STRATHCONA
COMMUNITY CENTRE
We take care of each other

FALL 2026
RECREATION GUIDE

FALL REGISTRATION BEGINS: Aug 15, 2026 @ 9am

601 Keefer Street, Vancouver, BC, V6A 3V8 | 604-713-1838 | strathcc@vancouver.ca | www.strathconacc.ca

Jointly operated by the Vancouver Board of Parks and Recreation & the Strathcona Community Centre Association

STRATHCONA COMMUNITY CENTRE
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Mission Statement

To sustain, promote, and develop a resource that supports the changing social and recreational needs and aspirations of the Strathcona Community.

Board of Directors

The Strathcona Community Centre Association (SCCA) and Vancouver Board of Parks and Recreation jointly operate the Strathcona Community Centre. The SCCA is governed by a locally elected Board of Directors made up of residents, community agency representatives and members at large. The SCCA is a provincially registered not-for-profit society and a federally registered charity. The SCCA Directors meet on the 3rd Tuesday of each month, and several times a year on active committees.

Membership

SCCA membership is free. Sign up with the front desk to join the Strathcona Community Centre Assocation.

Leisure Access Program

The Leisure Access Program provides Vancouver residents facing financial barriers access, at a reduced cost, to Park Board registered programs and services. Applications for Leisure Access Cards are available at our front office or at vancouverparks.ca. For you or your family to qualify for the Leisure Access Card program, you must be a Vancouver resident and have a family income from all sources below the income guidelines of the application form. For more information, contact the front desk or visit www.vancouver.ca/leisureaccess.

- Childcare, food programs, workshops & private lessons are excluded from the LAP discount.

Message from the SCCA Board

As we move into the last season of 2026, we are excited for new programs and to welcome back favourites after the summer break. New programs include seniors' fitness classes, Mobi Stretch & Strength & Qigong. Favourites like adult bootcamp, youth judo and children's gymnastics will fill up fast, so make sure to register early for your favourite programs to ensure a spot.

Friday drop-in will be back in full swing with the gym and games room full of youth, plus our youth cooking program making and sharing meals with everyone here on Friday nights. Strathcona Youth Council also starts again on Saturdays, and the games room will be open most weekdays after school.

Our food team will be busy as well - restarting Breakfast for Strathcona Elementary students and welcoming new Breakfast Buddies from grade 6 and 7 from the school. They will also be announcing the new name for our Backpack Program. There's been confusion over the years since Backpack Buddies founded their organization, as we have two programs with similar names, so we're renaming our program for clarity.

Fall events are also always fun at Strath! Our Youth Council will be busy planning the Halloween event complete with a haunted house and Breakfast with Santa is a yearly tradition for many Strathcona families. Tickets sell out very early, so get them with your program registration if you want to attend.

We completed a big program survey in summer 2026, and our team is reviewing the information. If you missed the survey, please still email us with your program ideas. We always like to hear from our community about what you would like to see at Strathcona Community Center. Please send your ideas to strathconacc@gmail.com.

Contact Us

601 Keefer St.,
Vancouver, BC V6A 3V8

Phone: 604-713-1838
Fax: 604-713-1848

strathcc@vancouver.ca
www.strathconacc.ca

Strathcona Community Centre Association

instagram.com/strathcc

@strathcentre

Strathcona CC

Strathcona Recreation Subsidy

Everyone should have access to recreation.

25%, 50% or 75% subsidies for Strathcona residents facing financial barriers.

The Strathcona Recreation Subsidy offers the following benefits:

25% Subsidy Includes:
- Strathcona Community Centre Association Recreation Programs

50% Subsidy Includes:
- Strathcona Community Centre Association Recreation Programs
- Leisure Access Program Pass

Terms and conditions are subject to change.

75% Subsidy Includes:
- Strathcona Community Centre Association Recreation Programs
- Leisure Access Program Pass

Strathcona Recreation Subsidy does not include:
- Childcare
- Food programs and workshops
- Private lessons

Hours of Operation

Centre Hours

Mon-Fri ..... 9:00AM - 9:00PM
Sat ..... 9:00AM - 5:00PM
Sun .....10:00AM - 2:00PM
Sep 30 .....10:00AM - 2:00PM
Dec 21-31 ..... 9:00AM - 5:00PM

Fitness Centre

Mon-Fri ..... 9:00AM - 8:30PM
Sat ..... 9:00AM - 4:30PM
Sun ..... 10:00AM - 1:30PM
Sep 30 ..... 10:00AM - 1:30PM
Dec 21-31 ..... 9:00AM - 4:30PM

Holiday Closures

Sep 7.....CLOSED
Oct 12.....CLOSED
Nov 11.....CLOSED
Dec 25 & 28 .....CLOSED

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How to Register:

Fall Registration Opens

Saturday Aug 15 @ 9:00AM

In Person
601 Keefer St.
Vancouver V6A 3V8

By Phone
604-713-1838

Online
vancouver.ca/
strathconarec

General Information

Payment

All programs, rentals and drop-in fees ***do not*** include taxes and must be paid at time of registration. Cash, Debit, Visa, MasterCard and cheques are accepted at Strathcona Community Centre. Please make cheques payble to the "City of Vancouver". There is a $35 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 2nd class.

Changes & Cancellations

All programs are subject to change at any time. We reserve the right to cancel a program at any time due to insufficient enrolment. Full refunds will be issued for all programs cancelled by the Community Centre.

Making All Recreation S.A.F.E.

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

Refund Policy

All programs are subject to change or cancellation at any time due to unforeseen circumstances. Missed classes are not refundable.

- Refund requests made more than 48 business hours prior to the first class will receive a refund in full. Business days are deemed Mon-Fri.
- Refunds must be processed at our site.
- Refund requests made after this time will receive a pro-rated refund based on the number of sessions passed.

Day Camp Refund Policy:

- Refund requests must be received 10 working days (Mon-Fri) prior to the start date to receive a full refund.

Privacy Policy

Any personal information you provide to us is collected, used and disclosed in accordance with the Freedom of Information & Protection of Privacy Act (FOIPPA) and/or the Personal Information Protection Act (PIPA). The information will only be used for the purpose of administering recreation programs, informing you of our services and benefits and for statistical purposes.

Code of Conduct

- Treat patrons and staff/volunteers with respect and dignity.
- Do not tolerate abusive or disrespectful language.
- Appreciate that programs and facilities are provided for the enjoyment of everyone.
- Respect public property and the property of others. Enjoy recreation in your City!
- The Board of Parks and Recreation reserves the right to take appropriate steps to resolve issues or concerns.

Strathcona Community Preschool

Our licensed preschool programs all share the same philosophy of learning through play. Our Early Childhood Educators encourage & facilitate the children's early education through our curriculum of fine arts, language acquisition, literature, cooking, math, science, physical education, and exploration as well as by building relationships of trust and security. Your children's growing capacity for empathy, creativity and critical thinking will be nurtured and encouraged.

During the school year, Strathcona Licensed Childcare operates two preschool rooms for 20 children ages 3-5 years through to kindergarten entry.

Program Details

The following prices are for 2025-2026. Prices are subject to change

Ages	# of days	Days of the week	Program Time	Monthly Fee
3-5 yrs	5 days	Mon-Fri	9:00 AM-12:00 PM	$140

To register for the Strathcona Licensed Child Care Waitlist, please e-mail strathconawaitlist@gmail.com or call 604-713-1838.

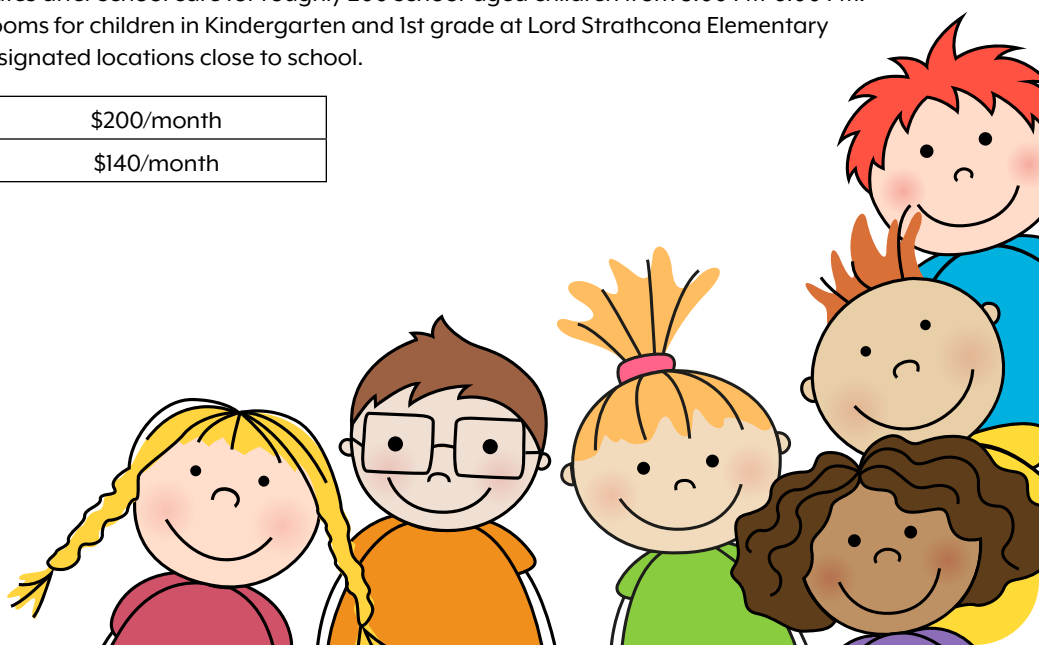
Strathcona Licensed Child Care

The SCCA is proud to offer the Strathcona Licensed Child Care (SLC) service to the community.

During the school year, SLC operates before school care for up to 60 school-aged children from 7:30 AM -9:00 AM. This includes access to the Breakfast Program in the Community Centre (see page 15), and an escort to the school at Lord Strathcona Elementary School.

During the school year, SLC operates after school care for roughly 200 school-aged children from 3:00 PM-6:00 PM. This includes pick up from classrooms for children in Kindergarten and 1st grade at Lord Strathcona Elementary School. Older children meet in designated locations close to school.

Before & After School Care	$200/month
After School Care	$140/month



Orange Shirt Walk for Truth and Reconciliation

All Ages

You're invited to join us on Orange Shirt Day and honour the residential school survivors, their families, and those who did not survive. There will be refreshments and opening speeches before we embark on a community walk to Grandview Park. Please remember to wear your orange shirts.
Schedule located on back page.

W Sep 30 9:30 AM-11:30 AM
638859 Free

Strathcona Youth Council Presents: Halloween at Strathcona!

Register to join in on the Haunted House, as organized by our very own Youth Council! Walk through the Haunted House and get spooked, then join in on the fun for the carnival. Come in costume or plain clothes. There will be goodie bags for those who survive the scare! For families and children aged 0 - 11 years old.

Sa Oct 24 10:30AM -12:30 PM
629287 Free

Breakfast with Santa!

All Ages

Enjoy a pancake breakfast, crafty fun, photo booth and a special visit from Santa! Bring a camera if you wish to take a picture with the jolly fellow. Pre-registration only. Under 12 months old can attend for free. $6/adult, $4/child. Please call 604-713-1838 to register over phone or in person. No online registration. Please ensure every member of your family is registered.

Sa Dec 5 10:30 AM-12:30 PM
630680 $6/Adult, $4/Child

Playtime for Tots!

0-3 yrs | Strathcona Staff

Come and join our tot playtime with your family. We have lots of toys and books available for your young one to enjoy! Drop-in program only; spaces are limited. Drop-in $1.50. No class Sept 30, Oct 12, Nov 11 due to stat holidays. No class Sept 21, Oct 23, & Nov 20 due to Pro-D Day.

M/W/F Sep 9-Dec 18 — 10:30 AM-12:00 PM
629262 — $1.50/drop-in

Arts

Arts Umbrella Head Start Early Learning Program NEW!

3-5 yrs | Arts Umbrella

Fall Session: Creative Drama

Through games and theatre exercises, students explore ways of telling stories and relating to themselves, others, and the world.

What you'll learn:

- Imagination and Creativity
- Self-confidence
- Storytelling
- Movement

Note: This program will be offered throughout the year exploring a different discipline each session. Students enrolled in the fall session will have priority to enrol for the winter and spring sessions. Children must be able to participate without a parent in the room. No class Oct 23 & Nov 20.

F Oct 2-Dec 4 — 11:00 AM-11:45 AM
632568 — Free with Registration/8 sess

Jazz / Ballet

4-6 yrs | Endorphin Rush Dance

Jazz/Ballet Fusion: Children will learn the fundamentals of both ballet and jazz dance while developing their own creative expression. The dancer's mobility, balance, and coordination will be improved in this fun and welcoming program. Children must be able to participate without a parent in the room. We hope to have a showcase during the last session for families.

Sa Sep 12-Oct 31 — 11:45 AM-12:30 PM
633369 — $96/8 sess
Sa Nov 7-Dec 12 — 11:45 AM-12:30 PM
633370 — $72/6 sess

Little Ballerinas

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.

Sa Sep 12-Oct 31 — 10:15 AM-11:00 AM
629215 — $96/8 sess
Sa Nov 7-Dec 12 — 10:15 AM-11:00 AM
633367 — $72/6 sess

Mini Hip Hop

3-5 yrs | Endorphin Rush Dance

Get your groove on!! Calling all b-boys and girls! Let's move and groove! This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats! Children must be able to participate without a parent in the room.

Sa Sep 12-Oct 31 — 11:00 AM-11:45 AM
629219 — $96/8 sess
Sa Nov 7-Dec 12 — 11:00 AM-11:45 AM
633368 — $72/6 sess

My First Dance Class NEW!

2-4 yrs | Endorphin Rush Dance

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

Sa Sep 12-Oct 31 — 9:30 AM-10:15 AM
633371 — $96/8 sess
Sa Nov 7-Dec 12 — 9:30 AM-10:15 AM
633372 — $72/6 sess

Sports

Sportball - Parent & Tot Multisport

2-3 yrs | Sportball Vancouver

Sportball Parent & Child programs help pre-schoolers to refine their motor skills, such as balance and coordination, as well as develop their social skills such as confidence, following instructions, turn-taking and sharing. Coaches introduce a different sport each class using developmentally appropriate games and activities. Sportball maintains a one-parent-per-child ratio policy in all Parent Child programs to ensure that focus is kept on helping little ones practice and progress. No class Oct 11.

Su Nov 1-Dec 13 — 10:15 AM-11:00 AM
629278 — $119/7 sess

Sportball - Indoor Multisport

3-5 yrs | Sportball Vancouver

Sportball lessons are packed with co-operative games and a variety of ball sports. Our trained and certified coaches emphasize confidence and competence building over competition. Laugh and learn skills for life! No class Oct 11.

Su Nov 1-Dec 13 — 10:15 AM-11:00 AM
629276 — $119/7 sess

Arts

Dance Extreme

5-7 yrs | Endorphin Rush Dance

Explore different styles of dances! Enjoy an energetic exploration of movement in a warm, safe, inspiring environment. Styles may include Hip Hop, Latin Dance, Creative Movement, and Bollywood! No class on Oct 12.

M Sep 14-Oct 26	3:15 PM-4:15 PM
629171	$75/6 sess
M Nov 2-Dec 14	3:15 PM-4:15 PM
633363	$87.50/7 sess

Asian Pop / KPOP / Jazz Funk / Hip Hop NEW!

7-14 yrs | Illuma Studio

You can be part of the exciting world of dance by possibly sampling Jazz Funk, Street and Korean Pop (KPOP) dance styles through cardio warm ups, strengthening, footwork, isolations, and stretches, and learn the importance of breathing. Embrace teamwork while supporting classmates, have fun, and rise to a new challenge! No previous experience required. Learned skills showcasing will be announced throughout the course. No class Oct 11.

Su Sep 20-Nov 29	12:40 PM-1:55 PM
636346	$200/10 sess

Family Yoga

1-5 yrs | Yoga Buggy

Join us for a fun and playful 45-minute Family Yoga class, designed for caregivers and their little ones (1-5 yrs). This class is a great way to bond while exploring gentle movement, breathing exercises, songs, and mindful play. No class Sep 30 & Nov 11.

W Sep 23-Dec 9	2:00 PM-2:45 PM
629204	$133.75/10 sess

Open Stage Program

Gr 4-7 | Arts Umbrella

Open to students in Grades 4-7
Be curious, be bold, and be yourself. The Arts Umbrella Open Stage program is a perfect way to develop imagination, creativity, self-confidence, and empathy in a fun and expressive way. Learn more about character creation, acting, and performance through elements of improvisation, tableau, physical theatre, and storytelling!
Students should be interested in learning more about acting and ensemble work. This is a 1 year long commitment from October 2026-June 2027. Each week, a nutritious snack will be provided, and we request that students bring a water bottle.

Tuesdays:
Fall: Oct 6-Dec 8, 2026
Winter: Jan 12-Mar 2, 2027
Spring: Apr 6-Jun 8, 2027

Tu Oct 6-Jun 8	3:00 PM-4:45 PM
632009	Free with Registration/28 sess

Thursdays:
Fall: Oct 8-Dec 10, 2026
Winter: Jan 14-Mar 4, 2027
Spring: Apr 8-Jun 10, 2027

Th Oct 8-Jun 10	3:00 PM-4:45 PM
632003	Free with Registration/28 sess

Afterschool Hip Hop

6-10 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! Make new friends while learning new Hip Hop skills. There will be a presentation on the last day of class for friends and family. No class on Oct 12.

M Sep 14-Oct 26	4:15 PM-5:00 PM
629171	$72/6 sess
M Nov 2-Dec 14	4:15 PM-5:00 PM
633363	$84/7 sess

Yoga Buggy! – Mindfulness & Movement for Kids

5-8 yrs | Yoga Buggy

Join The Yoga Buggy for a fun class that incorporates music, yoga poses, games, mindfulness activities, storytelling, and dance. We are so excited to play Yoga with you! Play is a vital source of development for children. No class Sep 30 & Nov 11.

W Sep 23-Dec 9	3:30 PM-4:30 PM
629313	$152.50/10 sess

Vaccination Clinics

We will have both Bio Pro Pharmacy and Vancouver Coastal Health running clinics at Strathcona Community Centre.

Vancouver Coastal Health

Oct 26 + Nov 16 10:00 AM-4:00 PM
Registration through VCH

Bio Pro Pharmacy

Dates & Times TBA
Please contact our front desk or on our website mid September for more information!

Day Camp

Pro-D Day Camp

5-12 yrs | Supershine Day Camp Team

Come and join the day camp leaders in our single-day, recreation based day camp! Your child will be expected to remain on site for the duration of the program day. Children should bring a lunch, water, and snacks. Daily activities will include arts & crafts, sports and games, and other activities in and around the Community Centre. A waiver for each student will need to be filled out prior to or start of camp.

M Sep 21	9:00 AM-3:00 PM
629263	$25/1 sess
F Oct 23	9:00 AM-3:00 PM
633995	$25/1 sess
F Nov 20	9:00 AM-3:00 PM
633996	$25/1 sess

Winter Break Day Camp

5-12 yrs | Supershine Day Camp Team

Come and join our day camp staff team for an exciting Winter Break program that includes arts & crafts, neighbourhood adventures, out-trips, and more! Child must be currently in Kindergarten and turning 6 years old by December 31, 2026 to attend Day Camp. Day camp participants must bring a packed lunch and dress appropriately for the weather. A waiver form must be completed prior to the start of the week. Refund requests must be received a minimum 10 working days (Mon-Fri) before the first day of session to receive a full refund.

9:00 AM-3:00 PM

WEEK 1:

M/Tu/W/Th	Dec 21-24
634249	$100/4 sess

WEEK 2:

Tu/W/Th	Dec 29-31
634250	$75/3 sess

Education

Little Chefs

6-10 yrs | Oasis O.

Come let your child in on some kitchen fun with Oasis. She will alternate cooking a small meal or baking treats with your child. They will be obtaining kitchen skills and at the end of class, they will be sitting with their kitchen mates and enjoying their creations. No experience required! No class Oct 10 & Dec 5.

Sa Sep 19-Oct 31	10:30 AM-12:00 PM
629216	$72/6 sess
Sa Nov 7-Dec 12	10:30 AM-12:00 PM
629217	$60/5 sess

Afterschool Cooking for Kids!

9-12 yrs | Shaista Alami

Come cook with Shaista and explore the delicious world of food. Kids will get to build their kitchen confidence while learning to make tasty dishes like Kabuli Puloa, creamy chicken soup, kabobs, tacos, butter chicken & burgers. Try new recipes, gain new skills and enjoy the fun of cooking together.

Th Oct 1-29	3:15 PM-4:45 PM
629170	$50/5 sess
Th Nov 12-Dec 10	3:15 PM-4:45 PM
633440	$50/5 sess

Red Cross At Home Alone

9-13 yrs | Prosafe First Aid

Do you or your parents want to feel confident knowing you are responsible on your own and have the skills to deal safely with an emergency situation?

- Course Content
- Canadian Red Cross Principals
- My Family and Me
- My Time: Scheduled and Leisure Activities
- Expecting The Unexpected
- Healthy Choices
- First Aid

Sa Oct 3	9:00 AM-3:00 PM
629265	$75/1 sess

Red Cross Babysitting Training

11-17 yrs | Prosafe First Aid

So you want to be a Babysitter. Or your parents want you to take this course to feel confident they could leave you home with your younger siblings. Babysitting with First Aid Hero emphasizes learning through real life scenarios covered in this course. Topics include: Exploring this business of First Aid, Creating Safe Environments, Self Caring for ages 0-12, and First Aid Skills. Please bring lunch, snacks, plenty of water, med sized stuffed animal or baby doll, small blanket or medium sized towel.

Sa Nov 21	9:15 AM-4:15 PM
629266	$75/1 sess

Check out the weekly programs offered across Vancouver for 2STGD and 2SLGBTQIA+ folks of all ages.

vancouver.ca/Queer-Inclusion

Martial Arts

Axe Capoeira for Children

6-13 yrs | Kaj Rosberg

Capoeira is the perfect martial art for children and youth, combining dance, music, language, history, philosophy, fitness and acrobatics with martial arts in one class. Anyone can join! Classes cover all aspects of Capoeira: martial arts, dance, music, acrobatics, culture, language and more. Focus on developing rhythm, reflexes, balance, coordination and increasing strength and flexibility. No class Sep 30 & Nov 11.

6-8 yrs

W/F Sep 16-Oct 30	3:15 PM-4:00 PM
629175	$130/13 sess
W/F Nov 4-Dec 11	3:15 PM-4:00 PM
633365	$110/11 sess

9-13 yrs

W/F Sep 16-Oct 30	4:00 PM-5:00 PM
633378	$169/13 sess
W/F Nov 4-Dec 11	4:00 PM-5:00 PM
629176	$143/11 sess

Kung Fu: Choy Lee Fut

8-18 yrs | Amy P & Matthew W

Enjoy fitness and endurance with practical self defence techniques focusing on artistic forms of the Choy Lee Fut Style. Workouts start with stretching and flexibility, then speed training practice and forms. This class will be combined with the Adult class. Children can drop-in for $5. No class Sept 30, Oct 12 & Nov 11.

M/W Sep 9-Dec 16	6:30 PM-7:30 PM
629212	$5/drop-in

Music

Piano

5+ yrs | Bretton, Aydan, & Christina

From the basic beginners to preparing Royal Conservatory Music exams, all students will be taught the fundamentals of music and are encouraged to build a strong foundation and develop good habits. While providing comprehensive music education, the 30 minute private lessons are tailored to each student's interests and goals. All music books and materials are purchased separately through the instructor. There are spaces available for new students for further information about available space please contact the Community Centre (604)713-1838 after Aug 15.

Ukulele & Guitar Private Lessons

8+ yrs | Rene Hugo-Sanchez

The 30 minute classes focus on technique, repertoire, basic theory and practicing skills. Participants work at their own level and pace. Books available for $15.00. No class Oct 31.
Please contact the Community Centre 604-713-1838 for available times.

Sa Sep 19-Dec 5	3:00 PM-5:00 PM
629304-629307	$220/11 sess

Sports

Strathcona Basketball

5-14 yrs | Jadon, Josh, James, Billy, Chen, Alex & Osiris

An introductory, skills and fun-based approach to basketball for grades K-2. This immersive and progressive program will teach players a variety of skills and concepts necessary to become a better basketball player. No class Oct 17 (Elections), Oct 24 (Halloween Event) & Dec 5 (Breakfast with Santa).
This basketball program is geared for children in the Strathcona Community. Strathcona Elementary children and children living in V6A postal code will have 1 week priority and register on Aug 8 in person/by phone. The rest of the general public can register on Aug 15 for the remaining spots.

Grades K-2

Sa Sep 19-Dec 12	9:05 AM-10:05 AM
629281	Free/10 sess

Grades 3-5

Sa Sep 19-Dec 12	10:10 AM-11:10 AM
629279	Free/10 sess

Grades 6-8

Sa Sep 19-Dec 12	11:15 AM-12:15 PM
629280	Free/10 sess

Tennis Lessons

8-12 yrs | Wilson Tan

Learn the basics of how to rally. Develop skills important to tennis through games in an open skills environment. You will learn about basic skills and competencies to play tennis. Suitable for first-timers as well as intermediate players looking to continue progressing though previous lessons. No class Dec 5 (Breakfast with Santa).

Sa Sep 12-Oct 3	12:30 PM-1:45 PM
629301	$60/4 sess
W Nov 7-Dec 19	12:30 PM-1:45 PM
638811	$90/6 sess

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

Programs will have to be cancelled if everyone waits until the last minute to register. Program decisions to run or cancel a program are generally made 3-5 days prior to the start date. Programs are cancelled or postponed if there are not enough registered participants.

CAPCHP PROGRAMS
(Community Action for Prenatal & Child Health Program)

Government of Canada / Gouvernement du Canada

The Community Action for Prenatal and Child Health Program (CAPCHP) provides funding to community groups to promote the health of pregnant people, infants and young children (ages 0-6) and their parents or caregivers.
The program aims to support families facing the greatest health equity barriers in their communities.
This may include families who are:

- living in poverty;
- socially or geographically isolated;
- experiencing teen pregnancy, substance use, or family violence;
- and/orfacing systemic barriers (e.g., Indigenous families, racialized communities, newcomers, gender-diverse families).

Please register over the phone at 604-713-1838.

For more information, please visit: https://www.canada.ca/en/public-health/services/child-infant-health/supports-programs-pregnancy/community-action-prenatal-child-health-program.html

Baby & Me Time

0-2 yrs

Throughout the season, we will explore different music from around the world, sing along, play instruments, read stories, & work with puppets etc. We also explore the essential sign language hand signs to help communication between parents & children. This will enable families to enjoy bonding while having fun with other families. No class Sept 30 & Nov 11.

Dates & Times are TBA. Please contact front desk for more information.

Family Art

2-4 yrs

To develop children's capacities for thinking and creative expression, also to enhance their motor coordination through participation.

Tu Sep 15-Oct 20 1:00 PM-2:00 PM
629186 Free/6 sess

Physical Literacy & Play More

4-6 yrs

To increase their motor skills, hand eye coordination and receive overall health benefits to staying active. In addition to learning new skills, it fosters and teaches children to communicate and to learn and understand how to be part of the team.

Sa Sep 19-Nov 7 11:00 AM-12:00 PM
629190 Free/8 sess

Mental Health Awareness

19+ yrs

These activities will promote positive mental health and prevention of mental issues among children.

Dates & Times are TBA. Please contact front desk for more information.

Parenting Workshop

19-50 yrs

A source of support for parents and offering the opportunity to share parenting experience as well as to develop a greater understanding of child development. Workshops only on Sep 29, Oct 27, Nov 24.

Tu Sep 29-Nov 24 10:30 AM-12:00 PM
629189 Free/3 sess

Food & Culture

19-50 yrs

Parents of various cultural backgrounds connect to one another through sharing cooking skills & recipes.

Tu Oct 27-Nov 24 12:45 PM-2:15 PM
629187 Free/5 sess

Moving Stories for Moms

19-50 yrs

To provide parents a safe place where they can nourish themselves through music & movement, build community and leave their daily worries, responsibilities and caring for others outside for one hour session. No class Sept 29 & Oct 27.

Tu Sep 15-Nov 17 10:30 AM-12:00 PM
629188 Free/8 sess

Martial Arts

Strathcona Police Judo Jrs.

10-17 yrs

Strathcona Youth Judo Club is for young preteens and youth who want to learn judo techniques and movements from experienced blackbelt instructors. Strathcona Judo Youth Club strive to build confidence, skill and discipline in Judo. All 10-15yrs youth welcome! No class Sep 30, Oct 23, Nov 11 & 20. For more information contact aneesh.vashisht@vancouver.ca or call 604-713-1851.

W/F Sep 23-Dec 11 5:15 PM-6:45 PM
629290 Free

Social

Games Room Drop-In

9-18 yrs

Got some free time after school and looking for somewhere to hang out? Come by our youth lounge to relax, socialize, and play some games. We've got table tennis, pool, foosball, and an assortment of games. No program Sep 7, 30, Oct 12, & Nov 11 2026.

M/W/Th Sep 9-Dec 17 3:15 PM-7:15 PM
F Sep 11-Dec 18 3:15 PM-8:15 PM
629315 Free

Youth Leadership

Friday Night Cooking Club

13-18 yrs | Youth Leader

Fridays are for fun! What better way to enjoy the start of the weekend than to eat a good meal that you cooked yourself? The Friday Night Cooking Club is meant to teach you the basics of cooking recipes with minimal ingredients, while tasting great. Cook, eat, and enjoy good company. No class Dec 4, 2026.

F Sep 11-Dec 18 5:30 PM-8:00 PM
629206 Free

Strathcona Jr Youth Council (Gr. 6-7)

10-12 yrs | Youth Leader

Do you want to make a difference in your community? Strathcona Junior Youth Council is committed to provide youth a voice and want your help! Their goal is to build a group of young people who can work together toward improving youth opportunities and experiences. Members will earn volunteer hours, fundraise, gain employment training, and learn everyday life skills, such as baking, crafting, and team work. This is a wonderful opportunity to learn about how non-profits function and experience how community collaboration works! For more information, please contact the front desk at 604.713.1838 or email aneesh.vashisht@vancouver.ca

Tu Sep 29-Dec 15 3:30 PM-4:45 PM
629288 Free

Sports

Strathcona Night Hoops Basketball - Fall 2026

13-18 yrs | Night Hoops

Night Hoops is a free basketball program that uses sport to build community, confidence, and connection for youth across the city. Open to players of all skill levels, Night Hoops offers weekly practices led by caring mentors at local community centres. Whether you're signing up solo or with a group of friends, Night Hoops is a place to play, grow, and be part of something bigger. Join us this season! Registration and a completed waiver are required for this program. No program Oct 24 & Dec 4, 2026.

F Oct 2-Dec 11 7:30 PM-8:30 PM
629289 Free

Youth Gym Drop-In

11-18 yrs | Youth Leader

Looking for something to do on Friday nights? We've got a fun assortment of activities such as badminton, volleyball, and basketball. You can even talk to staff about getting an activity going depending on group interest. Younger youth, aged 11-13 years are welcome to join from 3:30pm - 5pm. Older youth, aged 13-18 years are welcome to join from 5:00pm -7:30pm. No program Oct 23 & Dec 4, 2026.

F Sep 11-Dec 18 3:30 PM-7:45 PM
629314 Free

Youth Volleyball Drop-in

10-18 yrs | Youth Leader

Youth Volleyball Drop-in on Tuesdays, 5pm - 6:30pm at Strathcona Community Centre Gymnasium. Please wear appropriate clothing, bring a ball, and bring a water bottle. This is a time to play, practice, and socialize. Participants are expected to help take down equipment at the end of program.

Tu Sep 8-Nov 24 5:00 PM-6:30 PM
629316 Free

Strathcona Youth Council

13-18 yrs | Youth Leader

Do you want to make a difference in your community? Strathcona Youth Council is committed to provide youth a voice and want your help! Their goal is to build a group of young people who can work together toward improving youth opportunities and experiences. Members will earn volunteer hours, fundraise for great causes, gain employment training, and plan events. This is a wonderful opportunity to learn about how non-profits function and experience how community collaboration works! No class Oct 3. For more information, please contact aneesh.vashisht@vancouver.ca.

Sa Sep 26-Dec 19 10:30 AM-12:00 PM
629293 Free

Strathcona Volunteer Orientation

13-18 yrs | Youth Leader

Interested in volunteering and want to develop your work experience while giving back to the community? Join the Strathcona volunteer team for an orientation, with a meal provided. Start off with an icebreaker, snacks, and learn what programs are at Strathcona and where you can help out! This is meant for high school aged people. For questions, please email aneesh.vashisht@vancouver.ca

Sa Oct 3 2:00 PM-4:00 PM
629292 Free

Games Room Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Games Room Drop-In Gr 5-12 3:15PM – 7:15PM	**Jr Youth Council** Gr 6-7 3:30 - 4:45PM	**Games Room Drop-In** Gr 5-12 3:15 - 7:15PM	**Games Room Drop-In** Gr 5-12 3:15PM – 7:15PM	**Games Room Drop-In** Gr 5-12 3:15PM – 8:15PM	**Youth Council** Gr 8-12 10:30AM – 12:00PM
Please note: Schedule subject to change					

Youth Programs and Open Gym Schedule

**Please connect with the youth worker if you are interested in signing up for volunteer opportunities.*
Volunteer opportunities include helping out with after school kids programs on Tuesdays and Wednesdays.

Tuesday	Wednesday	Thursday	Friday		Saturday
Volleyball Drop-In Gr 8-12 5:00PM – 6:30PM	**Volunteer Opportunity** Gr 10-12 3:30PM - 7:30PM	**Volunteer Opportunity** Gr 10-12 3:30PM - 7:30PM	**Volleyball Drop-In** Gr 8-12 3:30PM – 5:30PM	**Dinner Service** 7:30PM-8:30PM	**Youth Council** Gr 8-12 10:30AM – 12:00PM
			Basketball Drop-In Gr 8-12 3:30PM – 7:30PM	**Night Hoops Basketball** Gr. 8-12 7:30PM - 8:30PM	
	Judo Ages 10-17 5:15PM - 6:45PM		**Judo** Ages 10-17 5:15PM - 6:45PM		
Please note: Schedule subject to change					

Education

Medieval Longstitch Leather Bookbinding

19+ yrs | Suzan Lee

Learn a Medieval technique practiced by both guild bookbinders and laymen. Straight forward stitching results in a complex visual that resembles the many stringed mandolin. Students will complete a leather bound book ideal for artwork or journaling. No prior experience is necessary. All materials and tools are provided.

Su Sep 20 — 10:15 AM-12:15 PM
633379 — $84.95/1 sess

Japanese Bookbinding

19+ yrs | Suzan Lee

Make up to 3 books using a historical technique common in Asia. Japan preferred the four-hole stab binding. Over the centuries, four stitch patterns have surfaced as the most traditional. Whether these books hold poetry, pictures or personal thoughts; this historical bookbinding will showcase them beautifully. No prior experience is necessary. All materials and tools will be provided.

Su Sep 27 — 10:30 AM-1:30 PM
629210 — $74.95/1 sess

Colour From the Kitchen - Napkins Dyed with Food Scraps NEW!

15+ yrs | Fernanda Mascarenhas

In this workshop, we will transform kitchen scraps — carrot tops, onion skins, or avocado pits — into a set of four dyed cotton napkins. Participants will work with 2 natural colours and learn the basics of natural dyeing, turning what would otherwise be discarded into something beautiful. A fun, sustainable activity for all levels. All materials included.

Su Nov 29 — 11:00 AM-1:00 PM
629299 — $65/1 sess

Safety & De-Escalation

19+ yrs | Strathcona Community Policing Centre

In this workshop, we'll talk about how to recognize and respond to challenging situations in a calm, respectful, and safe way that protects everyone involved. We'll cover practical strategies to stay safe, reduce risk, and manage interactions before they escalate. Participants will build situational awareness, strengthen conflict resolution skills, and practice responding through real-life scenarios.

Tu Sep 29 — 6:30 PM-8:30 PM
629267 — Free with Registration

Overdose Awareness Naloxone Training

19+ yrs | Strathcona Community Policing Centre

This course provides a supportive space to learn why overdoses happen. Participants will learn how to recognize and respond to an overdose and gain a better understanding of substances commonly found in the Downtown Eastside and their effects on the body. Through hands-on practice, you will learn how to use Naloxone or Narcan to reverse an overdose. Each person will receive a free Take Home Naloxone Kit upon completion.

W Oct 14 — 6:30 PM-8:30 PM
629221 — Free with Registration

Emergency Preparedness

19+ yrs | Strathcona Community Policing Centre

Hope for the best, but prepare for the worst! Join us for a free workshop hosted by the Strathcona Community Policing Centre at the Strathcona Community Centre. We will cover topics including:

- Different types of emergencies that can occur in British Columbia
- Emergency planning and home preparedness
- Tips for building your own emergency kit on a budget
- Neighborhood emergency muster/ gathering points
- Official information platforms during emergencies.

F Oct 16 — 6:30 PM-8:30 PM
629203 — Free with Registration

QUEER INCLUSION

Check out the weekly programs offered across Vancouver for 2STGD and 2SLGBTQIA+ folks of all ages.
vancouver.ca/Queer-Inclusion

VANCOUVER BOARD OF PARKS AND RECREATION

Fitness & Health

Hatha Yoga

19+ yrs | Linh Jiang

This is an all levels vinyasa flow yoga class where we will laugh, play, and move our wonderful bodies! We will work on meditation, breathing, and play around with some fun yoga postures and sequences. Our bodies will get a chance to build core strength, improve balance and get a cardio boost. We will provide optional modifications and progressions to allow the class to meet you where you are at each week. Please bring your own yoga mat to class. Please bring any other equipment such as blocks or blankets to better support your body during our yoga practice. Drop-in $11.43, space permitting.

Th Sep 10-Oct 29	7:00 PM-8:15 PM
629207	$76/8 sess
Th Nov 5-Dec 17	7:00 PM-8:15 PM
629208	$66.50/7 sess

Pilates

19+ yrs | Into Yoga

Pilates participants will learn the fundamentals of Pilates which promotes strength and stability while lengthening the muscles and supporting the spine. There will be a strong focus on connecting to the abdominal and pelvic floor muscles which is the key to strengthening the body's core muscles. Please bring your own mat. Drop in $18, if space permits. For more info, visit www.intoyoga.ca. No class Sep 30.

W Sep 16-Nov 4	7:00 PM-8:00 PM
629260	$108/7 sess
W Nov 18-Dec 16	7:00 PM-8:00 PM
629261	$77/5 sess

Strathcona Bootcamp

19+ yrs | Scovia Maeko

This high intensity interval training class will challenge your mind and body. Be prepared to sweat, train hard and release the stresses of the day. This will be a progressive class. Work out with Scovia, who is also a personal trainer and understands how to motivate you to attain your workout goals. Drop-in $12, if space permits. No class Oct 12.

M Sep 14-Oct 26	6:15 PM-7:15 PM
629282	$63/6 sess
M Nov 2-Dec 14	6:15 PM-7:15 PM
629283	$73.50/7 sess
Th Sep 10-Oct 15	5:15 PM-6:15 PM
629284	$63/6 sess
Th Oct 22-Nov 26	5:15 PM-6:15 PM
629284	$63/6 sess

Zumba

19+ yrs | Edie Chang

This class fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It uses a variety of styles in its routines, including Cumbia, Soca, Merengue, Salsa, African, Reggaeton, Flamenco, Disco, and Bellydance. Zumba is a 'feel-happy' workout that is great for both the body and the mind. Drop-in $11.00, if space permits. No class Oct 10.

Tu Sep 15-Oct 27	7:00 PM-8:00 PM
629317	$63/7 sess
Tu Nov 3-Dec 15	7:00 PM-8:00 PM
629319	$63/7 sess
Sa Sep 12-Oct 31	10:00 AM-11:00 AM
629318	$63/7 sess
Sa Nov 7-Dec 19	10:00 AM-11:00 AM
629320	$63/7 sess

Qigong (Free Trial Program)

NEW!

19+ yrs | Stacey D.

Medical Qigong is an ancient branch of Traditional Chinese Medicine focused on health preservation and longevity. Through the posture, breath, and mental focus—students learn to purge toxins, tonify organs and regulate life force energy - Qi. By integrating physical movement with creative visualization, these exercises empower you to restore balance to your physical, emotional, and spiritual well-being. No class Oct 15 & 22.

Th Sep 24-Nov 5	9:15AM-10:15AM
634783	Free with Registration/5 sess

Martial Arts

Aikido

19+ yrs | Tony Hind

Based on traditional Japanese hombu style, Aikido is a powerful, dynamic martial art that uses an attacker's momentum and energy and redirects it through fluid techniques that may involve joint locks, throws and pins. This class will include both basic and higher level techniques suitable for all participants, beginners and advanced students. $15 drop-in, if space permits. No class Oct 10 & Nov 14.

Sa Sep 12-Dec 12	11:30 AM-1:00 PM
629172	$120/12 sess

Kung Fu: Choy Lee Fut

19+ yrs | Amy P. & Matthew W.

Enjoy fitness and endurance with practical self defence techniques focusing on artistic forms of the Choy Lee Fut Style. Workouts start with stretching and flexibility, then speed training practice and forms. Children can join at a reduced rate. All levels and new participants welcome! Drop in $6.67, if space permits. No class Oct 12 & Nov 11.

M/W Sep 9-Sep 28	6:30 PM-8:30 PM
629211	$42/6 sess
M/W Oct 5-Oct 28	6:30 PM-8:30 PM
629214	$49/7 sess
M/W Nov 2-Nov 30	6:30 PM-8:30 PM
629213	$56/8 sess
M/W Dec 2-Dec 16	6:30 PM-8:30 PM
633376	$35/5 sess

RECREATION SPORTS PARTICIPANTS

REGISTRATION INFORMATION

Registered participants have up to 5 minutes after the program start time to physically check-in at the front desk before proceeding to the gym. All no-show spots will be sold at that time to drop-ins. Spots are non-transferable. Registered players are encouraged to call in to let us know they will not be playing.

DROP-IN INFORMATION

For drop-in lists, you may only register yourself. Spots are non-transferable. Drop-ins based on space permitting.

WAITLIST & DROP-IN PROCEDURES

First priority is for those who are registered. Registered participants have up to 5 minutes after the program start time to show up and check-in at the front desk. All no-show spots will be sold at that time to drop-ins.

Waitlist opens 30 minutes prior to time of play, no earlier. Once you have added your name to the list please wait by the front office. If there are any open spots, five minutes after the program start time, staff will announce the names from the drop-in waitlist. If you are not present at time of calling, we will move to the next person on the list.

Once paid for drop-in spot, you will receive a receipt. Please give receipt to staff upon entering the gymnasium for entry.

Sports

Tennis Lessons

19+ yrs | Wilson Tan

Now that you have the basic skills from our spring and summer programs. What's next? This program is a continuation of your progress & your journey into the tennis experience. Each class explores different tactical concepts, various spins, positioning options, and match preparedness which improves your game. This program is ideal for all adults who have taken our tennis programs before. Drill sessions program with tips. No class Oct 11.

Su Sep 13-Sep 27	10:15 AM-11:45 AM
629167	$112.50/3 sess
Su Oct 4-Oct 25	10:15 AM-11:45 AM
629168	$112.50/3 sess

Badminton - Recreation Play

19+ yrs | Non-Instructional

Play badminton on one of our 4 courts. Registered participants must check in at the front desk in person by 7:35pm to guarantee their spot, or spots will be sold to those on waitlist. Waitlist opens 30 minutes prior to time of play. Drop-in available $4.00, space permitting. No class Oct 12.

M Sep 14-Oct 26	7:30 PM-8:50 PM
629180	$19.50/6 sess
M Nov 2-Dec 14	7:30 PM-8:50 PM
633375	$22.75/7 sess

Badminton: Drop-In

5+ yrs | Non-Instructional

Drop-in badminton play at Strathcona for all ages. Come as a family, or make new friends. Play is self-monitored, so please be ready to rotate, share, and have fun. Limited number of rackets and birdies available to borrow - if you have your own, please bring.

Sa Sep 12-Dec 19	3:15 PM-4:45 PM
629181	$5/drop-in

Pickleball – Court Reservation

19+ yrs | Non- Instructional

Pickleball is a combination of Ping-Pong, tennis, and badminton. This mini-tennis game is played by 2 or 4 people on a badminton-sized court using wood paddle racquets and a plastic, poly baseball with holes. Reserve the court to play singles or doubles for your group. Please Note: An individual can not reserve more than 1 court per time period. There is no refund given for cancellations with less than 7 days notice. Players must supply their own racquets and pickleballs. No private lessons or teaching permitted. Maximum of 6 players.

5:15 PM-6:30 PM	$20.95/1 sess
W Sep 9	638021
W Sep 16	638025
W Sep 23	638030
W Oct 7	638033
W Oct 14	638038
W Oct 21	638039
W Oct 28	638042
W Nov 4	638043
W Nov 18	638056
W Nov 25	638058
W Dec 2	638060
W Dec 9	638061
W Dec 16	638063
2:00-3:00 PM	$14.29/1 sess
Sa Sep 5	638792
Sa Sep 12	638793
Sa Sep 19	638794
Sa Sep 26	638795
Sa Oct 3	638796
Sa Oct 10	638797
Sa Oct 24	638798
Sa Oct 31	638799
Sa Nov 7	638801
Sa Nov 14	638802
Sa Nov 21	638803
Sa Nov 28	638805
Sa Dec 12	638808
Sa Dec 19	638809

Table Tennis - Drop-In

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. Drop-In to play for $1 each visit. Please call 604-713-1838 on the day of for availability.

Sa Sep 12-Dec 19	9:30 AM-11:30 AM
629296	$0.95/drop-in

Basketball - Recreation

19+ yrs | Non-Instructional

Recreational co-ed basketball with limited spaces. Registered participants must check in at the front desk in person no later than 5 minutes after start time to guarantee their spot, or spots will be sold to those on waitlist. Waitlist opens 30 minutes prior to time of play. Drop-in $5.25, space permitting.

Tu Sep 8-Dec 15	7:15 PM-8:45 PM
629182	$56.25/15 sess

Volleyball - Adult Recreation Play

19+ yrs| Non-Instructional

Bump, set, spike and meet new people while enjoying some friendly, non-competitive games of recreational volleyball. Registered participants must check in at the front desk in person by 7:05pm to guarantee their spot, or spots will be sold to those on waitlist. Waitlist opens 30 minutes prior to time of play. Drop-in $5.00, space permitting. No session on Sep 30 & Nov 11.

W Sep 9-Oct 28	7:00 PM-8:45 PM
629309	$31.50/7 sess
W Nov 4-Dec 16	7:00 PM-8:45 PM
629310	$31.50/7 sess

Food Programs

Fermenting Basics - Sauerkraut

19+ yrs | Food Security Team

Learn the basics of fermenting in a mason jar. Participants will learn the basics of lacto-fermenting and various tips and tricks to make sure your ferment is a success! Each participant will make their own jar of sauerkraut to take home. Adults 19+ & children 12+yrs accompanied by an adult are able to attend. Please ensure child is registered.

W Nov 18 — 6:30 PM-8:30 PM
629205 — $12/1 sess

Afghani Cooking

19+ yrs | Shaista Alami

Join Shaista for a special evening of Afghani cooking. You'll learn how to prepare a traditional Afghan meat dish, then gather around a table to enjoy the meal together. It's a chance to cook, connect and experience the flavours of Afghan cooking. Adults 19+ & children 12+yrs accompanied by an adult are able to attend. Please ensure child is registered.

W Oct 21 — 6:00 PM-8:00 PM
629199 — $20/1 sess

Community Canning Group

19+ yrs | Food Security Team

This is a regular group that gets together to can and preserve food. These sessions are casual and a chance to practice, share ideas and connect with others who are interested in food preservation. Canning is our main focus, but other food preservation methods may be used. The group uses surplus or rescued food to reduce food waste and help stock pantries. Children 12+ years can attend as accompanied by an adult. Please ensure child is registered.

Th Sep 17 — 6:30 PM-8:30 PM
629195 — Free with Registration/1 sess
Th Nov 19 — 6:30 PM-8:30 PM
629196 — Free with Registration/1 sess
Th Dec 10 — 6:30 PM-8:30 PM
629197 — Free with Registration/1 sess

Kurdish Cooking

19+ yrs | Shireen Jahani

Join Shireen for a special evening of Kurdish cooking. You'll learn to make a delicious Kurdish meat dish-and then sit down together to enjoy the meal. Come cook, connect, and share in the rich culinary traditions of Kurdish culture. Children 12+ years can attend as accompanied by an adult. Please ensure child is registered.

W Nov 25 — 6:00 PM-8:00 PM
629198 — $20/1 sess

Mason Jar Kimchi

19+ yrs | Food Security Team

This hands-on workshop will have the group working together to make a large batch of kimchi. We'll guide you through the full process, from salting the vegetables to seasoning and finishing the ferment, while also covering the basics of fermentation. Your kimchi can be enjoyed fresh the next day or left to ferment on your counter for a tangier flavour over time. No special equipment is needed. Children 12+ years can attend as accompanied by an adult. Please ensure child is registered.

Tu Sep 22 — 6:30 PM-8:30 PM
629200 — $12/1 sess

Strathcona Breakfast Program

Welcomes all Strathcona Elementary School students to enjoy a balanced breakfast of fresh and nutritious food each weekday morning before school starts. No registration necessary. Children attending the school can pick up their breakfast by the North entrance off Pender St. before school. The Breakfast Program is closed during school closures (professional development days, stat holidays, spring, summer and winter breaks).

Strathcona Backpack Program

The Backpack Program is a service for household with dependents 18 or under, who are living in the V6A postal code area and experiencing food insecurity. We provide a variety of produce and dry goods as per donation. Please note: the program is closed between 12:00pm-1:00pm. The program is no longer accepting applications, and the waitlist is closed.

F Sep 11-Dec 18 — 9:30 AM-12:00 PM
1:00 PM-3:00 PM

Arts

Butterfly Origami Shadowbox Framed Art NEW!

40+ yrs | Chu Chu Chinatown

Come & join Serena and her staff in learning how to fold butterflies on Japanese patterned paper and put together your own display in a frame! Materials included.

Tu Sep 22 — 1:00PM-3:00PM
633730 — $20.95/1 sess

Bookbinding Workshop NEW!

40+ yrs | Chu Chu Chinatown

Come and create a little booklet using bookbinding techniques with a cover that you can decorate! This workshop will be held at Chu Chu Chinatown studio. Please arrive 10 minutes early to allow time for set up. Waiver is required and will be sent out 2 weeks prior to workshop date.
Location: Chu Chu Chinatown (247 Keefer St.)

W Oct 7 — 3:00PM-5:00PM
633738 — $23.81/1 sess

Iris Stained Glass Watercolour Painting NEW!

40+ yrs | Chu Chu Chinatown

Learn how to draw out your flower and colour it with watercolour techniques! Location: Chu Chu Chinatown (247 Keefer St.) This workshop will be held at Chu Chu Chinatown studio. Please arrive 10 minutes early to allow time for set up. Waiver is required and will be sent out 2 weeks prior to workshop date.

F Nov 27 — 3:00PM-5:00PM
633743 — $20.95/1 sess

3D Paper Ornaments NEW!

40+ yrs | Chu Chu Chinatown

Come and join Serena using templates to create 3 dimensional paper ornaments! These ornaments will be created with patterned paper and washi tape!

Tu Dec 8 — 12:15PM-2:30PM
633743 — $11.43/1 sess

Chinese Calligraphy

19+ yrs | Wai Yin Lau

Come and learn the ancient art of Chinese calligraphy. Participants will improve their writing skill through the use of ink, brush and paper.

F Oct 2-Dec 18 — 9:30 AM-11:30 AM
629194 — $30/12 sess

Education

Learning through Literacy

19+ yrs | Capilano University English for Academic Purposes

This program is a successful collaboration of the Lord Strathcona Elementary School, the Strathcona Community Centre, the Strathcona Public Library, and Capilano University! In addition to enhancing one's English skills participants will be introduced to many resources and services in their community!
Fall 2026: Sept 16-Dec 16 (No class Sept 30 & Nov 11)
Winter 2027: Jan 13-Mar 17
Spring 2027: Apr 7-Jun 16 (No class Apr 28)

W Sep 16-Jun 16 — 9:30 AM-12:30 PM
632034 — $33.33/32 sess

Mah Jong

50+ yrs | Johnny C.

Come and learn how to play Mah-Jong with others! We have volunteer instructors who will be able to teach you how to play or help facilitate a game. No experience required. No class Oct 12.

M Sep 14-Dec 14 — 1:30 PM-3:30 PM
629218 — Free with Registration/13 sess

Mah Jong – Sunday Drop-In NEW!

55+ yrs | Non-Instructional

Come with your friends or on your own to meet new people and play Mah Jong together! Table & pieces are included. Experience is required as this will be non instructional. 4 tables will be available on a first come first served basis.

Su Sep 13-Dec 13 — 10:00 AM-12:00 PM
637795 — Free drop-ins

OsteoArthritis Service Integration System (OASIS)

55+ yrs | OASIS, Vancouver Coastal Health

OASIS is an education program that helps people with arthritis self-manage their condition.

How can OASIS help?

OASIS classes provide you with the most up-to-date information for managing your osteoarthritis or inflammatory arthritis. Our team of educators includes physiotherapists, an occupational therapist, registered nurse and dietitian. Classes are free, do not require a referral and are offered both online and in-person.

Managing Hip & Knee Arthritis

Learn about arthritis in these commonly affected joints, ways of managing your arthritis without surgery, and what happens if you need joint replacement surgery.

M Sep 14 1:00 PM-3:00 PM
632523 Free/1 sess

Pain Management

Learn evidence-based strategies to manage arthritic pain so that you can exercise, rest and have a function-centred life.

W Oct 14 12:30 PM-2:30 PM
632525 Free/1 sess

Hand Arthritis

Learn management strategies for hands/wrists that are affected by arthritis on topics such as joint protection, exercise and pain management.

M Nov 16 1:00 PM-3:00 PM
632526 Free/1 sess

Osteoarthritis of the Spine

Learn management strategies for specific joints that are affected by arthritis on topics such as joint protection, exercise and pain management. Note: this class is not for inflammatory arthritis; please check online classes for offerings.

Tu Dec 8 12:30 PM-2:30 PM
632528 Free/1 sess

Safety & De-Escalation

19+ yrs | Strathcona Community Policing Centre

In this workshop, we'll talk about how to recognize and respond to challenging situations in a calm, respectful, and safe way that protects everyone involved. We'll cover practical strategies to stay safe, reduce risk, and manage interactions before they escalate. Participants will build situational awareness, strengthen conflict resolution skills, and practice responding through real-life scenarios.

Tu Sep 29 6:30 PM-8:30 PM
629267 Free with Registration

Overdose Awareness and Naloxone Training

19+ yrs | Strathcona Community Policing Centre

This course provides a supportive space to learn why overdoses happen. Participants will learn how to recognize and respond to an overdose and gain a better understanding of substances commonly found in the Downtown Eastside and their effects on the body. Through hands-on practice, you will learn how to use Naloxone or Narcan to reverse an overdose. Each person will receive a free Take Home Naloxone Kit upon completion.

W Oct 14 6:30 PM-8:30 PM
629221 Free with Registration

Emergency Preparedness

19+ yrs | Strathcona Community Policing Centre

Hope for the best, but prepare for the worst! Join us for a free workshop hosted by the Strathcona Community Policing Centre at the Strathcona Community Centre. We will cover topics including:

- Different types of emergencies that can occur in British Columbia
- Emergency planning and home preparedness
- Tips for building your own emergency kit on a budget
- Neighborhood emergency muster/ gathering points
- Official information platforms during emergencies.

F Oct 16 6:30 PM-8:30 PM
629203 Free with Registration

Fitness & Health

Mobi Stretch and Strength

NEW!

40+ yrs | Scovia M.

Do you feel stiff, tight and locked up? You've tried fixing it but you don't have the time, the space or the energy to make it stick? Come restart with Scovia and move with more confidence. Scovia has 20+ years of experience with personal training and leading group fitness classes. Together lets restore your mobility, unlock your strength and gain flexibility you thought was lost. Drop-in $17, space permitting. No class Sep 30, Oct 12, 21, Nov 11, & 18.
Mon: 10am-11am (Activity Room)
Wed: 10:30am-11:30am (Seniors Room)

M/W Sep 14-Oct 28
634131 $165/11 sess
M/W Nov 2-Dec 9
634131 $150/10 sess

Foot Care Clinics NEW!

50+ yrs | Tuhien Trieu, RN, BScN

Maintain healthy feet with professional nursing foot care provided by a Registered Nurse certified in Advanced Foot Care. Services include safe nail trimming, care for corns, fungal nails, ingrown toenails, diabetic foot assessments, and personalized foot health education. Regular foot care can improve comfort, mobility, and help prevent complications. The clinic welcomes seniors, people with diabetes, and anyone needing assistance with foot care. All equipment is sterilized with infection control guidelines. Please contact front desk or register online.
Languages available to speak in:
Cantonese, Mandarin and English

Sa Sep 26, Oct 24, Nov 21, Dec 12 1:30-1:50 PM
1:55-2:15 PM
2:20-2:40 PM
2:45-3:05 PM
3:10-3:30 PM
3:35-3:55 PM
4:00-4:20 PM
$47.62/20 min sess

Chair Yoga

50+ yrs | Linh J.

Chair yoga stems from Hatha yoga which provides the same benefits for the mind and body as you would when practicing on a mat. We will use breathing techniques to help us get into our postures and a great way to start yoga when you are a beginner or have an injury. Poses are modified with the use of the chair to help with our balance throughout our practice. This class will help improve our flexibility, strength and increase range of motions for our joints. If you are new, have limited mobility, a chronic illness or you've sustained an injury, chair yoga is a slower practice and can help you stay active for a healthy spine. Drop-in $8.57, if space permits. No class Oct 3 & Nov 21.

Sa Sep 19-Oct 24 9:30 AM-10:30 AM
629192 $40/5 sess
Sa Oct 31-Dec 12 9:30 AM-10:30 AM
629193 $48/6 sess

Qigong (Free Trial Program)

NEW!

19+ yrs| Stacey D.

Medical Qigong is an ancient branch of Traditional Chinese Medicine focused on health preservation and longevity. Through the posture, breath, and mental focus—students learn to purge toxins, tonify organs and regulate life force energy - Qi. By integrating physical movement with creative visualization, these exercises empower you to restore balance to your physical, emotional, and spiritual well-being. No class Oct 15 & 22.

Th Sep 24-Nov 5 9:15AM-10:15AM
634783 Free with Registration/5 sess

Seniors Tai Chi

50+ yrs | May F.

Join us for some easy and relaxing exercise. Our volunteer instructor will assist you to learn the different forms of Tai Chi movement. It helps to develop great mobility and balance. No experience necessary! No class Sept 30, Oct 12, Nov 11, Dec 25, 28 due to stat holidays. No class Sept 9, Oct 21, Nov 18 & Dec 16 due to luncheons.

M-Sa Sep 8-Dec 23 9:00 AM-10:30 AM
629272 Free with Registration/69 sess

Wellness Program

50+ yrs | Anne Y.

This program provides information to help you be healthy and safe. Learn more about nutrition, exercise, flu shot, fall prevention, home safety and more! You can also have a chance to try out the modified osteofit exercise.

Tu Sep 8-Dec 15 10:00 AM-12:00 PM
629311 Free with Registration/15 sess

Wu's Tai Chi

50+ yrs | David Ho

A gentle art of health and well being for people of all ages and health conditions. The Tai Chi exercise helps to develop strength and balance. No experience necessary!

Tu Sep 8-Dec 15 10:45 AM-11:45 AM
629312 Free with Registration/15 sess

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

Programs will have to be cancelled if everyone waits until the last minute to register. Program decisions to run or cancel a program are generally made 3-5 days prior to the start date. Programs are cancelled or postponed if there are not enough registered participants.

Social

Indoor Curling

50+ yrs | Strathcona Staff

Come and socialize with other seniors in the seniors room and learn how to play curling! No class Oct 12.

M Sep 14-Dec 14 — 10:45 AM-12:45 PM
629209 — Free to drop in/13 sess

Senior Social Luncheon

50+ yrs

Have a social lunch together where you can meet new people and chat over a delicious meal. Please purchase tickets in advance as space is limited. Tickets will be sold on the day of luncheon for the following month. For example: Oct 21 lunch tickets will be sold on Dec 3. Sept 9 tickets will be open to selling on Aug 17, 2026.

W Sep 9 (Mid Autumn Festival) — 11:30 AM-1:00 PM
629269 — $12.38/1 sess
W Oct 21 — 11:30 AM-1:00 PM
629270 — $9.52/1 sess
W Nov 18 — 11:30 AM-1:00 PM
632496 — $9.52/1 sess
W Dec 16 (Christmas) — 11:30 AM-1:00 PM
632499 — $12.38/1 sess

Strathcona Chinese Wellness Program for Stroke Survivors

50+ yrs

Come and join our wellness program designed for stroke survivors. Class entails light stretching and movement with time to meet and engage with other members. Fee for snacks not included but is optional for those who attend. Program will be conducted in Cantonese.

Th Sep 10-Dec 17 — 10:00 AM-12:30 PM
629286 — Free with Registration/15 sess

Sports

Table Tennis Drop-In for Seniors

50+ yrs | Non-Instructional

Everyone is welcome! This is a great way to socialize and keep active. Come by to the activity or seniors room with your friends to spend some quality time playing table tennis! Drop-in to play for $1 each visit. No class Sept 30, Oct 12 , Nov 11 due to stat holidays. No class Sept 9, Oct 21, Nov 18, Dec 16 due to luncheons. Sept 14 & Sept 16 ends early.

F Sep 18-Dec 11 — 12:30 PM-2:30 PM
629297 — $0.95/drop-in

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

queer55@vancouver.ca
vancouver.ca/Queer-Inclusion

Welcome to the Strathcona Fitness Centre!

Fitness Centre Hours

Mon-Fri . . . . . 9:00AM - 8:30PM
Sat . . . . . 9:00AM - 4:30PM
Sun . . . . . 10:00AM - 1:30PM
Sep 30 . . . . . 10:00AM - 1:30PM
Dec 21-31 . . . . . 9:00AM - 4:30PM

Holiday Closures

Sep 7. . . . . .CLOSED
Oct 12 . . . . . .CLOSED
Nov 11 . . . . . .CLOSED
Dec 25 & 28. . . . . .CLOSED

Please stay home if you are sick. By entering our facilities you are declaring that you are in good health.

Fitness Centre Fees

Flexipass (Monthly Passes)	Adults (19-64 years)	Seniors (65+ years)	Youth (13-18 years)
Single-visit admission	$7.93	$5.55	$5.55
1 Month	$64.15	$44.91	$44.91
3 Month	$173.21	$121.25	$121.25
12 Month	$554.26	$387.98	$387.98
10 Visit Usage Pass	$71.37	$49.95	$49.95
Prices do not include GST. Prices subject to change without notice.			

Fitness Consultations

Book up to 3 sessions with our Fitness Centre Staff! Free with drop-in admission, a valid flexipass or a usage pass. In your first session, learn how to use the equipment, get a personalized program and receive a card to track your progress. At your next session, our staff will monitor your exercise technique and answer any questions about your program. Book a third session if you need additional support or motivation. Please call the front desk to book a timeslot.

Room Rentals

Strathcona Community Centre has rooms for all occasions and meetings. We have a great gym space for indoor sports play and meeting facilities as well. **Please contact Raymond (raymond.eng@vancouver.ca) or the front desk at 604.713.1838 to book your rental.**

ROOM	ROOM CAPACITY		OPERATING HOURS $ per hour	AFTER HOURS $ per hour & staff
	MAX	COMFORT		
Gymnasium – 96'x60' (Sport rentals only) Please note: Mandatory insurance required. Visit eventpolicy.ca	N/A	N/A	$65.00	90.00 2 hours minimum
Seniors Room – 48'x28'	80	60	$45.00	$70.00
Activity Room – 34'x28'	40	30	$40.00	$65.00
Community Room – 34'x28'	40	30	$40.00	$65.00
DIGITAL EQUIPMENT – For Workshops, Seminars, Meetings				
LCD Projector (Projector screen included)	$25.00			

Staff Charges

Rentals outside of regular operating hours or special circumstances require rental staff. Staffing charges are $25 per hour with a minimum of 2 hours regardless of the duration of the rental. Full payment is due upon the confirmation of your rental with the Rental Coordinator.

Set-up and Take Down

All reservation times depicted on the Rental Agreement are inclusive to set up and clean up. All groups are responsible for their own set up, take down, and basic cleanup of the rented space. Cleaning supplies will be provided.

Cancellation & Refund Policy

1. When cancellation of a rental booking is done 10 or more business days in advance of the booking, the rental group will receive a full refund.
2. When cancellation of a rental booking is done between 5 and 10 business days in advance of the booking, the rental group will receive a 50% refund excluding the damage deposit.
3. When 5 business days or less notice is given for cancellation, no refund will be given, excluding the damage deposit.

**Liability insurance is required for all sport and/or high risk activities.*

GYMNASIUM

SENIORS ROOM

ACTIVITY ROOM

COMMUNITY ROOM

ORANGE SHIRT WALK FOR TRUTH & RECONCILIATION

Wednesday, September 30, 2026
9:30 AM -Meet at Strathcona Community Centre for light refreshments and opening remarks
10:15 AM - Begin Walk to Grandview Park
11:00 AM - Grandview Park Event Begins

Halloween at Strathcona

Presented by Youth Council

Free Haunted House and Carnival!
Register for the Haunted House with code 629287
This is a family event. Feel free to come dressed up!

STRATHCONA COMMUNITY CENTRE

BREAKFAST WITH SANTA

Enjoy a pancake breakfast, crafty fun, photo booth and a special visit from Santa! Bring a camera if you wish to take a picture with the jolly fellow. Pre-registration only. Under 12 months old can attend for free.

Please call 604-713-1838 to register over the phone or in person. No online registration. Please ensure every member of your family is registered.

SATURDAY DECEMBER 5
10:30 AM–12:30PM
$6/ADULT
$4/CHILD
#630680