water bath canning in this hands-on workshop. You will take home a delicious jar of zucchini relish.

M	Sep 15	7:00 PM-9:00 PM
575009		\$10/1 sess

Community Kitchen

19+ yrs | Chef Karen

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

M	Oct 06	6:30 PM-8:30 PM
579430		\$10/1 sess
M	Nov 03	6:30 PM-8:30 PM
579431		\$10/1 sess
M	Dec 01	6:30 PM-8:30 PM
579432		\$10/1 sess



Cooking Connections: Cooking for the Active Senior FREE

60+ yrs | Lily Fung

Designed for seniors, this program focuses on eating well and staying active for overall health. It is designed to meet the needs of older adults and provides an opportunity to meet new friends and reinforces healthy eating habits. This program includes a number of versatile recipes like Roasted Root Vegetables which encourage participants to use a variety of ingredients. This is a free six weeks course. Participants must be able to attend all 6 weeks. No session Oct 12* Folks previously registered in a Food Skills/Cooking Connections Program in Winter 2025 and/or Spring 2025 will be moved to the waitlist. Priority will be given to new participants.

Su	Sep 07-Oct 19	10:30 AM-1:30 PM
579428		Free



Cooking Classes for Kids

7-11 yrs | Chef Karen

Join us and learn about food safety, nutrition, and the importance of preparing in a clean and nice cooking environment. Kids will have an amazing time socializing and sharing their creativity with our chef and will explore cooking habits from different cultures! Please, bring your own Tupperware (roughly three 8-10 cup containers). The classes will include recipes to make meals!

Sa	Sep 06-Sep 27	9:30 AM-11:30 AM
575034		\$40/4 sess
Sa	Oct 04-Oct 25	9:30 AM-11:30 AM
575035		\$40/4 sess
Sa	Nov 01-Nov 29	9:30 AM-11:30 AM
575036		\$50/5 sess
Sa	Dec 06-Dec 20	9:30 AM-11:30 AM
575037		\$30/3 sess

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

Culinary Passport**19+ yrs| Chef Karen**

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

F		9:30 AM-11:30 AM
575030	Sep 12	\$10/1 sess
575031	Oct 10	\$10/1 sess
575032	Nov 14	\$10/1 sess
575033	Dec 12	\$10/1 sess

Gardening Corner **FREE****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 session Nov 12.

Set One

W	Sep 10-Oct 22	11:00 AM-12:00 PM
575004		Free

Set Two

W	Oct 29-Dec 17	11:00 AM-12:00 PM
575005		Free

**Growing Kids** **FREE****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 13.

Set One

M	Sep 15-Nov 03	11:00 AM-11:30 AM
575001		Free

Set Two

M	Nov 17-Dec 15	11:00 AM-11:30 AM
575003		Free

Homemade Japanese Tofu Two Ways**19+ yrs| Sakura Nanami**

Back by popular demand! Join a Japanese Chef for a demo and tasting seminar on homemade tofu two ways - in Artisan or Easy mode. Learn step-by-step techniques and get inspired with creative recipes. Explore ingredient sourcing of 'nigari' and organic soy beans. Taste the difference between homemade and store-bought tofu. Transform your tofu dishes from bland to exciting!

Th	Oct 30	7:00 PM-9:00 PM
575011		\$10/1 sess

Homemade Organic Soy Milk & Recipes**19+ yrs| Sakura Nanami**

Can't find real or organic soy milk in Vancouver? Don't confuse "soy drinks" with real soy milk. Feel the value of making your own! Experience this demo and tasting with Japanese chef Sakura. Discover authentic taste and professional techniques using only organic soybeans and water. Master delicious recipes to enjoy pure, chemical-free, non-GMO soy milk. Taste the homemade difference!

Tu	Oct 28	7:00 PM-9:00 PM
575010		\$10/1 sess

Japanese Matcha Mastery: Beyond Green Tea**19+ yrs| Sakura Nanami**

Back by popular demand!! Is your matcha truly authentic? Many confuse it with green tea powder. Learn from a Japanese chef how to distinguish real matcha and explore its umami! Learn to savour premium matcha straight, or use other types for lattes and sweets. We'll show you how to make authentic straight matcha and delicious lattes easily at home? no special tools needed. Elevate your matcha experience.

M	Oct 20	7:00 PM-9:00 PM
575006		\$10/1 sess

KALE – King of Vegetables**19+ yrs| Eva Aboud**

Not only is kale good for you because it's a superfood rich in vitamins, minerals, fiber and antioxidants, but it's also a fun and delicious green to eat all year long! Learn how to make a zesty kale salad, and a rejuvenating kale smoothie that will boost your strength and leave you asking for more. Seeds will be provided to grow your own too!

S	Sep 13	1:00 PM-3:00 PM
580157		\$10/1 sess

Vegetarian Passport **TPP** **NEW****19+ yrs| Chef Karen**

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

W		9:30 AM-11:30 AM
575038	Sep 17	\$10/1 sess
575039	Oct 15	\$10/1 sess
575040	Nov 19	\$10/1 sess
575041	Dec 17	\$10/1 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.

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

Dance

Ballroom Social Dance**60+ yrs| David Yuen**

Come with friends or meet new ones and dance together. No partners required. This is a non-instructional, drop-in social dance program. Register to reserve a spot. \$3 drop-in or purchase a 10-visit pass for \$20.

F Sep 05-Dec 19 1:30 PM-3:30 PM
573081 \$3/drop-in

Line Dance with Karen**60+ yrs| Karen Lin**

Come join Karen Lin and have fun learning the latest dance steps in this energetic recreational class. No need for a partner all ability levels are welcome. Join this high spirited class and enjoy the social, fitness, and health benefits. There will only be 5 spots open for drop-ins, Drop-ins = \$3.00 Drop-in spots open at 1:00pm No class Oct 13.

M Sep 08-Dec 15 1:30 PM-3:00 PM
573083 \$37.50/15 sess

Xinjiang Dancing Group TPP**60+ 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, space permitting

Th F Sep 11-Dec 19 3:00 PM-4:00 PM
572844 \$35/30 sess

Fitness & Health

Older Adult Fitness**60+ 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.

Set One

Tu Sep 16-Oct 28 10:30 AM-11:30 AM
572886 \$52.50/7 sess

Th Sep 18-Oct 30 10:30 AM-11:30 AM
573002 \$52.50/7 sess

Set Two

Tu Nov 04-Dec 16 10:30 AM-11:30 AM
572892 \$52.50/7 sess

Th Nov 06-Dec 18 10:30 AM-11:30 AM
573003 \$52.50/7 sess

Social

Chinese Seniors Pop Karaoke**60+ yrs| TBA Instructor**

A social program designed for Chinese speaking seniors from the neighborhood.

Th Sep 04-Dec 18 12:00 PM-4:00 PM
573079 \$2.38/16 sess

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.

M Tu W Th F Sep 02-Dec 19 9:00 AM-2:45 PM
557405 \$1/drop-in

Lunch and Learn + Bingo**60+ yrs| TBA Instructor**

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 15 11:30 AM-1:30 PM
575026 \$5/1 sess

M Oct 06 11:30 AM-1:30 PM
575027 \$5/1 sess

M Nov 10 11:30 AM-1:30 PM
575028 \$5/1 sess

M Dec 08 11:30 AM-1:30 PM
575029 \$5/1 sess

Mah Jong FREE**60+ yrs| No Instructor**

Come play Mah Jong! No cost, drop-ins welcome! Equipment provided.

F Sep 05-Dec 19 10:00 AM-3:00 PM
573085 Free

Seniors Fall Jam Out Trips**60+ yrs | Artie**

Join us for adventures in and around the lower mainland as we explore and become local tourists.

Th Oct 16 9:30 AM-3:30 PM
580168 \$30/1 sess

Th Nov 20 9:30 AM-3:30 PM
580172 \$30/1 sess

Th Dec 4 9:30 AM-3:30 PM
580175 \$30/1 sess

Seniors Painting Drop-In FREE**60+ yrs| Non Instructional**

This is a non-instructional space for folks to drop-in and paint. No supplies provided.

W Sep 17-Dec 10 10:00 AM-1:00 PM
573071 Free

Sequence Dance**60+ 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.

Please note: This class is not for beginners with no dance experience.

Tu Sep 2-Dec 16 3:00 PM-5:00 PM
580183 \$32/16 sess

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. Please call us if you are unable to attend your registered session at 604-718-6222. Drop-in waitlist starts 10 minutes prior to the activity start time on the day of (in-person only, phone calls not accepted). Drop-in \$4, space permitting.

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! No guaranteed drop-ins.

Beginner Play - Set One

F Sep 05-Oct 24 9:15 AM-11:05 AM
573052 \$28/8 sess

Beginner Play - Set Two

F Oct 31-Dec 19 9:15 AM-11:05 AM
573062 \$28/8 sess

Intermediate Play - Set One

W Sep 03-Oct 22 10:30 AM-12:30 PM
573051 \$28/8 sess

F Sep 05-Oct 24 11:15 AM-1:05 PM
573056 \$28/8 sess

Intermediate Play - Set Two

W Oct 29-Dec 17 10:30 AM-12:30 PM
573064 \$28/8 sess

F Oct 31-Dec 19 11:15 AM-1:05 PM
573065 \$28/8 sess

welcome to... TEMPLETON PARK POOL

Location

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

Hours Of Operation

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.

Rentals



Pool Rentals

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

Teach Pool	\$91.11/ hour
Main Pool	\$291.82/hour



Room Rentals

Rent the Activity Room for meetings and small social gatherings. Features a hardwood floor, opens on to the playground and has an adjoining kitchen. Max capacity is 80 people. Room size is 27' x 46'.

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

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

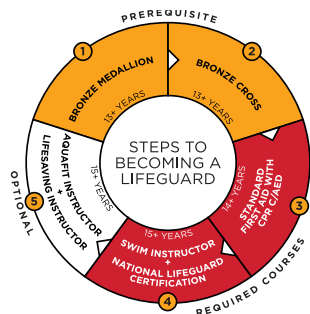
Hastings Community Association Programs at Templeton Park Pool Activity Room Schedule

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	Exceleation 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
Exceleation Tri Club 4:30 PM-6:30 PM		Exceleation Tri Club 4:30 PM-6:30 PM	Xin Jiang Dance 3:00 PM-5:00 PM	Exceleation 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 13

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.

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



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.

Sa 11:30 AM-1:00 PM
580454

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.

TBD - we are looking for an instructor



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.

Sa Sep 13-Oct 4 10:30 AM-4:30 PM
580464 \$223.50

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.

Sa Oct 18-Nov 8 10:30 AM-4:30 PM
580465 \$171.70

Swim Boot Camp (19+ yrs)

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

Tu Sep 9-Dec 9 6:45 PM-8:00 PM
580441 \$227.08/14 sess
Th Sep 11-Dec 11 6:45 PM-8:00 PM
580442 \$227.08/14 sess

Excelleration

Excelleration 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 16, 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.ExcellerationTriClub.ca or scan the QR code below.



Excelleration
triathlon and multisport

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 26 at 7:00 PM

Swimming Assessments

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

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 Season Sep 08 – Dec 14:

No group swim lessons on STAT days or weekends: Sep 30, Oct 11, Oct 13, Nov 11.

Please visit website to view levels, dates and times of lessons being offered one time per week prior to registration on Aug 26.

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

**Pick up the latest copy of the
Seniors Snapshot!
Printed copies will be available
at Hastings Community Centre
& Templeton Park Pool!**

**HASTINGS
COMMUNITY CENTRE**

SENIORS SNAPSHOT



REGISTRATION SAT AUG 9

WHAT'S INSIDE

- ☒ **WEEKLY SCHEDULES (PAGES 2+3)**
- ☒ **OUT TRIPS (PAGE 4)**
- ☒ **SOCIAL PROGRAMS (PAGE 5)**
- ☒ **FOOD PROGRAMS (PAGE 7)**
- ☒ **FREE WORKSHOPS (PAGES 8)**



www.hastingscc.ca
604.718.6222
3098 East Hastings St

FALL 2025

Vol. 8



Mon - Fri	9:00AM - 9:45PM
Sat	9:00AM - 4:45PM
Sun	10:00AM - 2:00PM

HOLIDAY HOURS

Sep 1	CLOSED
Sep 30	10:00AM - 2:00PM
Oct 13	10:00AM - 2:00PM
Nov 11	10:00AM - 2:00PM
Dec 24	9:00AM-4:45PM
Dec 25	CLOSED
Dec 26	CLOSED
Dec 31	9:00AM - 4:45PM

**FALL
2025**

AVAILABLE

THU JULY 30

Sun	
HOLIDAY HOURS	
Sep 1	
Sep 30	6:30AM - 2:00PM
Oct 13	6:30AM - 2:00PM
Nov 11	6:30AM - 2:00PM
Dec 24	6:30AM - 5:00PM
Dec 25	CLOSED
Dec 26	6:30AM - 8:00PM
Dec 31	6:30AM - 2:00PM
Jan 1	CLOSED



**Have an idea or any
feedback?**



604.718.6231



tj.shukla@vancouver.ca