



Kensington Community Centre

Programs | Fitness Centre | Swimming Pool

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

KCC Winter Recreation Guide

Operating Hours:

From January 2 to March 31, 2026	
Mon-Fri	7:30 AM- 9:30 PM
Sat-Sun	9:00 AM – 4:00 PM
Feb 16	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	Sat, Dec 6, 10:00 AM
Online registration	Sat, Dec 6, 10:00 AM
Phone registration	Sat, Dec 6, 11:00 AM

Register for Pool Programs:

Register for swimming lessons, etc. starting on Tuesday, December 16, 7:00 PM

Our Facilities:

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

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.



Interested in offering a program at Kensington? Please email: kensingtoncc@vancouver.ca Request an "Expression of Interest" package. Submissions for Spring/ Summer 2026 programs must be received by email by: Dec 15, 2025, 5:00pm.

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SPECIAL EVENTS



A list of Special Events was not available at the time of publication of our Winter 2026 recreation guide. Please check online, call or ask at the main office, 604-718-6200, about plans for Special Events including Family Day, Easter, and more!

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 openfor 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 Gvmnasium Th Jan 08-Mar 12 9:30 AM-11:50 AM 586990 \$3/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 Feb 14,

Instructor: Clara Regalado Multipurpose Rm (Mo)/

Senior's Lounge (Sa) 10:50 AM-11:35 AM M Jan 12-Mar 09 586981 \$80/8 sess Sa Jan 17-Mar 14 10:50 AM-11:35 AM \$80/8 sess



SPORTS

Sportball Junior

(1-2 yrs)

Toddlers and parents/caregivers focus on physical movements and social exploration, learn fundamental sport skills and participate in creative motor games, songs, stories, bubble time and more. Children are challenged according to their individual skill level and Coaches help grownups understand proven teaching techniques that can be applied outside of Sportball classes. Parent participation is required. No class Feb 14.

Instructor: Sportball Vancouver Multi, Room Sa Jan 17-Mar 14 11:15 AM-12:00 PM 587090 \$130/8 sess

Sportball Parent & Toddler Multisport

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. Parent participation is required. No class Feb 14.

Instructor: Sportball Vancouver Gymnasium 9:15 AM-10:00 AM Sa Jan 17-Mar 14 587094 \$130/8 sess

Sportball Parent & Toddler Soccer

(2-3 yrs)

Get a kick out of Sportball Parent & Child Soccer programs! Participants are introduced to fundamental concepts of soccer and are provided the basic skills required to score with confidence in fun, exciting, skills-focused games. Parent/guardian participation is required. No class Feb 15.

Instructor: Sportball Vancouver Gymnasium Su Jan 18-Mar 15 2:00 PM-2:45 PM 587096 \$130/8 sess

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 Feb 14, Feb 16.

Instructor: Clara Regalado Multi. Room (Mo)/ Seniors Lounge (Sa) M Jan 12-Mar 09 10:00 AM-10:45 AM 587062 10:00 AM-10:45 AM Sa Jan 17-Mar 14 587063



Creative Ballet

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. 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

3-5yrs:

Su Jan 11-Mar 15 9:15 AM-10:00 AM 586983 \$140/10 sess 4-6yrs:

Su Jan 11-Mar 15 10:05 AM-10:50 AM 586985 \$140/10 sess 11:45 AM-12:30 PM Su Jan 11-Mar 15 \$140/10 sess 586987

Mini Hip Hop

(4-6 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. Get Ready to Cheer: There will be a presentation on the last day of class for dancers to showcase what they learned. Children attend class without a parent/ quardian in the room.

Instructor: Endorphin Rush Dance Dance Studio 10:55 AM-11:40 AM Su Jan 11-Mar 15 587067 \$140/10 sess

Jazz/Hip Hop Fusion

(4-6 yrs)

\$80/8 sess

\$80/8 sess

Jazz/Hip Hop Fusion - Combine the style of hiphop 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 quardian present. There will be a performance on the last day of class for friends and family.

Instructor: Endorphin Rush Dance Dance Studio Tu Jan 13-Mar 10 3:30 PM-4:15 PM 587038 \$126/9 sess

YOGAPL3Y Preschool

(3-5 yrs)

YOGAPL3Y (yoga-play) is a fun, interactive, and playful introduction to the world of Yoga for kids! With a focus on physical literacy, students get to master their fundamental movement skills, exercise their creativity, interpersonal skills, and social and emotional skills! Please bring a yoga mat for this program. No session Feb 15.

Instructor: The Play Brigade **Board Room** Su Jan 11-Mar 08 9:55 AM-10:40 AM 586989 \$128/8 sess

DANCEPL3Y Preschool

(3-5 yrs)

DANCEPL3Y Preschool is designed for children to discover dance in a playful and interACTIVE way through creative storylines and music that MOVES them. Building the foundations for dance through rhythms, fundamental movement skills and playful group formations, young movers discover a love of physical activity as they leap, hop, spin and jump. No session Feb 15.

Instructor: The Play Brigade **Board Room** Su Jan 11-Mar 08 9:10 AM-9:55 AM 590088 \$128/8 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 Feb 14.

Instructor: Sportball Vancouver Gymnasium Sa Jan 17-Mar 14 10:00 AM-11:00 AM 587092 \$130/8 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 Feb 15.

Instructor: Sportball Vancouver Gymnasium 2:45 PM-3:45 PM Su Jan 18-Mar 15 587098 \$130/8 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 Feb 16.

Instructor: Sportball Vancouver Gymnasium Mo Jan 12-Mar 09 3:45 PM-4:45 PM 587086 \$130/8 sess

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 Jan 14-Mar 11 4:00 PM-5:00 PM 587101 \$135/9 sess



ART, CULTURE & EDUCATION Science and Craft Explorers

(6-12 yrs)

This program invites kids to explore the exciting world of science through fun crafts and hands-on making of simple scientific tools. Children will use everyday materials like paper, cardboard, straws, magnets, and bottles to create their own tools such as homemade compasses, sundials, rain gauges, and kaleidoscopes. While building, they'll learn the science behind how each tool works in a playful and creative way. No session Feb 15.

Board Room
11:15 AM-12:15 PM
\$160/8 sess



Junior Chefs

 $(7-10 \, yrs)$

ADULTS & SENIORS

Get ready to stir, roll, chop, and bake! In this handson cooking class, junior chefs will explore a variety of sweet and savoury recipes, including delicious dishes inspired by cultures from around the world. 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. Note: Recipes in this class may include meat, dairy, and eggs. Unfortunately, Junior Chefs cannot accommodate vegetarian or vegan diets. No session Feb 15.

3	
Instructor: Gigi Puen	Seniors Lounge
Su Jan 11-Feb 01	9:30 AM-11:00 AM
587040	\$107.33/4 sess
Su Jan 11-Feb 01	11:15 AM-12:45 PM
587043	\$107.33/4 sess
Su Feb 08-Mar 08	9:30 AM-11:00 AM
589323	\$107.33/4 sess
Su Feb 08-Mar 08	11:15 AM-12:45 PM
589325	\$107.33/4 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.

'	
nstructor: Tom Cheng	Board Room
Tu Jan 13-Mar 10	3:30 PM-4:00 PM
587005	\$234/9 sess
Tu Jan 13-Mar 10	4:00 PM-4:30 PM
587006	\$234/9 sess
Tu Jan 13-Mar 10	4:30 PM-5:00 PM
587007	\$234/9 sess
Tu Jan 13-Mar 10	5:00 PM-5:30 PM
589300	\$234/9 sess
Tu Jan 13-Mar 10	5:30 PM-6:00 PM
587008	\$234/9 sess
Tu Jan 13-Mar 10	6:00 PM-6:30 PM
589301	\$234/9 sess
Tu Jan 13-Mar 10	6:30 PM-7:00 PM
587009	\$234/9 sess
Tu Jan 13-Mar 10	7:00 PM-7:30 PM
587010	\$234/9 sess
Tu Jan 13-Mar 10	7:30 PM-8:00 PM
587011	\$234/9 sess



K-Pop

Step into the spotlight and 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 all the good vibes. No experience? No problem! We keep things welcoming and beginner-friendly, so you can build confidence while breaking a serious sweat.

Instructor: Endorphin Rush Dance Dance Studio 6-9 vrs:

4:15 PM-5:00 PM
\$126/9 sess
5:00 PM-5:45 PM

587044 \$126/9 sess

STEM PROGRAMS

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

(7-13 yrs)

"Build & Play" 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 while playing. Requirements: Participants must bring their own laptop or tablet. No cellphones. No class Feb 16.

Instructor: Clara Regalado Multipurpose Room Mo Jan 12-Mar 09 4:00 PM-5:00 PM 588425 \$136/8 sess

Game Makers Jr: **Coding Video Games** (7-13 vrs)

"Game Makers Jr" is a hands-on course for kids to 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. Requirements: Participants must bring their own laptop or tablet. No cellphones.

Instructor: Clara Regalado Multipurpose Room 4:00 PM-5:00 PM We Jan 14-Mar 04 586992 \$136/8 sess

Young Commander Chess: Novice (Starter)

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 is included.

Instructor: Joe Soliven Multipurpose Room Starter/Beginner: 5-13 yrs, anyone with limited knowledge of chess basics

Tu Jan 06-Mar 10 4:00 PM-5:10 PM 587106 \$150/10 sess

Intermediate: 8-13 yrs, anyone proficient with chess tactics and advanced strategies

Tu Jan 06-Mar 10 5:20 PM-6:30 PM 587105 \$150/10 sess



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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 Feb 16.

Instructor: Kim Fivelsdal Beginner (Full Month)	Multipurpose Room
Mo Th Jan 05-Jan 29	5:30 PM-6:30 PM
587057	\$79.5/Month
Mo Th Feb 02-Feb 26	5:30 PM-6:30 PM
587056	\$79.5/ Month
Mo Th Mar 02-Mar 30	5:30 PM-6:30 PM
587055	\$79.5/ Month
Beginner (Half Month)	***************************************
Mo Th Jan 05-Jan 29	5:30 PM-6:30 PM
587061	\$53/Month
Mo Th Feb 02-Feb 26	5:30 PM-6:30 PM
587060	\$53/ Month
Mo Th Mar 02-Mar 30	5:30 PM-6:30 PM
587059	\$53/ Month
Advanced (Full Month)	
Mo Th Jan 05-Jan 29	6:30 PM-7:30 PM
587049	\$79.5/ Month
Mo Th Feb 02-Feb 26	6:30 PM-7:30 PM
587048	\$79.5/ Month
Mo Th Mar 02-Mar 30	6:30 PM-7:30 PM
587047	\$79.5/ Month
Advanced (Half Month)	
Mo Th Jan 05-Jan 29	6:30 PM-7:30 PM
587053	\$53/ Month
Mo Th Feb 02-Feb 26	6:30 PM-7:30 PM
587052	\$53/ Month
Mo Th Mar 02-Mar 30	6:30 PM-7:30 PM
587051	\$53/ Month

SPORTS

Tennis

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
4-6 yrs:	
We Jan 14-Mar 11	4:00 PM-5:00 PM
587101	\$135/9 sess
7-10 yrs:	
We Jan 14-Mar 11	5:00 PM-6:00 PM
587104	\$135/9 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 Feb 16.

Instructor: Sportball Vancouver Gymnasium Mo Jan 12-Mar 09 4:45 PM-5:45 PM 587087 \$130/8 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.

Instructor: Stanley Kita	Gymnasium
Su Jan 04-Mar 15	11:45 AM-12:4 <mark>5 PM</mark>
586939	\$110/1 <mark>1 ses</mark> s
Su Jan 04-Mar 15	12:45 PM-1:45 PM
586940	\$110 <mark>/11</mark> 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 Jan 10-Mar 28	11:45 AM-12:45 PM
587080	\$60/12 sess
9-17 yrs:	
Sa Jan 10-Mar 28	12:45 PM-1:45 PM
587081	\$60/12 sess



CHILDREN

Gvmnasium

P00



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. Presentation for parents on the last day!

Instructor: Endorphin Rush Dance Dance Studio Mo-Fr Mar 16-20 9:15 AM-10:30 AM 587851 \$109/week

Mini Hip Hop Breakers

(4-7 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. Get ready to cheer with gusto as there is a presentation for family on the last day! Please bring a filled water bottle

Instructor: Endorphin Rush Dance Dance Studio Mo - Fr Mar 16-20 10:45 AM-12:00 PM 587852 \$109/week

K-Pop Demon Hunters

(6-10 yrs)

Get ready to move like your favorite K-Pop idols with a fierce twist! In this high energy dance program, 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!

Instructor: Endorphin Rush Dance Dance Studio Mo-Fr Mar 16-20 12:30 PM-3:00 PM 587920 \$199/week

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. This introduction to Chess for beginners teaches higher level thinking skills such as visualization, analysis and critical thinking. Chess folder is included.

Instructor: Joe Soliven **Board Room** 3:30 PM-5:00 PM Mo-Fr Mar 16-20 589306 \$100/week



Day Camp with The PL3Y Brigade (6-9 yrs)

Mo-Fr Mar 16-20

590103

Leap into an action-packed week of games, arts & crafts, and fun-filled activities that encourage social and emotional learning and active team play! Everyone gets a chance to master their fundamental movement skills, build confidence, and self-expression. Breaks may take place outdoors. Please bring a lunch, snack, water bottle and sunscreen.

Instructor: The Play Brigade	Board Room
Full Day Camp:	
Mo-Fr Mar 16-20	9:00 AM-3:00 PM
590092	\$420/week
Half Day Camp: AM	
Mo-Fr Mar 16-20	9:00 AM-12:00 PM
590099	\$230/week
Half Day Camp: PM	

12:00 PM-3:00 PM

\$230/week

GLOW KIDS Spring Break Day Camp

(6-12 yrs)

Designed to maximize play time. Sample activities include: scavenger hunts, dance, talent shows, obstacle courses, arts & crafts, games and other fun activities! While the structure of our camps will be similar from week to week, our activities will be different. Weather permitting, some activities will take place outdoors. Lunch breaks will include visits to Tecumseh Annex School Playground. Please bring a lunch, snacks, water and sunscreen.

Instructor: Lia Fletcher	Seniors Lounge
Mo-Fr Mar 16-20	9:15 AM-3:00 PM
588391	\$250/week
Mo-Fr Mar 23-27	9:15 AM-3:00 PM
588392	\$250/week

LEGO® Bricks Stop Motion Animation Camp

(7-12 yrs)

Fill your week with action, adventure and a lot of comedy with Film Camp in A Box. Mentored by master filmmakers, campers will engage in handson exploration of the stop motion animation process, including pre production, production and post production. Working in small crews, they will learn about stop motion animation, set design, script writing and editing. Campers will then create their own stop motion animation and edit a short film. Movies will be presented at our red carpet. popcorn film festival and archived on our digital theatre. Please note we do provide Clay and all arts supplies along with a nominal amount of LEGO®. We do encourage participants to bring their own LEGO® and toys to supplement the creation of their film. Depending on weather, lunch breaks may take place outdoors in the grass field/playground adjacent to the centre. Please bring a lunch, snack, water bottle and sunscreen.

Board Room Instructor: Film Camp In A Box 9:00 AM-3:00 PM Mo-Fr Mar 23-27 588563 \$365/week



Tennis

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. 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

4-6 yrs:	
Mo-Fr Mar 16-20	9:00 AM-10:00 AM
588444	\$75/week
Mo-Fr Mar 23-27	9:00 AM-10:00 AM
588445	\$75/week
7-10 yrs:	
Mo-Fr Mar 16-20	10:00 AM-11:00 AM
588442	\$75/week
Mo-Fr Mar 23-27	10:00 AM-11:00 AM
588443	\$75/week

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.

nstructor: Greenlight Basketbal	l Gymnasium
Mo-Fr Mar 16-Mar 20	12:45 PM-1:45 PM
588963	\$75/week
Mo-Fr Mar 23-Mar 27	12:45 PM-1:45 PM
588958	\$75/week

Greenlight Basketball: Springtime Hoops

(8-13 yrs)

Our Spring Break Hoops Camps are 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-Fr Mar 16-Mar 20	1:45 PM-3:00 PM
588963	\$95/5 sess
Mo-Fr Mar 23-Mar 27	1:45 PM-3:00 PM
589297	\$95/5 sess

SPEC. EVENTS

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
We Jan 07-Mar 11	9:30 AM-1:00 PM
586926	\$25/10 sess

ARTS, EDUCATION & CULTURE

Homework Club

(11-18 yrs)

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

Instructor: Angelina Puen	Board Room
We Jan 21-Mar 11	4:30 PM-6:00 PM
587116	FREE

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 Jan 06-Mar 24	7:00 PM-8:00 PM
586937	\$132/12 sess
Level 2:	
Tu Jan 06-Mar 24	8:10 PM-9:10 PM
586938	\$132/12 sess

K-Pop

(9-14 yrs)

Step into the spotlight and 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 all the good vibes. No experience? No problem! We keep things welcoming and beginner-friendly, so you can build confidence while breaking a serious sweat.

Instructor: Endorphin Rush Dance Dance Studio
Tu Jan 13-Mar 10 5:00 PM-5:45 PM
587044 \$126/9 sess

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: IBA Instructor	Multipurpose Room
Sa Jan 10-Mar 28	12:10 PM-2:00 PM
587117	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.

Instructor: Stanley Kita	Gymnasium
Su Jan 04-Mar 15	11:45 AM-12:45 PM
586939	\$110/11 sess
Su Jan 04-Mar 15	12:45 PM-1:45 PM
586940	\$110/11 sess



Saturday Ball Hockey

(9-17yrs)

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 Jan 10-Mar 28 12:45 PM-1:45 PM
587081 \$60/12 sess

Youths Learn to Play Volleyball

(12-18 yrs)

Come out and learn to play volleyball, a wonderful life sport, with David Ng! We will teach and review the skills of the game and play games! All levels are welcomed! Free!

Instructor: David Ng Gymnasium
Tu Jan 06-Mar 31 3:45 PM-5:30 PM
587119
FREE

FRIDAY DROP-IN SPORTS

Join us Fridays from Jan 9 to Mar 27 for an afternoon and evening full of free sports opportunities for pre-teens and youths. No registration required.



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

Mah Jong, Big Two & Board Games (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 or Big Two or board games. 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: No Instructor	Multipurpose Room
Su Jan 4-Mar 29	12:00 PM-3:30 PM
590042	FREE/13 sess

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. Adults and Seniors are welcome! Drop-in \$3 + tax. No session Mar 17, Mar 24.

Instructor: Cam Fung Board Room

Tu Jan 6-Mar 31 11:00 AM-3:00 PM 590033 \$27.5/11 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. No session Jan 11.

Instructor: Heather Hackman

Pottery Studio

Su Jan 04-Jan 18 9:30 AM-11:30 AM 586975 \$70/2 sess

Su Feb 01-Feb 08 9:30 AM-11:30 AM 586976 \$70/2 sess **Guitar/Ukelele- Private Lessons** (14+ 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 Jan 13-Mar 10	3:30 PM-4:00 PM
587005	\$234/9 sess
Tu Jan 13-Mar 10	4:00 PM-4:30 PM
587006	\$234/9 sess
Tu Jan 13-Mar 10	4:30 PM-5:00 PM
587007	\$234/9 sess
Tu Jan 13-Mar 10	5:00 PM-5:30 PM
589300	\$234/9 sess
Tu Jan 13-Mar 10	5:30 PM-6:00 PM
587008	\$234/9 sess
Tu Jan 13-Mar 10	6:00 PM-6:30 PM
589301	\$234/9 sess
Tu Jan 13-Mar 10	6:30 PM-7:00 PM
587009	\$234/9 sess
Tu Jan 13-Mar 10	7:00 PM-7:30 PM
587010	\$234/9 sess
Tu Jan 13-Mar 10	7:30 PM-8:00 PM
587011	\$234/9 sess



DANCE

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: Ionje Olson	Dance Studio
Level 1:	
Tu Jan 06-Mar 24	7:00 PM-8:00 PM
586937	\$132/12 sess
Level 2:	

Tu Jan 06-Mar 24 8:10 PM-9:10 PM 586938 \$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.

Instructor: Endorphin Rush Dance Dance Studio
Tu Jan 20-Mar 10 5:45 PM-6:45 PM
586928 \$120/8 sess

Trial Session:

Tu Jan 13 5:45 PM-6:45 PM 586930 \$5/1 sess

Ballet Flow: Grace in Motion

(16+ yrs)

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?all set to beautiful, inspiring music. Expect a fusion of ballet, contemporary flow, and conditioning that leaves you feeling lengthened, centered, and ready to take on the day. Drop-in \$18, if space permits.

Instructor: Endorphin Rush Dance Dance Studio
Tu Jan 20-Mar 10 1:15 PM-2:15 PM
586972 \$120/8 sess

Trial Session:

Tu Jan 13 1:15 PM-2:15 PM 586973 \$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.

Instructor: Endorphin Rush Dance Dance Studio
Tu Jan 20-Mar 10 2:15 PM-3:15 PM
587034 \$120/8 sess

Trial Session:

Tu Jan 13 2:15 PM-3:15 PM 587036 \$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 \$11 + tax, space permitting.

Instructor: Chun (Margaret) Pan Dance Studio Sa Jan 03-Mar 28 1:00 PM-2:30 PM 586978 \$117/13 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 session Mar 17, Mar 18, Mar 19.

Instructor: Jing Fung **Dance Studio** Tu Jan 06-Mar 31 (Mixed Level) 9:15 AM-10:15 AM 587027 \$45.6/12 sess Tu Jan 06-Mar 31 (Beg Level) 10:20 AM-11:20 AM 587923 \$45.6/12 sess We Jan 07-Mar 25 (Mixed Level) 9:15 AM-10:15 AM \$41.8/11 sess Th Jan 08-Mar 26 (Mixed Level) 9:15 AM-10:15 AM 587028 \$41.8/11 sess Th Jan 08-Mar 26 (Beg Level) 10:20 AM-11:20 AM 587026 \$41.8/11 sess

International Performance Dance

(45+yrs)

Various ethnic dance exercise taught in English and Chinese. Drop in \$5.00 + tax, space permitting. No class Mar 16, Mar 18.

Instructor: Jing Fung Dance Studio
We Jan 07-Mar 25 10:20 AM-11:20 AM
587963 \$41.8/11 sess
Mo Jan 05-Mar 30 (Beg Level) 9:15 AM-10:15 AM
587962 \$45.6/12 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 Jan 02-Mar 13 1:00 PM-2:45 PM 587084 \$16.5/11 sess



Social Dance- Partners with Lessons (Beginner)

(45+yrs)

Course content includes: 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. Drop in \$5.00 + tax, space permitting. No class Mar 19.

Instructor: Jing Fung Dance Studio
Th Jan 08-Mar 26 1:00 PM-2:30 PM
587085 \$41.8/11 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. Classes are taught in Cantonese, Mandarin and English. Drop in \$5.00 + tax, space permitting. No session Mar 16, 20.

 Instructor: Jing Fung
 Dance Studio

 Mo Jan 05-Mar 30
 10:30 AM-12:00 PM

 587032
 \$45.6/12 sess

 Fr Jan 02-Mar 27
 11:20 AM-12:50 PM

 587033
 \$45.6/12 sess

International Dance and Line Dance with Lessons

(19+ yrs)

This class will include Line Dance or Social Dance lessons. Drop in \$5, space permitting. No class Mar 18.

Instructor: Jing Fung Gymnasium
We Jan 07-Mar 11 1:15 PM-3:00 PM
587083 \$38/10 sess

FITNESS & HEALTH

Mindfulness & Meditation: A Return to Stillness

(19+ yrs)

In a world that rarely slows down, making space for stillness can be a radical act of self-compassion. 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!

Instructor: Marshall Lau	Dance Studio
Mo Jan 12-Feb 2	8:00 PM-9:15 PM
588646	\$8/4 sess
Mo Feb 23-Mar 16	8:00 PM-9:15 PM
588647	\$8/4 sess

Mindfulness & Meditation: Continuing Practice

(19+yrs)

For those who have completed the intro course Mindfulness Meditation? A Return to Stillness, this group offers a quiet, supportive space to continue practicing together. Sessions include light guidance and time for questions and reflection. No session Feb 13, Feb 20. Drop-in only \$2 + tax.

Instructor: Marshall Lau Dance Studio Fr Jan 16-Mar 20 7:30 PM-8:45 PM 587064 \$2/Drop-in



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. No session Mar 18.

Instructor: Kayo Echizenya	Dance Studio
We Jan 07-Jan 28	11:30 AM-12:30 PM
591402	\$28/4 sess
We Feb 04-Feb 25	11:30 AM-12:30 PM
591404	\$28/4 sess
We Mar 04- Mar 25	11:30 AM-12:30 PM
591405	\$21/3 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 Jan 07-Jan 28	7:30 PM-9:00 PM
589420	\$45.4/4 sess
We Feb 04-Feb 25	7:30 PM-9:00 PM
589422	\$45.4/4 sess
We Mar 04-Mar 25	7:30 PM-9:00 PM
589423	\$45.4/4 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. Dropin \$15+ tax, space permitting. No session Mar 21.

Board Room
11:00 AM-12:10 PM
\$65/5 sess
11:00 AM-12:10 PM
\$65/5 sess

PARENT & TOT

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. Dropin \$15 + tax, space permitting. No session Mar 21.

Instructor: Nancy Kang	Board Room
Sa Jan 03-Jan 31	10:00 AM-10:45 AM
589826	\$65/5 sess
Sa Feb 21-Mar 28	10:00 AM-10:45 AM
589831	\$65/5 sess

Flow/Vinyasa Yoga

(19+yrs)

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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.

Dance Studio
7:00 PM-8:00 PM
\$69/6 sess
7:00 PM-8:00 PM
\$46/4 sess

MARTIAL ARTS

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 Feb 16.

111011(115, 140 56551011 Feb 10.	
Instructor: Kim Fivelsdal	Multipurpose Room
Beginner (Full Month)	
Mo Th Jan 05-Jan 29	5:30 PM-6:30 PM
587057	\$90.1/Month
Mo Th Feb 02-Feb 26	5:30 PM-6:30 PM
587056	\$90.1/ Month
Mo Th Mar 02-Mar 30	5:30 PM-6:30 PM
587055	\$90.1/ Month
Beginner (Half Month)	
Mo Th Jan 05-Jan 29	5:30 PM-6:30 PM
587061	\$58.3/Month
Mo Th Feb 02-Feb 26	5:30 PM-6:30 PM
587060	\$58.3/ Month
Mo Th Mar 02-Mar 30	5:30 PM-6:30 PM
587059	\$58.3/ Month
Advanced (Full Month)	
Mo Th Jan 05-Jan 29	6:30 PM-7:30 PM
587049	\$90.1/ Month
Mo Th Feb 02-Feb 26	6:30 PM-7:30 PM
587048	\$90.1/ Month
Mo Th Mar 02-Mar 30	6:30 PM-7:30 PM
587047	\$90.1/Month
Advanced (Half Month)	
Mo Th Jan 05-Jan 29	6:30 PM-7:30 PM
587053	\$58.3/ Month
Mo Th Feb 02-Feb 26	6:30 PM-7:30 PM
587052	\$58.3/ Month

6:30 PM-7:30 PM

\$58.3/ Month

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 Jan 04-Mar 29	9:15 AM-11:30 AM
587100	\$84.5/13 ses

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 Feb 16

Gymnasium
7:45 PM-9:05 PM
\$51/12 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..

Instructor: No Instructor	Gymnasium
Tu Jan 06-Mar 31	7:45 PM-9:05 PM
Th Jan 08-Mar 12	12:30 PM-3:15 PM
Fr Jan 02-Mar 31	9:15 AM-12:45 PM
	\$3.25/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 2 hours before program start time, in person. Please note that registered participants have until 10 mins past program start time 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 Feb 16.

Instructor: No Instructor	Gymnasium
Th Jan 08-Mar 26	7:45 PM-9:05 PM
586935	\$54/12 sess
Mo Jan 05-Mar 30	6:15 PM-7:30 PM
586936	\$54/12 sess

Mo Th Mar 02-Mar 30

587051

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 Feb 16, Mar 16, Mar 17, Mar 23, Mar 24.

17, Mar 23, Mar 24.	
Instructor: Gary Cummings Fr Jan 02 593604 Sa Jan 03 593606 Mo Jan 05-Mar 30 587077 Tu Jan 06-Mar 31 587078 Th Jan 08-Mar 26 587079	Gymnasium 3:15 PM-6:15 PM \$3.50/1 sess 10:00 AM-1:00 PM \$3.50/1 sess 1:00 PM-3:30 PM \$35/10 sess 12:30 PM-3:20 PM \$38.5/11 sess 3:30 PM-5:45 PM \$42/12 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 class Feb 16, Mar 16, Mar 17, Mar 23, Mar 24.

Instructor: No Instructor	Gymnasium
Mo Jan 05-Mar 30	9:10 AM-10:10 AM
586948	\$76.6/10 sess
Mo Jan 05-Mar 30	10:15 AM-11:15 AM
586943	\$76.6/10 sess
Mo Jan 05-Mar 30	11:20 AM-12:20 PM
586947	\$76.6/10 sess
Tu Jan 06-Mar 31	9:10 AM-10:10 AM
586942	\$84.26/11 sess
Tu Jan 06-Mar 31	10:15 AM-11:15 AM
586941	\$84.26/11 sess
Tu Jan 06-Mar 31	11:20 AM-12:20 PM
586946	\$84.26/11 sess
We Jan 07-Mar 11	7:00 PM-8:00 PM
586944	\$76.6/10 sess
We Jan 07-Mar 11	8:10 PM-9:10 PM
586945	\$76.6/10 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. 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.

Gymnasium
2:00 PM-3:45 PM
\$72/12 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's 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)

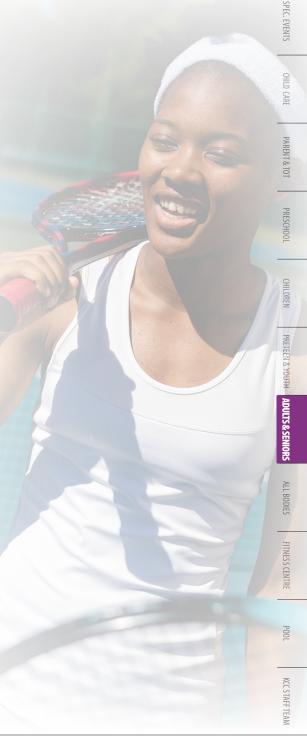
Instructor: Precision Tenn	nis Inc. Gymnasium
W Jan 07-Feb 04	10:00 AM-11:00 AM
586922	\$197.5/5 sess
W Feb 11-Mar 11	10:00 AM-11:00 AM
586925	\$197.5/5 sess
We Jan 07-Feb 04	12:00 PM-1:00 PM
586924	\$197.5/5 sess
We Feb 11-Mar 11	12:00 PM-1:00 PM
586923	\$197.5/5 sess

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's 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)

Instructor: Precision Tennis Inc.	Gymnasium
We Jan 07-Feb 04	9:00 AM-10:00 AM
586918	\$197.5/5 sess
We Feb 11-Mar 11	9:00 AM-10:00 AM
586921	\$197.5/5 sess
We Jan 07-Feb 04	11:00 AM-12:00 PM
586919	\$197.5/5 sess
We Feb 11-Mar 11	11:00 AM-12:00 PM
586920	\$197.5/5 sess



ADULTS & SENIORS

PRETEEN & YOUTH ADULTS & SENIORS

ALL BODIES COMMUNITY RECREATION & FITNESS

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.

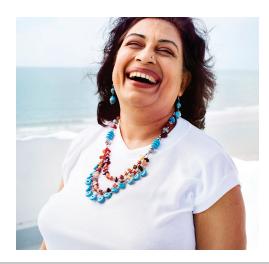
You can participate in ABC core programs by registering on the seasonal "Master Roster", and paying with one of the following methods: Purchase an ABC flexipass (providing access to the Vancouver Park Board's arenas, pools and fitness centres); purchase an ABC 10 visit usage card (good for 10 classes); 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.

Sehatmand te Tagatvar (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 Feb. 16.

Instructor: Kate Lee with Volunteers Board Room Mo Jan 5-Mar 12 11:15 AM-12:15 PM Activity #586470 ABC Drop-in, ABC10 Pass Card, or ABC Flexi-Pass



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 Jan 7 -Mar 11 2:45 PM-3:45 PM Activity #587836 Adult: \$79.30/10 sess Senior: \$55.30/10 sess



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. No Class October 1,8,15

Instructor: Alexa Uhrich Dance Studio 1:30 PM-2:30 PM We Jan 7-Mar 11 Master Roster 586504 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 Doherty Fitness Centre Tu/Th Jan 6-Mar 12 5:00 PM-6:00 PM Master Roster 586504 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.

Instructor: Sara Doherty Fitness Centre 11:30 PM-12:30 PM Su Jan 11-Mar 15 Master Roster 586504 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 Jan 6-Mar 12 6:00 PM-7:00 PM Master Roster 586504 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.

Instructor: Sprina Fu Multi Purpose Room We Jan 7 – Mar 11 11:30 PM-12:30 PM Master Roster 586504 ABC Drop-in, ABC 10 Pass Card, or ABC Flexi-Pass

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 practive. 1st class of the month welcomes newcomers, please arrive 15 minutes early to meet the instructor.

Instructor: Sharon Babu Dance Studio Fr Jan 9-Mar 13 5:30 PM-6:45 PM Master Roster 586504 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:



What our ABC members say...

"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 inclusive program."

"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."

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

From January 2 to March 31, 2026

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

Jan 1, Feb 16 .		Closed
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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

586588	Mo Jan 5-Mar 30	8:30 AM-9:30 AM
586589	Mo Jan 5-Mar 30	11:00 AM-12:00 PM
586590	Tu Jan 6-Mar 31	8:30 AM- 9:30 AM
586592	Tu Jan 6-Mar 31	9:45 AM-10:45 AM
586596	Sa Jan 10-Mar 28	9:45 AM-10:45 AM
586595	Sa Jan 10-Mar 28	11:00 AM-12:00 PM

Happy Hearts - Plus

586598	Mo Jan 5-Mar 30	9:45 AM-10:45 AN
586599	Tu Jan 6-Mar 26	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					
Туре	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 of Operation

From January 5 to March 15, 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

Thu, Dec 25, 2025	Closed
Fri, Dec 26, 2025	Closed
Thu, Jan 1, 2026	Closed
Mon, Feb 16, 2026	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. One-Card 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, Dec 16, 2025 at 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 in independent in the water to participate in the class.

Kensington Pool Schedule Winter 2026								
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
9:00am						(Open 9:00am)		
9:30am						Aquafit		
10:00am						9:15-10:15am	Swim lessons	
10:30am	Swim lessons		Swim lessons				(Hot tub	
11:00am	(Hot tub sauna only)		(Hot tub sauna only)				sauna only)	
11:30am	10:00-12:30pm	Public swim 9:00-2:30pm	10:00-12:30pm	Public swim	Public swim 9:00-2:30pm Public	Public swim	Public space	9:00-1:00pm
12:00pm					10:00-2:00pm	limited		
12:30pm	Public swim					10:15-2:00pm		
1:00pm								Public limited
1:30pm			Public swim				1:00-2:00pm	
2:00pm	12:30-3:30pm		12:30-3:30pm		Public space			
2:30pm		Aquafit		Aquafit ROM	limited	Public swim	Public swim	
3:00pm		2:30-3:30pm		2:30-3:30pm	2:00-3:00pm	2:00-4:00pm	2:00-4:00pm	
3:30pm		5.11.		5.11.				
4:00pm	Public space limited	Public swim 3:30-4:30pm	Public space 3:30-4:30pm Swim lessons	2.20 4.20		_		
4:30pm		3.50 1.50p.11	limited	3.50 1.50p.1.1	(Hot tub	(Hot tub Schedul sauna only) effective fr		
5:00pm	3:30-6:00pm		3:30-6:00pm		3:00-6:00pm	Jan 5 to		
5:30pm		Public space		Public space				
6:00pm		limited		limited		Pool c		
6:30pm		4:30-7:00pm		4:30-7:00pm		Jan 1, Feb 16		
7:00pm						See pa	_	
7:30pm		Public swim		Public swim		for pool and fitness centre fees		
	1	70000	I	700000	I	I		

7:00-8:00pm

Kansington Pool Schadula | Winter 20

Winter Swim Lesson Sets

Registration begins on Tue Dec 16, 2025 at 7:00pm.

7:00-8:00pm

Set 1:

8:00pm

A.	Mon / Wed	Jan 5-Feb 4	10 lessons
B.	Wed	Jan 7-Mar 11	10 lessons
C.	Tue / Thu	Jan 6-Feb 5	10 lessons
D.	Fri	Jan 9-Mar 13	10 lessons
E.	Sat	Jan 10-Mar 14	9 lessons No lesson Feb 14
F.	Sun	Jan 11-Mar 15	9 lessons No lesson Feb 15
Set	t 2:		
A.	Mon / Wed	Feb 9-Mar 11	9 lessons No lesson Feb 16
B.	Tue / Thu	Feb 10-Mar 12	10 lessons

Lessons are available in 9 and 10 session packages only this Winter, Lesson duration is 30 minutes for Parent & Tot / Pre, Swimmer 1 & 2: and 40 minutes for Adult 1.

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 (30 mins)	\$61.21
Swimmer 1-2 (30 mins)	\$50.64
Adult 1 (40 mins)	\$105.73

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o Lessons.	
Parent & Tot / Pre (30 mins)	\$69.34
Swimmer 1-2 (30 mins)	\$57.26
Adult 1 (40 mins)	\$120.22

9 Lessons:

Parent & Tot / Pre (30 mins)	\$77.47
Swimmer 1- (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

11 Lessons:

Parent & Tot / Pre (30 mins)	\$93.73
Swimmer 1-2 (30 mins)	\$77.12
Adult 1 (40 mins)	\$163.69

PRETEEN & YOUTH

ADULTS & SENIORS

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.....TBA 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!

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 Nhàn Hưu Được An Toàn

Tất cả quí vị, nhân viên, nhân viên công tác tự nguyện đều có quyển lợi hoạt động dưới hoàn cảnh an toàn và thoải mái khi xử dụng nơi giải trí nhàn hưu của Bộ Công Viên. Quyển 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 Qui 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 quí vị xử dụng chương trình và phục vụ này nên dựa vào và tuân theo.

Qui Tắc Hành Vi

- Quí vị, nhân viên, nhân viên công tác tự nguyện phải cư xử với nhau dưới sư tôn trong 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 tái sản cá nhân.
- Xin hưởng thụ các giải trí hoạt động nhàn hưu trong Thành Phố của ban.
- Bộ Công Viên và Bộ Giải Trí Nhàn Hưu giữ lại tất cả quyền lợi khi cần có hành động thích nghi để giải quyết moi sư tranh chấp.

