

Hastings Community Centre and Templeton Park Pool

WINTER 2026 RECREATION GUIDE



Registration begins...

Saturday, Dec 6 at 9 AM for Winter Programs

Tuesday, Dec 16 at 7 PM for VPB Swim Lessons



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

FAMILY DAY EVENT!

Monday, Feb 16
11:00 am - 1:00 pm

Join us for our free Family Day Event!
This event will feature Parent & Tot gym with a Bouncy Castle, Arts & Crafts, Youth lead games and activities with prizes!

*A family event catered towards ages 0-6
Drop in event no registration required*



COMMUNITY REPAIR CAFÉ

Book an appointment to receive in-person repair help from our volunteer repairers

One repair item per person. For the list of what is and isn't accepted, visit spec.bc.ca/repair-cafe or scan the QR code

Where: Hastings Community Centre - Auditorium
3096 E Hastings St

When: Saturday February 14 2025
9:30 am to 1:30pm

Register: Scan the QR code or visit
spec.bc.ca/repair-cafe



VOLUNTEERS NEEDED

FIXERS APPRENTICE FIXERS GREETERS EVENT SUPPORT

BIKES ELECTRONICS COMPUTERS SMALL APPLIANCES TEXTILES

Seniors LUNCH



MONDAYS, 12:00pm - 1:15pm

JAN 12 - #596041

FEB 9 - #596042

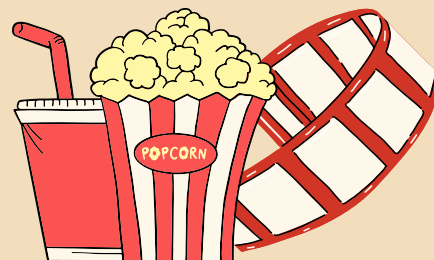
MAR 9 - #596043

Lunch includes a FREE nutritional workshop with a nutritionist & Bingo!



ONE CARD REQUIRED

YOUTH MOVIE NIGHT



JAN. 16TH - MAR. 13TH 2026 | 6:30-9:00PM

FRIDAYS | AUDITORIUM

WATCH YOUR FAVOURITE FILMS ON THE BIG SCREEN, FEEL THE FUN ATMOSPHERE WITH FRIENDS.



604.345.1746
[KATARINA.LEWIS@VANCOUVER.CA](mailto:katarina.lewis@vancouver.ca)
CONTACT THE CYW FOR MORE INFO!





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Hastings Community Centre

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

Hours of Operation

*Fitness Centre opens at 6AM Monday to Friday

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

January 2 to March 31, 2026

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

Holiday Hours

Christmas Eve	Dec 24	9:00AM-4:45PM
Christmas Day	Dec 25	CLOSED
Boxing Day	Dec 26	CLOSED
New Years Eve	Dec 31	9:00AM-4:45PM
New Years Day	Jan 1	CLOSED
Family Day	Feb 16	10:00AM-2:00PM



Templeton Park Pool

700 Templeton Drive, Vancouver, BC V5L 4N6
604.718.6252

Hours of Operation

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

February 2 to March 15, 2026

Monday to Thursday	6:30 AM-9:30 PM
Friday	6:30 AM-8:00 PM
Saturday	9:00 AM-7:30 PM
Sunday	2:00 PM-7:30 PM

Annual Maintenance Refit 2026 facility closed Jan 1 to Feb 1

Holiday Hours

Christmas Eve	Dec 24	6:30 AM-5:00 PM
Christmas Day	Dec 25	CLOSED
New Years Eve	Dec 31	6:30 AM-5:00 PM
New Years Day	Jan 1	CLOSED
Family Day	Feb 16	6:30 AM-2:00 PM

About the Association

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

Membership

Please note that by signing up for a program or event at the Hastings Community Centre, you automatically receive a FREE membership to the Hastings Community Association (HCA), a non-profit society and registered charity. HCA relies on memberships to obtain social service grants that subsidize children, youth and seniors programs at the community centre. Memberships last until the end of the year and entitle you to voting rights at HCA's Annual General Meeting. We encourage you to support the community by becoming a member. Come in or call 604.718.6222 to register for your membership. However, when registering online, if you do not wish to become a member of HCA, you may opt-out by checking the box.

Donations

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

Parking Lot

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

Hastings Community Association



Hastings Association Board

President	Curtis Rowe
Past President	Jukka Vuorma
1st VP	Linda Dallow
2nd VP	Sarah Morreau
Treasurer	Keith Stewart
Secretary	Linda Foy

Directors at Large

Hugh Baker
Rory Brown
Myles Constable
Gabe Mapa
Jason McGarry
Devi Ramachandran



President's message

I'm delighted to welcome you to our exciting Winter programming!

Before we dive into the fantastic activities we have planned, I want to take a moment to acknowledge that the Hastings Community Centre is located on the traditional, ancestral, and unceded territories of the *xʷməθkʷəy̓əm* (Musqueam), *Sḵwx̱wú7mesh* (Squamish), and *səlilwətaʔ* (Tsleil-Waututh) Nations. We are grateful for the opportunity to live, work, and play on these lands.

This Winter, we're proud to offer a diverse range of programs designed to engage and enrich our vibrant community. None of this would be possible without the incredible support and strong partnerships we share with the City of Vancouver and the Vancouver Park Board. Their ongoing commitment allows us to provide high-quality programs and maintain our wonderful facilities for everyone to enjoy.

We encourage you to explore the pages that follow and discover all the opportunities to connect, learn, and have fun. We look forward to seeing you around the centre!

Warmly,

Curtis Rowe
Board President
Hastings Community Association

Additional info & Board Member Profiles available on www.Hastingscc.ca, then click on "About HCC"

Hastings Community Association Programs

at Hastings Community Centre & Templeton Park Pool

Register Online & In-Person

Saturday, December 6 at 9:00 AM

online @
vanrec.ca

Register By Phone

Saturday, December 6 at 10:00 AM

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

Excelleration Registration

Winter Seasonal Programs Saturday, December 13 at 9:00 AM

Online, in-person and phone-in.

Swim Lesson Registration

Winter Lesson Registration Tuesday, December 16 at 7:00 PM

Ongoing in-person and online.

Payment

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

Registering Late

Programs will be pro-rated on a class by class basis. Some classes will not accept registration after the second class.

Cancellation

We reserve the right to cancel a program due to low enrollment and will attempt to notify you at least 48 hours prior to the start date.

Subsidy

For a member currently enrolled in the Leisure Access Program, you can apply for a reduction in fees of up to 50% off one program, per season, per person. Subsidies are not available for any HCA activity drop-ins, birthday party packages, private lessons or personal training. The Hastings Community Centre Association may be able to subsidize the costs of some programs, should you not qualify for the Leisure Access Program. Please contact the Recreation Programmer for more information. For summer day camp subsidies contact the Community Youth Worker or Day Camp Manager.

Refund Policy

Requests made more than 48 hours prior to start date will receive a full refund. Requests made with less than 48 hours up to the first session will be charged a \$10 administration fee plus the cost of the first session. Requests made after the first session will receive a pro-rated refund based on the number of sessions passed and charged a \$10 admin fee.

Day Camps (including Specialized Camps - dance, education, etc)

Each refund request per camp week will be charged a \$10 admin fee, regardless of when notice is given. No refunds will be issued with less than two weeks notice.

Licensed Preschool and Out of School Care

Withdrawals require a 30 day written notice.

Private Lessons

No refund after second class.

Workshops/One-Day Classes/Room Rentals

Refund requests with two weeks notice will receive a full refund. A \$10 admin fee will be charged for requests with less than two weeks notice.

Personal Information Protection

Any personal information the Hastings Community Association asks you to provide is collected under the authority of the Freedom of Information and Protection of Privacy Act. The information will only be used for the purposes of administering parks and recreation services, informing you of our services and benefits and for statistical purposes.



@hastingscomcentre



www.facebook.com/HastingsCommunityCentreAndTempletonParkPool

Hastings Community Centre has rooms for all kinds of social occasions, large or small. We also have a great gym space for indoor sports play and wonderful meeting facilities as well. Contact hastings.rentals@vancouver.ca to book your rental. For Templeton Activity Room inquiries, call 604.718.6252, or email templetonparkpool@vancouver.ca

ROOM	ROOM CAPACITY		OPERATING HOURS \$ per hour	AFTER HOURS \$ per hour (includes staff fees)
	MAX	COMFORT		
LARGE GROUPS - Weddings, Birthdays, Receptions				
Gymnasium – 90’x66’ Please note: Mandatory insurance required. Visit eventpolicy.ca	N/A	N/A	N/A	\$66.15 (2 hours minimum)
Auditorium – 41’x49’	100	60-80	\$55.15	\$82.15
Community Hall – 30’x42’	70	40-60	\$44.10	\$71.10
*Templeton Activity Room with kitchen – 27’x46’	80	40	\$38.60	\$65.60
MEETING ROOMS - Workshops, Seminars, Meetings				
James Cork	20-25	15	\$22.05	During Operational Hours Only
Board Room	25	15	\$22.05	
Room 9 – 28’x30’	40	30	\$33.10	
Burrardview (St. James Hospice)	30	15	\$22.05	See page 3.
DIGITAL EQUIPMENT- For Workshops, Seminars, Meetings				
LCD Projector (Projector screen included)	\$25.00			



Auditorium



Hastings Community Hall



Gymnasium

Hastings Centre Rockhounds

Contact: secretary.hcr@gmail.com
www.hastingscentrerockhounds.com



Hastings Community Partners

Kiwassa Neighbourhood House

2425 Oxford Street, Vancouver, BC V5K 1M7

604.254.5401

Hastings Library

2674 E. Hastings Street, Vancouver, BC V5K 1Z6

604.665.3959

Frog Hollow Neighbourhood House

2131 Renfrew Street, Vancouver, BC V5M 4M5

604.251.1225

Hastings North Business Improvement Assoc.

2620 E. Hastings Street, Vancouver, BC V5K 1Z6

604.215.2401

Hastings Sunrise Community Policing Centre

2620 E. Hastings St., Vancouver, BC V5K 1Z6

604.717.3584

Preschool

Our program is a high quality, inclusive, community based preschool for children aged 3 to 5 years. Experienced Early Childhood Educators create learning opportunities in an environment which celebrates music, art, social development, physical activity and play. Children will have opportunities to explore nature and learn respect for the environment. The caring teachers provide support and resources for all children and their families.

PRESCHOOL OPEN HOUSE

Saturday, January 24 10:00 AM-1:00 PM

Drop-in and check out the classroom and outdoor playground area, meet our teachers, and learn about the new programs for our 2026-2027 school year.

Meet the Staff

Angela Pardek, Preschool Supervisor

Angela Pardek has worked as a Preschool Teacher at Hastings for over 25 years. Currently, she proudly leads the Preschool team as a Supervisor of the program. Angela's passion is working with the children and families of this community.

For more information about the Preschool and ongoing registration, please contact Angela at 604.718.6234 or e-mail angela.pardek@vancouver.ca.

Preschool staff:

Adelaida Ancheta, Lorraine Foth, Simone Harrop, Connie Hsieh

Register for 2026/2027 School Term

TWO STEP REGISTRATION

1. TIME CARD PICK UP: Downstairs Preschool

Jan 31 9:00am-12:00pm

Pick up a time saver card in the Downstairs Preschool. Cards will be handed out in order, one card per family. Each card will have a designated time for registration day.

2. REGISTRATION DAY: Games Room

Feb 05 9:00am-2:00pm

Arrive at your designated time as per timesaver card. You must present your timesaver card at time of registration. If you lose or didn't pick-up your card, you must wait until the next available time.

Program days/times/fees are subject to change.

Program information available online.



Out of School Care

The HCA is proud to offer the Licensed Out of School Care (OSC) service to the community. The OSC provides a safe drop off and pick up for children enrolled at A.R. Lord and Hastings Elementary schools. The program provides a stimulating environment for participants to be engaged in activities in a positive atmosphere. The program incorporates community field trips and Community Centre extras (i.e. outdoor use) wherever possible. Should your child be enrolled in another program in the Centre, staff are able to walk your child to the class.

Meet the Staff

Betty Sacco, OSC Supervisor

Betty is a long time community member and has been a staff member of the Out of School Care program since its inception. Betty's genuine love for children and their families make her an amazing asset to the program. If you require any information regarding the OSC, please contact Betty at 604.718.6236 or email betty.sacco@vancouver.ca.

OSC staff: Kathy, Catherine, Melissa, Elif, Serina

Program Hours and Fees

September 2025-June 2026

Before & After Care

7:30-9:00 AM & 3:00-6:00 PM	\$459/month
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Hastings Out of School Care is part of the Child Care Fee Reduction Initiative.

Family Enrichment Centre

About Us...

The Family Enrichment Centre is funded by The City of Vancouver Social Policy and The Hastings Community Association. We offer welcoming and safe spaces facilitated by an Early Childhood Educator that are open to families and caregivers with children that are newborn to 5 years of age. Families have the opportunity to connect and support one another, network and learn from each other as they engage with their children on site. With a wide variety of age-appropriate activities that support children's development, our goal is to make families feel like it is their home away from home. Information on community resources and parenting support are also available. Please see below for details on all of our programs.

Mary Andreola, Family Enrichment Centre Facilitator

Mary is the facilitator of the Family Enrichment Centre. Prior to accepting this role, Mary was a long term team member of the Hastings Community Centre Preschool. With a background in integration and Early Childhood Education, she looks forward to creating a space that is warm, kind caring and inclusive of all.

For more information about the Family Enrichment Centre, please contact Mary at 604.718.6233 or email mary.andreola2@vancouver.ca



Follow us on:



Facebook



Instagram

Family Enrichment Centre - Newborn to 5 years

\$3.50/child or \$31.50/10-Visit Pass

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jan 05-Mar 20	9:15 AM-12:15 PM	12:30 PM-2:45 PM	9:15 AM-2:45 PM	12:30 PM-2:45 PM	9:15 AM-12:15 PM
Closed Feb 16 and Mar 23-27. Will re-open Mar 30 <i>Activities and scheduling are subject to change without notice.</i>					

Parent and Tot Gym

6 mo-5 yrs

Let your tots burn off some energy by running and playing with a gym full of toys. There's lots of indoor fun in our gymnasium for young children. Foam modules, play area, infant area, hockey and riding cars are a few of the fun activities offered. Parental supervision required. Schedule subject to change without notice. No gym on Mar 14-28. Will re-open Mar 31.

Tu Th Sa Jan 06-Mar 12 10:30 AM-12:30 PM
\$3.50/drop-in or \$31.50/10 visit pass

Childminding

1-5 yrs

Childminding with Jaida in the Family Drop In. We provide a safe, comfortable and quality environment for children 1-5 years of age to explore. 3 spots available per day. Parent/guardian must remain in the building. Please register in-person or over the phone. Online registration not available.

Tu Jan 06-Mar 10 9:45 AM-10:45 AM
Th Jan 08-Mar 12 9:45 AM-10:45 AM
\$5/1 sess



Dance

Hip Hop Moves & Grooves TPP

4-7 yrs | Endorphin Rush Dance

This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats! Children must be able to participate without a parent in the room. We hope to have a showcase on the last day of class for families. www.kirbySnellldance.com
 Sa Feb 07-Mar 14 1:55 PM-2:40 PM
 596099 \$78/6 sess

Little Ballerinas TPP

3-5 yrs | Endorphin Rush Dance

Young ballerinas explore the fun and beauty of ballet while learning the basic techniques. They will love playing with their creative expression in this fun class. Children must be able to participate without a parent in the room. There will be a performance on the last day of class for friends and family. www.kirbySnellldance.com

Sa Feb 07-Mar 14 12:15 PM-1:00 PM
 596101 \$78/6 sess

Sa Feb 07-Mar 14 1:05 PM-1:50 PM
 596103 \$78/6 sess

Mini Ballet

3-5 yrs | Vancouver Performing Stars

VPS ballet classes lay the foundation for graceful movement for young dancers while sparking their imagination! Dancers will work on developing coordination, rhythm, and musical expression. Through playful exercises and creative movement, dancers learn ballet fundamentals in an encouraging environment. Students gain confidence and independence as they attend class on their own. Ballet shoes and attire required. No class Feb 14.

Sa Jan 03-Mar 07 11:00 AM-11:45 AM
 593099 \$149/9 sess

Mini Hip Hop

3-5 yrs | Vancouver Performing Stars

Get ready to wiggle, jump, and dance! This fun and energetic hip hop class introduces little movers to basic dance steps and groovy moves set to their favorite songs. Through playful choreography and creative movement activities, young dancers will build confidence, coordination, and a love of dance. Each class is packed with energy and smiles! No class Feb 14.

Sa Jan 03-Mar 07 10:15 AM-11:00 AM
 593097 \$149/9 sess

Day Camp

Frozen Spring Camp TPP

3-6 yrs | Endorphin Rush Dance

100% Frozen soundtrack music is played in this creative ballet class designed to ignite your dancers imagination. No experience required as dancers learn the basics of ballet and expression through movement. Costumes are welcome, but not required. Beginner friendly. Bring your cameras! Presentation for parents on the last day! More info: www.kirbysnellldance.com

3-5 yrs
 M Tu W Th F Mar 23-Mar 27 9:15 AM-10:30 AM
 596097 \$109/5 sess

4-6 yrs
 M Tu W Th F Mar 23-Mar 27 10:35 AM-11:50 AM
 596098 \$109/5 sess

Mini Hip Hop Movers Spring Camp TPP

3-5 yrs | Endorphin Rush Dance

This non-stop action-packed class includes hip hop, and dance games that will have your dancer moving to the beats. Through the week we will work on a choreographed dance. Get ready to cheer with gusto as there is a presentation for family on the last day! Please bring a filled water bottle each day. More info: www.kirbysnellldance.com

M Tu W Th F Mar 23-Mar 27 11:55 AM-1:10 PM
 596106 \$109/5 sess

Education

Baby Sign Language

0-2 yrs | Into Yoga

Babies understand and can communicate long before they are able to speak. Using songs and games, learn how to teach your baby basic American Sign Language (ASL), so they can better convey their wants and needs and relieve unnecessary frustration. The instructor will teach you the signs and songs so you can practice at home. www.intoyoga.ca. Drop-in not available.

Tu Jan 20-Feb 17 9:45 AM-10:30 AM
 593070 \$77/5 sess

Courses marked TPP take place at
Templeton Park Pool

Music



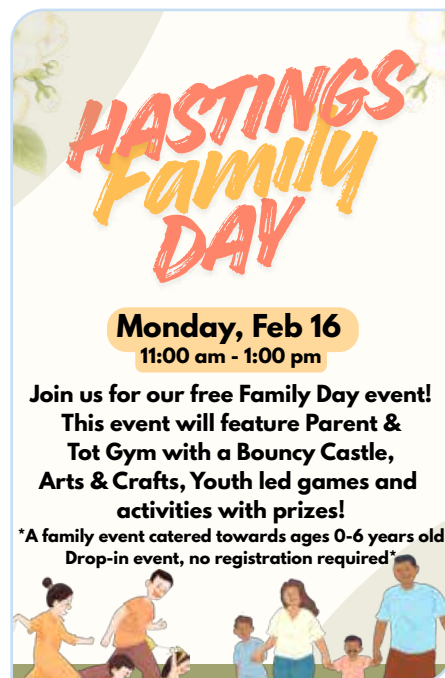
Jump into Music

6 mos-4 yrs | Monica Lee

This one-of-a-kind music and movement program engages, educates, and entertains parents, guardians and children while on a musical journey through different styles and cultures. The research-based curriculum stimulates the whole brain and body via singing, dancing, drumming, parachuting, improvising, exploring instruments, jumping and playing. Our classes inspire creativity and build confidence in little ones six months to four years old. Drop-in \$20, space permitting (if full, two drop-ins available first come, first serve).

Tu Jan 06-Mar 10 9:30 AM-10:20 AM
 593042 \$180/10 sess

Tu Jan 06-Mar 10 10:30 AM-11:20 AM
 593047 \$180/10 sess





Adventures in Music for Babies

0-1 yrs | Jennifer Yamazaki

This class encourages different ways for caregivers to engage with their baby through various musical activities. Activities incorporate reaching goals in other domains of development, such as Language/Speech, Social, Emotional, Physical, Cognitive, Spiritual/Creative. We'll sing songs, chant rhymes, play instruments, dance with bubbles and more. Best of all you and your child will learn many fun ways to bond with each other. Drop-in \$17, space permitting.

Th	Jan 15-Mar 05	12:15 PM-1:00 PM	
			\$120/8 sess
593221			
TPP F	Feb 06-Mar 06	11:30 AM-12:15 PM	
593228			\$75/5 sess

Adventures in Music

1-5 yrs | Jennifer Yamazaki

In this fun & interactive class we'll sing songs, learn rhymes, play instruments together, and explore movement. We'll learn a variety of musical concepts such as rhythm, solfege/pitch, tempo, dynamics, improv, etc. Activities also help with your child's development in Language/Speech, Social, Physical, Cognitive, Spiritual/Creative. Best of all your child will learn many fun ways to express themselves through music! Caregiver participation is required. Drop-in \$17, space permitting. No class Feb 14.

Sa	Jan 10-Mar 07	9:15 AM-10:00 AM	
			\$120/8 sess
593214			
Sa	Jan 10-Mar 07	10:15 AM-11:00 AM	
			\$120/8 sess
593215			
Sa	Jan 10-Mar 07	11:15 AM-12:00 PM	
			\$120/8 sess
593216			
Th	Jan 15-Mar 05	9:15 AM-10:00 AM	
			\$120/8 sess
593217			
Th	Jan 15-Mar 05	10:15 AM-11:00 AM	
			\$120/8 sess
593218			
Th	Jan 15-Mar 05	11:15 AM-12:00 PM	
			\$120/8 sess
593219			
TPP F	Feb 06-Mar 06	10:30 AM-11:15 AM	
593227			\$75/5 sess

MOTHER GOOSE REGISTRATION

No online registration. Priority is given to those who did not attend previous Fall 2025 season.

NEW PARTICIPANTS (Who did not attend Fall 2025):

Register on Dec 6: In-person: 9am or phone-in 10am

RETURNING (Who did attend Fall 2025) Register: Dec 9:

In-person: 9am or phone-in 10am

Mother Goose FREE

0-3 yrs | Jennifer Yamazaki

"Zoom, Zoom, Zoom, We're Going to the Moon!" Learn songs & rhymes to share with your little one in this interactive class. Have fun while developing their language, pre-literacy and social skills. This is an instrument/book/toy free class, focusing on teaching songs and rhymes to caregivers to use to engage, redirect, calm, distract, and bond with their child(ren). Caregiver participation is required.

Babies 0-1 yrs

W	Jan 14-Mar 11	10:15 AM-11:00 AM	Free
593225			

Toddler 1-3 yrs

W	Jan 14-Mar 11	9:15 AM-10:00 AM	Free
593224			

TPP Mixed Ages 0-3 yrs

W	Feb 04-Mar 11	12:30 PM-1:15 PM	Free
593230			
W	Feb 04-Mar 11	1:30 PM-2:15 PM	Free
593232			

Sports

Sportball Junior Indoor

1-2 yrs | Sportball Vancouver

Toddlers and parents/caregivers focus on physical movements and social exploration, learn fundamental sport skills and participate in creative motor games, songs, stories, bubble time and more. Children are challenged according to their individual skill level and Coaches help grownups understand proven teaching techniques that can be applied outside of Sportball classes.

W	Jan 14-Mar 11	9:15 AM-10:00 AM	
			\$144/9 sess
593378			

Sportball Parent and Tot Multisport Indoor

2-3 yrs | Sportball Vancouver

Sportball Parent & Child programs focus on physical literacy and social exploration as toddlers learn basic sport skills and participate in creative motor games, songs, rhymes, and more. Programs maintain a one-parent-per-child ratio to ensure that focus is kept on helping little ones progress.

Sportball maintains a one-parent-per-child ratio policy in all Parent Tot programs to ensure that focus is kept on helping little ones practice and progress. No class Feb 14.

W	Jan 14-Mar 11	10:00 AM-10:45 AM	
			\$144/9 sess
593379			
Sa	Jan 17-Mar 14	9:10 AM-9:55 AM	
			\$128/8 sess
593380			

Sportball Multisport Indoor

3-5 yrs | Sportball Vancouver

Classes focus on the basic skills common to all sports, like balance, coordination, and timing in a fun, supportive, non-competitive environment. Each class focuses on one of eight different sports: hockey, soccer, football, baseball, basketball, volleyball, golf and tennis. No class Feb 14.

Sa	Jan 17-Mar 14	10:00 AM-11:00 AM	
			\$128/8 sess
593382			

Yoga

Family Yoga FREE

3-6 yrs | Vivien Gomes

Yoga is a natural wellspring of health: helping with self awareness, as well as memory and concentration abilities. Yoga can nurture and inspire children about self regulating and self-care. Yoga class includes crafts, stories along yoga sequences and relaxation. The class is intended as a parent and child class and is an opportunity for family to practice yoga together. Register one child per parent/child. No class Feb 15.

Su	Jan 18-Mar 08	10:15 AM-10:45 AM	
			Free
595668			

Courses marked TPP take place at
Templeton Park Pool

Art

Science and Craft

Explorers NEW

5-10 yrs | Arshi Aggarwal

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. The program encourages curiosity, creativity, and teamwork, showing kids that science isn't just in books, it's something they can build, touch, and experiment with!

F Jan 09-Mar 13 5:00 PM-6:00 PM
595722 \$200/10 sess

Dance

Act Dance Sing FUN! Musical Theatre

8-16 yrs | ILLUMA Studio

Come learn the technical and artistic aspects of a musical theatre performance, including singing, acting and dancing. Students will learn choreographed routines set to the music of famous musicals. We recommend taking our dance training before this class to enhance your learning. Learn teamwork while supporting classmates, have fun, and rise to a new challenge. Find us on FB/IG @illumastudio

W Jan 07-Mar 11 3:50 PM-4:45 PM
593360 \$160/10 sess

Active Jazz Funk and Pop Dance & KPOP Sampler

6-13 yrs | ILLUMA Studio

Come experience high dynamics cardio dance and Jazz Funk and Hip Hop fundamentals while vibing to Korean and Asian Pop Music! Dancers will refine their technique through choreography, strengthening, footwork, isolations, stretches and more! We recommend taking our dance training before this class to enhance your learning. Learn teamwork while supporting classmates, have fun, and rise to a new challenge. Find us on FB/IG @illumastudio.

W Jan 07-Mar 11 4:45 PM-5:45 PM
593361 \$160/10 sess

Junior Ballet

5-7 yrs | Vancouver Performing Stars

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 class Feb 14.

Sa Jan 03-Mar 07 11:45 AM-12:30 PM
593100 \$149/9 sess

Junior Hip Hop

5-7 yrs | Vancouver Performing Stars

Show off your style! In this fun and energetic hip hop class, dancers will level up their skills while learning creative choreography set to their favorite beats. Your child will build coordination, flexibility, confidence, and a love for dance - then shine in a special showcase for families on the final day! No class Feb 14.

Sa Jan 03-Mar 07 9:30 AM-10:15 AM
593092 \$149/9 sess



We don't want to cancel good programs, but...

Programs are cancelled if everyone waits until the last minute to register. The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed.

Day Camp

Anime Cartoon Drawing Workshop

6-12 yrs | Young Rembrandts

Come explore the world of Anime with Young Rembrandts! We will spend multiple days learning about and drawing cartoons in the Anime style. We will learn to create our own original Anime characters. We will use a variety of facial expressions and action and movement to illustrate our scenes. On the final day, we will pull from what we already learned to draw a large comic book type scene in the Anime style.

M Tu W Th F Mar 23-Mar 27 12:45 PM-3:45 PM
593065 \$185/5 sess

Brick-Bit Arcade

5-10 yrs | Reach Education Inc.

Revisit the time of 8-bit technology and interact with your favourite video games with LEGO bricks. Construct up to three projects per session using classic Lego® bricks, Lego® Technic and electric motors. Reach Education® offers Lego® brick-building activities that engage curiosity and creativity and provide an extraordinary atmosphere for children. Campers will be given a break for an optional snack from home. Supplies included.

M Tu W Th F Mar 16-Mar 20 9:30 AM-12:30 PM
596800 \$220/5 sess

EFK: 3D Printing: The Sky is Not the Limit!

7-14 yrs | Engineering For Kids Vancouver

Are you ready to go to infinity and beyond? This course goes from learning the basics of 3D modelling software to creating an original rocket ship! With the use of Tinkercad, students will build planets and create space habitats all on their own. Sign up your student today and get ready to push their creativity into warp speed with The Sky is NOT the Limit!

M Tu W Th F Mar 23-Mar 27 9:15 AM-3:15 PM
596778 \$420/5 sess

EFK: Master Machines**7-14 yrs | Engineering For Kids Vancouver**

Gear up for exciting challenges in mechanical engineering! In this course, students will explore several of the mechanical forces that create movement in various machines. Students will work as mechanical engineers using EFK's Engineering Design Process to create thrilling hands-on projects that spin, cascade, launch, pivot, dig, and race. These projects will demonstrate fascinating concepts, such as hydraulics, friction, velocity, aerodynamics, acceleration, and mechanical advantage.

M Tu W Th F	Mar 16-Mar 20	9:15 AM-3:15 PM
596777		\$420/5 sess

Favourite Apps & Video Games Drawing Workshop**6-12 yrs | Young Rembrandts**

Art is all around us, including on phones and online! Every day students will learn new illustration and colouring techniques inspired by popular video games. Artwork is inspired by a pixel block characters, plants, zombies and many more classic apps and games. If your child loves to game or draw, they'll have a blast putting their own personal touches on some of these favourites! Register your special gaming artist today!

M Tu W Th F	Mar 23-Mar 27	9:15 AM-12:15 PM
593060		\$185/5 sess

LEGO Out of this World**5-10 yrs | Reach Education Inc.**

From earth to the edges of the universe; design the future of space - with LEGO! Construct up to three projects per session using classic Lego® bricks, Lego® Technic and electric motors. Reach Education® offers Lego® brick-building activities that engage curiosity and creativity and provide an extraordinary atmosphere for children. Campers will be given a break for an optional snack from home. Supplies included.

M Tu W Th F	Mar 23-Mar 27	9:30 AM-12:30 PM
596803		\$220/5 sess

Make-A-Musical Day Camp**7-14 yrs | Vancouver Performing Stars**

Step into the spotlight in our full-day "create-a-musical" camp! Performers will create an original show together and be immersed in every aspect of musical theatre. We'll create a unique showcase for parents on the last day. Students should pack a lunch and water bottle.

M Tu W Th F	Mar 16-Mar 20	9:30 AM-3:30 PM
593103		\$345/5 sess

Math and Literacy Camp NEW**5-7 yrs | Ready Set Play**

Join us for an action-packed week of activities which will encourage social, emotional learning, literacy and active team play. The camp will help build the confidence of young learners and help them prepare for the upcoming school by engaging in literacy and math activities in a fun and engaging manner. Please bring a nut-free snack, nut-free lunch and water bottles.

M Tu W Th F	Mar 16-Mar 20	9:15 AM-3:15 PM
595954		\$310/5 sess

Mindfulness & Movement for Kids Day Camp**6-8 yrs | The Yoga Buggy**

Join the Yoga Buggy for mindful movement, playful yoga and calming relaxation. Through yoga & mindfulness, along with music, games, storytelling and crafts, children learn tools for self-confidence, kindness, and managing emotions. We hold an inclusive space to encourage exploration and connection with our feelings and experiences. Perfect for young explorers to move, play and feel calm and confident every day!

M Tu W Th F	Mar 23-Mar 27	9:30 AM-3:30 PM
593145		\$363/5 sess

TPP **5-7 yrs**

M Tu W Th F	Mar 16-Mar 20	9:30 AM-3:30 PM
596105		\$363/5 sess

Pro-D Day Camp**6-12 yrs | Youth Leader**

A day off from school?! Join our Youth Staff for a fun filled day! Pack a water bottle, snack and lunch; dress weather-appropriate including rubber boots. Pre-registration and consent forms are required. Register early, spaces are limited!

M	Jan 12	9:00 AM-3:00 PM
593031		\$42/1 sess
F	Feb 13	9:00 AM-3:00 PM
593027		\$42/1 sess

Pro-D Day Camp - After Care**6-12 yrs | Youth Leader**

After Care provides parents/guardians an extended window to pick-up their child, till 5:30pm This option is available for participants in Pro-D Day Camps only. Drop-in not available.

M	Jan 12	3:00 PM-5:30 PM
593093		\$10.50/1 sess
F	Feb 13	3:00 PM-5:30 PM
593096		\$10.50/1 sess

Safari Spring Break Day Camp**5-7 yrs | TBA Instructor**

Children must be turning 5 by Dec 31, 2025 and currently attending Kindergarten. Come celebrate the Spring break with games, sports, arts, and much more! This fun filled camp will have your kids jumping around the gym, making crafty creations, and more. Each day will be filled with fun and activities to keep your children moving and grooving. Waiver forms must be filled in for this program.

Week 1

M Tu W Th F	Mar 16-Mar 20	9:00 AM-4:00 PM
592739		\$183.75/5 sess

Week 2

M Tu W Th F	Mar 23-Mar 27	9:00 AM-4:00 PM
592742		\$183.75/5 sess

Courses marked TPP take place at
Templeton Park Pool

Voyages Spring Break Day Camp

8-12 yrs | TBA Instructor

Come celebrate the Spring break with games, sports, arts, and much more! This fun filled camp will have your kids jumping around the gym, making crafty creations, and more. Each day will be filled with fun and activities to keep your children moving and grooving. Waiver forms must be filled in for this program.

Week 1

M Tu W Th F	Mar 16-Mar 20	9:00 AM-4:00 PM
592746		\$183.75/5 sess

Week 2

M Tu W Th F	Mar 23-Mar 27	9:00 AM-4:00 PM
592767		\$183.75/5 sess

Education

Cooking Classes for Kids

7-11 yrs | Chef Karen

Join us and learn about food safety, nutrition, and the importance of preparing in a clean and nice cooking environment. Kids will have an amazing time socializing and sharing their creativity with our chef and will explore cooking habits from different cultures! Please, bring your own Tupperware (roughly three 8-10 cup containers). The classes will include recipes to make meals!

Sa	Jan 03-Jan 24	9:30 AM-11:30 AM
596016		\$40/4 sess
Sa	Jan 31-Feb 21	9:30 AM-11:30 AM
596017		\$40/4 sess
Sa	Feb 28-Mar 28	9:30 AM-11:30 AM
596018		\$50/5 sess

Legos in Motion

5-10 yrs | Reach Education Inc.

Using illustrated building instructions, participants use LEGO Technic and electric motors to construct one project per session. Participants will be building a variety of gadgets & gizmos that may range from animals, to space, to transportation. All LEGO models are designed for movement. No class Feb 16.

M	Jan 12-Feb 23	4:00 PM-5:00 PM
595966		\$120/6 sess

Red Cross Babysitting

10-16 yrs | Foundations Safety & First Aid

The Canadian Red Cross Babysitting course focuses on First Aid, leadership, and professional conduct. It teaches managing difficult behaviors, responsibility, and emergency care for young children, preparing older youth for safe and responsible babysitting.

Sa	Jan 03	9:30 AM-4:30 PM
593452		\$80/1 sess
Sa	Feb 07	9:30 AM-4:30 PM
593456		\$80/1 sess
Sa	Mar 07	9:30 AM-4:30 PM
593458		\$80/1 sess

Red Cross Stay Safe

9-13 yrs | Foundations Safety & First Aid

This Canadian Red Cross course teaches youth basic first aid and personal safety skills when alone at home or in the community. It covers responsibility, emergency preparedness, and safety rules. Participants receive a Stay Safe! Workbook and completion certificate.

Sa	Jan 24	9:30 AM-2:30 PM
593459		\$80/1 sess
Sa	Feb 21	9:30 AM-2:30 PM
593460		\$80/1 sess
Sa	Mar 28	9:30 AM-2:30 PM
593461		\$80/1 sess

EFK: Engineering Kids Club: Future Techies

7-14 yrs | Engineering For Kids Vancouver

An exciting foundation program where participants express their creativity through software engineering, exploring different tools such as visual applications, coding, and the Engineering Design Process to design digital art, create interactive stories, and understand key programming concepts. This program blends art, storytelling, and technology, helping young minds think like real software engineers while having fun bringing their ideas to life. No class Feb 15.

Su	Jan 11-Feb 22	11:30 AM-1:30 PM
596775		\$288/6 sess

EFK: Junior Aerospace Engineering: Sky Riders

4-6 yrs | Engineering For Kids Vancouver

Fun and adventure will soar to new heights in this program. Students will discover the forces that turn airplanes, helicopters, and rockets into sophisticated Flying machines. They will learn foundational concepts in aerospace engineering such as propulsion, lift, thrust, and trajectory while tackling exciting hands-on engineering challenges using the EFK Engineering Design Process. When it comes to inspiring the next generation of engineers, the sky is the limit! No class Feb 15.

Su	Jan 11-Feb 22	10:15 AM-11:15 AM
596774		\$120/6 sess

Young-Commander Chess: Intermediate/Advanced

5-13 yrs | Joe Soliven

As school academics in a game and leadership training model, playing chess and being smart are interconnected. Chess teaches higher level thinking skills such as visualization, analysis and critical thinking. Knighted with a "commander" self-image amidst a "friends-learning-together" classroom setting, kids get trained in life-skills goal-setting: checkmate!

5-13 yrs Novice/Starter I & II

F	Jan 09-Mar 13	4:00 PM-5:10 PM
593150		\$150/10 sess

8-13 yrs Intermediate/Advanced

F	Jan 09-Mar 13	5:20 PM-6:30 PM
593151		\$150/10 sess



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Martial Arts

Karate

5-17 yrs | Jan Stefanovic

Learn the basics of Goju Ryu Karate Do: discipline, etiquette, flexibility, forms (kata), punches and kicks. This program is for children with little or no experience. Karate uniform \$60 - \$70 depending on size. Must purchase Karate BC insurance for \$55 on karatebc.org (valid 1 year) as well. This class is skill-based and no contact. Participants can reach the black belt level after 5 years. No class Feb 16.

M	Jan 05-Mar 09	5:00 PM-6:00 PM
593075		\$66.15/9 sess
W F	Jan 07-Mar 13	5:00 PM-6:00 PM
593078		\$147/20 sess

Kendo Training

7-18 yrs | Renfrew Kendo Dojo Society

Kendo has its roots in traditional Japanese swordsmanship, known as kenjutsu. This physically and mentally demanding discipline blends strong martial arts principles with athletic elements. Kendo is a combative martial art that features controlled-contact sparring, conducted safely with all participants wearing full armor. Renfrew Kendo Dojo Society is registered with BC Kendo Federation, and its instructor is affiliated with the Canadian Kendo Federation. Beginners only need a shinai (bamboo sword) to begin their practice.

Su	Jan 04-Mar 29	10:15 AM-11:15 AM
Tu	Jan 06-Mar 31	7:00 PM-8:00 PM
Th	Jan 08-Mar 26	6:45 PM-7:45 PM
594587		\$75/3 mos

We don't want to cancel good programs, but...

Programs are cancelled if everyone waits until the last minute to register. The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed.

Music

Music Lessons: No make-ups for missed lessons and no refunds after the second class.

Guitar/Ukulele - Private Lessons

6+ yrs | TBA Instructor

Study acoustic/electric guitar or ukulele with a patient and experienced teacher. These 30 minute lessons are for students of all levels, focusing on music that interests you and exploring topics in songwriting, improvisation, and harmony. Students provide their own instrument.

Tu	Jan 06-Mar 10	4:00 PM-7:30 PM
View Times Online		\$210/10 sess

Piano - Private Lessons with Justin

5+ yrs | Justin Wong

A wonderful introduction to the world of piano playing and music. These 30-minute lessons will focus on establishing a good musical foundation, such as learning rhythm, note reading, fingering, and posture. The goal is to develop a better musical appreciation through piano while fostering creativity. Piano playing can help develop better hand-eye coordination while being a fun and stress-free activity. No lessons Feb 14.

Sa	Jan 10-Mar 14	10:00 AM-3:30 PM
View Times Online		\$189/9 sess

Piano - Private Lessons with Kaya

5+ yrs | Kaya Warner

Learn to play piano with confidence while developing strong fundamentals in musical reading, rhythm, technique, and expression. Each 30-minute lesson is tailored to the student's goals in a supportive environment. Students will be advised by their instructor on lesson books to purchase separately. No lessons Jan 30.

F	Jan 09-Mar 13	3:30 PM-8:00 PM
View Times Online		\$189/9 sess

Piano - Private Lessons with Samuel

5+ yrs | Samuel Chan

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

Su	Jan 04-Mar 15	10:15 AM-12:45 PM
View Times Online		\$288.75/11 sess

Piano - Private Lessons with Simone

5+ yrs | Simone Ren

Piano lessons are a great way to build focus, creativity, and discipline. Students learn to play notes, rhythms, and dynamics while having fun and gaining confidence. Simone is a pianist, organist, and composer in Vancouver who enjoys teaching all levels. Book costs are extra. No class Feb 16.

M	Jan 05-Mar 09	3:30 PM-8:00 PM
View Times Online		\$236.25/9 sess
Th	Jan 08-Mar 12	3:30 PM-8:00 PM
View Times Online		\$262.50/10 sess



Sports

Flygym Kids NEW

5-9 yrs | Flygym Vancouver

This kids program focuses on building the foundations of gymnastics in a fun and supportive environment. Children will develop balance, coordination and flexibility through age-appropriate exercises and activities. With our experienced coaches, we guide them step by step to gain confidence in various gymnastic skills such as rolls, handstands, cartwheels, and basic routines on the bars and beams.

Th Jan 08-Mar 12 4:15 PM-5:45 PM
595953 \$210/10 sess

Boys World Cup Micro Footie Indoor Development NEW

6-9 yrs | Jason Kyle

A combination of skills and development alongside small sided World Cup micro footie games. Professional coaching with micro footie founder and FIFA coaches Jason Kyle, Talisen Kyle and Brolin Musuhura.

6-7 yrs

Th Jan 08-Mar 12 3:15 PM-4:15 PM
596644 \$169/10 sess

8-9 yrs

Th Jan 08-Mar 12 4:15 PM-5:15 PM
596645 \$169/10 sess

Girls World Cup Micro Footie Indoor Development NEW

6-9 yrs | Jason Kyle

A combination of skills and development alongside small sided World Cup micro footie games. Professional coaching with micro footie founder and FIFA coaches Jason Kyle, Tanisha Everton and Freya Richter. No session Feb 14.

6-7 yrs

Sa Jan 10-Mar 07 1:00 PM-2:00 PM
596646 \$152.10/9 sess

Greenlight Basketball - Foundations

8-13 yrs | Greenlight Basketball

Grow your game with Greenlight Basketball this fall! Our Foundations Program offers skill training and fun games for all levels. Led by experienced coaches, we focus on building fundamentals in a positive, supportive environment.

Tu Jan 06-Mar 10 4:15 PM-5:15 PM
593135 \$150/10 sess

Greenlight Basketball - Lil' Ballers

5-7 yrs | Greenlight Basketball

Discover the joy of basketball with Greenlight! Our program welcomes kids of all skill levels, offering fun, interactive lessons led by passionate coaches. Through engaging drills and games, players build skills and confidence in a supportive, positive environment.

Tu Jan 06-Mar 10 3:30 PM-4:15 PM
593134 \$100/10 sess

Sportball Indoor Multisport

4-9 yrs | Sportball Vancouver

Classes focus on the basic skills common to all sports, like balance, coordination, and timing in a fun, supportive, non-competitive environment. Each class focuses on one of eight different sports: hockey, soccer, football, baseball, basketball, volleyball, golf and tennis. No class Feb 16.

4-6 yrs

M Jan 12-Mar 09 4:00 PM-5:00 PM
593376 \$128/8 sess

6-9 yrs

M Jan 12-Mar 09 5:00 PM-6:00 PM
593377 \$128/8 sess

Yoga

Family Yoga FREE

3-13 yrs | Vivien Gomes

Yoga is a natural wellspring of health: helping with self awareness, as well as memory and concentration abilities. Yoga can nurture and inspire children about self regulating and self-care. Yoga class includes crafts, stories along yoga sequences and relaxation. The class is intended as a parent and child class and is an opportunity for family to practice yoga together. Register one child per parent/child. No class Feb 15.

3-6 yrs

Su Jan 18-Mar 08 10:15 AM-10:45 AM
595668 Free

7-13 yrs

Su Jan 18-Mar 08 11:00 AM-11:45 AM
595669 Free

Bouncy Castle Birthday Package (2-6 yrs)

Saturdays 11:30am-1:30pm or 2:30pm-4:30pm \$195/party
Sundays 12:30pm-2:30pm \$195/party

- Auditorium room use for 12 children (ages 2-6) and accompanying adults (Additional children will require an additional leader - see "Guests")
- Sound system with 3.5mm auxiliary input and Bluetooth
- Ride-on cars, plasma cars, building blocks and mats available
- Inflatable bouncy castle with slide - Technical Safety BC License #LAM0210833

Registration opens three months prior to party month.

General Information:

- The party group has 30 minutes before and after the reserved party time to set-up and take down all belongings. The party group is responsible for setting up and taking down tables and chairs, sweeping and taking out the garbage.
- The party leader is responsible for setting up and taking down the inflatable.
- The party group can bring any decorations they wish, but must remove the decorations by the end of the birthday.
- Please bring your own knife, plates, cups and cutlery as the Centre does not provide them.

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

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

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

Pro-D Day Camp

Pro-D Day Camp

6-12 yrs | Youth Leader

A day off from school?! Join our Youth Staff for a fun filled day! Pack a water bottle, snack and lunch; dress weather-appropriate including rubber boots. Pre-registration and consent forms are required. Register early, spaces are limited!

M	Jan 12	9:00 AM-3:00 PM
593031		\$42/1 sess
F	Feb 13	9:00 AM-3:00 PM
593027		\$42/1 sess

Sport

Preteen Volleyball

11-12 yrs | Youth Leader

This program is for any preteen looking to learn and play volleyball. Our Youth coaches will run drills & scrimmages each week!

Sa	Jan 17-Mar 14	3:30 PM-4:30 PM
592816		\$24/9 sess



Social

Cooking & Baking Club NEW

10-13 yrs | Youth Leader

Come join our Youth Staff on Tuesday nights in the Kitchen for an educational and engaging program that shows you the basics of cooking and baking. Practice and learn new skills such as knife handling, ingredient measuring, and much more! Participants will be eating what is made so please inform us of many allergies or dietary restrictions prior to the start date. Please bring containers for any leftovers so no food is wasted.

Tu	Jan 13-Mar 03	3:30 PM-6:00 PM
593495		\$52/8 sess

FREE! Wednesday Star Friends

10-13 yrs | Youth Leader

Wednesday Star Friends is for any pre-teen who identifies as a girl and/or non-binary and wants to take part! This Program is a great way to connect with other kids in the community while hanging out, playing games, baking, arts & craft, and much more!

W	Jan 14-Mar 04	3:15 PM-6:00 PM
592722		Free

Art & Drawing NEW

10-13 yrs | Youth Leader

Come join our Youth Staff on Thursday nights in the Games Room for an educational and engaging program that shows you the basics of drawing and other art mediums. Practice and learn new skills such as shading, sketching, and much more!

Th	Jan 15-Mar 05	3:30 PM-6:00 PM
595914		\$40/8 sess

FREE! TGIF

10-13 yrs | Youth Leader


This after school program provides a space for pre-teens to come and enjoy the scheduled activities. Youth leaders make it exciting and fun every Friday, starting in the Games Room, with scheduled activities to begin at approximately 3:15pm. Registration required! No class Feb 13.


F	Jan 16-Mar 13	3:15 PM-6:00 PM
592729		Free

Community Youth Worker



 Katarina.Lewis@vancouver.ca

 **604 . 718 . 6230**

 **@HastingsYouth**

Follow us on IG for any volunteering opportunities and youth initiatives.

Volunteer/Leadership

Looking for Volunteer Hours?

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

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

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

Hastings Youth Council

14-17 yrs | Community Youth Worker

The Hastings Youth Council strives for youth to be leaders in their community and for their voices to be heard. This is a great opportunity to organize activities, special events, implement projects, and volunteer in the community. Meet new people, make new friends, get volunteers hours and give back to the community! Meetings are held on Saturdays from 1:30pm-3:30pm.

PB City-Wide Youth Council

The City-Wide Youth Council connects youth from Vancouver's 20 diverse communities to work together on youth initiatives, local issues and Youth Week. Meetings are held at City Hall on the second Wednesday of the month.



Social

FREE! Friday Night Movies NEW 13-18 yrs | Youth Leader

Looking for a fun and relaxing way to kick off your weekend? Join us every Friday night in the auditorium where we'll be screening a different movie, from the latest blockbusters to fan favorites, so there's always something new and exciting to enjoy. A free drop-in program for youth in Grades 8-12. One cards are required for participation. Hours subject to change during Spring Break.

F Jan 16-Mar 13 6:30 PM-9:00 PM
595941 Free with Onecard



Sports

Hastings Hydras Youth Dragon Boat Team

13-18 yrs | Youth Leader

Attention, please. Paddles up! Coach Jeff returns to build off the super successful 2025 campaign! We are once again looking for new paddlers for the 2026 season. Please note that priority is given to returning paddlers.

M Feb 02-Jul 13 4:00 PM-5:30 PM
593473 \$90/18 sess



Spring Break

FREE! Spring Break Youth 3V3 Basketball Tournament 13-18 yrs | Youth Leader

Join us to celebrate the first week of spring break in a 3V3 tournament! You and 2 friends can sign up together to compete against other teams for prizes and more. Spots are limited!

Grades 8-10

F Mar 20 4:00 PM-9:00 PM
595254 Free with Onecard

Grades 11-12

F Mar 20 4:00 PM-9:00 PM
595253 Free with Onecard

FREE! Spring Break Youth Co-ed Volleyball Tournament

13-18 yrs | Youth Leader

Are you in grades 8-12 and like to play volleyball with friends? Join us to celebrate the end of spring break in a round-robin tournament. You and 6 friends can sign up together to compete against other teams for prizes and more. Spots are limited!

F Mar 27 4:00 PM-9:00 PM
595311 Free with Onecard



YOUTH SCHEDULE

MON	TUE	WED	THU	FRI	SAT
Games Room Grades 8-12 3:00 P-9:00 P	Cooking & Baking Club Grades 5-7 3:30 P-2:00 P	Star Friends Grades 4-7 3:15 P-6:00 P	Art & Drawing Grades 5-7 3:30 P-6:00 P	TGIF Grades 4-7 3:15 P-6:00 P	Games Room Grades 8-12 9:00 A-1:00 P
	Games Room Grades 8-12 6:00 P-9:00 P	Games Room Grades 8-12 6:00 P-9:00 P	Games Room Grades 8-12 6:00 P-9:00 P	Games Room Grades 8-12 6:30 P-9:00 P	
PARENTAL/GUARDIAN RESPONSIBILITY: All children under the age of 8 are required to have parental/guardian 16 years or older supervision when not attending a registered Hastings program. This applies to all drop-in programs such as the Games Room, Open Gym. The staff at Hastings are not responsible for children left unattended after programs have finished. Parents/ guardians are responsible for picking up their children as soon as programs have ended. Gymnasium and Games Room are a safe space for youth to use. No adults are allowed during drop in time.				Volleyball Grades 8-12 3:30 P-6:30 P	Youth Council 14-17 yrs 1:30 P-3:30 P
				Basketball Grades 8-12 6:30 P-9:45 P	Preteen Volleyball 11-12 yrs 3:30 P-4:30 P

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

Aerobics

Cardio Fit

19+ yrs | Sharon Chan

For participants who want a cardio class with simple choreographed floor patterns followed by strength training with weights and core conditioning. Participants can go at their own pace and finish off with a full stretch.

Step

19+ yrs | Sharon Chan

All Fitness Levels - For participants who want a moderate cardio workout. Newcomers welcome. Choreographed patterns followed by strength training with weights and tubing.

Step & Sculpt

19+ yrs | Sharon Chan

For moderately fit individuals who want to increase their muscular endurance as well as challenge their cardiovascular system. Cardio is alternated with strength training.

Aerobics Fees

Adult	19-59 yrs	60+ yrs
Drop-In	\$5.48	\$3.57
10 Visit Pass	\$49.32	\$32.13
Season Pass Jan 05-Mar 31	\$99.00	\$64.35
Prices listed do not include GST.		

Aerobics Schedule - Jan 05-Mar 31

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
MORNING	Step & Sculpt 9:15-10:15 AM		Cardio Fit 5:30-6:30 PM	No aerobic pass extensions for cancelled classes.
EVENING		Step 5:30-6:30 PM	Step & Sculpt 5:30-6:30 PM	Cardio Fit 5:30-6:30 PM
Schedule subject to change. No classes on Statutory Holidays.				

Fitness & Health

Core Circuit Training TPP

19+ yrs | Kelly Howatson

This is an exercise program integrating all components of physical fitness: strength, endurance, flexibility and coordination. Weights, bands, and mats will be incorporated into this one hour class geared towards looking to improve core strength.

Tu	Jan 13-Mar 10	8:30 AM-9:30 AM
596072		\$76.50/9 sess
Th	Jan 15-Mar 12	8:30 AM-9:30 AM
596073		\$76.50/9 sess

Jump Rope HIIT NEW

19+ yrs | Allison Goldberg

Level up your cardio routine with this one hour Jump Rope HIIT class. This high-energy session pairs basic jump rope skills and strength training for a full-body, high-intensity interval workout using only a jump rope. Suitable for all fitness levels and first-timers. Build endurance, strength, coordination, and confidence. Jump ropes are provided, just bring your energy and a water bottle! Drop-in \$12, if space available. No class Feb 16.

Free Trial

M	Jan 12	7:00 PM-7:50 PM
593469		Free
M	Jan 26-Mar 09	7:00 PM-7:50 PM
593118		\$60/6 sess

Mission...FitPossible

19+ yrs | Romeo Mele

Start your mornings right. This class provides participants with a fun energetic workout. Romeo will mix different types of training such as HIIT, core stability, and functional movement to develop athleticism and inspire a happier, healthier you. YOUR MISSION? Enhance your functional movement, improve cardio fitness, increase muscle strength endurance, and inspire weight loss.

Tu Th	Jan 06-Jan 29	9:45 AM-10:45 AM
594584		\$96/8 sess
Tu Th	Feb 03-Feb 26	9:45 AM-10:45 AM
594585		\$96/8 sess
Tu Th	Mar 03-Mar 12	9:45 AM-10:45 AM
594586		\$48/4 sess



Osteofit

19+ yrs | Berdjis Bahrami

Osteofit is a certified, evidence-based, training program for older adults who may be frail, have osteoporosis, low bone density or who are at risk of fractures and falls. Osteofit aims to provide safe and gentle exercises for individuals with minimal previous exercise experience. Drop-in \$7.50, space permitting.

W	Jan 07-Mar 11	9:30 AM-10:30 AM
591376		\$65/10 sess

Courses marked TPP take place at
Templeton Park Pool

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

Strength and CIRCL Mobility(TM)

19+ yrs | **Monika Schoenenberger**

This workout starts with 30 minutes of functional strength training followed by a 30 minute stretch flow that focuses on flexibility, breathwork and mobility to help you move better longer set to a soundtrack of healing tones (participants must be able to get down to the floor). Drop-in \$11. No class Feb 16, March 16 and March 23.

M Jan 05-Mar 30 10:30 AM-11:30 AM
593086 \$90/10 sess

Zumba®

19+ yrs | **Zumba Vancouver**

ZUMBA® blends Latin rhythms with easy-to-follow dance moves for a fun, high-energy workout. Designed for all fitness levels, it uses interval and resistance training to burn calories, tone your body, and boost your mood. With styles like salsa, cumbia, and merengue, Zumba is a feel-good way to get fit and energized. www.zumbavancouver.ca. Drop-in \$15, space permitting.

Free Trial

Tu Jan 06 6:45 PM-7:45 PM
593051 Free

Set One

Tu Jan 13-Feb 10 6:45 PM-7:45 PM
593049 \$67.50/5 sess

Set Two

Tu Feb 17-Mar 31 6:45 PM-7:45 PM
593050 \$94.50/7 sess

Zumba® Gold

19+ yrs | **Zumba Vancouver**

ZUMBA® Gold is a low impact dance-fitness class for beginners and seniors that uses zesty Latin music, Salsa, Cha Cha, Cumbia, Merengue, Rock n Roll, (including Twist and Charleston), with easy to follow moves to create a dynamic and fun fitness class. ZUMBA® Gold strives to improve your balance, strength, flexibility and most importantly the heart. www.zumbavancouver.ca. Drop-in \$15, space permitting.

Set One

F Jan 09-Feb 06 10:30 AM-11:30 AM
593053 \$67.50/5 sess

Set Two

F Feb 13-Mar 13 10:30 AM-11:30 AM
593055 \$67.50/5 sess

Dance / Fitness / Martial Arts / Yoga Schedule

Please see program description for exact dates and times. Program may be cancelled due to low enrolment.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAYTIME		TPP Core Circuit Training 8:30 AM-9:30 AM		TPP Core Circuit Training 8:30 AM-9:30 AM	Qigong 10:30 AM-11:45 AM
	Strength and CIRCL Mobility (TM) 10:30 AM-11:30 AM	Mission FitPossible 9:45 AM-10:45 AM	Osteofit 9:30 AM-10:30 AM	Mission FitPossible 9:45 AM-10:45 AM	Zumba® Gold 10:30 AM-11:30 AM
		Older Adult Fitness 10:30 AM-11:30 AM	Contemporary Line Dance w/ Irene 11:00 AM-12:30 PM	Older Adult Fitness 10:30 AM-11:30 AM	Tai Chi Stretching 12:00 PM-1:30 PM
	Line Dance with Winnie 1:30 PM-3:00 PM	Tai Chi 12:00 PM-1:30 PM TPP 12:00 PM-2:00 PM	Parent and Baby Yoga 1:00 PM-2:00 PM	TPP Tai Chi 12:00 PM-1:30 PM	Ballroom Social Dance 60+ yrs 1:45 PM-3:45 PM
EVENING		Sequence Dance 3:00 PM-5:00 PM	Iaido 6:15 PM-8:15 PM	TPP Xinjiang Dance 3:00 PM-5:00 PM	TPP Xinjiang Dance 2:00 PM-4:00 PM
	Karate/Self-Defense 6:15 PM-7:15 PM	Iyengar Yoga 6:00 PM-7:30 PM	Karate/Seslf-Defense 6:15 PM-7:15 PM	Yoga Flex 6:15 PM-7:15 PM	
		Chinese Cultural Dance 6:30 PM-8:00 PM	Ballroom Dance - Beginners 6:30 PM-7:30 PM	TPP Creative Hatha Yoga Flow 6:45 PM-8:00 PM	
	TPP Tai Chi 7:00 PM-9:00 PM	Zumba® 6:45 PM-7:45 PM	TPP Tai Chi 7:00 PM-9:00 PM	Kendo 8:00 PM-9:00 PM	
	NEW Jump Rope Hiit 7:00 PM-7:50 PM	NEW Iyengar Yoga 7:45 PM-8:45 PM	Veg Yoga 7:30 PM-8:45 PM	Courses marked TPP take place at Templeton Park Pool	
	Drumming for Wellnes 7:00 PM-9:00 PM	Kendo 8:00 PM-9:00 PM	Ballroom Dance - Intermediate 7:30-8:30 PM/8:30-9:30 PM		

Art

Knit Nights

19+ yrs | Non Instructional

Love to knit? Bring your latest project and join us! Ask advice or share purls of wisdom. New friends? Make one left, make one right! Share finished projects that other yarn addicts will appreciate. New to knitting? A perfect place to practice, ask questions, get inspired! Slip on shoes, slip on your sweater, knit on over!

W Jan 07-Mar 25 6:00 PM-8:00 PM
\$2.86/drop-in

596710

Dance

Ballroom Dance - Beginner/ Bronze

19+ yrs | Faye Hung

The first few weeks will cover the basics of the dance, then we will progress to the next level (bronze) figures. No dancing experience required. Partners preferred but not required. Drop-in \$14, space permitting.

English Waltz

W Jan 07-Feb 04 6:30 PM-7:30 PM
\$66.25/5 sess

593201

Quickstep

W Feb 11-Mar 11 6:30 PM-7:30 PM
\$66.25/5 sess

593203

Ballroom Dance - Silver International

19+ yrs | Faye Hung

International Silver level and above. Minimum 2 years of dancing experience preferred. Partners preferred but not required. Drop-in \$14, space permitting.

Vieness Waltz

W Jan 07-Feb 04 7:30 PM-8:30 PM
\$66.25/5 sess

593204

Rumba

W Jan 07-Feb 04 8:30 PM-9:30 PM
\$66.25/5 sess

593207

English Waltz

W Feb 11-Mar 11 7:30 PM-8:30 PM
\$66.25/5 sess

593205

Paso Doble

W Feb 11-Mar 11 8:30 PM-9:30 PM
\$66.25/5 sess

593208

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

Chinese Cultural Dance

19+ yrs | Anne Ang

A beginner class open to all who want to stay active and have fun with Chinese songs and music. Meet new friends while learning some basic cultural dance movements and techniques. There will be some stretching and warm up exercises before we start to dance. Some dance choreography may be involved. Wearing soft dance shoes is recommended. Drop-in \$6, if space permits.

Tu Jan 06-Mar 31 6:30 PM-8:00 PM
\$595633 \$65/13 sess

Contemporary Line Dance

19+ yrs | Irene Loo

This modern line dance class incorporates contemporary music and dance steps including Cha Cha, Tango, Rumba, Waltz, Mambo, Salsa, Cumbia, Hustle, Twist, Disco, Jitterbug and Electric Slide. Drop-in \$5 (5 spots available for drop-in).

W Jan 07-Mar 11 11:00 AM-12:30 PM
\$595867 \$35/10 sess

Sequence Dance

19+ yrs | May A. M. Wong

Sequence Dancing is a type of dancing in which couples dance around the floor in a fixed sequence of steps and movements simultaneously. Some dance experience is required and - if possible - participants should come with a partner (not required). Classes taught in English & Cantonese.

Please note: Previous dance experience (i.e. line dance, social dance, etc.) is required to attend this class.

Tu Jan 06-Mar 10 3:00 PM-5:00 PM
\$596068 \$21/10 sess



Education

East Vancouver Family Literacy - Beginner Learners

FREE

19+ yrs | Emily Hunter

Learn English, have fun and make friends! This class is for Beginner to Lower Intermediate learners. We plan to go on field trips together and will invite guest speakers to the class. The teacher is an experienced English teacher from Capilano University. Come join us! For more information, please contact Emily at EmilyHunter@capilano.ca. No class Feb 16, Mar 16 & Mar 23.

M Jan 12-Mar 30 1:00 PM-3:45 PM
\$596150 Free

Emergency First Aid with CPR-C + AED (Basic)

13+ yrs | Foundations Safety & First Aid

A one-day course covering lifesaving first aid and CPR skills for home or workplace emergencies. Meets provincial/territorial safety regulations and follows the latest CPR guidelines. Includes a 4-hour online prerequisite and 4.5-hour in-class training.

Sa Feb 14 9:15 AM-1:45 PM
\$595710 \$100/1 sess

Sa Mar 21 9:15 AM-1:45 PM
\$595711 \$100/1 sess

Standard First Aid with CPR-C + AED (Intermediate)

13+ yrs | Foundations Safety & First Aid

A two-day comprehensive course in first aid and CPR for workplace requirements or personal knowledge. Meets provincial/territorial safety regulations and follows updated guidelines. Includes an 8-hour online prerequisite and 7.5-hour in-class training.

Sa Feb 14 9:15 AM-4:45 PM
\$595713 \$145/1 sess

Sa Mar 21 9:15 AM-4:45 PM
\$595714 \$145/1 sess

We don't want to cancel good programs, but...

Programs are cancelled if everyone waits until the last minute to register. The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed.

Martial Arts

Iaido

19+ yrs | Shin Ken Kai

Iaido is the traditional use of the Japanese sword. The techniques help focus and develop your body, mind, and spirit. The practice will improve your flexibility and situational awareness. We train in two koryu (old schools) both of which are over 400 years old. Our practice includes traditional individual as well as two person Kenjutsu forms. Drop-in \$10, if space permits.

W	Jan 07-Mar 25	6:15 PM-8:15 PM	593367	\$90/12 sess
Su	Jan 04-Mar 29	10:15 AM-11:45 AM	593371	\$75/13 sess

Karate/Self-Defense

19+ yrs | Jan Stefanovic

Karate training is not only effective regarding self-defense, but it will rapidly transform your whole body as well. Imagine how powerful a one-hour training session with non-stop punching, kicking, blocking, dodging and moving can be. Karate uniform \$60 - \$70 depending on size. Must purchase Karate BC insurance for \$70 on karatebc.org (valid 1 year) as well. Participants can reach the black belt level after 5 years. No class Feb 16.

MW	Jan 05-Mar 11	6:15 PM-7:15 PM	593080	\$139.65/19 sess
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Kendo Training by Renfrew Kendo Dojo

19+ yrs | Renfrew Kendo Dojo Society

Kendo has its roots in traditional Japanese swordsmanship, known as kenjutsu. This physically and mentally demanding discipline blends strong martial arts principles with athletic elements. Kendo is a combative martial art that features controlled-contact sparring, conducted safely with all participants wearing full armor. Renfrew Kendo Dojo Society is registered with BC Kendo Federation, and its instructor is affiliated with the Canadian Kendo Federation. Beginners only need a shinai (bamboo sword) to begin their practice.

Su	Jan 04-Mar 29	11:20 AM-12:20 PM		
Tu	Jan 06-Mar 31	8:00 PM-9:00 PM		
Th	Jan 08-Mar 26	8:00 PM-9:00 PM	594588	\$165/3 mos

Qigong with Rachel Rocco: Flowing with the Seasons

19+ yrs | Rachel Rocco

An 8-class series to build strength, presence, and vitality. We begin with the Water Element and Kidney System, cultivating rest and deep resilience, then move into the Wood Element and Liver System, exploring growth, renewal, and adaptability. Each session includes breathwork, gentle movement, and self-massage. Accessible for all bodies, experience levels, and abilities.

F	Jan 9-Feb 27	10:30 AM-11:45 AM	596063	\$96/8 sess
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Tai Chi TPP

19+ yrs | Guy Tomash

Yang style Tai Chi is known for its benefits of health, meditation, and self-defense. This is an ongoing class which teaches the traditional 108 movement long form, stresses correct body postures and whole body movement. New students can start during the first week of the month. Drop-in \$12.00, space permitting. No class Feb 16.

Tu Th	Feb 03-Feb 26	1:30 PM-3:30 PM	596109	\$80/8 sess
MW	Feb 02-Feb 25	7:00 PM-9:00 PM	596110	\$80/8 sess
Tu Th	Mar 03-Mar 12	12:00 PM-2:00 PM	596111	\$40/4 sess
MW	Mar 02-Mar 30	7:00 PM-9:00 PM	596112	\$90/9 sess

Tai Chi with Master Yeh

19+ yrs | Irene Loo

Come join Master Yeh and his assistant, Irene Loo, for this beginner Tai Chi stretching class. All levels welcome. Drop-in \$2.63, if space permits.

F	Jan 09-Mar 13	12:00 PM-1:30 PM	596071	\$21/10 sess
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Tai Chi Stretching with Master Yeh

19+ yrs | Irene Loo

Come join Master Yeh and his assistant, Irene Loo, for this beginner Tai Chi stretching class. All levels welcome. Drop-in \$2.63, if space permits.

T	Jan 09-Mar 10	12:00 PM-1:30 PM	596747	\$21/10 sess
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Music

Drum Circle

19+ yrs | Ronald Radar Stelling

A community Drum Circle is a FUN open event for people of all ages to come together and share. No experience required! Drums will be provided. Drumming is one of the easiest and most universal ways to communicate. It cuts through cultural, racial and gender differences. Participating in a drum circle is a healing experience for the mind, body and spirit. Drum provided if needed. Drop-in \$20, if space available.

Sa	Jan 17	2:00 PM-4:00 PM	595625	\$18/1 sess
Sa	Feb 21	2:00 PM-4:00 PM	595626	\$18/1 sess
Sa	Mar 21	2:00 PM-4:00 PM	595627	\$18/1 sess

Drumming for Wellness

19+ yrs | Ronald Radar Stelling

Mindfulness drumming is a simple way to calm the mind, remove stress and heal. Participating in a drum circle is known to improve mood, create connection with community and a feeling of wellbeing. If you have always wanted to learn to play a drum or have some experience and want to brush up on your technique, this class is for you. You will learn basic universal rhythms - simple patterns that can be used at any rhythm event. Come explore the power of rhythm in a safe, encouraging, sacred space. Drum provided if needed. Drop-in \$22, if space available.

Set One

M	Jan 05-Feb 09	7:00 PM-9:00 PM	595622	\$120/6 sess
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Set Two

M	Feb 23-Mar 30	7:00 PM-9:00 PM	595623	\$120/6 sess
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Courses marked TPP take place at
Templeton Park Pool

Gym Sports Schedule

	SUN	MON	TUE	WED	THURS	FRI
DAYTIME	Pickleball - Beginner 10:10 AM-11:40 AM			Pickleball Intermediate 60+ yrs 10:30 AM-12:30 PM		Pickleball - Beginner 60+ yrs 9:15 AM-11:05 AM
	Badminton Court Reservations 11:45 AM-2:00 PM			Pickleball Lessons 12:45 PM-3:15 PM		Pickleball Intermediate 60+ yrs 11:15 AM-1:05 PM
EVENING		Pickleball - Beginner Play 6:15 PM-7:45 PM		Pickleball Lessons 6:45 PM-8:15 PM		Pickleball Intermediate 19+ yrs 1:15 PM-3:05 PM
		Indoor Soccer 8:00 PM-9:45 PM	Badminton 8:00 PM-9:45 PM	Pickleball - Intermediate 8:20 PM-9:50 PM	Basketball 8:00 PM-9:45 PM	
Registration for Winter starts Dec 6 at 9 AM.						

PLEASE NOTE: Spots will be held for registered participants for the first 10 minutes; after this time, spots will be sold to drop-in players. In the event that you are unable to attend any particular session your registered spot is non-transferable. Please call us if you are unable to attend your registered session at 604-718-6222. Drop-in waitlist starts 10 minutes prior to the activity start time on the day of (in-person only, no phone calls accepted). Drop-in \$5.48, space permitting.

Pickleball - Beginner Play

19+ yrs | Non Instructional
Set One

M Jan 05-Feb 09 6:15 PM-7:45 PM
\$93564 \$27/6 sess

Su Jan 04-Feb 08 10:10 AM-11:40 AM
\$93594 \$27/6 sess

Family Day Weekend

Su Feb 15 10:10 AM-11:40 AM
\$93598 \$4.50/1 sess

Set Two

M Feb 23-Mar 30 6:15 PM-7:45 PM
\$93566 \$27/6 sess

Su Feb 22-Mar 29 10:10 AM-11:40 AM
\$93595 \$22.5/5 sess

Pickleball - Intermediate Play

19+ yrs | Non Instructional
Set One

W Jan 07-Feb 11 8:20 PM-9:50 PM
\$93596 \$27/6 sess

F Jan 09-Feb 06 1:15 PM-3:05 PM
\$96127 \$22.50/5 sess

Set Two

W Feb 18-Mar 25 8:20 PM-9:50 PM
\$93597 \$27/6 sess

F Feb 13-Mar 27 1:15 PM-3:05 PM
\$96133 \$31.50/7 sess

Table Tennis

19+ yrs | Non Instructional

Everyone is welcome! This is a great way to socialize and keep active. Sign up and play some quality table tennis. This is a registered program. Sorry no drop-ins. No session Feb 16, March 16 and March 23.

F Jan 09-Mar 13 9:00 AM-12:00 PM
\$93608 \$24/10 sess

M Jan 05-Mar 30 9:00 AM-12:00 PM
\$93605 \$24/10 sess

Sports

Badminton Court Reservation

19+ yrs | Non Instructional

Come and play badminton with family or friends during this 45 minute court reservation. Book your court for the season, bring your racquet, birdie and have a great time. Courts not booked in advance can be used on a drop-in basis (\$12/court). Courts are numbered 4-1 starting from the gym entrance. Court #4 reserved for drop-in. No session March 15.

Set One

Su Jan 04-Feb 08 11:45 AM-1:15 PM
View Times Online \$63/6 sess

Set Two

Su Feb 15-Mar 29 11:45 AM-1:15 PM
View Times Online \$63/6 sess

Badminton

19+ yrs | Non Instructional

Set One

Tu Jan 06-Feb 10 8:00 PM-9:45 PM
\$93600 \$27/6 sess

Set Two

Tu Feb 17-Mar 31 8:00 PM-9:45 PM
\$93601 \$31.50/7 sess

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

Basketball: Full Court

19+ yrs | Non Instructional

Set One

Th Jan 08-Feb 12 8:00 PM-9:45 PM
\$93602 \$27/6 sess

Set Two

Th Feb 19-Mar 26 8:00 PM-9:45 PM
\$93603 \$27/6 sess

Indoor Soccer

19+ yrs | Non Instructional

Set One

M Jan 05-Feb 09 8:00 PM-9:45 PM
\$93562 \$27/6 sess

Set Two

M Feb 23-Mar 30 8:00 PM-9:45 PM
\$93563 \$27/6 sess

We don't want to cancel good programs, but...

Programs are cancelled if everyone waits until the last minute to register. The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed.

Micro Footie Women Prep **NEW** 19+ yrs | Jason Kyle

A combination of skills, fitness and small sided games to prepare for spring season. No session Feb 14.

Sa Jan 10-Mar 07 2:00 PM-3:15 PM
\$171/9 sess
597387

PIP - Learn to Play Pickleball - Act 1

16+ yrs | Paradise Island Pickleball

An introduction from the very basics as we get you off to a good start with some strong fundamentals. Pickleball is easy to learn but hard to master and combines some elements of badminton, tennis & ping pong. You will learn about the ready position, how to serve, dink, drop, volley and hit ground strokes. Learn from two certified pickleball instructors as proper technique is emphasized. Come to have fun and work hard. Introductory paddles and balls are provided. The level of play to advance to Learn to Play Pickleball II is 2.5.

W Jan 07-Feb 11 12:45 PM-1:45 PM
\$99/6 sess
596059

PIP - Learn to Play Pickleball - Act 2

16+ yrs | Paradise Island Pickleball

Building on Learn to Play Pickleball 1, you are not ready to take the momentum to the next level:- net game: dinking strategies- coming to the net: 3rd shot drops & drives- when to drop & drive- volleys & forehand roll shots- court positioning and game strategy. Each week has a particular focus with supervised games to help reinforce the lesson. This is for players looking to advance to a pickleball level of 3.0.

Set One

W Jan 07-Feb 11 1:45 PM-3:15 PM
\$148.50/6 sess
596060

Set Two

W Feb 18-Mar 18 12:45 PM-2:15 PM
\$82.50/5 sess
596061

PIP - Intermediate Pickleball Lessons - Act 3

16+ yrs | Paradise Island Pickleball

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

Set One

W Jan 07-Feb 11 6:45 PM-8:15 PM
\$155.40/6 sess
596057

Set Two

W Feb 18-Mar 18 6:45 PM-8:15 PM
\$129.50/5 sess
596058

PIP Supervised Pickleball Play - Level 2.5+

16+ yrs | Paradise Island Pickleball

No drills in this session but you will be playing with a purpose! Play with more confidence as you mix in with your recreational or competitive games! Drop-in: \$15 Please communicate with the instructor via email at waltwoo@gmail.com if you are uncertain if this is the session for you.

W Feb 18-Mar 18 2:15 PM-3:15 PM
\$67.50/5 sess
596062



COMMUNITY REPAIR CAFÉ

Book an appointment to receive in-person repair help from our volunteer repairers

One repair item per person. For the list of what is and isn't accepted, visit spec.bc.ca/repair-cafe or scan the QR code

Where: Hastings Community Centre - Auditorium
3096 E Hastings St

When: Saturday February 14 2025
9:30 am to 1:30pm

Register: Scan the QR code or visit
spec.bc.ca/repair-cafe



VOLUNTEERS NEEDED

FIXERS

APPRENTICE FIXERS

GREETERS

EVENT SUPPORT

Yoga

Creative Hatha Flow Yoga TPP**16+ yrs | Hana Hermanek**

Hatha classes are great for improving focus, breathing, circulation, digestion, and flexibility. Many students say they feel more relaxed after class and sleep better at night. Classes begin with a short grounding exercise, followed by a variety of poses, and finishing with a relaxing savasana.

Keep your body limber and come do yoga! Beginners welcome! Drop-in: \$15.50, if space permits

Th	Feb 05-Mar 12	6:45 PM-8:00 PM
		\$84/6 sess

596076

**Iyengar Yoga - Fundamentals** NEW**16+ yrs | Bridget Donald**

Join us to increase your flexibility, strength and relaxation. The Iyengar method of yoga involves meditation in action: with its focus on the details of the yoga poses and conscious movement, it helps to bring the body and mind into healthy alignment. Beginners and ongoing students are welcome in the class. Drop-in \$14, if space permits.

Set One

Tu	Jan 06-Feb 03	7:45 PM-8:45 PM
		\$60/5 sess

593352

Set Two

Tu	Feb 10-Mar 10	7:45 PM-8:45 PM
		\$60/5 sess

593355

Iyengar Yoga - Intermediate**16+ yrs | Bridget Donald**

An intermediate level course for those who are interested in continuing and deepening their study of Iyengar Yoga. The Iyengar method of yoga involves meditation in action. With its focus on the details of the yoga poses and conscious movement, it helps to bring the body and mind into healthy alignment. Drop-in \$20, if space permits.

Tu	Jan 06-Mar 10	6:00 PM-7:30 PM
		\$170/10 sess

593350

**Parent and Baby Yoga****19+ yrs | Lynda Sing**

Replenish your energy, strength, flexibility, and balance from your parenthood demands. An engaging class of yoga and playful songs, this gentle flow class is perfect for your postnatal body (4+ weeks), and your baby aged 1 month to crawling slowly enough to catch. Come away feeling more ease for you and baby. Please bring a blanket to class for baby. Drop-in \$20, if space available.

Set One

W	Jan 07-Feb 11	1:00 PM-2:00 PM
		\$108/6 sess

593154

Set Two

W	Feb 18-Mar 11	1:00 PM-2:00 PM
		\$72/4 sess

593157

Veg Yoga**19+ yrs | Vivien Gomes**

This class will introduce Hatha 26&2 yoga sequence, which consists of 26 poses and two breathing exercises, derived from the 84 classic Traditional Hatha Yoga.

The therapeutic sequence has proven to increase flexibility and strength, improve circulation and reduce stress. The class is designed for all levels. Drop-in \$15, if space available.

W	Jan 14	7:30 PM-8:45 PM
		Free Trial

596712

W	Jan 21-Mar 11	7:30 PM-8:45 PM
		\$96/8 sess

595670

Yogaflex**19+ yrs | Alex Hughes**

This flowing yoga class will focus on core strength and how to get connected with it. The core work will be incorporated into yoga postures. This class ends with deep stretching and relaxation. You will leave feeling supple and strong. Visit www.yogawithalex.ca for more information. Drop-in \$17.

Th	Jan 08-Mar 12	6:15 PM-7:15 PM
		\$140/10 sess

593073

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

Courses marked TPP take place at
Templeton Park Pool

Fitness Centre Hours of Operation

JAN 02-MAR 31, 2026 Closed Jan 01

MONDAY TO FRIDAY	SATURDAY	SUNDAY	HOLIDAYS
6:00 AM - 9:45 PM	9:00 AM - 4:45 PM	10:00 AM - 2:00 PM	10:00 AM-2:00 PM
Hours subject to change. See page 3 for all Holiday Hours.			

Fitness Centre Passes

Passes are non-transferable and non-refundable. Patrons may receive one extension per calendar year from 2 weeks up to 3 months due to illness, injury or travel.

*Discounted Fees

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

Fitness Centre Early Entry

Mon – Fri 6:00 AM-9:00 AM

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

Fitness Centre & Cardio Room

- Large selection of Lifefitness and Hammer Strength Pin-Select, Cable and plate-load machines
- Large selection of free weights
- Physio balls & medicine balls
- Body bars
- Bosu balls & balance boards
- Cardio Room
- Concept 2 Rowing Machines
- Elliptical trainers
- Upright and recumbent computerized bikes
- Treadmills
- Power Step Mill
- Keiser Spin Bike
- Precor AMT

Fitness Centre Etiquette

- Respectful behaviour, following Making All Recreation Safe (M.A.R.S.) guidelines
- Follow posted signage
- Chalk use not permitted

Orientation for Youth (13-16 yrs)

A free orientation is recommended but not mandatory. Pick up a health screening and parental/guardian consent form from the main office. Once your form is completed, please call 604.718.6222 to book your appointment.

Fitness Attendants on Duty

Monday - Friday 6:00 AM-9:45 AM
Tue 3:30 PM-7:30 PM
Wed 3:30 PM-6:30 PM
Fri 3:00 PM-8:00 PM

Note: No attendants on duty Saturday or Sunday.

Scovia Maeko BCRPA Certified Weight Training Leader

Romeo Mele BCRPA Strength Training, Exercise to Music, Personal Training, Special Core Stretching Certificate, Sports Specific Training Certificate

Personal Training

19+ yrs | Scovia Maeko

Need motivation or fitness expertise to reach your health and fitness goals? Book a one hour session with one of our seasoned trainers! Training is held in the Fitness Centre. Please call 604.718.6222 to talk to a trainer first. No refunds or credits. \$47.50/1 sess

External Rehab Trainers

Hastings Community Association will only accept external rehabilitation specialists registered with the Vancouver Park Board. Contact jaine.priest@vancouver.ca

FITNESS CENTRE FEES

	Adult	*Discounted Fees	
	19-59 yrs	Youth 13-18 & Adults 60+	Students 19+
Drop-In	\$5.48	N/A	N/A
10 visits	\$49.32	N/A	N/A
1 month	\$48.30	\$24.15	\$36.25
3 months	\$96.60	\$48.30	\$72.45
1 year	\$296.58	\$148.29	\$222.45

All passholders and drop-in have the option to obtain a HCA membership. Prices listed do not include GST.

RACQUETBALL DROP-IN

Single Booking (45 mins)	Adult	Youth/Adults 65+
Prime time	\$10.78	\$7.58
Non-Prime time	\$7.19	\$5.00
Single Player	\$5.40	\$3.84
10-Court Strip	Adult	Youth/Adults 65+
Prime-Time	\$97.48	-
Non-Prime time	\$64.56	-

*Prime time: After 3:00pm weekdays and all day weekends
 Prices listed do include GST. Prices subject to change.*

Food, Cooking & Garden Programs



Look forward to Community Work Days, In-Garden Workshops, Garden to Table Cooking Workshops, and more! Check out our Facebook Page at Hastings Community Centre Food & Garden Programs for up to date information! Email seasonsoffoodhcc@gmail.com to join our Mailing List!

Seasons of Food

- A collection of hands-on cooking and nutrition workshops for all ages, facilitated by community food and nutrition experts
- Varying prices

Hastings Community Learning Garden

- A community garden space in which fruits, vegetables, and herbs are grown and used within programming at the Community Centre
- Community Work Days and various workshops take place regularly from March through November

Comments, questions, or concerns can be directed to the Food & Garden Coordinator at seasonsoffoodhcc@gmail.com.



Beeswax Wraps

19+ yrs | Lisa Patterson

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

Tu	Mar 10	7:00 PM-9:00 PM
596138		\$10/1 sess

Community Kitchen

19+ yrs | TBA Instructor

Looking to socialize, learn new recipes, and eat great food after work? Check out Community Kitchen where we have various folks from the Hastings-Sunrise community come out to teach some of their favourite food! Remember to bring takeout containers to take extras with you!

M	Jan 19	6:30 PM-8:30 PM
596013		\$10/1 sess
M	Feb 09	6:30 PM-8:30 PM
596014		\$10/1 sess
M	Mar 16	6:30 PM-8:30 PM
596015		\$10/1 sess

Culinary Passport

19+ yrs | Chef Karen

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

F	Jan 16	9:30 AM-11:30 AM
596021		\$10/1 sess
F	Feb 13	9:30 AM-11:30 AM
596022		\$10/1 sess
F	Mar 13	9:30 AM-11:30 AM
596023		\$10/1 sess



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

Decolonizing Tea Party FREE

19+ yrs | Leona Brown

Leona is a Gitxsan and Nisga'a mother of 3, Fireweed House, Killerwhale Clan. As an Indigenous Cultural Programmer, Leona will share her journey and lead a discussion, sipping the tea on politics, or any topic that comes up in true mad hatter style. Feel free to bring a snazzy hat.

Tu	Mar 31	7:00 PM-9:00 PM
596037		Free

Gardening Corner FREE

19+ yrs | Lisa Patterson

Are you interested in gardening and natural food preparation, but not sure where to start? Join us in the garden to learn about nutrition, plants, soil, seeds and insects through fun and engaging activities. We'll cover a different topic each week. Increase your knowledge and become comfortable working in your own kitchen and garden. We will meet indoors in case of bad weather.

W	Jan 07-Mar 25	11:00 AM-12:00 PM
596028		Free

Growing Kids FREE

1-5 yrs | Lisa Patterson

Get your kids excited about the world of growing things! Join us in the garden to learn about plants, soil, seeds and insects through fun and engaging activities. We'll cover a different topic each week. Caregivers must be present throughout the class. Meet in the garden (sessions will take place indoors or in the HCC Learning Garden). No class Feb 16

M	Jan 12-Mar 09	11:00 AM-11:30 AM
596030		Free



Japanese Vegan Pudding for Everyone

19+ yrs | Sakura Nanami

Perfect for vegans and non-vegans alike! Join Chef Sakura to learn her delicious, egg-free, and gelatin-free pudding recipes. Discover the secret binding power of Japanese agar agar and kuzu to make healthier vegan desserts more affordable than buying out. Watch the demo and taste three samples: Chocolate (for Valentine's), Matcha, and Kabocha.

Tu	Feb 03	7:00 PM-9:00 PM
596069		\$10/1 sess
Tu	Feb 10	7:00 PM-9:00 PM
596145		\$10/1 sess

Natural Fabric Dye Workshop

19+ yrs | Christine Reimer

An introduction to natural dyes and the fabric dyeing process. Turn common vegetable refuse into a beautiful colour medium with professional costume designer Christine.

Tu	Feb 24	7:00 PM-9:00 PM
596146		\$10/1 sess

Homemade Ramen without MSG

19+ yrs | Sakura Nanami

Ramen Encore: New Shoyu Flavor! Join Japanese Chef Sakura to master a delicious, affordable, healthy, low-fat Shoyu (Soy Sauce) ramen at home. Learn the power of Japanese Umami stocks to replace heavy fats and MSG. Don't miss this encore and make ramen that's good for you! Includes samples for all diets (Vegan to Meat-eater). Lecture/Demo format.

Tu	Jan 27	7:00 PM-9:00 PM
596038		\$10/1 sess

Sprouting & Microgreens

19+ yrs | Lisa Patterson

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

Tu	Jan 13	7:00 PM-9:00 PM
596142		\$10/1 sess

Vegetarian Passport

19+ yrs | Chef Karen

Join Food Educator and Chef Karen Curtis on a vegetarian journey. With a focus on vegetarian cuisine, you will learn how to maximize your food budget while cooking tasty, good for you vegetarian food from around the world. All the recipes can be made plant based as well! We can share a meal together at the end, and take home leftovers!

W	Feb 11	9:30 AM-11:30 AM
596115		\$10/1 sess
W	Mar 11	9:30 AM-11:30 AM
596118		\$10/1 sess

We don't want to cancel good programs, but...

Programs are cancelled if everyone waits until the last minute to register. The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed.

HASTINGS Family DAY

Monday, Feb 16

11:00 am - 1:00 pm

Join us for our free Family Day event!

This event will feature Parent & Tot Gym with a Bouncy Castle, Arts & Crafts, Youth led games and activities with prizes!

***A family event catered towards ages 0-6 years old
Drop-in event, no registration required***



@ Hastings Community Centre



Dance

Ballroom Social Dance

60+ yrs | Ronnie Yin Hui 亞燕

Come with friends or meet new ones and dance together. No partners required. This is a non-instructional, drop-in social dance program. Register to reserve a spot. Drop-in \$2.63, if space permits. Seniors 10-visit Activity Card \$21.

F Jan 09-Mar 13 1:45 PM-3:45 PM
596011 \$2.63/drop-in

Line Dance with Winnie

60+ yrs | CCA Volunteer

Come join Winnie Lui and have fun learning the latest dance steps in this energetic recreational class. No need for a partner all ability levels are welcome. Join this high spirited class and enjoy the social, fitness, and health benefits. There will only be 5 spots open for drop-ins. Drop-in \$2.63. Drop-in spots open at 1:00pm. No class Feb 16.

M Jan 05-Mar 09 1:30 PM-3:00 PM
596039 \$18.90/9 sess

Xinjiang Vancouver Dancing Group TPP

60+ yrs | Alisha

Traditional Xinjiang dancing is famous for its elegant and unique moves such as neck-shifting, wrist-turning, fast rotation as well as it's vibrant energy, lively music, colourful costumes. The dances display a style of passion and delicacy. Xinjiang dances is seen as a symbol of resilience and pride.

Drop-in \$2.63, space permitting

Th F Feb 05-Mar 13 3:00 PM-4:00 PM
596119 \$25.20/12 sess

Fitness & Health

Older Adult Fitness

60+ yrs | Kelly Howatson

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

Tu Jan 13-Mar 10 10:30 AM-11:30 AM
596045 \$67.50/9 sess

Th Jan 15-Mar 12 10:30 AM-11:30 AM
596046 \$67.50/9 sess

Social

Chinese Seniors Pop Karaoke

60+ yrs | Dana & Sam

A social program designed for Chinese speaking seniors from the neighborhood. Drop-in \$2.63 or 10 visit Seniors Card \$21.

Th Jan 08-Mar 12 12:00 PM-4:00 PM
596012 \$2.63/drop-in

Games Room Drop-In

19+ yrs | Non Instructional

Adults 19+ can drop-in to play pool, foosball, watch TV, or play table tennis. Games Room availability is subject to change without notice.

M Tu W Th F Jan 02-Mar 13 9:00 AM-2:45 PM
593609 \$1/drop-in

Lunch and Learn + Bingo

60+ yrs | Vishnu

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

M Jan 12 11:30 AM-1:30 PM
596041 \$5/1 sess

M Feb 09 11:30 AM-1:30 PM
596042 \$5/1 sess

M Mar 09 11:30 AM-1:30 PM
596043 \$5/1 sess

Mah Jong Drop-In FREE

60+ yrs | Yulan

Come play Mah Jong! No cost, drop-ins welcome! Equipment provided.

F Jan 02-Mar 27 10:00 AM-3:00 PM
596044 Free

Seniors Painting Drop-In FREE

60+ yrs | No Instructor

This is a non-instructional space for folks to drop-in and paint. No supplies provided.

W Jan 07-Mar 11 10:00 AM-1:00 PM
596067 Free

Seniors Spring Jam Out Trips

60+ yrs | Artie

Tu Jan 20 10:00 AM-3:00 PM
596064 \$20/1 sess

Tu Feb 10 10:00 AM-3:00 PM
596065 \$20/1 sess

Tu Mar 10 4:00 PM-9:00 PM
596066 \$20/1 sess

Sports

PLEASE NOTE: Spots will be held for registered participants for the first 10 minutes; after this time, spots will be sold to drop-in players. In the event that you are unable to attend any particular session your registered spot is non-transferable. Please call us if you are unable to attend your registered session at 604-718-6222. Drop-in waitlist starts 10 minutes prior to the activity start time on the day of (in-person only, no phone calls accepted). Drop-in \$4.20, space permitting.

Pickleball

60+ yrs | Non Instructional

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

Beginner Play - Set One

F Jan 09-Feb 06 9:15 AM-11:05 AM
596125 \$18.40/5 sess

Beginner Play - Set Two

F Feb 13-Mar 13 9:15 AM-11:05 AM
596130 \$18.40/5 sess

Intermediate Play - Set One

W Jan 07-Feb 04 10:30 AM-12:30 PM
596124 \$18.40/5 sess

F Jan 09-Feb 06 11:15 AM-1:05 PM
596126 \$18.40/5 sess

Intermediate Play - Set Two

W Feb 18-Mar 25 10:30 AM-12:30 PM
596129 \$22.08/6 sess

F Feb 13-Mar 13 11:15 AM-1:05 PM
596132 \$18.40/5 sess

welcome to... TEMPLETON PARK POOL

Location

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

Hours Of Operation

The office closes 15 minutes prior to the facility schedule and there is no entry to the pool.

Something for everyone!

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

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

Accessibility Features

- Accessibility lift
- Portable pool stair case
- Shower wheelchair
- Universal change area
- Hand held showers
- 2 designated parking spaces

Leisure Access Program (LAP)

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

Online Schedule/Website:

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



Admission Policy for Children

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

- 1 adult: 10 children 8 years old and older
- 1 adult: 3 children 7 years old or younger

*Please call ahead to ensure we can accommodate your group.

Fitness Centre 13 + yrs

A small but functional fitness centre. Please wear proper work out attire and leave your bag in the lockers provided. Cardio equipment is limited to 30 minutes; all other equipment is 20 minute limit; no sign up required, please share equipment. Shoes attached at the heel must be worn in the Fitness Centre - no bare feet or slippers. 8 cardio equipments and various strength machines.

Rentals



Pool Rentals

Rent the Teach Pool or the Main Pool outside of our facility's operating hours for your own private function. Prices are PB standard fees and include two lifeguards.

Teach Pool \$91.11/ hour
Main Pool \$291.82/hour



Room Rentals

Rent the Activity Room for meetings and small social gatherings. Features a hardwood floor, opens on to the playground and has an adjoining kitchen. Max capacity is 80 people. Room size is 27' x 46'.

Activity Room \$36.75/hour
+\$100 damage deposit

Please email templetonparkpool@vancouver.ca to enquire about available dates.

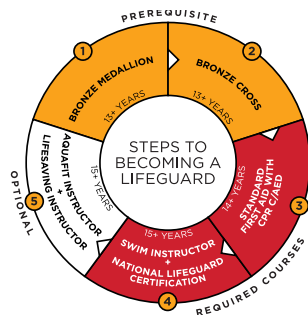
Hastings Community Association Programs at Templeton Park Pool Activity Room Schedule

Please see program description for exact dates and times.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Core Circuit Training 8:30 AM-9:30 AM	Mother Goose Toddler 1:00 PM-1:45 PM Baby 2:00 PM-2:45 PM	Core Circuit Training 8:30 AM-9:30 AM	Adventures in Music 10:30 AM-11:15 AM 11:30 AM-12:15 AM	Excelleration Tri Club 8:00 AM-12:00 PM
	Tai Chi 12:00 PM-2:00 PM		Tai Chi 12:00 PM-2:00 PM	Xin Jiang Dance 2:00 PM-4:00 PM	Little Ballerinas 12:15 PM-1:00 PM 1:05 PM-1:50 PM
Excelleration Tri Club 4:30 PM-6:30 PM		Excelleration Tri Club 4:30 PM-6:30 PM	Xin Jiang Dance 3:00 PM-5:00 PM	Excelleration Tri Club 4:30 PM-8:00 PM	Hip Hop Breakers 1:55 PM-2:40 PM
Tai Chi 7:00 PM-9:00 PM		Tai Chi 7:00 PM-9:00 PM	Creative Hatha Flow Yoga 6:45 PM-8:00 PM		

Winter Break Camps See page 13

VANCOUVER Aquatics Academy



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



Scan the QR code for more information about lifeguarding, certification, and course dates or to apply.



Junior Lifeguard Club

Prerequisites: Swim 7 & or 9-12 years old, Roll into Deep Water/

Tread Water 1 minute and Swim 50 meters/2 lengths of the pool

Junior Lifeguard Club (JLC) stresses fun and aquatic skill development based on personal-best achievement. Building on skills they have from swimming lessons, JLC members work to develop and improve swimming and other aquatic skills with emphasis on swim and lifesaving knowledge, leadership and teamwork, community education, competition, and personal fitness.

TBD - we are looking for an instructor

National Lifeguard Pool (Pool)

Prerequisites: Bronze Cross, Standard First Aid, 15 years old

The Lifesaving Society's NL Pool is a demanding program designed to develop the fundamental values, judgement, knowledge, skills, and fitness required by professional lifeguards. NL Pool is worth two Grade 12 credits.

TBD - we are looking for an instructor



Bronze Medallion

Prerequisite: Bronze Star or 13 years old

Teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill and fitness. Rescuers learn advanced lifesaving techniques for challenging rescues of increased risk involving conscious and unconscious victims in varying water depths.

TBD - we are looking for an instructor

Bronze Cross

Prerequisite: Bronze Medallion

Designed for lifesavers who want the challenge of more advanced training, including an introduction to safety supervision. As the Lifesaving Society's Assistant Lifeguard program, Bronze Cross hones judgment, knowledge, skill and fitness to prepare candidates for success in National Lifeguard (NL) and instructor certifications. It is also worth two Grade 11 credits.

TBD - we are looking for an instructor

Two Spirit, Trans, and Gender Diverse Swim

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



AquaFit

The majority of aqua-fit spaces will be pre-registered with some spaces held for drop-in. Registration open 3 days in advance, starting at noon. Register for one session at a time. Online refund is possible as currently available. **Classes may be cancelled due to staffing.*

Tu/Th

9:30 AM-10:30 AM

Swim Boot Camp (19+ yrs)

Challenge your stamina and strength with fast paced swimming drills combined with a high intensity dry land body-weight workout. Using interval training techniques, this program is designed to progressively enhance your muscle tone and endurance. This is a great program to enhance fitness or prepare for a triathlon. Requirements: Be able to swim 400 metres continuously at a pace of 1 minute and 15 seconds per 50 meters, or better. Registration only, no drop-ins.

Tu

Feb 03 – Mar 10

6:45 PM-8:00 PM

Th

Feb 05 – Mar 12

6:45 PM-8:00 PM

Excelleration



Excelleration is a youth-focussed triathlon club. Participants are taught to improve their swimming, biking, and running skills. In our Adventure Tri & Kids of Steel programs, the initial focus is on the development of fundamental sport and movement skills, which provide a basis for lifelong participation in sports. **Must have completed Swimmer 3 or Swim 25 meters of the pool independently.** **Winter Registration:** Sat Dec 13, 9 AM

How to Register:

Register online or in-person/phone at Hastings Community Centre. For program descriptions and information, please visit their website www.ExcellerationTriClub.ca or scan the QR code below.



Registration

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

Winter LESSONS:

December 16 at 7:00 PM

Swimming Assessments

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

Swim Lesson Refunds & Cancellations

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



Lifesaving Society Swim for Life®

Parent and Tot (4 mo-3 yrs)

Swim for Life Parent and Tot structures in-water interaction between parent/caregiver and child to stress the importance of play in developing water-positive attitudes and skills. Based on the principle "Within Arms Reach", these classes focus on close playful interaction and shared fun between child, parent and water. Activities and progressions are based on child development allowing parents to register in the level appropriate for their child's age: Jellyfish (4-12 mo), Goldfish (12-24 mo), or Seahorse (2-3 yrs).



Preschool Program (3-5 yrs)

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



Swimmer 1-6 (5-16 yrs)

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

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

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



Adult and Teen Program (12+ yrs)

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

Private / Semi Private Swim Lessons (3+ yrs)

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

Adapted Swim Lessons

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

Winter Season Feb 02 – Mar 15:

Swim lessons will have longer times due to shorter season.

No swim lessons on Mon Feb 16.

Please visit website to view levels, dates and times of lessons being offered one time per week prior to registration on Dec 16.

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

Pick up the latest copy of the Seniors Snapshot! Printed copies will be available at Hastings Community Centre & Templeton Park Pool!

HASTINGS COMMUNITY CENTRE SENIORS SNAPSHOT



REGISTRATION **SAT DEC 6**

WHAT'S INSIDE

- ✓ WEEKLY SCHEDULES (PAGES 2+3)
- ✓ OUT TRIPS (PAGE 4)
- ✓ SOCIAL PROGRAMS (PAGE 5)
- ✓ FOOD PROGRAMS (PAGE 7)
- ✓ COMMUNITY EVENT (PAGE 8)



www.hastingscc.ca
604.718.6222
3096 East Hastings St

WINTER 2026 Vol. 9



Mon - Fri 9:00AM - 9:45PM
Sat 9:00AM - 4:45PM
Sun 10:00AM - 2:00PM

HOLIDAY HOURS

Jan 1 CLOSED
Feb 16 10:00AM - 2:00PM

TEMPLETON POOL

TPP IS CLOSED JAN 5 - JAN 30

Mon - Thu 6:30AM - 9:30PM
Fri 6:30AM - 9:00PM
Sat 9:00AM - 2:00PM

Feb 16



Have an idea or any
feedback?



604.718.6231



tj.shukla@vancouver.ca

**WINTER
2026**

AVAILABLE

MON DEC 1