

# Hastings Community Centre and Templeton Park Pool

## FALL 2024 RECREATION GUIDE



**Registration begins...**

**Saturday, Aug 17 at 9 AM for Fall Programs**

**Tuesday, Aug 27 at 7 PM for VPB Swim Lessons**



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



# NATIONAL DAY FOR TRUTH AND RECONCILIATION

**SAT SEP 30  
2:00 - 5:00PM  
TEMPLETON PARK POOL**

Come out to gather with your community to acknowledge our Indigenous brothers & sisters as they share stories, songs, and drum. Intergenerational activities & more!

*Let's listen & learn to reconcile with all our Relations*



700 Templeton Drive



HASTINGS YOUTH COUNCIL PRESENTS

# HALLOWEEN

## CARNIVAL



**SAT OCT 26 | 10:30AM - 12:30PM**

**CARNIVAL GAMES, HAUNTED HOUSE, FACE PAINTING, PHOTO STATION & MORE!**

**\$7/CHILD. REGISTRATION REQUIRED AND ALL ATTENDING FAMILY MEMBERS MUST REGISTER! AN#:521651**



HASTINGS COMMUNITY CENTRE

# BREAKFAST WITH SANTA

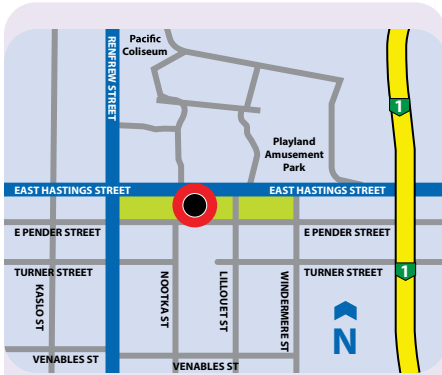


**SATURDAY  
DECEMBER 14TH  
10:30AM-12:30PM  
AN# 525883**



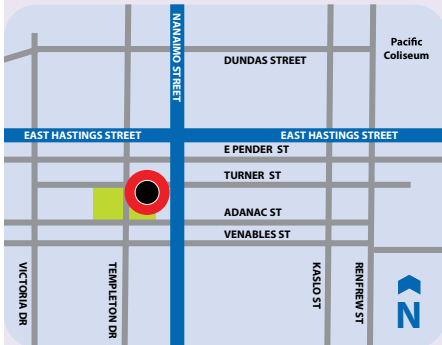
**Ticket: \$8/Adult, \$5/Child**

ENJOY A PANCAKE BREAKFAST, CRAFTY FUN, GAME ACTIVITIES, AND A SPECIAL VISIT FROM SANTA! BRING A CAMERA IF YOU WISH TO TAKE A PICTURE WITH THE JOLLY FELLOW. PRE-REGISTRATION IS RECOMMENDED AS THIS EVENT USUALLY SELLS OUT. UNDER 12 MONTHS OLD CAN ATTEND FOR FREE. EACH FAMILY MEMBER OVER 12 MONTHS OF AGE MUST BE REGISTERED.



**Hastings Community Centre**

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



**Templeton Park Pool**

700 Templeton Drive  
 Vancouver, BC V5L 4N6  
 604.718.6252

# Table of Contents

- About Us / Registration & General Information..... 4-5
- Room Rentals ..... 6
- Club Contacts ..... 6

## Hastings Community Centre

- Licensed Childcare ..... 7
- Family Enrichment Centre ..... 8
- Preschool & Children ..... 9-17
- Youth / Gym & Games Room Schedule ..... 18-20
- Adults..... 21-29
- Older Adults..... 30
- Fitness Centre ..... 31

## Templeton Park Pool

- General Information..... 32
- Special Events and Programs..... 33
- Advanced and Private Lessons ..... 34
- Swim Lesson Schedule / Registration information ..... 35
- Club Contacts ..... 36
- Exceleation ..... 36
- Fitness Centre Information..... 36
- Pool schedule ..... 37

# Hours of Operation

**Hastings Community Centre**

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

**September 3 to December 31, 2024**

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

**Holiday Hours**

Labour Day	Sep 2	CLOSED
Day for Truth and Reconciliation	Sep 30	10:00AM-2:00PM
Thanksgiving Day	Oct 14	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 & Fitness Centre**

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

**September 3 – December 22, 2024**

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 2	6:30 AM-2:00 PM
Day for Truth and Reconciliation	Sep 30	6:30 AM-2:00 PM
Thanksgiving Day	Oct 14	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

## Community Association Memberships

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

## Hastings Community Association

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

### Hastings Association Board

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

### Directors

Sherry Breshears, Rory Brown, Linda Dallow, Sarah Morreau, Gabe Mapa, Keith Stewart, Shawna Sanderson

### Donations

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

### Parking Lot

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

### Room Rentals

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



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

## HCA Membership Info

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

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

## President's message

Welcome to the Hastings Community Centre 2024 Fall Recreation Guide.

On September 30th the Hastings Community Association will commemorate Orange Shirt Day. This event will be held at the Templeton Park Pool Indigenous Welcome Garden led by garden stewards Lori Snyder and Laura Cisneros. We are pleased to support this event as part of incorporating the Vancouver Park Board Reconciliation Calls to Action into our regular operations.

The Hastings Community Association will be hosting a BC Provincial Election All-Candidates Forum on Tuesday October 8th. Hastings-Sunrise community members will be able to ask candidates questions and we hope to voice our concerns about changes to the Vancouver Charter that would allow the Mayor and City Council to remove the current elected Park Board Commissioners.

Fall Program highlights include:

- New dance classes Friday after school with ILLUMA Studio
- New Greenlight Basketball program on Tuesdays after school and winter camps for children and youth
- New Cardio Fit aerobics class on Thursday evenings
- New Strength & CIRCL Mobility™ on Monday mornings
- New Vinyasa Flow Yoga on Tuesday mornings
- Free Baby and Me Yoga and Pilates on Tuesday afternoons
- A great variety of Food and Garden workshops

If you have further questions or are interested in volunteering for the Board contact us: [hastingscommunityassociation@gmail.com](mailto:hastingscommunityassociation@gmail.com) or alternatively call 604-718-6232.

With Respect,  
Jukka Vuorma, President  
Hastings Community Association

Additional info & Board Member Profiles available on [www.Hastingscc.ca](http://www.Hastingscc.ca), then click on "About HCC"

# Hastings Community Association Programs

## at Hastings Community Centre & Templeton Park Pool

### Register Online & In-Person

**Fall Programs Saturday, August 17 at 9:00 AM**

*Program Search:*

- Visit [vancouver.ca/hastingsrec](http://vancouver.ca/hastingsrec)
- Click on "Register for Activities"
- Search using our course names, course codes or available filters

*Program Registration:*

- Click 'Sign In' or "Create an Account" to set up your profile and password before registration opens.
- Select "Forgot Your Password" if a previous account you used is not working. Call 3-1-1 if your account needs to be reset.
- On-going registration begins at 9:15 AM with Visa, MasterCard, American Express, cash, cheque or Debit during office hours.

### Register By Phone

**Fall Programs Saturday, August 17 at 10:00 AM**

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

### Excelleration Registration

**Fall Seasonal Programs Saturday, August 10 at 9:00 AM**

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

### Swim Lesson Registration

**Fall Lesson Registration Tuesday, August 27 at 7:00 PM**

Ongoing in-person and online. See page 34 for instructions.

### Community Association Memberships

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

### Payment

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

### Registering Late

Programs will be pro-rated on a class by class basis. Some classes will not accept registration after the 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](http://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](mailto:hastings.rentals@vancouver.ca) to book your rental. For Templeton Activity Room inquiries, call 604.718.6252, or email [templetonparkpool@vancouver.ca](mailto:templetonparkpool@vancouver.ca)

ROOM	ROOM CAPACITY		OPERATING HOURS \$ per hour	AFTER HOURS \$ per hour (includes staff fees)
	MAX	COMFORT		
<b>LARGE GROUPS</b> - Weddings, Birthdays, Receptions				
Gymnasium – 90'x66' Please note: Mandatory insurance required. Visit <a href="http://eventpolicy.ca">eventpolicy.ca</a>	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
<b>MEETING ROOMS</b> - Workshops, Seminars, Meetings				
James Cork	20-25	15	\$21.00	During Operational Hours Only
Board Room	25	15	\$21.00	
Room 9 – 28'x30'	40	30	\$31.50	See page 3.
Burrardview (St. James Hospice)	30	15	\$21.00	
<b>DIGITAL EQUIPMENT</b> - For Workshops, Seminars, Meetings				
LCD Projector (Projector screen included)				\$25.00



Auditorium



Hastings Community Hall



Gymnasium

### Hastings Centre Rockhounds

Contact: [secretary.hcr@gmail.com](mailto:secretary.hcr@gmail.com)  
[www.hastingscentrerockhounds.com](http://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](mailto:angela.pardek@vancouver.ca).

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

## Program Details

The following prices are for 2024-2025. 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	\$180
3/4 yrs	3 days	M/W/F	9:15 AM-12:15 PM	\$270
3/4 yrs	5 days	M-F	9:15 AM-12:15 PM	\$399
3/4 yrs	3 days	Tu/W/Th	9:15 AM-12:15 PM	\$270

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](mailto:betty.sacco@vancouver.ca).

**OSC staff:** Kathy, Catherine, Perla, Christina

## Program Hours and Fees

September 2024-June 2025

### Before & After Care

7:30-9:00 AM & 3:00-6:00 PM	\$446/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 will 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 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](mailto:mary.andreola2@vancouver.ca)



## Family Enrichment Centre - Newborn to 5 years

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sep 04-Dec 20	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: Sep 30, Oct 14, Nov 11 and Dec 23-Jan 6

## Parent & Tot Gym - 6 months to 5 years

Sep 10-Dec 28

Closed Oct 19, Oct 26, Dec 14, Dec 24, Dec 26

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

Parental supervision required.

Schedules are subject to change without notice.

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

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

## Childminding - 1 year to 5 years

Sep 05-Dec 19

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

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

3 spots available per session.

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

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



## Dance

### Dance with Me

**1-2 yrs | Vancouver Performing Stars**

Introduce your little ones to the world of dance. Classes are designed to encourage little dancers to join in and have fun while dancing with their parent or guardian! Parent or guardian participation is mandatory. [www.performingstars.ca](http://www.performingstars.ca) No class Sep 28, Oct 12 and Nov 9.

Sa Sep 14-Dec 07 9:30 AM-10:15 AM  
**516590** \$160/10 sess

### Little Ballerinas TPP

**3-5 yrs | Endorphin Rush Dance**

Young ballerinas explore the fun and beauty of ballet while learning the basic techniques. They will love playing with their creative expression in this fun class. Children must be able to participate without a parent in the room. There will be a performance on the last day of class for friends and family. [www.kirbySnelldance.com](http://www.kirbySnelldance.com). No class on Sep 28.

Sa Sep 07-Oct 26 12:15 PM-1:00 PM  
**523872** \$100/8 sess

Sa Nov 02-Dec 14 12:15 PM-1:00 PM  
**523874** \$87.5/7 sess

Sa Sep 07-Oct 26 1:05 PM-1:50 PM  
**523873** \$100/8 sess

Sa Nov 02-Dec 14 1:05 PM-1:50 PM  
**523875** \$91/7 sess

### Mini Ballet

**3-4 yrs | Vancouver Performing Stars**

Introduce your child to the world of ballet. These classes develop coordination, musicality and fluidity of movement while having fun. Appropriate dance shoes and attire please. Students must be able to attend class on their own.

Tu Sep 17-Dec 03 4:00 PM-4:45 PM  
**516596** \$192/12 sess

### Mini Hip Hop

**3-4 yrs | Vancouver Performing Stars**

Want to learn how to move to and groove to your favourite tunes? Learn the basics of hip hop dance in this high energy program. Discover new and exciting moves while learning fun and challenging choreography. Leave feeling energized, confident and excited about dance. Students must attend class on their own. No class Sep 28, Oct 12 and Nov 9.

Sa Sep 14-Dec 07 10:15 AM-11:00 AM  
**516591** \$160/10 sess

Tu Sep 17-Dec 03 4:45 PM-5:30 PM  
**516592** \$192/12 sess

## Education

### Alphabet Explorers

**4-5 yrs | Jackie Liao**

Children learn the sounds of the alphabet, recognize and write letters, and develop early literacy skills. In addition to phonics, they enhance cognitive abilities by answering who, what, where, and when questions and reasoning through various scenarios. Our approach combines individual instruction with group activities to support language development and critical thinking.

Sa Sep 21-Nov 02 11:00 AM-12:15 PM  
**516373** \$70/7 sess

### Art Explorers

**4-5 yrs | Jackie Liao**

Children learn to engage in various art projects, including painting, paper crafts, and other creative activities. Through these projects, they explore different mediums and techniques, express their creativity, and develop fine motor skills. Our program focuses on inspiring a love for art and encouraging self-expression while providing opportunities for collaborative work and individual artistic growth.

Sa Sep 21-Nov 02 1:00 PM-2:15 PM  
**516374** \$70/7 sess

## Math Explorers

**4-5 yrs | Jackie Liao**

Children learn foundational math skills, including number recognition, writing numbers, addition, subtraction, and understanding concepts of size and comparison (bigger vs. smaller). We integrate a mix of one-on-one work with the instructor and interactive classroom activities to reinforce these concepts. Through engaging lessons and practical exercises, children build a strong mathematical foundation.

Sa Sep 21-Nov 02 9:30 AM-10:45 AM  
**516372** \$70/7 sess



## Bouncy Castle Birthday Package (2-6 yrs)

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

- Auditorium room use for 12 children (ages 2-6) and accompanying adults (Additional children will require an additional leader - see "Guests")
- Sound system with 3.5mm auxiliary input and Bluetooth
- Ride-on cars, plasma cars, building blocks and mats available
- Inflatable bouncy castle with slide - Technical Safety BC License #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 is welcome to hire a face painter or balloon twister.
- The party group can bring any decorations they wish, but must remove the decorations by the end of the birthday.
- Typically, the birthday cake is presented 30 minutes before the party ends.
- Please bring your own knife, plates, cups and cutlery as the Centre does not provide them.

### Guests:

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

### Registration & Refunds:

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

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

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

## Music with Jennifer Yamazaki



### Adventures in Music

#### 1-5 yrs | Jennifer Yamazaki

Welcome to Adventures In Music! These classes have been specially designed using my background in music education and music therapy. Activities in these classes target the learning of musical concepts & musicianship and also incorporate reaching goals in all other domains of child development, such as Language/speech, Social, Emotional, Physical (fine and gross motor), cognitive, spiritual/creative. We'll sing songs, chant rhymes, play instruments together, and dance, while exploring a variety of musical concepts such as rhythm, solfège/pitch, tempo, dynamics, improv, etc. Best of all your child will learn many fun ways to express themselves through music! Siblings may receive a discount when registering by phone or in person (discount not available during online registration). Siblings under 1 year old attend free. Caregiver participation is required. Instructor will send out an email before the start of the first class, please be sure you have a current email on file. Drop-in \$17. No class Sep 28, Oct 12, Nov 9.

Sa	Sep 07-Dec 07	9:15 AM-10:00 AM	
<b>518662</b>			\$165/11 sess
Sa	Sep 07-Dec 07	10:15 AM-11:00 AM	
<b>518663</b>			\$165/11 sess
Sa	Sep 07-Dec 07	11:15 AM-12:00 PM	
<b>518665</b>			\$165/11 sess
W	Sep 11-Dec 04	9:15 AM-10:00 AM	
<b>518650</b>			\$195/13 sess
W	Sep 11-Dec 04	10:15 AM-11:00 AM	
<b>518654</b>			\$195/13 sess
<b>TPP</b> F	Sep 13-Dec 06	10:30 AM-11:15 AM	
<b>523356</b>			\$195/13 sess

#### MOTHER GOOSE REGISTRATION

No online registration. Priority is given to those who did not attend previous Summer 2024 season.

**NEW PARTICIPANTS** (who did not attend Summer 2024):

Register on Aug 17 : In-person: 9am or Phone-in 10am

**RETURNING** (who did attend Summer 2024) Register: Aug 20: In-person: 9am or Phone-in 10am

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

### Adventures in Music for Babies

#### 0-1.5 yrs | Jennifer Yamazaki

Welcome to Adventures In Music! These classes have been specially designed using Jennifer's background in music education and music therapy. Adventures In Music for Babies is a music class that encourages different ways for caregivers to engage with their baby through musical activities. Each activity incorporates reaching goals in other domains of child development, such as Language/speech, Social, Emotional, Physical (fine and gross motor), cognitive, spiritual/creative. We'll sing songs, chant rhymes, play instruments together, and dance. Best of all you and your child will learn many fun ways to bond with each other through music. Caregiver participation is required. Instructor will send out an email before the start of the first class, please be sure you have a current email on file. Drop-in \$12, space permitting.

W	Sep 11-Dec 04	11:15 AM-11:45 AM	
<b>518657</b>			\$130/13 sess
W	Sep 11-Dec 04	12:00 PM-12:30 PM	
<b>518660</b>			\$130/13 sess
W	Sep 11-Dec 04	12:45 PM-1:15 PM	
<b>518661</b>			\$130/13 sess

### Mother Goose **FREE**

#### 0-4 yrs | Jennifer Yamazaki

"Zoom, Zoom, Zoom, We're Going to the Moon!" Learn songs, rhymes and stories to share with your little one in this interactive class. Have fun while developing their language, pre-literacy and social skills. This is an instrument/prop/book/toy free class, focusing on teaching songs and rhymes to parents and caregivers to use to engage, redirect, calm, distract, and bond with their child(ren). Caregiver participation is required. Due to the popularity of the program, if you miss 2 or more classes your spot will be filled from the wait-list unless you notify the instructor in advance.

#### Babies 0-1.5 yrs

<b>TPP</b> Tu	Sep 10-Dec 03	11:30 AM-12:15 PM	
<b>523358</b>			Free
Th	Sep 12-Dec 05	10:15 AM-11:00 AM	
<b>523161</b>			Free

#### Toddlers 1-4 yrs

<b>TPP</b> Tu	Sep 10-Dec 03	10:30 AM-11:15 AM	
<b>523357</b>			Free
Th	Sep 12-Dec 05	9:15 AM-10:00 AM	
<b>523159</b>			Free

## 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. The instructor will provide everything needed for class. Siblings receive a 25% discount (but must register in person) and children under 6 months attend free with a registered sibling. Caregiver participation is required. Additional audio and video resources are available with registration. "Best part of our week!" For more information and reviews visit [www.jumpintomusic.ca](http://www.jumpintomusic.ca). Drop-in \$20, space permitting (if full, two drop-ins available first come, first serve).

#### Set One

Tu	Sep 17-Oct 29	9:30 AM-10:20 AM	
<b>518671</b>			\$126/7 sess
Tu	Sep 17-Oct 29	10:30 AM-11:20 AM	
<b>518672</b>			\$126/7 sess

#### Set Two

Tu	Nov 05-Dec 17	9:30 AM-10:20 AM	
<b>518673</b>			\$126/7 sess
Tu	Nov 05-Dec 17	10:30 AM-11:20 AM	
<b>518674</b>			\$126/7 sess



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



**sportball**  
Vancouver & The Lower  
Mainland



## Sportball Junior

### 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. No class Oct 16.

W	Sep 11-Oct 30	9:15 AM-10:00 AM
<b>520195</b>		\$112/7 sess
W	Nov 06-Dec 18	9:15 AM-10:00 AM
<b>520196</b>		\$112/7 sess

## Sportball Multisport

### 3-5 yrs | Sportball Vancouver

Sportball lessons are packed with cooperative games and a variety of ball sports. Our trained and certified coaches emphasize confidence and competence building over competition. Laugh and learn skills for life! No class Sep 28, Oct 12 and Nov 9.

Sa	Sep 07-Oct 19	9:55 AM-10:55 AM
<b>520218</b>		\$80/5 sess
Sa	Nov 02-Dec 14	9:55 AM-10:55 AM
<b>520220</b>		\$96/6 sess

## Sportball Outdoor Soccer

### 4-6 yrs | Sportball Vancouver

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

W	Sep 11-Oct 16	4:00 PM-5:00 PM
<b>520202</b>		\$96/6 sess

## Sportball Parent and Tot Multisport

### 2-3 yrs | Sportball Vancouver

Sportball Parent & Tot programs help preschoolers to refine their motor skills, such as balance and coordination, as well as develop their social skills such as confidence, following instructions, turn-taking and sharing. Coaches introduce a different sport each class using developmentally appropriate games and activities. Sportball maintains a one-parent-per-child ratio policy in all Parent Tot programs to ensure that focus is kept on helping little ones practice and progress. No class Sep 28, Oct 12, Oct 16 and Nov 9.

W	Sep 11-Oct 30	10:00 AM-10:45 AM
<b>520197</b>		\$112/7 sess
W	Nov 06-Dec 18	10:00 AM-10:45 AM
<b>520199</b>		\$112/7 sess
Sa	Sep 07-Oct 19	9:10 AM-9:55 AM
<b>520212</b>		\$80/5 sess
Sa	Nov 02-Dec 14	9:10 AM-9:55 AM
<b>520214</b>		\$96/6 sess

## Sportball Parent and Tot Outdoor Soccer

### 2-3 yrs | Sportball Vancouver

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

W	Sep 11-Oct 16	5:00 PM-5:45 PM
<b>520204</b>		\$96/6 sess

## Sports

### Parent and Tot Soccer **NEW**

#### 2-3 yrs | Mohsen Hatamian

Have tons of fun while learning basic soccer and getting active with your tot. Parent/guardian participation required. No class Oct 11.

#### Set One

F	Sep 06-Nov 01	10:00 AM-10:45 AM
<b>524048</b>		\$80/8 sess

#### Set Two

F	Nov 08-Dec 20	10:00 AM-10:45 AM
<b>524049</b>		\$70/7 sess

### Preschool Soccer **NEW**

#### 3-5 yrs | Mohsen Hatamian

Have tons of fun while learning basic soccer and getting active. No class Oct 11.

#### Set One

F	Sep 06-Nov 01	10:50 AM-11:35 AM
<b>524059</b>		\$80/8 sess

#### Set Two

F	Nov 08-Dec 20	10:50 AM-11:35 AM
<b>524060</b>		\$70/7 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. Yoga can aid in children development and bring more harmony into one's life. The class is intended as a parent and child class and is an opportunity for family to practice yoga together. Register for 1 child for the parent/child. No class Oct 13 and Nov 10.

Su	Sep 15-Nov 24	10:15 AM-10:45 AM
<b>523154</b>		Free

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## Art

### Young Moviemakers

**8-14 yrs | Young Moviemakers**

Young Moviemakers is an award-winning acting and video production program for children and youth ages 8-14. Participants learn the importance of visual storytelling, scriptwriting, acting, editing and more, through the creation and production of a short film. With the help of our experienced film directors, participants work in groups to develop and produce their own film, which is then premiered to a live audience and uploaded to the Young Moviemakers YouTube page to be shared and enjoyed. No class Sep 28 and Oct 12.

Sa Sep 14-Nov 02 12:30 PM-4:30 PM  
**522417** \$450/6 sess



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## Dance

### Active Hip Hop, Dance, Stretch & Strength **NEW**

**6-13 yrs | ILLUMA Studio**

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

F Sep 13-Nov 29 4:30 PM-5:30 PM  
**524966** \$180/12 sess

### Active Jazz Funk and Pop Dance & KPOP Sampler **NEW**

**6-13 yrs | ILLUMA Studio**

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

F Sep 13-Nov 29 5:30 PM-6:30 PM  
**524967** \$180/12 sess



### Hip Hop Breakers **TPP**

**4-7 yrs | Endorphin Rush Dance**

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

Sa Sep 07-Oct 26 1:55 PM-2:40 PM  
**523868** \$100/8 sess  
 Sa Nov 02-Dec 14 1:55 PM-2:40 PM  
**523869** \$87.5/7 sess

### Intermediate Hip Hop

**7-10 yrs | Vancouver Performing Stars**

This high energy class will help dancers improve their flexibility, confidence, coordination, and freestyle skills. Dancers will learn fun and creative choreography to show parents on the last day of class. No class Sep 28, Oct 12 and Nov 9.

Sa Sep 14-Dec 07 11:45 AM-12:30 PM  
**516597** \$160/10 sess

### Junior Hip Hop

**5-7 yrs | Vancouver Performing Stars**

Want to learn how to move to and groove to your favourite tunes? Learn the basics of hip hop dance in this high energy program. Discover new and exciting moves while learning fun and challenging choreography. Leave feeling energized, confident and excited about dance. Students must attend class on their own. No class Sep 28, Oct 12 and Nov 9.

Sa Sep 14-Dec 07 11:00 AM-11:45 AM  
**516593** \$160/10 sess  
 Tu Sep 17-Dec 03 5:30 PM-6:15 PM  
**516594** \$192/12 sess

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

## Day Camp – Winter Break

### Frozen Ballet Winter Dance

#### Camp TPP

##### 3-5 yrs | Endorphin Rush Dance

Frozen Ballet Dance Camp: 100% Frozen Soundtrack Music is played in this creative ballet class designed to ignite your dancers imagination. No experience required as dancers learn the basics of ballet and expression through movement. Costumes are welcome, but not required. Beginner friendly. Bring your cameras! Presentation for parents on the last day! More info: [www.kirbysnelldance.com](http://www.kirbysnelldance.com) No class Jan 1

##### 3-5 yrs

MTThF	Dec 30-Jan 3	9:15 AM-10:30 AM
<b>523867</b>		\$87.50/4 sess

##### 4-6 yrs

MTThF	Dec 30-Jan 3	10:35 AM-11:50 AM
<b>525475</b>		\$87.50/4 sess

### Greenlight Basketball - Foundations Camp NEW

#### 8-12 yrs | Greenlight Basketball

Develop your skills with Greenlight Basketball this winter! Designed for players of every level, our camps combine structured skill training with exciting basketball games. Led by experienced coaches, our camps focus on developing fundamental skills in a supportive, positive, and engaging environment. Join us for a rewarding experience that fosters growth and enjoyment in basketball. No camp Dec 25, 26, and Jan 1.

MTuF	Dec 23-Dec 27	2:00 PM-3:00 PM
<b>523932</b>		\$30/3 sess

MTuThF	Dec 30-Jan 03	2:00 PM-3:00 PM
<b>523933</b>		\$40/4 sess

### Greenlight Basketball - Lil' Ballers Camp NEW

#### 5-7 yrs | Greenlight Basketball

Have fun and learn the game of basketball with Greenlight Basketball! Perfect for children of all skill levels, our dedicated community coaches provide dynamic and interactive lessons that ignite a passion for the game. Kids will grasp the basics, engage in beginner-friendly drills, and enjoy fun camp games, all in a positive and encouraging atmosphere. Join us for an unforgettable exploration into the world of basketball! No camp Dec 25, 26, and Jan 1

MTuF	Dec 23-Dec 27	1:00 PM-2:00 PM
<b>523930</b>		\$30/3 sess

MTuThF	Dec 30-Jan 03	1:00 PM-2:00 PM
<b>523931</b>		\$40/4 sess



### Jazz/Ballet Fusion TPP

#### 4-7 yrs | Endorphin Rush Dance

Hip Hop Camp: This non-stop action-packed camp includes hip-hop, basic breakdancing, and dance games that will have your dancer moving to the beats. Dancers will improve coordination, musicality, expression, and learn a dynamic choreography. A presentation will take place on the last day of camp. More info: [www.KirbySnellDance.com](http://www.KirbySnellDance.com)

##### 4-7 yrs

MTThF	Dec 30-Jan 3	1:15 PM-2:30 PM
<b>523871</b>		\$87.50/4 sess

### Mini Hip Hop Breakers 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.

##### 3-5 yrs

MTThF	Dec 30-Jan 3	11:55 AM-1:10 PM
<b>523870</b>		\$87.50/4 sess

### Mindfulness & Movement for Kids Day Camp

#### 5-8 yrs | The Yoga Buggy

Join Yoga Buggy for fun classes that incorporate music, movement, mindfulness activities, games, arts & crafts, storytelling and more. Yoga encourages attention span, self-regulation, body positivity, confidence, strength, flexibility, balance, resilience, and social emotional awareness. Come play with us! Please bring lunch, snacks and a water bottle. No camp Jan 1.

MTuThF	Dec 30-Jan 03	9:30 AM-3:30 PM
<b>523545</b>		\$274/4 sess

### Swiftie Dance Party TPP

#### 6-12 yrs | Endorphin Rush Dance

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

##### 6-12 yrs

MTThF	Dec 30-Jan 3	2:35 PM-3:50 PM
<b>523840</b>		\$87.50/4 sess

### Tennis Camp for Kids Indoor

#### 5-13 yrs | Wilson Tan

Participate in this innovative program and develop tennis fundamentals with Wilson and his team of trained coaches. Players learn self-rally, cooperative rally, volley and serve. Scaled down courts, nets, racquets, foam and low compression balls are used to maximize success. Please bring your own racquet. These camps are scheduled in the gymnasium and will head outdoors weather and court permitting. Camps are combined with ages 5-13yrs. No camp Dec 25, 26, and Jan 1

##### 5-6 yrs

MTuF	Dec 23-Dec 27	10:30 AM-12:30 PM
<b>523379</b>		\$96/3 sess

MTuThF	Dec 30-Jan 03	10:30 AM-12:30 PM
<b>523542</b>		\$128/4 sess

##### 7-9 yrs

MTuF	Dec 23-Dec 27	10:30 AM-12:30 PM
<b>523380</b>		\$96/3 sess

MTuThF	Dec 30-Jan 03	10:30 AM-12:30 PM
<b>523543</b>		\$128/4 sess

##### 10-13 yrs

MTuF	Dec 23-Dec 27	10:30 AM-12:30 PM
<b>523381</b>		\$96/3 sess

MTuThF	Dec 30-Jan 03	10:30 AM-12:30 PM
<b>523544</b>		\$128/4 sess

### Winter Safari Day Camp

#### 5-12 yrs | TBA Instructor

Join us for an exciting day camp that includes arts & crafts, out-trips, special events and more! No camp on Dec 25, Dec 26 and Jan 1.

MTuF	Dec 23-Dec 27	9:00 AM-4:00 PM
<b>523230</b>		\$105/3 sess

MTuThF	Dec 30-Jan 03	9:00 AM-4:00 PM
<b>523236</b>		\$140/4 sess

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

## Day Camp – Pro-D Day

### EFK: Pro-D Day with Engineering for Kids

**6-12 yrs | Engineering For Kids Vancouver**

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

F	Sep 20	9:30 AM-3:00 PM	
<b>523989</b>			\$95/1 sess
F	Oct 25	9:30 AM-3:00 PM	
<b>523991</b>			\$95/1 sess
F	Nov 22	9:30 AM-3:00 PM	
<b>523993</b>			\$95/1 sess

### Mindfulness and Movement for Kids Pro D Camp

**6-11 yrs | The Yoga Buggy**

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

F	Oct 25	9:30 AM-3:30 PM	
<b>523178</b>			\$69/1 sess

### Red Cross Babysitting Course 10-16 yrs | Foundations Safety

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

F	Nov 22	9:30 AM-4:30 PM	
<b>523999</b>			\$75/1 sess
F	Jan 03	9:30 AM-4:30 PM	
<b>524002</b>			\$75/1 sess



## Education

### Red Cross Babysitting Course 10-16 yrs | Foundations Safety

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

Sa	Oct 05	9:30 AM-4:30 PM	
<b>523171</b>			\$75/1 sess
Sa	Nov 02	9:30 AM-4:30 PM	
<b>523172</b>			\$75/1 sess
Sa	Dec 07	9:30 AM-4:30 PM	
<b>523173</b>			\$75/1 sess
F	Nov 22	9:30 AM-4:30 PM	
<b>523999</b>			\$75/1 sess
F	Jan 03	9:30 AM-4:30 PM	
<b>524002</b>			\$75/1 sess

### Young-Commander Chess

**6-13 yrs | Joe Soliven**

As school academics in a game, playing chess and being smart are interconnected. There's a strong correlation between chess and academic achievement including math, spatial analysis and non-verbal reasoning ability. Chess teaches higher level thinking skills such as visualization, analysis and critical thinking. Chess allows kids to connect with something in the real world which in turn, fires up their desire to learn. Joining in this Sherlock-Holmes-world of tactics and strategies, where the chessmen become personified, kids get trained in life-skills goal-setting: checkmate! What's more, chess provides a mental armor (commander), self-image (TEAM leader), whereby kids can draw upon and develop a well-rounded discipline, amidst a friends-learning-together classroom setting. Chess folder kit included.

#### Intermediate/Advance (8-13 yrs)

F	Sep 13-Dec 13	6:35 PM-7:35 PM	
<b>521587</b>			\$182/14 sess

#### Novice/Starter (6-13 yrs)

F	Sep 13-Dec 13	5:30 PM-6:30 PM	
<b>521582</b>			\$182/14 sess

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## Engineering for Kids



### EFK: Aerospace Engineering: Up Up and Away

7-10 yrs | Engineering For Kids Vancouver

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

Su Nov 17-Dec 15 12:15 PM-1:45 PM  
523344 \$150/5 sess

### EFK: Jr. Digging for Dinosaurs

4-6 yrs | Engineering For Kids Vancouver

There has been an amazing discovery! Paleontologists have just uncovered a million-year-old dig site that is full of fossils! These fossils include dinosaur bones, imprints, eggs, and more! Your child's help is needed to excavate these fossils and move them to museums for kids all over the world to learn about. In these lessons, students will learn about engineering, mathematics, dinosaurs, and fossils, while advancing their literacy skills through a variety of read alouds. They will work as paleontologists and engineers while using the EFK Engineering Design Process to design and build solutions to a variety of engineering challenges.

Su Nov 17-Dec 15 11:00 AM-12:00 PM  
523343 \$108/5 sess

### EFK: Jr. Engineering: Let's Make Toys!

4-6 yrs | Engineering For Kids Vancouver

In the Junior Mechanical Engineering: Let's Make Toys classes, our youngest engineers will be introduced to fundamental concepts of energy, materials, and movement. Students will explore and construct different toys throughout this unit, including spinners, magical boomerang cans, wind-up whirligigs, and more. No class Sep 29 and Oct 13.

Su Sep 15-Oct 27 11:00 AM-12:00 PM  
523340 \$108/5 sess

### EFK: Jr. Inventor's Workshop

7-10 yrs | Engineering For Kids Vancouver

Unleash your imagination, as you tinker and invent a variety of mechanical gadgets! Children become mechanical engineers as they learn to use gears and other components to make machines move. Each class, children will learn new concepts and engineering-related vocabulary using colorful picture books and by completing exciting, hands-on engineering challenges following EFK's Engineering Design Process. Students will become true inventors and leave camp with a take-home project that will inspire them to continue inventing long into the future. No class Sep 29 and Oct 13.

Su Sep 15-Oct 27 12:15 PM-1:45 PM  
523341 \$150/5 sess



## Martial Arts



### Karate

5-17 yrs | Jan Stefanovic

Participants will learn the basics of Goju Ryu Karate Do: discipline, etiquette, flexibility, forms (kata), punches and kicks. This program is for children with little or no experience. Karate uniform \$42-\$52 depending on size. Must purchase Karate BC insurance for \$35 on karatebc.org by second class otherwise the participant cannot participate in the class. This class is skill-based and no contact. No class Sep 30, Oct 14 and Nov 11.

M	Sep 09-Dec 16	5:00 PM-6:00 PM
522428		\$84/12 sess
W F	Sep 11-Dec 20	5:00 PM-6:00 PM
522431		\$196/28 sess



### Kendo Training by Renfrew Kendo Dojo

7-18 yrs | Renfrew Kendo Dojo Society

Practice the traditional Japanese martial art of Kendo. Kendo is not only a good physical activity, it also trains your mind. All ages and levels of experience welcome. Beginners only need a shinai (bamboo sword) to start practicing. No class Dec 24 and 26.

Tu	Sep 03-Dec 17	7:00 PM-8:00 PM
Th	Sep 05-Dec 19	6:45 PM-7:45 PM
Su	Sep 08-Dec 29	10:15 AM-11:15 AM
516822		\$100/4 mos

## Music

### Piano - Private Lessons

#### 5-0 yrs | Samuel Chan

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

Su	Sep 08-Dec 15	\$375/15 sess
523187		10:15 AM-10:45 AM
523188		10:45 AM-11:15 AM
523190		11:15 AM-11:45 AM
523192		11:45 AM-12:15 PM
523193		12:15 PM-12:45 PM

### Piano - Private Lessons

#### 5+ yrs | Wang Hei (Terry) Ng

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

W	Sep 11-Dec 18	\$300/15 sess
523399		3:30 PM-4:00 PM
523400		4:00 PM-4:30 PM
523401		4:30 PM-5:00 PM
523402		5:00 PM-5:30 PM
523403		5:30 PM-6:00 PM
523404		6:00 PM-6:30 PM
523405		6:30 PM-7:00 PM
523406		7:00 PM-7:30 PM
523407		7:30 PM-8:00 PM

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### Piano - Private Lessons

#### 5+ yrs | Justin Wong

A wonderful introduction to the world of piano playing and music. Lesson will focus on establishing a good musical foundation, such as rhythm, note reading, fingering and posture. We will go through both practical and general theory in these 30 minute private lessons. The aim of the class is to develop a better musical appreciation through piano, while encouraging students to explore their own musical interests, express themselves and be creative. Piano playing is a great way to develop good hand-eye coordination, while being a fun and stress free activity. No lesson Sep 28, Oct 12, Nov 9. Justin Wong is an experienced piano teacher with a decade of personal learning and a year of teaching experience. As a passionate musician, Justin strives to apply his musical knowledge to inspire the community through music and help students discover the joy of playing the piano. Throughout Justin's teaching career, his students have had the opportunity to engage in a positive and fun learning environment.

Sa	Sep 07-Dec 14	\$240/12 sess
523504		10:00 AM-10:30 AM
523506		10:30 AM-11:00 AM
523508		11:00 AM-11:30 AM
523509		11:30 AM-12:00 PM
523510		12:00 PM-12:30 PM
523511		12:30 PM-1:00 PM
523512		1:30 PM-2:00 PM
523513		2:00 PM-2:30 PM
523514		2:30 PM-3:00 PM
523515		3:00 PM-3:30 PM
523516		3:30 PM-4:00 PM

### Piano - Private Lessons

#### 5-0 yrs | Simone Ren

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

Th	Sep 05-Dec 12	\$375/15 sess
523521		3:30 PM-4:00 PM
523522		4:00 PM-4:30 PM
523523		4:30 PM-5:00 PM
523524		5:00 PM-5:30 PM
523525		5:30 PM-6:00 PM
523526		6:00 PM-6:30 PM
523527		6:30 PM-7:00 PM
523528		7:00 PM-7:30 PM
523529		7:30 PM-8:00 PM
F	Sep 06-Dec 13	\$375/15 sess
523530		3:30 PM-4:00 PM
523531		4:00 PM-4:30 PM
523532		4:30 PM-5:00 PM
523533		5:00 PM-5:30 PM
523534		5:30 PM-6:00 PM
523535		6:00 PM-6:30 PM
523536		6:30 PM-7:00 PM
523537		7:00 PM-7:30 PM
523538		7:30 PM-8:00 PM

### Guitar/Ukulele - Private Lessons

#### 6+ yrs | TBA Instructor

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

Tu	Sep 10-Dec 10	\$294/14 sess
523562		4:00 PM-4:30 PM
523563		4:30 PM-5:00 PM
523565		5:00 PM-5:30 PM
523568		5:30 PM-6:00 PM
523569		6:00 PM-6:30 PM
523570		6:30 PM-7:00 PM
523571		7:00 PM-7:30 PM
523572		7:30 PM-8:00 PM



## Sports

### Greenlight Basketball – Foundations <sup>NEW</sup>

#### 8-13 yrs | Greenlight Basketball

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

Tu Sep 17-Dec 03 4:15 PM-5:15 PM  
522464 \$120/12 sess

### Greenlight Basketball - Lil' Ballers <sup>NEW</sup>

#### 5-7 yrs | Greenlight Basketball

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

Tu Sep 17-Dec 03 3:30 PM-4:15 PM  
522463 \$96/12 sess

### Soccer for Kids <sup>NEW</sup>

#### 6-9 yrs | Mohsen Hatamian

Learn the basic skills of the most popular game in the world through games and scrimmages that allow all participants to develop and learn team play.

##### Set One

Th Sep 12-Oct 31 3:30 PM-4:30 PM  
524052 \$96/8 sess

##### Set Two

Th Nov 07-Dec 19 3:30 PM-4:30 PM  
524053 \$84/7 sess

### Sportball Multisport

#### 4-9 yrs | Sportball Vancouver

Sportball lessons are packed with cooperative games and a variety of ball sports. Our trained and certified coaches emphasize confidence and competence building over competition. Laugh and learn skills for life! No class Sep 30, Oct 14 and Nov 11.

##### 4-6 yrs

M Sep 09-Oct 28 4:00 PM-5:00 PM  
520190 \$96/6 sess

M Nov 04-Dec 16 4:00 PM-5:00 PM  
520191 \$96/6 sess

##### 6-9 yrs

M Sep 09-Oct 28 5:00 PM-6:00 PM  
520192 \$96/6 sess

M Nov 04-Dec 16 5:00 PM-6:00 PM  
520193 \$96/6 sess



### Tennis Lessons for Kids

#### 5-13 yrs | Wilson Tan

This program is suitable for first-timers new to tennis (more fun), and for those already capable of rallying looking for something to improve rally skills (more competitive fun) leading to competitive skills. Aside from a successful basics-to-rally skills development program, this program brings more skills, rally and pre-competitive games and more developmental activities which will be engaging and challenging. Wilson's team of Coaches under his tutelage and guidance are prepared to bring this to you. For those rally ready, they will explore improved techniques, a better understanding of competitive play. Lessons are held in the gym and when appropriate may be held outside. Classes are combined with ages 5-13yrs.

##### Set One (Outdoors on Wednesdays)

##### 5-6 yrs

W Sep 04-Sep 25 3:15 PM-4:00 PM

523388 \$45/4 sess

Sa Sep 14-Oct 12 1:00 PM-2:30 PM

523360 \$112.50/5 sess

##### 7-9 yrs

W Sep 04-Sep 25 4:00 PM-5:15 PM

523389 \$75/4 sess

Sa Sep 14-Oct 12 1:00 PM-2:30 PM

523361 \$112.50/5 sess

##### 10-13 yrs

W Sep 04-Sep 25 4:00 PM-5:15 PM

523394 \$75/4 sess

Sa Sep 14-Oct 12 1:00 PM-2:30 PM

523362 \$112.50/5 sess

##### Set Two (Outdoors on Wednesdays)

##### 5-6 yrs

W Oct 02-Oct 23 3:15 PM-4:00 PM

523395 \$45/4 sess

Sa Nov 02-Dec 07 1:00 PM-2:30 PM

523363 \$135/6 sess

##### 7-9 yrs

W Oct 02-Oct 23 4:00 PM-5:15 PM

523397 \$75/4 sess

Sa Nov 02-Dec 07 1:00 PM-2:30 PM

523364 \$135/6 sess

##### 10-13 yrs

W Oct 02-Oct 23 4:00 PM-5:15 PM

523398 \$75/4 sess

Sa Nov 02-Dec 07 1:00 PM-2:30 PM

523365 \$135/6 sess



## Yoga



### Family Yoga <sup>FREE</sup>

#### 3-13 yrs | Vivien Gomes

Yoga is a natural wellspring of health: helping with self awareness, as well as memory and concentration abilities. Yoga can nurture and inspire children about self regulating and self-care. Yoga class includes crafts, stories along yoga sequences and relaxation. Yoga can aid in children development and bring more harmony into one's life. The class is intended as a parent and child class and is an opportunity for family to practice yoga together. Register for 1 child for the parent/child. No class Oct 13 and Nov 10.

##### 3-6 yrs

Su Sep 15-Nov 24 10:15 AM-10:45 AM  
523154 Free

##### 7-13 yrs

Su Sep 15-Nov 24 11:00 AM-11:45 AM  
523157 Free



## TGIF (9-12 yrs)

Fridays, Oct 20-Dec 8 3:30-6:30 PM - Meets in the Games Room

This evening program is all about having fun! Pre-teens join our youth leaders for an evening of fun activities, every Friday night! Sign-in at the Games Room by 6:10pm. This program is FREE and made possible by the HCA.

Registration required - #523189.

**DROP-IN SYSTEM:** Spots will be held for registered participants for the first 10 minutes, after this time, spots will be offered to drop-ins.

For more information, please contact Kyla, Community Youth Worker, at 604.718. 6230.



### 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! Each refund request will be charged a \$10 administration fee. Requests made more than 10 business days (Monday to Friday) prior to the party date will receive a refund. No refunds with less than 10 business days notice.

#### CAMP – 9:00 AM – 3:00 PM

F Sep 20	524320	\$40/ 1 Sess
F Oct 25	523212	\$40/ 1 Sess
F Nov 22	523213	\$40/ 1 Sess

#### After Care – 3:00 PM – 5:30 PM

F Sep 20	524325	\$10/ 1 Sess
F Oct 25	524306	\$10/ 1 Sess
F Nov 22	524459	\$10/ 1 Sess

### Ascenders Jr. 10-13 yrs | Youth Leader

Ascenders, Unite! Join this co-ed after-school program to go on weekly adventures with our youth leaders! Each week will involve the group going on an out-trip to take part in various activities. Out trips will include bowling, skating, golfing, & more! A snack is also provided! The staff will pick participants up outside the main entrance at Hastings Elementary & AR Lord Elementary after school. Please be ready to walk to Hastings CC by 3:15 PM. Participants to be picked up at Hastings CC after the program.

Tu	Oct 8-Nov 26	3:15 PM-6:00 PM
523181		\$48/8 sess

### Wednesday Star Friends 9-13 yrs | Youth Leader

Wednesday Star Friends is for any pre-teen who identifies as a girl and/or non-binary and wants to take part! This program is a great way to connect with other kids in the community. Chill in the Games Room by playing pool, table tennis or PS4/Wii. The program will also conduct some leadership activities and provide snacks! The staff will pick participants up outside the main entrance at Hastings Elementary & AR Lord Elementary after school. Please be ready to walk to Hastings CC by 3:15 PM. Participants to be picked up at Hastings CC after the program.

Wed	Oct 9-Nov 27	3:15 PM-6:00 PM
523200		Free

### Preteen Volleyball 11-12 yrs | Youth Leader

This program is for any preteen looking to learn and play volleyball! Our youth leaders will run drills & run scrimmages each week! No session on Oct 19th and 26th.

Sa	Sep 28-Nov 30	3:30 PM-4:30 PM
523203		\$24/8 sess



**Check out our weekly programs and activities for 2STGD and 2SLGBTQIA+ folks of all ages.**

[vancouver.ca/park-board-pride](http://vancouver.ca/park-board-pride)



## Teens (13-18 yrs)

### Contact Kyla, Community Youth Worker



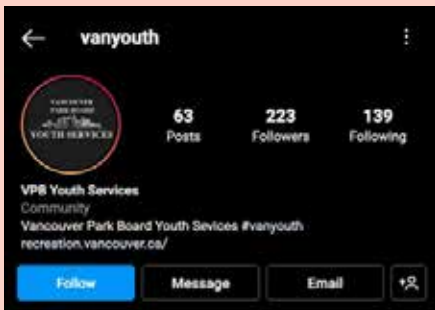
[Kyla.Sattler@vancouver.ca](mailto:Kyla.Sattler@vancouver.ca)

604.718.6230

@HastingsYouth

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

### Community Youth Development at Hastings CC



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

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

*All downloadable waivers/forms can be found at the [hastingscc.ca](http://hastingscc.ca) website*

## Volunteering/Leadership

### Looking for Volunteer Hours?

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

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

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

### Hastings Youth Council

14-17 yrs | Kyla Sattler

The Hastings Youth Council strives for youth to be leaders in their community and for their voices to be heard. This is a great opportunity to organize activities, special events, implement projects, and volunteer in the community. Meet new people, make new friends, get volunteers hours and give back to the community! Meetings are held on Saturdays from 2:00pm-4:00pm. For more information, contact Kyla at 604.718.6230 or [Kyla.Sattler@vancouver.ca](mailto:Kyla.Sattler@vancouver.ca).

### 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.



### HYC Annual Food Drive

The Hastings Youth Council will be hosting their fifth annual food drive! Look for the flyers in the community and your mailbox in November! We will be picking up from the neighbourhood on Sat Dec 7, and have select days to drop-off leading up the community drive. Exact times TBA announced in November!

### Day Camp

### Greenlight Basketball - Holiday Skills Camp NEW

13-18 yrs | Greenlight Basketball

Take your skills to the next level with Greenlight Basketball's Holiday Skills Camp! Each session provides the opportunity to learn new moves, develop your skills, and improve your game IQ from our experienced coaches. Designed for players of all levels, from beginners to elite, our tailored program focuses on maximizing player development and enhancing your performance on the court. Join us this winter for an outstanding basketball experience! No camp Dec 25, 26, and Jan 1.

M Tu F	Dec 23-Dec 27	3:00 PM-4:00 PM	\$30/3 sess
<b>523934</b>			
M Tu Th F	Dec 30-Jan 03	3:00 PM-4:00 PM	\$40/4 sess
<b>523935</b>			





**GAMES ROOM Schedule**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
All Ages – 9:15 AM - 2:30 PM					All Ages 9:15 AM - 1:00 PM	All Ages 10:15 AM-1:30 PM
Youth Grades 8-12 3:00-6:00 PM	Ascenders Jr. Grades 5-7 2:30-6:00 PM (see page 21)	Star Friends Grades 4-7 2:30-6:00 PM (see page 21)	Youth Grades 8-12 2:30-6:00 PM	TGIF Grades 4-7 3:30-6:30 PM (see page 21)		
All Ages 6:00-9:30 PM	Youth Grades 8-12 6:00-9:00 PM	Youth Grades 8-12 6:00-9:00 PM	Youth Grades 8-12 6:00-9:00 PM		Youth Grades 8-12 1:00-4:30 PM	

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

**Youth Programs & Open Gym Schedule**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				Basketball Grades 4-7 3:00-4:00 PM	Community Clean-Ups 11:30 AM-1:00 PM	
	Volunteer Opportunity 3:30 PM-6:00 PM	Volunteer Opportunity 3:30 PM-6:00 PM	Volunteer Opportunity 3:30 PM-5:30 PM	Volleyball Grades 8-12 4:00-7:00 PM	Hastings Youth Council 1:00 PM-4:00 PM	
				Basketball Grades 8-12 7:00-10:00 PM		

*Schedule subject to change.*

**PARENTAL/GUARDIAN RESPONSIBILITY:** According to provincial guidelines, 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.



## Aerobics

### Cardio Fit NEW

**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
<b>Drop-In</b>	\$5.24	\$3.15
<b>10 Visit Pass</b>	\$47.16	\$28.35
<b>Three Month Pass</b>	\$92.00	\$55.20
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 09-Dec 19				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>MORNING</b>	<b>Step &amp; Sculpt</b> 9:15-10:15 AM Sharon			<i>No aerobic pass extensions for cancelled classes.</i>
<b>EVENING</b>		<b>Step</b> 5:30-6:30 PM Sharon	<b>Step &amp; Sculpt</b> 5:30-6:30 PM Sharon	<b>Cardio Fit</b> <span style="background-color: orange; color: white; border-radius: 50%; padding: 2px;">NEW</span> 5:30-6:30 PM Sharon
Schedule subject to change. No classes on Statutory Holidays.				

## Fitness & Health

### 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 strength.

Tu	Sep 10-Oct 29	8:30 AM-9:30 AM			
<b>523835</b>			\$68/8 sess		
Th	Sep 12-Oct 31	8:30 AM-9:30 AM			
<b>523837</b>			\$68/8 sess		
Tu	Nov 05-Dec 10	8:30 AM-9:30 AM			
<b>523836</b>			\$51/6 sess		
Th	Nov 07-Dec 12	8:30 AM-9:30 AM			
<b>524038</b>			\$51/6 sess		

### Mission...FitPossible

**19+ yrs | Romeo Mele**

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

Tu Th	Sep 03-Sep 26	9:45 AM-10:45 AM			
<b>518775</b>			\$88/8 sess		
Tu Th	Oct 01-Oct 24	9:45 AM-10:45 AM			
<b>518779</b>			\$88/8 sess		
Tu Th	Oct 29-Nov 21	9:45 AM-10:45 AM			
<b>518780</b>			\$88/8 sess		
Tu Th	Nov 26-Dec 19	9:45 AM-10:45 AM			
<b>518784</b>			\$88/8 sess		

### Osteofit

**19+ yrs | Berdjis Bahrami**

This is an exercise program designed specifically for people with osteoporosis who are at an increased risk for fracture. Beginners are welcome. Drop-in \$7, space permitting.

#### Set One

W	Sep 11-Oct 30	10:00 AM-11:00 AM			
<b>514366</b>			\$48/8 sess		

#### Set Two

W	Nov 06-Dec 18	10:00 AM-11:00 AM			
<b>514367</b>			\$42/7 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.

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

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

## Qigong

19+ yrs | Rachel Rocco

Mind and body energy practices to strengthen your natural resilience, balance your nervous system, transform worry, anxiety and fear into inner strength.

Classes include meditation, breath-work, gentle, fluid movements, sound therapy and self-massage techniques designed to purge stagnation and circulate energy to nourish, replenish, invigorate and balance the systems of the body. Benefits - Reduces anxiety and stress · Builds self-understanding · Strengthens immunity · Calms the nervous system · Promotes emotional healing · Assists in recovery from surgery injury and illness. Qigong movement class explores the fundamentals: Breath, Posture, Intention, and the five organ systems. Delve into Yin Yang Theory and Five Element theory. Wear comfortable clothing, indoor shoes or bare feet. Typically done standing, this practice can be adapted for sitting. All abilities welcome!

Th Sep 12-Nov 14 6:00 PM-7:15 PM  
\$150/10 sess

523916

## Strength and CIRCL Mobility™

NEW

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). Register for the two sets at 20% discount. Drop-in \$11. No class Sep 30, Oct 14 and Nov 11.

**Free Trial**

M Sep 09 10:30 AM-11:30 AM  
Free

524236

**Set One**

M Sep 16-Oct 28 10:30 AM-11:30 AM  
\$45/5 sess

523428

**Set Two**

M Nov 04-Dec 16 10:30 AM-11:30 AM  
\$54/6 sess

523429

**Two Sets**

M Sep 16-Dec 16 10:30 AM-11:30 AM  
\$79.20/11 sess

524338

## Zumba®

19+ yrs | Zumba Vancouver

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

**Set One**

Tu Sep 10-Oct 29 6:45 PM-7:45 PM  
\$100/8 sess

516574

**Set Two**

Tu Nov 05-Dec 17 6:45 PM-7:45 PM  
\$87.50/7 sess

516575

## 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		<b>TPP</b> Circuit Training 8:30 AM-9:30 AM		<b>TPP</b> Circuit Training 8:30 AM-9:30 AM	
	<b>NEW</b> Strength and CIRCL Mobility (TM) 10:30 AM-11:30 AM	<b>NEW</b> Vinyasa Flow Yoga 9:15 AM-10:15 AM	Contemporary Line Dance with Irene 11:00 AM-12:30 PM	Mission FitPossible 9:45 AM-10:45 AM	
		Mission FitPossible 9:45 AM-10:45 AM		<b>TPP</b> Core & Strength Training for Seniors 10:30 AM-11:30 AM	<b>NEW</b> Tai Chi 11:45 AM-1:15 PM
	Line Dance with Karen 1:30 PM-3:00 PM	Core and Strength Training for Seniors 10:30 AM-11:30 AM	<b>NEW</b> Osteofit 12:00 PM-1:00 PM	<b>TPP</b> Tai Chi 12:45 PM-2:45 PM	Ballroom Social Dance 50+ yrs 1:30 PM-3:30 PM
EVENING	Yogaflex 6:15 PM-7:15 PM	<b>TPP</b> Tai Chi 12:45 PM-2:45 PM	Iaido 6:15 PM-8:15 PM	<b>NEW</b> Yogaflex 6:15 AM-7:15 AM	
	Karate/Self-Defense 6:15 PM-7:15 PM	Iyengar Yoga 6:30 PM-8:00 PM	Karate/Self-Defense 6:15 PM-7:15 PM	Qigong 6:00 PM-7:15 PM	
		<b>NEW</b> Chinese Cultural Dance 6:30 PM-8:00 PM	Ballroom Dance - Beginners 6:30 PM-7:30 PM	<b>TPP</b> Creative Hatha Yoga Flow 6:45 PM-8:00 PM	
	<b>TPP</b> Tai Chi 7:00 PM-9:00 PM	Zumba® 6:45 PM-7:45 PM	<b>TPP</b> Tai Chi 7:00 PM-9:00 PM	Kendo 8:00 PM-9:00 PM	
		Kendo 8:00 PM-9:00 PM	Veg Yoga 7:30 PM-8:45 PM	Courses marked <b>TPP</b> take place at Templeton Park Pool	
			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 we will cover the basics, 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 Oct 16.

**Cha Cha**

W	Sep 11-Oct 30	6:30 PM-7:30 PM
		\$79.50/7 sess

**521567****Rumba**

W	Nov 06-Dec 18	6:30 PM-7:30 PM
		\$79.50/7 sess

**521569****Ballroom Dance - Intermediate Open Silver****19+ yrs | Faye Hung**

International Silver level and above. Minimum 2 years of dancing experience required. Partner preferred. Drop-in \$14, space permitting. No class Oct 16.

**English Waltz**

W	Sep 11-Oct 30	7:30 PM-8:30 PM
		\$79.50/7 sess

**521570****Silver Jive**

W	Nov 06-Dec 18	8:30 PM-9:30 PM
		\$79.50/7 sess

**521573****Silver Quickstep**

W	Nov 06-Dec 18	7:30 PM-8:30 PM
		\$79.50/7 sess

**521571****Silver Samba**

W	Sep 11-Oct 30	8:30 PM-9:30 PM
		\$79.50/7 sess

**521572****Chinese Cultural Dance** **NEW****19+ yrs | Anne Ang**

This beginner class is open to adults and seniors who want to stay active and have fun with the enjoyment of Chinese songs and music. Come in and meet new friends while learning some basic cultural dance movements and techniques. There will be some stretching and warming up exercises before we start to dance. Some dance choreography may be involved. Wearing soft dance shoes is recommended. Drop-in \$6, if space permits. No class Oct 8 and Oct 15.

**Free Trial**

Tu	Sep 10	6:30 PM-8:00 PM
		Free

**521680****Set One**

Tu	Sep 17-Oct 29	6:30 PM-8:00 PM
		\$25/5 sess

**516375****Set Two**

Tu	Nov 05-Dec 17	6:30 PM-8:00 PM
		\$35/7 sess

**516376****Contemporary Line Dance w/ Irene****19+ yrs | Irene Loo**

This modern line dance class incorporates contemporary music and dance steps including Cha Cha, Tango, Rumba, Waltz, Mambo, Salsa, Cumbia, Hustle, Twist, Disco, Jitterbug and Electric Slide. Drop-in \$5, if space permits. No class Oct 16.

W	Sep 11-Dec 04	11:00 AM-12:30 PM
		\$42/12 sess

**521452****Line Dance with Karen****19+ yrs | Karen Lin**

Come join Karen Lin and have fun learning the latest dance steps in this energetic recreational class. No need for a partner all ability levels are welcome. Join this high spirited class and enjoy the social, fitness, and health benefits. Drop-in \$3.00, if space permits. No class Sep 30, Oct 14, Nov 11

M	Sep 09-Dec 16	1:30 PM-3:00 PM
		\$24/12 sess

**523909****Education****Baby Sign Language****0-2 yrs | Into Yoga**

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

Tu	Sep 17-Oct 15	9:45 AM-10:30 AM
		\$77/5 sess

**516377****East Vancouver Family Literacy - Beginner Learners****19+ yrs | Emily Hunter**

Learn English, have fun and make friends! This class is for Beginner to Lower Intermediate learners. We plan to go on field trips together and will invite guest speakers to the class. The teacher is an experienced English teacher from Capilano University. Come join us! For more information, please contact Emily at [EmilyHunter@capilanou.ca](mailto:EmilyHunter@capilanou.ca). No class on Oct 2, Oct 9 & Nov 13

M	Sep 09-Dec 16	1:00 PM-3:45 PM
		Free

**523894**

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

## Martial Arts

### Iaido

#### 19+ yrs | Shin Ken Kai

Iaido is the traditional use of the Japanese sword. The techniques help focus and develop your body, mind, and spirit. The practice will improve your flexibility and situational awareness. We train in two koryu (old schools) both of which are over 400 years old. Our practice includes traditional individual as well as two person Kenjutsu forms. Drop-in \$10, if space permits. No class Oct 13.

W	Sep 04-Dec 18	6:15 PM-8:15 PM
<b>516378</b>		\$120/4 mos
Su	Sep 08-Dec 29	10:15 AM-12:00 PM
<b>516379</b>		\$120/4 mos

### Karate/Self-Defense

#### 19+ yrs | Jan Stefanovic

Karate is a high-aerobic activity that utilizes virtually every muscle in your body. Your endurance, muscle tone, flexibility and your overall strength will improve quickly. Karate training with Ippon Goju Ryu Karate Club is not only effective regarding self-defense, but it will rapidly transform your whole body as well. Imagine how powerful a one-hour training session with non-stop punching, kicking, blocking, dodging and moving can be. Karate uniform \$42-\$52 depending on size. Must purchase Karate BC insurance for \$35 on karatebc.org by second class otherwise the participant cannot participate in the class. This class is skill-based and no contact. No class Sep 30, Oct 14, Oct 16 and Nov 11.

MW	Sep 09-Dec 18	6:15 PM-7:15 PM
<b>522433</b>		\$182/26 sess



### Kendo Training by Renfrew

#### Kendo Dojo

#### 19+ yrs | Renfrew Kendo Dojo Society

Practice the traditional Japanese martial art of Kendo. Kendo is not only a good physical activity, it also trains your mind. All ages and levels of experience welcome. Beginners only need a shinai (bamboo sword) to start practicing. No class Dec 24 and Dec 26.

Tu	Sep 03-Dec 17	8:00 PM-9:00 PM
Th	Sep 05-Dec 19	8:00 PM-9:00 PM
Su	Sep 08-Dec 29	11:20 AM-12:20 PM
<b>516843</b>		\$220/4 mos

### 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 posturing and whole body movement. Drop-in \$12, space permitting. No class on Sep 30, Oct 14, Nov 11

#### AFTERNOON CLASSES

Tu Th	Sep 03-Sep 26	12:45 PM-2:45 PM
<b>524333</b>		\$80/8 sess
Tu Th	Oct 01-Oct 31	12:45 PM-2:45 PM
<b>524332</b>		\$100/10 sess
Tu Th	Nov 05-Nov 28	12:45 PM-2:45 PM
<b>524334</b>		\$80/8 sess
Tu Th	Dec 03-Dec 19	12:45 PM-2:45 PM
<b>524339</b>		\$60/6 sess

#### EVENING CLASSES

MW	Sep 04-Sep 25	7:00 PM-9:00 PM
<b>523879</b>		\$70/7 sess
MW	Oct 02-Oct 30	7:00 PM-9:00 PM
<b>523878</b>		\$80/8 sess
MW	Nov 04-Nov 27	7:00 PM-9:00 PM
<b>523877</b>		\$70/7 sess
MW	Dec 02-Dec 18	7:00 PM-9:00 PM
<b>523876</b>		\$60/6 sess

### Tai Chi Stretching with Master

#### Yip NEW

#### 19+ yrs | Irene Loo

Come join Master Yip and his assistant, Irene Loo, for this beginner Tai Chi stretching class. All levels welcome. No class Oct 11. Drop-in \$3.00, if space permits. No class Oct 11

F	Sep 13-Oct 25	11:45 AM-1:15 PM
<b>524327</b>		\$12/6 sess
F	Nov 01-Dec 20	11:45 AM-1:15 PM
<b>524329</b>		\$16/8 sess

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

## Yoga

### Baby and Me Yoga and Pilates

FREE

#### 19+ yrs | Alex Hughes

Bring your baby to yoga. Move, breathe, release stress, and realign your body from all that repetitive baby holding you do. Regain core strength and release lower back, shoulder, and neck tension all while connecting with other awesome parents in the neighbourhood and, of course, your baby. It's not only a pleasurable experience, it'll also help you get out of the house and get moving again. This class involves gentle movement, core work, a bit of restorative relaxation, and play to keep the babies entertained. For moms and/or dads. Babies welcome into age 2. Visit [www.yogawithalex.ca](http://www.yogawithalex.ca) for more information. Please bring your own mat to this class. Drop-in if space available. This program is funded by a grant through the Ministry of Children and Family Development.

#### Set One

Tu	Sep 10-Oct 08	12:30 PM-1:30 PM
<b>516581</b>		Free

#### Set Two

Tu	Nov 19-Dec 17	12:30 PM-1:30 PM
<b>516583</b>		Free

#### Set Three

Tu	Oct 22-Nov 12	12:30 PM-1:30 PM
<b>516582</b>		Free

### 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, if space permits.

Th	6:45 PM-8:00 PM	\$81/6 sess
<b>523838</b>		Sep 19-Oct 24
<b>523839</b>		Oct 31-Dec 05

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



**Iyengar Yoga**

**16+ yrs | Bridget Donald**

Join us to increase your flexibility, strength and relaxation. The Iyengar method of yoga involves meditation in action: with its focus on the details of the yoga poses and conscious movement, it helps to bring the body and mind into healthy alignment. Beginners and ongoing students are welcome in the class. Drop-in \$20, if space permits.

**Set One**

Tu Sep 10-Oct 22 6:30 PM-8:00 PM  
 522091 \$119/7 sess

**Set Two**

Tu Oct 29-Dec 10 6:30 PM-8:00 PM  
 522161 \$119/7 sess

**Iyengar Yoga** TPP NEW

**16+ yrs | Lealle Ruhl**

Iyengar yoga focuses on precise alignment, step-by-step instruction, and individual adjustments. Poses (asana) are taught using props to adapt the environment to individual bodies, to better achieve the correct body action. This session is for beginners and for those who have had limited experience with yoga who would like to explore the mind/body/spirit integration that a consistent yoga practice offers. The instructor offers a respectful, compassionate, and trauma-informed teaching environment. This is not a therapeutic class but the Iyengar system offers adaptations for many levels of ability and physical challenges.

Tu 6:00 PM-7:30 PM  
 526239 Sep 10-Oct 29 \$176/8 sess  
 526240 Nov 5-Dec 17 \$154/7 sess



**Veg Yoga**

**19+ yrs | Vivien Gomes**

Any time is a great time to start your yoga practice. Veg Yoga is about building on the good, if necessary interrupting bad habits, and planting seeds for constructive change. Veg Yoga will introduce the 26&2 yoga sequence, which consists of 26 poses and two breathing exercises, derived from the 84 classic Hatha yoga asanas. The well known therapeutic sequence has proven its worth over the ages with countless people using the technique as a means to heal and strengthen themselves. Practicing Veg Yoga can increase flexibility, strength, balance, improves circulation, reduce stress, and provide many other benefits. The practice operates on the principles of maximum compression, extension, and relaxation, to create optimal health. The class is designed for all levels, beginners and experienced practitioners alike. In time, you will learn to focus your mind and control your breath, leading you to work harder, dig deeper, and enjoy a calmer state of being. The true meaning of yoga awaits you. Drop-in \$15, if space available.

W Sep 18-Nov 27 7:30 PM-8:45 PM  
 521652 \$121/11 sess

**Vinyasa Flow Yoga** NEW

**19+ yrs | Into Yoga**

Vinyasa Flow Yoga synchronizes the breath with movement and allows you to create a deeper absorption of awareness through a rhythmic moving meditation while practicing yoga. This flow of movement is excellent for getting your heart rate going and working up a sweat. Vinyasa can also help increase flexibility, strength, stability, calmness, and focus. During this class you can also expect a long and relaxing Savasana, during which live healing sounds will be played, such as Tibetan bowls, chimes, ocean drum, and more. Bring a Yoga mat. For more info visit [www.intoyoga.ca](http://www.intoyoga.ca). Drop-in \$16. No class Oct 15.

**Set One**

Tu Sep 17-Oct 29 9:15 AM-10:15 AM  
 522173 \$87/6 sess

**Set Two**

Tu Nov 05-Dec 10 9:15 AM-10:15 AM  
 522175 \$87/6 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](http://www.yogawithalex.ca) for more information. Please bring your own mat to this class. Drop-in \$15. No class Sep 30, Oct 10, Oct 14 and Nov 11.

**Set One**

M Sep 16-Oct 28 6:15 PM-7:15 PM  
 516579 \$60/5 sess  
 Th Sep 19-Oct 24 6:15 PM-7:15 PM  
 520180 \$60/5 sess

**Set Two**

M Nov 04-Dec 16 6:15 PM-7:15 PM  
 516580 \$72/6 sess  
 Th Nov 07-Dec 12 6:15 PM-7:15 PM  
 520181 \$72/6 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.

## Gym Sports Schedule

	SUN	MON	TUE	WED	THURS	FRI
<b>DAYTIME</b>	<b>Pickleball - Beginner</b> 10:10 AM-11:40 AM			<b>Pickleball Intermediate 50+ yrs</b> 10:30 AM-12:30 PM		<b>Pickleball - Beginner 50+ yrs</b> 10:15 AM-12:15 PM
	<b>Badminton Court Reservations</b> 11:45 AM-2:00 PM			<b>Pickleball Lessons</b> 12:45 PM-3:15 PM		<b>Pickleball Intermediate 50+ yrs</b> 12:30 PM-2:30 PM
<b>EVENING</b>		<b>Pickleball - Beginner Play</b> 6:15 PM-7:45 PM		<b>Pickleball Lessons</b> 6:45 PM-8:15 PM		<i>Registration for Fall starts August 17 at 9 AM.</i>
		<b>Indoor Soccer</b> 8:00 PM-9:45 PM	<b>Badminton</b> 8:00 PM-9:45 PM	<b>Pickleball - Intermediate</b> 8:20 PM-9:50 PM	<b>Basketball</b> 8:00 PM-9:45 PM	

**PLEASE NOTE:** Spots will be held for registered participants for the first 10 minutes; after this time, spots will be sold to drop-in players. In the event that you are unable to attend any particular session your registered spot is non-transferable. 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

#### 19+ yrs | Non Instructional

Get active on the court with Pickleball. This sport combines elements of badminton, tennis and table tennis. It is a fun and easy to learn sport which will have you coming back for more! No session Sep 30, Oct 14 and Nov 11.

#### Beginner Play

##### Set One

M	Sep 09-Oct 28	6:15 PM-7:45 PM
		\$25.50/6 sess
Su	Sep 15-Oct 27	10:10 AM-11:40 AM
		\$29.75/7 sess

##### Set Two

M	Nov 04-Dec 16	6:15 PM-7:45 PM
		\$25.50/6 sess
Su	Nov 03-Dec 22	10:10 AM-11:40 AM
		\$34/8 sess

#### Intermediate Play

##### Set One

W	Sep 11-Oct 23	8:20 PM-9:50 PM
		\$29.75/7 sess

##### Set Two

W	Oct 30-Dec 18	8:20 PM-9:50 PM
		\$34/8 sess

### Learn to Play Pickleball I

#### 19+ 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.

W	12:45 PM-1:45 PM	\$115.50/7 sess
		Sep 11-Oct 23
		Oct 30-Dec 11

## Sports

### Badminton Court Reservations

#### 19+ yrs | Non Instructional

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

Su	Sep 15-Oct 27		\$70/7 sess
			523577
	1a	11:45 AM-12:30 PM	
	1b	12:30 PM-1:15 PM	
	1c	1:15 PM-2:00 PM	
	2a	11:45 AM-12:30 PM	
	2b	12:30 PM-1:15 PM	
	2c	1:15 PM-2:00 PM	
	3a	11:45 AM-12:30 PM	
	3b	12:30 PM-1:15 PM	
	3c	1:15 PM-2:00 PM	
Su	Nov 03-Dec 22		\$80/8 sess
			523580
	1a	11:45 AM-12:30 PM	
	1b	12:30 PM-1:15 PM	
	1c	1:15 PM-2:00 PM	
	2a	11:45 AM-12:30 PM	
	2b	12:30 PM-1:15 PM	
	2c	1:15 PM-2:00 PM	
	3a	11:45 AM-12:30 PM	
	3b	12:30 PM-1:15 PM	
	3c	1:15 PM-2:00 PM	

### Badminton

#### 19+ yrs | Non Instructional

Doubles play only.

##### Set One

Tu	Sep 10-Oct 22	8:00 PM-9:45 PM
		\$29.75/7 sess

##### Set Two

Tu	Oct 29-Dec 17	8:00 PM-9:45 PM
		\$34/8 sess

### Basketball: Full Court

#### 19+ yrs | Non Instructional

##### Set One

Th	Sep 12-Oct 24	8:00 PM-9:45 PM
		\$29.75/7 sess

##### Set Two

Th	Oct 31-Dec 19	8:00 PM-9:45 PM
		\$34/8 sess

### Indoor Soccer

#### 19+ yrs | Non Instructional

No session Sep 30, Oct 14 and Nov 11.

##### Set One

M	Sep 09-Oct 28	8:00 PM-9:45 PM
		\$25.50/6 sess

##### Set Two

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



### Learn to Play Pickleball II

**19+ 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 1:45 PM-3:15 PM \$173.25/7 sess  
 524181 Sep 11-Oct 23  
 524182 Oct 30-Dec 11

### Intermediate Pickleball - Level 3

**19+ yrs | Paradise Island Pickleball**

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

W 6:45 PM-8:15 PM \$181.30/7 sess  
 523903 Sep 11-Oct 23  
 524177 Oct 30-Dec 11

### 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 Sep 30, Oct 14, Oct 25 and Nov 11.

F Sep 06-Dec 20 9:00 AM-12:00 PM  
 518754 \$34.50/15 sess  
 M Sep 09-Dec 16 9:00 AM-12:00 PM  
 518748 \$27.60/12 sess



### Tennis Lessons for Adults

**Outdoor - Net Play**

**19+ yrs | Wilson Tan**

Net play. The volley. The tennis player at net. The reason for being at net? What to do at net when you are transitioning from the baseline? The volley, the grip, and the placement on the court. The volley is another tool for you to have in the game of tennis.

Sa Oct 05-Oct 26 11:00 AM-12:30 PM  
 523384 \$156/4 sess

### Tennis Lessons for Adults

**Outdoor - Rally Basics**

**19+ yrs | Wilson Tan**

Tennis players, do you lack consistency hitting strokes? If so this class will help with consistency with your strokes. The aim is to make you feel better when you play this beautiful, but sometimes frustrating game. To make you begin to know your possibilities with the game of tennis.

Sa Sep 07-Sep 28 3:00 PM-4:30 PM  
 523383 \$156/4 sess

### Tennis Lessons for Adults

**Outdoor - Serving & Match Play**

**19+ yrs | Wilson Tan**

The tennis serve and the overhead. The stance. The grip. The toss. The racquet connection with the ball. This class will teach each person to be able to serve and hit overheads with their own rhythm and tempo. With those new tools the game of tennis becomes more connected with groundstrokes and volleys. All of those will be in concert with each other in playing the game.

Sa Sep 07-Sep 28 11:00 AM-12:30 PM  
 523382 \$156/4 sess



### Tennis Lessons for Adults

**Outdoor - Serving & Match Play**

**19+ yrs | Wilson Tan**

The tennis serve and the overhead. The stance. The grip. The toss. The racquet connection with the ball. This class will teach each person to be able to serve and hit overheads with their own rhythm and tempo. With those new tools the game of tennis becomes more connected with groundstrokes and volleys. All of those will be in concert with each other in playing the game.

Sa Oct 05-Oct 26 3:00 PM-4:30 PM  
 523387 \$156/4 sess

## Social

### 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 03-Dec 20 12:00 PM-2:45 PM  
 518770 \$1/drop-in

### Knitting Workshop - Learn to Knit

**19+ yrs | Judy Law**

Learn to knit, make a dishcloth, and meet other knitters. You will learn the knit stitch, to cast on and bind off! Supplies provided!

W Sep 11-Sep 18 10:00 AM-12:00 PM  
 524046 \$10/2 sess

*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](mailto: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](mailto:seasonsoffoodhcc@gmail.com).



### Growing Kids FREE

**1-4 yrs | Lisa Patterson**

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

We'll cover a different topic each week.

Caregivers must be present throughout the class. Meet in the garden (sessions will take place indoors or in the HCC Learning Garden). No class Sep 30, Oct 14, Nov 11

M	11:00 AM-11:30 AM	Free
<b>524078</b>		Sep 09-Oct 28
<b>524079</b>		Nov 04-Dec 09

### Cooking Classes for Kids

**7-11 yrs | Karen Curtis**

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 chef Karen and will explore cooking habits from different cultures! Please, bring your own Tupperware. The classes will include recipes for finger food, school lunch, cookies, and a few jar mixes.

Sa	9:30 AM-11:30 AM	\$40/4 sess
<b>523883</b>		Sep 21-Oct 12
<b>523884</b>		Oct 19-Nov 16
<b>523885</b>		Nov 23-Dec 14

### Beeswax Wraps

**19+ yrs | Lisa Patterson**

Join Lisa and Peggy in the HCC kitchen to make beeswax food preservation wraps, the sustainable re-useable alternative to Saran Wrap! You will take home two wraps.

M	Nov 04	7:00 PM-9:00 PM
<b>524074</b>		\$10/1 sess



### Canning 101

**19+ yrs | Lisa Patterson**

Yes you can! Learn about the art & science of canning as we make jam together. Included: what can safely be water-bath canned & why, how to can according to modern food science, and what recipes to use.

W	Dec 04	7:00 PM-9:00 PM
<b>524075</b>		\$10/1 sess

### Culinary Passport

**19+ yrs | Karen Curtis**

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

F	9:30 AM-11:30 AM	\$10/1 sess
<b>523890</b>	Sep 13	Poland
<b>523891</b>	Oct 18	Spain
<b>523892</b>	Nov 15	India
<b>523893</b>	Dec 20	England

### Cooking Connections: Cooking for the Active Senior TPP FREE

**55+ 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.

M	Nov 4-Dec 9	10:30 AM-1:30 PM
526310		Free

### Food Skills for Families - Healthy Cooking on a Budget FREE NEW

**19+ yrs | Lily Fung**

Food Skills for Families is an enjoyable way to connect in the kitchen, learn hands-on cooking skills and make healthy eating, easy, quick and fun. Healthy eating is an important part of overall wellness and we hope this program inspires you to cook tasty meals for you and your family. Have fun in the kitchen and keep cooking! In the Food Skills for Families FOOD SENSE program, we will focus on ways to make healthy meals on a budget. It also includes a number of restaurant favourites recipes like homemade pizza and quesadillas! This is a free six week course. Students must be able to attend all 6 weeks.

Su	Sep 21-Oct 27	10:30 AM-1:30 PM
<b>523895</b>		Free

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



**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.

W 11:00 AM-12:00 PM Free  
 524076 Sep 04-Oct 30  
 524077 Nov 06-Dec 11

**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 and how to use them in an easy-to-make olive oil and beeswax salve. You will take home a tin of salve.

Tu Oct 01 7:00 PM-9:00 PM  
 524080 \$10/1 sess



**Japanese Home Cooking - Veg. Ramen for Everybody**

**19+ yrs | Sakura Nanami**

Discover why Japanese ramen is becoming as popular as sushi in North America. This seminar will delve into the definition and history of ramen, and demonstrate how to create delicious and healthy versions at home. We will explore options and taste Ramen samples for vegans, vegetarians, pesco-vegetarians, and/or meat eaters alike. What You Will Learn: 1. The definition and brief history of Japanese Ramen: Explore how ramen has evolved into a beloved part of Japanese cuisine and gained worldwide popularity. 2. Home Cooking vs. Restaurant/Instant Ramen: Understand why instant noodles and restaurant ramen, while tasty, can be addictive and unhealthy due to meaty fats and MSG. 3. The Secret of Japanese Umami stocks: Learn how Japanese cuisine achieves the rich, savory flavour of Japanese Umami without MSG or expensive meat.

M Nov 18 7:00 PM-9:00 PM  
 524159 \$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.

**Natural Fermentation: Kimchi**

**19+ yrs | Lisa Patterson**

Learn how to make naturally fermented kimchi in this introduction to the world of lacto-fermentation. If you have ever eaten yogurt, sourdough bread, sauerkraut, or kimchi, you have eaten a fermented food. Fermented foods last longer, are more digestible, more nutritious, and tastier than their fresh counterparts. You will take home a small jar of your own kimchi.

Tu Sep 17 7:00 PM-9:00 PM  
 524172 \$10/1 sess

**Plant-Based Milks**

**19+ yrs | Peggy Coombes**

Homemade plant milks are economical, easy to make, and are free from added preservatives and gums. We will show you how to make almond, soy, and oat milks from raw ingredients at home.

Tu Oct 29 7:00 PM-9:00 PM  
 524171 \$10/1 sess

**Sprouting & Microgreens**

**19+ yrs | Lisa Patterson**

Learn how easy it is to grow countertop sprouts and microgreens at home. Packed with nutrients and flavour, these small seedlings of edible vegetables are a tasty addition to any meal. Trays, lids, and starter seeds will be provided for you to take home.

W Oct 16 7:00 PM-9:00 PM  
 524170 \$10/1 sess

## Dance



### Ballroom Social Dance

**50+ 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. Drop-in \$3.00 if space permits. Seniors 10-visit Activity Card = \$20. No clas on Oct 11

F	Sep 13-Dec 13	1:30 PM-3:30 PM	
<b>523880</b>			\$26/13 sess

## Fitness & Health

### Core & Strength Training for Older Adults - Set One

**50+ yrs | Kelly Howatson**

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

#### Set 1

Tu	Sep 10-Oct 29	10:30 AM-11:30 AM	
<b>523886</b>			\$52.50/7 sess

Th	Sep 12-Oct 31	10:30 AM-11:30 AM	
<b>523887</b>			\$52.50/7 sess

#### Set 2

Tu	Nov 05-Dec 10	10:30 AM-11:30 AM	
<b>523888</b>			\$45/6 sess

Th	Nov 07-Dec 12	10:30 AM-11:30 AM	
<b>524042</b>			\$45/6 sess

### Osteofit

**19+ yrs | Berdjis Bahrami**

This is an exercise program designed specifically for people with osteoporosis who are at an increased risk for fracture. Beginners are welcome. Drop-in \$7, space permitting.

#### Set One

W	Sep 11-Oct 30	10:00 AM-11:00 AM	
<b>514366</b>			\$48/8 sess

#### Set Two

W	Nov 06-Dec 18	10:00 AM-11:00 AM	
<b>514367</b>			\$42/7 sess

## Outdoor Activities

### Seniors Fall Jam: Out Trips

**60+ yrs | TBA Instructor**

Information to be released in mid-September! Look out for the latest Seniors Snapshot Newsletter for more information!

## Social

### Chinese Seniors Pop Karaoke

**50+ yrs | Sam Law & Dana Yuen**

A social program designed for Chinese speaking seniors from the neighborhood. Join us for Karaoke Thursday, starting Sep 5!

Th	Sep 05-Dec 19	12:00 PM-4:00 PM	
			\$2.38/5 sess

### Lunch & Learn + Bingo

**55+ yrs | TBA Instructor**

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

M	9:30 AM-12:30 PM	\$10/1 sess
<b>523910</b>		Sep 16
<b>523911</b>		Oct 21
<b>523912</b>		Nov 18

### Mah Jong

**55+ yrs | No Instructor**

Come play Mah Jong in the Board Room! No cost, drop-ins welcome! Equipment provided No session on Nov 22

F	Sep 20-Dec 13	11:00 AM-1:30 PM	
<b>523913</b>			Free

### Seniors Council

**55+ yrs | TJ Shukla**

The Seniors Council meets once a month to plan senior out trips, new programs & initiatives, and socials to host at Hastings Community Centre. This group is for folks who would like to have a voice in what is offered at Hastings! Spots are limited! Please contact TJ via email if you are interested: [TJ.Shukla@vancouver.ca](mailto:TJ.Shukla@vancouver.ca)

W	Sep 25-Dec 18	10:00 AM-11:00 AM
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### Seniors Room Drop-In

**50+ yrs | Non-Instructional**

A dedicated space for seniors to come and hang out in the games room! Feel free to drop-by to lounge, play cards, make crafts, knit, read, or even watch some TV. Games Room availability is subject to change due to programs.

MTWThF	Sep 09-Dec 20	9:15 AM-12:00 PM	
			\$1/drop-in

## Sports

### Pickleball - Beginner Play

**50+ yrs | Non Instructional**

Get active on the court with Pickleball. This sport combines elements of badminton, tennis and table tennis. It is a fun and easy to learn sport which will have you coming back for more! No guaranteed drop-ins. Drop-in is \$4.00, space permitting. 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.

F	9:15 AM-11:05 AM	
<b>524193</b>	Sep 13-Oct 25	\$24.50/7 sess
<b>524194</b>	Nov 01-Dec 20	\$28/8 sess

### Pickleball - Intermediate Play

**50+ yrs | Non Instructional**

Get active on the court with Pickleball. This sport combines elements of badminton, tennis and table tennis. It is a fun and easy to learn sport which will have you coming back for more! Maximum of 20 players. Please, check the Sunday and Monday option for Beginner Play. Drop-in is \$4.00, space permitting. PLEASE NOTE: Spots will be held for registered participants for the first 15 minutes; after this time, spots will be sold to drop-in players. In the event that you are unable to attend any particular session your registered spot is non-transferable.

W	10:30 AM-12:30 PM	
<b>523914</b>	Sep 11-Oct 23	\$24.50/7 sess
<b>524188</b>	Oct 30-Dec 18	\$28/8 sess
F	11:15 AM-1:05 PM	
<b>523915</b>	Sep 13-Oct 25	\$24.50/7 sess
<b>524184</b>	Nov 01-Dec 20	\$28/8 sess
F	1:15 PM-3:05 PM	
<b>524260</b>	Sep 13-Oct 25	\$24.50/7 sess
<b>524268</b>	Nov 01-Dec 20	\$28/8 sess



## Fitness Centre Hours of Operation

SEP 03-DEC 31, 2024 *Closed Dec 25 and Dec 26.*

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
<i>Hours subject to change. See page 3 for all Holiday Hours.</i>			

### Fitness Centre Passes

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

#### \*Discounted Fees

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

### Fitness Centre Early Entry

**Mon – Fri 6:00 AM-9:00 AM**

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

### Fitness Centre & Cardio Room

- Large selection of Lifefitness and Hammer Strength Pin-Select, Cable and plate-load machines
- Large selection of free weights
- Physio balls & medicine balls
- Body bars
- Bosu balls & balance boards
- Cardio Room
- Concept 2 Rowing Machines
- Elliptical trainers
- Upright and 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](mailto:jaine.priest@vancouver.ca)

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

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

welcome to...

# TEMPLETON PARK POOL

## Location

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

## Hours Of Operation

- Facility Hours and Stat Holidays: Page 3
- Pool Schedule: Page 40, 41
- **The office closes 15 minutes prior to the facility schedule and there is no entry to the pool.**

## Something for everyone!

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

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

*Working Green...*

## Templeton has been retro fitted with:

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



## SWIM SESSION DEFINITIONS

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

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

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

**2STGD Swim** Designated swim for Two Spirit, Trans, and Gender Diverse folks. See page 37.

**Aqua-Fit** Led by a certified instructor, one hour class in shallow water designed to work at your own pace. See page 37. Please pre-register.

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

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

## Admission policy for children

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

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

## To keep our facility safe & clean for everyone:

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

## Lockers

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

## Leisure Access Program (LAP)

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

## Swimming Assessments

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

## Accessibility Features

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

## Lost and Found

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



## Adapted Swim

### Adapted Swim Lessons

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

## Fitness Classes

### Aquafit

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

Class dates and times are:

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

\*Classes may be cancelled due to staffing issues.

### 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 10-Dec 10

526325 \$126.90/10 sess

Th Sep 12-Dec 12

526326 \$126.90/10 sess

\*Times TBD, may change based on staffing

## Program Information

### Two Spirit, Trans, and Gender Diverse Swim

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

**Check out our weekly programs and activities for 2SLGBTQIA+ and 2STGD folks of all ages.**

[vancouver.ca/park-board-pride](http://vancouver.ca/park-board-pride)

VANCOUVER BOARD OF PARKS AND RECREATION

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

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

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



### Swim Assessments / Lesson Level

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



## Party Time!

### 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. Rates for the Teach Pool \$135.81/hour and the Main Pool \$277.28/hour (tax included). Please email [templetonparkpool@vancouver.ca](mailto:templetonparkpool@vancouver.ca) to enquire about available dates.

### Room Rentals

Templeton's Activity Room is available to rent and is suitable for meetings and small social gatherings. This room features a hardwood floor, opens on to the playground and has an adjoining kitchen. Max capacity is 80 people. Room size is 27' x 46'. Rental fee is \$36.75/hour and damage deposit is \$100.00. Please email [templetonparkpool@vancouver.ca](mailto:templetonparkpool@vancouver.ca) to enquire about available dates.



## Registration

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

### FALL LESSONS:

**August 27 at 7:00 PM**

### How to Register On-line:

- Go to [recreation.vancouver.ca](http://recreation.vancouver.ca) to update or create your account.
- Click "Sign In".
- Login with your email address and confirm your account information is correct.

### Never registered online before?

- Go to:
- [recreation.vancouver.ca](http://recreation.vancouver.ca)
  - Click "Sign In" or "Create an Account" to set up your profile and password before you register.

## Swim Lesson Refunds & Cancellations

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

## Swim for Life

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



### Parent and Tot (4 mo-3 yrs)



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

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

### Preschool Program (3-5 yrs)

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



### Swimmer 1-6 (5-16 yrs)

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

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

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



### Adult and Teen Program (12+ yrs)

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

### Private / Semi Private Swim Lessons (3+ yrs)

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

### Adapted Swim Lessons

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

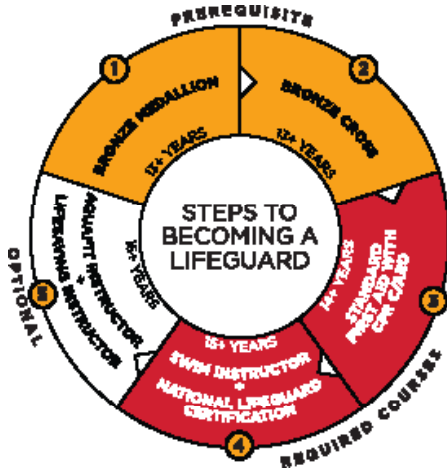
### Fall Season:

Singles day/1x per week lessons September 9 – December 15

No swim lessons on STAT weekends (Sat- Mon)

Please visit website to view levels, dates and times of lessons being offered one time per week prior on Wed Aug 21 to registration on Aug 27

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



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

For more information about lifeguarding, certification, and course dates or to apply visit [vancouver.ca/lifeguard](http://vancouver.ca/lifeguard).



### 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.

TBD - we are looking for an instructor



### 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.

TBD - we are looking for an instructor

### Junior Lifeguard Club

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

TBD - we are looking for an instructor

### 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



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

SWIM LESSON FEES <small>2024 fees at time of printing.</small>	Minutes	7 lessons	8 lessons	9 lessons	10 lessons
Preschool/Parent & Tot/Adapted	30	\$57.99	\$65.66	\$73.33	\$81.00
Swimmer 1 - 2	30	\$50.64	\$57.26	\$63.88	\$70.50
Swimmer 3 - 6	45	\$62.26	\$70.54	\$78.82	\$87.10
Swimmer 7 - 9	60	\$96.98	\$110.22	\$123.46	\$136.70
Teens	30	\$70.66	\$80.14	\$89.62	\$99.10
Adult	45	\$99.08	\$112.62	\$126.16	\$139.70
Private	30	\$37.90			
Semi-Private	30	\$15.16			
<b>Please note:</b> Programs for 14+ are subject to GST					

### Fitness Centre 13 + yrs

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

#### Equipment

##### CARDIO

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

##### STRENGTH MACHINES

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



### Exceleation triathlon and multisport

#### Registration for Seasonal Programs:

Saturday, August 10 at 9:00am

#### How to Register:

Register online through Vancouver Recreation or in-person/phone at Templeton Park Pool or Hastings CC. For program descriptions and more information about Exceleation, please visit their website [www.ExceleationTriClub.ca](http://www.ExceleationTriClub.ca) or scan the QR code below.



#### Programs (viewable at [www.vanrec.ca](http://www.vanrec.ca)):

- Adventure Tri (pre-k, k, grade 1)
- Kids of Steel (grades 2-5)
- Adult Swimming & Running (16+ yrs)



### Templeton Park Pool Club Contacts

#### Gators Swim Club

604.789.2819  
[www.gatorsswimclub.ca](http://www.gatorsswimclub.ca)  
 Email: [gatorsswimclub@shaw.ca](mailto:gatorsswimclub@shaw.ca)

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

Clothing-optional, usually monthly, September to June.  
 See [www.niftynude.org](http://www.niftynude.org)

#### Pace Makers Masters Swim Club

Albert Souza  
 Email: [asouza66@gmail.com](mailto:asouza66@gmail.com)

#### Super Sharks Swim Club

Visit [supersharks.ca](http://supersharks.ca) for more information.

## 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
	<b>Circuit Training</b> 8:30 AM-9:30 AM		<b>Circuit Training</b> 8:30 AM-9:30 AM		<b>Exceleation Tri Club</b> 8:00 AM-12:00 PM
<b>Cooking Program</b> 10:00 AM-12:00 PM	<b>Mother Goose Toddler</b> 10:30 AM-11:15 AM <b>Baby</b> 11:30 AM-12:15 PM		<b>Tai Chi</b> 12:45 PM-6:30 PM	<b>Adventures in Music</b> 10:30 AM-11:15 AM <b>Qigong</b> 11:30 AM-12:45 PM	<b>Little Ballerinas</b> 12:15 PM-1:00 PM  1:05 PM-1:50 PM
<b>Exceleation Tri Club</b> 4:30 PM-6:30 PM	<b>Tai Chi</b> 12:45 PM-6:30 PM	<b>Exceleation Tri Club</b> 4:30 PM-6:30 PM		<b>Exceleation Tri Club</b> 4:30 PM-8:00 PM	<b>Hip Hop Breakers</b> 1:55 PM-2:40 PM
<b>Tai Chi</b> 7:00 PM-9:00 PM	<b>NEW Iyengar Yoga</b> 6:00 PM-7:30 PM	<b>Tai Chi</b> 7:00 PM-9:00 PM	<b>Creative Hatha Flow Yoga</b> 6:45 PM-8:00 PM		

**Winter Camps** See page 13-14

**Schedule in effect: FALL September 3-December 22, 2024**

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

MAIN POOL SCHEDULE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lengths 3 lanes - 6:30am - 9:00am					1 lane 9:00am - 1:00pm	
Public Swim 9:00am - 12:00pm	Public Swim 10:30am - 12:00pm	Public Swim 9:00am - 12:00pm	Public Swim 10:30am - 12:00pm	Public Swim 9:00am - 12:00pm		
Lengths 6 lanes - 12:00pm - 1:00pm						
Public Swim 1:00pm - 4:00pm			Public Swim 1:00pm - 4:30pm		Public Swim 2:00pm - 4:30pm	
1 lane 4:00pm - 8:00pm			1 lane 4:30pm - 6:30pm		Lengths 4:30pm - 5:30pm	
Public Swim (No Teach Pool) 8:00pm - 9:30pm			Public Swim 6:30pm - 8:00pm		Public Swim 5:30pm - 7:30pm	
TEACH POOL (TEMP 32° C (90° F), DEPTH 0.60 - 0.75 METRES)						
*Due to staffing, please call ahead to ensure teach pool is open.						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11:30am - 3:30pm				11:30am - 8:00pm	2:00pm - 7:30pm	2:00pm - 7:30pm
AQUAFIT (Shallow end, moderate level) (* indicates registered program see page 31)						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9:30am-10:30am *		9:30am-10:30am *			
FITNESS CENTRE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am - 9:30 pm				6:30am - 8:00 pm	9:00am - 7:30pm	2:00pm - 7:30pm
AMENITIES / INFORMATION						
<p><b>Main Pool:</b> 6 Lanes – 25 Meters – Temp 28°C (83°F) – Depth 1.0-3.3 Meters</p> <p><b>Teach Pool:</b> Temp 32°C (90°F) - Depth 0.60-0.75 meters</p> <p>Main Pool • Teach Pool • Slide Diving Board • Swing Rope • Dry Sauna • Hot Tub • Fitness Centre • Universal Change Room • Activity Room with Kitchen</p> <p><i>*Schedule and fees subject to change. Due to staffing issues, please call ahead.</i></p>						

2024 FEES <i>Fees at time of printing. Subject to change.</i>	DROP-IN (Single)	USAGE PASS (10 visits)	FLEXIPASS		
			1 Month	3 Month	12 Month
<b>Adult</b> (19-64 years)	\$7.78	\$70.02	\$62.95	\$169.96	\$543.87
<b>Youth</b> (13-18 years)	\$5.45	\$49.05	\$44.06	\$118.98	\$380.70
<b>Senior</b> (65+ years)	\$3.90	\$35.06	\$31.48	\$84.99	\$271.94
<b>Child</b> (5-12 years)					
<b>Preschool</b> (0-4 years)	Free				
<b>Family</b>	\$3.90 per person min, \$7.80 1-2 adults of the same household and their children under 19 All family members must be present at time of admission				
AquaFit Admission Included with regular admission. **Specialty Fitness Classes registration fees required.					

The Vancouver Board of Parks and Recreation maintains 200 parks and 40 major facilities throughout the City of Vancouver. The Park Board's mission is to provide, preserve and advocate for parks and recreation services to benefit people, communities and the environment. For more information visit [vancouverparks.ca](http://vancouverparks.ca)

