



Kensington Community Centre
Programs | Fitness Centre | Swimming Pool

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

Winter 2025



Kensington Community Centre

Programs | Fitness Centre | Swimming Pool

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Welcome to our Winter Guide

Operating Hours:

From January 1 to March 31, 2025

Mon-Fri 7:30 AM-9:30 PM

Sat-Sun..... 9:00 AM-4:00 PM

Wed, Jan 1 Closed

Mon, Feb 17 Closed

Program registration is available after 9:00 AM.

The cashier's office closes 30 minutes before the centre closes.

Register for Centre Programs:

Online registration Sat, Dec 7, 10:00 AM

In-person registration Sat, Dec 7, 10:00 AM

Phone registration Sat, Dec 7, 11:00 AM

Register for Pool Programs:

Tue, Dec 17 at 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.

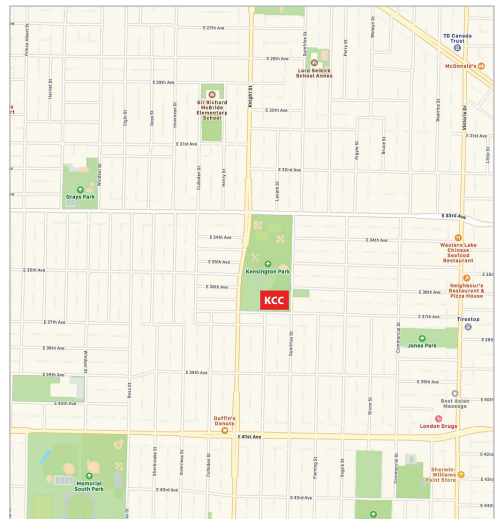
Fitness Centre: Our fitness centre includes three spaces: cardio, circuit training and weight room.

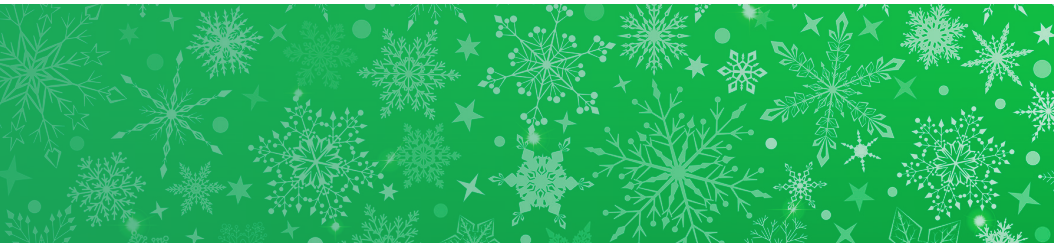
GST information:

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

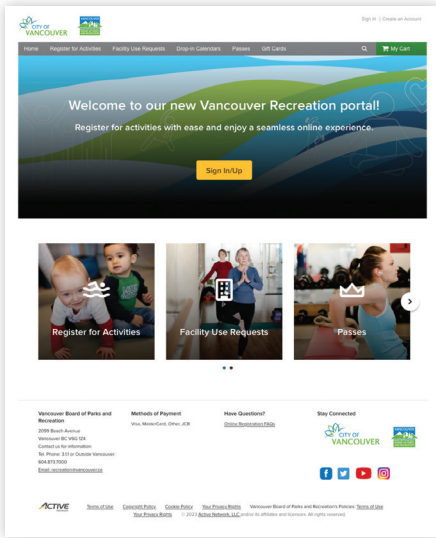
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About Online Registration:



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://vancouver.ca/parks-recreation-culture/vancouver-recreation-portal-upgrade.aspx> or contact 3-1-1.

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



If you are interested in offering a program at Kensington CC, please email:

kensingtoncc@vancouver.ca

Request an "Expression of Interest" package.

Submissions for Spring 2025 programs must be submitted by email by: **December 20, 2024, 5:00pm.**

Image: stock

WHAT'S NEW

Check out our new programs for Winter 2025...



Capoeira for Kids
details on pg. 14



**Creative Adventures:
Arts & Crafts for Kids**
details on pg. 12



**Tennis Lessons for
Preschoolers, Kids
& Adults**
details on
pgs. 11,15, 27



Kids Guitar/Ukelele Private Lessons details on pg. 13



Creating Sculptural Elements in Embroidery details on pg. 18

Don't be disappointed!



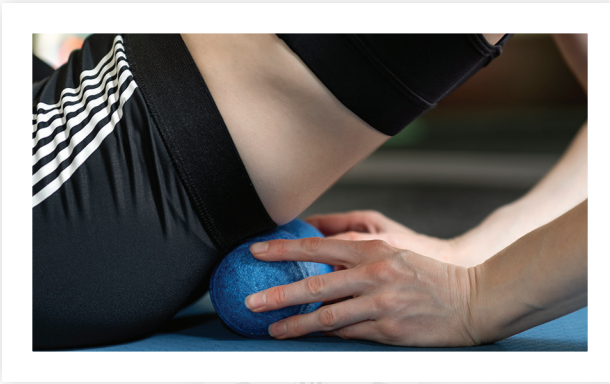
Register early to ensure yourself a spot! Some programs are extremely popular and fill quickly while others are cancelled due to insufficient registration

WHAT'S NEW

Check out our new programs for Winter 2025...



**Nutrition & Cooking
Workshops
details on pg. 21**



**Healthy Aging
details on pg. 24**

Don't be disappointed!



Register early to ensure yourself a spot! Some programs are extremely popular and fill quickly while others are cancelled due to insufficient registration

CHILDCARE

Introducing the Kensington Licensed Preschool and Out-of-School Care Programs

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



Preschool:

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

Out-of-School Care:

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

Registration is now open for both programs: call 604.874.4231 or email kensington@cedarcottage.org



**CEDAR COTTAGE
NEIGHBOURHOOD HOUSE**

PARENT & TOT

SOCIAL

Family Drop-In Gym

(0-5 yrs)

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

Instructor: Joshua Pan Gymnasium
Th Jan 09-Mar 13 9:30 AM-11:50 AM
532478 \$3.00 for single child, \$5 for family

ART, CULTURE & EDUCATION

Dance With Me

(1.5-3 yrs)

Introduce your little ones to the world of dance. Classes are designed to encourage little dancers to join in and have fun while dancing with mom or dad. Elements of ballet dancing, singing, and high energy movement to music will be included. Parent or guardian participation is required. Visit performingstars.ca for more information. No session Feb 16.

Instructor: Van. Performing Stars Dance Studio
Su Jan 05-Mar 09 10:00 AM-10:45 AM
532527 \$144/9 sess

SPORTS

Sportball Junior

(16-24 mos)

Toddlers and parents/caregivers focus on physical movements and social exploration, learn fundamental sport skills and participate in creative motor games, songs, stories, bubble time and more. 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 15.

Instructor: Sportball Vancouver Seniors Lounge
Centre
Sa Jan 18-Mar 15 11:15 AM-12:00 PM
532541 \$130/8 sess

Sportball Parent & Toddler Multisport

(2-3 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. Parent participation is required. No class Feb 15.

Instructor: Sportball Vancouver Gymnasium
Sa Jan 18-Mar 15 9:15 AM-10:00 AM
532545 \$130/8 sess



Image: Stock

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. With the guidance and support of their Sportball Coach, parents and children zero in on soccer skills including: throw-ins, dribbling, trapping, passing, passing, goalie skills and more. Children are challenged according to their individual skill level and Coaches help grownups understand proven teaching techniques that can be applied outside of Sportball classes. Parent/guardian participation is required. No class Feb 16.

Instructor: Sportball Vancouver Gymnasium
Su Jan 19-Mar 16 2:00 PM-2:45 PM
532547 \$130/8 sess



Image: Sportball Vancouver, Leon Chai Photography

PRESCHOOL

ART, CULTURE & EDUCATION

Giggle and Grow Mandarin Adventures

(3-5 yrs)

At every turn, our program unveils stepping stones towards linguistic proficiency, skillfully blending play and education. Led by seasoned educators, we go beyond conventional methods. From enhancing storytelling and game sessions, sparking young imaginations, to hands-on crafting and traditional Chinese writing activities reinforcing language concepts, our curriculum guarantees a positive and enjoyable learning experience! We firmly believe that nurturing children's curiosity early on fuels a lasting eagerness for language learning. Committed to creating a secure, valued, and expressive environment in Mandarin, we invite you to join us on a transformative journey of language exploration, creativity, and camaraderie! Your child's love for languages starts here! Each week will feature a different and fun theme/topic! Material fee is not pro-rated if a student registers after the first class and non-refundable after first class.

Instructor: Kathy Leung	Board Room
Su Jan 12-Feb 09	9:30 AM-10:30 AM
532481	\$120/5 sess
Su Feb 23-Mar 30	9:30 AM-10:30 AM
532482	\$144/6 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. DANCEPL3Y gives a space for children to develop musicality, social skills and confidence with movement all while practicing the 3 rules of PL3Y: Be Positive. Be Fun. Be Yourself. No session Feb 15.

Instructor: The Play Brigade	Board Room
Sa Jan 18-Mar 08	1:15 PM-2:00 PM
532477	\$98/7 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! Using tools like breath and mindfulness, students find ways to self-regulate, listen and honour their cues. Weekly themes combine traditional yoga poses with FUN activities, games and music and include a balance between mindfulness and movement. Always remembering the 3 rules of PL3Y: Be positive. Be fun. Be yourself. No session Feb 15.

Instructor: The Play Brigade	Board Room
Sa Jan 18-Mar 08	2:00 PM-2:45 PM
532561	\$98/7 sess

Mini Ballet

(3-5 yrs)

Introduce your child to the world of ballet. These classes develop coordination, musicality and fluidity of movement while having fun. Appropriate dance shoes and attire required. Students must be able to attend class on their own. No session Feb 16.

Instructor: Van. Performing Stars	Dance Studio
Su Jan 05-Mar 09	10:45 AM-11:30 AM
532508	\$144/9 sess

Mini Hip Hop

(3-5 yrs)

Want to learn how to move to and groove to your favourite tunes? Learn the basic style of hip hop dance in this high energy program. Discover new and exciting moves while learning fun and challenging choreography. Leave feeling energized, confident and excited about dance. Students must be able to attend class on their own. No session Feb 16.

Instructor: Van. Performing Stars	Dance Studio
Su Jan 05-Mar 09	11:30 AM-12:15 PM
532509	\$144/9 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 15.

Instructor: Sportball Vancouver Gymnasium
Sa Jan 18-Mar 15 10:00 AM-11:00 AM
532543 \$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 class Feb 16.

Instructor: Sportball Vancouver Gymnasium
Su Jan 19-Mar 16 2:45 PM-3:45 PM
532549 \$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 17

Instructor: Sportball Vancouver Gymnasium
Mo Jan 13-Mar 10 3:45 PM-4:45 PM
532537 \$130/8 sess

Little Learners - Tennis Lessons for Kids - Level 1

(4-5 yrs)

Specifically designed to adhere to Tennis Canada's Progressive Tennis model, "Little Learners" Level 1 is the perfect introductory course for children aged 4-5. This class fosters a lifelong love for tennis while introducing basic techniques and developing coordination. Signed activity waiver prior to first class is required for participation: precisiontennis.ca/waiver. Students are encouraged to bring own tennis racquet. A limited number of racquets are available for lending.

Instructor: Precision Tennis Inc. Gymnasium
We Jan 15-Feb 05 3:30 PM-4:30 PM
534968 \$102/4 sess
We Feb 12-Mar 12 3:30 PM-4:30 PM
534978 \$127.5/5 sess

Little Learners - Tennis Lessons for Kids - Level 2

(4-5 yrs)

Level 2 of our "Little Learners" program takes a further step in your child's tennis journey. This class introduces more complex motor skills and the basics of tennis tactics while building on fundamental tennis techniques learned in Little Learners Level 1. Signed activity waiver prior to first class is required for participation: precisiontennis.ca/waiver. Students are encouraged to bring own tennis racquet. A limited number of racquets are available for lending.

Instructor: Precision Tennis Inc. Gymnasium
Th Jan 16-Feb 06 3:30 PM-4:30 PM
535023 \$102/4 sess
Th Feb 13-Mar 13 3:30 PM-4:30 PM
535025 \$127.5/5 sess



Image: Stock

CHILDREN

ARTS, CULTURE & EDUCATION

Creative Adventures: Arts & Crafts for Kids

(6-12 yrs)

Unleash your child's creativity and imagination with our exciting Arts & Crafts Program! Each session is centered around a fun theme, encouraging kids to explore various art techniques and materials. Children will develop artistic skills and self-expression in a supportive, collaborative and engaging environment.

Instructor: Arshi Aggarwal	Board Room
Su Jan 12-Feb 09	11:15 AM-12:15 PM
532470	\$100/5 sess
Su Feb 23-Mar 16	11:15 AM-12:15 PM
535210	\$80/4 sess

Junior Chefs

(7-10 yrs)

Grab your apron, and let's start cooking and baking together! Junior Chefs encourages students to explore new recipes by prepping and washing simple ingredients. Students will learn how to handle kitchen equipment safely and clean up, as well as learn basic food safety rules. Let's cook some yummy food Junior Chefs!

Instructor: Gigi Puen	Seniors Lounge
Su Jan 05-Feb 02	9:30 AM-11:00 AM
532504	\$130/5 sess
Su Jan 05-Feb 02	11:15 AM-12:45 PM
532505	\$130/5 sess
Su Feb 09-Mar 09	9:30 AM-11:00 AM
532506	\$130/5 sess
Su Feb 09-Mar 09	1:15 AM-12:45 PM
532507	\$130/5 sess

Junior Hip Hop

(5-7 yrs)

A high energy class to help dancers improve their flexibility, confidence, coordination, and freestyle skills. Learn fun and creative choreography to show parents on the last day of class. No session Feb 16.

Instructor: Van. Performing Stars	Dance Studio
Su Jan 05-Mar 09	12:30 PM-1:15 PM
532526	\$144/9 sess

Junior Ballet

(5-7 yrs)

In this ballet class, dancers will learn essential ballet techniques every performer should know. Along with learning choreography, dancers will be encouraged to explore their own creative expression and learn how to dance with a fluid movement quality, while strengthening their flexibility and coordination skills. Previous dance experience is welcome, but not required. Appropriate ballet shoes and attire must be worn. No session Feb 16.

Instructor: Van. Performing Stars	Dance Studio
Su Jan 05-Mar 09	1:15 PM-2:00 PM
532503	\$144/9 sess

DANCEPL3Y Kids

(6-8 yrs)

DANCEPL3Y (dance-play) is a new kids fitness where your kids will learn simple moves from a variety of styles - Hip Hop, Urban, Ballroom, Bollywood, Lyrical, Jazz/Funk as they get interACTIVE and play with dance. Watch self-confidence and positive attitudes grow each week thanks to our motivating coaching philosophy featuring the 3 Rules of PL3Y: Be positive. Be fun. Be yourself. No session Feb 15

Instructor: The Play Brigade	Board Room
Sa Jan 18-Mar 08	2:45 PM-3:30 PM
532476	\$98/7 sess

Zumba Kids

(7-11 yrs)

Zumba Kids classes feature routines based on original choreography. We break down games, activities and cultural elements into the class structure. This class helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun.

Instructor: Suzette Lund	Dance Studio
Th Jan 09-Mar 13	4:15 PM-5:15 PM
532566	\$70/10 sess

Guitar/Ukelele - Private Lessons

(5+yrs)

Tom is a local resident who is an experienced professional Guitar and Ukulele player and instructor. Students, all ages, of any skill level and beginner ukulele/guitar players are welcome! Each 30min private lesson will be tailored to your skill, age, ability and interests. Please bring your own instrument. For a child's first guitar, the instructor recommends a 1/2 size or 3/4 size classical guitar. Students will be asked to purchase their own music book.

Instructor: Tom Cheng

Tu Jan 14-Mar 11

535257

Tu Jan 14-Mar 11

535258

Tu Jan 14-Mar 11

535260

Tu Jan 14-Mar 11

535262

Tu Jan 14-Mar 11

535263

Tu Jan 14-Mar 11

535264

Tu Jan 14-Mar 11

535267

Tu Jan 14-Mar 11

535268

Tu Jan 14-Mar 11

535269

Board Room

3:30 PM-4:00 PM

\$234/9 sess

4:00 PM-4:30 PM

\$234/9 sess

4:30 PM-5:00 PM

\$234/9 sess

5:00 PM-6:00 PM

\$234/9 sess

5:30 PM-6:00 PM

\$234/9 sess

6:00 PM-6:30 PM

\$234/9 sess

6:30 PM-7:00 PM

\$234/9 sess

7:00 PM-7:30 PM

\$234/9 sess

7:30 PM-8:00 PM

\$234/9 sess

STEM PROGRAMS

Young Commander Chess

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. Joining in this Sherlock-Holmes-world of tactics and strategies, where the chessmen become personified, kids get trained in life-skills goal-setting: checkmate!

Instructor: Joe Soliven

Multipurpose Room

Starter/Beginner: 5-7yrs; anyone new or with limited knowledge of chess basics

Tu Jan 14-Mar 11

4:00 PM-5:10 PM

532564

\$135/9 sess

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

Tu Jan 14-Mar 11

5:20 PM-6:30 PM

532562

\$135/9 sess



Image: stock

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. No class Feb 17

Instructor: Kim Fivelsdal

Multipurpose Room

Beginner (Full Month)

Mo Th Jan 09-Jan 30

5:30 PM-6:30 PM

532521

\$79.5/month

Mo Th Feb 03-Feb 27

5:30 PM-6:30 PM

532520

\$79.5/month

Mo Th Mar 03-Mar 27

5:30 PM-6:30 PM

532519

\$79.5/month

Beginner (Half Month)

Mo Th Jan 09-Jan 30

5:30 PM-6:30 PM

532525

\$53/month

Mo Th Feb 03-Feb 27

5:30 PM-6:30 PM

532524

\$53/month

Mo Th Mar 03-Mar 27

5:30 PM-6:30 PM

532523

\$53/month

Advanced (Full Month)

Mo Th Jan 09-Jan 30

6:30 PM-7:30 PM

532513

\$79.5/month

Mo Th Feb 03-Feb 27

6:30 PM-7:30 PM

532512

\$79.5/month

Mo Th Mar 03-Mar 27

6:30 PM-7:30 PM

532511

\$79.5/month

Advanced (Half Month)

Mo Th Jan 09-Jan 30

6:30 PM-7:30 PM

532517

\$53/month

Mo Th Feb 03-Feb 27

6:30 PM-7:30 PM

532516

\$53/month

Mo Th Mar 03-Mar 27

6:30 PM-7:30 PM

532515

\$53/month

Capoeira

Capoeira is a martial arts that combines music, culture, dance, and self-defense. It is an excellent workout for all ages! Students will develop strength, flexibility and coordination by learning the fundamental movements of Capoeira, including kicks, escapes and sequences, as well as their names in Portuguese. Instruction on the instruments that accompany Capoeira, including the berimbau, drums/atabaque, tambourine/pandeiro and cow bell/agogo, will be taught. Students will work to create a relationship between the movement and the music. The plantation dance, Maculéle, in which a number of people gather in a circle and rhythmically strike sticks together accompanied by singing, will be taught.

Instructor: Julio Monteiro

Senior's Lounge

For 5-7yrs:

Sa Jan 11

12:15 PM-1:00 PM

532463

Free Trial Class (registration required)

Sa Jan 18-Mar 15

12:15 PM-1:00 PM

532459

\$112.5/9 sess

For 8-12yrs:

Sa Jan 11

1:00 PM-2:00 PM

532464

Free Trial Class (registration required)

Sa Jan 18-Mar 15

1:00 PM-2:00 PM

532460

\$135/9 sess



Image: stock

SPORTS

Sportball Basketball

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 17

Instructor: Sportball Vancouver Gymnasium

For 4-6yrs:

M Jan 13-Mar 10 3:45 PM-4:45 PM
532537 \$130/8 sess

For 6-9yrs:

M Jan 13-Mar 10 4:45 PM-5:45 PM
532538 \$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. No session Mar 16, Mar 23

Instructor: Stanley Kita Gymnasium

Su Jan 05-Mar 30 11:45 AM-12:45 PM
532447 \$110/11 sess

Su Jan 05-Mar 30 12:45 AM-1:45 PM
532448 \$110/11 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

For 6-8yrs:

Sa Jan 11-Mar 29 11:45 AM-12:45 PM
532531 \$60/12 sess

For 9-17yrs:

Sa Jan 11-Mar 29 12:45 PM-1:45 PM
532532 \$60/12 sess

Rally Stars - Beginner Tennis Lessons for Kids - Level 1

(6-8 yrs)

"Rally Stars- Level 1" is our fundamental program for children aged 6-8. This class aims to introduce the sport of tennis in an interactive way and to ensure immediate success for young players. Basic tennis tactics and techniques (forehand, backhand, serve and return) are introduced in a "play first" manner, emphasizing point play as an essential part of player development. Signed activity waiver prior to first class is required for participation: precisiontennis.ca/waiver. Students are encouraged to bring their own tennis racquet. A limited number of racquets are available for lending.

Instructor: Precision Tennis Inc. Gymnasium

Th Jan 16-Feb 06 4:30 PM-5:30 PM
535036 \$102/4 sess

Th Feb 13-Mar 13 4:30 PM-5:30 PM
535039 \$127.5/5 sess



Image: stock

SPRING BREAK

GLOW KIDS Spring Break Day Camp

(6-12 yrs)

Join us in our week-long Spring Break camp! This fun filled camp is 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. Therefore, if you wish to register your child for both weeks, they should not get bored. Weather permitting, some activities will take place outdoors in the grass area adjacent to the Kensington Community Centre. Lunch breaks will include visits to Tecumseh Annex School Playground. Please bring nut-free lunch, snacks, water and sunscreen.

Instructor: Lia Fletcher Board Room (Mar17-21)/
Senior's Lounge (Mar24-28)

Mo-Fr Mar 17-Mar 21 9:15 AM-3:00 PM
535579 \$250/5 sess

Mo-Fr Mar 24-Mar 28 9:15 AM-3:00 PM
535577 \$250/5 sess

Junior Chefs - Spring Break

(7-10 yrs)

Join us this Spring Break for a delicious adventure in the kitchen! Young aspiring chefs will explore the world of cooking through hands-on activities, learning to prepare simple, tasty dishes. From baking sweet treats to creating savory snacks, each day will inspire creativity and build essential culinary skills!

Instructor: Gigi Puen Seniors Lounge
Mo-Fr Mar 17-Mar 21 9:30 AM-12:30 PM

535588 \$210/5 sess

Young Commander Chess (Novice/ Starter) - Spring Break

(5-13 yrs)

"ALL THE WORLD'S A STAGE"- Shakespeare. As school academics in a game, playing chess and being smart are interconnected. There's a strong correlation between chess and academic achievement including math, spatial analysis and non-verbal reasoning ability. Joining in this Sherlock-Holmes-world of tactics and strategies, kids get trained in life-skills goal-setting: checkmate! What's more, chess provides a mental armor- "commander" self-image (TEAM leader)- whereby kids can draw upon and develop a well-rounded discipline, amidst a friendly social setting where art meets science and math with fun. Chess folder kit included. Instructor's Mission Statement: strategies now, leader tomorrow.

Instructor: Joe Soliven Seniors Lounge
Mo-Fr Mar 17-Mar 21 1:00 PM-2:10 PM
535595 \$75/5 sess

Little Learners - Spring Break

Indoor Tennis for Kids

(4-5 yrs)

Specifically designed to adhere to Tennis Canada's Progressive Tennis model, "Little Learners" Level 1 is the perfect introductory course for children aged 4-5. This class fosters a lifelong love for tennis while introducing basic techniques and developing coordination. Signed activity waiver prior to first class is required for participation: precisiontennis.ca/waiver Students are encouraged to bring own tennis racquet. A limited number of racquets are available for lending.

Instructor: Precision Tennis Inc. Gymnasium
Mo-Fr Mar 17-Mar 21 1:00 PM-2:00 PM

535613 \$127.5/5 sess

Mo-Fr Mar 24-Mar 28 1:00 PM-2:00 PM

535621 \$127.5/5 sess

K PROGRAMS

Rally Stars - Spring Break Indoor Tennis for Kids

(6-8 yrs)

This is our foundational camp for 6-8yrs and aims to introduce tennis in an interactive way to ensure immediate success for young players. Basic tennis tactics and techniques (forehand, backhand, serve and return) are introduced in a "play first" manner, emphasizing point play as an essential part of player development. Signed activity waiver prior to first class is required for participation: precisiontennis.ca/waiver Students are encouraged to bring own tennis racquet. Students are encouraged to bring their own tennis racquet. A limited number of racquets are available for lending.

Instructor: Precision Tennis Inc.	Gymnasium
Mo-Fr Mar 17-Mar 21	2:00 PM-3:00 PM
535626	\$127.5/5 sess
Mo-Fr Mar 24-Mar 28	2:00 PM-3:00 PM
535628	\$127.5/5 sess

Ace Academy - Spring Break Indoor Tennis for Kids

(9-12 yrs)

This is our foundational tennis camp for 9-12yrs. This program introduces the basics of tennis, focusing on tactical understanding and frequent ball repetitions. Designed for fun and accessibility, it emphasizes foundational skills in a stimulating environment. This program takes place indoors and follows the Progressive Tennis methodology, which uses miniature courts and lower-compression tennis balls. This approach helps players of any age focus on developing strong fundamentals and rallying skills. Signed activity waiver prior to first class is required for participation: precisiontennis.ca/waiver. Students are encouraged to bring their own tennis racquet. A limited number of racquets are available for lending.

Instructor: Precision Tennis Inc.	Gymnasium
Mo-Fr Mar 17-Mar 21	3:00 PM-4:00 PM
535634	\$127.5/5 sess
Mo-Fr Mar 24-Mar 28	3:00 PM-4:00 PM
535642	\$127.5/5 sess

Sportball Multisport - Spring Break

(6-8 yrs)

Join us this Spring Break and be introduced to a variety of ball sports, co-operative games and more! Please bring a nut-free snack and a water bottle.

Instructor: Sportball Vancouver	Gymnasium
Mo-Fr Mar 17-Mar 21	10:00 AM-12:00 PM
535574	\$142.8/5 sess
Mo-Fr Mar 24-Mar 28	10:00 AM-12:00 PM
535576	\$142.8/5 sess

Spring Break Camp with the PL3Y Brigade

(6-9 yrs)

Leap into an action-packed week with The Play Brigade! A Spring Break camp full of variety! Games, arts & crafts, and fun-filled activities that encourage social and emotional learning and active team play! Paired with our high-energy dance and playful yoga sessions, everyone gets a chance to master their fundamental movement skills, build confidence, and self-expression all while practicing the 3 rules of PL3Y; Be Positive, Be Fun, and Be Yourself! Please bring a nut-free snack, nut-free lunch and water bottle.

Instructor: The PL3y Brigade	Board Room
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Full Day Camp:

Mo-Fr Mar 24-28	9:00AM-3:00PM
536337	\$400/5 sess

Half Day Camp: AM

Mo-Fr Mar 24-28	9:00AM-12:00PM
536338	\$210/5 sess

Half Day Camp: PM

Mo-Fr Mar 24-28	12:00AM-3:00PM
536343	\$210/5 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 + tax, space permitting. Maximum 6 spots (+ 6 attendants).

Instructor: No Instructor	Board Room (Wed)/
Multipurpose Room (Thu)	
W Jan 08-Mar 12	9:30 AM-12:30 PM
532439	\$20/10 sess
Th Jan 09-Mar 13	9:30 AM-12:30 PM
532440	\$20/10 sess

EDUCATION

Homework Club

(11-18yrs)

If you want to receive tutoring help with your school work for Grades 5-12, 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
W Jan 15-Mar 12	4:30 PM-6:00 PM
532571	FREE/9 sess

Creating Sculptural Elements in Embroidery

(13+yrs)

Embroidery with beads to create raised elements. Learn different techniques in embroidery and beading stitches. These stitches have a lot of potential for variation that can be creative with how you can apply it to artwork or embellishment on clothing.

Instructor: Van. Tool Library	Multipurpose Room
We Feb 26-Mar 19	6:00 PM-8:30 PM
535415	\$160/4 sess

SPORTS

Badminton Beginner & Intermediate

(8-14 yrs)

A qualified instructor teaches all badminton skills, from the rules, strokes and serves to advanced footwork and strategy. This class is for beginners & intermediates and the class pace will be adjusted according to the needs of the participants. No session Mar 16, Mar 23

Instructor: Stanley Kita	Gymnasium
Su Jan 05-Mar 30	11:45 AM-12:45 PM
532447	\$110/11 sess
Su Jan 05-Mar 30	12:45 AM-1:45 PM
532448	\$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 11-Mar 29	12:45 PM-1:45 PM
532532	\$60/12 sess



Image: stock

PLEASE CHECK BACK WITH US AT A LATER DATE FOR MORE YOUTH PROGRAMS!



Image: Willworks Designs

ADULTS & SENIORS

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 + tax, space permitting. Maximum 6 spots (+ 6 attendants).

Instructor: No Instructor	Board Room (Wed)/
Multipurpose Room (Thu)	
W Jan 08-Mar 12	9:30 AM-12:30 PM
532439	\$20/10 sess
Th Jan 09-Mar 13	9:30 AM-12:30 PM
532440	\$20/10 sess

Social Coffee/Tea and Mingle

(50+ yrs)

Join us for weekly socials with a nice warm cup of tea or coffee. Sit down, relax, and mingle with other like minded individuals or make new friends in the community. Coffee/tea and small pastries will be available. Drop-in \$2.38 + tax

Instructor: No Instructor	Multipurpose Room
Tu Jan 21-Mar 04	10:30 AM-12:30 PM
538863	\$2.38/drop-in

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 5-Mar 30	12:00 PM-3:30 PM
535364	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.

Instructor: Cam Fung
Board Room
Tu Jan 7-Mar 11
535365

11:00 AM-3:00 PM
\$25/10 sess



Image: stock

ART, CULTURE & EDUCATION



Creating Sculptural Elements in Embroidery

(13+yrs)

Embroidery with beads to create raised elements. Learn different techniques in embroidery and beading stitches. These stitches have a lot of potential for variation that can be creative with how you can apply it to artwork or embellishment on clothing.

Instructor: Van. Tool Library Multipurpose Room
We Feb 26-Mar 19 6:00 PM-8:30 PM
535415 \$160/4 sess

Guitar/Ukelele - Private Lessons

(15+yrs)

Tom is a local resident who is an experienced professional Guitar and Ukulele player and instructor. Students, all ages, of any skill level and beginner ukulele/guitar players are welcome! Each 30min private lesson will be tailored to your skill, age, ability and interests. Please bring your own instrument. For a child's first guitar, the instructor recommends a 1/2 size or 3/4 size classical guitar. Students will be asked to purchase their own music book.

Instructor: Tom Cheng	Board Room
Tu Jan 14-Mar 11	3:30 PM-4:00 PM
535257	\$234/9 sess
Tu Jan 14-Mar 11	4:00 PM-4:30 PM
535258	\$234/9 sess
Tu Jan 14-Mar 11	4:30 PM-5:00 PM
535260	\$234/9 sess
Tu Jan 14-Mar 11	5:00 PM-6:00 PM
535262	\$234/9 sess
Tu Jan 14-Mar 11	5:30 PM-6:00 PM
535263	\$234/9 sess
Tu Jan 14-Mar 11	6:00 PM-6:30 PM
535264	\$234/9 sess
Tu Jan 14-Mar 11	6:30 PM-7:00 PM
535267	\$234/9 sess
Tu Jan 14-Mar 11	7:00 PM-7:30 PM
535268	\$234/9 sess
Tu Jan 14-Mar 11	7:30 PM-8:00 PM
535269	\$234/9 sess

How to Make Your Own Delicious and Healthy Granola

(19+yrs)

Come learn how to make your own family-friendly granola. We will talk about the benefits of some of the key ingredients of this recipe and why most of the store-bought ones are not good for us. We will look at different ingredient options to consider for allergies, food sensitivities and picky eaters! Participants will get to observe/participate in making of granola, sample some granola and take home a recipe card.

Instructor: Samira Tahvildari Multipurpose Room
We Jan 15 7:00 PM-8:00 PM
535282 \$15/1 sess

How to Make Your Own Delicious and Healthy Hummus

(19+yrs)

Learn how to make your own delicious hummus and some fun variations on the recipe. We will talk about why most of the store-bought hummus brands have ingredients that are not good for us. Participants will get to observe/participate in making hummus, sample some hummus and take home a recipe card.

Instructor: Samira Tahvildari Multipurpose Room
We Mar 26 7:00 PM-8:00 PM
535287 \$15/1 sess

How to Make Your Own Delicious and Healthy Nut Milk

(19+yrs)

Learn how to make your own nut or seed milk. We will talk about the benefits of making your own milk from various nuts and seed and the cost savings and health benefits of making your own. We will briefly talk about why the store-bought nut milks are problematic and not good for us. Participants will get to observe/participate in making 1 or 2 different nut/seed milks, sample some milks and take home a recipe card.

Instructor: Samira Tahvildari Multipurpose Room
We Feb 19 7:00 PM-8:00 PM
535285 \$15/1 sess



DANCE



ATS Bellydance

(19+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 07-Mar 25	7:00 PM-8:00 PM
532445	\$132/12 sess
(Level 2)	
Tu Jan 07-Mar 25	8:10 PM-9:10 PM
532446	\$132/12 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. This class is open to adults who wants to stay fit and have fun in the enjoyment of music. Come with comfortable dance/exercise wear (i.e. Lycra tops and dance/yoga pants or shorts), and dance practice shoes (the soft one). Drop in \$10 + tax, space permitting.

Instructor: Chun (Margaret) Pan	Dance Studio
Sa Jan 04-Mar 15	1:00 PM-2:30 PM
532468	\$99/11 sess

International Performance Dance

(45+yrs)

Various ethnic dance exercise taught in English and Chinese. Drop in \$5.00 + tax, space permitting. No class Feb 17.

Instructor: Jing Fung	Dance Studio
Mo Jan 06-Mar 31	9:15 AM-10:15 AM
532500	\$45.6/12 sess
We Jan 08-Mar 26	10:20 AM-11:20 AM
532499	\$45.6/12 sess

Social Dance - Partners with Lessons (Beginners)

(45+yrs)

Course content includes: 1) Cha Cha with three steps; 2) Traditional Tango with beginning and intermediate; 3) Jive with four steps; 4) Jive with six steps; 5) Slow four steps; 6) Four steps; 7) Joyful of three steps = Festivals dance; 8) Hand to hand; 9) Mambo; 10) Easy three steps. Classes are taught in Cantonese, Mandarin and English. Drop in \$5.00 + tax, space permitting.

Instructor: Jing Fung	Dance Studio
Th Jan 09-Mar 27	1:00 PM-2:30 PM
532536	\$45.6/12 sess

International Line Dance

(45+yrs)

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 Jan 07-Mar 25	9:15 AM-10:15 AM
532494	\$45.6/12 sess
Tu Jan 07-Mar 25	10:20 AM-11:20 AM
532498	\$45.6/12 sess
We Jan 08-Mar 26	9:15 AM-10:15 AM
535109	\$45.6/12 sess
Th Jan 09-Mar 27	9:15 AM-10:15 AM
532496	\$45.6/12 sess
Th Jan 09-Mar 27	10:20 AM-11:20 AM
532497	\$45.6/12 sess



International Social Dance with Lessons

(45+yrs)

Courses content includes: 1) Cha Cha; 2) Rumba; 3) Waltz; 4) Tango; 5) Paso doble; 6) Jive; 7) Foxtrot; 8) Samba; 9) Quick step four; 10) Quick step three. Classes are taught in Cantonese, Mandarin and English. Drop in \$5.00 + tax, space permitting. Drop in \$5.00 + tax, space permitting. No class Feb 17

Instructor: Jing Fung	Dance Studio
Mo Jan 06-Mar 31	10:30 AM-12:00 PM
532501	\$45.6/12 sess
Instructor: Jing Fung	Dance Studio
Fr Jan 10-Mar 28	11:20 AM-12:50 PM
532502	\$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. This program is free of charge if you drop-in for a "Social Ballroom Dance - Partners (Beginners)" or "International Ballroom Dance" program in the same week, and it is free of charge for the entire season if you are registered in one of the above programs.

Instructor: Jing Fung	Gymnasium
Fr Jan 10-Mar 14	1:00 PM-2:30 PM
532534	\$15/10 sess
Instructor: Jing Fung	Gymnasium
We Jan 08-Mar 12	1:15 PM-2:45 PM
532535	\$15/10 sess



Image: KCC Dance Studio

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. They will be designated for use for specific participants only for each session. They will be sanitized between classes. Drop-in \$15 + tax, space permitting.

Instructor: Nancy Kang	Board Room
Sa Jan 04-Feb 08	10:00 AM-10:45 AM
535406	\$78/6 sess
Sa Mar 1-Mar 22	10:00 AM-10:45 AM
535407	\$52/4 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. They will be designated for use for specific participants only for each session. They will be sanitized between classes. Drop-in \$15+ tax, space permitting.

Instructor: Nancy Kang	Board Room
Sa Jan 04-Feb 08	11:00 AM-12:10 PM
535408	\$78/6 sess
Sa Mar 1-Mar 22	11:00 AM-12:10 PM
535409	\$54/4 sess

Kundalini Yoga

(19+yrs)

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

Instructor: Jeremy Blaine	Dance Studio
We Jan 08-Jan 29	7:30 PM-9:00 PM
535412	\$45.4/4 sess
We Feb 05-Feb 26	7:30 PM-9:00 PM
535413	\$45.4/4 sess
We Mar 05-Mar 26	7:30 PM-9:00 PM
535414	\$45.4/4 sess



Vinyasa Flow Yoga

(19+yrs)

Vinyasa is a style of yoga characterized by stringing postures together, so that you move from one to another, seamlessly, using breath. 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. A variety of music and themes are used to create an exciting atmosphere in which students can awaken their strength, energy, and flexibility. Drop-in: \$13.50 + tax.

Instructor: Laura Arroyo	Dance Studio
Th Jan 09-Feb 06	6:50 PM-7:55 PM
535410	\$57.50/5 sess
Th Feb 13-Mar 20	6:50 PM-7:55 PM
535411	\$69/6 sess
Tu Jan 07-Feb 04	9:45 AM-10:45 AM
537145	\$57.50/5 sess
Tu Feb 11-Mar 11	9:45 AM-10:45 AM
537147	\$57.50/5 sess

Zumba Gold/ Gold Toning

(45+yrs)

A low-impact dance-fitness class 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 in this "feel-happy" workout that is great for both the body and the mind. Drop-in \$7.50 + tax.

Instructor: Kayo Echizenya	Dance Studio
Set 1:	
We Jan 8-Feb 5	11:30 AM-12:30 PM
535428	\$32.50/5 sess
Set 2:	
We Feb 12-Mar 12	11:30 AM-12:30 PM
535429	\$32.50/5 sess

Healthy Aging

(19+yrs)

We each need to be empowered to take care of our own health on a daily basis. In this program, we will learn tissue releasing skills using the breath to feel the myofascial letting go of the tension. This method is easy to follow, a few tools like tennis ball and bender ball and a mat will be used in the class with our conscious movements. Drop-in \$11 + tax. Please register early to avoid cancellation of the class. No class on Feb 17.

Instructor: Kayo Echizenya	Dance Studio
Mo Jan 06-Mar 10	2:15 PM-3:15 PM
538246	\$90/9 sess

Zumba Fitness

(19+yrs)

This dance-fitness class is for adults with 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 \$11 + tax. Please register early to avoid cancellation of the class. No class on Feb 17.

Instructor: Kayo Echizenya	Dance Studio
Mo Jan 06-Feb 03	6:00 PM-7:00 PM
538237	\$50/5 sess
Mo Feb 10-Mar 10	6:00 PM-7:00 PM
538241	\$40/4 sess

MARTIAL ARTS



Image: stock

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. No class Feb 17

Instructor: Kim Fivelsdal Multipurpose Room

Beginner (Full Month)

Mo Th Jan 09-Jan 30 5:30 PM-6:30 PM
532521 \$90.10/month

Mo Th Feb 03-Feb 27 5:30 PM-6:30 PM
532520 \$90.10/month

Mo Th Mar 03-Mar 27 5:30 PM-6:30 PM
532519 \$90.10/month

Beginner (Half Month)

Mo Th Jan 09-Jan 30 5:30 PM-6:30 PM
532525 \$58.30/month

Mo Th Feb 03-Feb 27 5:30 PM-6:30 PM
532524 \$58.30/month

Mo Th Mar 03-Mar 27 5:30 PM-6:30 PM
532523 \$58.30/month

Advanced (Full Month)

Mo Th Jan 09-Jan 30 6:30 PM-7:30 PM
532513 \$90.10/month

Mo Th Feb 03-Feb 27 6:30 PM-7:30 PM
532512 \$90.10/month

Mo Th Mar 03-Mar 27 6:30 PM-7:30 PM
532511 \$90.10/month

Advanced (Half Month)

Mo Th Jan 09-Jan 30 6:30 PM-7:30 PM
532517 \$58.30/month

Mo Th Feb 03-Feb 27 6:30 PM-7:30 PM
532516 \$58.30/month

Mo Th Mar 03-Mar 27 6:30 PM-7:30 PM
532515 \$58.30/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

Su Jan 05-Mar 30
532555

Gymnasium

9:15 AM-11:30 AM
\$78/13 sess



Image: Michael Chiao Photo

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 \$5.50 + tax. No session Feb 17

Instructor: No Instructor	Gymnasium
Mo Jan 06-Mar 31	7:45 PM-9:05 PM
532441	\$48/12 sess

Adult Open Gym Basketball

(19+ yrs)

Drop-in and shoot some hoops. Four hoops available. Please bring your own basketball. Drop-in \$3 + tax per session. No online registration; please call 604-718-6201 or visit the front desk.

Instructor: No Instructor	Gymnasium
Tu Jan 07-Mar 25	7:45 PM-9:05 PM
Th Jan 02-Mar 13	12:30 PM-3:15 PM
Fr Jan 03-Mar 14	9:15 AM-12:45 PM
532442	\$3/drop-in

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 5:45pm in person. Please note that registered participants have until 10 minutes past program start time to arrive or their spot will be sold to drop-in participants. Waitlist registration starts 2 hours before program start time. Register for the season to guarantee your spot. Drop-ins \$5.50 + 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 17.

Instructor: No Instructor	Gymnasium
Th Jan 02-Mar 27	7:45 PM-9:05 PM
532443	\$52/13 sess
Mo Jan 06-Mar 31	6:15 PM-7:30 PM
532444	\$48/12 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 a non-instructional, 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. Drop in \$4.25 + tax, space permitting. No session Feb 17.

Instructor: Gary Cummings	Gymnasium
Mo Jan 06-Mar 10	1:00 PM-3:30 PM
532528	\$29.25/9 sess
Tu Jan 07-Mar 11	12:30 PM-3:20 PM
532529	\$32.5/10 sess
W Jan 08-Mar 12	4:45 PM-6:45 PM
532530	\$32.5/10 sess

Badminton Court Booking/Drop-in

(19+yrs)

Badminton court booking or drop-in 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 \$8 + tax. No session Feb 17.

Instructor: No Instructor	Gymnasium
M Jan 06-Mar 10	9:10 AM-10:10 AM
532450	\$59.94/9 sess
M Jan 06-Mar 10	10:15 AM-11:15 AM
532452	\$59.94/9 sess
M Jan 06-Mar 10	11:20 AM-12:20 PM
532456	\$59.94/9 sess
Tu Jan 07-Mar 11	9:10 AM-10:10 AM
532451	\$66.6/10 sess
Tu Jan 07-Mar 11	10:15 AM-11:15 AM
532449	\$66.6/10 sess
Tu Jan 07-Mar 11	11:20 AM-12:20 PM
532455	\$66.6/10 sess
We Jan 08-Mar 26	7:00 PM-8:00 PM
532453	\$79.92/12 sess
We Jan 08-Mar 26	8:10 PM-9:10 PM
532454	\$79.92/12 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.

Instructor: Edmond Leong
Sa Jan 11-Mar 29
532533

Gymnasium
2:00 PM-3:45 PM
\$72/12 sess

Adult Beginner Tennis Lessons

1.0-2.0 NTRP (Level 1)

(18+yrs)

This program is for players with little or no tennis experience. In this class, players will learn the basics of rallying (forehand and backhand) with a heavy emphasis on consistency and the ability to hold a long exchange. Other skills like volleys, serving, footwork, point-play, and the scoring system will be introduced. Classes are fun and engaging, with a "play to learn" approach. Signed activity waiver prior to first class is required for participation: precisiontennis.ca/waiver. Students are encouraged to bring their own tennis racquet. A limited number of racquets are available for lending.

Instructor: Precision Tennis Inc.

We Jan 15-Feb 05	9:00 AM-10:00 AM
534936	\$154/4 sess
We Jan 15-Feb 05	11:00 AM-12:00 PM
534937	\$154/4 sess
We Feb 12-Mar 12	9:00 AM-10:00 AM
534945	\$192.5/5 sess
We Feb 12-Mar 12	11:00 AM-12:00 PM
534938	\$192.5/5 sess

Gymnasium

Adult Beginner Tennis Lessons

2.0-2.5 NTRP (Level 2)

(18+yrs)

Continue your tennis journey with our Beginner Level 2 course! This course is a step up from Level 1, catering to players who have mastered the basics and are ready to tackle more. This course further develops your technical and tactical understanding. You'll refine your strokes, learn more complex serving techniques, and start exploring basic game strategies. This course combines fun with challenge, setting you on a steady path of improvement in your tennis play. Signed activity waiver prior to first class is required for participation: precisiontennis.ca/waiver. Students are encouraged to bring their own tennis racquet. A limited number of racquets are available for lending.

Instructor: Precision Tennis Inc.

We Jan 15-Feb 05	10:00 AM-11:00 AM
534949	\$154/4 sess
We Feb 12-Mar 12	10:00 AM-11:00 AM
534950	\$192.5/5 sess
W Jan 15-Feb 05	12:00 PM-1:00 PM
534956	\$154/4 sess
W Feb 12-Mar 12	12:00 PM-1:00 PM
534955	\$192.5/5 sess

Gymnasium



Image: Stock

ALL BODIES COMMUNITY RECREATION & FITNESS



ABC Group Photo

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

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

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 to build your strength and confidence in standing and walking. Please bring your walking aids. Class size is limited.

Instructor: Alexa Uhrich
We Jan 8-Mar 12
534491

Dance Studio
1:00 PM-2:00 PM
Adult: \$74.10/10 sess
Senior: \$51.90/10 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 Feb 17.

Instructor: A. Uhrich/D. Gifford
Mo Jan 6-Mar 10
We Jan 8-Mar 12
Master Roster 534484

Dance Studio
3:30 PM-4:30 PM
2:15 PM-3:15 PM
ABC Drop-in,
ABC10 Pass Card, or ABC Flexi-Pass



Image: stock

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



Hip & Knee Strength and Mobility

(19+ yrs)

ABC Specialty Program - Helping you manage sore hips and knees. Join us 1 or 2 times per week (we recommend 2) and learn functional exercises designed to help you build strength in muscles supporting your joints. Special emphasis on technique and control will help you improve with each class. Related Osteoarthritis workshops with Vancouver Coastal Health, OASIS patient educators strongly recommended. No class on Feb 17.

Instructor: Sara Doherty Dance Studio
Mo Jan 6-Mar 10 5:00 PM-6:00 PM
534474 Adult: \$66.69/9 sess
Senior: \$46.71/9 sess

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/Kate Lee Fitness Centre
Tu/Th Jan 7-Mar 13 5:00 PM-6:00 PM
Master Roster 534484 ABC Drop-in,
ABC 10 Pass Card, or ABC Flexi-Pass

Recumbent Group – Circuit

(19+ yrs)

ABC Core Program by invitation only - for folks with very limited mobility or challenges requiring alternate workout options. No class Feb 16.

Instructor: ABC Instructor Fitness Centre
Su Jan 12-Mar 9 11:30 AM-12:30 PM
Master Roster 534484 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 Board Room
Tu/Th Jan 7-Mar 13 6:00 PM-7:00 PM
Master Roster 534484 ABC Drop-in,
10 ABC Pass Card, or ABC Flexi-Pass

Qi Gong

(19+ yrs)

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

Instructor: Sprina Fu Multi Purpose Room
We Jan 8-Mar 12 11:30 PM-12:30 PM
Master Roster 534484 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 practice.

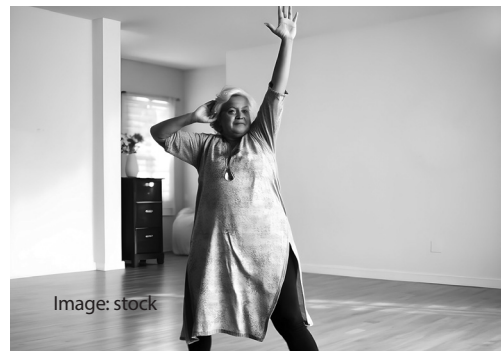
Instructor: Sharon Babu Dance Studio
Fr Jan 12-Mar 14 5:30 PM-6:45 PM
Master Roster 534484 ABC Drop-in,
ABC 10 Pass Card, or ABC Flexi-Pass

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

(19+ yrs)

ABC Core Program - This class, led in Punjabi and Hindi is perfect for adults seeking a culturally supportive fitness experience for better health and function. Gentle Introduction to Physical Activity in an inclusive and welcoming environment. Thoughtful coaching offers various exercise options, including chair and standing options to ensure everyone feels included and supported. Includes exercises to improve balance and reduce fall risk while emphasizing technique and control. No class Feb 17.

Instructor: Kate Lee with Volunteers Board Room
Mo Jan 6-Mar 10 11:00 AM-12:00 PM
Master Roster 534484 ABC Drop-in,
ABC 10 Pass Card, or ABC Flexi-Pass



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, Life-Fitness); Strength circuit machines, ideal for adapted fitness (LifeFitness); Functional training props, weights, and machines, Stretching mats.

Fitness Centre Hours

January 1-March 31, 2025

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

Fitness Centre Holiday & Special Hours

Wed Jan 1	Closed
Mon Feb 17	Closed

FITNESS CENTRE PROGRAMS

Fitness for Youth

(13-18 yrs)

Fitness staff will guide participants through a four week program teaching exercises to cover all components of a complete fitness program. At the end of the 4 weeks, participants will have a fitness program to follow and have the confidence to use the Fitness Centre on their own. Please note that a completed Par-Q and Consent & Release are required.

531466	We Jan 8-Jan 29	5:00 PM-6:15 PM
531467	We Feb 5-Feb 24	5:00 PM-6:15 PM
531468	We Mar 5-Mar 26	5:00 PM-6:15 PM

Valid Flexipass or Usage Pass Required



Image: stock

HAPPY HEARTS

The support you need to fight and prevent heart disease! The Happy Hearts Maintenance exercise program is 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:

531454	Mo Jan 6-Mar 31	8:30 AM-9:30 AM
531455	Mo Jan 6-Mar 31	11:00 AM-12:00 PM
531456	Tu Jan 7-Mar 25	8:30 AM-9:30 AM
531457	Sa Jan 11-Mar 29	11:00 AM-12:00 PM

Happy Hearts Plus:

531458	Mo Jan 6-Mar 31	9:45 AM-10:45 AM
531459	Th Jan 9-Mar 27	2:00 PM-3:00 PM

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.

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

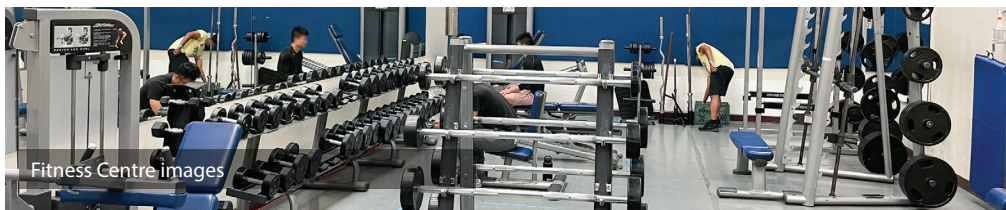
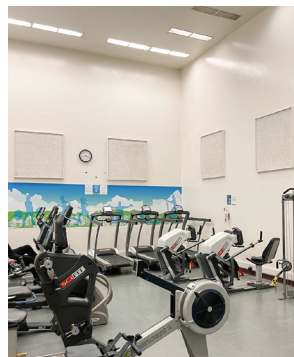
Try out our new small group personal training and enjoy the same intimate coaching experience as a personal training session but at a reduced cost. Training as a group provides a comfortable support system where you can encourage one another and foster some healthy competition!

Fitness Centre / Pool Fees

Type	Single-visit	10-visit pass	Flexipass 1 month	Flexipass 3 month	Flexipass 12 month
Adult (19-64 years)	\$7.41	\$66.69	\$59.95	\$161.87	\$517.97
Senior (65+ years)	\$5.19	\$46.71	\$41.96	\$113.31	\$362.58
Youth (13-18 years)	\$5.19	\$46.71	\$41.96	\$113.31	\$362.58
Child (5-12 years)	\$3.71	\$33.39	\$29.98	\$80.94	\$258.99
Preschool (0-4 years)	FREE	Please note: You must be 13 years or older to use the Fitness Centre			
Family	\$3.71/person, \$7.41 minimum				

Personal Training Rates

Duration	Private	Semi-private	Group
1 Session	\$61.66	\$92.46	\$129.70
3 Sessions	\$170.87	\$256.35	\$347.38
5 Sessions	\$274.83	\$423.22	\$509.51
10 Sessions	\$493.36	\$785.98	\$926.37



Fitness Centre images

POOL

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

Pool Hours of Operation

January 6 to March 16, 2025

Monday	10:00 AM-6:00 PM
Tuesday	12:00 PM-8:00 PM
Wednesday	10:00 AM-6:00 PM
Thursday	12:00 PM-8:00 PM
Friday	10:00 AM-6:00 PM
Saturday and Sunday	9:00 AM-4:00 PM

Pool Holiday & Special Hours

Wed Dec 25, 2024	Closed
Thu Dec 26, 2024	Closed
Wed Jan 1, 2025	Closed
Mon Feb 17, 2025	Closed

ONECARD

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

FLEXIPASS INFORMATION

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

LEISURE ACCESS POLICY

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

SWIM LESSON REGISTRATION

Registration for swimming lessons begins:

Tue Dec 17, 2024 @ 7:00pm

A Note on Refunds:

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

POOL SCHEDULE DESCRIPTIONS

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

Public swim – Recreational swim for all ages.

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

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

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

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

Kensington Pool Schedule | Winter 2025

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
9:00am	Closed Feb 17					(Open 9:00am)	Swim lessons (Hot tub sauna only) 9:00-1:00pm	
9:30am						Aquafit 9:15-10:15am		
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 10:30-2:00pm		
10:30am								
11:00am								
11:30am								Public limited 1:00-2:00pm
12:00pm		Public swim 12:00-1:15pm		Public swim 12:00-1:15pm				
12:30pm	Public swim 12:30-3:30pm	Hot tub, sauna 1:15-2:15pm	Public swim 12:30-3:30pm	Hot tub, sauna 1:15-2:15pm	Swim lessons (Hot tub sauna only) 3:00-6:00pm	Public swim 2:00-4:00pm	Public swim 2:00-4:00pm	
1:00pm								
1:30pm								
2:00pm		Aquafit ROM 2:30-3:30pm		Aquafit ROM 2:30-3:30pm				
2:30pm	Public space limited 3:30-6:00pm	Public swim 3:30-4:30pm	Public space limited 3:30-6:00pm	Public swim 3:30-4:30pm	Public swim 7:00-8:00pm	Public swim 7:00-8:00pm	Public swim 7:00-8:00pm	
3:00pm								
3:30pm								
4:00pm		Public space limited 4:30-7:00pm		Public space limited 4:30-7:00pm				
4:30pm								
5:00pm								
5:30pm								
6:00pm								
6:30pm								
7:00pm								
7:30pm								
8:00pm								

Pool closed: Dec 25 & 26; Jan 1; Feb 17

Schedule is subject to change.

See page 29 for fitness centre and pool fees

Swim Lesson Sets & Fees

Set	Mon/Wed	Wed	Tue/Thu	Fri	Sat	Sun
1	10 lessons: Jan 5-Feb 5	10 lessons: Jan 8-Mar 12	10 lessons: Jan 7-Feb 6	10 lessons: Jan 10-Mar 14	9 lessons: Jan 11-Mar 15 (No lesson Feb 15)	9 lessons: Jan 12-Mar 16 (No lesson Feb 16)
2	9 lessons: Feb 10-Mar 12 (No lesson Feb 17)		10 lessons: Feb 11-Mar 13			

Number of lessons

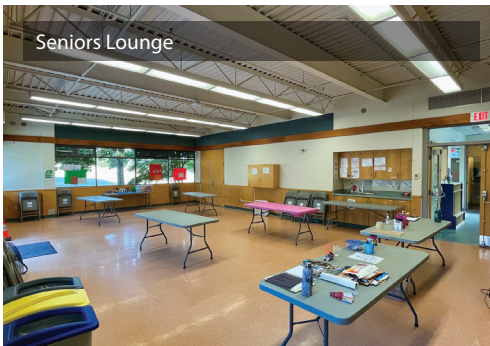
	7	8	9	10	11
Parent & Tot/Preschool (30 mins)	\$57.99	\$65.66	\$73.33	\$81.00	\$88.67
Swimmer 1, 2 (30 mins)	\$50.64	\$57.26	\$63.88	\$70.50	\$77.12
Adult 1 (45 mins)	\$99.08	\$112.62	\$126.16	\$139.70	\$153.24

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 Supervisor	Michael Herrin
Centre Programmer	Jenny Yu
Pool Programmer	Bradley Kuong
Fitness Programmer	Larry Turko
Community Youth Worker	David Ng
Seniors/Rentals/Special Events.....	Emily Lam
Recreation Facility Clerk.....	Caroline Gee
Maintenance.....	Jimmy Norono & Rudy Pore

REFUNDS FOR CENTRE 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.

WAIT LIST FOR CENTRE 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 to learn more information about Kensington Community Centre!



Image: photo of Darius mural in KCC lobby

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 Nhà Hưu Được An Toàn

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

Quy Tắc Hành Vi

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

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

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

