

Kensington Community Centre

Programs | Fitness Centre | Swimming Pool

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

Fall 2026

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Fall 2026 Recreation Guide

Operating Hours

From Sep 1 to Dec 31, 2026
Mon-Fri ..... 7:30 AM– 9:30 PM
Sat-Sun.....9:00 AM – 4:00 PM
Sep 7, 30, Oct 12, Nov 11, Dec 25, 26, 28, Jan 1:
.....Closed

Program registration is available after 9:00 AM
Cashier's office closes 30 mins. before centre closes

Registration

For Centre Programs

In-person registration.....Fri, Aug 14, 7:00 PM
Online registration.....Fri, Aug 14, 7:00 PM
Phone registration .....Fri, Aug 14, 8:00 PM

For Pool Programs

Tue, Aug 25, 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.

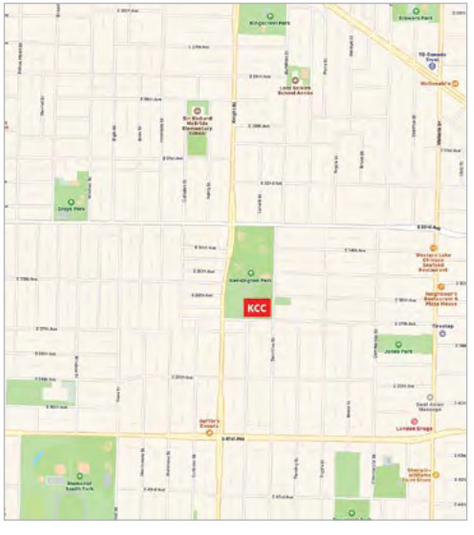
Fitness Centre: Our fitness centre includes three spaces: cardio, circuit training and weight room.

GST information:

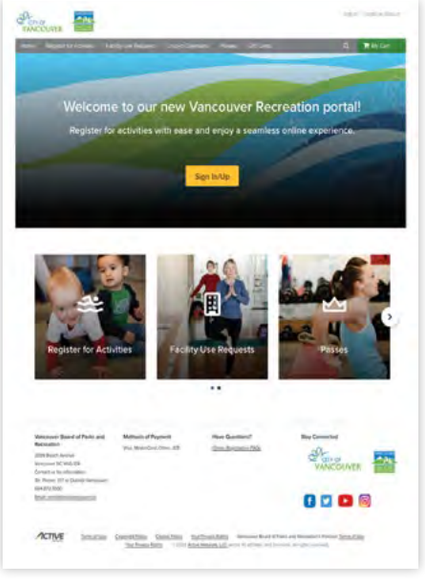
All prices for adult and senior programs/events are advertised excluding tax. Preschool/Children programs are non-taxable.

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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?



Interested in offering a program at Kensington? Please email: kensingtoncc@vancouver.ca Request an "Expression of Interest" package. Submissions for Winter 2027 programs must be received by email by: Sep. 21, 2026, 5:00pm.

INFO
SPEC. EVENTS
CHILD CARE
PARENT & TOT
PRESCHOOL
CHILDREN
PRETEEN & YOUTH
ADULTS & SENIORS
ALL BODIES
FITNESS CENTRE
POOL
KCC STAFF TEAM

SPECIAL EVENTS

Kensington Holiday Craft Fair

(all ages)

Join us at the Annual Kensington Holiday Craft Fair and browse for handmade gifts created by local artists for family. friends, or yourself. Crafts may include, but are not limited to, artwork & prints, baked food & goods, handmade jewelry, home decor, natural bath & beauty products, textiles, toys, pottery/ceramics, and wood crafts. Full list of vendors to be released closer to the day of the event. Admission is free for the public.

Sa Dec 05 10:00 AM-4:00 PM



Breakfast with Santa

(all ages)

Come celebrate the holiday season with a simple but tasty breakfast served by Kensington staff and experience a special visit with Santa. This event will event will allow your family a chance to get some simple family photos with Santa. All individuals attending over the age of 3 are required to register. Please note any food allergies when registering.

Sa Dec 19 9:30 AM-12:00 PM
637269 $6/person



CHILDCARE

Kensington Licensed Preschool and Out-of-School Care Programs

Cedar Cottage Neighbourhood House is partnering with Kensington to offer quality Licensed Preschool and Out-of-School Care programs at Kensington Community Centre. These programs 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 AM-1:00 PM). Registration is now open for children ages 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.

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. Parental supervision is required. Drop-in fee is $3.00 for single child, $5 for family (2 children). Drop-in only.

Instructor: Clara Regalado Gymnasium
Th Sep 03-Dec 17 9:30 AM-11:50 AM
628319 $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. No session Oct 10.

Instructor: Clara Regalado Seniors Lounge
Su Sep 13-Nov 01 10:50 AM-11:35 AM
626354 $70/7 sess
Sa Sep 12-Oct 31 10:50 AM-11:35 AM
626355 $70/7 sess
Su Nov 08-Dec 13 10:50 AM-11:35 AM
626356 $60/6 sess
Sa Nov 07-Dec 12 10:50 AM-11:35 AM
626357 $60/6 sess

SPORTS

Sportball Junior

(1-2 yrs)

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. Parent participation is required. No class Oct 3, 10, 17

Instructor: Sportball Van. Multipurpose Room
Sa Sep 12-Oct 31 11:15 AM-12:00 PM
626436 $81.25/5 sess
Sa Nov 07-Dec 12 11:15 AM-12:00 PM
627135 $81.25/5 sess

Sportball Parent & Toddler Multisport

(2-3 yrs)

Designed to guide particpants through the introductory skills in a variety of different ball sports. Taught by using story lines to encourage participation. All programs are non-competitive and focus on success while building confidence. Parent/guardian is required. No class Oct 3, 10, 17

Instructor: Sportball Vancouver Gymnasium
Sa Sep 12-Oct 31 9:15 AM-10:00 AM
626438 $81.25/5 sess
Sa Nov 07-Dec 12 9:15 AM-10:00 AM
627120 $81.25/5 sess

Sportball Parent & Toddler Soccer

(2-3 yrs)

Learn fundamental concepts of soccer basic skills required to score with confidence. Soccer skills including: throw-ins, dribbling, trapping, passing, goalie skills and more. Children are challenged at their individual skill level. Coaches help grownups understand proven teaching techniques. Parent/guardian participation is required. No class Oct 11.

Instructor: Sportball Vancouver Gymnasium
Su Sep 13-Oct 25 2:00 PM-2:45 PM
626439 $97.5/6 sess
Su Nov 01-Dec 13 2:00 PM-2:45 PM
627148 $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 10.

Instructor: Clara Regalado	Board Room
Sa Sep 12-Oct 31	10:00 AM-10:45 AM
626419	$70/7 sess
Su Sep 13-Nov 01	10:00 AM-10:45 AM
626418	$70/7 sess
Sa Nov 07-Dec 12	10:00 AM-10:45 AM
626421	$60/6 sess
Su Nov 08-Dec 13	10:00 AM-10:45 AM
626420	$60/6 sess

Cantonese Storytelling with LEGO Building

(4-7 yrs)

This is a play-based language enrichment program that integrates story telling in Cantonese, LEGO based play, and themed extension activities to support language development, creativity, and social interaction. Each class begins with a short story in Cantonese using picture books or oral storytelling, followed with a guided LEGO building activity connected to the story theme. Crafts, role-play, and basic science exploration activities related to the day's theme will be incorporated. Each class ends with a sharing and clean-up session to build confidence, turn-taking, and communication skill. No session Oct 10. For students enrolled in both Cantonese programs, complimentary supervision will be provided during the 15-minute break (10:30 AM - 10:45 AM) between classes to allow parents a seamless, two-hour drop-off experience.

Instructor: Olive Ng	Cottage
Sa Sep 12-Dec 19	9:30 AM-10:30 AM
626346	$252/14 sess

My First Dance Class

(2-4 yrs)

An introduction to creative dance. Aspiring little dancers will use songs, movement explorations and games to explore coordination, rhythm, spatial awareness and cooperation. This class for the youngest of dancers to experience a playful class with the support of their parents being present. Parent / guardian participation required. www.KirbySnellDance.com

Instructor: Endorphin Rush Dance	Dance Studio
Su Sep 13-Oct 25	9:15 AM-10:00 AM
626358	$98.99/7 sess
Su Nov 01-Dec 13	9:15 AM-10:00 AM
628256	$98.99/7 sess

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 class Dec 5

Instructor: Sportball Vancouver	Gymnasium
Sa Nov 07-Dec 12	10:00 AM-11:00 AM
627134	$81.25/5 sess



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 11.

Instructor: Sportball Vancouver	Gymnasium
Su Sep 13-Oct 25	2:45 PM-3:45 PM
626440	$97.5/6 sess
Su Nov 01-Dec 13	2:45 PM-3:45 PM
627150	$113.75/7 sess

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 class Oct 12

Instructor: Sportball Vancouver	Gymnasium
Mo Sep 14-Oct 26	3:45 PM-4:45 PM
626434	$97.5/6 sess
Mo Nov 02-Dec 14	3:45 PM-4:45 PM
627167	$113.75/7 sess

Tennis

(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. No session Nov 11.

Instructor: Break Point Sports	Gymnasium
W Sep 09-Oct 21	4:00 PM-5:00 PM
626442	$75/5 sess
We Oct 28-Dec 16	4:00 PM-5:00 PM
627652	$105/7 sess



CHILDREN

ART, CULTURE & EDUCATION

Afterschool Hip Hop

(6-9 yrs)

Let's move and groove! This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats. Through the season we will work on a choreographed dance. There will be a presentation on the last day of class. Please wear clean indoor shoes. Water bottles are welcomed. www.KirbySnellDance.com

Instructor: Endorphin Rush Dance	Dance Studio
Tu Sep 15-Oct 27	4:15 PM-5:00 PM
626400	$98.99/7 sess
Tu Nov 03-Dec 15	4:15 PM-5:00 PM
628250	$98.99/7 sess



GLOW Ballet 3&4

(11-15 yrs)

Ballet placements are designed to support each dancer's technical development, confidence, and overall success within the program. Placement recommendations are based on previous training experience, technical readiness, maturity, and instructor assessment/recommendation. Equivalent training from other ballet and dance programs may be considered. Final placement is subject to instructor assessment. Please see www.empireglow.ca/glowkids-dance for prerequisites/recommendations. This program runs progressively from September to June; students will need to re-register during Winter and Spring to stay in the program. No session Oct 9.

Instructor: Lia Fletcher	Dance Studio
Fr Sep 18-Nov 27	3:45 PM-5:15 PM
626369	$300/10 sess

GLOW Dance Fusion 1&2

(8-14 yrs)

Dance Fusion is a dynamic 1.5-hour class combining ballet, jazz, and acro training in one well-rounded program.This interdisciplinary approach supports not only technical dance development, but also coordination, flexibility, musicality, strength, creativity, confidence, and overall physical literacy. Students must have completed at least one year of ballet training with Glow Kids Dance. Instructor approval is required to ensure the student is placed in the appropriate level. This program runs progressively from September to June; students will need to re-register during Winter and Spring to stay in the program. No session Oct 10.

Instructor: Lia Fletcher	Dance Studio
Sa Sep 19-Nov 28	11:00 AM-12:30 PM
626372	$260/10 sess
Sa Sep 19-Nov 28	11:00 AM-12:30 PM
632822	$260/10 sess

GLOW Dance Combo 3&4

(6-7 yrs)

This energetic and well-rounded combo class helps dancers continue developing strong technical foundations while improving coordination, musicality, flexibility, confidence, and performance skills. Each class includes a mixture of ballet, tap/jazz foundations, and tumbling/acro. Classes also incorporate creative movement games and exercises that support rhythm, spatial awareness, teamwork, focus, and physical literacy in an engaging and supportive environment. This program runs progressively from September to June; students will need to re-register during Winter and Spring to stay in the program. No session Oct 10.

Instructor: Lia Fletcher	Dance Studio
Sa Sep 19-Nov 28	10:00 AM-11:00 AM
626373	$170/10 sess

GLOW Jazz 3

(6-10 yrs)

Jazz Glow placements are designed to support each dancer's technical development, confidence, and overall success within the program. Placement recommendations are based on previous training experience, technical readiness, maturity, and instructor assessment/recommendation. Equivalent training from other ballet and dance programs may be considered. Final placement is subject to instructor assessment. Please see www.empireglow.ca/glowkids-dance for prerequisites/recommendations. This program runs progressively from September to June; students will need to re-register during Winter and Spring to stay in the program. No session Sep 30, Oct 14, Nov 11.

Instructor: Lia Fletcher	Dance Studio
We Sep 16-Nov 25	5:00 PM-6:00 PM
626368	$160/8 sess

GLOW Jazz 4

(11-15 yrs)

Jazz Glow placements are designed to support each dancer's technical development, confidence, and overall success within the program. Placement recommendations are based on previous training experience, technical readiness, maturity, and instructor assessment/recommendation. Equivalent training from other ballet and dance programs may be considered. Final placement is subject to instructor assessment. Please see www.empireglow.ca/glowkids-dance for prerequisites/recommendations. This program runs progressively from September to June; students will need to re-register during Winter and Spring to stay in the program. No session Sep 30, Oct 14, Nov 11.

Instructor: Lia Fletcher	Dance Studio
We Sep 16-Nov 25	6:00 PM-8:00 PM
626370	$320/8 sess



GLOW Jazz Choreo 4

(11-15 yrs)

Jazz Glow Choreo placements are designed to support each dancer's technical development, confidence, and overall success within the program. Placement recommendations are based on previous training experience, technical readiness, maturity, and instructor assessment/recommendation. Equivalent training from other ballet and dance programs may be considered. Final placement is subject to instructor assessment. Please see www.empireglow.ca/glowkids-dance for prerequisites/recommendations. This program runs progressively from September to June; students will need to re-register during Winter and Spring to stay in the program. No session Sep 30, Oct 14, Nov 11.

Instructor: Lia Fletcher	Dance Studio
We Sep 16-Nov 25	8:00 PM-8:45 PM
628495	$320/8 sess

Jazz/Ballet Fusion

(4-6 yrs)

In this class children will learn the fundamentals of both ballet and jazz dance while developing their own creative expression. The dancer's mobility, balance, and coordination will be improved in this fun and welcoming program. Children must be able to participate without a parent in the room. For more information visit www.kirbysnelldance.com.

Instructor: Endorphin Rush Dance	Dance Studio
Su Sep 13-Oct 25	10:55 AM-11:40 AM
626422	$98.99/7 sess
Su Nov 1-Dec 13	10:55 AM-11:40 AM
628260	$98.99/7 sess

Jazz/Hip Hop Fusion

(4-7 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 drop-ins. www.KirbySnellDance.com.

Instructor: Endorphin Rush Dance	Dance Studio
Tu Sep 15-Oct 27	3:30 PM-4:15 PM
626395	$98.99/7 sess
Tu Nov 03-Dec 15	3:30 PM-4:15 PM
628235	$98.99/7 sess

Little Ballerinas

(3-5 yrs)

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. More info: www.kirbysnelldance.com.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. Water bottles are welcomed.

Instructor: Endorphin Rush Dance	Dance Studio
Su Sep 13-Oct 25	10:05 AM-10:50 AM
626359	$98.99/7 ses
Su Nov 1-Dec 13	10:05 AM-10:50 AM
628258	$98.99/7 sess

Children's Pottery Class

(9-12 yrs)

This is a 8 session 1 1/2 hour Children's Pottery Class that is suitable for students with little or no pottery experience. Students will learn how to wedge clay, create hand built pottery and glazing techniques. Students will create their own hand built pieces to be bisque fired and glazed to take home. Material fee of $20 is non-refundable after the first class. Material fee does not pro-rate if registering after the first class.

Instructor: Heather Hackman	Pottery Studio
Fr Oct 02-Nov 20	3:30 PM-5:00 PM
626351	$220/8 sess



Cantonese Storytelling with LEGO Building

(4-7 yrs)

Cantonese Storytime with LEGO Play is a play-based language enrichment program that integrates story telling in Cantonese, LEGO based play, and themed extension activities to support language development, creativity, and social interaction. Each class begins with a short story in Cantonese using picture books or oral storytelling, followed with a guided LEGO building activity connected to the story theme. Crafts, role-play, and basic science exploration activities related to the day's theme will be incorporated. Each class ends with a sharing and clean-up session to build confidence, turn-taking, and communication skill. No session Oct 10. For students enrolled in both Cantonese programs, complimentary supervision will be provided during the 15-minute break (10:30 AM - 10:45 AM) between classes to allow parents a seamless, two-hour drop-off experience.

Instructor: Olive Ng	Cottage
Sa Sep 12-Dec 19	9:30 AM-10:30 AM
626346	$252/14 sess

Cantonese Interactive & Focus Games

(4-7 yrs)

This engaging program combines high-quality, fast-paced interactive games with Cantonese language immersion to boost children's focus, reaction time, and social skills. Through dynamic and logic-based group play, children will naturally practice Cantonese vocabulary, listening skills, and sentence structures in a highly motivating and fun environment. No session Oct 10. For students enrolled in both Cantonese programs, complimentary supervision will be provided during the 15-minute break (10:30 AM - 10:45 AM) between classes to allow parents a seamless, two-hour drop-off experience.

Instructor: Olive Ng	Cottage
Sa Sep 12-Dec 19	10:45 AM-11:45 AM
626348	$252/14 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. We?ll practice essential kitchen skills like measuring ingredients, food safety, and basic kitchen rules each week. We?ll also learn how to work together as a team to create tasty masterpieces. Every class is packed with fun, learning, and delicious treats from cheesy creations to sweet desserts. Please bring a container to take home your culinary creations. No session Oct 11Note: Recipes in this class may include meat, dairy, and eggs. Unfortunately, Junior Chefs cannot accommodate vegetarian or vegan diets.

Instructor: Gigi Puen	Seniors Lounge
Su Sep 20-Oct 25	9:30 AM-11:00 AM
626396	$140/5 sess
Su Sep 20-Oct 25	11:15 AM-12:45 PM
626397	$140/5 sess
Su Nov 01-Nov 29	9:30 AM-11:00 AM
626398	$140/5 sess
Su Nov 01-Nov 29	11:15 AM-12:45 PM
626399	$140/5 sess

K-Pop

Step into the spotlight and feel the energy at K-Pop, where your favourite K-pop hits come to life! Packed with iconic choreography, nonstop movement, and good vibes. No experience? No problem! We keep things welcoming and beginner-friendly, so you can build confidence while breaking a serious sweat. You'll leave class feeling stronger and happier! Come for the music. Stay for the moves. Leave with great memories.

Instructor: Endorphin Rush Dance	Dance Studio
6-9 yrs:	
Su Sep 13-Oct 25	11:45 AM-12:30 PM
626384	$98.99/7 sess
Su Nov 01-Dec13	11:45 AM-12:30 PM
628269	$98.99/7 sess
9-14 yrs:	
Tu Sep 15-Oct 27	5:00 PM-5:45 PM
626401	$98.99/7 sess
Tu Nov 03-Dec 15	5:00 PM-5:45 PM
628251	$98.99/7 sess
Su Sep 13-Oct 25	12:45 PM-1:30 PM
628270	$98.99/7 sess
Su Nov 01-Dec 13	12:45 PM-1:30 PM
628272	$98.99/7 sess

Guitar/Ukelele Private Lessons

(5+ yrs)

Join a private Guitar or Ukulele lesson with Tom Cheng! 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.

Instructor: Tom Cheng	Board Room
Tu Sep 08-Oct 27	3:30 PM-4:00 PM
626375	$208/8 sess
Tu Sep 08-Oct 27	4:00 PM-4:30 PM
626376	$208/8 sess
Tu Sep 08-Oct 27	4:30 PM-5:00 PM
626377	$208/8 sess
Tu Sep 08-Oct 27	5:00 PM-5:30 PM
626382	$208/8 sess
Tu Sep 08-Oct 27	5:30 PM-6:00 PM
626378	$208/8 sess
Tu Sep 08-Oct 27	6:00 PM-6:30 PM
626383	$208/8 sess
Tu Sep 08-Oct 27	6:30 PM-7:00 PM
626379	$208/8 sess
Tu Sep 08-Oct 27	7:00 PM-7:30 PM
626380	$208/8 sess
Tu Sep 08-Oct 27	7:30 PM-8:00 PM
626381	$208/8 sess
Tu Nov 03-Dec 15	3:30 PM-4:00 PM
626853	$182/7 sess
Tu Nov 03-Dec 15	4:00 PM-4:30 PM
626854	$182/7 sess
Tu Nov 03-Dec 15	4:30 PM-5:00 PM
626855	$182/7 sess
Tu Nov 03-Dec 15	5:00 PM-5:30 PM
626858	$182/7 sess
Tu Nov 03-Dec 15	5:30 PM-6:00 PM
626859	$182/7 sess
Tu Nov 03-Dec 15	6:00 PM-6:30 PM
626860	$182/7 sess
Tu Nov 03-Dec 15	6:30 PM-7:00 PM
626861	$182/7 sess
Tu Nov 03-Dec 15	7:00 PM-7:30 PM
626862	$182/7 sess
Tu Nov 03-Dec 15	7:30 PM-8:00 PM
626863	$182/7 sess

STEM

Game Makers Jr: Coding Video Games

(7-13 yrs)

Learn the basics of coding through game creation. Students explore loops, conditionals, events, and variables while designing, coding, and testing their own interactive games, boosting creativity, logic, and problem-solving skills. No session Sep 30. Requirements: must bring their own laptop or tablet. No cellphones.

Instructor: Clara Regalado — Multipurpose Room
We Sep 09-Oct 28 — 4:00 PM-5:00 PM
626363 — $127.75/7 sess
We Nov 04-Dec 16 — 4:00 PM-5:00 PM
626364 — $109.5/6 sess

Game Makers Jr: Coding Video Games - "Build & Play"

(7-13 yrs)

Introduces kids to coding fundamentals through interactive lessons and fun game design using Roblox. Children develop logic, problem solving, and creativity while designing their own mini-games, learning real programming concepts through engaging, project based, age appropriate challenges. No session Oct 12. Requirements: Participants must bring their own laptop or tablet. No cellphones.

Instructor: Clara Regalado — Multipurpose Room
Mo Sep 14-Oct 26 — 4:00 PM-5:00 PM
626365 — $109.5/6 sess
Mo Nov 02-Dec 14 — 4:00 PM-5:00 PM
626366 — $127.75/7 sess

Young Commander Chess - Novice

Chess improves 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 is included.

Instructor: Joe Soliven — Multipurpose Room
Starter/Beginner: 5-13 yrs, anyone with limited knowledge of chess basics
Tu Sep 08-Dec 15 — 4:00 PM-5:00 PM
626445 — $195/15 sess
Intermediate: 8-13 yrs, anyone proficient with chess tactics and advanced strategies
Tu Sep 08-Dec 15 — 5:10 PM-6:20 PM
626444 — $225/15 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. Fees are on a per-month basis. Some months may have more or less classes than other months. No session Sep 7, Oct 12.

Instructor: Kim Fivelsdal — Multipurpose Room
Beginner (Full Month)
Mo Th Sep 03-Sep 28 — 5:30 PM-6:30 PM
626408 — $79.5/month
M Th Oct 01-Oct 29 — 5:30 PM-6:30 PM
626410 — $79.5/month
Mo Th Nov 02-Nov 30 — 5:30 PM-6:30 PM
626409 — $79.5/month
M Th Dec 03-Dec 21 — 5:30 PM-6:30 PM
626851 — $79.50/month
Beginner (Half Month)
Mo Th Sep 03-Sep 28 — 5:30 PM-6:30 PM
626411
$53/month
Mo Th Oct 01-Oct 29 — 5:30 PM-6:30 PM
626413 — $53/month
M Th Nov 02-Nov 30 — 5:30 PM-6:30 PM
626412 — $53.00/month
Mo Th Dec 03-Dec 21 — 5:30 PM-6:30 PM
626852 — $53/month
Advanced (Full Month)
M Th Sep 3-Sep 28 — 6:30 PM-7:30 PM
626402 — $79.50/month
Mo Th Oct 01-Oct 29 — 6:30 PM-7:30 PM
626404 — $79.5/month
Mo Th Nov 02-Nov 30 — 6:30 PM-7:30 PM
626403 — $79.5/month
Mo Th Dec 03-Dec 21 — 6:30 PM-7:30 PM
626735 — $79.5/month
Advanced (Half Month)
Mo Th Sep 03-Sep 28 — 6:30 PM-7:30 PM
626405 — $53/month
Mo Th Oct 01-Oct 29 — 6:30 PM-7:30 PM
626407 — $53/month
Mo Th Nov 02-Nov 30 — 6:30 PM-7:30 PM
626406 — $53/month
Mo Th Dec 03-Dec 21 — 6:30 PM-7:30 PM
626850 — $53/month

SPORTS

Tennis

(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. No session Sep 30, Oct 7

Instructor: Break Point Sports — Gymnasium
We Sep 09-Oct 21 — 5:00 PM-6:00 PM
626443 — $75/5 sess
We Oct 28-Dec 16 — 5:00 PM-6:00 PM
627682 — $105/7 sess
M Tu W Th Dec 21-Dec 24 — 10:00 AM-11:00 AM
627699 — $60/4 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 class Oct 12

Instructor: Sportball Vancouver — Gymnasium
Mo Sep 14-Oct 26 — 4:45 PM-5:45 PM
626435 — $97.5/6 sess
Mo Nov 02-Dec 14 — 4:45 PM-5:45 PM
627176 — $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 class Oct 11

Instructor: Stanley Kita — Gymnasium
Su Sep 13-Dec 13 — 11:45 AM-12:45 PM
626326 — $130/13 sess

Saturday Ball Hockey

(6-8 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. No sessions Oct 3, 10, 17.

Instructor: EDMOND LEON — Gymnasium
Sa Sep 12-Nov 28 — 11:45 AM-12:45 PM
626427 — $45/9 sess

WINTER BREAK

REFUND POLICY: For week-long programs, refund requests must be made at least 7 days prior to start of program. No refunds thereafter.

Frozen Ballet

(3-5 yrs)

100% Frozen Soundtrack Music is played in this creative ballet class designed to ignite your dancer's imagination. No experience required as dancers learn the basics of ballet and expression through movement. Costumes are welcome but not required. Beginner friendly. Children must be able to participate without a parent in the room. Presentation for parents on the last day! More info: www.kirbysnelldance.com

Instructor: Endorphin Rush Dance — Dance Studio
Mo Tu We Th Dec 21-Dec 24 — 9:15 AM-10:30 AM
628274 — $92/4 sess

Mini Hip Hop Movers

(4-6 yrs)

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. Children must be able to participate without a parent in the room. Get ready to cheer with gusto as there is a presentation for family on the last day! Please bring a filled water bottle each day. More info: www.kirbysnelldance.com

Instructor: Endorphin Rush Dance — Dance Studio
Mo Tu We Th Dec 21-Dec 24 — 10:45 AM-12:00 PM
628276 — $92/4 sess

K-Pop Demon Hunters

(6-12 yrs)

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

Instructor: Endorphin Rush Dance — Dance Studio
Mo Tu We Th Dec 21-Dec 24 — 12:30 PM-3:00 PM
628278 — $176/4 sess

Young Commander Chess Beginner 1&2

(5-12 yrs)

Chess improves academic achievement including math, spatial analysis and higher level thinking skills such as visualization, analysis and foresight. Garbed with a "commander" (leader) self-image, kids get trained in life-skills goal setting: checkmate! Free complimentary chess kit for new students. Novice/Beginner I & II: 5-12 yrs; anyone new or with limited knowledge of chess-art basics.

Instructor: Joe Soliven — Multipurpose Room
Tu We Th Dec 29-Dec 31 — 9:00 AM-11:00 AM
628338 — $60/3 sess

GLOW KIDS Winter Break Day Camp

(6-12 yrs)

Perfectly timed in the days leading up to Christmas, this festive mini-camp is packed with holiday spirit and designed to keep kids active, creative, and joyful. Camp highlights include: crafting handmade christmas ornaments, snow play, singing christmas carols, and hot chocolate, holiday games and creative fun. Some activities may take place outdoors in the grass area adjacent to the Kensington Community Centre. Lunch breaks will include visits to Tecumseh Annex School Playground. Bring nut-free lunch, snacks, water and dress for the weather.

Instructor: Lia Fletcher — Seniors Lounge
Mo Tu We Th Dec 21-Dec 24 — 9:15 AM-3:00 PM
628507 — $240/4 sess

Tennis

(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
Mo Tu We Th Dec 21-Dec 24 — 9:00 AM-10:00 AM
627691 — $60/4 sess

Greenlight Basketball - Learn 2 Ball

(5-8 yrs)

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.

Instructor: Greenlight Basketball — Gymnasium
Mo Tu We Th Dec 21-Dec 24 — 12:45 PM-1:45 PM
627710 — $60/4 sess

Greenlight Basketball- Winter Hoops

(8-13 yrs)

Grow your basketball skills with Greenlight Basketball this Winter! Winter Hoops 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.

Instructor: Greenlight Basketball — Gymnasium
Mo Tu We Th Dec 21-Dec 24 — 1:45 PM-3:00 PM
627725 — $76/4 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 $3.50 + tax, space permitting. Maximum 6 spots (+ 6 attendants).

Instructor: No Instructor — Board Room
We Sep 02-Dec 16 — 9:30 AM-1:00 PM
626317 — $44/16 sess

ARTS, EDUCATION & CULTURE

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.

Instructor: Tonje Olson — Dance Studio
Level 1:
Tu Sep 08-Nov 24 — 7:00 PM-8:00 PM
626324 — $132/12 sess
Level 2:
Tu Sep 08-Nov 24 — 8:10 PM-9:10 PM
626325 — $132/12 sess

FREE Youth Jam Sessions All Skill Levels Welcome!

(12-18 yrs)

Looking for a place to play music, meet new people, and build your skills? Join our Open Youth Jam Sessions! Bring your instrument or we have a few guitars and basses (or just your voice! Collaborate, freestyle, and learn in a relaxed, supportive space. Whether you're a beginner or experienced musician, this is your space to express yourself, connect, and have fun. No pressure. No auditions. Just music.

Instructor: TBA Instructor — Multipurpose Room
Fr Sep 04-Dec 18 — 6:00 PM-7:00 PM
635562 — 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 05-Dec 12 — 12:10 PM-2:00 PM
635387 — FREE

Homework Club

(12-18 yrs)

If you want to receive tutoring help with your schoolwork for Grades 5 to 12, please come to Kensington Centre. Jamie, our tutor, will be able to support you with your homework and assignments. Registration is required.

W Sep 02-Dec 16 — 4:30 PM-6:00 PM
635388 — FREE

SPORTS

Youths Learn to Play Volleyball

(12-18 yrs)

We will teach and review the skills of the game and play games! All levels are welcomed! Free!

Instructor: David Ng — Gymnasium
Tu Sep 01-Dec 15 — 3:45 PM-5:30 PM
635344 — FREE

FRIDAY DROP-IN SPORTS

Fridays Sep 4-Dec 18. No registration required.

Friday Pre-teen Badminton Drop-in
(11-14 yrs) — 3:25 PM-4:40 PM
Friday Youth Badminton Drop-in
(12-18 yrs) — 4:45 PM-6:05 PM
Friday Youth Volleyball Drop-in
(12-18 yrs) — 6:15 PM-7:45 PM
Friday Youth Basketball Drop-in
(12-18 yrs) — 8:00 PM-9:30 PM

ADULTS & SENIORS

ART, CULTURE & EDUCATION

Mah Jong

(55+ yrs)

Join us for a game of mahjong. This event is community-led. It's a perfect place to make new friends and learn new games if you don't have the space at home! There are limited tables so we ask for everyone to share and take turns.

Instructor: No Instructor	Multipurpose Room
Su Sep 06-Dec 20	12:00 PM-3:30 PM
635629	FREE

Seniors Karaoke

(55+ yrs)

Sing your heart out with your favourite songs or songs from the past. This is a social environment where you may practice your singing skills while enjoying the company of fellow singers. The song library includes songs either in Mandarin or in English. Drop-in $3 + tax.

Instructor: Cam Fung	Board Room
Tu Sep 01-Dec 22	11:00 AM-3:00 PM
635632	$17.5/17 sess

Zumba Gold/ Gold Toning

(45+ yrs)

A low-impact dance-fitness class designed for seniors and beginners. Enjoy upbeat Latin rhythms like salsa and merengue while using light toning sticks for a fun, full-body workout. The combination of easy dance moves and gentle strength training helps maintain healthy muscles, improve balance, flexibility, and heart health, and prevent the loss of muscle mass and strength. Come ready to have fun and tone your muscles Leave feeling energized, stronger, and empowered. Registration required (drop-in $8.50 + tax). No Class Nov 11.

Instructor: Kayo Echizenya	Dance Studio
We Sep 09-Sep 23	11:30 AM-12:30 PM
635615	$21/3 sess
We Oct 07-Oct 28	11:30 AM-12:30 PM
635616	$21/4 sess
W Nov 04-Nov-25	11:30 AM-12:30 PM
635617	$21/4 sess
We Dec 02-Dec 23	11:30 AM-12:30 PM
635619	$21/4 sess

Ceramic Ornament Workshop

(19+ yrs)

This workshop consists of two 1.5 hour sessions that will give participants a chance to create their own unique handmade ornaments. Participants will make different styles and sizes of ornaments using tools, assorted clays, underglazes and glazes. First session will be creating the ornament which will then be allowed to dry and be bisque fired in our kilns over a period of a couple of weeks and the second session will consist of glazing and decorating the ornaments that will then be put in the kiln for a glaze firing with the finished ornaments to be picked up at a future date to be determined. First session: Oct 18; Second session: Nov 8.

Instructor: Heather Hackman	Pottery Studio
Su Oct 18-Nov 08	9:30 AM-11:00 AM
626350	$35/2 sess
Su Oct 18-Nov 08	11:30 AM-1:00 PM
628465	$35/2 sess

No-Bake Mochi Mooncake Workshop

(18-65 yrs)

Celebrate Mid-Autumn Festival by making your own snow skin mooncakes° from scratch. In this hands-on no-bake workshop, participants learn to mix and shape the soft glutinous rice skin, portion the filling, and press with traditional wooden molds to create colourful, delicate mooncakes. There will be three flavours: milky custard, strawberry, and red bean. Each participant takes home a box of finished mooncakes plus a recipe card to recreate them at home. No baking or cooking experience required. Led by Abraham Wong, a Hong Kong-born, Vancouver-based chef featured by CBC Vancouver for his Mid-Autumn mooncake teaching.

Instructor: Abraham Wong	Multipurpose Room
Fr Sep 11 (Youth & Families)	4:00 PM-6:00 PM
635605	$65/1 sess
Fr Sep 11 (18-64 yrs)	6:30 PM-8:30 PM
635608	$65/1 sess
Fr Sep 11 (65+ yrs)	1:30 PM-3:30 PM
635604	$65/1 sesss

DANCE

Adult Hip Hop Fundamentals

(19+ 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. More info: www.KirbySnelldance.com. Drop in $18, if space permits. Try this class for $5!

Instructor: Endorphin Rush Dance	Dance Studio
Tu Sep 22-Oct 27	5:45 PM-6:45 PM
626319	$90/6 sess
Tu Nov 10-Dec 15	5:45 PM-6:45 PM
628253	$90/6 sess
Trial Session	
Tu Sep 15-Sep 15	5:45 PM-6:45 PM
626320	$5/1 sess
Tu Nov 03-Nov 03	5:45 PM-6:45 PM
628254	$5/1 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 $12 + tax, space permitting.

Instructor: Chun (Margaret) Pan	Dance Studio
Sa Sep 05-Dec 19	1:00 PM-2:30 PM
626353	$160/16 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 about expressing the inner world of artistic characters through basic dance techniques introduced (fundamental steps, movements, and flexibility). Open to adults who wants to stay fit and have fun in the enjoyment of music as well (the basic understanding is required). Come with comfortable dance/exercise wear and dance practice soft shoes.$12 drop-in, space permitting.

Instructor: Chun (Margaret) Pan	Dance Studio
Sa Sep 05-Dec 19	2:40 PM-3:55 PM
626352	$160/16 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.

Instructor: Jing Fung	
Dance Studio	
Tu Sep 01-Dec 15 (Mixed Level)	9:15 AM-10:15 AM
626388	$60.8/16 sess
Tu Sep 01-Dec 15 (Beg Level)	10:20 AM-11:20 AM
626387	$60.8/16 sess
W Sep 02-Dec 16 (Mixed Level)	9:15 AM-10:15 AM
626390	$53.20/14 sess
Th Sep 03-Dec 17 (Mixed Level)	9:15 AM-10:15 AM
626389	$60.8/16 sess
Th Sep 03-Dec 17 (Beg Level)	10:20 AM-11:20 AM
626386	$60.8/16 sess

Line Dance with Winnie

(19+ yrs)

Come join Winnie Lui and have fun learning the latest dance steps in this energetic recreational class. No need for a partner all ability levels are welcome. Join this high-spirited class and enjoy the social, fitness, and health benefits. Drop in $4+ tax, space permitting.

Instructor: Winnie Lui	Dance Studio
Th Sep 10-Oct 29	3:30 PM-5:00 PM
626417	$24/8 sess
Tu Sep 15-Oct 27	1:00 PM-2:30 PM
626416	$21/7 sess
Tu Nov 03-Dec 15	1:00 PM-2:30 PM
627635	$21/7 sess
Th Nov 05-Dec 17	3:30 PM-5:00 PM
627636	$21/7 sess

International Performance Dance

(45+yrs)

Various ethnic dance exercise taught in English and Chinese. Drop in $5.00 + tax, space permitting. No class Sep 30, Oct 12, Nov 11.

Instructor: Jing Fung	Dance Studio
We Sep 02-Dec 16	10:20 AM-11:20 AM
626391	$53.2/14 sess
Mo Sep 14-Dec 14 (Beg Level)	9:15 AM-10:15 AM
626392	$49.4/13 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
W Sep 2-Dec 16	1:15 PM-3:00 PM
626385	$18/12 sess
Fr Sep 04-Dec 18	1:00 PM-2:45 PM
626432	$24/16 sess



International Social Dance with Lessons

(45+ yrs)

Course content includes Cha Cha - Beg and Int and performance; Rumba - Beg and Int and performance; Waltz - Beg and Int and performance; Tango- Beg and Int; Paso doble with beg and int with performance; Jive with beg and int and performance; Foxtrot; Samba with beg and int; Quick step four; Quick step three. Cha Cha with three steps; Traditional Tango Beg & Int; 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. Classes are taught in Mandarin, Cantonese and English.Drop in $5.00 + tax, space permitting. No session Oct 12

Instructor: Jing Fung	Dance Studio
Mo Sep 14-Dec 14	10:30 AM-12:00 PM
626393	$49.4/13 sess
Th Sep 3-Dec 17	1:00 PM-2:30 PM
626433	$60.80/16 sess
Fr Sep 04-Dec 18	11:20 AM-12:50 PM
626394	$60.8/16 sess

FITNESS & HEALTH

Beginners Yoga

(19+ yrs)

If you have never tried yoga before or tried a few but found all-level classes too difficult / fast to follow, this Beginners Only Yoga class is the right place for you to begin in a safe, supportive environment. 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. This is not for you if you are not new to yoga or not a beginner. Participants are highly encouraged to bring their 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 12-Sep 26	10:00 AM-10:45 AM
626446	$39/3 sess
Sa Oct 17-Nov 07	10:00 AM-10:45 AM
627907	$52/4 sess
Sa Nov 21-Dec 19	10:00 AM-10:45 AM
627908	$65/5 sess

Flow/ Vinyasa 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. Some yoga experience is recommended. Drop-in: $13.50 + tax.

Instructor: Laura Arroyo	Dance Studio
Th Sep 03-Oct 08	7:00 PM-8:00 PM
626447	$69/6 sess
Th Oct 15-Nov 26	7:00 PM-8:00 PM
626448	$80.5/7 sess
Th Dec 3-Dec 17	7:00 PM-8:00 PM
627609	$34.50/3 sess

Hatha Yoga

(19+ yrs)

Join Nancy in this all-level Hatha yoga class where we engage in a balanced practice of yoga postures, breathing exercises, and meditation to improve not only your flexibility, strength and muscle tone, but also a deep intimate connection to yourself. Participants are highly encouraged to bring their 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 12-Sep 26	11:00 AM-12:15 PM
626449	$39/3 sess
Sa Oct 17-Nov 07	11:00 AM-12:15 PM
627909	$52/4 sess
Sa Nov 21-Dec 19	11:00 AM-12:15 PM
627910	$65/5 sess

Gentle Flow Yoga

(19+ yrs)

This class is designed for beginners to Vinyasa Yoga style or if you want to have a more gentle flow practice and still enjoy a moving meditation while stringing postures, but with a slower pace. 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. All levels welcome! Drop-in: $13.50 + tax.

Instructor: Laura Arroyo	Dance Studio
Fr Sep 11-Oct 23	9:30 AM-10:30 AM
628333	$80.5/7 sess
Fr Oct 30-Dec 11	9:30 AM-10:30 AM
628334	$80.5/7 sess



Prenatal Yoga

(19+ yrs)

Come and join other moms to be! In this weekly prenatal yoga class you will connect with your baby and soothe your body, mind and spirit! This gentle yoga practice is suitable for all trimesters of pregnancy, offering safe yoga asana, intuitive movement and breath work + meditation techniques to prepare for labour and for a more conscious birthing experience. Laura is a mother of two, a Certified Prenatal Yoga Teacher and a Certified Prenatal Fitness Instructor Specialist. Physician's/midwife's approval is recommended to participate in this class. Drop-in: $18 + tax.

Instructor: Laura Arroyo	Dance Studio
Th Sep 10-Oct 22	6:00 PM-6:50 PM
628335	$112/7 sess
Th Oct 29-Nov 26	6:00 PM-6:50 PM
628336	$80/5 sess
Th Dec 03-Dec 10	6:00 PM-6:50 PM
628337	$32/2 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 06-Dec 13	9:15 AM-11:30 AM
626441	$97.5/30 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. Fees are on a per-month basis. Some months may have more or less classes than other months. No session Sep 7, Oct 12.

Instructor: Kim Fivelsdal	Multipurpose Room
Beginner (Full Month)	
Mo Th Sep 03-Sep 28	5:30 PM-6:30 PM
626408	$90.10/month
Mo Th Oct 01-Oct 29	5:30 PM-6:30 PM
626410	$90.10/month
Mo Th Nov 02-Nov 30	5:30 PM-6:30 PM
626409	$90.10/month
M Th Dec 03-Dec 21	5:30 PM-6:30 PM
626851	$90.10/month
Beginner (Half Month)	
Mo Th Sep 03-Sep 28	5:30 PM-6:30 PM
626411	
$58.30/month	
Mo Th Oct 01-Oct 29	5:30 PM-6:30 PM
626413	$58.30/month
M Th Nov 02-Nov 30	5:30 PM-6:30 PM
626412	$58.3/month
Mo Th Dec 03-Dec 21	5:30 PM-6:30 PM
626852	$58.30/month
Advanced (Full Month)	
M Th Sep 3-Sep 28	6:30 PM-7:30 PM
626402	$90.1/month
Mo Th Oct 01-Oct 29	6:30 PM-7:30 PM
626404	$90.10/month
Mo Th Nov 02-Nov 30	6:30 PM-7:30 PM
626403	$90.10/month
Mo Th Dec 03-Dec 21	6:30 PM-7:30 PM
626735	$90.10/month
Advanced (Half Month)	
Mo Th Sep 03-Sep 28	6:30 PM-7:30 PM
626405	$58.30/month
Mo Th Oct 01-Oct 29	6:30 PM-7:30 PM
626407	$58.30/month
Mo Th Nov 02-Nov 30	6:30 PM-7:30 PM
626406	$58.30/month
Mo Th Dec 03-Dec 21	6:30 PM-7:30 PM
626850	$58.30/month



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 12.

Instructor: No Instructor	Gymnasium
Mo Sep 14-Dec 21	7:45 PM-9:05 PM
626647	$59.5/14 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 Oct 13

Instructor: No Instructor	Gymnasium
Tu Th F Sep 01-Dec 18	7:45 PM-12:45 PM
626321	$3.25/47 sess

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 12

Instructor: No Instructor	Gymnasium
Mo Sep 14-Dec 21	6:15 PM-7:30 PM
626323	$63/14 sess
Th Sep 3-Dec 17	7:45 PM-9:05 PM
626322	$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. No session Oct 13If 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.

Instructor: No Instructor	Gymnasium
Mo Sep 14-Nov 02	9:10 AM-10:10 AM
626335	$53.62/7 sess
Mo Sep 14-Nov 02	10:15 AM-11:15 AM
626330	$53.62/7 sess
Mo Sep 14-Nov 02	11:20 AM-12:20 PM
626334	$53.62/7 sess
Mo Nov 09-Dec 14	9:10 AM-10:10 AM
626336	$45.96/6 sess
Mo Nov 09-Dec 14	10:15 AM-11:15 AM
626337	$45.96/6 sess
Mo Nov 09-Dec 14	11:20 AM-12:20 PM
626338	$45.96/6 sess
Tu Sep 01-Oct 20	9:10 AM-10:10 AM
626329	$53.62/7 sess
Tu Sep 01-Oct 20	10:15 AM-11:15 AM
626328	$53.62/7 sess
Tu Sep 01-Oct 20	11:20 AM-12:20 PM
626333	$53.62/7 sess
Tu Oct 27-Dec 15	9:10 AM-10:10 AM
626339	$61.28/8 sess
Tu Oct 27-Dec 15	10:15 AM-11:15 AM
626340	$61.28/8 sess
Tu Oct 27-Dec 15	11:20 AM-12:20 PM
626341	$61.28/8 sess
We Sep 02-Oct 21	7:00 PM-8:00 PM
626331	$45.96/6 sess
We Sep 02-Oct 21	8:10 PM-9:10 PM
626332	$45.96/6 sess
We Oct 28-Dec 16	7:00 PM-8:00 PM
626342	$53.62/7 sess
We Oct 28-Dec 16	8:10 PM-9:10 PM
626343	$53.62/7 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. No session Oct 12. 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.

Instructor: Gary Cummings	Gymnasium
Mo Sep 14-Dec 14	1:00 PM-3:30 PM
626423	$45.50/13 sess
Tu Sep 01-Dec 15	12:30 PM-3:20 PM
626424	$52.50/15 sess
Th Sep 03-Dec 17	3:30 PM-5:45 PM
626425	$56/16 sess

1.0-1.5 NTRP- Adult Beginner Tennis Lessons

(18+ yrs)

For players just starting to play. This class introduces the basics of rallying (forehand and backhand) with a heavy emphasis placed on the ability to hold a long exchange. No session Sep 30, Oct 7BEGINNER PLAYERS ONLY (NTRP 1.0-1.5): Players outside of the required playing level may be removed to ensure fair opportunity. If unsure, consult https://precisiontennis.ca/link/ntrp-rating-guide or contact admin@precisontennis.ca / 236-515-6520. Participants must bring their own racket.Please fill out the Activity Waiver at www.precisiontennis.ca/waiver before attending the first day of class.

Instructor: Precision Tennis Inc.	Gymnasium
We Sep 02-Oct 14	10:00 AM-11:00 AM
626311	
$197.5/5 sess	
We Sep 02-Oct 14	11:00 AM-12:00 PM
626310	$197.5/5 sess



1.0-1.5 NTRP - Women's Beginner Tennis Lessons

(18+ yrs)

For women just starting to play. This class introduces the basics of rallying (forehand and backhand) with a heavy emphasis placed on the ability to hold a long exchange. No session Nov 11.BEGINNER PLAYERS ONLY (NTRP 1.0-1.5): Players outside of the required playing level may be removed to ensure fair opportunity. If unsure, consult https://precisiontennis.ca/link/ntrp-rating-guide or contact admin@precisontennis.ca / 236-515-6520. Participants must bring their own racket. Please fill out the Activity Waiver at www.precisiontennis.ca/waiver before attending the first day of class.

Instructor: Precision Tennis Inc.	Gymnasium
We Oct 21-Dec 09	10:00 AM-11:00 AM
626312	$276.5/7 sess

2.0 NTRP - Adult Advanced Beginner Tennis

(18+ yrs)

For players who can reliably rally 5-10 shots from half court using forehand or backhand. This class reinforces fundamentals from the Beginner level. Players will build rally consistency, improve basic serve technique and develop effective volley fundamentals. No session Sep 30, Oct 7BEGINNER PLAYERS ONLY (NTRP 2.0): Players outside of the required playing level may be removed to ensure fair opportunity. If unsure, consult https://precisiontennis.ca/link/ntrp-rating-guide or contact admin@precisontennis.ca / 236-515-6520. Participants must bring their own racket. Please fill out the Activity Waiver at www.precisiontennis.ca/waiver before attending the first day of class

Instructor: Precision Tennis Inc.	Gymnasium
We Sep 02-Oct 14	12:00 PM-1:00 PM
626313	$197.5/5 sess
W Oct 21-Dec 9	12:00 PM-1:00 PM
626315	$276.50/7 sess

2.0 NTRP - Women's Advanced Beginner Tennis

(18+ yrs)

For women who can reliably rally 5-10 shots from the service line using forehand or backhand. This class reinforces fundamentals from the Beginner level. Players will build rally consistency, improve basic serve technique and develop effective volley fundamentals. No session Sep 30, Oct 7BEGINNER PLAYERS ONLY (NTRP 2.0): Players outside of the required playing level may be removed to ensure fair opportunity. If unsure, consult precisiontennis.ca/link/ntrp-rating-guide or contact hello@precisiontennis.ca / 236-515-6520Please fill out the Activity Waiver at www.precisiontennis.ca/waiver before attending the first day of class

Instructor: Precision Tennis Inc.	Gymnasium
We Sep 02-Oct 14	9:00 AM-10:00 AM
626314	$197.5/5 sess
We Oct 21-Dec 09	9:00 AM-10:00 AM
626316	$276.5/7 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. Drop in $6.50 + tax, space permitting. No sessions Oct 3, 10, 17. 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.

Instructor: Edmond Leong	Gymnasium
Sa Sep 12-Nov 28	2:00 PM-3:45 PM
626429	$54/9 sess0000



ALL BODIES COMMUNITY RECREATION & FITNESS



We are an inclusive, choice based, community sport, health, and wellness program designed to develop confidence and a foundation for health, fitness or performance. To participate in ABC Core programs register on the ABC master program roster 633800 and use an ABC Drop in, an ABC 10 pass usage card or purchase an ABC Flexi pass which also includes access to the Vancouver Park Board's pools, ice rinks and fitness centres. To participate in ABC specialty programs register directly into the chosen program and on the master roster. LAP discount is applicable. Thank you for registering in two places, it helps us track participation and interest in ABC programs. For more information or join our ABC E-list contact kate.lee@vancouver.ca. *Please be sure to scan your pass, give your receipt or bracelet to the instructor, and sign the attendance roster. * Instructors subject to change.

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.

Instructor: Kate with Volunteers — Board Room
Mo Sep 14-Dec 14 — 11:15 AM-12:15 PM
Master Roster 633800 — ABC Drop-in,
ABC10 Pass Card, or ABC Flexi-Pass

Recumbent Group

(19+ yrs)

ABC Core Program by invitation only - for folks with very limited mobility or challenges requiring alternate workout options.

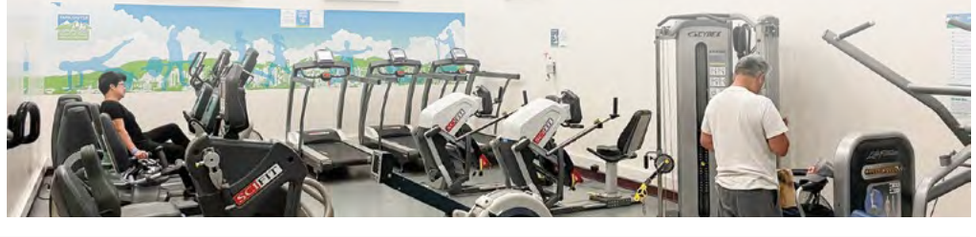
Instructor: Sara — Fitness Centre
Tu/Th Sep 8-Dec 17 — 5:00 PM-6:00 PM
Master Roster 633800 — ABC Drop-in,
ABC 10 Pass Card, or ABC Flexi-Pass

Recumbent Group – Circuit

(19+ yrs)

ABC Core Program by invitation only - for folks with very limited mobility or challenges requiring alternate workout options. No classes on Stat long weekends

Instructor: Sara — Fitness Centre
Su Sep 13-Dec 20 — 11:30 AM-12:30 PM
Master Roster 633800 — 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 — Fitness Centre
Tu/Th Sep 8-Dec17 — 6:00 PM-7:00 PM
Master Roster 633800 — ABC Drop-in,
10 ABC Pass Card, or ABC Flexi-Pass

Qi Gong

(19+ yrs)

ABC Core program – Combining body movement, mental focus, and controled breathing to improve strength, balance, flexibility and overall health. No class Sep 30, Nov 11.

Instructor: Sprina — Multi Purpose Room
We Sep 9-Dec 16 — 11:30 AM-12:30 PM
Master Roster 633800 — ABC Drop-in,
ABC 10 Pass Card, or ABC Flexi-Pass

Yoga and Relaxation

(19+ yrs)

ABC Core program – A relaxing approach to a traditional Hatha Yoga class. Some postures are modified to accommodate the needs of participants.

Instructor: Sharon — Dance Studio
Fr Sep 11-Dec 18 — 5:30 PM-6:45 PM
Master Roster 633800 — ABC Drop-in,
ABC 10 Pass Card, or ABC Flexi-Pass

Yoga with Osteoporosis

(19+ yrs)

ABC Specialty program – Supporting people with osteoporosis by improving balance, strength, and mobility through accessible movements. Focus on posture, stability, and mindful alignment to promote bone health and confidence in daily activities, as well as breathing and relaxations practices for overall well-being. For safety, it is important for participants to avoid forward bends, twists, and rapid transition. Please consult your healthcare provider before joining.

Instructor: Gwynneth — Dance Studio
We Sep 8-Dec 16 — 2:45 PM-3:45 PM
Master Roster 607203 — ABC Drop-in,
ABC 10 Pass Card, or ABC Flexi-Pass
633817 — $103.09/13 sess

WHAT OUR ABC MEMBERS SAY:

"I have tried other programs and this is the only one that I have been able to stick with. I am encouraged and motivated, particularly by seeing other participants at similar levels of fitness as myself, and by hearing other participants talk about how their fitness has improved since they began."

– – –

"The camaraderie and fun that we have also keeps me coming back. I have never experienced this in any other fitness program that I have attempted in the past 25 years."

– – –

"I have been attending the ABC program since January 2015 and it's not an understatement to say that it's changed my life dramatically. I was initially afraid to start the program, not just because it's been many years since I've exercised, but also because I'm a trans* identified person. I can say from experience that it's a very trans* inclusive program."

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

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: 6 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

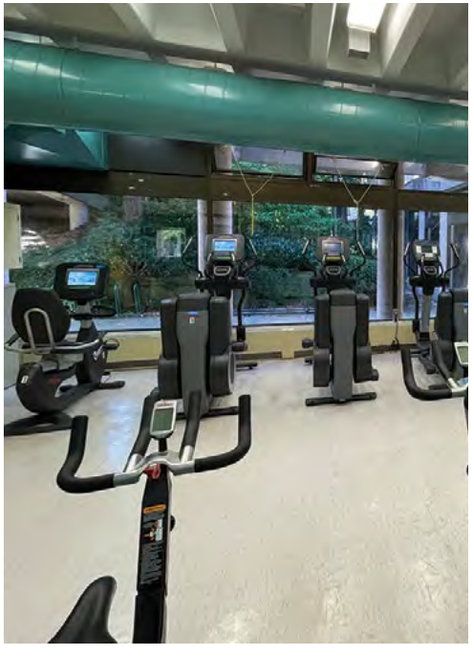
Mon-Fri .....7:30 AM – 9:30 PM
Sat, Sun .....9:00 AM – 4:00 PM

Fitness Centre Holiday & Special Hours

Sep 7, 30, Oct12, Nov 11, Dec 25, 26, 28 .....Closed

FREE FITNESS CONSULTATIONS

Take advantage of our a fitness consultatios FREE with a drop-in admission or included with your pass. Consultations are available by appointment only. Please see front desk staff for more details. Minimum age is 13 years to use the fitness centre.



FITNESS CENTRE PROGRAMS

Happy Hearts Programs

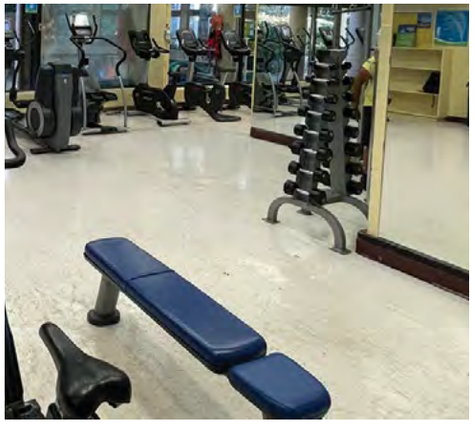
Exercise programs for individuals who have recently completed a medically supervised cardiac rehab program and would like to benefit from ongoing peer support and guidance provided by experienced fitness leaders. Registration is FREE but you must have a current Happy Hearts Flexipass to participate in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

Happy Hearts - Maintenance

637206	Nov 9-Dec 21	Mon	8:30 AM-9:30 AM
637211	Nov 9-Dec 21	Mon	11:00 AM-12:00 PM
637216	Nov 7-Dec 19	Sat	9:45 AM-10:45 AM
637217	Nov 7-Dec 19	Sat	11:00 AM-12:00 PM

Happy Hearts - Plus

637225	Nov 7-Dec 19	Mon	9:45 AM-10:45 AM
637254	Nov 7-Dec 19	Thu	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

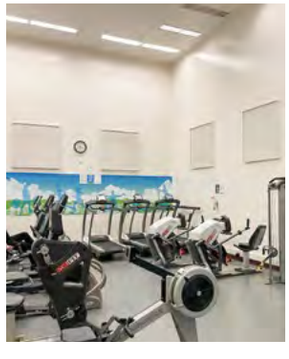
Try out our new small group personal training and enjoy the same intimate coaching experience as a personal training session but at a reduced cost. Training as a group provides a comfortable support system where you can encourage one another and foster some healthy competition!

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





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

From Oct 5 to Dec 13, 2026

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 14–Sun, Oct 4..... Closed
Oct 12, Nov 11 ..... Closed
Thu, Nov 5..... Close at 4pm

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 Lesiure Access Policy ensures residents of Vancouver access to Park Board sponsored programs and services regardless of ones ability to pay. For information contact the community centre office.

SWIM LESSON REGISTRATION

Registration for swimming lessons begins:
Tue, Aug 25, 7:00 PM

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

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.

Kensington Pool Schedule | Fall 2026

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00am		Public swim 9:00-2:30pm		Public swim 9:00-2:30pm		(Open 9:00am) Aquafit 9:15-10:15am	Swim lessons (Hot tub sauna only) 9:00-11:00am
9:30am							
10:00am	Swim lessons (Hot tub sauna only) 10:00-12:30pm		Swim lessons (Hot tub sauna only) 10:00-12:30pm		Public swim 10:00-3:00pm	Public space limited 10:15-1:30pm	
10:30am							
11:00am							Public limited 11:00-2:00pm
11:30am							
12:00pm							
12:30pm	Public swim 12:30-3:30pm		Public swim 12:30-3:30pm				
1:00pm							
1:30pm		Hot tub, sauna 1:15-2:15pm		Hot tub, sauna 1:15-2:15pm		Public swim 1:30-4:00pm	Public swim 2:00-4:00pm
2:00pm							
2:30pm		Public swim 2:15-4:30pm		Public swim 2:15-4:30pm			
3:00pm							
3:30pm	Public space limited 3:30-6:00pm		Public space limited 3:30-6:00pm		Swim lessons (Hot tub sauna only) 3:00-6:00pm		
4:00pm							
4:30pm							
5:00pm		Public space limited 4:30-7:00pm		Public space limited 4:30-7:00pm			
5:30pm							
6:00pm							
6:30pm							
7:00pm							
7:30pm		Public swim 7:00-8:00pm		Public swim 7:00-8:00pm			
8:00pm							

Schedule effective from Oct 5 to Dec 13

See page 27 for pool and fitness centre fees

Fall Swim Lesson Sets

Fall – Set 1:

A.	Mon / Wed	Oct 5-Nov 4	09 lessons
B.	Wed	Oct 7-Dec 9	09 lessons | No lesson Nov 11
C.	Tue / Thu	Oct 6-Nov 3	09 lessons
D.	Fri	Oct 9-Dec 11	10 lessons
E.	Sat	Oct 3-Dec 12	10 lessons | No lesson Oct 10
F.	Sun	Oct 4-Dec 13	10 lessons | No lesson Oct 11

Fall – Set 2:

A.	Mon / Wed	Nov 9-Dec 9	09 lessons | No lesson Nov 11
B.	Tue / Thu	Nov 10-Dec 10	10 lessons

Swim Lesson Fees

9 Lessons:

Parent & Tot / Pre (30 mins)	$77.47
Swimmer 1-2 (30 mins)	$63.88
Adult 1 (40 mins)	$134.71

10 Lessons:

Parent & Tot / Pre (30 mins)	$85.60
Swimmer 1-2 (30 mins)	$70.50
Adult 1 (40 mins)	$149.20

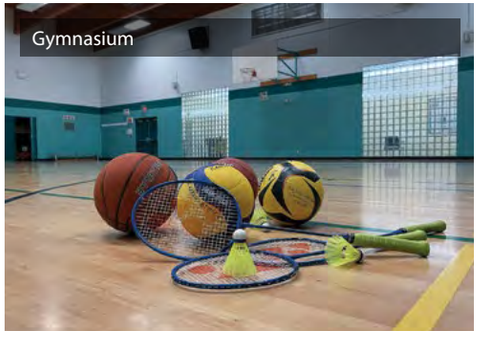


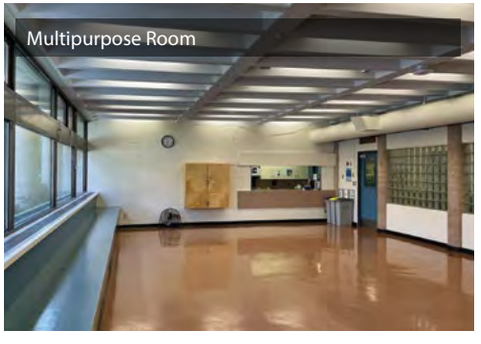
ROOM RENTAL INFORMATION & RATES

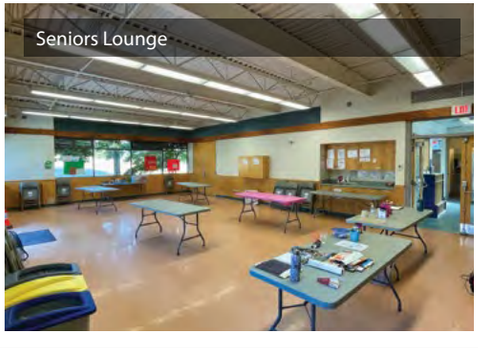


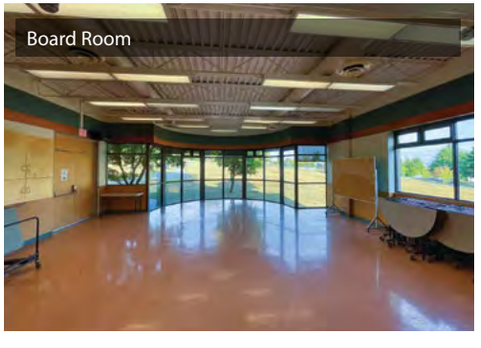
Staffing charges, damage deposit fees, SOCAN and ReSound fees may apply. Rental request forms can be found online at Vancouver.ca/ kensingtonrec. Please direct all inquiries to 604-718-6200.

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


Gymnasium


Multipurpose Room


Seniors Lounge


Board Room

KENSINGTON STAFF TEAM

Recreation Supervisor ..... Michael Herrin

Centre Programmer..... Bradley Kuong

Pool Programmer ..... TBA

Fitness Programmer ..... Regional

Community Youth Worker ..... Josh Morabito

Seniors/Rentals/Special Events..... Dalton Seto

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 infor 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!



MAKE YOUR VOICE HEARD THIS FALL!

Voting in the 2026 Vancouver Election is easier than ever.

VOTE BY MAIL	ADVANCE VOTING	ELECTION DAY
Request your ballot by October 5.	Vote early on October 3, 7, 10 or 13.	Cast your vote on October 17.

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

CITY OF VANCOUVER | VANCOUVER VOTES

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