



STRATHCONA
COMMUNITY CENTRE

We take care of each other

FALL 2025 RECREATION GUIDE



FALL REGISTRATION BEGINS: Aug 16, 2025 @ 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





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 Association.

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

So far, 2025 has been an incredible year at Strathcona Community Centre! Our programming team has been hard at work developing an incredible slate of Fall programs.

Expanded programs for older adults, including Chair Yoga and Floor Curling have been huge successes and we will see them continue this fall. Come out and try popular adult programs including pickleball, volleyball, bootcamp and Seniors Tai Chi, or children's favourites like gymnastics, multisport, and basketball. These programs fill up fast, so secure your space on registration day.

Our food team will be happily offering workshops, community kitchens and more, all in our newly renovated upstairs kitchen. The Breakfast and Breakfast Buddies Programs (both for Strathcona Elementary students) are also excited about using our upgraded kitchen this Fall.

We are looking forward to two special events this season – Halloween and Breakfast with Santa. Our Youth Council will be busy planning the Halloween event complete with haunted house, and Santa's visit is one of the highlights of the year for many families.

As we finish out 2025, we would like to give a big thank you to our volunteers, especially our Board of Directors and Backpack volunteers. Both groups give so much of their time to this community, and it is so appreciated.

We always like to hear from our community about what programs they would like to see at the Strathcona Community Centre. Please send your ideas to strathconacc@gmail.com.



DO YOU

- Live and/or work in Strathcona?
- Want to improve our centre and support staff?
- Like providing input on programs and the future of the centre?

FIND OUT MORE
strathconacc@gmail.com

JOIN OUR BOARD!

Share your experience as a member of our community and help us make Strathcona Community Centre better than ever!

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

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

Terms and conditions are subject to change.

Hours of Operation

Centre Hours

Mon-Fri 9:00AM - 9:00PM
 Sat 9:00AM - 5:00PM
 Sun 10:00AM - 2:00PM
 Aug 25-29 9:00AM - 4:45PM
 Sep 30 10:00AM - 2:00PM
 Dec 22-24, 29-31 .. 9:00AM - 5:00PM
 Jan 2 9:00AM - 5:00PM

Fitness Centre

Mon-Fri 9:00AM - 8:30PM
 Sat 9:00AM - 4:30PM
 Sun 10:00AM - 1:30PM
 Aug 25-29 9:00AM - 4:15PM
 Sep 30 10:00AM - 1:30PM
 Dec 22-24, 29-31 .. 9:00AM - 4:30PM
 Jan 2 9:00AM - 4:30PM

Holiday Closures

Sep 1, Oct 13, Nov 11 CLOSED
 Dec 25-26, Jan 1 CLOSED

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How to Register:

Fall Registration Opens

Saturday August 16 @ 9:00AM



In Person

601 Keefer St.
Vancouver V6A 3V8



By Phone

604-713-1838



Online

vancouver.ca/
strathconarec

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

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 payable 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.

Cancellation

We reserve the right to cancel a program due to insufficient enrollment and will attempt to notify you at least 2 days prior to the start date.

Safe Access for Everyone

We are committed to creating 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.
- 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.

Personal Information Protection

Any personal information the Strathcona Community Centre 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.



STRATHCONA
COMMUNITY CENTRE

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Licensed Child Care

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				
<i>The following prices are for 2025-2026. Prices are subject to change</i>				
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.

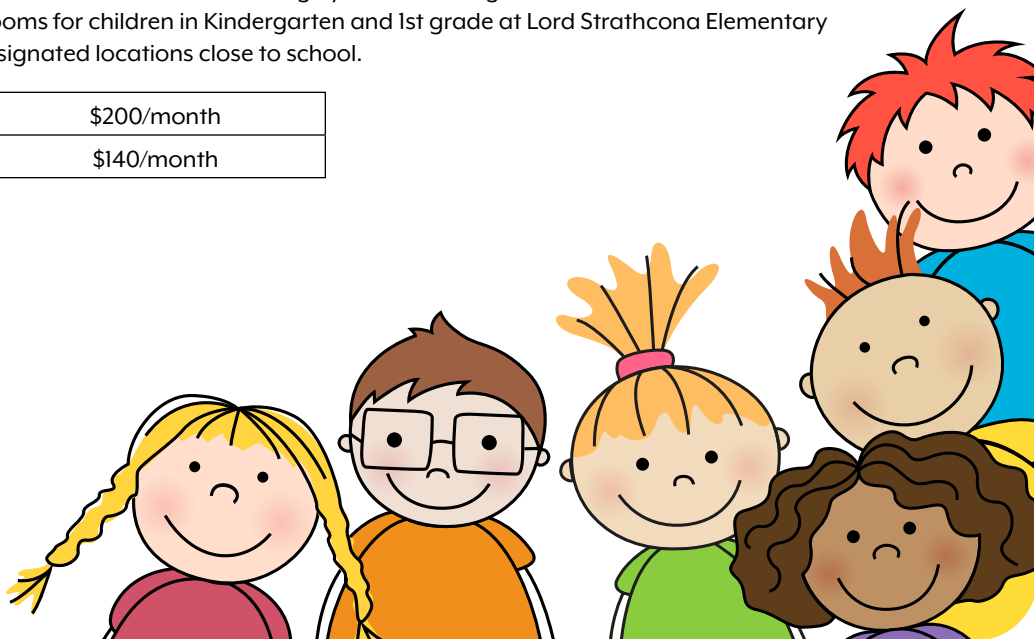
Strathcona Licensed Child Care

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



Social

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! This is a great way to meet your neighbours and make new friends! Drop-in program only; spaces are limited. Drop-in \$1.50. No class Sep 1 & Oct 13 due to stat holidays. No class Sep 22, Oct 24, Nov 21 due to Pro-D Days.

M/W/F Sep 8-Dec 19 10:30 AM-12:00 PM
574555 \$1.50/drop-in

Arts

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 6-Oct 25 11:00 AM-11:45 AM
574567 \$96/8 sess
Sa Nov 1-Dec 13 11:00 AM-11:45 AM
576199 \$84/7 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. More info: www.kirbysnellldance.com.

Sa Sep 6-Oct 25 10:15 AM-11:00 AM
574575 \$96/8 sess
Sa Nov 1-Dec 13 10:15 AM-11:00 AM
576208 \$84/7 sess

Sports

Baby Bears Gymnastics

1-2 yrs | Bear Feet Gymnastics

Watch your little one gain confidence in their movement skills! This class will provide you and your child the opportunity to explore a wide variety of activities that focus on fostering appropriate physical development. In Baby Bears we like to have fun, so get ready to move around, do some dancing and some singing! The children will enjoy songs, games, circle time and of course bonding time with you! For more info, please visit www.bearfeetgymnastics.com. Parent participation is required.

No class Oct 12.

Su Sep 14-Oct 26 10:30 AM-11:15 AM
577097 \$75/6 sess
Su Sep 14-Oct 26 11:30 AM-12:15 PM
574540 \$75/6 sess
Su Nov 2-Dec 14 10:30 AM-11:15 AM
577098 \$87.50/7 sess
Su Nov 2-Dec 14 11:30 AM-12:15 PM
575972 \$87.50/7 sess

Rainbow Bear Gymnastics

3-5 yrs | Bear Feet Gymnastics

Through the use of creative circuits the children will have the opportunity to learn and practice new gymnastic skills with the support of their coach! This class will encourage the children to develop their attention span as well as their spatial/body awareness! We focus on fundamentals of gymnastics in this high energy super engaging class! The children will enjoy warm up games, circuits and creative strength building exercises all disguised as play! Parent participation is required. For more info, please visit www.bearfeetgymnastics.com. No class Oct 12.

Su Sep 14-Oct 26 12:30 PM-1:15 PM
574633 \$75/6 sess
Su Nov 2-Dec 14 12:30 PM-1:15 PM
576587 \$87.50/7 sess

Sportball - Indoor Multisport

3-5 yrs | Sportball Vancouver

Sportball lessons are packed with cooperative 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 12.

Su Sep 14-Oct 26 11:00 AM-12:00 PM
574646 \$102/6 sess
Su Nov 2-Dec 14 11:00 AM-12:00 PM
577084 \$119/7 sess

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, developing their 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 12.

Su Sep 14-Oct 26 10:15 AM-11:00 AM
574647 \$102/6 sess
Su Nov 2-Dec 14 10:15 AM-11:00 AM
577085 \$119/7 sess

Martial Arts

Axe Capoeira Mini-Kids **NEW!**

3.5-5 yrs | Sheila Recuenco

Perfect class for your mini! 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 Oct 12.

Su Sep 21-Nov 30 10:15 AM-11:00 AM
580426 \$100/10 sess

Special Events

Orange Shirt Walk for Truth and Reconciliation

All Ages

You're invited to join us in 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 towards Grandview Park. Please remember to wear your orange shirts.

10:00 AM: Meet at Strathcona Community Centre for light refreshments and opening remarks

10:30 AM: Begin Walk to Grandview Park

11:00 AM: Grandview Park Event Begins

Tu Sep 30

10:00 AM-12:30 PM

580423

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!

Sa Oct 25

10:30 AM-12:30 PM

576935

Free with Registration

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 6

10:30 AM-12:30 PM

574667

\$6/Adult

\$4/Child



Arts

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. www.KirbySnellDance.com. No class on Oct 13.

M Sep 8-Oct 27	4:15 PM-5:00 PM
574534	\$84/7 sess
M Nov 3-Dec 15	4:15 PM-5:00 PM
575971	\$84/7 sess

Cartooning & Creativity!

5-15 yrs | Devan Dirocco

This program is for anyone who loves drawing or wants to improve their skills! Do you love cartoons? Comics? Video games? Let's pull from our favourite stuff to make a new story! We'll learn how to make appealing cartoon characters, how to start comics, and learn how to make your art even better! With our pencil and paper, we'll follow instructions and make things up as we go. The Instructor is happy to transform the days based on the student's interests. Creating is all about expression, join if you'd like to learn and have fun! All skill levels are welcome. No class Oct 12.

5-9 yrs

Su Sep 14-Oct 26	10:30 AM-11:30 AM
574557	\$66/6 sess
Su Nov 2-Dec 7	10:30 AM-11:30 AM
576011	\$66/6 sess

10-15 yrs

Su Sep 14-Oct 26	11:45 AM-12:45 PM
574556	\$66/6 sess
Su Nov 2-Dec 7	11:45 AM-12:45 PM
576013	\$66/6 sess

Open Stage Program

Gr 4-7 | Arts Umbrella

Open to students in Grades 4-7. Students should be interested in learning more about acting and ensemble work. This is a 1 year long commitment from October 2025-June 2026. 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! Each week, a nutritional snack will be provided. Students should bring a filled water bottle. No class on Nov 11. *Dates are subject to change.

Tuesdays:

Fall: Oct 14-Dec 16, 2025
 Winter: Jan 13-Mar 10, 2026
 Spring: Apr 7-Jun 9, 2026
 Tu Oct 14-Jun 9 3:00 PM-4:45 PM
 576246 Free with Registration/28 sess

Thursdays:

Fall: Oct 16-Dec 11, 2025
 Winter: Jan 15-Mar 12, 2026
 Spring: Apr 9-Jun 11, 2026
 Th Oct 16-Jun 11 3:00 PM-4:45 PM
 576265 Free with Registration/28 sess



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 13.

M Sep 8-Oct 27	3:15 PM-4:15 PM
574563	\$91/7 sess
M Nov 3-Dec 15	3:15 PM-4:15 PM
576085	\$91/7 sess



Day Camp

Pro-D Day Camp

5-12 yrs | Supershine Daycamp 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 22	9:00 AM-3:00 PM
576929	\$25/1 sess
F Oct 24	9:00 AM-3:00 PM
576931	\$25/1 sess
F Nov 21	9:00 AM-3:00 PM
576930	\$25/1 sess

Winter Break Day Camp

5-12 yrs | Supershine Daycamp Team

Come and join our day camp staff team for an exciting Winter Break program. Child must be currently in Kindergarten and turning 6 years old by December 31, 2025 to attend Day Camp. Campers 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. No class Jan 1.

WEEK 1:

M/Tu/W Dec 22-Dec 24	9:00 AM-3:00 PM
576933	\$75/3 sess

WEEK 2:

M/Tu/W/F Dec 29-31, Jan 2	9:00 AM-3:00 PM
576934	\$100/4 sess

Education

Little Chefs

6-10 yrs | Jacob T. & Oasis O.

Come let your child in on some kitchen fun with Jacob & Oasis. They 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 11 & Dec 6.

Sa Sep 13-Oct 25	10:30 AM-12:00 PM
574576	\$72/6 sess
Sa Nov 1-Dec 13	10:30 AM-12:00 PM
576383	\$72/6 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 Sep 11-Oct 25	3:15 PM-4:45 PM
574533	\$56/7 sess
Th Nov 6-Dec 18	3:15 PM-4:45 PM
576010	\$56/7 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 4	9:00 AM-3:00 PM
574634	\$65/1 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 22	9:15 AM-4:15 PM
574635	\$65/1 sess

Songcraft Academy – Creating Music NEW!

9-13 yrs | Songcraft Academy

Songcraft Academy empowers children to express themselves through music in a safe, non-judgmental space. We foster emotional growth and confidence by guiding students of all skill levels to create and share original songs. No musical or technological knowledge is needed to participate. No session Nov 11.

Learning Objectives:

1. Beat Making with Bandlab
2. Lyric Writing
3. Artistic Collaboration
4. Relationship with Finished Projects

Tu Oct 7-Dec 2	3:30 PM-5:00 PM
580427	\$280/8 sess

Fitness & Health

Yoga Buggy!

5-9 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!

5-6 yrs

W Oct 1-Dec 3

574692

3:30 PM-4:00 PM

\$80/10 sess

7-9 yrs

W Oct 1-Dec 3

574693

4:05 PM-4:50 PM

\$90/10 sess

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.

6-8 yrs

W/F Sep 17-Oct 24

574537

3:15 PM-4:00 PM

\$120/12 sess

W/F Nov 5-Dec 17

577095

3:15 PM-4:00 PM

\$130/13 sess

9-13 yrs

W/F Sep 17-Oct 24

574538

4:00 PM-5:00 PM

\$156/12 sess

W/F Nov 5-Dec 17

577096

4:00 PM-5:00 PM

\$169/13 sess

Kung Fu: Choy Lee Fut

8-18 yrs | Amy P & Matthew W

Enjoy fitness and endurance with practical self defense 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.

M/W Sep 3-Dec 17

574571

6:30 PM-7:30 PM

\$5/drop-in

Music

Piano

5+ yrs | Kaya, Aydan, Christina & Alicia

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.

Christina (Sat)

9:00 AM-4:30 PM

Aydan (Sat)

9:00 AM-12:00 PM

Aydan (Tue)

3:30 PM-7:30 PM

Kaya (Fri)

3:30 PM-7:30 PM

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. Please contact the Community Centre 604-713-1838 for available times.

Saturdays from 3:00pm-5:00pm

Sports

Spirit Bears Gymnastics

6-7 yrs | Bear Feet Gymnastics

Get ready to roll, jump, cartwheel and Bear walk your way through this fun and engaging class! We work on fundamental movement patterns activities, some stretching/conditioning then on to some gymnastics circuits and always ends with a fun game! For more info, please visit www.bearfeetgymnastics.com.

No class Oct 11.

6-7 yrs

Sa Sep 13-Oct 25

574644

2:00 PM-3:00 PM

\$84/6 sess

Sa Nov 1-Dec 13

576841

2:00 PM-3:00 PM

\$98/7 sess

8-9 yrs

Sa Sep 13-Oct 25

574645

3:15 PM-4:15 PM

\$84/6 sess

Sa Nov 1-Dec 13

577083

3:15 PM-4:15 PM

\$98/7 sess

Tennis Lessons

7-12 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 those new to tennis. Our ambition is to help you rally 6-10+ balls consecutively. No class Oct 11 & Dec 6.

7-9 yrs

Sa Sep 13-Oct 25

577090

12:30 PM-1:45 PM

\$90/6 sess

Sa Nov 1-Dec 13

577091

12:30 PM-1:45 PM

\$90/6 sess

10-12 yrs

Sa Sep 13-Oct 25

577092

1:45 PM-3:00 PM

\$90/6 sess

Su Nov 1-Dec 13

577093

1:45 PM-3:00 PM

\$90/6 sess

Strathcona Basketball for Grades K-8 Coed

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

This immersive and progressive program will teach players a variety of skills and concepts necessary to become a better basketball player. Strathcona Elementary children and children living in V6A postal code will have 1 week priority and register on Aug 9 in person/by phone. The rest of the general public can register on Aug 16 for the remaining spots. No class Dec 6.

Grades K-2

Sa Sept 13-Dec 13 9:05 AM-10:05 AM
574652 \$39/13 sess

Grades 3-5

Sa Sept 13-Dec 13 10:10 AM-11:10 AM
574650 \$39/13 sess

Grades 6-8

Sa Sept 13-Dec 13 11:15 AM-12:15 PM
574651 \$39/13 sess



CAP-C PROGRAMS (Community Action Program for Children)

The Community Action Program for Children (Cap-C) program is designed for low-income families with children ages 6 and under. Financial contribution from Public Health Agency of Canada in agreement with the Province of BC. Please register in person or phone at 604.713.1838.



Government
of Canada

Gouvernement
du Canada

Baby & Me Time

0-2 yrs

Throughout the season, we'll explore different music from around the world, sing songs, 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 Nov 11.

Tu Sep 23-Nov 18 12:00 PM-1:00 PM
574547 Free/8 sess

Christmas Celebration

Join us in celebrating the Winter holiday while enjoying delicious food and other fun activities. We look forward to celebrating with you! Please register at the front desk and ask to speak to Anna.

Tu Dec 9 11:30 AM-1:30 PM
574548 Free/1 sess

Parenting Workshop

0-50 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 Sept 30, Oct 28, & Nov 25.

Tu Sep 30-Nov 25 10:30 AM-12:00 PM
574553 Free/3 sess

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 23-Oct 28 1:00 PM-2:00 PM
574550 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 27-Nov 15 11:00 AM-12:00 PM
574554 Free/8 sess

Moving Stories for Moms

19-50 yrs

To provide parents a safe place where they can nourish themselves, build community and leave their daily worries, responsibilities and caring for others outside for our 1 hour session.

W Sep 24-Nov 12 12:00 PM-1:30 PM
574552 Free/8 sess

English Conversation

19-50 yrs

Informal conversation in a group setting to improve parents' English speaking & understanding. The content will cover practical everyday subjects and group led topics. No class Sept 30, Oct 28, & Nov 11.

Tu Sep 23-Nov 18 10:30 AM-12:00 PM
574549 Free/6 sess

Food & Culture

0-50 yrs

Parents of various cultural backgrounds connect to one another through sharing cooking skills & recipes. No class Nov 11.

Tu Nov 4-Dec 2 12:30 PM-2:00 PM
574551 Free/4 sess

Education

Strathcona Preteen and Youth Chess Club

11-17 yrs

Are you interested in the world of chess? Learn to solve puzzles, play against others, and improve your skills in this program. Run by a youth volunteer, this opportunity is great for young people to connect and challenge their skills. No class Sept 24.

W Sep 17-Nov 26 3:15 PM-4:30 PM
574663 Free

Girls-Flip the Script Workshop **NEW!**

13-18 yrs

This curriculum aims to empower self identified girls and gender-diverse individuals with the information on likely perpetrators of sexual violence, risk factors and coercion techniques, self-defense strategies, and a clear understanding of their own personal boundaries and relationship with their sexuality. High-school age participants may be eligible to claim their attendance for 12 volunteer hours with a letter from the North Shore Women's Centre. Contact flipthescriptinfo@northshorewomen.ca for more info!

Tu/W Oct 28-29 3:30 PM-6:30 PM
Sa Nov 1 10:00 AM-5:00 PM
579814 Free with Registration/3 sess

Martial Arts

Strathcona Police Judo Jrs.

10-15 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 12-15yrs youth welcome! For more information contact aneesh.vashisht@vancouver.ca or call 604-713-1851.

W/F Sep 24-Dec 12 5:15 PM-6:45 PM
574662 Free with Registration/24 sess

Sports

Strathcona Night Hoops Basketball - Fall 2025

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. This Fall, teams will practice at their respective sites and come together for three exciting exhibition series versus other teams. 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 class on Oct 24 & Dec 5.
F Sep 26-Dec 12 7:45 PM-8:45 PM
576810 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 - 7:45pm.

No class Oct 24 & Dec 5.
F Sep 5-Dec 19 3:30 PM-7:45 PM
574694 Free

Youth Volleyball Drop-in

10-18 yrs | Youth Leader

Youth Volleyball Drop-in on Tuesdays between 5pm - 6pm 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.

No class Sep 30 & Nov 11.
Tu Sep 9-Dec 16 5:00 PM-6:00 PM
574696 Free

Social

Youth Lounge

9-18 yrs | Youth Leader

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 Ping-Pong, pool, foosball, and an assortment of games.

M/Th Sep 4-Dec 18 3:30 PM-7:30 PM
F Sep 5-Dec 19 3:30 PM-8:30 PM
574695 Free

Volunteer Opportunities

Strathcona Volunteer Orientation

12-18 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 dinner provided. Start off with an icebreaker, snacks, and learn what programs are at Strathcona and where you can help out! This is meant for highschool aged people. For questions, please email aneesh.vashisht@vancouver.ca.

Sa Sep 20 2:00 PM-4:00 PM
580691 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 5.

F Sep 12-Dec 19
574564

5:30 PM-8:00 PM
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 16-Nov 25
574660

3:30 PM-5:00 PM
Free

Strathcona Youth Council (Gr. 8-12)

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 Nov 1, Dec 27 & Jan 3. For more information, please contact [aneesh](mailto:vashisht@vancouver.ca).

Sa Sep 13-Jun 27
574666

10:30 AM-12:00 PM
Free

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.*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Youth Lounge 3:30PM – 7:30PM	Jr Youth Council* Gr 6-7 3:30PM - 5:00PM	Pre-Teen & Youth Chess* Gr 6-12 3:15PM-4:30PM	Youth Lounge 3:30PM-7:30PM	Pre-Teen Open Gym Gr. 5-7 3:30PM-5:00PM	Youth Council* Gr 8-12 10:30AM – 12:00PM
				Youth Lounge Gr. 8-12 3:30PM - 8:30PM	
	Youth Open Gym Gr. 8-12 5:00PM - 7:45PM				
	Police Judo* 12-15yrs 5:15PM – 6:45pm				
	Volleyball Drop-In 10-18yrs 5:00PM - 6:00PM	Police Judo* 10-15yrs 5:15PM-6:45PM		Cooking Club* Gr. 8-12 5:30PM – 8:00pm	

*Please note: Schedule subject to change. *Requires registration. Contact aneesh.vashisht@vancouver.ca*

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!

W Sep 10-Dec 17 9:30 AM-12:30 PM
574574 \$33.33/15 sess

Sashiko Wagara: Hand Sewing Japanese Embroidery

19+ yrs | Suzan Lee

Hand Sewing Japanese embroidery. Japan has many longstanding traditions. Embroidery is no exception. Sashiko is Japanese hand stitching technique. Wagara categorizes the many Japanese traditional stitch patterns. Learn to hand stitch in this beautiful and elegant way whether for purely a mindful practice, a decorative purpose or to visibly mend well loved items. No prior experience required. All materials and tools provided.

Su Oct 5 10:30 AM-1:30 PM
574637 \$64/1 sess

Tatakizome Workshop **NEW!**

19+ yrs | Fernanda Mascarenhas

Tatakizome is a technique to capture the colours of plants onto fabric. Leaves and flowers are placed between two layers of fabric and "hammered" until their colours appear. In this workshop, have fun imprinting a small cotton tote bag and a bandana using rubber hammers, a spoon, or pebbles to press the plants onto the fabric. All material provided.

Su Sep 14 10:30 AM-12:30 PM
574670 \$45.00/1 sess

Naloxone Training

19+ yrs | Strathcona Community Policing Centre

Join us for a hands-on Naloxone training where you'll learn how to recognize the signs of an opioid overdose and how to safely use a Naloxone kit. We'll guide you through each step and answer any questions you have. No prior experience needed - everyone is welcome.

W Oct 15 6:30 PM-8:00 PM
580146 Free with Registration/1 sess

Safety & De-Escalation Training

19+ yrs | Strathcona Community Policing Centre

In this practical workshop, we'll talk about ways to stay safe and de-escalate tense or difficult situations - whether in public spaces or everyday interactions. You'll learn how to respond to conflict or unpredictable behaviour in ways that help keep you and those around you safe. We'll cover communication tools and a variety of de-escalation techniques. This session is grounded in real-life scenarios and community experience.

W Sep 17 6:30 PM-8:00 PM
580133 Free with Registration/1 sess

Fitness & Health

Hatha Yoga

19+ | Linh Jiang

This is an all levels vinyasa flow yoga class where we will work on meditation, breathing, and yoga postures. 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 and any other equipment (blocks or blankets) to better support your body during our practice. Drop-in \$11.43, if space permits.

Th Sep 18-Oct 30 7:00 PM-8:15 PM
574565 \$66.50/7 sess
Th Nov 6-Dec 18 7:00 PM-8:15 PM
574566 \$66.50/7 sess

Pilates

19+ yrs | Into Yoga

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 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.

W Sep 10-Oct 29 7:00 PM-8:00 PM
574631 \$123/8 sess
W Nov 5-Dec 17 7:00 PM-8:00 PM
574632 \$108/7 sess

QUEER INCLUSION

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



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 \$10.50, if space permits. No class Oct 13.

M Sep 8-Oct 27	6:15 PM-7:15 PM
574653	\$70/7 sess
M Nov 3-Dec 15	6:15 PM-7:15 PM
574654	\$70/7 sess
Th Sep 11-Oct 30	5:15 PM-6:15 PM
574655	\$80/8 sess
Th Nov 6-Dec 18	5:15 PM-6:15 PM
574656	\$70/7 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. Drop-in \$11.00, if space permits. No class Sep 30, Oct 11 & Nov 11.

Tu Sep 9-Oct 28	7:00 PM-8:00 PM
574697	\$63/7 sess
Sa Sep 6-Oct 25	10:00 AM-11:00 AM
574698	\$63/7 sess
Tu Nov 4-Dec 16	7:00 PM-8:00 PM
574699	\$54/6 sess
Sa Nov 1-Dec 13	10:00 AM-11:00 AM
574700	\$63/7 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 11, Nov 15 & 22.

Sa Sep 6-Dec 13	11:30 AM-1:00 PM
574535	\$110/11 sess

Axe Capoeira

19+ yrs | Sheila Recuenco

Capoeira is the perfect martial art that combines dance, music, language, history, philosophy, fitness and acrobatics. Anyone can join! This is a beginner class for Adults, but youth aged 13 and up are welcome to join as well. 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. Drop-in available, \$12/class. No class Sep 30 & Nov 11.

Tu Sep 16-Oct 28	6:00 PM-7:00 PM
574536	\$66/6 sess
Tu Nov 4-Dec 16	6:00 PM-7:00 PM
577094	\$66/6 sess

Kung Fu: Choy Lee Fut

19+ yrs | Amy P. & Matthew W.

Enjoy fitness and endurance with practical self defense 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 13.

M/W Sep 3-29	6:30 PM-8:30 PM
574570	\$56/8 sess
M/W Oct 1-29	6:30 PM-8:30 PM
574572	\$56/8 sess
M/W Nov 3-26	6:30 PM-8:30 PM
574573	\$56/8 sess
M/W Dec 1-17	6:30 PM-8:30 PM
580425	\$42/6 sess

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 12.

Su Sep 7-28	10:00 AM-11:45 AM
577086	\$175/4 sess
Su Oct 5-26	10:00 AM-11:45 AM
577087	\$131.25/3 sess
Su Nov 2-23	10:00 AM-11:45 AM
577088	\$175/4 sess
Su Nov 30-Dec 21	10:00 AM-11:45 AM
577089	\$175/4 sess

SPORTS

RECREATION SPORTS PARTICIPANTS INFO

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.

Pickleball - All Levels - Recreation

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. No experience necessary, players of various levels play each week. Participants try to match abilities when possible.

Drop-in \$5.25, 4 available drop-in spots available weekly on first come-first served basis.

Doors will open at 5:10pm.

W Sep 3-Oct 29	5:15 PM-6:30 PM
574629	\$44.64/9 sess
W Nov 5-Dec 17	5:15 PM-6:30 PM
576385	\$33.32/7 sess

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 6-Dec 27	9:30 AM-11:30 AM
574688	\$1/drop-in

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 6-Dec 27	3:15 PM-4:45 PM
574542	\$5/drop-in

Badminton - Recreation Play

19+ yrs | Non-Instructional

Registered participants must check in at the front desk in person by 7:35pm to guarantee their spot. Please refer to Recreation Sports Participants Info. Drop-in available \$4.00, space permitting. No class on Oct 13.

M Sep 8-Dec 15	7:30 PM-8:50 PM
574541	\$45.50/14 sess

Basketball - Recreation Play

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 to guarantee their spot.

Drop-in \$5.25, space permitting.

Tu Sep 2-Dec 16	7:15 PM-8:45 PM
574543	\$52.50/14 sess
Su Sep 7-Dec 14	12:10 PM-2:00 PM
574544	\$5.25/drop-in

Volleyball - 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. Drop-in \$5.00, space permitting.

W Sep 3-Oct 29	7:00 PM-8:45 PM
574688	\$40.50/9 sess
W Nov 5-Dec 17	7:00 PM-8:45 PM
574689	\$31.50/7 sess



Food Programs

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 contact 604-713-1838 to register the child.

Tu Nov 18 6:30 PM-8:30 PM
576021 \$20/1 sess

Kurdish Cooking

19+ yrs | Shireen Jahani

Join Shireen for a special 4-part cooking series celebrating World Food Month this October. Each week, you'll learn to make a delicious Kurdish dish-like Lobiaplav or Shlay Baynjan and then sit down together to enjoy the meal. Come cook, connect, and share in the rich culinary traditions of Kurdish culture. Adults 19+ & children 12+yrs accompanied by an adult are able to attend. Please ensure child is registered.

Tu Oct 7-Oct 28 6:30 PM-8:30 PM
576020 \$80/4 sess



Canning Pickles

19+ yrs | Food Security Staff

Learn the basics of canning using the hot water bath method in this hands-on instructional class. We'll cover the various equipment needed for canning, walk you through each step and focus on how to safely can pickles at home. Adults 19+ & children 12+yrs accompanied by an adult are able to attend. Please ensure child is registered. Everyone will take home a jar of pickles to enjoy.

W Nov 5 6:30 PM-8:30 PM
574546 \$12/1 sess

Community Canning Group

19+ yrs | Food Security Staff

This is a regular group that's 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. Adults 19+ & children 12+yrs accompanied by an adult are able to attend. Please ensure child is registered.

Tu Sep 23	6:30 PM-8:30 PM
574561	Free with Registration/1 sess
W Nov 19	6:30 PM-8:30 PM
574562	Free with Registration/1 sess
Tu Dec 9	6:30 PM-8:30 PM
576017	Free with Registration/1 sess

Strathcona Breakfast Program

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 or in the classroom. 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 12-Dec 19	9:30 AM-12:00 PM
	1:00 PM-3:00 PM

Arts

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 3-Dec 19 9:30 AM-11:30 AM
574560 \$30/12 sess

Mah Jong

50+ yrs | Johnny Cheng

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 13.

M Sep 8-Dec 15 1:30 PM-3:30 PM
574577 Free with Registration/14 sess

Fitness & Health

Chair Yoga

40+ yrs | Linh Jiang

Chair yoga stems from Hatha yoga which provides the same benefits for the mind and body as you would when practicing on a mat. 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 13.

M Sep 15-Oct 27 4:30 PM-5:30 PM
574558 \$48/6 sess
M Nov 3-Dec 15 4:30 PM-5:30 PM
574559 \$56/7 sess

Seniors Tai Chi

50+ yrs | May Fung

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 Sep 1, 3, 30, Oct 1, 13, Nov 5, 11 & Dec 3.

M-Sa Sep 2-Dec 22 9:00 AM-10:30 AM
574643 Free with Registration/86 sess

Wellness Program

50+ yrs | Anne Yue

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. No class Sept 30 & Nov 11.

Tu Sep 2-Dec 16 10:00 AM-12:00 PM
574690 Free with Registration/14 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! No class Sep 30 & Nov 11.

Tu Sep 2-Dec 16 10:45 AM-11:45 AM
574691 Free with Registration/14 sess

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 13.

M Sep 8-Dec 15 10:45 AM-12:45 PM
574569 Free with Registration/14 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 1 lunch tickets will be sold on Sep 3.

W Sep 3	11:30 AM-1:00 PM
574638	\$9.52/1 sess
W Oct 1 (Mid-Autumn Festival)	11:30 AM-1:00 PM
574641	\$11.43/1 sess
W Nov 5	11:30 AM-1:00 PM
574640	\$9.52/1 sess
W Dec 3 (Christmas Celebration)	11:30 AM-1:00 PM
574639	\$11.43/1 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. Program will be conducted in Cantonese.

Th Sep 4-Dec 18 10:00 AM-12:30 PM
574658 Free with Registration/16 sess

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 seniors room with your friends to spend some quality time playing table tennis! Drop-in to play for \$1 each visit.

First come, first serve. No class Oct 13.

M Sep 15-Dec 15	10:30 AM-12:30 PM
574669	\$0.95/drop-in
W Sep 17-Dec 17	1:00 PM-3:00 PM
577120	\$0.95/drop-in

Fitness Centre

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
Aug 25-29 9:00AM - 4:15PM
Sep 30 10:00AM - 1:30PM
Dec 22-24, 29-31, 9:00AM - 4:30PM
Jan 2 9:00AM - 4:30PM

Holiday Closures

Sep 1, Oct 13, Nov 11 CLOSED
Dec 25, 26, Jan 1 CLOSED

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.			

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

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

Halloween at Strathcona

Presented by Youth Council



Free Haunted House and Carnival!

Register for the Haunted House with code 576935

This is a family event. Feel free to come dressed up!

BREAKFAST WITH SANTA



DEC 6TH
10:30AM-
12:30PM

\$6/adult, \$4/child
#574667

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.

UNDER 12 MONTHS=ATTEND FOR FREE.

PRE-REGISTRATION ONLY BY PHONE OR IN PERSON.

NO ONLINE REGISTRATION.

PLEASE ENSURE EVERY MEMBER ATTENDING IS REGISTERED.

ORANGE SHIRT WALK FOR TRUTH & RECONCILIATION

Tuesday, September 30, 2025

10:00 AM - Meet at Strathcona Community Centre for
light refreshments and opening remarks

10:30 AM - Begin Walk to Grandview Park

11:00 AM - Grandview Park Event Begins

