



Kensington Community Centre

Programs | Fitness Centre | Swimming Pool

5175 Dumfries Street, Vancouver, BC. V5P 3A2
604-718-6200 | vancouver.ca/kensingtonrec

Fall 2025



Kensington Community Centre

Programs | Fitness Centre | Swimming Pool

5175 Dumfries Street, Vancouver, BC. V5P 3A2
604-718-6200 | vancouver.ca/kensingtonrec

KCC Fall Recreation Guide

Operating Hours:

From September 2 to December 31, 2025

Mon-Fri	7:30 AM – 9:30 PM
Sat-Sun	9:00 AM – 4:00 PM
Sep 1	Closed
Sep 30	Closed
Oct 13	Closed
Nov 11	Closed
Dec 25	Closed
Dec 26	Closed

Program registration is available after 9:00 AM.
The cashier's office closes 30 minutes before the centre closes.

Register for Centre Programs:

In-person registration	Fri, Aug 15, 7:00 PM
Online registration	Fri, Aug 15, 7:00 PM
Phone registration	Fri, Aug 15, 8:00 PM

Register for Pool Programs:

Register for swimming lessons, etc. starting on Tuesday, August 26, 7:00 PM

Our Facilities:

Community Centre: preschool, before and after childcare, youth, adults, seniors area, multipurpose rooms, dance studio, pottery studio, and gymnasium.

Pool: a warm, small pool with sauna and hot tub. Please see pool page for details.

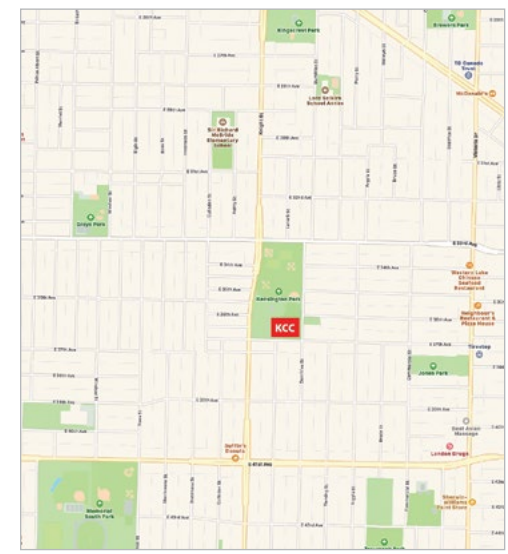
Fitness Centre: Our fitness centre includes three spaces: cardio, circuit training and weight room.

GST information:

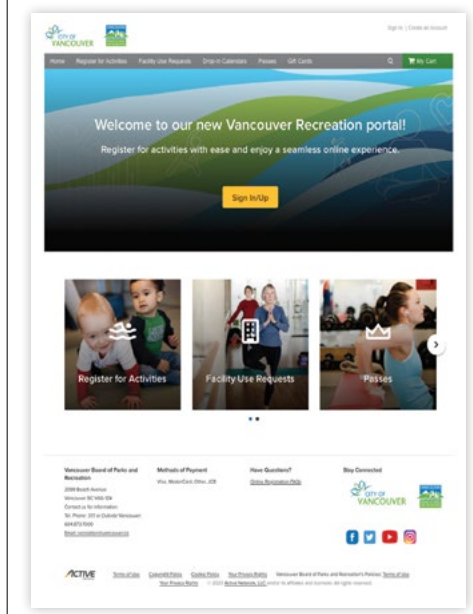
All prices for adult and senior programs/events are advertised excluding tax. Preschool/Children programs are non-taxable.

What's Inside

Info	2
Special Events	4
Childcare	6
Parent & Tot	7
Preschool	8
Children	10
Preteen & Youth	14
Adults & Seniors	16
All Bodies Community (ABC)	24
Fitness Centre	26
Pool	28
Room Rental Information	30
KCC Staff Team	31
Making Recreation Safe	32



About Online Registration:



In 2023 the Vancouver Recreation sales portal was upgraded to provide a better customer experience. Upgrade features include a new portal with improvements to:

- Navigation
- Checkout process
- Account management
- Search functionality
- Mobile optimization
- Accessibility

For assistance navigating the improved portal, refer to our step-by-step guides online at: <https://anc.ca.apm.activecommunities.com/vancouver/home> or contact 3-1-1.

Do you want to offer a program at Kensington Community Centre?

If you are interested in offering a program at Kensington, please email: kensingtoncc@vancouver.ca
Request an "Expression of Interest" package. Submissions for Winter 2026 programs must be submitted by email by: Sept 18, 2025, 5:00pm.

SPECIAL EVENTS

Breakfast with Santa

(4-99 yrs)

Celebrate the holiday season with a simple but taste breakfast served by Kensington staff and enjoy a special visit with Santa. Have family photos taken with Santa! All individuals attending over the age of 3 are required to register.

Instructor: No Instructor Gymnasium
Sa Dec 20 9:30 AM-10:15 AM
570245 \$6/1 sess



Ghouls Gala

(0-8 yrs)

Bring the whole family for a not-so-spooky afternoon of Halloween fun! Kids and grown-ups alike will enjoy hands-on crafts, silly games, and plenty of treats (no tricks!). Whether you're painting pumpkins or playing monster-themed games, there's something magical for everyone. Costumes are encouraged, smiles are guaranteed — come make some boo-tiful memories together!

Instructor: No Instructor Seniors Lounge
Sa Oct 25 12:30 PM-2:30 PM
579855 \$5/1 sess



Kensington Holiday Craft Fair

Join us at the Annual Kensington Holiday Craft Fair and browse for gifts for family, friends, or yourself. Admission is free for the public. Register for the activity so you can add it to your calendar for future reference!

Instructor: No Instructor Gymnasium
Sa Dec 6 10:00 AM-4:00 PM
553175 FREE ADMISSION



Kensington Holiday Craft Fair – Vendor Application

Inviting crafters to apply for the Annual Kensington Holiday Craft Fair! The fee is \$35.00 per table. Crafters may apply to this juried craft fair by picking up an application form at the centre or by e-mailing kensingtoncc@vancouver.ca. **Deadline for applications is August 31, 2025.**

Instructor: Instructor Gymnasium
Sa Dec 6 10:00 AM-4:00 PM
553172 \$35/1 sess



Long Weekends: Drop-In & Registered Gym Programs:



Pickleball

Sa Oct 11	9:15AM-11:15AM
580135	\$3.50/sess
Su Oct 12	11:45AM-1:30PM
580136	\$3.50/sess
Sa Dec 13	1:45PM-3:45PM
580137	\$3.50/sess
Su Dec 21	9:15AM-11:15AM
580138	\$3.50/sess
Sa Dec 27	9:15AM-11:15AM
5801389	\$3.50/sess
Su Dec 28	9:15AM-11:15AM
580140	\$3.50/sess

Badminton Court Booking

Su Dec 21	11:30AM-12:30PM
580198	\$7.66/sess
Su Dec 21	12:35PM-1:35PM
580199	\$7.66/sess
Su Dec 21	1:40PM-2:40PM
580200	\$7.66/sess
Su Dec 21	2:45PM-3:45PM
580201	\$7.66/sess
Sa Dec 27	11:30AM-12:30PM
580202	\$7.66/sess
Sa Dec 27	12:35PM-1:35PM
580203	\$7.66/sess
Sa Dec 27	1:40PM-2:40PM
580204	\$7.66/sess
Sa Dec 27	2:45PM-3:45PM
580205	\$7.66/sess
Su Dec 28	11:30AM-12:30PM
580206	\$7.66/sess
Su Dec 28	12:35PM-1:35PM
580207	\$7.66/sess
Su Dec 28	1:40PM-2:40PM
580208	\$7.66/sess
Su Dec 28	2:45PM-3:45PM
580209	\$7.66/sess

Adult Open Gym Basketball

Su Nov 9	11:45AM-1:45PM
Drop-in Only	\$3.25/sess
Sa Dec 13	11:15AM-1:30PM
Drop-in Only	\$3.25/sess



Pickleball & Badminton drop-in available for the same price, space permitting

CHILDCARE



Kensington Licensed Preschool and Out-of-School Care Programs

Cedar Cottage Neighbourhood House is excited to embark on this new partnership with Kensington Community Centre to offer quality licensed preschool and Out-of-School Care Programs located at Kensington Community Centre. As a new member in our family of child care programs, these programs will build on our 50 year history of supporting children and families in our community.

PRESCHOOL:

Embracing the Reggio Emilia approach, Cedar Cottage has developed quality, innovative programs to enhance the childcare experience. Our licensed preschool only employs fully qualified early childhood educators who have a passion for their work and your children. Staff are here to support this important time of growth for your preschooler in a warm and nurturing environment. Classes take place from Monday-Friday (9:00-1:00). Registration is now open for children aged 3-4.

OUT-OF-SCHOOL CARE:

The licensed Out-of-School Care program serves children attending Tecumseh and Selkirk Annex and provides an enriching environment for school age children to foster a sense of well-being and belonging as they learn about and explore the world around them.

Registration is now open for both. Call 604.874.4231 or email, kensington@cedarcottage.org



PARENT & TOT

SOCIAL

Family Drop-In Gym

(0-5 yrs)

Join us at this playtime created especially for families. Toddlers will have the opportunity to explore slides, bikes, and other toys. Toddlers will meet new friends while developing their motor skills using gym equipment. This is a parent participation drop-in program. Parental supervision is required. Drop-in fee is \$3.00 for single child, \$5 for family (2 children). Drop-in only.

Instructor: Joshua Pan	Gymnasium
Th Sep 04-Dec 18	9:30 AM-11:50 AM
570451	\$3/16 sess

ART, CULTURE & EDUCATION

Creative Arts & Singing for Parents & Toddlers

(0-3 yrs)

This program is a joyful parent-toddler course combining music and arts & crafts to nurture creativity, coordination, and bonding. Each 45 min session features songs, sensory play, and hands-on projects that support motor skills, self-expression, and early learning- rooted in play-based, Montessori, and Reggio Emilia early education principles. Parent participation is required. *Strollers may be left under the stairs in the lobby by the front desk. No session Oct 11, Oct 13.

Instructor: Clara Regalado	Multipurpose Room
(Mo)/ Cottage (Sa)	
Mo Sep 15-Nov 24	10:50 AM-11:35 AM
574723	\$100/10 sess
Sa Sep 13-Nov 22	10:50 AM-11:35 AM
574724	\$100/10 sess

SPORTS

Sportball Junior

(16-24 mos)

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. Parent participation is required. No class Oct 11, Dec 6.

Instructor: Sportball Vancouver	Multi. Room
Sa Sep 13-Oct 25	11:15 AM-12:00 PM
570520	\$97.5/6 sess
Sa Nov 01-Dec 13	11:15 AM-12:00 PM
570521	\$97.5/6 sess

Sportball Parent & Toddler Multisport

(2-3 yrs)

Designed to guide parents and their children through the introductory skills in a variety of different ball sports. Games and skills are taught in a fun and creative manner by using story lines to encourage participation. Programs are non-competitive and focus on success while building confidence. Parent participation is required. No session Oct 11, Dec 6

Instructor: Sportball Vancouver	Gymnasium
Sa Sep 13-Oct 25	9:15 AM-10:00 AM
570524	\$97.5/6 sess
Sa Nov 01-Dec 13	9:15 AM-10:00 AM
570525	\$97.5/6 sess

Sportball Parent & Toddler Soccer

(2-3 yrs)

Introducing fundamental concepts of soccer and the basic skills 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. Parent/guardian participation is required. No class Oct 12

Instructor: Sportball Vancouver	Gymnasium
Su Sep 14-Oct 26	2:00 PM-2:45 PM
570526	\$97.5/6 sess
Su Nov 02-Dec 14	2:00 PM-2:45 PM
570527	\$113.75/7 sess

PRESCHOOL

ART, CULTURE & EDUCATION

Little Hands, Big Art: Creative Journeys for Preschoolers

(3-5 yrs)

This program invites preschoolers to explore creativity through fun, hands-on art activities. Children build fine motor skills, confidence, and independence while discovering foundational art concepts like color and texture. With a focus on self-expression and sensory exploration, this course nurtures imagination and joy through the process of making art. No session Oct 11, Oct 13.

Instructor: Clara Regalado Multi. Room (Mo)/Cottage (Sa)
Mo Sep 15-Nov 24 10:00 AM-10:45 AM \$100/10 sess
574729
Sa Sep 13-Nov 22 10:00 AM-10:45 AM \$100/10 sess
574730

DANCEPL3Y Preschool

(3-5 yrs)

DANCEPL3Y gives a space for children to develop musicality, social skills and confidence with movement all while practicing the 3 rules of PL3Y: Be Positive. Be Fun. Be Yourself. No session Oct 11

Instructor: The Play Brigade Board Room
Sa Sep 27-Dec 06 1:15 PM-2:00 PM \$140/10 sess
571616

Glow Kids Pre-Ballet 1 and 2

(3-5yrs)

Through playful exercises and whimsical music, pre-ballet encourages creativity, fosters self-expression, an ignites a lifelong love for the elegance of ballet. Program runs from September to June to allow students to continue to build on their skills. Students will need to re-register during Winter and Spring to stay in the program. No session Oct 11.

Instructor: Lia Fletcher Dance Studio
Sa Sep 13-Nov 29 9:15 AM-9:55 AM \$110/11 sess
570459

Creative Ballet

Young ballerinas explore the fun and beauty of ballet while learning the basic techniques. Please wear dance slippers or clean indoor shoes to class. Please no socked feet directly on the studio floors as they may be slippery. Dancers attend class without a guardian in the room. There will be a presentation on the last day of class.

Instructor: Endorphin Rush Dance Dance Studio
3-5 yrs:
Su Sep 07-Oct 26 14 9:15 AM-10:00 AM \$112/8 sess
570504
Su Nov 02-Dec 14 9:15 AM-10:00 AM \$98/7 sess
572389

4-6 yrs:
Su Sep 07-Oct 26 10:05 AM-10:50 AM \$112/8 sess
572416
Su Sep 07-Oct 26 11:45 AM-12:30 PM \$112/8 sess
572425
Su Nov 02-Dec 14 10:05 AM-10:50 AM \$98/7 sess
572412
Su Nov 02-Dec 14 11:45 AM-12:30 PM \$98/7 sess
572426

Jazz/Hip Hop Fusion

(4-6 yrs)

Jazz/Hip Hop Fusion - Combine the style of hip-hop with the technical dance skills of jazz! Learn steps, jumps, turns, stretches and fun choreography to your favourite music. Please bring running shoes and wear comfortable stretchy clothing and non-marking shoes. Dancers attend without a guardian present. There will be a performance on the last day of class for friends and family. No session Sep 30, Nov 11

Instructor: Endorphin Rush Dance Dance Studio
Tu Sep 09-Oct 28 3:30 PM-4:15 PM \$84/7 sess
573199
Tu Nov 04-Dec 16 3:30 PM-4:15 PM \$72/6 sess
573200

Mini Hip Hop

(4-6 yrs)

Let's move and groove! This non-stop action-packed class includes hip hop, basic break-dancing, and dance games that will have your dancer moving to the beats. Through the season we will work on a choreographed dance. There will be a presentation on the last day of class for dancers to showcase what they learned. Children attend class without a parent/guardian in the room.

Instructor: Endorphin Rush Dance Dance Studio
Su Sep 07-Oct 26 10:55 AM-11:40 AM \$112/8 sess
572421
Su Nov 02-Dec 14 10:55 AM-11:40 AM \$98/7 sess
572424

SPORTS

Sportball Multisport

(3.5-5 yrs)

This program is designed to guide parents and their children through the introductory skills in a variety of different ball sports. Games and skills are taught in a fun and creative manner by using story lines to encourage participation. All programs are non-competitive and focus on success while building confidence. No session Oct 11, Dec 6.

Instructor: Sportball Vancouver Gymnasium
Sa Sep 13-Oct 25 10:00 AM-11:00 AM \$97.5/6 sess
570522
Sa Nov 01-Dec 13 10:00 AM-11:00 AM \$97.5/6 sess
570523

Sportball Soccer

(3.5-5 yrs)

Kickstart your day! Sportball Soccer introduces fundamental concepts of gameplay and teaches 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 play. No session Oct 12.

Instructor: Sportball Vancouver Gymnasium
Su Sep 14-Oct 26 2:45 PM-3:45 PM \$97.5/6 sess
571638
Su Nov 02-Dec 14 2:45 PM-3:45 PM \$113.75/7 sess
570529

Sportball Basketball

(4-6 yrs)

Slam-dunk! Sportball Basketball introduces fundamental concepts of gameplay and teaches the basic skills required to hit the court with confidence in a supportive, non-competitive environment. Coaches zero in on skills like dribbling, passing, catching, shooting and defense in fun, exciting, skill-focused play. No session Oct 13.

Instructor: Sportball Vancouver Gymnasium
Mo Sep 15-Oct 27 3:45 PM-4:45 PM \$97.5/6 sess
570516
Mo Nov 03-Dec 15 3:45 PM-4:45 PM \$113.75/7 sess
570518

Tennis 4-6 yrs

(4-6 yrs)

Your child will be introduced to the fundamentals of basic Forehand and Backhand while developing eye & hand coordination through a variety of fun games and activities. This program is held indoors, in the gymnasium. The program is coordinated by Kris Santoso of Break Point Sports. You are encouraged to bring your own tennis racquet if you have one but will be provided a racquet by the instructor if you don't.

Instructor: Break Point Sports Gymnasium
We Sep 10-Oct 22 4:00 PM-5:00 PM \$101.5/7 sess
575312
We Oct 29-Dec 10 4:00 PM-5:00 PM \$101.5/7 sess
575314



CHILDREN

ART, CULTURE & EDUCATION

Creative Adventures: Arts & Crafts for Kids

(6-12 yrs)

Unleash your child's creativity and imagination with our exciting Arts & Crafts Program! Each session is centered around a fun theme, encouraging kids to explore various art techniques and materials. Children will develop their artistic skills and self-expression in a supportive, collaborative and engaging environment. No session Oct 12

Instructor: Arshi Aggarwal	Board Room
Su Sep 14-Oct 26	11:15 AM-12:15 PM
570445	\$120/6 sess
Su Nov 02-Dec 07	11:15 AM-12:15 PM
570446	\$120/6 sess

Junior Chefs

(7-10 yrs)

Get ready to stir, roll, chop, and bake! In this hands-on cooking class, junior chefs will explore a variety of sweet and savoury recipes, including delicious dishes inspired by cultures from around the world. Please bring a container to take home your culinary creations. Note: Recipes in this class may include meat, dairy, and eggs. Unfortunately, Junior Chefs cannot accommodate vegetarian or vegan diets. No session Oct 12.

Instructor: Gigi Puen	Seniors Lounge
Su Sep 07-Oct 19	9:30 AM-11:00 AM
570486	\$161/6 sess
Su Sep 07-Oct 19	11:15 AM-12:45 PM
570487	\$161/6 sess
Su Oct 26-Nov 30	9:30 AM-11:00 AM
570488	\$161/6 sess
Su Oct 26-Nov 30	11:15 AM-12:45 PM
570489	\$161/6 sess



stock image

Glow Kids Pre Ballet 3 and 4 (Kindy Ballet)

(6-7 yrs)

Designed specifically for budding ballerinas and ballerinos, pre-ballet is an introduction to the fundamental technique and expressive beauty of classical ballet. In this nurturing and imaginative environment, children cultivate poise, coordination, and musicality while exploring the foundations of ballet positions, leaps, and turns. Students will need to re-register during Winter and Spring to stay in the program. No session Oct 11.

Instructor: Lia Fletcher	Dance Studio
Sa Sep 13-Nov 29	10:00 AM-10:40 AM
570458	\$110/11 sess

Glow Kids Ballet 1 and 2

(8-12 yrs)

Ballet is known to provide grace, poise, and technique needed to be proficient in all other areas of dance, and it is best introduced at a young age. This class is designed to help young dancers with posture, flexibility, fitness, balance, self-discipline, and self-confidence. Program runs from September to June to allow students to continue to build on their skills. Students will need to re-register during Winter and Spring to stay in the program. No session Oct 11.

Instructor: Lia Fletcher	Dance Studio
Sa Sep 13-Nov 29	10:45 AM-11:25 AM
570454	\$110/11 sess

Glow Kids – Dance Team Group 1

Solos

(6-8yrs)

Prerequisite: 4 years of pre-ballet and completed Royal Academy of Dance Pre-Primary and Primary Levels (or equivalent). Program runs from September to June to allow students to continue to build on their skills. Students will need to re-register during Winter and Spring to stay in the program. No session Oct 15.

Instructor: Lia Fletcher	Dance Studio
We Sep 10-Nov 26	4:15 PM-5:00 PM
570455	\$110/11 sess

Glow Kids – Dance Team Group 1

(6-8yrs)

Prerequisite: 4 years of pre-ballet and completed Royal Academy of Dance Pre-Primary and Primary Levels (or equivalent). Students will need to re-register during Winter and Spring to stay in the program. No session Oct 10, Oct 15, Oct 31.

Instructor: Lia Fletcher	Dance Studio
We Sep 10-Nov 26	5:00 PM-7:00 PM
578570	\$264/11 sess
Fr Sep 12-Nov 28	4:15 PM-5:15 PM
570456	\$120/10 sess

Glow Kids – Dance Team Group 4

(10-14 yrs)

Prerequisite: 5-9 years of Ballet and completed Royal Academy of Dance Grade 5+ Level (or equivalent). Also, 3+ years of acro and/or gymnastics, and one full term of pointe training. Students will need to re-register during Winter and Spring to stay in the program. No session Oct 11.

Instructor: Lia Fletcher	Dance Studio
Sa Sep 13-Nov 29	11:30 AM-12:30 PM
570457	\$132/11 sess

Hip Hop Moves & Grooves

(6-9 yrs)

Hip Hop Moves and Grooves: We will dance to big beats, play dance games, learn hip-hop moves and grooves, and have loads of fun in this beginner friendly dance class! Wear comfy clothing and please bring a water bottle and running shoes with non-marking soles. No session Sep 30, Nov 11.

Instructor: Endorphin Rush Dance	Dance Studio
Tu Sep 09-Oct 28	4:15 PM-5:00 PM
573202	\$84/7 sess
Tu Nov 04-Dec 16	4:15 PM-5:00 PM
573219	\$72/6 sess

K-Pop

(9-14 yrs)

This high-energy class is packed with iconic choreography, nonstop movement, and all the good vibes. Whether you're a BTS stan, a BLACKPINK babe, or just love to move, this is your place to shine. This class is beginner friendly! No session Sep 30, Nov 11.

Instructor: Endorphin Rush Dance	Dance Studio
Tu Sep 09-Oct 28	5:00 PM-5:45 PM
573226	\$84/7 sess
Tu Nov 04-Dec 16	5:00 PM-5:45 PM
573228	\$72/6 sess

Guitar/Ukelele- Private Lessons

(5+ yrs)

Tom is a local resident who is an experienced professional Guitar and Ukulele player and instructor. Students, all ages, of any skill level and beginner ukulele/guitar players are welcome! Each 30min private lesson will be tailored to your skill, age, ability and interests. Please bring your own instrument. For a child's first guitar, the instructor recommends a 1/2 size or 3/4 size classical guitar. Students will be asked to purchase their own music book. The instructor will let you know which book to purchase on the first class. No session Sep 30, Nov 11.

Instructor: Tom Cheng Board Room

Set 1:

Tu Sep 09-Oct 28	3:30 PM-4:00 PM
570460	\$182/7 sess
Tu Sep 09-Oct 28	4:00 PM-4:30 PM
570461	\$182/7 sess
Tu Sep 09-Oct 28	4:30 PM-5:00 PM
570462	\$182/7 sess
Tu Sep 09-Oct 28	5:00 PM-5:30 PM
571155	\$182/7 sess
Tu Sep 09-Oct 28	5:30 PM-6:00 PM
570464	\$182/7 sess
Tu Sep 09-Oct 28	6:00 PM-6:30 PM
571157	\$182/7 sess
Tu Sep 09-Oct 28	6:30 PM-7:00 PM
570466	\$182/7 sess
Tu Sep 09-Oct 28	7:00 PM-7:30 PM
570467	\$182/7 sess
Tu Sep 09-Oct 28	7:30 PM-8:00 PM
570468	\$182/7 sess

Set 2:

Tu Nov 04-Dec 16	3:30 PM-4:00 PM
571163	\$156/6 sess
Tu Nov 04-Dec 16	4:00 PM-4:30 PM
571165	\$156/6 sess
Tu Nov 04-Dec 16	4:30 PM-5:00 PM
571166	\$156/6 sess
Tu Nov 04-Dec 16	5:00 PM-5:30 PM
571167	\$156/6 sess
Tu Nov 04-Dec 16	5:30 PM-6:00 PM
571169	\$156/6 sess
Tu Nov 04-Dec 16	6:00 PM-6:30 PM
571171	\$156/6 sess
Tu Nov 04-Dec 16	6:30 PM-7:00 PM
571173	\$156/6 sess
Tu Nov 04-Dec 16	7:00 PM-7:30 PM
571175	\$156/6 sess
Tu Nov 04-Dec 16	7:30 PM-8:00 PM
571178	\$156/6 sess

STEM PROGRAMS

Game Makers Jr: Coding Video Games

(7-11 yrs)

"Game Makers Jr" is a hands-on course for kids to learn the basics of coding through game creation. Over 10 sessions, students explore loops, conditionals, events, and variables while designing, coding, and testing their own interactive games, boosting creativity, logic, and problem-solving skills. Requirements: Participants must bring their own laptop, Chromebook, or tablet (no more than 10"). No cellphones.

Instructor: Clara Regalado Multipurpose Room
We Sep 17-Nov 19 4:00 PM-5:00 PM
574704 \$170/10 sess

Game Makers Jr: Build & Play

(7-11 yrs)

"Build & Play" introduces kids to coding fundamentals through interactive lessons and fun game designs using Roblox. Over 10 sessions, children develop logic, problem-solving skills, and creativity while designing their own mini-games, learning real programming concepts through engaging, project-based, age-appropriate challenges while playing. No session Oct 13. Requirements: Participants must bring their own laptop, Chromebook, or tablet (no more than 10"). No cellphones.

Instructor: Clara Regalado Multipurpose Room
Mo Sep 15-Nov 24 4:00 PM-5:00 PM
574464 \$170/10 sess

Young Commander Chess

(5-13 yrs)

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 folder kit included. No session Sep 30, Nov 11.

Instructor: Joe Soliven Multipurpose Room
Starter/Beginner: 5-13 yrs, anyone with limited knowledge of chess basics
Tu Sep 09-Dec 09 4:00 PM-5:10 PM
570545 \$180/12 sess
Intermediate: 8-13 yrs, anyone proficient with chess tactics and advanced strategies.
Tu Sep 09-Dec 09 5:20 PM-6:30 PM
570544 \$180/12 sess

MARTIAL ARTS

Karate

(6+ yrs)

Mushin Karate is a martial art which teaches the traditional forms of Okinawan Karate, but also stays open to ideas from other styles. Classes are friendly and noncompetitive, suitable for men, women and children. Please register the half month program if you are only able to come one day a week. Fees are on a per month basis, each month may have different numbers of lessons. No session Oct 13

Instructor: Kim Fivelsdal Multipurpose Room
Beginner (Full Month)
Mo Th Sep 04-Sep 29 5:30 PM-6:30 PM
570498 \$79.5/8 sess
Mo Th Oct 02-Oct 30 5:30 PM-6:30 PM
570500 \$79.5/8 sess
Mo Th Nov 03-Nov 27 5:30 PM-6:30 PM
570499 \$79.5/8 sess
Mo Th Dec 01-Dec 18 5:30 PM-6:30 PM
572037 \$79.5/6 sess

Beginner (Half Month)

Mo Th Sep 04-Sep 29 5:30 PM-6:30 PM
570501 \$53/8 sess
Mo Th Oct 02-Oct 30 5:30 PM-6:30 PM
570494 \$53/8 sess
Mo Th Nov 03-Nov 27 5:30 PM-6:30 PM
570502 \$53/8 sess
Mo Th Dec 01-Dec 18 5:30 PM-6:30 PM
572038 \$53/6 sess

Advanced (Full Month)

Mo Th Sep 04-Sep 29 6:30 PM-7:30 PM
570492 \$79.5/8 sess
Mo Th Oct 02-Oct 30 6:30 PM-7:30 PM
570494 \$79.5/8 sess
Mo Th Nov 03-Nov 27 6:30 PM-7:30 PM
570493 \$79.5/8 sess
Mo Th Dec 01-Dec 18 6:30 PM-7:30 PM
572034 \$79.5/6 sess

Advanced (Half Month)

Mo Th Sep 04-Sep 29 6:30 PM-7:30 PM
570495 \$53/8 sess
Mo Th Oct 02-Oct 30 6:30 PM-7:30 PM
570497 \$53/8 sess
Mo Th Nov 03-Nov 27 6:30 PM-7:30 PM
570496 \$53/8 sess
Mo Th Dec 01-Dec 18 6:30 PM-7:30 PM
572036 \$53/6 sess

SPORTS

Tennis 4-6 yrs

(4-6 yrs)

Your child will be introduced to the fundamentals of basic Forehand and Backhand while developing eye & hand coordination through a variety of fun games and activities. This program is held indoors, in the gymnasium. The program is coordinated by Kris Santoso of Break Point Sports. You are encouraged to bring your own tennis racquet if you have one but will be provided a racquet by the instructor if you don't.

Instructor: Break Point Sports Gymnasium
We Sep 10-Oct 22 4:00 PM-5:00 PM
575312 \$105/7 sess
We Oct 29-Dec 10 4:00 PM-5:00 PM
575314 \$105/7 sess

Tennis 7-10 yrs

(7-10 yrs)

Your child will be introduced to the fundamentals of basic Forehand and Backhand while developing eye & hand coordination through a variety of fun games and activities. This program is held indoors, in the gymnasium. The program is coordinated by Kris Santoso of Break Point Sports. You are encouraged to bring your own tennis racquet if you have one but will be provided a racquet by the instructor if you don't.

Instructor: Break Point Sports Gymnasium
We Sep 10-Oct 22 5:00 PM-6:00 PM
575320 \$105/7 sess
We Oct 29-Dec 10 5:00 PM-6:00 PM
575321 \$105/7 sess

Sportball Basketball

(6-10 yrs)

Slam-dunk! Sportball Basketball introduces fundamental concepts of gameplay and teaches the basic skills required to hit the court with confidence in a supportive, non-competitive environment. Coaches zero in on skills like dribbling, passing, catching, shooting and defense in fun, exciting, skill-focused play. No session Oct 13.

Instructor: Sportball Vancouver Gymnasium
Mo Sep 15-Oct 27 4:45 PM-5:45 PM
570517 \$97.5/6 sess
Mo Nov 03-Dec 15 4:45 PM-5:45 PM
570519 \$113.75/7 sess

Badminton Beginner & Intermediate

(8-14 yrs)

A qualified instructor teaches all badminton skills, from the rules, strokes and serves to advanced footwork and strategy. This class is for beginners & intermediates and the class pace will be adjusted according to the needs of the participants. No session Sep 28, Oct 12, Nov 9.

Instructor: Stanley Kita Gymnasium
Su Sep 07-Dec 14 11:45 AM-12:45 PM
570421 \$120/12 sess
Su Sep 07-Dec 14 12:45 PM-1:45 PM
570422 \$120/12 sess

Saturday Ball Hockey

Come out and learn the fundamentals of hockey. Join us in this action packed non-contact game. Equipment supplied if needed. Drop in \$5.50, space permitting. Safety eye goggles are provided and must be worn.

Instructor: Edmond Leong Gymnasium
(6-8 yrs)
Sa Sep 13-Nov 29 11:45 AM-12:45 PM
570511 \$60/12 sess
(9-17 yrs)
Sa Sep 13-Nov 29 12:45 PM-1:45 PM
570512 \$60/12 sess



PRETEENS & YOUTH

SOCIAL

Adapted Social Time

(16+yrs)

This open social time is for individuals with complex disabilities and their support workers to socialize and relax in a safe, calm community space. Participants are welcome to use the space to exercise and connect with one another in a low stimulus environment. Drop-in \$3.25 + tax, space permitting. Maximum 6 spots (+ 6 attendants).

Instructor: No Instructor Board Room
W Sep 03-Dec 31 9:30 AM-1:00 PM
570412 \$40.5/18 sess

ARTS, EDUCATION & CULTURE

Origami

(9-14 yrs)

Learn how to make beautiful Origami Models! Origami is one of the traditional Japanese folk arts. Over the centuries, it has spread from person to person and has become an important part of Japanese culture. Origami is a mentally stimulating activity for all ages.

Instructor: Aiko Matsushiba Board Room
Th Sep 18-Oct 23 4:00 PM-5:00 PM
574050 \$90/6 sess



K-Pop

(9-14 yrs)

Step into the spotlight, feel the energy at K-Pop, the ultimate dance party where your favourite K-pop hits come to life! This high-energy class is packed with iconic choreography, nonstop movement, and good vibes. If you're a BTS stan, a BLACK-PINK babe, or just love to move, this is your place to shine. Beginner friendly! No class Sep 30, Nov 11.

Instructor: Endorphin Rush Dance Dance Studio
Tu Sep 09-Oct 28 5:00 PM-5:45 PM
573226 \$84/7 sess
Tu Nov 04-Dec 16 5:00 PM-5:45 PM
573228 \$72/6 sess

ATS Bellydance

(14+yrs)

ATS is a group improvised style of belly dance fun for all ages and all body types! Come learn basic moves and concepts in a safe, supportive environment. Drop in \$13 + tax, space permitting. No class Sep 30, Nov 11.

Instructor: Tonje Olson Dance Studio
Level 1
Tu Sep 09-Dec 09 7:00 PM-8:00 PM
570419 \$132/12 sess
Level 2
Tu Sep 09-Dec 09 8:10 PM-9:10 PM
570420 \$132/12 sess

Homework Club

(11-18 yrs)

Want to receive tutoring help with your school work for Grades 5 to 12? Angelina, our tutor, will be able to support you with your homework and assignments. Registration is required.

Instructor: Angelina Puen Board Room
W Sep 17-Dec 10 4:30 PM-6:00 PM
574045 FREE

LEADERSHIP

Kensington Youth Council

(13-18 yrs)

Are you looking to be positively involved and wanting to make a difference in your community? Kensington's Youth Council wants you to join them in organizing youth activities at our Centre, offering community service to our Centre and community and making a difference in the Kensington area! Please register.

Instructor: TBA Instructor Multipurpose Room
Sa Sep 06-Dec 20 12:10 PM-2:00 PM
574755 FREE

SPORTS

Badminton Beginner & Intermediate

(8-14 yrs)

A qualified instructor teaches all badminton skills, from the rules, strokes and serves to advanced footwork and strategy. This class is for beginners & intermediates and the class pace will be adjusted according to the needs of the participants. No session Sep 28, Oct 12, Nov 9.

Instructor: Stanley Kita Gymnasium
Su Sep 07-Dec 14 11:45 AM-12:45 PM
570421 \$120/12 sess
Su Sep 07-Dec 14 12:45 PM-1:45 PM
570422 \$120/12 sess

Saturday Ball Hockey

(9-17 yrs)

Come out and learn the fundamentals of hockey. Join us in this action packed non-contact game. Equipment supplied if needed. Drop in \$5.50, space permitting. Safety eye goggles are provided and must be worn.

Instructor: Edmond Leong Gymnasium
Sa Sep 13-Nov 29 12:45 PM-1:45 PM
570512 \$60/12 sess

FRIDAY DROP-IN SPORTS

Join us Fridays from Sep 5 to Dec 12 for an afternoon and evening full of free sports opportunities for pre-teens and youths. No registration required. Please note: no volleyball or basketball on Dec 5.



Pre-teen Badminton Drop-in
(11-14 yrs)
3:25 PM-4:40 PM



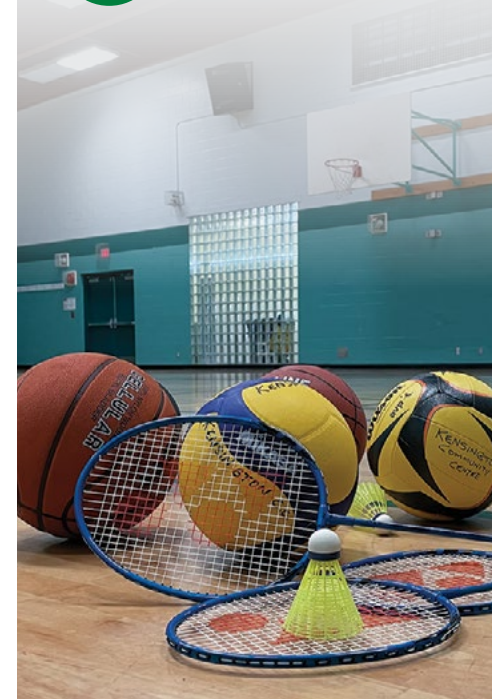
Youth Badminton Drop-in
(12-18 yrs)
4:45 PM-6:05 PM



Youth Volleyball Drop-in
(12-18.5 yrs)
6:15PM- 7:45PM



Youth Basketball Drop-in
(12-18.5 yrs)
8:00PM-9:30PM



ADULTS & SENIORS

ART, CULTURE & EDUCATION

Origami

(16+ yrs)

Learn how to make beautiful Origami Models! Origami is one of the traditional Japanese folk arts. Over the centuries, it has spread from person to person and has become an important part of Japanese culture. Origami is a mentally stimulating activity for all ages.

Instructor: Aiko Matsushiba Board Room
Fr Oct 31-Dec 5 7:00 PM-8:00 PM
574049 \$90/6 sess



Ceramic Button Workshop

(19+ yrs)

This is a 4 hour workshop spread out over 2 weeks that will give participants a chance to create their own unique handmade ceramic/pottery buttons. Participants will make different styles and sizes of buttons using tools, assorted clays and underglazes. Buttons will be finished by bisque firing for an unfinished natural look or clear glazed after bisque firing for a glossy finish.

Instructor: Heather Hackman Pottery Studio
Su Sep 07-Sep 14 9:30 AM-11:30 AM
574457 \$70/2 sess
Su Oct 19-Oct 26 9:30 AM-11:30 AM
574458 \$70/2 sess

Creating Sculptural Elements in Embroidery

(19+ yrs)

This embroidery workshop will work with beads to create raised elements on clothing or artwork. Add depth and creativity to your pieces and create new textures in your work. During this workshop you will learn how to choose materials, how to execute the stitches, and have creative brainstorming on your pieces.

Instructor: Vancouver Tool Library Multi. Room
W Nov 5 6:00 PM-7:30 PM
570819 \$45/1 sess
W Dec 10 6:00 PM-7:30 PM
570820 \$45/1 sess

Homemade Kombucha Brewing

(19+ yrs)

Want to make your own Kombucha but don't know how? In this Village Vancouver workshop with Eric Schwartz, we'll walk you through the key steps, answer your questions, and leave you prepared with basic knowledge and recipes you need to get your first successful batch of Kombucha brewing and tasting great. Plus, we'll provide handouts and on-line resources to support your learning. We'll have a community seed library present, pick up some free seeds for your garden, swap or donate seeds.

Instructor: Village Vancouver Seniors Lounge
Fr Sep 19 6:30 PM-8:00 PM
579868 \$25/1 sess



How To Make Kimchi

(19+ yrs)

In this Village Vancouver workshop with Amy Weeks, participants will learn to make a fresh kimchi that can be enjoyed the next day or stored in the fridge to ferment. Great for places that don't have access to a stove or full kitchen. We'll have a community seed library present, pick up some free seeds for your garden, swap or donate seeds. Fee includes cost of all materials.

Instructor: Village Vancouver Multi. Room
Fr Nov 21 6:30 PM-8:30 PM
579867 \$30/1 sess



Quick Pickles (Refrigerator Pickles)

(19+ yrs)

In this Village Vancouver workshop with Amy Weeks, participants will learn the basics of making a quick pickle in a mason jar, along with tips and tricks to ensure your pickles turn out crisp and delicious. This workshop is ideal for spaces without access to a stove or full kitchen. Each participant will make a jar of pickles to take home. We'll have a community seed library present, pick up some free seeds for your garden, swap or donate seeds. Fee includes cost of all materials.

Instructor: Village Vancouver Multi. Room
Tu Oct 21 7:00 PM-8:30 PM
579868 \$25/1 sess

Mah Jong

(55+ yrs)

Looking for an activity to meet new friends and learn to play a new game? Come join use for a game of mahjong. This event is community-led. It's a perfect place to make new friends, learn new games or have a chance to play with friends if you don't have the space at home! There are limited tables so we ask for everyone to share and take turns.

Instructor: Instructor Multi. Room
Su Sep 7-Dec 28 12:00 PM-3:30 PM
579624 FREE/17 sess

Guitar/Ukelele- Private Lessons

(15+ yrs)

Students, all ages, of any skill level and beginner ukulele/guitar players are welcome! Each 30min private lesson will be tailored to your skill, age, ability and interests. Please bring your own instrument. Students will be asked to purchase their own music book. Details first class. No session Sep 30, Nov 11.

Instructor: Tom Cheng

Board Room

Set 1:

Tu Sep 09-Oct 28	3:30 PM-4:00 PM
570460	\$182/7 sess
Tu Sep 09-Oct 28	4:00 PM-4:30 PM
570461	\$182/7 sess
Tu Sep 09-Oct 28	4:30 PM-5:00 PM
570462	\$182/7 sess
Tu Sep 09-Oct 28	5:00 PM-5:30 PM
571155	\$182/7 sess
Tu Sep 09-Oct 28	5:30 PM-6:00 PM
570464	\$182/7 sess
Tu Sep 09-Oct 28	6:00 PM-6:30 PM
571157	\$182/7 sess
Tu Sep 09-Oct 28	6:30 PM-7:00 PM
570466	\$182/7 sess
Tu Sep 09-Oct 28	7:00 PM-7:30 PM
570467	\$182/7 sess
Tu Sep 09-Oct 28	7:30 PM-8:00 PM
570468	\$182/7 sess

Set 2:

Tu Nov 04-Dec 16	3:30 PM-4:00 PM
571163	\$156/6 sess
Tu Nov 04-Dec 16	4:00 PM-4:30 PM
571165	\$156/6 sess
Tu Nov 04-Dec 16	4:30 PM-5:00 PM
571166	\$156/6 sess
Tu Nov 04-Dec 16	5:00 PM-5:30 PM
571167	\$156/6 sess
Tu Nov 04-Dec 16	5:30 PM-6:00 PM
571169	\$156/6 sess
Tu Nov 04-Dec 16	6:00 PM-6:30 PM
571171	\$156/6 sess
Tu Nov 04-Dec 16	6:30 PM-7:00 PM
571173	\$156/6 sess
Tu Nov 04-Dec 16	7:00 PM-7:30 PM
571175	\$156/6 sess
Tu Nov 04-Dec 16	7:30 PM-8:00 PM
571178	\$156/6 sess

DANCE

ATS Bellydance Level 1

(14+ yrs)

ATS is a group improvised style of belly dance fun for all ages and all body types! Come learn basic moves and concepts in a safe, supportive environment. Drop in \$13 + tax, space permitting. No class Sep 30, Nov 11.

Instructor: Tonje Olson Dance Studio

Level 1:

Tu Sep 09-Dec 09 7:00 PM-8:00 PM
570419 \$132/12 sess

Level 2:

Tu Sep 09-Dec 09 8:10 PM-9:10 PM
570420 \$132/12 sess

Adult Hip Hop Fundamentals

(16+ yrs)

All hip hop enthusiasts unite! Dancers will refine their technique through Hip Hop fundamentals, learning choreography, footwork, isolations, stretches and more! Enjoy great tunes and good vibes while working up a sweat and meeting new friends along the way. Open level, beginner friendly. Drop-in \$18, if space permits. No session Sep 30.

Instructor: Endorphin Rush Dance Dance Studio

Tu Sep 16-Oct 28 5:45 PM-6:45 PM
573275 \$90/6 sess

Tu Nov 18-Dec 16 5:45 PM-6:45 PM
573278 \$75/5 sess

Trial sessions:

Tu Sep 09-Sep 09 5:45 PM-6:45 PM
572800 \$5/1 sess

Tu Nov 04-Nov 04 5:45 PM-6:45 PM
573274 \$5/1 sess

Zumba Gold/ Gold Toning

(45+ yrs)

This low-impact dance-fitness class is for beginners and seniors. Dance easy-to-follow moves to zesty Latin music like salsa, cha cha and merengue and Rock & Roll. Improve your balance, strength, flexibility and most importantly, heart in this "feel-happy" workout that is great for both the body and the mind. Drop-in \$8.50 + tax. Please register early to avoid cancellation of the class.

Instructor: Kayo Echizenya Dance Studio

W Sep 3-Sep 24 11:30 AM-12:30 PM
579588 \$28/4 sess

W Oct 1-Oct 29 11:30 AM-12:30 PM

579589 \$35/5 sess

W Nov 5-Nov 26 11:30 AM-12:30 PM

579590 \$28/4 sess

W Dec 3-Dec 17 11:30 AM-12:30 PM

579591 \$21/3 sess

Ballet Flow: Grace in Motion

(16+ yrs)

Ballet Flow: Grace in Motion Ease into elegance with Ballet Flow, a ballet-inspired movement class designed for adults of all levels. This 60-minute session blends fluid, dance-based sequences with gentle strength and stretch work to awaken your posture, core, and coordination. Drop-in \$18, if space permits. No session Sep 30.

Instructor: Endorphin Rush Dance Dance Studio

Tu Sep 16-Oct 28 1:15 PM-2:15 PM

572439 \$90/6 sess

Tu Nov 18-Dec 16 1:15 PM-2:15 PM

572795 \$75/5 sess

Trial sessions:

Tu Sep 09-Sep 09 1:15 PM-2:15 PM

572434 \$5/1 sess

Tu Nov 04-Nov 04 1:15 PM-2:15 PM

572796 \$5/1 sess

Intro to Latin Dance

(16+ yrs)

Intro to Latin Dance: Samba, Salsa, Mambo and Bachata: No Partner Required. Latin Dancers and Enthusiasts enjoy a fun, and stress-free Latin dance experience under the guidance of a professional dance leader. Through the session your dance technique and vocabulary will improve in the styles of Samba, Salsa, Mambo, and Bachata. All levels are welcome. We'll be dancing solo while improving our basics. Drop-in \$18, if space permits. No session Sep 30.

Instructor: Endorphin Rush Dance Dance Studio

Tu Sep 16-Oct 28 2:15 PM-3:15 PM

572806 \$90/6 sess

Tu Nov 18-Dec 16 2:15 PM-3:15 PM

572809 \$75/5 sess

Trial sessions:

Tu Sep 09-Sep 09 2:15 PM-3:15 PM

573283 \$5/1 sess

Tu Nov 04-Nov 04 2:15 PM-3:15 PM

572805 \$5/1 sess

Chinese Classical Dance

(19+ yrs)

The mission of Chinese Classical dance is to serve as a bridge to anyone who wishes to understand and appreciate the beauty of Chinese culture. It is not just about twisting the body, but expressing the inner world of artistic characters through basic dance techniques introduced. Come with comfortable dance/exercise wear, and soft dance practice shoes. \$12 drop-in, space permitting. No session Oct 13

Instructor: Chun (Margaret) Pan Dance Studio

Mo Sep 08-Dec 15 6:15 PM-7:45 PM

570443 \$140/14 sess

Chinese Folk Dance

(19+ yrs)

This class starts from the beginner and focuses on the foundation, including basic position, basic movement, stretch and strength, based on ballet basics. No experience is required. Come with comfortable dance/exercise wear, and soft dance practice shoes. Drop in \$11 + tax, space permitting.

Instructor: Chun (Margaret) Pan Dance Studio

Sa Sep 06-Dec 13 1:00 PM-2:30 PM

570444 \$135/15 sess

International Line Dance

(45+ yrs)

This is a mixed level class. A combination of dances from various Chinese groups including: figure dance, ethnic dance, fan dance and aerobics. This mixed level exercise class is taught in English and Chinese. Drop in \$5.00 + tax, space permitting. No class Sep 30, Nov 11.

Instructor: Jing Fung Dance Studio

Tu Sep 02-Dec 30 (Mixed Level) 9:15 AM-10:15 AM

570478 \$60.8/16 sess

Tu Sep 02-Dec 30 (Beg Level) 10:20 AM-11:20 AM

570477 \$60.8/16 sess

We Sep 03-Dec 31 (Mixed Level) 9:15 AM-10:15 AM

570480 \$68.4/18 sess

Th Sep 04-Dec 18 (Mixed Level) 9:15 AM-10:15 AM

570479 \$60.8/16 sess

Th Sep 04-Dec 18 (Beg Level) 10:20 AM-11:20 AM

571670 \$60.8/16 sess

International Performance Dance

(45+ yrs)

This is a beginner level class. Various ethnic dance exercise taught in English and Chinese. Drop in \$5.00 + tax, space permitting. No class Oct 13.

Instructor: Jing Fung Dance Studio

Mo Sep 08-Dec 29 (Beg Level) 9:15 AM-10:15 AM

570481 \$60.8/16 sess

We Sep 03-Dec 31 (Mixed Level) 10:20 AM-11:20 AM

570482 \$68.4/18 sess

Social Dance with Partners

(19+ yrs)

Join us for social ballroom dance and meet new friends! This program is non-instructional. Drop in \$2.00 + tax, space permitting.

Instructor: Jing Fung Gymnasium

Fr Sep 05-Dec 12 1:00 PM-2:45 PM

571683 \$22.5/15 sess

Social Dance- Partners with

Lessons (Beginner)

(45+ yrs)

Course content includes: Cha Cha with three steps, Traditional Tango (beginner, intermediate), Jive with four steps, Jive with Six Steps, Slow four steps, Four steps (M), Joyful of three steps, Festivals dance, Hand to Hand (similar to Salsa style), Mambo, Easy three steps. Drop in \$5.00 + tax, space permitting.

Instructor: Jing Fung Dance Studio

Th Sep 04-Dec 18 1:00 PM-2:30 PM

570515 \$60.8/16 sess

International Social Dance with

Lessons

(45+ yrs)

Courses content includes: Cha Cha (beginners, intermediate, performance), Rumba (beginners, intermediate, performance), Waltz (beginners, intermediate, performance), Tango (beginners, intermediate), Paso doble (beginners, intermediate, performance), Jive (beginners, intermediate, performance), Foxtrot, Samba (beginner, intermediate), Quick step four, Quick step three. Classes are taught in Cantonese, Mandarin and English. Drop in \$5.00 + tax, space permitting. No session Oct 13.

Instructor: Jing Fung Dance Studio

Mo Sep 08-Dec 29 10:30 AM-12:00 PM

570483 \$60.8/16 sess

Fr Sep 05-Dec 12 11:20 AM-12:50 PM

570484 \$57/15 sess

International Dance and Line Dance with Lessons

(19+ yrs)

This class will include Line Dance and International Dance. Drop in \$5.00 + tax, space permitting.

Instructor: Jing Fung Gymnasium
We Sep 03-Dec 10 1:15 PM-3:00 PM
570475 \$57/15 sess



FITNESS & HEALTH

Mindfulness & Meditation- A Return to Stilness

(19+ yrs)

This course offers a gentle introduction to mindfulness and meditation, with a focus on rest, breath, and being present with yourself-- just as you are, with openness and non-judgement. Together, we'll explore how practices like welcoming boredom, mindful breathing, and tuning in to the body can help us reconnect with a sense of calm, spaciousness, and clarity-- both in quiet moments and in everyday life. No experience is necessary. Come as you are: curious, tired, skeptical, or unsure. All are welcome! See online description for course content.

Fr Sep 05-Sep 26 7:30 PM-8:45 PM
574749 \$8/4 sess
Fr Oct 10-Oct 31 7:30 PM-8:45 PM
576590 \$8/4 sess
Fr Nov 14-Dec 05 7:30 PM-8:45 PM
576591 \$8/4 sess

Kundalini Yoga

(19+ yrs)

Kundalini Yoga combines breath, rhythmic movement and postures to energize the body, calm the mind and improve overall well-being. Each class includes warm-up exercises, dynamic yoga set and relaxation. Jeremy has been teaching yoga at Kensington Community Centre since 1998. Drop-in \$12 + tax, space permitting.

Instructor: Jeremy Blaine Dance Studio
We Oct 01-Oct 29 7:30 PM-9:00 PM
576542 \$45.4/4 sess
We Nov 05-Nov 26 7:30 PM-9:00 PM
576549 \$45.4/4 sess
We Dec 03-Dec 17 7:30 PM-9:00 PM
576554 \$34.05/3 sess

Vinyasa Flow Yoga

(19+ yrs)

Vinyasa is a style of yoga characterized by stringing postures together, so that you move from one to another, seamlessly, using breath. Vinyasa is about harmony, balance and fluidity. Considered a moving meditation, this yoga style is a breath synchronized practice that cultivates heat in the body with creative sequences involving sun salutations, standing and seated postures, back bending, balancing postures, and a strong focus on the power of breath awareness. Drop-in: \$13.50 + tax.

Instructor: Laura Arroyo Dance Studio
Th Sep 11-Oct 23 7:00 PM-8:00 PM
578007 \$80.5/7 sess
Th Oct 30-Dec 11 7:00 PM-8:00 PM
578010 \$69/6 sess

Hatha Yoga

(19+ yrs)

In this all-level Hatha yoga class we engage in a balanced practice of yoga postures, breathing exercises, and meditation to improve flexibility, strength, muscle tone, and connection to yourself. Bring your own yoga mats and blocks. If needed, a limited number of mats and blocks are available for lending. Drop-in \$15+ tax, space permitting.

Instructor: Nancy Kang Board Room
Sa Sep 06-Oct 04 11:00 AM-12:10 PM
578181 \$65/5 sess
Sa Nov 29-Dec 13 11:00 AM-12:10 PM
578185 \$39/3 sess

Beginners Yoga

(19+ yrs)

If you have never tried yoga before or found all-level classes too difficult/fast to follow, this Beginners Only Yoga class is the right place for you. This will be a very slow paced class that focuses mainly on learning and repeating basic yoga postures and movements, practicing basic breathing/relaxation techniques, and helping our body and mind learn to relax and heal. Bring your own yoga mats and blocks. If needed, a limited number of mats and blocks are available for lending. Drop-in \$15 + tax, space permitting.

Instructor: Nancy Kang Board Room
Sa Sep 06-Oct 04 10:00 AM-10:45 AM
578157 \$65/5 sess
Sa Nov 29-Dec 13 10:00 AM-10:45 AM
578164 \$39/3 sess



MARTIAL ARTS

Tai Chi Yang Style 1 & 2

(19+ yrs)

This class will introduce and expand on Tai Chi Yang Style, Tai Chi Sword and Kung Fu Fan. Another form of Chinese exercise, Qi Gong Ba Duan Jin, will also be taught. Tai Chi improves strength, flexibility, balance and coordination. Slow and relaxing movements improve posture, breathing and energy flow. Suitable for all ages and fitness levels. Instructor speaks English and Chinese.

Instructor: Michael Chiao Gymnasium
Su Sep 07-Dec 14 9:15 AM-11:30 AM
570530 \$90/15 sess

Karate

(14+ yrs)

Mushin Karate is a martial art which teaches the traditional forms of Okinawan Karate, but also stays open to ideas from other styles. Classes are friendly and noncompetitive, suitable for men, women and children. Please register the half month program if you are only able to come one day a week. Fees are on a per month basis, each month may have different numbers of lessons. No session Oct 13

Instructor: Kim Fivelsdal Multipurpose Room
Beginner (Full Month)
Mo Th Sep 04-Sep 29 5:30 PM-6:30 PM
570498 \$90.10/8 sess
Mo Th Oct 02-Oct 30 5:30 PM-6:30 PM
570500 \$90.10/8 sess
Mo Th Nov 03-Nov 27 5:30 PM-6:30 PM
570499 \$90.10/8 sess
Mo Th Dec 01-Dec 18 5:30 PM-6:30 PM
572037 \$90.10/6 sess

Beginner (Half Month)
Mo Th Sep 04-Sep 29 5:30 PM-6:30 PM
570501 \$79.50/8 sess
Mo Th Oct 02-Oct 30 5:30 PM-6:30 PM
570494 \$79.50/8 sess
Mo Th Nov 03-Nov 27 5:30 PM-6:30 PM
570502 \$79.50/8 sess
Mo Th Dec 01-Dec 18 5:30 PM-6:30 PM
572038 \$79.50/6 sess

Advanced (Full Month)
Mo Th Sep 04-Sep 29 6:30 PM-7:30 PM
570492 \$90.10/8 sess
Mo Th Oct 02-Oct 30 6:30 PM-7:30 PM
570494 \$90.10/8 sess
Mo Th Nov 03-Nov 27 6:30 PM-7:30 PM
570493 \$90.10/8 sess
Mo Th Dec 01-Dec 18 6:30 PM-7:30 PM
572034 \$90.10/6 sess

Advanced (Half Month)
Mo Th Sep 04-Sep 29 6:30 PM-7:30 PM
570495 \$79.50/8 sess
Mo Th Oct 02-Oct 30 6:30 PM-7:30 PM
570497 \$79.50/8 sess
Mo Th Nov 03-Nov 27 6:30 PM-7:30 PM
570496 \$79.50/8 sess
Mo Th Dec 01-Dec 18 6:30 PM-7:30 PM
572036 \$79.50/6 sess

SPORTS

Adult Basketball

(19+ yrs)

Join us for Adult Basketball. If full; waitlist registration begins at 5:45pm in person. Please note that registered participants have until 7:55pm to arrive or their spot will be sold to drop-in participants. Register for the season to guarantee your spot. This program is non-instructional. Drop-in \$5.75 + tax. No session Oct 13.

Instructor: No Instructor Gymnasium
Mo Sep 08-Dec 29 7:45 PM-9:05 PM
570413 \$68/16 sess

Adult Open Gym Basketball

(19+ yrs)

Drop-in and shoot some hoops. Four hoops available. Please bring your own basketball. Drop-in \$3.25 + tax per session. No online registration; please call 604-718-6201 or visit the front desk. No session Sep 30, Nov 11, Dec 25, Dec 26.

Instructor: No Instructor Gymnasium
Tu Sep 02-Dec 30 7:45 PM-9:05 PM
Th Sep 04-Dec 18 12:30 PM-3:15 PM
Fr Sep 05-Dec 19 9:15 AM-12:45 PM

Adult Volleyball

(19+ yrs)

Looking to play volleyball recreationally or just want to have some fun? Join us for Adult Volleyball (2 x 44' courts). If full; waitlist registration begins at 4:15pm in person. Please note that registered participants have until 6:25pm to arrive or their spot will be sold to drop-in participants. Register for the season to guarantee your spot. Drop-ins \$6.00 + tax. Please note: this program is meant for casual and not competitive play. Please bring your own volleyball as volleyballs will not be provided. No session Oct 13.

Instructor: No Instructor Gymnasium
Mo Sep 08-Dec 22 6:15 PM-7:30 PM
570418 \$67.5/15 sess
Th Sep 04-Dec 18 7:45 PM-9:05 PM
570417 \$72/16 sess

Badminton Court Booking/Drop-in

(19+ yrs)

Badminton court booking for recreational badminton. This program is non-instructional. Three courts are available for booking. Registering for this activity guarantees you and your partner(s) a court, however, court choice are first come first serve. Please arrive no earlier than 10 minutes prior to your court booking time to choose the court you will use for the day. If any courts are not registered for, you are able to drop-in and book the court for the day and play, no earlier than 15 minutes before the booking time starts. Daily court drop-in \$9 + tax. If you are unable to attend a court booking session, please phone 604-718-6201 to let the front desk know so that the court can be opened up for drop in for the day. No session Oct 13, Sep 30, Nov 11

Instructor: No Instructor Gymnasium
Mo Sep 08-Nov 03 9:10 AM-10:10 AM
570442 \$61.28/8 sess
Mo Sep 08-Nov 03 10:15 AM-11:15 AM
570426 \$61.28/8 sess
Mo Sep 08-Nov 03 11:20 AM-12:20 PM
570430 \$61.28/8 sess
Mo Nov 10-Dec 29 9:10 AM-10:10 AM
570431 \$61.28/8 sess
Mo Nov 10-Dec 29 10:15 AM-11:15 AM
570432 \$61.28/8 sess
Mo Nov 10-Dec 29 11:20 AM-12:20 PM
570433 \$61.28/8 sess
Tu Sep 02-Oct 28 9:10 AM-10:10 AM
570425 \$61.28/8 sess
Tu Sep 02-Oct 28 10:15 AM-11:15 AM
570423 \$61.28/8 sess
Tu Sep 02-Oct 28 11:20 AM-12:20 PM
570429 \$61.28/8 sess
Tu Nov 04-Dec 30 9:10 AM-10:10 AM
570434 \$61.28/8 sess
Tu Nov 04-Dec 30 10:15 AM-11:15 AM
570435 \$61.28/8 sess
Tu Nov 04-Dec 30 11:20 AM-12:20 PM
570436 \$61.28/8 sess
We Sep 03-Oct 22 7:00 PM-8:00 PM
570427 \$61.28/8 sess
We Sep 03-Oct 22 8:10 PM-9:10 PM
570428 \$61.28/8 sess
We Oct 29-Dec 17 7:00 PM-8:00 PM
570437 \$61.28/8 sess
We Oct 29-Dec 17 8:10 PM-9:10 PM
570605 \$61.28/8 sess

Pickleball- All Skill Levels

(19+ yrs)

Get active playing this exciting and popular sport. Pickleball is an easy to learn game played on a badminton court with a lowered net, a whiffle ball and large hand held paddles. This program is non-instructional. Drop in \$4.50+ tax, space permitting. Note: This is non-competitive activity in a supportive and inclusive environment. Participants of all skill and ability levels are welcome and encouraged to engage in the activity at their own pace and comfort level. No session Sep 30, Oct 13, Nov 11.

Facilitator: Gary Cummings Gymnasium
Mo Sep 08-Dec 29 1:00 PM-3:30 PM
570506 \$56/16 sess
Tu Sep 02-Dec 30 12:30 PM-3:20 PM
570507 \$56/16 sess
Th Sep 04-Dec 18 3:30 PM-5:45 PM
570508 \$56/16 sess



Saturday Ball Hockey

(18+ yrs)

Join us for a fun game of hockey! Players will be divided into two teams and engage in a high intensity non-contact game. Eye protection is required for players under 19 years of age and is provided. For players over 19 years of age, eye protection is strongly recommended. Drop in \$6.50 + tax, space permitting.

Instructor: Edmond Leong Gymnasium
Sa Sep 13-Nov 29 2:00PM-3:45 PM
570513 \$72/12 sess

1.0-1.5 NTRP- Adult Beginner Tennis Lessons (Level 1)

(18+ yrs)

For players with little-to-no previous tennis experience. Based on Tennis Canada's progressive tennis methodology, the Precision Tennis "Adult Beginner Level 1" class develops the basics of rallying (forehand and backhand) with a heavy emphasis placed on consistency and the ability to hold a long exchange. Students are encouraged to bring own tennis rackets. Extra rackets available upon request (email hello@precisiontennis.ca or text 236-515-6520) See you on the courts!

Instructor: Precision Tennis Inc. Gymnasium
We Sep 03-Oct 22 9:00 AM-10:00 AM
570404 \$316/8 sess
We Sep 03-Oct 22 11:00 AM-12:00 PM
570405 \$316/8 sess
We Oct 29-Dec 17 9:00 AM-10:00 AM
570407 \$316/8 sess
We Oct 29-Dec 17 11:00 AM-12:00 PM
570406 \$316/8 sess

1.0-1.5 NTRP- Women's Beginner Tennis Lessons (Level 1)

(18+ yrs)

For women with little-to-no previous tennis experience. Based on Tennis Canada's progressive tennis methodology, the Precision Tennis "Women's Beginner Level 1" class develops the basics of rallying (forehand and backhand) with a heavy emphasis placed on consistency and the ability to hold a long exchange. Students are encouraged to bring own tennis rackets. Extra rackets available upon request (email hello@precisiontennis.ca or text 236-515-6520).

Instructor: Precision Tennis Inc. Gymnasium
We Sep 03-Oct 22 10:00 AM-11:00 AM
570408 \$316/8 sess
We Sep 03-Oct 22 12:00 PM-1:00 PM
570411 \$316/8 sess
We Oct 29-Dec 17 10:00 AM-11:00 AM
570409 \$316/8 sess
We Oct 29-Dec 17 12:00 PM-1:00 PM
570410 \$316/8 sess

ALL BODIES COMMUNITY RECREATION & FITNESS



ABC Group Photo

We are an inclusive, choice-based, community-anchored, health and wellness program welcoming all abilities, genders, ages, shapes, and sizes. Our workouts are never meant to be punishing, we offer scalable easy to follow exercises designed to develop confidence and a foundation for health, fitness, or performance. We teach skills and movements transferable to the "gym" and other activities. Our Learn to Play Sports are for folks wanting to return to or try a sport for the first time.

You can participate in ABC core programs by registering on the seasonal "Master Roster", and paying with one of the following methods: Purchase an ABC flexipass (providing access to the Vancouver Park Board's arenas, pools and fitness centres); purchase an ABC 10 visit usage card (good for 10 classes); or purchase and ABC Drop-in. Please be sure to scan your pass, give your receipt or bracelet to the instructor, and sign the attendance roster. Program instructors are subject to change.



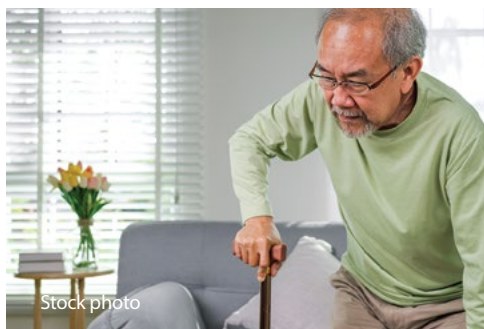
Stock photo

Walk Strong and Balance

(19+ yrs)

ABC Core Program - Please bring your walking aids. Join us to build your strength, balance and confidence while walking on an even surface. This class will warm you up and provide various walking challenges so you can gradually build your strength and endurance, and it will include rest and recovery stops.

Instructor: Alexa Uhrich Dance Studio
We Sep 10-Dec 17 1:30 PM-2:30 PM
Master Roster 573548 ABC Drop-in,
ABC10 Pass Card, or ABC Flexi-Pass



Stock photo

Stand Strong and Balance

(19+ yrs)

ABC Specialty Program - A workout for the wise - Want to be active but are afraid of falling? Join us 1 or 2 times per week (we recommend 2) to practice your balance and build your strength and confidence in standing and walking. Please bring your walking aids. Class size is limited.

Instructor: Alexa Uhrich Dance Studio
We Sep 10-Dec 17 2:45 PM-3:45 PM
573555 Adult: \$118.95/15 sess
Senior: \$82.95/15 sess

Recumbent Group

(19+ yrs)

ABC Core Program by invitation only - for folks with very limited mobility or challenges requiring alternate workout options. No Class Sep 30, Nov 11.

Instructor: Sara Doherty Fitness Centre
Tu/Th Sep 09-Dec 18 5:00 PM-6:00 PM
Master Roster 573548 ABC Drop-in,
ABC 10 Pass Card, or ABC Flexi-Pass

Recumbent Group - Circuit

(19+ yrs)

ABC Core Program by invitation only - for folks with very limited mobility or challenges requiring alternate workout options. No class Oct 12, 2025

Instructor: ABC Instructor Fitness Centre
Su Sep 14-Dec 14 11:30 PM-12:30 PM
Master Roster 573548 ABC Drop-in,
ABC 10 Pass Card, or ABC Flexi-Pass

Strength and Core

(19+ yrs)

ABC Core Program - Canadian guidelines recommend resistance training major muscle groups at least 2 times per week. Using a variety of equipment and bodyweight with an ongoing variety of exercises you'll develop and maintain a strong foundation for daily activities and challenges.

Instructor: Devon Gifford Fitness Centre
Tu/Th Sep 09 - Dec 18 6:00 PM-7:00 PM
Master Roster 573548 ABC Drop-in,
10 ABC Pass Card, or ABC Flexi-Pass

Qi Gong

(19+ yrs)

ABC Core program - Combining body movement, mental focus, and controlled breathing to improve strength, balance, flexibility and overall health.

Instructor: Sprina Fu Multi Purpose Room
We Sep 10 - Dec 17 11:30 PM-12:30 PM
Master Roster 573548 ABC Drop-in, ABC 10 Pass
Card, or ABC Flexi-Pass

For more info about these and other ABC programs, schedules, changes, and program updates scan the QR code:



Yoga and Relaxation

(19+ yrs)

ABC Core program - Safe, easy to follow yoga poses with guidelines and tips to continue or help you start your yoga practice. 1st class of the month welcomes newcomers, please arrive 15 minutes early to meet the instructor.

Instructor: Sharon Babu Dance Studio
Fr Sep 12-Dec 19 5:30 PM-6:45 PM
Master Roster 573548 ABC Drop-in, ABC 10 Pass
Card, or ABC Flexi-Pass

Sehatmand te Taqatvar (Healthy and Strong) in Punjabi & Hindi

(19+ yrs)

ABC Core Program - This class, led in Punjabi and Hindi is perfect for adults seeking a culturally supportive fitness experience for better health and function. Gentle Introduction to Physical Activity in an inclusive and welcoming environment. Thoughtful coaching offers various exercise options, including chair and standing options to ensure everyone feels included and supported. Includes exercises to improve balance and reduce fall risk while emphasizing technique and control. No class Oct 13.

Instructor: Kate Lee with Volunteers Board Room
Mo Sep 15-Dec 15 11:00 AM-12:00 PM
Master Roster 573548 ABC Drop-in,
ABC10 Pass Card, or ABC Flexi-Pass



stock image

FITNESS CENTRE

Kensington's fitness centre is well-equipped with the standard array of fitness equipment common to most Vancouver parks & rec facilities. Our equipment includes: 7 walk/run treadmills; 1 step/climb adjusting elliptical machine (Precor); 7 walk/run/step elliptical machines; 1 seated elliptical step machine for adapted fitness (Octane); 2 seated upper body/lower body machine for adapted fitness (SCIFIT, NuStep); 2 step/climb machine (LifeFitness); 3 rowing machines (Concept2); 2 indoor spin bicycles (Keiser); 3 indoor bicycles: upright position; 3 indoor bicycles: recumbent position; strength-training machines for upper and lower body (Hammer Strength, LifeFitness); strength circuit machines, ideal for adapted fitness (LifeFitness); functional training props, weights, and machines, stretching mats.

Fitness Centre Hours

April 1 to August 31, 2025

Monday 7:30 AM – 9:30 PM
 Tuesday 7:30 AM – 9:30 PM
 Wednesday 7:30 AM – 9:30 PM
 Thursday 7:30 AM – 9:30 PM
 Friday 7:30 AM – 9:30 PM
 Saturday and Sunday 9:00 AM – 4:00 PM

Fitness Centre Holiday & Special Hours

Sep 1, Sep 30, Oct 13, Nov 11 Closed

FREE FITNESS CONSULTATIONS

Take advantage of our free fitness consultations! Reach your fitness goals with our new consultation package. Call ahead to book up to 3 sessions with our highly trained Fitness Centre staff. FREE with drop-in admission or included with your pass. In your first session, learn how to use the equipment, get a personalized fitness program, and receive a card to track your progress. At your next session, our staff will monitor your exercise technique and answer any questions about your fitness program.



FITNESS CENTRE PROGRAMS

Happy Hearts Programs

Exercise programs for individuals who have recently completed a medically supervised cardiac rehab program and would like to benefit from ongoing peer support and guidance provided by experienced fitness leaders. Registration is FREE but you must have a current Happy Hearts Flexi-pass to participate in the program.

Happy Hearts - Maintenance

572711	Mo Sep 8-Dec 22	8:30 AM-9:30 AM
572712	Mo Sep 8-Dec 22	11:00 AM-12:00 PM
572701	Tu Sep 2-Dec 23	8:30 AM- 9:30 AM
580642	Tu Sep 2-Dec 23	9:45 AM-10:45 AM
572708	Sa Sep 6-Dec 20	11:00 AM-12:00 PM

Happy Hearts - Plus

572710	Mo Sep 8-Dec 22	9:45 AM-10:45 AM
572709	Tu Sep 4-Dec 18	2:00 PM-3:00 PM

PERSONAL TRAINING

Improve your health and wellness with support from our qualified and experienced personal trainers. Our trainers will work with you to develop a customized fitness plan designed to meet your fitness goals and fit your busy schedule. Whether you are a beginner, overcoming a plateau, rehabilitating from an injury or looking for sport-specific workouts, our trainers will motivate and support you in each 1 hour session.

SMALL GROUP PERSONAL TRAINING

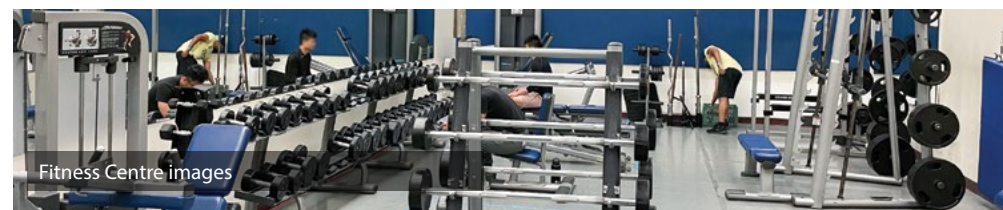
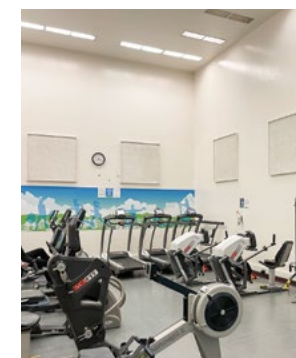
Try out our new small group personal training and enjoy the same intimate coaching experience as a personal training session but at a reduced cost. Training as a group provides a comfortable support system where you can encourage one another and foster some healthy competition!

Fitness Centre / Pool Fees

Type	Single-visit	10-visit pass	Flexipass 1 month	Flexipass 3 month	Flexipass 12 month
Adult (19-64 years)	\$7.93	\$71.37	\$64.15	\$173.21	\$554.26
Senior (65+ years)	\$5.55	\$49.95	\$44.91	\$121.25	\$387.98
Youth (13-18 years)	\$5.55	\$49.95	\$44.91	\$121.25	\$387.98
Child (5-12 years)	\$3.97	\$37.73	\$32.08	\$86.61	\$277.13
Preschool (0-4 years)	FREE	Please note: You must be 13 years or older to use the Fitness Centre			
Family	\$3.97/person, \$7.93 minimum				

Personal Training Rates

Duration	Private	Semi-private	Group
1 Session	\$65.98	\$98.93	\$138.78
3 Sessions	\$182.83	\$274.29	\$376.70
5 Sessions	\$294.07	\$452.85	\$545.18
10 Sessions	\$527.90	\$841.00	\$991.22



Fitness Centre images

POOL

Our leisure pool is shallow, small, warm and comfortable. It is a perfect pool for beginners of any age to learn and play. It is 15 metres long and the depth varies from 0.75 to 1.5 metres. Our facility also includes a hot tub, sauna, accessible showers, stair entry into the pool and the windows look out onto a patio garden. The 15-metre long pool does not include lanes for swimming lengths. Please note, Kensington Pool only offers Jellyfish to Orca, Swimmer 1-2, and Adult 1.

Pool Hours of Operation

Sep 8, 2025 to Dec 14, 2025

Mon, Wed, Fri 10:00 AM – 6:00 PM
Tue, Thu 9:00 AM – 8:00 PM
Saturday and Sunday 9:00 AM – 4:00 PM

Pool Holiday & Special Hours

Mon Sep 1, 2025 Closed
Tue Sep 30, 2025 Closed
Mon Oct 13, 2025 Closed
Wed Oct 15, 2025 10:00 PM – 4:00 PM
Thu Nov 6, 2025 9:00 AM – 4:00 PM
Tue Nov 11, 2025 Closed

ONECARD

OneCard is a single card providing universal access to pools, rinks and fitness centres across the Park Board network of community centres, etc. OneCard can be loaded with any of the Park Board's Flexipass options and 10 visit passes, and also includes the built-in 50 percent subsidy, for those who qualify, as a part of the Park Board's Leisure Access program for those with financial barriers.

FLEXIPASS INFORMATION

Get unlimited admission to public sessions at Park Board fitness centres, indoor and outdoor pools and ice rinks with a monthly Flexipass.

LEISURE ACCESS POLICY

The Leisure Access Policy ensures residents of Vancouver access to Park Board sponsored programs and services regardless of one's ability to pay. For information contact the community centre office.

SWIM LESSON REGISTRATION

Registration for swimming lessons begins:

Tue Aug 26, 2025 @ 7:00pm

A Note on Refunds:

- Full refunds up to five days prior to program start
- Partial refund within four days of program start or before second class
- No refund after second class of the program or for single session programs
- Transfers possible prior to second class
- A cheque will be mailed in 3-6 weeks for cash payments.

POOL SCHEDULE DESCRIPTIONS

Please note the following access conditions relating to our pool programs. See schedule next page.

Public swim – Recreational swim for all ages.

Swim lessons – Public space in pool is limited during this time.

Hot tub and sauna only – Pool is unavailable. Reduced fees for sauna, and hot tub.

AquaFit – (Moderate intensity) is a pre-registered program. The majority of aquaFit spaces will be pre-registered with some spaces held for drop-in. To avoid disappointment we encourage participants to pre-register. Pre-registration opens 3 days in advance and closes 30 minutes before the session starts. Drop-in starts 30 minutes prior to session start. Wristbands are required to be worn when participating in class.

AquaFit ROM – ROM (Range of Motion) is a gentle, no impact water workout to enhance joint mobility. Participants will receive instruction to move the joint through flexion, extension, and rotation in a controlled manner. Designed for participants who are rehabilitating and/or have minor mobility challenges. Participants must be independent in the water to participate in the class.

Kensington Pool Schedule | Fall 2025

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00am						(Open 9:00am)	
9:30am						AquaFit	
10:00am						9:15-10:15am	
10:30am	Swim lessons (Hot tub sauna only)	Public swim	Swim lessons (Hot tub sauna only)	Public swim	Public swim	Public space limited	Swim lessons (Hot tub sauna only)
11:00am	10:00-12:30pm	9:00-2:30pm	10:00-12:30pm	9:00-2:30pm	10:00-2:00pm	10:15-2:00pm	9:00-1:00pm
11:30am							
12:00pm							
12:30pm							
1:00pm	Public swim		Public swim		Public space limited	Public swim	Public limited
1:30pm	12:30-3:30pm		12:30-3:30pm		2:00-3:00pm	2:00-4:00pm	1:00-2:00pm
2:00pm							
2:30pm		AquaFit		AquaFit ROM			
3:00pm		2:30-3:30pm		2:30-3:30pm			
3:30pm							
4:00pm	Public space limited	Public swim	Public space limited	Public swim	Swim lessons (Hot tub sauna only)	Schedule effective from September 8 to December 14 See page 27 for pool and fitness centre fees	
4:30pm	3:30-6:00pm	3:30-4:30pm	3:30-6:00pm	3:30-4:30pm	3:00-6:00pm		
5:00pm							
5:30pm		Public space limited		Public space limited			
6:00pm		4:30-7:00pm		4:30-7:00pm			
6:30pm							
7:00pm							
7:30pm		Public swim		Public swim			
8:00pm		7:00-8:00pm		7:00-8:00pm			

Fall Swim Lesson Sets

Set 1:

A. Mon / Wed	Sep 8-Oct 8	10 lessons
B. Wed	Sep 10-Oct 10	13 lessons No lesson Oct 15
C. Tue / Thu	Sep 9-Oct 9	9 lessons No lesson Sep 30
D. Fri	Sep 12-Oct 24	7 lessons
E. Sat	Sep 13-Dec 13	13 lessons No lesson Oct 11
F. Sun	Sep 14-Dec 14	13 lessons No lesson Oct 12

Set 2:

A. Mon / Wed	Oct 20-Nov 12	8 lessons
B. Tue / Thu	Oct 14-Nov 13	9 lessons No lesson Nov 6, 11
C. Fri	Oct 31-Dec 12	8 lessons

Set 3:

A. Mon / Wed	Nov 17-Dec 10	8 lessons
B. Tue / Thu	Nov 18-Dec 11	8 lessons

Note: Lessons are 30 minutes unless noted otherwise.

Please visit Vancouver.ca and, in the Parks and Recreation tab, locate 'Register for Swimming Lessons' for more information.

Swim Lesson Fees

7 Lessons:

Parent & Tot / Pre	\$61.21
Swimmer 1-2	\$50.64
Adult 1 (40 mins)	\$105.73

8 Lessons:

Parent & Tot / Pre	\$69.34
Swimmer 1-2	\$57.26
Adult 1 (40 mins)	\$120.22

9 Lessons:

Parent & Tot / Pre	\$77.47
Swimmer 1-2	\$63.88
Adult 1 (40 mins)	\$134.71

10 Lessons:

Parent & Tot / Pre	\$85.60
Swimmer 1-2	\$70.50
Adult 1 (40 mins)	\$149.20

13 Lessons:

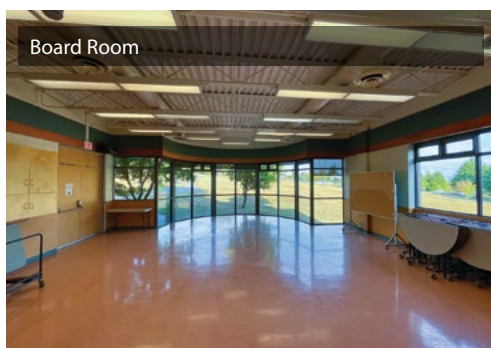
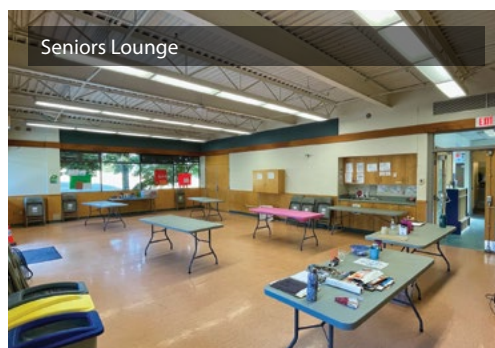
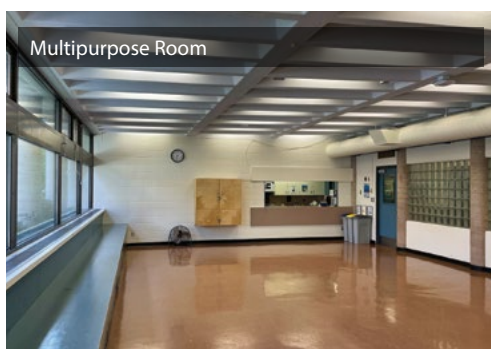
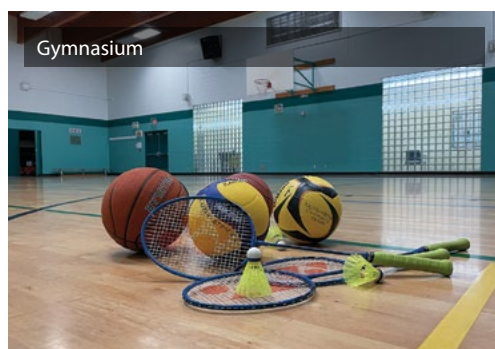
Parent & Tot / Pre	\$109.99
Swimmer 1-2	\$90.36
Adult 1 (40 mins)	\$192.67

ROOM RENTAL INFORMATION & RATES



Staffing charges, damage deposit fees, SOCAN and ReSound fees may apply. Rental request forms can be found online at Vancouver.ca/kensingtonrec. Please direct all inquiries to 604-718-6200.

Room	Features	Max Capacity	Area Sq-Ft	Rate per hour
Gymnasium	Full sized gymnasium perfect for sporting events and large events	200	3950	\$40
Multipurpose Room	Perfect for smaller events and meetings.	65	1000	\$45
Seniors Lounge	Accessible from 37th Avenue.	65	985	\$45
Board Room	Natural light, fantastic view.	60	775	\$40



KENSINGTON STAFF TEAM

Recreation SupervisorMichael Herrin
 Centre Programmer.....Jenny Yu
 Pool ProgrammerBradley Kuong
 Fitness ProgrammerRegional
 Community Youth WorkerTBA
 Seniors/Rentals/Special Events.....Emily Lam
 Recreation Facility Clerk.....Caroline Gee
 Maintenance.....Jimmy Norono & Rudy Pore

REFUNDS FOR PROGRAMS

Refunds prorated from date of request. Please request refunds in-person or over the phone (604) 718-6200 only. Please do not request refunds via email. For week-long programs, refund requests must be made at least 7 days prior to start of program. No refunds thereafter.

WAIT LIST FOR PROGRAMS

If a participant who is registered in a program withdraws, the first person on the wait list will be contacted to register.

PERSONAL INFORMATION PROTECTION

In the course of providing programs and services, the Kensington Community Centre collects the personal information of our members and other individuals participating in classes, workshops, projects, events or in the renting of facilities. This information may be used for communication purposes regarding current processing payments, statistical or human resources purposes, or for the provision of program services. We respect the importance of protecting the personal information that we collect. For information on our privacy policies and practices, please call 604-718-6206.

WHAT'S NEW AT KCC?

Visit www.vancouver.ca/kensingtonrec for more info about Kensington Community Centre!

Making All Recreation Safe

All patrons, volunteers and staff have the right to be safe when in Park Board facilities. With this right comes the responsibility to be law abiding citizens and to be accountable for one's actions. Employee and volunteers of the Vancouver Park Board and affiliated partners as well as the public participating in programs and services are expected to adhere to a Code of Conduct which sets standards of behavior.

Behavioural Expectations

The Vancouver Park Board's commitment is to create welcoming parks and recreation services for all. We ask that our patrons treat each other and staff with dignity and respect.

The following is prohibited:

- Discriminatory conduct
- Use or possession of alcohol, drugs, or other intoxicating substances
- Criminal behaviour, including violent or aggressive acts
- Making threats, attempting to intimidate, inciting others to violence
- Possession of weapons
- Theft or vandalism of recreation or patron property

Behaviour that violates this Code of Conduct will lead to suspension or termination of privileges at our facilities. Help us make this a safe place!

發展全面運動安全

所有顧客、義工和職員都有權安全地使用公園局的設備。享受到這樣的權利必須遵守法例及負責個人行為。公園局職員和義工以及附屬機構合夥人，以致參加各項節目和服務的群眾都要堅持遵守品行規則亦即是標準行為規矩。

品行規則

- 對待顧客和職員/義工須要尊重和莊嚴。
- 不可容忍污辱和無禮言語。
- 重視節目和設備供給所有人士享用。
- 顧及公共資產以及他人的物資。
- 享用你的城市消遣！
- 公園局保留有權採取適當行動解決爭論。

Khiến Nơi Giải Trí Nhân Hưu Được An Toàn

Tất cả quý vị, nhân viên, nhân viên công tác tự nguyện đều có quyền lợi hoạt động dưới hoàn cảnh an toàn và thoải mái khi sử dụng nơi giải trí nhân hưu của Bộ Công Viên. Quyền lợi này đòi hỏi mọi người dân giữ trật tự và chịu trách nhiệm về hành vi của mình. Các tiêu chuẩn về hành vi của Quy Tắc Hành Vi được nêu ra và yêu cầu các nhân viên, nhân viên công tác tự nguyện của bộ Công Viên Vancouver, các cơ quan hợp tác khác với Bộ cũng như quý vị sử dụng chương trình và phục vụ này nên dựa vào và tuân theo.

Quy Tắc Hành Vi

- Quý vị, nhân viên, nhân viên công tác tự nguyện phải cư xử với nhau dưới sự tôn trọng và trang nghiêm.
- Không được phép có hành vi và ngôn ngữ vô lễ.
- Mang lòng cảm tạ các chương trình và phương tiện đã cung cấp cho mọi người hưởng dụng.
- Tôn trọng tài sản công cộng cũng như tài sản cá nhân.
- Xin hưởng thụ các giải trí hoạt động nhân hưu trong Thành Phố của bạn.
- Bộ Công Viên và Bộ Giải Trí Nhân Hưu giữ lại tất cả quyền lợi khi cần có hành động thích nghi để giải quyết mọi sự tranh chấp.

Check out weekly programs and special events for 2STGD and 2SLGBTQIA+ children, youth, adults, and seniors offered in various community centres across the city.

2STGD@vancouver.ca
queerincclusion@vancouver.ca
vancouver.ca/park-board-pride

